

National Education Policy-2020

YOGIC SCIENCE SYLLABUS

Of

Kumaun University, Nainital

For

TWO YEAR MASTER'S PROGRAMME

2025

DEPARTMENT OF YOGIC SCIENCE

SYLLABUS DRAFTING COMMITTEE

S. N.	Name	Designation	Department	Affiliation
1.	Dr. Seema Chauhan	Assistant Professor	Yoga	Kumaun University, Nainital
2.	Dr. Deepa Arya	Assistant Professor	Yoga	Kumaun University, Nainital
3.	Dr. Naveen Bhatt	Assistant Professor	Yoga	SSJ University, Almora
4.	Dr. Bhanu Joshi	Associate Professor	Yoga	Uttarakhand Open University, Haldwani
5.	Dr. Vijay Singh Gusain	Assistant Professor	Yoga	Lal Bahadur Shastri University, Delhi
6.	Dr. Rajni Nautiyal	Assistant Professor	Yoga	Hemwati Nandan Bhaguna Garhwal University
7.	Dr. Vinod Nautiyal	Assistant Professor	Yoga	Hemwati Nandan Bhaguna Garhwal University
8.	Mr. Shubham Vishwakarma	Yoga Instructor	Yoga	Kumaun University, Nainital
9.	Dr. Arun Kumar Sahu	Associate Professor	Yoga	Sagar University, Madhya Pradesh
10.	Dr. Girish Singh Adhikari	Yoga Instructor	Yoga	SSJ University, Almora
11.	Mr. Lallan Kumar Singh	Assistant Professor	Yoga	SSJ University, Almora
12.	Dr. Udham Singh	Associate Professor	Yoga	Gurukul Kangri Vishwavidyalaya
13.	Dr. Indu Sharma	Assistant Professor	Yoga	Morarji Desai National Institute of Yoga
14.	Dr. Charu Sharma	Assistant Professor	Yoga	Maharaja Bhupinder Singh Punjab Sports University, Patiala

SYLLABUS REVIEW COMMITTEE

EXTERNAL EXPERT

S. N.	Name	Designation	Department	Affiliation
1.	Prof. Suresh Lal Barnwal	Professor	Yoga	Yogic Science & Human Consciousness, Dev Sanskriti, Vishwavidhyalay, Haridwar
2.	Prof. Sudhir Singh	Associate Professor	Yoga	Delhi University
3.	Dr. Rajni Nautiyal.	Assistant Professor	Yoga	Hemwati Nandan Bhaguna Garhwal University

INTERNAL EXPERT

S. N.	Name	Designation	Department	Affiliation
1.	Prof. Rajinish Pande.	Professor	Convener BOS Yoga /Dean Faculty of Atrs	Kumaun University, Nainital
2.	Dr. Seema Chauhan	Assistant Professor	Yoga	Kumaun University, Nainital
3.	Dr. Deepa Arya	Assistant Professor	Yoga	Kumaun University, Nainital
4.	Dr. Naveen Bhatt	Assistant Professor	Yoga	SSJ University, Almora
5.	Dr. Bhanu Joshi	Associate Professor	Yoga	Uttarakhand Open University, Haldwani
6.	Dr. J.P. Kanswal	Assistant Professor	Yoga	Sri Dev Suman University, Badshahithol

List of all Papers (DCS, DSE, GE) with Semester Wise Titles for Yogic Science					
Year	Sem.	Course Code	Paper Title	Theory/ Practical	Credits
<i>Bachelor of Yogic Science with Honours</i>					
FOURTH YEAR	VII	DSC	Pillars of Yoga	Theory	4
		DSE-1	Basic Concepts of Research	Theory	4
		DSE-2	Principles of Hatha Yoga	Theory	4
		DSE-3	Yoga Practicum – 7	Practical	4
		GE	Case Study Report	Practical	4
		ACADEMIC PROJECT	Research Project	Practical	6
	VIII	DSC	Research Methodology	Theory	4
		DSE-1	Health, Diet & Nutrition	Theory	4
		DSE-2	Yoga Therapy & its Application	Theory	4
		DSE-3	Yoga Practicum – 8	Practical	4
		GE	Four Streams of Yoga	Theory	4
DISSERTATI ON ON MAJOR CREDITS		Dissertation	Theory/ Practical	6	
<i>Master's in Yogic Science</i>					
FIFTH YEAR	IX	DSC	Yoga & Mental Health	Theory	4
		DSE-1	Methods of Teaching Yoga and Mass Management	Theory	4
		DSE-2	Bases of psychology	Theory	4
		DSE-3	Yoga Practicum – 9	Practical	4
		GE	Essence of Shrimad Bhagwat Gita	Theory	4
		ACADEMIC PROJECT	Study Tour	Practical	6
	X	DSC	Essence of Patanjali Yog Sutra	Theory	4
		DSE-1	Essence of Principle Upanishads	Theory	4
		DSE-2	Human Anatomy & Physiology	Theory	4
		DSE-3	Yoga Practicum – 10	Practical	4
		GE	Therapeutic Yoga	Theory	4
		DISSERTATI ON ON MAJOR CREDITS	Dissertation	Theory/ Practical	6

Abbreviations-

DSC- Discipline Specific Course; DSE- Discipline Specific Electives; GE- Generic Electives; SEC- Skill Enhancement Course; VAC-Value Added Course

Programme Specific Outcomes (PSO): Honours Degree	
After this programme, the learners will be able to:	
PSO 1	Apply logical and critical thinking in comprehension of principles and practices of Yoga in philosophical, physiological and psychological terms.
PSO2	Use the principles and practices of Yoga with above perspective for one' own and society's wellness.
PSO3	Deliver the subject matter of Yoga with appropriate teaching methods.
PSO4	Manage one's own stress and prevent the possible diseases.
PSO5	Help the clients to reduce their stress and prevent their common diseases.
PSO6	Apply the knowledge of human consciousness and modern psychology for understanding one's own and other's inner world and solve the problems.
PSO7	Apply knowledge of IT, Yoga and Research Methodology in taking up small projects or pilot research.
PSO8	Use the offline and oneline mode to convey one's Yoga related message to individual and groups.
PSO9	Improve one's own and client's lacking health and personality dimensions over a period of time.

Programme Specific Outcomes (PSOs): Master's Degree	
After this programme, the learners will be able to:	
PSO 1	It will create a professional Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.
PSO2	It will provide all that which is required to develop the highest level of consciousness.
PSO3	It will create medical officers and ayurvedic doctors.
PSO4	It will help the students to set up Yoga studios and provide society with nature cure treatment.
PSO5	It will help the students to practice teaching at various platforms.
PSO6	It will create chances of self employment.
PSO7	It will connect students to nature and provide deep knowledge of herbs.
PSO8	It will create efficient Dietician and form healthy eating habits in the society
PSO9	It will make meaningful contribution to the field of Yoga studies through original research and scholarship, addressing gaps in knowledge, advancing theoretical frameworks, or shedding new light on existing texts and traditions.

Department of Yogic Science

Semester –VII

Bachelor of Yogic Science with Honours

DISCIPLINE SPECIFIC COURSE (DSC)-Pillars of Yoga

No. of Hours: 60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC:Pillars of Yoga	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours

Programme: Bachelor of Yogic Science with Honours	Year: IV	Semester: VII Paper-DSC
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Subject: Yoga

Course Code: DSC Course Title: Pillars of Yoga

Course Outcomes:

- Have an understanding of the various concepts of yoga.
- Understanding of the origin, history and development of yoga over years.

