

**Master of Science (Yoga)**  
**[M.Sc. Yoga]**  
**(Two Years, Four Semesters)**

**Syllabus**  
**Framework by**  
**Committee on Yoga Education in Universities**  
**UGC-MHRD**



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

**Syllabus for Master of Science [Yoga]**  
**[M.Sc. 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 and life style related ailments. This course has the vision of producing yoga professional so that they could teach yoga therapy in a paramedical department of a hospital with the ability to select specific safe practice modules for different diseases.



**I. Title of the Programme**

The programme shall be called "**Master of science in Yoga**" (M.Sc. Yoga)

**II. Aim of the Programme**

The aim of the programme is to produce "**Yoga therapist as a paramedical professional**"

**III. Objectives of the programme**

-  Prevention: To introduce yoga therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders.
-  Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic life style.

- ✚ Treatment: To create professional therapists of high calibre who know the concepts, techniques and can handle lifestyle disease under the guidance of a super specialist doctor to select safe specific practices for different diseases.
- ✚ To create yoga therapy experts with in-depth knowledge based on yogic texts. For example, to train them 'be and make' i. e., ensure they practice what they teach.
- ✚ Social health: To establish holistic health, social harmony and world peace by training them to be great citizens who can offer yogic way of life as examples of right living.

#### **IV. Duration**

The minimum duration of the programme will be 2 years (4 semesters) and the maximum duration will be four years.

#### **V. Eligibility**

The candidate should have completed only Bachelor of Science in Yoga from any UGC recognized university.

## ✚ Scheme of Teaching and Examination

S.N.	Course Code	Course Name	Periods per week			Evaluation Scheme				Course Total
			L	T	P	Sessional			SEE	
						Credit	CT	TA		
<b>I Year</b>										
<b>Semester – I</b>										
1	MS-CT101	Insights into Indian philosophy	3	1	0	4	20	10	70	100
2	MS-CT102	Applications of Hatha Yoga and Patanjala Yoga	3	1	0	4	20	10	70	100
3	MS-CT103	Biomechanics and Kinesiology	3	1	0	4	20	10	70	100
4	MS-CT104	Therapeutic Yoga	3	1	0	4	20	10	70	100
5	MS-CT105	Yoga and Strategic Management	3	1	0	4	20	10	70	100
6	MS-CP106	Yoga Practices-I (Yoga therapy techniques)	0	0	8	4	20	10	70	100
7	MS-CP107	Practical Biomechanics and Kinesiology	0	0	4	2	10	05	35	50
<b>32 Hrs.</b>						<b>26</b>	<b>TOTAL</b>			<b>650</b>
<b>Semester – II</b>										
1	MS-CT201	Applications of Yoga Vasistha and Bhagavad Gita	3	1	0	4	20	10	70	100
2	MS-CT202	Physiological Effects of Yoga Practices	3	1	0	4	20	10	70	100
3	MS-CT203	Yoga, Dietetics and Nutrition	3	1	0	4	20	10	70	100
4	MS-CT204	Applied psychology and Yogic Counseling	3	1	0	4	20	10	70	100
5	MS-CT205	Research Methodology and statistics	3	1	0	4	20	10	70	100
6	MS-CP206	Practical: Contemporary Yoga Techniques for self-	0	0	8	4	20	10	70	100

		management								
7	MS-CP207	Practical: Applied psychology and Counseling	0	0	4	2	10	05	35	50
<b>32 Hrs</b>						<b>26</b>	<b>TOTAL</b>			<b>650</b>
<b>II Year</b>										
<b>Semester – III</b>										
1	MS-SCT301	Principal Upanishads	3	1	0	4	20	10	70	100
2	MS-SCT302	Yoga in World Religions – Synthesis	3	1	0	4	20	10	70	100
3	MS-EL303	Elective-1 (Human Consciousness)	3	1	0	4	20	10	70	100
4	MS-FW304	Field Training-I	-	-	-	4	20	10	70	100
5	MS-PW305	Dissertation -I	-	-	-	4	-	-	-	200
15+ hrs						<b>20</b>	<b>TOTAL</b>			<b>600</b>
<b>Semester-IV</b>										
1	MS-SCT401	Yoga Shastras-I* (: Brahmasutra and Vivekachudamani )	3	1	0	4	20	10	70	100
2	MS-SCT402	Yoga Shastras –II** (Samkhya Karika)	3	1	0	4	20	10	70	100
3	MS-EL403	Elective-II Yoga Upanishads	3	1	0	4	20	10	70	100
4	MS-FW404	Field Training-II	0	0	-	4	20	10	70	100
5	MS-PW405	Dissertation -II	0	0	-	4	-	-	-	200
15 + hrs						<b>20</b>	<b>TOTAL</b>			<b>600</b>
<b>Total number of Credits</b>						<b>88</b>	<b>Total marks</b>			<b>2400</b>

*SST – Specialised Courses Theory, SSP - Specialized Courses Practicals; EL – Elective; DSTE – Discipline specific theory elective, PW-Project work, FW-Field Work  
L - Lecture, T-Tutorial, P-Practical (practice/ field), CT- Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record*

\* (Chatuh-sutri: Brahmasutra), Narada bhakti sutra, Vivekachudamani, Swami Vivekananda's four Yogas

\*\* Karma yoga sutra shatakam, Samkhya Karika,

## Name of the course: Insight into Indian Philosophy

Course code: MS-CT 101

### Course objectives:

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

- Appreciate the insight in the six systems of Indian philosophy.
- Explain the understanding of Yoga as a philosophy and inculcate the essence.
- Describe the various schools of philosophy like Buddhism, Samkhya, Mimamsa etc. which are relevant to yoga practice.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### Unit-1: Nyaya and Vaisesika

[15hrs]

Nature of physical world, Individual soul, liberation and concept of supreme soul in Indian philosophy, Theory of body, mind and soul and philosophical background, The sixteen Padarthas according to Nyaya, Concept of Nyaya philosophy, means of salvation according to Nyaya and Vaisesika, Means and objects of knowledge according to Nyaya and Vaisesika Category of substance-Nava dravyas, Category of quality-24 gunas, Relation between Nyaya and Vaisesika philosophy

### Unit-2: Samkhya and Yoga

[15hrs]

Theory of cause and effect; Prakriti and Purusha; Process of evolution of universe and concept of liberation; Concept of Atman, Brahma, Maya, Universe, God; the self and human life; Three fold afflictions and means to overcome afflictions; Twenty five entities according to Samkhya and means of knowledge; Saakarya Vada; Similarities and dissimilarities between Vyakta and Avyakta, Triguna; Existence of Purusa, plurality of Purusa, proximity of Purusa and Prakrti; Karana, Antah Karana and Bahya Karana according to Sankhya Karika; Liberation and means of attaining it; Organization of the Yoga sutras, stages of Chittas, forms of Chitta, modification of Chittas, Kind of Kleshas, the eight fold of Yoga and God & liberation

### Unit-3: Mimamasa (Purva and Uttara)

[15hrs]

