**NATIONAL EDUCATION POLICY 2020**

Common Minimum Syllabus for University Campus and all Affiliated Colleges of Sri Dev Suman Uttarakhand University



**STRUCTURE OF B.A YOGA**

**THREE YEARS SYLLABUS**

**CHOICE BASED CREDIT SYSTEM (CBCS)**

**2023-2024**

**Curriculum Design Committee, Uttarakhand**

|  |  |  |
| --- | --- | --- |
| **Sr.No.** | **Name & Designation** | |
| **1.** | **Prof. N.K. Joshi**  Vice-Chancellor ,Sridev suman Uttarakhand University, Tehri | Chairman |
| **2.** | **Vice-Chancellor , Kumaun University, Nainital** | Member |
| **3.** | **Prof. Jagat Singh Bisht**  Vice-Chancellor , Soban Singh jeena University, Almora | Member |
| **4.** | **Prof. Surekha Dangwal**  Vice-Chancellor, Doon University, Dehradun | Member |
| **5.** | **Prof. O.P.S. Negi**  Vice-Chancellor , Uttarakhand Open University, Haldwani | Member |
| **6.** | **Prof. M.S.M. Rawat**  Advisor, RashtriyaUchchatar Shiksha Abhiyan, Uttarakhand | Member |
| **7.** | **Prof. K. D. Purohit**  Advisor, RashtriyaUchchatar Shiksha Abhiyan, Uttarakhand | Member |

**SRI DEV SUMAN UTTARAKHAND UNIVERSITY**

**Badshahithaul, Tehri Garhwal (Uttarakhand)**

**Member of Board of Studies yoga**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S.No** | **Name of the members** | **Designation** | **Nominated as** | **Signature** |
|  | Dr. D.C. Goswami | Professor,Head&Dean of Arts | Chairman |  |
|  | Dr. Narendra Singh | Asst.Professor, Lucknow University | Member |  |
|  | Prof. V.K Gupta | Professor | Coordinator, Yogic Science |  |
|  | Dr. J.P Kanswal | Lecturer | Member |  |
|  | Chandreshwari Negi | Lecturer | Member |  |
|  | Vina Rayal | Lecturer | Member |  |
|  | Himani Nautiyal | Lecturer | Member |  |

**Dr. Hemant Bisht**

**Coordinator professional course**

**BOS**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| S.N  . | | Subject Code | | Subject Title | | Periods per week | | | | | | Evaluation Scheme | | | | | | | | Subjec t Total |
| Seasonal | | | | | | SE  E | |
|  | | **L** | | **T** | | **P** | | **Credit** | | **CT** | | **TA** | |  | |
| **B.A yoga- 1year** | | | | | | | | | | | | | | | | | | | | |
| **Semester – I** | | | | | | | | | | | | | | | | | | | | |
| 1 | | BAY-CST101 | | Foundations of Yoga | | 4 | | 2 | | - | | 6 | | 20 | | 5 | | 75 | | 100 |
| 2 | | BAY-CSP102 | | Yoga Practicum-I | | - | | 2 | | 4 | | 6 | | 20 | | 5 | | 75 | | 100 |
| 3 | | BAY -MD103 | | Multidisciplinary-I (Basic  Yoga Practices-I) | | 1 | | - | | 3 | | 4 | | 20 | | 5 | | 75 | | 100 |
| 4 | | BAY-SC104 | | Skill Course-I | | - | | - | | 2 | | 2 | | 20 | | 5 | | 75 | | 100 |
| 5 | | BAY-VAC105 | | Life Skill and Personality  Development | | 2 | | - | | - | | 2 | | 20 | | 5 | | 75 | | 100 |
|  | | | | | | | | | | | | **20** | | **TOTAL** | | | | | | **500** |
| **Semester – II** | | | | | | | | | | | | | | | | | | | | |
| 1 | | BAY -CST201 | | Essence of Patanjal Yoga  Sutra | | 4 | | 2 | | - | | 6 | | 20 | | 5 | | 75 | | 100 |
| 2 | | BAY -CST202 | | General Introduction to  Hatha Yoga and its Practices | | 4 | | - | | 2 | | 6 | | 20 | | 5 | | 75 | | 100 |
| 3 | | BAY –MD203 | | Multidisciplinary (Basic Yoga Practices-II) | | 1 | | - | | 3 | | 4 | | 20 | | 5 | | 75 | | 100 |
| 4 | | BAY-SC204 | | Skill Course-II | | - | | - | | 2 | | 2 | | 20 | | 5 | | 75 | | 100 |
| 5 | | BAY-VAC 205 | | Extracurricular Course (Basic of Environmental  Studies) | | 2 | | - | | - | | 2 | | 20 | | 5 | | 75 | | 100 |
|  | | | | | | | | | | | | **20** | | **TOTAL** | | | | | | **500** |
| **B.A yoga- 2year** | | | | | | | | | | | | | | | | | | | | |
| **Semester – III** | | | | | | | | | | | | | | | | | | | | |
| 1 | | BAY-CST301 | | General Introduction to  Upanishads | | 4 | | 2 | | - | | 6 | | 20 | | 5 | | 75 | | 100 |
| 2 | | BAY-CST302 | | Yoga Practicum-II | | - | | 2 | | 4 | | 6 | | 20 | | 5 | | 75 | | 100 |
| 3 | | BAY –MD303 | | Multidisciplinary (Basic  Yoga Practices-III) | | 1 | | - | | 3 | | 4 | | 20 | | 5 | | 75 | | 100 |
| 4 | | BAY-SC304 | | Skill Course-III | | - | | - | | 2 | | 2 | | 30 | | 5 | | 75 | | 100 |
| 5 | | BAY-VAC305 | | Basis of Indian Culture OR Additional Multidisciplinary Skill  Course (AMSE)++ | | 2 | | - | | - | | 2 | | 20 | | 5 | | 75 | | 100 |
|  | | | | | | | | | | | | **20** | | **TOTAL** | | | | | | **500** |
| **Semester – IV** | | | | | | | | | | | | | | | | | | | | |
| 1 | | BAY-CST401 | | Four Streams of Yoga | | 4 | | 2 | | - | | 6 | | 20 | | 5 | | 75 | | 100 |
| 2 | | BAY-CST402 | | Basis of Yoga Therapy | | 4 | | - | | 2 | | 6 | | 20 | | 5 | | 75 | | 100 |
| 3 | | BAY –MS403 | | Multidisciplinary (Basic  Yoga Practices-IV) | | 1 | | - | | 3 | | 4 | | 20 | | 5 | | 75 | | 100 |
| 4 | | BAY-SC404 | | Skill Course-IV | | - | | - | | 2 | | 2 | | 30 | | 5 | | 75 | | 100 |
| 5 | | BAY-VAC405 | | Indian philosophy OR Additional Multidisciplinary Skill  Course (AMSE)++ | | 2 | | - | | - | | 2 | | 20 | | 5 | | 75 | | 100 |
|  | | | | | | | | | | | | **20** | | **TOTAL** | | | | | | **500** | |
| **B.A yoga-3year** | | | | | | | | | | | | | | | | | | | | | |
| **Semester – V** | | | | | | | | | | | | | | | | | | | | | |
| 1 | | BAY-CST501 | | Essence of Shrimad  Bhagvada Gita | | 4 | | 2 | | - | | 6 | | 20 | | 5 | | 75 | | 100 | |
| 2 | | BAY-CST502 | | Teaching Methods of Yoga | | 4 | | 2 | | - | | 6 | | 20 | | 5 | | 75 | | 100 | |
| 3 | | BAY-FWP503 | | Field Work-I | | - | | - | | 4 | | 4 | | 20 | | 5 | | 75 | | 100 | |
| 4 | | BAY-CC504 | | Principles of Naturopathy | | 2 | | - | | - | | 2 | | 20 | | 5 | | 75 | | 100 | |
| 5 | | BAY-LST505 | | Language-I (Sanskritam) | | 2 | | - | | - | | 2 | | 20 | | 5 | | 75 | | 100 | |
|  | | | | | | | | | | | | **20** | | **TOTAL** | | | | | | **500** | |
| **Semester – VI** | | | | | | | | | | | | | | | | | | | | | |
| 1 | | BAY-CST601 | | Yoga Psychology | | 4 | | 2 | | - | | 6 | | 20 | | 5 | | 75 | | 100 | |
| 2 | | BAY-CST602 | | Human Consciousness in  Indian Philosophy | | 4 | | 2 | | - | | 6 | | 20 | | 5 | | 75 | | 100 | |
| 3 | | BAY-FWP 603 | | Field Work-II | | 0 | | - | | 4 | | 4 | | 20 | | 5 | | 75 | | 100 | |
| 4 | | BAY-CC604 | | Communication Skill Course | | 2 | | - | | - | | 2 | | 20 | | 5 | | 75 | | 100 | |
| 5 | | BAY-LST605 | | Language-I (Hindi/English) | | 2 | | - | | - | | 2 | | 20 | | 5 | | 75 | | 100 | |
|  | | | | | | | | | | | | **20** | | **TOTAL** | | | | | | **500** | |

### MAJOR ELECTIVES

1. Human System according to Yoga
2. Yoga for Ancient Literature
3. Principles of Naturopathy
4. Basic texts of yoga

### MINOR ELECTIVES

1. Introduction to AYUSH
2. Health and yogic hygiene
3. Alternative Therapies
4. Yoga and Stress Management

# Semester-I

## Course Details Core Subject: Foundations of Yoga Subject Code: BAY-CST101

### Objective of Course

The subject entitled ‘Foundation of Yoga’ has the following objectives:

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Total Number of Hours: 90 | Theory | Tutorial | | Practical |
| Credits | 4 | 2 | | 0 |
| Hours/ week | 4 | 4 | | 0 |
| SCHEME OF EXAMINATION | | | | |
| Total Marks: 100 | | | | |
| Theory: 100 | | Practical: Nil | | |
| Final Exam (SEE) | Internal  Assessment (CT+TA) | Final Exam (SEE) | Internal  Assessment (CT+TA/PR) | |
| 75 | 25 |  |  | |

### Unit-1: General introduction to yoga

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

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

Philosophy: meaning, definitions and scope; Indian Philosophy: Silent features, Branches (Astika and Nastika Darshanas), Brief introduction to Prasthanatrayee and Purushartha Chatushtaya.

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

Brief to Upanishads and Yoga in Principal Upanishads, Yoga in Yoga Upanishad, Yogic perspective of: Bhagavad Gita, Yoga Vashishtha, Narada Bhakti Sutras.

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

Yogic perspective to Shad-darshanas; Brief introduction to: Agamas, Tantras, Shaiva Siddhanta.

### TEXT BOOKS

1. Lal Basant Kumar: Contemporary Indian Philosophy, Motilal Banarasidas Publishers Pvt. Ltd, Delhi, 2013
2. Dasgupta S. N: History of Indian Philosophy, Motilal Banarasidas, 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: Narad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
3. Hiriyanna M: Outlines of Indian Philosophy, Motilal Banarasidas, Delhi, 2009
4. Hiriyanna M: Essentials of Indian Philosophy, Motilal Banarasidas, 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, Chowkhambha, Sanskrit series, Varanasi, 6th Edition, 2008

### Core Subject: Yoga Practicum-I Subject Code: BAY-CSP 102 Objectives:

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Total Number of Hours: 180** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | - | 2 | 4 |
| Hours/ week | | - | 4 | 8 |
| **SCHEME OF EXAMINATION** | | | | |
| Total Marks: 100 | | | | |
|  | | **Practical: 100** | | |
| Final Exam (SEE) | Internal Assessment (CT+TA) | Final Exam (SEE) | | Internal  Assessment (CT+TA/PR) |
|  |  | 75 | | 25 |

**PRAYER** (Om Chanting & Mantras)

**SOOKSHMA VYAYAMA**

Greeva Shakti Vikasaka, Skandh tatha Bahu-mula Shakti Vikasaka (for Shoulders), Poorna Bhuja Shakti Vikasaka (Four arms), Katishakti Vikasaka (fore the waist), Jangha Shakti Vikasaka (four the thighs), Pandanguli Shakti Vikasaka.

### SURYA NAMASKAR WITH MANTRAS

### ASANA

**Standing pose:** Tadasana, Tiryaka-tadasana, Katichakrasana, Trikonasana.

**Sitting pose:** Sukhasana, Siddhasana, Ardha padmasana, Swastikasna, Vajrasana.

**Supine pose:** Halasana series (Uttanpadasana, Ardhahalasana, Sarvangasana, Purnahalasana, Shavasana)

**Prone pose:** Saral Bhujangasana, Triyaka-Bhujangasana, Ardha shalabhasana, Makarasana.

### PRANAYAMA

Bhastrika (According to Hathpradipika & Gherand Samhita), Nadishodhan (According to Hathpradipika & Gherand Samhita)

### MUDRA & BANDHA

Tribandha (Moolbandha, Uddiyan Bandha, Jalandhar Bandha), Mahabandha (According to Hathpradipika & Gherand Samhita), Mahamudra (According to Hathpradipika & Gherand Samhita), Mahavedha mudra (According to Hathpradipika & Gherand Samhita), Vipareeta karani mudra (According to Hathpradipika & Gherand Samhita).

### MEDITATION

Vipassana & Preksha (According to buddhism & Jainism)

### SHATKARMA (Shodhan kriyaye)

Kunjal, Jal Neti, Kapalbhati (According to Hathpradipika & Gherand Samhita)

### SHANTIPATH

**REFERENCES**

1. Saraswati,SwamiSatyananda: SuryaNamaskar, YogaPublicationTrust,Munger,2004
2. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011
3. Swami Satyananda Saraswati: Asana Pranayama Mudra-Bandha, Bihar School of Yoga, Munger, 2005.
4. Digambar, Swami (2012) Hathpradipika (Swatmaramkrit), Kaivalyadham Lonavala, Pune.

### Swami, Niranjananand Saraswati (2013) Gherand Samhita, Bihar School of Yoga, Munger

## multidisciplinary Course: Basic Yoga Practices-I Subject Code: BAY-MD103

**Objectives**

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

* + Understand the concept of Yoga Practices
  + Have an idea about various Yoga Practices and their applications.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Total Number of Hours: 60** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 1 | 0 | 3 |
| Hours/ week | | 1 | 0 | 6 |
| **SCHEME OF EXAMINATION** | | | | |
| Total Marks: 100 | | | | |
| **Theory: NA** | | **Practical: 100** | | |
| Final Exam (SEE) | Internal Assessment (CT+TA) | Final Exam (SEE) | | Internal Assessment  (CT+TA/PR) |
|  |  | 75 | | 25 |

**PRAYER** (Om Chanting & Mantras)

### SOOKSHMA VYAYAMA

Greeva Shakti Vikasaka, Skandha tatha Bahu-mula Shakti Vikasaka (for Shoulders), Poorna Bhuja Shakti Vikasaka (Four arms), Katishakti Vikasaka (fore the waist), Jangha Shakti Vikasaka (four the thighs), Pandanguli Shakti Vikasaka.

### SURYA NAMASKAR WITH MANTRAS ASANA

**Standing pose:** Tadasana, Tiryaka-tadasana, Kati chakrasana, Trikonasana.

**Sitting pose:** Sukhasana, Siddhasana, Ardha padmasana, Swastikasana, Vajrasana.

**Supine pose:** Halasana series (Uttanpadasana, Ardhahalasana, Sarvangasana, Purnahalasana, Shavasana)

**Prone pose:** Saral Bhujangasana, Triyaka-Bhujangasana, Ardha shalabhasana, Makarasana.

### PRANAYAMA

Bhastrika (According to Hathpradipika & Gherand Samhita), Nadishodhan (According to Hathpradipika & Gherand Samhita)

### MUDRA & BANDHA

Tribandha (Moolbandha, Uddiyan Bandha, Jalandhar Bandha), Mahabandha (According to Hathpradipika & Gherand Samhita), Mahamudra (According to Hathpradipika & Gherand Samhita), Mahavedh mudra (According to Hathpradipika & Gherand Samhita), Vipareeta karani mudra (According to Hathpradipika & Gherand Samhita).

