

# **HNB GARHWAL UNIVERSITY**

**SRINAGAR,GARHWAL (Uttarakhand) – INDIA**

**DEPARTMENT OF YOGIC SCIENCE**

**SYLLABUS FOR P.G. DIPLOMA IN YOGIC SCIENCE**

**(ONE YEAR REGULAR COURSE)**

**Title of the Course – P.G.DIPLOMA IN YOGIC SCIENCE**

**Duration of the Course –**

The course will be of One year duration, which will be divided into Two Semesters as two semesters in each academic year.

**Objectives of the Course –**

- The course will provide deeper insight into the curriculum of Yogic Sciences along with the therapeutic applications of Yoga and alternative therapies
- At the Master level it is also intended that students should get familiar with the original texts of Yoga.
- Promoting Positive Health in the Student through Yoga and enabling and imparting skill in them to practice and apply Yogic practices for Health to general public and teach Yoga for Total personality development and spiritual evolution.
- Invoking and inculcating inquisitive, scientific temper in student regarding the **Traditional Indian Sciences specially Yoga and Spirituality.**
- A research attitude and orientation will also be inculcated into the student so that they further become able to undertake advance and theoretical and applied researches in the field of **Yoga and Alternative Therapies.**

**Syllabus –**

The syllabus is designed to fulfill aforesaid objectives as Core and Elective subjects (Theory and Practical). Semester wise detail scheme and name of the papers are given as ahead.

**Scheme of Evaluation :-**

As this is a course with the objectives mentioned above the assessment will be based on attendance in theory and practical classes, assignments in the form of Sessional works, personality changes of students as they go through the course as assessed and evaluated by teacher.

- The Sessional tests will carry 40% of total marks for the course. The marks of the Sessional Test shall be taken into account for the computation of Grades.
- There shall be a written End Semester Examination which shall be of 2 hours duration carrying 60% of total Marks assigned for the course, covering the entire syllabus prescribed for the course. The End semester Examination shall be conducted by the University in consultation with the Dean concerned.
- The End Semester practical examinations shall normally be held before the theory examination. The internal faculty shall associate themselves with the examination process.

### **Eligibility:-**

No student shall be eligible for admission to a P.G.Diploma programme in Yoga unless he/she has successfully completed a three year undergraduate degree or earned prescribed number of credits for an undergraduate degree through the examinations conducted by a University /autonomous institution or possesses such qualifications recognized by the HNB Garhwal University as equivalent to an undergraduate degree.

### **Age Limitation :-**

Candidates should not be more than 40 years of age on the first day of the session i.e. 1 July in which he/she is taking admission.

### **Structure of P.G.Diploma Programme:**

- A P.G.Diploma in Yogic Science Programme shall consist of:
  - (i) Core courses shall be mandatory for all students registered for P.G.Diploma in Yogic Science. A Core course may carry 04- 06 credits. .
  - (ii) An Elective courses also shall carry not more than 4 credits
  - (iii) The course (Core/Elective) may also take the form of a Practical training/seminar, etc.
  - (iv) One -Year P.G.Diploma in Yogic Science course will have the following components, viz.
    - (i) Core Courses - Minimum 36 credits
    - (ii) Electives - Minimum 16 credits

The credits in the P.G. Diploma in Yogic Science of one year shall be distributed in the following manner:

Courses with credits	Semester I	Semester II
Core	18	18
Elective	08	08

- (d) In order to qualify for a one year P.G. Diploma a student must acquire a minimum of 52 credits including a minimum of 16 credits in electives choosing at least Four elective subjects.

### **Pass Percentage :-**

A student who has passed in all the core courses and the minimum number of electives prescribed for the programme and earned a minimum of 52 credits shall be considered to have passed the P.G.Diploma Programme.

A candidate who fails in three papers (including theory & practical), Sessional work & Viva-Voce in the each semester will be declared to have failed in the P.G.Diploma in Yogic science. A candidate who fails in less than three papers will be eligible to take the admission in next semester but he must be appeared in fails subjects in subsequent semester's examination (for two times only).

### **Grade System**

Regarding grading system, the rule of the One -Year P.G.Diploma programme will be followed as the University rules & regulations.

### **Procedure of Admission:-**

In order to select the candidate from amongst the applicants, the institution may either prepare a merit list giving suitable weight-age to marks obtained in previous qualifications and other factors or may conduct a written test/interview or may adopt both of these two methods giving suitable weight-age to them.

The person seeking admission to course will apply on the prescribed admission form of the University by the last announced for the purpose.

**Reservation:-**

Candidates belonging to S.T/S.C and OBC categories will get relaxations as per the general admission rules of the University.

**Medical Fitness Certificate :-**

The selected candidates must submit a medical fitness certificate along with academic certificates/testimonials and migration certificate also, if needed.

**Seats :-**

There are only 40 seats for the Course. The Examination patterns of course will semester wise. The Fee structure for the programme will be decided by the University/Colleges concerned. The examination Fee will be charged as per the rules of the University.

**Attendance:-**

Seventy five percent attendances in theory and practical classes respectively will be necessary for a candidate to appear in the final examination.

Points, if any, not covered by the provisions of this ordinance will be subject to the existing rules and regulations of the University and the Act, the statutes and the Ordinances, of the university, as applicable from time to time.

**Scheme of Examination:****SEMESTER –I**

Sub Code	Title of the Paper Semester-I	Credit Maximum-Marks					
		Total	Theory	Tutorial	Practical	Sessional	Credits
SOE/YOG/C001	Fundamentals of yoga	100 (60+40)	60	-	-	40	4
SOE/YOG/C002	Anatomy,Physiology and yogic Practice	100 (60+40)	60	-	-	40	4
SOE/YOG/C003	Principles of Hathyoga	100 (60+40)	60	-	-	40	4
SOE/YOG/C004	Practical -I	100 (60+40)	60	-	60	40	6
SOE/YOG/E001	Yoga and Allied Science – I	100 (60+40)	60	-	-	40	4
SOE/YOG/E002	OR Yoga and Personality Development						
SOE/YOG/E003	Yoga and Personal Management	100 (60+40)	-	-	-	40	4
SOE/YOG/E004	OR Yoga & Social Transformation						
		<b>600</b>					<b>26</b>

**SEMESTER –II**

Sub Code	Title of the Paper Semester-I	Credit Maximum-Marks					
		Total	Theory	Tutorial	Practical	Sessional	Credits
SOE/YOG/C005	Patanjal Yoga Sutra	100 (60+40)	60	-	-	40	4
SOE/YOG/C006	Principles of Naturopathy	100 (60+40)	60	-	-	40	4
SOE/YOG/C007	Yoga and Allied Science – II	100 (60+40)	60	-	-	40	4
SOE/YOG/C008	Practical –II	100 (60+40)	60	-	60	40	6
SOE/YOG/E005	Fundamentals of Psychology	100 (60+40)	-	-	-	40	4
SOE/YOG/E006	OR Mental Hygiene Through Yoga						
SOE/YOG/E007	Spirituality and Science	100 (60+40)	-	-	-	40	4
SOE/YOG/E008	OR Yoga Ethics						
		<b>600</b>					<b>26</b>

**SEMESTER-I**  
**PAPER-I (SOE/YOG/C001)**  
**FUNDAMENTALS OF YOGA**

**MARKS: 100**

**DURATION OF EXAM. : 2 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.**

**UNIT-I: BASIC CONCEPTS OF YOGA**

1. Meaning of Yoga & Various Definitions,
2. Aim, Objectives, Characteristics & importance of Yoga in life.
3. Vikasavada, Prakriti, Purusha & their relationship.

**UNIT-II: HISTORY AND DEVELOPMENT OF YOGA**

1. History and Development of Yoga in Vedas & Upanishads
2. History and Development of Yoga in Gita and Sat Darshan.
3. History and Development of Yoga in Buddhism, Jainism and Indian Philosophy.

**UNIT-III: DISCIPLINE AND OBSTACLES IN YOGA SADHANA**

1. Elements of Success and Failure in Yoga Sadhana According to Hathyoga
2. Elements of Success and Failure in Yoga Sadhana According to Yogasutra.
3. Elements of favorable & unfavorable conditions i.e. Time, Season and Diet for the Practice of Yoga.

**UNIT-IV: HUMAN CONSCIOUSNESS**

1. Meaning , Nature & Definitions of Consciousness
2. Need of the Study of Human Consciousness,
3. Human Consciousness in Ved, Upanishad, Shatdarshan , Buddhism and Jainism.

**REFERENCE BOOKS**

1. Rajayoga- Swami Vivekanand, Ramakrishan Ashrama Publications.
2. Yoga Sutras of Patanjali- Hariharananda Aranya, University of Calcutta Press, Calcutta.
3. Radhakrishnan, S. :Indian Philosophy (Vol. I & II) (George Allen and Unwin, London, 1971
4. Dr. Ishwar Bhardwaj: Manav Chetna (Hindi), Satyam Publication, NewDelhi, 2011
5. Pitamber Jha: Yog Parichaya
6. vkSifu”kfnd v;/kRe foKku& MkW- bZ’oj Hkkj}kt
7. ikraty ;ksx foe’kZ&MkW- fot;iky ‘kkL=h

**SEMESTER-I**  
**PAPER – II (SOE/YOG/C002)**  
**ANATOMY, PHYSIOLOGY AND YOGIC PRACTICE**

**MARKS: 100**

**DURATION OF EXAM. : 2 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.**

**UNIT – I**

1. Concept of cell, tissue, organs and organs.
2. Structure & function of Cell & Tissues
3. Structure and functions of main organs (Heart, Lungs, Stomach, Liver & Kidney)

**UNIT-II**

1. Elementary knowledge of Skeletal System, Digestive System - Structure & Function
2. Physiology of Digestion and effect of yogic practices on the digestive system.
3. Respiratory System – Structure, Function and effects of yogic practices on respiratory system.

**UNIT-III**

1. Circulatory system: Structure & function and effects of yogic practices on Circulatory system.
2. Classification of Blood & their functions
3. Nervous system – Its types and their functions and Autonomic nervous system (ANS) with special reference to Yogic practice. Effects of yogic practices on Nervous system.

**UNIT-IV**

1. Meaning of Endocrine and Exocrine glands and their differentiation. Excretory system - Structure & function and effects of yogic practices on Excretory system.
2. Structure of a nephron and physiology of formation of urine.
3. Endocrine system – Its types and functions and Effects of yogic practices on endocrine glands

**REFERENCES**

1. Gore, M.M., Anatomy and Physiology of Yogic practices, Kanchan Prakshan, Lonavala, 2003.
2. Shirley Telles, A Glimpse of the Human body. V K YOGAS, Bangalore, 1995
3. Sri Krishna, Notes on Structure and Functions of Human Body and Effects of Yogic practices on it Kaivalyadhama S.M.Y.M Samiti, Lonavala, 1988.
4. Chatterjee, C.C., Human Physiology (Vol. I & II), Medical Allied Agency, Calcutta, 1992
5. Guyton, Textbook of Medical physiology, 9th edition.
6. 'kjhg jpk foKku & Mkw0 eqdqUn Lo:lk oekZ
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8. 'kjhg jpk o fdz;k foKku & Mkw0 ,l0 vkj0 oekZ

**SEMESTER-I**  
**PAPER – III (SOE/YOG/C003)**  
**PRINCIPLES OF HATH YOGA**

**MARKS: 100**

**DURATION OF EXAM. : 2 HRS.**

**EXTERNAL: - 60**

**SESSIONAL: - 40**

**Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.**

**UNIT-I: INTRODUCTION**

1. Meaning , Definitions , Aims & Objectives of Hath Yoga,
2. Sign & Symptoms of Success in Hathyoga.
3. Meaning and nature of Kundalini, Kundalini Jagaran & Nadanusandhan.

**UNIT-II: SATKARMAS**

1. Satkarmas - Its Meaning, Definition & Objectives,
2. Classification of Satkarmas According to Hath Pradeepika & Gherand Samhita
3. Role of Satkarma in treating disease.Types of Nadis, Meaning, Definition,

**UNIT-III: ASANA & PRANAYAMA**

1. Meaning, Definitions & Objectives of Asana & Pranayama
2. Principles of Practicing Asanas & Pranayama
3. Pranayama with reference to Hath Pradipika & Gherand Samhita.Role of Asana and Pranayama in Spiritual practice.

**UNIT-IV: MUDRA AND MEDITATION**

1. Concept, Meaning & Definitions of Mudra & Bandha, Role of Mudra and Bandha in Yoga Sadhana.
2. Meditation-Meaning & Concept, Various Techniques (OM, Transcendental, Vipasana & Preksha),
3. Detailed Technique of Yoga Nidra.

**REFERENCE BOOKS**

1. Swami Muktibodhananda, Hatha Yoga Pradeepika, The light on Hathayoga, Bihar School of Yoga, Munger, 1985.
2. Ghatore, M.L. Hatharatnavali of Srinivasayogi, The Lonavala Yoga Institute, Lonavala, 2002.
3. Swami Digambarji, Gheranda Samhita, The Lonavala Yoga Institute, Lonavala,
4. gB;ksx iznhfidk& LokRekjke ;ksxh
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**SEMESTER-I**  
**PAPER – IV (SOE/YOG/C004)**  
**PRACTICAL – I**

**MARKS: 100**

**EXT: - 60\*\***

**INT: - 40**

**Suryanamaskar with Mantras:**

**05 Marks**

**ASANAS**

**10 Marks**

1. Tadasan- Standing
2. Ardhakatichakrasan -Standing
3. Garudasan- Standing
4. Vrikshasan -Standing
5. Padhastasan- Standing
6. Trikon Asan -Standing
7. Padmasan- Sitting
8. Vajrasan - Sitting
9. Siddhasan- Sitting
10. Gomukhasan- Sitting
11. Bhadrasan- Sitting
12. Ardh Matsyendrasan- Sitting
13. Dhaanurasan- Prone
14. Shalabhasan- Prone
15. Bhujangasan- Prone
16. Vakrasan- Prone
17. Halasan-Supine
18. Vipritkarniasan -Supine
19. Sarvangasan-Supine
20. Matsyasan -Supine
1. Suptavajrasasan -Supine
2. Shavasana- Supine

**Pranayam-**

**05 Marks**

1. Anuloma-Viloma Pranayam
2. Suryabhedhi Prayanam
3. Chandrabhedhi Prayanam
4. Ujjai Pranayama

**Shudhi Kriya-**

**05 Marks**

1. Jalneti
2. Rubber Neti
3. Vaman Dhouti (Kunjal)

**Mudra & Bandh -**

**05 Marks**

1. Maha Mudra & Maha Bedha
2. Jalandherbandh
3. Uddayanbandh
4. Moolbandh

**Meditation- Pranav Meditation**

**05 Marks**

**Relaxation-**

**05 Marks**

1. Yog Nidra & Transcendental Meditation

**\*\* 40 Marks for Demonstration and 20 Marks for Viva-Voce (Evaluated by External Examiner)**

**REFERENCE**



1. Saraswati Satyananda, Asana, Pranayama, Mudra Bandha, Bihar school of Yoga, Munger.
2. Niranjananada Swami, Gheranda Samhita, nagarathna, Bihar school of Yoga, Munger.
3. Swami Digambar & Jha.P. Hatha Pradipika. Kaivalyadham Yoga Prakashan, Lonavala, Pune.
4. Nagendra, H.R., Integrated Approach of Yoga Therapy for Positive Health ,Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
5. Nagarathna R and Nagendra, H.R, Yoga for Common Ailments, Swami Vivekananda Yoga Prakashana,Bangalore, 2001.

**SEMESTER -I**  
**PAPER – V (SOE/YOG/E001)**  
**YOGA & ALLIED SCIENCES -I**

**MARKS: 100**

**DURATION OF EXAM. : 2 HRS.**

**EXT:- 60**

**INT :- 40**

**Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.**

**UNIT-I: YOGA AND HEALTH EDUCATION**

1. Concept of Health, Theories of health.
2. Meaning & Objectives of Health education
3. Principles & Methods of Health Education

**UNIT-II: FOOD & NUTRITION FOR YOGA PRACTITIONERS**

1. Concept of Food & Nutrition, Vitamines and their types.
2. Nutritional need of body, Principles of diet planning
3. Balanced diet & Yogic diet

**UNIT-III: YOGA AND VALUE EDUCATION**

1. Concept of value education, Causes of moral degradation in society,
2. Need & Effectiveness of value education in life.
3. Role of Yoga in Value education

**UNIT-IV: YOGA AND PHYSICAL EDUCATION**

1. Concept of Yoga and Physical Education, Nature of Yogic Exercise and Physical Exercise.
2. Exercise practices in Physical Education and its comparison with Yogic Practices
3. Application of Yoga in Physical Education, co-ordination of Yoga in Physical Education for maximum benefits.

**REFERENCE BOOKS:-**

1. Kaushik, Mai Ram, Ayurveda Kya Hai, Bikaner: Anand Prakashan, 2003
2. Dash, V.B., Ayurvedic Treatment For Common Diseases, Delhi Diary, 1974.
3. Laxmipati, K., Basic principles of Ayurved.
4. Garde, R.K., Ayurvedic for health and Long life

**SEMESTER I**  
**PAPER – VI (SOE/YOG/E002)**  
**YOGA & PERSONALITY DEVELOPMENT**

**MARKS: 100**

**DURATION OF EXAM. : 2 HRS.**

**EXT:- 60**

**INT :- 40**

**Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.**

**UNIT-I: CONCEPT OF YOGA**

1. Meaning and Definitions of Yoga & Personality
2. Objectives of ersonality Development, Meaning of personality Disorganisation.
3. Effectiveness of Yoga in personality Development

**UNIT-II: CONCEPT OF PERSONALITY**

1. Characteristic of Personality
2. Types of Personality both in Indian and Western Concept
3. Factors of Personality Development

**UNIT-III: CAUSES OF PERSONALITY DISORDERS**

1. Biological Cause
2. Psychological Cause
3. Socio-cultural and Environmental Cause

**UNIT-IV: ROLE OF YOGIC TECHNIQUES IN THE DEVELOPMENT OF PERSONALITY**

1. Role of Psycho Therapeutic and Relaxative technique
2. Role of Physio therapeutic, Psycho-Meditative and Rehabilitative technique
3. Values Development through Yoga

**References**

1. Internal yoga psychology - V. Madhupudhan Reddy
2. Yoga and depth psychology- I.P Sachdeva
3. Yoga Psychology - Shanti Parkash Attari
4. Samanya Manovijana - Wasim Ahamad Khan
5. Abnormal Psychology -J.C.Coleman
6. Yoga and Yogic Therapy - Ram Harsh Singh
7. Yoga and Mansik swasthya- Dr. Suresh Barnwal

**SEMESTER- I**  
**PAPER – VII (SOE/YOG/E003)**  
**YOGA AND PERSONAL MANAGEMENT**

**MARKS: 100**

**DURATION OF EXAM. : 2 HRS.**

**EXT:- 60**

**INT :- 40**

**Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.**

**UNIT –I: Introduction to self-management**

1. Meaning & nature of Self- management
2. Basis and need of Self-management
3. Self-confidence-meaning and its improvement, Self management and career development.

**UNIT – II: Development of Capabilities**

1. Development of will power, imagination through yogic lifestyle
2. Development of thinking , emotion control and discipline of mind
3. Improvement of memory through meditation

**UNIT- III: Self-management and Stress-management**

1. Management: time management, management of different stages of life; Problems, decisions and plans
2. Stress: meaning, causes, and effects of stress in life management
3. Stress : psycho-physical mechanism ,management of stress through Yoga

**UNIT – IV: Communication and Yogic Life**

1. Meaning & importance of communication
2. Skill and blocks to communication: effective listening, body language, effective reading and speaking in public
3. Ideas to action, direction setting, Role of Yogic Lifestyle in communication

**REFERENCE**

1. L.Chaito : Relaxation & Meditation Techniques,1983
2. Michael Aegyle : Bodily Communication, Methuen,1975
3. Mulligan J : The personal Management (handbook)
4. Postonjee D.M.: Stress and Coping,The Indian Experience,sage Publication,New Delhi
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**SEMESTER- I**  
**PAPER – VIII (SOE/YOG/E004)**  
**YOGA & SOCIAL TRANSFORMATION**

**MARKS: 100**

**DURATION OF EXAM. : 2 HRS.**

**EXT:- 60**

**INT :- 40**

**Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.**

**UNIT-I: CONCEPT OF SOCIETY**

1. Meaning and Definitions of Society
2. Characteristics of Society
3. Types of Society, Meaning of social transformation

**UNIT-II: SOCIAL POLLUTION & VIOLENCE**

1. Various problems of Society, Social inequality
2. Political and Religious Problems
3. Causes of Social Pollution and Violence

**UNIT-III: EFFORTS OF SOCIAL TRANSFORMATION THROUGH THE AGES**

1. Historical perspectives of social transformation
2. Efforts by Government, NGO'S and Institutions
3. Efforts by voluntary organizations & social leaders

**UNIT-IV: YOGIC ETHICAL TECHNIQUES IN SOCIAL TRANSFORMATION**

1. Yama, Niyama, Asana, Pranayama and Pratyahar
2. Jnana Yoga, Bhakti Yoga & Karma Yoga
3. Meditation & Yoga Nidra

**References**

1. Gupta & Sharma, Sociology
2. Gilin & Gilin, Sociology
3. Mainger, H.C., Practical Sociology and social Problems
4. Ram Harsh Singh, Yoga and Yogic Therapy
5. Swami Kuvalyananda, Yoga Therapy

**SEMESTER II**  
**PAPER – I (SOE/YOG/C005)**  
**PATANJALA YOGA SUTRA**

**MARKS: 100**

**DURATION OF EXAM. : 2 HRS.**

**EXT:- 60**

**INT :- 40**

**Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.**

**UNIT-I**

1. Introduction to Patanjala Yoga Sutra & Maharishi Patanjali,
2. Definition of Yoga & Concept of Chitta, Chittavritties
3. Chitta Bhumies, Ishwar Pranidhan & Methods to Control Chittavritties.

**UNIT-II**

1. Types of Samadhi- Samprajnata and Asamprajnata.
2. Concept of Kriya Yoga, Yogantaraya & their associates and Panch Kleshas,
3. Methods of Chitta Prasadana

**UNIT-III**

1. Purusha, (drishta) & Prakriti, (drishya)
2. Astanga Yoga: Yama, Niyama, Asanas, Pranayama & Pratyahara
3. Dharana, Dhyana & Samadhi

**UNIT-IV**

1. Karma Sidhant, Sanskara & Vasana
2. Vivek-khyati
3. Vibhuties & Kaivalya

**REFERENCE BOOKS**

1. ikraty ;ksx lw= & xhrk izsl] xksj[kiqj
2. ikraty ;ksx n'kZu& jktchj 'kkL=h
3. ikraty ;ksx foe'kZ&MkW- fot;iky 'kkL=h
4. ikraty ;ksx iznhi& Lokeh vksekuUn rhFkZ
5. v"Vkax ;ksx& Lokeh pj.knkl
6. -esjh olh;r vkSj fojklr& Jhjke 'kekZ vkpk;Z
7. Essays on yoga- Swami Shivananda
8. Bases of yoga- Shri Aurabindo

**SEMESTER-II**  
**PAPER – II (SOE/YOG/C006)**  
**PRINCIPLES OF NATUROPATHY**

**MARKS: 100**

**DURATION OF EXAM. : 2 HRS.**

**EXT:- 60**

**INT :- 40**

**Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.**

**UNIT-I: BASIC OF NATUROPATHY**

1. Meaning , Definitions & Fundamental principles of Naturopathy.
2. Objectives & Importance of Naturopathy. Scope of Naturopathy.
3. Laws of Nature: Pancha Mahabhuta.

**UNIT-II: HISTORY OF NATUROPATHY**

1. History of Naturopathy in Ancient period.
2. Development of Modern Naturopathy
3. History of Nature Cure in India & Role of Mahatma Gandhi

**UNIT-III: NATUROPATHY: DIAGNOSIS**

1. Nature of Disease in Naturopathy. The Diagnostic procedures in Naturopathy: Spinal Analysis, Facial Diagnosis, Kanika Diagnosis, chromo diagnosis and its diagnostic values.
2. Importance of the physical and mental hygiene, Personal life and prevention of diseases
3. Techniques to acquire Natural immunity in diseases.

**UNIT-IV: NATURE CURE TREATMENTS**

1. Nature Cure Treatments: Enema, Fasting, Natural Diet, sun bath, Hydrotherapy, Mud therapy, Massage therapy.
2. Hip-bath, Spinal bath, Steam bath, Chest pack, Mud packs & Pravas Therapy
3. Chromo therapy – Colour treatment, Heat, Light, Electricity, Ultraviolet and Infra-red rays.

**REFERENCE BOOKS**

1. Henry Lindlahr. Philosophy of Nature Cure
2. S.J.Singh., History and Philosophy of Nature Cure
3. M.K.Gandhi., My Nature Cure
4. P.D.Mishra & Mishra V. Prakartik Chikitsya sidhant evam Vayavahar, Uttar Pradesh Hindi Sansthan, Lacknow.
5. Jindal R.,Prakartik Ayurvijnana, Arogya Seva Sadan, Prakashan, Uttar Pradesh.

**SEMESTER II**  
**PAPER – III (SOE/YOG/C007)**  
**YOGA & ALLIED SCIENCES -II**

**MARKS: 100**

**DURATION OF EXAM. : 2 HRS.**

**EXT:- 60**

**INT :- 40**

**Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.**

**UNIT-I: FUNDAMENTALS OF AYURVEDA AND YOGA**

1. General introduction to Ayurveda & its relationship with yoga
2. Concept of health and disease in Ayurveda & Yoga. Relevance of Ayurveda in modern age.
3. Concept, role and importance of Prakriti, Deha Prakriti, Manasa Prakriti.

**UNIT-II: FUNDAMENTALS OF HEALTH IN AYURVEDA**

1. Concept, role and importance of – Swasthavritta,
2. Concept, role and importance of Dincarya, Ratricharya & Ritucharya
4. Concept of diet in Ayurveda & Yoga, Prgyaaparadha.

**UNIT-III: PANCHAKARMA & SATKARMA**

1. Concept of Pancha Karma in Ayurveda & Satkarma in Yoga
2. Concept of Snehana & Swedan
3. Concept of Vaman, Virechan & Basti ,Role of Pancha karma for Treating Illness.

**UNIT-V: SADVRITTA & ACHARA**

1. Concept of Sadvritta & Achara in Ayurveda & Yogic Lifestyle.
2. Types of Sadvritta & their importance in life
3. Achara-rasayan & its importance

**REFERENCE BOOKS:-**

- Singh Ramharsh, Swasthavritta Vijnana, Choukhambha Sanskrit Ptatisthana, Delhi.
- Kaushik, Mai Ram , Ayurveda Kya Hai?, Bikaner: Anand Prakashan,2003
- Dash , V.B., Ayurvedic Treatment For Common Diseases , Delhi Diary, 1974.



**SEMESTER- II**  
**PAPER – IV (SOE/YOG/C008)**  
**PRACTICAL-II**

MARKS: 100

**EXT: - 60\*\***

**INT: - 40**

**ASANAS-**

**15      Marks**

1.

- Utkatasan- Standing
- Konasan- Standing
- Natrajasan- Standing
- Dolasana- Standing
- Hastpadangushthasan- Standing
- Paschimottanasan- Sitting
- Vrishabhasan- Sitting
- Kukkutasan- Sitting
- Koormasan- Sitting
- Vakasan- Sitting
- Akarndhanurasan- Sitting
- Baddh-Padmasan—Sitting
- Shashankasan- Sitting
- Ushtrasan- Sitting
- Padangushthasan- Sitting
- Chakrasan- Supine
- Padma Sarvangasana- Supine
- Parvatasan- Prone
- Utthit-Padmasan- Prone

<b>Pranayam-</b>	<b>05</b>	<b>Marks</b>
<ul style="list-style-type: none"> <li>• Sheetali Pranayama</li> <li>• Sadant Sheetkari Pranayama</li> <li>• Bhastrika Pranayama</li> </ul>		
<b>Shatkarm-</b>	<b>10</b>	<b>Marks</b>
<ul style="list-style-type: none"> <li>• Agnisar Kriya,</li> <li>• Sheetkram Kapalbhathi,</li> <li>• Sutraneti</li> <li>• Danda Dhouti</li> </ul>		
<b>Mudra &amp; Bandh-</b>	<b>05</b>	<b>Marks</b>
<ul style="list-style-type: none"> <li>• Shambhavi Mudra,</li> <li>• Tadagi Mudra,</li> <li>• Shanmukhi Mudra,</li> <li>• Kaki Mudra</li> </ul>		
<b>Meditation-</b> Preksha or Transcendental	<b>05</b>	<b>Marks</b>

**\*\* 40 Marks for Demonstration and 20 Marks for Viva-Voce (Evaluated by External Examiner)**

**REFERENCE**

1. Saraswati Satyananda, Asana, Pranayama, Mudra Bandha, Bihar school of Yoga, Munger.
2. Niranjananada Swami, Gheranda Samhita, nagarathna, Bihar school of Yoga, Munger.
3. Swami Digambar & Jha.P. Hatha Pradipika. Kaivalyadham Yoga Prakashan, Lonavala, Pune.
4. Nagendra, H.R., Integrated Approach of Yoga Therapy for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2001.
5. Nagarathna R and Nagendra, H.R, Yoga for Common Ailments, Swami Vivekananda Yoga Prakashana, Bangalore, 2001.
6. Swami Kuvalyananda, Yogic Therapy, Kaivalyadhama Yoga Institute, Lonavala.
7. Ram Hrasha Singh, Yog Evam Yogic Chikitsya, Chokhmba Prakashan, Delhi

## SEMESTER -II

### PAPER – V (SOE/YOG/E005) FUNDAMENTAL OF PSYCHOLOGY

**MARKS: 100**

**DURATION OF EXAM. : 2 HRS.**

**EXT:- 60**

**INT :- 40**

**Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.**

#### **UNIT-I: Psychology and Holistic Health**

1. Theoretical understanding of Yoga and Modern Psychology,
2. Concept of Holistic Health & Development of Holistic Health
3. Concepts and models of Normality,

#### **UNIT-II: Concepts of Psychosomatic disorders**

1. Meaning, Definitions of Psychosomatic disorders
2. Concepts of Psychosomatic disorders according to Taittiriya Upanisad.
3. Characteristics & types of psychosomatic disorders, Role of Yoga for psychosomatic disorder.

#### **UNIT-III: Personality & Behavior**

1. Definitions of Personality, Eastern and western concepts of personality,
2. Modern theories of personality,
3. Indian approach to consciousness and human behavior,

#### **UNIT-IV: Personality Integration through Yoga**

1. Personal and interpersonal adjustment, Role of Yoga in Adjustment.
2. Attitude formation for total personality integration
3. Role of yoga in personality integration

#### **REFERENCES**

1. Woodwork, Contemporary school of psychology
2. P.L. Harrienan, 20<sup>th</sup> Century psychology
3. Abraham H. Maslov, Towards a psychology of being
4. Mishlov Jeffery, The Roots of consciousness
5. N.C.Pande, Mind and supermind
6. V. Madhupudhan Reddy, Internal yoga psychology
7. I.P Sachdeva, Yoga and depth psychology
8. Shanti Parkash Attari, Yoga psychology

**SEMESTER- II**  
**PAPER – VI (SOE/YOG/E006)**  
**MENTAL HYGIENE THROUGH YOGA**

**MARKS: 100**

**DURATION OF EXAM. : 2 HRS.**

**EXT:- 60**

**INT :- 40**

**Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.**

**UNIT-I: CONCEPT OF MENTAL HEALTH**

1. Definitions of Mental Health
2. The western & Indian View Point
3. Mental Hygiene through yoga

**UNIT-II : MENTAL HYGIENE THROUGH TRANSCENDENTAL MEDITATION**

1. Historical Background
2. Psychological Concept
3. Aim & Technique, Mental Hygiene through Transcendental Meditation Yoga

**UNIT-III : MENTAL HYGIENE THROUGH RAJ YOGA**

1. Historical Background
2. Psychology Concept
3. Aim & Technique, Mental Hygiene through Raj Yoga

**UNIT-IV : MENTAL HYGIENE THROUGH BHAKTI YOGA**

1. Historical Background
2. Psychology Concept
3. Aim & Technique, Mental Hygiene through Bhakti Yoga

**REFERENCE BOOKS:-**

1. Contemporary school of psychology - Woodwork
2. 20<sup>th</sup> Century psychology - P.L. Harrienan
3. Internal yoga psychology - V. Madhupudhan Reddy
4. Yoga and depth psychology - I.P Sachdeva
5. Yoga psychology - Shanti Parkash Attari
6. Mental Hygiene through yoga - Dr. Vinod P. Nautiyal

**SEMESTER -II**  
**PAPER – VII (SOE/YOG/E007)**  
**SPIRITUALITY AND SCIENCE**

**MARKS: 100**

**DURATION OF EXAM. : 2 HRS.**

**EXT:- 60**

**INT :- 40**

**Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.**

**UNIT-I: CONCEPT OF SPIRITUALITY AND SCIENCE**

1. Meaning of Spirituality & Science, Objectives of Science
2. Relationship between Spirituality & Science
3. Development of Spiritual cum Scientific personality

**UNIT-II: MIND AND CONSCIOUSNESS**

1. Nature & Discipline of Mind, Mental Development, States of consciousness
2. Perception of Psychic Centres: Spiritual and scientific perspectives,
3. Procedure of Perception of Psychic Centres

**UNIT-III: EMOTION AND EMOTIONAL TRAINING**

1. Principle of psychic colour & Aura
2. Emotional Stability through Meditation
3. Importance of spiritual and scientific interpretation of paranshakti (Tajolesya) and Kundalini-jagran

**UNIT-IV: PARAPSYCHOLOGY AND SPIRITUALITY**

1. Concept of Parapsychology: Meaning , Aims & Objectives
2. Development of electro-magnetic fields in the body and psychic centres and karan& technique of Preksha Meditation for E.S.P.
3. Supernormal cognition or extra sensory perception ESP-its main types: Clairvoyance, Telepathy, Psycho-keinesis(PK)

**REFERENCE BOOKS:-**

1. Ian Stevenson: Twenty cases suggestive of Re-incarnation, Virginia, U.S.A
2. B.L. Atreya: An Introduction to Parapsychology, Kumar Publication, Varanasi
3. J.B Rhine : Extra Sensory perception.
4. W.E Butler: How to read the Aura, Practice Psychomerry, Teleplathy and Clairvoyance, Destiny boos one Parkstreet, Rochester, Vermont.
5. eqqfu egsUnz dqekj& tSun'kZu vkSj foKku]tSu fo'o Hkkjrh laLFkku]ykMuwa
6. ia0 xkksihukFk dfojkt% Hkkjrh; laLd`fr vkSj lk/kuk ][k.M-1,2
- 7- ia0 xkksihukFk dfojkt% rkaf=d lk/kuk vkSj fl}kUr
- 8-dhfrZLo:lk jkor % ijkeuksfoKku

**SEMESTER II**  
**PAPER – VIII (SOE/YOG/E008)**

**YOGA ETHICS**

**MARKS: 100**  
**HRS.**

**DURATION OF EXAM. : 2**

**EXT:- 60**

**INT :- 40**

**Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.**

**UNIT-I: CONCEPT OF ETHICS & MORAL VALUES**

1. History of Ethics
2. Meaning and Nature of Ethics
3. Need of Ethical Values & Morality in Society

**UNIT-II: CAUSES OF MORAL DEGRADATION IN SOCIETY**

1. Biological Causes
2. Psychological Causes
3. Educational Draw Backs & Environmental Cause

**UNIT-III: NATURE OF ETHICAL VALUES IN VARIOUS YOGA TEXTS**

1. Ethical Values in Yoga Sutra & Vasistha Samhita
2. Ethical Values in Yoga Vashisth
3. Ethical Values in Bhagwat Geeta

**UNIT –IV: APPLICATION OF YOGA ETHICS**

1. Application of Yoga Ethics in Attitudinal change & behavioral Modifications
2. Application of Yoga Ethics in to avoid Violence
3. Application of Yoga Ethics to Establish Social Peace & Personality Development.

**References**

- |                                    |                    |
|------------------------------------|--------------------|
| 1. The Science of Yoga             | - I.K.Taimini      |
| 2. Mulyaparak Shiksha aur Samaj    | - Nathu lal Gupt   |
| 3. Moral Principles in Education   | - Dewey John       |
| 4. Evolution of Hindu Moral Ideals | - Shiv Swamy Iyer  |
| 5. Naitik Shiksha                  | - Tansukh ram Gupt |
| 6. Patanjali Yoga Sutra            | - Nandalal Dasora  |
| 7. Yoga Vashisth                   | - Nandalal Dasora  |
| 8. Vasistha Samhita                | - Swami Digambar   |
| 9. Bhagwat Geeta                   | - Radha Krishnan   |