CENTRE FOR YOGA STUDIES

M.Sc., Yoga Degree Course
(Two Years)
Choice Based Credit System

2019 -2020
ANNAMALAI UNIVERSITY

CENTRE FOR YOGA STUDIES

M.Sc., Yoga Degree Course
(Two Years)
Choice Based Credit System
REGULATIONS AND SYLLABUS
(for students admitted from 2019 -2020 Onwards)

1. Preamble

The Master of Science in Yoga (M.Sc.,Yoga) two years (four semesters, Choice Based Credit System). The programme will be regular stream and the medium of instructions is in English.

2. Eligibility for Admission to the Course

A candidate who has passed the Bachelor’s degree [10 +2 +3/4/5 pattern] in any subject including professional courses of this university or an examination of any other university accepted by the syndicate as equivalent thereto.

3. Admission Procedure

Admission shall be made on the basis of ranking for Marks obtained in qualifying Degree.

4. Course of Study

a) Duration of the Course - The duration of the course of study is two (02) academic years, consisting of four semesters. The total working days shall not be less than 180 days in an Academic year. Each semester consists of not less than 90 working days excluding examination.
b) Each working day shall consist of six hours including Theory and Practical.
c) Work Undergoing Internship [36 hours], Teaching Practice in educational institutions [54 hours] and the Village Placement programme [36 hours] shall be compulsory for all the students.

5. Attendance

1. A student must have 80% attendance in theory and practical classes to appear for university examinations.
2. Students who have 70% to 79% attendance shall apply for condonation in the prescribed form with prescribed fee.
3. Students who have below 70% attendance are not allowed to appear for the examination and repeat the course.

6. Continuous Internal Assessment for Theory Papers
a. **Written Examination- 20 Marks**
   1. Continuous assessment shall be graded by the concerned subject teachers. Three tests will be conducted for each paper.
   2. Each test carries a maximum of 75 marks and the average of best two tests shall be considered.
   3. However, in the case of students who miss the tests for any valid reasons with prior permission from the Head of the Department, He/She may be granted special permission to write the tests before the commencement of semester examination.

b. **Assignment / Seminar- 5 Marks**
   The teachers shall give assignments to the students and 5 marks are allotted for assignments. This may be of any accepted method such as Seminar, Project, Written materials, Record etc.,

c. **Pre-Semester / Model Examination - 75 Marks**
   1. Pre-Semester/Model examination shall be held at the end of each semester before the final semester examination covering all the portions and 75 marks are awarded for this examination.
   2. Each paper carries 75 marks and this will be converted into 25 marks.
   3. The continuous Internal assessment marks plus Pre-Semester/ Model Examination divided by two shall be the final internal mark for 25.

7. **Requirement for Passing**
   No candidate shall be eligible for the award of the M.Sc., Yoga degree unless he/she has passed the theory and practical examinations.

8. **Grading System**

   To pass in an examination a student has to score a minimum of 50% marks in all courses prescribed in the programme. The grading system is given below

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<tr>
<th>CGPA</th>
<th>Grade</th>
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<tr>
<td>9.0 and above</td>
<td>S</td>
<td>First Class with Exemplary*</td>
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<td>D+++</td>
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The successful candidates are classified as follows:-

I-Class 60% marks and above in overall percentage of marks (OPM).
II-Class 50-59% marks in overall percentage of marks.

Candidate who obtain 75% and above but below 91% of marks (OPM) shall be deemed to have passed the course prescribed for the programme at the first appearance.

Candidates who obtain 90% and above (OPM) shall be deemed to have passed the examination in FIRST CLASS (Exemplar) provided he/she passes all the courses prescribed for the programme at first appearance.

**SCHEME OF EXAMINATION**

**Semester I**

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## ELECTIVE COURSES

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## ABSTRACTS

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## CONSOLIDATED CREDITS

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MSc., YOGA SYLLABUS
M.Sc YOGA THEORY PAPER
SEMESTER - I
YOGC-101, FUNDAMENTALS AND HISTORY OF YOGA

OBJECTIVE:

- Science of logic, futility of maya, Logical quest for God, phases of creation,
- Practice of meditation and Samadhi for Renunciation. Eliminate physical and mental pains and receive liberation
- Explains the divine nature of soul, maya and creation. Knowledge of Guru shisya Parampara.
- Explains Vedas are eternal and divine. Different schools of Yoga and their contributions.

CONTENT:
UNIT- I
Shad Darshanas: Nyaya, Vaishesika, Samkhya, Yoga, Mimamsa, Vedanta, Misconception and Classification of Yoga- Yoga and Education.

UNIT- II

UNIT- III

UNIT- IV

UNIT- V
LEARNING OUTCOME:

- Veda is knowledge and Yoga is its practice. Yoga as its manifestation.
  
  Veda, from the root “vid” to know, refers to Knowledge

- Knowledge about different schools of yoga, their teachings.

- Founder of yogic traditions and their yogic path.

REFERENCE BOOKS:-

2. Sivananda Sarawathi Swami (1934) Yoga Asanas Madras: My Magazine of India.

YOGC-102, ANATOMY AND PHYSIOLOGY

OBJECTIVES:

- Anatomy and physiology of cell, tissue, organ and system

- CardioVascular System, Nervous system, Digestive system, Respiratory system, Reproductive system, Excretory system. Immune system and Muscular system.

CONTENT:

UNIT- I


UNIT- II

UNIT- III


UNIT- IV


UNIT- V

Impact of Yogic practices on the anatomy and physiology of different systems of human body- cells, bones, joints and muscles, skin. Cardio-Vascular system, respiratory system, digestive and excretory system, haematological and immune system, glands, nervous system, body metabolism, special senses, locomotor system.

LEARNING OUTCOME:

- A yoga students should know not only yogic body but also Anatomy and physiology
- Increase in yoga awareness around the globe had let to increased injury due to yoga practice so, in depth knowledge is required for yoga therapist-they don’t strain their ligaments, tendons or any system.

REFERENCE BOOKS:-


YOGC-103, YOGA AND HEALTH

OBJECTIVE:
• To understand the yogic concept of health and factors affecting health in all dimension.
• Yogic rules for healthy living.
• To know about communicable disease and yogic principles for healthy living.

CONTENT:

UNIT- I

Health: Goals of life – Adhi and Vyadhi, Kleshas, Koshas, Doshas, Factors affecting health – Panchamahabhudas, Stages of development of disease – Mental and emotional ill-health – Yogic rules for good health, Dimension of health, causes of ill-health, pillars of health. Role of yogic positive attitudes (Maitri, Karuna, Mudita and Upeksha) for healthy living, concept of Bhavas and Bhavanas with its relevance in Health and well-being.

UNIT- II

Communicable diseases: Malaria, Typhoid, Cholera, Whooping Cough, Tuberculosis, Measles, Venereal Diseases, Dysentery, Leprosy.

UNIT- III

Life Style diseases and Yoga: HBP, Diabetes, Obesity, Cancer, Stroke, Diet and Nutrition.

UNIT- IV


UNIT- V


LEARNING OUTCOME:

• Factors affecting health (physical, mental and emotional health) and the role of positive attitude and necessary of lifestyle correction.
• We can understand the importance of hygiene in general and sanitary hygiene in particular. Which in turn prevent communicable disease.
• Importance of yoga on communicable and lifestyle diseases.

REFERENCE BOOKS:-


PRACTICAL
YOGP-104, YOGA PRACTICAL –I

OBJECTIVES:

- To learn about preparatory practices.
- To learn about different kind of Asanas and Pranayama
- To learn about Kriya, Mudra, Bandha and Meditation

CONTENT

UNIT- I
Loosening the joints – Joint freeing series. Suryanamaskar: Vinyasa Suryanamaskar (Kneeling, lunge, jumping).

UNIT- II

UNIT- III
Pranayama: Sectional breathing Viloma (Surya, Chandra), Anuloma (Surya, Chandra), Pratiloma – Surya Bhedana – Chandra Bhedana.

UNIT- IV

UNIT- V
Meditation – Japa, Soham & Pranav Japa, Ajapa Japa, Antar mouna, Om Meditation, Nandanusandhana
LEARNING OUTCOME:
- Understand the concept of loosening practices.
- Understanding the different kinds of asana, and the internal movements of the body and prana.
- To understands the physiological benefits, (removes depression, headaches and increase concentration).

REFERENCE BOOKS:

2. Sivananda Saraswathi Swami (1934) Yoga Asanas Madras: My Magazine of India.
7. Yogeshwaranand Saraswathi Swami (1975) First steps to higher yoga, Gongothari: Yoga niketan trust.

YOGP-105, APPLIED PHYSIOLOGY

OBJECTIVES:
Knowledge about vital signs, sensory function and examination, muscle examination with identification of specimen with their organ and function.

CONTENT:

UNIT- I
Measurement of Temperature, Pulse rate, Respiratory rate.

UNIT- II
Measurement of Blood Pressure

UNIT- III
Sensory Function - Examinations
UNIT- IV
Muscle Examinations.

UNIT- V
Identification of a specimen organ and explain its functions.

LEARNING OUTCOME:

- How to measure blood pressure, temperature, pulse, respiratory rate, sensory and muscle functions
- Understanding the identification of specimen of an organ and its function.

REFERENCE BOOKS:-


YOGE-106, YOGA DIET AND NUTRITION

OBJECTIVES:
- Explains about nutrients, different types of diet and composition of meal.
- Explains the concept of yogic diet and classification of diet according to Hatha Yoga.
- Explains nutrients in every walks of life.
- Explains nutrition therapy for infectious disease to life style diseases.

CONTENT

UNIT- I
Nutrition: Macronutrients, micro nutrients, carbohydrates, fats, proteins, vitamins, minerals, water, balanced diet, benefits of vegetarian diet, gluten free and lactose free diet – composition of the meal (Grains, dairy products, vegetables ad fruits nut, pulses, oil and fat), Mediterranean diet, Vegan diet, Low glycemic diet, DASH diet, yogic diet, principles of yogic diet, characteristics of sattvic, rajasic and tamasic diet, diet for yogic practitioners.

UNIT- II
Food stuffs – Qualities of food – ancient thoughts on food – Guidelines of eating. Yogic diet: General introduction of Ahara; concept of Mitahara; Classification in yogic diet according to traditional Yoga texts; diet according to the body constitution (Pakriti) – Vata, Pitta and Kapha Gunas. Concepts of Diet – Pathya and Apathya according to GherandaSamhita, Hatha Pradeepika and Bhagavad gita; importance of yogic diet in Yoga Sadhana and its role in healthy living;

UNIT- III

UNIT- IV
Nutrition therapy for infectious diseases: Malaria, Typhoid, cholera, whooping cough, tuberculosis, measles, venereal diseases, dysentery, leprosy.

UNIT- V
Nutrition therapy for life style diseases: HBP, diabetes, obesity, cancer, stroke.

LEARNING OUTCOME:
- To learn about balance diet to types of nutrition.
- To understand the concept of yogic diet according to traditional yogic text.
- Importance of how and what to eat in life.

REFERENCE BOOKS:-


YOGP-108, VILLAGE PLACEMENT PROGRAMME

Duration : Five Days
Date : During Semester
Mode of Evaluation : Internal Assessment
Maximum Marks : 100
Subject : Yoga
Nature of Programme : To teach and train villagers
OBJECTIVES:

- Explains the scope of psychology. Role of yoga in growth and development of human.
- Role of yoga on religion and on spirituality and explain the psychological disorder.
- Role of yoga on psychological disorders.

CONTENT

Unit – I
Psychology: Meaning, Definitions, Nature, Need, Scope of Psychology – Psychology and Yoga, Role of Yoga on Heredity and Environment, Learning, Emotions, Memory, Cognition, Intelligence, Attention, Attitude, Personality.

Unit – II
Growth and Development: Life Span Periods, Yoga for Different Stages of Life: Infancy, Early Childhood, Later Childhood, Adolescence, Adulthood, Old Age, Women, Yoga for Professional People.

Unit – III

Unit – IV
Spirituality: Meaning, Definition, Role of Yoga and Religion on Spirituality, Values, Types of Values, Divine Virtues, Methods of Developing Spirituality.

Unit – V
Role of Yoga on Psychological Qualities and Psychological Disorders Neurosis: Anxiety, Phobias, Obsessions, Compulsions, Stress, Hysteria, Depression, Suicide, Eating Disorders, Suicide.


LEARNING OUTCOME:

- To understand the concept of psychology and the role of yoga in promoting learning intelligence and personality for all people.

Understanding spirituality and the powers of mind, chakras concepts to purify our body. The technique how yoga is the healer for psychological diseases.

REFERENCE BOOKS:

YOGC – 202 - BASIC YOGA TEXTS

OBJECTIVES:

- He Upanishads are a collection of texts of religious and philosophical nature, written in India probably between c. 800 BCE and c. 500 BCE, during a time when Indian society started to question the traditional Vedic religious order.
- Upanishads played an important role in the development of spiritual ideas in ancient India, marking a transition from Vedic ritualism to new ideas and institutions.
- The Yoga Vasistha is a syncretic work, containing elements of Vedanta, Yoga, Samkhya, Saiva Siddhanta, Jainism and Mahayana Buddhism, thus making it, according to Chapple, "a Hindu text par excellence, including, as does Hinduism, a mosaic-style amalgam of diverse and sometimes opposing traditions.
- In the Bhagavad Gita, bhakti is characterized as the "loving devotion, a longing, surrender, trust and adoration" of the divine Krishna as the ishta-devata.
- This chapter is a summary of the entire Bhagavad-Gita. Many subjects are explained such as: karma yoga, jnana yoga, sankhya yoga, buddhi yoga and the atma which is the soul and the supersoul.
- Concept of asana, pranayama , mudra. Grantha of hatayoga.

CONTENT

Unit – I
Bhagavad Gita – Yoga in Bhagavad Gita (Chapter – II) - Karma Yoga (Chapter – III) - Yoga in Chapter – VI - Bhakthi Yoga (Chapter – XII) - Yogic diet (Chapter – XIV & XVII) - Moksha (Chapter – XVIII)

Unit – II
Unit – III
Asanas in Hatha Text: - Definition, Pre requisites’, Special Features

Unit – IV

Unit – V

LEARNING OUTCOME:

- We get knowledge to explore self.
- Teach us self discipline and social discipline.
- Make better earth to live for self and for other creatures.
- It relieves physical and mental pain.

REFERENCE BOOKS:

1. Brahma Kumaries Jagdish Chander Mount Abu: PBK Ishwariya Vishwa Vidhyalas

YOGC – 203 - METHODOLOGY OF TEACHING YOGA

OBJECTIVES:

Yoga for all (using probs like ropes, belts, plank , stool)
Guru – the immediate guru
Parama-guru – the guru of the Parampara or specific tradition
Parātpara-guru – the guru who is the source of knowledge for many traditions
Parameṣṭhi-guru – the highest guru, who has the power to bestow mokṣa

CONTENT

Unit – I

Unit – II

Unit – III

Unit – IV

Unit – V

LEARNING OUTCOME:
• Sharing knowledge through workshop , yoga tour enhances our knowledge in yoga.
• It gives good karma and service to society.

REFERENCE BOOKS:

YOGP – 204 - YOGA PRACTICAL – II

Unit – I
Loosening the Joints - Surya Namaskar: for Children (10 – steps)-Bihar School of Yoga Model -Vivekananda Kendra Model

Unit – II

Unit – III

Unit – IV

Unit – V

REFERENCE BOOKS:-

2. Sivananda Saraswathi Swami (1934) Yoga Asanas Madras: My Magazine of India

YOGP – 205  PSYCHOLOGICAL ASSESSMENT

OBJECTIVES:
Knowledge about psychological parameters like attention, alertness, assertiveness, anxiety, attitude adjustment, steadiness, reaction time.

CONTENT

– Anxiety
– Assertiveness
– Study Skills
– Job Satisfaction
– Emotional Maturity
– General Mental Alertness
– Attitude – Adjustment
– Division of Attention
– Steadiness
– Learning
– Reaction Time

LEARNING OUTCOME:
Self evaluation of our brain function and its response for self as well as for the public.
REFERENCE BOOKS:


YOGE – 206 COMPUTER APPLICATION

OBJECTIVES:

- Basic components and terms of compute.
- Basic knowledge Ms.Word, Ms Excel, Ms powerpoint and introduction to internet.
- Yoga research and data analysis literature collection through internet.

CONTENT

Unit – I Introduction to Computer – Definition – Types of Computer – Basic Parts – Hardware – Software Input and Output Devices – Arithmetic & Logic Unit – Control Unit – CPU – Comparison of Human Being and Computer.


Unit – IV Microsoft Power point – Preparing a Slide – Animation – Clipart – Pictures from File Background Designing – Computers and Communications – Copying
LEARNING OUTCOME:
Basic knowledge is needed for further studies in any field.

REFERENCE BOOKS:
3. Dromwey, How to solve it by Computer, Tata Megraw, Gill.

YOGP – 208 - TEACHING PRACTICE IN EDUCATIONAL INSTITUTION

Teaching Practice will be organized for 10-days during II Semester. The assessment of the students is internal for 100 marks. Students should design programme in yoga and are to teach practice and train in Educational Institutions for 10-days.

SEMESTER – III

YOGC-301, RESEARCH PROCESS AND ELEMENTARY STATISTICS IN YOGA

OBJECTIVES:
- Meaning and definition of research. It need nature and scope of research in yoga.
Primary data and secondary data. Know the importance of statistic and type of test.

CONTENT

UNIT- I


UNIT- II

Types of Research Design, Descriptive Reseach – Survey method, Case study method, Experimental method – Categories: Longitudinal design, Quasi Experimental design, cross sectional design, Reverse group design, Repeated Measures design, Static group comparison design, Rotated group design, Random group design, Equated group design, Factorial design.

UNIT- III

Data – Population – Sample – Subject – Sampling: Characteristics, principles, steps, Determining the sample size, criteria in selection, Types of sampling: probability sampling methods – Random and complex, Non- probability sampling methods – Writing Synopsis and Research report – Front materials, Main Chapters and Back materials – Recent trends in Yoga research, Yoga research centers and their works in India.

UNIT- IV


UNIT- V


LEARNING OUTCOME:

• Understand the nature and type of research and can set perfect research design.
• Understanding statistic so that they can be informed, evaluate the credibility and usefulness of information and make appropriate decision.

REFERENCE BOOKS:-


YOGC-302, YOGA THERAPY

OBJECTIVES:

Explains innovation in yogic techniques, explains about Indian system of medicine and different therapies.

Know the application of therapy for physical and psychological problems.

CONTENT

UNIT- I


UNIT- II


UNIT- III

Therapeutic application of yoga: High blood pressure, Obesity, Diabetes Mellitus, Asthma, Ulcer, Migraine, Arthritis, Back Pain, Thyroid problems, constipation, impotency, infertility, stroke, Epilepsy, Parkinson’s disease, sleep disorders.

UNIT- IV


UNIT- V
Therapeutic application of yoga for the problems of women – Amenorrhea, Dysmenorrhea, menorrhagia, metrorrhagia, Hypomenorrhoea, oligomenorrhoea, polymenorrhoea, leucorrhoea, uterus related problems, miscarriage, pregnancy- Pre and post natal care, PCOS.

LEARNING OUTCOME:
Understand how holistic focus of yoga therapy encourages the integration of mind, body and spirit.
Understand the yogic management of each disease.

REFERENCE BOOKS:-

OBJECTIVES:
- Inclusion of astakarmas, eightyfour asanas, elaborate description on mudras and concept of pandabrahmana(microcosm and macrocosm etc)are the important features of the text as well as Astakarma.
- Explains hatha yoga texts, explains about pranayama, kriya, mudra and bhandha.

CONTENT
UNIT- I
Goraksataka, Hatha Yoga Pradipika, Ghrenda Samhitha, Siva Samhitha, Hatha Ratnavali, Siddha Siddhanta Paddihati

UNIT- II
Tirumantiram, Yoga Yajnavalkya Samhitha, Yoga Rahasya, Yoga Makaranda, Vini Yoga of Yoga, Light on Yoga, Yoga Mala.

UNIT- III
Asanas in Hatha texts: Definitions, pre-requisites, Special features

UNIT- IV
Pranayama in Hatha tests: Concept, Phases & stages, pre-requisities, Benefits, precautions, contradictions

UNIT- V
Kriyas, Bandhas, Mudras, Meditation & Other practices in Hatha Yoga texts Concept, Definitions, Precautions, Contradications, Stages, benefits.

LEARNING OUTCOME:
Understand the concept of purification of the body, eg. Chakri kriya, plavini, kevali, etc.
Understanding the do’s and don’t of kriyas, mudras, pranayama and bhandha.

REFERENCE BOOKS:-
OBJECTIVES:

- Explains about loosening the body before asanas and importance of Asanas and Mudras
- Explains different school of Meditation like Kundalini and Zen Meditation.

CONTENT

UNIT- I

Loosening the joints, Pawanmuktasana series, Suryanamaskar: Sivananda model, Chandranamaskar

UNIT- II


UNIT- III

Pranayama: Moorchapranayama, Anuloma viloma, Sadanta Pranayama, Pranayama with Kumbhaka and bandhas, Kriya, Dandadhauti, Vatsara dhauti, Nauli (Madhyama, Vama, Dakshina)

UNIT- IV


UNIT- V

Meditation: DRT, walking meditation, Vipasana meditation, nine centred meditation, yogic sukhshma vyayama, Sudharshana kriya, Zen meditation, Savita ki dhyan Dharana, Mind Sound Resonance technique.

LEARNING OUTCOME:

- Understand Asanas better and cultivate as our lifestyle
- Understanding the importance of Mudras and Meditation

REFERENCE BOOKS:-

YOGP-305, CLINICAL APPLICATION OF YOGA THERAPY

OBJECTIVES:
- Explains about Heyam, Hetu, Hanam and Upayam and Nadi Pariksha
- Explains about modification of Asana, Pranayama, Meditation and Chanting.

CONTENT
UNIT- I

Vyuhnm in Yoga Therapy: Heyam or the Symptoms - Countering predisposing factors- Hetu or the cause- Aggravating factors – Hanam or the remedy – Relieving factors – Upayam or the tools – Importance of regular reviews. Pariksa in yoga therapy: In depth study of the diagnostic tools – Darsanam- Sparsanam – Prasnam – Neelakanta Model: The ideal teacher student relationship – Group classes vs individual classes. Nadi pariksa in yoga Therapy: Nadi system – definition from texts – The different types of Nadi-s and their significance – Methodology of nadi pariksa in yoga therapy – Application of nadi pariksa in yoga therapy – Difference between Nadi pariksa and Pulse reading

UNIT- II

Application of Therapeutic Tools: Extensive theoretical and practical learning about these diagnostic tools especially with respect to – The prerequisites for using these tools – The exact technique of using these tools – The limitations of these tools – The principles involved in inferring information by using these tools. Application of these tools during therapeutic intervention. Modification as applied in yoga therapy: Modification vs adaptation – Simplification vs intensification – Form vs function – Modification of asana – Modification of pranayama – Modification of meditation – Modification of chanting.
UNIT- III


UNIT- IV


UNIT- V


LEARNING OUTCOME:
- To understand the tools of Yoga Therapy
- To understand the application of Therapeutic yoga to the convenient of the needy people.

REFERENCE BOOKS:-

3. Stiles Mukanda, Structural Yoga Therapy, New Delhi: Goodwill Publishing House

YOGE-306, YOGA UPANISHADS

OBJECTIVES:
- To make the students realise their selves and explain the concepts of Yoga Upanishads.
- Understand the concept of Asana, Meditation according to yoga Upanishads

CONTENT

UNIT- I

*Swetaswataropanishad:* Techniques and Importance of Dhyanyoga, suitable place for Dhyana, Sequence of pranayama & its importance, Prior symptoms of Yogasiddhis, Importance of Yogasiddhis, Tattvajna, Nature of God, techniques for Realization, Attainment of liberation.

UNIT- II
Yogakundali Upanishad: Methods of Pranayama Siddhi, Types of Pranayama, means of Self-realization. Yogachudamadi Upanishad: The description of the six limbs of yoga, their results and sequence. Trishikhibrahmanopanishad: Description of Ashtangayoga, Karmayoga and Jnanayoga.

UNIT- III


UNIT- IV

Nadabindoopanished: Hansavidya: description of various limbs of Omkar, 12 matras of omkar and its results of their application with Pranas, Types of nadas, nature of nadanusandhan sadhana, state of Manolaya.

UNIT- V

Yogarajopnishad: Mantrayoga, Layayoga, Hathayoga, Rajayoga, nine chakras, procedures of Dhyana and its results.

LEARNING OUTCOME:

- Understanding how to attain the liberation through yoga, Dyana, Pranayama and description about Limbs of yoga
- To make awareness to the students about types of Nadis and different state of mana and Chakra systems.

REFERENCE BOOKS:

1. Brahma Kumaries Jagdish Chander Mount Abu: PBK Ishwariya Vishwa Vidhyalas
YOGP-308, INTERNSHIP

[HOSPITALS OR HEALTH CENTERS OR YOGA CENTERS]

Internship will be organized for 5 days. The assessment of the students is internal for 100 marks. Students should design programme in yoga and are to practice and train in Hospitals or Health centers or YOGA centers for 5 days.

SEMESTER - IV

YOGC-401, TRADITIONAL SYSTEMS OF MEDICINE AND THERAPIES

OBJECTIVES:

- To have knowledge about treating disease in an holistic way. Ayurveda is life science and about Charaka Samhita.
- Siddha-Promote growth and development used in chronic disease and degenerative disease.
- The motive of Naturopathy is to cultivate the good habits and healthy lifestyle among people.
- Knowledge about vital points, vital center and their therapy.

UNIT- I


UNIT- II

UNIT- III
History and concepts of Siddha medicine: Principles of Siddha Medicine system, Five Elements theory, Three Biological Humors, Seven Physical Constituents, Pancha Bhudas, Pancha Koshas, Typrs of Siddha medicine, importance of Kayakalpa Kitechen and herbal medicine, Diet regulations, Varmam and Thokkanam, Treatment of Siddha Medicine for life style diseases.

UNIT- IV
Concepts of Naturopathy – Principles of Naturopathy – Methods of Naturopathy: Diet, Fasting, Treatment by earth, water treatment, Treatment by rays, massage.

UNIT- V
Acupuncture, Acupressure, Exercise Therapy, Physotherapy, Music Therapy, Color Therapy, Magneto Therapy, Reiki.

LEARNING OUTCOME:
- Healing ability of our body is understood clearly with evidence.
- Promoting Indian system of medication and knowing their importance.

REFERENCE BOOKS:-

YOGC-402, YOGA SUTRAS

OBJECTIVES:
- To have knowledge about Vritti, Chitta, Klestha, Smrithi, Samskaras, Modification of mind, Avidhya etc.
- Describes about Astanga Yoga Principles; Viboothi Padha teaches us Antaranga and Bahiranga concept
- Different stages in Samadhi to attain God’s state – Kaivalya Pada.
- Sadana Padha talks about Kriya, Astanga yoga

CONTENT
UNIT- I

UNIT- II
1:1-2, 1:5 to 7, 1:12, 1:17 to 18, 1:30 to 51

UNIT- III
2:1-11, 1:23 to 24, 2:28 to 55

UNIT- IV
3:1-9, 3:25 to 38, 3:41,3:56

UNIT- V
4:1, 4:7, 4:19,4:34

LEARNING OUTCOME:
- Knowledge about 4 padas, various stages to attain siddhi and samskaras.
- Self discipline and social discipline is followed by practising of Astanga yoga.
- Can know about “Chitta Vrtti Nirodhaga” concept.

REFERENCE BOOKS:
4. Swami Satyananda Saraswathi (2005) Four Chapters on Freedom, Munger:
Yoga Publication Trust.

YOGC-403, PROJECT

1. To acquire practical knowledge
2. To acquire skill in the administration of yogic practices in the real life
3. To identify some common problems found among people
4. To do a systematic investigation into such problems
5. To suggest remedial measures to make life more meaningful and purposeful
6. To learn the clinical method, case history writing, measurement of clinical symptoms, Psychological parameters. Application of Statistics on the initial and final data recorded

YOGP-404, YOGA PRACTICAL -IV

UNIT- I
Loosening the Joints: Pavanmuktasana series- Suryanamaskar:Kriya Suryanamaskar, Advance Suryanamaskar

UNIT- II

UNIT- III
Pranayama : Kewali Pranayama (Soham), Plawini Pranayama, Kumbhaka and Bandhas with ratios.

UNIT- IV
Kriyas :Ghtra Neti, Dugdha Neti, Basti (Enema), Bandha: Maha bandha Mudras: Kaki Mudra, Bhujangini mudra, vipareeta karani mudra, kundalini mudra, Mahavedha mudra, Vajroli / Sahajoli mudra, Manduki mudra, Ashwinimudra.

UNIT- V
Meditation: Transcendental, cyclic (S-vyasa), Guided Meditation, Dynamic Meditation, Tibetan meditation.

REFERENCE BOOKS:

2. Sivananda Saraswathi Swami (1934) Yoga Asanas Madras: My Magazine of India

YOGP-405, CLINICAL APPLICATION IN TRADITIONAL SYSTEMS OF MEDICINE AND THERAPIES

OBJECTIVES:

- Examination of methodology in yoga therapy and various factors.
- To knowledge about traditional Indian medical systems and therapies.
- Various therapeutic applications for various diseases and disorders and discussed and problems in women.

CONTENT

UNIT- I

Methodology in Yoga Therapy: Factors (Heyam, Hetu, Hanam and Upayam) – Methods (Darsanam, Sparsanam, Prasanam, Nadi Pariksa) Examination of Vertebra, joints, muscles, abdomen and Nervous system and therapeutic yoga practices- Modifications of yogic practices.

UNIT- II

Application of traditional Indian Medical systems and therapies: Ayurveda – Doshas, Dinacarya, Ayurvedic diet, Panchakarma therapy. Siddha – Five elements Theory, physical constituents, pathology (Kayakalpa, Kitchen, Herbal and other
types of medicine) – Varmam and Thokkanam,- Exercise Therapy, cryo therapy, Acupressure, Acupuncture, Chrome therapy, Magneto Therapy, Music therapy, Pranic Healing, Naturopathy, Modalities of Naturopathy, Reflexology.

UNIT- III

Therapeutic applications for: High Blood pressure, Obesity, Diabetes mellitus, Asthma, Sinusitis, Migraine, Arthritis, Back Pain, Thyroid problems, constipation, impotency, infertility, stroke, Epilepsy, Parkinson’s disease, sleep disorders, skin diseases, insomnia, Anaemia.

UNIT- IV


UNIT- V

Therapeutic applications for the problems of Women: Amenorrhea, Dysmenorrheal, Menorrhagia, Metrorrhagia, Hypomenorrhoea, Oligomenorrhoea, Polymenorrhoea, Leucorrhoea, Uterus related problems, miscarriage, pregnancy – Pre and Post natal care, PCOS

LEARNING OUTCOME:
Leaving the modifications in yoga for examination and treating diseases in human body. Learned about holistic approach through traditional Indian system and therapies and its techniques. To understand therapeutic applications for the various problems in women like uterus related problems.

REFERENCE BOOKS:-

6. Murthy Chidananda (2010) Yogic and Naturopathic Treatment for common ailments, New Delhi: Central council for research in Yoga and Naturopathy
OBJECTIVES:
- Fundamental principles of naturopathy and laws of nature.
- Various treatment methods in Hydrotherapy and electrotherapy.
- Prevention of diseases and diagnosis procedure in naturopathy and nature cure treatments.

CONTENT

UNIT – I:
1. Naturopathy History in Ancient period, India – Development of modern Naturopathy General Rules of Naturopathy

UNIT – II:

UNIT – III:
Diagnosis: The Diagnostic procedures in Naturopathy: Spinal Analysis, Facial Diagnosis, Iris Diagnosis, chromo diagnosis and its diagnostic values.
2. Importance of the physical and mental hygiene, Personal life and prevention of diseases
3. Techniques to acquire Natural immunity in diseases.

UNIT – IV:
Nature Cure Treatments: Enema, Fasting, Natural Diet, Sun bath, Hydrotherapy, Mud therapy, Acupressure, Acupuncture and Magneto Therapy, Massage therapy.
1. Spinal bath, Steam bath, Chest pack, Mud packs.
2. Chromo therapy – Color treatment, Heat, Light, Electricity, Ultraviolet and Infra-red rays.

UNIT-V:
Nature Cure Treatments: Skeletal disorders: Back Pain – Arthritis
1. Metabolic Disorders: Diabetes – Obesity Skin Disorders: Psoriasis
2. Hormonal Disorders – Menstrual Irregularity, Thyroid
LEARNING OUTCOME:
• Understanding mahaboodha thatuvas and importance of naturopathy treatment in the current scenario.
• To know about various treatment, to treat various disorders/diseases by the treatment of hydrotherapy and electrotherapy.
• To learn procedures in naturopathy and diagnosis techniques to treat natural immunity diseases.

REFERENCE BOOKS:
1. Henry Lindlahr, Philosophy of Nature Cure, Read classic.com publisher, 2010
2. S.J. Singh., History and Philosophy of Nature Cure, 1996
ELECTIVE (VALUE ADDED COURSE)  
YOGE – 107- YOGA FOR PERSONALITY DEVELOPMENT

Objectives:
- After going through this module, you should be able to: Illustrate the yogic concept of personality.
- Explain the meaning and dimensions of an integrated personality.
- Explain how the practice of Yoga can help you develop an integrated personality.
- Elucidate the concept of self-development and the role of human values in self development.
- Explain how the practice of Yoga can lead to human excellence.

CONTENT


Unit - II Self Management – Facing Problems – Controlling Anger – Need to Cultivate compassion – Overcoming of Jealous and selfishness – Cultivating Virtue Yoga.


Unit – IV Yoga for Self Development – Self Esteem – Self Analysis – SWOT Analysis – Yogic Way of Life - Ahara (food) - Vihara (recreation) - Acara (conduct) - Vicara (thought) - Vyavahara (behavior).


LEARNING OUTCOME:
- To learn integrated personality development and panchakosha concept through yoga for happy and successful living.
- Discuss about swot analysis; yogic way of living.
- Yogic practices for personality development.

Reference Books:


YOGA -207 – YOGA PHILOSOPHY

Objectives:
• To make aware of the basic principles of Yoga.
• To make aware of the need for practices of Yoga

CONTENT

Unit – I Historical background of Yoga – Definition – Nature and scope of Yoga - Importance and Principles of Yoga – Yogic Techniques

Unit - II Yogic Concept in Thirumandiram – Eight fold path of Patanjali Yoga – Moral – Physical, Psychological and Mystical development.

Unit – III Types of Yoga – Karma, Gnana, Bhakthi Yoga, Kriya Yoga - Concept – Saiva Siddhanta Concept - Pathi , Pasu.

Unit – IV Swami Vivekananda Concept of Yoga Philosophy- Sri Aurobindo’s Integral Yoga – Saint Ramalinga Philosophy.

Unit – V Yoga for Physical, Mental and Spiritual Health – Stress Management through Yoga – Yoga for Personality Development.

LEARNING OUTCOME:
• To learn principles of yoga and yogic concept of mystical development.
• Different types and yogic concept of yoga.
• To learn philosophical concept of yoga

Reference Books:

1. S.N.Dasgupta, Yoga Philosophy, Mutilal Banarsidas, Delhi.
YOGE – 307- VALUE EDUCATION AND SPIRITUALITY

Objectives:
- Make leaner’s to awareness about value education and spirituality
- To make aware of the core values.

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<td>Concept – Definition – and classification of Values – Seven Spiritual laws – Human Rights – Empowering Women through Yoga.</td>
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<td>Value Based Life Skills – Personality Development – Self Analyses – Self Esteem – Self Concept.</td>
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<td>Unit-V</td>
<td>Role of Yoga and Spirituality – Spiritual Development through Yoga – Type of Yoga and its Importance – SWOT Analysis. (Strength, Weaknen, Opportunity and Threat)</td>
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LEARNING OUTCOME:
- To learn about value education to empower education to make or create life long learners.
- To understand the concept of Human moral values and life skill developments.

Reference Books:

2. Light on Yoga – BKS – Iyengar
YOGA -407 – YOGA FOR MENTAL HYGIENE

Objectives:
- To make the students aware of the Mental Hygiene.
- To make the students aware of Various Relaxation Practices.

CONTENT

Unit – I Mental Hygiene – Meaning – Definition - Significance and Importance of Mental Hygiene - Solving the Mental Problems through Yoga – Preventive – Constructive and Curative Process - Yoga Education - Yoga Therapy for Mental Hygiene.

Unit - II Mental Health and Self Adjustment through Yoga for Psycho-somatic Disorders Anger – Anxiety – Stress- Frustration – Depression – Mood Swing.


LEARNING OUTCOME:
- Students may solve their physical and mental problems through yoga
- To development the social adjustments through yoga in students.
- Students relax their mind by using different relaxation techniques through yoga.
- Impact of yoga for intellectually challenged people

Reference Books: