

**M.A. (Yoga Science)**  
**SEMESTER I**

## COURSE DETAILS – 1

SUBJECT NAME – FOUNDATION OF YOGA

SUBJECT CODE – MY-CT-101

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| <b>CREDIT: 4</b> | <b>CA: 30</b> | <b>SEE: 70</b> | <b>MM: 100</b> |
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### Course Objectives:

The Objectives of learning this course are to:

- To understand the origin and psychological basis of Yoga.
- To define and interpret the meaning of Yoga.
- To study the history and evolution of Yoga.

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| <b>Block-1</b> | <b>General Introduction to Yoga</b>  |
| <b>Unit-01</b> | A brief overview of the origins of Yoga, psychological aspects and Hindu mythological concepts of origin of Yoga.    |
| <b>Unit-02</b> | The definitions and etymology of the word “yoga,” Aims and Objectives of Yoga, and common misconceptions about Yoga. |
| <b>Unit-03</b> | The history and evolution of Yoga.   |
| <b>Unit-04</b> | Yoga Practices for Harmony and Health, and the Foundations of Yoga Tradition (Parampara).                            |

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| <b>Block-2</b> | <b>Four Streams of Yoga</b> |
| <b>Unit-01</b> | Karmyoga.                   |
| <b>Unit-02</b> | Bhaktiyoga                  |
| <b>Unit-03</b> | Janayoga                    |
| <b>Unit-04</b> | Rajyoga.                    |

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| <b>Block-3</b> | <b>Concepts of Yoga in Several Sacred Text</b>            |
| <b>Unit-1</b>  | The Concept of Yoga in Vedas                              |
| <b>Unit-2</b>  | Concept of Yoga in Ramayana and Geeta                     |
| <b>Unit-3</b>  | The Role of Yoga in Tantra                                |
| <b>Unit-4</b>  | Concept of Yoga in Narada Bhakti Sutra and Yoga Vashishta |

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| <b>Block-4</b> | <b>An Exploration of Yogis and their Paths of Spiritual Cultivation</b> |
| <b>Unit-1</b>  | Modern: Maharishi Raman, Maharishi Dayanand,.Swami vivekanand           |
| <b>Unit-2</b>  | Medieval: Tulasidas, and Soordas.                                       |

### Prescribed text book:

1. रामदेव, स्वामी. (n.d.). योग दर्शनम्. दिव्य प्रकाशन, पतंजलि योगपीठ।

2. दिव्य प्रकाशन. (n.d.). *दर्शन प्रवेश*. पतंजलि योगपीठ।
3. बालकृष्ण, आचार्य. (n.d.). *योग के मूलभूत सिद्धांत*. दिव्य प्रकाशन, पतंजलि योगपीठ।
4. तिलक, लोकमान्य. (n.d.). *गीता रहस्य (निर्धारित पाठ्यांश)*।
5. मुखर्जी, विश्वनाथ. (n.d.). *भारत के महान योगी*
6. निरंजनानंद परमहंस, स्वामी. (n.d.). *तंत्र दर्शन*. पंचदश नाम अलखबाड़ा।

**Books for Reference:**

1. Agarwal, M. M. (2010). *Six systems of Indian philosophy*. Chowkhambha Vidya Bhawan.
2. Bhuteshananda, S. (2009). *Narada Bhakti Sutra* (2nd ed.). Advaita Ashrama Publication-Dept.
3. Hiriyanana, M. (2009). *Outlines of Indian philosophy*. Motilal Banarsidass.
4. Bhat, K. (2006). *The power of yoga*. SuYoga Publications.
5. Prabhavananda, S. (2004). *Spiritual heritage of India*. Sri Ramakrishna Math.
6. Vivekananda, S. (2000). *Jnana yoga, Bhakti yoga, Karma yoga, Raja yoga*. Advaita Ashrama.
7. Pandit, M. P. (1976). *Introduction to Upanishads*. Theosophical Society of India.
8. Dasgupta, S. N. (1927). *Hindu mysticism*. Motilal Banarsidass.
9. Brunton, P. (n.d.). *A search in mystic India*.
10. Sharma, C. (2013). *A critical survey of Indian philosophy*. Motilal Banarsidass.

## COURSE DETAILS – 2

### SUBJECT NAME – PATANJALI YOG SUTRA

### SUBJECT CODE – MY-CT-102

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| <b>CREDIT: 4</b> | <b>CA: 30</b> | <b>SEE: 70</b> | <b>MM: 100</b> |
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#### Course Objectives:

##### The Objectives of learning this course are to:

- To understand the Patanjali Yoga Sutras.
- To define and interpret the Concept of Mana.
- To study the 4 Pada in Patanjali yog sutra

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| <b>Block-1</b> | <b>General Introduction Maharishi Patanjali and Patanjali Yoga Sutras</b>   |
| <b>Unit-01</b> | Overview of Patanjali Yoga Sutras (P.Y.S.) and its structure  |
| <b>Unit-02</b> | Concept of Mana (Mind), Buddhi (Intellect), Ahamkara (Ego), and Chitta (Consciousness), Concept of Citta Bhoomis (Kshipta, Mudha, Vikshipta, Ekagra, Niruddha). |
| <b>Unit-03</b> | Concept of Citta-Vrittis and Their Classification.<br>Citta-Vritti Nirodhopaya (Abhyasa and Vairagya).  |
| <b>Unit-04</b> | Ishwara and Citta-Prasadanam in Yoga Sadhana  |

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| <b>Block-2</b> | <b>Samadhi Pada</b>  |
| <b>Unit-01</b> | Yoganushasanam, Yoga Lakshanam, and Its Results – Understanding the discipline of Yoga, its definition, and the outcomes it produces, samadhi Pāda sutra   |
| <b>Unit-02</b> | Types of Samadhi (Samprajnata and Asamprajnata) – Classification of meditative absorption into conscious (Samprajnata) and superconscious (Asamprajnata) states.   |
| <b>Unit-03</b> | Types of Samprajnata Samadhi – Divisions based on cognitive engagement: Vitarka (reasoning), Vichara (reflection), Ananda (bliss), and Asmita (pure I-consciousness), The states of Savitraka and Nirvitraka, Savichara and Nirvichara, and types of Asamprajnata Samadhi (Bhavapratyaya and Upayapratyaya). |
| <b>Unit-04</b> | Concept of Samapatti and Its Kinds – The states of samapatti, ritambhra prajya and smadhi.   |

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| <b>Block-3</b> | <b>Sadhn Pada</b>   |
| <b>Unit-1</b>  | <b>Kriya Yoga and Kleshas</b> – Explanation of Patanjali's Kriya Yoga and the five Kleshas: Avidya (ignorance), Asmita (egoism), Raga (attachment), Dvesha (aversion), and Abhinivesha (fear of death). |

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| <b>Unit-2</b> | <b>Dukhavada and Metaphysical Concepts</b> – Understanding Dukhavada (Heya – suffering, Hetu – cause, Hana – cessation, Hanopaya – path), along with the nature of Drishta (seen) and Drashta (seer), Prakriti (nature), Purusha (consciousness), and their union (Prakriti-Purusha Samyoga). |
| <b>Unit-3</b> | <b>Ashtanga Yoga and Its Elements</b> – A brief introduction to the eightfold path of Yoga (Ashtanga Yoga) as outlined by Patanjali, covering ethical principles, physical postures, breath control, and higher states of consciousness   |
| <b>Unit-4</b> | <b>Concepts of Asana, Pranayama, and Pratyahara</b> – Exploration of Asana (postures) and Pranayama (breath control) along with their mystical attainments (Siddhis), followed by an understanding of Pratyahara (withdrawal of senses) and its Siddhis.                                      |

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| <b>Block-4</b> | <b>Vibhuti Pada and Kaivalya pada</b>   |
| <b>Unit-1</b>  | Introduction of <i>Dhāraṇā</i> , <i>Dhyāna</i> , and <i>Samādhi</i> ; <i>Samyama</i> and its <i>Siddhis</i> .   |
| <b>Unit-2</b>  | Three types of <i>Citta Pariṇāma</i> ; <i>Bhūta Jaya</i> , <i>Indriya Jaya</i> , and their <i>Siddhis</i> ; <i>Sattva-Puruṣānyatā-Khyāti</i> and its <i>Siddhis</i>   |
| <b>Unit-3</b>  | <i>Viveka-Jñāna-Nirūpaṇam</i> , <i>Kaivalya-Nirvacana</i> ; Role of <i>Dhāraṇā</i> , <i>Dhyāna</i> , <i>Samādhi</i> , and its application   |
| <b>Unit-4</b>  | Five types of <i>Siddhis</i> and <i>Jātyantara Pariṇāma</i> ; Concept of <i>Nirmāṇa Citta</i> and four types of <i>Karmas</i> ; Concept of <i>Vāsanā</i> and <i>Bāhya Pradārtha</i> (external element) and its abilities. |

#### Prescribed text book

योगदर्शनम- स्वामीरामदेव, ददव्यप्रकार्ण, पतंजदियोगपीठ, हररद्वार

दर्शनप्रवेर्-ददव्यप्रकार्ण,पतंजदियोगपीठ, हररद्वार

**सहायकिस्तक -**

भोजवद्वि

योगदर्शनम- गीताप्रेि

#### BOOKS FOR REFERENCE

1. BKS Iyengar: Introduction of Patanjali Yogasutras: MDNIY, New Delhi, 2011.
2. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II.

### COURSE DETAILS – 3

SUBJECT NAME – HUMAN BIOLOGY AND YOGA THERAPY - I

SUBJECT CODE – MY-CT-103

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| <b>CREDIT: 4</b> | <b>CA: 30</b> | <b>SEE: 70</b> | <b>MM: 100</b> |
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#### Course Objectives:

The Objectives of learning this course are to:

- To understand the basics of Human biology and yoga.
- To define and interpret the meaning of Gross Anatomy, Physiology of the human body.
- To study the basic of the Skeletal System- Concept, Types & Functions.

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| <b>Block-1</b> | <b>Skeletal System</b>  |
| <b>Unit-01</b> | Skeletal System- Concept, Types & Functions   |
| <b>Unit-02</b> | Bone: Concept, Types, Number, Gross anatomy & Physiology, & Functions, Bone Cells: Concept, Types & their Functions |
| <b>Unit-03</b> | Synovial Joints: Concept, types & their features, Spine: Gross Anatomy & Physiology and Functions                   |
| <b>Unit-04</b> | Yogic effect on Bone/Skeletal System  |

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| <b>Block-2</b> | <b>Muscular System</b>                            |
| <b>Unit-01</b> | Overview Muscular System                          |
| <b>Unit-02</b> | The Muscular System: Concepts and Types           |
| <b>Unit-03</b> | Muscles: Gross Anatomy, Physiology, and Functions |
| <b>Unit-04</b> | The Yogic Effect on the Muscular System           |

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| <b>Block-3</b> | <b>Respiratory System</b>  |
| <b>Unit-1</b>  | Respiratory System- Concept, Gross Anatomy & Physiology, Types & Functions |
| <b>Unit-2</b>  | Lungs – Anatomy, Physiology, and Functions                                 |
| <b>Unit-3</b>  | Respiration  |
| <b>Unit-4</b>  | Respiratory Regulation & Yogic Influence.                                  |

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| <b>Block-4</b> | <b>Cardiovascular System</b>                                   |
| <b>Unit-1</b>  | Introduction to the Cardiovascular System and Blood            |
| <b>Unit-2</b>  | The Heart: Gross Anatomy, Physiology, Innervations & Functions |
| <b>Unit-3</b>  | The Heart & Blood Groups                                       |
| <b>Unit-4</b>  | Yoga and the Circulatory System                                |

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## **BOOKS FOR REFERENCE**

1. Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan Books <sup>TM</sup>
2. Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasidas
3. Frawley, D. & Kozak, S. S. (2006). Yoga for your type. New Delhi, India: New Age Books.
4. Gore, M.M. (2004). Anatomy and physiology of yogic practices. Lonavala, India: Kanchan Prakashan.
5. Gupta, A.P. (2011). Human anatomy and physiology. Agra, India: SumitPrakashan.
6. Guyton, A.C. & Hall, J.E. (2006). Text book of medical physiology (11th ed.). Pennsylvania: Elsevier.
7. Kaminoff, L. (2007). Yoga Anatomy. Champaign: Human Kinetics
8. Kumar, V. (2004). Manav SarirSamrachna aur sarir kriya vijyan. New Delhi, India: Japee BrothersMedical Publishers (P) Ltd.
9. Malshe, P. C. (2012). A Medical Understanding of Yoga (20d ed.). Haridwar, India: Antar

## COURSE DETAILS – 4

SUBJECT NAME – FUNDAMENTALS OF AYURVEDA (ELECTIVE)

SUBJECT CODE – MY-GE-104

|                  |               |                |                |
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| <b>CREDIT: 4</b> | <b>CA: 30</b> | <b>SEE: 70</b> | <b>MM: 100</b> |
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### Course Objectives:

The Objectives of learning this course are to:

- To understand the basics of Ayurveda.
- To define and interpret the meaning of *swasthavritta*, *dinacharya*, *ritucharya*, *ratricharya*, *sadvritta* & *aachaar rasaayana*.
- To study the Ayurveda and its utility in health promotion and prevention.

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| <b>Block-1:</b> | <b>INTRODUCTION TO AYURVEDA</b>   |
| <b>Unit-01</b>  | Ayurveda; Definition, aim, origin, history, and propagation                               |
| <b>Unit-02</b>  | Health according to Ayurveda and its utility in health promotion and prevention           |
| <b>Unit-03</b>  | Introduction to the main Ayurvedic texts like Charaka Samhita and Sushruta Samhita        |
| <b>Unit-04</b>  | Principles of Ayurveda– Tridosha, Saptadhatu, Trimala, Pancha Mahabhuta, Prakruti & Manas |

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| <b>Block-2:</b> | <b>AYURVEDA AND ITS FANDAMENTALS</b>  |
| <b>Unit-01</b>  | Dravya, Guna, Karma, Virya, Vipaka and Prabhava. Factors for Health and Disease |
| <b>Unit-02</b>  | Agni, Srotas and Ama, Concept of Dharniya and Adharniya Vega in Ayurveda        |

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| <b>Block-3:</b> | <b>AHARA AND PANCHKARMA</b>   |
| <b>Unit-1</b>   | Upasthambha; Concept of Ahara, Ahara pachana, Pathya & Apathya in Ayurveda  |
| <b>Unit-2</b>   | Ojas in Ayurveda; Role of Ayurvedic diet in health and prevention   |
| <b>Unit-3</b>   | 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). |

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| <b>Block-4:</b> | <b>SWASTHAVRITTA, DINACHARYA, RITUCHARYA, RATRICHARYA, SADVRITTA &amp; AACHAAR RASAAYANA</b>  |
| <b>Unit-1</b>   | Swasthavrita, Dinacharya: Brahmuhurt, Sauch Vidhi, Aachman, Dantdhawan, Jigwanirlekhan, Anjana, Nasya, Ritunukul Vastradharan, Abyang, Vyayam, Mardan, Ubtan , snan, Bhojan vidhi |



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| <b>Unit-2</b> | Concept of Ritucharya and Ratrichahrya; Kala Lakshan, Maatradi Lakshan, Aadan kaal, Visargkaal, Ritusandhi, Hemantritucharya, Shishirritucharya, Vasantritucharya, Greeshma ritucharya, Varsharritucharya, Sharad ritucharya |
| <b>Unit-3</b> | Charecterstics of Ahar, Nidra Brahmacharya and their Importance  |
| <b>Unit-4</b> | Concept of Sadvrita: and Aachaar Rasaayana; Concept of Dharniya & Adharniya Veda and their complications.  |

## COURSE DETAILS – 4

SUBJECT NAME – YAGNA AND ITS THERAPEUTIC APPLICATIONS (ELECTIVE)

SUBJECT CODE – MY-GE-105

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| <b>CREDIT: 4</b> | <b>CA: 30</b> | <b>SEE: 70</b> | <b>MM: 100</b> |
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### Course Objectives:

The Objectives of learning this course are to:

- Understand the significance of Yagna in tradition and modern wellness.
- Explore its scientific, spiritual, and therapeutic benefits.
- Analyze the role of mantras, herbs, and fire in healing.
- Learn practical applications for mental, physical, and environmental well-being.

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| <b>Block-1:</b> | <b>वैदिक धर्म परिचय</b>        |
| <b>Unit-01</b>  | देवता परिचय                    |
| <b>Unit-02</b>  | वैदिक देवों का वर्गीकरण        |
| <b>Unit-03</b>  | यज्ञ सस्था का परिचय एवं विवेचन |

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| <b>Block-1:</b> | <b>यज्ञ: परिभाषा, प्रकार एवं उपयोगिता</b> |
| <b>Unit-01</b>  | यज्ञ की परिभाषाएँ                         |
| <b>Unit-02</b>  | यज्ञ की उपयोगिता                          |
| <b>Unit-03</b>  | यज्ञ शब्द के पर्यायवाची                   |

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| <b>Block-1:</b> | <b>यज्ञीय पदार्थ परिचय एवं मंत्र स्मरण</b> |
| <b>Unit-01</b>  | यज्ञीय पदार्थ                              |
| <b>Unit-02</b>  | देव यज्ञ विधि                              |
| <b>Unit-03</b>  | हविर्द्रव्यों की मात्राएँ                  |

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| <b>Block-1:</b> | <b>यज्ञ चिकित्साधरेपी</b>  |
| <b>Unit-01</b>  | यज्ञ चिकित्सा के वैज्ञानिक प्रमाणण्अन                            |
| <b>Unit-02</b>  | यज्ञ चिकित्सा का शास्त्रीय प्रमाणण्वेदादि शास्त्र में रेग निवारण |
| <b>Unit-03</b>  | यज्ञ चिकित्सा  |

### REFERENCES

1. Vaidic Nitya Karma Vidhi: Divya Prakashan, Haridwar

2. Yagya-yoga-yurveda Chikitsa: Divya Prakashan, Haridwar
3. Yajna se hoga sunahra kal: Dr Rochna Bharti, Srirang Prakashan, Nashik
4. Yajynopathy: Brahmvarchas, Sri Vedmata Gayatri Trust, Shantikunj, Haridwar.
5. Yajnotherapy: Sandip Arya, Vijaikumar Govindram Hasanand,4408 nai sadak, New Delhi.

## COURSE DETAILS – 5

SUBJECT NAME – FUNDAMENTALS IN COMPUTER APPLICATIONS - 1  
SUBJECT CODE – MY-AEC-106

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| <b>CREDIT: 4</b> | <b>CA: 30</b> | <b>SEE: 70</b> | <b>MM: 100</b> |
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### Course Objectives:

The Objectives of learning this course are to:

- To understand the basics of computer operations.
- To define and interpret the meaning digital literacy.
- To study the basic data handling in Yoga Science.

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| <b>Block-1:</b> | <b>Basics of Computers &amp; Operating Systems</b> |
| <b>Unit-01</b>  | Introduction to Computers                          |
| <b>Unit-02</b>  | Operating Systems & File Management                |
| <b>Unit-03</b>  | Fundamentals of Digital Literacy                   |
| <b>Unit-04</b>  | Word Processing Tools                              |

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| <b>Block-2:</b> | <b>Communication &amp; Presentation Tools</b> |
| <b>Unit-01</b>  | Spreadsheets for Data Handling                |
| <b>Unit-02</b>  | Presentation Software for Yoga Education      |
| <b>Unit-03</b>  | Online Communication & Collaboration Tools    |
| <b>Unit-04</b>  | Introduction to Social Media & Blogging       |

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| <b>Block-3:</b> | <b>Fundamentals of Multimedia &amp; Digital Graphics</b> |
| <b>Unit-1</b>   | Basics of Image Editing for Yoga Professionals           |
| <b>Unit-2</b>   | Introduction to Video Editing                            |
| <b>Unit-3</b>   | Fundamentals of Yoga Science Data Collection             |
| <b>Unit-4</b>   | Cybersecurity Basics for Yoga Professionals.             |

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| <b>Block-4:</b> | <b>IT in Healthcare &amp; Yoga Science</b>              |
| <b>Unit-1</b>   | Introduction to E-Governance & AYUSH Digital Services   |
| <b>Unit-2</b>   | Role of IT in Yoga Therapy & Healthcare                 |
| <b>Unit-3</b>   | Emerging Trends in Computer Applications                |
| <b>Unit-4</b>   | Career & Entrepreneurship Opportunities in Digital Yoga |

### Reference Books:

1. Fundamental of Computers – By V. Rajaraman B.P.B. Publications
2. Fundamental of Computers – By P.K. Sinha

3. MS-Office 2000(For Windows) – By Steve Sagman
4. Computer Today- By Suresh Basandra
5. Computer Networks – By Tanenbaum Tata McGraw Hill Publication

## COURSE DETAILS – 6

**SUBJECT NAME – YOGA PRACTICUM- 1**

**SUBJECT CODE – MY-CP-107**

|                  |               |                |               |
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| <b>CREDIT: 2</b> | <b>CA: 15</b> | <b>SEE: 35</b> | <b>MM: 50</b> |
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### Course Objectives:

Following the completion of the course, students shall be able to:

- Understand the benefits, contraindications and procedure of all practices.
- Demonstrate each practice with confidence and skill.
- Explain the procedure and subtle points involved.
- Teach the yoga practices to any given group.

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| <b>Shatkarma</b>  |
| Jalneti, Rabarneti, Vamana Dhauti / Kunjar Kriya, Vatkarma, Kapalbhati.   |
| <b>Asana</b>  |
| SukshmaVyayam (Pawan mukta Asana) -1, Yogic Jogging, 12 Asanas (Mandukasana, Shashakasana, Gomukhasana, Vakrasana, Makarasana, Bhujangasana, Shalabhasana, Markatasana, Pawanmuktasana, Halasana, Padvittasana, Dwi-Chakrikasana and Shavasana) Siddhasana, Kati chakrasana, Ardhalasana, Padmasana, Vajrasana, Swastikasana, Veerasana, Udarakarsanasana, Bhadrasana, Janushirasana, Ardhamatsyendrasana, Gomukhasana, Ustrasana, Uttanapadasana, Naukasana, Sarvangasana, Halasana, Matsyasana, Suptavajrasana, Chakrasana, Tadasana, TiryakTadasana, Ek paadpranamasana, Vrikshasana, Garudasana, Hastotansana, Padahastasana, Trikonasana, Ardhadhanurasana, Marjari asana, Ardhashalbhasana, Bhujangasana, Makarasan, Shavasana, Samakonasana, Bakasana, Sarpasana, Hanumanasana, Sukhasana, Ardhpadmasana, Ek Pada Halasana, Setubandhasana, Markatasana, Shashankaran, Vipreetnaukasana, Dwikonasana, Parshvatanasana, Singhasana. |
| <b>Pranayama</b>  |
| Diaphragmatic Breathing, Pranayama: Kapalbhati, Bhastrika, Bahya, Ujjayi, Anulom-Vilom, NadiShodhan, Bhramari and Udgith Mudra & Bandha: Jnana Mudra, Chin Mudra, Vipreet Karni Mudra, Yoga Mudra, Jalandhar Bandh, Uddiyan Bandh, Moolbandha   |
| <b>Viva</b>   |
| Ishwar Stuti Prarthnopasana   |

**COURSE DETAILS – 7**

**SUBJECT NAME – HUMAN ANATOMY & PHYSIOLOGY PRACTICUM-I**

**SUBJECT CODE – MY-CP-108**

|                  |               |                |               |
|------------------|---------------|----------------|---------------|
| <b>CREDIT: 2</b> | <b>CA: 15</b> | <b>SEE: 35</b> | <b>MM: 50</b> |
|------------------|---------------|----------------|---------------|

**Course Objectives:**

Following the completion of the course, students shall be able to:

- Be familiar with the systems of the body.
- Have a hands-on experience with the human body using models, charts, and pictures.
- Understand the organization of the body concerning structural components.

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| <b>Unit 1</b> | Demonstration of Osteology & Myology                               |
| <b>Unit 2</b> | Demonstration of Organs &Viscera regarding cardiopulmonary Systems |
| <b>Unit 3</b> | Demonstration of Bones and Joints                                  |
| <b>Unit 4</b> | Demonstration of Human Skeleton                                    |

**M.A. (Yoga Science)**  
**SEMESTER II**



## COURSE DETAILS – 1

**SUBJECT NAME – INSIGHT INTO INDIAN PHILOSOPHY**

**SUBJECT CODE – MY-CT-201**

|                  |               |                |                |
|------------------|---------------|----------------|----------------|
| <b>CREDIT: 4</b> | <b>CA: 30</b> | <b>SEE: 70</b> | <b>MM: 100</b> |
|------------------|---------------|----------------|----------------|

### Course Objectives:

The Objectives of learning this course are to:

- Students will have an idea about the insights of Indian philosophy and astik and nastik darshans.
- Understand the fold of applications and means to overcome them.
- Describe the various schools of philosophy like Jainism, nyas, vaisheshik, mimansa ets. Which are relevant to yoga practice?
- Discuss concept objectives and application of Indian culture for living and learning.
- Understand the mystery of Indian philosophy in relation to Yoga.

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| <b>BLOCK-01</b> | <b>GENERAL INTRODUCTION OF INDIAN PHILOSOPHY AND CULTURE</b>   |
| <b>UNIT-01</b>  | Meaning, definition and area of Indian philosophy.   |
| <b>UNIT-02</b>  | Nature and need of study of Indian philosophy  |
| <b>UNIT-03</b>  | Origin, meaning, definition and types, general introduction to Indian religious scriptures - Veda, Upanishad, Mahabharat, Ramayana, Bhagavad Gita. |
| <b>UNIT-04</b>  | Salient Features of Indian Culture, Vedic Ashram Vyavastha, Varna Vyavastha, Law of Action, Sisteen Rituals and Pancha Mahayajna                   |

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| <b>BLOCK-02</b> | <b>NYAYA AND VAISESIKA</b>   |
| <b>UNIT-01</b>  | Nature of physical world, Individual soul, liberation and concept of supreme soul in Indian philosophy.  |
| <b>UNIT-02</b>  | Theory of body, mind and soul and philosophical background, The sixteen Padarthas according to Nyaya.  |
| <b>UNIT-03</b>  | Concept of Nyaya philosophy means of salvation according to Nyaya and Vaisesika.   |
| <b>UNIT-04</b>  | Means and objects of knowledge according to Nyaya and Vaisesika Category of substance-Nava dravyas, Category of quality-24 gunas, Relation between Nyaya and Vaisesika philosophy. |

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| <b>BLOCK-03</b> | <b>SAMKHYA AND YOGA</b>   |
| <b>UNIT-01</b>  | Theory of cause and effect; Prakriti and Purusha, Process of evolution of universe and concept of liberation.   |
| <b>UNIT-02</b>  | Concept of Atman, Brahma, Maya, Universe, God, the self and human life, threefold afflictions and means to overcome affliction.   |
| <b>UNIT-03</b>  | Twenty-five entities according to Samkhya and means of knowledge, Saakarya Vada; Similarities and dissimilarities between Vyakta and Avyakta, Triguna.  |
| <b>UNIT-04</b>  | Existence of Purusa, plurality of Purusa, proximity of Purusa and Prakrti, Karana, Antah Karana and Bahya Karana according to Sankhya Karika, Liberation and means of attaining it. Organization of the Yoga sutras, stages of Chittas, forms of Chitta, modification of Chittas, Kind of Kleshas, the eight fold of Yoga and God & liberation. |

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| <b>BLOCK-04</b> | <b>MIMAMSA AND NAASTIKA PHILOSOPHY</b>                              |
| <b>UNIT-01</b>  | Charvaka philosophy - Origin and history of Charvaka philosophy.    |
| <b>UNIT-02</b>  | Metaphysics and Epistemology, Buddhism Four noble truths, Pramanas. |
| <b>UNIT-03</b>  | Jainism - Categories, Triratnas and Syadvada.                       |
| <b>UNIT-04</b>  | Mimansa darshan   |

### REFERENCE BOOKS

1. Classical Indian Philosophy – I. N. Mohanty.
2. C.D. Sharma: Critical Survey of Indian Philosophy, Motilal Banarsidass Publications 2003.
3. N. V. Banerjee: The Spirit of Indian Philosophy, Arnold-Heinemann Publishers, 1974.

## COURSE DETAILS – 2

SUBJECT NAME – YOGA IN PRINCIPAL UPANISHADS

SUBJECT CODE – MY-CT-202

|                  |               |                |                |
|------------------|---------------|----------------|----------------|
| <b>CREDIT: 4</b> | <b>CA: 30</b> | <b>SEE: 70</b> | <b>MM: 100</b> |
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### Course Objective:

#### To understand the essence of Principal Upanishads.

1. Understand Upanishadic Philosophy – Explore the core teachings and significance of the Principal Upanishads.
2. Analyze Key Concepts – Study Atman, Brahman, Vidya & Avidya, and states of consciousness.
3. Examine Yoga in Upanishads – Learn the role and methods of Yoga in self-realization.
4. Explore Self-Realization – Understand the Upanishadic path to Moksha through meditation and wisdom.
5. Apply Upanishadic Wisdom – Integrate teachings into modern life for ethical and spiritual growth.

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| <b>BLOCK-01</b> | <b>Introduction to Upanishads</b>  |
| <b>UNIT-01</b>  | Meaning of Upanishad   |
| <b>UNIT-02</b>  | Concept of Vedic Literature and Upanishads                                 |
| <b>UNIT-03</b>  | Comparison between Subject Matters of Veda & Upanishads                    |
| <b>UNIT-04</b>  | Views of Renowned Scholars and Significance of Upanishads in Present Times |

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| <b>BLOCK-02</b> | <b>Essence of Ishavasyopanishad &amp; Kena Upanishad</b> |
| <b>UNIT-01</b>  | Ishavasyopanishad – Concept of Karmanishta               |
| <b>UNIT-02</b>  | Vidya, Avidya, and Knowledge of Brahman                  |
| <b>UNIT-03</b>  | Kena Upanishad – Self, Mind, and Intuitive Realization   |
| <b>UNIT-04</b>  | Moral of Yaksha Upakhyana                                |

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| <b>BLOCK-03</b> | <b>Essence of Katha Upanishad, Prashna Upanishad, &amp; Mundaka Upanishad</b> |
| <b>UNIT-01</b>  | Katha Upanishad – Definition of Yoga & Nature of Soul                         |
| <b>UNIT-02</b>  | Importance of Self-Realization and Concept of Prana & Rayi                    |
| <b>UNIT-03</b>  | Panchapranas & The Six Main Questions in Prashna Upanishad                    |

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| <b>UNIT-04</b> | Mundaka Upanishad – Brahmavidya, Selfish Karma, and Meditation |
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| <b>BLOCK-04</b> | <b>Essence of Mandukya, Aitareya, Taittiriya, Chhandogya, &amp; Brihadaranyaka Upanishads</b> |
| <b>UNIT-01</b>  | Mandukya Upanishad – Four States of Consciousness & Omkara                                    |
| <b>UNIT-02</b>  | Aitareya Upanishad – Concept of Atma, Universe, and Brahman                                   |
| <b>UNIT-03</b>  | Taittiriya Upanishad – Pancha Kosha & Valli Summaries   |
| <b>UNIT-04</b>  | Chhandogya & Brihadaranyaka Upanishads – Om Meditation, Atman, & Jnana Yoga                   |

#### **REFERENCE BOOKS:**

1. Aurobindo, S. (2001). Kena and Other Upanishads: The Complete Works of Sri Aurobindo
2. Volume 18. Pondicherry, India: Sri Aurobindo Ashram Publication Department.
3. Aurobindo, S. (2003). Isha Upanishad: The Complete Works of Sri Aurobindo Volume 17.
4. Pondicherry, India: Sri Aurobindo Ashram Publication Department.
5. 108 Upanishad-Sadhana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
6. 108 Upanishad-Brahmavidya Khand-Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
7. 108 Upanishad-Jnana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
8. Upanishad Sangraha- Jagdish Shashtri, Motilal Banarasidas, Varanasi, Delhi, Chennai.
9. Swami Sivananda - The Essence of Principal Upanishads, Divine Life Society, 1980
10. Swami Nikhilananda - The Principal Upanishads, Courier Corporation, 2003

### COURSE DETAILS – 3

**SUBJECT NAME – HATH YOGA AND ITS APPLICATION**

**SUBJECT CODE – MY-CT-203**

|                  |               |                |                |
|------------------|---------------|----------------|----------------|
| <b>CREDIT: 4</b> | <b>CA: 30</b> | <b>SEE: 70</b> | <b>MM: 100</b> |
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**Course Objectives:**

1. To understand the fundamental principles of Hath Yoga.
2. Explain the understanding of Hath Yoga as a tradition and inculcate the essence.
3. Get acquainted with the tradition, history, its components and modern-day relevance of Hath yoga.

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| <b>BLOCK-01</b> | <b>Introduction to Hatha Yoga</b>                                     |
| <b>UNIT-01</b>  | Meaning and definition of Hatha yoga                                  |
| <b>UNIT-02</b>  | Origin of Hatha yoga  |
| <b>UNIT-03</b>  | Purpose & Prevailing misconceptions regarding Hatha yoga              |
| <b>UNIT-04</b>  | Introduction to Hatha Yogic Text: Hatha Pradipika and Gherand Samhita |

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| <b>BLOCK-02</b> | <b>Hatha Yogic Practices: Shatkarma and Asanas</b>  |
| <b>UNIT-01</b>  | Introduction to Shatkarma- Purifications actions described in Hatha yoga Pradipika and Gherand Samhita, their method, benefits and precautions. |
| <b>UNIT-02</b>  | Role and importance of Purification practices in yog sadhna & modern life.  |
| <b>UNIT-03</b>  | Introduction to Yoga Asana and its Role & importance in holistic health.  |
| <b>UNIT-04</b>  | Method, benefits, precautions and importance of asanas in H.P and Gh.S.   |

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| <b>BLOCK-03</b> | <b>Hatha Yogic Practices: Pranayama, Mudra &amp; Bandha</b>   |
| <b>UNIT-01</b>  | Pranayama: Introduction, method of respiration, Types & subtypes of prana   |
| <b>UNIT-02</b>  | Method, benefits and precautions of Pranayama in H.P and Gh.S. and importance of Pranayama in Yog sadhana as well as mental health. |
| <b>UNIT-03</b>  | Bandha: Introduction, types, method, benefits and precautions of bandhas in H.P and Gh.S.   |
| <b>UNIT-04</b>  | Mudra: Introduction, types, method, benefits and precautions of mudra in H.P and Gh.S.  |

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| <b>BLOCK-04</b> | <b>Hatha Yogic Practices: Pratyahar, Dharana, Dhayan, Samadhi, Nadanusandhan and Yognidra.</b>  |
| <b>UNIT-01</b>  | Concept of Pratyahara and dharana: types, method, benefits, and precautions in Gherand Samhita.   |
| <b>UNIT-02</b>  | Concept of Dhyana, and Samadhi: their types, method, benefits, signs and precautions. Signs of Hatha siddhi and Ashtha Siddhis (8 accomplishments). |
| <b>UNIT-03</b>  | Introduction of Nada, the four stages of Nadanusandhan and their accomplishments (Siddhis).   |
| <b>UNIT-04</b>  | Concept of Yognidra, method, precautions and benefits of Yognidra in holistic health.   |

**BOOKS FOR REFERENCE:**

1. Woodroffe, Sirjohn: The serpent power, Ganesh& Company, Madras, 2000
2. Woods, J. H.:The Yoga system of Patanjali, M.L.B.D., Delhi,1988
3. Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000
4. Burley, Mikel: HathaYoga, Its' ContextTheoryand Practice (M.L.B.D. Delhi, 2000)
5. Burnier, Radha: Hathayoga Pradipika of Svatmarama, The Adyar Library publications, Chennai

## COURSE DETAILS – 4

**SUBJECT NAME – HUMAN BIOLOGY AND YOGA THERAPY -II**

**SUBJECT CODE – MY-CT-204**

|                  |               |                |                |
|------------------|---------------|----------------|----------------|
| <b>CREDIT: 4</b> | <b>CA: 30</b> | <b>SEE: 70</b> | <b>MM: 100</b> |
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### **Course Objectives:**

The objectives of this course are

1. Discuss gross anatomy and physiology of human digestive system, excretory system and blood circulatory system.
2. Recognize basic structure and their connections with central nervous system.
3. Discuss anatomical and physiological effected of selected yoga practices.

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| <b>BLOCK-01</b> | <b>DIGESTIVE SYSTEM</b>                                     |
| <b>UNIT-01</b>  | Definition, Structure, and Function of the Digestive System |
| <b>UNIT-02</b>  | Digestion of Proteins, Fats, and Carbohydrates              |
| <b>UNIT-03</b>  | Structure and Function of the Pancreas                      |
| <b>UNIT-04</b>  | Yogic Effects on the Digestive System                       |

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| <b>BLOCK-02</b> | <b>BLOOD CIRCULATORY SYSTEM</b>       |
| <b>UNIT-01</b>  | Concept and Structure of Blood        |
| <b>UNIT-02</b>  | Blood Function and Circulatory System |
| <b>UNIT-03</b>  | Heart and Circulatory Health          |
| <b>UNIT-04</b>  | Regulation of Heart Function          |

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| <b>BLOCK-03</b> | <b>EXCRETORY SYSTEM AND YOGA</b>  |
| <b>UNIT-01</b>  | Meaning of Excretory, Structure Of Excretory.   |
| <b>UNIT-02</b>  | Structure of Kidney, Work of Kidney, Structure of Nephron, Process of Formation of Urine, |
| <b>UNIT-03</b>  | Quantity of Urine, Component, Excretion of Abnormal Matter From Urine                     |
| <b>UNIT-04</b>  | Yogic Effect of Excretory System.   |

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| <b>BLOCK-04</b> | <b>NERVOUS SYSTEM AND YOGA</b> |
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| <b>UNIT-01</b> | Units and Types of Nervous System, Structures of Nerves.  |
| <b>UNIT-02</b> | Part of Brain and Work of Cerebellum, Distinction of Nerves, Cranial Nerves and Olfactory Nerves, Structure and Work of Olfactory Nerves. |
| <b>UNIT-03</b> | Autonomous Nervous System, Yogic Effect of Nervous System, Structure and Work of Senses,  |
| <b>UNIT-04</b> | Yogic Effect On Senses.   |

### **REFERENCES BOOKS**

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



## COURSE DETAILS – 5

SUBJECT NAME – YOGA PSYCHOLOGY (ELECTIVE)

SUBJECT CODE – MY-GE-205

|                  |               |                |                |
|------------------|---------------|----------------|----------------|
| <b>CREDIT: 4</b> | <b>CA: 30</b> | <b>SEE: 70</b> | <b>MM: 100</b> |
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### Course Objectives:

1. Understand Consciousness – Study sleep stages, disorders, and cognitive functions.
2. Analyze Behavior – Explore psychology as a science and behavioral foundations.
3. Study Personality – Learn types, determinants, and development stages.
4. Recognize Mental Disorders – Identify causes, symptoms, and effects.
5. Explore Yoga in Mental Health – Understand Patanjali Yog Sutra and yoga's role in well-being.

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| <b>BLOCK-01</b> | <b>INTRODUCTION TO ALTERED STATES OF CONSCIOUSNESS AND COGNITIVE PSYCHOLOGY</b> |
| <b>UNIT-01</b>  | Sleep: Stages of Sleep.   |
| <b>UNIT-02</b>  | Sleep Disorders.  |
| <b>UNIT-03</b>  | Sensation, Perception, Attention, Memory.                                       |
| <b>UNIT-04</b>  | Learning - Their definitions and types.   |

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| <b>BLOCK-02</b> | <b>BEHAVIOURAL PSYCHOLOGY</b>         |
| <b>UNIT-01</b>  | Psychology as a Science of Behaviour. |
| <b>UNIT-02</b>  | Psychological basis of behavior.      |

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| <b>BLOCK-03</b> | <b>PERSONALITY</b>                                      |
| <b>UNIT-01</b>  | Nature and Types of Personality.                        |
| <b>UNIT-02</b>  | Determinants of Personality - Heredity and Environment. |
| <b>UNIT-03</b>  | Facets and Stages of Personality Development.           |

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| <b>BLOCK-04</b> | <b>MENTAL HEALTH AND ROLE OF YOGA IN MENTAL DISORDER</b>      |
| <b>UNIT-01</b>  | Causes and Consequences of Mental Conflicts and Frustrations. |

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| <b>UNIT-02</b> | Introduction to Common mental disorders - Insomnia, Depression, Stress, Anxiety disorders |
| <b>UNIT-03</b> | Patanjal Yog Sutra Inclusion Concept of Mental Disorders.                                 |
| <b>UNIT-04</b> | Role of Yoga in Mental Disorder.  |

### **REFERENCE BOOKS**

1. Yoga and Psychology – Dr. Kanchan Joshi, Dr. Bijendra Singh.
2. P.L. Harrienan, 20th Century Psychology.
3. Abraham H. Maslov, Towards a Psychology of Being.
4. N.C.Pande, Mind and supermind.
5. V. Madhupudhan Reddy, Internal Yoga Psychology.
6. I.P Sachdeva, Yoga and Depth Psychology.
7. Shanti Parkash Attari, Yoga Psychology.
8. Yoga Nidra – Dr. Kamkhya Kumar.
9. Basic Sanskrit
10. Advance English

## COURSE DETAILS – 5

SUBJECT NAME – BASIC SANSKRIT (ELECTIVE)

SUBJECT CODE – MY-GE-206

|           |        |         |         |
|-----------|--------|---------|---------|
| CREDIT: 4 | CA: 30 | SEE: 70 | MM: 100 |
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### Course Objectives:

Following the completion of this paper, 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

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| <b>BLOCK-01</b> | <b>संस्कृत भाषा परिचय:</b>  |
| UNIT – 1        | संस्कृतभाषा परिचय, योगशास्त्र के अध्ययन में संस्कृत का महत्त्व और योग एवं संस्कृत का अन्तःसम्बन्ध।  |
| UNIT – 2        | माहेश्वरसूत्र। संस्कृत वर्णमाला, स्वर, व्यंजन वर्णज्ञान सहित रोमन लिपि में लेखन एवं पठन।  |
| UNIT – 3        | वर्णों के उच्चारण स्थान और प्रयत्न ज्ञान। प्रत्याहार निर्माण विधि एवं प्रत्याहार ज्ञान।   |
| UNIT – 4        | वाक्याङ्ग, कारक, विभक्ति (सुप् और तिङ्), लिङ्ग, वचन, पुरुष, लकार। अव्यय परिचय और संस्कृत संख्याएं (एक से सौ तक)।  |
| <b>BLOCK-02</b> | <b>शब्दरूप परिचय:</b>   |
| UNIT – 1        | अजन्तः- शब्दरूप- राम, हरि, गुरु, रमा, पुस्तक, शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित   |
| UNIT – 2        | हलन्तः – जगत्, भगवत्, राजन् शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित   |
| UNIT – 3        | सर्वनाम शब्दरूप- अस्मद्, युष्मद्, तत् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में), एतद् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में), यद् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में), किम् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में) शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित। |
| <b>BLOCK-03</b> | <b>वाक्य निर्माण संधि व क्रियापद परिचय (वाक्यरचनाअनुवादश्च)</b>   |

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| UNIT – 1        | सन्धि कि परिभाषा व प्रकार (अच्, हल्, एवं विसर्ग) सन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास ।  |
| UNIT – 2        | हल् (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, विधिलिङ्गात्रम्)  |
| <b>BLOCK-04</b> | <b>पातञ्जलयोगसूत्रम् – समाधिपादः (१-२५सूत्राणि)</b>   |
| UNIT – 1        | योग सूत्रस्मरण (मूलपाठ)   |
| UNIT – 2        | योग सूत्र व्याख्या  |
| UNIT – 3        | योग सूत्र निबंधात्मक प्रश्न   |

### Course Outcomes:

At the end of this paper students will be able to:

- Gain a deeper understanding of Sanskrit grammar rules, their applications, and nuances.
- Develop skills to analyse and construct grammatically accurate Sanskrit sentences.
- Sanskrit studies provide insights into ancient Indian philosophy, culture, and traditions, deepening your connection to heritage.

### निर्धारित ग्रंथ

1. व्याकरणचन्द्रोदय – (१)डा०आचर्यासाध्वीदेवप्रिया, दिव्य प्रकाशन, हरिद्वारम्
2. योगदर्शन स्वामिरामदेव –, दिव्य प्रकाशन, हरिद्वारम्

### संदर्भ ग्रंथा :

1. सरलकुलकर्णी .तिरुमल पि .प्रो -कठिनसंस्कृतम्-
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 – 5

**SUBJECT NAME – PERSONALITY DEVELOPMENT (ELECTIVE)**

**SUBJECT CODE – MY-GE-207**

|                  |               |                |                |
|------------------|---------------|----------------|----------------|
| <b>CREDIT: 4</b> | <b>CA: 30</b> | <b>SEE: 70</b> | <b>MM: 100</b> |
|------------------|---------------|----------------|----------------|

### Course Objectives:

Following the completion of this paper, students shall be able to:

- Understand the effective development of all dimensions of personality.

|                 |  |
|-----------------|--|
| <b>BLOCK-01</b> | <b>Introduction to Personality Development</b> |
| <b>UNIT-01</b>  | Understanding Personality                      |
| <b>UNIT-02</b>  | Success and Personal Growth                    |
| <b>UNIT-03</b>  | Understanding and Dealing with Failure         |
| <b>UNIT-04</b>  | SWOT Analysis for Self-Development             |

|                 |  |
|-----------------|--|
| <b>BLOCK-02</b> | <b>Attitude and Motivation</b>         |
| <b>UNIT-01</b>  | Attitude: A Cornerstone of Personality |
| <b>UNIT-02</b>  | Developing a Positive Attitude         |
| <b>UNIT-03</b>  | Understanding Negative Attitude        |
| <b>UNIT-04</b>  | Motivation and Self-Driven Growth      |

|                 |  |
|-----------------|--|
| <b>BLOCK-03</b> | <b>Self-Esteem and Relationship Dynamics</b> |
| <b>UNIT-01</b>  | Exploring Self-Esteem                        |
| <b>UNIT-02</b>  | Dealing with Low Self-Esteem                 |
| <b>UNIT-03</b>  | Assertiveness and Relationship Types         |
| <b>UNIT-04</b>  | Lateral Thinking and Creativity              |

|                 |   |
|-----------------|---|
| <b>BLOCK-04</b> | <b>Employability Skills and Professional Growth</b> |
| <b>UNIT-01</b>  | Soft Skills for the Workplace                       |
| <b>UNIT-02</b>  | Time Management and Teamwork                        |
| <b>UNIT-03</b>  | Preparing for the Job Market                        |
| <b>UNIT-04</b>  | Mock Interviews and Personality Assessment          |

### 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 – 6****SUBJECT NAME – ADVANCE ENGLISH****SUBJECT CODE – MY-AEC-208**

|                   |                |                 |            |
|-------------------|----------------|-----------------|------------|
| <b>CREDIT: 2*</b> | <b>CA: 15*</b> | <b>SEE: 35*</b> | <b>50*</b> |
|-------------------|----------------|-----------------|------------|

**Course Objectives:**

1. Introduce the basic concepts of effective communication skills.
2. Improve English communication of the students.

|                 |   |
|-----------------|---|
| <b>BLOCK-01</b> | <b>Concept of Communication</b>   |
| <b>UNIT-01</b>  | Communication definition and concept  |
| <b>UNIT-02</b>  | Process, Elements and steps/phase of Communication                          |
| <b>UNIT-03</b>  | Means, Methods, Mode of Communication                                       |
| <b>UNIT-04</b>  | Verbal-oral-written Communication. Non-verbal-sign language, Body Language. |

|                 |   |
|-----------------|---|
| <b>BLOCK-02</b> | <b>Flow and Barriers of Communication</b>   |
| <b>UNIT-01</b>  | Flow of Communication: Formal/Informal.   |
| <b>UNIT-02</b>  | Barriers of Communication- Intrapersonal, interpersonal & organizational            |
| <b>UNIT-03</b>  | Recapitulation- Linguistic Communication, Patter of Communication, Group Discussion |
| <b>UNIT-04</b>  | History of English Communication and print Media in India.                          |

|                 |   |
|-----------------|---|
| <b>BLOCK-03</b> | <b>Grammar and Usage</b>  |
| <b>UNIT-01</b>  | Noun, Pronoun, Verb   |
| <b>UNIT-02</b>  | Adjective, Preposition, Conjunction                                     |
| <b>UNIT-03</b>  | Rules (Translation, Punctuation, Capitalization and Abbreviation Rules) |
| <b>UNIT-04</b>  | Subject-Verb Agreement Rules, Sentence Correction Rules                 |

|                 |                                     |
|-----------------|-------------------------------------|
| <b>BLOCK-04</b> | <b>Grammar usage and Literature</b> |
|-----------------|-------------------------------------|

|                |   |
|----------------|---|
| <b>UNIT-01</b> | Active and Passive Voice  |
| <b>UNIT-02</b> | Direct and Indirect Speech, Suffixes and Prefixes               |
| <b>UNIT-03</b> | Antonyms and synonyms, Homophones and Homonyms & Letter writing |
| <b>UNIT-04</b> | Literature Summary: Key Aspects of Ramanujan's Life and Work    |

### **REFERENCE BOOKS**

1. Power of Communication: Skills to Build Trust, Inspire Loyalty, and Lead effectively, by Helio Fred Garcia, 2012
2. People Communicate, Few Connect: What the Most Effective People Do Differently, by C. Maxwell, 2010
3. Interviewing: A Programmed Approach to Effective Communication, by David Dans, Margaret T. Hearn, Max R. Uhlemann and Allen E. Ivey, 2010
4. Art and Science of Communication: Tools for Effective Communication in the place, by P. S. Perkins and Les Brown, 2008
5. Listening Effective Groups: The Art of Small Group Communication, by Randy Fujishin.



**COURSE DETAILS – 7**

**SUBJECT NAME – YOG PRACTICUM-II**

**SUBJECT CODE – MY-CP-209**

|                  |               |                |           |
|------------------|---------------|----------------|-----------|
| <b>CREDIT: 2</b> | <b>CA: 15</b> | <b>SEE: 35</b> | <b>50</b> |
|------------------|---------------|----------------|-----------|

**Course Objectives:**

The objectives of this course are

1. Understand the benefits and limitations of each yoga practices.
2. Understand the concept and principles of shatkarmas and breathing techniques.
3. Demonstrate each practice with confidence and skilfully.

|  |
|--|
| <b>Shatkarma</b>   |
| Sutraneti, Agnisara, Sheetkram and Vyutkram (Inverse) Kapalbhati and all the practices described in MA 105.  |
| <b>Aasana</b>  |
| Utkatasan, Paschimottan, Chakrasana, Vrishabhasan, Natarajasan, Kukkutasana, Kurmasana, Vakrasana, Hasta Padangushtha, Parvatasana, Akaranadhanurasan, Bhunamansan, BaddhaPadmasana, Konasana, Ashtavakra, Vayatanasana, Tulsan, Vyaghrasana, GuptaPadam, Garbhaasana, Tiryakbhujangasana, Sarpasana, ArdhaChandrasana, ParivrittaJanushirasana, Sankat aasana |
| <b>Pranayama</b>   |
| Suryabhedi, Chandrabhedi, Ujjayi, Bahyavritti, AabhyantarVritti and all practices of MA-105.   |
| <b>Mudra and Bandha</b>  |
| Shambhavi, Tadagi, Kaki Mudra and Mahabandha, Hasta mudra, Prana and Apana mudra and all the mudras and bandhas mentioned in MA-105.   |
| <b>Mantra &amp; Meditation</b>   |
| <i>Devyajna Mantras</i> - Meaning, Memorization & Recitation   |
| <b>Viva</b>  |

**COURSE DETAILS – 8**

**SUBJECT NAME – HUMAN ANATOMY & PHYSIOLOGY PRACTICUM-II**

**SUBJECT CODE – MY-CP-210**

|                  |               |                |           |
|------------------|---------------|----------------|-----------|
| <b>CREDIT: 2</b> | <b>CA: 15</b> | <b>SEE: 35</b> | <b>50</b> |
|------------------|---------------|----------------|-----------|

**Course Objectives:**

Following the completion of the course, students shall be able to:

- Make students familiar with the systems of the body.
- Give a hand on experience about the human body using models, charts and pictures.
- Make students understand the organization of the body with respect to structural components.

|                |   |
|----------------|---|
| <b>Unit: 1</b> | Demonstration of organs and viscera, digestive and urinary system |
| <b>Unit: 2</b> | Demonstration of nerve cell, nerve/tract, brain and spinal cord   |
| <b>Unit: 3</b> | Demonstration of gross sites, structures of endocrine glands      |
| <b>Unit: 4</b> | Demonstration of gross structures of human ear, eye and nose      |