

SHRI GURU RAM RAI UNIVERSITY

[Est. by Govt. of Uttarakhand, vide Shri Guru Ram Rai University Act no. 03 of 2017
& recognized by UGC u/s (2f) of UGC Act 1956]



SYLLABUS FOR

Master of Arts / Master of Science (Yogic Science)

School of Humanities and Social Sciences

Department of Yogic Science

(W.E.F 2021-2022)

Shri Guru Ram Rai University, PathariBagh, Dehradun, Uttarakhand-248001

DEPARTMENT OF YOGIC SCIENCE
PATHARI BAG, DEHRADUN-248001, UTTARAKHAND, INDIA
SYLLABUS FOR M.A. / M.Sc. IN YOGIC SCIENCE

Master of Arts / Master of Science (Yogic Science)

OUTCOME BASED EDUCATION

Programme outcome (PO)

Students will be able to

PO 1	Develop students with an in-depth understanding of the operational aspects of Yoga.
PO2	Demonstrate effective application capabilities of their conceptual understanding to the real situation of Yoga with validated conclusion.
PO3	Analysis and critically solve problems of human body with daily practice with attention.
PO4	Applied research based knowledge and interpretation of data with the help of different Yogic practices.
PO5	Select and create modern appropriate techniques in the application of Yoga.
PO6	Give contextual knowledge to assess societal, health safety and cultural issues and the consequent responsibilities as Yoga teacher.
PO7	Evaluate Ethical issues and situation to make decisions with the help of various Yogic practices.
PO8	Apply principles and bind to professional ethics with daily practice of Ashtang Yoga.
PO9	Recognize the necessity for autonomous lifelong learning in the broadest possible context of technological change, and possess the necessary readiness and capacity to do so.
PO10	Students will be aware and updated with the research advances and developments in the field of Yoga
PO11	Ability to effectively use Yoga as a therapeutic modality through the integration of diverse approaches to this field.
PO12	The students will be able to apply knowledge and skills of yoga for lifelong learning.

Program Specific Outcome (PSO)

PSO 1	Following the completion of this course, students shall be able to Give an introduction of yoga and its important streams.
PSO2	To give an understanding of the prerequisites of hath yoga.
PSO3	Understand normal gross structure of human body and their functions in detail.
PSO4	Understand the benefits and limitation of micro exercise.

Eligibility for admission:**Duration of the Course –**

The course will be of two years duration, which will be divided into four 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 work is dividing in **Cumulative Test (CT) and Teacher Assessment (TA)** which will carry 40% of total marks for the course. The marks of the Sessional Test and Assignments shall be taken into account for the computation of Grades.
- There shall be a written End Semester Examination which shall be of 03 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 Semester practical examinations shall normally be held before the theory examination. The internal faculty shall associate themselves with the examination process.
- Evaluation of Project Report / Dissertation and viva- voce
- Cumulative Test (CT) and Teacher Assessment (TA)

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 internal and one external examiner.

Eligibility:- 40%

No student shall be eligible for admission to a Master's degree 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.

Age Limitation:-

There is no age limitation for the candidates wants to do course.

Structure of Yoga Master Programme: -

- A Master's Programme in Yoga shall consist of:
 - (i) Core courses shall be mandatory for all students registered for Master's programme in Yoga. A Core course may carry 02-06 credits. .
 - (ii) An Elective courses also shall carry not more than 04 credits
- Two -Year Masters programme in Yoga will have the following components, viz.
 - (i) Core Courses - Minimum 66 credits
 - (ii) Electives - Minimum 18 credits

The credits in the Post Graduate programme of two years in Yogic Science shall be distributed in the following manner:

Courses with credits	Semester I	Semester II	Semester III	Semester IV
Core	24	24	16	16
Elective/Optional	NIL	NIL	08	08/10

- (d) In order to qualify for a two-year master's degree a student must acquire a minimum of 98 credits including a minimum of 16/18 credits in electives.

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 98 credits shall be considered to have passed the Masters Programme. A candidate must be obtained 35 % marks in each subject. And aggregate 50% marks to pass the course/qualify the semester. Otherwise he/she has to reappear to fulfil the criteria.

Grade System:-

Regarding grading system, the rule of the two years Master Degree will be followed as the University rules & regulations.

Procedure of Admission:-

In order to select the candidate from amongst the applicants, the institution will conduct a written test, interview or followed as the University rules and reghulation.

Seats:-

There are only 100 seats for the Course. The Examination patterns of course will semester wise. The Fee structure for the programme will be decided by the University/concerned School. The examination Fee will be charged as per the rules of the University.

Attendance:-

75% 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.

Duration of the Programme: 02 Years**STUDY & EVALUATION SCHEME****Choice Based Credit System /ECS*****Session – 2021-23****Master of Arts / Master of Science (M.A. / M.Sc.) in Yogic Science**

S. N.	Course Category	Course Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
				L	T	P	Seasonal			ESE	
							Credit	CT	TA		
M.A. / M.Sc. I Year											
Semester-I											
1	Core	MYSC_101	Fundamentals of Yoga	4		-	4	30	10	60	100
2	Core	MYSC_102	Basic Texts of Yoga-1	4		-	4	30	10	60	100
3	Core	MYSC_103	Principles of Hath Yoga	4		-	4	30	10	60	100
4	Core	MYSC_104	Human Anatomy, Physiology and Yoga-1	4		-	4	30	10	60	100
PRACTICAL											
5	Core	MYSL_101	Practical-1.1	-	-	12	6	30	10	60	100
6	Core	MYSL_102	Practical-1.2	-	-	4	2	30	10	60	100
							24	TOTAL			600
Semester-II											
1	Core	MYSC_201	Patanjal Yoga Sutra	4		-	4	30	10	60	100
2	Core	MYSC_202	Basic Texts of Yoga-2	4		-	4	30	10	60	100
3	Core	MYSC_203	Human Anatomy, Physiology and Yoga-2	4		-	4	30	10	60	100
4	Core	MYSC_204	Human Consciousness, Indian Philosophy and Culture	4		-	4	30	10	60	100
PRACTICAL											
5	Core	MYSL_201	Practical-2.1	-	-	12	6	30	10	60	100
6	Core	MYSL_202	Practical-2.2	-	-	4	2	30	10	60	100
							24	TOTAL			600
M.A. / M. Sc. II Year											
Semester-III											
THEORY											
1	Core	MYSC_301	Statistics and Research Methodology in Yoga	4	-	-	4	30	10	60	100
2	Core	MYSC_302	Teaching Methodology in Yoga	4	-	-	4	30	10	60	100
3	Elective	MYSE_303	Principles of Naturopathy	4	-	-	4	30	10	60	100
4	Elective	MYSE_303	Mental Hygiene Through Yoga	4	-	-	4	30	10	60	100
5	Elective	MYSE_304	Yoga and Self-Management	4	-	-	4	30	10	60	100
6	Elective	MYSE_304	Diet and Nutrition in Yoga	4	-	-	4	30	10	60	100
PRACTICAL											
7	Core	MYSL_301	Practical-3.1	-	-	12	6	30	10	60	100
8	Core	MYSL_302	Practical-3.2	-	-	4	2	30	10	60	100
							24	TOTAL			600

Semester-IV											
THEORY											
1	Core	MYSC_401	Yoga and Alternative Therapies	4	-	-	4	30	10	60	100
2	Core	MYSC_402	Yoga Therapy	4	-	-	4	30	10	60	100
3	Elective	MYSE_403	Biomechanics and Kinesiology	4	-	-	4	30	10	60	100
4	Elective	MYSE_403	Yoga and Psychology	4	-	-	4	30	10	60	100
5	Elective	MYSE_404	Essay	4	-	-	4	30	10	60	100
6	Elective	MYSE_404	Dissertation	6	-	-	6	30	10	60	100
PRACTICAL											
7	Core	MYSL_401	Practical-4.1 (Yoga Therapy Techniques)	-	-	12	6	30	10	60	100
8	Core	MYSL_402	Practical-4.2 (Practical Biomechanics and Kinesiology)	-	-	4	2	30	10	60	100
							24/26	TOTAL			600
TOTAL CREDITS							96/98	GRAND TOTAL			2400

L = Lecture, T = Tutorial, P = Practical, CT = Cumulative Test, TA = Teacher Assessment.

C= Core (For Core Paper), E= Elective (For Elective Paper), L= Lab (for Practical Paper).

Examination Scheme:

Components	1st internal	2nd Internal	Presentation/ Assignment/ Project/Misc.	External (ESE)
Weightage (%)	15	15	10	60

(Give Marks according to your syllabus/examination pattern)

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSC_101			
Course Name	: Fundamentals of Yoga			
Semester /Year	: First Semester			
Subject Title	L	T	P	C
Fundamentals of Yoga	4	-	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Give an introduction of yoga and its important streams.
2. Explain the hidden concepts available in the ancient yogic texts.
3. Explain the introduction and appreciate the contribution of the yogis.

Course Contents

UNIT-I: GENRAL INTRODUCTION TO YOGA

1. Brief introduction to origin of Yoga, Psychological aspects (Rishis understanding of the mind) leading to origin of Yoga, Hindu Mythological concepts about origin of Yoga.
2. History and Development of Yoga.
3. Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions about Yoga.
4. Principles of Yoga Tradition (Parampara), Yoga Practices for Health and Harmony.

UNIT-II: CONCEPT OF YOGA IN VARIOUS TEXTS

1. Nature of Yoga in Vedas.
2. Nature of Yoga in Geeta and Ramayana
3. Nature of Yoga in Tantra.
4. Nature of Yoga in Yoga Vasistha and Narada Bhakti Sutra.

UNIT-III: VARIOUS SYSTEMS OF YOGA

1. Gyanyoga, Bhaktiyoga.
2. Kramayoga, Rajyoga.
3. Hathyoga, Mantrayoga.

UNIT-IV: INTRODUCTION OF YOGIS AND THEIR SADHNA /ACCUSTOM SYSTEM

1. Ancient - Mahrishi Patanjali, Adi Shankracharya, Gorakshanath.
2. Medieval - Kabeerdas, Tulasidas, and Soordas.
3. Modern - Swami Vivekanand, Shri Aravind, Maharishi Raman and Maharishi Dayanand Saraswati.
4. Contemporary – Shri Shyama Charan Lahidi, Swami Shivananda, Swami Kuvalyanand, Mahrishi Mahesh Yogi, Pandit Shri Ram Sharma Acharya, T. Krishnamacharya, Swami Ram and Maharshi Mahesh Yogi

UNIT-V: INTRODUCTION OF YOGIC TEXT.

1. Patanjali Yoga Sutra, Hathpradipeeka and Gherand Sanhita.
2. Shiv Samhita and Yoga Vashisht.
3. Siddhsiddhant Paddhati and Hath Ratnawali.

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. Dr. Kamakhya Kumar: Super Science of Yoga
7. औपनिषदिक अध्यात्म विज्ञान- डॉ० ईश्वर भारद्वाज ।
8. पातंजल योग विमर्श-डॉ० विजयपाल शास्त्री ।
9. योग महाविज्ञान- डॉ० कामख्या कुमार ।

Course outcomes (CO): MYSC_101

Upon successful completion of the course a student will be able to

CO-1	Give an introduction of yoga and its important streams.
CO-2	Give an introduction Gyan Yoga, Bhakti Yoga, Karm Yoga, Hath Yoga and Raj Yoga.
CO-3	Appreciate the contribution of the yogis.
CO-4	Explain the hidden concepts available in the ancient yogic texts.
CO-5	Reviewing the autobiography of Yogis.
CO-6	Directing the foundation of Yoga in deferent Yogic texts.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO2	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO4	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO6	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSC_102
Course Name	: Basic Texts of Yoga-1
Semester /Year	: First Semester
Subject Title	L T P C
Basic Texts of Yoga-I	4 - - 4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Explain the essence of Upanishad.
2. Explain the essence of Shrimadbhagwad Geeta.
3. Make students aware about their karmas and how does karma plays an important role in the manifestation of a disease.

UNIT-I: NATURE OF YOGA IN FUNDAMENTAL UPNISHAD-I

1. Meaning & Definition of Upanishad, Position of Upanishad in Indian Literature.
2. Introduction of Ten Fundamental Upanishad Based on Yoga.
3. **Ishavasyopanishad:** Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.
4. **Kena Upanishad:** Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.

UNIT-II: NATURE OF YOGA IN FUNDAMENTAL UPNISHAD-II

1. **Katha Upanishad:** Definition of Yoga; Nature of Soul; Importance of Self Realization.
2. **Prashna Upanishad:** Concept of Prana and rayi (creation); Panchapranas; The six main questions;

UNIT-III: NATURE OF YOGA IN FUNDAMENTAL UPNISHAD-III

1. **Mundaka Upanishad:** Two approaches to Brahma- Vidya- Para and Aparā; The greatness of Brahavidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti.
2. **Mandukya Upanishad:** Four States of Consciousness and their relation to syllables in Omkara.

UNIT-IV: NATURE OF YOGA IN FUNDAMENTAL UPNISHAD-IV

1. **Aitareya Upanishad:** Concept of Atma, Universe and Brahman.
2. **Taittiriya Upanishad:** Concept of Pancha Kosha; Summary of Shiksha Valli, AnandaValli, Bhriguvalli.

UNIT-V: NATURE OF YOGA IN FUNDAMENTAL UPNISHAD-V

1. **Chhandogya Upanishad:** Om (udgitha) Meditation; Shandilyavidya.
2. **Brihadaranyaka Upanishad:** Concept of Atman and Jnana Yoga; Union of Atman and Paramatman

REFERENCES BOOKS

1. उपनिषद अंक, कल्याण – गीताप्रेस गोरखपुर।
2. एकादश उपनिषद – सत्यव्रत सिद्धान्तालंकार।
3. उपनिषद दीपिका – डॉ० रामनाथ वेदालंकार।
4. ईशादि नौ उपनिषद – गीताप्रेस गोरखपुर।
5. योग उपनिषद संग्रह – परमहंस स्वामी अनन्त भारती, चौखम्भा ओरियन्टलिया।
6. दुर्लभ 108 उपनिषद – पण्डित श्रीराम शर्मा आचार्य।
7. उपनिषद सार संग्रह – मनोज विश्नोई।
8. योग रहस्य – डॉ० कामख्या कुमार

Course outcomes (CO): MYSC_102

Upon successful completion of the course a student will be able to

CO-1	Define the essence of Upanishad.
CO-2	Contrasting the concept of Upanishad.
CO-3	Make students aware about their karmas and how does karma plays an important role in the manifestation of a disease.
CO-4	Explain the essence of Shrimadbhagwad Geeta.
CO-5	Reviewing the concept of Ishadinauupnishad.
CO-6	Directing the importance of Upnishad in our day to day life.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO2	2	2	1	2	2	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	2	2	2	2	1	1	2	3	3	-	-
CO4	2	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	2	2	1	2	2	3	2	2	2	1	1	2	3	3	-	-
CO6	3	2	1	2	3	2	2	2	2	1	1	2	3	3	-	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSC_103
Course Name	: Principles of Hath Yoga
Semester /Year	: First Semester
Subject Title	L T P C
Principles of Hath Yoga	4 - - 4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Learn the misconception about Yoga Practices.
2. About Hath sects and their contribution.
3. To give an understanding of the prerequisites of hath yoga.
4. Explain the food conducive to health and good for sadhna.
5. To introduce essential yoga text.

UNIT-I: GENERAL INTRODUCTION TO HATH YOGA.

1. Origin, Meaning, Definition, Aim, Objectives & Misconceptions about Hathayoga.
2. Relationship Between Hathyoga and Raj Yoga

UNIT-II: INTRODUCTION OF HATHPRADEEPIKA.

1. General Introduction to Hathpradeepika.
2. Elements of Success (Sadhak Tatva) and Failure (Badhak Tatva) in Hath Yoga Sadhana According to Hathpradeepika. Concept of Matha, Concept of Pathya-Apathya and Mitahar in Hath Yoga Sadhana According to Hathpradeepika. Hathasiddhi ke Lakshanam.
3. Meaning, Definition and Classification of Shatkarma – Dhauti, Vasti, Neti, Nauli, Tratak and Kapalbhati.
4. Meaning, Definition and Classification of Asana, Prananyama, Mudra and Bandh. Introduction of Nadanusandhan, Samadhi and Kundlini.

UNIT-III: INTRODUCTION OF GHERAND SAMHITA-I

1. Introduction of Sapsadhan, Concept of Ghath and Ghathshuddhi.
2. Pathya-Apathya and Mitahar in Hath Yoga Sadhana According to Gherand Samhita.
3. Meaning, Definition and Classification of Shatkarma – Dhauti, Vasti, Neti, Nauli, Tratak and Kapalbhati.
4. Meaning, Definition and Classification of Asana, Prananyama.

UNIT-IV: GHERAND SAMHITA-II

1. Meaning, Definition and Classification of Mudra and Bandh.
2. Meaning, Definition and Classification of Pratyahar and Dhyana.
3. Meaning, Definition and Classification of Samadhi.

UNIT-V: INTRODUCTION OF HATH YOGIC TEXTS

1. Hatha Ratnavali.
2. Shiv Samhita.
3. Vashishth Samhita.
4. Siddhsiddhant Padhati.

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. हठयोग प्रदीपिका– स्वात्माराम योगी ।
5. घेरण्ड संहिता– स्वामी निरंजनानंद सरस्वती (घेरण्ड ऋषि) ।
6. योग धारा – प्रो० (डॉ०) कंचन जोशी
7. हठयोग पद्धति – डॉ० रजनी नौटियाल ।

Course outcomes (CO): MYSC_103

Upon successful completion of the course a student will be able to

CO-1	Finding the misconception about Yoga Practices.
CO-2	Demonstrate Hath sects and their contribution.
CO-3	Illustrate the prerequisites of hath yoga.
CO-4	Explain the food conducive to health and good for sadhna.
CO-5	Commenting on Hath Yogic texts.
CO-6	Directing the relationship between Patanjali Yoga and Hath Yoga.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO2	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO4	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO6	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSC_104				
Course Name	: Human Anatomy, Physiology And Yoga-1				
Semester /Year	: First Semester				
	Subject Title	L	T	P	C
	Human Anatomy, Physiology And Yoga-1	4	-	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand normal gross structure of human body and their functions in detail.
2. Discuss anatomical and physiological effects of selected yoga practices.
3. Explain the physiological aspects of normal growth and development.

UNIT-I: INTRODUCTION OF HUMAN CELL, TISSUE AND BODY

1. Introduction to Human Anatomy, Definition of Body and Sixteen Elements of Body
2. Structure of Human Cell, Cell Organelles, tissue, organs and systems.

UNIT-II: SKELTAL SYSTEM AND YOG

1. Definition Types, Number, Structure and Work of Bone.
2. Place of Cartilage, Type and Work of Cartilage.
3. Type and of Joint, Structure of Knee and Spinal Joint.
4. Yogic Effect of Skeletal System.

UNIT-III: MASCULAR SYSTEM AND YOG

1. Introduction nad Number of Muscle, Origin, Insertion - Strurnoclidomestoid, Latismus Dorsie, Tripizius, Rectus, Diaphram, Deltoid, Biceps, Triceps, Glutius Maximus, Phemoralies, Sartorius, Gastrocnimius, Teres major and minor, Quardriceps and Hamstring.
2. Yogic Effect on Muscular System.

UNIT-IV: RESPIRATORY SYSTEM AND YOG

1. Definition of Breathing, Type of Breathing, Structure of Respiratory System.
2. Action of Breathing - External And Internal, Transport of Gasses, Control Process of Breathing Action.
3. Short Knowledge of Capacity and Volume in Breathing.
4. Yogic Effect of Respiratory System.

UNIT-V: ENDOCRINE SYSTEM AND YOG

1. Endocrine and Exocrine Gland, Difference Between Enzymes and Hormones.
2. Position of Pituitary Gland, Pineal Gland, Thyroid Gland, Para Thyroid Gland, Thymus Gland, Pancreas Gland, Adrenal, Sex Glands and their Functions.
3. Yogic Effect On Endocrine System.

REFERENCES BOOKS

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. शरीर रचना विज्ञान – डॉ० मुकुन्द स्वरूप वर्मा ।
5. शरीर क्रिया विज्ञान – डॉ० प्रियव्रत शर्मा ।
6. शरीर रचना व क्रिया विज्ञान – डॉ० एस० आर० वर्मा ।
7. शरीर रचना एवं क्रियाविज्ञान – डॉ० विनोद नौटियाल ।
8. मानव शरीर संरचना एवं योगाभ्यास का प्रभाव – डॉ० मलिक राजेन्द्र प्रताप ।

Course outcomes (CO): MYSC_104

Upon successful completion of the course a student will be able to

CO-1	Highlighting anatomical and physiological effects of selected yoga practices.
CO-2	Understand normal gross structure of human body and their functions in detail.
CO-3	Demonstrate anatomy so that student can experience.
CO-4	Explain the physiological aspects of normal growth and development.
CO-5	Evaluating the scientific effect of yogic practice on different system.
CO-6	Directing the yogic management of different diseases.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO2	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO3	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO4	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO5	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO6	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSL_101				
Course Name	: Practical-1.1				
Semester /Year	: First Semester				
Subject Title		L	T	P	C
Practical-1.1		-	-	12	6

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the benefits and limitation of microexercise.
2. Principles of shatkarmas and breathing techniques.

Unit-I Recitation of hymns & hastamudra

10 Marks

Recitation of Pratah - smaran, Shanti Mantra and Yoga Mantra, Recitation of Pranava Japa and SohamJapa, Recitation of Hymns from Upanishad & YogaTexts, Hasta Mudra : Chin, Jnana, Hridaya, Bhairav, Yoni.

Unit-II Pawanmuktasan Series

10 Marks

Part 1 - Anti-rheumatic Group. (According to Asana, Pranayama, Mudra, Bandha)

Part 2 - Digestive/Abdominal Group. (According to Asana, Pranayama, Mudra, Bandha)

Part 3 - Shakti Bandha Asanas. (According to Asana, Pranayama, Mudra, Bandha)

Unit-III – Yogic Suksham Vyayam

15 Marks

According to Swami Shri Dheerendra Brahmchari

Unit-IV Surya Namskar with Mantra

05 Marks

Surya Namskar with Mantra

Unit-V

Asana

20 Marks

- | | | |
|-------------------|----------------|-------------------------|
| 1. Tadasan | 7. Kagasan | 13. Shashankasana |
| 2. Triyaktadasan | 8. Swastikasan | 14. Janu Shirasan |
| 3. Katichakrasan | 9. Padmasan | 15. Paschimottonasan |
| 4. Trikonasan | 10. Siddhasan | 16. Poorvottanasana |
| 5. Ardchhakrasana | 11. Vajrasana | 17. Ardhamatsyendrasana |
| 6. Padhastasan | 12. Ushtrasan | 18. Uttanpadasan |

Course outcomes (CO): MYSL_101**Upon successful completion of the course a student will be able to**

CO-1	Describe the principles of Asana.
CO-2	Understand the benefits and limitation of micro exercise.
CO-3	Organize classes for micro exercise.
CO-4	Explain the hast mudra.
CO-5	Moderating the breathing practice.
CO-6	Writing the importance of Hath Yogic practice.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO2	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO3	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO4	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO5	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO6	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSL_102				
Course Name	: Practical-1.2				
Semester /Year	: First Semester				
	Subject Title	L	T	P	C
	Practical-1.2	-	-	4	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the benefits and limitations of each yoga practices.
2. Understand the concept and principles of shatkarmas and breathing techniques.
3. Demonstrate each practice with confidence and skillfully.

Unit-I Kriya**10 Marks**

1. Jalaneti
2. Rabar Neti
3. Kunjal
4. Kapalbhathi –Vatkram 20-50 Strokes.
5. Agnisar

Unit-II Pranayama**10 Marks**

1. Breathing practices - Handsinandout, Handstretch, Anklestretch, Rabbit, Dog, Tiger, Straight leg raising breathing.
2. Breath Awareness - Shwas-prashwassamyama, Abdomen, Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen+Thoracic+ Clavicular.
3. Yogic Breathing – Pause Breathing (Anuloma-Vilom Pranayama), Spinal Passage Breathing (Sushumna Breathing).
4. Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka).

Unit-III**Mudra and Bandh****05Marks**

1. Moolbandh.
2. Jalandharbandh.
3. Uddiyan Bnadh.
4. Maha Bandh.
5. Ashwini Mudra.
6. Yog Mudra
7. Shambhavi Mudra.

Unit-IV MONOGRAPH**25 Marks**

One monograph (by fixing the title, with prior permission from the head of the department/teacher) on any subject related to yoga will have to be submitted. The monograph should be minimum on 25 pages (the title selected by one student cannot be taken by another student)

Unit-V

Course outcomes (CO): MYSL_102

Upon successful completion of the course a student will be able to

CO-1	Describe the benefits and limitations of each yoga practices.
CO-2	Understand the concept and principles of shatkarmas and breathing techniques.
CO-3	Demonstrate each practice with confidence and skillfully.
CO-4	Explain Principles of shatkarmas and breathing techniques.
CO-5	Commenting the concept of yogic Mudra & Bnadh..
CO-6	Writing the Monograph and directing different yoga breathing techniques.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO2	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO3	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO4	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO5	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO6	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSC_201				
Course Name	: Patanjali Yog Sutra				
Semester /Year	: Second Semester				
	Subject Title	L	T	P	C
	Patanjali Yog Sutra	4	-	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand human's psychology as patanjali had explained.
2. Well verse with yogic principles and its meaning mentioned in patanjali yoga sutras.
3. To teach the essence of the patanjali yoga sutras.

UNIT-I INTRODUCTION OF YOGA SUTRA AND VYAS BHASHY

1. Introduction of Yoga Sutra, Definition of Yoga According to Yoga Sutra.
2. Introduction of Vyas Bhashy on Yog Sutra.

UNIT-II SAMADHI PAADA.

1. Yoga, meaning & Nature of yoga. Concept of Chitta, Chitta-Bhumis, Chitta-Vrittis, Chitta-Vrittinirodhopaya, Abhyasa and Vairagya as the tools.
2. Concept of Bhavapratyaya & Upayapratayaya, Sadhan Panchak, Chitta-Vikshepas (Antaraya), Ektattva Abhyasa, Chitta-prasadanam.
3. Types and nature of Samadhi: Adhyatmaprasada and Ritambharaprajna; Samprajnata, Asamprajnata, Sabeeja & Nirbeeja Samadhi, Difference between Samapattis and Samadhi.
4. Concept of Ishwara and attributes of Ishwara, Process of Ishwarapranidhana.

UNIT-III SADHANA PAADA

1. Concept of Kriya Yoga , theory of Kleshas.
2. Concept of Karmashaya and Karmvipaka, Nature of dhukha.
3. Concept of Chaturvyuhavada, Drishyanirupanam, Drasthanirupanam, Prakriti-Purusha Samyoga.
4. Brief Introduction to Ashtanga Yoga – Yama, Niyama (Concept of Vitarka & Mahavrata), Asana, Pranayama, Pratyahara and their siddhis.

UNIT-IV VIBHUTI PAADA

1. Introduction of Dharana, Dhyana and Samadhi.
2. Nature of Sanyama.
3. Concept of Chitta samskara, Parinamatraya and Vibhutis.

UNIT-V KAIVALYA PAADA

1. Five means of Siddhis.
2. Concept of Nirman Chitta, Importance of siddhis achieved through Samadhi, Four types of Karmas.
3. Concept of Vasana - Dharmamegh Samadhi and its result, Viveka Khyati Nirupanam, Kaivalya Nirvachana.

REFERENCE BOOKS

1. Essays on Yoga- Swami Shivananda.
2. Bases of Yoga- Shri Aurabindo.
3. पातंजल योग विमर्श –डॉ. विजयपाल शास्त्री ।
4. पातंजल योग प्रदीप – स्वामी ओमानन्द तीर्थ ।
5. अष्टांग योग – स्वामी चरणदास ।
6. मेरी वसीयत और विरासत – श्रीराम शर्मा आचार्य ।
7. योग दर्शन – डॉ० विनोद नौटियाल ।
8. Light on the Yoga Sutras of Patanjali – B. K. S. Iyengar
9. Patanjali Yog Sutra – Swami vivekananda

Upon successful completion of the course a student will be able to

CO-1	Spell Shloka chanting with proper pronunciation, students will be motivated to memorize the shlokas.
CO-2	Understand human's psychology as Patanjali had explained.
CO-3	Discuss yogic principles and its meaning mentioned in Patanjali Yoga Sutras.
CO-4	Teach the essence of the Patanjali Yoga Sutras.
CO-5	Debating the concept of Samadhi.
CO-6	Role of Patanjali yoga sutra in solving day to day life style problems

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO2	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO4	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO6	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSC_202				
Course Name	: Basic Texts of Yoga-2				
Semester /Year	: Second Semester				
	Subject Title	L	T	P	C
	Basic Texts of Yoga-II	4	-	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the significance of Bhagavad Gita and its essence.
2. Understand the concept of Bhakta in Bhagavad Gita.
3. Understand the concept of Upanishad.
4. Have understanding about the concept of yoga Upanishad.

UNIT-I: ELEMENTS OF SHRIMADBHAGWADGEETA-I

1. General Introduction to Bhagavad Gita, Definitions of Yoga, their relevance & Scope.
2. Essentials of Bhagavad Gita - meanings of the terms Atmaswarupa, Stithaprajna, Sankhya Yoga (Chpt.-II), Karma Yoga (Chpt.-III), Samnyasa Yoga and Karma Swarupa (Sakama and Nishkama) Samnyasa, Dhyana Yogas (Chpt. VI).

UNIT-II: ELEMENTS OF SHRIMADBHAGWADGEETA-II

1. Types of Bhakta (Chpt.-VII) Nature of Bhakti (Chpt.-XII), Means and End of Bhakti-Yoga, The Trigunas and nature of Prakriti, Three Kinds of Faith.
2. Food for Yoga-Sadhaka, Classification of food (Chpt.-XIV & XVII) Daivasura-Sampad-Vibhaga Yoga (Chpt.XVI);Moksa-SamnyasaYoga (Chpt. XVIII)

UNIT-III: ELEMENTS OF YOGA UPANISHADS -I

1. **Swetaswataropnishad:** (Chapter II) Techniques and Importance of Dhyanyoga, suitable place for Dhyana, sequence of pranayama & its importance, Prior symptoms of Yogasiddhis, Importance of Yogasiddhis , Tattvajna, (ChapterVI) Nature of God, techniques for Realization, Attainment of liberation.
2. **Yogakundali Upanishad:** Methods of Pranayama Siddhi, Types of Pranayama, means of Self -realization.

UNIT-IV: ELEMENTS OF YOGA UPANISHADS -II

1. **Yogachudamadi Upanishad:** The description of the six limbs of yoga, their results and sequence.
2. **Trishikhibrahmanopnishad:** description of Ashtangayoga, Karmayoga and Jnanayoga.
3. **Yogatattva Upanishad:** Mantrayoga, Layayoga, Hathayoga, Rajayoga and their stages, diet and Dincharya, primary symptoms of yoga siddhis and precautions.

UNIT-IV: ELEMENTS OF YOGA UPANISHADS -II

1. **Dhyabindoopnishad:** importance of Dhyanyoga, Nature of Pranav, Techniques of Pranav meditation, Shadangyoga, Atmadarshan through Nadanusandhan.
2. **Nadabindoopnishad:** Hansavidya : description of various limbs of Omkar, 12 matras of omkar and its results of their application with Pranas, Types of nadas, nature of nadanusandhan sadhana, state of Manolaya.
3. **Yogarajopnishad:** Mantrayoga, Layayoga, Hathayoga, Rajayoga, nine chakras, procedures of Dhyana and its results.

REFERENCES BOOKS

1. श्रीमद्भगवद्गीता, शंकर भाष्य – गीताप्रेस गोरखपुर।
2. गीता रहस्य – बाल गंगाधर तिलक।
3. श्रीमद्भगवद्गीता – सत्यव्रत सिद्धान्तालंकार।
4. साधक संजीवनी – स्वामी प्रेमसुख दास जी महाराज, गीताप्रेस गोरखपुर।
5. उपनिषद अंक, कल्याण – गीताप्रेस गोरखपुर।
6. एकादश उपनिषद – सत्यव्रत सिद्धान्तालंकार।
7. ईशादिनौपनिषद – गीताप्रेस गोरखपुर।

Course outcomes (CO): MYSC_202

Upon successful completion of the course a student will be able to

CO-1	Highlighting the concept of Bhakta in Bhagavad Gita.
CO-2	Understand the significance of Bhagavad Gita and its essence.
CO-3	Interpret concept of Upanishad.
CO-4	Explain the concept of yoga Upanishad
CO-5	Detecting the core concept of Yoga in Bhagwadgeeta.
CO-6	Role of Bhagwadgeeta for adjustment and healthy living

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO2	2	2	1	2	2	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	2	2	2	2	1	1	2	3	3	-	-
CO4	2	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO6	2	2	1	2	2	3	2	2	2	1	1	2	3	3	-	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSC_203				
Course Name	: Human Anatomy, Physiology and Yoga-2				
Semester /Year	: Second Semester				
	Subject Title	L	T	P	C
	Human Anatomy, Physiology and Yoga-2	4	-	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Discuss gross anatomy and physiology of human digestive system, excretory system and blood circulatory system.
2. Recognize basic structure and their connections with central nervous system.
3. Discuss anatomical and physiological effected of selected yoga practices.

UNIT-I: DIGESTIVE SYSTEM

1. Definition of Digestive System, Action and Structure In Digestive System.
2. Protein, Fat and Digestive of Carbohydrate
3. Structure and Work of Pancreas, Yogic Effect of Digestive System.

UNIT-II: BLOOD CIRCULATORY SYSTEM.

1. Concept of Blood and Structure of Blood, White Blood Cell (WBC), Red Blood Cell (RBC) and Structure and function of Blood, Blood Group, Structure Of Artery Venus and their Difference.
2. Cycle of Heart, High Blood Pressure, Components of Blood, Yogic Effect of Blood Circulatory.
3. Process of Control in Heartbeat and High Blood Pressure.

UNIT-III: EXCRETORY SYSTEM AND YOGA.

1. Meaning of Excretory, Structure Of Excretory.
2. Structure of Kidney, Work of Kidney, Structure of Nephron, Process of Origin of Urine, Quantity of Urine, Component, Excretion of Abnormal Matter From Urine, Yogic Effect of Excretory System.

UNIT-IV: NERVOUS SYSTEM AND YOGA.

1. Units and Types of Nervous System, Structures of Nerves.
2. Part of Brain and Work of Cerebellum, Distinction of Nerves, Cranial Nerves and Olfactory Nerves, Structure and Work of Olfactory Nerves.
3. Autonomous Nervous System, Yogic Effect of Nervous System, Structure and Work of Senses, Yogic Effect of Senses.

UNIT-V: SPECIAL SENSES

2. Eyes Anatomy - Histology of retina, corneal function, Physiology of vision and accommodation.
3. Nose- Gross anatomy and physiology of smell.
4. Ear- Gross anatomy and Physiology of hearing and balance.

REFERENCES BOOKS

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. शरीर क्रिया विज्ञान – डॉ० प्रियव्रत शर्मा ।
7. शरीर रचना व क्रिया विज्ञान – डॉ० एस० आर० वर्मा ।
8. शरीर रचना एवं क्रियाविज्ञान – डॉ० विनोद नौटियाल ।
9. शरीर रचना व क्रिया विज्ञान एवं योगाभ्यास– डॉ० राजेन्द्र मलिक ।

Course outcomes (CO): MYSC_203

Upon successful completion of the course a student will be able to

CO-1	Define gross anatomy and physiology of human digestive system, excretory system and blood circulatory system.
CO-2	Discuss anatomical and physiological affected of selected yoga practices.
CO-3	Examine the basic structure and their connections with central nervous system.
CO-4	Explain necessary functions of the different systems.
CO-5	Coordinating the effect of yogic practice on human body.
CO-6	Detecting the relationship between yogic practice and different system.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO2	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO3	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO4	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO5	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO6	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSC_204				
Course Name	: Human Consciousness, Indian Philosophy and Culture				
Semester /Year	: Second Semester				
	Subject Title	L	T	P	C
	Human Consciousness, Indian Philosophy and Culture	4	-	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Students will have an idea about the insights of Indian philosophy and astik and nastik darshans.
2. Understand the fold of applications and means to overcome them.
3. Describe the various schools of philosophy like Jainism, nyas, vaisheshik, mimansa etc. Which are relevant to yoga practice?
4. Discuss concept objectives and application of Indian culture for living and learning.
5. Understand the mystery of Human Consciousness in relation to Yoga.

UNIT – I: GENERAL INTRODUCTION OF HUMAN CONSCIOUSNESS AND CULTURE

1. Meaning, definition and area of Consciousness,.
2. Nature and need of study of human consciousness
3. Origin, meaning, definition and types, general introduction to indain religious scriptures - veda, upanishad, mahabharat, ramayan, bhagvat gita.
4. Salient Features of Indian Culture, Vedic Ashram Vyavastha, Varna Vyavastha, Law of action, Sisteen Rituals and Pancha Mahayajna.

UNIT- II: NYAYA AND VAISESIKA

1. Nature of physical world, Individual soul, liberation and concept of supreme soul in Indian philosophy.
2. Theory of body, mind and soul and philosophical background, The sixteen Padarthas according to Nyaya.
3. Concept of Nyaya philosophy means of salvation according to Nyaya and Vaisesika.
4. Means and objects of knowledge according to Nyaya and Vaisesika Category of substance- Nava dravyas.
5. Category of quality-24 gunas, Relation between Nyaya and Vaisesika philosophy.

UNIT-III: SAMKHYA AND YOGA

1. Theory of cause and effect; Prakriti and Purusha, Process of evolution of universe and concept of liberation.
2. Concept of Atman, Brahma, Maya, Universe, God, the self and human life, three fold afflictions and means to overcome afflictions.
3. Twenty five entities according to Samkhya and means of knowledge, Saakarya Vada; Similarities and dissimilarities between Vyakta and Avyakta, Triguna.
4. Existence of Purusa, plurality of Purusa, proximity of Purusa and Prakrti, Karana, Antah Karana and Bahya Karana according to Sankhya Karika, Liberation and means of attaining it.
5. Organization of the Yoga sutras, stages of Chittas, forms of Chitta, modification of Chittas, Kind of Kleshas, the eight fold of Yoga and God & liberation.

UNIT-IV: MIMAMASA (PURVA AND UTTARA)

1. Concept of Badarayana in Uttaramimamsa - Anumana, Sabda. Difference between vidya & avidya, subject & object, creation & causation, cause & effect.
2. Pratyaksa, Anumana, Upamana, Arthapati, Anupalabdi and Sabda according to Uttaramimamsa.
3. Atheism, Dharma in the context of Purvamimamsa, Summary of ten Upanisads, Atman, Brahma, Maya, Universe, God.
4. The self and human life, Major teachings of Mimamsa system, Selfless action, nonattachment, self-control, self-discipline.
5. Daily schedule for psychophysical wellbeing, social awareness, sense of equality, unity with diversity, selectiveness.

UNIT-V: NAASTIKA PHILOSOPHY

1. Charvaka philosophy - Origin and history of Charvaka philosophy.
2. Metaphysics and Epistemology, Buddhism Four noble truths, Pramanas.
3. Jainism - Categories, Triratnas and Syadvada.

REFERENCE BOOKS

1. Classical Indian Philosophy – I. N. Mohanty.
2. C.D. Sharma: Critical Survey of Indian Philosophy, Motilal Banarsidass Publications 2003.
3. N. V. Banerjee: The Spirit of Indian Philosophy, Arnold-Heinemann Publishers, 1974.
4. भारतीय दर्शन – आचार्य बलदेव उपाध्याय।
5. भारतीय संस्कृति के विविध आयाम – डॉ० अरुण जयसवाल।
6. कल्याण (संस्कृति अंक) – गीताप्रेस गोरखपुर।
7. योग एवं भारतीय दर्शन – प्रो० (डॉ०) कंचन जोशी

Course outcomes (CO): MYSC_204**Upon successful completion of the course a student will be able to**

CO-1	Show the insights of Indian philosophy and astik and nastik darshans.
CO-2	Understand the fold of applications and means to overcome them.
CO-3	Describe the various schools of philosophy like Jainism, nyas, vaisheshik, mimansaets. Which are relevant to yoga practice.
CO-4	Discuss concept objectives and application of Indian culture for living and learning.
CO-5	Evaluate Human Consciousness and culture in relation to Yoga.
CO-6	Directing various tools of Philosophy.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO2	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO4	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO6	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSL-201				
Course Name	: Practical 2.1				
Semester /Year	: Second Semester				
	Subject Title	L	T	P	C
	Practical 2.1	-	-	12	6

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the benefits and limitations of each yoga practices.
2. Understand the concept and principles of shatkarmas and breathing techniques.
3. Demonstrate each practice with confidence and skillfully.

UNIT-I

Recitation of hymns & hastamudra – Saraswati Mantra/Vandana, Guru Shishy Mantra

➤ As Described in 1st Semester Practical

Pawanmuktasan Series- As Described in 1st Semester Practical

Suksham Vyayam – As Described in 1st Semester Practical.

Sthula Vyayam – Rekha gati, Urdhwa gati, Utkurdan, Sarvangpushti, Hrid gati (Injan daud)

UNIT-II

Surya Namskar with Mantra - As Described in 1st Semester Practical

05 Marks

ASANA

20 Marks

- | | | |
|--------------------|----------------------|------------------|
| 1. Vrikshasana | 10. Tolangulasana | 19. Naukasana |
| 2. Garudasana | 11. Marichyasana | 20. Shalbhasana |
| 3. Utkatasana | 12. Vakrasana | 21. Bhujangasana |
| 4. Hastottanasna | 13. Marjariasana | 22. Dhanurasana |
| 5. Bakasana | 14. Simhasana | 23. Balasana |
| 6. Yogamudrasana | 15. Mandukasana | 24. Makrasana |
| 7. Suptvajasana | 16. Uttanmandukasana | 25. Savasana |
| 8. Baddhapadmasana | 17. Garbhasana | |
| 9. Veerasana | 18. Sirshasana | |

UNIT-III**PRANAYAMA:**

08 Marks

1. Bhastrika
2. Bhramari
3. Sheetali
4. Sheetkari

➤ Pranayama As Described In 1st Semester Practical

UNIT-IV MUDRA AND BANDHA

10 Marks

- | | |
|-------------------|------------------------|
| 1. Mahahmudra | 5. Nabho Mudra |
| 2. Mahavedh mudra | 6. Vipreetkarani Mudra |
| 3. Khechri mudra | |
| 4. Kaki Mudra | |

➤ Mudras and Bandhas As Described In 1st Semester Practical.

