

ACADEMIC CURRICULUM

For

Bachelor Degree in Yoga



JRR SANSKRIT UNIVERSITY

Village Madau, Post Bhankrota, Jaipur
Rajasthan 302029

JAGADURU RAMANANDCHARYA RAJASTHAN SANSKRIT UNIVERSITY

VILL.-MADAU, POST –BHANKAROTA DIST.JAIPUR -302026

SEMESTERWISE THEORY AND PRACTICAL SUBJECTS

Semester	Subjects	Subject code
I Sem.	Theory:	
	General Hindi	BST-101
	General English	BST-102
	Introduction to sanskriti	BST-103
	Basis of Yoga	BST-104
	Human Anatomy and Physiology-I	BST-105
	Environmental study	BST-106
	Practical:	
	Āsana, Pranyāma and meditation level-I	BSP-101
	Yoga practice for Emotion Culture	BSP-102
Environmental Practical	BSP-103	
II Sem.	Theory:	
	Introduction to Bhagavad Gēeta	BST-201
	Yoga therapy-I	BST-202
	Introduction to modern psychology and yoga psychology	BST-203
	Anatomy and physiology-2	BST-204
	Practical:	
	Bhagavad gēeta Chanting	BSP-201
	Yoga for common ailments-1	BSP-202
III Sem.	Theory:	
	Introduction to Upanishads	BST-301
	Yoga therapy-2	BST-302
	Research methodology	BST-303
	Value education	BST-304
	Practical:	
	Yoga for Common Ailements-2	BSP-301
Advance techniques	BSP-302	
IV Sem.	Methods of Teaching Yoga	BST-401
	Applied yoga	BST-402
	Fundamentals of naturopathy	BST-403
	Yoga and holistic health	BST-404
	Practical:	
	Yoga for Personality Development	BSP-401
	Naturopathy Practical	BSP-402

V Sem.	Theory:	
	Introduction to AYUSH	BST-501
	Patañjali Yoga Sūtra	BST-502
	Yoga therapy camp	BST-503
	Disaster management	BST-504
	Practical:	
	Āsana, Prānāyāma and meditation level-2	BSP-501
	Ayush Training	BSP-502
VI Sem.	Theory:	
	Nārada Bhakti Sūtrās	BST-601
	HathaYoga	BST-602
	Cultural history of India and contemporary Yogis	BST-603
	Constitution of India	BST-604
	Practical:	
	Advance Pranayama and meditation	BSP-601
	Internal Assesment	BSP-602

Course Code : BST -103

Subject : Introduction to Samskrit

Credit :4		Full marks for examination :100	
Unit-I	Unit-II	Unit-III	Unit-IV

Objectives:

- i. To Make students communicate and write in Samskrit
- ii. To understand the hidden concept of yoga in the ancient texts
- iii. To have in depth knowledge about the Samskrit texts

Unit-1:

Introduction

- i. introduction to language and subject
- ii. Devanagari script- Alphabets, i.e. vowels, consonants, vowels& consonants combination
- iii. two consonant combinations, special conjunct consonants and their pronunciation
Associated with their articulation. Formation of writing
- iv. Introduction to Samskrita Grammar, Story of Panini & his works.
- v. Concept of place of letter & mechanism of birth of each letter.
- vi. Basic rules for recognition of Nouns and collection of Samskrita words in genders.

Unit-2:

Verbs, noun Pronoun and sentence writing

- i. Introduction to genders- Masculine ,Feminine and Neuter genders.

- ii. 24 forms of a noun in all genders and its declensions; practice of other similar Declensions. Usage of the 24 forms of all nouns.
- iii. Verb roots with meaning. Nice 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.
- iv. Pronouns: Introduction to pronouns; declensions of pronouns; corresponding translations of pronouns into English; forming sentence with pronouns; different aspects of pronouns being used as Demonstrative pronouns and as interrogative Pronouns and details of distance specification.
- v. Questioning words with its 24 declensions in all genders and practice of all of the with nouns and pronouns.
- vi. Introduction to write a simple sentence. Sentence in singular. Dual and plural. Practice of question and answers.

Unit-3:

Prepositions and introduction to time, tense and cases

- i. Prepositions and its meaning with usage. in sentence, asking question and answers.
- ii. Introduction to time and its variations. Practice of numbers 1-100 with writing practice with samskrita symbols.
- iii. Days in Samskritam with question and answers.
- iv. Introduction to Tense- present, past and future tenses. Practice of conversion of one tense into another tense.
- v. Introduction to cases and its meaning with questions. Practice of cases.

Unit-4:

Paragraph writing and glimpse of science in Samskrita

- i. Paragraph writing on specific topic. Using all Nouns, Pronouns, prepositions, time, days, number etc.
- ii. Introduction of Samskrita literature and its vastness. specialty and beauty of Samskrita language with respect to some verses from different poetry, prose and dramas.

- iii. Glimpse of science in Samskritan with reference to Vimanikashastra, ganitashastra etc.
- iv. Reading and writing practice with the help of stories and very basic texts in Samskritam.

Reference books:

1. Samskrita Bharati published books& flash cards.
2. Sarala book.
3. Sugama book.
4. Sukhada book.

SEMESTER-I

Course Code : BST -104

Subject: Basis of Yoga

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II	Unit-III	Unit-IV

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. Creativity, New Horizon,

The new directions of science

5. Modern Physics, Life sciences
6. Neuro sciences. The transition
7. A social Metamorphosis
8. Repercussion, the Fermentation,
9. Drug culture
10. Review of World History, India in the scene

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, Story of Hari
6. Law of diminishing returns
7. Shankarabharana story, Saint story-Payasam
8. Happiness depend on mood of person
9. Happiness is not outside but it is inside state
10. Concentration, appreciation

Unit-3: Yoga scriptures

1. A glimpse into our scriptures

2. *Prasthāna Traya, Upaniṣands*
3. *Mandugya, Kathopaniṣad*
4. *Taittiriya, Mundokopaniṣad, Bhagavad Gēta, Brahma Sūtra*
5. *Paīcadasi, Quantify Ānanda, Ānanda Mēmāāsa*
6. Layers of Consciousness (*Lokās*)
7. Happiness – quatitative or qualitative (Russian friend story)
8. State of complete freedom – priya story
9. story of women lib Movement
10. The abode of creativity and knowledge

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
7. introduction to four streams of *Yoga*
8. Caution, *Yoga* way of life and society
9. Role of the East: - Expectations of the west
10. Indian Scene – confusing & puzzling
11. Need of the hour

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 105

Subject: Human Anatomy and Physiology-I

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II	Unit-III	Unit-IV

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 synovial joints
6. Types of Muscle in the body(striated, Smooth muscle, Cardiac muscle)
7. Mechanism of muscle contraction

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,large intestine, small intestine ,anus
2. Associated glands-Liver, Pancreas, salivary glands
3. Physiology of digestion and absorption
4. Malnutrition and under nutrition

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)
4. Common respiratory disorder

Unit-4: Cardiovascular system

1. Composition and function of blood –Plasma ,RBC,WBC and Platelet
2. Blood groups and their importance
3. Blood clotting
4. Structure and working mechanism of heart
5. Organisation of systemic and pulmonary circulation
6. Cardiac output and cardiac cycle
7. Functional anatomy of blood vessels
8. Blood pressure and regulation of blood pressure

Text Books:

1. Tortora and Bryan – Anatomy and Physiology
2. Telles and Nagendra- Glimpse of Human body

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 : BST 106

Subject: Environmental study

		Full marks for examination: 70	
Examination weightage:			
Unit-I:-	Unit-II	Unit-III	

Course Code : BSP 101

Subject : Asana, Pranayama and Meditation level - I

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II	Unit-III	Unit-IV
Unit-V			

Objectives:

To introduce the classical hatha yoga basic practices

Focus on overall development of all sheaths

To bring out the hidden talents through regular practices.

Unit-1:

Breathing Practices:

- A. Hands In and Out Breathing
- B. Hands stretch Breathing
- C. Ankle stretch Breathing
- D. Dog Breathing
- E. Rabbit Breathing
- F. Tiger Breathing
- G. Shashankasana Breathing
- H. Bhujangasana Breathing
- I. Salbhasana Breathing
- J. Alternate Leg Raise Breathing
- K. Straight Leg Raise Breathing

Loosening Exercises (Çithili Karaëa Vyäyama)

- A. Forward and Backward bending
- B. Side Stretch
- C. Twisting
- D. Jogging & Jumping
- E. Hand Rotation - Single, Both, Clock wise and Anti Clock wise
- F. Shoulder Rotation
- G. Knee Rotation

Surya Namaskāra – 12 rounds of 12 counts

Unit- 2:

Yogāsanas:

Standing:

- | | |
|------------------------|---------------------|
| A. Ardhakati Cakrāsana | B. Ardha Cakrāsana |
| C. Padahastāsana | D. Trikonāsana |
| E. Bakāsana | F. Ardha Candrāsana |
| G. Vrikshashana | |

Sitting:

- | | |
|---------------------|-------------------------|
| A. Vajrāsana | B. Shashankāsana |
| C. Paçcimottānāsana | D. Ustrāsana |
| E. Vakrāsana | F. Ardha Matsyendrāsana |
| G. Baddhakoëāsana | H. Veerasana |
| I. Mayurāsana | |

Prone:-

- | | |
|--------------------------|--------------------|
| A. Bhujaiḡāsana | B. Salabhāsana |
| C. Dhanurāsana | |
| D. Tiryaika Bhujaiḡāsana | E. Gupta Padmāsana |

Supine:-

- | | |
|----------------|-----------------------|
| A. Sarvāḡāsana | B. Halāsana |
| C. Matsyāsana | D. Urdhva Dhanurāsana |
| E. Navāsana | |

Inverted Posture:-

- | | |
|------------------------------|----------------|
| A. Çérçāsana | B. Vāçcikāsana |
| C. Ekapada Urdhva Chakrāsana | |

Kriyās

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

D. Agnisara

E. Nouli

Unit- 3:

Pranayama

A. Kapalabhati: (3 rounds 120 struction)

B. Sectional Breathing

C. Nadisudhi

Unit -4:

Relaxation Techniques

A. Instant Relaxation Technique (IRT)

B. Quick Relaxation Technique (QRT)

C. Deep Relaxation Technique (DRT)

Course Code : BSP -102

Subject : Yoga practice for emotion culture

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II	Unit-III	Unit-IV

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. Prayer before Sunrise - *Prātaù Smaraëa Stotram*
2. Salutations to *Vyāsa Maharçi* - *Vyāsa Prārthanā*
3. Prayer before Meditation - *Dhyānamantra*
4. Prayer before *Prāëäyāma* - *Prānāyāma Mantrā*
5. Prayer before Sun Salutation- *Suryanamaskāra Mantra*
6. Prayer before Food - *Bhojana Mantra*
- 7.

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** - Ātmaliṅgam Bhajo Re
4. **Devi Bhajan** - Jaya Durge Jaya Durge, He
Çārade Māḍ He Çārade Māḍ
5. **Shree Rama** - Premamudita Mana Se Kaho Rāma
Rāma Rāma, Ātmanivāsé 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

Course Code : BSP -103

Subject : Environment Practical

		Full marks for examination: 30	

SEMESTER-II

Course Code : BST 201

Subject : Introduction to Bhagavad Gita

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II	Unit-III	Unit-IV

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
3. Obstruction to Higher impulses 37

4th Chapter

1. Introduction to Jnana Yoga
2. Definition of Yoga in BG
3. Nature of action, inaction & ego-less action 16-22
4. Methods of dissolving actions (Yajna) 24-32
5. Supremacy of knowledge 33-36
6. Wisdom destroys ignorance 37-39

Unit-2:

5th Chapter

7. Nature of perpetual Sanyasi -3
8. Work with detachment 10-12

6th Chapter

1. Potentiality of Human – 5
2. Aids to Yoga and the attainment of Yoga 10-18
3. Stages of progress for the accomplishment 19-23
4. Instructions for introspection 24-26
5. Effect of the Yoga of the meditation 27-32
6. 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. Brief introduction to the chapter
2. 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. Noble traits & Demonic nature1-4
2. Effects of two natures 5
3. Attitude of the materialist towards life 12-15
4. Characteristics of mundane people 16-18
5. 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. Impulse to action & basis of action 18-19
3. Threefold of nature of knowledge 20-22
4. Threefold of nature of action 23-25
5. Three kinds of doer 26-28
6. Three types of buddhi 29-32
7. Three kinds of Dhriti 33-35
8. Three types of happiness 36-39
9. Four kinds of social living 42-44
10. Four conditions of seeker 65

Text books:

1. Srimadbhagavad Gita- Chinmay mission publication
2. Srimadbhagavad Gita-Gita press

Course Code : BST 202

Subject : Yoga therapy - I

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II	Unit-III	Unit-IV

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
 - b) Definition, Etiopathogenesis, Classification, Clinical Features,
 - c) Medical and Yogic Management
3. Allergic Rhinitis & Sinusitis
 - d) Definition, Etiopathogenesis, Classification, Clinical Features,
 - e) Medical and Yogic Management
4. COPD
 - f) Chronic Bronchitis
 - i. Definition, Etiopathogenesis, Classification, Clinical Features,
 - ii. Medical and Yogic Management
 - g) Emphysema
 - iii. Definition, , Classification, Clinical Features,
 - iv. Medical and Yogic Management
5. Infectious Disorders
 - h) Tuberculosis
 - i. Definition, Etiopathogenesis, Classification, Clinical Features,
 - ii. 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. Atherosclerosis / 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
5. Congestive Cardiac failure
 - a. Definition, Etiopathogenesis, Classification, Clinical Features
 - b. Medical and Yogic management
6. Cardiac asthma
 - a. Definition, Etiopathogenesis, Classification, Clinical Features
 - a. 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
4. Metabolic Syndrome
 - a. Definition, Etiopathogenesis, Classification, Clinical Features
 - b. Medical and Yogic management

Unit -4: Obstetrics and Gynecological Disorders

1. Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia
2. Definitions, Etiopathogenesis, Classification, Clinical Features
3. Medical and Yogic management
4. Premenstrual Syndrome

- a. Definition, Etiopathogenesis, Classification, Clinical Features
 - b. Medical and Yogic management
- 5. Menopause and peri-menopausal syndrome
 - a. Definition, Etiopathogenesis, Classification, Clinical Features
 - b. Medical and Yogic management
- 6. Yoga for Pregnancy and Childbirth
 - a. Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM
 - b. Ante-natal care
 - c. Post-natal care
- 7. PCOS
 - a. Definition, Etiopathogenesis, Classification, Clinical Features
 - b. Medical and Yogic management

Recommended Texts:

- 1. IAYT series- SVYASA publications
- 2. Yoga for common ailments

Course Code : BST 203

Subject : Introduction to modern psychology and yoga psychology

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II	Unit-III	Unit-IV

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

Introduction to counseling

1. Do's and Don'ts while conducting Interview
2. Stages of counselling
3. Methods of Counselling
4. Skills of Counselling
5. Yogic counselling

Unit-4: Introduction to Parapsychology

1. Parapsychology and science;
2. The historical roots of parapsychology (PP);
3. Varieties and definitions of parapsychological phenomena
4. Methods used to study psi;
5. Some recurring issues in ESP research
6. Parapsychological phenomena from the perspective of yoga

Recommended texts:

1. Abhedananda : The Yoga Psychology Ramakrishna Vedanta Math, Calcutta, 1973.
2. Sachdev, I.P. : Yoga and Depth Psychology (Motilal Banarsidass, 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 , 2006 Reference Books
5. Nairne, J. S. (2014). Psychology (6th ed.). Belmont, CA: Wadsworth Cengage

Course Code : BST 204
Subject : Anatomy and Physiology - 2

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II	Unit-III	Unit-IV

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
5. Reflex action
6. Mechanism of nerve conduction
7. Synapse and synaptic transmission
8. Structure and function of eye,ear,nose,tongue and skin

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

Lymphatic system and immune system

1. Lymphoid organ –Bone marrow, Thymus, spleen ,Lymph node
2. Composition and function of lymph
3. Immunity
4. Types of immunity-Innate immunity and acquired immunity
5. Antigen and antibody
6. Hypersensitivity
7. Autoimmunity

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

Reference Books:

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

Course Code : BSP 201
Subject : Bhagavad Gita chanting

		Full marks for examination: 50	
Examination weightage:			
Unit-I	Unit-II	Unit-III	Unit-IV

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. Vyas Pushpanjali: Svyp Bangalore

Course Code : BSP 202
Subject : Yoga for common ailments

Final Examination : 50		Total Marks : 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. Breathing practices
 - a. Different types of sukshma vyamas
 - b. Indications
 - c. Contra-indications
2. Obesity
 - a. Specific asanas
 - b. Specific pranayama
 - c. Specific kriyas
 - d. Different breathing practices

Unit -2:

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

Unit-3:

1. Asthama
 - a. Specific asanas
 - b. Specific pranayama

- c. Specific kriyas
 - d. Different breathing practices
2. Hypertension
- 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

Text books:

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

SEMESTER-III

Course Code : BST 301

Subject : Introductions to Upanishads

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II	Unit-III	Unit-IV

Objectives:

1. Students are expected to have knowledge about our ancient Upanishads and its contents
2. Trying to understand the Upanishads in detail

Unit-1: Introduction to Upanishads

1. An Introduction to Upanishadic Philosophies
2. Antiquity of Upanishads.
3. Prasthanatraya – Shruthiprasthana, Smritiprasthana&Nyayaprasthana.

Unit-2: Essence of Isha, Kena and Kathopanishad

1. Ishavasyopanishad

- a) JnanaNishtha(Ish.1),
- b) Karma Nishtha(Ish.2),
- c) All compassion Brahman(Ish.5),
- d) Nature of Sage(Ish.6,7)
- e) Prayer of dying Man(Ish.15).

2. Kenopanishad

- a) The inscrutable being(Kena-I.2,3,4,6)(Kena II.2,3),
- b) Greatness of self Knowledge (Kenall.5)

3. Kathopanishad

- a) Futility of earthly pleasure(Katha I.i.26,27)
- b) Glory of wisdom of self(Katha I.ii.1,5,6,7,12)
- c) Atman is immortal (Katha I.ii.18)
- d) Conditions of knowing that(Katha I.ii.23,24)
- e) The Razor-path of Jnana (Katha I.iii.14,15)
- f) Sense knowledge is nothing(Katha II.i.1,2)
- g) The indivisible Brahman (Katha II.i.10,11)(Katha II.ii.2,9,11)The supreme state

Unit-3: Essence of Prashna, Munda, Mandukya and Taittiriya

1. Prashna

- a. Sun, the life of creatures
- b. State of liberation
- c. The all inclusiveness of Brahman
- d. The state of becoming the soul

2. Munda

- a. The greatness of Brahavidya
- b. The worthlessness of Selfish-karma
- c. Tapas and Gurubhakti
- d. The origin of all things
- e. Brahman the target of meditation
- f. Know thyself
- g. Everything is Brahman
- h. Purity extolled
- i. Force of Desire
- j. State of moksha

3. Mandukyopanishad

- a. All this is Brahman
- b. The fourth state of being

Unit- 4: Essence of Aitareya, Chandogya and Brihadaranyaka

1. Aitareya

- a. Everything is only that Atman
- b. All this is Brahman only

2. Chandogya

- a. The meditation on udgithaomkara
- b. Sandilyavidya
- c. Mystic declarations
- d. The sacrifice of the knower
- e. The paradox of creation
- f. The necessity for a guru
- g. The supreme instruction
- h. Need for understanding
- i. Bhumavidya
- j. The seer's health and purity
- k. Desires should be renounced
- l. Know the Atman

3. Brihadaranyakam

- a. A prayer of the devotee
- b. The self is the dearest, the self is the absolute
- c. The death of the jnani
- d. How to know the secret Atman
- e. The ocean of the absolute
- f. Words are useless
- g. The atman and its knower
- h. The infinite Brahman
- i. Ethics

Recommended Books:

1. Upanishads for busy people – Swami Shivananda

Course Code : BST 302

Subject : Yoga therapy for common ailments - II

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II	Unit-III	Unit-IV

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: Gastro Intestinal Disorders

1. APD

- a. Introduction to APD: Gastritis –Acute & Chronic, Dyspepsia, Peptic Ulcers
- b. Clinical Features
- c. Medical and Yogic management

2. Constipation and Diarrhoea

- d. Definition, Etiopathogenesis, Clinical Features

e. Medical and Yogic management

3. Irritable Bowel Syndrome

f. Definition, Etiopathogenesis, Classification, Clinical Features

g. Medical and Yogic management

4. Inflammatory Bowel Disease

h. Ulcerative colitis

i. Definition, Etiopathogenesis, Classification, Clinical Features

ii. 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. Spondylolisthesis

iv. Spondylitis

v. 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

- a. Migraine
 - i. Causes, Classification, clinical features
 - ii. Medical and Yogic management
- b. Tension headache
 - i. Causes and its symptoms
 - ii. Medical and Yogic management

2. Cerebro vascular accidents

- c. Causes, clinical features
- d. Medical and Yogic management

3. Epilepsy; pain; Autonomic dysfunctions

- e. Causes, clinical features
- f. Medical and Yogic management

4. Parkinson's disease

- g. Causes, clinical features
- h. 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

- c. Schizophrenia
- d. Bipolar affective disorder
- e. Medical and Yogic management

Recommended Texts:

- 1. IAYT series- SVYASA publications
- 2. Yoga for common ailments

Course Code : BST 303
Subject: Research Methodology

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II	Unit-III	Unit-IV

Objectives:

- To understand the methodology of research
- 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
3. Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

Course Code : BST 304
Subject : Value Education

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II	Unit-III	Unit-IV

Objectives:

- i. To understand the importance of moral values in life.
- ii. To add value in modern educational system

Unit-1: New Dimension in Modern Education

1. Aparā, Parā
2. Personality Development; physical, mental, intellectual, emotional and spiritual, Civic Sense Patriotic Urge, Spiritual Urge
3. Residential Schools, Day-Scholar Schools
4. Non-Formal Education, Amāta Surabhi Programme

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-çīñya paramparā.
5. Relation between yoga and other forms of education.
6. Comparison of Āsanas and Exercise.
7. Role of Āsanas, Prāëäyāmas, Kriyās in Education.

Unit-3: 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-4: Yoga Education – its Practical Application

1. Self-direction or dharma
2. Knowledge (Jīāna) and concentration.
3. Development through vairāgya or through objectivity.

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.

Reference Books:

- | | | |
|----------------------------------|---|--|
| 1. Duggal, Satyapad | : | Teaching Yoga
(The Yoga Institute, Santacruz, Bombay,
1985) |
| 2. Swami Satyananda
Saraswati | : | Yoga Education For Children
(Bihar Schools of Yoga, Munger, 1990) |
| 3. Gawande, E.N. | : | Value Oriented Education
(Sarup & Sons, New Delhi – 110002) |

4. Nagendra, H.R. and Nagarathna R : New Perspectives in Stress Management (V.K.Yogas, Bangalore,1988)
5. Udupa, K.N. : Stress and its Management by Yoga (Motilal Banarsidass, Delhi)
6. Swami Satyananda Saraswati : Yoga Education For Children (Bihar Schools of Yoga, Munger, 1990)
7. Gawande, E.N. : Value Oriented Education (Sarup & Sons, New Delhi – 110002)
8. Ghorote, M.L. : Yoga Applied to Physical Education (Lonavala; Kaivalyadhama.
9. Dr R Nagarathna and Dr H R Nagendra : Integrated Approach of Yoga Therapy for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2003.

Course Code : BSP 301

Subject : Yoga for common ailments

Internal Marks : 20	Internal Assessment : 20	Faculty Assessment : 10
Final Examination : 50		Total Marks : 100

Objectives:

To teach about integrated approach of Yoga therapy

To equip students with special techniques for all ailments.

To train the students about the practices for different ailments

Unit-1:

1. Sūkñma Vyāyāma: Simple & Standard
Different types of sukshma vyamas
Indications
Contra-indications

1. Voice Culture
Different types of sukshma vyamas
Indications
Contra-indications
2. Dynamics
Different types of sukshma vyamas
Indications
Contra-indications
3. Supine special techniques
Different types of sukshma vyamas
Indications
Contra-indications

Unit- 2:

3. Epilepsy
Specific asanas
Specific pranayama
Specific kriyas
Different breathing practices
4. Parkinson's disease
Specific asanas
Specific pranayama
Specific kriyas
Different breathing practices

Unit -3:

2. Knee Pain
 - 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
4. Back pain
- a. Specific asanas
 - b. Specific pranayama
 - c. Specific kriyas
 - d. Different breathing practices

Unit-4:

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

Text books:

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

Course Code : BSP 302

Subject : Advanced Techniques

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II	Unit-III	Unit-IV

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.

SEMESTER-IV

Subject Name: Methods of Teaching Yoga

Subject Name: BST-401

Objectives:

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

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

		Full marks for Examination: 50	
Unit – I	Unit – II	Unit – III	Unit – IV

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;

Subject Name: Applied Yoga

Subject Name: BST-402

Objectives:

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

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

		Full marks for Examination: 50	
Unit – I	Unit – II	Unit – III	Unit – IV

Unit -1: Yogic Health for school

General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Brief introduction to developmental process of children; Psycho-Physiological changes and development of cognitive functions in School going children; Role of Yoga in establishment of values in School going children; Personality Development: New Dimensions of Personality through Yoga

Unit -2: Yoga in Physical Education, Sports Sciences

General introduction to Physical Education and Sports; Difference between Physical Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other faculties / skills in a sports Personnel; Nature of different sports injuries, its prevention and management through Yoga; Yoga modules for different sports – track events, field events, single participation, group participation; Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities; Research reviews on Yoga and Sports.

Unit -3: Yoga for technostress

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.

Unit -4: Yoga for geriatric care

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: Fundamentals of Naturopathy

Subject code: BST-403

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II	Unit-III	Unit-IV

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

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: Yoga and Holistic Health

Subject Name: BST-404

Objectives:

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

- Understand the concept of health and disease.
- Have understanding about yogic concepts of health and healing. **Yoga and Holistic Health**

- Yogic principle and practices for healthy living.
- Understand the concept of Ahara its role in healthy living.

		Full marks for Examination: 50	
Unit – I	Unit – II	Unit – III	Unit – IV

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 Throught 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 Heading

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 Vasishta 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: Yoga for Personality Development

Subject code: BSP-401

		Full marks for examination: 100	
Examination weightage:			
Unit-I:-	Unit-II	Unit-III	Unit-IV

Objective:

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

5. 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.
4. Special Claps, Flower Claps.
5. Yoga for Eye Sight Improvement.
6. Group Formations.

Subject: Naturopathy Practical

Subject code: BSP-402

		Full marks for examination: 50	

SEMESTER-V

Course Code : BST 501

Subject : Introduction to AYUSH

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II	Unit-III	Unit-IV

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,
4. 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.

Unit 3: Introduction to Basic concepts of Āyurveda

1. The four aspects of life (Soul, Mind, Senses and Body)
2. Paīcamahābhūtas (the five element theory),

3. Āhāra, Vihāra and Auñadhi (three pillars of Āyurveda)
4. Concept, role and importance of – Doña, Dhātu, Mala,
5. Updhātu, Srotas, Indriya, Agni, Prāëa, Prāëāyatna, 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 Ātucaryā
9. (Seasonal routine), Svasthavāta and Ñaovāta in Āyurveda.
10. Concept of Trayo Upasthambās.

