

SHRI GURU RAM RAI UNIVERSITY

(Estd. By Govt. of Uttarakhand, vide Shri Guru Ram Rai University Act no. 3 of 2017)

PATEL NAGAR, DEHRADUN-248001, UTTARAKHAND, INDIA



SYLLABUS (2019)

B.Sc. IN YOGIC SCIENCE

BACHELOR OF SCIENCE (B.Sc.) IN YOGIC SCIENCE

S. N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
			L	T	P	Seasonal			SEE	
BSY- I Year										
Semester – I										
1	BYSC-101	Foundations of Yoga	3	1	-	4	20	10	70	100
2	BYSC-102	Introduction to Hathyoga and It's texts	3	1	-	4	20	10	70	100
3	BYSC-103	Human Anatomy and Physiology-I	3	1	-	4	20	10	70	100
4	AECC-105	AECC-1 (Communicative English)	1	1	-	2	10	5	35	50
5	BYSE-101	GE-1	2	-	-	2	10	5	35	50
6	BYSL-101	Yoga Practicum-I	-	-	8	4	20	10	70	100
7	BYSL-102	Yoga Practicum-II	-	-	4	2	10	5	35	50
8	BYSL-103	Human Anatomy and Physiology Practicum-I	-	-	4	2	10	5	35	50
32 Hours						24	TOTAL			600
Semester – II										
1	BYSC-201	Essence of Principal Upanishads	3	1	-	4	20	10	70	100
2	BYSC-202	Patanjala Yoga Darshana	3	1	-	4	20	10	70	100
3	BYSC-203	Human Anatomy & Physiology-II	3	1	-	4	20	10	70	100
4	AECC-205	AECC-2 (Environmental Studies)	2	-	-	2	10	5	35	50
5	BYSE-201	GE-2	2	-	-	2	10	5	35	50
6	BYSL-201	Yoga Practicum-III	-	-	8	4	20	10	70	100
7	BYSL-202	Computer Lab	-	-	4	2	10	5	35	50
8	BYSL-203	Human Anatomy and Physiology Practicum-II	-	-	4	2	10	5	35	50
32 Hours						24	TOTAL			600
BSY- II Year										
Semester – III										
1	BYSC-301	Essence of Bhagavad Gita for holistic living	3	1	-	4	20	10	70	100
2	BYSC-302	Yoga and Holistic Health	3	1	-	4	20	10	70	100
3	BYSC-303	Methods of Teaching Yoga	3	1	-	4	20	10	70	100
4	AECC-305	AECC-3 (Basics of Samskritam)	2	-	-	2	10	5	35	50
5	BYSE-301	GE-3	2	-	-	2	10	5	35	50
6	BYSL-301	Yoga Practicum-IV	-	-	8	4	20	10	70	100

7	BYSL-302	YogaPracticum-V Teachingpractice	-	-	4	2	10	5	35	50
8	BYSL-303	Field Work	-	-	4	2	10	5	35	50
32 Hrs.						24	TOTAL			600
Semester – IV										
1	BYSC-401	Four Streams of Yoga	3	1	-	4	20	10	70	100
2	BYSC-402	Basis of Yoga Therapy	3	1	-	4	20	10	70	100
3	BYSC-403	Fundamentals of Biochemistry	3	1	-	4	20	10	70	100
4	AECC-405	AEEC-4 (Sanskrit)	2	-	-	2	10	5	35	50
5	BYSE-401	GE-4	2	-	-	2	10	5	35	50
6	BYSL-401	Yoga Practicum-VI	-	-	8	4	20	10	70	100
7	BYSL-402	Yoga Practicum-VII	-	-	4	2	10	5	35	50
8	BYSL-403	Biochemistry Practical	-	-	4	2	10	5	35	50
32 Hrs.						24	TOTAL			600
BSY- III Year										
Semester – V										
1	BYSC-501	Basis of Indian Culture	3	1	-	4	20	10	70	100
2	BYSC-502	Yoga and HumanConsciousness	3	1	-	4	20	10	70	100
3	BYSC-503	YogicManagementofLifestyle related disorders	3	1	-	4	20	10	70	100
4	BSY-DSET504	DSE-1	2	-	-	2	10	5	35	50
5	BSY-DSET505	DSE-2	2	-	-	2	10	5	35	50
6	BYSL-501	Yoga Practicum 9 – CaseStudy	-	-	8	4	20	10	70	100
7	BYSL-502	Psychology Practicum	-	-	4	2	10	5	35	50
8	BYSL-503	Study Tour	-	-	4	2	10	5	35	50
32 Hrs.						24	TOTAL			600
Semester – VI										
1	BYSC-601	Yoga and Human Values	3	1	-	4	20	10	70	100
2	BYSC-602	Applied Yoga	3	1	-	4	20	10	70	100
3	BYSC-603	Research Methodology & Statistics	3	1	-	4	20	10	70	100
4	BSY-DSET604	DSE 3	2	-	-	2	10	5	35	50
5	BSY-DSET605	DSE-4	2	-	-	2	10	5	35	50
6	BYSL-601	Yoga Practicum 10 – Case Study Reports	-	-	8	4	20	10	70	100
7	BYSL-602	Research Project	-	-	4	2	10	5	35	50
8	BYSL-603	Practical Statistics	-	-	4	2	10	5	35	50
32 Hrs.						24				600
TOTAL CREDIT						144				3600

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

PracticalPaperswillbeevaluatedbybothExternalandInternalExaminersattheendofthe semesters

**DISCIPLINESPECIFIC/ELECTIVES/
ABILITYENHANCEMENT/ELECTIVECOURSES/S
KILL ORIENTED COURSES**

1. Fundamentals of naturopathy
2. Introduction to ayurveda
3. Yoga and mental health
4. Yogic diet and nutrition
5. Human system according to yoga

GENERIC ELECTIVES

1. application of yoga
2. introduction to yoga and common ailments
3. yoga psychology
4. introduction to ayush
5. health and yoga hygiene

Semester-I

COURSE DETAILS**Subject Title: Foundation of Yoga****Subject Code: BYSC-101****Course Objectives:**

The subject entitled 'Foundation of Yoga' has the following objectives

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

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

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

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

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

Unit-3: Brief about Yogic texts-I**[15Hrs.]**

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

Unit-4: Brief about Yogic texts-II**[15 Hrs.]**

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

TEXT BOOKS

1. LalBasantKumar:ContemporaryIndianPhilosophy,MotilalBanarsidasPublishers Pvt. Ltd, Delhi,2013
2. DasguptaS.N:HistoryofIndianPhilosophy,MotilalBanarsidas,Delhi,2012
3. SinghS.P:HistoryofYoga,PHISPC,CentreforStudiesinCivilizationIst,2010
4. SinghS.P&YogiMukesh:FoundationofYoga,StandardPublication,NewDelhi, 2010

BOOKS FOR REFERENCE

1. Agarwal MM : Six systems of Indian Philosophy,Chowkhambha VidyaBhawan, varanai,2010
2. SwamiBhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition,2009
3. HiriyanmaM:OutlinesofIndianPhilosophy,MotilalBanarsidas,Delhi,2009
4. HiriyanmaM:EssentialsofIndianPhilosophy,MotilalBanarsidas,Delhi,2008
5. RadhakrishnanS:IndianPhilosophy,OxfordUniversity,UK(Vol.I&II)IIEdition,2008
6. MaxMullerK.M:The sixsystemofIndianPhilosophy,Chukhambha,Sanskritseries, Varanasi, 6th Edition,2008

Subject Name: Introduction to Hatha Yoga & its Texts**Subject Code: BYSC-102****Objectives:**

By introducing hatha Yoga & its texts, students shall be able to

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-I: General introduction to Hathayoga**[10 Hrs.]**

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

Unit-2: Pre-requisites**[15 Hrs.]**

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

Unit-3: Principles and Introduction to Hatha Yoga texts**[15 Hrs.]**

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

Unit-5: Relationship between Patanjala Yoga and Hatha Yoga**[20 Hrs.]**

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

Chaduranga Yoga and Saptanga Yoga, Relevance of Hatha Yoga in day-to-day life; Inter Relationship between Patanjala Yoga and Hatha Yoga and their inter-dependance; Kundalini Yoga: Philosophical Foundations and Practices of Kundalini Yoga

TEXT BOOKS

1. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
2. Hatha Yoga Pradeepika of Svamarama, MDNIY Publication, 2013
3. Sharma BR: Jotsna (Commentary of Hatha Yoga Pradeepika) Kaivalyadhama, Lonavla, 2013

BOOKS FOR REFERENCE

1. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010.
2. Gharote ML: Hatha Ratnavali, The Lonavla Yoga Institute, Lonavla, Pune, II Ind Edition, 2009
3. Briggs GW: Gorakhnatha and the Kanphata Yogis, 8th Edition, 2009
4. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
5. Gharote M.L. & Pai, G.K. (Edi): Siddhasidhantpaddhati, Kaivalyadhama, Lonavla, 2005.
6. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
7. Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.
8. Swatmaramaji: Hathapradipika (Jyotsana-tika), Adyar Library, Madras.
9. Bharati, Swami Veda Reddy Venkata: Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnavali

SubjectName:HumanAnatomyandPhysiology-I**Subject Code:BYSC-103****Objectives:**

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

- Toknowaboutthestructureofthebody
- Toknowaboutthenecessaryfunctionsofthebody
- Togivebriefideaaboutthediseasesrelatedtoeachsystem
- Tothrowlightonanatomysothatstudentcanexperiencetheinvolvementoftheir bodypartswhilepracticingvariousposturesofyoga

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1:Cell,TissueandMuscular–Skeletalsystem [15Hrs]

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

Unit-2:Biomolecules [15Hrs]

Nutrition: Meaning and Objectives, Elements of Diet: Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibres Balanced diet, Role of Diet for Spiritual Development [15Hrs]

Unit-3: Digestive system and Respiratory system: Digestive system of human-Mouth, buccal cavity, Pharynx, oesophagus, stomach, large intestine, small intestine, anus, associated glands - Liver, Pancreas, salivary glands, physiology of digestion and absorption; Malnutrition and under nutrition; **Respiratory system** of human-Nose, nasal cavity, pharynx, Trachea, Larynx, bronchiole, lungs; Mechanism of breathing (Expiration and inspiration); Transport of respiratory gases (transport of oxygen and transport of carbon dioxide); Common respiratory disorder

Unit-4: Cardiovascular system**[15Hrs]**

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

TEXT BOOKS

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

REFERENCE BOOKS:

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. Kanchan Prakashan, Lonavla, India
2. Lan Peate and Muralidharan Nayar—Fundamentals of Anatomy and Physiology for students nurses
3. Evelyn, C. Pearce—Anatomy and Physiology for Nurses

Subject Name: Communicative English (AECC-I)**Subject Code: AECC-105****Objectives:**

Following are the objectives of introducing this course

- To acquire the skill of communicating with others in English.
- To apply the value of English in diverse field.
- To understand the approach and theory of English.

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		1	1	0
Hours/ week		1	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 50			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
35	15			

Unit-1: Evolution and function of English language [10 Hrs.]

Evolution of human language, uniqueness of human language; Functions of Language: Instrumental, Regulatory; Functions of Language: Interactional, Personal; Functions of Language: Heuristic, Imaginative, Representational; English as a Global language, Michael Halliday's concept of Functionalism

Unit-2: Acquisition of skills [10 Hrs.]

Functional English: definition, conceptualization in the light of the purposes/function of language; Acquisition of skills required to use current English in a variety of contexts, Role of students as generators of knowledge; Use of English in various text types; Functional English as a multi-focal discipline; Primary focus on communication skills: ELT (English Language Training), LSRW (Listening, Speaking, Reading Writing): Grammar, Phonetics, vocabulary building; Varieties of English: British and American.

Unit-3: English: its application [05 Hrs.]

Media: Radio, TV, Print, Formats and stylistics, Films, Web Resources, Webliographical flair; Literature/Creative Writing: different genres, methods of analysis; Business English: Business Communication, Business vocabulary, meetings, presentations, negotiations, socialising, Biz journals and periodicals; Translation: Role of translation in the Indian/International context, Equivalence, cultural transaction, Translation in the IT era.; Sports and Entertainment: announcing, comparing, commentaries

Unit-4: Approaches and theories of English language [05 Hrs.]

Approaches to language: Acquisition/Learning/Teaching, Grammar Translation Method; Direct Method, Audio-lingual Method; Communicative approach, Notional Functional Approach; Task-based Language Teaching; Theories: Behaviourism, Cognitivism, Social Development Theory, Cooperative Learning, Universal Grammar.

TEXT BOOKS

1. Nagaraj, Geetha.: English Language Teaching. Hyderabad: Orient Longman, 2008.
2. Trask R.L.: Key Concepts in Language & Linguistics. London: Routledge, 2004.
3. Trask R.L.: Language the Basics. London: Routledge, 2003

REFERENCE BOOKS

1. Tickoo, M.L.: Teaching and Learning English. Orient Longman
2. Vygotsky, L.S.: Mind in Society. Cambridge: Harvard University Press
3. Richards, Jack C and Theodore S Rodgers.: Approaches and methods in language teaching Cambridge: CUP, 1995.
4. Hatim, Basil and Jeremy Munday.: Translation: An Advanced Resource Book. Oxon: Routledge, 2004.
5. Mascul, Bill.: Business vocabulary in Use. Cambridge: CUP, 2004

Subject Name: Generic Elective-I**Subject Code: BYSE-****101 Objectives:**

Following are the objectives of introducing this course

- To acquire the knowledge about the main principles of Yoga.
- To acquire the knowledge about applications of yoga in various fields.

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		2	-	0
Hours/ week		2	-	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 50			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
35	15			

Subject Name: Yoga Practicum-I Subject**Code: BYSL- 101 Objectives:**

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

- MakethestudentsrecitetheVedichymnsskillfully.
- UnderstandtheconceptandprinciplesofShatkarmas.
- Knowandunderstandaboutbreathingpractice.

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

Unit-1:Recitationofhymns&hastamudra**[30 Hrs.]**

RecitationofPratah-smaran,ShantiMantraand Yoga Mantra,RecitationofPranavaJapaandSoHAMJapa; RecitationofHymnsfromUpanishad&YogaTexts;HastaMudra:Chin,Jnana,Hridaya, Bhairav,Yoni

Unit-2:Shatkarmas**[30Hrs.]**

Dhauti (Vamana Dhauti, VastraDhauti), Neti (Jalneti),Kapalbhati (VatkramKapalbhati); Agnisara

Unit-3:Breathingpractices**[30Hrs.]**

Breathingpractices:Handsinandout,Handsstretch,Anklestretch,Rabbit,Dog,Tiger, Straight leg raising breathing; Breath Awareness: Shwas-prashwamyama; Abdomen, Thoracic&ClavicularBreathing,Abdomen+ThoracicBreathing,Abdomen+Thoracic+ ClavicularBreathing;YogicBreathing:PauseBreathing(VilomaPranayama),SpinalPassage Breathing(SushumnaBreathing);PracticeofPuraka,Rechaka&Kumbhaka(Antar&BahyaKumbhaka)

Unit-4:ContinuousevaluationbytheTeachers**[30Hrs.]****TEXTBOOKS**

1. SriAnanda:TheCompletebookofYoga,OrientCourseBacks,Delhi,2003.
2. Basavaraddi,I.V.&others:SHATKARMA:AComprehensivedescriptionaboutCleansing Process,MDNIYNewDelhi,2009
3. Joshi,K.S.:YogicPranayama,OrientalPaperback,NewDelhi,2009
4. Dr.NagendraHR:Pranayama,TheArt&Science,SwamiVivekanandaYogaPrakashan, Bangalore,2005

BOOKS FOR REFERENCES

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

SubjectName:YogaPracticumII**Subject Code: BYSL-102****Objectives:**

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

- UnderstandtheconceptandprinciplesofSukshmaandSthulavyayama.
- Explainanddemonstratetheabovementionedpracticesskillfully.
- HaveaindepthunderstandinganoutSuryanamaskaraandYogasanas.

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	0	0	2
Hours/ week	0	0	4
SCHEME OF EXAMINATION			
Total Marks: 50			
Theory : NA		Practical : 50	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		35	15

Unit-1:Yogikusmaandsthulavyayama**[20Hrs.]****Yogic suksmavyayama**

Uccharana-sthalatatha Vishudha-chakra-shuddhi (for throat and voice); Prarthana(Prayer)Buddhi-tatha-dhritishakti-vikasaka(fordevelopingwillpower);Smaranashakti-vikasaka(forimprovingthememory);Medhashakti-vikasaka(forimprovingtheintellect and memory); Netra shakti-vikasaka (for the eyes); Kapola shakti-varadhaka (forthe cheeks);Karnashakti-varadhaka(fortheears);Grivashakti-vikasaka(fortheNeck)(i),(ii) and (iii), Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders), Bhuja-bandha shakti-vikasaka,Kohinishakti-vikasaka,Bhuja-vallishakti-vikasaka,Purna-bhujashakti-vikasaka(forthearms),Mani-bandhashakti-vikasaka,Kara-prsthashakti-vikasaka,Kara- talashakti-vikasaka,Anguli-mulashakti-vikasaka(forthefingers),Anguli-shakti-vikasaka (for the fingers), Vaksa-sthala shakti-vikasaka (for the chest) (1), Vaksa-sthala shakti-vikasaka(forthechest)(2),Udarashakti-vikasaka(fortheabdomen)(i)to(x);Katishakti-vikasaka(forthewaist)(i)to(v),Muladhara-chakra-suddhi(fortherectum),Upasthatatha-svadhithana-chakra-suddhi(forthegenitalorgans),Kundalinishakti-vikasaka(for thekundalini),Janghashakti-vikasaka(forthethighs)(i)&(ii),Janghashakti-vikasaka(for thethighs)(ii),Janushakti-vikasaka(fortheknees),Pindalishakti-vikasaka(forthe calves), Pada-mula shakti-vikasaka, Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for theanklesandthefeet),Padangulishakti-vikasaka(forthetoess)

Yogicsthulavyayama**[10Hrs.]**

Rekha-gati(WalkinginaStraightline),Hrid-gati(Injanadaur–theLocomotiveExercise), Utkurdana (Jumping Exercise), Urdhva-gati (Upward Movement), Sarvanga-pusti(Developing the Entirebody)

Unit- 2:Suryanamaskara**[05Hrs.]**

Unit-3:Yogasana(StandingPosturesandbodyalignment)**[10Hrs.**

Tadasana, Vrikshasana, Urdhva-

Hastottanasana, KatiChakrasana, ArdhaChakrasana, PaadaHastasana, Trikonasana, ParshvaKonasana, Veerabhadrasana
nditsvariations**Unit-4:ContinuousevaluationbytheTeachers****[15Hrs]****TEXTBOOKS**

1. Swami Dharendra Bhramhachari: Yogic SukshmaVyayama, Dharendra Yoga Publications, New Delhi, 1980
2. Swami Dharendra Bhramhachari: YogasanaVijnana, Dharendra Yoga Publications, New Delhi, 1966

BOOKS FOR REFERENCES

1. SwamiKuvalyananda:Asana,Kaivalyadhama,Lonavla,1993
2. SwamiSatyanandaSaraswati:Asana,Pranayama,Bandha,Mudra,BiharSchoolofYoga, Munger,2006
3. Basavaraddi,I.V.&others:YOGASANA:AComprehensivedescriptionaboutYogasana, MDNIY, New Delhi,2011.
4. Basavaraddi,I.V.&others:YogicSukshmaEvamSthulaVyayama,MDNIY,NewDelhi, 2011.

Subject Name: Human Anatomy and Physiology (Practical-I)**Subject Code: BYSL-103****Objectives:**

The objectives behind teaching Anatomy and Physiology is to

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : nil		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

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

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

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

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

Semester-II

Subject Name: Essence of Principal Upanishads Subject**Code: BYSC-201****Objectives:**

Following the completion of this course, student will be able to

- Have an idea about the major principal Upanishads
- Understand the essence of each Upanishad and how to put them into practice.
- Understand each Upanishad and the role of it in our day-to-day life.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Introduction essence of Isha and Kenopanishad [15 Hrs.]

An Introduction to Upanishadic Philosophies; Antiquity of Upanishads; Prasthanatraya;

Ishavasyopanishad: Jnana Nishtha (Ish.1), Karma Nishtha (Ish.2), All compassion Brahman (Ish.5), Nature of Sage (Ish.6,7), Prayer of dying Man (Ish.15); **Kenopanishad:** The inscrutable being (Kena-I.2, 3, 4,6) (Kena II.2,3), Greatness of self Knowledge (Kena II.5)

Unit-2: Essence of Katho and Prashnapanishad [15 Hrs.]

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

Unit-3: Essence of Mundaka, Mandukya and Taitriya [15 Hrs.]

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

Unit-4: Essence of Aitareya, Chandogya and Brihadaranyaka [15 Hrs.]

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

Subject Name: Patanjala Yoga Darshana

Subject Code: BYSC-202

Objectives:

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

- Understand various modification of mind and the means of inhibiting them.
- Have an understanding about the essence of Samadhi and Sadhana Pada.
- Understand the essence of Vibhuti and Kaivalya pada.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-

1: Introduction to Yogadarshana of Patanjali and concept of Citta, citta bhoomis Citta vrittis and Citta vritti nirodh pada [15Hrs.]

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

Unit-2: Samadhi pada [15Hrs.]

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

Unit-3: Sadhanapada [15Hrs.]

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

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

Introduction of Dharana, Dhyanam and Samadhi, Samyama and its Siddhis; Three types of

ChittaParinamah; Bhootajaya, Indriyajaya and their Siddhis, Satvapurushanyatakyati and its Siddhis; Vivek Jnana Nirupanam, Kaivalya Nirvachana; Role of Dharana, Dhyana, Samadhi and its application; Five Types of Siddhis and Jatyantar Parinamh; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities.

TEXT BOOKS

1. Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012
2. Swami Virupaksananda: Samkhyakarika of Isvarakrisna (with tattva Kamudi aof Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995
3. James R. Ballantyne: The Sankhya Aphorisms of Kapila, Parimal Publications, New Delhi, 2004

BOOKS FOR REFERENCE

1. V. V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
2. M. R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
3. K. D. Prithvipaul: The Yogasurta of Patanjali M. L. B. D. New Delhi
4. Gaspar M. Koelmenn, S. J.: Patanjali Yoga, Papal Athenaem, Poona, 1970
5. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M. L. B. D. New Delhi, 2004, Vol I & II

SubjectName:HumanAnatomyandPhysiology-II**Subject Code:BYSC-203****OBJECTIVES:**

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

- Toknowaboutthestructureofthebody
- Toknowaboutthenecessaryfunctionsofthebody
- Togivebriefideaaboutthediseasesrelatedtoeachsystem
- Tothrowlightonanatomysothatstudentcanexperiencetheinvolvementoftheir bodypartswhilepracticingvariousposturesofyoga

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1:Nervoussystemandspecialsenses**[15Hours]**

Structure and function of human brain.-Fore brain, mid brain, hind brain, Structure and functionofspinalcord,Cranialnerveandspinalnerve,Autonomic nervous system- Sympathetic andparasympathetic nervoussystem,Reflexaction,Mechanismofnerve conduction, Synapse and synaptic transmission, Structure and function of eye,ear,nose,tongue andskin

Unit-2:Endocrinesystem**[15Hours]**

Structure and function of important of endocrine gland (Pituitary, Adrenal, Thyroid, Parathyroid,Pancreas,gonads),FunctionofGItracthormones,Mechanismofhormoneaction

Unit-3:ReproductiveandExcretorysystems**[15 Hrs]**

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

Unit-4:Lymphaticsystemandimmunesystem**[15Hrs]**

Lymphoid organ-Bone marrow, Thymus, spleen ,Lymph node, Composition and function of lymph,Immunity,Typesofimmunity-Innateimmunityandacquiredimmunity,Antigenand antibody, Hypersensitivity,Autoimmunity

TEXT BOOKS

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

BOOKS FOR REFERENCE

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

Subject Name: Environmental studies (AECC-2) Subject**Code: AECC-205****Objectives:**

Following the completion of these course students shall be able to

- Understand the ecosystem and different type of it.
- Have an idea about the natural resources and understand what is a renewable and non-renewable natural resource.
- Have an understanding about different biodiversities and their conservation.
- Understand Pollution and its impact on our health.

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		2	-	0
Hours/ week		2	-	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 50			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
35	15			

Unit-1: Introduction to environmental studies and Ecosystem [10 Hrs.]

Multidisciplinary nature of environmental studies; Scope and importance; Need for public awareness; What is an ecosystem? Structure and function of ecosystem; Energy flow in an ecosystem: food chains, food webs and ecological succession. Case studies of the following ecosystems: a) Forest ecosystem b) Grassland ecosystem c) Desert ecosystem d) Aquatic ecosystems (ponds, streams, lakes, rivers, oceans, estuaries)

Unit-2: Natural Resources: Renewable and Non-renewable Resources [10 Hrs.]

Land resources and land use change; Land degradation, soil erosion and desertification; Deforestation: Causes and impacts due to mining, dam building on environment, forests, biodiversity and tribal populations; Water: Use and over-exploitation of surface and ground water, floods, droughts, conflicts over water (international & inter-state); Energy resources: Renewable and non-renewable energy sources, use of alternate energy sources, growing energy needs, case studies.

Unit-3: Biodiversity and Conservation [05 Hrs.]

Levels of biological diversity: genetic, species and ecosystem diversity; Biogeographic zones of India; Biodiversity patterns and global biodiversity hotspots; India as a mega-biodiversity nation; Endangered and endemic species of India; Threats to biodiversity: Habitat loss, poaching of wildlife, man-wildlife conflicts, biological invasions; Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity; Ecosystem and biodiversity services: Ecological, economic, social, ethical, aesthetic and Informational value.

Unit4:EnvironmentalPollution,policiesandpractices**[05Hrs.]**

Environmental pollution: types, causes, effects and controls; Air, water, soil and noise pollution; Nuclear hazards and human health risks; Solid waste management: Control measures of urban and industrial waste; Environmental Policies & Practices; Sustainability and sustainable development; Climate change, global warming, ozone layer depletion, acid rain and impacts on human communities and agriculture; Environment Laws: environment Protection Act; Air (Prevention & Control of Pollution) Act; Water (Prevention and Control of Pollution) Act; Wildlife Protection Act; Forest Conservation Act. Nature reserves, tribal populations and rights, and human wildlife conflicts in Indian context.

TEXT BOOKS

1. Bharucha, E. 2003, Textbook for Environmental Studies, University Grants Commission, New Delhi and Bharati Vidyapeeth Institute of Environmental Education and Research, Pune. 361.
2. Carson, Rachel. 1962. Silent Spring (Boston: Houghton Mifflin, 1962), Mariner Books, 2002
3. Economy, Elizabeth. 2010. The River Runs Black: The Environmental Challenge to China's Future.
4. Gadgil, M. & Ramachandra, G. 1993. This fissured land: an ecological history of India. Univ of California Press.

REFERENCE BOOKS:

1. Gleeson, B. and Low, N. (eds.) 1999. Global Ethics and Environment, London, Routledge.
2. Grumbine, R. Edward, and Pandit, M.K. Threats from India's Himalaya dams. Science 339.6115 (2013):36-37.
3. Heywood V.H. & Watson, R.T. 1995. Global Biodiversity Assessment. Cambridge University Press.
4. McCully, P. 1996. Silenced rivers: the ecology and politics of large dams. Zed Books.

Subject Name: Generic Elective-II**Subject Code: BYSE-****201 Objectives:**

Following are the objectives of introducing this course

- To acquire the knowledge about the main principles of Yoga.
- To acquire the knowledge about the therapeutic ability of yoga for common ailments.

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		2	-	0
Hours/ week		2	-	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 50			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
35	15			

Subject Name: Yoga Practicum-III Subject**Code: BYSL- 201 Objectives:**

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

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

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

Unit-1: Shatkarma and Asanas**Shatkarma****[10Hrs.]**

Dhauti (Kunjal), Neti (Rabar), Nauli (Madhyama, Vama, Dakshina), Chalana, Trataka (Jatru and Jyoti), Mantra (OM)

Asanas**[20Hrs.]****Pawanmuktasana Series -01**

Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana; Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana.

Unit-2: Pranayama**[30Hrs.]**

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

Unit-3: Practices leading to meditation**[30 Hrs.]**

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

Unit-4: Continuous evaluation by the Teachers**[30Hrs.]****TEXTBOOKS**

1. Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar School of Yoga publications; Munger, 2001
2. Swami Niranjanananda Saraswati: Dharana Darshan; Bihar School of Yoga publications; Munger, 2001

Approved as per (Agenda No.-3) of 4th Academic Council Meet, dated 09 November, 2019

BOOKS FOR REFERENCES

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

Subject Name: Computer Lab**Subject Code: BYSL-202****Objectives:**

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

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory :		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit-1: Basics of computer and its applications**[15 Hrs.]**

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

Unit-2: Representation of data and software concepts**[15 Hrs.]**

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

Unit-3: Operating system**[15 Hrs.]**

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

Unit-4: File management**[15 Hrs.]**

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

TEXT BOOKS

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

BOOKS FOR REFERENCE

1. VRajaraman:Fundamentalsofcomputers,PrenticeHallIndiaPvt.Ltd,2003
2. P.K.Sinha:ComputerFundamentals,BPBPublications,1992
3. JamesMartin:ComputersNetworkanddistributedProcessing,PrenticeHall, Englewood Cliffs, NJ,1981
4. DonaldHSanders:ComputersToday,McGrawHill,Firstedition,1983

Subject Name: Human Anatomy and Physiology Practicum-II**Subject Code: BYSL-203****Objectives:**

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

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA			Practical : 50	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit-1: Hematology and physical examination**[30Hrs.]**

Anthropometry measurements; Method of Collection of Blood, Haemoglobinometry; Total White Blood Cell Count, Differential WBC count; E.S.R., Bleeding Time, Clotting Time; Blood Groups; Pulse, Determination of Arterial Blood Pressure in Humans; Effect of posture, exercise and cold stress on blood pressure; Stethography, Spirometry; BMI Calculation; Reflexes, Recording of Body Temperature.

Unit-2: Vivavoce**[15Hrs.]****Unit-3: Continuous evaluation by the Teachers****[15Hrs.]****TEXT BOOK**

1. Parvati Mahapatra : Practical physiology, Jaypee publishers, 2nd edition, 2004

Semester-III

Subject Name: Essence of Bhagavad Gita for holistic living**Subject Code: BYSC-301****Objectives:**

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

- Understand the significance of Bhagavad Gita and its essence.
- Understand the concept of Atman, Paramatman, Sthitaprajna.
- Have a deep understanding between the qualities of a Karma and Bhakti yogi.
- Understand the concept of Ahara's role in healthy living.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Significance of Bhagavad Gita as synthesis of yoga**[15 Hrs.]**

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

Unit-2: Concept of Atman, Parmatman and characteristic of Sthitaprajna in Bhagavad Gita**[15 Hrs.]**

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

Unit-3: Karma yoga and Bhakti yoga in Bhagavad Gita**[15 Hrs.]**

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

Unit-4: Concept of Ahara and role of Bhagavad Gita in healthy living**[15 Hrs.]**

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

TEXT BOOKS

1. Swami Gambhiranand ; Bhagavad Gita (with Gudharth Dipika) Sri Ramkrishna Matha Madras

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

BOOKS FOR REFERENCE

1. Swami Shrikantananda; Gita Darshana, Indian Institute of Human Excellence Hyderabad
2. Swami Tapasyananda; Srimad Bhagavadgita Sri Ramkrishna Matha Madras
3. Swami Abhidananda Bhagvatgita, the divine message, Ramakrishna Vedanta Matha, Kolkata, 1990
4. Swami Raghvenderananda; Universal message of the Bhagvatgita, Advaita Ashrama, Kolkata, 2000

Subject Name: Yoga and Holistic Health**Subject Code: BYSC-302****Objectives:**

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

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: CONCEPT OF BODY, HEALTH AND DISEASE**[15Hrs.]**

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

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

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

Unit-3: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING-I**[15Hrs.]**

Dietary regulation according to Hathayoga and Bhagavadgitha; shatkriya sandtatva shuddhi; Asana a form of mind, body and spirit; Practice for pranamayakosha – pranayama; Definition of Mental Health & Mental Hygiene & Total Health; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adjustment Personal and interpersonal adjustment through yogic methods Niyamas & Yamas

Unit-4: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING-II**[15Hrs.]**

Approved as per (Agenda No.-3) of 4th Academic Council Meet, dated 09 November, 2019

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

TEXT BOOK

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

REFERENCE BOOKS:

1. Gheranda Samhita: Shri Sadguru Publication, New Delhi.
2. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
3. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published by SVYP, Bangalore.
4. Dr Nagendra HR: The Secret of Action- Karma Yoga, Published by SVYP, Bangalore, 2003.
5. डॉ० सरस्वतीकाला- योगचिकित्सा के सिद्धान्त।

Subject Name: Methods of Teaching Yoga**Subject Code: BYSC-303****Objectives:**

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

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Principles and methods of teaching yoga**[15 Hrs.]**

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

Unit-2: Basics of yoga class management**[15 Hrs.]**

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

Unit-3: Lesson planning in yoga**[15 hrs.]**

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

Unit-4: Educational tool of yoga teaching**[15 hrs.]**

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.; Classroom problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga

TEXT BOOKS

1. Dr. Shri Krishna: Notes on basic principles & methods of teaching as applied to yogic practices and aready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009

BOOKS FOR REFERENCE

2. Dr.GharoteML:TeachingmethodsforYogicpractices,Kaivalyadhama,Lonavala,2007
3. Dr.RajKumar:Principles&methodsofTeaching,Printographics,Delhi,
4. SaketRamanTiwari&others:TeachingofYoga,DHPublishingCorporation,Delhi,2007

Subject Name : Basics of Samskritam**Subject Code: AECC-305 Objectives:**

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

- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write in Sanskrit and have some idea about grammar.

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		2	0	0
Hours/ week		2	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 50		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
35	15			

Unit-1: संस्कृतभाषा परिचय।

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

Unit-2: शब्दरूप।

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

Unit-3: धातुरूप ।

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

Unit-4: वाक्यनिर्माण ।

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

TEXT BOOKS

1. MoortyCLN:FirstBookofSanskrita,ChaukhabhaSanskritSeries,Varanasi,2010
2. MaxMuller:ASanskritGrammarParimalPublication,Delhi,2012
3. GoldmomPR:Devavanopraivesika:AnintroductiontotheSansritlanguages,MLBD, New Delhi ,2011

BOOKS FOR REFERENCE

1. PerryED:ASanskritPrimer,MLBD,NewDelhi,2004
2. KalaMR:AHigherSasnkritGrammerforcollegestudents,MLBD,NewDelhi, 2011.
3. द्विवेदी• कपिल देव : प्रारम्भिक रचनानुवाद कौमुदी ;विश्वविद्यालय प्रकाशन वाराणसी, 2011
4. द्विवेदी• कपिल देव : रचनानुवादकौमुदी;विश्वविद्यालय प्रकाशन वाराणसी, 2011
5. द्विवेदी• कपिल देव : रचनानुवाद कौमुदी;विश्वविद्यालय प्रकाशन वाराणसी, 2007

Subject Title: Generic Elective-III**Subject code: BYSE-301**

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		2	0	0
Hours/ week		2	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 50			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
35	15			

Subject Name: Yoga Practicum IV**Subject Code: BYSL-301****Objectives:**

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

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

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

Unit-1: Mantras and Yogasana**[30Hours]****Mantras**

Swati Mantra

Yogasana (Sitting Posture)**Pawan Muktasana Series - 02**

Janusirasana, Paschimottanasana, Mandukasana,

Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana

Unit-2: Yogasana (Supine lying Postures)**[30Hours]**

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

Unit-3: Yogasana (Prone lying Postures)**[30Hours]**

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

Unit-4: Continuous evaluation by the Teachers**[30Hours]****TEXTBOOKS**

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

BOOKS FOR REFERENCES

1. Basavaraddi, I.V. & others : Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi,2011.
2. Iyengar,B.K.S.:LightonYoga,HarperCollinsPublishers.
3. Tiwari,O.P.: AsanaWhyandHow?Kaivalyadhama,Lonavla.
4. Jayadev,Yogendra:CyclopaediaYoga(Vol.I-IV),TheYogaInstitute,Santacruz,Mumbai.
5. Saraswati,SwamiSatyanand :Asana,Pranayama,Bandha,MudraBiharSchoolof Yoga,Munger.

Subject Name: Yoga Practicum V (Teaching Practice) Subject**code: BYSL-302****Objectives:**

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

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA			Practical : 50	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit-1: Bandha**[15Hours]**

Jalandhara Bandha, Uddiyana Bandha.

Unit-2: Pranayama (with Antar & Bahya Kumbhaka)**[15Hours]**

Surya-bheda and Chandra-bheda Pranayama, Ujjayi Pranayama, Sheetali Pranayama.

Unit-3: Practices leading to Meditation**[15Hours]**

Ajapa Dharana (Stage 2, 3), Yoga Nidra (2,3), Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices.

Unit-4: Continuous evaluation by the Teachers**[15Hours]****TEXTBOOKS**

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

BOOKS FOR REFERENCES

1. SwamiKuvalyananda:Pranayama,Kaivalyadhama,Lonavla,2005
2. Nagendra,H.R.:TheartandScienceofPranayama,SwamiVivekanandaYogaPrakashan, 2005,Bangaore.
3. Lajpat,Dr.R.:DiscoveringHumanPotentialEnergy,AbhinavRaiPublication,Gurgaon, 1996
4. Lajpat,Rai&others:Meditation,AnbhavaRaiPublications,Gurgaon
5. Saraswati,SwamiSatyaNand:MeditationfromTantras,YogaPublicationTrust,Munger, 2004
6. Sarswati,SwamiNirananand:DharanaDarshan,YogaPublicationTrust,Munger,2003
7. Krishnamacharya,T.:Dhyanamalika,KYM,Chennai,2005
8. SwamiSatyananda:Yoganidra,YogaPublicationTrust,Munger,1998

Subject Name: Field Work Subject
code: BYSL-303

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA			Practical : 50	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

During this period students shall get an opportunity of teaching yoga to villagers, weekly four hours. The academic institution where the student is undergoing his/her training takes the responsibility of organizing the classes in the nearby villages.

Semester-IV

SubjectName:FourStreamsofYoga**Subject Code: BYS-401 Objectives:**

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

- Understandthefourpaths/streamsofyogawithindepthunderstanding.
- Haveanindepthunderstandingabouttheirsimilaritiesanddisimilarities.
- Understandtheprincipleandconceptualizeeachstream

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hours/ week	3	2	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

Unit-1:JnanaYoga**[15Hrs.]**

Sadhana Chatustaya, Stages of JnanaYoga practice (shravan, manana, Nidhidhyasana), States ofconsciousness,Theconceptsofida,pinglaandthesushumnathecentralchannelofenergy running along thespine.

Unit-2:BhaktiYoga**[15Hrs.]**

NavavidhaBhakti,Qualitiesofabhakta,Thepronunciation,chanting,knowledge,benefitsof Sanskritchants,hymns,bhajans,Satsangandtheupliftingmeaningofthechantshelpingto thintheactivitiesofthemind,Mantrachanting,andtheireffectonthenadiandthechakras, Demonstratedabilitytcreateabhaktibhavaduringthechantingandsinging

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

TheconceptandmeaningofkarmaYoga,ConceptofNishkamaKarma,Prerequisitesfora sthitaprajna,Sthitaprajnalakshana,Thelawofkarma

Unit-4:RajaYoga**[15Hrs.]**

ConceptsandprinciplesofPatanjalaYoga;KarmaShuddhi(Yama,Niyama);SnayuShuddhi (Asana);PranaShuddhi(Pranayama);IndriyaandManoShuddhi(Pratyahara);Mana,Buddhi, AhamkarandChittaShuddhi(Dharana,DhyanaandSamadhi)

TEXT BOOKS

1. Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition,2009
2. Swami Vivekananda:JnanaYoga,BhaktiYoga,KarmaYoga,RajaYoga.AdvaitaAshrama, Calcutta,2000

REFERENCE BOOKS**Subject Name: Basis of Yoga Therapy****Subject Code:BYSC-402****Objectives:**

To impared knowledge about various disease and their treatment through yogic processes

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1:Yogiconceptsofhealthanddisease**[15 Hrs.]**

Definition&ImportanceofHealthAccordingtoWHO;DimensionsofHealth:Physical,Mental, Social and Spiritual; Concept of Health and Disease in Indian Systems of Medicinei.e.

Ayurveda,NaturopathyandSiddhaSystemsofMedicine,UtilityandLimitationsofthese systemsinhealthandhealing;YogicConceptofHealthandDisease:Meaninganddefinitions,

ConceptofAdhiandVyadhi,YogiconceptofHealthandDisease,roleofYogainpreventive health care – Heyamdukhamanagatam; Potential causes of Ill-health: Tapatrayasand Kleshas,PhysicalandPhysiologicalmanifestationofDisease:Vyadhi,Alasya,Angamejayatva andSvasa-prashvasa.MentalandEmotionalillHealth:Styana,Samshaya,Pramada,Avirati,

Duhkha,Daurmanasya,Bhranti-darsana,Alabdha-

bhumikatvaandAnavasthitatva;ShuddhiPrakriyasinYoga:RoleofShuddhiPrakriyasinpreventiveand curativeHealth,Karma

Shuddhi(Yama,Niyama),GhataShuddhi(Shat-karma),SnayuShuddhi(Asana),PranaShuddhi(Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and ChittaShuddhi(Dharana,DhyanaandSamadhi)

Unit-2:Yogiconceptsofhealthandhealing**[15 Hrs.]**

Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Healthand Healing;CoceptofPancha-koshas&Shat-chakraandtheirroleinHealthandHealing;Concept ofAbhyasandVairagya,ChittaandChittaPrasadana,Kriya-yoga,AshtangaYogaofPatanjali forHealthandHealing;ConceptofCleansing(Shuddi),itsroleandimportanceinHealthand Healing;ConceptofSwaraYogaanditsefficacyinHealthandHealing

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

YogicPrinciplesofHealthyLiving:Aahara,Vihara,AacharaandVichara;RoleofYogicPositive Attitudes(Maitri,Karuna,MuditaandUpeksha)forHealthy Living,ConceptofBhavasand BhavanaswithitsrelevanceinHealthandwell-being;YogicprinciplesofLifestyle

management and its role in prevention of disease and health promotion; Yogic Principles of Diet and its role in Healthy living; Yogic Practices of Healthy living: i.e. Yama, Niyama, Shatkarma, Asana, Mudra & Bandha Pranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living.

Unit-4: Health benefits of yogic practices

[15Hrs.]

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

TEXTBOOKS

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

BOOKS FOR REFERENCE

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

Subject Name: Fundamentals of Biochemistry Subject**Code: BYSC-403****Objectives:**

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

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Introduction to Bio-chemistry**[15 Hrs.]**

Introduction to Bio-chemistry; chief intracellular components; Introduction to chemical receptors/co-receptors, cell to cell communication, channels & transportation; Definition and classification of Vitamins and their Clinical importance; Basics of Molecular mechanism of O₂ transport and storage, classification and bio-chemical structure of immunoglobulins with functions; Fundamentals of Bio-Energetics: Biological Oxidation, General Concept of oxidation, features of cellular Oxidations-respiratory chain oxidative phosphorylations

Unit-2: Metabolism of carbohydrates**[15 Hrs.]**

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

Unit-3: Metabolism of lipids and proteins**[15 Hrs.]**

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

Unit-4:FunctionalBio-chemistry**[15Hrs.]**

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

TEXT BOOKS

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

BOOKS FOR REFERENCE

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

Subject Name: AEEC-4 (Sanskrit) Subject**Code: AECC-405 Objectives:**

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

- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write Sanskrit with better grammatical skill.

	Theory	Tutorial	Practical
Total Number of Hours: 30			
Credits	2	0	0
Hours/ week	2	0	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 50		Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
35	15		

Unit-1: कमवाेयएवंभाववाेय।

[15Hrs.]

पठ्एवंकृधातुकाकमवाेय7पफानपांचलकारे(लट्,लृट्,लङ्,लोट्,िलङ्)म”
एवंवाेयनिमाणअथफान

सिंहत।अस्एवंभूधातुकाभाववाेय7पफानपांचलकारे(लट्,लृट्,लङ्,लोट्,
िलङ्)म”

एवंवाेयनिमाणअथफानसिंहत।कतृवाेयएवंकमवाेयकापरचयवाेयरचना,वाेय7
पांतरणएवंअनुवाद।कतृवाेयएवंभाववाेयकापरचयवाेयरचना,वाेय7पांतरण
एवंअनुवाद।

Unit-2: कृद=त।

[15Hrs.]

शतृएवंशानचपययेशेदनिमाण,वाेयरचनाऔरअनुवाद।

वाेय,यप्,तुमुन्पययेशेदनिम

ाण,

वाेयरचनाऔरअनुवाद।NएवंNवतुपययेशेदनिमाण,वाेयरचनाऔरअनुवाद।त
Bत्,अनीयर्एवयत्पययेशेदनिमाण,वाेयरचनाऔरअनुवाद।

Unit-3: सिंधएवंभाषाेयास।

[15Hrs.]

अच,हल्एवंविसग सिंधयकाफानएवंसिंधिवेछदे

काअेयास।भगवद्गीताकेितृतीयअ्याय

केपथम

रंकोकम”

कारकएवंवाेयपादकाअनुसंधानएवंसंवरणोकोपाठ।संकृतसेंहि=दी/अ™ेजीम”

अनुवादसंकृतम”परपरवाकावापएवंमौखिकबाभ्यानकाअेयास।

Unit-4:भाषादत्ता

[15Hrs.]

िदतीयदीफ्फाकेPथमएवंिदतीयअभ्यायसेवाऽयनिमाणएवंअथफानकाअेयासािदती
यदीफ्फाकेतृतीय

अभ्यायसेवाऽयनिमाणएवंअथफानकाअेयासािदतीयदीफ्फाकेचतुथअभ्यायसेवाऽय
निमाणएवंअथफान

काअेयासािदतीयदीफ्फाकेपंचमएवंषअभ्यायसेवाऽयनिमाणएवंअथफानकाअेयासा
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TEXT BOOKS

1. DEVAVANIPRAVESIKA- : Robert p. goldman:MLBD-NEWDELHI.
2. पारिभकरचनानुवादकौमुदी:कपिलदविवेदी;वि&वि4ालयPकाशनवार
ाणसी।
3. रचनानुवादकौमुदी:कपिलदविवेदी;वि&वि4ालयPकाशनवार
ाणसी।

BOOKS FOR REFERENCE

- 1.Pौढ- विवेदी;वि&वि4ालयPकाशनवाराणसी।
रचनानुवादकौमुदी:क
पिलदव
- 2.Pथमदीफ्फा-रािBयसं3कृतसं3थाननईद:ली
- 3.िदतीयदीफ्फा-रािBयसं3कृतसं3थाननईद:ली

SubjectName:GenericlectiveIV**SubjectCode:BYSE-401**

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		2	-	0
Hours/ week		2	-	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 50			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
35	15			

SubjectName:YogaPracticumVI**Subject Code: BYSL-401****Objectives**

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

- Understandtheprincipleandpracticeofeachpractice.
- Demonstrate each practiceskillfully.
- Explaintheprocedure,precaution,benefitsandlimitationsofeachpractice.

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

Unit-1:Shatkarmas**[20Hrs.]**

VastraDhauti, Sutra Neti, Kapalbhathi, NauliChalana, Jyoti Trataka, Agnisara

Unit-2:Yogasanas-I**[50Hrs.]**

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; ArdhaChakrasana, PaadaHastanasana; Trikonasana, ParshvaKonasana; Veerabhadrasana; Bhunamanasana, Hanumanasana; Dandasana, Swastikasana, Sidhasana,Bhadrasana,Padmasana,Vajrasana; Kagasana, Utkatasana, Gomukhasana,Ushtrasana, Shashankasana, Kurmasana, Navasana, BaddhaPadmasana, UttithaPadmasana; Janusirasana, Paschimottanasana, SuptaVajrasana; Mandukasana,UtthanaMandukasana;Vakrasana,ArdhaMatsyendrasana,Marichayasana, Simhasana

Unit-3:Yogasanas-I**[30Hrs.]**

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

Unit-4:Teacher'sevaluation**[20Hrs.]**

Teachermustensurethatallpracticesarebeingdoneefficientlyandskillfully.Minimum durationofthepacticeshouldbeatleast1minuteandmaximumcanbe5minutes.

TEXT BOOKS

1. SwamiDhirendraBhramhachari:YogicSukshmaVyayama,DhirendraYogaPublications, New Delhi,1980
2. Swami Dhirendra Bhramhachari:YogasanaVijnana,Dhirendra Yoga Publications, New Delhi,1966
3. SwamiKuvalyananda:Asana,Kaivalyadhama,Lonavla,1983
4. SwamiSatyanandaSaraswati:Asana,Pranayama,Bandha,Mudra,BiharSchoolofYoga, Munger,2005-06

BOOKS FOR REFERENCES

1. Basavaraddi, I.V. &others:Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi,2011.
2. Basavaraddi, I.V. &others:YogicSukshma Evam SthulaVyayama, mDNIY, New Delhi, 2011.
3. Iyengar,B.K.S.:LightonYoga,HarperCollinsPublishers,2009
4. SenGuptaRanjana:B.K.S.IyengarYoga,ADorlingKindersleyLimited,2001
5. Saraswati,SwamiSatyananda:SuryaNamaskar,YogaPublicationTrust,Munger,2004
6. Tiwari,O.P.:AsanaWhyandHow?Kaivalyadhama,Lonavla,2011

SubjectName:YogaPracticumVII**Subject Code: BYSL-402****Objectives**

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

- Understandtheprincipleandpracticeofeachpractice.
- Demonstrate each practiceskillfully.
- Explaintheprocedure,precaution,benefitsandlimitationsofeachpractice.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA			Practical : 50	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit-1:Mantra, BandhaandMudras**[15Hours]****Mantra**

Rudropasana

BandhaandMudras

JivhaBandha,JalandharaBandha,UddiyanaBandha,MulaBandha,ShanmukhiMudra,ShambhaviMudra,KakiMudra,TadagiMudra, VipareetKarniMudra,SimhaMudra

Unit-2:Asanas and Pranayama**[15Hours]****Asanas****Pawanamuktasana Series – 03****Pranayama**

NadiShodhana pranayama, Bhramari Pranayama, Suryabhedana and Chandrabhedana Pranayama , Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama, Bhastrika Pranayama,

Unit-3: Practice leading to meditation**[15Hours]**

PranavaandSohamJapa,Antarmouna,Dharana,PraciceofDhyana,BreathMeditation,Om Meditation Vipassana Meditation .

Unit-4: ContinuousevaluationbytheTeachers**[15Hours]****TEXT BOOKS**

1. SwamiKuvalyananda:Asana,Kaivalyadhama,Lonavla,1983
2. SwamiSatyanandaSaraswati:Asana,Pranayama,Bandha,Mudra,BiharSchoolofYoga, Munger,2005-06

REFERENCE BOOKS

1. Iyengar,B.K.S.:LightonYoga,HarperCollinsPublishers,2009

Approved as per (Agenda No.-3) of 4th Academic Council Meet, dated 09 November, 2019

2. SenGuptaRanjana:B.K.S.IyengarYoga,ADorlingKindersleyLimited,2001
3. Saraswati,SwamiSatyananda:SuryaNamaskar,YogaPublicationTrust,Munger,2004
4. Tiwari,O.P.:AsanaWhyandHow?Kaivalyadhama,Lonavla,2011

Subject Name: Biochemistry Practical**Subject Code:BYSL-403****Objectives**

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

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : nil		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit-1: Demonstration

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

Unit-2: Writing of Procedure and repetition of all the above mentioned biochemical tests**Unit-3: Teacher's continuous evaluation TEXT****BOOKS**

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

REFERENCE BOOKS

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

Semester-V

Subject Name : Basis of Indian Culture**Subject Code: BSY-501****objectives:**

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

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

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

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

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

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

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

Developments during the Gupta – Vakataka – Pallava age – Literature; Education, science, religion, society, polity, economy, architecture, sculpture, painting; Cultural contacts with outside world; Legacies of classical ideas and patterns and development of new trends in Indian society and thought during the early medieval times; Vedanta – Sankara, Ramanuja;

Bhakti, Tantra, Alavars, Nayanars; Temple styles Nagara, Vesara, Dravida; Literature, society, polity feudalism; Efflorescence of Indian cultural contacts; Islam in India; Alber union India.

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

Indo-Islamic architecture during the Sultanate period; regional styles; Religious and philosophical developments – Bhakti and acharya traditions; Sufism in India; Islamic influences on Indian society and culture; Muslim interest in Indian classics; Literary developments, Sanskrit, Persian and regional languages; Cultural contributions of Vijayanagara empire; New cultural trends in Mughal India; Religious liberalism – Akbar, Abul Fazl, Dara Shikoh; Growth of Vaishnava Bhakti; Foundation of Sikhism to the institution of Khalsa; Mughal architecture and painting, regional styles; Classical Indian music including pre – Mughal antecedents; Development of Hindi and Urdu literature; Sawai Jai Singh's astronomical contributions; Arrival and spread of Christianity; European studies of India – William Jones and Fort William College, Asiatic Society of Bengal, influence of Christian Missionaries.

Unit-5: Western ideas relationship with ancillary disciplines [15Hrs.]

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

TEXT BOOKS

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

REFERENCE BOOKS

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

Subject Name: Yoga and Human Consciousness Subject**Code: BSY-502****Objectives**

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

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-I: Psychology: a science of behaviour**[15Hrs.]**

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

Unit-2: Domains and dynamics of behaviour – I**[15Hrs.]**

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

Unit-3: Domains and dynamics of behaviour – II**[15Hrs.]**

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

Unit-4: Personality and its development**[15Hrs.]**

Personality: Nature and Types of Personality; Determinants of Personality: Heredity and Environment; Facets and Stages of Personality Development; Personality Theories of Sigmund Freud, Alfred Adler and C.G. Jung, Carl Rogers; Assessment of Personality: Personality

Inventories, Projective Techniques, Case History Method; Yoga and Personality: Yogic View of Personality; Personality Development with special emphasis on Panchakosha and Ashtanga Yoga

Unit-5: Yoga for mental health

[15Hrs.]

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

TEXT BOOKS

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

BOOKS FOR REFERENCE

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

Subject Name: Yogic Management of Lifestyle related Disorders**Subject code: BYSC-503****Objectives:**

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

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Introduction to common ailments and Respiratory disorders**[15 Hrs.]**

Introduction to stress and stress related disorders; Introduction to Yoga therapy–

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

Unit-2: Cardiovascular disorder**[15 Hrs.]**

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

Unit-3: Obstetrics and Gynecological Disorders**[15 Hrs.]**

Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia: Definitions, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Premenstrual Syndrome: Definition, Etiopathogenesis, Classification, Clinical Features,

Medical and Yogic management; Menopause and peri-menopausal syndrome: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Yoga for Pregnancy and Childbirth: Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM, Ante-natal care, Post-natal care; PCOS: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management

Unit-4: Psychiatric disorders

[15Hrs.]

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

TEXT BOOKS

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

BOOKS FOR REFERENCE

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

Subject Name: Discipline Specific Electives-I**Subject Code: BSY-DSET504**

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		2	0	0
Hours/ week		2	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 50			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
35	15			

Subject Name: Discipline specific elective-II

Subject Code:BSYDSET505

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		2	0	0
Hours/ week		2	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 50		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
35	15			

SubjectName:YogaPracticuumVIII–CaseStudy**Subject Code:BYSL-501****Objectives:**

1. Objectiveofthiscourseistomakethestudentstorecordthedataeverydayina clinicalsetupandanalyzethesameforthe presentationofthecases.

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

Unit-1:Mantra, BandhaandMudras**[15Hours]****Mantra**

Om Stawan, Gayatri Mantra and Mahamrityunjay Mantra

BandhaandMudras

JivhaBandha,JalandharaBandha,UddiyanaBandha,MulaBandha,ShanmukhiMudra,ShambhaviMudra,KakiMudra,TadagiMudra, VipareetKarniMudra,SimhaMudra

Unit-2:Asanas and Pranayama**[15Hours]****Asanas**

Purnachakrasana, Kalyanasana, Titibhasana, Bakasana, Ekpadbakasana, Ashtavakrasana, AkaranaDhanurasana, Mayurasana, Gomukhasana, Yogasana, Gorakshasana, Uttithpadmasana, Kukkutasana, Kurmasana, Bhunamanasan, Hanumanasana,RajKapotasana, Vyaghrasana, Sarvangasana, Padmasarvangasana.

Pranayama

NadiShodhana pranayama, Bhramari Pranayama, Suryabhedana and Chandrabhedana Pranayama , Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama, Bhastrika Pranayama,

Unit-3: Practice leading to meditation**[15Hours]**

PranavaandSohamJapa,Antarmouna,Dharana,PracticeofDhyana,BreathMeditation,Preksha Meditation.

Unit-4: ContinuousevaluationbytheTeachers**[15Hours]****TEXT BOOKS**

3. SwamiKuvalyananda:Asana,Kaivalyadhama,Lonavla,1983
4. SwamiSatyanandaSaraswati:Asana,Pranayama,Bandha,Mudra,BiharSchoolofYoga, Munger,2005-06

REFERENCE BOOKS

5. Iyengar, B.K.S.: Lighton Yoga, HarperCollins Publishers, 2009
6. SenGuptaRanjana: B.K.S. Iyengar Yoga, ADorlingKindersley Limited, 2001
7. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
8. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011

Subject Name: Psychology Practicum

Subject Code:BYSL-502

Objectives:

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : nil		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Practical & Practicum

Division of Attention; Emotional Intelligence/Emotional Maturity; Spiritual Intelligence/Study of Values/Spiritual Belief; Self concept; *Asakti/Anasakti* Scale; Anxiety Scale; Aggression Scale Fear of Death; Depression; Frustration; Personality Inventory; Adjustment/Mental Health General Well-being; Case study

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

SubjectName:StudyTour

Subject Code: BYSL-

503Objectives:

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NIL			Practical : 50	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

Unit-1: Study tour

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

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

Unit-2: Presentation

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

Unit-3: Continuous evaluation by the Teachers

Semester-VI

Subject Name: Yoga and Human Values**Subject Code: BYSC-601****Objectives**

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

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

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

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

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

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

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

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

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

Moral Principles of SR; overview of SR; SR & health maintenance of employees through Yoga; Challenges of Environment; Principles of Environmental Ethics; Concepts of Civil Society and

istypes;RelationshipbetweenDemocracy,CivilSocietyandSocialCapital;Efficientuseof Yoga inthem

TEXTBOOKS

1. SinghMS:ValueEducation,AdhyayanPublishers&Distributors,NewDelhi,2007
2. ChandJagdish:ValueEducation,AnshahPublishingHouse,Delhi,2007
3. Gawande E N : Value Oriented Education: Vision for better living, Sarup& Sons Publishers, New Delhi,2008
4. PandaSanjayKumar:CorporateSocialResponsibilityinIndia:Past,Present&Future,The ICFAIUniversitypress,Hyderabad,2008

BOOKS FOR REFERENCE

1. KesariVedanta:Values:TheKeytoameaningfullife;SriRamakrishnaMath,Chennai, 2005
2. PrasadRajendra:Varnadharm,NiskhanaKarma&PracticalMorality:ACriticalessayon appliedethics,DKPrintworldPvt.Ltd,Delhi,1999
3. RadhakrishnanS:IndianPhilosophy,Vol.2,OxfordUniversity,Delhi,2008
4. Swami Ranganathananda: The Message of Upanishad, Bhartiya Vidya Bhawan, Delhi, 2001

Subject Name: Applied Yoga

Subject Code: BYSC-602

Objectives

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

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	2
Hours/ week		3	2	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Yogic Health for school

[15Hrs.]

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

Unit-2: Yoga in Physical Education, Sports Sciences

[15Hrs.]

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

Unit-3: Yoga for technostress

[15Hrs.]

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

Unit-4: Yoga for geriatric care

[15Hrs.]

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

TEXT BOOKS

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

BOOKS FOR REFERENCE

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

SubjectName:ResearchMethodology&Statistics**Subject code:BYSC-603****Objectives**

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

- Understandtheconceptofresearchanditsmethodologyfor carryingminorandmajor research.
- Feedandanalyzethedata.
- Organizethedataandrepresentthedata.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1:Introductiontoresearchmethodology**[15 Hrs.]**

Definitionofresearch;ImportanceofStudyingResearchMethods:EvaluatingResearch Reports;ConductingResearch,ThinkingCriticallyAboutResearch;TypesofresearchApplied Research&BasicResearch;GoalsofResearch:description,explanation,prediction,and control of behavior; Ethics of research: Informed consent, Anonymity, Confidentiality, Plagiarism

Unit-2:IntroductiontoResearchProcess**[15 Hrs.]**

Researchquestions;Literaturereview;DifferentSourcesofInformation:Primary,Secondary, Tertiarysource;ElectronicDatabases:GoogleScholar,Pubmed&PsycINFO;Hypothesis Operationaldefinition;SamplingandGeneralization-PopulationandSample;Probability Sampling: Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling; Sampling Bias and Nonprobability Sampling: snowball sampling, convenience; Types of Biological data (Scales of measurement) – nominal, ordinal, interval, ratio; Types of variables – Independent, dependent, confounding variable; Reliability & Validity

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

Cross-sectional studies and its advantages and disadvantages; Cohort studies and its advantages and disadvantages; Randomized controlled trials and its advantages and disadvantages;Factorsneedtobeconsideredwhendesigningastudy:Availabilityofdata, Samplingmethods,Datacollection,Costofthedesign,timeimplicationsandlosstofollow-up,Controls,Ethicalissues,Issuesofbiasandconfounding

Unit-4: Statistics

Normaldistribution–Skewnessandkurtosis;Frequencydistribution;Measuresofcentral tendency–mean,median,mode;Measuresofdispersion–range,varianceandstandard

deviation; Graphical presentation of data—Bar graphs, Pie chart, line diagram, scatter plot;
Paired sample t test; Percentage change

Unit-5: Reporting Research

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

TEXT BOOKS:

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

REFERENCE BOOKS:

1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
2. Zar, J.H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi.
3. श्रीमनोजरतूड़ी— योग एवं मनोविज्ञान में सांख्यिकी के अनुप्रयोग।

Subject Name: DISCIPLINE ELECTIVE III

Subject Code: BSY-DSET604

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		2	0	0
Hours/ week		2	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 50			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
35	15			

Subject Name: DISCIPLINE ELECTIVE IV**Subject Code: BSY-DSET605**

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		2	0	0
Hours/ week		2	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 50			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
35	15			

SubjectName:YogaPracticumIX–CaseStudyReports**Subject Code:BYSL-601**

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

Unit-1:Casetaking-I [30Hrs.]

Students shall be permitted to take four cases (Same Disease) and supervise the practice for fifteen days and common parameters will be recorded every day.

Unit-2:Casetaking-II [30Hrs.]

Students shall be permitted to take another four cases (Same Disease) and supervise the practice for fifteen days and common parameters will be recorded every day.

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

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

Unit-4:Presentation [30Hrs.]

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

Subject Name: Research Project Subject

Code: BYSL-602

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : NA			Practical : 50	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		35	15	

A pilot research shall be carried out by each student under the supervision of a Lecturer /Assistant Professor. As part of the research project, students will record the effect of any intervention of his/her choice for a common variable in a particular group of sample.

Subject Name: Practical statistics Subject**Code: BYSL-603 Objectives**

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

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

List of Practicals:

1. Introduce about MS-Word and write down the steps for performing various general operations in it (like open, saving, cut, copy, paste, printing a document etc.).
2. Create a simple MS-Word document about introducing yourself and preparing your Bio-data (using various formatting options in MS-Word).
3. Learning and performing various options/operations in MS-Word.
 - a. Creating a table, Entering text and contents in a table.
 - b. Toolbars in word, Using various toolbar options.
 - c. Watermarks and Water-marking a document.
 - d. Inserting cliparts/picture, Hyper-linking a text.
 - e. Header/Footers.
4. Introduce about MS-Excel and write down the steps for performing various general operations in it (like open, saving, cut, copy, paste, printing a document etc.).
5. Learning and performing various options/operations in MS-Excel. Like:
 - a. Creating and Saving a new Workbook.
 - b. Deleting and Renaming a Worksheet.
 - c. Creating Formulas, Using Formulas.
 - d. Using Functions.
6. Introduce about MS Power-point explaining its various features and steps for performing various general operations in it.
7. Prepare a power-point presentation explaining the facilities/infrastructure available in your College/Institution.
8. Net Surfing
9. Creation and Usage of E-mail Account

**Disciplinespecificlectives/Abilityenhancementelectivecourses/Skill
orientedcourses**

Subject: HUMAN SYSTEM ACCORDING TO YOGA

Credits: 02

Unit-1:EVOLUTIONOFBODY [05Hrs.]

Pancamahābhūtas,PancatattvasandPancatanmātrās,Evolutionofhumanbodyinthe context of Sāikhya yoga, Evolution of Jñānendriyas, Karmendriyas, Mahat, manas, Buddhi, CittaandAhaākāra,Saptadhātusthatmakeahumanbody

Unit-2: PANCHAKOSATHEORY [05Hrs.]

CriticalanalysisofthestoryofBhāguandVaruna;Theexistenceoffivekohasinthehuman body;Theproductoffivekohas;Disturbanceofeachkoha.

Unit-3: CHAKRASANDMADALAS [10Hrs.]

Introduction to Cakras; Evolution through the Cakras; Description of Mūlādhāra, Svādishōhāna, Manipura, Anāhata, Vihuddhi, Bindubisarga and Sahasrāra Cakras; Concept of Mannalas, types and their work.

Unit-4: VAYUS,NADISANDSVARAYOGA [10Hrs.]

ConceptofVāyus,type,theirnamesandfunction;ConceptofNānēs,theircharacteristicsand nameof10majorNānēsandtheirfunctions;DifferencebetweenInā,PiṅgalāandSushumnā; EffectsofSvarayogaasexplainedintheHaōhayogictexts,RelevanceofSvara-vijnānainday-todaylifeandtheimportanceofSvarodayainhealthanddisease.

TEXT BOOKS

1. SwamiHarshananda:TheSixSystemsofHinduPhilosophy(RamakrishnaMatt, Bangalore,2000)
2. DrHRNagendra&DrRNagarathna:YogaHealth(SwamiVivekanandaYoga Prakashana,2000)
3. SwamiMuktibodhananda:HathaYogaPradeepika,SaraswatiYogaPublicationTrust, Munger.

REFERENCE BOOKS

1. Radhakrishnan,S.:IndianPhilosophy(Vol.I&II)(GeorgeAllenandUnwin,London, 1971) Sharma, Chandradhar : A Critical Survey of Indian Philosophy (Motilal Banarsidass, Delhi,2000)
2. Nagendra HR. : Integrated Approach of Yoga Therapy for positivehealth,Swami VivekanandaYogaPrakashana,Bangalore.
3. SwamiNiranjanananda:Prana,Pranayama&Pranavidya,SaraswatiYogaPublication Trust,Munger.

Subject: INTRODUCTION TO AYUSH**Credits: 02****Unit-1: YOGA AND HEALTH AND INTEGRATED APPROACH OF YOGA THERAPY [10Hrs.]**

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

Unit-2: INTRODUCTION TO BASIC CONCEPTS OF NATUROPATHY [05Hrs.]

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

Unit-3: INTRODUCTION TO BASIC CONCEPTS OF AYURVEDA [10Hrs.]

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

Unit-4: Introduction to Basic concepts of Unani, Siddha and Homeopathy [05Hrs.]

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

TEXT BOOKS:

1. Dr RNagaratha and: Yoga and Health
2. Dr HRNagendra (Swami Vivekananda Yoga Prakashana, 2000)
3. Dash, V.B.: Ayurvedic Treatment for Common Diseases Delhi Diary, 1974.

Subject: YOGA PSYCHOLOGY**Credits: 2****Unit-1: HUMAN PSYCHE**

[10Hrs.]

The nature of Psychology and its definition, Scope and utility of Psychology. Psychology as a study of human behavior; Counseling; Personality development; Counseling; Methods of counseling; Skills of counseling; Issues and challenges; Life's skills for happy life; Code of ethics for lay counselors

Unit-2: PSYCHIC FORCES, CONFLICTS AND FRUSTRATIONS

[10Hrs.]

Psychic forces and human behavior, behavior and Consciousness, States of Consciousness, Psychological basis of behavior; Causes and Consequences of Conflicts and Frustrations; Disorders; Common mental disorders; Depressive disorders; Anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention

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

[05Hrs.]

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

Unit-4: YOGA PSYCHOLOGY

[05Hrs.]

States of consciousness according to yogic scriptures (Jagrata, Svapna, Susupti and Turiyā) and their applicability; Learning and Remembering in the context of Jnana Yoga (Shravana, Manana and Nididhyasana); Types of personality in the context of different yogic scriptures (Mudha, Kshipta, Vikshipta, Chanchala etc.); Cause of emotions in the mind according to Yoga texts

TEXTBOOKS:

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

REFERENCE BOOKS

1. Taimini, I.K.: Glimpses into the Psychology of Yoga (Adyar: Theosophical Publishing House, 1973)
2. Aatreya, Shanti Parkash : Yoga Manovijnana (Indian Psychology) (International Standard Publication, Varanasi; 1965)

Subjects: INTRODUCTION TO YOGA AND COMMON AILMENTS**Credits: 02****Unit-1: CARDIORESPIRATORY DISORDERS**

[10Hrs.]

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

Unit-2: NEUROMUSCULAR DISORDERS

[10Hrs.]

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

Unit-3: DIGESTIVE, ENDOCRINE & METABOLIC DISORDERS

[05Hrs.]

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

Unit-4: OBSTETRICS & GYNECOLOGICAL DISORDERS

[05Hrs.]

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

TEXT BOOKS:

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

Subject: APPLICATION OF YOGA**Credits: 02****Unit-1: YOGA IN SCHOOL** [10Hrs.]

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

Unit-2: YOGA FOR SPORTS [10Hrs.]

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

Unit-3: YOGA FOR STRESS [05Hrs.]

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

Unit-4: YOGA FOR ELDERLY POPULATION [05Hrs.]

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

TEXT BOOKS

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

REFERENCE BOOKS

1. Iyenger BKS: The Path to Holistic Health, ADorling Kindersley Book, Great Britain, 2001
2. Dr. Goel Aruna: Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007
3. Dr. H. Kumar Kaul: Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2006

GENERIC ELECTIVES**Subject: YOGIC DIET AND NUTRITION****Credits: 02****Unit-1: YOGIC CONCEPT OF DIET & NUTRITION**

[05Hrs.]

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

Unit-2: DIETETICS IN YOGA

[10Hrs.]

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

Unit-3: BIOMOLECULES

[05Hrs.]

Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body

Unit-4: NUTRITION-BASICS

[15Hrs.]

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

TEXT BOOKS:

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

REFERENCE BOOKS

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

Subject: YOGA AND MENTAL HEALTH**Credits: 02****Unit-1: MENTAL HEALTH** [05Hrs.]

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

Unit-2: BASIC UNDERSTANDING ABOUT PSYCHIATRIC DISORDERS [10Hrs.]

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

Unit-3: BASIC UNDERSTANDING ABOUT PERSONALITY DISORDERS [05Hrs.]

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

Unit-4: YOGA FOR MENTAL HEALTH [10Hrs.]

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

TEXT BOOKS:

Singh, A. K. : Saral Samanya Manovijnana. Delhi: Motilal Banarasis Publications, 2007 Tilak, B. G.

: Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.

Udupa, K.N.: Stress and Its Management by Yoga. Delhi: Motilal Banarasis, 2007

Vivekananda, Swami: Raja Yoga. Nagpur: Ramakrishna Math

Subject: INTRODUCTION TO AYURVEDA**Credits: 02****Unit-1: GENERAL INTRODUCTION TO AYURVEDA**

[10Hrs.]

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

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

[10Hrs.]

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

Unit-3: UPASTHAMBAS WITH SPECIAL EMPHASIS ON AHARA

[05Hrs.]

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

Unit-4: INTRODUCTION TO PANCHAKARMA

[05Hrs.]

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

TEXT BOOKS

1. Dr. Priyavrata Sharma : Charaka Samhita, Chaukhamba Orientalia, Varanasi, Edition of 2008
2. Dr. Ravidutta Tripathi, Dr. Brahmanand Tripathi: Ashtanga Samgraha, Chaukhamba Sanskrit
3. Prathishthan, Delhi, Reprinted edition of 2003
4. Dr. K.H. Krishnamurthy: The wealth of Susruta, International Institute of Ayurveda, Coimbatore, 1999

REFERENCE BOOKS

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

Subject: FUNDAMENTALS OF NATUROPATHY**Credits: 02****Unit-1: INTRODUCTION TO NATUROPATHY**

[05Hrs.]

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

Unit-2: PRINCIPLES AND CONCEPTS OF NATUROPATHY

[10Hrs.]

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

Unit-3: NATUROPATHY

[10Hrs.]

Hydrotherapy: Introduction, definition, scope, history, principles; role of hydrotherapy in prevention of diseases; Upavasa (Fasting): Introduction, definition, scope, history, principles and types; its role in disease prevention, health promotion; concept of de-toxification;

Unit-4: Concept of Diet and Massage

[05hrs]

Diet: Introduction, definition, scope, types and its principles; role of Naturopathy diet in disease prevention and health promotion; Massage: Introduction, definition, scope, history, its principles and manipulative techniques; Different types of Massages and their role in disease prevention, and health promotion

TEXT BOOKS

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

REFERENCE BOOKS

1. R.K.Garde: Ayurvedic for Health and Long life Harry Benjamin.: Everybody's Guide to Nature Cure.
2. M.K.Gandhi.: My Nature Cure.
3. डॉ० सरस्वतीकाला-प्राकृतिक एक समग्र उपचार पद्धति।

Subject: HEALTH AND YOGIC HYGIENE**Credits: 02****Unit-1: INTRODUCTION TO HEALTH AND HYGIENE [10Hrs.]**

Personal hygiene, Definition of health and factors; affecting it- food habits, cleanliness, exercise and sleep; Water–Importance of water, impurities present in water, sources of contamination of water and water purification (Household and natural methods); First aid: meaning, importance in daily life.

Unit-2: INFECTION AND DISINFECTANTS [05Hrs.]

Infection–Definitions of Infection, Infective agents, Period of infectivity; Types of diseases and their modes of spread; Channels of infection; disinfectants – Definition, types and methods of disinfection

Unit-3: INFECTIOUS DISEASES [10Hrs.]

Infectious diseases–Causes, incubation period, mode of spread, symptoms, prevention & control of the following diseases); Diseases spread by insects -Malaria, Dengue; Diseases spread by ingestion- Dysentery, cholera, typhoid; Diseases spread by droplet infection- Chickenpox, measles, mumps; Diseases spread by Contact- Leprosy, AIDS;

Unit-4: Immunity-Definition, types of immunity & immunization schedule [05Hrs.]

Common emerging health problems among women: Cancer of Breast and Cervical

TEXT BOOKS

2. Yashpal Bedi (1976) Hygiene & Public Health. Anand Publishing Co., Gali No. 1, Nawan Kot Amritsar.
3. V.N. Hhave, (1975) You & Your Health.. National Book Trust
4. Bihari Lal Bhatia, (1961) Elementary.. Hygiene, Orient Longmans, Ltd. Calcutta-13
5. J.E. Park, (1983) Preventive & Social Medicine, Jabalpur Messrs Banaridas Bhanot
6. Birendra Nath Ghosh, (1969) Hygiene & Public Health Calcutta Scientific Publishing Co.