Concept of Badarayana in Uttaramimamsa; Anumana, Sabda; Difference between vidya & avidya, subject & object, creation & causation, cause & effect; Pratyaksa, Anumana, Upamana, Arthapati, Anupalabdi and Sabda according to Uttaramimamsa; Atheism, Dharma

in the context of Purvamimasa, Summary of ten Upanisads, Atman, Brahma, Maya, Universe, God; The self and human life; Major teachings of Mimamsa system; Selfless action, nonattachment, self-control, self-discipline; Daily schedule for psychophysical wellbeing, social awareness, sense of equality, unity with diversity, selectiveness

#### Unit-4: Naastika philosophy

[15hrs]

Carvaka philosophy: Origin and history of Carvaka philosophy, Metaphysics and Epistemology, Buddhism: Four noble truths, Pramanas Jainism: Categories, Triratnas and Syadvada

#### TEXT BOOKS

1. C.D. Sharma: Critical Survey of Indian Philosophy, Motilal Banarsidass Publications 2003
2. N. V. Banerjee: The Spirit of Indian Philosophy, Arnold-Heinemann Publishers, 1974

#### REFERENCE BOOKS

- P.T. Raju : Structural Depths of Indian Thought, SUNY Press, 1985
- S. N. Dasgupta: A History of Indian Philosophy Vol.1, Motilal Banarsidass Publications, 1992
- J.N. Mohanty: Classical Indian Philosophy, Published by Rowman & Littlefield, 2000
- T.M.P. Mahadevan: Invitation to Indian Philosophy, Arnold-Heinemann Publishers, 1974

### Name of the course: Applications of Hatha Yoga and Patanjala Yoga

#### Course code: MS-CT 102

#### Course objectives:

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

1. Apply its value in education.
2. Apply its value practically for the management of stress.
3. Introduce its value and insights for persons with special need.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

## **Unit- I: APPLICATIONS OF HATHA YOGA IN STRESS MANAGEMENT & PERSONALITY**

### **DEVELOPMENT**

**[15 Hrs]**

Stress reduction through mastery over the modifications of the mind using Combinations of Shat Kriyas (Detoxifying techniques ), Asanas (Culturing the body), Mudras (for prāna perception and balance), Pranayama (for mastery over prana through slowing and balance), dharana, Dhyana (mastery over mind through concentration, focusing and defocusing techniques).

*Physical level:* Slim body, beauty, glow on face, healthy digestive fire and Disease free state through, yogic diet , Shat Kriyas (purifications of internal organs/ detoxification), Asanas (for strength and stamina ).

*Prana level :* Purification of Nadis and mastery over prana through mudras, bandhas and Pranayama.

*Mental level:* Personal and Social Discipline through Yamas( don'ts) and Niyama(do's), cultivation of four fold abilities (grasping , concentration, memory and intellectual capacity) through pratyahara, Dharana, Dhyana, and Samadhi);

*Emotion level:* Mastery over emotions to prevent aggressive behavior, anger, fear, anxiety, and depression through Ishwara Pranidhana (Surrenderance to the supreme);

Social and civic sense: preserve environment by understanding that 'I am a piece of the universe' through right knowledge of *yjuyate anena it yogah* ( yoga is that which unites the individual consciousness with universal consciousness)

Spiritual health: joy, bliss and equanimity under all circumstances through Practice of Higher states of Meditation (Super consciousness states).

## **Unit-II: Application of Patanjala yoga in Stress Management**

**[15 Hrs]**

Combinations of Shat Kriyas (Detoxifying), Asans (Strength), Mudras (steadiness), Pranayama (lightness), Dhyana (perception); Culturing the body through Asanas; Regulation the flow of prana through pranayama;

Application in Stress management: Practices for Chitta Vritti Nirodha (Abhyasa and Vairagya), Cultivation of four fold attitude for Chitta prasadanam, Ashtanga Yoga: Sadhana Pada – Discipling the life through Yama and Niyama; Pratyahara practicing abstinence from sense cravings; Applications in personality development: Applications of Hatha Yoga in personality development for; Physical level: Slim body, beauty, glow on face, healthy digestive fire and Disease free state through,yogic diet , Shat Kriyas (purifications of internal organs/ detoxification), Asanas (for strength and stamina ); Prana level : Purification of Nadis and mastery over prana through mudras, bandhas and Pranayama; Mental level: Personal and Social Discipline through five Yamas( don'ts) and five Niyama(do's), cultivation of four fold abilities (grasping , concentration, memory and intellectual capacity) through pratyahara, Dharana, Dhyana, and Samadhi); Emotion



level:mastery over emotions to prevent aggressive behavior, anger, fear, anxiety, and depression through Ishwara Pranidhana (Surrenderance to the supreme); Social and civic sense: preserve environment by understanding that 'I am a piece of the universe' through right knowledge of yuyate anena it yogah ( yoga is that which unites the individual consciousness with universal consciousness); Spiritual health: joy, bliss and equanimity under all circumstances through Practice of Higher states of Meditation (Super consciousness states),

**Unit-III: Application of Hatha yoga and Patanjala yoga in sports [15 Hrs]**

Physical Level: Physical Stamina; strength; Endurance; Muscle tone; flexibility through sanas, diet and kriyas ; Kriyas (Cleansing of internal organs for clearing the tissue toxins before and after the intense training); Vital Level: Pranayama (for Lung capacity); Mental Level: Gain mastery over the Mind, concentration, focusing, Reduction of Ego; Development of positive and good qualities; Reduction of aggressive nature; through Meditation and Breathing Techniques; improved Cognitive abilities– Focus, creative skills and clear thinking; Willpower, Creativity; Spiritual Level: concept of using sports for spiritual growth through intensified awareness;

**Unit-IV: Application of Hatha yoga and Patanjala yoga for rehabilitation of Children with Special needs [15 Hrs]**

Assessment of cognitive, emotional, physical needs of normal and special children Specific modules of integrated yoga for children with : Down syndrome, cerebral palsy, autism spectrum disorders learning disabilities and physical disability Impaired vision, hearing, speech disorders, Emotional disorder of behavior Integrated yoga practices to increase cognitive and motor skills in normal children - Practices which help in strength, endurance, speed, agility, flexibility, and self- confidence;

**TEXT BOOKS**

1. Sahay G.S. : HathaYoga Pradeepika of Svatmarama, MDNIY Publication, 2013
2. Iyengar B.K.S. : Light on the Yoga Sutras of Patanjali, Published Thorsons, 2002

**REFERENCE BOOKS:**

1. Sharma BR : Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013
2. Gharote, M.M. : Therapeutic references in Traditional Yoga Texts, The Lonavla Institute, Lonavla, 2010.
3. Gharote ML : Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
4. Woods, J.H.: The Yoga System of Patanjali, M.L.B.D., Delhi, 1988
5. Swami Vivekananda : Rajayoga, Advaita Ashram, Culcutta, 2000.

6. Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi

**Name of the course: Biomechanics and Kinesiology**

**Course code: MS-CT103**

**Course objectives:**

The biomechanics course objectives are

- Helping learners to realize biomechanics importance to yoga practice;
- To learn general biomechanics concepts and principles that influence human movement;
- Illustrate the use of these general biomechanical concepts in the professional skill for the diagnosis of the movement during yoga practices.

