

University of Patanjali, Haridwar
Syllabus
B.A. With Yoga Science



Year - 2021 -2022

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 indic 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 intertanal 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 needVII.

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 sadhana 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.

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	BA 101	Introduction Of Yoga	3	1	0	4	20	10	70	100

2	BA 102	Introduction Of Hatha Yoga	3	1	0	4	20	10	70	100
3	B.A. 103	PSYCHOLOGICAL PROCESSES – I	3	1	0	4	20	10	70	100
4	B.A. 104	Psychology– I	3	1	0	4	20	10	70	100
5	B.A. 105	Tourism Concepts and Principals	3	1	0	4	20	10	70	100
6	B.A. 106	Cultural Tourism Resources	3	1	0	4	20	10	70	100
7	BA 107	Yoga Practicum	0	0	8	4	20	10	70	100
8	B.A. 108	PSYCHOLOGY PRACTICALS	0	0	8	4	20	10	70	100
9	B.A. 111	व्याकरणम्	3	1	0	4	20	10	70	100
10	B.A. 112	साहित्यं धर्मशास्त्रं च	3	1	0	4	20	10	70	100
11	BA 113	Basics Of Sanskritam I	1	1	0	Non Credit	10	5	35	50
12	BA 114	History of India from earliest times till the Mauryan period	3	1	0	4	20	10	70	100
13	BA 115	Ancient Indian Social Life and Institutions	3	1	0	4	20	10	70	100
14	BA CE 01	Communicative English I	3	1	0	4	20	10	70	100
							Total			900/800
Semester II										
1	BA 201	Indian Philosophy And Culture	3	1	0	4	20	10	70	100
2	BA 202	Introduction To Shrimad Bhagavad Gita	3	1	0	4	20	10	70	100

3	B.A. 203	BASIC PSYCHOLOGICAL PROCESSES-II	3	1	0	4	20	10	70	100
4	B.A. 204	SOCIAL PSYCHOLOGY II	3	1	0	4	20	10	70	100
5	B.A. 205	Transport in Travel &Tourism	3	1	0	4	20	10	70	100
6	B.A. 206	Geography for Tourism	3	1	0	4	20	10	70	100
7	BA 207	Yoga Practicum	0	0	8	4	20	10	70	100
8	B.A. 208	PSYCHOLOGY PRACTICALS	0	0	8	4	20	10	70	100
9	B.A. 211	व्याकरणम्	3	1	0	4	20	10	70	100
10	B.A. 212	साहित्यं धर्मशास्त्रं च	3	1	0	4	20	10	70	100
11	BA 213	Basics Of Sanskritam II	1	1	0	Non Credit	10	5	35	50
12	BA 214	History of Ancient India From the Sunga Dynesty to Later Guptas	3	1	0	4	20	10	70	100
13	BA 215	Ancient Indian Religions	3	1	0	4	20	10	70	100
14	BA CE 02	Communicative EnglishII	3	1	0	4	20	10	70	100
							Total			900/800

II Year										
Semester III										
1	BA 301	Patanjal Yogsutra	3	1	0	4	20	10	70	100

2	BA 302	Human Biology I	3	1	0	4	20	10	70	100
3	B.A. 303	System and Schools of Psychology-I	0	0	8	4	20	10	70	100
4	B.A. 304	Psychological Statistics	3	1	0	4	20	10	70	100
5	BA-305	Tourism Policy and Planning	3	1	0	4	20	10	70	100
6	B.A. 306	Travel Agency and Tour Operations Business	3	1	0	4	20	10	70	100
7	BA 307	Yoga Practicum	0	0	8	4	20	10	70	100
8	B.A. 308	Psychology Practical	0	0	8	4	20	10	70	100
9	B.A. 311	व्याकरणम्	3	1	0	4	20	10	70	100
10	B.A. 312	साहित्यं धर्मशास्त्रं च	3	1	0	4	20	10	70	100
11	BA-314	History of North India (600A.D. to 1200 A.D.)	3	1	0	4	20	10	70	100
12	BA-315	History of South India (600 A.D. to 1200 A.D.)	3	1	0	4	20	10	70	100
							Total			900/800
Semester IV										
1	BA 401	Human Biology II	3	1	0	4	20	10	70	100
2	BA 402	Introduction To Ayurveda & Swasthavritta	3	1	0	4	20	10	70	100
3	B.A. 403	SYSTEM AND SCHOOLS OF PSYCHOLOGY-II	3	1	0	4	20	10	70	100
4	B.A. 404	SOCIAL RESEARCH	3	1	0	4	20	10	70	100

5	B.A. 405	Destination Interpretation-India	3	1	0	4	20	10	70	100
6	B.A. 406	Hospitality Management	3	1	0	4	20	10	70	100
7	BA 407	Yoga Practicum	0	0	8	4	20	10	70	100
8	B.A. 408	Practicals	0	0	8	4	20	10	70	100
9	B.A. 411	व्याकरणम्	3	1	0	4	20	10	70	100
10	B.A. 412	साहित्यम्	3	1	0	4	20	10	70	100
11	BA-414	History of India (1206 A.D. TO 1526A.D.)	3	1	0	4	20	10	70	100
12	BA-415	History of India (1526 A.D. TO 1760 A.D.)	3	1	0	4	20	10	70	100
								Total		900/800
III Year										
Semester V										
1	BA 501	Research and Teaching Methods in Yoga	3	1	0	4	20	10	70	100
2	BA 502	Introduction To Upanishad	3	1	0	4	20	10	70	100
3	B.A. 503	Clinical Psychology-I	3	1	0	4	20	10	70	100
4	B.A. 504	Psychology of Personality	3	1	0	4	20	10	70	100
5	B.A. 505	Ancient Indian Art & Architecture	3	1	0	4	20	10	70	100
6	B.A.- 506	Travel Formalities & Facilitation	3	1	0	4	20	10	70	100

7	BA 507	Yoga Practicum	0	0	8	4	20	10	70	100
8	B.A. 508	Practical's	0	0	8	4	20	10	70	100
9	B.A. 511	व्याकरणम्	3	1	0	4	20	10	70	100
10	B.A. 512	साहित्यम्	3	1	0	4	20	10	70	100
11	BA-514	History of Europe (Late 18th Century to 19th Century)	3	1	0	4	20	10	70	100
12	BA-515	Social-Religious Reform Movements of the 12th centuries A.D.to 20th centuries A.D.	3	1	0	4	20	10	70	100
								Total		900/800
Semester VI										
1	BA 601	Yoga Therapy	3	1	0	4	20	10	70	100
2	BA 602	Introduction To Naturopathy & Alternative Therapy	3	1	0	4	20	10	70	100
3	B.A. 603	Clinical Psychology-II	3	1	0	4	20	10	70	100
4	B.A. 604	Principles and Applications of Ounseling	3	1	0	4	20	10	70	100
5	B.A.605	Business Communication	3	1	0	4	20	10	70	100
6	B.A. 606	Educational Tour	3	1	0	4	20	10	70	100

7	B.A. 607	Yoga Practicum	0	0	8	4	20	10	70	100
8	B.A. 608	Practical	0	0	8	4	20	10	70	100
9	B.A. 611	व्याकरणम्	3	1	0	4	20	10	70	100
10	B.A. 612	साहित्यम्	3	1	0	4	20	10	70	100
11	BA- EVN	Introduction to Environment	2	1	0	0	0	0	100	100
12	BA-614	History of India (1760 A.D. TO 1960 A.D.)	3	1	0	4	20	10	70	100
13	BA-615	Science, Technology and Yoga in Indian History	3	1	0	4	20	10	70	100
							Total			900/800

L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests,

TA - Teachers Assessment, SEE - Semester Examination

University of Patanjali, Haridwar
Paper Name: Introduction of Yoga
Paper Code: B.A. 101

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

• **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.
- Introduction about Yoga according to various Yogic texts, eminent Yogis.
- 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: knowledge of the concepts of Janna, Bhakti and karma Yoga.

CO3: understanding of different Schools of Yoga.

Unit-1: - General Introduction of Yoga (10 hours):

Origin and Meaning of the Word Yoga, Definitions of Yoga (Darshan, Upanishads, Bhagavad Gita) And Importance, Tradition and History of Yoga - From Vedas to Yogirishi Swami Ramdev (Vedic Period, Darshan Period, Tika Period, Bhakti Yoga and Hatha Yoga Period, Modern Period)

Unit-2: Form of Yoga in Various Scriptures (20 hours):

Vedas - Yoga Related Mantras

Upanishad- Yoga Elements in Kathopanishad, Shvetashvatropanishad and Major Yogopanishad

Shrimad Bhagavadgita - Jnana, Karma, Bhakti, Dhyana Yoga

Jain-*Triratna, Panchamahavrat, And Tapa and Dharma*

Buddhist - Ashtanga Marg, Anapan, Four Meditations, Brahmavihar

Aryurveda - Yoga Elements in Charaka Samhita (Mumukshu Udayan-Charaka Shaarir5.12), Aachar Rasayana (Charaka Samhita –Chikitsa Sthan1.4.30-35)

Prescribed Text Book

Unit-3: - Basic Requirements of Yoga Practice (5 Hours):

Suitable Place for Yoga Practice, Time (Season-Time), Diet, Sadhak & Badhak Elements in Yoga Practice.

Unit-4: - Different Methods of Yoga (10 Hours):

Jnana Yoga, Karmayoga, Bhakti Yoga, Hatha Yoga, Raja Yoga, Mantrayoga.

Unit 5 - Life Character of Major Yogis (15 hours):

Maharishi Patanjali, Maharishi Vyas, Maharishi Kapil Muni, Adi Shankaracharya, Guru Gorakshanath, Maharishi Dayanand Saraswati, Swami Vivekananda, Maharishi Arvind, Maharishi Raman, Yogrishi Swami Ramdev

Prescribed Text Book

1. उपनिषद का संदेश स्वामी रामदेव दिव्ययोग प्रकाशित, पतजलि योगपीठ, हरिद्वार।
2. दर्शन प्रवेश दिव्य योग प्रकाशि, पतजलि योगपीठ, हरिद्वार।
3. योग विश्वकोष- आचार्य बालकृष्ण, दिव्य योग प्रकाशित पतजलि योगपीठ, हरिद्वार।
4. कल्याण योगांक- गीता प्रेस, गोरखपुर।
5. कल्याण (योग तत्वांक) गीता प्रेस, गोरखपुर।
6. वेदों में योग विद्या- योगेन्द्र पुरुषार्थी ।
7. योग मनोविज्ञान- शान्ति प्रकाश आत्रेय ।
8. गोरखवाणी- पीताम्बर दास बरथवाल।

University of Patanjali, Haridwar
Paper Name: Introduction of Hatha Yoga
Paper Code: B.A. 102

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

• **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.
- Have an understanding about concept and principles of Hath Yoga.
- Quote references of each practice as per traditional texts

Course outcomes:

On completion of this course, the students will have:

CO1: knowledge of various Traditional Hatha Yoga Texts.

CO2: understanding of the concept and practice of Shodhana Kriyas with specific principles.

CO3: Conceptual and practical understanding of Asana with its benefits and contra-indications.

CO4: Conceptual and practical understanding of Pranayama with its benefits and contraindications.

CO5: Conceptual and practical understanding of Mudra and Bandha.

CO6: understanding of Pratyahara, Dharana and Dhyana.

Unit 1: General Introduction to Hatha Yoga (10 Hours):

The Literal Meaning of Hatha Yoga, Definition, Tradition-History, Pathyapathya Instructions for Yoga Practice, Characteristics of Hatha Siddhi, Utility of Hatha Yoga. Therapeutic Relevance of Hatha Yoga in The Present Age.

Unit-2: Elements of Hatha Yoga (According to Hatha Yogapradipika) - I (20 Hours):

Introduction to The Book Hatha Yoga Pradipika, According to Hatha Yoga Pradipika - Asana, Pranayama, Shatkarma (Dhoti, Basti, Neti, Nauli, Trataka and Kapalabhati) - Description.

Unit-3:

Elements of Hatha Yoga (According to Hatha Yoga Pradeepika) -II (8 Hours):

According to Hatha Yoga Pradipika - Description of Bandha, Mudra, Nadanusandhan, Kundalini.

Unit 4: -

Elements of Hatha Yoga (As Per Gherinda Samhit) - I (12 Hours):

Introduction to The Gherand Samhita Text, Classification, Method, Benefits and Precautions of the Shatkarmas Described in Gherand Samhita. The Method, Benefits and Precautions of Aasanas Described in The Gherand Samhita.

Unit5: -

Elements of Hatha Yoga (As Per Gherand Samhita) - II (10 Hours):

The Method, Benefits and Precautions of Pranayama and Mudras Described in Gherand Samhita. Brief Introduction to Pratyahar, Meditation and Samadhi.

Prescribed text book

हठयोगप्रदीपिका (निर्धारित पाठयांश) कैवल्यधाम लोणावाला।

घेरण्ड संहिता कैवल्यधाम लोणावाला।

Supporting text book

योग साधना एवं योग चिकित्सा रहस्य-स्वामी रामदवेजी (दिव्य योग प्रकाशित, पतजलि योगपीठ)

Reference book

हठयोग प्रदीपिका : प्रकाशक कैवल्यधाम लोणावाला

घेरण्ड संहिता : प्रकाशक कैवल्यधाम लोणावाला

गोरक्ष संहिता : गोरक्षनाथ

भक्तिसागर : स्वामी चरणदास

बहिरंग योग : स्वामी योगेश्वरानंद

योगासन विज्ञान : स्वामी धीरेन्द्र ब्रह्मचारी

University of Patanjali, Haridwar
BASIC PSYCHOLOGICAL PROCESSES – I
PAPER CODE – B.A. 103

Max Marks: 70

Course Objectives:

- To familiarize students with the basic concepts of the Indian Psychology with an emphasis on application of Psychology in everyday life.
- To make students aware of the importance of higher Cognitive process in daily life.

Course Outcomes:

After the completion of this course students will be able to

- Gain extensive knowledge about different theories and principles of Cognition and Behaviour concerning the areas of Motivation, Emotion, Intelligence, Thinking, and Personality etc.
- Understand the measures involved in different aspects of human behaviour
- Develop ability to relate the psychological concepts to everyday life events

1. Introduction:

- A. Meaning and Definition and Psychological thought in some major **Eastern System: Bhagavad Gita and Buddhism**
- B. Science and spirituality (Avidya and Vidya)
- C. Goals and branches of Psychology, Approaches: Biological and Behavioral

2. Methods of Psychology:

- A. Experimental Method: Meaning, Merits and Demerits
- B. Observation: Meaning, Merits and Demerits
- C. Survey: Meaning, Merits and Demerits

3. Perception

- A. Meaning and factors influencing Perception
- B. Laws of Perceptual organization
- C. Perceptual constancy: shape and size

4. Learning:

- A. Meaning and definition of learning
- B. Methods of learning
- C. Transfer of learning

5. Phenomena of Conditioning:

- A. Meaning and components of classical conditioning

- B. Extinction: meaning and factors affecting extinction
- C. Spontaneous recovery, Generalization and Discrimination

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. Motilal Banarsidas.
7. Jain, S. (2014). *Introduction to Psychology*. ISBN-13: 9788127256432.

University of Patanjali, Haridwar
Social Psychology– I
Paper Code– B.A. 104

Max Marks: 70

Course Objectives:

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

Course Outcomes:

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

- Understand the historical and scientific origin and development of social psychology in the western• and Indian context.
- Describe the development of the self and the dynamics of interpersonal attraction, attitude, group behaviour, group morale processes, formation and change in a social context.

1. *Introduction:*

- A. Meaning and goals of Social Psychology
- B. History of Social Psychology
- C. Scope of Social Psychology

2. *Attitudes:*

- A. Nature and Components of Attitude
- B. Formation and change in Attitude
- C. Measurement of Attitudes

3. *Group Behavior:*

- A. Meaning and definition of a Group
- B. Social facilitation
- C. Social Loafing

4. *Group Morale:*

- A. Meaning and definition of group Morale
- B. Criteria of High and Low Group Morale
- C. Determinants of Group Morale and Methods of Improving Group Morale

5. ***Leadership:***

- A. Meaning, definition and nature
- B. Personality Traits of a Leader
- C. Theories of Leadership: Trait Theory, Situational Theory, Fiedler's Contingency Theory

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: MotilalBanarasi Das.
- 4. Singh, R.N. (2001). *Modern Social Psychology*. Agra: Vinod PustakMandir.

University of Patanjali, Haridwar
Paper Name-Tourism Concepts and Principals
Paper Code-B.A. 105

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: -

- Bhatia AK – Tourism Development Principles and practices sterling publication Ltd. 1995.
 - Burkat and Madlik- Tourism Past Present and Future, Heinmann EIBS 1981
 - Cooper Flacher et al- Tourism Principles and practices Pitman 1993.
 - 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
Paper Name-Cultural Tourism Resources
Paper Code-B.A. 106

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: -

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

University of Patanjali, Haridwar
Paper Name- Yoga Practicum
Paper Code- B.A. 107

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

• **Objectives:**

- Following the completion of the course, students shall be able to:
- Understand the benefits, procedure and contraindications of all practices.
- 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.

CO4: develop skill to conduct practical sessions.

EIGHT BAIETHAK BY YOGRISHI SWAMI RAMDEV JI

Ardh baithak, Purna baithak, Rammurti baithak, Pahalwani baithak-1, Pahalwani baithak-II,
Hanuman baithak -1, Hanuman baithak-11, Hanuman baithak --111,

TWELVE DAND BY YOGRISHI SWAMI RAMDEV JI

Simple Dand, Rammurti Dand, Vakshvikasak Dand, Hanuman Dand, Vrishchik
Dand-I, Vrishchik Dand-II, Parshvadand, Chakradand, Palatdand, Sherdand,
Sarpdand, Mishradand (mixed Dand)

SURYA NAMASKARA with mantra.

YOGASANA (SUPINE LYING POSTURES)

Navasana, Pavanamuktasana, Utthana-padasana, Padavrittasana, Chakrikasdana, Chakkichalana,
Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana.

PRANAYAMA

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);

MUDRA

Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni, Pran, Apan, Apanvayu, Shankh, Kamajayi

SHATKARMAS

Neti (Jalneti, Rubber Neti)

RECITATION OF HYMNS

Recitation of Shanti Mantras; Recitation of Pranava Japa and Soham Japa

CONTINUOUS EVALUATION BY THE TEACHERS**TEXT BOOKS**

1. Acharya Balkrishna: Dainik Yogabhyasakram, Divyayog Prakashan, Haridwar,2015.
2. Yogrishi Swami Randev Ji: Dand-baithak, 2015.
3. Swami Dharendra Bhrahmachari: Yogasana Vijnana, Dharendra Yoga Publications, NewDelhi.
4. Swami Kuvalyananda: Asana Kaivalyadhama, Lonavla

University of Patanjali, Haridwar
Paper Name- 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

Total : 100 Marks

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.

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्

BA- प्रथमवर्षः (प्रथमसत्रम्)

Paper code-111

संस्कृतम्

पूर्णाङ्काः - १००

आन्तरिकाङ्काः - ३०

बाह्याङ्काः - ७०

प्रथमपत्रम् - व्याकरणम्

उद्देश्य -

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

परिणाम -

- १) विद्यार्थियों का व्याकरण विषयक संज्ञाओं का अवगमन हमसे व्याकरण अध्ययन में सरलता हासिल है
- २) उच्चारण स्थान व प्रयत्न के ज्ञान से उच्चारण में स्पष्टता आती है
- ३) विभक्तियों वा वचनों के माध्यम से संस्कृत भाषा में शुद्धता आती है
- ४) धात्वर्थों वा काल संबंधी ज्ञान से अनुवाद में दक्षता आती है
- ५) संस्कृत शिक्षा के द्वारा अनुवाद में दक्षता से संभाषण कौशल विकसित हासिल है

इकाई (१) संज्ञाप्रकरणम् (क)

प्रत्याहारसूत्राणि, प्रत्याहार-परिचयः, संज्ञा-सूत्राणि

इकाई (२) संज्ञाप्रकरणम् (ख)

वर्णानामुच्चारण-स्थानपरिचयः, बाह्याभ्यान्तर-प्रयत्नपरिचयः

इकाई (३) अजन्तप्रकरणम् (शब्दरूपमात्रम्)

अजन्तपुल्लिंगः- राम, सर्व, हरि, गुरु, पितृ, गणै, ग्लौ

अजन्तस्त्रीलिंगः- रमा, सर्व, नदी, मति, वधू, मातृ, द्यौ, नौ

अजन्तनपुंसकम्- गृह, सर्व, दधि, मधु

इकाई (४) धातुरूपमात्रम् (लट्-लाट्-लङ्-विधिलिङ्-लृट्-लकारेषु)

भू, पद्, गम (गच्छ), दशस्था, पा, सद्, जि, सेव, घस
इकाई (५) संस्कृतशिक्षा (पञ्चभागाः)
शब्दार्थः, नियमाः, अनुवादः, शुद्धिकरणम, वाक्यपूर्तिः

निर्धारितग्रन्थाः

- १) लघुसिद्धान्तकौमुदी - सुरेन्द्रदेवस्नातकः, चौखम्भा ओरियन्त्यालिया, दिल्ली।
- २) आपिशलि शिक्षावचन - आपिशलि (सिद्धहेमशब्दानुशासनम बृहद्वृत्तिः)
- ३) निर्णयसागरीया - शब्दरूपावली,.....
- ४) निर्णयसागरीया - धातुरूपावली,.....
- ५) संस्कृतशिक्षा - डॉ० कपिलदेवद्विवेदी, विश्वविद्यालयप्रकाशनवाराणसी।

पतञ्जलिविश्वविद्यालयः, हरिद्वारम

BA – प्रथमवर्षः (प्रथमसत्रम)

संस्कृतम Paper code-112

पूर्णाङ्काः – १००
आन्तरिकाङ्काः – ३०
बाह्याङ्काः – ७०

द्वितीयपत्रम साहित्यं धर्मशास्त्रं च

उद्देश्य -

- १) व्यवहारभानु के अध्ययन के द्वारा विद्यार्थियों में सद्व्यवहार सदाचरण व संस्कार विकसित कराना
- २) सत्यार्थ प्रकाश के ज्ञान से विद्यार्थियों में उत्तम विद्या, शिक्षा, गुण, कर्म और स्वभाव रूप आभूषणों का धारण कराना
- ३) पंचतंत्र की कथाओं के माध्यम से विद्यार्थियों का सदाचरण के लिए प्रेरित करना
- ४) इशाप्रनिषद में सन्निहित ब्रह्म व कर्म विषयक ज्ञान के द्वारा विद्यार्थियों में निष्कामभाव व सेवाभाव उत्पन्न कराना
- ५) लक्षण व उदाहरण के माध्यम से विद्यार्थियों का छंदों का परिचय कराना

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) विद्यार्थियों में निष्कामभाव व सेवाभाव उत्पन्न होता है
- ५) लक्षण व उदाहरण के अवगमन से छंदों का समझने में निपुणता होती है

- इकाई (१) व्यवहारभानुः
श्लोकस्मरणम्, श्लोकव्याख्या, निबन्धात्मकप्रश्नाः च
- इकाई (१) सत्याथप्रकाशः - द्वितीय-तृतीयसमुल्लासः (पठनपाठनविधेः पूर्वम्)
श्लोक-मन्त्रव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (३) पञ्चतन्त्रम् - काकोलूकीयम् (१-५ कथापर्यन्तम्)
गद्य-पद्यव्याख्या, कथालेखनम्, निबन्धात्मकप्रश्नाः
- इकाई (४) ईशोपनिषद्
मन्त्रव्याख्या, मन्त्रस्मरणम्, निबन्धात्मकप्रश्नाः
- इकाई (५) छन्दःपरिचयः (लक्षण-उदाहरणम्)
अनुष्टुप्, वसन्ततिलका, उपजातिः, आर्या, तोटकम्, द्रुतविलम्बितम्, स्रग्विणी,
शार्दूलविक्रीडितम्, शिखरिणी, मालिनी - (वृत्तरत्नाकरानुसारेण)

निर्धारितग्रन्थाः -

- १) व्यवहारभानुः - महर्षिदयानन्दसरस्वती, आर्षसाहित्य प्रचार ट्रस्ट, ब्रजवासी आर्ट, नोएडा
- २) सत्यार्थप्रकाशः - महर्षिदयानन्दसरस्वती, आर्षसाहित्य प्रचार ट्रस्ट, ब्रजवासी आर्ट, नोएडा
- ३) पञ्चतन्त्रम् - विष्णुशर्मा (निषिद्धाक्षीलांशवर्जितम्) चौखम्भाप्रकाशन, वाराणसी
- ४) ईशोपनिषद् - गीता प्रेस, गोरखपुरम्
- ५) वृत्तरत्नाकरः - केदारभट्टः, चौखम्भाप्रकाशन, वाराणसी

University of Patanjali, Haridwar
Paper Name: Basics of Sanskritam (Non Credit)
Paper Code: B.A. 113

Final Exam (SEE)-35 Marks
Internal Assessment (CT+TA)-15Marks

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 in Sanskrit and have some idea about grammar.

Unit-1: संस्कृत भाषा परिचय (7)

संस्कृत भाषा परिचय, योग शास्त्रके अध्ययनमें संस्कृतकामहत्त्व और योगएवं संस्कृतका अन्तः सम्बन्ध
माहेश्वरसूत्रासंस्कृतवर्णमाला, स्वर, व्यंजनवर्णज्ञानसहितरोमन लिपिर्लेखन एवं पठन, वर्णोंके उच्चारणस्थान
और प्रयत्नज्ञान प्रत्याहारनिर्माणविधि एवं प्रत्याहारज्ञानाकारक. विभक्ति, सुप् और तिप्रत्यय, लिङ्, वचन, पुरुष,
लकार एवं वाक्यागपरिचय संस्कृतसंख्याएं (एकसेसौतक)

Unit-2: शब्दरूप (8)

अजन्तशब्दरूप-राम, बालिका, पुस्तक, मुनि, रुचि, वारिशब्दों के रूपअर्थज्ञानसहित। अजन्तशब्दरूप नदी, भानु, धेनु, मधु, पितृ, मातृशब्दोंकेरूपअर्थज्ञानसहित।सर्वनामशब्दरूप अस्मद्, युष्मद्, तत् (तीनोंलिगोंमें), एतद् (तीनोंलिगोंमें), किम् (तीनोंलिगोंमें.) भवत् (तीनोंलिगोंमें) शब्दों के रूपअर्थज्ञानसहिता हलन्तशब्दरूप भगवत्, नामन्, जगत्शब्दोंकेरूपअर्थज्ञानसहित।

Unit-3: धातुरूप (8)

भू, अस्, पठ्. कृ. लिख, नम्, दृश्धातुओंकेपांचलकारोंलट्, लुट्, लङ्लृट्, विधिलिङ्, मेंरूपज्ञानएवंवाक्यनिर्माणअर्थज्ञानसहितावद्, गम्, स्था, पा, दा, शक, आप, प्रच्छधातुओंकेपांचलकारोंलट्, लुट्, लङ्, लृट्, लिङ्गेरूपज्ञानएवंवाक्यनिर्माणअर्थज्ञानसहिताज्ञा, कथ्, चिन्त, ब्रू, श्रु, नी, याच्, खाद, शीङ्, धातुओंकेपांचलकारोंलट्, लुट्, लङ्, लृट्, लिरूपज्ञानएवंवाक्यनिर्माणअर्थज्ञानसहित।

Unit-4: वाक्यनिर्माण (7)

प्रथमदीक्षाकेप्रथम, द्वितीयएवंतृतीय अध्यायसेवाक्यनिर्माणएवं अर्थज्ञानका अभ्यासा

TEXT BOOKS

द्विवेदीकपिलदेवःप्रारम्भिकरचनानुवादकौमुदी, विश्वविद्यालयप्रकाशन, वाराणसी 2011

द्विवेदीकपिलदेवःरचनानुवादकौमुदी, विश्वविद्यालयप्रकाशनवाराणसी2011

• द्विवेदीकपिलदेवः प्रौढरचनानुवादकौमुदी, विश्वविद्यालयप्रकाशन, वाराणसी 2007

BA- Ist SEMESTER

CODE - BA 114

PAPER – I

History of India from earliest times till the Mauryan period

4 CREDIT

Course Objective:

This course introduces to the students a gradual evolution of early civilization in Indian and polity from the age of Mahajanapadas to the age of foreign incursions during the Pre-Gupta period. Beginning with a general description of the political condition in the sixth century B.C., emergence of our early culture like Palaeolithic, Mesolithic, Neolithic, chalkolithic, Harappa and Vedic culture are described in the first two unit and political development of rising Magadha empire described in the third unit and Alexandra's invasion of Indian and the origin, development and decline of Mauryan empire are dealt with in last unit.

Course Outcome:

Students will able to:

1. Understand the status of the society and culture of ancient India during the Palaeolithic, Mesolithic, Neolithic, Harappa, and Bronze ages.
2. Identify Approaches towards the sources and the study of ancient Indian history.
3. Understand about India's Vedic and post-Vedic periods, as well as the rise of Jainism and Buddhism as religions and cultures in ancient India.
4. They will exchange ideas about how to separate the Magadha Empire from the other sixteen Janapadas.
5. Understand Great king Asoka's Dhamma and his inscriptions.

Unit I

(15 Lect.)

Sources: Archaeological, Literary

Introduction to Prehistoric Cultures of India: Palaeolithic, Mesolithic, Neolithic

Unit II

(18

Lect.)

Pre Harappa Culture and other Chalkolithic culture

Harappa civilisation: Discovery, Main Features, Decline, Legacy

Vedic period: Nature of Vedic literature; Political, Social, and Economic life of Vedic people

Unit III

(12 Lect.)

Political Condition of India from 6th Century B.C. to 4th Century B.C. Political Condition in the sixth century B.C. (Mahajanapadas and Republics)

Rise of Magadha Empire: Haryaka dynasty, Shishunag vans, Nand Vans

Unit IV

(16 Lect.)

Foreign Invasions: Persian Invasion of Darius I; Greek Invasion of Alexander; Effects of Invasions

Unit V (14

Lect.)

Mauryan Dynasty, Origin, Chandragupta Maurya: Early life and his Empire expansion, Bindusar, Asoka: Empire expansion, his edicts and Dhamma, Decline of Mauryan Dynasty

Recommended Readings :

Goyal, S. R., Magadh, Satavahan, Kushan Samrajyon ka Yug (Hindi), Jaipur Puri, B. N., India Under the Kushanas, Bombay, 1965.

Raychoudhury, H. C., Political History of Ancient India, Calcutta, 1931.

Raychoudhury, H. C., Prācīn Bhārata Kā Rājanītika Itihāsa (Hindi), Allahabad, Sharma, R. S., INDIA'S Ancient Past , New Delhi 2005.

Sharma, R. S., Prarambhik Bharat ka Parichay, (Hindi) New Delhi 2017.

Shastri, K. A. N., The Age of Nandas and Mauryas, Varanasi, 1967.

Tripathi, R. S., Ancient India, Delhi, 1960.

Singh, U., A History of Ancient and Early Medieval India, From The Stone Age To The 12th Century, Delhi 2016

Basham A. L. The Wonder that was India, London

Srivastava, K. C., Prachin Bharat ka Itihas Tatha Sanskriti, Allahabad, 2019

Jha D. N., Ancient India: In Historical Outline, 1997

Jha D. N., Early India: A Concise History, 2004

Jha, Shrimali, Prachin Bharat Ka Itihas, Delhi 2016

BA- Ist SEMESTER

CODE - BA 115

PAPER - II

Ancient Indian Social Life and Institutions

4

CREDIT

Course Objective:

Social history happens to be the core around which the historical reconstruction of any civilization takes place. This course introduces to the students the basic social ideas and institutions of ancient India. Social stratifications through Varna-Ashram system and the necessity and significance of the institutions of marriage and family are discussed in first two units respectively. The health of any society is manifested through the position a women enjoys. This is brought to the fore in the third unit. The ethical values cherished upon the idea behaviour patterns are the subject matters of the fourth unit, while the fifth unit describes the educational system of ancient India.

Course Outcome:

Students will able to:

1. Identify Approaches towards the Ancient Indian Society.
2. Evolution of social and cultural institutions in the Vedic society, Religious dissent and the rise of Jainism and Buddhism
3. Understand Ashrams and family.
4. To know Purusharth and Sanskar.
5. To know various kinds education system in Ancient Indian history.
6. To know our great University of Nalanda and Takshashila.

Unit I : (15 Lect.)

Varna-Ashrama System

Origin and development of Varna Vyavastha

Origin, development and significance of Ashrama

Jati Vyavastha

Unit II: (13 Lect.)

Marriage and Family

Meaning and objectives of marriages

Types of marriages

Concept and component of family

Unit III: (16 Lect.)

Position and Role of Women

Position and status of women in Ancient society

Stree Dhan and her Property righys

Unit IV: (14 Lect.)

Purusharth and Samsakaras

Types of Purushartha

Types of Samsakaras

Unit V:

(17

Lect.) Education System

Objectives of education

Important centers of education: Nalanda, Balabhi, Kashi and Taxila

Recommended Readings:

Altekar, A. S., Education in Ancient India (Also in Hindi)

Altekar, A.S., Position of Women in Hindu Civilization,

Dutt, N. K., Origin and Growth of Caste in India, Calcutta, 1931.

Jauhari, M., Prachin Bharata Mem Varnasrama Vyavastha (Hindi), Varanasi, 1985.

Kapadia, K. M., Marriage and Family in India (English)

Mishra, J.S., Prachin Bharat ka Samajik Itihas Patana,

Sharma, R. S., Material Culture and Social Formations in Ancient India, Delhi, 1985.

Tripathi, L.K. (ed.), Position and Status of Women in Ancient India, 2 Vols., Varanasi, 1988 and 1992

Yadav, B. N. S., Society and Culture in Northern India in the twelfth century A. D., Allahabad, 1973

University of Patanjali, Haridwar
Paper Name: Communicative English
Paper Code: B.A. CE 01

Final Exam (SEE)-70

Marks Internal Assessment (CT+TA)-30Marks

Objectives

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.

Course Outcomes

CO1: Students will demonstrate the capacity to write and speak clearly, read perceptively, and think critically;

CO2: Students will demonstrate understanding of historical traditions in British and American literature;

CO3: Students will demonstrate understanding of how written and spoken language expresses diverse cultural experiences; and

CO4: Students will demonstrate understanding of the functions and historical development of the English language.

CO5: Students will be able to speak fluently.

Unit 1- Communication [10 Hrs]

Writing Letters-Letter for Inquiry, Idioms and Phrases, Placing Order, Replacement Letter, Cancellation Letter, Complaint Lettered.

Unit 2-Drafting Advertisement [05 Hrs]

Classified Advertisement, Commercial Advertisement

Unit 3- Literature [10 Hrs]

Indian Traditional Knowledge On Environmental Conservation

An Article LightlyOfAsia - Gautama Buddha

Kafan-Prem Chand

Unit 4- Conducting Yoga Practical Class in English

Development of Skills to Enhance Ability of Conducting Yoga Class in English, Demonstration of Yoga Practices in English,

References

1. Ethan F. Becher. Mastering Communication at Work: How to Lead, Manage Anmd Influence, 2009.
 2. Mathew Mckey, Martha Devis, Patrick: Messages: The Communication Skill Book, 2009
 3. Ps Perkins, Les Brown: The Art and Science of Communication, 2008
- Robin Quinn, Joe Kohl: Talk Like a Winner; 21 Simple Rules Foe Achieving Everyday Communication Success, 2008

University of Patanjali, Haridwar
Paper Name: Indian Philosophy and Culture
Paper Code: B.A. 201

Final Exam (SEE)-70

Internal Assessment70 (CT+TA)-30

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.

CO3: Knowledge of the concepts of Shaddarshan.

CO4: Understanding of Indian scriptures.

Unit-1: - Introduction to Indian Philosophy (8 Hours):

Literal Meaning and Definition of Philosophy, Role of Philosophy in Human

Life, Characteristics of Indian Philosophy, Bodies of Indian Philosophy: VedicNon-Vedic. The Three Main Areas of Philosophy –Praman Mimamsa(Epistemology), Tattva Mimamsa (Meta Physics), Achar Mimamsa(Ethics).

(Prescribed Text Book - भारतीय दर्शन – आचार्य बलदेव उपाध्याय- चयनित पाठ्याशं)

UNIT-2: - Introduction to Six Schools of Vedic Philosophy (20 Hours):

General Introduction and Theory (Tattva Mimamsa & Ethics)

1. Nyaya Darshan
2. Vaisheshika Darshan
3. Samkhya Darshan
4. Yoga Darshan
5. Mimamsa Darshan
- 6.Vedanta Darshan

(Prescribed Text Book - दर्शन प्रवेश दिव्य योग प्रकाशि, पतजलि योगपीठ, हरिद्वार।

Unit-3: - Introduction to Jain, Buddhist, Charvak Philosophy (20 Hours):

General Introduction and Principles (Tattva Mimamsa & Ethics)

1. Jain Darshan
2. Buddhism

3.Charwak Darshan
(Prescribed Text Book)

Unit-4: - Introduction to Culture (12 Hours):

Literal Meaning and Definition of Culture. Concept and Importance of Culture.

General Introduction to The Base Scriptures of Indian Culture - Vedas,

Upanishads, Manusmriti, Mahabharata, Ramayana, Gita. (Prescribed Text Book - वैदिक साहित्य-
(डा0 कपिलदेव द्विवेदी)

Unit-5: - Salient Features of Indian Culture - (10 Hours):

Purushartha Chaturthya, Ashram System, Varna System, Karma Principles,

Sixteen Rites, Pancha Mahayajna, Rinn- traya, Sah-astittva, Universal
Relationship

(Prescribed Text Book - धर्ादशािसस्कृत- डा0 रूपनकशोिशास्त्री)

References / supporting books

1. भारतीय सस्कृति का इतिहास-डा0 सत्येन्दु विद्यालकारं
2. वैदिक साहित्य एवं सस्कृति कपिल देव द्विवेदी
3. धर्म दर्शन सस्कृति- डा0 रूपकिशोर शास्त्री
4. Teaching yourself philosophy: Indian Philosophy- Dr. R.P. Sharma
5. An outline of Indian Philosophy- M. Hiriyana

University of Patanjali, Haridwar
Paper Name: Introduction to Shrimad Bhagavad Gita
Paper Code: B.A. 202

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

• **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.

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.

CO3: have a deep understanding of Nishkama Karma and devotion in day to day life.

Unit 1: Shrimad Bhagwadgita Introduction (12 Hours):

General Introduction of the Bhagavad Gita, The Great Significance of The Bhagavad Gita and Various Scholars' Views in Relation to It, Synthesis of Yoga In The Bhagavad Gita, The Major Definitions of Yoga, The Nature of Yoga, Yoga Sadhana in The Bhagavad Gita, Relevance of The Bhagavad Gita in The Current Era.

Unit-2: Gyan Yoga –Atman, Prakriti & Parmatman (12 Hours):

Sankhya Yoga or Jnana Yoga (Chapter-2,3,4,5,6,13), The Form of the Soul (Chapter-2), The Form of the Supreme Soul (Purushottama), (Chapter-4,8,10,11,13,15), Form of Prakriti (Chapter-9,13,14).

Unit-3: Karma Yoga and Meditation Yoga (12 Hours):

Concepts Of Karmayoga (Chapter-2-6), Form Of Yajna , Yajnartha Karma, Nishkam Karma (Chapter-3,4), Lok Sangrah (Chapter-3), Jnana-Karma Coordination (Chapter-5), Forms Of Dhyana Yoga (Chapter-6).

Unit 4: Bhakti Yoga (12 Hours):

Concepts of Bhakti and Mahatmya (Chapters-7, 8, 9,11, 12), The Necessity Of Devotion in Divine Realization (Chapters-11, Verse-52-55), Types of Bhakti (Chapters-7,12) Characteristics of The Devotee (Chapter-12, Verse-13-20)

Unit 5: Personality, Diet and Trigun Concept (12 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- Daivee Sampda (Chapter-16).

Prescribed Text Book -

1. श्रीमद्भगवद्गीता-गीतामृत-योगऋषिस्वामीरामदेवजी, ददव्यप्रकाशन, ँतजंलियोगपीठ

Supporting text book

श्रीमद्भगवद्गीता- गीतामृत - योग ऋषि स्वामी रामदेव जी, दिव्य प्रकाशन, ँतजंलि योगपीठ

Supporting text book

1. गीता रहस्य लोकमान्य (चयनित ँठयांश)

2. Shrimadbhagvadgeeta- Tattvavivechini-Jaidayal Goyandaka, Geeta Press Gorakhpur.

University of Patanjali, Haridwar
Paper Name-BASIC PSYCHOLOGICAL PROCESSES-II
Paper-B.A. 203

Max Marks: 70
Time: 3 Hours

Course Objectives:

- To introduce students with the basic psychological processes and the studies relating to the factors which influence them.
- Develop ability to relate the psychological concepts to everyday life events

Course Outcomes:

- To apply the principles of psychology in day-to-day life for a better understanding of themselves and others. •
- To understand further the fundamental processes underlying human behavior such as learning, motivation, emotion, intelligence, personality and states of consciousness.

1. Memory and Forgetting

- A. Meaning, definitions and types of Memory
- B. Memory Process (Components): Encoding, storage & retrieval process
- C. Forgetting: Meaning and Definition, Factors affecting forgetting

2. Motivation:

- A. Concept of Motivation: Meaning, Definitions
- B. Motivational Cycle
- C. Types of Motivation: Physiological, Psychological & Social Motives

3. Emotion:

- A. Meaning and Definitions
- B. Bodily Changes in Emotion: Internal changes and External Changes
- C. Emotion Regulation

4. Intelligence:

- A. Concept: meaning and definition
- B. Types of Intelligence
- C. Theories of intelligence: Spearman, Thurston

5. Personality:

- A. Meaning and definitions
- B. Determinants: Biological, Psychosocial and Socio-cultural
- C. Projective test vs. Psychometric Inventory

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.

University of Patanjali, Haridwar
Paper Name- SOCIAL PSYCHOLOGY II
Paper Code-B.A. 204

Max Marks: 70
Time: 3 Hours

Course Objectives:

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

1. Social Perception:

- A. Meaning and definition of Social Perception
- B. Communication and attribution in social Perception
- C. Determinants of person perception and difference between self-concept and self-esteem

2. Prosocial Behavior:

- A. Helping behavior and altruistic behavior: Nature and Characteristics
- B. Steps or stages of Pro-social behavior
- C. Determinants: Personal, Situational and Social

3. Aggression:

- A. Meaning and definition of Aggression
- B. Theoretical approaches to aggression: Social Learning Theory, Frustration-Aggression Theory
- C. Measures of Preventing and Reducing Aggression

4. Crowd:

- A. Meaning and Characteristics of Crowd
- B. Distinction between Crowd and group
- C. Classification of Crowd: Brown's Classification and Iofland's Classification

5. Prejudice

- A. Nature and Components of Prejudice
- B. Effects of Prejudice
- C. Methods of Reducing Prejudice

Course Outcomes:

- Describe the development of the self and the dynamics of interpersonal attraction, prosocial behaviour, aggression, prejudice and crowd in a social context.
- Comprehend the nature of scientific methods employed to study behavior in the social context.

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). Ucchatar Samaj Manovigyan. New Delhi: MotilalBanarasi Das.

4. Singh, R.N. (2001). Modern Social Psychology. Agra: Vinod PustakMandir.

University of Patanjali, Haridwar
Paper Name-Transport in Travel & Tourism
Paper Code- B.A. 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 & Inrailpass.

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 Graham 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
Paper Name- Geography for Tourism
Paper Code-B.A. 206

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, Newzealand & France.

Suggested Books:

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

University of Patanjali, Haridwar
Paper Name - Yoga Practicum
Paper Code- B.A. 207

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

Objectives:

- Following the completion of the course, students shall be able to:
- State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 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.

CO4:can develop the calibre to conduct practical sessions.

Yogasana

12 Steps of Yogic Jogging; And A Series of 12 Yogic Postures: Manduk Asana- Variations 1 & 2, Shashakasana, Bakasana, Gomukh Asana, Makarasana- Variations 1& 2, Bhujanga Asanavariations 1, 2 & 3, Shalabhasana- 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.

(Prone Lying Asanas)

Makarasana, Markatasana, Bhujangasana, Sarpasana, Shalabhasana, Dhanurasana, Purnadhanurasana.

Pranayama

Bhastrika, Kapalbhati, Bahya, Ujjyai, As Recommended by Swami Ramdev.

Shatkarma

Kapalbhati (Vatkram, Vyutkram) Nauli (Madhyama, Vama, Dakshina)

Mantra Ishwarstuti-Prarthnopasana:

Understanding, Recitation and Memorization.

Continuous Evaluation by The Teachers

TEXT BOOKS

1. Swami Ramdev ji: Vaidik Nitya Karma Vidhi, Divya Prakashan, Haridwar, 2010.
2. Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga
1. Publications, New Delhi, 1980
2. Yogrishi Swami Ramdev Ji: Pranayama Rahasya, Divya Prakashan, Haridwar, 2009
3. Yogrishi Swami Ramdev Ji: Vedic Nityakarma Vidhi, Divya Prakashan, Haridwar,
4. 2010
5. Basavaraddi, I.V. & others: SHATKARMA: A Comprehensive description about
6. Cleansing Process, MDNIY New Delhi, 2009
7. Dr. Nagendra H R: Pranayama, The Art & Science, Swami Vivekananda
YogaPrakashan, Bangalore, 2005. 7. Iyengar, B.K.S.: Light on Pranayama, Harper Collins,
Swami Vivekanand YogaPrakashan, 2012

University of Patanjali, Haridwar
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
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.

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्
BA – प्रथमवर्षः (द्वितीयसत्रम्)
संस्कृतम् Paper code- 211

पूर्णाङ्काः – १००
आन्तरिकाङ्काः – ३०
बाह्याङ्काः – ७०

प्रथमपत्रम् - व्याकरणम्

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
- ४) हलन्त शब्द रूपों के स्मरण के द्वारा हलन्त शब्दों में विभक्तियों व वचनों का स्पष्टता पूर्वक बोध प्रदान कराना
- ५) संस्कृत भाषा का प्रारंभिक ज्ञान प्रदान कराना व अनुवाद कौशल विकसित 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
- ४) हलन्त शब्दों में विभक्तियों व वचनों को स्पष्टता पूर्वक बोध होता है
- ५) संस्कृतभाषा विषयक कुशलता शिक्षार्थियों में विकसित होती है व वाक्पटुता प्रस्फुटित होती है

इकाई (१) अच्सन्धिप्रकरणम् (केवलं सन्धिविधायकसूत्रमात्रम्)

सन्धि-विच्छेदकरणम्, सूत्रव्याख्या, सूत्रस्मरणम्

इकाई (२) हल्सन्धिप्रकरणम् (केवलं सन्धिविधायकसूत्रमात्रम्)

सन्धि-विच्छेदकरणम्, सूत्रव्याख्या, सूत्रस्मरणम्

इकाई (३) विसर्गसन्धिप्रकरणम् (केवलं सन्धिविधायकसूत्रमात्रम्)

सन्धि-विच्छेदकरणम्, सूत्रव्याख्या, सूत्रस्मरणम्

इकाई (४) हलन्तप्रकरणम् (शब्दरूपमात्रम्)

हलन्त- पुं., स्त्री., नपुं. – राजन्, विद्वस्, भगवत्, वाच्, दिक्, गिर्, करिण्, जगत्,

पयस्, अहन्

सर्वनाम- पुं., स्त्री., नपुं. – किम्, इदम्, एतद्, तद्, यद्, अदस्, अस्मद्, युष्मद्
इकाई (५) प्रारम्भिकरचनानुवादकौमुदी

शब्दार्थः, नियमाः, अनुवादः, शुद्धीकरणम्, वाक्यपूर्तिः

निर्धारितग्रन्थाः –

- १) लघुसिद्धान्तकौमुदी – सुरेन्द्रदेवस्नातकः, चौखम्बा ओरियण्टालिया, दिल्ली
- २) निर्णयसागरीया शब्दरूपावली
- ३) प्रारम्भिकरचनानुवादकौमुदी – डॉ० कपिलदेवद्विवेदी, विश्वविद्यालय प्रकाशन, वाराणसी

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्

BA – प्रथमवर्षः (द्वितीयसत्रम्)

संस्कृतम्

Paper code- 212

पूर्णाङ्काः – १००

आन्तरिकाङ्काः – ३०

बाह्याङ्काः – ७०

द्वितीयपत्रम् – साहित्यं धर्मशास्त्रं च

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 का लक्षण व उदाहरणों के माध्यम से शिक्षार्थियों का समझाना
- ४) पंचतंत्र की कथाओं के द्वारा विद्यार्थियों में नैतिक शिक्षा का विकास कराना
- ५) केनप्रनिषद में सन्निहित ब्रह्मविषयक ज्ञान प्रदान कराना

परिणाम -

- १) विद्यार्थियों में धर्मज्ञान के द्वारा धर्माचरण में प्रवृत्ति हासिल है
- २) सत्यार्थप्रकाश के द्वारा ईश्वर व वेद संबंधी जिज्ञासा का निराकरण हासिल है
- ३) लक्षण व उदाहरण के माध्यम से अलंकारों का अवबोध हासिल है
- ४) विद्यार्थियों में मौलिक व नैतिक शिक्षा संवर्धन हासिल है
- ५) शिक्षार्थियों में ब्रह्म संबंधी जिज्ञासा उत्पन्न हासिल है

इकाई (१) मनुस्मृति: – धर्मोत्पत्तिविषयः, प्रथमोऽध्यायः, द्वितीयोऽध्यायः (१-६० श्लोकपर्यन्तम्)

श्लोकव्याख्या, निबन्धात्मकप्रश्नाः

इकाई (२) सत्यार्थप्रकाशः - सप्तमसमुल्लासः

श्लोक-मन्त्रव्याख्या, निबन्धात्मकप्रश्नाः

इकाई (३) अलङ्कारपरिचयः (लक्षण-उदाहरणम्)

उपमा, रूपकम्, अर्थान्तरन्यासः, उत्प्रेक्षा, प्रतिवस्तूपमा, काव्यलिङ्गम्, दृष्टान्तः, विशेषोक्तिः, विभावना

इकाई (४) पञ्चतन्त्रम् (६-१० कथापर्यन्तम्)

श्लोकव्याख्या, कथालेखनम्, निबन्धात्मकप्रश्नाः

इकाई (५) केनोपनिषद्

श्लोकव्याख्या, श्लोकस्मरणम्, निबन्धात्मकप्रश्नाः

निर्धारितग्रन्थाः –

- १) मनुस्मृति: – गङ्गाप्रसाद उपाध्यायः विजयकुमारगोविन्दरामहासानन्दाः, नई दिल्ली
- २) सत्यार्थप्रकाशः - महर्षिदयानन्दसरस्वती, आर्षसाहित्य प्रचार ट्रस्ट, ब्रजवासी आर्ट, नोएडा
- ३) कव्यदीपिका – कान्तिचन्द्रभट्टाचार्यः, चौखम्भाप्रकाशन, वाराणसी
- ४) पञ्चतन्त्रम् - विष्णुशर्मा (निषिद्धाक्षीलांशवर्जितम्) चौखम्भाप्रकाशन, वाराणसी
- ५) केनोपनिषद् – गीताप्रेस गोरखपुरम्

पतंजलि विश्वविद्यालय, हरिद्वार बी.ए. (योग) द्वितीय सेमेस्टर

ELECTIVE -I (BASIC SANSKRIT - II)

Paper Code-B.A.C.C. 213

Unit-1: संस्कृतभाषा परिचय [BHRS]

पठ् एवं कृ धातु का कर्मवाच्यरूप ज्ञान पाँच लकारों लट्, लृ, ल, लोट्, लिए में एवं वाक्य निर्माण अर्थज्ञान सहित अस् एवं मू धतु का भाववाच्यरूप ज्ञान पांच लकारों लट्, लृट् लब, लोट्, विधिलिए में एवं वाक्य निर्माण अर्थज्ञान सहित कर्तृवाच्य एवं कर्मवाच्य का परिचय, वाक्यरचना, वाक्यरूपान्तरण एवं अनुवाद । कर्तृवाच्य का परिचय वाक्यरचना, वाक्यरूपान्तरण एवं अनुवाद ।

Unit-2: कृदन्त प्रत्यय [7HRS]

शतृ एवं शानच् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद । क्त्वा, ल्यप्, तुमुन् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद । क्त एवं क्तवतु प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद । तव्यत्, अनीयर् एवं यत् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद ।

Unit-3 सन्धि एवं भाषाभ्यास [8HRS]

हल् एवं विसर्ग सन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास। भगवद्गीता के द्वितीय अध्याय के प्रथम 20 श्लोकों में "कारक एवं क्रियापदों का अनुसन्धान एवं सस्वर श्लोकपाठ संस्कृत से हिन्दी / अंग्रेजी में अनुवाद

मौखिक व्याख्यान का अभ्यास ।

Unit-4: भाषादक्षता [7HRS]

प्रथमदीक्षा के चतुर्थ, पंचम एवं षष्ठ अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास ।

संस्कृत में परस्पर वार्तालाप एवं

TEXT BOOKS

1. द्विवेदी कपिल देव: प्रारम्भिक रचनानुवाद कौमुदी, विश्वविद्यालय प्रकाशन, वाराणसी 2011 2. द्विवेदी

कपिल देव रचनानुवादकौमुदी विश्वविद्यालय प्रकाशन, वाराणसी 2011

3. द्विवेदी कपिल देव: प्रौढरचनानुवाद कौमुदी, विश्वविद्यालय प्रकाशन, वाराणसी 2007

BOOKS FOR REFERENCES

1. प्रथमदीक्षा राष्ट्रिय संस्कृत संस्थान, नई दिल्ली।

द्वितीय दीक्षा राष्ट्रिय संस्कृत संस्थान, नई दिल्ली।

3. महर्षि दयानन्द सरस्वती: वर्णोच्चार शिक्षा, रामलाल कपूर ट्रस्ट, सोनीपत हरियाणा ।

BA- IInd SEMESTER

CODE - BA 214

PAPER – I

History of Ancient India from the Sunga Dynasty to Later Guptas

4 CREDIT

Course Objective:

They will learn about the rise and expansion of the Gupta Empire in ancient India as well as how to establish regional kingdoms in various parts of India after the Empire fell. They can learn about early medieval India's society, economy, and culture. They can learn about the post-Mauryan political systems, particularly the Kushana and Satavahana ones; Gana-Sanghas, the Guptas' rise to power, the growth of the empire, art, architecture, literature, and so on They learn about how the agrarian economy, trade, and the urbanization of towns are changing.

Course Outcomes:

Students will be able to:

1. Learn about the reasons for the fall of Guptas Empire as well as the rise of various empires later.
2. Identify the approach towards the sources and the study of the foreign dynasties.
3. Exchange ideas on the differences of works of various rulers over the dynasties post Mauryan period.
4. Learn the invasion of the Hunas in India.
5. Understand the cultural achievements of the Vakataka period.

Unit I :

(15

Lect.)

Post-Mauryan Dynasties: Sunga Dynesty, Kanva Dynesty, Satavahana Dynesty : Gautamiputra Shatakarni and YagyShree Satakarni, Kaling Naresh Kharwel.

Unit II:

(17 Lect.)

Foreign Dynasties: Indo Greeks: Demetriyas and Minander, Shaka Kshatrap : Mathura and western Kshatrapas and Pahlava,

UNIT III:

(12 Lect.)

Kushan Dynesty : Vim kadafishash and kanishka,

UNIT IV:

(18 Lect.)

Gupta Dynesty: Chandragupta I, Samudragupta, Chandragupta II, kumargupta and skandgupta, Decline of the Imperial Guptas Cultural Achievements of the Gupta Period: Debate about Golden Age

Unit V:

(13 Lect.)

Hunas invasion in India, Vakatakas: Cultural Achievements of the Vakataka period,
Shashank Of Bengal, Bhashkarvarman Of Assam.

Recommended Readings:

Goyal, S.R., Magadh, Satawahan, Kushan Samrajyon ka Yug (Hindi), Jaipur

Narain, A.K., The Indo-Greeks, New Delhi, 1996.

Sharma, R.S., INDIA'S Ancient Past , New Delhi 2005.

Sharma, R.S., Prarambhik Bharat ka Parichay, (Hindi) New Delhi 2017.

Raychoudhury, H.C., Prācīn Bhārata Kā Rājanītika Itihāsa (Hindi), Allahabad,

Singh, U., A Histtory of Ancient and Early Medieval India, From The Stone Age To
The 12th Century, Delhi 2016

Basham A. L. The Wonder that was India,London

Srivastava, K. C., Prachin Bharat ka Itihas Tatha Sanskriti, Allahabad, 2019

Jha D. N., Ancient India:In Historical Outline, 1997

Jha D. N., Early India: A Concise History, 2004

Jha, Shrimali, Prachin Bharat Ka Itihas, Delhi 2016

BA- IInd SEMESTER

CODE - BA 215

PAPER II

Ancient Indian Religions

4 CREDIT

Course Objectives:

This course introduces to the students the basic ideas and features of ancient Indian religions as manifested through Vedas, Buddhism and Jainism and Puranas. Beginning with the primitive religious beliefs, the Vedic pantheon and sacrifices are focussed in first unit. Next introduces to the students the basic features of the Sramana traditions which include within its fold Buddhism and Jainism. Life and teaching of Mahāvīra, basic philosophical ideas of Jainism and its spread are discussed in IInd and IIIrd units. Teachings of Bhagavadgītā are pronounced in detail whereas the core of Purāṇic religions is sought to be established through Avatāravāda and Pañcādevopāsanā. Various cults like Vaiṣṇavism, Śaivism and Śāktism have played a prominent role in popularizing the basic tenets of Purāṇic religion. This, alongwith the relevance and significance of Saurā and Gāṇapatya minor cults, forms the subject matter of the fifth unit.

Course Outcomes:

Students will learn about:

1. The different Vedic pantheon and sacrifices.
2. Jainism and the important tirthankars as well as their teachings.
3. Buddhism and the life teachings of Gautama Buddha.
4. The teachings of Bhagavadgītā along with the different types of yogas.
5. Understand the teachings of puranas along with the relevance and significance to Shaivism, Vaishnavism and Shaktism.

Unit I : (15 Lect.)

Indus Religion

Early Vedic Religion

Later Vedic Religion

Unit II : (16 Lect.)

Tirthankar: Rishabhdev, Parshwanath and Mahaveer.

Jainism: Life and teachings of Mahavira, Svetambara and Digambara, Anekantavada and Syadvada

Unit III: (14 Lect.)

Buddhism: Life and teachings of Gautama Buddha, Buddhist Councils, Hinayana and Mahayana.

Unit IV : (12 Lect.)

Teachings of Bhagavadgita, Gyanayoga, Bhaktiyoga and Karmayoga

Unit V : (18 Lect.)

Puranic Religions: Shaivism, Vaishnavism and Shaktism.

Recommended Readings :

Agrawala, V.S., Prachina Bharatiya Lokadharma (Hindi and English), Varanasi, 1964.

Banerjee, J.N., Development of Hindu Iconography, New Delhi, 1985.

Barth, A., The Religions of India, Varanasi, 1985. 19

Bevarkara, S.K. and R.D. Ranade, History of Indian Philosophy, Vol. II, Poona, 1927.

Bhandarkar, R.G., Vaishnavism, Saivism and Minor Religious Systems (Also in Hindi),

Varanasi, 1965. Bhattacharya, N.N., History of Sakta Religion, New Delhi, 1974

Chaturvedi, P., Vaishnava Dharma, Varanasi, 1977.

Hiriyanna, M.H., Outlines of Indian Philosophy, London, 1932.

Jaiswal, Suvira, Origin and Development of Vaisnavism (also in Hindi), Delhi, 1996 (IIInd ed.).

Keith, A.B., The Religion and Philosophy of Veda and Upanisads (also in Hindi), Cambridge, 1925

Upadhyaya, B. Bharatiya Darshana, Varanasi, 1971.

Bapat, P.V. (ed.), 2500 Years of Buddhism (Also in Hindi), New Delhi, 1987.

Jain, Hiralal, Bharatiya Samskriti me Jaina Dharma ka Yogadana (Hindi). Bhopal, 1962.

Jaini, J.L., An outline of Jainism, Cambridge, 1916.

Jain, Jyoti Prasad, Religion and Culture of the Jains, Delhi, 1995.

Majumdar, R.C. and A. D. Pusalker (eds.), The History and Culture of the Indian People, Vols. I –V (relevant chapters), Bombay, 1951-1957.

University of Patanjali, Haridwar
Paper Name: Communicative English
Paper Code: B.A.C.E. 02

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

Objectives

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

- Communicate in English in interviews etc.
- Develop reading and writing skills in English
- To communicate in English while teachings of Yoga

Course Outcomes

CO1: Students will demonstrate the capacity to write and speak clearly, read perceptively, and think critically.

CO2: Students will demonstrate understanding of historical traditions in British and American literature.

CO3: Students will demonstrate understanding of how written and spoken language expresses diverse cultural experiences.

CO4: Students will demonstrate understanding of the functions and historical development of the English language.

CO5: Students will be able to speak fluently.

UNIT 1- COMMUNICATION (10 HRS)

Paragraph Writing Reading Comprehensions, Listening Comprehensions, Note Making. Summary, referring to Encyclopaedia and Dictionary, Debate Writing, Speech Writing Article Writing, Phonetics Transcription, Precise Writing

UNIT 2- INTERVIEW (05 HRS)

Group Discussion, Personal Interview, Telephonic Interview, Resume Writing Etc.

UNIT 3- LITERATURE (15 HRS]

- Ramayana
- Srimadbhagwad Geeta
- Panchtantra

REFERENCES

- Ethan F. Becher: Mastering Communication at Work: How to Lead, Manage and Influence, 2009.
- Mathew Mckey, Martha Devis, Patrick: Messages: The Communication Skill Book, 2009
- P.S Perkins, Les Brown: The Art and Science of Communication, 2008
- Robin Quinn, Joe Kohl: Talk Like a Winner; 21 Simple Rules For Achieving Everyday Communication Success, 2008 Srimadbhagwadgeeta by Paramhansa Yogananda.

University of Patanjali, Haridwar
Paper Name -Patanjal Yogsutra
Paper Code – B.A. 301

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

- **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:** understanding of different Yoga texts.
- CO2:** understanding of mind and its modifications
- CO3:** knowledge of different obstacles in Sadhana and how to eradicate them.
- CO4:** understanding of Sanyama, Parinamas and different Vibhutis.
- CO5:** knowledge of different procedures to attain Kaivalya.

Unit - Text Introduction and Samadhi Pada - (15 Hours):

Introduction to Yoga Sutra Granth, Definition of Yoga, Concept of Chitta, Chitta Bhoomi, Chitta Vrittiya and Types, Chitta Vritti Nidrodhopaya (Abhyasa and Vairagya), The Nature of God, Pranava Chanting and Its Results, Antarayabhava, Chitta Prasadana, Nature of Samadhi.

Unit-2: - Sadhan Pada (15 Hours):

Concept of Kriya Yoga, Klesha, Ashtanga Yoga Introduction, Chaturavuhavaad, Drashta and Drishya, Vivek Khyati.

Unit-3: - Vibhuti Pada- (15 Hours)

Antaranga Yoga (Dharana, Dhyana, Samadhi), Concept of Samyama, Introduction of Vibhutis, Ashtasiddhi.

Unit-4: Kaivalya Pada- (15 Hours):

Kaivalya. Five Types of Siddhis (Attainments), Nirmana Chitta, Types of Karma, Vaasna, Vivek Jnana, Kaivalya

Prescribed Text Book-

योगदर्शनम-स्वामी रामदेव

दर्शन प्रवेश-दिव्य प्रकाशन

Supporting Book-

भोजवति

योगदर्शनम- गीताप्रेस गोरखपुर

University of Patanjali, Haridwar
Paper Name- Human Biology I
Paper Code- B.A. 302

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

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

CO3: know the effect of yogic techniques on different systems in the human body.

CO4: develop the understanding of hormones.

Unit-1: - Introduction to Human Body (15 Hours):

Definition, Structure, Cell Types and Functions of Human Cells. Body Structure and Function, Key Words and Their Concepts.

Unit-2: - Skeletal System - 1 (15 Hours):

The Structure and Type of Bone. The Structure and Function of the Spine. Effect of Yoga On Bone and Bone Joint.

Unit-3: - Muscular System - (15 Hours)

The Structure, Type and Function of the Muscle. Mechanism of Muscular Contraction. Neuro-Muscular Communication Neurotransmitters | Effect of Yoga On Muscles.

Unit-4: - Respiratory System - (15 Hours):

Nose, Throat, Bronchi, Structure, Mechanism of Breathing. Respiratory Processes - Cellular Respiration and Thoracic Respiration. Effect of Yoga On Respiratory System.

Reference book

1. सश्रुतु (शरीर स्थान)- डा. भास्कर गोविन्द घाणेकर
2. शरीर रचना विज्ञान- डा. मुकुन्द स्वरूप
3. शरीर क्रिया विज्ञान- डा. प्रियवत्
4. शरीर रचना व क्रिया विज्ञान- डा. एस. आर.
5. आयुर्वेदीय क्रिया शरीर- वैद्य रणजीत राय देसाई

6. Anatomy & Physiology of Yogic Practices- M. M. Gore
7. Anatomy & Physiology Yogic Context- Dr. Sharad Bhalekar

University of Patanjali, Haridwar
Paper Name- System and Schools of Psychology-I
Paper Code – B.A. 303

Max Marks: 70
CTime: 3 Hours

Course Objectives:

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

Course Outcomes:

At the end of the course, students will be able to:

- To better evaluate current psychological findings.
- Historical awareness can also contribute to enhance personal ability to critically evaluate contemporary ideas.
- To appreciate the 'reflexive' nature of the field.

1. Systems in Psychology:

- A. Meaning and types and some Basic Issues in Psychology
- B. Contribution of Greeks: Socrates, Plato and Aristotle
- C. Structuralism: William Wundt and his Systematic Psychology, Functionalism: Stream of Consciousness, Chicago School

2. Associationism:

- A. Historical Background of Associationism
- B. Ivan Petrovich Pavlov
- C. Thorndike

3. Behaviorism:

- A. Watsonian Behaviorism as a system
- B. Tolman's Purposive Behaviourism
- C. Skinner

4. Gestalt Psychology:

- A. Antecedent factors of Gestalt Psychology
- B. Foundry of Gestalt Psychology
- C. Contribution of Gestalt psychology: Perception, Learning & Thinking.

5. Field Theory:

- A. Life Sketch of Kurt Lewin
- B. Topological Psychology of Kurt Lewin
- C. Vector Psychology of Kurt Lewin

Recommended Books:

1. **Woodworth, R.S.** (1932). Contemporary School of Psychology. New York.
2. **Heidbreder, E.** (1933). Seven Psychologies. New York.

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

Psychological Statistics
PAPER – II B.A. 304

Max Marks: 70
Time: 3 Hours

Course Objectives:

- To develop an understanding of various statistical technique in terms of them
Application
To acquire competencies to organize data.

Course Outcomes

At the end of this course students will be able

- Understand the basic concept of statistics in psychology. • Explore and get introduced to the various statistical tools (parametric and non-parametric) • used for analysis. Learn categorization and presentation of data; graphical representation used to • communicate data

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

1. Statistic in Psychology:

- A. Meaning and application of Statistic
- B. Meaning of Measurement and its levels
- C. Discreet and continuous series

2. Frequency Distribution and Representation of Data:

- A. Drawing of frequency distribution
- B. Graphical representation of group data; Polygon
- C. Graphical representation of group data: Histogram, Bar diagram

3. Measurement of Central Tendency:

- A. Meaning and characteristics of Mean with its computation
- B. Meaning and characteristics of Median with its computation
- C. Meaning and characteristics of Mode with its computation

4. Measures of Variability:

- A. Concept of variability
- B. Range its merits and limitations
- C. Standard Deviation and Quartile Deviation

5. Normal Distribution:

- (A) Meaning of Normal Probability Curve
- (B) Properties of N.P.C
- (C) Application of N.P.C

Recommended Books:

1. Garrett, H. E. (1947). Statistics in psychology and education. New York:

University of Patanjali, Haridwar
Tourism Policy and Planning
Paper Code-BA-305

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 Inskoop, 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, Pergamon, 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
Travel Agency and Tour Operations Business
Paper Code- B.A. 306

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 from 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

University of Patanjali, Haridwar
Paper Name - Yoga Practicum
Paper Code – B.A. 307

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

- **Objectives:**
- Following the completion of the course, students shall be able to:
- State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 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.

CO4: can develop the calibre to conduct practical sessions.

YOGASANA (SITTING POSTURES)

Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana, Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana.

PRANAYAMA (WITH ANTAR & BAHYA KUMBHAKA)

Anulomvilom, Bhramari, Udgeeth and Pranav as recommended by Swami Ramdev.

BANDHA

Jalandhara Bandha, Uddiyana Bandha, Mula Bandha,

SHATKARMAS

Sutra Neti, Nauli Chalana, Agnisara.

MANTRA

Bhojan Mantra, Pratah Evam Ratri Mantra- Understanding, Recitation And Memorization

Continuous Evaluation by The Teachers

TEXT BOOKS

1. Yogrishi Swami Ramdev Ji: Pranayama Rahasya, Divya Prakashan, Haridwar, 2009
2. Science Studies Pranayam: Patanjali Research Foundation, Haridwar, 2011
3. Acharya Balkrishna: Yog Vijnanam, Divya Prakashan, 2017.

4. Yogrishi Swami Ramdev Ji: Vedic Nityakarma Vidhi, Divya Prakashan, Haridwar, 2010.

University of Patanjali, Haridwar
Paper Name- Psychology Practical
Paper Code- B.A. 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

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.

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्
BA – द्वितीयवर्षः (तृतीयसत्रम्)
संस्कृतम् Paper Code- 311

पूर्णाङ्काः – १००
आन्तरिकाङ्काः – ३०
बाह्याङ्काः – ७०

प्रथमपत्रम् - व्याकरणम्

उद्देश्य -

- १) धातुओं का तीनों कालों में बन्ध प्रदान कराना
- २) विभक्ति प्रकरण के ज्ञान से वाक्यों में विभक्ति संबंधी त्रुटियों का निराकरण कराना
- ३) उपपद विभक्तियों के माध्यम से विभक्तियों का विशिष्ट ज्ञान प्रदान कराना
- ४) विद्यार्थियों का उपसर्गों का परिचय कराना
- ५) संस्कृत भाषा के ज्ञान से अनुवाद में दक्षता से संभाषण कौशल विकसित कराना

परिणाम-

- १) धातुओं के तीनों कालों में अवगमन के द्वारा अनुवाद व संभाषण में सरलता हासी है
- २) वाक्य प्रयत्न में नैपुण्य प्राप्त होता है
- ३) उपपद विभक्तिओं के माध्यम से विभक्तियों का विशिष्ट ज्ञान प्राप्त होता है
- ४) शिक्षार्थियों का उपसर्गों का बन्ध प्राप्त होता है
- ५) संस्कृत भाषा की यत्नयता व प्रखरता विद्यार्थियों में प्रस्फुटित हासी है

इकाई (१) धातुरूपमात्रम् (लट्, लृट्, लङ्, विधिलिङ्, लृट् लकारेषु)

परस्मैपदम् – दिव्, अस्, हन्, शक्

आत्मनेपदम् – वृध्, मुद्, शिक्ष्

उभयपदम् – कृ, दा, तन्, चूर्, भक्ष्, तुद्

इकाई (२) विभक्त्यर्थप्रकरणम्

सूत्रव्याख्या, सूत्रस्मरणम्, निबन्धात्मकप्रश्नाः

इकाई (३) उपपदविभक्तिपरिचयः, उपपदविभक्तिप्रयत्नः

इकाई (४) उपसर्गवृत्तिः

उपसर्गपरिचयः, उपसर्गार्थः, उपसर्गप्रयत्नः

इकाई (५) रचनानुवादकौमुदी (१-२० अभ्यासाः)

शब्दार्थः, नियमाः, अनुवादः, शुद्धीकरणम्, वाक्यपूर्तिः

निर्धारितग्रन्थाः –

- १) लघुसिद्धान्तकौमुदी – सुरेन्द्रदेवस्नातकः, चौखम्बा ओरियण्टालिया, दिल्ली
- २) निर्णयसागरीया धातुरूपावली
- ३) उपसर्गवृत्तिः – रामचन्द्राचार्यः
- ४) रचनानुवादकौमुदी – डॉ० कपिलदेवद्विवेदी, विश्वविद्यालय प्रकाशन, वाराणसी

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्

BA – द्वितीयवर्षः (तृतीयसत्रम्)

संस्कृतम्

Paper Code- 312

पूर्णाङ्काः – १००

आन्तरिकाङ्काः – ३०

बाह्याङ्काः – ७०

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
- ४) मूल रामायण के श्लोक पठनपूर्वक रामायण कथा सार का ज्ञान प्रदान कराना
- ५) मूल रामायण के श्लोक पठनपूर्वक रामायण कथा सार का ज्ञान प्रदान 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
- ४) भगवान राम के आदर्शों से जीवन कौशलेता की ओर अग्रसर करने में सहायता प्रदान हुयी है
- ५) भगवान राम के आदर्शों से जीवन कौशलेता की ओर अग्रसर करने में सहायता प्रदान हुयी है

इकाई (१) मनुस्मृति:

(क) – द्वितीयाध्यायः (६१-१४० श्लोकपर्यन्तम्)

श्लोकव्याख्या, निबन्धात्मकप्रश्नाः

इकाई (२) मनुस्मृति: (ख) – द्वितीयाध्यायः (१४१-२१६ श्लोकपर्यन्तम्)

श्लोकव्याख्या, निबन्धात्मकप्रश्नाः

इकाई (३) सुषेणनिघण्टुः

श्लोकव्याख्या, निबन्धात्मकप्रश्नाः

इकाई (४) मूलरामायणम् (पूर्वार्धः १-५० श्लोकपर्यन्तम्)

श्लोकस्मरणम्, श्लोकव्याख्या, निबन्धात्मकप्रश्नाः

इकाई (५) मूलरामायणम् (उत्तरार्धः ५१-१०० श्लोकपर्यन्तम्)

श्लोकस्मरणम्, श्लोकव्याख्या, निबन्धात्मकप्रश्नाः

निर्धारितग्रन्थाः –

- १) मनुस्मृतिः – गङ्गाप्रसाद उपाध्यायः विजयकुमारगोविन्दरामहासानन्दाः, नई दिल्ली
- २) सुषेणनिघण्टुः मूलरामायणम् – राष्ट्रियसंस्कृतसंस्थानम्, नई दिल्ली

BA- IIIrd SEMESTER

CORE COURSES (DSC-02)

CODE - BA 314

PAPER I

History of North India (600A.D. to 1200 A.D.)

4 CREDIT

Course Objectives:

This course forms the third part in the series of History of India. The time brackets are based on the specific historical changes like regionalism in polity, culture and economy marking a departure from the preceding era of Guptas. The chapters present a survey of new political scenario of ambitious regional powers with shifting and overlapping boundaries. The impact of the power struggle in the contemporary culture, literature, art, religion, political structure, economy that came to mark as a period of early medieval in Indian history forms the crux of the paper. The course introduces this scenario from different regions of India with specific focus on dynasties like Pratiharas, Palas, Chandellas, Paramar, Chalukya and Chahaman. It is aimed to bring out a comprehensive idea of the period in terms of what forces formed the polity of the time as well as how the polity was detrimental of social life in region specific manner, which was also the phenomena across the subcontinent.

Course Outcome:

Students will learn about the course is expected to familiarize the student to theories of state, feudalism, political structure and per iodization in history, based on the Indian examples from early medieval period Course

Unit I- (15

Lect.)

Harshvardhana: Political Achievements; Contribution to Religion Learning

Rule of Pratiharas: Vatsaraj, Nagabhata, Mihirbhoj;

Rule of the Palas: Dharmapala, Devapala.

Unit II- (16

Lect.)

Tripartite conflict between Pratiharas, Palas and Rashtrakutas

Origin of Origin

Causes of Arab Invasion and its Effects

Unit III- (14 Lect.)

Paramars of Malwa: Vakpati Munja, Bhoja

Chalukyas of Gujarat: Siddharaj Jaysimha, Kumarपाल

Chandellas ofZezakbhukti : Dhang, Vidyadhar.

Unit IV- (17 Lect.)

Kalachuris of Tripuri: Gangeyadeva, Lakhmikarna

Gahadvalas; Govindachandra, Jayachandra

Chauhanas of Shakambhari: Vighraharaj IV, Prithviraj III

Unit V-

(14 Lect.)

Invasion of Mahmood Ghazni: Main Events, Impact of the Invasion,

Mohammad Ghori: Main Events, Impact of Invasion

Recommended Books:

Brajdul Chattopadhyay: The Making of Early Medieval India. Oxford University Press, second edition, 2012

C.V.Vaidya: History of Medieval India 2 vols.

D.N.Jha (ed.): Feudal Order: State, Society and Ideology in Early Medieval India.

Manohar Publishers and Distributors, 2003

Devahuti: Harsha - A Political Study. Oxford University Press, Third edition, 2001

Lallanj Gopal: The Economic life of Northern India (c. 700-1200). Motilal Banarsidass, 1989

R.C. Majumdar: Suvarṇadvīpa: A Cultural History. (reprint) Gian Publishing House, 1986

R.S. Sharma: Early Medieval Indian Society: A Study in Feudalism. Sangam Books Ltd, 2001

R.S. Tripathi: History of Kanauj to the Moslem Conquest. Motilal Banarsidass, 1989

Romila Thapar: The History of Early India: From the Origins to AD 1300. Penguin India, 2003

Vishuddhananda Pathak: Uttari Bharat ka Rajanitik Itihas

Verma Harishchandra: Madhyakalin Bharat 2 Part

Pathak Vishuddhanand, Uttar bharat ka Rajnitik Itihas,

BA- IIIrd SEMESTER

CODE - BA 315

PAPER II

History of South India (600 A.D. to 1200 A.D.)

4

CREDIT

Course Objectives:

This course introduces to the students the basic ideas and features of the South Indian ancient civilizations and examining them. Beginning with the Chalukya rulers of Badami as well as how the later kings established regional kingdoms in various parts of the south India after the Empire fell. The course will later talk about the political and the accomplishments of the Rashtrakutas and Pallavas. the students will gradually understand the about the originality of Chola's society. Followed by the Traces of the cultural interactions between India and the region of the South East Asia for development of the idea of Greater India. And finally to give students a thorough understanding of the Pandyas' contribution to southern government and culture.

Course Outcome:

Students will learn about:

1. Gathering the remnants of Tamil Nadu's archaeological evidence.
2. Evaluate the development of Tamil culture.
3. Examine the social and political contexts that led to the establishment of different dynasties of south India.
4. Analyze the expansion of literature and draw focus on regional political tensions.
5. Recognize the advancement of political structures in South and South East Asia.

Unit I (16 Lect.)

Rule of Badami Chalukyas: Pulakeshin II, Vikramaditya II;
Rashtrakutas: Dhruv, Govinda III, Amoghvarsh

Unit II (15 Lect.)

Chalukyas of Kalyani: Someshver II, Vikarmaditya VI;
Cultural Achievements of the Chalukyas of Kalyani
Western Gangas: Shripurush, Bharasimha III
Yadavas of Devagiri: Seunachandra, Bhillama V;
Hoysalas of Dvarsamudra: Vir Ballal Kakatiyas: Rudradeva

Unit III (14 Lect.)

Pallavas: Mahendravarman I, Narasimhavarman II;
Pandyas: 1st and 2nd empire

Unit IV (17 Lect.)

Cholas: Emergence and Early History: Rajaraj I, Rajendra, Kulottunga I,
Administration of Chola's

Unit V (13 Lect.)

Cultural Exchange between India and South-East Asia Idea of Greater India

Recommended Books:

Keshavan Veluthat: The Political Structure of Early Medieval South India. Orient
Blackswan, 2012

AS. Altekar: The Rashtrakutas and their Times. Oriental Book Agency, Poona, 1967
(Second revised edition)

Balakrishnan Raja Gopal: The Chalukyas of Kalyana and the Kalachuris. Prasaranga,
Karnatak University, 1981 ----- The Rashtrakutas of Malkhed:
Studies in the History and Culture. Geetha Book House, 1994

Durga Prasad Dikshit: Political History of the Chālukyas of Badami. Abhinav
Publications, 1980 K.A.Nilakant Sastri: The Cholas. Madras University Press, 1975(
Reprint) -----The Culture and History of the Tamils.

Firma K. L. Mukhopadhyay, 1964

S.M. Mishra: Dakshin Bharat Ka Rajnitik Itihas. New Age International, 1995

R.C. Majumdar: Suvarṇadvīpa: A Cultural History. (Reprint) Gian Publishing House,
1986

Burton Stein: Peasant State and Society in Medieval South India. Oxford University
Press, 1980

University Of Patanjali, Haridwar
Paper Name - Human BiologyII
Paper Code- B.A. 401

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

- **Objectives:**
- The teaching-learning of this paper will enable learner to
- Discuss & introduce Blood Circulatory System, Digestive System, Excretory System & Nervous Systems with their gross anatomy & physiology.
- 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.

CO3: know the effect of yogic techniques on different systems in the human body.

CO4: develop the understanding of hormones.

Unit-1: - Blood Circulatory System (15 Hours):

Composition of Blood, White Blood Particles, Red Blood Particles and Blood Cycle Composition and Function, Functions of Blood, External and Internal Structure and Functions of Heart, Effect of Yoga On Blood Circulatory System. Introduction, Structure and Function of Lymphatic System. Effect of Yoga On Lymphatic System.

Unit-2: - Digestive System- 1 (15 Hours):

The Structure of the Digestive System, The Functions of the Digestive System, The Digestion of Proteins, Fats and Carbohydrates, The Structure and Function of the Liver, The Structure and Function of the Pancreas, The Effect of Yoga On the Digestive System. Stomach Structure and Function.

Unit-3: - Excretory System - (15 Hours)

The Composition of the Excretory System, The Structure and Function of the Kidney, The Process of Urine Formation, The Excretion of Urine, The Composition of Urine, The Effect of Yoga On the Excretory System.

Unit-4 Nervous Systems - (15 Hours):

Branches of Nervous System, Nerves and Brain, Brain Parts, Brain Functions,

Nerve Types - Cerebral & Spinal, Autonomic Nervous System, Effect of Yoga On the Nervous System. The Structure and Function of the Senses, The Effect of Yoga On the Senses.

Reference book

1. सश्रुतु (शरीर स्थान)- डा. भास्कर गोविन्द घाणेकर
2. शरीर रचना विज्ञान- डा. मुकुन्द स्वरूप
3. शरीर क्रिया विज्ञान- डा. प्रियवत्
4. शरीर रचना व क्रिया विज्ञान- डा. एस. आर.
5. आयुर्वेदीय क्रिया शरीर- वैद्य रणजीत राय देसाई
6. Anatomy & Physiology of Yogic Practices- M. M. Gore
7. Anatomy & Physiology Yogic Context- Dr. Sharad Bhalekar

University of Patanjali, Haridwar
Paper Name- Introduction to Ayurveda and Swasthavritta
Paper Code- B.A. 402

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

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.
- 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.

CO3: Explain different procedures to live a healthy life.

Unit-1: - Introduction to Ayurveda (10 Hours):

Ayurveda: General Introduction: Meaning, Definition, Purpose, Tradition, History, Principles. Origin of Ayurveda (Ayurveda Avtaran) General Introduction Of Ayurvedic Texts- Charak Samhita, Sushruta Samhita. The Concept of Health According to Ayurveda. Use of Ayurveda in Health Promotion and Prevention of Diseases.

Unit-2: Principles of Ayurveda (15 Hours):

Basic Principles of Ayurveda - Tridosha, Saptadhatu, Pancha Mahabhut. Prakriti Nirupan, Concept of ManasPrakriti, Prakriti Testing and Determination. Concept of Agni, Shrotasa, Aama. General Introduction of Dravyagata Rasa, Guna, Karma, Veerya, Vipaka, Prabhav.

Unit-3: - Introduction of Swasthavritta (15 Hours)

Swasthavritta - Meaning, Definition, Purpose and Importance

Upastambhatraya – Aahaar, Nidra, Brahmacharya. Dincharya, Ratricharya Ritucharya, Doshas - Accumulation, Aggravation & Pacification; Sadvritta and Achara Rasayana.

Unit-4: - Diet (10 Hours):

Meaning, Definition, Properties, Functions, Quantity and Time of Diet (Aahar). Raw Diet, Mitahara, Fasting, Comparative Evaluation of Vegetarian and NonVegetarian Diet. Chemical Classification of

Food - Carbohydrate, Fat, Minerals, Vitamins, Water Composition, Classification and Physical Effects.

Unit-5: - Introduction of Panchakarma (10 Hours):

Concept of Panchakarma - Meaning, Definition, Type, Purpose, Importance and Limitations.
Trividha Karma - Purva (Pre), Pradhan(Main), Pashchaat (Post) Karma Description.

Prescribed text book

- आयुर्वेद औषधि-आचार्य बालकृष्ण जी
- आयुर्वेद सिद्धरन्त रहस्य- आचार्य बालकृष्ण जी
- स्वस्थवृत्त विज्ञान-प्रो० रामहर्ष सिंह

Supporting text book

1. आयुर्वेदीय शरीर क्रिया विज्ञान शिव कुमार गौड़
2. आयुर्वेदिक ट्रीटमेंट फॉर कॉमन प्रिंसीपल डिजीजेज- वी०वी०दास
3. Basic Principles of Ayurveda- K. Laxmi Pati

University of Patanjali, Haridwar
SYSTEM AND SCHOOLS OF PSYCHOLOGY-II
PAPER-I B.A. 403

Max Marks: 70
Time: 3 Hours

Course Objectives:

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

Course Outcome:

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

- Gain fundamental understanding of psychology in the context of real life.
- Equip himself /herself with the skill and competence to apply psychological principles in a range of environments to increase individual and collective wellbeing

1. Psychoanalysis:

- A. Freudian Psychoanalysis as a System
- B. Contribution of Sigmund Freud
- C. Heris to Freud: contribution of Alfred Adler and Carl Jung

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) Rogers' Self theory
- (B) Maslow's Self-Actualizations theory

4. Existential Psychology:

- (A) Basic tenets 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:

4. Woodworth, R.S. (1932). Contemporary School of Psychology. New York.
5. Heidbreder, E. (1933). Seven Psychologies. New York.
6. Singh, A.K. (1991). The History and Systems of Psychology. Delhi: MotilalBanarsida

University of Patanjali, Haridwar
SOCIAL RESEARCH
PAPER-II B.A. 404

Max Marks : 70
Time : 3 Hours

Course Objectives:

- The course aims to familiarizing students Research Methods that are employed in field settings.
- Analyse & comprehend research and its application.
- Design and Develop the strategy, to conduct research

Course Outcome:

After completion of the course the student will be able

- To understand, participate and conduct various steps involved in research.
- Differential understanding of appropriate techniques to be used in various types of scientific research in social sciences.
- Analyse & comprehend research and its application.

1. Nature of Psychological Research:

- A. Meaning and characteristics of research
- B. Utility of Research
- C. Ethics in conducting research

2. Problem and Hypothesis:

- A. Research Problem and variables
- B. Meaning and Characteristics of good hypothesis
- C. Experimental Hypothesis

3. Sampling:

- A. Sample and Sampling
- B. Advantages of Sampling
- C. **Probability Sampling:** Simple Random sampling, Stratified Random Sampling, **Non Probability Sampling:** Accidental Sampling, Quota Sampling, Purposive sampling

4. Methods and Techniques:

- A. *Observations:* Meaning of 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 error
- 5. Presentation of Research Report based on APA manual

Recommended Books:

- Suleman, M. (2008). Manovigyaan, Shiksha Evam Anya SaamaajikVigyaanon Mein Samkhyikee. New Delhi: Motilal Banarsidas.
- Stockton, K. & Fred N. (1973). Foundations of Behavioral Research. (2nd ed.) New York: Holt, Rinehart and Winston.

- Kapil, H. K. (2015). AnusandhanVidhiyan.

University of Patanjali, Haridwar
B. A (with Yoga Science)- IVth Semester
Paper-I B.A. 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.
7. Websites of different destinations.

University of Patanjali, Haridwar
B. A (with Yoga Science)- IVth Semester
Paper-II B.A. 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 Willy & Sons.

University of Patanjali, Haridwar
Paper Name- Yoga Practicum
Paper Code- B.A. 407

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

- **Objectives:**
- Following the completion of the course, students shall be able to:
- State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 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.

CO4:conduct practical sessions.

CO5:Conduct Yajna practical sessions

CO6:explain techniques of Pratyahara, Dharana and Dhyana.

YOGASANAS (STANDING POSTURES]

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; Ardha Chakrasana, Paada Hastasana; Trikonasana, Parshva Konasana; Veerabhadrasa

PRANAYAMA (WITH ANTAH & BAHYA KUMBHAKA)

Surya-bheda Ujjayi Pranayama, Sheetali Pranayama, Shitkari Pranayama,

MUDRAS

Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Shambhavi Mudra

SHATKARMAS

Gajkarni, Tratak

YAJNA KARMA

Practice and procedure of Yajna including learning and memorization of mantras. Do's and Don'ts of Yajna.

CONTINUOUS EVALUATION BY THE TEACHERS

TEXT BOOKS

1. Yogrishi Swami Ramdev Ji: Pranayama Rahasya: Divya Prakashan, 2009.

University of Patanjali, Haridwar
Paper Name- Practicals
Paper Code-B.A. 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
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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.

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्

BA – द्वितीयवर्षः (चतुर्थसत्रम्)

संस्कृतम्

Paper Code- 411

पूर्णाङ्काः – १००

आन्तरिकाङ्काः – ३०

बाह्याङ्काः – ७०

प्रथमपत्रम् - व्याकरणम्

उद्देश्य -

- १) विद्यार्थियों को केवलसमास और अव्ययीभाव समास के परिचय के द्वारा उदाहरणों में स्पष्ट कराना
- २) शिक्षार्थियों को तत्पुरुष समास के परिचय के द्वारा वाक्यों में तत्पुरुष समास का बाध व समस्त पदों के निर्माण का अवगमन कराना
- ३) बहुव्रीहि समास का व द्वन्द्वसमास का सूत्रसहित परिचय व उदाहरण द्वारा स्पष्टता प्रदान कराना
- ४) कर्तरी, कर्म व भाववाच्य का विद्यार्थियों को बाध कराना व विद्यार्थियों में वाच्य परिवर्तन की कुशलता उत्पन्न कराना
- ५) रचनानुवादकौमुदी के द्वारा अनुवाद में दक्षता प्रदान कराना

परिणाम-

- १) केवलसमास, अव्ययीभावसमास के अवगमन से पदों की संक्षिप्तता का बाध हटा है व भाषा में सौंदर्य उत्पन्न होता है
- २) तत्पुरुषसमास के अध्ययन से विद्यार्थी तत्पुरुष समास के नियोजन की विधि जानकर उत्तम रीति से लेखन में दक्षता प्राप्त करते हैं
- ३) बहुव्रीहिसमास व द्वन्द्वसमास के सूत्र लक्षण जान विद्यार्थी इनके प्रयोग में कुशल होते हैं
- ४) वाच्यों के परिचय से तथा वाक्य परिवर्तन से विद्यार्थियों में विभिन्न प्रकार से लिखने व बोलने की कुशलता उत्पन्न होती है
- ५) रचनानुवादकौमुदी से शिक्षार्थियों में अनुवाद की दक्षता उत्पन्न होती है

इकाई (१) समासप्रकरणम् (केवलसमासः, अव्ययीभावसमासः) - समासविधायकसूत्रमात्रम्
सूत्रस्मरणम्, सूत्रव्याख्या, समास-विग्रहकरणम्

इकाई (२) समासप्रकरणम् (तत्पुरुषसमासः) - समासविधायकसूत्रमात्रम्
सूत्रस्मरणम्, सूत्रव्याख्या, समास-विग्रहकरणम्

- इकाई (३) समासप्रकरणम् (बहुब्रीहि-द्वन्द्वसमासः) - समासविधायकसूत्रमात्रम्
सूत्रस्मरणम्, सूत्रव्याख्या, समास-विग्रहकरणम्
- इकाई (४) वाक्यपरिचयः, वाक्यपरिवर्तनम्
- इकाई (५) रचनानुवादकौमुदी (२१-४० अभ्यासाः)
शब्दार्थः, नियमाः, अनुवादः, शुद्धीकरणम्, वाक्यपूर्तिः

निर्धारितग्रन्थाः -

- १) लघुसिद्धान्तकौमुदी - सुरेन्द्रदेवस्नातकः, चौखम्बा ओरियण्टालिया, दिल्ली
- २) रचनानुवादकौमुदी - डॉ० कपिलदेवद्विवेदी, विश्वविद्यालय प्रकाशन, वाराणसी

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्

BA – द्वितीयवर्षः (चतुर्थसत्रम्)

संस्कृतम्

Paper Code- 412

पूर्णाङ्काः – १००

आन्तरिकाङ्काः – ३०

बाह्याङ्काः – ७०

द्वितीयपत्रम् – साहित्यम्

उद्देश्य -

- १) मुंडकोपनिषद् के द्वारा विद्यार्थियों को पर - अपर आदि विद्याओं का ज्ञान कराना
- २) मुंडकोपनिषद् 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
- ४) रघुवंश के परिचय के द्वारा राजा दिलीप की कथा का बोध कराना
- ५) व्याकरणाचार्यों व साहित्याचार्यों के व्यक्तित्व एवं कृतित्व का परिचय कराना

परिणाम -

- १) विद्यार्थियों को मुंडकोपनिषद् का परिचय व पर अपर आदि विद्याओं का बोध होता है
- २) इकाई २-विद्यार्थियों को मुंडकोपनिषद् 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
- ४) रघुवंश के द्वारा राजा दिलीप की कथा का बोध होता है
- ५) व्याकरणाचार्यों व साहित्याचार्यों के व्यक्तित्व व कृतित्व का बोध होता है

इकाई (१) मुण्डकोपनिषद् – क (१-३ खण्डपर्यन्तम्)

श्लोक-मन्त्रव्याख्या, निबन्धात्मकप्रश्नाः

इकाई (२) मुण्डकोपनिषद् – ख (४-६ खण्डपर्यन्तम्)

श्लोक-मन्त्रव्याख्या, निबन्धात्मकप्रश्नाः

इकाई (३) नीतिशतकम् (१-५० श्लोकपर्यन्तम्)

श्लोकस्मरणम्, श्लोकव्याख्या, निबन्धात्मकप्रश्नाः

इकाई (४) रघुवंशः (द्वितीयसर्गः)

श्लोकव्याख्या, निबन्धात्मकप्रश्नाः

इकाई (५) वैयाकरणानां साहित्याचार्याणां च व्यक्तित्वं कृतित्वं च

पाणिनिः, कात्यायनः, वरदराजः, भर्तृहरिः, पतञ्जलिः, कालिदासः, बाणभट्टः, भासः

निर्धारितग्रन्थाः –

- १) मुण्डकोपनिषद् – गीताप्रेस, गोरखपुरम्

- २) नीतिशतकम् – भर्तृहरिः, चौखम्बा प्रकाशन, वाराणसी
- ३) रघुवंशः – कालिदासः, चौखम्बा प्रकाशन, वाराणसी

BA- IVth SEMESTER

CODE - BA 414

PAPER I

History of India (1206 A.D. TO 1526A.D.)

4CREDIT

Course Objectives:

Students of history will learn about the establishment, growth, and consolidation of the Delhi Sultanate as well as its fall. They will gain knowledge about the formation of regional identities like Bengal, Bahamani, and Vijayanagar, as well as the consolidation of provincial dynasties. Also, they will learn about how urban and rural societies have changed since the Sultanate of Delhi's authority was established. They will get knowledge about the Delhi Sultanate's operations, such as its revenue systems, market rules, the development of urban centres, trade and commerce, Indian Ocean trade, etc.

Course Outcomes:

Students will be able to:

1. Identify the various sources and approaches that help us know about the Delhi sultanate.
2. See the richness and management of the Vijaynagar and Bahamani empires of the South India as well as their conflicts.
3. Expansion and Disintegration of various empires from 1206-1526 AD.
4. Learn about the Ahome tribe of Assam as well as the Gajapati rulers of Orissa.

UNIT: I (15 Lect.)

Foundation and Consolidation of the Delhi Sultanate: Gulam Vans- Kutubuddin Aibak, Iltutmish, Razia, balaban

Khiljis- Jalauddin Khilaji And Allauddin Khilaji

Conquests, Administration and Deccan Policy

UNIT: II (14 Lect.)

Tughlaqs-Mohammad-Bin-Tughlaq and FerozShah Tughlaq

Timor's invasion

UNIT: III (13 Lect.)

Lodi Vans: Sikandar Lodi, Ibrahim Lodi and Lodi's Administration

UNIT: IV (17 Lect.)

Vijynagar Empire: its Foundation and Conflict with the Bahmani Kingdom

Bahmani Kingdom; Its Expansion and Disintegration

UNIT: V (16 Lect.)

Struggle for Empire in North India: Eastern India_ Bengal, Assam and Orissa

Western India: Gujarat Malwa, Mewar

Northwest and North India, Kashmir

Recommended Books:

K.M. Ashraf: Hindustan ke Niwasiyon ka Jeevan aur Unki Paristithiyen. Tr.By K.S. Lal,1969

Satish Chandra: Essays in Medieval Indian Economic History. New Delhi, 1987

Madhyakalin Bharat, I & II, Jawahar Publication, Delhi

Madhyakalin Bharat : Rajniti, Samaj aur Sanskriti. Orient Longman, New Delhi, 2007

Das, Puri and Chopra: Madhyakalin Bharat R.C. Dutt, Majumdar,

Ray Chaudhary: Bharat ka Brihad Itihas. Calcutta,1960

Irfan Habib (ed.): Medieval India-I: Researches in the History of India 1200-1750.

Delhi, 1992 Bhartiya Itihas me Madhyakal, Tr. by Ramesh Rawat, Granth Shilpi, 1999

Madhyakalin Bharat, Part I to VI. Rajkamal Prakashan, Delhi

The Economic History of Medieval India: A Survey. Tulika Books, 2001

Muhammad Habib: Politics and Society during the Early Medieval Period. edited by K.A. Nizami, Delhi

K.S. Lal: History of Khaljis. New Delhi, 1980

Harbans Mukhia: Madhyakalin Bharat, Naya Aayam. Tr. by Nadim, Rajkamal

Prakshan, Delhi S.B.P. Nigam: Nobility under the Delhi Sultannate. Delhi, 1968

K.A. Nizami: Some Aspects of Religion and Politics in India during the Thirteenth Century. Bombay,1961

P.N. Ojha: Madhyakalin Bharat ka Samajik Jeevan. New Delhi,1984

B.A. Saletore: Social and Political life in the Vijayanagar Empire (A.D. 1246-1646). 2 Vols. B.C. Paul and Company, Madras, 1934

Ghanshyam Dutt Sharma: Madhyakalin Bharatiya Samajik, Aarthik evam Rajnitik Sansthayein, Rajasthan Hindi Grant Akadmi, Jaipur, 1986

A.L. Srivastava: Bharat ka Itihas (1000-1707). Shivalal Agarwal and Co. Agra, 1995

Madhyakalin Bharatiya Sanskriti. Shivalal Agarwal and Co., Agra

Tarachand: Influence of Islam on Indian Culture. Allahabad

R.P. Tripathi: Some Aspects of Muslim Administration. Allahabad, 1974

BA- IVth SEMESTER

CODE - BA 415

PAPER II

History of India (1526 A.D. TO 1760 A.D.) 4 CREDIT

Course Objectives:

Student will learn about the North-Western Indian Empire Conflict and the origins of Mughal Dynasty in India. After the consolidation of Mughal power in India, students will gain knowledge of the Mughal Indian society, economy, and culture. They will discover how, following the fall of the Mughal Empire, Regional Powers were established in various regions of India.

They will discover how, following the fall of the Mughal Empire, Regional Powers were established in various regions of India. Learn that the Mughal Empire declined because of the Mughal courtiers' lack of cooperation, which led to the rise of provincial kingdoms in Bengal, Hyderabad, Ayodhya, Mysore, and Maratha in Western India.

Course Outcomes:

Students will be able to:

1. Learn about the origins of Mughal Dynasty in India through the battle of Panipat and also about its downfall.
2. Identify the various sources and approaches that help us know about the North-Western Indian Empire Conflict
3. They will get knowledge about the operations of various Mughal rulers over centuries on topics such as its revenue systems, market rules, the development of urban centres, trade and commerce etc.
4. They will further understand the rise of the Marathas their achievements and administrations well as about the Third Battle of Panipat.
5. By the end of the unit they will also know about the popular revolts and movements for regional independence by communities like Jat, Sikhs and Afghan.

UNIT: I (15 Lect.)

Causes and Upshots First Battle of Panipat. Humayun-His difficulties, Battle with SherShah and the Causes of his failure. Shershah- Administration and Reforms

UNIT: II (16 Lect.)

Akbar-Conquests, Rajput Policy, Religious Policy

Jahangir and Nurjahan's Supremacy on his administration. ShahJahan- His reign represents the Golden age of Mughal History

UNIT: III (13 Lect.)

Aurangzeb and his Policy: Deccan Policy, Rajput Policy, Religious Policy

Relation with Sikhs and Marathas, Deccan Policy

Administration of the Mughal

Unit – IV (17 Lect.)

The Rise of the Marathas: Shivaji- his achievements and Administration, his successors- Balaji Vishwanath, Bajirao I, BALAJI BAJIRAO Third Battle of Panipat

Unit – V (14 Lect.)

Popular Revolts and movements for Regional Independence: Jat, Sikhs and Afghan.

Invasion of Nadir Shah. Causes of the Downfall of the Mughal Empire.

Recommended Books:

Satish Chandra: Essays in Medieval Indian Economic History. New Delhi, 1987

Madhyakalin Bharat, I & II, Jawahar Publication, Delhi

Madhyakalin Bharat : Rajniti, Samaj aur Sanskriti. Orient Longman, New Delhi, 2007

Das, Puri and Chopra: Madhyakalin Bharat R.C. Dutt, Majumdar,

Ray Chaudhary: Bharat ka Brihad Itihas. Calcutta, 1960

Irfan Habib (ed.): Medieval India-I: Researches in the History of India 1200-1750.

Delhi, 1992 Bhartiya Itihas me Madhyakal, Tr. by Ramesh Rawat, Granth Shilpi, 1999

Madhyakalin Bharat, Part I to VI. Rajkamal Prakashan, Delhi

The Economic History of Medieval India: A Survey. Tulika Books, 2001

P.N. Ojha: Madhyakalin Bharat ka Samajik Jeevan. New Delhi, 1984

B.A. Saletore: Social and Political life in the Vijayanagar Empire (A.D. 1246-1646). 2

Vols. B.C. Paul and Company, Madras, 1934

Ghanshyam Dutt Sharma: Madhyakalin Bharatiya Samajik, Aarthik evam Rajnitik

Sansthaein, Rajasthan Hindi Grant Akadmi, Jaipur, 1986

A.L. Srivastava: Bharat ka Itihas (1000-1707). Shivalal Agarwal and Co. Agra, 1995

Madhyakalin Bharatiya Sanskriti. Shivalal Agarwal and Co., Agra

University of Patanjali, Haridwar
Paper Name- Research and Teaching Methods in Yoga
Paper Code- B.A. 501

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

• **Objectives:**

- Following the completion of this course, students shall be able to
- Understand the basic principles of Research & Teaching Methods.
- Have knowledge of different aspects of research & teaching methods used in Yoga.

Course Outcomes:

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

CO1: Understand the general principles and methods of teaching.

CO2: Know the meaning and scope of teaching methods.

CO3: Manage yoga classes of different group of practitioners on the basis of age, sex and number of participants.

CO4: Plan specific techniques for special attentive groups.

CO5: Prepare the ideal lesson plan and its practical applications.

CO6: Know the essential tools for the yoga education.

CO7: Understand the role of yoga for the value based education.

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 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: 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 Principles and Types of Learning, Qualities of A Yoga Teacher, Yogic Levels of Learning, Vidyarthi, Shishya, Mumukshu; Meaning and Scope of Teaching Methods, And Factors Influencing Them; Sources of Teaching Methods; Importance of Teacher Training.

TEXT BOOKS

1. Yogrishi Swami Ramdev; Yoga Manual for parents and Yoga Teachers, Divya Prakashan, Haridwar, 2010
2. Dr. Gharote ML & Dr S K Ganguly: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007

BOOKS FOR REFERENCE

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
2. Dr. Raj Kumar: Principles & methods of Teaching, Printo graphics, Delhi,
3. Saket Raman Tiwari & others: Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

University of Patanjali, Haridwar
Paper Name- Introduction to Upanishads
Paper Code- B.A. 502

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

- **Objectives:**
- Following the completion of this course, students shall be able to
- Understand the basic teachings of Upanishads.
- 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 Brahavidya.

CO4:know the concept of Prana and Rayi.

CO5:understand the different states of Consciousness.

CO6:become aware of the concept of Pancha-Kosha.

Unit-1: Introduction to Upanishads (15 Hours):

Etymology of The Word Upanishad, Meaning, Place of Upanishads in The Tradition of Vedic Literature, Evaluation of Upanishads, Opinions of Various Scholars About It, Importance of Upanishads.

Unit-2: - (15 Hours):

Ishavasyopanishad (Complete), Kenopanishad (Complete).

Unit-3: - (15 Hours)

Kathopanishad- First Chapter (First, Second, Third Valli)

Unit-4: - (15 Hours):

Taittiriya Upanishad-Shiksha Valli (XI Anuvaak), Mundakopanishad (Complete).

Unit-5: - (15 Hours):

Shvetashvataropanishad (Chapter 1-4)Chhandogyopanishad: Narada-Santkumar Dialogue (1-26 Vols.)

Prescribed Text Book

एकादशोपनिषद्- डा० सत्यव्रत विद्यालंकार, विजयकृष्ण नई-दिल्ली

Supporting Book

ईशादिनोपनिषद्-गीताप्रेस, गोरखपुर

कल्याण (उपनिषदांक)-गीता प्रेस, गोरखपुर

University of Patanjali, Haridwar
Paper Name- Clinical Psychology-I
Paper Code-I B.A. 503

Max Marks: 70
Time: 3 Hours

Course Objectives:

- To familiarize students with the basic Nature of Clinical Psychology and tools used for assessment psychological disorders.
- To introduce the etiological understanding and the therapeutic interventions for the various psychological problems.

Course Outcomes:

1. Clinical Psychology

- A. Nature of clinical Psychology
- B. Professional Issues: Roles, Ethics
- C. Training of the clinical Psychologist

2. Clinical Assessment

- A. Case History
- B. Clinical Interview
- C. Psychological Tests: MMPI and Rorschach Inkblot Test

3. Stress

- A. Meaning, types and factors affecting Stress
- B. Concept of Psycho-immunity
- C. Stress Management

4. Mental Health:

- A. Meaning and Components of Mental Health
- B. Factors influencing Mental Health
- C. Measures for Promoting Mental Health

5. Well-Being

- A. Wellbeing and self-growth: Types of wellbeing [Hedonic and Eudemonic], Character strengths, Resilience
- B. Life style and Chronic diseases
- C. Diabetes and Hypertension

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. & 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.
8. Khokhar. C.P. (2008) Stress Coping Behaviour, Meerut

University of Patanjali, Haridwar
Psychology of Personality
Paper Code-II B.A. 504

Max Marks: 70
Time: 3 Hours

Objectives:

- To familiarize students with the basic concept of personality, Types of personality and the use of basic measures of personality.

1. Introduction:

- A. Concept of Personality: Definition and nature of Personality
- B. Big five factors of Personality
- C. Personality Perspective: Indian, Psychoanalytic, Humanistic, Trait and Type (in brief)

2. Factors affecting Personality:

- A. Biological or Physical determinants
- B. Psychological determinants
- C. Social, Educational and Family Determinants

3. Fundamentals of personality theory:

- A. Nature of personality
- B. Historical Back ground of Personality theories
- C. Criteria of Evaluating personality theories

4. Theories of personality:

- A. Trigun theory of Personality
- B. Henry Murray- Need Theory of Personality
- C. Gordon All Port: Trait theory of Personality and Eysenck Theory

5. Enhancing Individual's potential

- A. Enhancing Cognitive Potential
- B. Self-Regulation
- C. Self enhancement

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 B.A. 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 B.A.-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)

University of Patanjali, Haridwar
Paper Name- Yoga Practicum
Paper Code- B.A.-507

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

• **Objectives:**

- Following the completion of the course, students shall be able to:
- State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices.
- 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.

CO4:conduct practical sessions.

CO5:explain techniques of Pratyahara, Dharana and Dhyana.

Yogasanas

Karnapeedasana, Kapotasana, Rajkapotasana, Bakasana, Kukkutasana, Garbhasana, Marjariasana. Matsyendrasana, Sirsasana, Padangushthasana, Hastapadangushthasana, Garudasana, Vatayanasana, Natrajasana, Mayurasana, Ekpada Kandarasana, Dwipadakandarasana.

Pranayama (With Antar & Bahya Kumbhaka)

Bhastrika Pranayama., Bhramari Pranayama,

Bandh

Maha Bandha, Tri Bandha.

Shatkarma

Dhauti (Danda), Neti (Jala, Sutra), Trataka

Practice Leading to Meditation

Pranava and Soham Japa, Antar mouna, Dharana, Pracice of Dhyana, Breath Meditation, Om Meditation

Continuous Evaluation by The Teachers

University of Patanjali, Haridwar
Paper Name- Practicals
Paper Code- B.A. 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.

पतञ्जलिविश्वाविद्यालयः, हरिद्वारम्

BA – तृतीयवर्षः (पञ्चमसत्रम्)

संस्कृतम्

Paper Code- 511

पूर्णाङ्काः – १००

आन्तरिकाङ्काः – ३०

बाह्याङ्काः – ७०

प्रथमपत्रम् - व्याकरणम्

उद्देश्य -

- १) पाठकों कःकृदन्त प्रत्ययों के सूत्रस्मरण एवं सूत्रव्याख्या के द्वारा प्रत्यय प्रयण में निष्णात कराना
- २) पाठकों कःकृदन्त प्रत्ययों के सूत्रस्मरण एवं सूत्रव्याख्या के द्वारा प्रत्यय प्रयण में निष्णात कराना
- ३) स्वादी व तिडादि प्रत्ययों के प्रयणपूर्वक छात्रों कःसंस्कृत भाषा प्रयण में निष्णात कराना
- ४) पाठकों में संस्कृत संख्या, अव्यय तथा गणों का परिचय प्रदान कराना
- ५) रचनानुवादकौमुदी के द्वारा अध्येताओं कःअनुवाद में दक्षता प्रदान कराना

परिणाम-

- १) पाठकों में कृत्प्रत्ययों के प्रयण में निष्णातता आती है
- २) पाठकों में कृत्प्रत्ययों के प्रयण में निष्णातता आती है
- ३) स्वादी व तिडादि प्रत्ययों के बाध से भाषा कौशल विकसित होता है
- ४) संस्कृतभाषा तथा संस्कृतसंख्यादी का उत्तम बाध प्राप्त होता है
- ५) अनुवाद में दक्षता प्राप्त होती है

इकाई (१) पूर्वकृदन्तम्

सूत्रस्मरणम्, सूत्रव्याख्या, प्रत्ययप्रयणः

इकाई (२) उत्तरकृदन्तम्

सूत्रस्मरणम्, सूत्रव्याख्या, प्रत्ययप्रयणः

इकाई (३) स्वादि-तिडादिप्रत्ययपरिचयः, प्रत्ययप्रयणः

इकाई (४) अव्ययप्रकरणम्, संख्यापरिचयः, गणपरिचयः, च (रचनानुवादकौमुद्यनुसारेण)

इकाई (५) रचनानुवादकौमुदी (४१-६० अभ्यासाः)

शब्दार्थः, नियमाः, अनुवादः, शुद्धीकरणम्, वाक्यपूर्तिः

निर्धारितग्रन्थाः -

- १) लघुसिद्धान्तकौमुदी – सुरेन्द्रदेवस्नातकः, चौखम्बा ओरियण्टालिया, दिल्ली
- २) रचनानुवादकौमुदी – डॉ० कपिलदेवद्विवेदी, विश्वविद्यालय प्रकाशन, वाराणसी

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्
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 (१) ऋग्वेदादिभाष्यभूमिका (मुक्तिविषयः)

श्लोक-मन्त्रव्याख्या, निबन्धात्मकप्रश्नाः

इकाई (२) नीतिशतकम् (५१-१०० श्लोकपर्यन्तम्)

श्लोकस्मरणम्, श्लोकव्याख्या, निबन्धात्मकप्रश्नाः

इकाई (३) सदृत्तम्

गद्यव्याख्या, निबन्धात्मकप्रश्नाः

इकाई (४) चर्पटमञ्जरी

श्लोकव्याख्या, निबन्धात्मकप्रश्नाः

इकाई (५) अर्वाचीन-संस्कृत-कविपरिचयः

प्रो. सत्यव्रतशास्त्री, डा. राजेन्द्रमिश्रः, डा. रमाकान्तशुक्लः, डा. राधावल्लभत्रिपाठी,
डा. रेवाप्रसादद्विवेदी

निर्धारितग्रन्थाः –

- १) ऋग्वेदादिभाष्यभूमिका - महर्षिदयानन्दसरस्वती, आर्षसाहित्य प्रचार ट्रस्ट, ब्रजवासी आर्ट, नोएडा
- २) नीतिशतकम् – भर्तृहरिः, चौखम्बा प्रकाशन, वाराणसी
- ३) चरकसंहिता-सूत्रस्थानम् – चरक, चौखम्बा प्रकाशन, वाराणसी
- ४) चर्पटमञ्जरी – शङ्कराचार्यः
- ५) शेमुषी – उत्तराखण्डसंस्कृतविश्वविद्यालयः, हरिद्वारम्

BA- Vth SEMESTER

CODE - BA 514

PAPER I

History of Europe (Late 18th Century to 19th Century) 4 CREDIT

Course Objectives:

They will learn about the French Revolution and its impact of European countries. Unity and power makes people to strengthen which was showed in the French revolution in 1789. How the Industrialization had occurred and it's affected on socio economic transformation of Europe. They will know about the politics of super power among the European countries. How the sense regarding the nationalism and unification had developed among the European countries on eve of the Second World War. Students can understand about the rise of imperialism and how far German imperialism was responsible for the first and Second World War. They will know about the Bolshevik revolution and the politics between two world war.

Course Outcomes:

Students will be able to:

1. Learn about how the industrialization had occurred in France and it's affects on socio economic transformation of Europe.
2. Learn about the reasons for the occurrence of the French Revolution and its impact of European countries
3. Know how the French Revolution developed a sense regarding the nationalism and unification in countries like Germany and Italy.

4. Gain information about leaders who proved to be important figures in these revolts and their success.
5. Finally they will have a detailed learning about the unification of Germany and Italy.

Unit I (15 Lect.)

The French Revolution and its European Repercussions; Crisis of the Ancient Regime; Emergence of Napoleon Bonaparte: Expansion, Consolidation and Downfall

Unit II (15 Lect.)

Congress of Vienna & Peace Settlements; Metternich, Phase of Conservatism; French Revolutions of 1830 and 1848; Napoleon III: Domestic and Foreign Policy

Unit III (15 Lect.)

Eastern Question up to 1856

Unit IV (15 Lect.)

Unification of Italy: majjini, kaibur, Garibaldi

Unit V (15 Lect.)

Unification of Germany: Bismark

Recommended Books:

Gupta P. S. Adhunik Europe ka Itihas

David Thompson: World History: 1914-1968. Oxford University Press, 1969

Charles Downer Hazen: Modern Europe since 1789. S. Chand Ltd., New Delhi, 1995

E.H. Can: Twenty Years Crisis. London, 1958

R.D. Cornwall: World History in 20th Century. Longman, London, 1961

A.J.P. Taylor: Struggle for Mastery of Europe. Oxford, London 1974

F. Lee Benns & Mary Elizabeth Sheldon: Europe: 1939 to Present. New York, 1971

Gathorn Hardy: Europe: A Short History of International Affairs. Oxford, 1947

BA- Vth SEMESTER

CODE - BA 515

PAPER II

Social-Religious Reform Movements of the 12th centuries A.D.to 20th centuries A.D. 4 CREDIT

Course Objectives:

This course will contain information by which students will be able to comprehend meaning of social religious reform movements .They will know the fundamental idea regarding the cause of emergence and the main principles for various religions movements all across India . They will also gain knowledge about the different communities or samaj that were built during the same time . The origin of Sufism and the different concepts and practices in the Mughal sultanate. Finally they will see a glimpse of how women's social reforms were created and efforts to improve position of women in the society.

Course Outcomes :

1. Students will be able to explain the religious and social ideas and institutions in India .
2. They will be able to analyse perceptions, limitations, and a variety of sources about these movements and how they affected the country.
3. Students will be able to show how religion -based societies developed in ancient India.
4. They will also be able to understand about how states started to form in ancient India.
- 5 .They will gradually understand the role of women education and prohibition of various evil practices in Indian society.

Unit I (16 Lect.)

Bhakti movement-Causes of its emergence, main principles, prominent Saints of Bhakti movement-Ramanand, Kabirdas, Surdas,Tulsidas,Raidas, Nanak, Chaitanya

Unit II (15 Lect.)

Sufism-Origin, Concept and Practices Society in Sultanate and Mughal India: Chishti Samprday, Suharavardi and Nakshbandi Sampraday.

Unit III (13 Lect.)

Religious Reform

Brahmo Samaj, Prathana Samaj, Arya Samaj, Ramakrishna Movement, Theosophical Movement it's Causes and impact

Unit IV (14 Lect.)

Other Religious Reform: Ahamadiya Movement, Aligarh, bahavi, Deoband and Sikh

Unit V (17 Lect.)

Women's Social Reform: Efforts to Improve Position of Women

Prohibition of Sati, Infanticide, Child Marriage, Widow Remarriage
Education of Women and its Significance

Recommended Books:

Charles Heimsath: Indian Nationalism and Hindu Social Reforms, Princeton
University Press, 1964 A. R. Desai: Social Background of Indian Nationalism. Popular
Book Depot, Bombay, 1959

Kenneth Jones: Socio-Religious Reform Movement in Modern India. Cambridge
University Press, 1995

University of Patanjali, Haridwar
Paper Name - Yoga Therapy
Paper Code- B.A. 601

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

• **Objectives:**

- Following The Completion of This Course, Students Shall Be Able To
- Understand The Basic Principles of Yoga Therapy.
- Have Knowledge of Different Techniques Used in Yoga Therapy to Cure General Ailments.

Course outcomes:

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

CO1:develop understanding of different physical disorders.

CO2:understand specific yogic principles.

CO3:become aware of benefits and contra-indications of different practices.

CO4:recognize the importance of Asana, Pranayama and Meditation.

CO5:know the importance of Yogic Diet for healthy life.

Unit-1 (12 Hours)

Concept of Health: Meaning & Definition. Yoga Therapy: Meaning, Area, Boundaries, Purpose & Principles; Major Yogic Techniques Useful in Health Protection - Shatkarma, Asana, Pranayama, Mudra, Meditation.

Unit 2 (12 Hours)

Concept of Panchamahabhut, Panchkoshas and Shatchakra for Healthcare. Yoga Therapy- Rules and Precautions.

Unit 3 (12 Hours)

Yogic Management of Common Diseases Including Symptoms & Causes - Respiratory Disease: Sinusitis, Breathing Problem, Asthma, Common Cold, Digestive System Diseases - Constipation, Indigestion, Ulcers, Jaundice, Colitis.

Unit 4 (12 Hours)

Yogic Management of Common Diseases Including Symptoms & Causes - Circulatory System - High Blood Pressure, Low Blood Pressure, Heart Artery Blockage.

Unit 5 (12 Hours)

Yogic Management of Common Diseases Including Symptoms & Causes - Endocrine Gland Related Problems, Diabetes, Thyroid, Obesity, Bone/Muscle Related, Spondylitis (Cervical and Lumbar), Arthritis, Gouts, Gynaecology, Menstrual and Reproductive Diseases.

Reference Book

- Yoga Sadhana & Yoga Chikitsa Rahasya: Swami Ramdev
- Ayurveda Theory of Secrets: Acharya Balakrishna
- Yoga and Yoga Therapy: Ram Harsh Singh
- Yoga to Arogyindian Yoga Society
- Yogic Medicine Owner Kuvalayananda
- Yoga Therapy. Ishwar Bhardwaj
- Yoga and Roga, Swami Satyananda Saraswati

University of Patanjali, Haridwar

Paper Name -Introduction to Naturopathy & Alternative Medicine

Paper Code- B.A. 602

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

• **Objectives:**

- Following the completion of this course, students shall be able to
- Understand the basic principles of Naturopathy & Alternative Medicine.
- Have knowledge of different techniques used in Naturopathy & Alternative Medicine to cure general ailments.

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.

CO5:have knowledge of the fasting, diet and juice therapy.

CO6:know the sun-ray and massage therapy.

CO7:Students will come to know about alternative therapies to cure diseases

Unit-1:Introduction to Naturopathy (10 Hours): -

Meaning of Naturopathy, Definition, Purpose, Limitations. History - Western and Indian. Need and Importance, Basic Principles of Naturopathy. Measures to Increase Vitality.

Unit-2: - Hydro (Water) Therapy, Soil (Mud)Therapy and Sun Therapy (15 Hours):

Water Therapy - Importance (Including Classical References), Properties, Principles, Methods of Water Use and Major Medical Applications.

Mud (Soil) Therapy - Importance (Including Classical Reference), Properties, Principles, Methods of Soil Application and Major Medical Applications

Agni Tattva (Surya) Therapy - Importance (Including Classical References), Properties, Methods of Surya Medicine and Major Medical Applications

Unit-3: - Air (Prana) Therapy and Ether (Aakash) Therapy (15 Hours)

Air (Prana) Therapy: - Importance of Air (Including Classical References), Utility of Prana as Prana, Healing Effect of Pranayama, Applications of Air Therapy. Ether (Aakash)Therapy: -

Meaning, Definition, Purpose, Principles and Types of Fasting. Classical and Medical Importance of Fasting.

Unit-4: - Acupressure and MarmaTherapy (10 Hours):

The Meaning, Definition, Importance, History, Major Principles and Medical Applications of Acupressure. Meaning, Importance, History and Major Principles of Marma Healing. Introduction to Key Marma Points. Methods of Awakening the Marma Points, Major Applications of Marma Therapy.

Unit-5: - Yajnopathy (10 Hours)

Introduction to Yajna- Interpretation, Definition, Significance (Including Classical References) Of The Word Yajna (Panch Mahayajna), Yajna Method. Concept of Yajnopathy (Yajna as Medicine), Medical Importance and Applications, Scientific Research On Yajna Medicine.

Prescribed Text Book

1. Prakritik Ayurvedigyan - Dr. Rakesh Jindal
2. Acupressure - Dr. Atar Singh
3. Marma Chikitsa Vigyan - Prof. Sunil Kumar Joshi, Mrityunjay Mission.
4. Yajnopathy-Brahmavarchas, Shanti Kunj, Haridwar.

University of Patanjali, Haridwar
CLINICAL PSYCHOLOGY-II
Paper Code-I B.A. 603

Max Marks: 70
Time: 3 Hours

Objectives:

- To familiarize students with the types of psychological disorders, their symptoms, causes and the intervention.

1. *Introduction:*

- A. Difference between Normality and Abnormality
- B. Mental Disorder: Indian and western thoughts
- C. Brief Introduction about DSMVth and ICD-10

2. *Neurosis:*

- A. Difference between Neurosis and Psychosis
- B. Phobia (Symptom, Causes and treatment)
- C. Obsessive Compulsive Disorder (Symptom, causes and treatment)

3. *Mood Disorders:*

- A. Depression (Meaning, signs and Symptom)
- B. Types of depression (Persistent depressive disorder, Psychotic depression, Seasonal affective disorder, Bipolar disorder and treatment of Depression)**

4. **Childhood Disorders:**

- A. Mental Retardation (Meaning, Clinical types, causes and treatment)
- B. Juvenile Delinquency (Meaning, Causes and treatment)

5. *Clinical Intervention:*

- A. Psychotherapy
- B. Behavior Therapy

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. 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*.

University of Patanjali, Haridwar
Paper Name- Principles and Applications of Ounseling
Praper Code-II B.A. 604

Max Marks: 70
Time: 3 Hours

Objectives:

- To develop an understanding of basic concepts, process and technique of counseling
- To enable the learner with the challenges of counseling.

1. Introduction:

- A. Meaning, definition and goals of counseling
- B. Scope of Counselling
- C. Skill of the counsellor and ethical issues in counselling

2. *Counseling process:*

- A. Characteristics of the counselling climate
- B. Creation of Counselling Climate
- C. Structuring the counselling process: main stages

3. *Approaches to counselling:*

- A. Rational emotive behavior therapy
- B. Behavioral Approach
- C. Indian techniques

4. *Educational counseling:*

- A. Counseling at elementary school and college level
- B. Counseling for career planning
- C. Counselling students having behavioral problems

5. *Counseling applications:*

- A. Application of Yoga in Counselling
- B. Counseling for parents
- C. Family counselling

University of Patanjali, Haridwar
Paper Name- Business Communication
Paper Code-I B.A.605

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
Paper Name- Educational Tour
Paper Code-II B.A. 606

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

Recommended Books:

1. Gelso, Charles & Fretz, B. R. (1995). Counseling psychology, New York, Prisoem 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 at (1978). Counseling- theory research & practice, Chicago Rand Mc Nally.
5. Rao, S.N. (2001). Counseling Psychology, New Delhi, Tata Mc Graw Hill.
6. Robert, L. G. (2005). Introduction to counseling & guidance, New Delhi, Pearson education.
7. Shertzer, N & Stone SC (1971). Fundamentals of counseling, IInd edition, Boston Houghton, Mifflin.

University of Patanjali, Haridwar
Paper Name -Yoga Practicum
Paper Code- B.A. 607

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

- **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.

CO4:conduct practical sessions.

CO5:explain techniques of Pratyahara, Dharana and Dhyana.

Yogasana (Advance- Purna)

Bhujang, matsyendra, pakshi, vrischik, padm-mayura, padm-shirsh, karnapeed. dhanur, goraksha, chakra, omkar, natraj, shalabha.

Dhyanatmak Asanas and Other Practices Leading to Meditation

Sukhasan, Siddhasan, Simhasan, Bhadrasan, Swastikasan, Gaurakshasan, Vajrasan, Pranay and Soham Japa; Yoga Nidra (1,2,3); Antarmauna; Ajapa Dharana (Stage 1, 2, 3)

Mudra

Kaki Mudra, Tadagi Mudra, Vipareet Karni Mudra, Simha Mudra, Nasagra Mudra, Bhuchari Mudra, Ashwini Mudra, Mahavedha Mudra.

Shatkarma

Vastra Dhauti, Shankh-prakshalan

Practices Leading to Meditation

Ajapa Dharana (Stage 4,5,6), Yoga Nidra (4,5), Practices leading to Breath Meditation, Practices leading to Om Meditation

Continuous Evaluation by The Teachers

University of Patanjali, Haridwar
Paper Name-Practical
Paper Code-B.A. 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		100 Marks

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

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्

BA – तृतीयवर्षः (षष्ठसत्रम्)

संस्कृतम्

Paper Code- 611

पूर्णाङ्काः – १००

आन्तरिकाङ्काः – ३०

बाह्याङ्काः – ७०

प्रथमपत्रम् - व्याकरणम्

उद्देश्य -

- १) पाठकों कःस्त्रीप्रत्यय के सूत्र सहित व्याख्या के द्वारा प्रत्यय प्रयुगण में निष्णातता प्राप्त कराना
- २) छात्रों कःतद्धित प्रत्यय के सूत्रसहित व्याख्या के द्वारा प्रत्यय व्यवहार में प्रवीणता प्राप्त कराना
- ३) छात्रों कःतद्धित 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 प्रयुगण में निष्णातता प्राप्त हःसी है
- २) तद्धित प्रत्यय से व्यवहार में कुशलता प्राप्त हःसी है
- ३) तद्धित प्रत्यय से व्यवहार में कुशलता प्राप्त हःसी है
- ४) इकाई ४-निबंध लेखन में प्रवीणता प्राप्त हःसी है
- ५) इकाई ५-अनुवाद की दक्षता प्राप्त हःसी है

इकाई (१) स्त्रीप्रत्ययप्रकरणम्

सूत्रस्मरणम्, सूत्रव्याख्या, प्रत्ययप्रयुगणः

इकाई (२) तद्धितप्रकरणम् – क (अपत्याधिकारः, चातुरर्थिकाः)

सूत्रस्मरणम्, सूत्रव्याख्या, प्रत्ययप्रयुगणः

इकाई (३) तद्धितप्रकरणम् – ख (मत्वर्थीयाः, शैषिकाः)

सूत्रस्मरणम्, सूत्रव्याख्या, प्रत्ययप्रयुगणः

इकाई (४) रचनानुवादकौमुदीगत-निबन्ध-पत्रलेखनम् (१-१०)

इकाई (५) अनुवादः (सम्पूर्णरचनानुवादकौमुदी)

आर्यभाषातः संस्कृतभाषायाम्, संस्कृतभाषातः आर्यभाषायाम्

निर्धारितग्रन्थाः –

- ३) लघुसिद्धान्तकौमुदी – सुरेन्द्रदेवस्नातकः, चौखम्बा ओरियण्टालिया, दिल्ली
- ४) रचनानुवादकौमुदी – डॉ० कपिलदेवद्विवेदी, विश्वविद्यालय प्रकाशन, वाराणसी

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्

BA – तृतीयवर्षः (षष्ठसत्रम्)

संस्कृतम्

Paper Code- 612

पूर्णाङ्काः – १००

आन्तरिकाङ्काः – ३०

बाह्याङ्काः – ७०

द्वितीयपत्रम् – साहित्यम्

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 (१) मध्यमव्यायोगः

श्लोकव्याख्या, निबन्धात्मकप्रश्नाः

इकाई (२) अभिज्ञानशाकुन्तलम् - चतुर्थाङ्कः

श्लोकव्याख्या, निबन्धात्मकप्रश्नाः

इकाई (३) काव्यप्रकाशः - प्रथमोल्लासः

कारिकाव्याख्या, गद्य-पद्यव्याख्या, निबन्धात्मकप्रश्नाः

इकाई (४) लोकसंव्यवहारप्रवृत्तिः (१-५० श्लोकपर्यन्तम्)

श्लोकस्मरणम्, श्लोकव्याख्या, निबन्धात्मकप्रश्नाः

इकाई (५) लोकसंव्यवहारप्रवृत्तिः (५१-१०० श्लोकपर्यन्तम्)

श्लोकस्मरणम्, श्लोकव्याख्या, निबन्धात्मकप्रश्नाः

निर्धारितग्रन्थाः –

- १) मध्यमव्यायोगः – भासः, चौखम्बा प्रकाशन, वाराणसी
- २) अभिज्ञानशाकुन्तलम् – काळिदासः, श्रीकृष्णमणित्रिपाठी, चौखम्बा प्रकाशन, वाराणसी
- ३) काव्यप्रकाशः – आचार्यविश्वेश्वरः, चौखम्बा प्रकाशन, वाराणसी
- ४) लोकसंव्यवहारप्रवृत्तिः – डॉ० विजयपालशास्त्री, राष्ट्रियसंस्कृतसंस्थानम्, दिल्ली

BA- VIth SEMESTER

CODE - BA 614

PAPER I

History of India (1760 A.D. TO 1950A.D.) 4 CREDIT

Course Objectives:

This course introduces about how regional powers were established in India and how, over time, the Company succeeded in attaining total dominance in India. They will be able to comprehend the colonial nature of the state during the 200-year that the British government occupied India. Also they will learn about the changes that the Company's dominance in India brought about in Indian society, politics, religion, and the economy. Further they will comprehend how economic exploitation by the corporation led to the Indian movement against British authority. Finally, they will understand the various reasons that led to the Great Revolt of 1857.

Course Outcomes:

1. Students can learn a lot about local rebellions, movements like the Deccan Riots and Indigo Rebellion, and the rise of the new middle class;
2. They will learn about Indian Nationalism's actual history; The Swadeshi movement in Bengal, the Moderates and the Extremists, the Indian National Congress, and the Partition of Bengal all that took place in 1905.
3. They will learn about Gandhi's rise to power in Indian politics and his activities for freedom, such as the Rowlatt Satyagraha, the Khilafat and Non-co-operation movement, the Swarajya party, the Poona Pact, the Civil Disobedience Movement, and the Quit India Movement.
4. On the eve of India's freedom movement and following India's partition, they also learn how to discuss opposition and communal politics.

Unit I:

(15 Lect.)

Rise of the British Power in Bengal: Plassey and Buxar, Clive's second govern ship of Bengal

Warren Hastings, Cornwallis, Wellesley, William Bentinck,

Lord Dalhousie-Reforms and Doctrine of Lapse.

Unit II: (15 Lect.)

Revolt of 1857-Causes, Nature and its impact. Indian National Congress from 1885-1905 Extremists and Monetarists

Birth of Nationalism

Unit - III (15 Lect.)

Partition of Bengal and Swadeshi Movement.

Revolutionary Movement-Causes of its emergence and main activities in India.

Ghadar Party- Formation and Activities.

Hindustan Socialist Republican Association-Bhagat Singh and Batukeshwar Dutt, Subhash Chandra Bose and Azad Hind Fauj

Unit – IV (15 Lect.)

Home Rule movement and Khilafat movement. Gandhian Era. Non-Co-Operation movement. Simon Commission and Nehru Report. Civil-Disobedience movement

Unit: V (15 Lect.)

Quit-India movement, Cripps Mission; Rise of Communalism Mountbatten's Plan & Partition; The Indian Independence Act of 1947

Recommended Books:

Ramkrishna Mukherji: The Rise and Fall of the East Indian Company

R.C. Mazumdar, H.C. Roychaudhuri & Kalikinkar Datta: An Advanced History of India (In Hindi: Bharat ka Brihad Itihas)

S.C. Sarkar & K.K. Datta: Modern Indian History, Vol.II (In Hindi: Adhunik Bharat ka Itihas) Christopher Bayly: Indian Society and the Making of British Empire

Edward Thompson & G.T. Garrat: Rise and Fulfillment of British Rule in India

T.G.P.Spear: The Oxford History of Modern India

G.S.Sardesai: New History of the Marathas, (In Hindi: Marathon ka Naveen Itihas)

A.R. Desai: Social Background of Indian Nationalism (In Hindi: Bhartiya Rashtravad Ki Samajik Pristabhoomi)

Ram Lakhan Shukla: Adhunik Bharat ka Itihas Satya Rao: Bharat mein Upniveshavad aur Rashtravad G.N. Singh: Landmarks in the Constitutional and National

Development of Indian (In Hindi Bharat ka Samvaidhanik aur Rashtriya Vikas)

S.C. Sarkar: The Bengal Renasissance (In Hindi: Bengal ka Navjagaran)

BA- VIth SEMESTER

CODE - BA 615

PAPER II

Science, Technology and Yoga in Indian History 4 CREDIT

Objectives:

Introducing learners towards various aspects of the Indian Culture. Familiarize the learners with the contributions of our Classical Gurus in the areas of religion, Yoga, science & Technology, education, languages and literature. Acquaint learners with the impact of Indian culture in different countries of the world. Enable learners to appreciate the composite nature of Indian culture. Develop among learners a feeling of love and a sense of belonging towards the nation.

Outcome:

Students will able to:

1. Identify Approaches towards the sources and the study of ancient Indian history.
2. Evolution of social and cultural institutions in the Vedic society, Religious dissent and the rise of Jainism and Buddhism
3. Understand Asoka's Dhamma and his inscriptions.
4. To Know Science and Technology in Ancient Text.
5. To Know Science and Technology in Modern Text.
6. To Know our great Yoga Guru.

Unit : I (17 Lect.)

Science, Technology in Pre History: Palaeolithic, Mesolithic and Neolithic Culture
Science, Technology and Yoga in Proto History: Chalkolithic and Harappan Period

Unit : II

(14 Lect.)

Science, Technology and Yoga Vedic culture to Pre Gupta Age: Vedas, Mahakavya, Puranas, Bhagwatgita, Patanjali, Charak, Ashwini Kumar,

Unit : III (14 Lect.)

Science, Technology and Yoga From Gupta Age to 1200 A.D.: Aryabhata, Varahmihir, Jyotish Shastra,

UNIT: IV (12 Lect.)

Science, Technology and Yoga 1200 A.D. to 1800 A.D: Jyotish, Math and Ras Shastr, Ramanujacharya, Tulasidas, Meerabai, Hath Yoga, Gorakhnath, Goranginath

UNIT: V (18 Lect.)

Science, Technology and Yoga in 19TH century A.D. to mid 21st century A.D. : Yoga in Modern Era Ramkrishna Paramhansh, Vivekanand, Ramtirth, **Swami Ramdev.**

Recommended Books:

A. L. Basham: The Wonder that was India. Sidgwick and Jackson, 1954

D.D. Kosambi: Culture and Civilization of Ancient India. Vikas Prakashan, 1994

D.N.Jha: Ancient India: An Historical Outline. Manohar Publishers & Distributors, Delhi, 1999.

Hasmukhlal Dhirajlal Sankalia: The Prehistory and Proto-history of India and Pakistan. University of Bombay, 1962.

K.A. Nilakanta Sastri: Age of Nandas and Mauryas. Motilal Banarsidass, 1967

K.M. Ashraf: Hindustan ke Niwasiyon ka Jeevan aur Unki Paristithiyan. Tr.By KS. Lal, 1969

Satish Chandra: Essays in Medieval Indian Economic History. New Delhi, 1987

R.C. Majumdar: Suvarṇadvīpa: A Cultural History. (reprint) Gian Publishing House, 1986

University of Patanjali, Haridwar
Paper Name- Introduction to Environment
Paper Code- EVN 06

समय: 3 घंटा
कुल अंक 100

इकाई (1)

पर्यावरण (Environment): परिभाषा, संरचना एवं प्रकार, पर्यावरण के अध्ययन का उद्देश्य, क्षेत्र व महत्व, भारतीय संस्कृति के परिप्रेक्ष्य में पर्यावरण संरक्षण व उसका महत्व ।

इकाई (2)

पारिस्थितिक तंत्र एवं जैविक विविधता (Ecosystem and Biodiversity): पारिस्थितिक तंत्र की क्रिया, घटक, पिरामिड, पारिस्थितिक तंत्र को विशेषताएं व प्रकार। जैविक विविधता की परिभाषा, स्तर, महत्व। भारत की विक विविधता, जैव विविधता के राष्ट्रीय व अंतर्राष्ट्रीय संरक्षण के प्रयास ।

इकाई (3)

पर्यावरण प्रदूषण का वर्गीकरण (Classification of Environment Pollution): परिभाषा, प्रदूषण, वायु प्रदूषण, जल प्रदूषण, मृदा प्रदूषण, ध्वनि प्रदूषण, नाभिकीय प्रदूषण, उनके कारण, प्रभाव, नियंत्रण एवं बचाव ।

इकाई(4)

जनसंख्या एवं प्रदूषण (Population and Environment): पर्यावरण एवं जनसंख्या दबाव, जनसंख्या विस्फोट का पर्यावरण पर प्रभाव एवं मानव स्वास्थ्य, पर्यावरण व मानव स्वास्थ्य में सूचना प्रौद्योगिकी की भूमिका ।

इकाई (5)

पर्यावरण संरक्षण सम्बन्धित कानून (Legislation relating to Environment Conservation): कीटनाशक अधिनियम-1965, वन्यजीव अधिनियम- 1972, जल (प्रदूषण निवारण एवं नियंत्रण) अधिनियम 1974 वायु (प्रदूषण निवारण एवं नियंत्रण) अधिनियम 1981, पर्यावरण (संरक्षण) अधिनियम, 1986 । पर्यावरण संरक्षण में भारतीय प्रयास।

संदर्भ पुस्तक: पर्यावरण एक संक्षिप्त अध्ययन: डॉ. मधु अस्थ

नोट: सभी छात्रों को इस विषय को नातीर्ण करना अनिवार्य होगा तथा उत्तीर्णांक 360 होंगे। कोई से पांच प्रश्न करने होंगे।

University of Patanjali, Haridwar
M.A. in Yoga Science
2021-2022
Syllabus

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 Outcome

PO1. Have an integrated knowledge of the various disciplines in multidisciplinary field of Yoga Science

PO2. Acquire and be equipped with skills in the application of theoretical knowledge on different subjects within the board filed of Yoga science.

PO3. Will be able to practice for real life problem solving in an increasing complex and dynamic Yoga world.

PO4. Develop ability of focused research and thinking process mastering complex skills that are grounded in and guided by systematic theory and research

PO5. 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	MA 101	Fundamentals of Yoga	3	1	0	4	20	10	70	100
2	MA 102	Principles of Hath Yoga	3	1	0	4	20	10	70	100
3	MA 103	Introduction to Shrimad Bhagavad-Gita and Samkhya karika	3	1	0	4	20	10	70	100
4	MA 104	Human Biology I	3	1	0	4	20	10	70	100
5	MA 105	Yoga Practicum	0	0	8	4	20	10	70	100
6	MA 106	Human Biology Practicum	0	0	8	4	20	10	70	100
7	MA CE 01	Communicative English(Non Credit)	3	1	0	0	20	10	70	100

36 Hrs						24	Total			600
Semester II										

1	MA 201	Patanjal Yoga Darshan	3	1	0	4	20	10	70	100
2	MA 202	Indian Philosophy & Culture	3	1	0	4	20	10	70	100
3	MA 203	Yoga Psychology	3	1	0	4	20	10	70	100
4	MA 204	Human Biology-II	3	1	0	4	20	10	70	100
5	MA 205	Yoga Practicum	0	0	8	4	20	10	70	100
6	MA 206	Human Biology Practicum-II	0	0	8	4	20	10	70	100
7	MA CE 02	Communicative English (Non Credit)	3	1	0	0	20	10	70	100
36 Hrs						24	Total			600

II Year

Semester – III

1	MA 301	Methods of Teaching Yoga and Value Education	3	1	0	4	20	10	70	100
2	MA 302	Introduction to Ayurveda	3	1	0	4	20	10	70	100
3	MA 303	Research & Statistical Methods	3	1	0	4	20	10	70	100
4	MA 304	Naturopathy	3	1	0	4	20	10	70	100
5	MA 305	Yoga Practicum	0	0	8	4	20	10	70	100
6	MA 306	Naturopathy Practicum	0	0	8	4	20	10	70	100

7	MA CE 03	Communicative English(Non Credit)	3	1	0	0	20	10	70	100
36 Hrs						24	Total			600
Semester- IV										
1	MA 401	Hygiene, Diet & Nutrition	3	1	0	4	20	10	70	100
2	MA 402	Yoga Therapy	3	1	0	4	20	10	70	100
3	MA 403	Complementary & Alternative Therapy (CAT)	3	1	0	4	20	10	70	100
4	MA 404	Dissertation/Field Training	3	1	0	4	20	10	70	100
5	MA 405	Yoga Practicum	0	0	8	4	20	10	70	100
6	MA 406	Complementary & Alternative Therapy Practicum	0	0	8	4	20	10	70	100
7	MA CE 04	Communicative English (Non Credit)	3	1	0	0	20	10	70	100
36 Hrs						24	Total			600
Total number of Credits						96	Total Marks			2400

L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests,
TA - Teachers Assessment, SEE - Semester Examination

Name of the Course: Fundamentals of Yoga**Course Code: MA -101****Objectives**

The course has been designed to improve English communication of the students.

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 Bhagavadgita (in yogic context), General introduction of Puranas (in yogic context), Yoga in Yog Vashishtha 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 currents (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. योगदर्शनम्- 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 ँ बाडा, देवघर, बिहार

7. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarasi Das, Delhi, 2013

BOOKS FOR REFERENCE:

1. Agarwal MM: 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. Bhat, Krishnak.: The Power of Yoga: SuYoga Publications Mangalore, 2006
5. Swami Prabhavananda: Spiritual Heritage of India(English). Sri Ramkrishna Math, Madras, 2004
6. Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000
7. Pandit, M.P.: Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976
8. Dasgupta, S.N.: Hindu Mysticism, Motilal Banarasi dass, Delhi 1927
9. A Search in Mystic India - Paul Brunton

Name of the Course: Principles of Hath Yoga**Course Code: MA -102****Objectives:**

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

1. Understand the fundamental principles of Hath Yoga.
2. Explain the understanding of Hath Yoga as a tradition and inculcate the essence.
3. 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 yoga sadhana 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 - **हठयोगप्रदीपिकाएव घेरंडसंहिता**

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 sub-prana. 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 hathyoga). 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

1. हठयोगप्रदीपिका - कैवल्यधाम, लोनावला
2. घेरंडसंहिता - कैवल्यधाम, लोनावला
3. गोरक्षसंहिता - डॉ. चमनलालगौतम (1985)
4. प्राणायामरहस्य - स्वामीरामदेव, दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार
5. Research Publication, P.R.I. Patanjali Yogpeeth

BOOKS FOR REFERENCE:

1. Woodroffe, Sir John: The serpent power, Ganesh & Company, Madras, 2000
2. Woods, J.H. : The Yoga system of Patanjali, M.L.B.D., Delhi, 1988
3. Swami Vivekananda: Rajayoga, Advaita Ashram, Calcutta, 2000
4. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice (M.L.B.D. Delhi, 2000)
5. Burnier, Radha: Hathayoga Pradipika of Svamarama, The Adyar Library Publications, Chennai

Name of the Course: Introduction to Shrimad Bhagavad Geeta and Samkhyakarika
Course Code: MA -103

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 Jnana Yoga – Elaboration of Atman (Soul), Prakriti (Nature) and Parmataman (Supreme Soul)

(15 hours):

Introduction to the Bhagavad Gita (literal meaning, source and subject matter), the great significance 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 (Chapter-9, 13, 14).

Unit-2: - Karmayoga, Dhyana Yoga and Bhakti Yoga (15 hours):

Concept of Karmayoga (Chapter-2 to 6), Form of *Yajna, Yajnartha Karma, 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 (Chapters7,8,9,11,12), 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, Verse13-20).

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:10.1007/9781-4419-8110-3

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 1**Course Code: MA -104****Objectives:** The teaching-learning of this paper will enable learner to

- 1) Discuss & introduce skeletal system, muscular system, respiratory system, cardio vascular system, lymphatic & immune system with their gross anatomy & physiology
- 2) 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

Skeletal System: Concept, Types & Functions; Bone: Concept, Types, Number, Gross anatomy & Physiology, & Functions, Bone Cells: Concept, Types & their Functions; Synovial Joints: Concept, types & their features, Spine: Gross Anatomy & Physiology and Functions; Yogic effect on Bone/Skeletal System.

Unit - 2

Muscular System: Concept, Types & Functions; Muscles: Concept, Number, Types, & their Gross Anatomy & Physiology and Functions; Brief introduction, Yogic effect on Muscular System.

Unit - 3

Respiratory System: Concept, Gross Anatomy & Physiology, Types & Functions; Lungs: Gross Anatomy & Physiology and Functions; Respiration: Concept, Types, Gross Anatomy & Physiology, Breathing Mechanics & Gaseous exchange; Respiratory Control Center; Yogic effect on Respiratory System.

Unit- 4

Cardiovascular System: Concept, Gross Anatomy, Physiology, & Functions; Blood (RBC, WBC & Platelets): Concept, Composition & Functions; Heart: Gross Anatomy, Physiology, Innervation & Functions; Blood Groups; Blood Vessels (Artery, Vein & Capillary): Gross Anatomy & Functions; Cardiac output, Blood Pressure, Circulation: Concept, Types & their mechanisms; Control of cardiac cycle & circulations; Effect of Yoga on Circulatory system.

Unit- 5

Lymphatic system & immune system: Lymphoid organ- Bone marrow, thymus, spleen, lymph node; Composition & function of lymph; Immunity- types of immunity, innate immunity & acquired immunity; Antigen and antibody; Auto immunity.

BOOKS FOR REFERENCE:

- Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan Books
- Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasidas
- Frawley, D. & Kozak, S. S. (2006). Yoga for your type. New Delhi, India: New Age Books.
- Gore, M.M. (2004). Anatomy and physiology of yogic practices. Lonavala, India: Kanchan Prakashan.
- Gupta, A.P. (2011). Human anatomy and physiology. Agra, India: Sumit Prakashan.
- Guyton, A.C. & Hall, J.E. (2006). Text book of medical physiology (11th ed.). Pennsylvania: Elsevier.
- Kaminoff, L. (2007). Yoga Anatomy. Champaign: Human Kinetics
- Malshe, P. C. (2012). A Medical Understanding of Yoga (2nd ed.). 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.
- Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: Divya Prakashan
- Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.
- Robin, Mel. (2002). A physiological handbook for teachers of yogasana. Arizona: Fenestra
- Robin, Mel. (2009). A Handbook for Yogasana Teachers. Arizona: Wheatmark
- Selvarasu, K. V. (2003). Kriya Cleansing in yoga. Tamil Nadu, India: Yoga Bharati.
- Tortora, G.J. & Derrickson, B.N. (2009). Principles of anatomy and physiology-1 (14th ed.). Hoboken, NJ: Wiley.
- Tortora, G.J. & Derrickson, B.N. (2009). Principles of anatomy and physiology-II (14th ed.). Hoboken, NJ: Wiley.
- Udupa, K. N. (2007). Stress and its management by yoga. Delhi, India: Motilal Banarasidas
- Waugh, A. & Grant, A. (2010). Ross and Wilson: Anatomy and Physiology in Health and Illness (11th ed.). London: Elsevier.
- Khalsa, S., Cohen, L., Call, T. & Telles, S. (2016). The principle and practice of yoga in health care.

Name of the Course: Yoga Practicum
Course Code: MA 105

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, Kapalbhati.

-15 marks

Asana

- 25 marks

Sukshma Vyayam (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, Hal asana,
Matsyasana, Suptavajrasana, Chakrasana,
Tadasana, Tiryak Tadasana, Ek paad pranamasana,
Vrikshasana, Garudasana, Hastotansana,
Padahastasana, Trikonasana, Ardhadhanurasana,

Marjari asana, Ardhashalbhasana, Bhujangasana,
Makarasan, Shavasana,
Samakonasana, Bakasana, Sarpasana, Hanumanasana,
Sukhasana, Ardhpadmasana, Ek Pada Halasana,
Setubandhasana, Markatasana, Shashankaran,
Vipreet naukasana, Dwikonasana, Parshvatanasana,
Singhasana,

Pranayama

-10 marks

Diaphragmatic Breathing, Pranayama: Kapalbhati, Bhastrika, Bahya, Ujjayi, Anulom-Vilom,
Nadi Shodhan, Bhramari and Udgith

Mudra & Bandha: Jnana Mudra, Chin Mudra, Vipreet Karni Mudra,
Yoga Mudra, Jalandhar Bandh, Uddiyan Bandh, Moolbandha - 10 marks

Viva: Ishwar Stuti Prarthnopoulosana

-10 marks

Name of the Course: Human Biology Practicum
Course Code: MA 106

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:

CO1: Knowledge of Human Anatomy and Physiology.

CO2: Know different levels of structural complexity.

CO3: Proper understanding of Bones, Joints, and Anthropometric measurements.

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 Cardiopulmonary Systems (15Hrs.)

Unit- 3: Demonstration of Bones and Joints (15Hrs.)

Unit-4. Demonstration of Human Skeleton (15 Hrs.)

Name of the Course: Communicative English (Non Credit) Course Code: MA CE 01

Course Objectives: The course has been designed to improve English communication of the students.

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		

Communication:

Communication definition and concept, Process of Communication. Elements of Communication steps/phase of Communication. Means, Methods, Mode of Communication. Verbal-oral-written Communication. Nonverbal-sign language, Body Language. Flow of Communication: Formal/Informal. Barriers of Communication Intrapersonal, interpersonal and organizational barriers. Recapitulation Linguistic Communication Patter of Communication Group Discussion (GD), History of print Media in India.

Grammar and usage:

- i. Noun
- ii. Pronoun iii. Verb, modal, Tenses iv. Adjective v. Adverb
- vi. Preposition vii. Conjunction
- viii. Interjection ix. Rules of Translation x. Punctuation
- xi. Capitalization and Abbreviation xii. Subject Verb Agreement
- xiii. Sentences Correction Rules xiv. One-word substitution xv. Active and Passive voice xvi. Direct and Indirect Speech xvii. Direct and Indirect Speech Suffixes and prefixes Antonyms and synonyms Homophones and Homonyms Letters Writing

Gift of the Magi-O Henry
 ShrinivasaRamanujan
 MuktaDhara-R.N.Tagore

Readings

Power of Communication: Skills to Build Trust, Inspire Loyalty, and Lead effectively, by Helio Fred Garcia, 2012
 Pone Communicates, Few Connect: What the Most Effective People Do Differently, haC. Maxwell, 2010
 Interviewing: A Programmed Approach to Effective Communication, by David Dans, Margaret T. Hearn, Max R. Uhlemann and Allen E. Ivey, 2010
 Art and Science of Communication: Tools for Effective Communication in the place, by P. S. Perkins and Les Brown, 2008
 Listening Effective Groups: The Art of Small Group Communication, by Randy Fujishin,

Semester-II

Name of the Course: Patanjali Yoga Darshan

Course Code: MA -201

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*, *Chitta vrittis* 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 *Drishta*

& *Drishya*, the form and types of samadhi - *samprajnata*, *asamprajnata*, *sabij* and *nirvij* samadhi. *RitambaraPragya* 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), Nirmaan chitta. 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 Yogasutra-s: 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: Indian Philosophy & Culture
Course Code: MA -202

Objectives:

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

- Introduce Indian Philosophy and its main principles.
- Become familiar with the key features of Indian Philosophy.
- Inculcate the pious essence of Indian Philosophy.

Couse 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.

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 Indian Philosophy (8 hours):

Literal Meaning and Definition of Darshan /Philosophy, Role of Philosophy in Human Life, Key Features of Indian Philosophy, **Bodies of Indian Philosophy: Vedic-Non-Vedic**. The three main areas of philosophy - *Jnana (Pramana) Mimamsa* (epistemology), *Tattva Mimamsa* (Meta physics), *Aachar Mimamsa* (ethics).

(Prescribed text book - दर्शनप्रवेश -दिव्यप्रकाशन, ँतंजलियोगपीठ, हरिद्वार

Unit-2: - Introduction to Vedic Philosophy (20 hours):

General introduction and theory (Meta Physics and Ethics)

1. Nyaya Darshan
2. Vaisheshika Darshan

3. Sankhya Darshan
4. Yoga Darshan
5. Mimamsa Darshan
6. Vedanta Darshan

(Prescribed Text Book - दर्शनप्रवेश -दिव्यप्रकाशन, ँतंजलियोगपीठ, हरिद्वार

Unit-3: - Introduction to Jain, Buddhist, Charvak philosophy (20 hours):

General Introduction and Principles (Meta Physics and Ethics)

1. Jain Darshan
2. Buddhist Darshan
3. Charvak Darshan

(Prescribed Text Book - सर्वदर्शनसंग्रह-माधवाचार्य

Unit-4: - Introduction to Culture (12 hours):

Literal meaning and definition of Culture. Concept and importance of Culture. General introduction to the base scriptures of Indian Culture - Vedas, Upanishads, Manusmriti, Mahabharata, Ramayana, Gita.

(Prescribed text book – धर्मदर्शनसंस्कृति -डा. रू किशोरशास्त्री

Unit-5: - Salient features of Indian culture - (10 hours): -

Purushartha Chatushtaya, Ashram system, Varna system, Principle of Karma, Sixteen rites, Pancha Mahayagya, **Three Debts, Co-existence - Vishwabandhutva**

(Prescribed text book– धर्मदर्शनसंस्कृति -डा. रू किशोरशास्त्री)

सहायकग्रन्थ-

1. दर्शनप्रवेश- दिव्यप्रकाशन, ँतंजलियोगपीठ, हरिद्वार
2. भारतीयसंस्कृतिकाइतिहास-डा) सत्यकेतुविद्यालंकार
3. वैदिकसाहित्यएवंसंस्कृति-कपिलदेवद्विवेदी
4. मनुउद्देशःविनोबाभावे
5. Teaching yourself philosophy Indian Philosophy-Dr.R.P. Sharma
6. An outline of Indian Philosophy-M. Hiriyanna

Name of the Course: Yoga Psychology**Course Code: MA -203****Objectives:**

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

- Become familiar with the relation between ancient yoga & modern psychology.
- Find out the key elements of psychology in Yogic texts.
- Incorporate the techniques of yoga & psychology together to cure mental problems.

Course Outcome:

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

CO1: Understand the altered states of consciousness.**CO2:** Know the science of behaviour.**CO3:** Can understand and develop a complete personality.**CO4:** Can define various types of cognitive aspects.**CO5:** Learn the management of common mental disorders.**CO6:** Learn the management of Personality development with Yogic Counselling.

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 Psychology (12 hours)

Psychology - word meaning, definition, nature, scope and utility of Psychology. Goals and branches of Psychology, concept of Psyche in Vedic literature (Ved, Upanishad, Shankhya, Vedant). Behaviour and Consciousness, states of consciousness according to yogic scriptures (Jagrata, svapna, susupti and Turiya).

Unit-2 Yogic Insights on Psychological Concepts (12 hours)

Yogic and Psychological concept of Emotion. Causes of Emotions in the mind according to yoga texts, Physiology of Emotion (Psychological concept), Concept of Personality in Yogic and Psychological Context, types of Personality and personality assessment.

Unit-3 Mental Process and Behaviour (12 hours)

Sensation and Perception (their process and affecting factors), Memory (meaning, definitions, types and affecting factors), disorder related to memory loss (amnesia Alzheimer's and their treatment), Psycho yogic methods to improve memory, Attention (meaning, types and determinants), yogic techniques to improve attention. **Unit-4 Intelligence and Mental Deficiency (12 hours)**

Unit-4 Intelligence and Mental Deficiency (12 hours)

Meaning and definitions of intelligence, types of intelligence (Mental, emotional, social and spiritual intelligence), Mental deficiency: meaning and its types, causes of mental deficiency and treatment process to cure mental deficiency through Yoga.

Unit-5 Yogic counselling and Personality development (12 hours)

Concept of counseling, skills of counseling, code of ethics for lay counselors, building counseling relationship (factors that influence the counseling process), building yogic rapport and efficient communication, acceptance, empathy and solving the problems with yogic wisdom.

TEXTBOOKS

1. Abhedananda: The Yoga Psychology, Ramakrishna Vedanta Math, Calcutta, 1973.
2. Sachdev, I. P. Yoga and Depth Psychology (Motilal Banarsi dass, Delhi, 1978)

Name of the Course: Human Biology-II
Course Code: MA -204

Objectives:

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

- Discuss gross anatomy and physiology of human- digestive, genitourinary, nervous, & glandular systems; and selected cognitive senses (eye, nose and ear).
- Discuss anatomical and physiological effects of selected yoga practices (postures, breath regulations, neuro-muscular locks, gestures, concentrations, guided meditations etc.) on aforesaid contents of the human body in an 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 I Digestive System

Anatomy-Gross and Histological, Anatomy and Function of - Stomach, Liver, and pancreas; Mechanism of secretion of saliva, Gastric Juice, Pancreatic Juice, Bile, Intestinal secretion - Role of these secretions in digestion of food (Protein, Carbohydrate and Fat); Effects of Yoga on digestive system.

Unit II Genitourinary System

Anatomy (Gross and Histological) of excretory system, Histology and function of Kidney, Glomerulus, Nephron and Renal tubules; Composition and formation process of urine,

Urination and its control; 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; Effect of Yoga on Genitourinary system.

Unit III Nervous System

Gross anatomy of NS; Structure, types and properties of neurons and nerves; Action potential-generation, propagation and influencing factors; Types of NS (CNS and PNS); CNS- Brain (Cerebrum, Cerebellum and Spinal Cord) - Gross anatomy and functions; Functions and important connections of Pons, Medulla, Thalamus, and Hypothalamus; PNS (Cranial and Spinal Nerves)- Gross anatomy and Functions; Autonomic NS-Sympathetic and Parasympathetic (Anatomy and functions); Effect of Yoga on NS.

UNIT IV

Glandular System: Endocrine and Exocrine Gland, Structure and Function of Pituitary Gland Pineal Gland, Thyroid and Parathyroid Gland, Thymus Gland, Adrenal Gland, Ovary, and Testes; Yogic effect on Endocrine System.

Unit V

Special Senses: Eyes Anatomy- Histology of retina; corneal function, Physiology of vision and accommodation; Nose-Gross anatomy and physiology of smell; and Ear- Gross anatomy and Physiology of hearing and balance.

BOOKS FOR REFERENCE

- Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan Books TM
- Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasidas
- Frawley, D. & Kozak, S. S. (2006). Yoga for your type. New Delhi, India: New Age Books.
- Gore, M.M. (2004). Anatomy and physiology of yogic practices. Lonavala, India: Kanchan Prakashan.
- Gupta, A.P. (2011). Human anatomy and pshysiology. Agra, India: Sumit Prakashan.
- Guyton, A.C. & Hall, J.E. (2006). Text book of medical physiology (11th ed.). Pennsylvania: Elseveir.
- Kaminoff, L. (2007). Yoga Anatomy. Champaign: Human Kinetics Kumar, V. (2004). Manav Sarir Samrachna aur sarir kriya vijyan. New Delhi, India: Japee Brothers Medical Publishers (P) Ltd.
- Malshe, P. C. (2012). A Medical Understanding of Yoga (20d ed.). 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.
- Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: Divya Prakashan.
- Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.
- Robin, Mel. (2002). A physiological handbook for teachers of yogasana. Arizona: Fenestra
- Robin, Mel. (2009). A Handbook for Yogasana Teachers. Arizona: Wheatmark

Selvarasu, K. V. (2003). Kriya Cleansing in yoga. Tamil Nadu, India: Yoga Bharati.
 Tortora, G.J. & Derrickson, B.N. (2009). Principles of anatomy and physiology-I (14* ed.). Hoboken, NJ: Wiley.
 Tortora, G.J. & Derrickson, B.N. (2009). Principles of anatomy and physiology-II (14h ed.). Hoboken, NJ: Wiley.
 Udupa, K. N. (2007). Stress and its management by yoga. Delhi, India: Motilal Banarasidas
 Waugh, A. & Grant, A. (2010). Ross and Wilson: Anatomy and Physiology in Health and Illness (116 ed.). London. Fleevier

Name of the Course: Yoga Practicum

Course Code: MA 205

Objectives:

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.

•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:

-15 marks

Sutraneti, Agnisara, Sheetkram and Vyutkram (Inverse) Kapalbhata and all the practices described in MA 105.

Aasana :

-20 marks

Utkatasan, Paschimottan, Chakrasana,
 Vrishabhasan, Natarajasan, Kukkutasana, Kurmasana, Vakrasana,
 Hasta Padangushtha, Parvatasana, Akaranadhanurasan Bhunamansan
 Baddha Padmasana, Konasana, Ashtavakra, Vayatanasana,
 Tulsan, Vyaghrasana, Gupta Padam, Garbhasana, Tiryak bhujangasana, Sarpasana, Ardha Chandrasana, Parivritta Janushirasana, Sankat aasana

Pranayama: -10 marks
Suryabhedhi, Chandrabhedhi, Ujjayi, Bahyavritti, Aabhyantar Vritti and all practices of MA-105.

Mudra and Bandha - 10 marks
Shambhavi, Tadagi, Kaki Mudra and Mahabandha
Hasta mudra, Prana and Apana mudra and all the mudras and bandhas mentioned in MA-105.

Mantra & Meditation: - 10 marks

Devyajna Mantras- Meaning, Memorization & Recitation

Viva: - 5 marks

Name of the Course: Human Biology Practicum-II

Course Code: MA 206

Objectives:

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

- Make students familiar with the systems of the body.
- Give a hand on experience about the human body using models, charts and pictures.
- Make students understand the organization of the body with respect to structural components.

Course Outcome:

CO1: Knowledge of Human Anatomy and Physiology.

CO2: Know different levels of structural complexity.

CO3: Proper understanding of Bones, Joints, and Anthropometric measurements.

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 organs and viscera, digestive and urinary system (15 Hrs.)

Unit-2: Demonstration of nerve cell, nerve/tract, brain and spinal cord [15Hrs.]

Unit-3: Demonstration of gross sites, structures of endocrine glands (15 Hrs.)

Unit-4: Demonstration of gross structures of human ear, eye and nose (15 Hrs.)

Name of the Course: Communicative English (Non Credit)

Course Code: MA CE 02

Course Objectives: The course has been designed to improve English communication of the students.

Course outcome:

CO1: Develop the ability to speak English language with the right way of pronunciation.

CO2: Demonstrate the skill to write in English without grammatical error.

CO3: Develop the confidence to speak in public.

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			

Communication:

- I. Recapitulation ii. Face to Face Communication iii. Telephonic Conversation iv. Reading Techniques V. Letter writing vi. Creative Writing vii. Accent viii. Stress ix. Rhythm X. Intonation xi. Seeking Introduction/Introduce oneself xii. Making Enquires xiii. Asking Questions and Discussion

Literature

- i. The Kite Maker by Ruskin Bond ii. RabindraNath Tagore-Chandalika iii. Autumn by Kalidasa (Translated by Arthur W. Ryoler) iv. While the Auto Waits O Henry (Adapted for the stage by walterwykes) v. The Loss by Anjali Shukla.

suggested Readings

- The Power of Communication: Skills to Build Trust, Inspire Loyalty, and Lead Effectively, by Helio Fred Garcia, 2012
- Crucial Conversations Tools for Talking When Stakes Are High, by Kerry Patterson, Joseph Grenny, Ron McMillan and Al Switzler, 2011
- Everyone Communicates, Few Connect: What the Most Effective People Do Differently, by John C. Maxwell, 2010
- Messages: The Communication Skills Book, by Matthew McKay, Martha Davis and Patrick Fanning, 2009
- Communication: The Key to Effective Leadership, by Judith A. Pauley, 2009
- The Art and Science of Communication: Tools for Effective Communication in the Workplace, by P.S. Perkins and Les Brown, 2008

Semester-III

Name of the Course: Methods of Teaching Yoga and Value Education

Course Code: MA -301

Objectives:

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

- Understand the teaching techniques of yoga
- Understand and conduct class management and lesson planning
- Use educational tools of yoga teaching.
- Inculcate the concept & essence of yoga education and values.

Course Outcome:

CO1: Student would know the concept and importance of teaching.

CO2: Students would familiarise with the goal and characteristics of the training.

CO3: Students would know the factors, definitions and type of physical parameters.

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: PRINCIPLES AND METHODS OF TEACHING YOGA (12 hours)

Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching, Levels and Phases of Teaching, Qualities of an ideal Yoga teacher; Yogic levels of Learning- Vidyarthi, Shishya, Mumukshu; Meaning and scope of Teaching methods and factors influencing them; Sources of Teaching methods; Role and importance of Yoga Teachers and Teacher training.

Unit 2: BASICS OF YOGA CLASS MANAGEMENT (12 hours)

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of Individualized Teaching, Techniques of group teaching; Techniques of mass instructions; Organization of teaching (Time Management, Discipline etc.)

Unit 3: LESSON PLANNING IN YOGA (12 hours)

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 (12 hours)

Yoga classroom: Essential features, Area, sitting arrangement in Yoga class etc.; Class room problems: Types and Solutions, Characteristics and essentials of good yoga teaching; Timetable:

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.

Unit5: YOGA AND VALUE EDUCATION (12 hours)

Concept of Value, Definition of value, Types of Values; Value Oriented Education, Value education and its components; Value oriented personality, Role and function of values in Society; Yoga as global value, Yoga as value and yoga as Practice; Contribution of Yoga towards the development of values.

TEXTBOOKS

1. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990.
2. Swami Satyananda Saraswati: A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya, Bihar Schools of Yoga, Munger, 2004.

BOOKS FOR REFERENCE

1. Dr. Gharote ML: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
2. 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
3. Dr. Raj Kumar: Principles & methods of Teaching, Printographics, Delhi
4. Duggal, Satyapad: Teaching Yoga, The Yoga Institute, Santacruz, Bombay, 1985
5. Nagendra, H.R. and Nagarathna R: New Perspectives in Stress Management, V.K. Yogas, 1988.
6. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990
7. Gawande, E. N.: Value Oriented Education, Sarup & Sons, New Delhi-110002
8. Gharote, M.L.: Yoga Applied to Physical Education Lonavala; Kaivalyadhama.
9. Dr. R. Nagarathna & Dr. H. R. Nagendra: Integrated Approach of Yoga Therapy for Positive Health, Swami Vivekananda Yoga
10. Prakashana, Bangalore, 20

Name of the Course: Introduction to Ayurveda**Course Code: MA -302****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.
- 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.

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**(10 hours)**

Ayurveda: Origin, Meaning, Definition, Purpose, History and Principles of Diagnosis and Testing.

Unit-2**(20 hours)***Dosha:* Meaning, definition, types, functions and results of deformity;*Dhatu:* Meaning, definition, types, and results of deformity; *Updhatu:* Meaning, definition, types, functions and results of deformity; *Mala:* Meaning, definition, types, functions and results of deformity; *Srotas:* meaning, definition, type and functions; *Indriyas:* meaning, definition, types and functions;*Agni:* meaning, definition, types and functions; *Prana:* meaning, definition, types, place and functions; *Prakriti:* meaning, definition, characteristics and its disorders; *Deha- prakriti:* meaning, definition, types and recognition; *Manas Prakriti:* meaning, definition, types and recognition.**Unit-III****(10 hours)**

General introduction, properties, health promotion and medical uses of Major Herbs - Aak, Ajwaain(carom seeds), Amla, Apamarg, Ashwagandha, Tulsi, Giloy, Brahmi, Coriander, Ginger, Cardamom, Harad, Neem, Turmeric and Gwarpatha (Aloe vera).

Unit-IV (10 hours)

Panchakarma (Pre-Karma, Pradhan Karma and Post-Karma): Meaning, Definition, Types, Purpose, Benefit, Precautions and Health Promotional and Medical Use.

Unit-v (10 hours)

Detailed interpretation of Pradhan Karma and its applications in various ailments (Gout, Arthritis, Obesity, Diabetes, Back- pain, Colitis, IBS, CAD, UBITs, Liver disorders, Insomnia, Depression, Anxiety and Stress etc.)

BOOKS FOR REFERENCE:

- आयुर्वेद सिद्धांत रहस्य आचार्य बालकृष्ण दिव्य योग मंदिर ट्रस्ट प्रकाशन
- आयुर्वेदजड़ी-बूटीरहस्य- आचार्यबालकृष्ण
- स्वस्थवृत्त- ँ० रामहर्षसिंह

Basic Principles of Ayurveda- K. Lakshmiapati

Name of the Course: Research & Statistical Methods**Course Code: MA -303****Objectives:**

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

- State concept and make statistical computations (measure of central tendency & dispersion, simple correlation & regression, NPC Applications, West, ANOVA, & Chi-square) regarding Research and Statistical Methods.
- 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.

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**(12 hours)**

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**(12 hours)**

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: **Differential, Pre & Post, Experimental**, Pure Experimental, Factorial, **Descriptive, Relational & Mixed**; Methods of Controlling Extraneous Variance:

Concept and Control Methods (Randomization, Elimination, Introducing new Independent Variables, other techniques)

UNIT 3**(12 hours)**

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**(12 hours)**

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**(12 hours)**

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); ANOVAs: Concept and Computation of one-way ANOVA in unrelated design and related designs; Chi-Square Test: Concept and Computation in different cases; **using SPSS for data analysis, T-test, Descriptive measures, ANOVA, Corelation & Regression.**

BOOKS FOR REFERENCE

- Bryman, A. (2008). *Social Research Method* (3rd ed.). Oxford: Oxford University Press.
- Singh, A. K. (1986). *Test, Measurement and Research Methods in Behavioral Sciences*. New Delhi, India: Mc Graw Hill.
- Kerlinger, F.N. (1978). *Foundation of Behaviour Research*. Delhi, India: Sur' Publications.
- Singh, A. K. (2001). *Research Methods in Psychology, Sociology and Education* (4th ed). Delhi, India: Motilal Banarasidas,
- Maylor, H. & Blackmon, K. (2005). *Researching Business and Management*. New York, NY: Palgrave Macmillan,
- Garrett. H.E. (1988). *Statistics in Psychology and Education*. Bombay, India: Vikils, Feiffer & Semen's Ltd.
- Suleman, M. (2005). *Methods in Psychology, Sociology and Education* (3rd ed). Patna, India: General Book Agency
- Kothari, C. R. (2011). *Research Methodology: Methods and Techniques* (2nd ed) New Delhi, India: New Age International private limited Publishers.
- Ruxton, G. D. and Colegrave, N. (2003). *Experimental Design for Life Science*. Oxford: Oxford University Press.
- Mohsin, S.M. (1981). *Research Methods in Behavioral Sciences*. Calcutta, India: Orient Longman.
- Kumar, R. (2011). *Research Methodology* (2nd ed). Noida, India: Dorling Kindersley Pvt. Ltd, licensces of Pearson Education in South Asia.

Breakwell, G. M., Hammon, S. Fife-Shaw, C., & Smith, J. (2006). Research methods in psychology (3rd ed). London: Sage.
 Haslam S. A., & Mc Garty. (2003). Research methods and statistics in psychology (3rd ed) London: Sage.

Name of the Course: Naturopathy

Course Code: MA -304

Objectives:

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.

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 Naturopathy (10 hours):

Meaning, Definition, Purpose & Limitations of Naturopathy; History of Naturopathy - Western and Indian; Mahatma Gandhi's contribution to the promotion of Naturopathy; the difference between Naturopathy and Allopathic medicine, Need and importance of Naturopathy in the present age; Basic principles of Naturopathy. Measures to increase Vitality.

Unit-2: - Hydro (Water) therapy and Mud therapy (15 hours):

Water (Hydro) therapy - importance (including classical references), properties, principles, methods of using water as medicine and major medical applications. Mud (earth, soil) therapy - importance (including classical references), properties, principles, methods of soil application and major medical applications.

Unit-3: - Solar therapy, Air therapy (15 hours)

Fire element (Surya/ solar) therapy- Importance (including classical references), properties, methods of Surya therapy and major medical applications; Air therapy- Significance of air, Importance of air as prana (including classical references), Health benefits of pranayama, Applications of air therapy.

Unit-4 Fasting (Aakash Tattva) Medicine (10 Hours):

Akash Tattva (fasting) therapy: - Meaning, definition, purpose, principles and types of fasting. Classical and medical importance of fasting, and precautions. Scientific research on fasting. Abhyang (massage) - Meaning, definition, purpose, history, type (scientific and Ayurvedic), benefits, various methods, physiological effects, health enhancement and medical use, precautions.

Unit-5: - Nature Cure of various diseases (10 hours):

Management of major diseases by Naturopathy - Backache, Epilepsy, Insomnia, Ulcers, Obesity, Arthritis, Psoriasis, Asthma, Pneumonia, Hyper/Hypotension, Hyper/hypothyroidism, cold, impotence, diabetes, depression, anxiety, menstrual problems and migraine.

Prescribed text book

प्राकृतिक चिकित्सा एवं योग डॉ नार्गेद्र नीरज

प्राकृतिक आयुर्विज्ञान राकश जिंदल

Name of the Course: Yoga Practicum
Course Code: MA 305

Objectives:

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.

•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:

-15 marks

Dand, Dhauti, Nauli, Trataka, Vastra Dhauti and all the exercises of the first & second semester.

Posture:

-25 marks

Padma Sarvangasana, Mayurasana, Shirshasana, Ek paad skandha

Asana, Tolangulasana, Vatayanasana, Tittibhasana, Garbhasana,

Shirsha Padangushthasan, Guptasana, Vibhakta Paschimottanasan, Padmabakasan, Ek

Paad Rajakapotasana, Purna Ustrasana Including all aasanas of 1st and 2nd semesters.

Pranayama: -10 marks Bhramari, Bhastrika, Stambhavritti and all the practices of former semesters.

Mudras and Bandhas: -10 marks
Khechari Mudra, Mahavedha Mudra, Maha Mudra, Maha Bandha and all the practices of the former semesters

Viva -10 points
-Brahmayagya and Swastivachan Mantra - Meaning, Memorization & Recitation).

Name of the Course: Naturopathy Practicum

Course Code: MA 306

Objectives:

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.

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	

Practical File -10 marks
(The practical file will be prepared under guidance of faculty concerned.)

Forms of water therapy: -20 marks

(Jalpaan, natural bath, simple and friction bath, Hip bath/kati snan, Mehan Snan, steam bath, spine bath, hot foot bath, full body wet bandage, chest, abdomen, throat and limbs wet bandages/packs, sponges, Anima) 's methods, benefits, precautions, health enhancements and various uses and contra-indications for prevention of diseases.

Different methods of massage: -10 marks

general, friction, slap, rub, shake, vibration, speaking, caressing, shaking, rhythm, muck, pinch etc. with their physiological effects.

Naturopathy for common diseases- -10 marks Backache,
Epilepsy, Insomnia, Obesity Arthritis, Psoriasis, Asthma, Pneumonia, Hyper / Hypotension, Depression, Impotence, Diabetes,

Depression, Anxiety, Ovarian systs, Menstrual problems, Smoking & Alcoholism, Migraine,
Viva - 20 marks

Name of the Course: Communicative English (Non Credit)

Course Code: MA CE 03

Objectives: The course has been designed to improve English communication of the students.

Course Outcomes

CO1: To help learners gain better listening, speaking, reading and writing skills so that they can express themselves fluently in personal and professional contexts.

CO2: To develop critical thinking ability and sensibility towards social, economic and societal situations by reading the texts.

CO3: Learners get a general awareness of pronunciation, vocabulary and grammar of English Language

CO4: To help learners to improve their proficiency in applying various skills in their personal and professional lives thereby enhancing their employability prospects.

CO5: Learners improve their ability to express themselves in English in formal and informal situations.

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			

Communication

- i. Writing Process ii. Personal narrative iii. How to Essay iv. Persuasive Essay
- v. Advantages and Disadvantages Essay
- vi. Descriptive Writing vii. Using Figurative Language viii. Study skills

- Improving study habits
 - Evaluating Graphs and Diagrams ix. Reading Comprehension X. Listening Comprehension xi. Listening to record speech xii. Part of Speech xiii. Article Writing xiv. Note making XV. Idioms xvi. Picture Composition
- Interview, Training: -Group discussion/Telephonic Interview HR/CV/Resume.

Literature

- i. Nissim Ezekiel-Enterprise ii. The Indigo Terror by Satyajit Ray.
- ii. My Elder Brother-Premchand.

Suggested Readings

- The Power of Communication: Skills to Build Trust, Inspire Loyalty, and Lead Effectively, by Helio Fred Garcia, 2012
- Everyone Communicates, Few Connect: What the Most Effective People Do Differently, by John C. Maxwell, 2010
- Mastering Communication at Work: How to Lead, Manage, and Influence, by Ethan F. Becker and Jon Wortmann, 2009
- Messages: The Communication Skills Book, by Matthew McKay, Martha Davis and Patrick Fanning, 2009
- Communication: The Key to Effective Leadership, by Judith A. Pauley, 2009

Semester-IV

Name of the Course: Hygiene, Diet & Nutrition

Course Code: MA-401

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, Seasonwise Accumulation, Aggravation and Pacification of three Humors (vata, pitta, kapha): Sesonwise Does and Don'ts ; Application of Dincharya, Ratricharya and Ritucharya for health promotion, rejuvenation. disease prevention and age reversal. Concept of Sadwritta evam Achar Rasayana.

TEXT BOOKS

- आयुर्वेदसिद्धान्तरहस्य- आचार्यबालकृष्ण
- 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: Yoga Therapy
Course Code: MA-402

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
 - 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.

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 contraindications. Probable healing mechanisms.

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 plexues 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: 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. Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYP publications, 2010

2. Swami Karmananda, Yoga therapy for common diseases, Yoga publication trust, Munger, 2001
3. Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra, Yoga for common ailments, Gaia Publishers

REFERENCE BOOKS

1. Shivanand Saraswati: Yoga Therapy (Hindi & English)
2. Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga (Anubhava Rai Publications, 1998)
3. Nagarathna, R and Nagendra, H.R.: Promotion of Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2002
4. Ramesh Bijlani: Back to Health through Yoga, Rupa Publications India Pvt. Ltd, 2011
5. MONIY publications: 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009
6. Swami Satyananda Saraswati: Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005
7. Nagarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy Breathing Practices, Swami Vivekananda Yoga Prakashana, Bangalore, 2000

Name of the Course: Complementary & Alternative Therapy (CAT)
Course Code: MA-403

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; Ahartia 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, Multi-vitamins 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.**

REFERENCES

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- Acharya, B. (2005). Ayurveda Jadi-butl Rahasya. Haridwar, India: Divya Prakashan.
- Brahmabarchas. (2003). Nidan Chititsa. 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.
- Holford, P. (2014). Good Medicine. Great Britain: Piatkus.
- 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 acupuncture: An illustrated manual of acupuncture points. Solvenia: h. f. ullmann.
- Micozzi, M. S. (2015). Fundamentals of complementary and alterntive medicine (5th ed.). China. Elsevier Saunders.
- Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: Divya Prakashan
- Peeters, J. (2008). Reflexology. Bath BAMHE, UK: Paragon.
- Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: Divya Prakashan
- Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan

Sah, R. L., Joshi, B., & Joshi, G. (2002). Vedic health care system. New Delhi, India: New Age Books.
 Sharma, S. (1998). Jivem Saradm Satam. Mathura, India: Akhand Jyoti Samsthan.
 Sharma, S. (2010). Gayatri Mahavijyan (Combined and revised ed.). Mathura, India: Yug Nirman Yojana Bistar Trust.

Name of the Course: Dissertation/Field Training
Course Code: MA-404

Objectives:

- Demonstrate the yoga practices specific to a particular ailment confidently.
- Gain more practical knowledge about the disease specific yoga techniques.

Course Outcome

CO1: Identifying the Accumulation, Structure, and Evaluation of Content from Research Studies.

CO2: analysing the stated issue and constructing a pertinent research question

CO3: Adopt a suitable research design and closely follow any associated techniques.

CO4: Approach the study project ethically.

CO5: Draw appropriate conclusions and indicate the significance of the findings for educational practise and research.

CO6: Provide the study in an academic style that is appropriate for the discipline.

Total number of hours 120		Theory	Tutorial	Practical
Hrs / week				8
Scheme of Examination				
Total Marks 100				
Theory :		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		100		

An aptitude test will be conducted to select eligible candidates at the end of MA- 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 the 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

(securing marks below 60%) in the aforesaid test needs to go for Field Training as detailed under:

Instructions:

During field training students are expected to carry out the following tasks.

- Involve themselves during practical session.
- Understand how to take case history
- Gain the knowledge of recording the common parameters specific to disease.

Note: Students need to spend 2 hours every day in the hospital set up where the patients undergo their yoga therapy.

Examination: Students shall be examined based on the knowledge acquired with respect to parameter and the case history.

Name of the Course: Yoga Practicum

Course Code: MA 405

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: 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.

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

Name of the Course: Complementary & Alternative Therapy Practicum
Course Code: MA 406

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 100				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

Acupressure

– 15 marks

Pranic Healing – 15 marks
 Acupressure and Pranic Healing Treatment methods of Health problems described in MA-403 -30 marks
 Dietary Supplements & Herbal Remedies - 10 marks

Note: *Micro contents & format of Practical on aforesaid contents will be worked out in consultation with concerned Professor*

Name of the Course: Communicative English (Non Credit)
Course Code: MA CE 04

Objectives: The course has been designed to improve English communication of the students.

Course Outcomes

- CO1:** To help learners gain better listening, speaking, reading and writing skills so that they can express themselves fluently in personal and professional contexts.
- CO2:** To develop critical thinking ability and sensibility towards social, economic and societal situations by reading the texts.
- CO3:** Learners get a general awareness of pronunciation, vocabulary and grammar of English Language
- CO4:** To help learners to improve their proficiency in applying various skills in their

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			

personal and professional lives thereby enhancing their employability prospects.
CO5: Learners improve their ability to express themselves in English in formal and informal situations.

Communication:

Writing an analysis

Analysis a Critical Review

Vocabulary

Interview Training Program

Group discussion

Personal Interview Telephonic

Interview CV Resume.

Personality Development/Presentation

Debate Writing

Note Making

Letter Writing (Letter to Editor)

Picture Composition

Reading Comprehension

Literature

i. The PardahNashin-Sarojini Naidu ii. Necklace-Guy

de Maupassant iii. The Patriot by Rabindranath Tagore

iv. The Drought-Sarat Chandra Chatterjee

vi. The Malcfactor-Anton Chekov

Suggested Readings

- Messages, The Communication Skills Book, by Millthew Mckay. Martha Davis Parich Bannung 2009
- Communication The Key to Effective leadership, by Judith a Billy 2009
- The Art and Science of Communication Tools for effective communication in the Workplace, by P S. Perkins and les Brown, 2008
- The Power of Communication Skills to Build Trust, Inspire Loyalty, and Lead Effectively by Helio fred Garcia, 2012
- Formal Conversations: Tools for Talking When Stakes Are High by Kerry Patterson

Syllabus
of
Masters of Yogic Arts & Science (MSc Yoga)

Department of Yoga Science
University of Patanjali



Haridwar-249405, India

2021-22

MASTER OF SCIENCE (YOGA) - MSc (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 well-being. 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 the effect following the practice, e.g. if we breathe 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 and life style related ailments. This 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. 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 "**Master of science in Yoga**" (MS)

II. Aim of the Programme

The aim of the programme is to produce "**Yoga therapist as a paramedical professional**"

III. Objectives of the programme

Prevention: To introduce yoga 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 offering techniques to promote healthy yogic lifestyle.

Treatment: To create professional therapists of high calibre who know the concepts, techniques and can handle lifestyle disease under the guidance of a super specialist doctor to select safe specific practices for different diseases.

III. Scheme of Teaching and 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	MS-CT101	Insights into Indian Philosophy	3	1	0	4	20	10	70	100
2	MS-CT102	Applications of Hatha Yoga & Patanjali Yoga	3	1	0	4	20	10	70	100
3	MS-CT103	Biomechanics & Kinesiology	3	1	0	4	20	10	70	100
4	MS-CT104	Therapeutic Yoga	3	1	0	4	20	10	70	100
5	MS-CT105	Yoga & Strategic Management	3	1	0	4	20	10	70	100
6	MS-CP106	Yoga Therapy Practices-I	0	0	8	4	20	10	70	100
7	MS-CP107	Biomechanics & Kinesiology Practical	0	0	4	2	10	5	35	50
			32 Hrs			26	TOTAL			650
Semester – II										
1	MS-CT201	Applications of Yoga Vasistha & Bhagavad Gita	3	1	0	4	20	10	70	100
2	MS-CT202	Physiological Effects of Yoga Practices	3	1	0	4	20	10	70	100
3	MS-CT203	Yoga, Dietetics & Nutrition	3	1	0	4	20	10	70	100
4	MS-CT204	Applied Yoga Psychology	3	1	0	4	20	10	70	100
5	MS-CT205	Research Methodology Statistics	3	1	0	4	20	10	70	100
6	MS-CP206	Contemporary Yoga Techniques for self-management	0	0	8	4	20	10	70	100
7	MS-CP207	Practical: Applied psychology and Counselling	0	0	4	2	10	5	35	50

36 Hrs						28	TOTAL			650
II Year										
Semester – III										
1	MS-SCT301	Principal Upanishads	3	1	0	4	20	10	70	100
2	MS-SCT302	Yoga as Synthesis of World Religions	3	1	0	4	20	10	70	100
3	MS-EL303	Elective-1	3	1	0	4	20	10	70	100
4	MS-FW304	Field Training-I	-	-	-	4	20	10	70	100
5	MS-PW305	Dissertation-I	0	0	-	4	-	-	-	200
15+Hrs						20	TOTAL			600
Semester – IV										
1	MS-SCT401	Yoga Shastras-I*	3	1	0	4	20	10	70	100
2	MS-SCT402	Yoga Shastras-II**	3	1	0	4	20	10	70	100
3	MS-EL403	Elective-II	3	1	0	4	20	10	70	100
4	MS-FW404	Field Training-II	0	0	-	4	20	10	70	100
5	MS-PW405	Dissertation-II	0	0	-	4	-	-	-	200
15+ Hrs						20	TOTAL			600
Total number of Credits						88	Total marks			2500

*SST – Specialised Courses Theory, SSP - Specialized Courses Practicals; EL – Elective; DSTE – Discipline specific theory elective, PW-Project work, FW-Field Work
L - Lecture, T-Tutorial, P-Practical (practice/field), CT- Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record*

* (Chatuh-sutri: Brahmasutra), Narada bhakti sutra, Vivekachudamani, Swami Vivekananda's four

Yogas

** Karma Yoga Sutra Shatakam, Samkhya Karika,

Name of the Course: Insight into Indian Philosophy

Course Code: MS-CT 101

Course Objectives:

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

1. Outline the six systems of Indian philosophy.
2. Explain the understanding of Yoga as a philosophy and inculcate the essence.
3. Describe the various schools of philosophy like Buddhism, Samkhya, Mimamsa etc. which are relevant to yoga practice.

Course Outcomes:

After going through this course, learners are expected to

1. Review basics of Indian Philosophy.
2. Interpret yoga Philosophy.
3. Discuss life problems in connection to Indian Philosophy

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2		√	
CO3		√	√

Course Content

Units	Title	COs Addressed
1	Nyaya and Vaisesika	CO1, CO2, CO3
2	Samkhya and Yoga	CO1, CO2, CO3
3	Mimamasa (Purva and Uttara)	CO1, CO2, CO3
4	Jain, Buddha and Carvaka Philosophy	CO1, CO2, CO3

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3
1	Internal Examination	√	√	√
2	Semester End Examination	√	√	√

UNIT 1: Nyaya and Vaisesika [15hrs]

Nature of physical world, concept of Individual soul, supreme soul, and liberation in Indian philosophy, Theory of body, mind and soul, The sixteen Padarthas according to Nyaya, Concept of Nyaya philosophy; Means and objects of knowledge and salvation according to Nyaya and Vaisesika, Category of substance-Nava dravyas, Category of quality-24 gunas, Relation between Nyaya and Vaisesika philosophy.

UNIT 2: Samkhya and Yoga [15hrs]

Theory of cause and effect; Prakriti and Purusha; Concept and Process of evolution and Liberation; Concept of Atman, Brahma, Maya, Universe, God; Threefold afflictions and means to overcome afflictions; Twenty five entities and means of knowledge according to Samkhya and; Saakarya Vada; Similarities and dissimilarities between Vyakta and Avyakta, Triguna; Existence of Purusa, plurality of Purusa, proximity of Purusa and Prakrti; Karana, Antah Karana and Bahya Karana according to Sankhya Karika; Liberation and means of attaining it; Organization of the Yoga sutras, stages of Chittas, forms of Chitta, modification of Chittas, Kind of Kleshas, the eight fold of Yoga and God & liberation.

UNIT 3: Mimamasa (Purva and Uttara) [15hrs]

Concept of Badarayana in Uttaramimamsa; Anumana, Sabda; Difference between vidya & avidya, subject & object, creation & causation, cause & effect; Pratyaksa, Anumana, Upamana, Arthapati, Anupalabdi and Sabda according to Uttaramimamsa; Atheism, Dharma in the context of Purvamimamsa, Summary of ten Upanisads, Atman, Brahma, Maya, Universe, God; The self and human life; Major teachings of Mimamsa system; Selfless action, nonattachment, self-control, self-discipline; Daily schedule for psychophysical wellbeing, social awareness, sense of equality, unity with diversity, selectiveness.

UNIT 4: Jain, Buddha And Carvaka Philosophy [15hrs]

Carvaka philosophy: Origin and history of Carvaka philosophy, Metaphysics and Epistemology, Buddhism: Four noble truths, Pramanas Jainism: Categories, Triratnas and Syadvada.

RECOMMENDED BOOKS:

- Bhushan, N., & Garfield, J. L. (2015). *Indian Philosophy in English: From Renaissance to Independence*. *Indian Philosophy in English: From Renaissance to Independence*. doi:10.1093/acprof:osobl/9780199769261.001.0001
- Bhushan, N., & Garfield, J. L. (2017). *Minds Without Fear: Philosophy in the Indian Renaissance*. New York, NY: Oxford University Press.
- Bilimoria, P. (2015). *Nature in Indian Philosophy and Cultural Traditions*. *Sophia Studies in Cross-cultural Philosophy of Traditions and Cultures* (Vol. 12). New Delhi, India: Springer. doi:10.1007/978-81-322-2358-0
- Frauwallner, E. (1973). *History of Indian Philosophy*, (Vol 2. Varanasi, India: Motilal Banaridass Publishers.
- Gupta, B. (2012). *An Introduction to Indian Philosophy: Perspectives on Reality, Knowledge, and Freedom*. New York, NY: Routledge. doi:10.5840/ipq197717452
- Hiriyanna, M. (1994). *Outlines of Indian Philosophy*. Varanasi, India: Motilal Banaridass Publishers.
- I, B. S., Potter, K. H., Larson, G. J., Bhatlacharya, R. S., Philosophy, B., Karl, A. D. E., et al. (1995). *Encyclopedia of Indian Philosophies*.
- Mohanty, J. N. (2008). A History of Indian Philosophy. *A Companion to World Philosophies*, 24–48. doi:10.1002/9781405164566.ch2
- Potter, K. H. (1987). *Encyclopedia of Indian Philosophies Vol IV*. Delhi, India: Motilal Banaridass Publishers.
- Press, O. U. (1928). *Indian Philosophy: A Very Short Introduction*. *Mind* (Vol. 37). doi:10.1093/mind/XXXVII.145.130
- Radhakrishnan, S., & Moore, C. A. (Eds.). (1957). *A Source Book in Indian Philosophy*. New Jersey, NJ: Princeton University Press.
- Schweizer, P. (1993). Mind/Consciousness Dualism in Sankhya-Yoga Philosophy. *Philosophy and Phenomenological Research*, 53(4), 845–859. doi:10.2307/2108256
- Timalsina, S. (2008). *Consciousness in Indian philosophy: The Advaita doctrine of “awareness only.”* *Consciousness in Indian Philosophy: The Advaita Doctrine of “Awareness Only.”* doi:10.4324/9780203889176

Name of the Course: Applications of Hatha and Patanjali Yoga

Course Code: MS-CT 102

Course Objectives:

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

1. Apply Hatha Yoga and Patanjali Yoga related principles and practices in biopsychosocial contexts.
2. Prescribe Hatha and Patanjali Yoga for stress management.
3. Create value and insights of Hatha and Patanjali Yoga for persons with special need.

Course Outcomes:

After going through this course, a learner will be able to

1. Outline yogic anatomy and physiology.
2. Demonstrate Hatha yoga practices.
3. Prescribe hatha yoga practice for stress management, behavior moderation, performance excellence, health promotion, disease prevention and therapy.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√	√	
CO3			√

Course Content

Units	Title	COs Addressed
1	Applications of Hatha Yoga in Stress Management & Personality Development	CO1, CO2, CO3
2	Application of Patanjali yoga in Stress Management	CO1, CO2, CO3
3	Application of Hatha Yoga and Patanjali Yoga in Sports	CO1, CO2, CO3
4	Application of Hatha Yoga and Patanjali Yoga for Rehabilitation of Children with Special Needs	CO1, CO2, CO3

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3
1	Internal Examination	√	√	
2	Semester End Examination	√	√	√

UNIT 1: Applications of Hatha Yoga in Stress Management & Personality Development [15 Hrs]

Holistic yogic approach for stress prevention and management: Shat kriyas (cleansing techniques), asanas (postures), bandha and mudras (locks and gestures), pranayama (breath regulation), dharana (concentration), dhyana (meditation).

Physical level: slim body, beauty, glow on face, healthy digestive fire and disease free state through yogic diet , shat kriyas (purifications of internal organs/ detoxification), asanas (for strength and stamina).

Prana level: Purification of nadis and mastery over prana through mudras, bandhas and pranayama.

Mental level: personal and social discipline through yamas(don'ts) and niyama(do's), cultivation of four fold abilities (grasping , concentration, memory and intellectual capacity) through pratyahara, dharana, dhyana, and samadhi);

Emotional level: Mastery over emotions to prevent aggressive behavior, anger, fear, anxiety, and depression through Ishwara Pranidhana (Surrenderance to the supreme); Social and civic sense: preserve environment by understanding that 'I am a piece of the universe' throughright knowledge of *yjuyate anena it yogah* (yoga is that which unites the individual consciousness with universalconsciousness).

Spiritual health: Joy, bliss and equanimity under all circumstances through Practice of higher states of Meditation (Super consciousness states).

UNIT 2: Application of Patanjali yoga in Stress Management [15 Hrs]

Practices for Chitta Vritti Nirodha (Abhyasa and Vairagya), Cultivation of four fold attitude for Chitta prasadanam, Ashtanga Yoga: Culturing the life through Yama and Niyama;

Pratyahara for abstinence from sensual cravings; Applications of Hatha Yoga in personality development: Physical level: Slim body, beauty, glow on face, healthy digestive fire and Disease free state through, yogic diet, Shat Kriyas (purifications of internal organs/ detoxification), Asanas (for strength and stamina);

Prana level: Purification of Nadis and mastery over prana through mudras, bandhas and Pranayama

Mental level: Personal and Social Discipline through five Yamas(don'ts) and five Niyama(do's), cultivation of four fold abilities (grasping , concentration, memory and intellectual capacity) through pratyahara, Dharana, Dhyana, and Samadhi);

Emotional level: Mastery over emotions to prevent aggressive behavior, anger, fear, anxiety, and depression through Ishwara Pranidhana (Surrender to the supreme); social and civic sense: preserve environment by understanding that 'I am a piece of the universe' through right knowledge of yuyate anena it yogah (yoga is that which unites the individual consciousness with universal consciousness);

Spiritual health: joy, bliss and equanimity under all circumstances through practice of advanced Meditation, Prayer, Selfless Service and Nad.

UNIT 3: Application of Hatha Yoga and Patanjali Yoga in Sports [15 Hrs]

Physical Level: Physical Stamina; strength; Endurance; Muscle tone; flexibility through sanas, diet and kriyas ; Kriyas (Cleansing of internal organs for clearing the tissue toxins before and after the intense training);

Vital Level: Pranayama (for Lung capacity);

Mental Level: Gain mastery over the Mind, concentration, focusing, Reduction of Ego; Development of positive and good qualities; Reduction of aggressive nature; through Meditation and Breathing Techniques;

Cognitive abilities– Focus, creative skills and thinking; Willpower, Creativity;

Spiritual Level: concept of using sports for spiritual growth through intensified awareness.

UNIT 4: Application of Hatha Yoga and Patanjali Yoga for Rehabilitation of Children with Special Needs [15 Hrs]

Assessment of cognitive, emotional, physical needs of normal and special children. Specific modules of integrated yoga for children with down syndrome, cerebral palsy, autism spectrum disorders learning disabilities and physical disability, Impaired vision & hearing, speech disorders, unhealthy behaviours, integrated yogic prescription to increase cognitive and motor skills in normal children, yoga practices for improving strength, Endurance, speed, agility, flexibility, and self-confidence.

TEXT BOOKS:

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: DivyaPrakashan

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: DivyaPrakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.

Sahay G.S. : *HathaYoga Pradeepika of Svatomarama*, MDNIY Publication, 2013

Iyengar B.K.S. : *Light on the Yoga Sutras of Patanjali*, Published Thorsons,2002

REFERENCE BOOKS:

Gharote ML: *Hatharatnavali*, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009

Gharote, M.M.: *Therapeutic references in Traditional Yoga Texts*, The Lonavla

Iyengar, B. K. S. (1982). *Light on Yoga. Yoga Dipika*. doi:10.1007/s13398-014-0173-7.2
Institute, Lonavla, 2010.

Iyengar, B. K. S. (2001). *Yoga: The Path to Holistic Health* (1st ed.). London, Great Britain: Dorling Kindersley.

Iyengar, B. K. S. (2005). *The Illustrated Light on Yoga* (10th ed.). New Delhi: HarperCollins Publishers India. file:///C:/Users/Admin/Downloads/BKS IYENGAR-Illustrated Light on Yoga-harper collins (2005).pdf

Long, R. (2008). The Key Muscles of Hatha Yoga. papers://0528d255-b313-4f39-8be9-b9934b4cb82f/Paper/p201

Muktibodhananda, S. (2006). *Hatha Yoga Pradipika: Light on Hatha Yoga* (3rd ed.). Munger, India: Yoga Publications Trust. doi:10.1098/rsta.2012.0199

Rieker, H.-U. (1992). *Hatha Yoga Pradipika*. Detroit, MI: The Aquarian Press.
<http://www.hermetics.org/pdf/HathaYogaPradipika.pdf>

Rukmini T.S.: *Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV*, Munshiram Manoharlal Pvt. Ltd. New Delhi

Saraswati, S. S. (1995). *Asana, Pranayama, Mudra and Bandha*. Munger, India: Bihar School of Yoga.

Saraswati, S. S. (2001). *Kundalini Tantra*. Munger, India: Yoga Publications T rust.
http://www.amazon.de/Kundalini-Tantra-Swami-Satyananda-Saraswati/dp/3928831089/ref=sr_1_1?s=books&ie=UTF8&qid=1329666187&sr=1-1

Saraswati, S. S. (2004). *A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya. Bihar School of Yoga*. Munger, India: Yoga Publications Trust

Sharma BR : *Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama*, Lonavala, 2013

Swami Vivekananda : *Rajayoga*, Advaita Ashram, Culcutta, 2000.

Woods, J.H.: *The Yoga System of Patanjali*, M.L.B.D., Delhi, 1988

Name of the Course: Biomechanics and Kinesiology

Course Code: MS-CT103

Course Objectives:

The biomechanics course objectives are to

1. describe importance of biomechanics in yoga practice.
2. interpret concepts and principles that influence human movement.
3. illustrate the use of these general biomechanics concept in the professional skill for the diagnosis of the movement during yoga practices.

Course Outcomes:

After going through this course, a learner is expected to

1. outline biomechanics of major synovial joint-hip, spine, shoulder, elbow, wrist and associated muscles.
2. explain concept of load, motion, linear and angular kinematics and kinetics for analysis of human motion.
3. practice idea of biomechanics and kinesiology for proper postural alignment, jumping, walking, running and gait analysis.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√	√	
CO3		√	√

Course Content

Units	Title	COs Addressed
1	Biomechanics of Hip and Spine	CO1, CO2
2	Biomechanics of Shoulder, Elbow and Wrist	CO1, CO2
3	Kinesiology	CO2, CO3
4	Muscle Biomechanics	CO2, CO3

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3
1	Internal Examination	√	√	
2	Semester End Examination	√	√	√

UNIT 1: Biomechanics of Hip and Spine [15 Hrs]

Biomechanics of Hip Structure & function of the bones & non contractile element of the Hip, mechanics & Patho-mechanics of muscle activity at the hip & analysis of the force on the Hip during various Yoga postures; Biomechanics of spine; Structure & function of the bones & joints of the cervical spine, mechanics & patho-mechanics of the cervical musculature, analysis of the force on the cervical spine during activity, Structure & function of the bones & joints of the thoracic spine, mechanics of the thoracic musculature, analysis of the force on the thoracic spine during Yoga posture & structure & function of the bones & joints of the lumbar spine. Mechanics of the lumbar musculature, analysis of the force on the lumbar spine during Yoga postures. Structure & function of the bones & joints of the pelvis, mechanics of the muscle activity in the pelvis & analysis of the forces on the pelvis during activity.

UNIT 2: Biomechanics of Shoulder, Elbow and Wrist [15 Hrs]

Biomechanics of shoulder; Structure & function of the bones & joints of the Shoulder complex, mechanics & Patho-mechanics of the muscle activity in the Shoulder complex & analysis of the forces on the Shoulder complex during Yoga postures; Biomechanics of Elbow; Structure & function of the bones & non contractile element of the elbow, mechanics of muscle activity at the elbow & analysis of the force on the elbow during Yoga postures; Biomechanics of Wrist & Hand Structure & function of the bones & joints of the Wrist & hand mechanics of the muscle activity in the wrist & hand, analysis of the force on the wrist during activity, mechanics of the Special connective tissue in the hand.

UNIT 3: Kinesiology [15 Hrs]

Loads and Motion in the Musculoskeletal System: Jumping, walking, running, gait analysis, Linear and angular kinematics and kinetics of human movement, Human movement in a fluid medium, Kinematics and kinetic Concepts for Analysis Human Motion, Biomechanics measurement and analysis methods body segment parameters/segment inertia properties.

UNIT 4: Muscle Biomechanics [15 HRS]

Movement patterns – the essence of sports biomechanics, Qualitative analysis in Asanas movements, joint forces and muscular moment in Asanas, Energy work and muscular power during an movement in Asanas, various Asanas and its healthimpact.

TEXT BOOKS:

Hay, J.G. and Reid, J.G.: *Anatomy, mechanics and human motion*. Englewood Cliffs, N.J.: prentice Hall Inc. 1988.

Knudson, D.: *Fundamentals of biomechanics*. New York, NY: Springer, 2007

REFERENCE BOOKS:

Cael, C. (2010). *Functional Anatomy: Musculoskeletal anatomy, kinesiology, and palpation for manual therapists*. (J. Goucher, Ed.). Philadelphia, PA: Lippincott Williams & Wilkins.

Clay, J.H., & Pounds, D.M. (2008). *Basic clinical massage therapy: integrating anatomy and treatment* (2nd ed.). Lippincott Williams & Wilkins. doi:10.1139/apnm-2014-0147.Hoon

Franc Bell: *Principles of Mechanics and Biomechanics*, Stanley Thornes Publications, 1998

Iwan W. Griffiths, *Principles of Biomechanics & Motion Analysis*, Published by Lippincott Williams & Wilkins, 2006

Jelvéus, A., & Oddsson, K. (2011). *Integrated Sports Massage Therapy: A Comprehensive Handbook*. London, Great Britain: Elsevier Churchill Livingstone. doi:10.1016/B978-0-443-10126-7.00001-0

Kaminoff, L., Matthews, A., & Ellis, S. (2007). *Yoga anatomy*. U.S.A: Human Kinetics.

McGinnis, P.: *Biomechanics of sport and exercise*. Champaign, IL: Human Kinetics, 2013

Simon Borg-Olivier, & Machliss, B. (2011). *Applied anatomy & physiology of yoga*. Waverley, NSW: yogasynergy.

Werner, R. (2013). *A Massage Therapist's Guide to Pathology* (5th ed.). Philadelphia, PA: Lippincott Williams & Wilkins.

Name of the Course: Therapeutic Yoga

Course Code: MS-CT104

Course Objectives:

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

1. To understand the concept of body and health from the perspective of yoga.
2. To have an understanding of the Yogic concept of Disease and the remedial measures there in.

Course Outcomes:

After the study of this course, a learner will be able

1. Quote modern and classical concept of health, wellness, illness and well-being.
2. Prescribe yoga practice for purification of physique, bioenergy and psyche.
3. Describe yogic principle and practice for empowering psychological, social and spiritual health and wellness.
4. Propose bio-psychosocial benefits/implications of yoga practices
5. Apply psychosomatic and pranic yoga practices for health promotion, disease prevention and healing.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√	√	√
CO3	√	√	√
CO4		√	
CO5		√	√

Course Content

Units	Title	COs Addressed
1	Yogic Concepts of Health, Stress and Disease	CO1, CO4
2	Preventive Healthcare According to Yoga	CO2, CO4
3	Yoga for Prevention of Health	CO2, CO3, CO5
4	Evidenced Psycho-Physiological Effects of Yoga	CO2, CO3, CO5

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4	CO5
1	Internal Examination	√	√		√	
2	Semester End Examination	√	√	√	√	√

UNIT 1: Yogic Concepts of Health, Stress and Disease [15 Hrs.]

Concept of Health According to WHO and Indian Systems of Medicines 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; Concept of Adhi and Vyadhi; Concept of stress (Adhi) as cause for Vyadhi (yogavasishtha); Role of Yoga in preventive health care – Heyam dukham anagatam ; Potential causes of Ill-health: Kleshas, Vyadhi, Styana, Samshaya, Pramada, Alasya, Avirati, Bhraṅtidarsana, Alabdha-bhumikatva, Anavasthitatva, Duhkha, Daurmanasya, Angamejayatva and Svasa-prashvasavichhepa.

UNIT 2: Preventive Healthcare According to Yoga [15 Hrs.]

Concepts of trigunas, pancha-mahabhutas, pancha koshas, pancha-prana, nadis, chakras, and their role in health and healing. Shuddhi prakriyas in yoga: role of shuddhi prakriyas in preventive and curative health, karma shuddhi (yama, niyama), ghata shuddhi (shatkarma), snayu shuddhi (asana), prana shuddhi (pranayama), indriya and mano shuddhi (pratyahara), mana, buddhi, ahankara and chitta shuddhi (dharana, dhyana and samadhi).

UNIT 3: Yoga for Prevention of Health [15 Hrs.]

Dietary regulation according to Hatha yoga and Bhagavadgita; Shatkriyas and Tatva shuddhi; Asana for mind, body and spirit; Pranayama; Definition of Mental Health, Mental Hygiene & Total Health; Psycho-Social Implications of yoga; Adaptation and adjustment [Personal and interpersonal] through yogic rules and regulations Niyamas & Yamas.

UNIT 4: Evidenced Psycho-Physiological Effects of Yoga [15 Hrs.]

Literature on therapeutic benefits of yoga in health and diseases: cardiovascular, respiratory, neurological, psychiatric, endocrine, metabolic, renal, ENT, ophthalmic, reproductive system. Literature on psycho-physiological research in normal healthy volunteers; Literature on psycho-physiological research in promotion of positive health through asanas, kriyas, mudras, bandhas, pranayamas, and meditation techniques.

TEXT BOOKS:

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: DivyaPrakashan.

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: DivyaPrakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: DivyaPrakashan Books™

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.

Preeti Goel & Rita Jain: *Spectrum of Health* (Sports Publications, New Delhi, 2003)

M. M. Gore: *Anatomy and Physiology of Yogic Practices* (New Age Books, New Delhi, 2008)

REFERENCE BOOKS:

Acharya, S. S. (2011). *Diagnose, Cure and Empower Yourself by Currents of Breath*. Haridwar, India: Shri Vedmata Gayatri Trust. Retrieved from file:///C:/Users/Admin/Desktop/Diagnose_Cure_And_Empower_Your_Self_By_Current_Of_Breath.pdf

Acharya, S. S. (2012). *The Astonishing Power of Biophysical & Subtle Energies of The Human Body*. Haridwar, India: Shri Vedmata Gayatri Trust. Retrieved from http://literature.awgp.org/var/node/1545/EP_04_The_Astonishing_Power_Of_Biophysical.pdf

Coulter, H. D. (2006). *Anatomy of Hatha Yoga*. Delhi, India: Motilal Banarasidas

Dr. Vijay Kant: *Therapeutic reference in Traditional Yoga texts*

Frawley, D. & Kozak, S. S. (2006). *Yoga for your type*. New Delhi, India: New Age Books.

Gore, M.M. (2004). *Anatomy and physiology of yogic practices*. Lonavala, India: Kanchan Prakashan.

Horovitz, E. G., & Elgelid, S. (2015). *Yoga Therapy: Theory and Practice*. (E. G. Horovitz & S. Elgelid, Eds.). New York, NY: Routledge.

Malshe, P. C. (2012). *A Medical Understanding of Yoga* (2nd ed.). 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.

Motoyama, H. (2008). *Theories of the Chakras: Bridge to Higher Consciousness*. New Delhi, India: New Age Books.

Muktibodhananda, S. (2004). *Swara Yoga: The Tantric Science of Brain Breathing*. Munger, India: Yoga Publications Trust.

Muktibodhananda, S. (2006). *Hatha Yoga Pradipika* (3rd ed.). Munger, India: Yoga Publications Trust. <https://doi.org/10.1098/rsta.2012.0199>

Nagendra H. R.: *New Perspective in Stress Management*, VK Yoga Publication, Bangalore

- Nagendra, H. R.: *Yoga for Positive Health*, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
- Pradhan, B. (2015). *Yoga and Mindfulness Based Cognitive Therapy*. New York: Springer. <https://doi.org/DOI 10.1007/978-3-319-09105-1>
- Robin, Mel. (2002). *A physiological handbook for teachers of yogasana*. Arizona: Fenestra
- Robin, Mel. (2009). *A Handbook for Yogasana Teachers*. Arizona: Wheatmark®
- Segal, I. (2010). *The Secret Language of Your Body: The Essential Guide to Health and Wellness*. New York, NY: Atria Books/Beyond Words.
- Selvarasu, K. V. (2003). *Kriya Cleansing in yoga*. Tamil Nadu, India: Yoga Bharati
- T.S. Rukmani: *Patanjali Yoga Sutra*, Munshiram Manoharlal, 2001
- Taylor, M. J. (2004). Complementary Therapies in Rehabilitation. In C. M. Davis (Ed.) (2nd ed.). Thorofare, NJ: SLACK Incorporated. Retrieved from file:///C:/Users/Admin/Downloads/Carol M. Davis EdD PT MS FAPTA-Complementary Therapies in Rehabilitation_ Evidence for Efficacy in Therapy, Prevention, and Wellness-S (1).pdf
- Udupa, K. N. (2007). *Stress and its management by yoga*. Delhi, India: Motilal Banarasidas

Name of the Course: Yoga and Strategic Management

Course Code: MS-CT105

Course Objectives:

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

1. record the complexities of managing a formal organization.
2. identify key strategic issues and formulating appropriate strategies given a firms' situation.
3. explain meaning and need for strategic management.
4. interpret the Indian ethos and their need for holistic globalization
5. conceptualize the need for Indian models and significance.
6. recognize the need for corporate responsibility.

Course Outcomes:

After study of this course, a learner is expected to have-

1. Basic understanding of strategic management from modern and classical perspective.
2. Skills of drafting vision mission and process of strategic management from yogic perspective.
3. Skills for internal and external assessment of business strategies.
4. Aptitude of applying yogic principles and practices for strategic management and ethical business.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2		√	
CO3		√	√
CO4		√	√

Course Content

Units	Title	COs Addressed
1	Basic Concepts in Strategic Management	CO1
2	Yogic Vision, Mission	CO2
3	Internal and External Assessment, And Business Strategies	CO3
4	Yogic Approach to Strategic Management	CO1, CO3, CO4

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4
1	Internal Examination	√	√		
2	Semester End Examination	√	√	√	√

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

7. record the complexities of managing a formal organization.
8. identify key strategic issues and formulating appropriate strategies given a firms' situation.
9. explain meaning and need for strategic management.
10. interpret the Indian ethos and their need for holistic globalization
11. conceptualize the need for Indian models and significance.
12. recognize the need for corporate responsibility.

Course Outcomes:

After study of this course, a learner is expected to have-

5. Basic understanding of strategic management from modern and classical perspective.
6. Skills of drafting vision mission and process of strategic management from yogic perspective.
7. Skills for internal and external assessment of business strategies.
8. Aptitude of applying yogic principles and practices for strategic management and ethical business.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2		√	
CO3		√	√
CO4		√	√

Course Content

Units	Title	COs Addressed
1	Basic Concepts in Strategic Management	CO1
2	Yogic Vision, Mission	CO2
3	Internal and External Assessment, And Business Strategies	CO3
4	Yogic Approach to Strategic Management	CO1, CO3, CO4

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4
1	Internal Examination	√	√		
2	Semester End Examination	√	√	√	√

UNIT 1: Basic Concepts in Strategic Management [15 Hrs]

Meaning of strategy, Strategic Management: meaning, definition, role, scope, importance, stages, key terms in SM, SMM Model, benefits, key terms, need for strategic planning, why firms avoid strategic planning? Pitfalls in strategic planning, guidelines for yogic approach to effective strategic management. Key success factors of a business.

UNIT 2: Yogic Vision, Mission [10 Hrs]

Yogic Vision and Mission: Need, meaning, Vision vs. Mission, importance, process, characteristics, components, writing and evaluating yogic vision and mission statements.

UNIT 3: Internal and External Assessment, And Business Strategies [20 Hrs]

Key internal forces, process of performing an internal strategic management audit, basic functions or activities that make up the different functional areas of business. Key external forces, sources of external information, Porter's five forces model of competition, Cooperative vs. Competitive Strategies – examples and exercises. Five generic competitive strategies, Diversification strategies – related and unrelated, core competencies, outsourcing. Horizontal and vertical integration, Joint Venture, Partnering, Merger, Acquisition, SM in Non-profit, Educational, Medical and Government organizations.

UNIT 4: Yogic Approach to Strategic Management [15 Hrs]

Importance of ethics in the overall process, Yoga and ethical strategic management, convergence of Western and Eastern management practices, Compassionate Leadership through Yogic approach, Balancing Purusharth through a holistic approach and Evolution of the SELF.

TEXT BOOK:

Fred R David, *Strategic Management concepts and cases*, 10/e, Prentice Hall

REFERENCE BOOKS:

Color of the Rainbow – *Compassionate Leadership*, Swami Amritaswarupananda Puri,
Hartman & Chatterjee, *Perspectives in Business Ethics*, 3/e, Tata McGraw Hill.
Implementation and Control, 9/e, Tata McGraw Hill

John A. Pearce II and Richard B Robinson Jr., *Strategic Management: Formulation*,
M.A.center, 2013

Non-profit Management – *Principles and Practice*, Michael J. Worth, The George
Routes, New Age International Publishers, New Delhi

Sharma Subhash, *New Mantras in Corporate Corridors: From Ancient Roots to Global*
Srinivasan, *Strategic Management - Indian Context*, Prentice Hall Of India
Washington University, ISBN 9781412937788 Sage Publications, September 2008

Anokhin, S. (2006). Empirical Essays on Corporate Innovation: Untangling the
Effects of Corporate Venture Capital, 145.
http://rave.ohiolink.edu/etdc/view?acc_num=case1152821357

Name of the Course: Yoga Practicum-I

Course Code: MS-CP106

Course Objectives:

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

1. list benefits, contraindications and procedure of all practices.
2. demonstrate each practice with confidence and skill.
3. Explain the procedure and subtle points involved.
4. Prescribe and teach the yoga practices to any given group.

Course Outcomes:

After study of this course, a learner will enable to

1. Practice yogic cleansing technique, surya namaskar, standing, sitting, prone, supine, balancing, relaxing poses and astakumbhaka
2. Interpret scientific basis of yoga poses and breath regulations for their proper preventive, promotive and therapeutic applications.
3. Recognize indications and contra-indication of yoga poses and astakumbhaka (breath regulations)

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1		√	
CO2	√	√	√
CO3	√	√	√

Course Content

Units	Title	COs Addressed
1	Shatkarmas	CO1
2	Suryanamaskar	CO1, CO2
3	Asanas (Yogic Postures)	CO1, CO2, CO3
4	Pranayama	CO2, CO3, CO1

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3
1	Internal Examination	√	√	√
2	Semester End Examination	√	√	√

UNIT 1: Shatkarmas

Dhauti (Kunjal), Vastra dhauti, Danda dhauti, Laghoo and Poorna sankhprakashalana Neti (Sutra and Jala), Kapalbhathi, Agnisara, Nauli

UNIT 2: Suryanamaskar

Yogic Jogging, 12 Health promoting postures as recommended by Swami Ramdev, Suryanamaskar practice classically and in varied forms for prevention and therapy.

UNIT 3: Asanas (Yogic Postures)

Standing Postures

Ardhakati chakrasana, Hastapadasana, Ardhashakrasana, Trikonasana, kati chakrasana, Parivritta trikonasana, Parsvakonasana, Veersana,

Sitting Postures

Paschimottanasana, suptavajrasana, ardhmatsyendrasana, vakrasana, marichasana, malasana, manduk asana, vakrasana, badhakanasana, merudandasana, akarna dhanurasana, gumukhasana, Chakki asana.

Prone Postures

Bhujangasana, sarpasana, nauka asana, Salabhasana, Dhanurasana, Urdhvamukhosvanasana, Makarasana,

Supine Postures

Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana, pad vritta asana, cycling.

Balancing Postures

Vrikshasana, vakasana, Garudasana, Namaskarasana, Tittibhasana, Natrajasana

UNIT 4: Pranayama

Breath awareness, Diaphragmatic breathing, Abdominal breathing, Bhastrika, Kapalbhata, Anulom-vilom, Nadisodhan, Bahya, Ujjayi, Bhramari, Udgeeth, Ujjai, Sitali, Sitkari, Suryabhedhi.

TEXT BOOKS:

Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: DivyaPrakashan Books™

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: DivyaPrakashan

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: DivyaPrakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

Yoga for Promotion of Positive Health, by Dr R Nagarathna, Dr H R Nagendra Published bySVYP, 2002

REFERENCE BOOKS:

B.K.S Iyenger: *Light on Pranayama*, Aquarian/Thorsons, 1992 Bharati, Munger, Bihar, India.

Swami Satyananda Saraswati: *Asana, Pranayama, Mudra, Bandha*, Bihar Yoga

Name of the Course: Practical Biomechanics and Kinesiology

Course Code: MS-CP107

Course Objectives:

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

1. Describe the principle of biomechanics and its importance during the practice of Yoga.
2. Guide the practitioners based on the alignment principles.
3. Demonstrate yogic practice having biomechanics principles in mind.

Course Outcomes:

After the study of this course, a learner will enable to

1. Apply principle and skills of biomechanics and kinesiology to explain anatomical effects of somatic and energetic yoga practices.
2. Optimize somatic manipulation, alignment and range of motion in postural and breath regulatory practices.
3. Locate center of gravity rigid bodies and asses angular kinematics

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2		√	√
CO3		√	

Course Content

Units	Title	COs Addressed
1	Locating muscles	CO1
2	Locating center of gravity of rigid bodies and assessment of angular kinematics of one Plane movements.	CO3
3	Conversion of angular kinematics and Draw stick figures from the photograph of yoga Movements.	CO1, CO2, CO3
4	Demonstration of yogic practices under the supervision of the teaching faculty.	CO2

Assessment Plan

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

UNIT 1:

Locating muscles with the help of model/chart and calculation of displacement, speed and velocity, acceleration.

UNIT 2:

Locating center of gravity of rigid bodies and assessment of angular kinematics of one Plane movements.

UNIT 3:

Conversion of angular kinematics and Draw stick figures from the photograph of yoga Movements.

UNIT 4:

Demonstration of yogic practices under the supervision of the teaching faculty.

TEXT BOOK:

Bruce Bowaditch: *The Yoga Technique Guide - Principles of Alignment and Sequencing*, Third Eye Press, 2015

REFERENCE BOOKS:

J E Herzenberg. *Principles of deformity correction*, Springer publication

Semester-II

Name of the Course: Application of Yoga in Bhagavadgitha and Yoga Vasistha

Course Code: MS-CT201

Course Objectives:

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

1. To give comprehensive knowledge about therapeutic basis of yoga as mentioned in ancient classical texts such as Bhagavad Gita and Yoga Vasistha

Course Outcomes: After study this course, a learner will enable to

1. Outline Yogic etiopathogenesis and management of stress from the perspective of Srimadbhagwadgeeta.
2. Interpret yogic perspective of human personality and its development process and practices.
3. Apply yogic principles and practices of SMG for maximizing performance of sports personnel.
4. Use yogic principle and practice covered in Yoga Vasistha for managing stress and personality development.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓		
CO2		✓	✓
CO3		✓	✓
CO4		✓	✓

Course Content

Units	Title	COs Addressed
1	Application of Bhagavad Gita – 1	CO1, CO2, CO3, CO4
2	Application of Bhagavad Gita – 2	CO1, CO2, CO3, CO4
3	Application of Yoga Vasistha - 1	CO1, CO2, CO3, CO4
4	Application of Yoga Vasistha - 2	CO1, CO2, CO3, CO4

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4
1	Internal Examination	√	√		
2	Semester End Examination	√	√	√	√

UNIT 1: Application of Bhagavad Gita – 1

a. Applications in stressmanagement

Essence of Gita and its background; Three division of faiths, thoughts and deed and eating habits corresponding to three modes – Faith, thoughts and good deeds positively correlated with stress management; The Tamas and Rajas modes as the cause of stress; Adaptation of qualities of stitha prajna; Four rules of Karma Yoga- Regulated with sense of duty; Detached; Without love or hatred; detachment to the results of action; Work efficiency – Concept of Devotion – surrender to the supreme; Nature of Devotion and the Goal of Devotion; Concept of Shraddha (perseverance) and its relevance;

b. Applications in Personalitydevelopment

Concept of Triguna in the context of Bhagavadgita; Satva, Rajas and Tamas; Give up demonic traits such as anger, greed, lust and craving for sense objects and selfish flavor of happiness; Psycho analysis model in verses 2.62 and 2.63; Cause of destruction as craving for sense objects; Raise above cognition and emotions; Mode of goodness – sense of happiness and knowledge; Theory of Samatvam in healthy living as described in Bhagavadgita; Nature of Dhyana, Preparation of Dhyana and Dhyana Yoga etc; Remedial Measures of Abhyasa and Vairagya.

UNIT 2: Applications of Bhagavad Gita - 2

c. Applications for Sportspersonnel

Nature of action, inaction & ego-less action; Performance without attaching to the fruits of action; Maintaining the inner equipoise with knowledge and understanding with adapting qualities like humility, tolerance, non- violence, cleanliness, self-control; absence of false and even mindedness; Four rules of Karma Yoga- Regulated with Duty sense; Detached; Without love or hatred; not attached to the fruits of action; Concept of Faith; Psycho analysis model described in Bhagavadgitha to keep under senses under control and to be in moderation; Moderation in sleep, entertainment and food being the key to be in equanimity; Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita and its relevance.

UNIT 3: Application of Yoga Vasistha - 1

a. Applications in stressManagement:

Concept of Mind: World is the projection of Mind; ManAh PrashamanaH upAyaH
YogaH: Understanding of the Concept of Adhi and Vyadhi; Stress as the key for
Psychosomatic disease; Life style prescription as suggested in Yoga vasistha – Restrain
from Eating of unwholesome food; Living in unhealthy places; Doing things at
unseasonable hours; Association with the wicked; Longing after improper things; Evil
desires and bad thoughts; Control of breathing: the story of Kakabhushanda;

UNIT 4: Applications of Yoga Vasistha – 2

b. Applications in Personalitydevelopment:

Good Association; Self Enquiry; Development of Satwaguna (Good virtues); Mind control
through abhyasa (practice) and vairagya (dispassion). Self-discipline and self-control, by
withdrawing our senses from the sense objects; overcoming desires through
detachments from the sense objects, living in solitude, free from possessiveness and by
fixing our minds constantly on the Self. Handling the mind and emotions-enhancing the
power of discrimination.

TEXT BOOKS:

Ramdev, S. (2012). Srimadbhagvad Gita. Haridwar, India: Divya Prakashan.

Holy Geeta : Swami Chinmayananda, Central Chinmayananda Mission Trust, 1992, Mumbai.

Simpkins, A. M., & Simpkins, C. A. (2011). *Meditation and Yoga in Psychotherapy:
Techniques for Clinical Practice* (2011th ed.). Hoboken, New Jersey: John Wiley &
Sons, Inc.

Vaalmeeki : Essence of Yoga Vasistha, Lotus Press, 1998

REFERENCE BOOKS:

Bhawuk, D. P. S. (2011). *Spirituality and Indian Psychology: Lessons from the Bhagavad-
Gita*. 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/>

Swami Ranganathananda: Message of Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985

Swami Venkatesananda: Vasistha's Yoga, State University of New York Press, Albany, 1993

Name of the Course: Physiological Effect of Yoga Practices

Course Code: MS-CT202

Course Objectives:

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

1. Discuss biological changes following the practice of yoga
2. Investigate underlying mechanism behind the possible benefits as a result of yogic practices
3. Explain idea of muscles and nerve fibers stretched and compressed, toned up during various yogic posture.
4. Outline physiological benefits of Pranayama; Neuro Psychological locks in Mudras; Neuro Muscular locks in Bandhas.

Course Outcomes:

Teaching learning activities related to this course will enable learner to

1. State determinants of physiological and psychological homeostasis.
2. Explain biological effects of yoga poses, pranayama, bandhas and mudras.
3. Recognize indications, precautions and contra-indications of specific yoga poses, pranayama, bandhas and mudras.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓		
CO2		✓	
CO3		✓	✓

Course Content

Units	Title	COs Addressed
1	The concept of Homeostasis	CO1, CO2, CO3
2	Pranayama	CO1, CO2, CO3
3	Kriyas	CO1, CO2, CO3
4	Mudras Bandhas	CO1, CO2, CO3

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3
1	Internal Examination	√	√	
2	Semester End Examination	√	√	√

UNIT 1: The concept of Homeostasis [15 Hrs.]

Regulatory systems of the body, Characteristics of control systems, Physiological basis of mind-body medicine; Physiology of exercise, Asana-Types and Categories; Musculoskeletal system and Humoral mechanism involved; Effect of Yogic practices in setting up the internal environment of the body, Mechanical influence of asanas; Psychosomatic mechanism; Mechanism of influence of six types of asanas: stretching; pivoting; strengthening; inverted; pressing; equilibration, Reciprocal inhibition and innervation

UNIT 2: Pranayama [15 Hrs.]

Mechanism of respiration and mechanism of gas exchange, Regulation of respiration; Psychophysiological effect of pranayama: changing of ratio of oxygen and carbonic acid in our body; Enabling different groups of muscles in breathing; Pranayama as respiratory pump; Reflex impact over sympathetic and parasympathetic nervous system; Role of Pranayama on Vital capacity, Lung Volume and Lung function. Role of Pranayama and other yoga practices on compliance, Ventilation-perfusion ratio, alveolar ventilation, dead space volume and minute ventilation. Neurophysiological mechanism of Kevala, Antar and Bahir kumbhaka

UNIT 3: Kriyas [15 Hrs.]

An overview of diffusion osmosis, endo & exosmosis, active transport; significance of using salt during the practice of Kriya; Tonicity of the solution such as hypotonic, hyper tonic and isotonic solution and the impact of the same on physiology; peristalsis and mechanism of action, Effect of Kriyas in encouraging the peristalsis; Opening and closing of sphincter; Role of Kriyas in smooth operation of sphincter; Mechanism of action of Kriya practices in the activation of vagus nerve, effect of Kriya on gastric mucosa and digestive system; Development of negative pressure and the impact of sustenance of the negative pressure in body physiology.

UNIT 4: Mudras Bandhas [15 Hrs.]

Co activation of two antagonistic muscles; activation of nerve reflexes; Proprioceptive neuromuscular facilitation; Effect of Bandhas on joint complexes; Central bandhas and co activation of opposing muscles in spinal joint complexes; Jalandhara bandha effects neck joint complexes; Uddiyan bandha effects upper joint complexes; and Moola bandha for lower back joint complexes; Isometric muscle activation and Bandhas; Synergistic muscle activation during Bandha practices; Navadvara and their significance in yoga; Principles behind the practice of Mudras; Resting membrane potential; action potential and transmission of nerve impulse; significance of Neuro psychological lock and its impulse in body physiology; secretion of neurotransmitter in the brain; Role of mudra is physiological functions of the body, regulating of the secretion in body

TEXT BOOKS:

Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners; Book by Herbert David Coulter; Publisher Body and Breath, 2001

Robin, Mel. (2002). *A physiological handbook for teachers of yogasana*. Arizona: Fenestra

Robin, Mel. (2009). *A Handbook for Yogasana Teachers*. Arizona:

Wheatmark@Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: Divya

Prakashan Books™

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: DivyaPrakashan

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: DivyaPrakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

REFERENCE BOOKS:

Clinical Anatomy: *A Revision and Applied Anatomy for Clinical*. Students, Harold Ellis, Blackwell Publishing, 2006

Coulter, H. D. (2006). *Anatomy of Hatha Yoga*. Delhi, India: Motilal Banarasidas

Essentials of Pathophysiology: *Concepts of Altered Health States* Carol Mattson Porth, Lippincott Williams & Wilkins, 2006

Frawley, D. & Kozak, S. S. (2006). *Yoga for your type*. New Delhi, India: New Age Books.

Gore, M.M. (2004). *Anatomy and physiology of yogic practices*. Lonavala, India: Kanchan Prakashan.

Malshe, P. C. (2012). *A Medical Understanding of Yoga* (2nd ed.). Haridwar, India: Antar Prakash Centre for Yoga.

McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. New York, NY: Bantam Dell.

Selvarasu, K. V. (2003). *Kriya Cleansing in yoga*. Tamil Nadu, India: Yoga Bharati

Simon Borg Olivier and Bianca Machiss; *Applied Anatomy and Physiology of Yoga*; 3rd edition, 2007.

Udupa, K. N. (2007). *Stress and its management by yoga*. Delhi, India: Motilal Banarasidas

Name of the Course: Yoga, dietetics and Nutrition

Course Code: MS-CT203

Course Objectives:

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

1. Understand the concept of diet and the medical value of nutrition
2. Advise appropriate diet to different age groups
3. Benefits and caloric value of various food groups

Course Outcomes: Teaching learning activities related to this course will enable learner to

1. Explain food ingredients and their nutritional and remedial values.
2. Identify vegetarian and non-vegetarian sources of food ingredients of balanced diet.
3. Prescribe quality, quantity, frequency, timing and duration of diet and dietary habit that suits yogic lifestyle.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1		√	
CO2	√	√	√
CO3	√	√	√

Course Content

Units	Title	COs Addressed
1	Basic Concepts and Components of Food and Nutrition	CO1
2	Food groups	CO1, CO2
3	Food and metabolism	CO1, CO2, CO3
4	Yogic Concept of Diet & Nutrition	CO1, CO2, CO3

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3
1	Internal Examination	√	√	
2	Semester End Examination	√	√	√

UNIT 1: Basic Concepts and Components of Food and Nutrition [15 Hrs.]

Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement, 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 [15 Hrs.]

Cereals & Millets –Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds- Selection,PreparationandNutritiveValue;MilkandMilkProducts-Selection,Preparationand Nutritive Value; Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery- Selection, Preparation and NutritiveValue

UNIT 3: Food and metabolism [15 Hrs.]

Energy- Basic Concepts, Definition and Components of Energy Requirement, Energy ImbalanceConceptofMetabolism,Anabolism,Catabolism,CalorieRequirement-BMR,SDA, PhysicalActivity;MetabolismofCarbohydrates,LipidsandProtein;FactorsAffectingEnergy; Requirement and Expenditure, Factors affecting BMR, Factors affecting thermal effect of Food, Factors affecting energy expenditure in physical activity; Methods of Estimation of Energy Expenditure and Requirements; Direct Calorimetry, Indirect Calorimetry, Double Labelled Water Technique, Heart Rate Monitoring Method, Factorial Estimation of Total EnergyExpenditure

UNIT 4: 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,HathaPradeepikaandBhagavadgeeta-Rajasic,TamasicandSattvicfood;Pathyaand Apathya indietaccordingtoYogictexts;GunaandAhara;ImportanceofYogicDietin

Yog Sadhana; Yogic Diet and its role in healthy living; Diet according to the body constitution
(Prakriti) – Vata, Pitta and Kapha. Ahar Yogi Drvaya, Swabhatha Hitkar and Ahitkar Dravya.

TEXT BOOK:

Balkrishna, A. (2013). *Bhojan Katuhlam*. Haridwar, India: Divya Prakashan

Books™

Balkrishna, A. (2013). *Sushain Nighantu*. Haridwar, India: Divya Prakashan

Books™

Balkrishna, A. (2013). *Ajirnaamrit Manjari*. Haridwar, India: Divya Prakashan

Books™

Balkrishna, A. (2014). *Siddhasar Samhita*. Haridwar, India: Divya Prakashan

Books™

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.

Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012

Sharma, P. . (2007). *Caraka Samhita Vol I. Chaukhambha Sanskrit Pratishthan*. Varanasi, India: Chaukhambha Orientalia.

Sharma, P. V. (1998). *Caraka Samhita Vol II* (4th ed.). Varanasi, India: Chaukhambha Orientalia.

REFERENCE BOOKS:

Amr, M., El-Mogy, A., Shams, T., Vieira, K., & Lakhan, S. E. (2014). *Clinical Nutrition Clinical: The Interface Between Metabolism, Diet, and Disease*. In L. Coles (Ed.), . Oakville, ON: Apple Academic Press.

Bendich, A., & Fasn, F. (2016). *Mediterranean Diet: Dietary Guidelines and Impact on Health and Disease*. (D. F. Romagnolo & O. I. Editors, Eds.). Tucson, AZ: Humana Press.

Debruyne, L. K., Pinna, K., & Whitney, E. (2016). *Nutrition & Diet Therapy* (9th ed.). Boston, MA: CENGAGE Learning.

Dennis Thompson: *The Ayurvedic Diet*, New age books, New Delhi, 2001

Goldberg, G., British Nutrition Foundation., & Wiley InterScience (Online service). (2003). *Plants : diet and health : the report of a British Nutrition Foundation Task Force*. https://books.google.com/books?id=FYKT8ApFnj0C&dq=kumquat+antioxidant+radiation&lr=&source=gbs_navlinks_s

Lutz, C. A., Mazur, E. E., & Litch, N. A. (2015). *Nutrition and Diet Therapy* (6th ed.). Philadelphia, PA: F. A. Davis Company.

Mailer, G. A., & Hale, N. E. (2018). *Decolonizing the Diet Nutrition, Immunity and the Warning from Early America*. London, UK: Anthem Press.

Randolph Stone : *A Purifying Diet*, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition
Schlenker, E. D., & Gilbert, J. (2015). *Williams' Essentials of Nutrition and Diet Therapy* (11th ed.). St. Louis, Missouri: Elsevier, Mosby.

Stanfield, P. S., & Hui, Y. H. (2010). *Nutrition and Diet therapy: Self-Instructional Approaches*. Sudbury, MA: Jones and Bartlett Publishers.
doi:10.1017/CBO9781107415324.004

Stanley Davidson & others: *Human Nutrition & Dietetics*, The English Language Book Society & Churchill Livings, Revised Edition

World Health Organisation/ World Economic Forum. (2008). Preventing Noncommunicable Diseases in the Workplace through Diet and Physical Activity WHO/World Economic Forum Report of a Joint Event. *World Health Organisation/ World Economic Forum*, 52. doi:ISBN 978 92 4 159632 9

Name of the Course: Applied Psychology and Yogic Counselling

Course Code: MS-CT204

Course Objectives:

1. To discuss behavior and disease process through various models of health psychology.
2. To outline causes of pathological behavior and psych-diagnostic assessment.
3. To develop skill for diagnosis and classification of mental disorders.

Course Outcomes: Study of this course will enable learners to

1. Explain models abnormality
2. Record mental case history and conduct mental status examination.
3. Prescribe yoga protocol for mental disorders
4. Conduct yogic counselling for prevention and mitigation of mental disorders.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓		
CO2		✓	✓
CO3		✓	
CO4	✓	✓	✓

Course Content

Units	Title	COs Addressed
1	Introduction to Models of Psychopathology	CO1
2	Case History Taking and Mental Status Examination.	CO3
3	Mental Disorders of Children and Their Treatment	CO1, CO3
4	Yogic Counselling	CO1, CO2, CO3

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4
1	Internal Examination	✓	✓		
2	Semester End Examination	✓	✓	✓	✓

UNIT 1: Introduction to Models of Psychopathology [15 Hrs.]

Psychoanalytic, behavioural, cognitive and biological models; Sociobiology of health and disease; Diagnostic classification of mental and behavioural disorders

UNIT 2: Case History Taking and Mental Status Examination [15 Hrs.]

Disorders of attention, perception, thought movement, Psychodiagnosis of major Mental Disorders of the Adults and their treatment: Stress and Anxiety Disorders, and Schizophrenia, Affective Disorders, Psychosomatic Disorders, Personality Disorders and Substance abuse.

UNIT 3: Mental Disorders of Children and Their Treatment [15 Hrs.]

Mental Retardation, Learning Disability, Attention Deficit Disorders and Hyperactivity, Autism, Fears and Phobias, Conduct disorders

UNIT 4: Yogic Counselling [15 Hrs.]

Introduction to counselling, nature approaches and challenges; Approach to counselling- Attitude change towards yoga through individualized counseling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counseling; the remedial measures; Action in relaxation- the secret of Karma Yoga; Psycho-physiological effects and health benefits of Pranayama, Shatkarma; Bandha and Mudra ; Psycho-physiological effects and health benefits of Meditation

TEXT BOOKS:

Saraswati, S. A. (1983). *Manovigyan and Shiva Samklapa*. Rohatak, India:

HaryanaAryasamj Sahitya Prakshan.

Hersen, M., Kazdin, A. E., & Bellack, A. S. (1991) *The Clinical Psychology Handbook* Pergamon. New York

REFERENCE BOOKS:

- Baxter, R., Hastings, N., Law, A., & Glass, E. J. . (2008). *Handbook of Integrative Clinical Psychology, Psychiatry, and Behavioral Medicine. Animal Genetics* (Vol. 39). New York: Springer Publishing Company.
- Cortright, B. (2007). *Integral psychology : yoga, growth, and opening the heart. SUNY series in transpersonal and humanistic psychology*.
<http://www.loc.gov/catdir/toc/ecip0614/2006016538.html%0Afile:///E:/Book/2007 - Cortright - Integral psychology yoga, growth, and opening the heart.pdf>
- Gothe, N. P., Keswani, R. K., & McAuley, E. (2016). Yoga practice improves executive function by attenuating stress levels. *Biological Psychology*, *121*, 109–116.
doi:10.1016/j.biopsycho.2016.10.010
- Jung, C. G. (1999). *The Psychology of Kundalini Yoga: Notes of the Seminar Given in 1932*. New Jersey, NJ: Princeton University Press.
- Jung, C. G. (2008). *C. G. Jung Psychology and the Occult*. Abingdon, Oxon: Routledge.
- Levine, M. (2008). *The positive psychology of Buddhism and yoga: Paths to a mature happiness, with a special application to handling anger. The positive psychology of Buddhism and yoga: Paths to a mature happiness, with a special application to handling anger (2nd ed.)*. Mahwah, NJ: Lawrence Erlbaum Associates, Inc., Publishers.
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- Petzold, M. (1989). The heritage of India: Yoga psychology in East and West. *Psychologia: An International Journal of Psychology in the Orient*, *32*(4), 275–280.
<http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=1990-22309-001&site=ehost-live&scope=site>
- Rao, K. R. (2017). *Foundations of yoga psychology. Foundations of Yoga Psychology*. Singapore: Springer. doi:10.1007/978-981-10-5409-9
- Saraswati, S. N. (2001). Yoga and personality. *Journal of Projective Psychology & Mental Health*, *8*(1), 19–22.
<http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2001-14896-002&site=ehost-live&scope=site>
- Sweet, J. J. , Rozensky, A. & Tovian, S. M. (1991) *Handbook of Clinical Psychology in Clinical Practice*. New York: Plenum.
- Walker, C. E. (2001) *Handbook of Child Clinical Psychology*. New York: John Wiley & Sons.

Name of the Course: Research Methodology and Statistics

Course Code: MS-CT205

Course Objectives:

Following the completion of the course students will:

1. Recognize theoretical concepts of conducting scientific research apply them to pursue higher research.
2. Use Research methodology and knowledge of various statistical procedures
3. Identify and operate research tools/software to conduct research on contemporary issues/needs.

Course Outcomes:

Study of this course will enable learners to

1. Recognize qualitative and quantitative research process and ethics and its regulatory system/mechanism.
2. Design and carry out mini research projects.
3. Analyze and interpret data by using software.
4. Draft dissertation and research paper.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓		
CO2		✓	✓
CO3		✓	
CO4	✓	✓	✓

Course Content

Units	Title	COs Addressed
1	Research Methodology Concepts -I	CO1, CO2
2	Research Methodology Concepts - I I	CO1, CO2, CO3, CO4
3	Statistical Concepts - I	CO1, CO2
4	Statistical Concepts - I I	CO1, CO2, CO3

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4
1	Internal Examination	√	√		
2	Semester End Examination	√	√	√	√

UNIT 1: Research Methodology Concepts -I [15Hrs]

Introduction to research methodology – definition of research, types of research, need for Yoga research; the research process; Literature review – Purpose, Process, digital sources: PubMed, Springer, Wiley, Cochrane; Presentation of Literature Review; Ethics of research – Laboratory ethics, Publication ethics, Ethical bodies, IEC, IRB and guidelines for good clinical practice. Scales of measurement – nominal, ordinal, interval, ratio; Data collection methods: Observation, Interview, psychological tests, questionnaire, physiological tests, and archives.

UNIT 2: Research Methodology Concepts –II [15Hrs]

Sampling methods- Population and Sample; Simple Random Sampling; Systematic Sampling, Stratified Sampling, Cluster Sampling; ii. Methods of controlling biases Randomization, Matching, Crossover design, Restriction (or blocking); Stratification, converting into factorial design, ANOCVA; Types of variables – Independent, dependent, confounding variable; Types of research design – Experimental designs, cross sectional design; Case study, Survey; Reliability: Test- Retest Reliability, Internal Consistency, Inter rater Reliability; Validity: Construct Validity, Face Validity, Content Validity, Criterion; Validity, Convergent and Discriminant Validity; Issues of bias and confounding; Selection bias, Recall bias, Observer or measurement bias, Publication bias.

UNIT 3: Statistical Concepts - I [15Hrs]

Descriptive statistics, Inferential statistics, Hypothesis, null hypothesis, Statistic and Parameter, Sample and Population, Generalization, One tailed, two tailed hypothesis, Types of Errors and its control, Central Limit Theorem.

UNIT 4: Statistical Concepts - II [15Hrs]

Point estimate and interval estimate, Power analysis: Effect size, sample size, p-value, Confidence interval; Statistical tests and design, Assumptions of tests, Statistical tests for Various designs: Correlation, proportions, paired sample, and independent sample t-tests, Chi-Square tests, ANOVA, Repeated Measures ANOVA, parametric and non-parametric Tests.

TEXT BOOK:

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:

- Breakwell, G.M., Hammon, S., Fife-Shaw, C., & Smith, J. (2006). *Research methods in psychology (3rd ed.)*. London: Sage.
- Bryman, A. (2008). *Social Research Method (3rd ed.)*. Oxford: Oxford University Press.
- Garrett, H.E. (1993). *Shiksha evam manovigyan mein sankhyiki*. New Delhi, India: Kalyani Publishers.
- Garrett, H.E. (1988). *Statistics in Psychology and Education*. Bombay, India: Vikils, Feiffer & Semen's Ltd..
- Guilford, J. P. & Fruchter, B. (1988). *Fundamental Statistics in Psychology and Education*. New Delhi, India: McGraw Hill. Unit-I
- Guilford, J. P., & Fruchter, B. (1973). *Fundamentals of statistics in psychology and education*. Tokyo, Japan: Kogakusha.
- Gupta, S. P. (2004). *Statistical Methods (33rd ed.)*. New Delhi, India: Sultan Chand & Sons.
- Haslam, S. A., & McGarty, C. (2003). *Research methods and statistics in psychology*. London: Sage.
- Kapil, H. K. (1980). *Sankhyiki ke mool tatwa*. Agra, India: Vinod Pustak Mandir.
- Kerlinger, F.N. (1978). *Foundation of Behaviour Research*. Delhi, India: Surjeet Publications.
- Kothari, C. R. (2011). *Research Methodology: Methods and Techniques (2nd ed.)*. New Delhi, India: New Age International Private Limited Publishers.
- Kumar, R. (2011). *Research Methodology (2nd ed.)*. Noida, India: Dorling Kindersley Pvt. Ltd, licenses of Pearson Education in South Asia.
- Lloyd, D. F. & Gerald, V. B. (1993) : *Biostatistics: A Methodology for the Health Science*. John Wiley & sons. Inc. Longman.
- Maylor, H. & Blackmon, K. (2005). *Researching Business and Management*. New York, NY: Palgrave Macmillan.
- Minium, E. W., King, B. M., & Bear, G. (1993). *Statistical reasoning in psychology and education (3rd ed.)*. New York: John Willey.
- Mohsin, S.M. (1981). *Research Methods in Behavioral Sciences*. Calcutta, India: Orient

- Ruxton, G. D. and Colegrave, N. (2003). *Experimental Design for Life Science*. Oxford: Oxford University Press.
- Singh, A. K. (1986). *Test, Measurement and Research Methods in Behavioural Sciences*. New Delhi, India: Mc Graw Hill.
- Singh, A. K. (2001). *Research Methods in Psychology, Sociology and Education (4th ed.)*. Delhi, India: Motilal Banarasidas.
- Singh, A. K. (2004). *Monovigyan, samajshastra तथा shiksha mein shodh vidhiyan*.
- Singh, A. K. (2006). *Tests, measurements and research methods in behavioural sciences*. Patna, India: Bharti Bhavan.
- Suleman, M. (2005). *Methods in Psychology, Sociology and Education (3rd ed.)*. Patna, India: General Book Agency.
- Suleman, M. (1997). *Sankhyiki ke mool tatwa*. Patna: Shukla Book Depot. Varanasi, India: Motilal Banarasi Das.
- Wayne, W. D. (2006). *Biostatistics: A Foundation for Analysis in the Health Sciences (7th ed.)*. New York, NY: John Wiley & sons. Inc
- Zar, Z. H. (2011). *Biostatistical Analysis (4th ed.)*. Noida, India: Dorling Kindersley Pvt. Ltd, licenses of Pearson Education in South Asia.

Name of the Course: Yoga Practicum (Contemporary Yoga Techniques)

Course Code: MS-CP206

Course Objectives:

Following the completion of the course students will:

1. Explain principles, concept and the procedure of Various contemporary techniques.
2. Identify commonalities across the various contemporary Yoga techniques.
3. Explain and teach the techniques with confidence.

Course Outcomes:

This course will enable learners to

1. Bear skills and application aptitude regarding poses, major Pranayams, Dharna and Dhyana.
2. Apply somatic energetic and psychic practices for purification of body, breath and mind.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	✓
CO2		✓	✓

Course Content

Units	Title	COs Addressed
1	Healing at the Physical Level	CO1, CO2
2	Healing at the Prana Level	CO1, CO2
3	Healing at the Mental level	CO1, CO2
4	Healing at the Conscious level	CO1, CO2

Assessment Plan

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

UNIT 1: Healing at the Physical Level [15 Hrs.]

1. Pranav Meditation (SwamiRamdev)
2. Mindfulness based Stress Reduction Technique(Kabatzin)

UNIT 2: Healing at the Prana Level [15 Hrs]

3. VipasanaMeditation
4. PrekshaMeditation

UNIT 3: Healing at the Mental level [20Hrs]

5. Mind Sound Resonance Technique(S-VYASA)
6. Raja Yoga Meditation(Brahmakumaris)
7. Transcendental Meditation (Mahesh Yogi)
8. ZEN BuddhistMeditation

UNIT 4: Healing at the Conscious level [10 Hrs]

9. Yoga Nidra(BSY)

TEXT BOOKS:

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: DivyaPrakashan

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: DivyaPrakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: DivyaPrakashan Books™

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.

H R Nagendra: *New perspective of stress management*; Swami Vivekananda Yoga Prakashan, Bangalore, 1999

REFERENCE BOOKS:

Niranjanananda Saraswati: Yoga Nidra; Bihar school of yoga publication, Munger, 2000

H R Nagendra: *Mind sound relaxation resonance technique*; Swami Vivekananda Yoga Prakashan, Bangalore, 1999

Name of the Course: Applied Psychology and Counselling

Course Code: MS-CP207

Course Objectives:

Following the completion of the course students will:

1. Take the case history for the diagnosis of psychological diseases.
2. Demonstrate the skills of counseling with yogic approach.
3. Develop communication skills needed to be an efficient counselor.

Course Outcomes:

Teaching-learning activities of this course will enable learners to

1. Record mental case history for the diagnosis of psychiatric/psychological disorders.
2. Demonstrate and apply counselling skills.
3. Explain counselling from psychological and yogic perspectives.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	✓
CO2		✓	✓
CO3	✓	✓	✓

Course Content

Units	Title	COs Addressed
1	Case History	CO1
2	Audio Visual	CO1, CO2
3	Conventional Counseling	CO1, CO2, CO3
4	Yogic Counselling	CO3

Assessment Plan

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits				2
Hrs/ week				4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

UNIT 1: Case History [15 Hrs.]

Taking case history of various category of various diseases such as amnesia, bipolar, OCD, schizophrenia, anxiety neurosis (5 cases)

Discussion and interpretation

UNIT 2: Audio Visual [15 Hrs.]

The students shall be exposed to audio visual methods of counselling for 5 cases

Discussion and interpretation

UNIT 3: Conventional Counselling [15 Hrs.]

Conventional counselling for 5 cases
Discussion and interpretation

UNIT 4: Yogic Counselling [15 Hrs.]

Yogic counselling for 5 cases
Discussion and interpretation

TEXT BOOK:

Rama, S., Ballentine, R. & Ajaya, S. (1976) *Yoga Psychotherapy*. Pennsylvania: HIP.

REFERENCE BOOKS:

Brown, B. (1977) *Stress and the Art of Biofeedback*. Toronto: Bantam Age Books.

Cacippo, J. T., Tassinary, L.G., & Berntson, M. (2007) *Handbook of Psycho- physiology*,
Cambridge.

Schwartz, M. S. (Ed) (2001) *Biofeedback: A Practitioner's Guide*. New York: The Guilford
Press.

Semester-III

SPECIALIZED PAPERS

Course Name: Principal Upanishads

Course Code: MS-SCT301

Course Objective:

1. To outline and interpret basic Yogic concepts and Sadhana Covered by Principal Upanishads.

Course Outcomes:

This course will enable learners to

1. Locate Yogic principles and practices covered by principal Upanishads.
2. Interpret Tattva Mimamsa.
3. Analyze yogic elements covered by principal Upanishads.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	✓
CO2	✓	✓	✓
CO3	✓	✓	✓

Course Content

Units	Title	COs Addressed
1	Introduction to Upanishads	CO1
2	Tattva Mimamsa (Theory of Reality)	CO2
3	Yogatattva in Principal Upanishads-I	CO1, CO3
4	Yogatattva in Principal Upanishads-II	CO3, CO3

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3
1	Internal Examination	✓	✓	
2	Semester End Examination	✓	✓	✓

UNIT 1: Introduction to Upanishads [15 hrs]

Meaning of Upanishad, Concept of Veda and Upanishad, Comparison between subject matters of Veda & Upanishads, Number of Upanishads & Brief Introduction to Principal Upanishads- Isha, Kena, Katha, Prashna, Mundaka, Mandukya, Aitreya, Taittiriya, Brihadaranyak & Chhandogya Upanishad.

UNIT 2: Tattva Mimansa (Theory of Reality) [15 hrs]

Nature of *Brahma* & *Atma* according to Principal Upanishad in view of Acharya Shankar, Acharya Ramanuj, Acharya Madhva, Acharya Vallabh, Acharya Nimbark, *Shrishti Prakriya* (Process of Creation).

UNIT 3: Yogatattva in Principal Upanishads-I [15 hrs]

Definition of Yoga, Types of Yoga- Jnyana Yoga, Bhakti Yoga, Karma Yoga & Raja Yoga, Concept of Panchkosha, Three Bodies, Omkara Upasana.

UNIT 4: Yogatattva in Principal Upanishads-II [15 hrs]

Ashtanga Yoga in Principal Upanishad- Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.

REFERENCE BOOKS:

Aurobindo, S. (2001). *Kena and Other Upanishads: The Complete Works of Sri Aurobindo Volume 18*. Pondicherry, India: Sri Aurobindo Ashram Publication Department.
file:///C:/Users/Admin/Downloads/Aurobindo Sri-The Upanishads - II_ Kena and Other Upanishads (Complete Works of Sri Aurobindo Volume 18).pdf

Aurobindo, S. (2003). *Isha Upanishad: The Complete Works of Sri Aurobindo Volume 17*. Pondicherry, India: Sri Aurobindo Ashram Publication Department.
file:///C:/Users/Admin/Desktop/Aurobindo Sri-The Upanishads - I_ Isha Upanishad (Complete Works of Sri Aurobindo Volume 17).pdf

108 Upanishad-*Sadhana Khand*- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

108 Upanishad-*Brahmavidya Khand*-Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

108 Upanishad-*Jnana Khand*- Pt. Sriram Sharma Acharya, Shantikunj,Haridwar.

Upanishad Sangraha- *Jagdish Shashtri*, Motilal Banarasidas, Varanasi, Delhi, Chennai.

Swami Sivananda - *The Essence of Principal Upanishads*, Divine Life Society, 1980

Swami Nikhilananda - *The Principal Upanishads*, Courier Corporation, 2003

Course Name: Yoga in World Religions - Synthesis

Course Code: MS-SCT302

Course Objectives:

1. To discuss basic Yogic concepts and Sadhana of every religion as the common avenue for peace and communal harmony.
2. To develop awareness that all the religions have common Yoga Sadhanas targeting harmony and peace.

Course Outcomes:

This course targets learners' empowerment to

1. Analyze religions and their essence.
2. Explore and practice yoga principle and techniques covered by Jainism, Buddhism, Sufism, Islam and Christianity.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	✓
CO2	✓	✓	✓

Course Content

Units	Title	COs Addressed
1	Religions and their Essence	CO1, CO2
2	Yoga in Jainism and Buddhism	CO2
3	Yoga in Sufism and Islam	CO2
4	Yoga in Christianity	CO2

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2
1	Internal Examination	✓	✓
2	Semester End Examination	✓	✓

UNIT 1: Religions and their Essence

Meaning of Religion; Introduction to Jainism and Goal of human life in Jainism; Introduction to Buddhism and Goal of human life in Buddhism; Introduction to Islam and Goal of human life in Islam; Introduction to Christianity and Goal of human life in Christianity; Introduction and Essence of Sufism and Goal of human life in Sufism.

UNIT 2: Yoga in Jainism and Buddhism

Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Prekshadhyana); Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya-astangika-marga or Noble-eight-fold-path (Bouddha-Yoga); Tai Chi-based Meditation, Zen meditation, Qi-gong meditation and G-Tum-O meditation.

UNIT 3: Yoga in Sufism and Islam

Elements of Yoga in Sufism, Sufi Meditation Techniques. Sufi Meditation: Muraqaba; Islam: Salat positions along with their most similar yoga positions; Qiyam and Namaste; Ruk'u and Ardha Uttanasana; Julus and Vajrasana; Sujud and Blasana;

UNIT 4: Yoga in Christianity

Contemplation, Meditation as practiced by Franciscan nuns, Rosary meditation, Meditation as prescribed by the church, Meditation in Christian literature; Hesychasm, Maranatha-a-christian meditation mantra.

TEXT BOOK:

Lajpat, Rai & others : Meditation, Anubhava Rai Publications, Gurgaon, 1999

Wilber, K. (2006). *Integral Spirituality: A Startling New Role for Religion in the Modern and Postmodern World*. Boston, MA: Integral Books.

REFERENCE BOOKS:

Lajpat, Rai: *Discovering Human Potential Energy*, Anubhava Rai Publications, Gurgaon (1999)

Parragon: *World Religion*, Parragon Publishing India

Swami Niranjanananda Saraswati : *Dharana Darshan*, Yoga Publications Trust, 1996, Munger, Bihar, India,

Wilber, K. (2006). *Integral Spirituality: A Startling New Role for Religion in the Modern and Postmodern World*. Boston, MA: Integral Books.

MN Gulati (2008), *Comparative Religions And Philosophies : Anthropomorphism And Divinity*

Course Name: Human Consciousness**Course Code: MS-EL303****Course Objective:**

1. To interpret concept of Human Consciousness in Indian Philosophy Ayurveda and Tantra

Course Outcomes:

This course targets empowerment of learners to

1. Outline different perspective of human consciousness—Vedanta, Tantra, quantum, biological astrological, Vaisheshika, Samkhya, Mimamsa, Nyaya.
2. Apply principles, processes and practices for elevation of human consciousness as explained in perspective.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	
CO2	✓	✓	✓

Course Content

Units	Title	COs Addressed
1	Introduction and Concept of Human Consciousness	CO1
2	Philosophy and Science of Human Consciousness	CO1, CO2
3	Various streams of Ancient Indian & Modern Sciences	CO1
4	Different Mysteries and Development of Human Consciousness	CO1, CO2

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2
1	Internal Examination	✓	✓
2	Semester End Examination	✓	✓

UNIT 1: Introduction and Concept of Human Consciousness [10 hrs]

Meaning, definition and Scope of Consciousness, Nature of Consciousness, Need of study of Human Consciousness, Present Crisis on Human Consciousness and measures of their appropriate solutions.

UNIT 2: Philosophy and Science of Human Consciousness [15 hrs]

Human Consciousness in Veda and Upnishad, Human Consciousness in Buddha and Jain Philosophy, Human Consciousness in Nyaya, Vaisheshik, Sankhya, Yoga, Mimamsha and Vedanta.

UNIT 3: Various streams of Ancient Indian & Modern Sciences [15 hrs]

Human Consciousness in Tantra, Astrology and Ayurveda, Human Consciousness in Modern Science: Researches related to Human Consciousness in Human Anatomy, Physiology & Psychology.

UNIT 4: Different Mysteries and Development of Human Consciousness [20 hrs]

Birth and Life, Fate and Efforts (Purushartha), Principles of Karma, Samskar and Rebirth. Concept of Kundalini, Concept of Chakra. Various psychological methods for development of Human Consciousness. Methods for development of Human Consciousness in Various Religions- Islam, Christianity, Sikhism, Various Techniques for developments of Human Consciousness by Indian Rishis.

REFERENCE BOOKS:

Motoyama, H. (2008). *Theories of the Chakras: Bridge to Higher Consciousness*. New Delhi, India: New Age Books.

Sarath, E. W. (2013). *Improvisation, Creativity, and Consciousness: Jazz as Integral Template for Music, Education, and Society*. New York, NY: Suny Press.

Schweizer, P. (1993). Mind/Consciousness Dualism in Sankhya-Yoga Philosophy. *Philosophy and Phenomenological Research*, 53(4), 845–859. doi:10.2307/2108256

Timalsina, S. (2008). *Consciousness in Indian philosophy: The Advaita doctrine of “awareness only.”* *Consciousness in Indian Philosophy: The Advaita Doctrine of “Awareness Only.”* doi:10.4324/9780203889176

Wilber, B. K. (1997). Sex, Ecology, Spirituality. *The Journal of Socio-Economics*, 26(1), 107–108. doi:10.1016/S1053-5357(97)90056-1

Wilber, K. (2006). *Integral Spirituality: A Startling New Role for Religion in the Modern and Postmodern World*. Boston, MA: Integral Books.

- *Bharatiya Darshano mein Chetana ka Swaroop*, Dr. KrishnaSaxena
- *Bharatiya Darshan*, Acharya BaldevUpadhyaya
- *Upanishadic Adhyatma Vigyan*, Dr. IshwarBharadwaj
- *Manav Chetana*, Dr. IshwarBharadwaj
- *Manav Chetana ewam Yoga Vigyan*, Dr. KamakhyaKumar
- *A study in Consciousness*, AnnieBesant
- *Ayurveda and Mind*, Dr. DavidFrawley
- *The Root of Consciousness*, JefferyMishlor
- *Mind and Super Mind*, N.C.Panda
- *Seven States of Consciousness*, AnthonyCampbell
- *Human Consciousness & Yogic Science*, Dr. KamakhyaKumar

Name of the Course: Field Training-I

Course Code: MS-FW304

Course Objectives:

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

1. Translate practical knowledge about the Yoga Teachings of Swami Ramdev.
2. Teach different practices of Swami Ramdev Yoga Style.

Course Outcomes:

This course targets empowerment of learners to

1. Demonstrate and apply yoga style of swami Ramdev for lifestyle moderation, health promotion and healing.
2. Carry out field projects regarding utility of swami Ramdev yoga style.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	
CO2	✓	✓	✓

Assessment Plan

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

Instructions:

During field training students are expected to carry out the following tasks.

1. Involve themselves during practical session.
2. Understand how to take teach.
3. Gain the knowledge of teaching different Yoga Texts.

Note:

Students need to spend 2 hours every day in the nearby Yoga Schools/ Recognized Yoga Universities.

Examination:

Students shall be examined based on the knowledge acquired with respect to Yoga Texts.

Course Name: Project Work-I

Course Code: MS-EL305

Course Objectives:

Following the completion of this course, learners will enable to carry out project work in Literary and Philosophical area of the Shastras.

Course Outcomes:

This course targets empowerment of learners to

1. Design mini research projects.
2. Collect, collate, analyze and interpret data.
3. Draw the conclusion and apply the research findings.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	
CO2	✓	✓	✓
CO3		✓	✓

Assessment Plan

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

Note:

- During this time, candidates are expected to carry out the following task
- Meet guide at least once to report the progress.
- Spend time every day for recording the data.

Examination:

Students shall be examined based on the presentation of their synopsis and progression of the project work.

Semester-IV

Paper- Yoga Shashtra-I

Course Name: Brahmasutra & Viveka Chudamani

Course Code: MS-SCT401

Course Objective:

1. To understand the concept of four Brahma Vakyas and knowledge of Jnana Yoga and Vivekachoodamani.

Course Outcomes:

1. Review Brahmasutra & Viveka Chudamani philosophy
2. Review Tattvajnana importance, evolution and involution
3. Explain Panch Prana, Panch Kosha as per Vivek Chudamani
4. Elucidate concept of Vairagya, Outcomes of Self Realization, Symptoms of Jivanmukta

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	
CO2	✓	✓	✓
CO3		✓	✓
CO4	✓	✓	✓

Course Content

Units	Title	COs Addressed
1	Brahma Sutra	CO1
2	Vivek Chudamani-I	CO2
3	Vivek Chudamani-II	CO3
4	Vivek Chudamani-III	CO4

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4
1	Internal Examination	✓	✓		
2	Semester End Examination	✓	✓	✓	✓

UNIT 1: Brahma Sutra [15 hrs]

Brief Introduction to Brahmasutra and its writer, Explanation of these sutras- Athato Brahma Jijnasa; Janmadyasya Yatah; Shastrayonitvat; Tattusamanvayat

UNIT 2: Vivek Chudamani-I [15 hrs]

Brief Introduction to Vivek Chudamani, Importance of Tattvajnana, Means of attaining Tattvajnana, Eligibility of Sadhaka, Sadhana Chatushthaya, Importance of Self Realization, Concept and need of Aparokshanubhuti, Three Shareer (Physical, Subtle & Causal), Dehasakti-Ninda, Indriya and Indriya-Vishaya Ninda, Antahkaran Chatusthaya.

UNIT 3: Vivek Chudamani-II [15 hrs]

Anatmanirupana, Adhyas and Adhyas Niras, Awaranshakti and Vikshepashakti, Panch Prana, Panch Kosha, Ego and Criticism of Egoism, Negligence of Drishya.

UNIT 4: Vivek Chudamani-III [15 hrs]

Brahma Nirupana, Brahma Bhawana, Maha Vakya Vichara, Brahma Jagat Ekata, Concept of Samadhi, Concept of Vairagya, Outcomes of Self Realization, Symptoms of Jivanmukta.

REFERENCE BOOKS:

Brahma Sutra- Shankar Bhasya, Gita Press Gorakhpur.

Vivek Chudamani- Arvindananda Yati, Choukhamba Vidyabhawan, Varanasi, UP.

Vivek Chudamani- Gita Press, Gorakhpur.

Berger, Douglas L. (2005). "The Vivekacudamani of Sankaracarya Bhagavatpada: An Introduction and Translation (review)". Philosophy East and West. 55 (4): 616–619.

Paper- Yoga Shashtra-II

Course Name: Samkhya Karika

Course Code: MS-SCT402

Course Objectives:

1. To discuss basics of Samkhya Philosophy

Course Outcomes: This course targets empowerment of learners to

1. Review Samkhya philosophy and Samkhya karika.
2. Outline dukkha primordial elements, evolution and involution
3. Explain trayodashkaran five sensory and five motor organs.
4. Relate bodies, Bandhan and Mukti (liberation)

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	
CO2	✓	✓	✓
CO3	✓	✓	✓
CO4	✓	✓	✓

Course Content

Units	Title	COs Addressed
1	Introduction to Sankhya Philosophy and Sankhya Karika	CO1
2	Principles of Sankhya Karika	CO1
3	Introduction to Trayodashkaran	CO2, CO3
4	Introduction to Sarg, Shareer & Mukti	CO4

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4
1	Internal Examination	✓	✓		
2	Semester End Examination	✓	✓	✓	✓

UNIT 1- Introduction to Sankhya Philosophy and Sankhya Karika [10 hrs]
Meaning of *Sankhya*, Historical Background of *Sankhya*, Brief Introduction to *Sankhya Karika* & their Annotations (*Matarvritti*, *Jaymangala*, *Yuktidipika*, *Sankhyatattvakomodi*)

UNIT 2- Principles of Sankhya Karika [20 hrs]

Types of *Dukha*, Ways to get rid of *Dukha*, Nature & Concept of Reality: *Vyakta*, *Avyakta* & *Jna*, Comparison between *Vyakta* and *Avyakta*, the 25 elements and their four variations, *Vastu anupalabdhi ke karan* & *Satkaryavad*, *Pramana* and its types, Nature & types of *Purusha*, Relationship between *Prakriti* & *Purusha*, Nature of *Gunas*.

UNIT 3- Introduction to Trayodashkaran [15 hrs]

Concept and names of *Trayodashkaran*: *Buddhi*, *Ahankar*, *Mana*, *Panch Jnanendriya*, *Panch Karmendriya*, Characteristics and functions of *Trayodashkaran*, Eight *Dharmas* of *Buddhi*.

UNIT 4- Introduction to Sarg, Shareer & Mukti [15 hrs]

Concept and types of *Sarga*: *Bhutsarga* & *Pratyayasarga*, Types of *Shareer*: *Linga*, *Sukshma* & *Sthula Shareer*, Concept of *Bandhan*, Concept of *Mukti*, Types of *Mukti*.

REFERENCE BOOKS:

Gerald James Larson (1998), *Classical Sāṃkhya: An Interpretation of Its History and Meaning*, Motilal Banarasidass

Albrecht Wezler and Shujun Motegi (1998), *Yuktidipika - The Most Significant Commentary on the Sāṃkhyakārikā*, Critically Edited, Vol. I. Stuttgart: Franz Steiner Verlag.

Karl H. Potter (2011), *The Encyclopedia of Indian Philosophies, Volume 2: Indian Metaphysics and Epistemology*, Motilal Banarsidass

Krishna, Ishvara; (translated by: Swami, Virupakshananada), (1995). Samkhya Karika. Sri Vacaspati Misra. Mylapore, Madras: Sri Ramakrishna Matt.

Course Name: YOGA UPANISHADS

Course Code: MS-EL403

Course Objective:

1. To study the basics and applied part of Yoga in different Yoga Upanishads

Course Outcomes:

This course targets empowerment of learners to

1. Review *Shandilya Upanishad* and its *Ashtanga Yoga* philosophy
2. Review *Jabaldarshanopanishad* and its *Ashtanga Yoga* philosophy
3. Review *Trishikhibrahmanopanishad* and its *Ashtanga Yoga* philosophy
4. Review *Yogchudamanyupanishad* and its *Shadanga* philosophy

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	
CO2	✓	✓	✓
CO3	✓	✓	✓
CO4	✓	✓	✓

Course Content

Units	Title	COs Addressed
1	Shandilya Upanishad	CO1
2	Jabaldarshanopanishad	CO2
3	Trishikhibrahmanopanishad	CO3
4	Yogchudamanyupanishad	CO4

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4
1	Internal Examination	✓	✓		
2	Semester End Examination	✓	✓	✓	✓

UNIT 1: Shandilya Upanishad [15 hrs]

Brief Introduction to *Shandilya Upanishad*, *Ashtanga Yoga*: Types of *Yama*, Types of *Niyama*, Types of *Asana*, Concept and Types of *Nadi & Prana*, Stages of *Pranayama*, Concept & Types of *Pratyahara*, Concept & Types of *Dharana*, Concept & Types of *Dhyana*. Concept of *Samadhi*.

UNIT 2: Jabaldarshanopanishad [15 hrs]

Brief Introduction to *Jabaldarshanopanishad*, *Ashtanga Yoga* : *Yama* (10 Types), *Niyama* (10 Types), *Asana* (9 Types), Types of *Prana & Nadi*, Types of *Pranayama* , *Pratyahara*, *Dharana*, *Dhyana* (Its Types) & *Samadhi*.

UNIT 3: Trishikhibrahmanopanishad [15 hrs]

Brief Introduction to *Trishikhibrahmanopanishad*, Concept & Types of *Yamas* and *Niyamas*, Concept & Types of *Asanas*, Types of *Nadi*, Types of *Prana & Pranayama*, Concept of *Pratyahara*, *Dharana*, *Dhyana*, *Samadhi*.

UNIT 4: Yogchudamanyupanishad [15 hrs]

Brief Introduction to *Yogchudamanyupanishad*, *Shadanga Yoga*- *Asana* & its types, Types of *Chakra*, *Nadi*, *Prana*, *Pranayama*: Its types & Benefits, Concept of *Kundalini* , *Mitahara*, *Mudra & Bandhas*, Concept of *Pratyahara*, Concept of *Dharana*, Concept of *Dhyana*, Concept of *Samadhi*.

REFERENCE BOOKS:

108 Upanishad-*Brahmavidya Khand*- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

108 Upanishad-*Jnana Khand*- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

108 Upanishad-*Sadhana Khand*- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

Swami Nikhilananda - *The Principal Upanishads*, Courier Corporation, 2003

Swami Sivananda - *The Essence of Principal Upanishads*, Divine Life Society, 1980

Upanishad Sangraha- *Jagdish Shashtri*, Motilal Banarasidas, Varanasi, Delhi, Chennai.

Name of the Course: Field Training-I

Course Code: MS-FW404

Course Objectives:

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

1. Discuss wellness empowering herbal formulations prescribed by Swami Ramdev and Acharya Balkrishna.
2. Recognize practical knowledge about wellness empowering herbal formulations prescribed by Swami Ramdev and Acharya Balkrishna.

Course Outcomes:

This course targets empowerment of learners to

1. Discuss yogic principles and practice coined by Patanjali yogpeeth for optimizing wellness, health and wellbeing.
2. Prepare and use herbal formulations and natural modalities worked out by PYP for health promotion, disease prevention and healing.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	
CO2	✓	✓	✓

Course Content

Units	Title	COs Addressed
1	Yoga and Health	CO1
2	Ayurveda and Health	CO1, CO2
3	Health-promoting principles and nutritive care	CO1
4	Home Remedies: Application of readily available herbs and spices	CO2

Assessment Plan

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

Instructions:

During field training students are expected to carry out the following tasks.

1. Involve themselves during practical session.
2. Understand how to take teach
3. Gain the knowledge of teaching different Yoga Texts

Note:

Students need to spend 2 hours every day in the nearby Yoga Schools/ Recognized Yoga Universities

Examination:

Students shall be examined based on the knowledge acquired with respect to Yoga Texts

Name of the Course: Project Work-I

Course Code: MS-PW405

Course Objectives:

Following the completion of this course, learners will be able to carry out project work in Literary and Philosophical area of the Shastras.

Course Outcomes:

This course targets empowerment of learners to

1. Carry out mini research project, draft dissertation/thesis and write research paper for scholarly publication.
2. Validate bio, psycho, social, spiritual effectiveness of yoga, naturopathy and home remedies.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	✓
CO2	✓	✓	✓

Assessment Plan

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

Note:

- During this time, candidates are expected to carry out the following task
- Meet guide at least once to report the progress.
- Spend time every day for recording the data.

Examination:

Students shall be examined based on the presentation of their synopsis and progression of the project work.

Elective Paper-III:

Maharishi Dayananda's Yoga teachings (Contents to be workout inconsultation with HH Swami Ramdev Ji)

OR

Swami Vivekananda's Four Yoga Streams

Course Objective:

1. To explain principles and practices of the different streams of Yoga.

Course Outcomes:After study this course, a learner will enable to

1. Outline Yogic etiopathogenesis and management of stress from the perspective of Raja Yoga, Karma Yoga, Jyana Yoga, Bhakti Yoga
2. Interpret yogic perspective of human personality and its development process and practices.
3. Apply yogic principles and practices of Raja Yoga, Karma Yoga, Jyana Yoga, Bhakti Yoga for maximizing performance of mankind.
4. Use yogic principle and practice covered in Raja Yoga, Karma Yoga, Jyana Yoga, Bhakti Yoga for managing stress and personality development.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	
CO2	✓	✓	✓
CO3		✓	✓
CO4		✓	✓

Course Content

Units	Title	COs Addressed
1	Raja Yoga	CO1, CO2, CO3, CO4
2	Karma Yoga	CO1, CO2, CO3, CO4
3	Jnana Yoga	CO1, CO2, CO3, CO4
4	Bhakti Yoga	CO1, CO2, CO3, CO4

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4
1	Internal Examination	√	√		
2	Semester End Examination	√	√	√	√

UNIT 1: Raja Yoga [10 hrs]

Introduction to Raja Yoga, The first steps, Prana, The Psychic Prana, The Control of Psychic Prana, Pratyahara and Dharana, Dhyana and Samadhi, Raja Yoga in brief, Concentration: its Practices and spiritual uses.

UNIT 2: Karma Yoga [10 hrs]

Karma & its Effect on Character, Each is great in his own place, The Secret of Work, What is Duty? We Help Ourselves, not the World, Non-Attachment is the Complete Self-Abnegation, Freedom, the Ideal of Karma Yoga.

UNIT 3: Jnana Yoga [15 hrs]

The Necessity of Religion, The Real Nature of Man, Maya & Illusion, Maya and the Evolution of the Conception of God, Maya and Freedom, The Absolute and Manifestation, God in Everything, Realization, Unity in Diversity, The Freedom of the Soul, The Cosmos: The Macrocosm & The Microcosm, Immortality, The Atman: Its Bondage and Freedom, The Real and the Apparent Man.

UNIT 4: Bhakti Yoga [25 hrs]

Definition of Bhakti, The Philosophy of Ishwara, Spiritual Realization, The Aim of Bhakti Yoga, The need of a Guru, Qualifications of the Aspirant and the Teacher, The Mantra: OM: Word and Wisdom, Worship of Substitutes and Images, The Chosen Ideal, The Method and the Means, Para Bhakti: The Preparatory Renunciation, The Bhakta's Renunciation results from Love, The Naturalness of Bhakti-Yoga and its Central Secret, The forms of Love Manifestations, Universal Love and How it Leads to Self-Surrender, The Higher Knowledge and the Higher, Love are one to the True Lover, The Triangle of Love, The God of Love is his Own Proof, Human Representations of the Divine Ideal of Love.

TEXTBOOKS:

Dayanda, M. (2009). Satyarth Prakash (69st ed.). Delhi, India: Arya Sahitya Prachar Trust.

REFERENCE BOOKS:

Raja Yoga – Swami Vivekananda

Karma Yoga – Swami Vivekananda

Jnana Yoga – Swami Vivekananda

Bhakti Yoga – Swami Vivekananda

SPECIALIZED PAPERS – II

II Year										
Semester - III										
1	MS-SCT301	Disease specific pathology-I*	3	1	0	4	20	10	70	100
2	MS-SCT302	Evidence based yoga therapy-I∞	3	1	0	4	20	10	70	100
3	MS-ELT303	Elective-I† (Naturopathy)	3	1	0	4	20	10	70	100
4	MS-SCT304	Disease specific pathology, practical-I	-	-	4	2	10	05	35	50
5	MS-SCT305	Evidence based yoga therapy, practical-I	-	-	4	2	10	05	35	50
6	MS-FW306	Field training-I	-	-	8	4	20	10	70	100
7	MS-PW307	Project work-I	-	-	8	4	-	-	-	100
36Hrs						24	TOTAL			600
Semester- IV										
1	MS-SCT401	Disease specific pathology-II**	3	1	0	4	20	10	70	100
2	MS-SCT402	Evidence based yoga therapy-II∞	3	1	0	4	20	10	70	100
3	MS-ELT403	Elective-II† (Complementary and Alternative Therapy)	3	1	0	4	20	10	70	100
4	MS-SCT404	Disease specific pathology, practical-II	-	-	4	2	10	05	35	50
5	MS-SCT405	Evidence based yoga therapy, practical-II	-	-	4	2	10	05	35	50
6	MS-FW406	Field training-II	-	-	8	4	20	10	70	100
7	MS-PW407	Project work-II	-	-	8	4	-	-	-	100
36						24	TOTAL			600
Hrs										
Total number of Credits						100				2500

SST – Specialised Courses Theory, SSP - Specialized Courses Practicals; EL – Elective; DSTE –

Discipline specific theory elective, PW-Project work, FW-Field Work

L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record

Discipline specific theory electives

1. Mind-bodymedicine
2. Neurobiology ofconsciousness
3. Psychophysiology ofmeditation
4. Applied yogatherapy
5. Introduction to integrativemedicine
6. Human body according toyoga

Name of the Course: Disease Specific Pathology-I

Course Code: MS-SCT301

Course Objectives:

At the end of this theory teaching will be able to:

1. Explain etiopathogenesis of diseases and the concept and the Pathological effect of various non-communicable diseases and the body's capacity for healing.
2. Identify common hematological disorders and annotate necessary steps to understand them.
3. Explain the pathogenesis of gastrointestinal disorders.

Course Outcomes:

The learning outcomes of this course will enable learners to

1. Explain etiopathogenesis factors and markers of cancers, inflammation, cellular damage and electrolyte imbalance
2. Identify normal and abnormal limits of hemodynamic changes during carcinoma, cardiovascular and GIT disease.
3. Recognize normal and abnormal values of markers related to GIT disease.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2		√	
CO3		√	√

Course Content

Units	Title	COs Addressed
1	Introduction to Pathology	CO1, CO2, CO3
2	Hemodynamics Changes	CO1, CO2, CO3
3	Haematology	CO1, CO2, CO3
4	Gastrointestinalpathology	CO1, CO2, CO3

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3
1	Internal Examination	√	√	
2	Semester End Examination	√	√	√

UNIT 1: Introduction to Pathology [15 Hrs.]

Importance of the study of pathology; Definition of terms; Methods and techniques; Cellular and Tissue changes; Infiltration and regeneration; Inflammations and Infections; Wound healing; Vascular changes; Cellular growth, Neoplasms; Normal and Cancer cell; Benign and Malignant growths; Carcinoma Disturbances of fluid and electrolyte imbalance.

UNIT 2: Hemodynamics Changes [15 Hrs.]

Oedema, Shock, Thrombosis, Embolism, Infarction; Neoplasia: Cell cycle, Hyperplasia, Metaplasia, Hypertrophy, Atrophy, Nomenclature (classification of tumors), Differences between benign and malignant tumors, Aetiopathogenesis of neoplasia (cancer), Signs of Malignancy, Chemical and physical carcinogens, Biological carcinogens (RNA & DNA viruses), Spread of tumours (Metastasis), Dysplasia (Carcinoma in-situ), Lab diagnosis of cancer.

UNIT 3: Haematology [15 Hrs.]

Normal Haematopoiesis, Bone marrow examination, Anaemia (Classification of anaemia); 2. Iron deficiency anaemia, Vitamin B12 deficiency anaemia (megaloblastic anaemia), Pernicious anaemia, Haemolytic anaemia (inherited disorders & acquired), Hereditary Spherocytosis, Hereditary Elliptocytosis, Immune Haemolytic anaemia, Thalassemia, Sickle cell anaemia, Aplastic anaemia, Polycythaemia; Agranulocytosis, Leucocytosis – Leukopenia, Leukemoid, Reaction; Leukaemia Lymphomas (Hodgkin's & non-type Hodgkin's; Normal Coagulation mechanism; Thrombocytopenia (ITP); Haemophilia; Christmas Disease – Haemophilia B; Von-willebrads disease; DIC (Disseminated Intravascular Regulation), Rh Incompatibility

UNIT 4: Gastrointestinal pathology [15 Hrs]

Typhoid, Tuberculosis, Crohn's Disease, Appendicitis; Inflammatory diseases of appendix and large intestine: Amoebic colitis, Bacillary dysentery; Ulcerative Colitis; Ischemic and Pseudomembranous enterocolitis, diverticulosis; Malabsorption: Celiac disease, Tropical and other causes; Jaundice : Types, Pathogenesis and Differentiation; Hepatitis : Acute and Chronic, Etiology, Pathogenesis and Pathology; Cirrhosis: Aetiology, Post necrotic, Alcoholic, Metabolic, Pathology, Morphology (Macronodular, Micronodular, Mixed), Complications; Portal Hypertension: Types including non-cirrhotic portal fibrosis and Manifestations.

TEXT BOOKS:

Strayer, D. S., & Rubin, E. (2015). *Rubin's Pathology Clinicopathologic Foundations of Medicine*. Philadelphia, PA: Wolters Kluwer

Test Book of Pathology - Andersons - C.V.Mosby Volume I & II Company

REFERENCE BOOKS:

Basic Pathology - Kumar, Cotran – Saunders

Bryan Rush Distributors Peter Castaldi

Clinical Laboratory Methods - Ramniksood – Jaypee

G.C.DeGruchy Clinical - David Penington - CBS Publishers & Haematology in medical

General Pathology - Walter & Israel –

Horbury, T. (2006). Basic statistics. *National Center for HIV/AIDS, Viral Hepatitis, Sexual Transmitted Diseases and Tuberculosis Prevention*, (April).
<http://www.cdc.gov/hiv/basics/statistics.html>

Illustrated Pathology - Govans - ELBS Edition

Lazaris, A. C. (2018). *Clinical Genitourinary Pathology: A case-based learning Approach*. (A. C. Lazaris, Ed.). Cham, Switzerland: Springer. doi://doi.org/10.1007/978-3-319-72194-1

Lewin, K. J., Riddell, R. H., & Weinstein, W. M. (2014). *Gastrointestinal pathology and its clinical implications* (2nd ed., Vol. I). Philadelphia, PA: Wolters Kluwer health.

Pathologic Basis of Disease- Kumar, Cotran– Saunders Collins

Simpkins, A. M., & Simpkins, C. A. (2011). *Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice* (2011th ed.). Hoboken, New Jersey: John Wiley & Sons, Inc.

Strayer, D. S., & Rubin, E. (2015). *Rubin's Pathology Clinicopathologic Foundations of Medicine*. Philadelphia, PA: Wolters Kluwer.

Name of the Course: Evidence Based Yoga Therapy-I

Course Code: MS-SCT302

Course Objectives:

After the completion of the program, the students should be able to

1. List physiological principles underlying pathogenesis and progression of GIT, musculoskeletal, excretory, and psychological disorders.
2. Independently handle a patient and administer yoga therapy.
3. Illustrate the physiological response and adaptations to environmental stresses.

Course Outcomes:

This course is expected to enable learner to

1. Discuss etiopathogenesis regarding somatic, psychological and psychosomatic disease.
2. To interpret etiopathogenesis of Musculo-skeletal GIT disorders and excretory system related disorders.
3. To diagnose, design and implement integral yoga therapy protocol for prevention and mitigation of major Musculo-skeletal, GIT and excretory system related diseases.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2		√	
CO3		√	√

Course Content

Units	Title	COs Addressed
1	Introduction to Common Ailments	CO1, CO2
2	Musculo-Skeletal Disorders	CO1, CO2
3	Gastro Intestinal Disorders	CO2, CO3
4	Excretory System	CO2, CO3

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3
1	Internal Examination	√	√	
2	Semester End Examination	√	√	√

UNIT 1: Introduction to Common Ailments [15Hrs.]

Introduction to stress: Physiology of stress, psychosomatic ailments; Introduction to Yoga therapy – AdhijaVyadhi concept, IAYT; HIV – AIDS: Cause, Pathophysiology, Clinical Features, Medical management, Yogic Management; Autoimmune disorders: Causes, clinical features, various autoimmune disorders, Medical management, Yogic Management; Cancer: Causes, clinical features, Side effects of Chemotherapy, radiotherapy, Medical management, Yogic Management; Anemia: Classification of anemia, Medical management, Yogic management

UNIT 2: Musculo-Skeletal Disorders [15Hrs]

Back Pain: Classification of back pain: organic and functional, Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical Management, Yogic Management, Neck pain: Classification, Cervical Spondylosis, Functional neck pain, Whiplash injury, Medical Management, Yogic Management; All forms Of Arthritis: Rheumatoid Arthritis: Osteoarthritis, Psoriatic Arthritis, Gout, Medical Management, Yogic Management; Muscular dystrophy: Medical Management, Yogic Management

UNIT 3: Gastro Intestinal Disorders [15Hrs]

APDs: Introduction to APDs: Gastritis –Acute & Chronic, Dyspepsia, Peptic Ulcers:. Clinical Features, Medical Management, Yogic Management, Constipation and Diarrhea: Definition, Pathophysiology, Clinical Features, Medical Management, Yogic Management, iii. Irritable Bowel Syndrome: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management, Inflammatory Bowel Disease, Ulcerative colitis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Crohn's diseases: Definition, Pathophysiology, Classification, Clinical features, Medical Management, Yogic Management.

UNIT 4: Excretory System [15 Hrs.]

Chronic renal failure: Causes, clinical features, Medical management & Yogic Management; Renal stones: Medical management & Yogic Management; Irritable bladder, Medical management, Yogic Management, Stress incontinence, Medical management, Yogic Management; Metabolic Disorder: Diabetes Mellitus 1 and 2.: Definition, Pathophysiology, Classification, Clinical Features: . Medical Management, Yogic Management'; Hypo and Hyper- thyroidism: Definition, Pathophysiology, Classification, Clinical Features, Medical management & Yogic Management; Obesity: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management, Metabolic Syndrome: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management.

REFERENCE BOOKS:

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: DivyaPrakashan

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: DivyaPrakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: DivyaPrakashan Books™

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.

Integrated approach of yoga therapy for positive health-R Nagaratha, HR Nagendra

Iyengar, B. K. S. (2001). *Yoga: The Path to Holistic Health* (1st ed.). London, Great Britain: Dorling Kindersley.

Long, R. (2008). The Key Muscles of Hatha Yoga. papers://0528d255-b313-4f39-8be9-b9934b4cb82f/Paper/p201

Payne, L., & Usatine, R. (2002). *Yoga Rx: A Step-by-Step Program to Promote Health, Wellness, and Healing For Common Ailments* (1st ed.). New York, NY: Broadway Books.

Yoga for common ailments and IAYT for different diseases –R. Nagarathana, H R Nagendra and Shamantakamani Narendran

Yoga for common disorders- Swami Koormananda Saraswati

Name of the Course: Elective-I (Choice Based)

Course Code: MS-ELT303 (Naturopathy)

Course Objectives:

Study of this Paper will enable learner to-

1. Discuss principles and science of preventive & healing modalities in naturopathy.
2. Prescribe and provide naturopathy for common diseases.

Course Outcomes:

This course targets empowerment of learners to

1. Outline philosophy, principles and modalities of naturopathy.
2. Interpret science, process and uses of naturopathic modalities related to water, earth, fire, ether and air for health promotion and healing.
3. Apply science, process and modalities of massage for disease prevention and healing
4. Prescribe and implement naturopathy for various acute and chronic diseases.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√	√	
CO3		√	√
CO4		√	√

Course Content

Units	Title	COs Addressed
1	Naturopathy Mud, Sun and Air Therapy	CO1, CO2
2	Hydrotherapy	CO1, CO2
3	Fasting	CO2, CO3
4	Massage	CO3, CO4
5	Natural Therapeutics	CO3,CO4

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4
1	Internal Examination	√	√		
2	Semester End Examination	√	√	√	√

UNIT-1

Naturopathy: History, Meaning, Definition, Purpose, Core Principles, Constructive and Destructive Principles, Primary and Secondary Causes of Diseases, Chronic and Acute Diseases-Etiology, Signs, Symptoms, Pathophysiology, Diagnosis and Healing Modalities of Naturopathy.

Mud, Sun and Air Therapy: Importance and Types of Mud, Preventive and Therapeutic Effects of Mud, Mud Treatment Modalities and Their preventive and Therapeutic Effects and Uses. Sunlight and its Preventive and Remedial Value, Chromotherapy: Preventive and Therapeutic Modalities of Sunlight and Chromotherapy. Air and its Preventive and Therapeutic Modalities and Uses.

UNIT-2

Hydrotherapy: Meaning, Definition, Purpose, Principles, Preventive and Therapeutic effects and implications of water, Preventive and Therapeutic Modalities in Hydrotherapy and their Science: Normal Bath, Water Intake, Circular Bath, Foot and Arm Bath, Steam Bath, Water Wave Bath, Hip Bath, Jet Bath, Sauna Bath, Whirlpool Bath, Hot and Cold Wet Towel Compress (Full Body, Foot, Arms, Stomach, Back), Sponge Bath, Anemia: Concept, types, Methods, Promotive, Preventive and Therapeutic Uses; and Precautions.

UNIT-3

Fasting: Meaning, Definition, Types, Purpose, Principles, Types (Long term, Short term, Water Fasting, Liquid Fasting), Physiological Action and Reaction of the Fasting, Preventive and Curative Uses of the Fasting, Ideal and Natural Diet; Concept of Dietary and Nutritional Ingredients (Carbohydrate, Fat, Protein, Vitamin, Minerals, Water and Fibers) Disease-wise Dietary Prescriptions as in Unit 5.

UNIT-4

Massage: History, Meaning, Definition, Purpose, Principles, Types (Scientific, Ayurvedic and Thai) and Techniques, Science of Massage, Steps of the Massage: Friction, Stroking, Kneading, Digital Kneading, Fist Kneading, Wringing, Skin Rolling, Tapping, Pinching, Hacking, Cupping, Pounding, Percussion, Acupoint stimulation, Joint mobilization and stretching; Promotive, Preventive and Therapeutic Applications of the three Massages.

UNIT-5

Natural Therapeutics: Constipation, Acid Peptic Diseases: Dyspepsia, GERD Reflux, Peptic and Duodenal Ulcers; Inflammatory Bowel Diseases, Irritable Bowel Syndrome, Coeliac Diseases, Chron's Disease, Colitis, Gallstone, Jaundice, Rhinitis, Sinusitis, Pneumonia, COPD, Asthma, Emphysema, Psoriasis, Hypertension/Hypotension, Under and Over Active Thyroid, Metabolic Syndrome, Obesity, Diabetes- Type 1 and Type 2; Gestational Diabetes, Tuberculosis- Lung, Bone and Gut; Hypertension, Coronary Artery Disease, Congestive Heart Failure, Cancers: Breast, Cervix, Blood, Lung, Hepatic and Gall Bladder, Bone; Back Pain, Neck Pain, Cervical, Spondylosis, DMD, Arthritis-RA & OA, Renal Stone, Leukorrhea, Menstrual Disorders, PCOD, Infertility, Erectile Dysfunction, Premature Ejaculation, Urinary Tract Infection Autism, ADHDAD, Depression , PTSD, Insomnia, Tension Headaches, Migraine, Stroke, Epilepsy, Parkinson's Disease, Anxiety, Schizophrenia , OCD, Hysteria, Alzheimer's Disease.

REFERENCES

- Bakhru, H. K. (1991). *The Complete Handbook of Nature Cure* (5th ed.). Jaico Publishing House.
- Cayleff, S. E. (2016). *Nature's Pathway: A History of Naturopathic Healing in America*. John Hopkins University Press.
- Goyal, B. B. (2013). *Secrets of Naturopathy and Yoga* (UK ed). Sterling Publishers.
- Hechtman, L. (2012). *Clinical Naturopathic Medicine*. Elsevier.
- Johari, H. (1996). *Ayurvedic Massage Traditional Indian Techniques for Balancing Body and Mind*. Inner Traditions/Bear.
- Lindlahr, H. (2010). *Nature Cure*. Wexford College Press.
- Mhaske, S. N. (2017). *Essentials of Nutrition*. CBS Publishers.
- Mitchell, S. (2001). *Naturopathy*. Random House.
- Niraj, N. K. (2009). *Miracles of Naturopathy and Yogic Sciences*. Popular Book Depot.
- Salguero, C. P., & Roylance, D. (2005). *Encyclopedia of Thai Massage* (2nd ed.). Silkworm Books.
- Sarris, J. (2019). *Clinical Naturopathy: An Evidence-based Guide to Practice*. Elsevier.
- Clay, J. H., & Pounds, D. M. (2008). *Basic clinical massage therapy: integrating anatomy and treatment* (2nd ed.). Lippincott Williams & Wilkins. <https://doi.org/10.1139/apnm-2014-0147>.
- Hoon Debruyne, L. K., Pinna, K., & Whitney, E. (2016). *Nutrition & Diet Therapy* (9th ed.). CENGAGE Learning.
- James Waslaski. (2012). *Clinical Massage Therapy: A Structural Approach to Pain Management* (M. Cohen (Ed.)). Pearson.
- Khan, Janet R. (2002). *Massage Therapy: The Evidence for Practice* (G. J. Rich (Ed.)).

Mosby Elsevier. Lavekar, G. S. (Ed.). (2009). *A Practical Handbook of Panchakarma Procedures-Central Council for*

Research in Ayurveda and Siddha. Central Council for Research in Ayurveda and Siddha.

Lutz, C. A., Mazur, E. E., & Litch, N. A. (2015). *Nutrition and Diet Therapy* (6th ed.). F. A. Davis Company.

Mechanisms, P., Action, O. F., & Massage, F. O. R. (n.d.). *Massage therapy, acupuncture, and reflexology* 3. 23–42.

Mumford, S. (2009). *The massage bible: The Definitive Guide to massage* (Issue December). A Godsfield Book. <https://doi.org/10.1016/j.ijforecast.2014.06.001>

Schlenker, E. D., & Gilbert, J. (2015). *Williams' Essentials of Nutrition and Diet Therapy* (11th ed.). Elsevier, Mosby.

Name of the Course: Disease Specific Pathology Practical-I

Course Code: MS-SCT304

Course Objectives:

Following the completion of the practical training, students shall be able:

1. To demonstrate the laboratory experiments.
2. To recognize the normal and abnormal value of a parameter.
3. To develop the skills of interpreting the results.

Course Outcomes:

This course targets learner's aptitude development to

1. Carry out blood group detection test, hemoglobin, RBC and WBC enumeration test.
2. Demonstrate anemia related pathological test and test as explained in 1.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√	√	√
CO2	√	√	√

Course Content

Units	Title	COs Addressed
1	Hematology –I	CO1, CO2
2	Hematology-II	CO1, CO2
3	Anemia	CO1, CO2
4	Demonstration	CO1, CO2

Assessment Plan

Total Number of Hrs: 120	Theory	Tutorial	Practical
Credits			4
Hrs/ week			8
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory :		Practical :	

100			
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		70	30

UNIT 1: Hematology –I [15 Hrs]

Blood groups (ABO system); Estimation of hemoglobin; Enumeration of RBCs (RBC count); Total leucocyte count (Total count);

UNIT 2: Hematology-II [15 Hrs.]

Differential leucocyte count (DC); Peripheral smear staining and reporting; Absolute eosinophil count

UNIT 3: Anemia-I [15 Hrs.]

Anemia: Hemograms in anemia, Iron deficiency anemia, Macrocytic anemia, Microcytic anemia, Hemolytic anemia

UNIT 4: Demonstration [15 Hrs.]

All candidates are expected to demonstrate the Unit-I experiments and explain the same in the practical records.

REFERENCE BOOKS:

Practical Manual by Harsh Mohan

Medical Laboratory Technology– Ramnik Sood

Name of the Course: Evidence Based Yoga Therapy-I

Course Code: MS-SCT305

Course Objectives:

Following the completion of these practical, students shall be able to:

1. Demonstrate the yoga practices specific to a particular ailment.
2. Explain the principles and procedure of each practice.

Course Outcomes:

This course targets empowerment of learner's aptitude to

1. Prescribe and implement integral yoga therapy protocol for prevention and mitigation of anemia, Musculo- skeletal, GIT diseases.
2. Prepare case study of the five different patients having disease related to musculoskeletal and GIT diseases.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√	√	

Course Content

Units	Title	COs Addressed
1	Special techniques for Anaemia	CO1, CO2
2	Cancer and autoimmune diseases	CO1, CO2
3	Musculo skeletal diseases	CO2,
4	Gastrointestinal disorders	CO2,

Assessment Plan

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits				2
Hrs/ week				4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

UNIT 1: Special techniques for Anaemia [15 hrs.]

Set of practices required for Anaemia and other associated haematological complications need to be taught.

UNIT 2: Cancer and autoimmune diseases [15 Hrs.]

Set of practices required for Cancer and Auto immune complications need to be taught.

UNIT 3: Musculo skeletal diseases [15 Hrs.]

Set of practices required for Muscular and skeletal diseases need to be taught.

UNIT 4: Gastrointestinal disorders [15 Hrs.]

Set of practices required for gastro intestinal diseases need to be taught.

Note:

Please note that the disease specific technique includes Asana, pranayama, suryanamaskara, asana, pranayama, mudra, bandhas, kriyas and meditation techniques.

REFERENCE BOOKS:

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: DivyaPrakashan

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: DivyaPrakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: DivyaPrakashan Books™

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.

Name of the Course: Field Training-I

Course Code: MS-FW306

Course Objectives:

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

1. Demonstrate the yoga practices specific to a particular ailments confidently.
2. Apply practical knowledge and skills about the disease specific yoga techniques.

Course Outcomes:

This course targets empowerment of learners to

1. Prescribe and implement integral yoga protocol, dietary recommendation and lifestyle for health promotion and therapy.
2. Report promotive, preventive and therapeutic effects of yoga protocol dietary recommendation and life style moderation.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√	√	

Assessment Plan

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

Instructions:

During field training students are expected to carry out the following tasks.

1. Involve themselves during practical session.
2. Understand how to take case history
3. Gain the knowledge of recording the common parameters specific to disease.

Note:

Students need to spend 2 hours every day in the hospital set up where the patients undergo their yoga treatment.

Examination:

Students shall be examined based on the knowledge acquired with respect to parameter and the case history.

Name of the Course: Project Work-I

Course Code: MS-PW307

Course Objectives:

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

1. Carry out small scale research projects.
2. Generate, present, analyze and interpret data.
3. Draw inferences and apply them.

Course Outcomes:

This course targets empowerment of learner's aptitude to

1. Design and carry out mini research projects.
2. Draft dissertation and research paper for scholarly publications.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√	√	

Assessment Plan

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

Note:

- During this time, candidates are expected to carry out the following task
- Meet guide at least once to report the progress.
- Spend time every day for recording the data.

Examination:

Students shall be examined based on the presentation of their synopsis and progression of the project work.

Name of the Course: Disease specific Pathology-II

Course Code: MTSS401

Course Objectives:

This course targets to

1. Explain concept, etiopathogenesis and complications of various non-communicable diseases and the body's capacity for their healing.
2. Discuss cardiovascular, respiratory and renal disorders.
3. Discuss pathogenesis of endocrine, nervous, obstetrics and gynecological disorders.

Course Outcomes:

This course targets empowerment of learners to

1. Identify etiopathogenesis factors and markers related to cardiovascular, respiratory, nervous, endocrine, genitourinary disorders/disease.
2. Recognize normal and abnormal level of disease specific pathological markers.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√	√	
CO2	√		√

Course Content

Units	Title	COs Addressed
1	Cardiovascular and respiratory pathology	CO1, CO2
2	Nervous and endocrine pathology	CO1, CO2
3	Obstetrics, Gynecologic and Renal pathology [CO2

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2
1	Internal Examination	√	√
2	Semester End Examination	√	√

UNIT 1: Cardiovascular and respiratory pathology [15 Hrs.]

Rheumatic fever and Rheumatic Heart Disease: Pathogenesis, Morphology and effects; Atherosclerosis and Ischemic Heart Disease; Myocardial Infarction; Diseases of blood vessels

other than atherosclerosis; Hypertension, its type and Hypertensive Heart Disease; Structure of Bronchial tree and alveolar walls, concept of obstructive and restrictive lung disorders, Inflammatory diseases of bronchi: chronic bronchitis, bronchial asthma, bronchiectasis, chronic obstructive lung disease, Pneumonias: Lobar, Broncho, Interstitial; Pulmonary suppuration including lung abscess: Etiopathogenesis and Morphology;

UNIT 2: Nervous and endocrine pathology [15 Hrs.]

Structural Organization, specific cell types, and reaction patterns; Inflammatory disorders: Pyogenic and tuberculous meningitis; CSF and its disturbances: cerebral edema, raised intracranial pressure; Cerebrovascular diseases : Atherosclerosis, thrombosis, embolism, aneurysm, Hypoxia, Infarction and Hemorrhage; Scope of endocrine control and Investigations; Diabetes Mellitus: Types, Pathogenesis, pathology, Non-neoplastic lesions of thyroid, hypo & hyper thyroids: Iodine deficiency goiter, autoimmune thyroiditis, thyrotoxicosis, myxedema,

UNIT 3: Obstetrics, Gynecologic and Renal pathology [15 Hrs.]

Physiology of normal pregnancy, diagnosis of pregnancy, routine antenatal care, management of common symptoms in pregnancy, investigations to be carried out in pregnancy; Hypertensive disorders in pregnancy, Anemia in Pregnancy : Heart disease in pregnancy; Antepartum hemorrhage; Intrauterine Growth Restriction (IUGR); Rhesus Negative Pregnancy; Disorders of liver, kidneys in pregnancy; Multiple pregnancy; Puerperium, and its complications; Renal structure, basis of impaired function, urine analysis; Glomerulonephritis: Classification, Primary Proliferative and Non Proliferative; Secondary Glomerulonephritis : Diabetes; Nephrotic Syndrome; Acute Renal Failure : Acute tubular and

cortical necrosis; Renal vascular disorders, kidney changes in Hypertension; Renal Malformations : Polycystic kidneys;

REFERENCE BOOKS:

Basic Pathology - Kumar, Cotran – Saunders

Clinical Laboratory Methods - Ramniksood – Jaypee

G.C.DeGruchy Clinical - David Penington - CBS Publishers & Haematology in medical
Bryan Rush Distributors Peter Castaldi

General Pathology - Walter & Israel –

Illustrated Pathology - Govans - ELBS Edition

Pathologic Basic of Disease- Kumar, Cotran– Saunders Collins

Test Book of Pathology - Andersons - C.V. Mosby Volume I & II Company

Lazaris, A. C. (2018). *Clinical Genitourinary Pathology: A case-based learning Approach*.
(A. C. Lazaris, Ed.). Cham, Switzerland: Springer. doi://doi.org/10.1007/978-3-319-72194-1

Lewin, K. J., Riddell, R. H., & Weinstein, W. M. (2014). *Gastrointestinal pathology and its clinical implications* (2nd ed., Vol. I). Philadelphia, PA: Wolters Kluwer health.

Simpkins, A. M., & Simpkins, C. A. (2011). *Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice* (2011th ed.). Hoboken, New Jersey: John Wiley & Sons, Inc.

Horbury, T. (2006). Basic statistics. *National Center for HIV/AIDS, Viral Hepatitis, Sexual Transmitted Diseases and Tuberculosis Prevention*, (April).
<http://www.cdc.gov/hiv/basics/statistics.html>

Strayer, D. S., & Rubin, E. (2015). *Rubin's Pathology Clinicopathologic Foundations of Medicine*. Philadelphia, PA: WoltersKluwer.

Name of the Course: Evidence Based Yoga Therapy-II

Course Code: MS-SCT402

Course Objectives:

After the completion of the program, the students should be able to

1. Discuss relative contribution of each organ system to the homeostasis.
2. Illustrate the physiological response and adaptations to environmental stresses.
3. Independently handle a patient to prescribe and administer yoga therapy.

Course Outcomes:

1. This course targets empowerment of learners to List physiological principles underlying pathogenesis and management of disorders related to respiratory, cardiovascular, metabolic, neurological and psychic systems.
2. Recognize principles and factors of yoga therapy for prevention and managing diseases related to respiratory, cardiovascular, metabolic, neurological and psychic systems.
3. Design and implement yoga therapy protocol for prevention and mitigation of the diseases related to above systems.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√		
CO3		√	√

Course Content

Units	Title	COs Addressed
1	Respiratory Disorders	CO1, CO2
2	Cardiovascular and Metabolic Disorders	CO1, CO2
3	Neurological Disorders	CO2, CO3
4	Psychiatric Disorders	CO2, CO3

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3
1	Internal Examination	√	√	
2	Semester End Examination	√	√	√

UNIT 1: Respiratory Disorders [15 Hrs.]

Respiratory Disorders: Introduction to Respiratory disorders, Brief classification – Obstructive, Restrictive, infectious and inflammatory, Introduction to Pulmonary function tests and their principles, Bronchial Asthma: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management, Allergic Rhinitis & Sinusitis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; COPD: Chronic Bronchitis, Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; Emphysema: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; Infectious Disorders: Tuberculosis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; Pneumonia: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Interstitial Lung Disease / Idiopathic pulmonary fibrosis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management

UNIT 2: Cardiovascular and Metabolic Disorders [15 Hrs.]

Introduction to Cardiovascular disorders; Hypertension: Definition, Pathophysiology, Classification, Clinical Feature, Medical Management, Yogic Management; Atherosclerosis / Coronary artery disease: Definition, Pathophysiology, Classification, Clinical Features Medical Management and Yogic Management; Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post-CABG rehab. Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Congestive Cardiac Failure / Cardiomyopathy: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Cardiac asthma: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management.

UNIT 3: Neurological Disorders [15 Hrs.]

Headaches, Migraine: Causes, Classification, clinical features, Medical management, Yogic Management; Tension headache: Medical management, Yogic Management; Cerebrovascular accidents: Causes, clinical features, Medical management, Yogic Management; Epilepsy: pain; Autonomic dysfunctions, Causes, clinical features, Medical management, Yogic Management; Parkinson's disease: Causes, clinical features, Medical management, Yogic Management; Multiple sclerosis: Causes, clinical features, Medical management, Yogic Management; Errors of vision of refraction: Causes, clinical features, Medical management, Yogic Management; Hearing impairment: Causes, clinical features, Medical management, Yogic Management

UNIT 4: Psychiatric Disorders [15 hrs.]

Introduction to psychiatric disorders, classification – Neurosis, Psychosis; Neurosis: Anxiety disorders; Generalized anxiety disorder; Panic Anxiety; Obsessive Compulsive Disorder; Post-traumatic stress disorder; Phobias, Medical Management, Yogic Management; Depression, Dysthymia, Major depression, Medical Management, Yogic Management; Psychosis-Schizophrenia: Bipolar affective disorder, Medical Management, Yogic Management, Mental retardation, Autism, Attention Deficit Hyperactivity Disorders, Medical Management, Yogic Management; Substance abuse– alcohol, tobacco, cannabis abuse, Medical Management, Yogic Management.

REFERENCE BOOKS:

Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: DivyaPrakashan Books™

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.

Integrated approach of yoga therapy for positive health-R Nagaratha, H R Nagendra

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: DivyaPrakashan

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: DivyaPrakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

Yoga for common ailments and IAYT for different diseases –R. Nagarathana, H R Nagendra and Shamantakamani Narendran

Yoga for common disorders- Swami KoormanandaSaraswati

Name of the Course: Elective-II (Choice Based)**Course Code: MS-DSTE403****(Complementary & Alternative Therapy)****Total Marks (Internal & Final Exam): 100 (70+30)****Course Objectives:**

The teaching-learning of this paper will enable learner to-

1. State concept, prevalence, objectives, types, applications and limitations of CAT&
2. Demonstrate knowledge & skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

Course Outcomes:

This course targets empowerment of learners to

1. Outline mind-body medicine, manipulative-body based therapy, energy healing, acupressure and dietary supplements and herbal remedies.
2. Prescribe pertinent mind body practices, massage, pranic healing, acupressure, diet, herbal remedies for the prevention and mitigation of common ailments.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2		√	√

Course Content

Units	Title	COs Addressed
1	CAT	CO1, CO2
2	Manipulative-Body Based Therapy (MBT)	CO1, CO2
3	Energy Medicine	CO2
4	Acupressure & Pranic Therapeutics	CO2
5	Biologically Based Products (Dietary Supplements & Herbal Remedies)	CO2

Assessment Plan

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

Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2
1	Internal Examination	√	√
2	Semester End Examination	√	√

UNIT 1: 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– Swami Ramdev, Acharya Balkrishna, Swami Satyananda, B.K.S. Iyengar, Norman Cousins, Deepak Chopra, Herbert Benson, Dean Ornish, Bernie Siegel, Lorry Dossey; Need of mind body medicine; Mind body relationship and modern medicine: Epidemiological studies, clinical studies, & experimental studies; Placebo and Nocebo.

UNIT 2: 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: 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; Ahartia Yoga & Twin Meditation, Scanning Aurals or Chakras, Sweeping and Energizing Procedures.

UNIT 4: 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: Biologically Based Products (Dietary Supplements & Herbal Remedies)

Probiotics and Prebiotics, Antioxidants, Glucosamine Sulfate, Glutamine, Selenium, Curcumin, Multi-vitamins and their Natural Sources, Omega-3 Fatty Acid and Tryptophan; their Functions and natural Sources; Panchagavya (Cow-urine, dung, milk, curd, ghee and Panchagavya ghris) and their preventive and healing applications.

TEXTBOOK:

Yuan, Chun-Su., & Bieber, E. J. (2003). Textbook of complementary and alternative medicine. New York, NY: The Parthenon Publishing Group.

REFERENCE BOOKS:

Acharya, B. (2004). *Ausadh Darshan*. Haridwar, India: Divya Prakashan.

Acharya, B. (2005). *Ayurveda Jadi-butu Rahasya*. Haridwar, India: Divya Prakashan.

Brahmabarchas. (2003). *Nidan Chikitsa*. 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. & Burne, J. (2007). *Food is better medicine than drugs*. Great Britain: Piatkus.

Holford, P. (2014). *Good Medicine*. Great Britain: Piatkus.

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). *Pictorial atlas of acupuncture: An illustrated manual of acupuncture points*. Solvenia: h. f. ullmann.

Micozzi, M. S. (2015). *Fundamentals of complementary and alternative medicine (5th ed.)*. China. Elsevier Saunders.

Mohan, H. (2010). *Textbook of pathology (6th ed.)*. New Delhi, India: Jaypee Brothers Medical Publishers (P) Ltd.

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: DivyaPrakashan.

Peeters, J. (2008). *Reflexology*. Bath BAIHE, UK: Paragon.

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: DivyaPrakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

Sah, R. L., Joshi, B., & Joshi, G. (2002). *Vedic health care system*. New Delhi, India: New Age Books.

Sharma, S. (1998). *Jivem Saradm Satam*. Mathura, India: Akhand Jyoti Samsthan.

Sharma, S. (2006). *Diagnose, cure and empower yourself by the currents of breath*. Haridwar, India: Shri Vedmata Gayatri Trust.

Sharma, S. (2010). *Gayatri Mahavigyan (Combined and revised ed.)*. Mathura, India: Yug Nirman Yojana Bistar Trust.

Sharma, S. (2013). *Chikitsa Upchar Ke Vividh Ayam (2nd ed.)*. Mathura, India: Akhand Jyoti Samsthan.

- Sharma, S. (2013). *Nirog Jeevan Ke Mahatopurna Sutra* (2nd ed.). Mathura, India: Akhand Jyoti Samsthan.
- Sharma, S. (2013). *Pran Chikitsa* (2nd ed.). Mathura, India: Akhand Jyoti Samsthan.
- Sui, M. C. K. (2002). *Miracle through pranic healing* (3rd ed.). New Delhi, India: All India Pranic Healing Foundation.
- Sui, M. C. K. (2005). *Advanced pranic healing*. Banglore, India: World India Pranic Healing Foundation-India.
- Sui, M. C. K. (2005). *Pranic Psychotherapy* (2nd ed.). Banglore, India: World India Pranic Healing Foundation-India.
- Yogananda, P. (2011). *Journey to self-realization*. Kolkata, India: Yogoda Satsang Society of India.

Name of the Course: Disease Specific Pathology Practical-I

Course Code: MS-SCP404

Course Objectives:

Following the completion of the practical training, students shall be able to:

1. Demonstrate the laboratory experiments.
2. Recognize the normal and abnormal value of a parameter.
3. Develop the skill of interpreting the results.

Course Outcomes:

This course targets empowerment of learners to

1. Carry out and demonstrate microscopic observation of disease pathology.
2. Collect and analyze specimen related to gastric carcinoma, liver cirrhosis and cardiac hypertrophy.
3. Carry out laboratory tests of urine, blood sugar, LFT, RFT, and spirometry for PFT.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√	√	
CO3		√	√

Assessment Plan

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

UNIT 1: Microscopic Observation [15 Hrs.]

Acute myeloid leukemia, Chronic lymphatic leukemia, Anemia: macrocytic, microcytic; Plasmodium falciparum malaria; Acute appendicitis, Gastric carcinoma, Emphysema, Cirrhosis of liver, Myocardial infarction, Pulmonary tuberculosis

UNIT 2: Specimen [15 Hrs.]

Gastric carcinoma, Cirrhosis of liver, cardiac hypertrophy, Appendicitis, Fatty liver

UNIT 3: Laboratory Tests [15 Hrs.]

Urine analysis, Random blood sugar, Fasting and Post prandial blood sugar, Liver and Kidney function test in pathological conditions

UNIT 4: Pulmonary Function Tests [15 Hrs.]

Vital capacity, tidal volume and Peak flow rate in pathological conditions

REFERENCE BOOKS:

Practical Manual by Harsh Mohan

Medical Laboratory Technology– Ramnik Sood

Name of the Course: Evidence Based Yoga Therapy-II

Course Code: MS-SCT405

Course Objectives:

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

1. Plan principles, procedure, indications and contraindications of yoga practices.
2. Design, demonstrate and apply the yoga practices specific to a particular ailment.

Course Outcomes:

This course targets learner's aptitude development to

1. Design and implement disease specific integral yoga therapy protocol.
2. To report impacts of implemented YTP targeting specific disease.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√	√	√

Course Content

Units	Title	COs Addressed
1	Disease specific techniques for Respiratory Disorders	CO1, CO2
2	Disease specific techniques for Cardiovascular Disorders	CO1, CO2
3	Disease specific techniques for Neuro-endocrine Disorders	CO1, CO2
4	Disease specific techniques for Psychiatric and Obstetric & Gynecological Complications	CO1, CO2

Assessment Plan

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits				2
Hrs/ week				4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

UNIT 1: Disease specific techniques for Respiratory Disorders [15 hrs.]

Set of practices required for respiratory disorders need to be taught.

UNIT 2: Disease specific techniques for Cardiovascular Disorders [15 Hrs.]

Set of practices required for cardiovascular disorders need to be taught.

UNIT 3: Disease specific techniques for Neuro-endocrine Disorders [15 Hrs.]

Set of practices required for Neuro-endocrine diseases need to be taught.

UNIT 4: Disease specific techniques for Psychiatric and Obstetric &

Gynaecological Complications [15 Hrs.]

Set of practices required for Psychiatric and Obstetric & Gynecological complications need to be taught.

Note:

Please note that the disease specific technique includes Asana, pranayama, suryanamaskara, asana, pranayama, mudra, bandhas, kriyas and meditation techniques.

Name of the Course: Field Training-II

Course Code: MS-FW406

Course Objectives:

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

1. Apply yogic principles and practices specific to a particular disease.
2. Gain more practical knowledge about the disease specific yoga techniques

Instructions:

During field training students are expected to carry out the following tasks.

1. Involve themselves during practical session.
2. Understand how to take case history.
3. Gain the knowledge of recording the common parameters specific to disease.

Course Outcomes:

This course targets development of learners to

1. Make social interaction and implementation of learned yogic behaviors to solve biological, psychological, social and spiritual problems of an individual and group.
2. Conduct and report field work/s.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√	√	√

Assessment Plan

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

Note:

Students need to spend 2 hours every day in the hospital set up where the patients undergo their yoga treatment.

Examination:

Students shall be examined based on the knowledge acquired with respect to parameter and the case history.

Name of the Course: Project work-II

Course Code: MS-PW407

Course Objectives:

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

1. Carry out small scale research projects.
2. Collect, present, analyze and interpret data.
3. Infer and apply research findings.

Course Outcomes:

This course targets empowerment of learner's to

1. Design, conduct and report mini research projects.
2. Draft and publish research papers in scholarly journals.

Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√	√	√

Assessment Plan

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

Note:

- During this time, candidates are expected to analyse the data with the help of guides.
- Organize and represent the data.
- Write the dissertation and complete the presentation.
- Project II shall be the continuation of Project I

Examination:

Students shall be examined based on the presentation of project work and the quality of the research work.

University of Patanjali
Post Graduate Diploma in Yoga Science
Syllabus
(2021-22)



Post Graduate Diploma in Yoga Science

Dated: 26.04.2022

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.

REFERENCES

- Balkrishna, A. (2007). *Yoga synergy with medical science*. Haridwar, India: Divya Prakashan Books TM
- Coulter, H. D. (2006). *Anatomy of Hatha Yoga*. Delhi, India: Motilal Banarasi Das
- Frawley, D. & Kozak, S. S. (2006). *Yoga for your type*. New Delhi, India: New Age Books.
- Gore, M. M. (2004). *Anatomy and physiology of yogic practices*. Lonavala, India: Kan chan Prakashan
- Gupta, A. P. (2011). *Human anatomy and physiology*. Agra, India: Sumit Prakashan.
- Guyton, A. C. & Hall, J. E. (2006). *Textbook of medical physiology* (11th ed.). Pennsylvania: Elsevier.
- Kaminoff, L. (2007). *Yoga Anatomy*. Champaign: Human Kinetics
- Kumar, V. (2004). *Manav Sarir Samrachna aur sarir kriya vijyan*. New Delhi, India: Japee Brothers Medical Publishers (P) Ltd.
- 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.
- Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: Divya Prakashan.
- Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.
- Robin, Mel. (2002). *A physiological handbook for teachers of yoga sana*. Arizona: Fenestra
- Robin, Mel. (2009). *A Handbook for Yoga Sana Teachers*. Arizona: Wheatmark
- Selvarasu, K. V. (2003). *Kriya Cleansing in yoga*. Tamil Nadu, India: Yoga Bharati.
- Tortora, G. J. & Derrickson, B. N. (2009). *Principles of anatomy and physiology* (14th ed.). Hoboken, NJ: Wiley.

Tortora, G.J. & Derrickson, B.N. (2009). Principles of anatomy and physiology - II (14th ed.). Hoboken, NJ: Wiley.

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 Pragy* 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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- 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*

UNIVERSITY OF PATANJALI, HARIDWAR

PG DIPLOMA IN YOGA AND SPORTS COACHING (PGDYSC)

**SYLLABUS
(For the Year 2021-22)**



PG DIPLOMA IN YOGA AND SPORTS COACHING

(One-Year Duration)

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 breathe 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 and life style related ailments. This course has the vision of producing yoga professionals 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.

- 1.0. Title of the Course** - The Course shall be called as "PG Diploma in sports coaching for Graduates" of one year duration.
 - 2.0. Duration of the Course** - This is a regular course, extended over a period of one year, and comprising of two semesters and two months internship.
-

The classes will be conducted 5 days in a week. There will be minimum 6 hours of instructions every day. (3Hrs. Theory and 3Hrs. Yoga Practical) and additionally, there will be extra hours for Library/ Tutorials/Personal-Practise etc., everyday. If necessary, Special classes will be conducted on Saturdays.

Eligibility

:Essential:

A candidate possessing a Graduate degree (qualifying examination) in any discipline from a recognized University in India or abroad with minimum 50% of marks is eligible for admission to the Diploma in Sports Coaching-Yogasana for Graduates.

A candidate should be below 35 years of age as on 1st of August of the respective year. There is a relaxation of 10 years for in-service personnel (on regular basis) who join the course on deputation through proper channel.

Participates of National Level Yogasana Competition should be conducted by AIU/NCERT/SGFI or any association or federation conducting competition for last 5 years.

A candidate should be medically fit. A Medical Fitness Certificate in this regard issued from the Medical Officer of the Institute shall be produced. Candidates suffering from any chronic disease are advised not to seek admission to this course.

Objectives of the Course–

The objectives of the course are as under:

1. To develop personality of the learners at all levels.
 2. To provide curriculum based on modern terminology, modern coaching methods and training principles
 3. To impart technical and tactical knowledge of teaching skills of field yoga.
 4. To prepare trained personnel to instruct Yoga at Secondary Schools, Pre-University, Colleges, Universities and other educational set ups.
 5. To create awareness of Positive Health and Spiritual evolution.
 6. To motivate Graduates to take up Yoga as a profession.
 7. To deliver the course for modern yoga and especially considering the fundamental terms, language, principles and drills, strategies, formation etc.
-

LEARNING OUTCOMES:

Enable to learn the basic, intermediate and advanced skills of yoga.

We will understand methods of teaching skills.

Enable to understand the technical and tactical knowledge of imparting coaching.

Enable to understand the systematic preparation of athletes at various levels.

SKILL DEVELOPED:

Leadership qualities

Critical thinking

Decision making

Effective communication.

Problem solving

Teamwork

work ethics

Designing of planning & periodization

Coaching & Teaching methodology

Uses of various means and methods/ Training aids for better execution of training.

7.0. Syllabus-

The syllabus is designed to fulfill the above mentioned objectives containing Theory subjects, Practical and Field training in Yogasana and Self Development through assignments (under practical).

8.0 Medium of instruction-English/Hindi.

Procedure of Evaluation –

(i) Evaluation through semester-end examination

(ii) Continuous evaluation by the teacher(s) of the course.

10. **Scheme of Examination and Evaluation**

- I. An academic year shall be apportioned into two semesters. There shall be semester-end examination after completion of each semester which will be notified by the Institute.
 - II. The overall weightage of a course in the Syllabi and Scheme of Teaching and examinations shall be determined in terms of credits assigned to the course.
 - III. The evaluation of the students in a course shall have two components in the scheme of teaching and examination and syllabi.
 - i. Evaluation through semester-end examination
 - ii. Continuous evaluation by the teacher(s) of the course.
 - IV. There shall be Two semester-end examinations. First semester-end examination will be held preferably in the month of DECEMBER and second semester-end examination will be held preferably in the month of JULY. Semester-end examinations will be comprised of both theory and practical papers.
 - a. All semester-end examinations will be held as per the Institute schedule which will be notified by the Co-Ordinator.
 - b. Candidates are allowed to write the said examination either in English or in Hindi
 - c. The duration of each theory paper in semester-end examinations of 70 Marks shall be 3.00 hours and each 35 Marks shall be 1.30 hours.
 - d. Each theory paper shall comprise questions from all the units with internal choices, covering the entire syllabus.
 - V. Apart from the Semester - end examinations there shall be two Class Tests/Assignments etc. in each Semester as part of Teacher/s Continuous evaluation of the Course.
 - a. The date/s, timings and the scheme of question papers etc. for these class tests/assignments shall be prepared by the concerned subject teachers in consultation with Course Co-ordinator / Director of the Institute. The results of these unit tests shall be displayed on the notice board of the institute for the information of the students.
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VI. The distribution of weightage for various components of evaluation shall be as below:

A. THEORY COURSES	(For 100 Marks)	(For 50 Marks)
(i) Semester-end examination	70%	35%
(ii) Continuous evaluation by the teachers	30%	15%

B. PRACTICAL COURSES

(i) Semester-end examination	70%	35%
(ii) Continuous evaluation by the teachers	30%	15%

VII. THEORY COURSES

A.1 Semester-end examination

Total Marks: 70 Marks: 35

Q.I. Multiple Choice/Answer in a sentence or two/Objective Type questions

(1 Mark Each) (1 Mark Each)

(Questions from all the Units and all are compulsory)

10x1=10 Marks

5x1=5 Marks

Short Note type questions

(5 Marks Each) (5 Marks Each)

Each) (Two questions from each unit with a choice)

6x5=30 Marks

2x5=10 Marks

Long Answer/Essay/Short Essay type questions

(10 Marks Each) (10

Marks Each) (One question from each unit with a choice)

3x10=30 Marks 2x10=20

Marks

Note: The format of the Semester-end Examination for Theory Courses has given herein

A.2.Continuous evaluation by the teachers:			Total marks: 30	
(i)	Two class tests* 10 marks each		0	15
			20 marks	10
(ii)	Attendance:		06 marks	03
	90% & above	06 marks	03	
	80% and above but below 90%	04 marks	02	
	75% and above but below 80%	02 marks	01	
	Below 75%	00 marks	00	
(i)	Participation in socio-cultural activities, monthly lectures, workshops, Sports, discipline etc.		04 marks	02

*The two class tests may ordinarily be held after 6 weeks and 12 weeks of teaching.
 #There will be only one Unit Test for the papers of 50 marks and of 2-3 credits.

The format of the Class Test for Theory Courses has given herein

I. PRACTICAL COURSES

Semester-end Examination

Total marks: 70 & 35

There shall be Semester-end examination of each practical course and distribution of marks shall be as per the marks mentioned in each syllabus.

Continuous evaluation by the teachers

Total marks: 30 & 15

The teachers' continuous evaluations shall be based on:

(i)	Performance in the two practical class tests	10 marks each	20 marks	10
(ii)	Punctuality and practical performance in the regular practical classes	05 marks	05 marks	2.5
(iii)	Subjective experience and Self-assessment Reports/Lab work setc. by the students	05 marks	05 marks	2.5

FIELDWORK/

Total marks: 35

(i)	Preparation for Yogacamp/ (Selection of Yogacamp and participants)		05 marks	
(i)	Design of Yogaprotocol and its implementation		05 marks	
(ii)	Feedback by the participants/organizers/documentation setc.		05 marks	
(iii)	Fieldwork report		20 marks	

Total marks: 35

STUDY TOUR/ASSIGNMENT/SELF APPRISAL

- (i) Preparation for Study Tour OR 10 Assignments
10 marks (Selection of the Yoga Institute/Design of Tour Programme and its implementation, selection of topics with objectives etc.)
- (ii) Study tour report/Journal with all Assignments
25 marks The Field Work Report, Assignments, Self-appraisal, and Study Tour Reports etc. shall be evaluated by the concerned in-charge Teacher/s and will be as per Institute rules and regulations.
- B. The Course Coordinator shall verify the marks and submit them to the Director of the Institute or the faculty nominated by the Director.
- C. In case of any problem in smooth conduct of the examinations, the decision of the Board of Examination/Director of the Institute will be the final.

II. Marks and Gradation-

As per the Institute Rules. The 'final result' will comprise of the total marks obtained in all the Semesters and the passing percentage is 40% marks.

40% and above but below 50%	Pass
50% and above but below 60%	Second Division
60% and above but below 80%	First Division
80% and above	Distinction

FORMAT OF QUESTION PAPER

(For All Unit Tests) Theory Courses

PAPER-___: _____

Max. Marks: 10

Duration: 1 Hr.

Note: Answer all the Questions.

Q.I Answer the following in a sentence or two.

Marks: 4x0.5=2

1.
2.
3.
4.

Write short notes on the following.

Marks: 2x2=04

1. /OR
2. /OR

Answer the following in detail

Marks: 1x4=04

1. /OR

**This is the general format of Unit test examination; it can be modified by Subject Teacher.*

(Note: Assignments may also be given to the students instead of Unit Test/s as desired by the class teacher)

FORMAT OF QUESTION PAPER FOR 70 MARKS

(For All Semester

End Examinations) Theory Courses

Courses

Max. Marks: 70

Duration: 3 hours

PAPER- ___: _____

Note: Answer all the Questions.

Q.I Answer the following in a sentence or two / Objective Type

Marks: 1x10=10

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Write short notes on the following

Marks: 6X5=30

1. /OR
2. /OR
3. /OR
4. /OR
5. /OR
6. /OR

Answer the following in detail

Marks: 3X10=30

1. /OR

2. /OR

3. /OR

FORMAT OF QUESTION PAPER FOR 35 MARKS

(For All Semester

End Examinations) Theory Courses

ses

Max. Marks: 35

Duration: 1½ hours

PAPER- ____: _____

Note: Answer all the Questions.

Q.I Answer the following in a sentence or two/ Objective Type

Marks: 5x1=5

1.
2.
3.
4.
5.

Write short notes on the following

Marks: 2X5=10

1. /OR
2. /OR

Answer the following in detail

Marks: 2X10=20

1. /OR
2. /OR

I. Scheme of teaching and evaluation

Semester-I

S · N ·	Course Code	Course Title	Period per week				Evaluation scheme				Cou rse T otal
			L	T	P		Sessional			SEE	
							Credit	CT	TA		
Section-I Theory											
1	PGDYSC- CT101	Foundation of yoga	3	1	0	60hrs	4	20	10	70	100
2	PGDY SC- CT102	Human An atomy & E xercise physiology	3	1	0	60hrs	4	20	10	70	100
3	PGDY SC- CT103	Sports biochemistry & Nutrition	3	1	0	60hrs	4	20	10	70	100
4	PGDYSC- CT104	Sports psychology	2	1	0	45hrs	3	20	10	70	100
5	PGDY SC- CP105	Competition n Yogasana & O fficiating	2	1	0	45hrs	3	20	10	70	100

Section-II Practical

S · N ·	Course Code	Course Title	Period per week				Evaluation scheme				Cou rse T otal
			L	T	P		Sessional			SEE	
							Credit	CT	TA		
6	PGDYSC- CP 106	Yoga practicum	-	-	8	120hrs	4	20	10	70	100
2	PGDY SC- CP107	Practical- II Yogasan a Optional	0	0	4	60hrs	2	20	10	70	100
3	PGDY SC- CT108	Practical- III Pedagogic practiceteachin g training and officiating.	0	-	4	60hrs	2	20	10	70	100
							26	Total			800

*CT-Core Theory, CP-Core Practical, L-Lecture, T-Tutorial, P-Practical (practice/field), CT-Cumulative Tests, TA-Teachers Assessment, SEE-Semester End Examination.

Semester II

S. N.	Course Code	Course Title	Period per week				Evaluation scheme				Course Total
			L	T	P		Sessional			SEE	
							Credit	CT	TA		
1	PGDYS C-CT201	Kinesiology & sports Biomechanics	3	-	1	60hrs	4	20	10	70	100
2	PGDYSC-CT202	Coaching & Training	3	1		60hrs	4	20	10	70	100
3	PGDYS C-CT203	Sports medicine, Anthropometry & Yoga therapeutics	3	1		60hrs	4	20	10	70	100
4	PGDYSC-CT204	Planning & Periodization	2	1		45hrs	3	20	10	70	100
5	PGDYS C-CT205	Officiating in Rhythmic, Artistic single/pair & Artistic group	2	1		45hrs	3	20	10	70	100

Section-II Practical

S. N.	Course Code	Course Title	Period per week				Evaluation scheme				Course Total
			L	T	P		Sessional			SEE	
							Credit	CT	TA		
6	PGDYSC-CP206	Practical-IV Rhythmic & Artistic Yoga	-	-	8	120 hrs	4	20	10	70	100
2	PGDYSC-CP207	Practical-V Coaching Basic advanced elements in Yogasana	0	0	4	60 hrs	2	20	10	70	100
3	PGDYSC-CP208	Practical-VI Pedagogic practice teaching training and officiating.	0	-	4	60 hrs	2	20	10	70	100
						26	Total			800	

*CT-Core Theory, CP-Core Practice, L-Lecture, T-Tutorial, P-Practical (practice/field), CT-Cumulative Tests, TA-Teachers Assessment, SEE-Semester End Examination.

PGDYSC–CT-101

Foundation of Yoga

Course objectives: -

- To provide basic and fundamental knowledge about yoga.
- To impart technical and tactical knowledge of teaching skills of field yoga.
- To deliver the course for modern yoga and especially considering the fundamental terms, language, principles and drills, strategies, formation etc.

Learning outcomes: -

This course will enable the students

- To learn the basic and fundamental knowledge about Yoga
- To understand the technical and tactical part of teaching and coaching
- To understand the modern yoga especially considering the fundamental terms, language, principles and drills, strategies, formation etc.

UNIT-1: General Introduction to yoga

Etymology and definition of yoga; origin, history and development of yoga: prior to the Vedic period, Vedic period, Medieval period, Modern era; Misconceptions about yoga, Brief introduction to school of yoga: Jnana Yoga: Meaning of Jnana and Jnana Yoga, sadhanachatushtaya, Means of Jnana; Bhakti Yoga: Meaning of Bhakti & Bhakti Yoga, stages of Bhakti, Types of Bhakti, Means of Bhakti-yoga; Karma-Yoga: Concept of Nishkamakarma, Means of Karmayoga; Inter-relationship between Bhakti Yoga, Karma Yoga and Jnana Yoga (**Basis of Bhagwadgita & Yoga Darshan**), General introduction to 'Shad-Darshan'

UNIT-2: Brief about Yoga in Texts and the Yogis

General introduction to Veda, Upanishad, Prasthanatrayee & Purusharth Chatushtaya, Yogic perspective: Bhagavad Gita, Yoga Vashishta, Narada Bhakti Sutras. Yogic perspective: Puranas with emphasis to Bhagavat Purana; **Introduction to eminent yogis and their style of Yog:** Maharshi Dayanand, Swami Vivekanand, Maharshi Arvind, Swami Kuvalayanand, Swami Shivanand, Yoga Rishi Swami Ramdevji, Maharishi Ramana.

UNIT-3: Introduction to Hathayoga

Hathayoga: Meaning and Definition of Hathayoga; Aim & objectives of Hatha Yoga; misconceptions about Hathayoga; Concept of sadhaka and badhaktattva; Concept of Matha, Mitahar, Pathya & Apathya, Types of Aspirants; Concept of Panchakosha, Prana, Upa-Prana, Nadi & Chakra.

UNIT-4:HathayogicPractices&texts

Asanas;Meaning& Definition;Types&Their significance;Pranayama:Meaning anddefinition;Types&theirsignificance.IntroductiontoBandha&Mudraandtheirhealthbenefits;introductiontoDhyananditsroleinyogasanaPerformance;yoganidra;ImportantHathaYogictexts:Hathapradipika,GherandSamhita, ShivSamhita,Hatharatnavali

UNIT-5:IntroductiontoPatanjalYogaDarshan

BriefintroductiontoMaharshiPatanjaliandPatanjalYogasutra;Conceptofchitta;conceptofchittabhoomis(Kshipta,moorh,vikshipta,ekagra,niruddha);Conceptofchittavrittiesandtheirclassification,ChittavrittiNirodhopaya(Abhyas-vairagya);Chittavikshepa(Antaraya); ConceptofchittaPrasadanam,relevanceofchittaprasadanaminYogasadhana. ConceptofIshwar;Conceptof Kriyayoga;ConceptofAshtangaYoga;Kaivalyayoga (Pratiprasavyoga)

TextBooks:

1. YogarishiSwamiRamdevji:PatanjalYogaDarshan,DivyaPrakashan,Haridwar,2008
2. AcharyaBalakrishna:YogaVishwakosh,DivyaPrakashan,2014

BooksforReference

1. AgarwalMM:SixsystemsofIndianphilosophy,ChowkhambaVidyaBhawan,Varanasi,2010
2. SwamiBhuteshanand:NaradBhaktiSutra,AdvaitaAshramPublication-Dept.Kolkata,IIEdition,2009
3. RadhakrishnanS:IndianPhilosophy,OxfordUniversity,UK(Vol.I&II)IIEdition,2008
4. Gharote,M.M.&others:TherapeuticreferencesinTraditionalYogatexts,Lonavla.2010
5. GharoteML:Hatharatnavali,TheLonavlaYogaInstitute,Lonavla,Pune,2ndedition,2009
6. GharoteM.L.&Pai,G.K.(Edi):SiddhasiddhantPaddhati,Kaivalyadhama,Lonavla,2005
7. MaxMullerK.M.:ThesixsystemsofIndianPhilosophy,Chaukhamba,Sanskritseries,Varanasi,6thedition,2008
8. SwamiVedBharati:YogasutrasofPatanjali(withtheexpositionofVyasa)M.L.B.D.NewDelhi,2004,VolII& II
9. BKSiyengar:IntroductionofPatanjaliYogasutras:MDNIY,NewDelhi.2011.
10. GSSahaya:HathaYogaPradeepikaofSvatmaram,MDNIYpublication,NewDelhi,2013
11. SwamiDigambarji&GharoteM.L.:GherandSamhita,Kaivalyadhama,Lonavla,1978
12. SwamiNiranjanandSaraswati:GherandSamhita,BiharSchoolofYoga,Munger,Bihar
13. Dr.ChandrakantaMishra:Yogaascienceoffitness&wellness

14. Singh SP & Yogi Mukesh: Foundations of Yoga, standard publication, New Delhi, 2011
15. Yogendra Purusharthi (Sw. Divyanand Saraswati): Vedome Yoga Vidya, Yogicshodh asansthana, 1985
16. Yogrishi Swami Ramdev: Ek Yogiek Yoddha, Divya Prakashan, Haridwar, 2015

PGDYSC-CT-102

Exercise Physiology

Course Objectives:-

- To understand the basic idea of different systems of human body.
- To understand the Physiological basis of training, acute responses and chronic adaptation of various systems.
- To know about different energy systems and their contribution to different types of activities in various sports and games.
- To understand different environmental influences on training and the important Physiological considerations.
- To know about gender difference in performance.
- To know about hormonal changes due to exercise.

Learning outcomes:

Students will be able to learn

- About the functioning of different systems
- About the functional changes of different systems during exercise and after training
- How to develop different aerobic and anaerobic qualities by understanding the involvement of different energy systems for different types of activity
- About environmental influence on training
- How to assess different physiological parameters like heart rate, strength, oxygen consumption and their practical implications

UNIT-1: INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY

Introduction to Human Anatomy; Introduction to Human Physiology; Basic Anatomical and Physiologic terms.

Basic structure and functions of Cell and Cellular organelles; Tissue, types of tissues and functions; Body Organization.

Blood; compositions of blood, Plasma, Blood cells their structure and functions; Immunity and body defense.

Homeostasis; Its mechanism to maintain body's internal environment.

Introduction to Sensory Physiology; Fundamental structure and Functions of the Eye; Ear; Nose; Tongue and Skin

UNIT-II: INTRODUCTION TO PHYSIOLOGICAL SYSTEMS

Skeletal System:

Structure and functions of Skeleton; Classification of Bones and Joints (viz., wrist, elbow, shoulder, ankle, knee, hip and pelvic joints), Structure of Spine; Range of movements of each of these joints

Nerve-Muscle Physiology System:

Types of muscles; Structure and Functions of Skeletal, Cardiac and Smooth muscle. Basics of neuromuscular junction.

Respiratory System: Structure of Bronchial tree; Functions of respiratory system; Lung Volume and Capacities.

Cardio-Vascular System:

Structure of Heart and blood vessels; Cardiac Cycle and Cardiac Output; Heart Rate and Blood Pressure.

Digestive System:

Structure of Gastro-intestinal tract and digestive organ; Physiology of digestion; absorption; Peristalsis.

UNIT-III: INTRODUCTION TO PHYSIOLOGICAL SYSTEMS & EXERCISE PHYSIOLOGY

Excretory System:

Structure of urinary system with emphasis on kidney; Functions and mechanism of kidney; Functions of other organ (Lungs, Skin and Sweat glands) as excretory organs.

Endocrine System:

Location and functions of endocrine glands (viz., Hypothalamus, Pituitary, Thyroid, Parathyroid, Pancreas, Adrenal and gonads)

Reproductive System:

Structure of male Reproductive System; Structure of female Reproductive System; Menstrual Cycle.

Nervous System:

Introduction to Central Nervous System (CNS); Major parts of the Brain; Spinal Cord and its functions; Introduction to peripheral Nervous System (autonomic nervous system and somatic nervous system) and its functions.

UNIT-IV: BASIC UNDERSTANDING OF EXERCISE PHYSIOLOGY

Types of exercise; Effect of exercise on respiratory system and cardiovascular system. Physiology of training – effect of VO_2 max performance, Homeostasis and strength. Physiology of strength training. Physiological differences between men & women. Body temperature regulation in hot and cold environment

Practical:

1. Measurement of heart rate by different methods and heart rate monitoring during training
2. Dynamometry - measurement of back strength and grip strength
3. Assessment of maximum aerobic capacity (VO_2 Max) - Direct and Indirect method
4. Assessment of anaerobic power - Direct and indirect method
5. Determination of anaerobic threshold

Books for reference:

1. Physiology of sports and exercises - Wilmore JH, Costill DL. Human Kinetics Publication.
2. Exercise Physiology: Theory and application of fitness and performance. Scott K Power, Edward T. Howley. MC Graw Hill.
3. Physiological Basis for Exercise and sports. Edward L Fox. MC. Graw Hill.

PGDYSC-CT-103

Sports Biochemistry & Nutrition

Course objectives:

- Basic understanding regarding macronutrients and micronutrients and their specific role in sports.
- Understanding regarding sports specific issues such as hydration, weight control; supplements etc.
- Identifying and calculating nutritive values of raw, cooked and packed food.
- Scrutinizing sports nutrition related information available on internet.
- Basic understanding of exercise biochemistry and its application in sport.
- To instruct more about the use of biochemical parameters in understanding the sports training related adaptation.
- Basic idea about exercise metabolism, fuel utilization during exercise.
- To elucidate the mechanism of fatigue and best recovery modes during different exercise protocols.

Learning outcomes:

- At the end of course the trainee coaches will be able to understand the principles of nutrition to maintain health and enhance recovery process
- The trainee coaches will also be able to apply the nutrition knowledge into field situations
- Better understanding about the application of exercise biochemistry for health and nutritional monitoring of athlete
- Coaches will get clear picture about the importance of biochemical parameters in monitoring the adaptations of sports training

UNIT-1: Introduction to sports biochemistry

- Sports biochemistry; Definition, Aim and importance, exercise metabolism (anabolism and catabolism)
- Storage of fuel in the body, relevance of carbohydrates and lipids for sports and exercise.
- Glycolysis (aerobic and anaerobic), glycogen and lactic acid metabolism.
- Factors affecting fuel utilization during the exercises.
- Biochemical basis of fatigue and recovery mode.

UNIT-2: Biochemical monitoring

- Proteins that transport/store oxygen: Hemoglobin and myoglobin.
- Anemia: Definition, prevalence and types (iron deficiency anemia and sports anemia)
- **Importance of biochemical monitoring of athletes during sport training:**
 - Nutritional markers,
 - Muscle damage markers
 - Bone health markers,
 - metabolic markers
 - Hormonal markers
 - inflammatory markers.
- Biochemical adaptations during sport training.
- Overtraining and biochemical markers of overtraining.
- Vitamin and its effects on skeletal muscle and athletic performance.

UNIT-3: Digestive system

- Elementary canal- structure and functions.
- Accessory organs- structure and functions.

UNIT-4: Macronutrients

- Carbohydrates: types of carbohydrates, digestion and absorption of carbohydrates; sources of carbohydrates and their role in sports; requirement of carbohydrates based on training level; requirement for pre, during and post competition.
- Proteins: Dietary protein and their role in sports; digestion and absorption of proteins; amino acids and their role in sports; requirement of protein for different sports; requirement of proteins for recovery post training/competition.
- Fats: types of fatty acids, sources and their role in sports; Digestion and absorption of fats; requirement of fat for different sports.
- Minerals: Iron: food sources and role in sports. Calcium: food source and role in sports. Other minerals: food sources and role in sports.

UNIT-5 Micronutrients and other health components

- Fat-and-water-soluble vitamins: Introduction; Digestion and absorption of vitamins. Role of vitamins in sports and their food sources.
- Other health components- Healthy eating habits. An athlete phytochemical, antioxidants.
- Probiotics and Prebiotics- Definition, food source and role in sports; General nutritive value of standard food groups.

UNIT6: Hydration, Weight management and Nutritional supplement.

- Introduction of Hydration- symptoms of dehydration; Guidelines for fluid and nutrients intake to maintain hydration status.
- Weight Management- weight loss methods of crash weight reduction and their harmful effects; guidelines for healthy weight reduction.
- Weight gain
- Nutritional supplementation for performance enhancement- sports food, supplement for performance enhancement
- Supplements for immunity, recovery, rehabilitation and weight loss.

Practical (BioChemistry):

- Estimation of hemoglobin
- Estimation of blood lactate
- Interpretation of biochemical reports

Practical (Nutrition)

- Use of food composition tables: Reading and Calculation
- Athlete food plate: Uses and practical application

Casestudies:-

- Assessment of hydration status, Calculation of sweat rate and percent dehydration, preparation of sports drink
- Weight loss competition meal

Assignment:-

- Reading food tables for selection of packed food/supplement
- Searching relevant scientific information on internet for critical evaluation of fad diets/supplements

Reference Books:-

- 1) The Biochemical basis of sports Performance. Maughan R and Gleeson M. (2010). Oxford university Press
- 2) Biochemistry for Sport and Exercise Metabolism Don MacLaren James Morton Liverpool John Moores University, UK
- 3) Exercise, Sport, and Bioanalytical Chemistry (English, Paperback, Hackney Anthony C.)

PGDYSC-CT-104
Sports Psychology

Course Objective-

- To demonstrate understanding of psychological processes that influence human performance in sports settings.
- To identify and apply psychological techniques and strategies to enhance performance in sports.
- To evaluate research in sports psychology and psychological factors related to performance and participation in sport and exercise settings.

Learning outcomes:-

- To enable the coach to develop an understanding of various psychological traits and mental states of individual players in different situations
- To inculcate in them the confidence to apply appropriate psychological tools and techniques on players according to their needs and requirements
- To develop in them the interest and curiosity to be aware of themselves and their athletes and to nurture the athlete in a manner as to bring out their best potential
- Evaluate the effectiveness of their work with athletes in sport, Exercise and performance Psychology

Unit-I: Introduction to Sport Psychology

- i. Meaning and importance of sport psychology

ii. History of sports psychology

in India

iii. Research Methods in Sport psychology
Cognitive processes

i. Introduction to cognitive processes

ii. Role of cognitive processes in sports

iii. Strategies to improve cognitive functions

UNIT-II: Emotional processes and sports performance

i. Definition and theories of Emotion and their implication in sports

s

ii. Stress and Anxiety

iii. Arousal-performance relationship in sports

iv. Stress management techniques

v. Aggression in sports and control

UNIT-IV: Motivation in sports

i. Definition and theories of motivation

ii. Types of motivation and their implication in sports

iii. Techniques of motivation enhancement

iv. Goal setting

Psychological preparation in sports

i. Meaning and importance of psychological preparation

ii. Short term psychological preparation

iii. Long term psychological preparation

iv. Application in sports

V. Sports psychology in perspective of Yoga performance

Reference Books:-

- 1) Singh G.: Introduction to Sports Psychology
- 2) Kamlesh, M.L.: Key ideas in Sports Psychology
- 3) Sharma, K.: Khel Manovigyan
- 4) Kumar, N.: Khel Manovigyanevamsamajhshastra
- 5) Lavelle, D.: Key studies in Sport and Exercise psychology

Course Name: Competition in Yogasana & officiating Course
Code: PGDYSC-CT-105

Course Objectives:-

- To demonstrate the practices for the smooth conduction of Yogasana competition
- To teach the officiating practices in Yogasana competition
- To give the knowledge about the competition conduction of Traditional Yogasana event

Learning Outcomes:-

This course will enable trainee coaches to-

- Understand the practices necessary to carry out the Yogasana competition
- Learn the officiating practices in Yogasana competition
- Understand the procedure to carry out Traditional Yogasana event.

UNIT-1: Introduction of Officiating

- Meaning, concept, importance and principles.
- **Referee and judges:** Condition of a good referee and judge and measures for improving the standard of referee and judge
- **Officials:** Official requirement for conducting yogasana meet and other games and their duties and responsibilities, equipments, required dress code
- **Governing body**

UNIT-II: Organizing the competition

- Working and competition regulation
- Organization of officiating Personal
- Duties of officials
- Equipment's and clothing of yogasana

Unit-III: Rules & Regulations

- Traditional Yogasana (Compulsory and Optional Yogasana)
- Layout and marking of yogasana
- Scoresheet:- Preparation, Tie Break Result and maintenance.

- Pre-andpost-gamedutiesofofficials
- RelationsofofficialswithAthletes,spectatorsandmedia

Referencebook-

- NYSFrulebookofcode&conducts

CourseName:YogaPracticumC

ourseCode:PGDYSC-CP106

1. Prayer
 - Conceptandrecitationofprayer
 - Conceptandrecitationofhymns
 - Selecteduniversalprayersandinocations
2. Warmingup–generalandspecific
3. PracticesbyYogarishiSwamiRamdevJimaharaj
 - YogicJogging
 - EightBaithak
 - TwelveDand
4. GeneralfitnesstrainingDevelopmentofmotorabilities.
 - continuousmethod,intervalmethod,Repetitionmethod,generalandspecificcircuittraining
 - makinguseofspecifictrainingequipments.
4. Shatkarma
5. SukshmaryayamaandSthulavyayama
6. Suryanamaskar
7. Asanas(Traditional,asperyllabusofNYSF,SGFIandAIU)
8. Pranayam
9. Bandha&Mudras
10. Meditation(Dhyan)

CourseCode:PGDYSC-CP107;CourseName:YogaPracticumII-Yogasanaoptional(AsperNYSF)

CourseCode:PGDYSC-CP108;CourseName:YogaPracticumIII(Pedagogicpractice-teaching,training and officiating)

Semester-II

Course Name: Kinesiology & Sports Biomechanics Course
Code: PGDYSCCT-201

Course Objectives:

- To learn about fundamentals of defining joint movements in different planes and axis
- To give an overview of major muscles acting at various joints
- To introduce and understand the core concept of biomechanics & kinesiology in relation to sports action through a combination of theory and practical.
- To understand the difference between qualitative and quantitative analysis of sports movements

Learning Outcomes:

Trainee coaches will be able to

- Describe the basic movement patterns and joints involved in respective sports actions and exercises
- Identify major muscles acting at particular joints in a particular sports action
- Perform qualitative analysis of sports movement

Unit-1 Basics of Kinesiology

- Introduction to Kinesiology and its importance in coaching.
- Concept of reference system and its significance, various references, center of gravity
- Mechanical axis, anatomical and standard standing position,
- Types of planes and axis.
- Definition and explanation of various fundamental and auxiliary movements

Unit-2 Major muscles, joint and their actions

- Overview of Skeletal system,
- Type of joints
- Types of Muscle Action (Muscular contraction)
- Major muscles acting at hip, knee, shoulder, elbow joint, shoulder girdle and trunk region

Unit-3 Posture

- Definition of posture,
- Importance of good posture
- Characteristics of good posture,
- Factors affecting posture/cause of poor posture

- Postural deformities & their corrective measures (Knock-knees, Flatfoot, Bowlegs, Hypnosis, Round Shoulder, Lordosis, Scoliosis).

Unit-4 Structure of motor action

- Definition of motor action
- Classification: types of movements i.e., acyclic, Cyclic and movement combination
- Phases of movements and their importance, Functional relationship among various phases of movements
- structure of acyclic, cyclic and movement combination with example and function of various phases.

Unit-5 Introduction to Sports Biomechanics

- Definition of sports Biomechanics
- role of sports Biomechanics and its contribution in the field of sports.
- Kinesiology and Biomechanics with reference of yoga as a performance.

Unit-7 Forms of motion

- Linear motion –
Definition, units and explanation of different values in linear motion viz. Distance, displacement, speed, velocity, acceleration, acceleration due to gravity, inertia, mass, force, weight, momentum, impulse, pressure and relationship between pressure and area implication between their relationship
- Angular motion –
Definition, units and explanation of different values in angular motion like angular distance, angular displacement, angular velocity, angular acceleration, relationship between angular and linear motion; eccentric force, couple, torque, moment of inertia and interrelationship between moment of inertia, angular momentum and angular velocity

Unit-8 Newton's laws and projectile motion

- Law of inertia, Law of acceleration, Law of action and reaction
- Fundamental definition of projectile, trajectory, range, angle of release, point of release, velocity of release, point of landing height of projectile, time of descent, time of flight, relative height of release
- Various situations of projectile motion and their characteristics and implication in various yoga activities

Unit-9 Levers, Equilibrium and stability

- Types of levers, anatomical levers of body
- Principles of leverage
- Definition of equilibrium and stability
- Centre of gravity and its importance
- Factors affecting stability and equilibrium and their implication

Unit-10 Types of forces

- Internal and external forces
- Effect of characteristics of force
- Summation of force
- Centripetal and centrifugal force
- Friction – its cause, types and factors affecting different types
- Gravitational force
- Application to various Yoga posture

Practical:

- Analysis of fundamental and auxiliary movements
- Introduction to kinematics for 2D skill analysis
- Linear Kinematic analysis of a 15ms sprint using timing gates/stopwatch
- Muscular analysis of fundamental movements by palpation method
- Demonstration of Newton's Law of motion
- Spin on ball - its causes and effects

Reference Books:

1. Yoga Biomechanics. Jules Mitchell. Handa Spring Publication, US 2018
2. Biomechanics of Sports & Exercise. Peter M. McGinnis. Human Kinetics Publisher
3. Basic Biomechanics. Susan J Hall. McGraw Hill
4. Biomechanical Basis of Human Movement. Joseph Hamill, Kathleen M. Knutzen. Lippincott Williams & Wilkins
5. Clinical Kinesiology. Lynn S Lippert. F.A. Davis Company
6. Introduction to Sport Biomechanics: Analyzing Human Movement Patterns. Roger Bartlett. Routledge
7. Anatomy, Mechanics and Human Motion. Englewood Cliffs, N.J.: Prentice Hall Inc. 1988

Course Name: Coaching & Training Course C

Code: PGDYSC-CT202

Course Objectives:

- To provide the knowledge and understanding of coaching concepts in sports coaching
- To enable the trainee coaches to do self-reflection and work out the coaching effectiveness and philosophy for each individual coach
- To make the trainee coaches aware of the behavior and relationships required for becoming effective coaches.

Learning Outcomes:

- The trainees will be able to approach sports coaching with their own philosophy

- The trainees will be able to differentiate between teaching and coaching and will be aware of the basic principles of coaching
- To develop the understanding of the coaching process and to be able to carry out athlete management and developments
- Trainees will acquire the knowledge of planning coaching sessions

Unit-1 Foundation of Sports Coaching

- Coaching meaning, concept & definition
- Approaches to Sports coaching
- Qualities of a good coach
- Roles of a coach

Unit-2 Principles of Coaching & Training

- Principles of Training
Simple to complex, part to whole, learning by doing, intrinsic and extrinsic motivation, frequency and duration of instructions recognition, method of training activities: Individual and Team training; capacity of learner
- **Fundamentals of coaching process skills**
Safety, risk assessment, organization. Explanation, demonstration, observation, analysis and feedback

Unit-3: Lesson Plan & Presentation techniques

- **Lesson Plan**
Importance, Objectives-
Methods (whole part command demonstration and reciprocal coaching and teaching Lesson plan in yoga asana, Evaluation of general and specific lesson plans.
- **Presentation Technique**
Planning, Presentation (Personal and Technical Preparation), organization, Supervision, and Evaluation.

Unit-4 Behavior & Relationships

- A) Managing your athlete's behavior
 - Positive Discipline
 - Preventive Discipline
 - Corrective Discipline
- B) Coaching Relationships
 - Coach parent relationships
 - Coach athlete relationship
 - Coach relationship with education providers

Unit-5 Coaching Effectiveness

- Definition and meaning of coaching effectiveness
- Coaching effectiveness comparisons
- Approaches to coaching effectiveness

Books for reference:-

- 1) Rainer Martens (2012), Successful coaching, Human Kinetics, 4th ed.
- 2) Ralph Pim (2010), Perfect phrases for coaches, By the McGraw-Hill Companies.
- 3) Tania Cassidy, Robyn Jones and Paul Potrac (2008), Understanding Sports Coaching Aylor & Francis E-Library.
- 4) Robyn L. Jones (2006), The sports Coach as Educator, Taylor & Francis E-Library
- 5) Anita Navin- Sports coaching – A reference guide for students, coaches and competitors, The Crowood Press Ltd., 1st edition published in 2011
- 6) Dr. Gharote ML: Teaching methods for Yogic practices, Kaivalyadhama, Lonavla, 2007
- 7) Dr. Raj Kumar: Principles & methods of teaching, Printographics, Delhi
- 8) Dr. Shri Krishna: Notes on basic principles & methods of teaching as applied to Yogic practices and a ready reckoner of Yogic practices, Kaivalyadhama, Lonavla, 2009
- 9) Various e-resources

Course Name: Sports Medicine and Anthropometry Cou

Course Code: PGDYSC-CT203

Course objectives:-

- To gain an understanding on the application of anthropometry in growth, nutrition and performance.
- Human growth and development unit will help students comprehend, how changes that accompany human growth affect skill, exercise tolerance, injury potential of an individual over time.
- Describe theoretical views on body composition and its role in sports participation, recommended methods for body composition assessment.
- To obtain hands-on experience and basic training in common anthropometric measurements.
- To gain an understanding of Yoga therapy and its implication during injuries in Yoga asanas sports

Learning outcomes:-

By the end of the course, trainee coaches will be able to-

- Understand the application of Anthropometry in sports
- Understand the changing aspect of human growth and its role in training

- Find out the indicators of an athlete's health and fitness, its correlation with nutrition and performance
- Comprehend the importance of indices for talent identification
- Correlate physique and performance in sports
- Obtain standardized technique of measurements
- Understand Yoga therapy and its implication during injuries in Yoga and sports

Unit-1 Introduction to Sports medicine

- Basic anatomy of Musculo-skeletal system.
- Prevention of Sports injuries: risk factors and preventive measures
- Injuries in sports: classification of injuries - skin, Muscular, Ligament, Bone and common site-specific injuries in sports.
- Injuries related to yoga and performance in wrong manner
- Sports emergencies and first aid.
- Sports Physiotherapy: General principles of Physiotherapy. Exercise, manual and electrical therapy

Unit-2 Anthropometry

- Introduction and application of Anthropometry in Yoga and sports

Unit-3 Human Growth and Development

- Meaning and stages of Human growth.
- Effect of adolescent growth sport on training.
- Growth curve, Determination of velocity and distance curve.
- WHO and IAP standard growth chart for height and weight.
- Concept of maturity: early, average and late maturity. Role of developmental age in sports.

Unit-4 Body Composition

- Introduction and factors influencing body composition.
- Body composition as a health and fitness indicator in sports.
- Methods to estimate human body composition.
- Determination of body composition: muscle mass, bone mass and fat mass.
- Introduction to body proportion and importance in sports talent identification

Unit-5 Concept of Physique & Somatotype

- Physique:
 - a. Introduction
 - b. Physique in different sports & games
- Somatotype

- a. Different components, importance and scope in sports
- b. Health & Carter's method of somatotyping
- c. Plotting of Somatotype chart

Unit-6: Sports Rehabilitation & recovery

- Principles and phases of rehabilitation
- Medicobiological means of recovery: Ice bath, Massage, sauna bath, steam bath
- Ergogenic aids in sports

Unit-7: Yoga Therapeutics

- General Introduction to Medical Yoga therapy, Principles of Medical Yoga therapy and its implication in Yogasana sports
- General Introduction to Acupressure and its implication in Yogasana sports
- Swasthavritta: Meaning & definition, Three pillars of swasthavritta, Concept of Dinacharya, Ritucharya, Ritucharya and their application for health promotion, rejuvenation & disease prevention
- Introduction to Yajna Therapy

Practical:

- Body landmarks
- Anthropometric instrument: - its heading technique
- Anthropometric measurements
- Hands on training

Reference Books:

1. Acharya Balkrishna: Ayurveda Siddhanta Rahasya, Patanjali Yoga Peeth Trust.
2. Kinanthropometry and Exercise Physiology (4th Edition) Manual by Roger Eiston and Thomas Reilly, 2019
3. Handbook of Research for Biomechanics & Anthropometry in Sports Science by Zahra Hojjati Zidashti, Soheila Yavarmasroor, Kaveh Hariri Asli, 2017
4. Best practice protocols of Physique Assessment in Sport by Patria A. Hume, Deborah A. Kerr, Timothy Rackland, 2018
5. Prof. Ramharsha Singh: Swasthavritta,
6. Sandip Arya: Yajnotherapy, Vijayakumar Govindram Hasanand, 4408 Naisadak, New Delhi

CourseName:Planning&PeriodizationCourseco

de:PGDYSC-CT204

CourseObjectives:-

- 1) ToprovideanunderstandingofthepedagogicpracticesinYoganasports
- 2) Todevelopanin-depthunderstandingaboutsessonandlessonplanningandclassroom
- 3) Toprovidetheknowledgeaboutdifferenttoolsfortalentidentificationandstrategies

LearningOutcomes:

Traineeecoacheswillbeableto

- UnderstandthepedagogicpracticesinYoganasports
- Developthein-depthunderstandingaboutsessonandlessonplanningandclassroom
- Gainanunderstandingaboutdifferenttoolsfortalentidentificationandstrategies

Unit-1:Pedagogicpractice.planning&periodization

- PedagogicPractice
 - LessonPlan
 - Organization
 - Observationandcorrection
- Planning
 - WeeklyPlan
 - DailyPlan
 - Individual'strainingschedule
- Periodization
 - SinglePeriodization
 - DoublePeriodization
 - MultiPeriodization
 - AIMSandcontentsofvarioustrainingperiods

Unit-2Planning&Preparation

- **Planningforcompetition**
 - Competitionschedule
 - Properrecoverybeforecompetitiondays
 - Nutrition's
 - Knowledgeofmovementandotherinformation
 - Preparationincludingbuilt-upcompetitionwithspecificandpsychologicalpreparation
- **Preparationforactualcompetition**
 - Peptalk(Psychopreparation)
 - Warmingup(specific)
 - GamePlan/Strategy
 - Coachrollduringbreak

- Characteristics and methods of appraising and awarding demonstrative events. **UNIT**

-3: Talent Identification & strategies

- **Talent Identification**
 - Sports Talent
 - Physically fitness test
 - Physique
 - Growth and Development
 - Medical Examination
- **Tactics and Strategies**
 - Definition
 - Classification
 - Development Trend includes system of play
 - Individual tactics
- **Biomechanical principles and their application in Yogasana Ref**

Reference Book:-

- 1) NYS Frulebook

Course Name: Officiating in Rhythmic, Artistic Single/pair & Artistic group Yogasana Course code

: PGDYSC-CT205

Course Objectives:-

- To introduce the Rhythmic, Artistic Single/pair/Group Yogasana event
- To provide the knowledge about the conduction of the artistic and rhythmic events
- To explain the rules and regulation for conduction of Artistic & Rhythmic championship

Learning Outcomes:

Trainee coaches will be able to

- understand the basics of Rhythmic, Artistic single/Pair/Group Yogasana event
- execute the procedure for conduction of artistic & rhythmic events
- gain an understanding about the rules and regulation to conduct the Artistic & Rhythmic championship

Unit-I Introduction to Rhythmic & Artistic practices of Yoga

- Meaning concept of Rhythmic, concept of artistic concept of free flow yogasana.
- Importance and principles
- Judges and officials required and conducting Rhythmic, Artistic & free flow yogasana competition and other competition and their duties and responsibilities, required dress code.

Unit-II: Working of the Rhythmic & Artistic Yogasana events

- Working and Rhythmic, Artistic single/Pair & Artistic group yoga asana competition regulation
- Organization of officiating Personal
- Equipment's and clothing of Rhythmic, Artistic and free flow yoga asana.

Unit-III: Rules & regulations for Rhythmic & Artistic Practices

- Rules & Regulations for Rhythmic, Artistic Single/pair and Artistic group yoga asana
- Rules & Regulations for Rhythmic, Artistic Single/pair and Artistic group yoga asana
- Layout and marking of Rhythmic, Artistic Single/pair and Artistic group yoga asana
- Score sheet preparation, Tie break, introduce result and maintenance
- Pre-and post-game duties of officials.

Reference Book:

- NYS Frulebook of Code & conduct

Course Name: Yoga Practicum C

Course Code: PGDYSC-CP206

Course Objective:-

- To give the practical knowledge about the yoga asana sports and its different forms
- To introduce rhythmic, artistic, forms of yoga asana and its competitions
- To enhance teaching and coaching skills of trainee coaches
 1. General and specific conditioning development of motorability
 2. Yogic practices
 - Shatkarma
 - Asana
 - Pranayama
 - Mudra and Bandh
 - Dhyana
 3. Rhythmic, Artistic yoga asana single/pair/group
 4. Basic skill-teaching, training and perfection for performance
 5. Lesson plan meaning and need
 6. Preparation of lesson plan in yogic practice
 7. Time allotment in different lesson plan and its importance
 8. Lesson presentation
 9. Pedagogic practice-teaching, training and coaching
 10. Pedagogic practice and officiating

CourseName:Coachingandtrainingbasic,advanceelementsinYogasanaCours

eCode:PGDYSC-CP207

CourseName:Pedagogicpractice&officiatingCo

urse Code: PGDYSC-CP208