

Syllabus  
of  
Masters of Yogic Arts & Science (MSc Yoga)

Department of Yoga Science  
University of Patanjali



Haridwar-249405, India

2023-24

विभागाध्यक्ष योग विज्ञान विभाग  
पतंजलि विश्वविद्यालय, हरिद्वार

## MASTER OF SCIENCE (YOGA) - MSc (Yoga)

### Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight. In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic and life style related ailments. This course has the vision of producing yoga professional so that they could teach yoga therapy in a paramedical department of a hospital with the ability to select specific safe practice modules for different diseases.

### I. Title of the Programme

The programme shall be called "**Master of science in Yoga**" (MS)

### II. Aim of the Programme

The aim of the programme is to produce "**Yoga therapist as a paramedical professional**"

### III. Objectives of the programme

Prevention: To introduce yoga therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.

Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic life style.

Treatment: To create professional therapists of high calibre who know the concepts, techniques and can handle lifestyle disease under the guidance of a super specialist doctor to select safe specific practices for different diseases.



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### III. Scheme of Teaching and Examination

S.N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
			L	T	P	Seasonal			SEE	
						Credit	CT	TA		
<b>I Year</b>										
<b>Semester – I</b>										
1	MSY-CT-101	Insights into Indian Philosophy	3	1	0	4	20	10	70	100
2	MSY-CT-102	Applications of Hatha Yoga & Patanjala Yoga Sutra	3	1	0	4	20	10	70	100
3	MSY-CT-103	Biomechanics & Kinesiology	3	1	0	4	20	10	70	100
4	MSY-CT-104	Therapeutic Yoga	3	1	0	4	20	10	70	100
5	MSY-CT-105	Yoga & Strategic Management	3	1	0	4	20	10	70	100
6	MSY-CP-106	Yoga Therapy Practicum-I	0	0	8	4	20	10	70	100
7	MSY-CP-107	Biomechanics & Kinesiology Practical	0	0	4	2	10	5	35	50
			<b>32 Hrs</b>			<b>26</b>	<b>TOTAL</b>			<b>650</b>
<b>Semester – II</b>										
1	MSY-CT-201	Applications of Yoga in Bhagavad Gita & Yog Vashishtha	3	1	0	4	20	10	70	100
2	MSY-CT-202	Physiological Effects of Yoga Practices	3	1	0	4	20	10	70	100
3	MSY-CT-203	Yoga, Dietetics & Nutrition	3	1	0	4	20	10	70	100
4	MSY-CT-204	Applied Psychology & Yogic Counselling	3	1	0	4	20	10	70	100
5	MSY-CT-205	Research Methodology Statistics	3	1	0	4	20	10	70	100
6	MSY-CP-206	Contemporary Yoga Techniques.	0	0	8	4	20	10	70	100
7	MS-CP207	Practical: Applied psychology and Counselling	0	0	4	2	10	5	35	50
			<b>32 HRS</b>			<b>26</b>	<b>Total</b>			<b>650</b>

II Year										
Semester – III (Classical Stream)										
1	MSY-SCT-C 301	Principal Upanishads	3	1	0	4	20	10	70	100
2	MSY-SCT- C 302	Yoga In World Religions	3	1	0	4	20	10	70	100
3	MSY-EL-C 303	Elective I Human Consciousness	3	1	0	4	20	10	70	100
	MSY-EL-C 304	Elective II- Wellness promoting formulations of PYP								
4	MSY-AECT – C 305	Indian Knowledge System-I	3	1	0	4	20	10	70	100
5	MSY-FW-C 306	Field Training-I	2	0	4	4	20	10	70	100
6	MSY-PW-C 307	Project Work-I	0	0	8	4	20	10	70	100
<b>30 HRS</b>						<b>24</b>	<b>TOTAL</b>			<b>600</b>
Semester – IV (Classical Stream)										
1	MSY-SCT- C 401	- Four streams of Yoga	3	1	0	4	20	10	70	100
2	MSY-SCT- C 402	Samkhya Karika	3	1	0	4	20	10	70	100
3	MSY-ELT-C 403	Elective III: Yoga Upnishad	3	1	0	4	20	10	70	100
	MSY-ELT-C 404	Elective-IV: Brahmsutra & Vivek Chudamani								
4	MSY-AECT- C-405	Yogic & Ayurvedic Purification Techniques	2	0	4	4	20	10	70	100
5	MSY-FW-C 406	Field Training- II		0	4	4	20	10	70	100
6	MSY-PW-C- 407	Project Work-II Dissertation	0	0	8	4	-	-	-	100
<b>32 HRS</b>						<b>24</b>	<b>TOTAL</b>			<b>600</b>
<b>Total number of Credits</b>						<b>100</b>	<b>Total marks</b>			<b>2500</b>

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

\* (Chatuh-sutri: Brahmasutra), Narada bhakti sutra, Vivekachudamani, Swami Vivekananda's four

Yogas

\*\* Karma Yoga Sutra Shatakam, Samkhya Karika,

II Year										
Semester – III (Therapy Stream)										
1	MSY-SCT-T-301	Disease specific pathology-I*	3	1	0	4	20	10	70	100
2	MSY-SCT-T-302	Evidence based Yoga Therapy-I∞	3	1	0	4	20	10	70	100
3	MSY-ELT-T-303	Elective-I Naturopathy	3	1	0	4	20	10	70	100
	MSY-ELT-T-304	Elective-II Wellness Promoting Formulations by PYP								
4	MSY-SCP-T-305	Disease specific pathology, Practical-I	-	-	4	2	10	05	35	50
5	MSY-SCP-T-306	Evidence based yoga therapy, Practical-I	-	-	4	2	10	05	35	50
6	MSY-FW-T-307	Field training-I	-	-	8	4	20	10	70	100
7	MSY-PW-T-308	Project work-I	-	-	8	4		10	70	100
						<b>36Hrs</b>	<b>24</b>	<b>TOTAL</b>		<b>600</b>
Semester- IV (Therapy Stream)										
1	MSY-SCT-T-401	Disease specific pathology-II**	3	1	0	4	20	10	70	100
2	MSY-SCT-T-402	Evidence based yoga therapy-II∞	3	1	0	4	20	10	70	100
3	MSY-ELT-T-403	Elective-III (Complementary & Alternative Therapy)	3	1	0	4	20	10	70	100
	MSY-ELT-T-404	Elective-IV Yogic & Ayurvedic Purification techniques								
4	MSY-SCP-T-405	Disease specific pathology, practical-II	-	-	4	2	10	05	35	50
5	MSY-SCP-T-406	Evidence based yoga therapy, practical-II	-	-	4	2	10	05	35	50
6	MSY-FW-T-407	Field training-II	-	-	8	4	20	10	70	100
7	MSY-PW-T-408	Project work-II	-	-	8	4	-	-	-	100
						<b>36 HRS</b>	<b>24</b>	<b>TOTAL</b>		<b>600</b>
<b>Total number of Credits</b>							<b>100</b>			<b>2500</b>



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## Name of the Course: Insight into Indian Philosophy

Course Code: MSY-CT 101

### Course Objectives:

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

1. Outline the six systems of Indian philosophy.
2. Explain the understanding of Yoga as a philosophy and inculcate the essence.
3. Describe the various schools of philosophy like Buddhism, Samkhya, Mimamsa etc. which are relevant to yoga practice.

### Course Outcomes:

After going through this course, learners are expected to

1. Review basics of Indian Philosophy.
2. Interpret yoga Philosophy.
3. Discuss life problems in connection to Indian Philosophy

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2		√	
CO3		√	√

### Course Content

Units	Title	COs Addressed
1	Nyaya and Vaisesika	CO1, CO2, CO3
2	Samkhya and Yoga	CO1, CO2, CO3
3	Mimamasa (Purva and Uttara)	CO1, CO2, CO3
4	Jain, Buddha and Carvaka Philosophy	CO1, CO2, CO3

### Assessment Plan

Total Number of Hrs: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/ week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical :00	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

## Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3
1	Internal Examination	√	√	√
2	Semester End Examination	√	√	√

### UNIT 1: Nyaya and Vaisesika [15hrs]

Nature of physical world, concept of Individual soul, supreme soul, and liberation in Indian philosophy, Theory of body, mind and soul, The sixteen Padarthas according to Nyaya, Concept of Nyaya philosophy; Means and objects of knowledge and salvation according to Nyaya and Vaisesika, Category of substance-Nava dravyas, Category of quality-24 gunas, Relation between Nyaya and Vaisesika philosophy.

### UNIT 2: Samkhya and Yoga [15hrs]

Theory of cause and effect; Prakriti and Purusha; Concept and Process of evolution and Liberation; Concept of Atman, Brahma, Maya, Universe, God; Three fold afflictions and means to overcome afflictions; Twenty five entities and means of knowledge according to Samkhya and; Saakarya Vada; Similarities and dissimilarities between Vyakta and Avyakta, Triguna; Existence of Purusa, plurality of Purusa, proximity of Purusa and Prakrti; Karana, Antah Karana and Bahya Karana according to Sankhya Karika; Liberation and means of attaining it; Organization of the Yoga sutras, stages of Chittas, forms of Chitta, modification of Chittas, Kind of Kleshas, the eight fold of Yoga and God & liberation.

### UNIT 3: Mimamasa (Purva and Uttara) [15hrs]

Concept of Badarayana in Uttaramimamsa; Anumana, Sabda; Difference between vidya & avidya, subject & object, creation & causation, cause & effect; Pratyaksa, Anumana, Upamana, Arthapati, Anupalabdi and Sabda according to Uttaramimamsa; Atheism, Dharma in the context of Purvamimamsa, Summary of ten Upanisads, Atman, Brahma, Maya, Universe, God; The self and human life; Major teachings of Mimamsa system; Selfless action, nonattachment, self-control, self-discipline; Daily schedule for psychophysical wellbeing, social awareness, sense of equality, unity with diversity, selectiveness.

### UNIT 4: Jain, Buddha And Carvaka Philosophy [15hrs]

Carvaka philosophy: Origin and history of Carvaka philosophy, Metaphysics and Epistemology, Buddhism: Four noble truths, Pramanas Jainism: Categories, Triratnas and Syadvada.

### RECOMMENDED BOOKS:

Bhushan, N., & Garfield, J. L. (2015). *Indian Philosophy in English: From Renaissance to Independence. Indian Philosophy in English: From Renaissance to Independence.* doi:10.1093/acprof:osobl/9780199769261.001.0001

Bhushan, N., & Garfield, J. L. (2017). *Minds Without Fear: Philosophy in the Indian Renaissance.* New York, NY: Oxford University Press.

Bilimoria, P. (2015). *Nature in Indian Philosophy and Cultural Traditions. Sophia Studies in Cross-cultural Philosophy of Traditions and Cultures* (Vol. 12). New Delhi, India: Springer. doi:10.1007/978-81-322-2358-0

Frauwallner, E. (1973). *History of Indian Philosophy, ( Vol 2.* Varanasi, India: Motilal Banaridass Publishers.

Gupta, B. (2012). *An Introduction to Indian Philosophy: Perspectives on Reality, Knowledge, and Freedom.* New York, NY: Routledge. doi:10.5840/ipq197717452

- Hiriyanna, M. (1994). *Outlines of Indian Philosophy*. Varanasi, India: Motilal Banaridass Publishers.
- I, B. S., Potter, K. H., Larson, G. J., Bhatlacharya, R. S., Philosophy, B., Karl, A. D. E., et al. (1995). *Encyclopedia of Indian Philosophies*.
- Mohanty, J. N. (2008). A History of Indian Philosophy. *A Companion to World Philosophies*, 24–48. doi:10.1002/9781405164566.ch2
- Potter, K. H. (1987). *Encyclopedia of Indian Philosophies Vol IV*. Delhi, India: Motilal Banaridass Publishers.
- Press, O. U. (1928). *Indian Philosophy: A Very Short Introduction*. *Mind* (Vol. 37). doi:10.1093/mind/XXXVII.145.130
- Radhakrishnan, S., & Moore, C. A. (Eds.). (1957). *A Source Book in Indian Philosophy*. New Jersey, NJ: Princeton University Press.
- Schweizer, P. (1993). Mind/Consciousness Dualism in Sankhya-Yoga Philosophy. *Philosophy and Phenomenological Research*, 53(4), 845–859. doi:10.2307/2108256
- Timalsina, S. (2008). *Consciousness in Indian philosophy: The Advaita doctrine of “awareness only.”* *Consciousness in Indian Philosophy: The Advaita Doctrine of “Awareness Only.”* doi:10.4324/9780203889176



## Name of the Course: Applications of Hatha and Patanjala

Yoga Course Code: MSY-CT 102

### Course Objectives:

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

1. Apply Hatha Yoga and Patanjali Yoga related principles and practices in biopsychosocial contexts.
2. Prescribe Hatha and Patanjali Yoga for stress management.
3. Create value and insights of Hatha and Patanjali Yoga for persons with special need.

### Course Outcomes:

After going through this course, a learner will be able to

1. Outline yogic anatomy and physiology.
2. Demonstrate Hatha yoga practices.
3. Prescribe hatha yoga practice for stress management, behavior moderation, performance excellence, health promotion, disease prevention and therapy.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√	√	
CO3			√

### Course Content

Units	Title	COs Addressed
1	Applications of Hatha Yoga in Stress Management & Personality Development	CO1, CO2, CO3
2	Application of Patanjali yoga in Stress Management	CO1, CO2, CO3
3	Application of Hatha Yoga and Patanjali Yoga in Sports	CO1, CO2, CO3
4	Application of Hatha Yoga and Patanjali Yoga for Rehabilitation of Children with Special Needs	CO1, CO2, CO3

### Assessment Plan

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

## Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3
1	Internal Examination	√	√	
2	Semester End Examination	√	√	√

### UNIT 1: Applications of Hatha Yoga in Stress Management & Personality Development [15 Hrs]

Holistic yogic approach for stress prevention and management: Shat kriyas (cleansing techniques), asanas (postures), bandha and mudras (locks and gestures), pranayama (breath regulation), dharana (concentration), dhyana (meditation).

*Physical level:* slim body, beauty, glow on face, healthy digestive fire and disease free state through yogic diet , shat kriyas (purifications of internal organs/ detoxification), asanas (for strength and stamina ).

*Prana level:* Purification of nadis and mastery over prana through mudras, bandhas and pranayama.

*Mental level:* personal and social discipline through yamas( don'ts) and niyama(do's), cultivation of four fold abilities (grasping , concentration, memory and intellectual capacity) through pratyahara, dharana, dhyana, and samadhi);

*Emotional level:* Mastery over emotions to prevent aggressive behavior, anger, fear, anxiety, and depression through Ishwara Pranidhana (Surrenderance to the supreme); Social and civic sense: preserve environment by understanding that 'I am a piece of the universe' through right knowledge of *yjuyate anena it yogah* ( yoga is that which unites the individual consciousness with universal consciousness).

*Spiritual health:* Joy, bliss and equanimity under all circumstances through Practice of higher states of Meditation (Super consciousness states).

### UNIT 2: Application of Patanjali yoga in Stress Management [15 Hrs]

Practices for Chitta Vritti Nirodha (Abhyasa and Vairagya), Cultivation of four fold attitude for Chitta prasadanam, Ashtanga Yoga: Culturing the life through Yama and Niyama;

Pratyahara for abstinence from sensual cravings; Applications of Hatha Yoga in personality development: Physical level: Slim body, beauty, glow on face, healthy digestive fire and Disease free state through, yogic diet, Shat Kriyas (purifications of internal organs/ detoxification), Asanas (for strength and stamina);

Prana level: Purification of Nadis and mastery over prana through mudras, bandhas and Pranayama

Mental level: Personal and Social Discipline through five Yamas( don'ts) and five Niyama(do's), cultivation of four fold abilities (grasping , concentration, memory and intellectual capacity) through pratyahara, Dharana, Dhyana, and Samadhi);

**Emotional level:** Mastery over emotions to prevent aggressive behavior, anger, fear, anxiety, and depression through Ishwara Pranidhana (Surrender to the supreme); social and civic sense: preserve environment by understanding that 'I am a piece of the universe' through right knowledge of *yuyate anena it yogah* (yoga is that which unites the individual consciousness with universal consciousness);

**Spiritual health:** joy, bliss and equanimity under all circumstances through practice of advanced Meditation, Prayer, Selfless Service and Nad.

### **UNIT 3: Application of Hatha Yoga and Patanjali Yoga in Sports [15 Hrs]**

Physical Level: Physical Stamina; strength; Endurance; Muscle tone; flexibility through sanas, diet and kriyas ; Kriyas (Cleansing of internal organs for clearing the tissue toxins before and after the intense training);

Vital Level: Pranayama (for Lung capacity);

Mental Level: Gain mastery over the Mind, concentration, focusing, Reduction of Ego;

Development of positive and good qualities; Reduction of aggressive nature; through Meditation and Breathing Techniques;

Cognitive abilities– Focus, creative skills and thinking; Willpower, Creativity;

Spiritual Level: concept of using sports for spiritual growth through intensified awareness.

### **UNIT 4: Application of Hatha Yoga and Patanjali Yoga for Rehabilitation of Children with Special Needs [15 Hrs]**

Assessment of cognitive, emotional, physical needs of normal and special children. Specific modules of integrated yoga for children with down syndrome, cerebral palsy, autism spectrum disorders learning disabilities and physical disability, Impaired vision & hearing, speech disorders, unhealthy behaviours, integrated yogic prescription to increase cognitive and motor skills in normal children, yoga practices for improving strength, Endurance, speed, agility, flexibility, and self- confidence.

#### **TEXT BOOKS:**

Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: Divya Prakashan

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

Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.

Balkrishna, A. (2017). Yoga Vigyanam. Haridwar, India: Divya Prakashan. Sahay G.S.

: *HathaYoga Pradeepika of Svatmarama*, MDNIY Publication, 2013 Iyengar

B.K.S. : *Light on the Yoga Sutras of Patanjali*, Published Thorsons, 2002

#### **REFERENCE BOOKS:**

Gharote ML: *Hatharatnavali*, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009

Gharote, M.M.: *Therapeutic references in Traditional Yoga Texts*, The Lonavla

Iyengar, B. K. S. (1982). *Light on Yoga. Yoga Dipika*. doi:10.1007/s13398-014-0173-7.2 Institute, Lonavla, 2010.

Iyengar, B. K. S. (2001). *Yoga: The Path to Holistic Health* (1st ed.). London, Great Britain: Dorling Kindersley.

Iyengar, B. K. S. (2005). *The Illustrated Light on Yoga* (10th ed.). New Delhi: HarperCollins Publishers India. file:///C:/Users/Admin/Downloads/BKS IYENGAR-Illustrated Light on Yoga-harper collins (2005).pdf

Long, R. (2008). The Key Muscles of Hatha Yoga. papers://0528d255-b313-4f39-8be9-b9934b4cb82f/Paper/p201

Muktibodhananda, S. (2006). *Hatha Yoga Pradipika: Light on Hatha Yoga* (3rd ed.). Munger, India: Yoga Publications Trust. doi:10.1098/rsta.2012.0199

Rieker, H.-U. (1992). *Hatha Yoga Pradipika*. Detroit, MI: The Aquarian Press.

<http://www.hermetics.org/pdf/HathaYogaPradipika.pdf>

Rukmini T.S.: *Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV*, Munshiram Manoharlal Pvt. Ltd. New Delhi

Saraswati, S. S. (1995). *Asana, Pranayama, Mudra and Bandha*. Munger, India: Bihar School of Yoga.

Saraswati, S. S. (2001). *Kundalini Tantra*. Munger, India: Yoga Publications Trust.  
[http://www.amazon.de/Kundalini-Tantra-Swami-Satyananda-Saraswati/dp/3928831089/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1329666187&sr=1-1](http://www.amazon.de/Kundalini-Tantra-Swami-Satyananda-Saraswati/dp/3928831089/ref=sr_1_1?s=books&ie=UTF8&qid=1329666187&sr=1-1)

Saraswati, S. S. (2004). *A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya. Bihar School of Yoga*. Munger, India: Yoga Publications Trust

Sharma BR : *Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama*, Lonavala, 2013

Swami Vivekananda : *Rajayoga*, Advaita Ashram, Culcutta, 2000.

