



केरल केंद्रीय विश्वविद्यालय  
CENTRAL UNIVERSITY OF KERALA

(मंसद के अधिनियम, वर्ष 2009 द्वारा स्थापित / Established under the Act of Parliament in 2009)

No.CUK/ACA/AC Meeting /569/2018/

Dated, the 13<sup>th</sup> June, 2018

**Minutes of the 3<sup>rd</sup> Meeting of the III<sup>rd</sup> Academic Council held  
on 1<sup>st</sup> June, 2018 at Conference Hall, Periy Campus**

The Vice Chancellor welcomed all the members to the meeting. In his introductory remarks it was mentioned about the successful conduct of inauguration of the newly built Campus Buildings of the University by Hon'ble Vice President of India, Shri. Venkaiah Naidu along with other dignitaries on 29<sup>th</sup> April 2018. He stressed the urgent need to move to the permanent academic buildings. He also mentioned the sad state of affairs leading to the dismissal of 05 students from the Hostel and one student from the University due to their misbehaviour violating hostel and campus regulations stipulated by University.

The Vice Chancellor also announced that hereafter the monthly attendance of PG/UG Students will be send by the HoDs regularly to the Controller of Examinations.

Time table for exams should also be prepared in co-ordination with Controller of Examinations and in consistency with the Academic Calendar.

The Vice Chancellor expressed the need to avoid delay in conducting examinations/additional examinations.

He pointed out that it is imperative to hold external evaluation as a part of valuation.

**3:03:01 Approval of the minutes of the last Academic Council-reg:-**

The Minutes of the last Academic Council (23.08.2017) was approved. Question was raised about the recognition of GIFT and MCC. It was replied that the Committee constituted for the purpose has not yet submitted the report. The Vice Chancellor has directed the committee to submit its report as early as possible.

**3:03:02 Approval of the Action Taken Report- reg:-**

The ATR of the last Academic Council Meeting decisions were approved.

3:03:03

**(i) Counting past Services for direct Recruitment and promotion for teacher Reg.**

Detailed deliberation was made on the subject. A committee is constituted for the purpose with Prof.(Dr.) K.C. Baiju, Chairman, Prof. (Dr.) K. Jayaprasad, Dr. Mohammedunni Aliaz Musthafa, Dr. Amruth .G. Kumar, Dr. Joseph T.J and Shri. Jayakrishnan (AR Admn.). The report of the committee was considered by Academic Council

**Decision:**

The report of the committee has been approved. The members have pointed out that the experience of state funded research institutions and industry experiences may be counted. It has been resolved that this issue may be referred to the committee, which may consider the issue and submit the report to next Academic Council for its consideration.

3:03:04

**Swachhata - Action Taken - Reg.**

The committee has considered the matter and suggested committee to prepare Action Plan for 'Swachhata' immediately and submit to UGC. It was also suggested to propose credit based curricular activities for the students of CUK in 'Swachhata'.

3:03:05

**Approval of BoS Meeting Minutes and revised syllabus for the Academic year 2018- reg:-**

The Academic Council has approved the BoS Meeting Minutes and revised Syllabus of the following Departments with the following suggestions:

(i) Economics

Approved with 01 Elective as inter-disciplinary as insisted by the earlier Executive Council.

(ii) Law

Approved the restructuring of courses on LLM. NRI Law has been proposed for introduction as Diploma Course. The Vice Chancellor specially appreciated the effort of Dept. of Law in launching Diploma programmes.

(iii) Public Administration and Policy Studies

The Academic Council unanimously decided to change the existing interdisciplinary course entitled : Governance in Kerala: Innovations and Experiments (Course Code 425) with a new course " Rural Governance in Kerala". The Academic Council also approved the



syllabus of this course. It will take effective from 2018-19 session onwards.

The Academic Council also resolved to start Internship in the 3<sup>rd</sup> Semester of MA (PA&PS) from the academic year 2017-19 batch.

(iv) Dept. of Animal Science

The syllabus has been approved by the Academic Council.

The proposal of changing of name of Animal Science to Zoology has been approved. The new name will be effective from 2019-20 only. The suggestion for change of title will be placed before Executive Council for approval. In this connection it is also suggested that the Dept. of Plant Science and Biochemistry and Molecular Biology may submit their proposal for title rationalization.

(v) Social Work

Approved the syllabus and Open elective course (semester wise)

(vi) International Relations and Politics

The Academic Council approved the revised syllabus. The earlier electives of 30 numbers has been curtailed to 16 numbers. One inter disciplinary course on Human Rights was introduced and approved by the Academic Council.

(vii) Malayalam.

Approved the syllabus. One new paper introduced namely 'Translational Studies in Malayalam'. However, it was also decided to rename the elective paper of Malayalam as Translation Theory and Practice and in Linguistics Department as 'Machine Translation'. This will be made effective from 2018-19 batch onwards.

(viii) Yoga.

A committee with Dr. Rajendra Pilankatta, Dr. Subramanya Pailoor, Dr. Mohan A.K and Dr. K.C. Baiju has been formed to relook the syllabus for its implementation subject to ratification by next Academic Council.

**3:03:06 Funds for study tour and field work evolving a policy -Reg.**

The Departments like Geology, Social Work and few science departments syllabus continuously involve field visit also.

The budget availability for study tour is Rs. 5,00,000/- for 06 departments and amount sanctioned in budget is as follows;



c) The Vice Chancellor further brought out that as on date a total of 43 CAS applications is in receipt, of which 5 are kept in abeyance as there are pending court cases in Hon'ble High Court of Kerala; 10 under processing; 11 screening finalized , 17 yet to be screened by IQAC.

d) Instances have been noticed wherein students were permitted to continue their courses without payment of requisite fee. The Vice Chancellor has clarified that it is the duty of the HoDs to collect the fees on time and credit to the University account. In future HoDs will be held responsible for non-payment of fees by students.

e) The Vice Chancellor expressed his anguish over non-payment of timely fellowship/scholarship due to delay attributable mainly from the Departments. University administration should see that the new regime introduced by UGC for fellowships/scholarships distribution is implemented in the University immediately.

f) To frame regulations on Diploma Programmes, a committee with Prof. (Dr.) K.C. Sunny, Dean, School of Legal Studies, Dr. Mohemmedunni Alias Musthafa, Director, IQAC and Dr. Subramanya Pailoor, Yoga Academic Coordinator have been constituted with Prof. K.C. Sunny as Convener. The Committee is requested to prepare and submit the report at the earliest.

It is also conveyed that to study on vacation, which at present is lacking clarity, a committee with Dr Muralidharan Nambiar, Prof K P Suresh, Dr M.R Biju, Prof Dennis Thomas and Dr Rajendra Pilankkatta has been constituted at the Deans Committee held on 11.12.2018.

g) **Xerox Machine:** In continuation of the discussions at Deans' Committee meeting held on 11-12-2018, the Vice Chancellor conveyed that separate machines for each Department can only be given after clearance of the revised cost estimates from the Cabinet, Government of India

After introductory remarks agenda items were taken up for consideration.

<b>AC3:04:01</b>	<b>Approval of the minutes of the last Academic Council-reg:-</b>
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The Minutes of the Academic Council Meeting held on 1<sup>st</sup> June 2018 was placed before the Academic Council for approval.

**Decision:**

The Minutes of the Academic Council held on 01.06.2018 was approved.

<b>AC3:04:02</b>	<b>Approval of the Action Taken Report- reg:-</b>
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The Academic Council considered the ATRs of the last Academic Council Meeting decisions held on 1<sup>st</sup> June 2018 and were approved.

<b>AC3:04:03</b>	<b>Title rationalization of the Dept. of Biochemistry and Molecular Biology-reg</b>
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In pursuance of the decision made in Academic Council vide item number 03:03:05(iv) dated 1<sup>st</sup> June 2018, the Head, Dept. of BCMB has been asked to submit proposals for title rationalization. The reasons attributed are difficulties faced by the passed out students to secure jobs/get admission for higher studies on account of the confusion of the present title M.Sc. Biochemistry and Molecular Biology. Earlier, former Chancellor Prof. V.L. Chopra suggested that the title of the course to be restricted to M.Sc. in Biochemistry. Prof. S.V Sheshagiri Rao, Hon'ble Chancellor of Central University of Kerala during his recent visit for Court meeting also stressed for the same.

Followed by this, the Head, Dept. of BCMB has submitted vide letter dated 17/08/2018, the recommendations from the BoS Members of the Department strongly supporting the name change to Biochemistry.

The Vice Chancellor accordingly approved the name change of the course to M.Sc. Biochemistry from the existing M.Sc. Biochemistry and Molecular Biology from 2018 admission onwards.

**Decision:**

The Academic Council ratified the name change of the course from M.Sc. Biochemistry and Molecular Biology to M.Sc. Biochemistry from 2018 admission onwards. Whereas the name of the department will be remained as Department of Biochemistry and Molecular Biology.

<b>AC3:04:04</b>	<b>Approval of the Syllabus-reg</b>
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The Academic Council has considered the BoS Meeting Minutes and revised Syllabus of the following Departments and decided to approve the same with decisions mainly as follows:

**(i) Malayalam**

History of Languages is included in Core Course in place of Comparative Literature. The Comparative Literature is placed in the electives. This syllabus is effective from 2018 academic year onwards

**(ii) Education**

Credit structure for Two year M.Ed. Programme:

Sl.No	Course Short Form	Course Name	Credits
1	PC	Perspective Course	24
2	TC	Tool Courses	12
3	TEC	Teacher Education	8
4	CCS	Specialization- Core Course	8
5	TS	Further Specialization- Thematic	12
6	IT	Internship	
		i).Teacher Education	4

		Institution	
		ii). Area of Specialization	4
7	RW	Dissertation	8
<b>Total Credits</b>			<b>80</b>

(iii) **Yoga Studies**

Core Courses	4 Credits
Electives	3 Credits
Total Core Credits	60 Credits
No. of Electives	12 Credits
Dissertation Workload	8 hours
Clinical Internship	10 hours

The Workload of 4<sup>th</sup> Semester has been reduced to 28 hours from 34 hours.

<b>AC3:04:05</b>	<b>Amendments to CBCS Regulations –ratification-reg</b>
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The Exam Branch has issued an Order dated 26<sup>th</sup> October 2018 concerning amendments on the existing clauses is as follows;

The existing Revised CBCS Regulations came into force with effect from 2015 admissions.

As per the decision of 3<sup>rd</sup> meeting of 3<sup>rd</sup> Academic Council held on 01<sup>st</sup> June 2018, vide item no.3:03:16 and 3:03:19, a four member committee with Prof (Dr) M.S John, Dean school of Global Studies as Chairman was constituted by the Hon'ble Vice Chancellor, CU Kerala to review the current grading practice followed in the University and also to reconsider the current CGPA Conversion Table.

Based on the recommendations of the said committee, the following modifications has been made to the existing Revised CBCS Regulations for Post Graduate Degree programmes of the University.

1. Clause **60** is substituted by:

*“Assessment of the performance of a student in a course shall be done by the teacher concerned and letter grades shall be awarded to indicate the performance of the student in both CA and ESA. For ESA the assessment of the student shall be done by both internal and the external examiner approved by the Vice Chancellor, based on the actual performance of the students in that course”.*

2. Clause **61** is substituted by:

*“The letter grades are O, A+,A,B+,B,C,P,F & Ab and the strength of each of them is represented by the grade point. The grades, grade points and range of marks are given as follows”*



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CENTRAL UNIVERSITY OF KERALA  
Department of Yoga Studies  
Tejaswini Hills, Periyar PO, Kasaragod - 671 316





MINUTES OF THE YOGA SYLLABUS REVIEW COMMITTEE MEETING

**Venue:** Dept. of Economics, Kaveri Block, CUK, Periyar, Kasaragod.

**Date:** December 05, 2018

**Time:** 3:00 P.M.

**Members Present:**

1. Prof. (Dr.) K. C. Baiju (Chairman)  5/12/18
2. Dr. Rajendra Pilankatta (Member)  5/12/18
3. Dr. Mohan A.K. (Member)  5/12/18
4. Dr. Subramanya Pailoor (Convener)  5/12/18

Meeting began with the welcoming of the members by the Chairman Prof. (Dr.) K.C. Baiju. Professor, Dept. of Economics. The committee discussed the Guidelines in detail for the initiation of MSc. in Yoga Therapy in the Dept. of Yoga, CUK and the following recommendations were made;

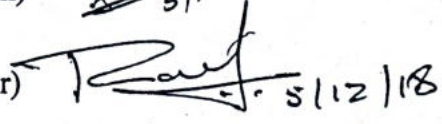
1. The committee recommended to limit the credits of core courses as four (4) and Three (3) for electives. The total credits for core courses will be sixty (60), whereas for elective it will be twelve (12), altogether arrived the total of seventy-two (72) for the entire programme as detailed in the semester wise breakup.
2. The workload of fourth semester has been reduced to 28 Hrs. from 34Hrs. by reallocating the course (MYG5491: Yoga Practical VI) to the third semester, making the total workload of the third semester as 28Hrs. instead of 22 Hrs. as in the pre-revised curriculum.
3. The committee opined to indicate the workload for the Dissertation as 8 Hrs. and 10 Hrs. for Clinical Internship/field work in the fourth semester.

The committee finalised the syllabus based on the incorporation of the above mentioned points (1 to 3), subject to the ratification of the forthcoming Academic Council and the competent authorities concerned.

1. Prof. (Dr.) K. C. Baiju (Chairman)

  
5/12/18

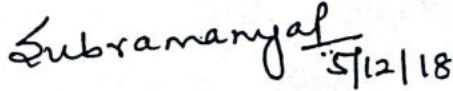
2. Dr. Rajendra Pilankatta (Member)

  
5/12/18

3. Dr. Mohan A.K. (Member)

  
5/12/18.

4. Dr. Subramanya Pailoor (Convener)

  
5/12/18





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MINUTES OF THE CONSULTATIVE COMMITTEE MEETING

**Venue: Conference Board Room, CUK, Periyar, Kasaragod.**

**Date: May 24, 2018**

**Time: 10:00 am**

**Members Present:**

1. Dr. Rajendra Pilankatta (Chairman)
  2. Dr. Subramanya Pailoor (Co-ordinator)
  3. Dr. K Krishna Sharma (External Member)
  4. Dr. Ramesh M. N. (External Member)
  5. Dr. Vijaya Kumar (External Member)
- 

Meeting began with the welcoming of the members by the Chairman Dr. Rajendra Pilankatta.

The Chairman of the committee presented the agenda. The committee discussed about the Guidelines for the initiation of MSc. in Yoga Therapy in the Dept. of Yoga, CUK and the following recommendations were made.

1. More focus need to be given to develop the Yoga module for elderly people by analysing the ailments of the elderly population. Dr. Vijaya Kumar pointed out the increase in the morbidity of the elderly people due to Musculo- Skeletal Disorder. Similarly, COPD (Chronic Obstructive Pulmonary Disorder) is an emerging issue which causes morbidity in elderly population.
2. Suggestion was made to rearrange the curriculum structure.
3. References need to be incorporated from the international authors.
4. An expert panel need to be developed to mentor the project and dissertation. The Chairman of the committee is entrusted for the same.
5. A topic on Rehabilitation need to be incorporated in the curriculum.

6. Suggestions were made to involve hospitals and other local institutes to conduct field training(Clinical) and projects.
7. The candidates who have qualified with Post Graduate Diploma in Yoga from CUK can be given a relaxation up to 10% in the marks for their respective qualifying degree.
8. It was suggested to give provision for the supernumerary seats (Minimum six) for those candidates who have qualified PGDY from CUK for the admission of MSc. Yoga Therapy. The selection will be made through department level entrance examination/Interview.
9. Research Methodology Course content need to be revised by incorporating methodologies of epidemiological studies.
10. The Chairman of the committee is entrusted to develop the evaluation scheme for practical & Dissertation in line with the CBCS guidelines.
11. The committee observed that it would be more advisable to include interview of the candidates prior to the admission for MSc Yoga therapy as the candidates are seeking admission from various disciplines.

The members those who were absent expressed their inconvenience to attend the meeting.

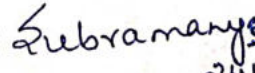
The recommendations of the committee will be communicated to them through e-mail.

Dr. Subrahmanya Pailoor, The Academic Co-ordinator Yoga has given the vote of thanks.

1. Dr. Rajendra Pilankatta (Chairman)



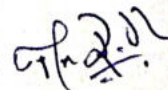
2. Dr. Subramanya Pailoor (Co-ordinator)



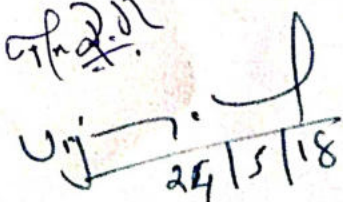
3. Dr. K Krishna Sharma (External Member)



4. Dr. Ramesh M. N. (External Member)



5. Dr. Vijaya Kumar (External Member)



24/05/18  
 अधिष्ठाता / Dean  
 चिकित्सा एवं सर्वजनिक स्वास्थ्य स्कूल  
 School of Medicine And Public Health  
 केरल केंद्रीय विश्वविद्यालय  
 Central University of Kerala  
 Kariyapattanam, Kozhikode, Kerala-671314

**Programme: M.Sc. (Yoga Therapy)**



## **Department of Yoga Studies**

**School of Medicine and Public Health**

**Central University of Kerala**

Tejaswini Hills, Periyar P.O.

Kasaragod 671320, Kerala

**Curriculum and Syllabus**

**of**

**M.Sc. Yoga Therapy.**

**Approved by**

**Board of Studies Meeting on 10 - July 2018**

# Programme: M.Sc. (Yoga Therapy)

## Program description

Yoga was evolved to alleviate human sufferings as an alternate system of healing. Yoga works on wisdom, practical experiences and continuous refinement. **The purpose of M.Sc. in Yoga Therapy course is to develop Yoga Therapy professionals and to create the awareness of Yoga and its scope and to practice Yoga based on scientific and Yogic principles and for improving health and quality of life.** It addresses the people who are interested in traditional Yoga along with understanding of human system. It also widens the scope for healing clients/patients. Central University of Kerala (CUK) welcomes the Yoga aspirants to join the journey of studying ancient healing system of Yoga from a scientific and research perspective in M.Sc Curriculum.

## Program Outcome

The students completing the Master's program of Yoga Therapy in Central University of Kerala will get the knowledge in the application of specific yogic techniques in therapeutic aspects by understanding the physical condition. Also the students get the knowledge in history and developments in Yoga. This course also provides detailed understanding of Yoga darshana of Patanjali and other ancient scripts. **Since the lifestyle is the key role in the prevention of the lifestyle diseases, and Yoga is one of the best way of bringing the healthy lifestyle, trained Yoga therapists are essential in the society to develop a healthy nation. This program becomes more relevant present pandemic scenario as the world realising the significance of preventive strategy of the diseased condition.**

## Objective of the Program

The program aims at:

- Promoting stress free positive health through Yoga.
- Integral approach to common ailments.
- To prepare academically well trained Yoga instructors.
- To create awareness of positive health and spiritual evolution.
- To enable graduates to take up Yoga as a profession.
- To develop a scientific research approach in the field of Yoga

## Program-Specific Outcome

- Students get the knowledge in principles and practice of yoga and yoga therapy.
- Students gets basic knowledge in Sanskrit
- Students get exposure on various yogic scripts and thorough knowledge on it.
- Students get knowledge in modern anatomy and physiology of human body.
- Students get experience in the application of Yoga therapy.
- Students get good knowledge in healthy diet and lifestyle management.
- Students get experience in the practice of various yogic techniques.
- This course will enable the students to understand the physical condition and application of yogic techniques according to the condition.
- Students get the experience in demonstration of basic and advanced yogic techniques.
- Students will be enabled to participate various competitions in the Yoga field.
- Students will able to develop evidence based scientific research approach in the field of yoga therapy.
- This program provides basic understanding of diet and nutrition and management of food habits.

# **Programme: M.Sc. (Yoga Therapy)**

## **Participatory Learning**

Department Conducts workshops, seminars, to motivate the M.Sc.students to excel in the field of Yoga Therapy. Students are also encouraged to participate in various academic activities.

## **Skill development**

Department gives a special attention to develop the skill in the application of Yoga Therapy through participatory learning of the yogic techniques and other field activities. Also training to approach in a scientific method that helps to motivate self-entrepreneurship as a yoga therapist in the society.

## **Eligibility**

Bachelor's degree in any faculty with at least 50% marks or equivalent grade in aggregate from a UGC recognized University.

## **DURATION**

Duration of M.Sc. Programme is two years (4 Semesters).

## **Attendance**

Candidate should have attendance not less than 75% of the total classes.

## Programme: M.Sc. (Yoga Therapy)

### COURSE STRUCTURE OF M.Sc. YOGA THERAPY PROGRAMME

Course Code	Course Title	Contact Hours / Week				Credits	Any Changes/ Remarks
		L	P	T	Total		
<b>Semester I</b>							
MYG5101	Foundations of Yoga	4		1	5	4	
MYG5102	Patanjala Yoga Sutra	4		1	5	4	
MYG5103	Human Biology –I	4		1	5	4	
MYG5191	Yoga Practice I		8	1	9	4	
MYG5192	Yoga Practice II		8	1	9	4	
Total						20	
<b>Semester II</b>							
MYG5201	Introduction to Hatha Yoga	4		1	5	4	
MYG5202	Principles, Philosophy and Practice of Yoga	4		1	5	4	
MYG5203	Human Biology-II	4		1	5	4	
Open Elective*	One course from approved list (other Department)	4		1	5	4*	
MYG5291	Yoga Practice III		8	1	9	4	
MYG5292	Yoga Practice IV		8	1	9	4	
Total						20	

Course Code	Course Title	Contact Hours / Week				Credits	Any Changes/ Remarks
		L	P	T	Total		
<b>Semester III</b>							
MYG5301	Principles of Yoga Therapy	4		1	5	4	
Elective 1	Two courses from the approved list	3		1	4	3	
Elective 2		3		1	4	3	
Open Elective *	One course from approved list (other Department)	4		1	5	4*	
MYG5391	Yoga Practice V		6	1	7	3	
MYG5392	Yoga Practice VI		6	1	7	3	
Total						16	
<b>Semester IV</b>							
MYG5401	Diseases and Diagnostics	4		1	5	4	
Elective 3	One course from the approved list	3		1	4	3	
Elective 4	One course from the approved list	3		1	4	3	
MYG5491	Dissertation		8	1	9	4	
MYG5492	Clinical Internship / Field Work		10			2	
Total						16	
Total for Core courses (all 4 semesters)						60	
Total for Elective courses (all 4 semesters)						12	
Total Credits for core and Elective courses (all semesters)						72	
*open elective						8*	

# Programme: M.Sc. (Yoga Therapy)

Note: a. L: Lecture, P: Practical, T: Tutorial

b. \* Open elective for other departments.

## MYG5101 Foundations of Yoga

Course Code	MYG5101	Semester	I
Course Title	<i>Foundations of Yoga</i>		
Credits	4	Type	Core

### Course Description

This is a course oriented to provide the basic knowledge in the tradition of Yoga and gives employability based skill and knowledge development in the area of yoga. The course introduces basic Sanskrit to understand the correct meaning of Ancient Yogic literature. This course is also discussing the history and development of the yoga tradition, and it provides the detailed information about various schools of Yoga, Concept of Kundalini Yoga and principles of kundalini meditation.

### Course Outcome

- Improves Sanskrit reading and writing skill
- Ability to read ancient Sanskrit text to explore primary literature in the yoga field.
- Students get a right perspective about yoga and its tradition.
- Students get a solid knowledge about the historical aspects of yoga tradition and practice.
- Increase the depth knowledge in the theoretical aspects that complements the practice of various yogic techniques.

### Course Structure

The following is a detailed syllabus MYG5101 Foundations of Yoga

### Module

This module is intended to teach basic Sanskrit, history and development and various streams of yoga. First two units are intended to provide basic knowledge about Sanskrit language and Yoga. Third to fifth units are discussing the history and development yoga and various streams of yoga.

#### Unit I. Basics of sanskrit-I.

(12 hours)

- Orthography of Devanagari Varnamala, classification of varnas, Purnakshara, Samyuktakshara, Karakas and Mrduvyanjanas, writing of Varnamala using Roman transliteration.
- Sanskrit words – classification of Sanskrit words, Subantas-Ajantha and Halanta words, Genders, Vachanas, cases of subanta words.
- Declaration -of the following words in cases – Rama, Hari, Guru, Lata, Mati, Dhenu, Phala, Vari, Gau, Asmad, Yushmad, Tad, Kim.
- Kriyapada in Sanskrit – Classification, Lakaras, Purushas, Vachanas. Declaration of the following root words in Lat, Lan, Lrt, Lot and Vidhi Lin – Bhu, Khad, Vad, Dhyai, Path, Ish, Kshi, Pracch, Tus, Dam, Kath, Chint, Ad, As, Jagr, Bha, Dha, Kr.

#### Unit II. Basics of sanskrit-II.

(12 hours)

- Avyayas in Sanskrit – Ca, Api, Va, Na, Vina, Saha, Tu, Kintu, Eva, Evam, Iti, Ittham, Athra, Iha, Tada, Gatva, Krtva, Labdhwa, Jitva.
- Upasargas – Pra, Para, Apa, Sam, Anu, Ava, Nis, Nir, Dus, Dur, Vi, Aa, Ni, Adhi, Api, Ati, Su, Abhi, Prati, Pari, Upa, Antar, Avir, Tiras.

## Programme: M.Sc. (Yoga Therapy)

- Sandhis – Savarnadhirgha, Vrddhi, Guna, Ayadhi, Stutva, SchutvaNipatas-Cha, Va, Api, Kim, Chiat, Ma Chana, Sma.
- Elementary knowledge of voices in Sanskrit – Active, Passive, Impersonal. Compound words – Tatpurusha, Karmadharaya, Dvigu, Dvandva, Bhahuvrihi, Avyayibhava, Karakas – its use in Sanskrit.

### Unit III . Origin and historical study of yoga

(13 hours)

- Yoga-Meaning, Definition according to different texts, Aim, Concepts, Mis-concepts.
- Origin and Historical development of Yoga and yogic texts up to Patanjali
- Historical development of Yoga in the period of Patanjali.
- Historical development of yoga during post Patanjali.

### Unit IV. Schools of yoga

(13 hours)

- Bhakti Yoga, Karma Yoga
- Jnana Yoga, Raja Yoga,
- Mantra Yoga, Laya Yoga
- Yogic Concepts in Upanishads

### Unit V. Kundalini yoga

(10 hours)

- Introduction, Historical development, Principles of Kundalini Yoga.
- Kundalini Yoga, System of Nadies. Important Nadis and Chakras and its function.
- Relationship between Chakra and Endocrine glands.
- Marmasthana, and its classification, awakening of the Kundalini, and Samadhi.

### Testing & Evaluation

#### Internal assessment - 40 marks.

Internal examination - 20 marks, Assignments - 10, Overall performance 10

#### End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

#### References:

1. Agarwal MM, Six systems of Indian Philosophy, Chowkhambha VidyaBhawan, Varanasi, (2010)
2. Appayya dikshitha, Laghusiddhanta Kaumudi, Chaukamba Oriental Series, Varanasi (1978)
3. Chandradhar Sharma, A Critical Survey of Indian Philosophy, Mottlal Banarasidass Publishers Limited, Javahar Nagar, Delhi,( 2003)
4. L. Anantarama Shastri, Shabda Manjari, R S Vadhyar & Sons, Palagha (1982)
5. Sir. John Woodroffe, The Serpent Power, Ganesh &co Publications, Choolaimedu, Chennai, (1950)
6. Swami Bhuteshananda, Nararad Bhakti Sutra, Advaita Ashrama Publication -Dept. ( II Edition), Kolkata( 2009).
7. Swami Sthyananda Saraswathi Nine Principal Upanishads, Yoga Publication Trust, Bihar School of Yoga, Munger Bihar (1989)
8. Swami Vivekananda, Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga, Advaita Ashrama Publications, Belur, Kolkatta (2000)



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## MYG5102 Patanjala Yogasutra

Course Code	MYG5102	Semester	I
Course Title	<i>Patanjala Yogasutra</i>		
Credits	4	Type	Core

### Course Description

The course intended to provides an overview & essence of the Patanjala Yoga Sutras and Sankhya Darshana. It is oriented to provide a knowledge based skill in the application of Yoga Therapy that enhances the employability of the learners of this course . The course teaches all the chapters in detail to understand the philosophy of sage Patanjali. The course provides the detailed knowledge about the consciousness and mind according to ancient Indian concept. This course also provides a basic knowledge in sankhya philosophy.

### Course Outcome

- Thorough knowledge in the principles of Yoga according to Sage Patanjali.
- Get the perspective about the concept of mind and consciousness according to Yoga.
- Students will able to do the metaphysical analysis of universe.
- Knowledge in integration of the traditional concept of yoga and modern concept of mental health.
- The course gives the skill in the application of Yoga therapy and Yoga Counselling .

### Course Structure:

The following is a detailed syllabus of MYG5102 Patanjala Yogasutra

### Module :

This module is focussed to teach yoga sutras and Sankhya darshana. First to fourth units are discussing the four chapters of patanjala yoga sutra in detail and fifth unit teaching the basics of Sankhya darshana.

#### Unit I. Introduction to yoga sutra

(14 hours)

- Definition of Yoga, Aim, Objects of Yoga , Nature of Yoga Science, Definition of Yoga, the nature of seer in pure and modified state, Vrttis – Nature, classification, definition, method to control of citta vrttis.
- Samprajnata Samadhi and its classification, Asamprajnata and its classification. Variation in the attainment of Asamprajnata Samadhi; Ishwarapranidhana – a means to attain Samadhi, Definition & Quality of Ishwara.
- Antarayas, Chittavikshepa, Chittaprasadana and its associates, control of Chittavikshepa, different methods of manasthiti and its benefits.
- Samapatti, Sukshma-vishayatwa, Sabijasamadhi, Speciality of Nirvichara, Rthambaraprajna, Nirbijasamadhi.

#### Unit II. Kriya yoga

(14 hours)

- Kriya Yoga and its benefits; classification, methods to control kleshas, karmasaya.
- Vipaka of kleshamula, Heyaswarupa, Heyahetu, Drsya and Drasta.
- Samyoga, Nature & cause of Samyoga, Hanopaya, Hanaswarupa.
- Vivekakhyaathi, Astanga yoga, Yama, Niyama, Asana, Pranayama and Prathyahara.

#### Unit III. Samyama and its applications

(12 hours)

- Dharana, Dhyana, Samadhi, Samyama, Antaranga and Bahiranga yoga, Application and benefits of Parinama, Dharma and Dharmi.

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- Parinamanyatva, Samyama on Parinamatraya, knowledge of bhuta ruta, Parachitta jnana, Antardhanagftrrrfr.
- Aparantajnana, Samyama on Maitri, Surya, Chandra, Nabhichakra, Kanthakupa, Kaurmanadi, Murdhajyothi, Pratibha, Hrdaya, Swartha, Udana, Samana, and their benefits.
- Attainments of Divyashrotra, Akashagamana, Bhutajaya, Animadi siddhi, Indriya jaya, Kaya jaya, Sarvajnatva, Kaivalya, Viveka jnana, knowledge of Satva and Purusha and its benefits – According to Patanjala Yoga sutra - Chapter – III.

### Unit IV. Kaivalya in patanjala yoga sutra

(10 hours)

- Kaivalya, , Siddhi, Nature of Jatyantaraparinama, Nirmanachitta.
- Karma, Vasana, Smrti and Samskara, Support of vasana, Guna and its existence, Vastu, Jnata and Ajnata of Vastu.
- Quality of everknown of Purusha, Non-self-illumination of Buddhi and its function.
- Chitta, Dharmamegha Samadhi, Infinite knowledge. Mutation of Guna, Krama, Pratiprasava and Kaivalya According to Patanjala Yogasutra – Chapter IV.

### Unit V. Introduction to Sankhya Darshana

(10 hours)

- Meaning, aim and objectives of Sankhya philosophy, Three fold afflictions and solution for the afflictions.
- Pramanas in sankhyaphilosophy, Satkarya vada.
- Theory of Trigunas, Features of Sathvaguna, Rajoguna and Thamoguna.
- Existence of Purasha and Prakrti, Evolution Theory according to Sankhya.

### Testing & Evaluation

#### Internal assessment - 40 marks.

Internal examination - 20 marks, Assignments - 10, Overall performance 10

#### End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

### References

1. Hariharananda Aranya, Yogasutras of Patanjali, University of Calcutta Press, Calcutta - 1984
2. Swami Niranjananda saraswathi, Sankhya Darshan, Yoga Publication Trust, Bihar School of Yoga, Munger, Bihar ( 2010).
3. Swami Satyananda , Four Chapters on Freedom (Commentary on the Yoga Sutras of Patanjali) , Bihar School of Yoga, Munger(1983).
4. Swami Virupakshananda , Samkhyakarika of Ishwarakrishna, Sriramakrishna Matt, Mylapur Chennai- (2006).
5. Swami Vivekananda, Rajayoga, Ramakrishna Ashrama Publications, Dehi Entally Road, Kolkata (1982).
6. Taimini.I.K, The Science of Yoga, Theosophical Publishing House, Adyar, Madras (1961)

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## MYG5103 Human Biology I

Course Code	MYG5103	Semester	I
Course Title	<i>Human Biology I</i>		
Credits	4	Type	Core

### Course Description

This course oriented to develop in the knowledge in human body system that enhances the employability as a Yoga Therapist of the student undergoing this course. The course provides a deep understanding about the anatomy and physiology of human body. The knowledge about the body system is essential for doing yoga therapy effectively. The course discusses each system in detail and how it is significant in the yoga therapy.

### Course Outcome

- Students get knowledge about the anatomical and physiological functions of the human body.
- Synchronising the modern concept of human body along with the practice of yogic techniques.
- Basic knowledge about yoga therapy.
- **Ability to understand health condition of person**
- **The course will improve the skill in the application of Yoga Therapy.**

### Course Structure

The following is a detailed syllabus MYG5103 Human Biology I

#### Module :

This module intended to teach Human musculoskeletal system, Cardiovascular system, Digestive system, Respiratory system and Blood and lymphatic system.

#### Unit I. Musculo-skeletal system (12 hours)

- Skeletal System: Skeleton, Functions of skeleton, Classification of bones, Types of Joints; Structure and function of Synovial joint.
- Muscular System: Types of Muscles in the body, Characteristics, structure and functions of the Skeletal Muscles.
- Smooth Muscles and Cardiac Muscles and its Function.
- Tendons and Cartilages.

#### Unit II. Cardiovascular system (12 hours)

- Functional anatomy of the Heart, arteries, veins and Capillaries.
- Organization of Systemic and Pulmonary Circulation, Cardiac Cycle.
- Cardiac Output and Venous Return.
- Blood Pressure, Regulation of Blood Pressure, Electrocardiogram.

#### Unit III. Digestive system (12 hours)

- Anatomy of Digestive system.
- Functions of Saliva, Gastric juice, Pancreatic juice, Bile, Intestinal secretion.
- Digestion and absorption of food.
- Peristalsis movement and Formation of stools.

#### Unit III. Respiratory system (12 hours)

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- Anatomy of Respiratory System
- Mechanics of Breathing
- Exchange of gases, Control of respiration.
- Pulmonary function tests and lung volumes

### Unit V. Blood and lymphatic system

(10 hours)

- Types of Blood cells, RBC, WBC, Platelets.
- Composition of Blood, Blood Grouping.
- Lymphatic system and Lymph Nodes.
- Immune system.

### Testing & Evaluation

#### Internal assessment - 40 marks.

Internal examination - 20 marks, Assignments - 10, Overall performance 10

#### End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

### References

1. Evelyn C Peace Anatomy and Physiology for Nurses, Jaypee Brothers, New Delhi, India 1997.
2. Gore M.M, Anatomy and Physiology of Yogic practices, Kanchan Prakshan, Lonavala-2003.
3. Ross and Wilson Anatomy and Physiology, 11<sup>th</sup> edition, Churchill Livingstone, London, 2019.
4. Dr. Shambu Lingam, Prema Sembu Lingam, Essentials of Medical Physiology, Jaypee Brothers, and Medical Publishers Pvt. Ltd., New Delhi -2012.

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## MYG5191 Yoga Practice I

Course Code	MYG5191	Semester	I
Course Title	<i>Yoga Practice I</i>		
Credits	4	Type	Core

### Course Description

This course is a participatory and experimental method for employability based skill development in Yoga Therapy. The course provides a deep understanding and practical experience about various yogic techniques such as yogasanas, pranayama, kriyas, meditation etc. The course teaches all the yogic techniques which are essential for application of the yoga therapy.

### Course Outcome

- After completing this course students get deep experience and expertise in the practice of various yogic techniques which are essential for Yoga therapy.
- Experience in basic asanas, pranayamas, kriyas and meditation techniques.
- Students can develop good observational skill during the practice of yoga.
- Students will get deeper understanding about each techniques and how it affects the body parts.
- Ability to describe and demonstrate the yogic techniques.
- Students get the skill in using the Yogic techniques systematically for Yoga therapy.

### Course Structure

The following is a detailed syllabus of MYG5191 Yoga Practice I.

#### Module :

Yoga practice I includes basic asanas and basic kriyas which are essential for therapeutic application of Yoga.

This module comprises of the following units:

#### Unit I

**(28 hours)**

- Yogic sukshma vyayamas (shithilikarana vyayams or loosening exercises)
- Sūryanamaskāra (12 Steps)
- Tāḍāsana
- Pādahastāsana
- Ardhakaṭi Cakrāsana
- Vṛkṣāsana

#### Unit II

**(22 hours)**

- Utthita Trikōṅāsana
- Utthita Pārśvakōṅāsana
- Vīrabhadrāsana
- Paścimōttānāsana
- Pūrvōttānāsana

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## Unit III

(22 hours)

- Vakrāsana
- Vajrāsana
- Suptavajrasana
- Upaviṣṭa Kōṇāsana
- Baddha Kōṇāsana

## Unit IV

(20 hours)

- Viparītakaraṇī
- Uttānapādāsana
- Svastikāsana
- Siddhāsana
- Padmāsana

## Unit V (Kriyas)

(28 hours)

- Sūtranēti
- Jalanēti
- Kapālabhāti
- Agnisāra
- Nētra Prakṣālana

## Testing & Evaluation (if any)

### Internal assessment- 40 marks

Performance of the Yogic techniques – 20 marks, Assignments– 10 marks, Viva-10 marks.

### End semester examination -60 marks

Performance of the Yogic techniques – 30 marks, Practical record writing – 10 marks, written examination-10 marks Viva 10 marks.

## References

### books

1. BKS Iyengar, Light on Yoga ;Yoga, Schocken Book House,New York; 1979
2. Swami Dharendra Brahmachari, Yogasana Vijnana, Dharendra Yoga Publications, New Delhi; 1953.
3. Swami Satynanda Saraswati, Suryanamaskar,Bihar School of Yoga, Munger; 1983.
4. Gregor Maehle, Ashtanga Yoga. Practice and Philosophy. New age books, A-44, Naraina Phase 1, New Delh; 2008.
5. K.Pattabhi Jois, Yoga Mala ,North Point Press, 18 West 18 Streets, New York; 2010.

## **Programme: M.Sc. (Yoga Therapy)**

6. T Krishnamacharya, Yoga Makaranda, The Nectar Of Yoga, Translated by Kasthubh Deshikachar, Krishnamacharya Healing & Yoga Foundation, RA Puram, Chennai; 2013
7. Swami Satyananda Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Yoga Publication Trust, Munger 2004.
8. Satyananada Sarasvati, Asana Pranayama Mudra Bandha. Yoga Publication Turst, Bihar School of Yoga, Munger, Bihar; 1989.
9. B.K.S.Iyengar, Light on Pranayama, Harper Collins, New Delhi; 1999.
10. H.R.Nagendra, Pranayama Published by SVYASA, Bangalore; 2011

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## MYG5192 Yoga Practice II

Course Code	MYG5192	Semester	I
Course Title	<i>Yoga Practice II</i>		
Credits	4	Type	Core

### Course Description

This course is a participatory and experimental method for employability based skill development in Yoga Therapy. The course provides a deep understanding and practical experience about various yogic techniques such as yogasanas, pranayama, kriyas, meditation etc. The course teaches all the yogic techniques which are essential for application of the yoga therapy.

### Course Outcome

- Students get deep experience and expertise in the practice of various yogic techniques which are essential for Yoga therapy.
- Students get the experience in basic asanas, pranayamas, and meditation techniques.
- Students can develop good observational skill during the practice of yoga.
- Students will get deeper understanding about each techniques and how it affects the human body parts.
- Ability to describe and demonstrate the yogic techniques.
- Students get the skill in using the Yogic techniques systematically for Yoga therapy.

### Course Structure

The following is a detailed syllabus of MYG5192 Yoga Practice II

#### Module :

Yoga practice II includes basic asanas and basic pranayamas which are essential for therapeutic application of Yoga.

This module comprises of the following units:

#### Unit I

**(24 hours)**

- Vaidika Sūryanamaskāra
- Ardhačakrāsana
- Kaṭiparivarttanāsana
- Utthitapādānguṣṭhāsana
- Uttānāsana

#### Unit II

**(22 hours)**

- Utthita Pārśvōttānāsana
- Prasārita Pādōttānāsana
- Jānuśīrṣāsana
- Ardhabaddhapadmapaścimōttānāsana
- Tiryanmukhaikapādapaścimōttānāsana



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## Unit III

(22 hours)

- Ardhamatsyēndrāsana
- Gōmukhāsana
- Uṣṭrāsana
- Jaṭharaparivarttanāsana
- Pavanamuktāsana

## Unit IV

(22 hours)

- Bhujāṅgāsana
- Śalabhāsana
- Dhanurāsana
- Bhēkāsana
- Soham Meditation

## Unit V (Pranayamas)

(28 hours)

- Ujjāyi
- Nāḍīśuddhi
- Bhastrika
- Śītali,
- Śītkāri
- Bhrāmari

## Testing & Evaluation

### Internal assessment- 40 marks

Performance of the Yogic techniques – 20 marks, Assignments – 10 marks Viva 10 marks.

### End semester examination -60 marks

Performance of the Yogic techniques – 30 marks, Practical record writing – 10 marks, written examination-10 marks Viva 10 marks.

## References

1. BKS Iyengar, Light on Yoga ;Yoga, Schocken Book House,New York; 1979
2. Swami Dharendra Brahmachari, Yogasana Vijnana, Dharendra Yoga Publications, New Delhi; 1953.
3. Swami Satynanda Saraswati, Suryanamaskar,Bihar School of Yoga, Munger; 1983.
4. Gregor Maehle, Ashtanga Yoga. Practice and Philosophy. New age books, A-44, Naraina Phase 1, New Delh; 2008.
5. K.Pattabhi Jois, Yoga Mala ,North Point Press, 18 West 18 Streets, New York; 2010.
6. T Krishnamacharya, Yoga Makaranda,The Nector Of Yoga, Translated by Kasthubh Deshikachar,

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Krishnamacharya Healing & Yoga Foundation, RA Puram, Chennai; 2013

7. Swami Satyananda Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Yoga Publication Trust, Munger 2004.
8. Satyananda Sarasvati, Asana Pranayama Mudra Bandha. Yoga Publication Trust, Bihar School of Yoga, Munger, Bihar; 1989.
9. B.K.S. Iyengar, Light on Pranayama, Harper Collins, New Delhi; 1999.
10. H.R. Nagendra, Pranayama Published by SVYASA, Bangalore; 2011

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## MYG 5201 Introduction to Hatha Yoga

Course Code	MYG5201	Semester	II
Course Title	<i>Introduction to Hatha Yoga</i>		
Credits	4	Type	Core

### Course Description

This course is oriented to provide a knowledge based skill in the application of Yoga that enhances the employability of the student as a Yoga Therapist. The course is teaching the principles and practices Hathayoga based on classical texts. The course is discussing the method of Hatha Yoga as well as the concepts of swarayoga.

### Course Outcome

- Students get knowledge in traditional hathayogic texts.
- Students get knowledge the traditional method of practicing yogasanas , Pranayamas, Kriyas, Bandhas etc. and skill in the application of it.
- Skill in demonstrating the traditional yogic techniques.
- Skill in the observation in the respiratory mechanism.
- Students get the detailed knowledge about the ancient aspect of yoga therapy.

### Course Structure

The following is a detailed syllabus MYG 5201 Introduction to Hatha Yoga

### Module

First four units are discussing Hathayoga pradeepika in detail and fifth unit discussing about principles and practice of Swarayoga

#### Unit I. Introduction to hatha yoga, asanas.

**(12 hours)**

- Relationship of HathaPradipika and Rajayoga, Greatness of Hathayoga, Hathayogi parampara, Importance of Hatha and its secrecy.
- Place for Hathayoga practice, Destructives and Constructives of yoga, Asana, Methods of Hathayoga Practice.
- Mitahara, Pathya and Apathya, Rules in food taking, Hathayoga achievements.

#### Unit II. Pranayamas and kriyas.

**(12 hours)**

- Relationship between mind and breath, significance of Pranayama, Benefits of Pranayama, Nadishuddi Pranayama, Duration and time for Pranayama practice, Food system for during the Nadishuddhi,
- Gradation of Pranayama, Sweat and Pranayama, Significance of Pranayama, precautions for pranayama.
- Method of Shatkriyas and its benefits, Gajakarani. Method of Ashtakumbhakas and its benefits, Importance of Pranayama practice, Sahitha Kumbhaka, Kevala Kumbhaka, symptoms of Nadishuddhi, Hathayogasiddhilakshanam.

#### Unit III. Kundalini, mudras and bandhas.

- Kundalini as base for all Yoga. Results of Kundalini Prabodha, Synonyms for Sushumna
- Method and benefits of Mahamudra, Mahabandha, Mahavedha, Uddiyana bandha, Mulabandha, Jalandhara bandha, Viparitarani mudra.
- Nadanusandhanam.

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## Unit IV. Methods of samadhi practice in hatha yoga.

(10 hours)

- Methods of Samadhi Practice, Synonyms for Samadhi, Relation between Hathayoga and Moksha, Merging of Prana and Manas, Laya Yoga state.
- Shambhvimudra and state of mind in shambhavi mudra. Unmani mudra, Khechari mudra and state of the mind.
- Practice of Nadanusandhana, Characteristics of Nada, Stages of Nadanusandhanam, Pratyahara. Different types of Nada, Condition of Yogi in Unmani state, Realisation.

## Unit V. Swara yoga

(14 hours)

- Meaning of Swara, Significance of Swara yoga, Swarajnana, Subtle nature of the Nadis and Swars.
- Eight fold Swarajnana, Names and nature of Nadis and Pranas, Swara during the Lunar cycle and Solar cycle.
- Pancamahabhutas and Swara, Panchamahabhutas and physical body. Tastes and Swaras, Swara and Varnas, length of the Swaras. Panchadharana.

### Testing & Evaluation

#### Internal Assessment - 40 marks.

Internal examination I - 15 marks, Internal examination II - 15 marks, Assignments 10

#### End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

### References:

1. Prof M Venkita Reddy, Hatha Rathnaval of Srinivasa Bhatta Maha Yogendra, MSR Memorial Yoga Series, Arthamuru, Andhra Pradesh; 2005
2. Sawami Diagambarji, Pt Raghunatha Shastri Kokaje, Hatha Pradeepika Of Swathmarama, SMYM Samithi Kaivalyadhama, Lonavla Maharashtra; 1970
3. Swami Maheshananda Shiva Samhitha; A Critical Edition, SMYM Samithi, Kaivalya Dhama Publications, Lonavla Maharashtra; 2010
4. Swami Maheshananda, (2010) Vasishtha Samhitha, SMYM Samithi, Kaivalya Dhama Publications, Lonavla Maharashtra, 2010.
5. Swami Mukhtibodhananda, Hatha Yoga Pradeepika, Bihar School of Yoga, Munger, Bihar, 1998.
6. Swami Mukhtibodhananda (2008), Swara Yoga, The Tantric Science of Brain Breathing, Yoga Publication Trust, Ganga Darshan, Munger, Bihar; 2008

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## MYG 5202 Principles, Philosophy and Practice of Yoga.

Course Code	MYG5202	Semester	II
Course Title	<i>Principles, Philosophy and Practice Of Yoga.</i>		
Credits	4	Type	Core

### Course Description

This course is oriented to provide a knowledge based skill in the application of Yoga that enhances the employability of the student as a Yoga Therapist. The course is teaching the essence of Ghatayoga principles and practices based on classical texts. The course is discussing the kriyas, asanas and mudras in details. It also teaches advanced lessons of Sankhya philosophy and Yoga in Bhagavathgitha.

### Course Outcome

- Students can read and understand the traditional Ghatayoga text, and Well knowledge in the ancient concept of Yoga.
- Students get the knowledge in the traditional method of practicing yogasanas , Pranayamas, Kriyas, Bandhas etc.
- Skill in the application of traditional Yogic techniques in the therapy.
- Students gets the knowledge on the Principles of Hatha Yoga.
- Students get the detailed knowledge about the ancient aspect of yoga therapy.
- Students gets detailed knowledge in sankhya darshana

### Course Structure

The following is a detailed syllabus MYG5202 Principles, Philosophy And Practice Of Yoga.

### Module

This module is focussed to teach the principles and practice of yoga based on various classical texts, First two units are discussing the concept of Ghatayoga practice. Third unit teaching advanced learning of sankhya darshana. Fourth and fifth units are included the learning of Yoga in bhagavath geetha.

#### Unit I. Ghatayoga and its applications. (13 hours)

- Ghatayoga – Introduction, Saptanga yoga, Benefits. Sankriyas Classification, Practising methods and benefits.
- Asana– Classification, Practising methods and benefits.
- Mudra – Introduction, 25 Mudras – Classification, Practising methods and benefits.

#### Unit II. Ghatayoga and its applications. (13 hours)

- Classifications of Pratyahara, Practising methods and benefits.
- Pranayama– Classification, Practising methods and benefits.
- Meditation– Classification, Practising methods and benefits. A comparative study of Hathayoga and Ghatayoga.

#### Unit III. Advanced sankhya philosophy. (12 hours)

- Classifications and functions of Karanas in Sankhya philosophy, Pratyaya Sarga, Bhavas and its classifications due to Thrigunas.
- Interdependence of Lingasarga, Pratyayasarga and Bhuthasarga.
- Importance of Prakrthi with example, Discriminative knowledge.

#### Unit IV. Selected chapters in Bhagavat geetha. (12 hours)

- Sankhya Yoga, Nature of eternal athman, Qualities of buddhi for attaining samadhi.

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- Nature of Karma to attain eternal Wisdom, Definitions of Yoga in Bhagavath Geetha.
- State of the mind in Samadhi, Qualities of self-realized person, Root cause of all the mental afflictions.

### Unit V. Selected chapters in Bhagavat geeta

(11 hours)

- Nature of Mithyacara, Nature of Yogarudha, Method of Meditation, Lifestyle for achieving success in Yoga.
- Method of Controlling the mind, qualities of Trigunas, Yama and Niyamas in Bhagavath Geetha, Satvika food, Rajasika food, Tamasika food.
- Tapas of Physical, Verbal and Mental, Meaning of "OM TAT SAT".

### Testing & Evaluation

#### Internal Assessment - 40 marks.

Internal examination I - 15 marks, internal examination II - 15 marks, Assignments 10

#### End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

### References

#### Books

1. Alladi Mahadeva Shastri, The Bhagavath Geetha;With the Comentry of Shankaracharya, Samatha Books, 10 Kamaraj Bhavan, Mount Road Madras, 1977
2. Swami Diagambarji, DrM.L Gharote , Gheranda Samhitha, S.M.Y.M Samithi Kaivalyadhama, Lonavla Maharashtra; 1997
3. Swami Maheshananda , Shiva Samhitha; A Critical Edition,SMYM Samithi, Kaivalya Dhama Publications, Lonavla Maharashtra; 2010
4. Swami Maheshananda, Vasishtha Samhitha, SMYM Samithi, Kaivalya Dhama Publications, Lonavla Maharashtra; 2010.
5. Swami Mukthibodhananda Swara Yoga, The Tantric Science of Brain Breathing, Yoga Publication Trust, Ganga Darshan, Munger, Bihar; 2008.
6. Swami Nirajanananda Saraswathi, Gheranda Samhitha, Bihar Yoga Bharathi, Munger, Bihar; 1997.
7. Swami Niranjana saraswathi, Sankhya Darshan, Yoga Publication Trust, Bihar School of Yoga, Munger, Bihar; 2010
8. Swami Virupakshananda , Samkhyakarika of Ishwarakrishna, Sriramakrishna Matt, Mylapur Chennai; 2006

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## MYG5203 Human Biology II

Course Code	MYG5203	Semester	II
Course Title	<i>Human Biology II</i>		
Credits	4	Type	Core

### Course Description

This course oriented to develop in the knowledge in human body system that enhances the employability as a Yoga Therapist of the student undergoing this course. The course provides a deep understanding about the anatomy and physiology of human body. The knowledge about the body system is essential for doing yoga therapy effectively. The course discusses each system in detail and how it is significant in the yoga therapy.

### Course Outcome

- After completing this course students get knowledge about the anatomical and physiological functions of the human body.
- Ability to Synchronising the modern concept of human body along with the practice of yogic techniques.
- Basic knowledge about yoga therapy.
- Ability to understand health condition of person
- The course will improve the skill in the application of Yoga Therapy.

### Course Structure

The following is a detailed syllabus MYG5203 Human Biology II

#### Module:

This module is focussed in human anatomy and physiology. First and second unit teaches anatomy and physiology of nervous system and special senses. Third unit teaches functions of endocrine system. Fourth unit teaches excretory system and fifth unit teaches reproductive system.

#### Unit I. Nervous system. (14 hours)

- Anatomy and Physiology of Nervous system.
- Classification of Central nervous system and Peripheral nervous system.
- Autonomous nervous system , Sympathetic and Parasympathetic mechanisms.

#### Unit II. Special senses. (10 hours)

- Introduction to Special senses, Structure and functions of Eye.
- Structure of function of Ear and Balance.
- Structure and function of Nose and Tongue.

#### Unit III. Endocrine system (14 hours)

- Anatomy of Glands , Hormones and Action.
- Functions of Pineal Gland, Thyroid Gland.
- Functions of Pancreas, Adrenaline.

#### Unit IV. Excretory system. (12 hours)

- Anatomy of Excretory system, Functions of Excretory system.
- Glomerulus, renal tubules, compositions of urine, micturition.
- Function of Skin, Temperature regulation.

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## Unit V. Reproductive system

(10 hours)

- Male Reproductive System and Female Reproductive System.
- Major Functions of Reproductive System.
- Menstrual Cycle and Basics of Pregnancy.

### Testing & Evaluation

#### Internal Assessment - 40 marks.

Internal examination I - 15 marks, internal examination II - 15 marks, Assignments 10

#### End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

### References

1. Evelyn C Peace, Anatomy and Physiology for Nurses, Jaypee Brothers, New Delhi, India 1997.
2. Gore M.M, Anatomy and Physiology of Yogic practices, Kanchan Prakshan, Lonavala-2003.
3. Ross and Wilson Anatomy and Physiology, 11<sup>th</sup> edition, Churchill Livingstone, London, 2019.
4. Dr. Shambu Lingam, Prema Sembu Lingam, Essentials of Medical Physiology, Jaypee Brothers, and Medical Publishers Pvt. Ltd., New Delhi -2012.



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### MYG5291 Yoga Practice III

Course Code	MYG5291	Semester	II
Course Title	<i>Yoga Practice III</i>		
Credits	4	Type	Core

#### Course Description

This course is a participatory and experimental method for employability based skill development in Yoga Therapy. Apart from getting deep understanding and practical experience about various yogic techniques such as yogasanas, pranayama, kriyas, meditation etc this course is enable the students to practice the advanced yogic techniques. The course teaches all the yogic techniques which are essential for application of the yoga therapy.

#### Course Outcome

- After completing this course students get deep experience and expertise in the practice of various advanced yogic techniques which are essential for Yoga therapy.
- Develops the skill in the application of advanced asanas, pranayamas, kriyas and meditation techniques.
- Students can develop good observational skill during the practice of yoga.
- Students will get deeper understanding about each techniques and how it affects the body parts.
- Ability to describe and demonstrate the yogic techniques.
- Students get the skill in using the Yogic techniques systematically for Yoga therapy.

#### Course Structure

The following is a detailed syllabus MYG5291 Yoga Practice III

#### Module :

Yoga practice III includes advanced asanas and kriyas which are essential for therapeutic application of Yoga.

This module comprises of the following units:

#### Unit I (26 hours)

- Yaugika Sūryanamaskāra
- Vīrabhadrāsana III
- Vātāyanāsana
- Parivrta Trikōṇāsana

#### Unit II (22 hours)

- Marīcāsana I
- Marīcāsana III
- Mārjālāsana
- Ubhayapādāṅguṣṭhāsana

#### Unit III (22 hours)

- Bhāradvājāsana
- Nāvāsana
- Parighāsana
- Suptapādāṅguṣṭhāsana

#### Unit IV (22 hours)

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- Sālamba Sarvāṅgāsana
- Halāsana
- Suptakōṅāsana
- Matsyāsana

## Unit V

(22 hours)

- Vātakrama kapālabhāti
- Nauli
- Jaladhauti
- Vastra Dhauti
- Trāṭaka

## Testing & Evaluation

### Internal assessment- 40 marks

Performance of the Yogic techniques – 20 marks, Assignments– 10 marks Viva 10 marks.

### End semester examination -60 marks

Performance of the Yogic techniques – 30 marks, Practical record writing – 10 marks, written examination-10 marks Viva 10 marks.

## References

1. BKS Iyengar, *Light on Yoga ;Yoga*, Schocken Book House,New York; 1979
2. Swami Dharendra Brahmachari, *Yogasana Vijnana*, Dharendra Yoga Publications, New Delhi; 1953.
3. Swami Satyananda Saraswati, Suryanamaskar,Bihar School of Yoga, Munger; 1983.
4. Gregor Maehle, *Ashtanga Yoga. Practice and Philosophy*. New age books, A-44, Naraina Phase 1, New Delh; 2008.
5. K.Pattabhi Jois, *Yoga Mala* ,North Point Press, 18 West 18 Streets, New York; 2010.
6. T Krishnamacharya, *Yoga Makaranda,The Nector Of Yoga*, Translated by Kasthubh Deshikachar, Krishnamacharya Healing &Yoga Foundation,RA Puram, Chennai; 2013
7. Swami Satyananda Saraswathi(2004), *A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya*, Bihar School of Yoga, Yoga Publication Trust, Munger2004.
8. Satyananada Sarasvati, *Asana Pranayama Mudra Bandha*. Yoga Publication Turst, Bihar School of Yoga, Munger,Bihar; 1989.
9. B.K.S.Iyengar, *Light on Pranayama*, Harper Collins, New Delhi;1999.
10. H.R.Nagendra, *Pranayama* Pubished by SVYASA, Bangalore;2011

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## MYG5292 Yoga Practice IV

Course Code	MYG5292	Semester	II
Course Title	Yoga Practice IV		
Credits	4	Type	Core

### Course Description

This course is a participatory and experimental method for employability based skill development in Yoga Therapy. Apart from getting deep understanding and practical experience about various yogic techniques such as yogasanas, pranayama, kriyas, meditation etc this course is enable the students to practice the advanced yogic techniques. The course teaches all the yogic techniques which are essential for application of the yoga therapy.

### Course Outcome

- After completing this course students get deep experience and expertise in the practice of various advanced yogic techniques which are essential for Yoga therapy.
- Develops the skill in the application of advanced asanas, pranayamas, and meditation techniques.
- Students can develop good observational skill during the practice of yoga.
- Students will get deeper understanding about each techniques and how it affects the body parts.
- Ability to describe and demonstrate the yogic techniques.
- Students get the skill in using the Yogic techniques systematically for Yoga therapy.

### Course Structure

The following is a detailed syllabus MYG5292 Yoga Practice IV

#### Module :

Module description: Yoga practice IV includes advanced asanas and advanced pranayama which are essential for therapeutic application of Yoga.

This module comprises of the following units:

#### Unit I (24 hours)

- Utkāṣana
- Garuḍāṣana
- Naṭarājāṣana
- Ardhabaddhapadamōttānāṣana

#### Unit II (24 hours)

- Marīcāṣana II
- Marīcāṣana IV
- Dvipādapīṭha
- CatuṣpādaPīṭha

#### Unit III (24 hours)

- Krauncāṣana
- Ākarṇadhanurāṣana
- Mayūrāṣana
- Simhāṣana

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### Unit IV

(24 hours)

- Kūrmāsana
- Pārśvasahita Dhanurāsana
- Paryankāsana
- Lōlāsana

### Unit V

(24 hours)

- Uḍḍīyānabandha
- Jālandharabandha
- Mūlabandha
- Nāḍīśuddhi Kurmbhaka

### Testing & Evaluation

#### Internal assessment- 40 marks

Performance of the Yogic techniques – 20 marks, Assignments – 10 marks Viva 10 marks.

#### End semester examination -60 marks

Performance of the Yogic techniques – 30 marks, Practical record writing – 10 marks, written examination-10 marks, Viva 10 marks.

### References

1. BKS Iyengar, Light on Yoga ;Yoga, Schocken Book House,New York; 1979
2. Swami Dharendra Brahmachari, Yogasana Vijnana, Dharendra Yoga Publications, New Delhi; 1953.
3. Swami Satynanda Saraswati, Suryanamaskar,Bihar School of Yoga, Munger; 1983.
4. Gregor Maehle, Ashtanga Yoga. Practice and Philosophy. New age books, A-44, Naraina Phase 1, New Delh; 2008.
5. K.Pattabhi Jois, Yoga Mala ,North Point Press, 18 West 18 Streets, New York; 2010.
6. T Krishnamacharya, Yoga Makaranda,The Nector Of Yoga, Translated by Kasthubh Deshikachar, Krishnamacharya Healing &Yoga Foundation,RA Puram, Chennai; 2013
7. Swami Satyananda Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Yoga Publication Trust, Munger2004.
8. Satyananada Sarasvati, Asana Pranayama Mudra Bandha. Yoga Publication Turst, Bihar School of Yoga, Munger,Bihar; 1989.
9. B.K.S.Iyengar, Light on Pranayama, Harper Collins, New Delhi;1999.
10. H.R.Nagendra, Pranayama Published by SVYASA, Bangalore;2011

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## MYG5301 Principles of Yoga Therapy

Course Code	MYG5301	Semester	III
Course Title	<i>Principles of Yoga Therapy</i>		
Credits	4	Type	Core

### Course Description

This course is oriented to develop in the knowledge in the principles and practice of Yoga Therapy that enhances the employability as a Yoga Therapist of the student undergoing this course. This course is intended to provide an overview of the principles of yoga therapy. This course is teaching the principles of Yoga therapy in detail. Also teaches the concept of therapeutics in Yoga scripts and in Ayurvedic scripts.

### Course Outcome

- Students get a thorough knowledge about the principles of yoga therapy.
- Develops the skill in understanding the physical condition according to Ayurveda aspects.
- Knowledge in the concepts of diseases and management of the diseases by Yoga therapy.
- Skill in various therapeutic techniques in Yoga for treatment and management of the diseases.
- Skill in prescribing a healthy diet plan according to Yoga.

### Course Structure

The following is a detailed syllabus MYG5301 Principles of Yoga Therapy

#### Module :

This module is focussed to teach the principles and practice of Yoga therapy. First unit teaches the basic principles of yoga therapy. Second unit teaches about the properties of dietetics. Third semester teaches the daily routine and seasonal routine. Fifth unit teaches about therapeutic concepts in classical texts.

This module comprises of the following units:

#### Unit I. Basic principles of yoga therapy (14 hours)

- Shadvimsati tatva theory
- Panchakosha theory
- Tridosha theory
- Application of the three theories.

#### Unit II. Food system and health management (12 hours)

- Dietetics with relationship of Rasa, Guna, Virya, Vipaka and uses of the following: Shali, Yava, Godhuma, Mudga, Masha, Chanaka, Patola, Surana, Kakkola, Karkati, Rambha, Mulaka, Vartaki, Kalashaka.
- Himalocika, Navanita, Ghrta, Kshira, Sita, Ikshwam, Gudam, Kusmanda, Kumari, Narikelam, Draksham, Lawali, Dhatri, Ela, Jati.
- Lavanga, Paurusha, Jambu, Haritaki, Karjura, Madhu, Shunti, Sigru, Bilva,
- Tulasi, Guduchi, Tila, Nimba, Maricha, Brahmi, Bhumyamalaki, Amalaki, Bhranga, Jeeraka, Dhanyaka, Lashuna, Shirisha, Kutaja, Haridra, Mantya, Patra, Ushira, Jivanthi, Punarnava.

#### Unit III. Principles of yoga therapy (14 hours)

- Principles of Yoga therapy related to Indian System of Medicine – Tridosha, Dhatu, Mala, Sadrasa.
- Dinacarya, Sadvritta, Abhyanga, Vyayama.
- Ritucarya, Ritusandhi
- A general survey of preventive, promotive and curative aspects of Yoga Therapy Viz. Asana, Pranayama, Mudra, Kriya etc.

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## Unit IV. Yogic methods in Yogavasistha

(10 hours)

- Citta, its qualities, Cittavikaras, Cittacikitsa.
- Manas, Rupa, Existance, Sadacara, Ahankara, Bandhabandha, Jivanmukta.
- Yoga and its explanation, Jnana, Indriya and Vairagya.
- Jnana, Suk Yogopadesa, Nirvana, Visranti.

## Unit V. Yoga therapy concepts in classical texts

(10 hours)

- Yoga therapy concepts in Patanjala yoga sutra
- Yoga therapy concepts in Hathayogapradipika
- Yoga therapy concepts in Gheranda Samhita

## Testing & Evaluation

### Internal Assessment - 40 marks.

Internal examination I - 15 marks, internal examination II - 15 marks, Assignments 10

### End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

## References

1. Sawami Diagambarji, Pt Raghunatha Shastri Kokaje, Hatha Pradeepika Of Swathmarama, SMYM Samithi Kaivalyadhama, Lonavla Maharashtra; 1970
2. Swami Diagambarji, DrM.L Gharote, Gheranda Samhitha, S.M.Y.M Samithi Kaivalyadhama, Lonavla Maharashtra; 1997
3. Swami Virupakshananda, Samkhyakarika of Ishwarakrishna, Sriramakrishna Matt, Mylapur Chennai; 2006
4. Dr. Nandini Dilip Dhargalkar, Sarira Kriya Vidhana (A Text Book OF Physiology Of Ayurveda) Volume I, Banaras Ayurveda Series 32, Chowkhamba Sanskrit Series Office, K37/99, Gopal Mandir lane Varanasi; 2008
5. Pndt Hari Sadashiva Shastri,(2007), Ashtangahridayam of Vagbhata, Choukamba Surabharathi Prakashan, Gopal Mandir Lane, Varanasi; 2007
6. Dr.B Athavale, Basic principles of Ayurveda, Sanathan Samstha, 206 Sion Main Road, Mumbai ; 1980
7. Krishnamacharya, Nathamuni's Yoga Rahasya, Krishnamacharya GrabthmalaSeries-II, Krishnamacharya Yoga Mandiram, 31, 4'th Cross Street, R K Nagara, Chennai; 1981
8. V.M Kulkarni (1986), Naturopathy; Art of Drugless Healing, Satguru Publications, Shakthi Nagar, North Delhi;1986

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## MYG5391 Yoga Practice – V

Course Code	MYG5391	Semester	III
Course Title	<i>Yoga Practice V</i>		
Credits	3	Type	Core

### Course Description

This course is a participatory and experimental method for employability based skill development in Yoga Therapy. Students get deep understanding and practical experience about various yogic techniques such as yogasanas, kumbhaka, mudras, meditation. This course is enabling the students to practice the advanced yogic techniques. The course teaches all the yogic techniques which are essential for application of the yoga therapy.

### Course Outcome

- Ability to practice advanced yogic techniques
- After completing this course students get deep experience and expertise in the practice of various advanced yogic techniques which are essential for Yoga therapy.
- Develops the skill in the application of advanced asanas, pranayamas, kriyas and meditation techniques.
- Students can develop good observational skill during the practice of yoga.
- Students will get deeper understanding about each techniques and how it affects the body parts.
- Ability to describe and demonstrate the yogic techniques.
- Students get the skill in using the Yogic techniques systematically for Yoga therapy.

### Course Structure

The following is a detailed syllabus MYG3291 Yoga Practice V

#### Module :

Module description: Yoga practice I includes basic Asanas and Kumbhaka and Mudras which are essential for therapeutic application of Yoga.

This module comprises of the following units:

#### Unit I (18 hours)

- Pādāṅguṣṭhāsana
- Parivṛta pārśvakōṇāsana
- Prasāriṭha pādōttānāsana II
- Viśvāmithrāsana
- Pādahrdayāsana

#### Unit II (16 hours)

- Pāśāsana
- Vakraśana II
- Paścimōttānāsana II
- Jānuśīrśāsana II
- Ēkapādaśīrśāsana

#### Unit III (18 hours)

- Dvipādaśīrśāsana
- Bhujapīḍāsana

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- Gōrakṣāsana
- Bakāsana
- Kōkilāsana

### Unit IV

(18 hours)

- Śaśānkāsana
- Ūrdhvamukhapaścimōttānāsana
- Parśāsahitasupta pādāṅguṣṭhāsana
- Nakrāsana
- Parvatasana

### Unit V

(20 hours)

- Ujjaāyi Kumbhaka
- Aśvinī mudra
- Māṅḍukī mudra
- Śāmbhavīmudra
- Yōganidrā

### Testing & Evaluation

#### Internal assessment- 40 marks

Performance of the Yogic techniques – 20 marks, Record writing – 10 marks Viva 10 marks.

#### End semester examination -60 marks

Performance of the Yogic techniques – 30 marks, Record writing – 10 marks, written examination-10 marks Viva 10 marks.

### References

#### books

1. BKS Iyengar, Light on Yoga ;Yoga, Schocken Book House,New York; 1979
2. Swami Dharendra Brahmachari, Yogasana Vijnana, Dharendra Yoga Publications, New Delhi; 1953.
3. Swami Satyananda Saraswati, Suryanamaskar,Bihar School of Yoga, Munger; 1983.
4. Gregor Maehle, Ashtanga Yoga. Practice and Philosophy. New age books, A-44, Naraina Phase 1, New Delh; 2008.
5. K.Pattabhi Jois, Yoga Mala ,North Point Press, 18 West 18 Streets, New York; 2010.
6. T Krishnamacharya, Yoga Makaranda,The Nector Of Yoga, Translated by Kasthubh Deshikachar, Krishnamacharya Healing &Yoga Foundation,RA Puram, Chennai; 2013
7. Swami Satyananda Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Yoga Publication Trust, Munger2004.
8. Satyananada Sarasvati, Asana Pranayama Mudra Bandha. Yoga Publication Turst, Bihar School of Yoga, Munger,Bihar; 1989.
9. B.K.S.Iyengar, Light on Pranayama, Harper Collins, New Delhi;1999.
10. H.R.Nagendra, Pranayama Published by SVYASA, Bangalore;2011



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## MYG5392 YOGA PRACTICE – VI

Course Code	MYG5392	Semester	III
Course Title	<i>Yoga Practice VI</i>		
Credits	3	Type	Core

### Course Description

This course is a participatory and experimental method for employability based skill development in Yoga Therapy. Students get deep understanding and practical experience about various yogic techniques such as yogasanas, kumbhaka, mudras, meditation. This course is enabling the students to practice the advanced yogic techniques. The course teaches all the yogic techniques which are essential for application of the yoga therapy.

### Course Outcome

- Ability to practice advanced yogic techniques
- After completing this course students get deep experience and expertise in the practice of various advanced yogic techniques which are essential for Yoga therapy.
- Develops the skill in the application of advanced asanas, pranayamas, kriyas and meditation techniques.
- Students can develop good observational skill during the practice of yoga.
- Students will get deeper understanding about each techniques and how it affects the body parts.
- Ability to describe and demonstrate the yogic techniques.
- Students get the skill in using the Yogic techniques systematically for Yoga therapy.

### Course Structure

The following is a detailed syllabus MYG3292 Yoga Practice VI

#### Module :

Module description: Yoga practice I includes advanced asanas, pranayama, mudras and meditation techniques which are essential for therapeutic application of Yoga.

This module comprises of the following units:

#### Unit I (18 hours)

- Pādāṅguṣṭhāsana
- Parivṛta pārsvakōṇāsana
- Prasāritha pādōttānāsana II
- Viśvāmithrāsana
- Pādahrdyāsana

#### Unit II (16 hours)

- Pāśāsana
- Vakraśana II
- Paścimōttānāsana II
- Jānuśīrśāsana II
- Ēkapādaśīrśāsana

#### Unit III (18 hours)

- Dvipādaśīrśāsana
- Bhujapīḍāsana

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- Gōrakṣāsana
- Bakāsana
- Kōkilāsana

### Unit IV

(18 hours)

- Śaśānkāsana
- Ūrdhvamukhapaścimōttānāsana
- Parśāsahitasupta pādāṅguṣṭhāsana
- Nakrāsana
- Parvatasana

### Unit V

(20 hours)

- Ujjaāyi Kumbhaka
- Aśvinī mudra
- Māṅḍukī mudra
- Śāmbhavīmudra
- Yōganidrā

### Testing & Evaluation

#### Internal assessment- 40 marks

Performance of the Yogic techniques – 20 marks, Record writing – 10 marks Viva 10 marks.

#### End semester examination -60 marks

Performance of the Yogic techniques – 30 marks, Record writing – 10 marks, written examination-10 marks Viva 10 marks.

### References

1. BKS Iyengar, Light on Yoga ;Yoga, Schocken Book House,New York; 1979
2. Swami Dharendra Brahmachari, Yogasana Vijnana, Dharendra Yoga Publications, New Delhi; 1953.
3. Swami Satyananda Saraswati, Suryanamaskar,Bihar School of Yoga, Munger; 1983.
4. Gregor Maehle, Ashtanga Yoga. Practice and Philosophy. New age books, A-44, Naraina Phase 1, New Delh; 2008.
5. K.Pattabhi Jois, Yoga Mala ,North Point Press, 18 West 18 Streets, New York; 2010.
6. T Krishnamacharya, Yoga Makaranda,The Nector Of Yoga, Translated by Kasthubh Deshikachar, Krishnamacharya Healing &Yoga Foundation,RA Puram, Chennai; 2013
7. Swami Satyananda Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Yoga Publication Trust, Munger2004.
8. Satyananada Sarasvati, Asana Pranayama Mudra Bandha. Yoga Publication Turst, Bihar School of Yoga, Munger,Bihar; 1989.
9. B.K.S.Iyengar, Light on Pranayama, Harper Collins, New Delhi;1999.
10. H.R.Nagendra, Pranayama Published by SVYASA, Bangalore;2011.

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## MYG5401 Diseases and Diagnostics

Course Code	MYG5401	Semester	IV
Course Title	<i>Diseases and diagnosis</i>		
Credits	4	Type	Core

### Course Description

This course is oriented to develop in the knowledge in the principles and practice of Yoga Therapy that enhances the employability as a Yoga Therapist of the student undergoing this course. In the dissertation students will be guided to conduct a small scale research work in the area of Yoga therapy.

### Course Outcome

By the end of the course, students are expected to be able to:

- Students get experience in the method of conducting research work.
- **Students get good experience in the application of yoga therapy.**
- **Develops the skill in understanding the physical condition and prescribing the Yoga therapy**
- Knowledge in the concepts of diseases and management of the diseases by Yoga therapy.
- **Experience in various therapeutic techniques in Yoga for treatment and management of the diseases.**
- **Improves the skill in case history taking method.**
- Students get experience in academic writing.

### Course Structure

The following is a detailed syllabus MYG5401 Diseases and Diagnosis

#### Module :

This module is focussed to teach the diseases and diagnosis, and prescription of yoga therapy. First and second unit teaches the general examination method of a patient. Third, fourth and fifth units teach modern approach of the diseases and treatment strategy.

This module comprises of the following units:

#### **Unit I. Examination of a Patient and Review of Systems (12 hours)**

- Complaints, history of present illness, Study of Symptoms, Communication with the Patient, Age and Address, Marital status, Social and occupational history, History of previous illness, menstrual history, Body weight, sleep.
- Family history, Physical examination, Investigations, Diagnosis, Treatment history, Follow-up; Presenting a case and Interpretation of clinical data.

#### **Unit II. Examination of a Patient and Review of Systems II (12 hours)**

- General approach, mental and emotional state, Physical attitude, Physique, Face, Skin, Hands, Feet, Neck, Temperature, Pulse, Respiration, Special questions were relevant.
- Review of - Gastrointestinal system, Cardiovascular system, Respiratory system, Genital system, Urinary system and Nervous system.

#### **Unit III. Modern Approach – Aetiology, Symptoms, Complications, Treatment with Features and Management. (10 hours)**

- Hypertension, Cardiac Disorders.
- Diabetes Mellitus, Obesity. Skin diseases.

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- Br.Asthma, Constipation.
- Arthritis, Peptic Ulcer.

### **Unit IV. Modern Approach – Aetiology, Symptoms, Complications, Treatment with Features and Management. (14 hours)**

- Backache, Spondylitis and Spondylosis
- Stress, Depression and Anxiety

### **UNIT V. Modern Approach – Etiology, Symptoms, Complications, Treatment with Features and Management. II (12 hours)**

- Insomnia, Thyroid problems
- Menstrual disorders, Sexual disorders.

### **Testing & Evaluation**

#### **Internal Assessment - 40 marks.**

Internal examination I - 15 marks, internal examination II - 15 marks, Assignments 10

#### **End semester examination - 60 marks**

Objective type questions -10 marks, short notes – 30 marks, essay - 20

### **References**

1. Keith L Moore et al, Clinical Oriented Anatomy , sixth edition, Wolters Kluwer (india) Pvt Ltd, 501 A,Devika Tower,Nehru Place, New Delhi; 2010
2. Lynn S. Bickley BATES' Guide to Physical Examination and History Taking, Eight Edition, Lippincott Williams & Wilkins,530 Walnut Street, Philadelphia; 2003.
3. Davidson Principles & practice of Medicine, Churchill Livingstone, Harcourt Brace and Company; 1999.
4. Dr R Nagarathna, Dr H R Nagendra, Dr Shamantakamani Narendran Yoga for Common Ailments and IAYT for Different Diseases. SVYASA Publications Bengaluru; 2002
5. Swami Kuvalayananda, Dr. S.L. Vinekear, Yogic Therapy – Published by Kaivalyadhama, Lonavala, Pune; 1963
6. Dr. Swami Karmananda Saraswati, Yogic Management of Common Diseases, Yoga Publication Trust, Bihar School of Yoga, Munger, Bihar; 1992
7. Sri Krishna, Notes on Structure and Functions of Human Body and Effects of Yogic practices on it Kaivalydhama S.M.Y.M Samiti, Lonavala; 1988
8. Dr M.M Gore , Anatomy and Physiology of Yogic Practices, New Age Books, A-44 Naraina Industrial Area, Phase I, New Delhi; 2010
9. Mukunda Stiles, Structural Yoga Therapy, Adapting to the Individual, Goodwill Publications Ltd, B-3 Rattan Jyothi, 18 Rajendra Place, New Delhi; 2007

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### MYG5491 Dissertation / Project Work

Course Code	MYG5492	Semester	IV
Course Title	<i>Dissertation/ Project work</i>		
Credits	4	Type	Core

#### Course Description

This course is participatory experimental method that oriented to develop in the field experience in the principles and practice of Yoga Therapy that enhances the employability and confidence for entrepreneurship to start a Yoga Therapy Centre. In the dissertation students will be guided to conduct a small scale research work in the area of Yoga therapy.

#### Course Outcome

By the end of the course, students are expected to be able to:

- Students get experience in the method of conducting research work.
- Students get good experience in the application of yoga therapy.
- Ability to understand the physical condition and prescribing the Yoga therapy
- Knowledge in the concepts of diseases and management of the diseases by Yoga therapy.
- Experience in various therapeutic techniques in Yoga for treatment and management of the diseases.
- Helps to establish the skill as a Yoga Therapist in the society.
- Students get experience in academic writing.

#### Assessment

Dissertation report presentation

Dissertation report submission

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### MYG5492 Clinical Internship / Field Work

Course Code	MYG5492	Semester	IV
Course Title	<i>Clinical internal ship/ Field work</i>		
Credits	2	Type	Core

#### Course Description

This course is participatory experimental method that oriented to develop in the field experience in the principles and practice of Yoga Therapy that enhances the employability and confidence for entrepreneurship to start a Yoga Therapy Centre. In the field work students will be guided to conduct a yoga camp for public people.

#### Course Outcome

By the end of the course, students are expected to be able to:

- Students get experience in the method of conducting research work.
- Students get good experience in the application of yoga therapy.
- Ability to understand the physical condition and prescribing the Yoga therapy
- Knowledge in the concepts of diseases and management of the diseases by Yoga therapy.
- Experience in various therapeutic techniques in Yoga for treatment and management of the diseases.
- Helps to establish the skill as a Yoga Therapist in the society.

#### Assessment

Field work report presentation

Field work report submission

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## MYG 5001: Research methodology and Statistics

Course Code	MYG5001	Semester	
Course Title	<i>Research methodology and Statistics</i>		
Credits	3	Type	Elective

### Course Description

This course is oriented to provide a knowledge based skill in the area of research that enhances the employability as a Researcher in the field of Yoga Therapy. The course introduces research methodology and scientific research process in the field of yoga therapy.

### Course outcome

- Students get thorough knowledge in the research methodology
- Students get the knowledge in the evidence based research method in the interventional studies.
- Students get exposure in previously conducted research studies in the field of yoga therapy.
- Skill in the application of various statistical procedures and hypothesis testing.
- Develops the skill in communicating scientifically and systematically.
- Skill in reading and analysing the research activities.

### Course Structure

The following is a detailed syllabus MYG5001 Research Methodology and Statistics.

### Module .

First and second units are teaches the basic of research methodology concepts in detail. Third and fourth units are teaches the method of statistical analysis and different statistical tools for hypothesis testing. Fifth unit teaches research activities done in the field of yoga therapy and recent developments.

### Unit I. Research methodology concepts– I (10 hours)

- Introduction to research methodology – definition of research, types of research, need for yoga research. The research process, Literature review, Purpose, Process, digital source: PubMed, etc., presentation of literature review.
- Ethics of research Laboratory ethics, Publication ethics, Ethical bodies IEC & IRB, 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 II. Research methodology concepts –II (10 hours)

- Sampling methods - Population and Sample; Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling 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 III. Statistical concepts – I (9 hours)

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- 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 IV. Statistical concepts - II

(8 hours)

- 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.

### Unit V. Scientific studies in yoga

(8 hours)

- Scientific studies in Yoga – procedure.
- Procedure for publication in Yoga.
- Analysis of 10 Research works in Yoga. (Decided by the BOS)
- Presentation and Discussion.

### Testing & Evaluation

#### Internal Assessment - 40 marks.

Internal examination - 20 marks, Assignments - 10, Overall performance 10

#### End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

#### References:

1. C R Kothari. Research Methodology: Methods and Techniques. New Age International (P) Ltd. New delhi; 2009.
2. R. L. Bijlani, Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New Delhi; 2008.



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### MYG5002 Therapeutic Yoga

Course Code	MYG5002	Semester	
Course Title	<i>Therapeutic Yoga</i>		
Credits	3	Type	Elective

#### Course Description

This course is oriented to develop in the knowledge in the principles and practice of Yoga Therapy that enhances the employability as a Yoga Therapist of the student undergoing this course. The course teaches concept of body and health from the perspective of yoga. It describes the yogic concept of diseases and remedy as per yoga. This course also teaches the modern aspects of psychology and human mind.

#### Course Outcome

- Students get the knowledge on the preventive and curative aspects of Yoga Therapy.
- Yogic concept of health and diseases.
- Skill in utilization of yoga for physical and mental wellbeing.
- Students gets the knowledge and skill in understanding of aetiology and symptoms of diseases according to Indian and Yogic approach.

#### Course Structure

The following is a detailed syllabus of MYG5002 Therapeutic Yoga

#### Module

First unit teaches concept of health and diseases in yogic perspective. Second unit discusses the preventive aspects of yoga. Third unit of this course teaches how yoga is related to improving the mental health and basic modern psychology. Fourth unit teaches therapeutic value of yoga and integration of the treatment. Fifth unit analyses the research work done in the field of yoga therapy.

#### Unit I. Yogic concepts of health, stress and disease

**(10 hours)**

- Concept of health and disease in Modern Systems of Medicine.
- Concept of health and disease in Ayurveda, Naturopathy and Siddha Systems of Medicine.
- Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi according to Yoga Vasishtha.
- Concept of Stress, psycho-physiological consequences of stress, Cause of stress according to Yoga Sutra, Tapatrayas, Kleshas. Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-Prashvasa, Mental Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti- darsana, Alabdha-bhumikatva and Anavasthitatva.
- Techniques for controlling stress as per Yoga Sutra.

#### Unit II. Preventive healthcare according to yoga.

**(9 hours)**

- Concepts of Trigunas', Pancha-Mahabhutas, Pancha Koshas, Pancha Pranas, Nadis, Chakras, and their role in Health and Healing.
- Role of Shuddhi Prakriyas in preventive and curative Health.

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- 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).
- Dietary regulation according to Hatha Yoga and Bhagavad Gita.

### Unit III Yoga for mental health.

(10 hours)

- Definition of Mental Health and Mental Hygiene.
- Yogic approach to personality, Personality types based on Triguna, Psychometric assessment of Triguna Personality using Mathew's IAS Rating Scale.
- Psycho-Social implications of yoga; Adaptation and adjustment [Personal and interpersonal] through yogic rules and regulations Niyamas & Yamas.
- Mental disorders- Neurosis and Psychosis.
- Yoga for treatment of depression.

### Unit-IV: Therapeutic value of yoga in treatment of diseases

(8 hours)

- Psycho physiological effects of yoga evidences through modern research literature on therapeutic benefits of yoga in health and diseases on different body systems.
- Cardiovascular diseases, Respiratory diseases, Neurological disorders.
- Endocrine disorders, Metabolic disorders, Renal disorders.
- ENT disorders, Ophthalmology.
- Reproductive system.

### Unit V. Research studies on effect of individual yoga practices on health

(8 hours)

- 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.

### Testing & Evaluation

#### Internal Assessment - 40 marks.

Internal examination - 20 marks, Assignments - 10, Overall performance 10

#### End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

### References

1. Dr. Nandini Dilip Dhargalkar, (2008), Sarira Kriya Vidhana (A Text Book OF Physiology Of Ayurveda) Volume I, Banaras Ayurveda Series 32, Chowkhamba Sanskrit Series Office, K37/99, Gopal Mandir lane Varanasi; 2008.
2. Aggie Carson, Arenus, An Introduction to Psychology; Understanding Human Behaviour, REX

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Book Store, Manila, Philippines; 2004

3. Dr.B Athavale ,Basic principles of Ayurveda, Sanathan Samstha, 206 Sion Main Road, Mumbai; 1980
4. Mukunda Stiles, Structural Yoga Therapy, Adapting to the Individual, Goodwill Publications Ltd, B-3 Rattan Jyothi, 18 Rajendra Place, New Delhi 2007.

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## MYG5003 Yogic diet and Nutrition

Course Code	MYG5003	Semester	
Course Title	<i>Yogic diet and Nutrition</i>		
Credits	3	Type	Elective

### Course Description

This course is oriented to develop in the knowledge in the principles and practice of Yogic Diet and Modern Dietetics that enhances the employability as a Yoga Therapist with expertise in diet prescription. The course provides knowledge in yogic concept of diet as well as modern concept of diet. The course teaches basic biochemistry of nutrition. Also teaches the calculation of the diet chart based on the condition of a person.

### Course Outcome

- Students get the knowledge in Modern concept and Yogic concept of diet.
- Fundamental biochemistry and digestive process.
- Knowledge in the principles and practice of diet therapy.
- Knowledge about various types of nutrition and source of the nutrition.
- Necessity of the nutrition to maintain the health.
- Skill in Diet therapy and calculation of the diet based on the requirement in modern concept.

### Course Structure

The following is a detailed syllabus of MYG5002 Therapeutic Yoga

#### Module I:

First unit teaches the concept of diet in yogic scripts. Second unit discusses the concept of diet and diet therapy according to Ayurveda. Third unit teaches the fundamentals of diet therapy in naturopathy. Fourth and fifth unit teaches the modern concept of diet and nutrition and preparation of diet chart.

#### Unit I. Concept of yogic diet. (8 hours)

- Meaning and definition of Mithahara
- Indicated and contra indicated food
- Yogic diet for practice of Pranayama
- Sattvik, Rajasic and Tamasic foods as per Bhagavad Gita

#### Unit II. Diet therapy for treatment of diseases according to Ayurveda (8 hours)

- Diet according to Shadhrasas and Doshas
- Diet therapy for digestive disorders
- Diet therapy for Diabetes
- Diet therapy for Circulatory disorders

#### Unit III. Diet therapy as per Naturopathy (8 hours)

- Meaning of diet
- Eliminative Diet, Soothing Diet. Constructive Diet

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- Principles of Diet therapy for treatment of various life style diseases
- Principles of Fasting therapy.

### Unit IV. Fundamentals of nutrition – modern concept

(11 hours)

- Macro and Micro nutrients, Requirement of water in the body
- Carbohydrates, Monosaccharides, Disaccharides, Polysaccharides
- Proteins, Importance of proteins in diet, Essential and non-essential amino acids.
- Lipids, essential fatty acids, Lipid profile.
- Vitamins Fat soluble and Water soluble vitamins, Physiological role, deficiency signs, sources, and requirement.
- Minerals, Calcium, Iron and other trace elements in nutrition. Balanced diet, Energy requirement.

### Unit V. Nutritional requirement (calories) for different age group

(10 hours)

- Calories and calculation of Basal Metabolic Rate (MBR)
- Preschool Years- Age 1 to 5 and School-Age Children- Age 6 to 12
- Teen Agers- Age 13 to 19 and Adulthood
- Pregnancy and Breastfeeding and Older Adulthood

### Testing & Evaluation

#### Internal Assessment - 40 marks.

Internal examination - 20 marks, Assignments - 10, Overall performance 10

#### End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

### References

1. Swami Mukhtibodhananda , Hatha Yoga Pradeepika, Bihar School of Yoga,Munger,Bihar; 1998
2. Swami Diagambarji, DrM.L Gharote, Gheranda Samhitha, S.M.Y.M Samithi Kaivalyadhama, Lonavla Maharashtra; 1997.
3. Dr.B Athavale, Basic principles of Ayurveda, Sanathan Samstha, 206 Sion Main Road, Mumbai 1980
4. Alladi Mahadeva Shastri, The Bhagavath Geetha;With the Comentry of Shankaracharya, Samatha Books, 10 Kamaraj Bhavan, Mount Road Madras; 1997
5. V.M Kulkarni , Naturopathy; Art of Drugless Healing, Satguru Publications, Shakthi Nagar, North Delhi,1986.
6. Dr.U.Satyanarayana, Essentials of Biochemistry, Books and Allied Pvt. Ltd., 8/1 Chintamani Das Lane, Kolkatta; 2002
7. Jain D.K. Human Physiology & Biochemistry, Arya Publications, Naivala, Karolbagh, New Delhi; 2006

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8. Mukunda Stiles, Structural Yoga Therapy, Adapting to the Individual, Goodwill Publications Ltd, B-3 Rattan Jyothi, 18 Rajendra Place, New Delhi; 2007
9. Dr M.M Gore, Anatomy and Physiology of Yogic Practices, New Age Books, A-44 Naraina Industrial Area, Phase I, New Delhi; 2010
10. Swami Satyananda Saraswathi, A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Yoga Publication Trust, Munger; 2004.

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## MYG 5007: Yoga and Sports

Course Code	MYG5007	Semester	
Course Title	<i>Yoga and Sports</i>		
Credits	2	Type	Open Elective

### Course Description

This course intended to develop the skill in integration of Yoga and sports that enhances the employability as a fitness expert for the students undergoing this course. The course teaches similarities and difference between yoga and sports activities. It also teaches the techniques how yoga should utilise to improve the sports performance. The course provide thorough knowledge in integrated exercise therapy using Yoga postures and different types of exercises.

### Course outcome

- Knowledge about various types of physical exercise.
- Understanding of difference between physical exercise and yoga.
- Skill in integration of Yogic techniques and Sports activities.
- Understanding of Kinesiology of the Asanas.

### Course Structure

The following is a detailed syllabus MYG5007 Yoga and Sports.

#### Module.

First unit teaches basic introduction for Yoga and Sports activities. Second unit teaches technical aspects and classifications of the physical exercise. Third unit teaches physical fitness as per yogic concept and modern concept of physical fitness.

#### Unit I. Introduction

**(10 hours)**

- Definition and meaning of Yoga, Physical Education and Sports.
- Difference and Similarities of Yogic exercises and Physical exercise.
- Need and importance of Yoga for Sports promotion.
- Introduction to minor games and major games in Physical education.

#### Unit II. Types of yogic exercises and Physical exercise

**(10 hours)**

- Meaning of exercise, Isotonic and Isometric Exercises.
- Aerobic exercises, Aerobic dance.
- Types of Stretching – Static, Dynamic, Active, Passive, Ballistic and PNF stretching.
- Yogic warm up exercises, General Warm up and cooling down exercises.

#### Unit III. Concept of yogic fitness and Physical fitness

**(10 hours)**

- Meaning and definition of fitness -Components of Health related Fitness -Cardio respiratory endurance, Muscular strength, Muscular endurance and body composition and their assessment.

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- Isometric and Isotonic nature of asanas for muscular and core strength, Cultural asanas for improving flexibility and for correcting postural deformity.
- Asanas works on vestibular receptors for balance and coordination, Asanas and Pranayamas with Yogic diet for maintaining normal body composition.
- Yoga Nidra for Psychophysical relaxation, Yogasasna Competitions.

### Testing & Evaluation

#### Internal Assessment - 40 marks.

Internal examination - 20 marks, Assignments - 10, Overall performance 10

#### End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

#### References:

1. Dick, Frank W. (1980) *Sports Training Principles*. London Lepus Books Stephen; 1980.
2. Ananda: *The Complete Book of Yoga Harmony of Body and Mind* Orient Paper Backs: Vision Book Pvt. Ltd., 1982
3. Havley E. T. and Franks B . D. *Health Fitness instructions handbook* . Third edition. Human kinetics Champaign Illinois; 1997
4. Bucher, C. A. *Foundation of physical education*. St. Louis: The C.V. Mosby Co.
5. Deshpande, S. H. *Physical Education in Ancient India*. Amravati: Degree college of Physical education; 2014
6. Swami Satyananada Sarasvati., *Asana Pranayama Mudra Bandha*. Yoga publication Trust, Bihar School of Yoga, Munger;1989.
7. BKS Iyengar, *Light on Yoga ;Yoga Dipika*, Schocken Book House,New York; 1979



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