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hrs/ week		3	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>			<b>Practical :</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**Unit 1: Introduction to Kinesiology and the principles of Biomechanics in Yoga [15 Hrs.]**

Meaning and Definition of Kinesiology ; Basic Biomechanical terms – velocity; acceleration; angular velocity; angular acceleration; Mass; Pressure; Gravity; Friction; work; Power; Energy; Torque; Bio mechanics: Description of movement of the human body; Kinematics, Kinetics; Kinetics – the forces producing motion e.g. muscles, gravity; Kinematics – the description of motion e.g. type, location, direction, planes of movement; Type of displacement (movement); Location in space; Direction of movement; Magnitude of movement; Rate of movement; Importance of Kinesiology and Biomechanics for Yoga

**Unit 2: Fundamental Concept**

**[15 hrs.]**

Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity; Fundamental movements at various joints; Fundamental concepts of the following terms – Angle of Pull, All or None Law, Reciprocal Innervations and inhibition; Stretch and postural reflex during the practice of Yoga postures; Force – Meaning, definition, types and its application to various Yoga postures; Lever – Meaning, definition, types and its application to human body; Newton’s Laws of Motion – Meaning, definition and its application to Yoga activities.

**Unit-3 : Biomechanics of Hip and spine****[15 Hrs.]**

Biomechanics of Hip Structure & function of the bones & non contractile element of the Hip, mechanics & patho-mechanics of muscle activity at the hip & analysis of the forces on the Hip during various Yoga postures; Biomechanics of Spine: Structure & function of the bones & joints of the cervical spine, mechanics & patho-mechanics of the cervical musculature, analysis of the forces on the cervical spine during activity, structure & function of the bones & joints of the thoracic spine, mechanics of the thoracic musculature, analysis of the forces on the thoracic spine during Yoga Postures & structure & function of the bones & joints of the lumbar spine. c. Mechanics of the lumbar musculature, analysis of the forces on the lumbar spine during Yoga postures, structure & function of the bones & joints of the pelvis, mechanics of the muscle activity in the pelvis & analysis of the forces on the pelvis during activity.

**Unit-4: Biomechanics of Shoulder, elbow and wrist****[15 Hrs.]**

Biomechanics of Shoulder: Structure & function of the bones & joints of the Shoulder complex, mechanics & patho-mechanics of the muscle activity in the Shoulder complex & analysis of the forces on the Shoulder complex during Yoga postures; Biomechanics of Elbow: Structure & function of the bones & no contractile element of the elbow, mechanics of muscle activity at the elbow & analysis of the forces on the elbow during Yoga postures; Biomechanics of Wrist & Hand Structure & function of the bones & joints of the wrist & hand, mechanics of the muscle activity in the wrist & hand, analysis of the forces on the wrist during activity, mechanics of the Special connective tissue in the hand

**TEXT BOOKS**

1. Hay, J.G. and Reid, J.G.: Anatomy, mechanics and human motion. Englewood Cliffs, N.J.: prentice Hall Inc. 1988.
2. Knudson, D.: Fundamentals of biomechanics. New York, NY: Springer, 2007

**REFERENCE BOOKS**

1. McGinnis, P.: Biomechanics of sport and exercise. Champaign, IL: Human Kinetics, 2013
2. Franc Bell: Principles of Mechanics and Biomechanics, Stanley Thornes Publications, 1998
3. Iwan W. Griffiths, Principles of Biomechanics & Motion Analysis, Published by Lippincott Williams & Wilkins, 2006

## Name of the course: Therapeutic Yoga

Course code: MS-CT104

### Course objectives:

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

- To understand the concept of body and health from the perspective of yoga.
- To have an understanding of the Yogic concept of Disease and the remedial measures therein

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### Unit-1: Yogic concepts of health, stress 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 modern and 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; Concept of stress (Adhi) as cause for Vyadhi (yoga vasishta); 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

### Unit - 2: Preventive healthcare according to yoga

[15 Hrs.]

Concepts of Trigunas, Pancha-mahabhutas, pancha koshas, Pancha-prana, nadis, chakras, and their role in Health and Healing. 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, Ahankara and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

### Unit – 3: Yoga for prevention of health

[15 Hrs.]

Dietary regulation according to Hatha yoga and Bhagavadgita; Shatkriyas and Tatva shuddhi; Asana for mind body and spirit; Pranayama; Definition of Mental Health & Mental Hygiene & Total Health ; Indian approach to personality and personality integration Psycho-Social

Implications of yoga; Adaptation and adjustment [Personal and interpersonal] through yogic rules and regulations Niyamas & Yamas

**Unit - 4: Psycho physiological effects of yoga evidences through modern research [15 Hrs.]**

Literature on therapeutic benefits of yoga in health and diseases of cardiovascular, respiratory, neurological, psychiatric, endocrine, metabolic, renal, ENT, ophthalmology, reproductive system. Literature on psycho-physiological research in normal healthy volunteers; Literature on psycho-physiological research in promotion of positive health- on individual asanas, kriyas, mudras, bandhas, pranayamas, different meditation techniques.

**TEXT BOOKS**

1. Preeti Goel & 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)

**REFERENCE BOOKS**

1. Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
2. T.S. Rukmani : Patanjala Yoga Sutra, Munshiram Manoharlal, 2001
3. Nagendra, H. R.: Yoga for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
4. Nagendra H. R: New Perspective in Stress Management, VK Yoga Publication, Bangalore

**Name of the course: Yoga and Strategic management**

**Course code: MS-CT105**

**Course objectives:**

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

- To appreciate the complexities of managing a formal organisation.
- To help develop analytical skills for identifying key strategic issues and formulating appropriate strategies given a firm's situation.
- The meaning and need for strategic management.
- Understand and conceptualize the Indian ethos and need for holistic globalization
- Conceptualize the need for Indian models and significance.
- Understand the need for corporate responsibility.

<b>Total Number of Hrs: 60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	3	1	0
Hrs/ week	3	1	0
<b>SCHEME OF EXAMINATION</b>			

Total Marks: 100			
<b>Theory : 100</b>		<b>Practical :</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

**UNIT 1: Basic Concepts in Strategic Management**

**15 hours**

Meaning of strategy, Strategic Management: meaning, definition, role, scope, importance, stages, key terms in SM, SM Model, benefits, key terms, need for strategic planning, why firms avoid strategic planning? Pitfalls in strategic planning, guidelines for yogic approach to effective strategic management. Key success factors of a business.

**UNIT 2: Yogic Vision, Mission**

**10 hours**

Yogic Vision and Mission: Need, meaning, Vision vs. Mission, importance, process, characteristics, components, writing and evaluating yogic vision and mission statements.

**UNIT 3: Internal and External Assessment, and business strategies**

**20 hours**

Key internal forces, process of performing an internal strategic management audit, basic functions or activities that make up the different functional areas of business. Key external forces, sources of external information, Porter's five forces model of competition, Cooperative vs. Competitive Strategies – examples and exercises. Five generic competitive strategies, Diversification strategies – related and unrelated, core competencies, outsourcing. Horizontal and vertical integration, Joint Venture, Partnering, Merger, Acquisition, SM in Non-profit, Educational, Medical and Government organizations.

**UNIT 4: Yogic Approach to strategic management**

**15 hours**

Importance of ethics in the overall process, Yoga and ethical strategic management, convergence of Western and Eastern management practices, Compassionate Leadership through Yogic approach, Balancing Purusharthas through a holistic approach and Evolution of the SELF.

**Text Book:**

1. Fred R David, Strategic Management concepts and cases, 10/e, Prentice Hall

**Reference Books:**

2. John A. Pearce II and Richard B Robinson Jr., Strategic Management: Formulation, Implementation and Control, 9/e, Tata McGraw Hill
3. Srinivasan, Strategic Management - Indian Context, Prentice Hall Of India
4. Sharma Subhash, New Mantras in Corporate Corridors: From Ancient Roots to Global Routes, New Age International Publishers, New Delhi
5. Color of the Rainbow – Compassionate Leadership, Swami Amritaswarupananda Puri, M.A.center, 2013
6. Hartman & Chatterjee, Perspectives in Business Ethics, 3/e, Tata McGraw Hill.
7. Non-profit Management – Principles and Practice, Michael J. Worth, The George Washington University, ISBN 9781412937788 Sage Publications, September 2008

**Name of the course: Yoga Practicum-I****Course code: MS-CP106****Course objectives:**

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

1. Understand the benefits, contraindications and procedure of all practices.
2. Demonstrate each practice with confidence and skill.
3. Explain the procedure and subtle points involved.
4. Teach the yoga practices to any given group.

<b>Total Number of Hrs: 120</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		0	0	4
Hrs/ week		0	0	8
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

**Unit-1: Shatkarmas**

Dhauti (Kunjai), Vastra dhauti, Danda dhauti, Laghoo and Poorna sankhaprakshalana

Neti (Sutra and Jala), Kapalbhati, Agnisara, Nauli

### **Unit-2: Suryanamaskar**

Suryanamaskar must be practiced traditionally and the variation in Suryanamaskar may be taken into consideration based on the convenience of patients.

### **Unit-3: Asnas (yogic postures)**

#### **Standing Postures**

Ardhakati chakrasana, Hastapadasana, Ardhashakrasana, Trikonasana, Parivritta trikonasana, Parsvakonasana, Veersana,

#### **Sitting postures**

Paschimottanasana, Suptavajrasana, Ardhamatsyendrasana, Vakrasana, Marichasana, Malasana, Badhakanasana, Merudandasana, Akarna dhanurasana, Gumukhasana,

#### **Prone postures**

Bhujangasana, Salabhasana, Dhanurasana, Urdhvamukhosvanasana, Makarasana,

#### **Supine postures**

Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana,

#### **Balancing postures**

Vrikshasana, Garudasana, Namaskarasana, Tittibhasana, Natarajasana

### **Unit-4: Pranayama**

Breath awareness, Sectional breathing, Nadishuddhi, Bhastrika, Ujjai, Cooling pranayama (Sitali, Sitkari and Sadanta), Bhramari

### **TEXT BOOK**

- Yoga for Promotion of Positive Health, by Dr R Nagarathna, Dr H R Nagendra  
Published by SVYP, 2002

### **REFERENCE BOOKS:**

- Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga  
Bharati, Mungher, Bihar, India.
- B.K.S Iyenger: Light on Pranayama, Aquarian/Thorsons, 1992



## Name of the course: Practical Biomechanics and Kinesiology

Course code: MS-CP107

### Course objectives:

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

- Understand the principle of biomechanics and its importance during the practice of Yoga.
- Guide the practitioners based on the alignment principles.
- Demonstrate yogic practice having biomechanics principles in mind.

Total Number of Hrs: 120		Theory	Tutorial	Practical
Credits		0	0	2
Hrs/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

#### Unit-1:

Locating of muscles with the help of model/chart and calculation of displacement, speed and velocity, acceleration.

#### Unit-2:

Locating of center of gravity of rigid bodies and assessment of angular kinematics of one plane movements.

#### Unit-3:

Conversion of angular kinematics and Draw stick figures from the photograph of yoga movements

#### Unit-4:

Demonstration of yogic practices under the supervision of the teaching faculty

#### TEXT BOOK

1. Bruce Bowaditch: The Yoga Technique Guide - Principles of Alignment and Sequencing, Third Eye Press, 2015

#### REFERENCE BOOKS

1. J E Herzenberg. Principles of deformity correction, Springer publication

**Semester-II**

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## Name of the course: Application of Yoga Vasistha and Bhagavad Gita

Course code: MS-CT201

### Objectives:

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

- To give comprehensive knowledge about therapeutic basis of yoga as mentioned in ancient classical texts such as Bhagavadgitha and Yoga vasistha

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### Unit – 1: Application of Bhagavadgita – 1

#### a. Applications in stress management

Essence of Gita and its background; Three division of faiths, thoughts and deed and eating habits corresponding to three modes – Faith, thoughts and good deeds positively correlated with stress management; The Tamas and Rajas modes as the cause of stress; Adaptation of qualities of stitha prajna; Four rules of Karma Yoga- Regulated with sense of duty; Detached; Without love or hatred; unconcerned attached to the results of action; Work efficiency – Concept of Devotion – surrender to the supreme; Nature of Devotion and the Goal of Devotion; Concept of Shraddha (perseverance) and its relevance;

#### b. Applications in Personality development

Concept of Triguna in the context of Bhagavadgita; Satva, Rajas and Tamas; Give up demonic traits such as anger, greed, lust and craving for sense objects and selfish flavor of happiness; Psycho analysis model in verses 2.62 and 2.63; Cause of destruction as craving for sense objects; Raise above cognition and emotions; Mode of goodness – sense of happiness and knowledge; Theory of Samatvam in healthy living as described in Bhagavadgita; Nature of Dhyana, Preparation of Dhyana and Dhyana Yoga etc; Remedial Measures of Abhyasa and Vairagya.

### Unit – 2: Applications of Bhagavad Gita - 2

#### c. Applications for Sports personnel

Nature of action, inaction & ego-less action; Performance without attaching to the fruits of action; Maintaining the inner equipoise with knowledge and understanding with

adapting qualities like humility, tolerance, non- violence, cleanliness, self control; absence of false and even mindedness; Four rules of Karma Yoga- Regulated with Duty sense; Detached; Without love or hatred; not attached to the fruits of action; Concept of Faith;

Psycho analysis model described in Bhagavadgitha to keep under senses under control and to be in moderation; Moderation in sleep, entertainment and food being the key to be in equanimity; Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita and its relevance.

### **Unit – 3: Application of Yoga Vasistha - 1**

a. Applications in stress Management:

Concept of Mind: World is the projection of Mind; ManAh PrashamanaH upAyaH YogaH: Understanding of the Concept of Adhi and Vyadhi; Stress as the key for Psychosomatic disease; Life style prescription as suggested in Yoga vasistha – Restrain from Eating of unwholesome food; Living in unhealthy places; Doing things at unseasonable hours; Association with the wicked; Longing after improper things; Evil desires and bad thoughts; Control of breathing: the story of Kakabhushanda;

### **Unit – 4: Applications of Yoga Vasistha – 2**

b. Applications in Personality development:

Good Association; Self Enquiry; Development of Satwaguna (Good virtues); Mind control through abhyasa ( practice) and vairagya (dispassion). Self discipline and self control, by withdrawing our senses from the sense objects; overcoming desires through detachments from the sense objects, living in solitude, free from possessiveness and by fixing our minds constantly on the Self. Handling the mind and emotions-enhancing the power of discrimination.