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

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

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II	Unit-III	Unit-IV

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UNIT 1 SAMADHI PADA

1. What is Yoga? 2
2. Culmination of Yoga 3
3. Vritti and its classifications 5-11
4. Necessity of Abhyasa&vairagya 12
5. Foundation of Abhyasa 13-14
6. Lower & higher form of Vairagya 15-16
7. Definition of Samprajna&Asamprajna Samadhi 17-20
8. Definition & attribute of Ishwara 24-25
9. Pranava&Sadhana for Ishwara 27-28
10. Result of Sadhana 29
11. Obstacles in the path of Yoga 30-31
12. Removal of all obstacles – one pointedness, cultivating opposite virtues, by controlling Prana, Observing sense experience, by inner illumination, by detachment from matter, by knowledge of dream & sleep, by meditation as desired 32-39
13. Oneness of Chitta with object 40
14. Savitarka, Nirvitarka& other forms of samdhi 42-51

UNIT 2 SADHANA PADA

1. Discipline for Sadhana 1-2
2. Kleshas – Avidya, Asmita, Raga, Dvesha&Abhinivesha 3-9
3. Modification of the Kleshas – meditation 10-11
4. Karmashaya& its fruits 12-14
5. Pleasure and Pains are both painful 15-17
6. Four stages of Gunas 19
7. Purusha&Prakriti 20-24
8. Definition of Hana 25-26

9. Stages of enlightenment 27
10. Necessity of Yoga Practice 28
11. Bahiranga Yoga 29-55

UNIT 3 VIBHUTI PADA

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

UNIT 4 KAIVALYAPADA

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

Course Code : BST 503

Subject : Yoga therapy camp

		Full marks for examination: 50	
Examination weightage:			

Brief outline of yoga therapy clinical training

1. Case History Writing
2. Introduction to general parameter
3. Introduction to special parameter
4. Education of Participant Care
5. Psychological and Triguna, Tridosha, GHQ

(Analysis of Prakriti and Vikriti of Participants)

6. Data Entry and Data Analysis
7. Report Writing
8. Case Presentation

Course Code : BST 504
Subject : Disaster management

		Full marks for examination: 50	
Examination weightage:			
Unit-I	Unit-II	Unit-III	Unit-IV-

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 : AYUSH Training

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II	Unit-III	

Training in Ayurveda, Naturopathy & Physiotherapy

Course Code : BSP 503

Subject : Asana, Pranayama and Meditation level - 2

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II	Unit-III	

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

1. Loosening Exercises (Çithila Karaëa Vyäyama):
2. Previous level practices plus

- A. Jumping
B. Jumping and Twisting
C. Sit ups
D. Side sit ups
E. Pushups
F. Alternate leg placing
G. Rocking and Rolling
H. Pavana Muktäsana Kriya
Surya Namaskära – 12 rounds

Unit 2

1. Yogäsanäs:
2. Previous level practices plus

Standing:

- A. Trikonäsana
B. Parivratta Trikonäsana
E. Pärshvakonäsana
D. Nataräjäsana

E. Garudāsana
G. Uttitha Pārshvakonāsana

F. Veerabhadrāsana
H. Pārshvotthānāsana

Sitting:

A. Baddha Koēāsana
C. Supta Vérasana
E. Baddaha Padmāsana
G. Kūrmāsana

B. Supta Vajrāsana
D. Padmāsana
F. Kukkutāsana
I. Mayurasana

Prone:

A. Bhujāḡāsana 1, 2, 3 & 4 B. Salabhāsana

Supine:

A. Sarvāḡasana B. Padma Sarvāḡasana
C. Halāsana D. Matsyāsana

Advance Kriyās

1. Dhauti: Vastra Dhauti, Vaman Dhauti, Danda Dhauti.
2. Trātaka
3. Laghu Shankhprakñālana

Unit 3

1. Preparatory Practices for Prānāyāma
2. Postures for Prānāyāma and Meditation

Vajrāsana, Siddhāsana, Siddayoni Āsana, Sukhāsana, Padmāsana

Mudrās for Prānāyāma

Cin, Cinmaya, Adi, Brahma and Nasika Mudras

Prānāyāma

- a. Kapalabhāti Kriya
- b. Vibhagiya Svasana
- c. Surya Anuloma Viloma Prānāyāma
- d. Chandra Anuloma Viloma Prānāyāma
- e. Nādisuddhi Prānāyāma

Unit 4

Meditation: Om Meditation

SEMESTER-VI

Course Code : BST 601

Subject : Narada Bhakti Sutras

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II-	Unit-III-	Unit-IV-

Unit -1

1. The concept of Bhakti
2. Bhakti: beyond worldly desires
3. Life before and after the realization of Bhakti.
4. The essence of Bhakti
- 5.

Unit -2

1. Bhakti the best of spiritual paths
2. Accessary means to Bhakti
3. Company of the spiritually great
4. Dangers of evil association

Unit- 3

1. How to cross Maya
2. Nature of God Love
3. Secondary Bhakti
4. Special features of the path of Bhakti

Unit- 4

1. Life of a seeker
2. The glory of Master-bhaktas

3. Advice to would be Bhakta
4. Types of Bhakti manifestations
5. Teachers of Bhakti, Conclusions

Course Code : BST 602
Subject : HATHA YOGA

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II-	Unit-III-	Unit-4

Unit 1 : Hatha Yoga: Its Philosophy And Practices

1. Haöha Yoga, its meaning, definition, aims and objectives, in Haöha Yoga.
2. The origin of Haöha Yoga, Important Haöha Yogic Texts.
3. Dos and Don'ts to be followed by the Haöha Yoga Practitioner, concept of Mata, concept of Mitähära, Pathya (conductive) and Apathya (non-conductive).
4. Brief introduction to Great Haöha Yogis of Nätha School and their contributions to Yoga,
5. Relationship between Haöha Yoga and Räja Yoga.

Unit 2 : Hatha Yogic Practices: Äsanas, Bandhas and

Mudräs

1. Yogäsana: its definition, Salient features.
2. Äsanas in Haöha Yoga Pradépikä (HYP) and Gheraëöa
3. Samhitä (GS): their techniques, benefits, precautions and importance in modern days.
4. Bandhas and role of Bandhatrayas in Yoga Sädhanä.
5. Fundamental Mudräs in HYP and GS - their techniques and benefits.

Unit 3 : Hatha Yogic Practices: Näökriyäs and

Pränäyämas

1. Nāṁkriyās in Haṁha Yoga Pradēpikā, their techniques and precautions, role of Ṃodhan-kriyās in Yoga Sādhanā and their importance in Modern day - to - day life.
2. Prāēāyāma - Yogic deep breathing, Concept of Pūraka, Kumbhaka and Recaka.
3. The concept of Prāēa, Kinds of Prāēa and Upa-prāēas.
4. Prāēāyāma and its' importance in Haṁha Yoga Sādhanā.
5. Prāēāyāma practices in HYP and GS., their techniques, benefits and precautions.

Unit 4 : Hatha Yogic Practices: Pratyāhāra and

Nādānusandhāna

1. Concept of Pratyāhāra in Gheraēṁa Samhitā - their techniques and benefits.
2. Types of Dhāraēās and their benefits in Gheraēṁa Samhitā.
3. Types of Dhyānas and their benefits in Gheraēṁa Samhita.
4. Concept of Nāda and Nādānusandhāna in HYP

Text Book:

1. Swami Muktibodhananda : Hatha Yoga Pradeepika, The light on Hatha Saraswati Yoga (Bihar School of Yoga, Munger, 1985).

Course Code : BST 603

Subject : Cultural History of India and Contemporary Yogis

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II-	Unit-III-	Unit-IV-

Unit-1:

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

Unit-2:

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

Unit-3:

1. Introduction to the ancient lineage of Yoga masters - Yoga parampara:

2. Lives of modern yogis continuing the parampara - modern
3. 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

		Full marks for examination: 50	
Examination weightage:			
Unit-I	Unit-II	Unit-III	Unit-IV

Objectives:

To know about the constitution of India

To know about the necessary functions of constitutional bodies of the country

To understand the concept and importance of constitutional elements as an individual being a part of the country

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

i Preamble

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

ii 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

i 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:

- 3. Indian Constitution- Revised edition by Dr. Srinivasan

Reference Books:

- 7.
- 8.

Course Code : BSP 601
Subject : Advanced Pranayama and Meditation

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II	Unit-III	

Objectives:

To introduce the classical hatha yoga advanced practices.

Focus on overall development of all sheaths.

To bring out the hidden talents through regular practices.

Unit 1

Breathing Practices

Loosening Exercises (Çithili Karaëa Vyäyama)

Surya Namaskāra – 12 rounds of 12 counts

Unit 2

Few Advanced postures

- | | |
|-----------------------|--------------------|
| A. Hanumānāsana, | B. Vākñāsana, |
| C. Sarvāigāsana cycle | D. Çérñāsana cycle |

Four Meditative postures according to Hatha Yoga Pradipika

- | | |
|---------------|---------------|
| A. Padmāsana, | B. Siddhāsana |
| C. Simhāsana | D. Bhadrāsana |

Unit 3

Präëyāma with combination of Kumbhaka, Mudrās and Bandhās.

- | | |
|----------------|------------------|
| A. Nāòicodhana | B. Surya Bhedana |
| B. Ujjāyi | D. Seetali |
| F. Seetkāri | G. Bhastrika |

Unit 4

Advance Meditation

- | | |
|---------------------|-----------------------|
| A. Antar Mauna | B. Ajapājapa |
| C. Cidākāça Dhāranā | D. Daharākāça Dhāranā |

E. Hādāyākāṇa Dhāranā F. Yoga Nidrā

Course Code : BSP 602

Subject : Internal Assesment

		Full marks for examination: 50	
Examination weightage:			
Unit-I:-	Unit-II	Unit-III	

Course Code : BSP -103

Subject : Environment Practical

		Full marks for examination: 30	