

SHRI GURU RAM RAI UNIVERSITY

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



M.Sc. in Yogic Science

SYLLABUS

Choice Based Credit System
Curriculum Framework under NATIONAL EDUCATION POLICY-2020

SCHOOL OF YOGIC SCIENCE & NATUROPATHY
DEPARTMENT OF YOGIC SCIENCE
PATHARI BAGH, DEHRADUN-248001, UTTARAKHAND, INDIA
SYLLABUS FOR M.Sc. IN YOGIC SCIENCE
Master of Science (Yogic Science)

Programme outcome (PO)

Students will be able to

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

Program Specific Outcome (PSOs)

PSO1	Following the completion of this course, students shall be able to Give an introduction of yoga and its important streams.
PSO2	To give an understanding of the prerequisites of Hath yoga & bhakti yoga.
PSO3	Understand normal gross structure of human body and their functions in detail.
PSO4	Understand the benefits and 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 therapeutic applications of Yogic Science.
- 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 **Yogic Science**.

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:

Dissertation	-	40 Marks
Periodical Presentation	-	40 Marks
Viva-Voce	-	20 Marks
Total	-	100 Marks

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

Eligibility: - 45%

- No student shall be eligible for admission to a Master's degree programme in Yogic Science unless he/she has successfully completed a three-year undergraduate degree with science streams or earned prescribed number of credits for an under graduate

degree with science streams 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	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 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 regulations.

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 & EVALUATION SCHEME
Choice Based Credit System /ECS*
Session – 2024-25
Master of Science (M.Sc.) in Yogic Science

M.Sc. - I Year											
S. N.	Course Category	Course Code	Subject Title	Periods per week			Evaluation Scheme			Subject Total	
				L	T	P	Seasonal		ESE		
Semester-I											
Theory											
1	Core	MYSC101	Fundamentals of Yoga	4		-	4	30	10	60	100
2	Core	MYSC102	Yogic Concepts in Principal Upanishads	4		-	4	30	10	60	100
3	Core	MYSC103	Applications of Hatha Yoga	4		-	4	30	10	60	100
4	Core	MYSC104	Human Anatomy, Physiology and Yoga-1	4		-	4	30	10	60	100
Practical											
5	Core	MYSL101	Practical-1.1 (Yoga)	-	-	12	6	30	10	60	100
6	Core	MYSL102	Practical-1.2 (Anatomy)	-	-	4	2	30	10	60	100
							24	TOTAL		600	
Semester-II											
Theory											
1	Core	MYSC201	Patanjal Yoga Darshan	4		-	4	30	10	60	100
2	Core	MYSC202	Biomechanics and Kinesiology	4		-	4	30	10	60	100
3	Core	MYSC203	Applications of Yogic Texts	4		-	4	30	10	60	100
4	Core	MYSC204	Human Anatomy, Physiology and Yoga-2	4		-	4	30	10	60	100
Practical											
5	Core	MYSL201	Practical-2.1 (Yoga)	-	-	12	6	30	10	60	100
6	Core	MYSL202	Practical-2.2 (Practical Biomechanics and Kinesiology)	-	-	4	2	30	10	60	100
							24	TOTAL		600	
M.Sc. - II Year											
Semester-III											
Theory											
1	Core	MYSC301	Statistics and Research Methodology in Yoga	4	-	-	4	30	10	60	100
2	Core	MYSC302	Therapeutic Yoga	4	-	-	4	30	10	60	100
3	Elective	MYSE303A	Teaching Methodology in Yoga	4	-	-	4	30	10	60	100
		MYSE303B	Mental Hygiene Through Yoga								
4	Elective	MYSE304A	Yoga and Self-Management	4	-	-	4	30	10	60	100
		MYSE304B	Diet and Nutrition in Yoga								
Practical											
5	Core	MYSL301	Practical-3.1 (Yoga)	-	-	12	6	30	10	60	100
6	Core	MYSL302	Practical-3.2 (Project)	-	-	4	2	30	10	60	100
							24	TOTAL		600	

Semester–IV											
Theory											
1	Core	MYSC401	Yoga and Psychology	4	-	-	4	30	10	60	100
2	Core	MYSC402	Physiological Effects of Yoga Practices	4	-	-	4	30	10	60	100
3	Elective	MYSE403A	Yoga and Alternative Therapies	4	-	-	4	30	10	60	100
		MYSE403B	Principles of Naturopathy								
4	Elective	MYSE404A	Case Study	6	-	-	6	30	10	60	100
		MYSE404B	Dissertation								
Practical											
5	Core	MYSL401	Practical-4.1 (Yoga)	-	-	12	6	30	10	60	100
6	Core	MYSL402	Practical-4.2 (Psychology)	-	-	4	2	30	10	60	100
							26	TOTAL		600	
TOTAL CREDITS							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	1 st internal	2 nd Internal	Presentation/ Assignment/ Project/Misc.	External (ESE)
Weightage (%)	15	15	10	60

(Give Marks according to your syllabus/examination pattern)

Programme Name : M.Sc. in Yogic Science
Course code : MYSC101
Course Name : Fundamentals of Yoga
Semester /Year : First Semester

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

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

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: GENERAL INTRODUCTION TO YOGA

- Brief introduction to origin of Yoga, Psychological aspects (Rishis understanding of the mind) leading to origin of Yoga, Hindu Mythological concepts about origin of Yoga.
- History and Development of Yoga.
- Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions about Yoga.
- Principles of Yoga 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 ।
- योगतत्व— डॉ० बिजेन्द्र सिंह, डॉ० सविता पाटिल, डॉ० अनिल थपलियाल ।
- योग एवं भारतीय दर्शन— डॉ० कंचन जोशी ।

COURSE OUTCOMES (CO): MYSC101

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

CO-1	Give an introduction of yoga and its important streams.
CO-2	Give an introduction Gyan Yoga, Bhakti Yoga, Karm Yoga, Hath Yoga and Raj Yoga.
CO-3	Appreciate the contribution of the yogis.
CO-4	Explain the hidden concepts available in the ancient yogic texts.
CO-5	Reviewing the autobiography of Yogis.
CO-6	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
CO1	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO2	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO4	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO6	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.Sc. in Yogic Science
Course code : MYSC102
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 Brahman, 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, AnandaValli, Bhriuvalli.

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.

TEXT BOOKS

- उपनिषत्संचयनम् – केशवलाल वी० शास्त्री, मोतीलाल बनारसीदास ।
- Dr- H- R- Nagendra & Yoga Its Basis and Applications, Swami Vivekananda Yoga Prakasana] Bangalore] 2002.
- Chandradhar Sharma & A Critical Survey of Indian Philosophy, Motilal Banarsidass Publishers] Delhi] 2000.

REFERENCES BOOKS

- उपनिषद अंक, 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 ओरियन्टलिया ।
- 108 उपनिषद साधनाखण्ड – पण्डित श्रीराम शर्मा आचार्य ।
- उपनिषद सार संग्रह – मनोज विश्णोई ।
- योग रहस्य – डॉ० कामख्या कुमार ।
- योधारा – डॉ० कंचन जोशी ।

COURSE OUTCOMES (CO): MYSC102

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

CO-1	Define the essence of Upanishad.
CO-2	Contrasting the concept of Upanishad.
CO-3	Make students aware about their karmas and how does karma play an important role in the manifestation of a disease.
CO-4	Explain the essence of Shrimad bhagwad Geeta.
CO-5	Reviewing the concept of Ishadinau upanishad.
CO-6	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
CO1	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO2	2	2	1	2	2	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	2	2	2	2	1	1	2	3	3	-	-
CO4	2	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	2	2	1	2	2	3	2	2	2	1	1	2	3	3	-	-
CO6	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.Sc. in Yogic Science
Course code : MYSC103
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 Sapsadhan, 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 Dhyana.
- 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- स्वात्माराम योगी।
- घेरण्ड संहिता- स्वामी निरंजनानंद सरस्वती (घेरण्ड ऋषि)।
- योग धारा - प्रो० (डॉ०) कंचन जोशी
- हठयोग पद्धति - डॉ० रजनी नौटियाल।

COURSE OUTCOMES (CO): MYSC103

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

CO-1	Finding the misconception about Yoga Practices.
CO-2	Demonstrate Hath sects and their contribution.
CO-3	Illustrate the prerequisites of hath yoga.
CO-4	Explain the food conducive to health and good for sadhna.
CO-5	Commenting on Hath Yogic texts.
CO-6	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
CO1	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO2	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO4	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO6	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.Sc. in Yogic Science
Course code : MYSC104
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 - Sternocleidomastoid, Latismus Dorsie, Tripizius, Rectus, Diaphragm, 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 Kaivalydhama 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): MYSC104

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

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

Course code : MYSL101

Course Name : Practical-1.1 (Yoga)

Semester /Year : First Semester

Subject Title	L	T	P	C
Practical-1.1 (Yoga)	-	-	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 Mudra 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

- | | | |
|---------------------|-------------------------|----------------------|
| 1. Tadasan | 2. Triyaktadasan | 3. Katichakrasan |
| 4. Trikonasan | 5. Ardhashakrasana | 6. Padhashtasan |
| 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, Hands stretch, Ankle stretch, 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**
- **Pranayama, Mudra and Bandh**

- **Kriya**

TEXT BOOKS

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

REFERENCE BOOK

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

COURSE OUTCOMES (CO): MYSL101

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

CO-1	Describe the benefits and limitations of each yoga practices
CO-2	Understand the concept and principles of shatkarmas and breathing techniques.
CO-3	Organize classes for micro exercise.
CO-4	Explain the hast mudra.
CO-5	Moderating the breathing practice.
CO-6	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
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.Sc. in Yogic Science
Course code : MYSL102
Course Name : Practical-1.2 (Anatomy)
Semester /Year : First Semester

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

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

COURSE OBJECTIVES:

THE OBJECTIVES OF THIS COURSE ARE

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

- Measurement Of Human Body Temperatures (Oral & Skin)
- Measurement Of Blood Pressure
- Body Temperature & Pranayama Effects
- Blood Pressure & Pranayama Effects

PROJECTS

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

Viva-voce

COURSE OUTCOMES (CO): MYSL102

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

CO-1	The student would be able to define Human anatomy.
CO-2	Student would be able to classify and describe human physiological test.
CO-3	Students demonstrate the structure of different system.
CO-4	The students differentiate the functions of the muscles.
CO-5	Students evaluate different systems.
CO-6	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
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.Sc. in Yogic Science
Course code : MYSC201
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 Saanskātām**

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 Prasadnam (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-II: SAMADHI PAADA

- Yoga, meaning & Nature of yoga. Concept of Chitta, Chitta-Bhumis, Chitta-Vrittis, Chitta-Vrittinirodhopaya, Abhyasa and Vairagya as the tools.
- Concept of Bhavapratyaya & Upaypratayaya, Sadhan Panchak, Chitta-Vikshepas (Antaraya), Ektattva Abhyasa, Chitta-prasadnam.
- Types and nature of Samadhi: Adhyatmaprasada and Ritambharaprajna; Samprajnata, Asamprajnata, Sabeeja & Nirbeeja Samadhi, Difference between Samapattis and Samadhi.
- Concept of Ishwara and attributes of Ishwara, Process of Ishwarapranidhana.

UNIT-IV: VIBHUTI PAADA

- Introduction of Dharana, Dhyana and Samadhi.
- Nature of Sanyama.
- Concept of Chitta samskara, Parinamatraya and Vibhutis.
- **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 विमर्श – डॉ० विजयपाल शास्त्री।
- पातंजल योग प्रदीप - स्वामी ओमानन्द तीर्थ। पातंजल योग प्रदीप – स्वामी ओमानन्द तीर्थ।
- अष्टांग योग - स्वामी चरणदास। अष्टांग योग – स्वामी चरणदास।
- मेरी वसीयत और विरासत - श्रीराम शर्मा आचार्य। मेरी वसीयत और विरासत – श्रीराम शर्मा आचार्य।
- योग दर्शन - डॉ० विनोद नौटियाल। योग दर्शन – डॉ० विनोद नौटियाल
- Light on the Yoga Sutras of Patanjali – B. K. S. Iyengar
- Patanjali Yog Sutra – Swami vivekananda

COURSE OUTCOMES (CO): MYSC201

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

CO-1	Spell Shloka chanting with proper pronunciation, students will be motivated to memorize the shlokas.
CO-2	Understand human's psychology as Patanjali had explained.
CO-3	Discuss yogic principles and its meaning mentioned in Patanjali Yoga Sutras.
CO-4	Teach the essence of the Patanjali Yoga Sutras.
CO-5	Debating the concept of Samadhi.
CO-6	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
CO1	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO2	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO4	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO6	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.Sc. in Yogic Science
Course code : MYSC202
Course Name : Biomechanics and Kinesiology
Semester /Year : Fourth Semester

Subject Title	L	T	P	C
Biomechanics and Kinesiology	4	-	-	4

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

COURSE OBJECTIVES:

THE OBJECTIVES OF THIS COURSE ARE

- Get knowledge about range of motion muscles and Movement in Yoga asanas.
- Have and understand about Anatomical position and planes.
- Have an in-depth understanding about bones and joints.
- Understanding the practical learning about isometric, isotonic active and passive exercise.

UNIT I: BIOMECHANICS OF HIP

- Biomechanics of Hip Structure & function of the bones & non contractile element of the Hip, mechanics & Patho-mechanics of muscle activity at the hip & analysis of the force on the Hip during various Yoga postures, Structure & function of the bones & joints of the pelvis, mechanics of the muscle activity I the pelvis & analysis of the forces on the pelvis during activity.

UNIT II: BIOMECHANICS OF SPINE

- Biomechanics of spine, Structure & function of the bones & joints of the cervical spine, mechanics & patho-mechanics of the cervical musculature, analysis of the force on the cervical spine during activity, Structure & function of the bones 7 joints of the thoracic spine, mechanics of the thoracic musculature, analysis of the force on the thoracic spin during Yoga posture & structure & function of the bones & joints of the lumbar spine. Mechanics of the lumbar musculature, analysis of the force on the lumbar spine during Yoga postures.

UNIT III: Biomechanics of Shoulder, Elbow and Wrist

- Biomechanics of shoulder, Structure & function of the bones & joints of the Shoulder complex, mechanics & Patho-mechanics of the muscle activity in the Shoulder complex & analysis of the forces on the Shoulder complex during Yoga postures.
- Biomechanics of Elbow, Structure & function of the bones & no contractile element of the elbow, mechanics of muscle activity at the elbow & analysis of the force on the elbow during Yoga postures.
- Biomechanics of Wrist & Hand Structure & function of the bones & joints of the Wrist & hand mechanics of the muscle activity in the wrist & hand, analysis of the force on the wrist during activity, mechanics of the Special connective tissue in the hand.

UNIT IV: KINESIOLOGY

- Loads and Motion in the Musculoskeletal System: Jumping, walking, running, gait analysis, Linear and angular kinematics and kinetics of human movement, Human movement in a fluid medium, Kinematics and kinetic.
- Concepts for Analysis Human Motion, Biomechanics measurement and analysis methods body segment parameters/segment inertia properties.

UNIT V: MUSCLE BIOMECHANICS

- Movement patterns – the essence of sports biomechanics, Qualitative analysis in Asanas movements, joint forces and muscular moment in Asanas, Energy work and muscular power during a movement in Asanas, various Asanas and its health impact.

TEXT BOOKS:

- Hay, J.G. and Reid, J.G.: Anatomy, mechanics and human motion. Englewood Cliffs, N.J.: prentice Hall Inc. 1988.
- Knudson, D.: Fundamentals of biomechanics. New York, NY: Springer, 2007.

REFERENCE BOOKS:

- Cael, C. (2010). Functional Anatomy: Musculoskeletal anatomy, kinesiology, and palpation for manual therapists. (J. Goucher, Ed.). Philadelphia, PA: Lippincott Williams & Wilkins.
- Clay, J. H., & Pounds, D. M. (2008). Basic clinical massage therapy: integrating anatomy and treatment (2nd ed.). Lippincott Williams & Wilkins. doi:10.1139/apnm-2014-0147.Hoon
- Franc Bell: Principles of Mechanics and Biomechanics, Stanley Thornes Publications, 1998
- Iwan W. Griffiths, Principles of Biomechanics & Motion Analysis, Published by Lippincott Williams & Wilkins, 2006
- Jelve'us, A., & Odds son, K. (2011). Integrated Sports Massage Therapy: A Comprehensive Handbook. London, Great Britain: Elsevier Churchill Livingstone. doi:10.1016/B978-0-443-10126-7.00001-0
- Kaminoff, L., Matthews, A., & Ellis, S. (2007). Yoga anatomy. U.S.A: Human Kinetics. McGinnis, P.: Biomechanics of sport and exercise. Champaign, IL: Human Kinetics, 2013
- Simon Borg-Olivier, & Machliss, B. (2011). Applied anatomy & physiology of yoga.

COURSE OUTCOMES (CO): MYSC202

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

CO-1	Find range of motion muscles and Movement in Yoga asanas.
CO-2	Understand about Anatomical position and planes.
CO-3	Sketching the structure of bones and joints.
CO-4	Explain practical learning about isometric, isotonic active and passive exercise.
CO-5	Evaluating Anatomical position.
CO-6	Directing range of motion and Asana alignment.

CO-PO MAPPING

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO2	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO4	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO6	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.Sc. in Yogic Science
Course code : MYSC203
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-Samnyasa Yoga (Chpt. XVIII).

UNIT-III: ELEMENTS OF YOGA UPANISHADS -I

- **Swetaswataropanisad:** (Chapter II) Techniques and Importance of Dhyanyoga, suitable place for Dhyana, sequence of pranayama & its importance, Prior symptoms of Yogasiddhis, Importance of Yogasiddhis, Tattvajna, (Chapter VI) 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.
- **Trishikhibrahmanopanisad:** 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

- **Dhyanbindoopanisad:** importance of Dhyanyoga, Nature of Pranav, Techniques of Pranav meditation, Shadanyoga, Atmadarshan through Nadasandhan.
- **Nadabindoopanisad:** 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.
- **Yogarajopanisad:** Mantrayoga, Layayoga, Hathayoga, Rajayoga, nine chakras, procedures of Dhyana and its results.

REFERENCES BOOKS

- श्रीमद्भगवद्गीता, शंकर भाष्य - गीताप्रेस गोरखपुर।
- गीता रहस्य - बाल गंगाधर तिलक।
- श्रीमद्भगवद्गीता - 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): MYSC203

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

CO-1	Highlighting the concept of Bhakta in Bhagavad Gita.
CO-2	Understand the significance of Bhagavad Gita and its essence.
CO-3	Interpret concept of Upanishad.
CO-4	Explain the concept of yoga Upanishad
CO-5	Detecting the core concept of Yoga in Bhagwad Geeta.
CO-6	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	2	2	1	2	1	2	3	1	2	1	1	2	2	2	-	-
CO2	2	2	1	2	1	2	3	1	2	2	1	2	2	2	-	-
CO3	2	2	1	2	2	2	3	1	2	1	1	2	2	2	--	-
CO4	2	2	1	1	1	2	3	1	2	2	1	2	2	2	-	-
CO5	2	2	1	1	2	2	3	1	2	2	1	2	2	2	-	--
CO6	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.Sc. in Yogic Science
Course code : MYSC204
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, Culcutta, 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): MYSC204

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

CO-1	Define gross anatomy and physiology of human digestive system, excretory system and blood circulatory system.
CO-2	Discuss anatomical and physiological affected of selected yoga practices.
CO-3	Examine the basic structure and their connections with central nervous system.
CO-4	Explain necessary functions of the different systems.
CO-5	Coordinating the effect of yogic practice on human body.
CO-6	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.Sc. in Yogic Science

Course code : MYSL201

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 1st Semester Practical

UNIT-II ASANA

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

- | | | |
|----------------------|--------------------|------------------|
| 1. Vrikshasana | 2. Garudasana | 3. Utkatasana |
| 4. Hastottanasana | 5. Bakasana | 6. Yogamudrasana |
| 7. Suptvajrasana | 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. Savasan | | |

UNIT-III PRANAYAMA, MUDRA AND BANDHA

- | | |
|--------------|--------------|
| 1. Bhastrika | 2. Bhramari |
| 3. Sheetali | 4. Sheetkari |
- Pranayama As Described In 1st 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 1st Semester Practical.

UNIT-IV KRIYA

- | | |
|-------------------------------------|------------------------------|
| 1. Sutra Neti | 2. Gajkarani |
| 3. Kapalbhathi- Vyutkramkapalbhathi | 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**
- **Kiraya**

TEXT BOOKS

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

REFERENCE BOOK

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

VIVA VOCE**COURSE OUTCOMES (CO): MYSL201**

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

CO-1	Highlighting the benefits and limitations of each yoga practices.
CO-2	Understand the concept and principles of shatkarmas and breathing techniques.
CO-3	Demonstrate each practice with confidence and skillfully.
CO-4	Explaining the concept of Asana, Pranayama, Mudra and Bandh.
CO-5	Moderating the breathing practice.
CO-6	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.Sc. in Yogic Science
Course code : MYSL202
Course Name : Practical-2.2 (Practical Biomechanics and Kinesiology)
Semester /Year : Fourth Semester

Subject Title	L	T	P	C
Practical-2.2 (Practical Biomechanics and Kinesiology)	-	-	4	2

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

COURSE OBJECTIVES:

THE OBJECTIVES OF THIS COURSE ARE

- Understand the principle of biomechanics and its importance during the practice of Yoga.
- Guide the practitioners based on the alignment principles.
- Demonstrate yogic practice having biomechanics principles in mind.
- Develop skills in motion analysis and principles of mechanics.

UNIT 1:

- Locating muscles with the help of model/chart and calculation of displacement, speed and velocity, acceleration.

UNIT 2:

- Locating centre of gravity of rigid bodies and assessment of angular kinematics of one Plane movements.

UNIT 3:

- Conversion of angular kinematics and Draw stick figures from the photograph of yoga Movements.

UNIT 4:

- Demonstration of yogic practices under the supervision of the teaching faculty.

TEXT BOOK:

- Bruce Bowditch: The Yoga Technique Guide - Principles of Alignment and Sequencing, Third Eye Press, 2015

REFERENCE BOOKS:

- J E Herzenberg: Principles of deformity correction, Springer publication.

COURSE OUTCOMES (CO): MYSL202

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

CO-1	Define the principle of biomechanics.
CO-2	Describe the importance during the practice of Yoga.
CO-3	Implementation of yogic practice having biomechanics principles in mind.
CO-4	Contrast angular kinematics of one Plane movements.
CO-5	Judging yogic practices.
CO-6	Design and Draw stick figures from the photograph of yoga Movements.

CO-PO MAPPING

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO-1	3	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO-2	2	2	2	2	2	2	2	1	2	2	3	3	2	2	2	3
CO-3	3	2	2	3	3	2	2	2	2	2	1	3	2	2	2	3
CO-4	2	2	2	2	3	2	2	2	2	2	3	2	2	2	2	3
CO-5	3	2	2	2	2	2	2	2	2	2	3	3	2	2	2	3
CO-6	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.Sc. in Yogic Science
Course code : MYSC301
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.
- **Understand the steps of scientific research report writing.**

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।
- मनाविज्ञान, समाजशास्त्र तथा शिक्षा में शोध विधियाँ – डॉ० मुहम्मद सुलेमान।
- मनोविज्ञान शिक्षा एवं अन्य सामाजिक विज्ञानों में सांख्यिकी – डॉ० मोहम्मद सुलेमान।

COURSE OUTCOMES (CO): MYSC301

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

CO-1	Describe the concept of research and methodology.
CO-2	Classify the useful statistical concepts.
CO-3	Apply design experiment in yoga.
CO-4	Organize the data and represent the data
CO-5	Evaluate Statistical analysis and Research Methodology.
CO-6	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
CO1	-	-	-	3	2	2	2	-	2	2	1	-	-	-	-	-
CO2	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	3	2	2	2	1	1	2	3	3	1	-
CO4	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO6	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.Sc. in Yogic Science
Course code : MYSC302
Course Name : Therapeutic Yoga
Semester /Year : Fourth 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.
- Comprehension of the physiological basis of health and disease and training to handle patients.
- Independently handle a patient and administer yoga therapy.
- Explain the pathological aspects of disease.

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 Gynecological 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 (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, 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 योगिक चिकित्सा – डॉ० राकेश गिरी।

COURSE OUTCOMES (CO): MYSC302

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

CO-1	Find about various diseases and their treatment through yogic processes.
CO-2	Understand diseases and their types.
CO-3	Apply treatment according to need.
CO-4	Explain the principles of healthy living.
CO-5	Testing the main principles of yoga therapy.
CO-6	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
CO1	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO2	2	2	1	2	2	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	2	2	2	2	1	1	2	3	3	-	-
CO4	2	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	3	2	1	2	3	2	2	2	2	1	1	2	3	3	-	-
CO6	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.Sc. in Yogic Science
Course code : MYSE303A
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 plans.
- Have an idea about the different tools used in yoga teaching.

UNIT-I: APPLIED PHILOSOPHY

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

UNIT-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: BASICS OF YOGA CLASS MANAGEMENT

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

UNIT- IV: LESSON PLANNING IN YOGA

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

UNIT- V: EDUCATIONAL TOOLS OF YOGA TEACHING

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

- Role of Educational Technology in Yoga

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.
- Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007 - Dr. Gharote M. L.
- Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009. - Dr. Shri Krishna.
- Principles & methods of Teaching, Printo, graphics, Delhi. - Dr. Raj Kumar
- Teaching of Yoga, DPH Publishing, Corporation, Delhi, 2007 - Saket Raman Tiwari & others.
- आसन, प्राणायाम, मुद्रा, बन्ध – स्वामी सत्यानन्द सरस्वती।
- विद्यार्थियों के लिए योग – स्वामी सत्यानन्द सरस्वती।
- शरीर विज्ञान और योगाभ्यास – डॉ० एम० एम० गोरे।
- आसन – स्वामी कुवलानन्द।
- प्राणायाम – स्वामी कुवलानन्द।
- योगाभ्यास की अध्यापन विधियाँ – डॉ० मनोहर लक्ष्मण घरोटे एवं श्रीमन्त कुमार गाँगुली।

COURSE OUTCOMES (CO): MYSE303A

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

CO-1	Highlighting the concept of yoga education and values.
CO-2	Understand the principles and practices of teaching methods of yoga.
CO-3	Apply different tools used in yoga teaching.
CO-4	Discuss class management & lesson planning's.
CO-5	Evaluating methods of teaching yoga.
CO-6	Writing good lesson plan.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO2	2	2	1	2	2	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	2	2	2	2	1	1	2	3	3	-	-
CO4	2	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	3	2	1	2	3	2	2	2	2	1	1	2	3	3	-	-
CO6	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.Sc. in Yogic Science
Course code : MYSE303B
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. 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. Yoga Psychology - Dr. Kamkhya Kumar
7. Yoga and Psychology - Dr. Kanchan Joshi & Dr. Bijendra Singh
8. योग द्वारा मानसिक आरोग्य - डॉ० विनोद नौटियाल

COURSE OUTCOMES (CO): MYSE303B

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

CO-1	Identify the essence of Ashtanga Yoga and how to put them into practice.
CO-2	Understand the concept of mental health.
CO-3	Apply the role of Bhakti yoga in our day-to-day life.
CO-4	Explain Transcendental meditation and its impact on our health.
CO-5	Relationship between Yoga and Mental Health.
CO-6	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
CO1	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO2	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO4	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO6	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.Sc. in Yogic Science
Course code : MYSE304A
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.
- Understand the concept of personality development.

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

- L.Chaito : Relaxation & Meditation Techniques,1983
- Michael Aegyle : Bodily Communication, Methuen,1975
- Mulligan J : The personal Management (handbook)
- Postonjee D.M.: Stress and Coping, The Indian Experience, sage Publication, New Delhi.
- Yoga and Psychology - Dr. Kanchan Joshi & Dr. Bijendra Singh
- आचार्य महाप्रज्ञ - शक्ति की साधना।
- आचार्य महाप्रज्ञ - नया मानव नया विश्व, आदर्श साहित्य संघ, चूरु।
- शिवखेडा - जीत आपकी।

COURSE OUTCOMES (CO): MYSE304A

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

CO-1	Contrasting the concept of personality development.
CO-2	Understand the role of yoga.
CO-3	Develop good physique.
CO-4	Explaining the meaning and need of self-management and career development.
CO-5	Evaluating the role of Yoga on self-management
CO-6	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.Sc. in Yogic Science
Course code : MYSE304B
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.
- Understand Yogic concepts of diet (Mitahara).

UNIT-I: YOGIC CONCEPT OF DIET & NUTRITION

- Basic concepts and components of food and nutrition Understanding Nutrition, Basic Terminology in Relation to Nutrition General Introduction of Ahara (Diet), concept of Mitahara
- Definition and Classification in Yogic diet according to traditional Yoga texts
- Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta
- Pathya and Apathya in diet according to Yogic texts; Guna and Ahara
- Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living

UNIT-II: DIETETICS IN YOGA

- Classification according to Triguna- Vegetarian vs Non-vegetarian, Panchabhuta relationships, Rasa Virya, Guna, Vipaka of Shali, Yava, Godhuma, Mugda, Masha, Chanaka, Patola, Surana, Mana, Kakkola, Shukashuka, Karkat, Rambha, Balaramba, Mulak, Vartaki, Ridhi, Kalashaka, Vatraka, Himooocika.
- Navanita, Ghrta, Kshira, Sita, Aikshwam, Gudum, Pakvaramba, Varikellalm, Draksham, Lawali, Dhatri, Ela, Jati, Lavanga, Panasa, Jambu, Haritaki, Khajura, Madhu, Shunthi.

UNIT – III: NUTRITION-BASICS

- Nutrients, proximate principles of diet.
- Component of Diet - Carbohydrates, Proteins, Fats - Sources, Nutritive Values, importance Minerals-calcium, iron, phosphorus etc. Vitamins –sources, roles, requirements.
- Mal Nutrition – Definition of Mal Nutrition. Types, causes, symptoms and treatment.

UNIT -III: BALANCED DIET

- Definition and concept of balanced diet.
- Yogic concept of diet and its relevance in the management of lifestyle
- Nutrients, proximate principles of diet.

UNIT-IV: FOOD GROUPS

- Cereals and 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
- Ayurveda Aahar (Food / Diet) – Prof. R. H. Kulkarni.
- 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): MYSE304B

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

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

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.Sc. in Yogic Science
Course code : MYSL301
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 1st 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 1st & 2nd semester practical.

UNIT-III: PRANAYAM, MUDRA AND BANDH

- | | |
|--------------------------|---------------------------------------|
| 1. Bahyavritti Pranayama | 2. Abhyantarvriti Pranayama |
| 3. Stambhvriti Pranayama | 4. Bahyabhyantavishyakshepi Pranayama |

- Pranayama as described in 1st & 2nd semester practical

- | | |
|---------------|------------------|
| 1. Yoni mudra | 2. Shaktichalini |
|---------------|------------------|

- Mudras & Bandhas As Described In 1st & 2nd Semester Practical

UNIT-IV: KRIYA

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

- Kriya As Described In 1st & 2nd Semester Practical.

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

- **Recitation of Hymns & Hastamudra**
- **Asana**
- **Pranayama, Mudra and Bandh**
- **Surya Namskar With Mantra**
- **Kriya**

- **Pranayama, Mudra and Bandh**

COURSE OUTCOMES (CO): MYSL301

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

CO-1	Highlighting the benefits and limitations of each yoga practices.
CO-2	Understand the concept and principles of shatkarmas and breathing techniques.
CO-3	Demonstrate each practice with confidence and skilfully.
CO-4	Explaining the concept of Asana, Pranayama, Mudra and Bandh.
CO-5	Moderating the breathing practice.
CO-6	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.Sc. in Yogic Science

Course code : MYSL302

Course Name : Practical-3.2 (Project)

Semester /Year : Second Semester

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

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

COURSE OBJECTIVES:

THE OBJECTIVES OF THIS COURSE ARE

- The sessional work/ass 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.
- Design and implement Yoga Program to improve physical and mental well-being based on experiment.

UNIT-I SESSIONAL WORK/ASSIGNMENTS/RESEARCH REVIEW

- 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 Paper Review

Workshop/Conference Participation - 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-II

VIVAVOCE

COURSE OUTCOMES (CO): MYSL302

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

CO-1	Recall necessary skills and knowledge in order to organize and conduct a research project.
CO-2	Understand research design in the field of yogic science.
CO-3	Organize Workshops to try out new methods.
CO-4	Describe the concept of research paper review.
CO-5	Hypothesising Research Report writing.
CO-6	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
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.Sc. in Yogic Science

Course code : MYSC401

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

- To achieve spiritual and mental wellbeing.
- To understand human behaviour as per Yogic Perspectives
- 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: BASIC PSYCHOLOGY

- Introduction – Definition, Psychology as a Science. A brief history of Psychology, Structuralism, Functionalism, Behaviorism, Gestalt Psychology, Psychoanalytic Psychology, Humanistic Psychology.
- Approaches to Psychology – Behavioral, Psychodynamic Approach, Cognitive Approach, Behavioral Neuroscience, Evolutionary Psychology, Sociocultural Approach, Humanistic Movement, Positive Psychology.
- Personality - Nature and Types of Personality, Determinants of Personality - Heredity and Environment, Facets and Stages of Personality Development.

UNIT-II: MEMORY AND SLEEP

- Memory - Stages of Memory: Sensory Memory, Short-term Memory, Long-term Memory, Kinds of memory- Procedural and Declarative memory. Measuring Memory: Recognition, Recall, Relearning, Exceptional Memory, Forgetting, Improving Memory.
- Sleep - Stages of Sleep, Sleep Disorders.

UNIT-III: SENSATION, ATTENTION AND PERCEPTION

- Sensation and Attention - Definition, Sensory receptors and the brain, Thresholds – absolute threshold, difference threshold, Subliminal perception, Sensory adaptation, Sensory Gating, Selective Attention, Determinants of attention.
- Perception - Definition, Perceptual constancy, Perceptual organization, Depth Perception, Motion Perception, Perceptual learning, Motives and Perception, Perceptual expectancy, Extra Sensory Perception.

UNIT-IV: LEARNING, MOTIVATION AND INTELLIGENCE

- Learning – The nature of learning, Classical Conditioning – Principles and Applications, Operant Conditioning – Principles and Applications, Observational Learning, Cognitive factors in learning – Latent Learning, Insight Learning.
- Motivation – Definition, Theories of Motivation: Instinct approach, Drive- reduction approaches, Arousal approaches, Incentive approaches, Humanistic Approaches, Selfdetermination theory.
- Intelligence – Defining intelligence- Theories of intelligence - Reliability and validity, Testing intelligence - Intelligence Quotient, Individual and group tests, Variations in intelligence, The mentally gifted, Mental retardation, Heredity and environmental influences, New approaches to intelligence.

UNIT-V: YOGA PSYCHOLOGY

- Psychological Elements of Yoga in Patanjali Yog Sutra:- Concept of Chitta, Levels of Chitta, Manifestations of Chitta, Methods of controlling the modifications of Chitta.

- Psychology Elements of Yoga in Srimad bhagvadgita:- Concept of Sthitprajna (Ch.2-54 to 72), Desire & Anger (Ch.3-37 to 43), Concept of Jnana Yoga (Ch.4-33 to 42), Concept of Divine Virtues & Demonic Nature (Ch.16)

REFERENCE BOOKS

- Woodwork, Contemporary School of Psychology.
- P.L. Harrienan, 20th Century Psychology.
- Abraham H. Maslov, Towards a Psychology of Being.
- N.C.Pande, Mind and super mind.
- V. Madhupudhan Reddy, Internal Yoga Psychology.
- I.P Sachdeva, Yoga and Depth Psychology.
- Shanti Parkash Attari, Yoga Psychology.
- Yoga and Psychology – Dr. Kanchan Joshi, Dr. Bijendra Singh.
- डॉ० विनोद नौटियाल - योग और मनोविज्ञान।

COURSE OUTCOMES (CO): MYSC401

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

CO-1	Have an understanding about Psychology development.
CO-2	Explain the concept of consciousness, Attention, Memory and Learning.
CO-3	Understand common mental disorders.
CO-4	Define utility of yoga psychology for self and society.
CO-5	Assessing the mental process motivation emotion and intelligence.
CO-6	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
CO1	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO2	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO4	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO6	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.Sc. in Yogic Science
Course code : MYSC402
Course Name : Physiological Effects of Yoga Practices
Semester /Year : Fourth Semester

Subject Title	L	T	P	C
Physiological Effects of Yoga Practices	4	-	-	4

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

COURSE OBJECTIVES:

THE OBJECTIVES OF THIS COURSE ARE

- To have an in depth understanding of physiological changes following the practice of yoga
- To have a brief idea of the underlying mechanism behind the possible benefits as a result of yogic practices
- To equip the students with an idea of muscles and nerve fibers stretched and compressed, toned up during various yogic posture
- To have an in-depth understanding about physiological benefits of Pranayama; Neuro Psychological locks in Mudras; Neuro Muscular locks in Bandhas

UNIT - 1: THE CONCEPT OF HOMEOSTASIS, ASANA

- Regulatory systems of the body, Characteristics of control systems, Physiological basis of mind-body medicine.
- Physiology of exercise and Asana - Types and Categories; Musculo skeletal and other body system involved.
- Effect of Yogic practices in setting up the internal environment of the body, Mechanical and Psychosomatic influence of asanas.

UNIT - 2: PRANAYAMA

- Mechanism of respiration and gas exchange, Regulation of respiration, Psychophysiological effect of Pranayama Changing of ratio of oxygen and carbonic acid in our body. Enabling different groups of muscles in breathing.
- Pranayama as respiratory pump; Reflex impact over sympathetic and parasympathetic nervous system, Role of Pranayama on Vital capacity, Lung Volume and Lung function. Role of Pranayama on Ventilation perfusion ratio, alveolar ventilation, dead space volume and minute ventilation. Neuro physiological mechanism of Antar and Bahir kumbhaka.

UNIT - 3: KRIYAS

- An overview of diffusion, osmosis, active transport; significance of using salt during the practice of Kriya, Tonicity of the solution such as hypotonic, hypertonic and isotonic solution and the impact of the same on physiology, Effect of Kriyas in encouraging the peristalsis, Opening and closing of sphincter.
- Role of Kriyas in smooth operation of sphincter; Mechanism of action of Kriya practices in the activation of vagus nerve, effect of Kriyas on gastric mucosa on digestive system.
- Development of negative pressure and the impact of sustenance of the negative pressure in body physiology.

UNIT - 4: MUDRAS BANDHAS-I

- Co activation of two antagonistic muscles; activation of nerve reflexes, Proprioceptive neuromuscular facilitation.
- Effect of Bandhas, Jalandharabandha effects neck joint complexes, Uddiyanbandha effects upper joint complexes, and Moolabandha for lower back joint complexes, Isometric muscle activation and Bandhas, Synergistic muscle activation during Bandha practices.

UNIT - 5: MUDRAS BANDHAS-II

- Navadvara and their significance in yoga, Principles behind the practice of Mudras, Resting membrane potential, action potential and transmission of nerve impulse.
- significance of Neuro psychological lock and its impact in body physiology, Role of mudra in physiological functions of the body.

REFERENCE BOOKS: -

- Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners; Book by Herbert David Coulter; Publisher Body and Breath, 2001
- A Handbook for Yogasana Teachers: The Incorporation of Neuroscience, Physiology, and Anatomy by Mel Robin, Publisher: Wheatmark; 1 edition (15 May 2009)
- Simon Borg Olivier and Bianca Machiss; Applied Anatomy and Physiology of Yoga; 3rd edition, 2007.
- Clinical Anatomy: A Revision and Applied Anatomy for Clinical. Students, Harold Ellis, Blackwell Publishing, 2006
- Essentials of Pathophysiology: Concepts of Altered Health States Carol Mattson Porth, Lippincott Williams & Wilkins, 2006.

COURSE OUTCOMES (CO): MYSC402

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

CO-1	Identifying the appropriate in depth understanding of physiological changes following the practice of yoga.
CO-2	Understand Mechanical and Psychosomatic influence of asanas.
CO-3	Understanding about physiological benefits of Pranayama.
CO-4	Explain the students with an idea of muscles and nerve fibers stretched and compressed, toned up during various yogic posture
CO-5	Evaluate Role of Pranayama on Vital capacity,
CO-6	Role of mudra in physiological functions of the body

CO-PO MAPPING

Cours e	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO1 0	PO1 1	PO1 2	PSO 1	PSO 2	PSO 3	PSO 4
CO1	3	3	1	2	2	3	2	3	2	3	3	3	2	3	2	3
CO2	1	3	2	2	2	2	1	2	2	3	3	3	2	3	2	3
CO3	3	2	1	2	2	3	1	1	2	3	3	3	2	3	2	1
CO4	3	2	2	2	1	3	1	1	2	3	3	3	2	3	2	3
CO5	3	3	2	2	2	2	2	1	2	3	3	3	2	3	2	1
CO6	3	2	2	2	1	2	1	-	2	3	2	3	2	3	2	2

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

Programme Name : M.Sc. in Yogic Science
Course code : MYSE403A
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 Pranas.
- 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 Su'jok.

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): MYSE403A

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

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

CO-PO MAPPING

Cours e	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO1 0	PO1 1	PO1 2	PSO 1	PSO 2	PSO 3	PSO 4
CO1	-	-	-	3	2	2	2	-	2	2	1	-	-	-	-	-
CO2	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	3	2	2	2	1	1	2	3	3	1	-
CO4	3	2	1	2	3	3	2	2	2	1	1	2	3	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.Sc. in Yogic Science
Course code : MYSE403B
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: INTRODUCTION TO NATUROPATHY

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

UNIT – II - PRINCIPLES AND CONCEPTS OF NATUROPATHY

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

UNIT - III HYDROTHERAPY, FASTING (UPAVASA) AND DIET

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 Bedsheet Pack, Formation and Enema.

FASTING (UPAVASA)

- Introduction, definition, scope, history, principles and types; its role in disease prevention.
- Health promotion; concept of de-toxification.

DIET

- Introduction, definition, scope, types and its principles.
- Role of Naturopathy diet in disease prevention and , health promotion.

UNIT - IV MESSAGE

- 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.

UNIT-V: 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, Chromotherapy.

REFERENCE BOOKS

- Henry Lindlahr. Philosophy of Nature Cure
- S.J. Singh., History and Philosophy of Nature Cure
- M.K.Gandhi., My Nature Cure.
- M.K.Gandhi : The story of my experiment with truth
- S. D. Dwivedi: Naturopathy for perfect health, Kalpaz Publication Delhi, 2002.
- Pravesh Handa: Naturopathy and Yoga, Kalpaz Publication Delhi, 2006.
- S.J.Singh. : My Nature Cure or Practical Naturopathy.
- R.K.Garde : Ayurvedic for Health and Long life Harry Benjamin. : Everybody's Guide to 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): MYSE403B

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

CO-1	Define concepts of auto healing and principles of naturopathy.
CO-2	Expressing the ancient knowledge of naturopathy based on the concept of panchamahabhuta.
CO-3	Utilize naturopathy in eradication of disease.
CO-4	Concept of Naturopathy diet in disease and importance of massage therapy.
CO-5	Evaluate of naturopathy in eradication of disease.
CO-6	Role of Naturopathy in eradication of disease.

CO-PO Mapping

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

Course code : MYSE404A

Course Name : Case Study

Semester /Year : Fourth Semester

Subject Title	L	T	P	C
Case Study	6	-	-	6

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

Course Objectives: The objectives of this course are

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

UNIT-I CASE TAKING

- Students shall be permitted to do internship from Yoga Centers, Naturopathy Hospital / Center, Alternative Therapies Center, Ayurveda and Medical Hospital.
- Students shall be permitted to take ten cases (Common Disease) and supervise the practice for fifteen days and common parameters will be recorded every day.

UNIT-II: PREPARATION OF THE CASES

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

UNIT-III PRESENTATION

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

COURSE OUTCOMES (CO): MYSE404A

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

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

CO-PO MAPPING

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

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

Programme Name : M.Sc. in Yogic Science
Course code : MYSE404B
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 and empirical).
- To develop critical thinking analytical and problem solving skill.

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 TA)	-	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.

COURSE OUTCOMES (CO): MYSE404B

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

CO-1	Outlining dissertation writing.
CO-2	Expressing the core concept of dissertation.
CO-3	Demonstrate skills in documentation of individual case.
CO-4	Discuss practical learning both type of research (pure & empirical).
CO-5	Evaluating the structure of dissertation.
CO-6	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.Sc. in Yogic Science
Course code : MYSL401
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 1st Semester Practical

UNIT-II: ASANA

- | | | |
|--------------------------------|------------------------------|-----------------------------|
| 1. Hasta Padangushtasana | 2. Parivrittaparshwakonasana | 3. Natarajasana |
| 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. purnabhujiangasana |
| 22. purnadhanurasana | 23. Makarasana | 24. Savasana |

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

UNIT-III: PRANAYAMA, MUDRA AND BANDH

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

UNIT-IV: Kriya

- Kriya As Described In 1st, 2nd, & 3rd 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**

COURSE OUTCOMES (CO): MYSL401

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

CO-1	Highlighting the benefits and limitations of each yoga practices.
CO-2	Understand the concept and principles of Asanas techniques.
CO-3	Demonstrate each practice with confidence and skillfully.
CO-4	Explaining the concept of Pranayama.
CO-5	Moderating the breathing practice.
CO-6	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.Sc. in Yogic Science
Course code : MYSL402
Course Name : Practical-4.2 (Psychology)
Semester /Year : Fourth Semester

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

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

COURSE OBJECTIVES:

THE OBJECTIVES OF THIS COURSE ARE

- Develop self-awareness and introspection skills to understand oneself and others better.
- Cultivate emotional intelligence and regulation techniques for mental well-being.
- Enhance cognitive function, concentration, and memory through yogic practices.
- Learn to manage stress, anxiety, and trauma using yoga and mindfulness techniques.

Practicum based on Methods to Study behaviour in Psychology: Introspection, Observation, Interview, Psychometric Assessment.

Practice related to:

- Enhancing memory, Academic Stress, Examination Anxiety, Quality of Life.
- Division of Attention; Emotional Intelligence / Emotional Maturity; Spiritual Intelligence / Study of Values / Spiritual Belief; Self-concept; Asakti / Anasakti Scale; Anxiety Scale; Aggression Scale Fear of Death; Depression; Frustration; Personality Inventory; Adjustment / Mental Health General Well-being; Case study.

Note: Each student will give presentation on theoretical perspective and demonstration of the assigned techniques

COURSE OUTCOMES (CO): MYSL402

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

CO-1	Define the necessary skills and knowledge in order to organize and conduct psychological test.
CO-2	Explain, identify and investigate different psychological disorder.
CO-3	Implement different psychological test.
CO-4	Examine different psychological problems.
CO-5	Evaluate Psychological Test.
CO-6	Creating a bank of questions related to psychological disorder.

CO-PO MAPPING

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