

S.N .	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subjec t Total
						Seasonal			SE E	
			L	T	P	Credit	CT	TA		
BS.C- I Year										
Semester – I										
1	BSY-CST101	Foundations of Yoga	4	2	-	6	20	10	70	100
2	BSY-CSP102	Yoga Practicum-I	-	2	4	6	20	10	70	100
3	BSY -MD103	Multidisciplinary-I (Basic Yoga Practices-I)	1	-	3	4	20	10	70	100
4	BSY-SC104	Skill Course-I	-	-	2	2	20	10	70	100
5	BSY-VAC105	Life Skill and Personality Development	2	-	-	2	20	10	70	100
						20	TOTAL			500
Semester – II										
1	BSY-CST201	Essence of Patanjali Yoga Sutra	4	2	-	6	20	10	70	100
2	BSY-CST202	General Introduction to Hatha Yoga and its Practices	4	-	2	6	20	10	70	100
3	BSY –MD203	Multidisciplinary (Basic Yoga Practices-II)	1	-	3	4	20	10	70	100
4	BSY-SC204	Skill Course-II	-	-	2	2	20	10	70	100
5	BSY-VAC 205	Extracurricular Course (Basic of Environmental Studies)	2	-	-	2	20	10	70	100
						20	TOTAL			500
BS.C- II Year										
Semester – III										
1	BSY-CST301	General Introduction to Upanishads	4	2	-	6	20	10	70	100
2	BSY-CST302	Yoga Practicum-II	-	2	4	6	20	10	70	100
3	BSY –MD303	Multidisciplinary (Basic Yoga Practices-III)	1	-	3	4	20	10	70	100
4	BSY-SC304	Skill Course-III	-	-	2	2	30		70	100
5	BSY-VAC305	Indian Knowledge System (IKS) OR Additional Multidisciplinary Skill Course (AMSE) ⁺⁺	2	-	-	2	20	10	70	100
						20	TOTAL			500
Semester – IV										
1	BSY-CST401	Four Streams of Yoga	4	2	-	6	20	10	70	100
2	BSY-CST402	Basis of Yoga Therapy	4	-	2	6	20	10	70	100
3	BSY –MS403	Multidisciplinary (Basic Yoga Practices-IV)	1	-	3	4	20	10	70	100
4	BSY-SC404	Skill Course-IV	-	-	2	2	30		70	100

5	BSY-VAC405	Indian Knowledge System (IKS) OR Additional Multidisciplinary Skill Course (AMSE) ⁺⁺	2	-	-	2	20	10	70	100
						20	TOTAL			500
BS.C- III Year										
Semester – V										
1	BSY-CST501	Essence of Shrimad Bhagvada Gita	4	2	-	6	20	10	70	100
2	BSY-CST502	Teaching Methods of Yoga	4	2	-	6	20	10	70	100
3	BSY-FWP503	Field Work-I	-	-	4	4	20	10	70	100
4	BSY-CC504	Culture, traditions and moral Values	2	-	-	2	20	10	70	100
5	BSY-LST505	Language-I (Sanskritam)	2	-	-	2	20	10	70	100
						20	TOTAL			500
Semester – VI										
1	BSY-CST601	Yoga Psychology	4	2	-	6	20	10	70	100
2	BSY-CST602	Human Consciousness in Indian Philosophy	4	2	-	6	20	10	70	100
3	BSY-FWP 603	Field Work-II	0	-	4	4	20	10	70	100
4	BSY-CC604	Communication Skill Course	2	-	-	2	20	10	70	100
5	BSY-LST605	Language-I (Hindi/English)	2	-	-	2	20	10	70	100
						20	TOTAL			500
BS.C-IV YEAR										
Semester – VII (U.G. with Research)										
1	BSY-CST701	Yoga Therapy	3	1	-	4	20	10	70	100
2	BSY-CSP702	Yoga Practical-III	-	-	4	4	20	10	70	100
3	BSY-CE 703	Core Elective-I	4	1	1	6	20	10	70	100
4	BSY-CC704	Research Methodology	3	1	-	4	20	10	70	100
5	BSY-CC705	Research writing and Ethics	2	-	-	2	20	10	70	100
						20	TOTAL			500
Semester – VIII (U.G. with Research)										
1	BSY-CST801	Yoga Philosophy	3	1	-	4	20	10	70	100
2	BSY-CSP802	Yoga Practical-IV	-	-	4	4	20	10	70	100
3	BSY-CE803	Core Elective-II	-	-	2	2	20	10	70	100
4	BSY-CC804	Dissertation	3	1	-	4	20	10	70	100
5	BSY-CC805	Research Paper Presentation Skill (Oral)		1	5	6	20	10	70	100
						20	TOTAL			500
Semester – VII (U.G. with Honors)										
1	BSY-CST701	Yoga Therapy	3	1	-	4	20	10	70	100
2	BSY-CSP702	Yoga Practical-III	-	-	4	4	20	10	70	100
3	BSY-CME 703	Core Major Elective-I	3	1	-	4	20	10	70	100
4	BSY-CRM704	Basic Research Methods-I	3	-	-	3	20	10	70	100
5	BSY-CMi705	Fundamental texts of Yoga-I	3	-	-	3	20	10	70	100
6	BSY-CMiE706	Core Minor Elective -I	2	-	-	2	20	10	70	100

						20	TOTAL			500
Semester – VIII (U.G. with Honors)										
1	BSY-CST801	Yoga Philosophy	3	1	-	4	20	10	70	100
2	BSY-CSP802	Yoga Practical-V	-	-	4	4	20	10	70	100
3	BSY-CME 803	Core Major Elective-II	3	1	-	4	20	10	70	100
4	BSY-CRM804	Basic Research Methods-II	3	-	-	3	20	10	70	100
5	BSY-CMi805	Swasthvritta	3	-	-	3	20	10	70	100
6	BSY-CMiE806	Core Minor Elective -II	2	-	-	2	20	10	70	100
						20	TOTAL			500
TOTAL CREDIT										

MAJOR ELECTIVES

1. Human System according to Yoga
2. Yoga for Ancient Literature
3. Principles of Naturopathy
4. Basic texts of yoga

MINOR ELECTIVES

1. Introduction to AYUSH
2. Health and yogic hygiene
3. Alternative Therapies
4. Yoga and Stress Management

Semester-I

Course Details

Core Subject: Foundations of Yoga

Subject Code: BSY-CST101

Objective of Course

The subject entitled 'Foundation of Yoga' has the following objectives:

- Students of the UG course will have an understanding about origin, history and development of Yoga.
- They will have an idea about the insights of Indian philosophy and Astika and Nastika darshanas.
- Introduction about Yoga according to various yogic texts.

Total Number of Hours: 90	Theory	Tutorial	Practical
Credits	4	2	0
Hours/ week	4	4	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

Unit-1: General introduction to yoga

History and Development of Yoga: prior to the Vedic period, Vedic period, Medieval period, modern era; Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions of Yoga; Brief about Streams of Yoga; Principles of Yoga, Importance of Yoga.

Unit - 2: General introduction to Indian philosophy

Philosophy: meaning, definitions and scope; Indian Philosophy: Silent features, Branches (Astika and Nastika Darshanas), Brief introduction to Prasthanatrayee and Purushartha Chatushtaya.

Unit - 3: Brief about Yoga in Texts – I

Brief to Upanishads and Yoga in Principal Upanishads, Yoga in Yoga Upanishad, Yogic perspective of: Bhagavad Gita, Yoga Vashishtha, Narada Bhakti Sutras.

Unit-4: Brief about Yoga in Texts – II

Yogic perspective to Shad-darshanas; Brief introduction to: Agamas, Tantras, Shaiva Siddhanta.

TEXT BOOKS

1. Lal Basant Kumar: Contemporary Indian Philosophy, Motilal Banarasidas Publishers Pvt. Ltd, Delhi, 2013
2. Dasgupta S. N: History of Indian Philosophy, Motilal Banarasidas, Delhi, 2012
3. Singh S. P: History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
4. Singh S. P & Yogi Mukesh: Foundation of Yoga, Standard Publication, New Delhi, 2010

BOOKS FOR REFERENCE

1. Agarwal M M: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda: Narad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
3. Hiriyanna M: Outlines of Indian Philosophy, Motilal Banarasidas, Delhi, 2009
4. Hiriyanna M: Essentials of Indian Philosophy, Motilal Banarasidas, Delhi, 2008
5. Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008
6. Max Muller K. M: The six system of Indian Philosophy, Chowkhambha, Sanskrit series, Varanasi, 6th Edition, 2008

Core Subject: Yoga Practicum-I**Subject Code: BSY-CSP 102****Objectives:**

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

- Make the students recite the Vedic hymns skillfully.
- Understand the concept and principles of Shatkarmas.
- Know and understand about breathing practice.

Total Number of Hours: 180		Theory	Tutorial	Practical
Credits		-	2	4
Hours/ week		-	4	8
SCHEME OF EXAMINATION				
Total Marks: 100				
		Practical: 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

PRAYER (Om Chanting & Mantras)**SOOKSHMA VYAYAMA**

Greeva Shakti Vikasaka, Skandh tatha Bahu-mula Shakti Vikasaka (for Shoulders), Poorna Bhuja Shakti Vikasaka (Four arms), Katishakti Vikasaka (fore the waist), Jangha Shakti Vikasaka (four the thighs), Pandanguli Shakti Vikasaka.

SURYA NAMASKAR WITH MANTRAS**ASANA**

Standing pose: Tadasana, Tiryaka-tadasana, Katichakrasana, Trikonasana.

Sitting pose: Sukhasana, Siddhasana, Ardha padmasana, Swastikasna, Vajrasana.

Supine pose: Halasana series (Uttanpadasana, Ardhalasana, Sarvangasana, Purnahalasana, Shavasana)

Prone pose: Saral Bhujangasana, Tiryaka-Bhujangasana, Ardha shalabhasana, Makarasana.

PRANAYAMA

Bhastrika (According to Hathpradipika & Gherand Samhita), Nadishodhan (According to Hathpradipika & Gherand Samhita)

MUDRA & BANDHA

Tribandha (Moolbandha, Uddiyan Bandha, Jalandhar Bandha), Mahabandha (According to Hathpradipika & Gherand Samhita), Mahamudra (According to Hathpradipika & Gherand Samhita), Mahavedha mudra (According to Hathpradipika & Gherand Samhita), Vipareeta karani mudra (According to Hathpradipika & Gherand Samhita).

MEDITATION

Vipassana & Preksha (According to buddhism & Jainism)

SHATKARMA (Shodhan kriyayen)

Kunjal, Jal Neti, Kapalbhati (According to Hathpradipika & Gherand Samhita)

SHANTIPATH

REFERENCES

1. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
2. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011
3. Swami Satyananda Saraswati: Asana Pranayama Mudra-Bandha, Bihar School of Yoga, Munger, 2005.
4. Digambar, Swami (2012) Hathpradipika (Swatmaramkrit), Kaivalyadham Lonavala, Pune.
5. Swami, Niranjananand Saraswati (2013) Gherand Samhita, Bihar School of Yoga, Munger.

Multidisciplinary Course: Basic Yoga Practices-I

Subject Code: BSY-MD103

Objectives

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

- Understand the concept of Yoga Practices
- Have an idea about various Yoga Practices and their applications.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		1	0	3
Hours/ week		1	0	6
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory: NA		Practical: 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

PRAYER (Om Chanting & Mantras)

SOOKSHMA VYAYAMA

Greeva Shakti Vikasaka, Skandha tatha Bahu-mula Shakti Vikasaka (for Shoulders), Poorna Bhuja Shakti Vikasaka (Four arms), Katishakti Vikasaka (fore the waist), Jangha Shakti Vikasaka (four the thighs), Pandanguli Shakti Vikasaka.

SURYA NAMASKAR WITH MANTRAS

ASANA

Standing pose: Tadasana, Tiryaka-tadasana, Kati chakrasana, Trikonasana.

Sitting pose: Sukhasana, Siddhasana, Ardha padmasana, Swastikasana, Vajrasana.

Supine pose: Halasana series (Uttanpadasana, Ardhalasana, Sarvangasana, Purnahalasana, Shavasana)

Prone pose: Saral Bhujangasana, Tiryaka-Bhujangasana, Ardha shalabhasana, Makarasana.

PRANAYAMA

Bhastrika (According to Hathpradipika & Gherand Samhita), Nadishodhan (According to Hathpradipika & Gherand Samhita)

MUDRA & BANDHA

Tribandha (Moolbandha, Uddiyan Bandha, Jalandhar Bandha), Mahabandha (According to Hathpradipika & Gherand Samhita), Mahamudra (According to Hathpradipika & Gherand Samhita), Mahavedh mudra (According to Hathpradipika & Gherand Samhita), Vipareeta karani mudra (According to Hathpradipika & Gherand Samhita).

MEDITATION

Vipassana & Preksha (According to buddhism & Jainism)

SHATKARMA (Shodhan kriyayen)

Kunjal, Jal Neti, Kapalbhati (According to Hathpradipika & Gherand Samhita)

SHANTIPATH

REFERENCES

1. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
2. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011
3. Swami Satyananda Saraswati: Asana Pranayama Mudra-Bandha, Bihar School of Yoga, Munger, 2005.
4. Digambar, Swami (2012) Hathpradipika (Swatmaramkrit), Kaivalyadham Lonavala, Pune.
Swami, Niranjananand Saraswati (2013) Gherand Samhita, Bihar School of Yoga, Munger.

Skill Courses (SEC): Therapeutic Implementation of Yogic Practices-I

Subject Code: BSY-SC104

Objectives:

Following are the objectives of introducing this course

- To acquire the skill of communicating with others in English.
- To apply the value of English in diverse field.
- To understand the approach and theory of English.

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		-	-	2
Hours/ week		-	-	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory: Nil		Practical: 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Unit - 1: Yoga Practices Respiratory Disorders

Asthma and Sinusitis & Rhinitis

Unit - 2: Yoga Practices Digestive Disorders

Diabetes, Constipation & Indigestion

Unit - 3: Yoga Practices Circulatory Disorders

High & Low Blood Pressure and Angina Pectoris

Unit-4: Yoga Practices Joints & Back Disorders

Rheumatic arthritis, Gout arthritis, Spondylosis: Cervical & Lumber

Value additional Course: Life Skill and Personality Development
Subject Code: BSY-VAC105

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		2	-	0
Hours/ week		2	-	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory: 100		Practical: Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

***Syllabus will be followed prepared by the University**

Semester-II

Core Subject: Essence of Patanjali Yoga Sutra

Subject Code: BSY-CST201

Objectives:

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

- Understand various modification of mind and the means of inhibiting them.
- Have an understanding about the essence of Samadhi and Sadhana Pada.
- Understand the essence of Vibhooti and Kaivalya pada.

Total Number of Hours: 90	Theory	Tutorial	Practical
Credits	4	2	0
Hours/ week	4	4	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

Unit - 1: Introduction to Yoga Darshana of Patanjali and Samadhi Pada

Brief Introduction to Maharshi Patanjali and Patanjali Yoga Sutra; Concept of Mana, Buddhi, Ahamkar and Chitta; Concept of Chitta Bhoomis (Kshipta, Mudh, Vikshipta, Ekagra, Nirudha); Concept of Chitta-Vrittis and their classification, Chitta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Concept of Samprajnata; Chitta-Vikshepas (Antarayas), Concept of Chitta-prasadanam, Relevance of Chitta-prasadanam in Yoga Sadhana. Types of Samadhi (Samprajnata and Asamprajnata Samadhi); Types of Samprajnata Samadhi (Vitarka, Vichara, Anand and Ashmita); Types of Asamprajnata Samadhi (Bhavapratyaya and Upayapratyaya).

Unit-2: Sadhana pada

Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dwesh, Abhinivesh); Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drishanirupanam (Prakriti), Drastunirupanama (Purusha), Prakriti Purusha Samyoga; Brief Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.

Unit - 3: Vibhuti Pada

Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Bhoota jaya, Indriya jaya and their Siddhis, Vivek Khyati, Kaivalya.

Unit - 4: Kaivalya Pada

Satvapurushanyatakyati, Kaivalya Nirvachana; Five Types of Siddhis and Jatyantar Parinamh; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana. Dharmamegha Samadi.

TEXT BOOKS

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

BOOKS FOR REFERENCE

1. V.V. Sovani: A critical study of the Sankhya System, Chowkhambha Sanskrit Pratisthan, New Delhi, 2005
2. M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
3. K.D. Prithvipaul: The Yogasurta of Patanjali M.L.B.D. New Delhi
4. Gaspar M. Coleman, S.J: Patanjali Yoga, Papal Athenaeum, Poona, 1970
5. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II 26

Core Subject: General Introduction to Hatha Yoga and its practices

Subject Code: BSY-CST202

Objectives:

By introducing Hatha Yoga & its Texts, students shall be able to

- Have an understanding about pre-requisites and principles about Hatha Yoga
- Understand the relationship between Hatha yoga and Raja yoga
- Have an understanding about the concept of Hatha yoga in various Hath yogic texts.

Total Number of Hours: 90	Theory	Tutorial	Practical
Credits	4	-	2
Hours/ week	4	-	4
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

Unit - 1: General introduction to Hatha yoga:

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

Unit - 2: Pre-requisites of Hatha Yoga:

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

Unit - 3: Principles of Hatha Yoga:

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

Unit-4: Hatha Yogic Practices

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

TEXT BOOKS

1. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
2. HathaYoga Pradeepika of Svatmarama, MDNIY Publication, 2013
3. Sharma BR: Jyotsna (Commentary of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013

BOOKS FOR REFERENCE

1. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010.
2. Chintaharan Betal, Hatha Yog Ki Bhumika (Hindi version), University Publications, Dariya Ganj, New Delhi
3. Gharote ML: Hatharatnavali, The Lonavala Yoga Institute, Lonavala, Pune, IInd Edition, 2009
4. Briggs GW: Gorakhnatha and the Kanphata Yogis, 8th Edition, 2009
5. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
6. Gharote M.L. & Pai, G.K. (Edi): Siddhasidhantpaddhati, Kaivalyadhama, Lonavla, 2005.
7. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
8. Swami Digambar ji & Gharote M.L.: Gherand Samhita, Kaivalyadhama, Lonavla, 1978.
9. Swatmarama ji: Hathapradipika (Jyotsna- tika), Adyar Library, Madras.
10. Bharati, Swami Veda Reddy Venkata: Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnavali

Multidisciplinary Course: Basic Yoga Practices-II

Subject Code: BSY-MD203

Objectives

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

- Understand the concept of Yoga Practices
- Have an idea about various Yoga Practices and their applications.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		1	0	3
Hours/ week		1	0	6
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory: NA		Practical: 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

PRAYER

SOOKSHMA & STHOOL VYAYAMA

Skandh-tatha Bahu-mula Shakti Vikasaka (for Shoulders), Jangha Shakti Vikasaka (four the thighs), Pandanguli Shakti Vikasaka, Hridya Gati (engine Doud), Urdhva gati, Sarvang Pushti.

SURYA NAMASKAR WITH MANTRAS

ASANA

Standing pose: Vrikshasana, Utkatasana, Katichakrasana, Trikonasana.

Sitting pose: Padmasana, Swastikasna, Goumukhasana, Vajrasana, Mandukasana.

Supine pose: Uttanpadasana, Sarvangasana, Halasana, Karnapeedhasana, Shavasana.

Prone pose: Bhujangasana, Triyaka-Bhujangasana, shalabhasana, Balasana.

PRANAYAMA

Suryabhedan (According to Hathpradipika & Gherand Samhita)

Ujjayi (According to Hathpradipika & Gherand Samhita)

MUDRA & BANDHA

Mahabandha (According to Hathpradipika & Gherand Samhita)

Yoni mudra (According to Hathpradipika & Gherand Samhita)

Vipreet karani mudra (According to Hathpradipika & Gherand Samhita)

Shambhavi Mudra (According to Hathpradipika & Gherand Samhita)

MEDITATION

Pranav Meditation, Soham Meditation

SHATKARMA (Shodhan kriyayen)

Kunjla Rubber Neti, Nauli, Kapalbhathi (According to Hathpradipika & Gherand Samhita)

SHANTIPATH

REFERENCES

1. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
2. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011
3. Swami Satyananda Saraswati: Asana Pranayama Mudra-Bandha, Bihar School of Yoga, Munger, 2005.
4. Digambar, Swami (2012) Hathpradipika (Swatmaramkrit), Kaivalyadham Lonavala, Pune.
5. Swami, Niranjananand Saraswati (2013) Gherand Samhita, Bihar School of Yoga, Munger.

Skill Courses (SEC): Therapeutic Implementation of Yogic Practices-II

Subject Code: BSY-SC204

Objectives:

Following are the objectives of introducing this course

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		-	-	2
Hours/ week		-	-	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : Nil		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Unit - 1: Yoga Practices for Women

Menstruation problem, PCOD, Leucorrhea

Unit - 2: Yoga Practices for Old age

Dementia, Insomnia & Hearing loss

Unit - 3: Yoga Practices for Children

Concentration, Memory, Attention & Frustration

Unit-4: Yoga Practices for Psychological Problems

Stress, Anxiety, Depression & Phobia

Value additional Course: Basic of Environmental Studies**Subject Code: BSY-VAC205**

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		2	-	0
Hours/ week		2	-	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

***Syllabus will be followed prepared by the University**

Semester-III

Major Subject: General Introduction to Principal Upanishads

Subject Code: BSY-CST301

Objectives:

Following the completion of this course, student will be able to

- Have an idea about the major principal Upanishads
- Understand the essence of each Upanishad and how to put them into practice.
- Understand each Upanishad and the role of it in our day to day life.

Total Number of Hours: 90	Theory	Tutorial	Practical
Credits	4	2	0
Hours/ week	4	4	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

Unit-1: Introduction essence of Ishavasyopanishad and Kena Upanishad

An Introduction to Upanishadic Philosophies; **Ishavasyopanishad:** JnanaNishtha (Ish.1), Karma Nishtha (Ish.2), All compassion Brahman (Ish.5), Nature of Sage (Ish.6, 7), Prayer of dying Man (Ish.15); **Kena Upanishad:** The inscrutable being (Kena-I.2, 3 ,4,6) (Kena II.2,3), Greatness of self-Knowledge (KenaII.5)

Unit-2: Essence of Katho and Prashna Upanishad

Katha Upanishad: Futility of earthly pleasure (Katha I.i.26, 27); Glory of wisdom of self (Katha I.ii.1, 5, 6, 7, 12); Atman is immortal (Katha I.ii.18); Conditions of knowing that (Katha I.ii.23, 24); The indivisible Brahman (Katha II.i.10, 11) (Katha II.ii.2, 9,11)The supreme state; **Prashna Upanishad:** Sun, the life of creatures, The all-inclusiveness of Brahman, the state of becoming the soul

Unit-3: Essence of Mundaka, Mandukya and Taittiriya

Mundaka: The greatness of Brahman, The worthlessness of Selfish-karma, Tapas and Gurubhakti, The origin of creation, everything is Brahman, Force of Desire, State of moksha;

Mandukya Upanishad: All this is Brahman, The fourth state of being

Unit- 4: Essence of Aitareya, Chandogya and Brihadarnyaka

Aitareya: Everything is only that Atman, all this is Brahman only; **Chandogya:** The meditation on Udgitha omkara, Sandilyavidya, the sacrifice of the knower, The necessity for a guru, Bhumiavidya, Know the Atman; **Brihadarnyakam:** A prayer of the devotee, The death of the jnana, how to know the secret Atman, The ocean of the absolute, The atman and its knower, The infinite Brahman.

References:

Core Subject: YOGA PRACTICUM-II

Subject Code: BSY-CSP302

Objectives:

Following the completion of this course, student will be able to

- Have an idea about the Naturopathy and Alternative Therapies
- Understand the essence of Naturopathy and alternative therapies and how to put them into

practice.

Total Number of Hours: 180	Theory	Tutorial	Practical
Credits	-	2	4
Hours/ week	-	4	8
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		70	30

PRAYER (Om Chanting & Mantras)

PAWANMUKTASANA PART- 1

Prarambhik Sthiti, Padanguli Naman & Goolf Naman, Goolf Chakra, Goolf Ghoornan, Janu Naman, Janu Chakra, Ardha Titali Asana, Shroni Chakra, Poorna Titali Asana, Musthika Bandhana, Manibandha Naman, Manibandha Chakra, Kehuni Naman, Kehuni Chakra, Skandha Chakra, Greeva Sanchalana

SURYA NAMASKAR & PRAJYA YOGA

ASANA

Standing Pose: Vrikshaasana, Garudasana, Parshva Konasana, Veer Bhadrasana -1,2,3.

Sitting Pose: Padmasana Series (Yogamudrasana, Gupta Padmasana, Baddha Padmasana, Lolasana, Kukkutasana,) Janusirasana, Pashchimuttasana,

Supine Pose: Karnpeedasana, Setubandhasana, Kandharasana, Nokasna, Matsyasana

Prone Pose: Bhujangasana, Sarpasana, Shalabhasana, Ardha Dhanurasana, Makarasana.

MUDRA & BANDHA

Vajroli (According to Hathpradipika & Gherand Samhita)

Shaktichalini (According to Hathpradipika & Gherand Samhita)

Yoni Mudra (According to Gherand Samhita)

Shambhavi Mudra (According to Gherand Samhita)

PRANAYAMA

Bhastrika (According to Hathpradipika & Gherand Samhita)

Ujjayi (According to Hathpradipika & Gherand Samhita)

Seetali (According to Hathpradipika & Gherand Samhita)

Seetkari (According to Gherand Samhita)

MEDITATION

Sthul, Jyoti & Sukshma Dhyana (Gherand Samhita)

SHATAKARMA

Kunjal

Jalaneti, Ruber Neti

Danda Dhotti

Vyutakarma & Seetakarma (Kapalbhati)

Nauli

SHANTIPATH

REFERENCES

1. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
2. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011
3. Swami Satyananda Saraswati: Asana Pranayama Mudra-Bandha, Bihar School of Yoga, Munger, 2005.
4. Digambar, Swami (2012) Hathpradipika (Swatmaramkrit), Kaivalyadham Lonavala, Pune.
5. Swami, Niranjananand Saraswati (2013) Gherand Samhita, Bihar School of Yoga, Munger.

Multidisciplinary Course: Basic Yoga Practices-III

Subject Code: BSY-MD303

Objectives

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

- Understand the concept of Yoga Practices
- Have an idea about various Yoga Practices and their applications.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		1	0	3
Hours/ week		1	0	6
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

PRAYER (Om Chanting & Mantras)

PAWANMUKTASANA PART- 1

Prarambhik Sthiti, Padanguli Naman & Goolf Naman, Goolf Chakra, Goolf Ghoornan, Janu Naman, Janu Chakra, Ardha Titali Asana, Shroni Chakra, Poorna Titali Asana, Musthika Bandhana, Manibandha Naman, Manibandha Chakra, Kehuni Naman, Kehuni Chakra, Skandha Chakra, Greeva Sanchalana

SURYA NAMASKAR & PRAJYA YOGA

ASANA

Standing Pose: Vrikshaasana, Garudasana, Parshva Konasana, Veer Bhadrasana -1,2,3.

Sitting Pose: Padmasana Series (Yogamudrasana, Gupta Padmasana, Baddha Padmasana, Lolasana, Kukkutasana,) Janusirasana, Pashchimuttasana,

Supine Pose: Karnpeedasana, Setubandhasana, Kandharasana, Nokasna, Matsyasana

Prone Pose: Bhujangasana, Sarpasana, Shalabhasana, Ardha Dhanurasana, Makarasana.

MUDRA & BANDHA

Vajroli (According to Hathpradipika & Gherand Samhita)

Shaktichalini (According to Hathpradipika & Gherand Samhita)

Yoni Mudra (According to Gherand Samhita)

Shambhavi Mudra (According to Gherand Samhita)

PRANAYAMA

Bhastrika (According to Hathpradipika & Gherand Samhita)

Ujjayi (According to Hathpradipika & Gherand Samhita)

Seetali (According to Hathpradipika & Gherand Samhita)

Seetkari (According to Gherand Samhita)

MEDITATION

Sthul, Jyoti & Sukshm Dhyana (Gherand Samhita)

SHATAKARMA

Kunjala

Jalaneti, Ruber Neti

Danda Dhuti

Vyutakarma & Seetakarma (Kapalbhati)

Nauli

SHANTIPATH

REFERENCES

1. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
2. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011
3. Swami Satyananda Saraswati: Asana Pranayama Mudra-Bandha, Bihar School of Yoga, Munger, 2005.
4. Digambar, Swami (2012) Hathpradipika (Swatmaramkrit), Kaivalyadham Lonavala, Pune.
5. Swami, Niranjananand Saraswati (2013) Gherand Samhita, Bihar School of Yoga, Munger.

Skill Courses: Human Anatomy and Physiology-I

Subject Code: BSY-SC304

Objectives:

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

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

Total Number of Hours: 75	Theory	Tutorial	Practical
Credits	2	-	0
Hours/ week	2	-	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

Unit-1: Cell, Tissue and Muscular – Skeletal system

Cell structure –Plasma membrane and protoplasm; Cell organelles –Mitochondria, Golgi body, Endoplasmic reticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane, chromosome, nucleolus; Homeostasis; Tissue: types, structure, and function of tissues, Skeletal and Muscular System; Types and structure of joint: Mechanism of muscle contraction.

Unit-2: Digestive system and Respiratory system

Structure and functions of Digestive and Respiratory systems; Physiology of digestion and absorption; malnutrition and under nutrition; Structure and functions of Respiratory system; Mechanism of breathing (Expiration and inspiration).

Unit-3: Cardiovascular system

Composition and function of blood–Plasma, RBC,WBC and Platelet; Blood groups and their importance; Blood clotting; Structure and working mechanism of heart; Organization of systemic and pulmonary circulation; Cardiac output and cardiac cycle; Blood pressure and regulation of blood pressure

Unit-4: Nervous and Endocrine System

Nervous System; Central, Peripheral and Autonomic Nervous System and their functions. Endocrine glands; Types, location and their functions.

TEXT BOOKS

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology

REFERENCE BOOKS:

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

Compulsory Courses: Indian Knowledge System (IKS) OR Additional Multidisciplinary Skill Course (AMSE)⁺⁺

Subject Code: BSY-IKS305

Objectives:

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : nil		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Syllabus will be provided by University

SEMESTER-IV

Core Subject: Four Streams of Yoga

Subject Code: BYS-CST401

Objectives:

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

- Understand the four paths/streams of yoga with indepth understanding.
- Have an indepth understanding about their similarities and dissimilarities.
- Understand the principle and conceptualize each stream

Total Number of Hours: 180		Theory	Tutorial	Practical
Credits		4	2	0
Hours/ week		4	4	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Jnana Yoga and Karma Yoga

Meaning, Definition of Jnana Yoga, Sadhan of Jnana Yoga (shravan, manana, Nidhidhyasana, Shatsampatti)., The concept and meaning of karma Yoga, Concept of Nishkama Karma, Prerequisites for a stithaprajna, Stithaprajna lakshana, The law of karma.

Unit-2: Bhakti Yoga

Navadha Bhakti, Qualities of a bhakta, The pronunciation, chanting, knowledge, benefits of Sanskrit chants, hymns, bhajans, Satsang and the uplifting meaning of the chants helping to thin the activities of the mind, Mantra chanting, and their effect on the nadi and the chakras.

Unit-3: Raja Yoga

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

Unit-4: Biography of Indian Yogis

Swami Vivekananda, Swami Kuvalyananda, Swami Shivananda, Mahesh Yogi, Swami Niranjanananda, Meera bai, Shree Maa.

TEXT BOOKS

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

Major Subject: Basis of Yoga Therapy

Subject Code: BSY-CST402

Objectives:

To imparted knowledge about various disease and their treatment through yogic processes

Total Number of Hours: 180		Theory	Tutorial	Practical
Credits		4	-	2
Hours/ week		4	-	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Yogic concepts of health and disease

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in health and healing; Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi, Yogic concept of Health and Disease, role of Yoga in preventive health care – Heyam dukham anagatam; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Shvasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva;

Unit-2: Yogic concepts for health and healing

Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing; Concept of Abhyas and Vairagya, Chitta and Chitta Prasadana, Kriya-yoga.

Unit-3: Yogic principles and practices of healthy living

Yogic Principles of Healthy Living: Aahara, Vihara, Aachara and Vichara; Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being; Yogic principles of Lifestyle management and its role in prevention of disease and health promotion; Yogic Principles of Diet and its role in Healthy living; Yogic Practices of Healthy living : i.e. Yama, Niyama, Shatkarma, Asana, Mudra & Bandha Pranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living.

Unit-4: Health benefits of yogic practices

Psycho-physiological effects and health benefits of Yogasana , Pranayama, Shatkarma, Bandha and Mudra, and Meditation

TEXT BOOKS

1. Preeti Goel and Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003)
2. M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
3. Dr. K. Krishna Bhat: The power of Yoga

BOOKS FOR REFERENCE

1. Dr. R. S. Bhogal : Yoga Psychology, Kaivalyadhama Publication
2. Dr. Manmath M Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
3. T.S. Rukmani: Patanajala Yoga Sutra
4. Sahay, G. S.: Hatha Yoga Pradeepika, MDNIY Publication, 2013
5. Kdham : Gheranda Samhita, Kaivalyadhama, Lonavla,

Multidisciplinary Course: Basic Yoga Practices-IV

Subject Code: BSY-MD403

Objectives

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

- Understand the concept of Yoga Practices
- Have an idea about various Yoga Practices and their applications.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		1	0	3
Hours/ week		1	0	6
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

PRAYER (Om Chanting & Mantras)

PAWANMUKTASANA PART- 2

Padotthanasana, Padachakrasana, Pada Sanchalanasana, Supta Pawanmuktasana, Jhulana Lurhakanasana, Supta Udarakarshanasana, Shava Udarakarshanasana, Naukasana.

SURYA NAMASKAR & CHANDRA NAMASKAR ASANA

Standing Pose: Garudasana, Parshva Konasana, Natarajasana, Vatayanasana, Hanumanasana.

Sitting Pose: Gupta Padmasana, Baddha Padmasana, Kukkutasana, Mayurasana, Shirshasana.

Supine Pose: Karnpeedasana, Setubandhasana, Kandharasana, Nokasna, Matsyasana.

Prone Pose: Kapotasana, Shalabhasana, Dhanurasana, Vrishikasana, Makarasana.

MUDRA & BANDHA

Ashwani mudra (According To Hathpradipika & Gherand Samhita)

Tadagi Mudra (According To Hathpradipika & Gherand Samhita)

Nabho Mudra (According To Gherand Samhita)

Shambhavi Mudra (According To Gherand Samhita)

PRANAYAMA

Nadhishodhan (According To Hathpradipika & Gherand Samhita)

Ujjayi (According To Hathpradipika & Gherand Samhita)

Bhramari (According To Hathpradipika & Gherand Samhita), Seetkari (According To Gherand Samhita)

MEDITATION

Transcendental Meditation (Maharshi Mahesh Yogi) & Cyclic Meditation (S-Vyasa)

SHATAKARMA

Sutra Neti

Vyutakarma & Sitakarma Kapalbhati

Gajkarani Kriya

Vastra Dhوتي

Nauli Kriya

SHANTIPATH

REFERENCES

1. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
2. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011
3. Swami Satyananda Saraswati: Asana Pranayama Mudra-Bandha, Bihar School of Yoga, Munger, 2005.
4. Digambar, Swami (2012) Hathpradipika (Swatmaramkrit), Kaivalyadham Lonavla, Pune.
5. Swami, Niranjananand Saraswati (2013) Gherand Samhita, Bihar School of Yoga, Munger.

Skill Course: Human Anatomy and Physiology-II

Subject Code: BSY-MD404

OBJECTIVES:

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

- To know about the structure of the body
- To know about the necessary functions of the body
- To give brief idea about the diseases related to each system
- To throw light on anatomy so that student can experience the involvement of their body

parts while practicing various postures of yoga

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	2	-	0
Hours/ week	2	-	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

Unit -1: Excretory Systems

Excretory system: Structure and functions of Kidney, Ureter, Urinary bladder, Urethra; Mechanism of urine formation; Role of kidney in Osmo-regulation.

Unit -2: Lymphatic system and immune system

Lymphoid organ: Bone marrow, Thymus, spleen, Lymph node, Composition and function of lymph, Immunity: Meaning and types of immunity-Innate immunity and acquired immunity, Antigen and antibody, Hypersensitivity, Autoimmunity

Unit -3: Biomolecules

Nutrition: Meaning and Objectives, Elements of Diet: Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibers Balanced diet, Role of Diet for Spiritual Development.

Unit -4: Integumentary System

Integumentary system-Functions & Organs; Skin: Structure & Functions, Nail: Structure & Functions, Hair: Structure & Functions, Glands: Structure & Functions.

TEXT BOOKS

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology

BOOKS FOR REFERENCE

1. Bijlani R. L.:Understanding of Human Physiology, Jaypee Brothers Medical Publishers Pvt. Ltd, New Delhi, 2011
2. Arthur C Gyton & Hall: Medical Physiology, Reed Elsevier India Pvt. Ltd, New Delhi, 2006
3. Chatterji C. C: Human Physiology Vol. I & II, Medical Allied Agency, Kolkata, 2004
4. Sharma J. P: A-Z Illustrated Encyclopaedia of Human Anatomy & Physiology, KhelSahiya Kendra, Delhi, 2005
5. Pal G. K & others: Textbook for practical Physiology, Orient Longman Pvt. Ltd, Hyderabad, 2007

Compulsory Courses: Indian Knowledge System (IKS) OR Additional Multidisciplinary Skill Course (AMSE)⁺⁺

Subject Code: BSY-IKS305

Objectives:

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : nil		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Core Subject: Essence of Srimad Bhagavad Gita

Subject Code: BSY-CST501

Objectives:

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

- Understand the significance of Bhagavad Gita and its essence.
- Understand the concept of Atman, Paramatman, Sthitaprajna.
- Have a deep understanding between the qualities of a Karma and Bhakti yogi.
- Understand the concept of Ahara its role in healthy living.

Total Number of Hours: 90		Theory	Tutorial	Practical
Credits		4	2	0
Hours/ week		4	4	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit – 1: Significance of Bhagavadgita as synthesis of yoga

Introduction to Bhagavadgita; Definitions of Yoga in Bhagavadgita and their relevance; Bhagavadgita and their relevance in Yoga Sadhana

Unit–2: Concept of Atman, Parmatman and characteristic of Sthita prajna in Bhagavdgita

Concept of Samkhya Yoga in Bhagavadgita; Concept of Sthita Prajna, stages and characteristic of it; Concept of Atman (Purusha), Jivatman; Concept of Paramatman (Parmeshwar or Purushottam) their characteristic in Bhagavadgita; Concept of Jnana and Jnana Yoga.

Unit-3: Karma yoga and Bhakti yoga in Bhagavadgita

Concept of karma Yoga in Bhagavadgita; Concept of Bhakti, concept of Shraddha and its relevance as described in Bhagavad Gita, Yoga of Bhakti and Bhakta as described in Bhagavadgita.

Unit – 4: Concept of ahara and role of Bhagavadgita in healthy living

Role of Bhagavadgita in day-to-day life; Concept and classification of Ahara as described in Bhagavadgita; Ahara and its role in Adhyatma Sadhana; Concept of Triguna in the context of Bhagavadgita.

TEXT BOOKS

1. Swami Gambhiranand ; Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha Madras

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

BOOKS FOR REFERENCE

1. Swami Shrikantananda; Gita Darshana, Indian Institute of Human Excellence Hyderabad
2. Swami Tapasyananda ; Srimadbhagavadgita Sri Ramkrishna Matha Madras
3. Swami Abhidananda Bhagvatgita, the divine message, Ramakrishna Vedanta Matha, Kolkata, 1990
4. Swami Raghvenderananda; Universal message of the Bhagvatgita, Advita Ashrama, Kolkata, 2000

Major Subject: Teaching Methods of Yoga

Subject Code: BSY-CST502

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.

Total Number of Hours: 90		Theory	Tutorial	Practical
Credits		4	2	0
Hours/ week		4	4	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Principles and methods of teaching yoga

[15 Hrs.]

Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; 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

[15 Hrs.]

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

Unit-3: Lesson planning in yoga

[15 hrs.]

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

[15 hrs.]

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; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga

TEXT BOOKS

1. Dr. Shri Krishna : Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009

BOOKS FOR REFERENCE

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

Subject Name: Field Work-I

Subject code: BSY-FWP503

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

During this period students shall get an opportunity of teaching yoga to community weekly four hours. The academic institution where the student is undergoing his/her training takes the responsibility of organizing the classes in the nearby community.

Compulsory Courses: Culture, traditions and moral values**Subject Code: BSY-CC 504****Objectives:**

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		2	0	-
Hours/ week		2	0	-
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : nil		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Language Courses: Language-I (Sanskritam)

Subject Code: BSY-LST 505

Objectives:

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

- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write in Sanskrit and have some idea about grammar.

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		2	-	-
Hours/ week		2	-	-
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Syllabus will be provided by University

Semester-VI

Core Subject: Psychology & Human Consciousness

Subject Code: BSY-CST601

Objective of Course

The subject entitled 'Psychology & Human Consciousness' has the following objectives:

- Students of the UG course will have an understanding about nature of Yoga Psychology.
- They will have an idea about the insights of Psychology & Human Consciousness.

Total Number of Hours: 180	Theory	Tutorial	Practical
Credits	4	2	0
Hours/ week	4	4	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

Unit-1: Introduction to Psychology

Meaning, Definitions & Types of Psychology, Constitutes and Human psychic according to western & Indian Psychology, Difference between Western & Indian Psychology, Development of Human Behavior according to Western & Indian Psychology.

Unit-2: Introduction to Personality

Meaning, Definition Characteristics & Types of Personality, Factors of personality development according to western & Indian Psychology, Western Theories of Personalities; Sigmund freud, Maslow, Jung & Adler.

Unit- 3: Introduction to Human Consciousness

Meaning, definitions of Human Consciousness, Need to study Human Consciousness, Development of Human Consciousness. States of Human Consciousness.

Unit-4: Consciousness in Indian Philosophy

Nature of Consciousness in Vedas, Upanisads, Satdarshan, Jainism & Bhuddism.

TEXT BOOKS:

1. Abhedananda : The Yoga Psychology, Ramakrishna Vedanta Math, Calcutta, 1973.

2. Sachdev, I.P. : Yoga and Depth Psychology (Motilal Banarsidass, Delhi, 1978)
3. Ishwar Bhardwaj: Human Consciousness, Satyam Publication, New Delhi.
4. Harendra Prasad Sinha: Bharatiya Darshan ki Rooprekha, Motilal Banarasi Das Publication, New Delhi.

REFERENCE BOOKS

1. Taimini, I.K : Glimpses into the Psychology of Yoga (Adyar: Theosophical Publishing House, 1973)
2. Aatreya, Shanti Parkash : Yoga Manovijnana (Indian Psychology) (International Standard Publication, Varanasi; 1965)

Core Subject: Biomechanics of Yoga Practices**Subject Code: BSY- CST602****Objectives**

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

- Have an understanding about General Concept of Biomechanics.
- Students will understand the importance of Biomechanics and Yoga Practices.
- To learn the techniques and application of biomechanics in Yoga.

Total Number of Hours: 90	Theory	Tutorial	Practical
Credits	4	2	0
Hours/ week	4	4	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

Unit- I: Introduction and Principals of Biomechanics in Yoga

Basic Biomechanical terms; Velocity, acceleration, Angular Velocity and Angular acceleration, Mass, Pressure, Gravity, Friction, Work, Power, Energy, Torque. Biomechanics description of movement of Human Body.

Unit- 2: Fundamental Concept of Biomechanics of Yoga Postures

Starch and Postural reflex during the Yoga Postures force- Meaning, Meaning, Definitions, Types and its applications to various yoga postures- lever. Meaning definition, types and its application to human body, newton low of motions. Fundamental concept of following terms; axes and planes, center of gravity, equilibrium, line of Gravity, angel of Pull, reciprocal innervation and inhibition.

Unit- 3: Biomechanics of Hip and Spine

Biomechanics of Hip structure and functions of the bones and non-contractile element of the hips, Mechanic and Pathomachanic of muscle activity at the hip and analysis of the forces on the hip during various yoga postures. Biomechanics od spine structure and functions of the bones and joint

of the cervical spine, mechanics and pathomechanics of the cervical musculature, analysis of the forces on the cervical spine during activity, structure and function of the bones and joints of the thoracic spine, lumbar spine and pelvis, analysis of the forces on the cervical thoracic and lumbar spine during yoga postures.

Unit- 4: Biomechanics of Shoulder, Elbow and Wrist

Biomechanics of shoulder- structure and function of the bones & joints of the shoulder complex, mechanics and pathomechanics of the muscle's activity in the shoulder complex and analysis of the forces on the shoulder complex during yoga posture. Elbow- structure and function of the bones and no contractile element of the elbow, mechanics of the much the muscles activity in the elbow complex and analysis of the forces on the elbow complex during yoga posture. Wrist- Biomechanics of wrist and hand structure and function of the bones and joints of the wrist and hand, mechanics of the muscle's activity in the wrist and hand, analysis of force on the wrist and hand during yoga postures. Mechanics of the special connective tissues in the hand.

BOOKS FOR REFERENCE

1. M.C. Ginns; Biomechanics sports and exercise, Champaign, Il-Human kinetics, 2013.
2. France bell; Principals of mechanics and Biomechanics, Stanley thornes publication, 1998.
3. Knudson,D; Fundamentals of Biomechanics, New York NY, Springor, 2007.

Subject Name: Field Work-II

Subject code: BSY-FWP603

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

During this period students shall get an opportunity of teaching yoga to villagers, weekly four hours. The academic institution where the student is undergoing his/her training takes the responsibility of organizing the classes in the nearby villages.

Compulsory Courses: Communication Skill Course

Subject Code: BSY-CC 604

Objectives:

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		2	0	-
Hours/ week		2	0	-
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : nil		Practical : 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Syllabus will be provided by university

Language Courses: Language-II (Hindi/English)**Subject Code: BSY-LST 605****Objectives:**

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Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		2	0	0
Hours/ week		2	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Syllabus will be provided by University

Semester-VII (U.G. with Research)

Core Subject: Yoga Therapy**Subject Code: BSY-CST701****Objectives:**

To imparted knowledge about various disease and their treatment through yogic processes

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory: 100		Practical: Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Yogic Management of Respiratory and Digestive Disorders

Asthma, Tuberculosis, common cold; Management of Digestive Disorder; Peptic Ulcer, Indigestion, Constipation, Diabetes, Colitis, Obesity.

Unit-2: Yogic Management of Cardiovascular and Genital Disorder

Angina, Pectoris, cardiomyopathy, Hypertension, Stroke and Anemia, impotency, Menstrual disorder, Leucorrhea & PCOS.

Unit-3: Yogic Management of Skeletal and Joint Disorders

Spondylosis- Cervical & Lumber, Back Pain, Arthritis and Gout

Unit-4: Yogic Management of Psychological Disorder

Stress, Anxiety, depression, Frustration, Phobia, Aggression, Drug Addition.

TEXT BOOKS

1. Preeti Goel and Rita Jain: Spectrum of Health (Sports Publications, New Delhi, 2003)
2. M. M. Gore: Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
3. Dr. K. Krishna Bhat: The power of Yoga

BOOKS FOR REFERENCE

4. Dr. R. S. Bhogal : Yoga Psychology, Kaivalyadhama Publication
5. Dr. Manmath M Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
6. T.S. Rukmani: Patanjala Yoga Sutra
7. Sahay, G. S.: Hatha Yoga Pradeepika, MDNIY Publication, 2013
8. Kdham : Gheranda Samhita, Kaivalyadhama, Lonavla,

Major Subject: Yoga Practicum-III

Subject Code: BSY-CST702

Objectives:

To imparted knowledge about various Asanas, Pranayama & Surya Namaskar and their impact on human body.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

PRAYER (Om Chanting & Mantras)

PAWANMUKTASANA PART- 2

Padotthanasana, Padachakrasana, Pada Sanchalanasana, Supta Pawanmuktasana, Jhulana Lurhakanasana, Supta Udarakarshanasana, Shava Udarakarshanasana, Naukasana.

SURYA NAMASKAR WITH CHANDRANAMASKARA

ASANA

Standing Pose: Vatayanasana, Sirsanana, Saral Natarajasana, Utthita Hasta Padangusthasana, Ardha Chandrasana, Hanumanasana,

Sitting Pose: Vajrasana Series (Ananda Madirasana, Padadhirasana, Bhadrasana, Simhasana, Veerasana, Marjari-Asana, Vyaghrasana, Shashankasana, Shashank Bhujangasana, Naman Pranamasana, Ashwa Sanchalanasana, Ardha Ushtrasana, Ushtrasana, Supta Vajrasana), Kurmasana

Supine Pose: Suptapadangushatha Nasasparshasana, Grivasana, Chakrasana, Padma Sarvangasana, Matsyasana

Prone Pose: Vipreet Nokasana, Poorna Bhujangasana, Poorna Dhanurasana, Poorna Shalabhasana, Makarasana.

YOGANINDRA

MUDRA & BANDHA

Vajroli (According to Hathpradipika & Gherand Samhita)

Shaktichalini (According to Hathpradipika & Gherand Samhita)

Yoni mudra (According to Gherand Samhita)

Shambhavi mudra (According to Gherand Samhita)

Nabho mudra

Ashawani mudra

Kaki mudra

PRANAYAMA

Bhastrika (According To Hathpradipika & Gherand Samhita)

Ujjayi (According To Hathpradipika & Gherand Samhita)

Sheetali (According To Hathpradipika & Gherand Samhita)

Seetkari (According To Gherand Samhita)

Chandrabhedhi

Suryabhedhi

MEDITATION

Soham & Pranav

SHATAKARMA

Kunjali, Gajkarni

Jalneti, Rubber Neti, sutra neti

Danda dhauti, Vastra dhauti

Vyutakarma & Sitakarma

Aganisara

Kapalbhati

SHANTIPATH

REFERENCES

1. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
2. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011
3. Swami Satyananda Saraswati: Asana Pranayama Mudra-Bandha, Bihar School of Yoga, Munger, 2005.
4. Digambar, Swami (2012) Hathpradipika (Swatmaramkrit), Kaivalyadham Lonavla, Pune.
5. Swami, Niranjananand Saraswati (2013) Gherand Samhita, Bihar School of Yoga, Munger.

Core Subject: Core Elective-I

Subject Code: BSY-CE703

Objectives:

To imparted knowledge about various.....

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	-	0
Hours/ week		4	-	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Subject Name: Research Methodology

Subject code: BSY-CC704

Objectives

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

- Understand the concept of research and its Methodology for carrying minor and major research.
- Feed and analyze the data.
- Organize the data and represent the data.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit- 1: Introduction to research methodology

Meaning and Definition of research, Research Problem- Nature & Characteristics, Types of research: Applied Research & Basic Research; Goals of Research: description, explanation, prediction, and control of behavior, Need of research in Yoga.

Unit- 2: Introduction to Research Process

Research questions; Literature review; Different Sources of Information: Primary, Secondary, Tertiary source; Electronic Databases: Google Scholar, PubMed & PsycINFO; Hypothesis Operational definition; Sampling and Generalization - Population and Sample; Probability Sampling: Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling; Sampling Bias and Nonprobability Sampling: snowball sampling, convenience; Types of Biological data (Scales of measurement) – nominal, ordinal, interval, ratio; Types of variables – Independent, dependent, confounding variable; Reliability & Validity, Tools of Data Collection; Interview, Observation, Questionnaire

Unit-3: Introduction to Research Design

Meaning and types of Research Design: Cross-sectional studies and its advantages and disadvantages; Cohort studies and its advantages and disadvantages; Randomized controlled trials and its advantages and disadvantages; Availability of data, Sampling methods, Data collection.

Unit-4: Statistics

Normal distribution – Skewness and kurtosis; Frequency distribution; Measures of central tendency – mean, median, mode; standard deviation; Graphical presentation of data – Bar graphs, Pie chart, line diagram, scatter plot; Percentage change

TEXT BOOKS:

1. 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

REFERENCE BOOKS:

1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
2. Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

Subject Name: Research Writing and Research Ethics**Subject code: CST705****Objectives**

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

- Understand the concept of research and its methodology for carrying minor and major research.
- Feed and analyze the data.
- Organize the data and represent the data.

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		1	1	0
Hours/ week		1	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-I: STEP AND TECHNIQUE OF RESEARCH WRITING

Brief review of Research Writing, Steps of Scientific Research, Preparation of Synopsis,

Preparation of Research Report

Unit-II: RESEARCH ETHICS

Introduction and History of Research Ethics- Ethics for Researcher, Ethics for Laboratory, Ethics for Subjects.

Unit-III: SCIENTIFIC CONDUCT

Intellectual honesty and research integrity, Scientific misconducts: Falsification,

Fabrication, and Plagiarism (FFP) ,Selective reporting and misrepresentation of data

Unit-IV: PUBLICATION ETHICS

Publication ethics, definition, introduction and importance, Conflicts of interest,

Publication misconduct: definition, concept, problems that lead to unethical behavior and vice versa, type of Violation of publication ethics, authorship and contributor ship.

Semester-VIII

Core Subject: Yoga Philosophy**Subject code: CST801****Objectives**

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

- Indepth understanding of the Yoga Philosophy.
- Have an indepth understanding about their similarities and dissimilarities.
- Understand the principle and conceptualize each stream

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

UNIT-I: Concept of Yoga Philosophy

Meaning, Definition, Nature and functions of Mann, Bhuddhi, Ahamkar, Chitta.

UNIT-II: Psychological aspect of Yoga Philosophy

Meaning of Chitta and Chitta Bhumies. Types of Chitta Vratties, Types of Klesha, Yoga antaraye and sahbhuva, Karma siddhant and Vasana.

UNIT-III: Methods of Transformation of Chitta

Ashtanga Yoga , Kriya Yoga, Methods of Chitta Prasadhan, Abhyas & Vairagya.

UNIT-IV: Manav Utkarsh (Siddhiyan & Vibhuties)

Concept of Siddhi & Vibhities, Kaya sammat and Chitta sammat siddhies.

References:

Major Subject: Yoga Practicum-IV

Subject code: CSP802

Objectives

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

PRAYER (Om chanting & Mantras)

PAVAN MUKTASANA PART-3

Rajju Karshanasana, Gatyatmak Meru Vakrasana, Chakki Chalanasana, Nauka Sanchalanasana, Kashtha Takshanasana, Namaskarasana, Vayu Nishkasana, Kauva Chalasana, Udarakarshanasana.

SURYA NAMASKAR WITH MANTRAS

ASANA

Standing: Ardhabaddha-Padmottanasana, Natarajasana, Padangushthasana, Sirsha Angushthasana, Vatayanasana, Vakasana, Ashtavakrasana.

Sitting Asana: Baddha-Padmasana, Tolangulasana, Vibhakta-Paschimottanasana, Sirshasana, Matsyendrasana, Vrishchikasana.

Supine: Matsyasana, Sirshapada Bhumi Sparshasana, Padma Sarvangasana, Halasana, Karna Peedasana, Dwi Pada Kandharasana,.

Prone Asanas: Mayurasana, Bhujangasana, Kapotasana, Poorna-Dhanurasana, Poorna-Shalabhasana Vyaghrasana,

PRANAYAMA

Bhastrika (According to Hathpradipika & Gherand Samhita)

Ujjayi (According to Hathpradipika & Gherand Samhita)

Seetali (According to Hathpradipika & Gherand Samhita)

Seetkari (According to Gherand Samhita)

Suryabhedhi (According to Hathpradipika & Gherand Samhita)

Bhramari (According to Hathpradipika & Gherand Samhita)

Murcha (According to Hathpradipika & Gherand Samhita)

Plavani (Hathpradeepika)

BANDHA AND MUDRAS

Vajroli (According to Hathpradipika & Gherand Samhita)

Shaktichalini (According to Hathpradipika & Gherand Samhita)

Yoni mudra (According to Gherand Samhita)
Shambhavi mudra (According to Gherand Samhita)
Nabho mudra (According to Gherand Samhita)
Ashawani mudra (According to Gherand Samhita)
Kaki mudra (According to Gherand Samhita)
Tadagi mudra (According to Gherand Samhita)
Manduki mudra (According to Gherand Samhita)
Pashini mudra (According to Gherand Samhita)
Matangani & Bhujangani mudra (According to Gherand Samhita)

Meditation: Pranava Meditation, Soham Japa Dhyana, Vipassana Meditation, Preksha Meditation, Transcendental Meditation.

Shatkarmas

Kunjal, Gajkarni
Jalneti, Ruber neti, sutra neti
Danda dhoti, Vastra dhauti, Shankha Prakshalana
Vyutakarma & Sitakarma
Nauli
Kapalbhati
Trataka

REFERENCE BOOKS

1. Iyengar, B.K.S.: Light on Yoga ,Harper Collins Publishers, 2009
2. Sen Gupta Ranjana: B.K.S. Iyengar Yoga, A Dorling Kindersley Limited, 2001
3. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
4. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011
5. Swami Satyananda Saraswati: Asana Pranayama Mudra-Bandha, Bihar School of Yoga, Munger, 2005.
6. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
7. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011.

Core Subject: Core Elective-II**Subject Code: BSY-CE803****Objectives:**

To imparted knowledge about various.....

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	-	0
Hours/ week		4	-	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Subject Name: Dissertation

Subject code: BSY-CC804

Objectives

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

Total Number of Hours: 90		Theory	Tutorial	Practical
Credits		-	2	4
Hours/ week		-	4	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

The dissertation shall be supervised by the permanent faculty of the department. The Dissertation shall be examined by the board of examiners consisting of Head of department / Supervisor and External Examiner (to be appointed by University). Marks will be given by the both the examiners i.e., Internal and External Examiners.

The distribution of marks for the dissertation will be as below:

Periodical presentation	- 20 Marks
Dissertation	- 60 Marks
Viva-voce	- 20 Marks
Total	100 Marks

Dissertation / project report shall be valued jointly by External and one Internal examiner.

Major Subject: Research Paper and Presentation skill**Subject code: CSP805****Objectives**

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

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		1	1	0
Hours/ week		1	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Each student has to Present Research Methods and a Research paper orally.

The distribution of marks for the Research Presentation skill will be as below:

presentation	- 50 Marks
Skillness	- 20 Marks
Viva-voce	- 30 Marks
Total	100 Marks

Dissertation / project report shall be valued jointly by External and one Internal examiner.

(U.G with Honors)

Semester VII

Core Subject: Yoga Therapy**Subject Code: BSY-CST701****Objectives:**

To imparted knowledge about various disease and their treatment through yogic processes

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory: 100		Practical: Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Yogic Management of Respiratory and Digestive Disorders

Asthma, Tuberculosis, common cold; Management of Digestive Disorder; Peptic Ulcer, Indigestion, Constipation, Diabetes, Colitis, Obesity.

Unit-2: Yogic Management of Cardiovascular and Genital Disorder

Angina, Pectoris, cardiomyopathy, Hypertension, Stroke and Anemia, impotency, Menstrual disorder, Leucorrhea & PCOS.

Unit-3: Yogic Management of Skeletal and Joint Disorders

Spondylosis- Cervical & Lumber, Back Pain, Arthritis and Gout

Unit-4: Yogic Management of Psychological Disorder

Stress, Anxiety, depression, Frustration, Phobia, Aggression, Drug Addition.

TEXT BOOKS

1. Preeti Goel and Rita Jain: Spectrum of Health (Sports Publications, New Delhi, 2003)
2. M. M. Gore: Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
3. Dr. K. Krishna Bhat: The power of Yoga

BOOKS FOR REFERENCE

4. Dr. R. S. Bhogal : Yoga Psychology, Kaivalyadhama Publication
5. Dr. Manmath M Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
6. T.S. Rukmani: Patanjala Yoga Sutra
7. Sahay, G. S.: Hatha Yoga Pradeepika, MDNIY Publication, 2013
8. Kdham : Gheranda Samhita, Kaivalyadhama, Lonavla,

Major Subject: Yoga Practicum-III

Subject Code: BSY-CST702

Objectives:

To imparted knowledge about various Asanas, Pranayama & Surya Namaskar and their impact on human body.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

PRAYER (Om Chanting & Mantras)

PAWANMUKTASANA PART- 2

Padotthanasana, Padachakrasana, Pada Sanchalanasana, Supta Pawanmuktasana, Jhulana Lurhakanasana, Supta Udarakarshanasana, Shava Udarakarshanasana, Naukasana.

SURYA NAMASKAR WITH CHANDRANAMASKARA

ASANA

Standing Pose: Vatayanasana, Sirsanana, Saral Natarajasana, Utthita Hasta Padangusthasana, Ardha Chandrasana, Hanumanasana,

Sitting Pose: Vajrasana Series (Ananda Madirasana, Padadhirasana, Bhadrasana, Simhasana, Veerasana, Marjari-Asana, Vyaghrasana, Shashankasana, Shashank Bhujangasana, Naman Pranamasana, Ashwa Sanchalanasana, Ardha Ushtrasana, Ushtrasana, Supta Vajrasana), Kurmasana

Supine Pose: Suptapadangushatha Nasasparshasana, Grivasana, Chakrasana, Padma Sarvangasana, Matsyasana

Prone Pose: Viprit Nokasana, Purn Bhujangasana, Purn Dhanurasana, Purn Shalbhasana, Makarasana.

YOGANINDRA

MUDRA & BANDHA

Vajroli (According to Hathpradipika & Gherand Samhita)

Shaktichalini (According to Hathpradipika & Gherand Samhita)

Yoni mudra (According to Gherand Samhita)

Shambhavi mudra (According to Gherand Samhita)

Nabho mudra

Ashawani mudra

Kaki mudra

PRANAYAMA

Bhastrika (According To Hathpradipika & Gherand Samhita)

Ujjayi (According To Hathpradipika & Gherand Samhita)

Seetali (According To Hathpradipika & Gherand Samhita)

Seetkari (According To Gherand Samhita)

Chandrabhedhi

Suryabhedhi

MEDITATION

Soham & Pranav

SHATAKARMA

Kunjali, Gajkarni

Jalneti, Ruber neti, sutra neti

Danda dhauti, Vastra dhauti

Vyutakarma & Sitakarma

Aganisara

Kapalbhati

SHANTIPATH

REFERENCES

1. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
2. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011
3. Swami Satyananda Saraswati: Asana Pranayama Mudra-Bandha, Bihar School of Yoga, Munger, 2005.
4. Digambar, Swami (2012) Hathpradipika (Swatmaramkrit), Kaivalyadham Lonavala, Pune.
5. Swami, Niranjananand Saraswati (2013) Gherand Samhita, Bihar School of Yoga, Munger.

Core Subject: Core Major Elective-I**Subject Code: BSY-CE703****Objectives:**

To imparted knowledge about various.....

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	-	0
Hours/ week		4	-	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Major Subject: Basic Research Method-I

Subject Code: BSY-CST704

Objectives:

Objectives

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

- Understand the concept of research and its methodology for carrying minor and major research.
- Feed and analyze the data.
- Organize the data and represent the data.

Total Number of Hours:45		Theory	Tutorial	Practical
Credits		2	-	0
Hours/ week		2	-	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit- 1: Introduction to research methodology

Meaning, Definitions and Problems of research, Types of research: Applied Research & Basic Research; Goals of Research: description, explanation, prediction, and control of behavior; Ethics of research: Informed consent, Anonymity, Confidentiality, Plagiarism

Unit- 2: Introduction to Research Process

Hypothesis, Sampling and Generalization - Population and Sample; Probability Sampling: Simple Random Sampling, Systematic Sampling, Stratified Sampling; Sampling Bias and Nonprobability Sampling: snowball sampling. Types of variables – Independent, dependent, confounding variable.

Unit-3: General Introduction to Research Design

Types of research Design: Descriptive, Experimental, Observational, Correlational, Experimental Design.

Unit-4: Statistics

Measures of central tendency – mean, median, mode; Graphical presentation of data – Bar graphs, Pie chart, line diagram, scatter plot.

TEXT BOOKS:

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

REFERENCE BOOKS:

1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
2. Zar, J. H. & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

Core Minor Subject: Fundamentals texts of Yoga-I

Subject Code: BSY-CST705

Objectives:

To imparted knowledge about various disease and their treatment through yogic processes

Total Number of Hours: 45		Theory	Tutorial	Practical
Credits		3	-	0
Hours/ week		3	-	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

UNIT-I: GHERANDA SAMHITA

1. Ghatastha Yoga
2. Saptanga Yoga: Shatkarma, Asana, Mudra, Pratyahara, Pranayama,
3. Dhyana and Samadhi

UNIT-II: SHIVA SWARODAYA

1. Swara Yoga in brief, Prana – Vital energy, Sound and form of Swara, Triguna energy system,
2. Chakras, Pancha tatwa & Prana vayu
3. Personal observations of Swara activities & Clinical applications of Swara Sadhana.

UNIT-III: VASHISTHA SAMHITA

1. Introduction to Vashistha samhita
2. Yama, Niyama, Pratyahar & Pranayama in Vashista Samhita
3. Dharna, Dhyana & Samadhi in Vashistha Samhita

UNIT-IV: SHIV SAMHITA

1. General Introduction of Shiv Samhita and its subjects matters
2. Tattva Jnana Upadesh
3. Mudra & Chakras

REFERENCE BOOKS

1. Timini, I.K., The Science of Yoga, The Adyar Library, Madras
2. Iyengar B.K.S., Light on Patanjal Yoga, New York, Schocken Books, 1994

3. Bharati, Veda, Philosophy of Hatha Yoga, Himalayan International Institute of Yoga, Science and Philosophy, 1998,
4. Dvivedi, Nath Sampradaya of Hatha Yoga, Hindustani Academy, Allahabad, Uttar Pradesh, 1950.
5. Rajni Nautiyal, Samkhya Yoga main Antahkaran, Yoga Dept- HNB Garhwal University, Srinagar, Uttarakhand
6. Shiv Samhita, Raghavendra Sharma, Choukhamba Sanskrit prakashan, Delhi, 2006.

Core Subject: Core Minor Elective-I**Subject Code: BSY-CMiE706****Objectives:**

To imparted knowledge about various.....

Total Number of Hours: 45		Theory	Tutorial	Practical
Credits		3	-	0
Hours/ week		3	-	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Core Subject: Yoga Philosophy**Subject code: CST801****Objectives**

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

- Indepth understanding of the Yoga Philosophy.
- Have an indepth understanding about their similarities and dissimilarities.
- Understand the principle and conceptualize each stream

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

UNIT-I: Concept of Yoga Philosophy

Meaning, Definition, Nature and functions of Mann, Bhuddhi, Ahamkar, Chitta.

UNIT-II: Psychological aspect of Yoga Philosophy

Meaning of Chitta and Chitta Bhumies. Types of Chitta Vraties, Types of Klesha, Yogaantarayas and sahbhuva, Karma sidhhant and Vasana.

UNIT-III: Methods of Transformation of Chitta

Ashtanga Yoga , Kriya Yoga, Methods of Chitta Prasadhan, Abhyas & Vairagya.

UNIT-IV: Manav Utkasrsh (Siddhiyan & Vibhuties)

Concept of Siddhi & Vibhities, Kaya sammat and Chitta sammat siddhies.

References:

Major Subject: Yoga Practicum-V

Subject code: CSP802

Objectives

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

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	2	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

PRAYER (Om chanting & Mantras)

PAVAN MUKTASANA PART-3

Rajju Karshanasana, Gatyatmak Meru Vakrasana, Chakki Chalanasana, Nauka Sanchalanasana, Kashtha Takshanasana, Namaskarasana, Vayu Nishkasana, Kauva Chalasana, Udarakarshanasana.

SURYA NAMASKAR WITH MANTRAS

ASANA

Standing: Ardhabaddha-Padmottanasana, Natrajasana, Padangushthasana, Sirsha Angushthasana, Vatayanasana, Vakrasana, Ashtavakrasana.

Sitting Asana: Baddha-Padmasana, Tolangulasana, Vibhakta-Paschimottanasana, Sirshasana, Matsyendrasana, Vrishchikasana.

Supine: Matsyasana, Sirshapada Bhumi Sparshasana, Padma Sarvangasana, Halasana, Karna Peedasana, Dwi Pada Kandharasana,.

Prone Asanas: Mayurasana, Bhujangasana, Kapotasana, Poorna-Dhanurasana, Poorna-Shalabhasana Vyaghrasana,

PRANAYAMA

Bhastrika (According to Hathpradipika & Gherand Samhita)

Ujjayi (According to Hathpradipika & Gherand Samhita)

Seetali (According to Hathpradipika & Gherand Samhita)

Seetkari (According to Gherand Samhita)

Suryabhedhi (According to Hathpradipika & Gherand Samhita)

Bhramari (According to Hathpradipika & Gherand Samhita)

Murcha (According to Hathpradipika & Gherand Samhita)

Plavani (Hathpradeepika)

BANDHA AND MUDRAS

Vajroli (According to Hathpradipika & Gherand Samhita)
Shaktichalini (According to Hathpradipika & Gherand Samhita)
Yoni mudra (According to Gherand Samhita)
Shambhavi mudra (According to Gherand Samhita)
Nabho mudra (According to Gherand Samhita)
Ashawani mudra (According to Gherand Samhita)
Kaki mudra (According to Gherand Samhita)
Tadagi mudra (According to Gherand Samhita)
Manduki mudra (According to Gherand Samhita)
Pashini mudra (According to Gherand Samhita)
Matangani & Bhujangani mudra (According to Gherand Samhita)

Meditation: Pranava Meditation, Soham Japa Dhyana, Vipassana Meditation, Preksha Meditation, Transcendental Meditation.

Shatkarmas

Kunjla, Gajkarni
Jalneti, Ruber neti, sutra neti
Danda dhauti, Vasthra dhauti, Shankha Prakshalana
Vyutakarma & Sitakarma
Nauli
Kapalbhati
Trataka

REFERENCE BOOKS

1. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers, 2009
2. Sen Gupta Ranjana: B.K.S. Iyengar Yoga, A Dorling Kindersley Limited, 2001
3. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
4. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011
5. Swami Satyananda Saraswati: Asana Pranayama Mudra-Bandha, Bihar School of Yoga, Munger, 2005.
6. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
7. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011.

Core Subject: Core Major Elective-II**Subject Code: BSY-CE803****Objectives:**

To imparted knowledge about various.....

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	-	0
Hours/ week		4	-	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Subject Name: Basic Research Methods-II**Subject code: BSY-CRM 804****Objectives**

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

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		2	-	-
Hours/ week		2	-	-
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit- 1: Introduction to research methodology

Nature & Scope of research, Types of research: Historical, Survey, Action research, Survey of related literature.

Unit- 2: Tools of Data Collection

Questionnaire, Schedule, Observation, Interview; its meaning, advantage and disadvantages,

Unit-3: Basic Statistical Tests in Yoga Research

Normalcy of Data, Parametric & Non-Parametric Tests: Paired t test, Independent T test, Wilcoxon test, Mann Whitney U test. Brief introduction about SPSS.

Unit-4: Preparation of Research Synopsis & Report

Steps of Scientific Research, Preparation of Synopsis, Presentation of Yogic Research Report

TEXT BOOKS:

3. 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

REFERENCE BOOKS:

1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
2. Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

Major Subject: Swasthvritta**Subject code: CMI805****Objectives**

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

Total Number of Hours: 30		Theory	Tutorial	Practical
Credits		2	-	0
Hours/ week		2	-	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical: Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-I: Introduction to Swasthvritta

Meaning, Definition and Need of Swasthvritta, Definition & Symptoms of Health, Concept of Holistic (total) Health.

Unit-II: Components of Swasthvritta

Concept and importance of Dincharya, Ratricharya & Ritucharya in Life. Concept and method of Diet & Dietary.

Unit-III: Concept of Sadvritta

Meaning and importance of Sadvritta, Types of Sadvritta- Mental, Behavioral, Social, Religious, Personal. Concept of Acharasayan.

Unit-IV: Concept of Samshodhan & Samshaman

Meaning, Characteristics & Method of Swedan, Vaman, Virechan, Basti, Nasya karma and Raktmokshan

References:

Ramharsh singh, Swasthvritta Vijnan , Chokhabha Sanskrit Prathisthan, Delhi, (2013).

Acharya Balkrishna, Ayurveda Siddhant Rahasya, Divya Prakashan, Patanjali Yogpeeth, Haridwar (2014).

Core Subject: Core Minor Elective-II**Subject Code: BSY-CMiE806****Objectives:**

To impart knowledge about various.....

Total Number of Hours: 45		Theory	Tutorial	Practical
Credits		3	-	0
Hours/ week		3	-	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			