

**COURSES OF
STUDIES
IN
MASTER OF ARTS IN
HUMAN CONSCIOUSNESS AND
YOGIC SCIENCE**

**UNDER
CHOICE-BASED CREDIT SYSTEM
(FROM THE SESSION: 2021-22 ONWARDS)**



**POST GRADUATE DEPARTMENT OF
SANSKRIT
(ESTD. -1957)
UTKAL UNIVERSITY, VANI VIHAR
BHUBANESWAR –
751004 ODISHA**



POST GRADUATE DEPARTMENT OF SANSKRIT
UTKAL UNIVERSITY, VANI VIHAR
BHUBANESWAR 751004

PROCEEDINGS OF THE SUBJECT-EXPERT COMMITTEE

The members of the Teachers Council, P.G. Department of Sanskrit, Utkal University met and deliberated several times and finally have modified the Course Structure for P.G. in Human Consciousness and Yogic Science of the Utkal University under Choice Based Credit System proposed to be implemented from the Academic session 2021-22 onwards in the University. The members present in all the sessions of the meeting are -

1. Dr. Subash Chandra Dash, Associate Professor & Head of the Department
2. Dr. Manoranjan Senapati, Reader
3. Dr. Braja Sundar Mishra, Reader
4. Dr. Niranjana Sabar, Assistant Professor
5. Sri Dharmendra Das, Assistant Professor
6.(Special Invite)
7.(Special Invite)

TABLE OF CONTENTS

SL.No.	Subject	Page no.
1.0	Introduction and the salient features of the course curriculum	1-3
2.0	Course Structure in Brief	4-6
3.0	Detailed syllabus	7-51
3.1	1 st Semester	7-13
3.2	2 nd Semester	14-22
3.3	3 rd Semester	23-34
3.4	4 th Semester	35-46
4.0	Free Elective course in HCYS	47-51



HUMAN CONSCIOUSNESS AND YOGIC SCIENCE

**Department of Sanskrit
Utkal University
Bhubaneswar751004**

INTRODUCTION:

The Post-Graduate Department of Sanskrit, Utkal University, Vanivihar, Bhubaneswar- 751004 is one of the oldest Post-graduate teaching Departments of this premier University of the state of Odisha, which started in the year 1957.

Besides its Post-graduate programme, it imparts Yoga course M.A. in HUMAN CONSCIOUSNESS AND YOGIC SCIENCE. In the year 1999 for the first time in Odisha the department primarily initiated Yoga Course such as one-year Diploma in Yoga Education and thereafter P.G. Diploma in Yoga Education, P.G. Diploma in Yoga Therapy, P.G. Diploma in Yoga Therapy & Education and Master Degree in Human Consciousness and Yogic Science.

It begins with a view to promote the higher study and research in the field of Yogic science in the country. The study and research in this branch will immensely facilitate the physical, mental, emotional, social and spiritual health of an individual as well as the society.

Yogic science is a wonderful technique in order to prevent, cure, restore and promote the health. In a University set-up, Yoga education and research has an important role to play in activating intellectual pursuits of the students and teachers in moulding a peaceful and healthy living pattern for the creation of a value-based society.

The worthy alumni have brought laurels by their devotion and dedication to the subject as Yoga teachers, therapist and researchers of the Universities and in allied organizations. Some have shined as Yoga teachers by selecting ICCR, Ministry of External affairs, Govt of India to teach Yoga at abroad, some have imparting yoga teaching at Asian countries and working as Yoga teachers at AIIMS.

Some erst-while faculties of this Department such as Prof. Prahlad Pradhan, Prof. K.C. Acharya, some illustrious alumni such as Prof Alekh Chandra Sarangi, Prof. Gopinath Mahapatra and Prof. Radhamadhab Dash have adorned the Chair of Vice-chancellor of Shri Jagannath Sanskrit University at Puri, Odisha. Prof. Prafulla Kumar Mishra, another alumnus, has glorified the department by adorning the chair of Director, NMM, New Delhi,

Vice Chancellor of North Odisha University and Chancellor of Dr. Rajendra Prasad Central Agricultural University, Bihar.

The Department has produced more than 11 Doctorates in Yoga and 6 students have qualified UGC NET in Yoga.

The faculties of the Department have proved themselves potentially strong by their erudition, quality of teaching and research, publication, and in advisory capacity.

From among the faculties retired in recent past and as well as of the continuing ones, Prof. A.C. Sarangi, Prof G.K. Dash, Prof. Radhamadhab Dash, Prof. Prativa Manjari Rath and Dr. S.C. Dash have earned the distinction of teaching in the Foreign Universities on deputation under cultural exchange programme. Prof. P.K. Mishra has visited several European countries and Universities on cultural Exchange Programme and worked with the scholars of England on Sanskrit manuscripts. Dr. S.C. Dash had worked in collaborating research work in Indian Philosophy with the faculties of Nagoya University, Japan and has worked as ICCR chair Professor in Sanskrit at University of Mahendradatta, Bali, Indonesia for two years(2012-2014).

The Post-Graduate Yoga Course curriculum of the Department has undergone modification several times in the past- from traditional pattern to the Semester Pattern. While redesigning the prevalent Courses of studies, the Board of studies has taken into consideration the U.G.C. syllabus for NET and the reality of students facing the competition in different selection committees where Post-graduates from traditional institutions of learning with deeper and wider contents become their competitors. After the completion of the course the students can join as Yoga teacher, Assistant professor in schools and colleges, Hospitals, Spa, and Wellness Centres and start their own Yoga centre and give Yoga therapy for patients under the guidance of qualified doctor.

Now the Course Curriculum is being restructured and modified providing the students to read the subject with 20 papers of 2000 marks having 80 credits and awarding different grades from A to F instead of class or division as per the current guidelines of the U.G.C under Choice Based Credit System. The following are the details of different Grades.

	Grades	Marks Secured out of 100	Points
Outstanding	„O“	100-90	10
Excellent	„E“	89-80	9
Very Good	„A“	79-70	8
Good	„B“	69-60	7
Fair	„C“	59-50	6
Pass	„D“	49-36	5
Failed	„F“	Below 36	0

- **A Candidate has to secure Grade- D or above to pass in each of the papers.**
- **The medium of writing answers in examinations is in English.**

THE SALIENT FEATURES OF THE COURSE CURRICULUM

This syllabus provides for implementation of Choice based Credit courses under Semester Pattern. In this pattern, there shall be four Semesters having 20 papers, each having 4 credits, thus 80 credits and in total 2000 marks. A student is supposed to earn 4 credits for a theory paper of 100 marks by attending 40 hours of lecture and 30 to 40 hours outside class and self-study and for a Dissertation of 100 marks of 4 credits, he/she has to devote 20 hours for contacting the teacher and 100 hours outside for preparation.

▮ **The Distribution of Courses andCredits:**

1stSemester- (A) 4 Hard Core Papers- $4 \times 4 = 16$ credits (HC 1-4)and
(B) 1 Core Elective Paper- $4 \times 1 = 4$ credits (CE-1)

2ndSemester- (A) 4 Hard Core Papers- $4 \times 4 = 16$ credits (HC 5-8)and
(B)1 Core Elective Paper- $4 \times 1 = 4$
credits(CE2)

3rdSemester- (A) 3 Hard Core Paper - $4 \times 3 = 12$ credits(HC 9-11)
(B) 1 Core Elective Paper- $4 \times 1 = 4$ credits (CE -3)
(C) 1 Free Elective Paper= 4 Credits
(from parent Department or from other Departments (FE-1)

4thSemester– (A) 3 Hard Core Papers $4 \times 3 = 12$ Credits (HC 12-14)
(B)1 Core Elective Paper- $4 \times 1 = 4$ credits (CE -4)
(C)1 Free Elective Paper= $4 \times 1 = 4$ Credits (FE-2)
(from parent Department or from other
Departments FE-2

TOTAL: 20 PAPERS= 80 CREDITS

▮ Each Paper carries 100 marks i.e. 70 marks as End-Semester Examination and 30 marks as Mid-Semester Examination. Each Unit of the End-Semester Examination will carry 14marks.

▮ **TermPapers:**

1ST SEMESTER: 1 Term paper about 15 pages, preferably DTP, be submitted in the seminar relating to paper II (1.1.2) of the 1st Semester which will earn 1 credit out of 4 credits assigned to that paper. The Term paper will carry 30 marks in total and the division of marks will be as follows:

Preparation of the Term Paper and presentation will carry 20 marks and Viva-Voce will carry 10 marks. **This will be treated as the Mid-Semester Examination of the 2nd paper (1.1.2) in the 1stSemester.**

2ND SEMESTER: In paper 6th the candidate is to present a term paper in

the same manner as above, earning 1 credit out of 4 credits of that paper. The Term paper will carry 30 marks in total and the division of marks will be as follows:

Preparation of the Term Paper and presentation will carry 20 marks and Viva-Voce will carry 10 marks. **This will be treated as the Mid-Semester Examination of the 6th paper (1.2.6) in the 2nd Semester.**

▮ **FreeElective:**

▮ Besides, the Syllabus provides two **Free Elective Papers** (interdisciplinary papers) having 4 credits each. For HCYS student it is compulsory and for students from other departments may opt one among the two.

▮ To sum up - a student going for M.A.in **HUMAN CONSCIOUSNESS AND YOGIC SCIENCE** (regular) from the P.G. Department of Sanskrit, Utkal University is to opt for

14 Hard Core (HC) papers, (including a Dissertation)

4 Core Elective Papers (CE)

2 Free Elective (FE) papers in 3rd& 4thSemesters for HCYS students and students from other Departments.

Total- 20 papers = 80credits

2.0 COURSE STRUCTURE IN BRIEF:

A- Hard Core Subjects (HC)

B- Core Elective Subjects(CE)

C- - Free Elective Subjects(FE)

Each Paper carries 100 marks i.e. 70 marks as End-Semester Examination and 30 marks as Mid-Semester Examination. Each Unit of the End-Semester Examination will carry 14 marks.

FIRST SEMESTER

Sl. No	Course Code	Course Name	Marks	Cr	Remarks
1.	HCYS-1.1.1	Introduction to Yoga	100 = (70 End Sem)+30(Mid Sem)	4	HC-1
2.	HCYS-1.1.2	Sankhya Karika & Yoga Sutra	100 = (70 End Sem)+30(Mid Sem)	4	CE-1
3.	HCYS 1.1.3	Basics of Yoga	100 = (70 End Sem)+30(Mid Sem)	4	HC-2
4.	HCYS - 1.1.4	Diet and Nutrition	100 = (70 End Sem)+30(Mid Sem)	4	HC-3
5.	HCYS -1.1.5	<i>Practical</i>	100 = (70 End Sem)+30 (MidSem)	4	HC-4

SECOND SEMESTER

Sl. No	Course Code	Course Name	Marks	Cr	Remarks
1.	HCYS - 1.2.6	Human Anatomy and Physiology	100 = (70 End Sem)+30 (Mid Sem)	4	HC-5
2.	HCYS - 1.2.7	Yoga and Psychology	100 = (70 End Sem)+30 (Mid Sem)	4	HC-6
3.	HCYS - 1.2.8	Biomechanics and Exercise therapy	100 = (70 End Sem)+30 (Mid Sem)	4	HC-7
4.	HCYS - 1.2.9	Basics of Sanskrit and Hatha Yogic Texts	100 = (70 End Sem)+30 (Mid Sem)	4	CE-2
5.	HCYS 1.2.10	Practical	100 = (70 End Sem)+30(Mid Sem)	4	HC-8

THIRD SEMESTER

Sl.No	Course Code	Course Name	Marks	Cr .	Remarks
1.	HCYS - 2.3.11	Kundalini Yoga & Yoga Vashitha	100=70(End- Sem)+30 (Mid- Sem)	4	CE-3
2.	HCYS - 2.3.12	Research Methodology and Statistics	100=70(End- Sem)+30 (Mid- Sem)	4	HC-9
3.	HCYS - 2.3.13	Yoga and Holistic Health	100=70(End- Sem)+30 (Mid- Sem)	4	HC-10
4.	HCYS - 2.3.14	Indian Philosophy (Free Elective- I from Parent Department or other Departments)	100=70(End- Sem)+30 (Mid- Sem)	4	FE-1
5.	HCYS - 2.3.15	Practical	100=70(End- Sem)+30 (Mid- Sem)	4	HC-11

FOURTH SEMESTER

SL.No	Course Code	Course Name	Marks	Cr.	Remarks
1.	HCYS - 2.4.16	Yoga and Ayurveda	100=70(End- Sem)+30 (Mid- Sem)	4	CE-4
2.	HCYS 2.4.17	Indian Culture (Free Elective- 2 from Parent Department or other Departments)	100=70(End- Sem)+30 (Mid- Sem)	4	FE-2
3.	HCYS - 2.4.18	Yoga Therapy	100=70(End- Sem) +30 (Mid- Sem)		HC-12
4.	HCYS - 2.4.19	Naturopathy	100=70(End- Sem)+30 (Mid- Sem)	4	HC-13
5.	HCYS - 2.4.20	DISSERTATION	70+30(Viva)=100	4	HC-14
Total	20		2000	80	

C- Free Elective (FE) papers for HCYS students and students from other Departments to be offered in 3rd & 4th Semesters)

3rd Semester- Indian Philosophy

4th Semester- Indian Culture

DETAILED SYLLABUS

1ST SEMESTER:

Each paper carries 100 marks i.e. 70 marks as End-Semester Examination and 30 marks as Mid-Semester Examination. Each Unit of the End-Semester Examination will carry 14 marks.

HARD CORE PAPER -1

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS-1.1.1	Introduction to Yoga (HC-1)	100=70 (End-Sem)+30 (Mid- Sem)	4
Unit-I	History of Yoga (Definition, Origin, Tradition & Schools of Yoga); Types of Yoga: Karma, Jnana, Bhakti, Raja Yoga, Relevance of yoga in Modern age One Long Question-10 One Explanation/Short question -4	14	
Unit-II	Svara yoga and Tantra Yoga One Long Question-10 One Explanation/ Short question -4	14	
Unit-III	Yogic culture of Odisha- Natha yogis ,Sunya Sadhana ,Yoga in Lord Jagannath Culture One Long Question-10 One Explanation /Short question -4	14	
Unit-IV	Acharyas of yoga & Yoga in Modern Times Acharyas of yoga: Krishna, Shiva, Patanjali, Vyasa, Gorakshanatha Yoga in Modern Times: Yogic Traditions of Swami Vivekananda, Shri Aurobindo; Maharshi Ramana and Maharshi Dayanand Saraswati One Long Question-10 One Explanation/ Short question -4	14	

Unit-V	Yoga in Contemporary Times Brief Introduction of Sri Shyamacharan Lahidi, Paramahansa Yogananda, Nigamananda, Sri T. Krishnamacharya, Swami Shivanada Saraswati, Swami Satyananda Swaraswati, Swami Rama of Himalayas, Maharshi Mahesh Yogi, Swami Kuvalayananda, Pt. Sri Ram Sharma Acharya, B.K.S. Iyengar, and their contribution for the development and promotion of Yoga. Modern Yoga Gurus of India One Long Question-10 One Explanation/ Short question -4	14	
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Books Recommended:

1. The Yoga Philosophy: Traditions and Reflections. By Subash Chandra Dash & Shantipriya Devi. Pratibha Prakashan, New Delhi
2. Foundation of Yoga, Vol -1, by Prafulla K. Mishra, Publisher- Dept. of Yoga, Utkal University, Bhubanesvar.
3. Kundalini Yoga, Svara yoga and Tantra Yoga, by Svami Satyananda Sarasvati, Publisher- Bihar Yoga Bharati, Munger
4. Kundalini, A cosmic Energy, by Acharya Sri KeshavDevji Maharaj, Publisher-Vivekananda Pratisthan Parishad, Patparganj Road Khureji, Delhi-110006
5. Nada Bindu Upanishad, Published by Adyar Library and Research Centre, Adyar, Madras-20.
6. Yogakosa, By Maheshna Swami, Kaivalyad Hama, Lonavala.
7. Bases of Yoga, by Sri Aurobindo, Published by Arya Publication House.
8. Yoga as Philosophy and Religion by Surendranath D. Published by Kengan P.T.T. and Co.
9. Sri Sri Thakura Nigamananda by Banamali Dash & Sri Durga Charan Mohanty, Published by Nilachal Sarasvat Sangha, Puri
10. Autobiography of Pramahansa Yogananda by Paramahansa Yogananda published by Yogada Satsanga.
11. The Yoga Philosophy by V. R. Gandhi, published by Oxford University Press.
12. The Yoga of the Saint, by V.H. Date published by Popular Book Depot.
13. Kundalini by Svami Veda Bharati published by D.K. print world (P) Ltd.
14. The Yoga Philosophy Traditions and Reflections by Dr. S.C. Dash & Shantilata Devi, published by Prativa Prakashan, New Delhi, 2011
15. Odia Sahitya Ra Itihasa by Surendra Maharana, Odisha Book Store, Cuttack

CORE ELECTIVE PAPER-1

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS-1.1.2	Sankhya Karika & Yoga Sutra (Core Elective 1)	100=70 (End- Sem)+30 (Mid- Sem)	Credits 4
Unit-I	Sankhya Karika (full text) One Long Question or Explanation of 1 Karika- 10 One Explanation/ Short question -4	14	
Unit-II	Yoga Sutra (Samadhi Pada) One Long Question-10 One Explanation/ Short question -4	14	
Unit-III	Yoga Sutra (Sadhana Pada) One Long Question-10 One Explanation/ Short question -4	14	
Unit-IV	Yoga Sutra (Vibhuti Pada) One Long Question-10 One Explanation/ Short question -4	14	
Unit -V	Yoga Sutra (Kaivalya Pada) One Long Question-10 One Explanation/ Short question -4	14	

Book Recommended:

1. *The Yoga Sutra of Sage Patanjali* by Paramahansa Prajnananda
2. *Yoga Sutra of Patanjali* by Bangali Baba, Motilal Banarsidass publishers, Delhi
4. *Yoga Philosophy of Patanjali* by Svami Hariharananda Aranya
5. *Four Chapters on Freedom* by Svami Satyananda Saraswati, BYB, Munger
6. *A commentary on Patanjala Yoga Sutra* by Kothandaraman.
7. *Raja Yoga* by Swami Sivananda, Divine Life Society, Uttarkhanda
8. *Yoga Sutras of Patanjali* by Sita K. Nambiar Divine Life Society, Uttarkhanda
9. *Samkhya Darshan: Yogic Perspective on Theories of Realism* by Swami Niranjanananda Saraswati, Yoga Publications Trust, Munger, Bihar
10. *Samkhya Karika of Isvara Krsna* by Swami Virupakshananda, Ramakrishna Mission
11. *Samkhya-karika, (Hindi Tr)*, Jagannatha Shastri, Motilal Banarasisass
12. *Samkhya-karika with (Eng), Tr, By Wilson, Delhi*

HARD CORE PAPER -2

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS -1.1.3	Basics of Yoga (HC-2)	100=70 (End- Sem)+30 (Mid- Sem)	4 Cr
Unit-I	<p>Bhagavad Gita</p> <p>General Introduction to Bhagavad Gita, Definitions of Yoga, their relevance & Scope; 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)</p> <p>One Long Question-10 One Explanation/ Short question -4</p>	14	
Unit-II	<p>Bhagavad Gita</p> <p>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. Food for Yoga-Sadhaka, Classification of food (Chpt.XIV & XVII) Daivasura-Sampad-Vibhaga Yoga (Chpt.XVI);Moksa-SamnyasaYoga (Chpt. XVIII)</p> <p>One Long Question-10 One Explanation/ Short question -4</p>	14	
Unit-III	<p>Upanishads- Brief Introduction of Principal Upanishads</p> <p>Ishavasyopanisha, KenaUpanisha, KathaUpanishad, Prashna Upanishad, Mundaka Upanishad</p> <p>One Long Question-10 One Explanation/ Short question -4</p>	14	
Unit-IV	<p>Upanishads- Brief Introduction of Principal Upanishads</p> <p>Mandukya Upanishad, Aitareya Upanishad, Taittiriya Upanishad, Shandilyavidya, Brihadaranyaka Upanishad</p>	14	

	One Long Question-10 One Explanation/ Short question -4		
Unit-v	Fundamentals of Shiva Samhita One Long Question-10 One Explanation/ Short question -4	14	

Books Recommended:

1. Srimad Bhavad Gita, by Svami Ram Sukh Das, Publisher-Gita Press, Gorakhpur, U.P.
2. Srimad Bhagavad Gita Bhasya, by Sri Sankaracharya, published by The President, Sri Ramkrushna Math, Mylapore, Chennai-4
3. Saranagati Yoga by T.K. Sribhasyam & Almelu Sheshadri published by D.K. Print World (P) Ltd
4. Nine Principal Upanishads by Swami Satyananda saraswati, YPT, Munger, Bihar
5. Ten Principal Upanishads by Swami Gambhirananda, Advaita Ashram, Kolkota
6. The Bhagavad Gita : Commentary by Swami Sivananda ,Divine Life Society,Uttarakhanda
7. Shiva Samihata by Swami Maheswarananda, Kaivalyadham publication,Lonavala,Pune

HARD CORE PAPER - 3

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS -1.1.4	Diet and Nutrition (HC-3)	100=70 (End-Sem)+3 0 (Mid-Sem)	4 Cr
Unit-I	Basic concepts and components of food and nutrition Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement, Human Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification; Macro Nutrients – Sources, Functions and	14	

	<p>Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body</p> <p>1 Long-type question -10 1 Short question-4</p>		
Unit-II	<p>Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water, Excessive and deficiency diseases of nutrients in the body; Antioxidants and their role</p> <p>Yogic concept of diet and its relevance in the management of lifestyle</p> <p>1 Long-type question -10 1 Short question-4</p>	14	
Unit-III	<p>Nutrients, proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals- calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements</p> <p>1 Long-type question 10 1 Short question-4</p>	14	
Unit-IV	<p>Food groups. Cereals & Millets –Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds- Selection, Preparation and Nutritive Value; Milk and Milk Products- Selection, Preparation and Nutritive Value; Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery, Honey, sprouts- Selection, Preparation and Nutritive Value</p> <p>1 Long-type question -10 1 Short question-4</p>	14	
Unit-V	<p>Food and metabolism. Energy- Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism, Calorie Requirement-BMR, SDA, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy; Requirement and Expenditure, Factors affecting BMR</p> <p>1 Long-type question -10 1 Short question-4</p>	14	

Books Recommended

1. Principles and Practices of Dietetics, by Bhavana Sabarwal, Common well Publisher, New Delhi
2. Diet and Diet Reforms by Mahatma Gandhi, Narajivan Publishing House, Ahemadabad
3. 3. Nutritive values of Indian foods by National Institute Nutrition, Hyderabad
4. 4. Clinical Nutrition and Dietetics and Nutrition by F.P. Anita, Oxford University Press

HARD CORE PAPER -4

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS -1.1.5	Practical (HC-4)	100=70 (End- Sem)+30 (Mid- Sem)	4 Cr
Unit-I	<p>Pawanmuktasana Part 1: Padanguli Naman, Goolf Naman, Goolf Chakr, Goolf Ghoornan, Janufalak Akarshan, Janu Naman, Dwi Janu Naman, Janu Chakr, Ardha Titali, Poorna Titali, Shroni Chakr, Mushtika Bandhana, Manibandha Nama, Manibandha Chakra, Kehuni Naman, Skandha Chakr, Greeva Sanchalan</p> <p>Pawanmuktasana Part 2: Utthanpadasana, Chakra Padasana, Pada Sanchalanasana, Supta Pawanmuktasana, Jhulana Lurhakanasana, Supta Udarakarshanasana, Shava Udarakarshanasana, Naukasana</p> <p>Pawanmuktasana Part 3: Rajju Karshanasana, Gatyatmak Meru Vakrasana, Chakki Chalanasana, Nauka Sanchalanasana, Kashtha Takshanasana, Namaskarasana, Vayu Nishkasan, Kawa Chalasana, Udarakarshanasana</p>	14	
Unit-II	Yoga Exercises for the Eyes- Palming, Sideways viewing, Front and sideways	14	

	<p>viewing, Rotational viewing, Up and down viewing, Preliminary Nasikagra Drishti</p> <p>Relaxation Asanas- Shavasana, Advasana, Jyestikasana, Makarasana, Matsya Kridasan</p> <p>Meditation Asanas- Sukhasana, Ardha Padmasana, Padmasana, Siddhasana, Siddha Yoni Asana, Swastikasana, Dhyana Veerasana, Simhasana</p> <p>Vajrasana Group of Asanas- Vajrasana, Ananda Madirasana, Padadhirasana, Bhadrasana</p> <p>Standing Asanas- Hasta Utthanasan, Akarna Dhanurasana, Tadasana, Tiryaka Tadasana, Kati Chakrasana</p>		
Unit-III	<p>Basic Breathing Methods - Diaphragmatic or abdominal breathing, Thoracic breathing, Clavicular breathing, yogic breathing,</p> <p>Expanding Breath Capacity –(Viloma Pranayama ,interruption of inhalation ,interruption of exhalation, interruption of inhalation and exhalation)</p> <p>Rhythmic breathing - (Technique 1: with abdominal breathing, Technique 2: with yogic breathing, Technique 3: synchronizing the breath and heart rhythm, Technique 4: extending breath duration (1:1 ratio)</p> <p>Extended exhalation (1:2 ratio), Kumbhaka, internal retention (1:1:1), extended internal retention and</p>	14	

	exhalation (1:1:2 and 1:2:2) Samavritti Pranayam Pranayama- <i>nadi shodhana (1, 2), bhramari,</i> Mudra - <i>chin mudra, Jnana Mudra, Yoni Mudra Bhairava mudra, Hridaya Mudra</i>		
Unit - IV	Kriya- <i>Jala Neti, Sutra Neti, Kapal Bhati, Agnisara kriya, Tratak</i> Relaxation: Yoga Nidra 1 & Yoga Nidra 2	14	
Unit - V	Meditation: <i>KayaSthairyam (stage1-12), Chakra Suddhi(stage-1-8), ,Ajapa Dharana (1&2)</i>	14	

Books Recommended

- 1 Asana, Pranayama, Mudra, Bandha, by Svami Sayananda Sarasvati, Publisher- Bihar School of Yoga, Munger
2. Prana and Pranayama by Swami Niranjanananda Saraswati, Yoga Publications Trust, Munger, Bihar, India
3. Yoga Nidra by Swami Satyananda Sarasvati, Yoga Publications Trust, Munger, Bihar
4. Dharana Darshan by Swami Niranjanananda Saraswati, Yoga Publications Trust, Munger, Bihar
5. A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya by Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar
6. Sure Ways to Self-Realization by Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar
7. Meditation from the Tantras by Swami Satyananda Saraswati, Bihar School of Yoga, Munger, Bihar

2ND SEMESTER:

Each paper carries 100 marks i.e. 70 marks as End-Semester Examination and 30 marks as Mid-Semester Examination. Each Unit of the End-Semester Examination will carry 14 marks.

HARD CORE PAPER -5

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS -1.2.6	Human Anatomy and Physiology(HC-5)	100=70 (End-Sem)+ 30 (Mid-Sem)	4 Cr
Unit-I	Introduction to the Human Body Muscular- Skeletal System 1 Long-type question -10 1 Short question- 4	14	
Unit-II	Blood and Immune System Cardiovascular System 1 Long-type question -10 1 Short question- 4	14	
Unit-III	Respiratory System Endocrine System 1 Long-type question -10 1 Short question- 4	14	
Unit-IV	Digestive System and Excretory System Reproductive System 1 Long-type question -10 1 Short question- 4	14	
Unit-V	Special Senses and Cerebral Cortex Nervous System 1 Long-type question -10 1 Short question- 4	14	

Books Recommended

1. Principles of Anatomy and Physiology by Gerard J. Tortora, Bryan Derrickson
2. Anatomy and Physiology for Nurses by Jaypee Brothers
3. Basic Anatomy and Physiology by N. Murgesh, Sathya Publishers, Mumbai
4. Anatomy and Physiology in Health and Illness by Ross & Willson, Churchill Livingstone

HARD CORE PAPER -6

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS -1.2.7	Yoga and Psychology(HC-6)	100=70 (End-Sem)+30 (Mid-Sem)	4 Cr
Unit-I	Meaning and Definition and scope of psychology Behavioral Psychology: Psychology as a Science of Behavior; Physio-- psychological basis of behavior 1 Long-type question -10 1 Short question- 1x4=4	14	
Unit-II	Meaning and Definitions of Consciousness, Human Consciousness and Yoga; Introduction to Altered States of Consciousness, Sleep: Stages of Sleep, Sleep Disorders 1 Long-type question -10 1 Short question- 1x4=4	14	
Unit-III	Personality: Nature and Types of Personality; Determinants of Personality: Heredity and Environment; Facets and Stages of Personality Development; Role of Yoga in Personality development 1 Long-type question-10 1 Short question- 1x4=4	14	
Unit-IV	Cognitive Psychology: Sensation, Perception, Attention, Memory, Learning: - Their definitions and type 1 Long-type question-10 1 Short question- 1x4=4	14	
Unit-V	Mental Health; Causes and Consequences of Mental Conflicts and Frustrations Role of Yoga in Mental Health, Yoga and Stress Management 1 Long-type question-10 1 Short question- 1x4=4	14	

Books Recommended:

- 1 A textbook of general psychology by Girishbala Mohanty, Kalyani Publishers, New Delhi
- 2 Psychology by Baron & Misra, Pearson, Chennai
3. Psychology by K. Ciccarelli Sandra, White J. Noland, et al., Pearson, Chennai
4. *Yogic Management of Stress* by Swami Suryamani Saraswati, Bihar School of Yoga, Munger.
5. *Psychotherapy: East and west* by Swami Ajay, Himalayan Institute Publications.
6. *Yoga Psychology* by Swami Ajay Himalayan Institute Publications.
7. *Psychology, Mental Health and Yoga*, by A.S. Dalal, Aurobindo Ashram, Pondichery.

8. *Mind, It's Mysteries & Control* by Swami Sivananda Saraswati Divine Life society, Rishikesh
 9. *Introduction to Psychology* - by Hilgard, E.R. Atkinson, R.L. and Atkinson, R. C. Harcourt Brace Jovanovich, New York.
 10. *Basic Psychology, stranges*, R & Solley, C. M. , Tata Mcgraw- Hill, New Delhi
 11. *The Textbook of Yoga Psychology* by M.D. Ramamurti S. Mishra & Shri Brahmananda Sarasvati & Shri Brahmananda Sarasvati, Baba Bhagava Das Publisher

HARD CORE PAPER -7

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS – 1.2.8	BIOMECHANICS AND EXERCISE THERAPY (HC-7)	100=70 (End-Sem)+30 (Mid- Sem)	4 Cr
Unit-I	<p>Basic concepts in Bio-Mechanics</p> <p>Kinematics and Kinetics, Types of motion, location of motion, Direction of motion, magnitude of motion, Definition of force, Force of Gravity, Centre of Gravity, Centre of mass, Line of gravity, Reaction of force, Equilibrium, Object in motion, Force of Friction, Concurrent force System, parallel force system, Work, energy, strength, endurance, Force Components, Lever. Posture and Balance- Introduction, Definition, Static and dynamic Postures, Postural control- meaning and responsible factors</p> <p>Optimal Posture; Analysis of posture in various position, optimal alignment and deviation from optimal alignment (postural deviation); Effect of age, pregnancy, occupation and recreation on posture; Good Posture and bad posture, Rationale of specific yoga postures for therapeutic benefits.</p> <p>Balance- Definition, factors and systems responsible for maintaining balance, working of the balance system, Role of yoga for good posture and balance of body</p> <p>Analysis various yoga postures, Importance of Biomechanics and kinesiology for yoga</p> <p>1 Long question- 10 1 Explanation- 4</p>	14	

Unit-II	<p>Muscles & Joints - Structure and Function</p> <p>Joint design, Materials used in human joints, Joint motion, measurement of joint motion, Measurement of joint range, ROM: Definition, normal ROM for all peripheral joints and spine. Goniometer - Parts, Types, Principles, Uses, limitations, Techniques for measurement of ROM for all peripheral joints. Measuring ROM of spine. Importance of Joint ROM measurements in Yogic Science. General effects of Disease, Injury and Immobilization, Analysis of Joint motion of Peripheral and Vertebral joints in various yoga postures.</p> <p>Muscles Structure and function, Mobility and Stability functions of muscles, Elements of Muscles structure, Muscles function, Types of contraction, Effects of immobilization, Injury and ageing, Stress, Strain, Sprain, Analysis of muscles in different Yoga postures</p> <p>Stretching and Flexibility; Stretching- Definition and Types, Effects & Uses of Stretching, Determinants of Stretching exercise, Precaution and contra indication of stretching, Techniques of stretching.</p> <p>Inhibition and relaxation, (IRT,DRT,QRT)Principles of yoga in relaxation, Flexibility, Factors affecting flexibility, Role of yoga in improving flexibility</p> <p>1 Long question- 10 1 Explanation- 4</p>	14	
Unit-III	<p>Biomechanics of Upper Limb, Knee and Ankle</p> <p>Biomechanics of Upper Limb</p> <p>Biomechanics of Shoulder: Structure & function of the bones & joints of the Shoulder complex, mechanics & patho-mechanics of the muscle activity in the Shoulder complex & analysis of the forces on the Shoulder complex during Yoga postures;</p> <p>Biomechanics of Elbow: Structure & function of the bones & no contractile element of the</p>	14	

	<p>elbow. Mechanics of muscle activity at the elbow & analysis of the forces on the elbow during Yoga postures;</p> <p>Biomechanics of Wrist & Hand: Structure & function of the bones & joints of the wrist & hand, mechanics of the muscle activity in the wrist & hand, analysis of the forces on the wrist during activity, mechanics of the Special connective tissue In the hand.</p> <p>Biomechanics of Knee and Ankle</p> <p>Biomechanics of Knee: structure & function of the bones & joints of the Knee, mechanics of the Knee musculature, analysis of the forces on the Knee during Yoga Postures.</p> <p>Biomechanics of Ankle: structure & function of the bones & joints of the Ankle, mechanics of the Ankle musculature, analysis of the forces on the Ankle during Yoga Postures</p> <p>1 Long question- 10 1 Explanation- 4</p>		
Unit-IV	<p>Biomechanics of Hip and Spine</p> <p>Biomechanics of Hip Structure & function of the bones & non contractile element of the Hip, mechanics & patho-mechanics of muscle activity at the hip & analysis of the forces on the Hip during various Yoga postures;</p> <p>Biomechanics of Spine: Structure & function of the bones & joints of the cervical spine, mechanics & patho-mechanics of the cervical musculature, analysis of the forces on the cervical spine during activity, structure & function of the bones & joints of the thoracic spine, mechanics of the thoracic musculature, analysis of the forces on the thoracic spine during Yoga Postures & structure</p>	14	

	<p>&function of the bones & joints of the lumbar spine. c. Mechanics of the lumbar musculature, analysis of the forces on the lumbar spine during Yoga postures, structure & function of the bones & joints of the pelvis, mechanics of the muscle activity in the pelvis & analysis of the forces on the pelvis during activity.</p> <p>1 Long question-10 1 Short Note - 4</p>		
Unit-V	<p>Introduction to Exercise Therapy</p> <p>Aim of exercise therapy, Types of exercise, Static and Dynamic exercises Techniques of exercise therapy; Approach to patient's problem, Assessment of patient's condition, Measuring Vital parameters, starting position, Fundamental and derived position, Planning of treatment, Rationale to emphasize Practice of Yoga in Health Care.</p> <p>Methods of Testing- Functional test, Passive movement, Active Movement Testing of muscle length, Active and Passive insufficiency Manual muscles testing: Principles and Aim, Indications, Limitations, Techniques of MMT for muscles of Upper Limb, Lower Limb and Spine.</p> <p>Free Exercise, Assisted exercise, Active assisted exercise, assisted resisted exercise Principles, Indications, Contraindications, Techniques, effects and uses Types of Resisted Exercise; Manual and mechanical Resistance exercise, Isometric, Isotonic exercise, Dynamic exercise, constant vs variable resistance, iso-kinetic Exercise</p> <p>1 Long question - 10 1 Short Note - 4</p>	14	

Books Recommended

1. Principles of Exercise Therapy by M.Dena Gardiner, CBS Publishers, New Delhi
2. Therapeutic Exercise by Carolyn Kisner & Lunn Allen Colby, Jaypee Brothers, New Delhi
3. Principles and Practice of Therapeutic Massage by Akhoury Gourang Sinha, Jaypee Brothers, New Delhi
4. Textbook of Biomechanics by Shyamal Koley, Aitbas Publishers
5. Joint Structure & Function A Comprehensive Analysis by Pamela Levangie, Cynthia C. Norkin, Publisher: F.A. Davis
6. The principles and practice of yoga in health care by Sat Bir Khalsa, Lorenzo Cohen, Timothy McCall, Shirley Telles; year: 2016, Publisher Handspring Publishing

7. Joint Range of Motion and Muscle Length Testing by Nancy Berryman Reese and William D. Bandy, Saunders publishers

8. Anatomy of Hatha Yoga: A Manual for Students, Teachers and Practitioners by H. David Coulter, Body & Breath, USA

CORE ELECTIVE PAPER-2

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS -1.2.9	Basics of Sanskrit and Hatha Yogic Texts (CE- 2)	100=70 (End- Sem)+30 (Mid- Sem)	4 Cr
Unit-I	Basics of Sanskrit Nouns & Pronouns , Verbs , Indeclinable , Prefix & Suffix, Sandhi and Samasa (Do as directed, Use the correct form of the word, Recognize the words, Give forms, Recognize the forms, Dissolve Sandhis and Samasas) 5 Explanations - 5×2=10 2 Short questions- 2×2=4	14	
Unit-II	Hathapradipika (Lesson-I & II) 1 Long-type question - 10 1 Explanation /Short Note - 4	14	
Unit- III	Hathapradipika (Lesson-III & IV) 1 Long-type question - 10 1 Explanation /Short Note- 4	14	
Unit- IV	Fundamentals of Gheranda Samhita Concept of Saptanga Yoga, Purification processes, Asanas , Pranayamas in Gheranda Samhita(brief description); Benefits and techniques of Pratyahara and Dhyana In Gheranda Samhita 1 Long-type question - 10 1 Explanation /Short Note - 4	14	

Unit- V	Hatha Ratnavali Introduction and basic concepts 1 Long-type question - 10 1 Explanation /Short Note - 4	14	
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Books recommended:

- 1.Hatha Yoga Pradipika- Svatmaram, by-Brahmananda, Publisher, The Theosophical Society, Madras
2. Hatha Yoga Pradipika by G.S.Sahaya,MDNIY,New Delhi
- 3.Hathapradipika of Svatmaram Ed by Swami Digambaraji,Kaivalyadham,Lonavala
- 4.Hatha Yoga Pradipika Commentary by Swami Muktibodhananda, Yoga Publications Trust, Munger, Bihar
- 5.Gheranda Samhita, by. J. K. Basu
- 6.Gheranda Samhita Ed by Swami Digambaraji, Kaivalyadham,Lonavala
7. Gheranda Samhita by Swami Niranjanananda Saraswati, Yoga Publications Trust, Munger, Bihar
8. Hatha Ratnavali: A Treatise on Hathayoga of Srinivasyogi Ed by M.L.Gharote,Pramila Devnath &Vijaya Kant Jha, The Lonaval Yoga Institute,Lonavala

HARD CORE PAPER -8

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS 1.2.10	Practical (HC-8)	100=70 (End-Sem)+30 (Mid- Sem)	4 Cr
Unit-I	Vajrasana Group of Asanas- Simhagarjanasana, Veerasana, Marjari-asana, Vyaghrasana, Shashankasana, Shashank Bhujangasana, Pranamasana, Ardha Ushtrasana, Ushtrasana, Supta Vajrasana Standing Asanas- , Tiryaka Kati Chakrasan, Meru Prishthasana, Utthanasana, Druta Utkatasana, Samakonasana, Dwikonasan, Trikonasana Variation 1,2,3&4, Utthita Lolasana, Dolasana Surya Namaskara Chandra Namaskara Padmasana Group of Asanas- Yogamudrasana, Matsyasana, , Lolasana, Tolangulasana Backward Bending Asanas- Sphinx asana/Sarala Bhujangasana, Bhujangasana, Tiryaka Bhujangasana, Sarpasana, Ardha Shalabhasana, Shalabhasan, Saral Dhanurasana, Dhanurasana, Kandharasana,	14	

	Ardha Chandrasana, Utthan Pristhasana, Setu Asana, Chakrasana, Gomukhasana,		
Unit-II	Forward Bending Asanas- Saithalyasana, Paschimottanasana, Gatyatmak Paschimottanasana, Ardha Padma Paschimottanasana, Meru Akarshanasana, Hasta Pada Angushthasan, Pada Hastasana, Sirsha Angustha Yogasana, Spinal Twisting Asanas- Meru Wakrasana, Bhu Namanasana, Ardha Matsyendrasana, Inverted Asanas- Bhumi Pada Mastakasana, Moordhasana, Vipareeta Karani Asana, Sarvangasana, Padma Sarvangasan, Poorwa Halasana, Halasana, Druta Halasana, Balancing Asanas- Eka Pada Pranamasan, Natavarasana, Garudasana, Natarajasana Variation-1, Eka Padasana, Bakasana, Merudandasana – Variation-1,2, Ardha Baddha Padmottanasan, Baka Dhyanasana, Hamsasana, Santolanasana Variation I &2	14	
Unit-III	Pranayama: <i>Nadi shodhana (2,3,4), sheetali, sheetkari, Bhastrika , ujjayi, Surya Bheda Pranayama</i> Mudra: <i>shambhavi mudra, Nasikagra drishti, Khechari Mudra, Kaki mudra, Shanmukhi mudra, Prana Mudra ,Ashwini Mudra yoga mudra, maha mudra.</i> Bandha: <i>jalandhara bandha, uddiyana bandha, mula bandha, maha bandha</i>	14	
Unit-IV	Kriya: <i>Vaman Dhauti, Vastra Dhauti, Sankhaprakshalana, Nauli</i> Relaxation: Yoga-nidra (3), AntarMouna	14	
Unit-V	Meditation: Chidkash Dharana, Hridayakash Dharana, Antarakash Dharana	14	

Books Recommended

1 Asana, Pranayama, Mudra, Bandha, by Svami Sayananda Sarasvati, Publisher- Bihar Yoga Bharati, Munger

2. Prana and Pranayama by Swami Niranjanananda Saraswati, Yoga Publications Trust, Munger, Bihar, India
3. Yoga Nidra By Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar
4. Dharana Darshan by Swami Niranjanananda Saraswati, Yoga Publications Trust, Munger, Bihar
5. A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya by Swami Satyananda Saraswati , Yoga Publications Trust, Munger, Bihar
6. Sure Ways to Self-Realization by Swami Satyananda Saraswati , Yoga Publications Trust, Munger, Bihar
7. Meditation from the Tantras by Swami Satyananda Saraswati , Bihar School of Yoga, Munger, Bihar

3rd SEMESTER:

Each paper carries 100 marks i.e. 70 marks as End-Semester Examination and 30 marks as Mid-Semester Examination. Each Unit of the End-Semester will carry 14 marks.

CORE ELECTIVE PAPER-3

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS -2.3.11	Kundalini Yoga & Yoga Vashitha (CE- 3)	100=70 (End-Sem)+ 30 (Mid - Se m)	4 Cr
Unit-I	Definition of Kundalini, location and shape, processes to activate 1 Long-type question -10 1 Short question- 4	14	
Unit-II	Nadis 1 Long-type question-10 1 Short question- 4	14	
Unit-III	Chakras 1 Long-type question-10 1 Short question- 4	14	
Unit-IV	Concept of Kundalini in Yogic texts: Hatha pradipika and Gheranda Samhita 1 Long-type question-10 1 Short question- 4	14	
Unit-V	Yoga Vasishtha Salient features of Yoga Vashitha, Concept of Adhis and Vyadhis; Psychosomatic Ailments; The four Dwarpaals to Freedom; How Sukha is attained in the Highest State of Bliss; Practices to overcome the Impediments of Yoga; Development of Satvaguna; Eightlimbs of Meditation; Jnana Saptabhumika 1 Long-type question-10 1 Explanation- 4	14	

Books Recommended:

- 1 Kundalini Tantra by Swami Satyananda Sarasvati, Yoga Publications Trust, Munger, Bihar
2. The Healing Power of Yoga and Kundalini Tantra by J.L.Gupta, Penman Publishers, Delhi
3. Yogavasisthasarasangraha by Swami Tejomayananda, Chinmaya Prakashan, Mumbai
4. Yoga-Vasistha of Valmiki by Ravi Prakash Arya,

5. Yoga Vasistha BY Swami Jyotirmayananda, International yoga society,Rishikesh
- 6.Hatha Yoga Pradipika- Svatmaram, by-Brahmananda, Publisher, The Theosophical Society, Madras
- 7.. Hatha Yoga Pradipika by G.S.Sahaya,MDNIY,New Delhi
- 8..Hathapradipika of Svatmaram Ed by Swami Digambaraji,Kaivalyadham,Lonavala
- 9..Hatha Yoga Pradipika Commentary by Swami Muktibodhananda, Yoga Publications Trust, Munger, Bihar
- 10.Gheranda Samhita Ed by Swami Digambaraji, Kaivalyadham,Lonavala
- 11.Gheranda Samhita by Swami Niranjanananda Saraswati, Yoga Publications Trust, Munger, Bihar

HARD CORE PAPER -9

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS -2.3.12	Research Methodology and Statistics (HC-9)	100=70 (End- Sem)+30 (Mid- Sem)	4 Cr
Unit-I	Definition, Nature and Scope of Research, its Importance in Yogic Studies, Definition of Research problem, Criteria for Location and Selection of Research Problems, Types of Research- Basic, Applied, Action, Analytical, Descriptive, Experimental, Creative and Qualitative. 1 Long-type question-10 1 Short question- 1×4=4	14	
Unit-II	Hypothesis, Various types of Errors in Research, Concept of Population and Sampling, Various Methods of Sampling, Tools and Techniques of Data Collection 1 Long-type question-10 1 Short question- 1×4=4	14	
Unit-III	Various methods of research as Historical, Survey, Philosophical, Case study, Experimental etc. , Test construction, Method of writing Research Report. 1 Long-type question-10 1 Short question- 1×4=4	14	
Unit-IV	Definition of Statistics and its Importance in the field of research, Measure of Central tendency and Variability band, their application in problems, Correlation and its application in problems, Normal Probability Curve 1 Long-type question-10 1 Short question- 1×4=4	14	
Unit-V	Test of Significance based on normal t, f and chi-square distribution and their application, Confidence interval, Analysis of variance- one way, two way, factorial, repeated measures and their application in problems, Scheffe's post hoe test, Analysis of co-variance and its application in problems. Fundamental research in yoga, Philosophical and Literary Research in Yoga, Scientific Research in Yoga,	14	

	Clinical research in Yoga 1 Long-type question-10 1 Short question- 1×4=4		
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Book Recommended:

1. Fundamental of Statistics, by D.N. Elhance A B.M. Agraval, Publisher-Allahabad Kitab Mahal
2. Research Methodology, by C.R. Kothari, Publisher-Visva Prakashan, Delhi

HARD CORE PAPER -10

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS - 2.3.13	Yoga and Holistic Health(HC-10)	100=70 (End-Sem)+ 30 (Mid - Se m)	4 Cr
Unit-I	Concept of Holistic Health and Homeostasis , Concepts of Trigunas, Pancha-prana , Pancha-koshas and their role in Health and Healing 1 Long question- 10 1 Short question- 4	14	
Unit-II	Psycho-physiological Aspect of Yogic Sukshma Vyayama, Surya Namaskar and Asana(forward, backward, twisting, balancing, inverted) 1 Long question- 10 1 Short question- 4	14	
Unit-III	Psycho-physiological Aspect of Yogic breathing ,Pranayama (Puraka,Rechaka & Kumbhaka phase) 1 Long question-10 1 Short question- 4	14	

Unit-IV	Psycho-physiological Aspect Mudra, Bandha and Shatkarma 1 Long question- 10 1 Short question- 4	14	
Unit-V	Psycho-physiological Aspect of Relaxation, Mantra Chanting and Meditation 1 Long question- 10 1 Short question- 4	14	

Books Recommended:

- 1.The Path to Holistic Health by B.K.S Iyenger, D.K Publisher
2. Yoga the Science of Holistic Living by Vivekananda Kendra Prakashan Trust, Chennai
3. Yoga for Holistic Health by A.K. Sahoo, University of Malaya, Kula Lumpur
- 4 Anatomy and Physiology of Yogic Practices by M. M. Gore, Lonavala, New Age Books, Pune
5. Yogic Therapy-its basic, principles and methods by Swami Kuvalayananda & S.L.Vinekar, Kavilayadham, Lonavala
6. Asana, Pranayama, Mudra, Bandha, by Swami Sayananda Sarasvati, Publisher- Bihar Yoga Bharati, Munger
- 7..Prana and Pranayama by Swami Niranjanananda Saraswati, Yoga Publications Trust, Munger, Bihar, India
- 8.. Yoga Nidra By Swami Satyananda Sarasvati, Yoga Publications Trust, Munger, Bihar
- 9.. Pranayama the Yoga of Breathing by Andre Van Lysbeth, Mandala Books, London
10. The Relaxation Response by Herbert Benson, Avon Books, New York
11. Meditation as Medication by Rajinder Sing, Replica Press, Delhi
12. Meditation as Medicine by Prajapita brahma Kumaris Iswariya Vishwa Vidyalaya, Delhi
13. Positive Health by Prajapita brahma Kumaris Iswariya Vishwa Vidyalaya, Delhi
14. Meditation & Its Techniques by Ravi M Dixit, Kavilayadham, Lonavala
15. Scientific Investigation of Yogic Practices by Usha Lohan, Satyam Publication, New Delhi

FREE ELECTIVE PAPER-1

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS - 2.3.14	Indian Philosophy (FE- 1)	100=70 (End-Sem)+ 30 (Mid - Se m)	4 Cr

Unit-I	Mimamsa & Vedanta 1 Long question- 10 1Explanation=4	14	
Unit-II	Sankhya & Yoga 1 Long question- 10 1Explanation=4	14	
Unit-III	Nyaya & Vaisesika 1 Long question- 10 1Explanation=4	14	
Unit-IV	Buddha 1 Long question- 10 1Explanation=4	14	
Unit-V	Chravaka & Jaina 1 Long question- 10 1 Explanation=4	14	

Books Recommended

- 1.The Yoga Philosophy: Traditions and Reflections. By Subash Chandra Dash & Shantipriya Devi. Pratibha Prakashan, New Delhi
2. A Critical Survey of Indian Philosophy by Chandradhar Sharma, Published by Motilal Banarasidas
3. Indian Philosophy by S, Radhakrishnana published by Oxford University Press
4. Indian Philosophy by Chatarjee and Dutta.
- 5Yoga Philosophy by S.N. Dasgupta, Published by Motilal Banarasi dass, Delhi

HARD CORE PAPER -11

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS - 2.3.15	Practical (HC-11)	100=70 (End- Sem)+30 (Mid- Sem)	4 Cr
Unit-I	Asanas Surya Namaskar (with awareness of Chakra,Mantra,Breath and Meditative physical movement) Padmasana Group of Asanas- Gupta Padmasana, Baddha Padmasan, Lo Kukkutasana, Garbhasana Backward Bending Asanas- , Poorna Bhujangasan, Poorna Shalabhasan, Poorna Dhanurasana, , Grivasana, Sirshapada Bhumi Sparshasan Forward Bending Asanas- Pada Prasar Paschimottanasan, Utthita Janu Sirshasana, Eka Pada Padmottanasan,	14	

	<p>Spinal Twisting Asanas- Parivritti Janu Sirshasana, Inverted Asanas- Ardha Padma Halasana, Sirshasana, Salamba Sirshasan, Niralamba Sirshasana, Oordhwa Padmasana, Kapali Asana Balancing Asanas- Natarajasana Variation-2, Utthita Hasta Padangusthasana, Niralamba Paschimottanasan, Ardha Padma Padmottanasan, Vatayanasana, Pada Angushthasana, Eka Pada Baka Dhyanasana, Dwi Hasta Bhujangasana, Eka Hasta Bhujangasana, Vashishthasana</p>		
Unit-II	<p>Every Student should take any two of these advanced asana- Advanced Asanas- Poorna Matsyendrasana, Koormasana, Dhanurakarshanasana, Vrischikasana, Prishthasana, Mayurasana, Padma Mayurasana, Hanumanasana, Brahmacharyasana, Moolabandhasana, Gorakshasana, Astavakrasana, Eka Pada Sirasan, Utthan Eka Pada Sirasana, Dwi Pada Sirasana, Dwi Pada Kandharasana, Parighasana, Padma Parvatasana, Kashyapasana, Vishwamitrasana Every Student should select any Three Optional asanas as per All India Inter-University Yoga Championships syllabus.</p>	14	
Unit-III	<p>Pranayama: Pranayam Practice with Kumbhaka & Bandha <i>Nadi shodhana (2,3,4), sheetali, sheetkari, Bhastrika , ujjayi, Surya Bheda Pranayama, Kapalbhati, Moorchha</i> Mudra: Bhaujangini Mudra, Bhoochari Mudra, Akashi Mudra, Vipareeta karani mudra, Pashinee Mudra, Tadagi Mudra, Maha Mudra, Maha Vedha Mudra</p>	14	
Unit-IV	<p>Practices leading to Meditation: Om Meditation, Vipassana Meditation, Preksha Meditation Contemporary Yogic Practices Cyclic Meditation (S-VYASA); Mind Sound Resonance Technique (SVYASA);</p>	14	

	Transcendental Meditation (Maharshi Mahesh Yogi); Savita Ki Dhyana Dharana (DSVV)		
Unit-V	Teaching Methodology in Yoga Principles and Procedures of Teaching in Classroom Art of Demonstrations, Assistance and Correction Structuring the Classes Uniquely & Lesson Plan. Creative Sequential of Yoga Practices. Teaching techniques- Individual, group and mass Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shodhanakriya, Asana, Mudra, Pranayama & Meditation) Models of Lesson Plan; need for a lesson plan and content plan; Methods of customizing Yoga class to meet individual needs. The student will have demonstrations and training in the above mentioned aspects of teaching methods. Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class	14	

Books Recommended

- 1 Asana, Pranayama, Mudra, Bandha, by Swami Sayananda Sarasvati Yoga Publications Trust, Munger, Bihar, India
2. Prana and Pranayama by Swami Niranjanananda Saraswati, Yoga Publications Trust, Munger, Bihar, India
3. Yoga Nidra By Swami Satyananda Sarasvati, Yoga Publications Trust, Munger, Bihar
4. Dharana Darshan by Swami Niranjanananda Saraswati, Yoga Publications Trust, Munger, Bihar
5. A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya by Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar
6. Sure Ways to Self-Realization by Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar
7. Meditation from the Tantras by Swami Satyananda Saraswati, Bihar School of Yoga, Munger, Bihar
8. Practical Guide to Yoga by Svami Chidananda Saraswati, Published by The Divine Life Society, Sivananda Nagar, Rishikesh, Uttaranchal
9. Teaching Methods for Yogic Practices by M.L.Gharote & S.K.Ganguly, Kaivalyadham, Lonavala
10. Light on Yoga by B.K.S. Iyengar, Harper Collins Publishers

FREE ELECTIVE PAPER-1

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS - 2.3.14	Indian Philosophy (Free elective- 1) (to be opted in the Parent Department or by Other Department)	100=70 (End- Sem)+30 (Mid- Sem)	4cr.

4TH SEMESTER:

Each paper carries 100 Marks i.e; 70 Marks as End-Semester Examination and 30 Marks as Mid-Semester Examination. Each Unit of the End-Semester Examination will carry 14Marks.

CORE ELECTIVE PAPER-4

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS -2.4.16	Yoga and Ayurveda(CE-4)	100=70 (End- Sem)+30 (Mid- Sem)	4cr.
Unit-I	Ayurveda Itihas, Descending Process Ayurveda from Brahma to earth. Branches of Ayurveda(Astanga Ayurveda) Bruhatrayee and Laghutrayee 1 Long Question-10 1 Shrot type uestion 4	14	
Unit-II	Metaphysics of Ayurveda – Concept of Maha bhuta, Tanmatra, Prakruti , Purusa and the process of Evolution 1 Long Question-10 1 Short type Question- 4	14	
Unit-III	Dosa, Dhatu and Mala Vijnana. Definition of health according to WHO and Ayurveda. Factors influencing Dosa, Dhatu and Mala 1 Long-type question -10 1 Short Note- 4	14	
Unit-IV	Definition of Vyadhi and Nidana; Dina charya and Ritu Charya;Ahara; Dharaneeya Bega & Adharaneeya Bega 1 Long-type question -10 1 Short Note- 4	14	

Unit-V	Chikista Sutra- Sodhan,Saman,Nidan,Paribarjan 1 LongQuestion-10 1 Short type Question- 4	14	
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Books Recommended

1. Yoga and Ayurveda, by-David Fravelly, p-Motilal Banarasi Das Publisher's Pvt. Ltd. Nev Delhi
2. Ayurveda - A Life of Balance: The Complete Guide to Ayurvedic Nutrition & Body Types with Recipes By Maya Tivari, Healing Art Press
3. The Complete Illustrated Guide to Ayurveda, By Gopi Varrier & Deepika Gunavant, Element Books
4. "Ayurveda: Science of Self-Healing: A Practical Guide" By Vasant D. Lad & Angela Verneke, Red Vheel VeisernConar,
5. Charaka Samhita by Dr. Bhagaban Das, Chaukhamba Publication. Susruta Samhita by Dr. Priyabrata Sharma, Chaukhamba Publication.
6. Astanga Sangraha by Dr. R.D. Tripathy, Chaukhamba Publication
7. Yogajyoti Vol:1 Ed by Dr. Subash Chandra Dash, Dept. of Sanskrit, Utkal University, Bhubaneswar

FREE ELECTIVE PAPER-2

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS -2.4.17	Indian Culture (FE- 2)	100=70 (End- Sem)+30 (Mid- Sem)	4cr.
Unit-I	Indus valley, Sarasvati valley 1 Long question= 10 1 Short question- 4	14	
Unit-II	Veda and its branches 1 Long question- 10 1 Short Question -4	14	

Unit-III	Upanishadic Way of life 1 Long question 10 1 Shortquestion-4	14	
Unit-IV	Purana Literature, Art and Culture 1 Long question 10 1 Shortquestion-4	14	
Unit-V	Mahabharata and Ramayana 1Long question=10 1 Short question-4	14	

Books Recommended

1. Modern Indian Culture by Burajati Prasad Mukharji published by Hind Kitab Ltd.
2. Early Indian Culture by B.C. Lav published by Indian Research Institute
3. Evolution of Indian Culture by B.C. V. Lumia, published by Laxminarayan Agraval
4. Dialogue on Indian Culture by S. P. Kaul, Published by Panchals
5. The Foundation of Indian Culture, by Aurobindo, published by The Aurobindo Library.
6. The Cultural Heritage of India, Vol I & II by Ramkrishna Mission, Kolkata
7. *The Indus sarasvati Civilization: Origin, Problems and Issues*, S.C. Gupta, Delhi
8. *Civilization of Ancient India*, Louis Renou, Trans. By Phillip Spratt, Calcutta
9. *Bharatiya Kala*, V.S. Agrawal, Varanasi
10. *Introduction to Indian Art*, A. Kumar Swami, Delhi
11. *Dharmasastre sodasa samskarah*, Rastriya Sanskrit Vidyapeeth, Tirupati.
12. *Ancient Indian Historical Tradition*, F.E. Pargitor, MLBD, Delhi
13. *Purana Vimarsah*, Baladev Upadhyay, Chowkhamaba Publication
14. *A History of Indian Literature*, M. Winternitz, Vol. II, MLBD, delhi
15. *The Puranas*, (Gen. Ed.) Jan Gonda, Ed. L. Rocher, Otto Harrassowitz, Wiesbaden, 1986.

HARD CORE PAPER -12

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS - 2.4.18	Yoga Therapy (HC-12)	100=70 (End- Sem)+ 30 (Mid - Se m)	4cr.
Unit-I	Respiratory disorders - Allergic Rhinitis & Sinusitis: Chronic Bronchitis, Bronchial asthma Cardiovascular disorders: Hypertension, Coronary artery disease 1 Long question- 10 1 Short question- 4	14	
Unit II	Endocrinal and Metabolic Disorder - Diabetes Mellitus, Hypo and Hyper- Thyroidism; Obesity, Polycystic Ovarian syndrome Gastrointestinal Disorders: Gastritis, Indigestion, Peptic Ulcers, Constipation, Irritable Bowel Syndrome, colitis, Piles 1 Long question- 10 1 Short question- 4	14	

Unit-III	Obstetrics and Gynecological Disorders, Menstrual Disorders: Dysmenorrhea, Menopause and pre-menopausal syndrome Yoga for Pregnancy and Childbirth, Antenatal care, Post natal care 1 Long question- 10 1 Short question- 4	14	
Unit-IV	Muscular-Skeletal Disorders: Arthritis (Osteoarthritis, Rheumatoid arthritis, Gout) Back Pain, Intervertebral disc prolapse (IVDP) Lumbar Spondylosis, Cervical Spondylosis, Ankylosing spondylitis, Sciatica 1 Long question- 10 1 Short question- 4	14	
Unit-V	Neurological Disorders: Migraine, Tension Type headache, Epilepsy Psychiatric Disorders: Neurosis, Anxiety disorders, Phobias, Depression 1 Long question- 10 1 Short question- 4	14	

Books Recommended

1. Yogic Management of Common Diseases by Dr. Swami Karmananda, Yoga Publications Trust, Munger, Bihar, India
2. Yogic Therapy- Yogic way to cure Diseases by Srimat Swami Shivananda Saraswati , published by Shivananda Math & Yogasashrama Sangha ,Umachala Prakashani, Calcutta.
3. Yogic therapy, its basic principles and methods by Swami Kunalayananda & Dr.S.L.Vinekar,Kaivalyadham,Lonavala
4. Yogic Management of Asthma & Diabetes by Dr. Swami Shankardevananda Yoga Publications Trust, Munger, Bihar, India
5. The Practices of Yoga for the Digestive System by Dr. Swami Shankardevananda Yoga Publications Trust, Munger, Bihar, India
6. Yoga & Cardiovascular Management by Swami Sayananda Sarasvati, Yoga Publications Trust, Munger, Bihar, India
7. The Effects of Yoga on Hypertension by Dr. Swami Shankardevananda Yoga Publications Trust, Munger, Bihar, India

HARD CORE PAPER -13

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS -2.4.19	Naturopathy (HC-13)	100=70 (End-Sem)+ 30 (Mid - Se m)	4cr.
Unit- I	<p>Basic Concept & Theory of Naturopathy Meaning, Concept & Definition of Naturopathy, History of naturopathy, Theory of Vitality, Theory of five elements for healthy livings (Naturopathic concept of Health) Theory of Toxemia (Naturopathic Concept of Disease): Acute Diseases, Chronic Diseases, Fatal Diseases, Limitations of Naturopathy (Hereditary problems, Accidental Problems, Life Threatening problems, Deformities and Degenerations); Theory of Self-Healing</p> <p>1 Long question - 10 1 Short question-4</p>	1 4	
Unit-II	<p>Modalities of Naturopathy (Hydro Therapy) Enema, Hip Bath, Seitz Bath, Hot foot & Arm Bath, Spinal Bath, Full Immersion Bath, Steam Bath Packs and Formation: Wet-Packs on Abdomen & Head, G H pack, Kidney Pack, Compress Pack on Abdomen, Chest, Legs, Hands and Neck, Whole body wet-sheet pack, Steam Inhalation</p> <p>1 Long question- 10 1Short question4</p>	1 4	
Units III	<p>Modalities of Naturopathy (Other Therapies) Mud therapy- Abdominal Mud Pack, Local Mud Pack, Mud Pack on Eyes and Face, Mud bath Fasting therapy – Difference between fasting and starvation, Short Fasting, Long Fasting, Intermittent fasting</p>	1 4	

	1 Long question - 10 1 Short question-4		
Units IV	Modalities of Naturopathy (Other Therapies) Diet therapy- Eliminative, Soothing, constructive, Restricted Diet, Alkaline and Acid forming diet, Combination of Food Value of Food: In raw State, In Germinated form, In Cooked form, Baked, Steamed, Boiled, Roasted, Fried. 1 Long question -10 1Short question4	1 4	
Units V	Massage Therapy, Chromo Therapy, Magneto Therapy , Acupressure Heliotherapy- Sun Bath, Athapasnana (Banana Leaf Bath) 1 Long question -10 1 Short question-4	1 4	

Books Recommended

1. Philosophy and practice of Nature Cure - By Henry Lindlahr.
2. Practical Nature Cure - By Dr. K. Laxman Sharma
3. My Nature Cure - By M.K. Gandhi
4. Introduction to Natural Hygiene - By Herbert M. Shelton
5. Return to nature - Adolf Just
6. My Nature Cure or Practical Naturopathy - By S.J. Singh
7. Ayurveda for health and long life - By Dr. R.K. Grade
8. Everybody's guide to Nature cure - By Harry Benjamin
9. Diet and Diet Reforms - By M.K. Gandhi
- 10 Mucous less diet healing system - By Arnold Ehret
11. History & Philosophy of Nature Cure - By S.J. Singh
12. Yogic & Naturopathic Treatment for Common Ailments by Central Council for Research in yoga & naturopathy, Dept. of AYUSH ,New Delhi
13. Science of Natural Life by Dr. Rakesh Jindal ,Arogya Sewa Prakashan, UP
14. Rational Hydrotherapy by Dr. J.H.Kellogg , National Institution of Naturopathy , Dept. of AYUSH, Pune
15. Nature Cure by Vithaldas Modi, Orient Paperbacks, Delhi
16. Techniques of Massage by S.V.Govindan , Sarva Seva Sangh Prakashan, Varanasi
17. Diet Therapy by Sangita Das, Calcutta University, West Bengal
18. Miracles of naturopathy & Yogic Sciences by Dr. Nagendra K. Neeraj, Popular Book Depot, Jaipur

HARD CORE PAPER -14

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS - 2.4.20	Dissertation(HC-14) A Dissertation and its Viva Voce of 100 marks Dissertation – 70 marks Viva Voce – 30 marks	100	4cr.

FREE ELECTIVE COURSE IN

HUMAN CONSCIOUSNESS AND YOGIC SCIENCE:

(Also Allied Course for Other Departments)

(To be opted in 3rd Semester open for students of all P.G. Departments)

FREE ELECTIVE PAPER-1

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS - 2.3.14	Indian Philosophy (Free Elective- 1)	100=70 (End-Sem)+ 30 (Mid - Se m)	4 Cr
Unit-I	Mimamsa & Vedanta 1 Long question- 10 1 Explanation=4	14	
Unit-II	Sankhya & Yoga 1 Long question- 10 1 Explanation=4	14	
Unit-III	Nyaya & Vaisesika 1 Long question- 10 1 Explanation=4	14	
Unit-IV	Buddha 1 Long question- 10 1 Explanation=4	14	
Unit-V	Chravaka & Jaina <i>1 Long question- 10</i> <i>1 Explanation=4</i>	14	

Books Recommended

1. The Yoga Philosophy: Traditions and Reflections. By Subash Chandra Dash & Shantipriya Devi. Pratibha Prakashan, New Delhi
2. A Critical Survey of Indian Philosophy by Chandradhar Sharma, Published by Motilal Banarasidas
3. Indian Philosophy by S. Radhakrishnana published by Oxford University Press
4. Indian Philosophy by Chatarjee and Dutta.
5. Yoga Philosophy by S.N. Dasgupta, Published by Motilal Banarasi dass, Delhi

**FREE ELECTIVE COURSE IN
HUMAN CONSCIOUSNESS AND YOGIC SCIENCE:**
(Also Allied Course for Other Departments)
(To be opted in 4th Semester open for students of all P.G. Departments)

FREE ELECTIVE PAPER-2

COURSE CODE	COURSE NAME	MARKS	CREDITS
HCYS -2.4.17	Indian Culture (Free elective 2)	100=70 (End- Sem)+30 (Mid- Sem)	4cr.
Unit-I	Indus valley, Sarasvati valley 1 Long question= 10 1 Short question- 4	14	
Unit-II	Veda and its branches 1 Long question- 10 1 Short Question -4	14	
Unit-III	Upanishadic Way of life 1 Long question 10 1 Shortquestion-4	14	
Unit-IV	Purana Literature, Art and Culture 1 Long question 10 1 Shortquestion-4	14	
Unit-V	Mahabharata and Ramayana 1 Long question=10 1 Short question-4	14	

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1. Modern Indian Culture by Burajati Prasad Mukharji published by Hind Kitab Ltd.
2. Early Indian Culture by B.C. Lav published by Indian Research Institute
3. Evolution of Indian Culture by B.C. V. Lumia, published by Laxminarayan Agraval
4. Dialogue on Indian Culture by S. P. Kaul, Published by Panchals

5. The Foundation of Indian Culture, by Aurobindo, published by The Aurobindo Library.
6. The Cultural Heritage of India, Vol I & II by Ramkrishna Mission, Kolkata
7. *The Indus sarasvati Civilization: Origin, Problems and Issues*, S.C. Gupta, Delhi
8. *Civilization of Ancient India*, Louis Renou, Trans. By Phillip Spratt, Calcutta
9. *Bharatiya Kala*, V.S. Agrawal, Varanasi
10. *Introduction to Indian Art*, A. Kumar Swami, Delhi
11. *Dharmasastre sodasa samskarah*, Rastriya Sanskrit Vidyapeeth, Tirupati.
12. *Ancient Indian Historical Tradition*, F.E. Pargitor, MLBD, Delhi
13. *Purana Vimarsah*, Baladev Upadhyay, Chowkhamaba Publication
14. *A History of Indian Literature*, M. Winternitz, Vol. II, MLBD, delhi
15. *The Puranas*, (Gen. Ed.) Jan Gonda, Ed. L. Rocher, Otto Harrassowitz, Wiesbaden, 1986.