

# SHRI GURU RAM RAI UNIVERSITY

(Estd. by Govt. of Uttarakhand, vide Shri Guru Ram Rai University Act no. 03 of 2017 &  
Recognized by UGC u/s (2f) of UGC Act 1956)



## SYLLABUS OF UG YOGIC SCIENCE

### Common Minimum Syllabus for B.Sc. in Yogic Science (Honors with Research)

#### NATIONAL EDUCATION POLICY-2020

**Effective from Academic Session 2024-25 onward**

## Introduction

The National Education Policy (NEP) 2020 seek store form the Higher Education system by providing flexibility to students in terms of choice of subjects to study and academic path ways. The policy envisages broad based, multi-disciplinary, holistic academic programs. One very important recommendation of the NEP2020 is a creative combination of disciplines for study with multiple entry and exit points. Thus, the curriculum has been made flexible by integrating multidisciplinary subjects, vocational education and Co-Curricular courses with main stream education.

## Nomenclature

The students will have opportunity for multiple entry and exit with appropriate certification viz. Undergraduate Certificate after one year (two semesters), Undergraduate Diploma after two years (four semesters), Bachelor's Degree after three years (six semesters) and Bachelor's Degree with Research after 4 years (eight semesters). Candidate who meets the minimum CGPA of 7.5 in three-year Bachelor's degree can pursue and continue the Bachelor's Degree with Research.

Levels	Qualification Title	Minimum Credits requirement (As per NEP 2020 Framework)
Level 5	Certificate in Yogic Science	36-40
Level 6	P.G. Diploma in Yogic Science	72-80
Level 7	B.Sc. (Honors) Yogic Science	108-120
Level 8	B.Sc. (Honors) Yogic Science with Research	160

## The Medium of Instruction:

The medium of Instruction will be both Hindi and English.

## The Medium of Examination:

The medium of examination will be either Hindi or English.

## Eligibility for admission:

Any candidate who has passed the Plus Two of the Higher Secondary Board of Examinations in any state recognized as equivalent to the Plus Two of the Higher Secondary Board in with not less than 45%marks in aggregate is eligible for admission, However, SC/ST, OBC and other eligible communities shall be given relaxation as per university rules.

## Attendance:

A Student is eligible to write the semester/Internal examination only when he/she has a minimum of 75% attendance in each course and in aggregate of all the courses.

Course Categorization and Credit Distribution for UG/Bachelor's Program shall comprise of the following NEP framework.

## Discipline Specific Core (DSC)

Core course compulsory is the one which is to be studied compulsorily by a student as core requirement to complete a programme.

## Discipline Specific Elective (DSE)

An Elective course is discipline centric course, which a student opts for enhancing his or her skills in particular area in the programme.

**Ability Enhancement Course (AEC)**

This course will enhance the language and expression of the students.

**Skill Enhancement Course (SEC)**

This course will enhance the Skills of the students.

**Vocational Course (VC)**

This course will enable the students to learn skills which will help them in their profession.

**General Elective (GE)**

Open Elective means an elective course which is available for students of all programmes, including students of same department.

**Modes of Evaluation:**

Continuous Internal Assessment (CIA): It may take the form of Individual Assignments, Seminars/Class Room Presentations/ Quizzes, Group Discussions /Class Discussion/ Group Assignments, Case studies/ Participatory & Industry-Integrated Learning/ Field visits, Practical activities / Problem Solving Exercises, Participation in Seminars/ Academic Events/Symposia, Mini Projects, Viva-Voce etc. depending on the course instructor. As per definition CIA will be assessed fully internally by the course instructor.

Components	CIA	II Internal Assessment Test(Written)	Semester-End Examination
Weightage (%)	15	15	70

**Learning Outcome Based Curriculum Framework**

The B.Sc. (Honors) Yogic Science has the objective of preparing graduates who embody the University graduate attributes. The graduate attributes and the graduate outcomes will shape the graduate profile. It aims to provide students with the knowledge, skills, attitudes, values, habits and during the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training the enthusiasts to become Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.

**Programme outcome (PO)**

<b>PO-1</b>	<b>Disciplinary Knowledge:</b> Capable of demonstrating comprehensive knowledge and understanding of one or more disciplines that form a part of a graduate programme of study.
<b>PO-2</b>	<b>Communication Skills*:</b> Ability to express thoughts and ideas effectively in writing and orally, demonstrate the ability to listen carefully.
<b>PO-3</b>	<b>Critical thinking:</b> Analytic thought towards body of knowledge of yogic science evaluate evidence, beliefs on the basis of on empirical grounds.
<b>PO-4</b>	<b>Problem Solving:</b> Capacity to extrapolate from what one has learned and apply there competency to solve different kinds of known familiar problems rather than replicate curriculum content knowledge and apply once learning to real life situations.
<b>PO-5</b>	<b>Research-related skills:</b> Ability to recognize cause-and-effect relationships, define problems related to yoga and its areas formulate hypotheses, analyses, interpret and draw conclusions
<b>PO-6</b>	<b>Cooperation/Team work:</b> Facilitate Yogic technique in a cooperative effort and act together as a team in the interests of a common cause and work efficiently as a member.
<b>PO-7</b>	<b>Learning Abilities:</b> Ability to work independently, identifies appropriate resources required for a project, and manages a project through to completion.
<b>PO-8</b>	<b>Moral and ethical awareness/reasoning:</b> Capable of demonstrating the ability to identify ethical issues related to practice of Yoga avoid unethical behaviour such as fabrication, falsification or misrepresentation.
<b>PO-9</b>	<b>Self-directed learning:</b> Learn to work independently, identify appropriate resources required for yoga and manage a project.
<b>PO-10</b>	<b>Lifelong learning:</b> self-paced and self-directed learning of yogic science aimed at personal development which helps to fulfil economic, social and cultural objectives
<b>PO-11</b>	<b>Eco system:</b> Understand environmental needs, Pollution and its impact on health.
<b>PO-12</b>	<b>Leadership readiness/qualities:</b> Formulating an inspiring vision, building a team who can help achieve the vision, using yogic asanas to guide people to the right direction.

**Program Specific Outcome (PSO)**

<b>PSO 1</b>	Students of the UG course will have an understanding about origin, history and development of Yoga.
<b>PSO2</b>	Understand pre-requisites, principles about Hatha Yoga.
<b>PSO3</b>	Know about the structure of the body, Sukshma and Sthula vyayama.
<b>PSO4</b>	Make the students recite the Vedic hymns skilfully.

**Scheme of Teaching and Evaluation of Examination: 2024-25****B.Sc. in Yogic Science****Certificate in Yogic Science (Duration One Year)**

S.N.	Course Category	Subject Code	Subject Title	Periods			Evaluation Scheme				Subject Total
				per week			Seasonal			SEE	
				L	T	P	Credit	1 <sup>st</sup> Internal	2 <sup>nd</sup> Internal		
Semester-I											
1.	DSC-I	YOGDC101	Foundations of Yoga	3	1	-	4	15	15	70	100
2.	DSC-II	YOGDC102	Introduction to Hath Yoga and It’s Texts	3	1	-	4	15	15	70	100
3.	DSL-III	YOGDL103	Yoga Practicum-I (Practical)	-	-	8	4	15	15	70	100
4.	Gen Elective	YOGGE101	Choose from a pool	4	-	-	4	15	15	70	100
5.	AEC	AEC101	Communication Skills: Listening & Speaking Skills	2	-	-	2	15	15	70	100
6.	SEC	YOGSEC101	Choose from a pool	2	-	-	2	15	15	70	100
7.	VAC	YOGVC101	Choose from a pool	2	-	-	2	15	15	70	100
							22	Total			700
Semester-II											
1.	DSC-I	YOGDC201	Patanjal Yoga Darshana	3	1	-	4	15	15	70	100
2.	DSC-II	YOGDC202	Human Anatomy and Physiology-I	3	1	-	4	15	15	70	100
3.	DSL-III	YOGDL203	Yoga Practicum-II (Practical)	-	-	8	4	15	15	70	100
4.	Gen Elective	YOGGE201	Choose from a pool	4	-	-	4	15	15	70	100
5.	AEC	AEC201	Environmental Studies-I	2	-	-	2	15	15	70	100
6.	SEC	YOGSEC201	Choose from a pool	2	-	-	2	15	15	70	100
7.	VAC	YOGVC201	Choose from a pool	2	-	-	2	15	15	70	100
							22	Total			700

**Scheme of Teaching and Evaluation of Examination: 2024-25****B.Sc. in Yogic Science****Diploma in Yogic Science – Second Year**

S N	Course Category	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
							Seasonal			SEE	
				L	T	P	Credit	1 <sup>st</sup> Internal	2 <sup>nd</sup> Internal		
Semester-III											
1.	DSC-I	YOGDC301	Essence of Principal Upanishads	3	1	-	4	15	15	70	100
2.	DSC-II	YOGDC302	Human Anatomy & Physiology-II	3	1	-	4	15	15	70	100
3.	DSL-III	YOGDL303	Yoga Practicum-III (Human Anatomy and Physiology)	-	-	8	4	15	15	70	100
4.	DSE-1/ Gen Elective	YOGDE301 / YOGGE301	Choose from a pool	4	-	-	4	15	15	70	100
5.	AEC	AEC301	Communication Skills: Reading & Writing Skills	2	-	-	2	15	15	70	100
6.	SEC/ IAPC	YOGSEC/ IAPC301	Choose from a pool	2	-	-	2	15	15	70	100
7.	VAC	YOGVC301	Choose from a pool	2	-	-	2	15	15	70	100
							22	Total			700
Semester-IV											
1.	DSC-I	YOGDC401	Essence of Bhagavad Gita for holistic living	3	1	-	4	15	15	70	100
2.	DSC-II	YOGDC402	Methods of Teaching Yoga	3	1	-	4	15	15	70	100
3.	DSL-III	YOGDL403	Yoga Practicum-IV (Practical)	-	-	8	4	15	15	70	100
4.	DSE-2/ Gen Elective	YOGDE401 / YOGGE401	Choose from a pool	4	-	-	4	15	15	70	100
5.	AEC	AEC401	Environmental Studies-II	2	-	-	2	15	15	70	100
6.	SEC/ IAPC	YOGSEC/ IAPC401	Choose from a Pool / Internship/ Apprenticeship/ Projects/Community outreach	2	-	-	2	15	15	70	100
7.	VAC	YOGVC401	Choose from a Pool	2	-	-	2	15	15	70	100
							22	Total			700

**Scheme of Teaching and Evaluation of Examination: 2024-25**

**B.Sc. in Yogic Science****B.Sc. in Yogic Science (With Honours) – Third Year**

S N	Course Category	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
				L	T	P	Seasonal			SEE	
							Credit	1 <sup>st</sup> Internal	2 <sup>nd</sup> Internal		
Semester-V											
1.	DSC-I	YOGDC501	Basis of Yoga Therapy	3	1	-	4	15	15	70	100
2.	DSC-II	YOGDC502	Human System According to Yoga	3	1	-	4	15	15	70	100
3.	DSL-III	YOGDL503	Yoga Practicum- VStudy Tour	-	-	8	4	15	15	70	100
4.	DSE-3	YOGDE501	Choose from a pool	2	-	-	4	15	15	70	100
5.	Gen Elective	YOGGE501	Choose from a Pool/MOOC	2	-	-	4	15	15	70	100
6.	SEC/IAPC	YOGSEC/ IAPC501	Choose from a Pool / Internship/ Apprenticeship/ Projects/Community outreach	2	-	-	2	15	15	70	100
							22	Total			600
Semester-VI											
1.	DSC-I	YOGDC601	Yoga and Holistic Health	3	1	-	4	15	15	70	100
2.	DSC-II	YOGDC602	Fundamentals of Biochemistry	3	1	-	4	15	15	70	100
3.	DSC-III	YOGDL603	Yoga Practicum-VI (Biochemistry Practical)	-	-	8	4	15	15	70	100
5.	DSE-4	YOGDE601	Choose from a pool	2	-	-	4	15	15	70	100
6.	Gen Elective	YOGGE601	Choose from a Pool/MOOC	2	-	-	4	15	15	70	100
7.	SEC/IAPC	YOGSEC/ IAPC601	Choose from a Pool / Internship/ Apprenticeship/ Projects/Community outreach	2	-	-	2	15	15	70	100
							22	Total			600

**Scheme of Teaching and Evaluation of Examination: 2024-25****B.Sc. in Yogic Science****B.Sc. in Yogic Science (With Research) – Fourth Year**

S N	Course Category	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
							Seasonal			SEE	
				L	T	P	Credit	1 <sup>st</sup> Internal	2 <sup>nd</sup> Internal		
Semester-VII											
1.	DSC-I	YOGDC701	Research Methodology & Statistics	3	1	-	4	15	15	70	100
2.	DSE-I	YOGDE701	Choose from a pool	3	1	-	4	15	15	70	100
3.	DSE-II	YOGDE702	Choose from a pool	3	1	-	4	15	15	70	100
4.	DSE-III	YOGDE703	Choose from a pool	3	1	-	4	15	15	70	100
5.	Project	YOGDS701	Research Project	-	-	12	6	15	15	70	100
							22	Total			500
Semester-VIII											
1.	DSC-I	YOGDC801	Yoga and Human Consciousness	3	1	-	4	15	15	70	100
2.	DSE-I	YOGDE801	Choose from a pool	3	1	-	4	15	15	70	100
3.	DSE-II	YOGDE802	Choose from a pool	-	-	8	4	15	15	70	100
4.	DSE-III	YOGDE803	Choose from a pool	3	1	-	4	15	15	70	100
5.	Dissertation	YOGDS801	Dissertation	-	-	12	6	15	15	70	100
							22	Total			500



**GE PAPERS:**

1. Four Streams of Yoga
2. Application of Yoga
3. Yoga Psychology
4. Introduction to Yoga and Common Ailments
5. Health & Yogic Hygiene
6. Yoga and Human Values

**DSE PAPERS:**

1. Introduction to AYUSH
2. Yoga and Mental Health
3. Introduction of Ayurveda
4. Fundamentals of Naturopathy
5. Yoga Protocols for Special Targeted Groups
6. Personality Development
7. Yogic Diet and Nutrition
8. Field Training
9. Case Study
10. Evidence Based Yoga Therapy

**VAC PAPERS:**

1. Introduction of Pranayama
2. Introduction of Meditation
3. Fundamentals of Shatkarma
4. Yoga & Self-Management
5. Yoga & Stress Management

**SEC / IAPC PAPERS:**

1. Basis of Sanskrit
2. Computer Lab
3. Basics of Yagya Therapy
4. Introduction to Mantra Therapy

# Semester-I

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<b>Programme Name</b>	Certificate in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Foundations of Yoga	<b>Course Code</b>	YOGDC101
<b>Credit</b>	4	<b>Course Type</b>	DSC-I
<b>Year / Semester</b>	First / First	<b>L-T-P</b>	3-1-0

L - Lecture T – Tutorial P – Practical C – Credit

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

- 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 & Nastikadarshanas.
- Introduction about Yoga according to various yogic texts.

### **COURSE CONTENTS**

#### **UNIT-1: GENERAL INTRODUCTION TO YOGA**

- Brief introduction to origin of Yoga, Psychological aspects (Rishis understanding of the mind) leading to origin of Yoga.
- Hindu Mythological concepts about origin of Yoga. History and Development of Yoga. Etymology and Definitions of Yoga.
- Aim and Objectives of Yoga, Misconceptions about Yoga. Principles of Yoga Parampara, Yoga Practices for Health and Harmony.
- **General Introduction to Schools of Yoga**

#### **UNIT-2: GENERAL INTRODUCTION TO INDIAN PHILOSOPHY**

- Philosophy: Its meaning, definitions and scope.
- Indian Philosophy: Salient features of Indian Philosophy, Branches of Indian Philosophy (Astika and Nastika Darshanas).
- General introduction to Prasthanatrayee and Purushartha Chatushtaya
- Two-way relationship between Yoga and Indian Philosophy

#### **UNIT-3: VARIOUS SYSTEMS OF YOGA**

- Brief introduction to Gyanyoga and Bhaktiyoga.
- Brief introduction to Kramayoga and Rajyoga.
- Brief introduction to Hathyoga and Mantrayoga.

#### **UNIT-4: INTRODUCTION OF YOGIS**

- Ancient - Maharishi Patanjali, Guru Gorakshnatha.
- Medieval - Kabir, Soordas.
- Modern – Maharishi Dayanand, Swami Vivekanand, Shri Aravind and Anandmayi Maa.
- Contemporary – Shri Shyama Charan Lahiri, Swami Shivananda and Pandit Shri Ram Acharya.

### **TEXT BOOKS:**

- Lal Basant Kumar: Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013.
- Dasgupta S.N.: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012.
- Singh S.P.: History of Yoga, PHISPC, Centre for Studies in Civilizations, 2010.
- Singh S.P. & Yogi Mukesh: Foundation of Yoga, Standard Publication, New Delhi, 2010.
- Yoga Tatva: Dr. Bijendra Singh, Dr. Savita P. Patil & Dr. Anil Thapliyal.

**REFERENCE BOOKS:**

- Agarwal M.M.: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010.
- Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication- Dept. Kolkata, II Edition, 2009.
- Hirianna M.: Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009.
- Hirianna M.: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008.
- Radhakrishnan S.: Indian Philosophy, Oxford University, U.K. (Vol. I&II) II Edition, 2008.
- Max Muller K. M.: The six system of Indian Philosophy, Chukhambha, Sanskritseries, Varanasi, 6th Edition, 2008.
- Kumar Kamakhya: Super Science of Yoga.

**COURSE OUTCOMES (COs): on completion of this course the student will be:**

CO	Description	Bloom's Taxonomy Levels
CO 1	<b>Remember</b> the, definition, origin, history, basic concept and misconception about yoga.	<b>1 Remember</b>
CO 2	<b>Understand and remember</b> Indian philosophy and Astika and Nastika Darshanas.	<b>1,2 Remember, understand</b>
CO 3	<b>Applying, Understanding and remembering</b> the basic concepts of yoga in various yogic texts.	<b>1,2 ,3 Remember, Understand, Applying</b>
CO 4	<b>Analyzing, Applying, Understanding and remembering</b> the various system of yoga.	<b>1,2 ,3,4 Remember, Understand, Applying, Analyzing</b>
CO 5	<b>Evaluating, Analyzing, Applying, Understanding and remembering</b> the Indian philosophy and reviewing the autobiography of yogis.	<b>1,2 ,3,4,5 Remember, Understand, Applying, Analyzing, Evaluating</b>
CO 6	<b>Constructing, Evaluating, Analyzing, Applying, Understanding and remembering</b> the foundation of yoga in different yogic texts.	<b>1,2 ,3,4,5,6 Remember, Understand, Applying, Analyzing, Evaluating, Constructing.</b>

**Mapping of Cos with Pos & PSOs**

Course Outcomes	Program Outcomes (POs)												Program Specific Outcomes (PSOs)			
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO-1	2	2	2	1	2	1	1	1	2	2	2	2	3	2	1	2
CO-2	2	1	2	2	2	-	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	1	1	3	3	1	3
CO-4	2	2	2	1	2	-	1	1	2	2	2	2	3	2	1	2
CO-5	3	2	2	2	2	1	2	2	2	1	1	1	3	3	1	3
CO-6	2	2	2	1	2	-	1	1	2	2	2	2	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

<b>Programme Name</b>	Certificate in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Introduction to Hath Yoga and It's texts	<b>Course Code</b>	YOGDC102
<b>Credit</b>	4	<b>Course Type</b>	DSC-II
<b>Year / Semester</b>	First / First	<b>L-T-P</b>	3-1-0

L - Lecture T – Tutorial P – Practical C – Credit

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

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

### **COURSE CONTENTS**

#### **UNIT-I: GENERAL INTRODUCTION TO HATH YOGA.**

- Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions.
- Hatha Yoga: Its Philosophy and Foundations.
- History and development of Hatha Yoga, Hatha Yoga Parampara.
- Brief Introduction to eminent Hatha Yogis of Natha Cult and their contribution for the development of Yoga.
- Relationship between Hatha Yoga and Raja Yoga

#### **UNIT-II: INTRODUCTION OF HATHPRADEEPIKA.**

- General Introduction to Hathpradeepika.
- Elements of Success (Sadhak Tatva) and Failure (BadhakTatva) in Hath Yoga Sadhana According to Hathpradeepika. Concept of Matha, Concept of Pathya-Apathya and Mitahar in Hath Yoga Sadhana According to Hathpradeepika. Meaning, Definition and Classification of Asana,
- Nadishudhi, Meaning, Definition and Classification of Shatkarma, Prananyama, Hathasiddhike Lakshan.
- Introduction of Kundli, Meaning, Definition and Classification of Mudras. Concept of KundliniJagaran, Samadhi and Nadanusandhan.

#### **UNIT-III: INTRODUCTION OF GHERAND SAMHITA-I**

- Introduction of Saptasadhan, Concept of Ghath and Ghathshuddhi.
- Meaning, Definition and classification of Shatkarma – Dhauti, Vasti, Neti, Nauli, Tratak and Kapalbhathi. Meaning, Definition and classification of Asana.
- Meaning, Definition and classification of Mudra and Bandha.
- Concept of Pratyahara Prakaran.

#### **UNIT-IV: GHERAND SAMHITA-II**

- Concept of Place, Time and Mitahara and Pathya-Apathya. Nadi-Shuddhi
- Meaning, Definition and Classification of Prananyama.
- Meaning, Definition and Classification of Dhyan.
- Meaning, Definition and Classification of Samadhi.

**(Very Important Note –According to Hath Pradeepika and Gherand Samhita)**

#### **TEXT BOOKS:**

- Swami Muktibodhananda Saraswati, Sahay G.S.: Hatha Yoga Pradeepika, Bihar School of yoga publications, Munger, 2000.
- Hatha Yoga Pradeepika of Svatmarama, MDNIY Publication, 2013.

- Sharma BR:Jotsna (Comentory of HathaYogaPradeepika) Kaivalyadhama, Lonavala, 2013.
- Sarswati Swami Niranjananand: Gherand Samhita, Bihar School of Yoga Publication.

#### REFERENCE BOOKS:

- Gharote, M.M.& others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010.
- GharoteML:Hatharatnavali, The Lonavala Yoga Institute, Lonavala, Pune, IIndEdition, 2009.
- Briggs GW: Gorakhnatha and the Kanphata Yogis, 8thEdition, 2009.
- Swami Kuvalyananda& Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006.
- Gharote M.L. & Pai, G.K. (Edi): SiddhasidhantPaddhati, Kaivalyadhama, Lonavla, 2005.
- Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
- Swami Digambarji and Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.
- Swatmaramaji: Hathapradipika (Jyotsana-tika), Adyar Library, Madras.
- Bharati, Swami Veda Reddy Venkata: Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnavali.
- योग धारा - प्र० (डॉ०)कंचन जोशी।

#### COURSE OUTCOMES (CO): YOGDC102

Upon successful completion of the course a student will be able to

<b>CO-1</b>	Find pre-requisites, principles about Hatha Yoga.
<b>CO-2</b>	Understand the relationship between Patanjali and Raja Yoga.
<b>CO-3</b>	Evaluate concept of yoga in other yogic texts.
<b>CO-4</b>	Define Patanjali Yoga and Hath Yoga.
<b>CO-5</b>	Commenting on Hath Yogic texts.
<b>CO-6</b>	Directing the relationship between Patanjali Yoga and Hath Yoga.

#### CO-PO MAPPING

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	2	2	2	1	2	1	1	1	2	1	1	1	3	2	1	2
<b>CO-2</b>	2	1	2	2	2	-	2	2	2	2	2	2	2	2	1	2
<b>CO-3</b>	3	2	2	2	2	1	2	2	2	1	1	1	3	3	1	3
<b>CO-4</b>	2	2	2	1	2	-	1	1	2	2	2	2	3	2	1	2
<b>CO-5</b>	3	2	2	2	2	1	2	2	2	1	1	1	3	3	1	3
<b>CO-6</b>	2	2	2	1	2	-	1	1	2	2	2	2	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

**COURSE OUTCOMES (COs): on completion of this course the student will be:**

CO	Description	Bloom's taxonomy Levels
CO 1	<b>Remember</b> the principles about hath yoga.	<b>1 Remember</b>
CO 2	<b>Understand and remember</b> the pre-requisites, and relationship between Patanjali and Raja Yoga.	<b>1,2 Remember, understand</b>
CO 3	<b>Applying, Understanding and remembering</b> the concept of yoga in other yogic texts.	<b>1,2 ,3 Remember, Understand, Applying</b>
CO 4	<b>Analyzing, Applying, Understanding and remembering</b> the Patanjali yoga sutra and Hatha Yoga.	<b>1,2 ,3,4 Remember, Understand, Applying, Analyzing</b>
CO 5	<b>Evaluating, Analyzing, Applying, Understanding and remembering</b> the commentaries on Hatha Yogic texts.	<b>1,2 ,3,4,5 Remember, Understand, Applying, Analyzing, Evaluating</b>
CO 6	<b>Constructing, Evaluating, Analyzing, Applying, Understanding and remembering</b> the relationship between Patanjali Yoga Sutra and Hatha Yoga.	<b>1,2 ,3,4,5,6 Remember, Understand, Applying, Analyzing, Evaluating, Constructing.</b>

**Mapping of Cos with Pos & PSOs**

Course Outcomes	Program Outcomes (POs)												Program Specific Outcomes (PSOs)			
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO-1	2	2	2	1	2	1	1	1	2	1	1	1	3	2	1	2
CO-2	2	1	2	2	2	-	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	1	1	3	3	1	3
CO-4	2	2	2	1	2	-	1	1	2	2	2	2	3	2	1	2
CO-5	3	2	2	2	2	1	2	2	2	1	1	1	3	3	1	3
CO-6	2	2	2	1	2	-	1	1	2	2	2	2	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated



<b>Programme Name</b>	Certificate in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Yoga Practicum-I (Practical)	<b>Course Code</b>	YOGDL103
<b>Credit</b>	4	<b>Course Type</b>	DSL-III
<b>Year / Semester</b>	First / First	<b>L-T-P</b>	0-0-8

L - Lecture T – Tutorial P – Practical C – Credit

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

- Make the students recite the Vedic hymns skill fully.
- Understand the concept and principles of Shatkarmas.
- Know and understand about breathing practice.

### **COURSE CONTENTS**

#### **UNIT-1: RECITATION OF HYMNS & HASTAMUDRA**

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

#### **UNIT-2: SHATKARMAS, YOGIC SUKSMA VYAYAMA AND YOGIC STHULA VYAYAMA.**

##### **1. SHATKARMAS**

- Dhauti (Vamana Dhauti/Kunjali), Neti (Jalneti), Kapalabhati (VatkramKapalabhati); Agnisara

##### **2. YOGIC SUKSMA VYAYAMA**

- Uccharana-sthalatatha Vishudha-chakra-shuddhi (for throat and voice).
- Prarthana (Prayer).
- Buddhi-tatha-dhritishakti-vikasaka (for developing will power).
- Smaranashakti-vikasaka (for improving the memory).
- Medhashakti-vikasaka (for improving the intellect and memory).
- Netrashakti-vikasaka (for the eyes).
- Kapola-shakti-varadhaka (for the cheeks).
- Karna-shakti-varadhaka (for the ears).
- Griva-shakti-vikasaka - i, ii and iii (for the Neck).
- Skandha tathabahumula shakti-vikasaka (for the shoulders).
- Bhujabandha-shakti-vikasaka.
- Kohini-shakti-vikasaka.
- Bhujavalli-shakti-vikasaka.
- Purnabhuj-shakti-vikasaka (for the arms).
- Manibandha-shakti-vikasaka.
- Karapristha-shakti-vikasaka.
- Karatala-shakti-vikasaka.
- Anguli-mulashakti-vikasaka (for the fingers).
- Anguli-shakti-vikasaka (for the fingers).
- Vakshahsthala-shakti-vikasaka - 1 and 2 (for the chest).
- Udara-shakti-vikasaka - i (Ajagari) to x ) (for the abdomen).
- Kati-shakti-vikasaka - i to v (for the waist).

- Muladhara chakra-suddhi (for the rectum).
- Upasthatathasvadhithana chakra-suddhi (for the genital organs).
- Kundalini-shakti-vikasaka (for the kundalini).
- Jangha-shakti-vikasaka – i and ii (for the thighs).
- Janu-shakti-vikasaka (for the knees).
- Pindali-shakti-vikasaka (for the calves).
- Padamula-shakti-vikasaka.
- Gulpha, Pada-pristha, Pada-tala shakti-vikasaka (for the ankles and the feet).
- Padanguli-shakti-vikasaka (for the toes)

### **3. YOGIC STHULA VYAYAMA**

- Rekha-gati (WalkinginaStraightline).
- Hrid-gati (Injanadaur) (for the Locomotive Exercise).
- Utkurdana (Jumping Exercise).
- Urdhva-gati (Upward Movement).
- Sarvanga-pushti (Developing the Entire body).

### **4. SURYA NAMASKARA**

## **UNIT-3: BREATHING PRACTICES**

- Breathing Practices: Hands in and out, Hands stretch, Ankle stretch, Rabbit, Dog, Tiger, Straight leg raising breathing.
- Breathe Awareness: Shwas-PrashwasAyama.
- Abdomen, Thoracic & Clavicular Breathing.
- Abdomen + Thoracic Breathing.
- Abdomen + Thoracic + Clavicular Breathing.
- Yogic Breathing: Pause Breathing (Viloma Pranayama).
- Spinal Passage Breathing (Sushumna Breathing).
- Practice of Puraka, Rechaka&Kumbhaka (Antar and BahyaKumbhaka)

## **UNIT-4: YOGASANA (STANDING POSTURES AND BODY ALIGNMENT)**

- Tadasana
- Vrikshasana
- Urdhva-Hastottanasana
- Kati Chakrasana
- Ardha Chakrasana
- PaadaHastasana
- Trikonasana
- Parshva Konasana
- Veerabhadrasana and its variations

**TEXT BOOKS**

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

**REFERENCE BOOKS**

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

**COURSE OUTCOMES (CO): YOGDL103**

**Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Make the students recite the Vedic hymns skilfully.
<b>CO-2</b>	Understand the concept and principles of Shatkarmas.
<b>CO-3</b>	Organize breathing practices.
<b>CO-4</b>	Explain the hast mudra.
<b>CO-5</b>	Moderating the breathing practice.
<b>CO-6</b>	Writing the importance of Hath Yogic practice.

**CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	2	2	2	2	3	-	2	2	2	3	2	2	2	2	3	3
<b>CO-2</b>	2	2	2	2	3	1	2	2	2	3	2	2	2	2	3	3
<b>CO-3</b>	2	2	2	2	3	1	2	2	2	3	2	2	2	2	3	3
<b>CO-4</b>	2	2	2	2	3	-	2	2	2	3	2	2	2	2	3	3
<b>CO-5</b>	2	2	2	2	3	-	2	2	2	3	2	2	2	2	3	3
<b>CO-6</b>	2	2	2	2	3	1	2	2	2	3	2	2	2	2	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

**COURSE OUTCOMES (COs): on completion of this course the student will be:**

CO	Description	Bloom's taxonomy Levels
CO 1	<b>Remember</b> and recite the vedic hymns.	<b>1 Remember</b>
CO 2	<b>Understand and remember</b> the concept and principles of shatkarmas and breathing techniques.	<b>1,2 Remember, understand</b>
CO 3	<b>Applying, Understanding and remembering</b> the breathing techniques.	<b>1,2 ,3 Remember, Understand, Applying</b>
CO 4	<b>Analyzing, Applying, Understanding and remembering</b> the hymns and hast mudras.	<b>1,2 ,3,4 Remember, Understand, Applying, Analyzing</b>
CO 5	<b>Evaluating, Analyzing, Applying, Understanding and remembering</b> the yogic practices.	<b>1,2 ,3,4,5 Remember, Understand, Applying, Analyzing, Evaluating</b>
CO 6	<b>Constructing, Evaluating, Analyzing, Applying, Understanding and remembering</b> the importance and principles of Hatha Yogic practices.	<b>1,2 ,3,4,5,6 Remember, Understand, Applying, Analyzing, Evaluating, Constructing.</b>

**Mapping of Cos with Pos & PSOs**

Course Outcomes	Program Outcomes (POs)												Program Specific Outcomes (PSOs)			
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO-1	2	2	2	2	3	-	2	2	2	3	2	2	2	2	3	3
CO-2	2	2	2	2	3	1	2	2	2	3	2	2	2	2	3	3
CO-3	2	2	2	2	3	1	2	2	2	3	2	2	2	2	3	3
CO-4	2	2	2	2	3	-	2	2	2	3	2	2	2	2	3	3
CO-5	2	2	2	2	3	-	2	2	2	3	2	2	2	2	3	3
CO-6	2	2	2	2	3	1	2	2	2	3	2	2	2	2	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

<b>Programme Name</b>	Certificate in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	General Elective	<b>Course Code</b>	YOGGE101
<b>Credit</b>	4	<b>Course Type</b>	Gen. Elective
<b>Year / Semester</b>	First / First	<b>L-T-P</b>	4-0-0

L - Lecture T – Tutorial P – Practical C – Credit

### OBJECTIVES:

#### THE OBJECTIVES OF THIS COURSE ARE

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

Periods Per Week			Credit
Theory	Tutorial	Practical	
4	0	0	4
SCHEME OF EXAMINATION			
<b>Total Marks: 100</b>			
<b>Theory: 100</b>		<b>Practical: Nil</b>	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

<b>Programme Name</b>	Certificate in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Communication Skills: Listening & Speaking Skills	<b>Course Code</b>	AEC101
<b>Credit</b>	2	<b>Course Type</b>	AEC
<b>Year / Semester</b>	First / First	<b>L-T-P</b>	2-0-0

L - Lecture T – Tutorial P – Practical C – Credit

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

- To communicate appropriately in real-life situation.
- To use English effectively for study and communicative purpose for successful career.
- To develop and integrate the use of two language skills- Listening and Speaking.
- To understand different types of theories and needs of communication.

#### **UNIT-1 INTRODUCTION: THEORY OF COMMUNICATION:**

- Definition and function of Communication, Needs For effective Communication, Process of communication.

#### **UNIT-2 LISTENING SKILLS:**

- Types of Listening, Developing Effective Listening Skills, Listening to Talks and Presentation, Monologue, Dialogue, Miscommunication,

#### **UNIT-3 SPEAKING SKILLS:**

- Interview, Public speech, Mock interviews and Group discussions.

#### **REFERENCE BOOKS:**

- Dangwal, Surekha. The Art Effective Communication. Delhi: Macmillan, 2017.
- Prasad, P. The Functional Aspects of Communication skills, Delhi
- Sen, Leena. Communication Skills, Prentice Hall of India, New Delhi.
- McCarty, Michel. English Vocabulary in Use, Cambridge University Press.
- Communication Skill by Sanjay Kumar & Pushp Lata, Oxford University Press
- An Introduction to Professional English and Soft Skills by B.K. Das, Cambridge University.

**COURSE OUTCOMES (COs): on completion of this course the student will be:**

CO	Description	Bloom's taxonomy Levels
CO 1	<b>Remember</b> the definition and functions of communication and related topics.	<b>1 Remember</b>
CO 2	<b>Understand and remember</b> the process of communication.	<b>1,2 Remember, Understand</b>
CO 3	<b>Applying, Understanding and remembering</b> the skills to develop effective communication.	<b>1,2 ,3 Remember, Understand, Applying</b>
CO 4	<b>Analyzing, Applying, Understanding and remembering</b> the skill to organize vocabulary and accuracy in grammar.	<b>1,2 ,3,4 Remember, Understand, Applying, Analyzing</b>
CO 5	<b>Evaluating, Analyzing, Applying, Understanding and remembering</b> the necessary communicative skills in order to follow and comprehend discourse.	<b>1,2 ,3,4,5 Remember, Understand, Applying, Analyzing, Evaluating</b>
CO 6	<b>Constructing, Evaluating, Analyzing, Applying, Understanding and remembering</b> the communicative skills for personal development and successful career.	<b>1,2 ,3,4,5,6 Remember, Understand, Applying, Analyzing, Evaluating, Constructing.</b>

**Mapping of Cos with Pos & PSOs**

Course Outcomes	Program Outcomes (POs)												Program Specific Outcomes (PSOs)			
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO-1	2	1	2	-	3	1	1	-	2	3	1	1	3	1	1	-
CO-2	2	1	2	2	3	1	1	-	1	2	-	-	2	-	-	-
CO-3	2	2	2	-	3	1	-	-	1	2	1	1	2	1	1	-
CO-4	2	2	2	-	3	2	1	-	2	2	1	-	2	1	-	1
CO-5	2	2	2	-	3	2	-	-	2	2	3	-	2	3	-	-
CO-6	2	2	2	-	3	2	-	-	2	2	3	-	2	3	-	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

<b>Programme Name</b>	Certificate in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Skill Enhancement Course	<b>Course Code</b>	YOGSEC101
<b>Credit</b>	2	<b>Course Type</b>	SEC
<b>Year / Semester</b>	First / First	<b>L-T-P</b>	2-0-0

L - Lecture T – Tutorial P – Practical C – Credit

### OBJECTIVES:

#### THE OBJECTIVES OF THIS COURSE ARE

- To enable students, develop IT skills that are a pre-requisite in today's work environment.
- To equip them with basic computing skills that will enhance their employability in general.
- To enable the student to analyse and present information in a meaningful manner.

Periods Per Week			Credit
Theory	Tutorial	Practical	
2	0	0	2
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		



<b>Programme Name</b>	Certificate in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Value Added Course	<b>Course Code</b>	YOGVC101
<b>Credit</b>	2	<b>Course Type</b>	VAC
<b>Year / Semester</b>	First / First	<b>L-T-P</b>	2-0-0

L - Lecture T – Tutorial P – Practical C – Credit

## OBJECTIVES

### THE OBJECTIVES OF THIS COURSE ARE

- To improve employability skills of students.
- To bridge the skill gaps and make students industry ready.
- To provide an opportunity to students develop their inter-disciplinary skills.
- To mould students as job providers rather than job seekers.

Periods Per Week			Credit
Theory	Tutorial	Practical	
2	0	0	2
SCHEME OF EXAMINATION			
<b>Total Marks: 100</b>			
<b>Theory: 100</b>		<b>Practical: Nil</b>	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

# Semester-II

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<b>Programme Name</b>	Certificate in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Patanjal Yoga Darshana	<b>Course Code</b>	YOGDC201
<b>Credit</b>	4	<b>Course Type</b>	DSC-I
<b>Year / Semester</b>	First / Second	<b>L-T-P</b>	3-1-0

L - Lecture T – Tutorial P – Practical C – Credit

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

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

### **COURSE CONTENTS**

#### **UNIT-1: INTRODUCTION TO YOGADARSHANA OF PATANJALI AND BASIC CONCEPTS**

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

#### **UNIT-2: SAMADHIPADA**

- 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**

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

#### **UNIT-4: VIBHUTIPADA AND KAIVALYAPADA**

- Introduction of Dharana, Dhyana and Samadhi, Sanyama and its Siddhis, Three types of Chitta Parinamah.
- Bhootajaya, Indriyajaya and their Siddhis, Satvapurushanyatah khyati and its Siddhis; Vivek Jnana Nirupanam, Kaivalya Nirvachana.
- Role of Dharana, Dhyana, Samadhi and its application, Five Types of Siddhis and JatyantarParinamh.
- Concept of Nirman Chitta and four types of Karmas.
- Concept of Vasana and concept of BahyaPradartha (external element) and its abilities.

**TEXT BOOKS**

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

**REFERENCE BOOKS**

- Swami Omanand Teerth : PatanjaliYogpradeep in Hindi.....
- Udayverr Shastri : Yog darshanam.....
- Swami Satyanand Sarswati : Four Chapter of Freedom.
- Swami Vivekanand:Rajyoga
- V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
- M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
- K.D. Prithvipaul: The Yoga surta of Patanjali M.L.B.D. New Delhi
- Gaspar M. Koelmenn, S.J: Patanjali Yoga, Papal Athenaeum, Poona, 1970
- Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol-I & II
- Kumar Kamakhyia: Yoga Rahasy.

**COURSE OUTCOMES (COs): on completion of this course the student will be:**

CO	Description	Bloom's taxonomy levels
CO 1	<b>Remember</b> the definition and introduction of Patanjali Yoga Darshana.	<b>1</b> <b>Remember</b>
CO 2	<b>Understand and remember</b> the essences of Samadhi and Sadhanapada.	<b>1,2</b> <b>Remember, understand</b>
CO 3	<b>Applying, Understanding and remembering</b> the various modification of mind and means of inhibiting them.	<b>1,2 ,3</b> <b>Remember, Understand, Applying</b>
CO 4	<b>Analyzing, Applying, Understanding and remembering</b> the concept of Kriya Yoga and Ashtanga yoga.	<b>1,2 ,3,4</b> <b>Remember, Understand, Applying, Analyzing</b>
CO 5	<b>Evaluating, Analyzing, Applying, Understanding and remembering</b> the Vibhutipada and Kaivalyapada.	<b>1,2 ,3,4,5</b> <b>Remember, Understand, Applying, Analyzing, Evaluating</b>
CO 6	<b>Constructing, Evaluating, Analyzing, Applying, Understanding and remembering</b> the role of Yoga Darshana in solving day to day lifestyle problems.	<b>1,2 ,3,4,5,6</b> <b>Remember, Understand, Applying, Analyzing, Evaluating, Constructing.</b>

**CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO-1	2	2	2	1	2	-	1	1	2	1	1	1	3	2	1	2
CO-2	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3
CO-4	2	2	2	1	2	-	1	1	2	2	1	1	3	2	1	2
CO-5	2	2	2	1	2	-	1	1	2	2	1	1	3	2	1	2
CO-6	2	2	2	1	2	-	1	1	2	2	1	1	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

<b>Programme Name</b>	Certificate in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Human Anatomy and Physiology-I	<b>Course Code</b>	YOGDC202
<b>Credit</b>	4	<b>Course Type</b>	DSC-II
<b>Year / Semester</b>	First / Second	<b>L-T-P</b>	3-1-0

L - Lecture T – Tutorial P – Practical C – Credit

## **COURSE OBJECTIVES**

### **THE OBJECTIVES OF THIS COURSE ARE**

- To know about the structure of the body.
- To know about the necessary functions of the body
- To give brief idea about the diseases related to each system
- To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga.

## **COURSE CONTENTS**

### **UNIT-1: CELL, TISSUE AND MUSCULAR–SKELETAL SYSTEM**

- Cell structure - Plasma membrane and protoplasm; Cell organelles –Mitochondria, Golgi body, Endoplasmic reticulum, Lysosomes, 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 appendicle 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: BIO-MOLECULES**

- Nutrition: Meaning and Objectives, Elements of Diet: Carbohydrates; Fats; Proteins.
- Minerals; Vitamins (fat soluble and water soluble).
- Dietary fibers Balanced diet, Role of Diet for Spiritual Development.

### **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**

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

**TEXT BOOKS**

- Tortora and Bryan: Anatomy and Physiology
- Khurana: Anatomy and Physiology

**REFERENCE BOOKS:**

- Gore M. M. (2003). Anatomy and Physiology of Yogic practices. Kanchan Prakashan, Lonavla, India.
- Lan Peate and Muralidharan Nayar – Fundamental of Anatomy and Physiology for students' nurses.
- Evelyn, C. Pearce – Anatomy and Physiology for Nurses.

**COURSE OUTCOMES (COs): on completion of this course the student will be:**

CO	Description	Bloom's taxonomy levels
CO 1	<b>Remember</b> the structure and function of body.	<b>1</b> <b>Remember</b>
CO 2	<b>Understand and remember</b> the fundamental unit of life, their role in maintaining homeostasis.	<b>1,2</b> <b>Remember, understand</b>
CO 3	<b>Applying, Understanding and remembering</b> the chemical basis of life, including the metabolism of biomolecules and their importance.	<b>1,2 ,3</b> <b>Remember, Understand, Applying</b>
CO 4	<b>Analyzing, Applying, Understanding and remembering</b> the anatomical features of each system and identify diseases related to it.	<b>1,2 ,3,4</b> <b>Remember, Understand, Applying, Analyzing</b>
CO 5	<b>Evaluating, Analyzing, Applying, Understanding and remembering</b> the anatomy to experience the involvement of their body parts while practicing various yoga postures.	<b>1,2 ,3,4,5</b> <b>Remember, Understand, Applying, Analyzing, Evaluating</b>
CO 6	<b>Constructing, Evaluating, Analyzing, Applying, Understanding and remembering</b> the scientific effect of yogic practices on different system and diseases.	<b>1,2 ,3,4,5,6</b> <b>Remember, Understand, Applying, Analyzing, Evaluating, Constructing.</b>

**CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO-1	3	2	1	2	2	-	2	2	2	2	2	2	3	2	2	2
CO-2	2	1	2	2	2	-	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	2	2	2	2	1	2	1	3	3	1	3
CO-4	2	2	2	1	2	-	1	1	2	2	2	2	3	2	1	2
CO-5	3	2	2	2	2	2	2	2	2	1	2	1	3	3	1	3
CO-6	2	2	2	1	2	-	1	1	2	2	2	2	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated



<b>Programme Name</b>	Certificate in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Yoga Practicum-II (Practical)	<b>Course Code</b>	YOGDL203
<b>Credit</b>	4	<b>Course Type</b>	DSL-III
<b>Year / Semester</b>	First / Second	<b>L-T-P</b>	0-0-8

L - Lecture T – Tutorial P – Practical C – Credit

## **COURSE OBJECTIVES**

### **THE OBJECTIVES OF THIS COURSE ARE**

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

## **COURSE CONTENTS**

### **UNIT-1: SHATKARMA AND ASANAS**

- Shatkarma
- Dhauti (Kunjal), Neti (Rabar), Nauli (Madhyama), Kapalbhati (SheetkramKapalbhati), Trataka (Jatru and Jyoti).
- Asanas
- Pawanmuktasana Series -01
- Dandasana, Swastikasana, Padmasana, Vajrasana, SuptaVajrasana; Kagasana, Utkatasana, Gomukhasana,
- Ushtrasana, Shashankasana.

### **UNIT-2: PRANAYAMA**

- 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+AntarKumbhak+Rechaka+BahyaKumbhak) (1:2:1:2); Bhramari Pranayama.

### **UNIT-3: PRACTICES LEADING TO MEDITATION**

- 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**

- Evaluation

## **TEXT BOOKS**

- Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school of yoga publications; Munger, 2001.
- Swami Niranjanananda Saraswati: Dharana Darshan; Bihar school of yoga publications; Munger, 2001.

## **REFERENCES BOOKS**

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

**COURSE OUTCOMES (COs): on completion of this course the student will be:**

CO	Description	Bloom's taxonomy levels
CO 1	<b>Remember</b> the Principle of Yogic practices.	<b>1</b> <b>Remember</b>
CO 2	<b>Understand and remember</b> the practices that helps practitioners to lead to meditation.	<b>1,2</b> <b>Remember, understand</b>
CO 3	<b>Applying, Understanding and remembering</b> the practices that cleanse the body.	<b>1,2 ,3</b> <b>Remember, Understand, Applying</b>
CO 4	<b>Analyzing, Applying, Understanding and remembering</b> to solve the yogic related problems.	<b>1,2 ,3,4</b> <b>Remember, Understand, Applying, Analyzing</b>
CO 5	<b>Evaluating, Analyzing, Applying, Understanding and remembering</b> the yogic postures and breathing practices.	<b>1,2 ,3,4,5</b> <b>Remember, Understand, Applying, Analyzing, Evaluating</b>
CO 6	<b>Constructing, Evaluating, Analyzing, Applying, Understanding and remembering</b> the importance of shatkarma.	<b>1,2 ,3,4,5,6</b> <b>Remember, Understand, Applying, Analyzing, Evaluating, Constructing.</b>

**CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO-1	-	2	2	2	3	-	2	2	2	3	3	-	2	2	3	3
CO-2	2	2	2	2	3	2	2	2	2	3	3	2	2	2	3	3
CO-3	2	2	2	2	3	2	2	2	2	3	3	2	2	2	3	3
CO-4	2	2	2	2	3	-	2	2	2	3	3	-	2	2	3	3
CO-5	2	2	2	2	3	2	2	2	2	3	3	2	2	2	3	3
CO-6	2	2	2	2	3	2	2	2	2	3	3	2	2	2	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

<b>Programme Name</b>	Certificate in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	General Elective	<b>Course Code</b>	YOGGE201
<b>Credit</b>	4	<b>Course Type</b>	Gen. Elective
<b>Year / Semester</b>	First / Second	<b>L-T-P</b>	4-0-0

L - Lecture T – Tutorial P – Practical C – Credit

### OBJECTIVES:

#### THE OBJECTIVES OF THIS COURSE ARE

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

Periods Per Week			Credit
Theory	Tutorial	Practical	
4	0	0	4
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

<b>Programme Name</b>	Certificate in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Environmental Studies-I	<b>Course Code</b>	AEC201
<b>Credit</b>	2	<b>Course Type</b>	AEC
<b>Year / Semester</b>	First / Second	<b>L-T-P</b>	2-0-0

L - Lecture T – Tutorial P – Practical C – Credit

## **UNIT I - HUMANS AND THE ENVIRONMENT**

### **COURSE LEARNING OUTCOMES**

After completing this unit, students will be able to:

- Appreciate the historical context of human interactions with the environment.
- Gain insights into the international efforts to safeguard the Earth's environment and resources.

### **UNIT OUTLINE**

- Human population growth: Impacts on environment, human health and welfare.
- Dams: Resettlement and rehabilitation of project-affected persons (case studies).
- Disaster management: Floods, earthquake, cyclones and landslides.
- Environmental movements: Chipko, Silent valley, Bishnois of Rajasthan.
- Environmental ethics: Role of Indian and other religions and cultures in environmental conservation.
- Environmental communication and public awareness, case studies (e.g., CNG vehicles in Delhi).

### **SUGGESTED READINGS**

- Fisher, Michael H. (2018) An Environmental History of India- From Earliest Times to the Twenty-First Century, Cambridge University Press.
- Headrick, Daniel R. (2020) Humans versus Nature- A Global Environmental History, Oxford University Press.
- Hughes, J. Donald (2009) An Environmental History of the World- Humankind's Changing Role in the Community of Life, 2nd Edition. Routledge.
- Perman, R., Ma, Y., McGilvray, J., and Common, M. (2003) Natural Resource and Environmental Economics. Pearson Education.
- Simmons, I. G. (2008). Global Environmental History: 10,000 BC to AD 2000. Edinburgh University Press.

## **UNIT II - NATURAL RESOURCES AND SUSTAINABLE DEVELOPMENT**

### **COURSE LEARNING OUTCOMES**

After completion of this unit, students would be able to:

- Understand the concept of natural resources; identify types of natural resources, their distribution and use with special reference to India.
- Discuss the factors affecting the availability of natural resources, their conservation and management.
- Explain sustainable development, its goals, targets, challenges and global strategies for sustainable development.

### **UNIT OUTLINE**

- Definition of resource; Classification of natural resources- biotic and abiotic, renewable and non-renewable.
- Forest resources: Types, threats and conservation strategies.
- Water resources: Types of water resources- fresh water and marine resources; Availability and use of water resources; Environmental impact of over-exploitation, issues and challenges; Water scarcity and stress; Conflicts over water.
- Soil and mineral resources: Important minerals; Mineral exploitation; Environmental problems due to extraction of minerals and use; Soil as a resource and its degradation.
- Energy resources: Sources of energy and their classification, renewable and non-renewable sources of energy.
- Introduction to sustainable development: Sustainable Development Goals (SDGs)- targets and indicators, challenges and strategies for SDGs.

### **SUGGESTED READINGS**

- Chiras, D. D and Reganold, J. P. (2010). Natural Resource Conservation: Management for a Sustainable Future. 10th edition, Upper Saddle River, N. J. Benjamin/Cummins/Pearson.
- John W. Twidell and Anthony D. (2015). Renewable Energy Sources, 3rd Edition, Weir Publisher (ELBS).
- William P. Cunningham and Mary A. (2015) Cunningham Environmental Science: A Global Concern, Publisher (Mc-Graw Hill, USA).
- Gilbert M. Masters and W. P. (2008). An Introduction to Environmental Engineering and Science, Ela Publisher (Pearson).
- Singh, J.S., Singh, S.P. & Gupta, S.R. 2006. Ecology, Environment and Resource Conservation. Anamaya Publications <https://sdgs.un.org/goals>.

## **UNIT III - ENVIRONMENTAL ISSUES: LOCAL, REGIONAL AND GLOBAL**

### **COURSE LEARNING OUTCOMES**

After completion of this unit, students would be able to:

- Develop a critical understanding of the environmental issues of concern.
- Understand the concepts of spatial and temporal scales and their importance.
- Understand the sectoral effects on the local, regional, and global environmental issues.

### **UNIT OUTLINE**

- Pollution: Types of Pollution- air, noise, water, soil, thermal, radioactive; municipal solid waste, hazardous waste; transboundary air pollution; acid rain; smog.
- Land use and Land cover change: land degradation, deforestation, desertification, urbanization.
- Global change: Ozone layer depletion; Climate change. Disasters – Natural and Man-made (Anthropogenic).

### **SUGGESTED READINGS**

- Harper, Charles L. (2017) Environment and Society, Human Perspectives on Environmental Issues 6th Edition. Routledge.
- Harris, Frances (2012) Global Environmental Issues, 2nd Edition. Wiley- Blackwell.
- William P. Cunningham and Mary A. (2015). Cunningham Environmental Science: A global concern, Publisher (Mc-Graw Hill, USA).

- Manahan, S.E. (2022). Environmental Chemistry (11<sup>th</sup> ed.). CRC Press. <https://doi.org/10.1201/9781003096238>
- Rajagopalan, R. (2011). Environmental Studies: From Crisis to Cure. India: Oxford University Press.

## **UNIT IV - CONSERVATION OF BIODIVERSITY AND ECOSYSTEMS**

### **COURSE LEARNING OUTCOMES**

After completion of this unit, students would be able to:

- Understand the concepts of ecosystems, biodiversity and conservation.
- Describe the main types of ecosystems and their distribution.
- Discuss the factors impacting biodiversity loss and ecosystem degradation.
- Explain major conservation strategies taken in India.

### **UNIT OUTLINE**

- Biodiversity and its distribution: Biodiversity as a natural resource; Levels and types of biodiversity; Biodiversity hotspots; Species and ecosystem threat categories.
- Ecosystems and ecosystem services: Major ecosystem types in India and their basic characteristics-forests, wetlands, grasslands, agriculture, coastal and marine; Ecosystem services- classification and their significance.
- Threats to biodiversity and ecosystems: Land use and land cover change; Commercial exploitation of species; Invasive species; Fire, disasters and climate change.
- Major conservation policies: in-situ and ex-situ conservation approaches; Major protected areas; National and International Instruments for biodiversity conservation; the role of traditional knowledge.

### **SUGGESTED READINGS**

- Bawa, K.S., Oomen, M.A. and Primack, R. (2011) Conservation Biology: A Primer for South Asia. Universities Press.
- Sinha, N. (2020) Wild and Wilful. Harper Collins, India.
- Varghese, Anita, Oommen, Meera Anna, Paul, Mridula Mary, Nath, Snehlata (Editors) (2022) Conservation through Sustainable Use: Lessons from India. Routledge.
- Bhagwat, Shonil (Editor) (2018) Conservation and Development in India: Reimagining Wilderness, Earthscan Conservation and Development, Routledge.
- Krishnamurthy, K.V. (2003) Textbook of Biodiversity, Science Publishers, Plymouth, UK.

## **UNIT V - CASE STUDIES & FIELDWORK**

- Discussion on one national case study related to the environment and sustainable development.
- Documentation of campus biodiversity.
- Documentation of the biodiversity of any nearby terrestrial/aquatic ecosystem.
- Participation in plantation drives and nature camps.
- Case Studies on any one Natural Disaster: Kedarnath Disaster, Tsunami 2004, Bhuj Earthquake).
- Prepare a report on Environmental Impacts of the Tehri Dam.
- Prepare a report on any one environmental movement of India: (Chipko, Silent valley, Bishnoi of Rajasthan).
- Prepare a map highlighting the protected areas of India.

**COURSE OUTCOMES (CO): AEC201**

**Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Define ecosystem and different type of it.
<b>CO-2</b>	Classify natural resources and understand what a renewable and non-renewable natural resource is.
<b>CO-3</b>	Illustrate biodiversity and their conservation.
<b>CO-4</b>	Apply Pollution and its impact on our health.
<b>CO-5</b>	Directing to develop awareness about environmental problem.
<b>CO-6</b>	Build knowledge and skill necessary to address complex environmental issue.

**CO-PO Mapping**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	1	2	1	2	1	3	2	1	1	2	1	3	2	1	1	1
<b>CO-2</b>	1	2	1	2	1	3	2	1	1	2	1	3	2	1	1	1
<b>CO-3</b>	1	2	1	2	1	3	2	1	1	2	1	3	2	1	1	1
<b>CO-4</b>	1	2	1	2	1	3	2	1	1	2	1	3	2	1	1	1
<b>CO-5</b>	1	2	1	2	1	3	2	1	1	2	1	3	2	1	1	1
<b>CO-6</b>	1	2	1	2	1	3	2	1	1	2	1	3	2	1	1	1

- 3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

<b>Programme Name</b>	Certificate in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Skill Enhancement Course	<b>Course Code</b>	YOGSEC201
<b>Credit</b>	2	<b>Course Type</b>	SEC
<b>Year / Semester</b>	First / Second	<b>L-T-P</b>	2-0-0

L - Lecture T – Tutorial P – Practical C – Credit

## OBJECTIVES

### THE OBJECTIVES OF THIS COURSE ARE

- To enable students, develop IT skills that are a pre-requisite in today's work environment.
- To equip them with basic computing skills that will enhance their employability in general.
- To enable the student to analyse and present information in a meaningful manner.

Periods Per Week			Credit
Theory	Tutorial	Practical	
2	0	0	2
SCHEME OF EXAMINATION			
<b>Total Marks: 100</b>			
<b>Theory: 100</b>		<b>Practical: Nil</b>	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		



<b>Programme Name</b>	Certificate in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Value Added Course	<b>Course Code</b>	YOGVC201
<b>Credit</b>	2	<b>Course Type</b>	VAC
<b>Year / Semester</b>	First / Second	<b>L-T-P</b>	2-0-0

L - Lecture T – Tutorial P – Practical C – Credit

### OBJECTIVES:

#### THE OBJECTIVES OF THIS COURSE ARE

- To improve employability skills of students.
- To bridge the skill gaps and make students industry ready.
- To provide an opportunity to students develop their inter-disciplinary skills.
- To mould students as job providers rather than job seekers.

Periods Per Week			Credit
Theory	Tutorial	Practical	
2	0	0	2
<b>SCHEME OF EXAMINATION</b>			
<b>Total Marks: 100</b>			
<b>Theory: 100</b>		<b>Practical: Nil</b>	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

# **Semester-III**

<b>Programme Name</b>	Diploma in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Essence of Principal Upanishads	<b>Course Code</b>	YOGDC301
<b>Credit</b>	4	<b>Course Type</b>	DSC-I
<b>Year / Semester</b>	Second / Third	<b>L-T-P</b>	3-1-0

L - Lecture T – Tutorial P – Practical C – Credit

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

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

### **COURSE CONTENTS**

#### **UNIT-1: INTRODUCTION ESSENCE OF ISHA AND KENOPANISHAD**

- An Introduction to Upanishadic Philosophies; Antiquity of Upanishads; Prasthanatraya; Meaning & Definition of Upanishad, Position of Upanishad in Indian Literature.
- Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.
- Kena Upanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.

#### **UNIT-2: ESSENCE OF KATHO AND PRASHNAPANISHAD**

- Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization.
- Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The six main questions;

#### **UNIT-3: ESSENCE OF MUNDAKA, MANDUKYA AND TAITRIYA**

- Mundaka Upanishad: Two approaches to Brahma- Vidya- Para and Apra; The greatness of Brahmadevidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation; The ultimate aim of Meditation-Brahmanubhuti.
- Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara.

#### **UNIT-4: ESSENCE OF AITAREYA, CHANDOGYA AND BRIHADARANYAKA**

- **Aitareya:** Everything is only that Atman; all this is Brahman only.
- **Chandogya:** The meditation on udgithaomkara, Sandilya vidya, 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.
- **Brihadaranyakam:** A prayer of the devotee, The self is the dearest, the self is the absolute, The death of the jnana, How to know the secret Atman, The ocean of the absolute, Words are useless, The atman and its knower, The infinite Brahman, Ethics.

**TEXT BOOKS**

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

**REFERENCE BOOKS:**

- Swami Nikhilananda - The Principal Upanishads, Courier Corporation, 2003
- 108 Upanishad - SadhanaKhand- Pt. Sriram Sharma Acharya, Shanti kunj, Haridwar.
- 108 Upanishad - Brahma vidya Khand - Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
- 108 Upanishad - Jnana Khand - Pt. Sriram Sharma Acharya, Shanti kunj, Haridwar.

**COURSE OUTCOMES (CO): YOGDC301**

**Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Define major principles of Upanishad.
<b>CO-2</b>	Understand the essence of each Upanishad.
<b>CO-3</b>	Explain role of Upanishad in our day today life components.
<b>CO-4</b>	Define major principles of Upanishad.
<b>CO-5</b>	Reviewing the concept of Ishadinauupanishad.
<b>CO-6</b>	Directing the importance of Upanishad in our day to day life.

**CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	2	-	2	1	2	-	1	1	2	2	1	1	3	2	1	2
<b>CO-2</b>	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
<b>CO-3</b>	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3
<b>CO-4</b>	2	-	2	1	2	-	1	1	2	2	1	1	3	2	1	2
<b>CO-5</b>	2	-	2	1	2	-	1	1	2	2	1	1	3	2	1	2
<b>CO-6</b>	2	-	2	1	2	-	1	1	2	2	1	1	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

<b>Programme Name</b>	Diploma in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Human Anatomy and Physiology-II	<b>Course Code</b>	YOGDC302
<b>Credit</b>	4	<b>Course Type</b>	DSC-II
<b>Year / Semester</b>	Second / Third	<b>L-T-P</b>	3-1-0

L - Lecture T – Tutorial P – Practical C – Credit

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

- To know about the structure of the body.
- To know about the necessary functions of the body.
- To give brief idea about the diseases related to each system.
- To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga.

### **COURSE CONTENTS**

#### **UNIT-1: NERVOUS SYSTEM AND SPECIAL SENSES**

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

#### **UNIT-2: ENDOCRINE SYSTEM**

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

#### **UNIT-3: REPRODUCTIVE AND EXCRETORY SYSTEM**

- Male reproductive system of human - Testis, penis, epididymis, prostate gland; Female reproductive system of human-ovary, uterus, vagina, cervix, fallopian tube; Menstrual cycle Gamete to genesis-Spermatogenesis and oogenesis; Fertilization; Implantation and embryonic development; Pregnancy; Excretory system of human-Kidney, ureter, urinary bladder, urethra; Mechanism of urine formation- Ultra filtration, selective re absorption, tubular secretion; Role of kidney in osmo regulation

#### **UNIT-4: LYMPHATIC SYSTEM AND IMMUNE SYSTEM**

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

### **TEXT BOOKS**

- Tortora and Bryan: Anatomy and Physiology
- Khurana: Anatomy and Physiology

### **REFERENCE BOOKS**

- Bijlani R. L.: Understanding of Human Physiology, Jaypee Brothers Medical Publishers Pvt. Ltd, New Delhi, 2011

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

### Course outcomes (CO): YOGDC302

Upon successful completion of the course a student will be able to

<b>CO-1</b>	Define the structure of the body.
<b>CO-2</b>	Explain necessary functions of the body.
<b>CO-3</b>	Identify the disease related to each system.
<b>CO-4</b>	Make students familiar with the systems of the body.
<b>CO-5</b>	Coordinating the effect of yogic practice on human body.
<b>CO-6</b>	Detecting the relationship between yogic practice and different system.

### CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	-	2	-	2	2	2	2	2	-	2	2	2	3	2	2	2
<b>CO-2</b>	2	1	2	2	2	1	2	2	2	2	1	2	2	2	1	2
<b>CO-3</b>	3	2	2	2	2	1	2	2	2	1	1	2	3	3	1	3
<b>CO-4</b>	2	2	2	1	2	-	1	1	2	2	-	1	3	2	1	2
<b>CO-5</b>	2	1	2	2	2	1	2	2	2	2	1	2	2	2	1	2
<b>CO-6</b>	3	2	2	2	2	1	2	2	2	1	1	2	3	3	1	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

<b>Programme Name</b>	Diploma in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Yoga Practicum-III (Human Anatomy and Physiology)	<b>Course Code</b>	YOGDL303
<b>Credit</b>	4	<b>Course Type</b>	DSL-III
<b>Year / Semester</b>	Second / Third	<b>L-T-P</b>	0-0-8

L - Lecture T – Tutorial P – Practical C – Credit

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

- 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.

#### **COURSE CONTENTS**

- Unit-1: Demonstration of Osteology & Myology
- Unit-2: Demonstration of Abdominal, Thoracic & Viscera
- Unit-3: Demonstration of Human Skeleton
- Unit-4: Demonstration of Bones & Joints

#### **COURSE OUTCOMES (CO): YOGDL303**

**Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Understand the concept and principles of Sukshma and Sthula vyayama.
<b>CO-2</b>	Explain and demonstrate the abovementioned practices skilfully.
<b>CO-3</b>	Apply Suryanamskara and Yogasanas.
<b>CO-4</b>	Describe standing postures and body alignment.
<b>CO-5</b>	Assessing demonstration of bones and joint.
<b>CO-6</b>	Directing the concept of human body with respect to anatomy and physiology.

#### **CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	1	2	1	2	2	-	2	2	2	2	2	2	3	2	2	2
<b>CO-2</b>	2	1	2	2	2	-	2	2	2	2	2	2	2	2	1	2
<b>CO-3</b>	2	2	2	2	2	-	2	2	2	1	2	2	3	3	1	3
<b>CO-4</b>	-	2	2	1	2	-	1	1	2	2	1	2	3	2	1	2
<b>CO-5</b>	2	2	2	2	2	-	2	2	2	1	2	2	3	3	1	3
<b>CO-6</b>	-	2	2	1	2	-	1	1	2	2	1	2	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

<b>Programme Name</b>	Diploma in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Discipline Specific Elective	<b>Course Code</b>	YOGDE301
<b>Credit</b>	4	<b>Course Type</b>	DSE-1
<b>Year / Semester</b>	Second / Third	<b>L-T-P</b>	4-0-0

L - Lecture T – Tutorial P – Practical C – Credit

Periods Per Week			Credit
Theory	Tutorial	Practical	
4	0	0	4
<b>SCHEME OF EXAMINATION</b>			
<b>Total Marks: 100</b>			
<b>Theory: 100</b>		<b>Practical: Nil</b>	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		



<b>Programme Name</b>	Diploma in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	General Elective	<b>Course Code</b>	YOGGE301
<b>Credit</b>	4	<b>Course Type</b>	Gen. Elective
<b>Year / Semester</b>	Second / Third	<b>L-T-P</b>	4-0-0

L - Lecture T – Tutorial P – Practical C – Credit

### OBJECTIVES:

#### THE OBJECTIVES OF THIS COURSE ARE

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

Periods Per Week			Credit
Theory	Tutorial	Practical	
4	0	0	4
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

<b>Programme Name</b>	Diploma in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Communication Skills: Reading and Writing Skills	<b>Course Code</b>	AEC301
<b>Credit</b>	2	<b>Course Type</b>	AEC
<b>Year / Semester</b>	Second / Third	<b>L-T-P</b>	2-0-0

L - Lecture T – Tutorial P – Practical C – Credit

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

- To communicate appropriately in real-life situation.
- To use English effectively for study and communicative purpose for successful career.
- To develop and integrate the use of four language skills- Reading and Writing in his/her whole life.
- To understand different types of barriers and kinds of communication.
- Learn the skills to face interview, making a speech, presentation etc.

#### **UNIT-1INTRODUCTION: TYPES AND MODES OF COMMUNICATION**

- Barrier to Communication, Kinds of communication: intrapersonal, personal, group and mass, Verbal and non-Verbal communication.

#### **UNIT-2 READING SKILLS**

- Skimming, Scanning, Summary, Paraphrasing, Comprehension

#### **UNIT-3 WRITING SKILLS: SOCIAL AND OFFICIAL CORRESPONDENCE**

- Complaints and replies, Letter to the editors, Standard business letter, Email drafting and etiquettes, preparing agenda and minutes for meetings, Job application, Cover letters, Bio-data, CV and Resume

#### **REFERENCE BOOKS:**

- Dangwal, Surekha. The Art Effective Communication. Delhi: Macmillan,2017.
- Prasad, P. The Functional Aspects of Communication skills, Delhi
- Sen, Leena. Communication Skills, Prentice Hall of India, New Delhi.
- McCarty, Michel. English Vocabulary in Use, Cambridge University Press.
- Communication Skill by Sanjay Kumar & PushpLata, Oxford University Press
- An Introduction to Professional English and Soft Skills by B.K. Das, Cambridge University.

**COURSE OUTCOMES (COS):AEC301****Upon successful completion of the course a student will be able**

<b>CO1</b>	To memorize the functions of communication and related topics.
<b>CO2</b>	To improve communication skills to communicate within the society.
<b>CO3</b>	To implement writing and reading as skills.
<b>CO4</b>	To organize vocabulary and improve accuracy in grammar.
<b>CO5</b>	To select positive attitudes for English Communication.
<b>CO6</b>	To design formal letters, CV, interview, resume and cover letters etc. for successful career skills.

**CO-PO-PSO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO1</b>	2	1	2	-	3	1	1	-	2	3	1	1	3	1	1	-
<b>CO2</b>	2	1	2	2	3	1	1	-	1	2	-	-	2	-	-	-
<b>CO3</b>	2	2	2	-	3	1	-	-	1	2	1	1	2	1	1	-
<b>CO4</b>	2	2	2	-	3	2	1	-	2	2	1	-	2	1	-	1
<b>CO5</b>	2	2	2	-	3	2		-	2	2	3	-	2	3	-	-
<b>CO6</b>	2	2	2	-	3	2		-	2	2	3	-	2	3	-	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

<b>Programme Name</b>	Diploma in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Skill Enhancement Course	<b>Course Code</b>	YOGSEC301
<b>Credit</b>	2	<b>Course Type</b>	SEC
<b>Year / Semester</b>	Second / Third	<b>L-T-P</b>	2-0-0

L - Lecture T – Tutorial P – Practical C – Credit

### OBJECTIVES:

#### THE OBJECTIVES OF THIS COURSE ARE

- To enable students, develop IT skills that are a pre-requisite in today's work environment.
- To equip them with basic computing skills that will enhance their employability in general.
- To enable the student to analyse and present information in a meaningful manner.

Periods Per Week			Credit
Theory	Tutorial	Practical	
2	0	0	2
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

<b>Programme Name</b>	Diploma in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Internship/ Apprenticeship/ Projects/ Community Outreach	<b>Course Code</b>	YOGIAPC301
<b>Credit</b>	2	<b>Course Type</b>	IAPC
<b>Year / Semester</b>	Second / Third	<b>L-T-P</b>	2-0-0

L - Lecture T – Tutorial P – Practical C – Credit

### OBJECTIVES:

#### THE OBJECTIVES OF THIS COURSE ARE

- To enable students, develop IT skills that are a pre-requisite in today's work environment.
- To equip them with basic computing skills that will enhance their employability in general.
- To enable the student to analyse and present information in a meaningful manner.

Periods Per Week			Credit
Theory	Tutorial	Practical	
2	0	0	2
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

<b>Programme Name</b>	Diploma in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Value Added Course	<b>Course Code</b>	YOGVC301
<b>Credit</b>	2	<b>Course Type</b>	VAC
<b>Year / Semester</b>	Second / Third	<b>L-T-P</b>	2-0-0

L - Lecture T – Tutorial P – Practical C – Credit

## OBJECTIVES

### THE OBJECTIVES OF THIS COURSE ARE

- To improve employability skills of students.
- To bridge the skill gaps and make students industry ready.
- To provide an opportunity to students develop their inter-disciplinary skills.
- To mould students as job providers rather than job seekers.

Periods Per Week			Credit
Theory	Tutorial	Practical	
2	0	0	2
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

# Semester-IV

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<b>Programme Name</b>	Diploma in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Essence of Bhagavad Gita for Holistic Living	<b>Course Code</b>	YOGDC401
<b>Credit</b>	4	<b>Course Type</b>	DSC-I
<b>Year / Semester</b>	Second / Fourth	<b>L-T-P</b>	3-1-0

L - Lecture T – Tutorial P – Practical C – Credit

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

- 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 Bhaktiyogi.
- Understand the concept of Ahara its role in healthy living.

### **COURSE CONTENTS**

#### **UNIT-1: SIGNIFICANCE OF BHAGAVAD GEETA AS SYNTHESIS OF YOGA**

- 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, PARAMATMAN AND CHARACTERISTIC OF STHITAPRAJNA IN BHAGAVDGEETA**

- Concept of Samkhya Yogain 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 Jnanaand Jnana Yoga, origin of the world as described in Bhagavad gita

#### **UNIT-3: KARMA YOGA AND BHAKTI YOGA IN BHAGAVAD GEETA**

- 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 GEETA IN HEALTHY LIVING**

- 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**

- Swami Gambhiranand; Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha Madras
- Swami Gambhiranand; Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, Kolkata, 2003
- Swami Ramsukhadas; Srimad Bhagavad gita (Sadhaka Sanjivani) Gita Press Gorakhpur



- Swami Ranganathananda ; Bagavadgita, Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata

### REFERENCE BOOKS

- Swami Shrikant ananda; Gita Darshana, Indian Institute of Human Excellence Hyderabad
- Swami Tapasyananda; Srimadbhagavadgita Sri Ramkrishna Matha Madras
- Swami Abhidananda Bhagvatgita, the divine message, Ramakrishna Vedanta Matha, Kolkata, 1990
- Swami Raghvenderananda; Universal message of the Bhagvatgita, Advaita Ashrama, Kolkata, 2000

### COURSE OUTCOMES (CO): YOGDC401

Upon successful completion of the course a student will be able to

<b>CO-1</b>	Define the significance of Bhagavad Geeta and its essence.
<b>CO-2</b>	Understand the concept of Atman, Paramatman, Sthitaprajna.
<b>CO-3</b>	Differentiate between the qualities of a Karma and Bhakti yog.
<b>CO-4</b>	Explain concept of Ahara its role in healthy living.
<b>CO-5</b>	Detecting the core concept of Yoga in Bhagwad Geeta.
<b>CO-6</b>	Role of Bhagwad Geeta for adjustment and healthy living

### CO-PO MAPPING

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	2	2	2	1	2	2	1	1	2	2	1	2	3	2	1	2
<b>CO-2</b>	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
<b>CO-3</b>	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3
<b>CO-4</b>	2	2	2	1	2	2	1	1	2	2	1	2	3	2	1	2
<b>CO-5</b>	2	2	2	1	2	2	1	1	2	2	1	2	3	2	1	2
<b>CO-6</b>	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

<b>Programme Name</b>	Diploma in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Methods of Teaching Yoga	<b>Course Code</b>	YOGDC402
<b>Credit</b>	4	<b>Course Type</b>	DSC-II
<b>Year / Semester</b>	Second / Fourth	<b>L-T-P</b>	3-1-0

L - Lecture T – Tutorial P – Practical C – Credit

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

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

### **COUSE CONTENTS**

#### **UNIT-1: PRINCIPLES AND METHODS OF TEACHING YOGA**

- 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**

- 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**

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

#### **UNIT-4: EDUCATIONAL TOOLS OF YOGA TEACHING**

- Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.; Class room problems: Types and Solutions, Charateristics 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**

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

### **REFERENCEBOOKS**

- Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalya dhama, Lonavala, 2007.

- Dr. Raj Kumar: Principles & methods of Teaching, Printo graphics, Delhi,
- Saket Raman Tiwari & others: Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

### **COURSE OUTCOMES (CO): YOGDC402**

**Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Summarizing the principles and practices of teaching methods of Yoga.
<b>CO-2</b>	Have an in depth understanding about session and lesson planning and classroom arrangements.
<b>CO-3</b>	Explain principle and practices for healthy living.
<b>CO-4</b>	Understand the concept and needs of good lesson plann.
<b>CO-5</b>	Evaluating methods of teaching yoga.
<b>CO-6</b>	Writing good lesson plan.

### **CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	3	2	1	2	1	1	2	2	2	2	1	2	3	2	2	2
<b>CO-2</b>	2	1	2	2	1	1	2	2	2	2	1	2	2	2	1	2
<b>CO-3</b>	3	2	2	2	1	2	2	2	2	1	2	2	3	3	1	3
<b>CO-4</b>	2	2	2	1	1	2	1	1	2	2	2	1	3	2	1	2
<b>CO-5</b>	3	2	2	2	1	2	2	2	2	1	2	2	3	3	1	3
<b>CO-6</b>	2	2	2	1	1	2	1	1	2	2	2	1	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

<b>Programme Name</b>	Diploma in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Yoga Practicum IV (Practical)	<b>Course Code</b>	YOGDL403
<b>Credit</b>	4	<b>Course Type</b>	DSL-III
<b>Year / Semester</b>	Second / Fourth	<b>L-T-P</b>	0-0-8

L - Lecture T – Tutorial P – Practical C – Credit

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

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

### **COURSE CONTENTS**

#### **UNIT-1: MANTRAS AND YOGASANA**

##### **MANTRAS**

- Swasti Mantra
- Yogasana (Sitting Posture)
- Pawan Muktasana Series - 02
- Janusirasana, Paschimottanasana, Mandukasana, UtthanaMandukasana, Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana

##### **YOGASANA (SUPINE LYING POSTURES)**

- Pavanamuktasana, Utthana-padasana, Ardha Halasana, Halasana, Setu bandh asana, Sarvangasana, Matsyasana, Chakrasana, Shavasana.

##### **YOGASANA (PRONE LINE POSTURES)**

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

#### **UNIT-2: BANDHA AND PRANAYAMA (WITH ANTAR & BAHYA KUMBHAKA)**

##### **BANDHA**

- Jalandhara Bandha, Uddiyana Bandha.

##### **PRANAYAMA (WITH ANTAR & BAHYA KUMBHAKA)**

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

#### **UNIT-3: PRACTICES LEADING TO MEDITATION**

- 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**

##### **TEXT BOOKS**

- Swami Dharendra Bhrahmachari: YogasanaVijnana, Dharendra Yoga Publications, New Delhi.
- Swami Kuvalyananda: Asana Kaivalyadhama, Lonavla
- Swami SatyanandaSaraswati: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger

**REFERENCES BOOKS**

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

**COURSE OUTCOMES (CO): YOGDL403**

**Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Highlighting the principles of yogic practice.
<b>CO-2</b>	Understand the principle and practice of each practice.
<b>CO-3</b>	Presenting the procedure, precaution, benefits and limitations of each practice.
<b>CO-4</b>	Explaining of supine line postures.
<b>CO-5</b>	Demonstrate each practice skill fully.
<b>CO-6</b>	Directing different yogic posture in alignment

**CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3
<b>CO-2</b>	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3
<b>CO-3</b>	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3
<b>CO-4</b>	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3
<b>CO-5</b>	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3
<b>CO-6</b>	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

<b>Programme Name</b>	Diploma in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Discipline Specific Elective	<b>Course Code</b>	YOGDE401
<b>Credit</b>	4	<b>Course Type</b>	DSE-2
<b>Year / Semester</b>	Second / Fourth	<b>L-T-P</b>	4-0-0

L - Lecture T – Tutorial P – Practical C – Credit

Periods Per Week			Credit
Theory	Tutorial	Practical	
4	0	0	4
<b>SCHEME OF EXAMINATION</b>			
<b>Total Marks: 100</b>			
<b>Theory: 100</b>		<b>Practical: Nil</b>	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

<b>Programme Name</b>	Diploma in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	General Elective	<b>Course Code</b>	YOGGE401
<b>Credit</b>	4	<b>Course Type</b>	Gen. Elective
<b>Year / Semester</b>	Second / Fourth	<b>L-T-P</b>	4-0-0

L - Lecture T – Tutorial P – Practical C – Credit

### OBJECTIVES:

#### THE OBJECTIVES OF THIS COURSE ARE

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

Periods Per Week			Credit
Theory	Tutorial	Practical	
4	0	0	4
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

<b>Programme Name</b>	Diploma in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Environmental Studies-II	<b>Course Code</b>	AEC401
<b>Credit</b>	2	<b>Course Type</b>	AEC
<b>Year / Semester</b>	Second / Fourth	<b>L-T-P</b>	2-0-0

L - Lecture T – Tutorial P – Practical C – Credit

## **UNIT I - ENVIRONMENTAL POLLUTION AND HEALTH**

### **COURSE LEARNING OUTCOMES**

After completing this unit, students would be able to:

- Develop an understanding of pollution and its types.
- Learn about sources of different kinds of pollution.
- Sensitize themselves to adverse health impacts of pollution.

### **UNIT OUTLINE**

- Definition of pollution; Point sources and non-point sources of pollution.
- Air pollution: Sources of air pollution; Primary and secondary pollutants; Criteria pollutants; Other important air pollutants- (VOCs), (PAN), (PAHs) and (POPs); Indoor air pollution; Adverse health impacts of air pollutants; National Ambient Air Quality Standards.
- Water pollution: Sources of water pollution; river, lake and marine pollution, groundwater pollution; water quality parameters and standards; adverse health impacts of water pollution on human and aquatic life.
- Soil pollution and solid waste: Soil pollutants and their sources; Solid and hazardous waste; Impact on human health.
- Noise pollution: Definition of noise; Unit of measurement of noise pollution; Sources of noise pollution; Noise standards; adverse impacts of noise on human health.
- Thermal and Radioactive pollution: Sources and impact on human health and ecosystems.

### **SUGGESTED READINGS**

- Jackson, A. R., & Jackson, J. M. (2000). Environmental Science: The Natural Environment and Human Impact. Pearson Education.
- Masters, G. M., & Ela, W. P. (2008). Introduction to environmental engineering and science (No. 60457). Englewood Cliffs, NJ: Prentice Hall.
- Miller, G. T., & Spoolman, S. (2015) Environmental Science. Cengage Learning.
- Central Pollution Control Board Web page for various pollution standards. <https://cpcb.nic.in/>
- Ahluwalia, V. K. (2015). Environmental Pollution and Health. The Energy and Resources Institute (TERI).

## **UNIT II - CLIMATE CHANGE: IMPACTS, ADAPTATION AND MITIGATION**

### **COURSE LEARNING OUTCOMES**

After completing this unit, students would be able to:

- Gain a comprehensive knowledge of climate change, its science and response measures.
- Have an overview of national and global efforts to address climate change adaptation and mitigation.



**UNIT OUTLINE**

- Structure of atmosphere; Climate Change, GHGs (greenhouse gas emissions).
- Paris Agreement; Climate change projections for the Indian sub-continent. Impacts, vulnerability and adaptation to climate change: Sea level rise, changes in marine and coastal ecosystems; Impacts on forests and natural ecosystems; Impacts on animal species, agriculture, health, urban infrastructure; the concept of vulnerability and its assessment.
- Adaptation vs. resilience; Climate-resilient development; Indigenous knowledge for adaptation to climate change.
- Mitigation of climate change: Synergies between adaptation and mitigation measures; Green House Gas (GHG) reduction vs. sink enhancement; Concept of carbon intensity, energy intensity and carbon neutrality.
- National and international policy instruments for mitigation, decarbonizing pathways and net zero targets for the future; National climate action plan and Intended Nationally Determined Contributions (INDCs); Climate justice.

**SUGGESTED READINGS**

- Pittock, Barrie (2009) Climate Change: The Science, Impacts and Solutions. 2nd Edition. Routledge.
- [www.ipcc.org](http://www.ipcc.org); <https://www.ipcc.ch/report/sixth-assessment-report-cycle/>.
- Adenle A., Azadi H., Arbiol J. (2015). Global assessment of technological innovation for climate change adaptation and mitigation in developing world, Journal of Environmental Management, 161 (15): 261-275.
- Barnett, J. & S. O'Neill (2010). Maladaptation. Global Environmental Change—Human and Policy Dimensions 20: 211–213.
- Berrang-Ford, L., J.D. Ford & J. Paterson (2011). Are we adapting to climate change? Global Environmental Change—Human and Policy Dimensions 21: 25-33.

**UNIT III - ENVIRONMENTAL MANAGEMENT****COURSE LEARNING OUTCOMES**

After completion of this unit, students would be able to:

- Develop a critical understanding of the complexity of environmental management.
- Understand broad aspects of environmental management systems.
- Understand different methods of assessing environmental quality and associated risks.

**UNIT OUTLINE**

- Introduction to environmental laws and regulation: Constitutional provisions- Article 48A, Article 51A (g) and other derived environmental rights; Introduction to environmental legislations on the forest, wildlife and pollution control.
- Environmental management system: ISO 14001. Concept of Circular Economy, Life cycle analysis; Cost-benefit analysis.
- Environmental audit and impact assessment; Environmental risk assessment Pollution control and management.
- Waste Management- Concept of 3R (Reduce, Recycle and Reuse) and sustainability; Ecolabeling /Eco mark scheme.

**SUGGESTED READINGS**

- Jørgensen, Sven Marques, Erik João Carlos and Nielsen, Søren Nors (2016) Integrated Environmental Management, A transdisciplinary Approach. CRC Press.
- Theodore, M. K. and Theodore, Louis (2021) Introduction to Environmental Management, 2nd Edition. CRC Press.
- Barrow, C. J. (1999). Environmental management: Principles and practice. Routledge.
- Tiefenbacher, J (ed.) (2022), Environmental Management - Pollution, Habitat, Ecology, and Sustainability, Intech Open, London. 10.5772/
- Richard A. Marcantonio, Marc Lame (2022). Environmental Management: Concepts and Practical Skills. Cambridge University Press.

## **UNIT IV - ENVIRONMENTAL TREATIES AND LEGISLATION**

### **COURSE LEARNING OUTCOMES**

After completion of this unit, students would be able to:

- Learn about how the nations of the world work together for the environment.
- Learn about the major international treaties and our country's stand on and responses to the major international agreements.
- Learn about major international institutions and programmes and the role played by them in the protection and preservation of the environment.

### **UNIT OUTLINE**

- Major International Environmental Agreements: Convention on Biological Diversity (CBD); Convention on International Trade in Endangered Species of Wild Flora and Fauna (CITES); Ramsar Convention on Wetlands of International Importance; United Nations Convention to Combat Desertification (UNCCD); Montreal Protocol on Substances that Deplete the Ozone Layer and the Kigali Amendment; Minamata Convention on Mercury; United Nations Framework Convention on Climate Change (UNFCCC); Kyoto Protocol; Paris Agreement; India's status as a party to major conventions.
- Major Indian Environmental Legislations: The Wild Life (Protection) Act, 1972; The Water (Prevention and Control of Pollution) Act, 1974; The Forest (Conservation) Act, 1980; The Air (Prevention and Control of Pollution) Act, 1981; The Environment (Protection) Act, 1986; The Biological Diversity Act, 2002; Noise Pollution (Regulation and Control) Rules, 2000; Waste management rules.
- National Green Tribunal; United Nations Environment Programme (UNEP), International Union for Conservation of Nature (IUCN), World Commission on Environment and Development (WCED), United Nations Educational, Scientific and Cultural Organization (UNESCO), Intergovernmental Panel on Climate Change (IPCC), and Man and the Biosphere (MAB) programme.

### **SUGGESTED READINGS**

- UNEP (2007) Multilateral Environmental Agreement Negotiator's Handbook, University of Joensuu, ISBN 978-952-458-992-5
- Ministry of Environment, Forest and Climate Change (2019) A Handbook on International Environment Conventions & Programmes. <https://moef.gov.in/wp-content/uploads/2020/02/convention-V-16-CURVE-web.pdf>
- Kanchi Kohli and Manju Menon (2021) Development of Environment Laws in India, Cambridge University Press.

- India Code – Digital repository of all Central and State Acts: <https://www.indiacode.nic.in/>
- Bohra, Saroj, Judicial Intervention and Evolution of Environmental Principles and Doctrines (January 7, 2019). Available at SSRN: <https://ssrn.com/abstract=3311406orhttp://dx.doi.org/10.2139/ssrn.3311406>

#### **UNIT V - CASE STUDIES & FIELDWORK**

- Discussion on one international case study related to the environment and sustainable development.
- Field visits to identify local/regional environmental issues, make observations including data collection and prepare a brief report.
- Participation in cleanliness drives and nature camps.
- Campus environmental management activities such as solid waste disposal and management.
- Campus environmental management activities such as water management and sanitation, and sewage treatment.
- Case Studies on any one Pollution related Disaster: (Bhopal Gas Tragedy, Chernobyl Disaster, London smog, Delhi Smog, Minamata Disaster).
- Prepare a brief report on any one Environment related Treaty/Protocol: (Kyoto Protocol, Montreal Protocol, CITES, Paris Agreement, CBD).
- Prepare a map highlighting the Ramsar Sites of India.

<b>Programme Name</b>	Diploma in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Skill Enhancement Course	<b>Course Code</b>	YOGSEC401
<b>Credit</b>	2	<b>Course Type</b>	SEC
<b>Year / Semester</b>	Second / Fourth	<b>L-T-P</b>	2-0-0

L - Lecture T – Tutorial P – Practical C – Credit

### OBJECTIVES:

#### THE OBJECTIVES OF THIS COURSE ARE

- To enable students, develop IT skills that are a pre-requisite in today's work environment.
- To equip them with basic computing skills that will enhance their employability in general.
- To enable the student to analyse and present information in a meaningful manner.

Periods Per Week			Credit
Theory	Tutorial	Practical	
2	0	0	2
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

<b>Programme Name</b>	Diploma in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Internship/ Apprenticeship/ Projects/ Community Outreach	<b>Course Code</b>	YOGIAPC401
<b>Credit</b>	2	<b>Course Type</b>	IAPC
<b>Year / Semester</b>	Second / Fourth	<b>L-T-P</b>	2-0-0

L - Lecture T – Tutorial P – Practical C – Credit

### OBJECTIVES:

#### THE OBJECTIVES OF THIS COURSE ARE:

- To enable students, develop IT skills that are a pre-requisite in today's work environment.
- To equip them with basic computing skills that will enhance their employability in general.
- To enable the student to analyse and present information in a meaningful manner.

Periods Per Week			Credit
Theory	Tutorial	Practical	
2	0	0	2
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

<b>Programme Name</b>	Diploma in Yogic Science	<b>Program Code</b>	PO301
<b>Course Name</b>	Value Added Course	<b>Course Code</b>	YOGVC401
<b>Credit</b>	2	<b>Course Type</b>	VAC
<b>Year / Semester</b>	Second / Fourth	<b>L-T-P</b>	2-0-0

L - Lecture T – Tutorial P – Practical C – Credit

### OBJECTIVES:

#### THE OBJECTIVES OF THIS COURSE ARE

- To improve employability skills of students.
- To bridge the skill gaps and make students industry ready.
- To provide an opportunity to students develop their inter-disciplinary skills.
- To mould students as job providers rather than job seekers.

Periods Per Week			Credit
Theory	Tutorial	Practical	
2	0	0	2
<b>SCHEME OF EXAMINATION</b>			
<b>Total Marks: 100</b>			
<b>Theory: 100</b>		<b>Practical: Nil</b>	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

# **Semester-V**

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<b>Programme Name</b>	B.Sc. in Yogic Science (With Honours)	<b>Program Code</b>	PO301
<b>Course Name</b>	Basis of Yoga Therapy	<b>Course Code</b>	YOGDC501
<b>Credit</b>	4	<b>Course Type</b>	DSC-I
<b>Year / Semester</b>	Third / Fifth	<b>L-T-P</b>	3-1-0

L - Lecture T – Tutorial P – Practical C – Credit

## **COURSE OBJECTIVES**

### **THE OBJECTIVES OF THIS COURSE ARE**

- To impart knowledge about various diseases and their treatment through yogic processes.
- The goal of teaching yoga therapy for common ailments to students is aimed at giving the student comprehensive medical knowledge of the disease and its yogic management of the organ system of the body to facilitate.
- Comprehension of the physiological basis of health and disease and training to handle patients.

## **COURSE CONTENTS**

### **UNIT-1: YOGIC CONCEPTS OF HEALTH AND DISEASE**

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

### **UNIT-2: YOGIC CONCEPTS FOR HEALTH AND HEALING**

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

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

- Yogic Principles of Healthy Living Aahara, Vihara, Aachara and Vichara; Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being.
- Yogic principles of Lifestyle management and its role in prevention of disease and health promotion; Yogic Principles of Diet and its role in Healthy living; Yogic Practices of



Healthy living: i.e., Yama, Niyama, Shat- karma, Asana, Mudra & Bandha Pranayama, Pratyahara, Dharna and Dhyana and their role in Healthy living.

#### UNIT-4:HEALTH BENEFITS OF YOGIC PRACTICES

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

#### TEXT BOOKS

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

#### REFERENCEBOOKS

- Dr. R. S. Bhogal: Yoga Psychology, Kaivalya dhama Publication
- Dr. Manmath MGharote, Dr. Vijay Kant: Therapeutic reference in Traditional Yoga texts
- T. S. Rukmani: Patanajala Yoga Sutra
- Sahay, G.S.: Hatha Yoga Pradeepika, MDNIY Publication, 2013
- Kdham: Gheranda Samhita, Kaivalya dhama, Lonavla.

#### COURSE OUTCOMES (CO): YOGDC501

Upon successful completion of the course a student will be able to

<b>CO-1</b>	Find about various diseases and their treatment through yogic processes.
<b>CO-2</b>	Understand diseases and their types.
<b>CO-3</b>	Apply treatment according to need.
<b>CO-4</b>	Explain the principles of healthy living.
<b>CO-5</b>	Testing the main principles of yoga therapy.
<b>CO-6</b>	Directing yogic concept for health and healing.

#### CO-PO MAPPING

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	3	2	1	2	1	1	2	2	2	2	2	2	3	2	2	2
<b>CO-2</b>	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
<b>CO-3</b>	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3
<b>CO-4</b>	2	2	2	1	2	2	1	1	2	2	1	2	3	2	1	2
<b>CO-5</b>	3	2	1	2	1	1	2	2	2	2	2	2	3	2	2	2
<b>CO-6</b>	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

<b>Programme Name</b>	B.Sc. in Yogic Science (With Honours)	<b>Program Code</b>	PO301
<b>Course Name</b>	Human System According To Yoga	<b>Course Code</b>	YOGDC502
<b>Credit</b>	4	<b>Course Type</b>	DSC-II
<b>Year / Semester</b>	Third / Fifth	<b>L-T-P</b>	3-1-0

L - Lecture T – Tutorial P – Practical C – Credit

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

- Understand Evolution of body in the context of Sankhya yoga.
- Have an understanding about the Panchakosa theory.
- Understand the concept of Chakras and madalas.
- Understand the concept of Vayus, Nadis and svarayoga.

### **COURSE CONTENTS**

#### **UNIT-1: EVOLUTION OF BODY**

- Pancamahābhūtas, Pancatattvas and Pancatanmātrās, Evolution of human body in the context of Sankhya yoga, Evolution of Jñānendriyas, Karmendriyas, Mahat, manas, Buddhi, Citta and Ahaṁkāra, Saptadhātus that make a human body.

#### **UNIT-2: PANCHAKOSA THEORY**

- Critical analysis of the story of Bhāgu and Varuna; The existence of five kohas in the human body; The product of five kohas; Disturbance of each koha.

#### **UNIT-3: CHAKRAS AND MADALAS**

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

#### **UNIT-4: VAYUS, NADIS AND SVARAYOGA**

- Concept of Vāyus, type, their names and function; Concept of Nāḍīs, their characteristics and name of 10 major Nāḍīs and their functions; Difference between Inā, Pīṅgalā and Sushumnā; Effects of Svāra yoga as explain ed in the Hāyogic texts, Relevance of Svāra-vijnāna in day-today life and the importance of Svārodaya in health and disease.

### **TEXT BOOKS**

- Swami Harshananda: The Six Systems of Hindu Philosophy (Ramakrishna Matt, Bangalore, 2000)
- Dr H R Nagendra & Dr R Nagarathna: Yoga Health (Swami Vivekananda Yoga Prakashana, 2000)
- Swami Mukti bodhananda: Hatha Yoga Pradeepika, Saraswati Yoga Publication Trust, Munger.

### **REFERENCE BOOKS**

- Radhakrishnan, S.: Indian Philosophy (Vol.I&II) (George Allen and Unwin, London, 1971)
- Sharma, Chandradhar: A Critical Survey of Indian Philosophy (Motilal Banarsidass, Delhi, 2000)

- Nagendra HR.: Integrated Approach of Yoga Therapy for positivehealth, Swami Vivekananda Yoga Prakashana, Bangalore.
- Swami Niranjanananda: Prana, Pranayama &Pranavidya, Saraswati Yoga Publication Trust, Munger.

### COURSE OUTCOMES (CO): YOGDC502

Upon successful completion of the course a student will be able to

CO-1	Highlighting Evolution of human body in the context of Sankhya Yoga.
CO-2	Understand the concept of Panchakosh.
CO-3	Examining description of Chakras.
CO-4	Explaining human system according to Yoga.
CO-5	Assessing the concept of Nadis, Vayu.
CO-6	Directing the concept of PanchMahabhutas and Panchkosha.

### CO-PO MAPPING

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO-1	2	2	2	1	2	2	1	1	2	2	1	2	3	2	1	2
CO-2	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3
CO-4	2	2	2	1	2	2	1	1	2	2	1	2	3	2	1	2
CO-5	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3
CO-6	2	2	2	1	2	2	1	1	2	2	1	2	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

<b>Programme Name</b>	B.Sc. in Yogic Science (With Honours)	<b>Program Code</b>	PO301
<b>Course Name</b>	Yoga Practicum-V Study Tour	<b>Course Code</b>	YOGDL503
<b>Credit</b>	4	<b>Course Type</b>	DSL-III
<b>Year / Semester</b>	Third / Fifth	<b>L-T-P</b>	0-0-8

L - Lecture T – Tutorial P – Practical C – Credit

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

- To make the participants discuss and think about the tour's central theme.
- To Improves critical thinking skills and experimental learning.
- To Improves critical thinking skill and experiential learning.

### **COURSE CONTENTS**

#### **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**

### **COURSE OUTCOMES (CO): YOGDL503**

**Upon successful completion of the course a student will be able to**

<b>CO-1</b>	How educational tour helps learning.
<b>CO-2</b>	Improves critical thinking skills and experimental learning.
<b>CO-3</b>	Strengthen student teacher relationship.
<b>CO-4</b>	Improve critical thinking skill and Experiential learning.
<b>CO-5</b>	Coordinating between students and teachers.
<b>CO-6</b>	Building academic capability.

### **CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	3	3	1	2	1	1	2	2	2	3	2	3	2	2	2	2
<b>CO-2</b>	2	1	2	2	1	1	2	2	2	2	2	2	2	2	1	2
<b>CO-3</b>	2	2	2	2	1	1	2	2	2	1	2	1	2	3	1	2
<b>CO-4</b>	2	2	2	1	1	1	1	1	2	2	2	2	2	2	1	2
<b>CO-5</b>	2	1	2	2	1	1	2	2	2	2	2	2	2	2	1	2
<b>CO-6</b>	2	2	2	2	1	1	2	2	2	1	2	1	2	3	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

<b>Programme Name</b>	B.Sc. in Yogic Science (With Honours)	<b>Program Code</b>	PO301
<b>Course Name</b>	Discipline Specific Elective	<b>Course Code</b>	YOGDE501
<b>Credit</b>	4	<b>Course Type</b>	DSE-3
<b>Year / Semester</b>	Third / Fifth	<b>L-T-P</b>	2-0-0

L - Lecture T – Tutorial P – Practical C – Credit

Periods Per Week			Credit
Theory	Tutorial	Practical	
2	0	0	4
<b>SCHEME OF EXAMINATION</b>			
<b>Total Marks: 100</b>			
<b>Theory: 100</b>		<b>Practical: Nil</b>	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

<b>Programme Name</b>	B.Sc. in Yogic Science (With Honours)	<b>Program Code</b>	PO301
<b>Course Name</b>	General Elective	<b>Course Code</b>	YOGGE501
<b>Credit</b>	4	<b>Course Type</b>	Gen. Elective
<b>Year / Semester</b>	Third / Fifth	<b>L-T-P</b>	2-0-0

L - Lecture T – Tutorial P – Practical C – Credit

**Objectives: The objectives of this course are:**

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

Periods Per Week			Credit
Theory	Tutorial	Practical	
2	0	0	4
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

<b>Programme Name</b>	B.Sc. in Yogic Science (With Honours)	<b>Program Code</b>	PO301
<b>Course Name</b>	Skill Enhancement Course	<b>Course Code</b>	YOGSEC501
<b>Credit</b>	2	<b>Course Type</b>	SEC
<b>Year / Semester</b>	Third / Fifth	<b>L-T-P</b>	2-0-0

L - Lecture T – Tutorial P – Practical C – Credit

**Objectives: The objectives of this course are:**

- To enable students, develop IT skills that are a pre-requisite in today's work environment.
- To equip them with basic computing skills that will enhance their employability in general.
- To enable the student to analyse and present information in a meaningful manner.

<b>Periods Per Week</b>			<b>Credit</b>
<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>	
2	0	0	2
<b>SCHEME OF EXAMINATION</b>			
<b>Total Marks: 100</b>			
<b>Theory: 100</b>		<b>Practical: Nil</b>	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

<b>Programme Name</b>	B.Sc. in Yogic Science (With Honours)	<b>Program Code</b>	PO301
<b>Course Name</b>	Internship/ Apprenticeship/ Projects/ Community Outreach	<b>Course Code</b>	YOGIAPC501
<b>Credit</b>	2	<b>Course Type</b>	IAPC
<b>Year / Semester</b>	Third / Fifth	<b>L-T-P</b>	2-0-0

L - Lecture T – Tutorial P – Practical C – Credit

**Objectives: The objectives of this course are:**

- To enable students, develop IT skills that are a pre-requisite in today's work environment.
- To equip them with basic computing skills that will enhance their employability in general.
- To enable the student to analyse and present information in a meaningful manner.

Periods Per Week			Credit
Theory	Tutorial	Practical	
2	0	0	2
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		



# **Semester-VI**

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<b>Programme Name</b>	B.Sc. in Yogic Science (With Honours)	<b>Program Code</b>	PO301
<b>Course Name</b>	Yoga and Holistic Health	<b>Course Code</b>	YOGDC601
<b>Credit</b>	4	<b>Course Type</b>	DSC-I
<b>Year / Semester</b>	Third / Sixth	<b>L-T-P</b>	3-1-0

L - Lecture T – Tutorial P – Practical C – Credit

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

- 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.

### **COURSE CONTENTS**

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

- 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 Yoga Vasistha and remedial measures; Holistic health care through Yoga.
- Concepts of Trigunas, Pancha-mahabhutas, Pancha- prana and their role in Health and Healing.
- Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing.

#### **UNIT - 2: CAUSES OF ILL HEALTH AND REMEDIAL MEASURES ACCORDING TO PATANJALI**

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

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

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

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

- Attitude change towards yoga through individualized counselling, Psychological & yogic method Tackling ill effects of conflict and Frustration.

- Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counselling; the remedial measures.
- Action in relaxation-the secret of Karma Yoga; Unattached action, not to the fruits of action, equanimity in success and failure.

### TEXT BOOK

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

### REFERENCE BOOKS

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

### COURSE OUTCOMES (CO):YOGDC601

Upon successful completion of the course a student will be able to

<b>CO-1</b>	Understand the concept of health and disease.
<b>CO-2</b>	Relate yogic concepts of health and healing.
<b>CO-3</b>	Explain principle and practices for healthy living.
<b>CO-4</b>	Examine concept of Ahara its role in healthy living.
<b>CO-5</b>	Detecting the concept of body health and disease.
<b>CO-6</b>	Designing yogic practices for healthy living.

### CO-PO MAPPING

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	3	2	1	2	1	1	2	2	2	2	1	2	3	2	2	2
<b>CO-2</b>	2	1	2	2	2	1	2	2	2	2	1	2	2	2	1	2
<b>CO-3</b>	3	2	2	2	2	1	2	2	2	1	1	2	3	3	1	3
<b>CO-4</b>	2	2	2	1	2	2	1	1	2	2	2	1	3	2	1	2
<b>CO-5</b>	3	2	2	2	2	1	2	2	2	1	1	2	3	3	1	3
<b>CO-6</b>	2	2	2	1	2	2	1	1	2	2	2	1	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

<b>Programme Name</b>	B.Sc. in Yogic Science (With Honours)	<b>Program Code</b>	PO301
<b>Course Name</b>	Fundamentals of Biochemistry	<b>Course Code</b>	YOGDC602
<b>Credit</b>	4	<b>Course Type</b>	DSC-II
<b>Year / Semester</b>	Third / Sixth	<b>L-T-P</b>	3-1-0

L - Lecture T – Tutorial P – Practical C – Credit

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

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

### **Course Contents**

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

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

#### **UNIT-2: METABOLISM OF CARBOHYDRATES**

- 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) - Kreb's Cycle (T.C.A), Regulation of Blood glucose, Hexose MonoPhosphate(HMPShunt).
- Concept of isomerism, types & mode of action Integration of metabolism and catabolism.

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

- Lipids: definition, classifications and general functions, 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.
- Definition, classification, Functions and nomenclature of Enzymes, basic introduction to Enzymology and regulation of Enzymatic activity.

#### **Unit-4: Functional Bio-chemistry**

- Introduction to hormones, molecular basis of hormonal action and 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., Serum bilirubin, Amino-Transferases, Alkaline Phosphatase, LDH.

- Basics of routine Bio-chemical tests for Kidney and related common diseases i.e., Blood Urea, Blood Urea Nitrogen (BUN), Serum Creatinine, Serum Uric Acid with estimation of Urinal Protein and Sugar.

### TEXT BOOKS

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

### REFERENCEBOOKS

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

### COURSE OUTCOMES (CO): YOGDC602

Upon successful completion of the course a student will be able to

<b>CO-1</b>	Highlighting the chief intracellular components.
<b>CO-2</b>	Understand the bimolecular and their role In our body.
<b>CO-3</b>	Describe Biochemistry and its test as the indicators to know about the progress of disease.
<b>CO-4</b>	Explain the importance of protein, carbohydrate, lipid metabolism.
<b>CO-5</b>	Experimenting the concept of hormone and molecular basis of hormonal action.
<b>CO-6</b>	Directing about the metabolism of carbohydrate, protean and lipids.

### CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	2	1	1	2	1	2	2	2	2	2	1	2	2	2	1	1
<b>CO-2</b>	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1	1
<b>CO-3</b>	2	2	2	2	2	1	2	2	2	2	2	1	2	2	1	1
<b>CO-4</b>	2	2	2	2	2	1	2	2	2	2	2	1	2	2	1	1
<b>CO-5</b>	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1	1
<b>CO-6</b>	2	2	2	2	2	1	2	2	2	2	2	2	2	2	1	1

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

<b>Programme Name</b>	B.Sc. in Yogic Science (With Honours)	<b>Program Code</b>	PO301
<b>Course Name</b>	Yoga Practicum-VI (Biochemistry Practical)	<b>Course Code</b>	YOGDC603
<b>Credit</b>	4	<b>Course Type</b>	DSC-III
<b>Year / Semester</b>	Third / Sixth	<b>L-T-P</b>	0-0-8

L - Lecture T – Tutorial P – Practical C – Credit

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

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

### **COURSE CONTENTS**

#### **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 Album in, Casein, gelatine; 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**

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

#### **REFERENCE BOOKS**

- Shruti Mohanty & Aparna B. Varma: Practical Clinical Biochemistry, Jaypee Brothers medical Publishers ltd. 2013
- D.M. Vasudewan & Subir Kumar Das: Practical Textbook of Biochemistry for medical students, Jaypee Brothers medical Publishers ltd. 2013.

**COURSE OUTCOMES (CO): YOGDC603****Upon successful completion of the course a student will be able to**

CO-1	Demonstrate each experiment skilfully.
CO-2	Understand the principle and procedure of each experiment.
CO-3	Interpret the result during experiment.
CO-4	Explain the concept and behaviour of biomolecules.
CO-5	Testing and analysis of constituent in normal urine.
CO-6	Directing about the identification and analysis of blood.

**CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO-1	3	2	1	2	1	1	2	2	2	2	2	2	3	2	2	2
CO-2	2	1	2	2	1	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	1	2	2	2	2	1	2	2	3	3	1	3
CO-4	2	2	2	1	1	2	1	1	2	2	1	2	3	2	1	2
CO-5	3	2	1	2	1	1	2	2	2	2	2	2	3	2	2	2
CO-6	2	1	2	2	1	1	2	2	2	2	2	2	2	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

<b>Programme Name</b>	B.Sc. in Yogic Science (With Honours)	<b>Program Code</b>	PO301
<b>Course Name</b>	Discipline Specific Elective	<b>Course Code</b>	YOGDE601
<b>Credit</b>	4	<b>Course Type</b>	DSE-4
<b>Year / Semester</b>	Third / Sixth	<b>L-T-P</b>	2-0-0

L - Lecture T – Tutorial P – Practical C – Credit

**OBJECTIVES:**

**THE OBJECTIVES OF THIS COURSE ARE**

Periods Per Week			Credit
Theory	Tutorial	Practical	
2	0	0	4
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		



<b>Programme Name</b>	B.Sc. in Yogic Science (With Honours)	<b>Program Code</b>	PO301
<b>Course Name</b>	General Elective	<b>Course Code</b>	YOGGE601
<b>Credit</b>	4	<b>Course Type</b>	Gen. Elective
<b>Year / Semester</b>	Third / Sixth	<b>L-T-P</b>	2-0-0

L - Lecture T – Tutorial P – Practical C – Credit

### OBJECTIVES:

#### THE OBJECTIVES OF THIS COURSE ARE

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

Periods Per Week			Credit
Theory	Tutorial	Practical	
2	0	0	4
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

<b>Programme Name</b>	B.Sc. in Yogic Science (With Honours)	<b>Program Code</b>	PO301
<b>Course Name</b>	Skill Enhancement Course	<b>Course Code</b>	YOGSEC601
<b>Credit</b>	2	<b>Course Type</b>	SEC
<b>Year / Semester</b>	Third / Sixth	<b>L-T-P</b>	2-0-0

L - Lecture T – Tutorial P – Practical C – Credit

### OBJECTIVES:

#### THE OBJECTIVES OF THIS COURSE ARE

- To enable students, develop IT skills that are a pre-requisite in today's work environment.
- To equip them with basic computing skills that will enhance their employability in general.
- To enable the student to analyse and present information in a meaningful manner.

Periods Per Week			Credit
Theory	Tutorial	Practical	
2	0	0	2
SCHEME OF EXAMINATION			
<b>Total Marks: 100</b>			
<b>Theory: 100</b>		<b>Practical: Nil</b>	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

<b>Programme Name</b>	B.Sc. in Yogic Science (With Honours)	<b>Program Code</b>	PO301
<b>Course Name</b>	Internship/ Apprenticeship/ Projects/ Community Outreach	<b>Course Code</b>	YOGIAPC601
<b>Credit</b>	2	<b>Course Type</b>	IAPC
<b>Year / Semester</b>	Third / Sixth	<b>L-T-P</b>	2-0-0

L - Lecture T – Tutorial P – Practical C – Credit

### OBJECTIVES:

#### THE OBJECTIVES OF THIS COURSE ARE

- To enable students, develop IT skills that are a pre-requisite in today's work environment.
- To equip them with basic computing skills that will enhance their employability in general.
- To enable the student to analyse and present information in a meaningful manner.

Periods Per Week			Credit
Theory	Tutorial	Practical	
2	0	0	2
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

# **Semester-VII**

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<b>Programme Name</b>	B.Sc. in Yogic Science (With Research)	<b>Program Code</b>	PO301
<b>Course Name</b>	Research Methodology & Statistics	<b>Course Code</b>	YOGDC701
<b>Credit</b>	4	<b>Course Type</b>	DSC-I
<b>Year / Semester</b>	Fourth / Seventh	<b>L-T-P</b>	3-1-0

L - Lecture T – Tutorial P – Practical C – Credit

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

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

### **COURSE CONTENTS**

#### **UNIT-1: INTRODUCTION TO RESEARCH METHODOLOGY**

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

#### **UNIT-2: INTRODUCTION TO RESEARCH PROCESS**

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

#### **UNIT-3: INTRODUCTION TO RESEARCH DESIGN**

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

#### **UNIT-4: STATISTICS**

- Normal distribution–Skewness and kurtosis, Frequency distribution, Measures of central tendency–mean, median, mode.
- Measures of dispersion–range, variance and standard deviation, Graphical presentation of data–Bar graphs, Pie chart, line diagram, scatterplot; Paired sample 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**

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

**REFERENCE BOOKS**

- C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
- Zar, J. H., & Zar. (1999). Bio statistical Analysis, Pearson Education, New Delhi.
- श्रीमनोजरतूडी- योग एवंमनोविज्ञानमेंसांख्यिकी के अनुप्रयोग।

**COURSE OUTCOMES (CO): YOGDC701**

Upon successful completion of the course a student will be able to

<b>CO-1</b>	Define concept of research and methodology analyze the data.
<b>CO-2</b>	Organize the data and represent the data.
<b>CO-3</b>	Discuss useful statistical concepts.
<b>CO-4</b>	Illustrating Research design.
<b>CO-5</b>	Evaluate Statistical analysis and Research Methodology.
<b>CO-6</b>	Writing Research Report.

**CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	3	2	1	2	1	1	2	2	2	2	1	2	3	2	2	2
<b>CO-2</b>	2	1	2	2	1	1	2	2	2	2	1	2	2	2	1	2
<b>CO-3</b>	3	2	2	2	1	2	2	2	2	1	2	2	3	3	1	3
<b>CO-4</b>	2	2	2	1	1	2	1	1	2	2	2	1	3	2	1	2
<b>CO-5</b>	3	2	1	2	1	1	2	2	2	2	1	2	3	2	2	2
<b>CO-6</b>	2	1	2	2	1	1	2	2	2	2	1	2	2	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

<b>Programme Name</b>	B.Sc. in Yogic Science (With Research)	<b>Program Code</b>	PO301
<b>Course Name</b>	Discipline Specific Elective	<b>Course Code</b>	YOGDE701
<b>Credit</b>	4	<b>Course Type</b>	DSE-I
<b>Year / Semester</b>	Fourth / Seventh	<b>L-T-P</b>	3-1-0

L - Lecture T – Tutorial P – Practical C – Credit

Periods Per Week			Credit
Theory	Tutorial	Practical	
3	1	0	4
<b>SCHEME OF EXAMINATION</b>			
<b>Total Marks: 100</b>			
<b>Theory: 100</b>		<b>Practical: Nil</b>	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

<b>Programme Name</b>	B.Sc. in Yogic Science (With Research)	<b>Program Code</b>	PO301
<b>Course Name</b>	Discipline Specific Elective	<b>Course Code</b>	YOGDE702
<b>Credit</b>	4	<b>Course Type</b>	DSE-II
<b>Year / Semester</b>	Fourth / Seventh	<b>L-T-P</b>	3-1-0

L - Lecture T – Tutorial P – Practical C – Credit

Periods Per Week			Credit
Theory	Tutorial	Practical	
3	1	0	4
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		



<b>Programme Name</b>	B.Sc. in Yogic Science (With Research)	<b>Program Code</b>	PO301
<b>Course Name</b>	Discipline Specific Elective	<b>Course Code</b>	YOGDE703
<b>Credit</b>	4	<b>Course Type</b>	DSE-III
<b>Year / Semester</b>	Fourth / Seventh	<b>L-T-P</b>	3-1-0

L - Lecture T – Tutorial P – Practical C – Credit

Periods Per Week			Credit
Theory	Tutorial	Practical	
3	1	0	4
<b>SCHEME OF EXAMINATION</b>			
<b>Total Marks: 100</b>			
<b>Theory: 100</b>		<b>Practical: Nil</b>	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

<b>Programme Name</b>	B.Sc. in Yogic Science (With Research)	<b>Program Code</b>	PO301
<b>Course Name</b>	Research Project	<b>Course Code</b>	YOGDS701
<b>Credit</b>	6	<b>Course Type</b>	Project
<b>Year / Semester</b>	Fourth / Seventh	<b>L-T-P</b>	0-0-12

L - Lecture T – Tutorial P – Practical C – Credit

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

- To describe what factors farmers, take into account in making such decisions as whether to adopt a new technology or what crops to grow.
- To develop a budget for reducing pollution by a particular enterprise.
- To describe the habitat of the giant panda in China.

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 samples.

#### **COURSE OUTCOMES (CO): YOGDS701**

**Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Increase the productivity and motivation among students.
<b>CO-2</b>	Understand result of research.
<b>CO-3</b>	Changes in conditions, behaviour attitudes.
<b>CO-4</b>	Identify and utilize relevant previous research work that support research.
<b>CO-5</b>	Evaluate what you to happen after an activity is completed.
<b>CO-6</b>	Solve the problems face during his/her Research Project.

#### **CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO1</b>	3	2	1	2	1	1	2	2	2	2	1	2	3	2	2	2
<b>CO2</b>	2	1	2	2	1	1	2	2	2	2	1	2	2	2	1	2
<b>CO3</b>	3	2	2	2	1	2	2	2	2	1	2	2	3	3	1	3
<b>CO4</b>	2	2	2	1	1	2	1	1	2	2	2	1	3	2	1	2
<b>CO5</b>	2	1	2	2	1	1	2	2	2	2	1	2	2	2	1	2
<b>CO6</b>	3	2	2	2	1	2	2	2	2	1	2	2	3	3	1	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

# **Semester-VIII**

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<b>Programme Name</b>	B.Sc. in Yogic Science (With Research)	<b>Program Code</b>	PO301
<b>Course Name</b>	Yoga and Human Consciousness	<b>Course Code</b>	YOGDC801
<b>Credit</b>	4	<b>Course Type</b>	DSC-I
<b>Year / Semester</b>	Fourth / Eight	<b>L-T-P</b>	3-1-0

L - Lecture T – Tutorial P – Practical C – Credit

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

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

### **COURSE CONTENTS**

#### **UNIT-1: PSYCHOLOGY: A SCIENCE OF BEHAVIOUR**

- 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**

- 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 Conditionin.
- Motivation, Nature; Types of Motives: Biological Motives, Social and Psychological Motives; Maslow's Theory of Motivation

#### **UNIT-3: DOMAINS AND DYNAMICS OF BEHAVIOUR-II**

- 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**

- 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 Pancha kosha and Ashtanga Yoga

### **UNIT-5: YOGA FOR MENTAL HEALTH**

- 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 Bhagwad Gita 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**

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

### **REFERENCE BOOKS**

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

### **COURSE OUTCOMES (CO): YOGDC801**

**Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Highlighting the utility of psychology in the society.
<b>CO-2</b>	Understand the necessity and significance of psychology.
<b>CO-3</b>	Explain human behaviour with regard to therapy.
<b>CO-4</b>	Concept of personality and stages of personality.
<b>CO-5</b>	Testing Psychology as a science of behaviour.
<b>CO-6</b>	Programming the Importance of Yoga for mental health.

**CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO-1	2	2	2	1	2	1	1	1	2	1	2	1	3	2	1	2
CO-2	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	2	1	3	3	1	3
CO-4	2	2	2	1	2	2	1	1	2	2	2	2	3	2	1	2
CO-5	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-6	3	2	2	2	2	1	2	2	2	1	2	1	3	3	1	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

<b>Programme Name</b>	B.Sc. in Yogic Science (With Research)	<b>Program Code</b>	PO301
<b>Course Name</b>	Discipline Specific Elective	<b>Course Code</b>	YOGDE801
<b>Credit</b>	4	<b>Course Type</b>	DSE-I
<b>Year / Semester</b>	Fourth / Eight	<b>L-T-P</b>	3-1-0

L - Lecture T – Tutorial P – Practical C – Credit

Periods Per Week			Credit
Theory	Tutorial	Practical	
3	1	0	4
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

<b>Programme Name</b>	B.Sc. in Yogic Science (With Research)	<b>Program Code</b>	PO301
<b>Course Name</b>	Discipline Specific Elective	<b>Course Code</b>	YOGDE802
<b>Credit</b>	4	<b>Course Type</b>	DSE-II
<b>Year / Semester</b>	Fourth / Eight	<b>L-T-P</b>	0-0-8

L - Lecture T – Tutorial P – Practical C – Credit

Periods Per Week			Credit
Theory	Tutorial	Practical	
0	0	8	4
<b>SCHEME OF EXAMINATION</b>			
<b>Total Marks: 100</b>			
<b>Theory: 100</b>		<b>Practical: Nil</b>	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		



<b>Programme Name</b>	B.Sc. in Yogic Science (With Research)	<b>Program Code</b>	PO301
<b>Course Name</b>	Discipline Specific Elective	<b>Course Code</b>	YOGDE803
<b>Credit</b>	4	<b>Course Type</b>	DSE-III
<b>Year / Semester</b>	Fourth / Eight	<b>L-T-P</b>	3-1-0

L - Lecture T – Tutorial P – Practical C – Credit

Periods Per Week			Credit
Theory	Tutorial	Practical	
3	1	0	4
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal)	Final Exam (SEE)	Internal Assessment (1 <sup>st</sup> Internal + 2 <sup>nd</sup> Internal /PR)
70	30		

<b>Programme Name</b>	B.Sc. in Yogic Science (With Research)	<b>Program Code</b>	PO301
<b>Course Name</b>	Dissertation	<b>Course Code</b>	YOGDS801
<b>Credit</b>	6	<b>Course Type</b>	Dissertation
<b>Year / Semester</b>	Fourth / Eight	<b>L-T-P</b>	0-0-12

L - Lecture T – Tutorial P – Practical C – Credit

### COURSE OBJECTIVES:

#### THE OBJECTIVES OF THIS COURSE ARE

- The primary goal of dissertation writing for students is to expose them in research and motivate them to conduct scientific research and pursue higher research.
- Understand the structure of dissertation.
- Understand the practical learning both type of research (pure & empirical).

The dissertation shall be supervised by the permanent faculty of the department. The Dissertation shall be examined by the board of examiners consisting of Head of department / Supervisor and External Examiner (to be appointed by university). Marks will be given by the both the examiners i.e., Internal and External Examiners.

The distribution of marks for the dissertation will be as below:

Presentation (Internal Examiner) (20+10) - 30 Marks

Dissertation (Evaluation & Viva-Voce) - 70 Marks

**TOTAL - 100 Marks**

Dissertation / Project Report Shall Be Valued Jointly By External And One External Examiner. It shall be submitted up to 30th April.

#### Course outcomes (CO): YOGDS801

Upon successful completion of the course a student will be able to

<b>CO-1</b>	Outlining dissertation writing.
<b>CO-2</b>	Expressing the core concept of dissertation.
<b>CO-3</b>	Demonstrate skills in documentation of individual case.
<b>CO-4</b>	Discuss practical learning both type of research (pure & empirical).
<b>CO-5</b>	Evaluating the structure of dissertation.
<b>CO-6</b>	Directing both type of research pure and empirical.

#### CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO2	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO3	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO4	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO5	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO6	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

# **GE Papers**

## FOUR STREAMS OF YOGA

### COURSE OBJECTIVES:

#### THE OBJECTIVES OF THIS COURSE ARE

- Understand the four paths/streams of yoga with in-depth understanding.
- Have an in-depth understanding about their similarities and dissimilarities.
- Understand the principle and conceptualize each stream.

### COURSE CONTENTS

#### UNIT-1: JNANAYOGA

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

#### UNIT-2: BHAKTI YOGA

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

#### UNIT-3: KARMA YOGA

- The concept and meaning of karma Yoga, Concept of Nishkama Karma.
- Prerequisites for a sthitaprajna, Sthitaprajnalakshana, The law of karma.
- Karma Yoga according to Bhagwat Gita.
- Karma Yoga according to Swami Vivekananda.

#### UNIT-4: RAJA YOGA

- The concept and meaning of Raja Yoga.
- Principles of Patanjali Yoga; Karma Shuddhi (Yama, Niyama).
- Snayu Shuddhi (Asana); Prana Shuddhi (Pranayama); Indriya and Mano Shuddhi (Pratyahara);
- Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

#### Text Books

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

#### Reference Books

- Dr. Sadhana Dauneriya: Patanajal Yog Sutra.
- Karma Yoga: Swami Vivekananda.
- Raja-Yoga; Or, Conquering the Internal Nature: Swami Vivekananda.
- Bhakti Yoga: Swami Vivekananda.

**Course outcomes (CO):****Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Find four paths/streams of yoga with in depth understanding.
<b>CO-2</b>	Understand basic concept of different Paths of Yoga.
<b>CO-3</b>	Describe principle and conceptualize each stream.
<b>CO-4</b>	Differentiate between similarities and dissimilarities.
<b>CO-5</b>	Debating on the core concept of Jnana Yoga, Raja Yoga, Karma Yoga and Bhakti Yoga.
<b>CO-6</b>	Directing the principles of Jnana Yoga, Raja Yoga, Karma Yoga and Bhakti Yoga.

**CO-PO Mapping**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	2	2	2	1	2	2	1	1	2	2	1	2	3	2	1	2
<b>CO-2</b>	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
<b>CO-3</b>	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3
<b>CO-4</b>	2	2	2	1	2	2	1	1	2	2	1	2	3	2	1	2
<b>CO-5</b>	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
<b>CO-6</b>	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

## **APPLICATION OF YOGA**

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

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

### **COURSE CONTENTS**

#### **UNIT-1: YOGA IN SCHOOL**

- 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**

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

#### **UNIT-3: YOGIC MANAGEMENT OF STRESS**

- Meaning and definition and types of Stress, Introduction to stress, its causes.
- Role of Yoga in prevention of stress.

#### **UNIT-4: YOGA FOR ELDERLY POPULATION**

- General introduction to Geriatrics, Importance of Yogic Practice for Geriatrics. Introduction to general well-being.
- Application of Yoga in promotion of general well-being of Geriatric population. Application of yogic concepts in the health improvements, Phase of psychic manifestation and Yoga practice contribution.

### **TEXT BOOKS**

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

### **REFERENCE BOOKS**

- Iyenger BKS: The Path to Holistic Health, Adorling Kindersley Book, Great Britain, 2001
- Dr. Goel Aruna: Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007
- Dr. HKumar Kaul: Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2006.
- Dr. Kamakhya Kumar: Applied Yoga.

**Course outcomes (CO):****Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Acquire the knowledge about the components of school health.
<b>CO-2</b>	Compare applications of yoga in various fields.
<b>CO-3</b>	Correlate yoga and its scientific nature.
<b>CO-4</b>	Explain the role of Yoga physical education.
<b>CO-5</b>	Detecting the importance of yoga in school education.
<b>CO-6</b>	Managing role of yoga in sports and prevention of stress.

**CO-PO Mapping**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	2	2	2	1	-	-	1	1	2	2	1	1	3	2	1	2
<b>CO-2</b>	2	1	2	2	1	1	2	2	2	2	2	2	2	2	1	2
<b>CO-3</b>	3	2	2	2	1	-	2	2	2	1	2	2	3	3	1	3
<b>CO-4</b>	2	2	2	1	1	1	1	1	2	2	1	1	3	2	1	2
<b>CO-5</b>	3	2	2	2	1	-	2	2	2	1	2	2	3	3	1	3
<b>CO-6</b>	2	2	2	1	1	1	1	1	2	2	1	1	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

## **YOGA PSYCHOLOGY**

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

- Have an understanding about utility of yoga psychology for self and society.
- The goal of teaching yoga psychology is to make students familiar to the facts of successful counselling. It also makes them equipped with the ethics of counselling.

### **COURSE CONTENTS**

#### **UNIT-1: HUMAN PSYCHE**

- The nature of Psychology and its definition, Scope and utility of Psychology, Psychology as a study of human behaviour; Counselling.
- Personality development; Counselling; Methods of counselling. Skills of counselling; Issues and challenges., Life's skills for happy life, Code of ethics for lay counsellors

#### **UNIT-2: PSYCHIC FORCES, CONFLICTS AND FRUSTRATIONS**

- Psychic forces and human behaviour, behaviour and Consciousness, States of Consciousness, Psychological basis of behaviour.
- 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**

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

#### **UNIT-4: YOGA PSYCHOLOGY**

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

### **TEXT BOOKS:**

- Yoga and Psychology: Dr. Kanchan Joshi & Dr. Bijendra Singh.
- Abhedananda: The Yoga Psychology, Ramakrishna Vedanta Math, Calcutta, 1973.
- Sachdev, I.P.: Yoga and Depth Psychology (Motilal Banarsidass, Delhi, 1978).

### **REFERENCE BOOKS**

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



**COURSE OUTCOMES (CO):**

**Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Have an understanding about Psychology development.
<b>CO-2</b>	Explain the concept of consciousness, Attention, Memory and Learning.
<b>CO-3</b>	Understand common mental disorders.
<b>CO-4</b>	Define utility of yoga psychology for self and society.
<b>CO-5</b>	Assessing the mental process motivation emotion and intelligence.
<b>CO-6</b>	Directing the core concept of Yoga Psychology.

**CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	1	3	2	2	2	1	2	2	2	2	2	2	2	2	2	2
<b>CO-2</b>	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
<b>CO-3</b>	3	2	2	2	2	3	2	2	2	1	2	2	3	3	1	3
<b>CO-4</b>	2	2	2	1	2	1	1	1	2	2	1	2	3	2	1	2
<b>CO-5</b>	3	2	2	2	2	3	2	2	2	1	2	2	3	3	1	3
<b>CO-6</b>	2	2	2	1	2	1	1	1	2	2	1	2	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

**INTRODUCTION TO YOGA AND COMMON AILMENTS****COURSE OBJECTIVES:****THE OBJECTIVES OF THIS COURSE ARE**

- Correlate modern scientific understanding of disease with ancient system of Yoga.
- Teach basic yoga Therapy management of common ailments.

**UNIT-1: CARDIO RESPIRATORY DISORDERS**

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

**UNIT-2: NEURO MUSCULAR DISORDERS**

- 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**

- 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**

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

**TEXT BOOKS:**

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

**COURSE OUTCOMES (CO):****Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Find about various diseases and their treatment through yogic processes.
<b>CO-2</b>	Understand Cardio Respiratory disorder.
<b>CO-3</b>	Apply treatment according to need.
<b>CO-4</b>	Explain Digestive, Endocrine and Metabolic disorder.
<b>CO-5</b>	Debating on principles of yoga therapy.
<b>CO-6</b>	Programming yoga therapy for different disorder.

**CO-PO Mapping**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	3	2	1	2	1	1	2	2	2	2	2	2	3	2	2	2
<b>CO-2</b>	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
<b>CO-3</b>	3	2	2	2	2	1	2	2	2	1	2	1	3	3	1	3
<b>CO-4</b>	2	2	2	1	2	2	1	1	2	2	2	2	3	2	1	2
<b>CO-5</b>	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
<b>CO-6</b>	3	2	2	2	2	1	2	2	2	1	2	1	3	3	1	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

**HEALTH AND YOGIC HYGIENE****COURSE OBJECTIVES:****THE OBJECTIVES OF THIS COURSE ARE**

- Understand the concept of Health and Yogic Hygiene.
- Understand Infectious Diseases.
- Understand Immune System & Immunization Schedule.

**COURSE CONTENTS****UNIT-1: INTRODUCTION TO HEALTH AND HYGIENE**

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).

**UNIT-2: INFECTION AND DISINFECTANTS**

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**

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- Chicken pox, measles, mumps; Disease spread by Contact- Leprosy, AIDS;

**UNIT-4: IMMUNITY**

What is Immunity, Definition, types of Immunity: Innate Immunity, Acquired Immunity, Auto Immunity, Vaccines, Immune System& Immunization Schedule, Common emerging health problems among women: Cancer of Breast and Cervical

**TEXT BOOKS**

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

**COURSE OUTCOMES (CO):****Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Defining Infection and Disinfectants.
<b>CO-2</b>	Understand the concept of health.
<b>CO-3</b>	Examining diseases spread by insects.
<b>CO-4</b>	Explain Transcendental meditation and its impact on our health.
<b>CO-5</b>	Relationship between Yoga and Health.
<b>CO-6</b>	Programing yogic practice for enhancing immunity.

**CO-PO Mapping**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO-2</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO-3</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO-4</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO-5</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO-6</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

**YOGA AND HUMAN VALUES****COURSE OBJECTIVES:****THE OBJECTIVES OF THIS COURSE ARE**

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

**COURSE CONTENTS****UNIT-1: HARMONY IN HUMAN BEING AND IN MYSELF**

- 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**

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

**UNIT-3: CONCEPT OF HUMAN VALUES: MORAL EDUCATION**

- 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**

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

**TEXT BOOKS**

- Singh MS: Value Education, Adhyayan Publishers & Distributors, New Delhi, 2007
- Chand Jagdish: Value Education, Anshah Publishing House, Delhi, 2007
- Gawande E N : Value Oriented Education: Vision for better living, Sarup & Sons Publishers, New Delhi, 2008

- Panda Sanjay Kumar: Corporate Social Responsibility in India: Past, Present & Future, The ICFAI University press, Hyderabad, 2008

### REFERENCE BOOKS

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

### COURSE OUTCOMES (CO):

**Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Find harmony between family and society.
<b>CO-2</b>	Understand the concept of human values.
<b>CO-3</b>	Explain social responsibility.
<b>CO-4</b>	Concept of Human Values.
<b>CO-5</b>	Evaluate the concept of human relationship and Moral education.
<b>CO-6</b>	Developed harmony in human being and in myself.

### CO-PO MAPPING

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	2	2	2	1	2	2	1	1	2	2	1	1	3	2	1	2
<b>CO-2</b>	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
<b>CO-3</b>	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3
<b>CO-4</b>	2	2	2	1	2	2	1	1	2	2	1	1	3	2	1	2
<b>CO-5</b>	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
<b>CO-6</b>	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

# **DSE Papers**

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## INTRODUCTION TO AYUSH

### COURSE OBJECTIVES: THE OBJECTIVES OF THIS COURSE ARE

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

### COURSE CONTENTS

#### UNIT-1: YOGA AND HEALTH AND INTEGRATED APPROACH OF YOGA THERAPY

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

#### UNIT-2: INTRODUCTION TO BASIC CONCEPTS OF NATUROPATHY

- History of Naturopathy.
- Principles of Naturopathy.
- Concept of five elements and its applications.

#### UNIT-3: INTRODUCTION TO BASIC CONCEPTS OF AYURVEDA

- The four aspects of life (Soul, Mind, Senses and Body); Panchamahabhutas (the five-element theory), Ahara, Vihara and Aunadhi (three pillars of Ayurveda).
- Concept, role and importance of–Dosha, Dhatu, Mala; Updhatu, Srotas, Indriya, Agni, Prana, Pranayatra, Prakrti, Deha Prakrti, Manasa Prakrti; Role of Dosha, Dhatu and Mala in health and diseases.
- Concept of Dinacharya (daily routine), concept of Ritucarya; Seasonal routine), Svasthavritta and Nāḍvāttain Ayurveda; Concept of TrayoUpasthambas.

#### UNIT-4: INTRODUCTION TO BASIC CONCEPTS OF UNANI, SIDDHA AND HOMEOPATHY

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

### TEXT BOOKS

- Dr. R. Nagarathand: Yoga and Health
- Dr. H.R. Nagendra (Swami Vivekananda Yoga Prakashana, 2000).
- Dash, V.B.: Ayurvedic Treatment for Common Diseases Delhi Diary, 1974.

### COURSE OUTCOMES (CO):

**Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Acquire the knowledge about the main principles of Yoga and Ayurveda.
<b>CO-2</b>	Understand the basic concept of Yunani, Siddha and Homeopathy.
<b>CO-3</b>	Explain the principles of Naturopathy and its application.
<b>CO-4</b>	Demonstrate therapeutic ability of yoga for common ailments.
<b>CO-5</b>	Evaluating the effect of Alternative therapy.
<b>CO-6</b>	Designing the integrated principle of AYUSH.

**CO-PO Mapping**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	-	2	2	2	3	-	2	2	2	3	-	2	2	2	3	3
<b>CO-2</b>	2	2	2	2	3	2	2	2	2	3	2	2	2	2	3	3
<b>CO-3</b>	1	2	2	2	3	-	2	2	2	3	-	2	2	2	3	3
<b>CO-4</b>	2	2	2	2	3	2	2	2	2	3	2	2	2	2	3	3
<b>CO-5</b>	2	2	2	2	3	2	2	2	2	3	2	2	2	2	3	3
<b>CO-6</b>	1	2	2	2	3	-	2	2	2	3	-	2	2	2	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

## **YOGA AND MENTAL HEALTH**

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

- Understand the concept of mental health
- Understand the essence of Astanga Yoga and how to put them into practice.
- Understand Bhakti yoga and the role of it in our day to day life.

### **COURSE CONTENTS**

#### **UNIT-1: MENTAL HEALTH**

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

#### **UNIT-2: BASIC UNDERSTANDING ABOUT PSYCHIATRIC DISORDERS**

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

#### **UNIT- 3: BASIC UNDERSTANDING ABOUT PERSONALITY DISORDERS**

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

#### **UNIT- 4: YOGA FOR MENTAL HEALTH**

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

### **TEXT BOOKS:**

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

### **REFERENCE BOOKS**

- नौटियाल, डॉविनोदप्रदसाद : योगऔरमनोविज्ञान, किताबमहल ।
- पण्डया, डॉ० प्रणव एवंवर्णवाल, डॉ० सुरेश : योग एवंमानसिकस्वास्थ्य, न्यूभारतीय बुककॉर्पोरेशन ।
- विद्यालंकार, सुभाष : योग एवंमानसिकस्वास्थ्य, ज्ञानभारतीपब्लिकेशन, दिल्ली ।

**Course outcomes (CO):****Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Find self-management and career development.
<b>CO-2</b>	Understand the role of yoga.
<b>CO-3</b>	Develop good physique.
<b>CO-4</b>	Explain the Yogic concept and techniques for promoting mental health.
<b>CO-5</b>	Relationship between Yoga and Mental Health.
<b>CO-6</b>	Discuss the concept of Yoga for Spiritual growth and good mental health.

**CO-PO Mapping**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	2	2	2	1	2	1	1	1	2	1	1	1	3	2	1	2
<b>CO-2</b>	2	1	2	2	2	1	2	2	2	2	1	2	2	2	1	2
<b>CO-3</b>	3	2	2	2	2	1	2	2	2	1	1	2	3	3	1	3
<b>CO-4</b>	2	2	2	1	2	2	1	1	2	2	2	1	3	2	1	2
<b>CO-5</b>	2	1	2	2	2	1	2	2	2	2	1	2	2	2	1	2
<b>CO-6</b>	3	2	2	2	2	1	2	2	2	1	1	2	3	3	1	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

## Introduction to Ayurveda

### COURSE OBJECTIVES:

#### THE OBJECTIVES OF THIS COURSE ARE

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

### COURSE CONTENTS

#### UNIT-1: GENERAL INTRODUCTION TO AYURVEDA

- 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: SWASTHA VRITTA, DINACHARYA, RITUCHARYA, RATRICHARYA, SAD VRITTA & ACAHARA RASAYANA

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

#### UNIT-3: UPASTHAMBAS WITH SPECIAL EMPHASIS ON AHARA

- Concept of Upasthambha, Concept of Ahara, Aharapachana, Pathya & Apathya in Ayurveda.
- Introduction to Shariraposhana (nourishment), Concept of Ojain Ayurveda, Role of Ayurvedic diet in health and prevention.

#### UNIT-4: INTRODUCTION TO PANCHAKARMA

- Role of Poorva and PaschatKarmainPanchakarma.Significance of Panchakarma in Ayurveda and Shatkarma in Yoga.
- Approach of Ayurveda and Yoga as whole in relation to total health.

### TEXT BOOKS

- Dr. Priyavrata Sharma : Charaksamhita, ChaukhambhaOriental, Varanasi, Edition of 2008
- Dr. Ravidutta Tripathi Dr.Brahmanand Tripathi: Ashtanga Samgraha, Chaukambha Sanskrit
- Pratishthan, Delhi, Reprint edition of 2003
- Dr. K. H. Krishnamurthy: The wealth of Susruta, International Institute of Ayurveda, Coimbatore,1999

### REFERENCE BOOKS

- Dr. P. H. Kulkarni: Ayurvedic Philosophy, Academia Publishers, 2011

- Dr. V. B. Athavale: Basic Principles of Ayurveda, Chaukambha Sanskrit Prathisthan, Delhi, 2004
- Dr. L. P. Gupta: Essentials of Ayurveda, Chaukambha Sanskrit Prathisthan, Delhi, 2006
- Dr. G. Srinivas Acharya : Panchakarma illustrated, Chaukambha Sanskrit Prathisthan, Delhi, 2009.

**COURSE OUTCOMES (CO):**

**Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Relate fundamental of Ayurveda.
<b>CO-2</b>	Understand the concept, role and importance of Ayurveda.
<b>CO-3</b>	Promote good health. .
<b>CO-4</b>	Examine the concept of Panch Karma.
<b>CO-5</b>	Experimenting the therapeutic capability of Panch Karma for total health.
<b>CO-6</b>	Directing the concept of Swasthvirrit.

**CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	2	2	2	2	3	1	2	2	2	3	1	2	2	2	3	3
<b>CO-2</b>	2	2	2	2	3	2	2	2	2	3	2	2	2	2	3	3
<b>CO-3</b>	2	2	2	2	3	2	2	2	2	3	2	2	2	2	3	3
<b>CO-4</b>	2	2	2	2	3	2	2	2	2	3	2	2	2	2	3	3
<b>CO-5</b>	2	2	2	2	3	2	2	2	2	3	2	2	2	2	3	3
<b>CO-6</b>	2	2	2	2	3	2	2	2	2	3	2	2	2	2	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

**FUNDAMENTALS OF NATUROPATHY****COURSE OBJECTIVES:****THE OBJECTIVES OF THIS COURSE ARE**

- Learn the concepts of auto healing and principles of naturopathy.
- Learn the ancient knowledge of naturopathy based on the concept of panchamahabhuta.
- Importance of naturopathy in eradication of disease.

**COURSE CONTENTS****UNIT-1: INTRODUCTION TO NATUROPATHY**

- 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**

- 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**

- Hydrotherapy: Introduction, definition, scope, history, principles, role of hydro therapy 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**

- 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**

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

**REFERENCE BOOKS**

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

**COURSE OUTCOMES (CO):**

**Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Define concepts of auto healing and principles of naturopathy.
<b>CO-2</b>	Understand ancient knowledge of naturopathy based on the concept of Pancha mahabhuta.
<b>CO-3</b>	Utilize naturopathy in eradication of disease.
<b>CO-4</b>	Concept of Naturopathy diet in disease and importance of Massage.
<b>CO-5</b>	Experimenting the concept of auto healing and principles of Naturopathy.
<b>CO-6</b>	Role of Naturopathy in eradication of disease.

**CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	3	2	1	2	1	1	2	2	2	2	1	2	3	2	2	2
<b>CO-2</b>	2	1	2	2	2	1	2	2	2	2	1	2	2	2	1	2
<b>CO-3</b>	3	2	2	2	2	1	2	2	2	1	1	2	3	3	1	3
<b>CO-4</b>	2	2	2	1	2	2	1	1	2	2	2	1	3	2	1	2
<b>CO-5</b>	2	1	2	2	2	1	2	2	2	2	1	2	2	2	1	2
<b>CO-6</b>	3	2	2	2	2	1	2	2	2	1	1	2	3	3	1	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated



**YOGA PROTOCOLS FOR SPECIAL TARGETED GROUPS****COURSE OBJECTIVES:****THE OBJECTIVES OF THIS COURSE ARE**

- To integrate spiritual ability.
- To increase concentration and self-control.
- To increase productivity in life.
- To improve the immune system.

**UNIT-1: INTRODUCTION TO YOGA**

- Yoga: Etymology, definitions, aim, objectives and misconceptions.
- Yoga: Its origin, history and development.
- Guiding principles to be followed by Yoga Practitioners.
- Principles of Yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira / Panchakosha).

**UNIT-2: INTRODUCTION TO YOGIC PRACTICES**

- Introduction to major schools of Yoga (Jnana, Bhakti, Karma, Patanjali, Hatha).
- Introduction to Yoga practices for health and well-being.
- Introduction to Shatkarma: meaning, purpose and their significance in Yoga Sadhana.
- Introduction to Yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskara.

**UNIT-3: INTRODUCTION TO YOGA TEXTS**

- Introduction and study of Bhagavad Gita including memorization of selected Slokas (Chapter II – 47, 48, 49, 50 and 70).
- General Introduction to Prasthanatrayee.
- Significance of Hatha Yoga practices in health and well-being.
- Concepts of healthy living in Bhagavad Gita.

**UNIT-4: YOGA FOR HEALTH PROMOTION**

- Brief Introduction to Human Body.
- Meaning and means of health promotion and role of Yoga in health promotion.
- Yogic positive attitudes (Maitri, Karuna, Mudita, Upeksha).
- Yoga for personality development.

**REFERENCE BOOKS:**

- Goyandka, Harikrishandass: Yoga Darshan, Geeta Press Gorakhpur (Samvat 2061).
- Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga (4 separate books) Advaita Ashrama, Kolkata, 2011 & 2012.
- Gita Press Gorakhpur: ShreemadBhagavad Gita, Gita Press Gorakhpur, Samvat 2073.
- Gore M. M.: Anatomy and Physiology of Yogic Practices, Kanchana Prakashana, Lonavala, 2004.
- Basavaraddi, I. V. & others: Yoga Teachers Manual for School Teachers, MDNIY, New Delhi, 2010

**COURSE OUTCOMES (CO):**

**Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Define origin, history and development of Yoga.
<b>CO-2</b>	Understand the benefits and limitation of micro exercise.
<b>CO-3</b>	Interpreted concepts of healthy living in Bhagavad Gita.
<b>CO-4</b>	Explain the role of yoga in our health.
<b>CO-5</b>	Debating the yoga for personality development.
<b>CO-6</b>	Role of yogic positive attitudes (Maitri, Karuna, Mudita, Upeksha) in solving day to day lifestyle problems.

**CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	2	-	-
<b>CO-2</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	2	-	-
<b>CO-3</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	2	-	-
<b>CO-4</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	2	-	-
<b>CO-5</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	2	-	-
<b>CO-6</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	2	-	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

## PERSONALITY DEVELOPMENT

### COURSE OBJECTIVES:

#### THE OBJECTIVES OF THIS COURSE ARE

- To understand the concept of personality and its development.
- To comprehend the formation of attitude.
- To recognize the importance of motivation.

#### UNIT-1: INTRODUCTION

- The concept of personality, Types of personality, Determinants of personality.
- Trait Approaches of Personality (All port and Cattell).
- Personality Skills and Development, the concept of SWOT analysis.

#### UNIT-2: ATTITUDE

- Nature, formation and change of attitudes, Factors affecting attitude.
- Positive attitude advantages, Negative attitude disadvantages.
- Ways to develop positive attitude - Differences between personalities having positive and negative attitude.

#### UNIT-3: MOTIVATION

- Nature and Concept; Types of Motives.
- Significance of Internal and external motives.
- Importance of self- motivation, Factors leading to de-motivation.

#### UNIT-4: POSITIVE COGNITIVE STATES

- Positive Thinking: Concept of Optimism, Hope and Resilience.
- Self-Efficacy; Self-esteem: Positive and negative self-esteem.
- Self-confidence.

#### TEXT BOOKS

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

#### Course Outcomes (CO):

Upon successful completion of the course a student will be able to

<b>CO-1</b>	Find self-management and career development.
<b>CO-2</b>	Understand the role of yoga.
<b>CO-3</b>	Develop good physique.
<b>CO-4</b>	Explain the Yogic concept and techniques for promoting mental health.
<b>CO-5</b>	Relationship between Yoga and Mental Health.
<b>CO-6</b>	Discuss the concept of Yoga for Spiritual growth and good mental health.

**CO-PO Mapping**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO-1	2	2	2	1	2	1	1	1	2	1	1	1	3	2	1	2
CO-2	2	1	2	2	2	1	2	2	2	2	1	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	1	2	3	3	1	3
CO-4	2	2	2	1	2	2	1	1	2	2	2	1	3	2	1	2
CO-5	2	1	2	2	2	1	2	2	2	2	1	2	2	2	1	2
CO-6	3	2	2	2	2	1	2	2	2	1	1	2	3	3	1	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

## YOGIC DIET AND NUTRITION

### COURSE OBJECTIVES:

#### THE OBJECTIVES OF THIS COURSE ARE

- Understand the concept of diet and the medical value of nutrition.
- Advise the appropriate diet to different age groups.
- Have an understanding about overeating and malnutrition.
- Benefits and caloric value of various food groups.

### COURSE CONTENTS

#### UNIT-1: YOGIC CONCEPT OF DIET & NUTRITION

- 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 Bhagavad geeta, 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

- 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

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

#### UNIT-4: NUTRITION-BASICS

- 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

- Diet & Nutrition in Yoga: Dr. Bijendra Singh and Dr. Shama Praveen
- Ramesh Bijlani: Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
- Stanley David son & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition
- Dennis Thompson: The Ayurvedic Diet, New age books, New Delhi, 2001
- Randolph Stone: A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition

### REFERENCE BOOKS

- Swami Digamber Ji & Others: Gheranda Samhita, Lonavala Institute, 1978
- Gharote M L & others: Hatha Pradipika, The Lonavala Yoga Institute, Lonavala, 2006

- Swami Mangal teertham : Synthetic approach to Diet & Nutrition, Deogarh Nutan Publication, Deogarh, 2005
- Swami Gambhirananda: Bhagvatgita, Shri Ramkrishna Math, Madras Swami Maheshananda& Others: Vasishtha Samhita.

**COURSE OUTCOMES (CO):**

**Upon successful completion of the course a student will be able to**

CO-1	Define the appropriate diet to different age groups.
CO-2	Understand the concept of diet and the medical value of nutrition.
CO-3	Relate overeating and malnutrition.
CO-4	Illustrate Benefits and caloric value of various food groups.
CO-5	Explain the basics of Nutrition.
CO-6	Developed Yogic concept Diet and Nutrition.

**CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO-1	3	2	1	2	1	1	2	2	2	2	2	2	3	2	2	2
CO-2	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	2	1	3	3	1	3
CO-4	2	2	2	1	2	2	1	1	2	2	2	2	3	2	1	2
CO-5	3	2	1	2	1	1	2	2	2	2	2	2	3	2	2	2
CO-6	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

**FIELD TRAINING****COURSE OBJECTIVES:****THE OBJECTIVES OF THIS COURSE ARE**

- Able to teach different Yoga Texts.
- Gain more practical knowledge about the Yoga Texts.
- Demonstrate the yoga practices specific to a particular ailments confidently.
- Gain more practical knowledge about the disease specific yoga techniques.

**INSTRUCTIONS:**

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

- Involve them during practical session.
- Understand how to take teach
- Gain the knowledge of teaching different Yoga Texts
- Understand how to take case history
- Gain the knowledge of recording the common parameters specific to disease.

**NOTE:**

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

**EXAMINATION:**

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

**COURSE OUTCOMES (CO):**

**Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Highlighting different Yoga Texts.
<b>CO-2</b>	Contrasting practical knowledge about the Yoga Texts.
<b>CO-3</b>	Presenting the yoga practices specific to a particular ailments confidently.
<b>CO-4</b>	Explaining about the disease specific yoga techniques.
<b>CO-5</b>	Reviewing, recording of the common parameters specific to disease.
<b>CO-6</b>	Writing case history.

**CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
<b>CO-2</b>	1	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
<b>CO-3</b>	-	1	2	2	3	2	1	2	2	2	3	2	-	-	3	2
<b>CO-4</b>	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
<b>CO-5</b>	1	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
<b>CO-6</b>	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

**CASE STUDY****COURSE OBJECTIVES:****THE OBJECTIVES OF THIS COURSE ARE**

- Describe an individual situation (case), e.g. a person, business, organisation, or institution, in detail;
- Identify the key issues of the case (your assignment question should tell you what to focus on);
- Analyse the case using relevant theoretical concepts from your unit or discipline;
- Recommend a course of action for that particular case (particularly for problem-solving case studies)

**COURSE CONTENTS****UNIT-1: CASE TAKING-I**

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

**UNIT-2: CASE TAKING-II**

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

**UNIT-3: PREPARATION OF THE CASES**

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

**UNIT-4: PRESENTATION**

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

**COURSE OUTCOMES (CO):**

**Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Find Objective of the case study to find out the factors that account for the behaviour patterns.
<b>CO-2</b>	Develop key skills such as problem solving decision making and analytical abilities.
<b>CO-3</b>	Plan time management presentation skills group and working.
<b>CO-4</b>	Prepare phenomenal context and people.
<b>CO-5</b>	Evaluate how to apply theory in practice.
<b>CO-6</b>	Build the capacity for critical analysis judgment and action.

**CO-PO Mapping**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	3	3	1	2	1	1	2	2	2	3	2	2	2	2	2	2
<b>CO-2</b>	2	1	2	2	1	1	2	2	2	2	2	2	2	2	1	2
<b>CO-3</b>	2	2	2	2	1	1	2	2	2	1	2	2	2	3	1	2
<b>CO-4</b>	2	2	2	1	1	1	1	1	2	2	1	2	2	2	1	2
<b>CO-5</b>	2	2	2	2	1	1	2	2	2	1	2	2	2	3	1	2
<b>CO-6</b>	2	2	2	1	1	1	1	1	2	2	1	2	2	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated



**EVIDENCE BASED YOGA THERAPY****COURSE OBJECTIVES:****THE OBJECTIVES OF THIS COURSE ARE**

- Independently handle a patient and administer yoga therapy;
- Appreciate the relative contribution of each organ system to the homeostasis;
- Illustrate the physiological response and adaptations to environmental stresses;
- List physiological principles underlying pathogenesis and disease management

**COURSE CONTENTS****UNIT-1: MUSCULO-SKELETAL DISORDERS**

- Back Pain: Classification of back pain organic and functional, Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic-Lumbago, Medical Management, Yogic Management.
- Neck pain: Classification, Cervical Spondylosis, Functional neck pain, Whiplash injury, Medical Management, Yogic Management.
- All forms of Arthritis: Rheumatoid Arthritis: Osteoarthritis, Psoriatic Arthritis, Gout, Medical Management, Yogic Management.
- Muscular dystrophy: Medical Management, Yogic Management

**UNIT-2: GASTRO INTESTINAL DISORDERS**

- A PD: Introduction to APD: Gastritis –Acute & Chronic, Dyspepsia, Peptic Ulcers:. Clinical Features, Medical Management, Yogic Management.
- Constipation and Diarrhoea: Definition, Pathophysiology, Clinical Features, Medical Management, Yogic Management, iii. Irritable Bowel Syndrome: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management.
- Inflammatory Bowel Disease, Ulcerative colitis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management.
- Crohn's diseases: Definition, Pathophysiology, Classification, Clinical features, Medical Management, Yogic Management.

**UNIT-3: RESPIRATORY DISORDERS**

- Respiratory Disorders: Introduction to Respiratory disorders, Brief classification – Obstructive, Restrictive, infectious and inflammatory, Introduction to Pulmonary function tests and their principles, Bronchial Asthma: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management.
- Allergic Rhinitis & Sinusitis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management.
- COPD: Chronic Bronchitis, Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management; Emphysema: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management.
- Infectious Disorders: Tuberculosis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management, Pneumonia: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management, Interstitial Lung Disease / Idiopathic pulmonary fibrosis: Definition,

Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management.

#### UNIT-4: CARDIOVASCULAR AND METABOLIC DISORDERS

- Introduction to Cardiovascular disorders; Hypertension: Definition, Pathophysiology, Classification, Clinical Feature, Medical Management, Yogic Management.
- Atherosclerosis / Coronary artery disease: Definition, Pathophysiology, Classification, Clinical Features Medical Management and Yogic Management.
- Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehab.: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management.
- Congestive Cardiac Failure / Cardiomyopathy: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management, Cardiac asthma: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management, endocrinal.

#### REFERENCE BOOKS:

- Yoga for common ailments and IAYT for different diseases –R. Nagarathana, H R Nagendra and Shamantakamani Narendran
- Yoga for common disorders- Swami Koormananda Saraswati
- Integrated approach of yoga therapy for positive health-R Nagaratha, HR Nagendra

#### COURSE OUTCOMES (CO):

Upon successful completion of the course a student will be able to

<b>CO-1</b>	Identifying different disorders.
<b>CO-2</b>	Understanding Independently handles a patient and administers yoga therapy.
<b>CO-3</b>	Examining each organ system to the homeostasis
<b>CO-4</b>	Illustrate the physiological response and adaptations to environmental stresses.
<b>CO-5</b>	Reviewing Medical Management& Yogic Management;
<b>CO-6</b>	Directing physiological principles underlying pathogenesis and disease management.

#### CO-PO MAPPING

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	-	-	1	2	3	2	1	2	2	2	3	2	-	-	3	2
<b>CO-2</b>	1	-	2	2	2	2	1	2	2	2	3	2	-	-	3	2
<b>CO-3</b>	-	1	2	2	3	2	1	2	2	2	3	2	-	-	3	2
<b>CO-4</b>	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
<b>CO-5</b>	1	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
<b>CO-6</b>	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

# **VAC Papers**

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**INTRODUCTION TO PRANAYAMA****COURSE OBJECTIVES:****THE OBJECTIVES OF THIS COURSE ARE**

- To impart the basic, classical and scientific knowledge about Pranayama.
- To make the people aware of the fundamentals of Pranayama for wellness in their daily life.
- To develop healthy lifestyle of an individual through the practice of Pranayama.
- To promote positive health and spiritual evolution of individuals by the practice of Pranayama.
- To help for the development of personality of learners at all levels.
- To make aware of the utility of Pranayama in disease prevention and promotion of health.

**UNIT-1: FUNDAMENTAL PRINCIPLES OF PRANAYAMA WITH REFERENCE TO TRADITIONAL YOGIC TEXTS.**

- Introduction to Pranayama (Etymology, definition, aim and objectives of Pranayama in different Yogic texts).
- Concept of breathing, vayu, prana, upapana.
- Concept of Swara Yoga and Shatchakras.

**UNIT-2: CLASSIFICATION AND TYPES OF PRANAYAMA.**

- Classification and Types of Pranayama as referred in different Yogic texts.
- Importance of Pranayama.
- Pranayama techniques for Health Promotion.

**UNIT-3: ANATOMY & PHYSIOLOGY OF PRANAYAMA.**

- Physiology of respiration.
- Breathing exercise & Pranayama: their differences and inter-relationship.

**UNIT-4: APPLICATIONS OF PRANAYAMA.**

- Role of Pranayama in disease prevention and health promotion.
- Health benefits of Pranayama.
- Pranayama for Old age problems.
- Pranayama and Cognitive functions.
- Pranayama for Women health problems.

**REFERENCE BOOKS:**

- Brahmachari, Swami Dharendra: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi.
- Iyengar, B.K.S.: Light on Pranayama, Harper Collins, London.
- Nagendra, H.R.: The art and Science of Pranayama, V. K. Yogas, Bangalore.
- Swami Rama: Science of Breath, The Himalayan International Institute, Pennsylvania.
- Sarswati, Swami Niranjanand: Dharana Darsana, Yoga Publication Trust, Munger.
- Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla.
- MDNIY, New Delhi: Pranayama.

**COURSE OUTCOMES (CO):**

**Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Defining the basic knowledge about Prana.
<b>CO-2</b>	Explaining the types of Pranayama.
<b>CO-3</b>	Implementing the effects of Pranayama on different systems.
<b>CO-4</b>	Explaining the utility of Pranayama in disease prevention and promotion of health.
<b>CO-5</b>	Experimenting the therapeutic importance of Pranayama.
<b>CO-6</b>	Directing to promote positive health and spiritual evolution of individuals by the practice of Pranayama.

**CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	2	2	-	2	2	2	2	2	2	2	2	2	1	1	-	-
<b>CO-2</b>	1	2	-	2	2	2	1	1	2	2	2	2	1	1	-	-
<b>CO-3</b>	-	2	-	3	1	2	1	-	2	2	2	2	1	-	-	-
<b>CO-4</b>	1	2	-	2	1	2	1	1	2	2	2	2	1	-	-	-
<b>CO-5</b>	1	2	1	3	1	2	1	1	2	2	2	2	1	-	-	-
<b>CO-6</b>	-	2	-	2	1	2	1	1	2	2	2	2	1	-	-	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

## **INTRODUCTION OF MEDITATION**

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

- To impart the basic, classical and scientific knowledge about Meditation.
- To make the people aware of the fundamentals of Meditation for wellness in their daily life.
- To develop healthy lifestyle of an individual through the practice of Meditation.
- To promote positive health and spiritual evolution of individuals by the practice of Meditation.
- To help for the development of personality of learners at all levels.
- To make aware of the utility of Meditation in disease prevention and promotion of health.

#### **UNIT-1: FUNDAMENTAL PRINCIPLES OF MEDITATION WITH REFERENCE TO TRADITIONAL YOGIC TEXTS.**

- Introduction to Meditation (Etymology, definition, aim and objectives of Pranayama in different Yogic texts).
- Concept of mind, consciousness, ego: traditional perspectives.

#### **UNIT-2: CLASSIFICATION AND TYPES OF MEDITATION.**

- Classification and Types of Meditation as referred in different Yogic texts.
- Importance of Meditation.
- Meditation techniques for Health Promotion.
- Om Dhyana.
- Anter-Maun.

#### **UNIT-3: ANATOMY & PHYSIOLOGY OF MEDITATION.**

- Meditation and Brain physiology.
- Concept of mind, consciousness, ego: modern perspectives/yogic perspectives.

#### **UNIT-4: APPLICATIONS OF MEDITATION.**

- Role of Meditation in disease prevention and health promotion.
- Health benefits of Meditation.
- Pranayama and Meditation for Old age problems.
- Meditation and Cognitive functions.
- Meditation for Women health problems.

### **REFERENCE BOOKS:**

- Basavaraddi, I.V. & Others: Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi, 2011.
- Gharote, M.L.: Pranayama: The Science of Breath, The Lonavla Yoga Institute, Lonavla, 2003.
- Gharote, M.L.: Guidelines for Yogic Practices, The Lonavla Yoga Institute, Lonavla.
- Sarswati, Swami Niranjanand: Dharana Darsana, Yoga Publication Trust, Munger.
- Krishnamacharya, T.: Dhyanamalika, KYM, Chennai.
- Swami Digambaraji & Shastri: Hatha-Pradeepika of Swatmarama Kaivalyadhama, Lonavla.

- Pt. R.N.Saraswati, Swami Satyanand: Asana, Pranayama, Mudra, Bandha, Bihar School of Yoga, Munger.
- Patanjali: Yoga Darshana.
- Swami Niranjanand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005.
- K. S. Joshi: Yogic Pranayama.
- Gore M. M.: Anatomy and Physiology of Yogic Practices.
- Swami Gitananda Giri: The Ashtanga Yoga of Patanjali.

### COURSE OUTCOMES (CO):

Upon successful completion of the course a student will be able to

<b>CO-1</b>	Defining the basic, classical and scientific knowledge about Meditation.
<b>CO-2</b>	Interpreting the effect of Meditation on different systems.
<b>CO-3</b>	Implementing the fundamentals and Objectives of Pranayama for wellness in their daily life.
<b>CO-4</b>	Explaining the utility of Meditation in disease prevention and promotion of health.
<b>CO-5</b>	Experimenting the therapeutic importance of Meditation.
<b>CO-6</b>	Directing to promote positive health and spiritual evolution of individuals by the practice of Meditation.

### CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	2	2	-	2	2	2	2	2	2	2	2	2	1	1	-	-
<b>CO-2</b>	1	2	-	2	2	2	1	1	2	2	2	2	1	1	-	-
<b>CO-3</b>	-	2	-	3	1	2	1	-	2	2	2	2	1	-	-	-
<b>CO-4</b>	1	2	-	2	1	2	1	1	2	2	2	2	1	-	-	-
<b>CO-5</b>	1	2	1	3	1	2	1	1	2	2	2	2	1	-	-	-
<b>CO-6</b>	-	2	-	2	1	2	1	1	2	2	2	2	1	-	-	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

**FUNDAMENTALS OF SHATKARMA****COURSE OBJECTIVES:****THE OBJECTIVES OF THIS COURSE ARE**

- To impart the basic, classical and scientific knowledge about Shatkarma.
- To make the people aware of the fundamentals of Shatkarma for wellness in their daily life.
- To develop healthy lifestyle of an individual through the practice of Shatkarma.
- To promote positive health and spiritual evolution of individuals by the practice of Shatkarma.
- To make aware of the utility of Shatkarma in disease prevention and promotion of health.

**UNIT-1: FUNDAMENTAL PRINCIPLES OF SHATKARMA WITH REFERENCE TO TRADITIONAL YOGIC TEXTS.**

- Introduction to Shatkarma.
- Aim and objectives of Shatkarma.

**UNIT-2: CLASSIFICATION AND TYPES OF SHATKARMA.**

- Classification and Types of Shatkarma as referred in Hath Pradeepika.
- Importance of Shatkarma.
- Shatkarma techniques for Health Promotion.

**UNIT-3: PHYSIOLOGY OF SHATKARMA.**

- Physiological effect of Shatkarma (Kriyas).
- Therapeutic benefits of Shatkarma.

**UNIT-4: APPLICATIONS OF SHATKARMA.**

- Role of Shatkarma in disease prevention and health promotion.
- Health benefits of Shatkarma.
- Shatkarma for Old age problems.

**REFERENCE BOOKS:**

- Gharote, M.M.& others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010.
- Gharote ML : Hataratnavali, The Lonavala Yoga Institute, Lonavala, Pune, IInd Edition, 2009.
- Briggs GW: Gorakhnatha and the Kanphata Yogis, 8th Edition, 2009.
- Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006.
- Gharote M.L. & Pai, G.K. (Edi): Siddhasidhant Paddhati, Kaivalyadhama, Lonavla, 2005.
- Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
- Swami Digambarji and Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.
- Swatmaramaji: Hathapradipika (Jyotsana-tika), Adyar Library, Madras.
- Bharati, Swami Veda Reddy Venkata: Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnavali.
- योग धारा - प्रो० (डॉ०) कंचन जोशी।



**COURSE OUTCOMES (CO):**

**Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Defining the basic, classical and scientific knowledge about Shatkarma.
<b>CO-2</b>	Interpreting the effect of Shatkarma on different systems.
<b>CO-3</b>	Implementing the fundamentals of Shatkarma for wellness in their daily life.
<b>CO-4</b>	Explaining the utility of Shatkarma in disease prevention and promotion of health.
<b>CO-5</b>	Experimenting the therapeutic importance of Shatkarma.
<b>CO-6</b>	Directing to promote positive health and spiritual evolution of individuals by the practice of Shatkarma.

**CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO-1</b>	3	3	2	2	2	2	2	3	2	2	2	-	-	3	2	2
<b>CO-2</b>	3	3	3	2	2	2	2	3	2	2	2	-	-	3	2	2
<b>CO-3</b>	3	2	3	2	2	2	2	3	2	2	2	-	1	-	2	1
<b>CO-4</b>	3	3	2	2	2	2	2	3	2	2	2	-	-	1	2	2
<b>CO-5</b>	3	2	1	2	2	2	2	3	2	2	2	-	1	1	1	1
<b>CO-6</b>	3	3	3	2	2	2	2	3	2	2	2	-	1	-	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

## **YOGA & SELF MANAGEMENT**

### **COURSE OBJECTIVES:**

#### **THE OBJECTIVES OF THIS COURSE ARE**

- The meaning and need for self-management and career development.
- To understand the role of yoga.
- Develop good physique.

#### **UNIT-I: INTRODUCTION OF SELF-MANAGEMENT AND CAREER DEVELOPMENT**

- Self-management- concept, basis, meaning, nature and need
- Study of different dimensions related with self-management
- Self-confidence – meaning and its improvement
- Mapping and knowing your life- components of life journey.
- Mapping and knowing your life – components of life journey. Career development, goal setting and its achievement-basis, process and planning.

#### **UNIT-II: DEVELOPMENT OF CAPABILITIES**

- Development of will, imagination and Yogic Life
- Development of thinking, emotion control and Yogic Life.
- Meditation in development of intuition and power of senses.
- Improvement of memory and meditation.

#### **UNIT-III: SELF MANAGEMENT AND STRESS-MANAGEMENT**

- Management of needs and internal community, maintenance of health and vitality.
- Management; time Management, Management of different stages of life; Problems, decisions and plans.
- Stress – Nature, causes and effects
- Stress – Yogic management.

#### **UNIT-IV: COMMUNICATION AND YOGIC LIFE**

- The importance of communication, determinants
- Skill and blocks to communication, effective listening, body language, effective reading and speaking in public.
- Ideas to action, direction setting.
- Mobilizing people and work achievement.

#### **REFERENCE BOOKS**

- L.Chaito: Relaxation & Meditation Techniques,1983
- Michael Aegyle: Bodily Communication, Methuen,1975
- Mulligan J: The personal Management (handbook)
- Postonjee D.M.: Stress and Coping, The Indian Experience, sage Publication, New Delhi.
- Yoga and Psychology - Dr. Kanchan Joshi & Dr. Bijendra Singh
- आचार्यमहाप्रज्ञ- शक्ति की साधना ।
- आचार्यमहाप्रज्ञ-नयामानव, नयाविश्व, आदर्शसाहित्य संघ, चूरु ।
- शिवखेड़ा-जीतआपकी ।

**COURSE OUTCOMES (CO):****Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Contrasting the concept of personality development.
<b>CO-2</b>	Understand the role of yoga.
<b>CO-3</b>	Develop good physique.
<b>CO-4</b>	Explaining the meaning and need of self-management and career development.
<b>CO-5</b>	Evaluating the role of Yoga on self-management
<b>CO-6</b>	Directing the importance of communication.

**CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
<b>CO1</b>	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
<b>CO2</b>	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
<b>CO3</b>	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
<b>CO4</b>	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
<b>CO5</b>	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
<b>CO6</b>	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

**YOGA & STRESS MANAGEMENT****COURSE OBJECTIVES:****THE OBJECTIVES OF THIS COURSE ARE**

- To gain knowledge on factors effecting symptoms of stress.
- To gain knowledge on yogic techniques for stress management.

**UNIT-1: FUNDAMENTAL UNDERSTANDING ABOUT STRESS, PHYSICAL, PSYCHOLOGICAL AND PHYSIOLOGICAL EFFECTS OF STRESS.**

- Introduction to Stress- physical response to stress- anxiety and its effects on health- emotions and stress- stress and Neuro endocrinal changes.

**UNIT-2: KNOWLEDGE OF VARIOUS STRESS DISORDERS, ETIOLOGY AND CLINICAL.**

- Psychological factors and stress disorders- Etiological factors of stress-clinical aspects of stress.

**UNIT-3: GAINS UNDERSTANDING OF PRINCIPLES UNDERLYING THERAPY OF STRESS DISORDERS.**

- Principles of therapy of stress disorders- role of Yoga in stress-studies on physiological aspects of Yoga in stress.

**UNIT-4: COMPREHENSION OF IMPORTANT BIOLOGICAL CONCEPTS SUCH AS BIO FEEDBACK AND ITS ROLE INMODULATING STRESS, ROLE OF MEDITATION IN STRESS MANAGEMENT.**

- Biofeedback methods in stress –role of meditation in stress.
- Preventive and curative effects of Yoga on stress related disorders: Hyper tension, Heart problems, Bronchial Asthma, Peptic Ulcer, Diabetes Mellitus, Arthritis, Anxiety Neurosis and Headache.

**RECOMMENDED BOOK:**

- K.N. Udupa, Stress and its Management by Yoga, Motilal Bnarsidass, Delhi, 1985
- Pandit Shambhu Nath: Speaking of Stress Management through Yoga Meditation, New Dawn Press, New Delhi, 3005

**COURSE OUTCOMES (CO):**

**Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Contrasting the concept of Stress.
<b>CO-2</b>	Understand the role of Yoga for Stress Management.
<b>CO-3</b>	Develop great mental health.
<b>CO-4</b>	Understand the mental disorders.
<b>CO-5</b>	Experimenting the utility of yoga therapy.
<b>CO-6</b>	Directing to promote positive health and interpreting the effect of yoga therapy.

**CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO-1	2	2	-	2	2	2	2	2	2	2	2	2	1	1	-	-
CO-2	1	2	-	2	2	2	1	1	2	2	2	2	1	1	-	-
CO-3	-	2	-	3	1	2	1	-	2	2	2	2	1	-	-	-
CO-4	1	2	-	2	1	2	1	1	2	2	2	2	1	-	-	-
CO-5	1	2	1	3	1	2	1	1	2	2	2	2	1	-	-	-
CO-6	-	2	-	2	1	2	1	1	2	2	2	2	1	-	-	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

# **SEC/IAPC Papers**

**BASIS OF SANSKRIT****COURSE OBJECTIVES:****THE OBJECTIVES OF THIS COURSE ARE****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.

**COURSE CONTENTS****UNIT-1: संस्कृतभाषापरिचय।**

- संस्कृतभाषापरिचय,  
योगशास्त्रकेअध्ययनमेंसंस्कृतकामहत्त्वऔरयोगएवंसंस्कृतकाअन्तःसम्बन्ध।माहेश्वरसूत्र।संस्कृतवर्णमाला  
, स्वर, व्यंजनवर्गज्ञानसहित  
(रोमनलिपिमेंलेखनएवंपठन);वर्णोंकेउच्चारणस्थानऔरप्रयत्नज्ञान।प्रत्याहारनिर्माणविधिएवंप्रत्याहारज्ञान।  
कारक, विभक्ति(सुप्औरतिङ्),लिङ्ग, वचन, पुरुष, लकारएवंवाक्याङ्गपरिचय।संस्कृतसंख्याएं  
(एकसेसौतक)

**UNIT-2: शब्दरूप।**

- अजन्तशब्दरूप- राम, बालिका, पुस्तक, मुनि, रुचि, वारिशब्दोंकेरूपअर्थज्ञानसहित।अजन्तशब्दरूप- नदी,  
भानु, धनु, मधु, पितृ, मातृशब्दोंकेरूपअर्थज्ञानसहित।सर्वनामशब्दरूप- अस्मद्, युष्मद्, तत्(तीनोलिङ्गोंमें),  
एतद्(तीनोलिङ्गोंमें), किम्(तीनोलिङ्गोंमें); 4 सर्व(तीनोलिङ्गोंमें), भवत्(तीनोलिङ्गोंमें)  
शब्दोंकेरूपअर्थज्ञानसहित।हलन्तशब्दरूप- भगवत्, आत्मन्, नामन्, जगत्शब्दोंकेरूपअर्थज्ञानसहित।

**UNIT-3:सन्धिएवंभाषाभ्यास।**

- अच्,  
हल्एवंविसर्गसन्धियोंकाज्ञानएवंसन्धिविच्छेदकाअभ्यास।भगवद्गीताकेद्वितीयअध्यायकेप्रथम२०श्लोकों  
मेंकारकएवंक्रियापदोंकाअनुसन्धानएवंसंस्वरश्लोकपाठ।संस्कृतसेहिन्दी/  
अंग्रेजीमेंअनुवाद।संस्कृतमेंपरस्परवार्तालापएवंमौखिकव्याख्यानकाअभ्यास।

**UNIT-4:भाषादक्षता।**

- उपरोक्त के सन्दर्भ मेंवाक्यनिर्माणएवंअर्थज्ञानकाअभ्यास।

**TEXT BOOKS**

- Moorty CLN : First Book of Sanskrita, Chaukhabha Sanskrit Series, Varanasi, 2010
- Max Muller : A Sanskrit Grammar Parimal Publication, Delhi, 2012
- Goldmom P R : Devavanopravesika : An introduction to the Sanskrit languages, MLBD, New Delhi , 2011
- Devavanipravesika- : Robert p. goldman: MLBD - NEW DELHI.
- प्रारम्भिकरचनानुवादकौमुदी : कपिलदेवद्विवेदी;विश्वविद्यालयप्रकाशनवाराणसी।
- रचनानुवादकौमुदी : कपिलदेवद्विवेदी;विश्वविद्यालयप्रकाशनवाराणसी।

**BOOKS FOR REFERENCE**

- Perry E D : A Sanskrit Primer, MLBD, New Delhi, 2004

- Kala MR : A Higher Sanskrit Grammar for college students, MLBD, New Delhi, 2011
- द्विवेदीकपिलदेव : प्रारम्भिकरचनानुवादकौमुदी; विश्वविद्यालयप्रकाशनवाराणसी, 2011
- द्विवेदीकपिलदेव : रचनानुवादकौमुदी; विश्वविद्यालयप्रकाशनवाराणसी, 2011
- द्विवेदीकपिलदेव : रचनानुवादकौमुदी; विश्वविद्यालयप्रकाशनवाराणसी, 2007.

### COURSE OUTCOMES (CO):

Upon successful completion of the course a student will be able to

CO-1	Read the colloquial words of Sanskrit.
CO-2	Increase ability to read and understand Sanskrit Texts.
CO-3	Preparing sentence in Sanskrit.
CO-4	Communicate and compare held Sanskrit to the best of their ability.
CO-5	Evaluate the grammatical mistake.
CO-6	Write in Sanskrit and have some idea about grammar.

### CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO-1	1	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2
CO-2	2	1	2	2	2	1	2	2	2	2	1	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	1	2	3	3	1	3
CO-4	2	2	2	1	2	2	1	1	2	2	2	1	3	2	1	2
CO-5	3	2	2	2	2	1	2	2	2	1	1	2	3	3	1	3
CO-6	2	2	2	1	2	2	1	1	2	2	2	1	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated



**COMPUTER LAB****COURSE OBJECTIVES:****THE OBJECTIVES OF THIS COURSE ARE**

- 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.

**COURSE CONTENTS****UNIT-1: BASICS OF COMPUTER AND ITS APPLICATIONS**

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

**UNIT-2: REPRESENTATION OF DATA AND SOFTWARE CONCEPTS**

- Decimal, Binary, Octal, Hexadecimal number systems, BCD, EBCDIC, ASCII Conversions, Simple Additions, Subtractions, Multiplications, Divisions, Data and Information.
- Introduction to Programming, Flow charts and Algorithms; Types of Software's, 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**

- 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**

- 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**

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

**REFERENCE BOOKS**

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

**COURSE OUTCOMES (CO):****Upon successful completion of the course a student will be able to**

CO-1	Understand the application of computer in our day today life.
CO-2	Represent the data and organize them.
CO-3	Evaluate operating system and importance of file management.
CO-4	Demonstrate Operating system and concept of Operating System.
CO-5	Presenting the basic of computer and its application.
CO-6	Programming correctly implements and documents solution to significant computational problems.

**CO-PO MAPPING**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO-1	-	2	2	2	2	-	1	2	2	2	1	2	2	2	2	2
CO-2	1	2	2	2	2	1	2	2	2	2	2	2	2	2	2	2
CO-3	-	2	2	2	2	-	2	2	2	2	2	2	2	2	2	2
CO-4	1	2	2	2	2	-	2	2	2	2	2	2	2	2	2	2
CO-5	1	2	2	2	2	1	2	2	2	2	2	2	2	2	2	2
CO-6	-	2	2	2	2	-	2	2	2	2	2	2	2	2	2	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

**BASICS OF YAGYA THERAPY****COURSE OBJECTIVES:****THE OBJECTIVES OF THIS COURSE ARE**

- Get comprehensive knowledge about ancient wisdom.
- Understand the basic concepts of Yagya.
- Understand the concept of Yagya therapy.
- To make the students understand the fundamental of Yagya therapy.

**UNIT-I: YAGYA AND ITS PHILOSOPHICAL NATURE**

- Yagya: Meaning and Definition.
- Principles of Yagya Therapy.
- Concept, Scope and Limitations of Yagya Therapy.
- Introduction of Sacrificial Material (Yagya Samagri) according to Disease.

**UNIT-II: CONTRIBUTION OF YAGYA IN HUMAN EXCELLENCE**

- Role of Yagya in Physical Excellence.
- Role of Yagya in Mental Excellence.
- Role of Yagya in Social Excellence.
- Role of Yagya in Spiritual Excellence.

**UNIT-III: YAGYA THERAPY IN COMMON DISEASES**

- Liver problem
- Hart problem
- Ladies problem
- Debates
- Mental problem

**REFERENCE BOOKS:**

- यज्ञ चिकित्सा—ब्रह्मवर्चस्व ।
- योगसाधना—पण्डितकेदारनाथमिश्रा ।
- Yagya Vidhanam – Ramanand & Shashank Shekhar Shulva

**Course outcomes (CO):**

**Upon successful completion of the course a student will be able to**

CO-1	Memorizing comprehensive knowledge about ancient wisdom.
CO-2	Understand the basic concepts of Yagya.
CO-3	Examine fundamental of acupressure and Yagya therapy.
CO-4	Explain the concept of Yagya therapy.
CO-5	Evaluate the concept of alternative therapy.
CO-6	Directing the concept of Yagya Samagri.

**CO-PO Mapping**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	2	2	-	2	2	2	2	2	2	2	2	2	1	1	-	-
CO2	1	2	-	2	2	2	1	1	2	2	2	2	1	1	-	-
CO3	-	2	-	3	1	2	1	-	2	2	2	2	1	-	-	-
CO4	1	2	-	2	1	2	1	1	2	2	2	2	1	-	-	-
CO5	1	2	1	3	1	2	1	1	2	2	2	2	1	-	-	-
CO6	-	2	-	2	1	2	1	1	2	2	2	2	1	-	-	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

## INTRODUCTION TO MANTRA THERAPY

**Course Objectives:** The objectives of this course are

- Get comprehensive knowledge about ancient wisdom.
- Understand the basic concepts of Mantra.
- Understand the concept of Mantra therapy.
- To make the students understand the fundamental of Mantra therapy.

### Unit I: Introduction to Mantra Therapy

- Definition and history of Mantra Therapy
- Principles and philosophy of Mantra Therapy
- Benefits and applications of Mantra Therapy

### Unit II: Mantras and Their Meanings

- Introduction to various mantras and their meanings
- Understanding the significance of mantra recitation
- Practicing mantra recitation and chanting techniques

### Unit III: Therapeutic Benefits of Mantra Therapy

- Physical benefits of Mantra Therapy (e.g., reduced stress, improved sleep)
- Emotional benefits of Mantra Therapy (e.g., increased self-awareness, improved mood)
- Spiritual benefits of Mantra Therapy (e.g., increased sense of connection, spiritual growth)

### Unit IV: Applying Mantra Therapy in Daily Life

- Using Mantra Therapy for personal growth and self-awareness
- Exploring the use of mantras in healing and energy work
- Using Mantra Therapy for stress management and relaxation

### REFERENCE BOOKS:

- Mantra Chikitsa Sadhana – Pandit Kedar Nath Mishra
- Mantra Sadhana – Yogeshwaranand
- Aarogya Mantra – Rajeev Dixit

**Course outcomes (CO):****Upon successful completion of the course a student will be able to**

CO-1	Highlighting basic concepts of Mantra.
CO-2	Understand the fundamental of Mantra Therapy.
CO-3	Implementing Mantra Therapy in various diseases.
CO-4	Explain the effect of Mantra therapy.
CO-5	Validating write pronoun session of Mantra Therapy.
CO-6	Directing the Mantra as Therapy for personal growth and self-awareness.

**CO-PO Mapping**

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	2	2	-	2	2	2	2	2	2	2	2	2	1	1	2	2
CO2	1	2	-	2	2	2	1	1	2	2	2	2	1	1	-	-
CO3	-	2	-	3	1	2	1	-	2	2	2	2	1	1	1	1
CO4	1	2	-	2	1	2	1	1	2	2	2	2	1	1	1	1
CO5	1	2	1	3	1	2	1	1	2	2	2	2	1	1	-	-
CO6	-	2	-	2	1	2	1	1	2	2	2	2	1	1	2	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated