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NEP 2020
Learning Outcome Based Curriculum
Framework
For
Bachelor Degree in Yogic science



2023-24

Department of Yog vigyan,
JAGADURU RAMANANDCHARYA RAJASTHAN SANSKRIT
UNIVERSITY
MADAU, MUHANA-BHANKAROTA LINK ROAD, JAIPUR -
302026

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BACKGROUND

Considering the curricular reforms as instrumental for desired learning outcomes, all the academic departments JAGADURU RAMANANDCHARYA RAJASTHAN SANSKRIT UNIVERSITY JAIPUR - Rajasthan made an attempt to revise the curriculum of postgraduate programs in alignment with National Education Policy-2020 and UGC Quality Mandate for Higher Education Institutions 2021. The process of revising the curriculum could be prompted with the adoption of "Comprehensive Roadmap for Implementation of NEP-2020". The Roadmap identified the key features of the Policy and elucidated the Action Plan with well-defined responsibilities and indicative timeline for major academic reforms. The process of revamping the curriculum embarked with series of webinars and discussions conducted by the University. The faculties were oriented about the key features of the Policy, enabling them to revise the curriculum in synchronization with the Policy. The whole exercise was conceptualized to make it easier for them to appreciate and incorporate the vital aspects of the Policy in the revised curriculum focused on „creating holistic, thoughtful, creative and well-rounded individuals equipped with the key 21st century skills" for the „development of an enlightened, socially conscious, knowledgeable, and skill in education". To ensure the implementation of curricular reforms envisioned in NEP-2020, the University decided to implement various provisions in a phased manner. Accordingly, the curriculum may be reviewed annually

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

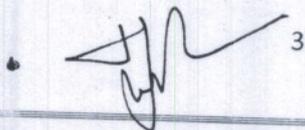
- The aim of the programme is to produce "Yoga therapists for a clinical set up"

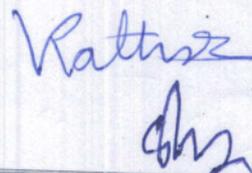
III. Objectives of the programme

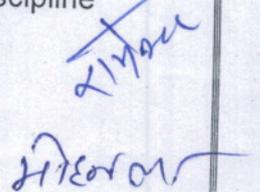
- To introduce Yoga therapy, its principles and practices of Yoga to people with various lifestyle disorders.
- To make the people aware of the therapeutic and preventive value of Yoga.
- To bring peace and harmony in the society at large by introducing the Yogic way of life.
- To create therapists of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

IV. Eligibility

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

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

**SEMESTER WISE THEORY AND PRACTICAL SUBJECTS
2023-24**

Semester	Subjects	Subject code	Credit Maximum-Marks					
			Theory	Practical	Sessional	Total	Credits	
I Sem.	Introduction to sanskrit	BST-101	70	--	30	100	2	
	Basis of Yoga (Foundation of yoga)	BST-102	70	--	30	100	3	
	Yoga and Spirituality	BST-103	70	--	30	100	2	
	Human Anatomy and Physiology-I	BST-104	70	--	30	100	3	
	Practical:							
	Skill courses	Āsana, Pranyāma and meditation level-I	BSP-SC101	--	70	30	100	3
	Science of Emotion Culture I st	BSP-102	--	70	30	100	3	
II Sem.	General Introduction to Hatha Yoga and its Practices	BST-201	70	--	30	100	2	
	Yoga therapy-Ist I	BST-202	70	--	30	100	3	
	Introduction to modern psychology and yoga psychology	BST-203	70	--	30	100	2	
	Human Anatomy and physiology-2	BST-204	70	--	30	100	3	
	Practical:							
		Science of Emotion Culture I nd	BSP-201	--	70	30	100	3
	Skill courses	Yoga for common ailments-I st	BSP-SC202	--	70	30	100	3

Course Code : BST -101

Subject : Introduction to Sanskrit

Full marks for examination :70+30=100

Credits:- 2 (L-2, T-0, R-0)

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 वर्गजान सहित (रोमन लिपि में लेखन एवं पठन); वर्णों के उच्चारणस्थान और प्रयत्न जान।प्रत्याहार निर्माण विधि एवं प्रत्याहार जान। कारक, विभक्ति(सुप् और लिङ्),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 अर्थजान सहित। अजन्तशब्दरूप-नदी, भानु, धेनु, मधु, पितृ, मातृ शब्दों के रूप अर्थजान 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 अर्थजान सहित। हलन्तशब्दरूप-भगवत्, आत्मन्, नामन्, जगत् शब्दों के रूप अर्थजान सहित।

