

SHRI GURU RAM RAI UNIVERSITY

(Est. by Govt. of Uttarakhand, vide Shri Guru Ram Rai University Act no. 3 of 2017)
PATEL NAGAR, DEHRADUN-248001, UTTARAKHAND, INDIA



B.O.S. Record File 2023-24

**School of Yogic Science and
Naturopathy (SYSN)**

**M.Sc. in Yogic Science & Alternative
Therapy**

(Session 2023-24)

DEPARTMENT OF NATUROPATHY
PATHARI BAG, DEHRADUN-248001, UTTARAKHAND, INDIA

Syllabus for M.Sc. in Yogic Science & Alternative Therapy

Master of Science (Yogic Science & Alternative Therapy)

Students will be able to:

PO 1	Develop students with an in-depth understanding of the operational aspects of Yoga & Alternative Therapy.
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 & Alternative Therapy
PO5	Select and create modern appropriate techniques in the application of Yoga & Alternative Therapy.
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 practice of Ashtang yoga.
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 Yoga & Alternative Therapy.
PO11	Ability to effectively use Yoga & Alternative Therapy 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 & Alternative Therapy for lifelong learning.

Program Specific Outcome (PSOs)

PSO 1	Following the completion of this course, students shall be able to Give an introduction of Yoga & Alternative Therapy and it's 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 Yoga & Alternative Therapy.

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:

1. The course will provide deeper insight into the curriculum of Yogic Sciences along with the therapeutic applications of Yoga and alternative therapies
2. At the Master level it is also intended that students should get familiar with the original texts of Yoga.
3. 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.
4. Invoking and inculcating inquisitive, scientific temper in student regarding the Traditional Indian Sciences specially Yoga and Spirituality.
5. A research attitude and orientation will also be inculcated into the student so that they further become able to undertake advance and theoretical and applied researches in the field of Yoga and Alternative Therapies.

Syllabus –

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

Scheme of Evaluation:-

As this is a program with the objectives mentioned above the assessment will be based on attendance in theory and practical classes, assignments in the form of Sessional works, personality changes of students as they go through the course as assessed and evaluated by teacher.

- The Sessional work is dividing in **Cumulative Test (CT) and Teacher Assessment (TA)** which will carry 40% of total marks for the course. The marks of the Sessional Test and Assignments shall be taken into account for the computation of Grades.

- There shall be a written End Semester Examination which shall be of 03 hours duration carrying 60% of total Marks assigned for the course, covering the entire syllabus prescribed for the course. The End semester Examination shall be conducted by the University in consultation with the Dean concerned.
- The Semester practical examinations shall normally be held before the theory examination. The internal faculty shall associate themselves with the examination process.
- Evaluation of Project Report / Dissertation and viva- voce
- Cumulative Test (CT) and Teacher Assessment (TA)

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

Periodical Presentation	-	40 Marks
Dissertation	-	40 Marks
Viva-Voce	-	20 Marks
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 Yoga unless he/she has successfully completed a three year undergraduate degree or earned prescribed number of credits for an undergraduate degree through the examinations conducted by a University/autonomous institution.

Age Limitation:

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

Structure of Yoga Master Programme:

- A Master's Programme in Yoga shall consist of:
 1. Core courses shall be mandatory for all students registered for Master's programme in Yoga. A Core course may carry 02-06 credits.
 2. An Elective course also shall carry not more than 04 credits.
- Two -Year Masters programme in Yoga will have the following components, viz.
 1. Core Courses - Minimum 80 credits
 2. 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 96/98 credits shall be considered to have passed the Masters Programme. A candidate must be obtained 40 % marks in each subject. And aggregate 50% marks to pass the course/qualify the semester. Otherwise he/she has to reappear to fulfil the criteria.

Grade System:

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

Procedure of Admission:

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

Seats:

There are only **20 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 – 2023-24

Master of Science (M.Sc.) in Yogic Science and Alternative Therapies

S. N.	Course Category	Course Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
				L	T	P	Seasonal			ESE	
							Credit	CT	TA		
M.Sc. - I Year											
Semester-I											
1	Core	MYAC101	Fundamentals of Yoga	4		-	4	30	10	60	100
2	Core	MYAC102	Yogic Concepts in Principal Upanishads	4		-	4	30	10	60	100
3	Core	MYAC103	Applications of Hatha Yoga	4		-	4	30	10	60	100
4	Core	MYAC104	Human Anatomy, Physiology and Yoga-1	4		-	4	30	10	60	100
PRACTICAL											
5	Core	MYAL101	Practical-1.1 (Yoga)	-	-	12	6	30	10	60	100
6	Core	MYAL102	Practical-1.2 (Anatomy)	-	-	4	2	30	10	60	100
							24	TOTAL			600
Semester-II											
1	Core	MYAC201	Patanjal Yoga Darshan	4		-	4	30	10	60	100
2	Core	MYAC202	Introduction to Ayurveda & Panchkarma	4		-	4	30	10	60	100
3	Core	MYAC203	Applications of Yogic Texts	4		-	4	30	10	60	100
4	Core	MYAC204	Human Anatomy, Physiology and Yoga-2	4		-	4	30	10	60	100
PRACTICAL											
5	Core	MYAL201	Practical-2.1 (Yoga)	-	-	12	6	30	10	60	100
6	Core	MYAL202	Practical-2.2 (Project)	-	-	4	2	30	10	60	100
							24	TOTAL			600
M.Sc. - II Year											
Semester-III											
THEORY											
1	Core	MYAC301	Statistics and Research Methodology in Yoga	4	-	-	4	30	10	60	100
2	Core	MYAC302	Introduction of Pranic Healing and Magnet Therapy	4	-	-	4	30	10	60	100
3	Elective	MYAE303A	Therapeutic Yoga	4	-	-	4	30	10	60	100
		MYAE303B	Mental Hygiene Through Yoga								
4	Elective	MYAE304A	Yoga and Self-Management	4	-	-	4	30	10	60	100
		MYAE304B	Diet and Nutrition in Yoga								
PRACTICAL											
5	Core	MYAL301	Practical-3.1 (Yoga)	-	-	12	6	30	10	60	100
6	Core	MYAL302	Practical-3.2 (Research paper)	-	-	4	2	30	10	60	100
							24	TOTAL			600

Semester-IV											
THEORY											
1	Core	MYAC401	Biomechanics and Kinesiology	4	-	-	4	30	10	60	100
2	Core	MYAC402	Introduction of Acupressure and Marma Therapy	4	-	-	4	30	10	60	100
3	Elective	MYAE403A	Introduction of Mantra and Yajna Therapy	4	-	-	4	30	10	60	100
		MYAE403B	Traditional and Clinical Diagnosis								
4	Elective	MYAE404A	Case Study	6	-		6	30	10	60	100
		MYAE404B	Dissertation								
PRACTICAL											
5	Core	MYAL401	Practical-4.1 (Yoga)	-	-	12	6	30	10	60	100
6	Core	MYAL402	Practical-4.2 (Practical Biomechanics and Kinesiology)	-	-	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	1st Internal	2nd 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 & Alternative Therapy

Course code : MYAC101

Course Name : Fundamentals of Yoga

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

1. Give an introduction of yoga and its important streams.
2. Explain the hidden concepts available in the ancient yogic texts.
3. Explain the introduction and appreciate the contribution of the yogis.

Course Contents

UNIT-I: GENRAL INTRODUCTION TO YOGA

1. 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.
2. History and Development of Yoga.
3. Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions about Yoga.
4. Principles of Yoga Tradition (Parampara), Yoga Practices for Health and Harmony.

UNIT-II: CONCEPT OF YOGA IN VARIOUS TEXTS

1. Nature of Yoga in Vedas.
2. Nature of Yoga in Geeta and Ramayana
3. Nature of Yoga in Tantra.
4. Nature of Yoga in Yoga Vasistha and Narada Bhakti Sutra.

UNIT-III: VARIOUS SYSTEMS OF YOGA

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

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

1. Ancient - Mahrishi Patanjali, Adi Shankracharya, Gorakshanath.
2. Medieval - Kabeerdas, Tulasidas, and Soordas.
3. Modern - Swami Vivekanand, Shri Aravind, Maharishi Raman and Maharishi Dayanand Saraswati.

- Contemporary – Shri Shyama Charan Lahidi, Swami Shivananda, Swami Kuvalyanand, Mahrishi Mahesh Yogi, Pandit Shri Ram Sharma Acharya, T. Krishnamacharya, Swami Ram and Maharshi Mahesh Yogi

UNIT-V: INTRODUCTION OF YOGIC TEXT.

- Patanjal 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, NewDelhi, 2011
- Pitamber Jha: Yog Parichaya
- Dr. Kamakhya Kumar: Super Science of Yoga
- औपनिषदिक अध्यात्म विज्ञान - डॉ० ईश्वर भारद्वाज।
- पतन्जलि योग विमर्श - डॉ० विजयपाल शास्त्री।
- योग महाविज्ञान - डॉ० कामख्या कुमार।

Course outcomes (CO): MYAC101

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	2	2	1	1	1	3	2	3	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

Program Name : Yogic Science & Alternative Therapy
Course code : MYAC102
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

1. Explain the essence of Upanishad.
2. Explain the essence of Shrimad bhagwad Geeta.
3. Make students aware about their karmas and how does karma plays an important role in the manifestation of a disease.

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

1. Meaning & Definition of Upanishad, Position of Upanishad in Indian Literature.
2. Introduction of Ten Fundamental Upanishad Based on Yoga.
3. **Ishavasyopanishad:** Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.
4. **Kena Upanishad:** Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.

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

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

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

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

UNIT-IV: NATURE OF YOGA IN FUNDAMENTAL UPANISHAD-IV

1. **Aitareya Upanishad:** Concept of Atma, Universe and Brahman.

2. **Taittiriya Upanishad:** Concept of Pancha Kosha; Summary of Shiksha Valli, AnandaValli, Bhriuvalli.

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

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

REFERENCES BOOKS

1. उपनिषद अंक, कल्याण - गीताप्रेस गोरखपुर।
2. एकादश उपनिषद - सत्यव्रत सिद्धान्तालंकार।
3. उपनिषद दीपिका - डॉ० रामनाथ वेदालंकार।
4. ईशादि नौ उपनिषद - गीताप्रेस गोरखपुर।
5. योग उपनिषद संग्रह - परमहंस स्वामी अनन्त भारती, चौखम्भा ओरियन्टलिया।
6. दुर्लभ 108 उपनिषद - पण्डित श्रीराम शर्मा आचार्य।
7. उपनिषद सार संग्रह - मनोज विश्वोई।
8. योग रहस्य - डॉ० कामख्या कुमार।

Course outcomes (CO): MYAC102

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 plays an important role in the manifestation of a disease.
CO-4	Explain the essence of Shrimad bhagwad Geeta.
CO-5	Reviewing the concept of Ishadinou 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

Program Name : M.Sc. in Yogic Science & Alternative Therapy
Course code : MYAC103
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

1. Learn the misconception about Yoga Practices.
2. About Hath sects and their contribution.
3. To give an understanding of the prerequisites of hath yoga.
4. Explain the food conducive to health and good for sadhna.
5. To introduce essential yoga text.

UNIT-I: GENERAL INTRODUCTION TO HATH YOGA.

1. Origin, Meaning, Definition, Aim, Objectives & Misconceptions about Hatha yoga.
2. Relationship Between Hatha yoga and Raj Yoga

UNIT-II: INTRODUCTION OF HATHPRADEEPIKA.

1. General Introduction to Hathpradeepika.
2. 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. Hathasiddhi ke Lakshanam.
3. Meaning, Definition and Classification of Shatkarma – Dhauti, Vasti, Neti, Nauli, Tratak and Kapalbhati.
4. Meaning, Definition and Classification of Asana, Prananyama, Mudra and Bandh. Introduction of Nadanusandhan, Samadhi and Kundlini.

UNIT-III: INTRODUCTION OF GHERAND SAMHITA-I

1. Introduction of Saptasadhan, Concept of Ghath and Ghathshuddhi.
2. Pathya-Apathya and Mitahar in Hath Yoga Sadhana According to Gherand Samhita.
3. Meaning, Definition and Classification of Shatkarma – Dhauti, Vasti, Neti, Nauli, Tratak and Kapalbhati.
4. Meaning, Definition and Classification of Asana, Prananyama.

UNIT-IV: GHERAND SAMHITA-II

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

UNIT-V: INTRODUCTION OF HATH YOGIC TEXTS

1. Hatha Ratnavali.
2. Shiv Samhita.
3. Vashishth Samhita.
4. Siddhsiddhant Padhati.

REFERENCE BOOKS

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

Course outcomes (CO): MYAC103

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

Program Name : M.Sc. in Yogic Science & Alternative therapy
Course code : MYAC104
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

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

UNIT-I: INTRODUCTION OF HUMAN CELL, TISSUE AND BODY

1. Introduction to Human Anatomy, Definition of Body and Sixteen Elements of Body
2. Structure of Human Cell, Cell Organelles, tissue, organs and systems.

UNIT-II: SKELTAL SYSTEM AND YOG

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

UNIT-III: MASCULAR SYSTEM AND YOG

1. Introduction nad Number of Muscle, Origin, Insertion - Strurnoclidomestoid, Latismus Dorsie, Tripizius, Rectus, Diaphragm, Deltoid, Biceps, Triceps, Glutius Maximus, Phemoralies, Sartorius, Gastrocnimius, Teres major and minor, Quardriceps and Hamstring.
2. Yogic Effect on Muscular System.

UNIT-IV: RESPIRATORY SYSTEM AND YOG

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

UNIT-V: ENDOCRINE SYSTEM AND YOG

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

REFERENCES BOOKS

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

Course outcomes (CO): MYAC104

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 & Alternative therapy
Course code	:	MYAL101
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

1. Understand the benefits and limitation of micro exercise.
2. Principles of shatkarmas and breathing techniques.
3. Principles of bandha and Mudras 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 & YogaTexts, Hasta Mudra : Chin, Jnana, Hridaya, Bhairav, Yoni.

Unit-II

Pawanmuktasan Series

Part 1 - Anti-rheumatic Group. (According to Asana, Pranayama, Mudra, Bandha)

Part 2 - Digestive/Abdominal Group. (According to Asana, Pranayama, Mudra, Bandha)

Part 3 - Shakti Bandha Asanas. (According to Asana, Pranayama, Mudra, Bandha)

Yogic Suksham Vyayam

According to Swami Shri Dheerendra Brahmchari

Surya Namskar with Mantra

Surya Namskar with Mantra

Unit-III

Asana

- | | | |
|------------------|----------------|-------------------|
| 1. Tadasan | 7. Kagasan | 13. Shashankasana |
| 2. Triyaktadasan | 8. Swastikasan | 14. Janu Shirasan |

- | | | |
|--------------------|---------------|-------------------------|
| 3. Katichakrasan | 9. Padmasan | 15. Paschimottonasan |
| 4. Trikonasan | 10. Siddhasan | 16. Poorvottanasana |
| 5. Ardhashakrasana | 11. Vajrasana | 17. Ardhamatsyendrasana |
| 6. Padhastasan | 12. Ushtrasan | 18. Uttanpadasan |

Unit-IV

Kriya

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

Unit-V

Pranayama

- Breathing practices - Handsinandout, Handsstretch, Anklestretch, 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).

Unit-III

Mudra and Bandh

- Moolbandh.
- Jalandharbandh.
- Uddiyan Bnadh.
- Maha Bandh.
- Ashwini Mudra.
- Yog Mudra

Course outcomes (CO): MYAL101

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 & Bnadh..

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 & Alternative therapy
Course code : MYAL102
Course Name : Practical 1.2 (Anatomy)
Semester /Year : First Semester

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

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

Course Objectives: The objectives of this course are

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

Unit-1: Demonstration of Osteology & Myology

Unit-2: Demonstration of Organs & Viscera regarding Cardio-pulmonary Systems

Unit-3: Demonstration of Bones, and Joints

Unit-4: Demonstration of Human Skeleton

HUMAN PERFORMANCE LAB

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

Projects

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

Viva-voce

Course outcomes (CO): MYAL102**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 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 & Alternative therapy
Course code : MYAC201
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

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

UNIT-I INTRODUCTION OF YOGA SUTRA AND VYAS BHASHY

1. Introduction of Yoga Sutra, Definition of Yoga According to Yoga Sutra.
2. Introduction of Vyas Bhashy on Yog Sutra.

UNIT-II SAMADHI PAADA.

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

UNIT-III SADHANA PAADA

1. Concept of Kriya Yoga , theory of Kleshas.
2. Concept of Karmashaya and Karmvipaka, Nature of dhukha.
3. Concept of Chaturvyuhavada, Drishyanirupanam, Drasthanirupanam, Prakriti-Purusha Samyoga.
4. Brief Introduction to Ashtanga Yoga – Yama, Niyama (Concept of Vitarka & Mahavrata), Asana, Pranayama, Pratyahara and their siddhis.

UNIT-IV VIBHUTI PAADA

1. Introduction of Dharana, Dhyana and Samadhi.
2. Nature of Sanyama.
3. Concept of Chitta samskara, Parinamatraya and Vibhutis.

UNIT-V KAIVALYA PAADA

1. Five means of Siddhis.
2. Concept of Nirman Chitta, Importance of siddhis achieved through Samadhi, Four types of Karmas.
3. Concept of Vasana - Dharmamegh Samadhi and its result, Viveka Khyati Nirupanam, Kaivalya Nirvachana.

REFERENCE BOOKS

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

Course outcomes (CO): MYAC201

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	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PS O1	PS O2	PS O3	PS O4
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 & Alternative Therapy
Course code : MYAC202
Course Name : Introduction to Ayurveda & Panchkarma
Semester /Year : Second Semester

Subject Title	L	T	P	C
Introduction to Ayurveda & Panchkarma	4	-	-	4

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

Course Objectives: The objectives of this course are

1. Understand the significance of AYUSH.
2. Understand the concept of Ayurveda.
3. Understand the concept of Panchkarma.
4. Have understanding about the concept of Tridosha.

UNIT-1: GENERAL INTRODUCTION TO AYURVEDA

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

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

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

UNIT-3: UPASTHAMBHA SWITHSPECIALEMPHASISONAHARA

Concept of Upasthambha; Concept of Ahara, Aharapachana, Pathya & Apathyain Ayurveda; Introduction to Sharira poshana (nourishment); Concept of Oja in Ayurveda; Role of Ayurvedic diet in health and prevention

UNIT-4: INTRODUCTION TO PANCHAKARMA

Role of Poorva and Paschat Karman Panchakarma; Significance of Panchakarma in Ayurveda and Shat karma in Yoga; Approach of Ayurveda and Yoga as whole in relation to total health

TEXT BOOKS

1. Dr. Priyavrata Sharma : Charak samhita, Chaukhambha Orientalal, Varanasi, Edition of 2008
2. Dr. Ravidutta Tripathi Dr. Brahman and Tripathi: Ashtanga Samgraha, Chaukhambha Sanskrit
3. Pratishtan, Delhi, Reprint edition of 2003
4. Dr. K. H. Krishnamurthy: The wealth of Susruta, International Institute of Ayurveda, Coimbatore,1999

REFERENCE BOOKS

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

Course outcomes (CO): MYAC202

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

CO-1	Highlighting the concept of Ayurveda.
CO-2	Understand the significance of tridosha.
CO-3	Interpret concept of panchkarma.
CO-4	Explain the concept of yoga dincharya ritucharya
CO-5	Detecting the core concept of Yoga in Ayurveda.
CO-6	Role of Ayurveda for 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	3	2	2	1	2	1	3	3	2	1	2	-
CO2	2	2	2	2	3	2	1	1	2	2	2	3	1	1	1	-
CO3	1	2	1	2	3	2	1	2	2	1	2	3	1	1	2	-
CO4	2	2	1	2	3	2	1	1	2	2	2	3	1	1	1	-
CO5	2	2	2	3	3	2	2	1	2	1	3	3	2	1	2	-
CO6	3	2	1	2	3	2	3	1	2	1	3	3	2	1	2	-

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

Programme Name : M.Sc. in Yogic Science & Alternative Therapy
Course code : MYAC203
Course Name : Application of Yogic Texts
Semester /Year : Second Semester

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

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

Course Objectives: The objectives of this course are

1. Understand the significance of Bhagavad Gita and its essence.
2. Understand the concept of Bhakta in Bhagavad Gita.
3. Understand the concept of Upanishad.
4. Have understanding about the concept of yoga Upanishad.

UNIT-I: ELEMENTS OF SHRIMADBHAGWADGEETA-I

1. General Introduction to Bhagavad Gita, Definitions of Yoga, their relevance & Scope.
2. 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

1. 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.
2. Food for Yoga-Sadhaka, Classification of food (Chpt.-XIV & XVII) Daivasura-Sampad-Vibhaga Yoga (Chpt.XVI);Moksa-SamnyasaYoga (Chpt. XVIII).

UNIT-III: ELEMENTS OF YOGA UPANISHADS -I

1. **Swetaswataropanishad:** (Chapter II) Techniques and Importance of Dhyanyoga, suitable place for Dhyana, sequence of pranayama & its importance, Prior symptoms of Yogasiddhis, Importance of Yogasiddhis, Tattvajna, (ChapterVI) Nature of God, techniques for Realization, Attainment of liberation.
2. **Yogakundali Upanishad:** Methods of Pranayama Siddhi, Types of Pranayama, means of Self -realization.
3. **Yogachudamadi Upanishad:** The description of the six limbs of yoga, their results and sequence.
4. **Trishikhibrahmanopanishad:** description of Ashtangayoga, Karmayoga and Jnanayoga.

UNIT-IV: ELEMENTS OF YOGA UPANISHADS -II

1. **Yogatattva Upanishad:** Mantrayoga, Layayoga, Hathayoga, Rajayoga and their stages, diet and Dincharya, primary symptoms of yoga siddhis and precautions.
2. **Dhyanbindoopanishad:** importance of Dhyanayoga, Nature of Pranav, Techniques of Pranav meditation, Shadangyoga, Atmadarshan through Nadanusandhan.
3. **Nadabindoopanishad:** Hansavidya : description of various limbs of Omkar, 12 matras of omkar and its results of their application with Pranas, Types of nadas, nature of nadanusandhan sadhana, state of Manolaya.
4. **Yogarajopnishad:** Mantrayoga, Layayoga, Hathayoga, Rajayoga, nine chakras, procedures of Dhyana and its results.

UNIT-V: ELEMENTS OF YOGA VASISHTHA

1. Salient features of Yoga Vashitha, Concept of Adhis and Vyadhis; Psychosomatic Ailments.
2. The four Dwarpaals to Freedom; How Sukha is attained in the Highest State of Bliss.
3. Practices to overcome the Impediments of Yoga; Development of Satvaguna.
4. Eightlimbs of Meditation; Jnana Saptabhumika.

REFERENCES BOOKS

1. श्रीमदभगवद्गीता, शंकर भाष्य - गीताप्रेस गोरखपुर।
2. गीता रहस्य - बाल गंगाधर तिलक।
3. श्रीमदभगवद्गीता - सत्यव्रत सिद्धान्तालंकार।
4. साधक संजीवनी - स्वामी प्रेमसुख दास जी महाराज, गीताप्रेस गोरखपुर।
5. उपनिषद अंक, कल्याण - गीताप्रेस गोरखपुर।
6. एकादश उपनिषद - सत्यव्रत सिद्धान्तालंकार।
7. ईशादिनौपनिषद - गीताप्रेस गोरखपुर।

Course outcomes (CO): MYAC203

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 Gita.
CO-6	Role of Bhagwad Gita 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 & Alternative Therapy
Course code : MYAC204
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

1. Discuss gross anatomy and physiology of human digestive system, excretory system and blood circulatory system.
2. Recognize basic structure and their connections with central nervous system.
3. Discuss anatomical and physiological effected of selected yoga practices.

UNIT-I: DIGESTIVE SYSTEM

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

UNIT-II: BLOOD CIRCULATORY SYSTEM.

1. 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.
2. Cycle of Heart, High Blood Pressure, Components of Blood, Yogic Effect of Blood Circulatory.
3. Process of Control in Heartbeat and High Blood Pressure.

UNIT-III: EXCRETORY SYSTEM AND YOGA.

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

UNIT-IV: NERVOUS SYSTEM AND YOGA.

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

3. Autonomous Nervous System, Yogic Effect of Nervous System, Structure and Work of Senses, Yogic Effect of Senses.

UNIT-V: SPECIAL SENSES

1. Eyes Anatomy - Histology of retina, corneal function, Physiology of vision and accommodation.
2. Nose- Gross anatomy and physiology of smell.
3. Ear- Gross anatomy and Physiology of hearing and balance.

REFERENCES BOOKS

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

Course outcomes (CO): MYAC204

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 & Alternative Therapy
Course code : MYAL201
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

1. Understand the benefits and limitations of each yoga practices.
2. Understand the concept and principles of shatkarmas and breathing techniques.
3. Demonstrate each practice with confidence and skillfully.

UNIT-I

1. **Recitation of hymns & hastamudra** – Saraswati Mantra/Vandana, Guru Shishy Mantra - As Described in 1st Semester Practical
2. **Pawanuktasan Series-** As Described in 1st Semester Practical
3. **Suksham Vyayam** – As Described in 1st Semester Practical.
4. **Sthula Vyayam** – Rekha gati, Urdhwa gati, Utkurdan, Sarvangpushti, Hrid gati (Injan daud)

UNIT-II

Surya Namskar with Mantra - As Described in 1st Semester Practical

ASANA

- | | | |
|----------------------|--------------------|------------------|
| 1. Vrikshasana | 2. Garudasana | 3. Utkatasana |
| 4. Hastottanasna | 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. Shalbhasana | 21. Bhujangasana |
| 22. Dhanurasana | 23. Balasana | 24. Makrasana |
| 25. Savasan | | |

UNIT-III**PRANAYAMA**

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

UNIT-IV**MUDRA AND BANDHA**

1. Mahahmudra
 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-V KRIYA**KRIYA**

1. Sutra Neti
 2. Gajkarani
 3. Kapalbhāti- Vyutkramkapalbhāti
 4. Laghu Shankha Prakshalana
- Kriya as described in 1st semester practical

VIVA VOCE**Course outcomes (CO): MYAL201**

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 & Alternative Therapy
Course code	: MYAL202
Course Name	: Practical-2.2 (Project)
Semester /Year	: Second Semester

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

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

Course Objectives: The objectives of this course are

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

UNIT-I Sessional Work/Assignments/Research Review

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

1. Project

UNIT-II

VIVA VOCE

Course outcomes (CO): MYAL202

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 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 & Alternative Therapies
Course code	: MYAC301
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

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

UNIT-I: INTRODUCTION TO STATISTICS

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

UNIT-II: CORRELATION-REGRESSION AND MEANSIGNIFICANCE

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

UNIT-III: TESTS AND ANALYSIS

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

UNIT-IV: RESEARCH METHODOLOGY

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

UNIT-V: RESEARCH METHODS AND RESEARCH REPORT

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

REFERENCE BOOKS

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

Course outcomes (CO): MYAC301

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 & Alternative Therapies
Course code : MYAC302
Course Name : Introduction of Pranic Healing and Magnet Therapy
Semester /Year : Third Semester

Subject Title	L	T	P	C
Introduction of Pranic Healing and Magnet Therapy	4	-	-	4

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

Course Objectives: The objectives of this course are

1. Learn the concepts of auto healing and principles of Pranic Healing.
2. Learn the ancient knowledge of based on the concept of panch prana.
3. Importance of Pranic Healing in eradication of disease.
4. Learn the concepts of auto healing and principles of Magneto Therapy.

UNIT-I:

1. Concept of Alternative Therapy.
2. Importance of Alternative Therapy.
3. Scope of Alternative Therapy.
4. Limitation of Alternative Therapy.

UNIT-II:

1. Introduction, History & Principles of Pranic Healing.
2. Meaning and Concept of Prana.
3. Types of Prana.
4. Location of prana.

UNIT-III:

1. Various Techniques of Pranic Healing.
2. Importance of Colour & Chakras in Pranic Healing.
3. Benefits of pranic healing.

UNIT-VI:

1. Meaning and Definition of Magneto Therapy.
2. Principles & Scope of Magneto Therapy.
3. Kinds of Magnets.

UNIT-V:

1. Methods of Magneto Therapy.
2. Effect of Magneto Therapy on Different Diseases.

REFERENCE BOOKS

1. Miracles through Pranic healing :- Master Choa Kok Sui
2. Advanced Pranic healing :- Master Choa Kok Sui.
3. Magneto therapy :- Dr. H. L. Bansal.
4. Magnetic Cure for common disease:- Dr. R.S. Bansal, Dr. H. L. Bansal.
5. योग एवं वैकल्पिक चिकित्सा - डॉ० विनोद नौटियाल
6. प्राणिक उपचार रहस्य - डॉ० सुनील कुमार श्रीवासा

Course outcomes (CO): MYAC302

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 Therapy.

CO- PO Mapping

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

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

Programme Name : M.Sc. in Yogic Science & Alternative Therapies
Course code : MYAE303A
Course Name : Therapeutic Yoga
Semester /Year : Third Semester

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

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

Course Objectives: The objectives of this course are

1. The goal of teaching yoga therapy for common ailments to students is aimed at giving the student comprehensive medical knowledge of the disease and its yogic management of the organ system of the body to facilitate.
2. Comprehension of the physiological basis of health and disease and training to handle patients.

UNIT-I: YOGIC PRACTICE

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

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

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

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

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

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

1. **Gastrointestinal Disorders:** Gastritis, Indigestion, Peptic Ulcers, Constipation, Diarrhoea, Irritable Bowel Syndrome, colitis, Piles.

2. **Muscular-Skeletal Disorders:** Back Pain, Intervertebral disc prolapse (IVDP) Lumbar Spondylosis, Cervical Spondylosis, Arthritis

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

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

REFERENCES BOOKS

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

Course outcomes (CO): MYAE303A

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 & Alternative Theraphy
Course code : MYAE303B
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

1. Understand the concept of mental health.
2. Understand the essence of Astanga Yoga and how to put them into practice.
3. Understand Bhakti yoga and the role of it in our day to day life.
4. Understand Transcendental meditation and its impact on our health.

UNIT-I: CONCEPT OF MENTAL HEALTH

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

UNIT-II: MENTAL HYGIENE THROUGH TRANSCENDENTAL MEDITATION

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

UNIT-III: MENTAL HYGIENE THROUGH RAJ YOGA

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

UNIT-IV: MENTAL HYGIENE THROUGH BHAKTI YOGA

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

UNIT-V: MENTAL HYGIENE THROUGH ASHTANGA YOGA

1. Historical Background.
2. Psychology Concept.

3. Mental Hygiene through Ashtanga Yoga.

REFERENCE BOOKS:-

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

Course outcomes (CO): MYAE303B

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 & Alternative Therapy
Course code	: MYAE304A
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

1. The meaning and need for self-management and career development.
2. To understand the role of yoga.
3. Develop good physique.

UNIT – I: INTRODUCTION OF SELF-MANAGEMENT AND CAREER DEVELOPMENT

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

UNIT-II: DEVELOPMENT OF CAPABILITIES

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

UNIT-III: SELF MANAGEMENT AND STRESS-MANAGEMENT

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

UNIT-IV: COMMUNICATION AND YOGIC LIFE

1. The importance of communication, determinants

2. Skill and blocks to communication, effective listening, body language, effective reading and speaking in public.
3. Ideas to action, direction setting.
4. Mobilizing people and work achievement.

UNIT-V: PERSONALITY DEVELOPMENT

1. Body Language, Eye Contact.
2. Movement, Language and skill.
3. Group Discussion.
4. Situation control and Adaptation.

REFERENCE BOOKS

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

Course outcomes (CO): MYAE304A

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 & Alternative Therapy
Course code : MYAE304B
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

Following the completion of this course, student shall be able to:

1. Understand the concept of diet and the medical value of nutrition.
2. Advise the appropriate diet to different age groups.
3. Have an understanding about overeating and malnutrition.
4. Benefits and caloric value of various food groups.
5. Understand the concepts of absorption of essential vitamins and minerals.

UNIT-I: OBJECTIVE AND CONCEPT OF DIET

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

UNIT-II: NUTRIENTS

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

UNIT -III: BALANCED DIET

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

UNIT-IV: FOOD GROUPS

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

UNIT-V: FOOD AND METABOLISM

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

REFERENCE BOOKS

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

Course outcomes (CO): MYAE304B

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	Developed Yogic concept Diet and Nutrition.

CO-PO Mapping

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

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

Programme Name	: M.Sc. in Yogic Science & Alternative Therapy
Course code	: MYAL301
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

1. Demonstrate yogic practice with confidence and skilfully.
2. Bring out hidden talents through regular yogic practice.

UNIT-I

Recitation of hymns & hastamudra –

1. 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

Pranayama

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

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

UNIT-IV**Kriya**

1. Kapalbhathi- Shitkram
 2. Nauli Sanchalan
 3. Dand Dhauti
 4. Shankhprakshalan
- Kriya As Described In 1st & 2nd Semester Practical.

Mudra and Bandh

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

Viva Voce**Course outcomes (CO): MYAL301**

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 & Alternative Therapy
Course code	: MYAL302
Course Name	: Practical-3.2 (Research paper)
Semester /Year	: Third Semester

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

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

Course Objectives: The objectives of this course are

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

UNIT – I

RESEARCH PAPER AND SEMINAR/WORKSHOP/CONFERENCE

Research Paper (Minimum One)

Seminar & Workshop (Minimum Two)

VIVA-VOCE

Course outcomes (CO): MYAL302

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

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

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
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 Correlate

Programme Name	: M.Sc. in Yogic Science & Alternative Therapy
Course code	: MYAC401
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

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

UNIT 1: Biomechanics of Hip and Spine

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; 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 & joints of the thoracic spine, mechanics of the thoracic musculature, analysis of the force on the thoracic spine 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. 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 2: 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 3: 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 4: 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 an 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
- Jelvéus, A., & Oddsson, 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.
- Waverley, NSW: yogasynergy.
- Werner, R. (2013). A Massage Therapist's Guide to Pathology (5th ed.). Philadelphia, PA: Lippincott Williams & Wilkins.

Course outcomes (CO): MYAC401**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	Compare 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 & Alternative Therapy
Course code : MYAC402
Course Name : Introduction of Acupressure and Marma Therapy
Semester /Year : Fourth Semester

Subject Title	L	T	P	C
Introduction of Acupressure and Marma Therapy	4	-	-	4

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

Course Objectives: The objectives of this course are

1. Get comprehensive knowledge about ancient wisdom.
2. Understand the basic concepts of Acupressure.
3. Understand the concept & types Alternative therapy.
4. To make the students understand the fundamental of acupressure and magneto therapy.

UNIT-I:

1. Meaning, History and Principles of Acupressure.
2. Types and Techniques of Acupressure.
3. Instruments of Acupressure.

UNIT-II:

1. Introduction of Su'jok Acupressure
2. Introduction of Seed Therapy
3. Use of Sujok Acupressure in Various Diseases.

UNIT-III:

1. Fundamentals of Chinese(TCM) Acupressure
2. Theory of five Elements Creative cycle & control cycle
3. Yig & Yang theory introduction of meridian.
4. Use of Chinese Acupressure in Various Diseases.

UNIT-VI:

1. Meaning and Definition of Marma Therapy
2. Principles & Scope of Marma Therapy.
3. Types of marma & benefits of marma.

UNIT-V:

1. Technique of Marma therapy.
2. Effect of Magneto Therapy on Different Diseases.

REFERENCE BOOKS:-

1. Acupressure - Dr. Attar Singh.
2. Acupressure - Dr. L. N. Kothari.
3. Magneto therapy - Dr. H. L. Bansal.
4. Magnetic Cure for common disease - Dr. R.S. Bansal, Dr. H. L. Bansal.
5. योग एवं वैकल्पिक चिकित्सा - डॉ० विनोद नौटियाल।

Course outcomes (CO): MYAC402

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 Panchtatwa.
CO-3	Examine fundamental of acupressure and marma therapy.
CO-4	Explain the concept of Yin and Yang Theory.
CO-5	Evaluate the concept of alternative therapy.
CO-6	Directing the concept of Marma Therapy.

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	3	2	3	2	2	2	2	2	1	1	-	-
CO2	2	2	2	2	2	2	2	3	2	3	2	2	1	1	-	-
CO3	1	2	1	3	3	2	1	-	2	1	2	2	1	-	-	-
CO4	3	2	2	2	2	2	-	-	2	-	2	2	1	-	-	-
CO5	2	2	1	3	2	2	1	2	2	1	2	2	1	-	-	-
CO6	1	2	2	2	3	2	1	2	2	1	2	2	1	-	-	-

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

Programme Name	: M.Sc. in Yogic Science & Alternative therapy
Course code	: MYAE403A
Course Name	: Introduction of Mantra and Yajna Therapy
Semester /Year	: Fourth Semester

Subject Title	L	T	P	C
Introduction of Mantra and Yajna Therapy	4	-	-	4

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

Course Objectives: The objectives of this course are

1. Get comprehensive knowledge about ancient wisdom.
2. Understand the basic concepts of Mantra.
3. Understand the concept of Mantra therapy.
4. To make the students understand the fundamental of Yanja therapy.

Unit I: Mantra and Its Philosophical Nature

1. Mantra : Meaning and Definition
2. Types of Mantra
3. Power of Mantra
4. Power of Shabda-Brahma
5. Effects of Mantra

Unit II: Scientific nature of Mantra

1. Scientific Nature of Mantra in Ancient and Modern concept.
2. Science behind the Mantra Chanting.
3. Mantra, the Brain and Words.
4. Neurophysiology of Mantra Meditation.

Unit III: Yajna and Its Philosophical Nature

1. Yajna : Meaning and Definition
2. Principles of Yajna Therapy
3. Concept, Scope and Limitations of Yajna Therapy.
4. Introduction of Sacrificial Material (Yajna Samagri) according to Disease.

Unit IV: Contribution of Mantra and Yajna in Human Excellence

1. Role of Mantra and Yajna in Physical Excellence.
2. Role of Mantra and Yajna in Mental Excellence.
3. Role of Mantra and Yajna in Social Excellence.
4. Role of Mantra and Yajna in Spiritual Excellence.

Unit IV: Mantra and Yanja Therapy in common diseases

1. Liver problem
2. Hart problem
3. Ladies problem
4. Debates
5. Mental problem

REFERENCE BOOKS:-

- Mantra Chikitsa Sadhana – Pandit Kedar Nath Mishra
- Mantra Sadhana – Yogeshwaranand
- Aarogya Mantra – Rajeev Dixit
- Yagya Chikitsa – Brahmvarchasva
- Yagya Sadhana - Pandit Kedar Nath Mishra
- Yagya Vidhanam – Ramanand & Shashank Shekhar Shulva

Course outcomes (CO): MYAE403A

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 Mantra.
CO-3	Examine fundamental of acupressure and Mantra therapy.
CO-4	Explain the concept of Yanja therapy.
CO-5	Evaluate the concept of alternative therapy.
CO-6	Directing the concept of Yanja Samagri.

CO-PO Mapping

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

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

Programme Name : M.Sc. in Yogic Science & Alternative therapy
Course code : MYAE403B
Course Name : Traditional and Clinical Diagnosis
Semester /Year : Fourth Semester

Subject Title	L	T	P	C
Traditional and Clinical Diagnosis	4	-	-	4

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

Course Objectives: The objectives of this course are

1. Get comprehensive knowledge about ancient wisdom.
2. Understand the basic concepts of Diagnosis.
3. Understand the concept of Traditional Diagnosis.
4. To make the students understand the fundamental of Clinical Diagnosis

UNIT -I Facial Diagnosis

1. Introduction of Facial **Diagnosis**.
2. Characters of the healthy body.
3. Foreign matter theory.
4. Process of elimination of foreign.

UNIT –II Tongue Diagnosis

1. Normal Tongue
2. Tongue Sprit
3. Tongue color
4. Tongue shape
5. Tongue Coating

UNIT – III

1. Nabhi Pareeksha & Nadi Pareeksha

UNIT- IV: Clinical Diagnosis

1. Examination of Patients - history taking and cases heat writing.
2. Routine and special investigation.

UNIT- V: Bio Chemical investigation

1. Urine test, Blood test ,RBC,
2. ESR, Sugar, Cholesterol lipid profile

REFERENCE BOOKS:

1. Hutchinson's Clinical Methods- By Chamberlin
2. Clinical Methods- By P.S. Shanker
3. Clinical Diagnosis - By P.J. Mehta
4. Oxford's hand book of Clinical Medicine - By St. John Ambulance Association.

Course outcomes (CO): MYAE403B

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

CO-1	Describe the concept of Traditional and Clinical Diagnosis.
CO-2	Classify the useful Traditional Diagnosis.
CO-3	Understand Facial & Tongue Diagnosis.
CO-4	Explain Clinical Diagnosis.
CO-5	Evaluating methods of Diagnosis.
CO-6	Developed yogic concept of Diagnosis.

CO-PO Mapping

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

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

Programme Name	: M.Sc. in Yogic Science & Alternative Therapy
Course code	: MYAE404A
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

1. State techniques, health benefits, applications, precautions and contra indications of under mentioned Alternative therapy practice.
2. Demonstrate each yogic & Alternative therapy practice with confidence and skilfully.

Unit-1: Case taking-I

Students shall be permitted to do internship form naturopathy hospital, Alternative therapy centre Ayurveda & Medical Hospital Students shall be permitted to take 10 cases (Common Disease) and supervise the practice for fifteen days and common parameters will be recorded every day.

Unit-2: Preparation of the cases

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

Unit-3: Presentation

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

Course outcomes (CO): MYAE404A

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

CO-1	Highlighting the benefits and limitations of alternative therapy practices.
CO-2	Understand the concept and principles of Acupressure and magnet therapy.
CO-3	Demonstrate each practice with confidence and skillfully.
CO-4	Explaining the concept of Pranic healing and Chakras.
CO-5	Evaluate the scientific effect of Alternative therapies.
CO-6	Directing the Alternative 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	1	2	1	3	1	2	-	1	2	1	2	2	1	-	1	2
CO2	1	2	1	3	1	2	-	1	2	1	2	2	1	-	1	2
CO3	1	2	1	3	1	2	1	1	2	1	2	2	1	-	1	2
CO4	1	2	1	3	1	2	-	1	2	1	2	2	1	-	1	2
CO5	1	2	1	3	1	2	-	1	2	1	2	2	1	-	1	2
CO6	1	2	1	3	1	2	-	1	2	1	2	2	1	-	1	2

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

Programme Name	: M.Sc. in Yogic Science & Alternative Therapy
Course code	: MYAE404B
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

1. 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.
2. Understand the structure of dissertation.
3. Understand the practical learning both type of research (pure & empirical).

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

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

Presentation (Internal Examiner) 30+ 10 (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): MYAE404B

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 & Alternative Therapy
Course code	: MYAL401
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

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

UNIT – I: INTERNSHIP

(Alternative Therapies / Naturopathy)

Report Writing

VIVA-VOCE

Course outcomes (CO): MYAL401

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

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

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
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

Programme Name	: M.Sc. in Yogic Science & Alternative Therapy
Course code	: MYAL402
Course Name	: Practical 4.2 (Practical Biomechanics and Kinesiology)
Semester /Year	: Fourth Semester

Subject Title	L	T	P	C
Practical 4.2 (Practical Biomechanics and Kinesiology)	-	-	4	2

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

Course Objectives: The objectives of this course are

1. Understand the principle of biomechanics and its importance during the practice of Yoga.
2. Guide the practitioners based on the alignment principles.
3. Demonstrate yogic practice having biomechanics principles in mind.

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 Bowaditch: 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): MYAL402

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