### MEDITATION

Vipassana & Preksha (According to buddhism & Jainism)

### SHATKARMA (Shodhan kriyayen)

Kunjal, Jal Neti, Kapalbhati (According to Hathpradipika & Gherand Samhita)

### SHANTIPATH

**REFERENCES**

1. Saraswati,SwamiSatyananda: SuryaNamaskar, YogaPublicationTrust,Munger,2004
2. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011
3. Swami Satyananda Saraswati: Asana Pranayama Mudra-Bandha, Bihar School of Yoga, Munger, 2005.
4. Digambar, Swami (2012) Hathpradipika (Swatmaramkrit), Kaivalyadham Lonavala, Pune.

Swami, Niranjananand Saraswati (2013) Gherand Samhita, Bihar School of Yoga, Munger.

## Skill Courses (SEC): Therapeutic Implementation of Yogic Practices-I Subject Code: BAY-SC104

**Objectives:**

Following are the objectives of introducing this course

* + To acquire the skill of communicating with others in English.
  + To apply the value of English in diverse field.
  + To understand the approach and theory of English.

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| --- | --- | --- | --- | --- |
| **Total Number of Hours: 30** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | - | - | 2 |
| Hours/ week | | - | - | 4 |
| **SCHEME OF EXAMINATION** | | | | |
| Total Marks: 100 | | | | |
| **Theory: Nil** | | **Practical: 100** | | |
| Final Exam (SEE) | Internal Assessment (CT+TA) | Final Exam (SEE) | | Internal Assessment (CT+TA/PR) |
|  |  | 75 | | 25 |

### Unit - 1: Yoga Practices Respiratory Disorders

Asthma and Sinusitis & Rhinitis

### Unit - 2: Yoga Practices Digestive Disorders

Diabetes, Constipation & Indigestion

### Unit - 3: Yoga Practices Circulatory Disorders

High & Low Blood Pressure and Angina Pectoris

### Unit-4: Yoga Practices Joints & Back Disorders

Rheumatic arthritis, Gout arthritis, Spondylosis: Cervical & Lumber

**Value additional Course: Life Skill and Personality Development**

## Subject Code: BAY-VAC105

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Total Number of Hours: 30** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 2 | - | 0 |
| Hours/ week | | 2 | - | 0 |
| **SCHEME OF EXAMINATION** | | | | |
| Total Marks: 100 | | | | |
| **Theory: 100** | | **Practical: Nil** | | |
| Final Exam (SEE) | Internal Assessment (CT+TA) | Final Exam (SEE) | | Internal  Assessment (CT+TA/PR) |
| 75 | 25 |  | |  |

**UNIT-I: Introduction of self management and career development.**

Self management concept, meaning, and need, Study of different dimensions related with self management, Self confidence meaning and it's improvement, Mapping and knowing your life-components of life journey

**UNIT-II: Development of capabilities**

Development of will, imagination and yogic life, Development of thinking, emotion control and yogic life, Meditation in development of intuition and power of senses, Improvement of memory and meditation.

**UNIT-III: Self - management and stress- management**

Management of needs and internal community, maintenance of health and vitality, Management: time management, Management of different stages of life, Problem, decisions, Stress-management and yogic life.

**UNIT-IV: Communication and yogic life**

The importance of communication, Skill and block to Communication, effective listening, body language, effective reading and speaking in public, Ideas to action, direction setting.

# Semester-II

## Core Subject: Essence of Patanjal Yoga Sutra Subject Code: BAY-CST201

### Objectives:

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

* Understand various modification of mind and the means of inhibiting them.
* Have an understanding about the essence of Samadhi and Sadhana Pada.
* Understand the essence of Vibhooti and Kaivalya pada.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Total Number of Hours: 90 | Theory | Tutorial | | Practical |
| Credits | 4 | 2 | | 0 |
| Hours/ week | 4 | 4 | | 0 |
| SCHEME OF EXAMINATION | | | | |
| Total Marks: 100 | | | | |
| Theory: 100 | | Practical: Nil | | |
| Final Exam (SEE) | Internal Assessment  (CT+TA) | Final Exam  (SEE) | Internal Assessment  (CT+TA/PR) | |
| 75 | 25 |  |  | |

### Unit - 1: Introduction to Yoga Darshana of Patanjali and Samadhi Pada

Brief Introduction to Maharshi Patanjali and Patanjal Yoga Sutra; Concept of Mana, Buddhi, Ahamkar and Chitta; Concept of Chitta Bhoomis (Kshipta, Mudh, Vikshipta, Ekagra, Nirudha); Concept of Chitta-Vrittis and their classification, Chitta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Concept of Samprajnata; Chitta-Vikshepas (Antarayas), Concept of Chitta-prasadanam, Relevance of Chitta-prasadanam in Yoga Sadhana. Types of Samadhi (Samprajnata and Asamprajnata Samadhi); Types of Samprajnata Samadhi (Vitarka, Vichara, Anand and Ashmita); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).

### Unit-2: Sadhana pada

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

**Unit - 3: Vibhuti Pada**

Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Bhoota jaya, Indriya jaya and their Siddhis, Vivek Khyati, Kaivalya.

### Unit - 4: Kaivalya Pada

Satvapurushanyatakhyati, Kaivalya Nirvachana; Five Types of Siddhis and Jatyantar Parinamh; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana. Dharmamegha Samadi.

### TEXT BOOKS

1. Swami Digambara Ji and others: Glossary of the Samkhyakarika, Kaivalyadhama, Lonavala, 2012
2. Swami Virupaksananda: Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachaspati Mishra), Sri Ram Krishana Matha Madras, 1995
3. James R. Ballantyne: The Sankhya Aphorisms of Kapila, Parimal Publications, New Delhi, 2004

### BOOKS FOR REFERENCE

1. V.V. Sovani: A critical study of the Sankhya System, Chowkhambha Sanskrit Pratisthan, New Delhi, 2005
2. M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
3. K.D. Prithvipaul: The Yogasurta of Patanjali M.L.B.D. New Delhi
4. Gaspar M. Coleman, S.J: Patanjal Yoga, Papal Athenaeum, Poona, 1970
5. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II 26

## Core Subject: General Introduction to Hatha Yoga and its practices Subject Code: BAY-CST202

### Objectives:

By introducing Hatha Yoga & its Texts, students shall be able to

* Have an understanding about pre-requisites and principles about Hatha Yoga
* Understand the relationship between Hatha yoga and Raja yoga
* Have an understanding about the concept of Hatha yoga in various Hath yogic texts.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Total Number of Hours: 90 | Theory | Tutorial | | Practical |
| Credits | 4 | - | | 2 |
| Hours/ week | 4 | - | | 4 |
| SCHEME OF EXAMINATION | | | | |
| Total Marks: 100 | | | | |
| Theory: 100 | | Practical: Nil | | |
| Final Exam (SEE) | Internal  Assessment (CT+TA) | Final Exam (SEE) | Internal  Assessment (CT+TA/PR) | |
| 75 | 25 |  |  | |

### Unit - 1: General introduction to Hatha yoga:

Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions, Philosophy and Foundations; Hatha Yoga Parampara; Ghatashudhi: its importance and relevance in Hatha Yoga; Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga; Concepts of Matha, Concept of Mitahara, Pathya (conducive) and Apathya (non-conducive), Relevance of Hatha Yoga in day-to-day life.

### Unit - 2: Pre-requisites of Hatha Yoga:

Types of aspirants; Dasha Yama and Niyama and its relevance in Hatha Yoga Sadhana; Swara, Importance of Svarodaya-jnana in Hatha Yoga Sadhana; Steps of Hathayoga Sadhana: Chaturanga Yoga and Saptanga Yoga; Hatha Siddhi Lakshanam

### Unit - 3: Principles of Hatha Yoga:

Concept of Shvas-prashvas, Vayu, Prana and Upaprana; Concept of Kand, Nadi, Swar, Chakra and Granthi; Unmani avastha, Nadanusandhan; Kundalini Yoga: Meaning and Nature of Kundalini, Kundalini Prabodhan (jagran) and Shatchakra Bhedan, Concept of Hatha Yoga Samadhi.

### Unit-4: Hatha Yogic Practices

Asanas, Pranayama, Mudra and Bandhas according to Gherand Samhita.

### TEXT BOOKS

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

### BOOKS FOR REFERENCE

1. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010.
2. Chintaharan Betal, Hatha Yog Ki Bhumika (Hindi version), University Publications, Dariya Ganj, New Delhi
3. Gharote ML: Hatharatnavali, The Lonavala Yoga Institute, Lonavala, Pune, IInd Edition, 2009
4. Briggs GW: Gorakhnatha and the Kanphata Yogis, 8th Edition, 2009
5. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
6. Gharote M.L. & Pai, G.K. (Edi): Siddhasidhantpaddhati, Kaivalyadhama, Lonavla, 2005.
7. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
8. Swami Digambar ji & Gharote M.L.: Gherand Samhita, Kaivalyadhama, Lonavla, 1978.
9. Swatmarama ji: Hathapradipika (Jyotsna- tika), Adyar Library, Madras.
10. Bharati, Swami Veda Reddy Venkata: Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnavali

## Multidisciplinary Course: Basic Yoga Practices-II Subject Code: BAY-MD203

**Objectives**

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

* + Understand the concept of Yoga Practices
  + Have an idea about various Yoga Practices and their applications.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Total Number of Hours: 60** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 1 | 0 | 3 |
| Hours/ week | | 1 | 0 | 6 |
| **SCHEME OF EXAMINATION** | | | | |
| Total Marks: 100 | | | | |
| **Theory: NA** | | **Practical: 100** | | |
| Final Exam (SEE) | Internal Assessment (CT+TA) | Final Exam (SEE) | | Internal  Assessment (CT+TA/PR) |
|  |  | 75 | | 25 |

### PRAYER

**SOOKSHMA & STHOOL VYAYAMA**

Skandh-tatha Bahu-mula Shakti Vikasaka (for Shoulders), Jangha Shakti Vikasaka (four the thighs), Pandanguli Shakti Vikasaka, Hridya Gati (engine Doud), Urdhva gati, Sarvang Pushti.

### SURYA NAMASKAR WITH MANTRAS ASANA

**Standing pose:** Vrikshasana, Utkatasana, Katichakrasana, Trikonasana.

**Sitting pose:** Padmasana, Swastikasna, Goumukhasana, Vajrasana, Mandukasana. **Supine pose:** Uttanpadasana, Sarwangasana, Halasana, Karnapeedhasana, Shavasana. **Prone pose:** Bhujangasana, Triyaka-Bhujangasana, shalabhasana, Balasana.

### PRANAYAMA

Suryabhedan (According to Hathpradipika & Gherand Samhita) Ujjayi (According to Hathpradipika & Gherand Samhita)

### MUDRA & BANDHA

Mahabandha (According to Hathpradipika & Gherand Samhita) Yoni mudra (According to Hathpradipika & Gherand Samhita)

Vipreet karani mudra (According to Hathpradipika & Gherand Samhita) Shambhavi Mudra (According to Hathpradipika & Gherand Samhita)

### MEDITATION

Pranav Meditation, Soham Meditation

### SHATKARMA (Shodhan kriyayen)

Kunjal Rubber Neti, Nauli, Kapalbhati (According to Hathpradipika & Gherand Samhita)

### SHANTIPATH

### REFERENCES

1. Saraswati,SwamiSatyananda:SuryaNamaskar, YogaPublicationTrust,Munger,2004
2. Tiwari, O.P.:Asana Whyand How? Kaivalyadhama, Lonavla, 2011
3. Swami Satyananda Saraswati: Asana Pranayama Mudra-Bandha, Bihar School of Yoga, Munger, 2005.
4. Digambar, Swami (2012) Hathpradipika (Swatmaramkrit), Kaivalyadham Lonavala, Pune.
5. Swami, Niranjananand Saraswati (2013) Gherand Samhita, Bihar School of Yoga, Munger.

## Skill Courses (SEC): Therapeutic Implementation of Yogic Practices-II

**Subject Code: BAYSC204**

**Objectives:**

Following are the objectives of introducing this course

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|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Total Number of Hours: 30** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | - | - | 2 |
| Hours/ week | | - | - | 4 |
| **SCHEME OF EXAMINATION** | | | | |
| Total Marks: 100 | | | | |
| **Theory : Nil** | | **Practical : 100** | | |
| Final Exam (SEE) | Internal Assessment (CT+TA) | Final Exam (SEE) | | Internal Assessment (CT+TA/PR) |
|  |  | 75 | | 25 |

### Unit - 1: Yoga Practices for Women

Menstruation problem, PCOD, Leucorrhea

### Unit - 2: Yoga Practices for Old age

Dementia, Insomnia & Hearing loss

### Unit - 3: Yoga Practices for Children

Concentration, Memory, Attention & Frustration

### Unit-4: Yoga Practices for Psychological Problems

Stress, Anxiety, Depression & Phobia

**Value additional Course: Basic of Environmental Studies**

## Subject Code: BAY-VAC205

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Total Number of Hours: 30** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 2 | - | 0 |
| Hours/ week | | 2 | - | 0 |
| **SCHEME OF EXAMINATION** | | | | |
| Total Marks: 100 | | | | |
| **Theory : 100** | | **Practical : Nil** | | |
| Final Exam (SEE) | Internal Assessment (CT+TA) | Final Exam (SEE) | | Internal Assessment (CT+TA/PR) |
| 75 | 25 |  | |  |

|  |
| --- |
| **Unit- 1: Introduction to environmental studies and Ecosystem** |

Multidisciplinary nature of environmental studies; Scope and importance; What is an ecosystem? Structure and function of ecosystem; Energy flow in an ecosystem: food chains, food webs . Case studies of the following e Ecosystems:a) Forest ecosystem b) Grassland ecosystem c) Desert ecosystem d) Aquatic ecosystems

#### Unit-2: Natural Resources: Renewable and Non-renewable Resources

Land degradation, soil erosion and desertification; Deforestation: Causes and impacts due to mining, forests, biodiversity , Water: Use and over-exploitation of surface and ground water, floods, droughts, Energy resources: Renewable and non-renewable energy sources

#### Unit-3: Biodiversity and Conservation

Levels of biological diversity: genetic, species and ecosystem diversity; 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; Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity.

#### Unit 4: Environmental Pollution, policies and practices

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.

#### 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.

# Semester-III

## Major Subject: General Introduction to Principal Upanishads Subject Code: BAY-CST301

### Objectives:

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

* Have an idea about the major principal Upanishads
* Understand the essence of each Upanishad and how to put them into practice.
* Understand each Upanishad and the role of it in our day to day life.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Total Number of Hours: 90 | Theory | Tutorial | | Practical |
| Credits | 4 | 2 | | 0 |
| Hours/ week | 4 | 4 | | 0 |
| SCHEME OF EXAMINATION | | | | |
| Total Marks: 100 | | | | |
| Theory: 100 | | Practical: Nil | | |
| Final Exam (SEE) | Internal Assessment  (CT+TA) | Final Exam (SEE) | Internal Assessment  (CT+TA/PR) | |
| 75 | 25 |  |  | |

### Unit-1: Introduction essence of Ishavasyopanishad and Kena Upanishad

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

### Unit-2: Essence of Katho and Prashna Upanishad

**Katha Upanishad:** 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 indivisible Brahman (Katha II.i.10, 11) (Katha II.ii.2, 9,11)The supreme state; **Prashna Upanishad:** Sun, the life of creatures, The all-inclusiveness of Brahman, the state of becoming the soul

### Unit-3: Essence of Mundaka, Mandukya and Taittriya

**Mundaka**: The greatness of Brahmavidya, The worthlessness of Selfish-karma, Tapas and Gurubhakti, The origin of creation, everything is Brahman, Force of Desire, State of moksha; **Mandukya Upanishad:** All this is Brahman, The fourth state of being

### Unit- 4: Essence of Aitareya, Chandogya and Brihadarnyaka

**Aitareya:** Everything is only that Atman, all this is Brahman only; **Chandogya:** The meditation on Udgitha omkara, Sandilyavidya, the sacrifice of the knower, The necessity for a guru, Bhumavidya, Know the Atman; **Brihadarnyakam:** A prayer of the devotee, The death of the jnana, how to know the secret Atman, The ocean of the absolute, The atman and its knower, The infinite Brahman.

## References:

**Core Subject: YOGA PRACTICUM-II**

## Subject Code: BAY-CSP302

### Objectives:

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

* Have an idea about the Naturopathy and Alternative Therapies
* Understand the essence of Naturopathy and alternative therapies and how to put them into practice.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Total Number of Hours: 180 | Theory | Tutorial | | Practical |
| Credits | - | 2 | | 4 |
| Hours/ week | - | 4 | | 8 |
| SCHEME OF EXAMINATION | | | | |
| Total Marks: 100 | | | | |
| Theory: 100 | | Practical: Nil | | |
| Final Exam (SEE) | Internal  Assessment (CT+TA) | Final Exam (SEE) | Internal  Assessment (CT+TA/PR) | |
|  |  | 75 | 25 | |

**PRAYER** (Om Chanting & Mantras)

### PAWANMUKTASANA PART- 1

Prarambhik Sthiti, Padanguli Naman & Goolf Naman, Goolf Chakra, Goolf Ghoornan, Janu Naman, Janu Chakra, Ardha Titali Asana, Shroni Chakra, Poorna Titali Asana, Musthika Bandhana, Manibandha Naman, Manibandha Chakra, Kehuni Naman, Kehuni Chakra, Skandha Chakra, Greeva Sanchalana

### SURYA NAMASKAR & PRAJYA YOGA ASANA

**Standing Pose:** Vrikshaasana, Garudasana, Parshva Konasana, Veer Bhadrasana -1,2,3.

**Sitting Pose:** Padmasana Series (Yogamudrasana, Gupta Padmasana, Baddha Padmasana, Lolasana, Kukkutasana,) Janusirasana, Pashchimuttasana,

**Supine Pose:** Karnpeedasana, Setubandhasana, Kandharasana, Nokasna, Matsyasana **Prone Pose:** Bhujangasana, Sarpasana, Shalabhasana, Ardha Dhanurasana, Makarasana. **MUDRA & BANDHA**

Vajroli (According to Hathpradipika & Gherand Samhita) Shaktichalini (According to Hathpradipika & Gherand Samhita) Yoni Mudra (According to Gherand Samhita)

Shambhavi Mudra (According to Gherand Samhita)

### PRANAYAMA

Bhastrika (According to Hathpradipika & Gherand Samhita) Ujjayi (According to Hathpradipika & Gherand Samhita) Seetali (According to Hathpradipika & Gherand Samhita) Seetkari (According to Gherand Samhita)

### MEDITATION

Sthul, Jyoti & Sukshm Dhyan ( Gherand Samhita)

### SHATAKARMA

Kunjal

Jalaneti, Ruber Neti Danda Dhoti

Vyutakarma & Seetakarma (Kapalbhati) Nauli

### SHANTIPATH REFERENCES

1. Saraswati,SwamiSatyananda:SuryaNamaskar, YogaPublicationTrust,Munger,2004
2. Tiwari, O.P.:Asana Whyand How? Kaivalyadhama, Lonavla, 2011
3. Swami Satyananda Saraswati: Asana Pranayama Mudra-Bandha, Bihar School of Yoga, Munger, 2005.
4. Digambar, Swami (2012) Hathpradipika (Swatmaramkrit), Kaivalyadham Lonavala, Pune.
5. Swami, Niranjananand Saraswati (2013) G**h**er**a**nd Samhita, Bihar School of Yoga, Munger.

## Multidisciplinary Course: Basic Yoga Practices-III Subject Code: BAY-MD303

**Objectives**

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

* + Understand the concept of Yoga Practices
  + Have an idea about various Yoga Practices and their applications.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Total Number of Hours: 60** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 1 | 0 | 3 |
| Hours/ week | | 1 | 0 | 6 |
| **SCHEME OF EXAMINATION** | | | | |
| Total Marks: 100 | | | | |
| **Theory : NA** | | **Practical : 100** | | |
| Final Exam (SEE) | Internal Assessment (CT+TA) | Final Exam (SEE) | | Internal Assessment  (CT+TA/PR) |
|  |  | 75 | | 25 |

**PRAYER** (Om Chanting & Mantras)

### PAWANMUKTASANA PART- 1

Prarambhik Sthiti, Padanguli Naman & Goolf Naman, Goolf Chakra, Goolf Ghoornan, Janu Naman, Janu Chakra, Ardha Titali Asana, Shroni Chakra, Poorna Titali Asana, Musthika Bandhana, Manibandha Naman, Manibandha Chakra, Kehuni Naman, Kehuni Chakra, Skandha Chakra, Greeva Sanchalana

### SURYA NAMASKAR & PRAJYA YOGA ASANA

**Standing Pose:** Vrikshaasana, Garudasana, Parshva Konasana, Veer Bhadrasana -1,2,3.

**Sitting Pose:** Padmasana Series (Yogamudrasana, Gupta Padmasana, Baddha Padmasana, Lolasana, Kukkutasana,) Janusirasana, Pashchimuttasana,

**Supine Pose:** Karnpeedasana, Setubandhasana, Kandharasana, Nokasna, Matsyasana **Prone Pose:** Bhujangasana, Sarpasana, Shalabhasana, Ardha Dhanurasana, Makarasana. **MUDRA & BANDHA**

Vajroli (According to Hathpradipika & Gherand Samhita) Shaktichalini (According to Hathpradipika & Gherand Samhita) Yoni Mudra (According to Gherand Samhita)

Shambhavi Mudra (According to Gherand Samhita)

### PRANAYAMA

Bhastrika (According to Hathpradipika & Gherand Samhita)

Ujjayi (According to Hathpradipika & Gherand Samhita) Seetali (According to Hathpradipika & Gherand Samhita) Seetkari (According to Gherand Samhita) **MEDITATION**

Sthul, Jyoti & Sukshm Dhyan ( Gherand Samhita)

### SHATAKARMA

Kunjal

Jalaneti, Ruber Neti Danda Dhoti

Vyutakarma & Seetakarma (Kapalbhati) Nauli

### SHANTIPATH REFERENCES

1. Saraswati,SwamiSatyananda:SuryaNamaskar, YogaPublicationTrust,Munger,2004
2. Tiwari, O.P.:Asana Whyand How? Kaivalyadhama, Lonavla, 2011
3. Swami Satyananda Saraswati: Asana Pranayama Mudra-Bandha, Bihar School of Yoga, Munger, 2005.
4. Digambar, Swami (2012) Hathpradipika (Swatmaramkrit), Kaivalyadham Lonavala, Pune.
5. Swami, Niranjananand Saraswati (2013) Gherand Samhita, Bihar School of Yoga, Munger.

## Skill Courses: Human Anatomy and Physiology-I Subject Code: BAY-SC304

### Objectives:

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Total Number of Hours: 75 | Theory | Tutorial | | Practical |
| Credits | 2 | - | | 0 |
| Hours/ week | 2 | - | | 0 |
| SCHEME OF EXAMINATION | | | | |
| Total Marks: 100 | | | | |
| Theory: 100 | | Practical: Nil | | |
| Final Exam (SEE) | Internal Assessment  (CT+TA) | Final Exam (SEE) | Internal Assessment  (CT+TA/PR) | |
| 75 | 25 |  |  | |

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

Cell structure –Plasma membrane and protoplasm; Cell organelles –Mitochondria, Golgi boby, Endoplasmic reticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane, chromosome, nucleolus; Homeostasis; Tissue: types, structure, and function of tissues, Skeletal and Muscular System; Types and structure of joint: Mechanism of muscle contraction.

### Unit-2: Digestive system and Respiratory system

Structure and functions of Digestive and Respiratory systems; Physiology of digestion and absorption; malnutrition and under nutrition; Structure and functions of Respiratory system; Mechanism of breathing (Expiration and inspiration).

### Unit-3: Cardiovascular system

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

### Unit-4: Nervous and Endocrine System

Nervous System; Central, Peripheral and Autonomic Nervous System and their functions. Endocrine glands; Types, location and their functions.

### 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. LanPeate and Muralidharan Nayar – Fundamental of Anatomy and Physiology for students nurses 3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses

**Compulsory Courses:** **Basis of Indian Culture**

**Multidisciplinary Skill Course (AMSE)++**

**Subject Code: BAY - IKS305**

## Objectives:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Total Number of Hours: 30** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 0 | 0 | 2 |
| Hours/ week | | 0 | 0 | 4 |
| **SCHEME OF EXAMINATION** | | | | |
| Total Marks: 100 | | | | |
| **Theory : nil** | | **Practical : 100** | | |
| Final Exam (SEE) | Internal Assessment (CT+TA) | Final Exam (SEE) | | Internal Assessment (CT+TA/PR) |
|  |  | 75 | | 25 |

### Subject Name: Basis of Indian Culture

**Subject Code: BAY - IKS305**

**Unit- 1 : Meaning & process of culture and early human settlements in India**

Meaning and process of culture; Pre and Proti 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

Religious movements in the sixth and fifth centuries BC with special reference to Buddhism and Jainism; Role of Mauryan empire in Indian cultural unification; Asoka – his edicts and Dhamma; Mauryan art, polity and economy; Sangam age – Society and economy; Stupa and rock- cut architecture, sculpture, Religious sects and schools – Hindu, Buddhist and Jain.

**Unit - 3 : Developments during the Gupta and legacies**

Developments during the Gupta – Vakataka – Pallava age – Literature; Education, science, religion, society, polity, economy, architecture, sculpture, painting; Legacies of classical ideas and patterns and development of new trends in ndian society and thought during the early medieval times; Effloresence of Indian cultural contacts; Islam in India; Alberuni on India.

#### Unit-4: Indo-Islamic architecture and new cultural trends in Mughal India

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; Indian classics; Literary 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; Development of Hindi and Urdu literature; Arrival and spread of Christianity

### 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

## SEMESTER-IV

## Core Subject: Four Streams of Yoga Subject Code: BAY-CST401 Objectives:

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

* Understand the four paths/streams of yoga with indepth understanding.
* Have an indepth understanding about their similarities and dissimilarities.
* Understand the principle and conceptualize each stream

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Total Number of Hours: 180** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 4 | 2 | 0 |
| Hours/ week | | 4 | 4 | 0 |
| **SCHEME OF EXAMINATION** | | | | |
| Total Marks: 100 | | | | |
| **Theory : 100** | | **Practical : Nil** | | |
| Final Exam (SEE) | Internal Assessment (CT+TA) | Final Exam (SEE) | | Internal  Assessment (CT+TA/PR) |
| 75 | 25 |  | |  |

### Unit-1: Jnana Yoga and Karma Yoga

Meaning, Definition of Jnana Yoga, Sadhan of Jnana Yoga (shravan, manana, Nidhidhyasana, Shatsampatti)., The concept and meaning of karma Yoga, Concept of Nishkama Karma, Prerequisites for a stithaprajna, Stithaprajna lakshana, The law of karma.

### Unit-2: Bhakti Yoga

Navadha 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.

### Unit-3: Raja Yoga

Concepts and principles of Patanjali Yoga; 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).

### Unit-4: Biography of Indian Yogis

Swami Vivekananda, Swami Kuvalyananda, Swami Shivananda, Mahesh Yogi, Swami Niranjanananda, Meera bai, Shree Maa.

## 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

## Major Subject: Basis of Yoga Therapy Subject Code: BAY-CST402 Objectives:

To imparted knowledge about various disease and their treatment through yogic processes

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Total Number of Hours: 180** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 4 | - | 2 |
| Hours/ week | | 4 | - | 4 |
| **SCHEME OF EXAMINATION** | | | | |
| Total Marks: 100 | | | | |
| **Theory : 100** | | **Practical : Nil** | | |
| Final Exam (SEE) | Internal Assessment (CT+TA) | Final Exam (SEE) | | Internal Assessment  (CT+TA/PR) |
| 75 | 25 |  | |  |

### Unit-1: Yogic concepts of health and disease

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 anagatam; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Shvasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva;

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

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.

### Unit-3: Yogic principles and practices of healthy living

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

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

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

### TEXT BOOKS

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

### 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: Patanajala Yoga Sutra
4. Sahay, G. S.: Hatha Yoga Pradeepika, MDNIY Publication, 2013
5. Kdham : Gheranda Samhita, Kaivalyadhama, Lonavla,

## Multidisciplinary Course: Basic Yoga Practices-IV Subject Code: BAY-MD403

**Objectives**

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

* Understand the concept of Yoga Practices
* Have an idea about various Yoga Practices and their applications.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Total Number of Hours: 60** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 1 | 0 | 3 |
| Hours/ week | | 1 | 0 | 6 |
| **SCHEME OF EXAMINATION** | | | | |
| Total Marks: 100 | | | | |
| **Theory : NA** | | **Practical : 100** | | |
| Final Exam (SEE) | Internal Assessment (CT+TA) | Final Exam (SEE) | | Internal Assessment  (CT+TA/PR) |
|  |  | 75 | | 25 |

**PRAYER** (Om Chanting & Mantras)

### PAWANMUKTASANA PART- 2

Padotthanasana, Padachakrasana, Pada Sanchalanasana, Supta Pawanmuktasana, Jhulana Lurhakanasana, Supta Udarakarshanasana, Shava Udarakarshanasana, Naukasana.

### SURYA NAMASKAR & CHANDRA NAMASKAR ASANA

**Standing Pose:** Garudasana, Parshva Konasana, Natarajasana, Vatayanasana, Hanumanasana. **Sitting Pose:** Gupta Padmasana, Baddha Padmasana, Kukkutasana, Mayurasana, Shirshasana. **Supine Pose:** Karnpeedasana, Setubandhasana, Kandharasana, Nokasna, Matsyasana.

**Prone Pose:** Kapotasana, Shalabhasana, Dhanurasana, Vrishikasana, Makarasana.

### MUDRA & BANDHA

Ashwani mudra (According To Hathpradipika & Gherand Samhita) Tadagi Mudra (According To Hathpradipika & Gherand Samhita) Nabho Mudra (According To Gherand Samhita)

Shambhavi Mudra (According To Gherand Samhita)

### PRANAYAMA

Nadhishodhan (According To Hathpradipika & Gherand Samhita) Ujjayi (According To Hathpradipika & Gherand Samhita)

Bhramari (According To Hathpradipika & Gherand Samhita), Seetkari (According To Gherand Samhita)

### MEDITATION

Transcendental Meditation (Maharshi Mahesh Yogi) & Cyclic Meditation (S-Vyasa)

### SHATAKARMA

Sutra Neti

Vyutakarma & Sitakarma Kapalbhati Gajkarani Kriya

Vastra Dhoti Nauli Kriya **SHANTIPATH**

### REFERENCES

* 1. Saraswati,SwamiSatyananda:SuryaNamaskar, YogaPublicationTrust,Munger,2004
  2. Tiwari, O.P.:Asana Whyand How? Kaivalyadhama, Lonavla, 2011
  3. Swami Satyananda Saraswati:Asana Pranayama Mudra-Bandha, Bihar School of Yoga, Munger, 2005.
  4. Digambar, Swami (2012) Hathpradipika (Swatmaramkrit), Kaivalyadham Lonavala, Pune.
  5. Swami, Niranjananand Saraswati (2013) Gherand Samhita, Bihar School of Yoga, Munger.

## Skill Course: Human Anatomy and Physiology-II Subject Code: BAY-MD404

### OBJECTIVES:

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Total Number of Hours: 60 | Theory | Tutorial | | Practical |
| Credits | 2 | - | | 0 |
| Hours/ week | 2 | - | | 0 |
| SCHEME OF EXAMINATION | | | | |
| Total Marks: 100 | | | | |
| Theory: 100 | | Practical: Nil | | |
| Final Exam (SEE) | Internal  Assessment (CT+TA) | Final Exam (SEE) | Internal  Assessment (CT+TA/PR) | |
| 75 | 25 |  |  | |

### Unit -1: Excretory Systems

Excretory system: Structure and functions of Kidney, Ureter, Urinary bladder, Urethra; Mechanism of urine formation; Role of kidney in Osmo-regulation.

### Unit -2: Lymphatic system and immune system

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

### Unit -3: Biomolecules

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

### Unit -4: Integumentary System

Integumentary system-Functions & Organs; Skin: Structure & Functions, Nail: Structure & Functions, Hair: Structure & Functions, Glands: Structure & Functions.

### 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, KhelSahiyta Kendra, Delhi, 2005
5. Pal G. K & others: Textbook for practical Physiology, Orient Longman Pvt. Ltd, Hyderabad, 2007

**Compulsory Courses:** Indian Philosophy OR Additional Multidisciplinary Skill Course (AMSE)++

**Subject Code: BA-IKS405 Objectives:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Total Number of Hours: 30** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 0 | 0 | 2 |
| Hours/ week | | 0 | 0 | 4 |
| **SCHEME OF EXAMINATION** | | | | |
| Total Marks: 100 | | | | |
| **Theory : nil** | | **Practical : 100** | | |
| Final Exam (SEE) | Internal Assessment (CT+TA) | Final Exam (SEE) | | Internal Assessment (CT+TA/PR) |
|  |  | 75 | | 25 |

### Subject Name: INDIAN PHILOSOPHY

### Code: BA-IKS405

#### Unit I

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

#### Unit II

* 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 III

* 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.

#### 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)

# Semester-V

## Core Subject: Essence of Srimad Bhagavad Gita

**Subject Code: BA-CST501 Objectives:**

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Total Number of Hours: 90** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 4 | 2 | 0 |
| Hours/ week | | 4 | 4 | 0 |
| **SCHEME OF EXAMINATION** | | | | |
| Total Marks: 100 | | | | |
| **Theory : 100** | | **Practical : Nil** | | |
| Final Exam (SEE) | Internal Assessment (CT+TA) | Final Exam (SEE) | | Internal Assessment (CT+TA/PR) |
| 75 | 25 |  | |  |

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

Introduction to Bhagavadgita; Definitions of Yoga in Bhagavadgita and their relevance; Bhagavadgita and their relevance in Yoga Sadhana

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

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

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

Concept of karma Yoga in Bhagavadgita; Concept of Bhakti, concept of Shraddha and its relevance as described in Bhagavad Gita, Yoga of Bhakti and Bhakta as described in Bhagavadgita.

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

Role of Bhagavadgita in day-to-day life; Concept and classification of Ahara as described in Bhagavadgita; Ahara and its role in Adhyatma Sadhana; Concept of Triguna in the context of Bhagavadgita.

### 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 ; Srimadbhgavadgita Sri Ramkrishna Matha Madras
3. Swami Abhidananda Bhagvatgita, the divine message, Ramakrishna Vedanta Matha, Kolkata, 1990
4. Swami Raghvendrananda; Universal message of the Bhagvatgita, Advita Ashrama, Kolkata, 2000

## Major Subject: Teaching Methods of Yoga

**Subject Code: BA-CST502 Objectives:**

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Total Number of Hours: 90** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 4 | 2 | 0 |
| Hours/ week | | 4 | 4 | 0 |
| **SCHEME OF EXAMINATION** | | | | |
| Total Marks: 100 | | | | |
| **Theory : 100** | | **Practical : Nil** | | |
| Final Exam (SEE) | Internal Assessment (CT+TA) | Final Exam (SEE) | | Internal Assessment  (CT+TA/PR) |
| 75 | 25 |  | |  |

**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; 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 Individualized teaching; Techniques of group teaching; Organization 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.; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga

### TEXT BOOKS

1. 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

1. Dr. Gharote M L : Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
2. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi,

Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

## Subject Name: Field Work-I Subject code: BA-FWP503

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Total Number of Hours: 120** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 0 | 0 | 4 |
| Hours/ week | | 0 | 0 | 8 |
| **SCHEME OF EXAMINATION** | | | | |
| Total Marks: 100 | | | | |
| **Theory : NA** | | **Practical : 100** | | |
| Final Exam (SEE) | Internal Assessment (CT+TA) | Final Exam (SEE) | | Internal Assessment (CT+TA/PR) |
|  |  | 75 | | 25 |

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

## Compulsory Courses: Principles of Naturopathy

## Subject Code: BAY-CC 504

**Objectives:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Total Number of Hours: 30** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 2 | 0 | - |
| Hours/ week | | 2 | 0 | - |
| **SCHEME OF EXAMINATION** | | | | |
| Total Marks: 100 | | | | |
| **Theory : nil** | | **Practical : 100** | | |
| Final Exam (SEE) | Internal Assessment (CT+TA) | Final Exam (SEE) | | Internal Assessment (CT+TA/PR) |
|  |  | 75 | | 25 |

**UNIT-I : GENERAL INTRODUCTION**

1. A Short History of Nature Cure, Its Fundamental Principles.
2. Disease – Its Root Cause, Intensity And Its Chronic Stages.

**UNIT-II : WATER THERAPY**

1. Hydrotherapy, Significance of Water, Properties of Water.,
2. Methods of Uses of Water, Natural Bath, Ordinary Sponge Bath, Hip Bath, Steam Bath, Spinal Bath.
3. Hot Foot Bath, Chest Pack, Abdominal Pack, Neck Pack And Leg Pack, Sponge, Enema.

**UNIT-III: MUD & SUN THERAPY**

1. Significance of Clay, Kinds And Properties of Clay, Its Effect on Body.
2. Cloth Pack of Clay, Mud Bath.
3. Significance of Sun Light, Its Effect, Actions and Reactions on Human Body and Techniques of Sun Bath, Air Bath.

**UNIT-IV: FASTING**

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1. Fasting For Health, Disease- Its Emergence and Fasting, Rules Of Fasting.
2. Kinds of Fasting- Long and Short Fast, Complete Fasting, Half Fasting, Water Fasting, Juice Fasting, Fruit Fasting, One Meal Fasting.
3. Difference Between Ideal Diet and Natural Diet, Food For Prevention of Disease.

**UNIT-V: MASSAGE**

1. Definition Of Massage, History and Its Effect on Various Parts of Body.
2. Methods – Rubbing, Beating, Hacking, Rolling, Shaking, Vibrating, Running, Pounding, Pinching.
3. Precaution of Massage, Disease and Massage.

**REFERENCE BOOKS**

1. Henry Lindlahr. Philosophy of Nature Cure
2. S.J.Singh., History and Philosophy of Nature Cure
3. M.K.Gandhi., My Nature Cure
4. P.D.Mishra & Mishra V. Prakartik Chikitsya sidhant evam Vayavahar, Uttar Pradesh Hindi Sansthan, Lacknow.

Jindal R. Prakartik Ayurvijnana, Arogya Seva Sadan, Prakashan, Uttar Pradesh

## Language Courses: Language-I (Sanskritam) Subject Code: BAY-LST 505

**Objectives:**

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Total Number of Hours: 30** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 2 | - | - |
| Hours/ week | | 2 | - | - |
| **SCHEME OF EXAMINATION** | | | | |
| Total Marks: 100 | | | | |
| **Theory : 100** | | **Practical : Nil** | | |
| Final Exam (SEE) | Internal Assessment (CT+TA) | Final Exam (SEE) | | Internal  Assessment (CT+TA/PR) |
| 75 | 25 |  | |  |

**Syllabus will be provided by University**

# Semester-VI

## Core Subject: Psychology & Human Consciousness Subject Code: BAY-CST601

### Objective of Course

The subject entitled ‘Psychology & Human Consciousness’ has the following objectives:

* + Students of the UG course will have an understanding about nature of Yoga Psychology.
  + They will have an idea about the insights of Psychology & Human Consciousness.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Total Number of Hours: 180 | Theory | Tutorial | | Practical |
| Credits | 4 | 2 | | 0 |
| Hours/ week | 4 | 4 | | 0 |
| SCHEME OF EXAMINATION | | | | |
| Total Marks: 100 | | | | |
| Theory: 100 | | Practical: Nil | | |
| Final Exam (SEE) | Internal Assessment  (CT+TA) | Final Exam (SEE) | Internal Assessment  (CT+TA/PR) | |
| 75 | 25 |  |  | |

### Unit-1: Introduction to Psychology

Meaning, Definitions & Types of Psychology, Constitutes and Human psychic according to western & Indian Psychology, Difference between Western & Indian Psychology, Development of Human Behavior according to Western & Indian Psychology.

### Unit-2: Introduction to Personality

Meaning, Definition Characteristics & Types of Personality, Factors of personality development according to western & Indian Psychology, Western Theories of Personalities; Sigmund freud, Maslow, Jung & Adler.

### Unit- 3: Introduction to Human Consciousness

Meaning, definitions of Human Consciousness, Need to study Human Consciousness, Development of Human Consciousness. States of Human Consciousness.

### Unit-4: Consciousness in Indian Philosophy

Nature of Consciousness in Vedas, Upanisads, Satdarshan, Jainism & Bhuddism.

TEXT BOOKS:

* 1. Abhedananda : The Yoga Psychology, Ramakrishna Vedanta Math, Calcutta, 1973.
  2. Sachdev, I.P. : Yoga and Depth Psychology (Motilal Banarsidass, Delhi, 1978)
  3. Ishwar Bhardwaj: Human Consciousness, Satyam Publication, New Delhi.
  4. Harendra Prasad Sinha: Bharatiya Darshan ki Rooprekha, Motilal Banarasi Das Publication, New Delhi.

REFERENCE BOOKS

1. Taimini, I.K : Glimpses into the Psychology of Yoga (Adyar: Theosophical Publishing House, 1973)
2. Aatreya, Shanti Parkash : Yoga Manovijnana (Indian Psychology) (International Standard Publication, Varanasi; 1965)

## Core Subject: Biomechanics of Yoga Practices Subject Code: BAY- CST602

### Objectives

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

* Have an understanding about General Concept of Biomechanics.
* Students will understand the importance of Biomechanics and Yoga Practices.
* To learn the techniques and application of biomechanics in Yoga.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Total Number of Hours: 90 | Theory | Tutorial | | Practical |
| Credits | 4 | 2 | | 0 |
| Hours/ week | 4 | 4 | | 0 |
| SCHEME OF EXAMINATION | | | | |
| Total Marks: 100 | | | | |
| Theory: 100 | | Practical: Nil | | |
| Final Exam (SEE) | Internal Assessment  (CT+TA) | Final Exam (SEE) | Internal Assessment  (CT+TA/PR) | |
| 75 | 25 |  |  | |

### Unit- I: Introduction and Principals of Biomechanics in Yoga

Basic Biomechanical terms; Velocity, acceleration, Angular Velocity and Angular acceleration, Mass, Pressure, Gravity, Friction, Work, Power, Energy, Torque. Biomechanics description of movement of Human Body.

### Unit- 2: Fundamental Concept of Biomechanics of Yoga Postures

Starch and Postural reflex during the Yoga Postures force- Meaning, Meaning, Definitions, Types and its applications to various yoga postures- lever. Meaning definition, types and its application to human body, newton low of motions. Fundamental concept of following terms; axes and planes, center of gravity, equilibrium, line of Gravity, angel of Pull, reciprocal innervation and inhibition.

**Unit- 3: Biomechanics of Hip and Spine**

Biomechanics of Hip structure and functions of the bones and non-contractile element of the hips, Mechanic and Pathomachanic of muscle activity at the hip and analysis of the forces on the hip during various yoga postures. Biomechanics od spine structure and functions of the bones and joint

of the cervical spine, mechanics and pathomechanics of the cervical musculature, analysis of the forces on the cervical spine during activity, structure and function of the bones and joints of the thoracic spine, lumber spine and pelvis, analysis of the forces on the cervical thoracic and lumber spine during yoga postures.

### Unit- 4: Biomechanics of Shoulder, Elbow and Wrist

Biomechanics of shoulder- structure and function of the bones & joints of the shoulder complex, mechanics and pathomechanics of the muscle’s activity in the shoulder complex and analysis of the forces on the shoulder complex during yoga posture. Elbow- structure and function of the bones and no contractile element of the elbow, mechanics of the much the muscles activity in the elbow complex and analysis of the forces on the elbow complex during yoga posture. Wrist- Biomechanics of wrist and hand structure and function of the bones and joints of the wrist and hand, mechanics of the muscle’s activity in the wrist and hand, analysis of force on the wrist and hand during yoga postures. Mechanics of the special connective tissues in the hand.

### BOOKS FOR REFERENCE

1. M.C. Ginnsp; Biomechanics sports and exercise, Champaign, Il-Human kinetics, 2013.
2. France bell; Principals of mechanics and Biomechanics, Stanley thornes publication, 1998.
3. Knudson,D; Fundamentals of Biomechanics, New York NY, Springor, 2007.

## Subject Name: Field Work-II

**Subject code: BAY-FWP603**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Total Number of Hours: 60** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 0 | 0 | 4 |
| Hours/ week | | 0 | 0 | 8 |
| **SCHEME OF EXAMINATION** | | | | |
| Total Marks: 100 | | | | |
| **Theory : NA** | | **Practical : 100** | | |
| Final Exam (SEE) | Internal Assessment (CT+TA) | Final Exam (SEE) | | Internal Assessment (CT+TA/PR) |
|  |  | 75 | | 25 |

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 nearby villages.

## Compulsory Courses: Communication Skill Course

**Subject Code: BA-CC 604 Objectives:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Total Number of Hours: 30** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 2 | 0 | - |
| Hours/ week | | 2 | 0 | - |
| **SCHEME OF EXAMINATION** | | | | |
| Total Marks: 100 | | | | |
| **Theory : nil** | | **Practical : 100** | | |
| Final Exam (SEE) | Internal Assessment (CT+TA) | Final Exam (SEE) | | Internal Assessment (CT+TA/PR) |
|  |  | 75 | | 25 |

**Syllabus will be provided by university**

## Language Courses: Language-II (Hindi/English) Subject Code: BAY-LST 605

**Objectives**:

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| --- | --- | --- | --- | --- |
| **Total Number of Hours: 30** | | **Theory** | **Tutorial** | **Practical** |
| Credits | | 2 | 0 | 0 |
| Hours/ week | | 2 | 0 | 0 |
| **SCHEME OF EXAMINATION** | | | | |
| Total Marks: 100 | | | | |
| **Theory : 100** | | **Practical : Nil** | | |
| Final Exam (SEE) | Internal Assessment (CT+TA) | Final Exam (SEE) | | Internal Assessment (CT+TA/PR) |
| 75 | 25 |  | |  |

**Syllabus will be provided by University**