UNIT-V KRIYA**KRIYA****07 Marks**

1. Sutra Neti
2. Gajkarani
3. Kapalbhathi- Vyutkramkapalbhathi
4. Laghu Shankha Prakshalana
 - Kriya as described in 1st semester practical

VIVA VOCE**10 Marks****Course outcomes (CO): MYSL_201****Upon successful completion of the course a student will be able to**

CO-1	Highlighting the benefits and limitations of each yoga practices.
CO-2	Understand the concept and principles of shatkarmas and breathing techniques.
CO-3	Demonstrate each practice with confidence and skillfully.
CO-4	Explaining the concept of Asana, Pranayama, Mudra and Bandh.
CO-5	Moderating the breathing practice.
CO-6	Writing the importance of Shatkarma.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO2	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO3	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO4	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO5	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO6	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSL_202				
Course Name	: Practical-2.2				
Semester /Year	: Second Semester				
	Subject Title	L	T	P	C
	Practical-2.2	-	-	4	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. The sessionsl work/ass provides the opportunity to show that the necessary skills and knowledge in order to organize and conduct a research project
2. To aware the student about the research in the field of yogic science.
3. A workshop is a great way to teach hands-on skills as it gives learners and apporntunity to try out new methods.

UNIT-I Sessional Work/Assignments/Research Review 40 Marks

Assignment work will be decided by the department head or teachers. Under this, the following tasks can be set (Repetition will not be valid).

- i. Book Review
- ii. Research Paper Review

Workshop/Conference Participation - It will be mandatory for the student to participate in the workshop organized by the department and will have to submit a related certificate and a brief report on it.

UNIT-II**VIVA VOCE****20 Marks****Course outcomes (CO): MYSL_202****Upon successful completion of the course a student will be able to**

CO-1	Recall necessary skills and knowledge in order to organize and conduct a research project.
CO-2	Understand research in the field of yogic science.
CO-3	Organize Workshops to try out new methods.
CO-4	Describe the concept of research paper review.
CO-5	Hypothesising Research Report writing.
CO-6	Writing Research Review and Assignment.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO2	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO3	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO4	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO5	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO6	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSC_301				
Course Name	: Statistics and Research Methodology in Yoga				
Semester /Year	: Third Semester				
	Subject Title	L	T	P	C
	Statistics and Research Methodology in Yoga	4	-	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. To understand the concept of research and methodology.
2. To understand important and useful statistical concepts.
3. To apply the above two, to design experiment in yoga.

UNIT-I: INTRODUCTION TO STATISTICS

1. General Introduction to Statistics, Its Meaning and Use.
2. Presentation of Research Data-Frequency and Graphical Representation.
3. Measurement of central tendency- Mean, Median, Mode.
4. Measures of variability- Range, Quartile and Standard Deviation.

UNIT-II: CORRELATION-REGRESSION AND MEAN SIGNIFICANCE

1. Meaning, types and uses of Correlation.
2. Correlation by Rank Difference, Correlation by Product Moment Method.
3. Regression & Regression Equations.
4. Significance of Mean, Significance of Difference between Mean.

UNIT-III: TESTS AND ANALYSIS

1. Chi Square Test
2. Median Test
3. Critical Ratio Test
4. T-Test, ANOVA (Analysis of Variance) one way

UNIT-IV: RESEARCH METHODOLOGY

1. Meaning of Research, Scientific knowledge, Scientific Method and its Characteristics.
2. Significance of Research in Yoga.
3. Meaning & Importance of Problems, Statement of Hypothesis and Meaning.
4. Meaning : Sample & Sampling, and Types of Sampling.
5. Dependent and Independent Variables.

UNIT-V: RESEARCH METHODS AND RESEARCH REPORT

1. Research Methods: Observational, Co-relational, Experimental, Non Experimental.
2. Research Design : Meaning purpose and types , Experimental Research Design , Randomized Design and Factorial Research Design.
3. Research Mechanism: One tell & Two tell Test, Type One & Type Two Error, Null Hypothesis.
4. Research report writing, Preparation of Synopsis, Presentation of Yogic Research Report.

REFERENCE BOOKS

1. Foundation of Behaviour Research - Kerlinger
2. Research Methods in Behaviour Sciences - Festinger and Katz
3. Statistics in Psychology and Education - Garrat
4. अनुसंधान विधियाँ – एच०के० कपिल।
5. मनोविज्ञान एवं शिक्षा में सांख्यिकी – गैरेट।
6. मनाविज्ञान, समाजशास्त्र तथा शिक्षा में शोध विधियाँ – डॉ० मुहम्मद सुलेमान।
7. मनोविज्ञान शिक्षा एवं अन्य सामाजिक विज्ञानों में सांख्यिकी – डॉ० मोहम्मद सुलेमान।

Course outcomes (CO): MYSC_301

Upon successful completion of the course a student will be able to

CO-1	Describe the concept of research and methodology.
CO-2	Classify the useful statistical concepts.
CO-3	Apply design experiment in yoga.
CO-4	Organize the data and represent the data
CO-5	Evaluate Statistical analysis and Research Methodology.
CO-6	Hypothesise Research design and writing Research Report.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	-	-	-	3	2	2	2	-	2	2	1	-	-	-	-	-
CO2	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	3	2	2	2	1	1	2	3	3	1	-
CO4	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO6	3	2	1	2	3	3	2	2	2	1	1	2	3	3	1	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSC_302				
Course Name	: Teaching Methodology in Yoga				
Semester /Year	: Third Semester				
	Subject Title	L	T	P	C
	Teaching Methodology in Yoga	4	-	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the principles and practices of teaching methods of yoga.
2. To teach the concept of yoga education and values.
3. Have thoroughly understanding about class management & lesson planings.
4. Have an idea about the different tools used in yoga teaching.

UNIT-I: APPLIED PHILOSOPHY

1. Yoga as Applied philosophy, Meaning, definition and nature of consciousness as described in Vedas, Upanishads, Bhagwad Gita, Yogasutra and Yogavashishtha.
2. Spiritual and scientific approach to human consciousness.
3. Yogic Method of elevation of human consciousness: Bhaktiyoga, Jnanyoga, Karmayoga, Mantrayoga, Ashtangayoga, Hathayoga.

UNIT-II: YOGA IN EDUCATION

1. Salient features of Yoga Education, Factors of Yoga Education.
2. Teacher, Student and Teaching, Value based education- Meaning and definition, types of values.

UNIT-III: TEACHING METHODOLOGY IN YOGA-I

1. Teaching and Learning: Concepts and Relationship between the two.
2. Principles of Teaching: Meaning and scope of Teaching methods and factors influencing them; Teaching techniques- Individual, group and mass.

UNIT-IV: TEACHING METHODOLOGY IN YOGA-II

1. Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shodhanakriya, Asana, Mudra, Pranayama & Meditation).
2. Models of Lesson Plan; need for a lesson plan and content plan; Eight Step method of Introduction as developed in Kaivalyadhama.

UNIT-V: MANAGEMENT OF YOGA CLASS.

1. Evaluation methods of an ideal Yoga class; Methods of customizing Yoga class to meet individual needs. The student will have demonstrations and training in the above mentioned aspects of teaching methods.
2. Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class, Student's approach to the teacher: Pranipaata; Pariprashna; Seva; (BG 4.34)

REFERENCE BOOKS

1. Methods and Techniques of Teaching – S.K. Kochar, Sterling Publications Pvt. Ltd., New Delhi.
2. A Handbook of Education – A.G. Sundarams & R.N. Kaul, Kapoor Brothers, Jammu.
3. Applied Yoga – Dr. Kamakhya Kumar
4. आसन, प्राणायाम, मुद्रा, बन्ध – स्वामी सत्यानन्द सरस्वती।
5. विद्यार्थियों के लिए योग – स्वामी सत्यानन्द सरस्वती।
6. शरीर विज्ञान और योगाभ्यास – डॉ० एम० एम० गोरे।
7. आसन – स्वामी कुवलयानन्द।
8. प्राणायाम – स्वामी कुवलयानन्द।
9. योगाभ्यास की अध्यापन विधियाँ – डॉ० मनोहर लक्ष्मण घरोटे एवं श्रीमन्त कुमार गौंगुली।

Course outcomes (CO): MYSC_302

Upon successful completion of the course a student will be able to

CO-1	Highlighting the concept of yoga education and values.
CO-2	Understand the principles and practices of teaching methods of yoga.
CO-3	Apply different tools used in yoga teaching.
CO-4	Discuss class management & lesson planning's.
CO-5	Evaluating methods of teaching yoga.
CO-6	Writing good lesson plan.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO2	2	2	1	2	2	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	2	2	2	2	1	1	2	3	3	-	-
CO4	2	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	3	2	1	2	3	2	2	2	2	1	1	2	3	3	-	-
CO6	2	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSE_303				
Course Name	: Principles of Naturopathy				
Semester /Year	: Third Semester				
	Subject Title	L	T	P	C
	Principles of Naturopathy	4	-	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Learn the concepts of auto healing and principles of naturopathy.
2. Learn the ancient knowledge of naturopathy based on the concept of panchamahabhuta.
3. Importance of naturopathy in eradication of disease.

UNIT-I: GENERAL INTRODUCTION

1. A Short History of Nature Cure, Its Fundamental Principles.
2. Disease – Its Root Cause, Acute and Chronic Disease.
3. Principles of Alien Toxins, Principle of Remedial Aggravation.

UNIT-II: HYDROTHERAPY

1. Hydrotherapy, Significance of Water, Properties of Water.
2. Effect of Water on Human Body in Various Temperatures.
3. Principles of Hydrotherapy.
4. Methods of Uses of Water, Bath - Natural Bath, Hip Bath, Arm Bath, Steam Bath, Spinal Bath, Hot Foot Bath, Immersion Bath.
5. Packs - Chest Pack, Abdominal Pack, Neck Pack and Leg Pack, Full Body Bedsheet Pack, Formation and Enema.

UNIT-III: MUD AND CHROMOTHERAPY

1. Significance of Mud, Kinds and Properties of Mud, Its Effect on Body.
2. Mud Pack – Abdomen, Eye, Throat and Back Mud Pack. Mud Bath.
3. Importance of Sun Bath, Types of Sun Bath, Chromotherapy.

UNIT-IV: FASTING

1. Theory and Physical Activity and Action and Reactions.
2. Fasting For Health, Disease - Its Emergence and Fasting, Rules Of Fasting.
3. Kinds of Fasting- Long and Short Fast, Complete Fasting, Half Fasting, Water Fasting, Juice Fasting, Fruit Fasting, One Meal Fasting.
4. Difference Between Fasting and Starvation, Importance of Natural Food.

UNIT-V: MASSAGE

1. Meaning and Definition of Massage, History and Its Effect on Various Parts of Body.
2. Short Description of Various Massages
3. Methods–Rubbing, Ringing, Rolling, Hacking, Beating, Pulling, Pinching, Shaking, Vibrating.
4. Precaution of Massage, Rules of massages, Disease and Massage.

