

SEMESTER-I

Sub Code	Title of the Paper	Credit	Maxim. Marks
Y-101	Fundamentals of Yoga	3	100 (60+40)
Y-102	Fundamental Texts of Yoga - I	3	100 (60+40)
Y-103	Principles of Hathayoga	3	100 (60+40)
Y-104	Anatomy, Physiology and yogic Practices	3	100 (60+40)
Y-105	Practical - I	3	100 (60+40)
Y-106	Practical - II	3	100 (60+40)

SEMESTER-II

Sub Code	Title of the Paper	Credit	Maxim. Marks
Y-201	Paranjali Yoga Sutra	3	100 (60+40)
Y-202	Principles of Naturopathy	3	100 (60+40)
Y-203	Fundamental Texts of Yoga - II	3	100 (60+40)
Y-204	Alternative Therapies	3	100 (60+40)
Y-205	Practical	3	100 (60+40)
Y-206	Naturopathy and Alternative Practical	3	100 (60+40)

SEMESTER: III

Sub Code	Title of the Paper	Credit	Maxim. Marks
Y-301	Statistics And Research Methodology For Yoga	3	100 (60+40)
Y-302	Teaching Methodology of Yoga Practice	3	100 (60+40)
Y-303	Practical and Teaching Practice	3	100 (60+40)
Y-304	Yoga and Allied Science - I	3	100 (60+40)

(6)

Sub Code	Title of the Paper	Credit	Maxim. Marks
Y-305	OR Tourism resources of India	3	100 (60+40)
Y-306	Yoga and Personal Management OR	3	100 (60+40)
Y-307	Principles and History of Physical Education	3	100 (60+40)
Y-308	Fundamentals of Psychology OR	3	100 (60+40)
Y-309	Health and Society	3	100 (60+40)

Semester: IVth

Sub Code	Title of the Paper	Credit	Maxim. Marks
Y-401	Yoga Therapy	3	100 (60+40)
Y-402	Dissertation	3	100 (60+40)
Y-403	Practical	3	100 (60+40)
Y-404	Yoga and Allied Science-II OR	3	100 (60+40)
Y-405	Business Communication	3	100 (60+40)
Y-406	Sports Training Officiating & Coaching OR	3	100 (60+40)
Y-407	Mental Hygiene Through Yoga	3	100 (60+40)
Y-408	Spirituality and Science OR Sociology Of Environment	3	100 (60+40)

(7)

SEMESTER-I

PAPER-I (101)

FUNDAMENTALS OF YOGA ✓

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Note: there will be ten questions in all, two from each unit. The candidate will be required to attempt five questions selecting one question from each unit.

UNIT-I: BASIC CONCEPTS OF YOGA

1. Meaning Of Yoga & Various Definitions,
2. Traditional And Historical Development Of Yoga.
3. Importance Of Yoga In Modern Life.
4. Elementary Knowledge of Types of yoga-Karma, Bhakti and Gyan yoga

UNIT-II: HISTORY AND DEVELOPMENT OF YOGA

1. History And Development Of Yoga In Various Texts; Viz. Vedas, Upanishads, Gita, Buddhism, Jainism And Indian Philosophy.

UNIT-III: DISCIPLINE AND OBSTACLES IN YOGA SADHANA

1. Elements Of Success And Failure In Yoga Sadhana According To Hathyoga And Yogasutra.

2. Study Of Proper Season, Place, Time And Diet For The Practice Of Yoga.
3. Varnashram, Sanskar

UNIT-IV: LIFE SKETCH OF YOGIES

1. Life Sketch Of Following Yogis With Important Incidents Of Their Lives & Contribution In The Development Of Yoga
2. Maharishi Patanjali,
3. Swami Vivekananda,
4. Swami Kuvalayananda,
5. Sri Aurobindo.

UNIT-V : HUMAN CONSCIOUSNESS

1. Meaning And Definition Of Consciousness,
2. Nature Of Human Consciousness,
3. Need Of The Study Of Human Consciousness,
4. Human Consciousness In Ved, Upanishad, Buddhism, Jainism And Shatdarshan

REFERENCE BOOKS:-

1. Rajayoga- Swami Vivekanand, Ramakrishan Ashrama Publications.
2. Yoga Sutras of Patanjali- Hariharananda Aranya, University of Calcutta Press, Calcutta.

3. Patanjali Yoga Pradeep- Omananda Tirtha, Geeta Press, Gorakhpur.
4. Ayurveda and Mind- David Frawley.
5. Karela Werner :Yoga and Indian Philosophy(Motilal Banarsidass, Delhi, 1979)
6. Radhakrishnan, S. :Indian Philosophy (Vol. I & II) (George Allen and Unwin, London, 1971)
7. Swami Prabhavananda :Spiritual Heritage of India (English) (Sri Ramkrishna Math, Madras, 2004)
8. Dasgupta, S.N. : Yoga Philosophy in Relation to other Systems of Indian thought (University of Calcutta, Culcatta, 1924)
9. Sharma, Chandradhar :A Critical Survey of Indian Philosophy (Motilal Banarsidass, Delhi, 2000)
10. Raja, Kunhan C. :Some Fundamental Problems in Indian Philosophy (Motilal Banarsidass, Delhi, 1974)
11. Stace, W.T. :Mysticism and Philosophy (Macmillan and Co. London, 1961)
12. Dasgupta, S.N.: Hindu Mysticism (Motilal Banarsidass, Delhi 1927)
13. Stephen Sturges: The Yoga Book(Motilal Banarsidass, Delhi, 2004)
14. Swami Jnanananda : Philosophy of Yoga(Sri Ramakrishna Ashrama, Mysore,)
15. Swami Krishnananda: A Short History of Religions and Philosophic Thought in India. (The Devine Life Society, Rishikesh, 1973)
16. Fenerstein, George : The Yoga Tradition: Its History, Literature,
17. Philosophy Practice, (Bhavana Books and Prints, 2002)

18. Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga (Advaita Ashrama, Culcutta, 2000)
19. Swami Atmananda : Four Yogas (Bharatiya Vidya Bhavana, Bombay, 1966)
20. Radhakrishnan, S. : The Principal Upanishads
21. Goyandaka, Jayadayal : Sri Madbhagavadgita Tattvavivecani Geeta Press, Gorakhpur, 1961)
22. Swami Adidevananda : Sri Ramanuja Gita Bhasya (Sri Ramakrishna Math, Madras, 1993)
23. Sing, Lalan Prasad : Tantra, Its Mystic and Scientific Bases, (Concept Publishing Company, Delhi, 1976)
24. Swami Anant Bharati : Yoga Darshan-Yoga Prabhakar (Hindi) (Swami Keshwananda Yoga Sangthan, Delhi, 1982)
25. Shri Ram Sharma Acharya : 108 Upanishads in three Volumes (Hindi)
26. Introduction to Upanishads - Theosophical Society of India, Adyar, Madars, 1976)
27. Dr. Ishwar Bhardwaj: Manav Chetna (Hindi)
- 28- भारतीय दर्शन- आचार्य बलदेव उपाध्याय
29. औपनिषदिक अध्यात्म विज्ञान- डॉ. ईश्वर भारद्वाज
30. पातंजल योग एवं श्री अरविन्द योग का तुलनात्मक अध्ययन- डॉ. त्रिलोकचन्द्र
31. पातंजल योग विमर्ष-डॉ. विजयपाल शास्त्री
32. कल्याण(योग तत्त्वांक) - गीता प्रेस गोरखपुर
33. कल्याण (योगांक) - गीता प्रेस गोरखपुर

SEMESTER -I

PAPER – II (102)

FUNDAMENTAL TEXTS OF YOGA - I ✓

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Note: there will be ten questions in all, two from each unit. The candidate will be required to attempt five questions selecting one question from each unit.

