

ACADEMIC CURRICULUM

For

Master Degree in Yoga



2022-23

JAGADURU RAMANANDCHARYA RAJASTHAN

SANSKRIT UNIVERSITY

MADAU, MUHANA-BHANKROTA LINK ROAD,

JAIPUR -302026

PREAMBLE:-

Yoga is a combination of physical, mental, and spiritual practices or disciplines which originated in ancient India. It is practiced for promotion of health, prevention of diseases and also used as therapy for Non-Communicable Diseases (NCD). Yoga therapy is a growing field and scientific evidence has begun to emphasize its efficacy. It involves employing a variety of yoga practices to improve the health condition. It is based on classical Yoga practices, philosophy and evidence based researches. Therapeutic yoga is an inherently holistic in approach as it simultaneously works on the body, mind, and spirit. Master of Science in Yoga is designed to study, understand, enumerate and apply the fundamentals of integral health, which include the physical, emotional, social, mental and spiritual aspects of well-being through Yoga.

OBJECTIVES:-

The 2-Yr M.A/M.Sc. programme in Yoga has been designed with the following objectives:-

- To impart to the students the knowledge of teachings and philosophy of yoga tradition.
- To impart to the students the knowledge of human anatomy and physiology and understanding of path physiology and their management through Yoga therapy.
- To provide the knowledge of various Yoga therapy practices like asana (posture), pranayama (regulated breathing), meditation and relaxation techniques, counseling and basic dietary concepts with their implication.
- To Train the students to independently handle a client and administer yoga therapy.
- To train the students in Yoga Therapy so they can integrate the Yoga therapy with different systems of medicine and settings.
- To produce Yoga Therapists of high calibre with in-depth understanding of basic sciences and holistic health techniques.
- To enable the students to develop the communication skills and computer skills and applications in Yoga science.

DURATION OF THE PROGRAMME:

- Four semesters in two years.

ADMISSION PROCEDURE:

- The admission to the course shall be through Merit base.

ELIGIBILITY OF THE CANDIDATES:

- Bachelor's degree from a recognized University in any discipline

STUDY OUTCOMES:

After completion of MA./M.Sc. Yoga programme Students will be demonstrate:

- Knowledge of different yoga tradition, their philosophy and practical implications of these teaching for holistic growth.
- Knowledge of human anatomy, physiology and pathology of different ailments.
- Knowledge of wellbeing, health and disease based on traditional theories of yoga, Ayurveda and vedic science.

- Knowledge of the interconnections between the body, mind, emotions, Social, cultural in the context of maintaining and promoting health and wellbeing.
- Ability to deliver holistic yoga classes in group as per the group requirement.
- Ability to teach disease based yoga therapy to clients. Also know the indications and contraindications of different yoga practices in different ailments.
- Skills to integrate yoga therapy with different systems of medicine and settings.



SCHEME OF EXAMINATION

SEMESTER WISE THEORY AND PRACTICAL SUBJECTS

Semester-I

Sem	Subjects	Subject code	Credit Maximum Marks		
			Theory	Practical	Total
I st	Theory subjects				
	Basis of Yoga	MST-101	50	-	50
	<i>Sanskrit</i>	MST-102	50	-	50
	Research Methodology	MST-103	50	-	50
	Practical subjects				
	Basic Asana, Kriya, Pranayama, Mudra	MSP-101	-	50	50

Semester-II

Sem	Subjects	Subject code	Credit Maximum Marks		
			Theory	Practical	Total
II nd	Theory subjects				
	Patanjali Yoga Sūtras	MST-201	50	-	50
	Anatomy and Physiology	MST-202	50	-	50
	Evidence Base Yoga Therapeutic Ist	MST-203	50	-	50
	Practical subjects				
	Therapeutic Yoga I st & Advance Asana	MSP-201	-	50	50

Semester-III

Sem	Subjects	Subject code	Credit Maximum Marks		
			Theory	Practical	Total
III rd	Theory subjects				
	Health And Psychology	MST-301	50	-	50
	Spiritual Heritage of India	MST-303	50	-	50
	Evidence Base Yoga Therapeutic II nd	MST-304	50	-	50
	Practical subjects				
	Therapeutic Yoga II nd	MSP-301	-	50	50
	Advance Kriya	MSP-302	-	50	50

Semester-IV

Sem	Subjects	Subject code	Credit Maximum Marks		
			Theory	Practical	Total
IV	Theory subjects				
	Hatha Yoga & Gherand Samhita	MST-401	50	-	50
	Introduction to Integrative medicine	MST-402	50	-	50
	Mind – Body Relation	MST-403	50	-	50
	Practical subjects				
	Science of Meditation	MSP-401	-	50	50
	Dissertation & Presentation Sheet	MSP-402	-	50	50



SEMESTER- I

Subject : Basis of Yoga

Paper Code- MST 101

Marks in Examination- 50

Objectives:

1. To get insight over the scriptures.
2. Application of scriptures to remedial measures.
3. To understand the nature of one's oneself.

Unit -1

1. History and Development of Yoga: Meaning & Definitions, Misconceptions, Aim and Objectives of Yoga.
2. Introduction to Epics and Smriti – yoga in Ramayana (Aranyakand), Mahabharata (Shantiprava) and Yajnavalkya Smriti.
3. Yoga in Modern Times: Traditions of Swami Vivekananda, Shri Aurobindo: Maharshi Ramana and Maharshi Dayanand Saraswati.
4. Intorduction to Hathayoga and Mantra Yoga.

Unit-2: Vedās and Upaniñads

1. Vedās, the foundations of Indian culture; antiquity.
2. The four main Vedās, Science and Technology of Vedās,
3. Prasthānatraya, Concept of Purushartha Chatushtaya.
4. Essence of the Vedās -Upaniñads, the style of Upaniñads.
5. The two main quests - Happiness Analysis and Quest for reality.
6. Layers of bliss.

Unit- 3: Bhagavad Géta

1. General Introduction to Bhagavad Géta (Pg1 HG)
2. Glory of Géta
3. Anxiety state -neurosis of Arjuna
4. Explanation of Transcendental truth (Ātman) (19-24)
5. Sthitaprajña and his characteristics (54-61)
6. Introduction to Concept of Karma
7. Introduction to Jnana Yoga - Definition of Yoga in BG.
8. Nature of action, inaction & ego-less action (16-22)
9. Methods of dissolving actions (*Yajna*) (24-32)
10. Supremacy of knowledge (33-36)
11. Wisdom destroys ignorance (37-39)
12. Nature of perpetual *Sanyāsi* (3)
13. Work with detachment (10-12) Potentiality of Human (5)
14. Aids to *Yoga* and the attainment of *Yoga* (10-18)
15. Stages of progress for the accomplishment (19-23)
16. Instructions for introspection (24-26)
17. Effect of the *Yoga* of the meditation (27-32)

18. Control of mind by *Abhyāsa yoga* (33-36)

Unit- 4:- Bhagavad Gēta

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)
6. Introduction to personality traits – sattva, rajas & tamas (5-10)
7. Symptoms of predominance of each of the three *Gunās* in an individual (11-13)
8. Fruits of each action- *Gunās* based (14-16)
9. Transcendence and Characteristics of individual who has crossed over the *Gunās* (19-27)
10. Three types of faith, food, Sacrifices, charity

Recommended Books

- Dr H R Nagendra : Yoga Its Basis and Applications
Swami Vivekananda Yoga Prakashana,
Bangalore, 2002.
- Swami Chinmayananda : Holy **Gēta**, 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

Subject : Sanskriti
Course Code : MST 102
Marks in Examination:- 50

Objectives:- After going through this course student will be able to-

- Gain an understanding of sentence constructs identify the etymology (derivations of words from basic constructs and roots) of words and to comprehensive grammar of Sanskrit prose and verses.
- Understand the hidden concepts of yoga in Sanskrit literature.
- Have a sound knowledge about the Ancient Sanskrit texts.
- Pronounce a letter with articulation.
- Achieve a good command over all the three abilities in Sanskrit language – Speaking, Reading and Writing.

Unit-1: Introduction to Language

1. Introduction to Language and subject
2. Devanagari script - Alphabets, i.e. vowels, consonants, vowels & consonants combination
3. Two consonant combinations, special conjunct consonants and their pronunciation associated with their articulation. Formation of writing.
4. Introduction to Samskrita Grammar, Story of Panini & his works.
5. Concept of place of Letters & Mechanism of birth of each letter.
6. Basic rules for recognition of Nouns and Collection of Samskrita words in genders.

Unit-2: Introduction to gender, nouns, verb roots, pronouns

1. Introduction to Genders – Masculine, Feminine and Neuter genders.
2. 24 forms of a noun in all genders and its declensions; practice of other similar declensions. Usage of the 24 forms of all nouns.
3. Verb roots with meaning. Nine forms of verbs for three persons and three numbers. Practice all the verb roots and their forms for correct pronunciation. Usage of prefixes and how they change the meaning of the verb root and how to find them in the dictionary.
4. Pronouns: Introduction to pronouns; declensions of pronouns; corresponding translations of pronouns into English; forming sentences with pronouns; Different aspects of pronouns being used as demonstrative pronouns and as interrogative pronouns and details of distance specification.
5. Questioning words with its 24 declensions in all genders and practice of all of them with Nouns and Pronouns.
6. Introduction to write a simple sentence. Sentences in singular, dual and plural. Practice of question and answers.

Unit-3: Prepositions, introduction to tense and cases

1. Prepositions and its meaning with usage in sentence, asking question and answers.
2. Introduction to time and its all variations. Practice of Numbers 1-100 with writing practice with samskrita symbols.
3. Days in Saàskâtam with question and answers.

4. Introduction to Tense – Present Past and Future tenses. Practice of conversion of one tense into another tense.
5. Introduction to cases and its meaning with questions. Practice of cases.

Unit- 4: Paragraphs writing, glimpse of science in Saàskâtam and reading & writing practice

1. Paragraph writing on specific topic. Using all nouns, pronouns, prepositions, time, days, number etc.
2. Introduction of Samskrita literature and its vastness. Specialty and beauty of Samskrita language with respect to some verses from different Poetry, prose and dramas.
3. Glimpse of Science in saàskâtam with reference to Vimanikashastra, ganitashastra etc.
4. Reading and writing practice with the help of stories and very basic texts in saàskâtam.

Recommended Books:

- Functional Sanskrit : Its Communicative aspect - Dr.Narendra,Sanskrit Karyalaya,Shri Aurobindo Asharam, Pondichery.
- A Higher Sanskrit Grammar-M.R. Kale ISBN : 089581188x,Motilal Banarasidass Delhi(1984)
- Sanskrit Gramma- R.G. Bhandarkar, ISBN :9788180903021,Bhartiya Kala Prakashan Delhi (2017)
- Sanskrit For Beginners –Dr.Sunanda Shastri, ISBN:978819238732,Sriyogi Publication (2014)
- Sanskrit Swayan Shikshak- Shripad D Satvalekar, ISBN: 9788170285748, Rajpal & Sons (Rajapal Publishing),(2013)
- A Sanskrit Gramma For Beginners- Max Muller,London Longmans Green & Company (1886)

Subject: Research Methodology

Course code: MST-103

Marks in Examination: 50

Objectives:

1. To understand the methodology of research
2. To understand relevant statistical concepts
3. To apply the above two to design experiments in yoga

Unit-1. Research Methodology Concepts -I

1. Introduction to research methodology – definition of research, types of research, need for Yoga research
2. The research process
3. Literature review – Purpose, Process, digital source: PubMed, etc., presentation of literature review
4. Ethics of research – Laboratory ethics, Publication ethics, Ethical bodies – IEC & IRB, Guidelines for good clinical practice
5. Scales of measurement – nominal, ordinal, interval, ratio
6. Data collection methods: Observation, Interview, psychological tests, questionnaire, physiological tests, and archive

Unit-2. Research Methodology Concepts -II

1. Sampling methods - Population and Sample; Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling
2. Methods of controlling biases –Randomization
3. Types of variables – Independent , dependent, confounding variable
4. Types of research design – Experimental designs, cross sectional design, Case study, Survey
5. Reliability: Test-Retest Reliability, Internal Consistency, Inter rater Reliability
6. Validity: Construct Validity, Face Validity, Content Validity, Criterion Validity, Convergent and Discriminant Validity
7. Issues of bias and confounding
 - a) Selection bias, Recall bias, Observer or measurement bias, Publication bias
 - b) Randomization, Matching, Crossover design, Restriction (or blocking), Stratification, Blinding

Unit-3 Statistical Concepts - I

1. Descriptive statistics
2. Inferential statistics
3. Hypothesis, null hypothesis
4. Statistics and Parameters
5. Sample and Population
6. Generalization
7. One tailed, two tailed hypothesis
8. Types of Errors and its control

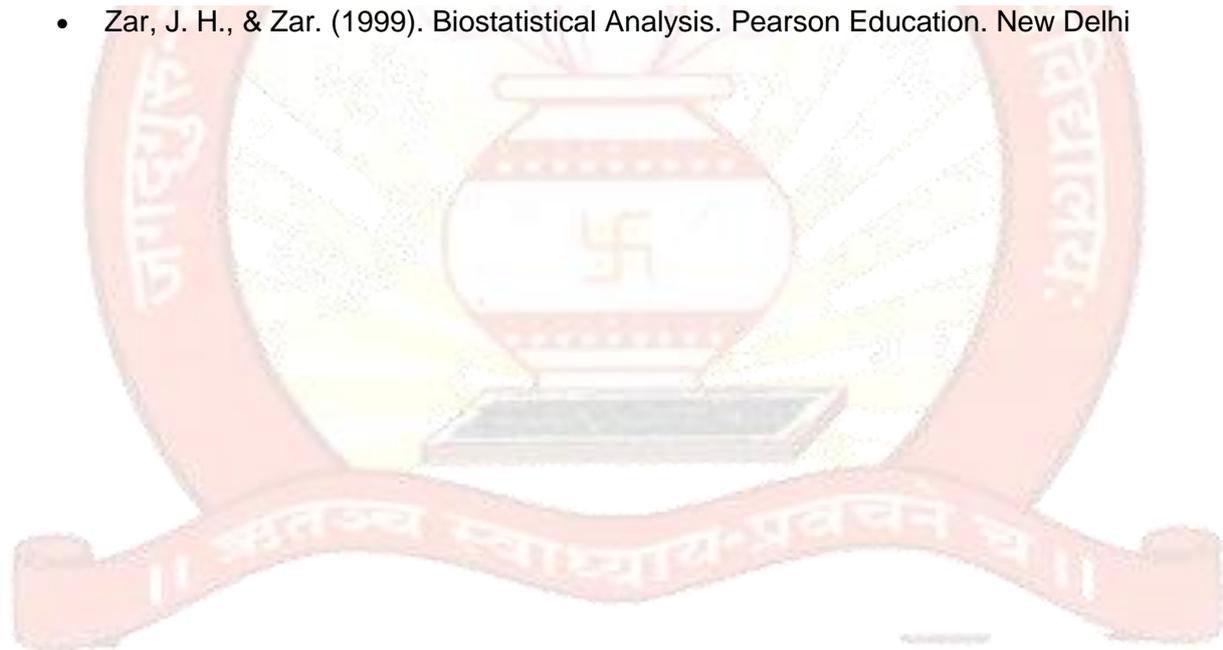
9. Central Limit Theorem

Unit-4 Statistical Concepts - II

1. Point estimate and interval estimate
2. Power analysis: Effect size, sample size
3. p-value
4. Confidence interval
5. Statistical tests and design
6. Assumptions of tests
7. Statistical tests for various designs: Correlation, proportions, paired-sample and independent sample t-tests, Chi-Square tests, ANOVA, Repeated Measures ANOVA, parametric and non-parametric tests

Recommended books:

- C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New delhi.
- 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 : MSP 101

Subject : Basic Asana, Kriya, Pranayama, Mudra

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.

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

2. Loosening Exercises (Çithili Karaëa Vyäyama)

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

3. Surya Namaskāra – 12 rounds of 12 counts

4. Yogāsanas:

I. Standing:

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

II. Sitting:

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

III. Prone:-

- Bhujaiğāsana
- Dhanurāsana
- Tiryaika Bhujaiğāsana
- Salabhāsana
- Gupta Padmāsana

IV. Supine:-

- Sarvāngāsana
- Matsyāsana
- Navāsana
- Halāsana
- Urdhva Dhanurāsana

V. Inverted Posture:-

- Sirsāsana
- Ekapada Urdhva Chakrāsana
- Vārschikāsana

VI. Kriyās

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

VII. Pranayama

- Kapalabhati: (3 rounds 120 struction)
- Sectional Breathing
- Nadisudhi, Surya Anuloma Viloma, Chandra Anuloma Viloma, Surya Bhedna, Chandra Bhedna
- Cooing Pranayama
- Bhamri
- Nada Anusandhana

VIII. Relaxation Techniques

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

IX. Mudra

Recommended Books-

- Swami Satyanand Saraswati (2008) – Asana, Pranayama, Mudra, Bandha, ISBN 9788186336144, Bihar School of Yoga Munger, India
- B.K.S. Iyengar (2017) hight on Yoga ISBN 9780008267919 Harper Collins Publisher.
- Niranjana Swami, Gheranda Samhita, nagarathna, Bihar school of Yoga, Munger.
- Swami Digambar & Jha.P. Hatha Pradipika. Kaivalyadham Yoga Prakashan, Lonavala, Pune.
- Nagendra, H.R., Integrated Approach of Yoga Therapy for Positive Health ,Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
- Nagarathna R and Nagendra, H.R,Yoga for Common Ailments, Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
- Swami Kuvalyananda, Yogic Therapy, Kaivalyadhama Yoga Institute, Lonavala.
- Ram Hrasha Singh, Yog Evam Yogic Chikitsya, Chokhmba Prakashan, Delhi

SEMESTER- IInd

Subject: Patanjali Yoga Sūtras

Subject code: MST-201

Marks in Examination: 50

Objectives:

1. To get insight over the scriptures.
2. Application of scriptures to remedial measures.
3. To understand the nature of ones ownself.

Unit -1: Samadhi Pada

1. What is *Yoga*? [2]
2. Culmination of *Yoga* (3) - *Vritti* and its classifications (5-11)
3. Necessity of *Abhyāsa* & *Vairāgya* (12)
4. Foundation of *Abhyāsa* (13-14)
5. Lower & higher form of *Vairāgya* (15-16)
6. Definition of *Samprajīa* & *Asamprajīa Samādhi* (17-20)
7. Definition & attribute of *Ēçvara* (24-25)
8. *Praëava* & *Sādhana* for *Ēçvara* (27-28)
9. Result of *Sādhana* (29) - Obstacles in the path of *Yoga* (30-31)

Unit -2: Sadhana pada

Discipline for *Sādhana* (1-2)

1. *Kleças* – *Avidya*, *Asmita*, *Rāga*, *Dveña* & *Abhiniveça* (3-9)
2. Modification of the *Kleças* – meditation (10-11)
3. *Karmāçaya* & its fruits (12-14)
4. Pleasure and Pains are both painful (15-17)
5. Four stages of *Guëäs* (19)
6. *Puruña* & *Prakāti* (20-24)
7. Definition of *Hana* (25-26)
8. Stages of enlightenment (27)
9. Necessity of *Yoga Practice* (28)
10. *Bahiraëga Yoga* (29-55)

Unit -3: Vibhuti

1. *Antaranga Yoga* (1-3)
2. *Samyama* & its results, applications (5-6)
3. *Parinama* (9-13) - *Siddhis*(16-49)
4. Attainment of *Kaivalya* (56)

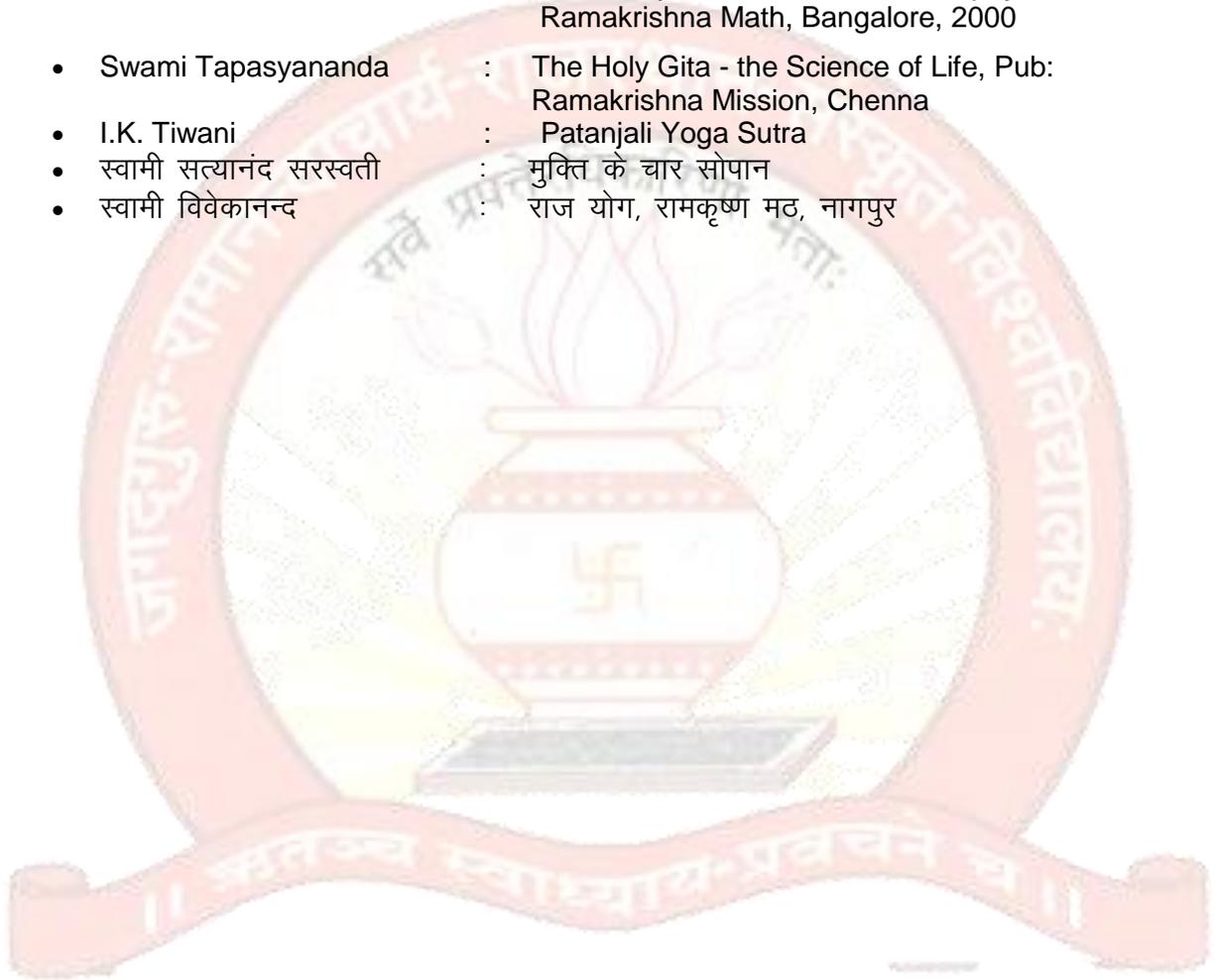
Unit- 4: Kaivalya

1. Sources of *Siddhis* (1)
2. Influence of *Karma* (7)

3. Manifestation & Source of Vasanas, Disappearance of Vasanas (8-11)
4. Theory of perception (15)
5. Mind and its manifestation (16-23)
6. Heading to Kaivalya (27-34)

Recommended books:

- Chandradhar Sharma : A Critical Survey of Indian Philosophy- MotilalBanarsidass Publishers, Delhi,2000
- Radhakrishnan, S. : Indian Philosophy (Vol. I & II) - George Allen and Unwin, London, 1971
- Swami Prabhavananda : Spiritual Heritage of India (English) - Sri Ramkrishna Math, Madras, 2004
- Swami Harshananda : The Six Systems of Hindu Philosophy- Ramakrishna Math, Bangalore, 2000
- Swami Tapasyananda : The Holy Gita - the Science of Life, Pub: Ramakrishna Mission, Chenna
- I.K. Tiwani : Patanjali Yoga Sutra
- स्वामी सत्यानंद सरस्वती : मुक्ति के चार सोपान
- स्वामी विवेकानन्द : राज योग, रामकृष्ण मठ, नागपुर



Subject : Anatomy and Physiology

Course code: MST-202

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:

I. Cell

1. Plasma membrane ,cytoplasm,
2. Cell organelles –Mitochondria ,glogiboly, lysosome, centrosome, Ribosome
3. Nucleus-Nuclear membrane ,chromosome, nucleolus
4. DNA &RNA
5. Homeostasis
6. Mitosis
7. Meiosis

II. 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

III. Muscular-skeletal

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
6. Mechanism of muscle contraction
7. Neuromuscular junction

Unit-2:

I. Digestive system

1. Digestive system of human-Mouth, Pharynx ,oesophagus ,stomach ,large intestine, small intestine ,anus
2. Associated glands-Liver, Pancreas, salivary glands ,gall bladder
3. Pancreatic juice, gastric juice ,intestinal juice ,bile
4. Chemical digestion-Digestion of carbohydrate ,protein and lipid

II. 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)
4. Regulation of respiration

III. Cardiovascular system

1. Composition and function of blood –Plasma ,RBC,WBC and Platelet
2. Structure and function of hemoglobin
3. Types of WBC
4. Blood groups and their importance
5. Mechanism of blood clotting
6. Anatomy of heart
7. Cardiac output and cardiac cycle

Unit 3:

I. Excretory system

1. Excretory system of human-Kidney, ureter, urinary bladder ,urethra
2. Structure of nephron
3. Mechanism of urine formation-Ultrafiltration, selective reabsorption, tubular secretion,
4. Role of kidney in osmoregulation
5. Micturition ,diuretics ,renal failure

II. Nervous system

1. Introduction to nervous system,
2. Classification of nerve fibres,
3. Nerve conduction synaptic transmission,
4. Central Nervous System.
5. Perphiral Nervous System.
6. Cerebellum, Basal ganglia, Maintenance of posture and equilibrium, Motor cortex, Limbic system, Autonomic Nervous system

Unit -4

I. Endocrine system

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

II. Reproductive system

1. Anatomy of male reproductive system,
2. Primary & accessory male sex organs, Game to genesis,
3. Testosterone & male sex hormones, Hyper & hypogonadism,
4. Anatomy of female reproductive System, Primary and accessory female sex organs, Menstrual cycle, Female sex hormones,
5. Pregnancy & Lactation, Function of placenta

Recommended books:

- Padma and Sanghani – Human anatomy and Physiology
- Ross and Wilson – Anatomy and Physiology
- ElanieNicponMarieb- Human anatomy and physiology
- मानव शरीर रचना एवं क्रिया विज्ञान – डॉ. वृन्दा सिंह
- मानव शरीर रचना एवं क्रिया विज्ञान – डॉ. अनन्त प्रकाश गुप्ता

Reference books:

- C. C. Chattarjee- Human physiology
- Choudhary- Medical physiology



Subject: Evidence base Yoga Therapeutic IST

Course Code: MST-203

Marks in Examination: 50

The goal of teaching Yoga Therapy for Common Ailments to students is aimed at giving the student comprehensive medical knowledge of the disease and it's Yogic Management of the organ systems of the body to facilitate comprehension of the physiological basis of health and disease and Hospital training and hands on training to handle patients.

Objectives:

After the completion of the program, the students should be able to

1. Independently handle a patient and administer yoga therapy;
2. Appreciate the relative contribution of each organ system to the homeostasis;
3. Explain the pathological aspects of disease;
4. Illustrate the physiological response and adaptations to environmental stresses;
5. List physiological principles underlying pathogenesis and disease management.

Skills:

After the completion of the programs, the students should be able to:

- 1) Teach Yoga Therapy;
- 2) Interpret experimental/investigative data;
- 3) Take medical, psychological and yogic assessments
- 4) Effectively treat the patient with various Psychosomatic ailments.
- 5)

Integration:

At the end of the integrated course the students shall acquire an integrated knowledge of Yoga therapy and function and regulatory mechanisms of the disease processes and effectively assess and treat a patient with stress related disorder.

Unit-1: Introduction to common ailments , Respiratory Disorders

1. Introduction to stress
2. Physiology of stress
3. Psychosomatic ailments
4. Introduction to Yoga therapy – Adhija Vyadhi concept, IAYT

Respiratory Disorders

1. Bronchial Asthma
 - a) Definition, Pathophysiology, Classification, Clinical Features,
 - b) Medical Management
 - c) Yogic Management
2. Allergic Rhinitis & Sinusitis
 - a) Definition, Pathophysiology, Classification, Clinical Features,
 - b) Medical Management
 - c) Yogic Management
3. COPD

- a. Definition, Pathophysiology, Classification, Clinical Features,
- b. Medical Management
- c. Yogic Management

Unit -2 Cardiovascular , Gastro Intestinal Disorders

Introduction to Cardiovascular disorders

1. Hypertension
 - a. Definition, Pathophysiology, Classification, Clinical Features
 - b. Medical Management
 - c. Yogic Management
2. Ischemic Heart disease – Atherosclerosis/ CAD/Angina pectoris / Myocardial Infarction
 - a. Definition, Pathophysiology, Classification, Clinical Features
 - b. Medical Management
 - c. Yogic Management
3. Congestive Cardiac Failure / Cardiomyopathy
 - a. Definition, Pathophysiology, Classification, Clinical Features
 - b. Medical Management
 - c. Yogic Management

Gastro Intestinal Disorders

1. APD
 - a) Introduction to APD: Gastritis –Acute & Chronic, Dyspepsia, Peptic Ulcers
 - b) Clinical Features
 - c) Medical Management
 - d) Yogic Management
2. Irritable Bowel Syndrome
 - a) Definition, Pathophysiology, Classification, Clinical Features
 - b) Medical Management
 - c) Yogic Management
3. Inflammatory Bowel Disease:-
Ulcerative colitis
 - i. Definition, Pathophysiology, Classification, Clinical Features
 - ii. Medical Management
 - iii. Yogic Management

Unit-3: 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 Management
 - c) Yogic Management
2. Neck pain
- a) Classification
 - i. Cervical Spondylosis, radulopathy
 - ii. Functional neck pain
 - b) Medical Management
 - c) Yogic Management
3. All forms of Arthritis
- a) Rheumatoid Arthritis
 - b) Osteoarthritis
 - c) Gout
 - d) Medical Management
 - e) Yogic Management

Unit-4 Neurological , Cancer, HIV and Anaemia Disorders:

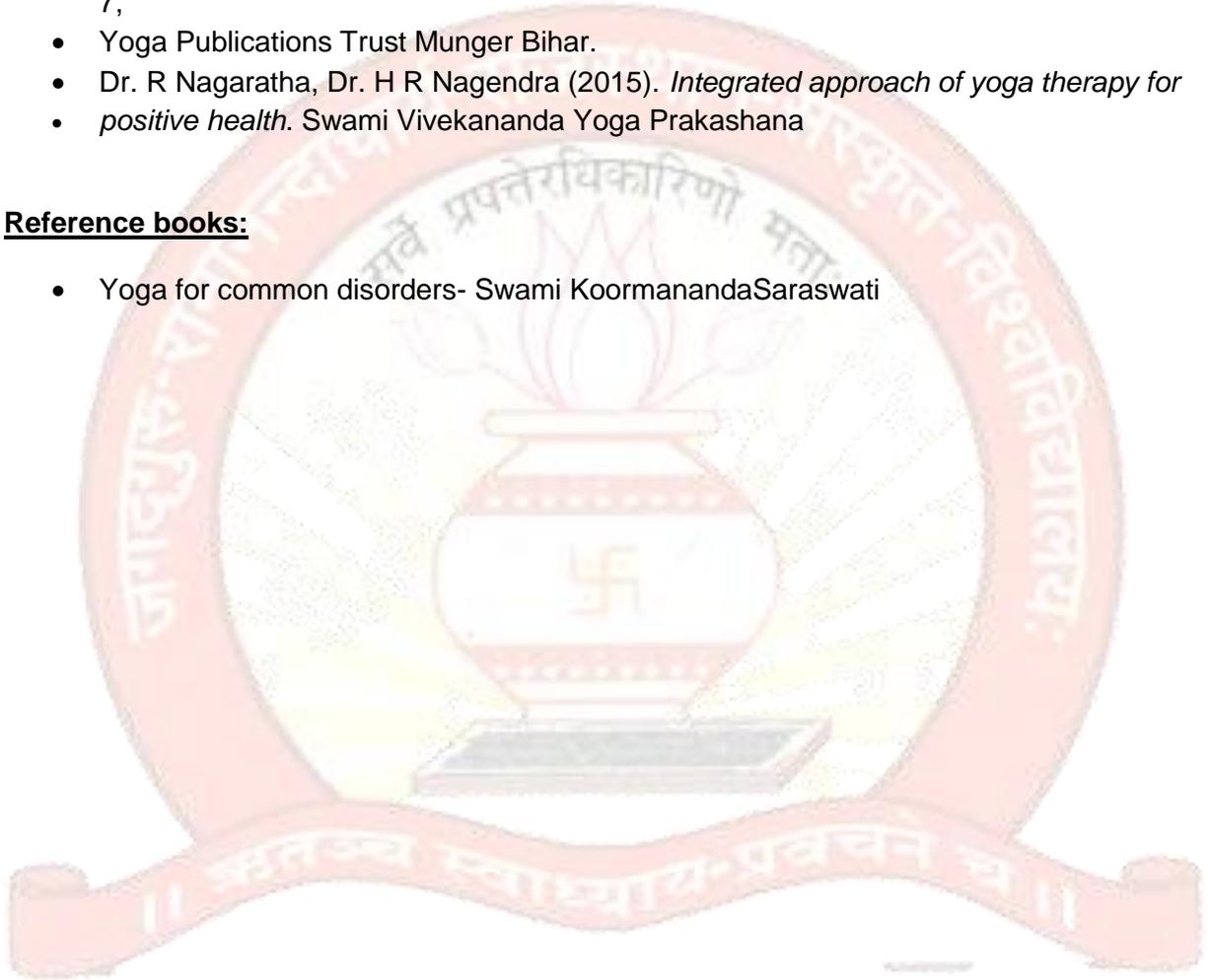
1. Headaches
- a) Migraine
 - i. Causes, Classification, clinical features
 - ii. Medical management
 - iii. Yogic Management
2. Cerebro vascular accidents
- a) Causes, clinical features
 - b) Medical management
 - c) Yogic Management
3. Epilepsy;
- a) Causes, clinical features
 - b) Medical management
 - c) Yogic Management
4. Cancer, HIV and Anaemia
- 1. Cancer
 - a) Causes, clinical features,
 - b) Side effects of Chemotherapy, radiotherapy
 - c) Medical management
 - d) Yogic Management

Recommended books:

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

Reference books:

- Yoga for common disorders- Swami KoormanandaSaraswati



Subject: Therapeutic Yoga Ist , Advance Asana

Subject Code: MSP-201

Marks in examination: 50

Objectives:

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

Unit-1: Introduction to common ailments , Respiratory Disorders

1. Introduction to stress
2. Physiology of stress
3. Psychosomatic ailments
4. Introduction to Yoga therapy – AdhijaVyadhi concept, IAYT

Respiratory Disorders

1. Bronchial Asthma
2. Allergic Rhinitis & Sinusitis
3. COPD

Unit -2 Cardiovascular , Gastro Intestinal , Musculo-Skeletal Disorders

1. Introduction to Cardiovascular disorders
2. Hypertension
3. Ischemic Heart disease – Atherosclerosis/ CAD/Angina pectoris / Myocardial Infarction
4. Congestive Cardiac Failure / Cardiomyopathy

Gastro Intestinal Disorders

1. APD
2. Irritable Bowel Syndrome
3. Ulcerative colitis

Musculo-Skeletal Disorders

1. Back Pain
 - a) Classification of back pain: organic and functional
 - b) Lumbar Spondylosis
 - c) Intervertebral disc prolapse (IVDP)
 - d) Spondylitis
 - e) Psychogenic- Lumbago
2. Neck pain
 - a) Cervical Spondylosis,
 - b) Functional neck pain
3. All forms of Arthritis

- a) Rheumatoid Arthritis
- b) Osteoarthritis
- c) Gout

Unit-3 Neurological , Cancer Disorders:

1. Headaches
 - a) Migraine
2. Cerebro vascular accidents
3. Epilepsy;
4. Cancer

Unit-4: 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.

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.

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-5

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
 - Surya Namaskāra – 12 rounds
 - Jumping and Twisting
 - Side sit ups
 - Alternate leg placing
 - Pavana Muktasana Kriya

Asanas:-

1. Yogāsanaś:
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:

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

Supine:

- Garbhavidasana
- Padma Sarvāigasana

Recommended Books:

- Yoga for common ailments manual, *Swami Vivekananda Yoga Prakashana*, Bangalore, 2002

- Robin Dr. Monro, Dr. Nagendra , Dr. Nagarantha (1991). *Yoga for common ailments and IAYT for different diseases*, ISBN: 978-0671705282, Touchstone Publishers.
- Dr. Swami Karmananda. *Yogic management of common diseases*, ISBN 81-85787-24-7, Yoga Publications Trust Munger Bihar.
- Dr. R Nagaratha, Dr. H R Nagendra (2015). *Integrated approach of yoga therapy for positive health*. Swami Vivekananda Yoga Prakashana



SEMESTER- IIIrd

Subject: Health and Psychology

Subject code : MST-301

Marks in examination: 50

Objectives:-

1. This course is designed to give you a broad overview of the field of health psychology.
2. To review and explain the importance of the biospsychosocial model in health psychology
3. Acquire an understanding of the components of the field of Health Psychology.
4. Learn the role of behavior in health risks and outcomes and regarding prevention and intervention efforts in health behavior

Unit-1: Introduction to Health Psychology

1. What Is Health Psychology?
2. Definition of Health Psychology
3. Modern perspective of psychology
4. PanchaKosha model of health

Health Behavior, Personality, Emotion

1. An Introduction to Health Behaviors
2. Personality: Nature and Types of Personality, Determinants of Personality: Heredity and Environment, Facets and Stages of Personality Development.
3. Developing a Healthy Diet, Weight Control and Obesity, Eating Disorders, Sleep
4. Ancient model of healthy behavior

Unit-2: Stress and Coping

1. What Is Stress?
2. Theoretical Contributions to the Study of Stress
3. What Makes Events Stressful?
4. How Has Stress Been Studied?
5. Sources of Chronic Stress
6. Role of yoga on stress management

Unit-3: Management of Pain and Discomfort

1. The Significance of Pain
2. The Elusive Nature of Pain
3. Clinical Issues in Pain Management
4. Pain Control Techniques
 - a) Pharmacological Control of Pain
 - b) Surgical Control of Pain
 - c) Sensory Control of Pain
 - d) Biofeedback

Subject: Spiritual Heritage of India

Subject code: MST-303

Marks in examination: 50

Unit -1: The Essence of Yoga Vasishtha

- a) The Dejection Of Sree Raama
- b) The Beginning Of The Teaching
- c) The Manner Or Origin
- d) The Story Of Leelaa
- e) The Story Of Soochee
- f) The Power Of Thought
- g) The Story Of Lavana
- h) The Story Of Bhaargava
- i) The Story Of Daama And Others
- j) The Story Of Daasora
- k) The Story Of Janaka
- l) The Story Of Bali
- m) The Story Of Prahlaada
- n) The Story Of Gaadhi
- o) The Story Of Uddaalaka
- p) The Story Of Suraghu

Unit- 2

- a) The Manner Of Destruction Of The Mind
- b) The Story Of Veetahavya
- c) The Quenching (Or The Calming)Of The Mind
- d) Contemplation Of The Self That Is Pure Consciousness
- e) The Story Of Bhusunda
- f) The Manner Of Worshipping The Deity
- g) The Glory Of The Power Of Pure Consciousness
- h) The Story Of Bhageeratha
- i) The Glory Of Choodaalaa
- j) The Penance Of Sikhidhvaja
- k) The Penance Of Sikhidhvaja
- l) The Teaching Of Choodaalaa
- m) The Lest Of Sikhidhvaja
- n) Living In The Fukkness Of Consciouseness
- o) The Story Of Lkshvaaku
- p) Conquest Of The Steps
- q) The Conclusion Of The Treatise

UNIT 3 : NARADA BHAKTI SUTRA

- a) Sutras 1 to 42 sutras.

UNIT4: NARADA BHAKTI SUTRA

- a) Sutra 43 To 84 Sutra

Recommended Books:

- Narada bhakti sutra .(2013) cnimaya missian
- The essence of yogavaasishtha (1982) sri jnanaanda bharthi

Subject: Evidence Base Yoga Therapeutic IInd

Course code: MST-304

Marks in Examination: 50

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 systems of the body to facilitate comprehension of the physiological basis of health and disease and Hospital training and hands on training to handle patients.

Objectives:

After the completion of the program, the students should be able to

1. Independently handle a patient and administer yoga therapy;
2. Appreciate the relative contribution of each organ system to the homeostasis;
3. Explain the pathological aspects of disease;
4. Illustrate the physiological response and adaptations to environmental stresses;
5. List physiological principles underlying pathogenesis and disease management.

Skills:

After the completion of the programs, the students should be able to:

- 1) Teach Yoga Therapy;
- 2) Interpret experimental/investigative data;
- 3) Take medical, psychological and yogic assessments
- 4) Effectively treat the patient with various Psychosomatic ailments.

Integration

At the end of the integrated course the students shall acquire an integrated knowledge of Yoga therapy and function and regulatory mechanisms of the disease processes and effectively assess and treat a patient with stress related disorder.

Unit 1 :Endocrinal and Metabolic Disorder

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

- c. Yogic Management

Unit 2 : Obstetrics and Gynaecological Disorders

1. Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia
 - a) Definitions, Pathophysiology, Classification, Clinical Features
 - b) Medical Management
 - c) Yogic Management
2. Premenstrual Syndrome
 - a) Definition, Pathophysiology, Classification, Clinical Features
 - b) Medical Management
 - c) Yogic Management
3. Yoga for Pregnancy and Childbirth
 - a) Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM
 - b) Ante-natal care
 - c) Post-natal care
4. Infertility-male and female, PCOS
 - a) Definition, Pathophysiology, Classification, Clinical Features
 - b) Medical Management
 - c) Yogic Management

Unit 3 : Excretory System, Neurological Disorders:

1. Chronic renal failure
 - a. Definition, Pathophysiology, Classification, Clinical Features
 - b. Medical Management
 - c. Yogic Management
2. Renal stones
 - a) Definition, Pathophysiology, Classification, Clinical Features
 - b) Medical Management
 - c) Yogic Management

Unit- 4: Psychiatric disorders

Introduction to psychiatric disorders, classification – Neurosis, Psychosis

1. Neurosis
 - a) Anxiety disorders
 - i. Generalised anxiety disorder
 - ii. Obsessive Compulsive Disorder
 - iii. Phobias
 - iv. Medical Management
 - v. Yogic Management
 - b) Depression

- i. Dysthymia
- ii. Major depression
- iii. Medical Management
- iv. Yogic Management

2. Psychosis

- a) Schizophrenia
- b) Bipolar affective disorder
- c) Medical Management
- d) Yogic Management

Recommended books:

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

Reference books:

- Yoga for common disorders- Swami KoormanandaSaraswati

Subject: Therapeutic Yoga IInd

Course Code: MSP 301

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 :Endocrinal and Metabolic Disorder

1. Diabetes Mellitus (I&II)
2. Hypo and Hyper- thyroidism
3. Obesity

Unit 2 : Obstetrics and Gynaecological Disorders

1. Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia
2. Premenstrual Syndrome
3. Yoga for Pregnancy and Childbirth
4. Infertility-male and female, PCOS

Unit 3 : Excretory System, Neurological , Psychiatric Disorders:

1. Chronic renal failure
2. Renal stones

Psychiatric disorders

1. Neurosis
 - a) Anxiety disorders
 - b) Generalised anxiety disorder
 - c) Obsessive Compulsive Disorder
 - d) Phobias
2. Depression
 - a) Dysthymia
 - b) Major depression
3. Psychosis
 - a) Schizophrenia
 - b) Bipolar affective disorder

Unit-4: 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
 - **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.

- **Mastering Emotions Technique**

Thinking, feeling, emotion. Types of emotions as softer, stronger, positive and negative. Invoking, intensifying and diffusing the emotions, Pairs of opposites at the physical and emotional levels, silence, sankalpa. Full Practice . Practice given by the students.

Recommended books:

- Yoga for common ailments manual, *Swami Vivekananda Yoga Prakashana*, Bangalore, 2002
- Robin Dr. Monro, Dr. Nagendra , Dr. Nagarantha (1991). *Yoga for common ailments and IAYT for different diseases*, ISBN: 978-0671705282, Touchstone Publishers.
- Dr. Swami Karmananda. *Yogic management of common diseases*, ISBN 81-85787-24-7, Yoga Publications Trust Munger Bihar.
- Dr. R Nagaratha, Dr. H R Nagendra (2015). *Integrated approach of yoga therapy for positive health*. Swami Vivekananda Yoga Prakashana

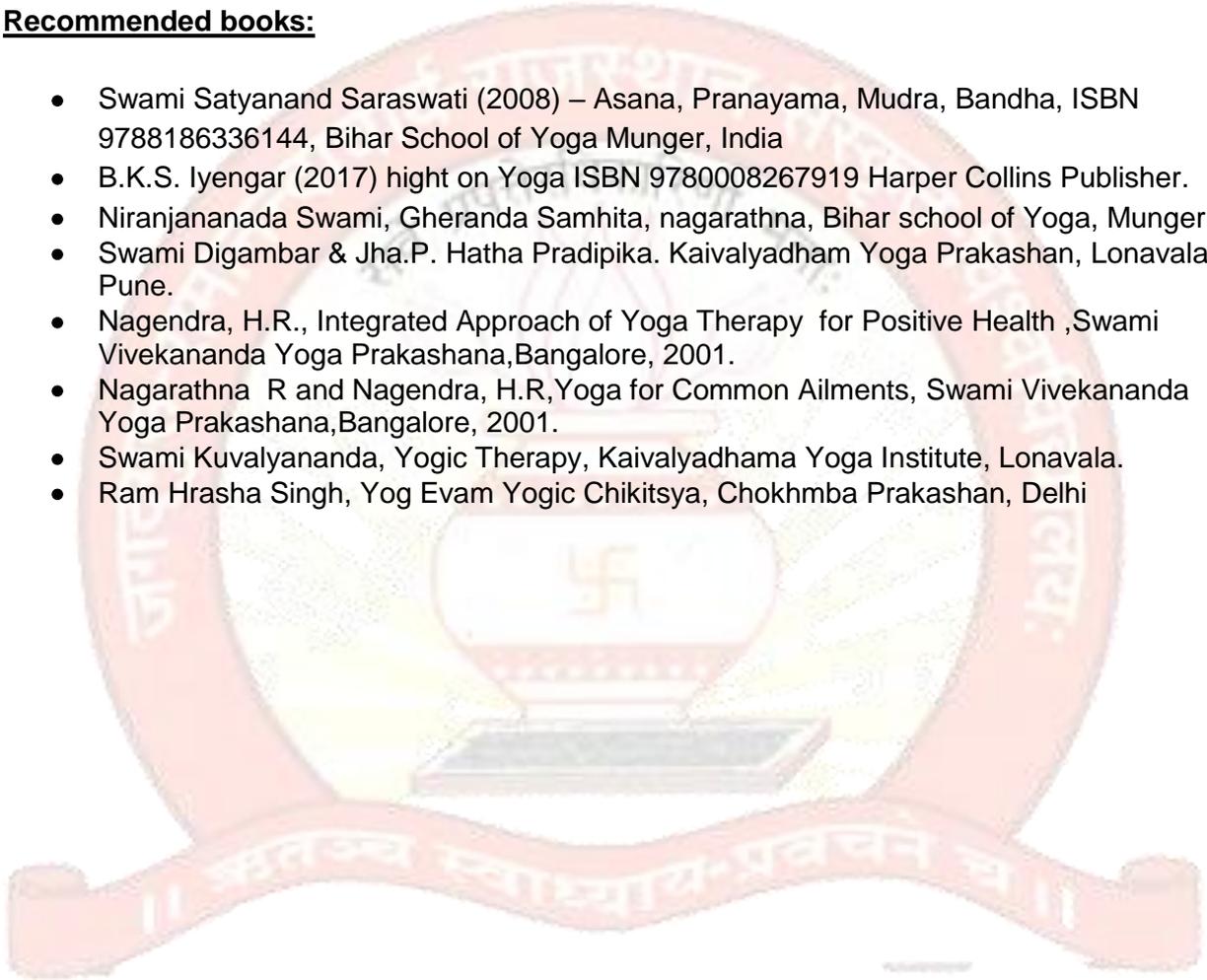
Subject: Advance Kriya
Subject code: MSP-302
Marks in examination: 50

Unit-1

- 2 दण्ड धोती, वस्त्र धोती, अन्त धोती
- 3 उषा पान
- 4 जालन्धर बंध, उडयान बंध, मूल बंध, महा बंध
- 5 नौलि – मध्यम नौलि, वाम नौलि, दक्षिण नौलि
- 6 कपाल भाति – वातकर्म कपालभाति, व्युत्क्रम कपालभाति, शीतक्रम कपालभाति

Recommended books:

- Swami Satyanand Saraswati (2008) – Asana, Pranayama, Mudra, Bandha, ISBN 9788186336144, Bihar School of Yoga Munger, India
- B.K.S. Iyengar (2017) hight on Yoga ISBN 9780008267919 Harper Collins Publisher.
- Niranjananada Swami, Gheranda Samhita, nagarathna, Bihar school of Yoga, Munger.
- Swami Digambar & Jha.P. Hatha Pradipika. Kaivalyadham Yoga Prakashan, Lonavala, Pune.
- Nagendra, H.R., Integrated Approach of Yoga Therapy for Positive Health ,Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
- Nagarathna R and Nagendra, H.R,Yoga for Common Ailments, Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
- Swami Kuvalyananda, Yogic Therapy, Kaivalyadhama Yoga Institute, Lonavala.
- Ram Hrasha Singh, Yog Evam Yogic Chikitsya, Chokhmaba Prakashan, Delhi