Unit-3: धातुरूप ।

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

Unit-4: वाक्यनिर्माण ।

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

TEXT BOOKS

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

BOOKS FOR REFERENCE

- Perry E D : A Sanskrit Primer, MLBD, New Delhi, 2004
- Kala MR : A Higher Sasnkrit Grammer for college students, MLBD, New Delhi, 2011
- द्विवेदी० कपिल देव : प्रारम्भिक रचनानुवाद कौमुदी ;विश्वविद्यालय प्रकाशन वाराणसी, 2011

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Course Code : BST -102

Subject : Basis of Yoga (Foundation of Yoga)

Credits:- 3 (L-2, T-1, P-0)

Marks in examination: 70+30=100

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

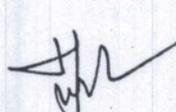
1. The Science of Happiness
2. The Basis of Yoga
3. The direction of our life
4. Happiness analysis
5. Story of old lady, Story of Srikanda
6. Happiness depend on mood of person
7. Happiness is not outside but it is inside state
8. Concentration, appreciation

Unit-3: Yoga scriptures

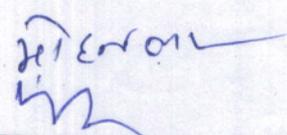
1. A glimpse into our scriptures
2. Quantify *Ānanda*, *Ānanda Mimansa*
3. Layers of Consciousness (*Lokās*)
4. Happiness – quatitative or qualitative
5. State of complete freedom

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

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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

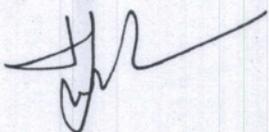
Credits:- 2 (L-2, T-0, P-0)

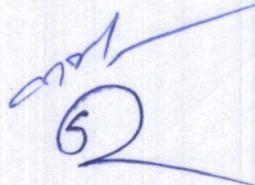
Marks in examination: 70+30=100

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

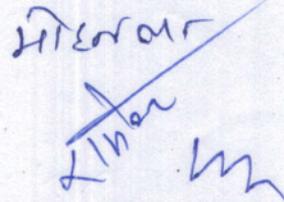
Unit-2: Glimpse of each Upanishads, The style of Upanishad (Shaili, Bhava, Bhasa) Harmony. Ego and Beyond Yogic practice. The Pranavopanishad. Prasnaupanishad, Kenopanishad, Mandukyaupanishad, Mundakaupanishad, Glimpse of each Upanishads.

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.





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Course Code :- BST-104

Subject:- Human Anatomy and Physiology- I

Credits:- 3 (L-2, T-1, P-0)

Marks in examination; 70+30=100

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

Credits:- 3 (L-0, T-0, P-6)

Marks in examination: 70+30=100

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 Namaskära – 12 rounds of 12 counts

Unit- 2: Yogäsanas:

Standing:

- Ardhakati Cakräsana
- Padahastäsana
- Bakäsana
- Vrikshashana
- Ardha Cakräsana
- Trikonäsana
- Ardha Candräsana

Sitting:

- Vajräsana
- Pascimottänäsana
- Vakräsana
- Baddhakonäsana
- Mayuräsana
- Shashankäsana
- Usträsana
- Ardha Matsyendräsana
- Veerasana

Prone:-

- Bhujaiğäsana
- Dhanuräsana
- Tiryaiika Bhujaiğäsana
- Salabhäsana
- Gupta Padmäsana

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.

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Course Code : BSP-102

Subject :- Science of Emotion Culture Ist

Credits:- 3 (L-0, T-0, P-6)

Marks in examination: 70+30=100

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 General Introduction to Hatha Yoga and its Practices

Credits:- 2 (L-2, T-0, P-0)

Marks in examination: 70+30=100

Unit - 1: General introduction to Hatha yoga:

Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions, Philosophy and Foundations; Hatha Yoga Parampara; Ghatashudhi: its importance and relevance in Hatha Yoga; Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga; Concepts of Matha, Concept of Mitahara, Pathya (conducive) and Apathya (non-conducive), Relevance of Hatha Yoga in day-to-day life.