### **TEXT BOOKS**

1. Holy Geeta : Swami Chinmayananda, Central Chinmayananda Mission Trust, 1992, Mumbai.
2. Vaalmeeki : Essence of Yoga Vasishta, Lotus Press, 1998

### **REFERENCE BOOKS**

1. Swami Ranganathananda: Message of Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985
2. Swami Venkatesananda: Vasistha's Yoga, State University of New York Press, Albany, 1993

## Name of the course: Physiological Effect of Yoga practices

Course code: MS-CT202

### Objectives:

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

1. To have an in depth understanding of physiological changes following the practice of yoga
2. To have a brief idea of the underlying mechanism behind the possible benefits as a result of yogic practices
3. To equip the students with an idea of muscles and nerve fibers stretched and compressed, toned up during various yogic posture
4. To have an in-depth understanding about physiological benefits of Pranayama; Neuro Psychological locks in Mudras; Neuro Muscular locks in Bandhas.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### Unit - 1: The concept of homeostasis

[15 Hrs.]

Regulatory systems of the body, Characteristics of control systems, Physiological basis of mind-body medicine; Physiology of exercise, Asana - Types and Categories; Musculo skeletal system and Humoral mechanism involved; Effect of Yogic practices in setting up the internal environment of the body, Mechanical influence of asanas; Psychosomatic mechanism; Mechanism of influence of six types of asanas: stretching; pivoting; strengthening; inverted; pressing; equilibration, Reciprocal inhibition and innervation

### Unit - 2: Pranayama

[15 Hrs.]

Mechanism of respiration and mechanism of gas exchange, Regulation of respiration; Psychophysiological effect of pranayama: changing of ratio of oxygen and carbonic acid in our body; Enabling different groups of muscles in breathing; Pranayama as respiratory pump; Reflex impact over sympathetic and parasympathetic nervous system; Role of Pranayama on Vital capacity, Lung Volume and Lung function. Role of Pranayama and other yoga practices on compliance, Ventilation perfusion ratio, alveolar ventilation, dead space volume and minute ventilation. Neurophysiological mechanism of Kevala, Antar and Bahir kumbhaka

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

An overview of diffusion osmosis, endo & exosmosis, active transport; significance of using salt during the practice of Kriya; Tonicity of the solution such as hypotonic, hyper tonic and isotonic solution and the impact of the same on physiology; peristalsis and mechanism of action, Effect of Kriyas in encouraging the peristalsis; Opening and closing of sphincter; Role of Kriyas in smooth operation of sphincter; Mechanism of action of Kriya practices in the activation of vagus nerve, effect of Kriyas on gastric mucosa on digestive system; Development of negative pressure and the impact of sustenance of the negative pressure in body physiology.

**Unit - 4: Mudras Bandhas****[15 Hrs.]**

Co activation of two antagonistic muscles; activation of nerve reflexes; Proprioceptive neuromuscular facilitation; Effect of Bandhas on joint complexes; Central bandhas and co activation of opposing muscles in spinal joint complexes; Jalandhara bandha effects neck joint complexes; Uddiyan bandha effects upper joint complexes; and Moola bandha for lower back joint complexes;; Isometric muscle activation and Bandhas; Synergistic muscle activation during Bandha practices; Navadvara and their significance in yoga; Principles behind the practice of Mudras; Resting membrane potential; action potential and transmission of nerve impulse; significance of Neuro psychological lock and its impulse in body physiology; secretion of neurotransmitter in the brain; Role of mudra is physiological functions of the body, regulating of the secretion in body

**TEXT BOOKS**

- Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners; Book by Herbert David Coulter; Publisher Body and Breath, 2001
- A Handbook for Yogasana Teachers: The Incorporation of Neuroscience, Physiology, and Anatomy by Mel Robin, Publisher: Wheatmark; 1 edition (15 May 2009)

**REFERENCE BOOKS**

- Simon Borg Olivier and Bianca Machiss; Applied Anatomy and Physiology of Yoga; 3<sup>rd</sup> edition, 2007.
- Clinical Anatomy: A Revision and Applied Anatomy for Clinical. Students , Harold Ellis, Blackwell Publishing, 2006
- Essentials of Pathophysiology: Concepts of Altered Health States Carol Mattson Porth, Lippincott Williams & Wilkins, 2006

## Name of the course: Yoga, dietetics and nutrition

Course code: MS-CT203

### Objectives:

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

- Understand the concept of diet and the medical value of nutrition
- Advise appropriate diet to different age groups
- Benefits and caloric value of various food groups

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### Unit – 1: Basic concepts and components of food and nutrition [15 Hrs.]

Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement, Human Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification; Macro Nutrients –Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body ; Water soluble Nutrients - Sources, Functions and Effects on the Body

### Unit-2: Food groups [15 Hrs.]

Cereals & Millets –Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds- Selection, Preparation and Nutritive Value; Milk and Milk Products- Selection, Preparation and Nutritive Value; Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery- Selection, Preparation and Nutritive Value

### Unit-3: Food and metabolism [15 Hrs.]

Energy- Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism, Calorie Requirement-BMR, SDA, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy; Requirement and Expenditure, Factors affecting BMR, Factors affecting thermal effect of Food, Factors affecting energy expenditure in physical activity; Methods of Estimation of Energy Expenditure and Requirements; Direct Calorimetry, Indirect Calorimetry, Double Labelled Water Technique, Heart Rate Monitoring Method, Factorial Estimation of Total Energy Expenditure

**Unit – IV: 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-Rajasic, Tamasic and Sattvic food; 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; Diet according to the body constitution ( Prakriti) – Vata, Pitta and Kapha

**TEXT BOOK**

- Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012

**BOOKS FOR REFERENCE**

- Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livingstone, Revised Edition
- Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001
- Randolph Stone : A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition

**Name of the course: Applied Psychology and Yogic Counselling****Course code: MS-CT204****Objectives:**

- To develop a general understanding towards abnormal behaviour and disease process through various models of health psychology
- To understand causes of pathological behaviour and psych-diagnostic assessment.
- To develop skill for diagnosis and classification of mental disorders.

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hrs/ week		3	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**Unit-1: Introduction to models of Psychopathology****[15 Hrs.]**

Psychoanalytic, behavioural, cognitive and biological models; Sociobiology of health and disease; Diagnostic classification of mental and behavioural disorders



**Unit-2: Case history taking and mental status examination [15 Hrs.]**

Disorders of attention, perception, thought movement, Psychodiagnosis of major Mental Disorders of the Adults and their treatment: Stress and Anxiety Disorders, and Schizophrenia, Affective Disorders, Psychosomatic Disorders, Personality Disorders and Substance abuse.

**Unit-3: Mental Disorders of Children and their treatment [15 Hrs.]**

Mental Retardation, Learning Disability, Attention Deficit Disorders and Hyperactivity, Autism, Fears and Phobias, Conduct disorders

**Unit-4: Yogic counselling [15 Hrs.]**

Introduction to counselling, nature approaches and challenges; Approach to counselling- Attitude change towards yoga through individualized counseling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counseling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Psycho-physiological effects and health benefits of Pranayama, Shatkarma; Bandha and Mudra ; Psycho-physiological effects and health benefits of Meditation

**TEXT BOOKS**

1. Hersen, M., Kazdin, A. E., & Bellack, A. S. (1991) The Clinical Psychology Handbook Pergamon. New York

**REFERENC EBOOKS:**

1. Sweet, J. J. , Rozensky, A. & Tovian, S. M. (1991) Handbook of Clinical Psychology in Clinical
2. Practice. New York: Plenum.
3. Walker, C. E. (2001) Handbook of Child Clinical Psychology. New York: John Wiley & Sons.

**Name of the course: Research Methodology and Statistics**

**Course code: MS-CT205**

**Objectives:**

Following the completion of the course students will:

- Have expose of the basic theoretical concepts of conducting scientific research and motivate them to pursue higher research.
- Acquire basic understanding of Research methodology and knowledge of various statistical procedures
- Have knowledge on tools employed to conduct research, ability to address the contemporary problems in scientific way.

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		3	1	0
Hrs/ week		3	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>			<b>Practical :</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

**Unit-1: Research Methodology Concepts -I**

**[15Hrs]**

Introduction to research methodology – definition of research, types of research, need for Yoga research; the research process; Literature review – Purpose, Process, digital source: Pub Med, etc., presentation of literature review; Ethics of research – Laboratory ethics, Publication ethics, Ethical bodies, IEC, IRB and guidelines for good clinical practice. Scales of measurement – nominal, ordinal, interval, ratio; Data collection methods: Observation, Interview, psychological tests, questionnaire, physiological tests, and archive

**Unit-2: Research Methodology Concepts –II**

**[15Hrs]**

Sampling methods - Population and Sample; Simple Random Sampling; Systematic Sampling, Stratified Sampling, Cluster Sampling; ii. Methods of controlling biases – Randomization; Types of variables – Independent , dependent, confounding variable; Types of research design – Experimental designs, cross sectional design; Case study, Survey; Reliability: Test-Retest Reliability, Internal Consistency, Inter rater Reliability; Validity: Construct Validity, Face Validity, Content Validity, Criterion; Validity, Convergent and Discriminant Validity; Issues of bias and confounding; Selection bias, Recall bias, Observer or measurement bias, Publication bias; Randomization, Matching, Crossover design, Restriction (or blocking); Stratification

**Unit-3: Statistical Concepts - I**

**[15Hrs]**

Descriptive statistics, Inferential statistics, Hypothesis, null hypothesis, Statistics and Parameters, Sample and Population, Generalization, One tailed, two tailed hypothesis, Types of Errors and its control, Central Limit Theorem

**Unit-4: Statistical Concepts - II**

**[15Hrs]**

Point estimate and interval estimate, Power analysis: Effect size, sample size, p-value, Confidence interval; Statistical tests and design, Assumptions of tests, Statistical tests for various designs: Correlation, proportions, paired sample, and independent sample t-tests, Chi-Square tests, ANOVA, Repeated Measures ANOVA, parametric and non-parametric tests,

## TEXT BOOK

- 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

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

## Name of the course: Yoga Practicum (Contemporary Yoga Techniques of Self-Management)

Course code: MS-CP206

### Objectives:

Following the completion of the course students will:

- Have an exposure to understand the principles, concept and the procedure of various contemporary techniques.
- Understand the commonalities across the various contemporary techniques.
- Explain and teach the techniques with confidence.

Total Number of Hrs: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

### Unit-I: Healing at the Physical Level

[15 Hrs.]

1. Cyclic Meditation (S-VYASA)
2. Mindfulness based Stress Reduction Technique (Kabatzin)

### Unit-II: Healing at the Prana Level

[15 Hrs]

3. Vipasana Meditation
4. Preksha Meditation

### Unit-III: Healing at the Mental level

[20 Hrs]

5. Mind Sound Resonance Technique (S-VYASA)
6. Raja Yoga Meditation (Brahmakumaris)
7. Transcendental Meditation (Mahesh Yogi)
8. ZEN Buddhist Meditation

**Unit-IV: Healing at the Conscious level****[10 Hrs]**

9. Yoga Nidra (BSY)

**TEXT BOOKS**

1. H R Nagendra: New perspective of stress management; Swami Vivekananda Yoga Prakashan, Bangalore, 1999

**REFERENCE BOOKS:**

1. Niranjanananda Saraswati: Yoga Nidra; Bihar school of yoga publication, Munger, 2000
2. H R Nagendra: Mind sound relaxation resonance technique; Swami Vivekananda Yoga Prakashan, Bangalore, 1999

**Name of the course: Applied Psychology and Counseling (Practical)****Course code: MS-CP207****Objectives:**

Following the completion of the course students will:

- Understand the procedure of taking the case studies for the diagnosis of psychological diseases.
- Know the skills of counselling with yogic approach.
- Develop communication skills of becoming an efficient counselor

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits		0	0	2
Hrs/ week		0	0	4
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

**Unit-1: Case history****[15 Hrs.]**

Taking case history of various category of various diseases such as amnesia, bipolar, OCD, schizophrenia, anxiety neurosis (5 cases)

Discussion and interpretation

**Unit-2: Audio visual****[15 Hrs.]**

The students shall be exposed to audio visual methods of counselling for 5 cases

Discussion and interpretation

**Unit-3: Conventional Counselling****[15 Hrs.]**

Conventional counselling for 5 cases

Discussion and interpretation

**Unit-4: Yogic counselling****[15 Hrs.]**

Yogic counselling for 5 cases

Discussion and interpretation

**TEXT BOOK**

1. Rama, S., Ballentine, R. & Ajaya, S. (1976) Yoga Psychotherapy. Pennsylvania: HIP.

**REFERENCE BOOKS**

2. Brown, B. (1977) Stress and the Art of Biofeedback. Toronto: Bantam Age Books.
3. Cacippo, J. T., Tassinary, L.G., & Berntson, M. (2007) Handbook of Psycho- physiology, Cambridge.
4. Schwartz, M. S. (Ed) (2001) Biofeedback: A Practitioner's Guide. New York: The Guilford Press.

**Semester-III**

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## Course Name: Principal Upanishads

Course Code: MS-SCT301

### Course Objective:

- i. To understand that the basic concepts and sadhana behind every religion is common for which Yoga provides a systematic elucidation.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

### Unit 1: Introduction to Upanishads

15 hours

Meaning of Upanishad, Concept of Veda and Upanishad, Comparison between subject matters of Veda & Upanishads, Number of Upanishads & Brief Introduction of Principal Upanishads- Isha, Kena, Katha, Prashna, Mundaka, Mandukya, Aitreya, Taittiriya, Brihadaranyak & Chhandogya Upanishad .

### Unit 2: Tattva Mimansa (Theory of Reality)

15 hours

Nature of *Brahma* & *Atma* according to Principal Upanishad in view of Acharya Shankar, Acharya Ramanuj, Acharya Madhva, Acharya Vallabh, Acharya Nimbark, *Shrishti Prakriya* (Process of Creation)

### Unit 3: Yogatattva in Principal Upanishads-I

15 hours

Definition of Yoga, Types of Yoga- Jnana Yoga, Bhakti Yoga, Karma Yoga & Raja Yoga, Concept of Panchkosha, Teen Shareer, Omkara Upasana

### Unit 4: Yogatattva in Principal Upanishads-II

15 hours

Ashtanga Yoga in Principal Upanishad- Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi

### Reference Books:

1. Upanishad Sangraha- Jagdish Shashtri, Motilal Banarasidas, Varanasi, Delhi, Chennai.
2. Swami Sivananda - The Essence of Principal Upanishads, Divine Life Society, 1980
3. Swami Nikhilananda - The Principal Upanishads, Courier Corporation, 2003

4. 108 Upanishad-Sadhana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
5. 108 Upanishad-Brahmavidya Khand-Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
6. 108 Upanishad-Jnana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

## Course Name: Yoga in World Religions - Synthesis

### Course Code: MS-SCT302

#### Course Objective:

- i. To understand that the basic concepts and sadhana behind every religion is common for which Yoga provides a systematic elucidation.
- ii. To inculcate awareness that all the religions have common sadhanas of which Yoga is a grammar will help in synthesizing the world religions leading towards harmony and peace.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

#### Unit I: Religions and their essence

Meaning of Religion; Introduction to Jainism and Goal of human life in Jainism; Introduction of Buddhism and Goal of human life in Buddhism; Introduction to Islam and Goal of human life in Islam; Introduction to Christianity and Goal of human life in Christianity; Introduction and Essence of Sufism and Goal of human life in Sufism.

#### Unit - 2: Yoga in Jainism and Buddhism

Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Prekshadhya); Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya-astangika-marga or Noble-eight-fold-path (Bouddha-Yoga); Tai Chi-based meditation, Zen meditation, Qi-gong meditation and G-Tum-O meditation.

#### Unit - 3: Yoga in Sufism and Islam

Elements of Yoga in Sufism, Sufi Meditation Techniques. Sufi Meditation: Muraqaba; Islam: Salat positions along with their most similar yoga positions; Qiyam and Namaste; Ruk'u and Ardha Uttanasana; Julus and Vajrasana; Sujud and Blasana;



#### Unit - 4: Yoga in Christianity

Contemplation, Meditation as practiced by Franciscan nuns, Rosary meditation, Meditation as prescribed by the church, Meditation in Christian literature; Hesychasm, Maranatha- a christian meditation mantra.

#### TEXT BOOK:

1. Lajpat, Rai & others : Meditation, Anubhava Rai Publications, Gurgaon, 1999

#### REFERENCE BOOKS:

1. Swami Niranjanananda Saraswati : Dharana Darshan, Yoga Publications Trust, 1996, Munger, Bihar, India,
2. Lajpat, Rai: Discovering Human Potential Energy, Anubhava Rai Publications, Gurgaon, 1999)
3. Parragon: World Religion, Parragon Publishing India

### Course Name: Elective -I Human Consciousness

### Course Code: MS-EL303

#### Course Objective:

1. To understand the concept of Human Consciousness in Indian Philosophy Ayurveda and Tantra

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

#### Unit 1: Introduction and Concept of Human Consciousness

10 hours

Meaning, definition and Scope of Consciousness, Nature of Consciousness, Need of study of Human Consciousness, Present Crisis on Human Consciousness and measures of their appropriate solutions.

#### Unit 2: Philosophy and Science of Human Consciousness

15 hours

Human Consciousness in Veda and Upnishad, Human Consciousness in Buddha and Jain Philosophy, Human Consciousness in Nyaya, Vaisheshik, Sankhya, Yoga, Mimamsha and Vedanta.

**Unit 3: Various streams of Ancient Indian & Modern Sciences** **15 hours**

Human Consciousness in Tantra, Astrology and Ayurveda, Human Consciousness in Modern Science: Researches related to Human Consciousness in Human Anatomy, Physiology & Psychology.

**Unit 4: Different Mysteries and Development of Human Consciousness** **20 hours**

Birth and Life, Fate and Efforts (Purushartha) Principles of Karma, Samskar and Rebirth. Concept of Kundalini, Concept of Chakra. Various psychological methods for development of Human Consciousness. Methods for development of Human Consciousness in Various Religions- Islam, Christianity, Sikhism, Various Techniques for developments of Human Consciousness by Indian Rishis.

**Reference Books**

1. Bharatiya Darshano mein Chetana ka Swaroop- Dr. Krishna Saxena
2. Bharatiya Darshan- Acharya Baldev Upadhyaya
3. Upanishadic Adhyatma Vigyan - Dr. Ishwar Bharadwaj
4. Manav Chetana- Dr. Ishwar Bharadwaj
5. Manav Chetana ewam Yoga Vigyan- Dr. Kamakhya Kumar
6. A study in Consciousness Annie Besant
7. Ayurveda and Mind Dr. David Frawley
8. The Root of Consciousness Jeffery Mishlor
9. Mind and Super Mind N.C. Panda
10. Seven States of Consciousness Anthony Campbell
11. Human Consciousness & Yogic Science Dr. Kamakhya Kumar

**Name of the course: Field training-I****Course code: MS-FW304****Objectives:**

Following the completion of this field training, students shall be able to:

- Able to teach different Yoga Texts.
- Gain more practical knowledge about the Yoga Texts

<b>Total Number of Hrs: 120</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Field Work</b>
Credits				4
Hrs/ week				8
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

**Instructions:**

During field training students are expected to carry out the following tasks.

1. Involve themselves during practical session.
2. Understand how to take teach
3. Gain the knowledge of teaching different Yoga Texts

**Note:**

Students need to spend 2 hours every day in the nearby Yoga Schools/ Recognized Yoga Universities

**Examination:**

Students shall be examined based on the knowledge acquired with respect to Yoga Texts

**Course Name: Dissertation I****Course Code: MS-PW305****Course Objective:**

Following the completion of this project work in Literary and Philosophical area of the Shastras:

- Carry out small scale research projects.`
- Analyze his/her data and organize the data in tabular and graphical form.
- Interpret the data and draw the conclusion.

<b>Total Number of Hrs: 120</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Field Work</b>
Credits				4
Hrs/ week				8
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

**Note:**

During this time, candidates are expected to carry out the following task

Meet guide at least once to report the progress.

Spend time every day for recording the data.

**Examination:**

Students shall be examined based on the presentation of their synopsis and progression of the project work.

**Semester-IV**

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## ***Paper- Yoga Shashtra-I***

**Course Name: Brahmasutra & Viveka Chudamani**

**Course Code: MS-SCT401**

**Course Objective:**

- 1. To understand the concept of four Brahma Vakyas and knowledge of Jnana Yoga and Vivekachoodamni**

<b>Total Number of Hrs: 60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Field Work</b>
Credits	3	1	0
Hrs/ week	3	1	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100			
<b>Theory : 100</b>		<b>Practical :</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

### **Unit 1: Brahma Sutra**

**15 hours**

Brief Introduction of Brahmasutra and its writer, Explanation of these sutras- Athato Brahma Jijnasa; Janmadyasya Yatah; Shastrayonitvat; Tattusamanvayat

### **Unit 2: Vivek Chudamani-I**

**15 hours**

Brief Introduction of Vivek Chudamani, Importance of Tattvajnana, Means of attaining Tattvajnana, Eligibility of Sadhaka, Sadhana Chatusthaya, Importance of Self Realization, Concept and need of Aparokshanubhuti, Three Shareer (Physical, Subtle & Causal), Dehasakti-Ninda, Indriya and Indriya-Vishaya Ninda, Antahkaran Chatusthaya.

### **Unit 3: Vivek Chudamani-II**

**15 hours**

Atmanirupana, Anatmanirupana, Adhyas and Adhyas Niras, Awaranshakti and Vikshepashakti, Panch Prana, Panch Kosha, Ego and Criticism of Egoism, Negligence of Drishya

### **Unit 4: Vivek Chudamani-III**

**15 hours**

Brahma Nirupana, Brahma Bhawana, Maha Vakya Vichara, Brahma Jagat Ekata, Concept of Samadhi, Concept of Vairagya, Outcomes of Self Realization, Symptoms of Jivanmukta

### **Reference Books:**

1. Brahma Sutra- Shankar Bhasya, Gita Press Gorakhpur.
2. Vivek Chudamani- Arvindananda Yati, Choukhamba Vidyabhawan, Varanasi, UP.
3. Vivek Chudamani- Gita Press, Gorakhpur.

## **Paper- Yoga Shashtra-II**

**Course Name: Sankhya Karika**

**Course Code: MS-SCT402**

### **Course Objectives**

#### **1. To understand the basics of Sankhya Philosophy**

<b>Total Number of Hrs: 60</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Field Work</b>
Credits		3	1	0
Hrs/ week		3	1	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

#### **Unit: 1- Introduction to Sankhya Philosophy and Sankhya Karika** **10 hours**

Meaning of *Sankhya*, Historical Background of *Sankhya*, Brief Introduction of *Sankhya Karika* & their Annotations (*Matarvritti*, *Jaymangala*, *Yuktidipika*, *Sankhyatattvakomodi*)

#### **Unit: 2- Principles of Sankhya Karika** **20 hours**

Types of *Dukha*, Ways to get rid of *Dukha*, Nature & Concept of Reality: *Vyakta*, *Avyakta* & *Jna*, Comparison between *Vyakta* and *Avyakta*, the 25 elements and their four variations, *Vastu anupalabhdhi ke karan* & *Satkaryavad*, *Pramana* and its types, Nature & types of *Purusha*, Relationship between *Prakriti* & *Purusha*, Nature of *Gunas*

#### **Unit: 3- Introduction of Trayodashkaran** **15 hours**

-Concept and names of *Trayodashkaran*: *Buddhi*, *Ahankar*, *Mana*, *Panch Jnanendriya*, *Panch Karmendriya*, Characteristics and fuctions of *Trayodashkaran*, *Eight Dharmas of Buddhi*

#### **Unit: 4- Introduction to Sarg, Shareer & Mukti** **15 hours**

Concept and types of *Sarga* : *Bhutsarga* & *Pratyayasarga*, Types of *Shareer* : *Linga*, *Sukshma* & *Sthula Shareer*, Concept of *Bandhan*, Concept of *Mukti*, Types of *Mukti*

## Course Name: Elective-II YOGA UPANISHADS

Course Code: MS-EL403

### Course Objective:

1. To study the basics and applied part of Yoga in different Yoga Upanishads

Total Number of Hrs: 60		Theory	Tutorial	Field Work
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

#### Unit 1: Shandilya Upanishad

15 hours

Brief Introduction of *Shandilya Upanishad*, *Ashtanga Yoga*: Types of *Yama*, Types of *Niyama*, Types of *Asana*, Concept and Types of *Nadi & Prana*, Stages of *Pranayama*, Concept & Types of *Pratyahara*, Concept & Types of *Dharana*, Concept & Types of *Dhyana*. *Concept of Samadhi*.

#### Unit 2: Jabaldarshanopanishad

15 hours

Brief Introduction to *Jabaldarshanopanishad*, *Ashtanga Yoga* : *Yama* (10 Types), *Niyama* (10 Types), *Asana* (9 Types), Types of *Prana & Nadi*, Types of *Pranayama* , *Pratyahara*, *Dharana*, *Dhyana* (Its Types) & *Samadhi*.

#### Unit 3: Trishikhibrahmanopanishad

15 hours

Brief Introduction to *Trishikhibrahmanopanishad*, Concept & Types of *Yamas* and *Niyamas*, Concept & Types of *Asanas*, Types of *Nadi*, Types of *Prana & Pranayama*, Concept of *Pratyahara*, *Dharana*, *Dhyana*, *Samadhi*.

#### Unit 4: Yogchudamanyupanishad

15 hours

Brief Introduction of *Yogchudamanyupanishad*, *Shadanga Yoga- Asana* & its types, Types of *Chakra*, *Nadi*, *Prana*, *Pranayama*: Its types & Benefits, Concept of *Kundalini* , *Mitahara*, *Mudra* & *Bandhas*, Concept of *Pratyayahara*, Concept of *Dharana*, Concept of *Dhyana*, Concept of *Samadhi*.

#### Reference Books:

1. Upanishad Sangraha- Jagdish Shashtri, Motilal Banarasidas, Varanasi, Delhi, Chennai.
2. Swami Sivananda - The Essence of Principal Upanishads, Divine Life Society, 1980



3. Swami Nikhilananda - The Principal Upanishads, Courier Corporation, 2003
4. 108 Upanishad-Sadhana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
5. 108 Upanishad-Brahmavidya Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
6. 108 Upanishad-Jnana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

**Name of the course: Field training-II**

**course code: MS-FW404**

**Objectives:**

Following the completion of this field training, students shall be able to:

- Able to teach different Yoga Texts.
- Gain more practical knowledge about the Yoga Texts

Total Number of Hrs: 120		Theory	Tutorial	Field Work
Credits				4
Hrs/ week				8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

**Instructions:**

During field training students are expected to carry out the following tasks.

4. Involve themselves during practical session.
5. Understand how to take teach
6. Gain the knowledge of teaching different Yoga Texts

**Note:**

Students need to spend 2 hours every day in the nearby Yoga Schools/ Recognized Yoga Universities

**Examination:**

Students shall be examined based on the knowledge acquired with respect to Yoga Texts

**Name of the course: Dissertation II**

**(Project work-II)**

**Course code: MS-PW405**

**Objectives:**

Following the completion of this project work in Literary and Philosophical area of the Shastras:

- Carry out small scale research projects.`
- Analyze his/her data and organize the data in tabular and graphical form.
- Interpret the data and draw the conclusion.

<b>Total Number of Hrs: 120</b>		<b>Theory</b>	<b>Tutorial</b>	<b>Field Work</b>
Credits				4
Hrs/ week				8
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
<b>Theory : 100</b>		<b>Practical :</b>		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)		Internal Assessment (CT+TA/PR)
		70		30

**Note:**

During this time, candidates are expected to carry out the following task

Meet guide at least once to report the progress.

Spend time every day for recording the data.

**Examination:**

Students shall be examined based on the presentation of their synopsis and progression of the project work.