

Mahakaushal University, Jabalpur (M.P.)



Syllabus

For

B.A. with Research/honors

Yogic Science

2022-23

Duration of Course: 4 Years

Examination Mode: Semester

Examination System: CBCS

Mahakaushal University
Village-Aithakheda, Mukunwara Road, Post- Tilwara Jabalpur (M.P.) 482003

• **1st Semester**

BBSY101T: Foundations and Practices of Hatha Yoga

Major

L	T	P
4	0	0

Unit-I

(12 Lectures)

Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions, Philosophy and Foundations; Hatha Yoga Parampara, Natha Cult Hatha Yogis and their contribution; Ghatashudhi: its importance and relevance in Hatha Yoga sadhana; Inter-relation of Hatha Yoga and Raja Yoga.

Unit-II

(8 Lectures)

Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga; Concepts of Matha, Concept of Mitahara, Pathya (conducive) and Apathya (non-conducive), Types of aspirants; Dasha Yama and Niyama and its relevance in Hatha Yoga Sadhana; Swara, Importance of Svarodaya-jnana in Hatha Yoga Sadhana; Hatha Siddhi Lakshanam.

Unit-III

(10 Lectures)

Concept of Swas-prashwas, Vayu, Prana and Upaprana; Concept of Kand, Nadi, Swar, Chakra and Granthi; Kundalini prabodhan, Unmani avastha, Nadanusandhan; Concept of Samadhi.

Unit-IV

(10 Lectures)

Hatha Yogic Texts, their nature and objectives; Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita; Brief: Hatha Yoga Pradeepika, Gheranda Samhita, Hatha Rathnavali.

Unit-V

(10 Lectures)

Jnana Yoga: Meaning of Jnana and Jnana-Yoga, Sadhana-chatushtaya, Means of Jñāna- Yoga; Bhakti Yoga: Meaning of Bhakti and Bhakti-Yoga, Stages of Bhakti, Types of Bhakti, Means of Bhakti-Yoga; Karma Yoga: Meaning of Karma and Karma-Yoga, Concept of Nishkama Karma, Means of Karma Yoga; Inter-relationship between Bhakti-Yoga and Karma-Yoga, Theory of Karma and Rebirth (Reincarnation); Patanjala Yoga: Philosophical Foundations of Patanjala Yoga, Ashtanga Yoga of Patanjali, Relevance of Patanjala Yoga in day-to-day life; Hatha Yoga: Philosophical Foundations of Hatha Yoga, Hatha Yoga Sadhana, Chaduranga Yoga and Saptanga Yoga, Relevance of Hatha Yoga in day-to-day life; Inter Relationship between Patanjala Yoga and Hatha Yoga and their inter-dependance; Kundalini Yoga: Philosophical Foundations and Practices of Kundalini Yoga.

Reference Books:

- Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
- HathaYoga Pradeepika of Svatmarama, MDNIY Publication, 2013
- Sharma BR: Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013
- Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010.
- Gharote ML: Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
- Briggs GW: Gorakhnatha and the Kanphata Yogis, 8th Edition, 2009
- Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
- Gharote M.L. & Pai, G.K. (Edi): Siddhasidhantpaddhati, Kaivalyadhama, Lonavla, 2005.
- Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
- Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.
- Swatmaramaji: Hathapradipika (Jyotsana- tika), Adyar Library, Madras.
- Bharati, Swami Veda Reddy Venkata:Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnavali

Syllabus B.A. (Yoga)

BBSY101- P (Major) B.A. (Yoga) — Shatkarmas & Basic Yoga

Unit I — Introduction to Yoga and Shatkarmas

- Meaning, definition and objectives of Yoga
- Historical background of Yoga
- Eight limbs of Ashtanga Yoga (brief overview)
- Concept and importance of Shatkarmas in Hatha Yoga
- Need of purification practices before higher Yoga
- Basic yogic lifestyle and discipline (Dinacharya & Ritucharya)

References:

- Swami Satyananda Saraswati — *Asana Pranayama Mudra Bandha*, Bihar School of Yoga
 - Swami Muktibodhananda — *Hatha Yoga Pradipika*
 - B.K.S. Iyengar — *Light on Yoga*
-

Unit II — Shatkarmas: Theory and Classification

- Meaning and purpose of Shatkarmas
- Six purification techniques: Dhauti, Basti, Neti, Trataka, Nauli, Kapalabhati
- Indications and contraindications
- Preparatory requirements and precautions
- Role of Shatkarmas in physical and mental purification
- Safety guidelines and supervision

References:

- Swami Satyananda Saraswati — *Hatha Yoga Pradipika (Commentary)*
- Gheranda Samhita — Classical text
- Swami Kuvalayananda — *Yogic Therapy*

Unit III — Practical Study of Major Shatkarmas

- Neti (Jala Neti & Sutra Neti) — method and benefits
- Kapalabhati — cleansing vs pranayama concept
- Trataka — stages and applications
- Dhauti (Vamana Dhauti — theoretical overview)
- Nauli — stages and abdominal churning basics
- Demonstration and guided practice (where applicable)

References:

- Bihar School of Yoga — *Shatkarma Practices*
 - Swami Satyananda Saraswati — *Kundalini Tantra*
 - Swami Rama — *A Practical Guide to Holistic Health*
-

Unit IV — Basic Yogic Practices

- Meaning and classification of Asanas
- Meditative, cultural and relaxation asanas
- Basic standing, sitting and supine asanas
- Introduction to Surya Namaskar
- Basic relaxation techniques (Shavasana, Yoga Nidra — intro)
- Yogic diet and lifestyle basics

References:

- B.K.S. Iyengar — *Light on Yoga*
 - Swami Vishnudevananda — *The Complete Illustrated Book of Yoga*
 - Swami Satyananda Saraswati — *Yoga Nidra*
-

Unit V — Basic Pranayama and Meditation Foundations

- Meaning and importance of Pranayama
- Preparatory breathing practices
- Basic pranayamas: Anulom Vilom, Bhramari, Ujjayi (introductory level)
- Concept of prana and nadis
- Basic meditation practices
- Benefits of basic Yoga practices for health

References:

- Swami Satyananda Saraswati — *Pranayama Darshan*
 - Swami Rama — *Science of Breath*
 - Georg Feuerstein — *The Yoga Tradition*
-

BBSY102T: Basic Concepts of Yoga

Minor

L T P
4 0 0

Unit-I

(10 Lectures)

Brief about origin of Yoga: Psychological aspects and Mythological concepts; History and Development of Yoga: prior to the Vedic period, Vedic period, Medieval period, modern era; Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions of Yoga; Brief about Streams of Yoga; Importance of Yoga.

Unit-II

(12 Lectures)

Philosophy: meaning, definitions and scope; Indian Philosophy: Salient features, Branches (Astika and Nastika Darshanas), Brief introduction to Prasthanatrayee and Purushartha Chatushtaya; Relationship between Yoga and Indian Philosophy.

Unit-III

(12 Lectures)

Brief to Upanishads and Yoga in Principal Upanishads, Yoga in Yogopnishad; Pranayam in Swetaswtar Upanishada, Yam-Nachiketa dialogue in Kathopnishad. Yogic perspective of Epics: Ramayana, Adhyatma Ramayana and Mahabharata; Yogic perspective: Bhagavad Gita, Yoga Vasishtha.

Unit-IV

(8 Lectures)

Yogic perspective: Smritis, Puranas with emphasis to Bhagavat Purana; Yogic perspective to Shad-darshanas Triratna of Janism, Genaral Introduction of Tripitak.

Unit-V

(8 Lectures)

Four noble paths of Baudha, Emphasis to Vedantic approach of Shankara, Ramanuja, Madhva and Vallabha.

Reference Books:

- Figure Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
- Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
- Singh S.P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010

- Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
- Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
- Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
- Hiriyanra M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
- Hiriyanra M: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008
- Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008
- Max Muller K. M : The six system of Indian Philosophy, Chukhambha, Sanskrit series, Varanasi, 6th Edition, 2008

BBSY102P: Vyayama and Surya Namaskara

Minor

L T P
0 0 2

Module 1:

Yogic suksma vyayama: Uccharana-sthala tatha Vishudha-chakra-shuddhi (for throat and voice); Prarthana (Prayer) Buddhi-tatha-dhriti shakti-vikasaka (for developing will power); Smarana shakti- vikasaka (for improving the memory); Medha shakti-vikasaka (for improving the intellect and memory); Netra shakti-vikasaka (for the eyes); Kapola shakti-varadhaka (for the cheeks); Karna shakti-varadhaka (for the ears); Griva shakti-vikasaka (for the Neck) (i), (ii) and (iii), Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders), Bhuja-bandha shakti-vikasaka, Kohini shakti-vikasaka, Bhuja-valli shakti-vikasaka, Purna-bhuja shakti- vikasaka (for the arms), Mani-bandha shakti-vikasaka, Kara-prstha shakti-vikasaka, Kara- tala shakti-vikasaka, Anguli-mula shakti-vikasaka (for the fingers), Anguli- shakti-vikasaka (for the fingers), Vaksa-sthala shakti-vikasaka (for the chest) (1), Vaksa-sthala shakti- vikasaka (for the chest) (2), Udara shakti-vikasaka (for the abdomen) (i) to (x); Kati shakti- vikasaka (for the waist) (i) to (v), Muladhara-chakra-suddhi (for the rectum), Upastha tatha-svadhithana-chakra-suddhi (for the genital organs), Kundalini shakti-vikasaka (for the kundalini), Jangha shakti-vikasaka (for the thighs) (i) & (ii), Jangha shakti-vikasaka (for the thighs) (ii) , Janu shakti-vikasaka (for the knees), Pindali shakti-vikasaka (for the calves), Pada-mula shakti-vikasaka, Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet), Padanguli shakti-vikasaka (for the toes).

Module 2:

Yogic sthula vyayama: Rekha-gati (Walking in a Straight line), Hrid-gati (Injanadaur – the Locomotive Exercise), Utkurdana (Jumping Exercise), Urdhva-gati (Upward Movement), Sarvanga-pusti (Developing the Entire body).

Module 3:

Surya namaskara.

Module 4:

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Paada Hastasana, Trikonasana, Parshva Konasana, Veerabhadrasana and its variations.

Reference Books:

- Swami Dhirendra Bhramhachari: Yogic Sukshma Vyayama, Dhirendra Yoga Publications, New Delhi, 1980
- Swami Dhirendra Bhramhachari: Yogasana Vijnana, Dhirendra Yoga Publications, New Delhi, 1966
- Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1993
- Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006
- Basavaraddi, I.V. & others: YOGASANA: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
- Basavaraddi, I.V. & others : Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi, 2011..

• **2nd Semester**

BBSY201T: Introduction to Upanishads

Major

L T P
4 0 0

Unit-I

(10 Lectures)

An Introduction to Upanishadic Philosophies; Antiquity of Upanishads; Prasthanatraya; **Ishavasyopanishad:** JnanaNishtha (Ish.1), Karma Nishtha (Ish.2), All compassion Brahman (Ish.5), Nature of Sage (Ish.6, 7), Prayer of dying Man (Ish.15); **Kenopanishad:** The inscrutable being (Kena-I.2, 3, 4, 6) (Kena II.2, 3), Greatness of self Knowledge (KenaiI.5).

Unit-II

(10 Lectures)

Kathopanishad: Futility of earthly pleasure (Katha I.i.26, 27); Glory of wisdom of self (Katha I.ii.1, 5, 6, 7, 12); Atman is immortal (Katha I.ii.18); Conditions of knowing that (Katha I.ii.23, 24); The Razor's edge of Jnana (Katha I.iii.14, 15); Sense knowledge is nothing (Katha II.i.1, 2); The indivisible Brahman (Katha II.i.10, 11) (Katha II.ii.2, 9, 11) The supreme state; Prashnapanishad: Sun, the life of creatures, The all inclusiveness of Brahman, The state of becoming the soul.

Unit-III

(12 Lectures)

Mundaka: The greatness of Brahmanvidya, The worthlessness of Selfish-karma, Tapas and Gurubhakti, The origin of creation, Brahman the target of, meditation, Know thyself, Everything is Brahman, Purity extolled, Force of Desire, State of moksha; Mandukyopanishad: All this is Brahman, The fourth state of being.

Unit-IV

(10 Lectures)

Aitareya: Everything is only that Atman, All this is Brahman only; Chandogya: The meditation on udgithaomkara, Sandilyavidya, Mystic declarations, The sacrifice of the knower, The paradox of creation, The necessity for a guru, The supreme instruction, Need for understanding, Bhumavidya, The seer's health and purity, Desires should be renounced, Know the Atman.

Unit-V

(8 Lectures)

Brihadaranyakam: A prayer of the devotee, The self is the dearest, the self is the absolute, The death of the jnana, How to know the secret Atman, The ocean of the absolute, Words are useless, The atman and its knower, The infinite Brahman, Ethics.

Reference Books:

- Swami Gambhirananda, Eight Upanisads (vol-1) God and Reality, Advaita Ashrama, Calcutta
- S. Radhakrishnan: The Principal Upanisads
- Satyabadi Mishra: Central Philosophy of the Upanishads
- Aditya ku. Mohanty: Upanishads Rediscovered

BBSY201P: Basic Naturopathy Lab

Major

L	T	P
0	0	2

Module-I:

Mud Therapy –Techniques of application - Full body mud bath, Partital mud bath, Types of mud applicatio Packs – Chest Packs, Trunk Packs, Full Wet Sheet Packs, Leg Packs, Local Packs.

Module-II:

Hydro Therapy –Techniques of application – Hot and Cold Fomentation, Hip bath (Hot, Cold and Hot-Cold), Foot bath (Hot, Cold and Hot-Cold), Spinal bath (Hot, Cold and Hot-Cold), Enemas, Steam bath.

Module-III:

Massage Therapy – Massage types and its effect, Use of various methods of Sun therapy and colour therapy

Module-IV:

Acupressure –Method, Principals, rules for selection of points, Acupressure diagnostic methods. Benefits of acupressure in various diseases.

Module-V:

Hard surface models with cardboard, glue and paper etc. Handling of Clay Basic techniques of moulding and casting, Handling of POP Making miniatures and prototype models using different mediums.

Reference Books:

- S. D. Dwivedi : Naturopathy for perfect health, Kalpaz Publication Delhi, 2002
- Pravesh Handa : Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
- S.J.Singh. : My Nature Cure or Practical Naturopathy
- M.K.Gandhi : The story of my experiment with truth
- R.K.Garde : Ayurvedic for Health and Long life
- Harry Benjamin. : Everybody's Guide to Nature Cure
- M.K.Gandhi. : My Nature Cure

BBSY202T: Human Anatomy and Physiology-I

Minor

L T P
4 0 0

Unit-I

(10 Lectures)

Cell structure –Plasma membrane and protoplasm; Cell organelles –Mitochondria, Golgi body, reticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane, chromosome, nucleolus; Homeostasis; Structure and function of epithelial -simple and compound; Connective -connective tissue proper, skeletal and vascular; Muscular - Skeletal ,involuntary and cardiac; Nervous tissues-Myelinated neuron and Non myelinated neuron; Anatomy of the Skeleton.

Unit-II

(10 Lectures)

Classification of bones-Axial bones and appendicular bones; Types of joint –Synovial joints and Fibrous joint; Structure of synovial joints ; Types of synovial joints; Types of Muscle in the body(striated ,Smooth muscle, Cardiac muscle); Mechanism of muscle contraction.

Unit-III

(10 Lectures)

Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibres Balanced diet; Digestive system: Digestive system of human-Mouth, buccal cavity, Pharynx, oesophagus, stomach, large intestine, small intestine, anus, associated glands-Liver, Pancreas, salivary glands, physiology of digestion and absorption; Malnutrition and under nutrition.

Unit-IV

(10 Lectures)

Respiratory system of human-Nose, nasal cavity, pharynx, Trachea, Larynx, bronchiole, lungs; Mechanism of breathing (Expiration and inspiration); Transport of respiratory gases (transport of oxygen and transport of carbon dioxide); Common respiratory disorder.

Unit-V

(10 Lectures)

Composition and function of blood –Plasma, RBC,WBC and Platelet; Blood groups and their importance; Blood clotting; Structure and working mechanism of heart; Organisation of systemic and pulmonary circulation; Cardiac output and cardiac cycle; Functional anatomy of blood ; vessels; Blood pressure and regulation of blood pressure.

Reference Books:

- Tortora and Bryan: Anatomy and Physiology
- Khurana: Anatomy and Physiology
- Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavla, India
- LanPeate and Muralidharan Nayar – Fundamental of Anatomy and Physiology for students nurses
- Evelyn, C. Pearce- Anatomy and Physiology for Nurses

BBSY202P: Human Anatomy and Physiology-I Lab

Minor

L	T	P
0	0	2

Module 1: Demonstration of Osteology & Myology.

Module 2: Demonstration of Organs and Viscera.

Module 3: Demonstration of Bones, Joints.

Module 4: Demonstration of Human Skeleton.

Reference Books:

- Tortora and Bryan: Anatomy and Physiology
- Khurana: Anatomy and Physiology
- Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavla, India
- LanPeate and Muralidharan Nayar – Fundamental of Anatomy and Physiology for students nurses
- Evelyn, C. Pearce- Anatomy and Physiology for Nurses

3rd Semester

BBSY301T: Patanjali Yoga Sutra

Major

L T P
4 0 0

Unit-I

(8 Lectures)

Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.), Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-vartika); Concept of Mana, Buddhi, Ahankar and Chitta; Concept of Citta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha).

Unit-II

(12 Lectures)

Concept of Citta-Vrittis and their classification, Citta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar, Concept of Samprajnata; Citta-Vikshepas (Antarayas), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.

Unit-III

(10 Lectures)

Concept of Yoganushasanam, Yoga Lakshanam and its results; Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi); Types of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita); Concept of Samapatti and kinds of Samapatti (Savitraka and Nirvitraka, Savichara and Nirvichara); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).

Unit-IV

(10 Lectures)

Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drishanirupanam (Prakriti), Drastunirupanama (Purusha), PrakritiPurushaSamYoga; Brief Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.

Unit-V

(10 Lectures)

Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Bhoota jaya, Indriya jaya and their Siddhis, Satvapurushanyatakyati and its Siddhis; VivekInanaNirupanam, Kaivalya Nirvachana; Role of Dharana, Dhyana, Samadhi and its application; Five Types of Siddhis and Jatyantar Parinamh; Concept of Nirman Chitta and

four types of Karmas; Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities.

Reference Books:

- Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012
- Swami Virupaksananda: Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995
- James R. Ballantyne: The Sankhya Aphorisms of Kapila, Parimal Publications, New Delhi, 2004
- V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
- M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
- K.D. Prithvipaul: The Yogasurta of Patanjali M.L.B.D. New Delhi
- Gaspar M. Koelmenn, S.J: Patanjali Yoga, Papal Athenaeum, Poona, 1970
- Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II

BBSY301P: Yogic & Meditation Lab

Major

L	T	P
0	0	2

Module 1: Shatkarma - Dhauti, Neti, Nauli Madhyama, Vama, Dakshina and Nauli Chalana, Trataka (Jatru and Jyoti).

Module 2: Pranayama - Nadi Shodhana (Technique 1: Same Nostril Breathing), Nadi Shodhana (Technique 2: Alternate Nostril Breathing), Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar kumbhak); Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka + Bahya Kumbhak) (1:4:2:2); Bhramari Pranayama.

Module 3: Practices leading to meditation - Pranav and Soham Japa; Yoga Nidra (1,2,3); Antarmauna; Ajapa Dharana (Stage 1, 2, 3); Mind sound resonance technique (MSRT).

Reference Books:

- Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school of yoga publications; Munger, 2001
- Swami Niranjanananda Saraswati: Dharana Darshan; ; Bihar school of yoga publications; Munger, 2001
- Basavaraddi I. V. & Others : Teachers Manual for School Teachers, MDNIY, New Delhi, 2010
- Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi.
- Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2009
- Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012
- Nagendra, H.R: The Art and Science of Pranayama, Swami Vivekanand Yoga Prakashan, 2005, Bangaore.
- Nagendra, H.R: Mind sound resonance technique, Swami Vivekanand Yoga Prakashan, 2002, Bangaore.

BBSY302T: Human Anatomy & Physiology-II

Minor

L T P
4 0 0

Unit-I

(10 Lectures)

Structure and function of human brain. -Fore brain, mid brain, hind brain, Structure and function of spinal cord, Cranial nerve and spinal nerve, Autonomic nervous system- Sympathetic and para sympathetic nervous system, Reflex action, Mechanism of nerve conduction, Synapse and synaptic transmission, Structure and function of eye, ear, nose, tongue and skin.

Unit-II

(10 Lectures)

Structure and function of important of endocrine gland (Pituitary, Adrenal, Thyroid, Parathyroid, Pancreas, gonads), Function of GI tract hormones, Mechanism of hormone action.

Unit-III

(10 Lectures)

Male reproductive system of human. -Testis, penis, epididymis, prostate gland; Female reproductive system of human-ovary, uterus, vagina, cervix, fallopian tube; Menstrual cycle Gametogenesis-Spermatogenesis and oogenesis; Fertilization; Implantation and embryonic development; Pregnancy.

Unit-IV

(10 Lectures)

Excretory system of human-Kidney, ureter, urinary bladder, urethra; Mechanism of urine formation-Ultrafiltration, selective reabsorption, tubular secretion; Role of kidney in osmoregulation.

Unit-V

(10 Lectures)

Lymphoid organ-Bone marrow, Thymus, spleen, Lymph node, Composition and function of lymph, Immunity, Types of immunity-Innate immunity and acquired immunity, Antigen and antibody, Hypersensitivity, Autoimmunity.

Reference Books:

- Tortora and Bryan: Anatomy and Physiology
- Khurana: Anatomy and Physiology
- Bijlani R. L.: Understanding of Human Physiology, Jaypee Brothers Medical Publishers Pvt. Ltd, New Delhi, 2011
- Arthur C Gyton & Hall: Medical Physiology, Reed Elsevier India Pvt. Ltd, New Delhi, 2006
- Chatterji C. C: Human Physiology Vol. I & II, Medical Allied Agency, Kolkata, 2004
- Sharma J. P: A-Z Illustrated Encyclopaedia of Human Anatomy & Physiology, KhelSahitya Kendra, Delhi, 2005
- Pal G. K & others: Textbook for practical Physiology, Orient Longman Pvt. Ltd, Hyderabad, 2007

BBSY302P: Human Anatomy & Physiology-II Lab

Minor

Module 1: Anthropometry measurements; Method of Collection of Blood, Haemoglobinometry; Total White Blood Cell Count, Differential WBC count.

Module 2: E.S.R., Bleeding Time, Clotting Time; Blood Groups; Pulse, Determination of Arterial Blood Pressure in Humans.

Module 3: Effect of posture, exercise and cold stress on blood pressure; Stethography, Spirometry; BMI Calculation; Reflexes, Recording of Body Temperature.

Reference Books:

- Parvati Mahapatra: Practical physiology, Jaypee publishers, 2nd edition, 2004
- Tortora and Bryan: Anatomy and Physiology
- Khurana: Anatomy and Physiology
- Bijlani R. L.: Understanding of Human Physiology, Jaypee Brothers Medical Publishers Pvt. Ltd, New Delhi, 2011
- Arthur C Gyton & Hall: Medical Physiology, Reed Elsevier India Pvt. Ltd, New Delhi, 2006
- Chatterji C. C: Human Physiology Vol. I & II, Medical Allied Agency, Kolkata, 2004
- Sharma J. P: A-Z Illustrated Encyclopaedia of Human Anatomy & Physiology, KhelSahiya Kendra, Delhi, 2005
- Pal G. K & others: Textbook for practical Physiology, Orient Longman Pvt. Ltd, Hyderabad, 2007

• **4th Semester**

BBSY401T: Introduction to Bhagavad Gita

Major

L T P
4 0 0

Unit-I

(10 Lectures)

Introduction to Bhagavadgita; Bhagavadgita and traditional commentaries; Bhagavadgita: a synthesis of Yoga; Definitions of Yoga in Bhagavadgita and their relevance; Bhagavadgita and their relevance in Yoga Sadhana.

Unit-II

(10 Lectures)

Concept of Sthita Prajna, stages and characteristic of it; Concept of Maya, Prakriti Concept of Paramatman (Parmeshwar or Purushottam) their characteristic in Bhagavadgita; Concept of Jnana and Jnana Yoga, origin of the world as described in Bhagavadgita.

Unit-III

(10 Lectures)

Concept of Karma Yoga in Bhagavad Gita; Swadharm Concept of Awatar, Concept of Bhakti, concept of Shraddha and its relevance as described in Bhagavad Gita Ethics of Bhagwad Gita, Synthesis of Karmyoga, Bhakti Yoga and Gyan Yoga in Bhagwad Gita.

Unit-IV

(10 Lectures)

Role of Bhagavadgita in day to day life; Concept and classification of Ahara as described in Bhagavadgita; Ahara and its role in Adhyatma Sadhana.

Unit-V

(10 Lectures)

Concept of Triguna in the context of Bhagavadgita; Theory of Adjustment in healthy living as described in Bhagavadgita.

Reference Books:

- Ken Swami Gambhiranand ; Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha Madras
- Swami Gambhiranand ; Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, Kolkata, 2003

Swami Ramsukhadas; Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur

- Swami Ranganathananda ; Bagavadgita, Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata
- Swami Shrikantananda; Gita Darshana, Indian Institute of Human Excellence Hyderabad
- Swami Tapasyananda ; Srimadbhgavadgita Sri Ramkrishna Matha Madras
- Swami Abhidananda Bhagvatgita, the divine message, Ramakrishna Vedanta Matha, Kolkata, 1990
- Swami Raghvendrananda; Universal message of the Bhagvatgita, Advita Ashrama, Kolkata, 2000

BBSY401P: Bandha & Mudras, Pranayama and Meditation Lab

Major

L T P
0 0 2

Module 1: Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Shambhavi Mudra, Kaki Mudra, Tadagi Mudra, Vipareet Karni Mudra, Simha Mudra.

Module 2: Nadi Shodhana pranayama, Bhramari Pranayama, Suryabhedana and Chandrabhedana Pranayama, Ujjayi Pranayama, Sheetali Pranayama, Shitkari Pranayama, Bhastrika Pranayama.

Module 3: Pranava and Soham Japa, Antar mouna, Dharana, Practice of Dhyana, Breath Meditation, Om Meditation Vipassana Meditation, Preksha Meditation.

Reference Books:

- Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1983
- Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2005-06
- Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers, 2009
- Sen Gupta Ranjana: B.K.S. Iyengar Yoga, A Dorling Kindersley Limited, 2001
- Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
- Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011

BBSY402T: Yoga and Holistic Health

Minor

L	T	P
4	0	0

Unit-I

(10 Lectures)

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Body, Health and Disease in Yoga – Yogic concept of Body from Taittiriya Upanishad, Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi according Yoga Vasistha and remedial measures; Holistic health care through Yoga.

Unit-II

(10 Lectures)

Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing.

Unit-III

(10 Lectures)

Potential causes of Ill-health: Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi).

Unit-IV

(10 Lectures)

Dietary regulation according to Hatha yoga and Bhagavadgitha; shatkriyas and tatva shuddhi; Asana for mind body and spirit; Practice for pranamaya kosha – pranayama; Definition of Mental Health & Mental Hygiene & Total Health ; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adjustment Personal and interpersonal adjustment through yogic methods Niyamas & Yamas.

Unit-V

(10 Lectures)

Nature of Yoga counselling, Scop and Limitions, Qualities in a Yoga Counsellor, Benefits of Yoga Counselling. Attitude change towards yoga through individualized counselling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counselling; the

remedial measures; Action in relaxation-the secret of Karma Yoga; Unattached action, not to the fruits of action, equanimity in success and failure.

Reference Books:

- Ghosh, Shyam : The Original Yoga Munshiram Manoharlal, New Delhi, 1999)
- Jnanananda Bharati : Essence of Yoga Vasishta Pub: Sanata Books, Chennai
- Hatha Ratnavali: Tirumala Tirupathi Devasthanam, Andhra Pradesh.
- Gheranda Samhita: Shri Sadguru Publication, New Delhi.
- Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
- Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published by SVYP, Bangalore
- Dr Nagendra H R : The Secret of Action - Karma Yoga, Published by SVYP, Bangalore, 2003

BBSY402P: Yogasana-I Lab

Minor

L T P
0 0 2

Module 1: Yogasana (Sitting Postures) - Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana; Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana; Janusirasana, Paschimottanasana, Mandukasana, Utthana Mandukasana; Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana.

Module 2: Yogasana (Supine lying Postures) - Pavanamuktasana; Utthana-padasana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana.

Module 3: Yogasana (Prone line Postures) - Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Raja Kapotasana.

Reference Books:

- Swami Dharendra Bhrahmachari : Yogasana Vijnana, Dharendra Yoga Publications, New Delhi.
- Swami Kuvalyananda: Asana Kaivalyadhama, Lonavla
- Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger
- Basavaraddi, I.V. & others : Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
- Iyengar, B.K.S. : Light on Yoga, Harper Collins Publishers.
- Tiwari, O.P. : Asana Why and How? Kaivalyadhama, Lonavla.
- Jayadev, Yogendra : Cyclopaedia Yoga (Vol. I-IV), The Yoga Institute, Santacruz, Mumbai.
- Saraswati, Swami Satyanand : Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger.

5th Semester

BBSY501T: Methods of Teaching Yoga

Major

Unit-I

L T P

4 0 0

(10 Lectures)

Teaching and Learning : Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training.

Unit-II

(12 Lectures)

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of mass instructions; Techniques of Individualised teaching; Techniques of group teaching; Organisation of teaching (Time Management, Discipline etc.).

Unit-III

(12 Lectures)

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications

Unit-IV

(8 Lectures)

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching.

Unit-V

(8 Lectures)

Yoga Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga.

Reference Books:

- Dr. Shri Krishna : Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009
- Dr. Gharote M L : Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
- Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi,
- Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

BBSY501P: Teaching Practice Lab

Major

L T P
0 0 2

Module I: Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha

Module II: Surya-bheda and Chandra-bheda Pranayama, Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama, Bhastrika Pranayama.

Module III: Ajapa Dharana (Stage 4,5,6), Yoga Nidra (4,5), Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to Vipassana Meditation, Practices leading to Preksha Meditation

Reference Books:

- Basavaraddi, I.V. & others : Pranayama; MDNIY New Delhi, 2012
- Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009
- Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
- Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 2005
- Nagendra, H.R : The art and Science of Pranayama, Swami Vivekananda Yoga Prakashan, 2005, Bangaore
- Lajpat, Dr. R.: Discovering Human Potential Energy, Abhinav Rai Publication, Gurgaon, 1996
- Lajpat, Rai & others: Meditation, Anbhava Rai Publications, Gurgaon
- Saraswati, Swami Satya Nand: Meditation from Tantras, Yoga Publication Trust, Munger, 2004
- Krishnamacharya, T.: Dhyanamalika, KYM, Chennai, 2005
- Swami Satyananda: Yoganidra, Yoga Publication Trust, Munger, 1998

6th Semester

BBSY601T: Four Streams of Yoga

Major

L T P
4 0 0

Unit-I

(2 Lectures)

Introduction to Yoga, Benefits of Yoga.

Unit-II

(12 Lectures)

Janana Yoga: Sadhana Chatustaya, Concept of Samatva Yoga, Stages of Jnana Yoga practice (shravan, manana, Nidhidhyasana), States of consciousness, The concepts of ida, pingla and the sushumna the central channel of energy running along the spine.

Unit-III

(12 Lectures)

Bhakti Yoga: Navavidha Bhakti, Qualities of a bhakta, The pronunciation, chanting, knowledge, benefits of Sanskrit chants, hymns, bhajans, Satsang and the uplifting meaning of the chants helping to thin the activities of the mind, Mantra chanting, and their effect on the nadi and the chakras, Divine and Devil disposition.

Unit-IV

(12 Lectures)

Karma Yoga: The concept and meaning of karma Yoga, Concept of Nishkama Karma, Prerequisites for a sthitaprajna, Sthitaprajnalakshana, The law of karma.

Unit-V

(12 Lectures)

Raja Yoga: Concepts and principles of Patanjala Yoga; Karma Shuddhi (Yama, Niyama); Snayu Shuddhi (Asana); Prana Shuddhi (Pranayama); Indriya and Mano Shuddhi (Pratyahara); Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi).

Reference Books:

- Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
- 2. Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000

Module I: Vastra Dhauti, Sutra Neti, Kapalbhathi, Nauli Chalana, Jyoti Trataka, Agnisara

Module II: Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; Ardha Chakrasana, Paada Hastasana; Trikonasana, Parshva Konasana; Veerabhadrasana; Bhunamanasana, Hanumanasana; Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana; Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Uttitha Padmasana; Janusirasana, Paschimottanasana, Supta Vajrasana; Mandukasana, Utthana Mandukasana; Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana.

Module III: Pavanamuktasana, Utthana-padasana, Ardha Halasana, Setubandhasana, Halasana, Karna Peedasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana, Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Raja Kapotasana, Bakasana, Kukkutasana, Garbhasana, Matsyendrasana, Marjariasana, Padangusthasana, Hastapadangusthasana, Garudasana, Vatayanasana, Natarajasana, Mayurasana, Sirshasana; Ekapada and Dwipada Kandasana

Reference Books:

- Swami Dharendra Bhramhachari :Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
- Swami Dharendra Bhramhachari:Yogasana Vijnana,Dharendra Yoga Publications, New Delhi, 1966
- Swami Kuvalyananda:Asana, Kaivalyadhama, Lonavla, 1983
- Swami Satyananda Saraswati:Asana, Pranayama, Bandha, Mudra,Bihar School of Yoga, Munger, 2005-06
- Basavaraddi, I.V. & others:Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
- Basavaraddi, I.V. & others:Yogic Sukshma Evam Sthula Vyayama, mDNIY, New Delhi, 2011.
- Iyengar, B.K.S.:Light on Yoga, Harper Collins Publishers, 2009

7th Semester

BBSY701T: Yoga and Human Consciousness

Major

L T P
4 0 0

Unit-I

(10 Lectures)

Psychology: Definition of Psychology; Psychology as a Science of Behaviour; Definition of Behaviour and its Cognitive, Cognitive and Affective Aspects; Scope and Utility of Psychology; Concept of Human Psyche; Human Psyche and Consciousness; Sigmund Freud's Model of Human Psyche; Methods of Psychology: Introspection, Observation, Experimental Method, Interview, Psychological Testing; Physiological Basis of Behaviour: Central Nervous System and Autonomic Nervous System.

Unit-II

(10 Lectures)

Attention: Nature, Determinants of Attention, Division and Span of Attention; Sensation: Nature and Attributes of Sensation; Perception: Nature; Gestalt theory of Perception; Illusion; Learning: Nature; Theories: Learning by Trial and Error, Learning by Insight, Classical and Instrumental Conditioning; Motivation: Nature; Types of Motives: Biological Motives, Social and Psychological Motives; Maslow's Theory of Motivation.

Unit-III

(10 Lectures)

Intelligence: Nature; Measurement of Intelligence: Concepts of Mental Age and Intelligence Quotient, Verbal and Non-verbal Intelligence Tests; Emotion: Nature; Physiological Basis of Emotion; Theories: James-Lange Theory, Cannon-Bard Theory; Emotional Intelligence (EI): Nature, Goleman's Model of EI; Spiritual Intelligence: Nature; Memory: Meaning; Systems of Memory: Sensory Register, Short-Term Memory and Long-Term Memory; Thinking: Meaning and Definition; Distorted Thinking (Delusion), Thinking and Reasoning.

Unit-IV

(10 Lectures)

Personality: Nature and Types of Personality; Determinants of Personality: Heredity and Environment; Facets and Stages of Personality Development; Personality Theories of Sigmund Freud, Alfred Adler and C.G. Jung, Carl Rogers; Assessment of Personality; Personality

Inventories, Projective Techniques, Case History Method; Yoga and Personality: Yogic View of Personality; Personality Development with special emphasis on Panchakosha and Ashtanga Yoga.

Unit-V

(10 Lectures)

Psychotherapy: Nature and Process of Psychotherapy, Ethics in Psychotherapy; Approaches to Psychotherapy -I: psychodynamic Therapy, Behaviour Therapy: Aversive Conditioning, Systematic Desensitization, Token Economy, Conditioned Reflex Therapy; Approaches to Psychotherapy - II: Client-centred Therapy, Rational Emotive Behavioural Therapy (REBT) by Elbert Ellis, Gestalt Therapy; Yogic Concepts and Techniques in Patanjala Yoga Sutra and Bhagwadgita for Promoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for Promotion of Mental Health: Breath Awareness, Shavasana, Yoganidra, Pranayama and Meditation; Yogic Life-style.

Reference Books:

- Bhatia, Hans Raj: General Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd, 2005
- Ciccarelli, S. K., Meyer, G. E. & Misra, G.: Psychology: South Asian Edition. New Delhi: Pearson Education, 2010
- Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L.: Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
- Basavaraddi, I.V.: Yoga Teacher's Manual for School Teachers. New Delhi: Morarji Desai National Institute of Yoga, 2010
- Morgan, C. T., King, R.A., Weisz J. R. & Schopler J.: Introduction to Psychology. New Delhi: Tata McGraw Hill Publishing Co. Ltd, 2006
- Passer, M.W. & Smith, R.E.: Psychology: The Science of Mind and Behaviour. New Delhi: Tata McGraw-Hill, 2010
- Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007
- Srivastava, D.N.: General Psychology. Agra: Vinod Pustak Mandir, 2007

B.A. (Yoga)

BBSY701P: Yogic Psychology Lab

Unit I — Foundations of Yogic Psychology (Practical Orientation)

- *Concept of mind in Yoga (Manas, Buddhi, Chitta, Ahamkara)*
- *Chitta Vritti and Chitta Bhumi — practical understanding*
- *Panchakosha model — experiential mapping*
- *Triguna (Sattva, Rajas, Tamas) self-assessment exercises*
- *Difference between modern psychology and yogic psychology (lab discussion)*

Practical Work:

- *Self-observation diary*
- *Guna assessment checklist*
- *Panchakosha reflection worksheet*

References:

- *Swami Satyananda Saraswati — Four Chapters on Freedom*
 - *Swami Venkatesananda — The Concise Yoga Vasistha*
 - *Georg Feuerstein — The Psychology of Yoga*
-

Unit II — Measurement and Observation of Mental States

- *Methods of psychological observation in Yoga*
- *Breath–mind relationship experiments*
- *Stress and emotion self-rating scales*
- *Attention and awareness tests*
- *Introduction to yogic counselling approach*

Practical Work:

- *Pre–post relaxation stress scale*

- *Breath rate vs emotional state recording*
- *Attention span exercises (Trataka based)*

References:

- *Swami Kuvalayananda — Pranayama*
 - *B.K.S. Iyengar — Light on Pranayama*
 - *Shirley Telles — Yoga and Mental Health Research Papers*
-

Unit III — Yogic Practices for Mental Regulation

- *Practical application of Asanas for mental balance*
- *Pranayama for emotional regulation*
- *Dharana practices — object focus methods*
- *Trataka and breath awareness lab practice*
- *Yoga Nidra for psychological relaxation*

Practical Work:

- *Guided Yoga Nidra sessions*
- *Nadi Shodhana impact recording*
- *Concentration practice logs*
- *Mood change tracking after practices*

References:

- *Swami Satyananda Saraswati — Yoga Nidra*
 - *Swami Rama — Science of Breath*
 - *Bihar School of Yoga — Meditation from the Tantras*
-

Unit IV — Applied Yogic Techniques for Behavior & Personality

- *Yogic approach to habits and samskaras*
- *Managing anxiety, anger, and fear through yoga*

- *Affirmation and sankalpa practices*
- *Japa and mantra repetition — lab method*
- *Value and attitude transformation practices*

Practical Work:

- *Sankalpa formulation exercise*
- *Mantra japa practice record*
- *Behavior change self-monitoring chart*
- *Emotional trigger response journal*

References:

- *Patanjali — Yoga Sutras (any standard commentary)*
- *Swami Satchidananda — Yoga Sutras of Patanjali*
- *Ekknath Easwaran — Meditation*

Unit V — Lab Projects and Case Studies in Yogic Psychology

- *Designing a short yogic intervention plan*
- *Case study method in yogic psychology*
- *Practice-based mental health modules*
- *Group lab sessions and peer observation*
- *Report writing and presentation*

Practical Work:

- *Mini project (2–4 week yogic practice study)*
- *Case report submission*
- *Practice demonstration and viva*
- *Lab record file submission*

References:

- *Rishi Vivekananda — Practical Yoga Psychology*

- *Swami Vivekananda — Raja Yoga*
- *Stephen Cope — The Wisdom of Yoga*

BBSY702T: Basic of Yoga Therapy

Minor

L T P
4 0 0

Unit-I

(10 Lectures)

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in health and healing; Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi, Yogic concept of Health and Disease, role of Yoga in preventive health care – Heyam dukham anagatam; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva..

Unit-II

(10 Lectures)

Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi).

Unit-III

(10 Lectures)

Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing; Concept of Abhyas and Vairagya, Chitta and Chitta Prasadana, Kriya-yoga, Ashtanga Yoga of Patanjali for Health and Healing; Concept of Cleansing (Shuddhi), its role and importance in Health and Healing; Concept of Swara Yoga and its efficacy in Health and Healing.

Unit-IV

(10 Lectures)

Yogic Principles of Healthy Living: Aahara, Vihara, Aachara and Vichara; Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being; Yogic principles of Lifestyle management and its role in prevention of disease and health promotion; Yogic Principles of Diet and its role in Healthy living; Yogic Practices of Healthy living : i.e. Yama, Niyama, Shat-

karma, Asana, Mudra & Bandha Pranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living.

Unit-V

(10 Lectures)

Psycho-physiological effects and health benefits of Yogasana , Pranayama, Shatkarma, Bandha and Mudra, and Meditation.

Reference Books:

- Preeti Goel and Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003)
- M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
- Dr. K. Krishna Bhat: The power of Yoga
- Dr. R. S. Bhogal : Yoga Psychology, Kaivalyadhama Publication
- Dr. Manmath M Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
- T.S. Rukmani: Patanajala Yoga Sutra
- Sahay, G. S.: Hatha Yoga Pradeepika, MDNIY Publication, 2013
- Kdham : Gheranda Samhita, Kaivalyadhama, Lonavla,

8th Semester

BBSY801T: Yoga and Human Values

Major

L T P
4 0 0

Unit-I

(8 Lectures)

Concept of Human Being as 'I' & Body; Characteristics & activities of 'I' & Harmony in 'I'; Understanding the Harmony of 'I' with the Body: Sanyam and Swasthya, correct appraisal of body needs and meaning of prosperity in detail; Role of Yoga in developing Harmony within the self; Understanding the body as an instrument of 'I'.

Unit-II

(12 Lectures)

Values in Family, Harmony in family; the basic unit of human interaction; Values in Human; Human relationship, Yogic concept of Human relationship – Maitri, Karuna, Mudita and Upeksha.

Unit-III

(10 Lectures)

Harmony in the Society – Concept of Vasudaiva Kutumbakam; Concept of Universal Harmonious order in society; undivided society (Akhand Samaj), Universal order (Sarvabhaum Vyawastha); Concept of Samman (Respect), difference between respect and differentiation, the other silent values in relationships.

Unit-IV

(8 Lectures)

Definition and type of values, value and moral standard, moral Right, Right of Live, Right of Freedom, Duties, Virtues, classification of Virtues-wisdom, courage, Temperance, Justice; Indian Ethical Theories- Dharma, Morality, Four Ashramas and Their Values, Purusaratha-Dharma, Arth, Kama and Moksha; Jain Ethics- Mahavratas; Buddhist Ehtics, Nobal Eight fold Path; Ethical Thought of Mahatma Gandhi, Ekadash Vrat, Relevance of Ehtics and Value in Yoga.

Unit-V

(12 Lectures)

Moral Principles of SR; overview of SR; SR & health maintenance of employees through Yoga; Challenges of Environment; Principles of Environmental Ethics; Concepts of Civil Society and

its types; Relationship between Democracy, Civil Society and Social Capital; Efficient use of Yoga in them.

Reference Books:

- Singh M S : Value Education, Adhyayan Publishers & Distributors, New Delhi, 2007
- Chand Jagdish : Value Education, Anshah Publishing House, Delhi, 2007
- Gawande E N : Value Oriented Education: Vision for better living, Sarup & Sons Publishers, New Delhi, 2008
- Panda Sanjay Kumar: Corporate Social Responsibility in India: Past, Present & Future, The ICFAI University press, Hyderabad, 2008
- Kesari Vedanta : Values: The Key to a meaningful life; Sri Ramakrishna Math, Chennai, 2005
- Prasad Rajendra : Varnadharma, Niskhana Karma & Practical Morality: A Critical essay on applied ethics, DK Print world Pvt. Ltd, Delhi, 1999
- Radhakrishnan S: Indian Philosophy, Vol. 2, Oxford University, Delhi, 2008
- Swami Ranganathananda: The Message of Upanishad, Bhartiya Vidya Bhawan, Delhi, 2001

BBSY801P: Yoga Case Study

Major

L	T	P
0	0	2

Module I: Students shall be permitted to take four cases and supervise the practice for fifteen days and common parameters will be recorded everyday

Module II: Students shall be permitted to take remaining four cases and parameters will be recorded.

Module III: Candidate shall write a report of a most improved and least improved case.

Module IV: Following the presentation, candidate will present the case to the examiners and the same will be examined.

BBSY802T: Yoga Philosophy

Minor

L T P
4 0 0

Unit-I

(12 Lectures)

Introduction to yoga philosophy: origins, history, and evolution, Key texts: "Yoga Sutras of Patanjali," "Bhagavad Gita", Eight Limbs of Yoga according to Patanjali, Understanding the concept of dharma in the Bhagavad Gita.

Unit-II

(10 Lectures)

Exploration of self-realization and the concept of Atman, Meditation and its role in self-discovery, Practices: Self-inquiry, contemplation, and mindfulness.

Unit-III

(12 Lectures)

Understanding karma, its implications, and the cycle of reincarnation, Liberation (moksha) as the ultimate goal of yoga, Ethical considerations: living a life in accordance with dharma.

Unit-IV

(10 Lectures)

Overview of Hatha Yoga Pradipika and its importance, Asanas, pranayama, and their role in physical and mental well-being, Practical session: Hatha Yoga practice and breathwork techniques.

Unit-V

(8 Lectures)

Globalization and commercialization of yoga, Ethical issues in the modern yoga industry, Cultivating a sustainable and authentic yoga practice in contemporary society.

Reference Books:

- Jayadev Asanas, Prana: iayama and Mudra Bandh, Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar, India, 2004.
- Patanjali Yogasutras, Commentary by Swami Vivekanand, Rajyoga Suggested Reading
- Patanjali Yog Pradeep- Swami Omanand Saraswati, Gita Press, Gorakhpur, 2013.
- Science of Pranayama-Swami Sivananda, Edition by David De Angellis, 2019, All Rights Reserved.

DSE

Department Specific Elective

BBSY101D-I: Introduction to Ayurveda

L T P
4 0 0

Unit-I

(10 Lectures)

General introduction to Ayurveda; Definition, aim of Ayurveda, its origin, history and propagation; Basic introduction to main Ayurvedic texts like Charaka Samhita, Sushruta Samhita and Ashtanga Samgraha; Ashtanga Ayurveda and its significance; Concept of Health according to Ayurveda and its utility in health promotion and prevention.

Unit-II

(10 Lectures)

Basic principles of Ayurveda – Tridosha, Saptadhatu, Trimala, Pancha Mahabhuta, Prakriti & Manas; Concept and importance of Swasthavrita, Dinacharya, Ritucharya; Concept of Sadvrita and Achara Rasayana.

Unit-III

(10 Lectures)

Concept of Agni, Srotas and Ama, Concept of Dharniya and Adharniya Vega in Ayurveda; Introduction to Dravya, Guna, Karma, Virya, Vipaka and Prabhava.

Unit-IV

(10 Lectures)

Concept of Upasthambha; Concept of Ahara, Ahara pachana, Pathya & Apathya in Ayurveda; Introduction to Shariraposhana (nourishment); Concept of Oja in Ayurveda; Role of Ayurvedic diet in health and prevention.

Unit-V

(10 Lectures)

Role of Poorva and Paschat Karma in Panchakarma; Significance of Panchakarma in Ayurveda and Shatkarma in Yoga; Approach of Ayurveda and Yoga as whole in relation to total health.

Reference Books:

- Dr. Priyavrata Sharma : Charak samhita, Chaukhambha Oriental, Varanasi, Edition of 2008
- Dr. Ravi dutta Tripathi Dr. Brahmanand Tripathi : Ashtanga Samgraha, Chaukhambha Sanskrit

- Pratishthan, Delhi, Reprint edition of 2003
- Dr. K. H. Krishnamurthy : The wealth of Susruta, International Institute of Ayurveda, Coimbatore, 1999
- Dr. P. H. Kulkarni : Ayurvedic Philosophy, Academia Publishers, 2011
- Dr. V. B. Athavale : Basic Principles of Ayurveda, Chaukambha Sanskrit Prathisthan, Delhi, 2004
- Dr. L. P. Gupta : Essentials of Ayurveda, Chaukambha Sanskrit Prathisthan, Delhi, 2006
- Dr. G. Srinivas Acharya : Panchakarma illustrated, Chaukambha Sanskrit Prathisthan, Delhi, 2009

BBSY101D-II: Basic of Indian Culture

L T P
4 0 0

Unit-I

(10 Lectures)

Meaning and process of culture; Sources – Archaeology, Literature, Foreign accounts; Pre and Proto historic cultures; Indus Civilization – Origin extent, date, art, architecture, religion, society, economy; Changes in the later Vedic period. Tradition and cultural value of Tribes at Jabalpur Region.

Unit-II

(8 Lectures)

Religious movements in the sixth and fifth centuries BC with special reference to Buddhism and Jainism; Social and economic changes; Impact of Persian and Greek invasions; Role of Mauryan empire in Indian cultural unification; Asoka – his edicts and Dhamma; Sangam age – Society and economy; Cultural configurations during the Sunga – Satavahana – Kushana era – New trends in art, literature and religion; Stupa and rock – cut architecture, sculpture; Religious sects and schools – Hindu, Buddhist and Jain.

Unit-III

(12 Lectures)

Developments during the Gupta – Vakataka – Pallava age – Literature; Education, science, religion, society, polity, economy, architecture, sculpture, painting; Vedanta – Sankara, Ramanjua; Bhakti, Tantra, Alavars, Nayanars; Efflorescence of Indian cultural contacts; Islam in India; Alberuni on India.

Unit-IV

(12 Lectures)

Indo-Islamic architecture during the Sultanate period; regional styles; Sufism in India; Islamic influences on Indian society and culture; Muslim interest in Indian classics; Literary developments, Sanskrit, Persian and regional languages; New cultural trends in Mughal India; Religious liberalism – Akbar, Abul Fazl, Dara Shikoh; Growth of Vaishnava Bhakti; Influx of Western ideas and Indian response; Bengal renaissance; Reform movements in Bengal and other regions, Indian reformers – Raja Ram Mohan Roy, Ishwar Chandra Vidyasagar, Keshav Chandra Sen, Mahagovinda Ranade, Jyotiba Phule, Dayanand Saraswati, Vivekananda, Syed Ahmad Khan.

Unit-V

(8 Lectures)

Tribes definition and Classification, Characteristics of tribes. General Introduction of Regional Tribes of Amarkantak-Baiga, Gauna, Agaria and Col. Social and Religious believes in Tribal Society- Baiga, Gauna, Agaria. Agriculture system and economy of tribes- Baiga, Gauna, Agaria. Dharm, Magic (Jadu) Sorcery (Jhada-Foonk) and Art in Tribal Society.

Reference Books:

- Ramshankar Tripathy; History ancient India, Motilal Banarsidass, Motilal Banarsidass Publication, Tenth edition, 1987
- R.S. Sharma; India's ancient past, Oxford publication, 2006
- Dr. Ganesh Pandey, Aruna Pandey-Bharat ki janajatiya, Radha Publication New Delhi First Edition -2012
- Dr. Vijaya Chaurasiya- Prakruti Putra Baiga- Madhya Pradesh Hindi Academy, Bhopal -2009

BBSY102D-I: Fundamentals of Biochemistry

L T P
4 0 0

Unit-I

(8 Lectures)

Introduction to Bio-chemistry; chief intracellular components; Introduction to chemical receptors/co-receptors, cell to cell communication, channels & transportation; Definition and classification of Vitamins and their Clinical importance; Basics of Molecular mechanism of O₂ transport and storage, classification and bio-chemical structure of immunoglobulins with functions; Fundamentals of Bio-Energetics: Biological Oxidation, General Concept of oxidation, features of cellular Oxidations-respiratory chain oxidative phosphorylations.

Unit-II

(12 Lectures)

Basics of Carbohydrate Metabolism (I) - Glycolysis; Aerobic and Anerobic, metabolism of glycogens; glycogenesis, glycogenolysis, glyconeogenesis, Regulation of glycogen metabolism; Basics of Carbohydrate Metabolism (II) - Kreb's Cycle (T.C.A), Regulation of Blood glucose, Hexose Mono Phosphate (HMP Shunt).

Unit-III

(8 Lectures)

Cholesterol, Blood lipids, brief review of lipoproteins; Basics of Lipid Metabolism - Oxidation of fatty acids, cholesterol synthesis and fatty liver; Proteins: definition, classification and Bio-medical Importance, Plasma Proteins and functions.

Unit-IV

(12 Lectures)

Introduction to hormones, molecular basis of hormonal action; Introduction to common metabolic disorders; Basic techniques for estimation of different Bio-chemical markers i.e., diffusion, Osmosis, Electro-phoresis, Quantative and Analytical Titration; Introduction to investigations related to Hepatobiliary diseases i.e., Serumbiliru, Amino-Transferases, Alkiline Phosphatase, LDH.

Unit-V

(10 Lectures)

Basics of routine Bio-chemical tests for Kidney and related common 78 diseases i.e., Blood Urea, Blood Urea Nitrogen (BUN), Serum Createnin, Serum Uric Acid with estimation of Urinal Protien and Sugar.

Reference Books:

- Pankaja Naik: Bio-chemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2010
- Jacob Anthikad: Bio-chemistry for Nurses, Jaypee Brothers Medical Publishers Ltd, Delhi, 2008
- K. Malhotra: Bio-chemistry for Students, Jaypee Brothers Medical Publishers Ltd, Delhi, 2012
- N. Haridas: Bio-chemistry made easy: A Problem (Solving) based approach, Jaypee Brothers Medical Publishers Ltd, Delhi, 2012
- Arvind S Yadav: Comprehensive practical and Viva in Bio-chemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2004
- Robert K Murray & others: Harper's Illustrated Bio-chemistry, 26th Edition, 2003, McGraw Hill, US Shankara, Shivaraja,
- M. K. Ganesh : Laboratory Manual of Practical Biochemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2008
- S. K. Sawhney & Randhir Singh: Introductory Practical Biochemistry, 2nd edition, Alpha Science International Ltd. 2005
- Chawala Ranjana: Clinical Biochemistry (Methods & Interpretations), 3rd edition, Jaypee Brothers medical Publishers ltd. 2006
- Rajesh Karajgaonkar: Clinical Biochemistry, Jaypee, 2008

BBSY102D-II: Fundamentals of Naturopathy

L T P
4 0 0

Unit-I

(10 Lectures)

General introduction to Naturopathy; Naturopathy – its definition, meaning, scope and limitations; History of Naturopathy – Indian and Western; Comparative study of the Naturopathy with other systems of Medicine; Catechism of Nature cure General introduction to Complimentary and Alternate Therapy – Meaning, Definitions, objective and need of CAT; Scope and limitations of CAT; Challenges in practice of CAT; Types of alternate therapy.

Unit-II

(10 Lectures)

Composition of the human body according to Naturopathy, Laws of Nature: Pancha-Mahabhootas, Shareera Dharmas – Ahara, Nidra, Bhaya, Maithuna; Fundamental principles of Naturopathy; Natural rejuvenation and vitality, how to acquire natural immunity; importance of Physical & Mental Hygeine and prevention of diseases.

Unit-III

(10 Lectures)

Mud Therapy- Source of Mud, Preparation of mud, Therapeutic effects of Mud, Physiological effects of Mud, General and Local Application. Acupressure Therapy- History and Nature of Acupressure Therapy : meaning and definitions of acupressure ,Concept of Yin and Yan, Types of treatments- Single point treatment ,Multi point treatment, Treatment through corresponded Yoga and Acupressure.

Unit-IV

(10 Lectures)

Hydrotherapy: Introduction, definition, scope, history, principles; role of hydrotherapy in prevention of diseases; Hip Bath ,Spinal Bath, Foot Bath, Stesm Bath, Enema, Wetbandge and compress local and general. Upavasa (Fasting): Introduction, definition, scope, history, principles and types; its role in disease prevention, health promotion; concept of de toxification; Diet: Introduction, definition, scope, types and its principles; role of Naturopathy diet in disease prevention and, health promotion; Massage: Introduction, definition, scope, history, its principles and manipulative techniques; Different types of Massages and their role in disease prevention, and health promotion.

Unit-V

(10 Lectures)

Cause, Symptoms and Treatment of the following Diseases Anaemia, Arthritis, Asthma, Backache, Boils, Cancer, Cirrhosis of the Liver, Colitis, Constipation, cough and cold, Fever, Diabetes, Gout, High and Low Blood Pressure, Insomnia, Jaundice, Kidney Stone, Piles, Psoriasis, Stress, Thyroid, Diseases, Headache and Migraine,.

Reference Books:

- S. D. Dwivedi : Naturopathy for perfect health, Kalpaz Publication Delhi, 2002
- Praveesh Handa : Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
- S.J.Singh. : My Nature Cure or Practical Naturopathy
- M.K.Gandhi : The story of my experiment with truth
- R.K.Garde : Ayurvedic for Health and Long life Harry Benjamin. : Everybody's Guide to Nature Cure
- M.K.Gandhi. : My Nature Cure

BBSY103D-I: Yoga Psychology

L T P
4 0 0

Unit-I

(10 Lectures)

Meaning, Definitions & Types of Psychology, Constitutes and Human psychic according to western & Indian Psychology.

Unit-II

(10 Lectures)

Difference between Western & Indian Psychology, Development of Human Behavior according to Western & Indian Psychology.

Unit-III

(10 Lectures)

Meaning, Definition Characteristics & Types of Personality, Factors of personality development according to western & Indian Psychology, Western Theories of Personalities; Sigmund freud, Maslow, Jung & Adler.

Unit-IV

(10 Lectures)

Meaning, definitions of Human Consciousness, Need to study Human Consciousness, Development of Human Consciousness. States of Human Consciousness.

Unit-V

(10 Lectures)

Nature of Consciousness in Vedas, Upanisads, Satdarshan, Jainism & Bhuddism.

Reference Books:

- Abhedananda : The Yoga Psychology, Ramakrishna Vedanta Math, Calcutta, 1973.
- Sachdev, I.P. : Yoga and Depth Psychology (Motilal Banarsidass, Delhi, 1978)
- Ishwar Bhardwaj: Human Consciousness, Satyam Publication, New Delhi.
- Harendra Prasad Sinha: Bharatiya Darshan ki Rooprekha, Motilal Banarasi Das Publication, New Delhi.
- Taimini, I.K : Glimpses into the Psychology of Yoga (Adyar: Theosophical Publishing House, 1973)
- Aatreya, Shanti Parkash : Yoga Manovijnana (Indian Psychology) (International Standard Publication, Varanasi; 1965)

BBSY103D-II: Introduction to AYUSH

L T P
4 0 0

Unit-I

(10 Lectures)

Concept of body, Health and disease; Concept of Yoga Adhi and Vyadhi; Principle of Yoga Therapy in relation to Yoga Vasistha; Practices at Pancha Kosa level Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamaya kosa; Principle of Yoga Therapy in relation to Hatha Ratnavali and Gheranda Samhita.

Unit-II

(10 Lectures)

History of Naturopathy; Principles of Naturopathy; Concept of five elements and its applications The four aspects of life (Soul, Mind, Senses and Body).

Unit-III

(10 Lectures)

Panchamahabhutas (the five element theory), Ahara, Vihara and Aunadhi (three pillars of Ayurveda); Concept, role and importance of – Doña, Dhatu, Mala; Updhatu, Srotas, Indriya, Agni, Prāēa, Prāēāyatna, Prakrti, Deha Prakrti, Manasa Prakrti.

Unit-IV

(10 Lectures)

Role of Dosa, Dhatu and Mala in health and diseases; Concept of Dinacaryā (daily routine), concept of Ritucarya; Seasonal routine), Svasthavāta and Ņaōvāta in Āyurveda; Concept of Trayo Upasthambas.

Unit-V

(10 Lectures)

Introduction to Basic concepts of Unani, Siddha, Homeopathy and Sowa-Rigpa, History of Unani & Siddha; Concept of Unāné & Siddha; Principles of Unani & Siddha; Introduction to Basic concepts of Homeopathy; History of Homeopathy; Concept of homeopathy; Principles of Homeopathy. Sowa-Rigpa.

Reference Books:

- Dr R Nagaratha and : Yoga and Health
- Dr H R Nagendra (Swami Vivekananda Yoga Prakashana, 2000)
- Dash, V.B.: Ayurvedic Treatment for Common Diseases Delhi Diary/1974.

BBSY104D-I: Health and Yogic Hygiene

L T P
4 0 0

Unit-I

(10 Lectures)

Personal hygiene, Definition of health and factors; affecting it- food habits, cleanliness, exercise and sleep; Water – Importance of water, impurities present in water, sources of contamination of water and water purification (Household and natural methods); First aid: meaning, importance in daily life.

Unit-II

(10 Lectures)

Infection – Definitions of Infection, Infective agents, Period of infectivity; Types of diseases and their modes of spread; Channels of infection.

Unit-III

(10 Lectures)

disinfectants – Definition, types and methods of disinfection Infectious diseases - Causes, incubation period, mode of spread, symptoms, prevention & control of the following diseases).

Unit-IV

(10 Lectures)

Diseases spread by insects Malaria, Dengue; Diseases spread by ingestion - Dysentery, cholera, typhoid; Diseases spread by droplet infection - Chicken pox, measles, mumps; Disease spread by Contact - Leprosy, AIDS.

Unit-V

(10 Lectures)

Common emerging health problems among women: Cancer of Breast and Cervical.

Reference Books:

- Yash pal Bedi (1976) Hygiene & Public Health. Anand Publishing Co., gali No. 1, Nawan Kot Amritsar.
- V. N. Hhave, (1975) You & Your Health.. National Book Trust
- Bihari Lal Bhatia, (1961) Elementary.. Hygiene, Orient Longmans, Ltd. Calcutta -13
- J.E. Park, (1983) Prenentive & Social Medicine, Jabalpur Messrs Banarcidas Bhanot
- Birendra Nath Ghosh, (1969) Hygiene & Public Health Calcutta Scientific Publishing

BBSY104D-II: Yoga and Stress Management

L T P
4 0 0

Unit-I

(10 Lectures)

Meaning and Definition of Stress. Types: Eustress, Distress, Anticipatory Anxiety, Intense Anxiety and Depression. Meaning of Management – Stress Management.

Unit-II

(12 Lectures)

Concept of Stress according to Yoga: Patanjali aphorism (PYS II - 3) Avidya Asmita. Bhagavad – Gita (Gita II 62-63) Dhayato Visayam Punsah ... Yoga Vasistha and Upanishad.

Unit-III

(8 Lectures)

Physiology of Stress on: Autonomic Nervous System (ANS), Endocrine System, Hypothalamus, Cerebral Cortex and Neurohumours.

Unit-IV

(10 Lectures)

Mechanism of Stress related diseases: Psychic, Psychosomatic, Somatic and Organic phase. Role of Meditation & Pranayama on stress – physiological aspect of Meditation. Constant stress & strain, anxiety, conflicts resulting in fatigue among Executive. Contribution of Yoga to solve the stress related problems of Executive.

Unit-V

(10 Lectures)

Meaning and definition of Health – various dimensions of health (Physical, Mental, Social and Spiritual) – Yoga and health – Yoga as therapy. Physical fitness. Stress control exercise – Sitting meditation, Walking meditation, Progressive muscular relaxation, Gentle stretches and Massage.

Reference Books:

- Andrews, Linda Wasmer., (2005). Stress Control for peace of Mind. London: Greenwich Editions
- Nagendra, H.R., and Nagarathana, R., (2004). Yoga perspective in stress management. Bangalore: Swami Vivekananda Yoga Prakashana

- Nagendra, H.R., and Nagarathana, R., (2004). Yoga practices for anxiety & depression. Bangalore: Swami Sukhabodhanandha Yoga Prakashana.
- Sukhabodhanandha, Swami., (2002). Stress Management. Banglore: Prasanna trust.
- Udupa, K.N., (1996). Stress management by Yoga. NewDelhi: Motilal Banaridass Publishers Private Limited.
- Lalvani, Vimla., (1998). Yoga for stress. London: Hamlyn

SKILL BASED

Skill Based: Skill Enhancement Courses

BBSY101SB: Yoga & Mental Health

L T P

4 0 0

Module 1: Yogic Concept of Diet & Nutrition: General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living.

Module 2: Dietetics in Yoga: Classification according to triguna- vegetarian vs non-vegetarian, panchabhuta; relationships, rasa virya, Guna, Vipaka of shali, Yava, Godhuma, Mugda, Masha, Chanaka, patola; Surana, Mana, Kakkola, Shukashuka, Karkat, rambha, Balaramba, Mulak, Vartaki, Ridhi; Kalashaka, Vatraka, Himocika; Navanita, Ghrta, Kshira, Sita, Aikshwam, Gudum, Pakvaramba; Varikellalm, Draksham, Lawali, Dhatri, Ela, Jati, Lavanga, Panasa; Jambu, Haritaki, Khajura, Madhu, Shunthi.

Module 3: Biomolecules and Nutrition-Basics: Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body Nutrients, proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements

Reference Books:

- Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
- 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
- Randolph Stone : A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition
- Swami Digamber Ji & Others: Gheranda Samhita, Lonavala Institute, 1978
- Gharote M L & others : Hatha Pradipika, The Lonavala Yoga Institute, Lonavala, 2006
- Swami Mangalteertham : Synthetic approach to Diet & Nutrition, Deogarh Nutan Publication, Deogarh, 2005

- Swami Gambhirananda : Bhagvatgita, Shri Ramkrishna Math, Madras / Swami

Dr. Maheshwari & Others : Vasishta Samhita

BBSY102SB: Yogic Diet & Nutrition

L T P
4 0 0

Module 1: Mental Health: Meaning and Importance; Yogic Perspective of Mental Health; Yoga nidra, Kuntha, samayojan, stress, emotions, feelings, adjustments.

Module 2: Sign and symptoms of Delirium, Dementia, and Amnestic Disorders; Substance-Related Disorders; Schizophrenia and Other Psychotic Disorders ; Mood Disorders ; Eating Disorders ; Personality Disorders.

Module 3: Sign and symptoms of Personality Disorders: Borderline, Antisocial, Histrionic, Paranoid, Narcissistic, Obsessive-Compulsive, and Dependent and Eating Disorders.

Module 4: Yogic Concepts and Techniques in Patanjala Yoga Sutra and Bhagwadgita for Promoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for Promotion of Mental Health: Memory, Intelligence, Breath; Awareness, Shavasana, Yoganidra, Pranayama and Meditation; Yogic Life-style

Reference Books:

- Singh, A. K. : Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007
- Tilak, B. G. : Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.
- Udupa, K.N. : Stress and Its Management by Yoga. Delhi: Motilal Banarasidas, 2007
- Vivekananda, Swami : Raja Yoga. Nagpur: Ramakrishna Math

BBSY103SB: Fitness & Yoga Trainer

L T P
4 0 0

Yoga and Yogic Texts: Introduction, personality development through yoga, yoga for stress management, importance of yoga, objectives of yogic practices, surya namaskar, tadasana, simhasana, bhujangasana.

Ashtang Yoga: Introduction to classical ashtanga yoga, making of a yogi, origins of yoga, yoga practice for mental and physical well-being, how to bring a yogic mindset into your life, cultivate discipline relaxation equilibrium, how to practice gratitude daily, building and managing relationships with yoga, breathing and management of emotions.

Yogic Culture and Value Education: Meaning and importance of physical education, ethics and values, physical fitness and wellness, career aspects of physical education, physical and physiological aspects of physical education, psychological aspects, social aspects, spiritual aspects, diet and nutrition, awareness of life style disorders, school health programme.

Human Anatomy and Physiology: Introduction to the human body, the cells, tissues and organisation of the body, the cardiovascular system, the respiratory system, the skeleton, the muscular system, the nervous system.

Yogic Diet and Shatkarma: Objectives, meaning and concept of diet, meaning and concept of nutrition, balanced diet, yogic concept of diet, meaning of shatkarma, various components of shat karma.

Yoga Asanas, Pranayamas and Meditation: Objectives, asana, preparatory practices Sukshma vayayam, practice of surya- namaskar, classification of asanas, pranayam and its importance, pre- pranayam practices, components of pranayam, how pranayam practice leads to meditation and samadhi, hamsasana, bakasana.

BBSY104SB: Yoga & Acupuncture

L T P
4 0 0

Anatomy and Physiology: Introduction to the human body, introduction to the chemistry of life, the cell, tissues and organisation of the body, the blood, the cardiovascular system, the lymphatic system, the nervous system, the special senses, the respiratory system.

Basic Acupuncture: Basic principles, the vital substances, the internal organs, the channel system, the acupuncture points causes of disorder.

Yoga Science: Asana, preparations and precautions before yogic practices, practices of leg joints, practice of hand joints, practices of neck movements, practices of eyes, practice of surya-namaskar, the method of surya namaskar.

Different Types of yoga's: Hatha yog, history of hath yog, importance of nadis chakras, effects and benefits of hatha yog, benefits of surya- namaskar, classification of asans

Yoga Theraphy: Yoga therapy for bipolar disorder, yoga therapy for sinusitis, yoga therapy for flat feet, yoga therapy for shoulder bursitis, yoga therapy for depression, yoga therapy for high cholesterol, yoga therapy for liver disorder.

Acupuncture Therapy: The basis of traditional Chinese medicine, current theories of the physiological effect of acupuncture, trigger point acupuncture, the use of lasers in acupuncture, auricular therapy, respiratory disorders, the effect of acupuncture on muscle blood volume and oxygenation.

BBSY105SB: Yoga Therapy

L T P
4 0 0

Yogic Management of Respiratory and Digestive Disorders: Asthma, Tuberculosis, common cold; Management of Digestive Disorder; Peptic Ulcer, Indigestion, Constipation, Diabetes, Colitis, Obesity.

Yogic Management of Cardiovascular and Genital Disorder: Angina, Pectoris, cardiomyopathy, Hypertension, Stroke and Anemia, impotency, Menstrual disorder, Leucorrhea & PCOS.

Yogic Management of Skeletal and Joint Disorders: Spondylosis- Cervical & Lumber, Back Pain, Arthritis and Gout

Yogic Management of Psychological Disorder: Stress, Anxiety, depression, Frustration, Phobia, Aggression, Drug Addition

Reference Books:

- Preeti Goel and Rita Jain: Spectrum of Health (Sports Publications, New Delhi, 2003)
- M. M. Gore: Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
- Dr. K. Krishna Bhat: The power of Yoga
- Dr. R. S. Bhogal : Yoga Psychology, Kaivalyadhama Publication
- Dr. Manmath M Gharote, Dr. Vijay Kant: Therapeutic reference in Traditional Yoga texts
- T.S. Rukmani: Patanajala Yoga Sutra
- Sahay, G. S.: Hatha Yoga Pradeepika, MDNIY Publication, 2013
- Kdham : Gheranda Samhita, Kaivalyadhama, Lonavla