

ACADEMIC CURRICULUM

For

Bachelor Degree in Yoga



2022-23

**JAGADURU RAMANANDCHARYA RAJASTHAN SANSKRIT
UNIVERSITY
MADAU, MUHANA-BHANKAROTA LINK ROAD, JAIPUR -
302026**

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and wellbeing. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "tounite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training the enthusiasts to become Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.

I. Title of the Programme

- The programme shall be called "Bachelor of science in Yoga" (B.A/B.Sc)

II. Aim of the Programme

- The aim of the programme is to produce "Yoga therapists for a clinical set up"

III. Objectives of the programme

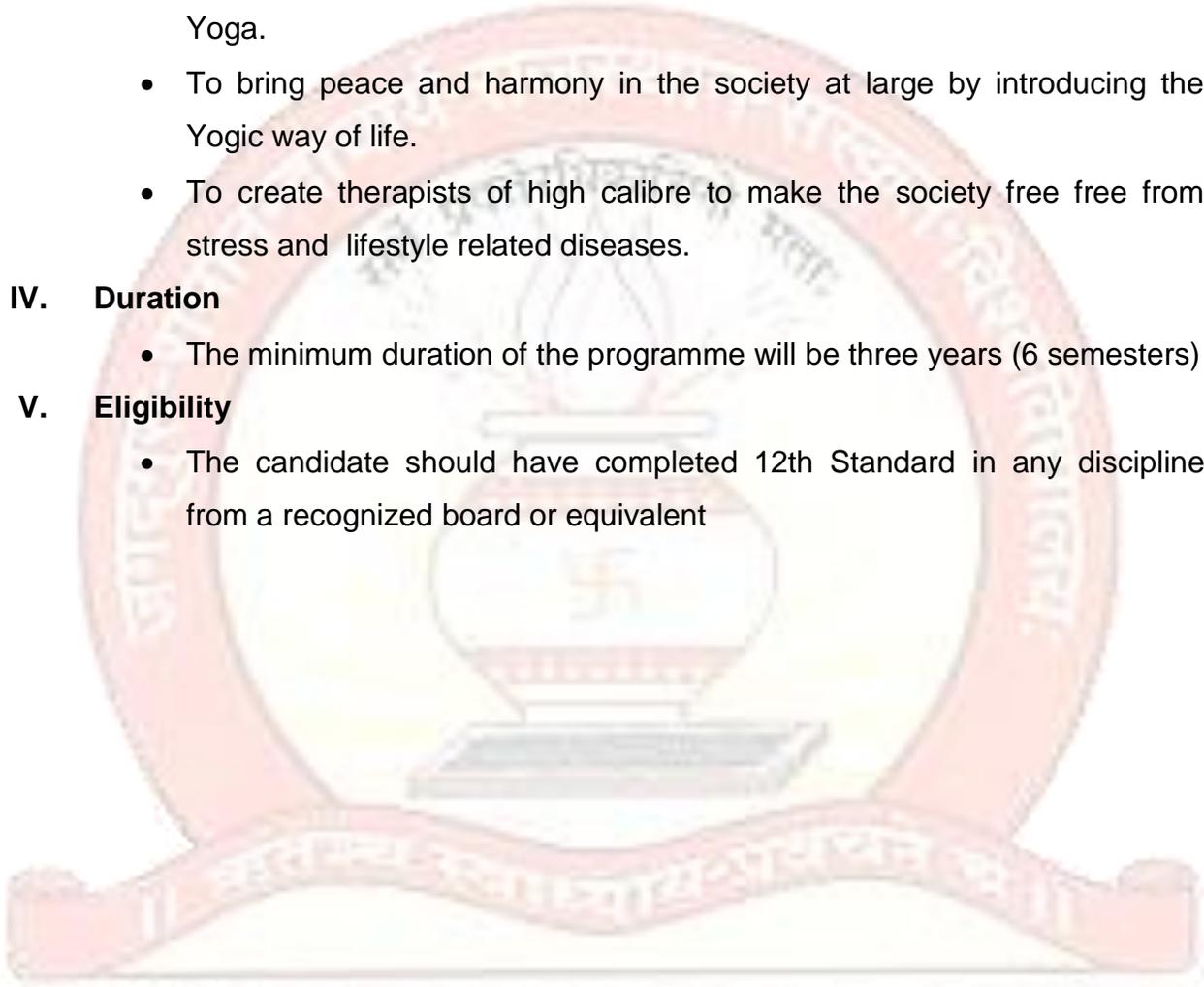
- To introduce Yoga therapy, its principles and practices of Yoga to people with various lifestyle disorders.
- To make the people aware of the therapeutic and preventive value of Yoga.
- To bring peace and harmony in the society at large by introducing the Yogic way of life.
- To create therapists of high calibre to make the society free free from stress and lifestyle related diseases.

IV. Duration

- The minimum duration of the programme will be three years (6 semesters)

V. Eligibility

- The candidate should have completed 12th Standard in any discipline from a recognized board or equivalent



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**SEMESTER WISE THEORY AND PRACTICAL SUBJECTS
2020-21**

Semester	Subjects	Subject code	Theory	Practical	Total
I Sem.	Theory:				
	Introduction to sanskriti	BST-101	50	--	50
	Basis of Yoga (Foundation of yoga)	BST-102	50	--	50
	Yoga and Spirituality	BST-103	50	--	50
	Human Anatomy and Physiology-I	BST-104	50	--	50
	Practical:				
	Āsana, Pranyāma and meditation level-I	BSP-101	--	50	50
Scince of Emotion Culture I st	BSP-102	--	50	50	
II Sem.	Theory:				
	Introduction to Bhagavad Gēeta	BST-201	50	--	50
	Yoga therapy-Ist I	BST-202	50	--	50
	Introduction to modern psychology and yoga psychology	BST-203	50	--	50
	Human Anatomy and physiology-2	BST-204	50	--	50
	Practical:				
	Scince of Emotion Culture II nd	BSP-201	--	50	50
	Yoga for common ailments-I st	BSP-202	--	50	50
III Sem.	Theory:				
	Yogic Diet and Nutrition	BST-301	50	--	50
	Yoga therapy-II nd	BST-302	50	--	50
	Research methodology	BST-303	50	--	50
	Value education	BST-304	50	--	50
	Practical:				
	Yoga for Common Ailements-II nd	BSP-301	--	50	50
Advance techniques	BSP-302	--	50	50	

IV Sem.	Theory:				
	Methods of Teaching Yoga	BST-401	50	--	50
	Applied yoga	BST-402	50	--	50
	Fundamentals of naturopathy	BST-403	50	--	50
	Yoga and holistic health	BST-404	50	--	50
	Practical:				
	Yoga for Personality Development	BSP-401	--	50	50
Naturopathy Training	BSP-402	--	50	50	
V Sem.	Theory:				
	Introduction to AYUSH	BST-501	50	--	50
	Patañjali Yoga Sūtra –1	BST-502	50	--	50
	Four Streams of Yoga	BST-503	50	--	50
	Disaster management	BST-504	50	--	50
	Practical:				
	Āsana, Prānāyāma and meditation level-2	BSP-501	--	50	50
Ayush Trainings	BSP-502	--	50	50	
VI Sem.	Theory:				
	Patanjali Yoga Sutra -2	BST-601	50	--	50
	Stress Management	BST-602	50	--	50
	Cultural History of India and contemporary Yogis	BST-603	50	--	50
	Constitution of India	BST-604	50	--	50
	Practical:				
	Advance Pranayama and meditation	BSP-601	--	50	50
Clinical Projects Works	BSP-602	--	50	50	

❖ Compulsory Subject syllabus will be followed as per the University norms during the course period.

Theory :- 1200

Practical :- 600

Total :- 1800

Course Code : BST -101
Subject : Introduction to Sanskrit
Full marks for examination : 50

Objectives:

- To Make students communicate and write in Sanskrit
- To understand the hidden concept of yoga in the ancient texts
- To have in depth knowledge about the Sanskrit texts

Unit-1: संस्कृतभाषा परिचय।

संस्कृतभाषा परिचय, योगशास्त्र के अध्ययन में संस्कृत का महत्त्व और योग एवं संस्कृत का अन्तःसम्बन्ध। माहेश्वरसूत्र। संस्कृतवर्णमाला,स्वर ,व्यंजन वर्गज्ञान सहित (रोमन लिपि में लेखन एवं पठन); वर्णों के उच्चारणस्थान और प्रयत्न ज्ञान।प्रत्याहार निर्माण विधि एवं प्रत्याहार ज्ञान। कारक, विभक्ति(सुप् और तिङ्),लिङ्ग,वचन,पुरुष, लकार एवं वाक्याङ्ग परिचय। संस्कृत संख्याएं (एक से सौ तक)

Unit-2: शब्दरूप।

अजन्तशब्दरूप-राम, बालिका, पुस्तक, मुनि, रुचि, वारि शब्दों के रूप अर्थज्ञान सहित। अजन्तशब्दरूप-नदी, भानु, धेनु, मधु, पितृ, मातृ शब्दों के रूप अर्थज्ञान सहित। सर्वनाम शब्दरूप- अस्मद्, युष्मद्, तत्(तीनो लिङ्गों में), एतद्(तीनो लिङ्गों में), किम्(तीनो लिङ्गों में); 4 सर्व(तीनो लिङ्गों में), भवत्(तीनो लिङ्गों में) शब्दों के रूप अर्थज्ञान सहित। हलन्तशब्दरूप-भगवत्, आत्मन्, नामन्, जगत् शब्दों के रूप अर्थज्ञान सहित।

Unit-3: धातुरूप ।

भू,अस्,पठ्,मुद्,कृ,लिख्,नम्,दृश् धातुओं के पांच लकारों (लट्,लृट्,लङ्,लोट्,लिङ्) में रूपज्ञान एवं वाक्य निर्माण अर्थज्ञान सहित। वद्,गम्,स्था,पा(पिब्)दा, शक्, आप्,प्रच्छ् धातुओं के पांच लकारों(लट्,लृट्,लङ्,लोट्,लिङ्) में रूपज्ञान एवं वाक्य निर्माण अर्थज्ञान सहित। ज्ञा,कथ्,चिन्त्,ब्रू,श्रु,नी, याच्,खाद् ,शीङ्, धातुओं के पांच लकारों(लट्,लृट्,लङ्,लोट्,लिङ्) में रूपज्ञान एवं वाक्य निर्माण अर्थज्ञान सहित। प्रथमदीक्षा के प्रथम एवं द्वितीय अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।

Unit-4: वाक्यनिर्माण ।

प्रथमदीक्षा के तृतीय अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास। प्रथमदीक्षा के चतुर्थ अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास। प्रथमदीक्षा के पंचम अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास। प्रथमदीक्षा के षष्ठ अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।

TEXT BOOKS

1. Moorty CLN : First Book of Sanskrita, Chaukhabha Sanskrit Series, Varanasi, 2010
2. Max Muller : A Sanskrit Grammar Parimal Publication, Delhi, 2012
3. Goldmom P R : Devavanopravesika : An introduction to the Sansrit languages, MLBD, New Delhi , 2011

BOOKS FOR REFERENCE

1. Perry E D : A Sanskrit Primer, MLBD, New Delhi, 2004
2. Kala MR : A Higher Sasnkrit Grammer for college students, MLBD, New Delhi, 2011
3. द्विवेदी कपिल देव : प्रारम्भिक रचनानुवाद कौमुदी ;विश्वविद्यालय प्रकाशन वाराणसी, 2011

Course Code : BST -102

Subject : Basis of Yoga (Foundation of Yoga)

Marks in examination: 50

Objectives:

To understand

1. About foundation of science and arts.
2. Science of happiness – Basis of Yoga
3. Concept of yoga.
4. Application of yoga to the individual and the society.

Unit-1: Basis of life in the context of science

1. Basis of life, Analysis
2. The core of Science
3. Technology, applied Science
4. A social Metamorphosis

Unit-2: The basis of Yoga

1. The Science of Happiness
2. The Basis of Yoga
3. The direction of our life
4. Happiness analysis
5. Story of old lady, Story of Srikanada
6. Happiness depend on mood of person
7. Happiness is not outside but it is inside state
8. Concentration, appreciation

Unit-3: Yoga scriptures

1. A glimpse into our scriptures
2. Quantify *Ānanda*, *Ānanda Mimansa*
3. Layers of Consciousness (*Lokās*)
4. Happiness – quatitative or qualitative
5. State of complete freedom

Unit-4: Concept and definitions about Yoga

1. *Yoga* – Misconceptions
2. Understanding *Yoga*
3. Definitions of *Yoga*, Patanjali, *Yoga Vasista*
4. *Bhagavad Gēta*, *Kathopaniṣad*, Sri Aurobindo
5. *Yoga* – as a state, the power of creation
6. Why *Yoga*, Development at physical level, mental level, emotional level, intellectual level, spiritual level

Text Book:

1. Nagendra H.R., Yoga – its basis and applications, SVYP, Bangalore

Reference Books:

1. Sastry ASN, Let Go, Yoga Bharati, Bangalore.
2. Lokeswaranand S, Taittiriya Upanishad, R.K. Publications, Bangalore



Course Code :- BST-103

Subject:- Yoga and Spirituality

Marks in examination: 50

Unit-1: Upanishad the Quintessence of Veds, the basis of Yoga, (Meaning of Upanishads, Importance, Amritnadopanishad, Ishawasyopanishad, Kathoupanishad, Chandogyaupanihad, Taittiriyaupanishad.

Unit-2: Glimpse of each Upanishads, The style of Upanishad (Shaili, Bhava, Bhasa) Harmony. Ego and Beyond Yogic practice. The Pranavopanishad. Prasnaupanishad, Kenopanishad, Mandukyaupanishad, Mundakaupanishad, Glimpse of each Upanishads.

Unit-3: Dharmas- Concept, Definition, Features, Epics (Ramayana, Mahabharat) Importance of Dharma, Dharma and Science, Ideals of Dharmas- Guru Dharma, Pitra Dharma, Shishya Dharma, Matra Dharma, Mitra Dharma, Putra Dharma, Nari Dharma.

Recommended Books:

- Narada bhakti sutra .(2013) cnimaya mission
- The essence of yogavaasishtha (1982) sri jnanaanda bharthi
- Dr H R Nagendra : Yoga Its Basis and Applications
Swami Vivekananda Yoga Prakashana,
Bangalore, 2002.
- Swami Chinmayananda : Holy **Géta**, Mumbai.
- Tilak, B. G. Srimad Bhagwadgita Rahasya. Poona Tilak Mandir
- स्वामी अडगडानंद : यथार्थ गीता मुम्बई
- Saraswati Swami Satyananda (2006). *Four Chapters On Freedom* (1st ed.), ISBN:9788185787183, Yoga Publications Trust Munger Bihar.
- Georg Feuerstein, Subhash Kak (2013). *Yoga Tradition: Its History, Literature, Philosophy & Practice*, ISBN: 9781935387589, Hohm Press.
- Swami Vivekananda (2014). *Patanjali Yoga Sutras*, ISBN: 9788189297954, Vijay Goel.
- Swami Niranjanananda Saraswati (2012). *The Yoga of Sage Vasishtha* (1st ed.), ISBN:9789381620182, Yoga Publications Trust.
- Swami Satyananda Saraswati (2009). *Kundalini Tantra*(2nd ed.), ISBN: 9788185787152- Yoga Publications Trust Munger Bihar.
- Swami Satyananda Saraswati(2002). *Meditation from Tantras* (1st ed.).ISBN: 978-8185787114, Yoga Publications Trust.
- Paramahansa Yogananda(2002), *God Talks with Arjuna: The Bhagavad Gita*(1st ed.),ISBN: 9788189535018, Yogoda Satsanga Society Of India

Course Code :- BST-104

Subject:- Human Anatomy and Physiology- I

Marks in examination: 50

Objectives:

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

Unit-1: Cell

1. Cell structure –Plasma membrane and protoplasm
2. Cell organelles –Mitochondria, Golgi body, Endoplasmic reticulum, Lysosome, Peroxisome, Centrosome
3. Nucleus-Nuclear membrane, chromosome, nucleolus
4. Homeostasis

Tissues

1. Structure and function of epithelial -simple and compound
2. Connective -connective tissue proper, skeletal and vascular
3. Muscular -Skeletal, involuntary and cardiac
4. Nervous tissues-Myelinated neuron and Non myelinated neuron

Muscular-skeletal system

1. Anatomy of the Skeleton
2. Classification of bones-Axial bones and appendicular bones
3. Types of joint –Synovial joints and Fibrous joint
4. Structure of synovial joints
5. Types of Muscle in the body(striated, Smooth muscle, Cardiac muscle)

Unit-2: Biomolecules

1. Carbohydrates
2. Fats
3. Proteins
4. Minerals
5. Vitamins(fat soluble and water soluble)
6. Dietary fibres
7. Balanced diet

Digestive system

1. Digestive system of human-Mouth, buccal cavity, Pharynx, oesophagus, stomach, small intestine, large intestine, anus
2. Associated glands-Liver, Pancreas, salivary glands
3. Physiology of digestion and absorption

Unit-3: Respiratory system

1. Respiratory system of human-Nose, nasal cavity ,pharynx ,Trachea ,Larynx, bronchiole, lungs
2. Mechanism of breathing(Expiration and inspiration)
3. Transport of respiratory gases(transport of oxygen and transport of carbon dioxide)

Unit-4: Cardiovascular system

1. Composition and function of blood –Plasma ,RBC,WBC and Platelet
2. Blood groups and their importance
3. Structure and working mechanism of heart
4. Cardiac output and cardiac cycle
5. Functional anatomy of blood vessels

Text Books:

1. Tortora and Bryan – Anatomy and Physiology
2. Telles and Nagendra- Glimpse of Human body
3. मानव शरीर एवं क्रिया विज्ञान – डॉ. वृन्दा सिंह
4. मानव शरीर रचना एवं क्रिया विज्ञान – डॉ. अनन्त प्रकाश गुप्ता

Reference Books:

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavla, India
2. LanPeate and MuralidharanNayar – Fundamental of Anatomy and Physiology for students nurses
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses

Course Code : BSP-101

Subject : Asana, Pranayama and Meditation level – I

Marks in examination: 50

Objectives:

1. To introduce the classical hatha yoga basic practices
2. Focus on overall development of all sheaths
3. To bring out the hidden talents through regular practices.

Unit-1: Breathing Practices:

- Hands In and Out Breathing
- Ankle stretch Breathing
- Rabbit Breathing
- Shashankasana Breathing
- Salbhasana Breathing
- Straight Leg Raise Breathing
- Hands stretch Breathing
- Dog Breathing
- Tiger Breathing
- Bhujangasana Breathing
- Alternate Leg Raise Breathing

Loosening Exercises (Çithili Karaëa Vyäyama)

- Forward and Backward bending
- Twisting
- Jogging & Jumping
- Hand Rotation - Single, Both, Clock wise and Anti Clock wise
- Shoulder Rotation
- Side Stretch
- Knee Rotation

Surya Namaskāra – 12 rounds of 12 counts

Unit- 2: Yogāsanas:

Standing:

- Ardhakati Cakrāsana
- Padahastāsana
- Bakāsana
- Vrikshashana
- Ardha Cakrāsana
- Trikonāsana
- Ardha Candrāsana

Sitting:

- Vajrāsana
- Pascimottānāsana
- Vakrāsana
- Baddhakonāsana
- Mayurāsana
- Shashankāsana
- Ustrāsana
- Ardha Matsyendrāsana
- Veerasana

Prone:-

- Bhujaiğāsana
- Dhanurāsana
- Tiryaiika Bhujaiğāsana
- Salabhāsana
- Gupta Padmāsana

Supine:-

- Sarvāngāsana
- Matsyāsana
- Navāsana
- Halāsana
- Urdhva Dhanurāsana

Inverted Posture:-

- Sirsāsana
- Ekapada Urdhva Chakrāsana
- Vāscikāsana

Kriyās:-

- Jala Neti, Sutra Neti
- Vamana Dhouti
- Laghu Shankha Prakshālana

Unit- 3:- Pranayama

- Kapalabhati: (3 rounds 120 struction)
- Sectional Breathing
- Nadisudhi

Unit -4:- Relaxation Techniques Om Meditation

- Instant Relaxation Technique (IRT)
- Quick Relaxation Technique (QRT)
- Deep Relaxation Technique (DRT)

Text Book:-

1. PPH Book – H. R. Nagendra – SVYP Bangalore
2. आसन, प्राणायाम बंध मुद्रा – विवेकानन्द केन्द्र, मद्रास
3. Swami Satyanand Saraswati (2008) – Asana, Pranayama, Mudra, Bandha, ISBN 9788186336144, Bihar School of Yoga Munger, India
4. B.K.S. Iyengar (2017) hight on Yoga ISBN 9780008267919 Harper Collins Publisher.



Course Code : BSP-102

Subject :- Science of Emotion Culture Ist

Marks in examination: 50

Objectives:

1. To get mastery over the emotions.
2. Harmonise value system featured by love, co-operation, bliss and health.
3. To develop surrendering attitude.

Unit- 1: Prayers- 1

1. Prayer before Sunrise - *Prātah Smarana Stotram*
2. Salutations to *Vyāsa Maharsi* - *Vyāsa Prārthanā*
3. Prayer before Meditation – *Dhyānamantra*

Unit- 2: Prayers- 2

1. Prayer before *Prānāyāma* - *Prānāyāma Mantrā*
2. Prayer before Sun Salutation- *Suryanamaskāra Mantra*
3. Prayer before Food - *Bhojana Mantra*

Unit- 3: Vedic Chanting

1. *Shāntimantrā*
2. *Om Asato Mā Sadgamaya*
3. *Sarve Bhavantu Sukhinah*
4. *Pūrēamadah Pūrēamidam*
5. *Sah na Vavtu*

Unit-4: Bhajans

1. **Guru Stuti** - *Saccidānanda Guru SaccidānandaGuru, Hamāre Mana Mandira Me*
2. **Ganeshavandana** - *Vināyakā Vināyakā , Pāhi Pāhi Gajānanā*
3. **Shiva Bhajan** - *Ātmaliigam Bhajo Re*
4. **Devi Bhajan** - *Jaya Durge Jaya Durge, He Sārade Mā He Sārade Mā*
5. **Shree Rama** - *Premamudita Mana Se Kaho Rāma Rāma Rāma, Ātmanivāsē Rām*
6. **Shree Krishna** - *Rādhe Rādhe Rādhe Rādhe Rādhe Govindā*

Text Books:

1. Nagendra H R , Deshpande S, Tyagaragu, Kavitha A, Ramachandra R. A book on Yoga Practice - I.SVYP.Bangalore.2013.

Reference Books:

1. Nagendra H R. Vyasa pushpanjali.VYRF.Bangalore.2008.
2. Keerthana Sangraha.part 1 and part 2.Ramakrishna Matt.2005

SEMESTER- IInd

Course Code : BST 201

Subject : Introduction to Bhagavad Gita

Marks in examination: 50

Unit- 1: General Introduction

1. General Introduction to Bhagavad Geeta (Pg1 HG),
2. Glory of Geeta
3. Essence of Gita
4. Gita and its background

1st Chapter

1. Anxiety state -neurosis of Arjuna

2nd Chapter

1. Explanation of Transcendental truth (Atman) 19-24
2. Sthitaprajña and his characteristics 54-61
3. Source of all evil 62-64

3rd Chapter

1. Introduction to Concept of Karma
2. Detached action 27-29

4th Chapter

1. Nature of action, inaction & ego-less action 16-22
2. Methods of dissolving actions (Yajna) 24-32
3. Supremacy of knowledge 33-36
4. Wisdom destroys ignorance 37-39

Unit-2:

5th Chapter

1. Nature of perpetual Sanyasi -3
2. Work with detachment 10-12

6th Chapter

1. Potentiality of Human – 5
2. Stages of progress for the accomplishment 19-23
3. Instructions for introspection 24-26
4. Effect of the Yoga of the meditation 27-32
5. Control of mind by Abhyasa yoga 33-36

7th Chapter

1. Types of Bhaktas 16-17

8th Chapter

1. Eternal self alone is Real 1- 4
2. Qualities of Purusha 9-10

Unit-3:

9th Chapter

1. Consistency in auspicious activity- 22-25
2. Sincerity in devotion – 26
3. Constant awareness – the secret of success – 34

10th Chapter

1. Budhi yoga for compassion and affection in day to day life 9-11

11th Chapter

1. Glimpse of Cosmic form reported by Sanjay to dritharastra 9-13
2. Arjuna's perception of the cosmic form 14-17
3. Arjuna' description of the imperishable truth 18-24

12th Chapter

1. A true devotee & seeker 2-5
2. Conditions to be followed in being a true devotee 6-7
3. Renunciation of the fruits of action 12
4. Way of life for all seekers 13-14
5. Salient features of real devotee 15-17

Unit-4: Gunas

13th Chapter

1. Kshetra and kshetrajna 1-3
2. Steps of knowledge 7-11
3. Different Paths for self-knowledge 24-26
4. Nature of self 32-33

14th Chapter

1. Introduction to personality traits – sattva, rajas &tamas 5-10
2. Symptoms of predominance of each of the three Gunas in an individual 11-13
3. Fruits of each action- Gunas based 14-16
4. Transcendence and Characteristics of individual who has crossed over the Gunas 19-27

15th Chapter

1. Nature of ego 7-9
2. Journey from purusha to purishothama 10-11
3. Perishable, imperishable and the supreme purusha 16-17

16th chapter

1. Attitude of the materialist towards life 12-15
2. Characteristics of mundane people 16-18
3. Three gateways to Hell 21

17th Chapter

1. Three types of faith 1-2
2. Three kinds of food 7-10
3. Three types of Sacrifices 11-19
4. Three kinds of charity 20-22

18th Chapter

1. Types of Tyag& Reaction from three types of Tyaga 7-12
2. Threefold of nature of knowledge 20-22
3. Threefold of nature of action 23-25
4. Three kinds of doer 26-28
5. Three types of buddhi 29-32
6. Three kinds of Dhriti 33-35
7. Three types of happiness 36-39
8. Four kinds of social living 42-44
9. Four conditions of seeker 65

TEXT BOOKS:-

1. Swami Gambhiranand ; Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha Madras 49
2. Swami Gambhiranand ; Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, Kolkata, 2003
3. Swami Ramsukhadas; Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur
4. Swami Ranganathananda ; Bagavadgita, Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata

BOOKS FOR REFERENCE:-

1. Swami Shrikantananda; Gita Darshana, Indian Institute of Human Excellence Hyderabad
2. Swami Tapasyananda ; Srimadbhagavadgita Sri Ramkrishna Matha Madras
3. Swami Abhidananda Bhagvatgita, the divine message, Ramakrishna Vedanta Matha, Kolkata, 1990
4. Swami Raghvendrananda; Universal message of the Bhagvatgita, Advita Ashrama,

Course Code :- BST 202

Subject :- Yoga therapy - Ist

Marks in examination: 50

Objectives:

1. To become familiar with various disorders
2. To have knowledge about the causes of diseases.
3. Line of treatment available in Yoga therapy

Unit -1: Introduction to common ailments

1. Introduction to stress and stress related disorders
2. Introduction to Yoga therapy – AdhijaVyadhi concept, IAYT
3. Cancer
 - a) Causes, types, clinical features,
 - b) Side effects of Chemotherapy, radiotherapy
 - c) Medical and Yogic management

Unit -2: Respiratory Disorders

1. Introduction to Respiratory disorders
 - a) Brief classification – Obstructive / Restrictive, infectious
2. Bronchial Asthma
 - a) Definition, Etiopathogenesis, Classification, Clinical Features,
 - b) Medical and Yogic Management
3. Allergic Rhinitis & Sinusitis
 - a) Definition, Etiopathogenesis, Classification, Clinical Features,
 - b) Medical and Yogic Management
4. COPD
 - a) Definition, Etiopathogenesis, Classification, Clinical Features,
 - b) Medical and Yogic Management

Cardiovascular Disorders

1. Introduction to Cardiovascular disorders
2. Hypertension
 - a. Definition, Etiopathogenesis, Classification, Clinical Features
 - b. Medical and Yogic management
3. Coronary artery disease
 - a. Definition, Etiopathogenesis, Classification, Clinical Features
 - b. Medical and Yogic management
4. Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehab
 - a. Definition, Etiopathogenesis, Classification, Clinical Features
 - b. Medical and Yogic management

Unit- 3: Endocrinal and Metabolic Disorder

1. Diabetes Mellitus (I&II)
 - a. Definition, Etiopathogenesis, Classification, Clinical Features
 - b. Medical and Yogic management
2. Hypo and Hyper- thyroidism
 - a. Definition, Etiopathogenesis, Classification, Clinical Features
 - b. Medical and Yogic management
3. Obesity
 - a. Definition, Etiopathogenesis, Classification, Clinical Features
 - b. Medical and Yogic management

Unit- 4: Gastro Intestinal Disorders

1. APD
 - a. Introduction to APD: Gastritis –Acute & Chronic, Dyspepsia, Peptic Ulcers
 - b. Clinical Features
 - c. Medical and Yogic management
2. Irritable Bowel Syndrome
 - a. Definition, Etiopathogenesis, Classification, Clinical Features
 - b. Medical and Yogic management
3. Inflammatory Bowel Disease:- Ulcerative colitis
 - a. Definition, Etiopathogenesis, Classification, Clinical Features
 - b. Medical and Yogic management

Recommended Texts:-

1. IAYT series- SVYASA publications
2. Yoga for common ailments
3. योग से योग निवारण – स्वामी सत्यानंद सरस्वती, बिहार स्कूल ऑफ योग, मुंगेर पब्लिकेशन

Course Code :- BST 203

Subject :- Introduction to modern psychology and yoga psychology

Marks in examination: 50

Objectives:-

1. Understand the various perspectives, theories, and content in the field of modern psychology and yoga psychology.
2. Critically evaluate claims regarding human behavior using knowledge of modern psychology and yoga psychology.
3. Apply theories and principles of modern psychology and yoga psychology to everyday behavioral issues

Unit-1: Introduction to Psychology

1. Short History of modern and Indian Psychology
2. Major Perspectives in Modern Psychology:
3. Major Perspectives in Indian Psychology

Introduction to Altered States of Consciousness

1. Sleep: Stages of Sleep, Circadian Rhythm, Sleep Disorders,
2. Dreams: The Content of Dreams
3. Hypnosis, Biofeedback
4. Drugs and Consciousness
5. States of consciousness according to yogic scriptures (Jāgrata, Svapna, Suñupti and Turéyā) and their applicability.

Unit-2: Introduction to Key Concepts in Psychology

1. Emotion, Memory, Learning, Personality in modern psychology
2. Ancient Indian concept of memory
3. Learning and Remembering in the context of Jñāna Yoga (Çravaëa, Manana and Nididhyāsana)
4. Types of personality in the context of different yogic scripture
5. Mind and emotions according to Yoga texts

Unit-3: Introduction to Psychological Disorders

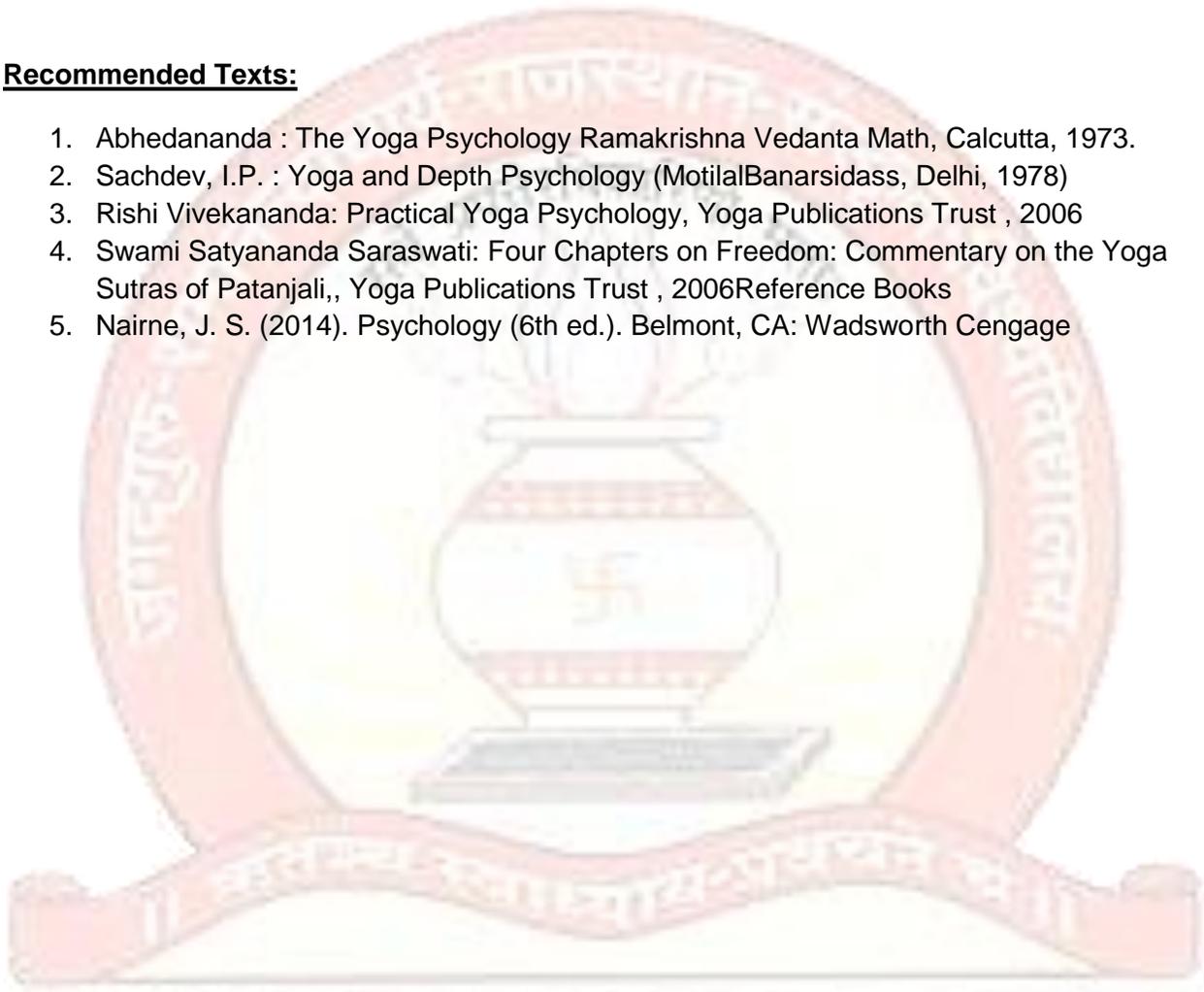
1. Anxiety Disorders: phobia, panic disorder, generalized anxiety disorder, and obsessive-compulsive disorder.
2. Mood Disorders: major depression, mania and bipolar disorder
3. Schizophrenia: Symptoms of Schizophrenia & Types of Schizophrenia
4. Childhood Disorders: attention-deficit hyperactivity disorder (ADHD) & autism
5. Ancient perspective of mental illness

Unit-4: Introduction to counselling

1. Interoduction to counselling and its type
2. Do's and Don'ts while conducting counselling
3. Stages of counselling
4. Methods of Counselling
5. Skills of Counselling
6. Yogic counselling

Recommended Texts:

1. Abhedananda : The Yoga Psychology Ramakrishna Vedanta Math, Calcutta, 1973.
2. Sachdev, I.P. : Yoga and Depth Psychology (MotilalBanarsidass, Delhi, 1978)
3. Rishi Vivekananda: Practical Yoga Psychology, Yoga Publications Trust , 2006
4. Swami Satyananda Saraswati: Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali,, Yoga Publications Trust , 2006Reference Books
5. Nairne, J. S. (2014). Psychology (6th ed.). Belmont, CA: Wadsworth Cengage



Course Code:- BST- 204

Subject :- Human Anatomy and Physiology – 2

Marks in examination: 50

Objectives:

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

Unit -1: Excretory system

1. Excretory system of human-Kidney, ureter, urinary bladder ,urethra
2. Mechanism of urine formation-Ultrafiltration, selective reabsorption, tubular secretion,
3. Role of kidney in osmoregulation

Unit -2: Nervous system and special senses

1. Structure and function of human brain.-Fore brain ,mid brain, hind brain
2. Structure and function of spinal cord
3. Cranial nerve and spinal nerve
4. Autonomic nervous system-Sympathetic and para sympathetic nervous system

Unit -3: Endocrine system

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

Unit -4: Reproductive system

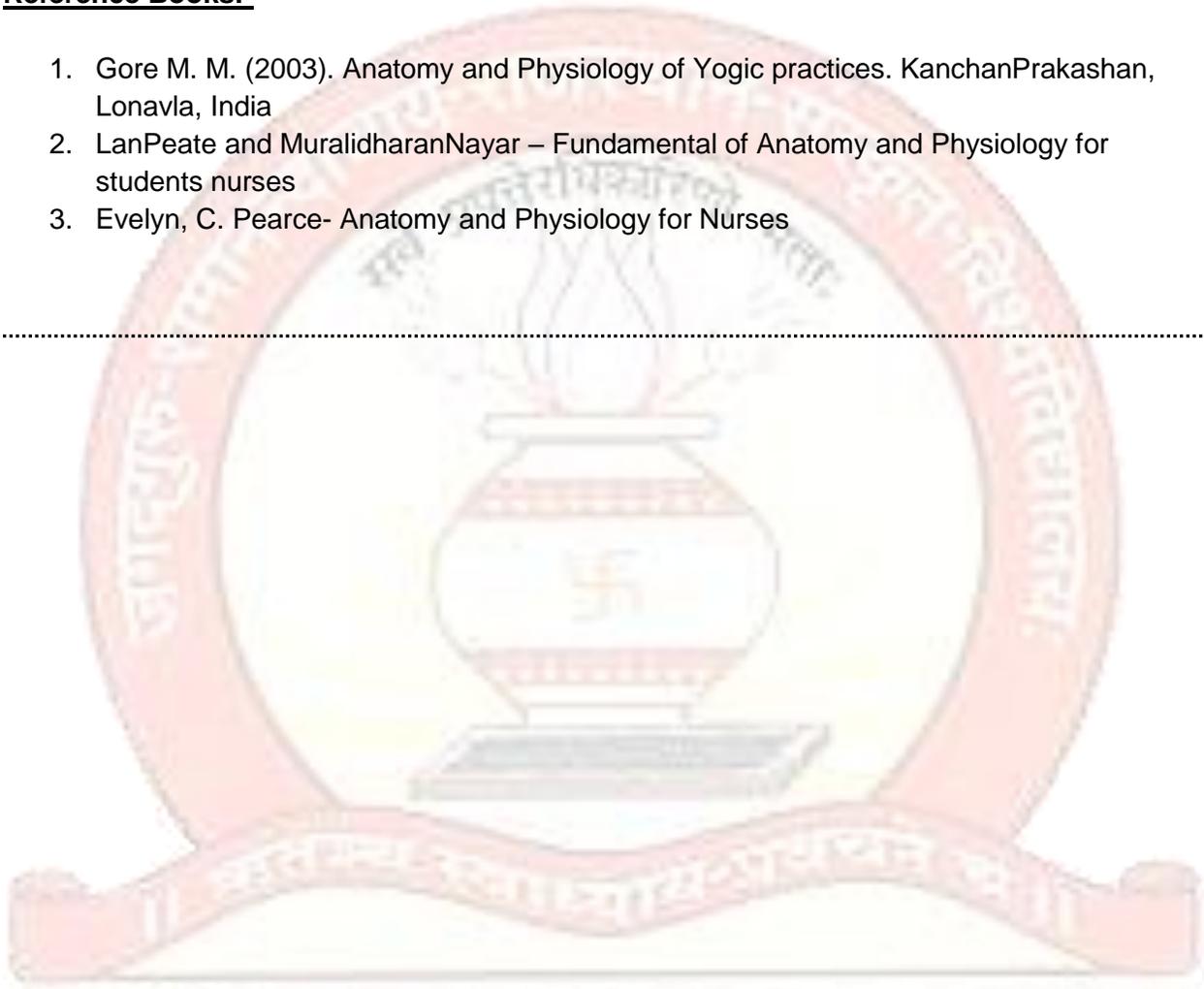
1. Male reproductive system of human.-Testis, penis, epididymis, prostate gland
2. Female reproductive system of human-ovary ,uterus, vagina ,cervix ,fallopian tube
3. Menstrual cycle
4. Gametogenesis-Spermatogenesis and oogenesis
5. Fertilization
6. Implantation and embryonic development
7. Pregnancy

Text Books:

1. Tortora and Bryan – Anatomy and Physiology
2. Teles and Nagendra- Glimpse of Human body
3. मानव शरीर एवं क्रिया विज्ञान – डॉ. वृन्दा सिंह
4. मानव शरीर रचना एवं क्रिया विज्ञान – डॉ. अनन्त प्रकाश गुप्ता

Reference Books:-

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavla, India
2. LanPeate and MuralidharanNayar – Fundamental of Anatomy and Physiology for students nurses
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses



Course Code :- BSP-201

Subject :- Scince of Emotion Culture Ist

Marks in examination: 50

Unit-1:

Raja Yoga Sloka Sangrah

Unit-2:

Karma Yoga Sloka Sangrah

Unit-3:

Bhakti Yoga Sloka Sangrah

Unit-4:

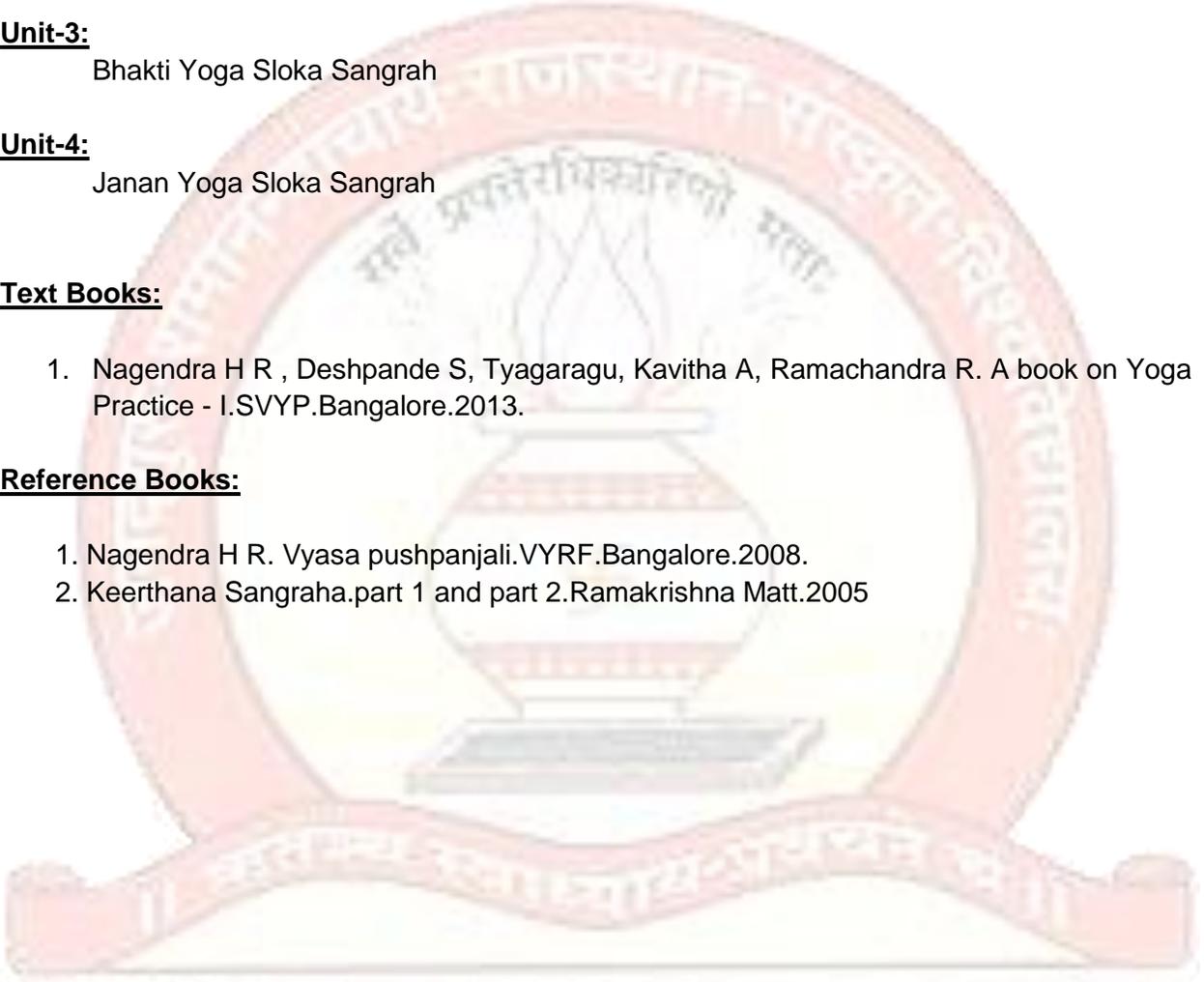
Janan Yoga Sloka Sangrah

Text Books:

1. Nagendra H R , Deshpande S, Tyagaragu, Kavitha A, Ramachandra R. A book on Yoga Practice - I.SVYP.Bangalore.2013.

Reference Books:

1. Nagendra H R. Vyasa pushpanjali.VYRF.Bangalore.2008.
2. Keerthana Sangraha.part 1 and part 2.Ramakrishna Matt.2005



Course Code :- BSP-202

Subject :- Yoga for common ailments Ist

Marks in examination: 50

Objectives:

1. To teach about integrated approach of Yoga therapy
2. To equip students with special techniques for all ailments.
3. To train the students about the practices for different ailments

Unit-1: Yogic suksma and sthula vyayama

1.1 Yogic suksma vyayama

- Uccharana-Sthala Tatha Vishudha-Chakra-Shuddhi (For Throat And Voice);
- Prarthana (Prayer) Buddhi-Tatha-Dhriti Shakti-Vikasaka (For Developing Will Power);
- Smarana Shaktivikasaka (For Improving The Memory); Medha Shakti-Vikasaka (For Improving The Intellect And Memory);
- Netra Shakti-Vikasaka (For The Eyes);
- Kapola Shakti-Vardhaka (For The Cheeks);
- Karna Shakti-Vardhaka (For The Ears);
- Griva Shakti-Vikasaka (For The Neck) (I), (li) And (lii),
- Skandha-Tatha-Bahu-Mula Shakti-Vikasaka (For The Shoulders),
- Bhuja-Bandha Shakti-Vikasaka, Kohini Shakti-Vikasaka, Bhuja-Valli Shakti-Vikasaka, Purna-Bhuja Shaktivikasaka (For The Arms),
- Mani-Bandha Shakti-Vikasaka, Kara-Prstha Shakti-Vikasaka, Karatala Shakti-Vikasaka, Anguli-Mula Shakti-Vikasaka (For The Fingers),
- Anguli- Shakti-Vikasaka (For The Fingers),
- Vaksa-Sthala Shakti-Vikasaka (For The Chest) (1), Vaksa-Sthala Shaktivikasaka (For The Chest) (2),
- Udara Shakti-Vikasaka (For The Abdomen) (I) To (X);
- Kati Shaktivikasaka (For The Waist) (I) To (V),
- Muladhara-Chakra-Suddhi (For The Rectum),
- Upastha Tatha-Svadhithana-Chakra-Suddhi (For The Genital Organs),
- Kundalini Shakti-Vikasaka (For The Kundalini),
- Jangha Shakti-Vikasaka (For The Thighs) (I) & (li), Jangha Shakti-Vikasaka (For The Thighs) (li) ,
- Janu Shakti-Vikasaka (For The Knees),
- Pindali Shakti-Vikasaka (For The Calves),

- Pada-Mula Shakti-Vikasaka, Gulpha-Pada-Pristha-Pada-Tala-Shakti-Vikasaka (For The Ankles And The Feet),
- Padanguli Shakti-Vikasaka (For The Toes)

1.2 Yogic sthula vyayama

- Rekha-gati (Walking in a Straight line), Hrid-gati (Injanadaur – the Locomotive Exercise),
- Utkurdana (Jumping Exercise), Urdhva-gati (Upward Movement), Sarvanga-pusti (Developing the Entire body)

Unit -2:

1. Diabetes
 - a. Specific asanas
 - b. Specific pranayama
 - c. Specific kriyas
 - d. Different breathing practices
2. Obesity
 - a. Specific asanas
 - b. Specific pranayama
 - c. Specific kriyas
 - d. Different breathing practices
3. Cancer
 - a. Specific asanas
 - b. Specific pranayama
 - c. Specific kriyas
 - d. Different breathing practices

Unit-3:

1. Asthama , Allergy ,COPD
 - a. Specific asanas
 - b. Specific pranayama
 - c. Specific kriyas
 - d. Different breathing practices
2. Hypertension , CAD , MI
 - a. Specific asanas
 - b. Specific pranayama
 - c. Specific kriyas
 - d. Different breathing practices

Unit -4: GID

- a. Specific asanas
- b. Specific pranayama
- c. Specific kriyas
- d. Different breathing practices

Recommended books:

1. Yoga for common ailments and IAYT for different diseases –Dr. Nagarathana, Dr. H R Nagendra and Dr. ShamantakamaniNarendran
2. Integrated approach of yoga therapy for positive health-Dr. R Nagaratha, Dr. H R Nagendra
3. योग से रोग निवारण – स्वामी सत्यानंद
4. Robin Dr. Monro, Dr. Nagendra , Dr. Nagarantha (1991). *Yoga for common ailments and*
5. *IAYT for different diseases*, ISBN: 978-0671705282, Touchstone Publishers.
6. Dr.Swami Karmananda.*Yogic management of common diseases*, ISBN 81-85787-24-7,
7. Yoga Publications Trust Munger Bihar.
8. Dr. R Nagaratha, Dr. H R Nagendra (2015). *Integrated approach of yoga therapy for*
9. Positive health. Swami Vivekananda Yoga Prakashana

Reference books:

1. Yoga for common disorders- Swami KoormanandaSaraswati

SEMESTER- IIIrd

Course Code :- BST- 301

Subject :- Yogic Diet and Nutrition

Marks in examination: 50

Unit – 1: Yogic Concept of Diet & Nutrition

General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and 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 – 2: The Nutrients and Energy

Foods, Nutrition and Health The Recommended Dietary Allowances for Nutrients—Carbohydrates, Fats and Other Lipids, Proteins and Amino Acids, Energy Metabolism, Vitamins and Minerals, Water, Fluids, Electrolytes and Acid-base Balance. Nutrition for Fitness, Athletics and Sports. Disorders of Nutrition.

Unit – 3: Meal Planning and Management

Food Guides for Selecting an Adequate Diet. Meal Planning for Various Age Groups. Meal Planning in Pregnancy and Lactating women. Indian Meal Patterns—Vegetarian & Non-Vegetarian. Fundamentals of Foods, Nutrition and Diet Therapy.

Unit – 4: Diet Therapy

Changing Needs and Dietary Adaptation. Principles of Diet Therapy and Therapeutic Nutrition. Nutrition in different diseases. Nutrient Drug Interaction. Concept of Food In Yoga, Ayurveda and Sports.

Recommended Books:-

1. Fundamental of Foods, Nutrition & Diet Therapy(5 th ed.),ISBN: 9788122419825, New Age Publications.
2. Maurice Edward Shils(2012).Modern Nutrition in Health and Disease(11th ed.).ISBN: 9781605474618,
3. Lippincott Williams & Wilkins Michelle McGuire, Kathy A. Beerman (2012).
4. Nutritional Sciences_ From Fundamentals to Food (3rd ed.), ISBN: 9780840058201, Cengage Learning

Course Code :- BST-302

Subject :- Yoga Therapy – IInd

Marks in examination: 50

Objectives:

1. To become familiar with various disorders
2. To have knowledge about the causes of diseases.
3. Line of treatment available in Yoga therapy

Unit -1: Obstetrics and Gynecological Disorders

1. Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia
 - a. Definitions, Etiopathogenesis, Classification, Clinical Features
 - b. Medical and Yogic management
2. Menopause and peri-menopausal syndrome
 - a. Definition, Etiopathogenesis, Classification, Clinical Features
 - b. Medical and Yogic management
3. Yoga for Pregnancy
 - a. Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM
 - b. Ante-natal care
 - c. Post-natal care
4. PCOS
 - a. Definition, Etiopathogenesis, Classification, Clinical Features
Medical and Yogic management

Unit-2: Musculo-Skeletal Disorders

1. Back Pain
 - a. Classification of back pain: organic and functional
 - i. Lumbar Spondylosis
 - ii. Intervertebral disc prolapse (IVDP)
 - iii. Spondylitis
 - iv. Psychogenic- Lumbago
 - b. Medical and Yogic management
2. Neck pain
 - a. Classification
 - b. Cervical Spondylosis, radiculopathy
 - c. Functional neck pain
 - d. Medical and Yogic management

3. All forms of Arthritis

- a. Rheumatoid Arthritis
- b. Osteoarthritis
- c. Medical and Yogic management

Unit-3: Neurological Disorders

1. Headaches:- Migraine
 - a. Causes, Classification, clinical features
 - b. Medical and Yogic management
2. Cerebro vascular accidents
 - a. Causes, clinical features
 - b. Medical and Yogic management
3. Epilepsy
 - a. Causes, clinical features
 - b. Medical and Yogic management

Unit- 4: Psychiatric disorders

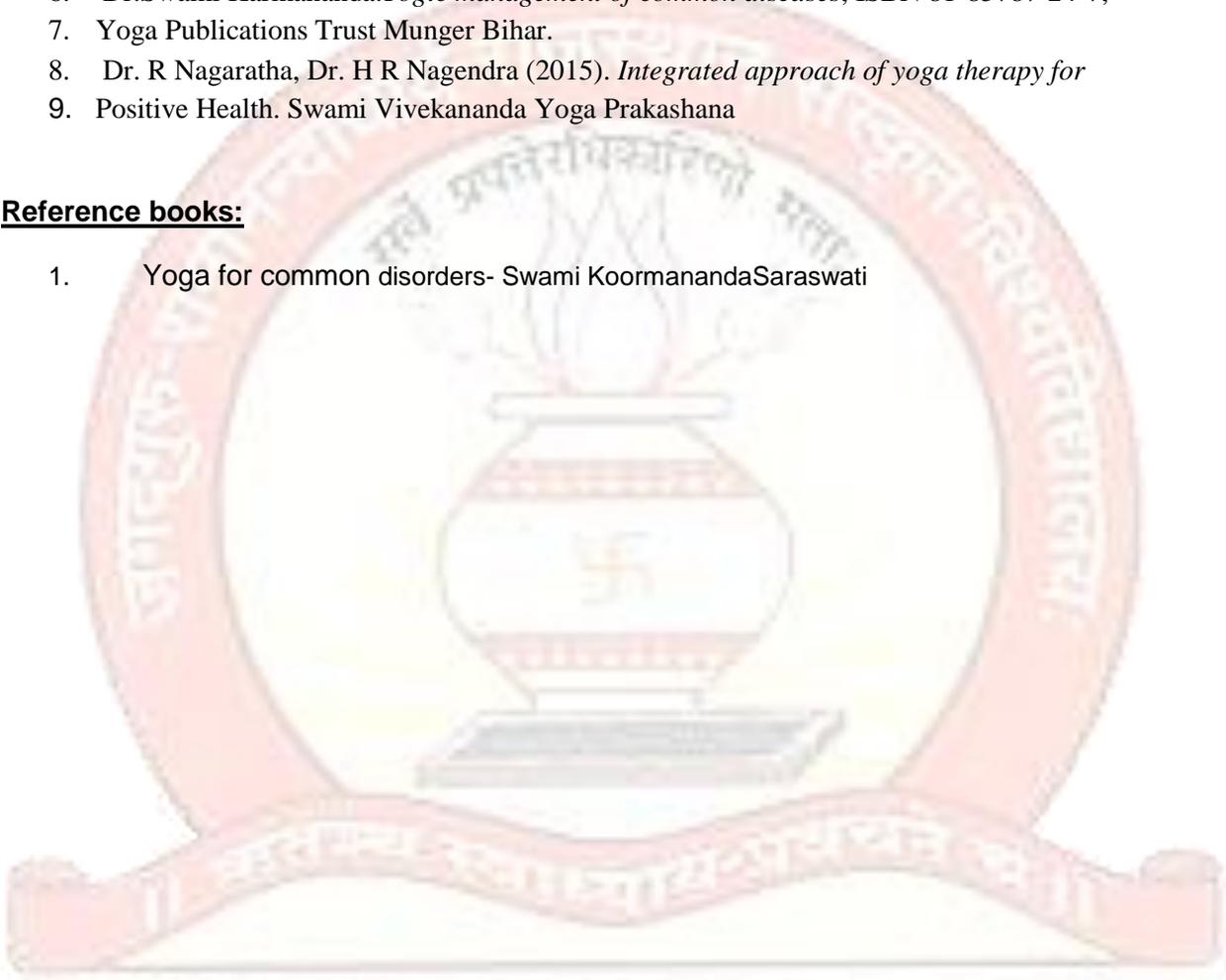
1. Introduction to psychiatric disorders, classification – Neurosis, Psychosis
2. Neurosis
 - a. Anxiety disorders
 - i. Generalised anxiety disorder
 - ii. Panic Anxiety
 - iii. Obsessive Compulsive Disorder
 - iv. Phobias
 - v. Medical and Yogic management
 - b. Depression
 - i. Dysthymia
 - ii. Major depression
 - iii. Medical and Yogic management
3. Psychosis
 - a. Schizophrenia
 - b. Bipolar disorder
 - c. Medical and Yogic management

Recommended books:

1. Yoga for common ailments and IAYT for different diseases –Dr. Nagarathana, Dr. H R Nagendra and Dr. ShamantakamaniNarendran
2. Integrated approach of yoga therapy for positive health-Dr. R Nagaratha, Dr. H R Nagendra
3. योग से रोग निवारण – स्वामी सत्यानंद
4. Robin Dr. Monro, Dr. Nagendra , Dr. Nagarantha (1991). *Yoga for common ailments and*
5. *IAYT for different diseases*, ISBN: 978-0671705282, Touchstone Publishers.
6. Dr.Swami Karmananda.*Yogic management of common diseases*, ISBN 81-85787-24-7,
7. Yoga Publications Trust Munger Bihar.
8. Dr. R Nagaratha, Dr. H R Nagendra (2015). *Integrated approach of yoga therapy for*
9. Positive Health. Swami Vivekananda Yoga Prakashana

Reference books:

1. Yoga for common disorders- Swami KoormanandaSaraswati



Course Code :- BST-303

Subject :- Research Methodology

Marks in examination: 50

Objectives:

1. To understand the methodology of research
2. To understand relevant statistical concepts

Unit- 1: Introduction to research methodology

1. Definition of research
2. Importance of Studying Research Methods: Evaluating Research Reports, Conducting Research, Thinking Critically About Research
3. Types of research Applied Research & Basic Research
4. Goals of Research: description, explanation, prediction, and control of behavior
5. Ethics of research: Informed consent, Anonymity, Confidentiality, Plagiarism

Unit- 2: Introduction to Research Process

1. Research questions
2. Literature review
3. Different Sources of Information: Primary, Secondary, Tertiary source,
4. Electronic Databases: Google Scholar, Pubmed & PsycINFO
5. Hypothesis
6. Operational definition
7. Sampling and Generalization - Population and Sample
8. Probability Sampling: Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling
9. Sampling Bias and Nonprobability Sampling: snowball sampling, convenience
10. Types of Biological data (Scales of measurement) – nominal, ordinal, interval, ratio
11. Types of variables – Independent, dependent, confounding variable
12. Reliability & Validity

Unit-3: Introduction to Research Design

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

Unit-4: Statistics

1. Normal distribution – Skewness and kurtosis
2. Frequency distribution
3. Measures of central tendency – mean, median, mode
4. Measures of dispersion – range, variance and standard deviation
5. Graphical presentation of data – Bar graphs, Pie chart, line diagram, scatter plot
6. Paired samples t test
7. Percentage change

Reporting Research

1. Parts and Order of Dissertation
 - a. Title Page, Abstract, Introduction, Method Section, Results Section , Discussion Section, Reference Section

Reference Books:

1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New delhi.
2. R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New delhi.
- Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi



Course Code :- BST-304
Subject :- Value Education
Marks in examination: 50

Objectives:

1. To understand the importance of moral values in life.
2. To add value in modern educational system

Unit-1: Yoga and Value Education

1. Concept of Value, Definition of value, Types of Values.
2. Value Oriented Education, Value-education and its components.
3. Value oriented personality, Role and function of values in Society.
4. Yoga as global value, Yoga as value and yoga as Practice.
5. Contribution of Yoga towards the development of values.

Unit-2: Yoga and Education

1. Education - Its meaning, scope, goal and importance,
2. Yoga education: Salient features, Factors of Yoga education-Teacher, Student and Teaching.
3. Methods of teaching, factors influencing Yoga teaching
4. Yoga-Teacher as a Friend, Philosopher and Guide, Yoga Teacher's personality and his role in the development of student's personality, Concept of Guru-çin̄ya paramparā.
5. Relation between yoga and other forms of education.
6. Comparison of Āsanas and Exercise.
7. Role of Āsanas, Prāëyāmas, Kriyās in Education.

Unit -3: Harmony in Family and Society –

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

Unit -4: Concept of Human values: Moral Education

1. Definition and types of moral education, meaning and scope of morality;
2. Role of Yoga in development of ethics and ethical decision making; Values, Yoga, Reality & their interrelationship; Relevance of ethics and values in Yoga, Qualities of teacher and students;
3. Ethics in Professional Practices, methods of teaching human values, Student – teacher relationship.

Text Books:

1. Dr H R Nagendra and T Mohan, Yoga in Education, Vol I, Swami Vivekananda Yoga Prakashana, Bangalore, 2001.
2. Dr Jayadeva Yogendra, Cyclopaedia Yoga, Vol. I, The Yoga Institute, Santacruz East, Mumbai, 2006.
3. Dr Jayadeva Yogendra, Cyclopaedia Yoga, Vol. II, The Yoga Institute, Santacruz East, Mumbai, 1989.
4. Singh M S : Value Education, Adhyayan Publishers & Distributors, New Delhi, 2007
5. Chand Jagdish: Value Education, Anshah Publishing House, Delhi, 2007
6. Gawande E N : Value Oriented Education: Vision for better living, Sarup & Sons Publishers, New Delhi, 2008
7. Panda Sanjay Kumar: Corporate Social Responsibility in India: Past, Present & Future, The ICFAI University press, Hyderabad, 2008

Reference Books

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

Course Code :- BSP-301

Subject :- Yoga for common ailments IInd

Marks in examination: 50

Objectives:

1. To teach about integrated approach of Yoga therapy
2. To equip students with special techniques for all ailments.
3. To train the students about the practices for different ailments.

Unit-1:

1. Menstrual disorder, PCOS, Pregnancy
 - a. Specific asanas
 - b. Specific pranayama
 - c. Specific kriyas
 - d. Different breathing practices

Unit- 2:

1. Epilepsy
 - a. Specific asanas
 - b. Specific pranayama
 - c. Specific kriyas
 - d. Different breathing practices
2. Voice Culture
 - a. Specific asanas
 - b. Specific pranayama
 - c. Specific kriyas
 - d. Different breathing practices
3. Migraine
 - a. Specific asanas
 - b. Specific pranayama
 - c. Specific kriyas
 - d. Different breathing practices

Unit -3:

1. Neck Pain
 - a. Specific asanas
 - b. Specific pranayama
 - c. Specific kriyas
 - d. Different breathing practices
2. Knee Pain
 - a. Specific asanas

- b. Specific pranayama
 - c. Specific kriyas
 - d. Different breathing practices
3. Back pain
- a. Specific asanas
 - b. Specific pranayama
 - c. Specific kriyas
 - d. Different breathing practices

Unit-4:

1. Anxiety and Depression
- a. Specific asanas
 - b. Specific pranayama
 - c. Specific kriyas
 - d. Different breathing practices

Recommended books:

1. Yoga for common ailments and IAYT for different diseases –Dr. Nagarathana, Dr. H R Nagendra and Dr. ShamantakamaniNarendran
2. Integrated approach of yoga therapy for positive health-Dr. R Nagaratha, Dr. H R Nagendra
3. योग से रोग निवारण – स्वामी सत्यानंद
4. Robin Dr. Monro, Dr. Nagendra , Dr. Nagarantha (1991). *Yoga for common ailments and*
5. *IAYT for different diseases*, ISBN: 978-0671705282, Touchstone Publishers.
6. Dr.Swami Karmananda.*Yogic management of common diseases*, ISBN 81-85787-24-7,
7. Yoga Publications Trust Munger Bihar.
8. Dr. R Nagaratha, Dr. H R Nagendra (2015). *Integrated approach of yoga therapy for*
9. Positive Health. Swami Vivekananda Yoga Prakashana

Reference books:

1. Yoga for common disorders- Swami KoormanandaSaraswati

Course Code :- BSP-302

Subject :- Advanced Techniques

Marks in examination: 50

Objectives:

To understand and experience

1. About Foundation of Advance Meditation Techniques
2. Aim of Advanced Meditation Techniques and Concept of Panchakosa
3. Understanding the role of Prana and Mind on the body and correcting and strengthening body, Prana and Mind.
4. Self personality enhancement to grow as a Integrated personality
5. Understand and feel the connectivity of individual and the Universe.
6. Experience silence
7. Experience Expansion
8. Experience the power of Sankalpa and enhance positive thinking.

Unit-1: Introduction to advanced techniques:

1. Meditation, advancement in Meditation, Concept of Panchakosa
2. Advanced techniques, personality development, concept of Vyasti and Samasti
3. Relaxation, Awareness, Expansion of awareness.

Unit-2: Cyclic meditation

1. Introduction to Cyclic Meditation.
2. IRT, in different positions and for different disease conditions, gaining control to tighten a specific part without contracting the surrounding muscles, Practicing on their own 10 times in one day.
3. Incidences from daily life where we experience Pointed awareness, Linear awareness, surface awareness, 3D awareness and all-pervasive awareness.
4. Centering, Ardhakati Cakrasana, Group synchronization, awareness.
5. QRT Physical, Emotional, mental awareness and expansion.
6. Vajrasana, shashankasana and ustrasana with awareness.
7. DRT with awareness at Physical, pranic, mental, intellectual and spiritual levels.
8. Stimulations and relaxations, recognizing the tightness and let go, relaxation deeper than stimulation. Observation of blood flow, nerve impulses, 3rd awareness, sound resonance and mental, emotional, intellectual, spiritual stimulations and let go.
9. Worksheet writing and correction.
10. Class taking by students and correction. Experience writing.

Unit-3: Pranic Energisation Technique:

1. Prana, types of Pranas, UpaPranas, PranicEnergisation Technique
2. Practice Breath awareness at tip of the nose , complete breath awareness and deep abdominal breathing. Awareness practice of pulse,Heart beat, synchronization of pulse with heart beat, nerve impulses, nerve impulses with different mudras, Vyana, Vyana in between hands, Vyana at different parts of the body. Moving prana along right side, left side, both sides. Understanding Vyasti and Samasti and practicing to feel Vyasti and Samasti. Choosing the right Sankalpa. Complete PET practice.
3. Worksheet writing and correction.
4. Class taking by students and correction. Experience writing.

Unit-4: Mind Sound Resonance Technique:

1. Mind, Sound and resonance.
2. Practicing to tune to natural frequency to get resonance
3. Chanting of any mantra in three ways Loud voice, low voice and inside the mind and feeling vibrations.
4. Chanting practice of Om, M, U, A and A-U-M.Feel air moving from nose tip to the tip of the toes. Chanting practice (ahata and ahata followed by anahata) of Om , M, U, A and A-U-M with feeling vibrations and practicing to feel the vibrations from the top of the head to the tip of the toes.
5. Triambaka Mantra , Full Practice, Writing the Worksheet, Practice by the students,
6. Writing experiences.

Reference Book

1. Self Management for Excessive Tension – Dr. H. R. Nagandra SVYP Prakashan Bangalore
2. Pranic Enersising Technique_– Dr. H. R. Nagandra SVYP Prakashan Bangalore
3. Mind Sound Resonance Technique – Dr. H. R. Nagandra **SVYP Prakashan Bangalore**

SEMESTER- IVth

Subject Name: BST- 401

Subject Name : Methods of Teaching Yoga

Marks in examination: 50

Objectives:-

Following the completion of this course, students shall be able to

1. Understand the principles and practices of teaching methods of Yoga.
2. Have an indepth understanding about session and lesson planning and class room arrangements.
3. Have an idea about the different tools used in Yoga teaching.

Unit-1: Principles and methods of teaching yoga

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

Unit-2: Basics of yoga class management

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

Unit-3: Lesson planning in yoga

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

Unit-4: Educational tools of yoga teaching

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

TEXT BOOKS:-

1. Teaching Methods for Yogic Practices – Dr. M.L. Gharote and Dr. S.K. Ganguly
Kaivalyadhama S.M.Y.M. Samiti
2. Dr. Shri Krishna : Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 200952

BOOKS FOR REFERENCE:-

1. Dr. Gharote M L : Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
2. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi,
3. Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi,

Subject Name: Applied Yoga

Subject Name: BST- 402

Marks in examination: 50

Objectives:

Following the completion of the course, students shall be able to

1. Understand the applied value of yoga in different domain.
2. Have an idea about the role of yoga for school, sports, techno stress and geriatric care.

Unit -1: Yoga For Personality Development

Physical level: Shat Kriyas (Detoxifying) Asans (Strenght), Mudras (Steadiness), Pranayama (lightness), Dhyana (perception), Vital Level: Pranayama Mental Level: Personal discipline, Social Discipline (Yama, Niyama), cultivation of four fold attitudes, Practice of Dharna Dhyana Emotion Leavel: Ishwara Pranidhana (Surrendering to the supreme) Spiritual leavel: Practice of Higher states of Meditation (Super consciousness states) Ashta Siddhis

Unit -2: Yoga and Sports

Ideal performance and peak performance for sport persons Enhancing Physical capacities Kriyas, Asanas, Yogic Diet, Vital Level: Pranayama (Lung capacity), Emotional Capacity: Emotional balance through emotional culture (surrender to the Divine): Mental capacity Practice of Karma Yoga and Meditation, spiritual capacity: State of Samadhi through Brahmari Pranayama and effortless Dhyana.

Unit – 3: Yoga for Childeren’s with Special Needs

Yoga for Down syndrome, Autism, ADHD Cerebral Palsy, Learning Disabilities: Determining tailor made instructional approach to meet the cognitive, emotional physical nees ot child, Practices which helps in strength, endurance, speed, agility, flexibility, mental and self condidence, emotional behaviour disorder, physical disability, Integrated system of yoga practices to increase cognitive and motor skills in children with learning and developmental disabilities, Warm up or loosening exercises, Strengthening poses Relaxing postures, yogic breathing practices, yogic games to develop strength, concentratin, imagination, confidence.

Unit -4: Yoga for technostress & Yoga for geriatric care

Introduction to Technostress, its cause, symptoms and complications; Health Hazards in computer professionals; Role of Yoga in the promotion of skills; Application of Yoga for management of Technostress; Research reviews on effect of Yoga on Technostress.

General introduction to Geriatric Care; Ageing: Causes and features, Premature ageing; Common Geriatric problems; Application of Yoga in common Geriatric problems and their prevention & management; Research reviews on Yoga & Geriatric care.

TEXT BOOKS:-

1. Jayadev H J : Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
2. Liz Lark : Yoga for Kids, Carlton Books Ltd., London, 2003
3. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
4. Iyenger B K S : The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001
5. Dr. Goel Aruna : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007.

BOOKS FOR REFERENCE:-

1. Basavaraddi I V : Yoga: Teachers manual for school children, MDNIY New Delhi , 2010
2. Basavaraddi I V : Yoga in School Health, MDNIY New Delhi, 2009 Iyenger B K S : Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
3. Basavaraddi I V : Yoga for Technostress, MDNIY, New Delhi, 2010
4. Dr. H Kumar Kaul : Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2006
5. Basavaraddi I V : Yogic Management of Geriatric Disorders, MDNIY, New Delhi, 2009

Subject Code: BST- 403

Subject: Fundamentals of Naturopathy

Marks in examination: 50

Unit-1: Introduction To Naturopathy

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

Unit-2: Principles And Concepts Of Naturopathy

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

Unit-3: Naturopathy

Hydrotherapy : Introduction, definition, scope, history, principles; role of hydrotherapy in prevention of diseases; Upavasa (Fasting): Introduction, definition, scope, history, principles and types; its role in disease prevention, health promotion; concept of de-toxification;

Unit-4: Diet& Massage

Diet: Introduction, definition, scope, types and its principles; role of Naturopathy diet in disease prevention and , health promotion; Massage: Introduction, definition, scope, history, its principles and manipulative techniques; Different types of Massages and their role in in disease prevention, and health promotion.

TEXT BOOKS:-

1. S. D. Dwivedi : Naturopathy for perfect health, Kalpaz Publication Delhi, 2002
2. Pravesh Handa : Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
3. S.J.Singh. : My Nature Cure or Practical Naturopathy
4. M.K.Gandhi : The story of my experiment with truth
5. प्राकृतिक आयुर्विज्ञान –आरोग्य सेवा प्रकाशन मोदीनगर उत्तरप्रदेश

REFERENCE BOOKS

1. R.K.Garde : Ayurvedic for Health and Long life Harry Benjamin. : Everybody's Guide to Nature Cure.
2. M.K.Gandhi. : My Nature Cure.

Subject Name: BST- 404

Subject Name: Yoga and Holistic Health

Marks in examination: 50

Objectives:

Following the completion of this course, students shall be able to

1. Understand the concept of health and disease.
2. Have understanding about yogic concepts of health and healing. Yoga and Holistic Health.
3. Yogic principle and practices for healthy living.
4. Understand the concept of Ahara its role in healthy living.

Unit - 1: Concept of Body, Health And Disease

Definition & Importance of Health According to WHO; Dimension of Health: Physical, Mental, Social And Spiritual; Concept of Body, Health And Disease In Yoga & Yogic Concept of Body From Taittiriya Upanishad, Yogic Concept of Health And Disease: Meaning And Definitions, Concept of Adhi And Vyadhi According Yoga Vasistha And Remedial Measures; Holistic, Care Through Yoga. Concepts of Trigunas, Pancha-Mahabhutas, Pancha-Prana And Their Role In Health And Healing; Concept of Pancha-Koshas & Shat-Chakra And Their Role In Health And Healing

Unit - 2: Causes of Ill Health & Remedial Measures as per Patanjali

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

Unit - 3: Yogic Principles & Practices of Healthy Living - I

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

Unit - 4: Yogic Principles & Practices of Healthy Living - II

Attitude change towards yoga through individualized counselling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counselling; the remedial measures; Action in relaxation- the secret of Karma Yoga; Unattached action, not to the fruits of action, equanimity in success and failure.

TEXT BOOK

1. Ghosh, Shyam : The Original Yoga Munshiram Manoharlal, New Delhi, 1999)
2. Jnanananda Bharati : Essence of Yoga Vasishtha Pub: Sanata Books, Chennai
3. Hatha Ratnavali: Tirumala Tirupathi Devasthanam, Andhra Pradesh.

REFERENCE BOOKS:

1. Gheranda Samhita: Shri Sadguru Publication, New Delhi.
2. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
3. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published



Subject code: BSP- 401

Subject: Yoga for Personality Development

Marks in examination: 50

Objectives:

To understand

1. To give free vent to pent up emotion and culture it.
2. To release stress.
3. To control excitements.
4. Group games created a field of energy and break the barrier of Tamas
Games help to convert Rajasic energy into Satvik.

Unit-1:

1. Indoor games- Ram, Shyam (awareness).
2. Finding the Leader (I.Q).
3. Post Man (Memory).

Unit-2:

1. Namste (Speed).
2. Song Enacting (Creativity).

Unit-3:

1. Outdoor games – Ping Fight (Dexterity and Stamina).
2. Running Race (Speed), Funny Touch (Dexterity).
3. Chain Forming (Coordination).
4. Eagle Race (Flexibility) Garuda Spardha..

Unit-4:

1. Stick Lifting (Alertness and Strength).
2. Raja, Rama, Ravaea (Speed and Awareness).
3. Memory Songs – There was a Tree, kheer song
4. Special Claps, Flower Claps.
5. Yoga for Eye Sight Improvement.

Subject code: BSP- 402
Subject: Naturopathy
Marks in examination: 50

1. Diet and Fasting
2. Helio (Sun) Therapy
3. Cromomo Therapy
4. Mud Therapy
5. Hydro Therapy
6. Accupresusre and Accupuncture



SEMESTER- Vth

Course Code :- BST 501

Subject :- Introduction to AYUSH

Marks in examination: 50

Unit 1 : Yoga and Health and Integrated Approach of Yoga Therapy

1. Concept of body, Health and disease.
2. Concept of Yoga Ādhi and Vyādhi.
3. Principle of Yoga Therapy in relation to Yoga Vāsiñōha
 - a) Practices at Paīca Koṣas level Annamaya, Prāīamaya, Manomaya, Vijīānamaya and Ānandamaya koṣas.
 - b) Principle of Yoga Therapy in relation to Haōha Ratnāvali and Gheraēōa Samhitā

Unit 2 : Introduction to Basic concepts of Naturopathy

1. History of Naturopathy.
2. Principles of Naturopathy.
3. Concept of five elements and its applications.
4. Inroduction to general treatments in Naturopathy.

Unit 3: Introduction to Basic concepts of Āyurveda

1. The four aspects of life (Soul, Mind, Senses and Body)
2. Pancamahābhūtas (the five element theory),
3. Āhāra, Vihāra and Ausadhi (three pillars of Āyurveda)
4. Concept, role and importance of – Dosha, Dhātu, Mala,
5. Updhātu, Srotas, Indriya, Agni, Prāna, Prakāti,
6. Deha Prakāti, Mānasa Prakāti.
7. Role of Dosa, Dhatu and Mala in health and diseases
8. Concept of Dinacaryā (daily routine), concept of Ritucaryā
9. (Seasonal routine), Svasthavrāta in Āyurveda.
10. Concept of Trayo Upasthambās.

Unit 4: Introduction to Basic concepts of Unāné & Siddha & Homeopathy

1. History of Unāni & Siddha, Homeopathy.
2. Concept of Unāni & Siddha, Homeopathy.
3. Principles of Unāni & Siddha, Homeopathy

Text Books:

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

Course Code :- BST - 502

Subject :- Patanjali Yoga Sutras Ist (समाधि पाद एवं साधना पाद)

Marks in examination: 50

Unit-1:- Introduction to Yoga darshana of Patanjali and concept of Citta, citta bhoomis Citta vrittis and Citta vritti nirodhopaya Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.), Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-varatika); Concept of Mana, Buddhi, Ahankar and Chitta;

Unit-2:- Concept of Citta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha); Concept of Citta-Vrittis and their classification, Citta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar, Concept of Samprajnata; Citta-Vikshepas (Antarayas), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.

Unit - 3: Samadhi pada

Concept of Yoganushasanam, Yoga Lakshanam and its results; Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi); Types of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita); Concept of Samapatti and kinds of Samapatti (Savitarka and Nirvitarka, Savichara and Nirvichara); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).

Unit-4: Sadhana pada

Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drishanirupanam (Prakriti), Drastunirupanama (Purusha), PrakritiPurushaSamYoga; BriefIntroduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.

TEXT BOOKS:-

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

BOOKS FOR REFERENCE:-

1. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
2. M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
3. K.D. Prithvipaul: The Yogasurta of Patanjali M.L.B.D. New Delhi
4. Gaspar M. Koelmenn, S.J: Patanjali Yoga, Papal Athenaeum, Poona, 1970
5. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II



Course Code :- BST - 503

Subject :- Four Streams of Yoga

Marks in examination: 50

UNIT-1: Jnaana Yoga

Sadhana Chatustaya, Stages of Jnana Yoga Practice (Shravan, Manana, Nidhidhyasana), States of Consciousness, The Concepts of Ida, Pingla And Sushumna The Central Channel of Energy Running Along The Spine.

UNIT-2: Bhakti Yoga

Navavidha Bhakti, Qualities of A Bhakta, The Pronunciation, Chanting, Knowledge, Benefits of Sanskrit Chants, Hymns, Bhajans, Satsang And The Uplifting Meaning of The Chants Heling To Thin The Activities of The Mind, Mantra Chanting,And Their Effect on The Nadi And The Chakras, Demonstrated Ability To Create A Bhakti Bhavva During The Chanting And Singing.

UNIT-3: Karma Yoga

The Concept And Meaning of Karma Yoga, Concept of Nishkama Karma,Prerequisites For A Sthitaprajna,Sthitaprajnalakshana,The Law of Karma.

UNIT-4: Raja Yoga

Concepts And Principles of Patanjala Yoga;Karma Shuddhi(Yama,Niyama);Snayu Shuddhi (Asana);Prana Shuddhi (Pranayama);Indriya And Mano Shuddhi(Pratyahara); Mana,Buddhi , Ahamkar And Chitta Shuddhi (Dharana,Dhyana And Samadhi).

Text books:-

1. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication- Dept. Kolkata,1iedition,2009
2. Swami Vivekananda: J Nana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga Advaita Ashrama,Calcutta,2000

Course Code :- BST - 504

Subject :- Disaster management

Marks in examination: 50

Objectives:-

1. To know about the Disaster Management
2. To know about the necessary functions about Disaster Management
3. To understand the duties, rights, rules and regulation about Disaster Management
4. To understand the concept and importance to work on reducing disaster risks and to build a culture of safety

Unit 1 – Introduction to Disasters

1. Definition and Concept of Disaster, Hazard, Vulnerability
2. Disasters and its related Resilience, Risks

Classification of Disasters

1. **Causes and Impacts-** Social, economic, political, environmental, health, psychosocial, etc.
2. **Differential impacts-**In terms of caste, class, gender, age, location, disability
3. **Global trends in Disasters-**Urban disasters, Pandemics, Complex emergencies, Climate change

Unit 2 - Approaches to Disaster Risk reduction

1. **Disaster cycle-**Its analysis, Phases, Culture to safety, Prevention, Migration and preparedness,
2. Community based DRR, Structural- non-structural measures and resources
3. Roles and responsibilities of community, Panchayat Raj Institutions /Urban local Bodies (PRIs/ULBs), states, Centre and other stake-holders

Unit 3 -Inter-relationship between Disasters and development

1. Factors affecting Vulnerabilities and differential impacts
2. Impacts of development projects –Dams, embankments, changes in Land-use etc
3. Climate change Adaptation &Relevance of indigenous knowledge
4. Appropriate technology and local resources

Disaster Risk Management in India

1. Hazard and Vulnerability profile of India Components of Disaster Relief- Water, food, sanitation, shelter, health
2. Waste Management Institutional arrangements-Migration, Response and preparedness
3. Disaster Management Act and policy & Other related policies, plans, programmes and legislation

Unit 4 – Project Work - Field Work, Case Studies

1. The Project/field work is meant for students to understand vulnerabilities and to work on reducing disaster risks

Reference Books:

1. Andharia J – Vulnerability in Disaster Discourse, JTCDM, Tata Institute of Social Sciences Working Paper No.8, 2008.
2. Govt. of India: Disaster Management Act, Govt. of India, New Delhi,2005.



Course Code :- BSP - 501

Subject :- Āsana, Prānāyāma and meditation level-2

Marks in examination: 50

Objectives:

1. To introduce the classical hatha yoga advanced practices.
2. Focus on overall development of all sheaths.
3. To bring out the hidden talents through regular practices.

Unit -1 :-

1. Breathing Practices:
2. Revision of all breathing Practices
3. Loosening Exercises (Sithila Karan Vyayama):
4. Previous level practices plus
 - Jumping
 - Sit ups
 - Pushups
 - Rocking and Rolling
 - Jumping and Twisting
 - Side sit ups
 - Alternate leg placing
 - Pavana Mukthāsana Kriya
5. Surya Namaskāra – 12 rounds

Unit- 2 :-

1. Yogāsanās:
2. Previous level practices plus

Standing:

- Ekapadarajkapotasana
- Pārshvakonāsana
- Garudāsana
- Uttitha Pārshvakonāsana
- Parivrāta Trikonāsana
- Natarājāsana
- Veerabhadrāsana
- Pārshvotthānāsana

Sitting:

- Baddha Konāsana
- Janu Shirasana
- Baddaha Padmāsana
- Kūrmāsana
- Supta Vajrāsana
- Vashcikasana
- Kukkutāsana
- Mayurasana

Prone:

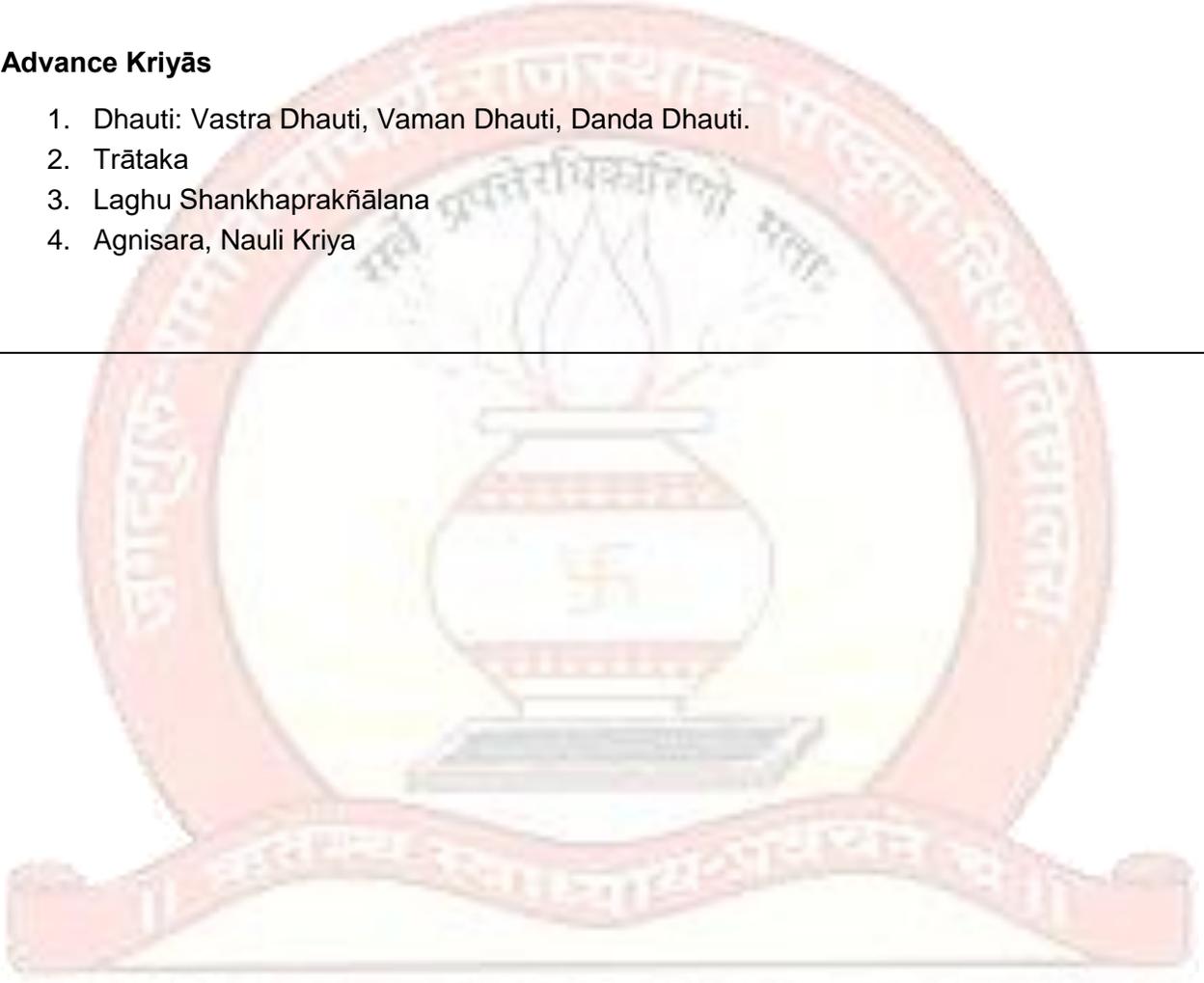
- Bhujagāsana 1, 2, 3 & 4
- Purna Dhanurasana
- Purna Salabhāsana

Supine:

- Garbhavidasana
- Halāsana
- Padma Sarvāigasana
- Matsyāsana

Advance Kriyās

1. Dhauti: Vastra Dhauti, Vaman Dhauti, Danda Dhauti.
2. Trātaka
3. Laghu Shankhprakhāḷana
4. Agnisara, Nauli Kriya



Course Code :- BSP - 502
Subject :- Ayush Training
Marks in examination: 50

❖ **Training in Ayurveda, Naturopathy & Physiotherapy**

1. Massage Therapy
2. Mud Therapy
3. Hydro Therapy
4. Ultrasound and TENS



SEMESTER- VIth

Course Cod :- BST - 601

Subject :- Patanjali Yoga Sutras -2 (विभूति पाद एवं कैवल्य पाद)

Marks in examination: 50

Unit - 1:

Vibhuti and Kaivalya Pada

Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis;

Unit-2:-

Three types of Chitta Parinamah; Bhoota jaya, Indriya jaya and their Siddhis, Satvapurushanyatakhyati and its Siddhis;

Unit-3:-

VivekJnanaNirupanam, Kaivalya Nirvachana; Role of Dharana, Dhyana, Samadhi and its application; Types of Siddhis and Jatyantar Parinamh;

Unit 4 :-

Concept of Nirman Chitta and four types of Karmas; Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities.

TEXT BOOKS-

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

BOOKS FOR REFERENCE

1. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
2. M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
3. K.D. Prithvipaul: The Yogasurta of Patanjali M.L.B.D. New Delhi
4. Gaspar M. Koelmenn, S.J: Patanjali Yoga, Papal Athenaeum, Poona, 1970
5. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II

Course Code :- BST - 602

Subject :- Stress Management

Marks in examination: 50

Unit 1 :

Basic Challenge of Stress & Yoga, Concept of Stress. Eustress & Distress, Physiology of Stress. Stress Induced Problems And Management, Concept of Stress & Its Management in Yoga

Unit 2 :

Stimulation-Relaxation Combine-The Core. Recognition Is Half The Solution. Stress Levels Stimulation The Pointers of Awareness. Depth of Perception & Expansion of Awareness.

Unit 3:

Working Through The Group. Progress In Tune With Nature. A Holistic Life Style For The Effective Stress Management.

Unit 4:

Effect of Stress on Mind & Body, Effect of Yoga on Behavior, Work attitude & Productivity.

Reference Books:-

1. Essence of Yoga Swami Sivananda.The Divine Life Society.
2. New Perspective In Stress Management Dr.H.R.Nagendra SVYP Bangalore.
3. Research Methods.Dr.H.R.Nagendra & Shirley Telles.Vivekanand Kendra Yoga Prakashan Bangalore
4. Sure Way To Self Realization.Swami Styanand Saraswati Yoga Publication Trust Mungare,Bihar
5. Meditation Form The Tantras.Swami Styanand Saraswati, Yoga Publication Trust Mungare Bihar.
6. New Perspective In Stress Management, VKYP, Bangalore.

Course Code :- BST - 603

Subject :- Cultural History of India and Contemporary Yogis

Marks in examination: 50

Unit-1:

1. Pre-historic India, Indus Valley Civilization (IVC)
2. Vedic culture (VC), connections between IVC and VC. Vedic literature:
3. Samhita, Brahmaëa, Upaniñad and Sūtra. Dating the Vedas.

Unit-2:

1. Epics and Purāëas. Period of Mahavéra and Buddha.
2. Ancient geography. Āryavarta and Dakñinapatha. Classical Saïskāta.
3. Cultural artefacts, Arts and Science in Saïskāta.

Unit-3:

1. Introduction to the ancient lineage of Yoga masters - Yoga parampara:
2. yogis breaking away from the traditional paths their special contributions and repercussions on the society.

Unit-4:

1. Study of the life of Sri Ramakrishna
2. Vivekānanda
3. Ma Shārada,
4. Sri Aurobindo
5. Swami Yogānanda
6. Swami Sivānanda.

Text books:

1. The Vedic Age. Bharatiya Vidya Bhavan, Mumbai
2. Indian Inheritance. Vol. II. Culture, Art and History. Bharatiya Vidya Bhavan

Course Code :- BST - 604

Subject :- Constitution of India

Marks in examination: 50

Objectives:-

1. To know about the constitution of India
2. To know about the necessary functions of constitutional bodies of the country
3. To understand the concept and importance of constitutional elements as an individual being a part of the country
4. To understand the duties, rights, rules and regulation of the country to become a good citizen of the country.

Unit -1

I. Constitution

- a) Definition of constitution and its types
- b) Salient features of constitution
- c) Framing of Indian constitution
- d) Role of constituent assembly
- e) Significance of constitution
- f) Objectives of constitution

II. Preamble

- a) Preamble -definition
- b) Preamble and its importance

III. Fundamental duties and rights

- a) Fundamental Duties- article details with explanation
- b) Fundamental rights- article details with explanation
- c) Human Rights – formation and their functioning
- d) Environmental protection
- e) Wild life protection

Unit -2

I. Special Rights

- a) Special rights and its explanation
- b) Reservation and its details- Enumeration of article based on given reservation to different categories.
- c) Religious and linguistic rights- explanation with article
- d) Meaning and its function
- e) Difference between preamble and DP
- f) Significance & characteristics of directive principles
- g) Difference between fundamental rights and directive principles

Unit- 3

I. Union executives & Union legislature

- a) President- powers and functions
- b) Prime minister - powers and functions
- c) Union council of ministers
- d) Vice president- their powers and function
- e) Coalition government
- f) Problems in their working
- g) Lok sabha and its powers and function
- h) Rajya sabha and its power and functions
- i) Lok sabha speakers' and their powers and functions
- j) Rajya sabha speakers' and their powers and functions
- k) Recent trends in their functioning
- l) State legislature
- m) Vidhan sabha- powers and function
- n) Vidhan parishad and its power and function
- o) Recent trends in their functioning

II. State Government

- a) Governor – powers and functions
- b) Chief minister – powers and functions
- c) Councils of ministers
- d) Legislature
- e) Centre state relation
- f) Political, financial, administrative and recent trends

Unit -4

I. Judiciary

- a) Supreme court
- b) High court
- c) lower court and judicial review
- d) Judicial review- panchayat raj
- e) Rights , public interest legislature
- f) Enforcing rights through writs
- g) Emergency provisions about article 356

Text Books:

1. Indian Constitution- Revised edition by Dr. Srinivasan

Course Code :- BSP - 601

Subject :- Advanced Pranayama and Meditation

Marks in examination: 50

Objectives:-

1. To introduce the classical hatha yoga advanced practices.
2. Focus on overall development of all sheaths.
3. To bring out the hidden talents through regular practices.

Unit 1

Breathing Practices

- Loosening Exercises (Sithili Karaëa Vyäyama)
- Chandra Namaskära – 12 rounds of 12 counts

Unit 2

Asana

- Padmäsana,
- Simhäsana
- Siddhäsana
- Bhadräsana

Mudräs for Pränäyäma

- Cin, Cinmaya, Adi, Brahma and Nasika Mudras

Unit 3

Pränäyäma with combination of Kumbhaka, Mudräs and Bandhäs.

- Surya Bhedana
- Seetkäri
- Chandra Anuloma Viloma Pränäyäma
- Nädissuddhi Pränäyäma
- Surya Anuloma Viloma Pränäyäma
- Ujjäyi
- Bhastrika
- Seetali

Unit 4

Advance Meditation

- Antar Mauna
- Cidäkäça Dhäranä
- Hädäyäkäça Dhäranä
- Ajapäjapa
- Daharäkäça Dhäranä
- Yoga Nidrä

Course Code :- BSP - 602
Subject :- Clinical Project Works
Marks in examination: 50

Part-1: Case Study & Parameters of Minimum 08 to 10 Cases.
Part-2: Presentation