Woods, J.H.: *The Yoga System of Patanjali*, M.L.B.D., Delhi, 1988

## Name of the Course: Biomechanics and Kinesiology

Course Code: MSY-CT 103

### Course Objectives:

The biomechanics course objectives are to

1. describe importance of biomechanics in yoga practice.
2. interpret concepts and principles that influence human movement.
3. illustrate the use of these general biomechanics concept in the professional skill for the diagnosis of the movement during yoga practices.

### Course Outcomes:

After going through this course, a learner is expected to

1. outline biomechanics of major synovial joint-hip, spine, shoulder, elbow, wrist and associated muscles.
2. explain concept of load, motion, linear and angular kinematics and kinetics for analysis of human motion.
3. practice idea of biomechanics and kinesiology for proper postural alignment, jumping, walking, running and gait analysis.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√	√	
CO3		√	√

### Course Content

Units	Title	COs Addressed
1	Biomechanics of Hip and Spine	CO1, CO2
2	Biomechanics of Shoulder, Elbow and Wrist	CO1, CO2
3	Kinesiology	CO2, CO3
4	Muscle Biomechanics	CO2, CO3

### Assessment Plan

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

## Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3
1	Internal Examination	√	√	
2	Semester End Examination	√	√	√

### UNIT 1: Biomechanics of Hip and Spine [15 Hrs]

Biomechanics of Hip Structure & function of the bones & non contractile element of the Hip, mechanics & Patho-mechanics of muscle activity at the hip & analysis of the force on the Hip during various Yoga postures; Biomechanics of spine; Structure & function of the bones & joints of the cervical spine, mechanics & patho-mechanics of the cervical musculature, analysis of the force on the cervical spine during activity, Structure & function of the bones & joints of the thoracic spine, mechanics of the thoracic musculature, analysis of the force on the thoracic spine during Yoga posture & structure & function of the bones & joints of the lumbar spine. Mechanics of the lumbar musculature, analysis of the force on the lumbar spine during Yoga postures. Structure & function of the bones & joints of the pelvis, mechanics of the muscle activity in the pelvis & analysis of the forces on the pelvis during activity.

### UNIT 2: Biomechanics of Shoulder, Elbow and Wrist [15 Hrs]

Biomechanics of shoulder; Structure & function of the bones & joints of the Shoulder complex, mechanics & Patho-mechanics of the muscle activity in the Shoulder complex & analysis of the forces on the Shoulder complex during Yoga postures; Biomechanics of Elbow; Structure & function of the bones & non contractile element of the elbow, mechanics of muscle activity at the elbow & analysis of the force on the elbow during Yoga postures; Biomechanics of Wrist & Hand Structure & function of the bones & joints of the Wrist & hand mechanics of the muscle activity in the wrist & hand, analysis of the force on the wrist during activity, mechanics of the Special connective tissue in the hand.

### UNIT 3: Kinesiology [15 Hrs]

Loads and Motion in the Musculoskeletal System: Jumping, walking, running, gait analysis, Linear and angular kinematics and kinetics of human movement, Human movement in a fluid medium, Kinematics and kinetic Concepts for Analysis Human Motion, Biomechanics measurement and analysis methods body segment parameters/segment inertia properties.

### UNIT 4: Muscle Biomechanics [15 HRS]

Movement patterns – the essence of sports biomechanics, Qualitative analysis in Asanas movements, joint forces and muscular moment in Asanas, Energy work and muscular power during an movement in Asanas, various Asanas and its health impact.

#### TEXT BOOKS:

Hay, J.G. and Reid, J.G.: *Anatomy, mechanics and human motion*. Englewood Cliffs, N.J.: prentice Hall Inc. 1988.

Knudson, D.: *Fundamentals of biomechanics*. New York, NY: Springer, 2007

#### REFERENCE BOOKS:

Cael, C. (2010). *Functional Anatomy: Musculoskeletal anatomy, kinesiology, and palpation for manual therapists*. (J. Goucher, Ed.). Philadelphia, PA: Lippincott Williams & Wilkins.

Clay, J. H., & Pounds, D. M. (2008). *Basic clinical massage therapy: integrating anatomy and treatment* (2nd ed.). Lippincott Williams & Wilkins. doi:10.1139/apnm-2014-0147.Hoon

Franc Bell: *Principles of Mechanics and Biomechanics*, Stanley Thornes Publications, 1998

Iwan W. Griffiths, *Principles of Biomechanics & Motion Analysis*, Published by Lippincott Williams & Wilkins, 2006

Jelvéus, A., & Oddsson, K. (2011). *Integrated Sports Massage Therapy: A Comprehensive Handbook*. London, Great Britain: Elsevier Churchill Livingstone. doi:10.1016/B978-0-443-10126-7.00001-0

Kaminoff, L., Matthews, A., & Ellis, S. (2007). *Yoga anatomy*. U.S.A: Human Kinetics.

McGinnis, P.: *Biomechanics of sport and exercise*. Champaign, IL: Human Kinetics, 2013

Simon Borg-Olivier, & Machliss, B. (2011). *Applied anatomy & physiology of yoga*. Waverley, NSW: yogasynergy.

Werner, R. (2013). *A Massage Therapist's Guide to Pathology* (5th ed.). Philadelphia, PA: Lippincott Williams & Wilkins.

## Name of the Course: Therapeutic Yoga

Course Code: MSY-CT104

### Course Objectives:

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

1. To understand the concept of body and health from the perspective of yoga.
2. To have an understanding of the Yogic concept of Disease and the remedial measures there in.

### Course Outcomes:

After the study of this course, a learner will be able

1. Quote modern and classical concept of health, wellness, illness and well-being.
2. Prescribe yoga practice for purification of physique, bioenergy and psyche.
3. Describe yogic principle and practice for empowering psychological, social and spiritual health and wellness.
4. Propose bio-psychosocial benefits/implications of yoga practices
5. Apply psychosomatic and pranic yoga practices for health promotion, disease prevention and healing.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√	√	√
CO3	√	√	√
CO4		√	
CO5		√	√

### Course Content

Units	Title	COs Addressed
1	Yogic Concepts of Health, Stress and Disease	CO1, CO4
2	Preventive Healthcare According to Yoga	CO2, CO4
3	Yoga for Prevention of Health	CO2, CO3, CO5
4	Evidenced Psycho-Physiological Effects of Yoga	CO2, CO3, CO5

### Assessment Plan

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



## Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4	CO5
1	Internal Examination	√	√		√	
2	Semester End Examination	√	√	√	√	√

### UNIT 1: Yogic Concepts of Health, Stress and Disease [15 Hrs.]

Concept of Health According to WHO and Indian Systems of Medicines i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine; Utility and Limitations of these systems in health and healing; Yogic Concept of Health and Disease:, Concept of Adhi and Vyadhi; Concept of stress (Adhi) as cause for Vyadhi (yoga vasishta); Role of Yoga in preventive health care – Heyam dukham anagatam ; Potential causes of Ill-health: Kleshas, Vyadhi, Styana, Samshaya, Pramada, Alasya, Avirati, Bhrantidarsana, Alabdha-bhumikatva, Anavasthitatva, Duhkha, Daurmanasya, Angamejayatva and Svasa-prashvasa vichhepa.

### UNIT 2: Preventive Healthcare According to Yoga [15 Hrs.]

Concepts of trigunas, pancha-mahabhutas, pancha koshas, pancha-prana, nadis, chakras, and their role in health and healing. Shuddhi prakriyas in yoga: role of shuddhi prakriyas in preventive and curative health, karma shuddhi (yama, niyama), ghata shuddhi (shatkarma), snayu shuddhi (asana), prana shuddhi (pranayama), indriya and mano shuddhi (pratyahara), mana, buddhi, ahankara and chitta shuddhi (dharana, dhyana and samadhi).

### UNIT 3: Yoga for Prevention of Health [15 Hrs.]

Dietary regulation according to Hatha yoga and Bhagavadgita; Shatkriyas and Tatva shuddhi; Asana for mind, body and spirit; Pranayama; Definition of Mental Health, Mental Hygiene & Total Health; Psycho-Social Implications of yoga; Adaptation and adjustment [Personal and interpersonal] through yogic rules and regulations Niyamas & Yamas.

### UNIT 4: Evidenced Psycho-Physiological Effects of Yoga [15 Hrs.]

Literature on therapeutic benefits of yoga in health and diseases: cardiovascular, respiratory, neurological, psychiatric, endocrine, metabolic, renal, ENT, ophthalmic, reproductive system. Literature on psycho-physiological research in normal healthy volunteers; Literature on psycho-physiological research in promotion of positive health through asanas, kriyas, mudras, bandhas, pranayamas, and meditation techniques.

#### TEXT BOOKS:

Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: Divya Prakashan.

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

Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.

Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan BooksTM

Balkrishna, A. (2017). Yoga Vigyanam. Haridwar, India: Divya Prakashan.

Preeti Goel & Rita Jain: *Spectrum of Health* (Sports Publications, New Delhi, 2003)

M. M. Gore: *Anatomy and Physiology of Yogic Practices* (New Age Books, New Delhi, 2008)

#### REFERENCE BOOKS:

Acharya, S. S. (2011). *Diagnose, Cure and Empower Yourself by Currents of Breath*. Haridwar, India: Shri Vedmata Gayatri Trust. Retrieved from

file:///C:/Users/Admin/Desktop/Diagnose\_Cure\_And\_Empower\_Your\_Self\_By\_Current\_Of\_Breath.pdf

Acharya, S. S. (2012). *The Astonishing Power of Biophysical & Subtle Energies of The*

- Human Body*. Haridwar, India: Shri Vedmata Gayatri Trust. Retrieved from [http://literature.awgp.org/var/node/1545/EP\\_04\\_The\\_Astonishing\\_Power\\_Of\\_Biophysical.pdf](http://literature.awgp.org/var/node/1545/EP_04_The_Astonishing_Power_Of_Biophysical.pdf)
- Coulter, H. D. (2006). *Anatomy of Hatha Yoga*. Delhi, India: Motilal Banarasidas
- Dr. Vijay Kant: *Therapeutic reference in Traditional Yoga texts*
- Frawley, D. & Kozak, S. S. (2006). *Yoga for your type*. New Delhi, India: New Age Books.
- Gore, M.M. (2004). *Anatomy and physiology of yogic practices*. Lonavala, India: Kanchan Prakashan.
- Horovitz, E. G., & Elgelid, S. (2015). *Yoga Therapy: Theory and Practice*. (E. G. Horovitz & S. Elgelid, Eds.). New York, NY: Routledge.
- Malshe, P. C. (2012). *A Medical Understanding of Yoga* (2<sup>nd</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.
- Motoyama, H. (2008). *Theories of the Chakras: Bridge to Higher Consciousness*. New Delhi, India: New Age Books.
- Muktibodhananda, S. (2004). *Swara Yoga: The Tantric Science of Brain Breathing*. Munger, India: Yoga Publications Trust.
- Muktibodhananda, S. (2006). *Hatha Yoga Pradipika* (3rd ed.). Munger, India: Yoga Publications Trust. <https://doi.org/10.1098/rsta.2012.0199>
- Nagendra H. R.: *New Perspective in Stress Management*, VK Yoga Publication, Bangalore
- Nagendra, H. R.: *Yoga for Positive Health*, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
- Pradhan, B. (2015). *Yoga and Mindfulness Based Cognitive Therapy*. New York: Springer. <https://doi.org/DOI 10.1007/978-3-319-09105-1>
- Robin, Mel. (2002). *A physiological handbook for teachers of yogasana*. Arizona: Fenestra
- Robin, Mel. (2009). *A Handbook for Yogasana Teachers*. Arizona: Wheatmark®
- Segal, I. (2010). *The Secret Language of Your Body: The Essential Guide to Health and Wellness*. New York, NY: Atria Books/Beyond Words.
- Selvarasu, K. V. (2003). *Kriya Cleansing in yoga*. Tamil Nadu, India: Yoga Bharati
- T.S. Rukmani: *Patanjali Yoga Sutra*, Munshiram Manoharlal, 2001
- Taylor, M. J. (2004). Complementary Therapies in Rehabilitation. In C. M. Davis (Ed.) (2nd ed.). Thorofare, NJ: SLACK Incorporated. Retrieved from file:///C:/Users/Admin/Downloads/Carol M. Davis EdD PT MS FAPTA-Complementary Therapies in Rehabilitation\_ Evidence for Efficacy in Therapy, Prevention, and Wellness-S (1).pdf
- Udupa, K. N. (2007). *Stress and its management by yoga*. Delhi, India: Motilal Banarasidas

## Name of the Course: Yoga and Strategic Management

Course Code: MSY-CT105

### Course Objectives:

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

1. Record the complexities of managing a formal organization.
2. Identify key strategic issues and formulating appropriate strategies given a firms' situation.
3. Explain meaning and need for strategic management.
4. Interpret the Indian ethos and their need for holistic globalization
5. Conceptualize the need for Indian models and significance.
6. Recognize the need for corporate responsibility.

### Course Outcomes:

After study of this course, a learner is expected to have-

1. Basic understanding of strategic management from modern and classical perspective.
2. Skills of drafting vision mission and process of strategic management from yogic perspective.
3. Skills for internal and external assessment of business strategies.
4. Aptitude of applying yogic principles and practices for strategic management and ethical business.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2		√	
CO3		√	√
CO4		√	√

### Course Content

Units	Title	COs Addressed
1	Basic Concepts in Strategic Management	CO1
2	Yogic Vision, Mission	CO2
3	Internal and External Assessment, And Business Strategies	CO3
4	Yogic Approach to Strategic Management	CO1, CO3, CO4

### Assessment Plan

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

## Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4
1	Internal Examination	√	√		
2	Semester End Examination	√	√	√	√

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

- record the complexities of managing a formal organization.
- identify key strategic issues and formulating appropriate strategies given a firms' situation.
- explain meaning and need for strategic management.
- interpret the Indian ethos and their need for holistic globalization
- conceptualize the need for Indian models and significance.
- recognize the need for corporate responsibility.

### Course Outcomes:

After study of this course, a learner is expected to have-

- Basic understanding of strategic management from modern and classical perspective.
- Skills of drafting vision mission and process of strategic management from yogic perspective.
- Skills for internal and external assessment of business strategies.
- Aptitude of applying yogic principles and practices for strategic management and ethical business.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2		√	
CO3		√	√
CO4		√	√

### Course Content

Units	Title	COs Addressed
1	Basic Concepts in Strategic Management	CO1
2	Yogic Vision, Mission	CO2
3	Internal and External Assessment, And Business Strategies	CO3
4	Yogic Approach to Strategic Management	CO1, CO3, CO4

### Assessment Plan

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

## Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4
1	Internal Examination	√	√		
2	Semester End Examination	√	√	√	√

### UNIT 1: Basic Concepts in Strategic Management [15 Hrs]

Meaning of strategy, Strategic Management: meaning, definition, role, scope, importance, stages, key terms in SM, SM Model, benefits, key terms, need for strategic planning, why firms avoid strategic planning? Pitfalls in strategic planning, guidelines for yogic approach to effective strategic management. Key success factors of a business.

### UNIT 2: Yogic Vision, Mission [10 Hrs]

Yogic Vision and Mission: Need, meaning, Vision vs. Mission, importance, process, characteristics, components, writing and evaluating yogic vision and mission statements.

### UNIT 3: Internal and External Assessment, And Business Strategies [20 Hrs]

Key internal forces, process of performing an internal strategic management audit, basic functions or activities that make up the different functional areas of business. Key external forces, sources of external information, Porter's five forces model of competition, Cooperative vs. Competitive Strategies – examples and exercises. Five generic competitive strategies, Diversification strategies – related and unrelated, core competencies, outsourcing. Horizontal and vertical integration, Joint Venture, Partnering, Merger, Acquisition, SM in Non-profit, Educational, Medical and Government organizations.

### UNIT 4: Yogic Approach to Strategic Management [15 Hrs]

Importance of ethics in the overall process, Yoga and ethical strategic management, convergence of Western and Eastern management practices, Compassionate Leadership through Yogic approach, Balancing Purusharthas through a holistic approach and Evolution of the SELF.

#### TEXT BOOK:

Fred R David, *Strategic Management concepts and cases*, 10/e, Prentice Hall

#### REFERENCE BOOKS:

Color of the Rainbow – *Compassionate Leadership*, Swami Amritaswarupananda Puri, Hartman & Chatterjee, *Perspectives in Business Ethics*, 3/e, Tata McGraw Hill.  
*Implementation and Control*, 9/e, Tata McGraw Hill

John A. Pearce II and Richard B Robinson Jr., *Strategic Management: Formulation*, M.A.center, 2013

Non-profit Management – *Principles and Practice*, Michael J. Worth, The George Routes, New Age International Publishers, New Delhi

Sharma Subhash, *New Mantras in Corporate Corridors: From Ancient Roots to Global* Srinivasan, *Strategic Management - Indian Context*, Prentice Hall Of India Washington University, ISBN 9781412937788 Sage Publications, September 2008

Anokhin, S. (2006). *Empirical Essays on Corporate Innovation: Untangling the Effects of Corporate Venture Capital*, 145.  
[http://rave.ohiolink.edu/etdc/view?acc\\_num=case1152821357](http://rave.ohiolink.edu/etdc/view?acc_num=case1152821357)

## Name of the Course: Yoga Practicum-I

Course Code: MSY-CP106

### Course Objectives:

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

1. List benefits, contraindications and procedure of all practices.
2. Demonstrate each practice with confidence and skill.
3. Explain the procedure and subtle points involved.
4. Prescribe and teach the yoga practices to any given group.

### Course Outcomes:

After study of this course, a learner will enable to

1. Practice yogic cleansing technique, surya namaskar, standing, sitting, prone, supine, balancing, relaxing poses and astakumbhaka
2. Interpret scientific basis of yoga poses and breath regulations for their proper preventive, promotive and therapeutic applications.
3. Recognize indications and contra-indication of yoga poses and astakumbhaka (breath regulations)

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1		√	
CO2	√	√	√
CO3	√	√	√

### Course Content

Units	Title	COs Addressed
1	Shatkarmas	CO1
2	Suryanamaskar	CO1, CO2
3	Asanas (Yogic Postures)	CO1, CO2, CO3
4	Pranayama	CO2, CO3, CO1

### Assessment Plan

Total Number of Hrs: 60	Theory	Tutorial	Practical
Credits	0	0	8
Hrs/ week	0	0	8
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical :	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

## Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3
1	Internal Examination	√	√	√
2	Semester End Examination	√	√	√

### UNIT 1: Shatkarmas

Dhauti (Kunjal), Vastra dhauti, Danda dhauti, Laghoo and Poorna sankhaprakshalana Neti (Sutra and Jala), Kapalbhathi, Agnisara, Nauli

### UNIT 2 Suryanamaskar

Yogic Jogging, 12 Health Promoting postures as recommended by Swami Ramdev Ji Maharaj, Suryanamaskar practice classically and in varied forms for prevention and therapy.

### UNIT 3: Asanas (Yogic Postures)

#### Standing Postures

Ardhakati chakrasana, Hastapadasana, Ardhashakrasana, Trikonasana, kati chakrasana, Parivritta trikonasana, Parsvakonasana, Veersana,

#### Sitting Postures

Paschimottanasana, suptavajrasana, ardhmatsyendrasana, vakrasana, marichasana, malasana, manduk asana, vakrasana, badhakanasana, merudandasana, akarna dhanurasana, gumukhasana, Chakki asana.

#### Prone Postures

Bhujangasana, sarpasana, nauka asana, Salabhasana, Dhanurasana, Urdhvamukhosvanasana, Makarasana,

#### Supine Postures

Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana, pad vritta asana, cycling.

