

B.Sc. Yoga Science
SEMESTER I

COURSE DETAILS – 1
SUBJECT NAME – FOUNDATION OF YOGA
SUBJECT CODE – BSYSMJ – 101

CREDIT: 5	CA: 25	SEE: 75	MM: 100
------------------	---------------	----------------	----------------

COURSE OBJECTIVES:

THE FOLLOWING ARE THE GOALS OF THIS COURSE NAMED "FOUNDATION OF YOGA".

- ✓ UG STUDENTS WILL GAIN KNOWLEDGE ABOUT THE ORIGINS, EVOLUTION, AND HISTORY OF YOGA.
- ✓ THEY WILL BE ACQUAINTED WITH THE INSIGHTS OF DIFFERENT STREAMS OF YOGA.
- ✓ AN OVERVIEW OF YOGA DERIVED FROM VARIOUS YOGIC TEXTS.
- ✓ INTRODUCTION OF RENOWNED YOGIS.

BLOCK – 1	GENERAL INTRODUCTION OF YOGA:
UNIT – 1	ORIGIN, HISTORY AND DEVELOPMENT OF YOGA.
UNIT – 2	ETYMOLOGY OF YOGA, DEFINITION AND MEANING OF YOGA, A BRIEF OVERVIEW OF YOGA EVOLUTION FROM PRE-VEDIC TO THE CONTEMPORARY TIME.
UNIT – 3	AIMS, OBJECTIVES, AND COMMON MISCONCEPTIONS OF YOGA.
UNIT – 4	AN OVERVIEW OF THE VEDAS, VEDANG, PRASTHANATRAYE AND PURUSHARTHA CHATUSHTAYA,
BLOCK – 2	A SHORT ANALYSIS OF YOGIC TRADITIONS:
UNIT – 1	INTRODUCTION OF PANCHA-KOSHA, PANCH-PRANA.
UNIT – 2	CHARACTERISTIC OF YOGA IN THE EPICS (MAHABHARATA AND RAMAYANA)
UNIT – 3	NATURE OF YOGA AS DESCRIBED IN THE SMRITIS AND PURANAS.

UNIT – 4	YOGA IN NARADA BHAKTI SUTRA
BLOCK – 3	INTRODUCTION OF DIFFERENT SCHOOLS (STREEMS) OF YOGA:
UNIT – 1	GENERAL INTRODUCTION OF SCHOOLS OF YOGA: JNANA YOGA, BHAKTI YOGA, KARMA YOGA
UNIT – 2	JNANA YOGA: MEANING OF JÑĀNA AND JÑĀNA-YOGA, SADHANA-CHATUSHTAYA, MEANS OF JÑĀNA-YOGA.
UNIT – 3	BHAKTI YOGA: MEANING OF BHAKTI AND BHAKTA, STAGES OF BHAKTI, TYPES OF BHAKTI;
UNIT – 4	KARMA YOGA: MEANING OF KARMA AND KARMA YOGA, CONCEPT OF NISHKAMA KARMA, MEANS OF NISHKAMA KARMA.
BLOCK – 4	INTRODUCTION AND CONTRIBUTION OF EMINENT YOGIES:
UNIT – 1	AN OVERVIEW OF THE TRADITIONS OF GURU GORAKSHANATH AND MAHARSHI PATANJALI'S YOGIC CONTRIBUTIONS,
UNIT – 2	YOGA IN THE LITERATURE OF SAINTS- KABIRDAS, TULASIDAS AND SURDAS.
UNIT – 3	CONTEMPORARY YOGA: THE YOGIC TRADITIONS OF MAHARSHI DAYANAND SARASWATI AND SWAMI VIVEKANANDA
UNIT – 4	AN OVERVIEW OF THE CONTRIBUTIONS MADE BY SRI SHYAMACHARAN LAHIDI AND SWAMI RAMDEVA TO THE ADVANCEMENT AND PROPAGATION OF YOGA IN MODERN TIMES.

TEXT BOOKS:

1. YOGRISHI SWAMI RAMDEV JI: YOG KE MOOLBHUT SIDHHANT, DIVYA PRAKASHAN, HARIDWAR.
2. ACHARYA BALKRISHNA: GRIHASTH YOG SADHAK K GUN, DIVYA PRAKASHAN, HARIDWAR, 2017.
3. SINGH S P & YOGI MUKESH: FOUNDATIONS OF YOGA, STANDERED PUBLICATION, NEW DELHI, 2010.
4. YOGENDRA PURUSHARTHI (SW. DIVYANANDA SARASWATI): VEDO ME YOG VIDYA, YOGIC SODHSANSTHAN, 1985.
5. YOGRISHI SWAMI RAMDEV JI: EK YOGI EK YODHHA, DIVYA PRAKASHAN, HARIDWAR, 2015.
6. SRI VISHWANATH MUKHARJI: BHARAT KE MAHAN YOGI, VISHVAVIDYALAYA PRAKASHAN, 2012.

BOOKS FOR REFERENCE:

1. ACHARYA BALKRISHNA: YOG VISHWAKOSH, DIVYA PRAKASHAN, 2014.
2. AGARWAL M M: SIX SYSTEMS OF INDIAN PHILOSOPHY, CHOWKHAMBHA VIDYA BHAWAN, VARANAI, 2010.
3. SWAMI BHUTESHANANDA: NARARAD BHAKTI SUTRA, ADVAITA ASHRAMA PUBLICATION-DEPT. KOLKATA, II EDITION, 2009
4. RADHAKRISHNAN S: INDIAN PHILOSOPHY, OXFORD UNIVERSITY, UK (VOL. I & II) II EDITION, 2008
5. MAX MULLER K. M: THE SIX SYSTEMS OF INDIAN PHILOSOPHY, CHUKHAMBHA, SANSKRIT SERIES, VARANASI, 6TH EDITION, 2008
6. PAUL BRUNTON: A SEARCH IN SECRET INDIA, RIDERS BOOKS, 2003.
7. PANDEY, RAJKUMARI : BHARTIYA YOGA PARAMPARA KE VIVIDH AAYAM, RADHA PUBLICATION, NEW DELHI, 2008.
8. SINGH, S.P. & YOGI MUKESH: YOGA FROM CONFUSION TO CLARITY(VOL.1-5) STANDARD PUBLISHERS, INDIA, 2010.
9. SINGH, LALAN PRASAD : TANTRA, ITS MYSTIC AND SCIENTIFIC BASES, CONCEPT PUBLISHING COMPANY, DELHI, 1976.

10. SARASWATI, SWAMI SATYANANDA: KUNDALINI YOGA, YOGA PUBLICATION TRUST, MUNGER, 2005.
11. WHINCER, IAN : THE INTEGRITY OF THE YOGA DARSHAN, D.K. PRINTWORLD, NEW DELHI, 2000.
12. KALYAN : UPANIHADS, (23RD YEAR SPECIAL), GITA PRESS, GORAKHPUR.
13. ELIADE, MIRCEA : YOGA IMMORTALITY & FREEDOM, PRINCETON UNIVERSITY PRESS, USA 1969.
14. AVALON, ARTHUR : THE SERPENT POWER, SHIVALIK PRAKASHAN, DELHI, 2005.
15. SARASWATI, SWAMI DIVYANANDA: VEDON ME YOGAVIDHYA, YOGIC SHODHA SANSTHAN, HARIDWAR, 1999.
16. GHAROTE, M.M.: TRADITIONAL THEORY OF EVOLUTION AND ITS APPLICATION IN YOGA, LONAVLA YOGA INSTITUTE LONAVLA, 2008.

COURSE DETAILS – 2

SUBJECT NAME – YOGA PRACTICUM-1

SUBJECT CODE – BSYSMJ – 102

YOGA PRACTICUM – 1

CREDIT: 2	CA: 15	SEE: 35	MM: 50
------------------	---------------	----------------	---------------

OBJECTIVES:

FOLLOWING THE COMPLETION OF THIS COURSE, STUDENTS SHALL BE ABLE TO –

- ✓ UNDERSTAND AND PERFORM THE VEDIC HYMNS AND HASTA MUDRAS WITH SKILL.
- ✓ GAIN AN UNDERSTANDING THE CONCEPT AND PRINCIPLES OF SHATKARMAS.
- ✓ UNDERSTAND AND COMPREHEND BREATHING TECHNIQUES AND RELAXATION TECHNIQUES.
- ✓ UNDERSTAND THE PRINCIPLE AND PRACTICE OF VARIOUS DAND BAITHAK OF INDIAN ORIGIN.

BLOCK – 1	RECITATION OF HYMNS AND DIFFERENT HASTA MUDRAS
------------------	---

UNIT – 1	CONCEPT AND RECITATION OF PRANAVA AND SOHAM MANTRA, RECITATION OF SHANTI MANTRAS, RECITATION OF HYMNS FROM UPANISHAD & YOGA TEXTS, UNDERSTANDING AND RECITATION OF SURYA NAMASKARA MANTRA, BHOJAN MANTRA, PRATAH JAGRAN EVAM RATRI SHAYAN MANTRA
UNIT – 2	HASTA MUDRA: CHIN MUDRA, JNANA MUDRA, HRIDAYA MUDRA, BHAIKAV MUDRA, YONI MUDRA, PRAN MUDRA, APAN MUDRA, APANVAYU MUDRA, SHANKH MUDRA, KAMAJAYI MUDRA.
BLOCK – 2	DIFFERENT TYPES OF SHATKARMAS AND BREATHING PRACTICES
UNIT – 1	NETI (JALNETI, RUBBER NETI), DHAUTI (JAL DHAUTI) AND ITS VARIATIONS, KAPALBHATI (UPTO 1000 STROKS), TRATAKA (JATRU AND JYOTI) AND ITS VARIATIONS
UNIT – 2	BREATHE AWARENESS: SHWAS-PRASHWAS SAMYAMA, SECTIONAL BREATHING (ABDOMINAL, THORACIC AND CLAVICULAR), YOGIC DEEP BREATHING, YOGIC BREATHING: PAUSE BREATHING (VILOMA PRANAYAMA), SPINAL PASSAGE BREATHING (SUSHUMNA BREATHING); PRACTICE OF PURAKA, RECHAKA & KUMBHAKA (ANTAR & BAHYAKUMBHAKA).
BLOCK – 3	EIGHT BAITHAK AND TWELVE DAND BY YOGRISHI SWAMI RAMDEV JI
UNIT – 1	ARDH BAITHAK, PURNA BAITHAK, RAMMURTI BAITHAK, PAHALWANI BAITHAK-I, PAHALWANI BAITHAK-II, HANUMAN BAITHAK-I, HANUMAN BAITHAK-II, HANUMAN BAITHAK – III, SIMPLE DAND, RAMMURTI DAND, VAKSHVIKASAK DAND, HANUMAN DAND, VRISHCHIK DAND-I, VRISHCHIK DAND-II, PARSHVADAND, CHAKRADAND, PALATDAND, SHERDAND, SARPDAND, MISHRADAND (MIXED DAND)
BLOCK – 4	CONTINUOUS EVALUATION BY THE TEACHERS

TEXT BOOKS

1. ACHARYA BALKRISHNA: DAINIK YOGABHYASAKRAM, DIVYAYOG PRAKASHAN, HARIDWAR, 2015.
2. YOGRISHI SWAMI RANDEV JI: DAND-BAITHAK, 2015.
3. SWAMI DHIRENDRA BHRAHMACHARI: YOGASANA VIJNANA, DHIRENDRA YOGA PUBLICATIONS, NEW DELHI.

BOOKS FOR REFERENCES

1. TULSI NAINA: A COMPLETE GUIDE FOR STRUCTURAL BODY WORK, DIVYA PRAKASHAN, HARIDWAR, 2015.
2. BASAVARADDI, I.V. & OTHERS :SHATKARMA: A COMPREHENSIVE DESCRIPTION ABOUT CLEANSING PROCESS, MDNIY NEW DELHI, 2009
3. JOSHI, K.S. : YOGIC PRANAYAMA, ORIENTAL PAPERBACK, NEW DELHI, 2009
4. SWAMI KUVALYANANDA : PRANAYAMA, KAIVALYADHAMA, LONAVLA, 2010
5. SWAMI RAMA: SCIENCE OF BREATH, A PRACTICAL GUIDE, THE HIMALAYAN INTERNATIONAL INSTITUTE, PENNSELVENIA, 1998
6. SWAMI NIRANJANANAND SARASWATI: PRANA, PRANAYAMA & PRANVIDYA, YOGA PUBLICATIONS TRUST, MUNGER, BIHAR, 2005.
7. DR. NAGENDRA H R : PRANAYAMA, THE ART & SCIENCE, SWAMI VIVEKANANDA YOGA PRAKASHAN, BANGALORE, 2005
8. SRI ANANDA : THE COMPLETE BOOK OF YOGA, ORIENT COURSE BACKS, DELHI, 2003.

COURSE DETAILS – 3

SUBJECT NAME – ANATOMY & PHYSIOLOGY OF YOGIC PRACTICES – 1

SUBJECT CODE – BSYSMN – 103

CREDIT: 3	CA: 25	SEE: 75	MM: 100
------------------	---------------	----------------	----------------

COURSE OBJECTIVES:

FOLLOWING THE COMPLETION OF THE COURSE, STUDENTS SHALL BE ABLE:

- ✓ TO KNOW ABOUT THE STRUCTURE OF THE BODY
- ✓ TO KNOW ABOUT THE NECESSARY FUNCTIONS OF THE BODY
- ✓ TO GIVE BRIEF IDEA ABOUT THE DISEASES RELATED TO EACH SYSTEM
- ✓ TO THROW LIGHT ON ANATOMY SO THAT STUDENT CAN EXPERIENCE THE INVOLVEMENT OF THEIR BODY PARTS WHILE PRACTICING VARIOUS POSTURES OF YOGA.

BLOCK – 1	INTRODUCTION TO HUMAN BIOLOGY:
UNIT – 1	INTRODUCTION TO CELL, TISSUE, ORGANS AND SYSTEMS; BASIC CELL PHYSIOLOGY-CELL- INTRODUCTION, CELL ORGANELLES, CELL MEMBRANE, HISTOLOGICAL STRUCTURE, CLASSIFICATION, DISTRIBUTION AND FUNCTION OF DIFFERENT TISSUES. ORGANIZATION OF CELLS INTO TISSUE TO ORGANS AND SYSTEMS OF HUMAN BODY.
UNIT – 2	DEFINITION OF HUMAN ANATOMY AND HUMAN PHYSIOLOGY. TERMS FREQUENTLY USED IN ANATOMY AND PHYSIOLOGY. PLANES OF BODY. HOMEOSTASIS. MECHANISMS TO MAINTAIN MILIEU ENVIRONMENT
BLOCK – 2	MUSCULOSKELETAL SYSTEMS:
UNIT – 1	SKELETAL SYSTEM- CONCEPT, TYPES &FUNCTIONS
UNIT – 2	BONE: CONCEPT, TYPES, NUMBER, GROSS ANATOMY & PHYSIOLOGY, & FUNCTIONS, BONE CELLS: CONCEPT, TYPES & THEIR FUNCTIONS
UNIT – 3	SYNOVIAL JOINTS: CONCEPT, TYPES & THEIR FEATURES, SPINE: GROSS ANATOMY & PHYSIOLOGY AND FUNCTIONS
UNIT- 4	YOGIC EFFECT ON BONE/SKELETAL SYSTEM
BLOCK – 3	RESPIRATORY SYSTEM:

UNIT – 1	CONCEPT, GROSS ANATOMY & PHYSIOLOGY, TYPES & FUNCTIONS
UNIT – 2	LUNGS – GROSS ANATOMY, PHYSIOLOGY, AND FUNCTIONS
UNIT – 3	RESPIRATION
UNIT – 4	RESPIRATORY CONTROL CENTRE & YOGIC EFFECT ON THE RESPIRATORY SYSTEM
BLOCK – 4	CARDIOVASCULAR SYSTEM:
UNIT – 1	INTRODUCTION TO THE CARDIOVASCULAR SYSTEM AND BLOOD
UNIT – 2	THE HEART: GROSS ANATOMY, PHYSIOLOGY, INNERVATIONS & FUNCTIONS
UNIT – 3	THE HEART & BLOOD GROUPS
UNIT – 4	YOGA AND THE CIRCULATORY SYSTEM

TEXT BOOKS

1. GORE M. M. (2003). ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES. KANCHANPRAKASHAN, LONAVLA, INDIA
2. ANATOMY AND PHYSIOLOGY: YOGIC CONTEXT: DR SHARADCHANDRA BHALEKAR, KAIVALYADHAMA, LONAVLA, PUNE.
3. LAN PEATE AND MURALIDHARAN NAYAR – FUNDAMENTAL OF ANATOMY AND PHYSIOLOGY FOR NURSES

REFERENCE BOOKS:

1. TORTORA AND BRYAN: ANATOMY AND PHYSIOLOGY
2. KHURANA: ANATOMY AND PHYSIOLOGY
3. EVELYN, C. PEARCE- ANATOMY AND PHYSIOLOGY FOR NURSES

COURSE DETAILS – 4

SUBJECT NAME – FUNDAMENTALS OF AYURVEDA

SUBJECT CODE – BSYSID – 104 A

CREDIT: 4	CA: 25	SEE: 75	MM: 100
------------------	---------------	----------------	----------------

COURSE OBJECTIVES:

FOLLOWING THE COMPLETION OF THE COURSE, STUDENTS SHALL BE ABLE TO

- ✓ UNDERSTAND FUNDAMENTALS OF AYURVEDA
- ✓ KNOW FUNDAMENTALS OF HEALTHY LIVING
- ✓ KNOW LIFESTYLE REGIMES ACCORDING TO NATURE.
- ✓ KNOW MEDICINAL CLEANSING PROCESSES.

BLOCK – 1	GENERAL INTRODUCTION TO AYURVEDA
UNIT – 1	GENERAL INTRODUCTION TO AYURVEDA; DEFINITION, AIM, ORIGIN, HISTORY AND PROPAGATION;
UNIT – 2	BASIC INTRODUCTION TO MAIN AYURVEDIC TEXTS LIKE CHARAKA SAMHITA AND SUSHRUTA SAMHITA
UNIT – 3	CONCEPT OF HEALTH ACCORDING TO AYURVEDA AND ITS UTILITY IN HEALTH PROMOTION AND PREVENTION.
UNIT – 4	BASIC PRINCIPLES OF AYURVEDA– TRIDOSHA, SAPTADHATU, TRIMALA, PANCHA MAHABHUTA, PRAKRUTI & MANAS
BLOCK – 2	FUNDAMENTALS OF AYURVEDA
UNIT – 1	CONCEPT OF AGNI, SROTAS AND AMA, CONCEPT OF DHARNIYA AND ADHARNIYA VEGA IN AYURVEDA;
UNIT – 2	INTRODUCTION TO DRAVYA, GUNA, KARMA, VIRYA, VIPAKA AND PRABHAVA. FACTORS FOR HEALTH AND DISEASE
UNIT – 3	AYURVEDIC SYSTEM OF EXAMINATION AND DIAGNOSIS. TYPES OF DISEASE, FOUR PILLARS OF TREATMENT, TREATMENT PRINCIPLES OF BODY AND MIND.
UNIT – 4	CHARACTERISTICS OF VAIDYA AND SHISHYA.
BLOCK – 3	SWASTHAVRITTA, DINACHARYA, RITUCHARYA, RATRICHARYA, SADVRITTA & AACHAAR RASAAYANA
UNIT – 1	CONCEPT AND IMPORTANCE OF SWASTHAVRITA, DINCHARYA: BRAHMMUHURT, SAUCH VIDHI, AACHMAN, DANTDHAWAN, JIGWANIRLEKHAN, ANJANA, NASYA, RITUNUKUL VASTRADHARAN, ABYANG, VYAYAM, MARDAN, UBTAN , SNAN, BHOJAN VIDHI.

UNIT – 2	CONCEPT OF RITUCHARYA AND RATRICHAHRYA; KALA LAKSHAN, MAATRADI LAKSHAN, AADAN KAAL , VISARGKAAL, RITUSANDHI, HEMANTRITUCHARYA, SHISHIRRITUCHARYA, VASANTRITUCHARYA, GREESHMA RITUCHARYA, VARSHARITUCHARYA, SHARAD RITUCHARYA
UNIT – 3	CONCEPT OF SADVRITA: AND AACHAAR RASAAYANA; CONCEPT OF DHARNIYA & ADHARNIYA VEDA AND THEIR COMPLICATIONS.
UNIT – 3.4	CHARECTERSTICS OF AHAR, NIDRA BRAHMACHARYA AND THEIR IMPORTANCE
BLOCK – 4	AHARA AND PANCHKARMA
UNIT – 1	CONCEPT OF UPASTHAMBHA; CONCEPT OF AHARA, AHARA PACHANA, PATHYA & APATHYA IN AYURVEDA
UNIT – 2	CONCEPT OF OJAS IN AYURVEDA; ROLE OF AYURVEDIC DIET IN HEALTH AND PREVENTION
UNIT – 3	INTRODUCTION TO PANCHKARMA AS SHODHAN CHIKITSA WITH ITS THREE DOMAIN POORVAKARMA (SNEHAN & SVEDAN), PRADHAN KARMA (VAMAN, VIRECHAN, VASTI, NASYA, RAKTAMOKSHAN) AND PASCHAT KARMA (PACHAN, RASAYAN AND VAZIKARAN).

TEXT BOOKS

1. ACHARYA BALKRISHNA: AYURVEDA SIDHHANT RAHASYA, PATANJALI YOGPEETHA TRUST.
2. ACHARYA BALKRISHNA: SIDDHASAAR SAMGRAH, DIVYA PRAKASHAN, HARIDWAR
3. DR. RAVI DUTTA TRIPATHI DR. BRAHMANAND TRIPATHI : ASHTANGA SAMGRAHA, CHAUKAMBHA SANSKRIT PRATISHTHAN, DELHI, REPRINT EDITION OF 2003
4. DR. SHAILJA SRIVASTAVA, DR JAIRAM YADAV: ASHTANGASAMGRAH, CHAUKHAMBHA ORIENTELIA, VRARANASI REEDITION 2016.

REFERENCE BOOK

1. ACHARYA BALKRISHNA: AYURVEDA MAHODADHI: DIVYA PRAKASHAN, HARIDWAR, 2015
2. DR. PRIYAVRATA SHARMA: CHARAK SAMHITA, CHAUKHAMBHA ORIENTALA, VARANASI, EDITION OF 2008.

COURSE DETAILS – 4
SUBJECT NAME – INDIAN CULTURE AND TRADITION
SUBJECT CODE – BSYSID – 104 B

CREDIT: 4	CA: 25	SEE: 75	MM: 100
------------------	---------------	----------------	----------------

COURSE OBJECTIVES

- STUDENTS WILL ACQUIRE KNOWLEDGE REGARDING THE PRIMITIVE LIFE AND CULTURAL
- STUDENTS WILL ACQUIRE KNOWLEDGE REGARDING STATUS OF THE PEOPLE OF ANCIENT INDIA. THEY CAN GATHER KNOWLEDGE ABOUT THE SOCIETY, CULTURE,
- STUDENTS WILL ACQUIRE KNOWLEDGE REGARDING RELIGION AND POLITICAL HISTORY OF ANCIENT INDIA. THEY WILL ALSO ACQUIRE THE KNOWLEDGE OF CHANGING
- STUDENTS WILL ACQUIRE KNOWLEDGE REGARDING SOCIO-CULTURAL SCENARIOS OF INDIA

BLOCK – 1	INTRODUCTION TO BHARATVARSHA
UNIT – 1	UNDERSTANDING OF BHARATVARSHA, ETERNITY OF SYNONYMS BHARAT, INDIAN CONCEPT OF TIME AND SPACE.
UNIT – 2	THE GLORY OF INDIAN LITERATURE: VEDA, VEDANGA, UPANISHADS, EPICS, JAIN AND BUDDHIST LITERATURE, SMRITI, PURANAS ETC.
BLOCK – 2	INDIAN KNOWLEDGE TRADITION, ART AND CULTURE
UNIT – 1	THE GLORY OF INDIAN LITERATURE: PATANJALI YOGA-SUTRA, VEDANGA, UPANISHADS, EPICS, JAIN AND BUDDHIST LITERATURE, SMRITI, PURANAS.

UNIT – 2	SALIENT FEATURES OF INDIAN CULTURE: INDIAN EDUCATIONAL SYSTEM;
UNIT – 3	GURUKUL AND BAUDDH, EVOLUTION OF LANGUAGE AND SCRIPT: BRAHMI, KHAROSHITI,
BLOCK – 3	DHARMA, PHILOSOPHY AND VASUDHAIVA KUTUMBAKAM
UNIT – 1	INDIAN PERCEPTION OF DHARMA AND DARSHAN, THE CONCEPT OF VASUDHAIVA KUTUMBAKAM
UNIT – 2	VISHVA BANDHUTVA, RELIGIOUS AND CULTURAL HARMONY, FAMILY, SOCIETY, POLITY AND GOVERNANCE, THE CONCEPT OF JANPADA & GRAM SWARAJYA
BLOCK – 4	ANCIENT INDIAN EDUCATIONAL SYSTEM
UNIT – 1	EDUCATION SYSTEM, GURUKUL EDUCATION SYSTEM, BUDDHIST EDUCATION SYSTEM, CENTRE OF EDUCATION- KASHI TAXILA, NALANDA, VALABHI
UNIT – 2	GURU-SHISHYA RELATIONSHIP, CURRICULUM, QUALIFICATION OF THE GURU, QUALIFICATION OF THE SHISHYA, RULES OF ADMISSION IN GURUKUL, WOMEN'S EDUCATION, DEVELOPMENT OF WRITING SKILLS, WRITING MATERIAL.

SUGGESTED READINGS:

- A.L BASHAM: THE WONDER THAT WAS INDIA, RUPA, DELHI 1994
- A.S ALTEKAR, EDUCATION IN ANCIENT INDIA, NAND KISHORE & BROS, VARANASI 1944
- BALBIR SINGH SIHAG: KAUTILYA: THE TRUE FOUNDER OF ECONOMICS, VITASTA PUBLISHING PVT. LTD, DELHI, 2014
- BHAGVADATT: बृहद भारत का इतिहास ,प्रणव प्रकाशन ,नई दिल्ली

COURSE DETAILS – 5

SUBJECT NAME – BASIS OF SANSKRITUM – I

SUBJECT CODE – BSYSAE – 105

CREDIT: 2	CA: 15	SEE: 35	MM: 50
------------------	---------------	----------------	---------------

COURSE OBJECTIVE:

FOLLOWING THE COMPLETION OF THIS COURSE, STUDENTS SHALL BE ABLE TO

- ✓ READ AND UNDERSTAND THE COLLOQUIAL WORDS OF SANSKRIT.
- ✓ COMMUNICATE AND COMPREHEND SANSKRIT TO THE BEST OF THEIR ABILITY.
- ✓ WRITE IN SANSKRIT AND HAVE SOME IDEA ABOUT GRAMMAR.

BLOCK – 1	संस्कृतभाषापरिचयः
UNIT – 1	संस्कृतभाषा परिचय, योगशास्त्र के अध्ययन में संस्कृत का महत्त्व और योग एवं संस्कृत का अन्तःसम्बन्ध ।
UNIT – 2	<u>माहेश्वरसूत्र</u> । संस्कृतवर्णमाला, स्वर, व्यंजन वर्णज्ञान सहित) रोमन लिपि में लेखन एवं पठन।
UNIT – 3	वर्णों के उच्चारणस्थान और प्रयत्न-ज्ञान । प्रत्याहार निर्माण विधि एवं <u>प्रत्याहार ज्ञान</u> ।
UNIT – 4	वाक्याङ्ग, कारक, विभक्ति) सुप् और तिङ्(, लिङ्ग, वचन, पुरुष, लकार। अव्यय परिचय और संस्कृत संख्याएं) एक से सौ तक (।
BLOCK – 2	शब्दरूपपरिचयः
UNIT – 1	अजन्त -ःशब्दरूप - <u>राम, हरि, गुरु, राम, पुस्तक</u> शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित ।
UNIT – 2	हलन्त -ः <u>जगत्, भगवत्, राजन्</u> शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित ।
UNIT – 3	सर्वनाम शब्दरूप - <u>अस्मद्, युष्मद्, तत्</u>) <u>स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग</u> में(, एतद्) <u>स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग</u> में(, यद्) <u>स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग</u> में(, किम्) <u>स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग</u> में (शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित ।
BLOCK – 3	वाक्यनिर्माणं सन्धिश्च तथा क्रियापदपरिचयः) वाक्यरचनानुवादश्च(
UNIT – 1	सन्धि कि परिभाषा व प्रकार) अच्, हल्, एवं विसर्ग (सन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास ।

UNIT – 2	हल) व्यञ्जन) (श्रुत्व ष्टुत्व, चर्, जश्, अनुस्वार, परसवर्ण, अनुनासिक, षत्व, णत्व (एवं विसर्ग) सत्व, रत्व, उत्त्व) ओत्व(लोप (सन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास ।
UNIT – 3	भू, पठ्, लिख्, गम्, कृ) लट्, लृट्, लोट्, लङ्, विधिलिङ्गात्र(
BLOCK – 4	पातञ्जलयोगसूत्रम् – समाधिपादः (१-२५सूत्राणी)
UNIT – 1	सूत्रस्मरणम्, सूत्रव्याख्या, निबंधात्मकप्रश्न :

निर्धारित ग्रंथ

1. व्याकरणचन्द्रोदय) १ (- डा०आचार्यासाध्वीदेवप्रिया, दिव्य प्रकाशन , हरिद्वारम्
2. योगदर्शन - स्वामिरामदेव, दिव्य प्रकाशन, हरिद्वारम्

संदर्भ ग्रंथा :

1. सरल- कठिनसंस्कृतम् - प्रो .तिरुमलपि . कुलकर्णी
2. PERRY E D: A SANSKRIT PRIMER, MLBD, NEW DELHI, 2004
3. KALA MR : A HIGHER SANSKRIT GRAMMAR FOR COLLEGE STUDENTS, MLBD, NEW DELHI, 2011
4. DEVAVANIPRAVESIKA-: ROBERT P. GOLDMAN: MLBD-NEWDELHI.

COURSE DETAILS – 6

SUBJECT NAME – TEACHING METHODS OF YOGA

SUBJECT CODE – BSYSSE – 106

CREDIT: 3	CA: 25	SEE: 75	MM: 100
-----------	--------	---------	---------

COURSE OBJECTIVE:

FOLLOWING THE COMPLETION OF THIS COURSE, STUDENTS SHALL BE ABLE TO

- ✓ UNDERSTAND THE PRINCIPLES AND PRACTICES OF TEACHING METHODS OF YOGA.
- ✓ HAVE AN IN-DEPTH UNDERSTANDING ABOUT SESSION AND LESSON PLANNING AND CLASS ROOM ARRANGEMENTS.

✓ HAVE AN IDEA ABOUT THE DIFFERENT TOOLS USED IN YOGA TEACHING.

BLOCK – 1	PRINCIPLES AND THE METHODS OF TEACHING YOGA:
UNIT – 1	GLIMPSE OF YOGIC PRACTICES: ASANA, PRANAYAMA, MUDRA & BANDHA, KRIYAS, MEDITATION, ATTITUDE TRAINING PRACTICES.
UNIT – 2	MEANING AND SCOPE OF TEACHING METHODS, EDUCATIONAL PROCESS FACTORS
UNIT – 3	TYPES OF TEACHING METHOD
BLOCK – 2	SOURCE OF TEACHING METHODS
UNIT – 1	FACTORS INFLUENCING THE METHOD
UNIT – 2	YOGIC PRINCIPLES, PSYCHOLOGICAL PRINCIPALS , ANATOMICO-PHYSIOLOGICAL PRINCIPLES, SOCIOLOGICAL PRINCIPLES, EDUCATIONAL PRINCIPALS
BLOCK – 3	BASICS OF YOGA CLASSROOM MANAGEMENT
UNIT – 1	PRACTICE OF YOGA AT DIFFERENT LEVELS : BEGINNERS, ADVANCED, SCHOOL CHILDREN, SPECIAL GROUPS
UNIT – 2	DEALING WITH DIFFICULT STUDENTS, SEATING ARRANGEMENT
UNIT – 3	TEACHING AIDS- TYPES OF TEACHING AIDS, PRINCIPLES OF SELECTING TEACHING AIDS
BLOCK – 4	LESSON PLANNING OF YOGA
UNIT – 1	ART AND SCIENCE OF QUESTIONING IN YOGA TEACHING.
UNIT – 2	ESSENTIALS OF GOOD LESSON PLAN: CONCEPTS, NEEDS, PLANNING OF TEACHING YOGA (SHATKRIYA, ASANA, MUDRA, PRANAYAMA & MEDITATION);
UNIT-3	GUIDELINES FOR PREPARING A YOGIC LESSON PLAN

TEXT BOOKS

1. YOGRISHI SWAMI RAMDEV; YOGA MANUAL FOR PARENTS AND YOGA TEACHERS, DIVYA PRAKASHAN, HARIDWAR, 2010

2. DR. GHAROTE M L & DR S K GANGULY: TEACHING METHODS FOR YOGIC PRACTICES, KAIVALYADHAMA, LONAVALA, 2007

BOOKS FOR REFERENCE

1. DR. SHRI KRISHNA : NOTES ON BASIC PRINCIPLES & METHODS OF TEACHING AS APPLIED TO YOGIC PRACTICES AND A READY RECKONER OF YOGIC PRACTICES, KAIVALYADHAMA, LONAVALA, 2009
2. DR. RAJ KUMAR : PRINCIPLES & METHODS OF TEACHING, PRINTO GRAPHICS, DELHI,
3. SAKET RAMAN TIWARI & OTHERS : TEACHING OF YOGA, DPH PUBLISHING CORPORATION, DELHI, 2007

COURSE DETAILS – 7

SUBJECT NAME – ENVIRONMENTAL SCIENCE

SUBJECT CODE – BSYSVA – 107

CREDIT: 3	CA: 25	SEE: 75	MM: 100
------------------	---------------	----------------	----------------

COURSE OBJECTIVE:

FOLLOWING THE COMPLETION OF THESE COURSE STUDENTS SHALL BE ABLE TO

1. IDENTIFY ABOUT ENVIRONMENT AND ECOSYSTEM.
2. IDENTIFY RENEWABLE AND NON-RENEWABLE REOURCES.
3. IDENTIFY ABOUT BIO-DIVERSITIES, CONSERVATION AND POLLUTION.

BLOCK – 1	INTRODUCTION TO ENVIRONMENTAL STUDIES AND ECOSYSTEM
UNIT – 1	INTRODUCTION TO ENVIRONMENTAL STUDIES AND ECOSYSTEM; MULTIDISCIPLINARY NATURE OF ENVIRONMENTAL STUDIES, SCOPE AND IMPORTANCE, NEED OF AWARENESS.

UNIT – 2	ECOSYSTEM AND ITS FUNCTIONS, AQUATIC ECOSYSTEM, ENVIRONMENTAL COMPONENTS OF ECOSYSTEM,
UNIT – 3	CONSERVATION OF NATURAL RESOURCES, FOOD CHAINS, FOOD WEB.
BLOCK – 2	NATURAL RESOURCES: RENEWABLE & NON-RENEWABLE
UNIT – 1	RESOURCES: RENEWABLE & NON-RENEWABLE BIODIVERSITY, VALUES OF BIODIVERSITY, NATURAL RESOURCES (RENEWABLE & NON RENEWABLE RESOURCES),
UNIT – 2	POLLUTION -AIR POLLUTION, SOIL POLLUTION, SMOG THEIR CAUSES AND IMPACTS.
UNIT – 3	ROLE OF AN INDIVIDUAL IN CONSERVATION OF NATURAL RESOURCES.
UNIT – 4	EQUITABLE USE OF RESOURCES FOR SUSTAINABLE LIFESTYLES.
BLOCK – 3	BIODIVERSITY & CONSERVATION
UNIT – 1	BIODIVERSITY LEVELS OF BIOLOGICAL BIODIVERSITY, ENVIRONMENT SEGMENTS, BIOSPHERE, LITHOSPHERE, HYDROSPHERE, ATMOSPHERE, POLLUTANTS, DEGRADABLE AND NON-DEGRADABLE POLLUTANTS.
UNIT – 2	CONSERVATION-MINERAL RESOURCES, OXYGEN DEPLETION
BLOCK – 4	ENVIRONMENTAL POLLUTION
UNIT – 1	ENVIRONMENTAL POLLUTION, TYPES, CAUSES, EFFECTS AND CONTROLS, PREVENTION & CONTROL OF POLLUTION,
UNIT – 2	ENVIRONMENT PROTECTION ACT, WILD LIFE PROTECTION ACT.

TEXT BOOKS:

1. ERACH BHARUCHA: TEXT BOOK FOR ENVIRONMENT STUDIES, UGC & BHARTIYA VIDYAPEETHA INSTITUTE OF ENVIRONMENTAL EDUCATION AND RESEARCH, PUNE.

REFERENCE BOOKS:

1. AGARWAL, K.C. 2001 ENVIRONMENTAL BIOLOGY, NIDI PUBL. LTD.
BIKANER. B)
2. BHARUCHA ERACH, THE BIODIVERSITY OF INDIA, MAPIN PUBLISHING PVT.
LTD., AHMEDABAD – 380 013, INDIA,

B.Sc. Yoga Science
SEMESTER II

COURSE DETAILS – 1

SUBJECT NAME – HATH YOGA PRADIPIKA

SUBJECT CODE – BSYSMJ – 201

CREDIT: 5	CA: 25	SEE: 75	MM: 100
------------------	---------------	----------------	----------------

COURSE OBJECTIVES:

BY INTRODUCING HATHA YOGA & ITS TEXTS, STUDENTS SHALL BE ABLE TO

- HAVE AN UNDERSTANDING ABOUT PRE-REQUISITES OF HATHA YOGA.
- HAVE AN UNDERSTANDING ABOUT THE CONCEPT OF YOGA IN HATH YOGIC TEXTS.
- HAVE AN UNDERSTANDING ABOUT CONCEPT AND PRINCIPLES OF HATH YOGA.
- QUOTE REFERENCES OF EACH PRACTICE AS PER TRADITIONAL TEXTS

BLOCK – 1	INTRODUCTION OF HATHA YOGA
UNIT – 1	PURPOSE OF HATHA YOGA, PLACE OF PRACTICE, YAMA AND NIYAMA,
UNIT – 2	SADHAK AND BADHAK TATVA, CONCEPT OF MATHA,
UNIT – 3	INTRODUCTION OF ASANAS- 15 TYPES OF ASANAS
UNIT – 4	INTRODUCTION OF MITAHARA-MODERATE DIET, PATHYA AND APATHYA DIET
BLOCK – 2	INTRODUCTION OF SHATKARMA AND PRANAYAMA
UNIT – 1	IMPORTANCE OF SHATKARMA, TECHNIQUE AND BENEFITS OF SIX CLINSING PROCESS
UNIT – 2	PRE REQUISITE OF PRANAYAMA
UNIT – 3	INTRODUCTION OF ASHTA KUMBHAK
BLOCK – 3	INTRODUCTION OF BANDHA AND MUDRAS
UNIT – 1	CONCEPT OF NAADI AND INTRODUCTION OF SHUSUMNA NAADI, CONCEPT OF KUNDALINI
UNIT – 2	TECHNIQUE, PRECAUTION, AND BENEFITS OF BANDHA AND MUDRAS
BLOCK – 4	INTRODUCTION AND CONCEPT OF SAMADHI
UNIT – 1	CONCEPT OF SAMADHI

UNIT – 2	CONCEPT OF NAADA AND NAADANUSANDHAAN
UNIT – 3	DIFFERENT STAGES OF NAADANUSANDHAAN

PRESCRIBED TEXT BOOK

1. सवात्माराम ,स्वामी :हठप्रदीपिका ,कैवल्यधाम ,पुणे ,षष्ठंप्रकाशन ,2017
2. HATHA PRADEEPIKA: MDNIY PUBLICATION
3. सिंह ,नरेंद्र) :2021 .(हठयोगसारसंग्रह ,(हठप्रदीपिका और घेरण्ड संहिता के संदर्भ में),(
क्रॉसबिलपब्लिकेशन ,नईदिल्ली

COURSE DETAILS – 2

SUBJECT NAME – YOGA PRACTICUM – II

SUBJECT CODE – BSYSMJ – 202

CREDIT: 2	CA: 15	SEE: 35	MM: 50
------------------	---------------	----------------	---------------

COURSE OBJECTIVES:

FOLLOWING THE COMPLETION OF THE COURSE, STUDENTS SHALL BE ABLE TO:

- STATE TECHNIQUES, HEALTH BENEFITS, APPLICATIONS, PRECAUTIONS AND CONTRAINDICATIONS OF UNDER MENTIONED YOGIC PRACTICES
- TO DEMONSTRATE AND INSTRUCT UNDERMENTIONED YOGIC PRACTICES.

BLOCK – 1	RECITAION OF HYMNS AND DIFFERENT SATKARMA
UNIT – 1	RECITATION OF HYMNS: SELECTED SUTRAS OF YOGA SUTRA; RECITATION OF NIRVAN SATKAMA
UNIT – 2	SATKARMA: SUTRA NETI, KAPALBHATI (VATKRAM, VYUTKRAM, SITKRAM), AGNISAR
BLOCK – 2	SURYANAMASKAR AND YOGASANA
UNIT – 1	SURYA NAMASKAR: BIHAR SCHOOL OF YOGA
UNIT – 2	YOGASANA (RECOMMENDED BY SWAMI RAMDEV): 12 STEPS OF YOGIC JOGGING; AND A SERIES OF 12 YOGIC POSTURES: MANDUK ASANA- VARIATIONS 1 & 2, SHASHAKASANA, BAKASANA, GOMUKH ASANA, MAKARASANA- VARIATIONS 1& 2, BHUJANGA ASANAVARIATIONS 1, 2 & 3, SHALBHASANA- VARIATIONS 1, 2 & 3, MARKATASANA- VARIATIONS 1, 2 & 3, PAWANMUKTASANA- VARIATIONS 1, 2 & 3, ARDHAHALASANA, PADVRITTA ASANA- VARIATIONS 1 & 2 AND DWICHAKRIKASANA- VARIATIONS 1 & 2; AS RECOMMENDED BY SWAMI RAMDEV.

UNIT – 3	PRONE LYING ASANAS: MAKARASANA, MARKATASANA, BHUJANGASANA, SARPASANA, SHALABHASANA, DHANURASANA, PURNADHANURASANA, CHAKRASANA, VIPARITNAUKASANA AND THE PRACTICES MENTIONED IN HATHA PRADIPIKA
BLOCK – 3	PRACTICE LEADING TO BANDH, PRANAYAMA AND DHYANA
UNIT – 1	JALANDHARA BANDHA, UDDIYANA BANDHA, MULA BANDHA,
UNIT – 2	ANULOMA-VILOMA PRANAYAMA
UNIT – 3	NADISHODHANA PRANAYAMA (PURAKA+ANTARKUMBHAKA+RECHAKA) (1:1:1 & 1:2:2)
UNIT – 4	PRANAV JAPA AND SOHAM JAP, YOGA NIDRA (1), ANTARMAUNA
BLOCK – 4	CONTINUOUS EVALUATION BY THE TEACHERS

TEXT BOOKS

1. YOGRISHI SWAMI RAMDEV JI: PRANAYAMA RAHASYA, DIVYAPRAKASHAN, HARIDWAR, 2009
2. BASAVARADDI, I.V. & OTHERS: SHATKARMA: A COMPREHENSIVE DESCRIPTION ABOUT
3. CLEANSING PROCESS, MDNIY NEW DELHI, 2009
4. DR. NAGENDRA H R: PRANAYAMA, THE ART & SCIENCE, SWAMI VIVEKANANDA YOGAPRAKASHAN, BANGALORE, 2005.
5. IYENGAR, B.K.S.: LIGHT ON PRANAYAMA, HARPER COLLINS, SWAMI VIVEKANAND YOGAPRAKASHAN, 2012
6. SARASWATI S. S. (2006). ASANA PRANAYAMA AND MUDRA BANDHA, "YOGA PUBLICATION TRUST." MUNGER, BIHAR

COURSE DETAILS – 3

SUBJECT NAME – ANATOMY & PHYSIOLOGY OF YOGIC PRACTICES – II

SUBJECT CODE – BSYSMN – 203

CREDIT: 3	CA: 25	SEE: 75	MM: 100
------------------	---------------	----------------	----------------

COURSE OBJECTIVES:

FOLLOWING THE COMPLETION OF THE COURSE, STUDENTS SHALL BE ABLE:

- TO KNOW ABOUT THE STRUCTURE OF THE BODY
- TO KNOW ABOUT THE NECESSARY FUNCTIONS OF THE BODY
- TO THROW LIGHT ON ANATOMY SO THAT STUDENT CAN EXPERIENCE THE INVOLVEMENT OF THEIR BODY PARTS WHILE PRACTICING VARIOUS POSTURES OF YOGA.

BLOCK – 1	NERVOUS SYSTEM & SPECIAL SENSES
UNIT – 1	STRUCTURE AND FUNCTION OF HUMAN BRAIN.-FORE BRAIN, MID BRAIN, HIND BRAIN,
UNIT – 2	STRUCTURE AND FUNCTION OF SPINAL CORD, CRANIAL NERVE AND SPINAL NERVE, AUTONOMIC NERVOUS SYSTEM- SYMPATHETIC AND PARA SYMPATHETIC NERVOUS SYSTEM,
UNIT – 3	REFLEX ACTION, MECHANISM OF NERVE CONDUCTION, SYNAPSE AND SYNAPTIC TRANSMISSION
UNIT – 4	STRUCTURE AND FUNCTION OF EYE, EAR, NOSE, TONGUE AND SKIN.
BLOCK – 2	ENDOCRINE SYSTEM
UNIT – 1	STRUCTURE AND FUNCTION OF IMPORTANT OF ENDOCRINE GLAND (PITUITARY, ADRENAL, THYROID, PARATHYROID, PANCREAS, GONADS),
UNIT – 2	FUNCTION OF GI TRACT HORMONES, MECHANISM OF HORMONE ACTIONS.
BLOCK – 3	REPRODUCTIVE & EXCRETORY SYSTEM

UNIT – 1	MALE REPRODUCTIVE SYSTEM OF HUMAN.-TESTIS, PENIS, EPIDIDYMIS, PROSTATE GLAND
UNIT – 2	FEMALE REPRODUCTIVE SYSTEM OF HUMAN-OVARY, UTERUS, VAGINA, CERVIX, FALLOPIAN TUBE;
UNIT – 3	MENSTRUAL CYCLE GAMETOGENESIS-SPERMATOGENESIS AND OOGENESIS; FERTILIZATION; IMPLANTATION AND EMBRYONIC DEVELOPMENT; PREGNANCY;
BLOCK – 4	LYMPHATIC SYSTEM & IMMUNE SYSTEM
UNIT – 1	LYMPHOID ORGAN-BONE MARROW, THYMUS, SPLEEN ,LYMPH NODE, COMPOSITION AND FUNCTION OF LYMPH, IMMUNITY,
UNIT – 2	TYPES OF IMMUNITY-INNATE IMMUNITY AND ACQUIRED IMMUNITY, ANTIGEN AND ANTIBODY, HYPERSENSITIVITY, AUTOIMMUNITY.

TEXT BOOKS

1. GORE M. M. (2003). ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES. KANCHANPRAKASHAN, LONAVLA, INDIA
2. ANATOMY AND PHYSIOLOGY: YOGIC CONTEXT: DR SHARADCHANDRA BHALEKAR, KAIVALYADHAMA, LONAVLA, PUNE.
3. LAN PEATE AND MURALIDHARAN NAYAR – FUNDAMENTAL OF ANATOMY AND PHYSIOLOGY FOR NURSES

REFERENCE BOOKS:

1. TORTORA AND BRYAN: ANATOMY AND PHYSIOLOGY
2. KHURANA: ANATOMY AND PHYSIOLOGY
3. EVELYN, C. PEARCE- ANATOMY AND PHYSIOLOGY FOR NURSES

COURSE DETAILS – 4

SUBJECT NAME – INTRODUCTION TO AYUSH

SUBJECT CODE – BSYSID – 204 A

CREDIT: 4	CA: 25	SEE: 75	MM: 100
------------------	---------------	----------------	----------------

COURSE OBJECTIVES:

- STUDENTS WILL ACQUIRE KNOWLEDGE REGARDING THE TRADITIONAL SYSTEM OF MEDICINE
- STUDENTS WILL ACQUIRE KNOWLEDGE REGARDING CONCEPTS OF HEALTH & DISEASE.
- STUDENTS WILL ACQUIRE KNOWLEDGE REGARDING OTHER SUPPORTIVE INDIAN SYSTEMS OF MEDINE

BLOCK – 1	INTRODUCTION TO BASIC CONCEPTS OF AYURVEDA
UNIT – 1	THE FOUR ASPECTS OF LIFE (SOUL, MIND, SENSES AND BODY); PANCHAMAHABHUTAS (THE FIVE ELEMENT THEORY), AHARA, VIHARA AND AUSADHI (THREE PILLARS OF AYURVEDA)
UNIT – 2	CONCEPT, ROLE AND IMPORTANCE OF – DOSHA, DHATU, MALA; UPDHATU, SROTAS, INDRIYA, AGNI, PRĀNA, PRAKRTI (DEHA PRAKRTI, MANASA PRAKRTI);
UNIT – 3	ROLE OF DOSA, DHATU AND MALA IN HEALTH AND DISEASES;
UNIT – 4	CONCEPT OF DINACARYĀ (DAILY ROUTINE), CONCEPT OF RITUCARYA (SEASONAL ROUTINE), SVASTHAVĀTTA IN ĀYURVEDA; CONCEPT OF TRAYO UPASTHAMBAS.
BLOCK – 2	YOGA & HEALTH AND INTEGRATED APPROACH OF YOGA & NATUROAPTHY
UNIT – 1	CONCEPT OF BODY, HEALTH AND DISEASE; CONCEPT OF YOGA ADHI AND VYADHI; PRINCIPLE OF YOGA THERAPY IN RELATION TO YOGA VASISTHA;

UNIT – 2	PRACTICES AT PANCHA KOSA LEVEL ANNAMAYA, PRANAMAYA, MANOMAYA, VIJNANAMAYA AND ANANDAMAYA KOSA; PRINCIPLE OF YOGA THERAPY IN RELATION TO HATHA RATNAVALI AND GHERANDA SAMHITA
UNIT – 3	NATUROPATHY- DEFINITION, MEANING, APPLICATION, SCOPE AND LIMITATIONS, HISTORY OF NATUROPATHY – INDIAN AND WESTERN
BLOCK – 3	INTRODUCTION TO BASIC CONCEPTS OF UNANI, SIDDHA AND HOMEOPATHY
UNIT – 1	HISTORY OF UNANI & SIDDHA
UNIT – 2	CONCEPT OF UNĀNĒ & SIDDHA
UNIT – 3	PRINCIPLES OF UNANI & SIDDHA; INTRODUCTION TO BASIC CONCEPTS OF HOMEOPATHY;
UNIT – 4	HISTORY OF HOMEOPATHY; CONCEPT OF HOMEOPATHY; PRINCIPLES OF HOMEOPATHY

TEXT BOOKS:

1. ACHARYA BALKRISHNA: YOG SIDHANT RAHASYA, DIVYA PRAKASHAN, HARIDWAR 2013
2. DR R NAGARATHNA: YOGA AND HEALTH, SVYASA, BANGALORE.

REFERENCE BOOK:

1. TAITRIYA UPNISHAD
2. DR. RAKESH JINDAL: PRAKRITIC AYURVIJNANA, PUNE.
3. DASH, V.B.: AYURVEDIC TREATMENT FOR COMMON DISEASES DELHI DIARY, 1974.
4. RICHARDS HUGHES: THE PRINCIPAL AND PRACTICE OF HOMEOPATHY, B JAIN PUBLICATION, 2008.
5. INTRODUCTION TO AYUSH;
WWW.SLIDESHARE.NET/DIGVIJAY03/INTRODUCTION-OF-AYUSH-71028486

COURSE DETAILS – 4

SUBJECT NAME – ANCIENT INDIAN RELIGION

SUBJECT CODE – BSYSID – 204 B

CREDIT: 4	CA: 25	SEE: 75	MM: 100
------------------	---------------	----------------	----------------

COURSE OBJECTIVES:

FOLLOWING THE COMPLETION OF THIS COURSE, STUDENTS SHALL BE ABLE TO:

- UNDERSTAND BASIC IDEAS AND FEATURES OF ANCIENT INDIAN RELIGIONS AS MANIFESTED THROUGH VEDAS, BUDDHISM AND JAINISM AND PURANAS.
- UNDERSTAND THE PRIMITIVE RELIGIOUS BELIEFS, THE VEDIC PANTHEON AND SACRIFICES.
- BASIC FEATURES OF THE SRAMAN A TRADITIONS WHICH INCLUDE WITHIN ITS FOLD BUDDHISM AND JAINISM.
- VARIOUS CULTS LIKE VAIS N AVISM, ŚAIVISM AND ŚĀKTISM HAVE PLAYED A PROMINENT ROLE IN POPULARIZING THE BASIC TENETS OF PURĀN IC RELIGION.

BLOCK – 1	VEDIC RELIGION
UNIT – 1	INDUS RELIGION: WORSHIP OF MOTHER GODDESS, EARLY FORM OF WORSHIP OF YOGI SHIVA, ORIGIN OF NATURE WORSHIP,
UNIT – 2	EARLY VEDIC RELIGION: INTRODUCTION OF RIG-VEDA, RIGVEDIC DIETY- INDRA, VARUN, AGNI, RIT, MOTHER GODDESS ETC, DEVELOPMENT NATURE WORSHIP,
UNIT – 3	LATER VEDIC RELIGION: INTRODUCTION OF SAMVED, YAJURVED AND ATHARVAVED, EMERGENCE OF RELIGIOUS RITUALS, THE NATURE AND CHARACTERISTICS OF THE GODS OF THE LATER VEDIC PERIOD: VISHNU, SHIVA, PRAJAPATI AND MOTHER GODDESS.
BLOCK – 2	JAINISM

UNIT – 1	INTRODUCTION OF JAIN TIRTHANKAR: RISHABHDEV, PARSHWANATH AND MAHAVEER.
UNIT – 2	VARIOUS TEACHINGS OF JAINISM: TEACHINGS OF MAHAVIRA: PANCHA MAHAVRAT AND TRIRATN, SVETAMBARA AND DIGAMBARA, ANEKANTAVADA AND SYADVADA.
BLOCK – 3	BUDDHISM
UNIT – 1	LIFE AND TEACHINGS OF GAUTAMA BUDDHA: FOUR NOBLE TRUTHS, OCTAGONAL PATH, PRATITYA SAMUTPAD, BUDDHIST COUNCILS,
UNIT – 2	HINAYANA AND MAHAYANA. VARIOUS DIMENSIONS IN DEVELOPMENT OF BUDDHISM.
BLOCK – 4	PURANIC RELIGIONS
UNIT – 1	SHAIVISM: BHAKTI TRADITION OF SHAIVISM: PASHUPAT TRADITION, KAPALIK TRADITION, KALMUKH TRADITION, BHAKTI TRADITION
UNIT – 2	VAISHNAVISM: PANCHRATR, BHAGAVAT, KRISHNA AND DOCTRINE OF EMBODIMENT, BHAGAVAN VISHNU KE DAS AVATAR,
UNIT – 3	SHAKTISM: TRIDEVIYAN- HISTORICAL SOURCES OF LAKSHMI, DURGA AND SARASWATI.

RECOMMENDED READINGS:

1. AGRAWALA, V.S., PRACHINA BHARATIYA LOKADHARMA (HINDI AND ENGLISH), VARANASI, 1964.
2. BANERJEE, J.N., DEVELOPMENT OF HINDU ICONOGRAPHY, NEW DELHI, 1985.
3. BARTH, A., THE RELIGIONS OF INDIA, VARANASI, 1985. 19
4. BEVARKARA, S.K. AND R.D. RANADE, HISTORY OF INDIAN PHILOSOPHY, VOL. II, POONA, 1927.
5. BHANDARKAR, R.G., VAISHNAVISM, SAIVISM AND MINOR RELIGIOUS SYSTEMS (ALSO IN HINDI), VARANASI, 1965. BHATTACHARYA, N.N., HISTORY OF SAKTA RELIGION, NEW DELHI, 1974
6. CHATURVEDI, P., VAISHNAVA DHARMA, VARANASI, 1977.
7. HIRIYANNA, M..H., OUTLINES OF INDIAN PHILOSOPHY, LONDON, 1932.

8. JAISWAL, SUVIRA, ORIGIN AND DEVELOPMENT OF VAIS N AVISM (ALSO IN HINDI), DELHI, 1996 (IIND ED.).
9. KEITH, A.B., THE RELIGION AND PHILOSOPHY OF VEDA AND UPANIS ADS (ALSO IN HINDI), CAMBRIDGE, 1925
10. UPADHYAYA, B. BHARATIYA DARSHANA, VARANASI, 1971.
11. BAPAT, P.V. (ED.), 2500 YEARS OF BUDDHISM (ALSO IN HINDI), NEW DELHI, 1987.
12. JAIN, HIRALAL, BHARATIYA SAMSKRITI ME JAINA DHARMA KA YOGADANA (HINDI). BHOPAL, 1962.
13. JAINI, J.L., AN OUTLINE OF JAINISM, CAMBRIDGE, 1916.
14. JAIN, JYOTI PRASAD, RELIGION AND CULTURE OF THE JAINS, DELHI, 1995.
15. MAJUMDAR, R.C. AND A. D. PUSALKER (EDS.), THE HISTORY AND CULTURE OF THE INDIAN PEOPLE, VOLS. I –V (RELEVANT CHAPTERS), BOMBAY, 1951-1957.

COURSE DETAILS – 4

SUBJECT NAME – YOGA FOR PERSONALITY DEVELOPMENT

SUBJECT CODE – BSYSID – 204 C

CREDIT: 4	CA: 25	SEE: 75	MM: 100
------------------	---------------	----------------	----------------

COURSE OBJECTIVES

FOLLOWING THE COMPLETION OF THE COURSE, STUDENTS SHALL BE ABLE TO

- YOGIC PRACTICES ARE FOUND EFFECTIVE FOR DEVELOPMENT OF ALL DIMENSIONS OF PERSONALITY.
- IT HELPS TO INCREASE STRENGTH, ENDURANCE AND FLEXIBILITY, REGULATES ALL THE SYSTEMS OF THE BODY.

BLOCK – 1	HUMAN PSYCHE, PSYCHOLOGY – A SCIENCE OF BEHAVIOUR
UNIT – 1	PSYCHOLOGY: DEFINITION OF PSYCHOLOGY; PSYCHOLOGY AS A SCIENCE OF BEHAVIOUR; SCOPE AND UTILITY OF PSYCHOLOGY
UNIT – 2	CONCEPT OF HUMAN PSYCHE; SIGMUND FREUD’S MODEL OF HUMAN PSYCHE; HUMAN PSYCHE AND BEHAVIOUR
UNIT – 3	DEFINITION OF BEHAVIOUR AND ITS COGNITIVE, CONATIVE AND AFFECTIVE ASPECTS; BEHAVIOUR AND CONSCIOUSNESS; STATES OF CONSCIOUSNESS
UNIT – 4	PHYSIOLOGICAL BASIS OF BEHAVIOUR: CENTRAL NERVOUS SYSTEM AND AUTONOMIC NERVOUS SYSTEM.
BLOCK – 2	DOMAINS AND DYNAMIC OF BEHAVIOUR
UNIT – 1	ATTENTION: NATURE, DETERMINANTS OF ATTENTION; PERCEPTION: NATURE; GESTALT THEORY OF PERCEPTION
UNIT – 2	LEARNING: NATURE; THEORIES: LEARNING BY TRIAL AND ERROR, LEARNING BY INSIGHT, CLASSICAL AND INSTRUMENTAL CONDITIONING

UNIT – 3	INTELLIGENCE: NATURE; EMOTIONAL INTELLIGENCE (EI): NATURE, GOLEMAN’S MODEL OF EI; SPIRITUAL INTELLIGENCE: NATURE
UNIT – 4	EMOTION: NATURE; PHYSIOLOGICAL BASIS OF EMOTION; THEORIES: JAMES-LANGE THEORY, CANNON-BARD THEORY
UNIT – 5	MOTIVATION: NATURE; TYPES OF MOTIVES: BIOLOGICAL MOTIVES, SOCIAL AND PSYCHOLOGICAL MOTIVES; MASLOW’S THEORY OF MOTIVATION.
BLOCK – 3	PERSONALITY AND ITS DEVELOPMENT
UNIT – 1	PERSONALITY: NATURE AND TYPES OF PERSONALITY; YOGIC VIEW OF PERSONALITY
UNIT – 2	PERSONALITY DEVELOPMENT: VARIOUS FACETS (DOMAINS) AND STAGES OF PERSONALITY DEVELOPMENT; DETERMINANTS OF PERSONALITY: HEREDITY AND ENVIRONMENT
UNIT – 3	THEORIES OF PERSONALITY OF SIGMUND FREUD, ALFRED ADLER AND C.G. JUNG, CARL ROGERS
UNIT – 4	ASSESSMENT OF PERSONALITY: PERSONALITY INVENTORIES, PROJECTIVE TECHNIQUES, CASE HISTORY METHOD
UNIT – 5	YOGA AND PERSONALITY DEVELOPMENT: YOGIC ATTITUDES; PERSONALITY DEVELOPMENT WITH SPECIAL EMPHASIS ON <i>PANCHAKOSHA</i> AND <i>ASHTANGA YOGA</i> .
BLOCK – 4	STRESS & ITS MANAGEMENT, MENTAL HEALTH AND YOGA
UNIT – 1	MENTAL HEALTH: MEANING AND IMPORTANCE; INDICATORS OF MENTAL HEALTH; CRITERIA OF NORMAL AND ABNORMAL BEHAVIOUR
UNIT – 2	STRESS: NATURE; SYMPTOMS, CAUSES AND CONSEQUENCES OF STRESS; STRESS AND MENTAL

	HEALTH; YOGIC PERSPECTIVE OF STRESS
UNIT – 3	ADJUSTMENT: NATURE; ADJUSTMENT AND STRESS; CONFLICT AND FRUSTRATION; WAYS OF ADJUSTMENT: DIRECT WAYS AND INDIRECT WAYS (DEFENSE-MECHANISMS)
UNIT – 4	YOGIC PERSPECTIVE OF MENTAL HEALTH; PROMOTING MENTAL HEALTH,IMPACT OF YOGIC LIFESTYLE ON MENTAL HEALTH

TEXT BOOKS:

1. HURLOCK, E.B (2006). PERSONALITY DEVELOPMENT, 28TH REPRINT. NEW DELHI: TATA MCGRAW HILL.
2. STEPHEN P. ROBBINS AND TIMOTHY A. JUDGE(2014), ORGANIZATIONAL BEHAVIOR 16TH EDITION: PRENTICE HALL.

REFERENCE BOOKS:

1. ANDREWS, SUDHIR. HOW TO SUCCEED AT INTERVIEWS. 21ST (REP.) NEW DELHI.TATA MCGRAW-HILL 1988.
2. HELLER, ROBERT.EFFECTIVE LEADERSHIP. ESSENTIAL MANAGER SERIES. DK PUBLISHING, 2002
3. HINDLE, TIM. REDUCING STRESS. ESSENTIAL MANAGER SERIES. DK PUBLISHING, 2003
4. LUCAS, STEPHEN. ART OF PUBLIC SPEAKING. NEW DELHI. TATA - MC-GRAW HILL. 2001
5. MILE, D.J POWER OF POSITIVE THINKING. DELHI. ROHAN BOOK COMPANY, (2004).
6. PRAVESH KUMAR. ALL ABOUT SELF- MOTIVATION. NEW DELHI. GOODWILL PUBLISHING HOUSE. 2005.
7. SMITH, B . BODY LANGUAGE. DELHI: ROHAN BOOK COMPANY. 2004

COURSE DETAILS – 5

SUBJECT NAME – BASICS OF SANSKRITAM –II

SUBJECT CODE – BSYSAE – 205

CREDIT: 2	CA: 15	SEE: 35	MM: 50
------------------	---------------	----------------	---------------

COURSE OBJECTIVES:

FOLLOWING THE COMPLETION OF THIS COURSE, STUDENTS SHALL BE ABLE TO

- READ AND UNDERSTAND THE COLLOQUIAL WORDS OF SANSKRIT.
- COMMUNICATE AND COMPREHEND SANSKRIT TO THE BEST OF THEIR ABILITY.
- WRITE SANSKRIT WITH BETTER GRAMMATICAL SKILL.

BLOCK – 1	संस्कृत भाषा परिचय:
UNIT – 1	कर्तृवाच्य एवं कर्मवाच्य का परिचय, वाक्यरचना, वाक्यरूपान्तरण एवं अनुवाद।
UNIT – 2	पठ् एवं कृ धातु का कर्मवाच्यरूप ज्ञान पाँच लकारों में एवं वाक्य निर्माण अर्थज्ञान सहित।
UNIT – 3	अस् एवं भू धातु का भाववाच्यरूप ज्ञान पाँच लकारों में एवं वाक्य निर्माण अर्थज्ञान सहित।
BLOCK – 2	कृदन्त प्रत्यय
UNIT – 1	शत् एवं शानच् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद।
UNIT – 2	क्त्वा, ल्यप्, तुमुन् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद।
UNIT – 3	क्त एवं क्तवतु प्रत्ययों से शब्दनिर्माण वाक्यरचना और अनुवाद।
UNIT – 4	तव्यत्, अनीयर् एवं यत् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद।
BLOCK – 3	सन्धि एवं भाषाभ्यास
UNIT – 1	अच्, हल् एवं विसर्ग सन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास।
UNIT – 2	भगवद्गीता के द्वितीय अध्याय के प्रथम 20 श्लोकों में कारक एवं क्रियापदों का अनुसन्धान एवं सस्वर श्लोकपाठ संस्कृत से हिन्दी /अंग्रेजी में अनुवाद।
UNIT – 3	संस्कृत में परस्पर वार्तालाप एवं मौखिक व्याख्यान का अभ्यास।
BLOCK – 4	भाषादक्षता

निर्धारित

1. द्विवेदी कपिल देव: प्रारम्भिक रचनानुवादकौमुदी, विश्वविद्यालय प्रकाशन, वाराणसी 2011
2. द्विवेदी कपिल देव: प्रौढरचनानुवाद कौमुदी, विश्वविद्यालय प्रकाशन, वाराणसी 2007

संदर्भग्रन्थ

1. प्रथमदीक्षा -राष्ट्रीय संस्कृत संस्था, नई दिल्ली।
2. द्वितीयदीक्षा -राष्ट्रीय संस्कृत संस्था, नई दिल्ली।
3. महर्षि दयानन्द सरस्वती: वर्णोच्चार शिक्षा, रामलाल कपूर ट्रस्ट, सोनीपत, हरियाणा।

COURSE DETAILS – 6

SUBJECT NAME – PRACTICUM – PRACTICE OF TEACHING YOGA

SUBJECT CODE – BSYSSE – 206

CREDIT: 2	CA: 15	SEE: 35	MM: 50
------------------	---------------	----------------	---------------

COURSE OBJECTIVES:

FOLLOWING THE COMPLETION OF THIS COURSE, STUDENTS SHALL BE ABLE TO

- UNDERSTAND THE PRINCIPLES AND PRACTICES OF TEACHING METHODS OF YOGA.
- HAVE AN IN-DEPTH UNDERSTANDING ABOUT SESSION AND LESSON PLANNING AND CLASS ROOM ARRANGEMENTS.
- HAVE AN IDEA ABOUT THE DIFFERENT TOOLS USED IN YOGA TEACHING.

BLOCK – 1	PRINCIPLES AND METHODS OF TEACHING YOGA
UNIT – 1	MEANING AND SCOPE OF TEACHING METHODS, AND FACTORS INFLUENCING THEM
UNIT – 2	TEACHING AIDS ITS MEANING AND NEED, THE ROLE OF LANGUAGE, VOICE, FLUENCY, CLARITY AND BODY LANGUAGE IN AN IDEAL PRESENTATION.
UNIT – 3	ESSENTIALS OF GOOD LESSON PLAN: CONCEPTS, NEEDS, PLANNING OF TEACHING YOGA (SHATKRIYA, ASANA, MUDRA, PRANAYAMA & MEDITATION);
UNIT – 4	PRACTICE OF YOGA AT DIFFERENT LEVELS (BEGINNERS, ADVANCED, SCHOOL CHILDREN, YOUTH, WOMEN AND SPECIAL ATTENTION GROUP);
BLOCK – 2	LESSON PLANNING IN YOGA AND CLASS MANAGEMENT
UNIT – 1	TECHNIQUES OF MASS INSTRUCTIONS; INDIVIDUALIZED TEACHING AND GROUP TEACHING.
UNIT – 2	CLASS MANAGEMENT IN YOGA: ITS MEANING AND NEED
UNIT – 3	LECTURE CUM DEMONSTRATION IN YOGA: ITS MEANING, IMPORTANCE AND METHOD OF ITS PRESENTATION

UNIT – 4	MODELS OF LESSON PLAN;
BLOCK – 3	PRACTICE OF TEACHING IN YOGA
UNIT – 1	EACH STUDENT WILL HAVE TO PREPARE AND GIVE AT LEAST :TWO LECTURE CUM DEMONSTRATION ON ANY ONE TOPIC OF YOGA. TWO YOGA LESSON FOR AN INDIVIDUAL
BLOCK – 4	CONTINUE EVALUATION BY THE TEACHER

BOOKS FOR REFERENCE

1. DR. GHAROTE M L : TEACHING METHODS FOR YOGIC PRACTICES, KAIVALYADHAMA, LONAVALA, 2007
2. DR. RAJ KUMAR : PRINCIPLES & METHODS OF TEACHING, PRINTO GRAPHICS, DELHI,
3. SAKET RAMAN TIWARI& OTHERS : TEACHING OF YOGA, DPH PUBLISHING CORPORATION, DELHI, 2007
4. DR. SHRI KRISHNA : NOTES ON BASIC PRINCIPLES & METHODS OF TEACHING AS APPLIED TO YOGIC PRACTICES AND A READY RECKONER OF YOGIC PRACTICES, KAIVALYADHAMA, LONAVALA, 2009

COURSE DETAILS – 7

SUBJECT NAME – ANTHROPOMETRIC ASSESSMENT & TRADITIONAL VEDIC DIAGNOSIS TOOLS

SUBJECT CODE – BSYSSE – 207

CREDIT: 2	CA: 15	SEE: 35	MM: 50
------------------	---------------	----------------	---------------

COURSE OBJECTIVES:

FOLLOWING THE COMPLETION OF THIS COURSE, STUDENT WILL BE ABLE TO

- LABEL OF ANTHROPOMETRY MEASUREMENTS
- TEST CLINICAL EXAMS AND PHYSIOLOGICAL MARKERS.
- TEST CLINICAL EXAMS AND PHYSIOLOGICAL MARKERS.
- TO ADVANCE IN THE APPLICATION OF THE PHYSIOLOGY AND USE OF YOGA POSES.

BLOCK – 1	MEASUREMENT AND RECORDING
UNIT – 1	WEIGHT, STATURE, EYE HEIGHT, BODY MASS INDEX, BODY SURFACE AREA, SHOULDER HEIGHT, ELBOW HEIGHT, HEAD CIRCUMFERENCE, NECK CIRCUMFERENCE,
UNIT – 2	MID UPPER ARM CIRCUMFERENCE, CHEST CIRCUMFERENCE, WAIST CIRCUMFERENCE, HIP CIRCUMFERENCE, WAIST HIP RATIO, MEASUREMENT OF FAT PERCENTAGE.
UNIT – 3	INTRODUCTION OF GAIT ANALYSIS. HEART RATE, PULSE RATE AND RESPIRATORY RATE, BLOOD COUNTS,
	EFFECT OF YOGASANA (PRONE, SUPINE, SITTING, STANDING POSITIONS), SURYANAMASKAR, PRANAYAMA AND MEDITATION ON HUMAN BODY
	SPIROMETRY, MEASUREMENT OF STRENGTH OF MUSCLE. MEASUREMENT OF FLEXIBILITY.
BLOCK – 2	UNDERSTATING OF PHYSIOLOGY AND APPLICATION OF ASANA

UNIT – 1	GRASPING OF MUSCLES PHYSIOLOGY WITH THE HELP OF MODEL/CHART AND ITS PRACTICAL APPLICATIONS IN ASANA
UNIT – 2	IDEA OF COG, LOG, BOS IN ASANAS (IN SITTING, STANDING, LYING, BALANCING ASANAS), IDEA OF BIOMECHANICS OF YOGIC POSTURES.
	ANALYSIS/ASSESSMENT OF FUNCTIONS OF JOINTS AND MUSCLES IN RELATION TO ASANAS.
BLOCK – 3	AYURVEDA’S, SIDDHA & UNANI SYSTEM DIAGNOSIS METHOD
UNIT – 1	AYURVEDA: NIDANA PANCHAKA, NADI/PULSE, MUTRA/URINE, MALAM/STOOL, JIHWHA/TONGUE, SHABDA/SPEECH, SPARSHA/TOUCH, DRIK/EYE, AND AKRTI/SHAPE.
UNIT – 2	SIDDHA: ‘ASHTASTHANA PAREEKSHA’ (EXAMINATION OF EIGHT SITES) THAT ENCOMPASSES EXAMINATION OF NADI (PULSE), KAN (EYES), SWARA (VOICE), SPARISAM (TOUCH), VARNA (COLOUR), NA (TONGUE), MALA (FAECES) AND NEER (URINE).
UNIT – 3	UNANI: PULSE: SIZE, STRENGTH, SPEED, CONSISTENCY, FULLNESS, RATE, TEMPERATURE, CONSTANCY, REGULARITY AND RHYTHM. URINE: ODOR, QUANTITY, MATURE URINE AND URINE AT DIFFERENT AGE GROUPS. STOOL: COLOR, CONSISTENCY, FROTH AND TIME REQUIRED FOR PASSAGE ETC.
UNIT – 4	NATUROPATHY: FACIAL DIAGNOSIS, IRIS DIAGNOSIS AND MODERN DIAGNOSTIC TECHNIQUES.

REFERENCE BOOKS:

1. DR. KANIKA JAIN, DR AJIY KUMAR WAHANE: STANDERDIZATION OF PRAMAN FOR PRACTICLE USE IN ANTHROPOMETRIC FITNESS.
2. CHARLES ROBERTS: A MANUAL OF ANTHROPOMETRY.
3. S.P. SINGH, PROMIL MEHTA: HUMAN BODY MEASUREMENTS: CONCEPTS & APPLICATIONS.
4. ANJALI THAKARE: TEST, MEASUREMENT & EVALUATION IN PHYSICAL EDUCATION.

COURSE DETAILS – 8

SUBJECT NAME – YAJNA & ITS BASIC PRINCIPLES

SUBJECT CODE – BSYSVA – 208

CREDIT: 3	CA: 25	SEE: 75	MM: 100
------------------	---------------	----------------	----------------

पाठ्यक्रम के उद्देश्य:

1. यज्ञ के शास्त्रीय अर्थ से परिचय कराना तथा
2. यज्ञ का वैज्ञानिक रूप से चिकित्सा बोध कराना
3. सृष्टि चक्र के संतुलन के परिपेक्ष्य में यज्ञ का विधान

BLOCK – 1	यज्ञ का परिचय
UNIT – 1	वैदिक धर्म एवं वैदिक देवताओं का परिचय व इतिहास
UNIT – 2	यज्ञ का परिचय एवं विवेचन
UNIT – 3	यज्ञ के प्रकार (पञ्चमहायज्ञ – ब्रह्म यज्ञ ,देव यज्ञ ,पितृ यज्ञ ,बलिवैश्व देव यज्ञ ,अतिथि यज्ञ(, उपादेयता एवं वैज्ञानिकता
BLOCK – 2	यज्ञ के पदार्थ व प्रक्रिया
UNIT – 1	यज्ञीय पदार्थ
UNIT – 2	यज्ञ प्रक्रिया :आचमन ,अङ्ग-स्पर्श ,ईश्वर स्तुतिप्रार्थनोंपासना मंत्र ,दीप प्रज्वलन आदि
BLOCK – 3	यज्ञ कि महिमा
UNIT – 1	यज्ञ कुंड का परिमाण एवं स्वरूप ,मंत्र विज्ञान
UNIT – 2	शस्त्रों में यज्ञ कि महिमा – बल ,शत्रु पराजय ,स्वर्ग कल्याण आदि
UNIT – 3	नैमित्तिक यज्ञ – 16 संस्कार ,भूमि पूजन ,गृह प्रवेश ,होली ,दीवाली आदि पर्व पर यज्ञ
UNIT – 4	काम्य यज्ञ – पुत्रेष्टि ,वर्षेष्टि ,रोगों हेतु यज्ञ ,वर्ष आदि हेतु यज्ञ
UNIT – 5	विभिन्न संप्रदाय में यज्ञ एवं उसकी प्रक्रिया

BLOCK – 4	यज्ञ चिकित्सा
UNIT – 1	यज्ञ थेरेपी
UNIT – 2	यज्ञ चिकित्सा का शास्त्रीय प्रमाण ,वेद आदि में रोग निवारण हेतु मंत्र व श्लोक
UNIT – 3	यज्ञ चिकित्सा का वैज्ञानिक प्रमाण ,वैज्ञानिकों द्वारा शोध प्रमाण
UNIT – 4	रोगनुसार हवन सामग्री
UNIT – 5	यज्ञ मंत्र स्मरण

निर्धारित पुस्तक:

1. यज्ञ-योग-आयुर्वेद चिकित्सा एवं यज्ञ दर्शन ,वैदिक नित्यकर्म विधि
2. वैदिक साहित्य एवं संस्कृति ,डॉ०कपिल देव द्विवेदी
3. संध्योपासना विधि-पतंजलि योगपीठ
4. पञ्चमहायज्ञ विधि-महर्षि दयानंद
5. संस्कार विधि-महर्षि दयानंद
6. यज्ञ रहस्य -डॉ०रामनाथ वेदालंकार

B.Sc. Yoga Science
SEMESTER III

COURSE DETAILS – 1

SUBJECT NAME – GHERAND SAMHITA

SUBJECT CODE – – BSYSMJ – 301

CREDIT: 5	CA: 25	SEE: 75	MM: 100
------------------	---------------	----------------	----------------

COURSE OBJECTIVES:

BY INTRODUCING GHERAND SAMHITA SHALL BE ABLE TO

1. TO CONSTRUCT ABOUT PRE-REQUISITES OF HATHA YOGA.
2. EXPLAIN THE CONCEPT OF YOGA IN GHERAND SAMHITA.
3. EXPLAIN VARIOUS CHAPTERS OF GHERAND SAMHITA.

BLOCK – 1	INTRODUCTION OF SHATKARMA
UNIT – 1	INTRODUCTION OF GHATASTHA YOGA AND SAPTA SADHANA
UNIT – 2	DIFFERENT TYPES OF SHATKARMA, ITS BENEFITS AND PRECAUTION ACCORDING TO THE TEXT
BLOCK – 2	INTRIDUCTION OF ASANA, BANDHA AND MUDRA
UNIT – 1	TECHNIQUES AND BENEFITS OF 32 TYPES OF ASANA
UNIT – 2	INTRODUCTION OF 4 BANDHA, 16 MUDRA AND PANCHA DHARNA
BLOCK – 3	INTRODUCATION OF PRATYAHAAR AND PRANAYAMA
UNIT – 1	DESCRIBING PRATYAHAAR AND EXPLANETION OF THE SIX ENEMIES
UNIT – 2	PRE REQUISITE OF PRANAYAMA: STHAAN, KAAL, MITAHAAR AND NAADISHODHAN
UNIT – 3	INTRODUCTION OF ASHTA KUMBHAK
BLOCK – 4	INTRODUCTION OF DHYAAAN AND SAMADHI
UNIT – 1	TYPES OF DHYAAAN: STHOOLA, JYOTI AND SUKSHMA DHYAAAN
UNIT – 2	INTRODUCTION OF THE SIX TYPES OF SAMADHI

TEXT BOOKS

1. GHERAND SAMHITA: KAIVALYADHAMA

2. GHERAND SAMHITA: SVYASA, BENGALURU

3. GHERAND SAMHITA: BIHAR SCHOOL OF YOGA

COURSE DETAILS – 2

SUBJECT NAME – YOGA PRACTICUM-III

SUBJECT CODE – BSYSMJ – 302

CREDIT: 4	CA: 25	SEE: 75	MM: 100
------------------	---------------	----------------	----------------

OBJECTIVES

FOLLOWING THE COMPLETION OF THIS COURSE, STUDENTS SHALL BE ABLE TO

1. RECOGNIZE THE UNDERLYING IDEAS AND METHODS OF EACH ACTIVITY.
2. EXPERTLY DEMONSTRATE EACH TECHNIQUE.
3. DESCRIBE EACH PRACTICE'S STEPS, SAFETY MEASURES, ADVANTAGES, AND LIMITATIONS.

BLOCK – 1	HYMNS AND SATKARMA
UNIT – 1	RECITATION OF SELECTED SLOKAS OF BHAGWAT GEETA
UNIT – 2	SATKARMA: DHAUTI (VASTRA DHAUTI), KAPALBHATI (SEETKRAMA AND VYUTKRAMA)
BLOCK – 2	YOGASANA
UNIT – 1	DANDASANA, SWASTIKASANA, PADMASANA, VAJRASANA, SUPTA VAJRASANA, KAGASANA, UTKATASANA, GOMUKHASANA, USHTRASANA, SHASHANKASANA, JANUSIRASANA, PASCHIMOTTANASANA, BHRAMACHARYASANA, MANDUKASANA, UTTHANA MANDUKASANA, TADASANA, TIRYAK TADASANA, VAKRASANA, ARDHA MATSYENDRASANA, MARICHAYASANA, SIMHASANA.
BLOCK – 3	BANDHA, PRANAYAMA AND DHYANA
UNIT – 1	BANDHA: JIVHA BANDHA, MAHA BANDHA
UNIT – 2	PRANAYAMA: NADISHODHANA PRANAYAMA, SURYA-BHEDANA AND CHANDRA-BHEDANA PRANAYAMA
UNIT – 3	DHYANA : YOGA NIDRA (2, 3), AJAPA DHARANA (STAGE 1, 2, 3), MIND SOUND RESONANCE TECHNIQUE (MSRT)

BLOCK – 4	MARMA THERAPY
UNIT – 1	IDENTIFICATION OF VARIOUS MARMA POINTS; APPLICATION ON MARMA POINTS; ACTIVATION OF MARMA POINTS, ITS PRACTICE AND PROCEDURE. THERAPEUTIC APPLICATION OF MARMA POINTS.
UNIT – 2	CONTINUOUS EVALUATION BY THE TEACHERS

TEXT BOOKS

1. YOGRISHI SWAMI RAMDEV JI: PRANAYAMA RAHASYA, DIVYA PRAKASHAN, HARIDWAR, 2009
2. BASAVARADDI, I.V. & OTHERS: SHATKARMA: A COMPREHENSIVE DESCRIPTION ABOUT CLEANSING PROCESS, MDNIY NEW DELHI, 2009
3. SWAMI DHIRENDRA BHARAMHACHARI: YOGASANA VIJNANA, DHIRENDRA YOGA PUBLICATIONS, NEW DELHI, 1966.
4. SWAMI KUVALYANANDA: ASANA, KAIVALYADHAMA, LONAVLA, 1983

BOOKS FOR REFERENCE

1. BASAVARADDI I. V. & OTHERS: TEACHERS MANUAL FOR SCHOOL TEACHERS, MDNIY, NEW DELHI, 2010
2. YAJYNOPATHY: BRAHMVARCHAS, SRI VEDMATA GAYATRI TRUST, SHANTIKUNJ, HARIDWAR.
3. YAJNA SE HOGA SUNAHRA KAL: DR ROCHNA BHARTI, SRIRANG PRAKASHAN, NASHIK.
4. YAJNOTHERAPY: SANDIP ARYA, VIJAIKUMAR GOVINDRAM HASANAND, 4408 NAI SADAK, NEW DELHI.
5. MARMA CHIKITSAVIJNANA: PROF. SUNIL KUMAR JOSHI, MRITYUNJAYA MISSION, AADI ARTS, HARIDWAR.

COURSE DETAILS – 3

SUBJECT NAME – ESSENCE OF SRIMAD BHAGWAD GEETA-I

SUBJECT CODE – BSYSMJ – 303

CREDIT: 4	CA: 25	SEE: 75	MM: 100
------------------	---------------	----------------	----------------

COURSE OBJECTIVE:

FOLLOWING THE COMPLETION OF THIS COURSE, STUDENTS SHALL BE ABLE TO

1. DESCRIBE THE IMPORTANCE AND CORE IDEAS OF THE BHAGAVAD GITA.
2. EXPLAIN THE CONCEPT OF ATMAN, PARAMATMAN, AND STHITAPRAJNA.

BLOCK – 1	SIGNIFICANCE OF BHAGAVADGITA AS SYNTHESIS OF YOGA
UNIT – 1	INTRODUCTION TO BHAGAVADGITA,
UNIT – 2	IMPORTANCE OF BHAGWADGITA; BHAGAVADGITA: A SYNTHESIS OF YOGA;
UNIT – 3	DEFINITIONS OF YOGA IN BHAGAVADGITA AND THEIR RELEVANCE;
UNIT – 4	BHAGAVADGITA’S RELEVANCE IN YOGA SADHANA; BHAGVADGITA AND ITS UNIVERSAL SIGNIFICANCE.
BLOCK – 2	INTRODUCTION OF THE CHAPTER 2, 3 AND 4
UNIT – 1	CONCEPT OF ATMA, STHITPRAGYA, BRAHMANI STHITI
UNIT – 2	CONCEPT OF NISHKAAM KARMA, ORDER OF CREATION, HOW TO CURB DESIRES
	SUBJECT OF KAARMA YOGA AND SAGUN NIRGUN BRAHMA
	DIFFERENT TYPES OF YAJNA AND IMPORTANCE OF GYAAN YAJNA
BLOCK – 3	INTRODUCTION OF THE CHAPTER 5, 6 AND 7
UNIT – 1	SUBJECT OF SANKHYA AND KARMA YOGA, CONCEPT OF DHYAAN YOGA WITH BHAKTI
UNIT – 2	CONCEPT OF YOGARUDHA PURUSHA, CONCEPT OF DHYAAN YOGA, MANONIGRAH AND YOGABRASTH PURUSHA
UNIT – 3	INTRODUCTION OF GYAAN VIGYAAN YOGA

UNIT – 4	DEMONIC NATURE AND DEVOTEE NATURE, WORSHIP OF OTHER GODS
BLOCK – 4	INTRODUCTION OF THE CHAPTER 8 AND 9
UNIT – 1	BRAHMA IS THE SUBJECT OF SPIRITUALITY AND KARMA
UNIT – 2	SUBJECT OF BHAKTI YOGA, SUBJECT OF SHUKLA AND KRISHNA
UNIT – 3	SUBJECT OF GYAAN (RAAJ VIDYA),
UNIT – 4	THE RESULT OF WORSHIP WITHOUT DESIRE AND DESIRE, THE GLORY OF SELFLESS DEVOTION

TEXT BOOKS

1. SRIMADBHAGWADGITA- GITAMRITAM: YOGRISHI SWAMI RAMDEV JI, DIVYA PRAKASHAN, HARIDWAR, 2013
2. SWAMI GAMBHIRANAND; BHAGVATGITA WITH THE COMMENTARY OF SANKARACHARYA, ADVITA ASHRAMA, KOLKATA, 2003

BOOKS FOR REFERENCE

1. LOKMANYA GANGADHAR TILAK: GITA RAHASYA
2. SWAMI RAGHVENDRANANDA; UNIVERSAL MESSAGE OF THE BHAGVATGITA, ADVITA ASHRAMA, KOLKATA, 2000
3. SWAMI GAMBHIRANAND ; BHAGAVADGITA (WITH GUDHARTH DIPIKA) SRI RAMKRISHNA MATHA MADRAS
4. SWAMI RAMSUKHADAS; SRIMAD BHAGAVADGITA (SADHAKA SANJIVANI) GITA PRESS GORAKHPUR
5. SWAMI RANGANATHANANDA ; BAGAVADGITA, ADVAITA ASHRAMA SUB-DEPT-5 DELI ENTALLY ROAD KOLKATA.

COURSE DETAILS – 4

SUBJECT NAME – FUNDAMENTALS OF PSYCHOLOGY

SUBJECT CODE – BSYSMN – 301

CREDIT: 2	CA: 15	SEE: 35	MM: 50
------------------	---------------	----------------	---------------

COURSE OBJECTIVES:

- TO FAMILIARIZE STUDENTS WITH THE BASIC CONCEPTS OF INDIAN AND WESTERN PSYCHOLOGY WITH AN EMPHASIS ON APPLICATION OF PSYCHOLOGY IN EVERYDAY LIFE.
- TO INTRODUCE THE STUDENTS TO THE GENERAL CONCEPTS OF PSYCHOLOGY.

• BLOCK – 1	INTRODUCTION OF PSYCHOLOGY
UNIT – 1	MEANING AND DEFINITIONS OF PSYCHOLOGY,
UNIT – 2	PSYCHOLOGICAL THOUGHTS IN SOME MAJOR, EASTERN SYSTEM: BHAGAVAD GITA AND BUDDHISM,
UNIT – 3	CONCEPT OF PSYCHOLOGY AS PER UPANISHADS, GOALS AND BRANCHES OF PSYCHOLOGY
UNIT – 4	APPROACHES OF PSYCHOLOGY: BIOLOGICAL AND BEHAVIOURAL
BLOCK – 2	METHODS OF PSYCHOLOGY
UNIT – 1	EXPERIMENTAL METHOD: MEANING, DEFINITION, TYPES, MERITS AND DEMERITS
UNIT – 2	OBSERVATION METHOD: MEANING, DEFINITION, TYPES, MERITS AND DEMERITS,
UNIT – 3	SURVEY METHOD: MEANING, DEFINITION, MERITS AND DEMERITS,
UNIT – 4	QUESTATIONNAIRE METHOD: MEANING, DEFINITION, MERITS AND DEMERITS
BLOCK – 3	PERCEPTION & LEARNING
UNIT – 1	MEANING, DEFINITION AND MECHANISM OF PERCEPTION

UNIT – 2	FACTORS INFLUENCING PERCEPTION, LAWS OF PERCEPTUAL ORGANIZATION,
UNIT – 3	PERCEPTUAL CONSTANCY: SHAPE AND SIZE
UNIT – 4	LEARNING: MEANING DEFINITIONS AND TYPES OF LEARNING, FACTORS AFFECTING LEARNING, METHODS OF LEARNING, TRANSFER OF LEARNING: POSITIVE, NEGATIVE, ZERO AND BILATERAL
BLOCK – 4	MEMORY, INTELLIGENCE AND COMMON MENTAL DISORDERS
UNIT – 1	MEANING, DEFINITIONS AND TYPES OF MEMORY: SENSORY, SHORT-TERM AND LONG TERM, COMPONENTS OF MEMORY: ENCODING, STORAGE & RETRIEVAL,
UNIT – 2	FACTORS AFFECTING MEMORY, ENHANCEMENT OF MEMORY, FORGETTING: MEANING AND DEFINITION, CAUSES OF FORGETTING. INTELLIGENCE: MEANING AND DEFINITIONS OF INTELLIGENCE, TYPES OF INTELLIGENCE (MENTAL, EMOTIONAL, SOCIAL AND SPIRITUAL INTELLIGENCE).
UNIT – 3	CAUSES AND CONSEQUENCES OF CONFLICTS AND FRUSTRATIONS; COMMON MENTAL DISORDERS; DEPRESSIVE DISORDERS; ANXIETY DISORDERS
UNIT – 4	SERIOUS MENTAL DISORDERS; MENTAL RETARDATION; ALCOHOL AND DRUG ABUSE; SUICIDE, ATTEMPTED SUICIDE AND SUICIDE PREVENTION.

PRESCRIBED TEXT BOOKS:

1. SINGH, A.K. (2009) ADVANCED GENERAL PSYCHOLOGY. MOTILAL BANARSIDAS.
2. JAIN, S. (2014). *INTRODUCTION TO PSYCHOLOGY*. ISBN-13: 9788127256432.

REFERENCE BOOKS:

3. BARON, R.A. (1995). *PSYCHOLOGY: THE ESSENTIAL SCIENCES*, NEW YORK; ALLYN & BACON.

4. BARON, R.A. (2001). PSYCHOLOGY: FIFTH EDITION. NEW YORK; ALLYN & BACON.
5. ZIMBARDO, P.O. & WEBER, A.L. (1997). PSYCHOLOGY. NEW YORK, HARPER COLLINSCOLLEGE.
6. LEFTON, L.A. (1985). PSYCHOLOGY, BOSTON; ALLYN & BARON.
7. MORGAN, C. T. (2004). INTRODUCTION TO PSYCHOLOGY. MCGRAW HILL

COURSE DETAILS – 5

SUBJECT NAME – FUNDAMENTALS OF NATUROPATHY AND CAT

SUBJECT CODE – BSYSID – 305 A

CREDIT: 2	CA: 15	SEE: 35	MM: 50
------------------	---------------	----------------	---------------

COURSE OBJECTIVES:

FOLLOWING THE COMPLETION OF THE COURSE, STUDENTS SHALL BE ABLE TO

1. TO OUTLINE THE PRINCIPLES OF NATUROPATHY.
2. TO PINPOINT THE ESSENTIALS OF A HEALTHY LIFESTYLE.
3. TO ELUCIDATE THE LIFESTYLE PLANS BASED ON NATURAL REMEDIES.

BLOCK – 1	INTRODUCTION TO NATUROPATHY
UNIT – 1	GENERAL INTRODUCTION TO NATUROPATHY, NATUROPATHY – ITS DEFINITION, MEANING, SCOPE AND LIMITATIONS
UNIT – 2	HISTORY OF NATUROPATHY – INDIAN AND WESTERN;
UNIT – 3	COMPARATIVE STUDY OF THE NATUROPATHY WITH OTHER SYSTEMS OF MEDICINE; CATECHISM OF NATURE CURE
BLOCK – 2	NATUROPATHY THERAPY
UNIT – 1	HYDROTHERAPY : INTRODUCTION, DEFINITION, SCOPE, HISTORY, PRINCIPLES; ROLE OF HYDROTHERAPY IN PREVENTION OF DISEASES;
UNIT – 2	UPAVASA (FASTING) : INTRODUCTION, DEFINITION, SCOPE, HISTORY, PRINCIPLES AND TYPES; ITS ROLE IN DISEASE PREVENTION, HEALTH PROMOTION; CONCEPT OF DE-TOXIFICATION;
UNIT – 3	DIET : INTRODUCTION, DEFINITION, SCOPE, TYPES AND ITS PRINCIPLES; ROLE OF NATUROPATHY DIET IN DISEASE PREVENTION AND , HEALTH PROMOTION;
UNIT – 4	MASSAGE : INTRODUCTION, DEFINITION, SCOPE, HISTORY, ITS PRINCIPLES AND MANIPULATIVE TECHNIQUES; DIFFERENT TYPES OF MESSAGES AND THEIR ROLE IN IN DISEASE PREVENTION, AND HEALTH PROMOTION.

BLOCK – 3	PRINCIPLES AND CONCEPTS OF NATUROPATHY
UNIT – 1	LAWS OF NATURE: CONCEPT OF PANCHA MAHABHOOTAS, SHAREERA DHARMAS – AHARA, NIDRA, BHAYA AND MAITHUNA.
UNIT – 2	IMPORTANCE OF FIVE ELEMENTS (PANCHA MAHABHOOTAS) - ETHER, AIR, FIRE, WATER AND EARTH OF NATURE WITH ITS ORIGIN, PROPERTIES, AND IMPORTANCE IN NATUROPATHY.
UNIT – 3	DETAILED STUDY OF VITAL FORCE, NATURAL IMMUNITY, HEALING CRISIS, FOREIGN MATTER, IMPORTANCE OF PHYSICAL EXERCISE AND REST.
UNIT – 4	THE DIAGNOSTIC PROCEDURES OF NATUROPATHY – SPINAL ANALYSIS, FACIAL DIAGNOSIS, IRIS DIAGNOSIS, CHROMO DIAGNOSIS AND THEIR DIAGNOSTIC VALUES.
BLOCK – 4	COMPLEMENTARY AND ALTERNATIVE THERAPY (CAT)
UNIT – 1	ACUPRESSURE: INTRODUCTION, DEFINITION, SCOPE, HISTORY, PRINCIPLES; ROLE OF ACUPRESSURE.
UNIT – 2	REFLEXOLOGY: INTRODUCTION, DEFINITION, SCOPE, HISTORY, PRINCIPLES; ROLE OF REFLEXOLOGY.
UNIT – 3	MAGNET THERAPY: INTRODUCTION, DEFINITION, SCOPE, HISTORY, PRINCIPLES; ROLE OF MAGNET THERAPY.
UNIT – 4	AROMATHERAPY: INTRODUCTION, DEFINITION, SCOPE, HISTORY, PRINCIPLES; ROLE OF AROMATHERAPY.
UNIT – 5	CHROMO THERAPY: INTRODUCTION, DEFINITION, SCOPE, HISTORY, PRINCIPLES; ROLE OF CHROMO THERAPY

TEXT BOOKS

1. S. D. DWIVEDI: NATUROPATHY FOR PERFECT HEALTH, KALPAZ PUBLICATION DELHI, 2002
2. PRAVESH HANDA: NATUROPATHY AND YOGA, KALPAZ PUBLICATION DELHI, 2006

3. S. J.SINGH: MY NATURE CURE OR PRACTICAL NATUROPATHY

REFERENCE BOOKS

1. R. K. GARDE: AYURVEDIC FOR HEALTH AND LONG LIFE HARRY BENJAMIN:
EVERYBODY'S GUIDE TO NATURE CURE.

2. M. K. GANDHI: MY NATURE CURE

3. DR. JITENDRA ARYA: NATURE CURE, PUNE.

COURSE DETAILS – 5

SUBJECT NAME – INDIAN KNOWLEDGE SYSTEM-I

SUBJECT CODE – BSYSID – 305 B

CREDIT: 2	CA: 15	SEE: 35	MM: 50
------------------	---------------	----------------	---------------

COURSE OBJECTIVES:

1. EXPLORE THE FOUNDATIONAL PRINCIPLES OF INDIAN KNOWLEDGE SYSTEMS INCLUDING BUT NOT LIMITED TO VEDAS, UPANISHADS, VEDANTA, AND OTHER ANCIENT TEXTS.
2. INTEGRATE INSIGHTS FROM DIVERSE DISCIPLINES SUCH AS PHILOSOPHY, THEOLOGY, LITERATURE, ART, SCIENCE, AND SOCIOLOGY ENCOURAGING INTERDISCIPLINARY DIALOGUE AND SYNTHESIS.
3. EXAMINE THE RICH DIVERSITY WITHIN INDIAN KNOWLEDGE SYSTEMS ENCOMPASSING VARIOUS SCHOOLS OF PHILOSOPHY, RELIGIOUS BELIEFS, LINGUISTIC TRADITIONS, AND REGIONAL CULTURAL EXPRESSIONS, FOSTERING APPRECIATION FOR THE MULTIFACETED NATURE OF INDIAN HERITAGE.

BLOCK – 1	INDIAN PHILOSOPHICAL SYSTEMS
UNIT – 1	CATURDASA VIDYASTHANA-S: 14 BRANCHES OF LEARNING IN ANCIENT INDIA-PURANA, NYAYA, MIMAMSA, DHARMASAstra,
UNIT – 2	SIX VEDANGA-S: (SIKSA, VYAKARANA, NIRUKTA, CHANDA, JYOTISA, KALPA) AND FOUR VEDAS-SRGVEDA, YAJURVEDA, SAMAVEDA AND ATHARVAVEDA;
UNIT – 3	INTRODUCTORY INFORMATION ON THEM. 18 PURANSAS-S, THEIR NAMES AND FIVE GENERAL CHARACTERISTICS OF PURANA-S-SARGA, PRATISARGA, VAMSA, MANVANTARA AND VAMSANUCARITA.
BLOCK – 2	INDIAN PHILOSOPHICAL SYSTEMS

UNIT – 1	INTRODUCTION AND CONTRIBUTION OF ANCIENT INDIAN GURUKULA SYSTEM: NALANDA, TAKSASILA, VIKRAMASILA, VALABHI, ODANTAPURI, MITHILA, KANCI, NADIYA, PUSPAGIRI, NAGARJUNAKOMDA, SARADAPITHA, (KASMIRA), UJJAIN, JAGADDALA AURA SOMAPURA, DHARMA, ARTHA AND SOCIETY
UNIT – 2	FOUR PURUSARTHA-DHARMA, ARTHA, KAMA AND MOKSA; DEFINITIONS OF EACH OF THE PURUSARTH-S AND MEANING OF DHARMA- ROOT AND DERIVATION OF THE WORD DHARMA; DHARMA: DEFINITIONS AND MEANINGS FROM VARIOUS TEXTS (MAHABHARATA, MANUSMRTI, VAISESIKA SUTRA);
UNIT – 3	KAMYA, NITYA, NISIDDHA, NAIMITTIKA, PRAYASCITA & UPASANA; MEANING OF THE WORD ARTHA-PURUSARHTA;
UNIT – 4	ROOT AND DERIVATION AND MEANING. SOCIAL OUTLOOK FOR TIRTHAYATRA, FESTIVALS, SAPTAPURI, 12 JYOTIRLINGA-S AND UNITY OF INDIA.

REFERENCE BOOKS:

1. AN INTRODUCTION TO INDIAN KNOWLEDGE SYSTEMS: CONCEPTS AND APPLICATIONS, B MAHADEVAN, V R BHAT, AND NAGENDRA PAVANA R N; 2022 (PRENTICE HALL OF INDIA).
 2. INDIAN KNOWLEDGE SYSTEMS: VOL I AND II, KAPIL KAPOOR AND A K SINGH; 2005 (D.K. PRINT WORLD LTD).
 3. BALADEV UPADHYAYA, SAMSKRITA ŚĀSTROM KA ITIHĀS, CHOWKHAMBHA, VARANASI, 2010.
 - 4 THE BEAUTIFUL TREE: INDIGENOUS INDIA EDUCATION IN THE EIGHTEENTH CENTURY, DHARAMPAL, BIBLIA IMPEX, NEW DELHI, 1983. REPRINTED BY KEERTHI PUBLISHING HOUSE PVT LTD., COIMBATORE, 1995.
 - 5 INDIAN SCIENCE AND TECHNOLOGY IN THE EIGHTEENTH CENTURY, DHARAMPAL. DELHI: IMPEX INDIA, 1971.
- THE BRITISH JOURNAL FOR THE HISTORY OF SCIENCE.

6. D. M. BOSE, S. N. SEN AND B. V. SUBBARAYAPPA, EDS., A CONCISE HISTORY OF SCIENCE IN INDIA, 2ND ED., UNIVERSITIES PRESS, HYDERABAD, 2010.
7. DHARAMPAL, SOME ASPECTS OF EARLIER INDIAN SOCIETY AND POLITY AND THEIR RELEVANCE TODAY, NEW QUEST PUBLICATIONS, PUNE, 1987.
8. MOHANTY, J. N. (2008). A HISTORY OF INDIAN PHILOSOPHY. A COMPANION TO WORLD PHILOSOPHIES, 24–48.
9. POTTER, K. H. (1987). ENCYCLOPEDIA OF INDIAN PHILOSOPHIES VOL IV. DELHI, INDIA: MOTILAL BANARIDASS PUBLISHERS.
10. RADHAKRISHNAN, S., & MOORE, C. A. (EDS.). (1957). A SOURCE BOOK IN INDIAN PHILOSOPHY. NEW JERSEY, NJ: PRINCETON UNIVERSITY PRESS.
12. TIMALSINA, S. (2008). CONSCIOUSNESS IN INDIAN PHILOSOPHY: THE ADVAITA DOCTRINE OF “AWARENESS ONLY.”

COURSE DETAILS – 5

SUBJECT NAME – MARMA THERAPY

SUBJECT CODE – BSYSID – 305 C

CREDIT: 2	CA: 15	SEE: 35	MM: 50
------------------	---------------	----------------	---------------

COURSE OBJECTIVES:

FOLLOWING THE COMPLETION OF THIS COURSE, STUDENTS SHALL BE ABLE TO

1. DESCRIBE THE DIFFERENT THERAPEUTIC YOGA MODULES.
2. SPECIFY HOW YOGA TREATMENT MODULES SHOULD BE USED.
3. BE AWARE OF HOW TO APPLY YOGA THERAPY MODULES BASED ON DISEASES.
4. DISTINGUISH BETWEEN DOING YOGA FOR THERAPEUTIC PURPOSES AND TRAINING IN IT.

MARMA THERAPY

BLOCK – 1	INTRODUCTION OF MARMA THERAPY
UNIT – 1	MARMA THERAPY - THE CONCEPT OF VEDIC THERAPY, INTRODUCTION TO MARMA SCIENCE, MARMA SCIENCE IN THE VEDAS, CODE OF ETHICS RELATED TO MARMA SCIENCE,
UNIT – 2	MARMAS NUMBERS AND THEIR DIMENSIONS, BRIEF DESCRIPTION OF MARMAS (MARMAS OF ADHO SHAKHA {MARMA OF FOOT}, MARMA OF URDHVA SHAKHA {MARMA OF THE HANDS}), MARMA OF THE BACK, MARMA OF THE ABDOMEN (STOMACH AND CHEST) AND (MARMA ABOVE THE CHEST UPWARD).
BLOCK – 2	APPLICATION OF MARMA THERAPY
UNIT – 1	IDENTIFICATION OF VARIOUS MARMA POINTS;
UNIT – 2	APPLICATION ON MARMA POINTS; ACTIVATION OF MARMA POINTS, ITS PRACTICE AND PROCEDURE
UNIT – 3	THERAPEUTIC APPLICATION OF MARMA POINTS.

REFERENCE:

1. MARMA CHIKITSA: DR SUNIL JOSHI
2. SUSHTRUT SAMHITA

COURSE DETAILS – 6

SUBJECT NAME – FUNDAMENTALS OF COMPUTER APPLICATION

SUBJECT CODE -- BSYSAE – 306

CREDIT: 2	CA: 15	SEE: 35	MM: 50
------------------	---------------	----------------	---------------

COURSE OBJECTIVES:

FOLLOWING THE COMPLETION OF THIS COURSE, STUDENTS SHALL BE ABLE TO

- UNDERSTAND THE APPLICATION OF COMPUTER IN OUR DAY TODAY LIFE.
- TO REPRESENT THE DATA AND ORGANIZE THEM.
- UNDERSTAND ABOUT OPERATING SYSTEM AND IMPORTANCE OF FILE MANAGEMENT.

BLOCK – 1	BASICS OF COMPUTER AND ITS APPLICATIONS
UNIT – 1	DEFINITION OF A COMPUTER, BLOCK DIAGRAM OF ELEMENTS OF DIGITAL COMPUTER-THEIR FUNCTIONS;
UNIT – 2	COMPUTER HARDWARE & SOFTWARE, COMPUTER GENERATIONS, TYPES OF COMPUTERS;
UNIT – 3	PRIMARY MEMORY– RAM, ROM, PROM, EPROM, CPU, I-O DEVICES;
UNIT – 4	SECONDARY STORAGES, MAGNETIC TAPE, DISK, COMPACT DISKS;
BLOCK – 2	OPERATING SYSTEM
UNIT – 1	GENERAL INTRODUCTION TO OPERATING SYSTEM, DEFINITION OF OPERATING SYSTEM; CLASSIFICATION OF OPERATING SYSTEM
UNIT – 2	OPERATING SYSTEM STRUCTURE: SYSTEMS MANAGEMENT AND STRUCTURE
UNIT – 3	OPERATING SYSTEM SERVICES, BASIC CONCEPTS OF CPU SCHEDULING
UNIT – 4	COMPUTER SYSTEM SECURITY: SYSTEM THREATS
BLOCK – 3	OFFICE SOFTWARE

UNIT – 1	GENERAL INTRODUCTION TO OFFICE SOFTWARE SYSTEM.
UNIT – 2	CLASSIFICATION OF OFFICE SOFTWARE SYSTEM.
UNIT – 3	WORD PROCESSING SOFTWARE MS-WORD
UNIT – 4	SPREAD-SHEET SOFTWARE MS-EXCEL
UNIT – 5	PRESENTATION SOFTWARE MS-POWER-POINT.
BLOCK – 4	APPLICATIONS OF COMPUTER
UNIT – 1	USE OF COMPUTERS IN EDUCATION AND RESEARCH: DATA ANALYSIS
UNIT – 2	HETEROGENEOUS STORAGE, E-LIBRARY, GOOGLE SCHOLAR,
UNIT – 3	DOMAIN SPECIFIC PACKAGES SUCH AS SPSS, MATHEMATICA ETC

REFERENCE BOOKS:

1. A. GOEL, COMPUTER FUNDAMENTALS, PEARSON EDUCATION, 2010.
2. P. AKSOY, L. DENARDIS, INTRODUCTION TO INFORMATION TECHNOLOGY, CENGAGE LEARNING, 2006
3. P. K.SINHA, P. SINHA, FUNDAMENTALS OF COMPUTERS, BPB PUBLISHERS, 2007

COURSE DETAILS – 7

SUBJECT NAME – YOGA ASANA SPORTS EVOLUTION TEACHING & MARKING SYSTEM

SUBJECT CODE – BSYSSE – 307

CREDIT: 3	CA: 25	SEE: 75	MM: 100
------------------	---------------	----------------	----------------

COURSE OBJECTIVES:

FOLLOWING THE COMPLETION OF THE COURSE, STUDENTS SHALL BE ABLE TO

- UNDERSTAND FUNDAMENTALS OF YOGA SPORTS
- KNOW KEY JUDGING POINTS, MICRO MARKING SYSTEM, DISCIPLINE.
- KNOW SYLLABUS OF YOGASANA CHAMPIONSHIPS.
- KNOW THE PURPOSE AND GOALS OF YOGASANA.

BLOCK – 1	INTRODUCTION OF YOGA AND SPORTS
UNIT – 1	HISTORY OF YOGA SPORTS
UNIT – 2	INTRODUCTION OF NATIONAL YOGASANA SPORTS FEDERATION
UNIT – 3	PURPOSE AND GOALS OF YOGASANA SPORTS,
UNIT – 4	ATHLETE GROUPS AND EVENTS, ORGANIZATIONAL CHART. ROLE & RESPONSIBILITIES.
BLOCK – 2	RIGHTS
UNIT – 1	RIGHTS AND OBLIGATIONS OF ATHLETES
UNIT – 2	RIGHTS AND OBLIGATIONS OF TEAM COACHES JUDGES, DIFFICULTY LEVEL CHARTS OF YOGASANA,
BLOCK – 3	SYLLABUS
UNIT – 1	SYLLABUS OF YOGASANA CHAMPIONSHIPS LIKE, TRADITIONAL YOGASANA INDIVIDUAL, ARTISTIC YOGASANA (SINGLE), ARTISTIC YOGASANA PAIR, RHYTHMIC YOGASANA PAIR, ARTISTIC YOGASANA GROUP.
BLOCK – 4	JUDGMENTS

UNIT – 1	KEY JUDGING POINTS, MICRO MARKING SYSTEM, DISCIPLINE, FOUL, WARNING, PROTEST, ANNOUNCEMENT OF SCORES AND FINAL RESULT, N) ROLES AND RESPONSIBILITIES OF OFFICIALS, ANTI-DOPING POLICY OF NYSF, FOP FOR YOGASANA, SAMPLES OF FITNESS CERTIFICATE & RISK CERTIFICATE.
----------	---

REFERENCE

CODE OF POINTS, NATIONAL YOGASANA SPORTS FEDERATION.

[HTTPS://YOGASANASPORT.IN/CODE-OF-POINT/](https://yoganasport.in/code-of-point/)

B.Sc. Yoga Science
SEMESTER IV

COURSE DETAILS – 1

SUBJECT NAME – PATANJALI YOGA SUTRAS – I

SUBJECT CODE – BSYSMJ – 401

CREDIT: 6	CA: 25	SEE: 75	MM: 100
------------------	---------------	----------------	----------------

COURSE OBJECTIVES:

FOLLOWING THE COMPLETION OF THIS COURSE, STUDENTS SHALL BE ABLE TO

1. UNDERSTAND DIFFERENT MENTAL MODIFICATIONS AND HOW TO PREVENT THEM.
2. GAIN AN UNDERSTANDING OF THE FUNDAMENTALS OF SAMADHI AND SADHANA PADA.
3. RECOGNIZE THE FUNDAMENTAL IDEAS OF KAIVALYA AND VIBHUTI PADA

BLOCK – 1	INTRODUCTION OF YOGSUTRA
UNIT – 1	INTRODUCTION OF MUNI PATANJALI AND COMMENTRY OF YOGSUTRA
UNIT – 2	SUTRAS AND THEIR PRONUNCIATION AND CHANTTING
BLOCK – 2	SAMADHI PADA
UNIT – 1	CONCEPT OF CHITTA; CONCEPT OF CITTA BHOOMIS (KSHIPTA, MOODH, VIKSHIPTA, EKAGRA, NIRUDDHA); CONCEPT OF CITTAVRITTIS AND THEIR CLASSIFICATION, CITTA-VRITTI NIRODDHOPAYA (ABHYASA AND VAIRAGYA);
UNIT – 2	CONCEPT OF ISHWAR AND ISHWAR PRANIDHANA, QUALITIES OF ISHWAR, CITTA-VIKSHEPAS (ANTARAYAS), CONCEPT OF CITTA-PRASADANAM, RELEVANCE OF CITTA PRASADANAM IN YOGA SADHANA.

UNIT- 3	TYPES OF SAMADHI (SAMPRAJNATAH AND ASAMPRAJNATAH SAMADHI); TYPES OF SAMPRAJNATAH SAMADHI (VITARKA,VICHARA, ANAND AND ASHMITA); CONCEPT OF SAMAPATTI AND KINDS OF SAMAPATTI (SAVITRAKA AND NIRVITRAKA, SAVICHARA AND NIRVICHARA); TYPES OF ASAMPRAJNATAH SAMADHI (BHAVAPRATYAYA AND UPAYAPRATYAYA).
BLOCK – 3	SADHANAPADA
UNIT – 1	CONCEPT OF KRIYA YOGA OF PATANJALI, THEORY OF KLESSES (AVIDYA, ASHMITA, RAGA, DEWESH, ABHINEVESH);
UNIT – 2	CONCEPT OF DUKHAVADA (HEYA, HEYA HETU, HANA, HANOPAYA) DRISHYA NIRUPAM (PRAKRITI),
UNIT – 3	DRASHTA NIRUPANA (PURUSHA), PRAKRITI PURUSHA SAMYOGA; BRIEF INTRODUCTION TO ASHTANGA YOGA; CONCEPT OF ASANA AND PRANAYAMA AND THEIR SIDDHIS, CONCEPT OF PRATYAHARA AND ITS SIDDHIS
BLOCK – 4	YOG SUTRA SMARAN

COURSE DETAILS – 2

SUBJECT NAME – VARIOUS MEDITATION TECHNIQUES

SUBJECT CODE – BSYSMJ – 402

CREDIT: 4	CA: 25	SEE: 75	MM: 100
------------------	---------------	----------------	----------------

COURSE OBJECTIVES:

1. TO KNOW TRADITIONAL MEANING AND DEFINITIONS OF THE TERM 'MEDITATION'
2. TO KNOW PREPARATORY PRACTICE OF MEDITATION
3. TO KNOW DIFFERENT TYPES OF MEDITATION TECHNIQUES WITH THEIR BENEFITS
4. TO HAVE THE KNOWLEDGE OF SCIENTIFIC APPROACH OF MEDITATION
5. TO KNOW DATABASE RESEARCH ON MEDITATION

BLOCK – 1	INTRODUCTION OF MEDITATION
UNIT – 1	MEDITATION ITS MEANING, NATURE AND SCOPE;
UNIT – 2	MEDITATION AS DEPLOYMENT OF CONCENTRATION;
UNIT – 3	CONCEPT OF DHARANA, DHYANA AND SAMADHI. PRAYER, WORSHIP & MEDITATION
UNIT – 4	INITIAL STAGE OF MEDITATION, PSYCHOLOGICAL BASIS OF MEDITATION.
BLOCK – 2	MEDITATION IN HINDUISM
UNIT – 1	MEDITATION IN HINDUISM: OM MEDITATION; SO-HAM MEDITATION; CHAKRA MEDITATION
UNIT – 2	PROCESS OF MEDITATION IN 6TH CHAPTER OF BHAGAVAD GITA;

UNIT – 3	TRANSCENDENTAL MEDITATION. CYCLIC MEDITATION, MIND SOUND RESONANCE TECHNIQUE (MSRT),
BLOCK – 3	MEDITATION IN BUDDHISM
UNIT – 1	MEDITATION IN BUDDHISM;
UNIT – 2	MEDITATION IN JAINISM; ZEN MEDITATION; CARRINGTON’S CSM;
UNIT – 3	MEDITATION AS A SELF-ENHANCEMENT AND SELF-REGULATION STRATEGY; MEDITATION- SAMYAMA AND SIDDHIS THE POSSIBILITY AND SIGNIFICANCE.
BLOCK – 4	MEDITATION & ITS SCIENTIFIC APPROACH
UNIT – 1	PRACTICE OF VARIOUS MEDITATION TECHNIQUES
UNIT – 2	PSYCHOLOGICAL EFFECTS OF MEDITATION
UNIT – 3	PSYCHOLOGICAL EFFECTS OF MEDITATION
UNIT – 4	THERAPEUTIC EFFECTS OF MEDITATION: MEDITATION AND MORTALITY- YOGA AND HYPERTENSION- HEALING AND HEALTH EFFECTS.
BLOCK – 5	PRACTICE OF VARIOUS MEDITATION
UNIT – 1	ALL ABOVE PRACTICES, DEEP RELAXATION TECHNIQUE (DRT), QUICK RELAXATION TECHNIQUE (QRT), PRANIC ENERGIZATION TECHNIQUE (PET), MASTERING EMOTIONAL TECHNIQUE (MEMT), MEDITATIVE COGNITIVE PSYCHOTHERAPY (MCP).

BOOKS FOR REFERENCES

1. IYENGAR, B.K.S. : LIGHT ON YOGA, HARPER COLLINS PUBLISHERS.
2. TIWARI, O.P. : ASANA WHY AND HOW? KAIVALYADHAMA, LONAVLA.
3. JAYADEV, YOGENDRA : CYCLOPAEDIA YOGA (VOL. I-IV), THE YOGA INSTITUTE, SANTACRUZ, MUMBAI.
4. SARASWATI, SWAMI SATYANAND: ASANA, PRANAYAMA, BANDHA, MUDRA BIHAR SCHOOL OF YOGA, MUNGER.
5. SWAMI NIRANJANANANDA SARASWATI: DHARANA DARSHAN; ; BIHAR SCHOOL OF YOGA PUBLICATIONS; MUNGER, 2001

6. LAJPAT, DR. R.: DISCOVERING HUMAN POTENTIAL ENERGY, ABHINAV RAI PUBLICATION, GURGAON, 1996
 7. LAJPAT, RAI & OTHERS: MEDITATION, ANBHAVA RAI PUBLICATIONS, GURGAON
 8. SARASWATI, SWAMI SATYA NAND: MEDITATION FROM TANTRAS, YOGA PUBLICATION TRUST, MUNGER, 2004
 9. KRISHNAMACHARYA, T.: DHYANAMALIKA, KYM, CHENNAI, 2005
 10. SWAMI SATYANANDA: YOGANIDRA, YOGA PUBLICATION TRUST, MUNGER, 1998
 11. IYENGAR, B.K.S.: LIGHT ON PRANAYAMA, HARPER COLLINS, SWAMI VIVEKANAND YOGA PRAKASHAN, 2012
- DESIKACHAR, DR. KAUSTHUB, THE HEART OF ASANA, - APRIL 1, 2012

COURSE DETAILS – 3

SUBJECT NAME – ESSENCE OF SRIMAD BHAGWAD GEETA-II

SUBJECT CODE – BSYSMJ – 403

CREDIT: 6	CA: 25	SEE: 75	MM: 100
------------------	---------------	----------------	----------------

COURSE OBJECTIVE:

FOLLOWING THE COMPLETION OF THIS COURSE, STUDENTS SHALL BE ABLE TO

1. DESCRIBE THE IMPORTANCE AND CORE IDEAS OF THE BHAGAVAD GITA.

BLOCK – 1	INTRODUCTION OF THE CHAPTER 12, 13
UNIT – 1	WAYS TO ATTAIN GOD
UNIT – 2	CHARACTERISTICS OF A BHAGWAT PRAPTA PERSON
UNIT – 3	SUBJECT OF KSHETRA KSHETRAGYA
	SUBJECT OF PURUSH AND PRAKRITI
BLOCK – 2	INTRODUCTION OF THE CHAPTER 14, 15
UNIT – 1	CONCEPT OF THE WORLD
UNIT – 2	CONCEPT OF SAT, RAJ, TAM
UNIT – 3	SUBJECT OF JEEVATMA, KSAR AND AKSHAR
BLOCK – 3	INTRODUCTION OF THE CHAPTER 16, 17, 18
UNIT – 1	CONCEPT OF DEVA AND ASUR SAMPADA
UNIT – 2	KSHRADHA ACCORDING TO TRIGUN, DITE, YAGYA, TAPA ETC ACCORDING TO TRIGUN
UNIT – 3	CONCEPT OF SNKHYA YOGA, CONCEPT OF GYAAN, KARMA AND KARTA ETC ACCORDING TO TRIGUN
BLOCK – 4	SHASTRA SMARAN

TEXT BOOKS

1. SRIMADBHAGWADGITA- GITAMRITAM: YOGRISHI SWAMI RAMDEV JI, DIVYA PRAKASHAN, HARIDWAR, 2013

2. SWAMI GAMBHIRANAND; BHAGVATGITA WITH THE COMMENTARY OF SANKARACHARYA, ADVITA ASHRAMA, KOLKATA, 2003

BOOKS FOR REFERENCE

1. LOKMANYA GANGADHAR TILAK: GITA RAHASYA

2. SWAMI RAGHVENDRANANDA; UNIVERSAL MESSAGE OF THE BHAGVATGITA, ADVITA ASHRAMA, KOLKATA, 2000

3. SWAMI GAMBHIRANAND ; BHAGAVADGITA (WITH GUDHARTH DIPIKA) SRI RAMKRISHNA MATHA MADRAS

4. SWAMI RAMSUKHADAS; SRIMAD BHAGAVADGITA (SADHAKA SANJIVANI) GITA PRESS GORAKHPUR

5. SWAMI RANGANATHANANDA ; BAGAVADGITA, ADVAITA ASHRAMA SUB-DEPT-5 DELI ENTALLY ROAD KOLKATA.

COURSE DETAILS – 4

SUBJECT NAME – DIET, NUTRITION & HYGIENE

SUBJECT CODE – BSYSMN – 404

CREDIT: 4	CA: 25	SEE: 75	MM: 100
------------------	---------------	----------------	----------------

COURSE OBJECTIVES

AFTER STUDYING THIS COURSE STUDENT CAN ABLE TO UNDERSTAND

1. TO PROVIDE COMPREHENSIVE KNOWLEDGE OF THE PRINCIPLES OF DIET, NUTRITION, AND HYGIENE FOR MAINTAINING OPTIMAL HEALTH.
2. TO UNDERSTAND THE ROLE OF BALANCED NUTRITION IN DISEASE PREVENTION AND HEALTH PROMOTION.
3. TO DEVELOP SKILLS IN PLANNING DIETS FOR DIFFERENT AGE GROUPS, HEALTH CONDITIONS, AND LIFESTYLES.
4. TO CREATE AWARENESS OF PERSONAL AND COMMUNITY HYGIENE PRACTICES TO PROMOTE PUBLIC HEALTH.
5. TO ENCOURAGE CRITICAL THINKING REGARDING NUTRITIONAL MYTHS, FOOD SAFETY, AND HYGIENE PRACTICES.

BLOCK – 1	FUNDAMENTALS OF DIET AND NUTRITION
UNIT – 1	INTRODUCTION TO NUTRITION: DEFINITION, SCOPE, AND IMPORTANCE IN HEALTH;
UNIT – 2	MACRONUTRIENTS: CARBOHYDRATES, PROTEINS, FATS – FUNCTIONS, SOURCES, AND DAILY REQUIREMENTS;
UNIT – 3	MICRONUTRIENTS: VITAMINS AND MINERALS – TYPES, FUNCTIONS, DEFICIENCY DISORDERS, AND SOURCES;
UNIT – 4	WATER AND ELECTROLYTE BALANCE: IMPORTANCE OF HYDRATION, WATER AS A NUTRIENT;
UNIT – 5	BALANCED DIET: DEFINITION, COMPONENTS, AND FACTORS AFFECTING DIETARY NEEDS.

BLOCK – 2	NUTRITION THROUGH THE LIFE CYCLE
UNIT – 1	NUTRITIONAL NEEDS ACROSS AGE GROUPS: INFANTS AND CHILDREN, ADOLESCENTS, ADULTS, PREGNANT AND LACTATING WOMEN, ELDERLY POPULATION;
UNIT – 2	THERAPEUTIC NUTRITION: DIET FOR COMMON LIFESTYLE DISEASES (DIABETES, HYPERTENSION, OBESITY), NUTRITION DURING ILLNESS AND RECOVERY;
UNIT – 3	MALNUTRITION: TYPES (UNDER-NUTRITION, OVER-NUTRITION), CAUSES, CONSEQUENCES, AND MANAGEMENT
BLOCK – 3	FOOD SAFETY AND HYGIENE
UNIT – 1	INTRODUCTION TO HYGIENE: DEFINITION, IMPORTANCE OF PERSONAL, FOOD, AND ENVIRONMENTAL HYGIENE;
UNIT – 2	FOOD HYGIENE: PRINCIPLES OF SAFE FOOD HANDLING, STORAGE, AND PREPARATION;
UNIT – 3	FOOD CONTAMINATION AND FOODBORNE DISEASES: CAUSES, SYMPTOMS, AND PREVENTIVE MEASURES;
UNIT – 4	SANITATION PRACTICES: SAFE DRINKING WATER, WASTE DISPOSAL, PEST CONTROL;
UNIT – 5	HYGIENE IN PUBLIC SPACES: IMPORTANCE OF COMMUNITY HYGIENE AND HEALTH PROGRAMS.
BLOCK – 4	DIET PLANNING AND HEALTH PROMOTION
UNIT – 1	PRINCIPLES OF MEAL PLANNING: NUTRITIONAL ADEQUACY, VARIETY, CULTURAL AND ECONOMIC CONSIDERATIONS;
UNIT – 2	READING FOOD LABELS: UNDERSTANDING NUTRITIONAL INFORMATION, INGREDIENTS, AND FOOD ADDITIVES
UNIT – 3	NUTRITION EDUCATION: ROLE IN PROMOTING HEALTHY EATING HABITS;
UNIT – 4	HEALTH PROMOTION STRATEGIES: RELATIONSHIP BETWEEN NUTRITION, HYGIENE, AND LIFESTYLE DISEASES

UNIT – 5	RECENT TRENDS IN NUTRITION: SUPERFOODS, FUNCTIONAL FOODS, AND DIETARY SUPPLEMENTS.
----------	---

TEXTBOOKS:

1. *CATHERINE GEISSLER & HILARY POWERS, HUMAN NUTRITION, ELSEVIER*
2. *FRANCES SIZER & ELLIE WHITNEY, NUTRITION: CONCEPTS AND CONTROVERSIES*
3. *SAREEN S. GROPPER & JACK L. SMITH, ADVANCED NUTRITION AND HUMAN METABOLISM*
4. *ANITA TULL, FOOD AND NUTRITION*
5. *DAVID MCSWANE, ESSENTIALS OF FOOD SAFETY AND SANITATION*

REFERENCE BOOKS:

1. *A. CATHARINE ROSS ET AL., MODERN NUTRITION IN HEALTH AND DISEASE*
2. *MARIE A. BOYLE, COMMUNITY NUTRITION IN ACTION: AN ENTREPRENEURIAL APPROACH*
3. *SUNETRA RODAY, FOOD SCIENCE AND NUTRITION*
4. *SUMATI R. MUDAMBI & M.V. RAJAGOPAL, FUNDAMENTALS OF FOODS, NUTRITION, AND DIET THERAPY*
5. *JANICE THOMPSON, MELINDA MANORE, & LINDA VAUGHAN, THE SCIENCE OF NUTRITION*

COURSE DETAILS – 5

SUBJECT NAME – COMMUNICATIVE ENGLISH

SUBJECT CODE – BSYSSE–405

CREDIT: 2	CA: 13	SEE: 37	MM: 50
------------------	---------------	----------------	---------------

OBJECTIVE

FOLLOWING THE COMPLETION OF THIS COURSE, STUDENTS SHALL BE ABLE TO

1. LEARN TO READ AND WRITE IN ENGLISH.
2. INTERACT WITH OTHERS IN ENGLISH WHILE RECEIVING YOGA INSTRUCTIONS.

BLOCK – 1	SYLLABLES & GRAMMAR
UNIT – 1	RHYTHM, INTONATION & REVISION OF BASIC GRAMMAR
UNIT – 2	TENSES, PREPOSITIONS, ARTICLES
UNIT – 3	CONJUNCTIONS, MODALS, DIRECT AND INDIRECT SPEECH
BLOCK – 2	READING & WRITING
UNIT – 1	VOCABULARY DEVELOPMENT & ANALYTICAL SKILLS
UNIT – 2	EDITING SKILLS & ERROR CORRECTION
UNIT – 3	ARTICLE WRITING & READING COMPREHENSION
BLOCK – 3	LISTENING SKILLS
UNIT – 1	AUDIO BOOKS & PODCASTS
UNIT – 2	SPEECHES OF RENOWNED YOGA MASTERS
	TED TALKS
BLOCK – 4	SPOKEN ENGLISH
UNIT – 1	ACCENTS, DIALECTS & EXTEMPORE SPEAKING
UNIT – 2	ORAL REPORTS, DEBATES & GROUP DISCUSSIONS
UNIT – 3	PUBLIC SPEAKING SKILLS
UNIT – 4	LEADERSHIP & TEAMWORK IN COMMUNICATION

TEXT BOOKS:

ENGLISH GRAMMAR IN USE, 4TH EDITION, CAMBRIDGE BY RAYMOND MURPHY

SUGGESTED SOURCES:

BRITISHOUNCIL.ORG