

Centre for Yoga Studies  
**M.Sc. YOGA**  
**(Choice Based Credit System)**  
**2018–2019**  
**REGULATIONS**

**Master's Programmes**

A Master's programme consists of a number of courses. Master's programme consists of a set of compulsory courses (core courses) and some optional courses (elective courses).

Core course are basic courses required for each programme. The number and distribution of credits for core courses will be decided by the respective faculties.

Elective courses will be suggested by the respective departments. Elective courses may be distributed in all four semesters.

A course is divided into five units to enable the students to achieve modular and progressive learning.

**Medium of Instruction:** English

**Semesters**

An academic year is divided into two semesters, odd semester and even semester. The normal semester periods are:

Odd Semester : July to November (90 working days)

Even Semester: December to April (90 working days)

**Credits**

The term credit is used to describe the quantum of syllabus for various programmes in terms and hours of study. It indicates differential weightage given according to the contents and duration of the courses in the curriculum design.

The minimum credit requirement for a two year Master's Programme shall be 90.

In the faculty of education there will be 54 credits of core courses and 18 credits for elective courses. In other faculties, there will be 72 credits for core courses and 18 credits for elective courses.

## **Courses**

Each course may consist of lectures / Tutorials / Laboratory work / Seminar / Project work / Practical training / Report / Viva-voce etc.

## **Course Weight**

Core and elective course may carry different weights. For example, a course carrying one credit for lectures, will have instruction of one period per week during the semester, if three hours of lecture is necessary in each week for that course then 3 credits will be the weightage. Thus, normally, in each of the courses, credits will be assigned on the basis of the lectures / tutorials / laboratory work and other form of learning in a 15 week schedule:

- i. One credit for each lecture period per week
- ii. One credit for each tutorial per week
- iii. One credit for every three periods of laboratory or practical work per week.
- iv. One credit for 3 contact hours of project work in a week
- v. One credit for every two periods of seminar
- vi. Six credits for project work / dissertation

## **Eligibility for admission**

A candidate who has passed the Bachelor's Degree in any subject including the professional courses of this university or an examination of any other university accepted by the syndicate as equivalent there to.

## **Method of Selection**

Applicants should have passed the +2 examination in 10+2 pattern of the Government of Tamil Nadu or any other equivalent examination recognized by the Government of Tamil Nadu. The candidates should not have completed 25 years of age as on 1<sup>st</sup> July. However, relaxation for SC/ST candidates shall be given as per Government of Tamil Nadu norms.

Candidates will be selected based on the marks obtained in Part III will be obtained in the interview. The qualifying examination marks under Part III will be reduced to 200 and the marks obtained by the candidates at the interview out of 30 marks will be added. The date of interview will be announced later to all the eligible candidates by post.

**Note:** The married women should not be in family way during the course of study, if it is violated, they will not be permitted to continue the course.

## **Grading System**

The term Grading System indicates a 10 point scale of evaluation of the performance of students in terms of marks, grade points, letter grade and class.

## **Duration**

The duration for completion of a Two Years Master's Programme in any subject is four semesters.

## **Structure of the Programme**

The Master's Programme will consist of:

- i. Core course which compulsory for all students.
- ii. Elective course which students can choose from amongst the courses approved within the department or in other departments of the Faculty of other Faculties. (Arts, Science, Education, and Indian Languages).
- iii. The elective subjects will be allotted after counseling by the committee of the heads of the departments under the Chairmanship of the Dean.
- iv. Dissertation / Project work / Practical training / Field work, which can be done in as organization (Government, Industry, Firm, Public enterprises etc.)

**Attendance**

Every teaching faculty handling a course shall be responsible for the maintenance of attendance register for candidates who have registered for the course.

The instructor of the course must intimate the Head of the Department at least seven calendar days before the last instruction day in the semester about the particulars of all students who have secured an attendance of less than 80%.

A Candidate who has attendance less than 80% shall not be permitted to sit for the End-Semester examination in the course in which the shortage exists.

**Examination**

There will be two Sessional assessments and one End-Semester examination during each semester.

Sessional test – I will be held after 35 working days and Sessional –II will be held after 70 working days.

Sessional test-I will be combination of a variety of tools such as class test, assignment and paper presentation that would be suitable to the course. This requires an element of openness. The students are to be informed in advance about the nature of assessment and the procedures. However the tests are compulsory. Test-I may be for one hour duration. The pattern of question paper will be decided by the respective Faculty.

Sessional test-II will be conducted with a variety of assessment tools. It will also have an element of openness. The students are to be informed in advance about the nature of assessment and the procedures. However the tests are compulsory. Test-II may be for two hours duration. The pattern of question paper will be decided by respective Faculty.

There will be one End Semester Examination of three hours duration in each course.

The End Semester Examination will cover all the syllabus of the course for 75% of marks.

**Evaluation**

Evaluation will be done on a continuous basis. Evaluation may be by Objective type questions, Quiz, Short answer, Essays or a combination of these, but at the End Semester it has to be written Examination.

The performance of students in each course is evaluated in terms of percentage of marks (PM) with a provision for conversion to Grade Point (GP). The sum total performance in each semester will be rated by GPA while the continuous performance from the 2<sup>nd</sup> semester onward will be marked by (OGPA).

## Marks and Grading

A student cannot repeat the assessment Sessional Test I and Sessional Test II. However, if for any compulsive reason the student could not attend the test, prerogative of arranging a special test lies with the teacher in consultation with the Head of the Department.

A minimum of 50% marks in each course is prescribed for a pass. A student has to secure 50% minimum in the End Semester Examination.

If a candidate who has not secured a minimum of 50% of marks in a course shall be deemed to have failed in that course.

The student can repeat the End Semester Examination when it is offered next in the subsequent Odd/Even Semester till the regulations are in force.

A candidate who has secured a minimum of 50 marks in all courses prescribed in the programme and earned a minimum of 90 credits will be considered to have passed the Masters Programme.

## Grading

A ten point rating scale is used for the evaluation of the performance of the student to provide letter grade for each course and overall grade for the Master's Programme.

Marks	Grade Points	Letter Grade	Class
90+	10	S	Exemplary
85 – 89	9.0	D	Distinction
80 – 85	8.5	D	Distinction
75 – 79	8.0	D	Distinction
70 – 74	7.5	A	First Class
65 – 69	7.0	A	First Class
60 – 64	6.5	A	First Class
55 – 59	6.0	B	Second Class
50 – 54	5.5	C	Second Class
49 or less			RA

The successful candidates are classified as follows.

I – Class 60% marks and above in overall percentage of marks (OPM).

II – Class 50-59% marks in overall percentage of marks.

Candidate who obtain 75% and above but below 91% of marks (OPM) shall be deemed to have passed the examination in FIRST CLASS (Distinction) provided he / she passes all the course prescribed for the programme at the first appearance.

Candidates who obtain 90% and above (OPM) shall be deemed to have passed the examination in FIRST CLASS (Exemplar) provided he / she passes all the courses prescribed for the programme at first appearance.

For the internal assessment evaluation the Brake up marks shall be as follows

Test	<b>10 marks</b>
Assignment	<b>5 marks</b>
Case Study / Roll Play / Viva / Short Answers etc.	<b>5 marks</b>
Attendance	<b>5 marks</b>
Total	<b>25 marks</b>

The award of marks shall be as below

<b>Faculty of Education</b>	<b>Theory</b>	<b>2100 marks</b>
Faculty of Arts, Science & Indian Languages	Theory	2100 marks

### **Course-wise letter grades**

The percentage of marks obtained by a candidate in a course will be indicated in a letter grade.

A student is considered to have completed a course successfully and earned the credits if he/she secures an overall letter grade other than F.A. letter grade F in any course implies a failure in that course. A course successfully completed cannot be repeated for the purpose of improving the Grade point.

The F Grade once awarded stays in the grade card of the student and is not deleted even when he/she completes the course successfully letter. The grade acquired later by the student will be indicated in the grade sheet of the odd/even semester in which the candidate has appeared for clearance of the arrears.

A student who secures F Grade in any course which is listed as core course has to repeat it compulsorily when the course is offered next. If it is an elective course, the student has the option to repeat it when it is offered next or to choose a new elective if he/she is chosen in the place of failed elective, the failed optional will be indicated as dropped in the subsequent grade card.

If a student secured F grade in the Project work / Field work / Practical work / Dissertation, either he / she shall improve it and resubmit it if it involves only rewriting incorporating the clarification of the evaluators of he/she can re-register and carry out the same in the subsequent semesters for evaluation.

### **Withdrawal from the course by the student**

Within 2 weeks from the date of commencement of the semester.

## SCHEME OF EXAMINATION

### SEMESTER –I

S.No	Course Code	Name of the Course	Credit Points
1	YOGC 101	Fundamentals of Yoga	5
2	YOGC 102	Basic Anatomy and Physiology	4
3	YOGP 103	Yoga Practical I	5
4	YOGP 104	Yoga Practical II	4
5	YOGE 105	Elective	4
<b>Total Credit</b>			<b>22</b>

### SEMESTER –II

S.No.	Course Code	Name of the Course	Credit Points
6	YOGC 201	Principles of Hatha Yoga	5
7	YOGC 202	Yoga Psychology	5
8	YOGP 203	Yoga Practical III	4
9	YOGP 204	Yoga Practical IV	4
10	YOGE 205	Elective	4
<b>Total Credit</b>			<b>22</b>

### SEMESTER –III

Sl.No.	Course Code	Name of the Course	Credit Points
11	YOGC 301	Research Methodology and Statistics in Yoga	4
12	YOGC 302	Yoga Therapy	4
13	YOGC 303	Naturopathy	4
14	YOGP 304	Yoga Therapy Practical V	4
15	YOGP 305	Naturopathy Practical VI	3
16	YOGE 306	Elective	4
<b>Total Credit</b>			<b>23</b>

### SEMESTER –IV

Sl.No.	Course Code	Name of the Course	Credit Points
17	YOGC 401	Alternative Therapies	4
18	YOGC 402	Teaching Methodology of Yoga Practices	4
19	YOGC 403	Project	5
20	YOGP 404	Yoga Therapy Practical VII	6
21	YOGE 405	Elective	4
<b>Total Credits</b>			<b>23</b>
<b>Total Credits</b>			<b>90</b>

#### Elective Papers

1.	YOGE 105	Yoga for Personality Development	4
2.	YOGE 205	Yoga Philosophy	4
3.	YOGE 306	Value education & Spirituality	4
4.	YOGE 405	Yoga for Mental Hygiene	4

**Course Code: YOGC 101**  
**FUNDAMENTALS OF YOGA**

**UNIT-I: Introduction to Yoga** (12 hours)

1. The Origins of Yoga – Definitions - Concepts - Aims and objectives of Yoga –
2. Yoga is a Science and Art - Ideal Practice of Yoga in the new millennium.
3. Religion and spirituality - Thirumanthiram (30 Verses)  
Patanjali (30 Verses) - Comparison between Patanjali Yoga Sutra and Thirumandiram.

**UNIT-II: History and Development of Yoga** (12 Hours)

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

**UNIT-III: Discipline and Obstacles in Yoga Sadhana** (12 Hours)

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

**UNIT-IV: Epics of Yoga** (12 hours)

1. Essence of Bhagavat Gita, Mahabarata, Ramayana, Bible, Kuran, Buddhism
2. 18 Tamil Siddhas
3. Yogic Perspectives of Mahatma Gandhiji, Thiruvalluvar, Avvayar, Vivekananda, Vallalar, Sri Aurobindo and Mother,

**UNIT-V: Streams of Yoga and Diet** (12 hours)

1. Karma Yoga - Bhakti Yoga - Jnana Yoga
2. Raja Yoga (Astanga Yoga)
3. Yoga and Diet – Classification of Diet

**References:**

1. Rajayoga- Swami Vivekanand, Ramakrishan Ashrama Publications, 1998
2. Yoga Sutras of Patanjali- Hariharananda Aranya, University of Calcutta Press, Calcutta, 1982
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. Swami Sivananda , Bhagavad Gita, A Divine Life Society Publications, Uttarpradesh, Himalayas,India, 2000.
6. Swami Satyananda Saraswati, Asana, Pranayama, Mudra and Bandha, Bihar School of Yoga, Munger, 2002

**Course Code: YOGC 102**  
**BASIC ANATOMY AND PHYSIOLOGY**

**UNIT – I** **(12 hours)**

Meaning & Definition, Structure and functions

1. Cells, Tissues, Muscles, Bones, Joints
2. Respiratory System, Circulatory System
3. Digestive System, Renal Systems

**UNIT-II** **(12 hours)**

Meaning & Definition, Structure and functions

1. Reproductive System
2. Endocrine, Sensory
3. Nervous System

**UNIT-III** **(12 hours)**

Physiological effects on various systems of human body:

1. Asana, Pranayama,
2. Mudra, Bandha & Kriya
3. Nadis – Chakras, Kundalini shakti –

**UNIT-IV** **(12 hours)**

Psychological effects on various systems of human body:

1. Asana, Pranayama,
2. Mudra, Bandha & Kriya
3. Nadis – Chakras, Kundalini shakti –

**UNIT – V** **(12 hours)**

Biochemical changes on various systems of human body:

1. Asana, Pranayama,
2. Mudra, Bandha & Kriya
3. Nadis – Chakras, Kundalini shakti

**References:**

1. Gore, M.M, Anatomy and Physiology of Yogic practices, Kanchan Prakshan, Lonavala, 2003.
2. Shirley Telles, A Glimpse of the Human body. V K YOGAS, Bangalore, 1995
3. Sri Krishna, Notes on Structure and Functions of Human Body and Effects of Yogic practices on it Kaivalydhama S.M.Y.M Samiti, Lonavala, 1988.
4. Chatterjee, C.C., Human Physiology (Vol. I & II), Medical Allied Agency, Calcutta, 1992
5. Guyton, Text book of Medical physiology, 9th edition, 1996



**Course Code: YOGC 103**  
**YOGA PRACTICAL - I**

**I PRACTICAL TRAINING IN YOGA**

**(60 hours)**

1. Prayer - Starting & Closing
2. Breathing Practices for awareness –
  - Hands in and out breathing
  - Hand Stretch breathing
  - Ankle Stretch breathing
3. Preparatory practices :
  - Loosening Practices:
    - Forward and backward bending
    - Lateral bending
    - Alternate toe touching
    - Spinal twisting
  - Jogging                      Forward, Backward and Sideward
4. Suryanamaskar – Start with Prayer / Mantra – 12 poses
5. Asana –
  - Standing :
    - Peraiyasana
    - Padhastasana
    - Trikonasana
  - Sitting:
    - Vajrasana
    - Paschimotasana
    - Ushtrasana
    - Vakrasana
  - Prone :
    - Makrasana
    - Bhujangasana
    - Shalabasana
    - Dhanurasana
  - Supine:
    - Uttanapadasana
    - Sarvangasana
    - Matyasana
    - Halasana
    - Chakrasana
    - Savasana
6. Pranayama
  - Kapalabathi
  - Sectional Breathing
  - Nadi Shuddhi
  - Sitali
  - Sitkari
  - Sadanta
  - Nada-anu-Sandana

- |                     |                                                                                                                                          |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| 7. Mudra            | Chin Mudra<br>Chinmaya Mudra<br>Adhi Mudra<br>Brahma Mudra<br>Namaskara Mudra<br>Maha Mudra<br>Vishnu Mudra / Nasiga Mudra<br>Yoga Mudra |
| 8. Bandha           | Jalandra Bandha<br>Uddiyana Bandha<br>Moola Bandha                                                                                       |
| 9. Kriya            | Kapala Pathi<br>Trataka – Jothi trataka , Jatru trataka<br>Neti – Jala Neti, Sutra Neti<br>Dhouti – Vamana dhouti                        |
| 10. Dhyana Practice | Meditation                                                                                                                               |
| 11. Relaxation      | IRT – Instant Relaxation Technique<br>QRT – Quick Relaxation Technique<br>DRT - Deep Relaxation Technique                                |

## **II PRACTICAL RECORD BOOK**

**Course Code: YOGC 104**

**YOGA PRACTICAL AND TEACHING PRACTICE- II**

**I PRACTICAL TRAINING IN YOGA**

**(60 hours)**

1. Prayer - Starting & Closing
2. Breathing Practices for awareness –
  - Hands in and out breathing
  - Hand Stretch breathing
  - Ankle Stretch breathing
3. Preparatory practices :
  - Loosening Practices:
    - Forward and backward bending
    - Lateral bending
    - Alternate toe touching
    - Spinal twisting
  - Jogging                      Forward, Backward and Sideward
4. Suryanamaskar – Start with Prayer / Mantra – 12 poses
5. Asana –
  - Standing :
    - Ardhakati chakrasana
    - Padhastasana
    - Ardha chakrasana
    - Utkatasana
    - Ekha Padasana
  - Sitting:
    - Padmasana
    - Paschimotasana
    - Ushtrasana
    - Gomukasana
    - Ardha Matsyendrasana
  - Prone :
    - Makrasana
    - Bhujangasana
    - Shalabasana
    - Dhanurasana
  - Supine :
    - Uttanapadasana
    - Navasana
    - Sarvangasana
    - Matyasana
    - Halasana
    - Chakrasana
    - Savasana

- Pranayama                      Sectional Breathing  
Surya bhedana  
Chandra bhedana  
Kabalapathi  
Nadi Sudhi Pranayama  
Ujjai  
Brahamari  
Seethali  
Seethkari  
Sadanta
6. Mudra                      Chin Mudra  
Chinmaya Mudra  
Adhi Mudra  
Brahma Mudra  
Namaskara Mudra  
Maha Mudra  
Vishnu Mudra / Nasiga Mudra  
Yoga Mudra
7. Bandha                      Jalandra Bandha  
Uddiyana Bandha  
Moola Bandha
8. Kriya                      Kapala Pathi  
Trataka – Jothi trataka , Jatru trataka  
Neti – Jala Neti, Sutra Neti  
Dhouti – Vamana dhouti, Vastra dhouti
9. Dhyana Practice      Meditation
10. Relaxation              IRT – Instant Relaxation Technique  
QRT – Quick Relaxation Technique  
DRT - Deep Relaxation Technique

**II      TEACHING PRACTICE**

**III     PRACTICAL RECORD BOOK**

**Course Code: YOGC 201**  
**PRINCIPLES OF HATHA YOGA**

**UNIT-I: INTRODUCTION (12 hours)**

1. Meaning, Definition, Aims & Objectives of Hatha Yoga,
2. Hatha Yoga – Psycho physical self training method – Sthula and Sukhshma viyama
3. Kundalini & Nada Yoga

**UNIT-II: SATKARMAS (12 hours)**

1. Satkarmas - Its Meaning, Definition & Objectives
2. Classification of Satkarmas According to Hath Pradipika & Gherand Samhita
3. Concept, Meaning & Definition of Kriyas, Detailed Technique, Types of Nadis, Meaning, Definition

**UNIT-III: ASANA & PRANAYAMA (12 hours)**

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

**UNIT-IV: MUDRA AND MEDITATION (12 hours)**

1. Concept, Technique and benefits of Mudra
2. Concept, Technique, obstacle and benefits of Meditation
3. Different schools of Meditaton (viz., Brahma Kumaris, Sri Aurobindo, Vedathiri Mahirish, Vallalar)

**UNIT-V: BANDHA (12 hours)**

1. Concept, Meaning & Definition of Bandhas
2. Types of Bandhas
3. Technique and benefits of Bandhas

**Reference Books**

1. Swami Muktibodhananda, Hatha Yoga Pradipika, The light on Hathayoga, Bihar School of Yoga, Munger, 1985.
2. Ghatore, M.L. Hatharatnavali of Srinivasayogi, The Lonavala Yoga Institute, Lonavala, 2002.
3. Gheranda Samhita, Rai Bahadur Srisa Chandra Vasu, Indian Mind Books, Vaaranasi, 2012
4. B.K.S. Iyengar, Light on Yoga, Harper Collin's publishers, 2005
5. B.K.S.Iyenga, Light on Pranayama , Harper Collin's publishers, 2006

**Course Code: YOGC 202**  
**YOGA PSYCHOLOGY**

**UNIT – I: Psychology and Holistic Health** **(12 hours)**

1. Theoretical understanding of Yoga and Psychology, Concept of Holistic Health
2. Spiritual applications of Psychology - Models of Mental Health – 5 Models of Mental Health,
3. Factors contributing to Mental Health, Role of Mental Health Professionals.

**UNIT – II: Personality Integration through Yoga** **(12 hours)**

1. Personality Definition, Nature, Approaches - psychoanalytic - Humanistic Approaches, Trait Approaches, Behavioural Approaches, Social - Learning Approaches, Assessment of Personality
2. Perception and Attitude formation for total personality integration, Role of yoga in personality integration
3. Leadership - Nature, Types, Theories, Contemporary Issues - Conflict and Negotiation.

**UNIT – III: Mind** **(12 hours)**

1. The Nature of Mind, Five Elements and the Mind, Meditation and the Mind
2. The three layers of Mind : The Inner Mind or Deeper Consciousness, Intermediate Mind or Intelligence and Outer Mind – Sensation – Emotion
3. Five Sheaths and the Mind, The five Pranas and the Mind, Functions of the Mind

**UNIT – IV: Concepts of Psychosomatic disorders** **(12 hours)**

1. Meaning, Definitions of Psychosomatic disorders
2. Concepts of Psychosomatic disorders according to Taittiriya Upanisad
3. Role of Yoga in Psychological problems: Mood Disorders, Major Depressive Disorder, Cyclothymic Disorder

**UNIT – V: Samadhi – Super consciousness** **(12 hours)**

1. Indian approach to consciousness and human behaviour - A new Journey into Consciousness, The three Gunas : How to Balance your Consciousness – Seven stages
2. The energetic of Consciousness : Conditioned consciousness, Intelligence : The Power of Perception
3. States of Consciousness Nature of Consciousness, Brain and Consciousness - Fantasy and Daydreaming - Characteristics of Altered States Consciousness.

**References:**

1. Abhedananda Swami, Yoga Psychology, Kolkatta, Ramakrishna vedanda math, 2002
2. Rishivivekananda, Practical yoga Psychology, Yoga publications trust, Munger, 2006
3. Swami niranjananda saraswathi, Prana pranayama, prana vidya, Bihar school of yoga, Munger, Bihar, 2000
4. Woodwork, Contemporary school of psychology, 1995
5. David Frawley, Yoga and Ayurveda Self Healing and Self Realisation, 2001
6. V. Madhupudhan Reddy, Internal yoga psychology, Bihar school of yoga, Munger, Bihar, 2002

**Course Code: YOGC 203**  
**YOGA PRATICAL – III**

**I PRACTICAL TRAINING IN YOGA**

**(60 hours)**

1. Prayer - Starting & Closing – Bagavat Gita (Selected Verses) / Bhajans / Shat sang

2. Asanas:-

Standing Asanas:-  
Triyanka Thadasana  
Thalāsana  
Garudasana  
Veerapadrasana  
Parsavotanasana

Sitting Asanas:-  
Padmasana  
Veerāsana  
Janusirasana  
Arthamachandrasana  
Supdavajrasana  
Supdaveerasana

Prone Asanas:-  
Makrasana  
Triyanka Bhujankasan  
Dhanurasana

Supine Asanas  
Navasana  
Uttana Padhasana  
Sarvangasana  
Matsyasana  
Savasana

3. Pranayama

Purifying  
Anunasika  
Suriya Bhedana  
Nadi Shuddhi  
Svana

Stimulating  
Kapalabhathi  
Ujjayi  
Bhastrika

Harmonizing  
Savitri  
Sukha  
Sectional Breathing

Regenerating  
Pranava  
Naga

Cooling	Chandra Bhedana Sitali Sitakari Sadhantha Dhouti
Binding	Aluloma viloma – 1:4:2
4. Mudras:	
Hasta	Chin Mudra Chinmaya Mudra Adi Mudra Bramha Mudra Gyana Mudra Bairava Bairavi Mudra Hamsa Mudra Vishnu Mudra Surya Mudra Vayu Mudra Pritivii Mudra Varun Mudra Apan Mudra Linga / Angusha Mudra Shankhu Mudra Pankaj Mudra Hridaya Mudra Akash Mudra Yoni Mudra Mearu Mudra
Mana	Shanmuki Mudra Sambavi Mudra Nasi Gragha Mudra
Kaya	Yoga Mudra Maha Mudra
Bhanda Adara	Vibiratha Karani Ashvini Mudra
5. Kriyas	Varisara Vahinisara Bahiskrita
6. Bhandhas	Jalandhra Bhandha Uddiyana Bhandha Mula Bhandha Maha Bhandha



**Course Code: YOGC 204**

**YOGA PRATICAL AND TEACHING PRACTICE– IV**

**I PRACTICAL TRAINING IN YOGA**

**(60 hours)**

1. Prayer - Starting & Closing

2. Advances Asanas:-

Standing:-	Parivrtta Trikonasana Uthithaparsvakonasana Virabhadrasana III PrasaritaPadotsana Uttanasana
Forward Bending	Baddha konasana Triyanga Mukapada Paschi mottanasana Marchiyasana Upavisthakonasana Karnapidasana
Backward Bending	Sethubandha Sarvangasana Chakrasana, Laghuvajrasana Ekapadachakrasana Rajakapotasana
Balancing Asanas	Mayurasana Bakasana Dwipadakoundinyasana Vrichikasana
Twisting Asanas	Bharadvajrasana Vatayanasana Parivrtta Janusirasana Pindasana in sarvangasana Pasasana

**II TEACHING PRACTICE**

**III PRACTICAL RECORD BOOK**

**Course Code: YOGC 301**

**RESEARCH METHODOLOGY AND STATISTICS IN YOGA**

**UNIT-I: RESEARCH METHODOLOGY IN YOGA (12 hours)**

1. Meaning and definitions of research,
2. Methods of Research,
3. Significance of Research in Yoga

**UNIT-II: RESEARCH PROBLEM, HYPOTHESIS IN YOGA (12 hours)**

1. Problem- Its Meaning and Nature,
2. Statement of Hypothesis and Meaning,
3. Types of Research Design, Sampling & Tools of data collection

**UNIT-III: PREPARATION OF RESEARCH SYNOPSIS & REPORT (12 hours)**

1. Steps of Scientific Research
2. Preparation of Synopsis
3. Presentation of Yogic Research Report

**UNIT-IV: STATISTICS (12 hours)**

1. Need And Importance, Types Of Statistical Processes – Descriptive, Comparative, Relationship, Inferential and Predictive
2. Quantitative Data – Attributes and Variables – Continuous and Discontinuous
3. Role of Statistics In Research

**UNIT-V: MEASURES OF VARIABILITY WITH REFERENCE TO YOGIC PRACTICES (12 hours)**

1. Measurement of Central Tendencies-Mean Median, Mode,
2. Standard Deviation
3. Correlation coefficient

**References:**

1. David H.Clarke and Clarke H.Harrison. “Research Processes in Physical Education”. New Jersey : Prentice Hall Inc. 1984.
2. T.a.Baumgartner and Strong, C.H. “Conducting and Reading Research in Health and Human Performance”. New York : Brown and Benchmark : 1994
3. C.R.Kothari, “Research Methodology Methods and Techniques”, New Delhi. Wiley Eastern Limited, 1993.
4. Anne Rothstein. “Research Design and Statistics for Physical Education”. New Jersey. Prentice Hall Inc. 1985.
5. John W. Best and Khan, James V. “Research in Education”. New Delhi; Prentice Hall of India Private Limited, 1992.

**Course Code: YOGC 302**  
**YOGA THERAPY**

**UNIT-I: Concept of Yogic Therapy (12 hours)**

1. Yoga Therapy: Meaning, principles, scope, Impact, Indications and Contra indications
2. Principles Health: Preventive and Curative means of Health,
3. Yogic concept of health and disease, Concept of Panch Kosha and Disease.

**UNIT-II: Rules and Regulations to be followed in Yoga Therapy (12 hours)**

1. Therapeutic Techniques of Yoga
2. Rules to be followed by the Therapist, Rules to be followed by Patient
3. Patient – Therapist relationship

**UNIT-III: Yogic Management – I (12 hours)**

1. Asthma, Arthritis, Constipation,
2. Hypertension, Hypotension & Heart disease.
3. Diabetes & Obesity.

**UNIT-IV: Yogic Management – II (12 hours)**

- 1 Anxiety, Depression, Neurosis, Phobia
2. Stress, Headache & Migraine
3. Back pain, Cervical & Lumber Problems

**UNIT-V: Yogic Management – III (12 hours)**

1. Pregnancy – Pre-natal – Garbha vidya (I, II, III Trimester)
2. Post-natal – Counselling
3. Menstrual disorders

**References:**

1. Shivanand Saraswati, Yoga Therapy, Bihar school of Yoga, Munger, 1998
2. Nagarathna, R and Nagendra, H.R., Integrated Approach of Yoga Therapy for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2001.
3. Nagarathna R and Nagendra, H.R.,: Yoga for Common Ailments, Swami Vivekananda Yoga Prakashana, Bangalore, 2001.
4. Swami Kuvalyananda, Yogic Therapy, Kaivalyadhama Yoga Institute, Lonavala, 2000
5. Suryanamaskar, Swami Satyananada saraswati, Bihar School of Yoga, 2009
6. Yoga Nidra, Swami Satyananada saraswati, Bihar School of Yoga, 2001

**Course Code: YOGC 303**

**NATUROPATHY**

**UNIT – I: Basics and History of Naturopathy (12 hours)**

1. Definitions – Concepts – Aims and Objective – Fundamentals – Principle – Importance of Naturopathy.
2. Naturopathy History in Ancient period, India – Development of modern Naturopathy  
General Rules of Naturopathy
3. Laws of Nature: Pancha Mahabhuta, Concepts of Natural Diet - Naturopathy Diet – Eliminative Diet – Soothing Diet – Constructive Diet

**UNIT – II: Hydro therapy and Electro therapy Treatments (12 hours)**

1. Cold Compress – Cold Foot Bath – Cold Immersion Bath – Graduated Bath – Cold Hipbath - Neutral Immersion Bath – Spinal Bath – Full Wet Sheet – Mud Bath – Mud Pack- Kuhne's Friction Sitz Bath
2. Heating Compress – Hot Foot Bath – Hot Hip Bath – Hot Immersion Bath –Slender Tone – Steam Bath – Sun Bath – Plantain leaf bath, Jet Baths -Hot Jet Spray Massage, Spray Massage – Circular Jet Massage – Jet Shower Massage
3. Infra-Red Rays – IFT (Interferential Therapy) - Ultra Violet Rays - Ultrasonic – Diathermy - TENS (Transcutaneous Electrical Nerve Stimulators).

**UNIT – III : NATUROPATHY: DIAGNOSIS (12 hours)**

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

**UNIT – IV: Nature Cure Treatments (12 hours)**

1. Nature Cure Treatments: Enema, Fasting, Natural Diet, Sun bath, Hydrotherapy, Mud therapy, Acupressure, Acupuncture and Magneto Therapy, Massage therapy.
2. Spinal bath, Steam bath, Chest pack, Mud packs.
3. Chromo therapy – Color treatment, Heat, Light, Electricity, Ultraviolet and Infra-red rays.

**UNIT-V: Nature Cure Treatments (12 hours)**

1. Skeletal disorders: Back Pain – Arthritis
2. Metabolic Disorders: Diabetes – Obesity Skin Disorders: Psoriasis
3. Hormonal Disorders – Menstrual Irregularity, Thyroid

**References:**

1. Henry Lindlahr, Philosophy of Nature Cure, Read classic.com publisher, 2010
2. S.J.Singh., History and Philosophy of Nature Cure, 1996
3. M.K.Gandhi., My Nature Cure, publisher Jitendra T Desai, Ahmedabad, 1997
4. V.M.Kulakarni, Naturopathy, The Art of Drugless Healing, Arogya Seva Sadan, 2012

**Course Code: YOGC 304**  
**YOGA THERAPY PRACTICAL – V**

**PREPARATORY PRACTICES**

**(60 hours)**

1. Various Breathing Techniques
2. Pawanamuktasana kriya series

**TEACHING METHODOLOGY OF YOGIC PRACTICES**

(Asanas, Pranayama, Mudras, Bhandas, Kriyas , Meditation & Relaxation techniques)

1. Stress Management
2. Diabetes
3. Obesity
4. Common cold, Allergy, Sinusitis, Bronchial Asthma, Tuberculosis
5. Hypertension, Coronary Heart Disease
6. Menopausal Disorders
7. Back pain
8. Arthritis
9. Thyroid
10. Osteoporosis
11. Arthritis
12. Menstrual Irregularities
13. Ulcer
14. Tonsillitis
15. Hemorrhoids
16. Pregnancy (Pre natal & Post Natal)
17. Headache
18. Anemia
19. Refractive Disorders
20. Psychosomatic disorders : Insomnia, Phobia, Anxiety, Depression, Neurosis

**Course Code: YOGC 305**

**NATUROPATHY PRACTICAL AND TEACHING PRACTICE - VI**  
**TEACHING METHODOLOGY OF NATUROPATHY (60 hours)**

(Mud therapy, Hydro therapy, Sun bath, Fasting, Chromo therapy, Magneto therapy, Massotherapy, Acupuncture, Acupressure techniques)

1. Stress Management
2. Diabetes
3. Obesity
4. Common cold, Allergy, Sinusitis, Bronchial Asthma, Tuberculosis
5. Hypertension, Coronary Heart Disease
6. Menopausal Disorders
7. Back pain
8. Arthritis
9. Thyroid
10. Osteoporosis
11. Arthritis
12. Menstrual Irregularities
13. Ulcer
14. Tonsillitis
15. Hemorrhoids
16. Pregnancy (Pre natal & Post Natal)
17. Headache
18. Anemia
19. Refractive Disorders
20. Skin Diseases
21. Psychosomatic disorders : Insomnia, Phobia, Anxiety, Depression, Neurosis

**Course Code: YOGC 401**  
**ALTERNATIVE THERAPIES**

**UNIT-I: INTRODUCTION TO ALTERNATIVE THERAPY (12 hours)**

1. Concept, Scope and Limitation of Alternative Therapy & Importance of Alternative Therapy.
2. Relation between Yoga Therapy and Alternative Therapy
3. Reflexology, Pranic Healing, Varma

**UNIT-II: AYURVEDA (12 hours)**

1. Introduction, Origin & Development in India – Concepts - Principles - Diagnosis of Ayurveda
2. Triguna and Pachamahabhuta, Tri-dosha and Prakrati, Agni, Dhatus and Malas
3. Therapeutical Aspects and treatment modalities to the common ailments : Unique ways of treatment in Ayurveda, Panchakarma

**UNIT-III: SIDDHA (12 hours)**

1. Introduction, Origin & Development in India – Concepts - Principles - Diagnosis of Siddha
2. Siddha Gunapadam (Mooligai, Metal, Minerals, Animal Kingdom), Tridosha,
3. Therapeutical Aspects and treatment modalities to the common ailments

**UNIT-IV: UNANI (12 hours)**

1. Introduction, Origin & Development in India – Concepts - Principles - Diagnosis of Unani
2. Hippocratic Theory of Medicine, Branches of Unani Medicines
3. Therapeutical Aspects and treatment modalities to the common ailments

**UNIT-V: HOMEOPATHY (12 hours)**

1. Introduction, Origin & Development in India – Concepts - Principles - Diagnosis of Homeopathy
2. Unique Aspects of Homeopathy - Hahnemann's concept of "miasms" as "infectious principles" underlying chronic disease
3. Therapeutical Aspects and treatment modalities to the common ailments

**References:**

1. A mind of your own, Kelly Brogan, Harper Collias publisher, 2016
2. Althea press, The practical herbal medicine handbook, Callisto media publisher, 2014
3. Nerys Purchon, The complete Aromatherapy and essential oils, Robert Incorporated publisher, 2014
4. Handbook On Unani Medicines With Formulae, Processes, Uses And Analysis by Niir Board of Consultants and Engineers, 2000
5. Mukesh Batra, Healing with Homoeopathy, Kindle edition, 2011

**Course Code: YOGC 402**

**TEACHING METHODS OF YOGA PRACTICES**

**UNIT-I: INTRODUCTION TO TEACHING METHODS (12 hours)**

1. Concept of Teaching Methods
2. Principles & Importance of Teaching Methods,
3. Teaching Methods in Yoga,

**UNIT-II: TEACHING TECHNIQUES (12 hours)**

1. Teaching Technology
2. Modern Teaching Aids: Lecture, Demonstration, Audio Visual Presentation.
3. Class Management and Lesson Planning

**UNIT-III: TYPES OF TEACHING METHODS (12 hours)**

1. Lecture Methods
2. Demonstration Methods,
3. Experimental & observation Method

**UNIT- IV: COUNSELLING IN YOGA (12 hours)**

1. Concept of Counselling & Yoga
2. Aims & Principals of Counselling
3. Components of Yoga and psycho therapy

**UNIT- V: (12 hours)**

1. Test and Measurement
2. Lesson plan preparation
3. Visual Aids

**References:**

1. S.K. Kochar, Methods and techniques of teaching, Sterling publications Pvt. Ltd, New Delhi, 2007
2. Sharma M.K., Educational Technology and Management, H.P.Bhargav Book House, Agra , 2011
3. Gharote M.L., & Ganguli S.K., Teaching Methods for Yogic Practices, Kaivalyadhama, Lonavala, 1988
4. Swami Satyananda, Early Teaching of Bihar School of Yoga, Munger, Bihar, 2014



**Course Code: YOGC 403**  
**PROJECT**  
**PROJECT IS GIVEN – 5 CREDITS**

Project will have 100 marks and the thesis will be evaluated for 60 marks and the Viva-Voce is for 40 marks. Both evaluation and Viva voce will be done internally by two internal examiners of the Department as appointed by the Head of the Department.

Institutional Training will have 100 marks and the report is to be evaluated for 60 marks and the viva voce is for 40 marks. Both the report and viva voce will be done by two Internal Examiners as appointed by the Head of the Department. The average of the Project marks will be awarded to this course against the course credit of 5.

**Course Code: YOGC 404**  
**YOGA THERAPY PRACTICAL AND TEACHING PRACTICE VII**  
**LOG BOOK (60 hours)**

Yogic practices – Asanas, Pranayamas, Mudras, Bandhas and Kriyas.

**Diseases – Definition, Clinical History - Causes – Treatment through Yoga – Contra Indication of Yogic Practices.**

1. Heart Diseases
2. High Blood Pressure (Hypertension)
3. Stress Management
4. Diabetes
5. Obesity
6. Thyroid
7. Asthma
8. Sinusitis
9. Back pain
10. Arthritis
11. Menstrual Irregularities
12. Menopausal Disorders
13. Hemorrhoids
14. Pregnancy (Pre natal & Post Natal)
15. Refractive Disorders

**Elective**  
**YOGE – 105- Yoga for Personality Development**

**Objectives:**

- After going through this module, you should be able to: Illustrate the yogic concept of personality .
- Explain the meaning and dimensions of an integrated personality.
- Explain how the practice of Yoga can help you develop an integrated personality.
- Elucidate the concept of self-development and the role of human values in self development.
- Explain how the practice of Yoga can lead to human excellence.

Unit-I Introduction - Yogic concepts of personality - Yoga for integrated personality development - Dimensions of integrated personality –Yoga – Meaning – Definition – Principles – Type of Yoga – Role of Panchakosha in Personality Development.

Unit - II Self Management – Facing Problems – Controlling Anger – Need to Cultivate compassion – Overcoming of Jealous and selfishness – Cultivating Virtue Yoga.

Unit-III Technique for happy and Successful Living – Power of Mind - Harmony of Living – Communications – Soft Skill – Cultivating Skillful Speech.

Unit – IV Yoga for Self Development – Self Esteem – Self Analysis – SWOT Analysis – Yogic Way of Life - Ahara (food) - Vihara (recreation) - Acara (conduct) - Vicara (thought) - Vyavahara (behavior).

Unit – V Yogic practices for Personality Development - Asana - Pranayama – Meditation – Relaxation – Awareness - self-awareness - self-reliance - self-confidence.

**Reference:**

1. Rukmani T.S. (1999). Yoga Vrttika of Vijnanabhiksu. Delhi, Mushiram Manohar Lal Taimni I.K. (1961)
2. The Science of Yoga. The Theological Publishing House, Adyar, Madras, India. Santrock, John W. (2007).
3. A Topical Approach to Life Span Development. New Delhi: Tata McGraw- Hill Publishing Company Limited. Saraswati, Swami Niranjananda (1997).
4. Gheraṇḍa Saṃhita. Munger: Bihar Yoga Bharati. Saraswati, Swami Satyananda (1996). Asana Pranayama Mudra Bandha. Munger (Bihar): Yoga Publications Trust. Saraswati, Swami Satyananda (1998).
5. Yoga Nidra. Munger: Yoga Publications Trust. Saraswati, Swami Satyananda (2004). Nine Principle of Upnishads. Munger (Bihar): Yoga Publication Trust. Saraswati, Swami Satyananda (2011).
6. Four Chapters of Freedom: Commentary on the Yoga Sutra of Sage Patanjali. Munger (Bihar): Yoga Publication Trust. Saraswati, Swami Satyananda (2011).
7. 'Concept of personality: Indian perspective'. Ind Psychiatry J., 2012.

## YOGE -205 – YOGA PHILOSOPHY

### Objectives:

- To make aware of the basic principles of Yoga.
- To make aware of the need for practices of Yoga

Unit – I	Historical background of Yoga – Definition – Nature and scope of Yoga - Importance and Principles of Yoga – Yogic Techniques
Unit - II	Yogic Concept in Thirumandiram – Eight fold path of Patanjali Yoga –Moral – Physical, Psychological and Mystical development.
Unit – III	Types of Yoga – Karma, Gnana, Bhakthi Yoga, Kriya Yoga - Concept – Saiva Siddhanta Concept - Pathi , Pasu.
Unit – IV	Swami Vivekananda Concept of Yoga Philosophy– Sri Aurobindo’s Integral Yoga – Saint Ramalinga Philosophy.
Unit – V	Yoga for Physical, Mental and Spiritual Health – Stress Management through Yoga – Yoga for Personality Development.

### Text Books:

1. Swami Abhedananda, 'Yoga theory and practice, Ramakrishna Mutt, Calcutta – 1967.
2. Jean Filliozat, "Religion Philosophy Yoga Motilal Banarsidass Publishers Pvt. Ltd., 1982.
3. Vivian Loorthington, A History of Yoga, Routledge and Kegan Paul, London, 1992.
4. Swami Abhedananda, Yoga Psychology, Ramakrishna Mutt, Calcutta, 1967.

### Reference Books:

1. S.N.Dasgupta, Yoga Philosophy, Mutilal Banarsidas, Delhi.
2. James Hewitt, Yoga Teach yourself Book, London.
3. T.N.Ganapathy & K.R.Arumugam – The Yoga of Tirumoolar, Yoga Research Centre, Chennai.
4. Swami Prabhavananda, Pathanjai Yoga Sutras, Ramakrishna Mutt, Chennai, 2008.
5. V.R.Vijayakumar, Yoga and Nature of man (Tamil) Ayagiriva Publishers, Chennai 2008.
6. Dr.K.Venkatachalapathy and V.Suseela "Ontology of Yoga", Annamalai University Publications, Chidambaram.
7. Dr.D.Rukmani, "Be Your Own Doctor through Yoga", G.V.Publisher, Chennai – 2007.

## YOGE – 306- VALUE EDUCATION AND SPIRITUALITY

### Objectives:

- Make learner's to awareness about value education and spirituality
- To make aware of the core values.

Unit-I	Introduction to Value Education and Spirituality –Need and Scope of Value Education –Importance of Value Education.
Unit – II	Concept – Definition – and classification of Values – Seven Spiritual laws – Human Rights –Empowering Women through Yoga.
Unit – III	Ten Core Values – Co-operation –Freedom–Happiness–Honesty- Humanity - Love – Peace – Responsibility - Tolerance and Unity.
Unit – IV	Value Based Life Skills –Personality Development–Self Analyses–Self Esteem-Self Concept.
Unit – V	Role of Yoga and Spirituality – Spiritual Development through Yoga–Type of Yoga and its Importance –SWOT Analysis. (Strength, Weaknen, Opportunity and Threat)

### References:

1. Value Education – Brahmakumaris – Education Wing, Mount Abu.
2. Light on Yoga – BKS – Iyengar
3. Yoga for Human Excellency – Ramakrishna Mutt.
4. Singh M.S. Value Education – Adhyayan, Publishers and Distributers, New Delhi., 2007.
5. Chand Jagadish – Value Education – Anshah Publishing House, New Delhi – 2007.

## YOGE -405 – YOGA FOR MENTAL HYGIENE

### Objectives:

- To make the students aware of the Mental Hygiene.
- To make the students aware of Various Relaxation Practices.

Unit – I	Mental Hygiene – Meaning – Definition - Significance and Importance of Mental Hygiene - Solving the Mental Problems through Yoga – Preventive – Constructive and Curative Process - Yoga Education - Yoga Therapy for Mental Hygiene.
Unit - II	Mental Health and Self Adjustment through Yoga for Psycho-somatic Disorders Anger – Anxiety – Stress- Frustration – Depression – Mood Swing.
Unit – III	Thoughts – Types of Thoughts – Power of Thoughts – Positive Thinking – Thought Culture – Techniques of Thoughts Control – Sanskor - Re-engineering – Different Stage of Mind – Application of Mind.
Unit – IV	Yoga and Mind – Relaxation Techniques - Quick Relaxation , Instant Relaxation , Yoga Nidra, Various Stages of Yoga Nidra – Andhar Mouna.
Unit – V	Yoga for Differently abed - Physically Challenged – Mentally Challenged – Yoga for Women – Yoga for Adolescent – Elders.

### Text Books:

1. Swami Abhedananda, 'Yoga theory and practice, Ramakrishna Mutt, Calcutta – 1967.
2. Jean Filliozat, "Religion Philosophy Yoga Motilal Banarsidass Publishers Pvt. Ltd., 1982.
3. Vivian Loorthington, A History of Yoga, Routledge and Kegan Paul, London, 1992.
4. Swami Abhedananda, Yoga Psychology, Ramakrishna Mutt, Calcutta, 1967.

### Reference Books:

1. Sri Ananda, The Complete Book of Yoga Harmony of Body and Mind (Orient Paper Backs: Vision Books Pvt.Ltd., 1982.
2. Swami Satyananda Sarawathi, Dynamic of Yoga, Yoga Publications Trust, Munger, Bihar 2<sup>nd</sup> Edition, 2007.
3. Ulka Ajit Natu, Yoga for Health, Health, Healing and Harmony – 2008.