

# University of Patanjali

## MA in Yoga Science

### Syllabus



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विभागाध्यक्ष योग विज्ञान विभाग  
पतंजलि विश्वविद्यालय, हरिद्वार

25.09.2023

## M. A. in YOGA SCIENCE

### Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfillment; 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 fundamental & advanced concepts of Yoga as well as the techniques for the treatment and prevention of various psychosomatic and life style related ailments.

1. **Title of the Programme** The programme shall be called “M. A. in Yoga Science”
2. **Aim of the Programme** The aim of the programme is to produce "Yoga professionals for academic & therapeutic fields"
3. **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.

4. **Eligibility of The Program** – Graduation (Preference to Yoga) in any stream with minimum 55 % marks from a recognized university.

### 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		
<b>I Year</b>										
<b>Semester I</b>										
1	MY-CT-101	Fundamentals of Yoga	3	1	0	4	20	10	70	100
2	MY-CT-102	Hatha Yoga	3	1	0	4	20	10	70	100
3	MY-CT-103	Introduction To Shrimad BhagavadGeeta and Samkhya karika	3	1	0	4	20	10	70	100
4	MY-CT-104	Human Biology-I	3	1	0	4	20	10	70	100
5	MY-AEC-105	Advance English Communication -I	3	1	0	2 *	10	5	35	50 *
6	MY-CP-106	Yoga Practicum	0	0	8	4	20	10	70	100
7	MY-CP-107	Human Biology Practicum	0	0	8	4	20	10	70	100
<b>36 Hrs</b>						<b>24+2*</b>	<b>Total</b>			<b>600</b>
<b>Semester II</b>										
1	MY-CT-201	Patanjal Yoga Darshan	3	1	0	4	20	10	70	100
2	MY-CT-202	Indian Philosophy & Culture	3	1	0	4	20	10	70	100
3	MY-CT-203	Principal Upanishads	3	1	0	4	20	10	70	100
4	MY-CT-204	Human Biology-II	3	1	0	4	20	10	70	100

5	MY-SEC-205	Fundamentals of Computer Application	3	1	0	2 *	10	5	35	50 *
6	MY-CP-206	Yoga Practicum	0	0	8	4	20	10	70	100
7	MY-CP-207	Human Biology Practicum-II	0	0	8	4	20	10	70	100
<b>36 Hrs</b>						<b>24 +2*</b>	<b>Total</b>		<b>600</b>	
<b>II Year</b>										
<b>Semester – III</b>										
1	MY-CT-301	Principles & Practice of Yoga Teaching	3	1	0	4	20	10	70	100
2	MY-CT-302	Hygiene, Diet & Nutrition	3	1	0	4	20	10	70	100
3	MY-CT-303		3	1	0	4	20	10	70	100
<b>(Choose any one)</b>										
4	MY-DSE-304	Introduction to Ayurveda	3	1	0	4	20	10	70	100
4	MY-DSE-305	Yoga Psychology	3	1	0	4	20	10	70	100
<b>(Choose any one MA-GE 306,307,308)</b>										
5	MY-GE-306	Personality Development	3	1	0	4	20	10	70	100
5	MY-GE-307	Glorious Chapters of Indian History-I	3	1	0	4	20	10	70	100
5	MY-GE-308	Wellness Tourism	3	1	0	4	20	10	70	100
<b>(Choose any one)</b>										
6	MY-AEC-309	Advance English Communication	2	1	0	2 *	10	5	35	50 *

		II								
7	MY-CP-310	Yoga Practicum	0	0	8	4	20	10	70	100
<b>32 Hrs</b>						<b>24+2*</b>	<b>Total</b>			<b>600</b>
<b>Semester- IV</b>										
1	MY-CT-401	Yoga Therapy	3	1	0	4	20	10	70	100
2	MY-CT-402	Naturopathy	3	1	0	4	20	10	70	100
3	MY-CT-403	Complementary & Alternative Therapy	3	1	0	4	20	10	70	100
<b>(Choose any one)</b>										
4	MY-DSE-404	Dissertation	3	1	0	4	20	10	70	100
4	MY-DSE-405	Field Work	3	1	0	4	20	10	70	100
<b>(Choose any one)</b>										
5	MY-GE-406	Guidance & Counseling	3	1	0	4	20	10	70	100
5	MY-GE-407	Glorious Chapters of Indian History-II	3	1	0	4	20	10	70	100
5	MY-GE-408	Tourism Resources in India	3	1	0	4	20	10	70	100
6	MY-CP-409	Yoga Practicum	0	0	4	2	10	5	35	50
7	MY-CP-410	Naturopathy & CAT Practicum	0	0	4	2	10	5	35	50
<b>32 Hrs</b>						<b>24</b>	<b>Total</b>			<b>600</b>
<b>Total number of Credits</b>						<b>94+8*</b>	<b>Total Marks</b>			<b>2400</b>

\*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 end Examination  
**GE** – Generic Elective **DSE** – Discipline Specific Elective  
**AEC**- Ability Enhancement Course

# **Semester-I**

## Name of the Course: Fundamentals of Yoga

### Course Code: MY-CT-101

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

#### Course Objective

- 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.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
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 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, पतंजलियोगपीठ, हरिद्वार
2. दर्शनप्रवेश- दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार
3. योगकेमूलभूतसिद्धांत - आचार्यबालकृष्णजी. दिव्यप्रकाशन, पतंजलियोगपीठ.हरिद्वार
4. गीतारहस्य (निर्धारितपाठ्यांश)- लोकमान्यतिलक
5. भारतकेमहानयोगी- विश्वनाथमुखर्जी
6. तंत्रदर्शन - स्वामीनिरंजनानंदपरमहंस - पंचदशनामअलखबाड़ा, 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. Hiriyanma 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 Banarasidass, Delhi1927
9. A Search in Mystic India - Paul Brunton



**Name of the Course: Hath Yoga**

**Course Code: MY-CT-102**

**Course Objectives:**

1. To 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.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
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 aasanas in Hatha Yoga Pradipika and Gherand Samhita.

**Prescribed Text Book - हठयोगप्रदीपिकाएवंघेरंडसहिता**

### **Unit-3: Practices of Hatha Yoga - Pranayama, Bandha and Mudras (12 hours)**

*Pranayama* : Introduction. Method of Proper Respiration, Yogic DeepBreathing. 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-SiddhanthaPaddhati,Goraksha Samhita, Shiva Samhita, Hatha Yoga Pradipika, Gherand Samhita. Hatha Ratnavali: Mainapplications of hatha yogic activities- preparation of Raja Yoga Practice, achieving holistic health, prevention of diseases, rejuvenation, healing and slow aging.

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**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

**BOOKSFORREFERENCE:**

1. Woodroffe, Sirjohn: 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, Culcutta, 2000
4. Burley, Mikel: HathaYoga, Its' ContextTheoryand Practice (M.L.B.D. Delhi, 2000)
5. Burnier, Radha: Hathayoga Pradipika of Svatmarama, The Adyar Library publications, Chennai

**Name of the Course: Introduction To Shrimad Bhagavad Geeta and Samkhyakarika**

**Course Code: MY-CT-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.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
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 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*, *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 *Gun*s, *Purusha* interpretation, characteristics & qualities of intelligence (*Buddhi*). Discussing Thirteen *karanas*, Subtle Body, Bondage - Liberation.

#### निर्धारितपाठ्यपुस्तक -

1. श्रीमद्भगवद्गीतागीतामृत- योगऋषिस्वामीरामदेवजी, दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार।

2. तत्वसमास

#### सहायकपाठ्यपुस्तक -

2. Shrimadbhagvadgeeta- Tattvavivechini-JaidayalGoyandaka, 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 1****Course Code: MY-CT-104****Course 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.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
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, Innervations & 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: DivyaPrakashan 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: DivyaPrakashan.
- Ramdev, S. (2006). Yoga Sadhana and Yoga ChikitsaRahasya. Haridwar, India: DivyaPrakashan
- Ramdev, S. (2009). PranayamRahasya. Haridwar, India: DivyaPrakashan.
- 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: Advance English Communication 1****Course Code: MY-AEC-105****Course Objectives:**

Unit 1- To expose the students to the basic concepts in the field of ELT (English Language Teaching) and enhance their teaching abilities

Unit 2- To help the students to understand, explain and translate L2 from L1 in a more efficient manner

Unit 3-The students will learn how to teach in class, remove personal barriers and enhance confidence in a group setting and workplaces

Unit 4 -The students will learn how to correct mistakes and learn to give Positive Feedback and Criticism

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 50				
<b>Theory :50</b>			<b>Practical : 0</b>	
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
35	15			

**Method of Teaching & Assessment-** Videos, Audio clippings, discussion, written and oral exercises

**Unit-1:**

- ELT in India
- Principles of Teaching English as a Foreign/Second Language
- Curriculum Preparation and Design
- Teaching Literature

**Unit -2:**

Grammar

- Translation Methods
- Direct Method
- Structural Approach
- Audio-lingual Method
- Situational Approach

**Unit-3:**

Communicative Language Teaching –

- Task Based Approach
- Suggestopedia

**Unit-4:**

Error Analysis and Correction - from L1 to L2

(L1- mother Tongue and L2 - English)

**Text books:***English Grammar in Use, 4<sup>th</sup> Edition, Cambridge by Raymond Murphy***Suggested Sources:**

Britishcouncil.org

**Name of the Course: Yoga Practicum**

**Course Code: MY-CP-106****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.

<b>• Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		0	1	3
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 0</b>		<b>Practical : 100</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

**Shatkarma:** Jalneti, Rabarneti, Vamana Dhauti / Kunjar Kriya, Vat karma, 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, Ardhalasana, 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, Ardhashalbhasana, 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: MY-CP-107**

### **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.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		0	1	3
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 0</b>		<b>Practical : 100</b>		
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: MY-CT-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.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
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 Nidrodhopaya (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. *RitambharaPragya* 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, पतंजलियोगपीठ, हरिद्वार

दर्शनप्रवेश-दिव्यप्रकाशन,पतंजलियोगपीठ, 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: Indian Philosophy & Culture****Course Code: MY-CT-202****Course 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.

<b>Total number of hours 60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week	3	1	0
<b>Scheme of Examination</b>			
Total Marks 100			
<b>Theory : 100</b>		<b>Practical : 0</b>	
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 - भारतीयदर्शन - आचार्यबलदेवउपाध्याय-Selected Text)

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

General introduction and theory (Meta Physics and Ethics)

1. Nyaya Darshan, 2. Vaisheshika Darshan,m 3. Sankhya Darshan, 4. Yoga Darshan 5. Mimamsa Darshan, 6. Vedanta Darshan

(Prescribed Text Book - दर्शनप्रवेश -दिव्यप्रकाशन, पतंजलियोगपीठ, 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, Manuscript, Mahabharata, Ramayana, Gita.

(Prescribed Text Book - वैदिकसाहित्यएवंसंस्कृति-डा0 कपिलदेवद्विवेदी)

**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.रूपकिशोरशास्त्री)

**सहायकग्रन्थ-**

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

**Course Name: Principal Upanishads**

**Course Code: MY-CT-203**

**Course Objective:** To understand the essence of Principal Upanishads.

**UNIT 1: Introduction to Upanishads [15 hrs]**

Meaning of Upanishad, Concept of Vedic Literature and Upanishads, Comparison between subject matters of Veda & Upanishads, Views of Renowned Scholars about Upanishads, Significance of Upanishads in Present Times.

**UNIT 2: Essence of Ishavasyopanishad, Kena Upanishad: [15 hrs]**

Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava. Kena Upanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyaana.

**UNIT 3: Essence of Katha Upanishad, Prashna Upanishad, Mundaka Upanishad [15 hrs]**

Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization. Prashna Upanishad: Concept of Prana and Rayi (creation); Panchapranas; The six main questions; Mundaka Upanishad: Two approaches to Brahma- Vidya- Para and Apra; The greatness of Brahavidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti..

**UNIT 4: Essence of Mandukya Upanishad, Aitareya Upanishad, Taittiriya Upanishad [15 hrs]**

Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara. Aitareya Upanishad: Concept of Atma, Universe and Brahman. Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, Ananda Valli, Bhriгу Valli.

**UNIT 5: Essence of Chhandogya Upanishad, Brihadaranyaka Upanishad [15 hrs]**

Chhandogya Upanishad: Om (Udgitha) Meditation; Shandilyavidya. Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman

**REFERENCE BOOKS:**

Aurobindo, S. (2001). Kena and Other Upanishads: The Complete Works of Sri Aurobindo Volume 18. Pondicherry, India: Sri Aurobindo Ashram Publication Department.

Aurobindo, S. (2003). Isha Upanishad: The Complete Works of Sri Aurobindo Volume 17. Pondicherry, India: Sri Aurobindo Ashram Publication Department.

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

**Name of the Course: Human Biology-II****Course Code: MY-CT-204****Course 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.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
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 <sup>TM</sup>

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: SumitPrakashan.

Guyton, A.C. & Hall, J.E. (2006). Text book of medical physiology (11<sup>th</sup> ed.). Pennsylvania: Elsevier.

Kaminoff, L. (2007). Yoga Anatomy. Champaign: Human Kinetics Kumar, V. (2004). Manav SarirSamrachna aur sarir kriya vijyan. New Delhi, India: Japee BrothersMedical Publishers (P) Ltd.

Malshe, P. C. (2012). A Medical Understanding of Yoga (20<sup>d</sup> 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: DivyaPrakashan.

Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: DivyaPrakashan.

Ramdev, S. (2009). PranayamRahasya. 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<sup>\*</sup> ed.). Hoboken, NJ: Wiley.

Tortora, G.J. & Derrickson, B.N. (2009). Principles of anatomy and physiology-II (14<sup>h</sup> 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 (11<sup>6</sup>ed.). London. Fleevier



## Name of the Course: Fundamentals of Computer Applications

Course Code: MY-SEC-205

### Course Objectives:

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

- 1) Understand the basic mechanism and functionality of computer & internet; &
- 2) To use computer efficiently for their educational & other purposes & needs.

• Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 50				
<b>Theory :50</b>		<b>Practical :0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		35	15	

### UNIT I- Introduction to Computer System

Introduction to Computer, Characteristics of Computer, Applications of Computer, Classification of Computer, Memory & Its Classification, Input devices, Output Devices, Interfaces. Types of Programming Languages: Machine Languages, Assembly Languages, High Level Languages, Data Organization: Drives, Files, Directories, Number Systems: Decimal, Binary, Octal, Hexadecimal, Number System Conversion, Operations on Number System.

### UNIT II. Computer Software & Operating System

Introduction to Software, Types of Software, Program vs. Software, Introduction to Operating System, Function of Operating System, Types of Operating System

#### Unit-II Algorithm and Flowcharts

Algorithm: Definition, Characteristics, Advantages and disadvantages, Examples, Flowchart: Definition, Define symbols of flowchart, Advantages and disadvantages, Examples

### UNIT III. Data Communication and Computer Network

Introduction to communication system, Mode of Communication, Introduction to Computer Network, Types of Computer Network, LAN, WAN, MAN Topologies, Transmission Media

### UNIT I V. Internet and WWW

Internet: Introduction to Internet and its Applications, Connecting to the Internet, Email, World Wide Web (WWW): World Wide Web and Its Evolution, Uniform Resource Locator (URL), Browsers: Internet Explorer, OSI Model

**Reference Books:**

1. Fundamental of Computers – By V. Rajaraman B.P.B. Publications
2. Fundamental of Computers – By P.K. Sinha
3. MS-Office 2000(For Windows) – By Steve Sagman
4. Computer Today- By Suresh Basandra
5. Computer Networks – By Tanenbaum Tata McGraw Hill Publication

**Name of the Course: Yoga Practicum****Course Code: MY-CP-206****Course Objectives:**

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

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

<b>• Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		0	1	3
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 0</b>		<b>Practical : 100</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

**Shatkarma:**

-15 marks

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

**Aasana:**

-20marks

Utkatasan, Paschimottan, Chakrasana, Vrishabhasan, Natarajasan, Kukkutasana, Kurmasana, Vakrasana, Hasta Padangushtha, Parvatasana, Akaranadhanurasan, Bhunamansan, BaddhaPadmasana, Konasana, Ashtavakra, Vayatanasana, Tulsan, Vyaghrasana, GuptaPadam, Garbhasana, Tiryakbhujangasana, Sarpasana, ArdhaChandrasana, ParivrittaJanushirasana, Sankat aasana

**Pranayama:**

-10marks

Suryabhedhi, Chandrabhedhi, Ujjayi, Bahyavritti, AabhyantarVritti 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: MY-CP-207**

**Course 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.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		0	1	3
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 0</b>		<b>Practical : 100</b>		
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.)**

# **Semester-III**

**Name of the Course: Principles & Practice of Yoga Teaching**

**Course Code: MY-CT-301**

**Course 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 .

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

**Unit 1: Fundamentals of Education and Methods of Teaching Yoga (15Hours)**

Education- Meaning, Definitions, Concepts, Aims & Objectives; Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching, Levels and Phases of Teaching, Principles of Learning, Levels of Learning, Yogic levels of Learning- Vidyarthi, Shishya, Mumukshu, Qualities of aYoga teacher; Meaning and scope of Teaching methods and factors influencing them; Sources of Teaching methods

**Unit 2: Basics of Yoga Class Management (10 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; Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc; Class room problems: Types and Solutions.

**Unit 3: Lesson Planning& Time Table in Yoga (10 hours)**

Essentials of Lesson Planning: concept, need& importance; Lesson planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan in Yoga; Timetable : Concept, Need, Types, Principles of Time table construction; Time Table for Yoga teaching

**Unit 4: Planning & Organisation of Yoga Events (10 hours)**

Basics of Event Management; Principles of Planning & Organisation of Yoga Events-Yoga Training Camp, Yoga Therapy Camp, Yoga Seminar, Yoga Workshop & Yoga Conference;

## **Unit5: Educational Technology in Yoga Teaching & Teaching Practice (15 hours)**

Educational Technology: Concept, Meaning, Aims, Objectives, Importance and Types of Educational technology; Use of Educational Technology in Yoga; Teaching Methods & Practice of Yama, Niyama, Shatkarma, Asana, Mudra-Bandha, Pranayama & Dhyana.

### **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 M. L.: 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 Prakashana, Bangalore, 2019.

**Name of the Course: Hygiene, Diet & Nutrition****Course Code: MY-CT-302****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.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
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**

- 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: Research & Statistical Methods****Course Code: MY-CT-303****Course 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.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>			<b>Practical : 0</b>	
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* (3<sup>rd</sup> 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* (2<sup>nd</sup> ed). Noida, India: Dorling Kindersley Pvt. Ltd, licenses of Pearson Education in South Asia.

Breakwell, G. M., Hammon, S. Fife-Shaw, C., & Smith, J. (2006). *Research methods in psychology* (3<sup>rd</sup> ed). London: Sage.

Haslam S. A., & Mc Garty. (2003). *Research methods and statistics in psychology* (3<sup>rd</sup> ed). London: Sage.

**Name of the Course: Introduction to Ayurveda****Course Code: MY-DSE-304****Course 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

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
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:**

आयुर्वेदसिद्धान्तरहस्य- आचार्यबालकृष्ण

आयुर्वेदजड़ी-बूटीरहस्य- आचार्यबालकृष्ण

आयुर्वेदीयशरीरक्रियाविज्ञान- शिवकुमारगौड़

स्वस्थवृत्त- डॉ0 रामहर्षसिंह

#### **Basic Principles of Ayurveda- K. Lakshmi pati**

**Name of the Course: Yoga Psychology**

**Course Code: MY-DSE-305**

**Course 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.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		<b>3</b>	<b>1</b>	<b>0</b>
<b>Scheme of Examination</b>				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	<b>Internal Assessment</b>	
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). States of consciousness according to yogic scriptures (Jagrata, svapna, susupti and Turiya). Yogic etiology for somatic, mental, social and spiritual disharmony. Stress: Definition, Physiological and psychological stress; Understanding stress in accordance with scriptures; Stress assessment tools and biomarkers of stress; Stress & disease.

**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 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 cure of mental deficiency through Yoga.

#### **Unit-4 Common Mental Disorders [12 Hrs.]**

Causes and Consequences of Conflicts and Frustrations; Common mental disorders; Depressive disorders; anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention.

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

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 Banarsidass, Delhi, 1978)

#### **REFERENCE BOOKS**

1. Taimini, I. K.: Glimpses into the Psychology of Yoga (Adyar: Theosophical Publishing House, 1973).
2. Aatreya, Shanti Parkash: Yoga Manovijnana (Indian Psychology) (International Standard Publication, Varanasi; 1965) Hecker, J.E. & Thorpe, G. L.: Introduction to clinical psychology: Science, Practice & ethics. New Delhi: Pearson, 2010.
3. Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L.: Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
4. Nagendra, H. R.: New Persecutes in Stress Management. Bangalore: V4ekana Kenda.
5. Herrman, H., Saxena, S, & Moodie, R: Promoting Mental Health. Switzerland: WHO Press, World Health Organization, 2005.
6. Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007.
7. Taylor, S. E.: Health Psychology (6th ed.). New Delhi: Tata McGraw Hill, 2006.
8. Tilak, B. G.: Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.
9. Udupa, K. N.: Stress and Its Management by Yoga. Delhi: Motilal Banarasidas, 2007.
10. Vivekananda, Swami: Raja Yoga. Nagpur: Ramakrishna Math.
11. Daniel Goleman & Joel Gurin: Mind body medicine.
12. Deepak Chopra: Healing the heart.
13. Dharam Singh Khalsa: Meditation as medicine.
14. Deepak Chopra: Quantum healing.
15. Estelle Frankel: Sacred therapy.
16. Aggie Casey & Herbert Benson: Mind your heart.
17. Barbara B. Brown: New body, new mind.
18. Sri Ramakrishna Math: Healthy mind, healthy body.
19. Antonio Damasio: The feeling of what happens.
20. Daniel Goleman: Social intelligence Emotional intelligence.
21. The American holistic health association complete guide to alternative medicine; by William Collinge – Paperback.
22. David Frawley: Ayurveda and the mind.



**Name of the Course : PERSONALITY DEVELOPMENT****Course Code : MY-GE-306****Course Objectives:**

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

- Understand the effective development of all dimensions of personality.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		<b>3</b>	<b>1</b>	<b>0</b>
<b>Scheme of Examination</b>				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	<b>Internal Assessment</b>	
70	30			

**UNIT-I Introduction to Personality Development [15 Hrs.]**

The concept of personality - Dimensions of personality – Theories of Freud & Erickson- Significance of personality development. The concept of success and failure: What is success? - Hurdles in achieving success - Overcoming hurdles - Factors responsible for success – What is failure - Causes of failure. SWOT analysis.

**UNIT-II Attitude & Motivation [15 Hrs.]**

Attitude - Concept - Significance - Factors affecting attitudes - Positive attitude – Advantages –Negative attitude- Disadvantages - Ways to develop positive attitude - Differences between personalities having positive and negative attitude. Concept of motivation - Significance – Internal and external motives - Importance of self- motivation- Factors leading to de-motivation

**UNIT-III Self-esteem [15 Hrs.]**

Term self-esteem - Symptoms - Advantages - Do's and Don'ts to develop positive self-esteem – Low self-esteem- Symptoms - Personality having low self-esteem - Positive and negative self-esteem. Interpersonal Relationships – Defining the difference between aggressive, submissive and assertive behaviours – Lateral thinking.

**UNIT-IV Other Aspects of Personality Development & Employability Quotient [15 Hrs.]**

Body language - Problem-solving - Conflict and Stress Management - Decision-making skills -Leadership and qualities of a successful leader – Character building -Team-work – Time management -Work ethics –Good manners and etiquette. Resume building- The art of participating in Group Discussion – Facing the Personal (HR & Technical), Interview - Frequently Asked Questions - Psychometric Analysis - Mock Interview Sessions.

**Text Books:**

1. Hurlock, E.B (2006). Personality Development, 28th Reprint. New Delhi: Tata McGraw Hill.
2. Stephen P. Robbins and Timothy A. Judge(2014), *Organizational Behavior 16th Edition*: Prentice Hall.

**Reference Books:**

1. Andrews, Sudhir. How to Succeed at Interviews. 21st (rep.) New Delhi.Tata McGraw-Hill 1988.
2. Heller, Robert.Effective leadership. Essential Manager series. Dk Publishing, 2002
3. Hindle, Tim. Reducing Stress. Essential Manager series. Dk Publishing, 2003
4. Lucas, Stephen. Art of Public Speaking. New Delhi. Tata - Mc-Graw Hill. 2001
5. Mile, D.J Power of positive thinking. Delhi. Rohan Book Company, (2004).
6. Pravesh Kumar. All about Self- Motivation. New Delhi. Goodwill Publishing House. 2005.
7. Smith, B . Body Language. Delhi: Rohan Book Company. 2004

**Name of the Course :** Glorious Chapters of Indian History 1  
**Course Code :** MY-GE-307  
**Course Objectives:**

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

- Know the glorious past of their ancestors.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		<b>3</b>	<b>1</b>	<b>0</b>
<b>Scheme of Examination</b>				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	<b>Internal Assessment</b>	
70	30			

### **Unit I: Saindhav and Gangetic Culture**

**(12 Lect.)**

Harappa Civilization: Rise and development of urban civilization, economic, social, religious and cultural features, development of art, reason for change in the centre of culture. Gangetic Culture- Vedic period: Nature of Vedic literature; Political, Social, and Economic life in Rig-Veda and later Vedic period.

### **Unit II: Rise of Magadh Empire**

**(12 Lect.)**

Political Condition in the sixth century B.C. (Mahajanapadas and Republics), Rise of Magadha Empire: **Haryaka dynasty**: Bimbisara and Ajatshatru, Shishunaga Vans, **Nand Vans**: Mahapadma and Ghanananda, Great King Porus: War of Vitasta, Greek Invasion of Alexander and his decline.

### **Unit III: First Indian Empire.**

**(11 Lect.)**

Mauryan Dynasty: Chandragupta Maurya: Early life and his Empire expansion, The destruction of the Nanda dynasty, Eradication of Yavans, Kautilya's Arthashastra, Bindusara, Asoka: Empire expansion, his edicts and Dharma, Decline of Mauryan Dynasty.

### **Unit IV: India's Cultural Diversity in Post Mauryan Period**

**(14 Lect.)**

Development of Social, Economic, Religious Status, Restoration of Vedic Brahmin tradition, Origin and development of Gandhara Art and Mathura Art. Development of architecture: Nagara style, Bharhut style and Dravidian style, Development of Sangam Literature

**Unit V: Gupta Dynasty: The Golden Period of Indian History.**

**(11 Lect.)**

Gupta Dynasty: Chandragupta I, Samudragupta, Chandragupta II, Kumargupta and Skandgupta, Cultural Achievements of the Gupta Period. Development of Art, Literature and Religion. Development of Temple and Sculpture. Construction of temples related to Vaishnava tradition. Debate about Golden Age, Decline of the Gupta Empire

**Text Book:**

Singh, U., A History of Ancient and Early Medieval India, From the Stone Age to the 12<sup>th</sup> Century, Delhi 2016.

**Recommended Readings:**

Sharma, L.P.: History of Ancient India,

Majumdar, R.C.: Prachin Bharat, Motilal Banarasidas Delhi, 1962.

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

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

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

Srivastava, K. C., Prachin Bharat ka ItihasTathaSanskriti, Allahabad, 2019

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

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

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

**Name of the Course :** Wellness Tourism

**Course Code :** MY-GE-308

**Course Objectives:**

The course intent to upgrade the knowledge of the latest trends in tourism particularly the health tourism in the country. Since health tourism constitute a niche market for the industry and the government as well, it becomes desirable for the students to get in touch with this new segment of tourism industry. After studying this course, the student shall be able to define the trends, issues and challenges in the field of health tourism in India.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		<b>3</b>	<b>1</b>	<b>0</b>
<b>Scheme of Examination</b>				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	<b>Internal Assessment</b>	
70	30			

**Unit 1 Introduction to Tourism [12 hrs.]**

Basic Meaning of word ‘Wellness’. Aims & objectives, Introduction to Tourism: Meaning, nature, scope & objectives, Relevance of Yoga in relation to Tourism.

**Unit II Components Of Tourism [12 hrs.]**

Tourism Types, Products & Concepts, Tourism Elements & Components, Peace & Wellness Tourism, Factors affecting Wellness Tourism.

**UNIT III Wellness Tourism [12 hrs.]**

Health and Medical Tourism: Meaning, nature and scope, Health and Medical tourism Product, Health and Medical Tourism markets at global level, Advantages and disadvantages for India in Global Medical Tourism Market.

**UNIT IV Health and Medical Tourism [12 hrs.]**

Health and Medical Tourism in India, Role of Private sector in health and medical tourism, Traditional Health Care system in India, Government incentives for health and medical tourism in India.

**Unit V Health Tourism Centres[12 hrs.]**

Health Tourism Centres in India: Health Tourism Resources in Haridwar & Rishikesh, Patanjali Health Tourism Institutions, Health & Medical Tourism in Kerala & Tamil Nadu.

**Reference**

1. Smith, Melanie, &Puczko, Laszlo, Health and Wellness Tourism.
2. Conell, John, Medical Tourism.
3. Kumar, Medical Tourism in India (Management and Promotion)
4. Edlin, Gordon &Golanty, Eric, Health and Wellness.

**Name of the Course: Advance English Communication- 2**

**Course Code: MY-AEC-309**

**Course Objectives:**

Unit 1- To help the students to develop their ability to read and understand English

Unit 2- To communicate easily with and enhance the ability to understand native speakers

Unit 3 -To demonstrate conversational skills and in addition, develop the ability to listen, read and comprehend in English. Additionally, to provide the students with a forum for healthy discussions.

Unit 4 - To make them learn and practice standard English to withstand their global needs.

Unit 5 - To give time to the students to research and practice for different examinations they might want to appear for under provided guidance.

<b>Total number of hours 60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week	3	1	0
<b>Scheme of Examination</b>			
Total Marks 50			
<b>Theory : 50</b>		<b>Practical : 0</b>	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
35	15		

**Unit 1 - Reading**

- Identifying Main Ideas in Texts
- Types of Reading Methods
- Loud Reading for pronunciation and fluency
- Reading Comprehension
- Written Composition

**Unit 2 - Listening**

- Listening for specific information
- Podcasts
- YouTube
- Ted Talks
- Audio Stories
- Radio
- News Channels - BBC

**Unit 3 - Speaking**

- Conversations
- Debates

- Group Discussions
- Talks and Lectures
- Interview Skills
- Public Speaking Skills

#### **Unit 4 - Writing**

- Structured Writing
- Writing Styles
- Sentence Structures
- Concepts of Paragraph Writing

#### **Unit 5 – Language Lab**

#### **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

**Name of the Course: Yoga Practicum****Course Code: MY-CP-310****Course 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.

<b>• Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		0	1	3
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 0</b>		<b>Practical : 100</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

**Shatkarma:**

-15 marks

Dand, Dhauti, Nauli, Trataka, VastraDhauti and all the exercises of the first &amp; second semester.

**Posture:**

-15 marks

Padma Sarvangasana, Mayurasana, Shirshasana, Ekpaadskandha Asana, Tolangulasana, Vatayanasana, Tittibhasana, Garbhasana, Shirsha Padangushthasan, Guptasana, Vibhakta Paschimottanasan, Padmabakasan, Ek Paad Rajakapotasan, Purna Ustrasana

Including all asanas of 1<sup>st</sup> and 2<sup>nd</sup> semesters.**Pranayama:**

-10 marks

Bhramari, Bhastrika, Stambhavritti and all the practices of previous semesters.

**Mudras and Bandhas:**

-5 marks

*Khechari* Mudra, *Mahavedha* Mudra, *Maha* Mudra, *Maha Bandha* and all the practices of the former semesters**Teaching Practice:-15marks****Viva** - (Brahmayagya and Swastivachan Mantra - Meaning, Memorization & Recitation)-10 marks



# **Semester- IV**

**Name of the Course: Yoga Therapy****Course Code: MY-CT-401****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
  - 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

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.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
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**

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. ShivanandSaraswati: 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 SatyanandaSaraswati: 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: Naturopathy****Course Code: MY-CT-402****Course 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.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
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**

1. प्राकृतिकआर्युविज्ञान-डा0 राकेशजिन्दल,

2. प्राकृतिकचिकित्साएवंयोग- डा0 नागेन्द्रनीरज

HK Bakhru

**Name of the Course: Complementary & Alternative Therapy (CAT)**

**Course Code: MY-CT-403**

**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.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		3	1	0
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 100</b>		<b>Practical : 0</b>		
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, Glutamine, 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.

#### REFERENCES

- Acharya, B. (2004). *Ausadh Darshan* Haridwar, India: DivyaPrakashan.
- Acharya, B. (2005). *Ayurveda Jadi-butlRahasya*. Haridwar, India: DivyaPrakashan.
- Brahmabarchas. (2003). *NidanChititsa*. Haridwar, India: Ved Mata Gayatri Trust.
- Colledge, N. R., Walker, B. R. & Ralston, S. H. (2010). *Davidson's Principles & Practice of Medicine* (21<sup>st</sup> 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* (5<sup>th</sup>ed.). China. Elsevier Saunders.
- Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: DivyaPrakashan
- Peeters, J. (2008). *Reflexology*. Bath BAMHE, UK: Paragon.
- Ramdev, S. (2006). *Yoga Sadhana and Yoga ChikitsaRahasya*. Haridwar, India: DivyaPrakashan
- Ramdev, S. (2009). *PranayamRahasya*. Haridwar, India: DivyaPrakashan
- Sah, R. L., Joshi, B., & Joshi, G. (2002). *Vedic health care system*. New Delhi, India: New Age Books.
- Sharma, S. (1998). *JivemSaradmSatam*. Mathura, India: Akhand Jyoti Samsthan.
- Sharma, S. (2010). *Gayatri Mahavijyan (Combined and revised ed.)*. Mathura, India: YugNirman Yojana Bistar Trust.



**Name of the Course: Dissertation/Field Training**

**Course Code: MY-DSE-404/405**

**Course Objectives:**

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

<b>Total number of hours 120</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week				8
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory :</b>		<b>Practical : 100</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		100		

An aptitude test will be conducted to select eligible candidates at the end of MA- 3<sup>rd</sup> 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 : Guidance & Counselling**

**Course Code : MY-GE-406**

**Course Objectives:**

1. To develop an understanding of the concepts of guidance and counseling.
2. To develop an understanding of the types of guidance
3. To acquaint students with different testing devices and techniques of guidance.
4. To develop and understanding of the role of teacher as counselor.
5. To create an awareness of the working of guidance centers.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		<b>3</b>	<b>1</b>	<b>0</b>
<b>Scheme of Examination</b>				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	<b>Internal Assessment</b>	
70	30			

**Unit 1:** Meaning & Nature of Guidance, Need of Guidance, Functions of Guidance, Types of Guidance: Educational Guidance - meaning, need and importance, Vocational Guidance - meaning, need and importance, Personal Guidance - meaning, need and importance.

**Unit 2:** Guidance Services: Job Analysis - concept, need, Job Satisfaction-concept, factors affecting job satisfaction, Occupational Information - concept, need; Guidance of the Differently-Abled Students- Gifted, Slow Learners, Learning Disabilities - Dyslexia, Dysgraphia, Dyscalculia – Identification, Mainstreaming and providing support services to Differently - Abled Students.

**Unit 3:**Counseling - meaning, purpose, scope; Types of Counseling - Directive, Non-directive, Eclectic, Process of Counseling: Introduction, In - depth, communication, suggestion; Skills in Counseling: listening, questioning, responding; Role of the Counselor, Professional Ethics of a Counselor.

**Unit 4:** Tools of Guidance and Counseling: Psychological tests - meaning, need, limitations: Testing - Intelligence, Aptitude, Attitude, Achievement, Interest, Personality.

**Unit 5:** Techniques of Guidance and Counseling: Interview - types, procedure, Case Study, Cumulative Record, Anecdotal Record, Diary, Questionnaire.

**References:**

- Aggarwal J. C. (2004) Educational and Vocational Guidance and Counseling, 7th Edition, Doaba House; Delhi.
- Aggarwal J.C. (2005) Career Information in Career Guidance - Theory and Practice, Doaba House, Delhi.
- Chauhan S.S. Principles and Techniques of Guidance.
- Dash M. (1997) Education of Exceptional Children, Atlantic publishers, New Delhi.
- Dev Kapil (2006) Educational Counseling, Pragun Publications, New Delhi- 3.
- Gibson Robert & Mitchell Marianne (2005) Introduction to Guidance and Counseling, 6th Edition, Prentice Hall of India, New Delhi.
- Gladding Samuel (2011) Counseling - A Comprehensive Profession, 6th Edition, Dorling Kindersley India Pvt. Ltd., New Delhi
- Kenkateish, S. (2001) Special Education, Anmol Publication Pvt. Ltd., New Delhi.
- Kochhar S.K. (1981) Guidance in Indian Education, New Delhi.
- Kochhar S.K. (1987) Educational and Vocational Guidance in Secondary Schools, Sterling Publishers, New Delhi
- Kochhar S.K. (1987) Guidance and Counseling in Colleges and Universities, Sterling Publishers, New Delhi.
- Milne Aileen (2003) Teach Yourself Counseling, McGraw Hill companies, Chicago.
- Panda, K.C. (1997) Education of Exceptional Children, Vikas Publishing House, Delhi.
- Sharma R.A. Fundamentals of Guidance and Counseling
- Sharma Ramnath and Sharma Rachana (2004) Guidance and Counseling in India, Atlantic Publishers and Distributors, New Delhi.

**Name of the Course :** Glorious Chapters of Indian History 2

**Course Code :** MY-GE-407

**Course Objectives**

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

- Know the glorious past of their ancestors.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		<b>3</b>	<b>1</b>	<b>0</b>
<b>Scheme of Examination</b>				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	<b>Internal Assessment</b>	
70	30			

**Unit I: The Rajputs**

**(12 Lect.)**

Harshvardhana: Political Achievements; Contribution to Religion Learning. Origin of Rajputs: Agnikundiya Theory, Traditional Theory, Rule of Pratiharas: Mihirbhoj; Paramars of Malwa: The conquests of Vakapati Munj and his conflict with the Chalukya king Tailap, Bhoja's conquests and his cultural achievement. Chandellas of Zezakbhukti :Dhang, Vidyadhar. History of Early Dynesty of Mewar.

**Unit II: Great Kingdom in South India**

**(12 Lect.)**

Cholas: Emergence and Early History: Rajaraj I- Restoration of the Chola Empire and Expansions of Empire, Rajendra, and Administration of Chola'S, Cultural Exchange between India and South-East Asia Idea of Greater India: Development of Indian Culture in South-East Asian Country- Java, Sumatra and Malaya. Vijayanagar Empire: its Foundation and Conflict with the Bahmani Kingdom.

**Unit III: Indian Dynasties in Medieval India**

**(11 Lect.)**

Empire in North India: Eastern India, Bengal, Assam and Orissa, Western India: Gujarat, Malwa, Mewar, Northwest and North India, Kashmir. The Rise of the Marathas: Shivaji- his achievements and Administration, his successors- Balaji Vishwanath, Bajirao I, Balaji Bajirao, Third Battle of Panipat

**Unit IV: Freedom struggle of India-I**

**(14 Lect.)**

Revolt of 1857-Causes, Nature and its impact. Indian National Congress from 1885-1905 Extremists and Monetarists, Birth of Nationalism, 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 BatukeshwarDutt, Subhash Chandra Bose and Azad Hind Fauj

## **Unit – V: Freedom struggle of India-II**

**(11 Lect.)**

Home Rule movement and Khilafat movement. Gandhian Era. Non-Co-Operation movement. Simon Commission and Nehru Report. Civil-Disobedience movement, Quit-India movement, Cripps Mission; Rise of Communalism Mountbatten's Plan & Partition; The Indian Independence Act of 1947.

### **Text Book:**

Ram Lakhan Shukla: Adhunik Bharat ka Itihas Satya Rao: Bharat meinUpniveshavad aur Rashtravad, Delhi 2016.

### **Recommended Readings:**

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

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

Vishuddhananda Pathak: Uttari Bharat ka RajanitikItihas

Verma Harishchandra: Madhyakalin Bharat 2 Part

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 BrihadItihas)

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 SamajikPristabhoomi)

Ram Lakhan Shukla: Adhunik Bharat ka Itihas Satya Rao: Bharat meinUpniveshavad 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)

**Name of the Course :** Tourism Resources in India  
**Course Code :** MY-GE-408  
**Course Objectives**

- 1) To understand the tourism resources in India.
- 2) To understand the uniqueness of the tourist destination.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		<b>3</b>	<b>1</b>	<b>0</b>
<b>Scheme of Examination</b>				
Total Marks 100				
Theory : 100			Practical : 0	
Final Exam	Internal Assessment	Final Exam	<b>Internal Assessment</b>	
70	30			

**Unit – I Introduction:**

Concept of resource, attraction & product in tourism, meaning & characteristics, Typology & nature of tourism resources. Nature & Scope to tourist places in India.

**Unit- II Natural Resources:**

Study of wild life Parks, Sanctuaries & Tiger Reserves in India with case studies of Raja Ji National Park, Jim Corbett, Bharatpur Bird Sanctuary, Valley of Flowers & Gir National Park, Kaziranga National Park.

**Unit-III Pilgrimage Destinations:**

**Hindu-** Char Dham Yatra, Haridwar, Khajuraho, Mahabalipuram, Tirupati, Madurai, Konark.

**Buddhist:** Lumbini, Bodhgaya, Sarnath, Kushinagar, Sanchi, Ajanta.

**Jain:** Mount Abu, Sharavanbelgola.

**Islamic:** Delhi, Agra, Fatehpur Sikri.

**Sikh:** Patna, Nanded, Golden Temple (Amritsar) Hemkund Sahib (Uttarakhand).

**Unit- IV Socio-Cultural Resources:**

Socio cultural resources - Important fairs and festivals with case studies of KumbhaMela, Dussehra, Vaishno Devi Yatra, Onam, Puri Rath Yatra&Chhath Pooja.

**Unit - V: Hill Station & Coastal Destinations:**

**Hill Station:** Study of Hill Station attractions and their environs with case studies of Mussoorie, Nainital, Shimla, Manali and Ooty.

**Beaches:** Beaches and Islands: Beaches in Goa, Kerala, Andaman & Nicobar Islands.

**Text Books:**

- Gupta, SP, Lal, K, Bhattacharya, M. Cultural Tourism in India (DK Print 2002)
- Dixit, M and Sheela, C. Tourism Products (New Royal Book, 2001)
- Oki Morihiko, Fairs and Festivals, World Friendship Association, Tokyo, 1988.
- Michel George, The Penguin guide to the monument of India, Penguin Book, 1990

**Other References:**

- Mitra, Devla, Buddhist Architecture, Calcutta.
- Tourists Resource of India- Ram Acharya.
- Himachal Pradesh, The Land, the people by S.S. Negi

**Name of the Course: Yoga Practicum**

**Course Code: MY-CP-409**

**Course Objectives:**

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

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

<b>Total number of hours 120</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		0	2	6
<b>Scheme of Examination</b>				
Total Marks 100				
<b>Theory : 0</b>		<b>Practical : 100</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		35	15	

**Shatakarma:**Danddhauti,Vastrdhauti, Nauli, Trataka.

**Aasana:** -

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 –**

Udgeeth, Moorchha.

**Dhyana & Viva:** Vijnanamaya & Anandamaya Kosha



**Name of the Course: Naturopathy & Complementary & Alternative Therapy Practicum**

**Course Code: MY-CP-410**

**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.

<b>Total number of hours 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Hrs / week		0	1	3
<b>Scheme of Examination</b>				
Total Marks 50				
<b>Theory : 0</b>		<b>Practical : 100</b>		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		35	15	

**Naturopathy Practical File**

**-5 marks**

**(The practical file will be prepared under guidance of faculty concerned.)**

**Forms of water therapy:**

(Jalpaan, natural bath, simple and friction bath, Hip bath/katisnan, MehanSnan, 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:**

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

**Naturopathy for common diseases-**

Backache, Epilepsy, Insomnia, Obesity Arthritis, Psoriasis, Asthma, Pneumonia, Hyper / Hypotension, Depression, Impotence, Diabetes, Depression, Anxiety, Ovarian cysts, Menstrual problems, Smoking & Alcoholism, Migraine ,

**Viva CAT**

Acupressure-5marks

Pranic Healing

-5 marks

Acupressure and Pranic Healing Treatment methods of Health problems described in MY-CT-403

-5 marks

Dietary Supplements & Herbal Remedies

- 5 marks

विभागाध्यक्ष योग विज्ञान विभाग  
पतंजलि विश्वविद्यालय, हरिद्वार