

**SRIDEV SUMAN UTTARAKHAND
UNIVERSITY
TEHRI GARHWAL**



PROPOSED SYLLABUS

FOR

**BACHELOR OF ARTS IN YOGA
(BA-YOGA)**

**Ordinance
for
BACHELOR OF ARTS IN YOGA(BA-YOGA)**

1. Admission

Admission to the BA-YOGA Ist semester will be made as per rules prescribed by the Academic Council of the University **or** as per guidelines prescribed by the State Govt. from time to time.

2. Eligibility

Intermediate

3. Attendance

3.1 Every candidate is required to attend all the lectures, tutorials, practical and other prescribed curricular and co-curricular activities. It can be condoned up to 25% on medical grounds or for other genuine reasons.

3.2 A further relaxation of attendance up to 15% can be given by Principal/Dean/ Director of the Institute for the students, who have been absent with prior permission, for reasons acceptable to Head of the Institution/ College/ University.

3.3 No candidate will be allowed to appear in the end semester examinations if he/she does not satisfy the overall average attendance requirements as per clause 3.1 and clause 3.2.

4. Duration

4.1 Total duration of the BA-YOGA Course shall be three years, each year comprising two semesters.

4.2 Each semester shall normally have teaching for the 90 working days.

4.3 A student failing 2 times in I and / or II semester (of first year) and ineligible for the carry over system (clause 8) shall not be permitted to continue studies further.

4.4 Maximum time allowed for completing the BA-YOGA course will be 5 (five) years. Those who are unlikely to satisfy the condition shall not be allowed to continue the studies any further.

5. Curriculum

5.1 The 3 (Three) years curriculum will be divided into six semesters. Each semester include lectures, tutorials, practical and seminars as defined in the scheme of instructions and examinations.

5.2 It will also include co-curricular and extra curricular activities as prescribed from time to time by the Institute/college/university.

3

6. Examination

6.1 Student's performance will be evaluated through continuous assessment in the form of Class Tests, Assignments, Quizzes, Viva voce/Practical etc. There shall also be an examination at the end of each semester in theory subjects, practical and project.

6.2 The distribution of marks for the class tests, quiz test, assignments, end semester theory, practical, project, seminar and other examination shall be as per the prescribed scheme of examination.

6.3 The maximum marks for the theory subjects shall consist of marks allotted for end semester examination and sessional work.

6.4 The maximum marks for the practical shall consist of marks allotted for practical examination and sessional work.

6.5 Pass/fail in a subject shall be declared on the basis of total marks obtained in theory/practical examination and the sessional award for theory/practical subjects.

6.6 The minimum pass marks in the theory subjects (including sessional marks) shall be 40%.

6.7 The minimum pass marks in the practical subjects (including sessional marks) shall be 50%.

6.8 The marks of the previous semester(s) shall not be added in declaring the result of any semester examination.

6.9 To pass a semester candidate must secure 50% of aggregate marks in that semester.

6.10 No merit position shall be awarded to a candidate who has qualified for

promotion to higher classes with back papers.

6.11 The student failing in the project only but satisfying all other requirements including obtaining 50% or more marks in aggregate will be allowed to submit a new / modified project at any time after three months of the declaration of result without repeating the whole session.

7. Promotion Rules

7.1 A candidate satisfying all the conditions under clause 6 shall be promoted to the next semester.

7.2 A candidate not satisfying the above conditions but failing in not more than 3 subjects (Theory and/or practical) of a semester examination shall be governed by the clause No. 8.

7.3 All other candidates will be required to repeat the semester either as regular candidate, after re-admission or opting for ex-studentship. This facility is however subject to the time limits stipulated in clause No. 4.

4

8. Promotion under carry-over system

8.1 A candidate who fails in the category of clause No. 7.2 shall become eligible for provisional promotion to next semester and the carry-over system as per the following table.

Max. permitted no. of carry over subjects For promotion to & exam of semester

I II III IV V VI

II 2 - - - - -

III 2 2 - - - -

IV 2 2 2 - - -

V - - 2 2 - -

VI - - - 2 2 2 -

Admission to & Carry over subjects not cleared of semester

Semester Exams. not Permitted V I & II

8.2 No separate carry-over Examination will be held for any subject except for BA-YOGA Final year. Any candidate eligible for the carry-over system shall have to appear in the carry over subjects in the subsequent University Examination for the same semester.

9. Ex-studentship

Sessional marks in the subject of an ex-student shall remain the same as those secured by him/her earlier.

10. Result

Results at the end of final year will be declared with the following weightages:

I year 100%

II year 100%

III year 100%

11. Award of Division

11.1 If candidate passes all examinations in single attempt and secures 75% or more in aggregate marks he/she shall be placed in the First Division with Honours.

11.2 If candidate passes all examinations and secures aggregate marks of 60% or more but less than 75% **OR** greater than or equal to 75% after back in any examination, he/she shall be placed in First Division.

11.3 If candidate passes all examinations and secures aggregate marks of 50% or more but less than 60%, he/she shall be placed in Second Division.

BACHELOR OF ARTS (B.A.) IN YOGA

S. N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme			Subject Total	
			L	T	P	Seasonal		SEE		
						CT	TA			
BAY- I Year										
Semester – I										
1	BAY-CT101	Foundations of Yoga	3	1	-		20	10	70	100
2	BAY-CT102	Introduction to Hath Yoga and it's texts	3	1	-		20	10	70	100
3	BAY -CT103	Human Anatomy and Physiology-I	3	1	-		20	10	70	100
4	BAY-AECCT104	AECC-1 (Communicative English)	1	1	-		20	10	70	100
5	BAY-CP105	Yoga Practicum-I	-	-	8		20	10	70	100
22 Hours							TOTAL			500
Semester – II										
1	BAY-CT201	Essence of Principal Upanishads	3	1	-		20	10	70	100
2	BAY-CT202	Patanjala Yoga Darshana	3	1	-		20	10	70	100
3	BAY-CT203	Human Anatomy & Physiology-II	3	1	-		20	10	70	100
4	BAY-AEECT204	AECC-2 (Environmental Studies)	2	-	-		20	10	70	100
5	BAY-CP205	Human Anatomy and Physiology Practicum-II	-	-	8		20	10	70	100
22 Hours							TOTAL			500
BAY- II Year										
Semester – III										
1	BAY-CT301	Essence of Bhagavad Gita for holistic living	3	1	-		20	10	70	100
2	BAY-CT302	Yoga and Holistic Health	3	1	-		20	10	70	100
3	BAY-CT303	Methods of Teaching Yoga	3	1	-		20	10	70	100
4	BAY-AECCT304	AECC-3 (Basics of Samskritam)	2	-	-		20	10	70	100
5	BAY-CP305	Yoga Practicum-III	-	-	4		20	10	70	100
6	BAY-FW306	Field Work	-	-	4		20	10	70	100
22 Hrs.							TOTAL			600
Semester – IV										
1	BAY-CT401	Four Streams of Yoga	3	1	-		20	10	70	100
2	BAY-CT402	Basis of Yoga Therapy	3	1	-		20	10	70	100
3	BAY-CT403	Samkhya Yoga	3	1	-		20	10	70	100
4	BAY-CT404	Indian Philosophy	3	1	-		20	10	70	100
5	BAY-CP405	Yoga Practicum IV– Case Study			2		20	10	70	100
6	BAY-CP406	Yoga Practicum V	-	-	4		20	10	70	100
22 Hrs.							TOTAL			600

BAY- III Year										
Semester – V										
1	BAY-CT501	Basis of Indian Culture	3	1	-		20	10	70	100
2	BAY-CT502	Yoga and Human Consciousness	3	1	-		20	10	70	100
3	BAY-CT503	Yogic Management of Lifestyle related disorders	3	1	-		20	10	70	100
4	BAY-CT504	Principles of Naturopathy	3	1	-		20	10	70	100
5	BAY-CP505	Yoga Practicum VI	-	-	4		20	10	70	100
6	BAY-FW506	Study Tour	-	-	2		20	10	70	100
22 Hrs.								TOTAL		600
Semester – VI										
1	BAY-CT601	Yoga and Human Values	3	1	-		20	10	70	100
2	BAY-CT602	Applied Yoga	3	1	-		20	10	70	100
3	BAY-CT603	Research Methodology & Statistics	3	1	-		20	10	70	100
4	BAY-CT604	Yoga and Psychotherapy	3	1	-		20	10	70	100
5	BAY-CP605	Psychology Practicum VII	-	-	4		20	10	70	100
6	BAY-CP606	Research Project	-	-	2		20	10	70	100
22 Hrs.										600
TOTAL										3400

CT- Core Theory, CP- Core Practicle, AECC-Ability Enhancement Compulsary Course, AEEC - Ability Enhancement Elective Course, L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record.

Practical Papers will be evaluated by both External and Internal Examiners at the end of the semesters

Semester-I

COURSE DETAILS

Subject Title: Foundation of Yoga

Subject Code: BAY-CT101

Course Objectives:

Unit-1: General introduction to yoga [15Hrs.]

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 [15Hrs.]

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 [15Hrs.]

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 [15 Hrs.]

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

BOOKS FOR REFERENCE

1. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
3. Hiriyanana M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Hiriyanana 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, 2008

Subject Name: Introduction to Hatha Yoga & its Texts

Subject Code: BAY-CT102

Unit-I: General introduction to Hathayoga [15 Hrs.]

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 [15 Hrs.]

Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga; Concepts of Matha, Concept of Mitahara, Pathya (conducive) and Apathya (non-conducive), 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 [15 Hrs.]

Concept of Swas-prashwas, Vayu, Prana and Upaprana; 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-5: Relationship between Patanjala Yoga and Hatha Yoga [20Hrs.]

Jnana Yoga: Meaning of Jnana and Jnana-Yoga, Sadhana-chatushtaya, Means of Jñāna- Yoga; 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 Yoga

TEXT BOOKS

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

BOOKS FOR REFERENCE

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): Siddhasiddhantpaddhati, Kaivalyadhama, Lonavla, 2005.
6. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
7. Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.
8. Swatmaramaji : Hathapradipika (Jyotsana- tika), Adyar Library, Madras.
9. Bharati, Swami Veda Reddy Venkata: Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnavali

Subject Name: Human Anatomy and Physiology-I

Subject Code: BAY-CT103

Unit-1: Cell, Tissue and Muscular – Skeletal system

Cell structure – Plasma membrane and protoplasm; Cell organelles – Mitochondria, Golgi body, Endoplasmic reticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane, chromosome, nucleolus; Homeostasis; Structure and function of epithelial – simple and compound; Connective – connective tissue proper, skeletal and vascular; Muscular – Skeletal, involuntary and cardiac; Nervous tissues – Myelinated neuron and Non myelinated neuron; Anatomy of the Skeleton: Classification of bones – Axial bones and appendicular bones; Types of joint – Synovial joints and Fibrous joint; Structure of synovial joints; Types of synovial joints; Types of Muscle in the body (striated, Smooth muscle, Cardiac muscle); Mechanism of muscle contraction

Unit-2: Biomolecules

[15 Hrs]

Nutrition: Meaning and Objectives, Elements of Diet: Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibres Balanced diet, Role of Diet for Spiritual Development

[15 Hrs]

Unit-3: Digestive system and Respiratory system : Digestive system of human – Mouth, buccal cavity, Pharynx, oesophagus, stomach, large intestine, small intestine, anus, associated glands – Liver, Pancreas, salivary glands, physiology of digestion and absorption; Malnutrition and under nutrition; **Respiratory system** of human – Nose, nasal cavity, pharynx, Trachea, Larynx, bronchiole, lungs; Mechanism of breathing (Expiration and inspiration); Transport of respiratory gases (transport of oxygen and transport of carbon dioxide); Common respiratory disorder

Unit-4: Cardiovascular system

[15 Hrs]

Composition and function of blood – Plasma, RBC, WBC and Platelet; Blood groups and their importance; Blood clotting; Structure and working mechanism of heart; Organisation of systemic and pulmonary circulation; Cardiac output and cardiac cycle; Functional anatomy of blood vessels; Blood pressure and regulation of blood pressure

TEXT BOOKS

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology

REFERENCE BOOKS:

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. Kanchan Prakashan, Lonavla, India
2. Lan Peate and Muralidharan Nayar – Fundamental of Anatomy and Physiology for students nurses
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses

Subject Name: Communicative English (AECC-I)

Subject Code: BAY-AECCT104

Unit-1: Evolution and functions of English language [10 Hrs.]