SEMESTER-IV

Subject: Hatha Yoga and Gherand Samhita

Subject code: MST-401

Marks in examination: 50

Objectives:

1. By teaching Hatha Yoga, candidates are expected to understand
2. The misconceptions about Yoga
3. Nath sects and the architect of Mathika of a Yogi
4. Food and other code of conduct
5. Practices mentioned in Hatha Yoga

Unit 1: Hatha Yoga its Philosophy and Practices

1. Hatha Yoga, its meaning, definition, aims & objectives, misconceptions, obstacles (vighna) and helps (sahāyaka) in Hatha Yoga as in Hatha Yoga Pradēpikā.
2. The Origin of Hatha Yoga, Hatha Yogic Literature, Hatha Yogic Practices as explained in Haōha Yoga Pradēpika (HYP).
3. Concept of Mata, Rules & Regulations to be followed by the Hatha Yoga Practitioner, concept of Mitāhāra, Pathya and Apathya.
4. Hatha Yogic Paramparā. Brief introduction to Great Hatha Yogés of Nātha Cult and their contributions to Yoga. Relationship between Hatha Yoga & Rāja Yoga.

Unit 2: Hatha Yoga Practices: Sodhana-Kriyās and Āsanas

1. Sodhana-kriyās, Sodhana-kriyās in Hatha Yoga Pradēpika & in Gherāēnda Samhitā and their techniques, benefits and precautions.
2. Role of Sodhana-kriyās in Yoga Sādhanā and their importance in Modern day life.
3. Yogāsana: its definition, salient features and importance in Hatha Yoga Sādhanā.
4. Āsanas in Hatha Yoga Pradēpikā and Gherāēnda Samhitā: their techniques, benefits, precautions and importance.

Unit 3: Hatha Yogic Practices: Prānāyāma, Bandhas and Mudrās

1. Prānāyāma – Mechanism of correct breathing, Yogic deep breathing, Concept of Pūraka, Kumbhaka and Recaka.
2. The concept of Prāna, Kinds of Prāna and Upa-prānas, Prānāyāma and its importance in Hatha Yoga Sādhanā, Nāadisodhana Prānāyama, its technique and importance, Pre-requisites of Prānāyāma.
3. Prānāyāma practices in Hatha Yoga Pradēpikā and Gherāēnda Samhitā, their techniques, benefits and precautions, Haōha Siddhi Lakṣāṇam.
4. Bandhas and role of Bandhatrayas in Yoga Sādhanā.
5. Fundamental Mudrās in HYP. and G.S, their techniques, benefits and precautions.

Hathayoga Practices: Pratyāhāra, Nādānusandhāna

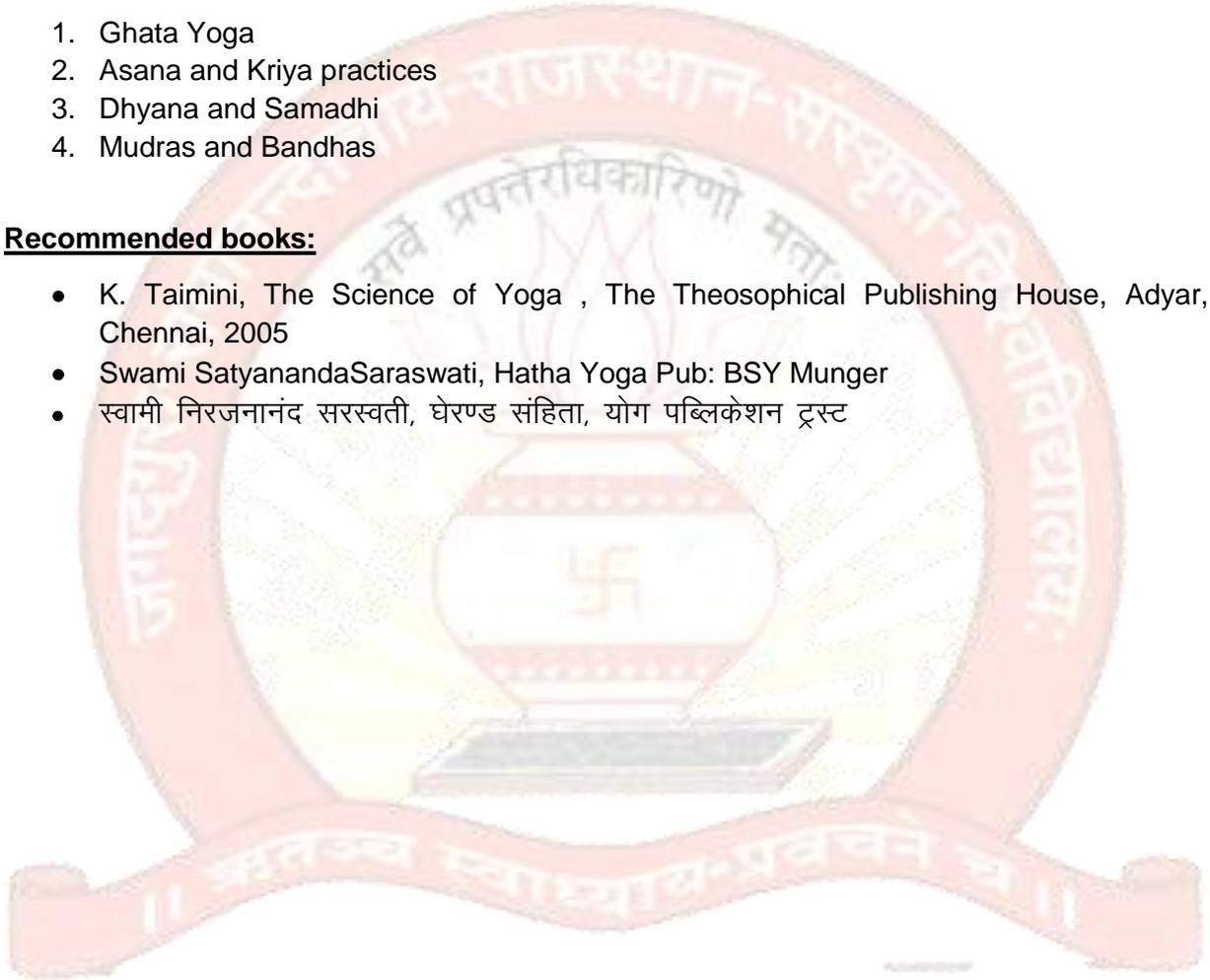
1. Concept of Pratyāhāra, Dhāranā and Dhyāna in G.S. and their techniques & benefits.
2. Concept of Samādhi in HathayogaPradēpikā, Samādhi Laghima and Hatha Yoga Siddhi Lagima.
3. The concept of Nāda, Four Avasthās (stages) of Nādānusandhāna, and its Siddhis.
4. Svara, Importance of Svarodaya-jīāna in Yoga Sādhanā with special reference to JīānaSvarodaya and ÇivaSvarodaya.

Unit-4: GherandaSamhita and Hatha rathnavali

1. Ghata Yoga
2. Asana and Kriya practices
3. Dhyana and Samadhi
4. Mudras and Bandhas

Recommended books:

- K. Taimini, The Science of Yoga , The Theosophical Publishing House, Adyar, Chennai, 2005
- Swami SatyanandaSaraswati, Hatha Yoga Pub: BSY Munger
- स्वामी निरजनानंद सरस्वती, घेरण्ड संहिता, योग पब्लिकेशन ट्रस्ट



Subject name: Introduction to Integrative medicine

Subject code: MST-402

Marks in examination: 50

Objectives

1. To understand the science of ayurveda.
2. To get comprehensive knowledge about ancient wisdom.
3. To get the knowledge about fundamentals of ayurveda.
4. To get knowledge about how to integrate ayurveda with yoga.

Unit – 1: Definition of Ayurveda

1. Definition of Vedas – Introduction of division of vedas.
2. Definition of Ayurveda – Different types of ayu and chronology of ayurveda.

Concept of Doshas, dhatus, malas and agni

1. Concept of doshas – Vata, Pitta and Kapha
2. Concept of dhatus and malas
3. Concept of agni – Types of agni and concept of Ama.

Concept of Chikitsa

1. Shishyaguna – Concept of Chikitsachatushpada,
2. Qualities of royal physician.
3. Dinacharya, rutucharya and rutosandhi- features and significance.

Unit-2: Concept of health and disease

1. Concept of health according to sushruta.
2. Concept of disease and its classification.
3. Concept of agryasangrahas

Concept of drugs in Ayurveda and its formulation

1. Concept of drugs in ayurveda, different types of formulations and concept of treatments
2. in ayurveda.
3. Panchakarma and its procedures.

Unit-3: Basis of Naturopathy

1. Definition of Nature Cure
2. History of Naturopathy
3. Principles of Naturopathy

Diet and Fasting

1. Basis of Diet and its type
2. Fasting Therapy
3. Type of Fasting

4. Importance of Fasting
5. Precaution to be taken
6. Indications
7. Contraindications

Hydrotherapy and Mud Therapy

1. Definition Mud Therapy
2. Types of Mud
3. Preparation and Method of Application
4. Benefits
5. Indication and Contraindication
6. Introduction to Hydrotherapy
7. Physiological and Therapeutic Properties
8. Hydrotherapy Interventions: Hip Bath, Steam Bath, Enema, Packs, Compress, Fomentation.

Unit-4: Manipulative Therapy

1. Introduction to Manipulative Therapy
2. Types of movement
3. Benefits
4. Indication and Contraindication

Chromo Therapy

1. Introduction to Chromo therapy
2. Physiological and Psychological Effect of Color

Recommended books:

- Introduction to Ayurveda and Yoga by David Frawley.
- AshtangaSangraha by Vagbhata.
- Principles of Naturopathy- Dr. Bhakru
- Susruta Samhita – Prof. K. R. Srikantha Murthy Chaukhambha Orientalza (Varanasz)
- प्राकृतिक आयुर्विज्ञान – आरोग्य सेवा प्रकाशन मोदीनगर, उत्तरप्रदेश
- Todd Calde cott (2006) Ayurveda The Divine Science of life ISBN 9780723434108 Mosby Elsevier
- K.R. Srikantha Murty (2014) Ashtapga Hridayam, Chaukhamba Sanskrit Series, ISBN 9788121800228

Subject: Mind –Body Relation

Subject code: MST-403

Marks in examination: 50

Objectives:-

After going through this course student will be able to

1. Learn the Yogic concept of body and mind.
2. Learn the concept of mind body connection.
3. Learn the qualities of a counsellor and basic techniques of counselling through yoga Philosophy.

Unit 1: Yogic Concept and Psychology

Concept of Yogic Psychology Seven Psychic Centres and Five Sheaths of Human Body , Concept of Citta and Its Modifications. Personality Types According to Yoga, Personality Transformation Through Yoga.

Unit 2: Yogic Counseling

Role of Shuddhi Prakriyas in treatment of illnesses Prevention and promotion of positive Health Concepts of Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Chitta Shuddhi (Dharana, Dhyana and Samadhi)

Unit 3: Principles and techniques of counseling

Qualities of a counselor, Principles of counseling. Role of catharsis as understood by modern psychology and counseling. Yogic understanding of recognizable and unrecognizable stresses as karma, samskaras. Methods recommended for cleansing (chitta shuddhi) in healing. Yoga techniques to be used during counseling .

Unit-4: Morden Counseling

The Mind-Body Relationship: A Brief History,Psychoanalytic Contributions,Psychosomatic Medicine, Current Mind-Body Perspective ,Introduction to counseling and its type ,Do's and Don'ts while conducting counseling ,Stages of counselling ,Methods of Counselling ,Skills of Counselling

Recommended books:

- David Frawley (2017), *The Art and Science Of Vedic Counseling*(1st ed.),ISBN: 978-8120840744. Motilal Banarsidass
- Dr.Kamakhya Kumar(2013). *Yoga Psychology: A Handbook of Yogic Psychotherapy*,ISBN: 9788124607121, D.K. Printworld.
- Paramahansa Yogananda (2002), *God talks with Arjuna: The Bhagavad Gita*(1st ed.),ISBN: 9788189535018, Yogoda Satsanga Society Of India

Subject: Science of Meditation

Subject code: MSP- 401

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 : Introduction to Meditation

Meditation- Definition, concepts, and basic techniques. The purpose and intention of meditation practice from different perspectives.

Unit 2 : Basics of different Meditation techniques

Awareness of the energy system within the body through Visualizations and a Chakra breathing exercise. Basics Of Different Meditation Techniques: Buddhist Meditation techniques, Vedic Meditation techniques, Chinese Meditation Techniques, Jain meditation Technique, Other Meditation techniques.

Unit 3 : Meditation and Brain

Meditation and brain waves. Meditation and Ageing. Meditation and Cognitive Functions.

Unit 4 : Science of Emotions

Chanting of mantras, Bhajans, Bhagavat geeta chanting

Recommended books:-

- Daniel Goleman, Richard J. Davidson ((2017). *Altered traits_ science reveals how meditation changes your mind, brain, and body.* ISBN: 9780399184406, Avery.
- Shinzen Young (2016). *The Science of Enlightenment_ How Meditation Works,* ISBN:978-1-62203-748-3, Sounds True.
- Itai Ivtzan, Tim Lomas (2016). *Mindfulness in Positive Psychology_ The Science of Meditation and Wellbeing ,* ISBN: 9781138808515, Routledge
- Tang, Yi-Yuan (2017). *The neuroscience of mindfulness meditation _ how the body and mind work together to change our behavior,* ISBN: 978-3-319-46321-6, Palgrave Macmillan.
- A book on Yoga Practice – VII - Nagendra H R , Deshpande S, Tyagaraju, Kavitha A, Ramachandra R.

Reference books:

- Vyasapushpanjali- Nagendra H R.
- Keerthana Sangraha. part 1 and part 2 - Ramakrishna Matt
- My Prayers-. Central Chinmaya Mission Trust
- My Prayers Book II- Central Chinmaya Mission Trust

Subject: Dissertation & Presentation Sheet**Subject code: MSP- 402****Marks in examination: 50**

During this time each student is expected to write the dissertation under the supervision of a qualified guide and get ready for presentation. It is mandatory for all candidates to present their research work in the presence of an external expert.

Students have to get allotment of reserch topic and guide for their research from HOD before 15 th feb.

Students have to submit 3 copies of their research Dissertation before 30th march.

Distribution of Dissertation	Marks distribution
Writing of Dissertation	70
Presentation	15
Viva-voce	15
Total marks	100

WRITING OF DISSERTATION
A SAMPLE OF CONTENTS FOR SMET IS APPENDED BELOW

Chapter No	CONTENTS	Page No.
1	INTRODUCTION- Experiment	
2	REVIEW OF LITERATURE on SMET	
2.1	LITERARY RESEARCH FROM scriptural/YOGA TEXTS	
2.2	According to Scientific Literature	
3	AIM AND OBJECTIVES	
3.1	Aim	
3.2	Objectives	
3.3	Research Questions	
4	METHODS	
4.1	Subjects	
4.1.1	Inclusion Criteria	
4.1.2	Exclusion Criteria	
4.1.3	Source	
4.1.4	Informed Consent	
4.2	Design	
4.3	Intervention	

4.4	Assessments	
5	Data extraction and Analysis	
5.1	Data Collection	
5.2	Data Scoring	
5.3	Data Analysis	
6	RESULTS	
7	DISCUSSIONS	
8	SUMMARY & CONCLUSIONS	
8.1	Summary	
8.2	Conclusions	
8.3	Implications of the study	
8.4	Strength of the study	
8.5	Challenges of the study	
8.6	Suggestions for the future study	
8.7	The hope and the future perspective	
	APPENDICES	
1	Informed Consent Form	
2	Raw Data	
3	Publications from this I thesis	
4	pictures	

OTHER PARTICULARS FOR WRITING DISSERTATION

1	Font Size	Main chapters like 1, 2, etc– Font 14 bold capitals
		Headings in chapters like 1.1, 1.2 etc - Font 12 bold capitals
		Sub headings like 1.1.1, 2.2.3, etc – Font 14 Bold smaller Capitals
		Use standard International Transliteration code for all saàskâtaçlokäs and quotations;
2	Saàskâta Çlokäs	1. Write the Çlokäs in Devanâgariscript, then transliteration code and then its meaning in crisp translation.
		2. You can then explain in your own words the meaning and relevance of the Çlokä you have quoted.
		Add Effect size calculations to derive the sample sizes for your study

3		1. Indicate whether the questionnaire is valid for the subjects you have chosen 2. Reliable 3. Compare your base data with the normative data given in the test.
4	Psychological questionnaires	Write Summary of results in one or two paras. Comparison with previous results – explain similarities and differences Why of the results found to be explained
5	DISCUSSIONS	

