

Department of Yoga
School of Sports Sciences, Yoga and Education



Proposed Syllabus for M. Sc. Yoga Therapy
To be effective from Academic Session 2025-26

Revised on 28th April 2025

Central University of Rajasthan
NH-8, Bandarsindri, Kishangarh-305817
Distt. Ajmer, Rajasthan

Table of Contents

Sl. No.	Contents	Page No
1.	Background	1
2.	Introduction about the department	1
3.	Preamble	2
4.	Name of the Program	2
5.	Objectives of the Program	2
6.	Duration of the Program	3
7.	Admission procedure	3
8.	Eligibility of the Candidates	3
9.	Graduate attributes	4
10.	Qualification descriptors	4
11.	Program learning outcomes	4
12.	Program outcomes	4
13.	Multiple entry and exit system	6
14.	Course mapping	7
15.	Evaluation	9
16.	Course Structure	10
17.	Semester – I Syllabus	14-24
18.	Semester – II Syllabus	25-34
19.	Semester – III Syllabus	35-41
20.	Semester – IV Syllabus	42-48
21.	Discipline Specific Electives	49-82
22.	Open Electives	83-93

BACKGROUND

Considering curricular reforms as vital instruments for achieving desired learning outcomes, the academic departments of the Central University of Rajasthan have undertaken a systematic revision of their postgraduate programs. This revision aligns with the principles of the National Education Policy (NEP) 2020 and the UGC Quality Mandate for Higher Education Institutions (2021).

The revision process was initiated through the adoption of a "Comprehensive Roadmap for Implementation of NEP-2020," which outlined the key features of the Policy, an action plan with well-defined responsibilities, and an indicative timeline for major academic reforms. A series of webinars, workshops, and discussions were organized to sensitize and train faculty members about the vital aspects of NEP, empowering them to revise curricula in line with its vision.

This exercise aimed to foster the creation of holistic, thoughtful, creative, and well-rounded individuals equipped with 21st-century skills essential for societal progress. The revised curriculum focuses on an interdisciplinary, research-oriented, and flexible learning structure to cater to diverse learner needs.

In alignment with the broader educational transformation under NEP, the National Credit Framework (NCrF) has also been incorporated. The curriculum ensures credit uniformity, mobility, and the accumulation of learning achievements across academic, vocational, and experiential learning. This facilitates a seamless academic journey, supports multiple entry-exit options, and promotes the development of a Skill and Research Portfolio for every learner. Students can also earn credits through online platforms, internships, and skill development programs, further enhancing their academic and professional profiles.

To ensure continuous quality improvement and adaptability, the University has decided to review and update the curriculum annually, incorporating feedback from all stakeholders and integrating new developments in the discipline.

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-Year M.Sc. Programme in Yoga Therapy has been designed with the following objectives:

- To equip students with a deep understanding of yoga teachings and philosophy rooted in tradition.
- To provide students with comprehensive knowledge of human anatomy, physiology, and insights into the pathogenesis of diseases, along with their management through Yoga therapy.
- To impart knowledge of various Yoga therapy practices, including asanas (postures), pranayama (regulated breathing techniques), meditation, relaxation methods, counseling, and fundamental dietary concepts and their applications.
- To train students to effectively handle clients and administer Yoga therapy under the guidance of specialized medical practitioners.
- To prepare students to integrate Yoga therapy with diverse medical systems and clinical settings.
- To produce high-caliber Yoga Therapists with a profound grasp of basic sciences and holistic health methodologies.
- To enable students to develop strong communication and computer skills essential for 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

Applicants must hold a Bachelor's Degree in Yoga or any Science-related discipline, with a minimum aggregate of 50% marks or an equivalent grade from a recognized university. SC/ST/OBC/PWD candidates are eligible for up to 5% relaxation in the minimum marks requirement. Candidates with an allied background in fields such as Naturopathy, Osteopathy, Chiropractic, Exercise Therapy, Psychology, or Psychiatric Social Work from a recognized university can also apply, provided they meet the above mark requirements or equivalent grade.

GRADUATE ATTRIBUTES

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

- **Holistic Knowledge:** Deep understanding of yogic texts, principles, and therapeutic applications integrated with modern health sciences.
- **Clinical Competence:** Ability to assess, design, and deliver personalized yoga therapy for various health conditions.
- **Scientific and Research Skills:** Proficiency in research methodology, critical thinking, and evidence-based yoga therapy practice.
- **Professional Ethics:** Adherence to ethical standards, confidentiality, and professionalism in therapeutic settings.
- **Effective Communication:** Strong interpersonal and instructional skills for individual and group settings.
- **Lifelong Learning:** Commitment to self-development, continuous education, and reflective practice.
- **Interdisciplinary Collaboration:** Ability to work with healthcare professionals in integrative and preventive healthcare.

QUALIFICATION DESCRIPTORS

Upon successfully completing the program, students are awarded an M.Sc. degree in Yoga Therapy. They will possess the knowledge and skills necessary to excel in diverse clinical disciplines of Yoga Therapy. The holistic learning experience in the department provides a strong foundation, enabling graduates to pursue careers as faculty members in higher education institutions, sharing their expertise in Yoga after qualifying in NET/NET-JRF. Students interested in research can further their academic journey by enrolling in a PhD program after clearing NET/NET-JRF.

PROGRAM LEARNING OUTCOMES

Upon successful completion of the M.Sc. Yoga Therapy program, students will be able to:

1. **Integrate the Knowledge of Yoga and Modern Science:** Apply concepts from traditional Yoga philosophy, anatomy, physiology, and pathology in therapeutic settings.
2. **Design and Administer Yoga Therapy Protocols:** Develop individualized and group-based Yoga therapy programs for preventive, promotive, and curative health management.
3. **Conduct Scientific Research in Yoga Therapy:** Demonstrate the ability to plan, execute, and report Yoga-based research using appropriate methodologies and statistical tools.
4. **Promote Holistic Health and Wellbeing:** Apply Yoga practices to enhance physical, emotional, mental, and spiritual health at personal and community levels.
5. **Demonstrate Professional Ethics and Sensitivity:** Practice Yoga therapy ethically, maintaining respect for diversity and commitment to client safety and confidentiality.
6. **Communicate Effectively:** Present Yoga therapy knowledge, research findings, and therapeutic instructions clearly to both academic and non-academic audiences.
7. **Adapt to Emerging Trends:** Stay updated with new scientific developments, digital technologies, and evolving practices in integrative healthcare.
8. **Contribute to Social and Community Health:** Apply Yoga-based interventions in public health programs to promote healthy lifestyles and manage non-communicable diseases (NCDs).

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.

Basic Knowledge in Health Assessment: Utilize basic health assessment tools, such as a sphygmomanometer, pulmonary function test (PFT), peak expiratory flow rate (PEFR) etc. to evaluate blood pressure, heart rate, and lung function etc.

Ethics: Develop personal and professional ethics in Yoga therapy 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 1: Develop a foundational understanding of the principles, philosophy, and applications of Yoga.

PSO 2: Gain comprehensive knowledge of anatomy, physiology, classical yoga, hatha yoga, pathophysiology, practical yoga, and yoga therapy techniques for effective disease assessment and intervention.

PSO 3: Recognize the significance of Yoga in promoting individual and societal well-being.

PSO 4: Understand the therapeutic potential of Yoga in the prevention, management, and recovery from various diseases.

PSO 5: Integrate theoretical knowledge and practical skills to holistically approach disease management through Yoga and its related techniques.

PSO 6: Apply advanced Yoga techniques in the therapeutic management of complex non-communicable diseases.

PSO 7: Acquire in-depth understanding of nutrition and dietetics to effectively manage dietary needs in disease conditions.

PSO 8: Understand the psychological dimensions of non-communicable diseases and the role of Yoga in mental health and emotional well-being.

PSO 9: Appreciate the interconnection between yogic principles and disease manifestation, enhancing insight into the root causes of illness.

PSO 10: Synthesize ancient yogic wisdom with modern scientific understanding to develop integrative approaches to health and disease management.

MULTIPLE ENTRIES AND MULTIPLE EXITS

Exit -1: After one year (40 Credits)

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

Knowledge	Skills to be acquired	Employability
Comprehensive understanding of the principles of Yoga therapy as outlined in classical texts, along with the physiology and pathogenesis of diseases, therapeutic yoga techniques, and practical application of Yoga practices	Students should develop the skills to understand and effectively teach Yoga therapy techniques to individuals with non-communicable diseases, integrating principles of modern medical science with ancient yogic wisdom.	Graduates with a Postgraduate Diploma in Yoga Therapy can work as therapists under the supervision of specialists and super-specialists in clinical settings. They are also qualified to work independently as fitness instructors in wellness and fitness centers both in India and abroad.

Exit -2: After two years (80 Credits)

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
A comprehensive understanding of the principles of Yoga therapy as outlined in classical texts, along with knowledge of disease physiology and pathogenesis, therapeutic Yoga techniques, and practical Yoga application.	In addition to developing the skills to understand and teach Yoga therapy techniques to individuals with non-communicable diseases—integrating modern medical science with ancient yogic principles—students will also acquire the ability to independently conduct a minor research project in Yoga.	Graduates with a Postgraduate degree in Yoga Therapy can work as Yoga Therapy Consultants under the supervision of specialists and super-specialists in clinical settings. They are also qualified to work independently as fitness instructors and yoga therapists in wellness and fitness centers, both in India and abroad. Additionally, they can establish and manage their own yoga clinics, providing therapy for common ailments in consultation with a physician

Entry -1: After one year of PG Diploma in Yoga therapy

Candidates must hold a Postgraduate Diploma in Yoga Therapy with a minimum of 40 credits from a recognized institution. At least 70% of the syllabus of the PG Diploma program must be similar to the MSc Yoga Therapy curriculum. This equivalence will be assessed and approved by the Departmental Equivalence Committee.

Knowledge	Skills required	Eligibility
Students are expected to possess a thorough understanding of anatomy, physiology, principles of yoga therapy, disease pathogenesis, therapeutic yoga techniques, as well as classical and Hatha Yoga	Students holding a Postgraduate Diploma in Yoga Therapy must demonstrate proficiency in administering yoga therapy techniques for various diseases, integrating principles of modern medical science with ancient yogic wisdom	Postgraduate Diploma in Yoga Therapy from a recognized government university or institution.

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
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	6.0YOG01	Principles and Practice of Yoga Therapy
CC2	6.0YOG02	Essentials of Anatomy in Yoga Therapy
CC3	6.0YOG03	Essentials of Physiology in Yoga Therapy
CC4	6.0YOG04	Yoga Practicum - I
CC5	6.0YOG05	Alignment Principles in Yoga Postures and Practical Physiology
CC6	6.0YOG06	Yoga Therapy for Specific Common Ailments-I
CC7	6.0YOG07	Therapeutics in Hatha Yoga
CC8	6.0YOG08	Yoga Therapy for Specific Common Ailments-II
CC9	6.0YOG09	Yoga Therapy Techniques
CC10	6.0YOG10	Internship
CC11	7.0YOG01	Research Methodology
CC12	7.0YOG02	Therapeutics in Classical Yoga
CC13	7.0YOG03	Yoga Practicum -II
CC14	7.0YOG04	Dissertation –I (Literature Review and Synopsis Preparation)
CC15	7.0YOG05	Yoga Practicum – III
CC 16	7.0YOG06	Dissertation – II (Major experimental work)

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 on offline mode only.

COURSE STRUCTURE
Department of Yoga
Master of Science in Yoga Therapy (Semester-Wise Scheme 2025-26)

First Semester

Course code	Course Name	Type of Course	Credits	L	T	P
6.0YOG01	Principles and Practice of Yoga Therapy	Core	4	3	1	0
6.0YOG02	Essentials of Anatomy in Yoga Therapy	Core	4	3	1	0
6.0YOG03	Essentials of Physiology in Yoga Therapy	Core	4	3	1	0
6.0YOG04	Yoga Practicum - I	Core	2	0	0	2
6.0YOG05	Alignment Principles in Yoga Postures and Practical Physiology	Core	2	0	0	2
XXXX	Open Elective - I	Elective	4	4	0	0
Total number of Credits			20			

Second Semester

Course code	Course name	Type of Course	Credits	L	T	P
6.0YOG06	Yoga Therapy for Specific Common Ailments-I	Core	3	2	1	0
6.0YOG07	Therapeutics in Hatha Yoga	Core	3	2	1	0
6.0YOG08	Yoga Therapy for Specific Common Ailments-II	Core	4	3	1	0
6.0YOG09	Yoga Therapy Techniques	Core	2			2
YOG XX	Discipline Specific Elective - I	DSE	4	4	0	0
YOG6XX	Skill Enhancement Elective - I	SEE	2			
6.0YOG10	Internship	Core	2	Field Training		
Total number of Credits			20			

Third Semester

Course code	Course name	Type of Course	Credits	L	T	P
7.0YOG01	Research Methodology	Core	3	2	1	0
7.0YOG02	Therapeutics in Classical Yoga	Core	3	2	1	0
7.0YOG03	Yoga Practicum -II	Core	2	0	0	2
YOG XX	Discipline Specific Elective - II	DSE	4	4	0	0
XXXX	Open Elective - II	Elective	4	4	0	0
YOG XX	Skill Enhancement Elective – II	SEE	2	Skill based		
7.0YOG04	Dissertation –1 (Literature Review and Synopsis Preparation)	Core	2	Literature review and Pilot study		
	Total number of Credits		20			

Fourth Semester

Course code	Course name	Type of Course	Credits	L	T	P
7.0YOG05	Yoga Practicum – III	Core	2			2
7.0YOG06	Dissertation – II (Major experimental work)	Core	14			
YOG XX	Discipline Specific Elective - III	Elective	4	4	0	0
	Total		20			

DISCIPLINE SPECIFIC ELECTIVES AND SKILL ENHANCEMENT ELECTIVES :-(Total credits -56)

Course Code	Course Title	L	T	P	Type of Course,	Credits
SEMESTER – I &II (FIRST YEAR)						
6.0YOG81	Fundamentals of Sanskrit	4	0	0	DSE6	4
6.0YOG82	Fundamentals of Ayurveda	3	1	0	DSE7	4
6.0YOG83	Yoga for Stress Management	2	2	0	DSE5	4
6.0YOG84	Physiology of Yoga Therapy Techniques	4	0	0	DSE2	4
6.0YOG85	Science of Meditation	4	0	0	DSE4	4
6.0YOG91	Therapeutic Pranayama	2	1	3	SEE1	2
6.0YOG92	Therapeutic Kriya	2	1	3	SEE2	2
6.0YOG95	Advance Yogasana -I	2	1	3	SEE3	2
SEMESTER – II &IV (SECOND YEAR)						
7.0YOG81	Mind Body Medicine	4	0	0	DSE1	4
7.0YOG82	Essentials of Biochemistry in Yoga Therapy	4	0	0	DSE3	4
7.0YOG83	Research Advances in Yoga therapy	3	1	0	DSE8	4
7.0YOG84	Fundamentals of Integrative Medicine	3	1	0	DSE9	4
7.0YOG85	Yoga for Prevention of Diseases and Promotion of Health	3	1	0	DSE10	4
7.0YOG86	Biomechanics of Yogasana	2	2	0	DSE11	4
7.0YOG87	Therapeutic Mudra and Bandha	2	1	3	SEE4	2
7.0YOG88	Advance Meditation	2	1	3	SEE5	2
7.0YOG89	Advance Yogasana - II	2	1	3	SSE6	2

**SSE- Skill Enhancement Course*

**DSE- Discipline Specific Elective*

OPEN ELECTIVES: - (Total credits-24)

Course Code	Course title	L	T	P	Type of Course	Credits
First Year						
6.0YOG31	Yoga for Stress Management	2	1	1	OE1	4
6.0YOG32	Fundamentals of Yoga	3	1	0	OE3	4
6.0YOG34	Fundamentals of Ayurveda	3	1	0	OE4	4
Second Year						
7.0YOG31	Fundamentals of Integrative Medicine	3	1	0	OE5	4
7.0YOG32	Yoga for Health Promotion	1	1	2	OE5	4

Curriculum Structure

SI No	Nature of Course	Number of Courses	Number of Credits
1.	Core Courses	16	56
2.	Disciple Specific Electives (DSE)	3	12
3.	Open Electives (OE)	2	8
4.	Skill Enhancement Electives (SEE)	2	4
Total		23	80

SEMESTER - I

Course Name: <i>PRINCIPLES AND PRACTICE OF YOGA THERAPY</i>		Course Code: 6.0YOG01
Batch: 2025-2027	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 04 Total Hrs.: 60
Continuous Internal Assessment - 1: 20		End of Semester Examination – ESE - 60
Continuous Internal Assessment - 2: 20		
Total Evaluation Marks: 100		Examination Duration: 3 Hrs.
Course Objectives	 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:	After completing this course, student is expected to learn the following:  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	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 Shaddarshanas with special emphasis on Samkhya and Yoga Darshana, Yoga in Vedanta; Introduction to Epics - (Ramayana, Mahabharata), Yoga in Ramayana, Yoga in Mahabharata 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; 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 Tridosha, Triguna, Panchamahabhuta & Panchakosha.	15

	Characteristics of healthy person: Physical, mental & social from modern and ancient perspectives.	
II	Concept of diseases in Yoga and Ayurveda: Yoga perspective of health; Yoga perspective of disease (vyadhi); Types of Vyadhi: Adhija and Anadhija vyadhi; Anadhija: Sara and samanya; Yoga concepts of wellbeing; Six stages of disease: Accumulation, aggravation, dissemination, localization, manifestation and chronicity; Yoga methods of disease diagnosis: Triguna, tridosa, abhyasa, ahara, Prajnaparadha, Nadi	15
III	Therapeutic Practices in Yoga: Asana: types, methods of practice, benefits, Pranayama: types, methods of practice, benefits; Kriya: types, methods of practice, benefits; Meditation: types, methods of practice, benefits; Relaxation: types, methods of practice, benefits, Counselling.	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.	15

Suggested Readings:

- H. R. Nagendra and R. Nagarathna (2008). Promotion of Positive health (3rd edition), Swami Vivekananda Yoga Publication Trust, Bangalore, India
- Sanjib Patra (2019). Principles and Practice of Yoga therapy (1st edition), Swami Vivekananda Yoga Publication Trust, Bangalore, India
- Swami Satyananda saraswati (2015). Asana, pranayama, Mudra, Bandha (1st ed.), ASIN: B017TKDHI0, Yoga Publications Trust, Munger, Bihar, India
- Brahmanada Tripathi (2020). Asthanga Hridayam. Chaukhambha Publication.
- Prof. Krishna Mayyar (2014). Vagbhata's Astanga Hridayam. Chaukhambha Publication

Course Name: <i>ESSENTIALS OF ANATOMY IN YOGA THERAPY</i>		Course Code: 6.0YOG02
Batch: 2026-2028	Programme: M.Sc. Yoga Therapy	Contact Hrs./Week: 04 Total Hrs.: 60
Continuous Internal Assessment - 1: 20		End of Semester Examination – ESE - 60
Continuous Internal Assessment - 2: 20		
Total Evaluation Marks: 100		Examination Duration: 3Hrs.
Course Objectives	 To Understand the basic structure, functional anatomy of different systems in human body  To understand the concept of human body from the perspective of Ayurveda  Enable students to integrate anatomical knowledge with Yogic practices for therapeutic application.	
Course Outcomes	After completing this course, student is expected to learn the following: Describe the gross anatomy and structural organization of major systems of the human body. Identify and explain the anatomical basis of posture, movement, and joint stability in Yoga asanas. Correlate musculoskeletal and visceral anatomy with functional requirements of Yoga practices. Demonstrate correct principles of asana alignment based on anatomical understanding. Apply anatomical knowledge to minimize injury risk and enhance therapeutic effectiveness in Yoga therapy.	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Organization of the Body, Skeletal System and Digestive: 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	13
II	Lymphatic, Respiratory, and Cardiovascular: Lymphatic system – The Lymph, Lymph vessels, Lymphatic organs and tissues; Respiratory system - Introduction to Respiratory system, Anatomy of Lungs and Pleura, Functions of Respiratory system,	13
III	Endocrine, Immune, and Nervous system: 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;	13

IV	Excretory systems -General introduction, Anatomy of the Kidneys, Structure and function of a Nephron, Counter current multiplier. Special senses – General introduction and essential functions of Ear, Eye, Nose and Skin. 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 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;	13
V	Ayurvedic Concepts of Structural Organization of the Human Body in Relation to Anatomy Philosophical Basis of Human Body Structure Concept of <i>Loka–Purusha Samya Siddhanta</i> (microcosm–macrocosm relationship); Panchamahabhuta theory and its relevance to anatomical structures; Panchabhautika composition of cells, tissues, organs, and systems. Sapta Dhatu and Structural Anatomy Concept and functional significance of Sapta Dhatu (Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Shukra/Artava); correlation of Dhatus with modern anatomical tissues such as plasma, blood, muscle, adipose tissue, bone, nervous tissue, and reproductive organs; role of Dhatu integrity in strength, stability, and endurance. Concept of Srotas and Anatomical Channels Definition and classification of Srotas; structural and functional correlation of Pranavaha, Annavaha, Rasavaha, Mutravaha, and Shukravaha Srotas with respiratory, digestive, circulatory, excretory, and reproductive systems; relevance of Srotas integrity in health and disease. Marma and Vital Anatomical Points Concept and classification of Marma; correlation of Marma with joints, neurovascular bundles, and vital anatomical regions; significance of Marma knowledge in asana alignment, injury prevention, and Yoga therapy applications. Prakriti and Structural Variations Concept of Prakriti (Vata, Pitta, Kapha); structural and musculoskeletal variations associated with different Prakriti types; implications for individual differences in posture, flexibility, stability, and susceptibility to injury.	8
Suggested Readings: ✚ Gerard J.Tortora, Bryan Derrickson (2014). <i>Essentials of Anatomy and Physiology</i> (1st ed.),ISBN 9788126544806,Wiley India Pvt Ltd. ✚ Leslie Kaminoff (2007).<i>Yoga Anatomy</i>, ISBN: 978-0-7360-6278-7, The Breathe Trust. ✚ Inderbir Singh (2007).<i>Textbook Of Anatomy with Coloured Atlas</i>(4thed.),ISBN: 9788180618338, Jaypee Brothers Medical Publishers. ✚ B D Chuarasia (2020). Human Anatomy. CBS Pushers and Distributors Private limited. ✚ Frank H Netter (7th ed.). <i>Atlas Of Human Anatomy</i>, 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 ✚ M S Valiathan, (2013). An Introduction to Ayurveda. Orient Blackswan Private Limited - New Delhi ISBN-10 : 817371827X. ✚ 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		

Course Name: <i>ESSENTIALS OF PHYSIOLOGY IN YOGA THERAPY</i>		Course Code: 6.0YOG03
Batch: 2026-2028	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 04 Total Hrs: 60
Continuous Internal Assessment - 1: 20		End of Semester Examination (ESE): 60
Continuous Internal Assessment - 2: 20		
Total Evaluation Marks: 100		Examination Duration: 3Hrs.
Course Objectives	Understand the - Develop a clear understanding of the physiological functions of organs and systems of the human body. - Explain the mechanisms of physiological processes involved in homeostasis, digestion, respiration, circulation, neuroendocrine regulation, and reproduction. - Provide a scientific basis for understanding the effects of Yoga practices on physiological systems.	
Course Outcomes:	Following the completion of this course, students will be able to Explain the normal physiological functions of major organs and systems of the human body. Describe and analyze key physiological processes and their regulatory mechanisms. Interpret physiological responses to Yoga practices and lifestyle modifications. Correlate Yogic practices with changes in cardiovascular, respiratory, neuroendocrine, and metabolic functions. Apply physiological principles to support evidence-based Yoga therapy and health promotion.	
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, 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; Thromobocytes 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	13

II	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	13
III	Respiratory, Endocrine and Reproductive Systems: Respiratory system: Physiology of 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- 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.	13

IV	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 auditory function.	13
V	Ayurvedic Concepts of Physiological Regulation and Functional Integration Ayurvedic Concept of Health and Homeostasis: Definition of health (<i>Swastha</i>) in Ayurveda; concepts of Samadosha, Samagni, Samadhatu, and proper Mala Kriya; comparison of Ayurvedic equilibrium with modern physiological homeostasis. Tridosha and Systemic Physiology: Functional attributes of Vata, Pitta, and Kapha Doshas; correlation of Vata with nervous, respiratory, and circulatory functions; Pitta with digestion, metabolism, and enzymatic activity; Kapha with growth, immunity, lubrication, and stability; Dosha balance and physiological regulation. Agni and Metabolic Physiology: Concept of Agni (Jatharagni, Bhutagni, Dhatvagni); role of Agni in digestion, absorption, metabolism, and tissue nourishment; concept of Ama and its physiological implications; comparison with metabolic efficiency and dysfunction. Mala and Excretory Physiology: Concept of Mala (Purisha, Mutra, Sweda); physiological significance of elimination processes; correlation with gastrointestinal, renal, and integumentary functions; role of proper elimination in maintenance of health. Manas, Gunas, and Neurophysiology: Concept of Manas and Triguna (Sattva, Rajas, Tamas); interaction between mental states and physiological functions; influence of psychological stress on Dosha balance; relevance to nervous system and psychophysiological regulation. Pranayama and Dosha-based Physiological Regulation: Influence of breathing patterns on autonomic balance; Dosha-specific rationale of pranayama practices; physiological basis of Yogic regulation of respiration, circulation, and stress response	8
Suggested Readings: ✚ 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 ✚ M S Valiathan, (2013). An Introduction to Ayurveda. Orient Blackswan Private Limited - New Delhi ISBN-10 : 817371827X. ✚ 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		

Course Name: <i>YOGA PRACTICUM-I</i>		Course Code: 6.0YOG04
Batch: 2025-2027	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 4 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	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, Student will able to perform Yogic loosening practices Student will able to perform Yogic kriyas Student will 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	Sithilikarana Vyayma - 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: Kapalbhathi (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); Jyoti 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.	15
Suggested Readings: ✚ Dhirendra Brahmachari (1975). Yogic Suksma Vyayama (2nd ed.), ISBN-10: 0882538020, Ind-US 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: <i>ALIGNMENT PRINCIPLES IN YOGA POSTURES AND PRACTICAL PHYSIOLOGY</i>		Course Code: 6.0YOG05
Batch: 2025-2027	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 04 Total Hrs.:60
Continuous Internal Assessment - 1: 20		End of Semester Examination (ESE) - 60
Continuous Internal Assessment - 2: 20		
Total Evaluation Marks: 100		Examination Duration: 3Hrs.
Course Objectives	Understand the Principles and procedure of the alignment principles Know the concept and importance of alignment principles while performing Yoga postures	
Course Outcomes:	Following the completion of this course, students will be able to 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	Alignment Principles –I: Standing forward, backward and lateral bending postures; Sitting forward, backward and lateral bending postures; Balancing forward, backward and lateral bending postures	15
II	Alignment Principles – II: Prone forward, backward and lateral bending postures; Supine forward, backward and lateral bending postures; Inverted forward, backward and lateral bending postures	15
III	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	15
IV	Practical Physiology – IV: Definition, determination and significance of TC, DC, ESR, count, PCV, MCV,MHC, MCHC	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
- ✚ 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

OPEN ELECTIVE -1

Students can opt the open elective course from other academic departments of CU Rajasthan or SWAYAM Portal/NPTEL/MOOCs

SEMESTER - II

Course Name: <i>YOGA THERAPY FOR SPECIFIC COMMON AILMENTS – I</i>		Course Code: 6.0YOG06
Batch: 2025-2027	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 03 Total Hrs.: 45
Continuous Internal Assessment - 1: 20		End of Semester Examination (ESE) - 60
Continuous Internal Assessment - 2: 20		
Total Evaluation Marks: 100		Examination Duration: 3Hrs.
Course Objectives	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 perspective To learn the yoga therapy for respiratory disorders and musculoskeletal disorders Line of treatment in Yoga therapy	
Course Outcomes	Following the completion of this course, students will be able to 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 Gynaecological 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		

Course Name: <i>THERAPEUTICS IN HATHA YOGA</i>		Course Code: 6.0YOG07
Batch: 2025-2027	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 03 Total Hrs.: 45
Continuous Internal Assessment - 1: 20		End of Semester Examination (ESE) -60
Continuous Internal Assessment - 2: 20		
Total Evaluation Marks: 100		Examination Duration: 3Hrs.
Course Objectives	To give a comprehensive idea about the principles and procedure of Hatha yoga practices To under the important concepts with regard to food, Yogic ethics, postures, pranayama, mudra, bandha, and Samdhi	
Course Outcomes	After going through this course, students will be able to know the Hatha-yoga Tradition and understand the therapeutics of every technique described in the text know Fundamentals of Hatha yoga in different classical Hatha yoga texts understand yoga in the context of Hatha yoga 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; Ghata shudhi: its importance and relevance in Hatha Yoga sadhana; Inter-relation of Hatha Yoga and Raja Yoga; Brief introduction to Hatha yogis; 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 (conductive) and Apathya (non-conductive), 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 Swasprashwas, Vayu, Prana and Upaprasana; 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-Jnana in Yoga Sadhana. Mantra Yoga, Laya Yoga, Raja Yoga, Ghata Yoga.	15
	Suggested Readings: ✚ 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: <i>YOGA THERAPY FOR SPECIFIC COMMON AILMENTS – II</i>		Course Code: 6.0YOG08
Batch: 2025-2027	Programme: M.Sc. Yoga Therapy	Contact Hrs/week: 04 Total Hrs.: 60
Continuous Internal Assessment - 1: 20		End Semester examination (ESE) - 60
Continuous Internal Assessment - 2: 20		
Total Evaluation Marks: 100		Examination Duration: 3Hrs.
Course Objectives	 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:	Following the completion of this course, students will be able  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	Yoga for Digestive Disorders: 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	Yoga for Musculoskeletal Disorders: Back Pain Classification of back pain: organic and functional, Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, PsychogenicLumbago, 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, Ankylosing Spondylitis.	
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, multiple Sclerosis and its yogic management.	15
IV	Yoga for 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
	Suggested Readings: ✚ 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	

Course Name: <i>YOGA THERAPY TECHNIQUES</i>		Course Code: 6.0YOG09
Batch: 2025-2027	Programme: M.Sc. Yoga Therapy	Total Contact Hrs/week: 4 Total Hrs.: 60
Continuous Internal Assessment - 1: 20		End Semester Examination (ESE) - 60
Continuous Internal Assessment - 2: 20		Examination Duration: 3Hrs.
Course Objectives	 To understand the the principles an dprocedure of the therapeutic techniques  To have an indepth understanding abou the practices and their variations to be incorporated loong a the severity of the conditions	
Course Outcomes	Following the completion of this course, students will be able  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: oligomennorhea, metrorrhagia, hypomenorhea, dysmenorhea, 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		

Discipline Specific Elective – I - Students can opt one Discipline Specific Elective from the list offered by Department.

 Skill Enhancement Elective – I

Students can opt one skill enhancement elective from the list offered by Department.

Course Name: <i>INTERNSHIP</i>		Course Code: 6.0YOG10	
Batch: 2025-2027	Programme: M.Sc. Yoga Therapy	Total Contact Hrs/week: Field training Total Hrs.: 240 / 1 month (Mixuure of Supervised and Unsupervised internship)	
		End Semester Examination (ESE) - 100	
Total Evaluation Marks:100		Examination Duration: 1Hrs. Presentation and viva	
Course Objectives	 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  Understand disease specific yoga module  Demonstrate each technique independently  Instruct each technique confidently  Present its basis, benefits, limitations and precautions to be taken		
SYLLABUS			
Unit No.	Contents		Contact Hrs.
	Understanding disease specific yoga module. During this period, every student is expected to undergo training in various departments of yoga therapy. The students will explore Yoga therapy techniques for Hypertension, Asthma, Neurological disorders, Pregnancy, Psychiatric complications, and Orthopedic diseases including knee pain, neck pain, shoulder pain, and Arthritis		240

SEMESTER -III

Course Name: <i>RESEARCH METHODOLOGY</i>		Course Code: 7.0YOG01
Batch: 2025-2027	Programme: M.Sc. Yoga Therapy	Contact Hrs/ Week: 03 Total Hrs.: 45
Continuous Internal Assessment - 1: 20		End of Semester Examination (ESE) -60
Continuous Internal Assessment - 2: 20		
Total Evaluation Marks: 100		Examination Duration: 3Hrs.
Course Objectives	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:	Following the completion of this course, students will be able to Apply the knowledge of research methods in Yoga research Understand 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: PubMed, 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: THERAPEUTICS IN CLASSICAL YOGA		Course Code: 7.0YOG02
Batch: 2025-2027	Programme: M.Sc.Yoga Therapy	Contact Hrs/Week: 03 Total Hrs.:45
Continuous Internal Assessment - 1: 20		End of Semester Examination (ESE): 60
Continuous Internal Assessment - 2: 20		
Total Evaluation Marks: 100		Examination Duration: 3Hrs.
Course Objectives	After having gone through this course, students will be able to 🏆 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 o 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, Asmita, 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 o Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Bhoota jaya, Indriya jaya and their Siddhis, Satvapurushanyatakyati and it 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 Bhagavad 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*, 1 ed. India: Bihar School of Yoga.
- ✚ Yogananda P (2002). *God Talks with Arjuna: The Bhagavad Gita*, 1st ed. India: Yogoda Satsang Society of India.
- ✚ A. C. Bhaktivedanta Swami Prabhupada (2016). *Srimad Bhagavad Gita As It Is*, 1st ed. India: The Bhaktivedanta Book Trust.

Course Name: <i>YOGA PRACTICUM-II</i>		Course Code: 7.0YOG03
Batch: 2025-2027	Programme: M.Sc. Yoga Therapy	Total number of Contact Hrs/Week:04 Total Hrs.:60
Continuous Internal Assessment - 1: 20		End of Semester Examination (ESE) - 60
Continuous Internal Assessment - 2: 20		
Total Evaluation Marks:100		Examination Duration: 3Hrs.
Course Objectives	Understand the principles of procedure of the breathing techniques Have an in-depth understanding about the benefits, contraindications and the key points	
Course Outcomes	Following the completion of this course, students will be able 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, Ardhashakrasana-Padahasthasana 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, Surya Namaskar Asanas: (Yoga Postures) Standing: Tadasana, Ardhakati chakrasana, Vrikshasana, Trikonasana, Veerabhadrasana, Padahastasana Sitting: Dandasana, Paschimothanasana, Ushtrasana, Ardha matsyendrasana, Gomukhasana, Vajrasana, Padmasana Prone: Makarasana, Bhujangasana, Shalabhasana, Dhanurasana Supine: Halasana, Setubandhasa, Sarvangasana Guided relaxation techniques	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 (2nded.), Swami Vivekananda Yoga Publication Trust, Bangalore, India ✚ Swami Niranjanananda Saraswati (1999). Dharana Darshan (2nd ed.), ISBN-10: 9788186336304, Yoga Publications Trust, Munger, Bihar, India		

DISCIPLINE SPECIFIC ELECTIVE – II

OPEN ELECTIVE - II – Students can opt the open elective course from other academic departments of CU Rajasthan or SWAYAM Portal/NPTEL/MOOCs

Skill Enhancement Elective – II – Students can opt one skill enhancement elective course from the list of offered by department

Course Name: <i>Dissertation I</i> (Literature review and Synopsis Preparation)		Course Code: 7.0YOG04
Batch: 2025-2027	Programme: M.Sc. Yoga Therapy	Contact Hrs/week: 2 Total Hrs.: 30
		End Semester Examination (ESE) – 100
Total Evaluation Marks: 100		Examination Duration: 1 Hr. Synopsis presentation
Course Objectives	 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	Following the completion of this dissertation, students will be able  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. Prepare synopsis and present	45

SEMESTER -IV

Course Name: <i>YOGA PRACTICUM-III</i>		Course Code: 7.0YOG05
Batch: 2025-2027	Programme: M.Sc. Yoga Therapy	Total number of Contact Hrs/Week:04 Total Hrs.:60
Continuous Internal Assessment - 1: 20		End of Semester Examination (ESE) - 60
Continuous Internal Assessment - 2: 20		
Total Evaluation Marks:100		Examination Duration: 3Hrs.
Course Objectives	 Understand the principles of procedure of the Mudra and Kriya techniques  Have an in depth understanding about the benefits, contraindications and the key points	
Course Outcomes	Following the completion of this course, students will be able  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, 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,Mool, Uddiyan, Jalandhar and Maha bandha	15
III	Kriya: Jala neti, Sutra neti, Trataka: Jyoti trataka and Bindu 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

Course Name: <i>DISSERTATION – II [Major research]</i>		Course Code: 7.0YOG06
Batch: 2025-2027	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 14 Total Hrs.: 240
		End Semester Examination (ESE) - 100
Total Evaluation Marks: 100		Examination Duration: 1 Hr Dissertation presentation
Course Objectives	✚ 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 ✚ 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 two 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

	<i>Abstract:</i> 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 Dissertation ON

<Study Title>

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

Master of Science in Yoga therapy

To
Department of Yoga

Submitted by

<Student Name>

Under the guidance of

<Name of the Supervisor>



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

DISCIPLINE SPECIFIC ELECTIVES

Course Name: <i>FUNDAMENTALS OF SANSKRIT</i>		Course Code: 6.0YOG81
Batch: 2025-2027	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	After completion of this course, student will be able to understand the, Basics of Sanskrit varnamala, Vowels, and consonants, Basic grammar rules Spoken Sanskrit:- Basic level	
Course Outcomes:	After completing this course, student is expected to learn the following: Write, read in Sanskrit Learn to speak in basic Sanskrit	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Introduction to Sanskrit language and its importance; Sanskrit Varnamala, transliteration, Birthplaces of Sanskrit sounds; 1) guttural, 2) palatal, 3) retroflex, 4) dental and 5) labial, moving from the back of the mouth forward to the lips, Introduction to Devanagari script. Sanskrit Vowels and Consents; Grouped consents; syllables; pronunciation guide, Maheshwar sutras, grouped consonents: ka varga, cha varga, ta varg, ta varga, p varga ungrouped consonants, Hrasva & dirgha syllables	15
II	nouns and verbs; tenses; Sentence structure and construction; counting and reading the time; days, weeks, months and present, past and future tense; Declaration -of the following words in cases – Rama, Hari, Guru, Lata, Mata, Dhenu, Phala, Vari, Gau, Asmad, Yushmad, Tad, Kim.	15

III	Sandhi (Euphonic combinayion), Subanta (nouns and adjectives), Tinganta (Verbs;)Sanskrit communication skills: Simple words of daily use in sanskrit, Practice of sentences in Sanskrit. Reading simple Sanskrit passage, Basic grammar rules; Sandhis, Introduction to Sanskrit literature. Introduction to Sanskrit grammar based on Panini's Asthadyayi.	15
IV	Subhashitam: Twenty selected verses from Sanskrit subhashitam; their chanting, meaning, meaning each words in shubhashitam, stories: Budhiman Shishya-characters, important message and take home message; Ten selected stories from Panchatantra, mahabharata, Ramayana, and upanishada. Some stories; Chaturah kakah; Mudhaha Jambhukaha; Chaturah vrudhah	15
Suggested Readings: ✚ Pravesaha. Sanskrit Bharati. Bengaluru. ✚ Vachaspati P. Nandakumar and Vandana Nandakumar. Subhashita-Samskritam: Learning Sanskrit through Subhasitam. Samskrita Bharati. Bengaluru		

Course Name: <i>FUNDAMENTALS OF AYURVEDA</i>		Course Code: 6.0YOG82
Batch: 2025-2027	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	🔗 Knowing the basics concepts of ayurveda 🔗 Understanding the dinacharya and ritucharya according to ayurveda	
Course Outcomes	After going through this course student will be able to 🔗 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.
I	Introduction: Introduction to Ayurveda, importance of study of Ayurveda, meaning and definition of Ayurveda; Origin an history of Ayurveda, Treatises of Ayurveda, Eight Branches of Ayurveda; Kaya, Bala, Graha, Urdhvang, Shalya, Damstra, Jara, Vrishan. Health and disease according Ayurveda	15
II	Concept of Doshas, Dhatus, Malas and Agni: Concept of doshas, tridoshas; vata, pitta & kapha; their functions, subtypes; causes of dosha imbalance and remdies to maintain dosha imbalance and treatment of imbalanced doshas. Concept of dhatus; saptadhatu; rasa, rakta, mamsa, meda, asthi, majja, shukra; functions of dhatus and nurishments and malas.Concept o agni , Types of agni. Concept of Ama.	15

III	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
IV	Ayurveda treatments: Types of Ayurveda treatments. Shodana and Shaman treatments. Purification procedures Vaman, virechana, naysa, basti procedures, indication and benefits. Simple Ayurveda based home remedies for common health problems. Pathy and Apathya; satmay and asatmya.	15

Suggested Readings:-

- + Todd Caldecott(2006).*Ayurveda: The Divine Science of Life*, ISBN: 9780723434108,Mosby Elsevier
- Dr. Ram Karan Sharma, VaidyaBhagwan Dash (2012).*CarakaSamhita*(1st ed.),ISBN: 9788170800712,The Chowkhamba Sanskrit Series Office.
- + K.R. SrikanthaMurthy(2014). *AshtangaHridayam*, 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: YOGA FOR STRESS MANAGEMENT		Course Code: 6.0YOG83
Batch: 2025-2027	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	After completing this course, students will be able - 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 ✚ 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; Sayli’s general adaptation syndrome; fight and flight response during stress, stress reactions, factors that affect our stress, Psychosocial causes of stress, assessment of stress and concept of stress according yoga.	15
II	Stress physiology: HPA axis and autonomic nervous system; stress effects on various systems of body and mind. Stress coping strategies	15

III	Concept of Panchakosh; mind body connection; yogic approach of stress and its management. Concept of stress in Bhagvat Gita and Yoga vashistha; Yoga techniques for stress management.	15
IV	Yoga techniques for stress management: Asanas, pranayama, meditation. yoga based guided relaxation techniques; Instant relaxation technique, quick relaxation technique, deep relaxation technique, yoga nidra, Mind Sound Resonance Technique, Cyclic Meditation	15
	Suggested Readings :- 📖 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, Bangalore, India	

Course Name: <i>PHYSIOLOGY OF THERAPEUTIC YOGA TECHNIQUES</i>		Course Code: 6.0YOG84
Batch: 2025-2027	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 ✚ To learn the basic physiology of human body. ✚ To understand the Physiological benefits of asana. ✚ To understand the Physiological benefits of Pranayama. ✚ To understand the Physiological benefits of yogic kriya. ✚ To understand the Physiological benefits of yogic Meditation.	
Course Outcomes	After completing this course, student is expected to learn the following: ✚ Physiological benefits of yoga asana, pranayama and meditation. ✚ Physiological benefits of yogic kriya.	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	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;	15
II	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	15

III	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 Sankhaprakshalana 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 rationale of attaining Kevala kumbhaka; Jyoti Trataka and Cortical arousal	15
IV	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	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>SCIENCE OF MEDITATION</i>		Course Code: 6.0YOG85
Batch: 2025-2027	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	After going through this course, students will be able to ✚ 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: ✚ 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 technique.S The purpose and intention of meditation practice from different perspective 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 O Different Meditation Techniques: Buddhist Meditation techniques, Vedic Meditation techniques, Chinese Meditation Techniques, Jain meditation Technique, Othe 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 GherandaSamhita and other Yoga texts	15
-----------	--	-----------

Suggested Readings:-

- Daniel Goleman, Richard J. Davidson ((2017). *Altered traits_ science reveal how meditation changes your mind, brain, and body*.ISBN: 9780399184406 Avery.
- Shinzen Young (2016).*The Science of Enlightenment - How Meditation Work* ISBN:978-1-62203-748-3, Sounds True.
- ItaiIvtzan, Tim Lomas (2016).*Mindfulness in Positive Psychology - The Scienc of Meditation and Wellbeing* , ISBN:9781138808515,Routledge
- William Johnston (1997). *Silent Music - The Science of Meditation* ISBN:9780823217748, Fordham Univ Press.
- Tang, Yi-Yuan(2017).*The neuroscience of mindfulness meditation- how the body and mind work together to change our behavior*,ISBN:978-3-319-46321 6,Palgrace Macmillan.

Course Name: THERAPEUTIC PRANAYAMA		Course Code: 6.0YOG86
Batch: 2025-2027	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 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: ✚ 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 (1 st 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: 6.0YOG87
Batch: 2025-2027	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 yogic kriyas explained in Hatha Yoga Scripture  To understand the therapeutic aspects of Yogic kriya	
Course Outcomes:	After completing this course, student is expected to learn the following:  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 Neti kriya; Jala Neti and sutra neti	
II	Methods, Limitations, Benefits, Precautions, Key points, Therapeutic aspects and Variations of Kapalbhata and Trataka Kriyas	15
III	Methods, Limitations, Benefits, Precautions, Key points, Therapeutic aspects and Variations of Dhauti Kriyas: Vastra dhouti and dand dhaouti,	15
IV	Methods, Limitations, Benefits, Precautions, Key points, Therapeutic aspects and Variations of Basti and Shanka Prakshalana Kriyas & Agnisar kriya	15
	Suggested Readings:  Swami Saradananda (2018), The Cleansing Power of Yoga (New edition), ISBN13 : 978-1786781673, Watkins Publishing House  Selvarasu (2022), Kriya Cleansing in Yoga, ASIN : B01N66IMIN, ISBN-13 : 978-8175253780, Aruvi yoga Publication	

Course Name: <i>ADVANCE YOGAASANA I</i>		Course Code: 6.0YOG88
Batch: 2025-2027	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 04 Total Hrs.: 60
Continuous Assessment - CA 1 -20		End of Semester Examination – ESE – 60
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
	Suggested Readings:-  Swami Satyananda Saraswati (2015). Asana, Pranayama, Mudra, Bandha (1 st edition), ASIN: B017TKDHI0, Yoga Publications Trust, Munger, Bihar, India  Swami Niranjanananda Saraswati (1999). Dharana Darshan (2 nd ed.), ISBN-10: 9788186336304, Yoga Publications Trust, Munger, Bihar, India	

Course Name: <i>MIND BODY MEDICINE</i>		Course Code: 7.0YOG81
Batch: 2025-2027	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 ✚ 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: ✚ Know the fundamentals of mind-body medicine. ✚ Know the different type of mind body interventions. ✚ Know the psychoneuroimmonogy and its relevance to yoga. ✚ Effects of various mind body interventions.	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Fundaments 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 psychoneuroimmunology, 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:-  Zhi Gang Sha (2010). Soul Mind Body Medicine: A Complete Soul Healing System for Optimum Health and Vitality (1 st edition), ASIN: B0042FZW8O, New World Library Publisher  Lissa Rankin (2013). Mind Over Medicine (1 st edition), ASIN: B00BLSZJGA, Hay House Inc. Publisher	

Course Name: <i>ESSENTIALS OF BIOCHEMISTRY IN YOGA THERAPY</i>		Course Code: 7.0YOG82
Batch: 2025-2027	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	Following the completion of this course, students will be able to ✚ 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: ✚ 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, 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	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, phenyl ketonuria, Neimann – Pick disease, Type III glycogen storage disease (Cori's disease)	15
	Suggested Readings:- ✚ 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: <i>RESEARCH ADVANCES IN YOGA THERAPY</i>		Course Code: 7.0YOG83
Batch: 2025-2027	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	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	After completing this course, students will be able 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 are search 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 spondylosis is 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, Diabetes, Parkinson, Cancer)	15
Suggested Readings:- Course material will be chosen based on the instruction of the faculty dealing with the course. Search engines: - Google scholars, Sci finders, Pub- Med, Web of Science, and Scopus		

Course Name: <i>FUNDAMENTALS OF INTEGRATIVE MEDICINE</i>		Course Code: 7.0YOG84
Batch: 2025-2027	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	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	After going through this course, students will be able to 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
----	--	----

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: 9788172242299, Jaico Publishing House
- McGuinness H.(2007). *Aromatherapy: Therapy basics* (2nd ed.), ISBN: 9780340876800, Arnold

Course Name: YOGA FOR PREVENTION OF DISEASE AND PROMOTION OF HEALTH		Course Code: 7.0YOG85
Batch: 2025-2027	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	✚ 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 ✚ 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 personality hazards and to promote positive personality. Perspectives on Health Promotion	15
II	Yoga for Behaviour change and Risk reduction: Addiction; definition, risk factors, diagnosis and health hazards of addictions; Tobacco Use Prevention and Cessation, Alcohol and Drug Abuse, Physical Activity; Behaviour change for preventing disease and disability outcomes. Role of yoga in substance abuse, its impact on various measures of substance abuse and yoga module for various addictions	15
III	Yoga for Promotion of Health of Special Population: Understanding stress, Physiological changes due to stress, Stress management; Promoting the Health of	15

	Women, Children and Adolescents. Role of yoga in women health and well-being, pregnancy, various gynaecological issues; PMS, PCOD, menopausal syndrome etc.	
IV	Yoga for Geriatric Care: Concept of Healthy ageing, Role of yoga in geriatric care, Promotion of well-being in Geriatric population, Role of yoga in improving sleep, posture, pain, memory, balance, mental health and quality of life; yoga module for geriatric care,	15
	Suggested Readings:- • 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: <i>BIOMECHANICS OF YOGASANA</i>		Course Code: 7.0YOG86
Batch: 2025-2027	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 ✚ 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; types of bones, joints; tyles joints, movable, slightly movables, immovables joints; muscles; skeletal muscles, cardiac muscles and visceral muscles. Mechanical laws acting during the movement in human body;	15
II	Action of Muscles: Locations and functions of Agonist muscles, Anatagonist 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, Ardhachakrasana, trikonasana, parivitta trikonasana, Paschimo-ttanasana, Ushtrasana, Sashanksana, Suptavajrasana, Ardha matsyendasana, Meru dandasana, Bhunamanasana, Dhanurasana, Bhujangasana, Salabhasana, Halasana, Chakrasana, sarvangasana, matsyasana	15

	Suggested Readings:-  Leslie Kaminoff. (2011). Yoga Anatomy. Human Kinetics.	
--	---	--

Course Name: THERAPEUTIC MUDRA AND BANDHA		Course Code: 7.0YOG87
Batch: 2025-2027	Programme: M.Sc. Yoga Therapy	Contact Hrs/Week: 02 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 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: ✚ Knowledge about Various Mudras and Bandhas ✚ Knowledge about Mudras and Bandhas for different diseased condition.	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Introduction: Introduction to concept of mudra; mudra in classical text; definition and importance of mudra, role of mudra in yoga sadhana, mudra and their therapeutic benefits, common mudra used in yoga therapy.	15
II	Methods, Limitations, Benefits, Precautions, Key points and Therapeutic aspects of Chin Mudra, Chinmaya Mudra, Aadi Mudra and Brahma Mudra, maha mudra, Ashwini mudra	15
III	Methods, Limitations, Benefits, Precautions, Key points and Therapeutic aspects of Gyan Mudra, Vayu Mudra, Agni Mudra, Varun Mudra, Prana Mudra and Kaki Mudra	15

IV	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: <i>ADVANCE MEDITATION</i>		Course Code: 7.0YOG88
Batch: 2025-2027	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	
<i>SYLLABUS</i>		
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 Chidaaakasha Dharana Meditation Techniques	15

	Suggested Readings: + 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 the body and mind work together to change our behavior</i>, ISBN:978-3-319-46321-6 Palgrave Macmillan. + H R Nagendra and R Nagarathna (2008). <i>Perspective of Stress and its Management</i> (2nd edition), Swami Vivekananda Yoga Publication Trust, Bangalore, India	
--	---	--

Course Objectives	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:	After completing this course, student is expected to learn the following: 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 Lolasana, Dolasana; Padmasana group of Asanas – Yogamudrasana, Matsyasana, Gupya Padmasana, Baddha Padmasana, Lolasana, 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, Padahastanasana, 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

Course Name: <i>ADVANCE YOGAASANA II</i>		Course Code: 7.0YOG89
Batch: 2025-2027	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	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:	Following the completion of this course, students will be able 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, Padahastanasana, Uttanasana, Salabhasana, Dhanurasana, Chatturangadandasana, Bhujangasana-I, Urdho-mukhosvanasana, 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, Jatar 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:-	
-----------------------------	--

- | | |
|--|--|
| <ul style="list-style-type: none">✚ 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 | |
|--|--|

OPEN ELECTIVES (TO BE OFFERED TO THE WHOLE UNIVERSITY]

Course code	Course Title
YOG 631	Yoga for Stress Management
YOG 632	Fundamentals of Yoga
YOG 633	Fundamentals of Ayurveda
YOG 731	Fundamentals of Integrative Medicine
YOG 732	Yoga for Health Promotion

Course Name: YOGA FOR <i>STRESS MANAGEMENT</i>		Course Code: 6.0YOG31
Batch: 2024-2026	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	After completing this course, students will be able - 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 ✚ 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; Sayli’s general adaptation syndrome; fight and flight response during stress, stress reactions, factors that affect our stress, Psychosocial causes of stress, assessment of stress and concept of stress according yoga.	15
II	Stress physiology: HPA axis and autonomic nervous system; stress effects on various systems of body and mind. Stress coping strategies	15

III	Concept of Panchakosh; mind body connection; yogic approach of stress and its management. Concept of stress in Bhagvat Gita and Yoga vashistha; Yoga techniques for stress management.	15
IV	Yoga techniques for stress management: Asanas, pranayama, meditation. yoga based guided relaxation techniques; Instant relaxation technique, quick relaxation technique, deep relaxation technique, yoga nidra, Mind Sound Resonance Technique, Cyclic Meditation	15
	Suggested Readings :- 📖 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, Bangalore, India	

Course Name: <i>FUNDAMENTALS OF YOGA</i>		Course Code: 6.0YOG32
Batch: 2024-2026	Programme: M.Sc. Yoga Therapy	Number of Contact Hrs./Week: 03 Total Hrs.: 45
Continuous Internal Assessment - 1: 20		End Semester Examination (ESE) -60
Continuous Internal Assessment - 2: 20		
Total Evaluation Marks: 100		Examination Duration: 3Hrs.
Course Objectives	 Providing with the fundamental knowledge of yoga  Giving basic knowledge such as definitions, history, evolution and school of yoga	
Course Outcomes	After completing this course, student is expected to learn the following:  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 Shaddarshanas 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. 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 Niranjanananda Saraswati (2012). *The Yoga of Sage Vasishtha* (1st ed.), ISBN: 9789381620182, Yoga Publications Trust.
- ✚ Swami Satyananda Saraswati (2009). *Kundalini Tantra* (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: <i>FUNDAMENTALS OF AYURVEDA</i>		Course Code: 6.0YOG33
Batch: 2024-2026	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	✚ Knowing the basics concepts of ayurveda ✚ Understanding the dinacharya and ritucharya according to ayurveda	
Course Outcomes	After going through this course student will be able to ✚ 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.
I	Introduction: Introduction to Ayurveda, importance of study of Ayurveda, meaning and definition of Ayurveda; Origin an history of Ayurveda, Treatises of Ayurveda, Eight Branches of Ayurveda; Kaya, Bala, Graha, Urdhvang, Shalya, Damstra, Jara, Vrishan. Health and disease according Ayurveda	15
II	Concept of Doshas, Dhatus, Malas and Agni: Concept of doshas, tridoshas; vata, pitta & kapha; their functions, subtypes; causes of dosha imbalance and remdies to maintain dosha imbalance and treatment of imbalanced doshas. Concept of dhatus; saptadhatu; rasa, rakta, mamsa, meda, asthi, majja, shukra; functions of dhatus and nurishments and malas.Concept o agni , Types of agni. Concept of Ama.	15

III	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
IV	Ayurveda treatments: Types of Ayurveda treatments. Shodana and Shaman treatments. Purification procedures Vaman, virechana, naysa, basti procedures, indication and benefits. Simple Ayurveda based home remedies for common health problems. Pathy and Apathya; satmay and asatmya.	15

Suggested Readings:-

- ✚ Todd Caldecott(2006).*Ayurveda: The Divine Science of Life*, ISBN: 9780723434108,Mosby Elsevier ✚
- Dr. Ram Karan Sharma, VaidyaBhagwan Dash (2012).*CarakaSamhita*(1st ed.),ISBN: 9788170800712,The Chowkhamba Sanskrit Series Office.
- ✚ K.R. SrikanthaMurthy(2014). *AshtangaHridayam*, 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: <i>FUNDAMENTALS OF INTEGRATIVE MEDICINE</i>		Course Code: 7.0YOG31
Batch: 2024-2026	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	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	After going through this course, students will be able to 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
----	--	----

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: 9788172242299, Jaico Publishing House
- McGuinness H.(2007). *Aromatherapy: Therapy basics* (2nd ed.), ISBN: 9780340876800, Arnold

Course Name: Yoga for Health Promotion		Course Code: 7.0YOG32
Batch: 2025-2027	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 concept of health and health dimensions. To understand the Fundamentals & principles of Yoga To understand the role of yoga in health promotion. To understand the yoga techniques to promote health.	
Course Outcomes:	After completing this course, student is expected to learn the following: Basics concepts of yoga and health Knowledge about usefulness of yoga in promotion of health Able to perform yoga practice.	
SYLLABUS		
Unit No.	Contents	Contact Hrs.
I	Concept of Health; definition, dimensions of health. Concept and Definition of Yoga from Yoga sutra, Bhagavag Geeta and Yoga Vasista. Introduction to Traditional Yoga texts. Introduction to Patanjali’s Astanga yoga,Introduction to Panchakosha, Concept to health and disease in Yoga, stress and yoga. Health benefits of Yoga practice; physical, physiological, biochemical and mental health benefits.	15
II	Loosening practices: jogging, twisting, side bending, forward and backward swing, alternate toe touching, Bhunamanasana stretch, pavana muktasana stretch, lumbar stretch Surya Namaskar, Breathing Exercise: Hands in and out breathing, hands stretch breathing, Tiger breathing, Bhujangasana breathing, Setubandasana breathing Yogic relaxation techniques: Instant Relaxation technique, Quick Relaxation Technique, Deep Relaxation technique	15

III	Asanas: (Yoga Postures) Standing: Tadasana, Ardhakati chakrasana, Vrikshasana, Trikonasana, Veerabhadrasana, Padahasthasana Sitting: Dandasana, Paschimothanasana, Ushtrasana, Ardha matsyendrasana, Gomukhasana, Vajrasana, Padmasana Prone: Makarasana, Bhujangasana, Shalabhasana, Dhanurasana Supine: Halasana, Setubandhasa, Sarvangasana	15
IV	Pranayama and Meditation Vibhagiya Pranayama, Kapalabhati, Bhaskrika, Nadishuddhi, Sheetal, Seetkari, Bhramari Om Meditation, Trataka	15
	Suggested Readings: - ✚ Swami Satyananda saraswati (2015). Asana, pranayama, Mudra, Bandha (1st ed.), ASIN: B017TKDHI0, Yoga Publications Trust, Munger, Bihar, India ✚ H. R. Nagendra and R. Nagarathna (2008). Promotion of Positive health (3rd edition), Swami Vivekananda Yoga Publication Trust, Bangalore, India	