Evolution of human language, uniqueness of human language; Functions of Language: Instrumental, Regulatory; Functions of Language: Interactional, Personal; Functions of Language: Heuristic, Imaginative, Representational; English as a Global language, Michael Halliday's concept of Functionalism

Unit- 2: Acquisition of skills [10 Hrs.]

Functional English: definition, conceptualization in the light of the purposes/functions of language; Acquisition of skills required to use current English in a variety of contexts, Role of students as generators of knowledge; Use of English in various text types; Functional English as a multi-focal discipline; Primary focus on communication skills: ELT (English Language Training), LSRW (Listening, Speaking, Reading Writing): Grammar, Phonetics, vocabulary building; Varieties of English: British and American.

Unit- 3: English: its application [05 Hrs.]

Media: Radio, TV, Print, Formats and stylistics, Films, Web Resources, Webliographical flair; Literature/Creative Writing: different genres, methods of analysis; Business English: Business Communication, Business vocabulary, meetings, presentations, negotiations, socialising, Biz journals and periodicals; Translation: Role of translation in the Indian/International context, Equivalence, cultural transaction, Translation in the IT era.; Sports and Entertainment: announcing, comparing, commentaries

Unit- 4: Approaches and theories of English language [05 Hrs.]

Approaches to language: Acquisition/Learning/Teaching, Grammar Translation Method; Direct Method, Audio-lingual Method; Communicative approach, Notional Functional Approach; Task-based Language Teaching; Theories: Behaviourism, Cognitivism, Social Development Theory, Cooperative Learning, Universal Grammar.

TEXT BOOKS

1. Nagaraj, Geetha. : English Language Teaching. Hyderabad: Orient Longman, 2008.
2. Trask R. L.: Key Concepts in language & Linguistics. London: Routledge, 2004.
3. Trask R. L.: Language the Basics. London: Routledge, 2003

REFERENCE BOOKS

1. Tickoo, M. L.: Teaching and Learning English. Orient Longman
2. Vygotsky, L. S.: Mind in Society. Cambridge: Harvard University Press
3. Richards, Jack C and Theodore S Rodgers.: Approaches and methods in language teaching Cambridge: CUP, 1995.
4. Hatim, Basil and Jeremy Munday.: Translation: An Advanced Resource Book. Oxon: Routledge, 2004.
5. Mascull, Bill.: Business vocabulary in Use. Cambridge: CUP,2004

Subject Name: Yoga Practicum-I Subject

Code: BAY-CP 105 Objectives:

Unit-1: Recitation of hymns & hasta mudra [30 Hrs.]

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

Unit-2: Shatkarmas [30 Hrs.]

Dhauti (Vamana Dhauti, Vastra Dhauti), Neti (Jalneti), Kapalbhati (Vatkram Kapalbhati); Agnisara

Unit-3: Breathing practices [30 Hrs.]

Breathing practices: Hands in and out, Hands stretch, Ankle stretch, Rabbit, Dog, Tiger, Straight leg raising breathing; Breath Awareness: Shwas-prashwas samyama; Abdomen, 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 [30 Hrs.]

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

BOOKS FOR REFERENCES

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.

Semester-II

Subject Name: Essence of Principal Upanishads Subject

Code: BAY-CT201

Unit-1: Introduction essence of Isha and Kenopanishad [15 Hrs.]

An Introduction to Upanishadic Philosophies; Antiquity of Upanishads; Prasthanatraya;

Ishavasyopanishad: Jnana Nishtha (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 (Kena II.5)

Unit-2: Essence of Katho and Prashnapanishad [15 Hrs.]

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 [15 Hrs.]

Mundaka: The greatness of Brahmanvidya, 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

Unit- 4: Essence of Aitareya, Chandogya and Brihadaranyaka [15 Hrs.]

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

Subject Name: Patanjala Yoga Darshana

Subject Code: BAY-CT202

UNIT I

- Introduction of Patanjala Yoga Sutra and classification in four padas/Chapters. Meaning and definition of Yoga.
- Meaning of Chitta and its various states,
- Chitta Vikshepa and Chitta Prasadana, Concept of Ishwar

UNIT II

- Chitta vrittis and the methods for their elimination-Abhyasa and Vairagya
- Kriya Yoga, Panch Kleshas,
- Ashtanga yoga

BOOKS FOR REFERENCES

1. Rama Swami , Ballantine,R & Ajay Swami: Yoga and Psychotherapy (Pub:Honesdale, Pennsylvania: Himalyan International Institute of Yoga Science and Philosophy, USA, 1976)
2. Patanjali Yoga Sutra – P V Karambelkar, Kaivalyadhama, Lonavla(1989)
3. Mukti Ke Char Sopan – Swami Satyanand Saraswati, Yog Publication Trust Munger Bihar India. (2004)
4. Patanjala Yoga Pradeep – Swami Omanand Tirth, Geeta Press Gorakhpur,U P. (2000)
5. Yoga Parichaya – Dr. Peetambar Jha, Kaivalyadham Publication, Lonavla Pune. (2002)

Subject Name: Human Anatomy and Physiology-II

Subject Code: BAY-CT203

Unit -1: Nervous system and special senses [15Hours]

Structure and function of human brain.-Fore brain, mid brain, hind brain, Structure and function of spinal cord, Cranial nerve and spinal nerve, Autonomic nervous system- Sympathetic and para sympathetic nervous system, Reflex action, Mechanism of nerve conduction, Synapse and synaptic transmission, Structure and function of eye, ear, nose, tongue and skin

Unit -2: Endocrine system [15Hours]

Structure and function of important of endocrine gland (Pituitary, Adrenal, Thyroid, Parathyroid, Pancreas, gonads), Function of GI tract hormones, Mechanism of hormone action

Unit -3: Reproductive and Excretory system system [15 Hrs]

Male reproductive system of human.-Testis, penis, epididymis, prostate gland; Female reproductive system of human-ovary, uterus, vagina, cervix, fallopian tube; Menstrual cycle Gametogenesis-Spermatogenesis and oogenesis; Fertilization; Implantation and embryonic development; Pregnancy; Excretory system of human-Kidney, ureter, urinary bladder, urethra; Mechanism of urine formation-Ultrafiltration, selective reabsorption, tubular secretion; Role of kidney in osmoregulation

Unit -4: Lymphatic system and immune system [15Hrs]

Lymphoid organ-Bone marrow, Thymus, spleen, Lymph node, Composition and function of lymph, Immunity, Types of immunity-Innate immunity and acquired immunity, Antigen and antibody, Hypersensitivity, Autoimmunity

TEXT BOOKS

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology

BOOKS FOR REFERENCE

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

Subject Name: Environmental studies (AECC-2)**Subject Code: BAY-AEECT 204****Unit- 1: Introduction to environmental studies and Ecosystem [10 Hrs.]**

Multidisciplinary nature of environmental studies; Scope and importance; Need for public awareness; What is an ecosystem? Structure and function of ecosystem; Energy flow in an ecosystem: food chains, food webs and ecological succession. Case studies of the following ecosystems: a) Forest ecosystem b) Grassland ecosystem c) Desert ecosystem d) Aquatic ecosystems (ponds, streams, lakes, rivers, oceans, estuaries)

Unit-2: Natural Resources: Renewable and Non-renewable Resources [10 Hrs.]

Land resources and land use change; Land degradation, soil erosion and desertification; Deforestation: Causes and impacts due to mining, dam building on environment, forests, biodiversity and tribal populations; Water: Use and over-exploitation of surface and ground water, floods, droughts, conflicts over water (international & inter-state); Energy resources: Renewable and non-renewable energy sources, use of alternate energy sources, growing energy needs, case studies.

Unit-3: Biodiversity and Conservation [05 Hrs.]

Levels of biological diversity: genetic, species and ecosystem diversity; Biogeographic zones of India; Biodiversity patterns and global biodiversity hot spots; India as a mega-biodiversity nation; Endangered and endemic species of India; Threats to biodiversity: Habitat loss, poaching of wildlife, man-wildlife conflicts, biological invasions; Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity; Ecosystem and biodiversity services: Ecological, economic, social, ethical, aesthetic and Informational value.

Unit 4: Environmental Pollution, policies and practices [05 Hrs.]

Environmental pollution: types, causes, effects and controls; Air, water, soil and noise pollution; Nuclear hazards and human health risks; Solid waste management: Control measures of urban and industrial waste; Environmental Policies & Practices; Sustainability and sustainable development; Climate change, global warming, ozone layer depletion, acid rain and impacts on human communities and agriculture; Environment Laws: environment Protection Act; Air (Prevention & Control of Pollution) Act; Water (Prevention and control of Pollution) Act; Wildlife Protection Act; Forest Conservation Act. Nature reserves, tribal populations and rights, and human wildlife conflicts in Indian context.

TEXT BOOKS

1. Bharucha, E. 2003, Textbook for Environmental Studies, University Grants Commission, New Delhi and Bharati Vidyapeeth Institute of Environmental Education and Research, Pune. 361.
2. Carson, Rachel. 1962. Silent Spring (Boston: Houghton Mifflin, 1962), Mariner Books, 2002
3. Economy, Elizabeth. 2010. The River Runs Black: The Environmental Challenge to China's Future.
4. Gadgil, M. & Ramachandra, G. 1993. This fissured land: an ecological history of India. Univ of California Press.

REFERENCE BOOKS:

1. Gleeson, B. and Low, N. (eds.) 1999. Global Ethics and Environment, London, Routledge.
2. Grumbine, R. Edward, and Pandit, M.K. Threats from India's Himalaya dams. Science 339.6115 (2013): 36-37.
3. Heywood V.H. & Watson, R.T. 1995. Global Biodiversity Assessment. Cambridge University Press.
4. Mc Cully, P. 1996. Silenced rivers: the ecology and politics of large dams. Zed Books.

Subject Name: Human Anatomy and Physiology Practicum-II

Subject Code: BAY-CP205

Unit-1: Hematology and physical examination

[30 Hrs.]

Anthropometry measurements; Method of Collection of Blood, Haemoglobinometry; Total White Blood Cell Count, Differential WBC count; E.S.R., Bleeding Time, Clotting Time; Blood Groups; Pulse, Determination of Arterial Blood Pressure in Humans; Effect of posture, exercise and cold stress on blood pressure; Stethography, Spirometry; BMI Calculation; Reflexes, Recording of Body Temperature.

Unit-2: Viva voce

[15 Hrs.]

Unit-3: Continuous evaluation by the Teachers

[15 Hrs.]

TEXT BOOK

1. Parvati Mahapatra: Practical physiology, Jaypee publishers, 2nd edition, 2004

Semester-III

Subject Name: Essence of Bhagavad Gita for holistic living

Subject Code: BAY-CT301

Unit – 1: Significance of Bhagavadgita as synthesis of yoga [15 Hrs.]

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 Bhagavadgita [15 Hrs.]

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 [15 Hrs.]

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 [15 Hrs.]

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. Swami Gambhiranand ; Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha Madras
2. Swami Gambhiranand ; Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, Kolkata, 2003
3. Swami Ramsukhadas; Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur
4. Swami Ranganathananda ; Bagavadgita, Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata

BOOKS FOR REFERENCE

1. Swami Shrikantananda; Gita Darshana, Indian Institute of Human Excellence Hyderabad
2. Swami Tapasyananda ; Srimadbhagavadgita Sri Ramkrishna Matha Madras
3. Swami Abhidananda Bhagvatgita, the divine message, Ramakrishna Vedanta Matha, Kolkata, 1990
4. Swami Raghvenderananda; Universal message of the Bhagvatgita, Advita Ashrama, Kolkata, 2000

Subject Name: Yoga and Holistic Health

Subject Code: BAY-CT302

Unit - 1: CONCEPT OF BODY, HEALTH AND DISEASE

[15 Hrs.]

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 Yoga Vasistha and remedial measures; Holistic health care through Yoga. Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing

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

[15 Hrs.]

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

[15 Hrs.]

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

[15 Hrs.]

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 Devasthanana, 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.
4. Dr Nagendra H R : The Secret of Action - Karma Yoga, Published by SVYP, Bangalore, 2003.

Subject Name: Methods of Teaching Yoga

Subject Code: BAY-CT303

Unit-1: Principles and methods of teaching yoga [15 Hrs.]

Teaching and Learning : Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training

Unit-2: Basics of yoga class management [15 Hrs.]

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 [15 hrs.]

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

Unit-4: Educational tools of yoga teaching [15 hrs.]

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.; Classroom 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. 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

BOOKS FOR REFERENCE

2. Dr. Gharote M L : Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
3. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi,
4. Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

Subject Name: Basics of Samskritam

Subject Code: BAY-AECCT304

Unit-1: सं३ कं तभं षं प३रचय।

सं३कं तभं षं प३रचय, यं गशं ः कं अययन म" सं३कं त कं महःव और यं ग एवं रसं७।
सं३कं त कं अ=तं स'ब=ध। मंह&

सं३कं तवण'मं लं ,३वर ,३ं जन वग'Fं न ससंहत (रं मन षं लं प म" लंखन एवं पठन); वणE कं उ\$ं रण३थं न और
Pयु
Fं न।P'यं हं र

ं नमं ण षं सवंध एवं P'यं हं र Fं न। कं रक, षं वसभंN(सं ० पऔर षं ०

तडं),ं ल'ग,वचन,पं ७ ष, लकं र एवं वं \$यं ण प३रचय। सं३कं त स^a

य ए (एक स सौ तक)

Unit-2: श&द७प।

अज=तश&द७प-रं म, बं षं लकं , पं ३ तक, मं षं न, ७ं च, वं ३र श&दE कं ७प अथ'Fं न
ससंहत। अज=तश&द७प- नदं , भं नं, धं, मधं, सं पत,ं

मं तं श&दE कं ७प अथ'Fं न ससंहत। सव'नं म यं^a ततं(तं नं सं ल'गE म"), एतद(ं तं नं
श&द७प- अ३मद, मद, सं ल'गE म"),

३कमं (तं नं सं ल'गE म"); ४ सव'(तं नं सं ल'गE म"), भवतं (तं नं सं ल'गE म") श&दE कं ७प अथ'Fं न ससंहत।
हल=तश&द७प-भगवतं,

आमन, न मन जगतं श&दE कं ७प अथ'Fं न ससंहत।

Unit-3: ध त७प ।

भं.अस,ं पठं,मंद,ं कं ० धं तंN कं पं ० चलकं RE (लटं,लं टं,लडं,लं टं,ं लडं अथ'Fं
न ससंहत।

,ं लखं,नमं,दश) म" ७पFं न एवं वं \$यं षं नमं ण

वद,ं गमं,३ थं ,पं (ं पबं) दं , शकं , आपं ,Peछं धं तं N कं पं ० चलकं RE(लटं ,लं टं
, लडं ,लं टं ,ं लडं) म" ७पFं न एवं वं \$यं सं नमं ण अथ'Fं न

ससंहत। Fं ,कथं,ं च=तं,३ं,पं,नं , यं चं,खं दं ,शं डं, धं तंN

कं पं ० च लकं RE(लटं,लं टं,लडं,लं टं,ं लडं) म" ७पFं न

एवं वं \$यं षं नमं णअथ'Fं न ससंहत।

Pथमदं षं कं Pथम एवं सं ० तं य अयं य सं वं \$सयंनमं ण एवं अथ'Fं न कं अयं स। Unit-4: व

\$यंनम ण ।

Pथमदं षं कं तं तं य अयं य सं वं \$सयंनमं ण एवं अथ'Fं न कं अयं स। Pथमदं षं कं चतं थ

अयं य सं वं \$सयंनमं ण एवं अथ'Fं न कं अयं स। Pथमदं षं कं पं चम अयं य सं वं \$सयंनमं ण एवं

अथ'Fं न कं अयं स। Pथमदं षं कं षं अयं य सं वं \$सयंनमं ण एवं अथ'Fं न कं अयं स।

TEXT BOOKS

1. Moorty CLN : First Book of Sanskrita, Chaukhabha Sanskrit Series, Varanasi, 2010
2. Max Muller : A Sanskrit Grammar Primal Publication, Delhi, 2012
3. Goldmom P R : Devavanopraivesika : An introduction to the Sansrit languages, MLBD, New Delhi , 2011

BOOKS FOR REFERENCE

1. Perry E D : A Sanskrit Primer, MLBD, New Delhi, 2004
2. Kala MR : A Higher Sanskrit Grammar for college students, MLBD, New Delhi, 2011

Subject Name: Yoga Practicum III

Subject Code: BAY-CP305

Unit-1: Mantras and Yogasana

[30 Hours]

Mantras

Swati Mantra

Yogasana (Sitting Posture)

PawanMuktasana Series - 02

Janusirasana, Paschimottanasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana

Unit-2: Yogasana (Supine lying Postures)

[30 Hours]

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

Unit-3: Yogasana (Prone line Postures)

[30 Hours]

Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Raja Kapotasana

Unit-4: Continuous evaluation by the Teachers

[30 Hours]

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

BOOKS FOR REFERENCES

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. Jayadev, Yogendra : Cyclopaedia Yoga (Vol. I-IV), The Yoga Institute, Santacruz, Mumbai.
5. Saraswati, Swami Satyanand : Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger.

Subject Name: Field Work Subject

code: BAY-FW306

During this period students shall get an opportunity of teaching yoga to villagers, weekly four hours. The academic institution where the student is undergoing his/her training takes the responsibility of organizing the classes in the near by villages.

Semester-IV

Subject Name: Four Streams of Yoga

Subject Code: BYS-CT401

Unit-1: JnanaYoga

[15 Hrs.]

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

Unit-2: Bhakti Yoga

[15 Hrs.]

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: Karma Yoga

[15 Hrs.]

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

Unit-4: Raja Yoga

[15 Hrs.]

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 :J nana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000

Subject Name: Basis of Yoga Therapy

Subject Code: BAY-CT402

Unit-1: Yogic concepts of health and disease

[15 Hrs.]

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; 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 anagamam; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. 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-2: Yogic concepts for health and healing

[15 Hrs.]

Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in 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: Yogic principles and practices of healthy living

[15 Hrs.]

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, Shat- karma, Asana, Mudra & Bandha Pranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living.

Unit-4: Health benefits of yogic practices

[15 Hrs.]

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

BOOKS FOR REFERENCE

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,

Subject Name: SAMKHYA YOGA

Code: BAY-CT403

Unit I

- General Introduction to Samkhyakarika. Definitions of Samkhya and their relevance & Scope.,
- 3-fold afflictions, Means to overcome afflictions,
- 25 entities according to Samkhya and their classification.

Unit II

- Means of knowledge;
- Principle of Satkarya vada,
- Principle of Triguna;

BOOKS FOR REFERENCE

1. Swami Tapasyananda : The Holy Gita-the Science of Life, Pub: RK Mission, Chennai.
2. Samkhyakarika
3. Radhakrishnan, S. : The Bhagavadgita (Routledge & Kegan Paul, London, 1960)
4. Swami Adidevananda : Sri Ramanuja Gita Bhasya
5. Swami Harshananda : The Six Systems of Hindu Philosophy (Ramakrishna Matt, Bangalore, 2000)
6. Bhagwadgeeta – (As it is)- A.C.Bhaktivedanta Swami Prabhupada (1983) Bhakti Vedant Book Trust, Mumbai
7. Yoganka – Kalyana – Annual Special issue, Geeta Press Gorakhpur UP

Subject Name: INDIAN PHILOSOPHY
Code: BAY-CT404

Unit I

- Philosophy-meaning, aim and objectives. Main Classification and characteristics of Indian Philosophy.
- Concept & nature of soul , Shristi (World) and bondage/ liberation in Charvaka system of Philosophy.
- Concept & nature of soul , Shristi (World) and bondage/ liberation in Jain system of Philosophy.
- Concept & nature of soul , Shristi (World) and bondage/ liberation in Bodha system of Philosophy.

Unit II

- Concept and nature of Purusharth in ancient Indian system of Philosophy.
- Concept & nature of soul , Shristi (World) and bondage/ liberation in Vedanta system of Philosophy.
- Concept & nature of soul , Shristi (World) and bondage/ liberation in Samkhya system of Philosophy.
- Concept & nature of soul , Shristi (World) and bondage/ liberation in Yoga system of Philosophy

BOOKS FOR REFERENCE

1. Karela Werner : Yoga and Indian Philosophy (Motilal Banarsidass, Delhi, 1979)
2. Radhakrishnan, S. : Indian Philosophy (Vol. I & II) (George Allen and Unwin, London, 1971)
3. Swami Prabhavananda : Spiritual Heritage of India (English) (Sri Ramkrishna Math, Madras, 2004)
6
4. Sharma, Chandradhar : A Critical Survey of Indian Philosophy (Motilal Banarsidass, Delhi, 2000)
5. Raja, Kunhan C. : Some Fundamental Problems in Indian Philosophy (Motilal Banarsidass, Delhi, 1974)
6. Dasgupta, S.N. : Hindu Mysticism (Motilal Banarsidass, Delhi 1927)
7. Swami Harshananda : The Six Systems of Hindu Philosophy (Ramakrishna Matt, Bangalore, 2000)

Subject Name: Yoga Practicum IV – Case Study

Subject Code: BAY-CP405

Unit-1: Mantra, Bandha and Mudras

[15 Hours]

Mantra

Om Stawan, Gayatri Mantra and Mahamrityunjay Mantra

Bandha and Mudras

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

Unit-2: Asanas and Pranayama

[15 Hours]

Asanas

Purnachakrasana, Kalyanasana, Titibhasana, Bakasana, Ekpadbakasana, Ashtavakrasana, Akarana Dhanurasana, Mayurasana, Gomukhasana, Yogasana, Gorakshasana, Uttithpadmasana, Kukkutasana, Kurmasana, Bhunamanasan, Hanumanasana, Raj Kapotasana, Vyaghrasana, Sarvangasana, Padma sarvangasana.

Pranayama

Nadi Shodhana pranayama, Bhramari Pranayama, Suryabhedana and Chandrabhedana

Pranayama , Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama, Bhastrika Pranayama,

Unit-3: Practice leading to meditation

[15 Hours]

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

Unit-4: Continuous evaluation by the Teachers

[15 Hours]

TEXT BOOKS

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

REFERENCE BOOKS

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

Subject Name: Yoga Practicum V

Subject Code: BYS-CP406

Unit-1: Shatkarmas

[20 Hrs.]

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

Unit-2: Yogasanas -I

[50 Hrs.]

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; Ardha Chakrasana, Paada Hastasana; Trikonasana, Parshva Konasana; Veerabhadrasana; Bhunamanasana, Hanumanasana; 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-3: Yogasanas -I

[30 Hrs.]

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, Vatayanasana, Natarajasana, Mayurasana, Sirshasana; Ekapada and Dwipada Kandarasana

Unit-4: Teacher's evaluation

[20 Hrs.]

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

BOOKS FOR REFERENCES

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

Semester-V

Subject Name: Basis of Indian Culture

Subject Code: BAY- CT501

Unit- 1 : Meaning & process of culture and early human settlements in India [15 Hrs.]

Meaning and process of culture; Sources – Archaeology, Literature, Foreign accounts; Pre and Proto historic cultures; Indus Civilization – Origin extent, date, art, architecture, religion, society, economy; Changes in the later Vedic period.

Unit - 2: Religious movements and cultural configurations in India [15 Hrs.]

Religious movements in the sixth and fifth centuries BC with special reference to Buddhism and Jainism; Social and economic changes; Impact of Persian and Greek invasions; Role of Mauryan empire in Indian cultural unification; Asoka – his edicts and Dhamma; Mauryan art, polity and economy; Sangam age – Society and economy; Cultural configurations during the Sunga – Satavahana – Kushana era – New trends in art, literature and religion; Stupa and rock – cut architecture, sculpture; Dharmashastra, Natyashastra, Kamasutra, Panchatantra, Ayurveda; Religious sects and schools – Hindu, Buddhist and Jain.

Unit - 3 : Developments during the Gupta and legacies [15 Hrs.]

Developments during the Gupta – Vakataka – Pallava age – Literature; Education, science, religion, society, polity, economy, architecture, sculpture, painting; Cultural contacts with outside world; Legacies of classical ideas and patterns and development of new trends in Indian society and thought during the early medieval times; Vedanta – Sankara, Ramanuja; Bhakti, Tantra, Alavars, Nayanars; Temple styles Nagara, Vesara, Dravida; Literature, society, polity feudalism; Efflorescence of Indian cultural contacts; Islam in India; Alberuni on India.

Unit-4: Indo-Islamic architecture and new cultural trends in Mughal India [15 Hrs.]

Indo-Islamic architecture during the Sultanate period; regional styles; Religious and philosophical developments – Bhakti and acharya traditions; Sufism in India; Islamic influences on Indian society and culture; Muslim interest in Indian classics; Literary developments, Sanskrit, Persian and regional languages; Cultural contributions of Vijayanagara empire; New cultural trends in Mughal India; Religious liberalism – Akbar, Abul Fazl, Dara Shikoh; Growth of Vaishnava Bhakti; Foundation of Sikhism to the institution of Khalsa; Mughal architecture and painting, regional styles; Classical Indian music including pre-Mughal antecedents; Development of Hindi and Urdu literature; Sawai Jai Singh's astronomical contributions; Arrival and spread of Christianity; European studies of India-William Jones and Fort William College, Asiatic Society of Bengal, influence of Christian Missionaries.

Unit – 5 : Western ideas relationship with ancillary disciplines [15 Hrs.]

Influx of Western ideas and Indian response; English education and press; Bengal renaissance; Reform movements in Bengal and other regions, Administrative Measures for Social Reforms (1828 – 1857), Indian reformers – Raja Ram Mohan Roy, Ishwar Chandra Vidyasagar, Keshav Chandra Sen, Mahagovinda Ranade, Jyotiba Phule, Dayanand Saraswati, Vivekananda, Syed.Ahmad Khan; Indian nationalism-Rise, salient features and its cultural expressions in literature, art and education, Gandhian ideas – tradition and modernity; Indian Classics, Indian culture studies, Objectivity and bias; Relationship with ancillary disciplines; Scope of research; Primary and Secondary sources; Heritage of India; World's debt to Indian culture.

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

Subject Name: Yoga and Human Consciousness Subject

Code: BAY- CT502

Unit- I: Psychology: a science of behaviour

[15 Hrs.]

Psychology: Definition of Psychology; Psychology as a Science of Behaviour; Definition of Behaviour and its Cognitive, Cognitive 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

[15 Hrs.]

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

[15 Hrs.]

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

[15 Hrs.]

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

[15 Hrs.]

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 *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

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.

BOOKS FOR REFERENCE

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

Subject Name: Yogic Management of Lifestyle related Disorders

Subject code: BAY-CT503

Unit -1: Introduction to common ailments and Respiratory disorders [15 Hrs.]

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 [15 Hrs.]

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: Obstetrics and Gynecological Disorders [15 Hrs.]

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

Unit- 4: Psychiatric disorders [15 Hrs.]

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

BOOKS FOR REFERENCE

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 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. agarathna 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

Subject Name: PRINCIPLES OF NATUROPATHY

Subject code: BAY-CT504

UNIT I

- Definition and Principles of Nature Cure. ,Constituents of Mother Nature.
- Health problems of modern times.
- Role of Nature Cure in prevention of disorders

UNIT II

- Methods of Nature Cure-
- Diet Therapy,
- Bath Therapy.
- Massage Therapy.

SUGGESTED BOOKS AND REFERENCES:

1. Swami Satyananda: Asana, Pranayama, Mudra, Bandha (Pub: Bihar School of Yoga, Munger,1989)
2. Joshi K.S.: Speaking of Yoga and Naturopathy (Pub: Orient Paperback, New Delhi, 1990)
3. Gharote, M.L.: Guidelines for Yogic Practices, Medha Publication, Lonavla,1982

Subject Name: Yoga Practicum VI –

Subject Code: BAY-CP505

Unit I

- Yogasanas
- Pranayamas

Unit II

- Mudras/Bandhas
- Shuddhi Kriyas

Unit II

- Suryanamaskar
- Yogic Prayers and Meditation

Suggested Books and References:

1. Tiwari, O.P.: Asana why and how (Pub: Kaivalyadhama, Lonavla)
2. Swami Satyananda: Asana, Pranayama, Mudra, Bandha (Pub: Bihar School of Yoga, Munger, 1989)
3. Joshi K.S.: Yogic Pranayama (Pub: Orient Paperback, New Delhi, 1990)
4. Gharote, M.L.: Guidelines for Yogic Practices, Medha Publication, Lonavla, 1982

Subject Name: Study Tour

Subject Code: BAY-FW 506

Unit-1: Study tour

The study tour is to give exposure to the students on the activities being conducted by reputed Yoga Institutes/ Colleges/ Universities/ Yoga Centers/ Yogic Hospitals. The students may be taken to any one or more than one Yoga Institutes /Yoga Centers etc. of repute in India. The Study Tour shall be arranged through the Institute and the expenses shall be borne by the concerned students only. Each student has to submit a Study Tour observation report that will be evaluated by the teacher who is in-charge of the study tour and also counter signed by the Course Coordinator.

The Study Tour will carry marks as mentioned in the Scheme of examination

Unit-2: Presentation

Presentations of Study Tour Report, its Utility and the exposure got to enhance their learning

Unit-3: Continuous evaluation by the Teachers

Semester-VI

Subject Name: Yoga and Human Values

Subject Code: BAY-CT601

Unit-1: Harmony in Human Being and in Myself

[15 Hrs.]

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 [15Hrs.]

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

[15 Hrs.]

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 inter-relationship; 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

[15 Hrs.]

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 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

BOOKS FOR REFERENCE

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
4. Swami Ranganathananda: The Message of Upanishad, Bhartiya Vidya Bhawan, Delhi, 2001

Subject Name: Applied Yoga

Subject Code: BAY-CT602

Unit -1: Yogic Health for school

[15 Hrs.]

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

[15 Hrs.]

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

[15 Hrs.]

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

[15 Hrs.]

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. Jayadev H J : Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
2. Liz Lark : Yoga for Kids, Carlton Books Ltd., London, 2003
3. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
4. Iyenger B K S : The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001
5. Dr. Goel Aruna : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007

BOOKS FOR REFERENCE

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. Basavaraddi I V : Yoga for Technostress, MDNIY, New Delhi, 2010
4. Dr. H Kumar Kaul : Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2006
5. Basavaraddi I V : Yogic Management of Geriatric Disorders, MDNIY, New Delhi, 2009

Subject Name: Research Methodology & Statistics

Subject code: BAYCT603

Unit- 1: Introduction to research methodology

[15 Hrs.]

Definition of research; Importance of Studying Research Methods: Evaluating Research Reports; Conducting Research, Thinking Critically About Research; Types of research Applied

Research & Basic Research; Goals of Research: description, explanation, prediction, and control of behavior; Ethics of research: Informed consent, Anonymity, Confidentiality, Plagiarism

Unit- 2: Introduction to Research Process

[15 Hrs.]

Research questions; Literature review; Different Sources of Information: Primary, Secondary, Tertiary

source; Electronic Databases: Google Scholar, Pubmed & PsycINFO; Hypothesis Operational definition; Sampling and Generalization - Population and Sample; Probability Sampling: Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling; Sampling Bias and Nonprobability Sampling: snowball sampling, convenience; Types of Biological data (Scales of measurement) – nominal, ordinal, interval, ratio; Types of variables – Independent, dependent, confounding variable; Reliability & Validity

Unit-3: Introduction to Research Design

[15 Hrs.]

Cross-sectional studies and its advantages and disadvantages; Cohort studies and its advantages and disadvantages; Randomized controlled trials and its advantages and disadvantages; Factors need to be considered when designing a study: Availability of data, Sampling methods, Data collection, Cost of the design, time implications and loss to follow-up, Controls, Ethical issues, Issues of bias and confounding

Unit-4: Statistics

Normal distribution – Skewness and kurtosis; Frequency distribution; Measures of central tendency – mean, median, mode; Measures of dispersion – range, variance and standard deviation; Graphical presentation of data – Bar graphs, Pie chart, line diagram, scatter plot; Paired samples t test; Percentage change

Unit-5: Reporting Research

Parts and Order of Dissertation, Title Page, Abstract, Introduction, Method Section, Results Section, Discussion Section, Reference Section

TEXT BOOKS:

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 BOOKS:

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.

Subject Name: YOGA AND PSYCHOTHERAPY

Subject code: BAYCT604

UNIT I

- Psychotherapy- meaning and definitions, Factors determining Psychotherapy.
- Classification of mental diseases.
- Personality and its related disorders.

UNIT II

- Symptoms, Causes and Yoga Treatment of the following disorders-
- Mental Conflict, Headache, Sodalities,
- Insomnia, Stress and Tension,
- Psychosomatic disorders.

BOOKS FOR REFERENCE

1. Swami Kuvalyananda & Dr.Venekar S.L.: Yogic Therapy. Pub:Ministry of Health, Govt. of India, New Delhi,1963
2. Swami Satyananda Saraswati::Yogic Management of common diseases. Pub:Bihar School of Yoga, Munger
3. Udupa K.N.:Stress and its management by yoga. Pub: Motilal Banarsidass, New Delhi.
4. Yoga Psychology – Dr. Shanti Prakash Atreya
5. Applied Yoga – Swami Jyotirmyanand Saraswati, International Yoga Society lal bagh Loni Gaziabad U P.
6. Chetan, Achetan & Atichetan: Pt. Shri Ram Sharma Acharya (1995) Akhand Jyoti Sansthan, Mathura UP .
7. Yoga as Depth Psychology & Para-Psychology, Kenghe C T (1975) Vol.1, Historical Background, Bharat Manisha, Vanarsi.

Subject Name: Psychology Practicum

Subject Code: BAY-CP605

Practical & Practicum

Division of Attention; Emotional Intelligence/Emotional Maturity; Spiritual Intelligence/Study of Values/Spiritual Belief ; Self concept; *Asakti/Anasakti* Scale; Anxiety Scale; Aggression Scale Fear of Death; Depression; Frustration; Personality Inventory; Adjustment/Mental Health General Well-being; Case study

Note: Each student will collect data of 10 respondents. Using any two of the tests mentioned above they have to give necessary statistical treatment and they should be presented at the time of Examination. Practical involves understanding of means of Central Tendency, involving means, median, mode & Standard Deviation.

Subject Name: Research Project Subject

Code: BAY-CP606

A pilot research shall be carried out by each student under the supervision of a Lecturer /Assistant 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 sample