



MANGALOREUNIVERSITY

M.Sc. YOGIC SCIENCE
SYLLABUS FOR CBCS SCHEME

2016

Department of Human Consciousness and Yogic Sciences
MangaloreUniversity
Mangalagangothri – 574 199

Course Pattern:

Sem	Hard Core			Soft Core			Open Elective			Dissertation /Projectwrk	Total
	No. of Course	Crts	Total Crds	No of Course	Crts	Total Crds	No. of Course	Crts	Total Crds		Total Crds
I	6	4	24	-	-	-	-	-	-	-	24
II	4	4	16	2	3	6	1	3	3	-	25
III	2	4	8	4	3	12	1	3	3	-	23
IV	-	-	-	5	3	15	-	-	-	5	20
Total			48			33			6	5	92



Introduction:

Yoga is a unique contribution to the world from our ancient culture. It is a Universal and evolutionary science which deals with philosophical as well as practical aspects of life. Yogic Science teach to lead a tensionless life with respect to body, mind and soul trinity, taking into cognisance the environment around. In modern days the techniques of Yogic Science are extremely useful for intellectual and blissful life.

The world community is looking towards India for an Application of yoga and yogic practices to holistic health of mankind. Several hundred traditionally trained teachers serve the population around the world. Unfortunately, among them many fake yogis through improper methods have brought disrepute to this ancient science. At this juncture it is necessary to evolve good yoga teachers, providing yoga therapy and conducting research to develop Yogic science. It is against this background the UGC has financed the setting up of the Department of Human Consciousness and Yogic Sciences and to offer unique two years master degree programme in Yogic Sciences. A full-fledged teaching and research centre will provide an opportunity to scholars to work in this area of nation's rich heritage. Mangalore University and the Department of Human Consciousness and Yogic Sciences is unique being first in the country to offer two years master degree (M.Sc.) programme in Yogic Sciences under the Faculty of Science and Technology.

Yoga was one of the most important subjects of study in our ancient schools of learning. But at present yoga is yet to develop fully as a subject of study in the modern university system. Yogic science occupies a special significance in the present day life which is associated with full of stress and strain causing a number of psychosomatic diseases. Realising the importance of yoga in the present day life, Mangalore University established "DharmanidhiYogapeetha" in 1983 by the donations of the temple trustees of the then Dakshina Kannada District with the objective of establishing three fold activities in the field of yoga, namely: teaching, therapy and research; and to spread the value based knowledge of yogic science. M.Sc. Yogic Science programme has been started for the first time in the country with an objective to train the young students in this important area. The programme will provide new avenues to the students to learn, practice and to propagate the techniques of this ancient science.

Learning Objectives:

- Three fold activities in the field of yoga, namely: teaching, therapy and research.
- To spread the value based knowledge of yogic science.
- Research in Yogic Science and Yoga therapy – utilizing the traditional text based knowledge along with modern science.
- To evolve researchers in yogic science.
- To evolve trained teachers in yogic science.
- To train the individuals in the traditional knowledge of India in the Post Graduate level.
- To study the preventive, promotive and curative aspects of yogic practices.

Learning Outcome:

- The Post Graduates will be having knowledge of yogic science with study of the classical texts along with knowledge of modern anatomy, physiology and biochemistry.
- They can conduct research in Yogic Science and Yoga therapy – utilizing the traditional text based knowledge along with modern science.
- They can become experienced yoga teachers, yoga therapists and yoga practitioners.
- They will be able to use yogic techniques from Astanga yoga, Hathayoga, Ghatayoga and such for treatment of various diseases. They will have the knowledge of food and lifestyle, mind body management techniques.
- They can become teacher and lecturer after the completion of the programme.
- They can go for permanent lectureship after UGC – NET.

Job opportunities as –

- Lecturers / Assistant Professors
- Yoga Therapist, Yoga Therapy consultant, Yoga Instructor, Yoga Trainer.

Employment Areas –

- Educational Institutes
- Corporate sectors
- Yoga Centers
- Hospitals
- Community Health Clubs
- Resorts.

I SEMESTER

YSH401 FOUNDATION OF YOGIC SCIENCE-I

YSH402 FOUNDATION OF YOGIC SCIENCE-II

YSH403 BASICS RELEVANT TO YOGIC SCIENCE-I

YSH404 HUMAN BIOLOGY – I

YSP405 PRACTICAL – I : KRIYAS AND ASANAS

YSP406 PRACTICAL – II : ASANAS

II SEMESTER

YSH451 FOUNDATION OF YOGIC SCIENCE-III

YSH452 BASICS RELEVANT TO YOGIC SCIENCE – II

YSH453 BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-I

YSH454 HUMAN BIOLOGY – II

YSP455 PRACTICAL – III : KRIYAS AND ASANAS

YSP456 PRACTICAL – IV: ASANAS.

OPEN ELECTIVE COURSE

SPECIALISATION: YOGA THERAPY

III SEMESTER

YSH501ABASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II

YSS502ABASIS PRINCIPLES OF YOGA THERAPY

YSS503AMODERN APPROACH OF HEALTH SYSTEM

YSS504AYOGA THERAPY PRACTICES

YSP505APRACTICAL – V : BANDHAS AND MUDRAS

YSP506APRACTICAL – VI : PRANAYAMA & MEDITATION

OPEN ELECTIVE COURSE

IV SEMESTER

YSS551ASCIENTIFIC STUDIES IN YOGIC SCIENCE - I

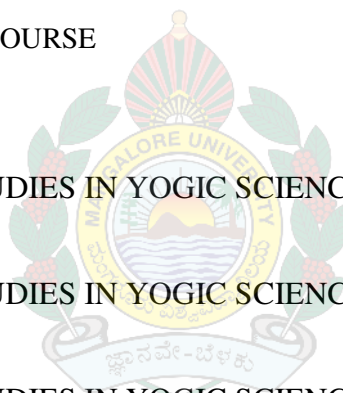
YSS552ASCIENTIFIC STUDIES IN YOGIC SCIENCE - II

YSS553ASCIENTIFIC STUDIES IN YOGIC SCIENCE - III

YSP554APRACTICAL – VII : ADVANCED PRACTICES

YSP555APRACTICAL - VIII : INSTRUMENTS

YSP556ADISSERTATION / PROJECT WORK



SPECIALISATION: YOGA SPIRITUALITY

III SEMESTER

YSH501BBASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II

YSS502BBASIS OF YOGA AND SPIRITUALITY -I

YSS503BBASIS OF YOGA AND SPIRITUALITY - II

YSS504BYOGA AND SPIRITUALITY FOR HEALTH

YSP505BPRACTICAL IX – BANDHAS & MUDRAS AND ADVANCED ASANAS

YSP506BPRACTICAL – VI : PRANAYAMA & MEDITATION

OPEN ELETIVE COURSE

IV SEMESTER

YSS551BSCIENTIFIC STUDIES IN YOGIC SCIENCE - I

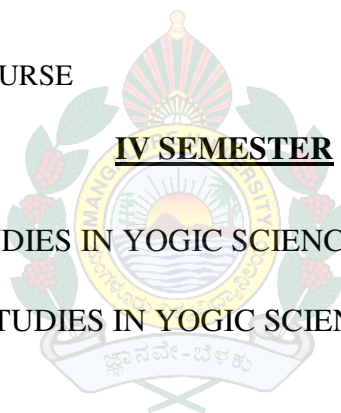
YSS552B SCIENTIFIC STUDIES IN YOGIC SCIENCE - II

YSS553BAPPLIED SPIRITUALITY - I

YSS554BAPPLIED SPIRITUALITY-II

YSP555BPRACTICAL- X: ADVANCED STUDY OF PRANAYAMA &MEDITATION

YSP556BDISSERTATION / PROJECT WORK



M.Sc. YOGIC SCIENCE

SYLLABUS FOR CBCS SCHEME

I SEMESTER

YSH401 FOUNDATION OF YOGIC SCIENCE-I

Learning Objectives:

- To make the students to have knowledge of fundamental classical texts of yoga.
- Development of yoga according to the system of Maharshi Patanjali.
- Detailed study of Patanjala Yoga Sutra.
- Study of citta and its modifications.

Learning Outcome:

The student will have:

- The knowledge of Patanjala Yoga Sutra.
- The theoretical knowledge of attaining of Samadhi in the case of a practitioner with concentrated citta.
- The knowledge of method of practice of yoga in the case of an individual with citta which is not concentrated.
- The theoretical knowledge of concentration methods, their application, attaining of kaivalya.

I Introduction to Yoga Sutra

12Hrs

- 1) Yoga-Meaning, Definition, Aim, Objects, Concepts, Misconcepts.
- 2) Nature of Yoga Science, Definition of Yoga, the nature of seer in pure and modified state, Vrttis – Nature, classification, definition, method to control of cittavrttis.
- 3) 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.
- 4) Chittavikshepa, Chittaprasadana and its associates, control of Chittavikshepa, different methods of manasthiti and its benefits.

Samapatti, Sukshmaavishayatwa, Sabijasamadhi, Speciality of Nirvichara, Rthambaraprajna, Nirbijasamadhi.

II Kriya Yoga 12Hrs

- 1) Kriya-yoga and its benefits; classification, methods to control kleshas, karmasaya.
- 2) Vipaka of kleshamula, Heyaswarupa, Heyahetu, Drsya and Drasta.
- 3) Samyoga-Nature & cause, Hanopaya, Hanaswarupa.
- 4) Vivekakhyathi, Astanga yoga.

III Samyama and its applications 12Hrs

- 1) Dharana, Dhyana, Samadhi, Samyama, Antaranga and Bahiranga yoga, Application and benefits of Parinama, Dharma and Dharmi,
- 2) Parinamanyatva, Samyama on – Parinamatraya, knowledge of bhutaruta, Parachitta jnana, Antardhana.
- 3) Aparantajnana, Samyama on – Maitri, Surya, Chandra, Nabhichakra, Kanthakupa, Kaurmanadi, Murdhajyothi, Pratibha, Hrdaya, Swartha, Udana, Samana, and their benefits.
- 4) Attainments of divyashrotra, Akashagamana, Bhutajaya, Animadi siddhi, Indriyajaya, Kaya jaya, Sarvajnatva, Kaivalya, Vivekajnana, knowledge of satva and purusha and its benefits – According to Patanjala Yoga sutra - Chapter – III.

IV Kaivalya in Patanjala Yoga Sutra 12Hrs

- 1) Kaivalya–Introduction, Siddhi, Jatyantaraparinama, Nirmanachitta.
- 2) Karma, Vasana, Smrti and Samskara, Support of vasana, Guna and its existence, Vastu, Jnata and Ajnata of Vastu.
- 3) Quality of everknown of purusha, Non-self illumination of Buddhi and its function.
- 4) Chitta, Dharmamegha Samadhi, Infinite knowledge. Mutation of Guna, Krama, Pratiprasava and Kaivalya – According to PatanjalaYogasutra – Chapter IV.

REFERENCEBOOKS:

1. Swami Vivekananda(1982), Rajayoga, Ramakrishna Ashrama Publications, Dehi Entally Road, Kolkata-700014.

2. Swami Satyananda (1983), Four Chapters on Freedom (Commentary on the Yoga Sutras of Patanjali) , Bihar School of Yoga, Munger-811201
3. HariharanandaAranya (1984), Yogasutras of Patanjali, University of CalcuttaPress, Calcutta - 700014.
4. Omananda Tirtha, Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur – 273005.
5. Taimini.I.K.(1961), The Science of Yoga, Theosophical PublishingHouse, Adyar, Madras.- 600020
6. Swami Vivekananda (1982), Rajayoga Conquering the Internal nature, Advaita Ashrama Calcutta-700014
7. Swami Vivekananda (1998), Rajayoga Conquering the Internal nature, Advaita Ashrama Calcutta-700014
8. Goswami surajith (2005), Patanjala yoga vam Hatha yoga, Sathyam publishing House New Delhi.
9. Swami Adidevananda(1998) Patanjala Yoga Darshna- Vyasa Bhashya Sahitha, Sri Rama Krishna Ashrama Mysore-570020.



YSH402 FOUNDATION OF YOGIC SCIENCE-II

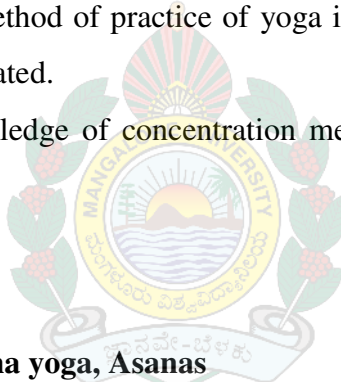
Learning Objectives:

- To make the students to have knowledge of fundamental classical texts of yoga.
- Development of yoga according to the system of Maharshi Patanjali.
- Detailed study of Patanjala Yoga Sutra.
- Study of citta and its modifications.

Learning Outcome:

The student will have:

- The knowledge of Patanjala Yoga Sutra.
- The theoretical knowledge of attaining of Samadhi in the case of a practitioner with concentrated citta.
- The knowledge of method of practice of yoga in the case of an individual with citta which is not concentrated.
- The theoretical knowledge of concentration methods, their application, attaining of kaivalya.



I Introduction to Hatha yoga, Asanas

12Hrs

- 1) Relationship of HathaPradipika and Rajayoga, Greatness of Hathayoga, Hathayogiparampara, Importance of Hatha and its secrecy.
- 2) Place of Hathayoga practice, Destructives and constructive of yoga, Yama and Niyama.
- 3) Asana, Methods of Hathayoga Practice.
- 4) Mitahara, Pathya and Apathya, Rules in food taking, Hathayoga achievements.

II Pranayamas, Kriyas

12Hrs

- 1) Benefits of Pranayama, Nadishuddi Pranayama, Duration and time for Pranayama practice, gradation of Pranayama, Sweat and Pranayama, Food during Pranayama practice.

- 2) Yukta and Ayukta Pranayama, Nadishuddhi, Satkriyas, Gajakarani.
- 3) Importance of Pranayama practice, symptoms of Nadishuddhi, Manonmany.
- 4) Classification of Kumbhaka and its benefits, Hathayogasiddhilakshanam.

III Kundalini, Mudras and Bandhas 12Hrs

- 1) Kundalinas base for all Yoga.
- 2) Results of Kundalini Prabodha, Synonyms for Sushumna
- 3) Mudras and Bandhas-classification, benefits and methods of practice.
- 4) Nadanusandhana, Kandaswarupa.

IV Methods of Samadhi Practice in Hatha yoga 12Hrs

- 1) Methods of Samadhi Practice, Synonyms for Samadhi, Rajayoga, Amaroli.
- 2) Relation between Hathayoga and Moksha, Merging of Prana and Manas, Laya.
- 3) Shambhavamudra, Unmani, Khechari, Nadanusandhana, Characterstics of Nada, Pratyahara.
- 4) Different types of Nada, Condition of Yogi in UnmaniAvastha, Realisation.

REFERENCE BOOKS

1. Swami Digambaraji (1970), Hathapradipika of Swatmarama, Kaivalyadhama, Lonavala, Pune - 410403.
2. Taimini I K(1960), The Science of Yoga, Theosophical Publishing House, Adyar, Madras - 600020.
3. Swami NiranjanandaSaraswati, Gherandasamhita, Bihar School of Yoga, Munger, Bihar-811201
4. Swami Niranjanananda, Yoga Darshan, Sri Pachadashanam Paramahamsa Alakh Bara, Deoghar-814113
5. Swami Digambaraji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala-410403
6. Swami Atmananda(1966), The Four Yogas, BharatiyaVidyaBhawan, Bombay-400007

7. Swami Niranjanananda (1997), Hathayogapradipika, Bihar School of Yoga-811201
8. Garote ML(2000), HataPradipikaVrutthi, Lonavala Yoga Institute, Lonavala.
9. Athavale Jayantha Balaji ed &Kunda Jayantha Athavali ed(2000). Hatha Yoga, SanathanaSamste, Goa.
10. Sahajananda Nath(2006),Hata Yoga Manjari, KaivalyadhamaSrimanmadhav Yoga Mandir Samiti, Pune.
11. MukthiBodhananda (1998),Hatha Yoga Pradipika – Light on Hatha Yoga, Bihar School of Yoga.
12. MukthiBodhananda (2012), Hatha Yoga Pradipika – Light on Hatha Yoga, Yoga Publication Trust, Munger.
13. Svathmarama(2000), The Hatayogapradipika, with the commentary Jyotsna of Brahmananda and English translation the Adyar library and Research center, The theosophical society, Adyar hennai 600020



YSH403 BASICS RELEVANT TO YOGIC SCIENCE-I

Learning Objectives:

- To develop the ability of reading and understanding of classical texts of yoga in the original language.
- To study basics of Sanskrit.
- To get the knowledge of different schools of yoga.

Learning Outcome:

The student will have:

- The knowledge of the basics of Sanskrit.
- The capacity to understand the classical texts.
- The knowledge of yogic concepts in Bhagavad-Gita.
- The knowledge of different schools of yoga.

I Basics of Sanskrit - I

12Hrs

- 1) Orthography of Devanagari Varnamala, classification of varnas, Purnakshara, Samyuktakshara, Karakas and Mrduvyanjanas, writing of Varnamala using Roman transliteration.
- 2) Sanskrit words – classification of Sanskrit words, Subantas-AjanthaandHalanta words, Genders, Vachanas, cases of subanta words.
- 3) Declaration -of the following words in cases – Rama, Hari, Guru,Lata, Mati, Dhenu, Phala, Vari, Gau,Asmad, Yushmad, Tad, Kim.
- 4) 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, Sev, Kshi, Pracch, Tus, Kath, Chint, Kr.

II Basics of Sanskrit - II

12Hrs

- 1) Avyayas in Sanskrit – Ca, Api, Va, Na, Vina, Saha, Tu, Kintu, Eva, Evam, Iti, Ittham, Athra, Iha, Tada, Gatva, Krtva, Labdhwa, Jitva.
- 2) 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. Sandhis –Savarnadhirgha, Vrddhi, Guna, Ayadhi, Stutva, Schutva
- 3) Nipatas-Cha, Va, Api, Kim, Chiat, Ma Chana, Sma. Elementary knowledge of voices in Sanskrit – Active, Passive, Impersonal.
- 4) Compound words – Tatpurusha, Karmadharaya, Dvigu, Dvandva, Bhahuvrihi, Avyayibhava, Karakas – its use in Sanskrit.

III Study of the following chapters of Bhagavadgita

12Hrs

- 1) Sankhya yoga according to Bhagavadgita Chapter II
- 2) Karma yoga according to Bhagavadgita Chapter II
- 3) Karma yoga according to Bhagavadgita Chapter VI
- 4) Dhyana yoga according to Bhagavadgita Chapter VI

IV Schools of Yoga

12 Hrs

- 1) Rajayoga
- 2) Hathayoga
- 3) Jnanayoga, Karmayoga
- 4) Mantrayoga, Bhaktiyoga

REFERENCE BOOKS

1. L.Anantarama Sastri, Shabda Manjari, R.S.Vadhyar & Sons, Palghat -678003.
2. L.Anantarama Sastri, Dhatu Manjari, R.S.Vadhyar & Sons, Palghat -678003.
3. Appayyadikshitha, LaghusiddhantaKaumudi, Chaukamba Oriental Series, Varanasi-221001
4. Omananda Tirtha, Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur.273005.
5. H.Kumar Kaul(1994), Aspects of Yoga, B.R.Publishing Corporation, Delhi 700014.
6. Swami Atmananda(1966), The Four Yogas, Bharatiya Vidya Bhawan, Bombay-400007
7. Swami Digambaraji (1970), Hathayoga Pradipika of Swatmarama, Kaivalyadhama, Lonavala, Pune - 410403.
8. Swami Niranjanananda(1997), Hathayogapradipika, Bihar School of Yoga-811201
9. Swami Niranjanananda(1997), Gheranda Samhita, Bihar School of Yoga-811201
10. Swami Digambarji(1997), Gheranda Samhita, Kaivalyadhama, Lonavala-410403
11. Swami Muktibodhananda(1999), Swara Yoga, Yoga Publications Trust, Munger, Bihar, India.-811201
12. T.Krishnamacharya, T.K.V.Deshikachar.,(1998)Nathamuni's Yoga Rahasya, Krishnamacharya Yoga Mandiram, Chennai-600028.
13. Naikar Chandramauli S.(1997), Ghata Yoga Medha Publisher, Dharwad.
14. Vijayalakshmi M.Ed(2003), Gheranda Samhita, Shivalik Prakashan, Delhi.
15. Swami Vivekanda (1998), Four Yogas; Rama Krishna Ashrama Publication, DehiEntally Road, Kolkata -700014.

Learning Objectives:

To study

- Anatomy and physiology of the muscular skeletal system.
- The blood, immune system and cardiovascular system.
- The respiratory system.
- Anatomy and physiology of digestive system.

Learning Outcome:

The student will understand:

- Anatomy and physiology of human muscular-skeletal system, immune system, cardiovascular system, respiratory, excretory and digestive systems.
- Anatomy and physiology of human body in relation to different yogic practices.
- The yogic practices in a better way.

I Anatomy & Physiology of Musculo-Skeletal System 12Hrs

- 1) Muscle – Classification – Histology – Properties of each type –Distribution.
- 2) Mechanism of muscle contraction (Brief) – Neuromuscular transmission (brief), ligaments, tendons.
- 3) Skeleton-Bones-types, Structure & function, Spinal column,
- 4) Joints – Types, Structure, Function.

II Anatomy & Physiology of Blood, Immune System & Cardiovascular System 12Hrs

- 1) Composition of blood corpuscles – R.B.C., W.B.C., Platelets.
Plasma, Haemoglobin, Coagulation of blood and anticoagulants.
Blood groups and its importance
- 2) Lymphatic system, Immunity – types & mechanism.
- 3) Cardiovascular System-Anatomy of Heart, Innervation of heart – Properties of cardiac muscle
- 4) Control of cardiac cycle and circulation, Cardiac output, Blood pressure

III Anatomy & Physiology of Respiratory System and Excretory System 12Hrs

- 1) Respiratory system - Anatomy Gross & Histological, Mechanism of breathing, Exchange of gases.
- 2) Pulmonary function tests – lung volumes, Control of Respiration.
- 3) Excretory System - Anatomy – Gross & Histological, Functions of glomerules and renal tubules – Micturition and composition of urine.
- 4) Structure and functions of skin, Regulation of body temperature.

IV Anatomy & Physiology of Digestive System

12Hrs

- 1) Digestive System, Anatomy – Gross & Histological.
- 2) Mechanism and role of secretion of Saliva, Gastric Juice.
- 3) Mechanism and role of secretion of Pancreatic juice, Bile, Intestinal secretion.
- 4) Absorption and assimilation, formation of faeces.

REFERENCE BOOKS

1. Chatterjee C.C(1992)., Human Physiology (Vol. I & II), Medical Allied Agency, Calcutta-700009
2. Evelyn C.Pearce(1968), Anatomy and Physiology for Nurses, Faber and Faber Ltd., London.
3. Ann B Menaught(1991), Illustrated Physiology
4. Guyton(2011), A text book of Medical Physiology, W.B Saunders, London.
5. Gerald J.Tortora(1990), Nicholas P. Anagnostakos, Principles of Anatomy and Physiology, Harper Collins publishers, 10, East 53rd Street, New York. NY 100 22.
6. Ross and Wilson(2001), Anatomy and Physiology, Churchill Livingstone, London.
7. Dr.SembuLingam,PremaSembu Lingam(2012), Essentials of Medical Physiology, Jaypee Brothers, and Medical Publishers Pvt. Ltd., New Delhi -700014.
8. A.K. Jain(2002) Human Physiology and Biochemistry. Arya publications, Industriyal area ,Trilokpur road. Kala Amb 173030. Dist. Sirmour(HD)

YSH405 PRACTICAL – I: KRIYAS AND ASANAS

Learning Objectives:

- Fundamentals of Yogic Kriyas and Yogasanas.
- Practical knowledge of Yogic Kriyas and Yogasanas.
- Traditional knowledge in modern educational method.

Learning Outcome:

After the completion of the course, the student will be able to:

- Perform the kriyas and asanas systematically.
- Describe and demonstrate the procedures of the selected Kriyas and Asanas.
- Apply the Kriyas and Asanas therapeutically according to the individual requirement.

I	Selected Kriyas	24Hrs
	1) Jalaneti, Kapalabhathi	
	2) Agnisara, Trataka	
	3) Sutraneti	
	4) Gajakarani	
II	Asanas	24Hrs
	1) Svastikasana, Tadasana 1&2	
	2) Vaidika Suryanamaskara – 9 Vinyasa	
	3) Siddhasana, Padmasana	
	4) Baddha Padmasana, Pashasana	
III	Asanas	24Hrs
	1) Shalabhasana, Bhikasana	
	2) Dhanurasana, Parshvasahita Dhanurasana	
	3) Ustrasana, Vajra & Suptavajrasana	
	4) Pavanamuktasana, Bhujangasana	
IV	Asanas	24 Hrs
	1) Urdhwa Padmasana	
	2) Pindasana	
	3) Matsyasana, Uttanapadasana	
	4) Shavasana I.	

REFERENCE BOOKS

1. Swami Digambarji(1997), Hathayogapradeepika,SMYM Samiti, Kaivalyadhama, Lonavala, Pune - 410403
2. Swami Digambarji(1997), Gheranda Samhita, SMYMSamiti, Kaivalyadhama, Lonavala - 410403.
3. Swami Omananda Teertha, Patanjala Yoga Pradeepa, Gita Press, Gorakhpur-273005
4. JoisPattabhi(2010), Yoga mala – Part I, North Point Press, A Division ofFarrar, Straus and Giroux, 18 west 18the street, New York 10011.
5. B.K.S.Iyengar (1966), Light on Yoga .Harper Collins publication, 77- 85Fulham Palace road, London W6 8JB.
6. B.K.S.Iyengar(1999), Light on Pranayama,HarperCollins,New Delhi,-201307
7. Swami SatyanandaSaraswati(1997), Asana, Pranayama, Mudra, Bandha, BiharSchool of Yoga, Munger-811201
8. Swami Geetananda, Bandhas& Mudras, Anandashrama, Pondicherry-605104
9. Swami Satyanada Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga &Kriya, Bihar School of Yoga, Munger-811201
10. Swami Dharendra Brahmachari(1953), YogasanaVijnana, Dharendra Yoga Publications, New Delhi-110001
11. O.P.Tiwari,(1991)Asana, Why & How, Kaivalyadhama, Lonavala,-410403
12. Swami SatynandaSaraswati(1983), Suryanamaskara,Bihar School of Yoga, Munger-811201
13. Bhat K Krishna (2006), The Power of Yoga,Suyoga Publications, Mangalore-574279
14. Vidwan T. Krishnamacarya(1981), Yogasanagalu, Prasaranga, Mysore University, Manipal power press, Manipal, Mysore 570012
15. Swami Kuvalayananda and Dr. S.L. Vinekar,(1963) Yogic Therapy, Central Health Bureau (Directorate general of Health Services) Minister of Health and family Welfare. Government of India, New Delhi - 110002

YSH406 PRACTICAL – II: ASANAS

Learning Objectives:

- Training of students in certain Asanas, classical references to the Asanas.
- To make the students to understand the method of Asana practice.
- To have references for the practices.

Learning Outcome:

After the completion of the course, the student will be able –

- To perform the asanas systematically.
- Describe and demonstrate the procedures of the asanas.
- To apply the asanas therapeutically according to the individual requirement.
- To represent the practice in proper terms.
- Understanding and self-improvement of health and concentration.

I	Asanas	24Hrs
	1) Yaugika Suryanamaskara – 17 Vinyasa	
	2) Padangusthasana, Padahasthasana	
	3) Utthita Trikonasana, Parivrtta Trikonasana	
	4) Utthita Parshvakonasana, Prasarithapadottanasana	
II	Asanas	24Hrs
	1) Parshvottanasana	
	2) Utthita Padangusthasana	
	3) Ardhabaddhapadmottanasana	
	4) Veerabhadrasana	
III	Asanas	24Hrs
	1) Paschimottanasana, Purvottanasana	
	2) Ardhabaddhapadmapaschimottanasana, Janushirshasana	
	3) Tiryanmukhaikapadapaschimottanasana	
	4) Marichasana 1 & 2, Navasana	
IV	Asanas	24 Hrs
	1) Bhujapedasana, Kurmasana	
	2) Setubandhasana	

- 3) Viparitakarani, Salamba Sarvangasana
- 4) Halasana, Shavasana II

REFERENCE BOOKS

1. Swami Digambarji(1997), Hathayogapradeepika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune - 410403
2. Swami Digambarji(1997), Gheranda Samhita, SMYMSamiti, Kaivalyadhama, Lonavala - 410403.
3. Swami Omananda Teertha, Patanjala Yoga Pradeepa, Gita Press, Gorakhpur-273005
4. JoisPattabhi (2010), Yoga mala – Part I, North Point Press, A Division ofFarrar, Straus and Giroux, 18 west 18the street, New York 10011.
5. B.K.S.Iyengar (1966), Light on Yoga .Harper Collins publication, 77- 85Fulham Palace road, London W6 8JB.
6. B.K.S.Iyengar(1999), Light on Pranayama,HarperCollins,New Delhi,-201307
7. Swami SatyanandaSaraswati(1997), Asana, Pranayama, Mudra, Bandha, Bihar School of Yoga, Munger-811201
8. Swami Geetananda, Bandhas & Mudras, Anandashrama, Pondicherry-605104
9. Swami Satyanada Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Munger-811201
10. Swami Dhirendra Brahmachari(1953), YogasanaVijnana, Dhirendra Yoga Publications, New Delhi-110001
11. O.P.Tiwari,(1991) Asana, Why & How, Kaivlyadhama, Lonavala,-410403
12. Swami SatynandaSaraswati(1983), Suryanamaskara,Bihar School of Yoga, Munger-811201
13. Bhat K Krishna (2006), The Power of Yoga, Suyoga Publications, Mangalore-574279
14. Vidwan T. Krishnamacarya(1981), Yogasanagalu, Prasaranga, Mysore University, Manipal power press, Manipal, Mysore 570012
15. Swami Kuvalayananda and Dr. S.L. Vinekar,(1963) Yogic Therapy, Central Health Burea (Directorate general of Health Services) Minister of Health and family Welfare. Government of India, New Delhi - 110002

II SEMESTER

YSH451 FOUNDATION OF YOGIC SCIENCE-III

Learning Objectives:

To make the students to have knowledge of –

- Fundamental classical texts of yoga.
- Detailed study of Gheranda Samhita and Sivayoga Dipika.
- Development of Sivayoga.
- Study of different yogic practices.

Learning Outcome:

- The student will have the knowledge of Gheranda Samhita and Sivayoga Dipika.
- The student will have the theoretical knowledge of different limbs of yoga according to Ghatayoga.
- Knowledge of classification of yoga. Evolution theory, bahyayoga.
- Knowledge of place of practice, means to control citta and other relevant points.
- Improvement of character, development of sincerity.

I Ghatayoga and its applications - I 12 Hrs

- 1) Ghatayoga – Introduction, Saptanga yoga, Benefits.
- 2) Satkriyas – Classification, Practising methods and benefits.
- 3) Asana– Classification, Practising methods and benefits.
- 4) Mudra – Introduction, 25 Mudras – Classification, Practising methods and benefits.

II Ghatayoga and its applications - II 12 Hrs

- 1) Pratyahara– Classification, Practising methods and benefits.
- 2) Pranayama– Classification, Practising methods and benefits.
- 3) Meditation– Classification, Practising methods and benefits.
- 4) A comparative study of Hathayoga and Ghata yoga.

III Methods of Samadhi Practice in Siva yoga -I 12 Hrs

- 1) Shivayogadipika – Introduction, Classification of yoga, Classification of Rajayoga, Comparison between Rajayoga and Shivayoga.

- 2) Evolution theory, two types of Shivajnana, Qualities of a teacher, Shivaswarupa. Importance of physical health, Hatha yoga a means to attain physical health, Bahya yoga, Antaranga yoga, Yama, Niyama, Asana.

IV Methods of Samadhi Practice in Siva yoga -II

12 Hrs

- 1) Place of practice of Hathayoga, Pranayama, Prakrtayoga, Vaikrtayoga, Kevalakumbhaka, Amana yoga, Ajapagayathri, Nadi, Pranava, Bandha, Duration of Pranayama, Meditation. Antarangayoga – Pratyahara, object for Meditation, Posture, Chakra, Adhara, Means to control Citta.
- 2) Dharana, Duration and Objects of Dharana, Samadhi and definition, Conducives for Samadhi, benefits of Astangayoga – Hathayoga – Layayoga – Mantrayoga.

REFERENCE BOOKS

1. Sadashivabrahmendra Saraswati(1978), Shivayogadipika, Ananda Ashramagranthavali, Pune- 410403
2. Swami NiranjanandaSaraswati, Gherandasamhita, Bihar School of Yoga, Munger, Bihar-811201
3. Swami Digambaraji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala-410403
4. Swami Vivekananda(1982), Rajayoga, Ramakrishna Ashrama Publications, Dehi Entally Road kolkata-700014.
5. Swami Digambaraji (1970), Hathayoga Pradipika of Swatmarama, Kaivalyadhama, Lonavala, Pune - 410403.
6. Swami Niranjanananda, Yoga Darshan, Sri Pachadashanam Paramahamsa Alakh Bara, Deoghar-814113
7. Swami Adidevananda(1998), Patanjala Yoga Darshana – Vyasa Bahshya sahitha, Shri Ramakrishna Ashrama, Mysore – 570020.
8. Swami Niranjanananda(1997), Hathayogapradipika, Bihar School of Yoga-811201

YSH452 BASICS RELEVANT TO YOGIC SCIENCE – II

Learning Objectives:

To acquaint the student in fundamentals of

- Dietetics and nutrition.
- Swara yoga and Yoga Rahasya.
- Concept of health and Philosophy of yogic science.

Learning Outcome:

- Application of diet in yoga therapy.
- Therapeutical concept in the selected traditional texts.
- Application of yoga therapy.

I Fundamentals of Dietics and Nutrition – Modern Concept 12Hrs

- 1) Nutrition, Nutrients – Macro and Micro nutrients
Carbohydrates - Monosaccharides, Disaccharides, Polysaccharides
- 2) Proteins – Importance of proteins in diet, Essential and non essential amino acids.
Lipids – essential fatty acids, Lipid profile.
- 3) Vitamins – Fat soluble and Water soluble vitamins – Physiological role, deficiency signs, sources, requirement.
- 4) Minerals – Calcium, Iron and other trace elements in nutrition.
Balanced diet, Energy requirement

II Ancient Concept of Food 12Hrs

- 1) Food and Triguna
- 2) Food and Tridosa
- 3) Yogic Diet – Pathya and Apathya
- 4) Sadrasa, Pancamahabhuta and Food.

III Swara Yoga and Yoga Rahasya 12 Hrs

- 1) Swara yoga in brief, Sound and Form of Swara
- 2) TattwaVichara, Swara Yoga Practice
- 3) Yoga Rahasya-practicing method of asana, Pranayama, meditation etc.
- 4) Special indications of yoga practice to cure the diseases.

IV Concept of health and Philosophy of Asana, Bandha, Mudra, Pranayama 12Hrs

- 1) Health Definitions-according to Indian system and Modern system
- 2) Physical Health, Mental health.
- 3) The Philosophy of Asanas in comparison with physical exercises
- 4) The Philosophy of Bandha, Mudra and Pranayama

REFERENCE BOOKS

1. Jain D.K. (2006), Human Physiology & Biochemistry, Arya Publications, Naivala, Karol bagh, New Delhi – 110005.
2. Dr.U.Satyanarayana(2002), Essentials of Biochemistry, Books and Allied Pvt. Ltd., 8/1 Chintamani Das Lane, Kolkatta – 700009.
3. Swami Muktibodhananda(1999), Swara Yoga, Yoga Publications Trust, Munger, Bihar, India-811201
4. T.Krishnamacharya, T.K.V.Deshikachar.,(1998) Nathamuni's Yoga Rahasya, Krishnamacharya Yoga Mandiram, Chennai-600028
5. Dr.S.Radhakrishnan(1948), Bhagavadgeetha, Harper Collins, New Delhi-201307
6. Swami Digambarji(1997), Hathayogapradeepika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune - 410403
7. Swami Digambarji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala - 410403.
8. Swami Ranganathananda(2007), Message of Upanishads, Published by Bharatiya Vidya Bhavan, Bombay-400058
9. Chandradhara Sharma(2000), A critical survey of Indian Philosophy, Motilal Banarsidass Publishers Private Limited, Delhi-110007
10. H R Nagendra(2011), Yoga, its Basis and Applications, Vivekananda Kendra, Bangalore-560105
12. Bhat K Krishna (2006), The Power of Yoga, Suyoga Publications, Mangalore, Karopady - 574279.
13. Swami SatyanandaSaraswati(2002), Sure Ways to self Realisation, Bihar School of Yoga, Munger-811201

YSH453 BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-I

Learning Objectives:

- Historical development of Yoga and Yogic science.
- Chronological development of Yogic science.
- Fundamentals of Yoga.
- Knowledge of energy and Nadis.
- Fundamentals of various therapy techniques.

Learning Outcome:

- Health and therapy concepts of Indian system.
- Basic concept of Yoga therapy.
- Knowledge of various therapeutical method of yoga.

I	Origin and Historical study of Yoga	12 Hrs
	1) Origin and Historical development of yoga and yogic texts up to Patanjali 2) Historical development of yoga in the period of Patanjali. 3) Historical development of yoga – Post Patanjali period. 4) Comparison between Sankhya and Yoga	
II	Evolution theory of Yoga	12 Hrs
	1) Sankhyayoga – Introduction, 3 fold afflictions, means to overcome afflictions. 2) 25 entities according to Sankhya, means of knowledge, Satkaryavada, similarities and dissimilarities of vyakta and avyakta, Triguna, Subtle body. 3) Evolution theory of Yoga. 4) Isvara, Citta, Buddhi & Manas in Yoga.	
III	Kundalini Yoga	12 Hrs
	1) Historical development, principles of Kundalini yoga. 2) System of Nadies, Senses, Chakras, Marmasthanas. 3) Function and form of Chakras. 4) Prana, its classification, awakening of Kundalini and Samadhi.	
IV	Fundamentals of Naturopathy, Pranic Healing, other yogas, Different Meditational Techniques	12 Hrs
	1) Naturopathy, Pranic Healing, Reckhi – Concepts, objects and basics. 2) Fundamentals of – Siddha Samadhi yoga, Divya yoga and Sudarshana Kriya yoga.	

- 3) Meditational Techniques-Vipasana, Preksha, Transcendental
- 4) Meditational Techniques : Saguna- with statue, light(lamp) etc. and Nirguna - without object – Svasa, Pranava, Soham etc.

REFERENCE BOOKS

1. Ishwarakrishna (2000), Sankhyakarika, Parimala publication, Delhi-110007
2. Swami Virupakshananda (1995) Samkhya Karika of Ishwara Krishna. Shri Rama Krishna Math Mylapur, Madras 600004
3. Chandradhara Sharma(1987), A critical survey of Indian Philosophy, Motilal Banarsidass Publishers Private Limited, Delhi-110007
4. Swami Janananda (1938), Philosophy of Yoga, Sri Ramakrishnasharma Publications, Calcutta-711202
5. S.N.Dasgupta (1924), Yoga as a Philosophy and Religion, MotilalBanarsi das publications,Delhi-110007
6. Swami Krishnananda (1973), A short history of religions and Philosophic thought in India: The divine Life Society. Devine Life Society, Shivanandanagar, Rishikesh-249192
7. M.P.Pandit(2002), Kundalini Yoga, Ganesh & Co., Madras-600094
8. Sir John Woodroffe(2000),The Serpent Power,Ganesh and company, Madras-600094.
9. Dr.S.Radhakrishna (1948), Shirmadbhagavadgeeta, George Allen and Unwin Ltd, London
10. Hall and Lindzey (1997), Theories of Personality, Wiley Eastern Ltd., New Delhi-110002
11. Stanger, R & Solley C.M.(1970), Basic Psychology, Tata Solley Charles M .JtAr. Mcgraw Hill, New Delhi- 110002.
12. Zimbardo(1979) , PGI Psychology and life, Foresonam Co., Illinvi.
13. Swami Atmananda 1966), The Four Yogas, BharatiyaVidyaBhawan, Bombay-400007
14. Bhat K Krishna(2006), The Power of Yoga, Suyoga Publications, Mangalore.-574279

YSH454 HUMAN BIOLOGY – II

Learning Objectives:

- To study anatomy and physiology of Central Nervous system.
- To know the anatomy and physiology of Special senses.
- Endocrine and Reproductive system.
- Knowledge of Biochemistry

Learning Outcome:

The student will understand:

- Anatomy and physiology of Central Nervous system, Special senses, Endocrine and Reproductive system.
- Biochemistry with respect to Enzymes, Metabolism, water balance, electrolyte and Acid-Base balance.
- Anatomy and physiology of human body in relation to different yogic practices.

I Anatomy and Physiology of Central Nervous System 12 Hrs

- 1) Anatomy – Gross – Cerebrum, Cerebellum, Spinal cord.
- 2) Histology – Nerve – structure and properties of neurons – Nerve – Action Potential – Generation – Propagation – Factors influencing, classification of neurons and nerve fibers, Receptors and reflex arc.
- 3) Functions and important connections of Cerebrum, Pons, Medulla, Thalamus, Hypothalamus, Cerebellum.
- 4) Autonomic nervous system – Sympathetic and Parasympathetic.

II Anatomy and Physiology of Special senses 12 Hrs

- 1) Eyes –Anatomy, Histology of retina, Corneal function.
- 2) Physiology of vision & accommodation.
- 3) Sense of smell – nasal mucosa; Tongue, taste buds.
- 4) Ear – Mechanism of hearing and function of semicircular canal.

III Anatomy and Physiology of Endocrine System& Reproductive System 12 Hrs

- 1) Gross & Histological anatomy of Thyroid, Parathyroid, Supra – renal, Pituitary, Islets of Langerhans.
Hormones of pituitary gland – its action and effect of hypo & hyper activity on the body.

- 2) Function of thyroid and parathyroid hormone, effect of hypo and hyperactivity on the body. Role of insulin in glucose metabolism. Hormones of supra-renal glands and their action and effect of hypo & hyper activity on the body.
- 3) Anatomy – Gross & Histology of Male reproductive system Spermatogenesis.
- 4) Anatomy – Gross & Histology of Female reproductive system, ovarian hormones; Menstruation, Pregnancy, Parturition, Lactation.

IV Biochemistry

12 Hrs

- 1) Enzymes - Definitions, specificity, inhibitors and activators, Properties of enzymes
- 2) Metabolism - Digestion and absorption of carbohydrates, Proteins and fats.
- 3) Water balance mechanism.
- 4) Electrolyte and Acid-Base balance.

REFERENCE BOOKS

1. Chatterjee C.C.(1992), Human Physiology (Vol. I & II), Medical Allied Agency, Calcutta-700009.
2. Evelyn C.Pearce (1997), Anatomy and Physiology for Nurses, Jaypee Brothers, P.B.No.7193, Newdelhi 110002.
3. Ann B Menaught(1991), Illustrated Physiology.
4. Prof.A.K.Jain(2002), Human Physiology and Biochemistry, Arya Publications, industrial area, Trilokpur Road, Kala Amb-173030, Sirmour, HP.
5. Guyton and Hall(2012), A text book of Medical Physiology,Pvt Ltd, 305,Rohit Reed, Elsevier India 3 Tolstoy Marg, New Delhi - 110001
6. Shirley Telles(1995), A Glimpse of the Human body ,V.K.YOGAS, Bangalore-560019
7. Gerald J.Tortora(1990), Nicholas P. Anagnostakos, Principles of Anatomy and Physiology, Harper Collins publishers, 10, East 53rd Street, New York. NY 100 22.
8. Ross and Wilson (2006), Anatomy and Physiology in Health and Illness, 10th edition, Elseiver Publication. New York.
9. Dr. Sembu Lingam (2012), A text of Physiology.

YSP455 PRACTICAL – III: KRIYAS AND ASANAS

Learning Objectives:

- Fundamentals of Yogic Kriyas and Yogasanas.
- Practical knowledge of Yogic Kriyas and Yogasanas.
- Traditional knowledge in modern educational method.

Learning Outcome:

After the completion of the course, the student will be able to:

- Perform the Kriyas and Asanas systematically.
- Describe and demonstrate the procedures of selected Kriyas and Asanas.
- Apply the Kriyas and Asanas therapeutically according to the individual requirement.

I	Selected Kriyas	24 Hrs
	1) Vastradhauti	
	2) Shankhaprakshalana.	
	3) Nauli	
	4) Kapalabhati - variations	
II	Asanas	24 Hrs
	1) Kukkutasana, Marichasana 3	
	2) Marichasana 4, Jatharaparivartana	
	3) Upavishtakonasana, Baddhakonasana	
	4) Suptapadangusthasana, Suptaparshvasahita	
III	Asanas	24 Hrs
	1) Ubhayapadangusthasana, Urdhwamukha Paschimottanasana	
	2) Bharadwajasana, Ardhamatsyendrasana	
	3) Simhasana, Akarna dhanurasana	
	4) Paryankasana, Shirshasana	

REFERENCE BOOKS

1. Swami Digambarji(1997), Hathayoga pradeepika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune - 410403
2. Swami Digambarji(1997), Gheranda Samhita, SMYMSamiti, Kaivalyadhama, Lonavala - 410403.
3. Swami Omananda Teertha, Patanjala Yoga Pradeepa, Gita Press, Gorakhpur-273005

4. JoisPattabhi (2010), Yoga mala – Part I, North Point Press, A Division of Farrar, Straus and Giroux, 18 west 18th street, New York 10011.
5. B.K.S.Iyengar (1966), Light on Yoga .Harper Collins publication, 77- 85 Fulham Palace road, London W6 8JB.
6. B.K.S.Iyengar(1999), Light on Pranayama, HarperCollins, New Delhi, -201307
7. Swami SatyanandaSaraswati(1997), Asana, Pranayama, Mudra, Bandha, Bihar School of Yoga, Munger-811201
8. Swami Geetananda, Bandhas & Mudras, Anandashrama, Pondicherry-605104
9. Swami Satyanada Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Munger-811201
10. Swami Dhirendra Brahmachari(1953), YogasanaVijnana, Dhirendra Yoga Publications, New Delhi-110001
11. O.P.Tiwari,(1991) Asana, Why & How, Kaivlyadhama, Lonavala,-410403
12. Swami SatyanandaSaraswati(1983), Suryanamaskara, Bihar School of Yoga, Munger-811201
13. Bhat K Krishna (2006), The Power of Yoga, Suyoga Publications, Mangalore-574279
14. Vidwan T. Krishnamacharya(1981), Yogasanagalu, Prasara, Mysore University, Manipal Power Press, Manipal, Mysore 570012
15. Swami Kuvalayananda and Dr. S.L. Vinekar,(1963) Yogic Therapy, Central Health Bureau (Directorate general of Health Services) Minister of Health and family Welfare. Government of India, New Delhi - 110002

YSP456 PRACTICAL – IV: ASANAS.

Learning Objectives:

- Training of students in certain Asanas, classical references to the Asanas.
- To make the students to understand the method of Asana practice.
- To have references for the practices.

Learning Outcome:

After the completion of the course, the student will be able –

- To perform the asanas systematically.
- To describe and demonstrate the procedures of the Asanas.
- To apply the asanas therapeutically according to the individual requirement.
- To represent the practice in proper terms.
- Understanding and improvement of health and concentration.

I	Asanas	24 Hrs
	1) Surya namaskara – 12 vinyasa	
	2) Utkatasana, Natarajasana	
	3) Vatayanasana, Parighasana	
	4) Yogamudra, Garbhapindasana	
II	Asanas	24 Hrs
	1) Kraunchasana, Mayurasana	
	2) Laghuvajrasana, Kapotasana	
	3) Paschimottanasana – III, Nakrasana	
	4) Matsyendrasana, Vishwamitrasana	
III	Asanas	24 Hrs
	1) Gomukhasana, Parvatasana	
	2) Chakrasana, Garudasana	
	3) Ekapadashirshasana, Dwipadashirshasana	
	4) Yoganidrasana, Suptakonasana	

REFERENCE BOOKS

1. Swami Digambarji(1997), Hathayoga pradeepika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune - 410403
2. Swami Digambarji(1997), Gheranda Samhita, SMYMSamiti, Kaivalyadhama, Lonavala - 410403.
3. Swami Omananda Teertha, Patanjala Yoga Pradeepa, Gita Press, Gorakhpur-273005

4. JoisPattabhi (2010), Yoga mala – Part I, North Point Press, A Division of Farrar, Straus and Giroux, 18 west 18th street, New York 10011.
5. B.K.S.Iyengar (1966), Light on Yoga .Harper Collins publication, 77- 85 Fulham Palace road, London W6 8JB.
6. B.K.S.Iyengar(1999), Light on Pranayama, HarperCollins, New Delhi, -201307
7. Swami SatyanandaSaraswati(1997), Asana, Pranayama, Mudra, Bandha, Bihar School of Yoga, Munger-811201
8. Swami Geetananda, Bandhas & Mudras, Anandashrama, Pondicherry-605104
9. Swami Satyanada Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Munger-811201
10. Swami Dhirendra Brahmachari(1953), YogasanaVijnana, Dhirendra Yoga Publications, New Delhi-110001
11. O.P.Tiwari,(1991) Asana, Why & How, Kaivlyadhama, Lonavala,-410403
12. Swami SatyanandaSaraswati(1983), Suryanamaskara, Bihar School of Yoga, Munger-811201
13. Bhat K Krishna (2006), The Power of Yoga, Suyoga Publications, Mangalore-574279
14. Vidwan T. Krishnamacharya(1981), Yogasanagalu, Prasara, Mysore University, Manipal power press, Manipal, Mysore 570012
15. Swami Kuvalayananda and Dr. S.L. Vinekar,(1963) Yogic Therapy, Central Health Bureau (Directorate general of Health Services) Minister of Health and family Welfare. Government of India, New Delhi - 110002

YOGA FOR PERSONAL HEALTH

- To know the use of Yoga for health.
- To know the meaning and historical development of Yoga.
- Knowledge of different schools of Yoga.
- Concept of food and health.

The student will be able to

- Describe Yoga with meaning, historical development and such points.
- Understand of Ashtanga Yoga.
- Explain different schools of Yoga and their application for personal health.
- Understanding and application of food for health.

- 1) Yoga-Meaning, Definition, Aim, Concepts, Misconcepts.
- 2). Origin and Historical development of yoga and yogic texts up to Patanjali
- 3) Historical development of yoga in the period of Patanjali and Post Patanjali.
- 4) Astanga yoga

- 1) Hathayoga, Karmayoga
- 2) Jnanayoga, Bhaktiyoga
- 3) Asanas Practicals- Svastikasana, Vajrasana, SuptaVajrasana, Tadasana I, Trikonasana, Purvottanasana, Vakrasana, Pavanamuktasana, Bhujangasana, Salabhasana, Savasana
- 4) Pranayama Practicals – Ujjai&AnulomaViloma Pranayama

1. Nutrition –Macro nutrients in diet – Carbohydrate, Protein, Fat
2. Nutrition –Micro nutrients in diet - Vitamins, Minerals
3. Concept of MitaharaandPathyapathya, Concept of Food and Triguna
4. Health – Definitions according Indian System and Modern System

REFERENCE BOOKS:

1. Swami Vivekananda(1982), Rajayoga Ramakrishna Ashrama Publications, 5 Deh entally Road,Kolkata-700014.
2. Swami Digambaraji(1970), Hathayoga Pradipika of Swatmarama, Kaivalyadhama,Lonavala-410403
3. Swami Satyananda(1983), Four chapters on Freedom (Commentary on the Yoga Sutras of Patanjali), Bihar School of Yoga, Munger-811201
4. Hariharananda Aranya(1984), Yogasutras of Patanjali, University of Calcutta Press, Calcutta-700019
- 5.Omananda Tirtha, Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur-273005
6. Taimini.I.K (1961), The Science of Yoga,Theosophical Publishing House, Adyar, Madras-600020
- 7.Swami Niranjanananda, Yoga Darshan, Sri Pachadasham Paramahamsa Alakh Bara, Deoghar-814113
- 8.Swami Niranjanananda, Hathayogapradipika, Bihar School of Yoga,Munger-811201
- 9.Swami Niranjanananda(1997), Gheranda Samhita, Bihar School of Yoga,Munger-811201
- 10.Swami Digambarji(1997), Gheranda Samhita, Kaivalyadhama, Lonavala-410403
- 11.H.Kumar Kaul(1994), Aspects of Yoga, B.R.Publishing Corporation, Delhi-110002
- 12.Chandradhara Sharma(2000), A critical survey of Indian Philosophy, Motilal Banarsidass Publishers Private Limited, Delhi-110007
- 13.Swami Jnanananda(1938), Philosophy of Yoga, Sri Ramakrishnashrama Publications, Calcutta-711202
- 14.S.N.Dasgupta(2002), Yoga as a Philosophy and Religion, Calcutta -711202
- 15.Swami Krishnananda(1973), A short history of religions and philosophic thought in India, The divine life society. Shivanandanagar, Rishikesh-249192
- 16.Bhat.K.Krishna (2006), The Power of Yoga, Suyoga Publications, Mangalore, Kallenkra Hills, P.O.Karopady - 574279.
- 17.Swami kuvalayananda, Dr. S.L. Vinekear(1963), Yogic Therapy – Published by Kaivalyadhama, Lonavala, Pune-410403
- 18.Prof.PattabhiJois(2010), Yoga mala – Part I, North Point Press, A Division ofFarrar, Straus and Giroux, 18 west 18the street, New York 10011.
- 19.B.K.S.Iyengar(1966), Light on Yoga, Harper Collins publication, 77- 85Fulham Palace road, London W6 8JB.

- 20.B.K.S.Iyengar(1999), Light on Pranayama, Harper Collins, New Delhi-201307
- 21.Swami Dharendra Brahmachari(1953), YogasanaVijnana, Dharendra Yoga Publications, New Delhi-110001
- 22.O.P.Tiwari(1991), Asana, Why & How, Kaivalyadhama, Lonavala-410403
- 23.Yogeshwar(2004), The Text of Yoga, Yoga Centre, Madras – 600020
- 24.Prof.D.K.Jain(2006), Human Physiology & Biochemistry, Arya Publications, Naivala, Karol bagh, New Delhi – 110005.



SPECIALISATION: YOGA THERAPY

III SEMESTER

YSH501A BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II

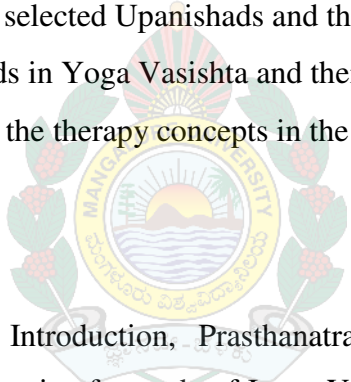
Learning Objectives:

- To know the basics of Jnana Yoga.
- To know the yogic methods in Upanishads.
- To know yogic methods in Yoga Vasishtha.
- Understanding of Yoga therapy concepts in certain classical texts.

Learning Outcome:

After the completion of course the student will be able to understand-

- Jnana Yoga and its application in Yoga therapy.
- Yogic concepts in the selected Upanishads and their practical usage.
- Explain Yogic methods in Yoga Vasishtha and their practicality.
- Describe and to apply the therapy concepts in the selected classical texts.



I	Basics of Jnanayoga	12 Hrs
	1) Jnanayoga – Introduction, Prasthanatraya, Anubandhachatushtaya, Subject matter, Qualification for study of Jnana Yoga.	
	2) Guru, Adhyasa, SamastiandVyasti aspects of Adhyasa.	
	3) Nature of reality, Apavada, Brahma, Evolution theory, Panchakosa theory	
	4) Steps to realization, Samadhi and its obstacles.	
II	Yogic methods in Upanishats	12 Hrs
	1) Nadabindupanishat	
	2) Dhyanabindhupanishat	
	3) Kathopanishat	
	4) Shwethshwataupaupanishat	
III	Yogic methods in Yogavasistha	12 Hrs
	1) Citta, its qualities, Cittavikaras, Cittacikitsa.	

- 2) Manas, Rupa, Existence, Sadacara, Ahankara, Bandhabandha Jivanmukta.
- 3) Yoga and its explanation, Jnana, Indriya and Vairagya.
- 4) Jnana, Suk Yogopadesa, Nirvana, Visranti.

IV Yoga therapy concepts in classical text

12 Hrs

- 1) Patanjala yoga sutra
- 2) Hathayogapradipika
- 3) Gheranda Samhita
- 4) Shivayoga dipika

REFERENCE BOOKS

1. Sadashivabrahmendra Saraswati(1978), Shivayogadipika, Ananda Ashramagranthavali, Pune- 410403
2. Ishwarakrishna (2000), Sankhyakarika, parimala publication, Delhi-110007
3. Dr.S.Radhakrishna(1948), Shirmadbhagavadgeeta, George Allen and Unwin Ltd, London
4. Dashopanishath, Chaukamba Oriental Series, Varanasi-221001
5. Chandradhara Sharma(2000), A critical survey of Indian Philosophy, Motilal Banarsidass Publishers Private Limited, Delhi-110007
6. Swami Jnanananda(1938), Philosophy of Yoga, Sri Ramakrishnashrama Publications, Calcutta-711202
7. S.N.Dasgupta(2002), Yoga as a Philosophy and Religion, Calcutta 711202.
8. Krishna Chaitanya(1986), Gita for Modern man, Clarion Books, New Delhi-110003
9. Swami Krishnananda(1973), A short history of religions and philosophic thought in India, The divine life society Shivanandanagar, Rishikesh-249192
10. H.R.Nagenera(2011), Basis and Applications of Yoga, Published by SVYASA, Bangalore-560019
11. Srimadvalmiki, Yogavasista, Vol.1 & 2., Munshiram, Manoharlal Publishers, Pvt. Ltd., New Delhi – 110 002.
12. Pandit Mahadeva Shastri(2000), Yogopanisats, the Adyar Library and B.A. Research Centre, Adyar, Madras –600020
13. Swami SatyanandaSaraswati(2002), Asana, Pranayama, Bandha & Mudra, Bihar School of Yoga, Munger-811201

14. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
15. Swami Kuvalayanada(1978), Pranayama, SMYM, Samiti, Kaivalyadhama,Lonavala-410403
16. M.M.Ghore(2012), Anatomy and Physiology of Yogic Practices, Lonavala Yoga Institute, Lonavala-410403
17. Nikhilananda Swami (2006), Vedanta-Sara of SadanandaYogindra, Advaita ashrama, 5 Dehi Entally Road, Kolkata 700014
18. Swami Harshananda(1995) , Vedanthasara of Sadananda,Sri Rama Krishna Ashram, Yadavagiri, Mysore - 5700020.



YSS502A BASICPRINCIPLES OF YOGA THERAPY

Learning Objectives:

To make the student to understand:

- Basic principles of Yoga therapy.
- Food system and health management.
- Daily routine and seasonal routines.

Learning Outcome:

The student will be able to:

- Explain and utilize the basic principles of Yoga therapy appropriate to the need of individual patient.
- Explain the qualities and usage of the selected items in Yoga therapy.
- Use proper life style/ life style modifications in Yoga therapy.
- Understand and use Kriyas, Asanas, Pranayamas and Mudra for preventive, promotive and curative goal in Yoga therapy.

I Basic Principles

12 Hrs

- 1) Sadvimsatitva theory
- 2) Panchakosha theory
- 3) Tridosha theory
- 4) Application of the three theories.

II Food System and Health Management

12 Hrs

Dietetics with relationship of Rasa, Guna, Virya, Vipaka and uses of the following:

- 1) Shali, Yava, Godhuma, Mudga, Masha, Chanaka, Patola, Surana. Kakkola, Karkati, Rambha, Mulaka, Vartaki, Kalashaka.
- 2) Himalocika, Navanita, Ghrta, Kshira, Sita, Ikshwam, Gudam, Kusmanda, Kumari, Narikelam, Draksham, Lawali, Dhatri, Ela, Jati.
- 3) Lavanga, Paurusha, Jambu, Haritaki, Karjura, Madhu, Shunti, Sigru, Bilva, Tulasi, Guduchi, Tila, Nimba, Maricha.
- 4) Brahmi, Bhumyamalaki, Amalaki, Bhranga, Jeeraka, Dhanyaka, Lashuna, Shirisha, Kutaja, Haridra, Mantya, Patra, Ushira, Jivanthi, Punarnava.

III Principles of Yoga Therapy

12 Hrs

- 1) Principles of Yoga therapy related to Indian System of Medicine – Tridosha,

Dhatu, Mala, Sadrasa.

- 2) Dinacarya, Sadvrtta, Abhyanga, Vyayama.
- 3) Rtucarya, Rtusandhi
- 4) A general survey of preventive, promotive and curative aspects of yoga Therapy Viz. Asana, Pranayama, Mudra, Kriya etc.

REFERENCE BOOKS

1. Swatmarama (1998), HathayogaPradipika, Kaivalyadhama, Lonavala, Pune-410403
2. Vagbhata (1997), AstangaHridaya , Chowkhamba Sanskrit Series, Varanasi-221001
3. Dr.V.B.Athavale (2004), Basic Principles of Ayurveda, Chaukamba Sanskrit Pratishthan, Delhi-110007
4. Charaka, Charakasamhita, Chowkhamba Sanskrit Series office, Varanasi-221001
5. Dr.H.R.Nagendra, New Horizons in Modern Medicine, SVYASA, Bangalore-560105
6. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
7. Swami Kuvalayanada(1978), Pranayama, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
8. M.M.Gore (2012), Anatomy and Physiology of Yogic Practices, Lonavala, Pune.-410403
9. K.N.Udupa (2007), Stress and its Management by Yoga, MothilalBanarsidas, Delhi-110007
10. Ishwara Krishna (1995), Sankhyakarika, Ramakrishna Muth, Mylapore, Madras-600004
11. Swami SatyanandaSaraswati (2013), Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger-811201
12. Swami Satyananda Saraswathi (2004), A Systematic Course In The Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Munger-811201
13. Hutchison (2012), Hutchison's Clinical Methods, Elsevier Ltd.
14. Davidson (1999), Principles & practice of Medicine, Churchill Livingstone, Harcourt Brace and Company
15. Wasley (1999), GDEd., Critical Laboratory techniques, Churchill Livingstone, Harcourt Brace and Company.
16. Dr.K.Krishna Bhat(2006), The Power of Yoga, Suyoga Publications, Mangalore, Kallenkra Hills, post Karopadi-574279.

YSS503A MODERN APPROACH OF HEALTH SYSTEM

Learning Objectives:

To make the students to know:

- Taking case history of the patient.
- Examination of a patient and review of system.
- Etiology, symptoms, complications and treatment of the diseases according to modern approach.

Learning Outcome:

After the course student will be able to:

- Establish effective communication with the patient.
- Take the case history of the patient and record it with all relevant points.
- To carry out the general examinations of the patient and record them.

Describe the selected diseases and their treatment according to the Modern approach

I Examination of a Patient and Review of Systems 12 Hrs

- 1) 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
- 2) Family history, Physical examination, Investigations, Diagnosis, Treatment history, Follow-up; Presenting a case and Interpretation of clinical data
- 3) General approach, mental and emotional state, Physical attitude, Physique, Face, Skin, Hands, Feet, Neck, Temperature, Pulse, Respiration, Special questions were relevant.
- 4) Review of - Gastrointestinal system, Cardiovascular system, Respiratory system, Genital system, Urinary system, Nervous system, Skin diseases

II. Modern Approach – Etiology, Symptoms, Complications, Treatment with features and management. 12 Hrs

- 1) Hypertension, Cardiac Disorders.
- 2) Diabetes Mellitus, Obesity
- 3) Br. Asthma, Constipation
- 4) Arthritis, Peptic Ulcer

III. Modern Approach – Etiology, Symptoms, Complications, Treatment with features and management. 12 Hrs

- 1) Backache, Spondylitis and Spondylosis
- 2) Depression, Anxiety, Insomnia
- 3) Menstrual disorders
- 4) Thyroid problems, Sexual disorders.

REFERENCE BOOKS

1. Davidson (1999), Principles & practice of Medicine, Churchill Livingstone, Harcourt Brace and Company
2. Apley (2010), System of Orthopaedics and Fractures, Taylor and Francis Ltd, London.
3. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
4. Swami Kuvalayanada(1978), Pranayama, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
5. Swami Kuvalayananda, Dr. S.L. Vinekar(1963), Yogic Therapy – Published by Kaivalyadhama, Lonavala, Pune-410403
6. Yogendra, Yoga Essays, Yoga Institute, Santacruz, Bombay-400055
7. M.M.Gore (2012), Anatomy and Physiology of Yogic Practices, Kaivalyadhama, Lonavala, Pune-410403
8. K.N.Udupa (2007), Stress and its Management by Yoga, Motilal Banarsidas, Delhi-110007
9. Vagbhata (1997), AstangaHridaya , Chowkhamba Sanskrit Series, Varanasi-221001
10. Hutchison (2012), Hutchison's Clinical Methods, Elsevier Ltd.
11. Wasley (1999), GDEd., Critical Laboratory techniques, Churchill Livingstone, Harcourt Brace and Company
12. Bhat.K.Krishna Bhat (2006), The Power of Yoga, Suyoga Publications, Mangalore, Kallenkra Hills, post Karopadi -574279.
13. Harsha Mohan (1995), Text Book of Pathology, Jaypee brothers, Medical Publishers (P) Ltd. B – 3, EMCA House, 23/23B, Ansari Road, Dariyaganj, PB no.7193, New Delhi – 110002.
14. J Maheshwari (2011), Essential Orthopaedics, Jaypee brothers Medical Publishers (P) Ltd, 4838/24, Ansari Road, Dariyaganj, New Delhi – 110002.
15. Yash Pal Munjal (Ed in Chief) (2012) Text Book of Medicine, vol 1 & vol 2, 9th edition. The association of Physicians of India, Turf Estate # 6 & 7, Off Dr. E. Moses Road, opp Shakti Mills Comp, Near Mahalaxmi Station (west), Mumbai 400 011.

Learning Objectives:

To make the students to:

- Know the effect of Yogic practices on different system of the body.
- Know etiology and symptoms of diseases according to Indian and Yogic approach.
- To study the complication and treatment of the disease according to Yogic approach.

Learning Outcome:

The student will be able to:

- Describe the effect of different limbs of Yoga on different systems and use them in yoga therapy.
- Describe the selected diseases and their treatment according to the Indian and Yogic approach.
- Examine the patient, record the case history and diagnose the problem.
- Provide Yoga therapy to the person/patient.

I Effect of yogic practices on following systems 12 Hrs

- 1) Musculoskeletal system, Nervous system
- 2) Endocrine system, Reproductive system
- 3) Digestive system, Excretory system
- 4) Respiratory system, Circulatory system

II. Indian and Yogic approach of the following diseases with treatment and management 12 Hrs

- 1) Diabetes Mellitus, Br.Asthma
- 2) Hypertension, Cardiac Disorder
- 3) Backache, Arthritis.
- 4) Obesity, Peptic Ulcer

III. Indian and Yogic approach of the following diseases with treatment and management 12 Hrs

- 1) Depression, Anxiety, Insomnia
- 2) Gastritis, Constipation
- 3) Menstrual disorders.
- 4) Thyroid problems, Sexual disorders.

REFERENCE BOOKS

1. Davidson (1999), Principles & practice of Medicine, Churchill Livingstone, Harcourt Brace and Company
2. Apley (2010), System of Orthopaedics and Fractures, Taylor and Francis Ltd, London.
3. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
4. Swami Kuvalayanada(1978), Pranayama, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
5. Swami Kuvalayananda, Dr. S.L. Vinekar(1963), Yogic Therapy – Published by Kaivalyadhama, Lonavala, Pune-410403
6. Yogendra, Yoga Essays, Yoga Institute, Santacruz, Bombay-400055
7. M.M.Gore (2012), Anatomy and Physiology of Yogic Practices, Kaivalyadhama, Lonavala, Pune-410403
8. K.N.Udupa (2007), Stress and its Management by Yoga, Motilal Banarsidas, Delhi-110007
9. Vagbhata (1997), Astanga Hridaya , Chowkhamba Sanskrit Series, Varanasi-221001
10. Michael Glynn , William M. Drake (Edited) (2012), Hutchison's Clinical Methods, 23rd Edition, Saunders Elsevier Ltd.
11. Wasley (1999), GDEd., Critical Laboratory techniques, Churchill Livingstone, Harcourt Brace and Company
12. Bhat.K.Krishna Bhat (2006), The Power of Yoga, Suyoga Publications, Mangalore, Kallenkra Hills, post Karopadi -574279

YSP505A PRACTICAL – V: BANDHAS AND MUDRAS

Learning Objectives:

To make the student to

- Know the fundamentals of Bandhas and Mudras.
- Get trained in Bandhas and Mudras.
- Understand the therapeutical applications of Bandhas and Mudras.

Learning Outcome:

After the completion of the course, the student will be able to

- Perform the Bandhas and Mudras systematically.
- Describe and demonstrate the procedures of the selected Bandhas and Mudras.
- Apply the practice therapeutically to the patient.
- Represent the practice in proper terms.
- Self-improvement of health and concentration.

I Bandhas

24 Hrs

- 1) Mula Bandha
- 2) Uddiyana Bandha
- 3) Jalandhara Bandha
- 4) Jihva Bandha



II Mudras

24 Hrs

- 1) Mahamudra
- 2) Viparitakarani
- 3) Shanmukhimudra
- 4) Tadagi mudra and kaki mudra

III Mudras and Bandhas

24 Hrs

- 1) Mahabandha, Mahavedha
- 2) Bhunjangini, Ashwini
- 3) Yonimudra

4) Mandukimudra

REFERENCE BOOKS

1. Swami Digambarji (1997), HathayogaPradipika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
2. Swami Digambarji (1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
3. SadashivaBrahmendra Saraswathi (1911), Patanjala Yoga Sutra Vrtti
4. Swami Kuvalayanada (1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
5. Prof.PattabhiJois(2010), Yoga Mala - Part I , North Point Press, A division of Ferrar, Straus and Giroux, 18th west 18th street, New York 10011.
6. B.K.S.Iyengar(1966), Light on Yoga, Collins publication, 77- 85Fulham Palace road, London W6 8JB.
7. B.K.S.Iyengar (1999), Light on Pranayama, Harper Collins, New Delhi-201307
8. Vidwan T. Krishnamacarya (1981), Yogasanagalu, Prasara, Mysore University, Manipal power press, Manipal, Mysore 570012
9. Thomas Von Elbe (1999), Yoga Self Taught
10. Swami Kuvalayananda (1963), Yoga Therapy, Published by Kaivalyadhama, Lonavala, Pune-410403.
11. H.R.Nagendra (2011), Pranayama – Pubished by SVYASA, Bangalore-560105
12. Swami Geetananda, Bandhas & Mudras, Anandashrama, Pondicherry-605013
13. Swami SatyanandaSaraswati (2013), Asana, Pranayama, Mudra and Bandha, Bihar School of Yoga, Munger-811201
14. Swami Satyananda Saraswathi (2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Munger-811201

YSP506A PRACTICAL – VI : PRANAYAMA & MEDITATION

Learning Objectives:

To make the student to

- Get trained in Pranayama and Meditation.
- Know the fundamentals of Pranayama and Meditation according to the traditional practice.
- Understand the therapeutical application of Pranayama and Meditation.

Learning Outcome:

After the completion of the course, the student will be able to

- Perform the Pranayama and Meditation.
- Explain and demonstrate the procedures of selected Pranayamas.
- Use the practices for treatment.
- Self-improvement of health and concentration.

I	Pranayama		24 Hrs
	1) Recaka Kumbhaka		
	2) Puraka Kumbhaka		
	3) Ujjayi		
	4) Nadisuddhi		
II	Pranayama		24Hrs
	1) Suryabhedana		
	2) Candrabhedana		
	3) Sitali		
III	Pranayama		24 Hrs
	1) Bhastrika		
	2) Bhramari		
	3) Sitkari		
IV	Meditation		24Hrs
	1) Pranava		
	2) Soham		
	3) Akashadharana, Vayavidharana		
	4) Yoganidra		

REFERENCE BOOKS

1. Swami Digambarji(1997), HathayogaPradipika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
2. Swami Digambarji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
3. SadashivaBrahmendra Saraswathi(1911), Patanjala Yoga Sutra Vrtti
4. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
5. Prof.PattabhiJois(2010), Yoga Mala - Part I , North Point Press, A division of Ferrar, Straus and Giroux, 18th west 18th street, New York 10011.
6. B.K.S.Iyengar(1966), Light on Yoga, Harper Collins Publication, 77- 85Fulham Palace road, London W6 8JB.
7. B.K.S.Iyengar(1999), Light on Pranayama, Harper Collins, New Delhi-201307
8. Vidwan T. Krishnamacarya(1981), Yogasanagalu, Prasaraanga, Mysore University, Manipal power press, Manipal, Mysore 570012
9. Thomas Von Elbe(1999), Yoga Self Taught
10. Swami Kuvalayananda(1963), Yoga Therapy, Published by Kaivalyadhama, Lonavala, Pune-410403.
11. H.R.Nagendra(2011), Pranayama – Pubished by SVYASA, Bangalore-560105
12. Swami Geetananda, Bandhas & Mudras, Anandashrama, Pondicherry-605013
13. Swami SatyanandaSaraswati(2013), Asana, Pranayama, Mudra and Bandha, Bihar School of Yoga, Munger-811201
14. Swami Satyananda Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya , Bihar School of Yoga, Munger-811201

YSE507 SCIENTIFIC APPROACH OF YOGA

Learning Objectives:

To make the students to understand

- Basic of Yoga therapy.
- Principles of Yoga therapy.
- Daily routine, seasonal routine.
- Preventive, promotive and curative aspects of Yoga therapy.
- Effects of Yogic practices on different systems of the Human body.

Learning Outcome:

After the course, the student will be able to:

- Describe Sadvimsathi tattva theory, Pancakosa theory, Tridosha theory and application of these theories in Yoga therapy.
- Describe the principles of daily routine, seasonal routine and their importance in Yoga therapy.
- Describe effect of Yogic practices on selected systems of the human body.
- Describe the use of lifestyle, Kriyas, Asanas, Pranayamas, Mudra and Meditation for preventive, promotive and curative aspects of Yoga therapy.

I. Basis of Yoga Therapy 12 Hrs

1. Sadvimsatitva theory
2. Tridosha theory
3. Pancakosa theory
4. Application of the three theories.

II Principles of Yoga Therapy & Yoga Practicals 12 Hrs

- 1) Dinacarya, Sadvrta, Abhyanga, Vyayama, Rutucarya
- 2) A general survey of preventive, promotive and curative aspects of yoga Therapy Viz. Asana, Pranayama, Meditation, Kriya etc.
- 3) Asanas Practicals— Padmasana, Simhasana, Tadasana 2, Parsvakonasana, Pascimottanasana, Pavanamuktasana, Bhujangasana, Dhanurasana, Vrksasana, Viparitarani, Uttanapadasana, Savasana 1 & 2
- 4) Pranayama & Meditation Practicals – Ujjai, Anuloma Viloma Pranayama, Pranava, Soham

III. Effect of Yogic practices on the following systems

12 Hrs

- 1) Digestive system
- 2) Respiratory system
- 3) Circulatory system
- 4) Nervous system

REFERENCE BOOKS:

1. Swami Vivekananda(1982), Rajayoga Ramakrishna Ashrama Publications, 5 Delhi entally Road,Kolkata-700014.
2. Swami Digambaraji(1970), Hathayoga Pradipika of Swatmarama, Kaivalyadhama,Lonavala-410403
3. Swami Satyananda(1983), Four chapters on Freedom (Commentary on the Yoga Sutras of Patanjali), Bihar School of Yoga, Munger-811201
4. Hariharananda Aranya(1984), Yogasutras of Patanjali, University of Calcutta Press, Calcutta-700019
- 5.Omananda Tirtha, Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur-273005
6. Taimini.I.K (1961), The Science of Yoga,Theosophical Publishing House, Adyar, Madras-600020
- 7.Swami Niranjanananda, Yoga Darshan, Sri Pachadasham Paramahamsa Alakh Bara, Deoghar-814113
- 8.Swami Niranjanananda, Hathayogapradipika, Bihar School of Yoga,Munger-811201
- 9.Swami Niranjanananda(1997), Gheranda Samhita, Bihar School of Yoga,Munger-811201
- 10.Swami Digambarji(1997), Gheranda Samhita, Kaivalyadhama, Lonavala-410403
11. H.Kumar Kaul(1994), Aspects of Yoga, B.R.Publishing Corporation, Delhi-110002
12. Chandradhara Sharma(2000), A critical survey of Indian Philosophy, Motilal Banarsidass Publishers Private Limited, Delhi-110007
13. Swami Jnanananda(1938), Philosophy of Yoga, Sri Ramakrishnashrama Publications, Calcutta-711202
14. S.N.Dasgupta (2002), Yoga as a Philosophy and Religion, Calcutta -711202
15. Swami Krishnananda(1973), A short history of religions and philosophic thought in India, The divine life society. Shivanandanagar, Rishikesh-249192
- 16.Bhat.K.Krishna (2006), The Power of Yoga, Suyoga Publications, Mangalore, Kallenkra Hills,P.O.Karopady - 574279.
17. Swami kuvalayananda, Dr. S.L. Vinekear(1963), Yogic Therapy – Published by Kaivalyadhama, Lonavala, Pune-410403

- 18.Prof.PattabhiJois(2010), Yoga mala – Part I, North Point Press, A Division ofFarrar, Straus and Giroux, 18 west 18the street, New York 10011.
- 19.B.K.S.Iyengar(1966), Light on Yoga, Harper Collins publication, 77- 85Fulham Palace road, London W6 8JB.
- 20.B.K.S.Iyengar(1999), Light on Pranayama, Harper Collins, New Delhi-201307
- 21.Swami Dhirendra Brahmachari(1953), YogasanaVijnana, Dhirendra Yoga Publications, New Delhi-110001
- 22.O.P.Tiwari(1991), Asana, Why & How, Kaivalyadhama, Lonavala-410403
- 23.Yogeshwar(2004), The Text of Yoga, Yoga Centre, Madras – 600020
- 24.Prof.D.K.Jain(2006), Human Physiology & Biochemistry, Arya Publications, Naivala, Karol bagh, New Delhi – 110005.



IV SEMESTER

YSS551A SCIENTIFIC STUDIES IN YOGIC SCIENCE - I

Learning Objectives:

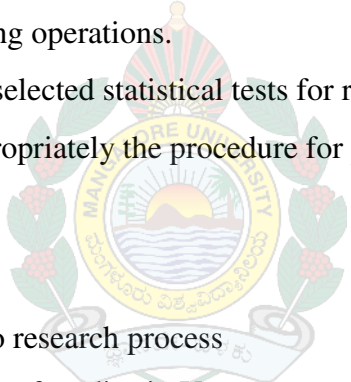
To make the students to understand:

- Research process.
- Research studies in Yoga.
- Use of statistics in research.
- Procedure for publication.

Learning Outcome:

The student will be able to:

- Describe the research process to conduct studies in Yogic sciences.
- Describe the processing operations.
- Describe and use the selected statistical tests for research in Yogic science.
- Describe and use appropriately the procedure for publications.



I	Introduction	12 Hrs
	1) Introduction to research process 2) Different types of studies in Yoga. 3) Importance of Experimental and Control groups 4) Literature survey in Yoga	
II	Statistics	12 Hrs
	1) Introduction 2) Measures of Central tendency 3) Measures of Dispersion 4) Processing operations	
III	Scientific studies in Yoga	12 Hrs
	1) Scientific studies in Yoga - procedure 2) Procedure for publication in Yoga 3) Hypothesis, Level of significance, Types of errors 4) Statistical tests: t-test, ANOVA.	

REFERENCE BOOKS

1. Kothari, C.R.(1985), Research Methodology, Methods & Techniques, WishwaPrakashan, New Delhi-110002
2. SMYM Samiti, Yoga Mimamsa, Kaivalyadhama.
3. H.R.Nagendra, New Horizons in Modern Medicine, SVYASA, Bangalore-560105
4. Goode (1952), W., Method in Social Research,Mcgraw-Hill Book Company, Inc.
5. Kerlinger, F.N (1986), Foundation of Behavioural research, Prism Books, Bangalore-560070
6. Mohisin (1984), Research Methods in Behavioural Sciences, S.M.Orient Longman Limited, New Delhi-110006
7. Nachmias D (1981),, Research Method in Social Sciences, NachmiasSt.Martins Press, New York.
8. Hutchison (2012), Hutchison's Clinical Methods, Elsevier Ltd.
9. Wasley (1999), GDEd. Critical Laboratory techniques,Churchil Livingstone, Harcourt Brace and Company.
10. Davidson (1999), Principles & practice of Medicine, Churchil Livingstone, Harcourt Brace and Company
11. Apley (2010), System of Orthopaedics and Fractures, Taylor and Francis Ltd, London.

Learning Objectives:

To make the students:

- To understand the current scenario of research in Yogic science.
- To critically analyze the research studies.
- Present and discuss the research studies.

Learning Outcome:

After the course the student will be able to:

- Understand the current scenario of research in Yogic science.
- Describe the methodology of research in the selected works.
- Get the idea to carry out the research studies in Yogic science.
- Design the proto type research in Yogic science.

Analysis of 10 Research works in Yoga

(Decided by the BOS)

Presentation and Discussion



Learning Objectives:

To make the student acquainted with:

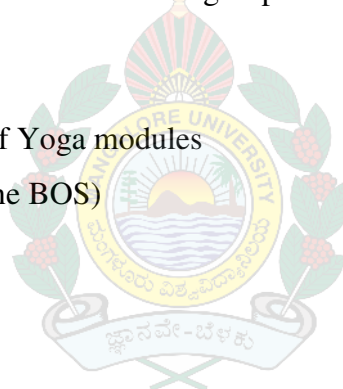
- Understanding of etiology, symptom, complication and treatment.
- Case taking and recording.
- Interpretation of clinical data.

Learning Outcome:

The student will be able to:

- Describe the selected disease.
- Describe the case taking and examination of the patient having the given disease.
- Explain designing of the Yoga therapy to the patient.
- Describe and demonstrate the handling of patient in Yoga therapy.

Presentation of Yoga modules
(Decided by the BOS)



YSS554A PRACTICAL – VII : ADVANCED PRACTICES

Learning Objectives:

To make the student to

- Get trained in Pranayama and Meditation.
- Know the fundamentals of Pranayama and Meditation according to the traditional practice.
- Understand the therapeutical application of Pranayama and Meditation.

Learning Outcome:

After the completion of the course, the student will be able to

- Perform the Pranayama and Meditation.
- Explain and demonstrate the procedures of selected Pranayamas.
- Use the practices for treatment.
- Self-improvement of health and concentration.

I Pranayama(Advanced)

24 Hrs

- 1) Ujjayi
- 2) Suryabhedana
- 3) Candrabhedana
- 4) Nadisuddhi

II Pranayama(Advanced)

24 Hrs

- 1). Bhastrika
- 2) Bhramari
- 3) Sitali
- 4) Sitkari

III Meditation (Advanced)

24 Hrs

- 1) Pranava
- 2) Soham
- 3) Sthuladhyana
- 4) Sukshmadhyana

REFERENCE BOOKS

1. Swami Digambarji(1997), HathayogaPradipika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
2. Swami Digambarji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
3. SadashivaBrahmendra Saraswathi(1911), Patanjala Yoga Sutra Vrtti
4. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
5. Prof.PattabhiJois(2010), Yoga Mala - Part I , North Point Press, A division of Ferrar, Straus and Giroux, 18th west 18th street, New York 10011.
6. B.K.S.Iyengar(1966), Light on Yoga, Collins publication, 77- 85Fulham Palace road, London W6 8JB.
7. B.K.S.Iyengar(1999), Light on Pranayama, Harper Collins, New Delhi-201307
8. Vidwan T. Krishnamacarya(1981), Yogasanagalu, Prasara, Mysore University, Manipal power press, Manipal, Mysore 570012
9. Thomas Von Elbe(1999), Yoga Self Taught
10. Swami Kuvalayananda(1963), Yoga Therapy, Published by Kaivalyadhama, Lonavala, Pune-410403.
11. H.R.Nagendra(2011), Pranayama – Pubished by SVYASA, Bangalore-560105
12. Swami Geetananda, Bandhas & Mudras, Anandashrama, Pondicherry-605013
13. Swami SatyanandaSaraswati(2013), Asana, Pranayama, Mudra and Bandha, Bihar School of Yoga, Munger-811201
14. Swami Satyananda Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya , Bihar School of Yoga, Munger-811201

YSS555A PRACTICAL - VIII: INSTRUMENTS

Learning Objectives:

To make the students

- Able to use the instruments for experiments.
- To understand the principle and procedures of the experiments.
- To show the effect of Yogic practices on certain parameters.

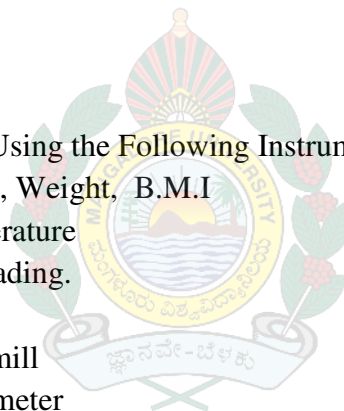
Learning Outcome:

After the completion of the course, the student will be able to

- Handle the instruments to carry out the experiments.
- Describe the principle and procedure of the selected experiments using instruments.
- Use the instruments to study the effect of Yogic practices/ Yoga therapy as an individual.

Experiments Using the Following Instruments

- 1) Height, Weight, B.M.I
- 2) Temperature
- 3) B.P.reading.
- 4) E.C.G.
- 5) Treadmill
- 6) Spiro meter
- 7) Blood Analysis
- 8) Polyride



YSP556A DISSERTATION / PROJECT WORK

Learning Objectives:

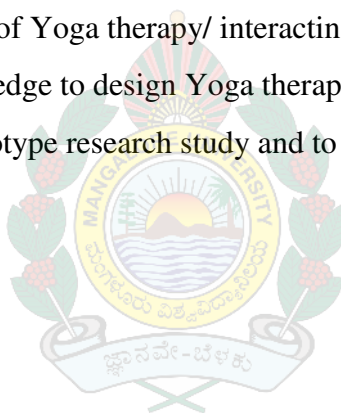
To make the students:

- Able to independently approach the public and disseminate about Yoga and Yoga therapy.
- To have on field experience of Yoga therapy.
- To give enhanced experience of handling patients to the students.
- To get the experience of conducting a proto type research study.

Learning Outcome:

After the course, the student will

- Spread value based knowledge of Yogic science among public.
- Have the experience of Yoga therapy/ interacting with the patient/ public.
- Have practical knowledge to design Yoga therapy.
- Carrying out the prototype research study and to prepare the report.



SPECIALISATION: YOGA SPIRITUALITY

III SEMESTER

YSH501B BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II

Learning Objectives:

- To know the basics of Jnana Yoga.
- To know the yogic methods in Upanishads.
- To know yogic methods in Yoga Vasishta.
- Understanding of Yoga therapy concepts in certain classical texts.

Learning Outcome:

After the completion of course the student will be able to understand-

- Jnana Yoga and its application in Yoga therapy.
- Practice of Yoga in the selected Upanishads and its practical usage.
- Explain Yogic methods in Yoga Vasishta and their practicality.
- Describe and to apply the therapy concepts in the selected classical texts.

I Basics of Jnanayoga

12 Hrs

- 1) Jnanayoga – Introduction, Prasthanatraya, Anubandhachatushtaya, Subject matter, Qualification for study of Jnana Yoga.
- 2) Guru, Adhyasa, SamastiandVyasti aspects of Adhyasa.
- 3) Nature of reality, Apavada, Brahma, Evolution theory, Panchakosa theory
- 4) Steps to realization, Samadhi and its obstacles.

II Yogic methods in Upanishats

12 Hrs

- 1) Nadabindupanishat
- 2) Dhyanabindhupanishat
- 3) Kathopanishat
- 4) Shwethshwataupaupanishat

III	Yogic methods in Yogavasistha	12 Hrs
	1) Citta, its qualities, Cittavikaras, Cittacikitsa.	
	2) Manas, Rupa, Existence, Sadacara, Ahankara, Bandhabandha Jivanmukta.	
	3) Yoga and its explanation, Jnana, Indriya and Vairagya.	
	4) Jnana, Suk Yogopadesa, Nirvana, Visranti.	
IV	Yoga therapy concepts in classical text	12 Hrs
	1) Patanjala yoga sutra	
	2) Hathayogapradipika	
	3) Gheranda Samhita	
	4) Shivayoga dipika	

REFERENCE BOOKS

1. Sadashivabrahmendra Saraswati(1978), Shivayogadipika, Ananda Ashramagranthavali, Pune- 410403
2. Ishwarakrishna (2000), Sankhyakarika, parimala publication, Delhi-110007
3. Dr.S.Radhakrishna(1948), Shirmadbhagavadgeeta, George Allen and Unwin Ltd, London
4. Dashopanishath, Chaukamba Oriental Series, Varanasi-221001
5. Chandradhara Sharma (2000), A critical survey of Indian Philosophy, Motilal Banarsidass Publishers Private Limited, Delhi-110007
6. Swami Jnanananda (1938), Philosophy of Yoga, Sri Ramakrishnashrama Publications, Calcutta-711202
7. S.N.Dasgupta (2002), Yoga as a Philosophy and Religion, Calcutta 711202.
8. Krishna Chaitanya (1986), Gita for Modern man, Clarion Books, New Delhi-110003
9. Swami Krishnananda (1973), A short history of religions and philosophic thought in India, The divine life society Shivanandanagar, Rishikesh-249192
10. H.R.Nagenera (2011), Basis and Applications of Yoga, Published by SVYASA, Bangalore-560019
11. Srimadvalmiki, Yogavasista, Vol.1 & 2., Munshiram, Manoharlal Publishers, Pvt. Ltd., New Delhi – 110 002.
12. Pandit Mahadeva Shastri (2000), Yogopanisats, the Adyar Library and B.A. Research Centre, Adyar, Madras –600020

13. Swami SatyanandaSaraswati (2002), Asana, Pranayama, Bandha & Mudra, Bihar School of Yoga, Munger-811201
14. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
15. Swami Kuvalayanada(1978), Pranayama, SMYM, Samiti, Kaivalyadhama,Lonavala-410403
16. M.M.Ghore (2012), Anatomy and Physiology of Yogic Practices, Lonavala Yoga Institute, Lonavala-410403
17. Nikhilananda Swami (2006), Vedanta-Sara of SadanandaYogindra, Advaita ashrama, 5 Dehi Entally Road, Kolkata 700014
18. Swami Harshananda (1995) , Vedanthasara of Sadananda, Sri Rama Krishna Ashram, Yadavagiri, Mysore - 5700020.



YSS502B BASIS OF YOGA AND SPIRITUALITY –I

Learning Objectives:

To make the student to be acquainted with

- About spirituality.
- Methods of spirituality.
- Principles of spiritual practices.
- Yogic practices for spirituality.

Learning Outcome:

After the completion of course the student will be able to -

- Describe spirituality and qualities of an aspirant.
- Explain methods of spirituality in the selected texts.
- Explain the preparation and other requirements for the practice.
- Understand and explain the Yogic practices in the selected texts.

1. Introduction

12Hrs

- 1) Spirituality- Meaning and Aim
- 2) Spirituality- Obstacles and Solution
- 3) Spirituality-Fundamentals and Qualities of a Sadhaka
- 4) Modern Sciences and Spirituality

2. Basic methods of Spirituality

12Hrs

- 1) Primary, Medium, Advanced methods in Patanjala Yoga Sutra
- 2) Primary, Medium, Advanced methods in Hathayogapradipika
- 3) Primary, Medium, Advanced methods inSivayogadipika
- 4) Primary, Medium, Advanced methods in Gheranda Samhita and Hatharathnavali.

3. Principles of Spiritual practice

12Hrs

- 1) Preparation, Place, Time
- 2) Food and Lifestyle.
- 3) Yogic practices for spirituality as explained inBhagavadgita.
- 4) Yogic practices for spirituality as explained in 10 upanisats

REFERENCE BOOKS

1. Swami Ranganathananda, Science and Spirituality, Sri Ramakrishna Ashrama, Belur Math, Kolkatta- 700014
2. Trasi Nitin(1999), The Science of Enlightenment; Enlightenment, Liberation and God with Scientific Explanation, D.K Printworld Ltd, New Delhi-110015
3. Ishwarakrishna (2000), Sankhyakarika, parimala publication, Delhi-110007.
4. HariharanandaAranya(1984), Yogasutras of Patanjali, University of Calcutta Press, Calcutta - 700014.
5. Omananda Tirtha, Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur – 273005
6. Pandit Shri Bhawesh Nath Pathak, Dasopanisad, Chowkamba Varanasi-221001
7. Dasopanisad with English Translation, Motilal Banarsidas, New Delhi-110007
8. Dr.S.Radhakrishnan(1948), Bhagavadgeetha, Chapter II, VI, XIV, Harper Collins, New Delhi-201307
9. Swami Ranganathananda(2007), Message of Upanishads, Published by Bharatiya Vidya Bhavan, Bombay-400058
10. Chandradhara Sharma(1987), A critical survey of Indian Philosophy, Motilal Banarsidass Publishers Private Limited, Delhi-110007
11. Swami Vivekananda, Rajayoga, Advaita Ashrama, Kolkatta - 700014.
12. Swami Hariharananda Aranya(1984), Yogasutras of Patanjali, University of Calcutta Press, Calcutta - 700014.
13. Swami Digambarji(1997), HathayogaPradipika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
14. Swami Digambaraji(1997), Gheranda Samhita, Kaivalyadhama, Lonavala Pune - 410403.
15. Sadashivabrahmendra Saraswati(1978), Shivayogadipika, Ananda Ashramagranthavali, Pune- 410403
16. Swami SatyanandaSaraswati(2002), Sure Ways to self Realisation, Bihar School of Yoga, Munger-811201
17. Sir John Woodroffe(2000),The Serpent Power,Ganesh and company, Madras-600094
18. Swami Sivananda., Kundalini Yoga, Bihar School of Yoga, Munger-811201
19. Swami Satynanda Saraswathi, Sadhana Part I, II, III, & IV.
20. Golden A.S., Fundamental Philosophy of Upanisads
21. Dwivedi A.N.(1980), Essentials of Hinduism, Jainism and Buddhism, Astral International Pvt. Ltd., Delhi-110002

YSS503B BASIS OF YOGA AND SPIRITUALITY – II

Learning Objectives:

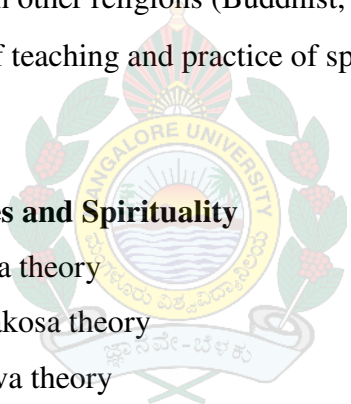
To make the student to have the knowledge of –

- Basic theories for spirituality.
- Different meditation techniques.
- Traditional methods and practice of spirituality.

Learning Outcome:

The student will be able to-

- Describe the basic theories and their application for the practice.
- Describe different meditation techniques according to the selected texts and schools of Yoga.
- Describe meditation in other religions (Buddhist, Jain, Muslim, Christian).
- Explain the method of teaching and practice of spirituality.

- 
1. **Basic Theories and Spirituality** **12 Hrs**
 - 1) Triguna theory
 - 2) Panchakosa theory
 - 3) 26 Tatva theory
 - 4) Tridosha theory
 2. **Meditation techniques in Upanishats and Schools of Yoga** **12 Hrs**
 - 1) In Yogopanisat, Dhyano-bindupanisat, Pranavopanisat and Yogopanisat
 - 2) According to Rajayoga and Hathayoga
 - 3) According to Bhaktiyoga, Mantrayoga and Kundalini Yoga
 - 4) According to Buddhist, Jain, Muslim and Christian principles
 3. **Traditional method for spirituality** **12Hrs**
 - 1) Teacher & Student relationship
 - 2) Teaching method and Quality
 - 3) Learning method
 - 4) Practice.

REFERENCE BOOKS

1. Swami Ranganathananda, Science and Spirituality, Sri Ramakrishna Ashrama, Belur Math, Kolkatta- 700014
2. Trasi Nitin(1999), The Science of Enlightenment; Enlightenment, Liberation and God with Scientific Explanation, D.K Printworld Ltd, New Delhi-110015.
3. Swami Virupakshananda, (1995), SankhyaKarika of IsvaraKrsna, Sri Ramakrishna Math, Mylapore, Madras 600 004.
4. Ishwarakrishna (2000), Sankhyakarika, parimala publication, Delhi-110007.
5. HariharanandaAranya (1984), Yogasutras of Patanjali, University of Calcutta Press, Calcutta - 700014.
6. Omananda Tirtha, Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur – 273005
7. Pandit Shri Bhawesh Nath Pathak, Dasopanisad, Chowkamba Varanasi-221001
8. Dasopanisad with English Translation, Motilal Banarsidas, New Delhi-110007
9. Dr.S.Radhakrishnan (1948), Bhagavadgeetha, Chapter II, VI, XIV, Harper Collins, New Delhi-201307
10. Swami Ranganathananda (2007), Message of Upanishads, Published by Bharatiya Vidya Bhavan, Bombay-400058
11. Chandradhara Sharma(1987), A critical survey of Indian Philosophy, Motilal Banarsidass Publishers Private Limited, Delhi-110007
12. Swami Vivekananda, Rajayoga, Adhvaita Ashrama, Kolkatta - 700014.
13. Swami Hariharananda Aranya(1984), Yogasutras of Patanjali, University of Calcutta Press, Calcutta - 700014.
14. Swami Digambarji(1997), HathayogaPradipika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
15. Swami Digambaraji(1997), Gheranda Samhita, Kaivalyadhama, Lonavala Pune - 410403.
16. Sadashivabrahmendra Saraswati(1978), Shivayogadipika, Ananda Ashramagranthavali, Pune- 410403
17. Swami SatyanandaSaraswati(2002), Sure Ways to self Realisation, Bihar School of Yoga, Munger-811201
18. Sir John Woodroffe(2000),The Serpent Power,Ganesh and company, Madras-600094
19. Swami Sivananda., Kundalini Yoga, Bihar School of Yoga, Munger-811201
20. Swami Satynanda Saraswathi, Sadhana Part I, II, III, & IV.
21. Golden A.S., Fundamental Philosophy of Upanisads
22. Dwivedi A.N.(1980), Essentials of Hinduism, Jainism and Buddhism, Astral International Pvt. Ltd., Delhi-110002

YSS504B YOGA AND SPIRITUALITY FOR HEALTH

Learning Objectives:

- Use of different meditation techniques and other Yogic practices for health.
- Use of lifestyle for health.
- Food system for spiritual practice and its importance for health.

Learning Outcome:

- Explain and use the Yogic practices for health and to treat an individual.
- Explain and use effectively life style for spiritual development and good health.
- Explain the qualities and usage of selected items and apply them in spiritual practice and for health.

I. Health management and Development 12Hrs

- 1) Physical health
- 2) Mental health
- 3) Social health
- 4) Spiritual health

II. Lifestyle 12Hrs

- 1) Brahmacharya
- 2) Sauca
- 3) Bath, Oil massage
- 4) Fasting.

III. Food System 12Hrs

- 1) Preparation of food
- 2) Quality and usages of Shali, Yava, Godhuma, Mudga, Masha, Chanaka, Patola, Surana, Mana, Karkati, Rambha, Balaramba, Mulak, Vartaki, Kalashaka. Himalocika, Navanita, Ghrta, Kshira
- 3) Quality and usages of Sita, Ikshwam, Gudam, Narikelam, Draksham, Lawali, Dhatri, Ela, Jati, Lavanga, Paurusha, Jambu, Haritaki, Karjura, Madhu, Shunti, Nimba, Maricha, Brahmi, Bhumyamalaki
- 4) Quality and usages of Amalaka, Bhranga, Jeeraka, Dhanyaka, Sita, Lashuna, Shirisha, Kutaja, Vayuvidanga, Haridra, Methika,

Patra, Ushira, Jivanthi, Vasthumulaya, Punarnava, Tulasi,
Amrta, Sigrü.

REFERENCE BOOKS

1. Swami Digambarji(1997), Hathayoga pradeepika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune - 410403
2. Swami Digambarji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala - 410403.
3. Swami Vivekananda(1982), Rajayoga, Ramakrishna Ashrama Publications, Delhi Entally Road, Kolkata-700014.
4. U.Rustaji, Manusmriti, Chowkamba Press, Varanasi-221001
5. Dr.K.Krishna Bhat(2006), The Power of Yoga, Suyoga Publications, MangaloreKallenkra Hills,P.O.Karopady.-574279
6. Swami Shivananda(2004), How to live hundred years, The divine life society, Shivanandanagar, Rishikesh-249192
7. Swami Sivananda(2004), Guru Bhakti Yoga,The divine life society, Shivanandanagar, Rishikesh-249192
8. Swami Sivananda, Spiritual Lessons, The divine life society, Shivanandanagar, Rishikesh-249192
9. Swami Yogaswarupananda, Foundation of Spiritual Life.
10. Swami Yogaswarupananda, Sadhana – Its meaning and obstacles
11. Swami Sivananda(2009), Religious Education, The divine life society, Shivanandanagar, Rishikesh-249192
12. Pandit Shri Bhawesh Nath Pathak, Dashopanisad with English Commentary, Motilal Banarsidass, New Delhi-110007
13. Mehta RM.(2006), Fasting, A Unique remedy for a hundred ailments, , Navneeth Education Ltd, Mumbai-400028
14. Dr.Gala.(1999), Nature Cure for common diseases, Navneeth Education Ltd, Mumbai-400028
15. The Medical Advisor, The Complete Guide to Alternative and Conventional Treatments(1996), Time Life Education, US

YSP505B PRACTICAL IX – BANDHAS & MUDRAS AND ADVANCED

ASANAS Learning Objectives:

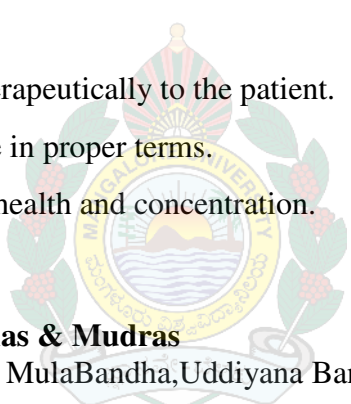
To make the student to

- Know the fundamentals of Bandhas and Mudras.
- Get trained in Bandhas and Mudras.
- Understand the therapeutical applications of Bandhas and Mudras.
- Know advanced Asana Practices.

Learning Outcome:

After the completion of the course, the student will be able to

- Perform the Bandhas and Mudras systematically.
- Perform the advanced Asanas.
- Describe and demonstrate the procedures of the selected Asanas, Bandhas and Mudras.
- Apply the practice therapeutically to the patient.
- Represent the practice in proper terms.
- Self-improvement of health and concentration.



I	Bandhas & Mudras	24Hrs
	1. MulaBandha, Uddiyana Bandha	
	2. Jalandhara Bandha, Jihvabandha	
	3. Mahamudra, Viparitakarani	
	4. Shanmukhimudra, Tadagimudra, Kaki mudra	
II.	Asanas	24Hrs
	1. Matsyendrasana, Yoganidrasana.	
	2. Viswamitrasana, Gomukhasana.	
	3. Vatayanasana, Vrschikasana.	
	4. Hanumanasana, Samakonasana.	
III.	Asanas	24Hrs
	1. Mayurasana, Chakrasana.	
	2. Natarajasana, Parivrtta Trikonasana	
	3. Mulabandhasana, Sarvangasana.	
	4. Matsyasana, Sirsasana	

REFERENCE BOOKS

1. Swami Digambarji(1997), Hathayoga Pradipika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
2. Swami Digambarji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
3. Sadashiva Brahmendra Saraswathi(1911), Patanjala Yoga Sutra Vrtti
4. Swami Kuvalayanada(1971),Asanas,SMYM Samiti,Kaivalyadhama,Lonavala-410403
5. Prof.PattabhiJois(2010), Yoga mala – Part I, North Point Press, A Division of Farrar, Straus and Giroux, 18 west 18th street, New York 10011.
6. B.K.S.Iyengar (1966), Light on Yoga . Harper Collins publication, 77- 85 Fulham Palace road, London W6 8JB.
7. B.K.S.Iyengar(1999), Light on Pranayama, Harper Collins, New Delhi,-201307
8. Thomas Von Elbe(1999), Yoga Self Taught
9. Swami Kuvalyananda(1963), Yogic Therapy, Published by Kaivalyadhama, Lonavala, Pune-410403
10. H.R.Nagendra(2011), Pranayama – Published by SVYASA, Bangalore-560105
11. Swami Geetananda, Bandhas & Mudras, Anandashrama, Pondicherry-605013
12. Swami Satyananda Saraswati(1997), Asana, Pranayama, Mudra, Bandha, Bihar School of Yoga , Munger-811201
13. Swami Satyananda Saraswati(2004), A Systematic Course in The Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Munger-811201
14. Dr.K.Krishna Bhat(2006), The Power of Yoga, Suyoga Publications, Mangalore Kallenkra Hills,P.O.Karopady-574279.

YSP506B PRACTICAL – VI: PRANAYAMA & MEDITATION

Learning Objectives:

To make the student to

- Get trained in Pranayama and Meditation.
- Know the fundamentals of Pranayama and Meditation according to the traditional practice.
- Understand the therapeutical application of Pranayama and Meditation.

Learning Outcome:

After the completion of the course, the student will be able to

- Perform the Pranayama and Meditation.
- Explain and demonstrate the procedures of selected Pranayamas.
- Use the practices for treatment.
- Self-improvement of health and concentration.

I Pranayama

24 Hrs

- 1) Recaka Kumbhaka
- 2) Puraka Kumbhaka
- 3) Ujjayi
- 4) Nadisuddhi

II Pranayama

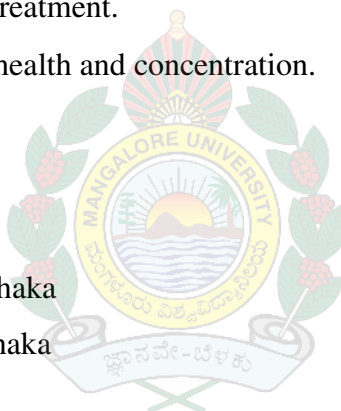
24 Hrs

- 1) Suryabhedana
- 2) Candrabhedana
- 3) Sitali

III Pranayama

24 Hrs

- 1) Bhastrika
- 2) Bhramari
- 3) Sitkari



IV Meditation

24 Hrs

- 1) Pranava
- 2) Soham
- 3) Akashadharana, Vayavidharana
- 4) Yoganidra

REFERENCE BOOKS

1. Swami Digambarji (1997), HathayogaPradipika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
2. Swami Digambarji (1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
3. SadashivaBrahmendra Saraswathi (1911), Patanjala Yoga Sutra Vrtti
4. Swami Kuvalayanada (1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
5. Prof.PattabhiJois(2010), Yoga Mala - Part I , North Point Press, A division of Ferrar, Straus and Giroux, 18th west 18th street, New York 10011.
6. B.K.S.Iyengar(1966), Light on Yoga, Harper Collins Publication, 77- 85Fulham Palace road, London W6 8JB.
7. B.K.S.Iyengar (1999), Light on Pranayama, Harper Collins, New Delhi-201307
8. Vidwan T. Krishnamacarya (1981), Yogasanagalu, Prasara, Mysore University, Manipal power press, Manipal, Mysore 570012
9. Thomas Von Elbe (1999), Yoga Self Taught
10. Swami Kuvalayananda (1963), Yoga Therapy, Published by Kaivalyadhama, Lonavala, Pune-410403.
11. H.R.Nagendra (2011), Pranayama – Pubished by SVYASA, Bangalore-560105
12. Swami Geetananda, Bandhas & Mudras, Anandashrama, Pondicherry-605013
13. Swami SatyanandaSaraswati (2013), Asana, Pranayama, Mudra and Bandha, Bihar School of Yoga, Munger-811201
14. Swami Satyananda Saraswathi (2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya , Bihar School of Yoga, Munger-811201

IV SEMESTER

YSS551B SCIENTIFIC STUDIES IN YOGIC SCIENCE - I

Learning Objectives:

To make the students to understand:

- Research process.
- Research studies in Yoga.
- Use of statistics in research.
- Procedure for publication.

Learning Outcome:

The student will be able to:

- Describe the research process to conduct studies in Yogic sciences.
- Describe the processing operations.
- Describe and use the selected statistical tests for research in Yogic science.
- Describe and use appropriately the procedure for publications.

I Introduction

12 Hrs

- 1) Introduction to research process
- 2) Different types of studies in Yoga.
- 3) Importance of Experimental and Control groups
- 4) Literature survey in Yoga

II Statistics

12 Hrs

- 1) Introduction
- 2) Measures of Central tendency
- 3) Measures of Dispersion
- 4) Processing operations

III Scientific studies in Yoga

12 Hrs

- 1) Scientific studies in Yoga - procedure
- 2) Procedure for publication in Yoga
- 3) Hypothesis, Level of significance, Types of errors
- 4) Statistical tests: t-test, ANOVA.

REFERENCE BOOKS

1. Kothari, C.R.(1985), Research Methodology, Methods & Techniques, WishwaPrakashan, New Delhi-110002
2. SMYM Samiti, Yoga Mimamsa, Kaivalyadhama.
3. H.R.Nagendra, New Horizons in Modern Medicine, SVYASA, Bangalore-560105
4. Goode (1952), W., Method in Social Research,Mcgraw-Hill Book Company, Inc.
5. Kerlinger, F.N (1986), Foundation of Behavioural research, Prism Books, Bangalore-560070
6. Mohisin (1984), Research Methods in Behavioural Sciences, S.M.Orient Longman Limited, New Delhi-110006
7. Nachmias D (1981),, Research Method in Social Sciences, NachmiasSt.Martins Press, New York.
8. Hutchison (2012), Hutchison's Clinical Methods, Elsevier Ltd.
9. Wasley (1999), GDEd. Critical Laboratory techniques,Churchil Livingstone, Harcourt Brace and Company.
10. Davidson (1999), Principles & practice of Medicine, Churchill Livingstone, Harcourt Brace and Company
11. Apley (2010), System of Orthopaedics and Fractures, Taylor and Francis Ltd, London.

Learning Objectives:

.To make the students:

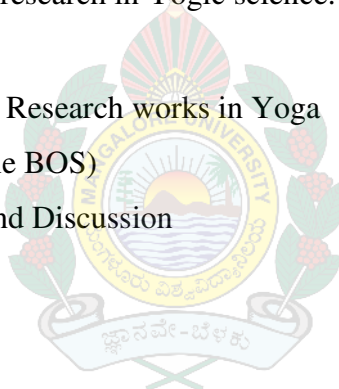
- To understand the current scenario of research in Yogic science.
- To critically analyze the research studies.
- Present and discuss the research studies.

Learning Outcome:

After the course the student will be able to:

- Understand the current scenario of research in Yogic science.
- Describe the methodology of research in the selected works.
- Get the idea to carry out the research studies in Yogic science.
- Design the proto type research in Yogic science.

Analysis of 10 Research works in Yoga
(Decided by the BOS)
Presentation and Discussion



YSS553B APPLIED SPIRITUALITY - I

Learning Objectives:

- To know the principles of management of health through spiritual practice and during the practice.
- Personality development through spiritual practice.
- Naturopathy in spirituality.

Learning Outcome:

- Explain and use spiritual practices for health.
- Explain personality development and use of spiritual practice for personality development according to the individual requirement.
- Explain the fundamentals of naturopathy and use of naturopathic techniques for spirituality and health.



I. General Health Management	12Hrs
1) Physical Health	
2) Mental Health	
3) Social Health	
4) Spiritual Health	
II. Personality Development	12Hrs
1) Controlled	
2) Emotion	
3) Clarity in expression	
4) Development in Structure, Mood and Behaviour	
III. Fundamentals of Naturopathy	12 Hrs
1) Introduction	
2) Fundamental theories	
3) Application of Naturopathy	
4) Spirituality and Naturopathy	

REFERENCE BOOKS

1. Gopalakrishna(1993), Kundalini – Path to Higher Consciousness, Orient Paperbacks, New Delhi-110002
2. Swami Shivananda(1999), The Science of Enlightenment; Liberation & God – A Scientific explanation, Divine Life Society, Rishikesh- 249192
3. Swami Ranganathananda, Science and Spirituality, Sri Ramakrishna Ashrama, Belur Math, Kolkatta-711202
4. Sarma D.S.(1971), Essence of Hinduism, Bharatiya Vidya Bhavan, New Delhi-110001
5. Goden A.S., Fundamental Philosophy of Upanisads
6. Dange Shashidhar A.(1995), Devine Hymns and Ancient thought Ritual & quest for the truth, Navrang Booksellers and Publishers, New Delhi-110012
7. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
8. Swami Kuvalayananda and Dr. S.L. Vinekar,(1963) Yogic Therapy, Central Health Burea (Directorate general of Health Services) Minister of Health and family Welfare. Government of India, New Delhi - 110002
9. Yogendra, Yoga Essays , Yoga Institute, Santacruz, Bombay-400055
10. M.M.Ghore(2012), Anatomy and Physiology of Yogic Practices, Lonavala Yoga Institute, Lonavala-410403
11. K.N.Udupa(2007), Stress and its Management by Yoga, Mothilal Banarsidas, Delhi-110007
12. Vagbhata(1997), Astanga Hridaya , Chowkhamba Sanskrit Series, Varanasi- 221001
13. Michael Glynn, William M. Drake (edited2012), Hutchison's Clinical Methods, 23rd edition , Saunders Elsevier Ltd.
14. Stanger, R & Solley C.M. (1970), Basic Psychology, Tata Solley Charles M .JtAr.Mcgraw Hill, New Delhi- 110002.
15. Hall and Lindzey(1997), Theories of Personality, Wiley Eastern Ltd., New Delhi-110002

YSS554B APPLIED SPIRITUALITY-II

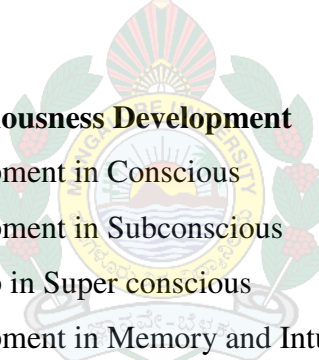
Learning Objectives:

- Human consciousness development through spirituality.
- Human resource development through spirituality.
- Spiritual practices and attending of higher states of concentration.

Learning Outcome:

The student will be able to

- Explain human consciousness development and use of spiritual practices for human consciousness development.
- Explain and apply spirituality for human development and for enhancement of capabilities.
- Explain higher states of concentration.



I. Human Consciousness Development	12Hrs
1) Development in Conscious	
2) Development in Subconscious	
3) Develop in Super conscious	
4) Development in Memory and Intuition	
II. Human Resource Development	12Hrs
1) Development in Attitude and Aptitude	
2) Decision making and thinking approach	
3) Leadership, working capacity and organizing	
4) Body, Mind, Intellectual level.	
III. Spirituality and Samadhi	12Hrs
1) Isvarapranidhana	
2) Samprajnatha and Asamprajnata Samadhi	
3) Dharmamegha Samadhi	
4) Kaivalya	

REFERENCE BOOKS

1. Gopalakrishna (1993), Kundalini – Path to Higher Consciousness, Orient Paperbacks, New Delhi-110002
2. Swami Shivananda (1999), The Science of Enlightenment; Liberation & God – A Scientific explanation, Divine Life Society, Rishikesh- 249192
3. Swami Ranganathananda, Science and Spirituality, Sri Ramakrishna Ashrama, Belur Math, Kolkatta-711202
4. Sarma D.S.(1971), Essence of Hinduism, Bharatiya Vidya Bhavan, New Delhi-110001
5. Goden A.S., Fundamental Philosophy of Upanisads
6. Dange Shashidhar A.(1995), Devine Hymns and Ancient thought Ritual & quest for the truth, Navrang Booksellers and Publishers, New Delhi-110012
7. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
8. Swami Kuvalayananda and Dr. S.L. Vinekar,(1963) Yogic Therapy, Central Health Burea (Directorate general of Health Services) Minister of Health and family Welfare. Government of India, New Delhi - 110002
9. Yogendra, Yoga Essays , Yoga Institute, Santacruz, Bombay-400055
10. M.M.Ghore(2012), Anatomy and Physiology of Yogic Practices, Lonavala Yoga Institute, Lonavala-410403
11. K.N.Udupa(2007), Stress and its Management by Yoga, Mothilal Banarsidas, Delhi-110007
12. Vagbhata(1997), Astanga Hridaya , Chowkhamba Sanskrit Series, Varanasi- 221001
13. Michael Glynn, William M. Drake (edited2012), Hutchison's Clinical Methods, 23rd edition , Saunders Elsevier Ltd.
14. Stanger, R & Solley C.M. (1970), Basic Psychology, Tata Solley Charles M .JtAr.Mcgraw Hill, New Delhi- 110002.
15. Hall and Lindzey(1997), Theories of Personality, Wiley Eastern Ltd., New Delhi-110002

YSP555B PRACTICAL-X: ADVANCED STUDY OF PRANAYAMA&MEDITATION

Learning Objectives:

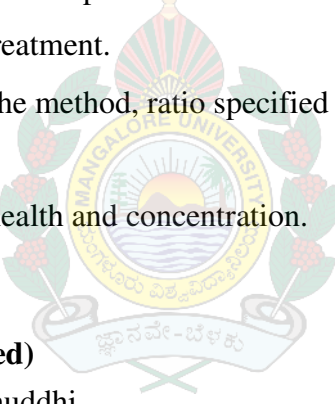
To make the student to

- Get trained in Pranayama and Meditation.
- Know the fundamentals of Pranayama and Meditation according to the traditional practice.
- Understand the therapeutical application of Pranayama and Meditation.

Learning Outcome:

After the completion of the course, the student will be able to

- Perform the Pranayama and Meditation.
- Explain and demonstrate the procedures of selected Pranayamas.
- Use the practices for treatment.
- Practice according to the method, ratio specified in the classical texts and traditional practice.
- Self-improvement of health and concentration.



I. Pranayama (Advanced)	24Hrs
i) Ujjayee, Nadishuddhi	
ii) Suryabhedana, Chandrabhedana	
iii) Bhastrika, Bhramari	
iv) Sitali, Sitkari	
II Meditational Techniques	24Hrs
i) Pranava dhyana	
ii) Soham	
iii) Sthuladhyana	
iv) Sukshmadhyana	
III. Cittavisranti Techniques& Advanced practices	24Hrs
i) Shavasana	
ii) Yoganidra	
iii) Samavrtti – Visamavrtti pranayama	
iv) Tejodhyana	

REFERENCE BOOKS

1. Swami Digambaraji (1997), HathayogaPradipika – Chapter I, II & III, Kaivalyadhama, Lonavala.-410403
2. Swami Digambaraji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala-410403
3. Sri Omananda Tirtha, Patanjala Yoga Pradeepa, Geetha Press, Gorakhpur - 273005.
4. Swami Kuvalyananda(1963), Yogic Therapy, Published by Kaivalyadhama, Lonavala, Pune-410403
5. B.K.S.Iyengar (1966), Light on Yoga ,Harper Collins Pub;lications.77-85 Fulham palace road, London W6 8JB.
7. B.K.S.Iyengar (1999), Light on Pranayama, Harper Collins, New Delhi,-201307
8. Swami Satyananda Saraswati(1997), Asana, Pranayama, Mudra, Bandha, Bihar School of Yoga , Munger-811201
9. Dr.H.R.Nagendra, Promotion of Positive Health, SVYASA, Bangalore-560105
10. H.R.Nagendra (2011), Pranayama – Pubished by SVYASA, Bangalore-560105
11. Swami Geetananda, Bandhas & Mudras, Anandashrama, Pondicherry-605013
12. Swami Satyananda Saraswathi (2004), A Systematic Course In The Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Munger.
13. Swami Satyananda (2001), Yoga Nidra, Bihar School of Yoga, Munger-811201
14. Bhat K.Krishna (2006), The Power of Yoga, Suyoga Publications, Mangalore KallenkraHills,P.O.Karopady–574279

YSP556B DISSERTATION / PROJECT WORK

Learning Objectives:

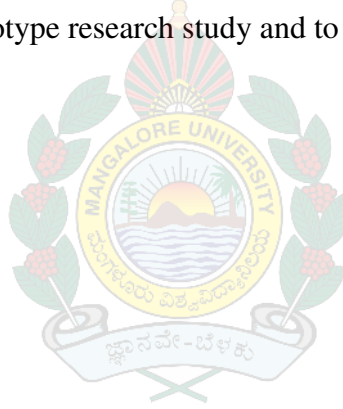
To make the students:

- Able to independently approach the public and disseminate about Yogic science.
- To have on field experience of teaching Yoga.
- To give to the students enhanced experience of handling practitioners.
- To get the experience of conducting a proto type research study.

Learning Outcome:

After the course, the student will

- Spread value based knowledge of Yogic science among public.
- Have the experience of Yoga therapy/ interacting with the patient/ public.
- Have practical knowledge to design Yogic practice to suit an individual.
- Carrying out the prototype research study and to prepare the report.



CBCS (All theory Course)
MODEL QUESTION PAPER

Time: 3hours

Max Marks: 70

.....
I. Answer the following Questions in one word/one sentence each/ fill in the blanks

1X10=10

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

II. Write short notes to any SIX of the following

5X6=30

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.



III. Explain any THREE of the following

10X3=30

- 1.
- 2.
- 3.
- 4.
- 5.

YSE457 PRACTICALS

- 1) Svastika
- 2) Vajra
- 3) Supta Vajra
- 4) Tada
- 5) Trikona
- 6) Parshwakona
- 7) Purva
- 8) Pavana
- 9) Bhujangasana
- 10) Viparitakarani + Uttanapada
- 11) Ujjai
- 12) Savasana

YSE507 PRACTICALS

- 1) Svastika
- 2) Vajra 1,2
- 3) Supta Vajra
- 4) Tada
- 5) Trikona
- 6) Parshwakona
- 7) Purva
- 8) Pavana 1,2
- 9) Bhujangasana
- 10) Viparitakarani + Uttanapada
- 11) Ujjai
- 12) Savasana

