

M.Sc. (Yoga Science)

SEMESTER-I

Course Details-1

Subject Name-Insights into Indian Philosophy

Subject Code-(MSY-CT-101)

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

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

1. To outline the six systems of Indian philosophy.
2. To explain the understanding of Yoga as a philosophy and inculcate the essence.
3. To describe the various schools of philosophy like Buddhism, Samkhya, Mimamsa etc. which are relevant to yoga practice.

Course Outcomes (COs):

After going through this course, learners are expected to

1. Review basics of Indian Philosophy.
2. Interpret yoga Philosophy.
3. Discuss life problems in connection to Indian Philosophy

BLOCK 1	Nyaya and Vaisesika Philosophy
UNIT 1	Nature and Core Concepts: Nature of physical world, Concept of Individual soul, supreme soul, and liberation in Indian philosophy, Theory of body, mind and soul
UNIT 2	Nyaya Philosophy: The sixteen Padarthas according to Nyaya, Concept of Nyaya philosophy, Means and objects of knowledge and salvation according to Nyaya
UNIT 3	Vaisesika Philosophy: Means and objects of knowledge and salvation according to Vaisesika, Category of substance – Nava dravyas, Category of quality – 24 gunas, Relation between Nyaya and Vaisesika philosophy
BLOCK 2	Samkhya and Yoga Philosophy
UNIT 1	Core Concepts of Samkhya: Theory of cause and effect, Prakriti and Purusha, Concept and Process of evolution and Liberation, Concept of Atman, Brahma, Maya, Universe, God

UNIT 2	Samkhya Theory and Epistemology: Three fold afflictions and means to overcome afflictions, Twenty five entities and means of knowledge according to Samkhya, Saakarya Vada, Similarities and dissimilarities between Vyakta and Avyakta, Triguna, 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.
UNIT 3	Yoga Philosophy (Patanjali Yoga Sutras): Organization of the Yoga sutras, Stages of Chittas, forms of Chitta, modification of Chittas, Kind of Kleshas, The eight fold of Yoga, God and liberation
BLOCK 3	Mimamsa Philosophy (Purva and Uttara)
UNIT 1	Uttaramimamsa (Vedanta): Concept of Badarayana in Uttaramimamsa, Anumana, Sabda, Difference between vidya & avidya, subject & object, creation & causation, cause & effect, Pratyaksa, Anumana, Upamana, Arthapati, Anupalabdi and Sabda according to Uttaramimamsa
UNIT 2	Purvamimamsa: Atheism, Dharma in the context of Purvamimamsa, Major teachings of Mimamsa system
UNIT 3	Applications and Ethical Teachings: Summary of ten Upanisads, Atman, Brahma, Maya, Universe, God, The self and human life, Selfless action, nonattachment, self-control, self-discipline, Daily schedule for psychophysical wellbeing, social awareness, sense of equality, unity with diversity, selectiveness
BLOCK 4	Heterodox Schools of Indian Philosophy
UNIT 1	Carvaka Philosophy: Origin and history of Carvaka philosophy, Metaphysics and Epistemology
UNIT 2	Jain Philosophy: Categories, Triratnas, Syadvada
UNIT 3	Buddhist Philosophy: Four noble truths, Pramana

Reference Books:

Bhushan, N., & Garfield, J. L. (2015). Indian Philosophy in English: From Renaissance to Independence. Indian Philosophy in English: From Renaissance to Independence. doi:10.1093/acprof:osobl/9780199769261.001.0001

Bhushan, N., & Garfield, J. L. (2017). Minds Without Fear: Philosophy in the Indian Renaissance. New York, NY: Oxford University Press.

Bilimoria, P. (2015). Nature in Indian Philosophy and Cultural Traditions. Sophia Studies in Cross-cultural Philosophy of Traditions and Cultures (Vol. 12). New Delhi, India: Springer. doi:10.1007/978-81-322-2358-0

Frauwallner, E. (1973). History of Indian Philosophy, (Vol 2. Varanasi, India: Motilal Banaridass Publishers.

- Gupta, B. (2012). *An Introduction to Indian Philosophy: Perspectives on Reality, Knowledge, and Freedom*. New York, NY: Routledge. doi:10.5840/ipq197717452
- Hiriyanna, M. (1994). *Outlines of Indian Philosophy*. Varanasi, India: Motilal Banaridass Publishers.
- I, B. S., Potter, K. H., Larson, G. J., Bhatlacharya, R. S., Philosophy, B., Karl, A. D. E., et al. (1995). *Encyclopedia of Indian Philosophies*.
- Mohanty, J. N. (2008). *A History of Indian Philosophy. A Companion to World Philosophies*, 24–48. doi: 10.1002/9781405164566.ch2
- Potter, K. H. (1987). *Encyclopedia of Indian Philosophies Vol IV*. Delhi, India: Motilal Banaridass Publishers.
- Press, O. U. (1928). *Indian Philosophy: A Very Short Introduction*. *Mind* (Vol. 37). doi:10.1093/mind/XXXVII.145.130
- Radhakrishnan, S., & Moore, C. A. (Eds.). (1957). *A Source Book in Indian Philosophy*. New Jersey, NJ: Princeton University Press.
- Schweizer, P. (1993). *Mind/Consciousness Dualism in Sankhya-Yoga Philosophy*.

Course Details-2

Subject Name- Yoga Strategic Management

Subject Code-(MSY-CT-102)

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

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

1. To record the complexities of managing a formal organization.
2. To identify key strategic issues and formulating appropriate strategies given a firms' situation.
3. To explain meaning and need for strategic management.
4. To interpret the Indian ethos and their need for holistic globalization
5. To conceptualize the need for Indian models and significance.
6. To recognize the need for corporate responsibility.

Course Outcomes (COs):

After study of this course, a learner is expected to have

1. Basic understanding of strategic management from modern and classical perspective.
2. Skills of drafting vision mission and process of strategic management from yogic perspective.
3. Skills for internal and external assessment of business strategies.
4. Aptitude of applying yogic principles and practices for strategic management and ethical business.

BLOCK 1	Foundations of Strategic Management
UNIT 1	Meaning of Strategy
UNIT 2	Strategic Management-Meaning, Definition, Role, Scope, Importance, Stages, Key Terms, and SM Model
UNIT 3	Strategic Planning-Benefits, Need, Pitfalls, Avoidance by Firms, Guidelines for Yogic Approach, and Key Success Factors
BLOCK 2	Vision, Mission, and Strategic Analysis
UNIT 1	Yogic Vision and Mission-Need, Meaning, Importance, Vision vs. Mission
UNIT 2	Process, Characteristics, Components of Vision and Mission
UNIT 3	Writing and Evaluating Yogic Vision and Mission Statements
BLOCK 3	Strategic Assessment and Formulation
UNIT 1	Internal Assessment -Key Internal Forces, Internal Audit Process, Functional Areas

UNIT 2	External Assessment-Key External Forces, Sources, Porter’s Five Forces, Cooperative vs. Competitive Strategies
UNIT 3	Business Strategies-Generic Competitive Strategies, Diversification, Core Competencies, Outsourcing, Integration, Joint Ventures, and SM in Various Organizations
BLOCK 4	Yogic Approach and Ethics in Strategic Management
UNIT 1	Importance of Ethics in Strategic Management
UNIT 2	Yogic and Ethical Strategic Management – Convergence of Western and Eastern Practices
UNIT 3	Compassionate Leadership, Balancing Purusharthas, and Evolution of the SELF

Reference books:

Swami Amritaswarupananda Puri. *Color of the Rainbow – Compassionate Leadership*.

Hartman, L.P., & Chatterjee, A. *Perspectives in Business Ethics* (3rd ed.). Tata McGraw Hill.

Implementation and Control (9th ed.). Tata McGraw Hill.

Pearce, J.A. II, & Robinson, R.B. Jr. *Strategic Management: Formulation*. M.A. Center, 2013.

Worth, M.J. *Non-profit Management – Principles and Practice*. The George Washington University. ISBN 9781412937788. Sage Publications, September 2008.

Routes. *New Age International Publishers*, New Delhi.

Sharma, Subhash. *New Mantras in Corporate Corridors: From Ancient Roots to Global Vision*.

Srinivasan. *Strategic Management – Indian Context*. Prentice Hall of India.

Anokhin, S. (2006). *Empirical Essays on Corporate Innovation: Untangling the Effects of Corporate Venture Capital*, p. 145. Available at: http://rave.ohiolink.edu/etdc/view?acc_num=case1152821357

Course Details-3

Subject Name- Application of Hatha yoga

Subject Code-(MSY-CT-103)

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

Following the completion of this course, students shall be able to-

1. To apply Hatha Yoga related principles and practices in biopsychosocial contexts.
2. To cultivate self-discipline, body awareness, and breath control through regular Hatha Yoga practice.
3. To create value and insights of Hatha Yoga for persons with special need.

Course Outcomes (COs):

After going through this course, learners are expected to-

1. Explain key Hatha Yoga concepts demonstrate their significance in promoting holistic well-being.
2. Demonstrate Hatha yoga practices.
3. Prescribe hatha yoga practice for stress management, behavior moderation, performance excellence, health promotion, disease prevention and therapy.

BLOCK 1	Foundations and Applications of Hatha Yoga in Stress and Personality Development
UNIT 1	Holistic Hatha Yogic Approach to Stress Prevention and Management- Shat kriyas (cleansing techniques), Asanas (postures) for strength and stamina, Bandhas and mudras (locks and gestures), Pranayama (breath regulation), Dharana and dhyana (concentration and meditation)
UNIT 2	Hatha Yoga for Physical, Pranic, and Mental Well-being- Physical level: slim body, beauty, digestive health, disease-free state through yogic diet and shat kriyas, Prana level: purification of nadis, mastery over prana via mudras, bandhas, and pranayama, Mental level: personal and social discipline through yama, niyama, pratyahara, dharana, dhyana, and samadhi

UNIT 3	Hatha Yoga for Emotional and Spiritual Health- Emotional level: mastery over emotions (anger, anxiety, fear, depression) via Ishwara Pranidhana, Social and civic sense: environmental awareness, unity with the universe (yujyate anena iti yogah), Spiritual health: bliss and equanimity through higher states of meditation
BLOCK 2	Ashtanga Yoga and Integrated Approaches in Stress and Personality Management
UNIT 1	Core Concepts of Patanjali Yoga for Stress Reduction-Chitta Vritti Nirodha: Abhyasa and Vairagya, Four-fold attitude for Chitta prasadanam, Ashtanga Yoga: Yama, Niyama, and Pratyahara
UNIT 2	Hatha Yogic Contributions to Personality Development-Physical level: yogic diet, Shat kriyas, asanas, Prana level: cleansing and control via pranayama, mudras, bandhas, Mental level: discipline, concentration, intellectual growth through meditative practices
UNIT 3	Emotional and Spiritual Development through Integrated Yoga- Emotional control: preventing negative emotions through surrender and self-awareness, Social awareness and universal connection, Spiritual practices: advanced meditation, prayer, selfless service, Nad
BLOCK 3	Hatha Yoga and Sports Performance Enhancement
UNIT 1	Physical and Vital Benefits of Hatha Yoga in Sports-Physical stamina, strength, endurance, muscle tone, flexibility via asanas, kriyas, diet, Internal cleansing for recovery, Pranayama for enhanced lung capacity
UNIT 2	Mental and Emotional Training for Athletes through Yoga-Concentration, mental clarity, focus, Ego reduction, positive qualities, emotional balance, Breathing techniques and meditation for calmness
UNIT 3	Cognitive and Spiritual Dimensions of Sports Yoga-Enhancement of cognitive abilities: focus, creativity, willpower, Sports as a medium for spiritual awareness and inner growth
BLOCK 4	Yoga for Children and Rehabilitation
UNIT 1	Understanding Special Needs in Children-Assessment of cognitive, emotional, physical needs, Overview of conditions: Down syndrome, cerebral palsy, autism, learning disabilities, visual/hearing/speech impairments
UNIT 2	Integrated Yoga Modules for Children with Special Needs-Tailored yoga practices for cognitive and motor skills enhancement, Emotional and behavioral support through yoga, Adaptations of Hatha Yoga for different disabilities
UNIT 3	Yoga for Physical Fitness and Self-Confidence in Children, Practices for strength, endurance, speed, agility, flexibility, Enhancing self-confidence through regular yoga routines, Supportive environment and structured progress

Reference books:

Gharote, M. L. (2009). *Hatharatnavali* (2nd ed.). Lonavala, Pune: The Lonavala Yoga Institute.

Gharote, M. M. (2010). *Therapeutic References in Traditional Yoga Texts*. Lonavala: The Lonavala Yoga Institute.

Iyengar, B. K. S. (1982). *Light on Yoga*. Yoga Dipika. <https://doi.org/10.1007/s13398-014-0173-7.2>

Iyengar, B. K. S. (2001). *Yoga: The Path to Holistic Health* (1st ed.). London, Great Britain: Dorling Kindersley.

Iyengar, B. K. S. (2005). *The Illustrated Light on Yoga* (10th ed.). New Delhi: HarperCollins Publishers India.

Long, R. (2008). *The Key Muscles of Hatha Yoga*.

Muktibodhananda, S. (2006). *Hatha Yoga Pradipika: Light on Hatha Yoga* (3rd ed.). Munger, India: Yoga Publications Trust. <https://doi.org/10.1098/rsta.2012.0199>

Rieker, H.-U. (1992). *Hatha Yoga Pradipika*. Detroit, MI: The Aquarian Press. Retrieved from: <http://www.hermetics.org/pdf/HathaYogaPradipika.pdf>

Rukmini, T. S. *Yoga Vartika of Vijnanabhikshu* (Tr.). Vols. I–IV. New Delhi: Munshiram Manoharlal Pvt. Ltd.

Saraswati, S. S. (1995). *Asana, Pranayama, Mudra and Bandha*. Munger, India: Bihar School of Yoga.

Course Details-4

Subject Name- Biomechanics and Kinesiology

Subject Code-(MSY-CT-104)

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

Following the completion of this course, students shall be able to-

1. To describe importance of biomechanics in yoga practice.
2. To interpret concepts and principles that influence human movement.
3. To illustrate the use of these general biomechanics concept in the professional skill for the diagnosis of the movement during yoga practices.

Course Outcomes (COs):

After going through this course, learners are expected to-

1. Outline biomechanics of major synovial joint-hip, spine, shoulder, elbow, wrist and associated muscles.
2. Explain concept of load, motion, linear and angular kinematics and kinetics for analysis of human motion.
3. Practice idea of biomechanics and kinesiology for proper postural alignment, jumping, walking, running and gait analysis.

BLOCK-1	An Overview of Kinesiology and the Biomechanics Principles in Yoga
UNIT 1	Introduction, Definitions Kinesiology and the Biomechanics, meanings of key biomechanical terminology and kinesiology such as energy, power, work, friction, and gravity. In yoga, the importance of these concepts is highlighted for improving alignment, movement efficiency, and preventing injuries.
UNIT 2	Biomechanics of Hip and Spine-Understanding the anatomical structure, functional dynamics, and mechanical principles governing both the hip joint and the spinal column, with emphasis on movement analysis, posture, gait, load distribution, spinal alignment, and musculoskeletal health.
BLOCK-2	Core Concept

UNIT 1	Postural reflexes and stretches while performing yoga poses; Force: definition, types, meaning, and use in different yoga poses, The definition, significance, and application of Newton’s Laws of Motion to yoga exercises.
UNIT 2	The “shoulder”, elbow, wrist, and “hand” biomechanics encompass the “structure and function”, “muscle activity”, and “force analysis”, during yoga poses. In order to improve movement efficiency and prevent injuries during yoga practice.
BLOCK- 3	Kinesiology
UNIT 1	Musculoskeletal System Loads and Motion: running, walking, jumping, gait analysis, human movement in a fluid medium, linear and angular kinematics and kinetics, kinematics and kinetic Principles for Human Motion analysis, biomechanics, body segment characteristics and segment inertia qualities are measurement and analysis.
UNIT 2	Muscle Biomechanics: The fundamentals of sports biomechanics are movement patterns. Asanas motions, joint forces, and muscle moment qualitative analysis muscle strength and energy expenditure during an asana movement, the effects of different asanas on health.

Reference books:

Cael, C. (2010). *Functional Anatomy: Musculoskeletal Anatomy, Kinesiology, and Palpation for Manual Therapists* (J. Goucher, Ed.). Philadelphia, PA: Lippincott Williams & Wilkins.

Clay, J. H., & Pounds, D. M. (2008). *Basic Clinical Massage Therapy: Integrating Anatomy and Treatment* (2nd ed.). Lippincott Williams & Wilkins. doi:10.1139/apnm-2014-0147

Franc Bell. (1998). *Principles of Mechanics and Biomechanics*. Stanley Thornes Publications.

Griffiths, I. W. (2006). *Principles of Biomechanics & Motion Analysis*. Lippincott Williams & Wilkins.

Jelvéus, A., & Oddsson, K. (2011). *Integrated Sports Massage Therapy: A Comprehensive Handbook*. London, UK: Elsevier Churchill Livingstone. doi:10.1016/B978-0-443-10126-7.00001-0

Kaminoff, L., Matthews, A., & Ellis, S. (2007). *Yoga Anatomy*. USA: Human Kinetics.

McGinnis, P. (2013). *Biomechanics of Sport and Exercise*. Champaign, IL: Human Kinetics.

Borg-Olivier, S., & Machliss, B. (2011). *Applied Anatomy & Physiology of Yoga*. Waverley, NSW: YogaSynergy.

Werner, R. (2013). *A Massage Therapist's Guide to Pathology* (5th ed.). Philadelphia, PA: Lippincott Williams & Wilkins.

Course Details-5

Subject Name- Yoga, Dietetics & Nutrition

Subject Code- (MSY-EL-105)

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

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

1. Understand the concept of diet and the medical value of nutrition
2. Advise appropriate diet to different age groups
3. Benefits and caloric value of various food group

Course Objectives:

Teaching learning activities related to this course will enable learner to

1. Explain food ingredients and their nutritional and remedial values.
2. Identify vegetarian and non-vegetarian sources of food ingredients of balanced diet.
3. Prescribe quality, quantity, frequency, timing and duration of diet and dietary habit that suits yogic lifestyle.

Block-1	Basic concepts and components of food and nutrition
UNIT 1	Definition of Nutrition, Basic Terminology, Human Nutritional Requirements
UNIT 2	Concept of Food and Its Functions- What is Food, Acceptance of Food, Functions of Food
UNIT 3	Nutrients and Their Sources, Functions, and Effects on the Body- Micronutrients, Minerals, Water
UNIT 4	Components of Food and Their Classification-Macro Nutrients, Micro Nutrients, Water
Block-2	Food groups
UNIT 1	Pulses, Nuts, and Oilseeds
UNIT 2	Cereals & Millets

UNIT 3	Vegetables and Fruits
UNIT 4	Fats, Oils, Sugar, and Jaggery
UNIT 5	Milk and Milk Products
Block-3	Yogic Concept of Diet & Nutrition
UNIT 1	Diet According to Prakriti (Body Constitution) - Vata, Pitta, and Kapha
UNIT 2	Pathya and Apathya in Yogic Diet
UNIT 3	Classification of Yogic Diet According to Traditional Texts
UNIT 4	Concept of Ahara (Diet) and Mitahara (Moderation)
Block-4	Food and Metabolism
UNIT 1	Definition and types of energy, Components of energy requirement: BMR, SDA, physical activity, Concept of energy imbalance, Metabolism: anabolism and catabolism
UNIT 2	Metabolism of carbohydrates, lipids, and proteins, Factors affecting energy requirement and expenditure, Factors influencing BMR, thermal effect of food, and physical activity energy use
UNIT 3	Direct and indirect calorimetry, Double labelled water technique, Heart rate monitoring method

Reference books:

Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition

Dennis Thompson: The Ayurvedic Diet, New age books, New Delhi, 2001.

Course Details-5

Subject Name- Wellness promoting formulation of PYP

Subject Code- (MSY-EL-106)

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Details-6

Subject Name- Practicum-I (Yoga)

Subject Code- MSY-CP-107

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

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

1. List benefits, contraindications and procedure of all practices.
2. Demonstrate each practice with confidence and skill.
3. Explain the procedure and subtle points involved.
4. Prescribe and teach the yoga practices to any given group.

Course Outcomes:

After study of this course, a learner will enable to

1. Practice yogic cleansing technique, surya namaskar, standing, sitting, prone, supine, balancing, relaxing poses and astakumbhaka
2. Interpret scientific basis of yoga poses and breath regulations for their proper preventive, promotive and therapeutic applications.
3. Recognize indications and contra-indication of yoga poses and astakumbhaka (breath regulations)

UNIT 1: Shatkarmas

Dhauti (Kunjali), Vastra dhauti, Danda dhauti, Laghoo and Poorna sankhaprakshalana Neti (Sutra and Jala), Kapalbhathi, Agnisara, Nauli

UNIT 2 Suryanamaskar

Yogic Jogging, 12 Health Promoting postures as recommended by Swami Ramdev Ji Maharaj, Suryanamaskar practice classically and in varied forms for prevention and therapy.

UNIT 3: Asanas (Yogic Postures)

Standing Postures

Ardhakati chakrasana, Hastapadasana, Ardachakrasana, Trikonasana, kati chakrasana,

Parivritta trikonasana, Parsvakonasana, Veersana,

Sitting Postures

Paschimottanasana, suptavajrasana, ardhmatsyendrasana, vakrasana, marichasana, malasana, manduk asana, vakrasana, badhakanasana, merudandasana, akarna dhanurasana, gumukhasana, Chakki asana.

Prone Postures

Bhujangasana, sarpasana, nauka asana, Salabhasana, Dhanurasana, Urdhvamukhosvnanasana, Makarasana,

Supine Postures

Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana, pad vritta asana, cycling.

Balancing Postures

Vrikshasana, vakasana, Garudasana, Namaskarasana, Tittibhasana, Natrajasana

UNIT 4: Pranayama

Breathe awareness, Diaphragmatic breathing, Abdominal breathing, Bhastrika, Kapalbhati, Anulom-vilom, Nadisodhan, Bahya, Ujjyai, Bhramari, Udgeeth, Ujjai, Sitali, Sitkari, Suryabhedhi.

Text books:

- Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan BooksTM
- Balkrishna, A. (2017). Yoga Vigyanam. Haridwar, India: Divya Prakashan.
- Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: Divya Prakashan
- Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: Divya Prakashan.
- Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.
- Yoga for Promotion of Positive Health, by Dr R Nagarathna, Dr H R Nagendra Published by SVYP, 2002

Reference books:

B.K.S Iyenger: Light on Pranayama, Aquarian/Thorsons, 1992 Bharati, Mungher, Bihar, India.

Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga

Course Details-7

Subject Name- Practical Biomechanics and Kinesiology

Subject Code- MSY-CP-108

CREDIT: 2	CA: 15	SEE: 35	MM: 50
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Course Objectives:

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

1. Describe the principle of biomechanics and its importance during the practice of Yoga.
2. Guide the practitioners based on the alignment principles.
3. Demonstrate yogic practice having biomechanics principles in mind.

Course Outcomes:

After the study of this course, a learner will enable to

1. Apply principle and skills of biomechanics and kinesiology to explain anatomical effects of somatic and energetic yoga practices.
 2. Optimize somatic manipulation, alignment and range of motion in postural and breath regulatory practices.
- Locate center of gravity rigid bodies and assess angular kinematics

UNIT 1: Locating muscles with the help of model/chart and calculation of displacement, speed and velocity, acceleration.

UNIT 2: Locating center of gravity of rigid bodies and assessment of angular kinematics of one Plane movements.

UNIT 3: Conversion of angular kinematics and Draw stick figures from the photograph of yoga Movements.

UNIT 4: Demonstration of yogic practices under the supervision of the teaching faculty.

Text book:

Bruce Bowaditch: The Yoga Technique Guide - Principles of Alignment and Sequencing, Third Eye Press, 2015

Reference books:

J E Herzenberg. Principles of deformity correction, Springer publication

M.Sc. (Yoga Science)

SEMESTER-II

Course Details-1

Subject Name- Patanjali Yoga Darshan and Yog upnishad, Principle Upnishad

Subject Code- MSY-CT-201

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

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

1. To outline and interpret basic Yogic Concepts Covered by Patanjali Yoga Darshan Yog and Upanishads Principal Upanishads.

Course Outcomes (COs):

After going through this course, learners are expected to

- Locate Yogic principles and practices covered by principal Upanishads.
- Analyze yogic elements covered by principal Upanishads.
- Review Samkhya philosophy and Samkhya karika.
- Outline dukkha primordial elements, evolution and involution
- Review Yogchudamanyupanishad and its Shadanga philosophy

BLOCK 1	Patanjali Yoga Darshan – Foundations and Concepts
Unit 1	Introduction to Patanjali Yoga Sutras - Definition of Yoga, History, Structure of Yoga Sutras, Concept of Chitta & Vrittis
Unit 2	Sadhana Pada - Kriya Yoga, Ashtanga Yoga, Tapas-Svadhyaya-Ishwarapranidhana, Overcoming obstacles
Unit 3	Vibhuti Pada - Dharana, Dhyana, Samadhi, Concept of Siddhis, Nature & types of Samadhi, Practical applications
Unit 4	Kaivalya Pada - Definition of Kaivalya, Role of Purusha & Prakriti, Law of Karma, Ultimate liberation
BLOCK 2	Principal Upanishads

Unit 1	Introduction to Upanishads - Origin, Classification, Concept of Brahman & Atman, Role in Indian philosophy
Unit 2	Isha & Kena Upanishads - Teachings of Isha Upanishad, Karma & renunciation, Nature of Brahman, Self-inquiry
Unit 3	Katha & Prashna Upanishads - Dialogue of Nachiketa & Yama, Concept of Atman & immortality, Teachings on Prana
Unit 4	Mundaka & Mandukya Upanishads - Para & Apra Vidya, Symbolism of two birds, Four states of consciousness, AUM significance
BLOCK 3	Yog Upanishads – Yogic Insights from the Upanishads
Unit 1	Shwetashwatara & Chudamani Upanishads - Concept of Ishwara & Yoga, Atman-Brahman relationship, Guru's role in enlightenment
Unit 2	Kundalini & Rajyog Upanishads - Awakening of Kundalini, Chakras & Nadis, Path of Raja Yoga, Control of mind & senses
Unit 3	Nadbindu & Dhyandbindu Upanishads - Nada (sacred sound) in meditation, Breath & sound vibrations, Techniques of meditation
BLOCK 4	Practical Applications and Modern Relevance
Unit 1	Comparative Study - Patanjali Yoga vs. Upanishadic Yoga, Role of meditation, Moksha theories, Practical integration
Unit 2	Yogic Practices - Meditation & breath control, Kundalini & Chakra practices, Om chanting, Case studies of Yogis
Unit 3	Scientific Perspective - Meditation & mental health, Neuroscientific evidence, Impact on modern wellness
Unit 4	Contemporary Relevance - Application in life & profession, Stress management, Future research, Modern integration

Reference books:

Aurobindo, S. (2001). *Kena and Other Upanishads: The Complete Works of Sri Aurobindo (Vol. 18)*. Pondicherry, India: Sri Aurobindo Ashram Publication Department.

Aurobindo, S. (2003). *Isha Upanishad: The Complete Works of Sri Aurobindo (Vol. 17)*. Pondicherry, India: Sri Aurobindo Ashram Publication Department.

Borg-Olivier, S., & Machiss, B. (2007). *Applied Anatomy and Physiology of Yoga* (3rd ed.).

Coulter, H. D. (2006). *Anatomy of Hatha Yoga*. Delhi, India: Motilal Banarasidas.

Ellis, H. (2006). *Clinical Anatomy: A Revision and Applied Anatomy for Clinical Students*. Blackwell Publishing.

Frawley, D., & Kozak, S. S. (2006). *Yoga for Your Type*. New Delhi, India: New Age Books.

Gore, M. M. (2004). *Anatomy and Physiology of Yogic Practices*. Lonavala, India: Kanchan Prakashan.

Malshe, P. C. (2012). *A Medical Understanding of Yoga* (2nd ed.). Haridwar, India: Antar Prakash Centre for Yoga.

Mattson Porth, C. (2006). *Essentials of Pathophysiology: Concepts of Altered Health States*. Lippincott Williams & Wilkins.

McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. New York, NY: Bantam Dell.

Selvarasu, K. V. (2003). *Kriya Cleansing in Yoga*. Tamil Nadu, India: Yoga Bharati.

Sivananda, S. (1980). *The Essence of Principal Upanishads*. Divine Life Society.

Nikhilananda, S. (2003). *The Principal Upanishads*. Courier Corporation.

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Upanishad Sangraha. Jagdish Shashtri, Motilal Banarasidas, Varanasi, Delhi, Chennai.

108 Upanishads – *Sadhana Khand, Brahavidya Khand, Jnana Khand*. Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

Course Details-2

Subject Name- Physiological Effects of Yoga Practices

Subject Code- MSY-CT-202

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

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

- Discuss biological changes following the practice of yoga
- Investigate underlying mechanism behind the possible benefits as a result of yogic practices
- Explain idea of muscles and nerve fibres stretched and compressed, toned up during various yogic posture.
- Outline physiological benefits of Pranayama; Neuro Psychological locks in Mudras; Neuro Muscular locks in Bandhas.

Course Outcomes:

Teaching learning activities related to this course will enable learner to

- State determinants of physiological and psychological homeostasis.
- Explain biological effects of yoga poses, pranayama, bandhas and mudras.
- Recognize indications, precautions and contra-indications of specific yoga poses, pranayama, bandhas and mudras.

BLOCK 1	Homeostasis and Yogic Influence
Unit 1	Regulatory systems, control mechanisms, mind-body medicine, and exercise physiology.
Unit 2	Types of asanas, musculoskeletal and humoral mechanisms, internal environment, and mechanical influence.
Unit 3	Psychosomatic aspects, influence of different asana types, reciprocal inhibition, and innervation.

Unit 4	Yoga's role in physiological balance, metabolic homeostasis, and nervous-endocrine system interplay.
BLOCK 2	Pranayama and Respiratory Mechanisms
Unit 1	Respiration mechanics, gas exchange, respiratory regulation, and muscle involvement
Unit 2	Oxygen-carbonic acid balance, muscle activation in breathing, and autonomic nervous system reflexes.
Unit 3	Impact on lung capacity, ventilation-perfusion ratio, alveolar ventilation, dead space, and minute ventilation.
Unit 4	Breath control techniques (Kevala, Antar, Bahir Kumbhaka) and their neurological and autonomic effects.
BLOCK 3	Kriyas and Physiological Processes
Unit 1	Diffusion, osmosis, active transport, tonicity, and the physiological role of salt in Kriya practices.
Unit 2	Kriyas' effect on peristalsis, digestive sphincters, and gastrointestinal motility.
Unit 3	Vagus nerve stimulation, gastric mucosa effects, and physiological impact of negative pressure.
Unit 4	Autonomic regulation, detoxification, and metabolic balance through Kriya practices.
BLOCK 4	Mudras, Bandhas, and Neuromuscular Integration
Unit 1	Co-activation of muscles, nerve reflex stimulation, and proprioceptive neuromuscular facilitation.
Unit 2	Effects of Bandhas on joints, central Bandhas, and their role in opposing muscle activation.
Unit 3	Isometric and synergistic muscle activation, Navadvara, and their significance in yoga.
Unit 4	Nerve impulses, neuropsychological locks, neurotransmitter secretion, and physiological impact of Mudras.

Reference books:

- Coulter, H. D. (2006). *Anatomy of Hatha Yoga*. Delhi, India: Motilal Banarasidass.
- Ellis, H. (2006). *Clinical anatomy: A revision and applied anatomy for clinical students*. Oxford, UK: Blackwell Publishing.
- Frawley, D., & Kozak, S. S. (2006). *Yoga for your type*. New Delhi, India: New Age Books.
- Gore, M. M. (2004). *Anatomy and physiology of yogic practices*. Lonavala, India: Kanchan Prakashan.
- Malshe, P. C. (2012). *A medical understanding of yoga* (2nd ed.). Haridwar, India: Antar Prakash Centre for Yoga.
- McCall, T. (2007). *Yoga as medicine: The yogic prescription for health and healing*. New York, NY: Bantam Dell.
- Porth, C. M. (2006). *Essentials of pathophysiology: Concepts of altered health states*. Philadelphia, PA: Lippincott Williams & Wilkins.
- Selvarasu, K. V. (2003). *Kriya cleansing in yoga*. Tamil Nadu, India: Yoga Bharati.
- Simon Borg-Olivier, & Machiss, B. (2007). *Applied anatomy and physiology of yoga* (3rd ed.).

Course Details-3

Subject Name- Research Methodology and Statistics

Subject Code- MSY-CT-203

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

Following the completion of the course students will:

- Recognize theoretical concepts of conducting scientific research apply them to pursue higher research.
- Use Research methodology and knowledge of various statistical procedures
- Identify and operate research tools/software to conduct research on contemporary issues/needs.

Course Outcomes:

Study of this course will enable learners to

- Recognize qualitative and quantitative research process and ethics and its regulatory system/mechanism.
- Design and carry out mini research projects.
- Analyse and interpret data by using software.
- Draft dissertation and research paper.

BLOCK 1	Research Methodology Concepts-I
Unit 1	Definition, types, and need for Yoga research; The research process
Unit 2	Purpose and process of literature review; Digital sources: Google Scholar, PubMed, Science Direct, Springer, Wiley, Cochrane Library; Formation and synthesis of Literature Review Table
Unit 3	Data collection methods: Observation, Interview, Psychological tests, Questionnaire, Physiological tests, Archives; Scales of measurement: Nominal, Ordinal, Interval, Ratio; Ethics of research: Laboratory ethics, Publication ethics, IEC, IRB, Guidelines for good clinical practice; Issues of bias and confounding: Selection bias, Recall bias, Observer bias, Measurement bias, Publication bias

BLOCK 2	Research Methodology Concepts-II
Unit 1	Concept of sampling; Types: Probability and Non-Probability Sampling, Simple Random, Systematic, Stratified, Cluster, Convenience, Quota, Snowball Sampling
Unit 2	Methods of controlling biases: Randomization, Matching, Cross over design, Restriction/Blocking, Stratification, Factorial design; Types of variables: Independent, Dependent, Confounding
Unit 3	Types of research design: Differential, Pre & Post, Experimental, Pure Experimental, Factorial, Descriptive, Relational & Mixed, Cross-Sectional, Case Study, Survey; Reliability: Test-Retest, Internal Consistency, Inter-rater; Validity: Construct, Face, Content, Criterion, Convergent, Discriminate
BLOCK 3	Statistical Concepts-I
Unit 1	Concept and significance of statistics; Types: Descriptive and Inferential statistics
Unit 2	Frequency distributions: Individual, Discrete, Continuous; Graphical representation: Histogram, Pie chart, Bar graph; Measures of Central Tendency: Mean, Median, Mode (for grouped and ungrouped data)
Unit 3	Measures of Dispersion: Range, Quartiles, Standard Deviation, Mean Deviations; Normal Distribution: Concept, Proportions, Applications; Statistic and Parameter: Sample and Population, Generalization; Hypothesis: Null hypothesis, Type I and Type II errors, One-tailed and Two-tailed hypothesis; Central Limit Theorem
BLOCK 4	Statistical Concepts-II
Unit 1	Point estimate and interval estimate; Power analysis: Effect size, Sample size, p-value, Confidence interval
Unit 2	Statistical tests and design, assumptions of tests; Statistical tests for various designs; Correlation: Computation by product moment method, Coefficient of Determination
Unit 3	Regression: Concept, computation, interpretation; Parametric and Non-Parametric Tests; Proportions, Paired sample, Independent sample t-tests, Chi-Square, ANOVA, Repeated Measures ANOVA, ANCOVA; Using SPSS

Reference books

Bijlani, R. L. (2008). *Medical research: All you wanted to know but did not know who to ask*. New Delhi, India: Jaypee Brothers Medical Publishers Pvt. Ltd.

Breakwell, G. M., Hammon, S., Fife-Shaw, C., & Smith, J. (2006). *Research methods in psychology* (3rd ed.). London, UK: Sage.

Bryman, A. (2008). *Social research method* (3rd ed.). Oxford, UK: Oxford University Press.

Garrett, H. E. (1988). *Statistics in psychology and education*. Bombay, India: Vikils, Feiffer & Semen's Ltd.

Garrett, H. E. (1993). *Shiksha evam manovigyan mein sankhyiki*. New Delhi, India: Kalyani Publishers.

Guilford, J. P., & Fruchter, B. (1973). *Fundamentals of statistics in psychology and education*. Tokyo, Japan: Kogakusha.

Guilford, J. P., & Fruchter, B. (1988). *Fundamental statistics in psychology and education*. New Delhi, India: McGraw Hill.

Gupta, S. P. (2004). *Statistical methods* (33rd ed.). New Delhi, India: Sultan Chand & Sons.

Haslam, S. A., & McGarty, C. (2003). *Research methods and statistics in psychology*. London, UK: Sage.

Kapil, H. K. (1980). *Sankhyiki ke mool tatwa*. Agra, India: Vinod Pustak Mandir.

Kerlinger, F. N. (1978). *Foundations of behaviour research*. Delhi, India: Surjeet Publications.

Kumar, R. (2011). *Research methodology* (2nd ed.). Noida, India: Dorling Kindersley Pvt. Ltd, Licensees of Pearson Education in South Asia.

Lloyd, D. F., & Gerald, V. B. (1993). *Biostatistics: A methodology for the health sciences*. New York, NY: John Wiley & Sons Inc.

Maylor, H., & Blackmon, K. (2005). *Researching business and management*. New York, NY: Palgrave Macmillan.

Minium, E. W., King, B. M., & Bear, G. (1993). *Statistical reasoning in psychology and education* (3rd ed.). New York, NY: John Wiley.

Mohsin, S. M. (1981). *Research methods in behavioral sciences*. Calcutta, India: Orient.

Ruxton, G. D., & Colegrave, N. (2003). *Experimental design for life sciences*. Oxford, UK: Oxford University Press.

Singh, A. K. (1986). *Test, measurement and research methods in behavioural sciences*. New Delhi, India: McGraw Hill.

Singh, A. K. (2001). *Research methods in psychology, sociology, and education* (4th ed.). Delhi, India: Motilal Banarsidass.

Singh, A. K. (2004). *Monovigyan, samajshastra tatha shiksha mein shodh vidhiyan*.

Course Details-4

Subject Name- Therapeutic Yoga

Subject Code- MSY-CT-204

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

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

- To understand the concept of body and health from the perspective of yoga.
- To have an understanding of the Yogic concept of Disease and the remedial measures there in.

Course Outcomes:

After the study of this course, a learner will be able

- Quote modern and classical concept of health, wellness, illness and well-being.
- Prescribe yoga practice for purification of physique, bioenergy and psyche.
- Describe yogic principle and practice for empowering psychological, social and spiritual health and wellness.
- Propose bio-psychosocial benefits/implications of yoga practices
- Apply psychosomatic and pranic yoga practices for health promotion, disease prevention and healing.

BLOCK 1	Yogic Views on Stress, Illness, and Health
Unit 1	Concept of Health According to WHO; Health in Ayurveda, Naturopathy, and Siddha
Unit 2	Limitations and usefulness of Ayurveda, Naturopathy, and Siddha in health and healing
Unit 3	Concepts of Adhi (stress) and Vyadhi (disease) in Yoga Vasishta
BLOCK 2	Yoga as a Preventive Healthcare Method
Unit 1	Triguna, Pancha-mahabhuta, Pancha-kosha, Pancha-prana, Nadis, and Chakra concepts in health and recovery

Unit 2	Yoga's Shuddhi Prakriyas and their role in curative and preventive medicine
Unit 3	Prana Shuddhi (Pranayama), Ghata Shuddhi (Shatkarma), and Snayu Shuddhi (Asana)
BLOCK 3	Yoga for Health Prevention
Unit 1	Nutritional control in Bhagavad Gita and Hatha Yoga
Unit 2	Yoga for respiratory conditions: Bronchial asthma, chronic bronchitis, allergic rhinitis, and sinusitis
Unit 3	Yoga for endocrinal and metabolic disorders: Diabetes Mellitus, Hypo and Hyperthyroidism, Obesity, Metabolic Syndrome

Reference books:

The Yoga Psychology – Abhedananda, Ramakrishna Vedanta Math, Ccutta.
Integrated Approach of Yoga Therapy for Positive Health – Nagarathna and Nagendra H.R.
Acharya, S. S. (2011). Diagnose, Cure and Empower Yourself by Currents of Breath.
Haridwar, India: Shri Vedmata Gayatri Trust. Retrieved from
file:///C:/Users/Admin/Desktop/Diagnose_Cure_And_Empower_Your_Self_By_Current
of_Breath.pdf

Course Details-5

Subject Name- Mental Hygiene Through Yoga (Elective)

Subject Code- MSY-EL-205

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

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

- To provide a foundational understanding of mental health and its impact on overall well-being.
- To introduce the concept of mental hygiene and explore its significance in maintaining a balanced mind.
- To familiarize students with yoga techniques, including asanas, pranayama, and meditation, that support mental health.
- To emphasize ethical considerations, safety measures, and modifications in yoga practice for diverse populations.

Course Outcomes (COs):

After going through this course, learners are expected to

- Demonstrate an understanding of mental health disorders and their effects on individuals and society.
- Apply yoga-based techniques, such as asanas and pranayama, to improve mental clarity and emotional well-being.
- Integrate meditation and mindfulness practices into daily life for stress management and inner peace.
- Understand the ethical responsibilities and safety precautions necessary for practicing and teaching yoga effectively.

BLOCK 1	Understanding Mental Health
Unit 1	Introduction and Importance of Mental Health: Understanding mental health and its significance in overall well-being.

Unit 2	Types of Mental Health Disorders: Overview of disorders such as anxiety, depression, and stress; their symptoms and effects on individuals and communities
BLOCK 2	Overview of Mental Hygiene
Unit 1	Meaning and Significance of Mental Hygiene: The concept of mental hygiene and its connection to general well-being.
Unit 2	Benefits of Yoga for Mental Hygiene: How yoga practices contribute to mental cleanliness and health.
BLOCK 3	Yoga Techniques for Mental Health
Unit 1	Asanas for Mental Clarity and Relaxation: Postures like Child's Pose, Bridge Pose, Forward Bending, and Back Bending that promote mental clarity and relaxation
Unit 2	Pranayama Techniques for Calming the Mind: Breathing exercises such as Nadi Shodhan, Ujjayi, and Bhramari for mental calmness.
Unit 3	Meditation and Mindfulness Practices: Techniques including Guided Meditation, Mantra Meditation, and Transcendental Meditation for mental well-being
BLOCK 3	Ethical Considerations and Safety
Unit 1	Moral Implications of Yoga: Understanding the ethical aspects of practicing and teaching yoga.
Unit 2	Safety Precautions for Yoga Practitioners: Guidelines to ensure safety, especially for newcomers to yoga.
Unit 3	Adaptations and Modifications: Adjusting yoga practices to meet various requirements and abilities of individuals

Reference books:

Internal Yoga Psychology - V. Madhupudhan Reddy

Yoga and depth Psychology - I.P Sachdeva

Yoga Psychology - Shanti Parkash Attari

Yoga Psychology - Dr. Kamkhya Kumar

Yoga and Psychology - Dr. Kanchan Joshi & Dr. Bijendra Singh

Course Details-5

Subject Name- Yogic and Ayurvedic Purification Techniques (Elective)

Subject Code- MSY-EL-206

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

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

1. Review Brahmasutra & Viveka Chudamani philosophy
2. Review Tattvajnana importance, evolution and involution
3. Explain Panch Prana, Panch Kosha as per Vivek Chudamani
4. Elucidate concept of Vairagya, Outcomes of Self Realization, Symptoms of Jivanmukta

BLOCK 1	Acupressure and Hydrotherapy
UNIT 1	Sujok therapy and acupoints for low back pain, anxiety, sleeplessness, migraine, and hyper/hypotension.
UNIT 2	Types of Hydrotherapy, including Colon Hydrotherapy, and their health benefits.
UNIT 3	Five elements theory of acupressure – origin, meaning, definitions, and concepts.
BLOCK 2	Methods of Purification in the Gherand Samhita, Hath Pradipika, and Hath Ratnavali
UNIT 1	Dhauti, Basti, Neti, Trataka, Nauli, and Kapalbhathi – purification techniques.
UNIT 2	Yama, Niyama, Pathya, and Apathya as components of Shatkarma.
BLOCK 3	Fundamentals of Ayurvedic Medicine
UNIT 1	Leech therapy, Shringi therapy, Cupping (dry, wet, and fire), Nadisvedan, and Nasya.
UNIT 2	Role of Mud Therapy in disease prevention.

BLOCK 4	Massage and Marma Treatment
UNIT 1	Methods of Marma point activation, foundations and background of Marma therapy, classification of Marma points.
UNIT 2	Definition, scope, history, principles, techniques, types of massage, and their role in health and disease prevention.

Reference books:

Acharya, S. S. (2012). The Astonishing Power of Biophysical & Subtle Energies of the Human Body. Haridwar, India: Shri Vedmata Gayatri Trust.

Frawley, D. & Kozak, S. S. (2006). Yoga for your type. New Delhi, India: New Age Books.

Selvarasu, K. V. (2003). Kriya Cleansing in yoga. Tamil Nadu, India: Yoga Bharati

Acharya, B. (2005). Ayurveda Jadi-buti Rahasya. Haridwar, India: Divya Prakashan.

Course Details-6
Subject Name- Practicum-II (Yoga Therapy)

Subject Code- MSY-CP-207

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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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.

Shatkarma

Sutraneti, Agnisara, Sheetkram and Vyutkram (Inverse) Kapalbhathi and all the practices described in MA 105.

Aasana

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

Pranayama

Suryabhedi, Chandrabhedi, Ujjayi, Bahyavritti, AabhyantarVritti and all practices of MA-105.

Mudra and Bandha

Shambhavi, Tadagi, Kaki Mudra and Mahabandha, Hasta mudra, Prana and Apana mudra and all the mudras and bandhas mentioned in MA-105.

Mantra & Meditation

Devyajna Mantras- Meaning, Memorization & Recitation.

Text books:

Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan BooksTM

Balkrishna, A. (2017). Yoga Vigyanam. Haridwar, India: Divya Prakashan.

Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: Divya Prakashan

Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: Divya Prakashan.

Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.

Yoga for Promotion of Positive Health, by Dr R Nagarathna, Dr H R Nagendra Published by SVYP, 2002

Reference books:

B.K.S Iyenger: Light on Pranayama, Aquarian/Thorsons, 1992 Bharati, Mungher, Bihar, India.

Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga

Course Details-7

Subject Name- Practical-II (Project)

Subject Code- MSY-CP-208

CREDIT: 2	CA: 15	SEE: 35	MM: 50
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Course Objectives:

- Following the completion of this course, learners will enable them to carry out project work in Literary and Philosophical area of the Shastras.

Course Outcomes:

This course targets empowerment of learners to

- Design mini research projects.
- Collect, collate, analyze and interpret data.
- Draw the conclusion and apply the research findings.

Note:

During this time, candidates are expected to carry out the following task

Meet guide at least once to report the progress.

Spend time every day recording the data.

Examination:

Students shall be examined based on the presentation of their synopsis and progression of the project work.

