

# **SHRI GURU RAM RAI UNIVERSITY**

(Estd. by Govt. of Uttarakhand, vide Shri Guru Ram Rai University Act no. 03 of 2017)



## **M.A. in Human Consciousness and Yogic Science SYLLABUS**

Choice Based Credit System

Curriculum Framework under NATIONAL EDUCATION POLICY-2020

**SCHOOL OF YOGIC SCIENCE & NATUROPATHY**  
**DEPARTMENT OF NATUROPATHY AND ALTRNATIVE THERAPIES**  
**PATHARI BAGH, DEHRADUN-248001, UTTARAKHAND, NDIA**  
**SYLLABUS FOR M.A. in Human Consciousness and Yogic Science**  
**Master of Arts (Human Consciousness and Yogic Science)**

**Programme outcome (PO)**

**Students will be able to**

<b>PO1</b>	Develop students with an in-depth understanding of the operational aspects of Yoga and Human Consciousness.
<b>PO2</b>	Demonstrate effective application capabilities of their conceptual understanding to the real situation of Yoga with validated conclusion.
<b>PO3</b>	Analysis and critically solve problems of human body with daily practice with attention.
<b>PO4</b>	Applied research based knowledge and interpretation of data with the help of different Yogic practices.
<b>PO5</b>	Select and create modern appropriate techniques in the application of Yoga and Human Consciousness.
<b>PO6</b>	Give contextual knowledge to assess societal, health safety and cultural issues and the consequent responsibilities as Yoga teacher.
<b>PO7</b>	Evaluate Ethical issues and situation to make decisions with the help of various Yogic practices Bhagwat Geeta & Upanishad.
<b>PO8</b>	Apply principles and bind to professional ethics with daily practice of Ashtang Yoga.
<b>PO9</b>	Recognize the necessity for autonomous lifelong learning in the broadest possible context of technological change, and possess the necessary readiness and capacity to do so.
<b>PO10</b>	Students will be aware and updated with the research advances and developments in the field of Yogic science and Human Consciousness.
<b>PO11</b>	Ability to effectively use Yoga and Human Consciousness as a therapeutic modality through the integration of diverse approaches to this field.
<b>PO12</b>	The students will be able to apply knowledge and skills of Yoga and Human Consciousness for lifelong learning.

**Program Specific Outcome (PSOs)**

<b>PSO1</b>	Following the completion of this course, students shall be able to Give an introduction of Yoga and Human Consciousness and its important streams.
<b>PSO2</b>	To give an understanding of the prerequisites of Hath Yoga & Bhakti Yoga.
<b>PSO3</b>	Understand normal gross structure of human body and their functions in detail.
<b>PSO4</b>	Understand Human consciousness and benefits, limitation of micro exercise.

**Eligibility for admission:****Duration of the Program:**

- The course will be of two years duration, which will be divided into four semesters as two semesters in each academic year.

**Objectives of the Program:**

- The course will provide deeper insight into the curriculum of Yogic Sciences along with the philosophical applications of Yoga and Human consciousness.
- At the Master level it is also intended that students should get familiar with the original texts of Yoga.
- Promoting Positive Health in the Student through Yoga and enabling and imparting skill in them to practice and apply Yogic practices for Health to general public and teach Yoga for Total personality development and spiritual evolution.
- Invoking and inculcating inquisitive, scientific temper in student regarding the Traditional Indian Sciences specially Yoga and Spirituality.
- A research attitude and orientation will also be inculcated into the student so that they further become able to undertake advance and theoretical and applied researches in the field of Yoga.

**Syllabus:**

- The syllabus is designed to fulfil aforesaid objectives as Core and Elective subjects (Theory and Practical). Semester wise detail scheme and name of the papers are given as ahead.

**Scheme of Evaluation:**

- As this is a program with the objectives mentioned above the assessment will be based on attendance in theory and practical classes, assignments in the form of Sessional works, personality changes of students as they go through the course as assessed and evaluated by teacher.
- The Sessional work is dividing in **Cumulative Test (CT) and Teacher Assessment (TA)** which will carry 40% of total marks for the course. The marks of the Sessional Test and Assignments shall be taken into account for the computation of Grades.
- There shall be a written End Semester Examination which shall be of 03 hours duration carrying 60% of total Marks assigned for the course, covering the entire syllabus prescribed for the course. The End semester Examination shall be conducted by the University in consultation with the Dean concerned.
- The Semester practical examinations shall normally be held before the theory examination. The internal faculty shall associate themselves with the examination process.
- Evaluation of Project Report / Dissertation and viva- voce
- Cumulative Test (CT) and Teacher Assessment (TA)

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

Periodical Presentation	- 40 Marks
Dissertation	- 40 Marks
Viva-Voce	- 20 Marks
<b>Total</b>	<b>- 100 Marks</b>

Dissertation / Project report shall be valued jointly by internal and one external examiner.

**Eligibility: 40%**

- No student shall be eligible for admission to a Master's degree programme in Yoga unless he/she has successfully completed a three year undergraduate degree or earned

prescribed number of credits for an undergraduate degree through the examinations conducted by a University/autonomous institution.

### Age Limitation:

- There is no age limitation for the candidates wants to do course.

### Structure of Yoga Master Programme: -

- A Master's Programme in Yoga shall consist of:
  - Core courses shall be mandatory for all students registered for Master's programme in Yoga. A Core course may carry 02-06 credits.
  - An Elective course also shall carry not more than 04 credits.
- Two -Year Masters programme in Yoga will have the following components, viz.
  - Core Courses - Minimum 80 credits
  - Electives - Minimum 16/18 credits

The credits in the Post Graduate programme of two years in Yogic Science shall be distributed in the following manner:

Courses with credits	Semester I	Semester II	Semester III	Semester IV
Core	24	24	16	16
Elective/Optional	NIL	NIL	08	08/10

- In order to qualify for a two-year master's degree a student must acquire a minimum of 98 credits including a minimum of 16/18 credits in electives.

### Pass Percentage:

- A student who has passed in all the core courses and the minimum number of electives prescribed for the programme and earned a minimum of 96/98 credits shall be considered to have passed the Masters Programme. A candidate must be obtained 40 % marks in each subject. And aggregate 50% marks to pass the course/qualify the semester. Otherwise, he/she has to reappear to fulfil the criteria.

### Grade System: -

- Regarding grading system, the rule of the two years Master Degree will be followed as the University rules & regulations.

### Procedure of Admission: -

- In order to select the candidate from amongst the applicants, the institution will conduct a written test, interview or followed as the University rules and regulation.

### Seats: -

- There are only **40 seats** for the Course. The Examination patterns of course will semester wise. The Fee structure for the programme will be decided by the University/concerned School. The examination Fee will be charged as per the rules of the University.

### Attendance: -

- 75% attendances in theory and practical classes respectively will be necessary for a candidate to appear in the final examination.
- Points, if any, not covered by the provisions of this ordinance will be subject to the existing rules and regulations of the University and the Act, the statutes and the Ordinances, of the university, as applicable from time to time.

Duration of the Programme: 02 Years

STUDY &amp; EVALUATION SCHEME

Choice Based Credit System /ECS\*

Session – 2024-25

Master of Arts (M.A.) in Human Consciousness and Yogic Science

M.A. in Human Consciousness and Yogic Science - I Year											
S. N.	Course Category	Course Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
				L	T	P	Seasonal		ESE		
				Credit	CT	TA					
Semester–I											
Theory											
1	Core	MYHC101	Fundamentals of Yoga	4		-	4	30	10	60	100
2	Core	MYHC102	Yogic Concepts in Principal Upanishads	4		-	4	30	10	60	100
3	Core	MYHC103	Applications of Hatha Yoga	4		-	4	30	10	60	100
4	Core	MYHC104	Human Anatomy, Physiology and Yoga-1	4		-	4	30	10	60	100
Practical											
5	Core	MYHL101	Practical-1.1 (Yoga)	-	-	12	6	30	10	60	100
6	Core	MYHL102	Practical-1.2 (Anatomy)	-	-	4	2	30	10	60	100
							24	TOTAL		600	
Semester–II											
Theory											
1	Core	MYHC201	Patanjal Yoga Darshan	4		-	4	30	10	60	100
2	Core	MYHC202	Human Consciousness	4		-	4	30	10	60	100
3	Core	MYHC203	Applications of Yogic Texts	4		-	4	30	10	60	100
4	Core	MYHC204	Human Anatomy, Physiology and Yoga-2	4		-	4	30	10	60	100
Practical											
5	Core	MYHL201	Practical-2.1 (Yoga)	-	-	12	6	30	10	60	100
6	Core	MYHL202	Practical-2.2 (Project)	-	-	4	2	30	10	60	100
							24	TOTAL		600	
Semester–III											
Theory											
1	Core	MYHC301	Statistics and Research Methodology in Yoga	4	-	-	4	30	10	60	100
2	Core	MYHC302	Therapeutic Yoga	4	-	-	4	30	10	60	100
3	Elective	MYHE303A	Teaching Methodology in Yoga	4	-	-	4	30	10	60	100
		MYHE303B	Mental Hygiene Through Yoga								
4	Elective	MYHE304A	Yoga and Self-Management	4	-	-	4	30	10	60	100
		MYHE304B	Diet and Nutrition in Yoga								
Practical											
5	Core	MYHL301	Practical-3.1 (Yoga)	-	-	12	6	30	10	60	100
6	Core	MYHL302	Practical-3.2 (Research paper)	-	-	4	2	30	10	60	100
							24	TOTAL		600	
Semester–IV											
Theory											
1	Core	MYHC401	Yoga and Psychology	4	-	-	4	30	10	60	100
2	Core	MYHC402	Yoga and Alternative Therapies	4	-	-	4	30	10	60	100

3	Elective	MYHE403A	Indian Philosophy and Culture	4	-	-	4	30	10	60	100
		MYHE403B	Principles of Naturopathy								
4	Elective	MYHE404A	Essay	4/6	-	-	4/6	30	10	60	100
		MYHE404B	Dissertation								
Practical											
5	Core	MYHL401	Practical-4.1 (Yoga)	-	-	12	6	30	10	60	100
6	Core	MYHL402	Practical-4.2 (Alternative Therapies)	-	-	4	2	30	10	60	100
							24/26	TOTAL			600
TOTAL CREDITS							96/98	GRAND TOTAL			2400

**L = Lecture, T = Tutorial, P = Practical, CT = Cumulative Test, TA = Teacher Assessment.**

**C= Core (For Core Paper), E= Elective (For Elective Paper), L= Lab (for Practical Paper).**

**Examination Scheme:**

Components	1st internal	TA	2nd Internal	TA	External (ESE)
<b>Weightage (%)</b>	<b>15</b>	<b>05</b>	<b>15</b>	<b>05</b>	<b>60</b>

**(Give Marks according to your syllabus/examination pattern)**

**Programme Name** : M.A. in Human Consciousness and Yogic Science  
**Course code** : MYHC101  
**Course Name** : Fundamentals of Yoga  
**Semester /Year** : First Semester

Subject Title	L	T	P	C
Fundamentals of Yoga	4	-	-	4

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

- Give an introduction of yoga and its important streams.
- Explain the hidden concepts available in the ancient yogic texts.
- Explain the introduction and appreciate the contribution of the yogis.
- Understand various systems of yoga.

**COURSE CONTENTS****UNIT-I: GENRAL 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 Tradition (Parampara), Yoga Practices for Health and Harmony.

**UNIT-II: CONCEPT OF YOGA IN VARIOUS TEXTS**

- Nature of Yoga in Vedas.
- Nature of Yoga in Geeta and Ramayana
- Nature of Yoga in Tantra.
- Nature of Yoga in Yoga Vasistha and Narada Bhakti Sutra.

**UNIT-III: VARIOUS SCHOOL OF YOGA**

- Introduction to Gyanyoga and Bhaktiyoga and Lay Yoga
- Introduction to Kramayoga and Rajyoga.
- Introduction to Hathyoga and Mantrayoga.

**UNIT-IV: INTRODUCTION OF YOGIS AND THEIR SADHNA /ACCUSTOM SYSTEM**

- Ancient - Mahrishi Patanjali, Adi Shankracharya, Gorakshanath.
- Modern - Swami Vivekanand, Shri Aravind, Maharishi Raman and Maharishi Dayanand Saraswati and Anandmayi Maa.
- Contemporary – Shri Shyama Charan Lahidi, Swami Shivananda, Swami Satyanand Sarswati, Swami Kuvalyanand, Mahrishi Mahesh Yogi, Pandit Shri Ram Sharma Acharya, T. Krishnamacharya and Swami Rama

**UNIT-V: INTRODUCTION OF YOGIC TEXT.**

- Patanjali Yoga Sutra, Hathpradipeeka and Gherand Sanhita.
- Shiv Samhita and Yoga Vashisht.
- Siddhsiddhant Paddhati and Hath Ratnawali.

**REFERENCE BOOKS**

- Rajayoga- Swami Vivekanand, Ramakrishan Ashrama Publications.
- Yoga Sutras of Patanjali- Hariharananda Aranya, University of Calcutta Press, Calcutta.
- Radhakrishnan. S.: Indian Philosophy (Vol. I & II) (George Allen and Unwin, London, 1971.
- Dr. Ishwar Bhardwaj: Manav Chetna (Hindi), Satyam Publication, New Delhi, 2011
- Pitamber Jha: Yog Parichaya
- Dr. Kamakhya Kumar: Super Science of Yoga
- औपनिषदिक अध्यात्म विज्ञान- डॉ० ईश्वर भारद्वाज।
- पातंजल योग विमर्श-डॉ० विजयपाल शास्त्री।
- योग महाविज्ञान- डॉ० कामख्या कुमार।
- योगतत्त्व - डॉ० बिजेन्द्र सिंह, डॉ० सविता पाटिल, डॉ० अनिल थपलियाल।
- योग एवं भारतीय दर्शन - डॉ० कंचन जोशी।

**COURSE OUTCOMES (CO): MYHC101**

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

<b>CO-1</b>	Give an introduction of yoga and its important streams.
<b>CO-2</b>	Give an introduction Gyan Yoga, Bhakti Yoga, Karm Yoga, Hath Yoga and Raj Yoga.
<b>CO-3</b>	Appreciate the contribution of the yogis.
<b>CO-4</b>	Explain the hidden concepts available in the ancient yogic texts.
<b>CO-5</b>	Reviewing the autobiography of Yogis.
<b>CO-6</b>	Directing the foundation of Yoga in deferent Yogic texts.

**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	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO2</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO3</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO4</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO5</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO6</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-

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

**Programme Name** : M.A. in Human Consciousness and Yogic Science  
**Course code** : MYHC102  
**Course Name** : Yogic Concepts in Principal Upanishads  
**Semester /Year** : First Semester

Subject Title	L	T	P	C
Yogic Concepts in Principal Upanishads	4	-	-	4

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

### **COURSE OBJECTIVES:**

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

- Explain the essence of upanishad.
- Understand the concept of Yog in upanishad
- Make students aware about their karmas and how does karma play an important role in the manifestation of a disease.
- Concept of udgitha in upanishad.

#### **UNIT-I: NATURE OF YOGA IN FUNDAMENTAL UPANISHAD-I**

- Meaning & Definition of Upanishad, Position of Upanishad in Indian Literature.
- Introduction of Ten Fundamental Upanishad Based on Yoga.
- **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-II: NATURE OF YOGA IN FUNDAMENTAL UPANISHAD-II**

- **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-III: NATURE OF YOGA IN FUNDAMENTAL UPANISHAD-III**

- **Mundaka Upanishad:** Two approaches to Brahma- Vidya- Para and Aparā; 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-IV: NATURE OF YOGA IN FUNDAMENTAL UPANISHAD-IV**

- **Aitareya Upanishad:** Concept of Atma, Universe and Brahman.
- **Taittiriya Upanishad:** Concept of Pancha Kosha; Summary of Shiksha Valli, Ananda Valli, Bhrguvalli.

#### **UNIT-V: NATURE OF YOGA IN FUNDAMENTAL UPANISHAD-V**

- **Chhandogya Upanishad:** Om (udgitha) Meditation; Shandilyavidya.
- **Brihadaranyaka Upanishad:** Concept of Atman and Jnana Yoga; Union of Atman and Paramatman

**REFERENCES BOOKS**

- उपनिषद अंकए कल्याण - गीताप्रेस गोरखपुर।
- एकादश उपनिषद - सत्यव्रत सिद्धान्तालंकार।
- उपनिषद दीपिका - डॉ० रामनाथ वेदालंकार।
- ईशादि नौ उपनिषद - गीताप्रेस गोरखपुर।
- योग उपनिषद संग्रह - परमहंस स्वामी अनन्त भारतीए चौखम्भा ओरियन्टालिया।
- 108 उपनिषद ..... - पण्डित श्रीराम शर्मा आचार्य।
- उपनिषद सार संग्रह - मनोज विश्नोई।
- योग रहस्य - डॉ० कामख्या कुमार।
- योगधारा - डॉ० कंचन जोशी।

**COURSE OUTCOMES (CO): MYHC102**

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

<b>CO-1</b>	Define the essence of Upanishad.
<b>CO-2</b>	Contrasting the concept of Upanishad.
<b>CO-3</b>	Make students aware about their karmas and how does karma plays an important role in the manifestation of a disease.
<b>CO-4</b>	Explain the essence of Shrimad bhagwad Geeta.
<b>CO-5</b>	Reviewing the concept of Ishadinau upanishad.
<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>CO1</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO2</b>	2	2	1	2	2	3	2	2	2	1	1	2	3	3	-	-
<b>CO3</b>	3	2	1	2	3	2	2	2	2	1	1	2	3	3	-	-
<b>CO4</b>	2	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO5</b>	2	2	1	2	2	3	2	2	2	1	1	2	3	3	-	-
<b>CO6</b>	3	2	1	2	3	2	2	2	2	1	1	2	3	3	-	-

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

**Programme Name** : M.A. in Human Consciousness and Yogic Science  
**Course code** : MYHC103  
**Course Name** : Applications of Hatha Yoga  
**Semester /Year** : First Semester

Subject Title	L	T	P	C
Applications of Hatha Yoga	4	-	-	4

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

### **COURSE OBJECTIVES:**

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

- Learn the misconception about Yoga Practices.
- About Hath sects and their contribution.
- To give an understanding of the prerequisites of hath yoga.
- Explain the food conducive to health and good for sadhna.

#### **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 (Badhak Tatva) 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, Hathasiddhi ke Lakshan.
- Introduction of Kundli, Meaning, Definition and Classification of Mudras. Concept of Kundlini Jagaran, 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 Kapalbhata. 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.

#### **UNIT-V: INTRODUCTION OF HATH YOGIC TEXTS**

- Hatha Ratnavali.
- Shiv Samhita.
- Vashishth Samhita.
- Siddhsiddhant Padhati.

**REFERENCE BOOKS**

- Swami Muktibodhananda, Hatha Yoga Pradeepika, The light on Hathayoga, Bihar School of Yoga, Munger, 1985.
- Ghatore, M.L. Hatharatnavali of Srinivasayogi, The Lonavala Yoga Institute, Lonavala, 2002.
- Swami Digambarji, Gheranda Samhita, The Lonavala Yoga Institute, Lonavala,
- हठयोग प्रदीपिका- स्वात्मराम योगी।
- घेरण्ड संहिता- स्वामी निरंजनानंद सरस्वती (घेरण्ड ऋषि)।
- योग धारा - प्रो० (डॉ०) कंचन जोशी
- हठयोग पद्धति - डॉ० रजनी नौटियाल।

**COURSE OUTCOMES (CO): MYHC103**

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

<b>CO-1</b>	Finding the misconception about Yoga Practices.
<b>CO-2</b>	Demonstrate Hath sects and their contribution.
<b>CO-3</b>	Illustrate the prerequisites of hath yoga.
<b>CO-4</b>	Explain the food conducive to health and good for sadhna.
<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>CO1</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO2</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO3</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO4</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO5</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO6</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-

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

**Programme Name** : M.A. in Human Consciousness and Yogic Science  
**Course code** : MYHC104  
**Course Name** : Human Anatomy, Physiology and Yoga-1  
**Semester /Year** : First Semester

Subject Title	L	T	P	C
Human Anatomy, Physiology and Yoga-1	4	-	-	4

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

### **COURSE OBJECTIVES:**

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

- Understand normal gross structure of human body and their functions in detail.
- Discuss anatomical and physiological effects of selected yoga practices.
- Explain the physiological aspects of normal growth and development.
- Explain endocrine system.

#### **UNIT-I: INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY**

- Introduction to Human Anatomy and Physiology, Basic Anatomical and Physiological terms.
- Cell: Structure & Functions, different cell organelles and their functions.
- Tissues and Organization of human system, Introduction to Support Systems, Maintenance Systems, Control Systems, Defence System and Concept of Homeostasis.

#### **UNIT-II: SKELTAL SYSTEM AND YOG**

- Definition Types, Number, Structure and Work of Bone.
- Place of Cartilage, Type and Work of Cartilage.
- Type and of Joint, Structure of Knee and Spinal Joint.
- Effect of Yogic Practice on Skeletal System.

#### **UNIT-III: MUSCULAR SYSTEM AND YOG**

- Introduction and Number of Muscle, Origin, Insertion - Strurnoclidomestoid, Latismus Dorsie, Tripizius, Rectus, Diaphram, Deltoid, Biceps, Triceps, Glutius Maximus, Sartorius, Gastrocnemius, Teres major and minor, Quardriceps and Hamstring.
- Effect of Yogic Practice on Muscular System.

#### **UNIT-IV: RESPIRATORY SYSTEM AND YOG**

- Gross anatomy of the respiratory passages, functional of Nasal cavity, Pharynx, Larynx, Trachea, Bronchus, Lungs and Alveoli; The process of Respiration, Lungs volumes & capacities, Mechanics of breathing and exchange of gas in alveoli. Definition of Breathing, Type of Breathing,
- Action of Breathing - External and Internal, Transport of Gasses, Control Process of Breathing Action.
- Effect of Yogic Practice on Respiratory System.

#### **UNIT-V: ENDOCRINE SYSTEM AND YOG**

- Endocrine and Exocrine Gland, Difference between Enzymes and Hormones.
- Position of Pituitary Gland, Pineal Gland, Thyroid Gland, Para Thyroid Gland, Thymus Gland, Pancreas Gland, Adrenal, Sex Glands and their Functions.
- Effect of Yogic Practice on Endocrine System.

**REFERENCES BOOKS**

- Gore, M.M., Anatomy and Physiology of Yogic practices, Kanchan Prakshan, Lonavala, 2003.
- Shirley Telles, A Glimpse of the Human body. V K YOGAS, Bangalore, 1995
- Sri Krishna, Notes on Structure and Functions of Human Body and Effects of Yogic practices on it Kaivalyadhama S.M.Y.M Samiti, Lonavala, 1988.
- शरीर रचना विज्ञान - डॉ० मुकुन्द स्वरूप वर्मा।
- शरीर क्रिया विज्ञान - डॉ० प्रियव्रत शर्मा।
- शरीर रचना व क्रिया विज्ञान - डॉ० एस० आर० वर्मा।
- शरीर रचना एवं क्रियाविज्ञान - डॉ० विनोद नौटियाल।
- मानव शरीर संरचना एवं योगाभ्यास का प्रभाव - डॉ० मलिक राजेन्द्र प्रताप।

**COURSE OUTCOMES (CO): MYHC104**

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

<b>CO-1</b>	Highlighting anatomical and physiological effects of selected yoga practices.
<b>CO-2</b>	Understand normal gross structure of human body and their functions in detail.
<b>CO-3</b>	Demonstrate anatomy so that student can experience.
<b>CO-4</b>	Explain the physiological aspects of normal growth and development.
<b>CO-5</b>	Evaluating the scientific effect of yogic practice on different system.
<b>CO-6</b>	Directing the yogic management of different diseases.

**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

**Programme Name** : M.A. in Human Consciousness and Yogic Science  
**Course code** : MYHL101  
**Course Name** : Practical-1.1 (Yoga)  
**Semester /Year** : First Semester

Subject Title	L	T	P	C
Practical-1.1	-	-	12	6

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

### **COURSE OBJECTIVES:**

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

- Understand the benefits and limitation of micro exercise.
- Principles of shatkarmas and breathing techniques.
- Principles of Bandha and Mudras techniques.
- Principles of Mantra Chanting techniques.

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

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

#### **UNIT-II: ASANA**

##### **PAWANMUKTASAN SERIES**

- **Part 1** - Anti-rheumatic Group. (According to Asana, Pranayama, Mudra, Bandha).
- **Part 2** - Digestive/Abdominal Group. (According to Asana, Pranayama, Mudra, Bandha).
- **Part 3** - Shakti Bandha Asanas. (According to Asana, Pranayama, Mudra, Bandha).

##### **YOGIC SUKSHAM VYAYAM**

- According to Swami Shri Dheerendra Brahmchari

##### **SURYA NAMSKAR WITH MANTRA**

- Surya Namskar with Mantra

- |                     |                         |                      |
|---------------------|-------------------------|----------------------|
| 1. Tadasan          | 2. Triyaktadasan        | 3. Katichakrasan     |
| 4. Trikonasan       | 5. Ardachakrasana       | 6. Padhastasan       |
| 7. Kagasan          | 8. Swastikasan          | 9. Padmasan          |
| 10. Siddhasan       | 11. Vajrasana           | 12. Ushtrasan        |
| 13. Shashankasana   | 14. Janu Shirasan       | 15. Paschimottonasan |
| 16. Poorvottanasana | 17. Ardhamatsyendrasana | 18. Uttanpadasan     |

#### **UNIT-III: PRANAYAMA, MUDRA AND BANDH**

- Breathing practices - Handsinandout, Handsstretch, Ankletstretch, Rabbit, Dog, Tiger, Straight leg raising breathing.
- Breath Awareness - Shwas-prashwassamyama, Abdomen, Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen+Thoracic+ Clavicular.
- Yogic Breathing – Pause Breathing (Anuloma-Vilom Pranayama), Spinal Passage Breathing (Sushumna Breathing).
- Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka).
- Moolbandh, Jalandharbandh, Uddiyan Bnadh, Maha Bandh.
- Ashwini Mudra, Yog Mudra

#### **UNIT-IV: KRIYA**

- |                                       |               |           |
|---------------------------------------|---------------|-----------|
| 1. Jalaneti                           | 2. Rabar Neti | 3. Kunjal |
| 4. Kapalbhati –Vatkram 20-50 Strokes. | 5. Agnisar    |           |

#### **UNIT-V: Pedagogy- method Students will be encouraged to conduct classes for nearby village school children**

- **Recitation of Hymns & Hastamudra**
- **Asana- Pawanmuktasan Series, Yogic Suksham Vyayam, Surya Namskar**
- **Kriya**

- **Pranayama, Mudra and Bandh**

**TEXT BOOKS**

1. Swatmarama, Swami, Kaivalyadhama : Hatha Pradikpika.
2. Saraswati, Swami Niranjanananda, Yoga Publication, Trust Munger Bihar, India 2011: Gheranda Samhita.

**REFERENCE BOOK**

1. Sarswati, Swami Satyanada, 1996: Asana Pranayama Mudra Bandha.
2. Rama Swami (Author), Rudolph M. Ballentine (Author), Alan Hymes (Author): Science of Breath.
3. Shivanada, Swami July 2008: The Science of Pranayama.
4. B.K.S. Iyengar, 2005: Light on Pranayama.
5. B.K.S Iyengar, 2006: Light on Yoga.
6. Sarswati, Swami Nirajananda (Author) 2009, Prana and Pranayama.
7. Brahmachari, Swami Dharendra: Yogic Shuksama Vyayama.
8. Kuvalyananda, Swami, Kaivalyadhama 1992: Yogasana.

**COURSE OUTCOMES (CO): MYHL101**

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

<b>CO-1</b>	Describe the benefits and limitations of each yoga practices
<b>CO-2</b>	Understand the concept and principles of shatkarmas and breathing techniques.
<b>CO-3</b>	Organize classes for micro exercise.
<b>CO-4</b>	Explain the hast mudra.
<b>CO-5</b>	Moderating the breathing practice.
<b>CO-6</b>	Commenting the concept of yogic Mudra & Bandha.

**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	2	2	3	2	2	2	2	2	3	3	2	2	2	3
<b>CO2</b>	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
<b>CO3</b>	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
<b>CO4</b>	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
<b>CO5</b>	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
<b>CO6</b>	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3

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

**Programme Name** : M.A. in Human Consciousness and Yogic Science  
**Course code** : MYHL102  
**Course Name** : Practical-1.2 (Anatomy)  
**Semester /Year** : First Semester

Subject Title	L	T	P	C
Practical-1.2 (Anatomy)	-	-	4	2

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

### **COURSE OBJECTIVES:**

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

1. Make students familiar with the systems of the body.
2. Give a hand on experience about the human body using models, charts and pictures.
3. Make students understand the organization of the body with respect to structural components.
4. Understand anatomy of skeletal system.

#### **UNIT-1: DEMONSTRATION OF OSTEOLOGY & MYOLOGY**

#### **UNIT-2: DEMONSTRATION OF ORGANS & VISCERA REGARDING CARDIO-PULMONARY SYSTEMS**

#### **UNIT-3: DEMONSTRATION OF BONES, AND JOINTS**

#### **UNIT-4: DEMONSTRATION OF HUMAN SKELETON**

#### **HUMAN PERFORMANCE LAB**

1. Measurement Of Human Body Temperatures (Oral & Skin)
2. Measurement Of Blood Pressure
3. Body Temperature & Pranayama Effects
4. Blood Pressure & Pranayama Effects

### **PROJECTS**

- The human body using models, charts and pictures of different systems.

### **Viva-voce**

### **COURSE OUTCOMES (CO): MYHL102**

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

<b>CO-1</b>	The student would be able to define Human anatomy.
<b>CO-2</b>	Student would be able to classify and describe human physiological test.
<b>CO-3</b>	Students demonstrate the structure of different system.
<b>CO-4</b>	The students differentiate the functions of the muscles.
<b>CO-5</b>	Students evaluate different systems.
<b>CO-6</b>	Students create the relationship between Human anatomy, Physiology and Yoga.

### **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	2	2	3	2	2	2	2	2	3	3	2	2	2	3
<b>CO2</b>	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
<b>CO3</b>	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
<b>CO4</b>	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
<b>CO5</b>	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
<b>CO6</b>	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3

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

**Programme Name** : M.A. in Human Consciousness and Yogic Science  
**Course code** : MYHC201  
**Course Name** : Patanjali Yoga Darshan  
**Semester /Year** : Second Semester

Subject Title	L	T	P	C
Patanjal Yoga Darshan	4	-	-	4

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

### **COURSE OBJECTIVES:**

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

- Understand human's psychology as patanjali had explained.
- Well verse with yogic principles and its meaning mentioned in patanjali yoga sutras.
- To teach the essence of the Patanjali Yoga Sutras.
- Learn effective way of communication in Saàskâtam

#### **UNIT-I: INTRODUCTION OF YOGA SUTRA AND VYAS BHASHY**

- Introduction of Yoga Sutra, Definition of Yoga According to Yoga Sutra.
- Introduction of Vyas Bhashy on Yog Sutra.
- What is Yoga? Culmination of Yoga (03)

#### **UNIT-II: SAMADHI PAADA**

- Vritti and its classifications (05-11), Necessity of Abhyasa & Vairagya (12), Foundation of Abhyasa (13-14), Lower & higher form of Vairagya (15-16).
- Definition of Samprajnata and Asamprajnata Samādhi (17-20), Definition & attribute of Ishwara (24-25).
- Pranava and Sadhana for Ishwara (27-28), Result of Sadhana (29), Obstacles in the path of Yoga (30-31).
- Ektattva Abhyasa (32), Chitta Prasadana (33-40).
- Discipline for Sādhana (Concept of Kriya Yoga) (1-2), Kleñās – Avidya, Asmita, Rāga, Dveṣa and Abhiniveṣa (3-9).
- Modification of the Klesh a. Meditation (10-11), Karmshaya and its fruits (12-14), Pleasure and Pains are both painful (15-17).
- Four stages of Gunas (19) VII. Purusha and Prakriti (20-24), Definition of Hana (25-26) - Stages of enlightenment (27).
- Necessity of Yoga Practice (28), Bahiranga Yoga (29-55)

#### **UNIT-IV: VIBHUTI PAADA**

- Introduction of Dharana, Dhyana and Samadhi.
- Nature of Sanyama.
- Concept of Chitta samskara, Parinamatraya and Vibhuti.
- Antaranga Yoga (1-3), Kaivalya siddhis, Sanyama and its results, Applications (5-6), Parinama(9-13).
- Siddhis (16-49), Attainment of Kaivalya (56), Sources of Siddhis (1), Influence of Karma (7)

#### **UNIT-V: KAIVALYA PAADA**

- Five means of Siddhis (01-03). Concept of Nirman Chitta (04-05).
- Importance of siddhis achieved through Samadhi (06-07).
- Manifestation, Source and disappearance of Vasanas (8-11), Theory of perception (15) • Mind and its manifestation (16-23) • Heading to Kaivalya (27-34)

**REFERENCE BOOKS**

- Essays on Yoga- Swami Shivananda.
- Bases of Yoga- Shri Aurabindo.
- पातंजल योग विमर्श- डॉ. विजयपाल शास्त्री।
- पातंजल योग प्रदीप - स्वामी ओमानन्द तीर्थ।
- अष्टांग योग - स्वामी चरणदास।
- मेरी वसीयत और विरासत - श्रीराम शर्मा आचार्य।
- योग दर्शन - डॉ० विनोद नौटियाल।
- Light on the Yoga Sutras of Patanjali – B. K. S. Iyengar
- Patanjali Yog Sutra – Swami vivekananda

**COURSE OUTCOMES (CO): MYHC201**

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

<b>CO-1</b>	Spell Shloka chanting with proper pronunciation, students will be motivated to memorize the shlokas.
<b>CO-2</b>	Understand human's psychology as Patanjali had explained.
<b>CO-3</b>	Discuss yogic principles and its meaning mentioned in Patanjali Yoga Sutras.
<b>CO-4</b>	Teach the essence of the Patanjali Yoga Sutras.
<b>CO-5</b>	Debating the concept of Samadhi.
<b>CO-6</b>	Role of Patanjali Yoga Sutra in solving day to day life style problems

**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	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO2</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO3</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO4</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO5</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO6</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-

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

**Programme Name** : M.A. in Human Consciousness and Yogic Science  
**Course code** : MYHC202  
**Course Name** : Human Consciousness  
**Semester /Year** : Second Semester

Subject Title	L	T	P	C
Human Consciousness	4	-	-	4

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

### **COURSE OBJECTIVES:**

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

- Understand human's psychology as patanjali had explained.
- Well verse with yogic principles and its meaning mentioned in patanjali yoga sutras.
- To teach the essence of the patanjali yoga sutras.

#### **UNIT – I GENERAL INTRODUCTION OF HUMAN CONSCIOUSNESS**

- Meaning, Definition and Scope of Consciousness.
- Nature of Human Consciousness, Need to Study of Human Consciousness.
- Current Crisis of Human Consciousness and Meaningful Solution.

#### **UNIT-II NATURE OF HUMAN CONSCIOUSNESS IN VEDAS, UPNISHAD AND SHADDARSHAN**

- Human Consciousness in Ved, Upanishad, Buddhism and Jainism.
- Human Consciousness in Shaddarshan (Nyaa, Vaisheshik, Samkhya, Yog, Mimansa and Vedant).

#### **UNIT-III HUMAN CONSCIOUSNESS IN DIFFERENT STREAMS OF ANCIENT INDIAN AND WESTERN SCIENCE**

- Human Consciousness in Tantra, Jyotish and Ayurveda.
- Quantum Theory of Human Consciousness and Human Consciousness in the View of Western Science.
- Research in Human Anatomy and Physiology in the Context of Human Consciousness.

#### **UNIT-IV VARIOUS MYSTERIES AND FACTS OF HUMAN CONSCIOUSNESS**

- Birth and Life, Bhagya and Purusharth.
- Karma Siddhant, Sanskar and Purnjanam.
- Nature of Panchkosha.

#### **UNIT-V SYSTEM OF DEVELOPMENT OF HUMAN CONSCIOUSNESS**

- Essentials of Development of Human Consciousness, Various Psychological Methods of Development of Human Consciousness.
- System of Development of Human Consciousness in Various Religions – Jain, Baudh, Islam, Christian and Indian Hermit.
- Methods of Development of Human Consciousness in Hinduism.

### **REFERENCES**

- भारतीय दर्शन में चेतना का स्वरूप - डॉ० श्रीकृष्ण सक्सेना।
- भारतीय दर्शन - आचार्य बलदेव उपाध्याय।
- प्रज्ञापुराण का समग्र दर्शन - डा० मंदाकिनी श्रीमाली।
- औपनिषदिक अध्यात्म विज्ञान - डा० ईश्वर भारद्वाज
- मानव चेतना - डा० ईश्वर भारद्वाज
- Principal & History of Physical Education - M.L. Amlesh & M.S. Sangal
- Prakritik Ayurvedigyan - Dr. Rakesh Jindal
- Bhartiya Darshan - Acharya Baldev Upadhyaya

- Philosophy of Hathyog - Swami Ved Bharti
- Practical lesson on Yoga (The Royal Path) - Swami Rama

**COURSE OUTCOMES (CO): MYHC201**

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

<b>CO-1</b>	Highlighting the concept of Human Consciousness.
<b>CO-2</b>	Understand the significance of Human Consciousness in Vedas and Upanishad.
<b>CO-3</b>	Interpret concept of Human Anatomy and physiology in the contest of Human Consciousness.
<b>CO-4</b>	Explain the concept of Karma Siddhant, Sanskar and Purnjanam, Nature of Panchkosha.
<b>CO-5</b>	Detecting the core concept of Yoga in Bhagwad Geeta and Indian Philosphy.
<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
CO1	3	3	2	1	1	3	3	3	3	2	1	1	2	1	2	1
CO2	2	1	1	1	1	2	2	2	1	1	2	1	1	1	1	1
CO3	1	1	3	2	1	1	1	3	2	2	2	2	2	2	2	2
CO4	2	1	3	1	1	1	1	1	1	1	1	2	1	1	1	1
CO5	2	1	2	2	2	2	2	2	2	2	2	2	1	2	2	2
CO6	2	2	2	2	3	2	3	3	2	2	2	2	2	2	1	2

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

**Programme Name** : M.A. in Human Consciousness and Yogic Science  
**Course code** : MYHC203  
**Course Name** : Applications of Yogic Texts  
**Semester /Year** : Second Semester

Subject Title	L	T	P	C
Applications of Yogic Texts	4	-	-	4

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 Bhakta in Bhagavad Gita.
- Understand the concept of Upanishad.
- Have understanding about the concept of yoga Upanishad.

#### **UNIT-I: ELEMENTS OF SHRIMADBHAGWADGEETA-I**

- General Introduction to Bhagavad Gita, Definitions of Yoga, their relevance & Scope.
- Essentials of Bhagavad Gita - meanings of the terms Atmaswarupa, Stithaprajna, Sankhya Yoga (Chpt.-II), Karma Yoga (Chpt.-III), Samnyasa Yoga and Karma Swarupa (Sakama and Nishkama) Samnyasa, Dhyana Yogas (Chpt. VI).

#### **UNIT-II: ELEMENTS OF SHRIMADBHAGWADGEETA-II**

- Types of Bhakta (Chpt.-VII) Nature of Bhakti (Chpt.-XII), Means and End of Bhakti-Yoga, The Trigunas and nature of Prakriti, Three Kinds of Faith.
- Food for Yoga-Sadhaka, Classification of food (Chpt.-XIV & XVII) Daivasura-Sampad-Vibhaga Yoga (Chpt.XVI), Moksa-SamnyasaYoga (Chpt. XVIII).

#### **UNIT-III: ELEMENTS OF YOGA UPANISHADS -I**

- **Swetaswataropanishad:** (Chapter II) Techniques and Importance of Dhyanyoga, suitable place for Dhyana, sequence of pranayama & its importance, Prior symptoms of Yogasiddhis, Importance of Yogasiddhis, Tattvajna, (ChapterVI) Nature of God, techniques for Realization, Attainment of liberation.
- **Yogakundali Upanishad:** Methods of Pranayama Siddhi, Types of Pranayama, means of Self -realization.

#### **UNIT-IV: ELEMENTS OF YOGA UPANISHADS -II**

- **Yogachudamadi Upanishad:** The description of the six limbs of yoga, their results and sequence.
- **Trishikhibrahmanopanishad:** description of Ashtangayoga, Karmayoga and Jnanayoga.
- **Yogatattva Upanishad:** Mantrayoga, Layayoga, Hathayoga, Rajayoga and their stages, diet and Dincharya, primary symptoms of yoga siddhis and precautions.

#### **UNIT-IV: ELEMENTS OF YOGA UPANISHADS -II**

- **Dhyanbindoopanishad:** importance of Dhyanyoga, Nature of Pranav, Techniques of Pranav meditation, Shadangyoga, Atmadarshan through Nadanusandhan.
- **Nadabindoopanishad:** Hansavidya : description of various limbs of Omkar, 12 matras of omkar and its results of their application with Pranas, Types of nadas, nature of nadanusandhan sadhana, state of Manolaya.
- **Yogarajopnishad:** Mantrayoga, Layayoga, Hathayoga, Rajayoga, nine chakras, procedures of Dhyana and its results.

**REFERENCES BOOKS**

- श्रीमदभगवद्गीता] शंकर भाष्य - गीताप्रेस गोरखपुर।
- गीता रहस्य - बाल गंगाधर तिलक।
- श्रीमदभगवद्गीता - सत्यव्रत सिद्धान्तालंकार।
- साधक संजीवनी - स्वामी प्रेमसुख दास जी महाराज] गीताप्रेस गोरखपुर।
- उपनिषद अंक] कल्याण - गीताप्रेस गोरखपुर।
- एकादश उपनिषद - सत्यव्रत सिद्धान्तालंकार।
- ईशादिनौपनिषद - गीताप्रेस गोरखपुर।

**COURSE OUTCOMES (CO): MYHC203**

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

<b>CO-1</b>	Highlighting the concept of Bhakta in Bhagavad Gita.
<b>CO-2</b>	Understand the significance of Bhagavad Gita and its essence.
<b>CO-3</b>	Interpret concept of Upanishad.
<b>CO-4</b>	Explain the concept of yoga Upanishad
<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>CO1</b>	2	2	1	2	1	2	3	1	2	1	1	2	2	2	-	-
<b>CO2</b>	2	2	1	2	1	2	3	1	2	2	1	2	2	2	-	-
<b>CO3</b>	2	2	1	2	2	2	3	1	2	1	1	2	2	2	--	-
<b>CO4</b>	2	2	1	1	1	2	3	1	2	2	1	2	2	2	-	-
<b>CO5</b>	2	2	1	1	2	2	3	1	2	2	1	2	2	2	-	--
<b>CO6</b>	2	2	1	2	2	2	3	1	2	1	1	2	2	2	--	-

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

**Programme Name** : M.A. in Human Consciousness and Yogic Science  
**Course code** : MYHC204  
**Course Name** : Human Anatomy, Physiology and Yoga-2  
**Semester /Year** : Second Semester

Subject Title	L	T	P	C
Human Anatomy, Physiology and Yoga-2	4	-	-	4

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

### **COURSE OBJECTIVES:**

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

- Discuss gross anatomy and physiology of human digestive system, excretory system.
- Recognize basic structure and their connections with central nervous system.
- Discuss anatomical and physiological effected of selected yoga practices.
- Understand Cardiovascular system.

#### **UNIT-I: DIGESTIVE SYSTEM**

- Gross anatomy of digestive system, functional anatomy of Mouth, Oral cavity, Pharynx, Esophagus, Stomach, Small intestine, large intestine and Anal canal; Physiology of digestion, assimilation & peristalsis, Gastric and digestive juices involved during digestion, associated glands involved in digestive system
- Structure and Work of Pancreas, Effect of Yogic Practice on Digestive System.

#### **UNIT-II: CARDIOVASCULAR SYSTEM**

- Concept of Blood and Structure of Blood, White Blood Cell (WBC), Red Blood Cell (RBC) and Structure and function of Blood, Blood Group, Structure of Artery Venus and their Difference.
- Cycle of Heart, High Blood Pressure, Components of Blood.
- Effect of Yogic Practice on Cardiovascular System.

#### **UNIT-III: EXCRETORY SYSTEM AND YOGA**

- Meaning of Excretory, Structure of Excretory.
- Structure of Kidney, Work of Kidney, Structure of Nephron, Process of Origin of Urine, Quantity of Urine, Component, Excretion of Abnormal Matter from Urine, Effect of Yogic Practice on Excretory System.

#### **UNIT-IV: NERVOUS SYSTEM AND YOGA**

- An introduction to Histology – nerve – structure and properties of neurons – nerve –
- action potential – generation propagation – factors influencing classification of
- neurons and nerve fibres, neuralgia cells, receptors and reflex arcs.
- ii. Functional anatomy of Cerebrum, Cerebellum, spinal cord.
- iii. Functions and importance of the parts of the brain viz., cerebrum, pons, medulla, thalamus, hypothalamus, cerebellum and autonomic nervous system [sympathetic and parasympathetic].
- iv. Functional anatomy and physiology of eyes, ears, nose, tongue and skin.
- Effect of Yogic Practice on Nervous System,

#### **UNIT-V: SPECIAL SENSES**

- Eyes Anatomy - Histology of retina, corneal function, Physiology of vision and accommodation.
- Nose- Gross anatomy and physiology of smell.
- Ear- Gross anatomy and Physiology of hearing and balance.
- Effect of Yogic Practice on Senses.

**REFERENCES BOOKS**

- Gore, M.M., Anatomy and Physiology of Yogic practices, Kanchan Prakshan, Lonavala, 2003.
- Shirley Telles, A Glimpse of the Human body. V K YOGAS, Bangalore, 1995.
- Sri Krishna, Notes on Structure and Functions of Human Body and Effects of Yogic Practices. on it Kaivalyadhama S.M.Y.M Samiti, Lonavala, 1988.
- Chatterjee, C.C., Human Physiology (Vol. I & II), Medical Allied Agency, Calcutta, 1992.
- Guyton, Textbook of Medical Physiology, 9th Edition.
- शरीर क्रिया विज्ञान - डॉ० प्रियव्रत शर्मा।
- शरीर रचना व क्रिया विज्ञान- डॉ० एस० आर० वर्मा।
- शरीर रचना एवं क्रियाविज्ञान - डॉ० विनोद नौटियाल।
- शरीर रचना व क्रिया विज्ञान एवं योगाभ्यास- डॉ० राजेन्द्र मलिक।

**COURSE OUTCOMES (CO): MYHC204**

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

<b>CO-1</b>	Define gross anatomy and physiology of human digestive system, excretory system and blood circulatory system.
<b>CO-2</b>	Discuss anatomical and physiological affected of selected yoga practices.
<b>CO-3</b>	Examine the basic structure and their connections with central nervous system.
<b>CO-4</b>	Explain necessary functions of the different systems.
<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
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.

**Programme Name** : M.A. in Human Consciousness and Yogic Science  
**Course code** : MYHL201  
**Course Name** : Practical 2.1 (Yoga)  
**Semester /Year** : Second Semester

Subject Title	L	T	P	C
Practical 2.1 (Yoga)	-	-	12	6

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

### **COURSE OBJECTIVES:**

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

- Understand the benefits and limitations of each yoga practices.
- Develop the concept and principles of shatkarmas and breathing techniques.
- Demonstrate each practice with confidence and skilfully.
- Demonstration of asana with their correct alignment.

#### **UNIT-I: Recitation of hymns & hastamudra**

- Saraswati Mantra/Vandana, Guru Shishy Mantra- As Described in 1<sup>st</sup> Semester Practical

#### **UNIT-II ASANA**

- **Pawanmuktasan Series-** As Described in 1<sup>st</sup> Semester Practical
- **Suksham Vyayam** – As Described in 1<sup>st</sup> Semester Practical.
- **Sthula Vyayam** – Rekha gati, Urdhwa gati, Utkurdan, Sarvangpushti, Hrid gati (Injan daud)
- Surya Namaskar with Mantra- As Described in 1<sup>st</sup> Semester Practical

- |                      |                    |                  |
|----------------------|--------------------|------------------|
| 1. Vrikshasana       | 2. Garudasana      | 3. Utkatasana    |
| 4. Hastottanasana    | 5. Bakasana        | 6. Yogamudrasana |
| 7. Suptvajasana      | 8. Baddhapadmasana | 9. Veerasana     |
| 10. Tolangulasana    | 11. Marichyasana   | 12. Vakrasana    |
| 13. Marjariasana     | 14. Simhasana      | 15. Mandukasana  |
| 16. Uttanmandukasana | 17. Garbhasana     | 18. Sirshasana   |
| 19. Naukasana        | 20. Shalabhasana   | 21. Bhujangasana |
| 22. Dhanurasana      | 23. Balasana       | 24. Makrasana    |
| 25. Savasana         |                    |                  |

#### **UNIT-III PRANAYAMA, MUDRA AND BANDHA**

- |              |              |
|--------------|--------------|
| 1. Bhastrika | 2. Bhramari  |
| 3. Sheetal   | 4. Sheetkari |
- Pranayama As Described In 1<sup>st</sup> Semester Practical
- |               |                   |                        |
|---------------|-------------------|------------------------|
| 1. Mahamudra  | 2. Mahavedh mudra | 3. Khechri mudra       |
| 4. Kaki Mudra | 5. Nabho Mudra    | 6. Vipreetkarani Mudra |
- Mudras and Bandhas as Described In 1<sup>st</sup> Semester Practical.

#### **UNIT-IV KRIYA**

- |                                    |                              |
|------------------------------------|------------------------------|
| 1. Sutra Neti                      | 2. Gajkarani                 |
| 3. Kapalabhati- Vyutkramkapalbhati | 4. Laghu Shankha Prakshalana |
- Kriya as described in 1st semester practical

#### **UNIT-V: Pedagogy- method Students will be encouraged to conduct classes for nearby village school children**

- **Recitation of Hymns & Hastamudra**
- **Asana- Pawanmuktasan Series, Yogic Suksham Vyayam, Surya Namaskar**
- **Pranayama, Mudra and Bandh**
- **Kriya**

**TEXT BOOKS**

3. Swatmarama, Swami, Kaivalyadhama : Hatha Pradikpika.
4. Saraswati, Swami Niranjanananda, Yoga Publication, Trust Munger Bihar, India 2011: Gheranda Samhita.

**REFERENCE BOOK**

9. Sarswati, Swami Satyanada, 1996: Asana Pranayama Mudra Bandha.
10. Rama Swami (Author), Rudolph M. Ballentine (Author), Alan Hymes (Author) : Science of Breath.
11. Shivanada, Swami July 2008: The Science of Pranayama.
12. B.K.S. Iyengar, 2005: Light on Pranayama.
13. B.K.S Iyengar, 2006: Light on Yoga.
14. Sarswati, Swami Nirajananda (Author) 2009, Prana and Pranayama.
15. Brahmachari, Swami Dharendra: Yogic Shuksama Vyayama.
16. Kuvalyananda, Swami, Kaivalyadhama 1992: Yogasana.

**COURSE OUTCOMES (CO): MYHL201**

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

<b>CO-1</b>	Highlighting the benefits and limitations of each yoga practices.
<b>CO-2</b>	Understand the concept and principles of shatkarmas and breathing techniques.
<b>CO-3</b>	Demonstrate each practice with confidence and skillfully.
<b>CO-4</b>	Explaining the concept of Asana, Pranayama, Mudra and Bandh.
<b>CO-5</b>	Moderating the breathing practice.
<b>CO-6</b>	Writing the importance of Shatkarma.

**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	3	2	2	2	2	2	3	3	2	2	2	3
CO2	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO3	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO4	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO5	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO6	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3

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

**Programme Name** : M.A. in Human Consciousness and Yogic Science  
**Course code** : MYHL202  
**Course Name** : Practical-2.2 (Project)  
**Semester /Year** : Second Semester

Subject Title	L	T	P	C
Practical-2.2 (Project)	-	-	4	2

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

### **COURSE OBJECTIVES:**

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

- The sessional work/as provides the opportunity to show that the necessary skills and knowledge in order to organize and conduct a research project
- To aware the student about the research in the field of yogic science.
- A workshop is a great way to teach hands-on skills as it gives learners and opportunity to try out new methods.

#### **UNIT-I SESSIONAL WORK/ASSIGNMENTS/RESEARCH REVIEW-I**

- Assignment work will be decided by the department head or teachers. Under this, the following tasks can be set (Repetition will not be valid).
- Book Review
- Research Review

#### **UNIT-II Sessional Work/Assignments/Research Review-II**

Assignment work will be decided by the department head or teachers. Under this, the following tasks can be set (Repetition will not be valid).

1. Research Paper Review

#### **UNIT-III Workshop Participation**

**Workshop** - It will be mandatory for the student to participate in the workshop organized by the department and will have to submit a related certificate and a brief report on it.

#### **UNIT-IV Conference Participation**

**Conference** - It will be mandatory for the student to participate in the conference organized by the department and will have to submit a related certificate and a brief report on it.

#### **UNIT-V**

#### **VIVAVOCE**

**COURSE OUTCOMES (CO): MYHL202**

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

<b>CO-1</b>	Recall necessary skills and knowledge in order to organize and conduct a research project.
<b>CO-2</b>	Understand research in the field of yogic science.
<b>CO-3</b>	Organize Workshops to try out new methods.
<b>CO-4</b>	Describe the concept of research paper review.
<b>CO-5</b>	Hypothesising Research Report writing.
<b>CO-6</b>	Writing Research Review and Assignment.

**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	2	2	3	2	2	2	2	2	3	3	2	2	2	3
<b>CO2</b>	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
<b>CO3</b>	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
<b>CO4</b>	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
<b>CO5</b>	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
<b>CO6</b>	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3

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

**Programme Name** : M.A. / M.Sc. in Yogic Science  
**Course code** : MYHC301  
**Course Name** : Statistics and Research Methodology in Yoga  
**Semester /Year** : Third Semester

Subject Title	L	T	P	C
Statistics and Research Methodology in Yoga	4	-	-	4

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

### **COURSE OBJECTIVES:**

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

- To understand the concept of research and methodology.
- To understand important and useful statistical concepts.
- To apply the above two, to design experiment in yoga.

#### **UNIT-I: INTRODUCTION TO STATISTICS**

- General Introduction to Statistics, Its Meaning and Use.
- Presentation of Research Data-Frequency and Graphical Representation.
- Measurement of central tendency- Mean, Median, Mode.
- Measures of variability- Range, Quartile and Standard Deviation.

#### **UNIT-II: CORRELATION-REGRESSION AND MEANSIGNIFICANCE**

- Meaning, types and uses of Correlation.
- Correlation by Rank Difference, Correlation by Product Momentum Method.
- Regression & Regression Equations.
- Significance of Mean, Significance of Difference between Mean.

#### **UNIT-III: TESTS AND ANALYSIS**

- Chi Square Test
- Median Test
- Critical Ratio Test
- T-Test, ANOVA (Analysis of Variance) one way

#### **UNIT-IV: RESEARCH METHODOLOGY**

- Meaning of Research, Scientific knowledge, Scientific Method and its Characteristics.
- Significance of Research in Yoga.
- Meaning & Importance of Problems, Statement of Hypothesis and Meaning.
- Meaning: Sample & Sampling, and Types of Sampling.
- Dependent and Independent Variables.

#### **UNIT-V: RESEARCH METHODS AND RESEARCH REPORT**

- Research Methods: Observational, Co-relational, Experimental, Non Experimental.
- Research Design: Meaning purpose and types, Experimental Research Design, Randomized Design and Factorial Research Design.
- Research Mechanism: One tell & Two tell Test, Type One & Type Two Error, Null Hypothesis.
- Research report writing, Preparation of Synopsis, Presentation of Yogic Research Report.

#### **REFERENCE BOOKS**

- Foundation of Behaviour Research - Kerlinger
- Research Methods in Behaviour Sciences - Festinger and Katz
- Statistics in Psychology and Education - Garrat
- अनुसंधान विधियाँ - एच०के० कपिल।
- मनोविज्ञान एवं शिक्षा में सांख्यिकी - गैरेट।
- मनांविज्ञान, समाजशास्त्र तथा शिक्षा में शोध विधियाँ - डॉ० मुहम्मद सुलेमान।
- मनोविज्ञान शिक्षा एवं अन्य सामाजिक विज्ञानों में सांख्यिकी - डॉ० मोहम्मद सुलेमान।

**COURSE OUTCOMES (CO): MYHC301****Upon successful completion of the course a student will be able to**

<b>CO-1</b>	Describe the concept of research and methodology.
<b>CO-2</b>	Classify the useful statistical concepts.
<b>CO-3</b>	Apply design experiment in yoga.
<b>CO-4</b>	Organize the data and represent the data
<b>CO-5</b>	Evaluate Statistical analysis and Research Methodology.
<b>CO-6</b>	Hypothesise Research design and writing Research Report.

**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	2	2	-	2	2	1	-	-	-	-	-
<b>CO2</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO3</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	1	-
<b>CO4</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO5</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO6</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	1	-

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

**Programme Name** : M.A. in Human Consciousness and Yogic Science  
**Course code** : MYHC302  
**Course Name** : Therapeutic Yoga  
**Semester /Year** : Third Semester

Subject Title	L	T	P	C
Therapeutic Yoga	4	-	-	4

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

### **COURSE OBJECTIVES:**

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

- 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.

#### **UNIT-I: YOGIC PRACTICE**

- Management of the diseases through suitable yogic practices - Yogic diet, Yama and Niyama, Shatkarma, Asanas and Pranayama.
- Meditation; changes in lifestyle according to yogic scriptures.

#### **UNIT-II: INTEGRATED APPROACH OF YOGA THERAPY FOR THE FOLLOWING COMMON AILMENTS-I**

- **Respiratory disorders** - Allergic Rhinitis & Sinusitis: Chronic Bronchitis, Bronchial asthma.
- **Cardiovascular disorders:** Hypertension, Angina pectoris, Cardiac asthma.

#### **UNIT-III: INTEGRATED APPROACH OF YOGA THERAPY FOR THE FOLLOWING COMMON AILMENTS-II**

- **Endocrinal and Metabolic Disorder** - Diabetes Mellitus, Hypo and Hyper- Thyroidism; Obesity: Metabolic Syndrome
- **Obstetrics and Gynaecological Disorders, Menstrual Disorders:** Dysmenorrhea, Menopause and peri-menopausal syndrome: Yoga for Pregnancy and Childbirth, Ante-natal care, post-natal care.

#### **UNIT-IV: INTEGRATED APPROACH OF YOGA THERAPY FOR THE FOLLOWING COMMON AILMENTS-III**

- **Gastrointestinal Disorders:** Gastritis, Indigestion, Peptic Ulcers, Constipation, Diarrhoea, Irritable Bowel Syndrome, colitis, Piles.
- **Muscular-Skeletal Disorders:** Back Pain, Intervertebral disc prolapse (IVDP) Lumbar Spondylosis, Cervical Spondylosis, Arthritis.

#### **UNIT-V: INTEGRATED APPROACH OF YOGA THERAPY FOR THE FOLLOWING COMMON AILMENTS-IV**

- **Neurological Disorders:** Migraine, Tension-headache, Epilepsy.
- **Psychiatric Disorders:** Neurosis, Anxiety disorders, Phobias, Depression.

### **REFERENCES BOOKS**

1. Yoga Therapy – Swami Kuvalayananda.
2. The Yoga Psychology – Abhedananda, Ramakrishna Vedanta Math, Caccutta.
3. Integrated Approach of Yoga Therapy for Positive Health – Nagarathna and Nagendra H.R.
4. योग चिकित्सा - स्वामी कुवलयाणन्दत्र।
5. योग से आरोग्य - कालिदास जोशी।
6. योग मनोविज्ञान - डॉ० शान्तीप्रकाश आत्रेय।
7. स्वस्थवृत्त विज्ञान एवं योगिक चिकित्सा - डॉ० राकेश गिरी।

**COURSE OUTCOMES (CO): MYHC302****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>CO1</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO2</b>	2	2	1	2	2	3	2	2	2	1	1	2	3	3	-	-
<b>CO3</b>	3	2	1	2	3	2	2	2	2	1	1	2	3	3	-	-
<b>CO4</b>	2	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO5</b>	3	2	1	2	3	2	2	2	2	1	1	2	3	3	-	-
<b>CO6</b>	2	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-

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

**Programme Name** : M.A. in Yogic Science  
**Course code** : MYHC303A  
**Course Name** : Teaching Methodology in Yoga  
**Semester /Year** : Third Semester

Subject Title	L	T	P	C
Teaching Methodology in Yoga	4	-	-	4

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.
- To teach the concept of yoga education and values.
- Have thoroughly understanding about class management & lesson planning.
- Have an idea about the different tools used in yoga teaching.

#### UNIT-I: APPLIED PHILOSOPHY

- Yoga as Applied philosophy, Meaning, definition and nature of consciousness as described in Vedas, Upanishads, Bhagwad Gita, Yoga sutra and Yoga vashishtha.
- Spiritual and scientific approach to human consciousness.
- Yogic Method of elevation of human consciousness: Bhakti yoga, Jnan yoga, Karma yoga, Mantra yoga, Ashtanga yoga, Hatha yoga.

#### UNIT-II: YOGA IN EDUCATION

- Salient features of Yoga Education, Factors of Yoga Education.
- Teacher, Student and Teaching, Value based education- Meaning and definition, types of values.

#### UNIT-III: TEACHING METHODOLOGY IN YOGA-I

- Teaching and Learning: Concepts and Relationship between the two.
- Principles of Teaching: Meaning and scope of Teaching methods and factors influencing them; Teaching techniques- Individual, group and mass.

#### UNIT-IV: TEACHING METHODOLOGY IN YOGA-II

- Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shodhanakriya, Asana, Mudra, Pranayama & Meditation).
- Models of Lesson Plan; need for a lesson plan and content plan; Eight Step method of Introduction as developed in Kaivalya dhama.

#### UNIT-V: MANAGEMENT OF YOGA CLASS.

- Evaluation methods of an ideal Yoga class; Methods of customizing Yoga class to meet individual needs. The student will have demonstrations and training in the above mentioned aspects of teaching methods.
- Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class, Student's approach to the teacher: Pranipaata, Pariprashna; Seva, (BG 4.34)

### REFERENCE BOOKS

- Methods and Techniques of Teaching – S.K. Kochar, Sterling Publications Pvt. Ltd., New Delhi.
- A Handbook of Education – A.G. Sundarams & R.N. Kaul, Kapoor Brothers, Jammu.
- Applied Yoga – Dr. Kamakhya Kumar
- आसन, प्राणायाम, मुद्रा, बन्ध - स्वामी सत्यानन्द सरस्वती।
- विद्यार्थियों के लिए योग - स्वामी सत्यानन्द सरस्वती।
- शरीर विज्ञान और योगाभ्यास - डॉ० एम० एम० गोरे।
- आसन - स्वामी कुवलयानन्द।

- प्राणायाम - स्वामी कुवलयानन्द।
- योगाभ्यास की अध्यापन विधियाँ - डॉ० मनोहर लक्ष्मण घरोटे एवं श्रीमन्त कुमार गाँगुली।

**COURSE OUTCOMES (CO): MYHC303A**

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

<b>CO-1</b>	Highlighting the concept of yoga education and values.
<b>CO-2</b>	Understand the principles and practices of teaching methods of yoga.
<b>CO-3</b>	Apply different tools used in yoga teaching.
<b>CO-4</b>	Discuss class management & lesson planning's.
<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>CO1</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO2</b>	2	2	1	2	2	3	2	2	2	1	1	2	3	3	-	-
<b>CO3</b>	3	2	1	2	3	2	2	2	2	1	1	2	3	3	-	-
<b>CO4</b>	2	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO5</b>	3	2	1	2	3	2	2	2	2	1	1	2	3	3	-	-
<b>CO6</b>	2	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-

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

**Programme Name** : M.A. in Human Consciousness and Yogic Science

**Course code** : MYHE303B

**Course Name** : Mental Hygiene Through Yoga

**Semester /Year** : Third Semester

Subject Title	L	T	P	C
Mental Hygiene Through Yoga	4	-	-	4

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

### **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.
- Understand Transcendental meditation and its impact on our health.

#### **UNIT-I: CONCEPT OF MENTAL HEALTH**

- The western view Point.
- The Indian View Point.
- Mental Hygiene through yoga.

#### **UNIT-II: MENTAL HYGIENE THROUGH TRANSCENDENTAL MEDITATION**

- Historical Background.
- Psychological Concept.
- Mental Hygiene through Transcendental Meditation Yoga.

#### **UNIT-III: MENTAL HYGIENE THROUGH RAJ YOGA**

- Historical Background.
- Psychology Concept.
- Mental Hygiene through Raj Yoga.

#### **UNIT-IV: MENTAL HYGIENE THROUGH BHAKTI YOGA**

- Historical Background.
- Psychology Concept.
- Mental Hygiene through Bhakti Yoga.

#### **UNIT-V: MENTAL HYGIENE THROUGH ASHTANGA YOGA**

- Historical Background.
- Psychology Concept.
- Mental Hygiene through Ashtanga Yoga.

### **REFERENCE BOOKS**

1.	Contemporary School of Psychology	-	Woodwork
2.	20 <sup>th</sup> Century Psychology	-	P.L. Harrienan
3.	Internal Yoga Psychology	-	V. Madhupudhan Reddy
4.	Yoga and depth Psychology	-	I.P Sachdeva
5.	Yoga Psychology	-	Shanti Parkash Attari
6.	Yoga Psychology	-	Dr. Kamkhya Kumar
7.	योग द्वारा मानसिक आरोग्य	-	डॉ० विनोद नौटियाल

**COURSE OUTCOMES (CO): MYHE303B**

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

<b>CO-1</b>	Identify the essence of Ashtanga Yoga and how to put them into practice.
<b>CO-2</b>	Understand the concept of mental health.
<b>CO-3</b>	Apply the role of Bhakti yoga in our day to day life.
<b>CO-4</b>	Explain Transcendental meditation and its impact on our 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>CO1</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO2</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO3</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO4</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO5</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO6</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-

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

**Programme Name** : M.A. in Human Consciousness and Yogic Science  
**Course code** : MYHE304A  
**Course Name** : Yoga and Self-Management  
**Semester /Year** : Third Semester

Subject Title	L	T	P	C
Yoga and Self-Management	4	-	-	4

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

### **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.

#### **UNIT-V: PERSONALITY DEVELOPMENT**

- Body Language, Eye Contact.
- Movement, Language and skill.
- Group Discussion.
- Situation control and Adaptation.

**REFERENCE BOOKS**

1. L.Chaito : Relaxation & Meditation Techniques,1983
2. Michael Aegyle : Bodily Communication, Methuen,1975
3. Mulligan J : The personal Management (handbook)
4. Postonjee D.M.: Stress and Coping, The Indian Experience, sage Publication, New Delhi.
5. आचार्य महाप्रज्ञ - शक्ति की साधना।
6. आचार्य महाप्रज्ञ - नया मानव नया विश्व, आदर्श साहित्य संघ, चूरु।
7. शिवखेडा - जीत आपकी।

**COURSE OUTCOMES (CO): MYHE304A**

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
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

**Programme Name** : M.A. in Human Consciousness and Yogic Science  
**Course code** : MYHE304B  
**Course Name** : Diet and Nutrition in Yoga  
**Semester /Year** : Third Semester

Subject Title	L	T	P	C
Diet and Nutrition in Yoga	4	-	-	4

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

### **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.
- Understand the concepts of absorption of essential vitamins and minerals.

#### **UNIT-I: OBJECTIVE AND CONCEPT OF DIET**

- Basic concepts and components of food and nutrition Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement.
- Human Nutritional Requirements, Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification.

#### **UNIT-II: NUTRIENTS**

- Macro Nutrients –Sources, Functions and Effects on the Body.
- Micro Nutrients - Sources, Functions and Effects on the Body.
- Fat Soluble Nutrients - Sources, Functions and Effects on the Body, Water soluble Nutrients - Sources, Functions and Effects on the Body.
- Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water, Excessive and deficiency diseases of nutrients in the body; Antioxidants and their Role.

#### **UNIT -III: BALANCED DIET**

- Yogic concept of diet and its relevance in the management of lifestyle
- Nutrients, proximate principles of diet, balanced diet concept.
- Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements.

#### **UNIT-IV: FOOD GROUPS**

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

#### **UNIT-V: FOOD AND METABOLISM**

- Energy - Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism.
- Calorie Requirement - BMR, SDA, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy; Requirement and Expenditure, Factors affecting BMR.

**REFERENCE BOOKS**

- Diet & Nutrition in Yoga – Dr. Bijendra Singh, Dr. Sama Parveen.
- स्वस्थवृत्त विज्ञान - प्रो० रामहर्ष।
- योग व आहार - डॉ० गणेश शंकर व बाबूलाल दायमा।
- प्राकृतिक योग विज्ञान - डॉ० गंगा प्रसाद गौड़।
- स्वस्थवृत्तम् - शिव कुमार गौड़।
- प्राकृतिक स्वास्थ्य एवं योग - डॉ० बृजभूषण गोयल।

**COURSE OUTCOMES (CO): MYHE304B**

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

<b>CO-1</b>	Identifying the appropriate diet to different age groups.
<b>CO-2</b>	Understand the concept of diet and the medical value of nutrition.
<b>CO-3</b>	Disprove overeating and malnutrition.
<b>CO-4</b>	Benefits and caloric value of various food groups.
<b>CO-5</b>	Explain the basics of Nutrition.
<b>CO-6</b>	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
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.

**Programme Name** : M.A. in Human Consciousness and Yogic Science  
**Course code** : MYHL301  
**Course Name** : Practical-3.1 (Yoga)  
**Semester /Year** : Third Semester

Subject Title	L	T	P	C
Practical-3.1 (Yoga)	-	-	12	6

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

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

- Demonstrate yogic practice with confidence and skilfully.
- Bring out hidden talents through regular yogic practice.
- Understand the benefits and limitations of each yoga practices.
- Demonstrate each practice with confidence and skilfully.

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

- Swasti Mantra/Vandana, Guru Mantra / Vandana - As Described in 1<sup>st</sup> Semester Practical

### **UNIT-II: ASANA**

- |                        |                        |                     |
|------------------------|------------------------|---------------------|
| 1. Purnachakrasana     | 2. Kalyanasana         | 3. Titibhasana      |
| 4. Bakasana            | 5. Ekpadbakasana       | 6. Ashtavakrasana   |
| 7. Akarana Dhanurasana | 8. Mayurasana          | 9. Gomukhasana      |
| 10. Yogasana           | 11. Gorakshasana       | 12. Uttithpadmasana |
| 13. Kukkutasana        | 14. Kurmasana          | 15. Bhunamanasana   |
| 16. Hanumanasana       | 17. Raj Kapotasana     | 18. Vyaghrasana     |
| 19. Sarvangasana       | 20. Padma sarvangasana | 21. Purnahalasana   |
| 22. Karanpidasana      | 23. Purna matsyasana   | 24. Markatasan      |

- Asana as described in 1<sup>st</sup> & 2<sup>nd</sup> semester practical.

### **UNIT-III: PRANAYAMA, MUDRA AND BANDH**

- |                          |                                       |
|--------------------------|---------------------------------------|
| 1. Bahyavritti Pranayama | 2. Abhyantarvriti Pranayama           |
| 3. Stambhvriti Pranayama | 4. Bahyabhyantavishyakshepi Pranayama |
| 5. Yoni mudra            | 6. Shaktichalini                      |

- Pranayama, Mudra and Bandha as described in 1<sup>st</sup> & 2<sup>nd</sup> semester practical

### **UNIT-IV: KRIYA**

- |                         |                      |
|-------------------------|----------------------|
| 1. Kapalbhati- Shitkram | 2. Nauli Sanchalan   |
| 3. Dand Dhauti          | 4. Shankhprakashalan |

- Kriya As Described In 1<sup>st</sup> & 2<sup>nd</sup> Semester Practical.

### **UNIT-V: Pedagogy- method Students will be encouraged to conduct classes for nearby village school children**

- **Recitation of Hymns & Hastamudra**
- **Asana- Pawanmuktasan Series, Yogic Suksham Vyayam, Surya Namskar**
- **Pranayama, Mudra and Bandh**
- **Kriya**

### **TEXT BOOKS**

5. Swatmarama, Swami, Kaivalyadhama : Hatha Pradikpika.
6. Saraswati, Swami Niranjanananda, Yoga Publication, Trust Munger Bihar, India 2011: Gheranda Samhita.

### **REFERENCE BOOK**

17. Sarswati, Swami Satyanada, 1996: Asana Pranayama Mudra Bandha.
18. Rama Swami (Author), Rudolph M. Ballentine (Author), Alan Hymes (Author) : Science of Breath.
19. Shivanada, Swami July 2008: The Science of Pranayama.

20. B.K.S. Iyengar, 2005: Light on Pranayama.
21. B.K.S Iyengar, 2006: Light on Yoga.
22. Sarswati, Swami Nirajananda (Author) 2009, Prana and Pranayama.
23. Brahmachari, Swami Dharendra: Yogic Shuksama Vyayama.
24. Kuvalyananda, Swami, Kaivalyadhama 1992: Yogasana.

### COURSE OUTCOMES (CO): MYHL301

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

<b>CO-1</b>	Highlighting the benefits and limitations of each yoga practices.
<b>CO-2</b>	Understand the concept and principles of shatkarmas and breathing techniques.
<b>CO-3</b>	Demonstrate each practice with confidence and skillfully.
<b>CO-4</b>	Explaining the concept of Asana, Pranayama, Mudra and Bandh.
<b>CO-5</b>	Moderating the breathing practice.
<b>CO-6</b>	Writing the importance of Shatkarma.

### 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	3	2	2	2	2	2	3	3	2	2	2	3
CO2	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO3	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO4	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO5	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO6	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3

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

**Programme Name : M.A. in Human Consciousness and Yogic Science**

**Course code : MYHL302**

**Course Name : Practical-3.2 (Research Paper)**

**Semester /Year : Third Semester**

Subject Title	L	T	P	C
Practical-3.2 (Research Paper)	-	-	4	2

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

### **COURSE OBJECTIVES:**

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

- The dissertation provides the opportunity to show that the necessary skills and knowledge in order to organize and conduct a research project
- To aware the student about the research in the field of yogic science.
- To hold confidence, seminars, workshops, camps and public meetings to propagate information and knowledge of yoga.

#### **UNIT – I: RESEARCH PAPER AND SEMINAR/WORKSHOP/CONFERENCE**

- Research Paper (Minimum One)
- Seminar & Workshop (Minimum Two)

#### **UNIT – II**

#### **VIVA-VOCE**

#### **COURSE OUTCOMES (CO): MYHL302**

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

<b>CO-1</b>	Highlighting the necessary skills and knowledge in order to organize and conduct a research project.
<b>CO-2</b>	Understand to identify and investigate a research problem.
<b>CO-3</b>	Preparing research paper.
<b>CO-4</b>	Explain students about the research in the field of yogic science.
<b>CO-5</b>	Reviewing research paper.
<b>CO-6</b>	Conduct seminars, workshops, camps and public meetings to propagate information and knowledge of yoga.

#### **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	2	2	3	2	2	2	2	2	3	3	2	2	2	3
<b>CO2</b>	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
<b>CO3</b>	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
<b>CO4</b>	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
<b>CO5</b>	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
<b>CO6</b>	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3

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

**Programme Name** : M.A. in Human Consciousness and Yogic Science  
**Course code** : MYHC401  
**Course Name** : Yoga and Psychology  
**Semester /Year** : Fourth Semester

Subject Title	L	T	P	C
Yoga and Psychology	4	-	-	4

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

### **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.

### **UNIT-I: INTRODUCTION TO ALTERED STATES OF CONSCIOUSNESS AND COGNITIVE PSYCHOLOGY**

- Sleep: Stages of Sleep.
- Sleep Disorders.
- Sensation, Perception, Attention, Memory.
- Learning - Their definitions and types.

### **UNIT-II: BEHAVIOURAL PSYCHOLOGY**

- Psychology as a Science of Behaviour.
- Psychological basis of behavior.

### **UNIT-III: PERSONALITY**

- Nature and Types of Personality.
- Determinants of Personality - Heredity and Environment.
- Facets and Stages of Personality Development.

### **UNIT-IV: MENTAL HEALTH**

- Causes and Consequences of Mental Conflicts and Frustrations.
- Introduction to Common mental disorders - Insomnia, Depression, Stress, Anxiety disorders

### **UNIT-V: ROLE OF YOGA IN MENTAL DISORDER**

- Patanjali Yog Sutra Inclusion Concept of Mental Disorders.
- Role of Yoga in Mental Disorder.
- Diagnosis by Yoga in Mental Disorders.

### **REFERENCE BOOKS**

- Yoga and Psychology – Dr. Kanchan Joshi, Dr. Bijendra Singh.
- P.L. Harrienan, 20<sup>th</sup> Century Psychology.
- Abraham H. Maslov, Towards a Psychology of Being.
- N.C.Pande, Mind and supermind.
- V. Madhupudhan Reddy, Internal Yoga Psychology.
- I.P Sachdeva, Yoga and Depth Psychology.
- Shanti Parkash Attari, Yoga Psychology.
- Yoga Nidra – Dr. Kamkhya Kumar.
- डॉ० विनोद नौटियाल - योग और मनोविज्ञान।

**Course outcomes (CO): MYHC401****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>CO1</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO2</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO3</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO4</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO5</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO6</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-

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

**Programme Name** : M.A. in Human Consciousness and Yogic Science

**Course code** : MYHC402

**Course Name** : Yoga And Alternative Therapies

**Semester /Year** : Fourth Semester

Subject Title	L	T	P	C
Yoga And Alternative Therapies	4	-	-	4

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

### **COURSE OBJECTIVES:**

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

- Get comprehensive knowledge about ancient wisdom.
- Understand the basic concepts of pranic healing.
- Understand the concept of chakras and colour pranas.
- To make the students understand the fundamental of acupressure and magneto therapy.

#### **UNIT-I: INTRODUCTION TO ALTERNATIVE THERAPY**

- Concept of Alternative Therapy.
- Importance of Alternative Therapy.
- Scope of Alternative Therapy.
- Limitation of Alternative Therapy.
- Relation Between Yoga Therapy and Alternative Therapy.

#### **UNIT-II: PRANIC HEALING**

- Meaning and Concept of Prana.
- Types of Prana.
- Introduction, History & Principles of Pranic Healing.
- Importance of Colour & Chakras in Pranic Healing.
- Various Techniques of Pranic Healing.

#### **UNIT-III: ACUPRESSURE THERAPY**

- Meaning, History and Principles of Acupressure.
- Types and Techniques of Acupressure.
- Instruments and Benefits of Acupressure.
- Effect of Acupressure Therapy in Various Diseases.
- Differences and Similarities of Acupressure and Sujok.

#### **UNIT-IV: MANTRA THERAPY**

- Meaning of Mantra Therapy.
- Definitions of Mantra Therapy.
- Principles of Mantra Therapy.
- Scope and Limits of Mantra Therapy.
- Effect of Mantra Therapy on Disease.

#### **UNIT-V: MAGNETO THERAPY**

- Meaning and Definition of Magneto Therapy
- Principles & Scope of Magneto Therapy.
- Kinds of Magnets.
- Methods of Magneto Therapy.
- Effect of Magneto Therapy on Different Diseases.

### **REFERENCE BOOKS: -**

- Acupressure – Dr. Attar Singh.
- Acupressure – Dr. L. N. Kothari.
- Miracles through Pranic healing - Master Choa Kok Sui
- Advanced Pranic healing - Master Choa Kok Sui.
- Magneto therapy - Dr. H. L. Bansal.

- Magnetic Cure for common disease:- Dr. R.S. Bansal, Dr. H. L. Bansal.
- योग एवं वैकल्पिक चिकित्सा - डॉ० विनोद नौटियाल।
- प्राणिक उपचार रहस्य - डॉ० सुनील कुमार श्रीवास।

**COURSE OUTCOMES (CO): MYHC402**

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

<b>CO-1</b>	Memorizing comprehensive knowledge about ancient wisdom.
<b>CO-2</b>	Understand the basic concepts of pranic healing.
<b>CO-3</b>	Examine fundamental of acupressure and magneto therapy.
<b>CO-4</b>	Explain the concept of chakras and pranas.
<b>CO-5</b>	Evaluate the concept of alternative therapy.
<b>CO-6</b>	Directing the concept of Magneto Therapy.

**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	2	2	-	2	2	1	-	-	-	-	-
<b>CO2</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO3</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	1	-
<b>CO4</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO5</b>	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
<b>CO6</b>	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3

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

**Programme Name** : M.A. in Human Consciousness and Yogic Science  
**Course code** : MYHE403A  
**Course Name** : Indian Philosophy and Culture  
**Semester /Year** : Fourth Semester

Subject Title	L	T	P	C
Indian Philosophy and Culture	4	-	-	4

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

### **COURSE OBJECTIVES:**

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

- Students will have an idea about the insights of Indian philosophy and astik and nastik darshans.
- Understand the fold of applications and means to overcome them.
- Describe the various schools of philosophy like Jainism, nyas, vaisheshik, mimansa etc. Which are relevant to yoga practice?
- Discuss concept objectives and application of Indian culture for living and learning.
- Understand the mystery of Indian philosophy in relation to Yoga.

#### **UNIT – I: GENERAL INTRODUCTION OF INDIAN PHILOSOPHY AND CULTURE**

- Meaning, definition and area of Indian philosophy.
- Nature and need of study of Indian philosophy.
- Origin, meaning, definition and types, general introduction to indian religious scriptures - veda, upanishad, mahabharat, ramayan, bhagvat gita.
- Salient Features of Indian Culture, Vedic Ashram Vyavastha, Varna Vyavastha, Law of action, Sisteen Rituals and Pancha Mahayajna.

#### **UNIT- II: NYAYA AND VAISESIKA**

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

#### **UNIT-III: SAMKHYA AND YOGA**

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

#### **UNIT-IV: MIMAMASA (PURVA AND UTTARA)**

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

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

#### UNIT-V: NAASTIKA PHILOSOPHY

- Charvaka philosophy - Origin and history of Charvaka philosophy.
- Metaphysics and Epistemology, Buddhism Four noble truths, Pramanas.
- Jainism - Categories, Triratnas and Syadvada.

#### REFERENCE BOOKS

- Classical Indian Philosophy – I. N. Mohanty.
- C.D. Sharma: Critical Survey of Indian Philosophy, Motilal Banarsidass Publications 2003.
- N. V. Banerjee: The Spirit of Indian Philosophy, Arnold-Heinemann Publishers, 1974.
- भारतीय दर्शन - आचार्य बलदेव उपाध्याय।
- भारतीय संस्कृति के विविध आयाम - डॉ० अरुण जयसवाल।
- कल्याण (संस्कृति अंक) - गीताप्रेस गोरखपुर।
- योग एवं भारतीय दर्शन - प्रो० (डॉ०) कंचन जोशी।

#### COURSE OUTCOMES (CO): MYHE403A

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

<b>CO-1</b>	Show the insights of Indian philosophy and astik and nastik darshans.
<b>CO-2</b>	Understand the fold of applications and means to overcome them.
<b>CO-3</b>	Describe the various schools of philosophy like Jainism, nyas, vaisheshik, mimansaets, which are relevant to yoga practice.
<b>CO-4</b>	Discuss concept objectives and application of Indian culture for living and learning.
<b>CO-5</b>	Evaluate Human Consciousness and culture in relation to Yoga.
<b>CO-6</b>	Directing various tools of Philosophy.

#### 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	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO2</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO3</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO4</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO5</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO6</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-

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

**Programme Name** : M.A. in Human Consciousness and Yogic Science  
**Course code** : MYHE403B  
**Course Name** : Principles of Naturopathy  
**Semester /Year** : Fourth Semester

Subject Title	L	T	P	C
Principles of Naturopathy	4	-	-	4

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

### **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.

#### **UNIT-I: GENERAL INTRODUCTION**

- A Short History of Nature Cure, Its Fundamental Principles.
- Disease – Its Root Cause, Acute and Chronic Disease.
- Principles of Alien Toxins, Principle of Remedial Aggravation.

#### **UNIT-II: HYDROTHERAPY**

- Hydrotherapy, Significance of Water, Properties of Water.
- Effect of Water on Human Body in Various Temperatures.
- Principles of Hydrotherapy.
- Methods of Uses of Water, Bath - Natural Bath, Hip Bath, Arm Bath, Steam Bath, Spinal Bath, Hot Foot Bath, Immersion Bath.
- Packs - Chest Pack, Abdominal Pack, Neck Pack and Leg Pack, Full Body Bed sheet Pack, Formation and Enema.

#### **UNIT-III: MUD AND CHROMOTHERAPY**

- Significance of Mud, Kinds and Properties of Mud, Its Effect on Body.
- Mud Pack – Abdomen, Eye, Throat and Back Mud Pack. Mud Bath.
- Importance of Sun Bath, Types of Sun Bath, Chromo therapy.

#### **UNIT-IV: FASTING**

- Theory and Physical Activity and Action and Reactions.
- Fasting For Health, Disease - Its Emergence and Fasting, Rules Of Fasting.
- Kinds of Fasting- Long and Short Fast, Complete Fasting, Half Fasting, Water Fasting, Juice Fasting, Fruit Fasting, One Meal Fasting.
- Difference between Fasting and Starvation, Importance of Natural Food.

#### **UNIT-V: MASSAGE**

- Meaning and Definition of Massage, History and Its Effect on Various Parts of Body.
- Short Description of Various Massages
- Methods–Rubbing, Ringing, Rolling, Hacking, Beating, Pulling, Pinching, Shaking, Vibrating.
- Precaution of Massage, Rules of massages, Disease and Massage.

#### **REFERENCE BOOKS**

- Henry Lindlahr. Philosophy of Nature Cure
- S.J.Singh., History and Philosophy of Nature Cure
- M.K.Gandhi., My Nature Cure
- नौटियाल, डॉ० विनोद - प्राकृतिक चिकित्सा और आयुर्वेद, किताब महल पब्लिशर्स, नई दिल्ली।
- जिंदल, राकेश - प्राकृतिक आयुर्विज्ञान, आरोग्य सेवा सदन, उत्तर प्रदेश।
- नौटियाल, डॉ० रजनी - प्राकृतिक चिकित्सा, किताब महल पब्लिशर्स, नई दिल्ली।

- काला, डॉ० सरस्वती - प्राकृतिक चिकित्सा एक समस्त उपचार पद्धति।
- नौटियाल, डॉ० रजनी - प्राकृतिक चिकित्सा की दृष्टि में रोग और योग साधना, किताब महल, नई दिल्ली।

**COURSE OUTCOMES (CO): MYHE403B****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>	Expressing the ancient knowledge of naturopathy based on the concept of panchamahabhuta.
<b>CO-3</b>	Utilize naturopathy in eradication of disease.
<b>CO-4</b>	Concept of Naturopathy diet in disease and importance of massage therapy.
<b>CO-5</b>	Evaluate of naturopathy in eradication of disease.
<b>CO-6</b>	Role of Naturopathy in eradication of diseases.

**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	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO2</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO3</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO4</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO5</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
<b>CO6</b>	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-

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

**Programme Name** : M.A. in Human Consciousness and Yogic Science

**Course code** : MYHE404A

**Course Name** : Essay

**Semester /Year** : Fourth Semester

Subject Title	L	T	P	C
Essay	4	-	-	4

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

### Course Objectives:

The objectives of this course are

- Defining Yoga in Indian Literature.
- Develop the skill of creative and critical thinking.
- Apply analytical and evaluative skills appropriate to subject with an understanding of the implications and the context of their research.

### UNIT-I

- Nature of Yoga in Indian Literature.
- Concept of Ishwar in Indian Philosophy.
- Metaphysics of Yoga Philosophy.
- Liberation (Moksha) in Indian Literature.

### UNIT-II

- Satkaryavada.
- Praman Mimansa.
- Srishti Prakriya of Sankhya.
- Samadhi.

### UNIT-III

- Rajyoga.
- Gyanyoga.
- Bhaktiyoga.
- Karmayoga.

### UNIT-IV

- Mahrishi Dayananda and His Yog Sadhana.
- Life Sketch of Sri Aurobindo and His Yog Sadhana.
- Contribution of Swami Vivekananda in the Field of Yoga.
- Contribution of Swami Kuvalayananda in the Field of Yoga.

### UNIT-V

- Indian Yoga Traditions in Modern Scenario.
- Role of Yoga in Terrorism.
- Role of Yoga in Education.

### COURSE OUTCOMES (CO): MYHE404A

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

CO-1	Highlighting the concept of Ishwar in Indian Philosophy.
CO-2	Expressing Satkaryvad and Praman Mimansa..
CO-3	Apply analytical and evaluative skills appropriate to subject.
CO-4	Explain Indian Yoga Tradition in Modern Scenario
CO-5	Evaluating specific statement that clearly indicates what a student should no and be able to do as a result of learning.
CO-6	Writing more effectively what they know.

**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.

**Programme Name : M.A. in Human Consciousness and Yogic Science**

**Course code : MYHE404B**

**Course Name : Dissertation**

**Semester /Year : Fourth Semester**

Subject Title	L	T	P	C
Dissertation	6	-	-	6

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) (30+10) - 40 Marks

Dissertation (Evaluation & Viva-Voce) - 60 Marks

**TOTAL - 100 Marks**

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

### **COURSE OUTCOMES (CO): MYHE404B**

**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.

**Programme Name** : M.A. in Human Consciousness and Yogic Science  
**Course code** : MYHL401  
**Course Name** : Practical-4.1 (Yoga)  
**Semester /Year** : Fourth Semester

Subject Title	L	T	P	C
Practical-4.1 (Yoga)	-	-	12	6

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

### **COURSE OBJECTIVES:**

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

- Understand the write techniques of Shatkarmas and Pranayama.
- Applying the Bandha and Mudras with write techniques.
- State techniques, health benefits, applications, precautions and contra indications of under mentioned yogic practice.
- Demonstrate each yogic practice with confidence and skilfully.

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

- Swasti Mantra/Vandana, Guru Mantra / Vandana - As Described in 1<sup>st</sup> Semester Practical

#### **UNIT-II: ASANA**

- |                                |                              |                             |
|--------------------------------|------------------------------|-----------------------------|
| 1. Hasta Padangushtasana       | 2. Parivrittaparshwakonasana | 3. Natrajasana              |
| 4. Pakshiasana                 | 5. Vatayanasana              | 6. Dimbhasana               |
| 7. Ekpada Skandasana           | 8. Utthitekpad skandhasana   | 9. Utthita Dwipada Sirasana |
| 10. Uttithita Paschimotanasana | 11. Padmabhasana             | 12. Padmamayurasana         |
| 13. Padmasirshasana            | 14. Omkarasana               | 15. Shankhyasana            |
| 16. Bala Garbhasana            | 17. Purnamatsyendrasana      | 18. Mayurasana              |
| 19. Sankatasana                | 20. Vrishchikasana           | 21. purnabhujaangasana      |
| 22. purnadhanurasana           | 23. Makarasana               | 24. Savasana                |

- Asana as Described In 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> Semester Practical

#### **UNIT-III: PRANAYAMA, MUDRA AND BANDH**

- Pranayam, Mudras & Bandhas as Described In 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> Semester Practical

#### **UNIT-IV: Kriya**

- Kriya As Described In 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> Semester Practical

#### **UNIT-V: Pedagogy- method Students will be encouraged to conduct classes for nearby village school children**

- **Recitation of Hymns & Hastamudra**
- **Asana**
- **Pranayama**
- **Pranayama, Mudra and Bandh**
- **Kriya**

**TEXT BOOKS**

7. Swatmarama, Swami, Kaivalyadhama : Hatha Pradikpika.
8. Saraswati, Swami Niranjanananda, Yoga Publication, Trust Munger Bihar, India 2011: Gheranda Samhita.

**REFERENCE BOOK**

25. Sarswati, Swami Satyanada, 1996: Asana Pranayama Mudra Bandha.
26. Rama Swami (Author), Rudolph M. Ballentine (Author), Alan Hymes (Author) : Science of Breath.
27. Shivanada, Swami July 2008: The Science of Pranayama.
28. B.K.S. Iyengar, 2005: Light on Pranayama.
29. B.K.S Iyengar, 2006: Light on Yoga.
30. Sarswati, Swami Nirajananda (Author) 2009, Prana and Pranayama.
31. Brahmachari, Swami Dharendra: Yogic Shuksama Vyayama.
32. Kuvalyananda, Swami, Kaivalyadhama 1992: Yogasana.

**Course outcomes (CO): MYHL401**

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

<b>CO-1</b>	Highlighting the benefits and limitations of each yoga practices.
<b>CO-2</b>	Understand the concept and principles of pranayama and breathing techniques.
<b>CO-3</b>	Demonstrate each practice with confidence and skilfully.
<b>CO-4</b>	Explaining the concept of Asana and Pranayama.
<b>CO-5</b>	Moderating the breathing practice.
<b>CO-6</b>	Writing the importance of Asana and Pranayama.

**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	3	2	2	2	2	2	3	3	2	2	2	3
CO2	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO3	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO4	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO5	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO6	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3

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

**Programme Name** : M.A. in Human Consciousness and Yogic Science

**Course code** : MYHL402

**Course Name** : Practical-4.2 (Alternative Therapies)

**Semester /Year** : Fourth Semester

Subject Title	L	T	P	C
Practical-4.2 (Alternative Therapies)	-	-	4	2

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

### **COURSE OBJECTIVES:**

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

- The dissertation provides the opportunity to show that the necessary skills and knowledge in order to organize and conduct a Alternative Therapies/ Naturopathy.
- To aware the student about the research in the field of Naturopathy / Alternative Therapies.
- To hold confidence, seminars, workshops, Theatrical camps and public meetings to propagate information and knowledge of Alternative Therapies/ Naturopathy.

#### **UNIT – I**

**INTERNSHIP** (Alternative Therapies / Naturopathy)

**Report Writing**

**VIVA-VOCE**

**Course outcomes (CO): MYHL402**

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

<b>CO-1</b>	Highlighting the necessary skills and knowledge in order to organize and conduct a Alternative Therapies and Naturopathy.
<b>CO-2</b>	Understand to identify and investigate different disease.
<b>CO-3</b>	Understand to identify and investigate Alternative Therapies and Naturopathy.
<b>CO-4</b>	Explain students about the research in the field of Alternative Therapies and Naturopathy.
<b>CO-5</b>	Use and Evaluate Alternative Therapies and Naturopathy.
<b>CO-6</b>	Conduct workshops, Theatrical camps and public meetings to propagate information and knowledge of Alternative Therapies and Naturopathy.

### **CO-PO MAPPING**

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

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