

NEP 2020
Learning Outcome Based Curriculum
Framework
For
M.Sc.Yoga Therapy

Department of Yoga,
Central University of Rajasthan, Ajmer district,
Rajasthan

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BACKGROUND

Considering the curricular reforms as instrumental for desired learning outcomes, all the academic departments of Central University of Rajasthan made an attempt to revise the curriculum of postgraduate programs in alignment with National Education Policy-2020 and UGC Quality Mandate for Higher Education Institutions-2021. The process of revising the curriculum could be prompted with the adoption of “Comprehensive Roadmap for Implementation of NEP-2020”. The Roadmap identified the key features of the Policy and elucidated the Action Plan with well-defined responsibilities and indicative timeline for major academic reforms.

The process of revamping the curriculum embarked with series of webinars and discussions conducted by the University. The faculties were oriented about the key features of the Policy, enabling them to revise the curriculum in synchronization with the Policy. The whole exercise was conceptualized to make it easier for them to appreciate and incorporate the vital aspects of the Policy in the revised curriculum focused on ‘creating holistic, thoughtful, creative and well-rounded individuals equipped with the key 21st century skills’ for the ‘development of an enlightened, socially conscious, knowledgeable, and skill in education’.

To ensure the implementation of curricular reforms envisioned in NEP-2020, the University decided to implement various provisions in a phased manner. Accordingly, the curriculum may be reviewed annually

INTRODUCTION ABOUT THE YOGA DEPARTMENT

The department of Yoga was established in 2017 with an objective of adopting the Yoga therapy including the scientific components of Yoga in the university. In addition, the department will train the students with two years of post graduation degree (PG) with four semesters in Yoga therapy.

PREAMBLE

Yoga is a combination of physical, mental, and spiritual practices originated in ancient India. Currently it is practiced for promotion of health, prevention of diseases and also used as a tool for managing Non-Communicable Diseases (NCD) and popularly known as Yoga therapy. It is a growing field and scientific evidence has started demonstrating its efficacy in a wide range of Psychosomatic and NCD's. It involves employing a variety of yoga practices to improve the health condition. It is based on classical Yoga texts, scriptures and evidence based researches. Therapeutic yoga is an inherently holistic in approach as it works on the body, mind, and spirit. Master of Science in Yoga Therapy Programme is designed to study, understand, enumerate and apply the fundamentals of integral health, which includes the physical, emotional, social, mental and spiritual aspects of well-being through Yoga.

NAME OF THE PROGRAMME

Master of Science in Yoga therapy (MSc-YT)

OBJECTIVES OF THE PROGRAMME

The 2-Yr M.Sc. programme in Yoga Therapy has been designed with the following objectives:

- To impart to the students the knowledge of teachings and philosophy of yoga tradition.
- To impart to the students the knowledge of human anatomy and physiology and understanding of pathogenesis of diseases and their management in Yoga therapy.
- To provide the knowledge of various Yoga therapy practices like asana (posture), pranayama (voluntarily regulated breathing techniques), meditation and relaxation techniques, counseling and basic dietary concepts with their implication.
- To Train the students to handle a client and administer yoga therapy under the supervision of a Specialized Medical practitioner.
- To train the students in Yoga Therapy so that they can integrate the Yoga therapy with different systems of medicine and clinical settings.
- To produce Yoga Therapists of high caliber with in-depth understanding of basic sciences and holistic health techniques.
- To enable the students to develop the communication skills and computer skills and applications in Yoga science.

DURATION OF THE PROGRAMME

Four semesters in two years

ADMISSION PROCEDURE

The admission to this programme shall be through Central universities common entrance test (CUCET) to be conducted on all-India basis.

ELIGIBILITY OF THE CANDIDATES

Bachelor's Degree in Yoga and any discipline of Science and Yoga with not less than 50% marks or equivalent grade in aggregate from a recognized University. Up to 5% relaxation in the minimum requirement of marks is granted to SC/ST/OBC/PWD candidates. Candidates with the allied background such as

Naturopathy, Osteopathy, Chiropractics, Exercise therapy, Psychology, and Psychiatric social work from a recognized university can avail this opportunity with the above required marks or equivalent grade.

GRADUATE ATTRIBUTES

Following the completion of Master degree of science in Yoga therapy programme, students will acquire

- Knowledge of different yoga tradition, their philosophy and practical implications of these teaching for holistic growth.
- Knowledge of human anatomy, physiology and pathology of different ailments.
- Knowledge of wellbeing, health and disease based on traditional theories of yoga, Ayurveda and Vedic science.
- Knowledge of the interconnections between the body, mind, emotions, Social, cultural in the context of maintaining and promoting health and wellbeing.
- Ability to deliver holistic yoga classes in group as per the requirement of various populations or group.
- Ability to teach disease based yoga therapy to clients. Also know the indications and contraindications of different yoga practices in different ailments.
- Skills to integrate yoga therapy with different systems of medicine and settings.

QUALIFICATION DESCRIPTORS

Upon successful completion of the program, the students receive a M.Sc. degree in Yoga therapy. They will be able to demonstrate knowledge as well as skills in diverse clinical disciplines of Yoga therapy. Their holistic way of learning in the department will provide a foundation, which shall help them to start their career as a faculty in Higher education institutions imparting their knowledge in Yoga after getting qualified in NET/NET-JRF. Passed out students keen in research can enroll for pursuing their PhD after NET/NET-JRF.

PROGRAM LEARNING OUTCOMES

Following the completion of the program, the students will be able

PLO 1 – To apply the knowledge of Yoga therapy in recovering the common health related complication.

PLO 2 – To identify the problem, review research literature, analyze, and design the experiments and identify solutions in clinical Yoga therapy using specific modern tools

PLO 3 – To understand the health conditions in the society with specific reasons, and introduce the practices to assess the common health conditions, incorporate health measures, and introduce the techniques for the people dwelling in the community..

PLO- 4 – To apply ethical principles and commit to professional ethics and responsibilities and norms of the Yoga therapy practices.

PLO-5 – To function effectively as an individual and as a leader in a multi specialty health set up.

PLO – 6 - To communicate effectively on complex Yoga therapy practices, techniques with the society at large, and able to comprehend, make effective presentations, and give instruction for a solution..

PLO–7- To work efficiently and develop a protocol for a particular disease based on the instruction of a Medical Specialist. .

PROGRAM OUTCOMES

Basic and applied knowledge: Interdisciplinary knowledge to find solution for diverse health complications.

Problem analysis: Ability to analyze a complication with the help of a specialist and develop a day wise protocol for the recovery of acute and chronic health conditions.

Advanced Usage of Technology: Ability to use the technology to under the severity of a condition using the basic medical equipments such as Pulmonary function test, PEFr, BP, HR, Hb%, SpO₂, Anthropometric measurements, BMI, BMR, and RMR.

Ethics: Develop personal and professional ethics for carrying out the responsibilities in a smooth manner.

PROGRAM SPECIFIC OUTCOMES

After completion of M.Sc. Yoga therapy, the students will be able:

PSO–1To understand the basic principles and applications of Yoga.

PSO – 2 To understand the principles of Anatomy, Physiology, Hatha yoga, classical yoga, Patho-physiology of diseases, Nutrition & Dietetics, Health Psychology, Practical Yoga & Yoga therapy to have in-depth understanding about a diseases and the Yoga therapy techniques to be given for their recovery.

PSO – 3 To appreciate the importance of Yoga and its relevance in the society.

PSO – 4 To realize the miracles of Yoga therapy techniques in getting rid of a disease.

PSO – 5 To understand theoretical as well as practical aspects of Yoga and its related techniques to understand a diseases from every dimension.

PSO – 6 To realize the effect of Advance Yoga techniques and their use in the treatment of many highly complicated non-communicable diseases.

PSO –7 To have an indepth understanding about the vital concepts of Nutrition and dietetics for suitable management of the diet for various diseases..

PSO – 8 To understand the role of psychology in the manifestation of wide range of non-communicable diseases.

PSO-9 - To appreciate the principles of the Yoga and their techniques and how do those concepts get reflected in the disease manifestation.

PSO-10 - To integrate the principles given in the ancient texts with the modern knowledge of the manifestation of the diseases.

MULTIPLE ENTRIES AND MULTIPLE EXITS

Exit -1: After one year

Degree to be awarded after one year is Post graduation diploma in Yoga therapy (PGDYT)

Knowledge	Skills to be acquired	Employability
Principles of Yoga therapy as enumerated in various texts, Physiology and Pathogenesis of Diseases, Yoga therapy techniques, and practical knowledge in Yoga	The students must acquire the skills of understanding and teaching Yoga therapy techniques to the participants with non-communicable diseases based on the principles of modern medical science and ancient yoga.	Passed out students with post-graduation diploma in yoga therapy will work under the supervision of specialist and super specialists in a clinical set up as a therapist Also can work independently in India and abroad as fitness instructors in the fitness centres.

Exit -2: After two years

Degree can be awarded only after successful completion of two years of academics in Yoga therapy, will be called as MSc in Yoga therapy.

Knowledge	Skills to be acquired	Employability
Principles of Yoga therapy as enumerated in various texts,	Besides acquiring the skills of understanding and teaching	Passed out students with Post graduation in yoga therapy will

<p>Physiology and Pathogenesis of Diseases, Yoga therapy techniques, Nutrition & dietetics, Counselling & psychology, and practical knowledge in Yoga.</p>	<p>Yoga therapy techniques to the participants with non-communicable diseases based on the principles of modern medical science and ancient yoga, students will imbibe the skills of carrying out a minor research project in Yoga independently.</p>	<p>work under the supervision of specialist and super specialists in a clinical set up as a Yoga therapy consultant. Can work independently in India and abroad as fitness instructors and Yoga therapy in the fitness centres. Can run their Yoga clinic independently and administer yoga therapy techniques for a common disease in consultation with a physician.</p>
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Entry -1: After one year of PG Diploma in Yoga therapy

Students with PG Diploma in yoga therapy from a recognised government institution can get themselves admitted for Post-graduation programme in yoga therapy.

Knowledge	Skills required	Eligibility
<p>Students must have substantial amount of knowledge in Anatomy, Physiology, Yoga therapy principles, Pathogenesis of diseases, Yoga therapy techniques, Classical Yoga, and Hatha yoga</p>	<p>Students with Post graduation diploma in Yoga therapy must demonstrate their skill in administering Yoga therapy techniques for various diseases based on the principles medical and ancient science.</p>	<p>Post-graduation diploma in Yoga therapy from a recognised government University/institution.</p>

COURSE MAPPING

Mapping of the Programme specific outcome and Core courses

PSO	CC 1	CC 2	CC 3	CC 4	CC 5	CC 6	CC 7	CC 8	CC 9	CC 10	CC 11	CC 12	CC 13	CC 14	CC 15	CC 16	CC 17	CC 18	CC 19	CC 20
PSO-1	√					√			√	√	√	√	√		√	√	√	√	√	√
PSO-2	√	√	√	√	√	√	√	√		√	√	√	√			√		√	√	√
PSO-3	√				√	√			√	√			√				√	√	√	
PSO-4					√	√				√			√	√			√	√		√
PSO-5	√	√	√	√	√	√	√			√	√		√			√	√	√	√	
PSO-6						√							√	√			√	√		√
PSO-7								√		√	√	√				√			√	
PSO-8	√		√					√		√					√	√	√			√
PSO-9	√								√	√			√			√				
PSO-10			√			√		√	√	√			√					√		

*Core courses

	Course code	Course title
CC1	YOG 401	Principles and practice of Yoga therapy
CC2	YOG 402	Essentials of Anatomy and alignment principles in Yoga therapy
CC3	YOG 403	Essentials of Physiology in Yoga therapy
CC4	YOG 404	Therapeutics in Classical Yoga
CC5	YOG 405	Yoga practicum -I
CC6	YOG 406	Alignment principles in Yoga postures and practical physiology
CC7	YOG 407	Yoga practicum - II
CC8	YOG 408	Yoga therapy for Specific common ailments-I

CC9	YOG 409	Therapeutics in Hatha Yoga
CC10	YOG 410	Research Methodology
CC11	YOG 411	Yoga therapy for Specific common ailments-II
CC12	YOG 412	Dissertation –I (Literature review and pilot study)
CC13	YOG 413	Yoga therapy techniques
CC14	YOG 414	Internship - I
CC15	YOG 501	Nutrition and Dietetics in Therapy
CC 16	YOG 502	Health Psychology and Yogic counselling
CC 17	YOG 503	Yoga practicum - II
CC 18	YOG 504	Internship - II
CC 19	YOG 505	Discipline specific elective - III
CC 20	YOG 506	Dissertation – II (Major experimental work]

Mapping of programme specific outcome with elective and skill enhancement courses

PSO	OE-1	OE-2	DSE-1	DSE-2	DSE-3	SEE-1	SEE-2	SEE-3	SEE-4
PSO-1	√	√	√	√	√	√	√	√	√
PSO-2	√	√	√	√	√	√	√		
PSO-3	√	√	√	√	√	√		√	√
PSO-4				√	√	√			
PSO-5	√	√	√	√	√	√		√	
PSO-6						√			
PSO-7	√	√	√	√	√	√			√
PSO-8	√	√	√						√
PSO-9	√	√	√	√	√			√	
PSO-10						√	√		

***Details of Discipline elective and Skill Enhancement courses**

OE-1	YOG 431
OE-2	YOG 432
DSE-1	YOG XX
DSE-2	YOG XX
DSE-3	YOG XX
SEE-1	YOG XX
SEE-2	YOG XX
SEE-3	YOG XX
SEE-4	YOG XX

EVALUATION

Continuous Internal assessment (CIA): The theoretical courses will be assessed based on any or all of the following-written tests, assignments, presentations and regularity in the class. Assessment of the practical courses will be based on any or all of the following - regularity, practical records, procedure of the techniques taught, viva etc. The dissertation will be assessed based on the regular interaction with the supervisor, regular presentation of work, completion of assigned tasks, thesis submission, viva etc. The internal evaluation will be carried out throughout the term and it will comprise 40% of the final grade. Participation of students in quiz, seminar, workshop, games, yoga and other extra-curricular activities will be promoted and facilitated by the department.

End Semester Examination (ESE): The theoretical courses will be assessed based on written exam, which may be essay type and short notes. This will cover the entire syllabus. Assessment of the practical courses will be based on performing and/or description of experiments, maintaining of the practical records, viva etc. The dissertation will be assessed based on the thesis reported, viva etc. The end of semester examination comprises 60% of the final grade. Both internal and End semester evaluations will be in offline mode only.

COURSE STRUCTURE

Department of Yoga
Master of Science in Yoga Therapy (Semester- wise Scheme 2022-2024)

First Semester

Course code	Course name	Type of Course	Credits	L	T	P
YOG 401	Principles and practice of Yoga therapy	Core	03	03		
YOG 402	Essentials of Anatomy and alignment principles in Yoga therapy	Core	04	03	01	
YOG 403	Essentials of Physiology in Yoga therapy	Core	04	03	01	
YOG 404	Therapeutics in Classical Yoga	Core	03	03		
XXXX	Open Elective - I	Elective	04	04		
YOG 405	Yoga practicum -I	Core	02			02
YOG 406	Alignment principles in Yoga postures and practical physiology	Core	02		01	01
YOG 407	Yoga practicum - II	Core	02			02
Total number of Credits			24			

Second Semester

Course code	Course name	Type of Course	Credits	L	T	P
YOG 408	Yoga therapy for Specific common ailments-I	Core	03	03		
YOG 409	Therapeutics in Hatha Yoga	Core	03	02	01	
YOG 410	Research Methodology	Core	03	02	01	
YOG 411	Yoga therapy for Specific common ailments-II	Core	03	03		
XXXX	Open Elective - II	Elective	04	04		
YOG 412	Dissertation –I (Literature review and pilot study)	Project	04	Literature review and Pilot study		
YOG 413	Yoga therapy techniques	Core	02			02
YOG 414	Internship - I		02	Field training		
Total number of Credits			24			

Third Semester

Course code	Course name	Type of Course	Credits	L	T	P
YOG 501	Nutrition and Dietetics in Therapy	Core	04	03	01	
YOG 502	Health Psychology and Yogic counselling	Core	04	03	01	
YOG XX	Discipline specific elective - I	Elective	04	04		
YOG XX	Discipline specific elective - II	Elective	04	04		
YOG 503	Yoga practicum -II	Core	02			02
YOG XX	Yoga technique – I (Skill)		02	Skill based		
YOG XX	Yoga techniques - II (Skill)		02	Skill based		
YOG 504	Internship - II		02			02
Total number of Credits			24			

Fourth Semester

Course code	Course name	Type of Course	Credits	L	T	P
YOG XX	Discipline specific elective - III	Elective	04	04		
YOG 505	Dissertation – II (Major experimental work]	Elective	14			12
YOG 506	Yoga practicum – III	Core	02			02
YOG XX	Yoga techniques – III (Skill)		02	Skill based		
YOG XX	Yoga techniques – IV (Skill)		02	Skill based		
Total			24			

OPEN ELECTIVES :- (Total credits-20)

Course code	Course title	L	T	P	Type of Course	Credits
YOG 431	Stress management in Yoga therapy	3	1	0	OE1	4
YOG 432	Fundamental of Sanskrit	3	1	0	OE2	4
YOG 433	Fundamentals of Yoga	3	1	0	OE3	4
YOG 434	Fundamentals of Ayurveda	3	1	0	OE4	4
YOG 435	Fundamental of Integrative Medicine	3	1	0	OE5	4

DISCIPLINE ELECTIVES AND SKILL ENHANCEMENT ELECTIVES :- (Total credits - 72)

Course code	Course title	L	T	P	Type of Course	Credits
YOG 481	Mind body medicine	4	0	0	DSE1	4
YOG 482	Physiology of yoga therapy techniques	4	0	0	DSE2	4
YOG 483	Essentials of Biochemistry in Yoga therapy	4	0	0	DSE3	4
YOG 484	Science of Meditation	4	0	0	DSE4	4
YOG 485	Stress management in Yoga therapy	2	2		DSE5	4
YOG 486	Fundamentals of Sanskrit in Yoga therapy	4	0	0	DSE6	4
YOG 487	Fundamentals of Ayurveda	3	1		DSE7	4
YOG 488	Research advances in Yoga therapy	3	1		DSE8	4
YOG 489	Fundamentals of Integrative Medicine	3	1		DSE9	4
YOG 490	Prevention of diseases and promotion of Helath	3	1		DSE10	4
YOG 491	Biomechanics of Yogasana	2	2		DSE11	4
YOG 492	Fundamentals of Yoga	2	2		DSE12	4
YOG 493	Therapeutic Pranayama		1	3	SEE1	2
YOG 494	Therapeutic Kriya		1	3	SEE2	2
YOG 495	Therapeutic Mudra and Bandha		1	3	SEE3	2
YOG 496	Advance Meditation		1	3	SEE4	2
YOG 497	Advance Yogasana -I		1	3	SEE5	2
YOG 498	Advance Yogasana - II		1	3	SSE6	2

SEMESTER -I

Course Name: <i>PRINCIPLES AND PRACTICE OF YOGA THERAPY</i>		Course Code: <i>YOG 401</i>
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 03 Total Hrs.: 45
Continuous Assessment - CA 1 -20		End of Semester Examination – ESE - 60
Continuous Assessment - CA 2 - 20		
Total Evaluation Marks: 100		Examination Duration: 3 Hrs.
Course Objectives	<ul style="list-style-type: none"> ✚ To understand the principles of Yoga in yoga therapy ✚ To understand health from modern and ancient perspectives ✚ To understand the yoga therapy techniques 	
Course Outcomes:	<p>After completing this course, student is expected to learn the following:</p> <ul style="list-style-type: none"> ✚ Knowledge about yoga principles. ✚ Knowledge about health & disease according to modern and ancient perspectives ✚ Techniques to develop yoga therapy for chronic disease 	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Concepts and definitions of health and health-related values from modern and ancient perspective: Modern concept of health; Definition of health by World Health Organization; Health from the perspective of Lay man; Health definitions at the intersection of technology, medicine, and individuals in the digital society; Dimensions of health: Physical, mental, social, spiritual, emotional, vocational, other dimensions- Philosophical, Cultural, Socioeconomic, environmental, educational, nutritional, curative and preventive. Health according to Ayurveda and Yoga. Concept of Tridosh, Triguna, Panchamahabhuta & Panchakosha. Characteristics of healthy person: Physical, mental & social from modern and ancient perspectives.	10
II	Concept of diseases in Yoga and Ayurveda: Yoga perspective of health; Yoga perspective of disease (vyadhi); Types of Vyadhi: Adhija and Anadhijavyadhi; Anadhija: Sara and samanya; Yoga concepts of wellbeing; Six stages of disease: Accumulation, aggravation, dissemination, localization, manifestation and chronicity; Yoga methods of	10

	disease diagnosis: Triguna, tridosa, abhyasa, ahara, Prajnaparadha, jivavritti, sankalpa	
III	Therapeutic Practices in Yoga: Asana: types, methods of practice, benefits, Pranayama: types, methods of practice, benefits; Kriya: types, methods of practice, benefits; Mediation: types, methods of practice, benefits; Relaxation: types, methods of practice, benefits, Conselling.	15
IV	Yogic lifestyle & Healthy living: Dinacharya: Morning oblations, body care, duty, social conduct, time of diet, sleep regimen, and Ritucharya: Six seasons: Bodily changes during seasons, diet and activities during various seasons, cleaning techniques during various seasons, ritu sandhi.	10

Suggested Readings:

1. H. R. Nagendra and R. Nagarathna (2008). Promotion of Positive health (3rd edition), Swami Vivekananda Yoga Publication Trust, Bangalore, India
2. Sanjib Patra (2019). Principles and Practice of Yoga therapy (1st edition), Swami Vivekananda Yoga Publication Trust, Bangalore, India
3. Swami Satyananda Saraswati (2015). Asana, pranayama, Mudra, Bandha (1st ed.), ASIN: B017TKDH10, Yoga Publications Trust, Munger, Bihar, India
4. Brahmanada Tripathi (2020). Asthanga Hridayam. Chaukhambha Publication.
5. Prof. Krishna Mayyar (2014). Vagbhata's Astanga Hridayam. Chaukhambha Publication

CourseName: ESSENTIALS OF ANATOMY AND ALIGNMENT PRINCIPLES IN YOGA THERAPY		CourseCode: YOG 402
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs. /Week: 04 Total Hrs.: 60
Continuous Assessment - CA 1 -20		End of Semester Examination – ESE - 60
Continuous Assessment - CA 2 - 20		
Total Evaluation Marks: 100		Examination Duration: 3Hrs.
Course Objectives	<ul style="list-style-type: none"> ✚ To Understand the basic structure, functional anatomy of different systems in human body ✚ To understand the principles of alignment of Asanas. 	
Course Outcomes	<p>After completing this course, student is expected to learn the following:</p> <p>Students will able to learn basic anatomy and functions of different systems of body</p> <p>Student will able to demonstrate principle alignment in different asana</p>	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Organization of the Body, Digestive and Excretory systems: Cell-Introduction to Human Anatomy; Composition of the Human Body; The Cell and its' organelles and their functions, Intercellular junctions; The tissues; Skeletal System - Axial skeleton, appendicular skeleton, Bone types, parts and composition, Bone structure, Bone development and growth, The joints, classification and description; Muscular system – General description of muscles, their origin, insertion, actions and nerve supply, general classification of muscles, Anatomical structure of a Skeletal muscle; Digestive system -Organization of the Digestive system, Peritoneum, General characteristics of Gastro intestinal system, Anatomy of Mouth, Pharynx, Oesophagus, Stomach, Small Intestine and Large intestine, Digestive glands – Pancreas, Liver and Gall Bladder, Anatomy of the Pancreas and Liver and their general functions; Excretory systems - General introduction, Anatomy of the Kidneys, Structure and function of a Nephron, Counter current multiplier	15
II	Lymphatic, Respiratory, Cardiovascular and Reproductive Systems: Lymphatic system – The Lymph, Lymph vessels, Lymphatic organs and tissues; Respiratory system - Introduction to Respiratory system, Anatomy of Lungs and	15

	Pleura, Functions of Respiratory system, Blood circulation to Respiratory tract and Lungs and physiological shunt; Cardio-vascular system – Organization and general functions of cardiovascular system, Anatomy of Heart, Structure and functions of the Blood vessels, conducting system of the heart, Blood circulation to heart; Reproductive system – Sexual growth and Development, Male reproductive system – Anatomy of Male reproductive system and its functions, Female reproductive system – Anatomy of the Female reproductive system and their general functions	
III	Endocrine, Immune, Nervous system and Special senses: Endocrine system – Organization of Endocrine system, General characteristics of Hormones, Hormone receptors and up & down regulation of hormones, The Hypothalamus and its' releasing and inhibitory hormones, Functional Anatomy of Pituitary gland and the hormones of anterior & posterior Pituitary; Structure and functions of Thyroid, Parathyroid, Thymus, Ovary and Testes; General introduction to Immune system, Nervous system – Organization of Nervous system, Structure and function of Neuron, Classification of Neurons and Neuroglia cells, Structure and functions of Thalamus, Hypothalamus, Midbrain, Pons, Medulla Oblongata, Cerebral hemispheres and lobes of the Brain, Six layers of Cerebral cortex, Organization of Spinal cord and brief introduction to Ascending and descending tracts, Ascending reticular activating system; Special senses – General introduction and essential functions of Ear, Eye, Nose and Skin	15
IV	Body Alignment, Posture and GAIT: Gravitational effect - Posture Analysis - Postural changes during growth, Gravitational forces, Stabilization mechanisms, The Alexander and Perry technique; Stance and Motion postures - Static Stance and Sitting Postures, Dynamic postures, The walking function, Examination of Gait, Running and Jumping; Effect of Balance defects - Effects of Bipedism, Body Type and Balance defects, Aetiology of Postural faults, Physiological reaction to Postural faults; Ideal alignment, Ways to improve posture and alignment, Ideal standing, sitting, prone, supine and balancing postures	15

Suggested Readings:

✚ Gerard J.Tortora, Bryan Derrickson (2014). *Essentials of Anatomy and Physiology* (1st ed.), ISBN: 9788126544806, Wiley India Pvt Ltd.

- ✚ Leslie Kaminoff (2007). *Yoga Anatomy*, ISBN: 978-0-7360-6278-7, The Breathe Trust.
- ✚ InderbirSingh (2007). *Textbook Of Anatomy with Coloured Atlas*(4thed.), ISBN: 9788180618338, Jaypee Brothers Medical Publishers.
- ✚ B D Chuarasia (2020). *Human Anatomy*. CBS Pushers and Distributors Private limited.
- ✚ Frank H Netter (7th ed.). *Atlas Of Human Anatomy*, ISBN: 9780323393218, ELSEVIER
- ✚ Steiven Weiss (2019). *Yoga Alignment Principles and Practice* (2nd ed.), ISBN-10: 0989327221, Align by Design Yoga; Black & White, 2nd OT the Injury-Free Yoga Practice, Calgary, Alberta Canada

CourseName: ESSENTIALS OF PHYSIOLOGY IN YOGA THERAPY		CourseCode: YOG 403
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 04 Total Hrs: 60
Continuous Assessment (CA1)- 20		End of Semester Examination (ESE): 60
Continuous Assessment (CA2)- 20		
Total Evaluation Marks:100		Examination Duration: 3Hrs.
Course Objectives	Understand the <ul style="list-style-type: none"> ✚ Functions of the bodily organs ✚ Physiological process and its mechanism of action 	
Course Outcomes:	Following the completion of this course, Students will get know the different function of various organs of the body Students will learn various physiological processes in the body	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Cell, Homeostasis, Muscles, Nerve, Blood: Homeostasis: Basic concept, Feedback mechanisms Structure of cell membrane, transport across cell membrane Body fluid Compartments: distribution of total body water, intracellular & extracellular compartments, major anions & cations in intra and extra cellular fluid; Membrane potentials, RMP & Action Potential; Blood: Composition & functions of blood, Plasma proteins - Types, concentration, functions & variations, Erythrocyte: Morphology,	15

	<p>functions & variations; Erythropoiesis & factors affecting erythropoiesis, ESR- factors affecting, variations & significance; Haemoglobin - Normal concentration, method of determination & variation in concentration, functions; Leucocytes: Classification, number, percentage, distribution morphology, properties, functions & variation; Role of lymphocytes in immunity, life span & fate of leucocytes; Thrombocytes - Morphology, number, variations, function; Haemostasis – Role of vasoconstriction, platelet plug formation in haemostasis, coagulation factors, intrinsic & extrinsic pathways of coagulation, clot retraction; Anticoagulants - mechanism of action; Blood groups: ABO & Rh system; Blood volume: Normal values, variations; Functions of reticulo-endothelial system; Leucopoiesis and Thrombopoiesis</p>	
II	<p>Digestive and Excretory systems: Digestive system-Introduction to digestion, General structure of G.I. tract, Innervations; Salivary glands: Saliva: composition, regulation of secretion & functions of saliva; Stomach: Composition and functions of gastric juice, mechanism and regulation of gastric secretion; Exocrine function of Pancreas - composition of pancreatic juice, functions of each component, regulation of pancreatic secretion; Liver: composition of bile, functions of bile Gall bladder: structure, functions; Small intestine - Composition, functions Large intestine – Functions; Mastication, deglutition, gastric filling & emptying, movements of small and large intestine, defecation;Excretory system – Kidney, functional unit of kidney& functions of different parts, Juxta Glomerular apparatus; Formation of Urine: Glomerular filtration rate - definition, normal values, factors influencing G.F.R. Tubular reabsorption of sodium, glucose, water & other substances; Tubular secretion of urea, hydrogen and other substances; Counter current mechanisms; Micturition: anatomy & innervation of Urinary bladder, mechanism of micturition; Role of kidney in the regulation of pH of the blood</p>	15
III	<p>Respiratory, Endocrine and Reproductive Systems: Respiratory system - Physiology of Respiration, External & internal respiration; Respiratory movements: Muscles of respiration, Mechanism of inflation & deflation of lungs; Intra pleural & intra pulmonary pressures & their changes during the phases of respiration; Mechanics of breathing - surfactant, compliance & work of breathing; Spirometry: Lung volumes & capacities definition, normal values, significance, factors affecting vital capacity, variations in vital capacity, Pulmonary ventilation- alveolar ventilation & dead space-</p>	15

	<p>ventilation; Pulmonary circulation; Exchange of gases: Diffusing capacity, factors affecting it. Transport of Oxygen & carbon dioxide in the blood; Regulation of respiration- neural & chemical; Artificial respiration; FEV & its variations; Pulmonary function tests; Endocrine system - Endocrine glands & hormones, Second messengers; Endocrine function of hypothalamus; Hormones of anterior pituitary & their actions; Posterior pituitary hormones: actions Thyroid: secretion & transport of hormones, actions of hormones, regulation; Adrenal cortex & Medulla- action, Other hormones - Angiotensin, local hormones Pancreatic Hormone; Gonadotrophic hormones; Female reproductive system: Menstrual cycle, functions and hormones of ovary, Ovarian and uterine changes during menstrual cycle; Actions of oestrogen & Progesterone, Control of secretion of ovarian hormones, fertilization, physiological changes during pregnancy, parturition, Lactation, milk ejection reflex; Male reproductive system, spermatogenesis, hormones-testosterone.</p>	
<p>IV</p>	<p>Cardio vascular, Central Nervous system and Special senses: Cardiovascular system - Properties of cardiac muscle; Origin & propagation of cardiac impulse and Pacemaker potential; Action potential; Cardiac cycle - Phases, Pressure changes in atria, ventricles & aorta, Volume changes in ventricles; Heart sounds; Jugular venous pulse Arterial pulse; Electrocardiogram- Basic principles only, Normal electrocardiogram; Heart rate: Normal value, variation. Stroke volume and Cardiac output: definition, normal values, variations, factors affecting, Arterial blood pressure: Definition, normal values, variations, determinants. Regulation of heart rate, stroke volume, blood pressure: integrated concept, Coronary circulation: special features, Cardiac murmurs; Nervous system - Organisation of central nervous system, Neuronal organisation at spinal cord level; Membrane potentials: RMP and Action potential, Synapse, its types and properties; Inhibitory and Excitatory post synaptic potentials; Neurotransmitter and its classification; Properties of Nerve fibres; functional significance; Receptors, reflexes, sensations and sensory tracts; Detailed functions of Thalamus, Hypothalamus, Mamillary body, Red nucleus, Basal ganglia and Nigral pathway, Cerebellum; Physiology of pain, Referred pain; Analgesia systems; Cerebral cortex: Basics of higher functions, Broadman's area and their brief functions; Formation and functions of CSF: clinical significance, Autonomic nervous system; Special senses- General introduction to vision, hearing, taste and smell; Errors of refraction; Tests of</p>	<p>15</p>

auditory function.	
Suggested Readings: <ul style="list-style-type: none"> ✚ Stuart Fox, Krista Rompolsk (2018). Human Physiology (15th ed.), ISBN-10: 9781260092844, McGraw-Hill Education ✚ Kim E. Barrett, Susan M. Barman, Jason Yuan, Heddwen L. (2019), Ganong's Review of Medical Physiology (26th ed.), ISBN: 1260122409, McGraw-Hill Education ✚ K Sembulingam (2019), Essentials of Medical Physiology (8th ed.), ISBN-10: 9352706927, Jaypee Brothers Medical Publishers 	

CourseName: THERAPEUTICS IN CLASSICAL YOGA		Course Code: YOG 404
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 03 Total Hrs.:45
Continuous Assessment (CA1) - 20	End of Semester Examination (ESE): 60	
Continuous Assessment (CA2) - 20		
Total Evaluation Marks:100		Examination Duration: 3Hrs.
Course Objectives	After having gone through this course, students will be able to <ul style="list-style-type: none"> ✚ To understand the Principles of Patanjali Yoga Sutra. ✚ To understand the concepts of Bhagvat Gita related to yoga therapy. 	
Course Outcomes:	CO1: After the course student will able to understand the patanjali yoga sutra and their application in yoga therapy. CO2: Students will able to philosophies of Bhagvat Gita and their application in yoga therapy	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Patanjali Yoga Darshana - II: Samadhi Padaand Sadhana Pada – Definition of Yoga, aim of Yoga, Pancha Vritti, Pancha Klesha; Concept of Chitta Bhoomis (Kshipta Mood, Vikshipta, Ekagra, Nirudha); Concept of Chitta-Vrittis and their classification Chitta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwa Pranidhana, Qualities of Ishwar, Concept of Samprajnata; Citta-Vikshepas (Antarayas	15

	Concept of Chitta-prasadanam, Relevance of Chitta-prasadanam in Yoga Sadhana Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi); Types of Samprajnata Samadhi (Vitarka, Vichara, Anand and Ashmita); Concept of Samapatti and kinds of Samapatti (Savitraka and Nirvitraka, Savichara and Nirvichara); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya); Brief introduction to Ashtanga Yoga	
II	Patanjali Yoga Darshana – II: Vibhuti and Kaivalya Pada – Concept of Kriya Yoga of Patanjali, Theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drishanirupanam (Prakriti), Drastunirupanama (Purusha), Prakriti Purusha Sam Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis; Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Bhoota jaya, Indriya jaya and their Siddhis, Satvapurushanyatakhyati and its Siddhis; Vivek Jnana Nirupanam, Kaivalya Nirvachana; Role of Dharana, Dhyana, Samadhi and its application; Five Types of Siddhis and Jatyantar Parinamh; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities.	15
III	Bhagavad Gita- I: Despondency of Arjuna, Eternal, transcendental nature of soul, Qualities of Self realized, Nature of right action, Righteous duty, Conquering- desire and anger, Raja Yoga, Yajna, Wisdom imparted by a true Guru, Freedom through inner renunciation, Yogarudha, Practice of Dhyana, Nature of Spirit The Imperishable Absolute: beyond the cycles of creation and dissolution and Bhakti Yoga. Stress model in Bhagvat Gita	15
IV	Bhagavad Gita – II: The infinite manifestations of the Spirit, Vision of visions: The Lord reveals His cosmic form, Concept of Ksetra-Ksetrajna, Trigunas, Nature of Jivanmukta, Concept of Purushottama: the uttermost being, Divine and Demonic qualities, Three fold Faith and The Yoga of Liberation and Renunciation; Psycho analytical model of Bhagavad Gita, concept of equanimity.	15

Suggested Readings:

- ✚ Swami Vivekananda (2014). *Patanjali Yoga Sutras*, ISBN: 9788189297954, Vijay Goel.
- ✚ Saraswati S (2006). *Four chapters on freedom: Commentary on the yoga sutras of Patanjali*, 1st ed. India: Bihar School of Yoga.
- ✚ Yogananda P (2002). *God Talks with Arjuna: The Bhagavad Gita*, 1st ed. India: YogodaSatsang Society of India.
- ✚ A. C. Bhaktivedanta Swami Prabhupada (2016). *Srimad Bhagavad Gita As It Is*, 1st ed. India: The Bhaktivedanta Book Trust.

OPEN ELECTIVE -I

Course Name: YOGA PRACTICUM-I		Course Code: YOG 405
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 04 Total Hrs.: 60
Continuous Assessment (CA1)- 20		End of Semester Examination (ESE) - 60
Continuous Assessment (CA2)-20		
Total Evaluation Marks: 100		Examination Duration: 3Hrs.
Course Objectives	<ul style="list-style-type: none"> ✚ Knowing the procedure and variations of Yogic loosening practices ✚ Understanding the benefits and limitations of Yogic loosening practices, Kriya and relaxation techniques 	
Course Outcomes:	Following the completion of this course, <ul style="list-style-type: none"> ✚ Student will be able to perform Yogic loosening practices ✚ Student will be able to perform Yogic kriyas ✚ Student will be able to perform and instruct Yogic Kriyas 	
SYLLABUS		
Unit No.	Contents	Contact Hrs.

I	SithilikaranaVyayma - I: Jumping, Jogging (1+2+3), Side bending, Spinal twisting, Alternate toe touching, Crow walk, Baby walk, Crocodile walk, Back stretch, Hip stretch, Back swing, Paschimattanasana stretch, Halasana stretch, Combination of Halasana and Paschimattanasana stretch	15
II	SithilikaranaVyayma - II: Dhanurasana swing, Back wing, Hip twisting, BhujangasanaParvattasana stretch, Cycling, Pavanmuktasana stretch, Rocking and rolling, Butterfly stretch, Baddhakanasana stretch, Sashankasana Bhujangasana stretch, Bhoonamanasana stretch, Thigh flexion, Knee stretch, Waist rotation	15
III	Yogic Kriya: Kapalbhata (Alternate nostril and Both nostril), Neti (Jala and Sutra), Vamanadhouti; Trataka: Eye exercises (upward, horizontal, diagonal and eye rotation) followed by palming techniques (simple palming, press and release palming, press and release with breathing, constant pressure with chanting), Jyoti Trataka (Focussing, Intensive gazing and Defocussing) followed by Palming techniques (Press and release, press and release with breathing, constant pressure with chanting); Jatru Trataka – Sideways Viewing, Front and Sideways Viewing, Up and Down Viewing, Rotational Viewing, Preliminary Nisagra Drishti, Nasikagra Drishti;	15
IV	Yogic Relaxation techniques: Relaxation and Meditation Techniques: IRT, QRT, DRT, OM Meditation, Vipassana meditation,	15

Suggested Readings:

- ✚ Dhirendra Brahmachari (1975). Yogic Suksma Vyayma (2nd ed.), ISBN-10: 0882538020, Ind-U.S. Publisher
- ✚ Swami Satyananda saraswati (2015). Asana, pranayama, Mudra, Bandha (1st ed.), ASIN: B017TKDHI0, Yoga Publications Trust, Munger, Bihar, India
- ✚ Nagendra H R (2005). Asana, pranayama, Mudra, Bandha (3rd ed.), Swami Vivekananda Yoga Publication Trust, Bangalore, India

Course Name: ALIGNMENT PRINCIPLES IN YOGA POSTURES AND PRACTICAL PHYSIOLOGY		Course Code: YOG 406
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 04 Total Hrs.:60
Continuous Assessment (CA1) – 20	End of Semester Examination (ESE) - 60	
Continuous Assessment (CA2) – 20		
Total Evaluation Marks:100		Examination Duration: 3Hrs.
Course Objectives	<ul style="list-style-type: none"> ✚ Understand the Principles and procedure of the alignment principles ✚ Know the concept and importance of alignment principles while performing Yoga postures 	
Course Outcomes:	<p>Following the completion of this course, students will be able to</p> <ul style="list-style-type: none"> ✚ To perform all categories of Asana keeping the Alignment principles at the back of their mind. ✚ To incorporate the Alignment principles for prevention and better recovery. ✚ To carry out the basic physiological experiments for better understanding of body functions 	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	<p>Alignment Principles –I: Standing forward, backward and lateral bending postures; Sitting forward, backward and lateral bending postures; Balancing forward, backward and lateral bending postures</p> <p>Alignment Principles – II: Prone forward, backward and lateral bending postures; Supine forward, backward and lateral bending postures; Inverted forward, backward and lateral bending postures</p> <p>Practical physiology –III: Bleeding time, clotting time and prothrombin time; Blood groups - ABO and Rh. Immunological basis of identification of ABO and Rh blood groups; Haemoglobin estimation</p> <p>Practical Physiology – IV: Definition, determination and significance of TC, DC, ESR, count, PCV, MCV, MHC, MCHC</p>	60

Suggested Readings:

- ✚ B. K. S. Iyengar (2006). Light on Yoga: The Classic Guide to Yoga (6th edition), ISBN-10: 8172235011, Thorsons Publisher, Pune, India
- ✚ G K Pal and Parvati Pal (2016). Text book of Practical Physiology (1st edition), ISBN-10: 8173719969, The Orient Blackswan Publisher
- ✚ A K Jain (2018). Text book of Practical Physiology for MBBS (1st edition), ISBN-10: 8178558319, Arya Publications

Course Name: YOGA PRACTICUM-II		Course Code: YOG 407	
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 04 Total Hrs.: 60	
Continuous Assessment (CA1)- 20		End of Semester Examination (ESE) - 60	
Continuous Assessment (CA2)-20			
Total Evaluation Marks: 100		Examination Duration: 3Hrs.	
Course Objectives	Following the completion of this course, students will be able <ul style="list-style-type: none"> ✚ To know and practice yogic sukshnavyayama ✚ To understand and practice basic asana ✚ To understand and practice basic kriyas 		
Course Outcomes:	Following the completion of this course, <ul style="list-style-type: none"> ✚ Student will able to perform yogic sukshnavyayama ✚ Student will able to perform basic asana ✚ Student will able to perform basic kriyas 		
SYLLABUS			
Unit No.	Contents		Contact Hrs.
I	Yogic Sukshma Vyayama –I: Uccharana-sthalatatha Vishudha-chakra-shuddhi (for throat and voice); Prarthana (Prayer) Buddhi-tatha-dhritishakti-vikasaka (for developing will power); Smaranashaktivikasaka (for improving the memory); Medhashakti-vikasaka (for improving the intellect and memory); Netrashakti-vikasaka		15

	(for the eyes); Kapolashakti-varadhaka (for the cheeks); Karnashakti-varadhaka (for the ears), Grivashakti-vikasaka (for the Neck) (i), (ii) and (iii)	
II	Yogic SuksmaVyayma-II: Skandha-tatha-bahu-mulashakti-vikasaka (for the shoulders), Bhuja-bandhashakti-vikasaka, Kohinishakti-vikasaka, Bhuja-vallishakti-vikasaka, Purna-bhujashakti-vikasaka (for the arms), Mani-bandhashakti-vikasaka, Kara-prsthashakti-vikasaka, Karatalashakti-vikasaka, Anguli-mulashakti-vikasaka (for the fingers), Anguli- shakti-vikasaka (for the fingers)	15
III	Yogic SuksmaVyayma-III: Vaksha-sthalashakti-vikasaka (for the chest) (1), Vaksha-sthalashakti-vikasaka (for the chest) (2), Udarashakti-vikasaka (for the abdomen) (i) to (x); Kati shakti-vikasaka (for the waist) (i) to (v), Muladhara-chakra-suddhi (for the rectum), Upasthatatha-svadhithana-chakra-suddhi (for the genital organs), Kundalinishakti-vikasaka (for the kundalini)	15
IV	Yogic Sukshma Vyayma – IV: Janghashakti-vikasaka (for the thighs) (i) & (ii), Janghashakti-vikasaka (for the thighs) (ii), Janushakti-vikasaka (for the knees), Pindalishakti-vikasaka (for the calves), Pada-mulashakti-vikasaka, Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet), Padangulishakti-vikasaka (for the toes)	15
Suggested Readings: <ul style="list-style-type: none"> ✚ Dhirendra Brahmachari (1975). Yogic Suksma Vyayma (2nd ed.), ISBN-10: 0882538020, Ind-U.S. Publisher ✚ Swami Satyananda saraswati (2015). Asana, pranayama, Mudra, Bandha (1st ed.), ASIN: B017TKDHI0, Yoga Publications Trust, Munger, Bihar, India 		

SEMESTER - II

Course Name: YOGA THERAPY FOR SPECIFIC COMMON AILMENTS – I		Course Code: YOG 408
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs.Per Week: 03 Total Hrs.: 45
Continuous Assessment (CA1) - 20		End of Semester Examination (ESE) - 60
Continuous Assessment (CA2) - 20		
Total Evaluation Marks: 100		Examination Duration: 3Hrs.
Course Objectives	<ul style="list-style-type: none"> ✚ To learn the concept of yoga therapy and understand the in-depth concept of diseases ✚ To learn the yoga therapy and its components from the ancient prospective ✚ To learn the yoga therapy for respiratory disorders and musculoskeletal disorders ✚ Line of treatment in Yoga therapy 	
Course Outcomes	<p>Following the completion of this course, students will be able to</p> <ul style="list-style-type: none"> ✚ Understand a disease, causes, pathogenesis, line of treatment in modern medicine and Yoga ✚ Read and Understand the technicalities about the biomedical tests and their importance 	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Respiratory Disorders: Introduction to Respiratory disorders, Brief classification – Obstructive / Restrictive, infectious; Bronchial Asthma, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; Allergic Rhinitis & Sinusitis, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; COPD - Chronic Bronchitis, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; Emphysema, Definition, , Classification, Clinical Features, Medical and Yogic Management; Infectious Disorders, Tuberculosis - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management	15

II	Cardiovascular and Endocrine Disorders: Introduction to Cardiovascular disorders; Hypertension - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Atherosclerosis / Coronary artery disease - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehab, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Congestive Cardiac failure - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Cardiac asthma - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Diabetes Mellitus (I&II) - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Hypo and Hyper- thyroidism - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management	15
III	Metabolic, Obstetrics and Gynecological Disorders: Obesity - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Metabolic Syndrome - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia - Definitions, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Premenstrual Syndrome - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Menopause and perimenopausal syndrome - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Yoga for Pregnancy and Childbirth - Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM, Ante-natal care, Post-natal care; PCOS - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management	15
IV	Role of Yoga to enhance/boost Immunity: Cancer - Causes, types, clinical features, Side effects of Chemotherapy, radiotherapy, Medical and Yogic management; Auto immune disorders - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Advantages and disadvantages of the application of Steroids in Auto immune disorders; Immune disorders – Definition, classification, Clinical features, Etiopathogenesis, Medical and Yogic management; An overview of Acquired Immune Efficiency Syndrome	15

Suggested Readings:

- ✚ G. Mohan and Indira Mohan (2004). Yoga Therapy: A Guide to the Therapeutic Use of Yoga and Ayurveda for Health and Fitness (1st edition), ISBN-10: 1590301315, Shambhala Publisher
- ✚ R. Nagarathna and H. R. Nagendra (2008). Yoga for Hypertension (2nd edition), Swami Vivekananda Yoga Publications, Bangalore, India
- ✚ R. Nagarathna and H. R. Nagendra (2008). Yoga for Cancer (2nd edition), Swami Vivekananda Yoga Publications, Bangalore, India
- ✚ R. Nagarathna and H. R. Nagendra (2008). Yoga for Obesity (2nd edition), Swami Vivekananda Yoga Publications, Bangalore, India
- ✚ Samantakamani Nerendran, Padmalatha Venkatram, R. Nagarathna and H. R. Nagendra (2011). Yoga for Pregnancy (2nd edition), Swami Vivekananda Yoga Publications, Bangalore, India

CourseName: THERAPEUTICS IN HATHA YOGA		CourseCode: YOG 409	
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 03 Total Hrs.: 45	
Continuous Assessment (CA1) -20		End of Semester Examination (ESE) -60	
Continuous Assessment (CA2) -20			
Total Evaluation Marks:100		Examination Duration: 3Hrs.	
Course Objectives	<ul style="list-style-type: none"> ✚ To give a comprehensive idea about the principles and procedure of Hathayoga practices ✚ To under the important concepts with regard to food, Yogic ethics, postures, pranayama, mudra, bandha, and Samdhi 		
Course Outcomes	<p>After going through this course, students will be able to</p> <ul style="list-style-type: none"> ✚ know the Hathayoga Tradition and understand the therapeutics of every technique described in the text ✚ know Fundamentals of Hathayoga in different classical Hathayoga texts ✚ understand yoga in the context of Hathayoga ✚ understand about different body and mind purificatory techniques as mentioned in Hatha yoga texts 		

✚ learn the theoretical and practical aspects of Asana, Pranayama, Mudra, Bandha

SYLLABUS

Unit No.	Contents	Contact Hrs.
I	General Introduction to Yoga and Pre - requisites: Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions, Philosophy and Foundations; Hatha Yoga Parampara, Natha Cult Hatha Yogis and their contribution; Ghatashudhi: its importance and relevance in Hatha Yoga sadhana; Inter-relation of Hatha Yoga and Raja Yoga; Brief introduction to Hathayogis; Pre-requisites: Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga	15
II	Principles and Introduction to Hatha Yoga texts: Concepts of Matha, Concept of Mitahara, Pathya (conducive) and Apathya (non-conducive), Types of aspirants; Dasha Yama and Niyama and its relevance in Hatha Yoga Sadhana; Swara, Importance of Svarodaya-jnana in Hatha Yoga Sadhana; Hatha Siddhi Lakshanam; Concept of Swas-prashwas, Vayu, Prana and Upaprana; Concept of Kand, Nadi, Swar, Chakra and Granthi; Kundalini prabodhan, Unmani avastha, Nadanusandhan; Concept of Samadhi; Introduction to hatha yoga texts: Brief: Hatha Yogic Texts, their nature and objectives; Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita; Brief: Hatha Yoga Pradeepika, Gheranda Samhita, Hatha Rathnavali	15
III	Hathayoga practices: Shodhana-kriyas in Hathayoga texts and their role in Yoga Sadhana; Yogasana: salient features and importance in Hatha Yoga Sadhana; description of all fifteen Asanas and special emphasis on Siddhasana and Padmasana; Concept of Puraka, Kumbhaka and Rechaka and special emphasis on Asta kumbhaka; The concept of Prana and Upa-pranas and their importance in Hatha Yoga Sadhana, Importance of Mudra and emphasis on Khechri, Mahaveda and Maha mudra; Bandhas and their role in Yoga Sadhana	15
IV	Hathayoga Sadhana: Philosophical Foundations of Hatha Yoga, Hatha Yoga Sadhana, Chaturanga Yoga and Saptanga Yoga, Relevance of Hatha Yoga in day-to-day life; Inter Relationship between Patanjala Yoga and Hatha Yoga and their inter-dependence; Kundalini Yoga: Philosophical Foundations and Practices of Kundalini Yoga; Concept of Pratyahara, Dharana and Dhyana and their techniques & benefits; Concept of Samadhi. The concept of Nada and Nadanusandhana; Svara, Importance of Svarodaya-	15

	Jnana in Yoga Sadhana. Mantra Yoga, Laya Yoga, Raja Yoga, Ghata Yoga.	
Suggested Readings:		
<ul style="list-style-type: none"> ✚ Swami Muktibodhananda Saraswati (2013). Hatha Yoga Pradipika (3rd ed.), Bihar Yoga Publication Trust, Munger, Bihar ✚ Swami Niranjanananda Saraswati (2012), Gheranda samhita (1st ed.), ISBN-10: 9381620199, Bihar Yoga Publication Trust, Munger, Bihar ✚ Rai V. Basu (1996). The Siva Samhita (2nd ed.), ISBN-10: 8121505070, Munshiram Publisher 		

Course Name: RESEARCH METHODOLOGY		Course Code: YOG 410	
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs/ Week: 03 Total Hrs.: 45	
Continuous Assessment (CA1) - 20		End of Semester Examination (ESE) -60	
Continuous Assessment (CA1) - 20			
Total Evaluation Marks:100		Examination Duration: 3Hrs.	
Course Objectives	<ul style="list-style-type: none"> ✚ Understand the need of the research in the yoga field ✚ Basics of research methodology in relevance to yoga ✚ Learn research designs and basic statistics 		
Course Outcomes:	<p>Following the completion of this course, students will be able to</p> <ul style="list-style-type: none"> ✚ Apply the knowledge of research methods in Yoga research ✚ Undertand about the research designs, graphs, research tools, and their advantages and disadvantages. 		
SYLLABUS			
Unit No.	Contents		Contact Hrs.

I	Introduction to research methodology – definition of research, types of research, need for Yoga research; the research process; Literature review – Purpose, Process, digital source: Pub Med, etc., presentation of literature review; Ethics of research – Laboratory ethics, Publication ethics, Ethical bodies, IEC, IRB and guidelines for good clinical practice. Scales of measurement – nominal, ordinal, interval, ratio; Data collection methods: Observation, Interview, psychological tests, questionnaire, physiological tests, and archive	15
2	Sampling methods - Population and Sample; Simple Random Sampling; Systematic Sampling, Stratified Sampling, Cluster Sampling; Methods of controlling biases – Randomization; Types of variables – Independent , dependent, confounding variable; Types of research design – Experimental designs, cross sectional design; Case study, Survey; Reliability: Test Retest Reliability, Internal Consistency, Inter-rater Reliability; Validity: Construct Validity, Face Validity, Content Validity, Criterion; Validity, Convergent and Discriminant validity; Issues of bias and confounding; Selection bias, Recall bias, Observer or measurement bias, Publication bias; Randomization, Matching, Crossover design, Restriction (or blocking); Stratification	15
3	Descriptive statistics, inferential statistics, Hypothesis, Null hypothesis, Statistics and Parameters, Sample and Population, Generalization, One tailed, two tailed hypothesis, Types of Errors and its control, Central Limit Theorem	15
4	Point estimate and interval estimate, Power analysis: Effect size, sample size, p-value, Confidence interval; Statistical tests and design, Assumptions of tests, Statistical tests for various designs: Correlation, proportions, paired sample, and independent sample t-tests, Chi-Square tests, ANOVA, Repeated Measures ANOVA, parametric and non-parametric tests	15

Suggested Readings:

- ✚ R L Bijlani (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New Delhi
- ✚ C R Kothari (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
- ✚ Zar J H & Zar (1999). Biostatistical Analysis. Pearson Education. New Delhi

Course Name: YOGA THERAPY FOR SPECIFIC COMMON AILMENTS – II		Course Code: YOG 411
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	ContactHrs/week: 03 Total Hrs.: 45
Continuous Assessment (CA1) - 20	End Semester examination (ESE) - 60	
Continuous Assessment (CA1) - 20		
Total Evaluation Marks: 100		Examination Duration: 3Hrs.
Course Objectives	<ul style="list-style-type: none"> ✚ To give a comprehensive idea about the diseases, their symptoms, causes, aggravating factors and pathogenesis. ✚ To make the students understand the principles of the management and line of treatment followed in Modern medicine and Yoga therapy 	
Course Outcomes:	<p>Following the completion of this course, students will be able</p> <ul style="list-style-type: none"> ✚ Learn the yoga therapy techniques for various chronic disease conditions ✚ Learn the indications and contra-indication of yoga in different chronic health conditions ✚ Learn yoga therapy modules for various chronic health conditions line of treatment in Yoga therapy 	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Introduction to APD: Gastritis –Acute & Chronic, Dyspepsia, Peptic Ulcers, Clinical Features, Medical and Yogic management; Constipation and Diarrhoea - Definition, Etiopathogenesis, Clinical Features, Medical and Yogic management; Irritable Bowel Syndrome - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Inflammatory Bowel Disease, Ulcerative colitis - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management	15
II	Back Pain Classification of back pain: organic and functional, Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic-Lumbago, Medical and Yogic management; Neck pain – Classification, Cervical Spondylosis, radiculopathy, Functional neck pain, Medical and Yogic management;	15

	All forms of Arthritis - Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic management	
III	Migraine, Causes, Classification, clinical features, Medical and Yogic management, Tension headache - Causes and its symptoms, Medical and Yogic management; Cerebro vascular accidents - Causes, clinical features, Medical and Yogic management; Epilepsy; pain; Autonomic dysfunctions - Causes, clinical features, Medical and Yogic management; Parkinson's disease - Causes, clinical features, Medical and Yogic management	15
IV	Introduction to psychiatric disorders, classification – Neurosis, Psychosis, Neurosis, Anxiety disorders - Generalised anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias, Medical and Yogic management; Depression – Dysthymia, Major depression, Medical and Yogic management; Psychosis – Schizophrenia, Bipolar affective disorder, Medical and Yogic management	15
	<p>Suggested Readings:</p> <ul style="list-style-type: none"> ✚ R. Nagarathna and H. R. Nagendra (2010). Yoga for Arthritis (2nd edition), Swami Vivekananda Yoga Publications, Bangalore, India ✚ R. Nagarathna and H. R. Nagendra (2008). Yoga for Anxiety and Depression (2nd edition), Swami Vivekananda Yoga Publications, Bangalore, India ✚ R. Nagarathna and H. R. Nagendra (2010). Yoga for Gastro Intestinal Disorders (2nd edition), Swami Vivekananda Yoga Publications, Bangalore, India ✚ G. Mohan and Indira Mohan (2004). Yoga Therapy: A Guide to the Therapeutic Use of Yoga and Ayurveda for Health and Fitness (1st edition), ISBN-10: 1590301315, Shambhala Publisher 	

OPEN ELECTIVE - II

Course Name: PROJECT – I		Course Code: 412
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Total Contact Hrs/week: 4 Total Hrs.: 60

Continuous assessment (CA1) - 40		End Semester Examination (ESE) - 60	
Total Evaluation Marks:100		Examination Duration: 1Hr.	
Course Objectives	<ul style="list-style-type: none"> ✚ To facilitate the students carrying out a research project of his/her interest ✚ To make the students have an idea about developing an action plan of his/her research. 		
Course Outcomes	<p>Following the completion of this dissertation, students will be able</p> <ul style="list-style-type: none"> ✚ To carry out his/her own research independently ✚ To conceptualize and design a Project independently ✚ To prepare a manuscript independently and communicate to a Journal 		
SYLLABUS			
Unit No.	Contents		Contact Hrs.
	During this period, every student will choose his/her literature search under the supervision of a Guide. Following the instructions, the candidate has to plan for a pilot study before making an action plan for carrying out the project work. Data acquisition will get started during last semester.		60

Course Name: YOGA THERAPY TECHNIQUES		Course Code: YOG 413	
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Total Contact Hrs/week: 2 Total Hrs.: 60	
Continuous assessment (CA1) - 40		End Semester Examination (ESE) - 60	
Total Evaluation Marks:100		Examination Duration: 3Hrs.	
Course Objectives	<ul style="list-style-type: none"> ✚ To understand the the principles and procedure of the therapeutic techniques ✚ To have an in-depth understanding about the practices and their variations to be incorporated looking at the severity of the conditions 		
Course Outcomes	<p>Following the completion of this course, students will be able</p> <ul style="list-style-type: none"> ✚ To learn the therapeutic techniques of various chronic diseases ✚ To learn the kriya techniques with its procedure, benefits, contraindications, for various chronic diseases ✚ To demonstrate each technique, explaining the benefits and limitations in detail 		

SYLLABUS

Unit No.	Contents	Contact Hrs.
I	Therapeutic techniques - i: Specialized techniques for; Respiratory diseases: Asthma, Nasal Allergy, COPD, and tuberculosis Cardiovascular disorders: Hypertension, Ischismic Heart disease, Congestive cardiac failure, Arrythmia, Neurological disorders and Auto immune diseases	30
	Therapeutic techniques – II: Specialized techniques for Endocrine disorders: Diabetes, hypothyroidism, hyper thyroidism, obesity and Metabolic syndrome such as Diabetes I and II, and Insulin resistance	30
	Therapeutic techniques – III: Specialized techniques for Obstetrics and Gynaecological disorders: Menstrual disorders: oligomenorrhea, metrorrhagia, hypomenorrhea, dysmenorrhea, Poly Cystic Ovary disease & PCOS, Menopausal syndrome, Gastro interstinal disorders, viz., Peptic ulcer, Gastritis, Constipation, Irritable Bowel Syndrom, Piles and fistula	15
	Therapeutic techniques – IV: Specialized techniques for orthopedic complications such as Rheumatoid arthritis, Osteo arthritis, Gout, and various Spinal complications, such as Chronic and acute low back pain, Lumbar spondylosis, scoliosis, cervical spondylosis, ankylosing spondylosing; Knee pain, shoulder pain, neck pain etc.	15

Suggested Readings:

- ✚ G. Mohan and Indira Mohan (2004). Yoga Therapy: A Guide to the Therapeutic Use of Yoga and Ayurveda for Health and Fitness (1st edition), ISBN-10: 1590301315, Shambhala Publisher
- ✚ R. Nagarathna and H. R. Nagendra (2008). Yoga for Hypertension (2nd edition), Swami Vivekananda Yoga Publications, Bangalore, India
- ✚ R. Nagarathna and H. R. Nagendra (2008). Yoga for Cancer (2nd edition), Swami Vivekananda Yoga Publications, Bangalore, India
- ✚ R. Nagarathna and H. R. Nagendra (2008). Yoga for Obesity (2nd edition), Swami Vivekananda Yoga Publications, Bangalore, India
- ✚ Samantakamani Nerendran, Padmalatha Venkatram, R. Nagarathna and H. R. Nagendra (2011). Yoga for Pregnancy (2nd edition), Swami Vivekananda Yoga Publications, Bangalore, India
- ✚ R. Nagarathna and H. R. Nagendra (2008). Yoga for Back pain (2nd edition), Swami Vivekananda Yoga Publications, Bangalore, India
- ✚ R. Nagarathna and H. R. Nagendra (2008). Yoga for Anxiety and Depression (2nd edition), Swami

Vivekananda Yoga Publications, Bangalore, India

- ✚ R. Nagarathna and H. R. Nagendra (2008). Yoga for Diabetes (2nd edition), Swami Vivekananda Yoga Publications, Bangalore, India
- ✚ Samantakamani Nerendran, Padmalatha Venkatram, R. Nagarathna and H. R. Nagendra (2011). Yoga for Hypertension (2nd edition), Swami Vivekananda Yoga Publications, Bangalore, India
- ✚ R. Nagarathna and H. R. Nagendra (2008). Yoga for Arthritis (2nd edition), Swami Vivekananda Yoga Publications, Bangalore, India

Course Name: <i>INTERNSHIP – I</i>		Course Code: <i>YOG 414</i>	
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Total Contact Hrs/week: 30 Total Hrs.: 120 (Mixuure of Supervised and Unsupervised internship)	
Continuous assessment (CA1) - 40		End Semester Examination (ESE) - 60	
Total Evaluation Marks:100		Examination Duration: 3Hrs.	
Course Objectives	<ul style="list-style-type: none"> ✚ Undergoing training in Yoga therapy practices and their variations ✚ Understanding each technique and its variations based on the severity of the diseases. 		
Course Outcomes	<p>Following the completion of this dissertation, students will be able</p> <ul style="list-style-type: none"> ✚ Demonstrate each technique independently ✚ Instruct each technique confidently ✚ Present its basis, benefits, limitations and precautions to b etaken 		
SYLLABUS			
Unit No.	Contents		Contact Hrs.
	During this period, every student is expected to undergo training in four departments, viz., Hypertension, Asthma, Neurological disorders, Pregnancy, Psychiatric complications, and Orthopedic diseases including knee pain, neck pain, shoulder pain, and all the varities of Arthritis		120

SEMESTER -III

Course Name: NUTRITION AND DIETETICS IN THERAPY		Course Code: YOG 501
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact hours Per Week: 4 Total Hrs.:60
Continuous Assessment (CA1) - 20		End of Semester Examination - 60
Continuous Assessment (CA2) - 20		
Total Evaluation Marks:100		Examination Duration: 3Hrs.
Course Objectives	<ul style="list-style-type: none"> ✚ To give an idea about the general concepts of Food, Diet, Nutrition and Dietetics ✚ To make the students understand the food types, macro and micro nutrients and their functions ✚ To give an understanding about the cooking techniques, hospital diet, naturopathy, Yoga and Ayurveda diets etc. ✚ Make the students learn how to calculate the calorie, diet chart of various age groups. 	
Course Outcomes:	<p>After going through this course, students will be able</p> <ul style="list-style-type: none"> ✚ to gain the knowledge about the estimation of recommended daily allowance (RDA) ✚ to understand the deficiency of nutrients, estimation of different nutrients in normal and diseased conditions. 	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Biochemical basis of diet components: Food as source of nutrients, functions of food, definition of nutrition, nutrients & energy, adequate, optimum & good nutrition, malnutrition; Nutrition for Fitness, Athletics & Sports; Basic five groups of food; Food guide according to RDA, Relationship between nutrition & health, Use of food in body - Digestion, Absorption, transport & utilization; Role of fibres in human nutrition; Carbohydrates : Functions, classification, food sources, storage in body; Fats & oils : composition, saturated and unsaturated fatty acids, classification, food sources, function of fats; Proteins - composition, sources, essential & non-essential amino	15

	acids, functions, Protein deficiency; Water - as a nutrient, function, sources, requirement, water balance & effect of deficiency; Minerals - macro & micronutrients - functions, sources; Bioavailability and deficiency of Calcium, Iron, Iodine, Sodium & Potassium (in very brief); Vitamins (water & fat soluble) - definition, classification & functions	
II	Food, Nutrition and Health: Nutrients, Nutrition and Health, Nutritional Problems in India, India's High Child Mortality Rate- National Shame, Factors Influencing Food Habits and Selection of Foodstuffs, Exchange Lists, Income, Functions of Food, Classification of Food, Food Guide Pyramid: A Guide to Daily Food Choice, Respiratory Quotient, Factors Affecting Energy Expenditure, Basal Metabolic Rate, Thermo genic Effects [Specific Dynamic Action (SDA)] of Food, Physical Activity, Body Mass Index	15
III	Balance diet, Nutritional status and its requirements : Selection, Storage and Preparation of Food, Food Groups and Guidelines for Food Selection, Functional Classification of Foods, Planning of a Balanced Diet, Assessment of Nutritional Status - Nutritional Assessment, National and International Agencies Working Towards Food/Nutrition; Nutrition in Pregnancy – Energy, Proteins, Vitamins, Minerals, Iron, Fats, Nutritional Requirements during Lactation, Nutrition in Infancy- Energy, Proteins, Minerals, Vitamins, Fat, Carbohydrates, Fluid, Breastfeeding, Weaning, Artificial Feeding, Preterm Babies, Supplementary Foods for Infants and Toddlers; Menu for Preschool, School-age Children and Adolescents - Diet for a Preschool Child, Diet for School Children, Adolescent, Geriatric Nutrition - Physiological Changes in Aging, Nutritional Requirements.	15
IV	Naturopathy and Diet therapy: Concepts and Principles, Development and its Status, Methods of Nature Cure; Diet therapy - Principles of Diet Therapy, Factors to Consider in Planning Therapeutic Diets, Modification of Nutrients in Therapeutic Diets, Types of Diet Used in Hospital, Special Feeding Methods (Management of Special Diets), Pre- and Postoperative Diet, Fever, Typhoid, Influenza, Tuberculosis, Diet in Relation to Conditions of Gastrointestinal Tract), Diet in Relation to Disease of the Liver and Gallbladder, Therapeutic Diet in Conditions of Endocrine Glands and Metabolic Disorders, Joint Diseases, Dietary Counselling, Therapeutic Diet in Conditions of Urinary System. Diet Therapy in Conditions of the Cardio-vascular System	15

Suggested Readings:

- ✚ S.R. Mudambi, M.V. Rajagopal (2008). *Fundamental of Foods, Nutrition & Diet Therapy* (5th ed.), ISBN: 9788122419825, New Age Publications.
- ✚ Maurice Edward Shils (2012). *Modern Nutrition in Health and Disease* (11th ed.). ISBN: 9781605474618, Lippincott Williams & Wilkins
- ✚ Michelle McGuire, Kathy A. Beerman (2012). *Nutritional Sciences- From Fundamentals to Food* (3rd ed.), ISBN: 9780840058201, Cengage Learning.
- ✚ R. Rajlaxmi & K K Sakariah (2013). *Applied Nutrition*, ISBN: 9788120417663 Oxford & IBH Publications Co Pvt Ltd, New Delhi.

Course Name: HEALTH PSYCHOLOGY AND COUNSELLING		Course Code: YOG 502	
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs. per Week: 4 60	
Continuous assessment (CA1) -20		End Semester Examination: 60	
Continuous assessment (CA2) -20			
Total Evaluation Marks: 100		Examination Duration: 3 Hrs	
Course Objectives	<ul style="list-style-type: none"> ✚ Understanding the role of stress in the manifestation of the diseases. ✚ Impact of stress in psychological and physiological changes in the body. ✚ Knowing about counselling, its techniques and its role in managing the root cause of a problem. 		
Course Outcomes	<p>After the end of this course, students will have good amount of skills in</p> <ul style="list-style-type: none"> ✚ counseling the participants ✚ understanding the Psychology w.r.t. attitude, behavior and personality of an individual understanding the factors that determine the health of an individual and society at large. 		
SYLLABUS			

Unit No.	Contents	Contact Hrs
I	<p>Health Psychology: Concept, Assumptions, Biomedical and Bio psychosocial models; Theories: Social Cognitive Theory, Theory of Planned Behaviour, Health Belief model, Protection – motivation theory, Trans – theoretical model of behaviour change, Self-regulatory model, latest trends.</p>	
II	<p>Health Promotion and Illness Prevention: Health and Behaviour; Changing health habits; Cognitive behavioural approaches to health behaviour change; Health Care System: Indian Scenario, Attitude of Health Professionals, Burnout in health professionals, Designing health care work environment, Future challenges for health care, Growth of Health Psychology.</p>	
III	<p>Introduction to Counselling: Definition; Concept; Scope; Characteristics of a Good Counsellor; Ethics in Counselling; Approaches to Counselling: Psychoanalysis; Behaviouristic; Humanistic; Cognitive</p>	
IV	<p>Application of Counselling: Family set up; Educational set up; Organizational set up; Clinical set up; Types of Counselling: Individual Counselling; Group Counselling; Family Counselling; Premarital and Marital Counselling; Career Counselling</p>	
	<p>Suggested Readings:-</p> <ul style="list-style-type: none"> ✚ Ogden J (2012). Health Psychology. McCrawhill Foundation ✚ Morrison V & Bennett P (2009). Introduction to Health Psychology(2nd Ed) Pearson Education Limited, New York. ✚ Sarafino E P (1994). Health Psychology, Biopsychosocial interactions. John Wiley & Sons, New York. ✚ Taylor S E (2009). Health Psychology (9th Ed). New Delhi: Tata McGraw-Hill Publishing Company Ltd. ✚ Hough, M. (2006). Counseling Skills and Theory. Hodder Arnold ✚ Gladding, S.T. (2009). Counseling: A Comprehensive Profession. New Delhi: Pearson Education, Inc. 	

DISCIPLINE SPECIFIC ELECTIVE - I

DISCIPLINE SPECIFIC ELECTIVE -II

Course Name: YOGA PRACTICUM-III		CourseCode: YOG 503
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Total number of Contact Hrs/Week:04 Total Hrs.:60
Continuous Assessment (CA1) -20		End of Semester Examination (ESE) - 60
Continuous Assessment (CA2) -20		
Total Evaluation Marks:100		Examination Duration: 3Hrs.
Course Objectives	<ul style="list-style-type: none"> ✚ Understand the principles of procedure of the breathing techniques ✚ Have an indepth understanding about the benefits, contraindications and the key points 	
Course Outcomes	<p>Following the completion of this course, students will be able</p> <ul style="list-style-type: none"> ✚ Demonstrate and present various yogic breathing practices with their procedure ✚ Demonstrate and present ✚ To learn key points and procedure to be followed 	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Hands in and out breathing, hands stretch breathing (1+2+3), Ankle stretch breathing, sashankasana breathing, tiger breathing, dog breathing, rabbit breathing, Straight leg raising breathing, Bhujanagasana breathing, Salabhasana breathing, Setubandhasana breathing, Ardachakrasana-Padahastasana breathing, Vayunishkanasana breathing, Paschimattanasana breathing, Naukasana breathing, Navasana breathing	15
II	Pawanmuktasana series: Pawanmuktasana – I- Prarambhiksthiti, Padanguli and Goolfnaman, Goolf chakra, Goolfghoornan, Janunaman, Januchakta, Ardhatitali asana, Shroni chakra, Poornatitali asana, Mushtika Bandhana, Manibandhanaman, Manibandha chakra, Kehunnaman, Kehun chakra, Skandha chakra, Greevasanchalana	15

III	Pawanmuktasana – II - Padotthanasana, Padachakrasana, Padasanchalanasana, SuptaPawanmuktasana, JhulanaLurhakanasana, Shavaudarakarshanasana, Naukasana; Pawanmuktasana – III - Rajjukarshanasana, Gatyatmakmeruvakrasana, Chakkichalanasana, Naukasanchalanasana	15
IV	Sthoola Vyayma	15

Suggested Readings:

- ✚ Swami Satyananda saraswati (2015). Asana, pranayama, Mudra, Bandha (1st ed.), ASIN: B017TKDHI0, Yoga Publications Trust, Munger, Bihar, India
- ✚ Nagendra H R (2005). Asana, pranayama, Mudra, Bandha (3rd ed.), Swami Vivekananda Yoga Publication Trust, Bangalore, India
- ✚ Nagendra H R (2002). Mind Sound resonance Technique (2nd ed.), Swami Vivekananda Yoga Publication Trust, Bangalore, India
- ✚ Swami Niranjanananda Saraswati (1999). Dharana Darshan (2nd ed.), ISBN-10: 9788186336304, Yoga Publications Trust, Munger, Bihar, India

YOGA TECHNIQUE –I (SKILL)

YOGA TECHNIQUE – II (SKILL)

Course Name: <i>INTERNSHIP – I</i>		Course Code: <i>YOG 504</i>	
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Total Contact Hrs/week: 30 Total Hrs.: 120 (Mixuure of Supervised and Unsupervised internship)	
Continuous assessment (CA1) - 40		End Semester Examination (ESE) - 60	
Total Evaluation Marks:100		Examination Duration: 3Hrs.	
Course Objectives	<ul style="list-style-type: none"> ✚ Undergoing training in Yoga therapy practices and their variations ✚ Understanding each technique and its variations based on the severity of the diseases. 		

Course Outcomes	Following the completion of this dissertation, students will be able	
	<ul style="list-style-type: none"> ✚ Demonstrate each technique independently ✚ Instruct each technique confidently ✚ Present its basis, benefits, limitations and precautions to be taken 	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
	During this period, every student is expected to undergo training in the vital diseases of the remaining four departments, viz., Endocrine and metabolic diseases viz., Hypo and Hyper thyroidism, Obesity, Type-1 and Type 2 Diabetes, Menstrual disorders, and Gastro intestinal disorders, Cancer, Auto immune diseases	120

SEMESTER -IV

DISCIPLINE SPECIFIC ELECTIVE -III

Course Name: DISSERTATION – II [Major research]		Course Code: YOG 505
Batch: 2021-2023	Programme: M.Sc. Yoga Therapy	ContactHrs/Week: 14 Total Hrs.: 210
Continuous assessment (CA1) - 40		End Semester Examination (ESE) - 60
Total Evaluation Marks: 100		Examination Duration: 1 Hr
Course Objectives	<ul style="list-style-type: none"> ✚ Carrying out the research independently within the ambit of the guidelines ✚ Have in-depth understanding about the tools and prepare a manuscript for communication. 	
Course Outcomes	Following the completion of the project students will be able to <ul style="list-style-type: none"> ✚ Carry out their research work independently ✚ Prepare a manuscript independently ✚ Make an action plan for the research independently 	
Unit No.	Contents	Contact Hrs.
I	Dissertation Guidelines	15

GENERAL

The manual is intended to provide broad guidelines to the M.Sc. candidates in the preparation of the dissertation report. In general, the project report shall report, in an organized and scholarly fashion an account of original research work of the candidate leading to the discovery of new facts or techniques or correlation of facts already known.

NUMBER OF COPIES TO BE SUBMITTED:

Students should submit three copies to the Head of the Department concerned on or before the specified date.

ARRANGEMENT OF CONTENTS OF DISSERTATION:

Dissertation material should be arranged as follows:

1. Cover Page & Title page
2. Declaration (See format below)
3. Certificate
4. Abstract (English)
5. Acknowledgements
6. Table of Contents
7. List of Tables
8. List of Figures
9. List of Symbols, Abbreviations and Nomenclature
10. Chapters
11. References
12. Appendices
13. Raw data

The Tables and Figures shall be introduced in the appropriate places.

Page dimensions and margin

The dimensions of the dissertation should be standard 4 size paper may be used for preparing the copies, **standard margin** with 1.5 line spacing. Same quality of paper should be used for the preparation of the entire report/thesis; except figure, photos are shown.

Cover Page & Title Page - A specimen copy of the Cover page & Title page for report/thesis are given in Annexure I.

Certificate - The Bonafide Certificate as per the format shown in Annexure II

Abstract: Abstract should be a structured form of narration not exceeding 500 words

outlining the research problem, the methodology used for tackling it and a summary of the findings, typed in 1.5 line spacing.

Acknowledgements: The acknowledgements shall be brief and should not exceed one page. The student's signature shall be made at the right bottom above his / her name typed in capitals.

Table of contents –

The table of contents should list all material following it as well as any material which precedes it. The title page, Bonafide Certificate and Acknowledgment will not find a place among the items listed in the Table of Contents but the page numbers in lower case Roman letters are to be accounted for them. One and a half spacing should be adopted for typing the matter under this head. A specimen copy of the Table of Contents for report / thesis is given in Annexure III.

List of Table - The list should use exactly the same captions as they appear above the tables in the text and the caption shall follow 'sentence case'. One and a half spacing should be adopted for typing the matter under this head.

List of Figures – The list should use exactly the same captions as they appear below the figures in the text and the caption shall follow 'sentence case'. One and a half spacing should be adopted for typing the matter under this head

List of Symbols, Abbreviations and Nomenclature - One and a half spacing should be adopted for typing the matter under this head. Standard symbols, abbreviations etc. should be used.

5.1 Chapters-The chapters may include

Chapter I – Introduction

Chapter II – Review of Literature

Chapter III – Materials and Methods

Chapter IV - Results and Discussion

Chapter V - Summary and Conclusions

1.10. Research output/outcome if any published or presented in conference / seminar / symposium may be included.

List of References - Any works of other researchers, if used either directly or indirectly, should be indicated at appropriate places in the report / thesis. The citation may assume any one of the following forms. **APA Style.**

Format for Declaration by the candidate

DECLARATION

I.....,student of the School of Interdisciplinary and Applied Sciences, Central University of Rajasthan, Bandra-Sindri (Ajmer) hereby declare and certify with my signature that my thesis entitled

submitted to the Department of Yoga, Central University of Rajasthan, India in partial fulfillment of the requirements for the award of the Degree of Masters of Science is a record of original research work done by me and the dissertation has not been the basis for the award of any degree / diploma / associateship / fellowship for similar title of any candidate of any University. I have faithfully and accurately cited all my sources, including books, journals, handouts and unpublished manuscripts, as well as any other media, such as the Internet, letters or significant personal communications.

I understand the concept of “plagiarism” and declare that while drafting this dissertation I have refrained from plagiarism. I know that plagiarism not only includes direct copying, but also the extensive use of other’s ideas without proper referencing or acknowledgement (which includes the proper use of references and quotation marks).

If my dissertation found to be plagiarized at any point of time, I’ll be solely responsible and will be ready to accept any decision taken by the competent authority including rejection of my dissertation.

Signature of student

A PROJECT ON

The Efficacy of Yoga intervention in Chronic Hypo-thyroidism

Submitted in the partial fulfillment
For the award of the degree in

Master of Science in Yoga therapy

To
Department of Yoga

Submitted by

Poorna Sahoo

Under the guidance of

Dr. Kashinath G Metri MD, PhD



Department of Yoga,
Central University of Rajasthan, Bandarsindri, Ajmer district, Rajasthan
Academic year 2020-2022

BONAFIDE CERTIFICATE

Date:
31/03/2015

Bandarsindari

This is to certify that **LOKESH CHOLA S/O OM PRAKASH CHOLA**, bearing Enrolment Number **2013MBA015**, is a bonafide student of Department of Management, Central University of Rajasthan, pursuing **MBA (MARKETING AND ENTREPRENEURSHIP)** currently II year, **IV semester**.

Signature and Seal of
HOD

He is staying at present address : Room No. 155, Hostel Building No. 6
Central University of Rajasthan
Bandarsindari, Kishangarh, Ajmer
Rajasthan, India

He is staying in the campus since August 2013.

and Seal of the Hostel Warden

Signature

Course Name: YOGA PRACTICUM-IV		CourseCode: YOG 506
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Total number of Contact Hrs/Week:04 Total Hrs.:60
Continuous Assessment (CA1) -20		End of Semester Examination (ESE) - 60
Continuous Assessment (CA2) -20		
Total Evaluation Marks:100		Examination Duration: 3Hrs.
Course Objectives	<ul style="list-style-type: none"> ✚ Understand the principles of procedure of the Mudra and Kriya techniques ✚ Have an indepth understanding about the benefits, contraindications and the key points 	
Course Outcomes	<p>Following the completion of this course, students will be able</p> <ul style="list-style-type: none"> ✚ Demonstrate and present various Mudra and Kriya techniques with their procedure ✚ Demonstrate and present ✚ To learn key points and procedure to be followed 	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Anjali mudra, Dhyana, Chin, Ganesha, Padma, Abhaya, Adhomukha, Ashwaratna, Avahana, Chakra, Gada, Garuda, Kaleshvara, Linga, Mustika, Prithvi, Rudra, Surya, Vayu, Yoni, Chin, Chimay, Adi, Brahma, Bhairavi Mudra, Hridaya Mudra, Sambhavi, Mudra, Khechari Mudra, Kaki Mudra, Bhujangi Mudra, Bhoochari Mudra, Akashi Mudra	15
II	Shanmukhi Mudra, Unmani Mudra, Vipareeta Karani Mudra, Pashinee Mudra, Tadagi Mudra, Mudra, Prana Mudra, Yoga Mudra, Manduki Mudra, Maha Mudra, Maha Bheda Mudra, Ashwini Mudra, Vajroli/Sahajroli Mudra; Bandha: Mool, Uddiyan, Jalandhar and Maha bandha	15
III	Kriya: Jala neti, Sutra neti, Trataka: Jyoti trataka and Bind Trataka	15
IV	Kriya: Vamana dhouti, Laghoo Sankha prakshalana, and Nauli (Vama, Dakshina and Madhyama)	15

Suggested Readings:

- ✚ Swami Satyananda saraswati (2015). Asana, pranayama, Mudra, Bandha (1st ed.), ASIN: B017TKDHI0, Yoga Publications Trust, Munger, Bihar, India
- ✚ Nagendra H R (2005). Asana, pranayama, Mudra, Bandha (3rd ed.), Swami Vivekananda Yoga Publication Trust, Bangalore, India

YOGA TECHNIQUES – III (SKILL BASED)**YOGA TECHNIQUES – IV (SKILL BASED)****OPEN ELECTIVES (TO BE OFFERED TO THE WHOLE UNIVERSITY]**

Course Name: <i>YOGA FOR DAILY LIFE</i>		Course Code: <i>YOG 431</i>
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 04 Total Hrs.: 60
Continuous Assessment - CA 1 -20		End of Semester Examination – ESE - 60
Continuous Assessment - CA 2 - 20		
Total Evaluation Marks: 100		Examination Duration: 3 Hrs.
Course Objectives	<ul style="list-style-type: none"> ✚ To understand the principal of Yoga ✚ To understand the Yoga practices for daily life 	
Course Outcomes:	After completing this course, student is expected to learn the following: <ul style="list-style-type: none"> ✚ Knowledge about basic princiles of Yoga. ✚ Knowledge about Yogic practices for daily life. 	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Basics of Yoga:- History and scope of Yoga, Definitions, Streams, Detail about Ashtanga Yoga and the fundamental principal involved, Trisareera, Panchakosha, Correlatation between Trisareera and Panchkosha	15

II	Operational tools of each kosha, Four streams of Yoga (Raja Yoga, Jnana Yoga, Bhakti Yoga, Karma Yoga) Definition, Concepts with example	15
III	Annamaya kosha:- Selected practices of Loosening, Suryanamaskar, Ardhakati chakrasana, Ardhachakrasana, Tadasana, Padhastasana, Trikonasana; Selected practices of Kriya: Vaman dhouti, jala neti, Kapal bhati, Trataka (jatra)	15
IV	Pranmaya Kosha : Selected breathing practices, Pranayama:- Heating pranayama (Ujjayi, Bhastrika), Cooling Pranayama (Sitali, Sitkari and Sadanta), Balancing Pranayama (Nadi sodhana) and Bhramari Pranayama, Manomaya Kosha :- Om Chanting and experiencing its silence, Cyclic Meditation	15
	<p>Suggested Readings:</p> <ul style="list-style-type: none"> ✚ Swami Satyananda Saraswati (2015). Asana, Pranayama, Mudra, Bandha (1st edition), ASIN: B017TKDH10, Yoga Publications Trust, Munger, Bihar, India ✚ H R Nagendra (2001) Asana Pranayama Mudra Bandha, Yoga Prakashan Trust, Prashanti Kutiram, Banglore 	

Course Name: PANCHAGAVYA THERAPY		Course Code: YOG 432
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 04 Total Hrs.: 60
Continuous Assessment - CA 1 -20		End of Semester Examination – ESE – 60
Continuous Assessment - CA 2 – 20		
Total Evaluation Marks: 100		Examination Duration: 3 Hrs.
Course Objectives	<ul style="list-style-type: none"> ✚ To understand the basics of Panchagavya ✚ To understand the therapeutic aspects of Panchagavya 	
Course Outcomes:	<p>After completing this course, student is expected to learn the following:</p> <ul style="list-style-type: none"> ✚ Knowledge about Panchgavya ✚ Knowledge about therapy aspects of Panchagavya for various disorders. 	
SYLLABUS		

Unit No.	Contents	Contact Hrs.
I	Panchagavya :- Definition, Five produces from Indigenous cows, Five element Theory, Significance of Surya Ketu Nadi	15
II	Scriptural Evidences and benefits of Panchagavya:- From Vedas, Upnishads, Puranas and other scriptures	15
III	Cow milk :- Importance and Scientific evidences, Ghee :- Importance and Scientific evidences, Curd :- Importance and Scientific evidences Gomaya :- Importance and Scientific evidences Cow Urine :- Importance and Scientific evidences	15
IV	Concept of Gou-sparsha, Methods of Arka, Ghanwati and Bhashma formation, Therapeutic values of Panchgavya for various disorders	15
	Suggested Readings: <ul style="list-style-type: none"> ✚ Manoj Kuar Lamba (2021), Gau Panchgavya Chikitsa, Hindi Sewa Sadan 	


Course Name: AYUSH FOR OUR HEALTH		Course Code: YOG 433
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 04 Total Hrs.: 60
Continuous Assessment - CA 1 -20		End of Semester Examination – ESE – 60
Continuous Assessment - CA 2 – 20		
Total Evaluation Marks: 100		Examination Duration: 3 Hrs.
Course Objectives	<ul style="list-style-type: none"> ✚ To understand the basic principles of Aayush ✚ To understand the therapeutic aspects of Aayush 	
Course Outcomes:	After completing this course, student is expected to learn the following: <ul style="list-style-type: none"> ✚ Basic Knowledge about Aayush ✚ Knowledge about basic treatments methods used in Aayush for maintaining the good health 	
SYLLABUS		
Unit No.	Contents	Contact Hrs.

I	Introduction, Principles and Practices of Aayurveda Therapy	15
II	Introduction, Principles and Practices of Yoga Therapy	15
III	Introduction, Principles and Practices of Unani Therapy	15
IV	Introduction, Principal and Practices of Siddha and Homeopathy	15
	Suggested Readings: <ul style="list-style-type: none"> ✚ Liver Books (2020), Essential Aayush Medicines, ASIN : B0B4NB7FX1, Publisher : LIVRE BOOKS; 2022nd edition (1 January 2020) 	









Course Name: YOGA FOR PERSONALITY DEVELOPMENT		Course Code: YOG 434
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 04 Total Hrs.: 60
Continuous Assessment - CA 1 -20		End of Semester Examination – ESE – 60
Continuous Assessment - CA 2 – 20		
Total Evaluation Marks: 100		Examination Duration: 3 Hrs.
Course Objectives	<ul style="list-style-type: none"> ✚ To understand the various Yogic Methods for Personality development ✚ To understand the tools used for improve the physical, mental, social and spiritual personality 	
Course Outcomes:	After completing this course, student is expected to learn the following: <ul style="list-style-type: none"> ✚ Knowledge about various Personalities ✚ Tools used for improve the physical, mental, social and spiritual personality 	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Various types of personalities, Yoga and Physical Dimension of Personality :- Asana, Pranayama and Bandha	15
II	Yoga and Emotional Dimension of Personality: Pratyahara	15

III	Yoga and Intellectual Dimension of Personality: Meditation	15
IV	Yoga and Social Dimension of Personality: Yama and Niyama Yoga and Spiritual Dimension of Personality	15
	Suggested Readings: <ul style="list-style-type: none"> ✚ Sanjeev Arora (2019), Yoga for personality development, ISBN-13 : 978-8194333753, Publisher : Books arcade 	

Course Name: YOGA FOR DEVELOPMENT OF COGNITION ABILITIES		Course Code: YOG 435
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 04 Total Hrs.: 60
Continuous Assessment - CA 1 -20		End of Semester Examination – ESE – 60
Continuous Assessment - CA 2 – 20		
Total Evaluation Marks: 100		Examination Duration: 3 Hrs.
Course Objectives	<ul style="list-style-type: none"> ✚ To understand the Cognition ✚ To understand the yoga tools for improve the cognition ability. 	
Course Outcomes:	After completing this course, student is expected to learn the following: <ul style="list-style-type: none"> ✚ Cognitive functions in body ✚ Knowledge about Yoga tools to improve the cognition 	
COURSE SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Introduction about the Cognitive functions of the Human body, viz., Attention, Memory, Perception, Mental imagery etc.	15
II	Yoga for Attention :- Asanas, Pranayama and Meditation	15
III	Yoga for Memory:- Pranayama and Meditation	15
IV	Yoga for Creativity:- Pratyahara, Meditation	15

	Suggested Readings:-  Yeshayahu Ben-Aharon (2016), Cognitive Yoga, ISBN-13 : 978-1906999957, Publisher : Temple Lodge Publishing (5 September 2016)	
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DISCIPLINE SPECIFIC ELECTIVES

Course Name: <i>MIND BODY MEDICINE</i>		Course Code: <i>YOG 481</i>	
Batch: 2022-2024	Programme: M.Sc Yoga Therapy	Contact Hrs.per Week: 04 Total Hrs.: 60	
Continuous assessment (CA1) -20		End Semester Examination (ESE) -60	
Continuous assessment (CA2) -20			
Total Evaluation Marks:100		Examination Duration: 3Hrs.	
Course Objectives	After completing this course, students will be able <ul style="list-style-type: none">  to learn mind-body medicine as an alternative intervention  to understand fundamentals of mind body medicine  to learn psychoneuroimmunology and its health prospective  to learn mind-body intervention and their health benefiting effects 		
Course Outcomes	After completing this course, student is expected to learn the following: <ul style="list-style-type: none">  Know the fundamentals of mind-body medicine  Know the different type of mind body interventions.  Know the psychoneuroimmunology and its relevance to yoga.  Effects of various mind body interventions. 		
SYLLABUS			
Unit No.	Contents		Contact Hrs.
I	Fundamentals of Mind-body Medicine: Introduction to mind body medicine, definition, need have subject, relevance of mind body medicine in yoga therapy; Acute care model and psychosocial model		15

II	Stress and MBM: Definition of stress, stress physiology, effects of stress on health, stress assessments, psychoneuro-endocrinology, and pathophysiology of stress; Mind body intervention and stress	15
III	Psychoneuro-immunology: Definition, Neuro-hormonal pathways in psychoneuro-immunology, Gut brain axis, emotions and health, Emotions and psychopathologies: defensive detachment, self-esteem, self-criticism, emotional intelligence and self-regulation.	15
IV	Mind body interventions: Yoga: Prevention of disease and promotion of health through yoga, health benefiting effects of yoga; mechanism of yoga; Mindfulness meditation: Introduction, steps of mindfulness meditation and its health benefiting effects; Transcendental medicine: Introduction, steps of mindfulness meditation and its health benefiting effects	15
	Suggested Readings:- <ul style="list-style-type: none"> ✚ Zhi Gang Sha (2010). Soul Mind Body Medicine: A Complete Soul Healing System for Optimum Health and Vitality (1st edition), ASIN: B0042FZW8O, New World Library Publisher ✚ Lissa Rankin (2013). Mind Over Medicine (1st edition), ASIN: B00BLSZJGA, Hay House Inc. Publisher 	

Course Name: <i>PHYSIOLOGY OF THERAPEUTIC YOGA TECHNIQUES</i>		Course Code: <i>YOG 482</i>
Batch: 2022-20243	Programme: M.Sc. Yoga Therapy	Number of Contact Hrs/Week: 04 Total Hrs.: 60
Continuous assessment (CA1) - 20		End semester Examination (ESE) - 60
Continuous assessment (CA2) - 20		
Total Evaluation Marks: 100		Examination Duration: 3Hrs.
Course Objectives	Following the completion of this course, students will be able <ul style="list-style-type: none"> ✚ To learn the basic physiology of human body. ✚ To understand the Physiological benefits of asana. ✚ To understand the Physiological benefits of Pranayama. 	

	<ul style="list-style-type: none"> ✚ To understand the Physiological benefits of yogic kriya. ✚ To understand the Physiological benefits of yogic Meditation. 	
Course Outcomes	<p>After completing this course, studentis expected to learn the following:</p> <ul style="list-style-type: none"> ✚ Physiological benefits of yoga asana, pranayama and meditation. ✚ Physiological benefits of yogic kriya. 	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	<p>General Introduction: Introduction to Human body, Scientific understanding of Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamaya Kosa, Structure and functions of each Kosa, Limbs of Yoga and their basic operational principles;Physiology of Yoga Postures (Asanas): Definition, Category, Type, Physiological principles of Cultural, Meditative and Relaxation Asanas, Benefits of each category of Asanas, Mechanism of action of each category, Significance of a Complementary posture, Understanding of Reciprocal innervations and Reciprocal inhibition</p>	15
2	<p>Physiology of Kriya (Cleansing techniques): Introduction, Importance of a Lukewarm saline water/Iso tonic solution, Difference between Hypo, Hyper and Iso tonic solutions, Classification, Benefits of Jala and Sutra neti and its mechanism of action, Benefits of Trataka and its mechanism of action, Benefits of Kapalbhata and its mechanism of action, Benefits of Vaman, Vastra and Danda dhouti and their mechanism of action, Benefits of Sankhprakhshala and its mechanism of action, Basti, its benefits and mechanism of action, Nauli, Benefits and its mechanism of action; Action of Central and Peripheral Chemo receptors and the physiological rational of attaining Kevala kumbhaka; Jyoti Trataka and Cortical arousal</p>	15
IV	<p>Physiology of Meditation: Definition, Category, General characteristics of each category, Structural change following the long term practice of Meditation; Physiological changes during and following the practice of Meditation; Changes in Hormone and Neurotransmitter during and following the practice; Activation of Default Mode Network (DMN); Activation of GABAergic system; Activation of Sub cortical and Neocortical area of the Brain, Biomarkers of Meditation; Physiological system of Meditation in other systems of the Human body</p>	15

Suggested Readings:

- ✚ H David Coulter (2010). Anatomy of Hatha Yoga (1st edition), ISBN-10: 097070061X, Body and Breath Publisher
- ✚ Leslie Kaminoff and Amy Matthews (2011). Yoga Anatomy (2nd edition), ASIN: B0076DDI8A, Human Kinetics Publisher

Course Name: <i>ESSENTIALS OF BIOCHEMISTRY IN YOGA THERAPY</i>		Course Code: <i>YOG 483</i>
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs/week: 04 TotalHrs.: 60
Continuous assessment (CA1) -20		End Semester Examination (ESE) -60
Continuous assessment (CA2) -20		
Total Evaluation Marks:100		Examination Duration: 3Hrs.
Course Objectives	Following the completion of this course, students will be able to <ul style="list-style-type: none"> ✚ Learn basics of biochemistry. ✚ Learn the diagnostic methods based on biochemistry. ✚ Learn biochemical changes after yoga, asana, pranayama, meditation and kriya 	
Course Outcomes	After completing this course, student is expected to learn the following: <ul style="list-style-type: none"> ✚ Know the basic of biochemistry. ✚ Know the diagnostic methods based on biochemistry ✚ Know the changes in various body chemicals following yogic practices. 	
SYLLABUS		
Unit No.	Contents	Contact Hrs.

I	Carbohydrates, Lipids and Fatty acids: Introduction to carbohydrate, classification, properties of monosaccharide, osazone formation, mutarotation; Introduction to disaccharide (lactose, maltose, sucrose) and polysaccharide (Heparin, starch, and glycogen) biological function of carbohydrate; Lipid and Fatty acids; Introduction to lipid, occurrence, properties, classification of lipid; Importance of phospholipids, sphingolipid and glycerolipid; Biological function of lipid; Fatty acid - Introduction, Nomenclature and classification of fatty acid Essential and non-essential fatty acids	15
II	Amino acids, protein and Nucleic acids: Introduction to amino acid, structure, classification of protein based on polarity; Properties (physical, chemical) Titration of amino acid; Essential and non-essential amino acid. Amino and sequencing (EDMan and Sangar method); Protein Introduction to protein, classification of protein based on solubility, shape, composition and Function; Peptide bond – Structure of peptide bond. Denaturation – renaturation of protein, properties of protein. Introduction to lipoprotein, glycoprotein and nucleoprotein; Nucleic acids - Introduction to nucleic acid, Difference between nucleotide and nucleoside, composition of DNA & RNA Structure of Nitrogen bases in DNA and RNA along with the nomenclature - DNA double helix (Watson and crick) model, Introduction of A, B, Z DNA, Gene, genome and chromosome, Types of RNA, structure of t – RNA	15
III	Carbohydrate, Lipid and Amino acid metabolism: Carbohydrate metabolism - Reaction and energetic of glycoysis, Alcoholic & Latic acid, Fermentation, Entry of Fructose, Galaclose Mannose, etc. Reaction and energetic of TCA cycle., Gluconeogenesis, Glycogenesis and glycogenolysis Reactions and Physiological significance of Pentose phosphate pathway, Regulation of Glycolysis and TCA cycle; Lipid Metabolism - Introduction hydrolysis of triacylglycerol transport of fatty acids into mitochondria, oxidation of satured fatty acids. ATP yield from fatty acid oxidation, Biosynthesis of satured and unsaturated fatty acids, Metabolism of ketone bodies oxidation of unsaturated and odd chain fatty acids; Biosynthesis of triglycerides and important phospholipids glyeolipid, sphingolipids and cholesterol, Regulation of cholesterol metabolism; Amino acid Metabolism - General reaction of amino acid metabolism transamination oxidative deamination	15

IV	<p>Biochemistry Diagnostics: Urine: Normal composition of urine – Volume, pH, colour, specific gravity; Constituents - Urea, uric acid, creatinine, pigment. Abnormal constituents – glucose, albumin, ketone bodies, variations in urea, creatinine, pigments and their clinical significance in brief; Blood: Normal constituents of blood and their variation in pathological conditions - urea, uric acid, creatinine, glucose, bilirubin, total protein, albumin/globulin ratio. Lipid profile – cholesterol, Triglycerides, lipoproteins - HDL and LDL; Liver function tests: Alkaline phosphatase, SGOT and SGPT; Cardiac injury profile CPK and LDH; Inborn errors of Metabolism: Sickle cell anaemia, phenylketonuria, Neimann – Pick disease, Type III glycogen storage disease (Cori’s disease)</p>	15
<p>Suggested Readings:-</p> <ul style="list-style-type: none"> ✚ R.K.Murray, D.K. Granner, P.A. Mayes and V.W. Rodwell, HARPER’S BIOCHEMISTRY, 22nd edn.(1990), Prentice-Hall, International, USA. ✚ P.K. Stumpf, OUTLINES OF BIOCHEMISTRY, 4th edn. (1994), Wiley Eastern, New Delhi, (Chapters 7 & 8). ✚ Nelson and Cox, LEHNINGER’S PRINCIPLES OF BIOCHEMISTRY, (2000), Kalyani Publishers, Ludhiana/Worth Publishers, Inc., New York. ✚ L. Stryer BIOCHEMISTRY 4th Ed. (1995) W.H. Freeman Co., San Francisco, USA 		

Course Name: SCIENCE OF MEDITATION		Course Code: YOG 484	
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week:4 Hrs. Total Hrs.: 60	
Continuous assessment (CA1) -20		End Semester Examination (ESE) - 60	
Continuous assessment (CA2) -20			
Total Evaluation Marks:100		Examination Duration: 3Hrs.	
Course Objectives	<p>After going through this course, students will be able to</p> <ul style="list-style-type: none"> ✚ Understand the knowledge about the basics of meditation. ✚ Learn different meditation techniques. ✚ Learn the effect of meditation on human anatomy and physiology. 		

Course Outcomes	After completing this course, student is expected to learn the following: <ul style="list-style-type: none"> ✚ Know the physiological and psychological effects of meditation ✚ Know the different type of meditations. ✚ Know the indication and contra-indications of various types of meditation in different health conditions. 	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Introduction to Meditation: Meditation- Definitions, concepts, and basic techniques The purpose and intention of meditation practice from different perspectives Anatomical and Physiological changes in the body due to meditation practice.	15
II	Meditation as a tool to increase self-awareness: Awareness of the energy system within the body through Visualizations and a Chakra breathing exercise; Basics of Different Meditation Techniques: Buddhist Meditation techniques, Vedic Meditation techniques, Chinese Meditation Techniques, Jain meditation Technique, Other Meditation techniques	15
III	Meditation and Brain: Meditation and brain waves, Meditation and Ageing Meditation and Cognitive Functions	15
IV	Meditation in Yoga Texts: Concept of Dhyana in Yogopnishad, Bhagwad Gita Gheranda Samhita and other Yoga texts	15
	Suggested Readings:- <ul style="list-style-type: none"> ✚ Daniel Goleman, Richard J. Davidson ((2017). <i>Altered traits_ science reveals how meditation changes your mind, brain, and body.</i> ISBN: 9780399184406 Avery. ✚ Shinzen Young (2016). <i>The Science of Enlightenment - How Meditation Works.</i> ISBN:978-1-62203-748-3, Sounds True. ✚ Itai Ivztan, Tim Lomas (2016). <i>Mindfulness in Positive Psychology - The Science of Meditation and Wellbeing</i> , ISBN:9781138808515, Routledge ✚ William Johnston (1997). <i>Silent Music - The Science of Meditation</i> ISBN:9780823217748, Fordham Univ Press. ✚ Tang, Yi-Yuan(2017). <i>The neuroscience of mindfulness meditation- how th</i> 	

	<i>body and mind work together to change our behavior</i> , ISBN:978-3-319-46321-6, Palgrave Macmillan.	
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Course Name: STRESS MANAGEMENT IN YOGA THERAPY		Course Code: YOG 485
Batch: 2022-2024	Programme: M.Sc. Yog Therapy	Number of Contact Hrs/Week: 04 Total Hrs.: 5
Continuous assessment (CA1) - 20		End Semester Examination (ESE) - 60
Continuous assessment (CA2) - 20		
Total Evaluation Marks: 100		Examination Duration: 3Hrs.
Course Objectives	After completing this course, students will be able <ul style="list-style-type: none"> - Understand the defining stress, eustress, and distress and stress management. - Understand and identifying positive and negative stimuli and stressors that initiate a reaction/response. - Understand the role of yoga in stress management. - Know the various other techniques of stress management. 	
Course Outcomes	After having completed this course, student are expected to learn the following <ul style="list-style-type: none"> ✚ Know the stress physiology ✚ Know the yogic practices to overcome the stress ✚ Know the other stress management techniques. 	






SYLLABUS

Unit No.	Contents	Contact Hrs.
I	Stress: An overview, concept of stress, types of stress: distress and eustress and stages of distress and its consequences; Shirley's general adaptation syndrome; fight and flight response during stress, stress reactions, factors that affect our stress, Psychosocial causes of stress' Stress assessments: Biochemical assessment of stress, neurophysiological assessments of stress, subjective assessments of stress, Perceived stress scale, depression, anxiety stress scale, distress scale, general health questionnaire, stress inventory	15

II	Occupational stress: Causes of occupational stress, Symptoms of Occupational stress, Good and bad stress, Acute stress, chronic stress and episodic stress, Stress response; Work related problems during stress, family related problems; Strategies to cope up stress	15
III	Mechanism of Stress: Impact of stress in human body: Effect of stress in digestive system, cardio-vascular system, respiratory system, reproductive system, endocrine system, muscular system, nervous system, suppression of immune system, Effects of stress hormones	15
IV	Stress management: Stress monitoring, checking the diet, regular exercise, time for meditation and Yoga, Interpersonal relationship; Integrated approach of management of Stress: at the body, mind, intellect, social and spiritual plane of handling the stress	15
	<p>Suggested Readings :-</p> <ul style="list-style-type: none"> ✚ George Fink (2019). Stress: Physiology, Biochemistry, and Pathology (1st edition), ISBN: 0128131462, Kindle Academic Press Publisher ✚ Sarvesh Gulati (2017). Art of Stress management (1st edition), B01N8TD9OC, Rupa Publications India ✚ H R Nagendra and R Nagarathna (2008). Perspective of Stress and its Management (2nd edition), Swami Vivekananda Yoga Publication Trust, Banaglore, India 	

Course Name: FUNDAMENTALS OF SANSKRIT		Course Code: YOG 486
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Number of ContactHrs. /Week: 04 Total Hrs.: 60
Continuous assessment (CA1) -20		End Semester Examination (ESE) -60
Continuous assessment (CA2) - 20		
Total Evaluation Marks:100		Examination Duration: 3Hrs.
Course Objectives	After completion of this course, student will be able to understand the, <ul style="list-style-type: none"> ✚ Basics of Sanskrit varnamala ✚ Spoken Sanskrit :- Basic level ✚ Spoken Sanskrit :- Intermediate level 	
Course Outcomes:	After completing this course, student is expected to learn the following: <ul style="list-style-type: none"> ✚ Speak the Sanskrit of basic level ✚ Speak the Sanskrit of Intermediate level 	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Some Unique characteristics of Sanskrit -Basic introduction of oneself -Simple verbs Daily vocabulary Introducing different declensions and tenses - 1 Introducing different declensions and tenses - 2 Practice with various verbs in different moods and tenses Summary of the Sentence structure with different questions	15
II	Introduction: Some Unique characteristics of Sanskrit,Revision of the main features of Part 1 of Introduction to Basic Spoken Sanskrit,Different verb forms,Daily vocabulary Introduction of different declensions in the plural and tenses – 1,Daily Vocabulary,Poetic verses, conversations and stories Practice with various verbs in different moods and tenses,Summary of the Sentence structures using the plural with different questions	15

III	<p>Introduction of a few more words ending with consonants and their declensions, Alternative Conjugation of verbs, Daily vocabulary, Poetic verses, conversations and stories</p> <p>Introduction to their different declensions in singular, dual and plural, New verb forms, Daily Vocabulary, Poetic verses, conversations and stories</p> <p>Introduction to Sandhi, Vowel with vowel / Vowel with consonant / Consonant with consonant / Aspirant with vowel or consonant, Poetic verse, reading and comprehension, conversations Practice with a variety of word endings, various verbs in different moods and tenses, Summary of the Sentence structures using the plural with different questions</p>	15
<p>Suggested Readings:</p> <p> https://onlinecourses.nptel.ac.in/noc22_hs114/preview</p>		

Course Name: FUNDAMENTALS OF AYURVEDA		Course Code: YOG 487	
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Number of Contact Hrs/Week: 04 Total Hrs.: 60	
Continuous assessment (CA1) - 20		End Semester Examination (ESE) -60	
Continuous assessment (CA2) - 20			
Total Evaluation Marks: 100		Examination Duration: 3 Hrs.	
Course Objectives	<ul style="list-style-type: none">  Knowing the basics concepts of ayurveda  Understanding the dinacharya and ritucharya according to ayurveda 		
Course Outcomes	<p>After going through this course student will be able to</p> <ul style="list-style-type: none">  learn the basic concepts of Ayurveda such as dosha, Dhatu and Malas.  learn the dinacharya & ritucharya according to ayurveda  learn the concept of disease and health according to Ayurveda learn the panchakara 		
SYLLABUS			
Unit No.	Contents		Contact Hrs.

1	Concept of Doshas, Dhatus, Malas and Agni: Introduction to Ayurveda, origin and history of Ayurveda, Treatises of Ayurveda, Branches of Ayurveda, Concept of Ayurveda, Arogya and roga	15
2	Concept of Doshas, Dhatus, Malas and Agni: Concept of doshas, its functions, subtypes and treatment of imbalanced doshas. Concept of dhatus and malas. Concept of agni, Types of agni. Concept of Ama. Prakriti and its types	15
3	Concept of Health and Disease: Concept of health according to Ayurveda. Dinacharya and Ritucharya and Ritusandhi- features and significance. Preventive Healthcare; Concept of Diet and drinkables. Shatkriyakala. Concept of disease and its classification; Concept of drugs in Ayurveda	15
4	Ayurveda treatments: Types of Ayurveda treatments. Shodana and Samana treatments. Purification procedures Vaman, virechana, nasya, bastiprocidures, indications and benefits.	15

Suggested Readings:-

- ✚ Todd Caldecott(2006). *Ayurveda: The Divine Science of Life*, ISBN: 9780723434108, Mosby Elsevier
- ✚ Dr. Ram Karan Sharma, Vaidya Bhagwan Dash (2012). *Caraka Samhita* (1st ed.), ISBN: 9788170800712, The Chowkhamba Sanskrit Series Office.
- ✚ K.R. Srikantha Murthy(2014). *Ashtanga Hridayam*, ISBN: 9788121800228, Chaukhamba Sanskrit Series.
- ✚ Swami Sada Shiva Tirtha(1998). *The Ayurveda Encyclopedia: Natural Secrets to Healing, Prevention, and Longevity*. ISBN: 978-0965804226, Ayurveda Holistic Center Press

Course Name: RESEARCH ADVANCES IN YOGA THERAPY		Course Code: YOG 488
Batch: 2022-2023	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 04 Total Hrs.: 60
Continuous assessment (CA1) -20		End Semester Examination (ESE) - 60
Continuous assessment (CA2) -20		
Total Evaluation Marks: 100		Examination Duration: 3Hrs.

Course Objectives	<ul style="list-style-type: none"> ✚ Enhancing the knowledge of existing evidence for yoga therapy in various chronic disorders ✚ Learning about the evidence based yoga therapy modules for different chronic disorders ✚ Understand different investigating methods in yoga therapy research 	
Course Outcomes	<p>After completing this course, students will be able</p> <ul style="list-style-type: none"> ✚ Improve the skills to design, perform, report and present research outcomes. ✚ Improve skills in writing the research outcomes in the form of research manuscripts dissertation. ✚ Acquiring skills to work independently as well as in group in order to solve a research based problem 	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Learning about different search engines and online searching method, understanding key words and article searching, advances searches.	15
II	Online search and reading research article of yoga studies in musculoskeletal disorders (chronic low back pain, osteoarthritis, rheumatoid arthritis, ankylosing spondylitis and spondylitis), gastrointestinal disorders (constipation, gastritis, and inflammatory bowel disorders).	15
III	Online search and reading research article of yoga studies in mental health (anxiety, depression, stress, bipolar disorder, schizophrenia and addictions), yoga for neurological disorders (migraine, Parkinson's disease, multiple sclerosis, stroke, epilepsy)	15
IV	Online search and reading research article of yoga studies in mental health (Hypertension, Diabets, Parkinson, Cancer)	15
<p>Suggested Readings:-</p> <p>Course material will be chosen based on the instruction of the faculty dealing with the course.</p> <p>Search engines:</p> <ul style="list-style-type: none"> - Google scholars, Sci finders, Pub- Med, Web of Science, and Scopus 		

Course Name: <i>FUNDAMENTALS OF INTEGRATIVE MEDICINE</i>		Course Code: <i>YOG 489</i>	
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Number of Contact Hrs/Week: 04 Total Hrs.: 60	
Continuous assessment (CA1) - 20		End Semester Examination (ESE) -60	
Continuous assessment (CA2) - 20			
Total Evaluation Marks: 100		Examination Duration: 3 Hrs.	
Course Objectives	<ul style="list-style-type: none"> ✚ To learn the fundamentals of integration. ✚ To learn to integrate traditional health care systems with conventional health care. ✚ To know the benefits and limitations of Integrative medicine. 		
Course Outcomes	<p>After going through this course, students will be able to</p> <ul style="list-style-type: none"> ✚ Know concept of Integrative health and medicine. ✚ Learn the importance of Integrative medicine for holistic health. ✚ Learn the Limitations and strength of different branches medicine. ✚ Know the Traditional health care for overall health. 		
SYLLABUS			
Unit No.	Contents		Contact Hrs.
I	The evolution of health care system. Philosophy and Evolution of Medicine. Health care crisis. Fundamentals of Integrative health. Global Traditional health care systems. Concepts of Health and Disease, Concept of holistic health.		15
II	The epidemic of lifestyle diseases. Causes of Drug failure. Emerging evidences of Alternative health care systems. Drugs in Conventional and traditional health care system, Reverse and network pharmacology, Phytopharmaceuticals, Nutraceuticals and Supplements use and limitations Systems Biology, Open systems, Systems medicine and its progress. Personalized approaches for health.		15
III	Basics of Naturopathy, Principles of Naturopathy, Hydrotherapy and Mud Therapy, Chromo, Magneto Therapy and Aroma Therapy. Acupressure and Acupuncture. Energy Medicine. Siddha, Unani and Homeopathy, Ayurveda and Yoga.		15


IV	Applications of Ayurveda, naturopathy, Homeopathy and Siddha in the treatment of non-communicable diseases	15
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Suggested Readings:-

- David Rakel (2002). *Integrative Medicine: Complementary Therapy in Medical Practice*, ISBN: 9780721692883, Saunders
- Leonard A. Wisneski, Lucy Anderson (2009). *The Scientific Basis of Integrative Medicine* (2nd ed.), ISBN: 9781420082906, CRC
- Todd Caldecott (2006). *Ayurveda: The Divine Science of Life*, ISBN: 9780723434108, Mosby Elsevier
- Dr. H.K. Bakhru (1991). *The Complete Handbook of Nature Cure* (5th edition), ISBN: 978-8172242299, Jaico Publishing House
- McGuinness H.(2007). *Aromatherapy: Therapy basics* (2nd ed.), ISBN: 9780340876800, Arnold

Course Name: YOGA FOR PREVENTION AND PROMOTION OF HEALTH		Course Code: YOG 490	
Batch: 2021-2023	Programme: M.Sc. Yoga Therapy	Contact Hrs. /Week: 4 Total Hrs.: 60	
Continuous assessment (CA1) -20		End Semester Examination (ESE) - 60	
Continuous assessment (CA2) -20			
Total Evaluation Marks: 100		Examination Duration: 3 Hrs	
Course Objectives	<ul style="list-style-type: none"> ✚ Know about the concept why prevention of health is better than cure ✚ Know about the strategies adopted to promote the health 		
Course Outcomes	Following the completion of this course, students will be able to <ul style="list-style-type: none"> ✚ Identify the major public health challenges ✚ Identify the yogic tools for prevention and promotion of health 		
SYLLABUS			
Unit No.	Contents		Contact Hrs.
I	Introduction: Importance of promotion of health and prevention of health problems. Identification of different systems of body to strengthen, prevent		15

	personality hazards and to promote positive personality. Perspectives on Health Promotion	
II	Yoga for Behavior change and Risk reduction: Tobacco Use Prevention and Cessation, Alcohol and Drug Abuse, Physical Activity; Behavior change for preventing disease and disability outcomes.	15
III	Yoga for Promotion of Health of Special Population: Understanding stress, Physiological changes due to stress, Stress management; Promoting the Health of Women, Children and Adolescents.	15
IV	Yoga for Geriatric Care: Promotion of positing in Geriatric population	15
	<p>Suggested Readings:-</p> <ul style="list-style-type: none"> • Ralph J. DiClemente, James M. Raczynski (1999). <i>Handbook of Health Promotion and Disease Prevention</i> (1sted.). ISBN:978-1-4613-7169-4, Springer US. • Ananda Balayogi Bhavanani (2013). <i>YOGA CHIKITSA: Application of Yoga as a THERAPY</i> (1st ed.), Dhivyananda Creations, Pondicherry. • Dr. R Nagaratha, Dr. H R Nagendra (2015). <i>Integrated approach of yoga therapy for positive health</i>. Swami Vivekananda Yoga Prakashana. 	

Course Name: BIOMECHANICS OF YOGASANA		Course Code: YOG 491
Batch: 2021-2023	Programme: M.Sc. Yoga Therapy	Contact Hrs. /Week: 4 Total Hrs.: 60
Continuous assessment (CA1) -20	End Semester Examination (ESE) - 60	
Continuous assessment (CA2) -20		
Total Evaluation Marks: 100		Examination Duration: 3 Hrs
Course Objectives	 Understand the applications of Biomechanics in Yogasana	

Course Outcomes	Following the completion of this course, students will be able to	
	<ul style="list-style-type: none"> ✚ Apply the principles of Biomechanics in Yogasana ✚ Apply its application in Performing the postures 	
	SYLLABUS	
Unit No.	Contents	Contact Hrs.
I	Background: Overview of bones, joints, muscles, Mechanical laws acting during the movement in human body	15
II	Action of Muscles: Locations and functions of Agonist muscles, Antagonist muscles, Synergist muscles, and fixators; Anatomical directions, planes and range of motion	15
III	Stretching: Introduction, Advantages and disadvantages of Cyclic, Ballistic, Mechanical, Manual stretchings and techniques for Neuro muscular inhibitions	15
IV	Categories of Asanas and their importance from Biomechanics point of view; Biomechanics of muscles, in Padahastasana, Ardha chakrasana, trikonasana, parivitta trikonasana, Paschimottasana, Ushtrasana, Sashankasana, Suptavajrasana, Ardha matsyendrasana, Meru dandasana, Bhujangasana, Dhanurasana, Bhujangasana, Salabhasana, Halasana, Chakrasana, sarvangasana, matsyasana	15
	Suggested Readings:-	
	<ul style="list-style-type: none"> • Yoga Anatomy by Leslie Kaminoff 	

Course Name: FUNDAMENTALS OF YOGA		Course Code: YOG 492
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Number of Contact Hrs./Week: 04 Total Hrs.: 60
Continuous assessment (CA1) -20	End Semester Examination (ESE) -60	
Continuous assessment (CA2) -20		
Total Evaluation Marks: 100		Examination Duration: 3Hrs.

Course Objectives	<ul style="list-style-type: none"> ✚ Providing with the fundamental knowledge of yoga ✚ Giving basic knowledge such as definitions, history, evolution and school of yoga
Course Outcomes	<p>After completing this course, student is expected to learn the following:</p> <ul style="list-style-type: none"> ✚ Understand the definition of yoga from different yogic scriptures ✚ Understand the evolution of yoga ✚ Understand the schools of yoga

SYLLABUS

Unit No.	Contents	Contact Hrs.
I	Origin, History and Development: Origin of Yoga, History and Development of Yoga; Etymology and Definitions, Misconceptions, Aim and Objectives of Yoga, True Nature and Principles of Yoga; Introduction to Vedas, Upanishads, Prasthanatrayee and Purushartha Chatushtaya; General introduction to Shad-darshanas with special emphasis on Samkhya and Yoga Darshana, Yoga in Vedanta; Introduction to Epics - (Ramayana, Mahabharata), Yoga in Ramayana, Yoga in Mahabharata	15
II	Introduction to Smritis and Yoga in Smritis; General introduction to Agamas and Tantra, Yoga in Tantra; Concepts of Nadi and Prana in Tantra, Kundalini, Effects of Kundalini Shakti and Shatchakra Sadhana; Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints, Yoga in Narada Bhakti Sutras; Yoga in Modern Times: Yogic Traditions of Ramakrishna and Swami Vivekananda, Shri Aurobindo; Yoga traditions of Maharshi Ramana and Swami Dayanand Saraswati	15
III	Yoga in Contemporary Times: Brief Introduction to important Yoga Paramparas (lineages) Yoga Parampara of Sri T. Krishnamacharya, Yoga Parampara of Swami Shivanada Saraswati, Swami Rama of Himalayas, Maharshi Mahesh Yogi and their contributions for the development and promotion of Yoga.	15
IV	Introduction to Schools (Streams) of Yoga: Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma and Dhyana), Yoga Schools with Samkhya-Yoga Tradition (Yoga of Patanjali) and Yoga Schools with Tantric Tradition (Hatha Yoga, Swara Yoga and Mantra Yoga) • Elements of Yoga and Yogic practices in Jainism, Buddhism and Sufism	15

Suggested Readings:-

- ✚ Saraswati Swami Satyananda (2006). *Four Chapters on Freedom* (1st ed.), ISBN: 9788185787183, Yoga Publications Trust Munger Bihar.
- ✚ Georg Feuerstein, Subhash Kak (2013). *Yoga Tradition: It's History, Literature, Philosophy & Practice*, ISBN: 9781935387589, Hohm Press.
- ✚ Swami Vivekananda (2014). *Patanjali Yoga Sutras*, ISBN: 9788189297954, Vijay Goel.
- ✚ Swami Niranananda Saraswati (2012). *The Yoga of Sage Vasishtha* (1st ed.), ISBN: 9789381620182, Yoga Publications Trust.
- ✚ Swami Satyananda Saraswati (2009). *KundaliniTantra* (2nd ed.), ISBN: 9788185787152, Yoga Publications Trust, Munger, Bihar
- ✚ Chandradha Sharma (2016). *A Critical Survey of Indian Philosophy* (16th ed.), ISBN-13: 978-8120803657, Motilal Banarsidass Publisher, New Delhi, India

Course Name: THERAPEUTIC PRANAYAMA		Course Code: YOG 493
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 04 Total Hrs.: 60
Continuous Assessment - CA 1 -20		End of Semester Examination – ESE - 60
Continuous Assessment - CA 2 - 20		
Total Evaluation Marks: 100		Examination Duration: 3 Hrs.
Course Objectives	<ul style="list-style-type: none"> ✚ To understand all the aspects of Astakumbhaka ✚ To understand the therapeutic values of Pranayamas 	
Course Outcomes:	After completing this course, student is expected to learn the following: <ul style="list-style-type: none"> ✚ Knowledge about Astakumbhaka. ✚ Knowledge about pranayama for different disease conditions. 	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Methods, Limitations, Benefits, Precautions, Key points, Therapeutic aspects and Variations of Surya Bhedana and Ujjayi Kumbhaka	15

II	Methods, Limitations, Benefits, Precautions, Key points, Therapeutic aspects and Variations of Sitkari and Sitali Kumbhaka	15
III	Methods, Limitations, Benefits, Precautions, Key points, Therapeutic aspects and Variations of Bhastrika and Brahmari Kumbhaka	15
IV	Methods, Limitations, Benefits, Precautions, Key points, Therapeutic aspects and Variations of Murccha and Plavini Kumbhaka	15


Suggested Readings:



- ✚ Swami Satyananda Saraswati (2015). Asana, Pranayama, Mudra, Bandha (1st edition), ASIN: B017TKDHI0, Yoga Publications Trust, Munger, Bihar, India
- ✚ M.J.N Smith (2019). An Illustrated Guide to Asana and Pranayama, ISBN:- 9788187847489, Krishnamacharya yoga mandiram, Coimbatore, Tamilnadu, India

Course Name: THERAPEUTIC KRIYA		Course Code: YOG 494
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 04 Total Hrs.: 60
Continuous Assessment - CA 1 -20		End of Semester Examination – ESE – 60
Continuous Assessment - CA 2 – 20		
Total Evaluation Marks: 100		Examination Duration: 3 Hrs.
Course Objectives	<ul style="list-style-type: none"> ✚ To understand the yogic kriyas explained in Hatha Yoga Scripture ✚ To understand the therapeutic aspects of Yogic kriya 	
Course Outcomes:	<p>After completing this course, student is expected to learn the following:</p> <ul style="list-style-type: none"> ✚ Knowledge about Yogic Kriya ✚ Knowledge about Contradiction and benefits of Kriyas for different Diseased condition. 	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Methods, Limitations, Benefits, Precautions, Key points, Therapeutic aspects and Variations of Kapalbhata and Trataka Kriyas	15

II	Methods, Limitations, Benefits, Precautions, Key points, Therapeutic aspects and Variations of Neti and Dhauti Kriyas	15
III	Methods, Limitations, Benefits, Precautions, Key points, Therapeutic aspects and Variations of Basti and Shanka Prakshalana Kriyas	15
Suggested Readings:		
<ul style="list-style-type: none"> ✚ Swami Saradananda (2018), The Cleansing Power of Yoga (New edition), ISBN-13 : 978-1786781673, Watkins Publishing House ✚ Selvarasu (2022), Kriya Cleansing in Yoga, ASIN : B01N66IMIN, ISBN-13 : 978-8175253780, Aruvi yoga Publication 		

Course Name: THERAPEUTIC MUDRA AND BANDHA		Course Code: YOG 495
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 04 Total Hrs.: 45
Continuous Assessment - CA 1 -20		End of Semester Examination – ESE – 60
Continuous Assessment - CA 2 – 20		
Total Evaluation Marks: 100		Examination Duration: 3 Hrs.
Course Objectives	<ul style="list-style-type: none"> ✚ To understand the principles of Mudra and bandha given in Hatha Yoga text ✚ To understand the therapeutic aspects of Mudra and bandha 	
Course Outcomes:	After completing this course, student is expected to learn the following: <ul style="list-style-type: none"> ✚ Knowledge about Various Mudras and Bandhas ✚ Knowledge about Mudras and Bandhas for different diseased condition. 	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Methods, Limitations, Benefits, Precautions, Key points and Therapeutic aspects of Chin Mudra, Chinmaya Mudra, Aadi Mudra and Brahma Mudra	15
II	Methods, Limitations, Benefits, Precautions, Key points and Therapeutic aspects of Gyan Mudra, Vayu Mudra, Agni Mudra, Varun Mudra, Prana Mudra and Kaki Mudra	15

III	Methods, Limitations, Benefits, Precautions, Key points and Therapeutic aspects of Mula Bandha, Uddiyana Bandha, Jalandhara Bandha and Mahabandha	15
	Suggested Readings:  Swami Satyananda Saraswati (2015). Asana, Pranayama, Mudra, Bandha (1 st edition), ASIN: B017TKDHI0, Yoga Publications Trust, Munger, Bihar, India	

Course Name: ADVANCE MEDITATION		Course Code: YOG 496
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 04 Total Hrs.: 60
Continuous Assessment - CA 1 -20	End of Semester Examination – ESE – 60	
Continuous Assessment - CA 2 – 20		
Total Evaluation Marks: 100	Examination Duration: 3 Hrs.	
Course Objectives	 To understand the various meditation techniques given in Yogic Scriptures  To understand the philosophy, psychology and physiology of various meditation techniques	
Course Outcomes:	After completing this course, student is expected to learn the following: CO1: Knowledge about various Meditation techniques CO2: Way of practicing the various Meditation techniques	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Preparation, Methods, Limitations and Benefits of Cyclic Meditation, Mind Sound Resonance Technique, Om Meditation, Vipassana Meditation	15
II	Preparation, Methods, Limitations and Benefits of Chakra Meditation, Transcendental Meditation, Presksha Meditation, Savita Meditation	15

III	Preparation, Methods, Limitations and Benefits of Mantra Meditation, Guided Meditation, Mindfulness Meditation, Vedic Meditation	15
IV	Preparation, Methods, Limitations and Benefits of Yoga Nidra, Ajapajapa, Antarmauna and Chidaakasha Dharana Meditation Techniques	15
<p>Suggested Readings:</p> <ul style="list-style-type: none"> ✚ Daniel Goleman, Richard J. Davidson ((2017). <i>Altered traits_ science reveals how meditation changes your mind, brain, and body.</i> ISBN: 9780399184406, Avery. ✚ Shinzen Young (2016). <i>The Science of Enlightenment - How Meditation Works.</i> ISBN:978-1-62203-748-3, Sounds True. ✚ ItaiIvtzan, Tim Lomas (2016). <i>Mindfulness in Positive Psychology - The Science of Meditation and Wellbeing</i> , ISBN:9781138808515,Routledge ✚ William Johnston (1997). <i>Silent Music - The Science of Meditation</i> ISBN:9780823217748, Fordham Univ Press. ✚ Tang, Yi-Yuan(2017). <i>The neuroscience of mindfulness meditation- how the body and mind work together to change our behavior,</i> ISBN:978-3-319-46321-6 Palgrace Macmillan. ✚ H R Nagendra and R Nagarathna (2008). <i>Perspective of Stress and its Management</i> (2nd edition), Swami Vivekananda Yoga Publication Trust, Banaglore, India 		

Course Name: <i>FUNDAMENTALS OF NATUROPATHY</i>		Course Code: <i>YOG 497</i>
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 04 Total Hrs.: 45
Continuous Assessment - CA 1 -20		End of Semester Examination – ESE – 60
Continuous Assessment - CA 2 - 20		
Total Evaluation Marks: 100		Examination Duration: 3 Hrs.
Course Objectives	<ul style="list-style-type: none"> ✚ To understand the Fundamentals & principles of Naturopathy ✚ To understand the therapy techniques given in Naturopathy for different Ailments. 	

Course Outcomes:	After completing this course, student is expected to learn the following: <ul style="list-style-type: none"> ✚ Knowledge about fundamental Principles of Naturopathy ✚ Knowledge about nature cure principles for different Diseased condition 	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Fundamentals, principals, Concept and Theories of Naturopathy:- Concept of Panchmahabhutas, philosophy of disease Properties of Water, Air, Mud, Sun and Sky	15
II	Fasting :- Definition, historical Highlights:- Acc to Vedas, Ayurveda, epic and other pioneer Naturopaths Fasting in Different religions Classifications of fasting Physiological changes in Fasting	15
III	Treatment modalities in Naturopathy :- Hydrotherapy (Hip bath, Arm bath, foot bath, spinal bath, Spinal spray, Full immersion bath, Underwater massage, hydro massage, Steam Bath (Sauna bath, sun bath) Mud bath (Mud packs) Air therapy (Breathing excercises)	15
	Suggested Readings:- <ul style="list-style-type: none"> ✚ Ursula Jamieson (2015), Naturopathy for beginners, ISBN-13 : 978-1511440424, Createspace Independent Pub 	

Course Name: ADVANCE YOGAASANA I		Course Code: YOG 498
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 04 Total Hrs.: 60
Continuous Assessment - CA 1 -20	End of Semester Examination – ESE – 60	
Continuous Assessment - CA 2 – 20		
Total Evaluation Marks: 100	Examination Duration: 3 Hrs.	

Course Objectives	<ul style="list-style-type: none"> ✚ to confidently perform the advanced series of Advance Asanas ✚ to maintain a posture for much longer duration to satisfy the criteria of ‘Asana’ as described in Patanjali Yoga Sutra. ✚ to understand and implement the practices for self-health and society at large
Course Outcomes:	<p>After completing this course, student is expected to learn the following:</p> <ul style="list-style-type: none"> ✚ Knowledge about Advance yogic Asana. ✚ Knowledge about eight step method for various asana.

SYLLABUS

Unit No.	Contents	Contact Hrs.
I	Bandha Masta Utthanasana, Akarna Dhanurasana, Tadasana, Tiryaka Tadasana, Kati Chakrasana, Tiryaka Kati Chakrasana, Meru Prishthasana, Utthanasana, Druta Utkatasana, Samakonasana, Dwikonasana, Trikonasana, Utthita Lolanasana, Dolanasana; Padmasana group of Asanas – Yogamudrasana, Matsyasana, Gupya Padmasana, Baddha Padmasana, Lolanasana, Kukkutasana, Garbhasana, Tolangulasana Saral Bhujangasana, Bhujangasana, Tiryaka Bhujangasana, Sarpasana, Ardha Salabhasana, Saral Dhanurasana, Dhanurasana, Kandharasana, Ardha Chandrasana, Utthana Pristhasana, Setu Asana, Gomukhasana,	15
II	Saithalyasana, Paschimottanasana, Gatyatmak Paschimottanasana, Pada Prasar Paschimottanasana, Janu Sirshasana, Ardha Padma Paschimottanasana, Hasta Pada Angustahasana, Meru Akarshanasana, Padahasthasana, Sirsha Angustha Yogasana, Utthita Janu Sirshasana, Eka Padattanasana, Meru Vakrasana, Bhu Namanasana, Ardha Matsyendrasana, Parivritta Janu Sirshasana	15
III	Bhumi Pada Mastakasana, Moordhasana, Vipareeta Karani Asana, Sarvangasana, Padma Sarvangasana, Poorva Halasana, Halasana, Druta Halasana, Stambhan Asana, Sirshasana, Salamba Sirshasana, Niralamba Sirshasana, Oordhwa Padmasana, Kapali Asana; Balancing Postures – Eka Pada Pranamasana, Natavarasana, Garudasana, Tandavasana, Saral Natarajasana, Natarajasana, Eka Padasana, Bakasana, Utthita Hasta Padasthasana, Merudandasana	15

IV	BSY Advanced Group of Asanas: Poorna Bhujangasana, Koormasana, Poorna Shalabhasana, Poorna Dhanurasana, Dhanurakarshanasana, Prishthasana, Parighasana, Chakrasna, Hanumanasana, Brahmacharyasana, Grivasana, Sirshapada Bhumi Sparshasana, Poorna Matsyendrasana, Mayurasana, Moolabandhasana, Gorakshasana, Astavakrasana, Vrischikasana, Eka Pada Sirsasana, Utthana Eka Pada Sirsasana, Dvi Pada Sirsasana, Dwi Pada Kandharasana, Padma Parvatasana, Kashyapasana.	15
	<p>Suggested Readings:-</p> <ul style="list-style-type: none"> ✚ Swami Satyananda Saraswati (2015). Asana, Pranayama, Mudra, Bandha (1st edition), ASIN: B017TKDHI0, Yoga Publications Trust, Munger, Bihar, India ✚ Swami Niranjanananda Saraswati (1999). Dharana Darshan (2nd ed.), ISBN-10: 9788186336304, Yoga Publications Trust, Munger, Bihar, India 	

Course Name: ADVANCE YOGAASANA II		Course Code: YOG 499	
Batch: 2022-2024	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 04 Total Hrs.: 60	
Continuous Assessment - CA 1 -20		End of Semester Examination – ESE – 60	
Continuous Assessment - CA 2 – 20			
Total Evaluation Marks: 100		Examination Duration: 3 Hrs.	
Course Objectives	<ul style="list-style-type: none"> ✚ Understand the procedure of each advanced posture ✚ Have knowledge about the precautions to be taken, and the key points before performing/demonstrating any posture. 		
Course Outcomes:	<p>Following the completion of this course, students will be able</p> <ul style="list-style-type: none"> ✚ Learn advance yoga asana practices according to BKS Iyengar ✚ Learn and able to teach advance yoga postures 		
COURSE SYLLABUS			
Unit No.	Contents		Contact Hrs.

I	BKSI tradition Advanced Yoga postures-I:Tadasana, Utthitatrikonasana, UtthitaParsvakonasana, Virabhadrasana-I, Virabhadrasana-II, Parsvottanasana, PrasaritaPadottanasana, Ustrasana, Padangusthasana, Padahasthasana, Uttanasana, Salabhasana, Dhanurasana, Chatturangadandasana, Bhujangasana-I, Urdho-mukho-svanasana, Adha-mukho-svanasana, Dandasana,Paripurna-Navasana, Ardha Navasana, Siddhasana, Virasana, Suptavajrasana, Baddha-konasana, Padmasana, Parvattasana, Matsyasana, Badhapadmasana, Yogamudrasana, Maha mudra, Janusirsasana, Ardha Baddha Padma Paschomttanasana, Trianga Mukhaikapda Paschimottanasana	15
II	BKSI tradition Advanced Yoga postures-II: Marichyasana-I, Marichyasana-II, Upavistha Konasana, Brahmacharyasana, Purvottanasana, Salambasirsasana – I, Urdhva Dandasana, Salamba Sarvangasana-I, Salamba Sarvangasana-II, Halasana, Karnapidasana, Supto-Konasana, ParsvaHalasana, EkaPadaSarvangasana, Parsvaika Pada Sarvangasana, Setu Bandha Sarvangasana, Urdhva Padmasana, Pindasana, Parsva Pindasana, Jatara Parivartanasana, Supta Padangusthasana, Bharadvajasana, Ardha Matsyendrasana, UrdhvaDhanurasana	15
III	BSY tradition Yoga postures-III: Relaxation Asanas – Shavasana, Advasana, Jyestikasana, Makarasana, Matsyakridasana; Meditative Postures – Sukhasana, Ardha Padmasana, Padmasana, Siddhasana, Siddha Yoni Asana, Swastikasana, Dhyana Veerasana; Vajrasana group of Asanas – Vajrasana, Ananda Madirasana, Padadhirasana, Bhadrasana, Simhasana, Simhagarjanasana, Veerasana, Marjari Asana, Vyaghrasana, Shashankasana, Sashank-Bhujangasana, Naman Pranamasana, Ashwa Sanchalanasana, Ardha Ushtrasana, Ushtrasana, Supta Vajrasana	15
IV	. Advanced Pranayama:Bibhagiya Pranayama (Abdominal + Thoracic + Clavicle + Full Yogic), Breath awareness, Ujjayi Pranayama, Bhastrika Pranayama, Surya Bhedana Pranayama, Chandra Bhedana Pranayama, Nadi Sodhana Pranayama, Anuloma-Viloma Pranayama, Sitali, Sitkari, Sadanta, Bhramari, Bhramara, Nadanusandhana (A-U-M and Om chanting), Savitri Pranayama; Relaxation and Meditation techniques: Yoga Nidra – II, Cyclic Meditation, Brahma Kumari Raja Yoga Meditation, Chidakasha Dharana, Chakra Meditation (Mooladhara, Swadisthana, Manipura)	15

Suggested Readings:-

- ✚ B. K. S. Iyengar (2006). Light on Yoga: The Classic Guide to Yoga (6th edition), ISBN-10: 8172235011, Thorsons Publisher, Pune, India
- ✚ Swami Satyananda saraswati (2015). Asana, pranayama, Mudra, Bandha (1st edition), ASIN: B017TKDHI0, Yoga Publications Trust, Munger, Bihar, India
- ✚ Swami Satyananda Saraswati (2015). Asana, Pranayama, Mudra, Bandha (1st edition), ASIN: B017TKDHI0, Yoga Publications Trust, Munger, Bihar, India
- ✚ Swami Niranjanananda Saraswati (1999). Dharana Darshan (2nd ed.), ISBN-10: 9788186336304, Yoga Publications Trust, Munger, Bihar, India