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. नौटियाल, डॉ0 विनोद – प्राकृतिक चिकित्सा और आयुर्वेद, किताब महल पब्लिशर्स, नई दिल्ली।
5. जिंदल, राकेश – प्राकृतिक आयुर्विज्ञान, आरोग्य सेवा सदन, उत्तर प्रदेश।
6. नौटियाल, डॉ0 रजनी – प्राकृतिक चिकित्सा, किताब महल पब्लिशर्स, नई दिल्ली।
7. काला, डॉ0 सरस्वती – प्राकृतिक चिकित्सा एक समस्त उपचार पद्धति।
8. नौटियाल, डॉ0 रजनी – प्राकृतिक चिकित्सा की दृष्टि में रोग और योग साधना, किताब महल, नई दिल्ली।

Course outcomes (CO): MYSE_303

Upon successful completion of the course a student will be able to

CO-1	Define concepts of auto healing and principles of naturopathy.
CO-2	Expressing the ancient knowledge of naturopathy based on the concept of panchamahabhuta.
CO-3	Utilize naturopathy in eradication of disease.
CO-4	Concept of Naturopathy diet in disease and importance of massage therapy.
CO-5	Evaluate of naturopathy in eradication of disease.
CO-6	Role of Naturopathy in eradication of diseases.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO2	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO4	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO6	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSE_303				
Course Name	: Mental Hygiene Through Yoga				
Semester /Year	: Third Semester				
	Subject Title	L	T	P	C
	Mental Hygiene Through Yoga	4	-	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the concept of mental health.
2. Understand the essence of Astanga Yoga and how to put them into practice.
3. Understand Bhakti yoga and the role of it in our day to day life.
4. Understand Transcendental meditation and its impact on our health.

UNIT-I: CONCEPT OF MENTAL HEALTH

1. The western view Point.
2. The Indian View Point.
3. Mental Hygiene through yoga.

UNIT-II: MENTAL HYGIENE THROUGH TRANSCENDENTAL MEDITATION

1. Historical Background.
2. Psychological Concept.
3. Mental Hygiene through Transcendental Meditation Yoga.

UNIT-III: MENTAL HYGIENE THROUGH RAJ YOGA

1. Historical Background.
2. Psychology Concept.
3. Mental Hygiene through Raj Yoga.

UNIT-IV: MENTAL HYGIENE THROUGH BHAKTI YOGA

1. Historical Background.
2. Psychology Concept.
3. Mental Hygiene through Bhakti Yoga.

UNIT-V: MENTAL HYGIENE THROUGH ASHTANGA YOGA

1. Historical Background.
2. Psychology Concept.
3. Mental Hygiene through Ashtanga Yoga.

REFERENCE BOOKS:-

1. Contemporary School of Psychology - Woodwork.
2. 20th 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. Yoga Psychology - Dr. Kamkhya Kumar
7. योग द्वारा मानसिक आरोग्य – डॉ० विनोद नौटियाल

Upon successful completion of the course a student will be able to

CO-1	Identify the essence of Ashtanga Yoga and how to put them into practice.
CO-2	Understand the concept of mental health.
CO-3	Apply the role of Bhakti yoga in our day to day life.
CO-4	Explain Transcendental meditation and its impact on our health.
CO-5	Relationship between Yoga and Mental Health.
CO-6	Discuss the concept of Yoga for Spiritual growth and good mental health.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO2	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO4	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO6	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSE_304				
Course Name	: Yoga and Self-Management				
Semester /Year	: Third Semester				
	Subject Title	L	T	P	C
	Yoga and Self-Management	4	-	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. The meaning and need for self-management and career development.
2. To understand the role of yoga.
3. Develop good physique.

UNIT – I: INTRODUCTION OF SELF-MANAGEMENT AND CAREER DEVELOPMENT

1. Self-management- concept, basis, meaning, nature and need
2. Study of different dimensions related with self-management
3. Self-confidence – meaning and its improvement
4. Mapping and knowing your life- components of life journey.
5. Mapping and knowing your life – components of life journey. Career development – goal-setting and its achievement-basis, process and planning.

UNIT-II: DEVELOPMENT OF CAPABILITIES

1. Development of will, imagination and Yogic Life
2. Development of thinking, emotion control and Yogic Life.
3. Meditation in development of intuition and power of senses.
4. Improvement of memory and meditation.

UNIT-III: SELF MANAGEMENT AND STRESS-MANAGEMENT

1. Management of needs and internal community, maintenance of health and vitality.
2. Management; time Management, Management of different stages of life; Problems, decisions and plans.
3. Stress – Nature, causes and effects
4. Stress – Yogic management.

UNIT-IV: COMMUNICATION AND YOGIC LIFE

1. The importance of communication, determinants
2. Skill and blocks to communication, effective listening, body language, effective reading and speaking in public.ss
3. Ideas to action, direction setting.
4. Mobilizing people and work achievement.

UNIT-V: PERSONALITY DEVELOPMENT

1. Body Language, Eye Contact.
2. Movement, Language and skill.
3. Group Discussion.
4. Situation control and Adaptation.

REFERENCE BOOKS

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.
5. आचार्य महाप्रज्ञ – शक्ति की साधना।
6. आचार्य महाप्रज्ञ – नया मानव नया विश्व, आदर्श साहित्य संघ, चूरु।
7. शिवखेडा – जीत आपकी।

Course outcomes (CO): MYSE_304

Upon successful completion of the course a student will be able to

CO-1	Contrasting the concept of personality development.
CO-2	Understand the role of yoga.
CO-3	Develop good physique.
CO-4	Explaining the meaning and need of self-management and career development.
CO-5	Evaluating the role of Yoga on self-management
CO-6	Directing the importance of communication.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO2	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO3	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO4	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO5	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO6	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSC_304				
Course Name	: Diet and Nutrition in Yoga				
Semester /Year	: Third Semester				
	Subject Title	L	T	P	C
	Diet and Nutrition in Yoga	4	-	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

Course Outcome: Following the completion of this course, student shall be able to:

- Understand the concept of diet and the medical value of nutrition.
- Advise the appropriate diet to different age groups.
- Have an understanding about overeating and malnutrition.
- Benefits and caloric value of various food groups.
- Understand the concepts of absorption of essential vitamins and minerals.

UNIT-I: OBJECTIVE AND CONCEPT OF DIET

1. Basic concepts and components of food and nutrition Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement.
2. Human Nutritional Requirements, Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification.

UNIT-II: NUTRIENTS

1. Macro Nutrients –Sources, Functions and Effects on the Body.
2. Micro Nutrients - Sources, Functions and Effects on the Body.
3. Fat Soluble Nutrients - Sources, Functions and Effects on the Body, Water soluble Nutrients - Sources, Functions and Effects on the Body.
4. Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water, Excessive and deficiency diseases of nutrients in the body; Antioxidants and their Role;

UNIT -III: BALANCED DIET

1. Yogic concept of diet and its relevance in the management of lifestyle
2. Nutrients, proximate principles of diet, balanced diet concept.
3. Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements

UNIT-IV: FOOD GROUPS

1. Cereals & Millets –Selection, Preparation and Nutritive Value, Pulses, Nuts and Oil Seeds- Selection, Preparation and Nutritive Value.
2. Milk and Milk Products- Selection, Preparation and Nutritive Value.
3. Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery, Honey.
4. Sprouts- Selection, Preparation and Nutritive Value

UNIT-V: FOOD AND METABOLISM

1. Energy - Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism.
2. Calorie Requirement - BMR, SDA, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy; Requirement and Expenditure, Factors affecting BMR.

REFERENCE BOOKS

1. Ayurveda Aahar (Food / Diet) – Prof. R. H. Kulkarni.
2. स्वस्थवृत्त विज्ञान – प्रो० रामहर्ष ।
3. योग व आहार – डॉ० गणेश शंकर व बाबूलाल दायमा ।
4. प्राकृतिक योग विज्ञान – डॉ० गंगा प्रसाद गौड. ।
5. स्वस्थवृत्तम् – शिव कुमार गौड. ।
6. प्राकृतिक स्वास्थ्य एवं योग – डॉ० बृजभूषण गोयल ।

Course outcomes (CO): MYSE_304 - 2

Upon successful completion of the course a student will be able to

CO-1	Identifying the appropriate diet to different age groups.
CO-2	Understand the concept of diet and the medical value of nutrition.
CO-3	Disprove overeating and malnutrition.
CO-4	Benefits and caloric value of various food groups.
CO-5	Explain the basics of Nutrition.
CO-6	Developed Yogic concept Diet and Nutrition.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO2	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO3	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO4	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO5	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO6	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSL_301				
Course Name	: Practical-3.1				
Semester /Year	: Third Semester				
	Subject Title	L	T	P	C
	Practical-3.1	-	-	12	6

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Demonstrate yogic practice with confidence and skillfully.
2. Bring out hidden talents through regular yogic practice.

UNIT-I**Recitation of hymns & hastamudra –****05 Marks**

Swasti Mantra/Vandana, Guru Mantra / Vandana

- As Described in 1st Semester Practical

UNIT-II**Asana****20 Marks**

- | | | |
|------------------------|---------------------|------------------------|
| 1. Purnachakrasana | 9. Gomukhasana | 17. Raj Kapotasana |
| 2. Kalyanasana | 10. Yogasana | 18. Vyaghrasana |
| 3. Titibhasana | 11. Gorakshasana | 19. Sarvangasana |
| 4. Bakasana | 12. Uttithpadmasana | 20. Padma sarvangasana |
| 5. Ekpadbakasana | 13. Kukkutasana | 21. Purnahalasana |
| 6. Ashtavakrasana | 14. Kurmasana | 22. Karanpidasana |
| 7. Akarana Dhanurasana | 15. Bhunamanasana | 23. Purna matsyasyana |
| 8. Mayurasana | 16. Hanumanasana | 24. Markatasan |

- Asana as described in 1st & 2nd semester practical

UNIT-III**Pranayama****10 Marks**

1. Bahyavritti Pranayama
2. Abhyantarvriti Pranayama
3. Stambhvriti Pranayama
4. Bahyabhyantavishyakschepi Pranayama

- Pranayama as described in 1st & 2nd semester practical

UNIT-IV**Kriya****10 Marks**

1. Kapalbhathi- Shitkram
2. Nauli Sanchalan
3. Dand Dhauti
4. Shankhprakshalan

- Kriya As Described In 1st & 2nd Semester Practical.

Mudra and Bandh**05 Marks**

1. Yoni mudra
2. Shaktichalini

➤ Mudras & Bandhas As Described In 1st & 2nd Semester Practical

Viva Voce**10 Marks****Course outcomes (CO): MYSL_301**

Upon successful completion of the course a student will be able to

CO-1	Highlighting the benefits and limitations of each yoga practices.
CO-2	Understand the concept and principles of shatkarmas and breathing techniques.
CO-3	Demonstrate each practice with confidence and skillfully.
CO-4	Explaining the concept of Asana, Pranayama, Mudra and Bandh.
CO-5	Moderating the breathing practice.
CO-6	Writing the importance of Shatkarma.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO2	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO3	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO4	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO5	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO6	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSL_302				
Course Name	: Practical-3.2				
Semester /Year	: Third Semester				
	Subject Title	L	T	P	C
	Practical-3.2	-	-	4	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. To understand the science of health and healthy living.
2. To get acquainted with some naturopathic principles and tools.
3. To change the unhealthy living habits of people and to teach them the healthy and positive lifestyle.

UNIT-I NATUROPATHY PRACTICAL**30 Marks****HYDROTHERAPY**

Hip-Bath, Spinal Bath, Steam Bath, Full Emersion Bath,
Foot Bath, Arm Bath and Wet Pack.

MUD THERAPY

Chest Pack, Mud Packs, Abdominal Pack, Eyes Pack,
Face Pack, Sand Bath and Punk Bath.

CHROMOTHERAPY

Chromo Therapy – Red, Yellow, Blue, Green.

FASTING

Weekly Fasting, Milk Fasting, Juice Fasting and Enema

MASSAGE

Back, Chest and Foot Massage

UNIT-II TEACHING METHODOLOGY**10 Marks****Teaching Plan/Assignments**

(Teaching Practice Note Book) Each Student Has To Prepare and Deliver 10 Lesson Plans

- Five Asanas.
- Three Pranayams.
- Two Shatkriyas.

During the Session.

RESEARCH PROJECT WORK**20 Marks**

Course outcomes (CO): MYSL_302

Upon successful completion of the course a student will be able to

CO-1	Identifying the importance of naturopathic principles and tools.
CO-2	Understand the science of health and healthy living.
CO-3	Change the unhealthy living habits of people and to teach them the healthy and positive lifestyle.
CO-4	Explaining concept of hydro therapy in Naturopathy and importance of massage therapy.
CO-5	Experimenting mud therapy and hydro therapy.
CO-6	Directing the principle of Naturopathy in the Eradication.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO2	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO3	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO4	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSC_401				
Course Name	: Yoga And Alternative Therapy				
Semester /Year	: Fourth Semester				
	Subject Title	L	T	P	C
	Yoga And Alternative Therapy	4	-	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Get comprehensive knowledge about ancient wisdom.
2. Understand the basic concepts of pranic healing.
3. Understand the concept of chakras and colour pranas.
4. To make the students understand the fundamental of acupressure and magneto therapy.

UNIT-I: INTRODUCTION TO ALTERNATIVE THERAPY

1. Concept of Alternative Therapy.
2. Importance of Alternative Therapy.
3. Scope of Alternative Therapy.
4. Limitation of Alternative Therapy.
5. Relation Between Yoga Therapy and Alternative Therapy

UNIT-II: PRANIC HEALING

1. Meaning and Concept of Prana.
2. Types of Prana.
3. Introduction, History & Principles of Pranic Healing,
4. Importance of Colour & Chakras in Pranic Healing.
5. Various Techniques of Pranic Healing.

UNIT-III: ACUPRESSURE THERAPY

1. Meaning, History and Principles of Acupressure.
2. Types and Techniques of Acupressure.
3. Instruments and Benefits of Acupressure.
4. Effect of Acupressure Therapy in Various Diseases.
5. Differences and Similarities of Acupressure and Sujok

UNIT-IV: MANTRA THERAPY

1. Meaning of Mantra Therapy.
2. Definitions of Mantra Therapy.
3. Principles of Mantra Therapy.
4. Scope and Limits of Mantra Therapy.
5. Effect of Mantra Therapy on Disease

UNIT-V: MAGNETO THERAPY

1. Meaning and Definition of Magneto Therapy
2. Principles & Scope of Magneto Therapy.
3. Kinds of Magnets.
4. Methods of Magneto Therapy.
5. Effect of Magneto Therapy on Different Diseases.

REFERENCE BOOKS:-

1. Acupressure – Dr. Attar Singh.
2. Acupressure – Dr. L. N. Kothari.
3. Miracles through Pranic healing :- Master Choa Kok Sui
4. Advanced Pranic healing :- Master Choa Kok Sui.
5. Magneto therapy :- Dr. H. L. Bansal.
6. Magnetic Cure for common disease:- Dr. R.S. Bansal, Dr. H. L. Bansal.
7. योग एवं वैकल्पिक चिकित्सा – डॉ० विनोद नौटियाल ।
8. प्राणिक उपचार रहस्य – डॉ० सुनील कुमार श्रीवास ।

Course outcomes (CO): MYSC_401

Upon successful completion of the course a student will be able to

CO-1	Memorizing comprehensive knowledge about ancient wisdom.
CO-2	Understand the basic concepts of pranic healing.
CO-3	Examine fundamental of acupressure and magneto therapy.
CO-4	Explain the concept of chakras and pranas.
CO-5	Evaluate the concept of alternative therapy.
CO-6	Directing the concept of Magneto Therapy.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	-	-	-	3	2	2	2	-	2	2	1	-	-	-	-	-
CO2	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	3	2	2	2	1	1	2	3	3	1	-
CO4	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO6	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSC_402				
Course Name	: Yoga Therapy				
Semester /Year	: Fourth Semester				
	Subject Title	L	T	P	C
	Yoga Therapy	4	-	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. The goal of teaching yoga therapy for common ailments to students is aimed at giving the student comprehensive medical knowledge of the disease and its yogic management of the organ system of the body to facilitate.
2. Comprehension of the physiological basis of health and disease and training to handle patients.

UNIT-I: YOGIC PRACTICE

1. Management of the diseases through suitable yogic practices - Yogic diet, Yama and Niyama, Shatkarma, Asanas and Pranayama.
2. Meditation; changes in lifestyle according to yogic scriptures.

UNIT-II: INTEGRATED APPROACH OF YOGA THERAPY FOR THE FOLLOWING COMMON AILMENTS-I

1. **Respiratory disorders** - Allergic Rhinitis & Sinusitis: Chronic Bronchitis, Bronchial asthma.
2. **Cardiovascular disorders:** Hypertension, Angina pectoris, Cardiac asthma:

UNIT-III: INTEGRATED APPROACH OF YOGA THERAPY FOR THE FOLLOWING COMMON AILMENTS-II

1. **Endocrinal and Metabolic Disorder** - Diabetes Mellitus, Hypo and Hyper- Thyroidism; Obesity: Metabolic Syndrome
2. **Obstetrics and Gynecological Disorders, Menstrual Disorders:** Dysmenorrhea, Menopause and peri-menopausal syndrome: Yoga for Pregnancy and Childbirth, Ante- natal care, Post-natal care.

UNIT-IV: INTEGRATED APPROACH OF YOGA THERAPY FOR THE FOLLOWING COMMON AILMENTS-III

1. **Gastrointestinal Disorders:** Gastritis, Indigestion, Peptic Ulcers, Constipation, Diarrhoea, Irritable Bowel Syndrome, colitis, Piles.
2. **Muscular-Skeletal Disorders:** Back Pain, Intervertebral disc prolapse (IVDP) Lumbar Spondylosis, Cervical Spondylosis, , Arthritis

UNIT-V: INTEGRATED APPROACH OF YOGA THERAPY FOR THE FOLLOWING COMMON AILMENTS-IV

1. **Neurological Disorders:** Migraine, Tension-headache, Epilepsy.
2. **Psychiatric Disorders:** Neurosis, Anxiety disorders, Phobias, Depression.

REFERENCES BOOKS

1. Yoga Therapy – Swami Kuvalayananda.
2. The Yoga Psychology – Abhedananda, Ramakrishna Vedanta Math, Ccutta.
3. Integrated Approach of Yoga Therapy for Positive Health – Nagarathna and Nagendra H.R.
4. योग चिकित्सा – स्वामी कुवलयाणन्दत्र ।
5. योग से आरोग्य – कालिदास जोशी ।
6. योग मनोविज्ञान – डॉ० शान्तीप्रकाश आत्रेय ।
7. स्वस्थवृत्त विज्ञान एवं यौगिक चिकित्सा – डॉ० राकेश गिरी ।

Course outcomes (CO): MYSC_402

Upon successful completion of the course a student will be able to

CO-1	Find about various diseases and their treatment through yogic processes.
CO-2	Understand diseases and their types.
CO-3	Apply treatment according to need.
CO-4	Explain the principles of healthy living.
CO-5	Testing the main principles of yoga therapy.
CO-6	Directing yogic concept for health and healing.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO2	2	2	1	2	2	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	2	2	2	2	1	1	2	3	3	-	-
CO4	2	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	3	2	1	2	3	2	2	2	2	1	1	2	3	3	-	-
CO6	2	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSE_403				
Course Name	: Biomechanics and Kinesiology				
Semester /Year	: Fourth Semester				
	Subject Title	L	T	P	C
	Biomechanics and Kinesiology	4	-	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Get knowledge about range of motion muscles and Movement in Yoga asanas.
2. Have and understand about Anatomical position and planes.
3. Have an indepth understanding about bones and joints.
4. Understanding the practical learning about isometric, isotonic active and passive exercise.

UNIT - I: INTRODUCTION OF ANATOMICAL POSITION

1. Supine, Position, Prone position, Mid Prone position.
2. **Define-** Sagittal plane, Transverse plane, Coronal plane, Lateral, Medial, Proximal, Distal, Ventral, Dorsal, Superior, Inferior, Flexion, Extension, Hypertension, Opposition, Abduction, Adduction, Circumduction, Supination, Pronation, Dorsi flexion, Plantar Flexion.

UNIT - II: BONES

1. Upper limb, Lower limb, Spine, Chest (Thoracic part), Face and skull, Classification of bones according to shape, Classification of joints, Ligament, Tendon and Cartilage.
2. **Joint of Upper limb-** Sternoclavicular joint, Acromio clavicular joint, Glenohumeral Joint, Shoulder Joint Complex, Scapula anatomy, Humeroulnar joint, Radioulna joint, Elbow joint (complex), Radio-carpal joint, Phalanges joint.
3. **Joint of Lower limb-** Sacroiliac joint (SI), Hip joint, Patella femoral joint, Knee joint, Knee joint (complex), Ankle joint, Phalanges joint
4. **Joint of Spine -** Facet joint
5. **Joint of Cervical –** Atlanto Axial joint, Atlanto Occipital joint

UNIT - III: Movements and Kinesiology -

1. Scapula joint movement, Shoulder joint movement, Elbow joint movement, Radioulna joint movement, Wrist joint movement, Phalanges movement, Hip joint movement, Knee joint movement, Ankle joint movement, Phalanges joint movement, cervical joint movement, spine joint movement.
2. **Kinesiology –** Loads and motions in the musculoskeletal system: Jumping, Walking, Running, Gait analysis, Linear and angular kinematics and kinetics of Human Movement, Human movement fluid medium, Kinematics and Kinetic concepts for analysis Human Motion.

UNIT - IV: Range of Motion

1. **Upper Limb -** Movements, Range of Motion (Degree), Muscles.
2. **Lower Limb -** Movements, Range of Motion (Degree), Muscles.
3. **Spine -** Movements, Range of Motion (Degree), Muscles.
4. **Cervical -** Movements, Range of Motion (Degree), Muscles

UNIT - V: Asanas Alignment and Diseases

1. **Action of muscles:** Isotonic Contraction (Eccentric, Concentric), Isometric Contraction.

2. **Group action of muscles:** Agonist and Antagonist muscles.
 - Active and Passive exercise, Isometric, Isotonic Exercise, Stretching Exercise.
3. **Point out** stretching and Strengthening muscles, movements & degree of standing, sitting, Kneeling, Supine, Prone and arm support Asana.
4. **Diseases –**
 - **Tendinopathy:** Frozeign Shoulder, Rotator cuff injury, Golfer’s Elbow, Tennis Elbow, Plantar fasciitis, Chondromalacia of the patella, Retrocalcaneal bursitis, Sacroiliitis.
 - **Auto Immune Disease:** Ankylosing spondylitis, Rheumatoid arthritis, Guillain-Barre (GB) syndrome.
 - Knee pain and Back pain.

REFERENCE BOOKS

1. Hay, J.G. and Reid, J.G.: Anatomy, mechanics and human motion. Englewood Cliffs N.J.: Prentice Hall Inc. 1988.
2. Knudson, D.: Fundamentals de biomechanics, New York, NY: Springer, 2007.
3. McGinnis, P.: Biomechanics of sport and exercrise. Champign, IL: Human Kinetics 2013.
4. Christopher M. Norris. The complete guide to Biomechanics of Joint.
5. Shyam D. Ganvir: Power Isometric.
6. Marlon Birch: Isotonic methods.

Course outcomes (CO): MYSE_403

Upon successful completion of the course a student will be able to

CO-1	Find range of motion muscles and Movement in Yoga asanas.
CO-2	Understand about Anatomical position and planes.
CO-3	Compare bones and joints.
CO-4	Explain practical learning about isometric, isotonic active and passive exercise.
CO-5	Evaluating Anatomical position.
CO-6	Directing range of motion and Asana alignment.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO2	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO4	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO6	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSE_403				
Course Name	: Yoga and Psychology				
Semester /Year	: Fourth Semester				
	Subject Title	L	T	P	C
	Yoga and Psychology	4	-	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Have an understanding about utility of yoga psychology for self and society.
2. The goal of teaching yoga psychology is to make students familiar to the facts of successful counselling. It also makes them equipped with the ethics of counseling.

UNIT-I: INTRODUCTION TO ALTERED STATES OF CONSCIOUSNESS AND COGNITIVE PSYCHOLOGY

1. Sleep: Stages of Sleep.
2. Sleep Disorders.
3. Sensation, Perception, Attention, Memory.
4. Learning - Their definitions and types,

UNIT-II: BEHAVIOURAL PSYCHOLOGY

1. Psychology as a Science of Behaviour.
2. Psychological basis of behavior.

UNIT-III: PERSONALITY

1. Nature and Types of Personality.
2. Determinants of Personality - Heredity and Environment.
3. Facets and Stages of Personality Development.

UNIT-IV: MENTAL HEALTH

1. Causes and Consequences of Mental Conflicts and Frustrations.
2. Introduction to Common mental disorders - Insomnia, Depression, Stress, Anxiety disorders

UNIT-V: ROLE OF YOGA IN MENTAL DISORDER

1. Patanjali Yog Sutra Inclusion Concept of Mental Disorders.
2. Role of Yoga in Mental Disorder.
3. Diagnosis by Yoga in Mental Disorders.

REFERENCE BOOKS

1. Woodwork, Contemporary School of Psychology.
2. P.L. Harrienan, 20th Century Psychology.
3. Abraham H. Maslov, Towards a Psychology of Being.
4. N.C.Pande, Mind and supermind.
5. V. Madhupudhan Reddy, Internal Yoga Psychology.
6. I.P Sachdeva, Yoga and Depth Psychology.
7. Shanti Parkash Attari, Yoga Psychology.
8. Yoga Nidra – Dr. Kamkhya Kumar
9. डॉ० विनोद नौटियाल – योग और मनोविज्ञान।

Upon successful completion of the course a student will be able to

CO-1	Have an understanding about Psychology development.
CO-2	Explain the concept of consciousness, Attention, Memory and Learning.
CO-3	Understand common mental disorders.
CO-4	Define utility of yoga psychology for self and society.
CO-5	Assessing the mental process motivation emotion and intelligence.
CO-6	Directing the core concept of Yoga Psychology.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO2	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO3	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO4	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO5	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-
CO6	3	2	1	2	3	3	2	2	2	1	1	2	3	3	-	-

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSE_404				
Course Name	: Essay				
Semester /Year	: Fourth Semester				
	Subject Title	L	T	P	C
	Essay	4	-	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Defining Yoga in Indian Literature.
2. Develop the skill of creative and critical thinking.
3. Apply analytical and evaluative skills appropriate to subject with an understanding of the implications and the context of their research.

UNIT-I

1. Nature of Yoga in Indian Literature.
2. Concept of Ishwar in Indian Philosophy.
3. Metaphysics of Yoga Philosophy.
4. Liberation (Moksha) in Indian Literature.

UNIT-II

1. Satkaryavada.
2. Praman Mimansa.
3. Srishti Prakriya of Sankhya.
4. Samadhi.

UNIT-III

1. Rajyoga.
2. Gyanyoga.
3. Bhaktiyoga.
4. Karmayoga.

UNIT-IV

1. Maharshi Dayananda and His Yog Sadhana.
2. Life Sketch of Sri Aurobindo and His Yog Sadhana.
3. Contribution of Swami Vivekananda in the Field of Yoga.
4. Contribution of Swami Kuvalayananda in the Field of Yoga.

UNIT-V

1. Indian Yoga Traditions in Modern Scenario.
2. Role of Yoga in Terrorism.
3. Role of Yoga in Education.

Upon successful completion of the course a student will be able to

CO-1	Highlighting the concept of Ishwar in Indian Philosophy.
CO-2	Expressing Satkaryvad and Praman Mimansa..
CO-3	Apply analytical and evaluative skills appropriate to subject.
CO-4	Explain Indian Yoga Tradition in Modern Scenario
CO-5	Evaluating specific statement that clearly indicates what a student should no and be able to do as a result of learning.
CO-6	Writing more effectively what they know.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO2	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO3	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO4	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO5	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO6	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSE_404				
Course Name	: Dissertation				
Semester /Year	: Fourth Semester				
	Subject Title	L	T	P	C
	Dissertation	4	-	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. The primary goal of dissertation writing for students is to expose them in research and motivate them to conduct scientific research and pursue higher research.
2. Understand the structure of dissertation.
3. Understand the practical learning both type of research (pure & empirical).

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:

Presentation (Internal Examiner) (30+10)	-	40 Marks
Dissertation (Evaluation & Viva-Voce)	-	60 Marks
TOTAL	-	100 Marks

Dissertation / Project Report Shall Be Valued Jointly By External And One External Examiner.

It shall be submitted up to 30th April.

Course outcomes (CO): MYSE_404 - 2

Upon successful completion of the course a student will be able to

CO-1	Outlining dissertation writing.
CO-2	Expressing the core concept of dissertation.
CO-3	Demonstrate skills in documentation of individual case.
CO-4	Discuss practical learning both type of research (pure & empirical).
CO-5	Evaluating the structure of dissertation.
CO-6	Directing both type of research pure and imperial.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO2	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO3	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO4	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO5	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2
CO6	-	-	2	2	3	2	1	2	2	2	3	2	-	-	3	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSL_401				
Course Name	: Practical-4.1				
Semester /Year	: Fourth Semester				
	Subject Title	L	T	P	C
	Practical-4.1	-	-	12	6

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. State techniques, health benefits, applications, precautions and contra indications of under mentioned yogic practice.
2. Demonstrate each yogic practice with confidence and skillfully.

Asana**20 Marks**

1. Hasta Padangushtasana
2. Parivrittaparshwakonasana
3. Natrajasana
4. Pakshiasana
5. Vatayanasana
6. Dimbhasana
7. Ekpad Skandasana
8. Utthitekpad skandhasana
9. Utthita Dwipad Sirasana
10. Uttithita Paschimotanasana
11. Padmabkasana
12. Padmamayurasana
13. Padmasirshasana
14. Omkarasana
15. Shankhyasana
16. Bala Garbhasana
17. Purnamatsyendrasana
18. Mayurasana
19. Sankatasana
20. Vrishchikasana
21. purnabhujangasana
22. purnadhanurasana
23. Makarasana
24. Savasana

➤ Asana as Described In 1st, 2nd, & 3rd Semester Practical

Pranayama**10****Marks**

➤ Pranayam As Described In 1st, 2nd, & 3rd Semester Practical

Kriya **10**

Marks

➤ Kriya As Described In 1st, 2nd, & 3rd Semester Practical

Mudra and Bandh **10**

Marks

➤ Mudras & Bandhas As Described In 1st, 2nd, & 3rd Semester Practical

Viva-Voce **10**

Marks

Course outcomes (CO): MYSL_401

Upon successful completion of the course a student will be able to

CO-1	Highlighting the benefits and limitations of each yoga practices.
CO-2	Understand the concept and principles of pranayama and breathing techniques.
CO-3	Demonstrate each practice with confidence and skillfully.
CO-4	Explaining the concept of Asana and Pranayama.
CO-5	Moderating the breathing practice.
CO-6	Writing the importance of Asana and Pranayama..

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO2	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO3	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO4	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO5	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO6	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – M.A. / M.Sc. in Yogic Science

Course code	: MYSL_402				
Course Name	: Practical-4.2				
Semester /Year	: Fourth Semester				
	Subject Title	L	T	P	C
	Practical-4.2	-	-	4	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

- The dissertation provides the opportunity to show that the necessary skills and knowledge in order to organize and conduct a research project
- To aware the student about the research in the field of yogic science.
- To hold confidence, seminars, workshops, camps and public meetings to propagate information and knowledge of yoga.

UNIT – I RESEARCH PAPER AND SEMINAR/WORKSHOP/CONFERENCE 40**Marks**

Research Paper (Minimum One)	20 Marks
Seminar & Workshop (Minimum Two)	20 Marks

UNIT – II**VIVA-VOCE****20 Marks****Course outcomes (CO): MYSL_402****Upon successful completion of the course a student will be able to**

CO-1	Highlighting the necessary skills and knowledge in order to organize and conduct a research project.
CO-2	Understand to identify and investigate a research problem.
CO-3	Preparing research paper.
CO-4	Explain students about the research in the field of yogic science.
CO-5	Reviewing research paper.
CO-6	Conduct seminars, workshops, camps and public meetings to propagate information and knowledge of yoga.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4
CO1	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO2	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO3	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO4	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO5	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3
CO6	2	2	2	2	3	2	2	2	2	2	3	3	2	2	2	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated