



छत्रपति शाहू जी महाराज विश्वविद्यालय, कानपुर

CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY, KANPUR

(पूर्ववर्ती कानपुर विश्वविद्यालय कानपुर)

Formerly Kanpur University, Kanpur – 208024

## A Documentary Support

*For*

*Metric No. – 1.1.1*

### **Programme Outcomes & Course Outcomes**

*Under the*

**Criteria - I**

**(Curriculum Design and Development)**

**Key Indicator - 1.1**

*In*

**Metric No. – 1.1.1**

**B.Sc. Yoga**

  
Co-ordinator  
Internal Quality Assurance Cell  
CSJM University, Kanpur

  
(Registrar)  
C.S.J.M. University  
Kanpur  
REGISTRAR  
C.S.J.M. UNIVERSITY  
KANPUR

**School of Health Sciences**

**CSJM University, Kanpur**

**Ordinance & Syllabus**

**for**

**B.Sc. in Yoga**

**(B.Sc.-Yoga)**

**Academic Programme**

**Ordinance according to**

**NEP-2020**

**Duration: 3 years (Six Semesters)**

*Ram Krishan*

*Versh*

*Munshi Rakesh*

*Digvijay*

# Bachelor of Science (BSc.) in Yoga

## ORDINANCE

### Chapter

#### "A"

#### Preamble :

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and wellbeing. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore, the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also, it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g., if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind, we will develop mental peace and deep insight. In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training the enthusiasts to become Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.

#### Aim of the Programme-

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

#### Objectives of the Programme

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

*Ram Krishnan*

*Veer*

*Munshi Rakesh*

*Digvijay*

1. B.Sc.-Yoga degree will be under the **faculty of Medicine** of C.S.J.M. University, Kanpur.
2. **Duration of Course :**
  - B.Sc.-Yoga course will be a full time course.
  - Duration will be Three years (06 Semesters).
3. **No. of Seats :**  
Total no. of Students to this course - **40**.
4. **Admission.**

**Eligibility Criteria:**

For admission in this course candidate has to pass 10 + 2 (Any stream) conducted by any Board or University incorporated by law and recognized by this University with minimum 45% marks (relaxation of 5% marks for SC/ST student).

**Mode of Admission:**

As per the University Norms.

5. **Medium of instruction:**  
English & Hindi shall be the medium of instruction in the class and in the University examination.
6. **Method of Teaching:**  
The method of teaching adopted shall be a combination of lectures, demonstrations and practicals by the full time faculty, visiting or part time or guest faculty.
7. **Examination:**
  - As per the University norms

**Duration of Examination:**

  - Each theory paper shall be of three-hours duration OR as per the University norms.
8. **Attendance to appear in the end semester examination :**  
The permission to appear in end semester examination shall be granted to such candidate only who have fulfill the condition of 75% attendance in each subject separately in theory and practical as per the university rule.  
Regarding attendance requirements students will have to fulfill the condition of 75% attendance. 15% relaxation in attendance, in exceptional circumstances can be made by the Vice Chancellor on the recommendation of the Director/Coordinator/Head of the Institute/Department.

*Ram Lal Shrivastava*

*Versha*

*Manish Kumar*

*Digvijay*

# Bachelor of Science (BSc.) in Yoga

## Programme Outcome:

- Creation of qualification professionals in the field of Yoga and allied sciences.
- Promoting positive Health in the student through yoga and enabling them by imparting skills to practice and apply Yogic practices for Health to general public and teach Yoga for Total personality development as well as spiritual evolution.
- Establishment of multidimensional approach having evidentiary value in the field of Yoga and applied field. Developing tandem between the social, spiritual, philosophical and physiological facets of Yoga.
- Therapeutic potential of SHATKARMA, YOGASANAS, PRANAYAM, MEDITATION on various human diseases.
- The use of pranayam in psychological disorders.
- Able to imbibe the basic knowledge, skills, attitudes, ethics and values appropriate to the practices of yoga profession.
- Able to develop the commutative effects of theory and practice in the various fields of yoga profession.
- Exploration about Yogic intervention of Shatkarmas, Yogasanas, Pranayamas, Mudras, Bandhas and Meditation on various physiological and psychological diseases.
- Able to develop and improve skills in interdisciplinary collaboration for better understanding of adjustment all issues, Health problems, issues of Moral development and needed services.
- Study the use of Pranayam in mental disorders and attaining mental health.

## Programme Specific outcome

- Students will be able to demonstrate a comprehensive understanding of the history and philosophies that underpin the Yoga tradition.
- Students demonstrate the correct form for the discipline of Yoga practice.
- Students demonstrate effective teaching skills of Yoga.
- Students will have knowledge of biomedical systems from an integrative and holistic perspective, as needed for the practice of Yoga therapy

Ram Krishore

Versh

Manish Keshav

Digvijay

## Scheme of Examination

### B.Sc. in Yoga First Semester University Examination

S. No.	Subjects	Subject code	THEORY MARKS			PRACTICAL MARKS			Total marks
			Theory Paper	Internal Assessment	Total	Practical	Internal Assessment	Total	
1	Foundations of Yoga	BYOG-101	75	25	100	---	----	----	100
2	Introduction to Hath Yoga and it's texts	BYOG-102	75	25	100	---	----	----	100
3	Human Anatomy and Physiology-I	BYOG-103	75	25	100	---	----	----	100
4	Fundamentals of Naturopathy	BYOG-104	75	25	100	---	----	----	100
5	Medical Termonology	BYOG-105	75	25	100	---	----	----	100
6	Yoga Practicum-I	BYOG-106	---	----	----	75	25	100	100
7	Human Anatomy and Physiology Practicum-I	BYOG-107	---	----	----	75	25	100	100
Grand Total									700

### B.Sc. in Yoga Second Semester University Examination

S. No.	Subjects	Subject code	THEORY MARKS			PRACTICAL MARKS			Total marks
			Theory Paper	Internal Assessment	Total	Practical	Internal Assessment	Total	
1	Essence of Principal Upanishads	BYOG-201	75	25	100	-----	-----	-----	100
2	Patanjala Yoga Darshana	BYOG-202	75	25	100	-----	-----	-----	100
3	Human Anatomy & Physiology-II	BYOG-203	75	25	100	-----	-----	-----	100
4	Basic of Sanskritam	BYOG-204	75	25	100	-----	-----	-----	100
5	Health & Yogic Hygiene	BYOG-205	75	25	100	-----	-----	-----	100
6	Yoga Practicum-II	BYOG-206	-----	-----	-----	75	25	100	100
7	Human Anatomy and Physiology Practicum-II	BYOG-207	-----	-----	-----	75	25	100	100
Grand Total									700

### B.Sc. in Yoga Third Semester University Examination

S. No.	Subjects	Subject code	THEORY MARKS			PRACTICAL MARKS			Total marks
			Theory Paper	Internal Assessment	Total	Practical	Internal Assessment	Total	
1	Essence of Bhagavad Gita for Holistic Living	BYOG-301	75	25	100	-----	-----	-----	100
2	Yoga and Holistic Health	BYOG-302	75	25	100	-----	-----	-----	100
3	Methods of Teaching Yoga	BYOG-303	75	25	100	-----	-----	-----	100
4	Yoga & Common Ailments	BYOG-304	75	25	100	-----	-----	-----	100
5	Introduction to Ayurveda	BYOG-305	75	25	100	-----	-----	-----	100
6	Yoga Practicum-III	BYOG-306	-----	-----	-----	75	25	100	100
7	Yoga Practicum-IV Teaching practice	BYOG-307	-----	-----	-----	75	25	100	100
Grand Total									700

*Ram Krishore*

*Versh*

*Munshi Rakesh*

*Digvijay*

### B.Sc. in Yoga Fourth Semester University Examination

S. No	Subjects	Subject code	THEORY MARKS			PRACTICAL MARKS			Total marks
			Theory Paper	Internal Assessment	Total	Practical	Internal Assessment	Total	
1	Four Streams of Yoga	BYOG-401	75	25	100	----	-----	-----	100
2	Basis of Yoga Therapy	BYOG-402	75	25	100	----	-----	-----	100
3	Fundamentals of Biochemistry	BYOG-403	75	25	100	----	-----	-----	100
4	Introduction to Ayush	BYOG-404	75	25	100	----	-----	-----	100
5	Yoga Practicum-V	BYOG-405	----	-----	-----	75	25	100	100
6	Yoga Practicum VI	BYOG-406	----	-----	-----	75	25	100	100
7	Biochemistry Practicum	BYOG-407	----	-----	-----	75	25	100	100
Grand Total									700

### B.Sc. in Yoga Fifth Semester University Examination

S. No.	Subjects	Subject code	THEORY MARKS			PRACTICAL MARKS			Total marks
			Theory Paper	Internal Assessment	Total	Practical	Internal Assessment	Total	
1	Introduction to Indian Philosophy & Vedic Culture	BYOG-501	75	25	100	----	-----	-----	100
2	Yoga and Human Consciousness	BYOG-502	75	25	100	----	-----	-----	100
3	Yogic Management of Lifestyle Related Disorders	BYOG-503	75	25	100	----	-----	-----	100
4	Human System According to Yoga	BYOG-504	75	25	100	----	-----	-----	100
5	Research Methodology & Statistics	BYOG-505	75	25	100	----	-----	-----	100
6	Field Work	BYOG-506	----	-----	-----	75	25	100	100
7	Yoga Practicum VII- Case Study	BYOG-507	----	-----	-----	75	25	100	100
Grand Total									700

### B.Sc. in Yoga Sixth Semester University Examination

S. No.	Subjects	Subject code	THEORY MARKS			PRACTICAL MARKS			Total marks
			Theory Paper	Internal Assessment	Total	Practical	Internal Assessment	Total	
1	Yoga and Human Values	BYOG-601	75	25	100	----	-----	-----	100
2	Applied Yoga	BYOG-602	75	25	100	----	-----	-----	100
3	Yogic Diet and Nutrition (Elective)	BYOG-603	75	25	100	----	-----	-----	100
	Community Medicine (Elective)	BPT-603							
4	Yoga & Mental Health	BYOG-604	75	25	100	----	-----	-----	100
5	Allied Yogic Sciences	BYOG-605	75	25	100	----	-----	-----	100
6	Yoga Practicum-VIII	BYOG-606	----	-----	-----	75	25	100	100
7	Research Project	BYOG-607	----	-----	-----	-	-	100	100
Grand Total									700

*Ram Ishore*

*Versa*

*Munshi Rastogi*

*Digvijay*

## INTERNAL ASSESSMENT

- It will be for theory and practical both.
- It will be done through the whole semester.
- The candidate must obtain at least 40% marks in theory and practicals separately in internal assessment to be eligible for the semester University examination.
- Internal assessment (Theory) will be done as follows:

a)	Mid-sem./Class Test	= 20 marks
b)	Attendance	= 05 marks
<b>Total</b>		<b>= 25 marks</b>

Internal assessment (Practical) will be done as follows:

a)	Practical Copy	= 10 marks
b)	Day to day performance	= 10 marks
c)	Attendance	= 05 marks
<b>Total</b>		<b>= 25 marks</b>

## CRITERIA FOR PASSING

- As per the University Norms.

## DIVISION:

- As per the University Norms.

## DEGREE:

The degree of B.Sc. in Yoga (B.Sc.-Yoga) course of the University shall be conferred on the candidates who have pursued the prescribed course of study for not less than Six Semesters and have passed examinations as prescribed under the relevant scheme.

Ram Lal Sharma

Versha

Munshi Rakesh

Digvijay



## COURSE OF STUDY

### B.Sc. in Yoga First Semester (First Year)

S.N.	Subjects Code	Subjects	Minimum Teaching hours	Credit Hours
1	BYOG-101	Foundations of Yoga	80	4
2	BYOG-102	Introduction to Hath Yoga and it's texts	80	4
3	BYOG-103	Human Anatomy and Physiology-I	40	2
4	BYOG-104	Fundamentals of Naturopathy	40	2
5	BYOG-105	Medical Terminology	40	2
6	BYOG-106	Yoga Practicum-I	80	4
7.	BYOG-107	Human Anatomy and Physiology Practicum-I	40	2
		<b>Total</b>		<b>20</b>

### B.Sc. in Yoga Second Semester (First Year)

S.N.	Subjects Code	Subjects	Minimum Teaching hours	Credit Hours
1	BYOG-201	Essence of Principal Upanishads	80	4
2	BYOG-202	Patanjala Yoga Darshana	80	4
3	BYOG-203	Human Anatomy & Physiology-II	40	2
4	BYOG-204	Basic of Sanskritam	40	2
5	BYOG-205	Health & Yogic Hygiene	40	2
6	BYOG-206	Yoga Practicum-II	80	4
7.	BYOG-207	Human Anatomy and Physiology Practicum-II	40	2
		<b>Total</b>		<b>20</b>

### B.Sc. in Yoga Third Semester (Second Year)

S.N.	Subjects Code	Subjects	Minimum Teaching hours	Credit Hours
1	BYOG-301	Essence of Bhagavad Gita for Holistic Living	80	4
2	BYOG-302	Yoga and Holistic Health	40	2
3	BYOG-303	Methods of Teaching Yoga	40	2
4	BYOG-304	Yoga & Common Ailments	40	2
5	BYOG-305	Introduction to Ayurveda	40	2
6	BYOG-306	Yoga Practicum-III	80	4
7	BYOG-307	Yoga Practicum-IV Teaching practice	80	4
		<b>Total</b>		<b>20</b>

*Ram Krishan*

*Veer*

*Munshi Rakesh*

*Digvijay*

### B.Sc. in Yoga Fourth Semester (Second Year)

S.N.	Subjects Code	Subjects	Minimum Teaching hours	Credit Hours
1	BYOG-401	Four Streams of Yoga	40	2
2	BYOG-402	Basis of Yoga Therapy	80	4
3	BYOG-403	Fundamentals of Biochemistry	40	2
4	BYOG-404	Introduction to Ayush	40	2
5	BYOG-405	Yoga Practicum-V	80	4
6	BYOG-406	Yoga Practicum VI	80	4
7.	BYOG-407	Biochemistry Practicum	40	2
		<b>Total</b>		<b>20</b>

### B.Sc. in Yoga Fifth Semester (Third Year)

S.N.	Subjects Code	Subjects	Minimum Teaching hours	Credit Hours
1	BYOG-501	Introduction to Indian Philosophy & Vedic Culture	40	2
2	BYOG-502	Yoga and Human Consciousness	40	2
3	BYOG-503	Yogic Management of Lifestyle Related Disorders	40	2
4	BYOG-504	Human System According to Yoga	40	2
5	BYOG-505	Research Methodology & Statistics	80	4
6	BYOG-506	Field Work	80	4
7.	BYOG-507	Yoga Practicum VII– Case Study	80	4
		<b>Total</b>		<b>20</b>

### B.Sc. in Yoga Sixth Semester (Third Year)

S.N.	Subjects Code	Subjects	Minimum Teaching hours	Credit Hours
1	BYOG-601	Yoga and Human Values	40	2
2	BYOG-602	Applied Yoga	40	2
3	BYOG-603	Yogic Diet and Nutrition (Elective)	40	2
	BPT-603	Community Medicine (Elective)		
4	BYOG-604	Yoga & Mental Health	40	2
5	BYOG-605	Allied Yogic Sciences	40	2
6	BYOG-606	Yoga Practicum-VII	80	4
7.	BYOG-607	Research Project	120	6
		<b>Total</b>		<b>20</b>

*Ram Krishan*

*Veer*

*Manish Kumar*

*Digvijay*

# B.Sc.-Yoga- First Semester

Subject Code: BYOG-101

## FOUNDATIONS OF YOGA

Min. Hrs - Theory: 80 Hrs.

### Course Objectives:

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

- Students of the UG course will have an understanding about origin, history and development of Yoga.
- They will have an idea about the insights of Indian philosophy and Astika & Nastika darshanas.
- Introduction about Yoga according to various yogic texts.

### Course Outcomes:

1. Students gain newer insight regarding the introduction & importance of Yoga for day to day life.
2. This forms the basis of the development of concept of Indian Philosophy.
3. Also, the content dealing with the ancient Indian literature in yogic perspective

### Unit-1: General introduction to yoga

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

### Unit - 2: General introduction to Indian philosophy

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

### Unit - 3: Brief about Yoga in texts –I

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

### Unit-4: Brief about Yoga in texts – II

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

### Text Books

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

### Reference Books

1. Agarwal M M: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept., II Edition, 2009.
3. Hirianna M: Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009.
4. Hirianna M: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008.
5. Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008.
6. Max Muller K.M: The six system of Indian Philosophy, Chukhambha, Sanskrit series, Varanasi, 6th Edition, 2000.

Ram Krishore

Vest

Munshi Rastogi

Digvijay

# B.Sc.-Yoga- First Semester

Subject Code: BYOG-102

## INTRODUCTION TO HATHA YOGA AND IT'S TEXTS

Min. Hrs - Theory: 80 Hrs.

### Objectives:

By introducing hatha Yoga & its texts, students shall be able to:

- Have an understanding about pre-requisites, principles about Hatha yoga.
- Understand the relationship between Patanjala and Raja yoga.
- Have an understanding about the concept of yoga in other yogic texts.

### Course Outcomes:

1. Students will understand the concept of Hatha Yoga and use it Yoga therapy.
2. Will adopt Badhak Tattva and Sadhka Tattva to move forward in Yoga Sadhna and practical life.
3. Will understand the Basic concept of Panch Prana and Panch Upprana and use it to live a healthy lifestyle.
4. Students will gain a deep insight and knowledge of all the main Hatha Yoga texts.
5. Students will gain to relation between Patanjalayogadarshan and Hatha Yogic texts.

### Unit - I: General introduction to Hatha yoga

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

### Unit - 2: Pre-requisites

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

### Unit - 3: Principles and Introduction to Hatha Yoga texts

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

### Unit- 4: Relationship between Patanjala Yoga and Hatha Yoga

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

### Text Books

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

### Reference Books

1. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010.
2. Gharote ML: Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
3. Briggs GW: Gorakhnatha and the Kanphata Yogis, 8th Edition, 2009
4. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
5. Gharote M.L. & Pai, G.K. (Edi): Siddhasidhantpaddhati, Kaivalyadhama, Lonavla, 2005.

Ram Krishore

Vest

Munshi Rastogi

Digvijay

# B.Sc.-Yoga- First Semester

Subject Code: BYOG-103

## HUMAN ANATOMY AND PHYSIOLOGY-1

Min. Hrs - Theory: 40 Hrs.

### Objectives:

- Students will be able to learn the terminology of the subject.
- Provide basic knowledge of cells, tissues, blood and to understand anatomy and physiology of human body.
- This subject will develop an understanding of the structure and function of organs and organ systems in normal human body.

### Course Outcomes:

Page After the completion of the course the students will acquire knowledge of:

1. Structure & Function of Human Body, human cells and muscles.
2. Structure & function of digestive & respiratory system.
3. Composition & function of blood.
4. Components of life according to Ayurvedic anatomy.

### ANATOMY :

#### Unit-I

- a) Introduction & Subdivisions of Anatomy
- b) Anatomical Nomenclature-planes, Positions, Body Parts & Movements.
- c) Cell - structure & function

#### Unit-II

- a) Tissue - Epithelium, Connective, Sclerous, Muscular, Nervous, Lymphatic System
- b) Lymphatic system

### PHYSIOLOGY

#### Unit-III

##### **1. Blood**

- a) Blood cells
- b) Haemoglobin
- c) Blood groups
- d) Coagulation Factors
- e) Anaemia & Immunoglobulins

##### **2. Cardiovascular system**

Heart rate, cardiac cycle, cardiac output, blood pressure, hypertension, radial pulse

#### Unit-IV

##### **1. Respiratory System**

- a) Ventilation
- b) Functions
- c) Lungs Volumes and capacities

##### **2. Gastrointestinal System**

Process of digestion in various parts

### Text Books

1. Rizzo, Donald C. (2015). *Fundamentals of Anatomy and Physiology*. 4th ed. Florence, AL: Cengage Learning.
2. B.D. Chaurasiya (2022). *Human Anatomy*, 9<sup>th</sup> Ed., CBS Publication.

### Reference Books

1. Gray, Henry. (2013). *Grays Anatomy*. London, England: Arcturus Publishing.
2. Hall, J. E. (2015). *Guyton and hall textbook of medical physiology* (13th ed.). W B Saunders.
3. Moore, K. L., Dalley, A. F., & Agur, A. (2017). *Clinically oriented anatomy* (8th ed.). Lippincott Williams and Wilkins.

Ram Krishore

Vest

Munshi Rastogi

Digvijay

# **B.Sc.-Yoga- First Semester**

**Subject Code: BYOG-104**

## **FUNDAMENTALS OF NATUROPATHY**

**Min. Hrs - Theory: 40 Hrs.**

### **Objectives:**

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

- Understand fundamentals of Naturopathy
- Know fundamentals of healthy living
- Know lifestyle regimes according to naturecure.

### **Course Outcomes:**

1. Students will understand the concept of Naturopathy.
2. Will adopt principal of Naturopathy to promotion and prevention of health.
3. Will understand the Basic concept of hydrotherapy.
4. Students will gain to therapeutic use of fasting.
5. Students will gain to therapeutic use of different types of massages.

### **Unit-1: INTRODUCTION TO NATUROPATHY**

General introduction to Naturopathy; Naturopathy – its definition, meaning, scope and limitations; History of Naturopathy – Indian and Western; Comparative study of the Naturopathy with other systems of Medicine; Catechism of Nature cure

### **Unit-2: PRINCIPLES AND CONCEPTS OF NATUROPATHY**

Composition of the human body according to Naturopathy, Laws of Nature: Pancha- Mahabhootas, Shareera Dharmas – Ahara, Nidra, Bhaya, Maithuna; Fundamental principles of Naturopathy; Natural rejuvenation and vitality, how to acquire natural immunity; importance of Physical & Mental Hygiene and prevention of diseases;

### **Unit-3: NATUROPATHY**

Hydrotherapy : Introduction, definition, scope, history, principles; role of hydrotherapy in prevention of diseases; Upavasa (Fasting): Introduction, definition, scope, history, principles and types; its role in disease prevention, health promotion; concept of de-toxification; Diet: Introduction, definition, scope, types and its principles; role of Naturopathy diet in disease prevention and, health promotion; Massage: Introduction, definition, scope, history, its principles and manipulative techniques; Different types of Massages and their role in in disease prevention, and health promotion.

### **Text Books**

1. S. D. Dwivedi: Naturopathy for perfect health, Kalpaz Publication Delhi, 2002
2. Pravesh Handa: Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
3. S.J.Singh. : My Nature Cure or Practical Naturopathy

### **Reference Books**

1. R.K.Garde: Ayurvedic for Health and Long life Harry Benjamin. : Everybody's Guide to Nature Cure.
2. M.K.Gandhi: My Nature Cure
3. Dr Jitendra Arya; Nature Cure, Pune.
4. M.K.Gandhi: The story of my experiment with truth

*Ram Krishore*

*Versh*

*Manish Keshav*

*Digvijay*

# B.Sc.-Yoga- First Semester

Subject Code: BYOG-105

## MEDICAL TERMONOLOGY

Min. Hrs - Theory: 40 Hrs.

### Objectives

This course introduces the elements of medical terminology. Emphasis is placed on building familiarity with medical words through knowledge of roots, prefixes, and suffixes. Topics include: origin, word building, abbreviations and symbols, terminology related to the human anatomy, reading medical orders and reports, and terminology specific to the student's field of study. Spelling is critical and will be counted when grading tests.

### Course Outcomes:

1. To know the elements of medical words.
2. To develop sense of correctness of medical terms.
3. To gain an understanding of standard medical abbreviations.
4. To understand the relationship between medical terms and their synonyms in common usage.
5. To spell correctly the medical terms, to detect the meaning of unfamiliar medical terms, by analysis into their elements, and to follow directions given in medical phraseology.
6. To appreciate the logical order of medical terms, the exactness of concepts in medical terms, and the importance of medical terminology consciousness and continuous study.

### **Unit-I**

- 1- Introduction
2. Basic Elements of Medical Terms - Root, Prefixes, Suffixes, Colours, Numeral, Symbols, Abbreviation.
3. Terms pertaining to Body as a whole.

### **Unit-II: Terms relate to investigations and operation, treatment of conditions, disorders of -**

- a) Skin and Breast (integumentary system)
- b) Musculoskeletal
- c) Neurological and psychiatric disorder
- d) Cardio- vascular
- e) Blood and blood forming organs
- f) Respiratory
- g) Digestive
- h) Uro-genital
- i) Gynecological
- j) Maternal, Antenatal and Neonatal conditions.
- k) Endocrine and Metabolic
- l) Sense organs - Vision & Hearing
- m) Systemic: Infections, diseases, Immunological diseases, diseases of the connective tissue.
- n) Geriatrics and Psycho geriatrics.

### **Unit-III: Supplementary terms: Selected terms relating:**

- a) Oncology
- b) Anesthesiology
- c) Physical Medicine and Rehabilitation
- d) Nuclear medicine.
- e) Plastic surgery of burns and maxillofacial surgery
- f) Radio- Diagnosis
- g) Radiotherapy

### **Unit-IV : Medical Jurisprudence**

- a) Introduction
- b) Legal procedure, medical law and ethics

### **Text Books**

1. Cohen B.J & Taylor J.J, (2013), Memmler's Structure and function of the Human body, 13th Ed., Lippincott Williams & Wilkins.
2. Dr. Singh, (2014), Anatomy and physiology for Nurses and allied health science, Current Ed., Ahuja Book Publishers & Distributor.

### **Reference Books**

1. Linda Stanhope and Kimberly Turnbull (2017) Introduction to Medical Terminology, First Edition, Precision Exams.
2. Carol Schroeder, Laura Ehrlich, Katrina Schroeder, Ann Ehrlich, (2016), Medical Terminology for Health Professions, 8th edition, Cengage Health Care.

Ram Lal Sharma

Vest

Munshi Roshni

Digvijay



# B.Sc.-Yoga- First Semester

Subject Code: BYOG-106

## YOGA PRACTICUM-I

Min. Hrs - Practical: 80 Hrs.

### Objectives:

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

- Make the students recite the Vedic hymns skillfully.
- Understand the concept and principles of Shatkarmas.
- Know and understand about breathing practice

### Course Outcomes:

After the completion of the course the students will acquire knowledge of:

1. Knowledge of yogic prayer.
2. Purification kriyas.
3. Practise of Surya namaskar.
4. Practise of breathing patterns and Pranayam.

### **Unit-1:**

#### **Recitation of hymns & hasta mudra**

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

### **Unit-2:**

#### **(A) Shatkarmas**

Dhauti (Kunjla, Vamana Dhauti, Vastra Dhauti); Neti (Jalneti, Sutrneti); Kapalabhati and its variants; Agnisara

#### **(B) Surya namaskara**

### **Unit-3: Breathing practices**

Breathing practices: Hands in and out, Hands stretch, Ankle stretch, Rabbit, Dog, Tiger, Straight leg raising breathing; Breath Awareness: Shwas-prashwas samyama; Abdomen, 33 Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen + Thoracic + Clavicular Breathing; Yogic Breathing: Pause Breathing (Viloma Pranayama), Spinal Passage Breathing (Sushumna Breathing); Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka)

### **Unit-4: Continuous evaluation by the Teachers**

#### **Text Books**

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

#### **Reference Bookss**

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

Ram Krishore

Vest

Munshi Rastogi

Digvijay



# B.Sc.-Yoga- First Semester

Subject Code: BYOG-107

## HUMAN ANATOMY AND PHYSIOLOGY PRACTICUM-1

Min. Hrs – Practical: 40 Hrs.

### Objectives:

The objectives behind teaching Anatomy and Physiology are to

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

### Course Outcomes:

Page After the completion of the course the students will acquire knowledge of:

1. Structure & Function of Human Body, human cells and muscles.
2. Structure & function of digestive & respiratory system.
3. Composition & function of blood.
4. Components of life according to Ayurvedic anatomy.

### Anatomy

#### Unit-I

- Identification and description of all anatomical structures.

#### Unit-II

- The learning of Anatomy is by demonstration only through dissected parts, slides, models, charts etc.

### Physiology

#### Unit-III

- Measurement of pulse, blood pressure.
- Elicitation of Reflexes & jerks.

#### Unit-IV

- Identification of blood cells by study of peripheral blood smear.

### Text Books

3. Rizzo, Donald C. (2015). *Fundamentals of Anatomy and Physiology*. 4th ed. Florence, AL: Cengage Learning.
4. B.D. Chaurasiya (2022). *Human Anatomy*, 9<sup>th</sup> Ed., CBS Publication.

### Reference Books

4. Gray, Henry. (2013). *Grays Anatomy*. London, England: Arcturus Publishing.
5. Hall, J. E. (2015). *Guyton and hall textbook of medical physiology* (13th ed.). W B Saunders.
6. Moore, K. L., Dalley, A. F., & Agur, A. (2017). *Clinically oriented anatomy* (8th ed.). Lippincott Williams and Wilkins.

Ram Krishore

Vest

Manish Kestop

Digvijay

# B.Sc.-Yoga- Second Semester

Subject Code: BYOG-201

## ESSENCE OF PRINCIPAL UPNISHADS

Min. Hrs - Theory: 80 Hrs.

### Objectives:

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

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

### Course Outcomes:

1. Students will gain knowledge of major principal Upanishads
2. Students will gain knowledge of Atman and Brahman.
3. Students will gain knowledge to understand Prasthantriya.
4. Students will excel in Mandukya upnishad to understand four stages of consciousness.
5. Students will learn concept of Karmanishtha and Gyannishtha according to Ishavasyopnishad.

### UNIT-1: INTRODUCTION ESSENCE OF ISHA & KENOPANISHAD

An Introduction to Upanishadic Philosophies; Antiquity of Upanishads; **Ishavasyopnishad:** JnanaNishtha (Ish.1), Karma Nishtha (Ish.2), All compassion Brahman (Ish.5), Nature of Sage (Ish.6, 7), Prayer of dying Man (Ish.15); **Kenopanishad:** The inscrutable being (Kena-I.2, 3 ,4,6) (Kena II.2,3), Greatness of self Knowledge (Kenall.5).

### UNIT-2: ESSENCE OF KATHO & PRASHNAPANISHAD

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

### UNIT-3: ESSENCE OF MUNDAKA, MANDUKYA AND TAITRIYA

Mundaka: The greatness of Brahmaavidya, the worthlessness of Selfish-karma, Tapas and Gurubhakti, The origin of creation, Brahman the target of, meditation, Know thyself, Everything is Brahman, Purity extolled, Force of Desire, State of moksha; Mandukyopanishad: All this is Brahman, The fourth state of being, Taitriya: Shikshavalli Brahmavalli (Concept of Panch Kosha)

### UNIT- 4: ESSENCE OF AITAREYA, CHANDOGYA & BRIHADARANYAKA

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

### Text Books

1. Yogrishi Ramdev: Upnishad Sandesh, Divya prakashan, 2018.
2. Dr. Satyavrit Sidhantalankar: Ekadasho Upnishad

### Reference Books

1. Ishadinopnishad: Geeta Press Gorakhpur.
2. Kalyan Upnishad Ank: Geeta Press Gorakhpur

Ram Ishore

Vest

Munshi Rastogi

Digvijay

# **B.Sc.-Yoga- Second Semester**

## **Subject Code: BYOG-202**

### **PATANJALA YOGA DARSHAN**

**Min. Hrs - Theory: 80 Hrs.**

#### **Objectives:**

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

- Understand various modification of mind and the means of inhibiting them.
- Have an understanding about the essence of Samadhi and Sadhana Pada.
- Understand the essence of Vibhuti and Kaivalya pada.
- Quote references of each practice as per traditional texts.

#### **Course outcomes:**

Students will gain an understanding of:

1. Concept of Yoga
2. Knowledge of chitta vrittis and their classification.
3. Knowledge of Samadhis.
4. Knowledge of kleshes, prakriti and purush and siddhis.
5. Dhrarna, Dhyaan and Kaivalya.
6. Concept of Ashtang Yoga.
7. Concept of Yam-Niyama.
8. Concept of Abhyas and Vairagya.

#### **Unit - 1: Introduction to Yoga Darshana of Patanjali and Concept of Chitta, Chitta Bhoomis Chitta Vrittis and Chitta Vritti Nirodhopaya**

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

#### **Unit - 2: Samadhi Pada**

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

#### **Unit-3: Sadhana Pada**

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

#### **Unit - 4: Vibhuti and Kaivalya Pada**

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

#### **Text Books**

1. Patanjalikrati Patanjali Yoga Darshan, VyasKrit, Vyasbhasyam, Vachaspatimiskrat Tatvavaishardi, Vigyanbhikshukrat, Yogvartik, Vyakhyakatri evam Sampadika, Dr. Vimla Karnatak, Patanjali Yogadarshanam (Bhag-1 to 4), Ratna Publication, Varanasi, 1992.

#### **Reference Books**

1. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
2. Swami Virupaksananda: Samkhyakarika of Isvarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995
3. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II.

*Ram Krishan*

*Vers*

*Munshi Rastogi*

*Digvijay*

# B.Sc.-Yoga- Second Semester

Subject Code: BYOG-203

## HUMAN ANATOMY & PHYSIOLOGY-II

Min. Hrs - Theory: 40 Hrs.

### Objectives:

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

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

### Course outcomes:

Students will gain an understanding of:

1. Basic Features of systems in human body.
2. Function of Endocrine Glands.
3. Function of Excretion System.
4. Function of CNS.
5. Function of muscular and reproductive systems.

### Anatomy

#### **Unit-I Systemic**

Basic Features of Cardiovascular system, Respiratory system, Digestive system, Excretory system, Genital (Male & Female) system, Nervous system

### Physiology

#### **Unit-II**

1. **Endocrinology**
  - a) List of Endocrine Glands
  - b) Hormones: Their secretion and functions (in brief)
2. **Excretion system**
  - a) Structure of nephron
  - b) Urine formation
3. **Skin** - Function & Structure

#### **Unit-III**

1. **Central Nervous System**
  - a) Parts
  - b) Sliding Filament Theory
  - c) Neuro Muscular Junction
  - d) Wallerian Degeneration
  - e) Motor Nervous system - Upper motor neuron system, Lower motor neuron system
  - f) Sensory nervous system
  - g) Sympathetic Nervous system
  - h) Parasympathetic nervous system

#### **Unit-IV**

1. **Muscular System** - Classification of muscles & their functions
2. **Special Senses** - Eye & ear (in brief)
3. **Reproductive System**- structure & function of male & female reproductive organs, menstruation, puberty, menopause, fertilization & development of fertilized ovum, placenta & its function.

Ram Krishore

Vest

Munshi Rastogi

Digvijay

**Text Books**

1. Chaurasia, Human Anatomy - VOL I, VOL II, VOL III, 7 th Edition, CBS, 2016.
2. Text Book of Anatomy, Vishram Singh – VOL I, VOL II, VOL III, 3rd Edition, CBS, 2018.
2. S.S.Randhawa, Medical BioChemistry, PV Books, 1 Ed, 2013
3. Chatterjee, Human Physiology, Central book agency, 4th edition, 1958.

**Reference Books**

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

Ramkishore

Versa

Munshi Kartik

Digvijay

## B.Sc.-Yoga- Second Semester

Subject Code: BYOG-204

**BASIC OF SANSKRITAM**

Min. Hrs - Theory: 40 Hrs.

### Objectives:

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

- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write in Sanskrit and have some idea about grammar.

### Course outcomes:

Students will gain an understanding of:

1. Brief introduction of Sanskrit Language.
2. Students will study Sanskrit.
3. Students will study Yogic Texts.
4. Students will speak Sanskrit.
5. Students will write Sanskrit.

### यूनिट.1 : संस्कृतभाषा परिचय

संस्कृतभाषा परिचय, योगशास्त्र के अध्ययन में संस्कृत का महत्त्व और योग एवं संस्कृत का अन्तःसम्बन्ध माहेश्वरसूत्र। संस्कृतवर्णमाला, स्वर, व्यंजन वर्णज्ञान सहित रोमन लिपि में लेखन एवं पठन, वर्णों के उच्चारणस्थान और प्रयत्न ज्ञान। प्रत्याहार निर्माण विधि एवं प्रत्याहार ज्ञान। कारक, विभक्ति, सुप् और तिङ् प्रत्यय, लिङ्, वचन, पुरुष, लकार एवं वाक्यांग परिचय। संस्कृत संख्याएं (एक से सौ तक)

### यूनिट.2 : शब्दरूप

अजन्त शब्दरूप—राम, बालिका, पुस्तक, मुनि, रुचि, वारि शब्दों के रूप अर्थज्ञान सहित। अजन्तशब्दरूप—नदी, भानु, धेनु, मधु, पितृ, मातृ शब्दों के रूप अर्थज्ञान सहित। सर्वनाम शब्दरूप—अस्मद्, युष्मद्, तत् (तीनों लिंगों में), एतद् (तीनों लिंगों में), किम् (तीनों लिंगों में), भवत् (तीनों लिंगों में) शब्दों के रूप अर्थज्ञान सहित। हलन्तशब्दरूप—भगवत्, नामन्, जगत् शब्दों के रूप अर्थज्ञान सहित।

### यूनिट.3 : धातुरूप

भू, अस्, पठ्, कृ, लिख्, नम्, दृश् धातुओं के पांच लकारों लट्, लृट्, लङ् लोट्, विधिलिङ्, में रूपज्ञान एवं वाक्य निर्माण अर्थज्ञान सहित। वद्, गम्, स्था, पा, दा, शक्, आप्, प्रच्छ् धातुओं के पांच लकारों लट्, लृट्, लङ्, लोट्, लिङ् में रूपज्ञान एवं वाक्य निर्माण अर्थज्ञान सहित। ज्ञा, कथ्, चिन्त्, ब्रू, श्रु, नी, याच्, खाद्, शीङ्, धातुओं के पांच लकारों लट्, लृट्, लङ्, लोट्, लिङ् में रूपज्ञान एवं वाक्य निर्माण अर्थज्ञान सहित।

### यूनिट. 4: वाक्य निर्माण

प्रथमदीक्षा के प्रथम, द्वितीय एवं तृतीय, चतुर्थ और पंचम अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।

### ग्रन्थ :

1. द्विवेदी कपिल देव: प्रारम्भिक रचनानुवाद कौमुदी, विश्वविद्यालय प्रकाशन, वाराणसी 2011
2. द्विवेदी कपिल देव: रचनानुवादकौमुदी, विश्वविद्यालय प्रकाशन वाराणसी 2011
3. द्विवेदी कपिल देव: प्रौढरचनानुवाद कौमुदी, विश्वविद्यालय प्रकाशन, वाराणसी 2007
4. प्रथमदीक्षा, राष्ट्रीय संस्कृत संस्थान, नई दिल्ली

### सम्बन्धित पुस्तकें :

1. महर्षि दयानन्द सरस्वती: वर्णोच्चार शिक्षा, रामलाल कपूर ट्रस्ट, सोनीपत हरियाणा।
2. Perry E D : A Sanskrit Primer, MLBD, New Delhi, 2004.
3. Kala MR : A Higher Sanskrit Grammar for college students, MLBD, New Delhi, 2011.

Ram Lal Sharma

Versh

Munshi Rastogi

Digvijay

## **B.Sc.-Yoga- Second Semester**

**Subject Code: BYOG-205**

### **HEALTH & YOGIC HYGIENE**

**Min. Hrs - Theory: 40 Hrs.**

#### **Objectives:**

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

- Know about health and its various aspects.

#### **Course Outcomes:**

1. Students will understand the relation between health and hygiene.
2. Students will understand the infection and disinfection.
3. Students will gain to use of hygiene in day to day life.
4. Students will understand the relation between immunity and hygiene.

#### **Unit-1: INTRODUCTION TO HEALTH AND HYGIENE**

Personal hygiene, Definition of health and factors; affecting it- food habits, cleanliness, exercise and sleep; Water – Importance of water, impurities present in water, sources of contamination of water and water purification (Household and natural methods); First aid: meaning, importance in daily life.

#### **Unit-2: INFECTION AND DISINFECTANTS**

Infection – Definitions of Infection, Infective agents, Period of infectivity; Types of diseases and their modes of spread; Channels of infection; disinfectants – Definition, types and methods of disinfection.

#### **Unit-3: INFECTIOUS DISEASES**

Infectious diseases - Causes, incubation period, mode of spread, symptoms, prevention & control of the following diseases); Diseases spread by insects -Malaria, Dengue; Diseases spread by ingestion - Dysentery, cholera, typhoid; Diseases spread by droplet infection - Chicken pox, measles, mumps; Disease spread by Contact - Leprosy, AIDS;

#### **Unit-4: Immunity - Definition, types of immunity & immunization schedule**

Common emerging health problems among women: Cancer of Breast and Cervical

#### **Text Books**

1. Prof. Ramharsh Singh: Swasthvritta, Chaukhanmha Prakashan, Varanasi
2. Birendra Nath Ghosh, (1969) Hygiene & Public Health Calcutta Scientific Publishing Co.

#### **Reference Books**

1. Yash pal Bedi (1976) Hygiene & Public Health. Anand Publishing Co., gali No. 1, Nawan Kot Amritsar.
2. V. N. Hhave, (1975) You & Your Health.. National Book Trust
3. Bihari Lal Bhatia, (1961) Elementary.. Hygiene, Orient Longmans, Ltd. Calcutta -13
4. J.E. Park, (1983) Preventive & Social Medicine, Jabalpur.

*Ram Lal Singh*

*Versh*

*Manish Kumar*

*Digvijay*



# B.Sc.-Yoga- Second Semester

Subject Code: BYOG-206

## YOGA PRACTICUM-II

Min. Hrs - Practical: 80 Hrs.

### Objectives:

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

- Understand the concept and principles of Shatkarmas & Sukshma-Sthula vyayama.
- Explain and demonstrate the above-mentioned practices skillfully.
- Have an indepth understanding anout Standing Postures and body alignment Standing Postures and body alignment Yogasanas.
- Have an understanding asbout the practices that help practitioners to lead to meditation.

### Course Outcome:

After the completion of the course the students will acquire knowledge of:

1. Knowledge of Shatkarma.
2. Knowledge and practice of Yogic sukshma and sthul vyayam.
3. Knowledge and practice of Yogasan.
4. Knowledge and practice of Pranayam
5. Knowledge and practice of Meditaions

### **Unit-1: Shatkarma**

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

### **Unit-2: Yogic suksma and sthula vyayama**

- (a) **Yogic suksma vyayama Uccharana**-sthala tatha Vishudha-chakra-shuddhi (for throat and voice); Prarthana (Prayer) Buddhi-tatha-dhriti shakti-vikasaka (for developing will power); Smarana shaktivikasaka (for improving the memory); Medha shakti-vikasaka (for improving the intellect and memory); Netra shakti-vikasaka (for the eyes); Kapola shakti-varadhaka (for the cheeks); Karna shakti-varadhaka (for the ears); Griva shakti-vikasaka (for the Neck) (i), (ii) and (iii), Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders), Bhuja-bandha shakti-vikasaka, Kohini shakti-vikasaka, Bhuja-valli shakti-vikasaka, Purna-bhuja shaktivikasaka (for the arms), Mani-bandha shakti-vikasaka, Kara-prstha shakti-vikasaka, Karatala shakti-vikasaka, Anguli-mula shakti-vikasaka (for the fingers), Anguli- shakti-vikasaka (for the fingers), Vaksha-sthala shakti-vikasaka (for the chest) (1), Vaksha-sthala shaktivikasaka (for the chest) (2), Udara shakti-vikasaka (for the abdomen) (i) to (x); Kati shaktivikasaka (for the waist) (i) to (v), Muladhara-chakra-suddhi (for the rectum), Upastha tatha-svadhithana-chakra-suddhi (for the genital organs), Kundalini shakti-vikasaka (for the kundalini), Jangha shakti-vikasaka (for the thighs) (i) & (ii), Jangha shakti-vikasaka (for the thighs) (ii) , Janu shakti-vikasaka (for the knees), Pindali shakti-vikasaka (for the calves), Pada-mula shakti-vikasaka, Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet), Padanguli shakti-vikasaka (for the toes)
- (b) **Yogic sthula vyayama**: Rekha-gati (Walking in a Straight line), Hrid-gati (Injanadaur – the Locomotive Exercise), Utkurdana (Jumping Exercise), Urdhva-gati (Upward Movement), Sarvanga-pusti (Developing the Entire body)

Ram Krishore

Vest

Munshi Rastogi

Digvijay



### **Unit-3: Yogasana (Standing Postures and body alignment)**

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

### **Unit-4: Pranayama**

Nadi Shodhana (Technique 1: Same Nostril Breathing), Nadi Shodhana (Technique 2: Alternate Nostril Breathing), Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar kumbhak); Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka + Bahya Kumbhak) (1:4:2:2); Bhramari Pranayama 43.

### **Unit-5: Practices leading to meditation**

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

### **Text Books**

1. Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980.
2. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966.
3. Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school of yoga publications; Munger, 2001. Swami Niranjanananda Saraswati: Dharana Darshan; Bihar school of yoga publications; Munger, 2001

### **References Books**

1. Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1993.
2. Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006.
3. Basavaraddi, I.V. & others: YOGASANA: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
4. Basavaraddi, I.V. & others : Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi, 2011.
5. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012
6. Nagendra, H.R: The Art and Science of Pranayama, Swami Vivekanand Yoga Prakashan, 2005, Bangalore.
7. Nagendra, H.R: Mind sound resonance technique, Swami Vivekanand Yoga Prakashan, 2002, Bangalore.

Ram Krishnan

Veer

Munshi Rastogi

Digvijay

# **B.Sc.-Yoga- Second Semester**

**Subject Code: BYOG-207**

## **HUMAN ANATOMY AND PHYSIOLOGY PRACTICUM-II**

**Min. Hrs - Practical: 40 Hrs**

### **Objective:**

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

- know comprehensive knowledge of human Anatomy & Physiology.

### **Course Outcomes:**

1. To know the Identification and description of all anatomical structures.
2. Measurement of pulse, blood pressure.
3. Elicitation of Reflexes & jerks.

### **Anatomy**

#### **Unit-I**

- Identification and description of all anatomical structures.
- The learning of Anatomy is by demonstration only through dissected parts, slides, models, charts etc.
- Demonstration of dissected parts (upper extremity, lower extremity, thoracic & abdominal viscera, face and brain).
- Demonstration of skeleton - articulated and disarticulated.

### **Physiology**

#### **Unit-II**

- Measurement of pulse, blood pressure.
- Elicitation of Reflexes & jerks.
- Identification of blood cells by study of peripheral blood smear.

### **Text Books**

1. Chaurasia, Human Anatomy - VOL I, VOL II, VOL III, 7th Edition, CBS, 2016.
2. Text Book of Anatomy, Vishram Singh – VOL I, VOL II, VOL III, 3rd Edition, CBS, 2018.
2. S.S.Randhawa, Medical BioChemistry, PV Books, 1 Ed, 2013
3. Chatterjee, Human Physiology, Central book agency, 4th edition, 1958.

### **Reference Books**

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

*Ram Lal Sharma*

*Vest*

*Manish Kumar*

*Digvijay*

# B.Sc.-Yoga- Third Semester

Subject Code: BYOG-301

## ESSENCE OF BHAGAVAD GITA FOR HOLISTIC LIVING

Min. Hrs - Theory: 80 Hrs.

### Objectives:

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

- Understand the significance of Bhagavad gita and its essence.
- Understand the concept of Atman, Paramatman, Sthitaprajna.
- Have a deep understanding between the qualities of a Karma and Bhakti Yoga.
- Understand the concept of Ahara its role in healthy living.

### Course Outcome:

1. Simplified principles of Bhagwat Geeta in curriculum facilitate in students, a pragmatic approach towards the relevance of Bhagwat Geeta in day to day life.
2. Students will gain knowledge and understand the importance of Saatvik, Raajsik and Taamsik food on the mind and the body.
3. Students will take the help of the concept of Karmyoga.
4. Exploration of multidimensional approaches to gain insight into the spiritual and philosophical aspects of Yoga in Bhagwat Geeta.

### **Unit – 1: Significance of Bhagavadgita as synthesis of yoga**

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

### **Unit-2: Concept of Atman, Parmatman and characteristic of Sthita prajna in Bhagavdgita**

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

### **Unit-3: Karma yoga and Bhakti yoga in Bhagavadgita**

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

### **Unit – 4: Concept of ahara and role of Bhagavadgita in healthy living**

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

### **Text Books**

1. 108 Upnishad, Ggyankhand, Brahmvidyakhand and Sadhanakhand, Sampadak Pt. Shreeram Sharma Acharya, Yug Nirman Yujna Vistar Trust, Mathura, 2010.
2. Yogrishi Ramdev: Upnishad Sandesh, Divya prakashan, 2018.
3. Dr. Satyavrit Sidhantalankar: Ekadasho Upnishad

### **Reference Books**

1. Ishadinopnishad: Geeta Press Gorakhpur.
2. Kalyan Upnishad Ank: Geeta Press Gorakhpur

Ram Krishn

Vers

Munshi Rastogi

Digvijay

# B.Sc.-Yoga- Third Semester

## Subject Code: BYOG-302 YOGA AND HOLISTIC HEALTH

Min. Hrs - Theory: 40 Hrs.

### Objectives:

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

- Understand the concept of health and disease.
- Have understanding about yogic concepts of health and healing.
- Yogic principle and practices for healthy living.
- Understand the concept of Ahara its role in healthy living.

### Course Outcome:

1. Students will learn Yogic concept of body and how 'sat, raj, tam' affect our mind and how the five tatva affect our body health.
2. Students will gain cause of ill according to Patanjali.
3. The students will know about importance of Saatvik Diet to lead a stable and peaceful/composed lifestyle.
4. The students will excel in the positive effect of Asana and Pranayam on our mind and body.

### **Unit - 1: CONCEPT OF BODY, HEALTH AND DISEASE**

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Body, Health and Disease in Yoga – Yogic concept of Body from Taittiriya Upanishad, Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi according to Yoga Vasistha and remedial measures; Holistic health care through Yoga. Concepts of Trigunas, Pancha-mahabhutas, Panchaprana and their role in Health and Healing; Concept of Panchakoshas & Shat-chakra and their role in Health and Healing

### **Unit - 2: CAUSES OF ILL HEALTH AND REMEDIAL MEASURES ACCORDING TO PATANJALI**

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

### **Unit - 3: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING - I**

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

### **Unit - 4: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING - II**

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

### **Text Book**

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

### **Reference Books:**

1. Gheranda Samhita: Shri Sadguru Publication, New Delhi.
2. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
3. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published by SVYP, Bangalore
3. Dr Nagendra H R : The Secret of Action - Karma Yoga, Published by SVYP, Bangalore, 2003

Ram Krishnan

Veer

Munshi Rastogi

Digvijay

# B.Sc.-Yoga- Third Semester

Subject Code: BYOG-303

## METHODS OF TEACHING YOGA

Min. Hrs - Theory: 40 Hrs.

### Objectives:

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

- Understand the principles and practices of teaching methods of Yoga.
- Have an indepth understanding about session and lesson planning and class room arrangements.
- Have an idea about the different tools used in Yoga teaching.

### Course Outcomes:

1. Students will learn to make the correct ways/processes of doing Asana and Pranayam.
2. Students will gain experience to conduct individual teaching as well as mass training.
3. Students will excel to make a Yoga Module.
4. Students will gain knowledge for class room teaching including arrangement, problems and their solutions.

### **UNIT-1: PRINCIPLES AND METHODS OF TEACHING YOGA**

Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching Principles and types of learning, Qualities of a Yoga Teacher, Yogic levels of learning, Vidyarthi, Shishya, Mumukshu; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Importance of Teacher training.

### **UNIT-2: BASICS OF YOGA CLASS MANAGEMENT**

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

### **UNIT-3: LESSON PLANNING IN YOGA**

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research in Yoga: Meaning, Roles, Steps in Action Research in Yoga Teaching; Effective use of Library and other resources.

### **UNIT-4: EDUCATIONAL TOOLS OF YOGA TEACHING**

Yoga classroom: Essential features, Area, sitting arrangement in Yoga class etc.; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga.

### **Text Books**

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

### **Reference Books**

1. Dr. Shri Krishna : Notes on basic principles & methods of teaching as applied to Yogic practices and a ready reckoner of Yogic practices, Kaivalyadhama, Lonavala, 2009
2. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi,
3. Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

Ram Krishore

Versh

Munshi Rastogi

Digvijay

# B.Sc.-Yoga- Third Semester

Subject Code: BYOG-304

## YOGA & COMMON AILMENTS

Min. Hrs - Theory: 40 Hrs.

### Objectives:

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

- Application of Yoga for Cardiorespiratory Disorders.
- Application of Yoga for Sports Personnel
- Application of Yoga for Corporate Stress
- Application of Yoga for Geriatrics

### Course Outcomes:

1. Students will learn principles of Yoga therapy and modern medicine.
2. Students will gain knowledge to Yogic management of Cardio Respiratory disorder.
3. Students will gain knowledge to Yogic management of Neuro Muscular disorder.
4. Students will gain knowledge to Yogic management of Digestive disorder.
5. Students will gain knowledge to Yogic management of Endocrine and Metabolic disorder

### **Unit-1: CARDIORESPIRATORY DISORDERS**

Modern Medical and Yoga therapy principles and practices for diseases related to: Yogic management of Cardio-Vascular Disorders: Ischemic heart disease; Hypertension; Peripheral vascular disease Respiratory Disorders: Bronchial asthma; Chronic Obstructive; Pulmonary Disorder (COPD); Allergic rhinitis; Pulmonary; tuberculosis; Sleep apnea; Snoring

### **Unit-2: NEURO MUSCULAR DISORDERS**

Yogic management of Muscle and Bone Disorders: Pain in the limbs; and back; Rheumatoid arthritis; Osteoarthritis; Connective tissue disorders; Muscular dystrophy ; Neurological Disorders: Migraine & Tension headache; Cerebro-vascular accidents; Epilepsy; Pain; Autonomic dysfunctions; Idiopathic Parkinson's disease; Multiple sclerosis; Refractory errors of vision; Psychological Medicine: Neurotic disorders; mood disorders; Schizophrenia; Chemical abuse; Eating disorders; Phobias; Mental retardation; Obsessive compulsive disorder.

### **Unit-3: DIGESTIVE, ENDOCRINE & METABOLIC DISORDERS**

Yogic management for Digestive Disorders: Acid peptic disease; irritable bowel syndrome; Hepatitis; Endocrine & Metabolic Disorders: Diabetes mellitus; Thyroid dysfunction; Disorders of adrenal cortex; Obesity

### **Unit-4: OBSTETRICS & GYNECOLOGICAL DISORDERS**

Yogic management for Pregnancy induced hypertension; Pre-eclampsia; Intra-Uterine Growth Retardation (IUGR); menstrual disorders (e.g., dysmenorrhea, pre-menstrual syndrome); Infertility; Menopause

### **Text Books:**

1. Dr R Nagarathna, Dr H R Nagendra and Dr Shamanthakamni, Yoga for common ailments and IAYT for different diseases, Swami Vivekananda Yoga Prakashana, Bangalore, 2002.

Ram Krishnan

Veer

Manish Kumar

Digvijay



# **B.Sc.-Yoga- Third Semester**

**Subject Code: BYOG-305**

## **INTRODUCTION TO AYURVEDA**

**Min. Hrs - Theory: 40 Hrs.**

### **Objectives:**

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

- Understand fundamentals of Ayurveda
- Know fundamentals of healthy living
- Know lifestyle regimens according to nature.
- Know medicinal cleansing processes.

### **Course Outcomes:**

1. Students will learn about the Principles of Ayurveda.
2. Students will know about Swasthvratta and use it in the life style.
3. Students will know the concept of Tridosha and int's therapeutic use.
4. Students will know the concept of Panchakarma and int's therapeutic use.

### **Unit-1: GENERAL INTRODUCTION TO AYURVEDA**

General introduction to Ayurveda; Definition, aim of Ayurveda, its origin, history and propagation; Basic introduction to main Ayurvedic texts like Charaka Samhita, Sushruta Samhita and Ashtanga Samghra; Ashtanga Ayurveda and its significance; Concept of Health according to Ayurveda and its utility in health promotion and prevention

### **Unit-2: SWASTHAVRITTA, DINACHARYA, RITUCHARYA, RATRICHARYA, SADVRITTA & ACAHARARASAYANA**

Basic principles of Ayurveda – Tridosha, Saptadhatu, Trimala, Pancha Mahabhuta, Prakruti & Manas; Concept and importance of Swasthavrita, Dinacharya, Ritucharya; Concept of Sadvrta and Achara Rasayana; Concept of Agni, Srotas and Ama, Concept of Dharniya and Adharniya Vega in Ayurveda; Introduction to Dravya, Guna, Karma, Virya, Vipaka and Prabhava

### **Unit-3: UPASTHAMBAS WITH SPECIAL EMPHASIS ON AHARA**

Concept of Upasthambha; Concept of Ahara, Ahara pachana, Pathya & Apathya in Ayurveda; Introduction to Shariraposhana (nourishment); Concept of Oja in Ayurveda; Role of Ayurvedic diet in health and prevention

### **Unit-4: INTRODUCTION TO PANCHAKARMA**

Role of Poorva and Paschat Karma in Panchakarma; Significance of Panchakarma in Ayurveda and Shatkarma in Yoga; Approach of Ayurveda and Yoga as whole in relation to total health

### **Text Books**

1. Dr. Priyavrata Sharma : Charak samhita, Chaukhambha Oriental, Varanasi, Edition of 2008
2. Dr. Ravi dutta Tripathi Dr. Brahmanand Tripathi : Ashtanga Samgraha, Chaukhambha Sanskrit
3. Pratishthan, Delhi, Reprint edition of 2003
4. Dr. K. H. Krishnamurthy : The wealth of Susruta, International Institute of Ayurveda, Coimbatore, 1999

### **Reference Books**

1. Dr. P. H. Kulkarni : Ayurvedic Philosophy, Academia Publishers, 2011
2. Dr. V. B. Athavale : Basic Principles of Ayurveda, Chaukhambha Sanskrit Prathisthan, Delhi, 2004
3. Dr. L. P. Gupta : Essentials of Ayurveda, Chaukhambha Sanskrit Prathisthan, Delhi, 2006
4. Dr. G. Srinivas Acharya : Panchakarma illustrated, Chaukhambha Sanskrit Prathisthan, Delhi, 2009

*Ram Krishore*

*Versh*

*Munshi Rastogi*

*Digvijay*

# B.Sc.-Yoga- Third Semester

Subject Code: BYOG-306

## YOGA PRACTICUM-III

Min. Hrs - Practical: 80 Hrs

### Objectives:

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

- Understand the principle and practice of different type of Yogasanas.
- Demonstrate each Asana and explain its procedure.
- Explain the benefits, limitation and subtle points of each practice.

### Course Outcomes:

After the completion of the course the students will acquire knowledge of:

1. Knowledge and practice of Yogasan in seating postures.
2. Knowledge and practice of Yogasan in supine lying postures.
3. Knowledge and practice of Yogasan in prone lying postures.
4. Knowledge and practice of Bandha and Pranayam.
5. Knowledge and practice of meditation.

### **Unit-1: Yogasana**

#### **(A) Sitting Postures**

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

#### **(B) Supine lying Postures**

Pavanamuktasana, Utthana-padasana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana

#### **(C) Prone line Postures**

Makarasana, Bhujangasana, Shalabhasana, Dhanurasana

### **Unit- 2: Bandh & Pranayam**

(A) Bandha Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha

(B) Pranayama (with Antar & Bahya Kumbhaka) Surya-bheda and Chandra-bheda Pranayama, Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama, Bhastrika Pranayama

### **Unit-3: Practices leading to Meditation:**

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

### **Unit-4:**

Continuous evaluation by the Teachers

Ram Krishore

Versh

Munshi Rakesh

Digvijay



### Text Books

1. Swami Dharendra Bhrahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi.
2. Swami Kuvalyananda : Asana Kaivalyadhama, Lonavla 3. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger.
3. Basavaraddi, I.V. & others : Pranayama; MDNIY New Delhi, 2012.
4. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009.
5. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009

### Reference Books

1. Basavaraddi, I.V. & others: Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
2. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers.
3. Tiwari, O.P. : Asana Why and How? Kaivalyadhama, Lonavla.
4. Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 2005.
5. Nagendra, H.R : The art and Science of Pranayama, Swami Vivekananda Yoga Prakashan, 2005, Bangaore.
6. Lajpat, Dr. R.: Discovering Human Potential Energy, Abhinav Rai Publication, Gurgaon, 1996.
7. Lajpat, Rai & others: Meditation, Anbhava Rai Publications, Gurgaon.
8. Saraswati, Swami Satya Nand: Meditation from Tantras, Yoga Publication Trust, Munger, 2004

Ram Krishnan

Versa

Munshi Rastogi

Digvijay

# B.Sc.-Yoga- Third Semester

Subject Code: BYOG-307

## YOGA PRACTICUM-IV- TEACHING PRACTICE

Min. Hrs - Practical: 80 Hrs

### Objectives:

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

- Sketch lesson plan for Yoga teaching
- Systematic arrangement of Yoga teaching
- Teach Yoga in the given class.

### Course Outcomes:

1. Students will learn to make the correct ways/processes of doing Asana and Pranayam.
2. Students will gain experience to conduct individual teaching as well as mass training.
3. Students will excel to make a Yoga Module.
4. Students will gain knowledge for class room teaching including arrangement, problems and their solutions.
5. Students will gain knowledge how to prepare lesson plan.

Students will be required to prepare, present and submit at least 10 lesson plans on Yogic activities on prescribed format including 01 lesson plan on Mantra Chanting/Yajna.

### **Unit-1: PREPARATION OF 10 LESSON PLAN**

Students have to prepare 10 lesson plans on prescribed format of various Yoga practices allotted by the course coordinator.

### **Unit-2: APPLICATION OF PREPARED LESSON PLAN**

Students have to teach the prepared lesson plan in previous semester Yoga Practicle classes under supervision of Yoga Teachers/Instructors.

### **Unit-3: PRESENTATION OF LESSON PLAN**

Each student has to present lesson plans to be evaluated by Yoga Teachers/Instructors/ Assistant Professors.

### **UNIT -5: SWASTIVACHANA (1-15 VERSES)**

Understanding, memorization and recitation of Mantras

### **UNIT-4: CONTINUOUS EVALUATION BY THE TEACHER**

### **Text Books**

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

Ram Krishore

Versh

Manish Keshav

Devi Jay

# **B.Sc.-Yoga- Fourth Semester**

**Subject Code: BYOG-401**

## **FOUR STREAMS OF YOGA**

**Min. Hrs - Theory: 40 Hrs.**

### **Objectives:**

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

1. Understand the four paths/streams of yoga with in-depth understanding.
2. Have an indepth understanding about their similarities and dissimilarities.
3. Understand the principle and conceptualize each stream.

### **Course Outcomes:**

1. It will help students that knowledge of any kind can be adopted with the help of Shravan, Manan and Nidhidyasana.
2. The students will transform themselves to remain unaffected in adverse situations after learning the flow of pran in shushumana.
3. Students will excel to make the mind peaceful and powerful by Chanting of mantra in correct pronunciations.
4. Students will gain knowledge of Karma theory.
5. Students will gain knowledge of Bhakti Yoga.
6. Students gain insight into the role of 'Raj Yoga' in enlightening our consciousness.

### **Unit-1: Jnana Yoga**

Sadhana Chatustaya, Stages of Jnana Yoga practice (shravan, manana, Nidhidhyasana), States of consciousness, the concepts of ida, pingla and the sushumna the central channel of energy running along the spine.

### **Unit-2: Bhakti Yoga**

Navavidha Bhakti, Qualities of a bhakta, the pronunciation, chanting, knowledge, benefits of Sanskrit chants, hymns, bhajans, Satsang and the uplifting meaning of the chants helping to thin the activities of the mind, Mantra chanting, and their effect on the nadi and the chakras, demonstrated ability to create a bhakti bhava during the chanting and singing

### **Unit-3: KarmaYoga**

The concept and meaning of karma Yoga, Concept of Nishkama Karma, Prerequisites for a sthitaprajna, Sthitaprajna lakshana, The law of karma

### **Unit-4: Raja Yoga**

Concepts and principles of PatanjalaYoga; Karma Shuddhi (Yama, Niyama); Snayu Shuddhi (Asana); Prana Shuddhi (Pranayama); Indriya and Mano Shuddhi (Pratyahara); Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

### **Text Books**

1. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
2. Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000 Paper Name: Basi

*Ram Krishnan*

*Veer*

*Manish Kumar*

*Digvijay*

# B.Sc.-Yoga- Fourth Semester

Subject Code: BYOG-402

## BASIS OF YOGA THERAPY

Min. Hrs - Theory: 80 Hrs.

### Objectives:

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

- To understand the principles of Yoga Therapy according to diseases.
- To prepare standard Yoga Therapy protocol according to diseases.
- To understand the cause of disease and the role of Yoga in health and healing.

### Course Outcomes:

1. Students will understand Yogic concept of health and disease.
2. Students will learn that physical and mental health are co-dependent which have an effect on each other.
3. Students will learn the role of positive attitude of healthy living.
4. Students will understand importance of Mithara and Chittaprasadan in day to day life.
5. Students learn the importance of Maitri, Karuna, Mudita and Upeksha.

### **Unit-1:**

#### **Yogic concepts of health and disease:**

Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in health and healing; Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi, Yogic concept of Health and Disease, role of Yoga in preventive health care – Heyam dukham anagatam; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa.

### **Unit-2: Yogic concepts for health and healing**

Concept of Abhyas and Vairagya, Chitta and Chitta Prasadana, Kriya-yoga, Ashtanga Yoga of Patanjali for Health and Healing; Concept of Cleansing (Shuddhi), its role and importance in Health and Healing; Concept of Swara Yoga and its efficacy in Health and Healing

### **Unit-3: Principles and practices for healthy life**

Yogic Principles of Healthy Living: Aahara, Vihara, Aachara and Vichara; Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being; Yogic principles of Lifestyle management and its role in prevention of disease and health promotion; Yogic Principles of Diet and its role in Healthy living; Yogic Practices of Healthy living : i.e. Yama, Niyama, Shatkarma, Asana, Mudra & Bandha Pranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living.

### **Unit-4: Health benefits of yogic practices**

Psycho-physiological effects and health benefits of Yogasana, Pranayama, Shatkarma, Bandha and Mudra, and Meditation

### **Text Books**

1. Preeti Goel and Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003)
2. M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
3. Dr. K. Krishna Bhat: The power of Yoga

### **Reference Books**

1. Dr. R. S. Bhogal : Yoga Psychology, Kaivalyadhama Publication
2. Dr. Manmath M Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
3. T.S. Rukmani: Patanjala Yoga Sutra
4. Sahay, G. S.: Hatha Yoga Pradeepika, MDNIY Publication, 2013
5. Kdham : Gheranda Samhita, Kaivalyadhama, Lonavla,

Ram Krishore

Vest

Manish Keshav

Digvijay

# B.Sc.-Yoga- Fourth Semester

Subject Code: BYOG-403

## FUNDAMENTALS OF BIOCHEMISTRY

Min. Hrs - Theory: 40 Hrs.

### Objective:

- To enable the student to understand the chemical characteristics of different classes of nutrients.

### Course Outcomes:

- The student will have knowledge of different nutrients, how they function biochemically and physiologically.
- The student will get information about the role of diet and the nutrients present in them.

### Unit-1

1. **Basics of energy metabolism, nutrition & dietetics** -Unit of measuring energy, calorific value of food, BMR & factors affecting it, SDA of food, calculation of energy requirement, balanced diet, nutrition in health & diseases (protein energy malnutrition).
2. **Chemistry of carbohydrates & their related metabolism** - Introduction, definition, classification, biomedical importance Brief outline of metabolism: Glycogenesis & glycogenolysis (in brief), Glycolysis, citric acid cycle & its significance, HMP shunt & Gluconeogenesis (in brief), regulation of blood glucose level.
3. **Amino acids** - Definition, classification, essential & non-essential amino acids.

### Unit-2

1. **Chemistry of Proteins & their related metabolism** - Introduction, definition, classification, biomedical importance, Metabolism: Transformation, Decarboxylation, Ammonia formation & transport, Urea cycle.
2. **Chemistry of Lipids & their related Metabolism**-Introduction, definition, classification, biomedical importance, essential fatty acids, Cholesterol & it's clinical significance, Lipoproteins in the blood composition & their functions in brief, Atherosclerosis.
3. **Enzymes**-Introduction, definition, classification, coenzymes, isoenzymes, properties, factors affecting enzyme action, enzyme inhibition, diagnostic value of serum enzymes - Creatinine kinase, Alkaline phosphatase, Acid phosphatase, LDH, SGOT, SGPT, Amylase, Lipase, Carbonic anhydrase etc.

### Unit-3

1. **Acid base balance concepts & disorders** - pH, Buffers, Acidosis, Alkalosis
2. **Hormones** -  
Classification, general mode of action, hormones of Pituitary, Thyroid, Parathyroid, Adrenals, Reproductive Glands, Pancreas, hormonal disorders, counter regulatory hormones.
3. **Vitamins** -  
Water & fat soluble vitamins, sources, requirement, deficiency disorders & biochemical functions.

### Unit-4

1. **Hyperglycemia & hypoglycemia** -  
Diabetes mellitus - definition, types, features, gestation diabetes mellitus, Hypoglycemia & its causes
2. **Tumor markers & their clinical applications** -  
Including oncofetal antigens, CEA etc.
3. **General concepts & functions of immunoglobulins**

Ram Lal Shree

Versha

Manish Kumar

Digvijay

### Text Books

1. Pankaja Naik: Bio-chemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2010
2. Jacob Anthikad: Bio-chemistry for Nurses, Jaypee Brothers Medical Publishers Ltd, Delhi, 2008
3. 3. K. Malhotra: Bio-chemistry for Students, Jaypee Brothers Medical Publishers Ltd, Delhi, 2012
4. 4. N. Haridas: Bio-chemistry made easy: A Problem (Solving ) based approach, Jaypee Brothers Medical Publishers Ltd, Delhi, 2012
5. 5. Arvind S Yadav: Comprehensive practical and Viva in Bio-chemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2004

### Reference Books

1. Robert K Murray & others: Harper's Illustrated Bio-chemistry, 26th Edition, 2003, McGraw Hill, US Shankara, Shivaraja.
2. M.K. Ganesh: Laboratory Manual of Practical Biochemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2008
3. S.K. Sawhney & Randhir Singh: Introductory Practical Biochemistry, 2nd edition, Alpha Science International Ltd. 2005
4. Chawala Ranjana: Clinical Biochemistry (Methods & Interpretations), 3rd edition, Jaypee Brothers medical Publishers Ltd. 2006.
5. Rajesh Karajgaonkar: Clinical Biochemistry, Jaypee, 2008

Ramkishore

Versa

Munshi Rakesh

Digvijay

# B.Sc.-Yoga- Fourth Semester

Subject Code: BYOG-404

## INTRODUCTION TO AYUSH

Min. Hrs - Theory: 40 Hrs.

### Objectives:

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

- To know fundamentals and principles of Yoga Therapy
- To understand the concept and principles of integrated approach of Yoga Therapy
- To know basics of Naturopathy, Ayurveda, Unani, Siddha and Homeopathy

### Course Outcomes:

1. Students will understand that what is Ayush?
2. Students will understand the Yogic concept of body.
3. Students will learn that Aadhi and Vyadhi are co-dependent which have an effect on each other.
4. Students will understand the basic concept of Naturopathy and its use day to day life.
5. Students will understand of importance of Ayurveda in day to day life.

### **Unit-1: YOGA & HEALTH AND INTEGRATED APPROACH OF YOGA THERAPY**

Concept of body, Health and disease; Concept of Yoga Adhi and Vyadhi; Principle of Yoga Therapy in relation to Yoga Vasistha; Practices at Pancha Kosa level Annamaya, Pranamaya, Manomaya, Vijñanamaya and Anandamaya kosa; Principle of Yoga Therapy in relation to Hatha Ratnavali and Gheranda Samhita.

### **Unit-2 : INTRODUCTION TO BASIC CONCEPTS OF NATUROPATHY**

History of Naturopathy; Principles of Naturopathy; Concept of five elements and its applications: Akash Tatwa Chikitsa, Vayu Tatwa Chikitsa, Agni Tatwa Chikitsa, Jala Tatwa Chikitsa, Prithvi Tatwa Chikitsa).

### **Unit- 3: INTRODUCTION TO BASIC CONCEPTS OF AYURVEDA**

The four aspects of life (Soul, Mind, Senses and Body); Panchamahabhutas (the five element theory), Ahara, Vihara and Ausadhi (three pillars of Ayurveda); Concept, role and importance of – Dosha, Dhātu, Mala; Updhatu, Srotas, Indriya, Agni, Prāna, Prakṛti (Deha Prakṛti, Manasa Prakṛti); Role of Dosa, Dhātu and Mala in health and diseases; Concept of Dinacharya (daily routine), concept of Ritucharya (Seasonal routine), Svasthavāta in Āyurveda; Concept of Trayopasthambas.

### **UNIT- 4: INTRODUCTION TO BASIC CONCEPTS OF UNANI, SIDDHA AND HOMEOPATHY**

History of Unani & Siddha; Concept of Unānī & Siddha; Principles of Unani & Siddha; Introduction to Basic concepts of Homeopathy; History of Homeopathy; Concept of homeopathy; Principles of Homeopathy.

### **Text Books:**

1. Acharya Balkrishna: Yog Sidhant Rahasya, Divya Prakashan, Haridwar 2013
2. Dr R Nagaratha: Yoga and Health, SVYASA, Bangalore.

### **Reference Book:**

1. Taitriya Upanishad
2. Dr. Rakesh Jindal: Prakritik Ayurvijnana, Pune.
3. Dash, V.B.: Ayurvedic Treatment for Common Diseases Delhi Diary, 1974.
4. Richards Hughes: The Principal and Practice of Homeopathy, B Jain publication, 2008.
5. Introduction to AYUSH; [www.slideshare.net/digvijay03/introduction-of-ayush-71028486](http://www.slideshare.net/digvijay03/introduction-of-ayush-71028486)

Ram Krishore

Versh

Manish Keshav

Digvijay



# B.Sc.-Yoga- Fourth Semester

Subject Code: BYOG-405

## YOGA PRACTICUM-V

Min. Hrs - Practical: 80 Hrs.

### Objectives:

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

- Understand the principle and practice of each practice.
- Demonstrate each practice skillfully.
- Explain the procedure, precaution, benefits and limitations of each practice.

### Course Outcomes:

1. Knowledge and practice of Shatkarma.
2. Knowledge and practice of Yogasan in Standing postures.
3. Knowledge and practice of Yogasan in seating postures.
4. Therapeutic Knowledge of Shatkarma, Yogasan, Bandha, Pranayama.

### **Unit-1: Shatkarmas**

Vastra Dhauti, Sutra Neti, Kapalbhati, Nauli Chalana, Jyoti Trataka, Agnisara

### **Unit-2: Yogasanas-I**

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; Ardha Chakrasana, Paada Hastasana; Trikonasana, Parshva Konasana; Veerabhadrasana; Bhunamanasana, Hanumanasana;

### **Unit-3: Yogasanas-II**

Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana; Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Uttitha Padmasana; Janusirasana, Paschimottanasana, Supta Vajrasana; Mandukasana, Utthana Mandukasana; Vakrasana, Ardha Matsyendrasana , Marichayasana, Simhasana

### **Unit-4: Teacher's evaluation**

Teacher must ensure that all practices are being done efficiently and skillfully. Minimum duration of the practice should be at least 1 minute and maximum can be 5 minutes.

### **Text Books**

1. Swami Dharendra Bhramhachari :Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980.
2. Swami Dharendra Bhramhachari:Yogasana Vijnana,Dharendra Yoga Publications, New Delhi, 1966
3. Swami Kuvalyananda:Asana, Kaivalyadhama, Lonavla, 1983
4. Swami Satyananda Saraswati:Asana, Pranayama, Bandha, Mudra,Bihar School of Yoga, Munger, 2005-06

### **Reference Books**

1. Basavaraddi, I.V. & others: Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
2. Basavaraddi, I.V. & others:Yogic Sukshma Evam Sthula Vyayama, mDNIY, New Delhi, 2011.
3. Iyengar, B.K.S.:Light on Yoga,Harper Collins Publishers, 2009
4. Sen Gupta Ranjana:B.K.S. Iyengar Yoga, A Dorling Kindersley Limited, 2001
5. Saraswati, Swami Satyananda:Surya Namaskar, Yoga Publication Trust, Munger, 2004
6. Tiwari, O.P.:Asana Why and How? Kaivalyadhama, Lonavla, 2011

Ram Ishore

Vest

Munshi Rastogi

Digvijay



# B.Sc.-Yoga- Fourth Semester

Subject Code: BYOG-406

## YOGA PRACTICUM-VI

Min. Hrs - Practical: 80 Hrs

### Objectives:

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

- Understand the principle and practice of each practice.
- Demonstrate each practice skillfully.
- Explain the procedure, precaution, benefits and limitations of each practice.

### Course Outcome:

1. Knowledge and practice of Yogasan.
2. Knowledge and practice of Bandha and Mudra.
3. Knowledge and practice of advance Yogasan.
4. Therapeutic Knowledge of Yogasan, Bandha, Pranayama.

### **Unit-1: Yogasanas**

Pavanamuktasana, Utthana-padasana, Ardha Halasana, Setubandhasana, Halasana, Karna Peedasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana, Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Raja Kapotasana, Bakasana, Kukkutasana, Garbhasana, Matsyendrasana, Marjariasana, Padangusthasana, Hastapadangusthasana, Garudasana, Vatarjanasana, Natarajasana, Mayurasana, Sirshasana; Ekapada and Dwipada Kandasana.

### **Unit-2: Bandha and Mudras**

Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Shambhavi Mudra, Kaki Mudra, Tadagi Mudra, Vipareet Karni Mudra, Simha Mudra

### **Unit-3: Pranayama**

Nadi Shodhana pranayama, Bhramari Pranayama, Suryabhedana and Chandrabhedana Pranayama , Ujjayi Pranayama, Sheetali Pranayama, Shitkari Pranayama, Bhastrika Pranayama,

### **Unit- 4: Practice leading to meditation**

Pranava and Soham Japa, Antar mouna, Dharana, Practice of Dhyana, Breath Meditation, Om Meditation Vipassana Meditation , Preksha Meditation

### **Unit-5: Continuous evaluation by the Teachers**

### **Text Books**

1. Swami Kuvalyananda:Asana, Kaivalyadhama, Lonavla, 1983
2. Swami Satyananda Saraswati:Asana, Pranayama, Bandha, Mudra,Bihar School of Yoga, Munger, 2005-06

### **Reference Books :**

1. Iyengar, B.K.S.:Light on Yoga,Harper Collins Publishers, 2009
2. Sen Gupta Ranjana:B.K.S. Iyengar Yoga, A Dorling Kindersley Limited, 2001
3. Saraswati, Swami Satyananda:Surya Namaskar, Yoga Publication Trust, Munger, 2004
4. Tiwari, O.P.:Asana Why and How? Kaivalyadhama, Lonavla, 2011

Ram Krishnan

Veer

Munshi Rakesh

Digvijay

# B.Sc.-Yoga- Fourth Semester

Subject Code: BYOG-407

## BIOCHEMISTRY PRACTICUM

Min. Hrs – Practical: 40 Hrs.

### Objectives:

- To understand the biomolecules and their role in our body.
- To have an understanding about the protein, carbohydrate, lipid metabolism.
- To understanding basics of kinesiology and Biomechanics.

### Course Outcomes:

1. Students will learn management of biomedical waste.
2. Students will learn identification of carbohydrates and proteins.
3. Students will learn normal & abnormal constituents of urine and their tests.

### **Unit-1**

1. Biomedical Waste Management
2. Laboratory Organization – Glassware, Plastic-ware, Instruments etc.

### **Unit-2**

1. Identification of Carbohydrates (qualitative tests).
2. Identification of Proteins (qualitative Tests)

### **Unit-3**

1. Estimation of Glucose in urine by Benedict's method.
2. Normal & abnormal constituents of urine and their tests

### **Text Books**

1. Pankaja Naik: Bio-chemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2010
2. Jacob Anthikad: Bio-chemistry for Nurses, Jaypee Brothers Medical Publishers Ltd, Delhi, 2008
3. 3. K. Malhotra: Bio-chemistry for Students, Jaypee Brothers Medical Publishers Ltd, Delhi, 2012
4. 4. N. Haridas: Bio-chemistry made easy: A Problem (Solving ) based approach, Jaypee Brothers Medical Publishers Ltd, Delhi, 2012
5. 5. Arvind S Yadav: Comprehensive practical and Viva in Bio-chemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2004

### **Reference Books**

1. Robert K Murray & others: Harper's Illustrated Bio-chemistry, 26th Edition, 2003, McGraw Hill, US Shankara, Shivaraja.
2. M.K. Ganesh: Laboratory Manual of Practical Biochemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2008
3. S.K. Sawhney & Randhir Singh: Introductory Practical Biochemistry, 2nd edition, Alpha Science International Ltd. 2005
4. Chawala Ranjana: Clinical Biochemistry (Methods & Interpretations), 3rd edition, Jaypee Brothers medical Publishers Ltd. 2006.
5. Rajesh Karajgaonkar: Clinical Biochemistry, Jaypee, 2008

Ram Krishore

Vest

Manish Keshav

Digvijay

# **B.Sc.-Yoga- Fifth Semester**

**Subject Code: BYOG-501**

## **INTRODUCTION TO INDIAN PHILOSOPHY & VEDIC CULTURE**

**Min. Hrs - Theory: 40 Hrs.**

### **Objective:**

After studying this Course students are able to understand

- Various Indian philosophies.
- Shaddarshanas
- Various features of traditional Indian culture

### **Course Objectives:**

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

1. Understand meaning, definition and importance of Philosophy.
2. Have an understanding about the Shaddarshan.
3. Understand the Nastik Darshan.
4. Understand the Indian culture.

### **UNIT 1. INTRODUCTION TO INDIAN PHILOSOPHY**

Meaning and definition of Philosophy, Importance of philosophy in life, special features and importance of philosophy, various systems of philosophy- Vaidic & Avaidic drashan, three domains of philosophy- Jnana mimamsa (praman mimamsa- epistemology), Tatva mimamsa (metaphysics), Niti mimamsa (Achaar mimamsa-ethical theory).

### **UNIT 2. INTRODUCTION TO SHADDARSHAN**

General introduction, Metaphysical & ethical principals of Vaidik Philosophies (Nyaya, Vaisheshik, Samkhya, Yoga, Mimamsa and Vedant).

### **UNIT 3. INTRODUCTION TO JAIN, BUDHHA AND CHARVAK PHILOSOPHY**

General introduction, Metaphysical & ethical principals of non vaidik Philosophies (Jain, budhha, charvak).

### **UNIT 4. INTRODUCTION TO CULTURE**

Meaning and definition of culture, introduction to Indian scriptures i.e. Vedas, Upnishad, Ramayana, Mahabharata, Gita.

### **UNIT 5. FEATURES OF INDIAN CULTURE**

Purusharth chatustaya, Ashram Vyavastha, Varna vyavastha, Karma sidhhant, Shodash sanskaar, Panchmahayajna, Rinatraya, Sahastitva, Vishvabandhutva.

### **Text Books**

1. Ramshankar Tripathy; History ancient India, Motilal Banarsidass, Motilal Banarsidass Publication, Tenth edition, 1987.

### **Reference Books**

1. R.S. Sharma; India's ancient past, Oxford publication, 2006.

*Ramkishore*

*Versh*

*Munshi Keshav*

*Digvijay*

# B.Sc.-Yoga- Fifth Semester

Subject Code: BYOG-502

## YOGA AND HUMAN CONSCIOUSNESS

Min. Hrs - Theory: 40 Hrs.

### Objectives:

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

- Understand the necessity and significance of psychology.
- Have an understanding about utility of psychology in the society.
- Understand human behavior with regard to therapy.

### Course Outcomes:

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

1. Students will understand the science of behaviour.
2. Students will understand about the domains and dynamics of behaviour.
3. Students will understand the diemssion of personality and it's development.
4. Students will understand the management of mental disorder through Yoga.

### **Unit- I: Psychology: A science of behaviour**

**Psychology:** Definition of Psychology; Psychology as a Science of Behaviour; Definition of Behaviour and its Cognitive, Cognative and Affective Aspects; Scope and Utility of Psychology; Concept of Human Psyche; Human Psyche and Consciousness; Sigmund Freud's Model of Human Psyche; Methods of Psychology: Introspection, Observation, Experimental Method, Interview, Psychological Testing; Physiological Basis of Behaviour: Central Nervous System and Autonomic Nervous System

### **Unit- 2: Domains and dynamics of behaviour – I**

Attention: Nature, Determinants of Attention, Division and Span of Attention; Sensation: Nature and Attributes of Sensation; Perception: Nature; Gestalt theory of Perception; Illusion; Learning: Nature; Theories: Learning by Trial and Error, Learning by Insight, Classical and Instrumental Conditioning; Motivation: Nature; Types of Motives: Biological Motives, Social and Psychological Motives; Maslow's Theory of Motivation

### **Unit- 3: Domains and dynamics of behaviour – II**

Intelligence: Nature; Measurement of Intelligence: Concepts of Mental Age and Intelligence Quotient, Verbal and Non-verbal Intelligence Tests; Emotion: Nature; Physiological Basis of Emotion; Theories: James-Lange Theory, Cannon-Bard Theory; Emotional Intelligence (EI): Nature, Goleman's Model of EI; Spiritual Intelligence: Nature; Memory: Meaning; Systems of Memory: Sensory Register, Short-Term Memory and Long-Term Memory; Thinking: Meaning and Definition; Distorted Thinking (Delusion), Thinking and Reasoning.

### **Unit- 4: Personality and its development**

Personality: Nature and Types of Personality; Determinants of Personality: Heredity and Environment; Facets and Stages of Personality Development; Personality Theories of Sigmund Freud, Alfred Adler and C.G. Jung, Carl Rogers; Assessment of Personality: Personality Inventories, Projective Techniques, Case History Method; Yoga and Personality: Yogic View of Personality; Personality Development with special emphasis on Panchakosha and Ashtanga Yoga

### **Unit-5: Yoga for mental health**

Psychotherapy: Nature and Process of Psychotherapy, Ethics in Psychotherapy; Approaches to Psychotherapy -I: psychodynamic Therapy, Behaviour Therapy: Aversive Conditioning, Systematic Desensitization, Token Economy, Conditioned Reflex Therapy; Approaches to Psychotherapy - II: Client-centred Therapy, Rational Emotive Behavioural Therapy (REBT) by Elbert Ellis, Gestalt Therapy; Yogic Concepts and Techniques in Patanjala Yoga Sutra and 72 Bhagwadgita for Promoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for Promotion of Mental Health: Breath Awareness, Shavasana, Yoganidra, Pranayama and Meditation; Yogic Life-style

Ram Krishore

Vest

Manish Kumar

Devi Singh

**Text Books**

1. Bhatia, Hans Raj: General Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd, 2005
2. Ciccarelli, S. K., Meyer, G. E. & Misra, G.: Psychology: South Asian Edition. New Delhi: Pearson Education, 2010
3. Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L.: Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.

**Reference Books**

1. Basavaraddi, I.V.: Yoga Teacher's Manual for School Teachers. New Delhi: Morarji Desai National Institute of Yoga, 2010
2. Morgan, C. T., King, R.A., Weisz J. R. & Schopler J.: Introduction to Psychology. New Delhi: Tata McGraw Hill Publishing Co. Ltd, 2006
3. Passer, M.W. & Smith, R.E.: Psychology: The Science of Mind and Behaviour. New Delhi: Tata McGraw-Hill, 2010
4. Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007
5. Srivastava, D.N.: General Psychology. Agra: Vinod Pustak Mandir, 2007

Ram Krishore

Versa

Munshi Kartik

Digvijay

# B.Sc.-Yoga- Fifth Semester

Subject Code: BYOG-503

## YOGIC MANAGEMENT OF LIFESTYLE RELATED DISORDERS

Min. Hrs - Theory: 40 Hrs.

### Objectives:

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

- Understand the principle of yoga therapy for each disease.
- Write standard yoga therapy protocol for each disease.
- Understand the causes of disease and the role of yoga for its healing.

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

1. Students will understand the Yogic management of life style related disorder.
2. Students will understand the Yogic management of common ailments.
3. Students will understand the Yogic management of Cardio-vascular disorder.
4. Students will understand the Yogic management of Metabolic disorder.

### **Unit -1: Introduction to common ailments and Respiratory disorders**

Introduction to stress and stress related disorders; Introduction to Yoga therapy– AdhijaVyadhi concept, IAYT; Respiratory Disorders: Introduction to Respiratory disorders, Brief classification – Obstructive / Restrictive, infectious, Bronchial Asthma: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; Allergic Rhinitis & Sinusitis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; COPD: Chronic Bronchitis, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; Emphysema: Definition, Classification, Clinical Features, Medical and Yogic Management; Infectious Disorders; Tuberculosis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management

### **Unit -2: Cardiovascular disorder**

Introduction to Cardiovascular disorders, Hypertension: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Atherosclerosis / Coronary artery disease: Definition, Etiopathogenesis, Classification, Clinical Features , Medical and Yogic management; Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehabilitation: Definition, Etiopathogenesis, Classification, Clinical Features , Medical and Yogic management, Congestive Cardiac failure, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Cardiac asthma: Definition, Etiopathogenesis, classification, Clinical Features, Medical and Yogic management

### **Unit- 3: Endocrinal and Metabolic Disorder**

Diabetes Mellitus (I&II): Definition, Etiopathogenesis, Classification, Clinical Features , Medical and Yogic management; Hypo and Hyper- thyroidism: Definition, Etiopathogenesis, Classification, Clinical Features , Medical and Yogic management; Obesity: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Metabolic Syndrome: Definition, Etiopathogenesis, Classification, Clinical Features; Medical and Yogic management

### **Unit -4: Obstetrics and Gynecological Disorders**

Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia: Definitions, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Premenstrual Syndrome: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Menopause and peri-menopausal syndrome: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Yoga for Pregnancy and Childbirth: Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM, Ante-natal care, Post-natal care; PCOS: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management

Ram Krishore

Versh

Manish Kumar

Digvijay

### **Unit-5: Cancer and gastrointestinal disorders**

Cancer: causes, types, clinical features, Side effects of Chemotherapy, radiotherapy; Medical and Yogic management; Gastro Intestinal Disorders: APD: Introduction to APD: Gastritis – Acute & Chronic, Dyspepsia, Peptic Ulcers, Clinical Features, Medical and Yogic management; Constipation and Diarrhoea: Definition, Etiopathogenesis, Clinical Features, Medical and Yogic management; Irritable Bowel Syndrome: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Inflammatory Bowel Disease, Ulcerative colitis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management.

### **Unit-6: Musculo-Skeletal Disorders**

Back Pain; Classification of back pain: organic and functional: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical and Yogic management; Neck pain: Classification, Cervical Spondylosis, radiculopathy, Functional neck pain; Medical and Yogic management, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic management

### **Unit-7: Neurological Disorders**

Headaches: Migraine: Causes, Classification, clinical features, Medical and Yogic management, Tension headache: Causes and its symptoms and Medical and Yogic management; Cerebro vascular accidents: Causes, clinical features, Medical and Yogic management, Epilepsy; pain; Autonomic dysfunctions: Causes, clinical features, Medical and Yogic management; Parkinson's disease: Causes, clinical features, Medical and Yogic management

### **Unit- 8: Psychiatric disorders**

Introduction to psychiatric disorders, classification – Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalised anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: Medical and Yogic management; Depression: Dysthymia, Major depression, Medical and Yogic management; Psychosis: Schizophrenia, Bipolar affective disorder, Medical and Yogic management

### **Text Books**

1. Ramesh Bijlan : Back to Health Through Yoga, Rupa Publications India Pvt. Ltd, 2011
2. MDNIY publications : 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009
3. Reddy M Venkata & others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P., 2005
4. Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga, Anubhava Rai Publications, 1998

### **Reference Books**

1. Swami Satyananda Saraswati: Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005
2. Heriza, N., Ornish, D. Merz, C.N.B. : Dr. Yoga: A Complete Guide to the Medical Benefits of and Yoga (Yoga for Health) by (Paperback - Sep 9, 2004) Sparrowe, L., Walden, P. and 75 Lasater, J.H: The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness (Paperback - Dec 3, 2002) - Dec 23, 2003)
3. Clennell, B and Iyengar, G.S. : The Woman's Yoga Book: Asana and Pranayama for All Phases of the Menstrual Cycle, Menstrual Disorders (The Experience of Illness) (Paperback - Dec 3, 1992)
4. Nagarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy, Breathing Practices, Swami Vivekananda Yoga Prakasana, Bangalore, 2000
5. Robin Monoro, Nagarathna R and Nagendra, H.R.: Yoga for Common Ailments, Guia Publication, U.K., 1990.

Ram Krishnan

Veer

Manish Kumar

Digvijay



## B.Sc.-Yoga- Fifth Semester

Subject Code: BYOG-504

### HUMAN SYSTEM ACCORDING TO YOGA

Min. Hrs - Theory: 40 Hrs.

#### Objectives:

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

- Know about ytraditional concept of evolution
- Understand the traditional concept of body and its origin and development.
- Understand the subtle nature of body energies.

#### Course Objectives:

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

1. Students will understand the evolution of body according to Samkhya-Yoga.
2. Students will understand the Panch Kosa theory.
3. Students will understand the Chakra and Mandalas theory.
4. Students will understand the Vayu, Nadies and Swara Yoga.

#### **Unit-1: EVOLUTION OF BODY**

Pancamahābhūtas, Pancatattvas and Pancatanmātrās, Evolution of human body in the context of Sāṅkhya Yoga, Evolution of Jñānendriyas, Karmendriyas, Mahat, manas, Buddhi, Citta and Ahaākāra, Saptadhātus that make a human body.

#### **Unit-2: PANCHA KOSA THEORY**

Critical analysis of the story of Bhāgu and Varuna; The existence of five kohas in the human body; The product of five kohas; Disturbance of each koha.

#### **Unit-3: CHAKRAS AND MANDALAS**

Introduction to Tantra, brief of Tantra Yog, Introduction to Cakras; Evolution through the Cakras; Description of Mūlādhāra, Svādhisṭhāna, Manipura, Anāhata, Vihuddhi, Bindubisarga and Sahasrāra Cakras; Concept of Mandalas, types and their work.

#### **Unit-4: VAYUS, NADIS AND SVARA YOGA**

Concept of Vāyus, type, their names and function; Concept of Nānēs, their characteristics and name of 10 major Nānēs and their functions; Difference between Inā, Pīgalā and Sushumnā; Effects of SvaraYoga as explained in the Haōha Yogic texts, Relevance of Svara-vijnāna in daytoday life and the importance of Svarodaya in health and disease.

#### **Text Books**

1. Yogrishi Swami Ramdev Ji: Pranayam Rahasya: Divya Prakashan, Haridwar, 2009
2. Tantra Nadi Kriya Vijnana: CCRYN Publication, New Delhi
3. Nityananda Paramhansa: Tantra Darshan
4. Dr H R Nagendra & Dr R Nagarathna : Yoga Health (Swami Vivekananda Yoga Prakashana, 2000)
5. Taitriyaupnishad

#### **Reference Books**

1. Nagendra HR.: Integrated Approach of Yoga Therapy for positive health, Swami Vivekananda Yoga Prakashana, Bangalore.
2. Swami Niranjanananda : Prana, Pranayama & Pranavidya, Saraswati Yoga Publication Trust, Munger.
3. Swami Harshananda: The Six Systems of Hindu Philosophy, Ramakrishna Math, Bangalore, 2000
4. Shivswarodaya, Kaivalyadhama, Lonavla, Pune.

Ram Krishore

Vest

Munshi Rastogi

Digvijay

# B.Sc.-Yoga- Fifth Semester

Subject Code: BYOG-505

## RESEARCH METHODOLOGY & STATISTICS

Min. Hrs - Theory: 80 Hrs.

### **Objectives:**

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

- Understand the concept of research and its methodology for carrying minor and major research.
- Feed and analyze the data.
- Organize the data and represent the data.

### **Course Outcomes:**

1. Research methodology provides a detailed plan that helps to keep students on track.
2. It helps students making the Research process smooth, effective and manageable.
3. The research methodology design process will help students to select the correct method for objective and outcome.
4. It will give students the tool for building knowledge and facilitating learning.

## RESEARCH METHODOLOGY

### Unit-1

#### 1. Introduction to Research methodology:

Meaning of research, objectives of research, Motivation in research, Types of research & research approaches, Research methods vs methodology, Criteria for good research.

#### 2. Research problem:

Statement of research problem, Statement of purpose and objectives of research problem, Necessity of defining the problem

#### 3. Research design:

Meaning of research design, Need for research design, Features for good design, Different research designs, Basic principles of research design.

### Unit-2

#### 1. Measurement & scaling techniques: Measurement in research-

Measurement scales, sources of error in measurement, Technique of developing measurement tools, Meaning of scaling, its classification, important scaling techniques.

#### 2. Methods of data collection: collection of primary data, collection data through questionnaires & schedules, Difference between questionnaires & schedules.

#### 3. Computer technology: Introduction to Computers, computer application in research computers & researcher.

## STATISTICS

### Unit-3

#### 1. Introduction: Meaning, definition, characteristics of statistics. Importance of the study of statistics, Branches of statistics, Statistics and health science, Parameters and Estimates, Variables and their types, Measurement scales.

#### 2. Tabulation of Data: Basic principles of graphical representation, Types of diagrams – histograms, frequency polygons, smooth frequency polygon, cumulative frequency curve, Normal probability curve.

Ram Krishore

Versa

Manish Kumar

Digvijay

#### Unit-4

1. **Measures of Central Tendency:** Need for measures of central Tendency, Definition and calculation of **Mean** – ungrouped and grouped, interpretation and calculation of Median-ungrouped and grouped, Meaning and calculation of Mode, Geometric mean & Harmonic mean, Guidelines for the use of various measures of central tendency.
2. **Measures of Dispersion :** Range, mean deviation, standard deviation & variance.
3. **Probability and Standard Distributions:** Meaning of probability of standard distribution, the binominal distribution, the normal distribution, Divergence from normality – skewness, kurtosis.
4. **Correlation & regression :** Significance, correlation coefficient, linear regression & regression equation.

#### Unit-5

1. **Testing of Hypotheses , Level of significance, Degrees of freedom.**
2. **Chi-square test, test of Goodness of fit & student t-test.**
3. **Analysis of variance & covariance:** Analysis of variance (ANOVA), what is ANOVA? Basic principle of ANOVA, ANOVA technique, Analysis of Co variance (ANACOVA)
4. **Sampling:** Definition, Types- simple, random, stratified, cluster and double sampling. Need for sampling - Criteria for good samples, Application of sampling in community, Procedures of sampling and sampling designs errors.

#### Text book:

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

#### Reference book:

1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New delhi. 2. Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

Ram Lal Shrivastava

Versha

Manish K. Sharma

Devi Singh

## B.Sc.-Yoga- Fifth Semester

Subject Code: BYOG-506

### FIELD WORK

Min. Hrs - Practical: 80 Hrs.

#### **Objectives:**

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

- Yoga teaching.
- Take Yoga Class.
- Systematic arrangement of Yoga teaching
- Yoga Therapy.

#### **Course Outcomes:**

1. Students will learn to make the correct ways/processes of doing Asana and Pranayam.
2. Students will gain experience to conduct individual teaching as well as mass training.
3. Students will excel to make a Yoga Module for health prevention, promotion and Yoga therapy.
4. Students will gain confidence for class room teaching including arrangement, problems and their solutions.
5. Students will gain knowledge how to prepare lesson plan.

- The students will go to various places (schools/colleges/parks/villages and different societies etc.) to train the people for proper yoga practice.
- The students shall maintain logbook regarding it.
- At the end of the semester their logbooks will be evaluated by the faculty concerned.

Ram Krishore

Versa

Munshi Rastogi

Digvijay

## **B.Sc.-Yoga- Fifth Semester**

**Subject Code: BYOG-507**

### **YOGA PRACTICUM-VII CASE STUDY**

**Min. Hrs - Practical: 80 Hrs**

#### **Objective**

Objective of this course is to make the students to record the data everyday in a clinical set up and analyze the same for the presentation of the cases.

#### **Course Outcomes:**

1. Case studies increase student participation and enjoyment of learning.
2. It encourages higher order of critical thinking in students.
3. Students develop and excel in identifying and distinguishing between critical and extraneous factors.

#### **Unit-1:**

Case taking-I Students shall be permitted to take four cases and supervise the practice for fifteen days and common parameters will be recorded everyday.

#### **Unit-2:**

Case taking-II Students shall be permitted to take remaining four cases and parameters will be recorded.

**Unit-3:** Preparation of the cases Candidate shall write a report of a most improved and least improved case.

**Unit-4:** Presentation Following the presentation, candidate will present the case to the examiners and the same will be examined.

#### **Text Book**

1. Dr H R Nagendra & Dr R Nagarathna : Yoga Health (Swami Vivekananda Yoga Prakashana, 2000)

#### **Reference Book**

1. Swami Harshananda: The Six Systems of Hindu Philosophy, Ramakrishna Math, Bangalore, 2000

*Ram Krishn*

*Vers*

*Minister*

*Devi*

# B.Sc.-Yoga- Sixth Semester

Subject Code: BYOG-601

## YOGA AND HUMAN VALUES

Min. Hrs - Theory: 40 Hrs.

### Objectives:

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

- Understand the concept of harmony in human being, family and society.
- Understand the concept of human values.
- Have an understanding about our social responsibility.

### Course Outcomes:

1. First and foremost, students improve the relations with self.
2. Students will improve the relation with family and society and the sense of 'Vasudaiva Kutumbakam' becomes strong.
3. Students will learn about the ethics and social conduct.

### **Unit-1: Harmony in Human Being and in Myself**

Concept of Human Being as 'I' & Body; Characteristics & activities of 'I' & Harmony in 'I'; Understanding the Harmony of 'I' with the Body: Sanyam and Swasthya, correct appraisal of body needs and meaning of prosperity in detail; Role of Yoga in developing Harmony within the self; Understanding the body as an instrument of 'I'

### **Unit -2: Harmony in Family and Society - Harmony in Human – Human relationship**

Values in Family, Harmony in family; the basic unit of human interaction; Values in Human; Human relationship, Yogic concept of Human relationship – Maitri, Karuna, Mudita and Upeksha; Harmony in the Society – Concept of Vasudaiva Kutumbakam; Concept of Universal Harmonious order in society; undivided society (Akhand Samaj), Universal order (Sarvabhaum Vyawastha); Concept of Samman (Respect), difference between respect and differentiation, the other silent values in relationships

### **Unit -3: Concept of Human values: Moral Education**

Definition and types of moral education, meaning and scope of morality; Role of Yoga in development of ethics and ethical decision making; Values, Yoga, Reality & their interrelationship; Relevance of ethics and values in Yoga, Qualities of teacher and students; Ethics in Professional Practices, methods of teaching human values, Student – teacher relationship

### **Unit -4: Social Responsibility and Yoga**

Moral Principles of SR; overview of SR; SR & health maintenance of employees through Yoga; Challenges of Environment; Principles of Environmental Ethics; Concepts of Civil Society and 80 its types; Relationship between Democracy, Civil Society and Social Capital; Efficient use of Yoga in them

### **Text Books**

1. Singh M S : Value Education, Adhyayan Publishers & Distributors, New Delhi, 2007
2. Chand Jagdish : Value Education, Anshah Publishing House, Delhi, 2007
3. Gawande E N : Value Oriented Education: Vision for better living, Sarup & Sons Publishers, New Delhi, 2008
4. Panda Sanjay Kumar: Corporate Social Responsibility in India: Past, Present & Future, The ICFAI University press, Hyderabad, 2008

### **Reference Books**

1. Kesari Vedanta : Values: The Key to a meaningful life; Sri Ramakrishna Math, Chennai, 2005
2. Prasad Rajendra : Varnadharm, Niskhana Karma & Practical Morality: A Critical essay on applied ethics, DK Print world Pvt. Ltd, Delhi, 1999
3. Radhakrishnan S: Indian Philosophy, Vol. 2, Oxford University, Delhi, 2008

Ram Krishn

Vedant

Manish Kumar

Devi Singh

# B.Sc.-Yoga- Sixth Semester

Subject Code: BYOG-602

## APPLIED YOGA

Min. Hrs - Theory: 40 Hrs.

### Objectives:

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

- Understand the applied value of Yoga in different domain.
- Have an idea about the role of Yoga for school, sports, technostress and geriatric care.

### Course Outcomes:

1. This course teaches students to inculcate the values of life through Yoga including school going children.
2. Students will gain elaborates knowledge on the relationship between Yoga, Physical Education and Sports.
3. Students learn the Application of Yoga for Management of Technostress.
4. Student can understand the importance of Yoga in delaying ageing and premature ageing.

### Unit -1: YOGIC HEALTH FOR SCHOOL

General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Brief introduction to developmental process of children; Psycho-Physiological changes and development of cognitive functions in School going children; Role of Yoga in establishment of values in School going children; Personality Development: New Dimensions of Personality through Yoga

### Unit -2: YOGA IN PHYSICAL EDUCATION, SPORTS SCIENCES

General introduction to Physical Education and Sports; Difference between Physical Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other faculties / skills in a sports Personnel; Nature of different sports injuries, its prevention and management through Yoga; Yoga modules for different sports – track events, field events, single participation, group participation; Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities; Research reviews on Yoga and Sports.

### Unit -3: YOGA FOR TECHNOSTRESS

Introduction to Technostress, its cause, symptoms and complications; Health Hazards in computer professionals; Role of Yoga in the promotion of skills; Application of Yoga for management of Technostress; Research reviews on effect of Yoga on Technostress.

### Unit -4: YOGA FOR GERIATRIC CARE

General introduction to Geriatric Care; Ageing: Causes and features, Premature ageing; Common Geriatric problems; Application of Yoga in common Geriatric problems and their prevention & management; Research reviews on Yoga & Geriatric care.

### Text Books

1. Yogrishi Swami Ramdev Ji: Yoga in synergy with medical science, Divya Prakashan, Haridwar, 2007.
2. Jayadev H J : Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
3. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
4. Basavaraddi I V : Yoga for Technostress, MDNIY, New Delhi, 2010
5. Basavaraddi I V : Yogic Management of Geriatric Disorders, MDNIY, New Delhi, 2009

### Reference Books

1. Basavaraddi I V : Yoga: Teachers manual for school children, MDNIY New Delhi , 2010.
2. Basavaraddi I V : Yoga in School Health, MDNIY New Delhi, 2009 Iyenger B K S : Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
3. Dr. H Kumar Kaul : Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2006
4. Iyenger B K S : The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001
5. Liz Lark : Yoga for Kids, Carlton Books Ltd., London, 2003.

Ram Krishore

Vest

Munshi Rastogi

Digvijay



# B.Sc.-Yoga- Sixth Semester

Subject Code: BYOG-603 (Elective)

## YOGIC DIET AND NUTRITION

Min. Hrs - Theory: 40 Hrs.

### Objectives:

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

- Understand about Yogic Diet and Nutrition
- Know about ingredients mentioned in hath yogic texts
- Know about biomolecules
- Know about nutrition and nutritional values

### Course Outcomes:

Students will gain an understanding of:

1. Knowledge of Diet and Mitahara.
2. Knowledge & theory of Viruddhahar
3. Relation between Aahar and Yoga Sadhana.
4. Introduction and concept of Carbohydrates, Lipids, Vitamins and Minerals

### **Unit – 1: YOGIC CONCEPT OF DIET & NUTRITION**

General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living

### **Unit –2: DIETETICS IN YOGA**

Classification according to triguna- vegetarian vs non-vegetarian, panchabhuta; relationships, rasa virya, Guna, Vipaka of shali, Yava, Godhuma, Mugda, Masha, Chanaka, patola; Surana, Mana, Kakkola, Shukashuka, Karkat, rambha, Balaramba, Mulak, Vartaki, Ridhi; Kalashaka, Vatraka, Himocika; Navanita, Ghrta, Kshira, Sita, Aikshwam, Gudum, Pakvaramba; Varikellalm, Draksham, Lawali, Dhatri, Ela, Jati, Lavanga, Panasa; Jambu, Haritaki, Khajura, Madhu, Shunthi.

### **Unit-3: BIOMOLECULES**

Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body

### **Unit-4: NUTRITION-BASICS**

Nutrients, proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals-calcium, iron , phosphorus etc. Vitamins – sources, roles, requirements

### **Text Books**

1. Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
2. Stanley Davidson & others : Human Nutrition & Dietetics , The English Language Book Society & Churchill Livings, Revised Edition
3. Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001
4. Randolph Stone : A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition

### **Reference Books**

1. Swami Digamber Ji & Others: Gheranda Samhita, Lonavala Institute, 1978
2. Gharote M L & others : Hatha Pradipika, The Lonavala Yoga Institute, Lonavala, 2006
3. Swami Mangalteertham : Synthetic approach to Diet & Nutrition, Deogarh Nutan Publication, Deogarh, 2005.

Ram Krishore

Vest

Munshi Rastogi

Digambar

# Bachelor of Physiotherapy-Sixth Semester

## COMMUNITY MEDICINE

Subject Code: BPT-603 (Elective)

Min. Hrs. : 40 Hrs.

**COURSE OBJECTIVES:** The subject serves to integrate the knowledge gained by the students in community medicine and other areas with skills to apply these in clinical situations of health and disease and its prevention. The objective of the course is that after the specified hours of lectures and demonstrations the student will be able to identify rehabilitation methods to prevent disabilities and dysfunctions due to various disease conditions and plan and set treatment goals and apply the skills gained in rehabilitating and restoring functions

**COURSE OUTCOMES:** The student will be able to

1. Describe the organizational set up of the healthcare delivery system of India.
2. To apply these in clinical situations of health and disease and its prevention.
3. To identify rehabilitation methods to prevent disabilities and dysfunctions due to various disease conditions.
4. To plan and set treatment goals and apply the skills gained in rehabilitating and restoring functions.
5. To do evaluation of disability and planning for prevention and rehabilitation.
6. To plan Community Based Rehabilitation in urban and rural setup.
7. To describe the normal and abnormal physiological events during the puberty, labor, puerperium, post-natal stage and menopause and their PT management.
8. To discuss the various complications during pregnancy, labour, puerperium and post-natal stage, pre and post-menopausal stage and various aspects of urogenital dysfunction and their PT management in brief.
9. To perform clinical examination of pelvic floor.
10. To perform clinical examination of pregnant woman.
11. To describe Physiology of aging process and its influence on physical fitness.
12. To perform Role of physiotherapist in geriatric rehabilitation.

## THEORY

### TOPICS TO BE COVERED:

1. Health and Disease: Definitions, Concepts, Dimensions and Indicators of Health, Concept of well-being, Spectrum and Determinants of Health, Concept and natural history of Disease, Concepts of disease control and prevention, Modes of Intervention, Population Medicine, The role of socio-economic and cultural environment in health and disease.
2. Epidemiology, definition and scope. Principles of Epidemiology and Epidemiological methods: Components and Aims, Basic measurements, Methods, Uses of epidemiology, Infectious disease epidemiology, Dynamics and modes of disease transmission, Host defenses and Immunizing agents, Hazards of Immunization, Disease prevention and control, Disinfection. Screening for Disease: Concept of screening, Aims and Objectives, Uses and types of screening.
3. Epidemiology of communicable disease: Respiratory infections, Intestinal infections, Arthropodborne infections, Zoonoses, Surface infections, Hospital acquired infections Epidemiology of chronic non-communicable diseases and conditions: Cardio vascular diseases:

Ram Lal Sharma

Vest

Manish Kumar

Digvijay

Coronary heart disease, Hypertension, Stroke, Rheumatic heart disease, Cancer, Diabetes, Obesity, Blindness Accidents and Injuries.

4. Public health administration- an overview of the health administration set up at Central and state levels. The national health program-highlighting the role of social, economic and cultural factors in the implementation of the national programs. Health problems of vulnerable groups- pregnant and lactating women, infants and pre-school children, occupational groups.
5. Health programs in India: Vector borne disease control program, National leprosy eradication program, National tuberculosis program, National AIDS control program, National program for control of blindness, Iodine deficiency disorders (IDD) program, Universal Immunisation program, Reproductive and child health program, National cancer control program, National mental health program. National diabetes control program, National family welfare program, National sanitation and water supply program, Minimum needs program.
6. Demography and Family Planning: Demographic cycle, Fertility, Family planning-objectives of national family planning program and family planning methods, A general idea of advantage and disadvantages of the methods.
7. Preventive Medicine in Obstetrics, Paediatrics and Geriatrics: MCH problems, Antenatal, Intranatal and post natal care, Care of children, Child health problems, Rights of child and National policy for children, MCH services and indicators of MCH care, Social welfare program for women and children, Preventive medicine and geriatrics.
8. Nutrition and Health: Classification of foods, Nutritional profiles of principal foods, Nutritional problems in public health, Community nutrition program.
9. Environment and Health: Components of environment, Water and air pollution and public health: Pollution control, Disposal of waste, Medical entomology.
10. Hospital waste management: Sources of hospital waste, Health hazards, Waste management.
11. Disaster Management: Natural and man made disasters, Disaster impact and response, Relief phase, Epidemiologic surveillance and disease control, Nutrition, Rehabilitation, Disaster preparedness.
12. Occupational Health: Occupational environment, Occupational hazards, Occupational diseases, Prevention of occupational diseases. Social security and other measures for the protection from occupational hazard accidents and diseases. Details of compensation acts.
13. Mental Health: Characteristics of a mentally healthy person, Types of mental illness, Causes of mental ill health, Prevention, Mental health services, Alcohol and drug dependence. Emphasis on community aspects of mental health.
14. Health Education: Concepts, aims and objectives, Approaches to health education, Models of health education, Contents of health education, Principles of health education, Practice of health education.

**Text Books:**

1. Park's Text Book of preventive and Social Medicine – K Park, 24TH ED, BDB Publishers, 2017.
2. Prabhakar, Short text book of preventive and social medicine, , Jaypee, 2nd Ed 2012.

**Reference Book:**

1. Retan, Handbook of preventive and social medicine, 9th ed, 2007.

*Ram Krishore*

*Versh*

*Manish K. Rastogi*

*Digvijay*

# B.Sc.-Yoga- Sixth Semester

Subject Code: BYOG-604

## YOGA AND MENTAL HEALTH

Min. Hrs - Theory: 40 Hrs.

### Objectives:

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

- Understand basics of Mental Health
- Understand fundamental Psychiatric Disorders
- Understand about Personality
- Understand application of Yoga for Mental health

### Course Outcomes:

1. Students will excel in the role of mental health in the overall health of an individual and the correlation between the body and the mind.
2. Students will understand how negative thoughts and bad mental health cause Skin Disease, Heart and Kidney problems.
3. Students will learn the Yogic Management of Psychosomatic Diseases.
4. Students will gain a healthy perspective to behave at home and in the society.

### **Unit-1: MENTAL HEALTH**

Mental Health: Meaning and Importance; Yogic Perspective of Mental Health; Yoga nidra, Kuntha, samayojan, stress, emotions, feelings, adjustments

### **Unit-2: BASIC UNDERSTANDING ABOUT PSYCHIATRIC DISORDERS**

Sign and symptoms of Delirium, Dementia, and Amnesic Disorders; Substance-Related Disorders; Schizophrenia and Other Psychotic Disorders; Mood Disorders; Eating Disorders; Personality Disorders

### **Unit-3: BASIC UNDERSTANDING ABOUT PERSONALITY DISORDERS**

Sign and symptoms of Personality Disorders: Borderline, Antisocial, Histrionic, Paranoid, Narcissistic, Obsessive-Compulsive, and Dependent and Eating Disorders.

### **Unit- 4 : YOGA FOR MENTAL HEALTH**

Yogic Concepts and Techniques in Patanjala Yoga Sutra and Bhagwadgita for Promoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for Promotion of Mental Health: Memory, Intelligence, Breath; Awareness, Shavasana, Yoganidra, Pranayama and Meditation; Yogic Life-style

### **Text Books**

1. Singh, A. K. : Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007.
2. Tilak, B. G. : Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.
3. Udupa, K.N. : Stress and Its Management by Yoga. Delhi: Motilal Banarasidas, 2007.
4. Vivekananda, Swami : Raja Yoga. Nagpur: Ramakrishna Math.

### **Books Recommended :**

1. Pro. P.D. Mishra, Asamanya Vyavhar, New Royal Book Company. 2022.
2. Pro. P.D. Mishra, Vyakti aur Samaj, New Royal Book Company. 2007.

Ram Krishna

Versa

Munshi Rastogi

Digvijay

# B.Sc.-Yoga- Sixth Semester

Subject Code: BYOG-605

## ALLIED YOGIC SCIENCES

Min. Hrs - Theory: 40 Hrs.

### Objectives:

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

- Understand basics of Allied Yogic Sciences
- Understand Applications of allied yogic sciences and diseases

### Course Outcomes:

Students will gain an understanding of:

1. Knowledge of Alternative therapy.
2. Knowledge of basic concept of Magnetic therapy.
3. Knowledge of basic concept of Acupressure.
4. Knowledge of basic concept of Cow urine therapy.
5. Knowledge of basic concept of Reiki.

### **Unit-I: Magnetic Therapy**

1. History of Magnet Discovery
2. The effect of Magnet on Living things
3. The effect of Magnet on Human Metabolism
4. Magnet and Its attracting Power
5. The effect of Magnet on Living and non-Living Things
6. The Knowledge of Magnet Poles
7. The effect of Magnet on human blood circulation
8. Magnet and Its structure and treatment power
9. The shape and size of Magnet
10. How Magnet works on diseases
11. Different methods of application of Magnet
12. Magnetic water, property of Magnetic water and application methods
13. Role of Magnet on disease eradication
14. What should be the position of Magnet if a person is in lying or sitting position
15. Experiences of Indian specialists about Magnet
16. What is Electro Magnetic Therapy?
17. Limitations of electromagnetic therapy
18. Methods of application of electromagnetic therapy
19. Electromagnet therapy and its precautions
20. How to use Magnet for gaining health in various diseases like –  
Headache, cervical spondylosis, neck pain, shoulder pain, Frozen shoulder, neuralgia, elbow joint pain, bed wetting, diabetes, heart disease, back pain, knee pain, joint pain, lumbar spondylosis, gout, Rheumatic Arthritis, disc slip, disc prolapse, Migraine, Colitis, Sciatica, Vertigo, Leucorrhoea, Menorrhagia, Insomnia, Hair fall, Constipation etc.

### **Unit-II: Acupressure (Reflexology)**

1. History, development, theory and classification of Acupressure.
2. Nervous system, Spine (Sushumna) and uses of Acupressure
3. Different kinds of Acupressure
4. Determination of time factor in Acupressure application
5. Names of different apparatus using in Acupressure therapy
6. Methods of using Acupressure apparatus
7. Instructions for Acupressure therapy
8. Introduction to Acupressure therapy as a pain removal property
9. Benefits of Acupressure therapy
10. Precautions in applying Acupressure therapy
11. importance of Reflexology in Acupressure

Ram Krishore

Vest

Manish Keshari

Digvijay

12. Mother Child law
13. Different kinds of treatment through Acupressure
14. Limitations of Acupressure therapy
15. How to control various diseases like –

Ankles(Swollen), Ankylosing spondylitis, Arthritis, Asthma, Baldness, Bed Wetting, Breast Lump, Bronchitis, Cataract, Colitis, Constipation, Cramps in calf muscles, Cough, Urethritis, Depression, Diabetes, Eczema, Fainting, Fatigue, Flatulence, Headache, Haemorrhoids, Hepatitis, Hernia, Hypertension, Hypoglycemia, Indigestion, Insomnia, Infection, Impotence, Jaundice, Knee pains, Leucorrhoea, Menstrual cramps, Migraine, Paralysis, Parkinson's disease, Sciatica, Sinusitis, Tooth ache, Urine retention, Vertigo etc through acupressure.

### Unit-III: Reiki

#### i. Reiki- I

1. The meaning of Reiki and history
2. Five important rules of Reiki and five steps
3. What is Aura and why we need to clean the Aura before using Reiki
4. The theory of Reiki
5. Why we do Prayer, Shubh sankalpa, Maintain positive attitude before Reiki?
6. In Reiki pratham there is attunement of Sahasrar Chakra, Ajna Chakra, Vishuddhi Chakra and Anahat Chakra
7. What should be the position of palms when we take Reiki ourselves or give to others?
8. Fundamental knowledge of Seven Chakras and their shape, colours, awakening
9. Other methods of Reiki and it's precautions
10. Chakra pranayama, Sudarshan Chakra and method of concentration and practice
11. Sakshi darshan
12. The method of to be healthy and powerful

#### ii. Reiki - II

1. Method of tough Reiki and distance Reiki
2. Attunement of Sahasrar Chakra, Ajna Chakra, Vishuddhi Chakra and Hrudaya Chakra through Reiki symbol
3. The practice of power symbol, balancing symbol and connection symbol
4. The method of home or office atmosphere cleaning
5. Reiki box method dwara karya siddhi ki sadhana vidhi
6. To give Reiki by opening the chakras
7. Reiki symbol meditation
8. Amazing method to control sex
9. To stop negative thoughts through Rechak dhyana
10. Reiki methods for different diseases
11. Method for making chakras strong.

### Unit-IV Others Relivent Therapy

1. Hasya Yoga Laughing therapy.
2. Shivambu (Cow Urine) Therapy
3. Mental Treatment through, subconscious Mind.
4. Home Herbal Education.

### Reference Books

1. Pro. PD Mishra, Prakritik Chikitsa Siddhant evam Vyavhar, Uttar Pradesh Hindi Sansthan, Lucknow, 2022.
2. Devendra Vora, Aapka Arogya Aapke Hath Me, Navneet Publication, Mumbai.
3. Nandlal Dasora, Reki Chikista, Randheer Prakashan, Haridwar-2017.
4. Dr. Bheemrao Pu. Maddevar, Gomata Dwara Upchar, Kalyan Chikista Publication Jaypur-2014.
5. Dr. Amrit Lal Guvendra, Accupressur Sidhant evam Prayog, Kitab Mahal Publication, New Delhi.

*Ram Lal Sharma*

*Versha*

*Munshi Rakesh*

*Digvijay*



# B.Sc.-Yoga- Sixth Semester

Subject Code: BYOG-606

YOGA PRACTICUM-VIII

Min. Hrs - Practical: 80 Hrs.

## Objectives:

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

- Understand the principle and practice of each Yoga module.
- Demonstrate practice each Yoga Module skillfully.
- Explain the procedure, precaution, benefits and limitations of each yoga module.

## Course Outcomes:

1. Students will understand that how make Yoga module.
2. Students will understand that how make Yoga module for health promotion and prevention.
3. Students will understand that how make Yoga module for lefestyle related disorder.
4. Students will understand that how make Yoga module for digestive disorder.
5. Students will understand that how make Yoga module for mental disorder.

### **Unit- 1: Yoga Modules for Health Promotion & Prevention:**

- Yoga Moudels for School Girls
- Yoga Moudels for School Boys
- Yoga Moudels for Senior Citizens
- Yoga Moudels for Pregnant Women
- Yoga Moudels for Healthy Living

### **Unit- 2: Yoga Modules for Lifestyle Related Disorders:**

- Yoga Moudels for Hypertension
- Yoga Moudels for Slip disc
- Yoga Moudels for Diabetes
- Yoga Moudels for Cervical Spondylitis
- Yoga Moudels for Obeslity

### **Unit- 3: Yoga Modules for Digestive Disorders:**

- Yoga Moudels for Dyspepsia
- Yoga Moudels for Fatty Liver
- Yoga Moudels for gasric problems
- Yoga Moudels for acidity
- Yoga Moudels for constipation

### **Unit- 4: Yoga Modules for Mental Disorders:**

- Yoga Moudels for Stress Management
- Yoga mdoules for Depression
- Yoga for Anxiety disorders
- Yoga modules for Insomnia
- Yoga modules for Schizophrenia

## **Reffrence Books:**

1. Singh, A. K. : Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007.
2. Tilak, B. G. : Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.
3. Udupa, K.N. : Stress and Its Management by Yoga. Delhi:Motilal Banarasidas, 2007.
4. Vivekananda, Swami : Raja Yoga. Nagpur: Ramakrishna Math.

Ram Krishore

Vest

Munshi Rastogi

Digvijay



## **B.Sc.-Yoga- Sixth Semester**

**Subject Code: BYOG-607**

### **RESEARCH PROJECT**

**Min. Hrs - PRACTICAL: 120 Hrs**

- Pilot research shall be carried out by each student under the supervision of an Assistant Professor/ Associate Professor/ Professor.
- As part of the research project, students will record the effect of any intervention of his/her choice for a common variable in a particular group of samples.

#### **Guideline for research project writing-**

Title of the project

- Name of the person
- Duration of the project, type of project.
- Aims and objectives - summary of the proposed project
- Project information, location, people and personnel involved.
- Working/methodology
- Evaluation
- Writing and reporting

*Ram Krishore*

*Versa*

*Manish Kumar*

*Digvijay*