

SHRI GURU RAM RAI UNIVERSITY

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

PATEL NAGAR, DEHRADUN-248001, UTTARAKHAND, INDIA



SYLLABUS (2019)

M.A. / M.Sc. IN YOGIC SCIENCE

DEPARTMENT OF YOGIC SCIENCE**M.A. / M.Sc. IN YOGIC SCIENCE****SYLLABUS (w. e. f. 2019-21)**

S. N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
			L	T	P	Sessional			ESE	
						Credit	CT	TA		
M.A. / M.Sc. I Year										
Semester-I										
1	MYSC-101	Fundamentals of Yoga	4		-	4	30	10	60	100
2	MYSC-102	Basic Texts of Yoga	4		-	4	30	10	60	100
3	MYSC-103	Principles of Hathyoga	4		-	4	30	10	60	100
4	MYSC-104	Human Anatomy, Physiology and Yoga-1	4		-	4	30	10	60	100
PRACTICAL										
5	MYSL-101	Practical-1 (Yoga)	-	-	12	6	30	10	60	100
6	MYSL-102	Practical-2 (Comp Lab, Human Performance Lab. & Monograph)	-	-	4	2	30	10	60	100
						24	TOTAL			600
Semester-II										
1	MYSC-201	Patanjal Yoga Sutra	4		-	4	30	10	60	100
2	MYSC-202	Teaching Methodology in Yoga	4		-	4	30	10	60	100
3	MYSC-203	Human Anatomy, Physiology and Yoga-2	4		-	4	30	10	60	100
4	MYSC-204	Yoga and Alternative Therapies	4		-	4	30	10	60	100
PRACTICAL										
5	MYSL-201	Practical-1 (Yoga)	-	-	12	6	30	10	60	100
6	MYSL-202	Practical-2 (Human Performance Lab. & Teaching Plan)	-	-	4	2	30	10	60	100
						24	TOTAL			600
M.A. / M. Sc. II Year										
Semester-III										
CORE										
1	MYSC-301	Statistics and Research Methodology in Yoga	4	-	-	4	30	10	60	100
2	MYSC-302	Principles of Naturopathy	4	-	-	4	30	10	60	100
ELECTIVES (TWO THEORY)										
3	MYSE-303	Fundamentals of Biochemistry	4	-	-	4	30	10	60	100
4	MYSE-303	Yoga and Psychology	4	-	-	4	30	10	60	100
5	MYSE-304	Yoga and Self Management	4	-	-	4	30	10	60	100
6	MYSE-304	Diet and Nutrition in Yoga	4	-	-	4	30	10	60	100
PRACTICAL										
7	MYSL-301	Practical-1 (Yoga)	-	-	12	6	30	10	60	100
8	MYSL-302	Practical-2 (Naturopathy & Teaching Plan) & Project Work)	-	-	4	2	30	10	60	100
						24	TOTAL			600
Semester-IV										
CORE										
1	MYSC-401	Indian Philosophy & Culture	4	-	-	4	30	10	60	100
2	MYSC-402	Yoga Therapy	4	-	-	4	30	10	60	100
ELECTIVES (TWO THEORY)										
3	MYSE-403	Yoga & Allied Science (General Introduction of Ayurved & Panchkarama)	4	-	-	4	30	10	60	100
4	MYSE-403	Mental Hygiene Through Yoga	4	-	-	4	30	10	60	100
5	MYSE-404	Essay	4	-	-	4	30	10	60	100
6	MYSE-404	Dissertation	6	-	-	6	30	10	60	100
PRACTICAL										
	MYSL-401	Practical-1 (Yoga)	-	-	12	6	30	10	60	100
	MYSL-402	Practical-2 (Research paper, Seminar & Yoga Camp)	-	-	4	2	30	10	60	100
						24*	TOTAL			600
TOTAL CREDITS						96	G. TOTAL			2400

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

**SEMESTER-I
PAPER-I (MYSC-101)
FUNDAMENTALS OF YOGA**

MARKS: 100**DURATION OF EXAM. : 3 HRS.****EXT: - 60****INT: - 40****UNIT-I: INTRODUCTION OF YOGA**

1. Origin, Meaning and Various Definition of Yoga.
2. Concept and Aim of Yoga, Traditional and Historical Development of Yoga.
3. Misleading Concepts Related to Yoga.

UNIT-II: CONCEPT OF YOGA IN VARIOUS TEXTS

1. Nature of yoga in Vedas.
2. Nature of Yoga in Geeta Indian Philosophy
3. Nature of Yoga in Tantra.

UNIT-III: VARIOUS SYSTEMS OF YOGA

1. Gyanyoga, Bhaktiyoga.
2. Kramayoga, Rajyoga.
3. Hathyoga, Mantrayoga.

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

1. Ancient - Mahrishi Patanjali, Adi Shankracharya, Gorakshanath.
2. Medieval - Kabeerdas, Soordas, Swami Charandas.
3. Mordan - Swami Vivekanand, Shri Aravind, Mahrishi Raman and Swami Dayanand Saraswati.
4. Contemporary – Swami Shivananda, Swami Kuvalyanand, Mahrishi Mahesh Yogi.

UNIT-V: INTRODUCTION OF YOGIC TEXT.

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

REFERENCE BOOKS

1. Rajayoga- Swami Vivekanand, Ramakrishan Ashrama Publications.
2. Yoga Sutras of Patanjali- Hariharananda Aranya, University of Calcutta Press, Calcutta.
3. Radhakrishnan, S.: Indian Philosophy (Vol. I & II) (George Allen and Unwin, London, 1971).
4. Dr. Ishwar Bhardwaj: Manav Chetna (Hindi), Satyam Publication, NewDelhi, 2011
5. Pitamber Jha: Yog Parichaya
6. औपनिषदिक अध्यात्म विज्ञान— डॉ० ईश्वर भारद्वाज ।
7. पातंजल योग विमर्श—डॉ० विजयपाल शास्त्री ।
8. योग महाविज्ञान— डॉ० कामख्या कुमार ।

SEMESTER-I
PAPER-II (MYSC-102)
BASIC TEXTS OF YOGA

MARKS: 100**DURATION OF EXAM. : 3 HRS.****EXT: - 60****INT: - 40****UNIT-I: NATURE OF YOGA IN FUNDAMENTAL UPNISHAD-I**

1. Meaning & Definition of Upnishad, Position of Upnishad in Indian Literature.
2. Introduction of Ten Fundamental Upnishad Based on Yoga.
3. Ishavasyopnishad - Karmnishtha, Vidhya & Avidhya, Brahm Swaroop, Conclusion of Complete Upnishad.
4. Ken Upnishad – Shakti, Indriya & Anthkaran, Swa and Man, Perfaction of Truth.
Transcendental Truth, Moral Massage of Yaksha's Lecture.

UNIT-II: NATURE OF YOGA IN FUNDAMENTAL UPNISHAD-II

1. Kathopnishad – The Story of Yam & Nachiketa.
2. Prashopnishad – Prana & Rayi, Panch Prana.
3. Mundak Upnishad – Two Types of Brahmvidhya-Para Vidhya Aparā Vidhya, Characteristic of Popular Brahmvidhya Tap & Gurubhakti, Center of Origin of Universe, Aim of Brahm Meditation.

UNIT-III: NATURE OF YOGA IN FUNDAMENTAL UPNISHAD-III

1. Mandukya Upnishad - Four Stages of Conciousness & Relation with Omkar.
2. Etreya Upnishad - Soul, Universe & Brahm.
3. Taitreeya Upnishad - Short Summary of Panchkosh, Acharyopdesh (Dikshant), Siksha Valli, Anand Valli and Bhrigu Valli.
4. Chandogyaupnishad - Om (Udgeeth) Meditation, Shandilyavidhya.
5. Vridarnyakupnishad - Discourse of Yogvlakya and Maitreyi.

UNIT-IV: ELEMENTS SHRIMADBHAGWADGEETA-I

1. General Introduction & Definition of Shrimadbhagwadgeeta, Utility and Prevalence of Yoga of Shrimadbhagwadgeeta, Nature of Soule according Shrimadbhagwadgeeta.
2. Sthitpraygya, Samkhya Yoga (**Chapter-2**), Karm Yoga, Symptom/Character of Yogi (**Chapter-3**), Nature of Yagya and Their Relation with Yoga (**Chapter-4**).
3. Nature of Sanyasyoga and Karma (Sakam and nishkam, **Chapter-5**), Dhyan Yoga (**Chapter-6**).

UNIT-V: SHRIMADBHAGWADGEETA-II

1. Nature of Bhakti (Chapter - 12), Meaning and Aim of Bhakti yoga.
2. Nature of Triguna and Prakriti, Trividh Shradha, Yogic Diet/Diet of Yogi, Classification of Diet (Chapter-14 & 17)
3. Devasur Sampada (Chapter 16), Moksha Updesh (Chapter - 18)

REFERENCES BOOKS

1. श्रीमदभगवद्गीता, शंकर भाष्य – गीताप्रेस गोरखपुर।
2. गीता रहस्य – बाल गंगाधर तिलक।
3. श्रीमदभगवद्गीता – सत्यव्रत सिद्धान्तालंकार।
4. साधक संजीवनी – स्वामी प्रेमसुख दास जी महाराज, गीताप्रेस गोरखपुर।

5. उपनिषद अंक, कल्याण – गीताप्रेस गोरखपुर।
6. एकादश उपनिषद – सत्यव्रत सिद्धान्तालंकार।
7. उपनिषद दीपिका – डॉ० रामनाथ वेदालंकार।

SEMESTER-I
PAPER-III (MYSC-103)
PRINCIPLES OF HATH YOGA

MARKS: 100
EXT: - 60
INT: - 40

DURATION OF EXAM. : 3 HRS.

UNIT-I: INTRODUCTION OF HATH YOGA

1. Meaning, Definition, Aims and Objectives of Hath Yoga According Hath Pradeepika and Gherand Samhita, Introduction of Chakras According Hath Pradeepika and Gherand Samhita.
2. Sign & Symptoms of Success in Hath Yoga Sadhna According to Hathpradeepika.
3. Elements of Success and Failure in Hath Yoga Sadhana, Pathya-Apathya and Mitahar According to Hathpradeepika and Gherand Samhita.

UNIT-II: HATHPRADEEPIKA

1. Meaning, Definition and Classification of Shatkarma – Dhauti, Vasti, Neti, Nauli, Tratak and Kapalbhathi.
2. Meaning, Definition and Classification of Asana, Prananyama, Mudra and Bandh.
3. Introduction of Nadanusandhan, Samadhi and Kundlini.

UNIT-III: GHERAND SAMHITA-I

1. Introduction of Saptasadhan, Concept of Ghath and Ghathshuddhi.
2. Meaning, Definition and Classification of Shatkarma – Dhauti, Vasti, Neti, Nauli, Tratak and Kapalbhathi.
3. Meaning, Definition and Classification of Asana, Prananyama.

UNIT-IV: GHERAND SAMHITA-II

1. Meaning, Definition and Classification of Mudra and Bandh.
2. Meaning, Definition and Classification of Pratyahar and Dhyana.
3. Meaning, Definition and Classification of Samadhi.

UNIT-V: INTRODUCTION OF HATHYOGIC TEXTS

1. Introduction of Shiv Samhita.
2. Introduction of Vashishth Samhita.
3. Introduction of Hathratnavali.

REFERENCE BOOKS

1. Swami Muktibodhananda, Hatha Yoga Pradeepika, The light on Hathayoga, Bihar School of Yoga, Munger, 1985.
2. Ghatore, M.L. Hatharatnavali of Srinivasayogi, The Lonavala Yoga Institute, Lonavala, 2002.
3. Swami Digambarji, Gheranda Samhita, The Lonavala Yoga Institute, Lonavala,
4. हठयोग प्रदीपिका— स्वात्माराम योगी ।
5. घेरण्ड संहिता— स्वामी निरंजनानंद सरस्वती (घेरण्ड ऋषि) ।
6. योग परिचय— पीताम्बर झा ।
7. आसन प्राणायाम विज्ञान— देवव्रत आचार्य ।
8. आसन, प्राणायाम, मुद्रा बन्ध— स्वामी सत्यानन्द सरस्वती ।
9. बहिरंग योग — स्वामी योगेश्वरानन्द ।
10. हठयोग पद्धति — डॉ० रजनी नौटियाल ।

SEMESTER-I
PAPER-IV (MYSC-104)
HUMAN ANATOMY, PHYSIOLOGY AND YOGA-1

Marks: 100**DURATION OF EXAM. : 3 HRS.****EXT: - 60****INT: - 40****UNIT-I: INTRODUCTION OF HUMAN CELL, TISSUE AND BODY**

1. Structure of Human Cell, Its Different Complement and Work and Type, Definition of Body, Sixteen Elements of Body.
2. Four Type of Purush According to Ayurveda, Consciousness Dhatu Purush, 25 Purush, 6 Dhatu Purush.
3. Definition of Man (Mind), Origin of Man (Mind), Place of Mind, Repression of Mind, Reference of Work of Mind in Coordination of Meditation.

UNIT-II: SKELTAL SYSTEM AND YOG

1. Definition Types, Number, Structure and Work of Bone.
2. Place of Cartilage, Type and Work of Cartilage.
3. Type and of Joint, Structure of Knee and Spinal Joint.
4. Yogic Effect of Skeletal System.

UNIT-III: MASCULAR SYSTEM & YOG

1. Definition of Mass Dhatu, Origin and Introduction of Muscle, Introduction, Origin and Number of Muscles and Short Introduction of Major Muscles, i.e.- Frontals, Occipitals, Temporal, Strurnoclidomestoid, Latismus, Dorsie, Tripizius, Rectus, Obdominies, Diaphram, Deltoid, Biceps, Triceps, Glutius Maximus, Phemoralies, Sartorius, Gastrocnimius.
2. Type of Muscles, Structure of Muscles, Work of Muscle, Yogic Effect on Muscular System.

UNIT-IV: RESPIRATORY SYSTEM AND YOG

1. Definition of Breathing, Type of Breathing, Structure of Respiratory System.
2. Action of Breathing - External And Internal, Transport of Gasses, Control Process of Breathing Action.
3. Short Knowledge of Capacity and Volume in Breathing.
4. Yogic Effect of Respiratory System, Definition and Type of Prana, Importance of Pranayam.

UNIT-V: ENDOCRINE SYSTEM AND YOG

1. Endocrine and Exocrine Gland, Difference Between Enzymes and Hormones.
2. Position of Pituitary Gland, Pineal Gland, Thyroid Gland, Para Thyroid Gland, Thymus Gland, Pancreas Gland, Adrenal, Ovum And Testicles And Works.
3. Yogic Effect On Endocrine System.

REFERENCES BOOKS

1. Gore, M.M., Anatomy and Physiology of Yogic practices, Kanchan Prakshan, Lonavala, 2003.
2. Shirley Telles, A Glimpse of the Human body. V K YOGAS, Bangalore, 1995
3. Sri Krishna, Notes on Structure and Functions of Human Body and Effects of Yogic practices on it Kaivalydhama S.M.Y.M Samiti, Lonavala, 1988.
4. शरीर रचना विज्ञान – डॉ० मुकुन्द स्वरूप वर्मा ।
5. शरीर क्रिया विज्ञान – डॉ० प्रियव्रत शर्मा ।
6. शरीर रचना व क्रिया विज्ञान – डॉ० एस० आर० वर्मा ।

7. शरीर रचना एवं क्रियाविज्ञान – डॉ० विनोद नौटियाल ।
8. मानव शरीर संरचना एवं योगाभ्यास का प्रभाव – डॉ० मलिक राजेन्द्र प्रताप ।

SEMESTER-I
PAPER-V (MYSL-101)
PRACTICAL-I

MARKS: 100**EXT: - 60****INT: - 40****Pawanmuktasan Series- 1, 2 & 3.****Suksham Vyayam****08 Marks**

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| <ol style="list-style-type: none"> 1. Uccharana- sthala-tatha- vishudha-chakra-shuddhi 2. Prarthana (Prayer) 3. Buddhi-tatha-dhriti shakti- vikasaka 4. Smarana shakti-vikasaka 5. Medha shakti-vikasaka 6. Netra shakti-vikasaka 7. Kapola shakti-varadhaka 8. Karna shakti-varadhaka 9. Griva shakti-vikasaka-1 10. Griva shakti-vikasaka-2 11. Griva shakti-vikasaka-3 12. Skandha-tatha-bahu-mula shakti-vikasaka 13. Bhuja-bandha shakti-vikasaka 14. Kohini shakti-vikasaka 15. Bhuja-valli shakti-vikasaka 16. Purn Bhuja Shakti Vikashaka 17. Mani-bandha shakti-vikasaka 18. Kara-prstha shakti-vikasaka 19. Kara-tala shakti-vikasaka 20. Anguli-mula shakti-vikasaka 21. Anguli shakti-vikasaka 22. Vaksha-sthala shakti vikasak-1 23. Vaksha-sthala shakti vikasak-2 24. Udara shakti-vikasaka -1 | <ol style="list-style-type: none"> 25. Udara shakti-vikasaka -2 26. Udara shakti-vikasaka -3 27. Udara shakti-vikasaka -4 28. Udara shakti-vikasaka -5 29. Udara shakti-vikasaka -6 30. Udara shakti-vikasaka -7 31. Udara shakti-vikasaka -8 32. Udara shakti-vikasaka -9 33. Udara shakti-vikasaka -10 34. Kati shakti-vikasaka-1 35. Kati shakti-vikasaka-2 36. Kati shakti-vikasaka-3 37. Kati shakti-vikasaka-4 38. Kati shakti-vikasaka-5 39. Muladhar chakra suddhi 40. Upastha tatha swadhisthan suddhi 41. Kundalini shakti vikasak 42. Jangha-shakti-vikasak-1 43. Jangha-shakti-vikasak-2 44. Janu-shakti-vikasak 45. Pindali-shakti-vikasaka 46. Pad-mula-shakti vikasaka 47. Gulf-padprishtha- padtal- shakti-vikasak 48. Padanguli-shakti-vikasak |
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Surya Namskar**05 Marks****Asana****15 Marks**

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| <ol style="list-style-type: none"> 1. Tadasan 2. Triyaktadasan 3. Katichakrasan 4. Trikonasan 5. Ardchakrasana 6. Padhastasan 7. Kagasan | <ol style="list-style-type: none"> 8. Swastikasan 9. Padmasan 10. Siddhasan 11. Vajrasana 12. Ushtrasan 13. Shashankasana 14. Janu Shirasan | <ol style="list-style-type: none"> 15. Paschimottonasan 16. Poorvottanasana 17. Ardhamatsyendrasana 18. Uttanpadasan 19. Ardh Halasan 20. Pawanmuktasana 21. savasana |
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Pranayama**07 Marks**

Preparatory Aspects Of Pranayama: Correct Abdominal Breathing In Sawasana And Meditative Pose With 1:1 & 1:2 Ratios.

1. Abdominal Breathing, Chest Breathing.
2. Clavicular Breathing- Yogic Breathing.
3. Nadishodhan Pranayama.
4. Surya Bhedan Pranayama.

5. Ujjayee Pranayama.

Mudra and Bandh

08 Marks

1. Moolbandh.
2. Jalandharbandh.
3. Hast Mudra – Gyan, Prana, Apan, Ling Mudra.
4. Ashwini Mudra.
5. Shambhavi Mudra.
6. Kaki Mudra.

Kriya

07 Marks

1. Gajkarani / Kunjal.
2. Jalaneti.
3. Rabar Neti.
4. Kapalbhathi –Vatkram 20-50 Strokes.
5. Agnisar

VIVA VOCE

10 Marks

**SEMESTER-I
PAPER – VI (MYSL-102)
PRACTICAL–II**

MARKS: 100

EXT: - 60

INT: - 40

HUMAN PERFORMANCE LAB

10 Marks

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

COMPUTER LAB

20 Marks

1. Basic Knowledge of Computer, Typing Skills.
2. MS Office, MS Word, Internet - Email.
3. Power Point Presentation, Seminar - PPT.
4. Practical Note Book

MONOGRAPH

20 Marks

VIVA VOCE

10 Marks

SEMESTER-II
PAPER-I (MYSC-201)
PATANJALA YOGA SUTRA

MARKS: 100**DURATION OF EXAM: 3 HRS.****EXT: - 60****INT: - 40****UNIT-I: INTRODUCTION OF YOGA SUTRA, CHITTA BHUMIES AND VRITIES**

1. Introduction of Yoga Sutra, Defination of Yoga.
2. Concept of Chitta, Modification of Chitta, Chittabhumies.
3. Methods of Control Chittavritis.

UNIT-II: ANTARAYA, KRIYAYOGA AND KLESH.

1. Yogantaraya and their Associates & Chaturvyuhvad.
2. Method of Chitta Prasadhan and Krama Siddhant.
3. Kriyayoga and Its type, Panchklesh.

UNIT-IV: RESPIRATORY SYSTEM AND YOG

1. Definition of Breathing, Type of Breathing, Structure of Respiratory System.
2. Action of Breathing - External And Internal, Transport of Gasses, Control Process of Breathing Action.
3. Short Knowledge of Capacity and Volume in Breathing.
4. Yogic Effect of Respiratory System, Definition and Type of Prana, Importance of Pranayam.
5. Concept and Importance of Pratyahar.
6. Concept and Importance of Dharna and Dhyana.
7. Concept of Samadhi. Types of Samadhi – Samprgyat, Asamprgyat, Ritumbhra Prgya, Vivek Khyati and Dharammegh Samadhi.

UNIT-V: SIDDHIES AND ELEMENTS OF YOGA SUTRA

1. Samyamjanya Siddhies, Janmaadi Panch Siddhi, Animaadi Asht Siddhi.
2. Concept and Nature of Purush, Concept and Nature of Prakriti.
3. Concept and Nature of Ishwar, Importance of Ishwar in Yoga Sadhna.
4. Detailed of Kaivalya.

REFERENCE BOOKS

1. Essays on Yoga- Swami Shivananda.
2. Bases of Yoga- Shri Aurabindo.
3. पातंजल योग सूत्र – गीता प्रेस, गोरखपुर।
4. पातंजल योग दर्शन – राजबीर शास्त्री।
5. पातंजल योग विमर्श –डॉ. विजयपाल शास्त्री।
6. पातंजल योग प्रदीप – स्वामी ओमानन्द तीर्थ।
7. अष्टांग योग – स्वामी चरणदास।
8. मेरी वसीयत और विरासत – श्रीराम शर्मा आचार्य।
9. योग दर्शन – डॉ0 विनोद नौटियाल।

SEMESTER-II
PAPER-II (MYSC-202)
TEACHING METHODOLOGY IN YOG

MARKS: 100**DURATION OF EXAM: 3 HRS.****EXT: - 60****INT: - 40****UNIT-I: CONCEPT OF YOGA TEACHING**

1. Meaning Definition of Education, Nature of Yoga Education.
2. Concept of Teaching & Learning, Relation between Teaching & Learning.
3. Principle of Teaching, Quality of Teacher, Yoga Education for Student- Disciple/Pupil, Yoga Education for Mumukshu.

UNIT-II: TEACHING PROCESS AND TEACHING METHODS.

1. Concept, Definition, Importance and Need of Teaching Process.
2. Short Information of Teaching Methods, Individualistic Teaching Methods.
3. Group Teaching Method, Methods of Group Instruction, Organizing Phase of Teaching (Time Management, Discipline).

UNIT-III: TEACHING PRINCIPLE OF YOGIC TECHNIQUES.

1. Methods and Teaching Principle of Shatkaram, Asana, Pranayama.
2. Methods and Teaching Principle of Mudra-Bandh, Dharna and Dhyana.

UNIT-IV: LESSON PLAN AND ROLE OF TEACHER & STUDENT.

1. Role of Yoga Teacher, Perspective (Drishtikon) of Students for Teacher – Pranipaat, Parprashn, Service (Seva).
2. Required Elements of Fine Lesson Plan – Concept and Necessities.
3. Planning of Yoga Teaching for Shatakarm, Asana, Mudra, Pranayama and Dhyana.

UNIT-V: MANAGEMENT OF YOGA YOGA CLASS.

1. Evaluation Methods of Ideal Yoga Class, Necessary Elements of Class Management.
2. Abatement of Yoga Class, According to Personal Requirement.
3. Important Phase and Field of Yoga Class, Sitting Management in Yoga Class.

REFERENCE BOOKS

1. Methods and Techniques of Teaching – S.K. Kochar, Sterling Publications Pvt. Ltd., New Delhi.
2. A Handbook of Education – A.G. Sundarams & R.N. Kaul, Kapoor Brothers, Jammu.
3. आसन, प्राणायाम, मुद्रा, बन्ध – स्वामी सत्यानन्द सरस्वती।
4. विद्यार्थियों के लिए योग – स्वामी सत्यानन्द सरस्वती।
5. शरीर विज्ञान और योगाभ्यास – डॉ० एम० एम० गोरे।
6. आसन – स्वामी कुवलयानन्द।
7. प्राणायाम – स्वामी कुवलयानन्द।
8. योगाभ्यास की अध्यापन विधियाँ – डॉ० मनोहर लक्ष्मण घरोटे एवं श्रीमन्त कुमार गाँगुली।

SEMESTER-II
PAPER-III (MYSC-203)
HUMAN ANATOMY, PHYSIOLOGY AND YOGA-2

Marks: 100
EXT: - 60
INT: - 40

DURATION OF EXAM. : 3 HRS.

UNIT-I: BLOOD CIRCULATORY SYSTEM.

1. Concept of Blood and Structure of Blood, White Blood Cell (WBC), Red Blood Cell (RBC) and Structure and Work of Cycle of Blood Work of Blood, Structure Of Artery Vein And Difference.
2. Cycle of Heart (Hriday Chakra), High Blood Pressure, Components of Blood, Yogic Effect of Blood Circulatory.
3. Process of Control in Heartbeat and High Blood Pressure.

UNIT-II: DIGESTIVE SYSTEM

1. Definition of Digestive System, Action and Structure In Digestive System.
2. Protein, Fat and Digestive of Carbohydrate
3. Structure and Work of Pancreas, Yogic Effect of Digestive System.

UNIT-III: EXCRETORY SYSTEM AND YOGA.

1. Meaning of Excretory, Structure Of Excretory.
2. Structure of Kidney, Work of Kidney, Structure of Nephron, Process of Origin of Urine, Quantity of Urine, Component, Excretion of Abnormal Matter From Urine, Yogic Effect of Excretory System.

UNIT-IV: NERVOUS SYSTEM AND YOGA.

1. Units and Types of Nervous System, Structures of Nerves.
2. Part of Brain and Work of Cerebellum, Distinction of Nerves, Cranial Nerves and Olfactory Nerves, Structure and Work of Olfactory Nerves.
3. Autonomous Nervous System, Yogic Effect of Nervous System, Structure and Work of Senses, Yogic Effect of Senses.

UNIT-V: TRIDOSH, DHATU AND SHATCHAKRA.

1. Introduction of Tridosha, Description of Place, Guna and Karma of Saptadhatu and Mala.
2. Position, Action of Shatchakra in Human Body, and his Five Basic Elements.

REFERENCES BOOKS

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

SEMESTER-II
PAPER-IV (MYSC-204)
YOGA AND ALTERNATIVE THERAPY

MARKS: 100**DURATION OF EXAM. : 3 HRS.****EXT: - 60****INT: - 40****UNIT-I: INTRODUCTION TO ALTERNATIVE THERAPY**

1. Concept of Alternative Therapy.
2. Importance of Alternative Therapy.
3. Scope of Alternative Therapy.
4. Limitation of Alternative Therapy.
5. Relation Between Yoga Therapy and Alternative Therapy

UNIT-II: PRANIC HEALING

1. Meaning and Concept of Prana.
2. Types of Prana.
3. Introduction, History & Principles of Pranic Healing,
4. Importance of Colour & Chakras in Pranic Healing.
5. Various Techniques of Pranic Healing.

UNIT-III: ACUPRESSURE THERAPY

1. Meaning, History and Principles of Acupressure.
2. Types and Techniques of Acupressure.
3. Instruments and Benefits of Acupressure.
4. Effect of Acupressure Therapy in Various Diseases.
5. Differences and Similarities of Acupressure and Sujok

UNIT-IV: MANTRA THERAPY

1. Meaning of Mantra Therapy.
2. Definitions of Mantra Therapy.
3. Principles of Mantra Therapy.
4. Scope and Limits of Mantra Therapy.
5. Effect of Mantra Therapy on Disease

UNIT-V: MAGNETO THERAPY

1. Meaning and Definition of Magneto Therapy
2. Principles & Scope of Magneto Therapy.
3. Kinds of Magnets.
4. Methods of Magneto Therapy.
5. Effect of Magneto Therapy on Different Diseases.

REFERENCE BOOKS:-

1. Acupressure – Dr. Attar Singh
2. Acupressure – Dr. L. N. Kothari
3. Miracles through Pranic healing :- Master Choa Kok Sui
4. Advanced Pranic healing :- Master Choa Kok Sui
5. Magneto therapy :- Dr. H. L. Bansal
6. Magnetic Cure for common disease:- Dr. R.S. Bansal, Dr. H. L. Bansal
7. योग एवं वैकल्पिक चिकित्सा – डॉ० विनोद नौटियाल

**SEMESTER-II
PAPER-V (MYSL-201)
PRACTICAL-I**

MARKS: 100**EXT: - 60****INT: - 40****Pawanmuktasan Series- 1, 2 & 3.****Suksham Vyayam** – As Described in 1st Semester Practical.**Sthula Vyayam** – Rekha gati, Urdhwa gati, Utkurdan, Sarvangpushti, Hrid gati (Injan daud)**Asana****20 Marks**

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

➤ Suksham Vyayam and Asana as described in 1st semester practical

Surya Namskar with Mantra**05 Marks****Pranayama:****08 Marks**

1. Bhastrika
2. Bhramari
3. Sheetali
4. Sheetkari

➤ Pranayama As Described In 1st Semester Practical

Bandh / Mudra**10 Marks**

1. Mahahmudra
2. Mahabandh Mudra
3. Hast Mudra – Shankh, Hriday, Vayu, Varuni.
4. Mahavedh mudra
5. Khechri mudra

➤ Mudras & Bandhas As Described In 1st Semester Practical.

Kriya**07 Marks**

1. Kapalbhati- Vyutkram kapalbhati
2. Sutra neti
3. Dand-dhauti
4. Nauli

➤ Kriya as described in 1st semester practical

Viva Voce**10 Marks**

**SEMESTER-II
PAPER-VI (MYSL-202)
PRACTICAL-II**

MARKS: 100

EXT: - 60

INT: - 40

ALTERNATIVE THERAPIES.

20 Marks

1. Pranic Healing.
2. Acupressure Therapy.
3. Mantra Therapy.
4. Magneto Therapy.

TEACHING PLAN / ASSIGNMENT

30 Marks

(Teaching Practice Note Book) Each Student Has To Prepare and Deliver 10 Lesson Plans

- Five Asanas.
- Three Pranayams.
- Two Shatkriyas.

During the Session.

VIVA VOCE

10 Marks

SEMESTER-III
PAPER-I (MYSC-301)
STATISTICS AND RESEARCH METHODOLOGY IN YOGA

MARKS: 100**DURATION OF EXAM. : 3 HRS.****EXT: - 60****INT: - 40****UNIT-I: INTRODUCTION TO STATISTICS**

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

UNIT-II: CORRELATION-REGRESSION AND MEANSIGNIFICANCE

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

UNIT-III: TESTS AND ANALYSIS

1. Chi Square Test
2. Median Test
3. Critical Ratio Test
4. T-Test, ANOVA (Analysis of Variance) one way

UNIT-IV: RESEARCH METHODOLOGY

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

UNIT-V: RESEARCH METHODS AND RESEARCH REPORT

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

REFERENCE BOOKS

1. Foundation of Behaviour Research - Kerlinger
2. Research Methods in Behaviour Sciences - Festinger and Katz
3. Statistics in Psychology and Education - Garrat
4. अनुसंधान विधियाँ – एच०के० कपिल ।
5. मनोविज्ञान एवं शिक्षा में सांख्यिकी – गैरेट ।
6. मनाविज्ञान, समाजशास्त्र तथा शिक्षा में शोध विधियाँ – डॉ० मुहम्मद सुलेमान ।
7. मनोविज्ञान शिक्षा एवं अन्य सामाजिक विज्ञानों में सांख्यिकी – डॉ० मोहम्मद सुलेमान ।

SEMESTER-III
PAPER-II (MYSC-302)
PRINCIPLES OF NATUROPATHY

MARKS: 100**DURATION OF EXAM. : 3 HRS.****EXT: - 60****INT: - 40****UNIT-I: GENERAL INTRODUCTION**

1. A Short History of Nature Cure, Its Fundamental Principles.
2. Disease – Its Root Cause, Intensity And Its Chronic Stages.
3. Principles of Alien Toxins, Principle of Aggravation.

UNIT-II: HYDROTHERAPY

1. Hydrotherapy, Significance of Water, Properties of Water.
2. Effect of Water on Human Body In Various Temperatures.
3. Principles of Hydrotherapy,
4. Methods of Uses of Water, Natural Bath, Ordinary Sponge Bath, Hip Bath, Steam Bath, Spinal Bath.
5. Hot Foot Bath, Chest Pack, Abdominal Pack, Neck Pack and Leg Pack, Sponge, Enema.

UNIT-III: MUD AND CHROMOTHERAPY

1. Significance of Clay, Kinds and Properties of Clay, Its Effect on Body.
2. Cloth Pack of Clay, Mud Bath.
3. Significance of Sun Light, Its Effect, Actions and Reactions on Human Body and Techniques of Sun Bath, Air Bath.

UNIT-IV: FASTING

1. Theory and Physical Activity and Action and Reactions.
2. Fasting For Health, Disease - Its Emergence and Fasting, Rules Of Fasting.
3. Kinds of Fasting- Long and Short Fast, Complete Fasting, Half Fasting, Water Fasting, Juice Fasting, Fruit Fasting, One Meal Fasting.
4. Difference between Ideal Diet and Natural Diet, Food for Prevention of Disease.

UNIT-V: MASSAGE

1. Definition of Massage, History and Its Effect on Various Parts of Body.
2. Short Description of Various Massages
3. Methods–Rubbing, Beating, Hacking, Rolling, Shaking, Vibrating, Running, Pounding, Pinching.
4. Precaution of Massage, Disease and Massage.

REFERENCE BOOKS

1. Henry Lindlahr. Philosophy of Nature Cure
2. S.J.Singh., History and Philosophy of Nature Cure
3. M.K.Gandhi., My Nature Cure
4. नौटियाल, डॉ० विनोद – प्राकृतिक चिकित्सा और आयुर्वेद, किताब महल पब्लिशर्स, नई दिल्ली।
5. जिंदल, राकेश – प्राकृतिक आयुर्विज्ञान, आरोग्य सेवा सदन, उत्तर प्रदेश।
6. नौटियाल, डॉ० रजनी – प्राकृतिक चिकित्सा, किताब महल पब्लिशर्स, नई दिल्ली।
7. काला, डॉ० सरस्वती – प्राकृतिक चिकित्सा एक समस्त उपचार पद्धति।
8. नौटियाल, डॉ० रजनी – प्राकृतिक चिकित्सा की दृष्टि में रोग और योग साधना, किताब महल पब्लिशर्स, नई दिल्ली।

SEMESTER-III
PAPER-III (MYSE-303)
FUNDAMENTALS OF BIOCHEMISTRY

MARKS: 100**DURATION OF EXAM. : 3 HRS.****EXT: - 60****INT: - 40****UNIT-I: INTRODUCTION TO BIO-CHEMISTRY**

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

UNIT-II: METABOLISM OF CARBOHYDRATES

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

UNIT-III: METABOLISM OF LIPIDS AND PROTEINS

1. Lipids: definition, classifications and general functions.
2. Intoduction to essential fatty acids, cholesterol, Blood lipids, brief review of lipoproteins.
3. Basics of Lipid Metabolism - Oxidation of fatty acids, cholesterol synthesis and fatty liver.
4. Proteins: definition, classification and Biomedical Importance.
5. Plasma Proteins and functions; Definition, classification and nomenclature of Enzymes, basic introduction to Enzymology and regulation of Enzymatic activity.

UNIT-IV: FUNCTIONAL BIO-CHEMISTRY

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

REFERENCE BOOKS

1. Pankaja Naik: Bio-chemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2010.
2. N. Haridas: Bio-chemistry made easy:A Problem (Solving) based approach, Jaypee.
3. Jacob Anthikad: Bio-chemistry for Nurses, Jaypee Brothers Medical Publishers Ltd, Delhi, 2008.

4. K. Malhotra: Bio-chemistry for Students, Jaypee Brothers Medical Publishers Ltd, Delhi, 2012.

SEMESTER-III
PAPER-IV (MYSE-303)
YOGA AND PSYCHOLOGY

MARKS: 100**DURATION OF EXAM. : 3 HRS.****EXT: - 60****INT: - 40****UNIT-I: INTRODUCTION OF YOGA AND PSYCHOLOGY**

1. Introduction, Meaning and Definition of Yoga.
2. Introduction, Meaning and Definition of Psychology.
3. Yoga and Modern Psychology.

UNIT-II: HOLISTIC HEALTH AND PERSONALITY

1. Introduction, Meaning and Definition of Holistic Health.
2. Concept of Normelity and Personality.
3. Concept of Personality in Eastern and Western Country.

UNIT-III: YOGA AND PSYCHOLOGICAL PROSESS

1. Cognitive Process and High Level Mental Process.
2. Motivation (Abhiprerna), Memory (Smriti), Thinking (Chintan), Feeling and Emotion (Anubhutiyan evam Sanveg), Intelligence (Buddhi), Learning (Adhigam/Seekhna).
3. Consciousness, Sleep and Awakeing (Nidra Tatha Jagaran).

UNIT-IV: INTRODUCTION OF APTITUDE/ATTITUDE (ABHIVRITTI)

1. Concept, Structure and Measurement of Aptitude/Attitude(Abhivritti)
2. Aptitude/Attitude(Abhivritti) Change, Relation in Personal and Interpersonal Practice/Behaviour.
3. Personality Compilation by Attitude Constituting.

UNIT-V: ROLE OF YOGA IN MENTAL DISORDER

1. Patanjali Yog Sutra Inclusion Concept of Mental Disorders.
2. Role of OM in Mental Disorder.
3. Diagnosis by Yoga in Mental Disorders.

REFERENCE BOOKS

1. Woodwork, Contemporary School of Psychology.
2. P.L. Harrienan, 20th Century Psychology.
3. Abraham H. Maslov, Towards a Psychology of Being.
4. N.C.Pande, Mind and supermind.
5. V. Madhupudhan Reddy, Internal Yoga Psychology.
6. I.P Sachdeva, Yoga and Depth Psychology.
7. Shanti Parkash Attari, Yoga Psychology.
8. डॉ० विनोद नौटियाल – योग और मनोविज्ञान।

SEMESTER-III
PAPER-V (MYSE-304)
YOGA AND SELF MANAGEMENT

MARKS: 100**DURATION OF EXAM. : 3 HRS.****EXT: - 60****INT: - 40****UNIT – I: INTRODUCTION OF SELF-MANAGEMENT AND CAREER DEVELOPMENT**

1. Self management- concept, basis, meaning, nature and need
2. Study of different dimensions related with self-management
3. Self-confidence – meaning and its improvement
4. Mapping and knowing your life- components of life journey.
5. 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

1. Development of will, imagination and Yogic Life
2. Development of thinking, emotion control and Yogic Life.
3. Meditation in development of intuition and power of senses.
4. Improvement of memory and meditation.

UNIT-III: SELF MANAGEMENT AND STRESS-MANAGEMENT

1. Management of needs and internal community, maintenance of health and vitality.
2. Management; time Management, Management of different stages of life; Problems, decisions and plans.
3. Stress – Nature, causes and effects
4. Stress – Yogic management.

UNIT-IV: COMMUNICATION AND YOGIC LIFE

1. The importance of communication, determinants
2. Skill and blocks to communication, effective listening, body language, effective reading and speaking in public.ss
3. Ideas to action, direction setting.
4. Mobilising people and work achievement.

UNIT-V: PERSONALITY DEVELOPMENT

1. Body Language, Eye Contact.
2. Movement, Language and skill.
3. Group Discussion.
4. 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।

SEMESTER-III
PAPER-VI (MYSE-304)
DIET AND NUTRITION IN YOGA

MARKS: 100**DURATION OF EXAM. : 3 HRS.****EXT: - 60****INT: - 40****UNIT-I: OBJECTIVE AND CONCEPT OF DIET.**

1. Concept, Definition and Objective of Diet.
2. Diet- General and Ayurvedic Quality, Dwadasayan Vichar, Quantity, Quality And Time.
3. Concept and Objective of Diet According to Yoga, Rules of Healthy Living.

UNIT-II: BALANCED DIET

1. Concept, Definition, Components of Diet (Carbohydrate, Fat, Minerals, Vitamins, Proteins and Water).
2. Quality, Working, Types of Proteins, Fat And Carbohydrate, Source of Food Related Disease of Overeating And Malnutrition.

UNIT -III: VITAMINS AND MINERALS

1. Vitamins- Meaning, Definition, Classification And Importance of Vitamins (A, B, C, D, E and K).
2. Source of Vitamins, Daily Requirement And Body Process of Vitamins, Over Eating And Malnutrition Disorder.
3. Minerals - Importance, Classification, Diet Source of Minerals, Daily Requirement And Work of Minerals.
4. Overeating and Malnutrition Disorder- Calcium, Iron, Iodine, Sulfur, Potassium, Work And Importance of Water.

UNIT-IV: NUTRITION

1. Concept and Definition of Nutrition, Components Of Nutrition.
2. Digestion and Absorption, Related Nutritional Condition Diet And Nutrition.
3. Proper Nutrition, Low Nutrition, Malnutrition, Reason of Malnutrition and Solutions.

UNIT-V: DIET AND METABOLISM

1. Diet and Metabolism, Energy - Concept and Definition of Basic Requirements of Energy, Balanced Energy.
2. Metabolism - Concept of Metabolism, Calories Requirement Of B.M.R, S.D.A., Factors Influencing in B. M. R.

REFERENCE BOOKS

1. Ayurveda Aahar (Food / Diet) – Prof. R. H. Kulkarni.
2. स्वस्थवृत्त विज्ञान – प्रो० रामहर्ष ।
3. योग व आहार – डॉ० गणेश शंकर व बाबूलाल दायमा ।
4. प्राकृतिक योग विज्ञान – डॉ० गंगा प्रसाद गौड. ।
5. स्वस्थवृत्तम् – शिव कुमार गौड. ।
6. प्राकृतिक स्वास्थ्य एवं योग – डॉ० बृजभूषण गोयल ।

**SEMESTER-III
PAPER-VII (MYSL-301)
PRACTICAL-I**

MARKS: 100**EXT: - 60****INT: - 40****Asana****20 Marks**

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

Pranayama**10 Marks**

1. Bahyavritti Pranayama
 2. Abhyantarvriti Pranayama
 3. Stambhvriti Pranayama
 4. Bahyabhyantavishyakschepi Pranayama
- Pranayama as described in 1st & 2nd semester practical

Kriya**10 Marks**

1. Kapalbhati- Shitkram
 2. Nauli Sanchalan
 3. Vastra dhauti
 4. Laghu Shankhprakshalan
- Kriya As Described In 1st & 2nd Semester Practical.

Mudra and Bandh**10 Marks**

1. Yoni mudra
 2. Shaktichalini
- Mudras & Bandhas As Described In 1st & 2nd Semester Practical

Viva Voce**10 Marks**

**SEMESTER-III
PAPER-VIII (MYSL-302)
PRACTICAL-II**

MARKS: 100

EXT: - 60

INT: - 40

NATUROPATHY PRACTICAL

HYDROTHERAPY

Hip-Bath, Spinal Bath, Steam Bath, Full Emersion Bath, Foot Bath, Arm Bath and Wet Pack.

04 Marks

MUD THERAPY

Chest Pack, Mud Packs, Abdominal Pack, Eyes Pack, Face Pack, Sand Bath and Punk Bath.

04 Marks

CHROMOTHERAPY

Chromo Therapy – Red, Yellow, Blue, Green.

04 Marks

FASTING

Weekly Fasting, Milk Fasting, Juice Fasting and Enema

04 Marks

MASSAGE

Back, Chest and Foot Massage

04 Marks

RESEARCH PROJECT WORK

40 Marks

**SEMESTER-IV
PAPER-I (MYSC-401)
INDIAN PHILOSOPHY AND CULTURE**

Marks: 100**DURATION OF EXAM. : 3 HRS.****EXT: - 60****INT: - 40****UNIT- I: CONCEPT OF INDIAN PHILOSOPHY AND CULTURE –**

1. Meaning & Definition of Philosophy word, Utility of Philosophy.
2. Meaning & Definition of Culture word, Utility of Indian Culture.

UNIT-II: INDIAN ORTHODOX PHILOSOPHY

1. Practice Based Tatv Mimansa and Achara Mimansa of Nyas and Vaisheshik.
2. Practice Based Tatv Mimansa and Achara Mimansa of Samkhya and Yoga.
3. Practice Based Tatv Mimansa and Achara Mimansa of Mimansa and Vedanta.

UNIT-III: INDIAN HETERODOX PHILOSOPHY

1. Practice Based Tatv Mimansa and Achara Mimansa of Charvak.
2. Practice Based Tatv Mimansa and Achara Mimansa of Jain.
3. Practice Based Tatv Mimansa and Achara Mimansa of Bauddha.

UNIT-IV: ELEMENTS OF INDIAN CULTURE – 1

1. Hermitage Arrangement, worn Arrangement, Karm Siddhant, Shodhash Sanskar, Panch Mahayagya.

UNIT-V: ELEMENTS OF INDIA CULTURE - 2

1. Festival & Celebration of Indian Culture and Their Personal, Social and Ethical Importance.

REFERENCE BOOKS

1. Classical Indian Philosophy – I. N. Mohanty
2. भारतीय दर्शन – आचार्य बलदेव उपाध्याय।
3. भारतीय संस्कृति के विविध आयाम – डॉ० अरुण जयसवाल।
4. कल्याण (संस्कृति अंक) – गीताप्रेस गोरखपुर।

**SEMESTER-IV
PAPER-II (MYSC-402)
YOGA THERAPY**

MARKS: 100**DURATION OF EXAM. : 3 HRS.****EXT: - 60****INT: - 40****UNIT-I: CONCEPT OF YOGA THERAPY, HEALTH AND DISEASES**

1. Concept and Definition of Health and Disease.
2. Yoga Therapy- Concept, Definition, Scope and Limitation, Principal of Yoga Therapy.
3. General Knowledge of Clinical Tests In Laboratory.

UNIT-II: BASIC ELEMENT OF YOGA THERAPY

1. Yam, Niyam, Asan, Pranayam, Mudra and Bandh, Dhyan and Shaktikarma, Therapeutic Principal Of Basic Elements.
2. Rules Of Therapy In Acharan And Ahar. Application of Sukshma Vyayam In Yogic Therapy.

UNIT-III: SYMPTOM, CAUSES AND PRINCIPLES OF YOGIC THERAPY WITH ACCORDING TO RESEARCH - 1

1. Hyperacidity, Sino-nasal Soath (Sinus Inflammation).
2. Bronchial Asthma, Bronchitis.
3. Common Knowledge of Tuberculosis (T B).

UNIT-IV: SYMPTOM, CAUSES AND PRINCIPLES OF YOGIC THERAPY WITH ACCORDING TO RESEARCH - 2.

1. High Blood Pressure, Low Blood Pressure.
2. Neck Pain (Cervical Pain), Back Pain (Lumber Pain).
3. Headache, Joint Pain, Arthritis.

UNIT-V: SYMPTOM, CAUSES AND PRINCIPLES OF YOGIC THERAPY WITH ACCORDING TO RESEARCH - 3

1. Related To Thyroid Disease - Hypo and Hyperthyroidism.
2. Mental Stress, Depression, Schizophrenia.

REFERENCES BOOKS

1. Yoga Therapy – Swami Kuvalayananda.
2. The Yoga Psychology – Abhedananda, Ramakrishna Vedanta Math, Ccutta.
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 यौगिक चिकित्सा – डॉ० राकेश गिरी ।

SEMESTER-IV
PAPER-III (MYSE-403)
YOGA & ALLIED SCIENCES

(GENERAL INTRODUCTION OF AYURVED & PANCHKARAMA)

MARKS: 100

DURATION OF EXAM. : 3 HRS.

EXT: - 60

INT: - 40

UNIT – I : FUNDAMENTALS OF AYURVEDA – I

1. General introduction, definition, history and principles of Ayurveda.
2. Concept, role and importance of – Dosha, Dhatu, Mala, Indriya.
3. Concept, role and importance of – Agni, Prana, Prakriti-Deha Prakriti, Manas Prakriti.

UNIT-II: FUNDAMENTALS OF AYURVEDA-II

1. Concept of Swasthya (healthy condition) and Atur (diseased condition) according to Ayurveda.
2. Prakriti Parikshan – determining one's personality constitution, Important Yoga practices according to Prakriti (Personality Constitution).
3. Concept, role and importance of – Swasthavritta, Ritucharya, Sadvritta, Concept of diet in Ayurveda.

UNIT-III: FUNDAMENTALS OF AYURVEDA – III

1. Jadi Bootee
2. FFGDSGDGDGD
3. Dggsdgs

UNIT-IV: PANCHKARMA THERAPY-I

1. Concept of Trividha Karma : Poorva Karma, Pradhana Karma and Pashchat Karma.
2. Poorva Karma: Snehan and their types.
3. Poorva Karma: Swedana and their types.

UNIT-V: PANCHKARMA THERAPY – II

1. Pradhana Karma: Five types of treatments – Vamana, Virechana, Anuvasan Basti, Asthanabasti, Nasyakarma.
2. Pradhana Karma: Types and methods of Rakta Mokshan (Blood letting), Dhumapan vidhi.
3. Pashchatkarma: Pathyam, Sansarjankarma, Vajikaran.

REFERENCE BOOKS

1. Ayurveda Kya Hai? - Kaushik, Mai Ram, Anand Prakashan, 2003 – Bikaner.
2. Ayurvedic Treatment for Common Diseases. - Dash, V.B.
3. Basic Principles of Ayurveda - Laxmipati, K.
4. Ayurved for health and Long Life - Garde, R.K.
5. Swasthavritta Vijnana, Choukhambha Sanskrit Ptatisthana, Delhi. - Singh Ramharsh.
6. Ayurveda Kya Hai?, Bikaner: Anand Prakashan, 2003 - Kaushik, Mai Ram.
7. Ayurvedic Treatment For Common Diseases, Delhi Diary 1974 - Dash, V.B.
8. आयुर्वेद शरीर क्रिया विज्ञान – शिव कुमार गौड़।
9. आयुर्वेद चिकित्सा – भगवान दास।
10. आयुर्वेद का इतिहास एवं परिचय – डा० विद्याधर शुक्ल।
11. पंचकर्म चिकित्सा (प्रथम एवं द्वितीय भाग) – डा० टी०एल० देवराज।
12. आयुर्वेदीय पंचकर्म विज्ञान – श्रीधर कस्तूरी।
13. नौटियाल, डॉ० विनोद – प्राकृतिक चिकित्सा और आयुर्वेद, किताब महल पब्लिशर्स, नई दिल्ली।

SEMESTER-IV
PAPER-IV (MYSE-403)
MENTAL HYGIENE THROUGH YOGA

MARKS: 100**DURATION OF EXAM. : 3 HRS.****EXT: - 60****INT: - 40****UNIT-I: CONCEPT OF MENTAL HEALTH**

1. The western view Point.
2. The Indian View Point.
3. Mental Hygiene through yoga.

UNIT-II: MENTAL HYGIENE THROUGH TRANSCENDENTAL MEDITATION

1. Historical Background.
2. Psychological Concept.
3. Mental Hygiene through Transcendental Meditation Yoga.

UNIT-III: MENTAL HYGIENE THROUGH RAJ YOGA

1. Historical Background.
2. Psychology Concept.
3. Mental Hygiene through Raj Yoga.

UNIT-IV: MENTAL HYGIENE THROUGH BHAKTI YOGA

1. Historical Background.
2. Psychology Concept.
3. Mental Hygiene through Bhakti Yoga.

UNIT-V: MENTAL HYGIENE THROUGH ASHTANGA YOGA

1. Historical Background.
2. Psychology Concept.
3. Mental Hygiene through Ashtanga Yoga.

REFERENCE BOOKS:-

1. Contemporary School of Psychology - Woodwork.
2. 20th 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. योग द्वारा मानसिक आरोग्य - डॉ० विनोद नौटियाल

**SEMESTER-IV
PAPER-V (MYSE-404)
ESSAY**

Marks: 100

EXT: - 60

INT: - 40

DURATION OF EXAM. : 3 HRS.

UNIT-I

1. Nature of Yoga in Indian Literature.
2. Concept of Ishwar in Indian Philosophy.
3. Metaphysics of Yoga Philosophy.
4. Liberation (Moksha) in Indian Literature.

UNIT-II

1. Satkaryavada.
2. Praman Mimansa.
3. Srishti Prakriya of Sankhya.
4. Samadhi.

UNIT-III

1. Rajyoga.
2. Gyanyoga.
3. Bhaktiyoga.
4. Karmayoga.

UNIT-IV

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

UNIT-V

1. Indian Yoga Traditions in Modern Scenario.
2. Role of Yoga in Terrorism.
3. Role of Yoga in Education.

**SEMESTER-IV
PAPER-VI (MYSE-404)
DISSERTATION**

MARKS: 100

EXT: - 60

INT: - 40

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 30th April.

**SEMESTER-IV
PAPER-VII (MYSL-401)
PRACTICAL-I**

MARKS: 100**EXT: - 60****INT: - 40****Asana****20 Marks**

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

➤ Asana as Described In 1st, 2nd, & 3rd Semester Practical

Pranayama**10 Marks**

➤ Pranayam As Described In 1st, 2nd, & 3rd Semester Practical

Kriya**10 Marks**

➤ Kriya As Described In 1st, 2nd, & 3rd Semester Practical

Mudra and Bandh**10 Marks**

➤ Mudras & Bandhas As Described In 1st, 2nd, & 3rd Semester Practical

Viva-Voce**10 Marks**

**SEMESTER-IV
PAPER-VIII (MYSL-402)
PRACTICAL-2**

**MARKS: 100
EXT: - 60
INT: - 40**

RESEARCH PAPER (Minimum One)	20 Marks
SEMINAR & WORKSHOP (Minimum Two)	15 Marks
YOGA CAMP	10 Marks
VIVA-VOCE	15 Marks