UNIT – I : GHERANDA SAMHITA OF GHERANDA RISHI

1. Ghatastha Yoga, Saptanga Yoga
2. Asana, Pranayama
3. Mudra, Bandha
4. Dharana, Dhyana and Samadhi

UNIT – II : SHIVA SWARODAYA

1. Swara Yoga in brief, Prana – Vital energy, Sound and form of Swara, Triguna energy system,
2. Chakras, Pancha tatwas, the Pranavayus
3. Pranasadhana, explanation of the practices, recognition of Swara, timings of Swara
4. Personal observations of Swara activities, Working with active Swara, Clinical applications of Swara and Swara Sadhana.

UNIT – III YOGA IN SAMKHYAKARIKA -I

1. Introduction Important Acharya to Samkhya Yoga
2. Origin to Antah Karan , meaning , common Symptoms.
3. Nature of Antah Karan in Yoga Philosophy.

UNIT – IV : YOGA IN SAMKHYAKARIKA -II

1. Antah Karan and Suksma Body.
2. Relation in Antah Karan and Purusha.
3. Antah Karan in Panch Kosha, Samadhi and Moral Value.

UNIT- V: YOGA IN SAMKHYAKARIKA -III

1. Prakriti
2. Purusha
3. Vikasavada
4. Satkaryavada

REFERENCE BOOKS:-

1. Woodroffe, Sir John: The Serpent power (Ganesh & Company, Madras, 2000)
2. Timini, L.K. : The Science of Yoga (The Adyar Library, Madras)
3. Iyengar B.K.S.: Light on Patanjali Yoga (New York, Schocken Books, 1994)
4. Swami Omanandatirtha : Patanjala Yoga Pradeepa (Geeta Press, Gorakhpur, 1994)

5. Swami Dhirendra Brahmchari : Yogasana Vijnana (Aparna Ashram Publications, 1982)
6. Bharati, Veda : Philosophy of Hatha Yoga (English) (Himalayan International Institute of Yoga Science and Philosophy, 1998, 2nd Rev. ed. Pennsylvania).
7. Mr. Dvivedi : Nath Sampradaya of Hatha Yoga, Dvivedi ub., Hindustani Academy, Allahabad, Utter Pradesh, 1950.
8. Samkhy Yoga main Antahkaran : Dr. Rajni Nautiyal, Yoga Dept- HNB Garhwal University, Srinagar, Uttarakhand

SEMESTER-I

PAPER – III (103)

PRINCIPLES OF HATH YOGA ✓

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Note: there will be ten questions in all, two from each unit. The candidate will be required to attempt five questions selecting one question from each unit.

UNIT-I INTRODUCTION

1. Meaning, Definition And Aims & Objectives Of Hath Yoga,
2. Sign & Symptoms Of Success In Hathyoga.
3. Components Of Hath Yoga, Sapt Sadhan, Chakras, Kundalini, Nad And Nadanusandhan.

UNIT-II SATKARMAS

1. Satkarmas - Its Meaning & Definition, Aims & Objectives,
2. Status In Various Texts,
3. Classification Of Satkarmas According To Hath Pradeepika & Gherand Samhita,
4. Meaning, Technique And Benefits Of Vastradhauti, Dandadhauti, Kunjal, Varisar Dhauti (Shankh Prakshalan), Basti, Jal Neti, Sutra Neti, Nauli, Tratak And Kapal Bhati.

UNIT-III ASANA

1. Meaning, Concept And Definition Of Asana,
2. Aims & Objectives, Status In Various Texts,
3. Classification Of Asanas With Reference To Aim & Objectives.
4. Principles Of Practicing Asanas,
5. Techniques And Benefits Of Asanas Described In Practical.

UNIT-IV PRANAYAMA

1. Concept Of Prana, Types Of Prana (10 Types),
2. Types Of Nadis, Meaning, Definition,
3. Aims & Objectives Of Pranayama,
4. Classification Of Pranayama With Reference To Patanjali Yoga Sutra,
5. Hath Pradipika & Gherand Samhita.
6. Preparatory Steps And Precautions For Practice Of Pranayama,
7. Meaning, Technique & Benefits Of The Various Pranayamas Described In Practical.

UNIT-V MUDRA AND MEDITATION

1. Concept, Meaning & Definition Of Mudra & Bandhas,
2. Differentiation Between Mudras & Bandhas, Aims & Objectives.

3. Techniques And Benefits Of Mudras & Bandhas Described In Practical.
4. Meditation-Meaning & Concept, Various Techniques & Benefits, Detailed Technique Of Yoga Nidra.

REFERENCE BOOKS:-

1. Swami Digambaraji and Hatha Pradeepika of Svatanarama
2. Swami Muktibodhananda : Hatha Yoga Pradeepika, The light on Saraswati Hathayoga, (Bihar School of Yoga, Munger, 1985)
3. Ghatore, M.L. : Hatharatnavali of Srinivasayogi and others (The Lonavala Yoga Institute, Lonavala, 2002)
4. Ghosh, Shyam : The Original Yoga (Munshiram Manoharlal, New Delhi, 1999)
5. Burnier, Radha : Hathayoga Pradipika of Svatanarama (The Adyar Library publications, Chennai. 2000)
6. Swami Maheshanandaji : Shiva Samhita and Others (Kaivalyadhama, S.M.Y.M. Samiti, Lonavala, 1999)
7. Pt. Raghunatha Shastri : (Kaivalyadhama, S.M.Y.M.Samiti, Lonavala, 1998)
8. Gharote M.L. (Kaivalyadhama, S.M.Y. Samiti, Lonavala, 1978.)
9. Burley, Mikel : Hatha Yoga, Its Context Theory and Practice (M.L.B.D. Delhi, 2000)
10. Swami Dharendra : Yogic Sukshma Vyayama Brahmachari (Dharendra Yoga Publications, New Delhi, 1989)
11. Swami Digambarji : Gheranda Samhita
12. ऋतयोर प्रदीपिका- स्वात्मराम योगी

13. धेरण्ड संहिता- धेरण्ड ऋषि
14. योग परिवचय- पीतम्बर झा
15. आसन प्राणायाम विज्ञान- देववत आचार्य
16. आसन, प्राणायाम, मुद्रा बन्ध- स्वामी सत्यानन्द
17. बहिरंग योग - स्वामी योगेश्वरानन्द

SEMESTER-I

PAPER - IV (104)

ANATOMY,PHYSIOLOGY AND YOGIC PRACTICE

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Note: there will be ten questions in all, two from each unit. The candidate will be required to attempt five questions selecting one question from each unit.

UNIT - I

Concept of cell,tissue,organ and system.Elementary structure of cell,structure&function of Muscular tissue,Nervous tissue,connective tissue.

Skeletal system-Composition (NO.of bones &types),joints-types and structure ofknee joint,shoulder joint,vertebral joint,composition of vertebral column types of vertebra,structure of cervical/lumber vertebrae.Effects of yogic practices in lengthening of bones in children.

Muscular system - Its components,types and structure of muscle fibers,differentiation, elementary knowledge of muscle contraction,muscle tone,muscular strength,functions of muscular tissue in body.

UNIT - II

Digestive System - Structure of digestive tract with special emphasis of functions of each digestive organ for dissection.Physiology of digestion and effect of yogic practices on the digestive system.

Respiratory System – Structure for respiratory tract with emphasis on their role in respiration, physiology of external and internal respiration and effects of yogic practices on respiratory system. Elementary knowledge of various respiratory volumes & capacities, respiratory rate and effects of yogic practices on them.

UNIT-III

Cardio-vascular system – its components structure & functioning of Heart, Blood, chief characteristics of artery & veins. Effects of yogic practices on cardio-vascular system.

UNIT-IV

Nervous system – its types and their elementary features. Components of central Nervous system, their structure & functions. Elementary knowledge of autonomic nervous system and its major function, physiology of transmission of nerve impulse, reflex action. Effects of yogic practices on central and autonomic nervous system. Structure & function of nose, ears, eyes. Effects of yogic practices on them.

UNIT-IV

Excretory system - Organs of excretory system, their structure & structure of a nephron and physiology of formation of urine. Effects of yogic practices on excretory system.

Endocrinal system – Meaning of endocrine and exocrine glands and differentiation. Name and location of endocrine

glands, meaning of Hormone & enzyme & differentiation. Hormones of pituitary, thyroid, parathyroid, pancreas, adrenal gland and their functions in the body. Effects of yogic practices on endocrinal glands.

REFERENCE BOOKS:-

1. Gore, M.M.: Anatomy and Physiology of Yogic practices (Kanchan Prakashan, Lonavala, 2003)
2. Shirley Telles : A Glimpse of the Human body. (V K YOGAS, Bangalore, 1995)
3. Sri Krishna : Notes on Structure and Functions of Human Body and Effects of Yogic practices on it (Kaivalyadhama S.M.Y.M.Saniti, Lonavala, 1988)
4. Charu, Supriya : Sarir Rachana evam Kritya Vinyan
5. Evelyu, C. Pearce : Anatomy and Physiology for Nurses (Faber and Faber Ltd. London, 1968)
6. Chatterjee, C.C. : Human Physiology (Vol. I & II) (Medical Allied Agency, Calcutta, 1992)
7. Guyton : Textbook of Medical physiology, 9th edition.
8. Ganong : Review of Medical physiology, 18th edition.
9. सुश्रुत (शरीर स्थान) – गाणित्त्वं भाष्यका चाणक्यकर
10. शरीर रचना विज्ञान – डॉ० मुकुन्द स्वरूप वर्मा
11. शरीर किय विज्ञान – डॉ० प्रियव्रत शर्मा
12. शरीर रचना व किय विज्ञान – डॉ० एस० आर० वर्मा

SEMESTER-I

PAPER – V (105)

PRACTICAL - I

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

ASANAS : 70 Marks

1. Udarakarshan
2. SwastikasAn
3. Vajrasan
4. Veerasan
5. Gomukhasan
6. Siddhasan/Siddhyoniasan
7. Bhadrasan
8. Uttanpadasan
9. Ardhalasan
10. Viprikarniasan
11. Sarvangasan
12. Halasan
13. Matsyasan
14. Suptavajrasan
15. Ardhamatasyasan
16. Shivasan

(22)

17. Naukasan
18. Katichakrasan
19. Sidebandchakrasan
20. Tadasan
21. Triyaktadasan
22. Garudasan
23. Vrikshasan
24. Samkonasan
25. Hasstotanasan
26. Padhastasan
27. TrikonAsan
28. Ardh Dhaanurasan
29. Marjhariasan
30. Ardshhalabhasan
31. Bhuangasan
32. Makrasan
33. Padmasan
34. Vakrasan
35. Sarpasan
36. Balasan
37. Bhadraasan
38. Janusirasan
39. Arch Matsyendrasan

(23)

Suryanamaskar with Mantras
Pranayam-

05 Marks
25 Marks

1. Deep inhale-Exhale
2. Abdominal Breathing
3. Nadishodhan Pranayam
4. Suryabhedi Prayanam
5. Chandrabhedi Prayanam
6. Bhramri Prayanam

SEMESTER-I
PAPER - VI (106)
PRACTICAL - II

DURATION OF EXAM. : 3 HRS.
MARKS: 100 (EXT: - 60, INT: - 40)

Shatkarmas- 35 Marks

1. Jalneti
2. Rubber Neti
3. Vaman Dhouti (Kunjai)
4. Vatkram Kapalbhati

10

Mudra & Bandh -
Marks

1. Gyanmudra
2. Chinmudra
3. Vipreetkarni Mudra
4. Jalandherbandh
5. Uddayanbandh
6. Moolbandh
7. Yog Mudra

5 Marks

Meditation-

10 Marks

Class Attendance-

10 Marks

Educational Tour-

30Marks

Viva-Voce-

(25)

✓ SEMESTER IInd

PAPER - I (201)

PATANJALAYOGASUTRA

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Note: there will be ten questions in all, two from each unit. The candidate will be required to attempt five questions selecting one question from each unit.

UNIT-I

1. Introduction To Patanjala Yoga Sutra & Its Author,
2. Definition Of Yoga,
3. Historical Background Of Yoga Sutra.
4. Introduction Of Main Yogasutra-Bhashyas-Vyas Bhashya,
5. Yoga Tattva Vaisharadi,
6. Yoga Vartik,
7. Bhojvritti.

UNIT-II

1. Concept Of Chitta,
2. Modifications Of Chitta,
3. Chitta Bhumies, Chittavritties,
4. Methods To Control Chittavritties,
5. Methods Of Chitta Prasadana.

UNIT-III

1. Yogantaraya & their associates,
2. Means to eradicate Antrayas, kleshas,
3. Karma siddhanta,
4. Kriyayoga,
5. Praman and its kinds.

UNIT-IV

1. Ashtang Yoga-Yama, Niyama, Asana, Pranayama, Pratyahar, Dharana, Dhyana & Samadhi.
2. Types of Samadhi- Samprajnat and Asamprajnat.
3. Abhyas and Vairagy.

UNIT-V

1. Purusha, (drishta)
2. Prakriti, (drishya)
3. Ishwar,
4. Ishwar Pranidhan,
5. Vibhuties, Kaivalya.

REFERENCE BOOKS:-

1. पातंजल योग सूत्र – गीता प्रेस, गोरखपुर
2. पातंजल योग दर्शन- राजबीर शास्त्री

3. पातंजल योग विमर्श-डॉ. विजयपाल शास्त्री
4. पातंजल योग प्रदीप- स्वामी ओमानन्द तीर्थ
5. अष्टांग योग- स्वामी चरणदास
6. मेरी वसीयत और विरासत- श्रीराम शर्मा आचार्य
7. Essays on yoga- Swami Shivananda
8. Bases of yoga- Shri Aurabindo

SEMESTER-II

PAPER - II (202)

PRINCIPLES OF NATUROPATHY

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Note: there will be ten questions in all, two from each unit. The candidate will be required to attempt five questions selecting one question from each unit.

UNIT - I : BASIC OF NATUROPATHY

1. History and Fundamental principles of Naturopathy.
2. Laws of Nature: Pancha Maha Bhutas,
3. Shareera Dharmas - Ahara, Nidra Bhaya, Maidhunani,
4. Inflammation and its different stages,
5. Natural rejuvenation.
6. Prakriti : Definition of Prakriti and its categories,
7. Swasta Vritam : Dinacharya, Ratricharya, Ritucharya, Vegadharanam.

UNIT - II : HISTORY OF NATUROPATHS

1. Birth and Development of Modern Naturopathy
2. History of Nature Cure in India

UNIT - III: NATUROPATHY: DIAOGONYSIS

1. The Diagnostic procedures in Naturopathy such as spinal Analysis, Facial Diagnosis, Iridiagnosis, chromo diagnosis and its diagnostic values.
2. Arogya Rakshaka Panchatantras and their importance in maintaining good health and prevention of diseases
3. Importance of the physical and mental hygiene, Personal life and prevention of diseases, How to acquire Natural immunity in diseases.

UNIT - IV: NATURE CURE TREATMENTS

1. Nature Cure Treatments : Enema - Colon flushing, Fasting, Natural Diet - Raw diet, sun bath, Hydrotherapy, Hip-bath, Spinal bath, Steam bath, Chest pack, Mud packs, Chromo therapy - Colour treatment, Heat, Light, Electricity, Ultraviolet and Infra red rays.
2. Mud therapy, Massage therapy, Fastingtherapy, Yagya therapy

UNIT - V: NATUROPATHY: PROCESS & CURE

1. How Nature Cures, Foreign matter and Toxins accumulation in the body and its importance in elimination through different ways or channels, Definitions and Maintenance of Nature, Constructive principles, Health.
2. Toxins and anti-toxins, their generation, mitigation in Nature Cure Way
3. Vaccinations and inoculation - their ill effects on the human mind and body

4. Old age problems and natural rejuvenation
5. Family planning by Natural therapeutics

REFERENCE BOOKS:-

- Henry Lindlahr. Philosophy of Nature Cure
Henry Lindlahr. Practice of Nature Cure
Dr.E.D.Babbit. Human Culture and Cure
Dr.K.Laxmanasarma Practical Nature Cure
S.J.Singh. History and Philosophy of Nature Cure
M.K.Gandhi. My Nature Cure
Belinda Gran. Natural health care - A to Z
S.J.Singh. My Nature Cure or Practical Naturopathy
Louis K uhne. The Science of facial expression
M.K.Gandhi The story of my experiment with truth
R.K.Garde Ayurvedic for health and Long life
Harry Benjamin. Everybody's guide to Nature Cure

SEMESTER II

PAPER – III (203)

FUNDAMENTAL TEXTS OF YOGA-II

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Note: There will be ten questions in all, two from each unit. The candidate will be required to attempt five questions selecting one question from each unit.

UNIT - I: YOGA IN BHAGAVADGITA - I

1. "Yoga", its meaning and definitions,
2. Nature of atman
3. Sthit Pragyata, Samkhya Yoga,
4. Karma sidhanta, Karma Yoga
5. Jnana Yoga.

UNIT - II: YOGA IN BHAGAVADGITA - II

1. Bhakti Yoga,
2. Samnyas and samnyas yoga
3. Abhyas and Vairagya, Shraddha
4. Ishwar evam Vibhutes

UNIT-III: YOGA IN UPANISHADS

(32)

1. General introduction to Principal Upanishads, Basic Concepts
2. Kathopanishads – Atma - Vivechan
3. Mundaka – Brahma-Vichar
4. Shvetashwatar Upanishad – Liberation, Striti and Moksha

UNIT- IV: DHYANBINDU UPANISHAD

1. Brahm, Om, Atma
2. Dhyana – Parts and Foundation Chakras
3. Sharir Nadi Chakra and Ajapa Gayatri Mantra
4. Liberation (Moksh)

UNIT-V: YOGA IN TANTRA

1. Principals of Sheav.
2. Shakt Tantra – Ten Mahavidya
3. Vaishnav Tantra
4. Tantiik Performance

REFERENCE BOOKS:-

1. Radhakrishnan, S. : The Principal Upanishads (George Allen and Unwin, London, 1953)
2. Goyandaka, Jayadaya : Sri Madbhagavadgita Tatvavivecani Geeta Press, Gorakhpur, 1961)
3. Swarni Adidevananda : Sri Ramanuja Gita Bhasya (Sri Ramakrishna Math, Madras, 1993)

(33)

4. Reddy, M. Vekata : Hatharamavali
5. Gharote, M.L. : Kumbhaka Paddhati Devanath, Parimal The Lonavala Yoga Institute, Lonavala
6. Shri Ram Sharma Acharya : 108 Upanishads in three Volumes (Hindi) (Shanti Kunj, Haridwar, 1978)
7. Introduction to Upanishads - Theosophical Society of India, Adyar, Madars, 1976)
8. तंत्र दर्शन - परमहंस तिनरजनानन्द, श्री पंचदशनाम परमहंस अलखबाडा देवघर (बिहार)
9. भारतीय दर्शन एक नयी दृष्टि - डॉ० जगदीष चन्द्र जैन चौखंबा सुरभारती प्रकाशन वाराणसी

SEMESTER II

PAPER - IV (204)

ALTERNATIVE THERAPIES

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Note: there will be ten questions in all, two from each unit. The candidate will be required to attempt five questions selecting one question from each unit.

UNIT I : INTRODUCTION TO ALTERNATIVE THERAPY:-

1. Concept of Alternative Therapy.
2. Scope And Limitation Of Alternative Therapy.
3. Importance of Alternative Therapy.
4. General Introduction Of Following Therapies Acupressure, Pranic Healing And Magneto Therapy.
5. Pranic Healing And Magneto Therapy.

UNIT II : ACUPRESSURE :-

1. Meaning of Acupressure,
2. History And Principles And Techniques of Acupressure.
3. Instruments of Acupressure.
4. Benefits of Acupressure.
5. Introduction of Different Pressure Points.
6. Differences And Similarities of Acupressure And Sujok.

UNIT III: PRANIC HEALING:-

1. Meaning of Prana,
2. Nature,
3. Introduction of Pranic Healing.
4. History And Principles,
5. Center of Energy,
6. Various Techniques of Pranic Healing.

UNIT IV: MAGNETO THERAPY:-

1. Meaning And Definition,
2. Nature, Scope,
3. Limitation And Historical Highlights,
4. Principles of Magneto Therapy.
5. Kinds of Magnets.
6. Methods of Magneto Therapy And Effect of Magneto Therapy On Different Diseases.

UNIT V :RELATION BETWEEN YOGA AND ALTERNATIVE THERAPY:-

1. Role Of Alternative Therapy In Maintenance Of Health In Children, Youngsters, Adults, And Old Aged Males And Females.
2. Relation Between Yoga Therapy And Alternative Therapy (Acupressure, Pranic Healing, Magneto Therapy) And Their Utility

REFERENCE BOOKS:-

1. Acupressure – Dr. Attar Singh
2. Acupressure – Dr. L. N. Kothari
3. Acupressure you are doctor for yourself :- Dr. Dhiren Gala
4. Sujok therapy:- Dr. Aash Maheshwari
5. Acupressure: - Dr. D. P. Bora
6. Miracles through pranic healing :- Master Choa Kok Sui
7. Advanced pranic healing :- Master Choa Kok Sui
8. Pranic Psychotherapy:- Master Choa Kok Sui
9. Magneto therapy :- Dr. H. L. Bansal
10. Magnetic Cure for common disease:- Dr. R. S. Bansal, Dr. H. L. Bansal
11. The text book of Magneto therapy:- Dr. Nanubhai Painter
12. Magneto therapy and Acupressure:- Dr. A. K. Mehta

**SEMESTER-II
PAPER - V (205)
PRACTICAL**

**DURATION OF EXAM. : 3 HRS.
MARKS: 100 (EXT: - 60, INT: - 40)**

ASANAS-40 Marks

1. Utkatasan,
2. Paschimottanasan
3. Chakrasan
4. Vtshabhasan
5. Natrajanan
6. Kukkutasan
7. Koomasan
8. Vakasan
9. Hastpadangushthasan
10. Uthit-Padmasan
11. Padangushthasan
12. Parvatasan
13. Akarnhdhanurasan
14. Bhumanamasan
15. Baddh-Padmasan
16. Shashankasan
17. Konasan

(38)

Pranayam-

1. Sheetal Pranayam,
2. Sheetkari Pranayam

10 Marks

Shatkarm-

1. Agnisar Kriya,
2. Sheekram Kapalbhati,
3. Suraneti,
4. Kapalbhati

35 Marks

Mudra & Bandh-

1. Shambhavi Mudra,
2. Tadagi Mudra,
3. Pran Mudra,
4. Kaki Mudra,

10 Marks

Meditation -

Including With All Activities Of Semester Ist

05 Marks

(39)

SEMESTER-II

PAPER – VI (206)

NATUROPATHY AND ALTERNATIVE PRACTICAL

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Naturopathy Practical-

30 Marks

Alternative Therapies -

Pranic Healing-

20 Marks

Acupressure-

20 Marks

Magnetic Therapy-

20 Marks

Viva-Voce-

10 Marks

SEMESTER-III

PAPER – I (301)

**STATISTICS AND RESEARCH METHODS FOR
YOGA**

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Note: there will be ten questions in all, two from each unit. The candidate will be required to attempt five questions selecting one question from each unit.

UNIT – I: INTRODUCTION TO STATISTICS

1. General Introduction To Statistics
2. Its Meaning And Use,
3. Presentation Of Research Data-Frequency And Graphical Representation,
4. Measurement Of Control Tendencies-Mean Median, Mode,
5. Measures Of Variability-Range, Quartile And Standard Deviation

UNIT – II: CORRELATION AND REGRESSION

1. Correlation coefficient
2. Rank correlation coefficient
3. Regression and Regression equations

SEMESTER-III

PAPER – II (302)

TEACHING METHODOLOGY OF YOGA PRACTICE

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Note: there will be ten questions in all, two from each unit. The candidate will be required to attempt five questions selecting one question from each unit.

UNIT-I-INTRODUCTION

1. Concept Of Teaching Practice,
2. Principles Of Teaching.
3. Importance Of Teaching Practice,
4. Introduction To Teaching Methods,
5. Sources Of Teaching Methods.

UNIT-II METHODOLOGY

1. Meaning And Scope Of Teaching Methods,
2. Use Of Teaching Practice In Yoga,
3. Class Management,
4. Lesson Planning,
5. Model Of Lesson Plans And Teaching Practice

UNIT-III TECHNIQUES

1. Presentation Technique,
2. Technical Preparation,
3. Audio Visual Aids,
4. Modern Concept And Teaching Aids

UNIT-IV TYPES

1. Types Of Teaching Methods,
2. Lecture Methods,
3. Methods Of Demonstration,
4. Mass Demonstration,

UNIT-V TEACHING AIDS

1. Use Of Teaching Aids In Yoga,
2. Use Of Lesson Plan,
3. Use Of Mass Demonstration,
4. Micro And Macro Teaching
5. Mass Teaching In Yogic Field

BOOKS RECOMMENDED:-

1. Methods and techniques of teaching – S.K. Kochhar Sterling publications Pvt. Ltd, New Delhi
2. A Handbook of Education – A. G. Sundarams & R. N. Kaul, Kapoor Brothers, Jammu
3. Early Teaching of Swami Satyananda, Bihar School of Yoga,

SEMESTER-III

PAPER – III (303)

PRACTICAL AND TEACHING PRACTICE

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Asanas-

30 Marks

1. Padmsarvangasan
2. Mayurasan
3. Shirshasan
4. Tolangulasan
5. Ekpadskandhasan
6. Vatayanasan
7. Tittibhasan
8. Garbhasan
9. Ardhbaddhpadmotsanasan
10. Shishpadanangusthasan
11. Sankatasana
12. Guptasana
13. Nadishodhanasan
14. Padmvakasan
15. Vipreet Vrikshkasana

Prayanam-

05 Marks

1. Bhramriprayanam
2. Bhastrikapryanam

Satkarm-

05 Marks

1. Danddhauti
2. Vyutkramkapalbharti
3. Tratak

Mediation, Mudra & Bandh -

10 Marks

1. Shaktichalinimudra
2. Mahabhand
3. Ashwanimudra
4. Moolbandh

Including With All Activities Of Semester 1st and 2nd

Teaching Practice

30 Marks

Project & Viva

10 Marks

Sessional work/Assignment

10 Marks

Educational Tour

10 Marks

SEMESTER -III

PAPER - IV (304)

YOGA & ALLIED SCIENCES -I

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Note: there will be ten questions in all, two from each unit. The candidate will be required to attempt five questions selecting one question from each unit.

UNIT - I YOGA AND HEALTH EDUCATION

1. Meaning, Definition & Nature of Health,
2. Health education: meaning & Objectives,
3. Principles, methods, Cultural practices & Health

UNIT - II FOOD & NUTRITION FOR YOGA PRACTITIONERS

1. *Food & Nutrition,*
2. *Constituents of food,*
3. *Nutritional need of body,*
4. *Balanced diet,*
5. *Principles of diet planning,*
6. *Yogic diet*

UNIT-III YOGA AND EDUCATION

1. Yoga and Education,
2. Applications of Yogic Practices
3. Yoga and Literary research
4. Centers of Yogic Studies

UNIT-IV : YOGA AND PHYSICAL EDUCATION

1. Concept of Yoga and Physical Education, Aims and objectives of Physical Education and Yoga
2. Means of Yoga and Physical Education, Yoga and Sports
3. Exercise practices in Physical Education and its comparison with Yogic Practices
4. Application of Yoga in Physical Education for-endurance, performance and excellence etc., co-ordination of Yoga in Physical Education for maximum benefits.

UNIT-V YOGA AND VALUE EDUCATION

1. Concept of value education
2. Need and effectiveness of value education
3. Yoga and Value education

(OR)

SEMESTER III

PAPER – V (305)

TOURISM RESOURCES OF INDIA

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Note: there will be ten questions in all, two from each unit. The candidate will be required to attempt five questions selecting one question from each unit.

Course Contents:

Unit I :

Introduction : Concepts, Meaning and Characteristics
Typologies and Nature, Definition and Differentiation and
scope of Tourist places in India.

Unit II :

Natural Resources : Wildlife Parks, Sanctuaries and Tiger
reserves in India with case studies of Raja-ji-National Park,
Jim Corbett Tiger Reserve, Har-Ki-Doon Sanctuary,
Bharatpur Bird Sanctuary and Bhuyandar-Valley of Flowers

Unit III :

Hill Stations : Study of hill station attractions and their environs
with case studies of Mussoorie and Nainital.

Unit IV :

Buddhist Resources and Hindu Resources: BodhGaya,
Nalanda, Kushinagar, Sarnath, Sanchi and Ajanta.

(50)

Khajuraho, Jaipur, Mahabalipuram, Tanjore, Hampi, Ellora,
Elephanta and Konark.

Unit V :

Socio-Cultural Resources : Important fairs and festivals with
case studies of Kumbh Mela, Dusshera, Onam and Puri
Rath Yatra.

REFERENCE BOOKS:-

1. Mukarjee, R.K. The Culture and Art of India, George
Alleene Unwin Ltd., London, 1959.
2. Oki Morihito - Fairs and Festivals, World Friendship
Association, Toyko, 1988.
3. The Treasures of Indian Museum, Marg Publication,
Mumbai.
4. Archaeological Survey of India publication on
archaeological places of India.
5. Mitra, Devla - Buddhist Architecture, Calcutta.

(51)

SEMESTER- III
PAPER – VI (306)

YOGA AND PERSONAL MANAGEMENT

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Note: there will be ten questions in all, two from each unit. The candidate will be required to attempt five questions selecting one question from each unit.

UNIT –I: Introduction of self-management and career development

1. Self-management – concept; basis, meaning, nature and need
2. Study of different dimensions related with self-management
3. Self-confidence-meaning and its improvement
4. Mapping and knowing your life- components of life journey.
Career development-goal-setting and its achievement- basis, process and planning

UNIT –II: Development of Capabilities

1. Development of will, imagination and Yogic Life
2. Development of thinking, emotion control and Yogic Life
3. Meditation in development of intuition and power of senses
4. Improvement of memory and meditation

UNIT- III: Self-management and Stress-management

1. Management of needs and internal community, Maintenance of health and Vitality
2. Management; time Management, Management of different stages of life; Problems, decisions and plans
3. Stress – nature, causes, and effects
4. Stress – management and Yogic Life

UNIT –IV: Communication and Yogic Life

1. The importance of communication, determinants
2. Skill and blocks to communication, effective listening, body language, effective reading and speaking in public
3. Ideas to action, direction setting
4. Mobilising people and work achievement

UNIT – V: Support system and Managing Groups

1. Nature of support and attitudes to support, supportive relationships
2. Supportive groups, self-support and times for support
3. Nature of group and its functioning, knowing your group
4. Group dynamics, participation and effectiveness

REFERENCE BOOKS:-

1. L.Chaito : Relaxation & Meditation Techniques, 1983
2. Michael Aegyle : Bodily Communication, Methuen, 1975

3. Mulligan J: The personal Management (handbook)
4. Postonjee D.M.: Stress and Coping, The India Experience, sage Publication, New Delhi
5. आचार्य महाप्रज्ञा : शक्ति की साधना
6. आचार्य महाप्रज्ञा : नया मानव नया विश्व, आदर्श साहित्य संघ, चूरु
7. शिवखेडा - जीत आपकी

(OR)

SEMESTER- III

PAPER - VII (307)

**PRINCIPLES AND HISTORY OF
PHYSICAL EDUCATION** ✓

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Note: there will be ten questions in all, two from each unit. The candidate will be required to attempt five questions selecting one question from each unit.

Unit-I

1. Definition of Physical Education, meaning and importance.
2. Objectives and aims of Physical Education.
3. Relation of Physical Education to Health Education, Recreation, Art and science.
4. Relation between physical Education and Education.
5. Philosophy of Physical Education.

Unit-II Biological

1. Growth and Development.
2. Effects of Heredity and environment on growth and Development.
3. Structural and Functional Differences in males & Females.
4. Body types, principles of muscle use & disuse and misuse or overuse.

5. Principles of exercise- normal load crest load and overloa

Unit-III Sociological

1. Social nature & Learning of man.
2. Traditions and their influences on behavior.
3. Competition and Co-operation.
4. Social recognition.
5. Physical Education as a Socializing agency.
6. Development of Physical education of various countries India, Egypt, Germany, England USA & Greece,

Unit-IV

1. The Psycho- Physical unity of the human organs.
2. Law of learning and transfer of training, its importance learning Physical skills

Physical Education in Profession-

3. Leadership and its importance.
4. Qualification and Qualities of Physical Education teacher
5. Contribution of Physical Education.

Unit- V (History of Physical Education)

1. Physical Education in Ancient India.
2. Brief History of the status of Modern Physical Education in India.

3. Contribution of Y.M.C.A. in Physical Education.
4. Olympic Movement.
5. Aims, Objectives and role of N.C.T.E. in the promotion of the physical education in India.
6. All India Council of sports.
7. National Discipline scheme.
8. N.P.F.P.
9. National Sports and federation?
10. Physical Education Associations.
11. Teacher Training Institute in Physical Education.
12. Role and Functions of International Olympics committee.
13. Important Awards and honors in Sports.
14. History of Modern Olympic Games.

REFERENCE BOOKS:-

1. Charles A. Bucher— Foundation of Physical Education
2. J.F. Williams— Principles of Physical Education
3. A.K. Uppal, Reet Howell and Max Well— Foundation of Physical Education.
4. M.L. Kamlesh and M.S. Sangral.— Principles and History of Physical Education.
5. Dr. R.K.S. Dagar, Dr. Shiv Kumar Chauhan & S.S. Maan
6. शारीरिक शिक्षा के मूलधार, फण्डस पब्लिकेशन इण्डिया, नई दिल्ली, 2004

SEMESTER -III
PAPER - VIII (308)

FUNDAMENTAL OF PSYCHOLOGY

DURATION OF EXAM. : 3 HRS. ✓

MARKS: 100 (EXT: - 60, INT: - 40)

Note: there will be ten questions in all, two from each unit. The candidate will be required to attempt five questions selecting one question from each unit.

UNIT-I

1. Theoretical understanding of Yoga and Modern Psychology
2. Holistic Health- meaning, scope and utility.
3. Concepts and models of Normality,

UNIT-II

1. Concepts of Psychosomatic disorders as embodied in Patanjali Yoga Sutra.
2. Cognitive Processes And Higher Mental Processes.

UNIT-III

1. Feelings And Emotions.
2. Motivation.
3. Frustration, Anxiety and Conflict.

UNIT-IV

1. Eastern and western concepts of personality,
2. Modern theories of personality,
3. Indian approach to consciousness and human behavior,
4. States of consciousness.

UNIT-V

1. Personal and interpersonal adjustment in attitude change
2. Attitude formation for total personality integration,

REFERENCE BOOKS:-

1. Contemporary school of psychology - Woodwork
2. 20th Century psychology - P.L. Harrienan
3. Towards a psychology of being - Abraham H. Maslov
4. The Roots of consciousness - Mishlov Jeffery
5. Mind and supermind - N.C.Pande
6. Internal yoga psychology - V. Madhupudhan Reddy
7. Yoga and depth psychology - I.P Sachdeva
8. Yoga psychology - Shanti Parkash Attari

(OR)

SEMESTER III

PAPER - VIII (309)

HEALTH AND SOCIETY

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Note: there will be ten questions in all, two from each unit. The candidate will be required to attempt five questions selecting one question from each unit.

Unit - I

Introduction: Sociology of Health, its definition, and Scope; Concept of Health, Illness and Disease;

Health and its Dimensions; The Emerging Relationship between Medicine and Sociology.

Unit - II

Concepts: The Sick Role Concept; Occupational Health; Community Health; Social Epidemiology; Nutrition and Health; Environment and Health; Role of Mass Media and Promotion of Health.

Unit - III

Health Service in India: Health Delivery System in India; Primary Health centres, Sub-centres, Private Hospitals, Corporate Hospitals; Health Insurance.

Unit - IV

Social Organisation: Hospital as a Social Organisation; Doctors as Provider of Health Care.

Unit - V

Nurses as Semi-Professionals; Patient as a Consumer of health Care; Interpersonal Relationships in Hospital Setting.

REFERENCE BOOKS:-

- Bloom, Samuel W. (1963): *The Doctor and His Patient*, Free Press, New York,
- Cockerhan, W.C. (1978): *Medical Sociology*, Prentice Hall, New Jersey
- Goe, R.M. (1970): *Sociology of Medicine*, McGraw Hill, New York
- David, M. (1978): *Medical Sociology*, MacMillan, London
- Dingwali, R. (1976): *Aspects of Illness* Martin Robertson, London
- Dutt, P.R. (1965): *Rural Health Services*, DGHS, New Delhi
- Freeman, H.S. Levine and L. Reader (Editors) (1972): *Handbook of Medical Sociology*, Prentice Hall Inc. New Jersey
- Hasan, K. (1967): *The Cultural Frontier of Health in Village India*, Manaktalas, Bombay
- Jace, E.G. (1958): *Patients, Physicians and Illness*, Free Press, New York
- Knutson, A.L. (1961): *The Individual Society and Health Behaviour*, Sage Foundation,
- Madan, T.N. (1980): *Doctors and Society*, New Delhi, Vikash Publishing House
- Majja, Madhu (1988): *Medical Sociology*, Jaipur: Printwell Publishers.
- Comen, T.K. (1978): *Doctors and Nurses: A Study in Occupational Role Structure*, Delhi: Macmillan

SEMESTER -IV

PAPER - I (401)

YOGA THERAPY

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Note: there will be ten questions in all, two from each unit. candidate will be required to attempt five questions selecting one question from each unit.

UNIT I : CONCEPT OF HEALTH AND DISEASES APPLICATION OF YOGIC THERAPY:-

1. Health : Preventive, Promotive, and Curative means Health, Yogic concept of health and disease, Concept Panch Kosha.
2. Yogic Sukshma Vyayama and Sthula Vyayama, Yogic Practices for healthy living
3. Yoga Therapy : meaning, scope, effectiveness and limitation and Principles
4. Integral Yoga Therapy: Dhyana, Yama, Niyama, Ahimsa, Vihara, Achara and Vichara etc.

UNIT II : RULES AND REGULATIONS TO BE FOLLOWED IN YOGA THERAPY :-

1. Rules to be followed while treating multiple disease cases
2. Method of imparting Yoga therapy classes
3. Rules to be followed by the Therapist

4. Rules to be followed by the Patient, Patient - Therapist relationship

UNIT III : YOGIC MANAGEMENT OF COMMON DISORDERS : I

1. Yogic management of common Respiratory disorders - Bronchitis, Rhinitis, Sinusitis, Br. Asthma.
2. Yogic management of Gastro-Intestinal disorders - Constipation, Indigestion, Hyperacidity, Ulcer, Flatulence, Gastritis, etc.
3. Yogic management of common Cardio-vascular disorders - Hypertension, Hypotension, Coronary artery disease.
4. Yogic management of common Reproductive disorders - Infertility and Sterility
5. Yogic management of common excretory system disorders - Nephrotic syndrome, Chronic renal failure, renal hypertension, renal stones.

UNIT IV: YOGIC MANAGEMENT OF COMMON DISORDERS : II

1. Yogic management of common Endocrinal e.g. Diabetes, Hypo and Hyper thyroidism, Obesity.
2. Yogic management of common disorders of Central & Peripheral Nervous system - Meningitis, Head ache & Migraine, Epilepsy, Paralysis, Parkinsonism.
3. Yogic management of common disorders of Musculo-skeletal system and Joint disorders, - Muscular dystrophy, Myasthenia gravis, Cervical and lumbar spondylosis, arthritis.

4. Yogic management of Obstetrics and Gynecological disorders - Menstrual disorders, Premenstrual Syndrome, Pregnancy and Childbirth.

UNIT V: YOGIC MANAGEMENT OF PSYCHOLOGICAL DISORDERS

1. Role of Yoga in handling the Psychological disorders
2. Yogic management of Anxiety/ Depression, Suicide tendency
3. Yogic management of Dementia, Hallucination.
4. Yogic remedies for computer related health problems.

REFERENCE BOOKS:-

- Shivanand Saraszwati : Yoga Therapy (Hindi & English)
Reddy, M. Venkata and Others : Yogic Therapy (Sri M.S.R Memorial Yoga series, Arthamuru A.P.2005)
Rai, Lajpat : Discovering Human Potential energy
A Physiological Approach to Yoga (Anubhava Ra Publications, 1998)
Charu, Supriya Aatreya, Shanti Parkash : Sarir Rachana
evam Kriya Vigyan : Yoga Manovigyan (Indian Psychology (International Standard Publication, Varanasi; 1965)
Abhedananda : The Yoga Psychology Ramakrishna Vedant Math, Calcutta, 1973.
Nagarathna, R and : Integrated Approach of Yoga Therapy for Positive
Nagendra, H.R. : Health (Swami Vivekananda Yoga Prakashana, Bangalore, 2001)
Robin Monoro, Nagarathna R and Nagendra, H.R. :
Yoga for Common Ailments Guia Publication, U.K.

SEMESTER -IV

PAPER - II (402)

DISSERTATION

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

NOTE :-

1. The Dissertation shall be based on the field work. The field work shall be related to the collection of primary data. The field work shall be carried out under the general supervision of supervisor and head of the department.
2. The Dissertation shall be examined by the board of examiners consisting of Head of department / Supervisor and external examiner (to be appointed by University) Who shall also conduct the viva voce of the candidate. Both the examiners shall give marks.

It shall be submitted up to 31st march

PAPER - III (403)

PRATICAL

DURATION OF EXAM.: 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Asanas-

35 Marks

1. Dwipadskandhasan
2. Kamapeedasan
3. Poorna Bhujangasan
4. Poorna Matsyendrasan
5. Vypreetshirshdwihastrabaddhasan
6. Gorakshasan
7. Pakshtiasan
8. Hanumanasan
9. Poorna Chakrasan
10. Vishchikasan
11. Padma Mayurasan
12. Balgarbhasan
13. Kandpeedasan
14. Poorna Dhanurasan
15. Pranavasana

Pranayam-

15 Marks

1. Ujjayi Pranayam,
2. Moorcha Pranayam,
3. Bhayavritti,
4. Abhyantarvritti,
5. Stambhvriti

Shaktiram-

30 Marks

- Nauli,
Vastradhauti,
Loghoshanktiprakashalan

Mudra & Bandh-

10 Marks

- Mahamudra,
Khechari Mudra,

Meditation-

10 Marks

Including With All Activities Of Semester 1st, 2nd & 3rd

SEMESTER IV

PAPER – IV (404)

YOGA & ALLIED SCIENCES -II

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Note: there will be ten questions in all, two from each unit. The candidate will be required to attempt five questions selecting one question from each unit.

UNIT-I : FUNDAMENTALS OF AYURVEDA - I

1. General introduction, definition, history and principles of Ayurveda
2. Concept, role and importance of – Dosha, Dhatu, Mala Updhatu, Srotas, Indriya, Agni, Prana, Pranayama, Prakriti Deha Prakriti, Manasa Prakriti.

UNIT-II : FUNDAMENTALS OF AYURVEDA - II

1. Concept of Swasthya (healthy condition) and Atur (disease condition) according to Ayurveda
2. Prakriti Parikshan-determining one's Personality constitution, Important Yoga Practices according to Prakriti (Personality Constitution)

UNIT-III : FUNDAMENTALS OF AYURVEDA – III

1. Concept, role and importance of – Swasthavritta, Ritucharya, Sadvrita, Achararasayana.

2. Concept of diet in Ayurveda

UNIT-IV: PANCHAKARMA THERAPY - I

1. Concept of Trividha Karma : Poorva Karma, Pradhana Karma and Paschat Karma
2. Poorva Karma : Importance of Poorva Karma, Sneha, Swedhana and their types

UNIT-V: PANCHAKARMA THERAPY - II

1. Pradhana Karma : five types of Treatments – Pancha Karma, Vamana, Virechena, Anuvasabasti, Nasyakarma, Rakta Mokshanavidhi, types and methods of Rakta Mokshanam (Blood letting), Dhumrapanavidhi.
2. Paschatkarma : Pathyam, Samvarjankarma

REFERENCE BOOKS:-

1. Kaushik, Mai Ram : Ayurveda Kya Hai? Bikaner. Anand Prakashan, 2003
2. Dash, V.B. : Ayurvedic Treatment For Common Diseases Delhi Diary, 1974.
3. Laxmipati, K. : Basic principles of Ayurveda
4. Garde, R.K. : Ayurvedic for health and Long life

(OR)

SEMESTER -IV

PAPER – V (405)

BUSINESS COMMUNICATION

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Note: there will be ten questions in all, two from each unit. The candidate will be required to attempt five questions selecting one question from each unit.

UNIT I: Meaning, types, barriers and mechanism of communication: Verbal and non-verbal communication. Organizational setting for business communication.

UNIT II: Face to face conversation: Professional use of the telephone, interviews, group discussion, making presentation (Using visual aids). Features of written communication, layout of a letter, types of letters. Preparing resume and application letters.

UNIT III: Effective customer care: Using an appropriate mannerism, handling difficult customers, Nature of complaint, handling objection, responding to a complaint and negotiating with the customer, Causes and effect of the conflict, resolving conflicts.

UNIT IV: Energy of selling: Developing, selling skills, 54
conviction, questioning techniques, forecasting products, ethical, legal and social responsibility communication. Causes of unethical communication.

UNIT V: Basic traits of personality: Dress, address, gesture and manners: self evaluation and developing- identify of strengths and weakness; overcoming hesitation and of facing the public; corrective and developmental exercises confidence building, mock interviews, role plays.

REFERENCE BOOKS:-

Essence of Business Communication: Pradeep Koriabli
Organizational Communication: M.D. Jitendra- Raj
publications
International skills in Travel and Tourism- Jon & Lisa Burrows
Cengage Group Ltd.

SEMESTER-IV

PAPER – VI (406)

SPORTS TRAINING, OFFICIATING AND COACHING

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Note: there will be ten questions in all, two from each unit. candidate will be required to attempt five questions selecting one question from each unit.

Unit-I

1. Meaning and Definition of Sports Training.
2. Principals, Nature and characterization of Sports Training.

Unit-II

1. Importance, Aims of Sports Training in Physical Education.
2. Meaning and Definition of Officiating and coaching importance.

Unit-III

1. Qualities and Duties of a good coach and a Good official.
2. Responsibilities and Qualifications of good official.
3. Duties of an official, Secret sheets of different games athletics events.

Unit-IV

1. Development of motor Abilities- Endurance, strength, speed, Flexibility,
2. Co- coordinative Abilities, Meaning Definition and types of Co- Coordinative Abilities.

Unit-V

1. Making of play fields and courts.

Types of Race- Long distance Race

- Sprint Race, Hurdle Race
- Middle Distance Race
- Relay Race, Steeple chase Race
- Marathon Race.

Jumping -- Long Jump, Tripple Jump, flying jump.

Throwing- Javelin and hammer, Shot-put & Discuss. Decathlon and Pentathlon

Manager, Secretary teacher manager, Referee, Judge Umpire, Keeper, starter Asst Starter, Scorer, Recorder, Marshal and Doctor their Duties & Function.

REFERENCE BOOKS:-

1. Science of Sports training, D.V.S. Publication New Delhi.- Hardayal Singh
2. Principals of Sports training, Kreedha Sahitya Publication.- R.K. Sharma

3. Test and Measurement in physical Education.- Donald Mathew
4. Test and Measurement in physical Education.- Kansal Kansal.
5. Test and Measurement in physical Education.- Dr. Abh Kumar Srivastava

(OR)

SEMESTER-IV

PAPER - VII (407)

MENTAL HYGIENE THROUGH YOGA

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Note: there will be ten questions in all, two from each unit. The candidate will be required to attempt five questions selecting one question from each unit.

Unit - I : CONCEPT OF MENTAL HEALTH

1. The western view Point
2. The Indian View Point
3. New Modern yoga
4. Mental Hygiene through yoga

Unit-II : MENTAL HYGIENE THROUGH TRANSCENDENTAL MEDITATION

1. Historical Background
2. Psychological Concept
3. Aim and Techniques
4. Mental Hygiene through Transcendental Meditation Yoga

Unit-III : MENTAL HYGIENE THROUGH RAJYOGA

1. Historical Background

2. Psychology Concept
3. Aim and Techniques
4. Mental Hygiene through Raj Yoga

Unit-IV : MENTAL HYGIENE THROUGH BHAKTI YOGA

1. Historical Background
2. Psychology Concept
3. Aim and Techniques
4. Mental Hygiene through Bhakti Yoga

Unit-V : MENTAL HYGIENE THROUGH KARMA YOGA

1. Historical Background
2. Psychology Concept
3. Aim and Techniques
4. Mental Hygiene through Karma Yoga

REFERENCE BOOKS:-

1. Contemporary school of psychology - Woodwork
2. 20th Century psychology - P.L. Harrienan
3. Internal yoga psychology - V. Madhupudhan Reddy
4. Yoga and depth psychology - I.P Sachdeva
5. Yoga psychology - Shanti Parkash Attari
6. Mental Hygiene through yoga - Dr. Vinod P. Nainiyal, Yoga Dept- HNB Garhwal University, Srinagar, Uttarakhand

SEMESTER -IV

PAPER -- VIII (408)

SPIRITUALITY AND SCIENCE

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT: - 60, INT: - 40)

Note: there will be ten questions in all, two from each unit. The candidate will be required to attempt five questions selecting one question from each unit.

Unit 1 : MIND AND MENTAL TRAINING

1. Nature of mind, problems of mind and mental development
2. Elements of Mind and Mental Health
3. Discipline of Mind
4. Scientific perspectives and spiritual base of contemplation

Unit 2 : PSYCHE AND PSYCHIC TRAINING

1. States of consciousness, psyche and mind
2. Nature and importance of 'chitta-samadhi'
3. Perception of psychic centres : Spiritual and scientific perspectives, procedure
4. Perception of psychic centres : Purpose and benefits

Unit-3 : EMOTION AND EMOTIONAL TRAINING

1. Principle of psychic colour, psychic colour and emotions

2. Psychic colour and Aura
3. Psychic colour meditation : Scientific and perspectives, procedure, purpose benefits and therapy
4. Importance of spiritual and scientific interpretation of paranshakti (Tajolesya) and Kundalini-jagran

Unit-4 : PARAPSYCHOLOGY AND SPIRITUALITY

1. Concept of development of spiritual-scientific personality as given by Ganadhipati shri Tulsi and Acharya Mahaprajna
2. Parapsychology : A brief history, scope and field of research, its correlation with spiritualistic beliefs and general methodology and scientific spirit
3. Studies and research in the west and India in the field of birth and memory of past life or lives and evaluation of Stevenson's efforts.
4. Critical analysis of the rebirth-research, specially in the light of Jain Philosophy; techniques for development of past-life memory

Unit-5 : PARAPSYCHOLOGY AND SPIRITUALITY

1. Supernormal cognition or extra sensory perception (ESP) - main types: Clairvoyance, Telepathy, psychometry (or Mind reading), precognition (or Intuition)

2. Development of electro-magnetic fields in the body and psychic centres and karana & technique of Preksha Meditation for E.S.P.
3. Supernormal power of mind and its main types : hypnotism and suggestology, psycho-keinesis (PK)
4. Existence of spirits, ghosts, gods, etc. and communication with them, raps, possession, etc.

REFERENCE BOOKS:-

1. Ian Stevenson: Twenty cases suggestive of Re-incarnation, Virginia, U.S.A
2. B.L. Atreya: An Introduction to Parapsychology, Kumar Publication, Varanasi
3. J.B Rhine: Extra Sensory perception.
4. W.E Butler: How to read the Aura, Practice Psychometry, Telepathy and Clairvoyance, Destiny books one Parkstreet, Rochester, Vermont.
5. मुनि महेंद्र कुमार - जैनदर्शन और विज्ञान, जैन विश्व भारती संस्थान, लाडनू
6. गोपीनाथ कविराज: भारतीय संस्कृति और साधना, खण्ड. 1, 2
7. गोपीनाथ कविराज: तांत्रिक साधना और सिद्धान्त कीर्तिस्वरूप रावत : परामर्शविज्ञान

(OR)
SEMESTER III
PAPER – VIII (409)

SOCIOLOGY OF ENVIRONMENT

DURATION OF EXAM. : 3 HRS.

MARKS: 100 (EXT. - 60, INT: - 40)

Note: there will be ten questions in all, two from each unit, candidate will be required to attempt five questions selecting one question from each unit.

UNIT-I

Sociology of Environment: The rise, decline and resurgence of Sociology of environment
Interrelation among Ecology, Environment and Society.

UNIT-II

Emerging theoretical Perspectives in sociology of environment: Contribution of Dunlop and Cotton, Pariddens, Ramechandra Guha and Radha Karnaal Mukherjee.

UNIT-III

Sustainable Development and Environmental Concerns: Development, displacement, relocation and environmental problems.

UNIT-IV

Environment impact analysis, its need, scope and methodology.

UNIT -V

Role of traditional knowledge and religious beliefs to environmental protection Social Movements regarding environment & Ecology, Role of NGOs in Environment Protection.

REFERENCE BOOKS:-

- Agarwal, Anil (1989), 'Economy and Environment in India', in Anil Aggarwal (ed) The Price of Forests. New Delhi: Centre for Science and Environment.
- Bhart, Anil (1989), Development and Social Justice: Micro Action by Weaker Section, Sage: New Delhi.
- Carolyn Merchant (Ed.), Ecology, Key Concepts in critical theory, Rawat Publication, New Delhi, 1996.
- Chauhan, I.S. (1998), Environmental Degradation, Delhi: Rawat Publications.
- Dubey, S.M. and Murdia, Ratno (ed) (1980), Land Alienation and Restoration in Tribal Communities in India, Bombay: Himalaya Publishing House.
- Gadgil, Madhav & Ram Chandra. Guha (1996), Ecology and Equity: The use and Abuse of Nature in contemporary India: New Delhi: OUP.
- Guha, Ramechandra (1995), The Unquiet Woods: Ecological Change and Peasant Resistance in the Himalaya. OUP: Delhi.