Unit - 2: Pre-requisites of Hatha Yoga:

Types of aspirants; Dasha Yama and Niyama and its relevance in Hatha Yoga Sadhana; Swara, Importance of Svarodaya-jnana in Hatha Yoga Sadhana; Steps of Hathayoga Sadhana: Chaturanga Yoga and Saptanga Yoga; Hatha Siddhi Lakshanam

Unit - 3: Principles of Hatha Yoga:

Concept of Shvas-prashvas, Vayu, Prana and Upaprana; Concept of Kand, Nadi, Swar, Chakra and Granthi; Unmani avastha, Nadanusandhan; Kundalini Yoga: Meaning and Nature of Kundalini, Kundalini Prabodhan (jagran) and Shatchakra Bhedan, Concept of Hatha Yoga Samadhi.

Unit-4: Hatha Yogic Practices

Asanas, Pranayama, Mudra and Bandhas according to Gherand Samhita.

TEXT BOOKS

1. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000

2. HathaYoga Pradeepika of Svatmarama, MDNIY Publication, 2013

3. Sharma BR: Jyotsna (Commentary of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013

2013 BOOKS FOR REFERENCE 1. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010. 2. Chintaharan Betal, Hatha Yog Ki

Bhumika (Hindi version), University Publications, Dariya Ganj, New Delhi 3. Gharote ML: Hatharatnavali, The Lonavala Yoga Institute, Lonavala, Pune, II nd Edition, 2009

4. Briggs GW: Gorakhnatha and the Kanphata Yogis, 8th Edition, 2009

5. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006

6. Gharote M.L. & Pai, G.K. (Edi): Siddhasidhantpaddhati, Kaivalyadhama, Lonavla, 2005.

7. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.

8. Swami Digambar ji & Gharote M.L.: Gherand Samhita, Kaivalyadhama, Lonavla, 1978.
9. Swatmarama ji: Hathapradipika (Jyotsna- tika), Adyar Library, Madras.
10. Bharati, Swami Veda Reddy Venkata: Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnaval

Course Code :- BST 202

Subject :- Yoga therapy - 1st

Credits:- 3 (L-2, T-1, P-0)

Marks in examination: 70+30=100

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

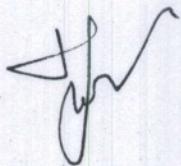
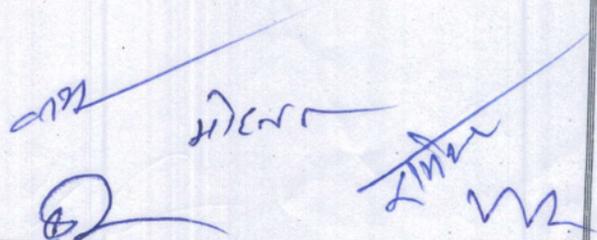
1. Diabetes Mellitus (I&II)
 - a. Definition, Etiopathogenesis, Classification, Clinical Features
 - b. Medical and Yogic management
2. Hypo and Hyper- thyroidism
 - a. Definition, Etiopathogenesis, Classification, Clinical Features
 - b. Medical and Yogic management
3. Obesity
 - a. Definition, Etiopathogenesis,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

Credits:- 2 (L-2, T-0, P-0)

Marks in examination: 70+30=100

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 Jīāna Yoga (Çravaēa, 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

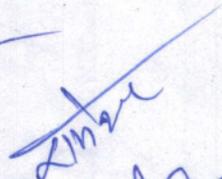
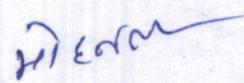
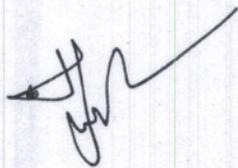
Unit-4: Introduction to counselling

1. Introduction 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 – IIInd

Credits:- 3 (L-2, T-1, P-0)

Marks in examination: 70+30=100

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 IInd

Credits:- 3 (L-0, T-0, P-6)

Marks in examination: 70+30=100

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

Credits:- 3 (L-0, T-0, P-6)

Marks in examination: 70+30=100

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);
- Kapala Shakti-Vardhaka (For The Cheeks);
- Karna Shakti-Vardhaka (For The Ears);
- Griva Shakti-Vikasaka (For The Neck) (I), (Ii) And (Iii),
- 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) & (Ii), Jangha Shakti-Vikasaka (For The Thighs) (Ii) ,
- 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

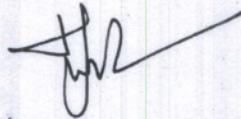
- Rekha-gati (Walking in a Straight line), Hrid-gati (Injanadaur – the Locomotive Exercise),
- Utkurdana (Jumping Exercise), Urdhva-gati (Upward Movement), Sarvanga-pusti (Developing the Entire body)

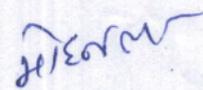
Unit -2:

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