#### Balancing Postures

Vrikshasana, vakasana, Garudasana, Namaskarasana, Tittibhasana, Natrajasana

### UNIT 4: Pranayama

Breathe awareness, Diaphragmatic breathing, Abdominal breathing, Bhastrika, Kapalbhathi, Anulom-vilom, Nadisodhan, Bahya, Ujjayi, Bhramari, Udgeeth, Ujjayi, Sitali, Sitkari, Suryabhedi.

#### TEXT BOOKS:

Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: Divya Prakashan BooksTM

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: Divya Prakashan

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: Divya Prakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

*Yoga for Promotion of Positive Health*, by Dr R Nagarathna, Dr H R Nagendra Published by SVYP, 2002

#### REFERENCE BOOKS:

B.K.S Iyenger: *Light on Pranayama*, Aquarian/Thorsons, 1992 Bharati, Mungher, Bihar, India.

Swami Satyananda Saraswati: *Asana, Pranayama, Mudra, Bandha*, Bihar Yoga

## Name of the Course: Practical Biomechanics and Kinesiology

Course Code: MSY-CP107

### Course Objectives:

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

1. Describe the principle of biomechanics and its importance during the practice of Yoga.
2. Guide the practitioners based on the alignment principles.
3. Demonstrate yogic practice having biomechanics principles in mind.

### Course Outcomes:

After the study of this course, a learner will enable to

1. Apply principle and skills of biomechanics and kinesiology to explain anatomical effects of somatic and energetic yoga practices.
2. Optimize somatic manipulation, alignment and range of motion in postural and breath regulatory practices.
3. Locate center of gravity rigid bodies and asses angular kinematics

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2		√	√
CO3		√	

### Course Content

Units	Title	COs Addressed
1	Locating muscles	CO1
2	Locating center of gravity of rigid bodies and assessment of angular kinematics of one Plane movements.	CO3
3	Conversion of angular kinematics and Draw stick figures from the photograph of yoga Movements.	CO1, CO2, CO3
4	Demonstration of yogic practices under the supervision of the teaching faculty.	CO2

### Assessment Plan

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

### UNIT 1:

Locating muscles with the help of model/chart and calculation of displacement, speed and velocity, acceleration.



**UNIT 2:**

Locating center of gravity of rigid bodies and assessment of angular kinematics of one Plane movements.

**UNIT 3:**

Conversion of angular kinematics and Draw stick figures from the photograph of yoga Movements.

**UNIT 4:**

Demonstration of yogic practices under the supervision of the teaching faculty.

**TEXT BOOK:**

Bruce Bowaditch: *The Yoga Technique Guide - Principles of Alignment and Sequencing*, Third Eye Press, 2015

**REFERENCE BOOKS:**

J E Herzenberg. *Principles of deformity correction*, Springer publication

# **Semester-II**

## Name of the Course: Application of Yoga in Bhagavadgita and Yoga Vashistha

Course Code: MSY-CT 201

### Course Objectives:

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

1. To give comprehensive knowledge about therapeutic basis of yoga as mentioned in ancient classical texts such as Bhagavad Gita and Yoga Vasistha

**Course Outcomes:** After study this course, a learner will enable to

1. Outline Yogic etiopathogenesis and management of stress from the perspective of Srimadbhagwadgeeta.
2. Interpret yogic perspective of human personality and its development process and practices.
3. Apply yogic principles and practices of SMG for maximizing performance of sports personnel.
4. Use yogic principle and practice covered in Yoga Vasistha for managing stress and personality development.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓		
CO2		✓	✓
CO3		✓	✓
CO4		✓	✓

### Course Content

Units	Title	COs Addressed
1	Application of Bhagavad Gita – 1	CO1, CO2, CO3, CO4
2	Application of Bhagavad Gita – 2	CO1, CO2, CO3, CO4
3	Application of Yoga Vasistha - 1	CO1, CO2, CO3, CO4
4	Application of Yoga Vasistha - 2	CO1, CO2, CO3, CO4

### Assessment Plan

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

## Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4
1	Internal Examination	√	√		
2	Semester End Examination	√	√	√	√

### UNIT 1: Application of Bhagavad Gita – 1

#### a. Applications in stress management

Essence of Gita and its background; Three division of faiths, thoughts and deed and eating habits corresponding to three modes – Faith, thoughts and good deeds positively correlated with stress management; The Tamas and Rajas modes as the cause of stress; Adaptation of qualities of stitha prajna; Four rules of Karma Yoga- Regulated with sense of duty; Detached; Without love or hatred; detachment to the results of action; Work efficiency – Concept of Devotion – surrender to the supreme; Nature of Devotion and the Goal of Devotion; Concept of Shraddha (perseverance) and its relevance;

#### b. Applications in Personality development

Concept of Triguna in the context of Bhagavadgita; Satva, Rajas and Tamas; Give up demonic traits such as anger, greed, lust and craving for sense objects and selfish flavor of happiness; Psycho analysis model in verses 2.62 and 2.63; Cause of destruction as craving for sense objects; Raise above cognition and emotions; Mode of goodness – sense of happiness and knowledge; Theory of Samatvam in healthy living as described in Bhagavadgita; Nature of Dhyana, Preparation of Dhyana and Dhyana Yoga etc; Remedial Measures of Abhyasa and Vairagya.

### UNIT 2: Applications of Bhagavad Gita - 2

#### c. Applications for Sports personnel

Nature of action, inaction & ego-less action; Performance without attaching to the fruits of action; Maintaining the inner equipoise with knowledge and understanding with adapting qualities like humility, tolerance, non- violence, cleanliness, self-control; absence of false and even mindedness; Four rules of Karma Yoga- Regulated with Duty sense; Detached; Without love or hatred; not attached to the fruits of action; Concept of Faith; Psycho analysis model described in Bhagavadgitha to keep under senses under control and to be in moderation; Moderation in sleep, entertainment and food being the key to be in equanimity; Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita and its relevance.

### UNIT 3: Application of Yoga Vasistha - 1

#### Applications in stress Management:

Concept of Mind: World is the projection of Mind; ManAh PrashamanaH upAyaH YogaH: Understanding of the Concept of Adhi and Vyadhi; Stress as the key for Psychosomatic disease; Life style prescription as suggested in Yoga vasistha – Restrain from Eating of unwholesome food; Living in unhealthy places; Doing things at unseasonable hours; Association with the wicked; Longing after improper things; Evil desires and bad thoughts; Control of breathing: the story of Kakabhushanda;

### UNIT 4: Applications of Yoga Vasistha – 2

#### Applications in Personality development:

Good Association; Self Enquiry; Development of Satwaguna (Good virtues); Mind control through abhyasa (practice) and vairagya (dispassion). Self-discipline and self-control, by withdrawing our senses from the sense objects; overcoming desires through detachments from the sense objects, living in solitude, free from possessiveness and by fixing our minds constantly on the Self. Handling the mind and emotions-enhancing the power of discrimination.

### **TEXT BOOKS:**

Ramdev, S. (2012). *Srimadbhagavad Gita*. Haridwar, India: Divya Prakashan.

Holy Geeta : Swami Chinmayananda, Central Chinmayananda Mission Trust, 1992, Mumbai.

Simpkins, A. M., & Simpkins, C. A. (2011). *Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice* (2011th ed.). Hoboken, New Jersey: John Wiley & Sons, Inc.

Vaalmeeki : Essence of Yoga Vasishta, Lotus Press, 1998

### **REFERENCE BOOKS:**

Bhawuk, D. P. S. (2011). *Spirituality and Indian Psychology: Lessons from the Bhagavad-Gita*. New York, NY: Springer. doi:10.1007/978-1-4419-8110-3

Davis, R. H. (2015). *The Bhagavad Gita*. New Jersey: Princeton University Press. doi:10.2307/40085138

Easwaran, E. (2011). *Essence of the Bhagavad Gita: A Contemporary Guide to Yoga, Meditation & Indian Philosophy*. Tomales, CA: Nilgri Press.

Sivananda, S. (2000). *Bhagavad Gita*. Rishikesh, India: The Divine Life Society. <http://www.sivanandadlshq.org/>

Swami Ranganathananda: Message of Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985

Swami Venkatesananda: Vasistha's Yoga, State University of New York Press, Albany, 1993

## Name of the Course: Physiological Effect of Yoga Practices

Course Code: MSY-CT 202

### Course Objectives:

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

1. Discuss biological changes following the practice of yoga
2. Investigate underlying mechanism behind the possible benefits as a result of yogic practices
3. Explain idea of muscles and nerve fibers stretched and compressed, toned up during various yogic posture.
4. Outline physiological benefits of Pranayama; Neuro Psychological locks in Mudras; Neuro Muscular locks in Bandhas.

### Course Outcomes:

Teaching learning activities related to this course will enable learner to

1. State determinants of physiological and psychological homeostasis.
2. Explain biological effects of yoga poses, pranayama, bandhas and mudras.
3. Recognize indications, precautions and contra-indications of specific yoga poses, pranayama, bandhas and mudras.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓		
CO2		✓	
CO3		✓	✓

### Course Content

Units	Title	COs Addressed
1	The concept of Homeostasis	CO1, CO2, CO3
2	Pranayama	CO1, CO2, CO3
3	Kriyas	CO1, CO2, CO3
4	Mudras Bandhas	CO1, CO2, CO3

### Assessment Plan

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

## Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3
1	Internal Examination	√	√	
2	Semester End Examination	√	√	√

### UNIT 1: The concept of Homeostasis [15 Hrs.]

Regulatory systems of the body, Characteristics of control systems, Physiological basis of mind-body medicine; Physiology of exercise, Asana - Types and Categories; Musculo skeletal system and Humoral mechanism involved; Effect of Yogic practices in setting up the internal environment of the body, Mechanical influence of asanas; Psychosomatic mechanism; Mechanism of influence of six types of asanas: stretching; pivoting; strengthening; inverted; pressing; equilibration, Reciprocal inhibition and innervation

### UNIT 2: Pranayama [15 Hrs.]

Mechanism of respiration and mechanism of gas exchange, Regulation of respiration; Psychophysiological effect of pranayama: changing of ratio of oxygen and carbonic acid in our body; Enabling different groups of muscles in breathing; Pranayama as respiratory pump; Reflex impact over sympathetic and parasympathetic nervous system; Role of Pranayama on Vital capacity, Lung Volume and Lung function. Role of Pranayama and other yoga practices on compliance, Ventilation perfusion ratio, alveolar ventilation, dead space volume and minute ventilation. Neurophysiological mechanism of Kevala, Antar and Bahir kumbhaka

### UNIT 3: Kriyas [15 Hrs.]

An overview of diffusion osmosis, endo & exosmosis, active transport; significance of using salt during the practice of Kriya; Tonicity of the solution such as hypotonic, hyper tonic and isotonic solution and the impact of the same on physiology; peristalsis and mechanism of action, Effect of Kriyas in encouraging the peristalsis; Opening and closing of sphincter; Role of Kriyas in smooth operation of sphincter; Mechanism of action of Kriya practices in the activation of vagus nerve, effect of Kriyas on gastric mucosa on digestive system; Development of negative pressure and the impact of sustenance of the negative pressure in body physiology.

### UNIT 4: Mudras Bandhas [15 Hrs.]

Co activation of two antagonistic muscles; activation of nerve reflexes; Proprioceptive neuromuscular facilitation; Effect of Bandhas on joint complexes; Central bandhas and co activation of opposing muscles in spinal joint complexes; Jalandhara bandha effects neck joint complexes; Uddiyan bandha effects upper joint complexes; and Moola bandha for lower back joint complexes,; Isometric muscle activation and Bandhas; Synergistic muscle activation during Bandha practices; Navadvara and their significance in yoga; Principles behind the practice of Mudras; Resting membrane potential; action potential and transmission of nerve impulse; significance of Neuro psychological lock and its impulse in body physiology; secretion of neurotransmitter in the brain; Role of mudra is physiological functions of the body, regulating of the secretion in body

### TEXT BOOKS:

*Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners; Book by Herbert David Coulter; Publisher Body and Breath, 2001*

*Robin, Mel. (2002). A physiological handbook for teachers of yogasana. Arizona: Fenestra Robin, Mel. (2009). A Handbook for Yogasana Teachers. Arizona: Wheatmark®*

*Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan BooksTM*

*Balkrishna, A. (2017). Yoga Vigyanam. Haridwar, India: Divya Prakashan.*

*Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: Divya Prakashan*

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: Divya Prakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

### **REFERENCE BOOKS:**

*Clinical Anatomy: A Revision and Applied Anatomy for Clinical Students*, Harold Ellis, Blackwell Publishing, 2006

Coulter, H. D. (2006). *Anatomy of Hatha Yoga*. Delhi, India: Motilal Banarasidas  
*Essentials of Pathophysiology: Concepts of Altered Health States* Carol Mattson Porth,

Lippincott Williams & Wilkins, 2006

Frawley, D. & Kozak, S. S. (2006). *Yoga for your type*. New Delhi, India: New Age Books.

Gore, M.M. (2004). *Anatomy and physiology of yogic practices*. Lonavala, India: Kanchan Prakashan.

Malshe, P. C. (2012). *A Medical Understanding of Yoga* (2<sup>nd</sup> ed.). Haridwar, India: Antar Prakash Centre for Yoga.

McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. New York, NY: Bantam Dell.

Selvarasu, K. V. (2003). *Kriya Cleansing in yoga*. Tamil Nadu, India: Yoga Bharati  
Simon Borg Olivier and Bianca Machiss; *Applied Anatomy and Physiology of Yoga*; 3<sup>rd</sup> edition, 2007.

Udupa, K. N. (2007). *Stress and its management by yoga*. Delhi, India: Motilal Banarasidas



## Name of the Course: Yoga, dietetics and Nutrition

Course Code: MSY-CT203

### Course Objectives:

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

1. Understand the concept of diet and the medical value of nutrition
2. Advise appropriate diet to different age groups
3. Benefits and caloric value of various food groups

**Course Outcomes:** Teaching learning activities related to this course will enable learner to

1. Explain food ingredients and their nutritional and remedial values.
2. Identify vegetarian and non-vegetarian sources of food ingredients of balanced diet.
3. Prescribe quality, quantity, frequency, timing and duration of diet and dietary habit that suits yogic lifestyle.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1		√	
CO2	√	√	√
CO3	√	√	√

### Course Content

Units	Title	COs Addressed
1	Basic Concepts and Components of Food and Nutrition	CO1
2	Food groups	CO1, CO2
3	Food and metabolism	CO1, CO2, CO3
4	Yogic Concept of Diet & Nutrition	CO1, CO2, CO3

### Assessment Plan

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

### Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3
1	Internal Examination	√	√	
2	Semester End Examination	√	√	√

## **UNIT 1: Basic Concepts and Components of Food and Nutrition [15 Hrs.]**

Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement, Human Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification; Macro Nutrients –Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body

## **UNIT 2: Food groups [15 Hrs.]**

Cereals & Millets –Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds- Selection, 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 [15 Hrs.]**

Energy- Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism, Calorie 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; Methods of Estimation of Energy Expenditure and Requirements; Direct Calorimetry, Indirect Calorimetry, Double Labelled Water Technique, Heart Rate Monitoring Method, Factorial Estimation of Total Energy Expenditure

## **UNIT 4: Yogic Concept of Diet & Nutrition [15 Hrs.]**

General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, 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. Ahar Yogi Drvaya, Swabhatha Hitkar and Ahitkar Dravya.

### **TEXT BOOK:**

*Balkrishna, A. (2013). Bhojan Katuhlam. Haridwar, India: Divya Prakashan*

*BooksTM*

*Balkrishna, A. (2013). Sushain Nighantu. Haridwar, India: Divya Prakashan*

*BooksTM*

*Balkrishna, A. (2013). Ajirnaamrit Manjari. Haridwar, India: Divya Prakashan*

*BooksTM*

*Balkrishna, A. (2014). Siddhasar Samhita. Haridwar, India: Divya Prakashan*

*BooksTM*

*Balkrishna, A. (2017). Yoga Vigyanam. Haridwar, India: Divya Prakashan.*

*Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012*

*Sharma, P. . (2007). Caraka Samhita Vol I. Chaukhambha Sanskrit Pratishthan. Varanasi, India: Chaukhambha Orientalia.*

*Sharma, P. V. (1998). Caraka Samhita Vol II (4th ed.). Varanasi, India: Chaukhambha Orientalia.*

## REFERENCE BOOKS:

- Amr, M., El-Mogy, A., Shams, T., Vieira, K., & Lakhan, S. E. (2014). *Clinical Nutrition Clinical: The Interface Between Metabolism, Diet, and Disease*. In L. Coles (Ed.), . Oakville, ON: Apple Academic Press.
- Bendich, A., & Fasn, F. (2016). *Mediterranean Diet: Dietary Guidelines and Impact on Health and Disease*. (D. F. Romagnolo & O. I. Editors, Eds.). Tucson, AZ: Humana Press.
- Debruyne, L. K., Pinna, K., & Whitney, E. (2016). *Nutrition & Diet Therapy (9th ed.)*. Boston, MA: CENGAGE Learning.
- Dennis Thompson: *The Ayurvedic Diet*, New age books, New Delhi, 2001
- Goldberg, G., British Nutrition Foundation., & Wiley InterScience (Online service). (2003). *Plants : diet and health : the report of a British Nutrition Foundation Task Force*. [https://books.google.com/books?id=FYKT8ApFnj0C&dq=kumquat+antioxidant+radiation&lr=&source=gbs\\_navlinks\\_s](https://books.google.com/books?id=FYKT8ApFnj0C&dq=kumquat+antioxidant+radiation&lr=&source=gbs_navlinks_s)
- Lutz, C. A., Mazur, E. E., & Litch, N. A. (2015). *Nutrition and Diet Therapy (6th ed.)*. Philadelphia, PA: F. A. Davis Company.
- Mailer, G. A., & Hale, N. E. (2018). *Decolonizing the Diet Nutrition, Immunity and the Warning from Early America*. London, UK: Anthem Press.
- Randolph Stone : *A Purifying Diet*, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition Schlenker, E. D., & Gilbert, J. (2015). *Williams' Essentials of Nutrition and Diet Therapy (11th ed.)*. St. Louis, Missouri: Elsevier, Mosby.
- Stanfield, P. S., & Hui, Y. H. (2010). *Nutrition and Diet therapy: Self-Instructional Approaches*. Sudbury, MA: Jones and Bartlett Publishers. doi:10.1017/CBO9781107415324.004
- Stanley Davidson & others: *Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition*
- World Health Organisation/ World Economic Forum. (2008). *Preventing Noncommunicable Diseases in the Workplace through Diet and Physical Activity WHO/World Economic Forum Report of a Joint Event*. World Health Organisation/ World Economic Forum, 52. doi:ISBN 978 92 4 159632 9

## Name of the Course: Applied Psychology and Yogic Counselling

Course Code: MSY-CT 204

### Course Objectives:

1. To discuss behavior and disease process through various models of health psychology.
2. To outline causes of pathological behavior and psych-diagnostic assessment.
3. To develop skill for diagnosis and classification of mental disorders.

**Course Outcomes:** Study of this course will enable learners to

1. Explain models abnormality
2. Record mental case history and conduct mental status examination.
3. Prescribe yoga protocol for mental disorders
4. Conduct yogic counselling for prevention and mitigation of mental disorders.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓		
CO2		✓	✓
CO3		✓	
CO4	✓	✓	✓

### Course Content

Units	Title	COs Addressed
1	Introduction to Models of Psychopathology	CO1
2	Case History Taking and Mental Status Examination.	CO3
3	Mental Disorders of Children and Their Treatment	CO1, CO3
4	Yogic Counselling	CO1, CO2, CO3

### Assessment Plan

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

### Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4
1	Internal Examination	✓	✓		
2	Semester End Examination	✓	✓	✓	✓

### **UNIT 1: Introduction to Models of Psychopathology [15 Hrs.]**

Psychoanalytic, behavioral, cognitive and biological models; Sociobiology of health and disease; Diagnostic classification of mental and behavioral disorders

### **UNIT 2: Case History Taking and Mental Status Examination [15 Hrs.]**

Disorders of attention, perception, thought movement, Psychodiagnosis of major Mental Disorders of the Adults and their treatment: Stress and Anxiety Disorders, and Schizophrenia, Affective Disorders, Psychosomatic Disorders, Personality Disorders and Substance abuse.

### **UNIT 3: Mental Disorders of Children and Their Treatment [15 Hrs.]**

Mental Retardation, Learning Disability, Attention Deficit Disorders and Hyperactivity, Autism, Fears and Phobias, Conduct disorders: Bullying physical Aggression, Emotionally or physical abusive behaviors (Wielding deadly weapon, or forcing sex, Truancy from home or school.

### **UNIT 4: Yogic Counselling [15 Hrs.]**

Introduction to counselling, nature approaches and challenges; Approach to counselling- Attitude change towards yoga through individualized counseling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counseling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Psycho-physiological effects and health benefits of Pranayama, Shatkarma; Bandha and Mudra ; Psycho-physiological effects and health benefits of Meditation

#### **TEXT BOOKS:**

Saraswati, S. A. (1983). *Manovigyan and Shiva Samklapa*. Rohatak, India: Haryana Aryasamj Sahitya Prakshan.

Hersen, M., Kazdin, A. E., & Bellack, A. S. (1991) *The Clinical Psychology Handbook* Pergamon. New York

#### **REFERENCE BOOKS:**

Baxter, R., Hastings, N., Law, A., & Glass, E. J. . (2008). *Handbook of Integrative Clinical Psychology, Psychiatry, and Behavioral Medicine. Animal Genetics* (Vol. 39). New York: Springer Publishing Company.

Cortright, B. (2007). *Integral psychology : yoga, growth, and opening the heart. SUNY series in transpersonal and humanistic psychology*.  
<http://www.loc.gov/catdir/toc/ecip0614/2006016538.html%0Afile:///E:/Book/2007 - Cortright - Integral psychology yoga, growth, and opening the heart.pdf>

Gothe, N. P., Keswani, R. K., & McAuley, E. (2016). Yoga practice improves executive function by attenuating stress levels. *Biological Psychology*, *121*, 109–116.  
doi:10.1016/j.biopsycho.2016.10.010

Jung, C. G. (1999). *The Psychology of Kundalini Yoga: Notes of the Seminar Given in 1932*. New Jersey, NJ: Princeton University Press.

Jung, C. G. (2008). *C. G. Jung Psychology and the Occult*. Abingdon, Oxon: Routledge.

Levine, M. (2008). *The positive psychology of Buddhism and yoga: Paths to a mature happiness, with a special application to handling anger. The positive psychology of Buddhism and yoga: Paths to a mature happiness, with a special application to handling anger (2nd ed.)*. Mahwah, NJ: Lawrence Erlbaum Associates, Inc., Publishers.

- Petzold, M. (1989). The heritage of India: Yoga psychology in East and West. *Psychologia: An International Journal of Psychology in the Orient*, 32(4), 275–280.  
<http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=1990-22309-001&site=ehost-live&scope=site>
- Rao, K. R. (2017). *Foundations of yoga psychology. Foundations of Yoga Psychology*. Singapore: Springer. doi:10.1007/978-981-10-5409-9
- Saraswati, S. N. (2001). Yoga and personality. *Journal of Projective Psychology & Mental Health*, 8(1), 19–22.  
<http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2001-14896-002&site=ehost-live&scope=site>
- Sweet, J. J. , Rozensky, A. & Tovian, S. M. (1991) *Handbook of Clinical Psychology in Clinical Practice*. New York: Plenum.
- Walker, C. E. (2001) *Handbook of Child Clinical Psychology*. New York: John Wiley & Sons.

## Name of the Course: Research Methodology and Statistics

Course Code: MSY-CT205

### Course Objectives:

Following the completion of the course students will:

1. Recognize theoretical concepts of conducting scientific research apply them to pursue higher research.
2. Use Research methodology and knowledge of various statistical procedures
3. Identify and operate research tools/software to conduct research on contemporary issues/needs.

### Course Outcomes:

Study of this course will enable learners to

1. Recognize qualitative and quantitative research process and ethics and its regulatory system/mechanism.
2. Design and carry out mini research projects.
3. Analyze and interpret data by using software.
4. Draft dissertation and research paper.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓		
CO2		✓	✓
CO3		✓	
CO4	✓	✓	✓

### Course Content

Units	Title	COs Addressed
1	Research Methodology Concepts -I	CO1, CO2
2	Research Methodology Concepts - I I	CO1, CO2, CO3, CO4
3	Statistical Concepts - I	CO1, CO2
4	Statistical Concepts - I I	CO1, CO2, CO3

### Assessment Plan

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

## Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4
1	Internal Examination	√	√		
2	Semester End Examination	√	√	√	√

### UNIT 1: Research Methodology Concepts –I

[15Hrs]

Introduction to research methodology: definition, types, need for Yoga research; The research process; Literature review: Purpose, Process; Digital sources: Google Scholar, PubMed, Science Direct, Springer, Wiley, Cochrane Library; Formation of Literature Review Table: Synthesis of information from Research Review Table, Presentation of Literature Review; Data collection methods: Observation, Interview, psychological tests, questionnaire, physiological tests, and archives; Scales of measurement: nominal, ordinal, interval, ratio; Ethics of research: Laboratory ethics, Publication ethics; Ethical bodies, IEC, IRB and guidelines for good clinical practice; Issues of bias and confounding; Selection bias, Recall bias, Observer bias, measurement bias, Publication bias.

### UNIT 2: Research Methodology Concepts –II

[15Hrs]

Sampling Methods: Concept, Types: Probability and Non-Probability Sampling, Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling, Convenience Sampling, Quota Sampling, Snow-Ball Sampling; Methods of controlling biases: Randomization, Matching, Cross over design, Restriction/Blocking, Stratification, Factorial design; Types of variables: Independent, Dependent, Confounding; Types of research design: Differential, Pre & Post, Experimental, Pure Experimental, Factorial, Descriptive, Relational & Mixed, Cross-Sectional, Case Study, Survey; Reliability: Test- Retest Reliability, Internal Consistency, Inter rater Reliability; Validity: Construct Validity, Face Validity, Content Validity, Criterion; Validity, Convergent and Discriminate Validity.

### UNIT 3: Statistical Concepts – I

[15Hrs]

Statistics: Concept and Significance; Types: Descriptive statistics, Inferential statistics; 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 for grouped and ungrouped data; Measure of Dispersion: Concept and computation of Range, Quartiles, Standard Deviation, and Mean Deviations; Normal Distribution: Concept, Proportions, and Applications of Normal Distribution; Statistic and Parameter: Sample and Population, Generalization, Hypothesis: null hypothesis; Concept: Type I and Type II Errors; One tailed, two tailed hypothesis, Types of Errors and its control, Central Limit Theorem.

### UNIT 4: Statistical Concepts - II

[15Hrs]

Point estimate and interval estimate, Power analysis: Effect size, sample size, p-value, Confidence interval; Statistical tests and design, Assumptions of tests, Statistical tests for Various designs: Correlation: computation of correlation coefficient by product moment method, coefficient of Determination; Regression: Concept and Computation, Interpretation; Parametric and Non-Parametric Tests; proportions, paired sample, and independent sample t-tests, Chi- Square, ANOVA, Repeated Measures ANOVA, ANCOVA. Using SPSS.

## TEXT BOOK

Kothari, C. R. (2011). *Research Methodology: Methods and Techniques (2<sup>nd</sup> ed.)*. New Delhi, India: New Age International Private Limited Publishers.

## REFERENCE BOOKS

R. L. Bijlani. (2008). *Medical Research: All You Wanted to Know But Did Not Know Who to Ask*. Jaypee Brothers Medical Publishers Pvt. Ltd. New Delhi

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

Bryman, A. (2008). *Social Research Method (3rd ed.)*. Oxford: Oxford University Press.

Garrett, H.E. (1993). *Shiksha evam manovigyan mein sankhyiki*. New Delhi, India: Kalyani Publishers.

Garrett, H.E. (1988). *Statistics in Psychology and Education*. Bombay, India: Vikils, Feiffer & Semen's Ltd.

Guilford, J. P. & Fruchter, B. (1988). *Fundamental Statistics in Psychology and Education*. New Delhi, India: McGraw Hill. Unit-I

Guilford, J. P., & Fruchter, B. (1973). *Fundamentals of statistics in psychology and education*. Tokyo, Japan:



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- Gupta, S. P. (2004). *Statistical Methods (33<sup>rd</sup> ed.)*. New Delhi, India: Sultan Chand & Sons.
- Haslam, S. A., & McGarty, C. (2003). *Research methods and statistics in psychology*. London: Sage.
- Kapil, H. K. (1980). *Sankhyiki ke mool tatwa*. Agra, India: Vinod Pustak Mandir.
- Kerlinger, F.N. (1978). *Foundation of Behaviour Research*. Delhi, India: Surjeet Publications.
- Kumar, R. (2011). *Research Methodology (2<sup>nd</sup> ed.)*. Noida, India: Dorling Kindersley Pvt. Ltd, licenses of Pearson Education in South Asia.
- Lloyd, D. F. & Gerald, V. B. (1993) :*Biostatistics: A Methodology for the Health Science*. John Wiley & sons. Inc. Longman.
- Maylor, H. & Blackmon, K. (2005). *Researching Business and Management*. New York, NY: Palgrave Macmillan.
- Minium, E. W., King, B. M., & Bear, G. (1993). *Statistical reasoning in psychology and education (3<sup>rd</sup> ed.)*. New York: John Willey.
- Mohsin, S.M. (1981). *Research Methods in Behavioral Sciences*. Calcutta, India: Orient
- Ruxton, G. D. and Colegrave, N. (2003). *Experimental Design for LifeScience*. Oxford University Press.
- Singh, A. K. (1986). *Test, Measurement and Research Methods in Behavioural Sciences*. New Delhi, India: Mc Graw Hill.
- Singh, A. K. (2001). *Research Methods in Psychology, Sociology and Education (4<sup>th</sup> ed.)*. Delhi, India: Motilal Banarasidas.
- Singh, A.K. (2004) *Monovigyan, samajshastra tatha shiksha mein shodh vidhiyan*.
- Singh, A. K. (2006). *Tests, measurements and research methods in behavioural sciences*. Patna, India: Bharti Bhavan.
- Suleman, M. (2005). *Methods in Psychology, Sociology and Education (3<sup>rd</sup> ed.)*. Patna, India: General Book Agency.
- Suleman, M. (1997). *Sankhyiki ke mool tatwa*. Patna: Shukla Book Depot. Varanasi, India: Motilal Banarasi Das.
- Wayne, W. D. (2006). *Biostatistics: A Foundation for Analysis in the Health Sciences (7<sup>th</sup> ed.)*. New York, NY: John Wiley & sons. Inc
- Zar, Z. H. (2011). *Biostatistical Analysis (4<sup>th</sup> ed.)*. Noida, India: Dorling Kindersley Pvt. Ltd, licenses of Pearson Education in South Asia.

## Name of the Course: Yoga Practicum (Contemporary Yoga Techniques)

Course Code: MSY-CP206

### Course Objectives:

Following the completion of the course students will:

1. Explain principles, concept and the procedure of Various contemporary techniques.
2. Identify commonalities across the various contemporary Yoga techniques.
3. Explain and teach the techniques with confidence.

### Course Outcomes:

This course will enable learners to

1. Bear skills and application aptitude regarding poses, major Pranayams, Dharna and Dhyana.
2. Apply somatic energetic and psychic practices for purification of body, breath and mind.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	✓
CO2		✓	✓

### Course Content

Units	Title	COs Addressed
1	Healing at the Physical Level	CO1, CO2
2	Healing at the Prana Level	CO1, CO2
3	Healing at the Mental level	CO1, CO2
4	Healing at the Conscious level	CO1, CO2

### Assessment Plan

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

### UNIT 1: Healing at the Physical Level [15 Hrs.]

1. Pranav Meditation (Swami Ramdev)
2. Mindfulness based Stress Reduction Technique (Kabatzin)

### UNIT 2: Healing at the Prana Level [15 Hrs]

3. Vipasana Meditation
4. Preksha Meditation

### **UNIT 3: Healing at the Mental level [20 Hrs]**

5. Mind Sound Resonance Technique (S-VYASA)
6. Raja Yoga Meditation (Brahmakumaris)
7. Transcendental Meditation (Mahesh Yogi)
8. ZEN Buddhist Meditation

### **UNIT 4: Healing at the Conscious level [10 Hrs]**

9. Yoga Nidra (BSY)

#### **TEXT BOOKS:**

- Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: Divya Prakashan
- Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: Divya Prakashan.
- Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.
- Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan BooksTM
- Balkrishna, A. (2017). Yoga Vigyanam. Haridwar, India: Divya Prakashan.
- H R Nagendra: New perspective of stress management; Swami Vivekananda Yoga Prakashan, Bangalore, 1999

#### **REFERENCE BOOKS:**

- Niranjanananda Saraswati: Yoga Nidra; Bihar school of yoga publication, Munger, 2000
- H R Nagendra: *Mind sound relaxation resonance technique*; Swami Vivekananda Yoga Prakashan, Bangalore, 1999

## Name of the Course: Applied Psychology and Counselling

Course Code: MS-CP207

### Course Objectives:

Following the completion of the course students will:

1. Take the case history for the diagnosis of psychological diseases.
2. Demonstrate the skills of counseling with yogic approach.
3. Develop communication skills needed to be an efficient counselor.

### Course Outcomes:

Teaching-learning activities of this course will enable learners to

1. Record mental case history for the diagnosis of psychiatric/psychological disorders.
2. Demonstrate and apply counselling skills.
3. Explain counselling from psychological and yogic perspectives.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	✓
CO2		✓	✓
CO3	✓	✓	✓

### Course Content

Units	Title	COs Addressed
1	Case History	CO1
2	Audio Visual	CO1, CO2
3	Conventional Counseling	CO1, CO2, CO3
4	Yogic Counselling	CO3

### Assessment Plan

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits				2
Hrs/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

### UNIT 1: Case History [15 Hrs.]

Taking case history of various category of various diseases such as amnesia, bipolar, OCD, schizophrenia, anxiety neurosis (5 cases)

Discussion and interpretation

### UNIT 2: Audio Visual [15 Hrs.]

The students shall be exposed to audio visual methods of counselling for 5 cases

Discussion and interpretation

### **UNIT 3: Conventional Counselling [15 Hrs.]**

Conventional counselling for 5 cases  
Discussion and interpretation

### **UNIT 4: Yogic Counselling [15 Hrs.]**

Yogic counselling for 5 cases  
Discussion and interpretation

#### **TEXT BOOK:**

Rama, S., Ballentine, R. & Ajaya, S. (1976) *Yoga Psychotherapy*. Pennsylvania: HIP.

#### **REFERENCE BOOKS:**

Brown, B. (1977) *Stress and the Art of Biofeedback*. Toronto: Bantam Age Books.

Cacippo, J. T., Tassinary, L.G., & Berntson, M. (2007) *Handbook of Psycho- physiology*,  
Cambridge.

Schwartz, M. S. (Ed) (2001) *Biofeedback: A Practitioner's Guide*. New York: The Guilford  
Press.

# Semester-III



विभागाध्यक्ष योग विज्ञान विभाग  
पतंजलि विश्वविद्यालय, हरिद्वार

## SPECIALIZED PAPERS

**Course Name: Principal Upanishads**

**Course Code: MSY-SCT 301**

**Course Objective:**

1. To outline and interpret basic Yogic concepts and Sadhana Covered by Principal Upanishads.

**Course Outcomes:**

This course will enable learners to

1. Locate Yogic principles and practices covered by principal Upanishads.
2. Interpret Tattva Mimamsa.
3. Analyze yogic elements covered by principal Upanishads.

**Mapping of COs to POs**

CO	PO1	PO2	PO3
CO1	✓	✓	✓
CO2	✓	✓	✓
CO3	✓	✓	✓

**Course Content**

Units	Title	COs Addressed
1	Introduction to Upanishads	CO1
2	Tattva Mimamsa (Theory of Reality)	CO2
3	Yogatattva in Principal Upanishads-I	CO1, CO3
4	Yogatattva in Principal Upanishads-II	CO3, CO3

**Assessment Plan**

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

**Mapping Assessment with COs**

S.No.	Assessment type	CO1	CO2	CO3
1	Internal Examination	✓	✓	
2	Semester End Examination	✓	✓	✓

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

Meaning of Upanishad, Concept of Veda and Upanishad, Comparison between subject matters of Veda & Upanishads, Number of Upanishads & Brief Introduction to Principal Upanishads- Isha, Kena, Katha, Prashna, Mundaka, Mandukya, Aitreya, Taittiriya, Brihadaranyak & Chhandogya Upanishad.

### **UNIT 2: Tattva Mimansa (Theory of Reality) [15 hrs]**

Nature of *Brahma* & *Atma* according to Principal Upanishad in view of Acharya Shankar, Acharya Ramanuj, Acharya Madhva, Acharya Vallabh, Acharya Nimbark, *Shrishti Prakriya* (Process of Creation).

### **UNIT 3: Yogatattva in Principal Upanishads-I [15 hrs]**

Definition of Yoga, Types of Yoga- Jnyana Yoga, Bhakti Yoga, Karma Yoga & Raja Yoga, Concept of Panchkosha, Three Bodies, Omkara Upasana.

### **UNIT 4: Yogatattva in Principal Upanishads-II [15 hrs]**

Ashtanga Yoga in Principal Upanishad- Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.

#### **REFERENCE BOOKS:**

Aurobindo, S. (2001). *Kena and Other Upanishads: The Complete Works of Sri Aurobindo Volume 18*. Pondicherry, India: Sri Aurobindo Ashram Publication Department.  
file:///C:/Users/Admin/Downloads/Aurobindo Sri-The Upanishads - II\_ Kena and Other Upanishads (Complete Works of Sri Aurobindo Volume 18).pdf

Aurobindo, S. (2003). *Isha Upanishad: The Complete Works of Sri Aurobindo Volume 17*. Pondicherry, India: Sri Aurobindo Ashram Publication Department.  
file:///C:/Users/Admin/Desktop/Aurobindo Sri-The Upanishads - I\_ Isha Upanishad (Complete Works of Sri Aurobindo Volume 17).pdf

108 Upanishad-*Sadhana Khand*- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

108 Upanishad-*Brahmavidya Khand*-Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

108 Upanishad-*Jnana Khand*- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

Upanishad Sangraha- *Jagdish Shashtri*, Motilal Banarasidas, Varanasi, Delhi, Chennai.

Swami Sivananda - *The Essence of Principal Upanishads*, Divine Life Society, 1980

Swami Nikhilananda - *The Principal Upanishads*, Courier Corporation, 2003



## Course Name: Yoga in World Religions

### Course Code: MSY-SCT302

#### Course Objectives:

1. To discuss basic Yogic concepts and Sadhana of every religion as the common avenue for peace and communal harmony.
2. To develop awareness that all the religions have common Yoga Sadhanas targeting harmony and peace.

#### Course Outcomes:

This course targets learners' empowerment to

1. Analyze religions and their essence.
2. Explore and practice yoga principle and techniques covered by Jainism, Buddhism, Sufism, Islam and Christianity.

#### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	✓
CO2	✓	✓	✓

#### Course Content

Units	Title	COs Addressed
1	Religions and their Essence	CO1, CO2
2	Yoga in Jainism and Buddhism	CO2
3	Yoga in Sufism and Islam	CO2
4	Yoga in Christianity	CO2

#### Assessment Plan

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

#### Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2
1	Internal Examination	✓	✓
2	Semester End Examination	✓	✓

## **UNIT 1: Religions and their Essence**

Meaning of Religion; Introduction to Jainism and Goal of human life in Jainism; Introduction to Buddhism and Goal of human life in Buddhism; Introduction to Islam and Goal of human life in Islam; Introduction to Christianity and Goal of human life in Christianity; Introduction and Essence of Sufism and Goal of human life in Sufism.

## **UNIT 2: Yoga in Jainism and Buddhism**

Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Prekshadhyana); Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya-astangika-marga or Noble-eight-fold-path (Bouddha-Yoga); Tai Chi-based Meditation, Zen meditation, Qi-gong meditation and G-Tum-O meditation.

## **UNIT 3: Yoga in Sufism and Islam**

Elements of Yoga in Sufism, Sufi Meditation Techniques. Sufi Meditation: Muraqaba; Islam: Salat positions along with their most similar yoga positions; Qiyam and Namaste; Ruk'u and Ardha Uttanasana; Julus and Vajrasana; Sujud and Blasana;

## **UNIT 4: Yoga in Christianity**

Contemplation, Meditation as practiced by Franciscan nuns, Rosary meditation, Meditation as prescribed by the church, Meditation in Christian literature; Hesychasm, Maranatha- a christian meditation mantra.

### **TEXT BOOK:**

Lajpat, Rai & others : Meditation, Anubhava Rai Publications, Gurgaon, 1999

Wilber, K. (2006). *Integral Spirituality: A Startling New Role for Religion in the Modern and Postmodern World*. Boston, MA: Integral Books.

### **REFERENCE BOOKS:**

Lajpat, Rai: *Discovering Human Potential Energy*, Anubhava Rai Publications, Gurgaon (1999)

Parragon: *World Religion*, Parragon Publishing India

Swami Niranjanananda Saraswati : *Dharana Darshan*, Yoga Publications Trust, 1996, Munger, Bihar, India,

Wilber, K. (2006). *Integral Spirituality: A Startling New Role for Religion in the Modern and Postmodern World*. Boston, MA: Integral Books.

MN Gulati (2008), *Comparative Religions And Philosophies : Anthropomorphism And Divinity*

Course Name: Elective- II Human Consciousness

**Course Code: MSY-EL-C303**

**Course Objective:**

1. To interpret concept of Human Consciousness in Indian Philosophy Ayurveda and Tantra

**Course Outcomes:**

This course targets empowerment of learners to

1. Outline different perspective of human consciousness—Vedanta, Tantra, quantum, biological astrological, Vaisheshika, Samkhya, Mimamsa, Nyaya.
2. Apply principles, processes and practices for elevation of human consciousness as explained in perspective.

**Mapping of COs to POs**

CO	PO1	PO2	PO3
CO1	✓	✓	
CO2	✓	✓	✓

**Course Content**

Units	Title	COs Addressed
1	Introduction and Concept of Human Consciousness	CO1
2	Philosophy and Science of Human Consciousness	CO1, CO2
3	Various streams of Ancient Indian & Modern Sciences	CO1
4	Different Mysteries and Development of Human Consciousness	CO1, CO2

**Assessment Plan**

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

**Mapping Assessment with COs**

S.No.	Assessment type	CO1	CO2
1	Internal Examination	✓	✓
2	Semester End Examination	✓	✓

### **UNIT 1: Introduction and Concept of Human Consciousness [10 hrs]**

Meaning, definition and Scope of Consciousness, Nature of Consciousness, Need of study of Human Consciousness, Present Crisis on Human Consciousness and measures of their appropriate solutions.

### **UNIT 2: Philosophy and Science of Human Consciousness [15 hrs]**

Human Consciousness in Veda and Upanishad, Human Consciousness in Buddha and Jain Philosophy, Human Consciousness in Nyaya, Vaisheshik, Sankhya, Yoga, Mimamsa and Vedanta.

### **UNIT 3: Various streams of Ancient Indian & Modern Sciences [15 hrs]**

Human Consciousness in Tantra, Astrology and Ayurveda, Human Consciousness in Modern Science: Researches related to Human Consciousness in Human Anatomy, Physiology & Psychology.

### **UNIT 4: Different Mysteries and Development of Human Consciousness [20 hrs]**

Birth and Life, Fate and Efforts (Purushartha), Principles of Karma, Samskar and Rebirth. Concept of Kundalini, Concept of Chakra. Various psychological methods for development of Human Consciousness. Methods for development of Human Consciousness in Various Religions- Islam, Christianity, Sikhism, Various Techniques for developments of Human Consciousness by Indian Rishis.

#### **REFERENCE BOOKS:**

Motoyama, H. (2008). *Theories of the Chakras: Bridge to Higher Consciousness*. New Delhi, India: New Age Books.

Sarath, E. W. (2013). *Improvisation, Creativity, and Consciousness: Jazz as Integral Template for Music, Education, and Society*. New York, NY: Suny Press.

Schweizer, P. (1993). Mind/Consciousness Dualism in Sankhya-Yoga Philosophy. *Philosophy and Phenomenological Research*, 53(4), 845–859. doi:10.2307/2108256

Timalsina, S. (2008). *Consciousness in Indian philosophy: The Advaita doctrine of "awareness only."* *Consciousness in Indian Philosophy: The Advaita Doctrine of "Awareness Only."* doi:10.4324/9780203889176

Wilber, B. K. (1997). Sex, Ecology, Spirituality. *The Journal of Socio-Economics*, 26(1), 107–108. doi:10.1016/S1053-5357(97)90056-1

Wilber, K. (2006). *Integral Spirituality: A Startling New Role for Religion in the Modern and Postmodern World*. Boston, MA: Integral Books.

- *Bharatiya Darshano mein Chetana ka Swaroop*, Dr. Krishna Saxena
- *Bharatiya Darshan*, Acharya Baldev Upadhyaya
- *Upanishadic Adhyatma Vigyan*, Dr. Ishwar Bharadwaj
- *Manav Chetana*, Dr. Ishwar Bharadwaj
- *Manav Chetana ewam Yoga Vigyan*, Dr. Kamakhya Kumar
- *A study in Consciousness*, Annie Besant
- *Ayurveda and Mind*, Dr. David Frawley
- *The Root of Consciousness*, Jeffery Mishlor
- *Mind and Super Mind*, N.C. Panda
- *Seven States of Consciousness*, Anthony Campbell
- *Human Consciousness & Yogic Science*, Dr. Kamakhya Kumar

**Course Name: Wellness Promoting Formulations of Patanjali Yogpeetha**

**Course Code: MSY-EL-C304**

**Course Objective:**

**Course Outcomes:**

**Mapping of COs to POs**

CO	PO1	PO2	PO3
CO1	✓	✓	
CO2	✓	✓	✓
CO3		✓	✓
CO4	✓	✓	✓

### Course Content

Units	Title	COs Addressed
1		CO1
2		CO2
3		CO3
4		CO4

### Assessment Plan

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

### Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4
1	Internal Examination	✓	✓		
2	Semester End Examination	✓	✓	✓	✓

## Name the Course: Indian Knowledge System

Course Code: MSY-AECT- C- 305

### Course Objectives:

#### Course Outcomes:

This course targets empowerment of learners to

1. Demonstrate and apply yoga style of swami Ramdev for lifestyle moderation, health promotion and healing.
2. Carry out field projects regarding utility of swami Ramdev yoga style.

#### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	
CO2	✓	✓	✓

#### Assessment Plan

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

Course Objective: To Understand the basic concepts of Indian Knowledge System

### UNIT 1:- Indian Philosophical Systems-Part (a)

CATURDASA VIDYASTHANA-S: 14 branches of learning in ancient India-purana, nyaya, mimamsa, dharmasastra, six vedanga-s: (siksha, vyakarana, nirukta, chanda, jyotisa, kalpa) and four Vedas-srgveda, yajurveda, samaveda and atharvaveda; introductory information on them.

18 PURANSAS-S, their names and five general characteristics of purana-s-sarga, pratisarga, vamsa, manvantara and vamsanucarita.

### UNIT 2:- Indian Philosophical Systems-Part (b)

Introduction and Contribution of Ancient Indian gurukula System: nalanda, taksasila, vikramasila, valabhi, odantapuri, mithila, kanci, nadiya, puspagiri, nagarjunakomda, saradapitha (kasmira), ujjain, jagaddala and somapura.

Dharma, artha and Society: Four purusartha-dharma, artha, kama and moksa. Definitions of each of the purusarth-s and meaning of dharma- Root and derivation of the word dharma. dharma: Definitions and Meanings from various texts (mahabharata, manusmrti, vaisika sutra). kama, nitya, nisiddha, naimittika, prayascita & upasana. Meaning of the word artha-purusartha; Root and derivation and meaning. Social outlook for tirthayatra, festivals, saptapuri, 12 jyotirlinga-s and unity of India.

### UNIT 3:- Health and Well-being

Scope: 1. Folk and Tribal Medicines and Siddha. 2. Ayurveda. 3. Siddha.

Folk and classical streams of medical knowledge in India: folk and tribal medicine-8000 plants, home remedies, primary health care, bone setting, traditional birth attendants, poison healers.

Ayurveda.: Foundational concepts of ayurveda- Dosadhatumalasiddhanta. Definition of health (svastha), daily routine (dinacarya), seasonal routine (rtucarya).

Siddha: Historical development and milestones, personalities, textual sources. Foundational concepts- Tridosha. pulse diagnosis. Varma treatment. Herbo-mineral formulations. Concepts of health and disease, Preventive Medicine. Approaches to management of diseases. Current status of the siddha system of medicine in India and the world.

#### **UNIT 4:- Ancient India and World**

The impact of yoga on the World: philosophers who left an impact on the West-Swami Vivekananda, Paramahansa Yogananda, Sri Aurobindo, Maharishi Mahesh Yogi, Acharya Rajneesh, J. Krishnamurti, Swami Sivananda, BKS Iyengar, Sri Krishnamachari.

The impact of yoga on diverse fields: influence on Western art, culture and film from the 18th century, influence on Western literature.

#### **Reference books:**

1. An Introduction to Indian Knowledge Systems: Concepts and Applications, B Mahadevan, V R Bhat, and Nagendra Pavana R N; 2022 (Prentice Hall of India).
2. Indian Knowledge Systems: Vol I and II, Kapil Kapoor and A K Singh; 2005 (D.K. Print World Ltd).
3. Baladev Upadhyaya, Samskrta Śāstrom ka Itihās, Chowkhambha, Varanasi, 2010.
- 4 The Beautiful Tree: Indigenous India Education in the Eighteenth Century, Dharampal, Biblia Impex, New Delhi, 1983. Reprinted by Keerthi Publishing House Pvt Ltd., Coimbatore, 1995.
- 5 Indian Science and Technology in the Eighteenth Century, Dharampal. Delhi: Impex India, 1971. The British Journal for the History of Science.
6. D. M. Bose, S. N. Sen and B. V. Subbarayappa, Eds., A Concise History of Science in India, 2nd Ed., Universities Press, Hyderabad, 2010.
7. Dharampal, Some Aspects of Earlier Indian Society and Polity and Their Relevance Today, New Quest Publications, Pune, 1987.
8. Mohanty, J. N. (2008). A History of Indian Philosophy. A Companion to World Philosophies, 24–48.
9. Potter, K. H. (1987). Encyclopedia of Indian Philosophies Vol IV. Delhi, India: Motilal Banaridass Publishers.
10. Press, O. U. (1928). Indian Philosophy: A Very Short Introduction. Mind (Vol. 37).
11. Radhakrishnan, S., & Moore, C. A. (Eds.). (1957). A Source Book in Indian Philosophy. New Jersey, NJ: Princeton University Press.
12. Schweizer, P. (1993). Mind/ Consciousness Dualism in Sankhya-Yoga Philosophy.
13. Philosophy and Phenomenological Research, 53(4), 845–859. doi:10.2307/2108256
14. Timalisina, S. (2008). Consciousness in Indian philosophy: The Advaita doctrine of “awareness only.”

## Name of the Course: Field Training-I

Course Code: MSY-FW-C 306

### Course Objectives:

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

1. Translate practical knowledge about the Yoga Teachings of Swami Ramdev.
2. Teach different practices of Swami Ramdev Yoga Style.

### Course Outcomes:

This course targets empowerment of learners to

3. Demonstrate and apply yoga style of swami Ramdev for lifestyle moderation, health promotion and healing.
4. Carry out field projects regarding utility of swami Ramdev yoga style.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	
CO2	✓	✓	✓

### Assessment Plan

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

### Instructions:

During field training students are expected to carry out the following tasks.

1. Involve themselves during practical session.
2. Understand how to take teach.
3. Gain the knowledge of teaching different Yoga Texts.

### Note:

Students need to spend 2 hours every day in the nearby Yoga Schools/ Recognized Yoga Universities.

### Examination:

Students shall be examined based on the knowledge acquired with respect to Yoga Texts.



## Course Name: Project Work-I

### Course Code: MSY-PW-C 307

#### Course Objectives:

Following the completion of this course, learners will enable to carry out project work in Literary and Philosophical area of the Shastras.

#### Course Outcomes:

This course targets empowerment of learners to

1. Design mini research projects.
2. Collect, collate, analyze and interpret data.
3. Draw the conclusion and apply the research findings.

#### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	
CO2	✓	✓	✓
CO3		✓	✓

#### Assessment Plan

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

#### Note:

- During this time, candidates are expected to carry out the following task
- Meet guide at least once to report the progress.
- Spend time every day for recording the data.

#### Examination:

Students shall be examined based on the presentation of their synopsis and progression of the project work.

# **Semester-IV**

## Course Name: Elective-I Four Streams of Yoga

Course Code: MSY-SCT-C 401

### Course Objective:

1. To explain principles and practices of the different streams of Yoga.

**Course Outcomes:** After study this course, a learner will enable to

1. Outline Yogic etiopathogenesis and management of stress from the perspective of Raja Yoga, Karma Yoga, Jyana Yoga, Bhakti Yoga
2. Interpret yogic perspective of human personality and its development process and practices.
3. Apply yogic principles and practices of Raja Yoga, Karma Yoga, Jyana Yoga, Bhakti Yoga for maximizing performance of mankind.
4. Use yogic principle and practice covered in Raja Yoga, Karma Yoga, Jyana Yoga, Bhakti Yoga for managing stress and personality development.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	
CO2	✓	✓	✓
CO3		✓	✓
CO4		✓	✓

### Course Content

Units	Title	COs Addressed
1	Raja Yoga	CO1, CO2, CO3, CO4
2	Karma Yoga	CO1, CO2, CO3, CO4
3	Jnana Yoga	CO1, CO2, CO3, CO4
4	Bhakti Yoga	CO1, CO2, CO3, CO4

### Assessment Plan

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

### Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4
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1	Internal Examination	√	√		
2	Semester End Examination	√	√	√	√

### **UNIT 1: Raja Yoga [10 hrs]**

Introduction to Raja Yoga, The first steps, Prana, The Psychic Prana, The Control of Psychic Prana, Pratyahara and Dharana, Dhyana and Samadhi, Raja Yoga in brief, Concentration: its Practices and spiritual uses.

### **UNIT 2: Karma Yoga [10 hrs]**

Karma & its Effect on Character, Each is great in his own place, The Secret of Work, What is Duty? We Help Ourselves, not the World, Non-Attachment is the Complete Self- Abnegation, Freedom, the Ideal of Karma Yoga.

### **UNIT 3: Jnana Yoga [15 hrs]**

The Necessity of Religion, The Real Nature of Man, Maya & Illusion, Maya and the Evolution of the Conception of God, Maya and Freedom, The Absolute and Manifestation, God in Everything, Realization, Unity in Diversity, The Freedom of the Soul, The Cosmos: The Macrocosm & The Microcosm, Immortality, The Atman: Its Bondage and Freedom, The Real and the Apparent Man.

### **UNIT 4: Bhakti Yoga [25 hrs]**

Definition of Bhakti, The Philosophy of Ishwara, Spiritual Realization, The Aim of Bhakti Yoga, The need of a Guru, Qualifications of the Aspirant and the Teacher, The Mantra: OM: Word and Wisdom, Worship of Substitutes and Images, The Chosen Ideal, The Method and the Means, Para Bhakti: The Preparatory Renunciation, The Bhakta's Renunciation results from Love, The Naturalness of Bhakti-Yoga and its Central Secret, The forms of Love Manifestations, Universal Love and How it Leads to Self- Surrender, The Higher Knowledge and the Higher, Love are one to the True Lover, The Triangle of Love, The God of Love is his Own Proof, Human Representations of the Divine Ideal of Love.

### **TEXTBOOKS:**

Dayanda, M. (2009). Satyarth Prakash (69st ed.). Delhi, India: Arya Sahitya Prachar Trust.

### **REFERENCE BOOKS:**

*Raja Yoga* – Swami Vivekananda

*Karma Yoga* – Swami Vivekananda

*Jnana Yoga* – Swami Vivekananda

*Bhakti Yoga* – Swami Vivekananda

**Course Name: Samkhya Karika****Course Code: MSY-SCT-C 402****Course Objectives:**

1. To discuss basics of Samkhya Philosophy

**Course Outcomes:** This course targets empowerment of learners to

1. Review Samkhya philosophy and Samkhya karika.
2. Outline dukkha primordial elements, evolution and involution
3. Explain trayodashkaran five sensory and five motor organs.
4. Relate bodies, Bandhan and Mukti (liberation)

**Mapping of COs to POs**

CO	PO1	PO2	PO3
CO1	✓	✓	
CO2	✓	✓	✓
CO3	✓	✓	✓
CO4	✓	✓	✓

**Course Content**

Units	Title	COs Addressed
1	Introduction to Sankhya Philosophy and Sankhya Karika	CO1
2	Principles of Sankhya Karika	CO1
3	Introduction to Trayodashkaran	CO2, CO3
4	Introduction to Sarg, Shareer & Mukti	CO4

**Assessment Plan**

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

**Mapping Assessment with COs**

S.No.	Assessment type	CO1	CO2	CO3	CO4
1	Internal Examination	✓	✓		
2	Semester End Examination	✓	✓	✓	✓

**UNIT 1- Introduction to Sankhya Philosophy and Sankhya Karika [10 hrs]**

Meaning of *Sankhya*, Historical Background of *Sankhya*, Brief Introduction to *Sankhya Karika* & their Annotations (*Matarvritti*, *Jaymangala*, *Yuktidipika*, *Sankhyatattvakomodi*)

## **UNIT 2- Principles of Sankhya Karika [20 hrs]**

Types of *Dukha*, Ways to get rid of *Dukha*, Nature & Concept of Reality: *Vyakta*, *Avyakta* & *Jna*, Comparison between *Vyakta* and *Avyakta*, the 25 elements and their four variations, *Vastu anupalabdhi ke karan* & *Satkaryavad*, *Pramana* and its types, Nature & types of *Purusha*, Relationship between *Prakriti* & *Purusha*, Nature of *Gunas*.

## **UNIT 3- Introduction to Trayodashkaran [15 hrs]**

Concept and names of *Trayodashkaran*: *Buddhi*, *Ahankar*, *Mana*, *Panch Jnanendriya*, *Panch Karmendriya*, Characteristics and functions of *Trayodashkaran*, Eight *Dharmas* of *Buddhi*.

## **UNIT 4- Introduction to Sarga, Shareer & Mukti [15 hrs]**

Concept and types of *Sarga* : *Bhutsarga* & *Pratyayasarga*, Types of *Shareer* : *Linga*, *Sukshma* & *Sthula Shareer*, Concept of *Bandhan*, Concept of *Mukti*, Types of *Mukti*.

### **REFERENCE BOOKS:**

- Gerald James Larson (1998), *Classical Sāṃkhya: An Interpretation of Its History and Meaning*, Motilal Banarasidass
- Albrecht Wezler and Shujun Motegi (1998), *Yuktidipika - The Most Significant Commentary on the Sāṃkhyakārikā*, Critically Edited, Vol. I. Stuttgart: Franz Steiner Verlag.
- Karl H. Potter (2011), *The Encyclopedia of Indian Philosophies, Volume 2: Indian Metaphysics and Epistemology*, Motilal Banarsidass
- Krishna, Ishvara; (translated by: Swami, Virupakshananada), (1995). Samkhya Karika. Sri Vacaspati Misra. Mylapore, Madras: Sri Ramakrishna Matt.*

## Course Name: Yog Shastra-I YOGA UPANISHADS

Course Code: MSY-ELT 403

### Course Objective:

1. To study the basics and applied part of Yoga in different Yoga Upanishads

### Course Outcomes:

This course targets empowerment of learners to

1. Review *Shandilya Upanishad* and its *Ashtanga Yoga* philosophy
2. Review *Jabaldarshanopanishad* and its *Ashtanga Yoga* philosophy
3. Review *Trishikhibrahmanopanishad* and its *Ashtanga Yoga* philosophy
4. Review *Yogchudamanyupanishad* and its *Shadanga* philosophy

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	
CO2	✓	✓	✓
CO3	✓	✓	✓
CO4	✓	✓	✓

### Course Content

Units	Title	COs Addressed
1	Shandilya Upanishad	CO1
2	Jabaldarshanopanishad	CO2
3	Trishikhibrahmanopanishad	CO3
4	Yogchudamanyupanishad	CO4

### Assessment Plan

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

### Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4
1	Internal Examination	✓	✓		
2	Semester End Examination	✓	✓	✓	✓

### **UNIT 1: Shandilya Upanishad [15 hrs]**

Brief Introduction to *Shandilya Upanishad*, *Ashtanga Yoga*: Types of *Yama*, Types of *Niyama*, Types of *Asana*, Concept and Types of *Nadi & Prana*, Stages of *Pranayama*, Concept & Types of *Pratyahara*, Concept & Types of *Dharana*, Concept & Types of *Dhyana*. *Concept of Samadhi*.

### **UNIT 2: Jabaldarshanopanishad [15 hrs]**

Brief Introduction to *Jabaldarshanopanishad*, *Ashtanga Yoga* : *Yama* (10 Types), *Niyama* (10 Types), *Asana* (9 Types), Types of *Prana & Nadi*, Types of *Pranayama* , *Pratyahara*, *Dharana*, *Dhyana* (Its Types) & *Samadhi*.

### **UNIT 3: Trishikhibrahmanopanishad [15 hrs]**

Brief Introduction to *Trishikhibrahmanopanishad*, Concept & Types of *Yamas* and *Niyamas*, Concept & Types of *Asanas*, Types of *Nadi*, Types of *Prana & Pranayama*, Concept of *Pratyahara*, *Dharana*, *Dhyana*, *Samadhi*.

### **UNIT 4: Yogchudamanyupanishad [15 hrs]**

Brief Introduction to *Yogchudamanyupanishad*, *Shadanga Yoga- Asana* & its types, Types of *Chakra*, *Nadi*, *Prana*, *Pranayama*: Its types & Benefits, Concept of *Kundalini* , *Mitahara*, *Mudra & Bandhas*, Concept of *Pratyahara*, Concept of *Dharana*, Concept of *Dhyana*, Concept of *Samadhi*.

### **REFERENCE BOOKS:**

108 Upanishad-*Brahmavidya Khand*- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

108 Upanishad-*Jnana Khand*- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

108 Upanishad-*Sadhana Khand*- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

Swami Nikhilananda - *The Principal Upanishads*, Courier Corporation, 2003

Swami Sivananda - *The Essence of Principal Upanishads*, Divine Life Society, 1980

Upanishad Sangraha- *Jagdish Shashtri*, Motilal Banarasidas, Varanasi, Delhi, Chennai.



## Course Name: Yog Shastra-II -Brahmasutra & Viveka Chudamani

### Course Code: MSY-ELT-C 401

#### Course Objective:

1. To understand the concept of four Brahma Vakyas and knowledge of Jnana Yoga and Vivekachoodamani.

#### Course Outcomes:

1. Review Brahma sutra & Viveka Chudamani philosophy
2. Review Tattvajnana importance, evolution and involution
3. Explain Panch Prana, Panch Kosha as per Vivek Chudamani
4. Elucidate concept of Vairagya, Outcomes of Self Realization, Symptoms of Jivanmukta

#### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	
CO2	✓	✓	✓
CO3		✓	✓
CO4	✓	✓	✓

#### Course Content

Units	Title	COs Addressed
1	Brahma Sutra	CO1
2	Vivek Chudamani-I	CO2
3	Vivek Chudamani-II	CO3
4	Vivek Chudamani-III	CO4

#### Assessment Plan

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

#### Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4
1	Internal Examination	✓	✓		
2	Semester End Examination	✓	✓	✓	✓

### UNIT 1: Brahma Sutra [15 hrs]

Brief Introduction to Brahma sutra and its writer, Explanation of these sutras- Athato Brahma Jijnasa; Janmadyasya Yatah; Shastrayonitvat; Tattusamanvayat

## **UNIT 2: Vivek Chudamani-I [15 hrs]**

Brief Introduction to Vivek Chudamani, Importance of Tattvajnana, Means of attaining Tattvajnana, Eligibility of Sadhaka, Sadhana Chatusthaya, Importance of Self Realization, Concept and need of Aparokshanubhuti, Three Shareer (Physical, Subtle & Causal), Dehasakti-Ninda, Indriya and Indriya-Vishaya Ninda, Antahkaran Chatusthaya.

## **UNIT 3: Vivek Chudamani-II [15 hrs]**

Anatmanirupana, Adhyas and Adhyas Niras, Awaranshakti and Vikshepashakti, Panch Prana, Panch Kosha, Ego and Criticism of Egoism, Negligence of Drishya.

## **UNIT 4: Vivek Chudamani-III [15 hrs]**

Brahma Nirupana, Brahma Bhawana, Maha Vakya Vichara, Brahma Jagat Ekata, Concept of Samadhi, Concept of Vairagya, Outcomes of Self Realization, Symptoms of Jivanmukta.

### **REFERENCE BOOKS:**

*Brahma Sutra*- Shankar Bhasya, Gita Press Gorakhpur.

*Vivek Chudamani*- Arvinnananda Yati, Choukhamba Vidyabhawan, Varanasi, UP.

*Vivek Chudamani*- Gita Press, Gorakhpur.

Berger, Douglas L. (2005). "The Vivekacudamani of Sankaracarya Bhagavatpada: An Introduction and Translation (review)". *Philosophy East and West*. **55** (4): 616–619.

## Name of the Course: Yogic & Ayurvedic Purification Techniques

Course Code: MSY-AECT-C 405

### Course Objectives:

#### Course Outcomes:

1. Review Brahmasutra & Viveka Chudamani philosophy
2. Review Tattvajnana importance, evolution and involution
3. Explain Panch Prana, Panch Kosha as per Vivek Chudamani
4. Elucidate concept of Vairagya, Outcomes of Self Realization, Symptoms of Jivanmukta

#### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	
CO2	✓	✓	✓
CO3		✓	✓
CO4	✓	✓	✓

#### Course Content

Units	Title	COs Addressed
1		CO1
2		CO2
3		CO3
4		CO4

#### Assessment Plan

Total Number of Hrs: 75		Theory	Tutorial	Practical
Credits		2	0	2
Hrs/ week		2	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

#### Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4
1	Internal Examination	✓	✓		
2	Semester End Examination	✓	✓	✓	✓

Course Objective: To Understand the concepts of yogic and ayurvedic purification technique.

#### UNIT 1: Purification Techniques in Hath Predipika, Gherand Samhita and Hath Ratnavali

Shatkarma- Dhauti, Basti, Neti, Trataka, Nauli and Kapalbhathi, Yama and Niyama, Pathya and Apathya, Mitahara, health benefits of Mudra and Bandha.

#### UNIT 2: Acupressure and Hydrotherapy

Acupressure (origin, meaning, definitions, principles) five elements theory, disease specific

acupoints (low back pain, hyper-hypotension, migration, insomnia, anxiety), sujok therapy. Hydrotherapy (Colon Hydrotherapy) - Types and health benefits of Hydrotherapy.

### **UNIT 3: Basic Principles of Ayurvedic Treatment**

Raktamokshan: 1. Leech therapy 2. Shringi therapy 3. Cupping (dry, wet, fire), Nasya, Nadisvedan, Role of mud therapy in disease prevention.

### **UNIT 4: Marma therapy and Massage**

Fundamentals and history of Marma therapy, Classification of Marma points, Technique of activation of Marma points, Correlation marma through yogic activities like Asanas, Pranayama and Shatchakra. Massage: Definition, scope, history, its principles and manipulative technique, different types of massages and their role in disease prevention and health promotion.

#### **Reference books:**

1. Acharya, S. S. (2011). *Diagnose, Cure and Empower Yourself by Currents of Breath*. Haridwar, India: Shri Vedmata Gayatri Trust.
2. Acharya, S. S. (2012). *The Astonishing Power of Biophysical & Subtle Energies of The Human Body*. Haridwar, India: Shri Vedmata Gayatri Trust.
3. Coulter, H. D. (2006). *Anatomy of Hatha Yoga*. Delhi, India: Motilal Banarasidas
4. Frawley, D. & Kozak, S. S. (2006). *Yoga for your type*. New Delhi, India: New Age Books.
5. McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. New York, NY: Bantam Dell.
6. Muktibodhananda, S. (2006). *Hatha Yoga Pradipika (3rd ed.)*. Munger, India: Yoga Publications Trust.
7. Selvarasu, K. V. (2003). *Kriya Cleansing in yoga*. Tamil Nadu, India: Yoga Bharati
8. Taylor, M. J. (2004). *Complementary Therapies in Rehabilitation*. In C. M. Davis (Ed.) (2nd ed.). Thorofare, NJ: SLACK Incorporated
9. Acharya, B. (2004). *Ausadh Darshan*. Haridwar, India: Divya Prakashan.
10. Acharya, B. (2005). *Ayurveda Jadi-buti Rahasya*. Haridwar, India: Divya Prakashan.
11. Brahmabarchas. (2003). *Nidan Chikitsa*. Haridwar, India: Ved Mata Gayatri Trust.
12. Johari, H. (1996). *Ayurvedic Massage Traditional Indian Techniques for Balancing Body and Mind*. Inner Traditions/Bear.
13. Yuan, Chun-Su., & Bieber, E. J. (2003). *Textbook of complementary and alternative medicine*. New York, NY: The Parthenon Publishing Group.
14. Peeters, J. (2008). *Reflexology*. Bath BAIHHE, UK: Paragon

## Name of the Course: Field Training-I

Course Code: MSY-FWC 406

### Course Objectives:

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

1. Discuss wellness empowering herbal formulations prescribed by Swami Ramdev and Acharya Balkrishna.
2. Recognize practical knowledge about wellness empowering herbal formulations prescribed by Swami Ramdev and Acharya Balkrishna.

### Course Outcomes:

This course targets empowerment of learners to

1. Discuss yogic principles and practice coined by Patanjali yogpeeth for optimizing wellness, health and wellbeing.
2. Prepare and use herbal formulations and natural modalities worked out by PYP for health promotion, disease prevention and healing.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	
CO2	✓	✓	✓

### Course Content

Units	Title	COs Addressed
1	Yoga and Health	CO1
2	Ayurveda and Health	CO1, CO2
3	Health-promoting principles and nutritive care	CO1
4	Home Remedies: Application of readily available herbs and spices	CO2

### Assessment Plan

Total Number of Hrs: 120	Theory	Tutorial	Practical
Credits	2		2
Hrs/ week	2		4
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical :	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		70	30

### Instructions:

During field training students are expected to carry out the following tasks.

1. Involve themselves during practical session.
2. Understand how to take teach
3. Gain the knowledge of teaching different Yoga Texts

### Note:

Students need to spend 2 hours every day in the nearby Yoga Schools/ Recognized Yoga Universities

### Examination:

Students shall be examined based on the knowledge acquired with respect to Yoga Texts

## Name of the Course: Project Work-I (Dissertation)

**Course Code: MSY-PW-C 407**

### Course Objectives:

Following the completion of this course, learners will be able to carry out project work in Literary and Philosophical area of the Shastras.

### Course Outcomes:

This course targets empowerment of learners to

1. Carry out mini research project, draft dissertation/thesis and write research paper for scholarly publication.
2. Validate bio, psycho, social, spiritual effectiveness of yoga, naturopathy and home remedies.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	✓	✓	✓
CO2	✓	✓	✓

### Assessment Plan

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

### Note:

- During this time, candidates are expected to carry out the following task
- Meet guide at least once to report the progress.
- Spend time every day for recording the data.

### Examination:

Students shall be examined based on the presentation of their synopsis and progression of the project work.

**SEMESTER – II**  
**(THERAPY STREAM)**

## Name of the Course: Disease Specific Pathology-I

Course Code: MS-SCT301

### Course Objectives:

At the end of this theory teaching will be able to:

1. Explain etiopathogenesis of diseases and the concept and the Pathological effect of various non-communicable diseases and the body's capacity for healing.
2. Identify common hematological disorders and annotate necessary steps to understand them.
3. Explain the pathogenesis of gastrointestinal disorders.

### Course Outcomes:

The learning outcomes of this course will enable learners to

1. Explain etiopathogenesis factors and markers of cancers, inflammation, cellular damage and electrolyte imbalance
2. Identify normal and abnormal limits of hemodynamic changes during carcinoma, cardiovascular and GIT disease.
3. Recognize normal and abnormal values of markers related to GIT disease.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2		√	
CO3		√	√

### Course Content

Units	Title	COs Addressed
1	Introduction to Pathology	CO1, CO2, CO3
2	Hemodynamics Changes	CO1, CO2, CO3
3	Haematology	CO1, CO2, CO3
4	Gastrointestinal pathology	CO1, CO2, CO3

### Assessment Plan

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

### Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3
1	Internal Examination	√	√	
2	Semester End Examination	√	√	√



### **UNIT 1: Introduction to Pathology [15 Hrs.]**

Importance of the study of pathology; Definition of terms; Methods and techniques; Cellular and Tissue changes; Infiltration and regeneration; Inflammations and Infections; Wound healing; Vascular changes; Cellular growth, Neoplasms; Normal and Cancer cell; Benign and Malignant growths; Carcinoma Disturbances of fluid and electrolyte imbalance.

### **UNIT 2: Hemodynamics Changes [15 Hrs.]**

Oedema, Shock, Thrombosis, Embolism, Infarction; Neoplasia: Cell cycle, Hyperplasia, Metaplasia, Hypertrophy, Atrophy, Nomenclature (classification of tumors), Differences between benign and malignant tumors, Aetiopathogenesis of neoplasia (cancer), Signs of Malignancy, Chemical and physical carcinogens, Biological carcinogens (RNA & DNA viruses), Spread of tumours (Metastasis), Dysplasia (Carcinoma in-situ), Lab diagnosis of cancer.

### **UNIT 3: Haematology [15 Hrs.]**

Normal Haematopoiesis, Bone marrow examination, Anaemia (Classification of anaemia); 2. Iron deficiency anaemia, Vitamin B12 deficiency anaemia (megaloblastic anaemia), Pernicious anaemia, Haemolytic anaemia (inherited disorders & acquired), Hereditary Spherocytosis, Hereditary Elliptocytosis, Immune Haemolytic anaemia, Thalassemia, Sickle cell anaemia, Aplastic anaemia, Polycythaemia; Agranulocytosis, Leucocytosis – Leukopenia, Leukemoid, Reaction; Leukaemia Lymphomas (Hodgkin's & non-type Hodgkin's; Normal Coagulation mechanism; Thrombocytopenia (ITP); Haemophilia; Christmas Disease – Haemophilia B; Von-willebrads disease; DIC (Disseminated Intravascular Regulation), Rh Incompatibility

### **UNIT 4: Gastrointestinal pathology [15 Hrs]**

Typhoid, Tuberculosis, Crohn's Disease, Appendicitis; Inflammatory diseases of appendix and large intestine: Amoebic colitis, Bacillary dysentery; Ulcerative Colitis; Ischemic and Pseudomembranous enterocolitis, diverticulosis; Malabsorption: Celiac disease, Tropical and other causes; Jaundice : Types, Pathogenesis and Differentiation; Hepatitis : Acute and Chronic, Etiology, Pathogenesis and Pathology; Cirrhosis: Aetiology, Post necrotic, Alcoholic, Metabolic, Pathology, Morphology (Macronodular, Micronodular, Mixed), Complications; Portal Hypertension: Types including non-cirrhotic portal fibrosis and Manifestations.

### **TEXT BOOKS:**

Strayer, D. S., & Rubin, E. (2015). *Rubin's Pathology Clinicopathologic Foundations of Medicine*. Philadelphia, PA: Wolters Kluwer

*Test Book of Pathology* - Andersons - C.V.Mosby Volume I & II Company

### **REFERENCE BOOKS:**

*Basic Pathology* - Kumar, Cotran – Saunders

Bryan Rush Distributors Peter Castaldi

*Clinical Laboratory Methods* - Ramniksood – Jaypee

*G.C.DeGruchy Clinical* - David Penington - CBS Publishers & Haematology in medical

*General Pathology* - Walter & Israel –

Horbury, T. (2006). Basic statistics. *National Center for HIV/AIDS, Viral Hepatitis, Sexual*

*Transmitted Diseases and Tuberculosis Prevention*, (April).  
<http://www.cdc.gov/hiv/basics/statistics.html>

*Illustrated Pathology - Govans - ELBS Edition*

Lazaris, A. C. (2018). *Clinical Genitourinary Pathology: A case-based learning Approach*. (A. C. Lazaris, Ed.). Cham, Switzerland: Springer. doi://doi.org/10.1007/978-3-319-72194-1

Lewin, K. J., Riddell, R. H., & Weinstein, W. M. (2014). *Gastrointestinal pathology and its clinical implications* (2nd ed., Vol. I). Philadelphia, PA: Wolters Kluwer health.

*Pathologic Basic of Disease-* Kumar, Cotran– SaundersCollins

Simpkins, A. M., & Simpkins, C. A. (2011). *Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice* (2011th ed.). Hoboken, New Jersey: John Wiley & Sons, Inc.

Strayer, D. S., & Rubin, E. (2015). *Rubin's Pathology Clinicopathologic Foundations of Medicine*. Philadelphia, PA: Wolters Kluwer.

## Name of the Course: Evidence Based Yoga Therapy-I

Course Code: MSY-SCT-T 302

### Course Objectives:

After the completion of the program, the students should be able to

1. List physiological principles underlying pathogenesis and progression of GIT, musculoskeletal, excretory, and psychological disorders.
2. Independently handle a patient and administer yoga therapy.
3. Illustrate the physiological response and adaptations to environmental stresses.

### Course Outcomes:

This course is expected to enable learner to

1. Discuss etiopathogenesis regarding somatic, psychological and psychosomatic disease.
2. To interpret etiopathogenesis of Musculo-skeletal GIT disorders and excretory system related disorders.
3. To diagnose, design and implement integral yoga therapy protocol for prevention and mitigation of major Musculo-skeletal, GIT and excretory system related diseases.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2		√	
CO3		√	√

### Course Content

Units	Title	COs Addressed
1	Introduction to Common Ailments	CO1, CO2
2	Musculo-Skeletal Disorders	CO1, CO2
3	Gastro Intestinal Disorders	CO2, CO3
4	Excretory System	CO2, CO3

### Assessment Plan

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

### Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3
1	Internal Examination	√	√	
2	Semester End Examination	√	√	√

### **UNIT 1: Introduction to Common Ailments [15Hrs.]**

Introduction to stress: Physiology of stress, psychosomatic ailments; Introduction to Yoga therapy – AdhijaVyadhi concept, IAYT; HIV – AIDS: Cause, Pathophysiology, Clinical Features, Medical management, Yogic Management; Autoimmune disorders: Causes, clinical features, various autoimmune disorders, Medical management, Yogic Management; Cancer: Causes, clinical features, Side effects of Chemotherapy, radiotherapy, Medical management, Yogic Management; Anemia: Classification of anemia, Medical management, Yogic management

### **UNIT 2: Musculo-Skeletal Disorders [15Hrs]**

Back Pain: Classification of back pain: organic and functional, Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical Management, Yogic Management, Neck pain: Classification, Cervical Spondylosis, Functional neck pain, Whiplash injury, Medical Management, Yogic Management; All forms Of Arthritis: Rheumatoid Arthritis: Osteoarthritis, Psoriatic Arthritis, Gout, Medical Management, Yogic Management; Muscular dystrophy: Medical Management, Yogic Management

### **UNIT 3: Gastro Intestinal Disorders [15Hrs]**

APDs: Introduction to APDs: Gastritis –Acute & Chronic, Dyspepsia, Peptic Ulcers:. Clinical Features, Medical Management, Yogic Management, Constipation and Diarrhea: Definition, Pathophysiology, Clinical Features, Medical Management, Yogic Management, iii. Irritable Bowel Syndrome: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management, Inflammatory Bowel Disease, Ulcerative colitis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Crohn's diseases: Definition, Pathophysiology, Classification, Clinical features, Medical Management, Yogic Management.

#### **UNIT 4: Excretory System [15 Hrs.]**

Chronic renal failure: Causes, clinical features, Medical management & Yogic Management; Renal stones: Medical management & Yogic Management; Irritable bladder, Medical management, Yogic Management, Stress incontinence, Medical management, Yogic Management; Metabolic Disorder: Diabetes Mellitus 1 and 2.: Definition, Pathophysiology, Classification, Clinical Features: . Medical Management, Yogic Management'; Hypo and Hyper- thyroidism: Definition, Pathophysiology, Classification, Clinical Features, Medical management & Yogic Management; Obesity: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management, Metabolic Syndrome: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management.

#### **REFERENCE BOOKS:**

Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: Divya Prakashan

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

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*Integrated approach of yoga therapy for positive health*-R Nagaratha, HR Nagendra

Iyengar, B. K. S. (2001). *Yoga: The Path to Holistic Health* (1st ed.). London, Great Britain: Dorling Kindersley.

Long, R. (2008). The Key Muscles of Hatha Yoga. [papers://0528d255-b313-4f39-8be9-b9934b4cb82f/Paper/p201](https://doi.org/10.528d255-b313-4f39-8be9-b9934b4cb82f/Paper/p201)

Payne, L., & Usatine, R. (2002). *Yoga Rx: A Step-by-Step Program to Promote Health, Wellness, and Healing For Common Ailments* (1st ed.). New York, NY: Broadway Books.

*Yoga for common ailments and IAYT for different diseases* –R. Nagarathana, H R Nagendra and Shamantakamani Narendran

*Yoga for common disorders*- Swami Koormananda Saraswati

## Name of the Course: Elective-I Naturopathy

Course Code: MSY-SCT-T 303

### Course Objectives:

Study of this Paper will enable learner to-

1. Discuss principles and science of preventive & healing modalities in naturopathy.
2. Prescribe and provide naturopathy for common diseases.

### Course Outcomes:

This course targets empowerment of learners to

1. Outline philosophy, principles and modalities of naturopathy.
2. Interpret science, process and uses of naturopathic modalities related to water, earth, fire, ether and air for health promotion and healing.
3. Apply science, process and modalities of massage for disease prevention and healing
4. Prescribe and implement naturopathy for various acute and chronic diseases.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√	√	
CO3		√	√
CO4		√	√

### Course Content

Units	Title	COs Addressed
1	Naturopathy Mud, Sun and Air Therapy	CO1, CO2
2	Hydrotherapy	CO1, CO2
3	Fasting	CO2, CO3
4	Massage	CO3, CO4
5	Natural Therapeutics	CO3,CO4

### Assessment Plan

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

### Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3	CO4
1	Internal Examination	√	√		
2	Semester End Examination	√	√	√	√

#### UNIT-1

**Naturopathy:** History, Meaning, Definition, Purpose, Core Principles, Constructive and Destructive Principles, Primary and Secondary Causes of Diseases, Chronic and Acute Diseases- Etiology, Signs, Symptoms, Pathophysiology, Diagnosis and Healing Modalities of Naturopathy.

**Mud, Sun and Air Therapy:** Importance and Types of Mud, Preventive and Therapeutic Effects of Mud, Mud Treatment Modalities and Their preventive and Therapeutic Effects and Uses. Sunlight and its Preventive and Remedial Value, Chromotherapy: Preventive and Therapeutic Modalities of Sunlight and Chromotherapy. Air and its Preventive and Therapeutic Modalities and Uses.

#### UNIT-2

**Hydrotherapy:** Meaning, Definition, Purpose, Principles, Preventive and Therapeutic effects and implications of water, Preventive and Therapeutic Modalities in Hydrotherapy and their Science: Normal Bath, Water Intake, Circular Bath, Foot and Arm Bath, Steam Bath, Water Wave Bath, Hip Bath, Jet Bath, Sauna Bath, Whirlpool Bath, Hot and Cold Wet Towel Compress (Full Body, Foot, Arms, Stomach, Back), Sponge Bath, Anemia: Concept, types, Methods, Promotive, Preventive and Therapeutic Uses; and Precautions.

#### UNIT-3

**Fasting:** Meaning, Definition, Types, Purpose, Principles, Types (Long term, Short term, Water Fasting, Liquid Fasting), Physiological Action and Reaction of the Fasting, Preventive and Curative Uses of the Fasting, Ideal and Natural Diet; Concept of Dietary and Nutritional Ingredients (Carbohydrate, Fat, Protein, Vitamin, Minerals, Water and Fibers) Disease-wise Dietary Prescriptions as in Unit 5.

#### UNIT-4

**Massage:** History, Meaning, Definition, Purpose, Principles, Types (Scientific, Ayurvedic and Thai) and Techniques, Science of Massage, Steps of the Massage: Friction, Stroking, Kneading, Digital Kneading, Fist Kneading, Wringing, Skin Rolling, Tapping, Pinching, Hacking, Cupping, Pounding, Percussion, Acupoint stimulation, Joint mobilization and stretching; Promotive, Preventive and Therapeutic Applications of the three Massages.

## **UNIT-5**

**Natural Therapeutics:** Constipation, Acid Peptic Diseases: Dyspepsia, GERD Reflux, Peptic and Duodenal Ulcers; Inflammatory Bowel Diseases, Irritable Bowel Syndrome, Coeliac Diseases, Chron's Disease, Colitis, Gallstone, Jaundice, Rhinitis, Sinusitis, Pneumonia, COPD, Asthma, Emphysema, Psoriasis, Hypertension/Hypotension, Under and Over Active Thyroid, Metabolic Syndrome, Obesity, Diabetes- Type 1 and Type 2; Gestational Diabetes, Tuberculosis- Lung, Bone and Gut; Hypertension, Coronary Artery Disease, Congestive Heart Failure, Cancers: Breast, Cervix, Blood, Lung, Hepatic and Gall Bladder, Bone; Back Pain, Neck Pain, Cervical, Spondylosis, DMD, Arthritis-RA & OA, Renal Stone, Leukorrhea, Menstrual Disorders, PCOD, Infertility, Erectile Dysfunction, Premature Ejaculation, Urinary Tract Infection Autism, ADHD, Depression , PTSD, Insomnia, Tension Headaches, Migraine, Stroke, Epilepsy, Parkinson's Disease, Anxiety, Schizophrenia , OCD, Hysteria, Alzheimer's Disease.

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- Bakhru, H. K. (1991). *The Complete Handbook of Nature Cure* (5th ed.). Jaico Publishing House. Cayleff, S. E. (2016). *Nature's Path : A History of Naturopathic Healing in America*. John Hopkins University Press.
- Goyal, B. B. (2013). *Secrets of Naturopathy and Yoga* (UK ed). Sterling Publishers. Hechtman, L. (2012). *Clinical Naturopathic Medicine*. Elsevier.
- Johari, H. (1996). *Ayurvedic Massage Traditional Indian Techniques for Balancing Body and Mind*. Inner Traditions/Bear.
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- Mhaske, S. N. (2017). *Essentials of Nutrition*. CBS Publishers. Mitchell, S. (2001). *Naturopathy*. Random House.
- Niraj, N. K. (2009). *Miracles of Naturopathy and Yogic Sciences*. Popular Book Depot.
- Salguero, C. P., & Roylance, D. (2005). *Encyclopedia of Thai Massage* (2nd ed.). Silkworm Books. Sarris, J. (2019). *Clinical Naturopathy: An Evidence-based Guide to Practice*. Elsevier.
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- James Waslaski. (2012). *Clinical Massage Therapy: A Structural Approach to Pain Management* (M. Cohen (Ed.)). Pearson.
- Khan, Janet R. (2002). *Massage Therapy: The Evidence for Practice* (G. J. Rich (Ed.)).



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*Research in Ayurveda and Siddha*. Central Council for Research in Ayurveda and Siddha.

Lutz, C. A., Mazur, E. E., & Litch, N. A. (2015). *Nutrition and Diet Therapy* (6th ed.). F. A. Davis Company.

Mechanisms, P., Action, O. F., & Massage, F. O. R. (n.d.). *Massage therapy, acupressure, and reflexology* 3. 23–42.

Mumford, S. (2009). *The massage bible: The Definitive Guide to massage* (Issue December). A Godsfield Book. <https://doi.org/10.1016/j.ijforecast.2014.06.001>

Schlenker, E. D., & Gilbert, J. (2015). *Williams' Essentials of Nutrition and Diet Therapy* (11th ed.). Elsevier, Mosby.

## Name of the Course: Disease Specific Pathology Practical-I

Course Code: MSY-SCP –T 305

### Course Objectives:

Following the completion of the practical training, students shall be able:

1. To demonstrate the laboratory experiments.
2. To recognize the normal and abnormal value of a parameter.
3. To develop the skills of interpreting the results.

### Course Outcomes:

This course targets learner's aptitude development to

1. Carry out blood group detection test, hemoglobin, RBC and WBC enumeration test.
2. Demonstrate anemia related pathological test and test as explained in 1.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√	√	√
CO2	√	√	√

### Course Content

Units	Title	COs Addressed
1	Hematology –I	CO1, CO2
2	Hematology-II	CO1, CO2
3	Anemia	CO1, CO2
4	Demonstration	CO1, CO2

### Assessment Plan

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

### UNIT 1: Hematology –I [15 Hrs]

Blood groups (ABO system); Estimation of hemoglobin; Enumeration of RBCs (RBC count); Total leucocyte count (Total count);

### UNIT 2: Hematology-II [15 Hrs.]

Differential leucocyte count (DC); Peripheral smear staining and reporting; Absolute eosinophil count

### UNIT 3: Anemia-I [15 Hrs.]

Anemia: Hemograms in anemia, Iron deficiency anemia, Macrocytic anemia, Microcytic

anemia, Hemolytic anemia

**UNIT 4: Demonstration [15 Hrs.]**

All candidates are expected to demonstrate the Unit-I experiments and explain the same in the practical records.

**REFERENCE BOOKS:**

*Practical Manual* by Harsh Mohan

*Medical Laboratory Technology*– Ramnik Sood

## Name of the Course: Evidence Based Yoga Therapy Practical -I

**Course Code: MSY-SCP-T 306**

### Course Objectives:

Following the completion of these practical, students shall be able to:

1. Demonstrate the yoga practices specific to a particular ailment.
2. Explain the principles and procedure of each practice.

### Course Outcomes:

This course targets empowerment of learner's aptitude to

1. Prescribe and implement integral yoga therapy protocol for prevention and mitigation of anemia, Musculo- skeletal, GIT diseases.
2. Prepare case study of the five different patients having disease related to musculoskeletal and GIT diseases.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√	√	

### Course Content

Units	Title	COs Addressed
1	Special techniques for Anaemia	CO1, CO2
2	Cancer and autoimmune diseases	CO1, CO2
3	Musculo skeletal diseases	CO2,
4	Gastrointestinal disorders	CO2,

### Assessment Plan

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits				2
Hrs/ week				4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

### UNIT 1: Special techniques for Anaemia [15 hrs.]

Set of practices required for Anaemia and other associated haematological complications need to be taught.

### UNIT 2: Cancer and autoimmune diseases [15 Hrs.]

Set of practices required for Cancer and Auto immune complications need to be taught.

### UNIT 3: Musculo skeletal diseases [15 Hrs.]

Set of practices required for Muscular and skeletal diseases need to be taught.

#### **UNIT 4: Gastrointestinal disorders [15 Hrs.]**

Set of practices required for gastro intestinal diseases need to be taught.

#### **Note:**

Please note that the disease specific technique includes Asana, pranayama, suryanamaskara, asana, pranayama, mudra, bandhas, kriyas and meditation techniques.

#### **REFERENCE BOOKS:**

Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: Divya Prakashan

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

Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.

Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan BooksTM

Balkrishna, A. (2017). Yoga Vigyanam. Haridwar, India: Divya Prakashan.

## Name of the Course: Field Training-I

Course Code: MSY-FW-T 307

### Course Objectives:

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

1. Demonstrate the yoga practices specific to a particular ailments confidently.
2. Apply practical knowledge and skills about the disease specific yoga techniques.

### Course Outcomes:

This course targets empowerment of learners to

1. Prescribe and implement integral yoga protocol, dietary recommendation and lifestyle for health promotion and therapy.
2. Report promotive, preventive and therapeutic effects of yoga protocol dietary recommendation and life style moderation.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√	√	

### Assessment Plan

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

### Instructions:

During field training students are expected to carry out the following tasks.

1. Involve themselves during practical session.
2. Understand how to take case history
3. Gain the knowledge of recording the common parameters specific to disease.

### Note:

Students need to spend 2 hours every day in the hospital set up where the patients undergo their yoga treatment.

### Examination:

Students shall be examined based on the knowledge acquired with respect to parameter and the case history.

## Name of the Course: Project Work-I

Course Code: MSY-PW-T 308

### Course Objectives:

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

1. Carry out small scale research projects.
2. Generate, present, analyze and interpret data.
3. Draw inferences and apply them.

### Course Outcomes:

This course targets empowerment of learner's aptitude to

1. Design and carry out mini research projects.
2. Draft dissertation and research paper for scholarly publications.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√	√	

### Assessment Plan

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

### Note:

- During this time, candidates are expected to carry out the following task
- Meet guide at least once to report the progress.
- Spend time every day for recording the data.

### Examination:

Students shall be examined based on the presentation of their synopsis and progression of the project work.

## Name of the Course: Disease specific Pathology-II

Course Code: MSYSCT- T 401

### Course Objectives:

This course targets to

1. Explain concept, etiopathogenesis and complications of various non-communicable diseases and the body's capacity for their healing.
2. Discuss cardiovascular, respiratory and renal disorders.
3. Discuss pathogenesis of endocrine, nervous, obstetrics and gynecological disorders.

### Course Outcomes:

This course targets empowerment of learners to

1. Identify etiopathogenesis factors and markers related to cardiovascular, respiratory, nervous, endocrine, genitourinary disorders/disease.
2. Recognize normal and abnormal level of disease specific pathological markers.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√	√	
CO2	√		√

### Course Content

Units	Title	COs Addressed
1	Cardiovascular and respiratory pathology	CO1, CO2
2	Nervous and endocrine pathology	CO1, CO2
3	Obstetrics, Gynecologic and Renal pathology [	CO2

### Assessment Plan

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

### Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2
1	Internal Examination	√	√
2	Semester End Examination	√	√

### UNIT 1: Cardiovascular and respiratory pathology [15 Hrs.]

Rheumatic fever and Rheumatic Heart Disease: Pathogenesis, Morphology and effects; Atherosclerosis and Ischemic Heart Disease; Myocardial Infarction; Diseases of blood vessels



other than atherosclerosis; Hypertension, its type and Hypertensive Heart Disease; Structure of Bronchial tree and alveolar walls, concept of obstructive and restrictive lung disorders, Inflammatory diseases of bronchi: chronic bronchitis, bronchial asthma, bronchiectasis, chronic obstructive lung disease, Pneumonias: Lobar, Broncho, Interstitial; Pulmonary suppuration including lung abscess: Etiopathogenesis and Morphology;

## **UNIT 2: Nervous and endocrine pathology [15 Hrs.]**

Structural Organization, specific cell types, and reaction patterns; Inflammatory disorders: Pyogenic and tuberculous meningitis; CSF and its disturbances: cerebral edema, raised intracranial pressure; Cerebrovascular diseases : Atherosclerosis, thrombosis, embolism, aneurysm, Hypoxia, Infarction and Hemorrhage; Scope of endocrine control and Investigations; Diabetes Mellitus: Types, Pathogenesis, pathology, Non-neoplastic lesions of thyroid, hypo & hyper thyroids: Iodine deficiency goiter, autoimmune thyroiditis, thyrotoxicosis, myxedema,

## **UNIT 3: Obstetrics, Gynecologic and Renal pathology [15 Hrs.]**

Physiology of normal pregnancy, diagnosis of pregnancy, routine antenatal care, management of common symptoms in pregnancy, investigations to be carried out in pregnancy; Hypertensive disorders in pregnancy, Anemia in Pregnancy : Heart disease in pregnancy; Antepartum hemorrhage; Intrauterine Growth Restriction (IUGR); Rhesus Negative Pregnancy; Disorders of liver, kidneys in pregnancy; Multiple pregnancy; Puerperium, and its complications; Renal structure, basis of impaired function, urine analysis; Glomerulonephritis: Classification, Primary Proliferative and Non Proliferative; Secondary Glomerulonephritis : Diabetes; Nephrotic Syndrome; Acute Renal Failure : Acute tubular and cortical necrosis; Renal vascular disorders, kidney changes in Hypertension; Renal Malformations : Polycystic kidneys;

### **REFERENCE BOOKS:**

*Basic Pathology* - Kumar, Cotran – Saunders

*Clinical Laboratory Methods* - Ramniksood – Jaypee

*G.C.DeGruchy Clinical* - David Penington - CBS Publishers & Haematology in medical  
Bryan Rush Distributors Peter Castaldi

*General Pathology* - Walter & Israel –

*Illustrated Pathology* - Govans - ELBS Edition

*Pathologic Basic of Disease*- Kumar, Cotran– Saunders Collins

*Test Book of Pathology* - Andersons - C.V.Mosby Volume I & II Company

Lazaris, A. C. (2018). *Clinical Genitourinary Pathology: A case-based learning Approach*. (A. C. Lazaris, Ed.). Cham, Switzerland: Springer. doi://doi.org/10.1007/978-3-319-72194-1

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Simpkins, A. M., & Simpkins, C. A. (2011). *Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice* (2011th ed.). Hoboken, New Jersey: John Wiley & Sons, Inc.

Horbury, T. (2006). Basic statistics. *National Center for HIV/AIDS, Viral Hepatitis, Sexual Transmitted Diseases and Tuberculosis Prevention*, (April).  
<http://www.cdc.gov/hiv/basics/statistics.html>

Strayer, D. S., & Rubin, E. (2015). *Rubin's Pathology Clinicopathologic Foundations of Medicine*. Philadelphia, PA: Wolters Kluwer.

## Name of the Course: Evidence Based Yoga Therapy-II

Course Code: MSY-SCT-T 402

### Course Objectives:

After the completion of the program, the students should be able to

1. Discuss relative contribution of each organ system to the homeostasis.
2. Illustrate the physiological response and adaptations to environmental stresses.
3. Independently handle a patient to prescribe and administer yoga therapy.

### Course Outcomes:

1. This course targets empowerment of learners to List physiological principles underlying pathogenesis and management of disorders related to respiratory, cardiovascular, metabolic, neurological and psychic systems.
2. Recognize principles and factors of yoga therapy for prevention and managing diseases related to respiratory, cardiovascular, metabolic, neurological and psychic systems.
3. Design and implement yoga therapy protocol for prevention and mitigation of the diseases related to above systems.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√		
CO3		√	√

### Course Content

Units	Title	COs Addressed
1	Respiratory Disorders	CO1, CO2
2	Cardiovascular and Metabolic Disorders	CO1, CO2
3	Neurological Disorders	CO2, CO3
4	Psychiatric Disorders	CO2, CO3

### Assessment Plan

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

## Mapping Assessment with COs

S.No.	Assessment type	CO1	CO2	CO3
1	Internal Examination	√	√	
2	Semester End Examination	√	√	√

### UNIT 1: Respiratory Disorders [15 Hrs.]

Respiratory Disorders: Introduction to Respiratory disorders, Brief classification – Obstructive, Restrictive, infectious and inflammatory, Introduction to Pulmonary function tests and their principles, Bronchial Asthma: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management, Allergic Rhinitis & Sinusitis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; COPD: Chronic Bronchitis, Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; Emphysema: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; Infectious Disorders: Tuberculosis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; Pneumonia: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Interstitial Lung Disease / Idiopathic pulmonary fibrosis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management

### UNIT 2: Cardiovascular and Metabolic Disorders [15Hrs.]

Introduction to Cardiovascular disorders; Hypertension: Definition, Pathophysiology, Classification, Clinical Feature, Medical Management, Yogic Management; Atherosclerosis / Coronary artery disease: Definition, Pathophysiology, Classification, Clinical Features Medical Management and Yogic Management; Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post-CABG rehab. Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Congestive Cardiac Failure / Cardiomyopathy: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Cardiac asthma: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management.

### UNIT 3: Neurological Disorders [15 Hrs.]

Headaches, Migraine: Causes, Classification, clinical features, Medical management, Yogic Management; Tension headache: Medical management, Yogic Management; Cerebrovascular accidents: Causes, clinical features, Medical management, Yogic Management; Epilepsy: pain; Autonomic dysfunctions, Causes, clinical features, Medical management, Yogic Management; Parkinson's disease: Causes, clinical features, Medical management, Yogic Management; Multiple sclerosis: Causes, clinical features, Medical management, Yogic Management; Errors of vision of refraction: Causes, clinical features, Medical management, Yogic Management; Hearing impairment: Causes, clinical features, Medical management, Yogic Management

### UNIT 4: Psychiatric Disorders [15 hrs.]

Introduction to psychiatric disorders, classification – Neurosis, Psychosis; Neurosis: Anxiety disorders; Generalized anxiety disorder; Panic Anxiety; Obsessive Compulsive Disorder; Post-traumatic stress disorder; Phobias, Medical Management, Yogic Management; Depression, Dysthymia, Major depression, Medical Management, Yogic Management; Psychosis-Schizophrenia: Bipolar affective disorder, Medical Management, Yogic Management, Mental retardation, Autism, Attention Deficit Hyperactivity Disorders, Medical Management, Yogic Management; Substance abuse– alcohol, tobacco, cannabis abuse, Medical Management, Yogic Management.

## **REFERENCE BOOKS:**

Balkrishna, A. (2007). *Yoga in synergy with medical science*. Haridwar, India: Divya Prakashan BooksTM

Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.  
*Integrated approach of yoga therapy for positive health*-R Nagaratha, H R Nagendra

Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: Divya Prakashan

Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: Divya Prakashan.

Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.

*Yoga for common ailments and IAYT for different diseases* –R. Nagarathana, H R Nagendra and Shamantakamani Narendran

*Yoga for common disorders*- Swami KoormanandaSaraswati

**Name of the Course: Elective-III Complementary & Alternative Therapy**  
**Course Code: MSY-ELT-T 403**

**Total Marks (Internal & Final Exam): 100 (70+30)**

**Course Objectives:**

The teaching-learning of this paper will enable learner to-

1. State concept, prevalence, objectives, types, applications and limitations of CAT&
2. Demonstrate knowledge & skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

**Course Outcomes:**

This course targets empowerment of learners to

1. Outline mind-body medicine, manipulative-body based therapy, energy healing, acupressure and dietary supplements and herbal remedies.
2. Prescribe pertinent mind body practices, massage, pranic healing, acupressure, diet, herbal remedies for the prevention and mitigation of common ailments.

**Mapping of COs to POs**

CO	PO1	PO2	PO3
CO1	√		
CO2		√	√

**Course Content**

Units	Title	COs Addressed
1	CAT	CO1, CO2
2	Manipulative-Body Based Therapy (MBT)	CO1, CO2
3	Energy Medicine	CO2
4	Acupressure & Pranic Therapeutics	CO2
5	Biologically Based Products (Dietary Supplements & Herbal Remedies	CO2

**Assessment Plan**

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

**Mapping Assessment with COs**

S.No.	Assessment type	CO1	CO2
1	Internal Examination	√	√

2	Semester End Examination	√	√
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### UNIT 1: CAT

History, Meaning, Definition, Objectives, Types, Prevalence, Contemporary Need, Applications and Limitations. **Mind-Body Therapy:** Origin, Meaning, Definition, Aims, Principles, Factors, Impacts, Prevalence, Applications, and Limitations. Pioneers in MBM in modern era– Swami Ramdev, Acharya Balkrishna, Swami Satyananda, B.K.S. Iyengar, Norman Cousins, Deepak Chopra, Herbert Benson, Dean Ornish, Bernie Siegel, Lorry Dossey; Need of mind body medicine; Mind body relationship and modern medicine: Epidemiological studies, clinical studies, & experimental studies; Placebo and Nocebo.

### UNIT 2: Manipulative-Body Based Therapy (MBT)

Meaning, Definition, Aims, Principles, Types, Impacts, Prevalence, Applications, and Limitations. **Acupressure:** Origin, Meaning, Definition, Principles, Five Elements Theory, Chi Clock Cycle, Meridian Systems and Locating Acupoints on 12 Major Meridians and Reflexology.

### UNIT 3: Energy Medicine

History, Meaning, Definition, Types, Principles, Applications and Limitations. **Pranic Healing:** Origin, History, Meaning and Sources of Prana; Principles, Law of Action, & Types (Basic, Advanced, and Psychotherapy); **Bio-plasmic body/Aura:** structure, types and size; **Energy Centers (EC):** Meaning, Types (Major, Minor and Mini), Sizes, Colors, Functions and Consequences of their Dysfunctions; Ahartic Yoga & Twin Meditation, Scanning Aurals or Chakras, Sweeping and Energizing Procedures.

### UNIT 4: Acupressure & Pranic Therapeutics

Low Back Pain, Arthritis, Obesity, Diabetes, Hypertension/Hypotension, Hyper/Hypo Thyroidism, Liver Problem, Allergy, CAD, Anemia, Hyperacidity, Irritable Bowel Syndrome, Colitis, Piles, Migraine, Insomnia, Depression, Chronic Fatigue Syndrome, Epilepsy, Anxiety, Obsessive Compulsive Disorder, Leucorrhoea, Menstrual Disorders, Impotency, Infertility, CSF, Asthma, Pneumonia, Renal Problem, Varicose Veins, Distress, and Myopias.

### UNIT 5: Biologically Based Products (Dietary Supplements & Herbal Remedies)

Probiotics and Prebiotics, Antioxidants, Glucosamine Sulfate, Glutamine, Selenium, Curcumin, Multi-vitamins and their Natural Sources, Omega-3 Fatty Acid and Tryptophan; their Functions and natural Sources; Panchagavya (Cow-urine, dung, milk, curd, ghee and Panchagavya ghrit) and their preventive and healing applications.

### TEXTBOOK:

Yuan, Chun-Su., & Bieber, E. J. (2003). Textbook of complementary and alternative medicine. New York, NY: The Parthenon Publishing Group.

### REFERENCE BOOKS:

Acharya, B. (2004). Ausadh Darshan. Haridwar, India: Divya Prakashan.

Acharya, B. (2005). Ayurveda Jadi-buti Rahasya. Haridwar, India: Divya Prakashan.

Brahmabarchas. (2003). *Nidan Chikitsa*. Haridwar, India: Ved Mata Gayatri Trust.

Colledge, N. R., Walker, B. R. & Ralston, S. H. (2010). *Davidson's Principles & Practice of Medicine (21<sup>st</sup> ed.)*. China: Churchill Livingstone, Elsevier.

Holford, P. & Burne, J. (2007). *Food is better medicine than drugs*. Great Britain: Piatkus.

Holford, P. (2014). *Good Medicine*. Great Britain: Piatkus.

- Joshi, S. A. (2011). *Nutrition and dietetics with Indian case studies*. New Delhi, India: Tata McGraw-Hill.
- Lian, Yu-Lin; Chen, Chun-Yan; Hammes, M. & Kolster, B. C. (2005). *Pictorial atlas of acupuncture: An illustrated manual of acupuncture points*. Solvenia: h. f. ullmann.
- Micozzi, M. S. (2015). *Fundamentals of complementary and alterntive medicine* (5<sup>th</sup> ed.). China. Elsevier Saunders.
- Mohan, H. (2010). *Textbook of pathology* (6<sup>th</sup> ed.). New Delhi, India: Jaypee Brothers Medical Publishers (P) Ltd.
- Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: Divya Prakashan.
- Peeters, J. (2008). *Reflexology*. Bath BAIHE, UK: Paragon.
- Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: Divya Prakashan.
- Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.
- Sah, R. L., Joshi, B., & Joshi, G. (2002). *Vedic health care system*. New Delhi, India: New Age Books.
- Sharma, S. (1998). *Jivem Saradm Satam*. Mathura, India: Akhand Jyoti Samsthan.
- Sharma, S. (2006). *Diagnose, cure and empower yourself by the currents of breath*. Haridwar, India: Shri Vedmata Gayatri Trust.
- Sharma, S. (2010). *Gayatri Mahavigyan (Combined and revised ed.)*. Mathura, India: Yug Nirman Yojana Bistar Trust.
- Sharma, S. (2013). *Chikitsa Upchar Ke Vividh Ayam* (2<sup>nd</sup> ed.). Mathura, India: Akhand Jyoti Samsthan.
- Sharma, S. (2013). *Nirog Jeevan Ke Mahatopurna Sutra* (2<sup>nd</sup> ed.). Mathura, India: Akhand Jyoti Samsthan.
- Sharma, S. (2013). *Pran Chikitsa* (2<sup>nd</sup> ed.). Mathura, India: Akhand Jyoti Samsthan.
- Sui, M. C. K. (2002). *Miracle through pranic healing* (3<sup>rd</sup> ed.). New Delhi, India: All India Pranic Healing Foundation.
- Sui, M. C. K. (2005). *Advanced pranic healing*. Banglore, India: World India Pranic Healing Foundation-India.
- Sui, M. C. K. (2005). *Pranic Psychotherapy* (2<sup>nd</sup> ed.). Banglore, India: World India Pranic Healing Foundation-India.
- Yogananda, P. (2011). *Journey to self-realization*. Kolkata, India: Yogoda Satsang Society of India.

**Name of the Course: Elective-IV Yogic & Ayurvedic Purification Techniques**  
**Course Code: MSY-ELT-T 404**

**Course Objectives:**

**Course Outcomes:**

1. Review Brahmasutra & Viveka Chudamani philosophy
2. Review Tattvajnana importance, evolution and involution
3. Explain Panch Prana, Panch Kosha as per Vivek Chudamani
4. Elucidate concept of Vairagya, Outcomes of Self Realization, Symptoms of Jivanmukta

**Mapping of COs to POs**

CO	PO1	PO2	PO3
CO1	✓	✓	
CO2	✓	✓	✓
CO3		✓	✓
CO4	✓	✓	✓

**Course Content**

Units	Title	COs Addressed
1		CO1
2		CO2
3		CO3
4		CO4

**Assessment Plan**

Total Number of Hrs: 75		Theory	Tutorial	Practical
Credits		2	0	2
Hrs/ week		2	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**Mapping Assessment with COs**

S.No.	Assessment type	CO1	CO2	CO3	CO4
1	Internal Examination	✓	✓		
2	Semester End Examination	✓	✓	✓	✓

Course Objective: To Understand the concepts of yogic and ayurvedic purification technique.

**UNIT 1: Purification Techniques in Hath Predipika, Gherand Samhita and Hath Ratnavali**

Shatkarma- Dhauti, Basti, Neti, Trataka, Nauli and Kapalbhati, Yama and Niyama, Pathya and Apathya, Mitahara, health benefits of Mudra and Bandha.

**UNIT 2: Acupressure and Hydrotherapy**

Acupressure (origin, meaning, definitions, principles) five elements theory, disease specific



Acupoints (low back pain, hyper-hypotension, migration, insomnia, anxiety), sujok therapy.  
Hydrotherapy (Colon Hydrotherapy) - Types and health benefits of Hydrotherapy.

### **UNIT 3: Basic Principles of Ayurvedic Treatment**

Raktamokshan: 1. Leech therapy 2. Shringi therapy 3. Cupping (dry, wet, fire), Nasya, Nadisvedan,  
Role of mud therapy in disease prevention.

### **UNIT 4: Marma therapy and Massage**

Fundamentals and history of Marma therapy, Classification of Marma points, Technique of  
Activation of Marma points, Correlation marma through yogic activities like Asanas,  
Pranayama and Shatchakra. Massage: Definition, scope, history, its principles and  
Manipulative technique, different types of massages and their role in disease prevention and health  
promotion.

#### **Reference books:**

1. Acharya, S. S. (2011). *Diagnose, Cure and Empower Yourself by Currents of Breath*. Haridwar, India: Shri Vedmata Gayatri Trust.
2. Acharya, S. S. (2012). *The Astonishing Power of Biophysical & Subtle Energies of The Human Body*. Haridwar, India: Shri Vedmata Gayatri Trust.
3. Coulter, H. D. (2006). *Anatomy of Hatha Yoga*. Delhi, India: Motilal Banarasidas
4. Frawley, D. & Kozak, S. S. (2006). *Yoga for your type*. New Delhi, India: New Age Books.
5. McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. New York, NY: Bantam Dell.
6. Muktibodhananda, S. (2006). *Hatha Yoga Pradipika* (3rd ed.). Munger, India: Yoga Publications Trust.
7. Selvarasu, K. V. (2003). *Kriya Cleansing in yoga*. Tamil Nadu, India: Yoga Bharati
8. Taylor, M. J. (2004). *Complementary Therapies in Rehabilitation*. In C. M. Davis (Ed.) (2nd ed.). Thorofare, NJ: SLACK Incorporated
9. Acharya, B. (2004). *Ausadh Darshan*. Haridwar, India: Divya Prakashan.
10. Acharya, B. (2005). *Ayurveda Jadi-buti Rahasya*. Haridwar, India: Divya Prakashan.
11. Brahmabarchas. (2003). *Nidan Chikitsa*. Haridwar, India: Ved Mata Gayatri Trust.
12. Johari, H. (1996). *Ayurvedic Massage Traditional Indian Techniques for Balancing Body and Mind*. Inner Traditions/Bear.
13. Yuan, Chun-Su., & Bieber, E. J. (2003). *Textbook of complementary and alternative medicine*. New York, NY: The Parthenon Publishing Group.
14. Peeters, J. (2008). *Reflexology*. Bath BAIHE, UK: Paragon

## Name of the Course: Disease Specific Pathology Practical-II

Course Code: MSY-SCP-T 405

### Course Objectives:

Following the completion of the practical training, students shall be able to:

1. Demonstrate the laboratory experiments.
2. Recognize the normal and abnormal value of a parameter.
3. Develop the skill of interpreting the results.

### Course Outcomes:

This course targets empowerment of learners to

1. Carry out and demonstrate microscopic observation of disease pathology.
2. Collect and analyze specimen related to gastric carcinoma, liver cirrhosis and cardiac hypertrophy.
3. Carry out laboratory tests of urine, blood sugar, LFT, RFT, and spirometry for PFT.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√	√	
CO3		√	√

### Assessment Plan

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

### UNIT 1: Microscopic Observation [15 Hrs.]

Acute myeloid leukemia, Chronic lymphatic leukemia, Anemia: macrocytic, microcytic; Plasmodium falciparum malaria; Acute appendicitis, Gastric carcinoma, Emphysema, Cirrhosis of liver, Myocardial infarction, Pulmonary tuberculosis

### UNIT 2: Specimen [15 Hrs.]

Gastric carcinoma, Cirrhosis of liver, cardiac hypertrophy, Appendicitis, Fatty liver

### UNIT 3: Laboratory Tests [15 Hrs.]

Urine analysis, Random blood sugar, Fasting and Post prandial blood sugar, Liver and Kidney function test in pathological conditions

### UNIT 4: Pulmonary Function Tests [15 Hrs.]

Vital capacity, tidal volume and Peak flow rate in pathological conditions

### REFERENCE BOOKS:

*Practical Manual* by Harsh Mohan

*Medical Laboratory Technology*– Ramnik Sood

## Name of the Course: Evidence Based Yoga Therapy Practical -II

**Course Code: MSY-SCT405**

### Course Objectives:

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

1. Plan principles, procedure, indications and contraindications of yoga practices.
2. Design, demonstrate and apply the yoga practices specific to a particular ailment.

### Course Outcomes:

This course targets learner's aptitude development to

1. Design and implement disease specific integral yoga therapy protocol.
2. To report impacts of implemented YTP targeting specific disease.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√	√	√

### Course Content

Units	Title	COs Addressed
1	Disease specific techniques for Respiratory Disorders	CO1, CO2
2	Disease specific techniques for Cardiovascular Disorders	CO1, CO2
3	Disease specific techniques for Neuro-endocrine Disorders	CO1, CO2
4	Disease specific techniques for Psychiatric and Obstetric & Gynecological Complications	CO1, CO2

### Assessment Plan

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits				2
Hrs/ week				4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

### UNIT 1: Disease specific techniques for Respiratory Disorders [15 hrs.]

Set of practices required for respiratory disorders need to be taught.

### UNIT 2: Disease specific techniques for Cardiovascular Disorders [15 Hrs.]

Set of practices required for cardiovascular disorders need to be taught.

### UNIT 3: Disease specific techniques for Neuro-endocrine Disorders [15 Hrs.]

Set of practices required for Neuro-endocrine diseases need to be taught.

### UNIT 4: Disease specific techniques for Psychiatric and Obstetric & Gynaecological Complications [15 Hrs.]

Set of practices required for Psychiatric and Obstetric & Gynecological complications need to be taught.

#### Note:

*Please note that the disease specific technique includes Asana, pranayama, suryanamaskara, asana, pranayama, mudra, bandhas, kriyas and meditation techniques.*

## Name of the Course: Field Training-II

Course Code: MSY-FW-T 407

### Course Objectives:

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

1. Apply yogic principles and practices specific to a particular disease.
2. Gain more practical knowledge about the disease specific yoga techniques

### Instructions:

During field training students are expected to carry out the following tasks.

1. Involve themselves during practical session.
2. Understand how to take case history.
3. Gain the knowledge of recording the common parameters specific to disease.

### Course Outcomes:

This course targets development of learners to

1. Make social interaction and implementation of learned yogic behaviors to solve biological, psychological, social and spiritual problems of an individual and group.
2. Conduct and report field work/s.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√	√	√

### Assessment Plan

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

### Note:

Students need to spend 2 hours every day in the hospital set up where the patients undergo their yoga treatment.

### Examination:

Students shall be examined based on the knowledge acquired with respect to parameter and the case history.

## Name of the Course: Project work-II

**Course Code: MSY-PWT 408**

### Course Objectives:

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

1. Carry out small scale research projects.
2. Collect, present, analyze and interpret data.
3. Infer and apply research findings.

### Course Outcomes:

This course targets empowerment of learner's to

1. Design, conduct and report mini research projects.
2. Draft and publish research papers in scholarly journals.

### Mapping of COs to POs

CO	PO1	PO2	PO3
CO1	√		
CO2	√	√	√

### Assessment Plan

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

### Note:

- During this time, candidates are expected to analyse the data with the help of guides.
- Organize and represent the data.
- Write the dissertation and complete the presentation.
- Project II shall be the continuation of Project I

### Examination:

Students shall be examined based on the presentation of project work and the quality of the research work.