

ACADEMIC CURRICULUM

For

Master 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-I

Semester	Subjects	Subject code
I	Theory subjects	
	Basis of Yoga therapy	MST-101
	<i>Sanskrit</i>	MST-102
	Research methodology	MST-103
	Practical subjects	
Asana, Pranayama, Mudra and Bandhas	MSP-101	

Semester-II

Semester	Subjects	Subject code
II	Theory subjects	
	<i>Patanjali Yoga Sūtras & Shat Darshanas</i>	MST-201
	Anatomy and Physiology	MST-202
	Yoga therapy for common ailments	MST-203
	Practical subjects	
	Yoga therapy techniques	MSP-201

Semester-III

Semester	Subjects	Subject code
III	Health And Psychology	MST-301
	Spiritual Heritage of India	MST-302
	Yoga Therapy & Clinical Examination	MST-303
	Practical subjects	
	Adavance Yoga Techniques	MSP-301
	Yoga Practice for emotion culture	MSP-302

Semester-IV

Semester	Subjects	Subject code
IV	Theory subjects	
	Hatha Yoga Texts and Gherand samhita	MST- 401
	Introduction to Integrative medicine	MST- 402
	Dissertation	MST- 403
	Practical subjects	
	Yoga practice for personality devlopment	MSP - 401
	Internal assesment	MSP - 402

M.Sc. (Yoga) – First Semester

SEMESTER-I

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

Objectives:

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

Unit-1: Vedās and Upaniñads

4. Vedās, the foundations of Indian culture; antiquity.
5. The four main Vedās, Science and Technology of Vedās,
6. Prasthānatraya.
7. Essence of the Vedās -Upaniñads, the style of Upaniñads.
8. The two main quests - Happiness Analysis and Quest for reality.
9. Prānic Energy Model, Layers of bliss.

Unit- 2: Bhagavad Géta

1. General Introduction to Bhagavad Géta (Pg1 HG)
2. Glory of Géta
3. Essence of Géta and its background
4. Anxiety state -neurosis of Arjuna
5. Explanation of Transcendental truth (Ātman) (19-24)
6. Sthitaprajña and his characteristics (54-61)
7. Source of all evil (62-64)
8. Introduction to Concept of Karma
9. Detached action (27-29)
10. Obstruction to Higher impulses (37)
11. Introduction to Jnana Yoga - Definition of Yoga in BG.

Unit- 3: Bhagavad Géta

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

6. Work with detachment (10-12) Potentiality of Human (5)
7. Aids to *Yoga* and the attainment of *Yoga* (10-18)
8. Stages of progress for the accomplishment (19-23)
9. Instructions for introspection (24-26)
10. Effect of the *Yoga* of the meditation (27-32)
11. Control of mind by *Abhyāsa yoga* (33-36)

Unit- 4:- Bhagavad Gēta

1. A true devotee & seeker (2-5)
2. Conditions to be followed in being a true devotee (6-7)
3. Renunciation of the fruits of action (12)
4. Way of life for all seekers (13-14)
5. Salient features of real devotee (15-17)
6. Introduction to personality traits – *sattva, rajas & tamas* (5-10)
7. Symptoms of predominance of each of the three *Gunās* in an individual (11-13)
8. Fruits of each action- *Gunās* based (14-16)
9. Transcendence and Characteristics of individual who has crossed over the *Gunās* (19-27)
10. Three types of faith (1-2)
11. Three kinds of food (7-10)
12. Three types of Sacrifices (11-19)
13. Three kinds of charity (20-22)

Recommended Books

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

Subject : Sanskrit
Course Code : MST 102

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

Objectives:

1. To make students communicate and write in Samskrit
2. To understand the hidden concept of Yoga in the ancient texts
3. To have in depth knowledge about the Samskrit texts

Unit-1: Introduction to Language

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

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

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

Unit-3: Prepositions, introduction to tense and cases

1. Prepositions and its meaning with usage in sentence, asking question and answers.
2. Introduction to time and its all variations. Practice of Numbers 1-100 with writing practice with samskrita symbols.
3. Days in Saàskâtam with question and answers.
4. Introduction to Tense – Present Past and Future tenses. Practice of conversion of one tense into another tense.
5. Introduction to cases and its meaning with questions. Practice of cases.

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

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

Recommended Books:

1. Samskrita Bharati published books & Flash cards
2. Sarala Book published by Samskrita Bharati, Bangalore
3. Sugama book published by Samskrita Bharati, Bangalore
4. Sukhada book published by Samskrita Bharati, Bangalore

Subject: Research methodology

Course code: MST-103

Full marks for examination: 50			
Examination weightage:			
Unit-1	Unit-2	Unit-3	Unit-4

Objectives:

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

Unit-1. Research Methodology Concepts -I

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

Unit-2. Research Methodology Concepts -II

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

Unit-3 Statistical Concepts - I

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

Unit-4 Statistical Concepts - II

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

Recommended books:

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 : MSP 101

Subject : Asana, Pranayama ,Mudra and Bandh

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

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. Pascimottānāsana | D. Ustrāsana |
| E. Vakrāsana | F. Ardha Matsyendrāsana |
| G. Baddhakonāsana | H. Veerasana |
| I. Mayurāsana | |

Prone:-

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

Supine:-

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

Inverted Posture:-

- | | |
|------------------------------|------------------|
| A. Sirsāsana | B. Vārschikāsana |
| C. Ekapada Urdhva Chakrāsana | |

Kriyās

- A. Jala Neti, Sutra Neti
- B. Vamana Dhouti
- C. Laghu Shankha Prakshālana
- D. Agnisara
- E. Nouli

Unit- 3:

Pranayama

- A. Kapalabhati: (3 rounds 120 struction)
- B. Sectional Breathing
- C. Nadisudhi, Surya Anuloma Viloma, Chandra Anuloma Viloma, Surya Bhedna, Chandra Bhedna
- D. Cooling Pranayama
- E. Bhramri
- F. Nada Anusandhana

Unit -4:

Relaxation Techniques

- A. Instant Relaxation Technique (IRT)
- B. Quick Relaxation Technique (QRT)
- C. Deep Relaxation Technique (DRT)

SEMESTER-II

Subject: Patanjali Yoga Sūtras & Shat Darshanas

Subject code: MST-201

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

Objectives:

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

Unit -1: Samadhi Pada

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

Unit -2: Sadhana pada

Discipline for *Sādhana* (1-2)

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

Unit -3: Vibhuti & Kaivalya

1. Antaranga Yoga (1-3)
2. Samyama& its results, applications (5-6)
3. Parinama (9-13) - Siddhis(16-49)
4. Attainment of Kaivalya (56)
5. Sources of Siddhis (1)
6. Influence of Karma (7)
7. Manifestation & Source of Vasanas, Disappearance of Vasanas (8-11)
8. Theory of perception (15)
9. Mind and its manifestation (16-23)
10. Heading to Kaivalya (27-34)

Unit- 4: Nyāya & Vaiśeṇika

1. Concept of Nyāya philosophy, means of salvation according to Nyāya and *Vaiśeṇika*.
2. The sixteen Padārthas according to Nyāya.
3. Means and objects of knowledge according to Nyāya and *Vaiśeṇika*.
4. Relation between Nyāya and *Vaiśeṇika* philosophy.
5. Perception (Pratyakṣa), inference (Anumāna), comparison (Upamāna)
6. *Nyāya* and *Vaiśeṇika*.

Sāikhya

1. Introduction.
2. Three fold afflictions and means to overcome afflictions.
3. 25 entities according to Sāikhya and means of knowledge.
4. *ĀtākāryaVāda*, similarities and dissimilarities between Vyakta and Avyakta, *Tiguḗa*;
5. Existence of *Puruṇa*, plurality of *Puruṇa*, proximity of *Puruṇa* and *Prakāti*.
6. *Kāraḗa*, *Antaù Karaḗa* and *Bāhya Karaḗa* according to *Sāikhya Kārikā*.

Mimāmsa

1. **UttaraMimāmsā**: Concept of *Badarayāḗa* in Uttaramimāmsā, *Pramāḗa*, *Pratyakṣa*, *Anumāna*, *Ḡabda* according to Uttara Mimāmsā.
2. Difference between Vidyā & Avidyā, subject & object, creation & causation, cause & effect.
3. Summary of ten Upaniṇads.
4. **PūrvaMimāmsā**: *Pūrva Mimāmsā* in *Ānò Darśana*;
5. *Pramāḗas* Of *Gaimini*,
6. Atheism in *Pūrva Mimāmsā*.

Recommended books:

1. Dr H R Nagendra : Yoga Its Basis and Applications
- Swami Vivekananda Yoga Prakashana, Bangalore, 2002
2. Chandradhar Sharma : A Critical Survey of Indian Philosophy
- MotilalBanarsidass Publishers, Delhi,2000

Reference books:

1. Radhakrishnan, S. : Indian Philosophy (Vol. I & II)
- George Allen and Unwin, London, 1971
2. Swami Prabhavananda : Spiritual Heritage of India (English)
- Sri Ramkrishna Math, Madras, 2004
3. Swami Harshananda : The Six Systems of Hindu Philosophy
- Ramakrishna Math, Bangalore, 2000
4. Swami Tapasyananda : The Holy Gita - the Science of Life, Pub:
Ramakrishna Mission, Chenna

Subject: Anatomy and Physiology - II

Course code: MST-202

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. Plasma membrane ,cytoplasm,
2. Cell organelles –Mitochondria ,glogiboly, ER, lysosome ,peroxisome, centrosome
3. Nucleus-Nuclear membrane ,chromosome, nucleolus
4. DNA &RNA
5. Homeostasis

6. Transport across cell membrane
7. Cell cycle and its regulation
8. Mitosis
9. Meiosis
10. Cell differentiation and proliferation

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

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
8. Neuromuscular junction

Unit-2: Nutrients and its metabolism

1. Carbohydrates
2. Fats
3. Protein
4. Minerals
5. Vitamins
6. Recommended dietary allowances
7. Balanced diet
8. Diet for the infants ,children, pregnant and lactating mother
9. Obesity and starvation

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 ,gall bladder
3. Pancreatic juice, gastric juice ,intestinal juice ,bile
4. Physical digestion-Mastication, swallowing, peristalsis
5. Chemical digestion-Digestion of carbohydrate ,protein and lipid
6. Absorption of carbohydrate ,fats and protein
7. Malnutrition and under nutrition

Respiratory system

1. Respiratory system of human-Nose, nasal cavity ,pharynx ,Trachea ,Larynx, bronchiole, lungs
2. Pulmonary ventilation
3. Mechanism of breathing(Expiration and inspiration)
4. Transport of respiratory gases(transport of oxygen and transport of carbon dioxide)
5. Regulation of respiration
6. Pulmonary function test
7. Lungs edema

Cardiovascular system

1. Composition and function of blood –Plasma ,RBC,WBC and Platelet
2. Structure and function of haemoglobin
3. Fates of RBC and anemia
4. Types of WBC
5. Blood groups and their importance
6. Mechanism of blood clotting
7. Anatomy of heart
8. Properties of cardiac muscle
9. Generation and conduction of cardiac impulse
10. ECG
11. Organisation of systemic and pulmonary circulation
12. Cardiac output and cardiac cycle
13. Functional anatomy of blood vessels
14. Blood pressure and regulation of blood pressure

Unit 3: Excretory system

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

Nervous system

1. Introduction to nervous system,
2. Classification of nerve fibres,
3. Nerve conduction synaptic transmission,
4. Classification of somatic senses, sensory receptors,
5. Hypothalamus, Thalamus
6. Somatosensory cortex, somatosensory association areas
7. Organization of spinal cord for motor function, reflexes ,reflex arc
8. Brain stem & cortical control of motor function
9. Cerebellum, Basal ganglia, Maintenance of posture and equilibrium, Motor cortex, Limbic system, Autonomic Nervous system

Unit -4 Special senses

1. Structure of Eye, Receptors &neural functions of retina,
2. Colour vision, Visual pathways,
3. Structural and functions of external, middle and inner ear,
4. Cochlea, Semi-circular canals
5. Auditory pathways, Deafness &hearing aids,
6. Primary taste sensations, Taste buds, Perception of taste,
7. Peripheral olfactory mechanisms,
8. Olfactory pathways,Olfactory perception

Endocrine system

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

Reproductive system

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

Recommended books:

1. Padma and Sanghani – Human anatomy and Physiology
2. Ross and Wilson – Anatomy and Physiology
3. ElanieNicponMarieb- Human anatomy and physiology

Reference books:

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

Subject: Yoga Therapy For Common Ailments**Course code: MST-203**

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

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

Objectives:

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

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

Skills:

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

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

Integration

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

Unit-1: Introduction to common ailments

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

Respiratory Disorders

1. Introduction to Respiratory disorders
 - a) Brief classification – Obstructive, Restrictive, infectious and inflammatory lung disorders
 - b) Introduction to Pulmonary function tests and their principles
2. Bronchial Asthma
 - a) Definition, Pathophysiology, Classification, Clinical Features,
 - b) Medical Management
 - c) Yogic Management
3. Allergic Rhinitis & Sinusitis
 - a) Definition, Pathophysiology, Classification, Clinical Features,
 - b) Medical Management
 - c) Yogic Management
4. COPD
 - a) Chronic Bronchitis
 - i. Definition, Pathophysiology, Classification, Clinical Features,
 - ii. Medical Management
 - iii. Yogic Management
 - a) Emphysema
 - iv. Definition, Pathophysiology, Classification, Clinical Features,
 - v. Medical Management
 - vi. Yogic Management

5. Infectious Disorders

- a) Tuberculosis
 - i. Definition, Pathophysiology, Classification, Clinical Features,
 - ii. Medical Management
 - iii. Yogic Management

- b. Pneumonia
 - i. Definition, Pathophysiology, Classification, Clinical Features,
 - ii. Medical Management
 - iii. Yogic Management

- c. Interstitial Lung Disease / Idiopathic pulmonary fibrosis
 - i. Definition, Pathophysiology, Classification, Clinical Features
 - ii. Medical Management
 - iii. Yogic Management

Cardiovascular Disorders

- 1. Introduction to Cardiovascular disorders

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

- 3. Ischemic Heart disease – Atherosclerosis/ CAD/Angina pectoris / Myocardial Infarction/ Post CABG rehab
 - a. Definition, Pathophysiology, Classification, Clinical Features
 - b. Medical Management
 - c. Yogic Management

- 4. Congestive Cardiac Failure / Cardiomyopathy
 - a. Definition, Pathophysiology, Classification, Clinical Features
 - b. Medical Management
 - c. Yogic Management

5. Cardiac asthma

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

Endocrinal and Metabolic Disorder

1. Diabetes Mellitus (I&II)

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

2. Hypo and Hyper- thyroidism

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

3. Obesity

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

4. Metabolic Syndrome

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

Unit- 2: Gastro Intestinal Disorders

1. APD

- a) Introduction to APD: Gastritis –Acute & Chronic, Dyspepsia, Peptic Ulcers
- b) Clinical Features
- c) Medical Management
- d) Yogic Management

2. Constipation and Diarrhea

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

3. Irritable Bowel Syndrome

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

4. Inflammatory Bowel Disease

- a) Ulcerative colitis
 - i. Definition, Pathophysiology, Classification, Clinical Features
 - ii. Medical Management
 - iii. Yogic Management
- b) Crohn's diseases
 - iv. Definition, Pathophysiology, Classification, Clinical Features
 - v. Medical Management
 - vi. Yogic Management

Obstetrics and Gynaecological Disorders

1. Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia

- a) Definitions, Pathophysiology, Classification, Clinical Features
- b) Medical Management
- c) Yogic Management

2. Premenstrual Syndrome

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

3. Yoga for Pregnancy and Childbirth

- a) Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM
- b) Ante-natal care
- c) Post-natal care

4. Infertility-male and female PCOS

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

Excretory System

1. Chronic renal failure
 - a. Causes, clinical features
 - b. Medical management
 - c. Yogic Management

2. Renal stones
 - a. Medical management
 - b. Yogic Management

3. Irritable bladder
 - a. Medical management
 - b. Yogic Management

4. Stress incontinence
 - a. Medical management
 - b. Yogic Management

Unit-3: Musculo-Skeletal Disorders

1. Back Pain
 - a) Classification of back pain: organic and functional
 - i. Lumbar Spondylosis
 - ii. Intervertebral disc prolapse (IVDP)
 - iii. Spondylolisthesis
 - iv. Spondylitis
 - v. Psychogenic- Lumbago
 - b) Medical Management
 - c) Yogic Management

2. Neck pain
 - a) Classification
 - i. Cervical Spondylosis, radulopathy
 - ii. Functional neck pain
 - iii. Whiplash injury
 - b) Medical Management
 - c) Yogic Management

3. All forms of Arthritis

- a) Rheumatoid Arthritis
- b) Osteoarthritis
- c) Psoraitic Arthritis
- d) Gout
- e) Medical Management
- f) Yogic Management

4. Muscular dystrophy

- a) Medical Management
- b) Yogic Management

Neurological Disorders:

1. Headaches

- a) Migraine
 - i. Causes, Classification, clinical features
 - ii. Medical management
 - iii. Yogic Management
- b) Tension headache
 - i. Medical management
 - ii. Yogic Management

2. Cerebro vascular accidents

- a) Causes, clinical features
- b) Medical management
- c) Yogic Management

3. Epilepsy; pain; Autonomic dysfunctions

- a) Causes, clinical features
- b) Medical management
- c) Yogic Management

4. Parkinson's disease

- a) Causes, clinical features
- b) Medical management
- c) Yogic Management

5. Multiple sclerosis
 - b. Causes, clinical features
 - c. Medical management
 - d. Yogic Management

6. Errors of vision of refraction.
 - a) Causes, clinical features
 - b) Medical management
 - c) Yogic Management

7. Hearing impairment
 - e. Causes, clinical features
 - f. Medical management
 - g. Yogic Management

Unit- 4: Psychiatric disorders

Introduction to psychiatric disorders, classification – Neurosis, Psychosis

1. Neurosis
 - a) Anxiety disorders
 - i. Generalised anxiety disorder
 - ii. Panic Anxiety
 - iii. Obsessive Compulsive Disorder
 - iv. Post-traumatic stress disorder
 - v. Phobias
 - vi. Medical Management
 - vii. Yogic Management

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

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

3. Mental retardation
 - a) Autism
 - b) Attention Deficit Hyperactivity Disorders
 - c) Medical Management
 - d) Yogic Management

4. Substance abuse – alcohol, tobacco, cannabis abuse
 - a) Medical Management
 - b) Yogic Management

Cancer, HIV and Anaemia

1. HIV - AIDS
 - a) Cause, Pathophysiology, Clinical Features
 - b) Medical management
 - c) Yogic Management
2. Autoimmune disorders
 - a) Causes, clinical features, various autoimmune disorders
 - b) Medical management
 - c) Yogic Management
3. Cancer
 - a) Causes, clinical features,
 - b) Side effects of Chemotherapy, radiotherapy
 - c) Medical management
 - d) Yogic Management
4. Anemia
 - a) Classification of anemia
 - b) Medical management
 - c) Yogic management

Recommended books:

1. Yoga for common ailments and IAYT for different diseases –Dr. Nagarathana, Dr. H R Nagendra and Dr. ShamantakamaniNarendran
2. Integrated approach of yoga therapy for positive health-Dr. R Nagaratha, Dr. H R Nagendra

Reference books:

1. Yoga for common disorders- Swami KoormanandaSaraswati

Subject: Yoga therapy techniques

Subject code: MSP-201

Full marks for examination: 50			
Examination weightage:			
Unit-1	Unit-2	Unit-3	Unit-4

Objectives:

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

Unit-1:

1. Asthma
2. Hypertension
3. Anxiety & Depressions

Unit-2:

1. Dynamics, Obesity
2. Arthritis, Knee Pain, Back Pain, Neck Pain, Headache
3. Diabetes, Metabolic Disorders,
4. GID, Reproductive Disorders

Unit-3:

1. Muscular Dystrophy
2. Oncology
3. Epilepsy

Unit-4:

1. Sukshma Vyama
2. Voice culture

Recommended books:

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

SEMESTER-III

Subject: Health Psychology

Subject code: MST-301

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

Objectives

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

Unit-1: Introduction to Health Psychology

1. What Is Health Psychology?
2. Definition of Health Psychology
3. The Mind-Body Relationship: A Brief History
 - a) Psychoanalytic Contributions
 - b) Psychosomatic Medicine
 - c) Current Mind-Body Perspective
4. The Biopsychosocial Model in Health Psychology
5. The Biopsychosocial Model Versus the Biomedical Model
6. Advantages of the Biopsychosocial Model
7. Clinical Implications of the Biopsychosocial Model
8. PanchaKosha model of health

Health Behavior

1. An Introduction to Health Behaviors
2. Changing Health Habits
3. Cognitive-Behavioral Approaches to Health Behavior Change
4. The Transtheoretical Model of Behavior Change
5. Changing Health Behaviors through Social Engineering
6. Specific Health-Related Behaviors: Exercise, Cancer-Related Health Behaviors, Developing a Healthy Diet, Weight Control and Obesity, Eating Disorders, Sleep
7. Ancient model of healthy behavior

Unit-2: Stress and Coping

1. What Is Stress?
2. Theoretical Contributions to the Study of Stress
3. Yogic model of Stress
4. What Makes Events Stressful?
5. How Has Stress Been Studied?
6. Sources of Chronic Stress
7. Moderators of the Stress Experience - Coping and External Resources, Coping Outcomes, Social Support
8. Role of yoga on stress management
9. Coping Interventions: Mindfulness Training, Expressive Writing, Coping Effectiveness Training, Relaxation Training

Unit-3: Management of Pain and Discomfort

1. The Significance of Pain
2. The Elusive Nature of Pain
3. Clinical Issues in Pain Management
4. Pain Control Techniques
 - a) Pharmacological Control of Pain
 - b) Surgical Control of Pain
 - c) Sensory Control of Pain
 - d) Biofeedback
 - e) Relaxation Techniques
 - f) Hypnosis
 - g) Acupuncture
 - h) Distraction
 - i) Coping Techniques
 - j) Guided Imagery
 - k) Additional Cognitive Techniques to Control Pain
5. The Placebo as a Healer
6. Pain management through Yoga

Unit -4: Psychoneuroimmunology and Immune-Related Disorders

1. The Immune System
2. Assessing Immune Functioning
3. Stress and Immune Functioning
4. Negative Affect and Immune Functioning
5. Stress, Immune Functioning, and Interpersonal Relationships
6. Coping and Coping Resources as Moderators of Stress–Immune Functioning Relationship
7. Interventions to Improve Immune Functioning
8. Stress and the Developing Immune System
9. Role of yoga on Developing Immune System

Recommended books:

1. Taylor, S. E. (2009). Health psychology (8thed.). New York: McGraw-Hill.

Reference books

1. Straub, R. (2009). Health psychology: A biopsychosocial approach
2. Brannon, L., Feist, J. (2010). Health Psychology: An introduction to behavior and health (7th ed.).
3. Health Psychology: Biopsychosocial Interactions by Edward Sarafino (5th ed.), John Wiley and Sons

Subject: Spirjinal Heritage Of India**Subject code: MST-302**

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

UNIT 1: The Essence of YOGAVAASISHTHA

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

UNIT 2:

- a. The Manner Of Destruction Of The Mind
- b. The Story Of Veetahavya
- c. The Quenching (Or The Calming)Of The Mind

- d. Contemplation Of The Self That Is Pure Consciousness
- e. The Story Of Bhusunda
- f. The Manner Of Worshipping The Deity
- g. The Glory Of The Power Of Pure Consciousness
- h. The Story Of Bhageeratha
- i. The Glory Of Choodaalaa
- j. The Penance Of Sikhidhvaja
- k. The Penance Of Sikhidhvaja
- l. The Teaching Of Choodaalaa
- m. The Lest Of Sikhidhvaja
- n. Living In The Fukkness Of Consciouseness
- o. The Story Of Lkshvaaku
- p. Conquest Of The Steps
- q. The Conclusion Of The Treatise

UNIT 3 : NARADA BHAKTI SUTRA

- a. 1. SUTRA TO 42. SUTRA

UNIT4: NARADA BHAKTI SUTRA

- a. 43. SUTRA TO 84. SUTRA

Recommended books:

NARADA BHAKTI SUTRA .(2013) Cnimaya Missian

The Essence Of Yogavaasishtha (1982) Sri Jnanaanda Bharthi

Subject: Yoga Therapy & Clinical Examination

Subject code: MST-303

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

Objectives

1. During the training each student is expected to understand the clinical assessment used.
2. Line of treatment in accordance with Yoga

Unit-1: Brief outline of yoga therapy clinical training

Case History Writing

1. Introduction to general parameter
2. Introduction to special parameter
3. Education of Participant Care
4. Psychological and Triguna, Tridosha, GHQ
(Analysis of Prakriti and Vikriti of Participants)
5. Data Entry and Data Analysis
6. Report Writing
7. Case Presentation

Neurology and Oncology

1. Introduction to Section: Neurology and Oncology
2. Introduction to Aliments: Stroke, Parkinson, Motor Neuron Disease, Epilepsy, Multiple Sclerosis, Cerebral Ataxia, Breast Cancer, Brain Tumor, Stomach Cancer: Definition, Prevalence, Cause, Sign, Symptoms, Clinical Parameter
3. Yogic Management through IAYT
4. Customized and Specific Yoga Module protocol for above mentioned Aliments
5. Yogic Counseling

Unit-2: Pulmonology

1. Introduction to Section: Pulmonology.
2. Introduction to Aliments: Asthma, Nasal Allergy, Sinusitis, TB, COPD
3. Yogic Management through IAYT
4. Customized and Specific Yoga Module protocol for above mentioned Aliments
5. Yogic Counseling

Cardiology

1. Introduction to Section: Cardiology
2. Introduction to Aliments: Hypertension, CHD, Low BP, High BP, MI, Atherosclerosis.
3. Yogic Management through IAYT
4. Customized and Specific Yoga Module protocol for above mentioned Aliments
5. Yogic Counseling

: Psychiatric Disorder

1. Introduction to Section: Psychiatric Disorder
2. Introduction to Aliments: Anxiety Disorder, Addiction, Bipolar Disorder, Depression, Neurosis, Psychosis, Schizophrenia, OCD, Mental Retardation, ADHD
3. Yogic Management through IAYT
4. Customized and Specific Yoga Module protocol for above mentioned Aliments
5. Yogic Counseling

Unit-3: Rheumatology

1. Introduction to Section: Rheumatology
2. Introduction to Aliments: Osteoarthritis, Rheumatoid, Osteoporosis
3. Yogic Management through IAYT
4. Customized and Specific Yoga Module protocol for above mentioned Aliments
5. Yogic Counseling

Spinal Disorder

1. Introduction to Section: Spinal Disorder
2. Introduction to Aliments: Back Pain, Neck Pain, Spondylitis, Spinal Disorder,
3. Slipped Disc, Scoliosis, Lordosis, Cervical Spondylosis, Sciatica, Kyphosis, Spondylolisthesis
4. Yogic Management through IAYT
5. Customized and Specific Yoga Module protocol for above mentioned Aliments
6. Yogic Counseling

Unit-4 Metabolic Disorder

1. Introduction to Section: Metabolic Disorder
2. Introduction to Aliments: Type 1 DM, Type 2 DM, Hyperglycemia, Hypoglycemia, Diabetes Incipidus, Neuropathy, Retinopathy, Nephropathy
3. Yogic Management through IAYT
4. Customized and Specific Yoga Module protocol for above mentioned Aliments
5. Yogic Counseling

Gastroenterology

1. Introduction to Section: Gastroenterology
2. Introduction to Aliments: Gastritis, IBS, Constipation, Diarrhea, GERD, APD, Ulcerative Colitis, Piles, Fistula, Menstrual Disorder, Infertility, Pregnancy 1, 2, 3, Trimester
3. Yogic Management through IAYT
4. Customized and Specific Yoga Module protocol for above mentioned Aliments
5. Yogic Counseling

Recommended Books:

1. Clinical methods-Hutchison
2. Clinical methods- CL Ghai

Subject: Advanced yoga techniques

Course Code: MSP 301

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.

: 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-2: 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.

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.

UNIT3: Mind Imagery Technique

Introduction to the technique, Where does this work?, How to reach deeper layers of silence? How Focusing followed by defocusing helps to go deeper. Observation of Neutral and Active imageries or thoughts, Observing OM / God/ Sun/ Yantra in increasing and Decreasing size, Visualizing OM/ God/ Sun/ Yantra in increasing and Decreasing Size. Observing OM/ God/ Sun/ Yantra flickering with uniform speed, Observing OM/ God/ Sun/ Yantra flickering with increasing and decreasing speed. Visualising OM/ God/ Sun/ Yantra flickering with increasing and decreasing speed. Observing Powerful rays burning unwanted cells. Visualizing Powerful rays burning unwanted cells. Observing Soothing rays energizing all cells. Visualizing soothing rays energizing all cells. Full Practice . Practice given by the students.

Mastering EMotions Technique

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

UNIT- 4: Vijnana Sadhana Koushala:

Explaining about Vijnanamaya Kosa, Happiness Analysis, Fear analysis, Tamas, Rajas, Sattva, Gunatita, Shreyas, Preyas. Recollect and incidences of highest happiness and also incidences of highest fear. Analyse each incident in the light of happiness and fear analysis and write. List Shreyas Activities and Preyas Activities in your present life. Practice to move from Preyas to Shreyas. List Tamasic, Rajasic and Satvic activities. Practice to move from Tamas to Rajas to Sattva to Gunatita. Full practice , Practice given by the students.

Ananda Amruta Sinchana:

Importance of pairs of opposites. List different pairs of opposites that occur in life. Practice to experience them as pairs and observe the changes in the personality. List out incidences when bliss is experienced in activity. List out incidences when bliss is experienced in non-activity. List varieties of people, varieties of places, varieties of incidences and practice to maintain the bliss in all circumstances. Carefully observe and start to do every activity with bliss. Allow love and bliss to spread all around. Full Practice. Practice given by students, experience writing.

Recommended books:

1. Yoga for Cancer by Dr Nagaratna R and Dr Nagendra H R.
2. Taittiriya Upanishad – Brahmanandavalli
3. Wisdom from Upanishads. Patheya Series. (Vivekananda Kendra Publication)
4. Patanjali Yoga Sutras.

Subject: Yoga practice for emotion culture

Subject code: MSP-302

Full marks for examination: 50			
Examination weightage:			
Unit-1	Unit-2	Unit-3	Unit-4

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 & shanti mantras

Unit-2: Bhagavad Gita

1. Karma Yoga,
2. Bhkti yoga
3. Raj yoga
4. Jnana yoga

Unit -3: Bhajans

1. **Guru Stuti-** *Guru Mahimā, Pā Liye Hamne*
2. **Ganesh Bhajan-** *Mahāgaēapate Namostute, Mātaiga Vadanā*
3. **Shiva Bhajan-** *Brahmaparātpara Pūrēa, Om Çiva Om Çiva*
4. **Devi Bhajan-** *Jay Jay Jay Devé Jagadambā, Ambā Çāmbhavécandramaulirabalā, Raijané Niraijané Manoraïjani*
5. **Ram Bhajan-** *Çrérām Jayarām Dāçaratha He Raghurām, Daçarathanandana Rāma Rāma Jaya Sétārāma*
6. **Sri Krishna Bhajan-** *Smita Smita Sundara Mukhāravinda Nāco Nandalālā*

Unit-4 Patriotic Songs

7. **Spiritual Songs-** *Sab Ke Liye Khulā Hai Mandir Haiye Hamārā*
8. **Patriotic Songs -** *Nirmānoà Ke Pāvan Yug Meà Ham Caritra Nirmāē Na Bhūle, Sangram Jindgi Ha, Chandana Ha iis des ki Mati etc.*

Recommended books:

1. A book on Yoga Practice – VII - Nagendra H R , Deshpande S, Tyagaraju, Kavitha A, Ramachandra R.

Reference books:

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

SEMESTER-IV**Subject:** Hatha Yoga and gherand samhita**Subject code:** MST-401

Full marks for Examination: 50			
Unit – 1	Unit – 2	Unit – 3	Unit – 4

Objectives:

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

Unit 1: Hatha Yoga its Philosophy and Practices

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

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

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

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

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

Hathayoga Practices: Pratyāhāra, Nādānusandhāna

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

Unit-4: GherandaSamhita and Hatha rathnavali

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

Recommended books:

1. I. K. Taimini, The Science of Yoga , The Theosophical Publishing House, Adyar, Chennai, 2005
2. Swami SatyanandaSaraswati, Hatha Yoga Pub: BSY Munger

Subject name: Introduction to Integrative medicine

Subject code: MST-402

Full marks for Examination: 50			
Unit – 1	Unit – 2	Unit – 3	Unit – 4

Objectives

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

Unit – 1: Definition of Ayurveda

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

Concept of Doshas, dhatus, malas and agni

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

Concept of Chikitsa

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

Unit-2: Concept of health and disease

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

Concept of drugs in Ayurveda and its formulation

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

Unit-3: Basis of Naturopathy

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

Diet and Fasting

1. Basis of Diet and its type
2. Fasting Therapy
3. Type of Fasting
4. Importance of Fasting
5. Precaution to be taken
6. Indications
7. Contraindications

Hydrotherapy and Mud Therapy

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

Unit-4: Manipulative Therapy

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

Chromo and Magneto Therapy

1. Introduction to Chromo therapy
2. Physiological and Psychological Effect of Color
3. Introduction to magneto therapy
4. Physiological and Psychological Effect of magnet

Aroma Therapy and Acupressure

1. Introduction to Aromatherapy
2. Modes of Application
3. Indication and Contraindication
4. Basis of acupressure and reflexology

Recommended books:

1. Introduction to Ayurveda and Yoga by David Frawley.
2. AshtangaSangraha by Vagbhata.
3. Principles of Naturopathy- Dr. Bhakru

Subject: Dissertation writing

Subject code: MST-303

Full marks for Examination: 50

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

No students will be permitted to present their research work in fourth semester.

WRITING OF DISSERTATION

A SAMPLE OF CONTENTS FOR SMET IS APPENDED BELOW

Chapter No	CONTENTS	Page No.
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OTHER PARTICULARS FOR WRITING DISSERTATION

1		Main chapters like 1, 2, etc– Font 14 bold capitals
		Headings in chapters like 1.1, 1.2 etc - Font 12 bold capitals
	Font Size	Sub headings like 1.1.1, 2.2.3, etc – Font 14 Bold smaller Capitals
		Use standard International Transliteration code for all saaskâtaçlokäs and quotations;
2	Saaskâta Çlokäs	1. Write the Çlokäs in Devanâgariscript, then transliteration code and then its meaning in crisp translation.
		2. You can then explain in your own words the meaning and relevance of the Çlokä you have quoted.
		Add Effect size calculations to derive the sample sizes for your study
3		1. Indicate whether the questionnaire is valid for the subjects you have chosen
		2. Reliable
		3. Compare your base data with the normative data given in the test.
4	Psychological questionnaires	Write Summary of results in one or two paras.
		Comparison with previous results – explain similarities and differences Why of the results found to be explained
5	DISCUSSIONS	

Subject: Yoga practice for Personality Development

Subject code: MSP-401

Full marks for examination: 50			
Examination weightage:			
Unit-1	Unit-2	Unit-3	Unit-4

Objectives

1. To bring love, harmony, peace and bliss.
2. To develop group awareness.
3. To develop stamina and strength.

Unit-1: Indoor Games

Power Yoga State, Hari Om (Awareness), Finding out Animal or Fruit or Flower (IQ), Patanjali says (Awareness), Bomb Blast (Awareness), Pincho (Speed and Awareness), Lotus-Bee (Fun), Balloon Bursting (Dexterity). Finding the leader,

Unit-2: Outdoor and other Games:

Musical Chair (Awareness), Human Fight (Dexterity and Initiative), Frog Touch (Speed and Stamina), Hopping Race (Speed), Mandal Kho (Co-Ordination), Train Race (Co-Ordination and Stamina), Leg Cricket (Dexterity), Master-Disciple (Strength), Flag Race (Speed).

Unit -3: Memory Song:

Aisi Khir Khaenge, Special Claps: Scout Claps, Yoga for Anger Management, Group Formations, Plates – hari Om, Parcel Bomb, Finding out Animal, Fruit or Flower, Patanjali Says, Self Help, Bomb Blast, Pincho, Lotus-Bee.

Unit -4:

Balloon Bursting, Musical Chair, Hanuman Fight, Frog Touch, Hopping Race, Mandal Kho, Train Race, Leg Cricket, Master-Disciple, Flag Race, Formation – 1, Formation – 2.

Instructions:

Weekly 2 to 3 days the students have to learn Krida Yoga and rest of the days they can play outdoor games as explained above by proper registration.

Recommendedbooks:

1. Nagendra H.R, Deshpande S, Nagaraju – Krida Yoga (Yogic Games), SVYP 2013, Bangalore.

Reference books:

Subject: Internal Assesment

code: MSP-402

Total Marks-50