

# **Bachelor of Science (Honours) Yoga**

[ B.Sc.(Hons.) Yoga ]

(Three Years, Six Semesters)

## **Syllabus**

Framework by

**Committee on Yoga Education in Universities**

**UGC- MHRD**



**Department of Yogic Art & Science**

**Vinaya Bhavana**

**Visva-Bharati**

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**VISVA-BHARATI**  
**Department of Yogic Art and Science**  
**Vinaya-Bhavana**

**Syllabus for Bachelor of Science in Yoga (Honours)**  
**[B.Sc.(Honours) in Yoga]**

### **Preamble**

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training the enthusiasts to become Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.





#### **I. Title of the Programme**

The programme shall be called "**Bachelor of science in Yoga (Honours)**"  
**[B.Sc. (Hons.) in Yoga]**

#### **II. Aim of the Programme**

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

#### **III. Objectives of the programme**

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

**Duration:** The minimum duration of the programme will be three years (6 semesters) and the maximum duration will be six years.

**Eligibility:** The candidate should have completed 12<sup>th</sup> standard in any discipline from a recognized board or equivalent.

**Scheme of Teaching and Examination:**

S.N.	Subject Code	Subject Title	Credits	Subject Total
<b>B.Sc.(Honours) in Yoga – Ist Year</b>				
<b>SEMESTER-I</b>				
<b>Honours/Core Courses</b>				
1.	CC-1	Foundation of Yoga	4	50
2.	CC-1	Yoga Practicum-I	2	25
3.	CC-2	Introduction to Hatha Yoga and it's texts	4	50
4.	CC-2	Yoga Practicum-II	2	25
5.	CC-21	Human Anatomy and Physiology-I	4	50
6.	CC-21	Human Anatomy and Physiology Practicum-I	2	25
<b>Ability Enhancing Compulsory course</b>				
7.	AECC-1	Communicative English or MIL	2	25
<b>Generic Elective</b>				
8.	GEC-1	Application of Yoga	4	50
9.	GEC-1	Application of Yoga (Practicum)	2	25
<b>Foundation Course</b>				
10.	TS	Tagore Studies	4	50
<b>Total</b>			<b>30</b>	<b>375</b>
<b>SEMESTER-II</b>				
<b>Honours/Core Courses</b>				
1.	CC-3	Essence of Principal Upanishads	4	50
2.	CC-3	Yoga Practicum-III	2	25
3.	CC-4	Patanjali Yoga Darshana	4	50
4.	CC-4	Computer Application (Practicum)	2	25
5.	CC-22	Human Anatomy & Physiology-II	4	50
6.	CC-22	Human Anatomy and Physiology Practicum-II	2	25
<b>Ability Enhancing Compulsory Course</b>				
7.	AECC-2	Enviromental Stidies	2	25
<b>Generic Elective</b>				
8.	GEC-2	Introduction to Yoga and Common Aliments	4	50
9.	GEC-2	Introduction to Yoga and Common Aliments (Practicum)	2	25
<b>Total</b>			<b>26</b>	<b>325</b>

S.N.	Subject Code	Subject Title	Credits	Subject Total
<b>B.Sc.(Honours) in Yoga – II<sup>nd</sup> Year</b>				
<b>SEMESTER-III</b>				
<b>Honours/Core Courses</b>				
1.	CC-5	Essence of Bhagavad Gita for Personality Development	4	50
2.	CC-5	Yoga Practicum-IV	2	25
3.	CC-6	Yoga and Holistic Health	4	50
4.	CC-6	Field Work	2	25
5.	CC-7	Methods of Teaching Yoga	4	50
6.	CC-7	Yoga Practicum-V Teaching Practice	2	25
<b>Skill Enhancing Compulsory course</b>				
7.	SECC-1	Basics of Samskritam (Spoken Sanskrit)	2	25
<b>Generic Elective</b>				
8.	GEC-3	Yoga Psychology	4	50
9.	GEC-3	Yoga Psychology (Practicum)	2	25
<b>Total</b>			<b>26</b>	<b>325</b>
<b>SEMESTER-IV</b>				
<b>Honours/Core Courses</b>				
1.	CC-8	Four Streams of Yoga	4	50
2.	CC-8	Yoga Practicum-VI	2	25
3.	CC-9	Basis of Yoga Therapy	4	50
4.	CC-9	Yoga Practicum-VII	2	25
5.	CC-10	Fundamentals of Biochemistry	4	50
6.	CC-10	Biochemistry (Practicum)	2	25
<b>Skill Enhancing Compulsory course</b>				
7.	SECC-2	Sanskrit	2	25
<b>Generic Elective</b>				
8.	GEC-4	Introduction to AYUSH	4	50
9.	GEC-4	Introduction to AYUSH (Practicum)	2	25
<b>Total</b>			<b>26</b>	<b>325</b>

S.N.	Subject Code	Subject Title	Credits	Subject Total
<b>B.Sc.(Honours) in Yoga – III<sup>rd</sup> Year</b>				
<b>SEMESTER-V</b>				
<b>Honours/Core Courses</b>				
1.	CC-11	Basis of Indian Culture	4	50
2.	CC-11	Yoga Practicum VIII – Case Study	2	25
3.	CC-12	Yoga and Human Consciousness	4	50
4.	CC-12	Psychology Practicum	2	25
5.	CC-25	Yogic Management of Lifestyle related disorders	4	50
6.	CC-25	Study Tour	2	25
<b>Discipline Specific Elective</b>				
7.	DSE-1	Fundamental of Naturopathy	4	50
8.	DSE-1	Naturopathy (Practicum)	2	25
9.	DSE-2	Introduction of Ayurveda	4	50
10	DSE-2	Ayurveda (Practicum)	2	25
<b>Total</b>			<b>30</b>	<b>375</b>
<b>SEMESTER-VI</b>				
<b>Honours/Core Courses</b>				
1.	CC-13	Yoga and Human Values	4	50
2.	CC-13	Yoga Practicum IX – Case Study Reports	2	25
3.	CC-14	Applied Yoga	4	50
4.	CC-14	Research Project	2	25
5.	CC-26	Research Methodology & Statistics	4	50
6.	CC-26	Practical Statistics	2	25
<b>Discipline Specific Elective</b>				
7.	DSE-3	Yoga and Mental Health	4	50
8.	DSE-3	Mental Health (Practicum)	2	25
9.	DSE-4	Yogic Diet and Nutrition	4	50
10	DSE-4	Nutrition (Practicum)	2	25
<b>Total Credit</b>			<b>30</b>	<b>375</b>
<b>Total Number of Credit</b>			<b>168</b>	<b>2100</b>

CT- Core Theory; CP- Core Practical, AECC – Ability Enhancement Compulsory Course, AECC- Ability Enhancement Elective Course, DSE- Discipline Specific Elective, GE- Generic Elective, L- Lecture, T- Tutorial, P- Practical (practice/field), CT- Cumulative Tests, TA- Teachers Assessment, SEE – Semester Examination, PR- Practical Record.

#### **Discipline Specific Electives/**

#### **Ability Enhancement Elective Courses/**

#### **Skill Oriented Course**

1. Fundamentals of Naturopathy
2. Introduction to Ayurveda
3. Yoga and Mental Health
4. Yogic Diet and Nutrition
5. Human System according to Yoga

#### **Generic Electives**

1. Application of Yoga
2. Introduction to Yoga and Common Ailments
3. Yoga Psychology
4. Introduction to AYUSH
5. Health and Yogic Hygiene

## SYLLABUS DETAILS

### B.Sc. (Honours) in Yoga – 1<sup>st</sup> Year

#### SEMESTER-I

#### Honours/Core Courses

#### 1. CC-1: Foundation of Yoga

##### Subject Title: Foundation of Yoga

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

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory :		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
40	10			

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

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

##### Unit - 2: General introduction to Indian philosophy [15Hrs.]

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

##### Unit - 3: Brief about Yoga in texts – I [15Hrs.]

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

##### Unit-4: Brief about Yoga in texts – II [15 Hrs.]

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

#### TEXT BOOKS

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

#### BOOKS FOR REFERENCE

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

## 2. CC-1: Yoga Practicum-I

### 2. Subject Name: Yoga Practicum-I

**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: 120		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF				
Total Marks: 25				
Theory : Nil		Practical :25		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		20	5	

#### Unit-1: Recitation of hymns & hasta mudra

[30 Hrs.]

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

#### Unit-2: Shatkarmas

[30 Hrs.]

Dhauti (Kunjla, Vamana Dhauti, Vastra Dhauti); Neti (Jalneti, Sutraneeti); Kapalbhata and its variants; Agnisara

#### Unit-3: Breathing practices

[30 Hrs.]

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

Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen + Thoracic + Clavicular Breathing; Yogic Breathing: Pause Breathing (Viloma Pranayama), Spinal Passage Breathing (Sushumna Breathing); Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka)

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

[30 Hrs.]

#### TEXT BOOKS

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

#### BOOKS FOR REFERENCES

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

### 3. CC-2: Introduction to Hatha Yoga & its Texts

**Subject Name:** Introduction to Hatha Yoga & its Texts

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

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

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/ week	4	0	0
SCHEME OF EXAMINATION			
<b>Total Marks: 50</b>			
<b>Theory : 50</b>		<b>Practical : Nil</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
40	10		

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

**[10 Hrs.]**

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

#### **Unit - 2: Pre-requisites**

**[15 Hrs.]**

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

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

**[15 Hrs.]**

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

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

**[20Hrs.]**

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

#### **TEXT BOOKS**

1. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
2. HathaYoga Pradeepika of Svatomarama, MDNIY Publication, 2013
3. Sharma BR: Jotsna (Comentory 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. Gharote ML: Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
3. Briggs GW: Gorakhnatha and the Kanphata Yogis, 8th Edition, 2009
4. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
5. Gharote M.L. & Pai, G.K. (Edi): Siddhasidhantpaddhati, Kaivalyadhama, Lonavla, 2005.
6. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
7. Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.
8. Swatmaramaji : Hathapradipika (Jyotsana- tika), Adyar Library, Madras.
9. Bharati, Swami Veda Reddy Venkata:Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnavali

#### 4. CC-2: Yoga Practicum-II

##### Subject Name: Yoga Practicum-II

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

- Understand the concept and principles of Sukshma and Sthula vyayama.
- Explain and demonstrate the above mentioned practices skillfully.
- Have a indepth understanding about Surya namskara and Yogasanas.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 25				
Theory : Nil		Practical : 25		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		20	5	

#### Unit-1: Yogic suksma and sthula vyayama

[20 Hrs.]

##### Yogic suksma vyayama

Uccharana-sthala tatha Vishudha-chakra-shuddhi (for throat and voice); Prarthana (Prayer) Buddhi-tathadhriti shakti-vikasaka (for developing will power); Smarana shakti- vikasaka (for improving the memory); Medha shakti-vikasaka (for improving the intellect and memory); Netra shakti-vikasaka (for the eyes); Kapola shakti-varadhaka (for the cheeks); Karna shakti-varadhaka (for the ears); Griva shakti-vikasaka (for the Neck) (i), (ii) and (iii), Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders), Bhuja-bandha shakti-vikasaka, Kohini shakti-vikasaka, Bhuja-valli shakti-vikasaka, Purna-bhuja shakti- vikasaka (for the arms), Mani-bandha shakti-vikasaka, Kara-prstha shakti-vikasaka, Kara- tala shakti-vikasaka, Anguli-mula shakti-vikasaka (for the fingers), Anguli- shakti-vikasaka (for the fingers), Vaksha-sthala shakti-vikasaka (for the chest) (1), Vaksha-sthala shakti- vikasaka (for the chest) (2), Udara shakti-vikasaka (for the abdomen) (i) to (x); Kati shakti- vikasaka (for the waist) (i) to (v), Muladhara-chakra-suddhi (for the rectum), Upastha tatha-svadhithana-chakra-suddhi (for the genital organs), Kundalini shakti-vikasaka (for the kundalini), Jangha shakti-vikasaka (for the thighs) (i) & (ii), Jangha shakti-vikasaka (for the thighs) (ii) , Janu shakti-vikasaka (for the knees), Pindali shakti-vikasaka (for the calves), Pada-mula shakti-vikasaka, Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet), Padanguli shakti-vikasaka (for the toes)

##### Yogic sthula vyayama

[10 Hrs.]

Rekha-gati (Walking in a Straight line), Hrid-gati (Injanadaur – the Locomotive Exercise), Utkurdana (Jumping Exercise), Urdhva-gati (Upward Movement), Sarvanga-pusti (Developing the Entire body)

#### Unit- 2: Surya namaskara

[10 Hrs.]

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

[15 Hrs.]

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

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

[15 Hrs]

## TEXT BOOKS

1. Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
2. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966

## BOOKS FOR REFERENCES

1. Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1993
2. Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006
3. Basavaraddi, I.V. & others: YOGASANA: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
4. Basavaraddi, I.V. & others: Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi, 2011.

## 5. CC-21: Human Anatomy and Physiology-I

### Subject Name: Human Anatomy and Physiology-I

**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	4	0	0
Hours/ week	4	0	0
SCHEME OF EXAMINATION			
Total Marks: 50			
Theory :50		Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
40	10		

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

[15Hrs]

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

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

[15 Hrs]

Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibres  
Balanced diet; **Digestive system:** Digestive system of human-Mouth, buccal cavity, Pharynx, oesophagus, stomach, large intestine, small intestine, anus, associated glands-Liver, Pancreas, salivary glands, physiology of digestion and absorption; Malnutrition and under nutrition; Respiratory system of human-Nose, nasal cavity, pharynx, Trachea, Larynx, bronchiole, lungs; Mechanism of breathing (Expiration and inspiration); Transport of respiratory gases (transport of oxygen and transport of carbon dioxide); Common respiratory disorder.

**Unit-3: Cardiovascular system****[15 Hrs]**

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

**TEXT BOOKS**

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

**REFERENCE BOOKS:**

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavla, India
2. LanPeate and MuralidharanNayar – Fundamental of Anatomy and Physiology for students nurses
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses

**6. CC-21: Human Anatomy and Physiology-I (practicum)****Subject Name: Human Anatomy and Physiology (practicum)**

**Objectives:** The objectives behind teaching Anatomy and Physiology is to

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

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	0	0	2
Hours/ week	0	0	4
SCHEME OF EXAMINATION			
Total Marks: 25			
Theory : Nil		Practical : 25	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		20	5

**Unit-1: Demonstration of Osteology & Myology [15 Hrs.]**

**Unit-2: Demonstration of Organs and Viscera [15 Hrs.]**

**Unit-3: Demonstration of Bones, Joints [15 Hrs.]**

**Unit-4: Demonstration of Human Skeleton [15 Hrs.]**

**7. AECC-1: Communicative English or MIL (AECC-1)**

**Subject Name: Communicative English or MIL (AECC-I)**

**Concern Department will provide syllabus etc.**

## 8. GEC-1: Applications of Yoga

Subject: Applications of Yoga

Credits: 04 (50 marks)

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : 50		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
40	10			

### Unit-1: YOGA IN SCHOOL

[15 Hrs.]

General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Role of Yoga in establishment of values in School going children; Personality; Development: New Dimensions of Personality through Yoga

### Unit-2: YOGA FOR SPORTS

[15 Hrs.]

General introduction to Physical Education and Sports; Difference between Physical; Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other faculties / skills in a sports Personnel; Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities

### Unit-3: YOGA FOR STRESS

[15 Hrs.]

Introduction to stress, its causes; Role of Yoga in prevention of stress

### Unit-4: YOGA FOR ELDERLY POPULATION

[15 Hrs.]

General introduction to Geriatrics; Application of Yoga in promotion of general wellbeing of Geriatric population; General introduction to Geriatrics; Application of Yoga in promotion of general wellbeing of Geriatric population

### TEXT BOOKS

1. Basavaraddi I V : Yoga in School Health, MDNIY New Delhi, 2009
2. Iyenger B K S : Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
3. Jayadev H J : Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
4. Liz Lark : Yoga for Kids, Carlton Books Ltd., London, 2003
5. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008

### REFERENCE BOOKS

1. Iyenger B K S : The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001
2. Dr. Goel Aruna : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007
3. Dr. H Kumar Kaul : Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2000

**9. GEC-1: Applications of Yoga (Practicum)**

**Subject: Applications of Yoga**

**Credits: 02 (25 marks)**

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
<b>SCHEME OF EXAMINATION</b>				
<b>Total Marks: 25</b>				
<b>Theory : Nil</b>		<b>Practical : 25</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
0	0	20	5	

**Unit-I: SUKSMA & SUTHALA VAYAYAMA,**

**Unit-II: SURYA NAMASKAR**

**Unit-I: STANDING ASANAS**

**Unit-I: SITTING ASANAS**

**Foundation Courses**

**10. TS Tagore Studies: 4 Credits (40+10=50 Marks)**

As per University Syllabus.

## SEMESTER-II

### Honours/Core Courses

#### 1. CC-3: Essence of Principal Upanishads

##### Subject Title: Essence of Principal Upanishads

**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: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/ week	4	0	0
SCHEME OF EXAMINATION			
Total Marks: 50			
Theory :50		Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
40	10		

##### Unit-1: Introduction essence of Isha and Kenopanishad

[15 Hrs.]

An Introduction to Upanishadic Philosophies; Antiquity of Upanishads; Prasthanatraya; **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); **Kenopanishad:** The inscrutable being (Kena-I.2, 3 ,4,6) (Kena II.2,3), Greatness of self Knowledge (KenII.5).

##### Unit-2: Essence of Katho and Prashnapanishad

[15 Hrs.]

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

##### Unit-3: Essence of Mundaka, Mandukya and Taitriya Upanishada

[15 Hrs.]

Mundaka: The greatness of Brahavidya, The worthlessness of Selfish-karma, Tapas and Gurubhakti, The origin of creation, Brahman the target of, meditation, Know thyself, Everything is Brahman, Purity extolled, Force of Desire, State of moksha; Mandukyopanishad: All this is Brahman, The fourth state of being.

##### Unit- 4: Essence of Aitareya, Chandogya and Brihadaranyaka Upanishada

[15 Hrs.]

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

## 2. CC-3: Yoga Practicum-III

**Subject Name: Yoga Practicum-III**

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

- Understand the principle and practice of Yogic practices.
- Have an understanding about the practices that help practitioners to lead to meditation.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 25				
Theory : Nil		Practical : 25		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		20	5	

### Unit-1: Shatkarma

[15 Hrs.]

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

### Unit-2: Pranayama

[15 Hrs.]

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

### Unit-3: Practices leading to meditation

[15 Hrs.]

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

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

[15 Hrs.]

#### TEXT BOOKS

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

#### BOOKS FOR REFERENCES

1. Basavaraddi I. V. & Others : Teachers Manual for School Teachers, MDNIY, New Delhi, 2010
2. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi.
3. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2009
4. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012
5. Nagendra, H.R: The Art and Science of Pranayama, Swami Vivekanand Yoga Prakashan, 2005, Bangoore.
6. Nagendra, H.R: Mind sound resonance technique, Swami Vivekanand Yoga Prakashan, 2002, Bangoore.

### 3. CC-4: Patanjala Yoga Darshana

#### Subject Name: Patanjala Yoga Darshana

**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.
- Undertand the essence of Vibhuti and Kaivalya pada.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 50				
<b>Theory : 50</b>		<b>Practical : Nil</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
40	10			

#### **Unit - 1: Introduction to Yoga darshana of Patanjali and concept of Citta, citta bhoomis Citta vrittis and Citta vritti nirodhopaya [15 Hrs.]**

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

#### **Unit - 2: Samadhi pada [15 Hrs.]**

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

#### **Unit-3: Sadhana pada [15 Hrs.]**

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

#### **Unit - 4: Vibhuti and Kaivalya Pada [15 Hrs.]**

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

#### **TEXT BOOKS**

1. Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012
2. Swami Virupaksananda: Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachapati 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, Chukhambha 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. Koelmenn, S.J: Patanjali 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

### 4. CC-4: Computer Application Practicum

#### Subject Name: Computer Application

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

- Understand the application of computer in our day today life.
- To represent the data and organize them.
- Understand about operating system and importance of file management.

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	0	0	2
Hours/ week	0	0	4
SCHEME OF EXAMINATION			
Total Marks:25			
Theory : Nil		Practical : 25	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		20	5

#### Unit-1: Basics of computer and its applications

[15 Hrs.]

Definition of a Computer, Block Diagram of elements of digital computer-their functions; Computer Hardware & Software, Computer generations, Types of Computers; Primary Memory – RAM, ROM, PROM, EPROM, CPU, I-O devices; Secondary storages, Magnetic Tape, Disk, Compact disks; Hardware and Software. Micro, Mini, Main-frame and super computers, Discussion on recent IT trends.

#### Unit-2: Representation of data and software concepts

[15 Hrs.]

Decinal, Binary, Octal, Hexadecimal number systems, BCD, EBCDIC, ASCII Conversions, Simple Additions, Subtractions, Multiplications, Divisions, Data and Information; Introduction to Programming, Flowcharts and Algorithms; Types of Softwares, System software's, Application software's, Firmware software's , Computer; Languages like machine, Assembly and Higher Level Languages; Stored program concept.

#### Unit-3: Operating system

[15 Hrs.]

General introduction to Operating system, Definition of Operating System; Elementary concepts of Operating system, Functions of OS, Types of OS; Introduction to Windows – Basics of Windows, The User Interface, Windows Setting, Advance Windows; Difference between two OS (Single & multi-users); Operating system applications.

#### Unit – 4: File management

[15 Hrs.]

Concept of file; File organization and accessing techniques-Indexed, Line; Rules for naming of the files, sequential, Hashed; File handling functions; Types of computer files.; Other related issues.

## TEXT BOOKS

1. Andrew S Tanenbaum, David J Wetherall : Computers Networks, 5th Edition, 2010
2. Ron Mansfield : Working in Microsoft Office, McGraw Hill, 2008
3. Timothy N. Trainor, Diane Krasnewich : Computers! McGraw Hill, 2000

## BOOKS FOR REFERENCE

1. V Rajaraman : Fundamentals of computers, Prentice Hall India Pvt. Ltd, 2003
2. P. K. Sinha : Computer Fundamentals, BPB Publications, 1992
3. James Martin : Computers Network and distributed Processing, Prentice Hall, Englewood Cliffs, NJ, 1981
4. Donald H Sanders : Computers Today, McGraw Hill, First edition, 1983

## 5. CC-22: Human Anatomy and Physiology-II

### Subject Name: Human Anatomy and Physiology-II

**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	4	0	0
Hours/ week	4	0	0
SCHEME OF EXAMINATION			
Total Marks:50			
Theory : 50		Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
40	10		

### Unit -1: Nervous system and special senses

[15Hours]

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

### Unit -2: Endocrine system

[10Hours]

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

### Unit -3: Reproductive and Excretory system system

[15Hrs]

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

### Unit -4: Lymphatic system and immune system

[15Hrs]

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

## TEXT BOOKS

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

## BOOKS FOR REFERENCE

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

## 6. CC-22: Anatomy and Physiology-II Practicum

### Subject Name: Anatomy and Physiology-II Practicum

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

- Understand the principles and procedure of every experiment.
- Demonstrate an experiment with the interpretation of the results.
- Explain the procedure of each step of an experiment skillfully.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 25				
Theory : NA		Practical : 25		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		20	5	

### Unit-1: Hematology and physical examination

[30 Hrs.]

Anthropometry measurements; Method of Collection of Blood, Haemoglobinometry; Total White Blood Cell Count, Differential WBC count; E.S.R., Bleeding Time, Clotting Time; Blood Groups.

### Unit-2: Physiological Examination

[15 Hrs.]

Heart/Pulse Rate, Determination of Arterial Blood Pressure in Humans; Effect of posture, exercise and cold stress on blood pressure; Stethography, Spirometry; BMI Calculation; Reflexes, Recording of Body Temperature.

### Unit-3: Continuous evaluation by the Teachers and Viva voce

[15 Hrs.]

### TEXT BOOK

1. Parvati Mahapatra : Practical physiology, Jaypee publishers, 2<sup>nd</sup> edition, 2004

## 7. AECC-2 Environmental Studies: 2 Credit 25 Marks

Concern Department will provide syllabus.

## 8. GEC-2: Introduction to Yoga and Common Ailments

### Subject: Introduction to Yoga and Common Ailments

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : 50		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
40	10			

**Unit-1: CARDIORESPIRATORY DISORDERS****[15 Hrs.]**

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

**Unit-2: NEURO MUSCULAR DISORDERS****[15 Hrs.]**

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

**Unit-3: DIGESTIVE, ENDOCRINE & METABOLIC DISORDERS****[15 Hrs.]**

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

**Unit-4: OBSTETRICS & GYNECOLOGICAL DISORDERS****[15 Hrs.]**

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

**TEXT BOOKS:**

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

**2. GEC-2: Introduction to Yoga and Common Ailments (Practicum)****Subject: Introduction to Yoga and Common Ailments**

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 25				
Theory : 25		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		20	5	

**Unit-I: SUPINE LYING ASANAS****Unit-II: PRONE LYING ASANAS****Unit-II: TWISTING ASANAS****Unit-IV: TOPSY TURVY ASANAS**

## SEMESTER-III

### Honours/Core Courses

#### 1. CC-5: Essence of Bhagavad Gita for Personality Development

##### **Subject Title: Essence of Bhagavad Gita for Personality Development**

**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: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/ week	4	0	0
SCHEME OF EXAMINATION			
Total Marks: 50			
Theory : 50		Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
40	10		

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

**[15 Hrs.]**

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

##### **Unit–2: Concept of Atman, Parmatman and characteristic of Sthita prajna in Bhagavdgita [15 Hrs.]**

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

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

**[15 Hrs.]**

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

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

**[15 Hrs.]**

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

#### **TEXT BOOKS**

1. Swami Gambhiranand ; Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha Madras
2. Swami Gambhiranand; Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, Kolkata, 2003
3. Swami Ramsukhadas; Srimalad 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 ; Srimalad bhgavadgita Sri Ramkrishna Matha Madras
3. Swami Abhidananda Bhagvatgita, the divine message, Ramakrishna Vedanta Matha, Kolkata, 1990
4. Swami Raghvenderananda; Universal message of the Bhagvatgita, Advita Ashrama, Kolkata, 2000

## 2. CC-5: Yoga Practicum-IV

### Subject Name: Yoga Practicum IV

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

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

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 25				
Theory : NA		Practical : 25		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		20	5	

### Unit-1: Yogasana (Sitting Postures)

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

### Unit-2: Yogasana (Supine lying Postures)

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

### Unit-3: Yogasana (Prone lying Postures)

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

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

#### TEXT BOOKS

1. Swami Dharendra Bhrahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi.
2. Swami Kvalyananda: Asana Kaivalyadhama, Lonavla
3. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger

#### BOOKS FOR REFERENCES

1. Basavaraddi, I.V. & others: Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
2. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers.
3. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla.
4. Jayadev, Yogendra: Cyclopaedia Yoga (Vol. I-IV), The Yoga Institute, Santacruz, Mumbai.
5. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger.

## 3. CC-6: Yoga and Holistic Health

### Subject Name: Yoga and Holistic Health

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

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

<b>Total Number of Hours: 60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	4	0	0
Hours/ week	4	0	0
<b>SCHEME OF EXAMINATION</b>			
<b>Total Marks: 50</b>			
<b>Theory : 50</b>		<b>Practical : Nil</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
40	10		

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

**[15 Hrs.]**

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

#### **Unit - 2: CAUSES OF ILL HEALTH AND REMEDIAL MEASURES ACCORDING TO PATANJALI [15 Hrs.]**

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

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

**[15 Hrs.]**

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

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

**[15 Hrs.]**

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

#### **TEXT BOOK**

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

#### **REFERENCE BOOKS:**

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

#### 4. CC-6: Field Work

**Subject Name: Field Work**

**Objectives:**

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 25				
Theory : NA		Practical : 25		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		20	5	

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.

#### 5. CC-7: Methods of Teaching Yoga

**Subject Name: Methods of Teaching Yoga**

**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: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : 50		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
40	10			

##### **Unit-1: Principles and methods of teaching yoga**

**[15 Hrs.]**

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

##### **Unit-2: Basics of yoga class management**

**[15 Hrs.]**

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

##### **Unit-3: Lesson planning in yoga**

**[15 hrs.]**

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



Practical applications

**Unit-4: Educational tools of yoga teaching**

**[15 hrs.]**

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

2. 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
3. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi,
4. Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2000

## 6. CC-7: Yoga Practicum V (Practice teaching)

### Subject Name: Yoga Practicum 5 (Practice teaching)

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

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

Total Number of Hours: 64		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 25				
Theory : NA		Practical : 25		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		20	5	

### Unit-1: Bandha

Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha.

### Unit-2: Pranayama (with Antar & Bahya Kumbhaka)

Surya-bheda and Chandra-bheda Pranayama, Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama, Bhastrika Pranayama.

### Unit-3: Practices leading to Meditation

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

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

#### BOOKS

1. Basavaraddi, I.V. & others : Pranayama; MDNIY New Delhi, 2012
2. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009
3. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009

#### BOOKS FOR REFERENCES

1. Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 2005
2. Nagendra, H.R : The art and Science of Pranayama, Swami Vivekananda Yoga Prakashan, 2005, Bangalore
3. Lajpat, Dr. R.: Discovering Human Potential Energy, Abhinav Rai Publication, Gurgaon, 1996
4. Lajpat, Rai & others: Meditation, Anbhava Rai Publications, Gurgaon
5. Saraswati, Swami Satya Nand: Meditation from Tantras, Yoga Publication Trust, Munger, 2004
6. Sarswati, Swami Niranjananand: Dharana Darshan, Yoga Publication Trust, Munger, 2003
7. Krishnamacharya, T.: Dhyanamalika, KYM, Chennai, 2005
8. Swami Satyananda: Yoganidra, Yoga Publication Trust, Munger, 1998

## 7. SECC-1: Basics of Samskritam (Spoken Sanskrit)

### Subject Name: Basics of Samskritam

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

#### Unit-1: संस्कृतभाषा परिचय।

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

#### Unit-2: शब्दरूप।

अजन्तशब्दरूप-राम, बालिका, पुस्तक, मुनि, रुचि, वारि शब्दों के रूप अर्थज्ञान सहित। अजन्तशब्दरूप-नदी, भानु, धेनु, मधु, पितृ, मातृ शब्दों के रूप अर्थज्ञान सहित। सर्वनाम शब्दरूप- अस्मद्, युष्मद्, तत्(तीनो लिङ्गों में), एतद्(तीनो लिङ्गों में), किम्(तीनो लिङ्गों में); 4 सर्व(तीनो लिङ्गों में), भवत्(तीनो लिङ्गों में) शब्दों के रूप अर्थज्ञान सहित। हलन्तशब्दरूप-भगवत्, आत्मन्, नामन्, जगत् शब्दों के रूप अर्थज्ञान सहित।

#### Unit-3: धातुरूप ।

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

लकारों(लट्,लृट्,लङ्,लोट्,लिङ्) में रूपज्ञान एवं वाक्य निर्माण अर्थज्ञान सहित। प्रथमदीक्षा के प्रथम एवं द्वितीय अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।

#### Unit-4: वाक्यनिर्माण ।

प्रथमदीक्षा के तृतीय अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास। प्रथमदीक्षा के चतुर्थ अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास। प्रथमदीक्षा के पंचम अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास। प्रथमदीक्षा के षष्ठ अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।

#### TEXT BOOKS

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

#### BOOKS FOR REFERENCE

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

### 8. GEC-3: Yoga Psychology

#### Subject: Yoga Psychology

<b>Total Number of Hours: 64</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		4	0	0
Hours/ week		4	0	0
<b>SCHEME OF EXAMINATION</b>				
<b>Total Marks: 50</b>				
<b>Theory : 50</b>			<b>Practical : NA</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)		Final Exam (SEE)	Internal Assessment (CT+TA/PR)
40	10			

#### Unit-1: HUMAN PSYCHE

[15 Hrs.]

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.

#### Unit-2 : PSYCHIC FORCES, CONFLICTS AND FRUSTRATIONS

[15 Hrs.]

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.

#### Unit- 3: MENTAL PROCESSES, MOTIVATION, EMOTIONS AND INTELLIGENCE

[15 Hrs.]

Sensation, Perception, Attention, Memory, Learning, Feeling etc.; Their definitions and types, Intelligence and its' measurements; Emotional Intelligence and Social Intelligence.

#### Unit-4: YOGA PSYCHOLOGY

[15 Hrs.]

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

#### TEXT BOOKS:

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

### 9. GEC-3: Yoga Psychology (Practicum)

Subject: Yoga Psychology

Total Number of Hours: 64		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
<b>SCHEME OF EXAMINATION</b>				
<b>Total Marks: 25</b>				
<b>Theory : NA</b>			<b>Practical : 25</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
0	0	20	5	

**Unit-I: Pranayama & mind control**

**Unit-II: Mudras & observation mental function**

**Unit-III: Patyahar of sence organs**

**Unit-IV: Dharana (Concentration practices)**

## SEMESTER-IV

### Honours/Core Courses

#### 1. CC-8: Four Streams of Yoga

**Subject Name: Four Streams of Yoga**

**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 dsimillarities.
- Understand the principle and conceptualize each stream

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : 50		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
40	10			

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

**[15 Hrs.]**

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

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

**[15 Hrs.]**

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

#### **Unit-3: Karma Yoga**

**[15 Hrs.]**

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

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

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

#### **TEXT BOOKS**

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

## 2. CC-8: Yoga Practicum-VI

### Subject Name: Yoga Practicum-VI

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

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

Total Number of Hours: 120	Theory	Tutorial	Practical
Credits	0	0	2
Hours/ week	0	0	4
<b>SCHEME OF EXAMINATION</b>			
<b>Total Marks: 25</b>			
<b>Theory : NA</b>		<b>Practical : 25</b>	
Final Exam	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		20	5

### Unit-1: Shatkarmas

[20 Hrs.]

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

### Unit-2: Yogasanas -I

[50 Hrs.]

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; Ardha Chakrasana, Pada Hastasana; Trikonasana, Parshva Konasana; Veerabhadrasana; Bhunamanasana, Hanumanasana; Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana; Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Uttitha Padmasana; Janusirasana, Paschimottanasana, Supta Vajrasana; Mandukasana, Utthana Mandukasana; Vakrasana, Ardha Matsyendrasana , Marichayasana, Simhasana.

### Unit-3: Yogasanas -II

[30 Hrs.]

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

### Unit-4: Teacher's evaluation

[20 Hrs.]

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

### TEXT BOOKS

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

### BOOKS FOR REFERENCES

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

### 3. CC-9 Subject Name: Basis of Yoga Therapy

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : 50			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
40	10			

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

[15 Hrs.]

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in health and healing; Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi, Yogic concept of Health and Disease, role of Yoga in preventive health care – Heyam dukham anagatam; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi).

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

[15 Hrs.]

Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing; Concept of Abhyas and Vairagya, Chitta and Chitta Prasadana, Kriya-yoga, Ashtanga Yoga of Patanjali for Health and Healing; Concept of Cleansing (Shuddhi), its role and importance in Health and Healing; Concept of Swara Yoga and its efficacy in Health and Healing.

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

[15 Hrs.]

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

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

[15 Hrs.]

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

#### TEXT BOOKS

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

#### BOOKS FOR REFERENCE

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



#### 4. CC-9: Yoga Practicum-VII

##### Subject Name: Yoga Practicum VII

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

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
<b>SCHEME OF EXAMINATION</b>				
<b>Total Marks: 25</b>				
<b>Theory : NA</b>		<b>Practical : 25</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		20	5	

##### Unit-1: Bandha and Mudras

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

##### Unit-2: Pranayama

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

##### Unit-3: Practice leading to meditation

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

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

##### TEXT BOOKS

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

##### REFERENCE BOOKS

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

## 5. CC-10: Fundamentals of Biochemistry

### Subject Name: Fundamentals of Biochemistry

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

- Understand the biomolecules and their role in our body.
- Have an understanding about the protein, carbohydrate, lipid metabolism.
- Understand the role of Biochemistry and its test as the indicators to know about the progress of a disease.

Total Number of Hours: 64	Theory	Tutorial	Practical
Credits	4	0	0
Hours/ week	4	0	0
SCHEME OF EXAMINATION			
Total Marks: 50			
Theory : 50		Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
40	10		

### Unit - 1: Introduction to Bio-chemistry

Introduction to Bio-chemistry; chief intracellular components; Introduction to chemical receptors/co-receptors, cell to cell communication, channels & transportation; Definition and classification of Vitamins and their Clinical importance; Basics of Molecular mechanism of O<sub>2</sub> transport and storage, classification and bio-chemical structure of immunoglobulins with functions; Fundamentals of Bio-Energetics: Biological Oxidation, General Concept of oxidation, features of cellular Oxidations-respiratory chain oxidative phosphorylations.

### Unit – 2: Metabolism of carbohydrates

Carbohydrates: Definition, classification with examples and general functions; Basics of Carbohydrate Metabolism (I) - Glycolysis; Aerobic and Anerobic, metabolism of glycogens; glycogenesis, glycogenolysis, glyconeogenesis, Regulation of glycogen metabolism; Basics of Carbohydrate Metabolism (II) - Kreb's Cycle (T.C.A), Regulation of Blood glucose, Hexose Mono Phosphate (HMP Shunt); Concept of isomerism, types & mode of action; Integration of metabolism and catabolism

### Unit-3: Metabolism of lipids and proteins

Lipids: definition, classifications and general functions; Intoduction to essential fatty acids, cholesterol, Blood lipids, brief review of lipoproteins; Basics of Lipid Metabolism - Oxidation of fatty acids, cholesterol synthesis and fatty liver; Proteins: definition, classification and Bio- medical Importance, Plasma Proteins and functions; Definition, classification and nomenclature of Enzymes, basic introduction to Enzymology and regulation of Enzymatic activity

### Unit- 4: Functional Bio-chemistry

Introduction to hormones, molecular basis of hormonal action; Introduction to common metabolic disorders; Basic techniques for estimation of different Bio-chemical markers i.e., diffusion, Osmosis, Electro-phoresis, Quantative and Analytical Titration; Introduction to investigations related to Hepatobiliary diseases i.e., Serumbiliru, Amino-Transferases, Alkiline Phosphatase, LDH; Basics of routine Bio-chemical tests for Kidney and related common diseases i.e., Blood Urea, Blood Urea Nitrogen (BUN), Serum Createnin, Serum Uric Acid with estimation of Urinal Protien and Sugar.

## TEXT BOOKS

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

## BOOKS FOR REFERENCE

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

## 6. CC-10: Biochemistry Practicum

### Subject Name: Biochemistry Practicum

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

- Understand the principle and procedure of each experiment.
- Demonstrate each experiment skillfully.
- Interpret the result during experiment.

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	0	0	2
Hours/ week	0	0	4
SCHEME OF EXAMINATION			
Total Marks: 25			
Theory : Nil		Practical : 25	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		20	5

### Unit-1: Demonstration

Identification and Analysis of Constituents in Normal Urine – Urea-Uric acid – creatinine – Calcium and Phosphorous – Sulphate Ammonia – Chloride; Identification and Analysis of Constituents in Abnormal Urine – Protein, blood, bile pigments – bile salts, sugar, Ketone bodies; Identification and Analysis of glucose, fructose, lactose, maltose, sucrose; Identification and Analysis of Albumin, Casein, gelatin; Identification and Analysis of Blood glucose; Identification and Analysis of Blood Urea; Identification and Analysis of Urinary creatinine; Identification and Analysis of Gastric juice; Identification and Analysis of Urinal Chlorides.

### Unit-2: Writing of Procedure and repetition of all the above mentioned biochemical tests

### Unit-3: Teacher's continuous evaluation

## TEXT BOOKS

1. Keith Wilson & John Walker :Principles & Techniques of Practical Biochemistry, 5<sup>th</sup> edition
2. V.K.Malhotra :Practical Biochemistry for students, 4<sup>th</sup> edition, 2008, 12<sup>th</sup> edition 2012, Jaypee Brothers medical Publishers Ltd.

## REFERENCE BOOKS

1. ShrutiMohanty&Aparna B. Varma:Practical Clinical Biochemistry, Jaypee Brothers medical Publishers Ltd. 2013
2. D.M. Vasudewan&Subir Kumar Das :Practical Textbook of Biochemistry for medical students, Jaypee Brothers medical Publishers Ltd. 2013.

## 7. SECC-2: Sanskrit

### Subject Name: SECC-4 (Sanskrit)

**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 Sanskrit with better grammatical skill.

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

### Unit-1: कर्मवाच्य एवं भाववाच्य ।

[15 Hrs.]

पठ् एवं कृ धातु का कर्मवाच्यरूप ज्ञान पांच लकारों (लट्, लृट्, लङ्, लोट्, लिङ्) में एवं वाक्य निर्माण अर्थज्ञान सहित। अस् एवं भू धातु का भाववाच्यरूप ज्ञान पांच लकारों (लट्, लृट्, लङ्, लोट्, लिङ्) में एवं वाक्य निर्माण अर्थज्ञान सहित। कर्तृवाच्य एवं कर्मवाच्य का परिचय वाक्यरचना, वाक्यरूपान्तरण एवं अनुवाद। कर्तृवाच्य एवं भाववाच्य का परिचय वाक्यरचना, वाक्यरूपान्तरण एवं अनुवाद।

### Unit-2: कृदन्त ।

[15 Hrs.]

शत् एवं शानच् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद। क्त्वा, ल्यप्, तुमुन् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद। क्त एवं क्तवत् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद। त्व्यत्, अनीयर् एवं यत् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद।

### Unit-3: सन्धि एवं भाषाभ्यास ।

[15 Hrs.]

अच्, हल् एवं विसर्ग सन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास। भगवद् गीता के द्वितीय अध्याय के प्रथम २० श्लोकों में कारक एवं क्रियापदों का अनुसन्धान एवं सस्वर श्लोकपाठ। संस्कृत से हिन्दी/ अंग्रेजी में अनुवाद। संस्कृत में परस्पर वार्तालाप एवं मौखिक व्याख्यान का अभ्यास।

**Unit-4: भाषादक्षता |****[15 Hrs.]**

द्वितीयदीक्षा के प्रथम एवं द्वितीय अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास। द्वितीयदीक्षा के तृतीय अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास। द्वितीयदीक्षा के चतुर्थ अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास। द्वितीयदीक्षा के पंचम एवं षष्ठ अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।

**TEXT BOOKS**

1. DEVAVANIPRAVESIKA- : Robert p. goldman: MLBD-NEWDELHI.
2. प्रारम्भिक रचनानुवाद कौमुदी : कपिल देव द्विवेदी; विश्वविद्यालय प्रकाशन वाराणसी।
3. रचनानुवादकौमुदी : कपिल देव द्विवेदी; विश्वविद्यालय प्रकाशन वाराणसी।

**BOOKS FOR REFERENCE**

1. प्रौढ-रचनानुवादकौमुदी : कपिल देव द्विवेदी; विश्वविद्यालय प्रकाशन वाराणसी।
2. प्रथमदीक्षा- राष्ट्रिय संस्कृत संस्थान नईदिल्ली
3. द्वितीयदीक्षा- राष्ट्रिय संस्कृत संस्थान नईदिल्ली

**GEC-4: Introduction to AYUSH (GE-4)****Subject Name: Generic Elective**

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : 50			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
40	10			

**Unit-1: YOGA AND HEALTH AND INTEGRATED APPROACH OF YOGA THERAPY [15 Hrs.]**

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

**Unit-2: INTRODUCTION TO BASIC CONCEPTS OF NATUROPATHY [15 Hrs.]**

History of Naturopathy; Principles of Naturopathy; Concept of five elements and its applications

**Unit- 3: INTRODUCTION TO BASIC CONCEPTS OF AYURVEDA [15 Hrs.]**

The four aspects of life (Soul, Mind, Senses and Body); Panchamahabhutas (the five element theory), Ahara, Vihara and Aunadhi (three pillars of Ayurveda); Concept, role and importance of – Doña, Dhatu, Mala; Updhatu, Srotas, Indriya, Agni, Prāëa, Prāëäyatna, Prakrti, Deha Prakrti, Manasa Prakrti; Role of Dosa, Dhatu and Mala in health and diseases; Concept of Dinacaryä (daily routine), concept of Ritucarya; Seasonal routine), Svasthavåtta and Ñaövåtta in Äyurveda; Concept of Trayo Upasthambas.

**Unit- 4: INTRODUCTION TO BASIC CONCEPTS OF UNANI, SIDHA AND HOMEOPATHY [15 Hrs.]**

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

**TEXT BOOKS:**

1. Dr R Nagaratha and : Yoga and Health
2. Dr H R Nagendra (Swami Vivekananda Yoga Prakashana, 2000)

**GEC-4: Introduction to AYUSH (Practicum)****Subject Name: Generic Elective**

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
<b>SCHEME OF EXAMINATION</b>				
<b>Total Marks: 25</b>				
<b>Theory : Nil</b>		<b>Practical : 25</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		20	5	

**Unit-I: Ayurveda: Common medicinal plants identification**

**Unit-II: Naturopathy: Five elements applications**

**Unit-II: Unani: Common Unani Treatments**

**Unit-IV: Siddha: Common Siddha Treatment**

## SEMESTER-V

### Honours/Core Courses

#### 1. CC-11: Basis of Indian Culture

##### **Subject Name: Basis of Indian Culture**

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

- Understand meaning and process of culture with respect to the settlement of human in India.
- Have an understanding about the religious movements and cultural configuration in India.
- Understand the development and progress of India during Guptas and their legacies.
- Understand the Indo-Islamic architecture and change in the trend during that time.

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/ week	4	0	0
SCHEME OF EXAMINATION			
Total Marks: 50			
Theory : 50		Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
40	10		

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

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

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

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

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

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

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

Indo-Islamic architecture during the Sultanate period; regional styles; Religious and philosophical developments – Bhakti and acharya traditions; Sufism in India; Islamic influences on Indian society and culture; Muslim interest in Indian classics; Literary developments, Sanskrit, Persian and regional languages; Cultural contributions of Vijayanagara empire; New cultural trends in Mughal India; Religious liberalism – Akbar, Abul Fazl, Dara Shikoh; Growth of Vaishnava Bhakti; Foundation of Sikhism

to the institution of Khalsa; Mughal architecture and painting, regional styles; Classical Indian music including pre- Mughal antecedents; Development of Hindi and Urdu literature; Sawai Jai Singh's astronomical contributions; Arrival and spread of Christianity; European studies of India- William Jones and Fort William College, Asiatic Society of Bengal, influence of Christian Missionaries.

**Unit – 5: Western ideas relationship with ancillary disciplines**

**[15 Hrs.]**

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

**TEXT BOOKS**

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

**REFERENCE BOOKS**

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

**2. CC-11: Yoga Practicum VIII – Case Study**

**Subject Name: Yoga Practicum VIII – Case Study**

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

<b>Total Number of Hours: 120</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		0	0	2
Hours/ week		0	0	4
<b>SCHEME OF EXAMINATION</b>				
<b>Total Marks: 25</b>				
<b>Theory : Nil</b>		<b>Practical : 25</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		20	5	

**Unit-1: Case taking-I**

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

**Unit-2: Case taking-II**

Students shall be permitted to take remaining four cases and parameters will be recorded.

**Unit-3: Preparation of the cases**

Candidate shall write a report of a most improved and least improved case.

**Unit-4: Presentation**

Following the presentation, candidate will present the case to the examiners and the same will be examined.



### 3. CC-12: Yoga and Human Consciousness

**Subject Name: Yoga and Human Consciousness**

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

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

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/ week	4	0	0
SCHEME OF EXAMINATION			
Total Marks: 50			
Theory : 50		Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
40	10		

#### Unit- I: Psychology: a science of behaviour

[15 Hrs.]

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

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

[15 Hrs.]

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

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

[15 Hrs.]

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

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

[15 Hrs.]

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

**Unit-5: Yoga for mental health****[15 Hrs.]**

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

**TEXT BOOKS**

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

**BOOKS FOR REFERENCE**

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

**4. CC-12: Psychology Practicum****Subject Name: Psychology Practicum**

**Objectives:** Objective of this course is to make the students familiar about the tests and the scales and the procedure of administering them.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 25				
Theory : Nil		Practical : 25		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		20	5	

**Unit-I**

Division of Attention; Emotional Intelligence/Emotional Maturity; Spiritual Intelligence/Study of Values/Spiritual Belief.

**Unit-II**

Self concept; *Asakti/Anasakti* Scale; Anxiety Scale; Aggression Scale Fear of Death.

### Unit-III

Depression; Frustration; Personality Inventory.

### Unit-IV

Adjustment/Mental Health General Well-being; Case study.

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

## 5. CC-25: Yogic Management of Lifestyle related disorders

### Subject Name: Yogic Management of Lifestyle related disorders

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

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : 50		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
40	10			

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

[8 Hrs.]

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

### Unit -2: Cardiovascular disorder

[8 Hrs.]

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

**Unit- 3: Endocrinal and Metabolic Disorder****[8 Hrs.]**

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

**Unit -4: Obstetrics and Gynecological Disorders****[8 Hrs.]**

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

**Unit-5: Cancer and gastrointestinal disorders****[8 Hrs.]**

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

**Unit-6: Musculo-Skeletal Disorders****[7 Hrs.]**

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

**Unit-7: Neurological Disorders****[7 Hrs.]**

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

**Unit- 8: Psychiatric disorders****[7 Hrs.]**

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

**TEXT BOOKS**

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

## BOOKS FOR REFERENCE

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

## 6. CC-25: Study Tour

**Subject Name: Study Tour**

<b>Total Number of Hours: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		0	0	2
Hours/ week		0	0	4
<b>SCHEME OF EXAMINATION</b>				
<b>Total Marks: 25</b>				
<b>Theory : Nil</b>		<b>Practical : 25</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		20	5	

### Unit-1: Study tour

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

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

### Unit-2: Presentation

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

### Unit-3: Continuous evaluation by the Teachers

## 7. DSE-1: Fundamentals of Naturopathy (DSE-1)

**Subject Name: Discipline Specific Elective-1: Human System According To Yoga**

Total Number of Hours: 45		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : 50		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
40	10			

### Unit-1: INTRODUCTION TO NATUROPATHY

[15 Hrs.]

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

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

[15 Hrs.]

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

### Unit-3: NATUROPATHY

[15 Hrs.]

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

### TEXT BOOKS

1. S. D. Dwivedi : Naturopathy for perfect health, Kalpaz Publication Delhi, 2002
2. Pravesh Handa : Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
3. S.J.Singh. : My Nature Cure or Practical Naturopathy
4. M.K.Gandhi : The story of my experiment with truth

### REFERENCE BOOKS

1. R.K.Garde : Ayurvedic for Health and Long life Harry Benjamin. : Everybody's Guide to Nature Cure
2. M.K.Gandhi. : My Nature Cure

## 8. DSE-1: Fundamentals of Naturopathy (Practicum)

**Subject Name: Discipline Specific Elective-1: Human System According To Yoga**

<b>Total Number of Hours: 45</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	0	0	2
Hours/ week	0	0	4
<b>SCHEME OF EXAMINATION</b>			
<b>Total Marks: 25</b>			
<b>Theory : Nil</b>		<b>Practical : Nil</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		20	5

**Unit-I: Mud Therapy**

**Unit-II: Hydrotherapy**

**Unit-III: Heat Therapy**

**Unit-IV: Air Therapy**

**Unit-V: Space Therapy**

## 9. DSE-2: Introduction to Ayurveda (DSE-2)

**Subject Name: Discipline Specific Elective-2: Yogic Diet and Nutrition**

<b>Total Number of Hours: 60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	4	0	0
Hours/ week	4	0	0
<b>SCHEME OF EXAMINATION</b>			
<b>Total Marks: 50</b>			
<b>Theory : 50</b>		<b>Practical : Nil</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
40	10		

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

**[15 Hrs.]**

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

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

**[15 Hrs.]**

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

**Unit-3: UPASTHAMBAS WITH SPECIAL EMPHASIS ON AHARA****[15 Hrs.]**

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

**Unit-4: INTRODUCTION TO PANCHAKARMA****[15 Hrs.]**

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

**TEXT BOOKS**

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

**REFERENCE BOOKS**

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



**DSE-2: Ayurveda (Practicum)****Subject Name: Discipline Specific Elective-2:**

<b>Total Number of Hours: 60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	0	0	2
Hours/ week	0	0	4
<b>SCHEME OF EXAMINATION</b>			
<b>Total Marks: 25</b>			
<b>Theory : Nil</b>		<b>Practical : 25</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		20	5

**Unit-I: Ayurveda: Common medicinal plants identification****Unit-II: Ayurvedic food & its applications****Unit-III: Identification of Tridosha****Unit-IV: Pankchakarma Therapy**

## SEMESTER-VI

### Honours/Core Courses

#### 1. CC-13: Yoga and Human Values

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

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

<b>Total Number of Hours: 60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	4	0	0
Hours/ week	4	0	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks:50			
<b>Theory : 50</b>		<b>Practical : Nil</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
40	10		

#### **Unit-1: Harmony in Human Being and in Myself [15 Hrs.]**

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

#### **Unit -2: Harmony in Family and Society - Harmony in Human – Human relationship [15 Hrs.]**

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

#### **Unit -3: Concept of Human values: Moral Education [15 Hrs.]**

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

#### **Unit -4: Social Responsibility and Yoga [15 Hrs.]**

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

#### **TEXT BOOKS**

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

## BOOKS FOR REFERENCE

1. Kesari Vedanta : Values: The Key to a meaningful life; Sri Ramakrishna Math, Chennai, 2005
2. Prasad Rajendra : Varnadharma, Niskhana Karma & Practical Morality: A Critical essay on applied ethics, DK Print world Pvt. Ltd, Delhi, 1999
3. Radhakrishnan S: Indian Philosophy, Vol. 2, Oxford University, Delhi, 2008
4. Swami Ranganathananda: The Message of Upanishad, Bhartiya Vidya Bhawan, Delhi, 2001

## 2. CC-13: Yoga Practicum IX – Case Study Reports

### Subject Name: Yoga Practicum IX – Case Study Reports

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 25				
Theory : NA		Practical : 25		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		20	5	

#### Unit-1: Case taking-I [30 Hrs.]

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

#### Unit-2: Case taking-II [30 Hrs.]

Students shall be permitted to take remaining four cases and parameters will be recorded.

#### Unit-3: Preparation of the cases [30 Hrs.]

Candidate shall write a report of a most improved and least improved case.

#### Unit-4: Presentation [30 Hrs.]

Following the presentation, candidate will present the case to the examiners and the same will be examined.

## 3. CC-14: Applied Yoga

### Subject Name: Applied Yoga

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

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory :50		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
40	10			

**Unit -1: Yogic Health for school****[15 Hrs.]**

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

**Unit -2: Yoga in Physical Education, Sports Sciences****[15 Hrs.]**

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

**Unit -3: Yoga for technostress****[15 Hrs.]**

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

**Unit -4: Yoga for geriatric care****[15 Hrs.]**

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

**TEXT BOOKS**

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

**BOOKS FOR REFERENCE**

1. Basavaraddi I V : Yoga: Teachers manual for school children, MDNIY New Delhi , 2010
2. Basavaraddi I V : Yoga in School Health, MDNIY New Delhi, 2009 Iyenger B K S : Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
3. Basavaraddi I V : Yoga for Technostress, MDNIY, New Delhi, 2010
4. Dr. H Kumar Kaul : Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2006
5. Basavaraddi I V : Yogic Management of Geriatric Disorders, MDNIY, New Delhi, 2009

#### 4. CC-14: Research Project

##### Subject Name: Research Project

<b>Total Number of Hours: 64</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		0	0	2
Hours/ week		0	0	4
<b>SCHEME OF EXAMINATION</b>				
<b>Total Marks: 25</b>				
<b>Theory : NA</b>		<b>Practical : 25</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		20	5	

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.

#### 5. CC-26: Research Methodology & Statistics

##### Subject Name: Research Methodology & Statistics

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

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

<b>Total Number of Hours: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		4	0	0
Hours/ week		4	0	0
<b>SCHEME OF EXAMINATION</b>				
<b>Total Marks: 50</b>				
<b>Theory : 50</b>		<b>Practical : Nil</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
40	10			

##### Unit- 1: Introduction to research methodology

[15 Hrs.]

Definition of research; Importance of Studying Research Methods: Evaluating Research Reports; Conducting Research, Thinking Critically About Research; Types of research Applied Research & Basic Research; Goals of Research: description, explanation, prediction, and control of behavior; Ethics of research: Informed consent, Anonymity, Confidentiality, Plagiarism.

##### Unit- 2: Introduction to Research Process

[15 Hrs.]

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

**Unit-3: Introduction to Research Design****[15 Hrs. ]**

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

**Unit-4: Statistics**

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

**Unit-5: Reporting Research**

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

**TEXT BOOKS:**

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

**REFERENCE BOOKS:**

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

**6. CC-26: Statistics Practicum****Subject Name: Practical statistics**

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

- Understand the concept of research and its methodology for carrying minor and major research.
- Understand the tricks of analyzing the data efficiently.
- Have an idea about various statistical rtests and their application.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 25				
Theory : NA		Practical : 25		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		20	5	

**List of Practicals:**

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.).
2. Create a simple MS –Word document about introducing yourself and preparing your Bio-data (using various formatting options in MS-Word).
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.

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.).
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.
6. Introduce about MS Power-point explaining its various features and steps for performing various general operations in it.
7. Prepare a power-point presentation explaining the facilities /infrastructure available in your College/ Institution.
8. Net Surfing
9. Creation and Usage of E-mail Account

### 7. DSE-3: Yoga and Mental Health (DSE-3)

#### Subject Name: Yoga and Mental Health

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : 50		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
40	10			

#### Unit-1: MENTAL HEALTH

[15 Hrs.]

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

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

[15 Hrs.]

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

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

[15 Hrs.]

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

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

[15 Hrs.]

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

#### TEXT BOOKS:

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

## 8. DSE-3: Yoga and Mental Health (Practicum)

**Subject Name: Yoga and Mental Health**

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 25				
Theory : Nil		Practical : 25		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		20	5	

**Unit-I: Personality disorders assessment**

**Unit-II: Emotional disorder assesment**

**Unit-III: Relaxative asanas and pranayamas**

**Unit-IV: Yoga Nidra and Meditations**

## 9. DSE-4: Yogic Diet and Nutrition

**Subject Name: Yogic Diet and Nutrition**

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : 50		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
40	10			

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

**[15 Hrs.]**

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

**Unit –2: DIETETICS IN YOGA**

**[15 Hrs.]**

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



**Unit-3: BIOMOLECULES****[15 Hrs.]**

Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body Unit-3:

**Unit –4: NUTRITION-BASICS****[15 Hrs.]**

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

**TEXT BOOKS:**

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

**REFERENCE BOOKS**

1. Swami Digamber Ji & Others: Gheranda Samhita, Lonavala Institute, 1978
2. Gharote M L & others : Hatha Pradipika, The Lonavala Yoga Institute, Lonavala, 2006
3. Swami Mangalteertham : Synthetic approach to Diet & Nutrition, Deogarh Nutan Publication, Deogarh, 2005
4. Swami Gambhirananda: Bhagvatgita, Shri Ramkrishna Math, Madras Swami Maheshananda & Others: Vasishtha Samhita.

**10. DSE-4: Nutrition (Practicum)****Subject Name: Nutrition (practicum)**

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 25				
Theory : Nil		Practical : 25		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		20	5	

**Unit-I: Sattvic Diet****Unit-II: Milks and Milks Products****Unit-III: Organic fruits and vegetables****Unit-IV: Sprout foods**