

University of Patanjali, Haridwar

Syllabus

B.A. With Yoga Science



Year – 2018-2019

**University of Patanjali
Uttarakhand, Haridwar
Syllabus of B.A with Yoga Science**

Date: 25.05.2019

NAME of PROGRAM: B.A WITH YOGA SCIENCE

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and wellbeing.

Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore, the aim of Yoga is to unite the individual consciousness with the supreme consciousness.

Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of Yoga. As Yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effects following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce Yoga as a science of **Holistic Living** and not merely as Yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training the enthusiasts to become Yoga therapist so that they could teach Yoga under the supervision of a doctor for health and healing.

I. Title of the Programme

The programme shall be called "**BA WITH YOGA SCIENCE**"

II. BA with yoga Science Course Suitability.

- Students must have great speaking and communication skills, as well as motivating abilities.
- Students who want to enhance their personal practice, teach yoga, or incorporate yogic practices into their existing work are ideal candidates.

III. How is the BA with yoga Science Course Beneficial?

- The Bachelor of Arts in Yoga program prepares them to work as Yoga Therapy Instructors as paramedical personnel in hospitals and nursing homes to introduce IAYT

under the supervision of doctors, and participants run their own Yoga Centres. They also work as therapists at Naturopathy hospitals, health clubs, and other facilities.

- Students who complete this course have the option of pursuing a Master's Degree in the field.
- They can also work as Yoga instructors at Yogpeeths.

IV. BA with yoga Science Employment Areas

- Educational Institutes
- Housing Societies
- Hotels and Restaurants
- Resorts
- Spa & Health Clubs
- Yoga Centres

V. BA with yoga Science Job Types

- Assistant Ayurveda Doctor
- Clinical Psychologist
- Research Officer
- Trainer / Instructor
- Therapist & Naturopath
- YOGA Therapist
- Yoga Teacher / Yoga Instructor

Program Educational outcomes (PEOs)

- **PEO1-** The programme will give access to the students about traditional indict sciences through memorization of yoga texts.
- **PEO2-** The programme will caters the students with various yogic practices and their scientific methods.
- **PEO3-** The programme extends its arms for the experience and substantial changes in the internal environment in the body, mind and emotions in the students.
- **PEO4-** It would develop the insight among students about identifying the problem at large and utilize the gained strata about the yoga therapy in the paradigm of health and excellence.
- **PEO5-** The programme would enhance the students' ability to create specific yoga module according to the need VII.

Program specific outcomes (PSO)

- **PSO1:** Students will have knowledge of improving the health of mind and body, basic knowledge of yoga on physical and mental level.
- **PSO2:** Students will have knowledge of classical and theoretical foundation of the field of yoga therapy.

- **PSO3:** Students can conduct yoga class on general level. Eligible for the post of yoga teacher or yoga instructor.
- **PSO4:** Spiritually becomes strong and solving problems of stress and strain leading to various diseases.
- **PSO5:** Complete knowledge of yoga on physical. mental. intellectual, emotional and spiritual way. Student will learn sadhanas and yogic concepts in Upanishads.
- **PSO6:** They will be able to get the knowledge about human anatomy and physiology, management for diseases.
- **PSO7:** Students will be able to work towards teaching methodology and realization of health for all, as a national goal through yoga.
- **PSO8:** Students will be able to demonstrate empathy and humane approach towards patients and their families and exhibit interpersonal behaviour in accordance with the scientific norms and expectations.
- **PSO9:** Students will be aware and updated with the research advances, various tools and developments in the field of yoga. Students will become eligible to do research on national and international level.
- **PSO10:** Students will gain better understanding of ethical, social issues and human values.

VI. Advanced Courses in BA Yoga

- MA Yoga
- Ph.D. (Yoga)

VII. Duration

The minimum duration of the programme will be three years (6 semesters) and the maximum duration will be six years.

VIII. Eligibility

The candidate should have completed 12th Standard with any discipline from a recognized board or equivalent.

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- योग परिचय

पेपर कोड- बी0ए0-101

- **Objectives:**
- The subject entitled 'Foundation of Yoga' has the following objectives:
- Students will have an understanding about origin, history and development of Yoga.
- They will have an idea about the insights of different Yoga streams.

- Quote references of each practice as per traditional text

Course outcomes

On completion of this course, the students will have:

CO1: critical understanding of the Evolution of Yoga based on the classical texts.

CO2: understanding of different Schools of Yoga.

इकाई (1)

योग शब्द का उद्गम एवं अर्थ, योग की परिभाषाएं एवं महत्व, योग की परंपरा एवं इतिहास-वेद से स्वामी रामदेव पर्यन्त ।

इकाई (2)

विभिन्न शास्त्रों में योग का स्वरूप - वेद, उपनिषद, श्रीमद्भगवद्गीता, जैन, बौद्ध, आयुर्वेद

इकाई (3)

योगाभ्यास के लिए उपयुक्त स्थान, समय-ऋतु- काल, आहार, योगाभ्यास में साधक-बाधक तत्व ।

इकाई (4)

योग की विभिन्न पद्धतियाँ - ज्ञानयोग, भक्तियोग, कर्मयोग, हठयोग, राजयोग।

इकाई (5)

योगियों के जीवन चरित्र - महर्षि पतंजलि, गुरु गोरखनाथ, महर्षि दयानन्द, स्वामी विवेकानन्द, महर्षि अरविन्द, स्वामी रामदेव ।

संदर्भ ग्रन्थ:-

1. कल्याण योगांक- गीता प्रेस, गोरखपुर ।
2. कल्याण (योग तत्वांक) - गीता प्रेस, गोरखपुर ।
3. वेदों में योग विद्या- योगेन्द्र पुरुषार्थी ।
4. योग मनोविज्ञान - शान्ति प्रकाश आत्रेय ।
5. उपनिषदों में सन्यास योग- डॉ. ईश्वर भारद्वाज ।

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर-II हठयोग परिचय (हठयोग प्रदीपिका एवं घेरण्ड संहिता)
पेपर कोड- बी0ए0-102

Objectives:

- By introducing Hatha Yoga & its Texts, students shall be able to.
- Have an understanding about pre-requisites of Hatha Yoga.
- Have an understanding about the concept of Yoga in Hath Yogic texts.

Course outcomes:

On completion of this course, the students will have:

CO1: knowledge of various Traditional Hatha Yoga Texts.

CO2: Conceptual and practical understanding of Pranayama with its benefits and contraindications.

CO3: Conceptual and practical understanding of Mudra and Bandha.

CO4: understanding of Pratyahara, Dharana and Dhyana.

इकाई (1)

हठयोग शब्द का अर्थ, परिभाषा, परंपरा, इतिहास, योगाभ्यास के लिए पथ्यापथ्य निर्देश, हठसिद्धि का लक्षण, हठयोग की उपादेयता ।

इकाई (2)

हठयोग प्रदीपिका के अनुसार- आसन, प्राणायाम, षटकर्म वर्णन- धौती, बस्ति, नेति, नौलि, त्राटक व कपालभाति ।

इकाई (3)

हठयोग प्रदीपिका के अनुसार- बन्ध-मुद्रा, नादानुसंधान, कुण्डलिनी, वर्णन ।

इकाई (4)

घेरण्ड संहिता में वर्णित षटकर्मों का वर्गीकरण, विधि व लाभ एवं सावधानियाँ। घेरण्ड संहिता में वर्णित आसनों की विधि व लाभ एवं सावधानियाँ ।

इकाई (5)

घेरण्ड संहिता में वर्णित प्राणायाम एवं मुद्राओं की विधि व लाभ एवं सावधानियाँ, प्रत्याहार, ध्यान व समाधि का संक्षिप्त परिचय ।

संदर्भ ग्रन्थ:-

हठयोग प्रदीपिका : प्रकाशक कैवल्यधाम लोणावाला

घेरण्ड संहिता : प्रकाशक कैवल्यधाम लोणावाला

गोरक्ष संहिता : गोरक्षनाथ
भक्तिसागर : स्वामी चरणदास
बहिरंग योग : स्वामी योगेश्वरानन्द
योगासन विज्ञान : स्वामी धीरेन्द्र ब्रह्मचारी

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- BASIC PSYCHOLOGICAL PROCESSES – I
पेपर कोड- बी0ए0-103

Max Marks: 75
Time: 3 Hours

Objectives:

The course will familiarize students with the basic psychological processes and the studies relating to the factors which influence them.

Course Outcomes:

After the completion of this course students will be able to
Comprehend understanding of psychology.

Improve critical thinking skills.

Get Better understanding of human behaviour.

Have knowledge of Practical application of psychological principles.

Note: The paper setter shall set a total of ten questions, two from each unit. Candidates are required to attempt five questions in all, selecting one question from each unit.

1. *Introduction:*

- A. Definition
- B. Goals of psychology
- C. Approaches: Biological, Psychodynamic.

2. *Methods of Psychology:*

- A. Experimental Method
- B. Observation
- C. Survey

3. *Sensory - Perceptual process:*

- A. Visual, auditory: Structure and functions
- B. Perceptual organization
- C. Determinants of perception
- D. Form, Space and Depth Perception.

4. *Learning:*

- A. Definition
- B. Classical conditioning, Operant conditioning
- C. Transfer of learning

5. *Phenomena of Conditioning:*

- A. Extinction
- B. Spontaneous recovery
- C. Generalization and Discrimination

Recommended Books:

Baron, R.A. (1995). Psychology: The essential sciences, New York; Allyn & Bacon.

Baron, R.A. (2001). Psychology: Fifth Edition. New York; Allyn & Bacon.

Zimbardo, P.O. & Weber, A.L. (1997). Psychology. New York, Harper Collins
College.

Lefton, L.A. (1985). Psychology, Boston; Allyn & Baron

Morgan, C. T. (2004). Introduction to Psychology. Mcgraw Hill

Singh, A.K. (2009) Advanced General Psychology. Motilal Banarsidas.

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- Social Psychology – I
पेपर कोड- बी0ए0-104

Max Marks: 75
Time: 3 Hours

Objective:

To enable students to appreciate how individual behaviour is influenced by social and cultural contexts

To enable students to develop an understanding of functioning in different groups and organizations.

To understand how social problems can be analysed in terms of various social psychological theories.

Course Outcomes:

After the completion of this course students will be able to

Get understanding of social psychology.

Improve knowledge of attitudes and their formation, change, and measurement.

Have better understanding of group behaviour and structure, including primary and secondary groups.

Gain Knowledge of the determinants of group morale and methods for improving it.

Understand different leadership styles and theories, including trait theory, situational theory, and Fiedler's contingency theory.

Note: The paper setter shall set a total of ten questions, two from each unit. Candidates are required to attempt five questions in all, selecting one question from each unit.

1. *Introduction:*

Nature, goals and scope of social psychology; Methods of social psychology: Experimental method and Participant Observation.

2. *Attitudes:*

Nature and function of attitudes, Formation, change and measurement of attitudes.

3. *Groups Behaviour:*

Meaning of Group, Distinction between Primary and Secondary Group, Group Structure, Methods of Studying Group Structure.

4. *Group Morale:*

Meaning of group Morale, Criteria of High and Low Group Morale, Determinants of Group Morale, Methods of Improving Group Morale.

5. *Leadership:*

Meaning and Nature of Leadership, Types or Styles of Leader, Theories of Leadership: Trait Theory, Situational Theory, Feeder's Contingency Theory.

Recommended Books:

Baron, R.A. & Byrne, D (1998). Social Psychology: Theories, research and application. New York: Me Grew Hill.

Semen, G.R. & Fiedler, K, (Eds.) (1996). Applied Social Psychology, London: Sage.

Suleiman, M. (2009). Ucchar Samaj Manovigyan, New Delhi: Motilal Banarasi Das.

Singh, R.N. (2001). Modern Social Psychology. Agra: Vinod Pustak Mandir.

University of Patanjali, Haridwar

B. A (with Yoga Science)- I Semester

Paper-I (BA-105)

Tourism Concepts and Principals

Objective: This will be an introductory module giving the basis of tourism studies. This will give an overview of tourism industry and various organizations.

Unit-I: Understanding Tourism: -

Tours, tourists, visitors, excursionists, travellers, resources, attractive, Tourism product concept. Tourism: Meaning, nature and scope, Tourism: Types, elements and components, Historical development of Tourism-Travel from ancient's time and in the middle age- the grand tour- Travel and tourism in the 19th century and after independence.

Unit-II: Determinants and motivators: -

Determinants and motivations in tourism, factors stimulating in the growth of tourism, (determinants) why the people wish to travel, (motivators) and influences of supply.

Unit- III: Major Tourism Services: -

Transportation: Types and relevance in tourism

Accommodation: Types and relevance in tourism

Travel Agencies and Tour-Operators: Overview and relevance in tourism

Unit-IV: The tourist Industry: -

Definition, characteristics of tourism product & services, kind of goods and services, sector of the tourism Industry, illustrative examples and tourism industry in relation to the tourism system.

Unit-V: Tourism Organization: -

WTO / UNWTO, PATA, IATA, ITDC etc.

References: -

1. Bhatia AK – Tourism Development Principles and practices sterling publication Ltd. 1995.
2. Burkat and Madlik- Tourism Past Present and Future, Heinmenn EIBS 1981 · Cooper Flacher et al- Tourism Principles and practices Pitman 1993.
3. Mill, R.C., (1990), Tourism: The International Business, Prentice Hall, New Jersey. · Mill and Morrison, (1992), The Tourism System: An Introductory Text, Prentice Hall.

University of Patanjali, Haridwar
B. A (with Yoga Science)- I Semester
Paper-II (BA-106)

Cultural Tourism Resources

Objective:

This model gives information of countries Tourist places of India importance and it helps students to know the background elements of Cultural Tourism Resources.

Unit-I: Hindu Resources: -

Char Dham Yatra of Uttarakhand (Badrinath, Kedarnath, Gangotari, Yamunotari), Char Dham Yatra of India (Badrinath, Rameshwaram, Dwarika & Puri), 12 Jyotrilingas.

Unit-II: Buddhist Resources: -

Bodhi Gaya, Nalanda, Sarnath, Kushinagar, Sravasti, Vaishali, Sanchi, Ajanta, Ellora.

Unit-III: Islamic Resources: -

Agra, Fatehpur Sikri, Delhi, Hyderabad, Lucknow.

Unit-IV: Jain Religious Cultural Resources: -

Gujarat, Rajasthan, Karnataka, Bihar and Madhya Pradesh.

Unit-V: Sikh Cultural Resources: -

Punjab, Bihar, Maharashtra, Uttarakhand.

Unit-VI: Socio Cultural Resources: -

Major fairs & festivals: Durga Puja, Chhath Puja, Vaishno Devi Yatra, Kailash Mansarovar Yatra. **Museum and Art Galleries: -**

National Museum New Delhi, Indian Museum Kolkata, Prince of Wales Museum Mumbai.

References: -

1. Indian Art and Architecture- Purse Brown.
2. Temples in India- S.K. Saraswati.
3. Buddhist Monuments- Devla Mitra.
4. Gupta SP, Lal, K, Bhattacharya, M. Cultural Tourism in India (DK Print 2002) · Dixit, M and Sheela, C. Tourism Products (New Royal Book, 2001)
5. Websites of different destinations.

- **Objectives:**
- Following the completion of the course, students shall be able to:
- Demonstrate each practice with confidence and skill.
- Explain the procedure and subtle points involved.

Course outcomes

On completion of this course, the students will be able to:

CO1: develop understanding of different yogic techniques.

CO2: attain perfection to perform different yogic practices.

CO3: perform practically the Shatkarma.

आसनः

सिद्धासन	जानुशिरासन
कटिचक्रासन	पादहस्तासन
वज्रासन	गोमुखासन
ताडासन	अर्द्धधनुरासन
भुजंगासन	सेतुबंधासन
अर्द्धहलासन	उष्ट्रासन
शवासन अर्द्धपद्मासन	मार्जारिआसन
वीरासन	शशांकासन
वृक्षासन	नौकासन
समकोणासन	अर्द्धशलभासन
उदराकर्षासन	मण्डूकासन
गरूडासन	

प्राणायामः

लम्बा गहरा श्वास-प्रश्वास
 डायाफ्रामिक ब्रीदिंग
 नाडी शोधन प्राणायाम
 सूर्यभेदी प्राणायाम

षट्कर्मः

जलनेति
 रबरनेति

मुद्रा एवं बंधः

ज्ञान मुद्रा
विपरीत करणी मुद्रा

ध्यान: मौखिकी

University of Patanjali, Haridwar
Paper- PSYCHOLOGY PRACTICALS
Paper Code: B.A. 108

Course Objectives:

- To provide scientific and applied knowledge about psychological tests
- To apply the principles of psychology in day-to-day life for a better understanding of themselves and others.

Course Outcomes:

After the completion of this course, a student will be able to

- Engage in innovative and integrated thinking and problem solving.
- Engage in active and meaningful discussion/dialogue on psychological topics

1. Mirror Drawing Apparatus
2. Maze Learning Apparatus
3. Attitude Scale
4. Leader Preference Scale
5. Frustration Test

- ❖ The department has a right to change the practical depending on the availability of the apparatus, course content and recent developments.

Division of Marks:

Conduction of 01 Practical	:	25 Marks
Viva Voce	:	45 Marks
Practical Record Book	:	20 Marks
Internal Viva-Voce	:	10 Marks
		<hr/>
Total	:	100 Marks
		<hr/>

Note: Any four practical shall be conducted/administered by each student. One practical will be given to each student in a practical examination. The marks shall be awarded jointly by internal and external examiners. However, HOD will act as coordinator of the examination.

University of Patanjali, Haridwar

Paper Name: भारतीय तर्कशास्त्र-1

Paper Code: B.A. 109

प्रथम इकाई :- भारतीय तर्कशास्त्र - अर्थ एवं स्वरूप, न्याय का अर्थ, भारतीय तर्कशास्त्र के रूप में न्याय दर्शन का अध्ययन, ज्ञान-प्रक्रिया के प्रमुख तत्।

द्वितीय इकाई :- प्रमाण का अर्थ, उद्देश्य एवं प्रकार, प्रामाण्यवाद ।

तृतीय इकाई:- प्रत्यक्ष प्रमाण- स्वरूप, उसके भेद । अनुमान का अर्थ, अनुमान के भेद, पंचावयव

चतुर्थ इकाई:- उपमान प्रमाण, अनुमान एवं उपमान में तुलना, शब्द प्रमाण, शाब्दबोधः।

पंचम इकाई:- वस्तुनिष्ठ / बहुवैकल्पिक चयनित प्रश्न ।

Paper 1 - Indian Logic

1st Unit

Indian Logic - Meaning and Nature, Meaning of Nyaya, Study of Nyaya Philosophy in the form of Indian Logic, Main elements of Knowledge Process.

2nd Unit

Meaning of Pramāna, object and types, Pramānyavada,

3rd Unit

Pratyaksha - Nature and Kinds. Definition of Anuman and its kinds, Panchavyava.

4th Unit

Upamān Praman, Comparison in Anumān and Upman, Shabda Pramān, Shabdabodha.

5th Unit

Objective/Multiple Choice Questions.

निर्धारित / सन्दर्भ ग्रन्थ सूची

1. न्यायदर्शनम् विद्योदय भाष्य आचार्य उदयवीर शास्त्री (निर्धारित)
2. न्यायदर्शन 'वात्स्यायन भाष्य
3. भारतीय तर्कशास्त्र- शान्ति प्रसाद आत्रेय
4. तर्कसंग्रह- अन्नम्भट्ट

University of Patanjali, Haridwar
Paper Name भारतीय तर्कशास्त्र- II
Paper Code: B.A. 110

प्रथम इकाई :- तर्क का स्वरूप, संशय की परिभाषा एवं प्रकार, तर्कशास्त्र में संशय एवं तर्क की भूमिक प्रयोजन ।

द्वितीय इकाई :- सिद्धान्त का अर्थ एवं उसका भेद, हस्तु की कसौटियाँ, हस्तुभास का अर्थ एवं उसका भेद

तृतीय इकाई :- निर्णय, वाद, जल्प, वितण्डा, छल की परिभाषा एवं उसका प्रकार ।

चतुर्थ इकाई :- उपाधि, व्याप्ति अन्वय, व्यतिरेक एवं अन्वय व्यतिरेक । साधर्म्य - वैधर्म्य, जाति, निग्रहस्थान, अनुमान का विविध प्रयोग ।

पंचम इकाई :- वस्तुनिष्ठ / बहुवैकल्पिक चयनित प्रश्न ।

Paper II - Indian Logic

1st Unit: - Nature of Tark, Definition of Samshaya and its kinds, Role of Tark and Samshaya in logic, Prayojana.

2nd Unit: - Meaning of Siddhant and its kinds, Criterion of Hetu, Meaning of Hetvabhasa and its kinds.

3rd Unit: - Nirnya, Vāda, Jalpa, Vitandā, Definition of Chhala and its kinds.

4th Unit: - Upādhi, Vyāpti - Anvaya, Vyatireka and Anvaya Vyatireka. Sādharmya - Vaidharmya, Jāti, Nigrahasthāna, Different uses of Anumāna.

5th Unit: - Objective/Multiple Choice Questions.

निर्धारित / सन्दर्भ ग्रन्थ सूची-

1. भारतीय तर्कशास्त्र शान्ति प्रसाद आत्रेय (निर्धारित)
2. न्यायदर्शनम् विद्योदय भाष्य - आचार्य उदयवीर शास्त्री
3. तर्कभाषा - कशव मिश्र
4. तर्कसंग्रह-अन्नमभट्ट

उद्देश्य -

- १) विद्यार्थियों को व्याकरण विषयक संज्ञाओं का बाध प्रदान कराना
- २) विद्यार्थियों को वर्णों के उच्चारणस्थान व प्रयत्न सम्बंधी बाध प्रदान करना
- ३) धातुओं के स्मरण के द्वारा धातुओं के अर्थ व काल संबंधी ज्ञान से अनुवाद में दक्षता प्रदान कराना
- ४) संस्कृत शिक्षा के द्वारा अनुवाद में दक्षता से संभाषण कौशल विकसित कराना

परिणाम -

- १) विद्यार्थियों को व्याकरण विषयक संज्ञाओं का अवगमन होने से व्याकरण अध्ययन में सरलता होती है
- २) उच्चारण स्थान व प्रयत्न के ज्ञान से उच्चारण में स्पष्टता आती है
- ३) धात्वर्थों वा काल संबंधी ज्ञान से अनुवाद में दक्षता आती है
- ४) संस्कृत शिक्षा के द्वारा अनुवाद में दक्षता से संभाषण कौशल विकसित होता है

इकाई (1) रूप परिचय (शब्द रूप एवं धातुरूप) तथा विभक्ति परिचय-
शब्द रूप- राम, रमा, फल, कवि, मति, गुरु, पितृ मातृ अस्मद् (मैं), युष्मद् (तुम), सर्व, इदम् (यह) तत् (वह), एतत् (यह) ।

धातुरूप-पठ्, दृष्ट्य्, गम्, भू, वस, वद्, पा, कष्ट अस, क्रीड्, - धातुएँ- 5 लकारों में।

इकाई (2) संज्ञा प्रकरण - (चौदह सूत्र, प्रत्याहार, उच्चारण स्थान, प्रयत्न) ।

इकाई (3) सन्धि प्रकरण - सूत्र व्याख्या साधारण व सन्धि तथा विच्छेद सहित, अच सन्धि (यण, गुण, वष्टिद्ध, दीर्घ, अयादि, पूर्वरूप, पररूप, प्रकृतिभाव) ।

इकाई (4) कारक प्रकरण

इकाई (5) अनुवाद - (संस्कृत से हिन्दी एवं हिन्दी से संस्कृत भाषा में) ।

संदर्भ ग्रंथ

लघुसिद्धांतकौमुदी

रूप चन्द्रिका - श्री चक्रधर नौटियाल

रचना अनुवाद कौमुदी (भाग- II) - डॉ० कपिल देव द्विवेदी

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर-संस्कृत द्वितीयपत्राम- साहित्यम
पेपर क्र- बी0ए0-112

उद्देश्य -

- १) व्यवहारभानु के अध्ययन के द्वारा विद्यार्थियों में सद्व्यवहार संचरण व संस्कार विकसित कराना
- २) सत्यार्थ प्रकाश के ज्ञान से विद्यार्थियों में उत्तम विद्या , शिक्षा , गुण , कर्म और स्वभाव रूप आभूषणों काधारण कराना
- ३) पंचतंत्र की कथाओं के माध्यम से विद्यार्थियों कासंचरण के लिए प्रेरित करना

परिणाम -

- १) विद्यार्थियों में सच्चरित्र का विकास होता है
- २) उत्तम विद्या के द्वारा विद्यार्थी चरित्रवान संस्कारवान तथा यशस्वी होता है
- ३) प्रेरणादायक कथाओं से विद्यार्थी स्वकर्म व स्वधर्म में उत्साहपूर्वक वर्तता है
- ४) लक्षण व उपाहरण के अवगमन से छात्रों कासमझने में निपुणता होती है

इकाई (1) कठनिषद् - व्याख्या - प्रथम, द्वितीय व तृतीय वल्ली ।

इकाई (2) ऋचतन्त्र - काकालूकीयम् - (1-8) व्याख्या ।

इकाई (3) छन्द- अनुष्टुप् वसन्ततिलका, उपाजाति, भुजङ्गप्रयातम्, आर्या-लक्षण एवं उपाहरण।

इकाई (4) नीतिशातकम् - संस्कृत एवं हिन्दी व्याख्या, 50 पृष्ठा (पूर्वाद्ध)।

इकाई (5) विवेकानन्दचरितामष्टम् - 20 पृष्ठा, लेखक डॉ. गणेशान्त शर्मा

संर्भ ग्रंथ

विवेकानन्दचरितामष्टम्, लेखक - डॉ. गणेशान्त शर्मा वष्टरत्नाकर - केरारभट्ट ।

ऋचतन्त्रम् - विष्णुशर्मा ।

कठनिषद् ।

नीतिशातकम् - भर्तृहरि ।

तंजलि विश्वविद्यालय, हरिद्वार
ेर- भारतीय षर्शन एवं संस्कृति
ेर कड- बी0ए0-201

Objectives:

After completion of this paper:

- Students will have an understanding about various schools of Indian philosophy
- They will have an idea about the various features of traditional Indian culture.

Course outcomes:

On completion of this course, the students will have:

CO1: Critical understanding of The Astika-Nastika dichotomy in Indian Philosophy, the Upanisadic Philosophy

CO2: Understanding the basic theories of three domains of philosophy- Jnana mimamsa, Tatva mimamsa and Niti mimamsa.

CO4: Understanding of Indian scriptures.

इकाई (1)

भारतीय दर्शन: अर्थ एवं परिभाषा, मानव जीवन में दर्शन की भूमिका, भारतीय दर्शन की विशेषताएँ, दर्शन के तीन मुख्य क्षेत्र-ज्ञान मीमांसा, तत्व मीमांसा, नीति मीमांसा ।

इकाई (2)

षडदर्शन: सामान्य एवं सिद्धान्त (तत्व मीमांसा व आचार मीमांसा)

न्याय दर्शन

वैशेषिक दर्शन

सांख्य दर्शन

योग दर्शन

मीमांसा दर्शन

वेदांत दर्शन

इकाई (3)

नास्तिक दर्शनों का सामान्य परिचय एवं सिद्धान्त (तत्व मीमांसा व आचार मीमांसा) चार्वाक दर्शन

बौद्ध दर्शन

जैन दर्शन

इकाई (4)

संस्कृतिशब्द का अर्थ, परिभाषा, भारतीय धर्मशास्त्रों का सामान्य परिचय-वेद, उपनिषद, महाभारत, रामायण, गीता

इकाई (5)

भारतीय संस्कृति की प्रमुख विशेषताएं आश्रम व्यवस्था, वर्णव्यवस्था, कर्मसिद्धान्त, षोडश संस्कार, पंच महायज्ञ ।

संदर्भ ग्रन्थ:-

भारतीय दर्शन

: आचार्य बलदेव उपाध्याय

Teach Yourself Philosophy

Indian Philosophy

: Dr. R.P. Sharma

भारतीय दर्शन

: डॉ. सर्वपल्ली राधाकृष्णन

An Online of Indian Philosophy

: Dr. R.P. Sharma

A Critical Study of Indian Philosophy

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- Paper-II श्रीमद्भगवद्गीता
पेपर कोड- बी0ए0-202

Objectives:

- Following the completion of this course, students shall be able to
- Understand the main teachings of Bhagvadgeeta
- Imbibe the essence of teachings of Bhagavad Geeta.

Course outcomes:

Following the completion of this course, students shall be able to-

CO1: understand the significance of Bhagavad Gita and its relevance

CO2: know the concept of Atman, Paramatman, Sthitaprajna.

इकाई (1)

भगवद्गीता का सामान्य परिचय, भगवद्गीता में योग की परिभाषा, स्वरूप, महत्व एवं उपादेयता

इकाई (2)

आत्मा का स्वरूप, योग के विभिन्न लक्षण, स्थित प्रज्ञता (2) कर्मसिद्धान्त, लोक संग्रह, (अध्याय 3) यज्ञ का स्वरूप, ज्ञान की अग्नि (अध्याय 4)

इकाई (3)

सांख्य योग एवं कर्मयोग की एकता (5), कर्मयोगी के लक्षण (6), प्रकृति एवं माया (7),

इकाई (4)

ईश्वर की विभूतियाँ (10), विराटस्वरूप (11), भक्तियोग (12)

इकाई (5)

क्षेत्र एवं क्षेत्रज्ञ (13), त्रिगुण विवेचन (14), त्रिविध श्रद्धा (7)

सन्दर्भ ग्रन्थ :-

- | | |
|----------------------------------|-------------------------------------|
| 1.श्रीमद्भगवद्गीता भाष्य | : स्वामी रामदेव |
| 2.श्रीमद्भगवद्गीता तत्त्वविवेचनी | : जयदयाल गोयन्दका गीताप्रेस गोरखपुर |
| 3.श्रीमद्भगवद्गीता भाष्य | : लोकमान्य तिलक |
| 4.श्रीमद्भगवद्गीता भाष्य | : आचार्य शंकर |
| 5.श्रीमद्भगवद्गीता भाष्य | : सत्यव्रत सिद्धान्तालंकार |

Objective:

The course will familiarize students with the basic psychological processes and the studies relating to the factors which influence them.

Course Outcomes:

After the completion of this course students will be able to

1. Gain Knowledge of different types of motivation, including physiological, psychological, and social motives, as well as conflict and frustration.
2. Understand emotion development, expression, and different theories, including James Lange and Cannon-Bard, as well as physiological correlates of emotion.
3. Familiarise with different theories of intelligence, including Spearman and Thurston, and types of intelligence tests.
4. Understand personality concepts, biological and sociocultural determinants, and assessment techniques, including psychometric and projective.

Note: The paper setter shall set a total of ten questions, two from each unit. Candidates are required to attempt five questions in all, selecting one question from each unit.

1. **Memory and Forgetting**

- (A) Encoding, storage & retrieval process
- (B) Short term and long term memory
- (C) Forgetting: Decay, interference

2. **Motivation:**

- (A) Physiological, Psychological & Social Motives
- (B) Conflict and Frustration

3. **Emotion:**

- (A) Development and expression
- (B) Theories of emotion: James Lange, Cannon- Bard
- (C) Physiological correlates of emotion.

4. **Intelligence:**

- (A) Concept
- (B) Theories of intelligence: Spearman, Thurston
- (C) Intelligence test and types.

1. **Personality:**

- (A) Concept/ Nature
- (B) Biological & socio cultural determinants
- (C) Techniques of assessment: psychometric & projective.

Recommended Books:

1. Baron, R.A. (1995). Psychology: The essential sciences, New York; Allyn & Bacon.
2. Baron, R.A. (2001). Psychology: Fifth Edition. New York: Allyn & Bacon.
3. Zimbardo, P.O. & Weber, A.L. (1997). Psychology. New York: Harper Collins College.
4. Lefton, L.A. (1985). Psychology, Boston: Allyn & Baron.
5. Morgan, C. T. (2004). Introduction to Psychology. Mcgraw Hill.
6. Singh, A.K. (2009). Advanced General Psychology. New Delhi: Motilal Banarsidas.

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- SOCIAL PSYCHOLOGY II

Objective:

1. To enable students to appreciate how individual behaviour is influenced by social and cultural contexts.
2. To enable students to develop an understanding of functioning of different groups and organizations.
3. To understand how social problems can be analysed in terms of various social psychological theories.

Course Outcomes:

After the completion of this course students will be able to

1. understand social perception, including the role of cognitive schemas and automatic processes.
2. Get Advanced knowledge of the determinants of prosocial behaviour, drawing on the latest research.
3. Have In-depth understanding of the nature of aggression, as well as advanced knowledge of social learning theory and frustration-aggression theory.

Note: The paper setter shall set a total of ten questions, two from each unit. Candidates are required to attempt five questions in all, selecting one question from each unit.

1. Social Perception:

Meaning and Nature of Social Perception, perceiving ourselves: self-concept and Self Esteem, Perceiving Others: role of Non-Verbal Cues in Person Perception, stereotypes.

2. Prosocial Behaviour:

- (A) Nature and Characteristics
- (B) Determinants: Personal, Situational and Social.

3. Aggression:

- (A) Meaning and Nature of Aggression.
- (B) Theories: Social Learning Theory, Frustration-Aggression Theory.
- (C) Measures of Preventing and Reducing Aggression.

1. Crowd:

- (A) Meaning and Characteristics of Crowd
- (B) Classification of Crowd
- (C) Distinction between Crowd and Mob.

2. Prejudice and Discrimination:

- (A) Nature and Components of Prejudice.
- (B) Acquisition of Prejudice
- (C) Reduction of Prejudice

Recommended Books:

1. Baron, R.A. & Byrne, D. (1998). Social Psychology: Theories, research and application. New York: Me Graw Hill
2. Semin, G.R. & Fiedler, K, (Eds.). (1996). Applied Social Psychology, London: Sage.
3. Suleiman, M. (2009). Ucchar Samaj Manovigyan. New Delhi: Motilal Banarasi Das.
4. Singh, R.N. (2001). Modern Social Psychology. Agra: Vinod Pustak Mandir.

B. A (with Yoga Science)

Paper-I (BA-205)

Transport in Travel & Tourism Paper-I (BA-205)

Course Objectives:

Transport is a vital component of the travel and tourism industry. Thereby it becomes imperative for the students of tourism to learn about different modes of transportation in modern world in general, and in India, in particular. The course attempts to provide an insight into different types of transportation, the on-going charges, growth, present status, government policies, problems and management. Thus the course emphasizes on the knowledge of the 'Key' which opens vast venues of world's largest service sector, that is tourism.

Unit-I: Understanding Transport

Background of transport system, Importance of in Tourism, Patterns of demand for Tourism and Transportation.

Unit-II: Air Transport

Function of ICAO, DGCA, IATA, AAI, Evolution of Civil Aviation in India, A case study on Failure of Kingfisher Airlines and Air India.

Unit-III: Road Transport

Surface transport system, Type of Roads in India. Document connected with transport, road transport, RTO, Insurance Documents, Road Tax and Fitness Certificates, NHAI.

Unit-IV: Rail Transport

Rail Transport system, Major Railway system of world, Indian Railways, Tourist trains, viz Palace on wheels, Royal orient Facilities offered by Indian railways like Rail Yatri Niwas & In rail pass.

Unit-V: Water Transport

Water transport system, Background of water transport system, Cruise ship, Canal boats, Ferries.

Suggested Books:

1. Ahmad Aizaz: 'General Geography of India, NCERT, New Delhi.
2. National Atlas of India, Govt. of India, Publication Calcutta.
3. Atlas of World Oxford.
4. Singh, R.L.(ed) India: A Regional Geography National Geographical Society of India (Varanasi 1989)
5. India year book, Publication Division, Govt. of India, New Delhi.
6. Aggarwal Surinder: 'Travel Agency Management', communication India, New Delhi.
7. Hannel Christine, Robert Harshman and Grahan Draper- Travel and Tourism: A world regional geography, John Wiley and Sons, New York
8. Hurst, Elist, 'Transportation Geography' McGraw Hill, New York
9. OAG Airlines time table
10. OAG Cruise lines time table Indian Railway Time table

University of Patanjali, Haridwar

B. A (with Yoga Science)

Paper-II (BA-206)

Geography for Tourism

Course Objectives:

This course explores the basic components of geography in relation with tourism.

Unit-I:

Importance of Geography in Tourism, Latitude, Longitude. Map- Meaning, definition, type of Maps. Use of Maps in Tourism.

Unit-II:

Elements of tourism, Itinerary planning, Factors affecting global and regional tourist movements.

Unit-III:

Time Zones, Time differences, GMT variations, concept of Elapsed time and Flying time. How Geography play the role of destination creation & promotion.

Unit - IV:

Case studies of selected Indian states like Rajasthan, Kerala Flood, Madhya Pradesh, Goa, Uttarakhand Flood, Himachal Pradesh.

Unit -V:

Tourism in selected countries like China, Thailand, Brazil, New Zealand & France.

Suggested Books:

1. Geography of Tourism- H. Robinson.
2. Geography of Tourism- B. Singh.
3. Tourism system- Mill & Morrison.
4. Tourism & Community of Approach.
5. Hall, CM and Page, SJ. The Geography of Tourism and Recreation, Rutledge. · Sinha. P.C. Tourism Geography, Anmol Publication.
6. Dixit. M. Tourism Geography and Trends, Royal Publication.
7. International Atlas, Penguin Publication and DK. Publication.

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- क्रियात्मक योग

पेपर कोड- बी0ए0-207

Objectives:

- Following the completion of the course, students shall be able to:
- To demonstrate and instruct undermentioned yogic practices.

Course outcomes

On completion of this course, the students will be able to:

CO1: Develop understanding of different yogic techniques.

CO2: Learn the practical interpretation of Shatkarma.

CO3: Can develop the calibre to conduct practical sessions.

पूर्व सत्रार्थ के सभी अभ्यास सम्मिलित

आसन

मकरासन

पवन मुक्तासन समुह के आसन

बालासन

पद्मासन

सर्पासन

एक पाद प्रणामासन हस्तोतानासन

हनुमानासन

स्वस्तिकासन

सुखासन

भद्रासन

मर्कटासन

उत्तानपादासन

विपरीत नौकासन

सर्वांगासन

पार्श्व तानासन

हलासन

सिंहासन

मत्स्यासन

सुप्तवज्रासन

चक्रासन

तिर्यक ताडासन

प्राणायाम: चन्द्रभेदी

उज्जायी प्राणायाम

षट्कर्म:

वमनधौति/ कुँजर क्रिया वातक्रम/ कपालभाति

मुद्रा एवं बंध:

जालन्धर बन्ध

उड्डीयान बन्ध

मूलबन्ध

योग मुद्रा

ध्यान:

मौखिको:

University of Patanjali, Hardwar
Paper Name: PSYCHOLOGY PRACTICALS
Paper Code: B.A. 208

Course Objectives:

- To provide scientific and applied knowledge about psychological tests
- To apply the principles of psychology in day-to-day life for a better understanding of themselves and others.

Course Outcomes:

After the completion of this course, a student will be able to

- Engage in innovative and integrative thinking and problem solving.
- Engage in active and meaningful discussion/dialogue on psychological topics

1. Achievement Motivation Test
2. Zeigarnik Effect
3. Aggression Scale
4. Prejudice scale
5. Performance Test of Intelligence

- ❖ The department has a right to change the practical depending on the availability of the apparatus, course content and recent developments.

Division of Marks:

Conduction of 01 Practical	:	25 Marks
Viva Voce	:	45 Marks
Practical Record Book	:	20 Marks
Internal Viva-Voce	:	10 Marks
		<hr/>
Total	:	100 Marks
		<hr/>

Note:

Any four practicals shall be conducted/administered by each student. One practical will be given to each student in a practical examination. The marks shall be awarded jointly by internal and external examiners. However, HOD will act as coordinator of the examination.

University of Patanjali, Haridwar
Paper Name: भारतीय तर्कशास्त्र-1 (आगमनात्मक तर्कशास्त्र)
Paper Code: B.A. 209

प्रथम इकाई :- तर्कशास्त्र - परिभाषा, स्वरूप, विषय वस्तु, महत्त्व । अन्य विषयों से सम्बन्ध दर्शनशास्त्र, मनोविज्ञान एवम्नीतिशास्त्र ।

द्वितीय इकाई :- प्रतिज्ञप्ति की परिभाषा, वाक्य एवम्प्रतिज्ञप्ति में अन्तर, प्रतिज्ञप्ति का परम्परागत वर्गीकरण, प्रतिज्ञप्ति का आधुनिक विश्लेषण ।

तृतीय इकाई:- युक्ति का अर्थ, उसके प्रमुख अणु युक्ति के भेद आगमनात्मक एवम्निगमनात्मक, सत्य एवम्वैधता ।

चतुर्थ इकाई:- आगमन का स्वरूप, विषय-वस्तु एवम्सका महत्त्व । आगमन के आधार प्रकृति की समरूपता का नियम, कारणता का नियम। आगमन का विरोधाभास ।

पञ्चम इकाई :- वस्तुनिष्ठ / बहुवैकल्पिक चयनित प्रश्न ।

Paper: - Western Logic
(Inductive Logic)

1st Unit: - Logic -- Definition, Nature, Subject matter and its importance. Relation of Logic from other Subjects - Philosophy, Psychology and Ethics.

2nd Unit: - Definition of Proposition, Difference between Sentence and Proposition, Traditional classification of Proposition, Contemporary analysis of Proposition.

3rd Unit: - Meaning of Argument, its main parts Kinds of Argument- Inductive and Deductive, Truth and Validity.

4th Unit: - Nature of Induction, Subject matter and its importance. Basis of Induction— Law of Analogy of nature, Law of Causation. Fallacy of circular induction.

5th Unit: - Objective/Multiple Choice Questions.

निर्धारित / सन्दर्भ ग्रन्थ सूची

1. पाश्चात्य आगमन तर्कशास्त्र - याकूब मसीह (निर्धारित)
2. तर्कशास्त्र प्रवेश - बाँकेलाल शर्मा
3. Introduction to Logic - Bacon O. Conner
4. Introduction to Logic - Cohen & Nege

University of Patanjali, Haridwar
Paper Name: द्वितीय पत्र - पाश्चात्य तर्कशास्त्र
(निगमनात्मक तर्कशास्त्र)
Paper Code: B.A. 210

प्रथम इकाई :- निगमनात्मक तर्कशास्त्र विषय-वस्तु, स्वरूप एवं महत्त्व । आगमन एवं निगमन में सम्बन्ध ।

द्वितीय इकाई :- निगमनात्मक प्रतिज्ञप्ति का स्वरूप, निरूपाधिक प्रतिज्ञप्तियाँ, निगमनात्मक युक्ति, विच कानियम ।

तृतीय इकाई:- प्रतीकात्मक तर्कशास्त्र - स्वरूप, आवश्यकता । प्रतीक एवं उनका प्रयोग, सत्यता सारणी, अनुमान एवं आपादन ।

चतुर्थ इकाई:- विचार कानियमों का प्रतीकीकरण, तादात्म्य, व्याघात प्रदर्शन, अनुमान कानियम ।

पंचम इकाई :- वस्तुनिष्ठ / बहुवैकल्पिक चयनित प्रश्न ।

Paper II – Western Logic
(Deductive Logic)

1st Unit: - Deductive logic - Subject matter, Nature and Importance. Relation between Induction and Deduction.

2nd Unit: - Form of Deductive Proposition, Categorical Proposition, Deductive Argument, Laws of thought.

3rd Unit: - Symbolic logic - Nature, needs. Symbols and their uses, Truth Table, Inference and Implication.

4th Unit: - Symbolization of Laws of thought, identical, Contradiction Display Laws of inference.

5th Unit: - Objective/Multiple Choice Questions.

निर्धारित / सन्दर्भ ग्रन्थ सूची :-

1. तर्कशास्त्र प्रवक्ता बांकलाल शर्मा (निर्धारित)
2. आधुनिक तर्कशास्त्र एक परिचय - रमाशंकर मिश्र
3. प्रतीकात्मक तर्कशास्त्र प्रवक्ता अशोक
4. प्रतीकात्मक तर्कशास्त्र
अशोक कुमार वर्मा राजनारायण
5. Introduction to Logic - I. M. Copy
6. Introduction to Logic - Bacon O. Conner

पेपर-संस्कृत प्रथमपत्रम्-व्याकरणम्
पेपर कोड- बी0ए0-211

उद्देश्य-

- १) अच्संधि के बोध से पदों में अच्संधि स्थलों का ज्ञान प्रदान कराना
- २) हल्संधि के ज्ञान के द्वारा विभिन्न पदों में हल्संधि स्थलों को पहचानने की कुशलता विकसित कराना
- ३) विसर्गसंधिओं के द्वारा वाक्यों में विसर्गसंधि स्थलों का बोध प्रदान कर पदच्छेद करने की कुशलता प्रदान कराना

परिणाम-

- १) पदों में अच्संधि के ज्ञान से पदच्छेद व वर्णसम्मेलन का ज्ञान प्राप्त होता है
- २) हल्संधि के ज्ञान के द्वारा हल्संधि स्थलों में पदच्छेद व वर्णसम्मेलन का ज्ञान होता है
- ३) इकाई ३-पदविग्रह व वर्णसम्मेलन का बोध विसर्गसंधि के विषय में विद्यार्थियों को होता है

इकाई (1) रूप (षशब्द एवं धातु रूप) व विभक्ति परिचय -

ए - औकारान्त तीनों लिङ्गों में, पूर्व के अतिरिक्त दष्टा धातु रूप । धातरूप-वनु वर्तने, हञ् हरणे अद् भक्षणे, दिवु, मुद्, स्वप्, स्ना, तनु, रुध्, चुर् ।

इकाई (2) सन्धि प्रकरण व्यञ्जन व विसर्ग सन्धियाँ ।

व्यञ्जन सन्धि- -ष्ठत्व, जष्ठत्व, अनुस्वार ।

विसर्ग सन्धि- सत्व, उत्त्व सन्धि ।

इकाई (3) उपपदविभक्तियाँ एवम् उपसर्ग ।

इकाई (4) पत्र लेखन व संस्कृष्ट - निबन्ध लेखन ।

इकाई (5) अनुवाद - (संस्कृत से हिन्दी एवं हिन्दी से संस्कृष्ट भाषा में) ।

संदर्भ ग्रंथ

अनुवादचन्द्रिका - कपिल देव द्विवेदी, चक्रधर नौटियाल 'हंस' ।

रूपचन्द्रिका- श्री चक्रधर नौटियाल 'हंस' ।

लघुसिद्धान्तकौमुदी वरदरानाचार्य ।

पेपर-संस्कृत द्वितीयपत्राम्- साहित्यम्
पेपर कोड- बी0ए0-212

उद्देश्य -

- १) मनुस्मृति में निर्दिष्ट धर्मविषयक ज्ञान प्रदान कराना
- २) सत्यार्थप्रकाश के सप्तम समुल्लास में उपदिष्ट ईश्वर व वेद के विषय में अवगत कराना
- ३) अलंकारों को लक्षण व उदाहरणों के माध्यम से शिक्षार्थियों को समझाना

परिणाम -

- १) विद्यार्थियों में धर्मज्ञान के द्वारा धर्माचरण में प्रवृत्ति होती है
 - २) सत्यार्थप्रकाश के द्वारा ईश्वर व वेद संबंधी जिज्ञासा का निराकरण होता है
 - ३) लक्षण व उदाहरण के माध्यम से अलंकारों का अवबोध होता है
- इकाई (1) मुण्डकोपनिषद् - प्रथम, द्वितीय, तृतीय मुण्डक ।

इकाई (2) पञ्चतन्त्रम् - (9-16) कथासार एवं व्याख्या ।

इकाई (3) छन्द- नग्विणी, त्रोटक, अनुष्टुप् मालिनी - लक्षण एवं उदाहरण।

इकाई (4) नीतिष्ठातकम् - (50 श्लोक उत्तरार्ध) ।

इकाई (5) विवेकानन्दचरितामष्टम् - (21-50 श्लोक) ।

संदर्भ ग्रंथ

नीतिष्ठातकम् भर्तृहरि ।

वचरत्नाकर केदारभट्ट ।

मुण्डकोपनिषद् ।

पञ्चतन्त्रम् ।

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- आयुर्वेद परिचय

पेपर कोड- बी0ए0-301

Objectives:

Following the completion of this course, students shall be able to

- Understand the basic principles of Ayurveda.
- Have knowledge of different techniques used in Ayurveda to cure general ailments.

Course Outcomes:

Following the completion of this course, students will be able to

CO1: Understand the basic concept of Ayurveda.

CO2: Explain the concept of health & other principles of Ayurveda.

CO3: Explain different procedures to live a healthy life.

1. आयुर्वेद : सामान्य परिचय, परिभाषा, इतिहास एवं सिद्धान्त ।
2. दोष, धातु, मल, स्रोतस, इन्द्रिय, अग्नि, प्राण आदि का वर्णन ।
3. पंचकर्म परिचय व त्रिविध कर्म की अवधारणा पूर्व प्रधान, पश्चात कर्म ।
4. आयुर्वेद के अनुसार स्वस्थ एवं रोगावस्था (आतुर अवस्था) की अवधारणा, प्रकृति परीक्षण, प्रकृति निर्धारण ।
5. आयुर्वेद एवं योग में सम्बन्ध, आयुर्वेद के मुख्य अवधारणाओं की यौगिक चिकित्सा में महत्त्व एवं उपादेयता ।

सन्दर्भ ग्रन्थ

आयुर्वेदीय शरीर क्रिया विज्ञान	: शिव कुमार गौड़
आयुर्वेदिक ट्रीटमेंट फॉर कॉमन िसीजिज	: वी.वी. दास
Basic Principles of Ayurveda	: K. Laxmi Pati
आयुर्वेद सिद्धान्त रहस्य	: आचार्य बालकृष्ण
An Online of Indian Philosophy	: M. Hiriyana
A Critical Study of Indian Philosophy	

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- Human Biology-I
पेपर कोड- बी0ए0-302

Objectives:

- The teaching-learning of this paper will enable learner to
- Discuss & introduce skeletal system, muscular system, respiratory system with their gross anatomy & physiology

Course outcomes

On completion of this course, the students will be able to:

CO1: understand of Human Anatomy and Physiology.

CO2: know different levels of structural complexity.

मानव शरीर का परिचय

मानव शरीर की कोशिकायें व ऊतक, कोशिकाओं के प्रकार, रचना व कार्य; ऊतकों के प्रकार, रचना व कार्य (आस्तरण, योजक, मांस एवम् नाड़ी); कतिपय संरचात्मक पारिभाषिक शब्दों के अभिप्राय (Median plane, directional terms and regional terms).

कंकाल तंत्र

अस्थि - परिभाषा, प्रकार, संख्या, संघटन, क्रिया विज्ञान एवं कार्य; मेरुमाँ- प्रकार, रचना तथा कार्य; अस्थि/कंकाल तंत्र पर योग का प्रभाव।

मांसपेशी तंत्र

अवधारणा, प्रकार, मांसपेशी के ऊतकीय रचना तथा कार्य; स्नायु, कण्डरायें, मांसपेशियों में संकुचन की क्रियावली तथा तन्त्रिका - मांसपेशी संदेश संवहन (संक्षेप में) मांसपेशी प्रणाली पर योग का प्रभाव ।

श्वसन तंत्र

सामान्य एवं ऊतकीय संरचना विज्ञान, श्वासप्रश्वास की क्रिया विज्ञान, श्वसन के प्रकार (अन्तः / कोशिकीय तथा बाह्य / फुफ्फुसीय श्वसन) तथा इनके कार्य, श्वसन का नियंत्रण, श्वसन तंत्र पर योग का प्रभाव ।

अन्तः स्रावी तन्त्र

अन्तःस्रावी तथा बहिःस्रावी ग्रन्थियाँ, रचना (सामान्य एवं ऊतकीय) तथा कार्य- पीयूष ग्रन्थि, अवटुग्रन्थि या चुल्लिका ग्रन्थि तथा परिचुल्लिका ग्रन्थि, अग्नाशय तथा अधिवृक्क ग्रन्थि, उपयुक्त ग्रन्थियों पर योग का प्रभाव ।

References

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Tortora, G.J. & Derrickson, B.N. (2009). Principles of anatomy and physiology (12th ed).
Hoboken, NJ: Wiley
Guyton, A.C. & Hall, J.E. (2006). Text book of medical physiology (11th ed.). Pennsytvania:
Elseveir.
Gore, M.M. (2004). Anatomy and physiology of yogic practices. Lonavala: Kanchan
Prakashan. Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi: Motilal Banarasidas
Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar: Divya Prakashan
Kaminoff, L. (2007). Yoga Anatomy. Champaign: Human Kinetics
Malshe, P. C. (2005). Yoga for doctors. Haridwar: Antar Prakash Center for Yoga McCall, T.
(2007). Yoga as Medicine: The Yogic Prescription for Health and Healing. Udupa, K. N.
(2007). Stress and its management by yoga. Delhi: Motilal Banarasidas Frawley, D. & Kozak,
S. S. (2006). Yoga for your type. New Delhi: New Age Books. Selvarasu, K. V. (2003). Kriya
Cleansing in yoga. Tamil Nadu: Yoga Bharati.
Waugh, A. & Grant, A. (2010). Ross and Wilson: Anatomy and Physiology in Health and
Illness (11th ed.). London: Elsevier

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- System and Schools of Psychology-I
पेपर कोड- बी0ए0-303

Max Marks: 75
Time: 3 Hours

Objective:

1. To enable the student to understand psychology in historical perspective.
2. To familiarize students with the various movements and schools of psychology

Course Outcomes:

After the completion of this course students will be able to

1. Have detailed knowledge of the development of functional and structural psychology, including key figures and theoretical perspectives.
2. Advanced understanding of associations and its significance in the history of psychology, including the contributions of Bekhterev and Thorndike.
3. Get In-depth knowledge of behaviourism, including the principles of Watsonian behaviourism and the contributions of Tolman and Skinner.
4. Advance knowledge of Kurt Lewin's field theory and its significance in psychology, including its impact on social psychology and organizational behaviour.

Note: The paper setter shall set a total of ten questions, two from each unit. Candidates are required to attempt five questions in all, selecting one question from each unit.

1. Functional and Structural Psychology:

The beginnings of functional psychology, experimental functional psychology, the structural psychology of conscious experience, the Chicago school of functional psychology.

2. Associationism:

- a) Association of stimulus and response
- b) Bekhterev
- c) Thorndike

3. Behaviourism:

- a) Watsonian Behaviorism
- b) Tolman
- c) Skinners

4. Gestalt Psychology:

- a) Antecedent factors of Gestalt Psychology
- b) Foundry of Gestalt Psychology
- b) Contribution of Gestalt psychology: Perception, Learning & Thinking.

5. Field Theory:

Kurt Lewin's field theory.

Recommended Books:

Woodworth, R.S. (1932). Contemporary School of Psychology. NewYork.

Heidbreder, E. (1933). Seven Psychologies. New York.

Singh, A.K. (1991). The History and Systems of Psychology. Delhi: Motilal Banarsidas.

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- Psychological Statistics

पेपर कोड- बी0ए0-304

Max Marks: 75

Time: 3 Hours

Objective:

1. To develop an understanding of various statistical technique in terms of them

- application,
2. To acquire competencies to organize data.

Course Outcomes:

After the completion of this course students will be able to

1. covers the basics of psychological measurement, including levels of measurement and the application of statistics in psychology.
2. learn how to draw frequency distributions and use graphical representations of group data such as polygons and histograms.
3. become familiar with measures of central tendency, including the computation of mean, median, and mode.
4. covers measures of variability

Note: The Calculator (Ordinary) is permitted during examination.

The paper setter shall set a total of ten questions, two from each unit. Candidates are required to attempt five questions in all, selecting one question from each unit.

1. *The Nature of Psychological Measurement:*
 - (a) Levels of Measurement
 - (b) Discrete and continuous series.
 - (b) Application of Statistics in psychology.
2. *Frequency Distribution and Representation of Data:*
 - (a) Drawing of frequency distribution.
 - (b) Graphical representation of group data; Polygon & histogram.
3. Measurement of Central Tendency:
Characteristics of Mean, Median & Mode and their computation.
4. *Measures of Variability:*
Concept of variability; Range, Standard Deviation, Quartile Deviation, Coefficient of Variation.
5. *Normal Distribution:*
Concept of normal probability curve & its application, Deviation from normal probability curve - skewness and kurtosis.

Recommended Books:

Garrett, H. E. (1947). Statistics in psychology and education. New York:
University of Patanjali, Haridwar

B. A (with Yoga Science)- IIIrd Semester

Paper-I (BA-305)

Tourism Policy and Planning

Objectives:

The module will expose the students about the Tourism policy of India and of a few tourism states of the country.

Unit-I:

Tourism Planning- Meaning, definition, need, type and levels of Tourism Planning Process of Tourism Planning.

Unit-II:

Tourism Policy - Meaning, definition, need, types. Tourism Policy of Himachal Pradesh, Rajasthan, Goa and Kerla.

Unit-III:

Destination development- Meaning, definition, components, concept of destination life cycle. Step and stages/ Process of destination planning.

Unit - IV:

Developing Tourism Plans- Technique. Planning Tourist attractions – Natural, cultural and special interest Tourist area. Implementation and Monitoring of Tourism Plans.

Unit -V:

Tourism Plans in India: Tourism under different five year plans. Tourism policies in India with special reference to National Tourism Policy, 1982. Tourism National Action Plan, 1992.

Suggested Books:

- New in skeep, Edward, Tourism Planning: An Integrated and Sustainable Development Approach (1991) VNR, New York.
- Ashworth, G.J. (2000), The Tourist Historic City. Retrospect and Prospect of Managing the Heritage City, Pergamum, Oxford
 - Dept. of Tourism, GOI Investment Opportunities in Tourism (Brochure).
- Sharma, J. K. (2000), Tourism Development. Design for ecological sustainability, Kaniska Publication, New Delhi.

University of Patanjali, Haridwar

B. A (with Yoga Science)- IIIrd Semester

Paper-II (BA-306)

Travel Agency and Tour Operations Business

Objective: The students will understand the conceptual meaning and differentiation between Travel agency and Tour operation. Further they will understand formalities and documentation needed to set up these units.

Unit-I : Travel Agency and Tour Operation

Introduction to Travel Agency. Meaning and Definition of Travel Agency and Tour operation, Forms & Typologies of Tour Operations and Travel Agents, Role and Contributions of Travel Agents & Tour Operators in Tourism Development.

Unit-II : Business Profile of Travel Agency

Organizational Structure of an approved Travel Agency. Procedures for approval of a Travel Agency and the details of formalities the are required to be completed from various agencies of Central Government and State Government form time to time. Travel Agency Business and Functions- Ticketing, Travel Facilitation, Documentation and Marketing etc.

Unit-III : Tour Operation Management

Tour Package- Meaning, Component, types.

Organizational Structure & Major Function of a tour operator.

Tour Itinerary-Meaning, definition, types.

Unit-IV : Linkages in Tourism Business

How tour operations and travel agencies are linked with Airlines, Accommodation Properties, shopping Emporiums, Security Agencies , Transport Organizations, Insurance Unit, Foreign Exchanges Handling Counters, Foreign Embassies and State and Center Tourism Departments.

Unit-V : Travel Trade Organization and Associations

A brief introduction to UNWTO / WTO, IATA, TAAI, ITDC, IATO.

Suggested books

1. Travel Agency Management-Dr Mohinder Chand- Anmol Pblcation, New Delhi
2. International Airfare and Ticketing- Dr. S.K. Gupta, UDH Publisher, New Delhi
3. The Business of Tourism- Hollway, Mc Donald and Evans, Plymouth.
4. IATO Annual Report, New Delhi
5. TAAI Annual Report, Mumbai.
6. www.itdc.gov.in

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- योग प्रयोगात्मक

पेपर कोड- बी0ए0-307

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

- **Objectives:**
- Following the completion of the course, students shall be able to:

- To demonstrate and instruct undermentioned yogic practices.

Course outcomes

On completion of this course, the students will be able to:

CO1: develop understanding of different yogic techniques.

CO2: attain perfection to perform different yogic practices.

आसन :

उत्कटासन

चक्रासन

वृषभासन

कुक्कुटासन

वक्रासन

हस्तपादांगुष्ठासन

वातायनासन

तुलासन

गर्भासन

मण्डूकासन (द्वितीय)

तिर्यक भुजंगासन

अर्द्धचन्द्रासन

पर्वतासन

भूनमनासन

कोणासन

प्राणायाम :

शीतली प्राणायाम

शीतकारी प्राणायाम

षट्कर्म :

अग्निसार क्रिया

शीतक्रम कपालभाति द

सूत्र नेति

मुद्रा एवं बन्ध :

शाम्भवी मुद्रा

तडागी मुद्रा

प्राण मुद्रा

काकी मुद्रा

ध्यान मौखिकी

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- PSYCHOLOGY PRACTICALS
पेपर कोड- बी0ए0-308

Course Objectives:

- To provide scientific and applied knowledge about psychological tests
- To apply the principles of psychology in day-to-day life for a better understanding of themselves and others.

Course Outcome:

After the completion of this course, a student will be able to

- Engage in innovative and integrative thinking and problem solving.
- Engage in active and meaningful discussion/dialogue on psychological topics

1. Adjustment Inventory for school Students
2. Family Pathology
3. Two Hand Coordination
4. Recall of nonsense syllables and meaningful words
5. Home Environment Inventory

- ❖ The department has a right to change the practical depending on the availability of the apparatus, course content and recent developments.

Division of Marks:

Conduction of 01 Practical	:	25 Marks
Viva Voce	:	45 Marks
Practical Record Book	:	20 Marks
Internal Viva-Voce	:	10 Marks
Total	:	100 Marks

प्रथम इकाई :- ज्ञान का स्वरूप, ज्ञान में प्रमाणों की भूमिका, प्रमाणों की संख्या, प्रमा एवं अप्रमा में भेद
द्वितीय इकाई :- प्रत्यक्ष प्रमाण एवं उसका भेद, अनुमान प्रमाण एवं उसका प्रकार, उपमान प्रमाण, शब्द प्रमाण एवं उसका प्रकार ।

तृतीय इकाई :- अर्थापत्ति, ऐतिह्य, सम्भव, अनुपलब्धि ।

चतुर्थ इकाई :- प्रामाण्यवाद न्याय, सांख्य, मीमांसा एवं बौद्ध ।

पंचम इकाई :- वस्तुनिष्ठ / बहुवैकल्पिक चयनित प्रश्न ।

Paper I - Indian Epistemology

1st Unit: - Nature of Knowledge, Role of Pramanas in Knowledge, Number of Pramanas, Difference between Prama and Aprama.

2nd Unit: - Pratyaksha Prāmāna and its Kinds, Anuman Pramana and its kinds, Upamana Pramana, Śabada Pramana and its kinds.

3rd Unit: - Arthapatti, Aitihya, Sambhava, Anuplabdhi.

4th Unit: - Pramānyāvāda - Nyāya, Sāmkhya, Mimāmsa and Buddhism.

5th Unit: - Objective/Multiple Choice Questions.

निर्धारित / सन्दर्भ ग्रन्थ सूची :

1. मानमञ्जरी नारायण भट्ट (निर्धारित)
2. भारतीय दर्शन डॉ० एस० राधाकृष्णन्
3. तर्क भाषा कशव मिश्र
4. भारतीय ज्ञानमीमांसा - नीलिमा शर्मा
5. जैन, बौद्ध और न्याय दर्शनों में ज्ञानमीमांसा - डॉ० ओ३म शर्मा
6. Six ways of Knowing - D.M. Datte
7. The Nyaya Theory of Knowledge - S.C. Chattarjee

Paper Name: द्वितीय पत्र - भारतीय तत्त्वमीमांसा

Paper Code: B.A. 310

प्रथम इकाई :- (वैशेषिक दर्शन) पदार्थ द्रव्य, गुण, कर्म, सामान्य, विशेष, समवाय और अभाव ।

द्वितीय इकाई :- (न्याय दर्शन) प्रमेय दुःख एवं अपवर्ग ।

आत्मा, शरीर, इन्द्रिय, अर्थ बुद्धि: मन, प्रवृत्ति, दोष, प्रेत्यभाव, फ

तृतीय इकाई:- (सांख्य-योग) पुरुष का स्वरूप, पुरुष की अनेकता, प्रकृति का स्वरूप सृष्टि प्रक्रिया, पुरुष एवं प्रकृति में भेद, दोनों में सम्बन्ध, पुरुषविशेष- ईश्वर का स्वरूप ।

चतुर्थ इकाई:- (वेदान्त दर्शन) जीव, जगत् एवं ईश्वर का स्वरूप, साधन-चतुष्टय, मुक्ति ।

पंचम इकाई :- वस्तुनिष्ठ / बहुवैकल्पिक चयनित प्रश्न ।

Paper II - Indian Metaphysics

1st Unit: - (Vaisheshik Darshan) - Padartha - Dravya, Guna, Karma, Sāmānya, Vishesh, Sāmāvāya and Abhāva.

2nd Unit: - (Nyaya Darshan) - Prameya - Atma, Sharir, Indriya, Arth, Buddhi, Man, Pravretti, Dosha, Pretyabhava, Phal, Dukha and Apvarga.

3rd Unit: - (Samkhya - Yoga) Nature of Purush, Plurality of Purusha, Nature of Prakriti- ontological Procedure (Srishti Prakriya) Relation and Difference between Purush and Prakriti. Purush - Vishesh, Nature of Eshvera.

4th Unit: - (Vedanta Darshan) - Nature of Iswar, Jagat and Jeev, Sadhan chatustaya, Mukti.

5th Unit: - Objective/Multiple Choice Questions.

निर्धारित / सन्दर्भ ग्रन्थ सूची :-

1. मानमेयोदय नारायण भट्ट (निर्धारित)
2. भारतीय दर्शन - डॉ० एस० राधाकृष्णन्
3. भारतीय दर्शनों में तत्त्वों का समस्यात्मक विवेचन - डॉ० रमा पाण्डेय
4. An Introduction to Indian Philosophy - D.M. Dutta & Chatterjee
5. Outlines of Indian Philosophy - M. Hiriyanna

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर-संस्कृत प्रथमपत्रम्-व्याकरणम्

पेपर कोड- बी0ए0-311

उद्देश्य -

- १) धातुओं का तीनों कालों में बद्ध प्रदान कराना
- २) विभक्ति प्रकरण का ज्ञान से वाक्यों में विभक्ति संबंधी त्रुटियों का निराकरण कराना
- ३) उच्च विभक्तियों का माध्यम से विभक्तियों का विशिष्ट ज्ञान प्रदान कराना

परिणाम-

- १) धातुओं का तीनों कालों में अवगमन का द्वारा अनुवाद व संभाषण में सरलता हासिल है
- २) वाक्य प्रयोग में नैपुण्य प्राप्त हुआ है
- ३) उच्च विभक्तिओं का माध्यम से विभक्तियों का विशिष्ट ज्ञान प्राप्त हुआ है

इकाई (1) शब्द रूप

हलन्त - पुल्लिङ्ग - विद्मस्, भगवत्, धीमत् । हलन्त - स्त्रीलिङ्ग- वाच् । हलन्त - नपु.
लिङ्ग - जगत्, श्रद्धस् । मनस्,

इकाई (2) वाच्य परिवर्तन :

1. वाच्य परिवर्तन
2. कर्मवाच्य
3. भाववाच्य

इकाई (3) समास - अव्ययीभाव, द्विगु द्वन्द्व (लघुसिद्धांतकौमुदी) ।

इकाई (4) कृन्त- कृत्यप्रक्रिया, पूर्वकृन्त ।

इकाई (5) अनुवाद - (संस्कृत से हिन्दी एवं हिन्दी से संस्कृत भाषा में) ।

1. लघुसिद्धांत कौमुदी ।

संदर्भ ग्रंथ

वैयाकरण सिद्धान्त कौमुदी (श्रीमद् भट्टोजिदीक्षित)

रचनानुवाद कौमुदी भाग- II (डॉ. कपिल दत्त द्विवेदी)

तंजलि विश्वविद्यालय, हरिद्वार
संस्कृत द्वितीय वर्ष- साहित्यम्
संस्कृत का- बी०ए०-३१२

पूर्णाङ्कः - १००
आन्तरिकाङ्कः - ३०

द्वितीयपत्रम् - साहित्यं धर्मशास्त्रं च

उद्देश्य -

- १) मनुस्मृति के माध्यम से संस्कारों का अवबोध कराना
- २) मनुस्मृति के द्वारा गुरु शिष्य परंपरा का बोध प्रदान कराना
- ३) सुषेण निघंटु के द्वारा अन्नपान विधि के अवगमन कराना

परिणाम -

- १) शिक्षार्थियों में मनुस्मृति में सन्निहित श्लोकों के अर्थ व विषय प्रस्तुति की कुशलता का विकास हुआ है
- २) शिक्षार्थियों में मनुस्मृति में सन्निहित श्लोकों के अर्थ व विषय प्रस्तुति की कुशलता का विकास हुआ है
- ३) अन्नपान विधि के ज्ञान से आहार संबंधी जानकारी प्राप्त हुआ व अन्योक्त जानकारी प्रदान कराने का सामर्थ्य प्राप्त हुआ है

इकाई (1) ईष्यावास्यप्रनिषद् ।

इकाई (2) रघुवंशा-प्रथम सर्ग ।

इकाई (3) चन्द्रालोक- प्रथम एवं द्वितीय मयूख ।

इकाई (4) छन्द-ष्यार्दूलविक्रीडित, शिखरिणी, मन्दाक्रान्ता, वंशास्थ, इन्द्रवज्रा लक्षण एवं उदाहरण ।

इकाई (5) कवि परिचय - कालिदास, बाण, भवभूति ।

संदर्भ ग्रंथ

चन्द्रालोक - जयदेव ।

रघुवंशा - कालिदास ।

वरत्नाकर (केदारभट्ट) ।

ईष्यावास्यप्रनिषद्।

संस्कृत साहित्य का इतिहास (बलदेव उपाध्याय)

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- Human Biology-II

पेपर कोड- बी0ए0-401

Objectives:

- The teaching-learning of this paper will enable learner to
- Discuss anatomical & physiological effects of selected yoga practices on aforesaid human body systems.

Course outcomes

On completion of this course, the students will be able to:

CO1: understand of Human Anatomy and Physiology.

CO2: know different levels of structural complexity.

रक्त वाहिका तन्त्र

रक्त का संगठन व कार्य (लाल रक्त कण, श्वेत रक्त कण तथा रक्त चक्रिकार्य), हृदय की रचना (सामान्य एवम् ऊतकीय), हृदय सम्बन्धि निवेश, हृदय आउटपुट, रक्तचाप, रक्त परिवहन के प्रकार, हृदय चक्र एवं परिवहन का नियन्त्रण, रक्त परिवहन तन्त्र पर योग का प्रभाव।

पाचन तन्त्र

सामान्य तथा ऊतकीय रचना विज्ञान; रचना तन्त्र तथा कार्य- आमाशय, तथा अग्नाशय; स्रावों की क्रियावली- लार, आमाशय रस, अग्नाशय रस, अन्त्रीय स्राव; भोजन (प्रोटीन, कार्बोहाइड्रेट, तथा वसा) को पचाने के लिए इनकी भूमिका, पाचन तन्त्र पर योग का प्रभाव।

मूत्रवह स्वतन्त्र

उत्सर्जन तन्त्र की रचना (सामान्य एवम् ऊतकीय रचना विज्ञान), वृक्क का सामान्य एवं ऊतकीय रचना एवम् कार्य, ग्लोमरूलस, नेफ्रान, एवम् रीनल ट्यूब्यूल, मूत्र संगठन एवम् उत्पत्ति प्रक्रिया, मूत्र प्रवाह एवम् इसका नियन्त्रण, मूत्रवह तन्त्र पर योग का प्रभाव।

तन्त्रिका तन्त्र

तन्त्रिका तंत्र की सामान्य रचना, नाडियों व तन्त्रिकाओं की रचना, प्रकार एवम् गुण; तन्त्रिका तन्त्र के प्रकार (केन्द्रीय नाडी संस्थान एवम् पुरानुकम्पी तन्त्रिका तन्त्र), केंद्रीय नाडी संस्थान (मस्तिष्क, प्रमस्तिष्क अनुमस्तिष्क, सुषुम्ना)- सामान्य रचना एवम् क्रियार्य; पोन्स, सुषुम्नाशीर्ष, चेतक, अर्धचेतक के कार्य एवम् सम्बन्धों के महत्ता; परानुकम्पी तन्त्रिका तन्त्र (कपालीय एवम् मेरू तन्त्रिकार्य) - सामान्य रचना एवम् क्रियार्य; स्वचालित तन्त्रिका तन्त्र (अनुकम्पीय एवम् परानुकम्पीय) - सामान्य रचना विज्ञान एवम् कार्य, तन्त्रिका तन्त्र पर योग का प्रभाव ।

ज्ञानेन्द्रिया

नेत्र रचना - रेटिना का ऊतकीय विज्ञान, कोर्निया का विज्ञान, दृष्टि प्रक्रिया एवम् संमजन, नासिका की सम्पूर्ण रचना एवम् गन्ध प्रक्रिया, कर्ण की सामान्य रचना एवम् श्रवण प्रक्रिया तथा सन्तुलन ।

अतीन्द्रिय केन्द्र - (आकार, चक्र, बीज व दलों के मन्त्र, तत्व, सक्रियण व असक्रियण के परिणाम आदि) तथा उनकी न्यूरोजैविक साहचर्य तथा आरोपण।

References

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पतंजलि विश्वविद्यालय, हरिद्वार
पेपर-II- स्वस्थवृत्त, आहार एवं पोषण
पेपर कोड- बी0ए0-402

Objectives:

Following the completion of this course, students shall be able to

- Understand the basic principles of Ayurveda.
- Have basic knowledge of Swasthavritta & Panchkarma and useful domestic herbal remedies.

Course Outcomes:

Following the completion of this course, students will be able to

CO1: Understand the basic concept of Ayurveda.

CO2: Explain the concept of health & other principles of Ayurveda.

1. स्वास्थ्य की परिभाषा, स्वस्थ पुरुष के लक्षण, स्वस्थ वृत्त का प्रयोजन ।
2. दिनचर्या, मुख शोधन, व्यायाम की अवधारणा स्नान, अभ्यंग, संध्योपासना, योगाभ्यास, रात्रिचर्या - निद्रा, ब्रह्मचर्य ।
3. ऋतुचर्या ऋतु विभाजन, ऋतु के अनुसार दोषों का संचय, प्रकोप व प्रशमन, सद्दत्त एवं आचार रसायन ।
4. आहार की परिभाषा, गुण व कर्म। आहार एवं पोषण का अर्थ, आहार की मात्रा, काल, सन्तुलित आहार, दुग्धाहार, फलाहार, अपक्वाहार, मिताहार, उपवास, शाकाहार के गुण, मांसाहार के अवगुण, यौगिक आहार ।
5. भोज्य तत्वों का रासायनिक वर्गीकरण-प्रोटीन, कार्बोहाइड्रेट, वसा, खनिज, विटामिन, जल; उनका संघटन तथा शरीर में कार्य ।

ग्रन्थ:-

चरक संहिता	: महर्षि चरक
सुश्रुत संहिता	: महर्षि सुश्रुत
स्वस्थवृत्त विज्ञान	: रामहर्ष सिंह

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- SYSTEM AND SCHOOLS OF PSYCHOLOGY-II

पेपर कोड- बा[0]ए0-403

Max Marks: 75

Time: 3 Hours

Objective:

1. To enable the student to understand psychology in historical perspective.
2. To familiarize students with the various movements and schools of psychology.

Course Outcomes:

After the completion of this course students will be able to

1. Have an understanding of major theoretical frameworks in psychology, including psychoanalysis, hormic psychology, dynamic psychology, humanistic psychology, existential psychology, and cognitive psychology.
2. Be familiar with the key contributors to each of these theoretical frameworks, including Sigmund Freud, McDougall, Woodworth, Rogers, Maslow, Medard Boss, Jean Piaget, and Noam Chomsky.

3. Critically evaluate the strengths and weaknesses of each theoretical framework.
4. Apply this knowledge to analyze and interpret human behavior, including psychological disorders and various aspects of personality.

Note: The paper setter shall set a total of ten questions, two from each unit. Candidates are required to attempt five questions in all, selecting one question from each unit.

1. **Psychoanalysis:**
 - (A) Contribution of Sigmund Freud
 - (B) Criticisms of Freudian Psychoanalysis
2. **Hormic Psychology and Dynamic Psychology:**
 - (A) Basic features of McDougall's Hormic Psychology.
 - (B) Woodworth's Dynamic Psychology.
 - (C) Comparison between Woodworth and McDougall.
3. **Humanistic Psychology:**
 - (A) Contribution of Rogers.
 - (B) Contribution of Maslow.
4. **Existential Psychology:**
 - (A) Basic contents of Existential Psychology
 - (B) Contribution of Medard Boss
 - (C) Contribution of Rollo May
5. **Cognitive Psychology:**
 - (A) Contribution of Jean Piaget.
 - (B) Contribution of Noam Chomsky.

Recommended Books:

1. Woodworth, R.S. (1932). Contemporary School of Psychology. New York.
2. Heidebreder, E. (1933) .Seven Psychologies. New York.
3. Singh, A.K. (1991). The History and Systems of Psychology. Delhi: Motilal Banarsidas.

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- SOCIAL RESEARCH

पेपर कोड- बी0ए0-404

Max Marks : 75

Time : 3 Hours

Objectives:

The course aims to familiarizing students Research Methods that are employed in field settings.

Course Outcomes:

After the completion of this course students will be able to

1. Understand the scientific methods and main characteristics of research in psychology, as well as the importance of systematic inquiry and empirical evidence in advancing knowledge.

2. Develop skills in formulating clear and testable hypotheses, including null and directional hypotheses, and understand the functions and characteristics of good hypotheses.
3. Demonstrate knowledge of different sampling methods
4. Gain expertise in different research methods and techniques,
5. prepare and present a comprehensive research report, including the proper use of statistical methods and interpretation of research findings, and the ethical considerations involved in conducting research with human participants.

Note: The paper setter shall set a total of ten questions, two from each unit. Candidates are required to attempt five questions in all, selecting one question from each unit.

1. ***Nature of Psychological Research:***

- (A) Scientific Methods
- (B) Main characteristics of research.

2. ***Hypothesis:***

- (A) Characteristics of good hypothesis.
- (B) Hypothesis and its functions
- (C) Null and Directional Hypothesis.

3. ***Sampling:***

Probability and non probability sampling: Random Sampling, Stratified Random Sampling, Cluster Sampling, Accidental Sampling, Quota Sampling, Purposive sampling

4. ***Methods and Techniques:***

- (A) *Observations:* Scientific Observation, Kinds of observation, Merits and Limitations.
- (B) *Questionnaires:* Nature of Questionnaire construction, Structured and Non Structured Questionnaire.
- (C) *Interviews:* Characteristics of Interview, steps involved in the process of interview, sources of errors.

5. Presentation of Research Report.

Recommended Books:

1. [Suleman](#), M. (2008). Manovigyaan, Shiksha Evam Anya Saamaajik Vigyaanon Mein Samkhyikee. New Delhi: Motilal Banarsidas.
2. Stockton, K. & Fred N. (1973). Foundations of Behavioral Research. (2nd ed.) New York: Holt, Rinehart and Winston.
3. Kapil, H. K. (2015). Anusandhan Vidhiyan.

B. A (with Yoga Science)- IVth Semester

Paper-I (BA-405)

Destination Interpretation- India

Objective:

This model gives information of countries Tourist places of India importance and it helps students to know the background elements of Cultural & Natural Tourism Resources.

Unit-I : North India

Delhi, Agra, Gangotri, Yamonatri, Badrinath, Kedar Nath, Sarnath, Kushi Nagar, Shrawasti: Interpretation of attractions that represent and reflect the cultural diversity and religious unity of India.

Unit-II : Western India

Jaipur, Jodhpur, Udaipur, Jaisalmer Mount. Abu, Dwarka, Somnath, Nageshwar, Details of Distinguished features of these timeless monuments and palaces.

Unit-III : Central India

Khajuraho, Sanchi, Ujjain, Omkareshwar, Panchmadhi, Bandhavgarh, Bhimbetka: Interpretation of cultural features from the glorious past.

Unit-IV : South India

Kerala, Goa, Ajanta- Ellora Caves, Madurai, Mahabalipuram, Kanchipuram, Thirupathi, Rameshwaram, Kanyakumari, Understanding some of the amazing cultural and amazing features with details.

Unit-V : East India

Konark, Puri, Bodh Gaya, Nalanda, Guwahati, Gangtok, Darjleeing, Sunderban, : Understanding the significant features and natural attributes.

Suggested books

1. Mukarjee, R.K. The culture and Art of India, George Alleene Unwin Ltd. London 1959.
2. Oki Morihiro- Fairs and Festivals, World Friendship Association, Toyko, 1988
3. The Treasures of Indian Museumes, Marg Publication, Mumbai.
4. Archaeological Survey of India publication on archaeological places of India.
5. Mitra, Devla-Buddhist Architecture, Calcutta.
6. Websites of different destinations.

University of Patanjali, Haridwar

B. A (with Yoga Science)- IVth Semester

Paper-II (BA-406)

Hospitality Management

Objectives:

This Module is prescribed to appraise students about the important departments of a classified hotel and to teach various aspects related to accommodation Industry

Unit-I : Hospitality: Meaning, Nature and Typologies

Defining Hospitality: Nature and its Meaning.

Age old Institution of Hospitality with the Spirit of 'Atithi Devo Bhav' in India and its present status. Typology of Accommodation, Origin and growth of Hostel industry with special Reference to India.

Unit-II : Organization and Functions of Various Department

in Hotels. Front Office,

Food Production

F & B Service,

House Keeping

Back office and other Ancillary Department.

Unit-III : Type and Forms of Hotels

Classification of Hotel on Basis of Location, Size, Clientele and Range of Service etc Star Classification – Criteria and Procedure Adopted in India.

Resort Properties, Heritage Hotel and Ecotels- Concept and Emerging Dimensions.

Unit-IV : Hospitality Institutions & Manpower Requirements.

Manpower Requirement in Hotel Sector: designations, qualifications & remunerations. Role and Contribution of I.T.D.C. and State Tourism Corporations in Development of Hotel Sector in India, Hospitality Educations of India-Growth & Development, Hospitality Associations (HAI & FHRAI)

Unit-V : Major Hotel Chains in India

The Taj Group of Hotels

Oberai Hotel & Resorts

Lalit Hotels

The Ashok Group of Hotels

Suggested books

1. Introduction to Hospitality Industry-Bagri & Dahiya
2. Introduction to Hospitality- J. Walker
3. Managing Hospitality- D. Rutherford
4. Hotel Front Office Manual-Sudhir Andrew
5. Housekeeping Manual-Sudhir Andrew
6. Hotel and Lodging Management and Introduction: by Alan T. Stutis & James F. Wortman, John Wiley & Sons.

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर-कियात्मक योग

पेपर कोड- बी0ए0-407

Objectives:

- Following the completion of the course, students shall be able to:
- To demonstrate and instruct undermentioned yogic practices.

Course outcomes

On completion of this course, the students will be able to:

CO1: Develop understanding of different yogic techniques.

CO2: Attain perfection to perform different yogic practices.

CO3: Aearn the practical interpretation of Shatkarma.

आसन :

पश्चिमोत्तान

नटराज

कूर्मासन

उत्थित पद्मासन

पादांगुष्ठासन

पूर्व के सभी अभ्यास सम्मिलित

व्याघसन

गुप्तपद्मासन
सर्पासन
अर्द्धचन्द्रासन
परिवृतजानुशीर्षासन
आकर्णधनुरासन
बद्धपद्मासन
अष्टयवकासन

प्राणायाम :
बाह्यवृत्तिप्राणायाम
आभ्यन्तर वृत्तिप्राणायाम

षट्कर्म :
व्युत्क्रम कपालभाति
वाटक
मुद्रा एवं बंध
महामुद्रा
महाबंधमुद्रा
महावेधमुद्रा

ध्यान
मौखिकी
संकटासन

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- PSYCHOLOGY PRACTICALS
पेपर कोड- बी0ए0-408

Course Objectives:

- To provide scientific and applied knowledge about psychological tests
- To apply the principles of psychology in day-to-day life for a better understanding of themselves and others.

Course Outcome:

After the completion of this course, a student will be able to

- Engage in innovative and integrative thinking and problem solving.
- Engage in active and meaningful discussion/dialogue on psychological topics

1. Defense Mechanism Inventory
2. Muler Lyer Illusion
3. Sinha Comprehensive Anxiety Test
4. Figure dexterity
5. Self-Concept

- ❖ The department has a right to change the practical depending on the availability of the apparatus, course content and recent developments.

Division of Marks:

Conduction of 01 Practical	:	25 Marks
Viva Voce	:	45 Marks
Practical Record Book	:	20 Marks
Internal Viva-Voce	:	10 Marks
Total	:	100 Marks

Note:

Any four practicals shall be conducted/administered by each student. One practical will be given to each student in a practical examination. The marks shall be awarded jointly by internal and external examiners. However, HOD will act as coordinator of the examination.

Paper Name: प्रथम पत्र - पाश्चात्य ज्ञानमीमांसा

Paper Code: B.A. 409

प्रथम इकाई :- ज्ञान की अवधारणा ज्ञान की परिभाषा, ज्ञान के प्रकार, ज्ञान के प्रयोग, परिचय व द्वारा ज्ञान, वर्णन के द्वारा ज्ञान ।

द्वितीय इकाई :- देकार्त की संदेह विधि, ह्यूम का संशयवाद, सत्य, विश्वास, कान्ट द्वारा औचित्य स्थापन ।

तृतीय इकाई:- बुद्धिवाद, अनुभववाद, समीक्षावाद ।

चतुर्थ इकाई :- सत्य के सिद्धान्त- संवादिता, संसक्तता, व्यावहारिकता, संश्लेषण, विश्लेषण ।

पंचम इकाई :- वस्तुनिष्ठ / बहुवैकल्पिक चयनित प्रश्न ।

1st Unit

Paper I - Western Epistemology

1st Unit: - Concept of Knowledge - Definition, kinds and its uses, knowledge by acquaintance and knowledge by description.

2nd Unit: - Method of Doubt - Descartes, Scepticism of Hume, Truth, Belief, Justification by Kant.

3rd Unit: - Rationalism, Empiricism and Critical Philosophy.

4th Unit: - Theories of Truth, Correspondence, Coherence and Pragmatism, Analysis and Synthesis.

5th Unit: - Objective/Multiple Choice Questions.

निर्धारित / सन्दर्भ ग्रन्थ सूची :-

1. ज्ञानमीमांसा की समस्याएँ - डॉ० हृदय नारायण मिश्र (निर्धारित)
2. दर्शनशास्त्र का परिचय (हि0अ0) डब्ल्यू पैट्रिक
3. पाश्चात्य दर्शन - डॉ० ब्रह्म स्वरूप अग्रवाल
4. पाश्चात्य दर्शन की समस्याएं - एच०एन०मिश्र
5. पाश्चात्य दर्शन का इतिहास - दयाकृष्णन
6. Problem of Philosophy - Bertrand Russell.
7. Introduction of Philosophy - Polman.

University of Patanjali, Haridwar

Paper Name: पाश्चात्य तत्त्वमीमांसा-II

Paper Code: B.A. 410

प्रथम इकाई :- दर्शन एवं तत्त्वचिन्तन, तत्त्वमीमांसा का स्वरूप, प्रमुख समस्याएं, दर्शन एवं विज्ञान ।
द्वितीय इकाई :- सत् का स्वरूप- अध्यात्मवाद, भौतिकवाद, द्वैतवाद, अनेकत्ववाद, सर्वेश्वरवाद ।
तृतीय इकाई :- मन और शरीर के सम्बन्ध की समस्या, अन्तः क्रियावाद, समान्तरवाद, चिदणुवाद ।
चतुर्थ इकाई :- ईश्वर की अवधारणा, ईश्वर अस्तित्व के प्रमाण, आभास एवं सत् कारणता, सामान्य ।
पंचम इकाई :- वस्तुनिष्ठ / बहुवैकल्पिक चयनित प्रश्न ।

Paper II - Western Metaphysics

1st Unit: - Philosophy and Metaphysical thinking, Nature of Metaphysics, main Problems, Philosophy and Science.

2nd Unit: - Nature of Reality (Sat), Spiritualism, Materialism, Dualism, Pluralism, Pantheism,

3rd Unit: - Problem of Mind - Body Relations: Interactionism, Parallelism, Monadology.

4th Unit: - Concept of God, Proof for the Existence of God, Appearance and Reality, Causation, Universal.

5th Unit: - Objective/Multiple Choice Questions.

निर्धारित / सन्दर्भ ग्रन्थ सूची :-

1. दर्शनशास्त्र का परिचय डब्ल्यू पैट्रिक (निर्धारित)
2. पाश्चात्य दर्शन डॉ० ब्रह्म स्वरूप अग्रवाल
3. पाश्चात्य दर्शन की समस्याएं - एच०एन०मिश्र
4. दर्शन विवेचना डॉ० वी०पी०वर्मा
5. Problem of Philosophy - Bertrand Russell.
6. Introduction of Philosophy- Polman.

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर-संस्कृत प्रथमपत्रम्-व्याकरणम्
पेपर कोड- बी0ए0-411

उद्देश्य -

१) विद्यार्थियों को केवलसमास और अव्ययीभाव समास के परिचय के द्वारा उदाहरणों में स्पष्ट कराना

- 2) शिक्षार्थियों क तत्पुरुष समास के परिचय के द्वारा वाक्यों में तत्पुरुष समास का बाध वसमस्त पदों के निर्माण का अवगमन कराना
- 3) बहुव्रीहि समास का व द्वन्द्वसमास का सूत्रसहित परिचय व उदाहरण द्वारा स्पष्टता प्रदान कराना

परिणाम-

- 1) केवलसमास, अव्ययीभावसमास के अवगमन से पदों की संक्षिप्तता का बाध हटा है व भाषा में सौंदर्य उत्पन्न होता है
- 2) तत्पुरुषसमास के अध्ययन से विद्यार्थी तत्पुरुष समास के नियोजन की विधि जानकर उत्तम रीति से लेखन में दक्षता प्राप्त करते हैं
- 3) बहुव्रीहिसमास व द्वन्द्वसमास के सूत्र लक्षण जान विद्यार्थी इनके प्रयोग में कुशल होते हैं

इकाई (1) शब्द रूप

हलन्त - पुल्लिंग-महत्, भूभब, सुहृद् राजन्, करिन्। हलन्त - स्त्री. लिङ्ग- यषित् ।

हलन्त नपु. लिङ्ग-वचस्, धनुष, मनस्, पयस् ।

इकाई (2) स्त्री प्रत्यय-

इकाई (3) समास-तत्पुरुष - कर्मधारय एवं बहुव्रीहि।

इकाई (4) प्रत्यय - उत्तरकन्त ।

इकाई (5) अनुवाद - (संस्कृत से हिन्दी एवं हिन्दी से संस्कृत भाषा में) ।

संदर्भ ग्रंथ

लघुसिद्धांतकौमुदी ।

रचनानुवाद कौमुदी भाग- ॥ (डॉ. कपिल देव द्विवेदी) ।

टीच यारसैल्फ संस्कृत- राष्ट्रीय संस्कृत संस्थान, दिल्ली ।

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर-संस्कृत द्वितीयपत्राम्- साहित्यम्
पेपर काङ्क- बी0ए0-412

उद्देश्य -

- 1) मुंडकप्रनिषद के द्वारा विद्यार्थियों कपर - अपर आदि विद्याओं का ज्ञान कराना

- २) मुंडकोपनिषद के द्वारा विद्यार्थियों को पर - अपर आदि विद्याओं का ज्ञान कराना
- ३) नीतिशतकम् के श्लोकों के स्मरण एवं श्लोक व्याख्या के द्वारा नीतिविषयक ज्ञान प्रदान कराना

परिणाम -

- १) विद्यार्थियों को मुंडकोपनिषद का परिचय व पर अपर आदि विद्याओं का बोध होता है
- २) इकाई २-विद्यार्थियों को मुंडकोपनिषद का परिचय व पर अपर आदि विद्याओं का बोध होता है
- ३) नीतिशतकम् के श्लोकों का छंद के साथ स्मरण होता है तथा नीतिविषयक ज्ञान प्राप्त होता है

इकाई (1) चन्द्रालोक - तवीय एवं चतुर्थ मयूख ।

इकाई (2) रघुवंश - द्वितीय सर्ग - कथा सार एवं व्याख्या ।

इकाई (3) अभिज्ञानषशाकुन्तलम् - चतुर्थ अंक

इकाई (4) द्वासुपर्णा (पूर्वभाग)

इकाई (5) श्रीमद्भगवद्गीता - द्वितीय अध्याय

संदर्भ ग्रंथ

चन्द्रालोक ।

रघुवंश ।

द्वासुपर्णा आचार्य रामजी उपाध्याय । श्रीमद्भगवद्गीता ।

अभिज्ञानषयाकुन्तलम् ।

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- पातंजल योगसूत्र

पेपर कोड- बी0ए0-501

Objectives: Following the completion of this course, students shall be able to

- Introduce Yoga darshan and its main principles.
- Become familiar with the main techniques of yoga prescribed in Yoga Darshan.

Course Outcomes:

On completion of this course, the students will have:

CO1: Awareness of various yoga literature

CO2: Exploring the Mind and Its Modifications

CO3: Insight of many barriers in sadhana and how to overcome them.

CO4: Expertise about the various Vibhutis, Sanyama, Parinamas, and methods for achieving Kaivalya.

1. योग शब्द का अर्थ, परिभाषा, चित्तवृत्तियां, चित्त की भूमियां, चित्रवृत्ति निरोध के उपाय
2. कर्म सिद्धान्त, चित्त प्रसादन, अभ्यास - वैराग्य, चित्त विक्षेप, क्रिया योग, क्लेश ।
3. यम, नियम, प्राणायाम, प्रत्याहार, धारणा व ध्यान ।
4. समाधि, सम्प्रज्ञात व असम्प्रज्ञात, ऋतम्भरा प्रज्ञा, विवेक ख्याति ।
5. विभूतियों का वर्णन, ईश्वर, पुरुष, प्रकृति, कैवल्य ।

ग्रन्थ:-

योगसूत्र	: वाचस्पति मिश्र
पातंजलयोग प्रदीप	: ओमानन्द तीर्थ
पातंजल योग विमर्श	: डॉ. विजयपाल शास्त्री
ध्यानयोग प्रकाश	: लक्ष्मणानन्द
योग दर्शनम	: राजवीर शास्त्री
पातंजल योग दर्शन	: स्वामी सत्यपति परिव्राजक

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- उपनिषद परिचय

पेपर कोड- बी0ए0-502

Objectives:

- Following the completion of this course, students shall be able to
- Apply the essence of Upanishads in life.

Course Outcomes:

On completion of this course, the students will be able to:

CO1: Develop understanding of Principal Upanishads.

CO2: Explain about the concept of Vidya and Avidya.

CO3: Become aware of the importance of Self-Realization and the greatness of Brahma Vidya.

1. उपनिषद् शब्द का निर्वचन, अर्थ, वैदिकवाङ्मय की परंपरा में उपनिषदों का स्थान, उपनिषदों का मूल्यांकन - विभिन्न विद्वानों का मत, उपनिषदों की महत्ता ।
2. ईशावास्योपनिषद्, कठोपनिषद् - प्रथम अध्याय (प्रथम, द्वितीय, तृतीय वल्ली)
3. कर्मोपनिषद् (प्रथम एवं द्वितीय खण्ड), मुण्डकोपनिषद् (तृतीय मुण्डक)
4. तैत्तिरीय उपनिषद् - शिक्षा वल्ली (एकादश अनुवाक)
5. कठोपनिषद्-द्वितीय अध्याय (प्रथम, द्वितीय, तृतीय वल्ली)
श्रुत्ताश्वतरोपनिषद् (द्वितीय एवं षष्ठ अध्याय)

संदर्भ ग्रन्थ:-

108 उपनिषद्- पं. श्रीराम शर्मा आचार्य ।

औपनिषदिक अध्यात्म विज्ञान- प्रो. ईश्वर भारद्वाज ।

ईशादिनोपनिषद् - गीता प्रज्ञा, गोरखपुर ।

उपनिषद् संग्रह - पं. जगदीश शर्मा ।

कल्याण (उपनिषदांक) - गीता प्रज्ञा, गोरखपुर ।

पतंजलि विश्वविद्यालय, हरिद्वार

पत्र- CLINICAL PSYCHOLOGY-I

पत्र कोड- बी0ए0-503

Max Marks: 75

Time: 3 Hours

Objectives: The course will familiarize students with the basic Nature of Clinical Psychology and tools used for assessment psychological disorders.

Course Outcomes:

After the completion of this course students will be able to

1. Get comprehensive understanding of the nature and evolution of clinical psychology, including knowledge of professional issues such as roles, ethics, and training.
2. Skill in clinical assessment

3. Have understanding of stress and stress-related illnesses, as well as coping strategies and theories of stress such as theories of physiological arousal and helplessness.
4. Get knowledge of the components of mental health, factors that influence mental health, and measures for promoting mental health.
5. Familiarise with defense mechanisms such as repression, regression, projection, and reaction formation, and how they relate to mental health and well-being.

Note: The paper setter shall set a total of ten questions, two from each unit.

Candidates are required to attempt five questions in all, selecting one question from each unit.

1. *Clinical Psychology:* Nature, Evolution. Professional Issues: Roles, Ethics and Training.
2. *Clinical Assessment:* Case History, Clinical Interview. Psychological Tests-MMPI, Rorschach Inkblot Test, Wechsler Adult Intelligence Test. Neuropsychological Assessment.
3. *Stress: Nature and Stress related illness.* Strategies of coping Behavior. Theories of stress: Theories of physiological Arousal, Theories of Helplessness.

Mental Health: Meaning of Mental Health and its distinction from Mental illness.

Components of Mental Health.

Factors influencing Mental Health.

Measures for Promoting Mental Health.

4. *Defence Mechanism:* The concept and Types Repression, Regression, Projection and Reaction Formation.
5. Recommended Books:
 1. Irwin, B.W. (1976). *Clinical Methods in Psychology*. New York: Wiley Interscience.
 2. Kendall. (1980). *Modern Clinical Psychology*, New York: Wiley.
 3. Korchin, S.J. (1976). *Modern Clinical Psychology*. New York: Basic Books.
 4. Shaffer, G.W. & Lazarus, L.S. (1952). *Fundamental concepts of clinical Psychology*.
 5. Wolberg, L.R. (1988). *The Techniques of Psychotherapy (Vol. 1 & 2)*. London: Jason Aronson Inc.
 6. Wolman, B.B. (1965). *Handbook of clinical Psychology*, New York: Mc Graw Hill.
 7. Sing, A.K. (2013.) *Uchatar Naidanic Manovigyan, (Advanced Clinical Psychology) 7th revised edition*.

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- PSYCHOLOGY OF PERSONALITY

पेपर कोड- बी0ए0-504

Max Marks: 75

Time: 3 Hours

Objectives: The course will familiarize students with the basic concept of personality, Types of personality and the use of basic measures of personality.

Course Outcomes:

After the completion of this course students will be able to

1. Get Improved understanding of personality and its determinants
2. Familiarities with theoretical approaches to personality
3. Evaluate and compare personality theories

Note: The paper setter shall set a total of ten questions, two from each unit. Candidates are required to attempt five questions in all, selecting one question from each unit.

Introduction:

- a. Concept of Personality.
- b. Theoretical Approaches to Personality.
- c. Trait and type Approach: A General Interpretation.

2. *Determinants of Personality:*

3. Biological or Physical determinants, Psychological determinants.

4. *Environmental determinants of Personality:*

Social Determinants, educational determinants, family determinants.

5. *Fundamentals of personality theory:*

Nature of personality, Historical Back ground of Personality theories, Criteria of Evaluating personality theories, Basic Assumptions of personality theories.

6. *Theories of personality:*

Henry Murray- Need Theory of Personality, Gordon All Port: Trait theory of Personality, Personality Theory of Eysenck.

Recommended Books:

1. Corsini & Marsella (1983). Personality Theories, Research and Assessment. F.E. Peacock.
2. Burger, J. M. (2010). [Personality](#) (8th ed.). Belmont, CA: Wadsworth Publishing
3. Engler, B. (2008). [Personality Theories: An Introduction](#) (8th ed.). Boston: Houghton Mifflin.
4. Tripathi. R.B & Singh R.N. (2001). Psychology of Personality Varanasi: Gangasran and Grand Sons.

University of Patanjali, Haridwar
B. A (with Yoga Science)- V Semester
Paper-I (BA-505)
Destination Interpretation –World

Objective:

This model gives information of countries Tourist places of World importance and it helps students to know the background elements of Cultural & Natural Tourism Resources.

Unit- I

Europe: U.K. & France : To study the Eiffel Tower of France and Cassel Museum & Art Galleries of U.K.

Unit- II

Asia : China & Singapore : A brief analysis of Great wall and Forbidden city of China and evaluating resource attraction of Singapore Zoo, bird Park and Sentosa Island.

Unit- III

Africa : South Africa & Egypt An exploratory study of Kruger National Park of South Africa & In-depth study of Pyramids of Giza of Egypt.

Unit- IV

America: USA & Brazil : A brief analysis of Disney land, Lakes & waterfalls of USA and the Rainforest & Carnival of Brazil.

Unit- V

Australia : To study the tourism attraction features of Sydney, Canberra.

Reference:

- Ahmad, Aizaz: General Geography of India, NCERT, New Delhi
 - Goh Cheong Long: An Economics Atlas of India, Oxford University.
 - World Atlas , Oxford press.
 - Singh, R.L. (ed) India: A Regional Geography National Geographical Society of India, Varanasi, 1989.
 - Manorama Year Book
 - Indian Year Book, Publication Division, Govt. of India, New Delhi
 - Tourism Planner.
 - Tour Brochures of related places.
 - Lonely Planet-India and related destinations.
 - Websites of related destinations.
- University of Patanjali, Haridwar

B. A (with Yoga Science)- V Semester
Paper-II (BA-506)
Travel Formalities & Facilitation

Objectives:

Tourism industry is growing at very fast pace. In India the outbound tourism and inbound tourism are also growing. International tourism involves several types of formalities. The students of tourism should know about such formalities, which are needed in the form of several documents. In this course the students will learn about required documents in foreign travels.

Unit- I

Preparing Passport

Passport, requirements, checklists, types changes, procedure, tatkal scheme and fees, passport act and penalties under section 12(1)B, Online Application for Passport.

Unit- II

Rules and regulations about eligibility, quantum and documentation required for Travel Out of India: Foreign Exchange Management Act, Basic Travel Quota, Foreign Exchange for Business Visits, Travel Insurance
Traveling Into India: Foreign Currency, Indian Currency, Process for Encashment of Foreign Currency, Travel Insurance.

Unit- III

Obtaining Visas

Documents for obtaining visa of major tourist destinations of world including health check documents, Types of visa, visa fees, Refused of Pending Visas, Destination Departure Records.

Unit- IV

Visiting Tourist Destinations

Tourist visa for New Zealand and Australia, Tourist visa for Europe, Tourist visa of USA & Canada

Unit- V

Airport & Airline Code

IATA Codes: City, Airport & Airlines codes of India and world.

Reference:

- Websites of UK, USA, Canada and Australia
- Websites of Indian ministries and offices related to foreign exchange
- <http://passport.gov.in/pms/onlineRegistration.jsp>
- <http://passport.gov.in/>
- Galileo systems
- ABC & OAG Guide, TIM Air Tariff
- Visa formalities of different countries. (See websites of countries)

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- प्रयोगात्मक योग
पेपर कोड- बी0ए0-507

Objectives:

- Following the completion of the course, students shall be able to:
- To demonstrate and instruct undermentioned yogic practices.

Course outcomes

On completion of this course, the students will be able to:

- CO1:** Develop understanding of different yogic techniques.
CO2: Attain perfection to perform different yogic practices.
CO3: Learn the practical interpretation of Shatkarma.

पूर्व के सभी अभ्यास सम्मिलित

आसन :

मयूरासन

शीर्षासन

पद्मकासन

पूर्णउष्ट्रासन

एकपाद स्कन्धासन विभक्त पश्चिमोत्तानासन

वातायनासन

टिट्टिभासन

गर्भासन

शीर्ष पादांगुष्ठासन

गुसासन
प्राणायाम :
भ्रामरी
भस्त्रिका

षट्कर्म :
न्यौलि
वस्त्रधौति

ध्यान
मोनोग्राफ

मौखिकी

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- PSYCHOLOGY PRACTICALS
पेपर कोड- बी0ए0-508

1. Mental Health Inventory
2. Stress Scale for Students
3. Personality Test
4. Psycho-immunity scale for Adolescent

Note:-

The department has a right to change the practical depending on the availability of the apparatus, course content and recent developments.

Division of Marks:

Conduction of 01 Practical	:	20 Marks
Viva Voce	:	45 Marks
Practical Record Book	:	25 Marks
Internal Viva-Voce	:	10 Marks

Total : 100 Marks

Note:

Any four practicals shall be conducted/administered by each student. One practical will be given to each student in a practical examination. The marks shall be awarded jointly by internal and external examiners. However, HOD will act as coordinator of the examination.

University of Patanjali, Hardwar
Paper Name भारतीय नीतिशास्त्र- I
Paper Code: B.A. 509

प्रथम इकाई :- भारतीय नीतिशास्त्र की अवधारणा, प्रमुख विशेषताएं, पुरुषार्थ की परिभाषा, पुरुषार्थ चतुष्टय ।

द्वितीय इकाई :- संस्कार का अर्थ, संस्कार के भेद, वर्णधर्म, आश्रम धर्म, वर्णाश्रम व्यवस्था (मनुस्मृति) ।

तृतीय इकाई: - यम, नियम, क्रियायोग, अष्टांगयोग, (योगसूत्र) विधि, निषेध ।

चतुर्थ इकाई :- साधन चतुष्टय, कर्म, धर्म, स्वधर्म, लोकसंग्रह, शरणागति ।

पंचम इकाई :- वस्तुनिष्ठ / बहुवैकल्पिक चयनित प्रश्न ।

Paper I - Indian Ethics

1st Unit: - Concept of Indian Ethics, Main features, Definition of Purusharth, Purushartha Chatushtaya.

2nd Unit: - Meaning of Sanskār and its Kinds, Varna - Dharm, Aashram- dharam, arnaashram System (Manusmriti).

3rd Unit: - Yama, Niyama, Kriyayoga, Astāngyoga (Yog Sutra), Vidhi, Nishedha.

4th Unit: - Sādhan Chatushtaya, Karma, Dharm, Swadharm, Lok Sangrha, Sharnagati.

5th Unit: - Objective/Multiple Choice Questions.

निर्धारित / सन्दर्भ ग्रन्थ सूची :-

1. अर्थसंग्रह - लौगाक्षिभास्कर (निर्धारित)
2. मनुस्मृति

3. योगसूत्र - व्यास भाष्य
4. श्रीमद्भगवद्गीता - शांकर भाष्य
5. नीतिशास्त्र की समस्याएं - एच०एन०मिश्र
6. भारतीय नीतिमीमांसां- राजवीर सिंह शेखावत

University of Patanjali, Hardwar
Paper Name भारतीय नीतिशास्त्र-II
Paper Code: B.A. 510

प्रथम इकाई :- भौतिक सुखवाद (चार्वाक), समीक्षा, अभ्युदय एवं निःश्रेयस ।
द्वितीय इकाई :- मध्यम प्रतिपदा, चार आर्य सत्य, अष्टांगिक मार्ग, ब्रह्मविहार (बौद्ध दर्शन) ।
तृतीय इकाई:- त्रिरत्न, महाव्रत, अणुव्रत, मुक्ति (जैन दर्शन) ।
चतुर्थ इकाई :- कर्मफलवाद, निष्काम कर्म, ज्ञान, भक्ति, वैराग्य, स्थितप्रज्ञता (भगवद्गीता)
पंचम इकाई :- वस्तुनिष्ठ / बहुवैकल्पिक चयनित प्रश्न ।

Paper-2nd Indian Ethics

- 1st Unit: - Material - Hedonism (Charvak), Criticism, Prosperity and Ultimate End.
2nd Unit: - Middle Path, Four Noble Truths, Eightfold path, Brahmavihara (Buddhism)
3rd Unit: - Triratna, Mahavrata, Anuvrata, Liberation, (Jainism).
4th Unit: - Law of Karma, Nishkāma Karma, Jñāna, Bhakti, Vairagya, Sthitaprajnata (Bhagavad-Gita).
5th Unit: - Objective / Multiple Choice Question.

निर्धारित / सन्दर्भ ग्रन्थ सूची :-

1. भारतीय नीतिमीमांसा राजवीर सिंह शेखावत (निर्धारित)
2. भारतीय नीतिशास्त्र दिवाकर पाठक
3. भारतीय दर्शन - डॉ० एस०राधाकृष्णन
4. श्रीमद्भगवद्गीता
5. भारतीय नीतिशास्त्र - बी०एल०आत्रेय

6. भारतीय नीतिदर्शन - सुखदेव शास्त्री

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर-संस्कृत प्रथमपत्रम्-व्याकरणम्
पेपर कोड- बी0ए0-511

उद्देश्य -

- १) पाठकों को कृदन्त प्रत्ययों के सूत्रस्मरण एवं सूत्रव्याख्या के द्वारा प्रत्यय प्रयोग में निष्णात कराना
- २) पाठकों को कृदन्त प्रत्ययों के सूत्रस्मरण एवं सूत्रव्याख्या के द्वारा प्रत्यय प्रयोग में निष्णात कराना
- ३) स्वादी व तिडादि प्रत्ययों के प्रयोगपूर्वक छात्रों को संस्कृत भाषा प्रयोग में निष्णात कराना

परिणाम-

- १) पाठकों में कृत्प्रत्ययों के प्रयोग में निष्णातता आती है
- २) पाठकों में कृत्प्रत्ययों के प्रयोग में निष्णातता आती है
- ३) अनुवाद में दक्षता प्राप्त होती है

इकाई (1)

धातु रूप - परस्मैपदी धातुएँ-भू, गम्, हस्, लिख, वद्, व्रज्, या, नुद्।

इकाई (2) प्रत्यय - षातष्ट षशानच् क्त्वा, ल्यप्, तुमुन्, तव्यत्, अनीयर्- विभक्ति पूर्वक ।

इकाई (3)

वाक्य शुद्धि एवं निबन्ध ।

इकाई (4)

तद्धित प्रत्यय ।

इकाई (5)

अनुवाद - (संस्कृत से हिन्दी एवं हिन्दी से संस्कृत भाषा में) ।

संदर्भ ग्रंथ

लघुसिद्धांतकौमुदी ।

अष्टाध्यायी- महर्षि पाणिनि ।

प्रौढ रचनानुवाद कौमुदी (डॉ. कपिल देव द्विवेदी)।

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर-संस्कृत द्वितीयपत्राम्- साहित्यम्
पेपर कोड- बी0ए0-512
BA – तृतीयवर्षः (पञ्चमसत्रम्)
संस्कृतम्
Paper Code- 512

पूर्णाङ्काः – १००
आन्तरिकाङ्काः – ३०
बाह्याङ्काः – ७०

द्वितीयपत्रम् – साहित्यम्

उद्देश्य -

- १) ऋग्वेदादिभाष्यभूमिका का परिचय प्राप्त कराना
- २) नीतिविषयक अवगमन कराना
- ३) सद्वृत्तम् के द्वारा सद्व्यवहार का बोध कराना
- ४) चर्पटमंजरी के द्वारा भक्तियोग का परिचय कराना व संसार की निरर्थकता का बोध कराना
- ५) अर्वाचीन संस्कृत कवियों का ज्ञान कराना

परिणाम -

- १) ऋग्वेदादिभाष्यभूमिका से मुक्तिविषयक ज्ञान प्राप्त होता है
- २) मौलिक व नैतिक विषयों का अवगमन होता है
- ३) छात्रों में सद्व्यवहार, सदाचार और जीवन में सद्बुद्धि का विकास होता है
- ४) संसार की निरर्थकता व ईश्वरभक्ति में सार्थकता का बोध होता है
- ५) अर्वाचीन संस्कृत कवियों के कृतित्व व व्यक्तित्व का बोध होता है

इकाई (1) कुमारसम्भव - प्रथम सर्ग ।

इकाई (2) चन्द्रालोक - पञ्चम मयूख ।

इकाई (3) शिवराजविजयम्-प्रथम निःष्ठवास।

इकाई (4) स्वप्नवासवदत्तम् - भास (प्रथम से तटीय अंक) ।

इकाई (5) अर्वाचीन, संस्कृत कवि परिचय :- प्रो सत्यव्रत शास्त्री, डॉ. गणेशदास शर्मा

डॉ. श्रीकृष्ण सेमवाल, डॉ. रामकरण शर्मा।

संदर्भ ग्रंथ

श्लोधिः, उत्तराखण्ड संस्कृत वि.वि., हरिद्वार।

कुमारसम्भव- कालिदास ।

शिवराजविजय अम्बिकादत्त व्यास ।

स्वप्नवासवदत्तम् भास ।

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- यो० चिकित्सा

पेपर कोड- बी०ए०-६०१

Objectives:

- Following The Completion of This Course, Students Shall Be Able To
- Understand The Basic Principles of Yoga Therapy.

Course outcomes:

On completion of this course, the students will be able to:

CO1: Develop understanding of different physical disorders.

CO2: Become aware of benefits and contra-indications of different practices.

CO3: Recognize the importance of Asana, Pranayama and Meditation.

1. स्वास्थ्य की अवधारणा, अर्थ, स्वरूप एवं परिभाषा । यो० चिकित्सा: अर्थ, क्षेत्र, सीमाएं, उद्देश्य, सिद्धान्त, स्वास्थ्य रक्षण में उपयोगी प्रमुख यौगिक क्रियाएं - षट्कर्म, आसन, प्राणायाम, मुद्रा, ध्यान।
2. स्वास्थ्य रक्षण हेतु पंचमहाभूत, पंचकोश व षट्चक्र की अवधारणा । यो० चिकित्सा के नियम व सावधानियाँ ।
3. सामान्य रोगों का लक्षण, कारण सहित यौगिक प्रबंधन - श्वास रोग : साइनोसाइटिस, श्वास एवं दमा, प्रतिश्याय, पाचन तंत्र सम्बन्धी रोग - कब्ज, अजीर्ण, अल्सर, पीलिया, कोलाइटिस
4. रक्त परिवहन तंत्र - उच्च रक्तचाप, निम्न रक्तचाप, हृदय धमनी अवरोध ।
5. अन्तःस्रावी ग्रन्थि सम्बन्धी, मधुमेह, थायराइड, मोटापा अस्थि- मांसपेशी सम्बन्धी - स्पोंडोलाइटिस (सर्वाइकल व लम्बर) आर्थराइटिस, ऋथिया स्त्रीरोग - मासिक धर्म एवं प्रजनन सम्बन्धी रोग ।

संदर्भ ग्रन्थ:-

योग एवं यौगिक चिकित्सा

: राम हर्ष सिंह

योग से आरोग्य

: इंडियन योग सोसाइटी

यौगिक चिकित्सा

: स्वामी कुवलयानन्द

योग चिकित्सा

: डॉ. ईश्वर भारद्वाज

योग और रोग

: स्वामी सत्यानंद सरस्वती

योग साधना एवं योग चिकित्सा रहस्य

: स्वामी रामदेव

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- प्राकृतिक चिकित्सा के सिद्धान्त
पेपर कोड- बी0ए0-602

Objectives:

- Following the completion of this course, students shall be able to
- Understand the basic principles of Naturopathy & Alternative Medicine.

Course Outcomes:

Following the completion of this course, students shall be able to

CO1: Explain the basic concept of Naturopathy.

CO2: Apply the different procedures nature cure.

CO3: Apply the principles of hydrotherapy and enema.

CO4: Apply the procedure of mud therapy and.

1. प्राकृतिक चिकित्सा का संक्षिप्त इतिहास, मूल सिद्धान्त रोग का मूल कारण, रोग की तीव्र व जीर्ण अवस्थाएं। विजातीय विष सिद्धान्त। जीवनी शक्ति बढ़ाने के उपाय।
2. जल चिकित्सा : महत्व, गुण, जल चिकित्सा के सिद्धान्त, जल प्रयोग की विधियाँ । जलपान, प्राकृतिक स्नान; साधारण व घर्षण स्नान । प्रमुख चिकित्सकीय प्रयोग ।
3. मिट्टी चिकित्सा, महत्व, प्रकार, गुण, शरीर पर प्रभाव मिट्टी के प्रयोग मिट्टी पट्टियां व स्नान।
4. सूर्य चिकित्सा- सूर्य प्रकाश का महत्व, शरीर पर प्रभाव सूर्य स्नान। वायु चिकित्सा - वायु का महत्व प्राण के रूप में वायु की उपयोगिता, प्राणायाम के रूप में वायु का आरोग्यकारी प्रभाव, वायु स्नान व अन्य अनुप्रयोग।
5. उपवास - सिद्धान्त व शारीरिक क्रिया-प्रतिक्रिया। उपवास के नियम, प्रकार। आदर्श आहार तथा रोग निवारण में आहार की भूमिका, सन्तुलित आहार।

संदर्भ ग्रन्थ:-

फिलासफी ऑफ नेचरक्योर	: डॉ. लिंड. ल्हार
रोगों की सरल चिकित्सा	: डॉ. विठ्ठलदास मोदी
रोगों की नवीन चिकित्सा	: लुई कुने
प्राकृतिक जीवन की ओर	: डॉ. एडोल्फ जस्ट
मेरी जल चिकित्सा	: फादर क्नाइप

प्राकृतिक चिकित्सा

: डॉ. कुलरजन मुखर्जी

रोगों की अचूक चिकित्सा

: डॉ.जानकारी शरीण वर्मा

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- CLINICAL PSYCHOLOGY-II

पेपर कोड- बी0ए0-603

Max Marks: 75

Time: 3 Hours

Objectives: The course content will familiarize students with the types of psychological disorders, their symptoms, Causes and the Intervention.

Course Outcomes:

After the completion of this course students will be able to

1. Improve knowledge and understanding of anxiety, mood, and childhood disorders.
2. Familiarities with clinical intervention techniques.
3. Increase ability to recognize symptoms and causes of mental health disorders.
4. Get greater awareness of psychotherapeutic approaches.

Note: In total ten questions will be set, two from each unit. The candidates are required to attempt five questions in all, selecting one question from each unit.

1. *Clinical Patterns, Symptoms and causes:* Nature and types of Anxiety Disorders. Phobia and Obsessive Compulsive Disorder.
2. *Clinical Patterns, Symptoms and causes:* Mood Disorders: Depression.
3. *Clinical Patterns, Symptoms and causes:* Childhood Disorders- Mental Retardation, Disruptive Behaviour Disorders.
4. *Clinical Intervention:* Nature, Goals and Types of Psychotherapy.
5. *Clinical Intervention:* Behaviour therapy, Cognitive- Behaviour Therapy.

Recommended Books:

1. Irwin, B.W. (1976). Clinical Methods in Psychology. New York: Willey Interscience.
2. Kendall. (1980). Modern Clinical Psychology, New York: Willey.
3. Korchin, S.J. (1976). Modern Clinical Psychology. New York: Basic Books.
4. Shaffer, G.W. and Lazarus, L.S. (1952). Fundamental concepts of clinical Psychology.
5. Wolberg, L.R. (1988). The Techniques of Psychotherapy (Vol. 1 & 2). London: Jason Aronson Inc.
6. Wolman, B.B. (1965). Handbook of clinical Psychology, New York: Mc Graw Hill.
7. Sing, A.K. (2013.) Uchatar Naidanic Manovigyan, (Advanced Clinical Psychology) 7th revised edition.

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- PRINCIPLES AND APPLICATIONS OF COUNSELING

पेपर कोड- बी0ए0-604

Max Marks: 75

Time: 3 Hours

Objectives: The curriculum will help students to familiarize with the basic concepts of counseling processes.

Course Outcomes:

After the completion of this course students will be able to

1. Understand the meaning, goals, and process of counseling, as well as the roles and functions of professional counselors.
2. Familiarities with different counseling techniques.
3. Get knowledge of individual and group counseling approaches, including behavioral and rational emotive behavior therapy, and an understanding of the limitations of group counseling.
4. apply counseling techniques in educational settings

Note: The paper setter shall set a total of ten questions, two from each unit.

Candidates are required to attempt five questions in all, selecting one question from each unit.

1. Meaning, purposes and goals of counseling.
Counseling process: counseling as a response to human needs.
Professional counselor: roles, functions and training.
2. *Counseling Techniques:* Directive and non-directive, Diagnosis in counseling: Meaning, objective and limitations.
3. *Individual Counseling Approaches:* behavioral, rational emotive behavior therapy, *Group counseling:* Structuring of groups and its Limitations.
4. *Educational counseling:* counseling at elementary school and college level.
The role of teachers in counseling.
Counseling for career planning: Meaning, importance, planning.
5. *Counseling applications:* Counseling for parents and children, counseling for delinquents, Ethical and legal issues in Counseling.

Recommended Books:

1. Gelso, Charles & Fretz, B. R. (1995). Counseling psychology, New York, Prismo Harcourt Brace.
2. Nystul, M.S, (2001). Introduction to counseling, New Mexico State University, Allyn and Bacon.
3. Palmer S & Mc Mohan G (1997). Handbook of counseling psychology, Landon, British association for counseling.
4. Pietrofesa, J.J et al (1978). Counseling- theory research & practice, Chicago Rand Mc Nally.
5. Rao, S.N. (2001). Counseling Psychology, New Delhi, Tata Mc Graw Hill.

B. A (with Yoga Science)- VI Semester

Paper-I (BA-605)

Business Communication

Unit- I

Concept & Meaning:-

Def, Need and importance of Communication in Tourism. Main components of Communication process.

Unit- II

Verbal Communication

Meaning, Definition, type, advantage and disadvantage of verbal communication. Barriers in effective communication. Group Discussion, Debates and differences among them.

Unit- III

Written Communication

Typology of written communication and methods of preparing reports, proposal, circular memo, drafting, letters business letters, Resume writing.

Unit- IV

Oral Communication

Typology of verbal communication and essential qualities of good speaker and traits of a good listener. Interview and Interview Skills, Self Introduction.

Unit- V

Non Verbal Communication:

Meaning, definition, type, need & importance of Non Verbal Communication, Presentation & Presentation skills.

Reference:

- Sri Jin Kushal- Business Communication, VK Global Publication Pvt. Ltd.
- K.K. Sinha- Business Communication, Published- 1999.
- Tata McGraw-Hill edition, 2009-Business Communication.
- Sharma Mohan-Business Correspondence and report writing, 2002
- Business Communication – Rajendra Pal

University of Patanjali, Haridwar
B. A (with Yoga Science)- VI Semester
Paper-II (BA-606)
Educational Tour

The Department will organize a one-day educational tour during VI Sem, to any of the nearest destination in Haridwar. On Completion of the tour each student shall be required to submit a Project Report (Minimum around 50 pages) to the H.O.D. Tourism, within 15 days of completion of Tour. The report shall be evaluated jointly by the internal & external examiner followed by Viva Voce. The Project report shall incorporate: -

- Details of attractions seen during the destination visited.
- Accessibility to process, information of the destination.
- General Information on Tourism.
- Introduction to Patanjali Group.
- Details of Tourism Stake holders.

Recommended Destinations:

- a) Patanjali Yog Gram, Haridwar
- b) Patanjali Food & Herbal Park, Padartha, Haridwar
- c) Shanti Kunj, Haridwar
- d) Chilla Power Plant, Haridwar.
- e) Rajaji National Park, Chilla Haridwar

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर-(प्रयोगात्मक योग
पेपर कोड- बी0ए0-607

Objectives:

- Following the completion of the course, students shall be able to:

- State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; & 2) To demonstrate and instruct undermentioned yogic practices.

Course outcomes

On completion of this course, the students will be able to:

CO1: Develop understanding of different yogic techniques.

CO2: Attain perfection to perform different yogic practices.

CO3: Learn the practical interpretation of Shatkarma.

पूर्व के सभी अभ्यास सम्मिलित

आसन :

द्विपादस्कन्धासन

पूर्णभुजंगासन पूर्णमत्स्येन्द्रासन

पक्षी आसन

वृश्चिक आसन

पद्म मयूरासन

पद्म शीर्षासन

प्राणायाम :

उद्गीथ प्राणायाम

कर्णपीडासन

पूर्णधनुसासन

गोरक्षासन पूर्ण चक्रासन

ॐकार आसन

पूर्ण नटराजासन

पूर्ण शलभासन

मूर्च्छा प्राणायाम

षट्कर्म

शंखप्रक्षालन

ध्यान :

योगनिद्रा

मौखिकी

प्राकृतिक चिकित्सा

योग चिकित्सा

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- PSYCHOLOGY PRACTICAL
पेपर कोड- बी0ए0-608

Case study in groups of 3 to 4 students

Division of Marks:

Viva Voce	:	75 Marks
Practical Record Book	:	15 Marks
Internal Viva-Voce	:	10 Marks
Total	:	<hr/> 100 Marks <hr/>

The marks shall be awarded jointly by internal and external examiners. However, HOD will act as coordinator of the examination.

Paper Code: B.A. 609

प्रथम इकाई:-नीतिशास्त्र की परिभाषा, प्रकृति, समस्या, नीतिशास्त्र का तत्त्व मीमांसा, मनोविज्ञान एवं धर्मशास्त्र से सम्बन्ध ।

द्वितीय इकाई :- नैतिकता की आधारभूत मान्यताएं- संकल्प-स्वातन्त्र्य, नियतिवाद - समीक्षा, आत्मा व अमरता, ईश्वर का अस्तित्व ।

तृतीय इकाई :- नैतिक प्रत्यय शुभ एवं अशुभ, उचित एवं अनुचित, नैतिक सद्गुण - अरस्तू एवं काण्ट, नैतिक निर्णय ।

चतुर्थ इकाई :- कर्तव्य, अधिकार, कर्तव्य-अधिकार सापेक्षता, दण्ड के सिद्धान्त, मूल्यांकन ।

पंचम इकाई :- वस्तुनिष्ठ / बहुवैकल्पिक चयनित प्रश्न ।

Paper I - Western Ethics

1st Unit: - Definition of Ethics, Nature and Problems, Relation to Metaphysics, Psychology and Theology.

2nd Unit: - Postulates of Morality - Freedom of will, Determinism, Criticism, Immortality of Soul, Existence of God.

3rd Unit: - Moral Concepts - Good and Evil, Right and Wrong, Ethical Virtue: Aristotle and Kant, Moral Judgment.

4th Unit: - Duties, Rights, Duty - Right relation, Theories of Punishment- Evaluation.

5th Unit: - Objective/Multiple Choice Questions.

निर्धारित / सन्दर्भ ग्रन्थ सूची

1. नीतिशास्त्र की भूमिका - लक्ष्मी सक्सेना (निर्धारित)
2. पाश्चात्य नीतिशास्त्र की भूमिका - हृदयनारायण मिश्र एवं अवस्थी
3. नीतिशास्त्र के प्रमुख सिद्धान्त - डॉ० डी०आर०जाटव
4. नीतिशास्त्र की रूपरेखा - डॉ० अशोक कुमार वर्मा
5. नीतिशास्त्र के प्रमुख सिद्धान्त - वी०पी०वर्मा
6. Western Ethics- Mackenzie
7. Five types of Ethical Theory - C.D. Broad

University of Patanjali, Hardwar
Paper Name पाश्चात्य नीतिशास्त्र-II
Paper Code: B.A. 610

प्रथम इकाई :- सुखवाद का अर्थ, प्रमुख प्रकार- मनोवैज्ञानिक, नैतिक एवं परिमाण मूलक, उपयोगितावाद ।

द्वितीय इकाई बुद्धिवाद का अर्थ, कान्ट पूर्व बुद्धिवाद - सिनिकवाद, स्टोइकवाद, ईसाई वैराग्यवाद ।
काष्ठीय बुद्धिवाद, समीक्षा ।

तृतीय इकाई सहजज्ञानवाद, आत्मनिष्ठतावाद, वस्तुनिष्ठतावाद, वर्णनात्मकतावाद ।

चतुर्थ इकाई : परम शुभ - नीत्शे का अतिमानववाद, कार्लमार्क्स का साम्यवाद। वैश्वीकरण के मूल्य समीक्षा।

पंचम इकाई वस्तुनिष्ठ / बहुवैकल्पिक चयनित प्रश्न ।

Paper 11 - Western Ethics

1 Unit: - Meaning of Hedonism, main Kinds - Psychological Ethical and Quantitative, Utilitarianism.

2nd Unit: - Meaning of Rationalism, Kant ancient rationalism before Kant - Cynicism, Stoicism, Criticism Kantian Rationalism, Criticism.

3rd Unit: - Intuitionism, Subjectivism, Objectivism, Descriptivism.

4th Unit: - Ultimate Good - Superman of Nietzsche, Karl Marks's Communism. Values of Globalization, Criticism.

5th Unit: - Objective/Multiple Choice Questions.

निर्धारित / सन्दर्भ ग्रन्थ सूची

1. पाश्चात्य नीतिशास्त्र की भूमिका - हृदयनारायण मिश्र एवं अवस्थी (निर्धारित)
2. नीतिशास्त्र के प्रमुख सिद्धान्त - वी०पी०वर्मा
3. नीतिशास्त्र के प्रमुख सिद्धान्त - डॉ० पी०आर०जाटव
4. Western Ethics- Mackenzie
5. Five types of Ethical Theory - C.D. Broad

पतञ्जलि विश्वविद्यालय, हरिद्वार
पेपर-संस्कृत प्रथमपत्रम्-व्याकरणम्
पेपर कोड- बी0ए0-611
पतञ्जलि विश्वविद्यालयः, हरिद्वारम्
BA – तृतीयवर्षः (षष्ठसत्रम्)

संस्कृतम्
Paper Code- 611

पूर्णाङ्काः - १००
आन्तरिकाङ्काः - ३०
बाह्याङ्काः - ७०

प्रथमपत्रम् - व्याकरणम्

उद्देश्य -

- १) पाठकों क०स्त्रीप्रत्यय के सूत्र सहित व्याख्या के द्वारा प्रत्यय प्रयुग्ण में निष्णातता प्राप्त कराना
- २) छात्रों क०तद्धित प्रत्यय के सूत्रसहित व्याख्या के द्वारा प्रत्यय व्यवहार में प्रवीणता प्राप्त कराना
- ३) छात्रों क०तद्धित प्रत्यय के सूत्रसहित व्याख्या के द्वारा प्रत्यय व्यवहार में प्रवीणता प्राप्त कराना
- ४) निबंध लेखन में प्रवीणता प्राप्त कराना
- ५) अनुवाद में दक्षता प्राप्त कराना

परिणाम-

- १) स्त्री प्रत्यय के प्रयुग्ण में निष्णातता प्राप्त होती है
- २) तद्धित प्रत्यय से व्यवहार में कुशलता प्राप्त होती है
- ३) तद्धित प्रत्यय से व्यवहार में कुशलता प्राप्त होती है
- ४) इकाई ४-निबंध लेखन में प्रवीणता प्राप्त होती है
- ५) इकाई ५-अनुवाद की दक्षता प्राप्त होती है

इकाई (1) धातु रूप- आत्मनेपदी-सेव्, वष्ट्य् एध्, वष्टु, आस्, मुद्, रुच्, लभ् ।

उभयपदी पच्, याच्, कष्ट ब्रू ।

इकाई (2) सु-आदि- 21 प्रत्यय- परिचय एवं प्रयुग्ण ।

ति०-आदि-9 प्रत्यय- परिचय एवं प्रयुग्ण ।

इकाई (3) वाक्यशुद्धि ।

इकाई (4) संस्कृत भाषा में निबंध लेखन ।

इकाई (5) अनुवाद- (संस्कृत से हिन्दी एवं हिन्दी से संस्कृत भाषा में)।

संदर्भ ग्रंथ

लघुसिद्धांतकौमुदी । अष्टाध्यायी- महर्षि पाणिनि ।

प्रौढरचनानुवाद कौमुदी (डॉ. कपिल देव द्विवेदी)।

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर-संस्कृत द्वितीयपत्राम्- साहित्यम्
पेपर काङ्क- बी०ए०-612

उद्देश्य -

- १) भासविरचित मध्यमव्यायोग नाटक में सन्निहित कथा का बोध कराना
- २) अभिज्ञानशाकुंतल के चतुर्थांक में सन्निहित शकुंतला के विदाई में कण्वोपदेश का बोध कराना
- ३) काव्यप्रकाश के द्वारा छात्रों को कारिका व गद्य - पद्य की व्याख्या का बोध प्रदान कराना
- ४) लोकसंव्यवहारप्रवृत्ति ग्रंथ का श्लोक स्मरण व श्लोक व्याख्या पूर्वक परिचय कराना
- ५) लोकसंव्यवहारप्रवृत्ति ग्रंथ का श्लोक स्मरण व श्लोक व्याख्या पूर्वक परिचय कराना

परिणाम -

- १) मध्यमव्यायोग नाटक में सन्निहित नाट्य कौशल से छात्र अवगत होते हैं
- २) राजा दुष्यंत और शकुंतला की कथा से पाठक अवगत होते हैं
- ३) छात्रों को कारिका व गद्य - पद्य व्याख्या का बोध होता है।
- ४) लोकसंव्यवहारप्रवृत्ति ग्रंथ के द्वारा लोक-व्यवहार का पाठकों को बोध होता है।
- ५) लोकसंव्यवहारप्रवृत्ति ग्रंथ के द्वारा लोक-व्यवहार का पाठकों को बोध होता है।

इकाई (1) मेघदूतमः पूर्वमेघः ।

इकाई (2) उत्तररामचरितमः सप्तश्लोकाङ्ग।

इकाई (3) स्वप्नवासवदत्तमः (4-6 अंक)

इकाई (4) काव्यप्रकाश- प्रथम उल्लास।

इकाई (5) अर्वाचीन संस्कृत कवि परिचय:- प्रो. अभिराज राजेन्द्र मिश्र, प्रो. राधा वल्लभ त्रिपाठी, डॉ. हरिनारायण दीक्षित, डॉ. पुष्पा दीक्षित ।

संदर्भ ग्रंथ

मेघदूत- कालिदास।

श्लोवधि: (उत्तराखण्ड संस्कृत विश्वविद्यालय, हरिद्वार)

ष्टिठशवराजविजयमः अम्बिकादत्त व्यास

कुमारसम्भवमः कालिदास

उत्तररामचरितमः भवभूति



University of Patanjali

Uttarakhand, Haridwar

Syllabus of BSc Yoga

2018-2019

NAME of PROGRAM: BACHELOR OF SCIENCE IN YOGA (BSc Yoga)

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and wellbeing.

Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effects following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of **Holistic Living** and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training the enthusiasts to become Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing. **This Choice Based Credit System (CBCS) based** course has the vision of producing yoga professional so that they could teach yoga therapy in a paramedical department of a hospital with the ability to select specific safe practice modules for different diseases.

I. Title of the Programme

The programme shall be called "**Bachelor of science in Yoga**" (BS)

II. Aim of the Programme

The aim of the programme is to produce "**Yoga therapists for a clinical set up**"

III. Objectives of the programme

1. To introduce yoga therapy with its principles, factors, impacts; and to prescribe yoga therapy for people with various lifestyle disorders.
2. To make the people aware of the therapeutic and preventive value of Yoga.
3. To bring peace and harmony in the society at large by introducing the Yogic way of life.
4. To create therapists of high calibre to make the society free free from stress and lifestyle related diseases.

IV. Duration

The minimum duration of the programme will be three years (6 semesters) and the maximum duration will be six years.

V. Eligibility

The candidate should have completed 12th Standard preferably with science discipline from a recognized board or equivalent.

PROGRAM EDUCATION OUTCOMES (PEOs):

Following the completion of the program, the students will be able

PEO 1 – To understand about origin, history and development of Yoga.

PEO 2 – To understand the colloquial words of Sanskrit.

PEO 3 – To idea about the structure of the body and necessary functions of the body.

PEO 4 – To apply the idea of Yoga therapy in recovering the common health related complication.

PEO 5 – To identify the problem, review research literature, analyze, and design the experiments and identify solutions in clinical Yoga therapy using specific modern tools.

PEO 6 - To idea regarding the traditional System of Medicine

PEO 7 – To understand the health conditions in the society with specific reasons, and introduce the practices to assess the common health conditions, incorporate health measures, and introduce the techniques for the people dwelling in the community.

PEO- 8 – To apply ethical principles and commit to professional ethics and responsibilities and norms of the Yoga therapy practices.

PEO- 9 – To apply the idea of Yoga practical in filed, hospital, school and society.

PEO- 10 – To understand about the nature of major principal Upanishads.

PEO-11 – To function effectively as an individual and as a leader in a multi specialty health set up.

PEO – 12 - To communicate effectively on complex Yoga therapy practices, techniques with the society at large, and able to To Have a perception, make effective presentations, and give instruction for a solution.

PEO–13 - To work efficiently and develop a protocol for a particular disease based on the instruction of a Medical Specialist.

PROGRAM OUTCOMES (PO):

Basic and applied idea : Interdisciplinary idea to find solution for diverse health complications.

Problem analysis: Ability to analyze a complication with the help of a specialist and develop a day wise protocol for the recovery of acute and chronic health conditions.

Advanced Usage of Technology: Ability to use the technology to under the severity of a condition using the basic medical equipments such as Pulmonary function test, PEFR, BP, HR,

Hb%, SpO₂, Anthropometric measurements, BMI, BMR, and RMR. EEG, and Psychophysiology measurements, ECG & GSR.

Ethics: Develop personal and professional ethics for carrying out the responsibilities in a smooth manner.

PROGRAM SPECIFIC OUTCOMES (PSOs):

After completion of UG course, the students will be able:

PSO-1- To understands the basic principles and applications of Yoga.

PSO - 2- To understand the principles of Anatomy, Physiology, Hatha yoga, classical yoga, Patho-physiology of diseases, Nutrition & Dietetics, Health Psychology, Practical Yoga & Yoga therapy to have in-depth To Have a perception about a diseases and the Yoga therapy techniques to be given for their recovery.

PSO-3- To appreciate the importance of Yoga and its relevance in the society.

PSO-4- To realize the miracles of Yoga therapy techniques in getting rid of a disease.

PSO-5- To understand theoretical as well as practical aspects of Yoga and its related techniques to understand diseases from every dimension.

PSO-6- To realize the effect of Advance Yoga techniques and their use in the treatment of many highly complicated non-communicable diseases.

PSO-7- To have an indepth To Have a perception about the vital concepts of Nutrition and dietetics for suitable management of the diet for various diseases.

PSO-8- To understand the role of psychology in the manifestation of wide range of non-communicable diseases.

PSO-9- To appreciate the principles of the Yoga and their techniques and how do those concepts get reflected in the disease manifestation.

PSO-10- To integrate the principles given in the ancient texts with the modern idea of the manifestation of the diseases.

VI. Scheme of Teaching and Examination

S.N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
			L	T	P	Seasonal			SEE	
						Credit	CT	TA		
BS- I Year										
Semester – I										
1	BS-CT101	Foundations of Yoga	3	1	-	4	20	10	70	100
2	BS-CT102	Introduction to Hath Yoga and it's texts	3	1	-	4	20	10	70	100
3	BS -CT103	Human Anatomy and Physiology-I	3	1	-	4	20	10	70	100
4	BS-AECCT104	AECC-1 (Communicative English)	1	1	-	2	10	5	35	50
5	BS-GE105	GE-1	2	-	-	2	10	5	35	50
6	BS-CP106	Yoga Practicum-I	-	-	8	4	20	10	70	100
7	BS-CP107	Yoga Practicum-II	-	-	4	2	10	5	35	50
8	BS-CP108	Human Anatomy and Physiology Practicum-I	-	-	4	2	10	5	35	50
32 Hours						24	TOTAL			600

Semester – II										
1	BS-CT201	Essence of Principal Upanishads	3	1	-	4	20	10	70	100
2	BS-CT202	Patanjala Yoga Darshana	3	1	-	4	20	10	70	100
3	BS-CT203	Human Anatomy & Physiology-II	3	1	-	4	20	10	70	100
4	BS-AECCT204	AECC-2 (Environmental Studies)	2	-	-	2	10	5	35	50
5	BGET205	GE-2	2	-	-	2	10	5	35	50
6	BS-CP206	Yoga Practicum-III	-	-	8	4	20	10	70	100
7	BS-CP207	Computer Lab	-	-	4	2	10	5	35	50
8	BS-CP208	Human Anatomy and Physiology Practicum-II	-	-	4	2	10	5	35	50
						32 Hours	24	TOTAL		600
BS- II Year										
Semester – III										
1	BS-CT301	Essence of Bhagavad Gita for Personality Development	3	1	-	4	20	10	70	100
2	BS-CT302	Yoga and Holistic Health	3	1	-	4	20	10	70	100
3	BS-CT303	Methods of Teaching Yoga	3	1	-	4	20	10	70	100
4	BS-AECCT304	AECC-3 (Spoken Sanskrit)	2	-	-	2	10	5	35	50
5	BS-GE305	GE-3	2	-	-	2	10	5	35	50
6	BS-CP306	Yoga Practicum-IV	-	-	8	4	20	10	70	100
7	BS-CP307	Yoga Practicum-V Teaching practice	-	-	4	2	10	5	35	50
8	BS-FW308	Field Work	-	-	4	2	10	5	35	50
						32 Hrs.	24	TOTAL		600

Semester – IV										
1	BS-CT401	Four Streams of Yoga	3	1	-	4	20	10	70	100
2	BS-CT402	Basis of Yoga Therapy	3	1	-	4	20	10	70	100
3	BS-CT403	Fundamentals of Biochemistry	3	1	-	4	20	10	70	100
4	BS-AECC404	AEEC-4 (Sanskrit)	2	-	-	2	10	5	35	50
5	BS-GE405	GE-4	2	-	-	2	10	5	35	50
6	BS-CP406	Yoga Practicum 7	-	-	8	4	20	10	70	100
7	BS-CP407	Yoga Practicum 8	-	-	4	2	10	5	35	50
8	BS-CP408	Biochemistry Lab	-	-	4	2	10	5	35	50
						32 Hrs.	24	TOTAL		600
BS- III Year										
Semester – V										
1	BS-CT501	Basis of Indian Culture	3	1	-	4	20	10	70	100
2	BS-CT502	Yoga and Human Consciousness	3	1	-	4	20	10	70	100
3	BS-CT503	Yogic Management of Lifestyle related disorders	3	1	-	4	20	10	70	100
4	BS-DSE504	DSE-1	2	-	-	2	10	5	35	50
5	BS-DSE505	DSE-2	2	-	-	2	10	5	35	50
6	BS-CP506	Yoga Practicum 9 – Case Study	-	-	8	4	20	10	70	100
7	BS-CP507	Psychology Practicum	-	-	4	2	10	5	35	50
8	BS-FW508	Study Tour	-	-	4	2	10	5	35	50
						32 Hrs.	24	TOTAL		600
Semester – VI										
1	BS-CT601	Yoga and Human Values	3	1	-	4	20	10	70	100
2	BS-CT602	Applied Yoga	3	1	-	4	20	10	70	100
3	BS-CT603	Research Methodology & Statistics	3	1	-	4	20	10	70	100
4	BS-DSE604	DSE 3	2	-	-	2	10	5	35	50
5	BS-DSE605	DSE-4	2	-	-	2	10	5	35	50
6	BS-CP606	Yoga Practicum 10 – Case Study Reports	-	-	8	4	20	10	70	100
7	BS-CP607	Research Project	-	-	4	2	10	5	35	50
8	BS-CP608	Practical Statistics	-	-	4	2	10	5	35	50
						32 Hrs.	24			600
						TOTAL CREDIT	144			3600

CT- Core Theory, CP- Core Practical, AECC-Ability Enhancement Compulsory Course, AEEC - Ability Enhancement Elective Course, DSE - Discipline Specific Elective, GE-Generic Elective, L - Lecture, T- Tutorial, P-Practical (practice/ field), CT- Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record,

Discipline Specific Electives/Ability Enhancement Elective Courses/Skill Oriented Courses

1. Fundamentals of Naturopathy
2. Introduction to Ayurveda
3. Yoga and Mental Health
4. Yogic Diet and Nutrition
5. Human System according to Yoga

Generic Electives

1. Application of Yoga
2. Introduction to Yoga and Common Ailments

3. Yoga Psychology
4. Introduction to AYUSH
5. Health and Yogic Hygiene

Semester-I

COURSE DETAILS

Subject Title: Foundation of Yoga

Subject Name: BS-CT101

Course Objectives:

The Course entitled 'Foundation of Yoga' has the following objectives:

- Students of the UG course will have an outline about origin, history and development of Yoga.
- They will have an idea about the insights of different Yoga streams.
- Introduction about Yoga according to various Yogic texts, eminent Yogis.
- Quote references of each practice as per traditional texts.

Course outcomes:

On completion of this course, the students will have:

- CO1. To explain and summarize about the Evolution of Yoga based on the classical texts.
 CO2. To illustrate the basic theories and practices of Shad-Darshanas.
 CO3. To interperate the concepts of Jnana, Bhakti and karma Yoga.
 CO4. Classifying different Schools of Yoga.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)		Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30			

Unit-1: General introduction to yoga [15Hrs.]

Brief about origin of Yoga: Psychological aspects and Mythological concepts; History and Development of Yoga: prior to the Vedic period, Vedic period, Medieval period, modern era; Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions of Yoga; Brief about Streams of Yoga; Principles of Yoga, Importance of Yoga.

Unit - 2: General introduction to Indian philosophy [15Hrs.]

Philosophy: meaning, definitions and scope; Indian Philosophy: Salient features, Branches (Astika and Nastika Darshanas), Distinction from Religion and Science, Brief introduction to

Prasthanatrayee and Purushartha Chatushtaya; Relationship between Yoga and Indian Philosophy.

Unit - 3: Brief about Yoga in texts – I [15Hrs.]

Brief to Upanishads and Yoga in Principal Upanishads, Yoga in Yogopanishad; Yogic perspective of Epics: Ramayana, Adhyatma Ramayana and Mahabharata; Yogic perspective: Bhagavad Gita, Yoga Vasishtha, Narada Bhakti Sutras.

Unit-4: Brief about Yoga in texts – II [15 Hrs.]

Yogic perspective: Smritis, Puranas with emphasis to Bhagavat Purana; Yogic perspective to Shad-darshanas; Emphasis to Vedantic approach of Shankara, Ramanuja, Madhva and Vallabha; Brief: Agamas, Tantras, Shaiva Siddhanta.

TEXT BOOKS

1. Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
2. Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
3. Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
4. Singh S. P & Yogi Mukesh: Foundation of Yoga, Standard Publication, New Delhi, 2010.

BOOKS FOR REFERENCE

1. Agarwal M M: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010.
2. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
3. Hiriyanna M: Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Hiriyanna M: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008
5. Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008
6. Max Muller K. M: The six systems of Indian Philosophy, Chukhambha, Sanskrit series, Varanasi, 6th Edition, 2008

Subject Name: Introduction to Hatha Yoga & its Texts**Subject Name: BS-CT102****Objectives:**

By introducing Hatha Yoga & its Texts, students shall be able to

- Have a brief intro to pre-requisites of Hatha Yoga.
- Introduction to the concept and principles of Yoga in Hath Yogic texts.
- Quote references of each practice as per traditional texts

Learning outcomes:

On completion of this course, the students will have:

- Introduction to various Traditional Hatha Yoga Texts.
- Demonstational capacity of the concept and practice of Shodhana Kriyas with specific principles.
- Conceptual and practical Experience of Asana with its benefits and contra-indications.
- Conceptual and practical Experience of Pranayama with its benefits and contra-indications.
- Conceptual and practical Experience of Mudra and Bandha.
- Experience the benefits of Pratyahara, Dharana and Dhyana.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit - I: General introduction to Hatha yoga [10 Hrs.]

Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions, Philosophy and Foundations; Hatha Yoga Parampara, Natha Cult Hatha Yogis and their contribution; Ghatashudhi: its importance and relevance in Hatha Yoga sadhana; Inter-relation of Hatha Yoga and Raja Yoga.

Unit - 2: Pre-requisites [15 Hrs.]

Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga; Concepts of Matha, Concept of Mitahara, Pathya (conducive) and Apathya (non-conducive), Types of aspirants; Dasha Yama and Niyama and its relevance in Hatha Yoga Sadhana; Swara, Importance of Svarodaya-jnana in Hatha Yoga Sadhana; Hatha Siddhi Lakshanam.

Unit - 3: Principles and Introduction to Hatha Yoga texts [15 Hrs.]

Concept of Swas-prashwas, Vayu, Prana and Upaprana; Concept of Kand, Nadi, Swar, Chakra and Granthi; Kundalini prabodhan, Unmani avastha, Nadanusandhan; Concept of Samadhi; **Introduction to hatha yoga texts:** Brief: Hatha Yogic Texts, their nature and objectives; Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita; Brief: Hatha Yoga Pradeepika, Gheranda Samhita, Hatha Rathnavali.

Unit-4: Relationship between Patanjala Yoga and Hatha Yoga [20Hrs.]

Jnana Yoga: Meaning of Jnana and Jnana-Yoga, Sadhana-chatushtaya, Means of Jñāna- Yoga; Bhakti Yoga: Meaning of Bhakti and Bhakti-Yoga, Stages of Bhakti, Types of Bhakti, Means of Bhakti-Yoga; Karma Yoga: Meaning of Karma and Karma-Yoga, Concept of Nishkama Karma, Means of Karma Yoga; Inter-relationship between Bhakti-Yoga and Karma-Yoga, Theory of Karma and Rebirth (Reincarnation); Patanjala Yoga: Philosophical Foundations of Patanjala Yoga, Ashtanga Yoga of Patanjali, Relevance of Patanjala Yoga in day-to-day life; Hatha Yoga: Philosophical Foundations of Hatha Yoga, Hatha Yoga Sadhana, Chaduranga Yoga and Saptanga Yoga, Relevance of Hatha Yoga in day-to-day life; Inter Relationship between Patanjala Yoga and Hatha Yoga and their inter-dependance; Kundalini Yoga: Philosophical Foundations and Practices of Kundalini Yoga.

TEXT BOOKS

1. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
2. HathaYoga Pradeepika of Svatmarama, MDNIY Publication, 2013
3. Sharma BR: Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013.

BOOKS FOR REFERENCE

1. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010.
2. Gharote ML: Hatharatnavali, the Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009.
3. Briggs GW: Gorakhnatha and the Kanphata Yogis, 8th Edition, 2009
4. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
5. Gharote M.L. & Pai, G.K. (Edi): Siddhasidhantpaddhati, Kaivalyadhama, Lonavla, 2005.
6. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
7. Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.
8. Swatmaramaji: Hathapradipika (Jyotsana- tika), Adyar Library, Madras.
9. Bharati, Swami Veda Reddy Venkata: Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnavali.

Subject Name: Human Biology-I**Subject Name: BS-CT103****Objectives:**

Following the completion of the course, students shall be able:

- outline the structure of the body
- Identify the necessary functions of the body
- To give brief idea about the diseases related to each system
- To shed light on anatomy so that student can experience the involvement of their body parts while practicing various postures of Yoga.

Learning outcomes

On completion of this course, the students will be able to:

- Illustration of Human Anatomy and Physiology.
- Compare and classify different levels of structural complexity.
- Interpret the effect of yogic techniques on different systems in the human body.
- Analyse the working of hormones

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Cell, Tissue and Muscular – Skeletal system [15Hrs]

Cell structure –Plasma membrane and protoplasm; Cell organelles –Mitochondria, Golgi body, Endoplasmic reticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane, chromosome, nucleolus; Homeostasis; Structure and function of epithelial –simple and compound; Connective -connective tissue proper, skeletal and vascular; Muscular - Skeletal, involuntary and cardiac; Nervous tissues-Myelinated neuron and Non myelinated neuron; Anatomy of the Skeleton: Classification of bones-Axial bones and appendicular bones; Types of joint –Synovial joints and Fibrous joint; Structure of synovial joints ; Types of synovial joints; Types of Muscle in the body(striated, Smooth muscle, Cardiac muscle); Mechanism of muscle contraction.

Unit-2: Bio-molecules, Digestive and Respiratory system [15 Hrs]

Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibres
Balanced diet; **Digestive system:** Digestive system of human-Mouth, buccal cavity, Pharynx, oesophagus, stomach, large intestine, small intestine, anus, associated glands-Liver, Pancreas, salivary glands, physiology of digestion and absorption; Malnutrition and under nutrition; Respiratory system of human-Nose, nasal cavity, pharynx, Trachea, Larynx, bronchiole, lungs;

Mechanism of breathing (Expiration and inspiration); Transport of respiratory gases (transport of oxygen and transport of carbon dioxide); Common respiratory disorder.

Unit-3: Cardiovascular system [15 Hrs]

Composition and function of blood –Plasma ,RBC,WBC and Platelet; Blood groups and their importance; Blood clotting; Structure and working mechanism of heart; Organisation of systemic and pulmonary circulation; Cardiac output and cardiac cycle; Functional anatomy of blood ; vessels; Blood pressure and regulation of blood pressure.

TEXT BOOKS

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology

REFERENCE BOOKS:

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavla, India
2. LanPeate and MuralidharanNayar – Fundamental of Anatomy and Physiology for students nurses
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses

Subject Name: Communicative English (AECC-I)**Subject Name: BS-AECCT104****Objective**

Following the completion of this course, students shall be able to

- Communicate in English
- Develop reading and writing skills in English
- To communicate in English while Yoga teaching and training.

Learning outcomes:

- To sensitize students to the nuances of spoken and written forms of English
- To update and expand basic informatics skills and attitudes relevant to the emerging idea society
- To familiarize students with the concepts of copy- editing and impart to them basic copy-editing skills.
- To enable them produce grammatically and idiomatically correct language.
- To help them master writing techniques to meet academic and professional needs.
- To engage with a wide range of issues in environmental studies and disaster management.
- To provide sufficient practice in Vocabulary, Grammar, Comprehension and Remedial English from the perspective of career oriented test

Total Numbers of Hour: 30		Theory	Tutorial	Practical
Credits		1	1	0
Hours/Week		1	1	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory: 50		Practical : Nil		
Final Exam (SEE)	Internal Assesment (CT+TA)	Final Exams (SEE)	Internal Assesment (CT+TA/PR)	
35	15			

Unit- 1: Evolution and functions of English language [15 Hrs.]

Evolution of human language, uniqueness of human language; Functions of Language: Instrumental, Regulatory; Functions of Language: Interactional, Personal; Functions of Language: Heuristic, Imaginative, Representational; English as a Global language, Michael Halliday's concept of Functionalism.

Unit- 2: Acquisition of skills [15 Hrs.]

Functional English: definition, conceptualization in the light of the purposes/functions of language; Acquisition of skills required to use current English in a variety of contexts, Role of students as generators of knowledge; Use of English in various text types; Functional English as a multi-focal discipline; Primary focus on communication skills: ELT (English Language Training), LSRW (Listening, Speaking, Reading Writing): Grammar, Phonetics, vocabulary building; Varieties of English: British and American.

Unit- 3: English: its application [15 Hrs.]

Media: Radio, TV, Print, Formats and stylistics, Films, Web Resources, Webliographical flair; Literature/Creative Writing: different genres, methods of analysis; Business English: Business Communication, Business vocabulary, meetings, presentations, negotiations, socialising, Biz journals and periodicals; Translation: Role of translation in the Indian/International context, Equivalence, cultural transaction, Translation in the IT era.; Sports and Entertainment: announcing, comparing, commentaries.

Unit- 4: Approaches and theories of English language [15 Hrs.]

Approaches to language: Acquisition/Learning/Teaching, Grammar Translation Method; Direct Method, Audio-lingual Method; Communicative approach, Notional Functional Approach; Task-based Language Teaching; Theories: Behaviourism, Cognitivism, Social Development Theory, Cooperative Learning, Universal Grammar.

TEXT BOOKS

1. Nagaraj, Geetha. : English Language Teaching. Hyderabad: Orient Longman, 2008.
2. Trask R. L.: Key Concepts in language & Linguistics. London: Routledge, 2004.
3. Trask R. L.: Language the Basics. London: Routledge, 2003

REFERENCE BOOKS

1. Tickoo, M. L.: Teaching and Learning English. Orient Longman
2. Vygotsky, L. S.: Mind in Society. Cambridge: Harvard University Press
3. Richards, Jack C and Theodore S Rodgers.: Approaches and methods in language teaching Cambridge: CUP, 1995.
4. Hatim, Basil and Jeremy Munday.: Translation: An Advanced Resource Book. Oxon: Routledge, 2004.
5. Mascull, Bill: Business vocabulary in Use. Cambridge: CUP, 2004.

Subject Name: Generic Elective

Subject Name: BSGET-105

Objectives:

Total Numbers of Hour: 30		Theory	Tutorial	Practical
Credits		2	0	0
Hours/Week		2	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory: 50			Practical : Nil	
Final Exam (SEE)	Internal Assesment (CT+TA)	Final Exams (SEE)	Internal Assesment (CT+TA/PR)	
35	15			

Subject Name: Yoga Practicum-I**Subject Name: BS-CP106****Objectives**

Following the completion of this course, students shall be able to

- Have an introduction to principle and practice of various dand baithak of Indian origin
- Have an introduction the principle and practice of Suryanamaskar and different type of Yogasanas.
- Demonstrate each Asana and explain its procedure.
- Quote references of each practice as per traditional texts

Learning outcomes:

On completion of this course, the students will be able to:

- Classification and categorization of different yogic techniques.
- Attain perfection to perform different yogic practices.
- Perform the practices of Shatkarma.
- Develop skill to conduct practical sessions

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Recitation of hymns & hasta mudra [30 Hrs.]

Recitation of Pratah-smaran and Shanti Mantras; Recitation of Pranava Japa and Soham Japa; Recitation of Hymns from Upanishad & Yoga Texts; Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni.

Unit-2: Shatkarmas [30 Hrs.]

Dhauti (Kunjla, Vamana Dhauti, Vastra Dhauti); Neti (Jalneti, Sutraneeti); Kapalbhata and its variants; Agnisara.

Unit-3: Breathing practices [30 Hrs.]

Breathing practices: Hands in and out, Hands stretch, Ankle stretch, Rabbit, Dog, Tiger, Straight leg raising breathing; Breath Awareness: Shwas-prashwas samyama; Abdomen, Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen + Thoracic + Clavicular Breathing; Yogic Breathing: Pause Breathing (Viloma Pranayama), Spinal Passage Breathing (Sushumna Breathing); Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka).

Pranayama: Bhastrika, Kapalbhata, Bahya, Ujjayi, Anulomvilom, Bhramari, Udgeeth and Pranav as recommended by Swami Ramdev.

Unit-4: Continuous evaluation by the Teachers [30 Hrs.]

TEXT BOOKS

1. Sri Ananda : The Complete book of Yoga, Orient Course Backs, Delhi, 2003.
2. Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
3. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
4. Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore, 2005.

BOOKS FOR REFERENCES

1. Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
2. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
3. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2010
4. Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia, 1998.
5. Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005.

Subject Name: Yoga Practicum 2**Subject Name: BS-CP107****Objectives:**

Following the completion of this course, students shall be able to

- Make the students recite the Vedic hymns skillfully.
- Introduction to the concept and principles of Shatkarmas.
- Introduction to fundamentals of breathing practice.

Learning outcomes:

On completion of this course, the students will be able to:

- Classification of different yogic techniques.
- Attain perfection to perform different yogic practices.
- Perform practices of the Shatkarma.
- Develop skill to conduct practical sessions

Total Numbers of Hour: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/Week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory: Nil		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exams (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit-1: Yogic suksma and sthula vyayama [20 Hrs.]**1.1 Yogic suksma vyayama**

Uccharana-sthala tatha Vishudha-chakra-shuddhi (for throat and voice); Prarthana (Prayer) Buddhi-tatha-dhriti shakti-vikasaka (for developing will power); Smarana shaktivikasaka (for improving the memory); Medha shakti-vikasaka (for improving the intellect and memory); Netra shakti-vikasaka (for the eyes); Kapola shakti-varadhaka (for the cheeks); Karna shakti-varadhaka (for the ears); Griva shakti-vikasaka (for the Neck) (i), (ii) and (iii), Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders), Bhuja-bandha shakti-vikasaka, Kohini shakti-vikasaka, Bhuja-valli shakti-vikasaka, Purna-bhuja shaktivikasaka (for the arms), Mani-bandha shakti-vikasaka, Kara-prstha shakti-vikasaka, Karatala shakti-vikasaka, Anguli-mula shakti-vikasaka (for the fingers), Anguli- shakti-vikasaka (for the fingers), Vaksha-sthala shakti-vikasaka (for the chest) (1), Vaksha-sthala shaktivikasaka (for the chest) (2), Udara shakti-vikasaka (for the abdomen) (i) to (x); Kati shaktivikasaka (for the waist) (i) to (v), Muladhara-chakra-suddhi (for the rectum), Upastha tatha-svadhishthana-chakra-suddhi (for the genital organs), Kundalini shakti-vikasaka (for the kundalini), Jangha shakti-vikasaka (for the thighs) (i) & (ii), Jangha shakti-vikasaka (for the thighs) (ii) , Janu shakti-vikasaka (for the knees), Pindali shakti-vikasaka (for the calves), Pada-mula shakti-vikasaka, Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet), Padanguli shakti-vikasaka (for the toes).

1.2 Yogic sthula vyayama [10 Hrs.]

12 steps of Yogic Jogging; and a series of 12 Yogic Postures: Manduk Asana- Variations 1 & 2, Shashakasana, Bakrasana, Gomukh Asana, Makarasana- Variations 1& 2, Bhujanga Asana- Variations 1, 2 & 3, Shalbhhasana- Variations 1, 2 & 3, Markatasana- Variations 1, 2 & 3, Pawanmuktasana- Variations 1, 2 & 3, Ardha Halasana, Padvritta Asana- Variations 1 & 2 and Dwichakrikasana- Variations 1 & 2; as recommended by Swami Ramdev.

Rekha-gati (Walking in a Straight line), Hrid-gati (Injanadaur – the Locomotive Exercise), Utkurdana (Jumping Exercise), Urdhva-gati (Upward Movement), Sarvanga-pusti (Developing the Entire body).

Unit- 2: Surya namaskara [10 Hrs.]

Unit-3: Yogasana (Standing Postures and body alignment) [15 Hrs].

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Paada Hastasana, Trikonasana, Parshva Konasana, Veerabhadrasana and its variations.

Unit-4: Continuous evaluation by the Teachers [15 Hrs]

TEXT BOOKS

1. Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
2. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966.

BOOKS FOR REFERENCES

1. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1993
2. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006
3. Basavaraddi, I.V. & others: YOGASANA: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
4. Basavaraddi, I.V. & others: Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi, 2011.

Subject Name: Human Biology (practical)**Subject Name: BS-CP108****Objectives:**

The objectives behind teaching Anatomy and Physiology is to

- Make students familiar with the systems of the body.
- Give hands on experience about the human body using models, charts and pictures.
- Make students have an outline of the organization of the body with respect to structural components.

Learning outcomes

On completion of this course, the students will be able to:

- To have an Expertise in Human Anatomy and Physiology.
- Compare and classify different levels of structural complexity.
- Summary of Bones, Joints, and Anthropometric measurements.
- Outline the construct of Human Skeleton

Total Numbers of Hour: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/Week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory: Nil		Practical : 50		
Final Exam (SEE)	Internal Assesment (CT+TA)	Final Exams (SEE)	Internal Assesment (CT+TA/PR)	
		35	15	

Unit-1: Demonstration of Osteology & Myology [15 Hrs.]

Unit-2: Demonstration of Organs and Viscera [15 Hrs.]

Unit-3: Demonstration of Bones, Joints [15 Hrs.]

Unit-4: Demonstration of Human Skeleton [15 Hrs.]

Semester-II

Subject Name: Essence of Principal Upanishads

Subject Name: BS-CT201

Objectives:

Following the completion of this course, student will be able to

- Have an idea about the major principal Upanishads
- Understand the essence of each Upanishad and how to put them into practice.
- Understand each Upanishad and the role of it in our day to day life.
- Quote references of each practice as per traditional texts

Learning outcomes:

On completion of this course, the students will have:

- Critical To Have a perception of The Astika-Nastika dichotomy in Indian Philosophy, the Upanisadic Philosophy
- To Have a perception the basic theories of three domains of philosophy- Jnana mimamsa, Tatva mimamsa and Niti mimamsa.
- Idea of the concepts of Shaddarshan.
- To Have a perception of Indian scriptures.

Unit-1: Introduction essence of Isha & Kenopanishad [15 Hrs.]

An Introduction to Upanishadic Philosophies; Antiquity of Upanishads; Prasthanatraya;

Ishavasyopanishad: JnanaNishtha (Ish.1), Karma Nishtha (Ish.2), All compassion Brahman (Ish.5), Nature of Sage (Ish.6, 7), Prayer of dying Man (Ish.15); **Kenopanishad:** The inscrutable being (Kena-I.2, 3, 4,6) (Kena II.2,3), Greatness of self Knowledge (KenaII.5).

Unit-3: Essence of Katho & Prashnapanishad [15 Hrs.]

Kathopanishad: Futility of earthly pleasure (Katha I.i.26, 27); Glory of wisdom of self (Katha I.ii.1, 5, 6, 7, 12); Atman is immortal (Katha I.ii.18); Conditions of knowing that (Katha I.ii.23,24); The Razor's edge of Jnana (Katha I.iii.14, 15); Sense knowledge is nothing (Katha II.i.1, 2); The indivisible Brahman (Katha II.i.10, 11) (Katha II.ii.2,9,11)The supreme state; Prashnapanishad: Sun, the life of creatures, The all inclusiveness of Brahman, The state of becoming the soul.

Unit-3: Essence of Mundaka, Mandukya and Taitriya [15 Hrs.]

Mundaka: The greatness of Brahavidya, The worthlessness of Selfish-karma, Tapas and Gurubhakti, The origin of creation, Brahman the target of, meditation, Know thyself, Everything is Brahman, Purity extolled, Force of Desire, State of moksha; Mandukyopanishad: All this is Brahman, The fourth state of being.

Unit- 4: Essence of Aitareya, Chandogya & Brihadaranyaka [15 Hrs.]

Aitareya: Everything is only that Atman, All this is Brahman only; Chandogya: The meditation on udgithaomkara, Sandilyavidya, Mystic declarations, The sacrifice of the knower, The paradox of creation, The necessity for a guru, The supreme instruction, Need for understanding, Bhumavidya, The seer's health and purity, Desires should be renounced, Know the Atman; Brihadaranyakam: A prayer of the devotee, The self is the dearest, the self is the absolute, The death of the jnana, How to know the secret Atman, The ocean of the absolute, Words are useless, The atman and its knower, The infinite Brahman, Ethics.

Subject Name: Patanjala Yoga Darshana**Subject Name: BS-CT202****Objectives:**

Following the completion of this course, students shall be able to

- Identify various modification of mind and the means of inhibiting them.
- Apprise the essence of Samadhi and Sadhana Pada.
- Apprise the essence of Vibhuti and Kaivalya pada.
- Quote references of each practice as per traditional texts.

Learning outcomes:

On completion of this course, the students will have:

- To Have a perception of mind and its modifications
- Idea of different obstacles in Sadhana and how to eradicate them.
- To Have a perception of Sanyama, Parinamas and different Vibhutis.
- Idea of different procedures to attain Kaivalya.
-

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit - 1: Patanjali Yoga darshana [15 Hrs.]

Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.), Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-vartika); Concept of Mana, Buddhi, Ahankar and Chitta; Concept of Citta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha); Concept of Citta-Vrittis and their classification, Citta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar, Concept of Samprajnata; Citta-Vikshepas (Antarayas), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.

Unit - 2: Samadhi pada [15 Hrs.]

Concept of Yoganushasanam, Yoga Lakshanam and its results; Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi); Types of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita); Concept of Samapatti and kinds of Samapatti (Savitraka and Nirvitarka, Savichara and Nirvichara); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).

Unit-3: Sadhana pada [15 Hrs.]

Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drishanirupanam (Prakriti), Drastunirupanama (Purusha), PrakritiPurushaSamYoga; Brief Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.

Unit - 4: Vibhuti & Kaivalya Pada [15 Hrs.]

Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Bhoota jaya, Indriya jaya and their Siddhis, Satvapurushanyatakyati and its Siddhis; Vivek Jnana Nirupanam, Kaivalya Nirvachana; Role of Dharana, Dhyana, Samadhi and its application; Five Types of Siddhis and Jatyantar Parinamh; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities.

TEXT BOOKS

1. Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012.
2. Swami Virupaksananda: Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995
3. James R. Ballantyne: The Sankhya Aphorisms of Kapila, Parimal Publications, New Delhi, 2004.

BOOKS FOR REFERENCE

1. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
2. M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
3. K.D. Prithvipaul: The Yogasurta of Patanjali M.L.B.D. New Delhi
4. Gaspar M. Koelmenn, S.J: Patanjali Yoga, Papal Athenaeum, Poona, 1970
5. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II.

Subject Name: Human Biology-2**Subject Name: BS-CT203****Objectives:**

Following the completion of the course, students shall be able:

- outline the structure of the body
- Identify the necessary functions of the body
- To give brief idea about the diseases related to each system
- To shed light on anatomy so that student can experience the involvement of their body parts while practicing various postures of Yoga.

Learning outcomes

On completion of this course, the students will be able to:

- Illustration of Human Anatomy and Physiology.
- Compare and classify different levels of structural complexity.
- Interpret the effect of yogic techniques on different systems in the human body.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit -1: Nervous system & special senses [15Hours]

Structure and function of human brain.-Fore brain, mid brain, hind brain, Structure and function of spinal cord, Cranial nerve and spinal nerve, Autonomic nervous system- Sympathetic and para sympathetic nervous system, Reflex action, Mechanism of nerve conduction, Synapse and synaptic transmission, Structure and function of eye,ear,nose,tongue and skin.

Unit -2: Endocrine system [10Hours]

Structure and function of important of endocrine gland (Pituitary, Adrenal, Thyroid, Parathyroid, Pancreas, gonads), Function of GI tract hormones, Mechanism of hormone action.

Unit -3: Reproductive & Excretory system system [15 Hrs]

Male reproductive system of human.-Testis, penis, epididymis, prostate gland; Female reproductive system of human-ovary, uterus, vagina, cervix, fallopian tube; Menstrual cycle Gametogenesis-Spermatogenesis and oogenesis; Fertilization; Implantation and embryonic development; Pregnancy; Excretory system of human-Kidney, ureter, urinary bladder, urethra; Mechanism of urine formation-Ultrafiltration, selective reabsorption, tubular secretion; Role of kidney in osmo-regulation.

Unit -4: Lymphatic system & immune system [15Hrs]

Lymphoid organ-Bone marrow, Thymus, spleen ,Lymph node, Composition and function of lymph, Immunity, Types of immunity-Innate immunity and acquired immunity, Antigen and antibody, Hypersensitivity, Autoimmunity.

TEXT BOOKS

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology

BOOKS FOR REFERENCE

1. Bijlani R. L.:Understanding of Human Physiology, Jaypee Brothers Medical Publishers Pvt. Ltd, New Delhi, 2011
2. Arthur C Gyton & Hall: Medical Physiology, Reed Elsevier India Pvt. Ltd, New Delhi, 2006
3. Chatterji C. C: Human Physiology Vol. I & II, Medical Allied Agency, Kolkata, 2004
4. Sharma J. P: A-Z Illustrated Encyclopaedia of Human Anatomy & Physiology, KhelSahiya Kendra, Delhi, 2005
5. Pal G. K & others: Textbook for practical Physiology, Orient Longman Pvt. Ltd, Hyderabad, 2007.

Subject Name: Environmental studies (AECC-2)**Subject Name: BS-AECCT204****Objectives:**

Following the completion of these course students shall be able to

1. Know about environment and ecosystem.
2. Know renewable and non-renewable resources.
3. Know about Biodiversities, Conservation and Pollution.

Learning Outcomes:

After completing the major in Environmental Studies, students will be able to:

- Articulate the interconnected and interdisciplinary nature of environmental studies;
- Demonstrate an integrative approach to environmental issues with a focus on sustainability;
- Use critical thinking, problem-solving, and the methodological approaches of the social sciences, natural sciences, and humanities in environmental problem solving.
- Communicate complex environmental information to both technical and non-technical audiences.
- Understand and evaluate the global scale of environmental problems
- Reflect critically on their roles, responsibilities, and identities as citizens, consumers and environmental actors in a complex, interconnected world.

Total Numbers of Hour: 30		Theory	Tutorial	Practical
Credits		2	0	0
Hours/Week		2	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory: 50		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exams (SEE)	Internal Assessment (CT+TA/PR)	
35	15			

Unit- 1: Introduction to environmental studies and Ecosystem [15 Hrs.]

Multidisciplinary nature of environmental studies; Scope and importance; Need for public awareness; What is an ecosystem? Structure and function of ecosystem; Energy flow in an ecosystem: food chains, food webs and ecological succession. Case studies of the following ecosystems: a) Forest ecosystem b) Grassland ecosystem c) Desert ecosystem d) Aquatic ecosystems (ponds, streams, lakes, rivers, oceans, estuaries).

Unit-2: Natural Resources: Renewable & Non-renewable Resources [15 Hrs.]

Land resources and land use change; Land degradation, soil erosion and desertification; Deforestation: Causes and impacts due to mining, dam building on environment, forests, biodiversity and tribal populations; Water: Use and over-exploitation of surface and ground water, floods, droughts, conflicts over water (international & inter-state); Energy resources: Renewable and non-renewable energy sources, use of alternate energy sources, growing energy needs, case studies.

Unit-3: Biodiversity & Conservation [15 Hrs.]

Levels of biological diversity: genetic, species and ecosystem diversity; Biogeographic zones of India; Biodiversity patterns and global biodiversity hot spots; India as a mega-biodiversity nation; Endangered and endemic species of India; Threats to biodiversity: Habitat loss,

poaching of wildlife, man-wildlife conflicts, biological invasions; Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity; Ecosystem and biodiversity services: Ecological, economic, social, ethical, aesthetic and Informational value.

Unit 4: Environmental Pollution, policies & practices [15 Hrs.]

Environmental pollution: types, causes, effects and controls; Air, water, soil and noise pollution; Nuclear hazards and human health risks; Solid waste management: Control measures of urban and industrial waste; Environmental Policies & Practices; Sustainability and sustainable development; Climate change, global warming, ozone layer depletion, acid rain and impacts on human communities and agriculture; Environment Laws: environment Protection Act; Air (Prevention & Control of Pollution) Act; Water (Prevention and control of Pollution) Act; Wildlife Protection Act; Forest Conservation Act. Nature reserves, tribal populations and rights, and human wildlife conflicts in Indian context.

TEXT BOOKS

1. Bharucha, E. 2003, Textbook for Environmental Studies, University Grants Commission, New Delhi and Bharati Vidyapeeth Institute of Environmental Education and Research, Pune. 361.
2. Carson, Rachel. 1962. Silent Spring (Boston: Houghton Mifflin, 1962), Mariner Books, 2002.
3. Economy, Elizabeth. 2010. The River Runs Black: The Environmental Challenge to China's Future.
4. Gadgil, M. & Ramachandra, G. 1993. This fissured land: an ecological history of India. Univ of California Press.

REFERENCE BOOKS:

1. Gleeson, B. and Low, N. (eds.) 1999. Global Ethics and Environment, London, Routledge.
2. Grumbine, R. Edward, and Pandit, M.K. Threats from India's Himalaya dams. Science 339.6115 (2013): 36-37.
3. Heywood V.H. & Watson, R.T. 1995. Global Biodiversity Assessment. Cambridge University Press.
4. Mc Cully, P. 1996. Silenced rivers: the ecology and politics of large dams. Zed Books.

Subject Name: General Elective
Subject Code: GE-2/ BGET 205

Total Numbers of Hour: 30		Theory	Tutorial	Practical
Credits		2	0	0
Hours/Week		2	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory: 50		Practical : Nil		
Final Exam (SEE)	Internal Assesment (CT+TA)	Final Exams (SEE)	Internal Assesment (CT+TA/PR)	
35	15			

Subject Name: Yoga Practicum-3**Subject Name: BS-CP206****Objectives:**

Following the completion of the course, students shall be able to

- Understand the concept and principles of Sukshma and Sthula vyayama.
- Practice Yogic sthul and sukshma vyayam skillfully.
- Explain and demonstrate Yogic sthul and sukshma vyayam skillfully.
- Recite Ishwarstutuprarthna.

Learning outcomes:

On completion of this course, the students will be able to:

- Develop To Have a perception of different yogic techniques.
- Attain perfection to perform different yogic practices.
- Perform practically the Suksma Vyayama & Sthula Vyayama.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Shatkarma [15 Hrs.]

Dhauti, Neti, Nauli Madhyama, Vama, Dakshina and Nauli Chalana, Trataka (Jatru and Jyoti).

Unit-2: Pranayama [15 Hrs.]

Nadi Shodhana (Technique 1: Same Nostril Breathing), Nadi Shodhana (Technique 2: Alternate Nostril Breathing), Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar kumbhak); Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka + Bahya Kumbhak) (1:4:2:2); Bhramari Pranayama.

Unit-3: Practices leading to meditation [15 Hrs.]

Pranav and Soham Japa; Yoga Nidra (1,2,3); Antarmauna; Ajapa Dharana (Stage 1, 2, 3); Mind sound resonance technique (MSRT).

Unit- 4: Continuous evaluation by the Teachers [15 Hrs.]**TEXT BOOKS**

1. Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school of yoga publications; Munger, 2001
2. Swami Niranjanananda Saraswati: Dharana Darshan; ; Bihar school of yoga publications; Munger, 2001.

BOOKS FOR REFERENCES

1. Basavaraddi I. V. & Others : Teachers Manual for School Teachers, MDNIY, New Delhi, 2010
2. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi.
3. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2009

4. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012
5. Nagendra, H.R: The Art and Science of Pranayama, Swami Vivekanand Yoga Prakashan, 2005, Bangaore.
6. Nagendra, H.R: Mind sound reasonance technique, Swami Vivekanand Yoga Prakashan, 2002, Bangaore.

Subject Name: Computer Lab

Subject Name: BS-CP207

Objectives:

Following the completion of this course, students shall be able to:

- Demonstrate the instructions and signs relating to Excel.
- Demonstrate the complete instructions and signs relating to PowerPoint.
- Demonstrate the complete instructions and signs relating to Computer Virus, Internet Search & Email.

Course Outcomes:

Following the completion of this course, students shall be able to:

- Defines computer with his/her own sentences.
- Explain computers and data processing in Excel
- Defines hardware and software concepts
- Explain the concept of input and output unit's computers
- Construct the idea of the Computer network, communication and Internet Searching in the field.
- Explain the basic idea of Internet and Computer Virus.

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	0	0	2
Hours/ week	0	0	4
SCHEME OF EXAMINATION			
Total Marks:50			
Theory :		Practical : 50	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		35	15

Unit-1: Basics of computer and its applications [15 Hrs.]

Definition of a Computer, Block Diagram of elements of digital computer-their functions; Computer Hardware & Software, Computer generations, Types of Computers; Primary Memory– RAM, ROM, PROM, EPROM, CPU, I-O devices; Secondary storages, Magnetic Tape, Disk, Compact disks; Hardware and Software. Micro, Mini, Main-frame and super computers, Discussion on recent IT trends.

Unit-2: Representation of data and software concepts [15 Hrs.]

Decimal, Binary, Octal, Hexadecimal number systems, BCD, EBCDIC, ASCII Conversions, Simple Additions, Subtractions, Multiplications, Divisions, Data and Information; Introduction to Programming, Flowcharts and Algorithms; Types of Softwares, System software's, Application software's, Firmware software's , Computer; Languages like machine, Assembly and Higher Level Languages; Stored program concept.

Unit-3: Operating system [15 Hrs.]

General introduction to Operating system, Definition of Operating System; Elementary concepts of Operating system, Functions of OS, Types of OS; Introduction to Windows – Basics of Windows, The User Interface, Windows Setting, Advance Windows; Difference between two OS (Single & multi-users); Operating system applications.

Unit – 4: File management [15 Hrs.]

Concept of file; File organization and accessing techniques-Indexed, Line; Rules for naming of the files, sequential, Hashed; File handling functions; Types of computer files.; Other related issues.

TEXT BOOKS

1. Andrew S Tanenbaum, David J Wetherall : Computers Networks, 5th Edition, 2010
2. Ron Mansfield : Working in Microsoft Office, McGraw Hill, 2008
3. Timothy N. Trainor, Diane Krasnewich : Computers! McGraw Hill, 2000

BOOKS FOR REFERENCE

1. V Rajaraman : Fundamentals of computers, Prentice Hall India Pvt. Ltd, 2003
2. P. K. Sinha : Computer Fundamentals, BPB Publications, 1992
3. James Martin : Computers Network and distributed Processing, Prentice Hall, Englewood Cliffs, NJ, 1981
4. Donald H Sanders : Computers Today, McGraw Hill, First edition, 1983

Subject Name: Anatomy and Physiology Lab**Subject Name: BS-CP208****Objectives:**

Following the completion of this course, students shall be able to

- Understand the principles and procedure of every experiment.
- Demonstrate an experiment with the interpretation of the results.
- Explain the procedure of each step of an experiment skillfully.

Learning outcomes

On completion of this course, the students will be able to:

- Understand of Human Anatomy and Physiology.
- Know different levels of structural complexity.
- Understand of Bones, Joints, and Anthropometric measurements.
- Understand of Human Skeleton.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA			Practical : 50	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit-1: Hematology and physical examination [30 Hrs.]

Anthropometry measurements; Method of Collection of Blood, Haemoglobinometry; Total White Blood Cell Count, Differential WBC count; E.S.R., Bleeding Time, Clotting Time; Blood Groups; Pulse, Determination of Arterial Blood Pressure in Humans; Effect of posture, exercise and cold stress on blood pressure; Stethography, Spirometry; BMI Calculation; Reflexes, Recording of Body Temperature.

Unit-2: Viva voce [15 Hrs.]**Unit-3: Continuous evaluation by the Teachers [15 Hrs.]****TEXT BOOK**

1. Parvati Mahapatra : Practical physiology, Jaypee publishers, 2nd edition, 2004

Semester-III

Subject Name: Essence of Bhagavad Gita for holistic living

Subject Name: BS-CT301

Objectives:

Following the completion of this course, students shall be able to

- Understand the significance of Bhagavad gita and its essence.
- Understand the concept of Atman, Paramatman, Sthitaprajna.
- Have a deep To Have a perception between the qualities of a Karma and Bhakti yogi.
- Understand the concept of Ahara its role in healthy living.
- Quote references of each practice as per traditional texts

Learning outcomes:

Following the completion of this course, students shall be able to

- Understand the significance of Bhagavad Gita and its relevance.
- Know the concept of Atman, Paramatman, Sthitaprajna.
- Have a deep To Have a perception of Nishkama Karma and devotion in day to day life

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit – 1: Significance of Bhagavadgita as synthesis of yoga [15 Hrs.]

Introduction to Bhagavadgita; Bhagavadgita and traditional commentaries; Bhagavadgita: a synthesis of Yoga; Definitions of Yoga in Bhagavadgita and their relevance; Bhagavadgita and their relevance in Yoga Sadhana

Unit–2: Concept of Atman, Parmatman and characteristic of Sthita prajna in Bhagavdgita [15 Hrs.]

Concept of Samkhya Yoga in Bhagavadgita; Concept of Sthita Prajna, stages and characteristic of it; Concept of Atman (Purusha), Jivatman; Concept of Paramatman (Parmeshwar or Purushottam) their characteristic in Bhagavadgita; Concept of Jnana and Jnana Yoga, origin of the world as described in Bhagavadgita

Unit-3: Karma yoga and Bhakti yoga in Bhagavadgita [15 Hrs.]

Concept of karma Yoga in Bhagavadgita; Concept of Bhakti, concept of Shraddha and its relevance as described in Bhagavad Gita Yoga of Bhakti and Bhakta as described in hagavadgita; Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita.

Unit – 4: Concept of ahara and role of Bhagavadgita in healthy living [15 Hrs.]

Role of Bhagavadgita in day to day life; Concept and classification of Ahara as described in Bhagavadgita; Ahara and its role in Adhyatma Sadhana; Concept of Triguna in the context of Bhagavadgita; Theory of Adjustment in healthy living as described in Bhagavadgita.

TEXT BOOKS

1. Swami Gambhiranand ; Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha Madras
2. Swami Gambhiranand ; Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, Kolkata, 2003
3. Swami Ramsukhadas; Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur
4. Swami Ranganathananda ; Bagavadgita, Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata.

BOOKS FOR REFERENCE

1. Swami Shrikantananda; Gita Darshana, Indian Institute of Human Excellence Hyderabad
2. Swami Tapasyananda ; Srimadbhgavadgita Sri Ramkrishna Matha Madras
3. Swami Abhidananda Bhagvatgita, the divine message, Ramakrishna Vedanta Matha, Kolkata, 1990
4. Swami Raghvendrananda; Universal message of the Bhagvatgita, Advita Ashrama, Kolkata, 2000

Subject Name: Yoga and Holistic Health**Subject Name: BS-CT302****Objectives:**

Following the completion of this course, students shall be able to

- Understand the concept of health and disease.
- Have To Have a perception about holistic concepts of health and healing.
- Conceptual To Have a perception of Yajna and Yajnopathy and Marma Therapy.
- Quote references of each practice as per traditional texts

Learning outcomes:

Following the completion of this course, students shall be able to

- To increase students' idea regarding holistic health practices and theory.
- To develop skills that will positively enhance personal, community and global health and wellness.
- To cultivate awareness of the interconnection between body, mind, spirit and community in order to affect attitudinal change regarding health and wellness.
- To ensure that students have the ability to apply the idea , skills and awareness of holistic health and wellness in their personal and professional lives.
- To promote sensitivity to the issues of diversity and multiculturalism within the continuum of individual and global health and wellness.

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hours/ week	3	2	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

Unit - 2: Causes of Ill Health & Remedial Measures as per Patanjali [15 Hrs.]

Potential causes of Ill-health: Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi).

Unit - 3: Yogic Principles & Practices of Healthy Living - I [15 Hrs.]

Dietary regulation according to Hatha yoga and Bhagavadgitha; shatkriyas and tatva shuddhi; Asana for mind body and spirit; Practice for pranamaya kosha– pranayama; Definition of Mental Health & Mental Hygiene & Total Health ; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adjustment Personal and interpersonal adjustment through yogic methods Niyamas & Yamas.

Unit - 4: Yogic Principles & Practices of Healthy Living - II [15 Hrs.]

Attitude change towards yoga through individualized counselling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counselling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Unattached action, not to the fruits of action, equanimity in success and failure.

TEXT BOOK

1. Ghosh, Shyam : The Original Yoga Munshiram Manoharlal, New Delhi, 1999)
2. Jnanananda Bharati : Essence of Yoga Vasishta Pub: Sanata Books, Chennai
3. Hatha Ratnavali: Tirumala Tirupathi Devasthanam, Andhra Pradesh.

REFERENCE BOOKS:

1. Gheranda Samhita: Shri Sadguru Publication, New Delhi.
2. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
3. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published by SVYP, Bangalore
4. Dr Nagendra H R : The Secret of Action - Karma Yoga, Published by SVYP, Bangalore, 2003

Subject Name: Methods of Teaching Yoga**Subject Name: BS-CT303****Objectives:**

Following the completion of this course, students shall be able to

- Understand the principles and practices of teaching methods of Yoga.
- Have an in-depth perception about session and lesson planning and class room arrangements.
- Have an idea about the different tools used in Yoga teaching.

Learning outcomes:

Following the completion of this course, students shall be able to

- Understand the general principles and methods of teaching.
- Know the meaning and scope of teaching methods.
- Manage yoga classes of different group of practitioners on the basis of age, sex and number of participants.
- Plan specific techniques for special attentive groups.
- Prepare the ideal lesson plan and its practical applications.
- Know the essential tools for the yoga education.
- Understand the role of yoga for the value based education.
-

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Principles and methods of teaching yoga [15 Hrs.]

Teaching and Learning : Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyaartha, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training.

Unit-2: Basics of yoga class management [15 Hrs.]

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of mass instructions; Techniques of Individualised teaching; Techniques of group teaching; Organisation of teaching (Time Management, Discipline etc.).

Unit-3: Lesson planning in yoga [15 hrs.]

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications.

Unit-4: Educational tools of yoga teaching [15 hrs.]

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga.

TEXT BOOKS

1. Dr. Shri Krishna : Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009

BOOKS FOR REFERENCE

2. Dr. Gharote M L : Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007

3. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi,

4. Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

Subject Name: Basics of Sanskritam
Subject Name: BS-AECCT304

Objectives:

- Following the completion of this course, students shall be able to
- Read and To Have a perception the colloquial words of Sanskrit.
 - Communicate and infer Sanskrit to the best of their ability.
 - Write in saskrit and have some idea about grammar.

Learning outcomes:

- On completion of this course, the students will be able to:
- Develop basic idea of Sanskrit.
 - Ability to To Have a perception transliteration with diacritical marks
 - Make sentence formation.
 - Infer Sanskrit verses.

Total Numbers of Hour: 30		Theory	Tutorial	Pracrical
Credits		2	0	0
Hours/Week		2	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory: 50		Practical : Nil		
Final Exam (SEE)	Internal Assesment (CT+TA)	Final Exams (SEE)	Internal Assesment (CT+TA/PR)	
35	15			

Unit-1: laLd`rHkk"kk ifjp;

laLd`rHkk"kk ifjp;] ;ksx'kkL=k ds vè;;u easa laLd`r dk egRo vkSj ;ksx ,oa laLd`r dk vUr%IEcU/A ekgs'ojlw=kA laLd`ro.kZekyk] Loj] O;atu oxZKku lfgr (jkseu fyfi esa ys[ku ,oa iBu)_ o.kkZsa ds mPpkj.kLFkku vkSj lkz;Ru KkuA izR;kgkj fuekZ.k fof/ ,oa izR;kgkj KkuA dkjd] foHkfDr (lqi- vkSj fyÄ~)] fyÄ~x] opu] iq#"k] ydkj ,oa okD;kÄ~x ifjp;A laLd`r la[;k,a (,d ls lkS rd)

Unit-2: 'kCn:i

vtUr'kCn:i&jke] ckfydk] iqLrd] eqfu] #fp] okfj 'kCnksa ds :lk vFkZKku lfgrA vtUr'kCn:i&unh] Hkkuq] /suq] e/q] fir`] ekr` 'kCnksa ds :lk vFkZKku lfgrA loZKku 'kCn:i&vLen] ;q"en] rr~ (rhuksa fyÄ~xksa esa) ,rn~ (rhuksa fyÄ~xksa esa) fde~ (rhuksa fyÄ~xksa esa) Hkor~ (rhuksa fyÄ~xksa esa) 'kCnksa ds :lk vFkZKku lfgrA gyUr'kCn:i&Hkxor~] ukeu~] txr~ 'kCnksa ds :lk vFkZKku lfgrA

Unit-3: /krq:i

Hkw] vl~] iB~] e`n~] d`] fy[k~] ue~] n`k~ /krqvksa ds ikap ydkjksa (yV~] y`V~] yÄ~] ykSV~] fyÄ~) esa :iKku ,oa okD; fuekZ.k vFkZKku lfgrA on~] xe~] LFkk] ik (fic~) nk] 'kd~] vki~] izPN~ /krqvksa ds ikap ydkjksa(yV~] y`V~] yÄ~] ykSV~] fyÄ~) esa :iKku ,oa okD; fuekZ.k vFkZKku lfgrA Kk] dFk] fpUr~] czw] Jq] uh] ;kp~] [kkn~] 'khÄ~] /krqvksa ds ikap ydkjksa (yV~] y`V~] yÄ~] ykSV~] fyÄ~) esa :iKku ,oa okD; fuekZ.k vFkZKku lfgrA izFknh{kk ds izFke ,oa n~forh; vè;k; ls okD;fuekZ.k ,oa vFkZKku dk vH;kIA

Unit-4: okD;fuekZ.k

izFknh{kk ds r`rh; vè;k; ls okD;fuekZ.k ,oa vFkZKku dk vH;kIA izFknh{kk ds prqFkZ vè;k; ls okD;fuekZ.k ,oa vFkZKku dk vH;kIA izFknh{kk ds iape vè;k; ls okD;fuekZ.k ,oa vFkZKku dk vH;kIA izFknh{kk ds "k"B vè;k; ls okD;fuekZ.k ,oa vFkZKku dk vH;kIA

TEXT BOOKS

1. Moorty CLN : First Book of Sanskrita, Chaukhabha Sanskrit Series, Varanasi, 2010
2. Max Muller : A Sanskrit Grammar Parimal Publication, Delhi, 2012

3. Goldmom P R : Devavanopravesika : An introduction to the Sansrit languages, MLBD, New Delhi , 2011.

BOOKS FOR REFERENCE

1. Perry E D : A Sanskrit Primer, MLBD, New Delhi, 2004
2. Kala MR : A Higher Sasnkrit Grammer for college students, MLBD, New Delhi, 2011
3. n~foosnh dfiy nso% izkjfEHkd jpukuqokn dkSeqnh_ fo'ofokky; izdk'ku okjk.klh] 2011
4. n~foosnh dfiy nso% jpukuqokndkSeqnh_ fo'ofokky; izdk'ku okjk.klh] 2011
5. n~foosnh dfiy nso% dkSeqnh_ fo'ofokky; izdk'ku okjk.klh] 2007

Subject Name: Generic Elective

Subject code: BS-GE305

Total Numbers of Hour: 30		Theory	Tutorial	Practical
Credits		2	0	0
Hours/Week		2	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory: 50			Practical : Nil	
Final Exam (SEE)	Internal Assesment (CT+TA)	Final Exams (SEE)	Internal Assesment (CT+TA/PR)	
35	15			

Subject Name: Yoga Practicum 4**Subject code: BS-CP306****Objectives:**

Following the completion of the course, students shall be able to

- Understand the concept and principles of Sukshma and Sthula vyayama.
- Practice Yogic sthul and sukshma vyayam skillfully.
- Explain and demonstrate Yogic sthul and sukshma vyayam skillfully.
- Recite Ishwarstutuprarthna.

Learning outcomes:

On completion of this course, the students will be able to:

- Develop To Have a perception of different yogic techniques.
- Attain perfection to perform different yogic practices.
- Perform practically the Suksma Vyayama & Sthula Vyayama.
- Develop skill to conduct practical sessions.
-

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA			Practical : 100	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Unit-1: Yogasana (Sitting Postures)

Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana; Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana; Janusirasana, Paschimottanasana, Mandukasana, Utthana Mandukasana; Vakrasana, Ardha Matsyendrasana , Marichayasana, Simhasana.

Unit-2: Yogasana (Supine lying Postures)

Pavanamuktasana; Utthana-padasana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana.

Unit-3: Yogasana (Prone line Postures)

Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Raja Kapotasana.

Unit-4: Continuous evaluation by the Teachers**TEXT BOOKS**

1. Swami Dharendra Bhrahmachari : Yogasana Vijnana, Dharendra Yoga Publications, New Delhi.
2. Swami Kuvalyananda: Asana Kaivalyadhama, Lonavla.
3. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga,

Munger.

BOOKS FOR REFERENCES

1. Basavaraddi, I.V. & others : Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
2. Iyengar, B.K.S. : Light on Yoga, Harper Collins Publishers.
3. Tiwari, O.P. : Asana Why and How? Kaivalyadhama, Lonavla.
4. Jayadev, Yogendra : Cyclopaedia Yoga (Vol. I-IV), The Yoga Institute, Santacruz, Mumbai.
5. Saraswati, Swami Satyanand : Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger.

Subject Name: Yoga Practicum 5 (Practice teaching)**Subject code: BS-CP307****Objectives:**

Following the completion of the course, students shall be able to

- Understand the concept and principles of Sukshma and Sthula vyayama.
- Practice Yogic sthul and sukshma vyayam skillfully.
- Explain and demonstrate Yogic sthul and sukshma vyayam skillfully.
- Recite Ishwarstutuprarthna.

Learning outcomes:

On completion of this course, the students will be able to:

- Develop To Have a perception of different yogic techniques.
- Attain perfection to perform different yogic practices.
- Perform practically the Suksma Vyayama & Sthula Vyayama.
- Develop skill to conduct practical sessions.

Total Number of Hours: 64		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit-1: Bandha

Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha.

Unit-2: Pranayama (with Antar & Bahya Kumbhaka)

Surya-bheda and Chandra-bheda Pranayama, Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama, Bhastrika Pranayama.

Unit-3: Practices leading to Meditation

Ajapa Dharana (Stage 4,5,6), Yoga Nidra (4,5), Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to Vipassana Meditation, Practices leading to Preksha Meditation.

Unit-4: Continuous evaluation by the Teachers**TEXT BOOKS**

1. Basavaraddi, I.V. & others : Pranayama; MDNIY New Delhi, 2012

2. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009
3. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009

BOOKS FOR REFERENCES

1. Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 2005
2. Nagendra, H.R : The art and Science of Pranayama, Swami Vivekananda Yoga Prakashan, 2005, Bangaore.
3. Lajpat, Dr. R.: Discovering Human Potential Energy, Abhinav Rai Publication, Gurgaon, 1996.
4. Lajpat, Rai & others: Meditation, Anbhava Rai Publications, Gurgaon
5. Saraswati, Swami Satya Nand: Meditation from Tantras, Yoga Publication Trust, Munger, 2004.
6. Sarswati, Swami Niranjananand: Dharana Darshan, Yoga Publication Trust, Munger, 2003.
7. Krishnamacharya, T.: Dhyanamalika, KYM, Chennai, 2005.
8. Swami Satyananda: Yoganidra, Yoga Publication Trust, Munger, 1998.

Subject Name: Field Work – Yoga Practicum VI
Subject code: BS-FW308

Objectives:

During this period students shall get an opportunity of teaching Yoga modules of **Swami Ramdev Ji** to masses weekly for four hours. The academic institution where the student is undergoing his/her training takes the responsibility of organizing the classes in the near by villages/ institutions/ hospitals/ schools/ colleges etc..

Learning outcomes:

On completion of this course, the students will be able to:

- Develop To Have a perception of teaching different yogic practices.
- Learn and gain perfection to teach yoga practices.
- Know the practical application of specific techniques while dealing with other people.
- Have an ability to conduct yoga sessions.

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

During this period students shall get an opportunity of teaching yoga to villagers, weekly four hours. The academic institution where the student is undergoing his/her training takes the responsibility of organizing the classes in the near by villages.

Semester-IV

Subject Name: Four Streams of Yoga

Subject Name: BS-CT401

Objectives:

Following the completion of this course, students shall be able to

- Understand the four paths/streams of yoga with indepth understanding.
- Have an indepth understanding about their similarities and dsisimillarities.
- Understand the principle and conceptualize each stream

Learning outcomes:

Following the completion of this course, students shall be able to

- Understand the significance of streams of yoga and its relevance.
- Know the concept of Mantra chanting, nadi and the chakras.
- Have a deep Nishkama Karma and devotion in day to day life

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: JnanaYoga [15 Hrs.]

Sadhana Chatustaya, Stages of JnanaYoga practice (shravan, manana, Nidhidhyasana), States of consciousness, The concepts of ida, pingla and thesushumna the central channel of energy running along the spine.

Unit-2: Bhakti Yoga [15 Hrs.]

Navavidha Bhakti, Qualities of a bhakta, The pronunciation, chanting, knowledge, benefits of Sanskrit chants, hymns, bhajans, Satsang and the uplifting meaning of the chants helping to thin the activities of the mind, Mantra chanting, and their effect on the nadi and the chakras, Demonstrated ability to create a bhakti bhava during the chanting and singing.

Unit-3: Karma Yoga [15 Hrs.]

The concept and meaning of karma Yoga, Concept of Nishkama Karma, Prerequisites for a sthitaprajna, Sthitaprajnalakshana, The law of karma.

Unit-4: Raja Yoga

Concepts and principles of PatanjalaYoga; Karma Shuddhi (Yama, Niyama); Snayu Shuddhi (Asana); Prana Shuddhi (Pranayama); Indriya and Mano Shuddhi (Pratyahara); Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi).

TEXT BOOKS

1. Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
2. Swami Vivekananda :J nana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000.

Subject Name: Basis of Yoga Therapy**Subject Name: BS-CT402****Objectives:**

- To understand the principles of Yoga Therapy according to diseases.
- To prepare standard Yoga Therapy protocol according to diseases.
- To understand the cause of disease and the role of Yoga in health and healing.

Learning outcomes:

- Understanding the Basic concept of Yoga Therapy.
- Basic pathophysiology and medical terminology of diseases with yogic management.
- Know that What research has been done to support the use of yoga therapy in these conditions
- How to assess clients' needs in terms of developing an individualized yoga therapy plan for them
- How to evaluate yoga therapy plans and to modify them as needed
- Ways to develop group classes for people with these conditions

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Yogic concepts of health and disease [15 Hrs.]

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in health and healing; Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi, Yogic concept of Health and Disease, role of Yoga in preventive health care – Heyam dukham anagatam; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi).

Unit-2: Yogic concepts for health and healing [15 Hrs.]

Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing; Concept of Abhyas and Vairagya, Chitta and Chitta Prasadana, Kriya-yoga, Ashtanga Yoga of Patanjali

for Health and Healing; Concept of Cleansing (Shuddi), its role and importance in Health and Healing; Concept of Swara Yoga and its efficacy in Health and Healing.

Unit-3: Yogic principles and practices of healthy living [15 Hrs.]

Yogic Principles of Healthy Living: Aahara, Vihara, Aachara and Vichara; Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being; Yogic principles of Lifestyle management and its role in prevention of disease and health promotion; Yogic Principles of Diet and its role in Healthy living; Yogic Practices of Healthy living : i.e. Yama, Niyama, Shatkarma, Asana, Mudra & Bandha Pranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living.

Unit-4: Health benefits of yogic practices [15 Hrs.]

Psycho-physiological effects and health benefits of Yogasana , Pranayama, Shatkarma, Bandha and Mudra, and Meditation.

TEXT BOOKS

1. Preeti Goel and Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003)
2. M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
3. Dr. K. Krishna Bhat: The power of Yoga

BOOKS FOR REFERENCE

1. Dr. R. S. Bhogal : Yoga Psychology, Kaivalyadhama Publication
2. Dr. Manmath M Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
3. T.S. Rukmani: Patanjala Yoga Sutra
4. Sahay, G. S.: Hatha Yoga Pradeepika, MDNIY Publication, 2013
5. Kdham : Gheranda Samhita, Kaivalyadhama, Lonavla.

Subject Name: Fundamentals of Biochemistry**Subject Name: BS-CT403****Objectives:**

- To understand the biomolecules and their role in our body.
- To Have a perception about the protein, carbohydrate, lipid metabolism.

Learning outcomes:

- Through this course the students are exposed to importance of biological macromolecules
- They acquire idea in the quantitative and qualitative estimation of biomolecules
- They study the influence and role of structure in reactivity of biomolecules
- At the end of the course, the students have a thorough To Have a perception on the role of biomolecules and their functions.
- To learn the meaning of biomechanics.

Total Number of Hours: 64		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit - 1: Introduction to Bio-chemistry

Introduction to Bio-chemistry; chief intracellular components; Introduction to chemical receptors/co-receptors, cell to cell communication, channels & transportation; Definition and classification of Vitamins and their Clinical importance; Basics of Molecular mechanism of O₂ transport and storage, classification and bio-chemical structure of immunoglobulins with functions; Fundamentals of Bio-Energetics: Biological Oxidation, General Concept of oxidation, features of cellular Oxidations-respiratory chain oxidative phosphorylations

Unit – 2: Metabolism of carbohydrates

Carbohydrates: Definition, classification with examples and general functions; Basics of Carbohydrate Metabolism (I) - Glycolysis; Aerobic and Anerobic, metabolism of glycogens; glycogenesis, glycogenolysis, glyconeogenesis, Regulation of glycogen metabolism; Basics of Carbohydrate Metabolism (II) - Kreb's Cycle (T.C.A), Regulation of Blood glucose, Hexose Mono Phosphate (HMP Shunt); Concept of isomerism, types & mode of action; Integration of metabolism and catabolism.

Unit-3: Metabolism of lipids and proteins

Lipids: definition, classifications and general functions; Intoduction to essential fatty acids, cholesterol, Blood lipids, brief review of lipoproteins; Basics of Lipid Metabolism - Oxidation of fatty acids, cholesterol synthesis and fatty liver; Proteins: definition, classification and Biomedical Importance, Plasma Proteins and functions; Definition, classification and nomenclature of Enzymes, basic introduction to Enzymology and regulation of Enzymatic

activity.

Unit- 4: Functional Bio-chemistry

Introduction to hormones, molecular basis of hormonal action; Introduction to common metabolic disorders; Basic techniques for estimation of different Bio-chemical markers i.e., diffusion, Osmosis, Electro-phoresis, Quantative and Analytical Titration; Introduction to investigations related to Hepatobiliary diseases i.e., Serumbiliru, Amino-Transferases, Alkiline Phosphatase, LDH; Basics of routine Bio-chemical tests for Kidney and related common diseases i.e., Blood Urea, Blood Urea Nitrogen (BUN), Serum Createnin, Serum Uric Acid with estimation of Urinal Protien and Sugar.

TEXT BOOKS

1. Pankaja Naik: Bio-chemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2010
2. Jacob Anthikad: Bio-chemistry for Nurses, Jaypee Brothers Medical Publishers Ltd, Delhi, 2008
3. K. Malhotra: Bio-chemistry for Students, Jaypee Brothers Medical Publishers Ltd, Delhi, 2012
4. N. Haridas: Bio-chemistry made easy: A Problem (Solving) based approach, Jaypee Brothers Medical Publishers Ltd, Delhi, 2012
5. Arvind S Yadav: Comprehensive practical and Viva in Bio-chemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2004.

BOOKS FOR REFERENCE

1. Robert K Murray & others: Harper's Illustrated Bio-chemistry, 26th Edition, 2003, McGraw Hill, US Shankara, Shivaraja,
2. M. K. Ganesh : Laboratory Manual of Practical Biochemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2008.
3. S. K. Sawhney & Randhir Singh: Introductory Practical Biochemistry, 2nd edition, Alpha Science International Ltd. 2005
4. Chawala Ranjana: Clinical Biochemistry (Methods & Interpretations), 3rd edition, Jaypee Brothers medical Publishers Ltd. 2006
5. Rajesh Karajgaonkar: Clinical Biochemistry, Jaypee, 2008.

Subject Name: AEEC-2 (Sanskrit)
Subject Name: BS-AECCT404

Objectives:

- Following the completion of this course, students shall be able to
- Read and To Have a perception the colloquial words of Sanskrit.
 - Communicate and infer Sanskrit to the best of their ability.
 - Write in saskrit and have some idea about grammar.

Learning outcomes:

- On completion of this course, the students will be able to:
- Develop basic idea of Sanskrit.
 - Ability to To Have a perception transliteration with diacritical marks
 - Make sentence formation.
 - Infer Sanskrit verses.

Total Numbers of Hour: 30		Theory	Tutorial	Pracrical
Credits		2	0	0
Hours/Week		2	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory: 50		Practical : Nil		
Final Exam (SEE)	Internal Assesment (CT+TA)	Final Exams (SEE)	Internal Assesment (CT+TA/PR)	
35	15			

Unit-1: laLd`rHkk"kk ifjp;

iB~ ,oa d` /krq dk deZokP;;lk Kku ikap ydkjksa (yV~] y`V~] yÄ~] yksV~] fyÄ~) esa ,oa okD; fuekZ.k vFkZKku lfgrA vl~ ,oa Hkw /krq dk HkkookP;;i Kku ikap ydkjksa (yV~] y`V~] yÄ~] yksV~] fyÄ~) esa ,od okD; fuekZ.k vFkZKku lfgrA dr`ZokP; ,oa deZokP; dk ifjp; okD;jpuk] okD;;ikUrj.k ,oa vuqoknA dr`ZokP; dk ifjp; okD;jpuk] okD;;ikUrj.k ,oa vuqoknA

Unit-2: d`nUr

'kr` ,oa 'kkup~ izR;;ksa ls 'kCnfuekZ.k] okD;jpuk vkSj vuqoknA DRok] Y;i] rrequ] izR;;ksa ls 'kCnfuekZ.k] okD;jpuk vkSj vuqoknA Dr ,oa Drorq izR;;ksa ls 'kCnfuekZ.k] okD;jpuk vkSj vuqoknA rO;r~ vuh;j ,oa ;r~ izR;;ksa ls 'kCnfuekZ.k] okD;jpuk vkSj vuqoknA

Unit-3: lfU/ ,oa Hkk"kkH;kI

vp~] gy~ ,oa folxZ lfU/;ksa dk Kku ,oa lfU/ foPNsn dk vH;kIA Hkxon~ xhrk ds n~forh; vè;k; ds izFke 20 'yksdksa esa dkjd ,oa fØ;k;ksa dk vuqlU/ku ,oa lLoj 'yksdikBA laLd`r ls fgUnh@vaxzsth esa vuqoknA laLd`r esa ijLij okrkZyki ,oa ekSf[kd O;k;ku dk vH;kIA

Unit-4: Hkk"kkn{krk

n~forh;nh{kk ds izFke ,oa n~forh; vè;k; ls okD;fuekZ.k ,oa vFkZKku dk vH;kIA n~forh;nh{kk ds r`rh; vè;k; ls okD;fuekZ.k ,oa vFkZKku dk vH;kIA n~forh;nh{kk ds prqFkZ vè;k; ls okD;fuekZ.k ,oa vFkZKku dk vH;kIA n~forh;nh{kk ds iape ,oa "k"B vè;k; ls okD;fuekZ.k ,oa vFkZKku dk vH;kIA

TEXT BOOKS

1. DEVAVANIPRAVESIKA- : Robert p. goldman: MLBD-NEWDELHI.
2. izkjhEHkd jpukuqokn dkSeqnh% dfiy nso n~foosnh_ fo'ofokjy; izdk'ku okjk.klhA
3. jpukuqokndkSeqnh% dfiy nso n~foosnh_ fo'ofokjy; izdk'ku okjk.klhA

BOOKS FOR REFERENCES

1. izkS<+&jpukuqokndkSeqnh% dfiy nso n~foosnh_ fo'ofokjy; izdk'ku okjk.klhA
2. izFkenh{kk &jkf"V^a; laLd`r laLFkku ubZ fnYyhA
3. n~forh;nh{kk &jkf"V^a; laLd`r laLFkku ubZ fnYyhA

Subject Name: Generic elective (GE) :
Subject Name: BS-GE405

Total Numbers of Hour: 30		Theory	Tutorial	Practical
Credits		2	0	0
Hours/Week		2	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory: 50		Practical : Nil		
Final Exam (SEE)	Internal Assesment (CT+TA)	Final Exams (SEE)	Internal Assesment (CT+TA/PR)	
35	15			

Subject Name: Yoga Practicum 7**Subject Name: BS-CP406****Objectives:**

Following the completion of this course, students shall be able to

- Understand the principle and practice of Yogic practices and Yajna.
- Have an To Have a perception about the practices that help practitioners to lead to meditation.
- Quote references of each practice as per traditional texts

Learning outcomes:

On completion of this course, the students will be able to:

- Develop To Have a perception of different yogic techniques.
- Attain perfection to perform different yogic practices.
- Perform practically the Shatkarma, Pranayama, Asanas & Yajna Mantra.
- Develop skill to conduct practical sessions

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Unit-1: Shatkarmas [20 Hrs.]

Vastra Dhauti, Sutra Neti, Kapalbhathi, Nauli Chalana, Jyoti Trataka, Agnisara.

Unit-2: Yogasanas -I [50 Hrs.]

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; Ardha Chakrasana, Paada Hastasana; Trikonasana, Parshva Konasana; Veerabhadrasan; Bhunamanasana, Hanumanasana; Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana; Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Uttitha Padmasana; Janusirasana, Paschimottanasana, Supta Vajrasana; Mandukasana, Utthana Mandukasana; Vakrasana, Ardha Matsyendrasana , Marichayasana, Simhasana.

Unit-3: Yogasanas -I [30 Hrs.]

Pavanamuktasana, Utthana-padasana, Ardha Halasana, Setubandhasana, Halasana, Karna Peedasana, Sarvangasana, Matsyasana , Chakrasana, Shavasana, Makarasana, Bhujangasana , Shalabhasana, Dhanurasana, Kapotasana , Raja Kapotasana, Bakasana, Kukkutasana, Garbhasana, Matsyendrasana, Marjariasana, Padangusthasana, Hastapadangusthasana, Garudasana, Vatayanasana, Natarajasana, Mayurasana, Sirshasana; Ekapada and Dwipada Kandarasana.

Unit-4: Teacher's evaluation [20 Hrs.]

Teacher must ensure that all practices are being done efficiently and skillfully. Minimum duration of the practice should be at least 1 minute and maximum can be 5 minutes.

TEXT BOOKS

1. Swami Dharendra Bhramhachari :Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980.
2. Swami Dharendra Bhramhachari:Yogasana Vijnana,Dharendra Yoga Publications, New Delhi, 1966.
3. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1983
4. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra,Bihar School of Yoga, Munger, 2005-06.

BOOKS FOR REFERENCES

1. Basavaraddi, I.V. & others:Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
2. Basavaraddi, I.V. & others:Yogic Sukshma Evam Sthula Vyayama, mDNIY, New Delhi, 2011.
3. Iyengar, B.K.S.: Light on Yoga,Harper Collins Publishers, 2009
4. Sen Gupta Ranjana: B.K.S. Iyengar Yoga, A Dorling Kindersley Limited, 2001
5. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
6. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011

Subject Name: Yoga Practicum 8**Subject Name: BS-CP407****Objectives:**

Following the completion of this course, students shall be able to

- Understand the principle and practice of Yogic practices and Yajna.
- Have an To Have a perception about the practices that help practitioners to lead to meditation.
- Quote references of each practice as per traditional texts

Learning outcomes:

On completion of this course, the students will be able to:

- Develop To Have a perception of different yogic techniques.
- Attain perfection to perform different yogic practices.
- Preform practically the Shatkarma, Pranayama, Asanas &Yajna Mantra.
- Develop skill to conduct practical sessions

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA			Practical : 50	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit-1: Bandha and Mudras

Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Shambhavi Mudra, Kaki Mudra, Tadagi Mudra, Vipareet Karni Mudra, Simha Mudra.

Unit-2: Pranayama

Nadi Shodhana pranayama, Bhramari Pranayama, Suryabhedana and Chandrabhedana Pranayama ,Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama, Bhastrika Pranayama.

Unit-3: Practice leading to meditation

Pranava and Soham Japa, Antar mouna, Dharana, Pracice of Dhyana, Breath Meditation, Om Meditation Vipassana Meditation , Preksha Meditation.

Unit-4: Continuous evaluation by the Teachers**TEXT BOOKS**

1. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1983

2. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2005-06.

REFERENCE BOOKS

1. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers, 2009
2. Sen Gupta Ranjana: B.K.S. Iyengar Yoga, A Dorling Kindersley Limited, 2001
3. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
4. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011.

Subject Name: Biochemistry Practicals**Subject Name: BS-CP408****Objectives:**

Following the completion of this course, students shall be able to

- Understand the principle and procedure of each experiment.
- Demonstrate each experiment skillfully.
- Interpret the result during experiment.

Learning outcomes:

- Know the principle and procedure of each experiment.
- Critical To Have a perception of demonstrate each experiment skillfully.
- Understanding the Interpret the result during experiment.

Total Numbers of Hour: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/Week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory: Nil		Practical : 50		
Final Exam (SEE)	Internal Assesment (CT+TA)	Final Exams (SEE)	Internal Assesment (CT+TA/PR)	
		35	15	

Unit-1: Demonstration

Identification and Analysis of Constituents in Normal Urine –Urea-Uric acid – creatinine – Calcium and Phosphorous – Sulphate Ammonia – Chloride; Identification and Analysis of Constituents in Abnormal Urine – Protein, blood, bile pigments – bile salts, sugar, Ketone bodies; Identification and Analysis of glucose, fructose, lactose, maltose, sucrose; Identification and Analysis of Albumin, Casein, gelatin; Identification and Analysis of Blood glucose; Identification and Analysis of Blood Urea; Identification and Analysis of Urinary creatinine; Identification and Analysis of Gastric juice; Identification and Analysis of Urinal Chlorides.

Unit-2: Writing of Procedure & repetition of all the above mentioned biochemical tests**Unit-3: Teacher's continuous evaluation****TEXT BOOKS**

1. Keith Wilson & John Walker :Principles & Techniques of Practical Biochemistry, 5th edition
2. V.K.Malhotra :Practical Biochemistry for students, 4th edition, 2008, 12th edition 2012, Jaypee Brothers medical Publishers Ltd.

REFERENCE BOOKS

1. ShrutiMohanty&Aparna B. Varma:Practical Clinical Biochemistry, Jaypee Brothers medical Publishers Ltd. 2013
2. D.M. Vasudewan&Subir Kumar Das :Practical Textbook of Biochemistry for medical

students, Jaypee Brothers medical Publishers ltd. 2013

Semester-V

Subject Name: Basis of Indian Culture

Subject Name: BS-CT501

Objective:

After studying this Course student can able to undersatand

- Various Indian philosophies.
- Shaddarshanas
- Various features of traditional Indian culture

Learning Outcomes:

Following will be able to

- Identify Approaches towards the sources and the study of ancient Indian history.
- Evolution of social and political institutions in the Vedic society ,Religious dissent and the rise of Jainism and Buddhism
- Understand about Puranic Religions

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1 : Meaning & process of culture and early human settlements in India[15 Hrs.]

Meaning and process of culture; Sources – Acrhaeology, Literature, Foreign accounts; Pre and Proti historic cultures; Indus Civilization – Origin extent, date, art, architecture, religion, society, economy; Changes in the later Vedic period.

Unit - 2:Religious moveemnts and cultural configurations in India [15 Hrs.]

Religious movements in the sixth and fifth centuries BC with special reference to Buddhism and Jainism; Social and economic changes; Impact of Persian and Greek invasions; Role of Mauryan empire in Indian cultural unification; Asoka – his edicts and Dhamma; Mauryan art, polity and economy; Sangam age – Society and economy; Cultural configurations during the Sunga – Satavahana – Kushana era – New trends in art, literature and religion; Stupa and rock – cut architecture, sculpture; Dharmashastra, Natyashastra, Kamasutra, Panchatantra, Ayurveda; Religious sects and schools – Hindu, Buddhist and Jain.

Unit - 3 : Developments during the Gupta and legacies [15 Hrs.]

Developments during the Gupta – Vakataka – Pallava age – Literature; Education, science, religion, society, polity, economy, architecture, sculpture, painting; Cultural contacts with outside world; Legacies of classical ideas and patterns and development of new trends in Indian society and thought during the early medieval times; Vedanta – Sankara, Ramanjua; Bhakti, Tantra, Alavars, Nayanars; Temple styles Nagara, Vesara, Dravida; Literature, society, polity feudalism; Efflorescence of Indian cultural contacts; Islam in India; Alberuni on India.

Unit-4: Indo-Islamic architecture and new cultural trends in Mughal India [15 Hrs.]

Indo-Islamic architecture during the Sultanate period; regional styles; Religious and philosophical developments – Bhakti and acharya traditions; Sufism in India; Islamic influences on Indian society and culture; Muslim interest in Indian classics; Literary developments, Sanskrit, Persian and regional languages; Cultural contributions of

Vijayanagara empire; New cultural trends in Mughal India; Religious liberalism – Akbar, Abul Fazl, Dara Shikoh; Growth of Vaishnava Bhakti; Foundation of Sikhism to the institution of Khalsa; Mughal architecture and painting, regional styles; Classical Indian music including pre – Mughal antecedents; Development of Hindi and Urdu literature; Sawai Jai Singh's astronomical contributions; Arrival and spread of Christianity; European studies of India- William Jones and Fort William College, Asiatic Society of Bengal, influence of Christian Missionaries.

Unit – 5 : Western ideas relationship with ancillary disciplines [15 Hrs.]

Influx of Western ideas and Indian response; English education and press; Bengal renaissance; Reform movements in Bengal and other regions, Administrative Measures for Social Reforms (1828 – 1857), Indian reformers – Raja Ram Mohan Roy, Ishwar Chandra Vidyasagar, Keshav Chandra Sen, Mahagovinda Ranade, Jyotiba Phule, Dayanand Saraswati, Vivekananda, Syed .Ahmad Khan; Indian nationalism-Rise, salient features and its cultural expressions in literature, art and education, Gandhian ideas – tradition and modernity; Indian Classics, Indian culture studies, Objectivity and bias; Relationship with ancillary disciplines; Scope of research; Primary and Secondary sources; Heritage of India; World's debt to Indian culture.

TEXT BOOKS

1. Ramshankar Tripathy; History ancient India, Motilal Banarsidass, Motilal Banarsidass Publication, Tenth edition, 1987

REFERENCE BOOKS

1. R.S. Sharma; India's ancient past, Oxford publication, 2006

Subject Name: Yoga and Human Consciousness**Subject Name: BS-CT502****Objectives:**

Following the completion of this course, students shall be able to

- Understand about Human Psyche and Psychic forces.
- Understand about mental process.
- Know and correlate Yogic principles and Psychology

Learning outcomes:

Following the completion of this course, student will be able to

- Describe Human psyche as a part of Yoga Psychology.
- Explain the relationship between applied and basic research in cognitive psychology
- Define terms: attention, divided attention and selective attention
- Critically evaluate direct and indirect theories of Behavior and Consciousness
- Describe and provide examples of memory processes (encoding, storage, and retrieval)
- To Have a perception the Counselling and Yoga Therapy.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit- I: Psychology: a science of behaviour [15 Hrs.]

Psychology: Definition of Psychology; Psychology as a Science of Behaviour; Definition of Behaviour and its Cognitive, Cognitive and Affective Aspects; Scope and Utility of Psychology; Concept of Human Psyche; Human Psyche and Consciousness; Sigmund Freud's Model of Human Psyche; Methods of Psychology: Introspection, Observation, Experimental Method, Interview, Psychological Testing; Physiological Basis of Behaviour: Central Nervous System and Autonomic Nervous System

Unit- 2: Domains and dynamics of behaviour – I [15 Hrs.]

Attention: Nature, Determinants of Attention, Division and Span of Attention; Sensation: Nature and Attributes of Sensation; Perception: Nature; Gestalt theory of Perception; Illusion; Learning: Nature; Theories: Learning by Trial and Error, Learning by Insight, Classical and Instrumental Conditioning; Motivation: Nature; Types of Motives: Biological Motives, Social and Psychological Motives; Maslow's Theory of Motivation.

Unit- 3: Domains and dynamics of behaviour – II [15 Hrs.]

Intelligence: Nature; Measurement of Intelligence: Concepts of Mental Age and Intelligence Quotient, Verbal and Non-verbal Intelligence Tests; Emotion: Nature; Physiological Basis of Emotion; Theories: James-Lange Theory, Cannon-Bard Theory; Emotional Intelligence (EI): Nature, Goleman's Model of EI; Spiritual Intelligence: Nature; Memory: Meaning; Systems of Memory: Sensory Register, Short-Term Memory and Long-Term Memory; Thinking: Meaning and Definition; Distorted Thinking (Delusion), Thinking and Reasoning.

Unit- 4: Personality and its development [15 Hrs.]

Personality: Nature and Types of Personality; Determinants of Personality: Heredity and

Environment; Facets and Stages of Personality Development; Personality Theories of Sigmund Freud, Alfred Adler and C.G. Jung, Carl Rogers; Assessment of Personality: Personality Inventories, Projective Techniques, Case History Method; Yoga and Personality: Yogic View of Personality; Personality Development with special emphasis on Panchakosha and Ashtanga Yoga.

Unit-5: Yoga for mental health [15 Hrs.]

Psychotherapy: Nature and Process of Psychotherapy, Ethics in Psychotherapy; Approaches to Psychotherapy -I: psychodynamic Therapy, Behaviour Therapy: Aversive Conditioning, Systematic Desensitization, Token Economy, Conditioned Reflex Therapy; Approaches to Psychotherapy - II: Client-centred Therapy, Rational Emotive Behavioural Therapy (REBT) by Elbert Ellis, Gestalt Therapy; Yogic Concepts and Techniques in *Patanjala Yoga Sutra* and *Bhagwadgita* for Promoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for Promotion of Mental Health: Breath Awareness, *Shavasana*, *Yoganidra*, *Pranayama* and Meditation; Yogic Life-style.

TEXT BOOKS

1. Bhatia, Hans Raj: General Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd, 2005
2. Ciccarelli, S. K., Meyer, G. E. & Misra, G.: Psychology: South Asian Edition. New Delhi: Pearson Education, 2010
3. Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L.: Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.

BOOKS FOR REFERENCE

1. Basavaraddi, I.V.: Yoga Teacher's Manual for School Teachers. New Delhi: Morarji Desai National Institute of Yoga, 2010
2. Morgan, C. T., King, R.A., Weisz J. R. & Schopler J.: Introduction to Psychology. New Delhi: Tata McGraw Hill Publishing Co. Ltd, 2006
3. Passer, M.W. & Smith, R.E.: Psychology: The Science of Mind and Behaviour. New Delhi: Tata McGraw-Hill, 2010
4. Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007
5. Srivastava, D.N.: General Psychology. Agra: Vinod Pustak Mandir, 2007.

Subject Name: Yogic Management of Lifestyle related disorders**Subject code: BS-CT503****Objectives**

Following the completion of the course, students shall be able to

- Understand application of Yoga in Cardio respiratory Disorders
- Understand application of Yoga in Neuro-Muscular Disorders
- Understand application of Yoga in Metabolic Disorders
- Understand application of Yoga in Female related Disorders

Learning outcomes:

Following the completion of this course, students shall be able to

- Know the science of abnormal behaviour and classifications of abnormality.
- To develop skill for diagnosis and management of Cardiorespiratory, Neuro Muscular, Digestive, Endocrine & Metabolic, & Obstetrics & Gynecological Disorders.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit -1: Introduction to common ailments and Respiratory disorders [8 Hrs.]

Introduction to stress and stress related disorders; Introduction to Yoga therapy–

AdhijaVyadhi concept, IAYT; **Respiratory Disorders:** Introduction to Respiratory disorders, Brief classification – Obstructive / Restrictive, infectious, Bronchial Asthma: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; Allergic Rhinitis & Sinusitis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; COPD: Chronic Bronchitis, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; Emphysema: Definition, Classification, Clinical Features, Medical and Yogic Management; Infectious Disorders; Tuberculosis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management.

Unit -2: Cardiovascular disorder [8 Hrs.]

Introduction to Cardiovascular disorders, Hypertension: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Atherosclerosis / Coronary artery disease: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehabilitation: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Congestive Cardiac failure, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Cardiac asthma: Definition, Etiopathogenesis, classification, Clinical Features, Medical and Yogic management

Unit- 3: Endocrinal and Metabolic Disorder [8 Hrs.]

Diabetes Mellitus (I&II): Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Hypo and Hyper- thyroidism: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Obesity: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Metabolic

Syndrome: Definition, Etiopathogenesis, Classification, Clinical Features; Medical and Yogic management.

Unit -4: Obstetrics and Gynecological Disorders [8 Hrs.]

Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia: Definitions, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Premenstrual Syndrome: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Menopause and peri-menopausal syndrome: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Yoga for Pregnancy and Childbirth: Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM, Ante-natal care, Post-natal care; PCOS: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management

Unit-5: Cancer and gastrointestinal disorders [8 Hrs.]

Cancer: causes, types, clinical features, Side effects of Chemotherapy, radiotherapy; Medical and Yogic management; **Gastro Intestinal Disorders:** APD: Introduction to APD: Gastritis – Acute & Chronic, Dyspepsia, Peptic Ulcers, Clinical Features, Medical and Yogic management; Constipation and Diarrhoea: Definition, Etiopathogenesis, Clinical Features, Medical and Yogic management; Irritable Bowel Syndrome: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Inflammatory Bowel Disease, Ulcerative colitis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management.

Unit-6: Musculo-Skeletal Disorders [7 Hrs.]

Back Pain; Classification of back pain: organic and functional: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical and Yogic management; Neck pain: Classification, Cervical Spondylosis, radiculopathy, Functional neck pain; Medical and Yogic management, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic management.

Unit-7: Neurological Disorders [7 Hrs.]

Headaches: Migraine: Causes, Classification, clinical features, Medical and Yogic management, Tension headache: Causes and its symptoms and Medical and Yogic management; Cerebro vascular accidents: Causes, clinical features, Medical and Yogic management, Epilepsy; pain; Autonomic dysfunctions: Causes, clinical features, Medical and Yogic management; Parkinson's disease: Causes, clinical features, Medical and Yogic management

Unit- 8: Psychiatric disorders [7 Hrs.]

Introduction to psychiatric disorders, classification – Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalised anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: Medical and Yogic management; Depression: Dysthymia, Major depression, Medical and Yogic management; Psychosis: Schizophrenia, Bipolar affective disorder, Medical and Yogic management.

TEXT BOOKS

1. Ramesh Bijlan : Back to Health Through Yoga, Rupa Publications India Pvt. Ltd, 2011
2. MDNIY publications : 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009

3. Reddy M Venkata & others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P., 2005
4. Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga, Anubhava Rai Publications, 1998.

BOOKS FOR REFERENCE

1. Swami Satyananda Saraswati : Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005.
2. Heriza, N., Ornish, D. Merz, C.N.B. : Dr. Yoga: A Complete Guide to the Medical Benefits of and Yoga (Yoga for Health) by (Paperback - Sep 9, 2004) Sparrowe, L., Walden, P. and Lasater, J.H: The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness (Paperback - Dec 3, 2002) - Dec 23,2003).
3. Clennell, B and Iyengar, G.S. : The Woman's Yoga Book: Asana and Pranayama for All Phases of the Menstrual Cycle, Menstrual Disorders (The Experience of Illness) (Paperback - Dec 3, 1992).
4. Nagarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy, Breathing Practices, Swami Vivekananda Yoga Prakasana, Bangalore, 2000.
5. Robin Monoro, Nagarathna R and Nagendra, H.R.: Yoga for Common Ailments, Guia Publication, U.K., 1990

Subject Name: Discipline Specific Elective-1: Introduction to Ayurveda
Subject Name: BS-DSE504

Objectives:

- Students will acquire idea regarding the traditional System of Medicine
- Students will acquire idea regarding concepts of health & disease.
- Students will acquire idea regarding other supportive Indian systems of medicine

Learning outcomes:

- Understand idea regarding the traditional System of Medicine
- Develop basic idea regarding concepts of health & disease.
- Develop basic idea regarding other supportive Indian systems of medicine

Total Numbers of Hour: 30		Theory	Tutorial	Practical
Credits		2	0	0
Hours/Week		2	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory: 50			Practical : Nil	
Final Exam (SEE)	Internal Assesment (CT+TA)	Final Exams (SEE)	Internal Assesment (CT+TA/PR)	
35	15			

Subject Name: Discipline Specific Elective-2: Yogic Diet and Nutrition
Subject Name: BS-DSE505

Objectives:

Following the completion of this course, students shall be able to

- Understand about Yogic Diet and Nutrition
- Know about ingredients mentioned in hath yogic texts
- Know about biomolecules
- Know about nutrition and nutritional values

Learning Outcomes:

- Students get the idea in Modern concept and Yogic concept of diet.
- Fundamental biochemistry and digestive process.
- Idea in the principles and practice of diet therapy.
- Idea about various types of nutrition and source of the nutrition.
- Necessity of the nutrition to maintain the health.
- Skill in Diet therapy and calculation of the diet based on the requirement in modern concept.

Total Numbers of Hour: 30		Theory	Tutorial	Practical
Credits		2	0	0
Hours/Week		2	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory: 50		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exams (SEE)	Internal Assessment (CT+TA/PR)	
35	15			

Subject Name: Yoga Practicum 9 – Case Study
Subject Code: BS-CP506

Objectives

Following the completion of this course, students shall be able to

- Understand the principle and practice of each practice.
- Demonstrate each practice skillfully.
- Explain the procedure, precaution, benefits and limitations of each practice.

Learning outcomes:

On completion of this course, the students will be able to:

- Develop To Have a perception of different yogic techniques.
- Attain perfection to perform different yogic practices.
- Perform practically the Shatkarma, Asanas, Mudras & Meditation.
- Develop skill to conduct practical sessions.

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : 100	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Unit-1: Case taking-I

Students shall be permitted to take four cases and supervise the practice for fifteen days and common parameters will be recorded everyday.

Unit-2: Case taking-II

Students shall be permitted to take remaining four cases and parameters will be recorded.

Unit-3: Preparation of the cases

Candidate shall write a report of a most improved and least improved case.

Unit-4: Presentation

Following the presentation, candidate will present the case to the examiners and the same will be examined.

Subject Name: Psychology Practicum**Subject Name: BS-CP507****Objectives:**

Following the completion of this course, students shall be able to

- Understand about Human Psyche and Psychic forces.
- Understand about mental process
- Know and correlate Yogic principles and Psychology

Learning outcomes:

Following the completion of this course, student will be able to

- Describe Human psyche as a part of Yoga Psychology.
- Explain the relationship between applied and basic research in cognitive psychology
- Define terms: attention, divided attention and selective attention
- Critically evaluate direct and indirect theories of Behavior and Consciousness
- Describe and provide examples of memory processes (encoding, storage, and retrieval)
- To Have a perception the Counselling and Yoga Therapy.

Total Numbers of Hour: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/Week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory: Nil		Practical : 50		
Final Exam (SEE)	Internal Assesment (CT+TA)	Final Exams (SEE)	Internal Assesment (CT+TA/PR)	
		35	15	

Practical & Practicum

Division of Attention; Emotional Intelligence/Emotional Maturity; Spiritual Intelligence/Study of Values/Spiritual Belief ; Self concept; *Asakti/Anasakti* Scale; Anxiety Scale; Aggression Scale Fear of Death; Depression; Frustration; Personality Inventory; Adjustment/Mental Health General Well-being; Case study.

Note: Each student will collect data of 10 respondents. Using any two of the tests mentioned above they have to give necessary statistical treatment and they should be presented at the time of Examination. Practical involves understanding of means of Central Tendency, involving means, median, mode & Standard Deviation.

Subject Name: Study Tour

Subject Name: BS-FW508

Objectives:

- Development of social skills
- Improvement of communication skills
- Enhancement of critical thinking skills
- Enhance academic performance

Learning outcomes:

- Effective learning from real-world experience
- Better chance for exchange of ideas
- Personal development
- Enhanced perspective of the world around
- Better networking skills

Total Numbers of Hour: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/Week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory: Nil		Practical : 50		
Final Exam (SEE)	Internal Assesment (CT+TA)	Final Exams (SEE)	Internal Assesment (CT+TA/PR)	
		35	15	

Unit-1: Study tour

The study tour is to give exposure to the students on the activities being conducted by reputed Yoga Institutes/ Colleges/ Universities/ Yoga Centers/ Yogic Hospitals. The students may be taken to any one or more than one Yoga Institutes /Yoga Centers etc. of repute in India. The Study Tour shall be arranged by the Institute and the expenses shall be borne by the concerned students only. Each student has to submit a Study Tour observation report that will be evaluated by the teacher who is in-charge of the study tour and also counter signed by the Course Coordinator.

The Study Tour will carry marks as mentioned in the Scheme of examination.

Unit-2: Presentation

Presentations of Study Tour Report, its Utility and the exposure got to enhance their learning

Unit-3: Continuous evaluation by the Teachers

Semester-VI

Subject Name: Yoga and Human Values

Subject Name: BS-CT601

Objectives

Following the completion of the course, students shall be able to

- Understand the concept of harmony in human being, family and society.
- Understand the concept of human values.
- Have an To Have a perception about our social responsibility.

Learning outcomes:

Following the completion of this course, students shall be able to

- To develop skills that will positively enhance personal, community and global Values.
- To develop skills that will positively enhance Indian Scriptures.
- These issues will help to sensitize students to be broader towards the social, cultural, economic and human issues, involved in social changes
- Able to understand the nature of the individual and the relationship between the self and the community
- To Have a perception major ideas, values, beliefs, and experiences that have shaped human history and cultures

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/ week	4	0	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

Unit-1: Harmony in Human Being and in Myself [15 Hrs.]

Concept of Human Being as 'I' & Body; Characteristics & activities of 'I' & Harmony in 'I'; Understanding the Harmony of 'I' with the Body: Sanyam and Swasthya, correct appraisal of body needs and meaning of prosperity in detail; Role of Yoga in developing Harmony within the self; Understanding the body as an instrument of 'I'.

Unit -2: Harmony in Family & Society-Harmony in Human–Human relationship [15 Hrs.]

Values in Family, Harmony in family; the basic unit of human interaction; Values in Human; Human relationship, Yogic concept of Human relationship – Maitri, Karuna, Mudita and Upeksha; Harmony in the Society – Concept of Vasudaiva Kutumbakam; Concept of Universal Harmonious order in society; undivided society (Akhand Samaj), Universal order (Sarvabhaum Vyawastha); Concept of Samman (Respect), difference between respect and differentiation, the other silent values in relationships.

Unit -3: Concept of Human values: Moral Education [15 Hrs.]

Definition and types of moral education, meaning and scope of morality; Role of Yoga in

development of ethics and ethical decision making; Values, Yoga, Reality & their interrelationship; Relevance of ethics and values in Yoga, Qualities of teacher and students; Ethics in Professional Practices, methods of teaching human values, Student – teacher relationship.

Unit -4: Social Responsibility and Yoga [15 Hrs.]

Moral Principles of SR; overview of SR; SR & health maintenance of employees through Yoga; Challenges of Environment; Principles of Environmental Ethics; Concepts of Civil Society and its types; Relationship between Democracy, Civil Society and Social Capital; Efficient use of Yoga in them.

TEXT BOOKS

1. Singh M S : Value Education, Adhyayan Publishers & Distributors, New Delhi, 2007
2. Chand Jagdish : Value Education, Anshah Publishing House, Delhi, 2007
3. Gawande E N : Value Oriented Education: Vision for better living, Sarup & Sons Publishers, New Delhi, 2008
4. Panda Sanjay Kumar: Corporate Social Responsibility in India: Past, Present & Future, The ICAI University press, Hyderabad, 2008

BOOKS FOR REFERENCE

1. Kesari Vedanta : Values: The Key to a meaningful life; Sri Ramakrishna Math, Chennai, 2005
2. Prasad Rajendra : Varnadharm, Niskhana Karma & Practical Morality: A Critical essay on applied ethics, DK Print world Pvt. Ltd, Delhi, 1999
3. Radhakrishnan S: Indian Philosophy, Vol. 2, Oxford University, Delhi, 2008
4. Swami Ranganathananda: The Message of Upanishad, Bhartiya Vidya Bhawan, Delhi, 2001.

Subject Name: Applied Yoga**Subject Name: BS-CT602****Objectives:**

Following the completion of the course, students shall be able to

- Understand the applied value of Yoga in different domain.
- Have an idea about the role of Yoga for school, sports, technostress and geriatric care.

Learning Outcome:

- To have idea about human Health and Health Education
- To know about effects of nutrition in sports performance
- To create the awareness regarding research in the field of yoga and sports science
- To know about Physical Education and Yoga
- To know about the Yoga For Technostress.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit -1: Yogic Health for school [15 Hrs.]

General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Brief introduction to developmental process of children; Psycho-Physiological changes and development of cognitive functions in School going children; Role of Yoga in establishment of values in School going children; Personality Development: New Dimensions of Personality through Yoga

Unit -2: Yoga in Physical Education, Sports Sciences [15 Hrs.]

General introduction to Physical Education and Sports; Difference between Physical Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other faculties / skills in a sports Personnel; Nature of different sports injuries, its prevention and management through Yoga; Yoga modules for different sports – track events, field events, single participation, group participation; Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities; Research reviews on Yoga and Sports.

Unit -3: Yoga for technostress [15 Hrs.]

Introduction to Technostress, its cause, symptoms and complications; Health Hazards in computer professionals; Role of Yoga in the promotion of skills; Application of Yoga for management of Technostress; Research reviews on effect of Yoga on Technostress.

Unit -4: Yoga for geriatric care [15 Hrs.]

General introduction to Geriatric Care; Ageing: Causes and features, Premature ageing; Common Geriatric problems; Application of Yoga in common Geriatric problems and their prevention & management; Research reviews on Yoga & Geriatric care.

TEXT BOOKS

1. Jayadev H J : Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
2. Liz Lark : Yoga for Kids, Carlton Books Ltd., London, 2003
3. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
4. Iyenger B K S : The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001
5. Dr. Goel Aruna : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007.

BOOKS FOR REFERENCE

1. Basavaraddi I V : Yoga: Teachers manual for school children, MDNIY New Delhi , 2010
2. Basavaraddi I V : Yoga in School Health, MDNIY New Delhi, 2009 Iyenger B K S : Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
3. Basavaraddi I V : Yoga for Technostress, MDNIY, New Delhi, 2010
4. Dr. H Kumar Kaul : Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2006
5. Basavaraddi I V : Yogic Management of Geriatric Disorders, MDNIY, New Delhi, 2009

Subject Name: Research Methodology & Statistics**Subject code: BS-CT603****Objectives**

Following the completion of the course, students shall be able to

- Understand the concept of research and its methodology for carrying minor and major research.
- Feed and analyze the data.
- Organize the data and represent the data.

Learning outcomes:

Following the completion of this course, students shall be able to

- Understand the meaning and definition of Research.
- Know the nature and different types of Hypothesis.
- Understand the scientific methods of Observations and Experiments.
- Define nature of Variable, Sampling and Research Design.
- Learn the Graphical representation of Research data.
- Become aware of measures of Central Tendency and Variability
- To Have a perception the report writing.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit- 1: Introduction to research methodology [15 Hrs.]

Definition of research; Importance of Studying Research Methods: Evaluating Research Reports; Conducting Research, Thinking Critically about Research; Types of research Applied Research & Basic Research; Goals of Research: description, explanation, prediction, and control of behavior; Ethics of research: Informed consent, Anonymity, Confidentiality, Plagiarism.

Unit- 2: Introduction to Research Process [15 Hrs.]

Research questions; Literature review; Different Sources of Information: Primary, Secondary, Tertiary source; Electronic Databases: Google Scholar, Pubmed & PsycINFO; Hypothesis Operational definition; Sampling and Generalization - Population and Sample; Probability Sampling: Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling; Sampling Bias and Nonprobability Sampling: snowball sampling, convenience; Types of Biological data (Scales of measurement) – nominal, ordinal, interval, ratio; Types of variables – Independent, dependent, confounding variable; Reliability & Validity.

Unit-3: Introduction to Research Design [15 Hrs.]

Cross-sectional studies and its advantages and disadvantages; Cohort studies and its advantages and disadvantages; Randomized controlled trials and its advantages and disadvantages; Factors need to be considered when designing a study: Availability of data, Sampling methods, Data collection, Cost of the design, time implications and loss to followup,

Controls, Ethical issues, Issues of bias and confounding.

Unit-4: Statistics

Normal distribution– Skewness and kurtosis; Frequency distribution; Measures of central tendency– mean, median, mode; Measures of dispersion– range, variance and standard deviation; Graphical presentation of data– Bar graphs, Pie chart, line diagram, scatter plot; Paired samples t test; Percentage change.

Unit-5: Reporting Research

Parts and Order of Dissertation, Title Page, Abstract, Introduction, Method Section, Results Section, Discussion Section, Reference Section.

TEXT BOOKS:

1. R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New Delhi.

REFERENCE BOOKS:

1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.

2. Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

Subject Name: Discipline Specific Elective
Subject Name: BSDSET-T604
Subject: Human System According To Yoga

Objective

Following the completion of this course, students shall be able to

- Know about ytraditional concept of evolution
- Understand the traditional concept of body and its origin and development.
- Understand the subtle nature of body energies.

Learning outcomes:

Following the completion of this course, students shall be able to

- To increase students' idea regarding Evolution of human body in the context of Sāikhya Yoga.
- To cultivate awareness of the interconnection between body, mind, spirit and community in order to affect attitudinal change regarding health and wellness.
- To ensure that students have the ability to apply the idea , skills and awareness of Evolution of body.
- To promote sensitivity to the issues of diversity and multiculturalism within the continuum of individual and global health and wellness.

Have a deep To Have a perception of Pancha Kosa, Chakras and Mandalas & Vayus, Nadis and Svara Yoga

Total Numbers of Hour: 30		Theory	Tutorial	Pracrical
Credits		2	0	0
Hours/Week		2	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory: 50		Practical : Nil		
Final Exam (SEE)	Internal Assesment (CT+TA)	Final Exams (SEE)	Internal Assesment (CT+TA/PR)	
35	15			

Unit-1: EVOLUTION OF BODY [15 Hrs.]

Pancamahābhūtas, Pancatattvas and Pancatanmātrās, Evolution of human body in the context of Sāikhya yoga, Evolution of Jnānendriyas, Karmendriyas, Mahat, manas, Buddhi, Citta and Ahaākāra, Saptadhātus that make a human body.

Unit-2: PANCHA KOSA THEORY [15 Hrs.]

Critical analysis of the story of Bhāgu and Varuna; The existence of five kohas in the human body; The product of five kohas; Disturbance of each koha.

Unit-3: CHAKRAS AND MADALAS [15 Hrs.]

Introduction to Cakras; Evolution through the Cakras; Description of Mūlādhāra, Svādishōhāna, Manipura, Anāhata, Vihuddhi, Bindubisarga and Sahasrāra Cakras; Concept of Mannalas, types and their work.

Unit-4: VAYUS, NADIS AND SVARA YOGA [15 Hrs.]

Concept of Vāyus, type, their names and function; Concept of Nānēs, their characteristics and name of 10 major Nānēs and their functions; Difference between Inā, Piṅgalā and Sushumnā;

Effects of Svarayoga as explained in the Haöha yogic texts, Relevance of Svava-vijnäna in daytoday life and the importance of Svarodaya in health and disease.

TEXT BOOKS

1. Swami Harshananda: The Six Systems of Hindu Philosophy (Ramakrishna Matt, Bangalore, 2000)
2. Dr H R Nagendra & Dr R Nagarathna : Yoga Health (Swami Vivekananda Yoga Prakashana, 2000)
3. Swami Muktibodhananda : Hatha Yoga Pradeepika, Saraswati Yoga Publication Trust, Munger.

REFERENCE BOOKS

1. Karel Werner : Yoga and Indian Philosophy (Motilal Banarsidass, Delhi, 1979)
2. Radhakrishnan, S. : Indian Philosophy (Vol. I & II) (George Allen and Unwin, London, 1971) Sharma, Chandradhar : A Critical Survey of Indian Philosophy (Motilal Banarsidass, Delhi, 2000).
3. Nagendra HR. : Integrated Approach of Yoga Therapy for positive health, Swami Vivekananda Yoga Prakashana, Bangalore.
4. Swami Niranjanananda : Prana, Pranayama & Pranavidya, Saraswati Yoga Publication Trust, Munger.

Subject Name: Discipline Specific Elective**Subject Name: BSDSET-T605****Subject: Yoga and Mental Health****Objectives**

Following the completion of the course, students shall be able to

- Understand basics of Mental Health
- Understand fundamental Psychiatric Disorders
- Understand about Personality
- Understand application of Yoga for Mental health

Learning outcomes:

Following the completion of this course, students shall be able to

- Understand the altered states of consciousness.
- Know the science of abnormal behaviour and classifications of abnormality.
- To develop skill for diagnosis and management of Anxiety, Conversion and other related disorders.
- Learn the Yogic management of Developmental Disorders, Substance Related Disorders and Eating Disorders.

Total Numbers of Hour: 30		Theory	Tutorial	Practical
Credits		2	0	0
Hours/Week		2	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory: 50		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exams (SEE)	Internal Assessment (CT+TA/PR)	
35	15			

Unit-1: MENTAL HEALTH [15 Hrs.]

Mental Health: Meaning and Importance; Yogic Perspective of Mental Health; Yoga nidra, Kuntha, samayojan, stress, emotions, feelings, adjustments.

Unit-2: BASIC UNDERSTANDING ABOUT PSYCHIATRIC DISORDERS [15 Hrs.]

Sign and symptoms of Delirium, Dementia, and Amnesic Disorders; Substance-Related Disorders; Schizophrenia and Other Psychotic Disorders ; Mood Disorders ; Eating Disorders ; Personality Disorders.

Unit-2: BASIC UNDERSTANDING ABOUT PERSONALITY DISORDERS [15 Hrs.]

Sign and symptoms of Personality Disorders: Borderline, Antisocial, Histrionic, Paranoid, Narcissistic, Obsessive-Compulsive, and Dependent and Eating Disorders.

Unit- 2: YOGA FOR MENTAL HEALTH [15 Hrs.]

Yogic Concepts and Techniques in Patanjala Yoga Sutra and Bhagwadgita for Promoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for Promotion of Mental Health: Memory ,Intelligence,Breath; Awareness, Shavasana, Yoganidra, Pranayama and Meditation; Yogic Life-style.

TEXT BOOKS:

Singh, A. K. : Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007

Tilak, B. G. : Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.

Udapa, K.N. : Stress and Its Management by Yoga. Delhi: Motilal Banarasidas, 2007

Vivekananda, Swami : Raja Yoga. Nagpur: Ramakrishna Math.

Subject Name: Yoga Practicum 10 – Case Study Reports**Subject Name: BS-CP606****Objectives**

Following the completion of the course, students shall be able to

- Understand the concept of research and its methodology for carrying minor and major research.
- Feed and analyze the case study data.
- Organize the data and represent the case study data.

Learning outcomes:

Following the completion of this course, students shall be able to

- Understand the meaning of case study.
- Know the nature and different types of case study.
- Understand the scientific methods of Observations and Experiments.
- Learn the Graphical representation of Research data.
- To Have a perception the report writing.

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA			Practical : 100	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Unit-1: Case taking-I [30 Hrs.]

Students shall be permitted to take four cases and supervise the practice for fifteen days and common parameters will be recorded everyday.

Unit-2: Case taking-II [30 Hrs.]

Students shall be permitted to take remaining four cases and parameters will be recorded.

Unit-3: Preparation of the cases [30 Hrs.]

Candidate shall write a report of a most improved and least improved case.

Unit-4: Presentation [30 Hrs.]

Following the presentation, candidate will present the case to the examiners and the same will be examined.

Subject Name: Research Project

Subject Name: BS-CP607

Objectives

Following the completion of the course, students shall be able to

- Understand the concept of research and its methodology for carrying minor and major research.
- Feed and analyze the data.
- Organize the data and represent the data.

Learning outcomes:

Following the completion of this course, students shall be able to

- Understand the meaning and definition of Research.
- Know the nature and different types of Hypothesis.
- Understand the scientific methods of Observations and Experiments.
- To Have a perception the report writing.

Total Number of Hours: 64	Theory	Tutorial	Practical
Credits	0	0	2
Hours/ week	0	0	4
SCHEME OF EXAMINATION			
Total Marks: 50			
Theory : NA		Practical : 50	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		35	15

A pilot research shall be carried out by each student under the supervision of a Lecturer /Assistant Professor. As part of the research project, students will record the effect of any intervention of h/is/er choice for a common variable in a particular group of sample.

Subject Name: Practical statistics**Subject Name: BS-CP608****Objectives:**

Following the completion of the course, students shall be able to

- Understand the concept of research and its methodology for carrying minor and major research.
- Understand the tricks of analyzing the data efficiently.
- Have an idea about various statistical rtests and their application.

Learning outcomes:

Following the completion of this course, students shall be able to

- Understand the meaning and definition of statistics.
- Know the nature and different types of Hypothesis.
- Understand the scientific methods of Observations and Experiments.
- Define nature of Variable, Sampling and Research Design.
- Learn the Graphical representation of Research data.

Total Numbers of Hour: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/Week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory: Nil		Practical : 50		
Final Exam (SEE)	Internal Assesment (CT+TA)	Final Exams (SEE)	Internal Assesment (CT+TA/PR)	
		35	15	

List of Practicals:

1. Introduce about MS-Word and write down the steps for performing various general operations in it (like open, saving, cut, copy, paste, printing a document etc.).
2. Create a simple MS –Word document about introducing yourself and preparing your Bio-data (using various formatting options in MS-Word).
3. Learning and performing various options/operations in MS-Word.
 - a. Creating a table, Entering text and contents in a table.
 - b. Toolbars in word, Using various toolbars options.
 - c. Watermarks and Water-marking a document.
 - d. Inserting clip arts/picture, Hyper-linking a text.
 - e. Header/Footers.
4. Introduce about MS-Excel and write down the steps for performing various general operations in it (like open, saving, cut, copy, paste, printing a document etc.).
5. Learning and performing various options/operations in MS-Excel. Like:
 - a. Creating and Saving a new Workbook.
 - b. Deleting and Renaming a Worksheet.
 - c. Creating Formulas, Using Formulas.
 - d. Using Functions.
6. Introduce about MS Power-point explaining its various features and steps for performing various general operations in it.

7. Prepare a power-point presentation explaining the facilities /infrastructure available in your College/ Institution.
8. Net Surfing
9. Creation and Usage of E-mail Account

DISCIPLINE SPECIFIC ELECTIVES/ABILITY ENHANCEMENT ELECTIVE COURSES/SKILL ORIENTED COURSES

Subject: Human System According To Yoga

Objective

Following the completion of this course, students shall be able to

- Know about ytraditional concept of evolution
- Understand the traditional concept of body and its origin and development.
- Understand the subtle nature of body energies.

Learning outcomes:

Following the completion of this course, students shall be able to

- To increase students' idea regarding Evolution of human body in the context of Sāikhya Yoga.
- To cultivate awareness of the interconnection between body, mind, spirit and community in order to affect attitudinal change regarding health and wellness.
- To ensure that students have the ability to apply the idea, skills and awareness of Evolution of body.
- To promote sensitivity to the issues of diversity and multiculturalism within the continuum of individual and global health and wellness.
- Have a deep To Have a perception of Pancha Kosa, Chakras and Mandalas & Vayus, Nadis and Svava Yoga.

Unit-1: EVOLUTION OF BODY [15 Hrs.]

Pancamahābhūtas, Pancatattvas and Pancatanmātrās, Evolution of human body in the context of Sāikhya yoga, Evolution of Jñānendriyas, Karmendriyas, Mahat, manas, Buddhi, Citta and Ahaākāra, Saptadhātus that make a human body.

Unit-2: PANCHA KOSA THEORY [15 Hrs.]

Critical analysis of the story of Bhāgu and Varuna; The existence of five kohas in the human body; The product of five kohas; Disturbance of each koha.

Unit-3: CHAKRAS AND MADALAS [15 Hrs.]

Introduction to Cakras; Evolution through the Cakras; Description of Mūlādhāra, Svādishōhāna, Manipura, Anāhata, Vihuddhi, Bindubisarga and Sahasrāra Cakras; Concept of Mannalas, types and their work.

Unit-4: VAYUS, NADIS AND SVARA YOGA [15 Hrs.]

Concept of Vāyus, type, their names and function; Concept of Nānēs, their characteristics and name of 10 major Nānēs and their functions; Difference between Inā, Piṅgalā and Sushumnā; Effects of Svarayoga as explained in the Haōha yogic texts, Relevance of Svava-vijnāna in daytoday life and the importance of Svarodaya in health and disease.

TEXT BOOKS

1. Swami Harshananda: The Six Systems of Hindu Philosophy (Ramakrishna Matt, Bangalore, 2000)
2. Dr H R Nagendra & Dr R Nagarathna : Yoga Health (Swami Vivekananda Yoga Prakashana, 2000)
3. Swami Muktibodhananda : Hatha Yoga Pradeepika, Saraswati Yoga Publication Trust, Munger.

REFERENCE BOOKS

1. Karel Werner : Yoga and Indian Philosophy (Motilal Banarsidass, Delhi, 1979)
2. Radhakrishnan, S. : Indian Philosophy (Vol. I & II) (George Allen and Unwin, London, 1971) Sharma, Chandradhar : A Critical Survey of Indian Philosophy (Motilal Banarsidass, Delhi, 2000).
3. Nagendra HR. : Integrated Approach of Yoga Therapy for positive health, Swami Vivekananda Yoga Prakashana, Bangalore.
4. Swami Niranjanananda : Prana, Pranayama & Pranavidya, Saraswati Yoga Publication Trust, Munger.

Subject: Yogic Diet and Nutrition

Objectives:

Following the completion of this course, students shall be able to

- Understand about Yogic Diet and Nutrition
- Know about ingredients mentioned in hath yogic texts
- Know about biomolecules
- Know about nutrition and nutritional values

Learning Outcomes:

- Students get the idea in Modern concept and Yogic concept of diet.
- Fundamental biochemistry and digestive process.
- Idea in the principles and practice of diet therapy.
- Idea about various types of nutrition and source of the nutrition.
- Necessity of the nutrition to maintain the health.
- Skill in Diet therapy and calculation of the diet based on the requirement in modern concept.

Unit – 1: Yogic Concept of Diet & Nutrition [15 Hrs.]

General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living.

Unit –2: Dietetics in Yoga [15 Hrs.]

Classification according to triguna- vegetarian vs non-vegetarian, panchabhuta; relationships, rasa virya, Guna, Vipaka of shali, Yava, Godhuma, Mugda, Masha, Chanaka, patola; Surana, Mana, Kakkola, Shukashuka, Karkat, rambha, Balaramba, Mulak, Vartaki, Ridhi; Kalashaka, Vatraka, Himocika; Navanita, Ghrta, Kshira, Sita, Aikshwam, Gudum, Pakvaramba; Varikellalm, Draksham, Lawali, Dhatri, Ela, Jati, Lavanga, Panasa; Jambu, Haritaki, Khajura, Madhu, Shunthi.

Unit-3: Biomolecules [15 Hrs.]

Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body

Unit-4: NUTRITION-BASICS [15 Hrs.]

Nutrients, proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements.

TEXT BOOKS:

1. Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
2. Stanley Davidson & others : Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition
3. Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001
4. Randolph Stone : A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition.

REFERENCE BOOKS

1. Swami Digamber Ji & Others: Gheranda Samhita, Lonavala Institute, 1978

2. Gharote M L & others : Hatha Pradipika, The Lonavala Yoga Institute, Lonavala, 2006
3. Swami Mangalteertham : Synthetic approach to Diet & Nutrition, Deogarh Nutan Publication, Deogarh, 2005
4. Swami Gambhirananda : Bhagvatgita, Shri Ramkrishna Math, Madras Swami Maheshananda & Others: Vasishta Samhita.

Subject: Yoga and Mental Health

Objectives

Following the completion of the course, students shall be able to

- Understand basics of Mental Health
- Understand fundamental Psychiatric Disorders
- Understand about Personality
- Understand application of Yoga for Mental health

Learning outcomes:

Following the completion of this course, students shall be able to

- Understand the altered states of consciousness.
- Know the science of abnormal behaviour and classifications of abnormality.
- To develop skill for diagnosis and management of Anxiety, Conversion and other related disorders.
- Learn the Yogic management of Developmental Disorders, Substance Related Disorders and Eating Disorders.

Unit-1: MENTAL HEALTH [15 Hrs.]

Mental Health: Meaning and Importance; Yogic Perspective of Mental Health; Yoga nidra, Kuntha, samayojan, stress, emotions, feelings, adjustments.

Unit-2: BASIC UNDERSTANDING ABOUT PSYCHIATRIC DISORDERS [15 Hrs.]

Sign and symptoms of Delirium, Dementia, and Amnesic Disorders; Substance-Related Disorders; Schizophrenia and Other Psychotic Disorders ; Mood Disorders ; Eating Disorders ; Personality Disorders.

Unit-2: BASIC UNDERSTANDING ABOUT PERSONALITY DISORDERS [15 Hrs.]

Sign and symptoms of Personality Disorders: Borderline, Antisocial, Histrionic, Paranoid, Narcissistic, Obsessive-Compulsive, and Dependent and Eating Disorders.

Unit- 2: YOGA FOR MENTAL HEALTH [15 Hrs.]

Yogic Concepts and Techniques in Patanjala Yoga Sutra and Bhagwadgita for Promoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for Promotion of Mental Health: Memory ,Intelligence,Breath; Awareness, Shavasana, Yoganidra, Pranayama and Meditation; Yogic Life-style.

TEXT BOOKS:

Singh, A. K. : Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007

Tilak, B. G. : Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.

Udupa, K.N. : Stress and Its Management by Yoga. Delhi:Motilal Banarasidas, 2007

Vivekananda, Swami : Raja Yoga. Nagpur: Ramakrishna Math.

Subject: Introduction to Ayurveda

Objectives:

- Students will acquire idea regarding the traditional System of Medicine
- Students will acquire idea regarding concepts of health & disease.
- Students will acquire idea regarding other supportive Indian systems of medicine

Learning outcomes:

- Understand idea regarding the traditional System of Medicine
- Develop basic idea regarding concepts of health & disease.
- Develop basic idea regarding other supportive Indian systems of medicine

Unit-1: GENERAL INTRODUCTION TO AYURVEDA [15 Hrs.]

General introduction to Ayurveda; Definition, aim of Ayurveda, its origin, history and propagation; Basic introduction to main Ayurvedic texts like Charaka Samhita, Sushruta Samhita and Ashtanga Samghra; Ashtanga Ayurveda and its significance; Concept of Health according to Ayurveda and its utility in health promotion and prevention.

Unit-2: Swasthavritta, Dinacharya, Ritucharya, Ratricharya, Sadvritta & Achararasayana [15 Hrs.]

Basic principles of Ayurveda– Tridosha, Saptadhatu, Trimala, Pancha Mahabhuta, Prakruti & Manas; Concept and importance of Swasthavrita, Dinacharya, Ritucharya; Concept of Sadvrita and Achara Rasayana; Concept of Agni, Srotas and Ama, Concept of Dharniya and Adharniya Vega in Ayurveda; Introduction to Dravya, Guna, Karma, Virya, Vipaka and Prabhava

Unit-3: UPASTHAMBAS WITH SPECIAL EMPHASIS ON AHARA [15 Hrs.]

Concept of Upasthambha; Concept of Ahara, Ahara pachana, Pathya & Apathya in Ayurveda; Introduction to Shariraposhana (nourishment); Concept of Oja in Ayurveda; Role of Ayurvedic diet in health and prevention.

Unit-4: INTRODUCTION TO PANCHAKARMA [15 Hrs.]

Role of Poorva and Paschat Karma in Panchakarma; Significance of Panchakarma in Ayurveda and Shatkarma in Yoga; Approach of Ayurveda and Yoga as whole in relation to total health

TEXT BOOKS

1. Dr. Priyavrata Sharma : Charak samhita, Chaukhambha Oriental, Varanasi, Edition of 2008.
2. Dr. Ravi dutta Tripathi Dr. Brahmanand Tripathi : Ashtanga Samgraha, Chaukhambha Sanskrit
3. Prathishthan, Delhi, Reprint edition of 2003
4. Dr. K. H. Krishnamurthy : The wealth of Susruta, International Institute of Ayurveda, Coimbatore, 1999.

REFERENCE BOOKS

1. Dr. P. H. Kulkarni : Ayurvedic Philosophy, Academia Publishers, 2011
2. Dr. V. B. Athavale : Basic Principles of Ayurveda, Chaukhambha Sanskrit Prathishthan, Delhi, 2004.
3. Dr. L. P. Gupta : Essentials of Ayurveda, Chaukhambha Sanskrit Prathishthan, Delhi, 2006
4. Dr. G. Srinivas Acharya : Panchakarma illustrated, Chaukhambha Sanskrit Prathishthan,

Delhi, 2009.

Subject: Fundamentals of Naturopathy

Objectives

Following the completion of the course, students shall be able to

- Understand fundamentals of Naturopathy
- Know fundamentals of healthy living
- Know lifestyle regimens according to naturecure.

Learning outcomes:

Following the completion of this course, students shall be able to

- Explain the basic concept of Naturopathy.
- Apply the different procedures nature cure.
- Apply the principles of hydrotherapy and enema.
- Apply the procedure of mud therapy and.
- Have idea of the fasting, diet and juice therapy.
- Know the sun-ray and massage therapy.

Unit-1: INTRODUCTION TO NATUROPATHY [15 Hrs.]

General introduction to Naturopathy; Naturopathy – its definition, meaning, scope and limitations; History of Naturopathy – Indian and Western; Comparative study of the Naturopathy with other systems of Medicine; Catechism of Nature cure

Unit-2: PRINCIPLES AND CONCEPTS OF NATUROPATHY [15 Hrs.]

Composition of the human body according to Naturopathy, Laws of Nature: Pancha-Mahabhootas, Shareera Dharmas – Ahara, Nidra, Bhaya, Maithuna; Fundamental principles of Naturopathy; Natural rejuvenation and vitality, how to acquire natural immunity; importance of Physical & Mental Hygiene and prevention of diseases;

Unit-3: NATUROPATHY [15 Hrs.]

Hydrotherapy : Introduction, definition, scope, history, principles; role of hydrotherapy in prevention of diseases; Upavasa (Fasting): Introduction, definition, scope, history, principles and types; its role in disease prevention, health promotion; concept of de-toxification; Diet: Introduction, definition, scope, types and its principles; role of Naturopathy diet in disease prevention and , health promotion; Massage: Introduction, definition, scope, history, its principles and manipulative techniques; Different types of Massages and their role in in disease prevention, and health promotion.

TEXT BOOKS

1. S. D. Dwivedi : Naturopathy for perfect health, Kalpaz Publication Delhi, 2002
2. Pravesh Handa : Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
3. S.J.Singh. : My Nature Cure or Practical Naturopathy
4. M.K.Gandhi : The story of my experiment with truth

REFERENCE BOOKS

1. R.K.Garde : Ayurvedic for Health and Long life Harry Benjamin. : Everybody's Guide to Nature Cure.
2. M.K.Gandhi. : My Nature Cure

GENERIC ELECTIVES

Subject: Health and Yogic Hygiene

Objectives:

Following the completion of this course, students shall be able to

- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write Sanskrit with better grammatical skill. [8]

Learning Outcomes:

- To have idea about human Health and Health Education
- To know about effects of nutrition in sports performance
- To create the awareness regarding research in the field of sports nutrition
- To know about various communicable and non-communicable disease.
- To know about the health service and personal hygiene of students.

Unit-1: INTRODUCTION TO HEALTH AND HYGIENE [15 Hrs.]

Personal hygiene, Definition of health and factors; affecting it- food habits, cleanliness, exercise and sleep; Water – Importance of water, impurities present in water, sources of contamination of water and water purification (Household and natural methods); First aid: meaning, importance in daily life.

Unit-2: INFECTION AND DISINFECTANTS [15 Hrs.]

Infection – Definitions of Infection, Infective agents, Period of infectivity; Types of diseases and their modes of spread; Channels of infection; disinfectants – Definition, types and methods of disinfection.

Unit-3: INFECTIOUS DISEASES [15 Hrs.]

Infectious diseases - Causes, incubation period, mode of spread, symptoms, prevention & control of the following diseases); Diseases spread by insects -Malaria, Dengue; Diseases spread by ingestion - Dysentery, cholera, typhoid; Diseases spread by droplet infection - Chicken pox, measles, mumps; Disease spread by Contact - Leprosy, AIDS;

Unit-4: Immunity- Definition, types of immunity & immunization schedule [15 Hrs.]

Common emerging health problems among women: Cancer of Breast and Cervical.

TEXT BOOKS

1. Yash pal Bedi (1976) Hygiene & Public Health. Anand Publishing Co., gali No. 1, Nawan Kot Amritsar.
2. V. N. Hhave, (1975) You & Your Health.. National Book Trust
3. Bihari Lal Bhatia, (1961) Elementary.. Hygiene, Orient Longmans, Ltd. Calcutta -13
4. J.E. Park, (1983) Prenentive & Social Medicine, Jabalpur Messrs Banarcidas Bhanot
5. Birendra Nath Ghosh, (1969) Hygiene & Public Health Calcutta Scientific Publishing Co.

Subject: Introduction to AYUSH

Objectives:

Following the completion of the course, students shall be able:

- To know fundamentals and principles of Yoga Therapy
- To understand the concept and principles of integrated approach of Yoga Therapy
- To know basics of Naturopathy, Ayurveda, Unani, Siddha and Homeopathy

Learning outcomes:

- Understand idea regarding the traditional System of Medicine

- Develop basic idea regarding concepts of health & disease.
- Develop basic idea regarding other supportive Indian systems of medicine

Unit-1: YOGA & HEALTH AND INTEGRATED APPROACH OF YOGA THERAPY [15 Hrs.]

Concept of body, Health and disease; Concept of Yoga Adhi and Vyadhi; Principle of Yoga Therapy in relation to Yoga Vasistha; Practices at Pancha Kosa level Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamaya kosa; Principle of Yoga Therapy in relation to Hatha Ratnavali and Gheranda Samhita.

Unit-2 : INTRODUCTION TO BASIC CONCEPTS OF NATUROPATHY [15 Hrs.]

History of Naturopathy; Principles of Naturopathy; Concept of five elements and its applications.

Unit- 3: INTRODUCTION TO BASIC CONCEPTS OF AYURVEDA [15 Hrs.]

The four aspects of life (Soul, Mind, Senses and Body); Panchamahabhutas (the five element theory), Ahara, Vihara and Aunadhi (three pillars of Ayurveda); Concept, role and importance of – Doña, Dhatu, Mala; Updhatu, Srotas, Indriya, Agni, Präëa, Präëäyatna, Prakrti, Deha Prakrti, Manasa Prakrti; Role of Dosa, Dhatu and Mala in health and diseases; Concept of Dinacaryä (daily routine), concept of Ritucarya; Seasonal routine), Svasthavåtta and Ñaòvåtta in Äyurveda; Concept of Trayo Upasthambas.

UNIT- 4: INTRODUCTION TO BASIC CONCEPTS OF UNANI, SIDDHA AND HOMEOPATHY [15 HRS.]

History of Unani & Siddha; Concept of Unäné & Siddha; Principles of Unani & Siddha; Introduction to Basic concepts of Homeopathy; History of Homeopathy; Concept of homeopathy; Principles of Homeopathy.

TEXT BOOKS:

1. Dr R Nagaratha and : Yoga and Health
2. Dr H R Nagendra (Swami Vivekananda Yoga Prakashana, 2000)
3. Dash, V.B. : Ayurvedic Treatment for Common Diseases Delhi Diary, 1974.

SUBJECT: YOGA PSYCHOLOGY

Objectives:

Following the completion of this course, students shall be able to

1. Understand about Human Psyche and Psychic forces.
2. Undersatand about mental process.
3. Know and correlate Yogic principles and Psychology

Learning outcomes:

Following the completion of this course, students shall be able to

- Understand the altered states of consciousness.
- Know the science of behavior.
- Can understand and develop a complete personality.
- Can define various types of cognitive aspects.
- Learn the management of common mental disorders.
- Learn the management of Personality development with Yogic Counselling.

Unit-1: HUMAN PSYCHE [15 Hrs.]

The nature of Psychology and its' definition, Scope and utility of Psychology. Psychology as a study of human behavior; Counseling; Personality development; Counseling; Methods of counseling; Skills of counseling; Issues and challenges; Life's skills for happy life; Code of ethics for lay counselors

Unit-2 : PSYCHIC FORCES, CONFLICTS AND FRUSTRATIONS [15 Hrs.]

Psychic forces and human behavior, behavior and Consciousness, States of Consciousness, Psychological basis of behavior; Causes and Consequences of Conflicts and Frustrations; Disorders; Common mental disorders; Depressive disorders; Anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention.

Unit-3: MENTAL PROCESSES, MOTIVATION, EMOTIONS AND INTELLIGENCE [15 Hrs.]

Sensation, Perception, Attention, Memory, Learning, Feeling etc.; Their definitions and types, Intelligence and its' measurements; Emotional Intelligence and Social Intelligence.

Unit-4: YOGA PSYCHOLOGY [15 Hrs.]

States of consciousness according to yogic scriptures (Jagrata, Svapna, Susupti and Turiyā) and their applicability; Learning and Remembering in the context of Jnana Yoga (Shravana, Manana and Nididhyasana); Types of personality in the context of different yogic scriptures (Mudha, Kshipta, Vikshipta, Chanchala etc.); Cause of emotions in the mind according to Yoga texts.

TEXT BOOKS:

1. Abhedananda : The Yoga Psychology, Ramakrishna Vedanta Math, Calcutta, 1973.
2. Sachdev, I.P. : Yoga and Depth Psychology (Motilal Banarsidass, Delhi, 1978).

REFERENCE BOOKS

1. Taimini, I.K : Glimpses into the Psychology of Yoga (Adyar: Theosophical Publishing House, 1973).
2. Aatreya, Shanti Parkash : Yoga Manovijnana (Indian Psychology) (International Standard Publication, Varanasi; 1965).

Subject: Introduction to Yoga and Common Ailments

Objectives

Following the completion of the course, students shall be able to

- Understand application of Yoga in Cardio respiratory Disorders
- Understand application of Yoga in Neuro-Muscular Disorders
- Understand application of Yoga in Metabolic Disorders
- Understand application of Yoga in Female related Disorders

Learning outcomes:

Following the completion of this course, students shall be able to

- Know the science of abnormal behaviour and classifications of abnormality.
- To develop skill for diagnosis and management of Cardiorespiratory, Neuro Muscular, Digestive, Endocrine & Metabolic, & Obstetrics & Gynecological Disorders.

Unit-1: CARDIORESPIRATORY DISORDERS [15 Hrs.]

Modern Medical and Yoga therapy principles and practices for diseases related to: Yogic management of Cardio-Vascular Disorders: Ischemic heart disease; Hypertension; Peripheral vascular disease Respiratory Disorders: Bronchial asthma; Chronic Obstructive; Pulmonary Disorder (COPD); Allergic rhinitis; Pulmonary; tuberculosis; Sleep apnea; Snoring

Unit-2: NEURO MUSCULAR DISORDERS [15 Hrs.]

Yogic management of Muscle and Bone Disorders: Pain in the limbs; and back; Rheumatoid arthritis; Osteoarthritis; Connective tissue disorders; Muscular dystrophy ; Neurological Disorders: Migraine & Tension headache; Cerebro-vascular accidents; Epilepsy; Pain; Autonomic dysfunctions; Idiopathic Parkinson's disease; Multiple sclerosis; Refractory errors of vision; Psychological Medicine: Neurotic disorders; mood disorders; Schizophrenia; Chemical abuse; Eating disorders; Phobias; Mental retardation; Obsessive compulsive disorder.

Unit-3: DIGESTIVE, ENDOCRINE & METABOLIC DISORDERS [15 Hrs.]

Yogic management for Digestive Disorders: Acid peptic disease; Irritable bowel syndrome; Hepatitis; Endocrine & Metabolic Disorders: Diabetes mellitus; Thyroid dysfunction; Disorders of adrenal cortex; Obesity.

Unit-4: OBSTETRICS & GYNECOLOGICAL DISORDERS [15 Hrs.]

Yogic management for Pregnancy induced hypertension; Pre-eclampsia; Intra-Uterine Growth Retardation (IUGR); menstrual disorders (e.g., dysmenorrhea, pre-menstrual syndrome); Infertility; Menopause.

TEXT BOOKS:

1. Dr R Nagarathna, Dr H R Nagendra and Dr Shamanthakamni, Yoga for common ailments and IAYT for different diseases, Swami Vivekananda Yoga Prakashana, Bangalore, 2002.

SUBJECT: APPLICATIONS OF YOGA

Objectives:

Following the completion of this course, students shall be able to

- Applications of Yoga for School Children
- Application of Yoga for sports personnel
- Application of Yoga for Corporate Strss
- Application of Yoga for Geriatrics

Learning outcomes:

Following the completion of this course, students shall be able to

- Understand the significance of Applications of Yoga and its relevance.
- Know the concept of Physical Education and Sports & Application of Yogic lifestyle.
- Have a deep To Have a perception of Role of Yoga in prevention of stress
- Understand the significance of Applications of Yoga for Elderly Population

Unit-1: YOGA IN SCHOOL [15 Hrs.]

General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Role of Yoga in establishment of values in School going children; Personality; Development: New Dimensions of Personality through Yoga.

Unit-2: YOGA FOR SPORTS [15 Hrs.]

General introduction to Physical Education and Sports; Difference between Physical; Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other faculties / skills in a sports Personnel; Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities.

Unit-3: YOGA FOR STRESS [15 Hrs.]

Introduction to stress, its causes; Role of Yoga in prevention of stress

Unit-4: YOGA FOR ELDERLY POPULATION [15 Hrs.]

General introduction to Geriatrics; Application of Yoga in promotion of general wellbeing of Geriatric population; General introduction to Geriatrics; Application of Yoga in promotion of general wellbeing of Geriatric population.

TEXT BOOKS

1. Basavaraddi I V : Yoga in School Health, MDNIY New Delhi, 2009
2. Iyenger B K S : Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
3. Jayadev H J : Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
4. Liz Lark : Yoga for Kids, Carlton Books Ltd., London, 2003
5. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008.

REFERENCE BOOKS

1. Iyenger B K S : The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001
2. Dr. Goel Aruna : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007.
3. Dr. H Kumar Kaul : Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2006

University of Patanjali, Haridwar

Syllabus

M.A./M.Sc. With Yoga Science



Year – 2018-2019

M.A/Msc in Yoga Science

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and wellbeing. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore, the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course, the student is taught the fundamental & advanced concepts of Yoga as well as the techniques for the treatment and prevention of various psychosomatic and life style related ailments.

I. Title of the Programme The programme shall be called "M. A. in Yoga Science"

II. Aim of the Programme The aim of the programme is to produce "Yoga professionals for academic & therapeutic fields"

III. Objectives of the programme

Deeper Understanding of Yoga: To make students understand the classical nature of Yoga & giving them the in-depth knowledge of its various components.

Prevention: To introduce yoga as therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.

Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic life style.

Program Educational Outcome (PEOs)

PEO1. Have an integrated knowledge of the various disciplines in multidisciplinary field of Yoga Science

PEO2. Acquire and be equipped with skills in the application of theoretical knowledge on different subjects within the board filed of Yoga science.

PEO3. Will be able to practice for real life problem solving in an increasing complex and dynamic Yoga world.

PEO4. Develop ability of focused research and thinking process mastering complex skills that are grounded in and guided by systematic theory and research

PEO5. Will be well informed, ethical and committed citizens contributing to the Yoga development

Program Specific Outcome

PSO1: Apply and demonstrate various yogic activities, naturopathy techniques and yogic therapies for recovery from disease and promotion of health.

PSO2: Design, analyse, modify nutritional programme in consideration with physiological aspects, health aspect along with anatomical aspects that will positively affect yogic performance.

PSO3: Apply the basic concept of research process, test and measurement techniques and statistical application for computing result for generalization.

PSO4: Demonstrate and apply various psychological techniques and strategies to enhance performance in yoga and other fields of human life while applying best pedagogical techniques.

PSO5: Demonstrate and apply different yogic practice such as asana, pranayama and meditation and sudhikriya for the prevention of disease and other health benefits for masses.

1st Semester
पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- योग के आधारभूत तत्त्व (Fundamentals of Yoga)
पेपर कोड- एम0ए0/एम0एस0सी0-101

Objectives of the Paper: The teaching-learning of this paper will enable learner to-

- 1) State concept, objectives, schools, streams, & contemporary applications of yoga; &
- 2) Discuss autobiographies of selected contemporary yoga masters & their ascetic / yogic styles.

Course Outcome:

On completion of this course, the students will have:

CO1: Students will know the exact face of yoga and will not mislead the society by gaining correct knowledge about origin of yoga.

CO2: Student will be capable to know the journey of yoga and how it varied with the time by gaining the knowledge about lineages of yoga.

CO3: The biographies of yogis would motivate the students to apply yoga in his/ her own life and through this they would improve their quality of life.

Unit - I

योग-अर्थ, परिभाषाएं, उद्गम एवं विकास - वैदिक काल से स्वामी रामदेव पर्यन्त।

Unit- II

वेद, उपनिषद, गीता, बौद्ध, जैन, सांख्य और वेदांत में योग की स्वरूप की विवेचना।

Unit-III

योग की प्रचलित पद्धतियों- ज्ञानयोग, कर्मयोग, भक्तियोग, अष्टांगयोग, क्रियायोग, हठयोग, तंत्रयोग एवं मंत्रयोग ।

Unit - IV

समकालीन योगियों का जीवन परिचय - महर्षि दयानन्द, स्वामी विवेकानन्द, परमहंस योगानन्द, महर्षि अरविन्द, स्वामी शिवानन्द, स्वामी कुवलयानन्द एवं स्वामी रामदेव ।

Unit- V

योग की समकालीन उपयोगिता (स्वास्थ्य सम्बर्द्धन, रोग निवारण, समग्र व्यक्तित्व विकास, सामाजिक रूपान्तरण एवं सामंजस्य, वैश्विक एकता एवं भाईचारा), स्वामी रामदेव जी की योग यात्रा - परिचय; इसके वैयक्तिक, सामाजिक, राष्ट्रीय एवं अन्तर्राष्ट्रीय स्तर पर प्रभाव ।

संदर्भ ग्रन्थ:-

योग दर्शन : स्वामी रामदेव

योग सूत्र : वाचस्पतिमिश्र

योग सूत्र राजमार्तण्ड : भोजराज

पातंजल योग प्रदीप : ओमानन्द तीर्थ

पातंजल योग विमर्श : विजयपाल शास्त्री
ध्यान योग प्रकाश : लक्ष्मणानन्द
योगदर्शन : राजाराम शास्त्री (2002)
पातंजल योग दर्शन : स्वामी सत्यपति परिव्राजक (2012)

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- हठ योग

पेपर कोड- एम0ए0/एम0एस0सी0-102

Objectives of the Paper: The teaching-learning of this paper will enable learner to-

- 1) State concept, objectives, appropriate ambience, diet, season, timing, & duration; supportive and unsupportive elements; indicators of mastery & contemporary applications of Hatha Yoga.
- 2) Discuss techniques, benefits, applications, precautions and contraindications of Hatha Yogic practices based on its classical texts.

Course Outcome: -

On completion of this course, the students will have:

CO1: Students would know how to define hatha yoga and would be skilled to choose right time, place and season for starting the practice of yoga.

CO2: Students would know the importance of hatha yoga for better health and success in life.

CO3: Students will learn the techniques to do shatkarmas, asanas and pranayamas as per hatha pradipika.

CO4: Students would know the concept of sapt sadhanas of gherand Samhita.

Unit-I

हठ योग- उद्गम, अर्थ, परिभाषाएं, प्रयोजन; ससांग योग, अभ्यास हेतु उचित वातावरण, आहार, ऋतु एवं काल; साधक एवं बाधक तत्व, हठसिद्धि के लक्षण ।

Unit-II

हठयोगानुसार- आसन का अर्थ, परिभाषा, प्रकार, प्रभाव एवं सावधानियाँ। हठप्रदीपिका एवं घेरण्डसंहिता में वर्णित आसनों एवं षट्कर्मों की विधि, लाभ, उपयोगिताएँ एवं सावधानियाँ ।

Unit-III

प्राण (अर्थ, परिभाषा, प्रकार- पंचप्राण एवं पंचउपप्राण; स्थान, कार्य), हठप्रदीपिका एवं घेरण्ड संहिता में वर्णित प्राणायाम एवं बन्धों का (अर्थ, परिभाषा एवं प्रकार), विधि, लाभ, उपयोगिताएं एवं सावधानियाँ।

Unit - IV

हठप्रदीपिका एवं घेरण्ड संहिता में वर्णित - मुद्राओं की अवधारणा (अर्थ, परिभाषा, प्रकार), विधि, लाभ, उपयोगिता एवं सावधानियाँ, प्रत्याहार की अवधारणा, नादानुसंधान (अर्थ, विधियाँ, अवस्थायें एवं परिणाम)

Unit- V

षट्चक्र की अवधारणाएं (अर्थ, परिभाषा, प्रकार); कुण्डलिनी का स्वरूप तथा जागरण के उपाय; धारणा, ध्यान एवं समाधि (अर्थ, परिभाषा, प्रकार, विधियाँ एवं परिणाम)- हठप्रदीपिका एवं घेरण्ड संहिता के संदर्भ में।

संदर्भ ग्रन्थ:-

10. हठ प्रदीपिका : स्वामी कुवल्यानन्द, कैवल्यधाम, लोनावला
11. घरेण्ड संहिता : स्वामी दिगम्बर जी/एम. एल. घरोटे (1997) कैवल्यधाम, लोनावला
12. गोरक्ष संहिता : डॉ. चमनलाल गौतम (1985)
13. भक्ति सागर : स्वामी चरणदास
14. उपनिषद् संग्रह : मोतीलाल बनारसीदास
15. बहिरंग योग : स्वामी योगेश्वरानन्द
16. योगासन विज्ञान : स्वामी धीरेन्द्र ब्रह्मचारी

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- श्रीमद्भगवद्गीता एवं सांख्यकारिका
पेपर कोड- एम0ए0/एम0एस0सी0-103

Objectives of the Paper: The teaching-learning of this paper will enable learner to-

- 1) Understand and discuss Shrimadbhagvad Geeta & Samkhyakarika as basic philosophical and theoretical foundations of Yoga.

Course Outcome:

CO1: Students would be capable to introduce Bhagwat Geeta.

CO2: Students will be capable to know the major concepts given/ described in Bhagwat Geeta.

CO3: Students would be skilled to know the different streams of yoga.

Unit-I

भगवद्गीता - सामान्य परिचय। गीता के अनुसार आत्मा का स्वरूप, योग के विभिन्न लक्षण, स्थित प्रज्ञता, कर्म सिद्धान्त, सृष्टि चक्र की परम्परा, लोक संग्रह।

Unit - II

कर्मयोग की परम्परा, यज्ञ का स्वरूप, ज्ञान की अग्नि, सांख्य योग एवं कर्मयोग की एकता ।

सन्यास का स्वरूप, मोक्ष में सन्यास की उपादेयता, कर्मयोगी के लक्षण, ब्रह्मज्ञान का उपाय, अभ्यास और वैराग्य, प्रकृति एवं माया ।

Unit-III

ईश्वर की विभूतियां, विराट स्वरूप, भक्ति योग, त्रिगुण विवेचन, दैवासुर सम्पदा विभाग, त्रिविध-श्रद्धा ।

Unit - IV

सांख्यदर्शन - परिचय । सांख्यकारिकानुसार दुख का स्वरूप। पच्चीस तत्त्वों का परिचय, प्रमाण विवेचन, सत्कार्यवाद अनुपलब्धि के कारण, व्यक्त-अव्यक्त विवेचन ।

Unit- V

सांख्यकारिका के अनुसार गुणों का स्वरूप, पुरुष विवेचन, बुद्धि के लक्षण एवं धर्म। अहंकार से सर्ग प्रवृत्ति, त्रयोदश करण, सूक्ष्म शरीर, मुक्ति विवेचन।

संदर्भ ग्रन्थ:-

1. सांख्यतत्त्वकौमुदि : वाचस्पति मिश्र
2. सांख्यप्रवचन भाष्य : विज्ञानभिक्षु
3. सांख्यकारिका : ईश्वरकृष्ण
4. श्रीमद्भगवद्गीता : आचार्य शंकर
5. श्रीमद्भगवद्गीता : लोकमान्य तिलक
6. श्रीमद्भगवद्गीता : सत्यव्रत सिद्धान्तालंकार

7. श्रीमद्भगवद्गीता

: महर्षि वेदव्यास

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- मानव शरीर विज्ञान-I

पेपर कोड- एम0ए0/एम0एस0सी0-104

Total Marks (Internal & Final Exam): 100 (75+25)

Objectives of the Paper: The teaching-learning of this paper will enable learner to-

- 1) Discuss introduction to human body with concept of cells, tissues, skeletal system, muscular system, respiratory system, cardiovascular system with their gross anatomy and physiology.
- 2) Discuss anatomical and physiological effects of selected yoga practices on aforesaid contents of human body in evidence based way.

Course Outcome:

CO1: Students would get to know the proper knowledge of anatomy and physiology of human being.

CO2: Students would get to know the structure and functioning of different systems in human body.

CO3: Student would get to know yogic effect on different system.

Unit-I

मानव शरीर का परिचय: मानव शरीर की कोशिकाएँ व ऊतक, कोशिकाओं के प्रकार, रचना व कार्य; ऊतकों के प्रकार, रचना व कार्य (आस्तरण, योजक, मांस एवम् नाड़ी); कतिपय संरचनात्मक पारिभाषिक शब्दों के अभिप्राय (Median planes, directional and regional terms)

Unit-II

कंकाल तंत्र: अवधारणा, प्रकार और कार्य; अस्थि: अवधारणा, प्रकार, संख्या, सामान्य संरचना, क्रियाविज्ञान और कार्य; अस्थि कोशिकाएँ: अवधारणा प्रकार एवं इनके कार्य; साइनोवियल सन्धि: अवधारणा, प्रकार एवं इनकी विशेषताएँ; मेरूदण्ड: सामान्य संरचना, क्रियाविज्ञान तथा कार्य; अस्थि व कंकाल तंत्र पर योग का प्रभाव ।

Unit - III

माँसपेशी तंत्र: अवधारणा, प्रकार और कार्य; माँसपेशीयाँ: अवधारणा, संख्या, प्रकार एवं इनके सामान्य संरचना तथा क्रियाविज्ञान एवं कार्य; कतिपय प्रमुख माँसपेशीयों का संक्षिप्त परिचय; माँसपेशीय तंत्र पर योग का प्रभाव ।

Unit- IV

श्वसन तंत्र: अवधारणा, सामान्य संरचना, क्रियाविज्ञान, प्रकार एवं कार्य; फेफड़े: सामान्य संरचना, क्रियाविज्ञान तथा कार्य; श्वास-प्रश्वास: अवधारणा, प्रकार, सामान्य संरचना एवं क्रियाविज्ञान, श्वसन यान्त्रिकी एवं गैसों का आदान-प्रदान; श्वसन नियंत्रण केन्द्र: श्वसनतंत्र पर योग का प्रभाव।

Unit- V

रक्तपरिवहन तंत्र: अवधारणा, सामान्य संरचना, क्रियाविज्ञान एवं कार्य; रक्त (RBC, WBC & Platelets): अवधारणा, संरचना एवं कार्य; हृदय: सामान्य संरचना, क्रियाविज्ञान, तंत्रिका निवेश एवं कार्य; रक्त

समूह; रक्त नलियाँ (धमनी, शिरा, कैपिलरी) : सामान्य संरचना एवं कार्य; हृदयी निर्गम, रक्तचाप; रक्त संचार: अवधारणा, प्रकार एवं इनकी प्रक्रियाएं; हृदय चक्र एवं रक्त संचार का नियंत्रण; रक्त परिवहन तंत्र पर योग का प्रभाव।

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पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- क्रियात्मक योग

पेपर कोड- एम0ए0/एम0एस0सी0-105

Objectives of the Paper: The teaching-learning of this paper will enable learner to-

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

Course Outcome:

CO1: Students will be skilled to do practice shatkarmas own self and to others also.

CO2: Students would be capable to conduct/ organise the yoga camp for the general population.

CO3: Students would be capable to learn different soft skills and yoga skills through different techniques of yoga.

षट्कर्म: जलनेति, रबरनेति, वमन धौति / कुँजर क्रिया, वातकर्म, कपालभाति । - 15 अंक

आसन - 30 अंक

सुक्ष्म व्यायाम (पवनमुक्त आसन) - 1, यौगिक जॉगिंग, 12 आसन (मण्डूकआसन, शशकासन, गोमुखासन, वक्रासन, मकरासन, भुजंगासन, शलभासन, मर्कटासन, पवनमुक्तासन, अर्द्धहलासन, पादवृत्तासन, द्वि चक्रिकासन व शवासन) (रामदेव, २००५)

सिद्धासन	नौकासन	त्रिकोणासन
पदमासन	सर्वांगासन	अर्द्धधनुरासन
कटिचक्रासन	हलासन	मार्जार आसन
वज्रासन	मत्स्यासन	अर्द्धशलभासन
अर्द्धहलासन	सुप्तवज्रासन	भुजंगासन
स्वस्तिकासन	चक्रासन	मकरासन
वीरासन	ताडासन	शवासन
उदराकर्षणसन	तिर्यक ताडासन	समकोणासन
भद्रासन	एक पाद प्रणामसन	बकासन
जनुशिरासन	वृक्षासन	सर्पासन
अर्द्धमत्स्येन्द्रासन	गरुडासन	हनुमानासन
गोमुखासन	हस्तोत्तानसन	सुखासन
उष्ट्रासन	पादहस्तासन	अर्द्धपद्मासन
उत्तानपादासन	शशांकासन	पार्श्वतानासन
स्तुबंधासन	द्विकोणासन	विपरीत नौकासन सिंहासन
मर्कटासन	मण्डूकासन	

प्राणायाम-

10 अंक

डायाफ्रामिक ब्रीदिंग; प्राणायाम: कपालभांति, भस्त्रिका, ाहय, अनुलोम-विलोम, नाडी शोधन, उज्जायी, भ्रामरी एवं उद्रीथ (रामदेव, 2005)

मुद्रा एवं ंन्ध: ज्ञान मुद्रा, चिन मुद्रा, विपरीत करणी मुद्रा, योग मुद्रा, जालन्धर ंन्ध, उड्डीयान ंन्ध, मूलंन्ध।

-10अंक

मौखिकी:

- 10अंक

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- क्रियात्मक योग की पाठ योजना
पेपर कोड- एम0ए0/एम0एस0सी0-106

(Lesson Plan of Yoga Practical) Total Marks (Internal & Final Exam): 100 (75+25)

Aims of the Paper: The teaching-learning activity of this paper will enable learner to-

1) To workout detailed lesson plan regarding techniques, health benefits, applications, precautions and contraindications of yogic practices of MA/MS-105 as guided by faculty.

पेपर (एम/एम. एस -105) में वर्णित पाठ्यक्रम से निम्नलिखित पाठयोजना प्रत्येक छात्र / छात्रा को तैयार करनी होगी। 5 आसन, 2 षट्कर्म, 1 मुद्रा, 1 प्राणायाम, 1 बन्ध (कुल 10 पाठ योजना)

-50 अंक

मौखिकी:

- 25 अंक

2nd Semester
पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- मानव चेतना एवं मानव उत्कर्ष
पेपर कोड- एम0ए0/एम0एस0सी0-201

Total Marks (Internal & Final Exam): 100 (75+25)

Objectives of the Paper: To provide information about the Human consciousness & Human excellence as explained in Vedas, Upanishad & Buddhist and Jain Philosophy and other Indian Philosophy Astrology, Ayurved and in selected religion.

Course Outcome:

CO1: Student will develop awareness (Consciousness) of self and the world around him.

CO2: Students will be capable to know concept of human consciousness in Indian philosophy, Ayurveda and Tantra.

CO3: Students will know the concept of human consciousness according to different religion.

Unit- I

चेतना का अर्थ, परिभाषा, एवं क्षेत्र, मानव चेतना का स्वरूप, समग्र अध्ययन की अनिवार्यता, मानव चेतना का वर्तमान संकट, सार्थक समाधान के उपाय ।

Unit-II

वेद एवं उपनिषदों में मानव चेतना, बौद्ध एवं जैन दर्शन में मानव चेतना, न्याय, वैशेषिक, सांख्य, योग, मीमांसा और वेदांत में मानव चेतना ।

Unit-III

प्राचीन भारतीय विज्ञान की विविध धाराओं-तंत्र, ज्योतिष एवं आयुर्वेद में मानव चेतना । पश्चिमी विज्ञान की दृष्टि में चेतना एवं चेतना का क्वाण्टम सिद्धान्त, मानव चेतना के सम्बन्ध में शरीर रचना एवं क्रिया विज्ञान के अनुसंधान, मानव चेतना की खोज में मनोविज्ञान का जन्म एवं इसकी विविध धाराएं ।

Unit - IV

मानव चेतना के विविध रहस्य एवं तथ्य, जन्म और जीवन, भाग्य और पुरुषार्थ, कर्मफल विधान, संस्कार और पुनर्जन्म ।

Unit- V

मानव चेतना के विकास की अनिवार्यता, मानव चेतना के विकास की विविध मनोवैज्ञानिक विधियाँ, विविध धर्मों में मानव चेतना के विकास की प्रणालियाँ। इस्लाम, ईसाई, पारसी । भारतीय ऋषियों द्वारा विकसित मानव चेतना के विकास की विधियाँ ।

संदर्भ ग्रन्थ:-

1. भारतीय दर्शन में चेतना का स्वरूप

: डॉ. श्रीकृष्ण सक्सेना

2. मानव चेतना	: डॉ० रविशंकर भारद्वाज
3. भारतीय दर्शन	: आचार्य बलदेव उपाध्याय
4. प्रज्ञापुरुष का समग्र दर्शन	: डॉ. मन्दाकिनी श्रीमाली
5. औपनिषादक अध्यात्म विज्ञान	: डॉ. ईश्वर भारद्वाज
6. A Study in Consciousness	: Annie Besant
7. Ayurveda Mind	: Dr. David Franstey
8. The Root of Consciousness	: Jeffery Mishra
9. Mind & Supermind	: N.C. Panda
10. The Millennium Brigde	: Dr. A.K. Mukhopadhyaya

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पेपर- भारतीय दर्शन एवं संस्कृति
पेपर कोड- एम0ए0/एम0एस0सी0-202

Objectives of the Paper: The teaching-learning of this paper will enable learner to-
1) Discuss concept, salient features, & yogic elements in terms of Indian Culture & Philosophy 2)
Discuss concept, objectives, and practical applications of Indian Culture for living &
learning.

Course Outcome:

CO1: Students would characterise the six Indian philosophies of theist category.

CO2: Student will be familiarizing with the ancient Indian culture.

CO3: Student will be capable to know the ancient Indian religious texts and could know the importance of values describe in these text.

Unit- I

दर्शन: अर्थ, परिभाषा एवं प्रकार दर्शनों का श्रेणी विभाग प्रमाण, तत्त्व, आचार मीमांसा दर्शन की प्रमुख विशेषताएं एवं उपयोगितायें।

Unit-II

षड्दर्शन: न्याय, वैशेषिक, साँख्य, योग, मीमांसा, एवं वेदान्त दर्शन की साधना परक तत्त्व मीमांसा व आचार मीमांसा का परिचय ।

Unit- III

दर्शन: जैन, बौद्ध व चार्वाक दर्शन की तत्त्व मीमांसा व आचार मीमांसा का सामान्य परिचय ।

Unit - IV

संस्कृति: उद्गम, अर्थ, परिभाषा एवं प्रकार । भारतीय धर्मशास्त्र - वेद, उपनिषद, मनुस्मृति, महाभारत, रामायण, गीता का सामान्य परिचय।

Unit- V

भारतीय संस्कृति की प्रमुख विशेषताएँ- वैदिक आश्रम व्यवस्था, वर्ण व्यवस्था, कर्म सिद्धान्त, षोडश संस्कार, पंच महायज्ञ ।

संदर्भ ग्रन्थ

1. वैदिक साहित्य एवं संस्कृति : डॉ. कपिल देव द्विवेदी
2. भारतीय दर्शन : आचार्य बलदेव उपाध्याय
3. सत्यार्थ प्रकाश : स्वामी दयानन्द सरस्वती
4. ऋग्वेदादिभाष्यभूमिका : स्वामी दयानन्द सरस्वती
5. धर्म का आदि स्रोत : गंगा प्रसाद उपाध्याय
6. औपनिषदिक अध्यात्म विज्ञान : डॉ. ईश्वर भारद्वाज ।

पेपर- योग एवं सम्बद्ध विज्ञान
पेपर कोड- एम0ए0/एम0एस0सी0-203

Total Marks (Internal & Final Exam): 100 (75+25)

Objectives of the Paper: The teaching-learning of this paper will enable learner to-

- 1) Discuss concepts of health & physical education, psychology, value education and spirituality in connection to Yoga.
- 2) Discuss applications of Yoga for excelling performance of selected games and holistic personality.

Course Outcome:

Following the completion of this course, students shall be able to

CO1: Identify the relevance between yoga and allied health science.

CO2: Students will develop practical and theoretical skills in physical education.

CO3: Student will be capable to examine the science of human behaviour and mental processes.

Unit- I

योग एवं स्वास्थ्य शिक्षा

- स्वास्थ्य का अर्थ, परिभाषा एवं विशेषताएं

स्वास्थ्य शिक्षा- अर्थ, परिभाषा एवं उद्देश्य

स्वास्थ्य शिक्षा के प्रमुख सिद्धान्त एवं प्रकार

- योग एवं स्वास्थ्य शिक्षा ।

Unit-II

योग एवं मनोविज्ञान

- मनोविज्ञान की अवधारणा- अर्थ, परिभाषा, प्रकार एवं उद्देश्य ।
- मनोविज्ञान: क्षेत्र, शाखाएं, आवश्यकता एवं समकालिन महत्व ।
- मनोविज्ञान एवं योग का सम्बन्ध (समानताएं एवं विषमताएं)

Unit - III

योग और शारीरिक शिक्षा

शारीरिक शिक्षा- अर्थ, परिभाषा, उद्देश्य एवं प्रकार ।

- आधुनिक परिवेश में शारीरिक शिक्षा की सांदर्भिका
- शारीरिक शिक्षा सशक्तिकरण के लिए योग की उपयोगिता ।

खेल- एथलेटिक्स, क्रिकेट, हॉकी, फुटबाल, वॉलीबॉल, वेट लिफ्टिंग एवं बैड मिन्टन के लिए योग की उपयोगिता ।

Unit - IV

योग और मूल्य शिक्षा

मूल्य शिक्षा की अवधारणा- अर्थ, परिभाषा, उद्देश्य, क्षेत्र, आवश्यकता एवं महत्व ।
आधुनिक जीवन शैली में मूल्य शिक्षा की अवधारणा एवं उपयोगिता ।
योग एवं मूल्य शिक्षा का सम्बन्ध ।

Unit - V

योग और आध्यात्मिकता

- अध्यात्म: अर्थ, परिभाषा, उद्देश्य, क्षेत्र, आवश्यकता एवं महत्व ।
- आध्यात्मिक व्यक्तित्व की अवधारणा (अर्थ, परिभाषा, निर्धारक एवं मापन)

योग एवं अध्यात्म का सम्बन्ध

आध्यात्मिक व्यक्तित्व विकास के लिए उपयुक्त योगाभ्यास ।

Reference Books

Introduction to Psychology	: Shashi Jain
Physical Education Hand Book	: Deepak Jain (2011)
Dimensions of Physical Education	: Dr. Anil Sharma (2011)
Human Values, Ethics, & Indian Ethos	: DR. S.K. Chakraborty
स्वस्थवृत्त	: डॉ॰ रामहर्ष सिंह (2009)

पेपर- मानव शरीर विज्ञान-II
पेपर कोड- एम0ए0/एम0एस0सी0-204

Total Marks (Internal & Final Exam): 100 (75+25)

Objectives of the Paper: The teaching-learning of this paper will enable learner to-

- 1) Discuss gross anatomy and physiology of human digestive, urinary, nervous, & glandular systems; and selected cognitive senses (eye, nose and ear).
- 2) Discuss anatomical and physiological effects of selected yoga practices (postures, breath regulations, neuro-muscular locks, gestures, concentrations, guided meditations etc.) on aforesaid contents of human body in evidence based way.

Course Outcome:

CO1: Students would get to know the proper knowledge of anatomy and physiology of human being.

CO2: Students would get to know the structure and functioning of different systems in human body.

CO3: Student would get to know yogic effect on different system.

Unit- I

पाचन तन्त्र

सामान्य तथा ऊतकीय रचना विज्ञान, रचना, तन्त्र तथा कार्य- आमाशय, यकृत तथा अग्नाशय, स्रावों की क्रियावली- लार, आमाशय रस, अग्नाशय रस, पित्त, अन्त्रीय स्राव, भोजन (प्राटीन, कार्बोहाइड्रेट तथा वसा) को पचाने के लिए इनकी भूमिका, पाचन तंत्र पर योग का प्रभाव ।

Unit - II

मूत्रवह तन्त्र

उत्सर्जन तन्त्र की रचना (सामान्य एवं ऊतकीय), वृक्क का सामान्य एवं ऊतकीय रचना एवं कार्य, ग्लोमेरुलस, नेफ्रान, एवं रीनल ट्यूब्यूल, मूत्र संगठन एवं उत्पत्ति प्रक्रिया, मूत्र प्रवाह एवं इसका नियंत्रण, मूत्रवह तन्त्र पर योग का प्रभाव ।

Unit- III

तन्त्रिका तन्त्र

तन्त्रिका तंत्र की सामान्य रचना; नाड़ियों व तन्त्रिकाओं की रचना प्रकार एवं गुण; तन्त्रिका तन्त्र के प्रकार (केन्द्रीय नाड़ी संस्थान एवं पुरानुकम्पी तन्त्रिका तन्त्र), केन्द्रीय नाड़ी संस्थान (मस्तिष्क, प्रमस्तिष्क, अनुमस्तिष्क, सुषुम्ना) - सामान्य रचना एवं क्रियायें; पोन्स, सुषुम्नाशीर्ष, चेतक, अर्धचेतक के कार्य एवं सम्बन्ध; परानुकम्पी तन्त्रिका तन्त्र (कपालीय एवं मेरु तन्त्रिकायें) - सामान्य रचना एवं क्रियायें; स्वचालित तन्त्रिका तन्त्र (अनुकम्पीय एवं परानुकम्पीय) - सामान्य रचना विज्ञान एवं कार्य; तन्त्रिका तन्त्र पर योग का प्रभाव ।

Unit - IV

अन्तःस्रावी तंत्र

अन्तःस्रावी तथा बहिःस्रावी ग्रन्थियाँ, रचना (सामान्य एवं ऊतकीय) तथा कार्य - पीयूष ग्रन्थि, अवटुग्रन्थि या चुल्लिका ग्रन्थि तथा परिचुल्लिका ग्रन्थि, अग्नाशय तथा अधिवृक्क ग्रन्थि, उपयुक्त ग्रन्थियों पर योग का प्रभाव ।

ज्ञानेन्द्रिया

नेत्र रचना रेटिना का ऊतकीय विज्ञान, कोर्निया का विज्ञान, दृष्टि प्रक्रिया एवं संमजन । नासिका की सम्पूर्ण रचना एवं गन्ध प्रक्रिया ।

कर्ण की सामान्य रचना एवं श्रवण प्रक्रिया तथा सन्तुलन ।

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पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- क्रियात्मक योग
पेपर कोड- एम0ए0/एम0एस0सी0-205

Total Marks (Internal & Final Exam): 100 (75+25)

Objectives of the Paper: The teaching-learning of this paper will enable learner to-

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

Course Outcome:

On completion of this course, the students will be able to:

CO1: develop understanding of different yogic techniques.

CO2: attain perfection to perform different yogic practices.

CO3: learn the practical interpretation of Shatkarma.

CO4: conduct practical sessions.

CO5: Conduct Yajya practical sessions

CO6: explain techniques of Pratyahara, Dharana and Dhyana.

आसन		50 अंक
उत्कटासन	आकर्णधनुरासन	व्याघ्रासन
वृषभासन	भूनमनासन	गर्भासन
पश्चिमोत्तान	कोणासन	अर्द्धचन्द्रासन
नटराजासन	अष्टावक्र	तिर्यक भुजंगासन
चक्रासन	कुक्कुटासन हस्तपादांगुष्ठ	परिवृत्त जानुशीर्षासन
कुर्मासन	पर्वत	गुप्तम
वक्रासन	बद्धपद्मासन	सर्पासन
उत्थित पद्मासन	वातायनासन	संकट आसन
पादांगुष्ठ	तुलासन	

प्राणायाम: सूर्यभेदी, चन्द्रभेदी, उज्जायी, बाह्यवृत्ति, आभ्यन्तर वृत्ति तथा MA/MS-105 के सभी

अभ्यास । - 10 अंक

मौखिकी -15 अंक

Unit- I

षट्कर्म

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- षट्कर्म मुद्रा व बन्ध

पेपर कोड- एम0ए0/एम0एस0सी0-206

Objectives of the Paper

Following the completion of the course, students shall be able to:

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; & 2) To demonstrate and instruct undermentioned yogic practices.

Course Outcome:

On completion of this course, the students will be able to:

CO1: develop understanding of different yogic techniques.

CO2: attain perfection to perform different yogic practices.

CO3: learn the practical interpretation of Shatkarma.

CO4: conduct practical sessions.

CO6: explain techniques of Pratyahara, Dharana and Dhyana.

Unit - I

-35 अंक

षट्कर्म

सूत्रनेति, अग्निसार, शीत्क्रम व व्युत्क्रम कपालभाति तथा MA/MS - 105 में वर्णित सभी क्रियाएं ।

Unit - II

- 15 अंक

मुद्रा व बन्ध

शाम्भवी, तड़ागी, काकी मुद्रा एवं महाबन्ध

हस्तमुद्रा, प्राण व अपान मुद्रा तथा MA/MS-105 में वर्णित सभी मुद्रा व बन्ध ।

मंत्र एवं ध्यान:

- 10 अंक

मौखिकी

- 15 अंक

3rd Semester

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- पातंजल योग सूत्र

पेपर कोड- एम0ए0/एम0एस0सी0-301

Objectives of the Paper

Following the completion of this course, students shall be able to

- Introduce Yoga darshan and its main principles.
- Become familiar with the main techniques of yoga prescribed in Yoga Darshan.

Course Outcome:

CO1: Students will be capable of learning Patanjali yoga sutra.

CO2: Students would be skillful in calming the mind by eliminating different vrittis.

CO3: Students will be Skilled to know vrittis of mind.

इकाई (1)

योग की परिभाषा, चित्त की भूमियाँ, चित्त की वृत्तियाँ, योगान्तराय, ईश्वर की अवधारणा, चित्त प्रसादन के उपाय (अभ्यास और वैराग्य, एक तत्त्व अभ्यास, धारणा, ध्यान, व्यावहारिक उपाय), समाधि के अवस्थाएं ।

इकाई (2)

क्रिया योग का स्वरूप, पंचकलेश, कर्माशय, चतुर्व्यूहवाद, ऋतम्भरा प्रज्ञा और इसकी भूमियाँ, विवेकख्याति ।

इकाई (3)

अष्टांग योग (यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान एवं समाधि) की अवधारणा, महाव्रत का स्वरूप, वितर्क विवेचन । बहिरंग योग (यम, नियम, आसन, प्राणायाम एवं प्रत्याहार) की अवधारणा अर्थ, परिभाषाएं, विधि, फल एवं उपयोगिताएं ।

इकाई (4)

अंतरंग योग (धारणा, ध्यान एवं समाधि) की अवधारणा अर्थ, परिभाषाएं, विधि, फल एवं उपयोगिता संयम, चित्त का परिणाम, विभूति और उसके भेद, कैवल्य का स्वरूप।

इकाई (5)

निर्माण चित्त, कर्म का स्वरूप, कर्म के भेद, दृष्टा और दृश्य, सिद्धि के भेद, अष्ट सिद्धियाँ, सिद्धि के पांच साधन, धर्ममेघ समाधि ।

संदर्भ ग्रन्थ:-

- | | |
|----------------------|----------------------|
| 1. योग दर्शन | : स्वामी रामदेव |
| 2. योग सूत्र | : वाचस्पतिमिश्र |
| 3. योग सूत्र | : राजमार्तण्ड भोजराज |
| 4. पातंजल योग प्रदीप | : ओमानन्द तीर्थ |
| 5. पातंजल योग विमर्श | : विजयपाल शास्त्री |
| 6. ध्यान योग प्रकाश | : लक्ष्मणानन्द |

7. योगदर्शन

: राजवीर शास्त्री

8. पातंजल योग दर्शन

: स्वामी सत्यपति परिव्राजक

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- आयुर्वेद परिचय

पेपर कोड- एम0ए0/एम0एस0सी0-302

Objectives of the Paper

Following the completion of this course, students shall be able to

- Understand the basic principles of Ayurveda.

- Have knowledge of different techniques used in Ayurveda to cure general ailments.
- Have basic knowledge of Panchkarma and useful domestic herbal remedies

Course Outcome:

CO1: Student would know to describe the concept of Ayurveda.

CO2: Student will familiarise with the deep concept of dosha.

CO3: Student would know the concept of dhatu, prakriti and would be capable to identify the level of health on the basis of these concept.

Unit-I

आयुर्वेदः उद्गम, अर्थ, परिभाषा, प्रयोजन, इतिहास एवं रोग निदान एवं परीक्षण के प्रमुख सिद्धान्त

Unit-II

दोषः अर्थ, परिभाषा, प्रकार, कार्य एवं विकृति के परिणाम; धातुः अर्थ, परिभाषा, प्रकार, कार्य एवं विकृति के परिणाम; उपधातुः अर्थ, परिभाषा, प्रकार, कार्य एवं विकृति के परिणाम; मलः अर्थ, परिभाषा, प्रकार, कार्य एवं विकृति के परिणाम; स्रोतसः अर्थ, परिभाषा, प्रकार एवं कार्य; इन्द्रियः अर्थ, परिभाषा, प्रकार एवं कार्य; अग्निः अर्थ, परिभाषा, प्रकार एवं कार्य; प्राणः अर्थ, परिभाषा, प्रकार, स्थान एवं कार्य; प्राणायामः अर्थ, परिभाषा, प्रकार एवं कार्य; प्रकृतिः अर्थ, परिभाषा, विशेषताएं एवं इसके विकार; देह - प्रकृतिः अर्थ, परिभाषा, प्रकार एवं पहचान; मनस प्रकृतिः अर्थ, परिभाषा, प्रकार एवं पहचान।

Unit-III

प्रमुख जड़ी-बूटियों का सामान्य परिचय, गुणधर्म, स्वास्थ्य संवर्द्धनात्मक एवं चिकित्सकीय प्रयोग- आक, अजवाइन, आंवला, अपमार्ग, अश्वगंधा, तुलसी, गिलोय, ब्राह्मी, धनिया, अदरक, इलायची, हर, नीम, हल्दी व गवारपाठा।

Unit-IV

पंचकर्म (पूर्वकर्म, प्रधानकर्म और पश्चात् कर्म) : अर्थ, परिभाषा, प्रकार, प्रयोजन, लाभ, हानि, सावधानियाँ एवं स्वास्थ्य संवर्द्धनात्मक एवं चिकित्सकीय प्रयोग ।

Unit-V

प्रधान कर्म की विस्तृत विवेचना एवं विभिन्न व्याधियों में (गठिया, अर्थराइटिस, मोटापा, मधुमेह, कमरदर्द, कोलाइटिस, आई.बी.एस., सी.ए.पी., यूबीआईटीस, यकृत विकार, अनिद्रा, अवसाद, चिन्ता एवं तनाव आदि)

सन्दर्भ ग्रन्थः

आयुर्वेद सिद्धान्त रहस्य	- आचार्य बालकृष्ण
आयुर्वेद जड़ी-बूटी रहस्य	- आचार्य बालकृष्ण
आयुर्वेदीय शरीर क्रिया विज्ञान	- शिव कुमार गौड़
स्वस्थवृत्त	- डॉ० रामहर्ष सिंह

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- शोध एवं सांख्यकीय विधियाँ
पेपर कोड- एम0ए0/एम0एस0सी0-303

Objectives of the Paper: The teaching-learning of this paper will enable learner to-

- 1) State concept and make statistical computations (measure of central tendency & dispersion, simple correlation & regression, NPC Applications, t-test, ANOVA, & Chi-square) regarding Research and Statistical Methods.
- 2) Apply knowledge of Research & Statistical Methods to draft mini research synopsis & undertake the same in Master Program as Dissertation to create rigid base for advanced research career in future.

Course Outcome:

CO1: Student will learn the nature, scientific method and importance of research in the field of yoga.

CO2: Student came to know scientifically that how yoga affects human body.

CO3: Student will get familiar with the steps involved in carrying a research study.

UNIT 1

Scientific Research

Concept, Characteristics, Types and Process; Scope and purpose of scientific research in yoga

Research Problem

Concept, Sources of Research Problems in Yoga, Characteristics of good research problem, Considerations in selecting a research problem, Steps in the formulation of a research problem and Practice of formulating a research problem

Hypothesis

Concept, Functions, Characteristics and Types (Research Hypothesis and Null hypothesis); Practice of hypotheses writing

Sampling

Concept, Types (Probability and Non-Probability Samplings with their types), and Practice of using different sampling procedures for sample selection

UNIT 2

Variable

Concept, Types (Independent, Dependent, Extraneous, Intervening and Moderating) and Practice for identification of variables in different research problems

Research Design

Concept, Characteristics of Good Research Design, Types: Non-experimental (Retrospective, Cross-sectional and Causal comparative), Quasi-experimental and True Experimental Design

Concept, Types (Randomized control group design, and Factorial Design), Merits and Demerits

Methods of Controlling Extraneous Variance

Concept and Control Methods (Randomization, Elimination, Introducing new Independent Variables, other techniques)

UNIT 3 Statistics

Concept and Significance; Types of research data, Frequency distributions (Individual, Discrete and Continuous), Graphical Representation of the data (Histogram, pie chart and bar graph).

Measures of Central Tendency

(Arithmetic Mean, Median and Mode): Concept and Computation in case of grouped and ungrouped data.

Measure of Dispersion

Concept and computation of Range, Quartiles and Standard Deviation.

UNIT 4

Normal Distribution

Concept, Proportions, and Applications of Normal Distribution

Simple Correlation

Concept and computation of correlation coefficient by product moment method, coefficient of Determination.

Simple Regression

Concept, Regression Equations (In Score forms), Solving

Regression Equations, Interpretation of Regression coefficients, Standard Error of Estimate.

UNIT 5

Hypothesis Testing

Type I and Type II Errors, Level of significance, Degree of freedom, Testing significance of mean difference.

T-test: Concept and Computation (In case of two sample hypotheses and paired sample hypotheses).

ANOVA (Analysis of Variance)

Concept and Computation of one-way ANOVA in unrelated design and related designs Chi-Square Test

Concept and Computation in different cases.

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पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- प्राकृतिक चिकित्सा
पेपर कोड- एम0ए0/एम0एस0सी0-304

Objectives of the Paper

Following the completion of this course, students shall be able to

- Understand the basic principles and streams of Naturopathy.
- Have knowledge of different techniques used in Naturopathy to cure general ailments.

Course Outcome:

CO1: Student would know the root reason on which naturopathy work to heal the human body.

CO2: Student would know the miracle of mud therapy, sun, air therapy and would also know to heal patient by applying these therapies.

CO3: Student would know how to apply fasting without any misconception and would restrain himself or other from harmful side effect.

Unit-I

प्राकृतिक चिकित्सा : संक्षिप्त इतिहास, अर्थ, परिभाषा, प्रयोजन, मूल सिद्धान्त, विजातीय विष का सिद्धान्त; तीव्र व जीर्ण रोग- कारण, लक्षण, निदान एवं प्राकृतिक समाधान; जीवनी शक्ति बढ़ाने के उपाय।

Unit-II

जल चिकित्सा: अर्थ, परिभाषा, प्रयोजन, मूल सिद्धान्त, जल का महत्व, जल के गुण, विभिन्न तापक्रम के जल का शरीर पर प्रभाव, जल चिकित्सा की स्वरूप (जलपान, प्राकृतिक स्नान, साधारण व घर्षण स्नान, कटि स्नान, मेहन स्नान, वाष्प स्नान, रीढ़ स्नान, उष्ण पाद स्नान, पूरे शरीर की गीली पट्टी; छाती, पेट, गले व हाथ-पैर की पट्टियाँ, स्पंज, एनिमा) की विधियाँ, लाभ, सावधानियाँ, स्वास्थ्य संवर्द्धन एवं विभिन्न आदि-व्याधि निवारण के लिए प्रयोग एवं हानियाँ ।

Unit-III

मिट्टी, सूर्य व वायु चिकित्सा: मिट्टी का महत्व, प्रकार, गुण, शरीर पर मिट्टी का प्रभाव। मिट्टी पट्टियों का प्रकारों एवं मृत्तिका स्नान के चिकित्सकीय प्रयोग । सूर्य प्रकाश की संरचना, महत्व, शरीर पर सात अलग-अलग रंग के क्रिया-प्रक्रिया एवं चिकित्सकीय उपयोग। सूर्य स्नान - विधि, समय, अवधि, लाभ, सावधानियाँ एवं चिकित्सकीय उपयोग।

वायु: आरोग्यकारी प्रभाव, वायु स्नान एवं इसके स्वास्थ्य संवर्द्धन एवं चिकित्सकीय प्रयोग एवं सावधानियाँ ।

Unit-IV

उपवास: अर्थ, परिभाषा, प्रयोजन, मूल सिद्धान्त, प्रकार (दीर्घ, लघु, पूर्ण, अर्ध जल उपवास, रसोपवास, अकाहारोपवास), शारीरिक क्रिया-प्रतिक्रिया, आरोग्य हेतु उपवास, रोग का उभार व उपवास के नियम,

आदर्श आहार, प्राकृतिक आहार, रोग निवारण में उपयुक्त आहार एवं इसके घटक (कार्बोहाइड्रेट, प्रोटीन, विटामिन, वसा, फाईबर) ।

Unit-V

मालिश: इतिहास, अर्थ, परिभाषा, प्रयोजन, मूल सिद्धान्त, प्रकार (वैज्ञानिक एवं आयुर्वेदिक); मालिश की विभिन्न विधियाँ- सामान्य, घर्षण, थपकी, मसलना, दलना, कम्पन, बेलना, सहलाना, झकझोरना, ताल, मुक्की, चुटकी आदि के शरीर क्रिया विज्ञान का प्रभाव, स्वास्थ्य संवर्द्धन एवं चिकित्सकीय प्रयोग एवं सावधानियाँ।

कमर दर्द, इपीलेप्सी, अनिद्रा, अल्सर, मोटापा, अर्थराइटिस, सोराइसिस, दमा, निमोनिया, हाइपर/ हाइपोटेंशन, हाइपर/ हाइपोथाइराइडिज्म, प्रतिश्याय, नपुंसकता, मधुमेह, अवसाद, चिन्ता, मासिक धर्म सम्बन्धी समस्याएं, माईग्रेन की प्राकृतिक चिकित्सा विधि ।

संदर्भ ग्रन्थ:-

चिकित्सा उपचार के विविध आयाम	- पं. श्रीराम शर्मा आचार्य सम्पूर्ण वाङ्मय, खण्ड-40
जीवेम शरदः शतम	- पं. श्रीराम शर्मा आचार्य सम्पूर्ण वाङ्मय, खण्ड-41
स्वस्थवृत्तम	- शिव कुमार गौड़
आहार और स्वास्थ्य	- डॉ. हीरालाल
रोगों की सरल चिकित्सा	- विट्ठल दास मोदी
आयुर्वेदीय प्राकृतिक चिकित्सा	- राकेश जिन्दल
Diet and Nutrition	- Dr. Rudolf
History and Philosophy of Naturopathy	- Dr. S.J. Singh
Nature Cure	- Dr. H.K. Bakhru
The Practice of Nature Cure	- DR. Henry Lindhar
प्राकृतिक चिकित्सा एवं योग	- डॉ० नागेन्द्र नीरज
स्वस्थवृत्त विज्ञान	- प्रो. रामहर्ष सिंह

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- क्रियात्मक योग

Objectives of the Paper

Following the completion of the course, students shall be able to:

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; & 2) To demonstrate and instruct undermentioned yogic practices.

Course Outcome:

On completion of this course, the students will be able to:

CO1: develop understanding of different yogic techniques.

CO2: attain perfection to perform different yogic practices.

CO3: learn the practical interpretation of Shatkarma.

CO4: conduct practical sessions.

CO5: Conduct Yajya practical sessions

CO6: explain techniques of Pratyahara, Dharana and Dhyana.

षट्कर्म : दण्ड, धौति, नौलि, त्राटक, वस्त्र धौति तथा प्रथम, द्वितीय सेमेस्टर के सभी अभ्यास ।

आसन

पद्म सर्वांगासन

शीर्षासन

तोलांगुलासन

मयूरासन

एक पाद स्कन्ध आसन

वातायनासन

गर्भासन

टिट्टिभासन

शीर्ष पादांगुष्ठासन

विभक्त पश्चिमोत्तानासन

एक पाद राजकपोतासन

तथा प्रथम, द्वितीय सेमेस्टर के आसनों सहित

गुसासन

पद्मबकासन

पूर्ण उष्ट्रासन

प्राणायाम: भ्रामरी, भस्त्रिका, स्तम्भवृत्ति तथा पूर्व सेमेस्ट्रों के सभी अभ्यास ।

मुद्राएं एवं बन्ध: खेचरी मुद्रा, महावेध मुद्रा, महा मुद्रा, महा बन्ध तथा पूर्व सेमेस्ट्रों के सभी अभ्यास ।

मौखिकी

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- प्राकृतिक चिकित्सा क्रियात्मक
पेपर कोड- एम0ए0/एम0एस0सी0-306

Objectives of the Paper

Following the completion of the course, students shall be able to:

- State techniques, health benefits, applications, precautions and contraindications of undermentioned Naturopathy practices.

Course Outcome:

CO1: Student will be familiarise with water therapy, massage therapy.

CO2: Students will have capability to treat different major disease with help of these therapies
The Practical copy will be prepared under guidance of Teacher Faculty concerned.

- 10 अंक

जल चिकित्सा की स्वरूप (जलपान, प्राकृतिक स्नान, साधारण व घर्षण स्नान, कटि स्नान, मेहन स्नान, वाष्प स्नान, रीढ़ स्नान, उष्ण पाद स्नान, पूरे शरीर की गीली पट्टी, छाती, पेट, गले व हाथ-पैर की पट्टियां, स्पंज, एनिमा) की विधियाँ, लाभ, सावधानियाँ, स्वास्थ्य संवर्द्धन एवं विभिन्न आदि-व्याधि निवारण के लिए प्रयोग एवं हानियाँ ।

-20अंक

मालिश की विभिन्न विधियां- सामान्य, घर्षण, थपकी, मसलना, दलना, कम्पन, बोलना, सहलाना, झकझोरना, ताल, मुक्की, चुटकी आदि के शरीर क्रिया विज्ञान का प्रभाव ।

- 10 अंक

कमर दर्द, इपीलेप्सी, अनिद्रा, मोटापा अर्थराइटिस, सोराइसिस, दमा, निमोनिया, हाइपर/ हाइपोटेंशन, प्रतिशाय, नपुंसकता, मधुमेह, अवसाद, चिन्ता, ओवसेसि, मासिक धर्म सम्बन्धी समस्याएं, धूमपान एवं मद्यपान, माईग्रेन की प्राकृतिक चिकित्सा विधि ।

- 10 अंक

मौखिकी :-

-25 अंक

4th Semester

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- स्वस्थ्यवृत्त, आहार, एवं पोषण

पेपर कोड- एम0ए0/एम0एस0सी0-401

Objectives of the Paper

Following the completion of this course, students shall be able to

- Understand the concept of diet and the medical value of nutrition.
- Advise appropriate diet to different age groups.
- Know the benefits and caloric value of various food groups.
- Understand and practice daily regimen, night regimen and seasonal regimen for health promotion, disease prevention and age reversal.

Course Outcome:

CO1: Student will learn to apply good habits in his daily routine, which in result improve the health status.

CO2: Students would be capable to know about the reason behind arising the disease and to cure them by following a good seasonal routine.

CO3: Student would be capable to design a healthy diet plan which help in getting all the necessary nutrients for the body.

Unit-I

शरीर की परिभाषा, पुरुष के आयुर्वेदोक्त चार भेद - चेतनाधातु पुरुष, चतुर्विंशति तत्व, पुरुष, पंचविंशति तत्व पुरुष, षडधातु पुरुष।

मनः संरचना / निर्माण, स्थान, कार्य; मनोविकृतियों के कारण एवं मन की शुद्धि एवं जागृति की योग साधनाएं, शरीर और मन का सम्बन्ध ।

Unit-II

स्वास्थ्य एवं तन्दुरुस्ती : अर्थ, परिभाषा, लक्षण एवं अंगों की विवेचना ।

स्वस्थवृत्तः अर्थ, परिभाषा, स्वरूप, प्रयोजन, अंग।

दिनचर्या: अर्थ, परिभाषा एवं बिन्दुवार अंगों एवं उनके अभ्यास विधियों एवं लाभों) ।

व्यायाम की अवधारणा एवं उपयोगिता ।

अभ्यंगः अर्थ, परिभाषा एवं विधियाँ एवं उनके शरीरगत प्रभाव एवं चिकित्सकीय प्रयोग ।

Unit-III

ऋतुचर्या: अर्थ, परिभाषा, विभाजन, एवं विशेषताएँ; ऋतु के अनुसार दोषों का संचय, प्रकोप व प्रशमन;

सद्गत एवं आचार रसायन: अर्थ, परिभाषा एवं प्रकार; आदि-व्याधि रोकथाम, निवारण एवं दीर्घआयुस्य के लिए इनकी उपयोगिता ।

Unit-IV

आहार एवं पोषण: अर्थ, परिभाषा, अंग, घटक, गुणवत्ता, मात्रा, समय, बारम्बारता, कार्य एवं उपयोगिता

। आहार विविधता: दुग्धाहार, फलाहार, अपक्वाहार । उपवास की अवधारणा एवं स्वास्थ्य सम्बन्धी उपयोगिता। मांसाहार व शाकाहार का तुलनात्मक विवेचना ।

Unit-V

संतुलित आहार: परिभाषा, घटक एवं वर्गीकरण ।

घटकों का रासायनिक वर्गीकरण: प्रोटीन, कार्बोहाइड्रेट, वसा, खनिज, लवण, विटामिन, जल, वर्गीकरण तथा शरीर में कार्य ।

संदर्भ ग्रन्थ:-

1. चरक संहिता : महर्षि चरक
2. सुश्रुत संहिता : महर्षि सुश्रुत
3. आयुर्वेद सिद्धान्त रहस्य : आचार्य बालकृष्ण
4. स्वस्थवृत्त विज्ञान : रामहर्ष सिंह

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- योग चिकित्सा

पेपर कोड- एम0ए0/एम0एस0स10-402

Objectives of the Paper

Following the completion of this course, students shall be able to

- Prescribe the integrated yoga module for the individual case after detailed documentation and report it to the referring consultant.
- Request for assessment measures if necessary
 - a) to confirm the diagnosis,
 - b) to assess the present status of the disease, and
 - c) for follow up.
- To be able to monitor the medication and modify it suitably as the case progresses with yoga practices and report it to the referring consultant.
- To prescribe and administer yogic prescription for the specific disease

Course Outcome:

CO1: Student will familiarise with yogic concept of human anatomy and physiology on their basis they would apply ancient techniques of yoga properly.

CO2: Student would know the different techniques which heal human body system.

CO3: Student will be capable to heal common diseases by applying yoga therapy.

Unit-I

यौगिक मानव संरचना एवं क्रिया विज्ञान: चक्र, पंचकोश एवं तीन शरीर की अवधारणा, इनके जागृति एवं विकृति के शारीरिक, मानसिक एवं मनोदैहिक परिणाम । यौगिक विकृति निदान (1) स्वर विज्ञान, (2) प्राण एवं (3) श्वास का शारीरिक, मानसिक एवं मनोदैहिक दैनिक समस्याओं के साथ सम्बन्ध। सप्तचक्र का तंत्रिका जालिकाओं एवं अन्नसावी ग्रन्थियों से सहसम्बन्ध । स्वास्थ्य एवं तन्दरूस्ती: अर्थ, परिभाषा, लक्षण एवं अंगों की विवेचना (योग एवं डब्ल्यू.एच.ओ. के संदर्भ में) ।

Unit-II

योग चिकित्सा: अर्थ, परिभाषा, प्रयोजन, मूल सिद्धान्त, अंगों, प्रभावों; स्वास्थ्य संवर्द्धन, रोगथाम, उपचार एवं दीर्घायु के लिए योग चिकित्सा का महत्व। योग चिकित्सक के गुण, योग चिकित्सा एवं एलोपैथिक चिकित्सा के बीच में अन्तर योग चिकित्सा की समकालिन व्यापकता एवं सांदर्भिकता, योग चिकित्सा की सीमाएं।

Unit-III

सामान्य आदि व्याधियों के लिए योग चिकित्सा अस्थि एवं मांशपेशी तंत्र के रोग: कमर दर्द, शियाटिका, सरवाईकल स्पॉण्डलाइटिस, रियूमेटाइड एवं आस्टिओ अर्थोराइटिस, आम बात, के कारण, संकेत, लक्षण, निदान एवं योग चिकित्सा ।

श्वसन सम्बन्धी रोग: दमा, निमोनिया, प्रतिश्याय एवं साइनोसाइटिस; के कारण, संकेत, लक्षण, निदान एवं योग चिकित्सा ।

पाचन तंत्र सम्बन्धी रोग: कब्ज, अजीर्ण, अम्लपित्त, अल्सर (गैस्ट्रिक एवं ड्यूडेनल), इरीटेबल बाउल सिंड्रोम, उदरवायु, पीलिया, कोलाइटिस, अर्श, के कारण, संकेत, लक्षण, निदान एवं योगचिकित्सा ।

के कारण, संकेत, रक्त परिवहन तंत्र सम्बन्धी: उच्च रक्तचाप, निम्नरक्त चाप, हृदय धमनी अवरोध, एन्जाइना के कारण, लक्षण, निदान एवं योगचिकित्सा ।

Unit-IV

प्रजनन एवं उत्सर्जन तंत्र सम्बन्धी रोग: नपुंसकता, मासिक धर्म सम्बन्धी समस्याएं, ल्यूकोरिया, कटिशूल, इनफार्टीलिटि, यू.टी.आई. यूरिनरी स्ट्रेस इनकंटीनेंस के कारण, संकेत, लक्षण, निदान एवं योग चिकित्सा।

अतःस्नायी ग्रन्थियों सम्बन्धी: मधुमेह, थायराइड हार्मोन वृद्धि / कमी, मोटापा, डायबेटिज मैलाइटस, मानसिक शक्ति ह्रास; के कारण, संकेत, लक्षण, निदान एवं योग चिकित्सा।

तंत्रिका तंत्र सम्बन्धी रोग: सिर दर्द, इपीलेप्सी, हिस्ट्रिया, अवसाद, चिन्ता, अनिद्रा, माइग्रेन, तनाव, धूमपान, मद्यपान; के कारण, संकेत, लक्षण, निदान एवं योग चिकित्सा ।

मानसिक स्वास्थ्य: अर्थ, परिभाषा, अंग, निर्धारक, कारण, लक्षण एवं उनका योग चिकित्सा द्वारा निदान ।

संदर्भ ग्रन्थ:-

- | | |
|-----------------------------|-------------------|
| 1. चरक संहिता | : महर्षि चरक |
| 3. सुश्रुत संहिता | : महर्षि सुश्रुत |
| 4. आयुर्वेद सिद्धान्त रहस्य | : आचार्य बालकृष्ण |
| 5. स्वस्थवृत्त विज्ञान | : रामहर्ष सिंह |

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- Complementary & Alternative Therapy (CAT)

पेपर कोड- एम0ए0/एम0एस0सी0-403

Objectives of the Paper

- State concept, prevalence, objectives, types, applications and limitations of CAT &
- Have knowledge & skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

Course Outcome:

CO1: Student will learn the nature and concept of alternative therapies.

CO2: Student will be familiarise with the concept of pranic healing and acupressure points through which they can heal major disease.

CO3: Student could easily apply these different therapies and help society by its remedial effects.

Unit-I

पूरक एवं वैकल्पिक चिकित्सा: इतिहास, अर्थ, परिभाषा, उद्देश्यों, प्रकारों, व्यापकता, समकालिन आवश्यकता, उपयुगिताएं एवं सीमाएं।

मनःद्वैहिक चिकित्सा: उद्गम, अर्थ, परिभाषा, उद्देश्य, सिद्धान्त, अंग, प्रभाव, व्यापकता, उपयुगिता एवं सीमाएं।

Unit-II

शरीर आधारित संचालनात्मक चिकित्सा: इतिहास, अर्थ, परिभाषा, उद्देश्यों, सिद्धान्त, प्रकारों, व्यापकता, समकालिन आवश्यकता, उपयुगिताएं एवं सीमाएं ।

एक्यूप्रेशर: उद्गम, अर्थ, परिभाषा, उद्देश्य, पंचतत्त्व सिद्धान्त, प्रकार, प्राण जैविक चक्र, मैरीडियन प्रणाली, एवं 12 मैरीडियनों में स्थित एक्यूप्वांटस का पहचान एवं रेखांकन, रफलैक्सोलॉजी ।

Unit-III

ऊर्जा उपचार: इतिहास, अर्थ, परिभाषा, उद्देश्यों, सिद्धान्त, प्रकारों, उपयुगिताएं एवं सीमाएं।

प्राणिक उपचार: उद्गम, इतिहास, अर्थ, प्राण की अवधारणा एवं सप्त, सिद्धान्त, कर्मफल सिद्धान्त प्रकार (सामान्य, उन्नत एवं मनःचिकित्सा); ऊर्जा शरीर / आभामण्डल: संरचना प्रकार एवं आकार; शक्ति केन्द्र: अर्थ, प्रकार (मुख्य, मध्यम एवं लघु), आकार, रंग, कार्य एवं विकृति के दुष्परिणाम; आहर्तिक यज्ञ एवं द्विहृदय ध्यान, आभामण्डल / चक्र के जांच, ऊर्जा सफाई एवं प्रक्षेपण की विधियाँ ।

Unit-IV

एक्यूप्रेशर एवं प्राणिक चिकित्सा: Low Back Pain, Arthritis, Obesity, Diabetes, Hypertension / Hypotension, Hyper / Hypo Thyroidism, Liver Problem, Allergy, Coronary Artery Disease, Anemia, Hyperacidity, Irritable Bowel Syndrome, Colitis, Piles, Migraine, Insomnia, Depression, Chronic Fatigue Syndrome, Epilepsy, Anxiety, Obsessive Compulsive Disorder, Leucorrhoea, Menstrual Disorders, Impotency, Infertility, Asthma, Pneumonia, Renal Problem, Varicose Veins, Distress, and Myopia.

Unit-V

Biologically Based Products (Dietary Supplements & Herbal Remedies) Probiotics and Prebiotics, Antioxidants, Glucosamine Sulfate, Gultamine, Selenium, Curcumin, Multi-vitamins and their Natural Sources, Omega-3 Fatty Acid and Tryptophan; their Functions and natural Sources; Rejuvenating & De-stressing Herbs: Basil, Allovera, Awala, Giloya, Tea, Mint, Peppermint,

Ashwagandha, Satabari, Kaunch Beej, Brahmi, Sankhapuspi, Jatamasi, Mithi Buch and; their usages.

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पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- लघु शोध / निबन्ध
पेपर कोड- एम0ए0/एम0एस0सी0-404

An aptitude test will be conducted to select eligible candidates at the end of MA/M. Sc 3rd Semester to opt dissertation. The aptitude test will cover subjective and objective knowledge of all the papers of the Master Program, especially Research and Statistical Methods, and

Computer Application and candidate needs to secure 60% or above marks in the test conducted. The mode of question paper will be both objective and subjective. Candidates disqualified (scoring marks below 60%) in the aforesaid test needs to take paper on essay writing with following course contents:

निबन्ध: निम्नलिखित विषयों पर कोई 2 निबन्ध (प्रत्येक 10-12 पेज) में लिखना होगा।

UNIT-I

- | | |
|------------------------------------|----------------------------|
| 1. भारतीय वाङ्मय में योग के स्वरूप | 2. भारतीय वाङ्मय में चेतना |
| 3. योगदर्शन की तत्व मीमांसा | 4. भारतीय वाङ्मय में मोक्ष |

UNIT-II

- | | |
|---------------------|-------------------|
| 1. सत्कार्यवाद | 2. प्रमाण मीमांसा |
| 3. सृष्टि प्रक्रिया | 4. समाधि |

UNIT-III

- | | |
|---------------|---------------|
| 1. अष्टांगयोग | 2. ज्ञान योग |
| 3. भक्ति योग | 4. तन्त्र योग |
| 5. मन्त्र योग | 6. कर्मयोग |

UNIT-IV

1. महर्षि दयानन्द सरस्वती और उनकी योगसाधना ।
2. श्री अरविन्द और उनकी योग साधना
3. स्वामी विवेकानन्द और योग के क्षेत्र में उनका योगदान ।
4. स्वामी शिवानन्द और योग के क्षेत्र में उनका योगदान ।
5. परमहंस योगानन्द
6. स्वामी रामदेव

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- क्रियात्मक योग

पेपर कोड- एम0ए0/एम0एस0सी0-405

Objectives of the Paper

Following the completion of the course, students shall be able to:

State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; & 2) To demonstrate and instruct undermentioned yogic practices.

Course outcomes

On completion of this course, the students will be able to:

CO1: Get insight into different yogic practises.

CO2: To achieve perfection, one must engage in several yogic practices.

CO3: practically accomplish the Shatkarma.

CO4: improve your practical teaching abilities.

षट्कर्म: दण्ड, धौति, नौलि, त्राटक, वस्त्र धौति ।

आसन:

पूर्ण भुजंगासन

द्विपाद स्कन्धासन

पूर्ण मत्स्येन्द्रासन

पक्षी आसन

वृश्चिक आसन

पूर्ण वृश्चिकासन पद्म शीर्षासन

पूर्णधनुरासन पूर्ण चक्रासन

एक पाद बकासन

पूर्ण नटराजासन

पद्म मयूरासन

तकिया आसन

कर्णपीडासन

गोरक्षासन

पूर्ण शलभासन

ओमकार आसन

पूर्व सेमेस्टरों के सभी अभ्यासों सहित ।

प्राणायाम: उद्गीथ एवं मूर्च्छा।

मुद्राएं एवं बन्ध: (MA / MS-I, II, III Sem) के सभी अभ्यास।

ध्यान एवं मौखिकी: विज्ञानमय एवं आनन्दमय कोश।

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- वैकल्पिक एवं पूरक चिकित्सा क्रियात्मक
पेपर कोड- एम0ए0/एम0एस0सी0-406

Objectives of the Paper

Following the completion of the course, students shall be able to:

- Practice skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

Course Outcome:

CO1: Student will be familiarise with water therapy, pranic healing and acupressure points.

CO2: Students will have capability to treat different major disease with help of these therapies

वैकल्पिक एवं पूरक चिकित्सा

एक्यूप्रेशर : 15

प्राणिक हीलिंग : 15

MA/MS-403 में वर्णित स्वास्थ्य : 30

समस्याओं का एक्यूप्रेशर एवं प्राणिक

उपचार विधियाँ।

Dietary Supplements & Herbal Remedies : 15

Note: Micro contents & format of Practical on aforesaid contents will be worked out i consultation with concerned Professor.

University of Patanjali, Haridwar

Syllabus

M.A./M.Sc. With Yoga Science



Year – 2018-2019

M.A/Msc in Yoga Science

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and wellbeing. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore, the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course, the student is taught the fundamental & advanced concepts of Yoga as well as the techniques for the treatment and prevention of various psychosomatic and life style related ailments.

I. Title of the Programme The programme shall be called "M. A. in Yoga Science"

II. Aim of the Programme The aim of the programme is to produce "Yoga professionals for academic & therapeutic fields"

III. Objectives of the programme

Deeper Understanding of Yoga: To make students understand the classical nature of Yoga & giving them the in-depth knowledge of its various components.

Prevention: To introduce yoga as therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.

Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic life style.

Program Educational Outcome (PEOs)

PEO1. Have an integrated knowledge of the various disciplines in multidisciplinary field of Yoga Science

PEO2. Acquire and be equipped with skills in the application of theoretical knowledge on different subjects within the board filed of Yoga science.

PEO3. Will be able to practice for real life problem solving in an increasing complex and dynamic Yoga world.

PEO4. Develop ability of focused research and thinking process mastering complex skills that are grounded in and guided by systematic theory and research

PEO5. Will be well informed, ethical and committed citizens contributing to the Yoga development

Program Specific Outcome

PSO1: Apply and demonstrate various yogic activities, naturopathy techniques and yogic therapies for recovery from disease and promotion of health.

PSO2: Design, analyse, modify nutritional programme in consideration with physiological aspects, health aspect along with anatomical aspects that will positively affect yogic performance.

PSO3: Apply the basic concept of research process, test and measurement techniques and statistical application for computing result for generalization.

PSO4: Demonstrate and apply various psychological techniques and strategies to enhance performance in yoga and other fields of human life while applying best pedagogical techniques.

PSO5: Demonstrate and apply different yogic practice such as asana, pranayama and meditation and sudhikriya for the prevention of disease and other health benefits for masses.

1st Semester
पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- योग के आधारभूत तत्त्व (Fundamentals of Yoga)
पेपर कोड- एम0ए0/एम0एस0सी0-101

Objectives of the Paper: The teaching-learning of this paper will enable learner to-

- 1) State concept, objectives, schools, streams, & contemporary applications of yoga; &
- 2) Discuss autobiographies of selected contemporary yoga masters & their ascetic / yogic styles.

Course Outcome:

On completion of this course, the students will have:

CO1: Students will know the exact face of yoga and will not mislead the society by gaining correct knowledge about origin of yoga.

CO2: Student will be capable to know the journey of yoga and how it varied with the time by gaining the knowledge about lineages of yoga.

CO3: The biographies of yogis would motivate the students to apply yoga in his/ her own life and through this they would improve their quality of life.

Unit - I

योग-अर्थ, परिभाषाएं, उद्गम एवं विकास - वैदिक काल से स्वामी रामदेव पर्यन्त।

Unit- II

वेद, उपनिषद, गीता, बौद्ध, जैन, सांख्य और वेदांत में योग की स्वरूप की विवेचना।

Unit-III

योग की प्रचलित पद्धतियों- ज्ञानयोग, कर्मयोग, भक्तियोग, अष्टांगयोग, क्रियायोग, हठयोग, तंत्रयोग एवं मंत्रयोग ।

Unit - IV

समकालीन योगियों का जीवन परिचय - महर्षि दयानन्द, स्वामी विवेकानन्द, परमहंस योगानन्द, महर्षि अरविन्द, स्वामी शिवानन्द, स्वामी कुवलयानन्द एवं स्वामी रामदेव ।

Unit- V

योग की समकालीन उपयोगिता (स्वास्थ्य सम्बर्द्धन, रोग निवारण, समग्र व्यक्तित्व विकास, सामाजिक रूपान्तरण एवं सामंजस्य, वैश्विक एकता एवं भाईचारा), स्वामी रामदेव जी की योग यात्रा - परिचय; इसके वैयक्तिक, सामाजिक, राष्ट्रीय एवं अन्तर्राष्ट्रीय स्तर पर प्रभाव ।

संदर्भ ग्रन्थ:-

योग दर्शन : स्वामी रामदेव

योग सूत्र : वाचस्पतिमिश्र

योग सूत्र राजमार्तण्ड : भोजराज

पातंजल योग प्रदीप : ओमानन्द तीर्थ

पातंजल योग विमर्श : विजयपाल शास्त्री
ध्यान योग प्रकाश : लक्ष्मणानन्द
योगदर्शन : राजाराम शास्त्री (2002)
पातंजल योग दर्शन : स्वामी सत्यपति परिव्राजक (2012)

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- हठ योग

पेपर कोड- एम0ए0/एम0एस0सी0-102

Objectives of the Paper: The teaching-learning of this paper will enable learner to-

- 1) State concept, objectives, appropriate ambience, diet, season, timing, & duration; supportive and unsupportive elements; indicators of mastery & contemporary applications of Hatha Yoga.
- 2) Discuss techniques, benefits, applications, precautions and contraindications of Hatha Yogic practices based on its classical texts.

Course Outcome: -

On completion of this course, the students will have:

CO1: Students would know how to define hatha yoga and would be skilled to choose right time, place and season for starting the practice of yoga.

CO2: Students would know the importance of hatha yoga for better health and success in life.

CO3: Students will learn the techniques to do shatkarmas, asanas and pranayamas as per hatha pradipika.

CO4: Students would know the concept of sapt sadhanas of gherand Samhita.

Unit-I

हठ योग- उद्गम, अर्थ, परिभाषाएं, प्रयोजन; ससांग योग, अभ्यास हेतु उचित वातावरण, आहार, ऋतु एवं काल; साधक एवं बाधक तत्व, हठसिद्धि के लक्षण ।

Unit-II

हठयोगानुसार- आसन का अर्थ, परिभाषा, प्रकार, प्रभाव एवं सावधानियाँ। हठप्रदीपिका एवं घेरण्डसंहिता में वर्णित आसनों एवं षट्कर्मों की विधि, लाभ, उपयोगिताएँ एवं सावधानियाँ ।

Unit-III

प्राण (अर्थ, परिभाषा, प्रकार- पंचप्राण एवं पंचउपप्राण; स्थान, कार्य), हठप्रदीपिका एवं घेरण्ड संहिता में वर्णित प्राणायाम एवं बन्धों का (अर्थ, परिभाषा एवं प्रकार), विधि, लाभ, उपयोगिताएं एवं सावधानियाँ।

Unit - IV

हठप्रदीपिका एवं घेरण्ड संहिता में वर्णित - मुद्राओं की अवधारणा (अर्थ, परिभाषा, प्रकार), विधि, लाभ, उपयोगिता एवं सावधानियाँ, प्रत्याहार की अवधारणा, नादानुसंधान (अर्थ, विधियाँ, अवस्थायें एवं परिणाम)

Unit- V

षट्चक्र की अवधारणाएं (अर्थ, परिभाषा, प्रकार); कुण्डलिनी का स्वरूप तथा जागरण के उपाय; धारणा, ध्यान एवं समाधि (अर्थ, परिभाषा, प्रकार, विधियाँ एवं परिणाम)- हठप्रदीपिका एवं घेरण्ड संहिता के संदर्भ में।

संदर्भ ग्रन्थ:-

10. हठ प्रदीपिका : स्वामी कुवल्यानन्द, कैवल्यधाम, लोनावला
11. घरेण्ड संहिता : स्वामी दिगम्बर जी/एम. एल. घरोटे (1997) कैवल्यधाम, लोनावला
12. गोरक्ष संहिता : डॉ. चमनलाल गौतम (1985)
13. भक्ति सागर : स्वामी चरणदास
14. उपनिषद् संग्रह : मोतीलाल बनारसीदास
15. बहिरंग योग : स्वामी योगेश्वरानन्द
16. योगासन विज्ञान : स्वामी धीरेन्द्र ब्रह्मचारी

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- श्रीमद्भगवद्गीता एवं सांख्यकारिका
पेपर कोड- एम0ए0/एम0एस0सी0-103

Objectives of the Paper: The teaching-learning of this paper will enable learner to-

- 1) Understand and discuss Shrimadbhagvad Geeta & Samkhyakarika as basic philosophical and theoretical foundations of Yoga.

Course Outcome:

CO1: Students would be capable to introduce Bhagwat Geeta.

CO2: Students will be capable to know the major concepts given/ described in Bhagwat Geeta.

CO3: Students would be skilled to know the different streams of yoga.

Unit-I

भगवद्गीता - सामान्य परिचय। गीता के अनुसार आत्मा का स्वरूप, योग के विभिन्न लक्षण, स्थित प्रज्ञता, कर्म सिद्धान्त, सृष्टि चक्र की परम्परा, लोक संग्रह।

Unit - II

कर्मयोग की परम्परा, यज्ञ का स्वरूप, ज्ञान की अग्नि, सांख्य योग एवं कर्मयोग की एकता ।

सन्यास का स्वरूप, मोक्ष में सन्यास की उपादेयता, कर्मयोगी के लक्षण, ब्रह्मज्ञान का उपाय, अभ्यास और वैराग्य, प्रकृति एवं माया ।

Unit-III

ईश्वर की विभूतियां, विराट स्वरूप, भक्ति योग, त्रिगुण विवेचन, दैवासुर सम्पदा विभाग, त्रिविध-श्रद्धा ।

Unit - IV

सांख्यदर्शन - परिचय । सांख्यकारिकानुसार दुख का स्वरूप। पच्चीस तत्त्वों का परिचय, प्रमाण विवेचन, सत्कार्यवाद अनुपलब्धि के कारण, व्यक्त-अव्यक्त विवेचन ।

Unit- V

सांख्यकारिका के अनुसार गुणों का स्वरूप, पुरुष विवेचन, बुद्धि के लक्षण एवं धर्म। अहंकार से सर्ग प्रवृत्ति, त्रयोदश करण, सूक्ष्म शरीर, मुक्ति विवेचन।

संदर्भ ग्रन्थ:-

1. सांख्यतत्त्वकौमुदि : वाचस्पति मिश्र
2. सांख्यप्रवचन भाष्य : विज्ञानभिक्षु
3. सांख्यकारिका : ईश्वरकृष्ण
4. श्रीमद्भगवद्गीता : आचार्य शंकर
5. श्रीमद्भगवद्गीता : लोकमान्य तिलक
6. श्रीमद्भगवद्गीता : सत्यव्रत सिद्धान्तालंकार

7. श्रीमद्भगवद्गीता

: महर्षि वेदव्यास

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- मानव शरीर विज्ञान-I

पेपर कोड- एम0ए0/एम0एस0सी0-104

Total Marks (Internal & Final Exam): 100 (75+25)

Objectives of the Paper: The teaching-learning of this paper will enable learner to-

- 1) Discuss introduction to human body with concept of cells, tissues, skeletal system, muscular system, respiratory system, cardiovascular system with their gross anatomy and physiology.
- 2) Discuss anatomical and physiological effects of selected yoga practices on aforesaid contents of human body in evidence based way.

Course Outcome:

CO1: Students would get to know the proper knowledge of anatomy and physiology of human being.

CO2: Students would get to know the structure and functioning of different systems in human body.

CO3: Student would get to know yogic effect on different system.

Unit-I

मानव शरीर का परिचय: मानव शरीर की कोशिकाएँ व ऊतक, कोशिकाओं के प्रकार, रचना व कार्य; ऊतकों के प्रकार, रचना व कार्य (आस्तरण, योजक, मांस एवम् नाड़ी); कतिपय संरचनात्मक पारिभाषिक शब्दों के अभिप्राय (Median planes, directional and regional terms)

Unit-II

कंकाल तंत्र: अवधारणा, प्रकार और कार्य; अस्थि: अवधारणा, प्रकार, संख्या, सामान्य संरचना, क्रियाविज्ञान और कार्य; अस्थि कोशिकाएँ: अवधारणा प्रकार एवं इनके कार्य; साइनोवियल सन्धि: अवधारणा, प्रकार एवं इनकी विशेषताएँ; मेरूदण्ड: सामान्य संरचना, क्रियाविज्ञान तथा कार्य; अस्थि व कंकाल तंत्र पर योग का प्रभाव ।

Unit - III

माँसपेशी तंत्र: अवधारणा, प्रकार और कार्य; माँसपेशीयाँ: अवधारणा, संख्या, प्रकार एवं इनके सामान्य संरचना तथा क्रियाविज्ञान एवं कार्य; कतिपय प्रमुख माँसपेशीयों का संक्षिप्त परिचय; माँसपेशीय तंत्र पर योग का प्रभाव ।

Unit- IV

श्वसन तंत्र: अवधारणा, सामान्य संरचना, क्रियाविज्ञान, प्रकार एवं कार्य; फेफड़े: सामान्य संरचना, क्रियाविज्ञान तथा कार्य; श्वास-प्रश्वास: अवधारणा, प्रकार, सामान्य संरचना एवं क्रियाविज्ञान, श्वसन यान्त्रिकी एवं गैसों का आदान-प्रदान; श्वसन नियंत्रण केन्द्र: श्वसनतंत्र पर योग का प्रभाव।

Unit- V

रक्तपरिवहन तंत्र: अवधारणा, सामान्य संरचना, क्रियाविज्ञान एवं कार्य; रक्त (RBC, WBC & Platelets): अवधारणा, संरचना एवं कार्य; हृदय: सामान्य संरचना, क्रियाविज्ञान, तंत्रिका निवेश एवं कार्य; रक्त

समूह; रक्त नलियाँ (धमनी, शिरा, कैपिलरी) : सामान्य संरचना एवं कार्य; हृदयी निर्गम, रक्तचाप; रक्त संचार: अवधारणा, प्रकार एवं इनकी प्रक्रियाएं; हृदय चक्र एवं रक्त संचार का नियंत्रण; रक्त परिवहन तंत्र पर योग का प्रभाव।

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पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- क्रियात्मक योग

पेपर कोड- एम0ए0/एम0एस0सी0-105

Objectives of the Paper: The teaching-learning of this paper will enable learner to-

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

Course Outcome:

CO1: Students will be skilled to do practice shatkarmas own self and to others also.

CO2: Students would be capable to conduct/ organise the yoga camp for the general population.

CO3: Students would be capable to learn different soft skills and yoga skills through different techniques of yoga.

षट्कर्म: जलनेति, रबरनेति, वमन धौति / कुँजर क्रिया, वातकर्म, कपालभाति । - 15 अंक

आसन - 30 अंक

सुक्ष्म व्यायाम (पवनमुक्त आसन) - 1, यौगिक जॉगिंग, 12 आसन (मण्डूकआसन, शशकासन, गोमुखासन, वक्रासन, मकरासन, भुजंगासन, शलभासन, मर्कटासन, पवनमुक्तासन, अर्द्धहलासन, पादवृत्तासन, द्वि चक्रिकासन व शवासन) (रामदेव, २००५)

सिद्धासन	नौकासन	त्रिकोणासन
पदमासन	सर्वांगासन	अर्धधनुरासन
कटिचक्रासन	हलासन	मार्जार आसन
वज्रासन	मत्स्यासन	अर्द्धशलभासन
अर्द्धहलासन	सुप्तवज्रासन	भुजंगासन
स्वस्तिकासन	चक्रासन	मकरासन
वीरासन	ताडासन	शवासन
उदराकर्षणसन	तिर्यक ताडासन	समकोणासन
भद्रासन	एक पाद प्रणामसन	बकासन
जनुशिरासन	वृक्षासन	सर्पासन
अर्द्धमत्स्येन्द्रासन	गरुडासन	हनुमानासन
गोमुखासन	हस्तोत्तानसन	सुखासन
उष्ट्रासन	पादहस्तासन	अर्द्धपद्मासन
उत्तानपादासन	शशांकासन	पार्श्वतानासन
स्तुबंधासन	द्विकोणासन	विपरीत नौकासन सिंहासन
मर्कटासन	मण्डूकासन	

प्राणायाम-

10 अंक

डायफ्रामिक ब्रीदिंग; प्राणायाम: कपालभांति, भस्त्रिका, ाहय, अनुलोम-विलोम, नाडी शोधन, उज्जायी, भ्रामरी एवं उद्रीथ (रामदेव, 2005)

मुद्रा एवं ंन्ध: ज्ञान मुद्रा, चिन मुद्रा, विपरीत करणी मुद्रा, योग मुद्रा, जालन्धर ंन्ध, उड्डीयान ंन्ध, मूलंन्ध।

-10अंक

मौखिकी:

- 10अंक

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- क्रियात्मक योग की पाठ योजना
पेपर कोड- एम0ए0/एम0एस0सी0-106

(Lesson Plan of Yoga Practical) Total Marks (Internal & Final Exam): 100 (75+25)

Aims of the Paper: The teaching-learning activity of this paper will enable learner to-

1) To workout detailed lesson plan regarding techniques, health benefits, applications, precautions and contraindications of yogic practices of MA/MS-105 as guided by faculty.

पेपर (एम/एम. एस -105) में वर्णित पाठ्यक्रम से निम्नलिखित पाठयोजना प्रत्येक छात्र / छात्रा को तैयार करनी होगी। 5 आसन, 2 षट्कर्म, 1 मुद्रा, 1 प्राणायाम, 1 बन्ध (कुल 10 पाठ योजना)

-50 अंक

मौखिकी:

- 25 अंक

2nd Semester
पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- मानव चेतना एवं मानव उत्कर्ष
पेपर कोड- एम0ए0/एम0एस0सी0-201

Total Marks (Internal & Final Exam): 100 (75+25)

Objectives of the Paper: To provide information about the Human consciousness & Human excellence as explained in Vedas, Upanishad & Buddhist and Jain Philosophy and other Indian Philosophy Astrology, Ayurved and in selected religion.

Course Outcome:

CO1: Student will develop awareness (Consciousness) of self and the world around him.

CO2: Students will be capable to know concept of human consciousness in Indian philosophy, Ayurveda and Tantra.

CO3: Students will know the concept of human consciousness according to different religion.

Unit- I

चेतना का अर्थ, परिभाषा, एवं क्षेत्र, मानव चेतना का स्वरूप, समग्र अध्ययन की अनिवार्यता, मानव चेतना का वर्तमान संकट, सार्थक समाधान के उपाय ।

Unit-II

वेद एवं उपनिषदों में मानव चेतना, बौद्ध एवं जैन दर्शन में मानव चेतना, न्याय, वैशेषिक, सांख्य, योग, मीमांसा और वेदांत में मानव चेतना ।

Unit-III

प्राचीन भारतीय विज्ञान की विविध धाराओं-तंत्र, ज्योतिष एवं आयुर्वेद में मानव चेतना । पश्चिमी विज्ञान की दृष्टि में चेतना एवं चेतना का क्वाण्टम सिद्धान्त, मानव चेतना के सम्बन्ध में शरीर रचना एवं क्रिया विज्ञान के अनुसंधान, मानव चेतना की खोज में मनोविज्ञान का जन्म एवं इसकी विविध धाराएं ।

Unit - IV

मानव चेतना के विविध रहस्य एवं तथ्य, जन्म और जीवन, भाग्य और पुरुषार्थ, कर्मफल विधान, संस्कार और पुनर्जन्म ।

Unit- V

मानव चेतना के विकास की अनिवार्यता, मानव चेतना के विकास की विविध मनोवैज्ञानिक विधियाँ, विविध धर्मों में मानव चेतना के विकास की प्रणालियाँ। इस्लाम, ईसाई, पारसी । भारतीय ऋषियों द्वारा विकसित मानव चेतना के विकास की विधियाँ ।

संदर्भ ग्रन्थ:-

1. भारतीय दर्शन में चेतना का स्वरूप

: डॉ. श्रीकृष्ण सक्सेना

2. मानव चेतना	: डॉ० रविशंकर भारद्वाज
3. भारतीय दर्शन	: आचार्य बलदेव उपाध्याय
4. प्रज्ञापुरुष का समग्र दर्शन	: डॉ. मन्दाकिनी श्रीमाली
5. औपनिषादक अध्यात्म विज्ञान	: डॉ. ईश्वर भारद्वाज
6. A Study in Consciousness	: Annie Besant
7. Ayurveda Mind	: Dr. David Franstey
8. The Root of Consciousness	: Jeffery Mishra
9. Mind & Supermind	: N.C. Panda
10. The Millennium Brigde	: Dr. A.K. Mukhopadhyaya

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- Swami Rama () Yoga & Psychotherapy
- Swami Rishi Vivekanand () Yoga Psychology
- Sriram Sharma (2012). Chetan, Achetan Evam Super Chentan Man. Mathura, India: Akhand Jyoti Samasthan.

पेपर- भारतीय दर्शन एवं संस्कृति
पेपर कोड- एम0ए0/एम0एस0सी0-202

Objectives of the Paper: The teaching-learning of this paper will enable learner to-
1) Discuss concept, salient features, & yogic elements in terms of Indian Culture & Philosophy 2)
Discuss concept, objectives, and practical applications of Indian Culture for living &
learning.

Course Outcome:

CO1: Students would characterise the six Indian philosophies of theist category.

CO2: Student will be familiarizing with the ancient Indian culture.

CO3: Student will be capable to know the ancient Indian religious texts and could know the importance of values describe in these text.

Unit- I

दर्शन: अर्थ, परिभाषा एवं प्रकार दर्शनों का श्रेणी विभाग प्रमाण, तत्त्व, आचार मीमांसा दर्शन की प्रमुख विशेषताएं एवं उपयोगितायें।

Unit-II

षड्दर्शन: न्याय, वैशेषिक, साँख्य, योग, मीमांसा, एवं वेदान्त दर्शन की साधना परक तत्त्व मीमांसा व आचार मीमांसा का परिचय ।

Unit- III

दर्शन: जैन, बौद्ध व चार्वाक दर्शन की तत्त्व मीमांसा व आचार मीमांसा का सामान्य परिचय ।

Unit - IV

संस्कृति: उद्गम, अर्थ, परिभाषा एवं प्रकार । भारतीय धर्मशास्त्र - वेद, उपनिषद, मनुस्मृति, महाभारत, रामायण, गीता का सामान्य परिचय।

Unit- V

भारतीय संस्कृति की प्रमुख विशेषताएँ- वैदिक आश्रम व्यवस्था, वर्ण व्यवस्था, कर्म सिद्धान्त, षोडश संस्कार, पंच महायज्ञ ।

संदर्भ ग्रन्थ

1. वैदिक साहित्य एवं संस्कृति : डॉ. कपिल देव द्विवेदी
2. भारतीय दर्शन : आचार्य बलदेव उपाध्याय
3. सत्यार्थ प्रकाश : स्वामी दयानन्द सरस्वती
4. ऋग्वेदादिभाष्यभूमिका : स्वामी दयानन्द सरस्वती
5. धर्म का आदि स्रोत : गंगा प्रसाद उपाध्याय
6. औपनिषदिक अध्यात्म विज्ञान : डॉ. ईश्वर भारद्वाज ।

पेपर- योग एवं सम्बद्ध विज्ञान
पेपर कोड- एम0ए0/एम0एस0सी0-203

Total Marks (Internal & Final Exam): 100 (75+25)

Objectives of the Paper: The teaching-learning of this paper will enable learner to-

- 1) Discuss concepts of health & physical education, psychology, value education and spirituality in connection to Yoga.
- 2) Discuss applications of Yoga for excelling performance of selected games and holistic personality.

Course Outcome:

Following the completion of this course, students shall be able to

CO1: Identify the relevance between yoga and allied health science.

CO2: Students will develop practical and theoretical skills in physical education.

CO3: Student will be capable to examine the science of human behaviour and mental processes.

Unit- I

योग एवं स्वास्थ्य शिक्षा

- स्वास्थ्य का अर्थ, परिभाषा एवं विशेषताएं

स्वास्थ्य शिक्षा- अर्थ, परिभाषा एवं उद्देश्य

स्वास्थ्य शिक्षा के प्रमुख सिद्धान्त एवं प्रकार

- योग एवं स्वास्थ्य शिक्षा ।

Unit-II

योग एवं मनोविज्ञान

- मनोविज्ञान की अवधारणा- अर्थ, परिभाषा, प्रकार एवं उद्देश्य ।
- मनोविज्ञान: क्षेत्र, शाखाएं, आवश्यकता एवं समकालिन महत्व ।
- मनोविज्ञान एवं योग का सम्बन्ध (समानताएं एवं विषमताएं)

Unit - III

योग और शारीरिक शिक्षा

शारीरिक शिक्षा- अर्थ, परिभाषा, उद्देश्य एवं प्रकार ।

- आधुनिक परिवेश में शारीरिक शिक्षा की सांदर्भिका
- शारीरिक शिक्षा सशक्तिकरण के लिए योग की उपयोगिता ।

खेल- एथलेटिक्स, क्रिकेट, हॉकी, फुटबाल, वॉलीबॉल, वेट लिफ्टिंग एवं बैड मिन्टन के लिए योग की उपयोगिता ।

Unit - IV

योग और मूल्य शिक्षा

मूल्य शिक्षा की अवधारणा- अर्थ, परिभाषा, उद्देश्य, क्षेत्र, आवश्यकता एवं महत्व ।
आधुनिक जीवन शैली में मूल्य शिक्षा की अवधारणा एवं उपयोगिता ।
योग एवं मूल्य शिक्षा का सम्बन्ध ।

Unit - V

योग और आध्यात्मिकता

- अध्यात्म: अर्थ, परिभाषा, उद्देश्य, क्षेत्र, आवश्यकता एवं महत्व ।
 - आध्यात्मिक व्यक्तित्व की अवधारणा (अर्थ, परिभाषा, निर्धारक एवं मापन)
- योग एवं अध्यात्म का सम्बन्ध
आध्यात्मिक व्यक्तित्व विकास के लिए उपयुक्त योगाभ्यास ।

Reference Books

Introduction to Psychology	: Shashi Jain
Physical Education Hand Book	: Deepak Jain (2011)
Dimensions of Physical Education	: Dr. Anil Sharma (2011)
Human Values, Ethics, & Indian Ethos	: DR. S.K. Chakraborty
स्वस्थवृत्त	: डॉ॰ रामहर्ष सिंह (2009)

पेपर- मानव शरीर विज्ञान-II
पेपर कोड- एम0ए0/एम0एस0सी0-204

Total Marks (Internal & Final Exam): 100 (75+25)

Objectives of the Paper: The teaching-learning of this paper will enable learner to-

- 1) Discuss gross anatomy and physiology of human digestive, urinary, nervous, & glandular systems; and selected cognitive senses (eye, nose and ear).
- 2) Discuss anatomical and physiological effects of selected yoga practices (postures, breath regulations, neuro-muscular locks, gestures, concentrations, guided meditations etc.) on aforesaid contents of human body in evidence based way.

Course Outcome:

CO1: Students would get to know the proper knowledge of anatomy and physiology of human being.

CO2: Students would get to know the structure and functioning of different systems in human body.

CO3: Student would get to know yogic effect on different system.

Unit- I

पाचन तन्त्र

सामान्य तथा ऊतकीय रचना विज्ञान, रचना, तन्त्र तथा कार्य- आमाशय, यकृत तथा अग्नाशय, स्रावों की क्रियावली- लार, आमाशय रस, अग्नाशय रस, पित्त, अन्त्रीय स्राव, भोजन (प्राटीन, कार्बोहाइड्रेट तथा वसा) को पचाने के लिए इनकी भूमिका, पाचन तंत्र पर योग का प्रभाव ।

Unit - II

मूत्रवह तन्त्र

उत्सर्जन तन्त्र की रचना (सामान्य एवं ऊतकीय), वृक्क का सामान्य एवं ऊतकीय रचना एवं कार्य, ग्लोमेरुलस, नेफ्रान, एवं रीनल ट्यूब्यूल, मूत्र संगठन एवं उत्पत्ति प्रक्रिया, मूत्र प्रवाह एवं इसका नियंत्रण, मूत्रवह तन्त्र पर योग का प्रभाव ।

Unit- III

तन्त्रिका तन्त्र

तन्त्रिका तंत्र की सामान्य रचना; नाड़ियों व तन्त्रिकाओं की रचना प्रकार एवं गुण; तन्त्रिका तन्त्र के प्रकार (केन्द्रीय नाड़ी संस्थान एवं पुरानुकम्पी तन्त्रिका तन्त्र), केन्द्रीय नाड़ी संस्थान (मस्तिष्क, प्रमस्तिष्क, अनुमस्तिष्क, सुषुम्ना) - सामान्य रचना एवं क्रियायें; पोन्स, सुषुम्नाशीर्ष, चेतक, अर्धचेतक के कार्य एवं सम्बन्ध; परानुकम्पी तन्त्रिका तन्त्र (कपालीय एवं मेरु तन्त्रिकायें) - सामान्य रचना एवं क्रियायें; स्वचालित तन्त्रिका तन्त्र (अनुकम्पीय एवं परानुकम्पीय) - सामान्य रचना विज्ञान एवं कार्य; तन्त्रिका तन्त्र पर योग का प्रभाव ।

Unit - IV

अन्तःस्रावी तंत्र

अन्तःस्रावी तथा बहिःस्रावी ग्रन्थियाँ, रचना (सामान्य एवं ऊतकीय) तथा कार्य - पीयूष ग्रन्थि, अवटुग्रन्थि या चुल्लिका ग्रन्थि तथा परिचुल्लिका ग्रन्थि, अग्नाशय तथा अधिवृक्क ग्रन्थि, उपयुक्त ग्रन्थियों पर योग का प्रभाव ।

ज्ञानेन्द्रिया

नेत्र रचना रेटिना का ऊतकीय विज्ञान, कोर्निया का विज्ञान, दृष्टि प्रक्रिया एवं संमजन । नासिका की सम्पूर्ण रचना एवं गन्ध प्रक्रिया ।

कर्ण की सामान्य रचना एवं श्रवण प्रक्रिया तथा सन्तुलन ।

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ed.). London: Elsevier.

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- क्रियात्मक योग
पेपर कोड- एम0ए0/एम0एस0सी0-205

Total Marks (Internal & Final Exam): 100 (75+25)

Objectives of the Paper: The teaching-learning of this paper will enable learner to-

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

Course Outcome:

On completion of this course, the students will be able to:

CO1: develop understanding of different yogic techniques.

CO2: attain perfection to perform different yogic practices.

CO3: learn the practical interpretation of Shatkarma.

CO4: conduct practical sessions.

CO5: Conduct Yajya practical sessions

CO6: explain techniques of Pratyahara, Dharana and Dhyana.

आसन		50 अंक
उत्कटासन	आकर्णधनुरासन	व्याघ्रासन
वृषभासन	भूनमनासन	गर्भासन
पश्चिमोत्तान	कोणासन	अर्द्धचन्द्रासन
नटराजासन	अष्टावक्र	तिर्यक भुजंगासन
चक्रासन	कुक्कुटासन हस्तपादांगुष्ठ	परिवृत्त जानुशीर्षासन
कुर्मासन	पर्वत	गुप्तम
वक्रासन	बद्धपद्मासन	सर्पासन
उत्थित पद्मासन	वातायनासन	संकट आसन
पादांगुष्ठ	तुलासन	

प्राणायाम: सूर्यभेदी, चन्द्रभेदी, उज्जायी, बाह्यवृत्ति, आभ्यन्तर वृत्ति तथा MA/MS-105 के सभी

अभ्यास । - 10 अंक

मौखिकी -15 अंक

Unit- I

षट्कर्म

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- षट्कर्म मुद्रा व बन्ध

पेपर कोड- एम0ए0/एम0एस0सी0-206

Objectives of the Paper

Following the completion of the course, students shall be able to:

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; & 2) To demonstrate and instruct undermentioned yogic practices.

Course Outcome:

On completion of this course, the students will be able to:

CO1: develop understanding of different yogic techniques.

CO2: attain perfection to perform different yogic practices.

CO3: learn the practical interpretation of Shatkarma.

CO4: conduct practical sessions.

CO6: explain techniques of Pratyahara, Dharana and Dhyana.

Unit - I

-35 अंक

षट्कर्म

सूत्रनेति, अग्निसार, शीत्क्रम व व्युत्क्रम कपालभाति तथा MA/MS - 105 में वर्णित सभी क्रियाएं ।

Unit - II

- 15 अंक

मुद्रा व बन्ध

शाम्भवी, तड़ागी, काकी मुद्रा एवं महाबन्ध

हस्तमुद्रा, प्राण व अपान मुद्रा तथा MA/MS-105 में वर्णित सभी मुद्रा व बन्ध ।

मंत्र एवं ध्यान:

- 10 अंक

मौखिकी

- 15 अंक

3rd Semester

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- पातंजल योग सूत्र

पेपर कोड- एम0ए0/एम0एस0सी0-301

Objectives of the Paper

Following the completion of this course, students shall be able to

- Introduce Yoga darshan and its main principles.
- Become familiar with the main techniques of yoga prescribed in Yoga Darshan.

Course Outcome:

CO1: Students will be capable of learning Patanjali yoga sutra.

CO2: Students would be skillful in calming the mind by eliminating different vrittis.

CO3: Students will be Skilled to know vrittis of mind.

इकाई (1)

योग की परिभाषा, चित्त की भूमियाँ, चित्त की वृत्तियाँ, योगान्तराय, ईश्वर की अवधारणा, चित्त प्रसादन के उपाय (अभ्यास और वैराग्य, एक तत्त्व अभ्यास, धारणा, ध्यान, व्यावहारिक उपाय), समाधि के अवस्थाएं ।

इकाई (2)

क्रिया योग का स्वरूप, पंचकलेश, कर्माशय, चतुर्व्यूहवाद, ऋतम्भरा प्रज्ञा और इसकी भूमियाँ, विवेकख्याति ।

इकाई (3)

अष्टांग योग (यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान एवं समाधि) की अवधारणा, महाव्रत का स्वरूप, वितर्क विवेचन । बहिरंग योग (यम, नियम, आसन, प्राणायाम एवं प्रत्याहार) की अवधारणा अर्थ, परिभाषाएं, विधि, फल एवं उपयोगिताएं ।

इकाई (4)

अंतरंग योग (धारणा, ध्यान एवं समाधि) की अवधारणा अर्थ, परिभाषाएं, विधि, फल एवं उपयोगिता संयम, चित्त का परिणाम, विभूति और उसके भेद, कैवल्य का स्वरूप।

इकाई (5)

निर्माण चित्त, कर्म का स्वरूप, कर्म के भेद, दृष्टा और दृश्य, सिद्धि के भेद, अष्ट सिद्धियाँ, सिद्धि के पांच साधन, धर्ममेघ समाधि ।

संदर्भ ग्रन्थ:-

- | | |
|----------------------|----------------------|
| 1. योग दर्शन | : स्वामी रामदेव |
| 2. योग सूत्र | : वाचस्पतिमिश्र |
| 3. योग सूत्र | : राजमार्तण्ड भोजराज |
| 4. पातंजल योग प्रदीप | : ओमानन्द तीर्थ |
| 5. पातंजल योग विमर्श | : विजयपाल शास्त्री |
| 6. ध्यान योग प्रकाश | : लक्ष्मणानन्द |

7. योगदर्शन

: राजवीर शास्त्री

8. पातंजल योग दर्शन

: स्वामी सत्यपति परिव्राजक

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- आयुर्वेद परिचय

पेपर कोड- एम0ए0/एम0एस0सी0-302

Objectives of the Paper

Following the completion of this course, students shall be able to

- Understand the basic principles of Ayurveda.

- Have knowledge of different techniques used in Ayurveda to cure general ailments.
- Have basic knowledge of Panchkarma and useful domestic herbal remedies

Course Outcome:

CO1: Student would know to describe the concept of Ayurveda.

CO2: Student will familiarise with the deep concept of dosha.

CO3: Student would know the concept of dhatu, prakriti and would be capable to identify the level of health on the basis of these concept.

Unit-I

आयुर्वेदः उद्गम, अर्थ, परिभाषा, प्रयोजन, इतिहास एवं रोग निदान एवं परीक्षण के प्रमुख सिद्धान्त

Unit-II

दोषः अर्थ, परिभाषा, प्रकार, कार्य एवं विकृति के परिणाम; धातुः अर्थ, परिभाषा, प्रकार, कार्य एवं विकृति के परिणाम; उपधातुः अर्थ, परिभाषा, प्रकार, कार्य एवं विकृति के परिणाम; मलः अर्थ, परिभाषा, प्रकार, कार्य एवं विकृति के परिणाम; स्रोतसः अर्थ, परिभाषा, प्रकार एवं कार्य; इन्द्रियः अर्थ, परिभाषा, प्रकार एवं कार्य; अग्निः अर्थ, परिभाषा, प्रकार एवं कार्य; प्राणः अर्थ, परिभाषा, प्रकार, स्थान एवं कार्य; प्राणायामः अर्थ, परिभाषा, प्रकार एवं कार्य; प्रकृतिः अर्थ, परिभाषा, विशेषताएं एवं इसके विकार; देह - प्रकृतिः अर्थ, परिभाषा, प्रकार एवं पहचान; मनस प्रकृतिः अर्थ, परिभाषा, प्रकार एवं पहचान।

Unit-III

प्रमुख जड़ी-बूटियों का सामान्य परिचय, गुणधर्म, स्वास्थ्य संवर्द्धनात्मक एवं चिकित्सकीय प्रयोग- आक, अजवाइन, आंवला, अपमार्ग, अश्वगंधा, तुलसी, गिलोय, ब्राह्मी, धनिया, अदरक, इलायची, हर, नीम, हल्दी व गवारपाठा।

Unit-IV

पंचकर्म (पूर्वकर्म, प्रधानकर्म और पश्चात् कर्म) : अर्थ, परिभाषा, प्रकार, प्रयोजन, लाभ, हानि, सावधानियाँ एवं स्वास्थ्य संवर्द्धनात्मक एवं चिकित्सकीय प्रयोग ।

Unit-V

प्रधान कर्म की विस्तृत विवेचना एवं विभिन्न व्याधियों में (गठिया, अर्थराइटिस, मोटापा, मधुमेह, कमरदर्द, कोलाइटिस, आई.बी.एस., सी.ए.पी., यूबीआईटीस, यकृत विकार, अनिद्रा, अवसाद, चिन्ता एवं तनाव आदि)

सन्दर्भ ग्रन्थः

आयुर्वेद सिद्धान्त रहस्य	- आचार्य बालकृष्ण
आयुर्वेद जड़ी-बूटी रहस्य	- आचार्य बालकृष्ण
आयुर्वेदीय शरीर क्रिया विज्ञान	- शिव कुमार गौड़
स्वस्थवृत्त	- डॉ० रामहर्ष सिंह

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- शोध एवं सांख्यकीय विधियाँ
पेपर कोड- एम0ए0/एम0एस0सी0-303

Objectives of the Paper: The teaching-learning of this paper will enable learner to-

- 1) State concept and make statistical computations (measure of central tendency & dispersion, simple correlation & regression, NPC Applications, t-test, ANOVA, & Chi-square) regarding Research and Statistical Methods.
- 2) Apply knowledge of Research & Statistical Methods to draft mini research synopsis & undertake the same in Master Program as Dissertation to create rigid base for advanced research career in future.

Course Outcome:

CO1: Student will learn the nature, scientific method and importance of research in the field of yoga.

CO2: Student came to know scientifically that how yoga affects human body.

CO3: Student will get familiar with the steps involved in carrying a research study.

UNIT 1

Scientific Research

Concept, Characteristics, Types and Process; Scope and purpose of scientific research in yoga

Research Problem

Concept, Sources of Research Problems in Yoga, Characteristics of good research problem, Considerations in selecting a research problem, Steps in the formulation of a research problem and Practice of formulating a research problem

Hypothesis

Concept, Functions, Characteristics and Types (Research Hypothesis and Null hypothesis); Practice of hypotheses writing

Sampling

Concept, Types (Probability and Non-Probability Samplings with their types), and Practice of using different sampling procedures for sample selection

UNIT 2

Variable

Concept, Types (Independent, Dependent, Extraneous, Intervening and Moderating) and Practice for identification of variables in different research problems

Research Design

Concept, Characteristics of Good Research Design, Types: Non-experimental (Retrospective, Cross-sectional and Causal comparative), Quasi-experimental and True Experimental Design

Concept, Types (Randomized control group design, and Factorial Design), Merits and Demerits

Methods of Controlling Extraneous Variance

Concept and Control Methods (Randomization, Elimination, Introducing new Independent Variables, other techniques)

UNIT 3 Statistics

Concept and Significance; Types of research data, Frequency distributions (Individual, Discrete and Continuous), Graphical Representation of the data (Histogram, pie chart and bar graph).

Measures of Central Tendency

(Arithmetic Mean, Median and Mode): Concept and Computation in case of grouped and ungrouped data.

Measure of Dispersion

Concept and computation of Range, Quartiles and Standard Deviation.

UNIT 4

Normal Distribution

Concept, Proportions, and Applications of Normal Distribution

Simple Correlation

Concept and computation of correlation coefficient by product moment method, coefficient of Determination.

Simple Regression

Concept, Regression Equations (In Score forms), Solving

Regression Equations, Interpretation of Regression coefficients, Standard Error of Estimate.

UNIT 5

Hypothesis Testing

Type I and Type II Errors, Level of significance, Degree of freedom, Testing significance of mean difference.

T-test: Concept and Computation (In case of two sample hypotheses and paired sample hypotheses).

ANOVA (Analysis of Variance)

Concept and Computation of one-way ANOVA in unrelated design and related designs Chi-Square Test

Concept and Computation in different cases.

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Guilford, J. P., & Fruchter, B. (1973). Fundamentals of statistics in psychology and education. Tokyo, Japan: Kogakusha.

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Guilford, J. P. & Fruchter, B. (1988). Fundamental Statistics in Psychology and Education. New Delhi, India: McGraw Hill. Unit-I

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- प्राकृतिक चिकित्सा
पेपर कोड- एम0ए0/एम0एस0सी0-304

Objectives of the Paper

Following the completion of this course, students shall be able to

- Understand the basic principles and streams of Naturopathy.
- Have knowledge of different techniques used in Naturopathy to cure general ailments.

Course Outcome:

CO1: Student would know the root reason on which naturopathy work to heal the human body.

CO2: Student would know the miracle of mud therapy, sun, air therapy and would also know to heal patient by applying these therapies.

CO3: Student would know how to apply fasting without any misconception and would restrain himself or other from harmful side effect.

Unit-I

प्राकृतिक चिकित्सा : संक्षिप्त इतिहास, अर्थ, परिभाषा, प्रयोजन, मूल सिद्धान्त, विजातीय विष का सिद्धान्त; तीव्र व जीर्ण रोग- कारण, लक्षण, निदान एवं प्राकृतिक समाधान; जीवनी शक्ति बढ़ाने के उपाय।

Unit-II

जल चिकित्सा: अर्थ, परिभाषा, प्रयोजन, मूल सिद्धान्त, जल का महत्व, जल के गुण, विभिन्न तापक्रम के जल का शरीर पर प्रभाव, जल चिकित्सा की स्वरूप (जलपान, प्राकृतिक स्नान, साधारण व घर्षण स्नान, कटि स्नान, मेहन स्नान, वाष्प स्नान, रीढ़ स्नान, उष्ण पाद स्नान, पूरे शरीर की गीली पट्टी; छाती, पेट, गले व हाथ-पैर की पट्टियाँ, स्पंज, एनिमा) की विधियाँ, लाभ, सावधानियाँ, स्वास्थ्य संवर्द्धन एवं विभिन्न आदि-व्याधि निवारण के लिए प्रयोग एवं हानियाँ ।

Unit-III

मिट्टी, सूर्य व वायु चिकित्सा: मिट्टी का महत्व, प्रकार, गुण, शरीर पर मिट्टी का प्रभाव। मिट्टी पट्टियों का प्रकारों एवं मृत्तिका स्नान के चिकित्सकीय प्रयोग । सूर्य प्रकाश की संरचना, महत्व, शरीर पर सात अलग-अलग रंग के क्रिया-प्रक्रिया एवं चिकित्सकीय उपयोग। सूर्य स्नान - विधि, समय, अवधि, लाभ, सावधानियाँ एवं चिकित्सकीय उपयोग।

वायु: आरोग्यकारी प्रभाव, वायु स्नान एवं इसके स्वास्थ्य संवर्द्धन एवं चिकित्सकीय प्रयोग एवं सावधानियाँ ।

Unit-IV

उपवास: अर्थ, परिभाषा, प्रयोजन, मूल सिद्धान्त, प्रकार (दीर्घ, लघु, पूर्ण, अर्ध जल उपवास, रसोपवास, अकाहारोपवास), शारीरिक क्रिया-प्रतिक्रिया, आरोग्य हेतु उपवास, रोग का उभार व उपवास के नियम,

आदर्श आहार, प्राकृतिक आहार, रोग निवारण में उपयुक्त आहार एवं इसके घटक (कार्बोहाइड्रेट, प्रोटीन, विटामिन, वसा, फाईबर) ।

Unit-V

मालिश: इतिहास, अर्थ, परिभाषा, प्रयोजन, मूल सिद्धान्त, प्रकार (वैज्ञानिक एवं आयुर्वेदिक); मालिश की विभिन्न विधियाँ- सामान्य, घर्षण, थपकी, मसलना, दलना, कम्पन, बेलना, सहलाना, झकझोरना, ताल, मुक्की, चुटकी आदि के शरीर क्रिया विज्ञान का प्रभाव, स्वास्थ्य संवर्द्धन एवं चिकित्सकीय प्रयोग एवं सावधानियाँ।

कमर दर्द, इपीलेप्सी, अनिद्रा, अल्सर, मोटापा, अर्थराइटिस, सोराइसिस, दमा, निमोनिया, हाइपर/ हाइपोटेंशन, हाइपर/ हाइपोथाइराइडिज्म, प्रतिश्याय, नपुंसकता, मधुमेह, अवसाद, चिन्ता, मासिक धर्म सम्बन्धी समस्याएं, माईग्रेन की प्राकृतिक चिकित्सा विधि ।

संदर्भ ग्रन्थ:-

चिकित्सा उपचार के विविध आयाम	- पं. श्रीराम शर्मा आचार्य सम्पूर्ण वाङ्मय, खण्ड-40
जीवेम शरदः शतम	- पं. श्रीराम शर्मा आचार्य सम्पूर्ण वाङ्मय, खण्ड-41
स्वस्थवृत्तम	- शिव कुमार गौड़
आहार और स्वास्थ्य	- डॉ. हीरालाल
रोगों की सरल चिकित्सा	- विट्ठल दास मोदी
आयुर्वेदीय प्राकृतिक चिकित्सा	- राकेश जिन्दल
Diet and Nutrition	- Dr. Rudolf
History and Philosophy of Naturopathy	- Dr. S.J. Singh
Nature Cure	- Dr. H.K. Bakhru
The Practice of Nature Cure	- DR. Henry Lindhar
प्राकृतिक चिकित्सा एवं योग	- डॉ० नागेन्द्र नीरज
स्वस्थवृत्त विज्ञान	- प्रो. रामहर्ष सिंह

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- क्रियात्मक योग

Objectives of the Paper

Following the completion of the course, students shall be able to:

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; & 2) To demonstrate and instruct undermentioned yogic practices.

Course Outcome:

On completion of this course, the students will be able to:

CO1: develop understanding of different yogic techniques.

CO2: attain perfection to perform different yogic practices.

CO3: learn the practical interpretation of Shatkarma.

CO4: conduct practical sessions.

CO5: Conduct Yajya practical sessions

CO6: explain techniques of Pratyahara, Dharana and Dhyana.

षट्कर्म : दण्ड, धौति, नौलि, त्राटक, वस्त्र धौति तथा प्रथम, द्वितीय सेमेस्टर के सभी अभ्यास ।

आसन

पद्म सर्वांगासन

शीर्षासन

तोलांगुलासन

मयूरासन

एक पाद स्कन्ध आसन

वातायनासन

गर्भासन

टिट्टिभासन

शीर्ष पादांगुष्ठासन

विभक्त पश्चिमोत्तानासन

एक पाद राजकपोतासन

तथा प्रथम, द्वितीय सेमेस्टर के आसनों सहित

गुसासन

पद्मबकासन

पूर्ण उष्ट्रासन

प्राणायाम: भ्रामरी, भस्त्रिका, स्तम्भवृत्ति तथा पूर्व सेमेस्ट्रों के सभी अभ्यास ।

मुद्राएं एवं बन्ध: खेचरी मुद्रा, महावेध मुद्रा, महा मुद्रा, महा बन्ध तथा पूर्व सेमेस्ट्रों के सभी अभ्यास ।

मौखिकी

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- प्राकृतिक चिकित्सा क्रियात्मक
पेपर कोड- एम0ए0/एम0एस0सी0-306

Objectives of the Paper

Following the completion of the course, students shall be able to:

- State techniques, health benefits, applications, precautions and contraindications of undermentioned Naturopathy practices.

Course Outcome:

CO1: Student will be familiarise with water therapy, massage therapy.

CO2: Students will have capability to treat different major disease with help of these therapies
The Practical copy will be prepared under guidance of Teacher Faculty concerned.

- 10 अंक

जल चिकित्सा की स्वरूप (जलपान, प्राकृतिक स्नान, साधारण व घर्षण स्नान, कटि स्नान, मेहन स्नान, वाष्प स्नान, रीढ़ स्नान, उष्ण पाद स्नान, पूरे शरीर की गीली पट्टी, छाती, पेट, गले व हाथ-पैर की पट्टियां, स्पंज, एनिमा) की विधियाँ, लाभ, सावधानियाँ, स्वास्थ्य संवर्द्धन एवं विभिन्न आदि-व्याधि निवारण के लिए प्रयोग एवं हानियाँ ।

-20अंक

मालिश की विभिन्न विधियां- सामान्य, घर्षण, थपकी, मसलना, दलना, कम्पन, बोलना, सहलाना, झकझोरना, ताल, मुक्की, चुटकी आदि के शरीर क्रिया विज्ञान का प्रभाव ।

- 10 अंक

कमर दर्द, इपीलेप्सी, अनिद्रा, मोटापा अर्थराइटिस, सोराइसिस, दमा, निमोनिया, हाइपर/ हाइपोटेंशन, प्रतिशाय, नपुंसकता, मधुमेह, अवसाद, चिन्ता, ओवसेसि, मासिक धर्म सम्बन्धी समस्याएं, धूमपान एवं मद्यपान, माईग्रेन की प्राकृतिक चिकित्सा विधि ।

- 10 अंक

मौखिकी :-

-25 अंक

4th Semester

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- स्वस्थ्यवृत्त, आहार, एवं पोषण

पेपर कोड- एम0ए0/एम0एस0सी0-401

Objectives of the Paper

Following the completion of this course, students shall be able to

- Understand the concept of diet and the medical value of nutrition.
- Advise appropriate diet to different age groups.
- Know the benefits and caloric value of various food groups.
- Understand and practice daily regimen, night regimen and seasonal regimen for health promotion, disease prevention and age reversal.

Course Outcome:

CO1: Student will learn to apply good habits in his daily routine, which in result improve the health status.

CO2: Students would be capable to know about the reason behind arising the disease and to cure them by following a good seasonal routine.

CO3: Student would be capable to design a healthy diet plan which help in getting all the necessary nutrients for the body.

Unit-I

शरीर की परिभाषा, पुरुष के आयुर्वेदोक्त चार भेद - चेतनाधातु पुरुष, चतुर्विंशति तत्व, पुरुष, पंचविंशति तत्व पुरुष, षडधातु पुरुष।

मनः संरचना / निर्माण, स्थान, कार्य; मनोविकृतियों के कारण एवं मन की शुद्धि एवं जागृति की योग साधनाएं, शरीर और मन का सम्बन्ध ।

Unit-II

स्वास्थ्य एवं तन्दुरुस्ती : अर्थ, परिभाषा, लक्षण एवं अंगों की विवेचना ।

स्वस्थवृत्तः अर्थ, परिभाषा, स्वरूप, प्रयोजन, अंग।

दिनचर्या: अर्थ, परिभाषा एवं बिन्दुवार अंगों एवं उनके अभ्यास विधियों एवं लाभों) ।

व्यायाम की अवधारणा एवं उपयोगिता ।

अभ्यंगः अर्थ, परिभाषा एवं विधियाँ एवं उनके शरीरगत प्रभाव एवं चिकित्सकीय प्रयोग ।

Unit-III

ऋतुचर्या: अर्थ, परिभाषा, विभाजन, एवं विशेषताएँ; ऋतु के अनुसार दोषों का संचय, प्रकोप व प्रशमन;

सद्गत एवं आचार रसायनः अर्थ, परिभाषा एवं प्रकार; आदि-व्याधि रोकथाम, निवारण एवं दीर्घआयुस्य के लिए इनकी उपयोगिता ।

Unit-IV

आहार एवं पोषणः अर्थ, परिभाषा, अंग, घटक, गुणवत्ता, मात्रा, समय, बारम्बारता, कार्य एवं उपयोगिता

। आहार विविधता: दुग्धाहार, फलाहार, अपक्वाहार । उपवास की अवधारणा एवं स्वास्थ्य सम्बन्धी उपयोगिता। मांसाहार व शाकाहार का तुलनात्मक विवेचना ।

Unit-V

संतुलित आहारः परिभाषा, घटक एवं वर्गीकरण ।

घटकों का रासायनिक वर्गीकरण: प्रोटीन, कार्बोहाइड्रेट, वसा, खनिज, लवण, विटामिन, जल, वर्गीकरण तथा शरीर में कार्य ।

संदर्भ ग्रन्थ:-

1. चरक संहिता : महर्षि चरक
2. सुश्रुत संहिता : महर्षि सुश्रुत
3. आयुर्वेद सिद्धान्त रहस्य : आचार्य बालकृष्ण
4. स्वस्थवृत्त विज्ञान : रामहर्ष सिंह

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- योग चिकित्सा

पेपर कोड- एम0ए0/एम0एस0स10-402

Objectives of the Paper

Following the completion of this course, students shall be able to

- Prescribe the integrated yoga module for the individual case after detailed documentation and report it to the referring consultant.
- Request for assessment measures if necessary
 - a) to confirm the diagnosis,
 - b) to assess the present status of the disease, and
 - c) for follow up.
- To be able to monitor the medication and modify it suitably as the case progresses with yoga practices and report it to the referring consultant.
- To prescribe and administer yogic prescription for the specific disease

Course Outcome:

CO1: Student will familiarise with yogic concept of human anatomy and physiology on their basis they would apply ancient techniques of yoga properly.

CO2: Student would know the different techniques which heal human body system.

CO3: Student will be capable to heal common diseases by applying yoga therapy.

Unit-I

यौगिक मानव संरचना एवं क्रिया विज्ञान: चक्र, पंचकोश एवं तीन शरीर की अवधारणा, इनके जागृति एवं विकृति के शारीरिक, मानसिक एवं मनोदैहिक परिणाम । यौगिक विकृति निदान (1) स्वर विज्ञान, (2) प्राण एवं (3) श्वास का शारीरिक, मानसिक एवं मनोदैहिक दैनिक समस्याओं के साथ सम्बन्ध। सप्तचक्र का तंत्रिका जालिकाओं एवं अन्नसावी ग्रन्थियों से सहसम्बन्ध । स्वास्थ्य एवं तन्दरूस्ती: अर्थ, परिभाषा, लक्षण एवं अंगों की विवेचना (योग एवं डब्ल्यू.एच.ओ. के संदर्भ में) ।

Unit-II

योग चिकित्सा: अर्थ, परिभाषा, प्रयोजन, मूल सिद्धान्त, अंगों, प्रभावों; स्वास्थ्य संवर्द्धन, रोगथाम, उपचार एवं दीर्घायु के लिए योग चिकित्सा का महत्व। योग चिकित्सक के गुण, योग चिकित्सा एवं एलोपैथिक चिकित्सा के बीच में अन्तर योग चिकित्सा की समकालिन व्यापकता एवं सांदर्भिकता, योग चिकित्सा की सीमाएं।

Unit-III

सामान्य आदि व्याधियों के लिए योग चिकित्सा अस्थि एवं मांशपेशी तंत्र के रोग: कमर दर्द, शियाटिका, सरवाईकल स्पॉण्डलाइटिस, रियूमेटाइड एवं आस्टिओ अर्थोराइटिस, आम बात, के कारण, संकेत, लक्षण, निदान एवं योग चिकित्सा ।

श्वसन सम्बन्धी रोग: दमा, निमोनिया, प्रतिश्याय एवं साइनोसाइटिस; के कारण, संकेत, लक्षण, निदान एवं योग चिकित्सा ।

पाचन तंत्र सम्बन्धी रोग: कब्ज, अजीर्ण, अम्लपित्त, अल्सर (गैस्ट्रिक एवं ड्यूडेनल), इरीटेबल बाउल सिंड्रोम, उदरवायु, पीलिया, कोलाइटिस, अर्श, के कारण, संकेत, लक्षण, निदान एवं योगचिकित्सा ।

के कारण, संकेत, रक्त परिवहन तंत्र सम्बन्धी: उच्च रक्तचाप, निम्नरक्त चाप, हृदय धमनी अवरोध, एन्जाइना के कारण, लक्षण, निदान एवं योगचिकित्सा ।

Unit-IV

प्रजनन एवं उत्सर्जन तंत्र सम्बन्धी रोग: नपुंसकता, मासिक धर्म सम्बन्धी समस्याएं, ल्यूकोरिया, कटिशूल, इनफार्टीलिटि, यू.टी.आई. यूरिनरी स्ट्रेस इनकंटीनेंस के कारण, संकेत, लक्षण, निदान एवं योग चिकित्सा।

अतःस्नायी ग्रन्थियों सम्बन्धी: मधुमेह, थायराइड हार्मोन वृद्धि / कमी, मोटापा, डायबेटिज मैलाइटस, मानसिक शक्ति ह्रास; के कारण, संकेत, लक्षण, निदान एवं योग चिकित्सा।

तंत्रिका तंत्र सम्बन्धी रोग: सिर दर्द, इपीलेप्सी, हिस्ट्रिया, अवसाद, चिन्ता, अनिद्रा, माइग्रेन, तनाव, धूमपान, मद्यपान; के कारण, संकेत, लक्षण, निदान एवं योग चिकित्सा ।

मानसिक स्वास्थ्य: अर्थ, परिभाषा, अंग, निर्धारक, कारण, लक्षण एवं उनका योग चिकित्सा द्वारा निदान ।

संदर्भ ग्रन्थ:-

- | | |
|-----------------------------|-------------------|
| 1. चरक संहिता | : महर्षि चरक |
| 3. सुश्रुत संहिता | : महर्षि सुश्रुत |
| 4. आयुर्वेद सिद्धान्त रहस्य | : आचार्य बालकृष्ण |
| 5. स्वस्थवृत्त विज्ञान | : रामहर्ष सिंह |

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- Complementary & Alternative Therapy (CAT)

पेपर कोड- एम0ए0/एम0एस0सी0-403

Objectives of the Paper

- State concept, prevalence, objectives, types, applications and limitations of CAT &
- Have knowledge & skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

Course Outcome:

CO1: Student will learn the nature and concept of alternative therapies.

CO2: Student will be familiarise with the concept of pranic healing and acupressure points through which they can heal major disease.

CO3: Student could easily apply these different therapies and help society by its remedial effects.

Unit-I

पूरक एवं वैकल्पिक चिकित्सा: इतिहास, अर्थ, परिभाषा, उद्देश्यों, प्रकारों, व्यापकता, समकालिन आवश्यकता, उपयुगिताएं एवं सीमाएं।

मनःद्वैहिक चिकित्सा: उद्गम, अर्थ, परिभाषा, उद्देश्य, सिद्धान्त, अंग, प्रभाव, व्यापकता, उपयुगिता एवं सीमाएं।

Unit-II

शरीर आधारित संचालनात्मक चिकित्सा: इतिहास, अर्थ, परिभाषा, उद्देश्यों, सिद्धान्त, प्रकारों, व्यापकता, समकालिन आवश्यकता, उपयुगिताएं एवं सीमाएं ।

एक्यूप्रेशर: उद्गम, अर्थ, परिभाषा, उद्देश्य, पंचतत्त्व सिद्धान्त, प्रकार, प्राण जैविक चक्र, मैरीडियन प्रणाली, एवं 12 मैरीडियनों में स्थित एक्यूप्वांटस का पहचान एवं रेखांकन, रफ्लैक्सोलॉजी ।

Unit-III

ऊर्जा उपचार: इतिहास, अर्थ, परिभाषा, उद्देश्यों, सिद्धान्त, प्रकारों, उपयुगिताएं एवं सीमाएं।

प्राणिक उपचार: उद्गम, इतिहास, अर्थ, प्राण की अवधारणा एवं सप्त, सिद्धान्त, कर्मफल सिद्धान्त प्रकार (सामान्य, उन्नत एवं मनःचिकित्सा); ऊर्जा शरीर / आभामण्डल: संरचना प्रकार एवं आकार; शक्ति केन्द्र: अर्थ, प्रकार (मुख्य, मध्यम एवं लघु), आकार, रंग, कार्य एवं विकृति के दुष्परिणाम; आहर्तिक यज्ञ एवं द्विहृदय ध्यान, आभामण्डल / चक्र के जांच, ऊर्जा सफाई एवं प्रक्षेपण की विधियाँ ।

Unit-IV

एक्यूप्रेशर एवं प्राणिक चिकित्सा: Low Back Pain, Arthritis, Obesity, Diabetes, Hypertension / Hypotension, Hyper / Hypo Thyroidism, Liver Problem, Allergy, Coronary Artery Disease, Anemia, Hyperacidity, Irritable Bowel Syndrome, Colitis, Piles, Migraine, Insomnia, Depression, Chronic Fatigue Syndrome, Epilepsy, Anxiety, Obsessive Compulsive Disorder, Leucorrhoea, Menstrual Disorders, Impotency, Infertility, Asthma, Pneumonia, Renal Problem, Varicose Veins, Distress, and Myopia.

Unit-V

Biologically Based Products (Dietary Supplements & Herbal Remedies) Probiotics and Prebiotics, Antioxidants, Glucosamine Sulfate, Gultamine, Selenium, Curcumin, Multi-vitamins and their Natural Sources, Omega-3 Fatty Acid and Tryptophan; their Functions and natural Sources; Rejuvenating & De-stressing Herbs: Basil, Allovera, Awala, Giloya, Tea, Mint, Peppermint,

Ashwagandha, Satabari, Kaunch Beej, Brahmi, Sankhapuspi, Jatamasi, Mithi Buch and; their usages.

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- Sharma, S. (2013). Chikitsa Upchar Ke Vividh Ayam (2nd ed.). Mathura, India: Akhand Jyoti Samsthan.
- Sharma, S. (2013). Pran Chikitsa (2nd ed.). Mathura, India: Akhand Jyoti Samsthan.
- Sharma, S. (2006). Diagnose, cure and empower yourself by the currents of breath. Haridwar, India: Shri Vedmata Gayatri Trust.
- Yuan, Chun-Su., & Bieber, E. J. (2003). Textbook of complementary and alternative medicine. New York, NY: The Parthenon Publishing Group.

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- लघु शोध / निबन्ध
पेपर कोड- एम0ए0/एम0एस0सी0-404

An aptitude test will be conducted to select eligible candidates at the end of MA/M. Sc 3rd Semester to opt dissertation. The aptitude test will cover subjective and objective knowledge of all the papers of the Master Program, especially Research and Statistical Methods, and

Computer Application and candidate needs to secure 60% or above marks in the test conducted. The mode of question paper will be both objective and subjective. Candidates disqualified (scoring marks below 60%) in the aforesaid test needs to take paper on essay writing with following course contents:

निबन्ध: निम्नलिखित विषयों पर कोई 2 निबन्ध (प्रत्येक 10-12 पेज) में लिखना होगा।

UNIT-I

- | | |
|------------------------------------|----------------------------|
| 1. भारतीय वाङ्मय में योग के स्वरूप | 2. भारतीय वाङ्मय में चेतना |
| 3. योगदर्शन की तत्व मीमांसा | 4. भारतीय वाङ्मय में मोक्ष |

UNIT-II

- | | |
|---------------------|-------------------|
| 1. सत्कार्यवाद | 2. प्रमाण मीमांसा |
| 3. सृष्टि प्रक्रिया | 4. समाधि |

UNIT-III

- | | |
|---------------|---------------|
| 1. अष्टांगयोग | 2. ज्ञान योग |
| 3. भक्ति योग | 4. तन्त्र योग |
| 5. मन्त्र योग | 6. कर्मयोग |

UNIT-IV

1. महर्षि दयानन्द सरस्वती और उनकी योगसाधना ।
2. श्री अरविन्द और उनकी योग साधना
3. स्वामी विवेकानन्द और योग के क्षेत्र में उनका योगदान ।
4. स्वामी शिवानन्द और योग के क्षेत्र में उनका योगदान ।
5. परमहंस योगानन्द
6. स्वामी रामदेव

पतंजलि विश्वविद्यालय, हरिद्वार

पेपर- क्रियात्मक योग

पेपर कोड- एम0ए0/एम0एस0सी0-405

Objectives of the Paper

Following the completion of the course, students shall be able to:

State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; & 2) To demonstrate and instruct undermentioned yogic practices.

Course outcomes

On completion of this course, the students will be able to:

CO1: Get insight into different yogic practises.

CO2: To achieve perfection, one must engage in several yogic practices.

CO3: practically accomplish the Shatkarma.

CO4: improve your practical teaching abilities.

षट्कर्म: दण्ड, धौति, नौलि, त्राटक, वस्त्र धौति ।

आसन:

पूर्ण भुजंगासन

द्विपाद स्कन्धासन

पूर्ण मत्स्येन्द्रासन

पक्षी आसन

वृश्चिक आसन

पूर्ण वृश्चिकासन पद्म शीर्षासन

पूर्णधनुरासन पूर्ण चक्रासन

एक पाद बकासन

पूर्ण नटराजासन

पद्म मयूरासन

तकिया आसन

कर्णपीडासन

गोरक्षासन

पूर्ण शलभासन

ओमकार आसन

पूर्व सेमेस्टरों के सभी अभ्यासों सहित ।

प्राणायाम: उद्गीथ एवं मूर्च्छा।

मुद्राएं एवं बन्ध: (MA / MS-I, II, III Sem) के सभी अभ्यास।

ध्यान एवं मौखिकी: विज्ञानमय एवं आनन्दमय कोश।

पतंजलि विश्वविद्यालय, हरिद्वार
पेपर- वैकल्पिक एवं पूरक चिकित्सा क्रियात्मक
पेपर कोड- एम0ए0/एम0एस0सी0-406

Objectives of the Paper

Following the completion of the course, students shall be able to:

- Practice skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

Course Outcome:

CO1: Student will be familiarise with water therapy, pranic healing and acupressure points.

CO2: Students will have capability to treat different major disease with help of these therapies

वैकल्पिक एवं पूरक चिकित्सा

एक्यूप्रेशर : 15

प्राणिक हीलिंग : 15

MA/MS-403 में वर्णित स्वास्थ्य : 30

समस्याओं का एक्यूप्रेशर एवं प्राणिक

उपचार विधियाँ।

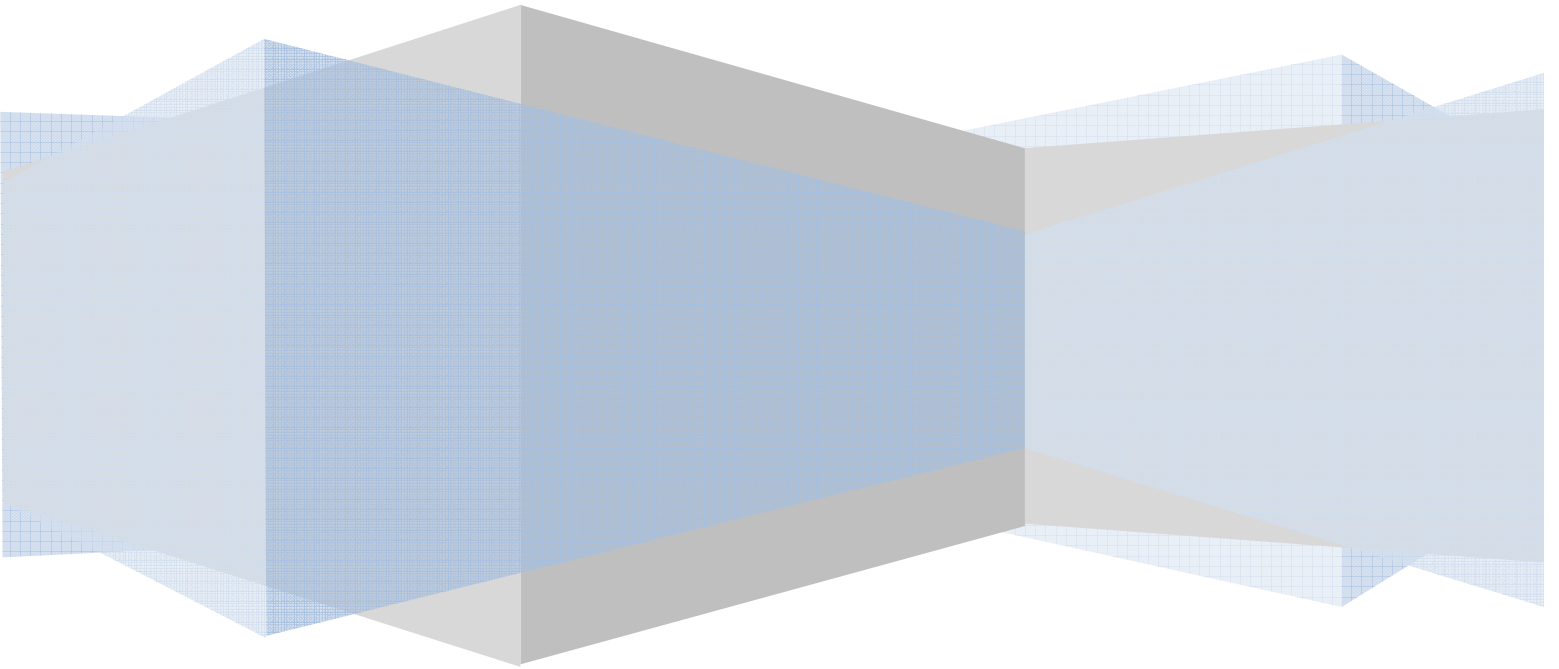
Dietary Supplements & Herbal Remedies : 15

Note: Micro contents & format of Practical on aforesaid contents will be worked out i consultation with concerned Professor.

University of Patanjali
Post Graduate Diploma in Yoga Science
Syllabus
(2018-19)



Post Graduate Diploma in Yoga Science



Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and wellbeing. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word “Yoga” is derived from the Sanskrit root ‘yuj’ meaning “to join”, “to yoke” or “to unite”. Therefore, the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course, the student is taught the fundamental & advanced concepts of Yoga as well as the techniques for the treatment and prevention of various psychosomatic and life style related ailments.

Title of the Programme:The programme shall be called “Post Graduate Diploma in Yoga Science”

Aim of the Programme The aim of the programme is to produce "Yoga professionals for academic & therapeutic fields"

Objectives of the programme:

Deeper Understanding of Yoga: To make students understand the classical nature of Yoga & giving them the in-depth knowledge of its various components.

Prevention of diseases: To introduce yoga as therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.

Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic life style.

Duration: Duration of the course will be 1 year (2 semesters)

Program Outcome:

PEO1.Have an integrated knowledge of the various disciplines in multidisciplinary field of Yoga Science

PEO2. Acquire and be equipped with skills in the application of theoretical knowledge on different subjects within the board field of Yoga science.

PEO3. Will be able to practice for real life problem solving in an increasing complex and dynamic Yoga world.

PEO4. Develop ability of focused research and thinking process mastering complex skills that are grounded in and guided by systematic theory and research

PEO5. Will be well informed, ethical and committed citizens contributing to the Yoga development.

Program Specific Outcome:

PSO1: Apply and demonstrate various yogic activities, naturopathy techniques and yogic therapies for recovery from disease and promotion of health.

PSO2: Design, analyse, modify nutritional programme in consideration with physiological aspects, health aspect along with anatomical aspects that will positively affect yogic performance.

PSO3: Apply the basic concept of research process, test and measurement techniques and statistical application for computing result for generalization.

PSO4: Demonstrate and apply various psychological techniques and strategies to enhance performance in yoga and other fields of human life while applying best pedagogical techniques.

PSO5: Demonstrate and apply different yogic practice such as asana, pranayama and meditation and sudhikriya for the prevention of disease and other health benefits for masses.

Scheme of Teaching & Examination

S.N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme					Subject Total
						Seasonal			SEE		
			L	T	P	Credit	CT	TA			
I Year											
Semester I											
1	YS- 101	Fundamentals of Yoga	3	1	0	4	20	10	70	100	
2	YS- 102	Principles of Hath Yoga	3	1	0	4	20	10	70	100	
3	YS- 103	Introduction To Shrimad Bhagavad-Gita and Samkhya karika	3	1	0	4	20	10	70	100	
4	YS- 104	Human Biology	3	1	0	4	20	10	70	100	
5	YS- 105	Yoga Practicum	3	1	0	4	10	5	35	100	
6	YS- 106	Human Biology Practicum	0	0	8	4	20	10	70	100	
32 Hrs						24	Total			600	
Semester II											
1	YS 201	Patanjal Yoga Darshan	3	1	0	4	20	10	70	100	
2	YS 202	Yoga Therapy	3	1	0	4	20	10	70	100	
3	YS 203	Hygiene, Diet & Nutrition	3	1	0	4	20	10	70	100	
4	YS 204	Complementary & Alternative Therapy (CAT)	3	1	0	4	20	10	70	100	
5	YS 205	Yoga Practicum	0	0	8	4	20	10	70	100	
6	YS 205	Complementary & Alternative Therapy Practicum	0	0	8	4	20	10	70	100	

32 Hrs	24	Total	600
Total number of Credits	48	Total	1200

*These credits and numbers are virtual as the papers are of qualifying nature - L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination

Semester-I

Name of the Course: Fundamentals of Yoga**Course Code: YS -101****Course Objective: -**

Following the completion of this course, students shall be able to

Introduce Yoga and its main streams.

Become familiar with the nature of yoga in various texts of Indian knowledge tradition.

Get acquainted with the history of yoga and its basis.

Course Outcome: -

On completion of this course, the students will have:

CO1:Students will know the exact face of yoga and will not mislead the society by gaining correct knowledge about origin of yoga.

CO2:Student will be capable to know the journey of yoga and how it varied with the time by gaining the knowledge about lineages of yoga.

CO3:The biographies of yogis would motivate the students to apply yoga in his/ her own life and through this they would improve their quality of life.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit-1: General Introduction to Yoga (12 hours)

Origin of Yoga, Psychological basis for origin of Yoga, History and development of Yoga (Vedic period, Darshan period, Commentary period, Bhakti Yoga and Hatha Yoga period, Modern period), Etymological meaning and definition of Yoga, Purpose of yoga, Current misconceptions regarding yoga, Major principles of yoga, Yoga practices for healthy life, Importance of yoga in present age.

Unit - 2: Basis of Yoga and Tradition of Yoga - I (12 hours)

General introduction of Vedas, Upanishads and Ayurveda in yogic context, General introduction of Samkhya, Yoga and Vedanta philosophy (in yogic context), General introduction of Bhagavad-Gita (in yogic context), General introduction of Puranas (in yogic context)., Yoga in YogVashishtha and Narada Bhakti Sutra, Brief Introduction to Yoga in Jain Philosophy and Buddhist Philosophy, Bhakti Yoga of Medieval Saints (Kabir, Nanak and Sufism)

Unit - 3: Basis of Yoga and Tradition of Yoga - II (12 hours)

General introduction of Tantra and its traditions (Shaiva, Shakta, Vaishnava, Buddhist Tantra), Concept of Shiva and Shakti, Yoga in Shaivite and Shakta Tantras, Concept of

Nadi and Prana, Kundalini, Kundalini Shakti and Shatchakra Sadhana, Impact of Tantra in Hatha Yoga Tradition and Sadhana.

Unit - 4: Major Streams of Yoga (12 hours)

Concepts of major streams of yoga and introduction of their limbs with the effects - Gyan Yoga, Bhakti Yoga, Karma Yoga, Ashtanga Yoga, Kriya Yoga, Hatha Yoga and Mantra Yoga

Unit - 5: Introduction to Renowned Yogis (12 hours)

Introduction (life & works) of the great yogis of India - Maharishi Patanjali, Maharishi Vyas,

Maharishi Kapil Muni, Adi Shankaracharya, Maharishi Dayanand Saraswati, Swami Vivekananda, Maharishi Arvind, Swami Kuvalayananda, Maharishi Raman, Yogarishi Swami Ramdev

Prescribed text book

1. योगदर्शनम- स्वामीरामदेव, दिव्यप्रकाशन, ँतंजलियोगपीठ, हरिद्वार
2. दर्शनप्रवेश- दिव्यप्रकाशन, ँतंजलियोगपीठ, हरिद्वार
3. योगकेमूलभूतसिद्धांत - आचार्यबालकृष्णजी. दिव्यप्रकाशन, ँतंजलियोगपीठ.हरिद्वार
4. गीतारहस्य (निर्धारित॥ाठ्यांश)- लोकमान्यतिलक
5. भारतकेमहानयोगी- विश्वनाथमुखर्जी
6. तंत्रदर्शन - स्वामीनिरंजनानंद॥रमहंस - ँचदशनामअल॥ बाड़ा, देवघर, बिहार
7. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarasi Das, Delhi, 2013

BOOKS FOR REFERENCE:

- Agarwal MM: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, Varanai, 2010
- Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
- Hiriyanna M.: Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
- Bhat, Krishnak.: The Power of Yoga: Suyoga Publications Mangalore,2006
- Swami Prabhavananda: Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004
- Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000
- Pandit, M.P.: Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976
- Dasgupta, S. N.: Hindu Mysticism, Motilal Banarasidass, Delhi1927 9. A Search in Mystic India - Paul Brunton

Name of the Course: Principles of Hath Yoga**Course Code: YS -102****Course Objectives:**

Following the completion of this course, students shall be able to

Understand the fundamental principles of Hath Yoga.

Explain the understanding of Hath Yoga as a tradition and inculcate the essence.

Get acquainted with the tradition, history, its components and modern-day relevance of Hath yoga.

Course Outcome: -

On completion of this course, the students will have:

CO1:Students would know how to define hatha yoga and would be skilled to choose right time, place and season for starting the practice of yoga.

CO2: Students would know the importance of hatha yoga for better health and success in life.

CO3:Students will learn the techniques to do shatkarmas, asanas and pranayamas as per hatha pradipika.

CO4:Students would know the concept of sapt sadhanas of gherand Samhita.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit-1: General Introduction to Hatha Yoga (12 hours)

Hatha Yoga - Meaning, Definition, Origin, Tradition and Purpose. Prevailing misconceptions regarding Hatha Yoga. Helping and obstructing elements of Hatha Yoga. The Hatha Yogic practice described in Hathayogapradipika. Concept of Math, Manuals for the practitioner of Hatha Yoga, Concept of Mitahar, Pathya&Apathya. Tradition of Hatha Yoga. A brief introduction and contribution of the major yogis of the Nath Yoga tradition. Relations in Hatha Yoga and Raja Yoga.

Prescribed Text Book - **हठयोगप्रदीपिका**

Unit-2: Practices of Hatha Yoga - Purification and Asanas (12 hours)

Introduction to purification practices - Purification actions described in Hatha Yoga Pradipika and Gherand Samhita and their method, benefits and precautions. The role of purification practices in yogasadhana and the importance of purification practices in modern life. Yogasana: Definition, characteristics and importance in yoga practice. Method, benefits, precautions and importance of asanas in Hatha Yoga Pradipika and Gherand Samhita.

Prescribed Text Book –हठयोगप्रदीपिकाएवघेरंडसंहिता

Unit-3: Practices of Hatha Yoga - Pranayama, Bandha and Mudras (12 hours)

Pranayama: Introduction. Method of Proper Respiration, Yogic Deep Breathing. Concept of Inhale (*Purak*), Retention (*Kumbhak*) and Exhale (*Rechak*). Prana, types of prana and subprana. Importance of Pranayama in *Hatha Yoga Sadhana*. Method and importance of *Nadishodhana* Pranayama. Preparation for Pranayama. Method, benefits and precautions of Pranayamas in Hatha Yoga Pradipika and Gherand Samhita. Signs of *Hathasiddhi* (success in hathayoga). Bandha: introduction, the importance of bandha-triad in yogasadhana. Main *mudras* in Hatha Yoga Pradipika and Gherand Samhita - their methods, benefits and precautions.

Unit-4: Practices of Hatha Yoga - Pratyahar, Nadanusandhana and Swarodaya Gyan (12 hours)

Pratyahara, Dharna and Dhyana in Gherand Samhita, their methods, benefits and precautions. *Samadhi*, signs of *samadhi* in Hatha Yoga Pradipika. *Nāda*, the four stages of *Nadānusandhana* and their accomplishments (*siddhis*). Concept of *Swara*, the importance of *Swarodaya Gyan* in Yoga Sadhana (with special reference to Gyan Swarodaya and Shiva Swarodaya).

Unit-5: Introduction and Importance of Major Texts of Hatha Yoga (12 Hours)

Introduction, Purpose and Importance of major texts of Hatha Yoga: Siddha-Siddhantha Paddhati, Goraksha Samhita, Shiva Samhita, Hatha Yoga Pradipika, Gherand Samhita. Hatha Ratnavali: Main applications of hatha yogic activities- preparation of Raja Yoga Practice, achieving holistic health, prevention of diseases, rejuvenation, healing and slow aging.

Prescribed text book

हठयोगप्रदीपिका - कैवल्यधाम, लोनावला

घेरंडसंहिता - कैवल्यधाम, लोनावला

गोरक्षसंहिता - डॉ. चमनलालगौतम (1985)

प्राणायामरहस्य - स्वामीरामदेव, दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार

Research Publication, P.R.I. Patanjali Yogpeeth

BOOKS FOR REFERENCE:

Woodroffe, Sir John: The serpent power, Ganesh & Company, Madras, 2000

Woods, J. H.: The Yoga system of Patanjali, M.L.B.D., Delhi, 1988

Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000

Burley, Mikel: HathaYoga, Its' ContextTheoryand Practice (M.L.B.D. Delhi, 2000)
 Burnier, Radha: Hathayoga Pradipika of Svatmarama, The Adyar Library publications,
 Chennai

Name of the Course: Introduction to Shrimad Bhagavad Geeta and Samkhyakarika
Course Code: YS -103

Course Objectives:

Following the completion of this course, students shall be able to
 Understand the main teachings of Bhagvadgeeta
 Become familiar with the nature of yoga in various chapters of Bhagvad Geeta.
 Imbibe the essence of teachings of Bhagavad Geeta.
 Get acquainted with the main teachings of Samkhyakarika.

Course Outcome:

CO1: Students would be capable to introduce Bhagwat Geeta.
CO2:Students will be capable to know the major concepts given/ described in Bhagwat Geeta.
CO3:Students would be skilled to know the different streams of yoga.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

UNIT-1: Introduction to Srimad Bhagavad Geeta and JnanaYoga–Elaboration of Atman (Soul), Prakriti (Nature) and Parmataman (Supreme Soul) (15 hours):
 Introduction to the Bhagavad Gita (literal meaning, source and subject matter), the greatsignificance of the Bhagavad Gita and the views of various scholars regarding it, the nature of yoga in the Bhagavad Gita, the relevance of the Bhagavad Gita in the present age. In the Bhagavad Gita- Sankhya Yoga or Jnana Yoga (Chapter-2, 3, 4, 5, 6, 13), form &characteristics of the *Soul* (Chapter-2), form& characteristics of the Supreme Soul (Purushottama) (Chapter-4, 8, 10, 11, 13, 15), form & characteristics of nature (Chapter9, 13, 14).

Unit-2: - Karmayoga, Dhyana Yoga and Bhakti Yoga (15 hours):
 Concept of Karmayoga (Chapter-2 to 6), Form of *Yajna*, *YajnarthaKarma*, *Nishkam*

Karma (Chapter-34), *Lok Sangraha* (Chapter-3), Jnana-Karma Co-ordination (Chapter-5), Form of Dhyana Yoga (Chapter -6). Concept of Bhakti and its significance (Chapters-7, 8, 9, 11, 12), The necessity of devotion in the realization of supreme soul (Chapters-11, Verse-52-55), Types of Bhakti (Chapters-7, 12) Characteristics of Devotees (Chapter-12, Verse-13-20).

Unit-3: - Personality, Diet and Concept of Triguna (10 hours):

Role of diet in Yoga practice (Chapter-6), Introduction to *Trigunas* (Chapter-14), Concept of Trigun-based personality (Chapter-17), Elements of personality development, Ideal personality- Divine Wealth (Chapter-16).

Unit-4: Introduction to Samkhyakarika-1 (10 hours):

Sankhyadarshan: introduction, nature of suffering. Introduction of twenty-five elements, discussing *pramana*, concept of *Satkaryavad*, causes for unavailability of *Purusha* & *Pradhana*, discussing *Vyakta* & *Avyakta*.

Unit-5: Introduction to Samkhyakarika-II (10 hours):

According to Sankhyadarshan- the nature of *Gunas*, *Purusha* interpretation, characteristics & qualities of intelligence (*Buddhi*). Discussing Thirteen *karanas*, Subtle Body, Bondage - Liberation.

निर्धारितपाठ्यपुस्तक-

1. श्रीमद्भगवद्गीतागीतामृत- योगऋषिस्वामीरामदेवजी, दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार।
2. तत्त्वसमास

सहायकपाठ्यपुस्तक- Shrimadbhagavadgita, Tattvavivechani

Jaydayaal goyandka –Geeta press Gorakhpur

BOOKS FOR REFERENCE:

Bhawuk, D. P. S. (2011). Spirituality and Indian Psychology: Lessons from the BhagavadGita. New York, NY: Springer. doi:10.1007/978-1-4419-8110-3

Davis, R. H. (2015). The Bhagavad Gita. New Jersey: Princeton University Press. Doi: 10.2307/40085138

Easwaran, E. (2011). Essence of the Bhagavad Gita: A Contemporary Guide to Yoga, Meditation & Indian Philosophy. Tomales, CA: Nilgri Press.

Sivananda, S. (2000). Bhagavad Gita. Rishikesh, India: The Divine Life Society. <http://www.sivanandadlshq.org>

Name of the Course: Human Biology

Course Code: YS -104

Course Objectives: The teaching-learning of this paper will enable learner to Discuss & introduce skeletal system, muscular system, respiratory system, cardio vascular system, lymphatic & immune system with their gross anatomy & physiology
Discuss anatomical & physiological effects of selected yoga practices on aforesaid human body systems in evidence based way.

Course Outcome:

CO1: Students would get to know the proper knowledge of anatomy and physiology of human being.

CO2: Students would get to know the structure and functioning of different systems in human body.

CO3: Student would get to know yogic effect on different system.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit-

1: Introduction to Human Body, Digestive and Excretory System Introduction to Human Anatomy and Physiology, Basic Anatomical and Physiological terms; Cell: Structure & Functions, different cell organelles and their functions; Tissues and Organization of human system; Introduction to Support Systems; Maintenance Systems, Control Systems, Defence System and Concept of Homeostasis; Median planes, directional and regional terms. Gross anatomy of digestive system, functional anatomy of Mouth, Oral cavity, Pharynx, Esophagus, Stomach, Small intestine, Large intestine and Anal canal; Physiology of digestion, assimilation & peristalsis, Gastric and digestive juices involved during digestion, associated glands involved in

digestivesystem;Urinarysystem,kidneys,ureters,-
urinarybladder,Urethra;Skinandsweatgland.

Unit-2: Musculo-Skeletal System

The Skeletal System: Skeleton, Functions of skeleton, Classification of bones, Study of joints; Structure and function of a Synovial joint; The Muscular System: Types of Muscles in the body; the characteristics, structure and functions of The Skeletal Muscles, Smooth Muscles and Cardiac Muscles.

Unit-

3: Cardiovascular System, Respiratory System, Blood And Lymphatic System

Functional anatomy of the Heart, arteries, veins and capillaries; The organization of systemic and pulmonary circulation, the cardiac cycle; Blood: Composition and Functions, Blood groups and their importance; Cardiac output and Venous return; Blood pressure and Regulation of blood pressure; Gross anatomy of the respiratory passages, functional of Nasal cavity, Pharynx, Larynx, Trachea, Bronchus, Lungs and Alveoli; The process of Respiration, Lung volumes & capacities, Mechanics of breathing and exchange of gas in alveoli; Composition of blood corpuscles- RBC, WBC and Platelets; Plasma, hemoglobin-coagulation of blood and anticoagulants, blood groups and its importance; Sites, functional anatomy of lymph nodes and their function; Lymphatic system and its role in immune system.

Unit-4: Nervous System & Special Senses

An introduction to Histology—nerve—structure and properties of neurons—nerve—action potential—generation propagation—factors influencing classification of neurons and nerve fibers, neural cells, receptor and reflex arcs; Functional anatomy of Cerebrum, Cerebellum, spinal cord; Function and importance of the parts of the brain viz., cerebrum, pons, medulla, thalamus, hypothalamus, cerebellum and autonomic nervous system (sympathetic and parasympathetic); Functional anatomy and physiology of Eyes, ears, nose, tongue and skin;

Unit 5: Reproductive System and Endocrine System

Functional anatomy male reproductive system, seminal vesicles and prostate glands; Spermatogenesis; Functional anatomy of female reproductive system; Ovarian hormones, menstruation, pregnancy, parturition and lactation. Anatomical structure of important endocrine glands (Pituitary, thyroid,

parathyroid, pancreas, adrenal and gonads); Short anatomy of the hypothalamus and the releasing hormones secreted from it; Structure and function of anterior and posterior Pituitary; Function of thyroid, parathyroid, suprarenal and islets of Langerhans.

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- Malshe, P. C. (2005). *Yoga for doctors*. Haridwar, India: Antar Prakash Center for Yoga
- McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. New York, NY: Bantam Dell.
- Pandya, K. K. (1998). *Human anatomy*. Varanasi, India: Krishnadas Academy.
- Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: Divya Prakashan.
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Udupa, K.N. (2007). Stress and its management by yoga. Delhi, India: Motilal Banarasi Das

Waugh, A. & Grant, A. (2010). Ross and Wilson: Anatomy and Physiology in Health and Illness (11th ed.). London: Elsevier

Name of the Course: Yoga Practicum

Course Code: YS 105

Course Objectives:

Following the completion of the course, students shall be able to:

Understand the benefits, contraindications and procedure of all practices.

Demonstrate each practice with confidence and skill.

Explain the procedure and subtle points involved. Teach the yoga practices to any given group.

Course Outcome:

CO1:Students will be skilled to do practice shatkarmas own self and to others also.

CO2:Students would be capable to conduct/ organise the yoga camp for the general population.

CO3:Students would be capable to learn different soft skills and yoga skills through different techniques of yoga.

□ Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	1	3
Scheme of Examination				
Total Marks 100				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

Shatkarma: Jalneti, Rabarneti, Vamana Dhauti / Kunjar Kriya, Vatkarma, Kapalbhathi.
-15 marks

Asana

- 25 marks

SukshmaVyayam (Pawan mukta Asana) -1, Yogic Jogging, 12 Asanas (Mandukasana, Shashakasana, Gomukhasana, Vakrasana, Makarasana, Bhujangasana, Shalabhasana, Markatasana, Pawanmuktasana, Halasana, Padvrittasana, Dwi-Chakrikasana and Shavasana) Siddhasana, Kati chakrasana, Ardhahalasana, Padmasana, Vajrasana, Swastikasana, Veerasana, Udarakarsansana, Bhadrasana, Janushirasana, Ardhamatsyendrasana, Gomukhasana, Ustrasana, Uttanapadasana, Naukasana, Sarvangasana, Halasana, Matsyasana, Suptavajrasana, Chakrasana, Tadasana, TiryakTadasana, Ek paadpranamasana, Vrikshasana, Garudasana, Hastotansana, Padahastasana, Trikonasana, Ardhadhanurasana, Marjari asana, Ardhashalabhasana, Bhujangasana, Makarasan, Shavasana, Samakonasana, Bakasana, Sarpasana, Hanumanasana, Sukhasana, Ardhpadmasana, Ek Pada Halasana, Setubandhasana, Markatasana, Shashankaran, Vipreetnaukasana, Dwikonasana, Parshvatanasana, Singhasana.

Pranayama-10 marks

Diaphragmatic Breathing, Pranayama: Kapalbhathi, Bhastrika, Bahya, Ujjayi, Anulom-Vilom, NadiShodhan, Bhramari and Udgith

Mudra & Bandha: Jnana Mudra, Chin Mudra, Vipreet Karni Mudra, Yoga Mudra, Jalandhar Bandh, Uddiyan Bandh, Moolbandha - 10 marks

Viva: Ishwar Stuti Prarthnopasana-10marks

Name of the Course: Human Biology Practicum

Course Code: YS 106

Course Objectives:

Following the completion of the course, students shall be able to:

Be familiar with the systems of the body.

Have a hand on experience about the human body using models, charts and pictures.
Understand the organization of the body with respect to structural components.

Course Outcome:

On completion of this course, the students will be able to:

CO1. Illustrate of Human Anatomy and Physiology.

CO2. Identify different levels of structural complexity.

CO3. Explain and classify of Bones, Joints, and Anthropometric measurements.

CO4. Explain about Human Skeleton

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	1	3
Scheme of Examination				
Total Marks 100				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

Unit-1: Demonstration of Osteology & Myology (15 Hrs.)

Unit-2: Demonstration of Organs &Viscera regarding Cardio-pulmonary Systems (15Hrs.)

Unit- 3: Demonstration of Bones and Joints (15Hrs.)

Unit-4: Demonstration of Human Skeleton (15 Hrs.)

Semester-II

Name of the Course: Patanjali Yoga Darshan
Course Code: YS -201

Course Objectives:

Following the completion of this course, students shall be able to
 Introduce Yoga darshan and its main principles.
 Become familiar with the main techniques of yoga prescribed in Yoga Darshan.

Course Outcome:

CO1: Students will be capable of learning Patanjali yoga sutra.

CO2: Students would be skillful in calming the mind by eliminating different vrittis.

CO3: Students will be Skilled to know vrittis of mind.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit 1: - Introduction of Yogasutra and Samadhi Pada - 1 (20 hours):

Yoga Sutra: Introduction, Definition and Purpose of Yoga, Importance of Yoga Sutra as compared to other Yogic texts, Concept of *Chitta*, *Chitta Bhoomi*, *Chittavrittis* and their types, *Chitta Vritti Nirodhopaya (Abhyas- Vairagya)*, *Chitta Vikshep (Antaraya)*, *Antarayabhava*, *Chitta Prasadana* and its helpers, The metaphysics of Sankhyadarshana and its relation with Patanjali Yogadarshan.

Unit-2: - Samadhi Pada-II and Sadhan Pada (20 hours): -

Ishwar: Swarup, Pranava chanting and its results, Ashtanga Yoga - 1 (Bahirang Yoga- Yama, Niyam, Asana, Pranayama, Pratyahara), Importance and Relevance of Ashtanga Yoga and Kriya Yoga, Concept of Kriya Yoga, Describing *Klesha*, Measures of *Klesha* elimination, *Vivek Khyati*, *Chaturvyuhavaad*, the character of *Drishhta & Drishya*, the form and types of samadhi - *samprajnata*, *asamprajnata*, *sabijand nirvij samadhi*. *Ritam bhara Pragma* and *Adhyatma Prasad*.

Unit 3: - Vibhuti Pada - (10 hours)

Ashtanga Yoga - II (*Antaranga* Yoga - Dharna, Dhyana, Samadhi), Concept of *Sanyama* - *Sanyama* and its three consequences, Concept of *Vibhuti* and introduction of main vibhutis, Describing Ashtasiddhi .

Unit-4: - Kaivalya Pada (10 hours); -

Five types of Siddhis (birth, medicine, mantra, penance and samadhija), Nirmaanchitta. Types of Karma, *Vaasna*, *Vivek Gyan*, *Dharma Megha Samadhi*, *Kaivalya*

Prescribed text book

योगदर्शनम्- स्वामीरामदेव, दिव्यप्रकाशन, ँतंजलियोगपीठ, हरिद्वार

दर्शनप्रवेश-दिव्यप्रकाशन, ँतंजलियोगपीठ, हरिद्वार

सहायकपुस्तक -

भोजवृत्ति

योगदर्शनम्-गीताप्रेस

BOOKS FOR REFERENCE

BKS Iyengar: Introduction of Patanjali Yogasutras: MDNIY, New Delhi, 2011.

Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II.

Name of the Course: Yoga Therapy

Course Code: YS 202

Course Objectives:

Following the completion of this course, students shall be able to Prescribe the integrated yoga module for the individual case after detailed documentation and report it to the referring consultant.

Request for assessment measures if necessary to confirm the diagnosis,

to assess the present status of the disease, and for follow up.

To be able to monitor the medication and modify it suitably as the case progresses with yoga practices and report it to the referring consultant.

To prescribe and administer yogic prescription for the specific disease for each condition the following aspects will be covered:

Brief overview of the condition including definition, prevalence, clinical features, diagnostic criteria, causes, Patho-physiology, measurements- investigations to assess the effect of yoga, Yogic Management -rationale for the disease specific yoga protocol, scientific evidence if available, practices of choice and contra-indications. Probable healing mechanisms.

Course Outcome:

CO1: Student will familiarise with yogic concept of human anatomy and physiology on their basis they would apply ancient techniques of yoga properly.

CO2: Student would know the different techniques which heal human body system.

CO3: Student will be capable to heal common diseases by applying yoga therapy.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit-1 Yoga Etiology, Diagnosis and Therapy (12 hours)

Yogic Anatomy and Physiology: Concept of Psychic Centers, Pancha Kosha and three planes of human being; and effects of their activation and impairment over somatic, psychic and psycho-somatic levels of human existence. Yogic diagnostic techniques: Connections of Swar Science, Prana and Breathing Patterns over somatic, mental and psycho-somatic levels. Association of Psychic centers over nerve plexus and endocrine glands; Concept of health and wellness in terms of WHO, Ayurveda and Yoga; Concept of Yoga Therapy: Meaning, Definition, Aims, Principles, Factors Impacts and Limitations; Qualities of a yoga therapist.

Unit-2: Musculo-Skeletal Disorders (12 hours)

Back Pain: Classification of back pain: organic and functional: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical and Yogic management: Neck pain: Classification- Cervical Spondylosis, radiculopathy, Functional neck pain; Medical and Yogic management, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic management.

Unit- 3: Gastro Intestinal and Excretory Disorders (12 hours)

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Acid peptic disease - Indigestion Hyperacidity, Ulcer, Flatulence, Gastritis, Bowel problems - chronic Constipation and hemorrhoids, Irritable Bowel Syndrome, Ulcerative colitis or inflammatory bowel disease, Crohn's disease, gluten intolerance, food allergies; Excretory System: irritable bladder syndrome, stress incontinence, Chronic renal failure, Renal hypertension, Renal stones.

Unit- 4: Cardio-Pulmonary Disorders (12 hours)

Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Hypertension and Hypotension, Ischemic heart diseases, Varicose veins, Peripheral vascular disease, Autoimmune Arteritis. Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management (rationale for the disease specific yoga protocol, scientific evidence if available, probable healing mechanisms, practices of choice and contra indications). Allergic, autoimmune respiratory conditions -Allergic Rhinitis & Sinusitis, Bronchial Asthma, COPD & Emphysema- Occupational pulmonary disease.

Unit-5: Neurological and Psychiatric Disorders (12 hours)

Headaches: Migraine: Causes, Classification, clinical features, Medical and Yogic management, Tension headache: Causes and its symptoms and Medical and Yogic management; Cerebro vascular accidents: Causes, clinical features, Medical and Yogic management, Epilepsy, pain; Parkinson's disease: Causes, clinical features, Medical and Yogic management

Introduction to psychiatric disorders, classification - Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalized anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: Medical and Yogic management: Depression: Dysthymia, Major depression, Medical and Yogic management; Psychosis: Schizophrenia, Bipolar affective disorder, Medical and Yogic management

TEXT BOOKS

Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYP publications, 2010

Swami Karmananda, Yoga therapy for common diseases, Yoga publication trust, Munger, 2001

Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra, Yoga for common ailments, Gaia Publishers

REFERENCE BOOKS

ShivanandSaraswati: Yoga Therapy (Hindi & English)

Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga (Anubhava Rai Publications, 1998)

Nagarathna, R and Nagendra, H.R.: Promotion of Positive Health, Swami V4ekananda Yoga Prakashana, Bangalore, 2002

Ramesh Bijlani: Back to Health through Yoga, Rupa Publications India Pvt. Ltd, 2011

MONIY publications: 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009

Swami SatyanandaSaraswati: Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005

Nagarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy Breathing Practices, Swami Vivekananda Yoga Prakasana, Bangalore, 2000

Name of the Course: Hygiene, Diet & Nutrition
Course Code: YS 203

Course Objectives:

Following the completion of this course, students shall be able to Understand the concept of diet and the medical value of nutrition.

Advise appropriate diet to different age groups.

Know the benefits and caloric value of various food groups.

Understand and practice daily regimen, night regimen and seasonal regimen for health promotion, disease prevention and age reversal.

Course Outcome:

CO1: Student will learn to apply good habits in his daily routine, which in result improve the health status.

CO2: Students would be capable to know about the reason behind arising the disease and to cure them by following a good seasonal routine.

CO3: Student would be capable to design a healthy diet plan which help in getting all the necessary nutrients for the body.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit-1: Basic concepts and components of food and nutrition (12 hours)

Understanding Nutrition, Basic Terminology in Relation to Nutrition, Human Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification; Macro Nutrients -Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body.

Unit-2: Food groups (12 hours)

Cereals & Millets -Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds- Selection, Preparation and Nutritive Value; Milk and Milk Products - Selection, Preparation and Nutritive Value; Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery. Selection, Preparation and Nutritive Value.

Unit-3: Food and metabolism (12 hours)

Energy-Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance, Concept of Metabolism, Anabolism, Catabolism, Caloric Requirement-BMR, SDA, Physical Activity, Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy Requirement and Expenditure, Factors affecting BMR, Factors affecting thermal effect of Food, Factors affecting energy expenditure in physical activity:

Unit - IV: Yogic concept of diet & nutrition (12 hours)

General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification of Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta-Rajasic, Tamasic and Sattvic food; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living: Diet according to the body constitution (Prakriti) - Vata, Pitta and Kapha.

Unit-V: Swasthavritta (12 hours)

Swasthavritta: Meaning, Definition, Aims and Aspects; Three pillars of Swasthavritta-Aahar (Diet), Nidra (Sleep), Brahmacharya (Celibacy). Dincharya (Daily regimen) & Ratricharya (Night Regimen): Meaning, Definition and sequential elements with their practical applications: Ritucharya (Seasonal Regimen): Meaning, Definition, Types with their salient features, Season wise Accumulation, Aggravation and Pacification of three Humors (vata, pitta, kapha): Season wise Does and Don'ts; Application of Dincharya, Ratricharya and Ritucharya for health promotion, rejuvenation, disease prevention and age reversal. Concept of Sadwrittaevam Achar Rasayana.

TEXT BOOKS

आयुर्वेदजड़ी-बूटीरहस्य- आचार्यबालकृष्ण
आयुर्वेदीयशरीरक्रियाविज्ञान- शिवकुमारगौड़
स्वस्थवृत्त- डॉ० रामहर्षसिंह

· Ramesh Bijlani: Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012

BOOKS FOR REFERENCE

Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition

Dennis Thompson: The Ayurvedic Diet, New age books, New Delhi, 2001

Randolph Stone: A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition

Name of the Course: Complementary & Alternative Therapy (CAT)

Course Code: YS 204

Course Objectives:

State concept, prevalence, objectives, types, applications and limitations of CAT & Have knowledge & skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

Course Outcome:

CO1: Student will learn the nature and concept of alternative therapies.

CO2: Student will be familiarise with the concept of pranic healing and acupressure points through which they can heal major disease.

CO3: Student could easily apply these different therapies and help society by its remedial effects.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

UNIT 1(12hours)

CAT: History, Meaning, Definition, Objectives, Types, Prevalence, Contemporary Need, Applications and Limitations. **Mind-Body Therapy:** Origin, Meaning, Definition, Aims, Principles, Factors, Impacts, Prevalence, Applications, and Limitations. Pioneers in MBM in modern era-Yogrishi Swami Ramdev, Acharya Balkrishna, Swami Satyananda, BKS Iyengar, Norman Cousins, Deepak Chopra, Herbert Benson, Dean Ornish, Bernie Siegal, Lorry Dossey; Need of mind body medicine; Mind body relationship and modern medicine: Epidemiological studies, clinical studies, & experimental studies; Placebo and Nocebo.

UNIT 2 (12 hours)

Manipulative-Body Based Therapy (MBT): Meaning, Definition, Aims, Principles, Types, Impacts, Prevalence, Applications, and Limitations. Acupressure: Origin, Meaning, Definition, Principles, Five Elements Theory, Chi Clock Cycle, Meridian Systems and Locating Acupoints on 12 Major Meridians and Reflexology.

UNIT 3 (12 hours)

Energy Medicine: History, Meaning, Definition, Types, Principles, Applications and Limitations. **Pranic Healing:** Origin, History, Meaning and Sources of Prana; Principles, Law of Action, & Types (Basic, Advanced, and Psychotherapy); Bio-plasmic body/Aura: structure, types and size; Energy Centers (EC): Meaning, Types (Major, Minor and Mini), Sizes, Colors, Functions and Consequences of their Dysfunctions; Ahartic Yoga & Twin Meditation, Scanning Auras or Chakras, Sweeping and Energizing Procedures,

UNIT 4 (12 hours)

Acupressure & Pranic Therapeutics: Low Back Pain, Arthritis, Obesity, Diabetes, Hypertension/Hypotension, Hyper/Hypo Thyroidism, Liver Problem, Allergy, CAD, Anemia, Hyperacidity. Irritable Bowel Syndrome, Colitis, Piles, Migraine, Insomnia, Depression, Chronic Fatigue Syndrome, Epilepsy, Anxiety, Obsessive Compulsive Disorder, Leucorrhoea, Menstrual Disorders, Impotency, Infertility, CSF, Asthma, Pneumonia, Renal Problem, Varicose Veins, Distress, and Myopias.

UNIT 5

(12 hours)

Biologically Based Products (Dietary Supplements & Herbal Remedies) Probiotics and Prebiotics, Antioxidants, Glucosamine Sulfate, Gultamine, Selenium, Curcumin, Multivitamins and their Natural Sources, Omega-3 Fatty Acid and Tryptophan their Functions and natural Sources; **Panchgavya** (Indigenous Cow urine, dung, milk, curd, ghee): Importance & uses in disease prevention & health promotion.

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- Acharya, B. (2005). Ayurveda Jadi-butlRahasya. Haridwar, India: DivyaPrakashan.
- Brahmabarchas. (2003). NidanChititsa. Haridwar, India: Ved Mata Gayatri Trust.
- Colledge, N. R., Walker, B. R. & Ralston, S. H. (2010). Davidson's Principles & Practice of Medicine (21st ed.). China: Churchill Livingstone, Elsevier.
- Holford, P. & Bume, J. (2007). Food is better medicine than drugs. Great Britain: Piatkus.
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- Joshi, S. A. (2011). Nutrition and dietetics with Indian case studies. New Delhi, India: Tata McGraw-Hill.
- Lian, Yu-Lin; Chen, Chun-Yan; Hammes, M. & Kolster, B. C. (2005). Pletorial atlas of acupunctuere: An illustrated manual of acupunctuere points. Solvenia: h. f. ullmann.
- Micozzi, M. S. (2015). Fundamentals of complementary and alterntive medicine (5thed.). China. Elsevier Saunders.
- Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: DivyaPrakashan
- Peeters, J. (2008). Reflexology. Bath BAMHE, UK: Paragon.
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- Ramdev, S. (2009). PranayamRahasya. Haridwar, India: DivyaPrakashan
- Sah, R. L., Joshi, B., & Joshi, G. (2002). Vedic health care system. New Delhi, India: New Age Books.
- Sharma, S. (1998). JivemSaradmSatam. Mathura, India: Akhand Jyoti Samsthan.
- Sharma, S. (2010). Gayatri Mahavijyan (Combined and revised ed.). Mathura, India: YugNirman Yojana Bistar Trust.

Name of the Course: Yoga Practicum

Course Code: YS 205

Course Objectives:

Following the completion of the course, students shall be able to:

State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices; &

To demonstrate and instruct under mentioned yogic practices.

Course Outcome:

On completion of this course, the students will be able to:

CO1: develop understanding of different yogic techniques.

CO2: attain perfection to perform different yogic practices.

CO3: learn the practical interpretation of Shatkarma.

CO4: conduct practical sessions.

CO5: Conduct Yajya practical sessions

CO6: explain techniques of Pratyahara, Dharana and Dhyana.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	1	3
Scheme of Examination				
Total Marks 100				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

Shatakarma: Dand dhauti, Vastr dhauti, Nauli, Trataka. -10 marks

Aasana: -30marks

Dvipada Skandhasana, Purna Bhujangasana, Purna Matsyendrasana, Pakshee Aasan, Vrishchik Aasana, Padma Mayurasana,

Purna Vrishchikasana, Takiya Aasana, Padma Sheershasana, Karnapidasana, Purna Dhanurasana, Gorakshasana,

Purna Chakrasana, Purna Shalabhasana, Ek Pada Bakasana, Omkar Aasana, Purna Natarajasana

And all the practices of previous semesters.

Pranayama – 10 marks

Udgeeth , Moorchha.

Dhyana & Viva: Vijnanamaya & Anandamaya kosha - 20marks

Viva: - 5 marks

Name of the Course: Complementary & Alternative Therapy Practicum

Course Code: YS 206

Course Objectives:

Following the completion of the course, students shall be able to:

- Practice skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

Course Outcome:

CO1: Student will be familiarise with water therapy, pranic healing and acupressure points.

CO2: Students will have capability to treat different major disease with help of these therapies.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	1	3
Scheme of Examination				
Total Marks 50				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

Acupressure –15marks

PranicHealing – 15marks

AcupressureandPranicHealingTreatmentmethods
of HealthproblemsdescribedinYS-204 -

30marksDietary Supplements&HerbalRemedies -10marks

*Note:Microcontents&formatofPracticalonaforesaidcontentswillbeworkedoutin
consultationwithconcerned*