Credits: 4	Discipline Specific Course
Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules

Unit	Topic	No. of Hours
Unit I	History and Development of Yoga; Meaning & Definitions, Misconceptions, Aim and Objectives of Yoga. Brief introduction and yogic contribution of Maharshi Patanjali and Guru Gorakshanath Traditions.	12
Unit II	Introduction to Vedas, Upanishads and Prasthanatrayee; Concept of Purushartha Chatushtaya.	12
Unit III	Yogic Traditions of Swami Vivekananda, Shri Aurobindo; Maharshi Ramana and Maharshi Dayanand Saraswati, Mahesh Yogi, Pt. Sri Ram Sharma Acharya and their contribution for the development and promotion of Yoga	12
Unit IV	Introduction to Jnanayoga, Bhaktiyoga, Karmayoga, Rajayoga, Hathayoga and Mantra Yoga	12
Unit V	Basic concepts of Shad-darshanas- Epistemology, Metaphysics, Ethics and Liberation with special emphasis to Samkhya, Yoga and Vedanta Darshana.	12

Suggested Reading:

- योगविज्ञान–स्वामीविज्ञानानंदसरस्वती
- वेदोंमें योगविद्या–स्वामीदिव्यानंद
- योगमनोविज्ञान– शांतिप्रकाशआत्रेय
- औपनिषदिक अध्यात्मविज्ञान– डा० ईश्वरभारद्वाज
- कल्याण (योग तत्त्वांक) –गीताप्रेसगोरखपुर
- कल्याण (योगांक) –गीताप्रेसगोरखपुर
- भारत के संत महात्मा–रामलाल
- भारत के महान योगी–विश्वनाथ मुखर्जी
- Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
- Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
- Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
- Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
- Bhatt, Naveen & Verma, V ;Samagra Yoga Mahavigyan, Kitab Mahal, new Delhi, 2020
- Bhatt, Naveen &Kumar,D ; Foundation of Yoga, Kitab Mahal, new Delhi, 2020

Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

Semester –VII

Bachelor of Yogic Science with Honours

DISCIPLINE SPECIFIC ELECTIVE (DSE)-Basic Concepts of Research

No. of Hours: 60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Basic Concepts of Research	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours

Programme: Bachelor of Yogic Science with Honours

Year:
IVSemester:
VII
Paper-DSE
I

Subject: Yoga

Course Code: DSE I

Course Title: Basic Concepts of Research

Course Outcomes:

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

Credits: 4

Discipline Specific Elective-I

Max. Marks: As per univ. rules

Min. Passing Marks: As per univ. rules

Unit	Topic	No. of Hours
Unit I	Introduction to research methodology Definition of research; Importance of Studying Research Methods: Evaluating Research Reports; Conducting Research, Thinking Critically About Research; Types of research Applied Research & Basic Research; Goals of Research: description, explanation, prediction, and control of behavior.	15

Unit II	Introduction to Research Process Research Research questions; Literature review; Different Sources of Information: Primary, Secondary, Tertiary source; Electronic Databases: Google Scholar; Hypothesis Operational definition; Sampling and Generalization - Population and Sample; Probability Sampling: Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling; Sampling Bias and Nonprobability Sampling: snowball sampling, convenience; Types of Biological data (Scales of measurement) – nominal, ordinal, interval, ratio; Types of variables -Independent, dependent, confounding variable; Reliability & Validity.	20
Unit III	Introduction to Research Design Cross sectional studies and its advantages and disadvantages; Cohort studies and its advantages and disadvantages; Randomized controlled trials and its advantages and disadvantages; Factors need to be considered when designing a study: Availability of data, Sampling methods, Data collection, Cost of the design, time implications and loss to follow-up, Controls, Ethical issues, Issues of bias and confounding.	15
Unit IV	Reporting Research Parts and Order of Dissertation, Title Page, Abstract, Introduction, Method Section, Results Section, Discussion Section, Reference Section.	10

Suggested Reading:

- R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New delhi
- C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
- Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

Semester –VII

Bachelor of Yogic Science with Honours

DISCIPLINE SPECIFIC ELECTIVE (DSE)-Principles of Hatha Yoga

No. of Hours: 60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Principles of Hatha Yoga	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours

Programme: Bachelor of Yogic Science with Honours	Year: IV	Semester: VII Paper-DSE II
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Subject: Yoga

Course Code: DSE II	Course Title: Principles of Hatha Yoga
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Course Outcomes:

- Have an understanding about pre-requisites, principles about Hatha yoga.
- Understand the different texts of hatha yoga

Credits: 4

Discipline Specific Course- II

Max. Marks: As per univ. rules

Min. Passing Marks: As per univ. rules

Unit	Topic	No. of Hours
Unit I	<ul style="list-style-type: none"> • Yoga: Origin, history and development, meaning, definition, aim, objectives, significance, true nature and principles of yoga. 	12
Unit II	<ul style="list-style-type: none"> • General introduction to Shad-darshans with special emphasis on Samkhya and Yoga Darshan, Yoga in Vedanta. 	12
Unit III	<ul style="list-style-type: none"> • General Introduction of Hath Yogic Texts:Hath Pradipika, Gheranda Sanhita, Hatha Ratnavali, Shiv Samhita, Vashistha Samhita and Sidha Siddhant Paddati 	12
Unit IV	<ul style="list-style-type: none"> • Brief Introduction of Chaturangyog- Hatha Pradipika- Asana, Pranayama, Mudra-bandha and nadaunsandhan. 	12
Unit V	<ul style="list-style-type: none"> • Brief Introduction of Saptangayog- Gheranda Sanhita – Shatkarma, Asana, Mudra, Pratyahara,Pranayama, Dhyaan and Samadhi. 	12

Suggested Readings:

- योगविज्ञान—स्वामीविज्ञानानंदसरस्वती
- वेदोंमें योगविद्या—स्वामीदिव्यानंद
- योगमनोविज्ञान— शांतिप्रकाशआत्रेय
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- कल्याण (योग तत्त्वांक) —गीताप्रेसगोरखपुर
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- भारत के संत महात्मा—रामलाल
- भारत के महान योगी—विश्वनाथ मुखर्जी
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- Dasgupta S. N: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
- Singh S. P: History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
- Singh S. P & Yogi Mukesh: Foundation of Yoga, Standard Publication, New Delhi, 2010
- Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
- HathaYogaPradeepika of Svatmarama, MDNIY Publication, 2013
- Sharma BR: Jotsna (Comentory of HathaYogaPradeepika) Kaivalyadhama, Lonavala, 2013
- Bhatt, Naveen & Verma, V; Samagra Yoga Mahavigyan, Kitab Mahal, new Delhi, 2020
- Bhatt, Naveen; Hatha Yoga Ke Siddhant, Kitab Mahal, new Delhi,

Suggested Continuous Evaluation Methods:

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Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, [epg-pathshala, egyankosh.ac.in](http://epg-pathshala.egyankosh.ac.in)

Semester –VII

Bachelor of Yogic Science with Honours

DISCIPLINE SPECIFIC ELECTIVE (DSE)-Yoga Practicum – 7

No. of Hours: 120

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Yoga Practicum - 7	4	0	0	4	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours

Programme: Bachelor of Yogic Science with Honours		Year: IV	Semester: VII Paper- DSE III
Subject: Yoga			
Course Code: DSE III		Course Title: Yoga Practicum – 7	
Course Outcomes: <ul style="list-style-type: none"> ● Make the students aware of the asana for physical fitness and healthy life. ● Know and understand about breathing practices. 			
Credits: 4		Discipline Specific Elective	
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules	
Unit	Topic		No. of Hours
Unit I	Shatkarma: VastraDhauti, Sutra Neti, Kapalbhati, Nauli Chalana, Jyoti Trataka, Agnisara		30
Unit II	Yogasanas -I Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana; ArdhaChakrasana, PaadaHastanasana; Trikonasana, Parshva Konasana; Veerabhadrasana; Bhunamanasana, Hanumanasana; Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana; Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Uttitha Padmasana; Janusirasana, Paschimottanasana, Supta Vajrasana; Mandukasana, UtthanaMandukasana; Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana.		30
Unit III	Yogasanas -II Pavanamuktasana, Utthana-padasana, Ardha Halasana, Setubandhasana, Halasana, Karna Peedasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana, Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Raja Kapotasana, Bakasana, Kukkutasana, Garbhasana, Matsyendrasana, Marjariasana, Padangusthasana, Hastapadangusthasana, Garudasana, Vatayanasana, Natarajasana, Mayurasana, Sirshasana; Ekapada and DwipadaKandarasana.		30
Unit IV	Pranayama All the Pranayama mentioned in Hatha Pradipika		30

Suggested Readings

- HathYogaPradipika-Kaivalyadham
- Asana,Pranayama,Mudra,Bandha
- समग्र योगमहाविज्ञान– डॉ० नवीनचन्द्रभट्ट,विश्वजीतवर्मा
- हठयोगप्रदिपिका–प्रकाषककैवल्यधामलोनावाला
- घेरण्डसंहिता–प्रकाषककैवल्यधाम, लोनावाला
- गोरक्ष संहिता–गोरक्षनाथ
- भक्तिसागर–स्वामीचरणदास
- योगासनविज्ञान–स्वामी धीरेन्द्रब्रह्मचारी
- योगपरिचय –पीताम्बरझा
- सरल योगासन– डा० ईश्वरभारद्वाज
- आसनप्राणायाम–देवव्रतआचार्य
- आसन, प्राणायाम, मुद्राबन्ध –स्वामीसत्यानन्द
- बहिरंग योग–स्वामी योगेश्वरानन्द
- हठयोग के सिद्धान्त–डॉ० नवीनभट्ट,नेहापाण्डेय
- योगबीज–डॉ०केशवरामचन्द्रजोशी
- गोरक्ष संहिता–श्रीपृथ्वीराजजी
- सिद्ध–सिद्धान्तपद्धति–स्वामी द्वारिकादासजी
- शिवसंहिता–स्वामीमहेशानन्दजी

Suggested Continuous Evaluation Method:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

Semester –VII

Bachelor of Yogic Science with Honours

GENERIC ELECTIVE (GE)-Case Study Report

No. of Hours: 120

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
GE: Case Study Report	4	0	0	4	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours			
Programme: Bachelor of Yogic Science with Honours		Year: IV	Semester: VII Paper-GE
Subject: Yoga			
Course Code: GE	Course Title: Case Study		
Course Outcomes: <ul style="list-style-type: none"> • Students will have a brief idea of management of some diseased condition. 			
Credits: 4		Generic Elective	
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules	
Unit	Topic	No. of Lectures	
Unit I	Case taking-I Students shall be permitted to take four cases (Same Disease) and supervise the practice for fifteen days and common parameters will be recorded every day.	30	
Unit II	Case taking-II Students shall be permitted to take another four cases (Same Disease) and supervise the practice for fifteen days and common parameters will be recorded every day.	30	
Unit III	Preparation of the cases Candidate shall write a report of a most improved and least improved case.	30	
Unit IV	Presentation Following the presentation, candidate will present the case to the examiners and the same will be examined	30	

Suggested Continuous Evaluation Method:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, [epg-pathshala, egyankosh.ac.in](http://epg-pathshala.egyankosh.ac.in)

Semester –VII

Bachelor of Yogic Science with Honours

ACADEMIC PROJECT- Research Project

No. of Hours: 180

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
Academic Project: Research Project	6	0	0	6	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours		
Programme: Bachelor of Yogic Science with Honours		Year: IV Semester: VII Paper-Academic Project
Subject: Yoga		
Course Code: Academic Project	Course Title: Research Project	
Course Outcomes:		
<ul style="list-style-type: none"> Student will have an idea about how to start a research project. 		
Credits: 6	Academic Project	
Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules	
Unit	Topic	No. of Hours
Unit I	A pilot research shall be carried out by each student under the supervision of a Lecturer/Assistant Professor. As part of the research project, students will record the effect of any intervention of his/her choice for a common variable in a particular group of sample.	60
Unit II	Student will present the research project for suggestions to the teacher.	120

Suggested Continuous Evaluation Method:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

Semester –VIII

Bachelor of Yogic Science with Honours

DISCIPLINE SPECIFIC COURSE (DSC)-Research Methodology

No. of Hours: 60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Research Methodology	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours			
Programme: Bachelor of Yogic Science with Honours		Year: IV	Semester: VIII Paper-DSC
Subject: Yoga			
Course Code: DSC	Course Title: Research Methodology		
Course Outcomes: <ul style="list-style-type: none"> ● Understand the concept of research and its methodology for carrying minor and major research. ● Feed and analyze the data. ● Organize the data and represent the data. 			
Credits: 4		Discipline Specific Course	
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules	
Unit	Topic	No. of Hours	
Unit I	Foundations of Research: Meaning, Objectives, Motivation, Utility. Concept of theory, empiricism, deductive and inductive theory. Characteristics of scientific method, Research Process.	10	
Unit II	Problem Identification & Formulation- Research Question- Investigation Question, Measurement Issues, Hypothesis Qualities of a good Hypothesis - Null Hypothesis & Alternative Hypothesis.	10	
Unit III	Research Design: Concept and Importance in Research, Features of a good research design. Exploratory Research Design-concept, types and uses, Descriptive Research Designs-concept, types and uses. Experimental Design: Concept of Independent & Dependent variables.	10	

Unit IV	Qualitative and Quantitative Research: Qualitative research- Quantitative research Concept of measurement, causality, generalization, and reapplication. Merging the two approaches.	10
Unit V	Sampling: Concepts of Statistical Population, Sample, Sampling Frame, Sampling Error, Sample Size, Non-Response, Characteristics of a good sample. Probability Sample Simple Random Sample, Systematic Sample, Stratified Random Sample & Multi-stage sampling. Determining size of the sample. - Practical considerations in sampling and sample size.	10
Unit VI	Interpretation of Data and Paper Writing Layout of a Research Paper, Journals in Computer Science, Impact factor of Journals, When and where to publish? Ethical issues related to publishing, Plagiarism and Self-Plagiarism. Use of tools / techniques for Research: methods to search required information effectively.	10

Suggested Reading:

- R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New delhi
- C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
- Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, epq-pathshala, egyankosh.ac.in

Semester –VIII

Bachelor of Yogic Science with Honours

DISCIPLINE SPECIFIC ELECTIVE (DSE)-Health, Diet & Nutrition

No. of Hours: 60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Health, Diet & Nutrition	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours

Programme: Bachelor of Yogic Science with Honours		Year: IV	Semester: VIII Paper-DSE I
Subject: Yoga			
Course Code: DSE I	Course Title: Health, Diet & Nutrition		
Course Outcomes: <ul style="list-style-type: none"> ● Students will know the importance of diet. ● Students shall become aware of the balanced and nutritious diet. ● They will come to know about the requirement of different food material by the body. 			
Credits: 4		Discipline Specific Elective-I	
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules	
Unit	Topic		No. of Hours
Unit I	<ul style="list-style-type: none"> ● Diet Therapy: Meaning, definition, importance, principles and procedure, preparation of diet charts of different disease. 		10
Unit II	<ul style="list-style-type: none"> ● Meaning and definition of Diet & Nutrition, Components of diet, Ancient & Modern classification, Quality of diet & its relation with Agni, Content of diet for daily use, Balance diet & diet during Yogic practices. 		15
Unit III	<ul style="list-style-type: none"> ● Carbohydrates, Lipids & Proteins: Classification & General properties, Biochemical importance, Digestion, Absorption & Utilization, Excessive & deficiency disorders. Vitamins: Meaning, definition & classification, Sources & daily requirement, important metabolic function & deficiency disorder, Absorption, Storage & Transport. Minerals: Source absorption, excretion, requirement, function & deficiency disorder. 		20
Unit IV	<ul style="list-style-type: none"> ● Food groups: importance and Benefits – Cereals, Pulses, green leafy vegetables, roots and tuber, fruits, milk and its products, sugar, honey, sprouts & raw diet 		15

Suggested Readings:

- | | |
|---|--|
| 1. Clinical dietetic and Nutrition | F.P. Antia |
| 2. Food and Nutrition | Reegna Begwan |
| 3. Diet Cure for common Ailment | H.K. Bakhru |
| 4. Essential of food and Nutrition | Swaminath |
| 5. Healing through Natural food | Dr. H.K. Bakhru |
| 6. Normal and therapeutic Nutrition | Cerinne H. Robinson, Marilyn R. Lawler |
| 7. Nutrition and Dietetics | Subhangiri Joshi |
| 8. Vitamins that heal | Dr. H.K. Bakhru |
| 9. Herbs that heals | Dr. H.K. Bakhru Sprouts J.D. Waish |
| 10. Yoga Samstahn Science of Natural Life | Dr. Rakesh Jindal |
| 11. Nutritive value of Indian food | NIN B.S. Narsinga Rao |
| 12. Nutrition and Dietetics | Subhangiri Joshi |

Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, [epg-pathshala, egyankosh.ac.in](http://epg-pathshala.egyankosh.ac.in)

Semester –VIII

Bachelor of Yogic Science with Honours

DISCIPLINE SPECIFIC ELECTIVE (DSE)-Yoga Therapy & its Application

No. of Hours: 60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Yoga Therapy & its Application	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours		
Programme: Bachelor of Yogic Science with Honours		Year: IV Semester: VIII Paper-DSE II
Subject: Yoga		
Course Code: DSE II	Course Title: Yoga Therapy & its Application	
Course Outcomes: <ul style="list-style-type: none"> To impart knowledge about various disease and their treatment through yogic processes 		
Credits: 4	Discipline Specific Elective-II	
Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules	
Unit	Topic	No. of Hours
Unit I	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,	20

	Yogic concept of Health and Disease, role of Yoga in preventive health care – Heyam dukhamanagatam; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga: Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)	
Unit II	Yogic concepts for health and healing Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Cocept of Pancha-koshas & Shat-chakra and their role in Health and Healing; Concept of Abhyas and Vairagya, Chitta and Chitta Prasadana, Kriya-yoga, Ashtanga Yoga of Patanjali for Healthand Healing; Concept of Cleansing (Shuddi), its role and importance in Health and Healing; Concept of Swara Yoga and its efficacy in Health and Healing	20
Unit III	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, Shat-karma,Asana, Mudra & Bandha Pranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living.	10
Unit IV	Yogic Management of Gynaecological disorders: Menstrual, Premenstrual	5
Unit V	Yogic Management of Psychological disorders: Anxiety, Fear, Mental Conflict, Frustration	5

Suggested Readings:

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
4. Dr. R. S. Bhogal: Yoga Psychology, Kaivalyadhama Publication
5. Dr. Manmath M Gharote, Dr. Vijay Kant: Therapeutic reference in Traditional Yoga texts
6. T.S. Rukmani: Patanjala Yoga Sutra
7. Sahay, G. S.: Hatha Yoga Pradeepika, MDNIY Publication, 2013
8. Kdham: Gheranda Samhita, Kaivalyadhama, Lonavla,
9. Bhatt, Naveen & Verma, V; Samagra Yoga Mahavigyan, Kitab Mahal, new Delhi, 2020

Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be

on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, [epg-pathshala, egyankosh.ac.in](http://epg-pathshala.egyankosh.ac.in)

Semester –VIII

Bachelor of Yogic Science with Honours

DISCIPLINE SPECIFIC ELECTIVE (DSE)-Yoga Practicum -8

No. of Hours: 120

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Yoga Practicum -8	4	0	0	4	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours

Programme: Bachelor of Yogic Science with Honours

Year: IV

**Semester: VIII
Paper-DSE III**

Subject: Yoga

Course Code: DSE III

Course Title: Yoga Practicum -8

Course Outcomes:

- Make the students aware of the asana for physical fitness and healthy life.
- Know and understand about breathing practices.

Credits: 4

Discipline Specific Elective-III

Max. Marks: As per univ. rules

Min. Passing Marks: As per univ. rules

Unit	Topic: Yoga Practicum -8	No. of Hours
Unit I	<p>Asanas</p> <ul style="list-style-type: none"> ● Padmsarvangasan ● Mayurasan ● Shirshasan ● Tolangulasan ● Ekpads kandhasan ● Vatayanasan ● Tittibhasan ● Garbhasan ● Ardhabaddhpadmotansasan ● Shishpadanangusthasan ● Sankatasan ● Guptasan ● Nadishodhanasan ● Padmvakasan 	30

Unit II	Shatrakma Dhauti& Neti as per Gheranda Samhita	30
Unit III	Mudra & Bandh - 1.Shaktihalinimudra 2.Mahabhand 3.Ashwanimudra 4.Moolbandh	30
Unit IV	Meditation	30

Suggested Readings

- HathYogaPradipika-Kaivalyadham
- Asana,Pranayama,Mudra,Bandha
- समग्र योगमहाविज्ञान- डॉ० नवीनचन्द्रभट्ट,विश्वजीतवर्मा
- हठयोगप्रदिपिका-प्रकाषककैवल्यधामलोनावाला
- घेरण्डसंहिता-प्रकाषककैवल्यधाम, लोनावाला
- गोरक्ष संहिता-गोरक्षनाथ
- भक्तिसागर-स्वामीचरणदास
- योगासनविज्ञान-स्वामी धीरेन्द्रब्रह्मचारी
- योगपरिचय -पीताम्बरझा
- सरल योगासन- डा० ईश्वरभारद्वाज
- आसनप्राणायाम-देवव्रतआचार्य
- आसन, प्राणायाम, मुद्राबन्ध -स्वामीसत्यानन्द
- बहिरंग योग-स्वामी योगेश्वरानन्द
- हठयोग के सिद्धान्त-डॉ० नवीनभट्ट,नेहापाण्डेय
- योगबीज-डॉ०केशवरामचन्द्रजोशी
- गोरक्ष संहिता-श्रीपृथ्वीराजजी
- सिद्ध-सिद्धान्तपद्धति-स्वामी द्वारिकादासजी
- शिवसंहिता-स्वामीमहेशानन्दजी

Suggested Continuous Evaluation Method:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

Semester –VIII

Bachelor of Yogic Science with Honours

GENERIC ELECTIVE (GE)-Four Streams of Yoga

No. of Hours: 60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
GE: Four Streams of Yoga	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours		
Programme: Bachelor of Yogic Science with Honours		Year: IV Semester: VIII Paper-GE
Subject: Yoga		
Course Code: GE	Course Title: Four Streams of Yoga	
Course Outcomes: <ul style="list-style-type: none"> Students will have idea of the various streams of Yoga 		
Credits: 4	Generic Elective	
Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules	
Unit	Topic: Four Streams of Yoga	No. of Hours
Unit I	JnanaYoga Sadhana Chatustaya, Stages of JnanaYoga practice (shravan, manana, Nidhidhyasana), States of consciousness, The concepts of ida, pingla and thesushumna the central channel of energy running along the spine.	15
Unit II	Bhakti Yoga Navavidha Bhakti, Qualities of a bhakta, The pronunciation, chanting, knowledge, benefits of Sanskrit chants, hymns, bhajans, Satsang and the uplifting meaning of the chants helping to thin the activities of the mind, Mantra chanting, and their effect on the nadi and the chakras, Demonstrated ability to create a bhakti bhava during the chanting and singing.	15
Unit III	Karma Yoga The concept and meaning of karma Yoga, Concept of Nishkama Karma, Prerequisites for a sthitaprajna, Sthitaprajnalakshana, The law of karma.	15
Unit IV	Raja Yoga Concepts and principles of PatanjalaYoga; Karma Shuddhi (Yama, Niyama); Snayu Shuddhi (Asana); Prana Shuddhi (Pranayama); Indriya and Mano Shuddhi (Pratyahara); Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)	15

Suggested Readings:

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

Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

Semester –VIII

Bachelor of Yogic Science with Honours

DISSERTATION ON MAJOR CREDITS- Dissertation

No. of Hours: 135

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
Dissertation on major credits: Dissertation	6	3	0	3	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours		
Programme: Bachelor of Yogic Science with Honours		Year: IV Semester: VIII Paper- Dissertation on major credits
Subject: Yoga		
Course Code: Dissertation on major credits	Course Title: Dissertation	
Course Outcomes: <ul style="list-style-type: none"> Students will have a brief idea of carrying out research at micro level. 		
Credits: 6	Dissertation On Major Credits	
Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules	
Unit	Topic:	No. of Hours
Unit I	1. Introduce about MS-Word and write down the steps for performing various general operations in it (like open, saving, cut, copy, paste, printing a document etc.).	05
Unit II	2. Create a simple MS –Word document about introducing yourself and preparing your Bio-data (using various formatting options in MS-Word).	05
Unit III	3. Learning and performing various options/operations in MS-Word. a. Creating a table, Entering text and contents in a table. b. Toolbars in word, Using various toolbars options. c. Watermarks and Water-marking a document. d. Inserting clip arts/picture, Hyper-linking a text. e. Header/Footers.	05
Unit IV	4. Introduce about MS-Excel and write down the steps for performing various general operations in it (like open, saving, cut, copy, paste, printing a document etc.).	05

Unit V	5. Learning and performing various options/operations in MS-Excel. Like: a. Creating and Saving a new Workbook. b. Deleting and Renaming a Worksheet. c. Creating Formulas, Using Formulas. d. Using Functions.	05
Unit VI	6. Introduce about MS Power-point explaining its various features and steps for performing various general operations in it.	05
Unit VII	7. Prepare a power-point presentation explaining the facilities /infrastructure available in your College/ Institution.	05
Unit VIII	8. Net Surfing	05
Unit IX	9. Creation and Usage of E-mail Account	05
Unit X	10. Dissertation writing	60

Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc.

The end-semester written examination will test all the areas targeted in the course.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, [epg-pathshala, egyankosh.ac.in](http://epg-pathshala.egyankosh.ac.in)

Semester –IX

Master's in Yogic Science

DISCIPLINE SPECIFIC COURSE (DSC)-Yoga & Mental Health

No. of Hours: 60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Yoga & Mental Health	4	4	0	0	Yoga in Honours Degree	Nil

Master's in Yogic Science			
Programme: Master's in Yogic Science		Year: IV	Semester: IX Paper-DSC
Subject: Yoga			
Course Code: DSC	Course Title: Yoga & Mental Health		
Course Outcomes: <ul style="list-style-type: none"> • Understand the meaning and importance of mental health. • Have an idea about the models of mental health intervention. • To have an understanding of various personality disorders. 			
Credits: 4	Discipline Specific Course		
Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules		
Unit	Topic	No. of Hours	
Unit I	Mental Health Mental Health: Meaning and Importance; Yogic Perspective of Mental Health; Yoga nidra, Kuntha, samayojan, stress, emotions, feelings, adjustments.	12	
Unit II	Models of mental health intervention Clinical model, Community model and Social action model	12	
Unit III	BASIC UNDERSTANDING ABOUT PSYCHIATRIC DISORDERS Sign and symptoms of Delirium, Dementia, and Amnesic Disorders; Substance-Related Disorders; Schizophrenia and Other Psychotic Disorders ; Mood Disorders ; Eating Disorders ; Personality Disorders.	12	
Unit IV	BASIC UNDERSTANDING ABOUT PERSONALITY DISORDERS Sign and symptoms of Personality Disorders: Borderline, Antisocial, Histrionic, Paranoid, Narcissistic, Obsessive-Compulsive, and Dependent and Eating Disorders.	12	

Unit V	YOGA FOR MENTAL HEALTH Yogic Concepts and Techniques in Patanjala Yoga Sutra and Bhagwadgita for Promoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for Promotion of Mental Health: Memory, Intelligence, Breath; Awareness, Shavasana, Yoganidra, Pranayama and Meditation; Yogic Life-style.	12
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Suggested Reading:

- Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007
- Tilak, B. G.: SrimadBhagwadgita Rahasya. Poona: Tilak Mandir.
- Udupa, K.N.: Stress and Its Management by Yoga. Delhi: Motilal Banarasidas, 2007
- Vivekananda, Swami: Raja Yoga. Nagpur: Ramakrishna Math
- Bhatt, Naveen & Verma, V ; Samagra Yoga Mahavigyan, Kitab Mahal, new Delhi, 2020
- Bhatt, Naveen; Yog Aur Swasthya, Kitab Mahal, new Delhi

Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc.

The end-semester written examination will test all the areas targeted in the course.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, [epg-pathshala, egyankosh.ac.in](http://epg-pathshala.egyankosh.ac.in)

Semester –IX

Master's in Yogic Science

DISCIPLINE SPECIFIC ELECTIVE (DSE)-Methods of Teaching Yoga and Mass Management

No. of Hours: 60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Methods of Teaching Yoga and Mass Management	4	4	0	0	Yoga in Honours Degree	Nil

Master's in Yogic Science

Programme: Master's in Yogic Science	Year: IV	Semester: IX Paper-DSE I
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Subject: Yoga

Course Code: DSE I	Course Title: Methods of Teaching Yoga and Mass Management
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Course Outcomes:

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

Credits: 4	Discipline Specific Elective-I
Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules

Unit	Topic	No. of Hours
Unit I	Principles and methods of teaching yoga Teaching and Learning : Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training	15
Unit II	Basics of yoga class management Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of mass instructions; Techniques of Individualized teaching; Techniques of group teaching; Organization of teaching (Time Management, Discipline etc.)	15

Unit III	Lesson planning in yoga Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications	15
Unit IV	Educational tools of yoga teaching Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga	15

Suggested Readings:

1. Dr. Shri Krishna : Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009
2. Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
3. Dr. Raj Kumar: Principles & methods of Teaching, Printo graphics, Delhi,
4. Saket Raman Tiwari & others: Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007
5. Bhatt, Naveen & Verma, V; Samagra Yoga Mahavigyan, Kitab Mahal, New Delhi, 2020
6. Bhatt, Naveen; Yog evemSwasthya, Kitab Mahal, new Delhi, 2020

Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, [epg-pathshala, egyankosh.ac.in](http://epg-pathshala.egyankosh.ac.in)

Semester –IX

Master's in Yogic Science

DISCIPLINE SPECIFIC ELECTIVE (DSE)-Bases of Psychology

No. of Hours: 60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Bases of Psychology	4	4	0	0	Yoga in Honours Degree	Nil

Master's in Yogic Science

Programme: Master's in Yogic Science	Year: IV	Semester: IX Paper-DSE II
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Subject: Yoga

Course Code: DSE II Course Title: Bases of Psychology

Course Outcomes:

- Students will come to know about the life skills of a happy life.
- Personality development of the students
- Students will become aware of the consciousness

Credits: 4

Discipline Specific Elective- II

Max. Marks: As per univ. rules

Min. Passing Marks: As per univ. rules

Unit	Topic	No. of Hours
Unit I	HUMAN PSYCHE The nature of Psychology and its' definition, Scope and utility of Psychology. Psychology as a study of human behavior; Counseling; Personality development; Counseling; Methods of counseling; Skills of counseling; Issues and challenges; Life's skills for happy life; Code of ethics for lay counselors	12
Unit II	PSYCHIC FORCES, CONFLICTS AND FRUSTRATIONS Psychic forces and human behavior, behavior and Consciousness, States of Consciousness, Psychological basis of behavior; Causes and Consequences of Conflicts and Frustrations; Disorders; Common mental disorders; Depressive disorders; Anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention	12
Unit III	MENTAL PROCESSES, MOTIVATION, EMOTIONS AND INTELLIGENCE Sensation, Perception, Attention, Memory, Learning, Feeling etc.; Their definitions and types, Intelligence and its' measurements; Emotional Intelligence and Social Intelligence.	12

Unit IV	YOGA PSYCHOLOGY States of consciousness according to yogic scriptures (Jagrata, Svapna, Susupti and Turiyā) and their applicability; Learning and Remembering in the context of Jnana Yoga (Shravana, Manana and Nididhyasana); Types of personality in the context of different yogic scriptures (Mudha, Kshipta, Vikshipta, Chanchala etc.); Cause of emotions in the mind according to Yoga texts	12
Unit V	HUMAN PSYCHE The nature of Psychology and its' definition, Scope and utility of Psychology. Psychology as a study of human behavior; Counseling; Personality development; Counseling; Methods of counseling; Skills of counseling; Issues and challenges; Life's skills for happy life; Code of ethics for lay counselors	12

Suggested Readings:

1. Abhedananda: The Yoga Psychology, Ramakrishna Vedanta Math, Calcutta, 1973.
2. Sachdev, I.P.: Yoga and Depth Psychology (Motilal Banarsidass, Delhi, 1978)

Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc.

The end-semester written examination will test all the areas targeted in the course.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

Semester –IX

Master's in Yogic Science

DISCIPLINE SPECIFIC ELECTIVE (DSE)-Yoga Practicum-9

No. of Hours: 120

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Yoga Practicum-9	4	0	0	4	Yoga in Honours Degree	Nil

Master's in Yogic Science			
Programme: Master's in Yogic Science		Year: IV	Semester: IX Paper-DSE III
Subject: Yoga			
Course Code: DSE III	Course Title: Yoga Practicum-9		
Course Outcomes: <ul style="list-style-type: none"> ● Understand the principle and practice of each practice. ● Demonstrate each practice skillfully. ● Explain the procedure, precaution, benefits and limitations of each practice. 			
Credits: 4	Discipline Specific Elective-III		
Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules		
Unit	Topic	No. of Hours	
Unit I	Shatrakma Nauli& Basti as per Gheranda Samhita	30	
Unit II	Asana: All the asana mentioned in Hatha Pradipika and Gheranda Samhita.	30	
Unit III	Pranayama: Pranayama mentioned in Patanjali Yoga Sutra	30	
Unit IV	Meditation	30	

Suggested Readings:

1. Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school of yoga publications; Munger, 2001.
2. Swami Niranjanananda Saraswati: Dharana Darshan; ; Bihar school of yoga publications; Munger, 2001.
3. Basavaraddi, I.V. & others: Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
4. Basavaraddi, I.V. & others: Yogic Sukshma Evam Sthula Vyayama, mDNIY, New Delhi, 2011.

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

Suggested Continuous Evaluation Method:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus

here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, [epg-pathshala, egyankosh.ac.in](http://epg-pathshala.egyankosh.ac.in)

Semester –IX

Master's in Yogic Science

GENERIC ELECTIVE (GE)-Essence of Shrimad Bhagwat Gita

No. of Hours: 60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
GE: Essence of Shrimad Bhagwat Gita	4	4	0	0	Yoga in Honours Degree	Nil

Master's in Yogic Science			
Programme: Master's in Yogic Science		Year: IV	Semester: IX Paper-GE
Subject: Yoga			
Course Code: GE	Course Title: Essence of Shrimad Bhagwat Gita		
Course Outcomes: <ul style="list-style-type: none"> ● 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. 			
Credits: 4		Generic Elective	
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules	
Unit	Topic	No. of Hours	
Unit I	General Introduction to Bhagavad Gita, Definitions of Yoga, their relevance & Scope.	15	
Unit II	Essentials of Bhagavad Gita meanings of the terms Atmaswarupa, Stithaprajna, Sankhya Yoga (Chpt.II), Karma Yoga (Chpt.III), Samnyasa Yoga and Karma Swarupa (Sakama and Nishkama) Samnyasa, Dhyana Yogas (Chpt. VI)	15	
Unit III	Types of Bhakta(Chpt. VII) Nature of Bhakti (Chpt.XII), Means and End of Bhakti-Yoga: The Trigunas and nature of Prakriti	15	
Unit IV	Three Kinds of Faith. Food for Yoga-Sadhaka, Classification of food (Chpt. XIV & XVII) Daivasura-Sampad-Vibhaga Yoga (Chpt.XVI); Moksa-Samnyasa Yoga (Chpt. XVIII)	15	

Suggested Readings:

1. Swami Gambhirananda; Bhagavadgita (with Gudharth Dipika) Sri Ramakrishna Matha Madras

2. Swami Gambhirananda; Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, Kolkata, 2003
3. Swami Ramsukhdas; SrimadBhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur
4. Swami Ranganathananda ;Bagavadgita, Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata

Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, [epg-pathshala, egyankosh.ac.in](http://epg-pathshala.egyankosh.ac.in)

Semester –IX

ACADEMIC PROJECT- Study Tour

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
Academic Project: Study tour	6	6	0	0	Yoga in Honours Degree	Nil

Master's in Yogic Science

Programme: Master's in Yogic Science	Year: IV	Semester: IX Paper- Academic Project
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Subject: Yoga

Course Code: Academic Project	Course Title: Study Tour
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Course Outcomes:

- Students will have exposure to various advance yogic practices and therapies.
- Students will learn to prepare report on the on the practical aspect learned by them.

Credits: 6	Academic Project
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Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules
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Unit	Topic	No. of Hours
Unit I	The study tour is to give exposure to the students on the activities being conducted by reputed Yoga Institutes/ Colleges/ Universities/ Yoga Centers/ Yogic Hospitals. The students may be taken to any one or more than one Yoga Institutes /Yoga Centers etc. of repute in India. The Study Tour shall be arranged the Institute and the expenses shall be borne by the concerned students only. Each student has to submit a Study Tour observation report that will be evaluated by the teacher who is in-charge of the study tour and also counter signed by the Course Coordinator. The Study Tour will carry marks as mentioned in the Scheme of examination.	20
Unit II	Presentations of Study Tour Report, its Utility and the exposure got to enhance their learning.	120
Unit III	Continuous evaluation by the Teachers	40

Suggested Continuous Evaluation Method:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus

here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyptankosh.ac.in

Semester – X

Master's in Yogic Science

DISCIPLINE SPECIFIC COURSE (DSC)-Essence of Patanjali Yoga Sutra

No. of Hours: 60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Essence of Patanjali Yoga Sutra	4	4	0	0	Yoga in Honours Degree	Nil

Master's in Yogic Science			
Programme: Master's in Yogic Science		Year: IV	Semester: X Paper-DSC
Subject: Yoga			
Course Code: DSC	Course Title: Essence of Patanjali Yoga Sutra		
Course Outcomes: <ul style="list-style-type: none"> ● Understand various modification of mind and the means of inhibiting them. ● Have an understanding about the essence of Samadhi and Sadhana Pada. ● Understand the essence of Vibhuti and Kaivalya pada. 			
Credits: 4		Discipline Specific Course	
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules	
Unit	Topic	No. of Hours	
Unit I	SAMADHI PAADA: Yoga, meaning & Nature of yoga, Concept of Chitta, Chitta-Bhumis, Chitta-Vrittis, Chitta-Vrittinirodhopaya, Abhyasa and Vairagya as the tools, Concept of Bhavapratyaya&Upaypratayaya, Sadhan Panchak, Chitta-Vikshepas (Antaraya), Ektattva Abhyasa, Chitta-prasadanam. Types and nature of Samadhi: Adhyatmaprasada and Ritambharaprajna, Samprajnata, Asamprajnata, Sabeeja&Nirbeeja Samadhi. Difference between Samapattis and Samadhi, Concept of Ishwara and attributes of Ishwara, Process of Ishwarapranidhana.	15	
Unit II	SADHANA PAADA: Concept of Kriya Yoga, theory of Kleshas; Concept of Karmashaya and Karmvipaka, Nature of dhukha, Concept of Chaturvyuhavada, Drishyanirupanam, Drasthanirupanam, Prakriti-Purusha Samyoga, Brief Introduction to Ashtanga Yoga: Yama- Niyama, Concept of Vitarka&Mahavrata: Asana, Pranayama, Pratyahara and their siddhis.	15	
Unit III	VIBHUTI-PAADA: Introduction of Dharana, Dhyana and Samadhi, Nature of Sanyama, Concept of Chitta samskara, Parinamatraya and vibhutis.	15	

Unit IV	KAIVALYA PAADA: Five means of Siddhis, concept of Nirman Chitta, Importance of siddhis achieved through Samadhi, Four types of Karmas; Concept of Vasana, Dharmamegh Samadhi and its result, Viveka Khyati Nirupanam, Kaivalya Nirvachana.	15
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Suggested Readings:

- Yoga Sutra Vachaspati Mishra
- Yoga Sutras
- Yoga Sutra Bhasvati Commentary - Hariharananda Aranya
- Yoga Sutra Rajmartand-Bhojraj
- Patanjali Yog Pradeep - Omananda Tirtha
- Patanjali Yoga Discussion - Vijaypal Shastri
- Meditation Yoga Prakash-Lakshmananda
- Yoga Philosophy - Rajveer Shastri
- Comparative study of Patanjali Yoga and Sri Aurobindo Yoga - Dr. Trilokchandra

Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

Semester – X

Master's in Yogic Science

DISCIPLINE SPECIFIC ELECTIVE (DSE)-Essence of Principal Upanishads

No. of Hours: 60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Essence of Principal Upanishads	4	4	0	0	Yoga in Honours Degree	Nil

Master's in Yogic Science			
Programme: Master's in Yogic Science		Year: IV	Semester: X Paper-DSE I
Subject: Yoga			
Course Code: DSE I	Course Title: Essence of Principal Upanishads		
Course Outcomes: <ul style="list-style-type: none"> ● 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. 			
Credits: 4		Discipline Specific Elective- I	
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules	
Unit	Topic	No. of Hours	
Unit I	Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava. Kena Upanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.	12	
Unit II	Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization. Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The six main questions.	12	
Unit III	Mundaka Upanishad: Two approaches to Brahma- Vidya- Para and Aparā; The greatness of Brahavidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti: The origin of creation, the ultimate aim of Meditation- Brahmanubhuti. Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara.	12	
Unit IV	Aitareya Upanishad: Concept of Atma, Universe and Brahman. Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, Ananda Valli, Bhriguvalli.	12	

Unit V	Chhandogya Upanishad: Om (udgitha) Meditation; Shandilyavidya. Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman	12
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Suggested Readings:

- Upanishad Spiritual Science - Dr. Ishwar Bharadwaj
- Upanishad Collection Publisher Motilal Banarsidas Indian Philosophy - Acharya Baldev Upadhyay
Various Dimensions of Indian Culture Dr. Arun Jaiswal Kalyan (Yoga Tattvank) - Geeta Press
Gorakhpur
- Kalyan (Yogank) - Geeta Press Gorakhpur Introduction to Upanishads Theosophical Society of
India, Adyar] Madras, 1976).

Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc.

The end-semester written examination will test all the areas targeted in the course.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

Semester –X**Master's in Yogic Science****DISCIPLINE SPECIFIC ELECTIVE (DSE)-Human Anatomy & Physiology****No. of Hours: 60****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Human Anatomy & Physiology	4	4	0	0	Yoga in Honours Degree	Nil

Master's in Yogic Science**Programme: Master's in Yogic Science****Year: IV****Semester: X Paper-DSE II****Subject: Yoga****Course Code: DSE II****Course Title: Human Anatomy & Physiology****Course Outcomes:**

- 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.

Credits: 4**Discipline Specific Elective- II****Max. Marks: As per univ. rules****Min. Passing Marks: As per univ. rules**

Unit	Topic	No. of Hours
Unit I	Introduction to cell, tissue, organs and systems, Basic cell physiology-Cell-Introduction, Cell Organelles, Cell membrane, Movement of the substances and water through the cell membrane, Bioelectric potentials.	10
Unit II	Musculoskeletal systems: Skeleton names of all bones, joints and muscles, cartilage, tendon and ligaments, types of bone, joints and their functions; spine, muscles and their functions, Skeletal muscles - Properties of skeletal muscles, Muscular contraction and relaxation, Neuromuscular junction, Sarcotubular system, Smooth muscle- mechanism of contraction.	10
Unit III	Digestive and excretory system: Anatomy of digestive system, excretory system (component organs) and their functions; Gastro intestinal system-General structure of alimentary canal, Gastric secretion, Pancreatic secretion, Gastric motility-digestive peristalsis Gastrointestinal hormones.	10

Unit IV	Nervous system and glands: Structure and properties of neurons, subdivisions of nervous system and their functions, types of glands (endocrine and exocrine glands), important endocrine and exocrine glands and types of hormones their functions. Sensory nervous system, Motor nervous system, Higher functions of the nervous system, Synapse, Reflexes Cerebrospinal fluid, Blood brain and blood CSF barrier.	10
Unit V	Immune system: Component organs of immune system, Functions of immune system. Endocrinology-Endocrine glands, hormones, their functions. Respiratory system-Mechanism of breathing, Ventilation, Regulation of respiration, Transport of gases, Hypoxia, Artificial ventilation, Non respiratory functions of the lungs.	10
Unit VI	Cardiovascular and respiratory system: Components of cardiovascular and respiratory system; functions of cardiovascular and respiratory system; Circulatory system- Functional anatomy of the heart, Properties of cardiac muscles, Conducting system of the heart, Pressure changes during cardiac cycles, Capillary circulation, Arterial and venous blood pressure.	10

Suggested Readings:

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|--------------------------------------|-------------------|
| 1. Anatomy and Physiology | Tortora and Bryan |
| 2. Anatomy and Physiology | Khurana |
| 3. Understanding of Human Physiology | R. L Bijlani |
| 4. Samagra Yoga Mahavigyan | Naveen Bhatt |
| 5. Manav Sharir Rachana Kriyavigyan | Naveen Bhatt |

Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

Semester – X

Master's in Yogic Science

DISCIPLINE SPECIFIC ELECTIVE (DSE)-Yoga Practicum-10

No. of Hours: 120

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Yoga Practicum-10	4	0	0	4	Yoga in Honours Degree	Nil

Master's in Yogic Science			
Programme: Master's in Yogic Science		Year: IV	Semester: X Paper-DSE III
Subject: Yoga			
Course Code: DSE III	Course Title: Yoga Practicum – 10		
Course Outcomes: <ul style="list-style-type: none"> ● Understand the principle and practice of each practice. ● Demonstrate each practice skillfully. ● Explain the procedure, precaution, benefits and limitations of each practice. 			
Credits: 4		Discipline Specific Elective-III	
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules	
Unit	Topic	No. of Hours	
Unit I	<ul style="list-style-type: none"> ● Asanas- 1.Dwipadskandhasan 2.Karnapeedasan 3.Poorna Bhujangasan 4.Poorna Matsyendrasan 5.Vipreetshirshdwiastabaddhasan 6.Gorakshasan 7.Pakshiasan 15.Pranavasan 8.Hanumanasan 9.Poorna Chakras 10.Vrishchikasan 11.Padma Mayurasan 12.Balgarbhasan 13.Kandpeedasan 14.Poorna Dhanurasan 	40	
Unit II	<ul style="list-style-type: none"> ● Pranayam- 1. Ujjayi Pranayam, 2. Moorcha Pranayam, 3. Bhayavritti, 4. Abhyantarvritti, 5. Stambhvritti 	20	
Unit III	<ul style="list-style-type: none"> ● Shatkram- Tratakaand Kapalbhati as per Gheranda Samhita, Loghooshankhprakshalan 	30	
Unit IV	<ul style="list-style-type: none"> ● Mudra & Bandh- Mahamudra, Khechari Mudra, 	10	
Unit V	<ul style="list-style-type: none"> ● Meditation- ● Including All Activities Of The Previous Semesters 	20	

Suggested Readings:

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

Suggested Continuous Evaluation Method:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus

here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

Semester –X**Master's in Yogic Science****GENERIC ELECTIVE (GE)-Therapeutic Yoga****No. of Hours: 60****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
GE: Therapeutic Yoga	4	4	0	0	Yoga in Honours Degree	Nil

Master's in Yogic Science			
Programme: Master's in Yogic Science		Year: IV	Semester: X Paper-GE
Subject: Yoga			
Course Code: GE	Course Title: Therapeutic Yoga		
Course Outcomes: <ul style="list-style-type: none"> Students will know about the therapeutic application of Yoga 			
Credits: 4	Generic Elective		
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules	
Unit	Topic	No. of Hours	
Unit I	Yogic Practice Management of the diseases through suitable yogic practices Yogic diet, Yama and Niyama, Shatkarma, Asanas, Pranayama, Meditation, changes in lifestyle according to yogic scriptures.	12	
Unit II	Respiratory disorders Allergic Rhinitis & Sinusitis: Chronic Branchitis, Bronchial asthma. Cardiovascular disorders: Hypertension, Angina pectoris, Cardiac asthma.	12	
Unit III	Endocrinal and Metabolic Disorder Diabetes Mellitus, Hypo and Hyper- Thyroidism Obesity: Metabolic Syndrome Gastrointestinal Disorders: Gastritis, Indigestion, Peptic Ulcers, Constipation, Diarrhoea, Irritable Bowel Syndrome, colitis, Piles Muscular-Skeletal Disorders: Back Pain, Intervertebral disc prolapse (IVDP) Lumbar Spondylosis, Cervical Spondylosis, Arthritis.	12	

Unit IV	Obstetrics and Gynecological Disorders, Menstrual Disorders: Dysmenorrhea, Menopause and peri-menopausal syndrome: Yoga for Pregnancy and Childbirth, Ante natal care, Post-natal care.	12
Unit V	Neurological Disorders: Migraine, Tension-headache, Epilepsy Psychiatric Disorders: Neurosis, Anxiety disorders, Phobias, Depression.	12

Suggested Readings:

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|-------------------------------------|--------------------------------|
| • Understanding of Human Physiology | R. L Bijlani |
| • Samagra Yoga Mahavigyan | Naveen Bhatt |
| • Manav Sharir Rachana Kriyavigyan | Naveen Bhatt |
| • Shivanand Saraswati | Yoga Therapy (Hindi& English) |
| • Reddy, M. Venkata. | Yogic Therapy |

Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc.

The end-semester written examination will test all the areas targeted in the course.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

Semester –X**Master's in Yogic Science****DISSERTATION ON MAJOR CREDITS- Dissertation****No. of Hours: 135****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
Dissertation on major credits: Dissertation	6	3	0	3	Bachelor of Arts/Science/Commerce	Nil

Master's in Yogic Science

Programme: Master's in Yogic Science		Year: IV	Semester: X Paper-Dissertation
Subject: Yoga			
Course Code: Dissertation		Course Title: Dissertation	
Course Outcomes:			
<ul style="list-style-type: none"> Understand the concept of research and its methodology. Understand the tricks of analyzing the data efficiently. Have an idea about various statistical tests and their application. 			
Credits: 6		Dissertation On Major Credits	
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules	
Unit	Topic		No. of Hours
Unit I	1. Introduce about MS-Word and write down the steps for performing various general operations in it (like open, saving, cut, copy, paste, printing a document etc.).		05
Unit II	2. Create a simple MS –Word document about introducing yourself and preparing your Bio-data (using various formatting options in MS-Word).		05
Unit III	3. Learning and performing various options/operations in MS-Word. a. Creating a table, Entering text and contents in a table. b. Toolbars in word, Using various toolbars options. c. Watermarks and Water-marking a document. d. Inserting clip arts/picture, Hyper-linking a text. e. Header/Footers.		05

Unit IV	4. Introduce about MS-Excel and write down the steps for performing various general operations in it (like open, saving, cut, copy, paste, printing a document etc.).	05
Unit V	5. Learning and performing various options/operations in MS-Excel. Like: a. Creating and Saving a new Workbook. b. Deleting and Renaming a Worksheet. c. Creating Formulas, Using Formulas. d. Using Functions.	05
Unit VI	6. Introduce about MS Power-point explaining its various features and steps for performing various general operations in it.	05
Unit VII	7. Prepare a power-point presentation explaining the facilities /infrastructure available in your College/ Institution.	05
Unit VIII	8. Net Surfing	05
Unit IX	9. Creation and Usage of E-mail Account	05
Unit X	10. Dissertation Writing	60

Suggested Continuous Evaluation Method:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus

here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

Suggested equivalent online courses: On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac