

### 1.1.3 Courses having focus on employability/ entrepreneurship/ skill development offered by the University

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72.	Manipulative therapies	
73.	Acupuncture & acupressure	
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## **BSc YT**

**Subject: Basis of Yoga**

**Subject Code: BSYTT103**

<b>Total Credits</b>	<b>3 Credits</b>
<b>Number of Hours / week</b>	<b>3 hrs/week</b>
<b>Total Number of Hours</b>	<b>45hrs</b>

### **Goal:**

The goal of teaching Basis of yoga to undergraduate students is to give comprehensive knowledge about foundation of science and arts, basis of Yoga, concept of Yoga and application of yoga to the individual and the society as mentioned in ancient literature including Vedas, Upanisads etc.

### **Objectives:**

After the completion of this subject, students should be able to

- Explain the hidden concepts available in the ancient yogic texts.
- Understand the yogic dimension.
- Appreciate the contributions of the science and arts.
- Understand the basis and concept of Yoga.

<b>(293 to307)</b>		
1	Advanced Yoga Techniques	
2	Yoga Practicum-I	
3	Yoga Practicum-II	

- A glimpse into our scriptures.

### **Skills:**

- After the completion of this subject, students should be able to explain about the contributions of science and arts.
- Understand the underlying principles basis and concept of Yoga.

### **Course Specific Outcomes**

To understand

CSO I: About foundation of science and arts.  
 CSO II: Science of happiness – Basis of Yoga  
 CSO III: Concept of yoga.  
 CSO IV: Application of yoga to the individual and the society.

**Pedagogy:** Talk and marker pen using PPT and students will get knowledge about fundamentals of yoga.

**Unit-1: Basis of life in the context of science**

**8hrs.**

1. Basis of life, Analysis
2. The core of Science
3. Technology, applied Science
4. Creativity, New Horizon,
5. The new directions of science
6. Modern Physics, Life sciences
7. Neurosciences. The transition
8. A social Metamorphosis
9. Repercussion, the Fermentation,
10. Drug culture
11. Review of World History, India in the scene

**Unit-2: The basis of Yoga**

**13 hrs**

1. The Science of Happiness
2. The Basis of Yoga
3. The direction of our life
4. Happiness analysis
5. Story of old lady, Story of Srikanda, Story of Hari
6. Law of diminishing returns
7. Shankarabharana story, Saint story-Payasam
8. Happiness depend on mood of person
9. Happiness is not outside but it is inside state
10. Concentration, appreciation
11. *Viñaya*, *Viñayi Sambhoga* Happiness is silence

**Unit-3: Yoga scriptures**

**12hrs.**

**A glimpse into our scriptures**

1. *Prasthāna Traya, Upanisads*
2. *Mandugya, Kathopaniṣad*
3. *Taittiriya, Mundokopaniṣad, Bhagavad Gēta, Brahma Sūtra*
4. *Pañcadasi, Quantify Ānanda, ĀnandaMēmaāsa*
5. Layers of Consciousness (*Lokās*)
6. Happiness – quatitative or qualitative (Russian friend story)
7. State of complete freedom – priya story
8. story of women lib Movement
9. The abode of creativity and knowledge

**Unit-4: Concept and definitions about Yoga****12hrs.**

1. Understanding *Yoga*
2. Definitions of *Yoga*, Patanjali, *YogaVasista*
3. *Bhagavad Gēta*, *Kathopaniṣad*, Sri Aurobindo
4. *Yoga* – as a state, the power of creation
5. Why *Yoga*, Development at physical level, mental level, emotional level, intellectual level, spiritual level
6. Introduction to four streams of *Yoga*
7. Caution, *Yoga* way of life and society
8. Role of the East: - Expectations of the west
9. Indian Scene – confusing & puzzling
10. Need of the hour

**Text Book:**

1. Nagendra H.R., *Yoga – its basis and applications*, SVYP, Bangalore

**Reference Books:**

1. Sastry ASN, *Let Go*, Yoga Bharati, Bangalore.
2. Lokeswaranand S, *Taittiriya Upanishad*, R.K. Publications, Bangalore

**Subject code: BSYTP 102****Subject name: Yoga Practice level-1**

Subject Code:	BSYTP 102
Total Credits	2 Credits
Number of Hours /week	4hrs/week
Total Number of Hours	60 hrs

**Goal:**

The goal of teaching Asana, Prāṇāyāma and meditation to undergraduate students is to provide them with practical knowledge about the various types of asana, Prāṇāyāma and meditation and to develop flexibility and elasticity of the body.

**Objectives:**

After the completion of this course, the students shall be able to:

- Understand the classical Yogāsānās and other components mentioned in various texts
- Get to know about the practices for overall development
- Bring out hidden talents through regular practices
- Experience the benefits, limitations and key practices of Yoga

**Skills:**

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

- Demonstrate and rectify a practice effectively
- Explain all details about a practice
- Present a practice with confidence

### **Course Specific Outcomes: (CSO)**

CSOI: Gaining knowledge for basic understanding of recitation of opening prayer and closing prayer.

CSOII: Students will be able to understand the information about mudra and their alignment.

CSOIII: Improve students knowledge about Asana.

CSOIV: Understanding basic yogic practical.

**Pedagogy:** Talk and by using white board and PPT and engaging students in practicing yoga to enhance their physical and mental stamina.

### **Unit-1: Recitation of hymns & hasta mudra.**

**[15 Hours]**

- Recitation of Pratah-smaran and Shanti Mantras; Recitation of Pranava Japa and Soham Japa; Recitation of Hymns from Upanishad & Yoga Texts; Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni Mudra, Siva Linga Mudra, Naga Bandha Mudra

### **Unit-2: Shatkarmas**

**[15 Hours]**

- Dhauti (Kunjal, Vamana Dhauti,); Neti (Jalneti, Sutraneeti); Kapalabhati and its variants; Agnisara

### **Unit-3: Breathing practices**

**[15 Hours]**

- Breathing practices: Hands in and out, Hands stretch, Ankle stretch, Rabbit, Dog, Tiger, Straight leg raising breathing; Bhujangasana Breathing, Setubandhasana Breathing, Breath Awareness: Shwas-prashwasya; Abdomen, Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen + Thoracic + Clavicular Breathing; Yogic Breathing.

### **Unit-4: All the Asanas from the book Yoga Instructor Course of SVYASA.**

**[15 Hours]**

### **References:**

#### **TEXT BOOKS**

1. Sri Ananda: The Complete book of Yoga, Orient Course Books, Delhi, 2003.
2. Basavaraddi, I.V. & others: SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
3. Joshi, K.S.: Yogic Pranayama, Oriental Paperback, New Delhi, 2009
4. Dr. Nagendra H R: Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore, 2005

#### **BOOKS FOR REFERENCES**

1. Basavaraddi, I.V. & others: SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
2. Joshi, K.S.: Yogic Pranayama, Oriental Paperback, New Delhi, 2009
3. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2010
4. Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennsylvanian, 1998



5. Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005.

**Course Code: BSYTP 103**

**Subject: Yoga for Personality Development (Krida Yoga)**

	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>	<b>Total</b>
<b>Credits</b>	0	0	2	<b>2 Credits</b>
<b>Number of Hours / week</b>	0	0	4	<b>4hrs/week</b>
<b>Total</b>	0	0	60	<b>60 hrs</b>

**Goal:**

The goal of training in personality development is to develop their personality and teach the same to children during the summer camps.

**Objectives:**

After the completion of this course, the student shall be able to:

- Learn different techniques for personality development.
- Conduct Personality Development Camps (PDC) for children.
- To develop the art of teaching Yoga to children.

**Skills:**

After the completion of the course, the student shall be able to:

- Conduct PDC camps.
- To handle children independently
- To teach Yoga to children
- To bring love, harmony, peace and bliss.
- To develop group awareness.
- To develop stamina and strength.

**Course Specific Outcomes: (CSO)**

- CSOI: Gaining knowledge to train the children.
- CSOII: Develop the art of teaching yoga to children.
- CSOIII: Develop group awareness which will help to develop their social skills.
- CSOIV: Enhance their teaching skills

**Pedagogy:** Talk and by using white board and PPT and engaging students in practicing yoga to enhance their personality.

### **Unit- 1:**

- i. Indoor games – *Rām, Çäm* (Awareness)
- ii. Ha-Ha-Ha (Emotional Culturing)
- iii. Finding the Leader (I.Q.)
- iv. Post Man (Memory)
- v. Kendra Says (Awareness)

### **Unit-2:**

- i. Namste (Speed)
- ii. Dog and Bone (Alertness)
- iii. Song Enacting (Creativity)
- iv. Help Me (Initiative) – *Sahāyata*, Balloon Head

### **Unit-3:**

- i. Outdoor games – Pig Fight (Dexterity and Stamina)
- ii. Running Race (Speed), Funny Touch (Dexterity)
- iii. Chain Forming (Coordination)
- iv. Eagle Race (Flexibility) Garuda Spardha

### **Unit-4:**

- i. Stick Lifting (Alertness and Strength)
- ii. *Rāja, Rāma, Rāvaëa* (Speed and Awareness)
- iii. Memory Songs – There was a Tree
- iv. Special Claps, Flower Claps
- v. Yoga for Eye Sight Improvement
- vi. Group Formations

### **Unit-5:**

1. Outdoor games – Specialisation in one outdoor game namely
  - a. Volley ball
  - b. Basket ball
  - c. Throw ball
  - d. Foot ball
  - e. Cricket and other games played

### **Book Text :**

Nagendra H.R., Deshpande S, Nagaraju. Krida Yoga (Yogic games)., SVYP, 2013, Bangalore.

### **Reference Book:**

1. Krida Yoga- Vivekananda Kendra Publication

**Subject Code: BSYTT 104**

**Subject Name: Introduction to Computer**

	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>	<b>Total</b>
<b>Credits</b>	2	1	0	<b>3 Credits</b>
<b>Number of Hours / week</b>	2	1	0	<b>3hrs/week</b>
<b>Total</b>	30	15	0	<b>45hrs</b>

**Goal:**

The goal of teaching introduction to computers to undergraduate students is to provide them with practical knowledge about computers and its operations.

**Objectives:**

- Learner will be able to format documents in Microsoft Word.
- Learner will be able to use Microsoft Excel for mathematical problems as well as a simple database.
- Learner will be able to create, save, and print spreadsheets containing formulas based on mathematical expressions as well as functions.
- Learner will be able to create a formatted multimedia slide presentation using Microsoft PowerPoint.
- Learner will be able to create and use internet and email

**Skill:**

- After the completion of the course, the student shall be able to:
- Operate the computers independently.
- Use the computers for words, excel etc.,
- Prepare power points etc.,

**Course Specific Outcome:**

**CSO I:** Basic Understanding of Computer Components.

**CSO II:** Proficiency in Operating System Navigation.

**CSO III:** Introduction to Productivity Software

**CSO IV:** Understanding of Internet and Web Browsing

**CSO V:** Introduction to Computer Security and Privacy

**Pedagogy:** Talk and by using white board and PPT to provide them with practical knowledge about computers and its operations.

**Unit- 1: Fundamentals of Computer- (5- hours)**

Introduction: Input/ Output & Processing (CPU), Memory Device

Types of computers, Characteristics of Computer, History & Generation, Applications of Computer

## **Unit-2 Email, Internet and Virus (15-hours)**

Introduction:

Email Account & Its Functions, Fraud Emails, Spams, Document collaboration, Instant Messaging, and Collaboration

Basic of Computer networks, Internet, World Wide Web (WWW), Web Browsers, Search Engines, Understanding URLs, Surfing the web, Surfing Webpages, Basics of Social Networking Site, Net Banking, Debit/Credit Card Transactions, E-wallets, Google Drive

Cyber-crime:

Virus: Trojan, Antivirus Utilities

## **Unit 3 Application Software (15-hours)**

Microsoft Word Processing Basics, Opening and Closing documents, Text creation and Manipulation, Formatting the text, Table Manipulation

Microsoft Excel: Formulas and functions

Microsoft PowerPoint: Making small presentation, Creation of Presentation, Preparation of Slides, Slide Show

## **Unit-4: Multi Media (10-hours)**

Basic functions of photoshops and video editing,

### **Recommended Texts:**

1. Word 2007 For Dummies, Wiley Publishing, Inc
2. Excel® 2007 For Dummies® Quick Reference, Wiley Publishing, Inc
3. PowerPoint® 2007 All-in-One Desk Reference For Dummies®, Wiley Publishing, Inc

**Subject Code: BSYTP 202**

**Subject Name: Yoga Asana Practice level- 2**

	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>	<b>Total</b>
<b>Credits</b>	0	0	2	<b>2 Credits</b>
<b>Number of Hours / week</b>	0	0	4	<b>4hrs/week</b>
<b>Total</b>	0	0	60	<b>60 hrs</b>

### **Goal:**

The goal of teaching Asana, Prāṇāyāma and meditation to undergraduate students is to provide them with practical knowledge about the various types of āsana, Prāṇāyāma and meditation is develop flexibility and elasticity of the body and perform the same in advance way.

**Objectives:**

After the completion of this course, the students shall be able to:

**Skills:**

Understand the classical Yogasanās and other components mentioned in various texts

Get to know about the practices for overall development

Bring out hidden talents through regular practices

Experience the benefits, limitations and key practices of Yoga

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

Perform the Yogasanās in advance way.

Perform different types of Prāṇāyāmas, meditations, Mudras.

**Course Specific Outcomes: (CSO)**

CSOI: Gaining knowledge for basic understanding of recitation of opening prayer and closing prayer.

CSOII: Students will be able to understand the information about mudra and their alignment.

CSOIII: Improve students knowledge about Asana.

CSOIV: Understanding basic yogic practical.

**Pedagogy:** Talk and by using white board and PPT and engaging students in practicing yoga to enhance their physical and mental stamina.

**Unit-1: Yogic suksma and sthulavyayama****1.1 Yogic suksmavyayama**

Netra shakti-vikasaka (for the eyes); Kapola shakti-var dhaka (for the cheeks); Karna shakti-var dhaka (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-mulashakti-vikasaka (for the fingers), Anguli- shakti-vikasaka (for the fingers), Vaksha-sthala shakti-vikasaka (for the chest) (1), Vaksha-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), Jangha shakti-vikasaka (for the thighs) , 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)

**Unit- 2: Surya namaskara**

**12 count suryanamaskara, Dynamic suryanamaskara, Perfection of each posture, Maintaining of each posture of Surya namaskara for at least one minute.**

### **Unit-3: Yogasana**

1	Vajra	11	Garudasana	21	Parsva Konasana
2	Simha	12	Vrishhasana	22	Navasana
3	Padamasana	13	Makarasana	23	Sarpasana
4	Manduka	14	Ushtrasana	24	Pavanmuktasana
5	Candra	15	Bhujangasana	25	Padahastasana
6	Hamsa	16	Matsyasana		
7	Gomukhasana	17	Vakarasana		
8	Veerasana	18	Viparita Karani		
9	Salabhasana	19	Trikonasana		
10	Utkatasana	20	ParivrttaTrikonasana		

- At the end of the semester students should able to perform all 25 Asana
- At the end of the semester students should able to able to maintain all 25 Asana up to 1 minute
- At the end of the semester students should able to give the instruction for all 25 asana
- At the end of the semester students should able maintain each asana of Suryanamaskara up to one minute.
- At the end of the semester students should able to able to maintain sit in Padmaasana up to 20 Minute.

### **Unit-4: Continuous evaluation by the Teachers**

#### **TEXT BOOKS**

Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980

Swami Dharendra Bhramhachari: YogasanaVijnana, Dharendra Yoga Publications, New Delhi, 1966

#### **BOOKS FOR REFERENCES**

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.

**Subject Code: BSYTP 203**

**Subject Name: Kriya & Pranayama Level - 1**

	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>	<b>Total</b>
<b>Credits</b>	0	0	2	<b>2 Credits</b>
<b>Number of Hours / week</b>	0	0	4	<b>4hrs/week</b>
<b>Total</b>	0	0	60	<b>60 hrs</b>

**Goals:**

1. Achieving a state of inner peace and tranquility.
2. Cultivating a deeper connection with oneself and the divine.
3. Harmonizing the body-mind-spirit connection.
4. Balancing the flow of prana within the energy channels (nadis).

**Objectives:**

1. Learn and practice various kriyas (cleansing techniques) such as Neti, Kapalabhati, and Trataka.
2. Develop proficiency in breath retention (Kumbhaka) and rhythmic breathing techniques.
3. Cultivate mindfulness and present-moment awareness during Kriya practice.
4. Master foundational pranayama techniques such as Ujjayi, Nadi Shodhana, and Bhastrika.
5. Understand the physiological effects of pranayama on the respiratory and nervous systems.

**Skills:**

1. Breath control and regulation.
2. Mental focus and concentration.
3. Body awareness and relaxation.
4. Breath awareness and observation.
5. Regulation and control of the breath

**Course Specific Outcomes (CSO)**

**CSO I:** Understand the concept and principles of Shatkarmas.

**CSO II:** Know and understand about breathing practice.

**CSOIII:** Have an understanding asbout the practices that help practitioners to lead to meditation.

**Unit-1: Shatkarma**

Vaman Dhauti, Gajakarni, Neti (Jalneti, Sutraneiti), Trataka (Jatru and Jyoti)Uddyan Bandha, Aganisara kriya, VātkramaKapālabhāti (500 stroke)

**Unit-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 + BahyaKumbhak) (1:4:2:2); Bhramari Pranayama

**Unit-3: Practices leading to meditation**

Pranav and Soham Japa; Yoga Nidra (1,2,3); Antarmauna; Ajapa Dharana (Stage 1, 2, 3)

**Unit- 4: Continuous evaluation by the Teachers**

**TEXT 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

**BOOKS FOR REFERENCES**

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 reasonance technique, Swami Vivekanand Yoga Prakashan, 2002, Bangaore.



**Subject Code: BSYTP 201**

**Subject Name: Village Training-1**

<b>Subject Code</b>	BSYTP 201
<b>Total Credits</b>	2
<b>Number of hours/week</b>	4hrs/week
<b>Total Number of Hours</b>	60 hrs

**Goal:**

The goal of the subject "Village Training" for Students is to provide students with firsthand experience and skills necessary to effectively integrate yoga therapy into rural settings, fostering holistic health and well-being among rural populations.

**Objectives:**

1. To immerse students in the cultural milieu of rural villages, allowing them to gain a deeper understanding of local traditions, lifestyles, and community dynamics.
2. To equip students with the knowledge and skills to adapt yoga therapy techniques to suit the specific needs and cultural contexts of rural populations.
3. To engage students in community-based yoga therapy sessions and outreach activities aimed at addressing the health needs of rural villagers.
4. To evaluate the effectiveness of village training programs in promoting health outcomes and well-being among rural populations, and to reflect on the lessons learned from the experience.

**Skills:**

1. Cultural Sensitivity: Developing an awareness and appreciation for the cultural diversity and traditions of rural communities.
2. Adaptability: Being able to modify and customize yoga therapy techniques to suit the accessibility, affordability, and cultural relevance of rural settings.
3. Communication: Effectively communicating with villagers and community stakeholders to understand their needs, build rapport, and facilitate community engagement.
4. Program Evaluation: Employing qualitative and quantitative methods to assess the impact and effectiveness of village training programs on health outcomes and community well-being.
5. Reflective Practice: Engaging in self-reflection and critical analysis to evaluate the successes, challenges, and areas for improvement in village training experiences.

**Course Specific Outcomes:**

1. Gain a comprehensive understanding of rural communities, including their cultural practices, socio-economic conditions, and health challenges.
2. Develop the ability to adapt yoga therapy techniques to meet the unique needs and cultural contexts of rural populations, enhancing accessibility and effectiveness.
3. Acquire practical skills in organizing and leading community-based yoga therapy sessions, including conducting health screenings, workshops, and outreach activities.
4. Evaluate the impact of village training programs on health outcomes and community well-being, and reflect on the lessons learned to inform future practice and interventions.

### **Unit 1: Cultural Immersion and Community Observation**

- Visit to a rural village to observe and immerse in the local culture, lifestyle, and traditions.
- Interaction with villagers to understand their daily routines, challenges, and aspirations.
- Observation of community dynamics, including social gatherings, agricultural practices, and local festivities.
- Reflection and discussion sessions to debrief on the cultural immersion experience and identify potential areas for yoga therapy interventions.

### **Unit 2: Yoga Therapy Adaptation for Rural Settings**

- Practical sessions on adapting yoga therapy techniques for rural populations, considering factors like accessibility, affordability, and cultural relevance.
- Demonstration and practice of yoga asanas, pranayama, and meditation suitable for individuals with diverse health conditions and physical abilities.
- Training on using locally available resources as props and tools for yoga therapy sessions in rural areas.
- Role-playing exercises to simulate real-life scenarios encountered during village training, such as conducting group sessions or providing individual consultations.

### **Unit 3: Community Engagement and Outreach**

- Organizing and leading community yoga therapy sessions in a rural village or community center.
- Conducting health screenings and assessments to identify common health issues and needs among villagers.
- Facilitating interactive workshops and awareness sessions on topics related to holistic health and well-being, such as nutrition, stress management, and self-care practices.
- Collaborating with local healthcare providers and community leaders to promote the integration of yoga therapy into existing healthcare services.

### **Unit 4: Program Evaluation and Reflection**

- Evaluation of the effectiveness and impact of village training programs on the health outcomes and well-being of rural populations.
- Data collection and analysis using qualitative and quantitative methods to assess changes in participants' health status, knowledge, and behavior.
- Reflection sessions to review and discuss the successes, challenges, and lessons learned from the village training experience.
- Development of action plans for ongoing engagement and sustainability of yoga therapy initiatives in rural communities.

**Subject Code: BSYTT 305**

**Subject Name: Methods of Teaching Yoga**

	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>	<b>Total</b>
<b>Credits</b>	2	1	0	<b>3 Credits</b>
<b>Number of Hours / week</b>	2	1	0	<b>3hrs/week</b>
<b>Total</b>	2	1	0	<b>45 hrs</b>

**Goal:**

To equip learners with practical skills and theoretical knowledge necessary to effectively instruct yoga classes, emphasizing safe and alignment-focused instruction while honoring the traditional principles and philosophy of yoga.

**Objectives:**

By the end of the course, students will be able to design and lead a yoga class incorporating appropriate warm-up, asanas (postures), pranayama (breathing exercises), relaxation techniques, and a closing meditation, demonstrating effective teaching skills, clear communication, and sensitivity to student needs and abilities.

**Skills:**

**Instructional Techniques:** Learning how to effectively demonstrate and verbalize yoga postures, alignment cues, and sequencing strategies to guide students through a safe and enriching practice.

**Communication Skills:** Enhancing verbal and non-verbal communication skills to articulate instructions clearly, offer constructive feedback, and cultivate a supportive class environment.

**Observation and Adjustment:** Developing the ability to observe students' alignment, body mechanics, and breath patterns, and provide appropriate adjustments and modifications to ensure safety and alignment.

**Class Planning and Sequencing:** Mastering the art of designing well-rounded and balanced yoga classes, incorporating diverse postures, breathing techniques, and relaxation methods tailored to the needs and abilities of students etc.

**Course Specific outcomes:**

CSO-I: Various dimensions of Yoga; teaching & learning abilities and Methods of teaching

CSO-II: Students should understand Study environment and classroom management, the tools & techniques needed and various methods of Yoga Teaching

CSO-III: Students should know how to access the learning outcomes through Formative and summative assessments.

CSO-IV: Models of lesson planning for various conceptual and practical lessons.

## **Pedagogy:**

**Foundational Knowledge:** Begin with theoretical lectures and readings to introduce students to the principles of yoga teaching, including alignment, sequencing, anatomy, physiology, and the philosophical underpinnings of yoga.

**Demonstration and Practice:** Incorporate practical demonstrations of teaching techniques, alignment cues, and sequencing strategies. Allow students to observe experienced instructors and practice teaching basic postures and sequences themselves.

**Experiential Learning:** Provide opportunities for experiential learning through hands-on workshops, partner exercises, and group activities. Encourage students to explore teaching methodologies through direct experience, reflection, and feedback.

### **Unit-1: Principles and methods of teaching yoga [15 hours]**

**Teaching and Learning:** Concepts of learning and teaching, Aim, Objectives 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; theory of Multiple Intelligence, Characteristics and essentials of good Yoga teaching; Role of Yoga Teachers and Teacher's training.

**Teaching Methods:** Techniques of group teaching; Meaning and scope of Teaching methods, Teaching Methods (lecture, demonstration, role modeling, research, assignment, collaboration, group discussion, camp, workshop, seminar, conferences, etc.) and factors influencing them.

### *Unit-2: Basics of yoga class arrangement and management [8 hours]*

**Yoga classroom Arrangement:** Essential features, Area, sitting arrangement in Yoga class etc.; **Class room problems:** Types and Solutions, **Timetable:** Need, Types, Principles of Time table construction; Time Table for Yoga teaching; **Organization of teaching** (Time Management, Discipline etc.); Use of teaching aids and technology in Yoga Teaching.

**Classroom Management:** Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of mass instructions; Techniques of Individualized teaching; Disciplines during class, attendance, handling difficult students, handling slow learners, handling intelligent students. Approach towards sick students.

### **Unit-3: Lesson planning in Yoga [12 hours]**

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

### *Unit-4: Assessments in Yoga learning [5 hours]*

**Various assessment Methods,** Formatting and Summative assessment; their purpose, objectives and Procedures.

## TEXT 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.

## BOOKS FOR REFERENCE

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

**Subject Code: BSYTP 301**

**Subject Name: Advance Techniques**

	Theory	Tutorial	Practical	Total
<b>Credits</b>	2	1	0	<b>3 Credits</b>
<b>Number of Hours / week</b>	2	1	0	<b>3hrs/week</b>
<b>Total</b>	2	1	0	<b>45 hrs</b>

**Goal :**

**To enable practitioners to deepen their meditation practice, cultivate higher states of consciousness, and explore advanced methods for self-awareness and spiritual growth.**

**Objectives:**

- **Mastery of Advanced Meditation Methods:** Develop proficiency in advanced meditation techniques, such as Cyclic Meditation, PET, MSRT, MEMT, MIRT etc.
- **Enhanced Mindfulness and Concentration:** Cultivate heightened mindfulness and concentration skills through advanced meditation practices, enabling greater focus, clarity, and present-moment awareness.
- **Integration of Meditation into Daily Life:** Integrate advanced meditation practices into daily life activities, promoting mindfulness, compassion, and conscious living in various contexts and situations.

**Skills :**

**Emotional Regulation:** Advanced meditation practices facilitate the development of emotional resilience, enabling practitioners to respond to challenging emotions with equanimity and balance.

Self-awareness: Through advanced meditation, individuals deepen their understanding of themselves, gaining insight into their thoughts, emotions, and habitual patterns of behavior.

Expanded Consciousness: Practitioners may experience states of expanded consciousness, transcending ordinary awareness and accessing deeper layers of the mind.

**Course specific outcomes:**

CSO I : Mastery of Advanced Meditation Methods: Students will demonstrate proficiency in various advanced meditation techniques.

CSO II : Stress Reduction and Emotional Regulation: Learners will acquire skills to effectively manage stress, anxiety, and negative emotions through advanced meditation techniques, promoting emotional balance, resilience, and well-being.

CSO III : Personal Transformation: Students will undergo personal transformation and inner growth as a result of advanced meditation practices, empowering them to transcend limitations, awaken dormant potentials, and live with greater authenticity and purpose.

**Pedagogy:**

Theoretical Foundation: Begin with theoretical sessions to provide students with a comprehensive understanding of the principles, concepts, and philosophical underpinnings of advanced meditation techniques.

Guided Practice: Facilitate guided practice sessions where students can engage in advanced meditation techniques under the guidance of an experienced instructor. Provide clear instructions, cues, and support to help students navigate the practice and deepen their experience.

**Unit-1: Introduction to advanced techniques:**

- i. Meditation, advancement in Meditation, Concept of Panchakosha
- ii. Advanced techniques, personality development, concept of Vyasti and Samasti
- iii. Relaxation, Awareness, Expansion of awareness.

**Unit-2: Cyclic meditation**

- i. Introduction to Cyclic Meditation.
- ii. IRT, in different positions and for different disease conditions, gaining control to tighten a specific part without contracting the surrounding muscles, Practicing on their own 10 times in one day.
- iii. Incidences from daily life where we experience Pointed awareness, Linear awareness, surface awareness, 3D awareness and all-pervasive awareness.
- iv. Centering, ArdhakatiCakrasana, Group synchronization, awareness.
- v. QRT Physical, Emotional, mental awareness and expansion.

- vi. Vajrasana, shashankasana and ustrasana with awareness.
- vii. DRT with awareness at Physical, pranic, mental, intellectual and spiritual levels.
- viii. Stimulations and relaxations, recognizing the tightness and let go, relaxation deeper than stimulation. Observation of blood flow, nerve impulses, 3<sup>rd</sup> awareness, sound resonance and mental, emotional, intellectual, spiritual stimulations and let go.
- ix. Worksheet writing and correction.
- x. Class taking by students and correction. Experience writing.

### **Unit-3: PranicEnergisation Technique:**

- i. Prana, types of Pranas, UpaPranas, PranicEnergisation Technique
- ii. Practice Breath awareness at tip of the nose , complete breath awareness and deep abdominal breathing. Awareness practice of pulse,Heart beat, synchronization of pulse with heart beat, nerve impulses, nerve impulses with different mudras, Vyana, Vyana in between hands, Vyana at different parts of the body. Moving prana along right side, left side, both sides. Understanding Vyasti and Samasti and practicing to feel Vyasti and Samasti. Choosing the right Sankalpa. Complete PET practice.
- iii. Worksheet writing and correction.
- iv. Class taking by students and correction. Experience writing.

### **Unit-4: a. Mind Sound Resonance Technique:**

- i. Mind, Sound and resonance.
- ii. Practicing to tune to natural frequency to get resonance
- iii. Chanting of any mantra in three ways Loud voice, low voice and inside the mind and feeling vibrations.
- iv. Chanting practice of Om, M, U, A and A-U-M.Feel air moving from nose tip to the tip of the toes. Chanting practice (ahata and ahata followed by anahata) of Om , M, U, A and A-U-M with feeling vibrations and practicing to feel the vibrations from the top of the head to the tip of the toes.
- v. Triambaka Mantra , Full Practice, Writing the Worksheet, Practice by the students, Writing experiences.

### **b. Mind Imagery Technique**

**Pedagogy-Mind mapping; Talk with PPT; Practicing with computerized pictures; Practice with instructions; experience and understand.**

**Ref: Page No: 153 of Yoga for Cancer by Dr.Nagaratna R and Dr. Nagendra H R**

- i. Introduction to the technique
- ii. Where does this work?
- iii. How to reach deeper layers of silence?
- iv. How Focusing followed by defocusing helps to go deeper?
- v. Observation of Neutral and Active imageries or thoughts.
- vi. Observing OM/God/Sun/Yantra in increasing and decreasing size.
- vii. Visualizing OM/God/Sun/Yantra in increasing and Decreasing Size.
- viii. Observing OM/God/Sun/Yantra flickering with uniform speed.
- ix. Observing OM/ God/ Sun/ Yantra flickering with increasing and decreasing speed.
- x. Observing powerful rays burning unwanted cells.
- xi. Visualizing powerful rays burning unwanted cells.
- xii. Observing soothing rays energizing all cells.
- xiii. Visualizing soothing rays energizing all cells.
- xiv. Full Practice.
- xv. Practice was given by the students.

**C: Mastering Emotions Technique:**

**Pedagogy-Mind mapping; Talk with PPT; Practice with instructions; experience and understand.**

**References: : Page No: 169 of Yoga For Cancer by Dr.Nagaratna R and Dr. Nagendra H R**

- i. Thinking and feeling of emotion.
- ii. Types of emotions as softer, stronger, positive and negative.
- iii. Invoking, intensifying and diffusing the emotions
- iv. Pairs of opposites at the physical and emotional levels.
- v. Silence and Sankalpa.
- vi. Full practice.
- vii. The practice was given by the students.

**Unit - 5: VijñānaSādhanaKauçala:**

**Pedagogy-Talk with PPT; Practice with instructions; experience and understand. Students will be asked to experiment with Happiness analysis.**

**Reference: Page No: 188 of Yoga for Cancer by Dr. Nagarathna R and Dr. Nagendra H R**

- i. Explaining about VijñānamayaKoşa.
- ii. Happiness analysis.



- iii. Fear analysis.
- iv. Tamas, Rajas, Sattwa, and Gunātita.
- v. Çreyas and Preyas.
- vi. Recollect the incidences of highest happiness and also incidences of highest fear.
- vii. Analyse each incident of happiness and fear analysis and write.
- viii. List Çreyasactivities and Preyas activities in your present life.
- ix. Practicing to move from Sreyas to Preyas.
- x. List of Tāmasic, Rājasic and Sātvic activities.
- xi. Practicing to move from Tamas to Rajas to Sattva to Gunātita.
- xii. Full practice.
- xiii. Practice will be given by the students.

**Unit- 6 :Ānanda Amrita Sinchana:**

**Pedagogy- Talk with PPT; Practice with instructions; Observe the mind.**

**Reference: Page No: 202 of Yoga for Cancer by Dr. Nagarathna R and Dr.Nagendra H R**

- i. Importance of pairs of opposites.
- ii. List different pairs of opposites that occur in life.
- iii. Practice to experience them as pairs and observe the changes in the personality.
- iv. List out incidences when bliss is experienced in the activity.
- v. List out incidences when bliss is experienced in non-activity.
- vi. List of varieties of people, varieties of places, varieties of incidences and practice to maintain the bliss in all circumstances.
- vii. Carefully observe and start to do every activity with bliss.
- viii. Allow love and bliss to spread all around.
- ix. Full practice.
- x. Practice will be given by students.
- xi. Experience writing.

**Reference Books:**

- 1. Yoga for Cancer by Dr. Nagarathna R and Dr. Nagendra H R.
- 2. TaittiriyaUpaniñad– Brahmānanda Valli
- 3. Wisdom from Upaniñad. Patheya Series. Vivekananda Kendra Publication.
- 4. Patañjali Yoga Sutrās – Dr H R Nagendra, SVYP

**Subject Code: BSYTP 303**

**Subject Name: Yoga Asana Practice Level -3**

	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>	<b>Total</b>
<b>Credits</b>	0	0	2	<b>2 Credits</b>
<b>Number of Hours / week</b>	0	0	4	<b>4hrs/week</b>
<b>Total</b>	0	0	60	<b>60 hrs</b>

**Aim:**

To cultivate physical health, flexibility, and strength while fostering mental clarity, emotional balance, and spiritual well-being through the harmonization of body, breath, and mind.

**Objectives:**

The objectives of practicing yoga asanas include enhancing physical health, improving flexibility, strength, and balance, reducing stress, promoting relaxation, and fostering mental clarity and emotional well-being.

**Skills:**

Practicing yoga asanas can develop various skills, including improved flexibility, strength, balance, and coordination.

It also cultivates mindfulness, body awareness, breath control, and stress management techniques, fostering overall physical and mental well-being.

**Course specific Outcomes:**

**CSO-1.** Have a in depth understanding about Surya namaskara and their variations.

**CSO-2.** To achieve more flexibility and sustainability while performing postures.

**CSO-3.** Understand the concept and principles of Shatkarmas.

**CSO-4.** Know and understand about breathing practice.

**Pedagogy:**

**Unit 1: Surya Namaskar:**

- At the end of the semester students should able maintains each asana of Surya Namaskar up to two minute.

**Unit 2: Asana**

	<b>III</b>				
1	Siddhasana	11	Virabhadra II	21	PaarsvaDhanurasana
2	Bhadrasana	12	Halasana	22	Supatakonaasana
3	Markatasana	13	Sarvangasana	23	Nokasana
4	Matsyendra	14	Sirsasana	24	Uttanamanduka

5	Pascimatana	15	AkarnaDhanurasana	25	Prasaritapadahasthasana
6	Cakrasana	16	Padma Sarvangasana		
7	Dhanurasana	17	Bhunaman asana		
8	Padma Mayurasana	18	SalambhaSalabhasana		
9	Supta Vajarasana	19	Karna Pidhasana		
10	Virabhadra I	20	Setubandhasana		

- At the end of the semester students should able to perform all 25 Asana
- At the end of the semester students should able to able to maintain all 25 Asana up to 1 minute
- At the end of the semester students should able to give the instruction for all 25 asana
- At the end of the semester students should able to able to maintain sit in Padmaasana up to 30 Minute.

### Unit- 3: Continuous evaluation by the Teachers

*Text Book:*

**1.Himalaya, Swami Vivekananda Yoga Prakasana, Bangalore,2000**

2. Swami Satyananda Saraswati, Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Mungher, Bihar, India.

#### Reference Books:

1. Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Band (Yoga Publications Trust, Munger, Bihar, India).

2. Swami Muktibodhananda Saraswati: Hatha Yoga Pradeepika, Yoga Publications Trust (Munger, Bihar, India) .

**Subject Code: BSYTP 304**

**Subject Name: Kriya and Pranayama Level -2**

	Theory	Tutorial	Practical	Total
<b>Credits</b>	0	0	2	<b>2 Credits</b>
<b>Number of Hours / week</b>	0	0	4	<b>4hrs/week</b>
<b>Total</b>	0	0	60	<b>60 hrs</b>

**Aim:**To cultivate physical, mental, and spiritual well-being by harnessing the power of breath, energy, and movement.

**Objectives :**

1. Understand the philosophical and spiritual principles underlying Kriya Yoga.
2. Integrate Kriya techniques into daily life for holistic well-being and self-transformation.
3. Practice pranayama with proper technique, timing, and breath ratios.
4. Cultivate sensitivity to subtle energy movements and sensations during pranayama practice.
5. Apply pranayama techniques as part of a comprehensive yoga practice to promote physical, mental, and spiritual well-being.

**Skill:**

1. Visualization and imagery techniques.
2. Self-discipline and self-awareness.
3. Enhancing lung capacity and efficiency.
4. Channeling and directing prana (life force energy).
5. Relaxation and stress management through breathwork.

**Course Specific Outcomes:**

**CSO I: Improved Respiratory Function:** Enhance respiratory capacity, efficiency, and control through Pranayama practices, leading to increased lung capacity, better oxygenation of the blood, and improved overall respiratory health.

**CSO II: Stress Reduction and Relaxation:** Develop skills to manage stress, anxiety, and tension through Kriya and Pranayama practices, promoting relaxation, calmness, and emotional balance.

**CSO III: Enhanced Energy Flow:** Balance and harmonize the flow of vital energy (Prana) within the body through Kriya techniques, clearing energy blockages and revitalizing the body-mind system.

**CSO IV: Increased Mental Clarity:** Cultivate mental clarity, focus, and concentration through Pranayama practices, leading to improved cognitive function, memory, and mental acuity.

**Pedagogy:**

**Foundational Understanding:** Begin by providing students with a comprehensive understanding of the principles, benefits, and techniques of Kriya and Asana practices. Cover the theoretical aspects of yoga philosophy, anatomy, and energetics relevant to Kriya and Asana practice.

**Demonstration and Explanation:** Demonstrate Kriya and Asana techniques to students, emphasizing proper alignment, breath coordination, and mindful movement. Provide clear explanations of each technique, breaking down complex movements into manageable steps.

**Guided Practice:** Lead students through guided practice sessions where they can experience Kriya and Asana techniques firsthand. Offer verbal cues, adjustments, and modifications to support students of different levels and abilities in their practice.

**Experiential Learning:** Incorporate experiential learning activities to deepen students' understanding and embodiment of Kriya and Asana practices. Lead meditation sessions, breathwork exercises, and mindfulness practices to complement physical practice and cultivate inner awareness.

**Safety and Alignment:** Emphasize safety and proper alignment principles in Kriya and Asana practice to prevent injury and promote physical well-being. Provide modifications and variations to accommodate different body types, injuries, and limitations.

**Breath Awareness and Control:** Integrate breath awareness and control techniques (Pranayama) into Kriya and Asana practice, emphasizing the importance of synchronizing movement with breath and cultivating a deep connection to the breath.

### **Unit1: Kriyās**

- i Dhauti : Danda Dhauti
- ii Nauli : Madhyam Nauli, VāmaNauli, Dakṣiṇa Nauli
- iii Kapālabhāti : VātkramaKapālabhāti and VyutakarmaKapālabhāti
- v Çaikhaprakṇāḷana:Laghu Çaikhaprakṇāḷana.

### **Unit- 2 : Pranayama**

Surya bhedana, Ujjai, Shitali, Shitakari, Bhastrika, Bhramari.

All pranayama should be done without kumbhaka.

### **Unit- 3: Continuous evaluation by the Teachers**

*Text Book:*

**1.Himalaya, Swami Vivekananda Yoga Prakasana, Bangalore, 2000**

2. Swami Satyananda Saraswati, Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Munger, Bihar, India.

### **Reference Books:**

1. Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha (Yoga Publications Trust, Munger, Bihar, India).

2. Swami Muktibodhananda Saraswati : Hatha Yoga Pradeepika, Yoga Publications Trust (Munger, Bihar, India) .

**Subject Code: BSYTP 401**

**Subject Name: Kriya & Pranayama Level- 3**

	Theory	Tutorial	Practical	Total
<b>Credits</b>	0	0	2	<b>2Credits</b>
<b>Number of Hours / week</b>	4	0	4	<b>4hrs/week</b>
<b>Total</b>	4	0	0	<b>45 hrs</b>

**Aim:**To cultivate physical, mental, and spiritual well-being by harnessing the power of breath, energy, and movement.

**Objectives :**

1. Understand the philosophical and spiritual principles underlying Kriya Yoga.
2. Integrate Kriya techniques into daily life for holistic well-being and self-transformation.
3. Practice pranayama with proper technique, timing, and breath ratios.
4. Cultivate sensitivity to subtle energy movements and sensations during pranayama practice.
5. Apply pranayama techniques as part of a comprehensive yoga practice to promote physical, mental, and spiritual well-being.

**Skill:**

1. Visualization and imagery techniques.
2. Self-discipline and self-awareness.
3. Enhancing lung capacity and efficiency.
4. Channeling and directing prana (life force energy).
5. Relaxation and stress management through breathwork.

**Course Specific Outcomes:**

**CSO I:** Improved Respiratory Function: Enhance respiratory capacity, efficiency, and control through Pranayama practices, leading to increased lung capacity, better oxygenation of the blood, and improved overall respiratory health.

**CSO II:** Stress Reduction and Relaxation: Develop skills to manage stress, anxiety, and tension through Kriya and Pranayama practices, promoting relaxation, calmness, and emotional balance.

**CSO III:** Enhanced Energy Flow: Balance and harmonize the flow of vital energy (Prana) within the body through Kriya techniques, clearing energy blockages and revitalizing the body-mind system.

**CSO IV: Increased Mental Clarity:** Cultivate mental clarity, focus, and concentration through Pranayama practices, leading to improved cognitive function, memory, and mental acuity.

**Pedagogy:**

**Foundational Understanding:** Begin by providing students with a comprehensive understanding of the principles, benefits, and techniques of Kriya and Asana practices. Cover the theoretical aspects of yoga philosophy, anatomy, and energetics relevant to Kriya and Asana practice.

**Demonstration and Explanation:** Demonstrate Kriya and Asana techniques to students, emphasizing proper alignment, breath coordination, and mindful movement. Provide clear explanations of each technique, breaking down complex movements into manageable steps.

**Guided Practice:** Lead students through guided practice sessions where they can experience Kriya and Asana techniques firsthand. Offer verbal cues, adjustments, and modifications to support students of different levels and abilities in their practice.

**Experiential Learning:** Incorporate experiential learning activities to deepen students' understanding and embodiment of Kriya and Asana practices. Lead meditation sessions, breathwork exercises, and mindfulness practices to complement physical practice and cultivate inner awareness.

**Safety and Alignment:** Emphasize safety and proper alignment principles in Kriya and Asana practice to prevent injury and promote physical well-being. Provide modifications and variations to accommodate different body types, injuries, and limitations.

**Breath Awareness and Control:** Integrate breath awareness and control techniques (Pranayama) into Kriya and Asana practice, emphasizing the importance of synchronizing movement with breath and cultivating a deep connection to the breath.

**Unit1: Kriyās**

- i Dhauti : Danda Dhauti
- ii Nauli : Madhyam Nauli, VāmaNauli, Dakṣiṇa Nauli
- iii Kapālabhāti : VātkramaKapālabhāti and VyutakarmaKapālabhāti
- v Ćaikhaprakṣāḷana:Laghu Ćaikhaprakṣāḷana.

**Unit- 2 : Pranayama**

Surya bhedana, Ujjai, Shitali, Shitakari, Bhastrika, Bhramari.

All pranayama should be done without kumbhaka.

**Unit- 3: Continuous evaluation by the Teachers**

*Text Book:*

**1.Himalaya, Swami Vivekananda Yoga Prakasana, Bangalore, 2000**

2. Swami Satyananda Saraswati, Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Munger, Bihar, India.

**Reference Books:**

1. Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha (Yoga Publications Trust, Munger, Bihar, India).

2. Swami Muktibodhananda Saraswati : Hatha Yoga Pradeepika, Yoga Publications Trust (Munger, Bihar, India) .

**Subject Code: BSYTP 403**

**Subject Name: Teaching training in PDC**

	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>	<b>Total</b>
<b>Credits</b>	0	0	2	<b>2 Credits</b>
<b>Number of Hours / week</b>	0	0	4	<b>4hrs/week</b>
<b>Total</b>	0	0	60	<b>60 hrs</b>

During this period all students will undergo their training in Personality development camps for children for a period of one month. Following this training and their involvement with the training, each candidate will be assessed based on their regularity, skills, fluency, feedback of the students and the coordinator.

**Note:** Please note that during this time each student is expected to write a report on their personality development camp and submit the same to course coordinator.

Report will be written based on the standard format used at S-VYASA.

Each candidate will be allowed to speak for half an hour and present their PDC report work and examined.



**Subject Code: BSYTP 404**

**Subject Name: Management Training in PDC**

	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>	<b>Total</b>
<b>Credits</b>	0	0	2	<b>2 Credits</b>
<b>Number of Hours / week</b>	0	0	4	<b>4hrs/week</b>
<b>Total</b>	0	0	60	<b>60 hrs</b>

During this period all students will undergo their training in Personality development camps for children for a period of one month. Following this training and their involvement with the training, each candidate will be assessed based on their regularity, skills, fluency, feedback of the students and the coordinator.

**Note: Please note that during this time each student is expected to write a report on their personality development camp and submit the same to course coordinator.**

**Report will be written based on the standard format used at S-VYASA.**

**Each candidate will be allowed to speak for half an hour and present their PDC report work and examined.**

**Subject Code: BSYTP 405**

**Subject Name: Administration Training in PDC**

	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>	<b>Total</b>
<b>Credits</b>	0	0	2	<b>2 Credits</b>
<b>Number of Hours / week</b>	0	0	4	<b>4hrs/week</b>
<b>Total</b>	0	0	60	<b>60 hrs</b>

During this period all students will undergo their training in Personality development camps for children for a period of one month. Following this training and their involvement with the training, each candidate will be assessed based on their regularity, skills, fluency, feedback of the students and the coordinator.

**Note: Please note that during this time each student is expected to write a report on their personality development camp and submit the same to course coordinator.**

**Report will be written based on the standard format used at S-VYASA.**

**Each candidate will be allowed to speak for half an hour and present their PDC report work and examined.**

**Subject Code: BSYTT502**

**Subject Name: Yoga Therapy for Common Ailments**

Subject Code:	BSYTT502
Total Credits	3 Credits
Number of Hours/week	3hrs/week
Total Number of Hours	45 hrs

### **Goal and Objectives**

#### **Goal**

The goal of the subject is to make students familiar with the common disorders that are influencing the maximum population. And to make them capable of addressing the common ailments to alleviate symptoms and promote recovery.

#### **Objectives :**

The student shall be able to

- Well acquainted with the different common ailments.
- Give Yoga Therapy for the diagnosed ailment.
- Promote healing
- Prevent the complications.

#### **Skills:**

After the completion of this subject, the students shall be able to:

- It will enhance health literacy.
- Recognise symptoms
- Self-care
- Empathy and Support
- Health Advocacy

### **Course Specific Outcomes**

**CSO I:** teaching the root of ailment according to scripture

**CSO II:** provide knowledge and skills related to the field of oncology.

**CSO III:** provide knowledge and skills related to the field of respiratory and cardiovascular disorders.

**CSO IV:** provide knowledge and skills related to the field of psychiatric disorders.

### **Unit -1: Introduction to common ailments**

- i. Introduction to stress and stress-related disorders
- ii. Introduction to Yoga therapy – AdhijaVyadhi concept, IAYT

### **Unit-2: Cancer**

#### **a) Cancer**

- a. Causes, types, clinical features,
- b. Side effects of Chemotherapy, radiotherapy
- c. Medical and Yogic management

#### **b) Neurological Disorders**

- c) Headaches
  - a. Migraine
    - i. Causes, Classification, clinical features
    - ii. Medical and Yogic management
  - b. Tension headache
    - i. Causes and its symptoms
    - ii. Medical and Yogic management
- d) Cerebro vascular accidents
  - a. Causes, clinical features
  - b. Medical and Yogic management
- e) Epilepsy; pain; Autonomic dysfunctions
  - a. Causes, clinical features
  - b. Medical and Yogic management
- f) Parkinson's disease
  - a. Causes, clinical features
  - b. Medical and Yogic management
  - c.

### **Unit -3: a) Respiratory Disorders**

- i. Introduction to Respiratory disorders
  - a. Brief classification – Obstructive / Restrictive, infectious,
- ii. Bronchial Asthma
  - a. Definition, Etiopathogenesis, Classification, Clinical Features,
  - b. Medical and Yogic Management
- iii. Allergic Rhinitis & Sinusitis
  - a. Definition, Etiopathogenesis, Classification, Clinical Features,

- b. Medical and Yogic Management
- iv. COPD
  - a. Chronic Bronchitis
    - i. Definition, Etiopathogenesis, Classification, Clinical Features,
    - ii. Medical and Yogic Management
  - b. Emphysema
    - i. Definition, , Classification, Clinical Features,
    - ii. Medical and Yogic Management
- v. Infectious Disorders
  - a. Tuberculosis
    - i. Definition, Etiopathogenesis, Classification, Clinical Features,
    - ii. Medical and Yogic Management

#### **b) Cardiovascular Disorders**

- i. Introduction to Cardiovascular disorders
- ii. Hypertension
  - a. Definition, Etiopathogenesis, Classification, Clinical Features
  - b. Medical and Yogic management
- iii. Atherosclerosis / Coronary artery disease
  - a. Definition, Etiopathogenesis, Classification, Clinical Features
  - b. Medical and Yogic management
- iv. Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehab
  - a. Definition, Etiopathogenesis, Classification, Clinical Features
  - b. Medical and Yogic management
- v. Congestive Cardiac failure
  - a. Definition, Etiopathogenesis, Classification, Clinical Features
  - b. Medical and Yogic management
- vi. Cardiac asthma
  - a. Definition, Etiopathogenesis, Classification, Clinical Features
  - b. Medical and Yogic management

#### **Unit- 4 : Psychiatric disorders**

- i. Introduction to psychiatric disorders, classification – Neurosis, Psychosis
- ii. Neurosis
  - a. Anxiety disorders
    - i. Generalised anxiety disorder
    - ii. Panic Anxiety
    - iii. Obsessive Compulsive Disorder
    - iv. Phobias
    - v. Medical and Yogic management
  - b. Depression
    - i. Dysthymia
    - ii. Major depression
    - iii. Medical and Yogic management
- iii. Psychosis
  - a. Schizophrenia

b. Bipolar affective disorder

Medical and Yogic management

**Pedagogy: (Talk with PPT; Students will develop oral communication skills in Sanskrit)**

1. Uses of basic parameters to verify ailments.
2. Understanding the Common Ailments:
3. Incorporating Research and Evidence:

**Recommended Texts:**

1. IAYT series- SVYASA publications
2. Yoga for common ailments, Dr. H.R. Nagendra

**Subject Name: Introduction to AYUSH**

	Theory	Tutorial	Practical	Total
<b>Credits</b>	0	0	2	<b>2 Credits</b>
<b>Number of Hours / week</b>	0	0	4	<b>4hrs/week</b>
<b>Total</b>	0	0	60	<b>60 hrs</b>

**Goal**

The goal of the course "Introduction to Ayush System" is to provide students with a comprehensive understanding of the Ayurveda, Yoga, Unani, Siddha, and Homeopathy (AYUSH) systems of traditional medicine practiced in India.

**Objectives**

The student shall be able to

- Learn principles of Ayurveda, Yoga, Unani, Siddha, and Homeopathy.
- Explore AYUSH system's history and cultural significance.
- Identify diagnostic techniques in Ayurveda, Unani, Siddha, and Homeopathy.
- Familiarize with diverse treatment methods in each AYUSH system.

**Skill**

- Deep understanding of Ayurveda, Yoga, Unani, Siddha, and Homeopathy.
- Critical analysis of diagnostic and treatment methods.
- Cultural competence and respect for diverse traditions.

- Knowledge of integrating AYUSH with conventional medicine.
- Ability to evaluate evidence for AYUSH interventions.

### **Course Specific Outcomes:**

CSOI: Understand the concept of body, health, and disease from a yogic perspective.

CSOII: Explain the fundamental principles of Naturopathy and its emphasis on the body's inherent ability to heal itself.

CSOIII: Describe the role and significance of Dosha, Dhatu, Mala, Upadhatu, Srotas, Indriya, Agni, Prana, Pranayatna, Prakriti, Deha Prakriti, and Manasa Prakriti in Ayurvedic diagnosis and treatment.

CSOIV: Explain the concepts of Dinacharya (daily routine), Ritucharya (seasonal routine), Svasthavritta (personal hygiene), and Sadvritta (moral conduct) in maintaining health according to Ayurveda.

CSOV: Discuss the historical background and development of Unani and Siddha systems of medicine.

### **Unit 1: Yoga and Health and Integrated Approach of Yoga Therapy**

- I. Concept of body, Health and disease.
- II. Concept of Yoga Ādhi and Vyādhi.
- III. Principle of Yoga Therapy in relation to Yoga Vāsīñōha
  - a) Practices at PaīcaKōṣas level Annamaya, Prāīamaya,
- IV. Manomaya, Vijiānamaya and Ānandamayakoṣas.
  - b) Principle of Yoga Therapy in relation to HaōhaRatnāvali and GheraēōaSamhitā

### **Unit 2: Introduction to Basic concepts of Naturopathy**

- History of Naturopathy.
- Principles of Naturopathy.
- Concept of five elements and its applications.

### **Unit 3: Introduction to Basic concepts of Āyurveda**

- The four aspects of life (Soul, Mind, Senses and Body)
- Paīcamahābhūtas (the five element theory),
- Āhāra, Vihāra and Auñadhi (three pillars of Āyurveda)
- Concept, role and importance of – Doña, Dhātu, Mala,
- Updhātu, Srotas, Indriya, Agni, Prāēa, Prāēāyatna, Prakāti, Deha Prakāti, MānasaPrakāti.
- Role of Dosa, Dhatu and Mala in health and diseasesConcept of Dinacaryā (daily routine), concept of Ātucaryā (seasonal routine), Svasthavātta and Ņaōvātta in Āyurveda.
- Concept of TrayoUpasthambās.

### **Unit 4: Introduction to Basic concepts of Unāné& Siddha**

- History of Unāné& Siddha.

- Concept of Unāné& Siddha.
- Principles of Unāné& Siddha

#### **Unit 5: Introduction to Basic concepts of Homeopathy**

- History of Homeopathy.
- Concept of Homeopathy.
- Principles of Homeopathy.

#### **Peadagogy :**

- Engage students with discussions and real-life examples.
- Use case studies for application of AYUSH principles.
- Invite AYUSH professionals for insights.
- Assign collaborative research projects.
- Show techniques and tools used in AYUSH practices.
- Arrange visits to AYUSH clinics or hospitals.
- Supplement with digital resources and multimedia.

#### **Text Books:**

Dr R Nagarathaand : Yoga and Health

Dr H R Nagendra (Swami Vivekananda Yoga Prakashana, 2000)

Dash, V.B. : Ayurvedic Treatment for Common Diseases Delhi Diary, 1974.

**Subject Code: BSYTT 504**

**Subject Name: Yogic Diet and Nutrition**

	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>	<b>Total</b>
<b>Credits</b>	2	1	0	<b>3 Credits</b>
<b>Number of Hours / week</b>	2	1	0	<b>3hrs/week</b>
<b>Total</b>	2	1	0	<b>45 hrs</b>

#### **Goal**

The goal of the course is to provide students with a comprehensive understanding of yogic dietary principles, food classifications, biochemical significance, and nutrition basics, enabling them to apply this knowledge to enhance Yog Sadhana (Yoga Practice) and promote healthy living.

## Objectives

**Understand Yogic Dietary Principles:** Grasp the fundamental concepts of Ahara (diet) and Mitahara as outlined in traditional yoga texts.

**Analyze Food Classifications:** Analyze the classification of foods according to trigunas, panchabhutas, and other yogic parameters.

**Evaluate Food Characteristics:** Evaluate the relationships between different foods based on their taste, potency, quality, and post-digestive effect.

**Understand Biochemical Significance:** Understand the biochemical significance of carbohydrates, proteins, lipids, vitamins, minerals, and water in the body.

**Grasp Nutrition Basics:** Understand the concept of nutrients, proximate principles of diet, and the importance of a balanced diet.

## Skills

**Understanding Yogic Dietary Principles:** Ability to comprehend and apply fundamental concepts of Ahara and Mitahara from traditional yoga texts.

**Analytical Food Classification:** Skill in analyzing food classifications based on trigunas, panchabhutas, and other yogic parameters.

**Biochemical Significance Awareness:** Understanding the biochemical significance of essential nutrients like carbohydrates, proteins, lipids, vitamins, minerals, and water in the body.

**Nutrition Evaluation:** Capacity to evaluate nutritional values and make informed food choices for optimal health.

**Application of Knowledge:** Skill in applying yogic dietary principles to enhance Yog Sadhana (Yoga Practice) and promote holistic well-being.

## Course Specific Outcomes

CSO I: Understand Yogic Dietary Principles.

CSO II: Analyze Food Classifications in Yoga.

CSO III: Recognize Biochemical Significance of Nutrients.

CSO IV: Evaluate Nutritional Values for Optimal Health.

CSO V: Apply Yogic Principles to Enhance Well-being.

## Unit – 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

### **Unit –2: Dietetics in yoga**

Classification according to triguna- vegetarian vs non-vegetarian, panchabhuta; relationships, rasavirya, 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.

### **Unit-3: Bio molecules**

Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body.

### **Unit-4: Nutrition-basics**

Nutrients, proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats –sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins –sources, roles, requirements

### **Pedagogy**

Interactive Lectures: Engage students through interactive lectures discussing yogic dietary principles and food classifications.

Case Studies and Discussions: Utilize case studies and group discussions to explore the biochemical significance of nutrients and evaluate nutritional values.

Practical Application: Incorporate practical exercises where students apply yogic principles to make informed food choices and enhance well-being.

### **TEXT BOOKS:**

1. Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
2. Stanley Davidson & others : Human Nutrition & Dietetics, The English Language Book Society & Churchill Livingstone, Revised Edition
3. Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001
4. Randolph Stone : A Purifying Diet, Lilawati Bhargava Charitable Trust, Delhi, Revised Edition

### **REFERENCE BOOKS**

1. Swami Digambar Ji & Others: Gheranda Samhita, Lonavala Institute, 1978
2. Gharote M L & others : Hatha Pradipika, The Lonavala Yoga Institute, Lonavala, 2006
3. Swami Mangalteertham : Synthetic approach to Diet & Nutrition, Deogarh Nutan

**Subject Code: BSYTT 505**

**Subject Name: Yogic Counseling**

	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>	<b>Total</b>
<b>Credits</b>	2	1	0	<b>3 Credits</b>
<b>Number of Hours / week</b>	2	1	0	<b>3hrs/week</b>
<b>Total</b>	2	1	0	<b>45 hrs</b>

### **Goal**

The goal of the course is to explore diverse philosophical and psychological perspectives, from ancient scriptures to modern psychology, to understand the nature of mind, emotional assessments, and psychological counseling techniques.

### **Objectives**

- Understand the nature and working mode of the mind.
- Explore modern perspectives of the mind and psychology.
- Study Patanjali Sutras to comprehend modifications, platforms, obstacles, and methods to overcome them.
- Analyze Bhagavad Gita's Triguna module for emotional assessments and corrections.
- Examine Upanishad concepts of human existence, including Panchakosha and states of consciousness.
- Explore Yoga Vasistha's teachings on dispassion, Adhi-Vyadhi concept, and Saptabhumi.
- Familiarize with modern approaches to psychological counseling.

### **Skills**

- Enhanced understanding of the mind's nature and functioning.
- Ability to analyze and apply ancient philosophical concepts in modern contexts.
- Proficiency in assessing and addressing emotional states using Bhagavad Gita's Triguna module.
- Insight into human existence through Upanishadic concepts like Panchakosha and states of consciousness.
- Developed critical thinking and problem-solving skills in navigating complex psychological concepts.
- Competence in integrating traditional wisdom with modern psychological counseling approaches.

### **Course specific outcome:**

- CSO I : Self analysis of student
- CSO II: Ability to understand the behavioral pattern of the person from the perspective of ancient (Adhyatma) viewpoint
- CSO III: Suitable remedial measures to come out of the problems by employing easy techniques from scriptures such as Gita and Upanishads

### **Unit 1 Mind reading, Mind mapping**

- Nature of Mind
- Working mode of mind

- Modern perspective of mind and Psychology
- Unit 2 Patanjali Sutra Patha
- Chitta Vrittis – modifications of mind
  - Chitta Bhumis – platforms / levels of Manas
  - Chitta Vikshepas – obstacles of mind
  - Chitta Prasadana – methods to overcome the obstacles
- Unit 3 Bhagavad Gita – Triguna module for emotional assessments and corrections
- Tri-fold aspects of Gunas
  - Expression of Gunas – behavioural traits
  - 14 modules of Gunas from 14, 17 and 18 Chapters of Gita
- Unit 4 Upanishad understanding of human being – Panchakosha
- Introduction of Upanishads
  - Pancha Kosha concept
  - Three states of consciousness from Mandukya
- Unit 5 Yoga Vasistha
- Dispassion of Rama and background of Yoga Vasistha
  - Adhi – Vyadhi concept
  - Saptabhumi
- Unit 6 Modern approach of psychological counselling

### **Pedagogy**

- **Experiential Learning:** Engage students in experiential activities to understand the nature of the mind, such as mindfulness exercises and introspective practices.
- **Textual Analysis:** Analyze ancient texts like Patanjali Sutras, Bhagavad Gita, Upanishads, and Yoga Vasistha through close reading and discussion to grasp philosophical concepts.
- **Case Studies and Application:** Use case studies and role-plays to apply learned concepts in modern contexts, promoting critical thinking and practical understanding.

### **Reference :**

Bhagavad Gita: As It Is by A.C. Bhaktivedanta Swami Prabhupada  
 Yoga Vasistha" translated by Swami Venkatesananda  
 Kalat, J. W. (2019). Introduction to Psychology. Cengage Learning.  
 "Ishadi Nau Upanishad." By Gita Press, Gorakhpur.

**Subject Code: BSYTF 501**

**Subject Name: Application of Yoga Therapy (Arogyadhama)**

	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>	<b>Total</b>
<b>Credits</b>	0	0	2	<b>2 Credits</b>
<b>Number of Hours / week</b>	0	0	4	<b>4hrs/week</b>
<b>Total</b>	0	0	60	<b>60 hrs</b>

**Goal:** The goal of the Internship Program in Yoga Therapy at a hospital is to provide students with practical training and clinical experience in applying yoga therapy techniques to support the holistic health and well-being of patients. This program aims to integrate yoga therapy into conventional healthcare settings, promoting collaboration between yoga therapists and healthcare professionals to enhance patient care and outcomes.

**Objectives:**

1. To provide students with hands-on experience in delivering yoga therapy interventions to patients with various health conditions and needs.
2. To foster collaboration and communication between yoga therapists and healthcare professionals within a hospital setting.
3. To deepen students' understanding of the role of yoga therapy in complementary and integrative healthcare approaches.
4. To enhance students' clinical skills in assessing patients, developing tailored treatment plans, and monitoring progress throughout the therapeutic process.
5. To cultivate professionalism and ethical conduct in working with patients, maintaining confidentiality, and upholding standards of patient-centered care.

**Skills:**

1. Clinical assessment: Ability to conduct comprehensive assessments of patients' physical, mental, and emotional health status using appropriate tools and techniques.
2. Treatment planning: Proficiency in developing individualized treatment plans incorporating yoga therapy techniques based on patients' unique needs, preferences, and medical histories.
3. Therapeutic communication: Skill in effectively communicating with patients, caregivers, and healthcare professionals to ensure clear understanding, collaboration, and coordination of care.
4. Patient monitoring and evaluation: Competence in monitoring patients' progress, adjusting treatment plans as needed, and documenting outcomes using evidence-based practices.
5. Interprofessional collaboration: Capacity to collaborate with healthcare teams, including physicians, nurses, therapists, and other providers, to optimize patient care and outcomes.

**Course Specific Outcomes:**

CSOI: Clinical competency: Students will demonstrate proficiency in delivering yoga therapy interventions to patients with diverse health conditions, addressing physical, mental, and emotional aspects of well-being.

CSOII: Interprofessional collaboration: Students will collaborate effectively with healthcare teams, contributing to multidisciplinary care plans and promoting integration of yoga therapy into conventional healthcare practices.

CSOIII: Patient-centered care: Students will prioritize the needs, preferences, and goals of patients, fostering a supportive and empowering therapeutic relationship.

CSOIV: Professionalism and ethics: Students will adhere to ethical standards and guidelines in working with patients, maintaining confidentiality, and upholding principles of integrity and professionalism.

CSOV: Reflective practice: Students will engage in reflective practice, critically evaluating their experiences, identifying areas for growth, and integrating feedback to continually improve their clinical skills and practice as yoga therapists in a hospital setting.

### **Unit-1: Brief outline of yoga therapy clinical training**

- i. Case History Writing
- ii. Introduction to general parameter
- iii. Introduction to special parameter
- iv. Education of Participant Care
- v. Psychological and Triguna, Tridosha, GHQ  
(Analysis of Prakriti and Vikriti of Participants)
- vi. Data Entry and Data Analysis
- vii. Report Writing
- viii. Case Presentation

### **Unit-2: Neurology and Oncology**

- i. Introduction to Section: Neurology and Oncology
- ii. Introduction to Aliments: Stroke, Parkinson, Motor Neuron Disease, Epilepsy, Multiple Sclerosis, Cerebral Ataxia, Breast Cancer, Brain Tumor, Stomach Cancer: Definition, Prevalence, Cause, Sign, Symptoms, Clinical Parameter
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

### **Unit-3: Pulmonology**

- i. Introduction to Section: Pulmonology.
- ii. Introduction to Aliments: Asthma, Nasal Allergy, Sinusitis, TB, COPD
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

### **Unit-4: Cardiology**

- i. Introduction to Section: Cardiology
- ii. Introduction to Aliments: Hypertension, CHD, Low BP, High BP, MI, Atherosclerosis.
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

### **Unit-5: Psychiatric Disorder**

- i. Introduction to Section: Psychiatric Disorder
- ii. Introduction to Aliments: Anxiety Disorder, Addiction, Bipolar Disorder, Depression, Neurosis, Psychosis, Schizophrenia, OCD, Mental Retardation, ADHD
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

#### **Unit-6: Rheumatology**

- i. Introduction to Section: Rheumatology
- ii. Introduction to Aliments: Osteo arthrosis, Rheumatoid, Osteoporosis
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

#### **Unit-7: Spinal Disorder**

- i. Introduction to Section: Spinal Disorder
- ii. Introduction to Aliments: Back Pain, Neck Pain, Spondilitis, Spinal Disorder,
- iii. Slipped Disc, Scoliosis, Lordosis, Cervical Spondylosis, Sciatica, Khyposis, Spondylolisthesis
- iv. Yogic Management through IAYT
- v. Customized and Specific Yoga Module protocol for above mentioned Aliments
- vi. Yogic Counseling

#### **Unit-8: Metabolic Disorder**

- i. Introduction to Section: Metabolic Disorder
- ii. Introduction to Aliments: Type 1 DM, Type 2 DM, Hyperglycemia, Hypoglycemia, Diabetes Incipidus, Neuropathy, Retinopathy, Nephropathy
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

#### **Unit-9: Gastroenterology**

- i. Introduction to Section: Gastroenterology
- ii. Introduction to Aliments: Gastritis, IBS, Constipation, Diarrhea, GERD, APD, Ulcerative Colitis, Piles, Fistula, Menstrual Disorder, Infertility, Pregnancy 1, 2, 3, Trimester
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

#### **Recommended Books:**

1. Clinical methods-Hutchison
2. Clinical methods- CL Ghai

During this period each candidate will be assessed based on three methods

- i. Knowledge in theory of clinical methods and diseases
- ii. Their regularity, skills, fluency and feedback of patients and in house Arogyadhama staff.

#### **Pedagogy:**

- **Practical Experience:** Emphasize hands-on case taking under supervision to enhance skills in patient interaction and data collection.
- **Case Report Writing:** Guide students in preparing detailed reports to facilitate critical analysis and interpretation of treatment outcomes.
- **Presentation Skills:** Provide training in effective communication and presentation techniques to ensure clear and coherent delivery of case findings to examiners.

**Subject Code: BSYTP 501**

**Subject Name: Yoga therapy for common ailments Practical**

	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>	<b>Total</b>
<b>Credits</b>	2	1	0	<b>3 Credits</b>
<b>Number of Hours / week</b>	2	1	0	<b>3hrs/week</b>
<b>Total</b>	2	1	0	<b>45 hrs</b>

**Goal:** The goal of the subject Yoga therapy for common ailments is to empower students to apply evidence-based yoga techniques effectively, tailored to the needs of individuals with different diseases, to improve their overall health and well-being.

**Objectives:**

1. To provide students with a comprehensive understanding of various yoga techniques, including asanas, pranayama, meditation, and relaxation practices.
2. To explore the therapeutic benefits of yoga for managing symptoms associated with specific diseases, such as chronic pain, cardiovascular disorders, respiratory conditions, mental health disorders, and autoimmune diseases.

**Skills:**

1. Ability to conduct thorough assessments of patients' medical histories, symptoms, and functional abilities to identify relevant health issues and goals for yoga therapy intervention.
2. Skill in effectively teaching and guiding patients through yoga practices, providing clear instructions, demonstrations, and modifications as needed to ensure safety and efficacy.
3. Ability to communicate effectively with patients, healthcare professionals, and other stakeholders and facilitating integrated care for patients with specific diseases.

**Course Specific Outcomes:**

1. Students will demonstrate proficiency in various yoga techniques, including asanas, pranayama, meditation, and relaxation practices, for managing symptoms associated with specific diseases.
2. Students will apply evidence-based principles and research findings to inform the selection and implementation of yoga therapy interventions for specific health conditions.

3. Students will promote holistic health and well-being among individuals.
4. Students will continue to develop their skills, knowledge, and expertise in yoga therapy for specific diseases through ongoing learning, reflection, and professional growth in the field.

#### **Unit-1:**

- i. Sūkṣma Vyāyāma: Simple & Standard
  - a. Different types of sukshnavyamas
  - b. Indications
  - c. Contra-indications
- ii. Voice Culture
  - a. Different types of sukshnavyamas
  - b. Indications
  - c. Contra-indications
- iii. Dynamics
  - a. Different types of sukshnavyamas
  - b. Indications
  - c. Contra-indications
- iv. Supine special techniques
  - a. Different types of sukshnavyamas
  - b. Indications
  - c. Contra-indications

#### **Unit- 2:**

- i. Breathing practices
  - a. Different types of sukshnavyamas
  - b. Indications
  - c. Contra-indications
- ii. Arthritis
  - a. Specific asanas
  - b. Specific pranayama
  - c. Specific kriyas
  - d. Different breathing practices
- iii. Epilepsy
  - a. Specific asanas
  - b. Specific pranayama
  - c. Specific kriyas
  - d. Different breathing practices
- iv. Obesity
  - a. Specific asanas
  - b. Specific pranayama
  - c. Specific kriyas
  - d. Different breathing practices
- v. Parkinson's disease



- a. Specific asanas
- b. Specific pranayama
- c. Specific kriyas
- d. Different breathing practices

### **Unit -3:**

- i. Knee Pain
  - a. Specific asanas
  - b. Specific pranayama
  - c. Specific kriyas
  - d. Different breathing practices
- ii. Diabetes
  - a. Specific asanas
  - b. Specific pranayama
  - c. Specific kriyas
  - d. Different breathing practices
- iii. Migraine
  - a. Specific asanas
  - b. Specific pranayama
  - c. Specific kriyas
  - d. Different breathing practices
- iv. Back pain
  - a. Specific asanas
  - b. Specific pranayama
  - c. Specific kriyas
  - d. Different breathing practices

### **Unit-4:**

- i. Asthama
  - a. Specific asanas
  - b. Specific pranayama
  - c. Specific kriyas
  - d. Different breathing practices
- ii. Hypertension
  - a. Specific asanas
  - b. Specific pranayama
  - c. Specific kriyas
  - d. Different breathing practices
- iii. Anxiety and Depression
  - a. Specific asanas
  - b. Specific pranayama
  - c. Specific kriyas
  - d. Different breathing practices
- iv. Diabetes
  - a. Specific asanas
  - b. Specific pranayama
  - c. Specific kriyas

- d. Different breathing practices

**Text books:**

Yoga for common ailments manual, *Swami Vivekananda Yoga Prakashana*, Bangalore, 2002

**Subject Code: BSYTP 502**

**Subject Name: Yogasana Practice Level -4**

Subject Code:	
Total Credits	3 Credits
Number of Hours /week	3hrs/week
Total Number of Hours	45 hrs

**Goals:**

- Achieving Specific Poses: Work towards mastering specific yoga poses or sequences.
- Improved Health: Enhance overall physical health, including cardiovascular fitness, flexibility, and strength.
- Stress Reduction: Reduce stress levels and promote relaxation.
- Pain Management: Alleviate chronic pain or discomfort through targeted yoga practices.

**Objectives:**

- Physical Fitness: Improve strength, flexibility, balance, and endurance.
- Mental Clarity: Enhance focus, concentration, and mindfulness.
- Emotional Well-being: Reduce stress, anxiety, and depression.
- Spiritual Growth: Cultivate a deeper connection with oneself and the universe.
- Alignment: Learn proper alignment of the body to prevent injury and promote overall well-being.

**Skills:**

- Physical Awareness: Develop awareness of the body's movements and sensations.
- Breath Control: Learn to synchronize breath with movement (pranayama).
- Balance: Enhance proprioception and equilibrium through balancing poses.
- Strength: Build muscular strength and endurance through various postures.
- Flexibility: Increase flexibility and range of motion in muscles and joints.

**Course Specific Outcomes (CSO)**

CSOI: Understand the principle and practice of each practice.

CSOII: Understand the principle and practice of different type of Yogasanas.

CSOIII: Demonstrate each Asana and explain its procedure.

CSOIV: Explain the benefits, limitation and subtle points of each practice

**Unit 1: Surya Namaskara .[ 15 Hours]**

- At the end of the semester students should able maintains each asana of Suryanamaskara up to two minute.

## Unit 2: Asana [15 Hours]

1	Svastika	11	Tolang asana	21	Parsvottanasana
2	Niralambana	12	Vatayanasana	22	Kurmasana
3	EkapadakaSkandasana	13	Sankatasana	23	Bhadrapadmasana
4	Goraksasana	14	Virabhadra III	24	Muktasana
5	Uttanakurma	15	Padma Sirsanana	25	BaaddhaKonaasana
6	Bakasana	16	Malasana		
7	Kukutasana	17	Marichasana		
8	Purna Matsyendra	18	Hanumanasana		
9	Purna Dhanurasana	19	Padma Mayurasana		
10	Mayurasana	20	Ardha BaddaPaschimattanasana		

## Unit 3: Kriya and Pranayama [10 Hours]

Bhastrika, Anulom-vilom, Bhramari, Jalandhar bandha, Uddiyan Bandha, Yoga Nidras

**Kriya:** Jala Neti and Sutra Neti, Kunjal kriya, VastraDhauti

## Unit 4: Continuous evaluation by the Teachers [5 Hours]

- At the end of the semester students should able to perform all 25 Asana
- At the end of the semester students should able to able to maintain all 25 Asana up to 30 seconds.
- At the end of the semester students should able to give the instruction for all 25 asana
- At the end of the semester students should able to able to sit in Padmaasana up to 45 Minute.

### Text Book:

- 1.Himalaya, Swami Vivekananda Yoga Prakasana, Bangalore, 2000
2. Swami Satyananda Saraswati, Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Mungher, Bihar, India.

### Reference Books:

1. Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Band (Yoga Publications Trust, Munger, Bihar, India).
2. Swami Muktibodhananda Saraswati: Hatha Yoga Pradeepika, Yoga Publications Trust (Munger, Bihar, India) .

**Subject Code: BSYTT 601**

**Subject Name: Applied Yoga**

	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>	<b>Total</b>
<b>Credits</b>	2	1	0	<b>3 Credits</b>
<b>Number of Hours / week</b>	2	1	0	<b>3hrs/week</b>
<b>Total</b>	2	1	0	<b>45 hrs</b>

### Goal

The goal of teaching Applied Yoga is to provide the knowledge of usefulness of yoga in different sectors and it can be applied.

### Objectives:

Following the completion of the course, students shall be able to Understand the applied value of yoga in different domain.

Have an idea about the role of yoga for school, sports, techno stress and geriatric care.

### **Skills:**

After the completion of the course the students shall be able to:

- Explain and teach the importance of yoga for the school children
- Explain and teach the importance of Physical Education, Sports Sciences
- Explain and teach the importance of yoga for technostress
- Explain and teach the importance of Yoga for geriatric care

Course specific outcome

**CSO I :Yogic Health for School:** Students will understand school health components and the positive impact of yoga on cognitive development and personality traits in children.

**CSO II: Yoga in Physical Education and Sports Sciences:** Students will recognize yoga's benefits in enhancing physical stamina, preventing injuries, and improving sports performance.

**CSO III: Yoga for Technostress Management:** Students will grasp yoga's role in promoting skills and managing technostress among computer professionals.

**CSO IV: Yoga for Geriatric Care:** Students will learn how yoga can prevent and manage common geriatric problems, supported by research evidence.

### **Unit -1: Yogic Health for school**

General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Brief introduction to developmental process of children; Psycho-Physiological changes and development of

cognitive functions in School going children; Role of Yoga in establishment of values in School going children; Personality Development: New Dimensions of Personality through Yoga

### **Unit -2: Yoga in Physical Education, Sports Sciences**

General introduction to Physical Education and Sports; Difference between Physical Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other faculties / skills in a sports Personnel; Nature of different sports injuries, its prevention and management through Yoga; Yoga modules for different sports – track events, field events, single participation, group participation; Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities; Research reviews on Yoga and Sports

### **Unit -3: Yoga for technostress**

Introduction to Technostress, its cause, symptoms and complications; Health Hazards in computer professionals; Role of Yoga in the promotion of skills; Application of Yoga for management of Technostress; Research reviews on effect of Yoga on Technostress

### **Unit -4: Yoga for geriatric care**

General introduction to Geriatric Care; Ageing: Causes and features, Premature ageing; Common Geriatric problems; Application of Yoga in common Geriatric problems and their prevention & management; Research reviews on Yoga & Geriatric care

Pedagogy

**Lecture-Based Learning:** Utilize lectures to introduce concepts like school health components, yoga's integration in physical education, and the impact of technostress.

**Interactive Discussions:** Engage students in interactive discussions to explore topics such as the parent-teacher-student relationship, yoga's role in sports, and its application for technostress management.

**Practical Demonstrations:** Organize practical demonstrations of yoga techniques for different age groups, sports activities, and stress management, providing hands-on learning experiences.

## TEXT BOOKS

1. Jayadev H J : Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
2. Liz Lark : Yoga for Kids, Carlton Books Ltd., London, 2003
3. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
4. Iyenger B K S : The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001
5. Dr. Goel Aruna : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007

## BOOKS FOR REFERENCE

1. Basavaraddi I V : Yoga: Teachers manual for school children, MDNIY New Delhi , 2010
2. Basavaraddi I V : Yoga in School Health, MDNIY New Delhi, 2009 Iyenger B K S : AstadalaYogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
3. Basavaraddi I V : Yoga for Technostress, MDNIY, New Delhi, 2010
4. Dr. H Kumar Kaul : Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2006
5. Basavaraddi I V : Yogic Management of Geriatric Disorders, MDNIY, New Delhi, 2009

**Subject Code: BSYTP 601**

**Subject Name: Application of Yoga Therapy (arogyadhama)**

	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>	<b>Total</b>
<b>Credits</b>	0	0	2	<b>2 Credits</b>
<b>Number of Hours / week</b>	0	0	4	<b>4hrs/week</b>
<b>Total</b>	0	0	60	<b>60 hrs</b>

**Goal:** The goal of the Internship Program in Yoga Therapy at a hospital is to provide students with practical training and clinical experience in applying yoga therapy techniques to support the holistic health and well-being of patients. This program aims to integrate yoga therapy into conventional healthcare settings, promoting collaboration between yoga therapists and healthcare professionals to enhance patient care and outcomes.

### **Objectives:**

6. To provide students with hands-on experience in delivering yoga therapy interventions to patients with various health conditions and needs.
7. To foster collaboration and communication between yoga therapists and healthcare professionals within a hospital setting.
8. To deepen students' understanding of the role of yoga therapy in complementary and integrative healthcare approaches.

9. To enhance students' clinical skills in assessing patients, developing tailored treatment plans, and monitoring progress throughout the therapeutic process.
10. To cultivate professionalism and ethical conduct in working with patients, maintaining confidentiality, and upholding standards of patient-centered care.

**Skills:**

6. Clinical assessment: Ability to conduct comprehensive assessments of patients' physical, mental, and emotional health status using appropriate tools and techniques.
7. Treatment planning: Proficiency in developing individualized treatment plans incorporating yoga therapy techniques based on patients' unique needs, preferences, and medical histories.
8. Therapeutic communication: Skill in effectively communicating with patients, caregivers, and healthcare professionals to ensure clear understanding, collaboration, and coordination of care.
9. Patient monitoring and evaluation: Competence in monitoring patients' progress, adjusting treatment plans as needed, and documenting outcomes using evidence-based practices.
10. Interprofessional collaboration: Capacity to collaborate with healthcare teams, including physicians, nurses, therapists, and other providers, to optimize patient care and outcomes.

**Course Specific Outcomes:**

CSOI: Clinical competency: Students will demonstrate proficiency in delivering yoga therapy interventions to patients with diverse health conditions, addressing physical, mental, and emotional aspects of well-being.

CSOII: Interprofessional collaboration: Students will collaborate effectively with healthcare teams, contributing to multidisciplinary care plans and promoting integration of yoga therapy into conventional healthcare practices.

CSOIII: Patient-centered care: Students will prioritize the needs, preferences, and goals of patients, fostering a supportive and empowering therapeutic relationship.

CSOIV: Professionalism and ethics: Students will adhere to ethical standards and guidelines in working with patients, maintaining confidentiality, and upholding principles of integrity and professionalism.

CSOV: Reflective practice: Students will engage in reflective practice, critically evaluating their experiences, identifying areas for growth, and integrating feedback to continually improve their clinical skills and practice as yoga therapists in a hospital setting.

**Unit-1: Brief outline of yoga therapy clinical training**

- ix. Case History Writing
- x. Introduction to general parameter
- xi. Introduction to special parameter
- xii. Education of Participant Care
- xiii. Psychological and Triguna, Tridosha, GHQ  
(Analysis of Prakriti and Vikriti of Participants)
- xiv. Data Entry and Data Analysis
- xv. Report Writing
- xvi. Case Presentation

**Unit-2: Neurology and Oncology**

- vi. Introduction to Section: Neurology and Oncology

- vii. Introduction to Aliments: Stroke, Parkinson, Motor Neuron Disease, Epilepsy, Multiple Sclerosis, Cerebral Ataxia, Breast Cancer, Brain Tumor, Stomach Cancer: Definition, Prevalence, Cause, Sign, Symptoms, Clinical Parameter
- viii. Yogic Management through IAYT
- ix. Customized and Specific Yoga Module protocol for above mentioned Aliments
- x. Yogic Counseling

### **Unit-3: Pulmonology**

- vi. Introduction to Section: Pulmonology.
- vii. Introduction to Aliments: Asthma, Nasal Allergy, Sinusitis, TB, COPD
- viii. Yogic Management through IAYT
- ix. Customized and Specific Yoga Module protocol for above mentioned Aliments
- x. Yogic Counseling

### **Unit-4: Cardiology**

- vi. Introduction to Section: Cardiology
- vii. Introduction to Aliments: Hypertension, CHD, Low BP, High BP, MI, Atherosclerosis.
- viii. Yogic Management through IAYT
- ix. Customized and Specific Yoga Module protocol for above mentioned Aliments
- x. Yogic Counseling

### **Unit-5: Psychiatric Disorder**

- vi. Introduction to Section: Psychiatric Disorder
- vii. Introduction to Aliments: Anxiety Disorder, Addiction, Bipolar Disorder, Depression, Neurosis, Psychosis, Schizophrenia, OCD, Mental Retardation, ADHD
- viii. Yogic Management through IAYT
- ix. Customized and Specific Yoga Module protocol for above mentioned Aliments
- x. Yogic Counseling

### **Unit-6: Rheumatology**

- vi. Introduction to Section: Rheumatology
- vii. Introduction to Aliments: Osteo arthrosis, Rheumatoid, Osteoporosis
- viii. Yogic Management through IAYT
- ix. Customized and Specific Yoga Module protocol for above mentioned Aliments
- x. Yogic Counseling

### **Unit-7: Spinal Disorder**

- vii. Introduction to Section: Spinal Disorder
- viii. Introduction to Aliments: Back Pain, Neck Pain, Spondilitis, Spinal Disorder,
- ix. Slipped Disc, Scoliosis, Lordosis, Cervical Spondylosis, Sciatica, Kyphosis, Spondylolisthesis
- x. Yogic Management through IAYT
- xi. Customized and Specific Yoga Module protocol for above mentioned Aliments
- xii. Yogic Counseling

### **Unit-8: Metabolic Disorder**

- vi. Introduction to Section: Metabolic Disorder
- vii. Introduction to Aliments: Type 1 DM, Type 2 DM, Hyperglycemia, Hypoglycemia, Diabetes Incipidus, Neuropathy, Retinopathy, Nephropathy



- viii. Yogic Management through IAYT
- ix. Customized and Specific Yoga Module protocol for above mentioned Aliments
- x. Yogic Counseling

#### **Unit-9: Gastroenterology**

- vi. Introduction to Section: Gastroenterology
- vii. Introduction to Aliments: Gastritis, IBS, Constipation, Diarrhea, GERD, APD, Ulcerative Colitis, Piles, Fistula, Menstrual Disorder, Infertility, Pregnancy 1, 2, 3, Trimester
- viii. Yogic Management through IAYT
- ix. Customized and Specific Yoga Module protocol for above mentioned Aliments
- x. Yogic Counseling

#### **Recommended Books:**

- 3. Clinical methods-Hutchison
- 4. Clinical methods- CL Ghai

During this period each candidate will be assessed based on three methods

- iii. Knowledge in theory of clinical methods and diseases
- iv. Their regularity, skills, fluency and feedback of patients and in house Arogyadhama staff.

#### **Pedagogy:**

- **Practical Experience:** Emphasize hands-on case taking under supervision to enhance skills in patient interaction and data collection.
- **Case Report Writing:** Guide students in preparing detailed reports to facilitate critical analysis and interpretation of treatment outcomes.
- **Presentation Skills:** Provide training in effective communication and presentation techniques to ensure clear and coherent delivery of case findings to examiners.

**Subject Code:** BSYTP 603

**Subject Name:** Research Project

	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>	<b>Total</b>
<b>Credits</b>	0	0	2	<b>2 Credits</b>
<b>Number of Hours / week</b>	0	0	4	<b>4hrs/week</b>
<b>Total</b>	0	0	60	<b>60 hrs</b>

**Goal:** To effectively utilize questionnaires for measuring various cognitive functions, emotions, stress levels, and sleep quality, ensuring clear instructions, appropriate frequency of use, and consistent scoring methodology throughout the assessment process.

#### **Objectives**

- Develop clear and comprehensive instructions for participants on how to complete the questionnaires accurately.
- Determine the optimal frequency of administering each questionnaire to ensure reliable and relevant data collection.
- Establish consistent scoring methodologies for interpreting responses and assessing cognitive functions, emotions, stress levels, and sleep quality.

### **Skill**

- Proficiency in designing and administering questionnaires for assessing cognitive functions, emotions, stress levels, and sleep quality.
- Ability to interpret questionnaire responses accurately and apply consistent scoring methodologies.
- Skill in providing clear instructions to participants for questionnaire completion and understanding.
- Capacity to analyze and interpret data collected from questionnaires to evaluate mental and emotional well-being effectively.

### **Course Specific Outcomes**

CSOI: Demonstrate proficiency in designing and administering questionnaires to measure cognitive functions, emotions, stress levels, and sleep quality.

CSOII: Apply appropriate scoring methodologies to interpret questionnaire responses accurately and assess mental and emotional well-being.

CSOIII: Provide clear instructions to participants for completing questionnaires effectively.

CSOIV: Analyze questionnaire data to identify patterns, trends, and correlations related to mental and emotional health.

### **Unit-1:**

Questionnaires for Measurement of Memory and concentration –

Instructions to be given to participants, frequency with which they can be used and scoring methodology.

### **Unit-2:**

Questionnaires for Measurement of Awareness and Intelligence – Instructions to be given to participants, frequency with which they can be used and scoring methodology.

(Tests for Higher brain functions: Tower of London, Card Sorting, Memory, IQ, Tests for attention and concentration, P300)

### **Unit-3:**

Questionnaires for Measurement of Emotions and stress – Instructions to be given to participants, frequency with which they can be used and scoring methodology.

### **Unit-4:**

Questionnaires for Measurement of Quality of sleep, Guna – Instructions to be given to participants, frequency with which they can be used and scoring methodology.

(Questionnaires for Assessing: Personality (Gunas), QOL, Anxiety and Depression)

**Pedagogy**

- Provide clear instructions for questionnaire administration, specifying the purpose, procedures, and scoring methods.
- Determine the frequency of questionnaire usage to ensure consistent data collection and analysis.
- Emphasize participant engagement by explaining the importance of accurate completion and understanding of the assessments.

**Reference**

**Ciccarelli, S. K., & White, J. N. (2012). Gateways to Psychology: An Introduction to Mind & Behavior (13th ed.). CENGAGE Learning Custom Publishing**

**Subject Code: BSYTP 604**

**Subject Name: Advance Asana**

	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>	<b>Total</b>
<b>Credits</b>	0	0	2	<b>2 Credits</b>
<b>Number of Hours / week</b>	0	0	4	<b>4hrs/week</b>
<b>Total</b>	0	0	60	<b>60 hrs</b>

**Goal:**

To ensure students develop proficiency in yoga practices by the end of the semester, including mastering Surya Namaskara, performing 25 asanas with correct alignment and instructions, maintaining each asana for a specific duration, and mastering pranayama and advanced kriyas with precision.

**Objectives:**

- Master Surya Namaskara and perform each asana for two minutes by the semester's end.
- Learn and perform all 25 asanas with correct alignment and maintain each for 20 seconds.
- Acquire the ability to give instructions for all 25 asanas.
- Develop the capacity to maintain Padmasana for up to one hour.
- Master various pranayama techniques and advanced kriyas with precision by the end of the semester.

**Skill :**

- Proficiency in performing Surya Namaskara and various yoga asanas with correct alignment.
- Ability to maintain each yoga asana for specified durations, enhancing endurance and concentration.
- Capability to provide clear instructions for all yoga asanas, demonstrating effective communication skills.
- Enhanced flexibility, strength, and balance through regular practice of yoga postures.

- Mastery of pranayama techniques and advanced kriyas, promoting respiratory health and inner balance.

#### **Courses specific outcomes:**

CSOI: Mastery of Surya Namaskara and 25 yoga asanas with precise alignment.

CSOII: Enhanced endurance and concentration through sustained asana practice.

CSO III: Ability to deliver clear instructions for all yoga asanas.

CSOIV: Improved physical fitness and mental well-being.

CSOV: Proficiency in pranayama techniques and advanced kriyas for breath control and inner balance.

#### **Unit 1: Surya Namaskara**

- At the end of the semester students should able maintains each asana of Suryanamaskara up to two minute.

#### **Unit 2: Asana**

1	Silpasana	11	Baddhakurma	21	Kraunchasana
2	Danda Asana	12	Ekapadakukkutasana	22	Garbhapindasana
3	Parsva Asana	13	Garbhasana	23	EkapadaSirsasana
4	Sahaja Asana	14	Natraj asana	24	Vrscikasana
5	Bandha Asana	15	Purna Bjujangasana	25	Uttanakurmaka
6	Pinda Asana	16	Purna Salabha		
7	Ekpada Asana	17	EkapadaBakasana		
8	Bhairava Asana	18	Rajakpotasana		
9	Yoganidra Asana	19	Purna Bhujangasana		
10	Kurma Asana	20	Vrikshik Asana		

- At the end of the semester students should able to perform all 25 Asana
- At the end of the semester students should able to able to maintain all 25 Asana up to 20 seconds.
- At the end of the semester students should able to give the instruction for all 25 asana
- At the end of the semester students should able to able to maintain sit in Padmaasana up to one hour.

#### **Unit- 3: Pranayama**

Surya bhedana, Ujjai, Shitali, Shitakari, Bhastika, Bhramari. And Mahabanda.

#### **Unit- 4: Advance Kriya**

- Dhauti :DaëòàDhauti, VastraDhauti
- Nauli : Madhyam Nauli, VāmaNauli, DakñinaNauli and NauliKriyā
- Kapālabhāti :VātkramaKapālabhāti, Çétkrama, and VyutakarmaKapālabhāti
- Çaikhaprakñālana:Laghu and PūrēaÇaikhaprakñālana.

At the end of the semester students should be able to perform all the kriya with perfection.

#### **Unit- 4: Continuous evaluation by the Teachers**

##### **Pedagogy**

- Practical Demonstrations: Regularly demonstrate Surya Namaskara, yoga asanas, pranayama, and advanced kriyas.
- Interactive Learning: Engage students through discussions and peer teaching.
- Personalized Feedback: Provide individualized guidance to enhance student performance.
- Progressive Curriculum: Design a structured program to gradually advance students' skills.

##### *Text Book:*

***1.Himalaya, Swami Vivekananda Yoga Prakasana, Bangalore, 2000***

2. Swami Satyananda Saraswati, Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Munger, Bihar, India.

##### **Reference Books:**

1. Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Band (Yoga Publications Trust, Munger, Bihar, India).
2. Swami Muktibodhananda Saraswati: Hatha Yoga Pradeepika, Yoga Publications Trust (Munger, Bihar, India) .

##### **REFERENCE BOOKS**

1. Karel Werner : Yoga and Indian Philosophy (Motilal Banarsidass, Delhi, 1979)
2. Radhakrishnan, S. : Indian Philosophy (Vol. I & II) (George Allen and Unwin, London, 1971) Sharma, Chandradhar : A Critical Survey of Indian Philosophy (Motilal Banarsidass, Delhi, 2000)
3. Nagendra HR. : Integrated Approach of Yoga Therapy for positive health, Swami Vivekananda Yoga Prakashana, Bangalore.
4. Swami Niranjanananda : Prana, Pranayama & Pranavidya, Saraswati Yoga Publication Trust, Munger.

**Subject Code:** BSYTT 704

**Subject Name:** Physiological Effect of Yoga Practices

<b>Subject Code</b>	BSYTT 704
<b>Total Credits</b>	3
<b>Number of hours/week</b>	3hrs/week
<b>Total Number of Hours</b>	45hrs

**Goal:**

The goal of the subject "Physiological Effects of Yoga Practices" is to investigate and comprehend the impact of various yoga techniques on the human body's physiological systems, aiming to elucidate the mechanisms through which yoga promotes physical health, mental well-being, and overall holistic wellness.

**Objectives:**

1. To Investigate how yoga practices influence cardiovascular function.
2. To analyze the impact of yoga techniques on respiratory mechanics.
3. To Investigate the effects of yoga on neuroendocrine pathways and immune system function.
4. To examine the influence of yoga on musculoskeletal health.
5. To Investigate the psychological and emotional benefits of yoga practices.

**Skill:**

Upon successful completion of the course, the students will:

1. will learn to understand and analyze the physiological mechanisms involved in various yoga practices.
2. integrate theoretical knowledge with practical applications, gaining insights into the physiological benefits and mechanisms underlying each practice.
3. develop critical thinking skills to evaluate the potential benefits and mechanisms of yoga practices.
4. learn to apply psychophysiological concepts to understand the mental and emotional effects of yoga on the mind-body system.
5. enhance their ability to communicate complex psychophysiological concepts related to yoga practices.

**Course Specific Outcome:**

**CSO I:** Students will demonstrate a comprehensive understanding of the physiological effects of yoga practices.

**CSO II:** students will be able to analyze and interpret the psychophysiological mechanisms underlying different types of yoga practices.

**CSO III:** Students will develop practical skills in performing various yoga practices.

**CSO IV:** Students will acquire critical thinking skills to evaluate scientific literature, research studies, and traditional texts related to the physiological and psychophysiological aspects of yoga practices.

**Unit 1: Overview of Panchkosa – 3hrs**

**Pedagogy:**Lecture with visual aids, interactive discussion, guided meditation, and group activity.

Introduction to Panchkosa, Description of Five Koshas, Interconnection of Koshas, Role in Yoga Practice, Practical Application

**Unit 2: Exercise and Yoga (10 hrs)**

**Pedagogy:**Interactive lectures, hands-on demonstrations, group discussions, and practical sessions integrating yoga practices with anatomical knowledge.

Cellular, musculoskeletal, digestive, respiratory, cardiovascular, nervous, endocrine and excretory systems

**Unit3: Psychophysiology of asana (7Hrs)**

**Pedagogy:**Demonstration, guided practice, case studies, and hands-on workshops exploring muscle engagement and benefits of specific asanas.

Types of asanas and benefits, category of asanas, muscles involved in each type, benefits

Possible mechanism of each benefit

**Unit 4: Psychophysiology of pranayama (10Hrs):**

**Pedagogy:**Structured lectures, hands-on practice sessions, laboratory exercises, and interactive discussions on pranayama techniques and their physiological effects.

Stages of pranayama

Physiological mechanism of Kevala kumbhaka

Physiology of heating and cooling pranayama

Physiological analysis of 4 stages of nadanusandhana

**Unit 5: Kriya: (3Hrs)**

**Pedagogy:** Practical demonstrations, hands-on practice, and question-answer sessions

Trataka, Kapalabhati, neti,dhouti,basti, nouli

**Unit 6: Mudras and bandhas (5hrs)**

**Pedagogy:** Demonstration, interactive workshops, case studies, and incorporation of mudras and bandhas into yoga sequences.

Physiological benefits (general)

Specific benefits

Chin, chinmayi, brahma, adi, shankha, vajroli, tadagi, nasika, khechari, shanmukhi, ashwini, mahamudra, sahajoli, amroli.

Bandhas: General physiological benefits

Specific - moola, jalandhara and uddiyana

### **Unit 7: Psychophysiology of Meditation (7hrs):**

**Pedagogy:**Lecture sessions, guided meditation, group discussions, and practical exercises focusing on different meditation states.

Neuro anatomy, physiology, neurotransmission, ekagrata, dharana, dhyana, samadhi

#### **Reference Books:**

Coulter, H. D. (2001). Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners. Body and Breath, Inc.

Broad, W. J. (2012). The Science of Yoga: The Risks and the Rewards. Simon & Schuster.

Kaminoff, L., & Matthews, A. (2007). Yoga Anatomy. Human Kinetics.

**Subject Code: BSYTPT 705**

**Subject Name: Yogic Counseling**

<b>Subject Code</b>	<b>BSYTPT 705</b>
<b>Total Credits</b>	3
<b>Number of hours/week</b>	3hrs/week
<b>Total Number of Hours</b>	45hrs

#### **Goal:**

The aim of imparting Yogic Counseling to students is to acquaint them with the art of counseling, encompassing its essential principles and practices. Delving into the nuances of effective counseling techniques, ethical considerations, and its pivotal role within the realm of Yoga therapy, this endeavor seeks to empower students with the necessary skills and insights to navigate the complexities of guiding others towards holistic well-being.

#### **Objectives:**

1. To familiarize students with the principles and techniques of counseling, including effective communication skills and active listening.
2. To educate students on the ethical guidelines and boundaries (dos and don'ts) of counseling, ensuring respect for client autonomy and confidentiality.



3. To emphasize the significance of counseling within the context of Yoga therapy, highlighting its role in supporting individuals' holistic well-being and personal growth.

4. To equip students with practical skills and strategies for conducting counseling sessions within the framework of Yoga therapy, including assessment, goal setting, and intervention planning.

**Skill:**

Upon successful completion of the course, the students will

1. Students will develop proficiency in various counseling techniques.
2. learn to assess and map the nature and workings of the mind, drawing from ancient yogic texts.
3. acquire knowledge of various yoga techniques and practices that can be integrated into counseling sessions.
4. have the opportunity to apply their theoretical knowledge and skills in real-life counseling scenarios.

**Course Specific Outcome:**

**CSO I:** Students will demonstrate competence in applying various counseling techniques.

**CSO II:** Students will exhibit a thorough understanding of mind assessment and mapping, drawing from both ancient yogic texts and modern psychological perspectives,

**CSO III:** Students will be able to apply integrative counseling principles in the healing process.

**CSO IV:** Students will demonstrate proficiency in integrating yoga techniques and practices into counseling sessions.

**CSO V:** Students will gain practical experience through participation in counseling sessions and interactive workshops.

**Pedagogy:** Lecture-based sessions with interactive discussions and case studies, supplemented with PowerPoint presentations to cover topics such as the definition of Yogic Counseling, dos and don'ts, handling silent and emotional clients, and integrating four streams of Yoga into counseling practice.

**Unit 1: Introduction to Yogic Counselling**

**[10Hrs]**

Definition of Yogic counselling, things to do, things to avoid while counselling, what to do if the client is silent? What to do if the client is crying? How to get the inner details? When to take the help of the doctor or psychiatrist? four streams of Yoga as the basis for counseling.

**Unit 2: Yogic Counselling**

**[10Hrs]**

Role of ShuddhiPrakriyas in treatment of illnesses, prevention and promotion of positive Health; concepts of Karma Shuddhi (Yama, Niyama), GhataShuddhi (Shat-karma), SnayuShuddhi (Asana), PranaShuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), ChittaShuddhi (Dharana, Dhyana and Samadhi)

**Unit 3: Principles of counselling and their basis:**

**[15hrs]**

**1: Mind reading, Mind mapping**

1. Nature of Mind
2. Working mode of mind
3. Modern perspective of mind and Psychology

**2: Patanjali Sutra Patha**

1. Chitta Vrittis – modifications of mind
2. Chitta Bhumis – platforms / levels of Manas
3. Chitta Vikshepas – obstacles of mind
4. Chitta Prasadnam – methods to overcome the obstacles

**3: Bhagavad Gita – Triguna module for emotional assessments and corrections**

1. Tri-fold aspects of Gunas
2. Expression of Gunas – behavioural traits
3. 14 modules of Gunas from 14, 17 and 18 Chapters of Gita

**4: Upanishad understanding of human being – Panchakosha**

1. Introduction of Upanishads
2. Pancha Kosha concept
3. Three states of psycholo from Mandukya

**5: Yoga Vasistha**

1. Dispassion of Rama and background of Yoga Vasistha
2. Adhi – Vyadhi concept
3. Saptabhumi

**Unit4: Principles and techniques of counseling**

[10Hrs]

**Pedagogy:** Interactive sessions incorporating role plays, counseling simulations, and real-life case studies to demonstrate counseling techniques and principles, including qualities of a counselor, effective communication skills, role of catharsis, and application of Yoga techniques in counseling scenarios.

Qualities of a counselor; Principles of what to speak, how to listen, speak, how to behave, expressions during counseling; what not do while counseling

Role of catharsis as understood by modern compuology and counseling; Yogic understanding of recognizable and unrecognizable stresses as karma, samskaras; methods recommended for cleansing (chittashuddhi) in healing,

Yoga techniques to be used during counseling to cope with the hypersensitive mind, excessive speed of mind, problems of perfectionist personality, hereditary and congenital problems, psychological conflicts, calamities/ life events (present, past, concerns about future distressing events), aging, etc.

**Reference Books:**

1. MST 204 Yoga Psychology and Counselling teaching Notes

2. Raja Yoga – Dr. H R Nagendra – SVYP
3. The Secret of Action – Dr. H R Nagendra – SVYP
4. The Science of Emotions Culture – Dr. H R Nagendra – SVYP

**Subject: Advance Yoga practices -1**

<b>Subject Code:</b>	<b>BSYTP 702</b>
<b>Total Credits</b>	2 Credits
<b>Number of Hours / week</b>	4 hrs/week
<b>Total Number of Hours</b>	60 hrs

**Goal:**

The goal of the subject "Advanced Yoga Practices" is to deepen understanding and proficiency in advanced yogic techniques, facilitating enhanced physical, mental, and spiritual development.

**Objectives:**

- Enhance flexibility through targeted techniques.
- Improve sustainability by integrating breath and alignment principles.
- Focus on precision and alignment to optimize posture execution.
- Prioritize consistent practice for developing sustained flexibility over time.
- Emphasize mindful engagement to sustain postures effectively.

**Skills:**

**After the successful completion of course student will**

1. develop proficiency in performing all 25 asanas listed in the syllabus.
2. improve their endurance by maintaining each asana for up to 30 seconds by the end of the semester.
3. gain the capability to provide clear and precise instructions for each of the 25 asanas.
4. enhance their flexibility and endurance to sit comfortably in Padmasana for up to 45 minutes.
5. achieve the ability to maintain each posture of Surya Namaskara for up to two minutes, demonstrating increased flexibility and strength.

**Course Specific Outcomes**

**CSO I:** Students will demonstrate mastery in performing all 25 asanas listed in the syllabus, including maintaining each posture for up to 30 seconds.

**CSO II:** Students will develop the ability to provide clear and accurate instructions for each practice.

**CSO III:** Students will achieve improved flexibility and endurance

**CSO IV:** Students will deepen their understanding of various yoga postures (asanas), their benefits, and their impact on physical and mental well-being.

**CSO V:** Students will integrate their knowledge and practice of yoga into their daily lives, promoting holistic health and well-being.

**Pedagogy:** It involves interactive sessions, demonstrations, guided practice, individualized feedback, and visual aids to teach Surya Namaskara and various yoga asanas, ensuring students' proficiency and confidence in their performance by the end of the semester.

### Unit 1: Surya Namaskara

- At the end of the semester students should be able to maintain each asana of Suryanamaskara up to two minutes.

### Unit 2: Asana

1	Svastika	11	Tolang asana	21	Parsvottanasana
2	Niralambana	12	Vatayanasana	22	Kurmasana
3	EkapadakaSkandasana	13	Sankatasana	23	Bhadrapadmasana
4	Goraksasana	14	Virabhadra III	24	Muktasana
5	Uttanakurma	15	Padma Sirsanana	25	BaaddhaKonaasana
6	Bakasana	16	Malasana		
7	Kukutasana	17	Marichasana		
8	Purna Matsyendra	18	Hanumanasana		
9	Purna Dhanurasana	19	Padma Mayurasana		
10	Mayurasana	20	Ardha		

- At the end of the semester students should be able to perform all 25 Asana
- At the end of the semester students should be able to maintain all 25 Asana up to 30 seconds.
- At the end of the semester students should be able to give the instruction for all 25 asana
- At the end of the semester students should be able to sit in Padmaasana up to 45 Minutes.

### REFERENCES

- Iyengar, B. K. S. (1979). Light on Yoga. Schocken.
- Saraswati, S. S. (2008). Asana Pranayama Mudra Bandha. Yoga Publications Trust.
- Long, R. (2009). The Key Muscles of Yoga: Scientific Keys, Volume I. Bandha Yoga Publications.

**Subject Code:** BSYTP 801

**Subject:** Advanced Yoga Practices- 2

<b>Subject Code:</b>	<b>BSYTP 702</b>
<b>Total Credits</b>	2 Credits
<b>Number of Hours / week</b>	4 hrs/week
<b>Total Number of Hours</b>	30 hrs

**Goal:**

The goal of teaching classical Yoga to students is to provide them with practical knowledge of classical Yoga.

**Objectives:**

The students shall be able to:

- Understand the classical Yogasanas and their components mentioned in various texts
- Get to know about the practices for the overall development
- Bring out hidden talents through regular practice
- Experience the benefits and limitations of Yoga practices.

**Skills:**

The students will be able to

- Demonstrate and rectify a practice effectively
- Explain all details about a practice
- Present a practice with confidence.

**Course Specific Outcomes**

**CSO I:** Students will demonstrate proficiency in performing classical Yoga asanas (postures) with correct alignment and breathing techniques.

**CSO II:** Students will develop an understanding of the philosophical foundations of classical Yoga, including its principles, ethics, and values.

**CSO III:** Students will acquire practical skills in meditation and mindfulness practices as prescribed in classical Yoga texts.

**CSO IV:** Students will demonstrate competence in the application of classical Yoga techniques for stress reduction, relaxation, and mental well-being.

**CSO V:** Students will demonstrate the ability to integrate classical Yoga principles and practices into their daily lives for holistic health and spiritual growth.

**Pedagogy:** It involves interactive sessions, demonstrations, guided practice, individualized feedback, and visual aids to teach Surya Namaskara and various yoga asanas, ensuring students' proficiency and confidence in their performance by the end of the semester.

**Unit1: Loosening Exercises:**

**[5Hours]**

(8 step method)

The same asanas they are going to do on that day they will do dynamically for Loosening.

**Unit 2:****[15Hours]**

(8 step Method)

1. Gomukhasana
2. Dhanurasana
3. Paschimottanasana
4. Matsyendrasana
5. Kukkutasana
6. Uttan-koormasana
7. Koormasana
8. Shavasana
9. Mayurasana

**Unit 3: (8 step Method)****[15Hours]**

1. Swastikasana
2. Veerasana
3. Siddhasana
4. Padmasana
5. Simhasana
6. Bhadrasana

**Unit 4:(8 step Method)****[15Hours]**

1. Uddiyanabandha
2. Mulabandha
3. JalandharaBandha
4. Mahabandha
5. Mahamudra
6. Mahavedhamudra
7. Viparitakarani

**Unit 5: (8 steps Method)****[10Hours]**

1. VastraDhouthiKriya
2. DandaDhouthiKriya
3. VamanaDhouthiKriya
4. SthalabastiKriya
5. JalaNetiKriya
6. Sutra NetiKriya
7. DugdhaNetiKriya
8. GritaNetiKriya
9. AntarangaTratakaKriya
10. VairangaTratakaKriya
11. DakshinaNouliKriya
12. VamaNauliKriya
13. MadhyamaNauliKriya
14. VatakarmaKapalabhati Kriya
15. Vyutakarmakapalabhatikriya

16. Seetakarmakapalabhatikriya

**Reference Books:**

1. S. S. (2013). Asana Pranayama Mudra Bandha. India: Yoga Publications Trust.
2. Hatha Yoga Pradipika. (1993). India: Yoga Publications Trust.

## BSYVT

**Subject Name:** Basis of Yoga

**Subject Code:** BSYVT T 103

<b>No. of Credits: 3</b>	<b>Total number of teaching hours: 45</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 4</b>			
<b>Examination weightage:</b>			
Unit-1 10Hrs 25 Marks	Unit-2 10Hrs 25Marks	Unit-3 10Hrs 25Marks	Unit-4 15Hrs 25Marks

### Goal and objectives

To understand

- About the foundation of science and arts.
- Science of happiness - Basis of Yoga
- Concept of yoga.
- Application of yoga to the individual and society.

### Knowledge:

- The students will develop a strong foundation in the fundamental concepts of Yoga.

### Skills:

- To understand the basic foundational concepts in further understanding the higher concepts of advanced Yoga.

### Course Specific Outcome:

1. **Understanding life and Science.**
2. **Integration of Yoga Philosophy.**
3. **Exploration of Yogic scripts.**
4. **Clarification of Yoga Concepts.**
5. **Cultural and global Perspective.**



### **Unit 1: Basis of life in the context of science**

**Pedagogy:** Lectures with marker pen and PPT.

1. Basis of life, Analysis
2. The core of Science
3. Technology, applied Science
4. Creativity, New Horizon,
5. The new directions of science
6. Modern Physics, Life sciences
7. Neurosciences. The transition
8. A social Metamorphosis
9. Repercussion, the Fermentation,
10. Drug culture
11. Review of World History, India in the scene

### **Unit2: The basis of Yoga**

**Pedagogy:** Lectures with marker pen and PPT.

1. The Science of Happiness
2. The Basis of Yoga
3. The direction of our life
4. Happiness analysis
5. Story of old lady, Story of Srikanda, Story of Hari
6. Law of diminishing returns
7. Shankarabharana story, Saint story-Payasam
8. Happiness depend on mood of person
9. Happiness is not outside but it is inside state
10. Concentration, appreciation
11. Viñaya, Viñayi SambhogaHappiness is silence

### **Unit3: Yoga scriptures**

**Pedagogy:** Lectures with marker pen and PPT.

A glimpse into our scriptures

1. Prasthan Traya and Upanishads

2. Mandukya, Kathopaniṣad
3. Taittiriya, Mundokopaniṣad, Bhagavad Gēta, Brahma Sūtra
4. Paicadasi, Quantify Ānanda, ĀnandaMémāsa
5. Layers of Consciousness (Lokās)
6. Happiness – quantitative or qualitative (Russian friend story)
7. State of complete freedom – priya story
8. Story of women lib Movement
9. The abode of creativity and knowledge

#### **Unit4: Concept and definitions about Yoga**

**Pedagogy:** Lectures with marker pen and PPT.

1. Yoga – Misconceptions
2. Understanding Yoga
3. Definitions of Yoga, Patanjali, YogaVasista
4. Bhagavad Gēta, Kathopaniṣad, Sri Aurobindo
5. Yoga – as a state, the power of creation
6. Why Yoga, Development at physical level, mental level, emotional level, intellectual level, spiritual level
7. Introduction to four streams of Yoga
8. Caution, Yoga way of life and society
9. Role of the East: - Expectations of the west
10. Indian Scene – confusing & puzzling
11. Need of the hour

#### **Textbook:**

2. Nagendra H.R., Yoga – its basis and applications, SVYP, Bangalore

#### **Reference Books:**

3. Sastry ASN, Let Go, Yoga Bharati, Bangalore.
4. Lokeswaranand S, Taittiriya Upanishad, R.K. Publications, Bangalore

**Subject Name:** Yogasana Practical level-1

**Subject Code:** BSYVT P 105

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 4</b>			
<b>Examination weightage:</b>			
Unit-1 15Hrs 25 Marks	Unit-2 15Hrs 25Marks	Unit-3 15Hrs 25Marks	Unit-4 15Hrs 25Marks

**Goal and objectives:**

To perfect students' physical poses and stabilize them.

**Knowledge:**

The students will acquire the techniques of stabilizing and perfecting their postures.

**Skills:**

Upon successful completion of the course, the students will acquire the knowledge of the yogasanas.

**Course Specific Outcome:**

After undergoing this course, a student will be having an in-depth knowledge of

Practical approach to yogasanas.

1. Mastery of yogasanas, shatkriyas, and breathing practices for physical, mental, and emotional well-being.
2. Proficiency in performing various yoga postures with correct alignment, breathing techniques, and awareness.
3. Development of skills in teaching and guiding others in the practice of yogasanas and related practices.
4. Enhancement of flexibility, strength, balance, and coordination through regular practice of yoga
5. Students will be able to understand the information about mudra and their alignment.

## **Unit1: Recitation of hymns & hasta mudra**

### **Pedagogy:**

Chanting practices and demonstration of mudras

1. Recitation of Pratah-smaran
2. Recitation of PranavaJapa and Soham Japa.
3. Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni Mudra, Siva Linga Mudra, Naga Bandha Mudra.

## **Unit 2: Shatkarmas**

### **Pedagogy:**

Learning of all the procedures of shatkarmas, practically.

1. Dhauti (Kunjal,Vamana Dhauti)
2. Neti (Jalneti, Sutraneiti)
3. Kapalbhata and its variants
4. Agnisara

## **Unit 3: Breathing practices**

### **Pedagogy:**

Learning of breathing procedures, practically.

1. Breathing practice s:
  - Hands in and out
  - Hands stretch
  - Ankle stretch
  - Rabbit, Dog, Tiger and Straight leg raising breathing
  - Bhujangasana Breathing
  - Setubandhasana breathing,
  - Breath Awareness
2. Shwas-prashwasa samyama
  - Abdomen, Thoracic & Clavicular Breathing
  - Abdomen+Thoracic Breathing
  - Abdomen + Thoracic + Clavicular Breathing

- Yogic Breathing

#### **Unit4: All the Asana from YIC**

##### **Pedagogy:**

Learning of all the asanas, practically, with demonstration.

##### **Textbooks:**

1. Sri Ananda: The Complete book of Yoga, Orient Course Backs, Delhi, 2003.
2. Basavaraddi, I.V. & others: SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
3. Joshi, K.S.: Yogic Pranayama, Oriental Paperback, New Delhi, 2009
4. Dr. Nagendra H R: Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore, 2005

##### **Reference Books:**

1. Basavaraddi, I.V. & others: SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
2. Joshi, K.S.: Yogic Pranayama, Oriental Paperback, New Delhi, 2009
3. Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 2010
4. Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia, 1998
5. Swami NiranjananandSaraswati: Prana, Pranayama &Pranvidya, Yoga Publications Trust,
6. Munger, Bihar, 2005.

Subject Name: Yoga for Personality Development – (Krida Yoga)

Subject Code: BSYVT P 106

No. of Credits: 2	Total number of teaching hours: 60	Full marks for examination: 100	Internal Marks: 50
Number of teaching hours/week: 4			
Examination weightage:			
Unit-1 10 Hrs 20 Marks	Unit-2 15Hrs 20 Marks	Unit-3 15Hrs 20 Marks	Unit-4 10Hrs 20 Marks
Unit-5 10 Hrs 20 Marks			

### **Goal and objectives**

To develop one's personality for his or her own betterment.

### **Knowledge:**

The students will acquire the techniques for overall personality development.

### **Skills:**

Upon successful completion of the course, the students will acquire the methods to improve a person's personality.

### **Course Specific Outcome:**

After undergoing this course, a student will be having an in-depth knowledge of

1. Enhancement of self-awareness, confidence, and emotional intelligence through yogic games and activities
2. Development of leadership qualities, communication skills, and teamwork abilities through interactive exercises.
3. Improvement in stress management techniques and coping mechanisms through mindfulness practices.
4. Cultivation of cultural awareness, diversity appreciation, and respect for others through inclusive activities

5. Clarification of personal goals, values, and aspirations leading to holistic personality development.

### **Unit 1:**

#### **Pedagogy:**

Demonstrating Exercises to improve personality.

1. Indoor games – Ram and Sham (Awareness)
2. Ha-Ha-Ha (Emotional Culturing)
3. Finding the Leader (I.Q.)
4. Post Man (Memory)
5. Kendra Says (Awareness)

### **Unit 2:**

#### **Pedagogy:**

Demonstrating Exercises to improve personality.

1. Namaste (Speed)
2. Dog and Bone (Alertness)
3. Song Enacting (Creativity)
4. Help Me (Initiative) – Sahaayata, Balloon Head

### **Unit 3:**

#### **Pedagogy:**

Demonstrating Exercises to improve personality.

1. Outdoor games – Pig Fight (Dexterity and Stamina)
2. Running Race (Speed), Funny Touch (Dexterity)
3. Chain Forming (Coordination)
4. Eagle Race (Flexibility) Garuda Spardha

### **Unit 4:**

#### **Pedagogy:**

Demonstrating Exercises to improve personality.

1. Stick Lifting (Alertness and Strength)
2. Raja, Rama, Ravana (Speed and Awareness)
3. Memory Songs – There was a Tree
4. Special Claps, Flower Claps
5. Yoga for Eye Sight Improvement
6. Group Formations

## **Unit 5:**

### **Pedagogy:**

Demonstrating Exercises to improve personality.

Outdoor games – Specialisation in one outdoor game namely

1. Volley ball
2. Basket ball
3. Throw ball
4. Foot ball
5. Cricket and other games played

Instructions:

Weekly 2 to 3 days the students have to learn krida yoga and rest of the days they hope to play outdoor games as explained above by proper registration.

Text Book:

1. Nagendra H.R., Deshpande S, Nagaraju.Krida Yoga (Yogic games)., SVYP, 2013, Bangalore.

Reference Book:

- Krida Yoga- Vivekananda Kendra Publication



**Subject Name:** Basics of Computer

**Subject Code:** BSYVT P 108

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 4</b>			
<b>Examination weightage:</b>			
Unit-1 Hrs 5 Marks 15	Unit-2 Hrs15 Marks15	Unit-3 Hrs15 Marks15	Unit-4 Hrs5 Marks15
Unit-5 Hrs 5 Marks 15	Unit-6 Hrs15Marks15	Unit-7 Hrs 15 Marks10	

**Goal and objectives:**

- To understand the Human being as a Natural computing system
- To understand the need for computing systems.
- To understand and implement Python programmes.
- To compare the Human machine with the present generation of computing systems.

**Skills:**

- Python Programming Language
- Office Tools

**Knowledge:**

Acquires basic computing skills and knowledge of Python.

**Course Specific Outcome:**

**CSO I:** Basic Understanding of Computer Components.

**CSO II:** Proficiency in Operating System Navigation.

**CSO III:** Introduction to Productivity Software

**CSO IV:** Understanding of Internet and Web Browsing

**CSO V:** Introduction to Computer Security and Privacy

**Unit 1: History of Computing, Number System and Codes.**

**Pedagogy:** Lecture, PPT Presentation and demonstration using computer in lab.

1. Number system and its needs.
2. Different number systems - Binary, Octal, Decimal and Hexadecimal system.
3. Conversion from one system to other.
4. Codes, ASCII, EBDIC and other Representations.
5. History and Evolution of computing.

## **Unit 2: Architecture and working of computers**

**Pedagogy:** Lecture, PPT Presentation and demonstration using computer in lab.

1. Block diagram of computers, Input output device with examples and need.
2. Memory types, Hierarchy and classification.
3. Bus classification.
4. CPU external function and internal organization.
5. Comparative study with Human system as a black box.
6. Human Architecture as a computing system.

## **Unit 3: Programming Paradigm.**

**Pedagogy:** Lecture, PPT Presentation and demonstration using computer in lab.

1. Structured and Object Oriented Programming.
2. Python programming. Flow chart, algorithm, Data type, Operators – Arithmetic, Logical and relational Operators.
3. Decision making and iterative loops. Function and need for it.

## **Unit 4: Office tools**

**Pedagogy:** Lecture, PPT Presentation and demonstration using computer in lab.

1. Usage of Office tools Word, Excel and Power Point Presentation.
2. To create documents, letters, Papers and books.
3. Basic Number crunching using excel
4. To make presentations.

## **Unit 5: WWW and the Information World.**

**Pedagogy:** Lecture, PPT Presentation and demonstration using computer in lab.

1. Need for a Network and its Topologies.

2. Hardware requirements for network.
3. OSI layers and Pachkosha - A comparative study.
4. WWW. Human being as a DIK Model.
5. The Intelligent world of information.
6. Difference between Information and Knowledge.

## **Unit 6: Artificial and Natural Intelligence - A Comparative study**

**Pedagogy:** Lecture, PPT Presentation and demonstration using computer in lab.

1. Comparative study of human computing with artificial Intelligence.
2. Learning, Intelligence, Cognition and Memory.
3. The Building blocks for artificial Intelligence.
4. Applications.
5. Learning Engine Artificial, Natural and the ideal Engine.

## **Unit 7: User Interface**

**Pedagogy:** Lecture, PPT Presentation and demonstration using computer in lab.

1. Introduction to Man, Information Machine and their mutual interfaces. Introduction to robotics.
2. World of sensors and actuators - a comparative study with Sankhya.
3. Sensors and classification, Actuators and types and usage.
4. Sankhya Theory the world of sensors and actuators.

**Textbook:**

### **Reference Books:**

- Programming in python by Dr. Pooja Sharma
- Artificial Intelligence for All by Chakraborty, Utpal
- Computer Basics and PC Software by Verma, Dinesh (Author)
- Elements of Computer Networking Dr Sreenivasa Rao M

**Subject Name:** Introduction to Vedanga Jyotisha and Medical Astrology

**Subject Code:** BSYVT T – 202

<b>No. of Credits: 3</b>	<b>Total number of teaching hours: 45</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 4</b>			
<b>Examination weightage:</b>			
Unit-1 10Hrs      25 Marks	Unit-2 10Hrs      25Marks	Unit-3 10Hrs      25Marks	Unit-4 15Hrs      25Marks

Course-Specific Outcomes:

1. Students will comprehend the foundational principles of Vedic astrology.
2. Students will be able to identify and interpret different components of a birth chart.
3. Students will demonstrate proficiency in calculating and analyzing planetary positions and their influences.
4. Students will evaluate the significance of astrological houses and their implications in individual charts.

Program-Specific Outcomes:

1. Develop critical thinking skills in interpreting astrological symbols and patterns.
2. Enhance communication skills in articulating astrological concepts and analyses.
3. Foster ethical reasoning in the application of astrology to various life situations.
4. Cultivate research skills to explore the historical and cultural contexts of Vedic astrology.

Course Goal:

The goal of this course is to provide students with a comprehensive understanding of Vedic astrology, its principles, and its application in interpreting individual birth charts. By the end of the course, students should be equipped with the foundational knowledge and skills necessary to analyze and interpret astrological charts effectively.

Skills Development:

1. Analytical Skills: Students will develop the ability to critically analyze astrological charts and interpret the significance of planetary placements and aspects.

2. Interpretation Skills: Students will refine their skills in interpreting astrological symbols, houses, and aspects to provide insightful readings.
3. Research Skills: Students will engage in research activities to explore the historical, cultural, and philosophical foundations of Vedic astrology.
4. Communication Skills: Students will enhance their ability to communicate complex astrological concepts effectively, both orally and in writing.
5. Ethical Reasoning: Students will consider ethical implications in the practice of astrology and develop ethical reasoning skills in applying astrological insights to real-life situations.

### **Unit 1: Introduction to Vedanga Jyotisha**

**Pedagogy: Lectures with marker pen and PPT.**

1. Introduction to Shadangaas.
2. Introduction to Siddhanta, Samhita and Hora
2. Introduction to Panchanga
3. Introduction to Bhachakra
4. Karakatwas of Raashis, Grahaas and Bhaavaas.
5. Introduction to Lagna

### **Unit 2: Introduction to different kundalis**

**Pedagogy: Lectures with marker and pen and 3D videos**

1. Introduction to bhava kundali and Rashi Kundali
2. North Indian and south Indian styles
3. Phaladesha of all the planets in different zodiac signs and bhavas.
4. Vimshottari dasa
5. Avasthas
6. shadbala

### **Unit 3: Introduction to Medical Astrology**

**Pedagogy: Lectures with marker pen and PPT.**

1. Theory of Karma
2. Diseases and planets
3. Planets and Tridoshas
4. Chakras and planets
5. Nakshtras, planets and herbs
6. Healing Mantras in Rig Veda and Atharva Veda

#### Unit 4: Case Studies of different diseases

**Pedagogy: Lectures with marker pen and PPT.**

1. Case study of horoscopes with diabetes.
2. Case study of horoscopes with Blood pressure.
3. Case study of horoscopes with Cardiac issues.
4. Case study of horoscopes with psychiatric disorders.

#### Text Books:

1. Essentials of Medical Astrology by KS Charak

#### Reference Books:

1. Astrology and diagnosis by SG Khot
2. Health and healing mantras in Rig Veda and Atharva Veda by RL Kashyap

**Subject Name:** Patanjali Yoga Sutras 1 (Samadhi and Sadhana Padas)

**Subject Code:** BSYVT T - 204

<b>No. of Credits: 3</b>	<b>Total number of teaching hours: 45</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 4</b>			
<b>Examination weightage:</b>			
Unit-1 5Hrs 25 Marks	Unit-2 10Hrs 25Marks	Unit-3 15Hrs 25Marks	Unit-4 15Hrs 25Marks

#### Goal:

- Students should learn the concepts of Yoga and the methods of attaining the highest state of Yoga

#### Objectives:

- Students should know the 24 Tatvas in Sankhya and Yoga
- Students shall be able to understand various modification of mind and the means of inhibiting them.
- Students should know the concept and various stages in attaining the final state of Yoga and methods to attend it
- Should have understanding about the essence of Samadhi and Sadhana Pada and use during the applications

#### Skill:

- **Mindfulness:** Practicing the principles outlined in the Yoga Sutras cultivates mindfulness, enabling individuals to develop awareness of their thoughts, emotions, and actions in the present moment.
- **Concentration:** Learning techniques such as dharana (concentration) enhances the ability to focus the mind and sustain attention on a single object or concept, improving cognitive abilities and productivity.
- **Emotional Regulation:** The practice of yoga helps individuals regulate emotions by promoting self-awareness, emotional resilience, and the ability to respond thoughtfully rather than react impulsively to challenging situations.

### **Course Specific Outcome:**

After undergoing this course, a student will be having an in-depth knowledge of

CSO-I Basic concepts of Yoga and the nature of Chitta in details

CSO-II Types of obstacles in the process of Sadhana and ways to overcome that

CSO-III Understand the different levels of Samadhi and Iswara

CSO-IV Understanding Kriya Yoga and Astanga Yoga in details

### **Unit 1: Introduction to Yoga darshana, Concept of Citta Vrittis, Citta Bhoomis and Citta-vritti Nirodhopaya [10 hours]**

- Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra, 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); Concept of Citta-Vrittis and their classification, Citta-Vritti Nirodhopaya (Abhyasa and Vairagya).

### **Unit 2: Concept of Samadhi, Ishwar and Ishwar Pranidhana and Citta-prasadanam [10 hours]**

- 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)
- 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 3: Concept of Kriya Yoga, Klesa and Klesha Nivrutti [10 hours]**

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), Prakriti Purusha SamYoga;

### **Unit4: Concepts of Astanga Yoga [15 hours]**

Brief. Introduction to Ashtanga Yoga; Concept of Yama & Niyama, Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis. Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis

**Text Books:**

1. Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012
2. Swami Virupaksananda: Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995
3. James R. Ballantyne: The Sankhya Aphorisms of Kapila, Parimal Publications, New Delhi, 2004

**Reference Books:**

1. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
2. M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
3. K.D. Prithvipaul: The Yogasurta of Patanjali M.L.B.D. New Delhi
4. Gaspar M. Koelmenn, S.J: Patanjali Yoga, Papal Athenaeum, Poona, 1970
5. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II.

**Unit 1: Introduction to Darshanas and Yoga darshana of Patanjali**

**Pedagogy: Lectures with marker pen and PPT.**

- Brief Introduction to Darshanas, 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);

**Unit 2: Concept of Citta, citta bhoomis Citta vrittis and Citta vritti nirodhopaya**

**Pedagogy: Lectures with marker pen and PPT.**

- Concept of Mana, Buddhi, Ahankar and Chitta; Concept of Citta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha); 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 3: Samadhi paada**



**Pedagogy: Lectures with marker pen and PPT.**

- 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).

**Unit4: Sadhana paada**

**Pedagogy: Lectures with marker pen and PPT.**

- 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), Prakriti Purusha SamYoga; Brief Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.

**Text Books:**

4. Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012
5. Swami Virupaksananda: Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995
6. James R. Ballantyne: The Sankhya Aphorisms of Kapila, Parimal Publications, New Delhi, 2004

**Reference Books:**

6. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
7. M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
8. K.D. Prithvipaul: The Yogasurta of Patanjali M.L.B.D. New Delhi
9. Gaspar M. Koelmenn, S.J: Patanjali Yoga, Papal Athenaeum, Poona, 1970
10. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II

**Subject Name:** Vedic principles and practices 1

**Subject Code:** BSYVT P-205

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 4</b>			
<b>Examination weightage:</b>			
Unit-1 15Hrs 25 Marks	Unit-2 15Hrs 25Marks	Unit-3 15Hrs 25Marks	Unit-4 15Hrs 25Marks

### Goal

Sandhyavandanam is a traditional Hindu ritual performed by Brahmins and other initiated individuals. It is a daily practice that involves the chanting of mantras and offering prayers during specific times of the day, known as sandhyas.

This course endeavours to impart this practice.

### Objective

- To Impart the practice of daily self purification
- To impart the practice towards spiritual growth and devotion
- To teach a methodology towards self discipline

### Course Specific Outcome

- Knowledge of Rituals and Mantras
- Improved Sanskrit Proficiency
- Cultivation of Devotion and Gratitude

### Skills

- Concentration and Focus
- Time Management
- Pronunciation and Language Skills
- Ritualistic Skills:
- Mindfulness and Meditation

- Cultural and Traditional Understanding

### **Unit 1 – Mantras**

#### **Pedagogy: Chanting**

- Gayatrhi
- Saraswati

### **Unit 2 – Suktas**

#### **Pedagogy: Chanting**

- Shri Sukta
- Purusha Sukta
- Ganapati atharva shirsha

### **Unit 3 – Stotras**

#### **Pedagogy: Chanting**

- Shivaparadhakshama
- Shiva Pancaka
- Devi Aparadha Kshama Stotra

### **Unit 4 – Practical:**

#### **Pedagogy: Chanting**

- Sandhya vidhi

#### **Reference Books:**

1. Mantrapushpam by Ramakrishna math

**Subject Name:** Practice of Yogasana and Pranayama Level – 2

**Subject Code:** BSYVT P-207

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 4</b>			
<b>Examination weightage:</b>			
Unit-1 15Hrs 25 Marks	Unit-2 15Hrs 25Marks	Unit-3 15Hrs 25Marks	Unit-4 15Hrs 25Marks

**Goal and objectives:**

**Goal**

To acquire the practical knowledge of performing advance asanas

**Objectives:**

- To make the students to understand the idea behind each asana
- To make to feel the changes in the body while performing the asanas
- To make the students to understand the effect of the asanas not only on the body but on subtle levels
- To make them to understand the effect of the asanas in their personality

**Knowledge:** To know the techniques of asanas and train the mind and tame the body

**Skills:** To acquire the flexibility in them.

**Course Specific Outcome:**

1. Master advanced yogic practices including asanas, pranayama, and surya namaskara with correct techniques and alignment.
2. Understand the therapeutic effects of yoga asanas on physical, mental, and emotional well-being.
3. Develop flexibility, strength, and endurance through regular practice of yoga postures and breathing exercises.
4. Demonstrate proficiency in performing and instructing a variety of asanas and pranayama techniques.

5. Evaluate personal progress in yoga practice and cultivate mindfulness and self-awareness through continuous practice and reflection

### **Unit 1: Yogic suksma and sthula vyayama**

#### **Pedagogy: Performing all these asanas through demo**

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-bahumula 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), Jangha shakti-vikasaka (for the thighs), 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)

### **Unit 2: Surya namaskara**

#### **Pedagogy: Performing all these asanas through demo**

1. 12 count surya namaskara, Dynamic surya namaskara, Perfection of each posture, Maintaining of each posture of Surya namaskara for at least one minute.

### **Unit 3: Yogasana**

#### **Pedagogy: Performing all these asanas through demo**

1. Vajra
2. Simha
3. Padamasana
4. Manduka
5. Candra
6. Hamsa
7. Gomukhasana
8. Veerasana
9. Salabhasana
10. Utkatasana
11. Garudasana

12. Vrishasana
13. Makarasana
14. Ushtrasana
15. Bhujangasana
16. Matsyasana
17. Vakarasana
18. Viparita Karani
19. Trikonasana
20. Parivrtta Trikonasana
21. Parsva Konasana
22. Navasana
23. Sarpasana

#### **Unit4: Continuous evaluation by the Teachers**

##### **Pedagogy: Performing all these asanas through demo**

1. At the end of the semester students should able to perform all 25 Asana
2. At the end of the semester students should able to able to maintain all 25 Asana up to 1 minute
3. At the end of the semester students should able to give the instruction for all 25 asana
4. At the end of the semester students should able maintains each asana of Suryanamaskara up to one minute.
5. At the end of the semester students should able to able to maintain sit in Padmaasana up to 20 Minute.

##### **Text Books:**

1. Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
2. Swami Dharendra Bhramhachari : Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966

##### **Reference Books:**

1. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1993
2. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006

3. 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.

**Subject Name:** Preparation of Kundali

**Subject Code:** BSYVT P-208

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 4</b>			
<b>Examination weightage:</b>			
Unit-1 15Hrs 25 Marks	Unit-2 15Hrs 25Marks	Unit-3 15Hrs 25Marks	Unit-4 15Hrs 25Marks

### Goal and objectives

#### Goal

- To make the students familiar with ancient Jothish Shastra which accepted as eyes of Veda Purusha.

#### objectives

- To train the students to prepare Kundali for a particular person.

#### Knowledge:

- The students will acquire the knowledge of Kundali Rachana as per the Jothish Shastra.

#### Skills:

Upon successful completion of the course, the students will acquire:

- Skill of preparation of Horoscope and its reading.

### Course Specific Outcome:

After undergoing this course, a student will be having an in-depth knowledge of Kundali Rachana and Phalaadesh

1. Acquire in-depth knowledge of Kundali Rachana (Horoscope) as per Jyotish Shastra

2. Develop skills in preparing and reading horoscopes for individuals.
3. Understand the significance of Lagna (Ascendant) and the placement of Navagrahas (Nine Planets).
4. Learn about the classification of planets as Shatru Grahas (Malefic) and Mitra Grahas (Benefic)
5. Gain proficiency in calculating Dasha (Planetary Periods) for predictive astrology

### **Unit 1: Introduction to Lagna**

**Pedagogy: Lectures with marker pen and PPT.**

1. How to get Lagna
2. Places of Navagrahas
3. Discussion on Uccha, Nicha and own place of planets
4. Introduction to Dashabhukthi

### **Unit 2: Shatru and Mitra Graha**

**Pedagogy: Lectures with marker pen and PPT.**

1. Shatru Graha's
2. Mitra Graha's
3. Tatkalika Mitra Graha's

### **Unit 3: Drushti Vichara**

**Pedagogy: Lectures with marker pen and PPT.**

1. Divisions of Drushti
2. Drushti of different planets

### **Unit 4: Calculation of Dasha's**

**Pedagogy: Lectures with marker pen and PPT.**

1. Calculation of Mahadasha
2. Calculation of Anthardasha

### **Reference Books:**

- Jathakaparijatam of Vaidyanath trancelated VS Shastri, Ranjan Publication, Delhi.
- Bruhat Jataka of Sri Varahamihira with English translation, Motilal Banarasi Das, Varanasi.



**Subject Name:** Vedic Practices-Sandhya vidhi

**Subject Code:** BSYVT P -209

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 6</b>			
<b>Examination weightage:</b>			
Unit-1 10Hrs 25 Marks	Unit-2 10Hrs 25Marks	Unit-3 10Hrs 25Marks	Unit-4 15Hrs 25Marks

### Goal

Sandhyavandanam is a traditional Hindu ritual performed by Brahmins and other initiated individuals. It is a daily practice that involves the chanting of mantras and offering prayers during specific times of the day, known as sandhyas.

This course endeavours to impart this practice.

### Objective

- To Impart the practice of daily self purification
- To impart the practice towards spiritual growth and devotion
- To teach a methodology towards self discipline

### Learning Outcome

- Knowledge of Rituals and Mantras
- Improved Sanskrit Proficiency
- Cultivation of Devotion and Gratitude

### Skills

- Concentration and Focus
- Time Management

- Pronunciation and Language Skills
- Ritualistic Skills:
- Mindfulness and Meditation
- Cultural and Traditional Understanding

### **Unit 1 – Introduction**

- The Karma division of the vedas – Nitya, naimittika, kamya and nishiddha
- Nityakarma
- The philosophy of Sandhyavanda Practice
- Various traditions of Sandhyavandana
- Understanding the Yogic Significance Sandhyavandana

### **Unit 2 - The Structure of Sandhyavandana**

- The Purvanga Practice
- The Pradhana Anga practice
- The uttaranga Practice

### **Unit 3 - The learning of Practice**

- Learning the chants for Sandhyavandana
- Learning the procedures of sandhyavandana
- Integrating chanting with the Procedures of Sandhyavandana

### **Unit 4 - Observation and practical**

Practicals – Observing the practice of Sandhyavanda in the traditional manner and practicing

### **Reference**

1. Yajurveda Apastambha Trikala Sandhyavanda, - with procedures and meaning Giri Tradiing, Chennai, 2021 Reprint
2. Sandhyavandana-bhashyam, Vedanti sitarama shastri, Balamanorama Press, Mylapore, 1931

**Subject : Patanjali Yoga Sutras 2(Vibhuti and Kaivalya Paada)**

**Subject Code: BSYVT T 302**

<b>No. of Credits: 3</b>	<b>Total number of teaching hours: 45</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 3</b>			
<b>Examination weightage:</b>			
Unit-1 22Hrs 50 Marks	Unit-2 23Hrs 50Marks		

**Goal and objectives:**

To learn the yoga sutras of Patanjali and understanding them.

**Knowledge:**

In-depth information about the different yoga sutras of Patanjali.

**Skills:**

Practicing the Patanjali yoga sutras.

**Course Outcome:**

After undergoing this course, a student will be having an in-depth knowledge of the Patanjali yoga sutras.

1. In-depth Knowledge: Attaining a profound understanding of the Patanjali Yoga Sutras, particularly focusing on Vibhuti and Kaivalya Paada.

2. Practical Application: Learning to practice and apply the teachings of the Yoga Sutras in daily life.
3. Analytical Approach: Developing analytical skills to comprehend the nuances and subtleties of the Sutras.
4. Spiritual insights: Gaining insights into the spiritual dimensions of Yoga philosophy as elucidated by Patanjali.
5. Textual Study: Engaging with both primary and secondary texts to deepen comprehension and interpretation of the Sutras.

### **Unit 1:**

**Pedagogy:** Lectures with PPT

Dharana dhyana, samyama, result of Samyama and its application, Nirodha parinama, Fruits of Nirodha Parinama, samadhi parinama, ekagra parinama, applications of these 3 parinamas, Dharmi- the common substratum, cause of difference, knowledge of past and future, knowledge of all speech, knowledge of previous births, knowledge of others mind, invisibility, disappearance of tanmatras, powers of friendliness, attainment of strength, hidden knowledge, knowledge of solar system, knowledge of the stars and their movements, knowledge of the body.

### **Unit 2:**

**Pedagogy:** Lectures with PPT

cessation of Hunger and thirst, powers of steadiness., spiritual vision, intuitive knowledge, awareness of chitta, knowledge of purusha, intuitive perception, psychic powers and obstacles, entering another's body, levitation, aura, divine hearing, moving through space, universal state of mind, mastery of the bhutas, attainment of Anima and etc, perfection of the body, mastery of sense organs, conquest of Prakriti, omnipotent and omniscience, vairagya and Knowledge, cause of downfall, awareness of ultimate reality, knowledge of Distinctions, transcendental knowledge, attainment of kaivalya.

### **Unit 3:**

**Pedagogy:** Lectures with PPT

Sources of siddhis, fundamental transformation, instrumental cause, created mind, natural mind directs and is free from impressions, influence of karma, manifestation of vasanas, memory and impressions, source of vasanas, disappearance of vasanas, past and future exist, factor of existence, essence of object, theory of perception, mind and object, limitations of mind, confusion of memory, Apprehension of mind,

heading to kaivalya, pratyayas and their removal, dharmamegha samadhi, freedom from kleshas, infinity of knowledge, gunas retire, kaivalya

Text Books:

1. Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012
2. Swami Virupaksananda: Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995

**Subject : Methods of Teaching Yoga**

**Subject Code: BSYVT T 304**

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 30</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 2</b>			
<b>Examination weightage:</b>			
Unit-1 10Hrs 25 Marks	Unit-2 10Hrs 25Marks	Unit-3 10Hrs 25Marks	Unit-4 15Hrs 25Marks

**Goal and Objectives:**

**Goal:**

- To understand and adopt the method of teaching Yoga

**Objectives:**

- To learn the Methodology of teaching techniques adopted during dissipation of knowledge in Yoga subject.

**Skill:**

- After the completion of the course, the student will get the complete knowledge on conducting a Yoga workshops at school and college level.
- The student will be able desing yoga sequence for different age group people.

**Course specific outcome:**

After undergoing this course, a student will be having an in-depth knowledge of methods of teaching Yoga.

1. Understanding and adopting the method of teaching Yoga
2. Learning the methodology of teaching techniques during the dissemination of knowledge in Yoga.
3. Designing Yoga sequences for different age groups.
4. Acquiring complete knowledge on conducting Yoga workshops at school and college levels.
5. Integrating Ayurveda with Yoga for better understanding and application in disease recovery.

### **Unit-1: Principles and methods of teaching yoga**

**Pedagogy:** Lecture with marker pen along with various PPT's including demonstrations with anatomy models.

- 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-2: Basics of yoga class management**

**Pedagogy:** Lecture with marker pen along with various PPT's including demonstrations with anatomy models.

- 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-3: Lesson planning in yoga**

**Pedagogy:** Lecture with marker pen along with various PPT's including demonstrations with anatomy models.

- 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-4: Educational tools of yoga teaching**

**Pedagogy: Lecture with marker pen along with various PPT's including demonstrations with anatomy models.**

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

**Text Books:**

1. Dr. Shri Krishna: Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009

**Reference Books:**

1. Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
2. Dr. Raj Kumar: Principles & methods of Teaching, Printo graphics, Delhi,
3. Saket Raman Tiwari & others: Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

**Subject : Introduction Ayurveda**

**Subject Code: BSYVT T 305**

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 30</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 2</b>			
<b>Examination weightage:</b>			
Unit-1 10Hrs 25 Marks	Unit-2 10Hrs 25Marks	Unit-3 10Hrs 25Marks	Unit-4 15Hrs 25Marks

### **Goal and Objectives**

#### **Goal:**

The goal of teaching introduction to Ayurveda subject to postgraduate students of YVT is to provide them with knowledge about the principles of Ayurveda that are compatible to Yoga therapy.

#### **Objectives**

The student shall be able to:

- Understand the science of Ayurveda
- Get comprehensive knowledge about ancient wisdom.
- Get knowledge about fundamentals of Ayurveda
- Learn the concept of auto healing and principles of Ayurveda
- Imbibe the ancient knowledge of Ayurveda based on the concept of Six philosophies.

#### **Skills:**

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

- Integrate Ayurveda with Yoga for the better and quick recovery of a disease.
- Integrate Ayurveda with Yoga for better understanding of a disease quickly.
- Understand and prescribe the line of treatments employed for relieving the common disease conditions.



- Explain the principles behind the treatment of Ayurveda.

**Course Specific outcome:**

1. Acquiring basic concepts of Ayurveda and its application in disease treatment.
2. Understanding the co-relation between doshas and diseases.
3. Learning the concept of drugs and their formulation in Ayurveda.
4. Integrating Ayurveda with Yoga for better recovery and understanding of diseases.
5. Explaining the principles behind Ayurvedic treatments.

**Unit – 1:**

**Pedagogy:** Lecture with marker pen along with various PPT's including demonstrations with anatomy models.

**(A)Definition of Ayurveda**

[5Hrs]

- i. Definition of Vedas – Introduction of division of Vedas.
- ii. Definition of Ayurveda – Different types of Ayu and chronology of Ayurveda.

**(B)Concept of Doshas, Dhatus, Malas and Agni**

[5Hrs]

- i. Concept of doshas – Vata, Pitta and Kapha
- ii. Concept of dhatus and malas
- iii. Concept of agni – Types of agni and concept of Ama.

**Unit-2:**

**Pedagogy:** Lecture with marker pen along with various PPT's including demonstrations with anatomy models.

**i. Shishya guna, guru gunas                      5 hrs**

- i. Concept of Chikitsachatuspada,
- ii. Qualities of royal physician.
- iii. Dinacharya, rutucharya and rutusandhi- features and significance.

### **Unit 3**

**Pedagogy:** Lecture with marker pen along with various PPT's including demonstrations with anatomy models.

#### **Concept of health and disease**

[15Hrs]

- i. Concept of health according to sushruta.
- ii. Concept of disease and its classification.
- iii. Concept of agryasangrahas

#### **Concept of drugs in Ayurveda and its formulation**

[15Hrs]

- i. Concept of drugs in ayurveda, concept of rasa, guna, veerya, vipaka and prabhava.
- ii. Different drugs and its details.
- iii. Formulations in ayurveda...churna, vati, asava, lehya, etc

### **Unit 4**

**Pedagogy:** Lecture with marker pen along with various PPT's including demonstrations with anatomy models.

#### **Concept of Chikitsa in ayurveda.**

15 hrs

- i. Definition of chikitsa.
- ii. Santarpana & Apatarpana
- iii. Classifications of treatments as per charaka.
- iv. Panchakarma in Ayurveda.

**Subject: Yoga Asana Practice Level-3**

**Subject Code: BSYVT P 307**

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 6</b>			
<b>Examination weightage:</b>			
Unit-1 10Hrs 25 Marks	Unit-2 10Hrs 25Marks	Unit-3 10Hrs 25Marks	Unit-4 15Hrs 25Marks

**Goal and objectives:**

**Goal**

To acquire the practical knowledge of performing advance asanas

**Objectives:**

- To make the students to understand the idea behind each asana
- To make to feel the changes in the body while performing the asanas
- To make the students to understand the effect of the asanas not only on the body but on subtle levels

**Knowledge:**

The students will acquire the techniques of stabilizing and perfecting their postures.

**Skills:**

Upon successful completion of the course, the students will acquire the knowledge of the yogasanas.

**Course Specific Outcome:**

After undergoing this course, a student will be having an in-depth knowledge of

1. Practical approach to yogasanas.
2. Acquiring techniques to stabilize and perfect postures.
3. Developing the ability to maintain various asanas for specific durations.
4. In-depth knowledge of advanced asanas and their effects on the body and subtle levels.
5. Acquiring skills to instruct and guide others in practicing yoga asanas.

**Unit 1: Surya Namaskar:**

- At the end of the semester students should be able to maintain each asana of Suryanamaskara up to two minutes.

**Unit 2: Asana**

	III				
1	Siddhasana	11	Virabhadra II	21	Paarsva Dhanurasana
2	Bhadrāsana	12	Halāsana	22	Supatakonaasana
3	Markatasana	13	Sarvangasana	23	Nokasana
4	Matsyendra	14	Sirsasana	24	Uttanamanduka
5	Pascimatana	15	Akarna Dhanurasana	25	Prasarita padahastāsana
6	Cakrasana	16	Padma Sarvangasana		
7	Dhanurasana	17	Bhūmanasana		
8	Padma Mayurasana	18	Salambha Salabhasana		
9	Supta Vajarasana	19	Karna Pīdhasana		
10	Virabhadra I	20	Setubandhasana		

- At the end of the semester students should be able to perform all 25 Asana
- At the end of the semester students should be able to maintain all 25 Asana up to 1 minute
- At the end of the semester students should be able to give the instruction for all 25 asana
- At the end of the semester students should be able to maintain sit in Padmaasana up to 30 Minute.

**Unit 3:** Learning of all the asanas, practically, with demonstration.

**Unit 4:** Continuous evaluation by the Teachers

*Text Books:*

1. Himalaya, Swami Vivekananda Yoga Prakasana, Bangalore, 2000
2. Swami Satyananda Saraswati, Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Munger, Bihar, India.

**Reference Books:**

1. Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Band (Yoga Publications Trust, Munger, Bihar, India).
2. Swami Muktibodhananda Saraswati: Hatha Yoga Pradeepika, Yoga Publications Trust (Munger, Bihar, India).

**Subject:** Training in organizing Festivals, events and Competitions-2

**Subject Code:** BSYVT P 309

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 6</b>			
<b>Examination weightage:</b>			
Unit-1 10Hrs 25 Marks	Unit-2 10Hrs 25Marks	Unit-3 10Hrs 25Marks	Unit-4 15Hrs 25Marks

**Goal and objectives:**

**Goal**

- To give an exposure in organizing Festivals, events and Competitions

**Objectives:**

- To train students in organizing Festivals, events and Competitions.

**Knowledge:**

Knowledge in organizing Festivals, events and Competitions

**Skills:**

Students will be able to organize Festivals, events and Competitions

**Course Specific Outcome:**

After undergoing this course, a student will be having an in-depth knowledge of

1. Acquiring skills to organize festivals, events, and competitions.
2. Understanding the methodology of organizing cultural and yoga-related events.
3. Learning the value of teamwork and coordination in event management.
4. Gaining practical experience in planning and executing various events.
5. Developing leadership and organizational skills in the context of organizing festivals, events, and competitions.

**Unit 1: Introduction**

- Overview of the course objectives and structure

- Importance of organizing festivals, events, and competitions
- Historical background and evolution of event management
- Understanding the role of event organizers
- Introduction to key concepts such as event planning, budgeting, marketing, and logistics

## **Unit 2: Organizing Festivals**

- Defining festivals and their significance in culture and society
- Types of festivals (cultural, music, food, etc.)
- Planning and conceptualizing a festival
- Venue selection and layout design
- Programming and scheduling of festival activities
- Managing vendors, sponsors, and performers
- Crowd management and security considerations
- Evaluating the success of a festival and post-event analysis

## **Unit 3: Organizing Events**

- Understanding the scope and diversity of events
- Differentiating between corporate, social, and recreational events
- Event planning process: from ideation to execution
- Budgeting and financial management for events
- Marketing and promotion strategies for event success
- Risk management and contingency planning
- Coordinating logistics including transportation, accommodation, and catering
- Utilizing technology for event management and ticketing

## **Unit 4: Organizing Competitions**

- Overview of competitions in various fields (sports, arts, academic, etc.)
- Planning and designing competitive formats
- Recruitment and training of judges, referees, and volunteers
- Securing venues and equipment for competitions
- Registration and participant management
- Promoting competitions to attract participants and spectators
- Managing rules, regulations, and fair play
- Award ceremonies and post-competition evaluation

## **References:**

- "Event Management: Principles and Practices" by Lynn Van der Wagen

- "Festival and Special Event Management" by Johnny Allen, William O'Toole, Robert Harris
- "The Complete Guide to Successful Event Planning" by Shannon Kilkenny
- Industry-specific journals, articles, and online resources

*Learning outcome:*

- Hands on training in organizing Puja and Yajna regularly
- Performing Puja when required

**Subject:** Applied Sanskrit Grammar – 2

**Subject Code:** BSYVT T 401

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 30</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 6</b>			
<b>Examination weightage:</b>			
Unit-1 10Hrs 25 Marks	Unit-2 10Hrs 25Marks	Unit-3 10Hrs 25Marks	Unit-4 15Hrs 25Marks

**Goal and Objectives**

**Goal**

- The Goal of Applied Sanskrit Grammar course is to help student understand the foundational grammatical structures of Sanskrit language as applicable in the Yogic Textual Context

**Objectives**

- To impart foundational Sanskrit parts of speech
- To facilitate the Application of Sanskrit Grammar in the Yoga Literature and thereby deepen the understanding of the Texts
- To train students in creating Grammatically appropriate Samskrita Sentence constructions
- To initiate practice in reading and understanding Yogic Lore based on Samskrita Grammar

**Learning Outcome**

- Ability to identify important parts of Speech in Sanskrit – Verbs, Nouns and Avyayas (indeclinables)

- Ability to apply the parts of speech of Samskrita and construct easy sentences in yogic texts
- Ability to Construct Grammatically Sound

### **Skills**

- Communicative Proficiency in Sanskrit
- Confidence and Fluency in Using Sanskrit
- Cultural Understanding of Yoga texts through Sanskrit

### **Course Outcome**

Language Skill Development in listening, speaking, reading and Writing of Sanskrit

Strengthen the vocabulary and grammar knowledge in Sanskrit in the specific context of Yoga

Facilitating intrinsic cultural understanding of Yoga through Sanskrit and reducing dependence on translations

**Note: All the Sanskrit Grammatical Aspects Taught will be illustrated with vocabulary and concepts from Yogic Lore**

### **Unit 1– Nouns**

**Pedagogy: Lectures with marker pen and PPT.**

1 Divitiya vibhakti

2. Tritiya vibhakti

3. Catruthi vibhakti

4. Panchami vibhakti

5. Sambodhaam vibhakti

6. Memorization of word Forms - Hari, Guru, Ptiru, nadii, dhenu, Matru



## **Unit 2 -Verbs , verb related Avyayas**

**Pedagogy: Lectures with marker pen and PPT.**

1. Lrt Lakara – Future tense
2. Ktva Pratyaya
3. Lyap pratyaya
3. Tumun Pratyaya
4. Atmane padi – Lat forms
6. Memorization of Atmae padi forms - vand, edh, vart in Present tense, Parasmai padi forms - bhu, path, likh khaad, pib dhatus – Past, present, Future and Lot

## **Unit 3 – Important Indeclinables– 1**

**Pedagogy: Lectures with marker pen and PPT.**

1. cha, api , eva, iti yat
2. yada tada, yatha –tatha, yatra-tatra
3. Adyatana-Purvatana-hyastana-idanintana
4. Kintu, nishchayena, prayashah, khalu, apekshaya, atah, yatah
5. yadyapi-tathapi, yadi-tarhi, yavat-tavat, cet – no cet

## **Unit 4 - Applying Samskrita in Yogic context**

**Pedagogy: Lectures with marker pen and PPT.**

1. Important Quotes on Yoga from Sanskrit texts
2. Insights on preparation for Asanas in Sanskrit
3. Instruction for Yoga Asanas
4. Modification of Asanas in Practices

## **Reference Books**

1. Yogasya Bhasha, Part 1 , Dr Jayaraman & Mohan, Samskrit Promotion Foundation, New Delhi, 2017

### Reference Books

1. Yogasya Bhasha, Part 1 , Dr Jayaraman & Mohan, Samskrit Promotion Foundation, New Delhi, 2017
2. Bhasha Pravesha, Samskrita Bharati, New Delhi, 2012

**Subject: Yoga Therapy for Common ailments**

**Subject Code: BSYVT T 402**

<b>No. of Credits: 3</b>	<b>Total number of teaching hours: 45</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 3</b>			
<b>Examination weightage:</b>			
Unit-1 10Hrs 25 Marks	Unit-2 10Hrs 25Marks	Unit-3 10Hrs 25Marks	Unit-4 15Hrs 25Marks

### Goal and Objectives

#### Goals:

The goal of teaching Yoga Therapy for Common Ailments to students is aimed at giving the student comprehensive medical knowledge of the disease and it's Yogic Management of the organ systems of the body to facilitate comprehension of the physiological basis of health and disease and Hospital training and hands on training to handle patients.

#### Objectives

- To make the students to be aware of each system of the body and the related diseases
- To understand the underlying reason for the occurrence of the disease in the physical body
- To understand the yogic management for the common ailments

#### Knowledge:

After the completion of the program, the students should be able to

- Independently handle a patient and administer yoga therapy;
- Appreciate the relative contribution of each organ system to the homeostasis;

- Explain the pathological aspects of disease;
- Illustrate the physiological response and adaptations to environmental stresses;
- List physiological principles underlying pathogenesis and disease management.

#### **Skills:**

After the completion of the programs, the students should be able to:

- Teach Yoga Therapy;
- Interpret experimental/investigative data;
- Take medical, psychological and yogic assessments
- Effectively treat the patient with various psychosomatic ailments.

#### **Course Specific outcome:**

All the diseases connected with different systems, students get knowledge of sign, symptoms, prevalence and their pathophysiology, medical management and total rehabilitation with Integrated approach of Yoga therapy.

1. Understanding various common ailments, including their signs, symptoms, pathophysiology, medical management, and Yoga therapy integration.
2. Gaining insights into the physiological basis of health and disease and learning holistic approaches to patient care.
3. Developing skills to independently handle patients, administer Yoga therapy, and conduct medical, psychological, and yogic assessments.
4. Learning evidence-based Yoga therapy techniques tailored to specific ailments, integrating traditional wisdom with modern research.
5. Enhancing communication skills to effectively convey therapeutic recommendations and educate patients about Yoga's role in health management

#### **Unit-1: Introduction to common ailments**

[3 Hrs]

**Pedagogi:** ( Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study)

- i. Introduction to stress
- ii. Introduction to Yoga therapy – AdhijaVyadhi concept according to science and also according to Yoga Vasista, IAYT

#### **Unit-2: Respiratory Disorders and cardiovascular disorders**

[12Hrs]

**Pedagogi:** ( Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study)

##### **(A) Respiratory disorders**

- i. Introduction to Respiratory disorders
  - a. Brief classification – Obstructive, Restrictive, infectious and inflammatory
  - b. Introduction to Pulmonary function tests and their principles

- ii. Bronchial Asthma
  - a. Definition, Pathophysiology, Classification, Clinical Features,
  - b. Medical Management
  - c. Yogic Management
- iii. Allergic Rhinitis & Sinusitis
  - a. Definition, Pathophysiology, Classification, Clinical Features,
  - b. Medical Management
  - c. Yogic Management
- iv. Corona- Covid 19
  - a. Definition, pathophysiology, clinical features, routes of transmission, prevention measures
  - b. Medical management
  - c. Yogic management
- v. Evidence based Yoga therapy for problems of Respiratory disorders

### **(B) Cardiovascular disorders**

- i. Introduction to Cardiovascular disorders
- ii. Hypertension
  - a. Definition, Pathophysiology, Classification, Clinical Feature
  - b. Medical Management
  - c. Yogic Management
- iii. Atherosclerosis / Coronary artery disease
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- iv. Evidence based Yoga therapy for problems of Cardiovascular system

### **Unit-3: Gastro Intestinal Disorders and Excretory System**

[10Hrs]

**Pedagogi:** (Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study)

### **(A) Gastro Intestinal Disorders**

- i. APD
  - a. Introduction to APD: Gastritis –Acute & Chronic, Dyspepsia, Peptic Ulcers
  - b. Clinical Features
  - c. Medical Management
  - d. Yogic Management
- ii. Constipation and Chronic Diarrhea
  - a. Definition, Pathophysiology, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- iii. Evidence based Yoga therapy for problems of GID

### **(B) Excretory system**

- i. Chronic renal failure
  - a. Causes, clinical features
  - b. Medical management

- c. Yogic Management
- ii. Renal stones
  - a. Definition, Pathophysiology, Clinical Features
  - b. Medical management
  - c. yogic Management
- iii. Evidence based Yoga therapy for problems of Excretory system

#### **Unit-4: Musculo-Skeletal Disorders, Gynaecology and Obstetrics [10Hrs]**

**Pedagogi: (Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study; Naratingarogyadhama case studies)**

##### **(A) Musculoskeletal system**

- i. Back Pain
  - a. Classification of back pain: organic and functional
    - a) Lumbar Spondylosis
    - b) Intervertebral disc prolapse (IVDP)
    - c) Spondylolisthesis
    - d) Spondylitis
    - e) Psychogenic- Lumbago
  - b. Medical Management
  - c. Yogic Management
- ii. Neck pain
  - a. Classification
    - a) Cervical Spondylosis, radiculopathy
    - b) Functional neck pain
    - c) Whiplash injury
  - b. Medical Management
    - a. Yogic Management
- iii. Osteoarthritis
- iv. Evidence based Yoga therapy for Musculo-Skeletal Disorders

##### **(B) Gynaecology and obstetrics**

- i. Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia
  - a. Definitions, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- ii. Menopause
- iii. Yoga for Pregnancy and Childbirth
  - a. Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM
- iv. Evidence based Yoga therapy for gynaecological disorders and obstetrics.

#### **Unit-5: Endocrinal, Metabolic Disorder, Cancer and autoimmune disorders [10Hrs]**

**Pedagogi: (Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study; explaining Arogyadhama stories)**

- i. Diabetes Mellitus (I&II)

- a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- ii. Obesity
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- iii. Cancer
  - a. Cause, Pathophysiology, Clinical Features
  - b. Chemotherapy and radiotherapy
  - c. Medical management
  - d. Yogic Management
- iv. Anemia
  - a. Classification of anemia
  - b. Medical management
  - c. Yogic management
- v. Evidence based Yoga therapy for Endocrinal, Metabolic disorders, Cancer and Autoimmune disorder

#### **Unit-6:Neurological and Psychological Disorders**

[15Hrs]

**Pedagogi: (Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study; Naratingarogyadhama case studies)**

##### **(A) Neurological Disorders:**

- ii. Headaches
  - a. Migraine
    - a) Causes, Classification, clinical features
    - b) Medical management
    - c) Yogic Management
  - b. Tension headache
    - a) Medical management
    - b) Yogic Management
- iii. Cerebro vascular accidents
  - a. Causes, clinical features
  - b. Medical management
  - c. Yogic Management
- iv. Epilepsy; pain; Autonomic dysfunctions
  - a. Causes, clinical features
  - b. Medical management
  - c. Yogic Management
- v. Evidence based Yoga therapy forNeurological Disorders

##### **(B)Psychiatric disorders**

- i. Introduction to psychiatric disorders- Neurosis, Psychosis
- ii. Neurosis
  - a. Anxiety disorders
    - a. Generalised anxiety disorder
    - b. Panic anxiety

- c. Post traumatic stress disorder
  - d. Phobias
  - e. Medical management
  - f. Yogic management
- b. Depression
  - 1. Dysthymia
  - 2. Major depression
  - 3. Medical management
  - 4. Yogic management
- ii. Substance abuse- alcohol, cannabis and tobacco abuse
  - 1. Definition, causes, clinical features
  - 2. Medical management
  - 3. Yogic management
- iii. Insomnia
  - 1. Medical Management
  - 2. Yogic Management
- iv. Evidence based Yoga therapy for psychiatric disorder

**Recommended books:**

1. Yoga for Bronchial Asthma – Dr H R Nagendra, R Nagaratna, SVYP
2. Yoga for Hypertension and Heart Diseases – Dr H R Nagendra, R Nagaratna, SVYP
3. Yoga for Diabetes – Dr H R Nagendra, R Nagaratna, SVYP
4. Yoga for Obesity – Dr H R Nagendra, R Nagaratna, SVYP
5. Integrated approach of yoga therapy for positive health-Dr. R Nagaratha, Dr. H R Nagendra

**Reference books:**

1. Yoga for common disorders- Swami KoormanandaSaraswati

**Assignments:**

The learners shall prepare an assignment on

- i. Compilation of Evidence base for management of any two pathologies with Yoga as a therapeutic measure
- ii. They shall prepare a power point presentation of a scientific paper suggested by the teaching faculty.

**Recommended website:**

1. Research publications in Yoga on all concerned topics from peer reviewed journals.
2. <http://www.ncbi.nlm.nih.gov/pubmed/>

**Subject:** Yoga therapy Technique and training

**Subject Code:** BSYVT P 407

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 6</b>			
<b>Examination weightage:</b>			
Unit-1 10Hrs 20 Marks	Unit-2 10Hrs 20Marks	Unit-3 10Hrs 20Marks	Unit-4 15Hrs 20Marks
Unit-5 15Hrs 20Marks			

**Goal:**

The goal of teaching Yoga Therapy techniques to students is to provide them with comprehensive knowledge of therapeutic techniques applicable for various ailments.

**Objectives:**

- To teach about integrated approach of Yoga therapy
- To equip students with special techniques for all ailments.
- To train the students about the practices for different ailments

**Knowledge:**

After the completion of this course, the student shall be able to:

- Demonstrate each technique prescribed for a disease
- Say the working principles behind the techniques prescribed for various diseases
- Understand contraindications and indications of *yogic* practices in order to efficiently use *Yoga* as a therapy;
- Explain the precautions to be taken before practicing the special techniques.

**Skills:**

After the completion of the course, the student shall be able to:



- Prescribe the set of special techniques to manage various diseases
- Demonstrate usage of therapeutic aspect of *Yoga* in promotive, preventive, and curative therapy.
- Find another alternative practice if the practice is not found to be effective.

**Course Specific outcome:**

Students know with experience which practice should be given to which disease and what should be avoided. In case of a combination of diseases, what should be given and what should be avoided.

1. Students can discern appropriate practices for various diseases
2. Ability to identify contraindications and indications of yogic practices.
3. Proficiency in prescribing special techniques for managing ailments.
4. Competence in using Yoga as a therapeutic tool.
5. Capacity to adapt practices for combinations of diseases.

**Unit-1:**

**Pedagogi: (8 step method)**

Yoga Practices for respiratory disorders

Yoga practices for cardio vascular disorders

**Unit-2:**

**Pedagogi: (8 step method; Students should be encouraged to introduce the practice, to teach a session)**

Yoga practices for Endocrinal and metabolic disorders

Yoga practices for excretory system disorders

**Unit-3:**

**Pedagogi: (8 step method; Students should be encouraged to introduce the practice, to teach a session)**

Yoga practices for obstetrics and gynaecological disorders

Yoga practices for GID

**Unit-4:**

**Pedagogi: (8 step method; Students should be encouraged to introduce the practice, to teach a session)**

Yoga practices for Musculo-skeletal disorders

Yoga practices for neurological disorders

**Unit-5:**

**Pedagogi: (8 step method; Students should be encouraged to introduce the practice, to teach a session)**

Yoga practices for psychiatric disorders

Yoga practices for Cancer, HIV and Anaemia

**Recommended books:**

Yoga for common ailments manual, SVYP, Bangalore, 2002

**Subject: Vedic Mantras and Stotras Level – 3****Subject Code: BSYVT P 408**

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 6</b>			
<b>Examination weightage:</b>			
Unit-1 10Hrs 25 Marks	Unit-2 10Hrs 25Marks	Unit-3 10Hrs 25Marks	Unit-4 15Hrs 25Marks

**Goal and objectives****Goal:**

The primary goal of Vedic principles and practices -1 is to expose the students to the basic daily Sadhana in routine and show them the right method of performing the vedic related practices.

**Objectives:**

- To understand the methodology of practices related to Veda.
- To understand relevance of Vedic concepts and practices.
- To apply the above in routine life

**Knowledge:**

The students will acquire

- Basic understanding of vedic principles and practices
- Knowledge of various vedic practices.
- Knowledge of tools employed in Vedic practices.
- Ability to address the contemporary problems through Vedic Principles.

**Skills:**

Successfully completing the course, the students will acquire

- Skill to apply the Vedic concepts gained in daily life
- Skill to design, conduct and evaluate scientific experiments based on Vedas.
- Skill for vocal culture and fluency in language
- Enhancing memory power through vedic chanting

**Course outcome:**

- Practice the daily Sadhana in routine
- Motivate others showing the right method of performing Sadhana.
- Identifying the wrong method of chanting and correcting
- Fluency in chanting Mantras.
- Good grasping ability.
- Knowledge of scientific dimensions of Vedas

**Unit 1: Suktani**

- Durga Suktam
- Vishnu Suktam
- Mantra Pushpam
- Shree Suktam

**Unit 2: Stotras:**

- **Navagraha Stotram**
- **Mahalakshmi Ashtakam**
- **Ganga Stotram**
- **Shyamala Dandakam**

**REFERENCE BOOKS:**

1. Mantrapushpam, mailapur, Chennai.
2. Vyasapushpanjali, SVYP, bangalore.
3. Yajna – A comprehensive survey, Bihar Yoga Bharati.

**Subject: Training in Organizing Yoga Personality Development programme for Children-PDC**  
**Subject Code: BSYVT P 409**

<b>No. of Credits: 4</b>	<b>Total number of teaching hours: 120</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 6</b>			
<b>Examination weightage:</b>			
Unit-1 10Hrs 25 Marks	Unit-2 10Hrs 25Marks	Unit-3 10Hrs 25Marks	Unit-4 15Hrs 25Marks

**Goal and objectives:**

**Goal**

- To give an exposre in organizing Festivals, events and Compitions

**Objectives:**

- To train students in organizing Festivals, events and Compitions.

**Knowledge:**

Knowledge in organizing Festivals, events and Compitions

**Skills:**

Students will be able to oraganize organize Festivals, events and Compitions

**Course Specific Outcome:**

During this period all students will undergo their training in Personality development camps for children for a period of one month. Following this training and their involvement with the training, each candidate will be assessed based on their regularity, skills, fluency, feedback of the students and the coordinator.

**Note: Please note that during this time each student is expected to write a report on their personality development camp and submit the same to course coordinator.**

**Report will be written based on the standard format used at S-VYASA.**

**Each candidate will be allowed to speak for half an hour and present their PDC report work and examined.**

**Subject: Vedic Practices shodasha upachara -Puja vidhi**

**Subject Code: BSYVT P 410**

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 6</b>			
<b>Examination weightage:</b>			
Unit-1 10Hrs 25 Marks	Unit-2 10Hrs 25Marks	Unit-3 10Hrs 25Marks	Unit-4 15Hrs 25Marks

### **Goal**

Pooja Vidhi refers to the ritualistic worship or puja performed in Hinduism. It is a way to connect with the divine and show reverence to deities, whether at home or in temples. This course intends to impart such Poojavidhi, which is also a source of subjective wellbeing.

The Pooja practice is focussed on Lord Ganesha and Lord Dakshina Murthy.

### **Objectives**

- Imparting a Veda based traditional ritual of Spiritual practice
- Teaching a methodical approach to express devotion
- Inculcating of traditionally rooted practice to attain peace of mind

### **Course Specific Outcome**

- Knowledge of Rituals and Traditions
- Understanding of Symbolism
- Mastery of Mantras and Chants

### **Skills**

- Concentration and Focus
- Self-Discipline and Self-Control
- Meditation and Mindfulness
- Cultural and Spiritual Understanding

## **Unit 1**

- Understanding about the nature of materials required for Pooja
- Preparing the requisite materials for the practice of Pooja
- Preparing oneself with cleansing for Pooja

## **Unit 2 - Yoga Ganapati Pooja**

- The Shodasha Upachara System – beginning from Avahanam to finally Mantra Pushpam and Samarpana for Ganesha Pooja

## **Unit 3 - Yoga Dakshina Murthy Pooja**

- The Shodasha Upachara System – beginning from Avahanam to finally Mantra Pushpam and Samarpana for Dakshinakurthy Pooja

## **Unit 4**

- Practicals – observing and doing Yoga Ganapati and Yoga Dakshinamurthy Poojas in Temple

## **References**

1. Sampradaya vrata Pooja Vidhanam, Sanskrit-English, Giri Trading Chennai , 2020

**Subject: Arogyadhama Field Training – 1****Subject Code: BSYVT P 505**

<b>No. of Credits: 4</b>	<b>Total number of teaching hours: 120</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 6</b>			
<b>Examination weightage:</b>			
Unit-1 10Hrs 25 Marks	Unit-2 10Hrs 25Marks	Unit-3 10Hrs 25Marks	Unit-4 15Hrs 25Marks

**Goal and Objectives****Goal:**

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge of Clinical training at Yoga therapy hospital so as to elevate the level of practical knowledge in students

**Objectives:**

- To understand the underlying reasons for the diseases
- To make the students to understand the treatment for the common ailments

**Knowledge:**

After the completion of this course, the student shall be able to:

- Learn the line of treatment of a particular disease
- Understand the condition of a disease and prepare a module based on its severity
- Have in depth understanding about participant's care, data analysis and report writing

**Skills:**

After the completion of the course, the student shall be able to:

- Write the case history of a patient



- Administer general parameter and clinical assessment methods used for various group of patients
- Give effective counseling to a patient for eliminating the root cause of a problem
- Avoid a practice based on the severity of a disease and its contraindication

### **Course Specific Outcome:**

Students will get practical experience of teaching Yoga practices for various diseases.

CSOI: Clinical competency: Students will demonstrate proficiency in delivering yoga therapy interventions to patients with diverse health conditions, addressing physical, mental, and emotional aspects of well-being.

CSOII: Interprofessional collaboration: Students will collaborate effectively with healthcare teams, contributing to multidisciplinary care plans and promoting integration of yoga therapy into conventional healthcare practices.

CSOIII: Patient-centered care: Students will prioritize the needs, preferences, and goals of patients, fostering a supportive and empowering therapeutic relationship.

CSOIV: Professionalism and ethics: Students will adhere to ethical standards and guidelines in working with patients, maintaining confidentiality, and upholding principles of integrity and professionalism.

CSOV: Reflective practice: Students will engage in reflective practice, critically evaluating their experiences, identifying areas for growth, and integrating feedback to continually improve their clinical skills and practice as yoga therapists in a hospital setting.

### **Unit-1: Brief outline of yoga therapy clinical training**

Pedagogi: (Talk with PPT)

- Case History Writing
- Introduction to general parameter
- Introduction to special parameter
- Education of Participant Care
- Psychological analysis by Triguëa and Tridoça, GHQ questionnaires.

(Analysis of Prakâti and Vikâati of participants)

- Data Entry and Data Analysis

- vii. Report Writing
- viii. Case Presentation

## **Unit-2: Neurology and Oncology**

**[55hrs]**

Pedagogi: (Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)

- i. Introduction to Section: Neurology and Oncology
- ii. Introduction to Aliments: Stroke, Parkinson, Motor Neuron Disease, Epilepsy, Multiple Sclerosis, Cerebral Ataxia, Breast Cancer, Brain Tumor, Stomach Cancer: Definition, Prevalence, Cause, Sign, Symptoms, Clinical Parameter
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

## **Unit-3: Pulmonology**

**[30Hrs]**

Pedagogi: (Observing the Senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)

- i. Introduction to Section: Pulmonology.
- ii. Introduction to Aliments: Asthma, Nasal Allergy, Sinusitis, TB, COPD
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

## **Unit-4: Cardiology**

**[30Hrs]**

(Pedagogi: Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)

- i. Introduction to Section: Cardiology

- ii. Introduction to Aliments: Hypertension, CHD, Low BP, High BP, MI, Atherosclerosis.
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

#### **Unit-5: Psychiatric Disorder**

**[60Hrs]**

Pedagogi: (Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)

- i. Introduction to Section: Psychiatric Disorder
- ii. Introduction to Aliments: Anxiety Disorder, Addiction, Bipolar Disorder, Depression, Neurosis, Psychosis, Schizophrenia, OCD, Mental Retardation, ADHD
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

#### **Unit-6: Rheumatology**

**[60Hrs]**

Pedagogi: (Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)

- i. Introduction to Section: Rheumatology
- ii. Introduction to Aliments: Osteoarthritis, Rheumatoid, Osteoporosis
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

Recommended Books:

- 1. Clinical methods-Hutchison
- 2. Clinical methods- CL Gha



**Subject: Arogyadhama Field Training – 2****Subject Code: BSYVT P 506**

<b>No. of Credits: 4</b>	<b>Total number of teaching hours: 30</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 6</b>			
<b>Examination weightage:</b>			
Unit-1 10Hrs 25 Marks	Unit-2 10Hrs 25Marks	Unit-3 10Hrs 25Marks	Unit-4 15Hrs 25Marks

**Goal and Objectives****Goal:**

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge of Clinical training at Yoga therapy hospital so as to elevate the level of practical knowledge in students

**Objectives:**

- To understand the underlying reasons for the diseases
- To make the students to understand the treatment for the common ailments

**Knowledge:**

After the completion of this course, the student shall be able to:

- Learn the line of treatment of a particular disease
- Understand the condition of a disease and prepare a module based on its severity
- Have in depth understanding about participant's care, data analysis and report writing

**Skills:**

After the completion of the course, the student shall be able to:

- Write the case history of a patient
- Administer general parameter and clinical assessment methods used for various group of patients
- Give effective counseling to a patient for eliminating the root cause of a problem
- Avoid a practice based on the severity of a disease and its contraindication

### **Course Specific Outcome:**

Students will get practical experience of teaching Yoga practices for various diseases. Students to

- Gain practical experience in teaching Yoga practices for various diseases.
- Develop skills in writing case histories and administering clinical assessments.
- Understand the treatment protocols for common ailments and their severity.
- Acquire knowledge about participant care, data analysis, and report writing in a clinical setting.
- Learn to provide effective counseling to patients for addressing root causes of health issues.

### **Unit-1: Spinal Disorder**

**[60Hrs]**

Pedagogi: (Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)

- Introduction to Section: Spinal Disorder
- Introduction to Ailments: Back Pain, Neck Pain, Spondylitis, Spinal Disorder, Slipped Disc, Scoliosis, Lordosis, Cervical Spondylosis, Sciatica, Kyphosis, Spondylolisthesis
- Yogic Management through IAYT
- Customized and Specific Yoga Module protocol for above mentioned Ailments
- Yogic Counseling

### **Unit-2: Metabolic Disorders**

**[60Hrs]**

(Pedagogi: Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)

- i. Introduction to Section: Metabolic Disorder
- ii. Introduction to Ailments: Type 1 DM, Type 2 DM, Hyperglycemia, Hypoglycemia, Diabetes Incipidus, Neuropathy, Retinopathy, Nephropathy
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Ailments
- v. Yogic Counseling

### **Unit-3: Gastroenterology [60 Hrs]**

Pedagogi: (Observing the Senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)

- i. Introduction to Section: Gastroenterology
- ii. Introduction to Aliments: Gastritis, IBS, Constipation, Diarrhea, GERD, APD, Ulcerative Colitis, Piles, Fistula, Menstrual Disorder, Infertility, Pregnancy 1, 2, 3, Trimester
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

### **Unit – 4: Section H & PPH**

**[60 Hrs]**

(Pedagogi: Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)

- i. Introduction to sections: Eating disorders and Promotion of positive Health
- ii. Introducing different eating dis-orders
- iii. Yogic management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

### **Recommended Books:**

1. Clinical methods-Hutchison
2. Clinical methods- CL Ghai

Attending Yoga Therapy conference.

**Subject: Advanced Yoga Techniques****Subject Code: BSYVT P 508**

Credit 2	Total number of teaching hours: 60	Full marks for Examination: 100	Internal5 0
Number of hours/ Week : 4			
Unit – 1  3Hrs 10Marks	Unit – 2  19Hrs 30Marks	Unit – 3  19Hrs 30Marks	Unit – 4  19Hrs 30Marks

**Goal :**

**To enable practitioners to deepen their meditation practice, cultivate higher states of consciousness, and explore advanced methods for self-awareness and spiritual growth.**

**Objectives:**

- Mastery of Advanced Meditation Methods: Develop proficiency in advanced meditation techniques, such as Cyclic Meditation, PET, MSRT, MEMT, MIRT etc.
- Enhanced Mindfulness and Concentration: Cultivate heightened mindfulness and concentration skills through advanced meditation practices, enabling greater focus, clarity, and present-moment awareness.
- Integration of Meditation into Daily Life: Integrate advanced meditation practices into daily life activities, promoting mindfulness, compassion, and conscious living in various contexts and situations.

**Skills :**

Emotional Regulation: Advanced meditation practices facilitate the development of emotional resilience, enabling practitioners to respond to challenging emotions with equanimity and balance.

Self-awareness: Through advanced meditation, individuals deepen their understanding of themselves, gaining insight into their thoughts, emotions, and habitual patterns of behavior.

Expanded Consciousness: Practitioners may experience states of expanded consciousness, transcending ordinary awareness and accessing deeper layers of the mind.

**Course specific outcomes:**

CSO I : Mastery of Advanced Meditation Methods: Students will demonstrate proficiency in various advanced meditation techniques.



CSO II : Stress Reduction and Emotional Regulation: Learners will acquire skills to effectively manage stress, anxiety, and negative emotions through advanced meditation techniques, promoting emotional balance, resilience, and well-being.

CSO III : Personal Transformation: Students will undergo personal transformation and inner growth as a result of advanced meditation practices, empowering them to transcend limitations, awaken dormant potentials, and live with greater authenticity and purpose.

### **Pedagogy:**

Theoretical Foundation: Begin with theoretical sessions to provide students with a comprehensive understanding of the principles, concepts, and philosophical underpinnings of advanced meditation techniques.

Guided Practice: Facilitate guided practice sessions where students can engage in advanced meditation techniques under the guidance of an experienced instructor. Provide clear instructions, cues, and support to help students navigate the practice and deepen their experience.

### **Unit-1: Introduction to advanced techniques:**

- iv. Meditation, advancement in Meditation, Concept of Panchakosha
- v. Advanced techniques, personality development, concept of Vyasti and Samasti
- vi. Relaxation, Awareness, Expansion of awareness.

### **Unit-2: Cyclic meditation**

- xi. Introduction to Cyclic Meditation.
- xii. IRT, in different positions and for different disease conditions, gaining control to tighten a specific part without contracting the surrounding muscles, Practicing on their own 10 times in one day.
- xiii. Incidences from daily life where we experience Pointed awareness, Linear awareness, surface awareness, 3D awareness and all-pervasive awareness.
- xiv. Centering, Ardhakati Cakrasana, Group synchronization, awareness.
- xv. QRT Physical, Emotional, mental awareness and expansion.
- xvi. Vajrasana, shashankasana and ustrasana with awareness.
- xvii. DRT with awareness at Physical, pranic, mental, intellectual and spiritual levels.
- xviii. Stimulations and relaxations, recognizing the tightness and let go, relaxation deeper than stimulation. Observation of blood flow, nerve impulses, 3<sup>rd</sup> awareness, sound resonance and mental, emotional, intellectual, spiritual stimulations and let go.
- xix. Worksheet writing and correction.
- xx. Class taking by students and correction. Experience writing.

### **Unit-3: Pranic Energisation Technique:**

- v. Prana, types of Pranas, UpaPranas, PranicEnergisation Technique
- vi. Practice Breath awareness at tip of the nose , complete breath awareness and deep abdominal breathing. Awareness practice of pulse,Heart beat, synchronization of pulse with heart beat, nerve impulses, nerve impulses with different mudras, Vyana, Vyana in between hands, Vyana at different parts of the body. Moving prana along right side, left side, both sides. Understanding Vyasti and Samasti and practicing to feel Vyasti and Samasti. Choosing the right Sankalpa. Complete PET practice.
- vii. Worksheet writing and correction.
- viii. Class taking by students and correction. Experience writing.

### **Unit-4: a. Mind Sound Resonance Technique:**

- vi. Mind, Sound and resonance.
- vii. Practicing to tune to natural frequency to get resonance
- viii. Chanting of any mantra in three ways Loud voice, low voice and inside the mind and feeling vibrations.
- ix. Chanting practice of Om, M, U, A and A-U-M.Feel air moving from nose tip to the tip of the toes. Chanting practice (ahata and ahata followed by anahata) of Om , M, U, A and A-U-M with feeling vibrations and practicing to feel the vibrations from the top of the head to the tip of the toes.
- x. Triambaka Mantra , Full Practice, Writing the Worksheet, Practice by the students, Writing experiences.

### **b. Mind Imagery Technique**

**Pedagogy-Mind mapping; Talk with PPT; Practicing with computerized pictures; Practice with instructions; experience and understand.**

**Ref: Page No: 153 of Yoga for Cancer by Dr.Nagaratna R and Dr. Nagendra H R**

- xvi. Introduction to the technique
- xvii. Where does this work?
- xviii. How to reach deeper layers of silence?
- xix. How Focusing followed by defocusing helps to go deeper?
- xx. Observation of Neutral and Active imageries or thoughts.
- xxi. Observing OM/God/Sun/Yantra in increasing and decreasing size.

- xxii. Visualizing OM/God/Sun/Yantra increasing and Decreasing Size.
- xxiii. Observing OM/God/Sun/Yantra flickering with uniform speed.
- xxiv. Observing OM/ God/ Sun/ Yantra flickering with increasing and decreasing speed.
- xxv. Observing powerful rays burning unwanted cells.
- xxvi. Visualizing powerful rays burning unwanted cells.
- xxvii. Observing soothing rays energizing all cells.
- xxviii. Visualizing soothing rays energizing all cells.
- xxix. Full Practice.
- xxx. Practice was given by the students.

### **C: Mastering Emotions Technique:**

**Pedagogy-Mind mapping; Talk with PPT; Practice with instructions; experience and understand.**

**References: : Page No: 169 of Yoga For Cancer by Dr.Nagaratna R and Dr. Nagendra H R**

- viii. Thinking and feeling of emotion.
- ix. Types of emotions as softer, stronger, positive and negative.
- x. Invoking, intensifying and diffusing the emotions
- xi. Pairs of opposites at the physical and emotional levels.
- xii. Silence and Sankalpa.
- xiii. Full practice.
- xiv. The practice was given by the students.

### **Unit - 5: Vijñāna Sādhana Kauṣāla:**

**Pedagogy-Talk with PPT; Practice with instructions; experience and understand. Students will be asked to experiment with Happiness analysis.**

**Reference: Page No: 188 of Yoga for Cancer by Dr. Nagarathna R and Dr. Nagendra H R**

- xiv. Explaining about Vijñānamaya Koṣa.
- xv. Happiness analysis.
- xvi. Fear analysis.
- xvii. Tamas, Rajas, Sattwa, and Gunātita.
- xviii. Āśreyas and Preyas.
- xix. Recollect the incidences of highest happiness and also incidences of highest fear.
- xx. Analyse each incident of happiness and fear analysis and write.
- xxi. List Āśreyas activities and Preyas activities in your present life.
- xxii. Practicing to move from Sreyas to Preyas.
- xxiii. List of Tāmasic, Rājasic and Sātvic activities.
- xxiv. Practicing to move from Tamas to Rajas to Sattva to Gunātita.

- xxv. Full practice.
- xxvi. Practice will be given by the students.

**Unit- 6 :Ānanda Amrita Sinchana:**

**Pedagogy- Talk with PPT; Practice with instructions; Observe the mind.**

**Reference: Page No: 202 of Yoga for Cancer by Dr. Nagarathna R and Dr.Nagendra H R**

- xii. Importance of pairs of opposites.
- xiii. List different pairs of opposites that occur in life.
- xiv. Practice to experience them as pairs and observe the changes in the personality.
- xv. List out incidences when bliss is experienced in the activity.
- xvi. List out incidences when bliss is experienced in non-activity.
- xvii. List of varieties of people, varieties of places, varieties of incidences and practice to maintain the bliss in all circumstances.
- xviii. Carefully observe and start to do every activity with bliss.
- xix. Allow love and bliss to spread all around.
- xx. Full practice.
- xxi. Practice will be given by students.
- xxii. Experience writing.

**Reference Books:**

1. Yoga for Cancer by Dr. Nagarathna R and Dr. Nagendra H R.
2. Taittiriya Upaniṣad– Brahmānanda Valli
3. Wisdom from Upaniṣad. Patheya Series. Vivekananda Kendra Publication.
4. Patañjali Yoga Sutrās – Dr H R Nagendra, SVYP

**Subject Name:** Diet and Nutrition

**Subject Code:** BSYVT T 606

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 30</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week:</b>			
<b>Examination weightage:</b>			
Unit-1 10Hrs 25 Marks	Unit-2 10Hrs 25Marks	Unit-3 10Hrs 25Marks	Unit-4 15Hrs 25Marks

### **Goal and Objectives:**

#### **Goal**

The goal and Objective of teaching Nutrition and Dietetics subject to provide them with knowledge of basic nutrition, its health-related values and benefits and its deficiency diseases.

#### **Objectives**

It is to make the students to understand the role of diet and nutrition in day to day life to maintain a Yogic life style

#### **Knowledge:**

The student shall be able to:

- Learn the basic nutrients.
- Nutrients and its importance.
- Significance and deficiency diseases.
- Yoga-based dietary modifications

#### **Skills:**

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

- Explain about different dietary modifications.
- Appreciate the real values of dietary practices.
- Explain the food conducive to health and good for Sadhana

#### **Course specific outcome**

After the completion of the course the students will have the in-depth knowledge of diet and nutrition.

1. Understand the basics of nutrition and its role in maintaining a Yogic lifestyle.

**Course specific outcome**

After the completion of the course the students will have the in-depth knowledge of diet and nutrition.

2. Understand the basics of nutrition and its role in maintaining a Yogic lifestyle.
3. Learn about the significance of different dietary modifications and their impact on health.
4. Acquire knowledge of nutrients, their importance, and deficiency diseases.
5. Develop skills to recommend appropriate dietary practices for health and well-being.
6. Gain insight into Yoga-based dietary modifications and their benefits for Sadhana

**Unit I: Introduction to Nutrition****(3hrs)**

Basic concepts, food pyramid, balanced diet, concepts of food and nutrition, essential nutrients and RDA. Food groups – Classification and significance (Cereals and millets, pulses, nuts and oilseeds, milk and milk products, vegetables and fruits, fats and oils).

**Unit II: Food and metabolism****(6 hrs)**

Concept of metabolism, anabolism and catabolism, carbohydrate, protein and fat

Energy - Basic concepts, definition, components of energy requirement, energy imbalance, calorie requirement, factors affecting energy requirement and expenditure.

BMR – factors affecting BMR.

**Unit III: Components of food and their classification and Human nutritional requirements****(12 hrs)**

i) Macronutrients – classification, significance, sources, functions and their effects on the body  
Micronutrients – classification, significance, sources, functions and their effects on the body  
Fiber - significance in the body

Antioxidants - significance in the body

Water – significance in the body

ii) Infant to Old age

**Unit IV: Assessment of nutritional status and Yogic concept of food****(12 hrs)**

Anthropometric assessment, Clinical assessment, Biochemical assessment and Dietary assessment

Food based on Bhagawat Gita, Gherenda Samhita and Food for Yogi.

### **Unit V: Therapeutic diets**

**(12 hrs)**

Respiratory diseases, CVD, endocrinal disorders – DM, Hypo and hyperthyroidism and obesity, renal disorders, Gastro–intestinal disorders, Musculoskeletal disorders - Arthritis, Cancer and anemia.

**Subject Name: Vedic Wellness practices Yajna 2**

**Subject Code: BSYVT P 607**

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 6</b>			
<b>Examination weightage:</b>			
Unit-1 10Hrs 25 Marks	Unit-2 10Hrs 25Marks	Unit-3 10Hrs 25Marks	Unit-4 15Hrs 25Marks

### **Goal**

The goal is to teach the general template of the performance of homas – with focus on Maha mrtyunjaya Homa

As this is an important Vedic practice that leads health and wellness

### **Objectives**

To impart the vedic methodology of health and wellness in the form of Homa Rituals

To bring about Spiritual Upliftment

To impart Divine Invocation and Worship in a systematic manner

### **Skills**

- Personal transformation and purification
- Discipline and focus
- Memorization and Verbal Skills
- Mindfulness and Presence:

### Learning Outcome

- Spiritual awareness and connection
- Ritual and symbolic understanding
- Understand the Vedic methodology of health and wellness through Homa rituals.

### Unit 1 शुद्धिकार्यं प्रार्थनाच

देपज्वालनम्&शुद्धिक्रियाः

- आचमनम्, प्राणायामः
- पवित्रधारणम्
- घण्टानादः
- भूशुद्धिः, आसनशुद्धिः, भूत-शुद्धिः

### प्रार्थना

- गुरुवन्दनम्
- सभानमस्कारः
- kuladevata namaskarah
- Devata-prarthana,
- सुमुहूर्तता-प्रार्थना (esha va anujnaa)

### Unit 2

- सङ्कल्पविधिः
- कलशस्थापनविधिः
- आवाहनविधिः



### Unit 3

- होमविधि:
- प्रधानहोम:
- शेषहोम:
- जयादिहोम:

### Unit 4

#### उत्तरपूजा

- अग्निपूजा
- कलशदिदेवतापूजा (षोडोपचारपूजा-सङ्क्षेपेण)
- नीराजनम्,
- प्रदक्षिणम्
- प्रार्थना
- प्रसाद-ग्रहणम्

#### अपराधक्षमा-प्रार्थना

- यदक्षरपदभ्रष्टम्
- मन्त्रहीनम्
- अवाहनंनजानामि
- समर्पणम् - कायेनवाचा
- उत्तर-सङ्कल्पःअनेन...प्रीयताम्

#### विसर्जनादि-कलापाः, दक्षिणा अक्षताशीर्वादः

### References

1. Shanti sudhakaram, Balasubrahmanya Sharma, Kalyanapuri Vaidika Sabha, Bengaluru 2004
2. Homa Vidhanam, Written by Anna Subramaniam, Ramakrishna Math, Chennai, 2016 (Reprint)

**Subject Name:** Introduction to Vaastu Vidya

**Subject Code:** BSYVT T 703

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 30</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 6</b>			
<b>Examination weightage:</b>			
Unit-1 10Hrs 25 Marks	Unit-2 10Hrs 25Marks	Unit-3 10Hrs 25Marks	Unit-4 15Hrs 25Marks

## Goal and Objectives

### Goal

Goal of teaching vastu vidya is to make the student understand the importance of Vastu Vidya

### Objectives

- To make students to understand that Vastu vidya plays a major role to lead a happy and healthy life as it a pure science.

### Skill:

- Understanding the science behind Vastu vidya

### Knowledge:

After finishing the course, the student will have in-deapth knowledge of vastu vidya

### Course specific outcome:

After fnishijng the course, the students will have knowledge about basics and importance of Vasthu Vidya.

1. Understanding Vaastu principles
2. Land analysis and selection
3. Understanding the dimensions and units
4. students will comprehend the layout and design principles associated with various architectural forms, such as eka-shala, dwi-shala, tri-shala, and chathu-shala.
5. They will develop the ability to apply Vasthu principles practically, including the positioning of houses in different types of plots and understanding the relationship between directionality and architectural design.

## **Unit 1 - Basics of Vasthu Vidya**

- Sthapathya-Veda
- Definition of Vasthu
- Importance of Vasthu
- Vasthu-Purusha Sankalpa
- Bhoomi, Prasadam, Yanam, Shayanam
- Texts of Vasthusasthra

## **Unit 2 - Bhumi Lakshanam (Text - Manushyalaya Chandrika)**

- Bhu-Pareeksha, Dik-Nirnayam, Bhu-Parigraha
- Selection of land
- Shape and slope of plot
- determining cardinal directions 5. pada-vinyasam, vedhi-vinyasam
- Gandheekaranam
- Brihath kshethra vidhi (positioning of house in large plots)
- Alpa Kshethra Vidhi (positioning of house in small plots)

## **Unit 3 - Mana-Pramanam - Important Points**

- Theory of dimensional systems
- Vyamam, Padam, Angulam, Yavam To Paramanu dimensions (dimensional units)
- Manushyapramanam
- Hastha, Angula, Vithasthi, Parvam, Dandam, Yojana
- Perimeter table and calculation

## **Unit 4 - Introduction To Different Types Of Houses**

- 8 directions and 8 houses
- Concept of eka-shala (single-house)
- Concept of dwi-shala (l-shape house)
- Concept of tri-shala (u-shape house)
- Concept of chathu-shala (courtyard type house)

**Subject Name: Organizing vedic wellness performances 2**

**Subject Code: BSYVT P 709**

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 30</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 6</b>			
<b>Examination weightage:</b>			
Unit-1 10Hrs    25 Marks	Unit-2 10Hrs    25Marks	Unit-3 10Hrs    25Marks	Unit-4 15Hrs    25Marks

*Learning outcome:*

- Hands on training in organizing Puja and Yajna regularly
- Performing Pujawhen required

*Mode of teaching and handling:*

- Helping to organize Puja
- Organizing Saraswati Havan
- Organizing all the festivals

**Subject: Biostatistic Analysis**

**Course code: BSYVTP E2 -710**

<b>Credit :2</b>	<b>Total no. of teaching hrs :60</b>	<b>Full marks for Examination :100</b>	<b>Internal : 50</b>
<b>Hours per week :4</b>			
<b>Examination Weightage:</b>			
<b>Unit1:10Hrs 20Marks</b>	<b>Unit2:15Hrs 25Marks</b>	<b>Unit3:15Hrs 25Marks</b>	<b>Unit4:20Hrs 30Marks</b>

### **Goal and objectives**

**Goal: Goal and objectives**

**Goal:**

The primary goal of Biostatistical analysis is to train the students with practical tools employed in research and enable them to write their dissertation and journal article in standard scientific writing standards.

### **Objectives**

To make the students to understand Biostatistic Analysis to apply in their research project

### **Knowledge:**

The students will learn to

- Handle R statistical package for analysis
- Organize and communicate scientific information
- Use supporting software like Mendeley reference manager, ITRANS 99, G\*Power, and other important office applications.

**Skills:**

Successfully completing the course, the students will acquire

- Practical skill to do detailed statistical analysis
- Practical skill to review statistical results in journals
- Skill to write report of analysis
- Practical skill to present dissertation
- Skill for scientific communication

### **Course Specific Outcome:**

After undergoing this course, a student will be having a practical knowledge of

- preparing and presenting a synopsis
- using statistical software R for analysis
- interpreting and presenting the analyzed results
- Mendeley software for reference management
- ITRANS software for typing devanagari script
- G\*Power software for power analysis

### **Unit-1: Introduction to Statistical Analysis**

**[10Hrs]**

Pedagogi: (Talk with PPT; Students will be made to do the calculations for their research data)

Introduction to data analysis, framing steps for data analysis, data extraction and cleaning, structure of data, Introduction to R software and packages, Downloading and installing R, R Studio, and R packages, Data management and Basis operations in R, Scripts in R.

### **Unit-2: Exploratory Analyses**

**[15 Hrs]**

Pedagogi: (Talk with PPT; Students will be made to analyse their research data )

Missing value analysis

Outlier analysis

Descriptive statistics

Reverse scoring questionnaire data

Simple and interactive graphs for analysis

### **Unit-3: Confirmatory Analyses**

**[15Hrs]**

Pedagogi: (Talk with PPT ; Students will be made to do the calculations for their research data )

- i. Tests for Assumptions: Normality, Equivalence of Variance, and Independence
- ii. Running parametric and non-parametric statistical tests using R: correlation, t-test, chi-square tests, ANOVA, post-hoc power analysis
- iii. Graphical presentation of data – Bar graph, Pie chart, line diagram, scatter plot

### **Unit-4: Understanding and Writing Reports**

**[20Hours]**

Pedagogi: (Talk with PPT; Students will be made to do the calculations for their research data. Students dissertation writing and presentation has to go hand in hand with this)

Understanding reports of published literature:

- i. Understanding reporting of correlation, chi-square, t-tests, and ANOVA.
- ii. Understanding effects of interactions – 1-way, 2-way interactions.
- iii. Understanding graphical representations of results – graphs and tables.

Writing reports for various statistical tests:

- iv. correlation, chi-square, t-tests, and ANOVA.
- v. Using APA style for reporting test statistics
- vi. Using R to generate APA style tables.

### **Reference books:**

1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
2. R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New Delhi
3. Joseph Adler, (2010). R in a nutshell. O'Reilly. Cambridge

**Subject Name:** Research Project/ Dissertation)

**Subject Code: BSYVT P 805**

<b>No. of Credits: 12</b>	<b>Total number of teaching hours:</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 6</b>			
<b>Examination weightage:</b>			

### **Goal and objectives**

#### **Goal:**

The primary goal of dissertation writing for post graduate students is to expose them in research and motivate them to conduct scientific research and pursue higher research.

#### **Objectives**

It is to make to student to get mastery over working on research project

#### **Knowledge:**

##### **The students will**

- Get to know about the style of dissertation writing
- Understand various scientific experiments design, sampling techniques etc.
- Analyze data using various statistical tests
- Understand various problems experienced by a researcher while undertaking a project

#### **Skills:**

##### **The students will be able to**

- Interpret the data and draw a conclusion from it
- Develop the skill of writing and communicating to scientific world
- Establish the underlying mechanism of the findings
- Disseminate research findings

#### **Course specific outcome:**

1. Research Skills
2. Scientific Writing
3. Problem-Solving



- 4. Research Dissemination
- 5. Professional Development

**Bachelor of Naturopathy and Yogic Science**

**Subject title:**

ANATOMY (Duration: 18 months)

**Subject Codes:**

**Anatomy Theory Paper 1:** BNYS101 T1

**Anatomy Theory Paper 2:** BNYS101 T2

**Anatomy Practical:** BNYS 101 P

Total Number of Hrs.: 500		Theory Paper 1: 150 Theory Paper 2: 150		Practical: 200	
SCHEME OF EXAMINATION					
Total Marks: 300					
Theory: 230				Practical: 70	
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment	
Paper 1: 80 Paper 2: 80	40	30	60	10	

**Goal and Objectives**

**Goal:**

It aims at giving inclusive knowledge of the gross and microscopic structure and development of the human body to provide a basis for assessing the correlation of organs and structures and anatomical basis for disease presentations.

**Objectives**

**Knowledge:**

After completion of the program, the student must be able to:

- Understanding normal human anatomy clinically important inter-relationship and functional anatomy of bodily structures.
- Comprehend histological structures of various tissues and organs and co-relate structure and function in order to understand diseased states;
- Recognize basic structure and connections of the central nervous system, understand the regulation and integration of various organs and systems and be skilled in locating lesion sites according to deficits in diseased states;
- Explain developmental basis of variations and abnormalities with respect to sequential development of organs and systems, teratogens, genetic mutations and environmental hazards.

### **Skills:**

- After completion of the program, the student must be able to:
- Locate and identify body structures including topography of living body; Histologically, identify tissues and organs;
- Identify gross congenital anomalies and be familiar with the principles of karyotyping;
- Interpret new imaging techniques such as CT, Sonogram, MRI etc. after understanding their basic principles;
- Understand clinical basis of some common clinical procedures i.e., intramuscular and intravenous injection, lumbar puncture and kidney biopsy etc.

### **THEORY PAPER 1 (BNYS101 T1)**

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#### **Unit – 1: Introduction to Anatomy (15 Hrs)**

- |                          |              |
|--------------------------|--------------|
| i. Nomenclature          | iv. Tissues  |
| ii. Anatomical positions | v. Movements |
| iii. Axes and planes     |              |

#### **Unit – 2: General Histology (5 Hrs)**

- Detailed structure of cell and its components and their functional mechanisms

#### **Unit – 3: Osteology (Including ossification) (15 Hrs)**

- Types of bones
- Classification of bones
- Description of various bones of upper limb, thorax, abdomen and pelvis, vertebral column

#### **Unit – 4: Classification of joints (15 Hrs)**

- Construction of joints
- Description of various joints of upper limb, thorax and vertebral column

#### **Unit– 5: Myology (15 Hrs)**

- Types of muscles
- Muscles of upper limb, thorax, abdomen and pelvis
- Origin, insertion, blood supply, nerve supply, applied anatomy and actions of these muscles

**Unit – 6: Respiratory System****(15 Hrs)**

- i. Upper respiratory tract–Nose, Pharynx, Larynx
- ii. Trachea & Bronchial tree
- iii. Lungs
- iv. Pleura
- v. Mediastinum

**Unit – 7: Cardiovascular System****(15 Hrs)**

- i. Heart – Position, Surface anatomy and its description
- ii. Great vessels–Aorta, Pulmonary trunk, superior vena cava, inferior vena cava and their branches
- iii. Arteries and Veins–Structure of arteries and veins, important arteries and veins of the body

**Unit – 8: Digestive System****(25 Hrs)**

- i. Oral cavity: Teeth, Hard and soft palates
- ii. Esophagus & Stomach
- iii. Liver, Gallbladder & Bile duct
- iv. Small, large intestine & Anal canal
- v. Pancreas, Spleen
- vi. Peritoneum
- vii. Mesentery and position of the above organs in the abdominal quadrants

**Unit– 9: Urinary System****(15 Hrs)**

- i. Kidney
- ii. Ureter
- iii. Urinary bladder
- iv. Male and female urethra

**Unit– 10: Lymphatic System****(15 Hrs)**

- i. Lymph, lymph glands, lymph duct, thoracic duct, cisterna chyli
- ii. Location of major groups of lymph nodes in the body and their drainage areas

**THEORY PAPER 2** (BNYS101 T2)**Unit– 1: Osteology (Including ossification)****(15 Hrs)**

Description of various bones of

- i. Lower limb
- ii. Skull as a whole
- iii. Individual cranial bones of skull

## **Unit– 2: Arthrology**

**(15 Hrs)**

Description of various joints of

- i. Lower limb
- ii. Skull as a whole
- iii. Skull and vertebral column

## **Unit– 3: Myology**

**(10 Hrs)**

Description of various muscles of

- i. Lower limb
- ii. Head & Neck

(Origin, insertion, blood supply, nerve supply, applied anatomy and actions of these muscles)

## **Unit– 4: Male Reproductive System**

**(10 Hrs)**

- |                    |                       |
|--------------------|-----------------------|
| i. Penis           | v. Epididymis         |
| ii. Testes         | vi. Seminal Vesicles  |
| iii. Vas Deferens  | vii. Ejaculatory Duct |
| iv. Spermatic Cord | viii. Prostate Gland  |

## **Unit– 5: Female reproductive system**

**(10 Hrs)**

- i. External genital organs: Vulva, Clitoris, Vagina, Inguinal Region Perineum
- ii. Internal genital organs: Uterus, Cervix, Fallopian tubes, Ovaries
- iii. Mammary glands
- iv. Supporting structures of female genital organs

## **Unit– 6: Endocrine System**

**(15 Hrs)**

Description of endocrine glands

- |              |            |
|--------------|------------|
| i. Pituitary | vi. Spleen |
|--------------|------------|

- ii. Pineal
- iii. Thyroid
- iv. Parathyroid
- v. Thymus
- vii. Pancreas
- viii. Suprarenal glands
- ix. Ovaries and Testes

**Unit– 7: Nervous System (15 Hrs)**

- i. Division of nervous system: Central nervous system, peripheral nervous system, cerebral hemispheres, midbrain, pons, medulla oblongata, cerebellum, spinal cord, autonomic nervous system.
- ii. Meninges: Dura mater and arachnoid mater
- iii. Cerebrospinal fluid (CSF) & Ventricular system
- iv. Cranial and spinal nerves
- v. Important plexuses: Cervical, Brachial, Lumbar, Sacral and their nerve descriptions.

**Unit– 8: Organs of Special Senses (15 Hrs)**

- i. Tongue
- ii. Nose
- iii. Eye and associated structures
- iv. Ear
- v. Integumentary system

**Unit– 9: Surface Anatomy (15 Hrs)**

- Projection of the outline of
- i. Heart its borders, surface and valves.
  - ii. Lungs –borders, fissures, hila, pleura and diaphragm
  - iii. Liver
  - iv. Kidney
  - v. Abdominal viscera
  - vi. Pelvic viscera

**PRACTICAL**

**Unit– 1: Gross Anatomy (Dissection / Demonstration of following)**

- i. Upper Limb (25 Hrs)
  - a. Dissection: Pectoral, scapular, shoulder, arm, forearm

- b. Projected Parts: Joints, Palm and dorsum of hand

**ii. Thorax (25 Hrs)**

- a. Dissection: Chest wall, mediastinum, lungs and heart

**iii. Abdomen (25 Hrs)**

- a. Dissection: anterior abdominal wall and inguinal region, viscera and posterior abdominal wall

**iv. Pelvis (25 Hrs)**

- a. Dissection: Pelvic viscera and blood vessels and nerve sagittal section (M &F)

**Unit– 2: Lower Limb (25 Hrs)**

- i. Dissection – Thigh, Gluteal region, Back of thigh, Knee joint, Leg, Ankle joint and foot.

- ii. Prosecuted Parts: Sole of the foot and joints

**Unit– 3: Head and Neck (25 Hrs)**

- i. Dissection: Scalp, superficial and deep dissection of face and neck

- ii. Prosecuted Parts: Orbit, eyeball, submandibular region, temporal and infra-temporal fossa, cranial cavity, naso and oro- pharyngeal regions, larynx and pharynx. Cross sections at C-4, C-6 levels, sagittal section of head and neck

**Unit– 4: Nervous System (25 Hrs)**

- i. Section of brain and prosecuted specimens and major functional areas; Gross structure of brain and spinal cord and study of gross sections as mentioned earlier (in brief)

**Histology (General Histology) (15 Hrs)**

- i. Microscope
- ii. Cell
- iii. Epithelial Tissue

**Connective Tissue – Bones and Cartilages**

- i. Muscular Tissues
- ii. Nerve Tissues (TS & LS of peripheral nerve, sensory and sympathetic ganglion, optic nerve)
- iii. Epithelial glands (serous, mucous and mixed salivary gland)
- iv. Circulatory system (large artery, medium sized artery, larger vein)
- v. Lymphatic system (lymph nodes, thymus, tonsils, spleen)

- vi. Skin and appendages
- vii. Placenta and umbilical cord

#### **Unit– 11: Systemic Histology**

**(15 Hrs)**

- i. Respiratory system (lungs, trachea)
- ii. Esophagus and stomach
- iii. Liver, gallbladder, pancreas
- iv. Urinary system-I (Kidney)
- v. Urinary system-II (Ureter, bladder)
- vi. Small and large intestine
- vii. Reproductive system– Female
- viii. Reproductive system–Male
- ix. Upper GIT (tongue)
- x. Hypo-physis cerebri, thyroid and suprarenal glands
- xi. Eye–cornea and retina

#### **Recommended books:**

1. Textbook of Anatomy(3 volumes)– BD Chaurasia
2. Human Anatomy for Students – B.D. Ghosh
3. Textbook of Anatomy–Hamilton
4. Practical Anatomy– Cunningham
5. Human Embryology–Inderbir Singh
6. Bailey’s textbook of histology
7. Medical Embryology–Langman
8. Textbook of Clinical Anatomy by Neeta V Kulakarni
9. Histology text book by Latha V Prabhu
10. Text book of genetics – Dr. Gangane
11. Text book of embryology- Dr Krishna Garg
12. Dissection manual by Sujatha Kiran
13. Golden facts of Anatomy-Dr Vishram singh (Elsevier Publications)

#### **Reference books:**

1. Textbook of Anatomy–Gray
2. Atlas of histology– Difiore
3. Atlas of histology– Poddar



4. Textbook of human histology– Veena Bharihoke
5. A color atlas of human anatomy– McMinn
6. Grant's method of Anatomy– Grant

**Subject title:** PHYSIOLOGY (Duration: 18 months)

**Subject Code:**

**Physiology Theory Paper 1:** BNYS102 T1

**Physiology Theory Paper 2:** BNYS102 T2

**Physiology Practical:** BNYS 102 P

Total Number of Hrs: 500		Theory Paper 1: 150 Theory Paper 2: 150		Practical: 200	
SCHEME OF EXAMINATION					
Total Marks: 300					
Theory: 230			Practical: 70		
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment	
Paper 1: 80 Paper 2: 80	40	30	60	10	

## Goal and objectives

### Goals:

The goal of teaching Physiology to undergraduate students is aimed at giving the student comprehensive knowledge of the normal functions of the organ systems of the body to facilitate comprehension of the physiological basis of health and disease.

### Objectives

#### Knowledge:

After the completion of the program, the students should be able to

- Explicate the normal functioning of all the organ systems and their interactions for well-coordinated body functions;
- Appreciate the relative contribution of each organ system to the homeostasis;
- Explain the physiological aspects of normal growth and development;
- Illustrate the physiological response and adaptations to environmental stresses;

- List physiological principles underlying pathogenesis and disease management.

#### **Skills:**

After the completion of the programs, the students should be able to:

- Conduct experiments designed to study physiological phenomena;
- Interpret experimental/investigative data;
- Differentiate between normal and abnormal data from results of tests, which he/she has done and observed in the laboratory.

### **THEORY PAPER-1** (BNYS102 T1)

#### **Unit-1: General physiology**

**(10 Hrs)**

- i. Cell structure and functions
- ii. Transport mechanism across biological membranes
- iii. Body fluids and homeostasis

#### **Unit-2: Blood**

**(50 Hrs)**

- i. Plasma proteins**
  - a. Normal values
  - b. Origin, functions and variations in health and disease
  - c. Bone marrow-Composition and functions
- ii. Erythrocytes**
  - a. Morphology and variations in health and diseases
  - b. Erythropoiesis and factors regulating erythropoiesis
  - c. Life span and fates of erythrocytes
  - d. Erythrocyte sedimentation rate (ESR)
  - e. Packed cell volume (PCV)
- iii. Hemoglobin and its types**
- iv. Anemia-definition and classifications**
- v. Jaundice-Definition and classifications**
- vi. Spleen-structure and function**
- vii. Leucocytes**
  - a. Classification, morphology and functions
  - b. Variations in health and disease
- viii. Thrombocytes**
  - a. Development, morphology and functions
  - b. Variation in health and disease
- ix. Hemostasis**

- a. Mechanism of hemostasis, coagulation of blood
- b. Fibrinolysis and bleeding disorders
- x. Anticoagulants**
  - a. Mechanism of action and clinical applications
- xi. Blood groups**
  - a. ABO and RH system
  - b. Blood transfusion, indication and hazards
- xii. Lymph and tissue fluids**
  - a. Formation and functions of lymph
  - b. Physiology of reticular system
- xiii. Immune system**
  - a. Cellular and humoral immunity

### **Unit-3: Cardiovascular system**

**(22 Hrs)**

#### **Heart**

- a. Properties of cardiac muscles
- b. Generation and spread of cardiac impulse

#### **Electrocardiography**

- a. Einthoven's Law
- b. ECG leads, normal ECG and its interpretation

#### **Cardiac cycle**

- a. Pressure and volume changes (mechanical events)
- b. Principles of echo-cardiograph
- c. Jugular venous pulse tracing and radial pulse tracing
- d. Measurement and regulation of Cardiac output

#### **Heart sounds**

- a. Description, causation and relation to other events in cardiac cycle
- b. Clinical significance of heart sounds

#### **Blood pressure**

- a. Definition, regulation and factors influencing BP
- b. Physiology of hemorrhage and circulatory shock

#### **Circulations**

- a. Blood vessels
- b. Physical principles of blood flow, regulation of blood flow
- c. Coronary, Splanchnic, cutaneous and capillary, cerebral circulation
- d. Cardiovascular changes in altitude and exercise

#### **Unit-4: Respiratory system**

**(25 Hrs)**

Introduction, internal and external respiration, physiological anatomy of respiratory system

##### **i. Mechanism of Respiration**

- a. Inspiration and expiration
- b. Role of respiratory muscles and thoracic cage
- c. Pressure and volume changes during respiration
- d. Work of breathing
- e. Lung compliance and its significance in health and disease

##### **ii. Lung volumes and capacities**

- a. Lung volumes and capacities and their measurements

##### **iii. Ventilation**

Composition of atmospheric, inspired, alveolar and expired air

##### **iv. Pulmonary circulation**

- a. Pulmonary circulation, ventilation-perfusion relationship
- b. Diffusion of gases across pulmonary membrane
- c. Oxygen uptake, transport and delivery
- d. Carbon dioxide uptake, transport and delivery

##### **Organization of respiratory centers**

- a. Nervous and chemical regulation of respiration
- b. Classification and characteristic of hypoxia, cyanosis, asphyxia, hypercapnia, dyspnea, apnea and orthopnea and periodic breathing
- c. Respiratory changes in high altitude
- d. Physiology of acclimatization and hyperbarism
- e. Respiratory/pulmonary function tests
- f. Non-respiratory functions of lungs
- g. Artificial respiration
- h. Importance respiration
- i. Importance of therapeutic administration of oxygen and carbon dioxide
- j. Respiratory changes during exercise

#### **Unit-5: Digestive system**

**(25 Hrs)**

##### **i. Introduction, functional anatomy of digestive system**

##### **ii. Salivary glands**

- a. Composition and functions of saliva
- b. Regulation and secretion of saliva

### **iii. Stomach**

- a. Functional anatomy of stomach
- b. Functions of stomach
- c. Composition and functions of gastric juice
- d. Regulation of secretion and mechanism of HCL secretion

### **iv. Pancreas**

- a. Functional anatomy of Pancreas
- b. Composition and functions of Pancreatic juice
- c. Regulation of Pancreatic secretion

### **v. Liver and Gallbladder**

- a. Functional anatomy of liver and biliary system
- b. Functions of liver and gallbladder
- c. Formation, storage and secretion of bile
- d. Composition, function and regulation of release of bile
- e. Entero-hepatic circulation

### **vi. Small intestine**

- a. Functional anatomy and functions of small intestine
- b. Composition, function and mechanism of secretions of Succus entericus

### **vii. Large intestine**

- a. Functional anatomy and functions of large intestine

### **viii. Gastro-intestinal hormones**

- a. Release and functions

### **ix. Gastro-intestinal movements**

- a. Mastication, deglutition and vomiting
- b. Movements of stomach, filling and emptying of stomach
- c. Movements of small intestine
- d. Movements of large intestine and defecation
- e. Regulation of movement

## **Unit-6: Excretory system**

**(13 Hrs)**

- i. General introduction, organs of excretion with special emphasis on evolution of excretory mechanisms
- ii. Functional anatomy of renal glands and renal circulation
- iii. Nephron
  - a. Mechanism of urine formation
  - b. Concentration and acidification of urine

- iv. Non-excretory functions of Kidney
- v. Physiology of micturition and its abnormalities
- vi. Skin-structure and functions and temperature regulation

## **THEORY PAPER 2** (BNYS102 T2)

### **Unit-1: Endocrine system**

**(27 Hrs)**

- i. Introduction-evolutionary background and organization of endocrine control systems
- ii. Hormones
- iii. Classifications of hormones and mechanism of hormone action
- iv. Regulation of hormone secretion and feedback system
- v. Hypothalamo- hypophyseal system-hormones released
- vi. Endocrine glands
- vii. Pituitary glands-functional anatomy of anterior and posterior glands, chemical nature, actions, regulation and applied aspect of anterior and posterior pituitary hormones
- viii. Thyroid gland-functional anatomy, hormones, applied aspect
- ix. Adrenal gland-Functional anatomy of adrenal cortex and medulla, hormones and applied physiology of adrenal cortex and medulla
- x. Islet of Langerhans-Functional anatomy, hormones, applied aspect
- xi. Other hormones-prostaglandins, thromboxane, acetylcholine, serotonin, histamine, bradykinin, leptin, prostacyclin, leukotrienes, atrial natriuretic peptide, brain natriuretic peptide, melatonin

### **Unit-2: Reproductive system**

**(16 Hrs)**

- i. Physiology of reproduction
  - a. Introduction to physiology of reproduction
- ii. Male reproductive system
  - a. Development and structure of testes
  - b. Functions of testes
  - c. Gonadotropins and gonadal hormones
  - d. Composition of Semen and structure of human sperm
- iii. Female reproductive system
  - a. Functional anatomy of female reproductive system
  - b. Functional anatomy and functions of ovary
  - c. Gonadotropins and ovarian hormones
  - d. Physiology of menstrual cycle

- e. Physiology of ovulation and pregnancy
- f. Physiology of placental, gestation and parturition
- g. Physiological basis of tests for ovulation and pregnancy
- h. Physiology of lactation

### **Unit-3: Nerve and muscle physiology**

**(4 Hrs)**

- i. Neuron
- ii. Morphology of neuron and Classification of neuron and nerve fibers
- iii. Properties of nerve fibers and measure of excitability
- iv. Degeneration and regeneration of nerve fibers
- v. Muscle: Classification of muscles
- vi. Skeletal muscle-structure, properties and functions
- vii. Excitation-contraction coupling
- viii. Neuromuscular junction
- ix. Smooth muscle-structure, types, properties and functions
- x. Cardiac muscle- structure, properties, functions
- xi. Myasthenia gravis
- xii. Starling's law and its applications

### **Unit-4: Central Nervous system**

**(65 Hrs)**

- i. Structural and functional organization of central nervous system
- ii. Neuroglial cells
- iii. Sensory physiology
  - a. Classification and general properties of receptors
- iv. Synapse
  - a. Types of synapse and their structure
  - b. Functions and properties of synapse
  - c. Classification and actions of neuro-transmitters
- v. Reflexes
  - a. Classification of Reflexes
  - b. General properties of Reflexes with examples
  - c. Reciprocal inhibition and reciprocal innervation
- vi. Spinal cord
  - a. Functional anatomy of spinal cord
  - b. Ascending tracts-situation, origin, course, termination and functions
  - c. Physiology of pain, different pathways of pain sensation

- d. Physiology of referred pain
- e. Gate control theory, analgesia system
- f. Descending tracts-situation, origin, course, termination and functions
- g. Extrapyramidal tracts-situation, origin, course, termination and functions
- h. Upper and lower motor neurons and their lesions
- i. Brown Sequard syndrome, Syringomyelia
- vii. Functional anatomy and functions of Brain stem
- viii. Thalamus
  - a. Functional anatomy, connections and functions
  - b. Effect of lesions
- ix. Internal capsule-situation, divisions, effect of lesions
- x. Hypothalamus
  - a. Functional anatomy, connections and functions
  - b. Effect of lesions
- xi. Cerebellum
  - a. Functional anatomy, connections and functions
  - b. Effect of lesions and tests for cerebellar functions
- xii. Basal ganglia
  - a. Functional anatomy, connections and functions
  - b. Diseases of basal ganglia and its clinical evaluation
- xiii. Cerebral cortex
  - a. Functional anatomy of cerebral cortex
  - b. Functional areas and its functions of frontal lobe, parietal lobe, temporal lobe and occipital lobe
- xiv. Limbic system
  - a. Functional anatomy, connection and functions
- xv. Reticular formation
  - a. Functional anatomy, connections and functions of reticular formation
  - b. EEG, physiology of sleep and wakefulness
- xvi. Vestibular apparatus
  - a. Functional anatomy, connections and functions
  - b. Effect of lesions and their assessment
  - c. Physiology of maintenance and regulation of muscle tone, posture and equilibrium
  - d. De cerebrated rigidity and righting reflexes
- xvii. Higher functions
  - a. Learning, speech, memory, behavior and emotions
- xviii. Cerebro-spinal fluids



- a. Formation, circulation, functions of CSF
- b. Properties and composition of CSF
- c. Methods of collection of CSF and its clinical significance
- d. Blood-brain barrier
- xix. Autonomic Nervous system
  - a. Sympathetic nervous system and its functions
  - b. Parasympathetic nervous system and its functions
  - c. Autonomic function tests

#### **Unit-5: Special senses**

**(40 Hrs)**

- i. Smell
  - a. Structure of olfactory receptors
  - b. Physiology of olfaction and olfactory discrimination
  - c. Olfactory pathway and defects of olfaction
- ii. Taste
  - a. Structure of taste receptor, primary taste sensation and taste pathway and applied aspects
- iii. Vision
  - a. Functional anatomy of eye
  - b. Structure of visual receptors
  - c. Neural, chemical, electrical basis of visual process
  - d. Visual acuity, field of vision, tests for visual acuity and field of vision
  - e. Visual pathways and effects of lesions in visual pathways
  - f. Pupillary reflexes
  - g. Colour vision, colour blindness and tests for colour blindness
  - h. Error of refraction and its correction
  - i. Physiology of aqueous humour
  - j. Dark and light adaptation
  - k. Lacrimal glands, formation and circulation of tears
- iv. Hearing
  - a. Functional anatomy and functions of external, middle and internal ear
  - b. Impedance matching and tympanic reflex
  - c. Auditory pathways and auditory cortex
  - d. Mechanism of hearing
  - e. Theories of hearing
  - f. Defects of hearing
  - g. Audiometry, other tests for hearing defects, SOTE, Horizontal integration and Tests

## **PRACTICAL**

### **I. Blood**

**(40 Hrs)**

- i. Preparation and examination of peripheral blood smear and determination of differential leucocyte count
- ii. Determination of total red blood cell count
- iii. Determination of total leucocyte count
- iv. Determination of erythrocyte sedimentation rate, packed cell volume
- v. Determination of Haemoglobin concentration of blood
- vi. Determination of ABO and Rh blood groups
- vii. Determination of bleeding time and clotting time

### **II. Cardiovascular system**

**(30 Hrs)**

- i. Determination of Pulse
- ii. Determination of the effect of posture and exercise on blood pressure
- iii. Clinical examination of the human cardiovascular system (CVS)

### **III. Respiration**

**(30 Hrs)**

- i. PEFR
- ii. Spirometry (demonstration)
- iii. Examination of human respiratory system

## **Recommended books:**

1. Medical physiology-A. K. Jain
2. Medical physiology – Mahapatra
3. Concise text book of Medical physiology-S. K. Choudhary

## **Reference books:**

1. Textbook of Medical physiology- AC Guyton and Hall
2. Best and Taylor's physiological basis of medical practice
3. Medical physiology- Ganong
4. Practical physiology-C. L. Ghai
5. Practical physiology – Pravathi Pal

## **PRACTICAL**

- i. Neuromuscular physiology (25 Hrs)
  - a. Handgrip dynamometer
  - b. Ergograph- work done.
- ii. Neurophysiology (30 Hrs)
  - a. Examination of motor and sensory system
  - b. Examination of cranial nerves
- iii. Special senses (30 Hrs)
  - a. Determination of visual acuity
  - b. Clinical assessment of colour vision (Demonstration)
- iv. Perimetry: mapping of visual field
- v. SOPE and tests

## **Recommended books:**

1. Medical physiology-A. K. Jain
2. Medical physiology – Mahapatra
3. Concise text book of Medical physiology-S. K. Choudhary

## **Reference books:**

1. Textbook of Medical physiology- AC Guyton and Hall
2. Best and Taylor's physiological basis of medical practice
3. Medical physiology- Ganong
4. Practical physiology-C. L. Ghai
5. Practical physiology – Pravathi Pal

**Subject Name:** BIOCHEMISTRY (Duration: 18 months)

**Subject Code:**

**Biochemistry Theory Paper:** BNYS103 T

**Biochemistry Practical:** BNYS103 P

Total Number of Hrs: 300			Theory: 200		Practical: 100	
		SCHEME OF EXAMINATION				
Total Marks: 200						
Theory: 130					Practical: 70	
Final Theory Exam	Internal Assessment		Viva Voce	Final Practical Exam	Internal Assessment	
80	20		30	60	10	

### Goal and objectives

#### Goals:

The goal of introducing to the undergraduate students is to make them understand the scientific basis of the life processes at the molecular level and to orient them towards the application of the knowledge in solving clinical problems.

#### Objectives

##### Knowledge:

At the end of the course, the student should be able to demonstrate his knowledge and understanding on the:

- Molecular and functional organization of a cell, and sub- cellular components;
- Structure, function and interrelationship of biomolecules and consequences of deviation from normal;
- Basic and clinical aspects of enzymology and regulation of enzymatic activity;
- Digestion and assimilation of nutrients and consequences of malnutrition;
- Integration of the various aspects of metabolism, and their regulatory pathways;
- Biochemical basis of inherited disorders and their associated sequelae;
- Mechanisms involved in maintenance of body fluid and pH homeostasis;
- Molecular mechanisms of gene expression and regulation, the principles of genetic engineering and their application in medicine;
- Molecular concepts of body defense and their application in medicine;
- Biochemical basis of environmental health hazards; and biochemical basis of cancer and carcinogenesis, principles of metabolism, and detoxication of xenobiotics.

- Principles of various conventional and specialized laboratory investigations and instrumentation, analysis and interpretation of a given data; the ability to suggest experiments to support theoretical concepts and clinical diagnosis.

#### **Skills:**

At the end of the course, the student should be able to

- Make use of conventional techniques/ instruments to perform biochemical analysis relevant to clinical screening and diagnosis
- Analyze and interpret investigative data
- Demonstrate the skills of solving clinical problems and decision making.

### **THEORY PAPER (BNYS103 T )**

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#### **Unit-1: Cell and subcellular structures**

**(8 Hrs)**

- |                                    |                             |
|------------------------------------|-----------------------------|
| i. Cell structure                  | iii. Subcellular organelles |
| ii. Transport across cell membrane | iv. Cell membrane           |

#### **Unit-2: Biomolecules**

**(25 Hrs)**

- Amino acids**-Classification of amino acids, Properties of amino acid, General reaction of amino acids, Peptide bond formation.
- Proteins**-Structure of proteins, Study of protein structure, Physical properties of proteins, colour reactions of proteins, Classification of protein, Collagen, Elastin, Muscle protein, Lens protein
- Carbohydrates**-Nomenclature, Stereoisomers, Reaction of monosaccharides, Disaccharides, Polysaccharides, Heteroglycans, Mucopolysaccharides, Glycoprotein and mucoprotein
- Lipids**: Definition, classification and biological importance of lipids
  - Simple lipid – Composition of triglyceride and Wax
  - Compound lipid – Composition and function of Phospholipid, glycolipids & lipoprotein
  - Derived lipids-Classification & properties fatty acids, Steroids & sterols
  - Micelle, Liposomes

#### **Unit-3: Enzymes**

**(10 Hrs)**

Definition, classification of

- |   |  |
|---|--|
| i. Kinetics, mechanism of enzymatic catalysis | ii. Factors influencing enzymatic activity |
| iii. Enzyme activators and inhibitors         | iv. Mechanism of enzyme activity           |
| v. Clinical enzymology & Isoenzymes           |  |

#### **Unit-4: Vitamins**

**(10 Hrs)**

- i. Definition and classification of vitamins
- ii. Brief account of sources, chemistry, RDA, biochemical functions, deficiency diseases of Vitamins and Hypervitaminosis of each vitamin.

#### **Unit-5: Minerals**

**(10 Hrs)**

- i. Classification of minerals
- ii. Brief account of sources, chemistry, RDA, biochemical functions, deficiency diseases of minerals (Calcium, Phosphorus, Iron, Copper, Zinc, Magnesium, Lead, Mercury, Arsenic, Fluoride, Sodium, Potassium and Chloride)

#### **Unit-6: Digestion and absorption**

**(10 Hrs)**

- i. Digestion and absorption of carbohydrates, lipids and protein

#### **Unit-7: Metabolic pathway of glucose**

**(15 Hrs)**

- |                        |  |
|------------------------|--|
| i. Glycolysis          | vi. TCA cycle and biological oxidation             |
| ii. Pyruvate oxidation | vii. HMP shunt                                     |
| iii. Glycogenolysis    | viii. Galactose and fructose metabolism            |
| iv. Gluconeogenesis    | ix. Inborn errors of glucose metabolism            |
| v. Glycogenesis        | x. Regulation of carbohydrate metabolism & hormone |

#### **Unit-8: Amino acid metabolism**

**(12 Hrs)**

- i. Reactions involved in formation & detoxification of ammonia
- ii. Urea cycle
- iii. Function of Glycine, Alanine, Serine, Methionine, Tryptophan, Phenylalanine, cysteine, Glutamic acid, Aspartic acid, Glutamine, proline
- iv. Derivative of amino acid & their function
- v. Inborn error of amino acid metabolism

#### **Unit-9: Lipid metabolism(12 Hrs)**

- i. Biosynthesis and degradation of fatty acid, phospholipids and triglycerides
- ii. Biosynthesis and degradation of cholesterol, Chemistry and metabolism of lipoprotein
- iii. Hyperlipoproteinemia
- iv. Lipid storage disease
- v. Ketone bodies-Synthesis, utilization and conditions leading to ketoacidosis
- vi. Fatty liver and lipotropic factors

- vii. Formation and function of Prostaglandin and Leukotrienes
- viii. Hyperlipidemias and cardiovascular disease

#### **Unit-11: Regulation of the metabolic pathways**

**(8 Hrs)**

- i. Integration of metabolic pathway
- ii. Organ interrelationships in metabolism
- iii. Blood glucose regulation and its impairment in diabetes mellitus
- iv. Metabolic adaptation of fed state, fasting and prolonged starvation
- v. Metabolic derangement and adaptation in diabetes mellitus

#### **Unit-12: Biochemistry of blood & Acid-base Balance**

**(14 Hrs)**

- i. Synthesis and degradation of Heme
- ii. Structure and function of hemoglobin
- iii. Abnormal hemoglobin & hemoglobinopathies
- iv. Jaundice
- v. Functions and separation of plasma protein
- vi. Blood pH and its regulation
- vii. Respiratory regulation of pH
- viii. Renal regulation of pH
- ix. Acidosis and alkalosis

#### **Unit-13: Energy metabolism**

**(10 Hrs)**

- i. Calorific Value of foods
- ii. Definition of BMR and factors influencing it
- iii. Energy requirements for physical activity
- iv. Nutritional importance of Lipids, proteins and carbohydrates
- v. Balanced diet
- vi. Protein energy malnutrition
- vii. Obesity

#### **Unit-14: Renal function and Liver function test**

**(4 Hrs)**

#### **Unit-15: General techniques for separation, purification and quantitation**

**(8 Hrs)**

- i. Electrophoresis, Chromatography, RIA, ELISA, Colorimeter

#### **Unit-16: Molecular biology**

**(18 Hrs)**

- i. Chemistry of Nucleic acids -Definition, classification, composition of nucleic acid: structure and function of DNA: Types, structure & function of RNA.
- ii. Biosynthesis and breakdown of purines, synthesis and breakdown of pyrimidine
- iii. DNA replication
- iv. Transcription
- v. Post transcription processing.

- vi. Translation and genetic code
- vii. DNA repair mechanism
- viii. Control of gene expression-Mutation, cell cycle, regulation of gene expression
- ix. Recombinant DNA technology, vectors, Gene therapy and stem cell
- x. Molecular diagnostics and genetic techniques-Hybridization and blot techniques, PCR

#### **Unit-17: Hormone**

**(10 Hrs)**

- i. Mechanism of hormone action
- ii. Function of pituitary, thyroid, parathyroid, adrenal, pancreas and gonads
- iii. Steroid hormones & their relation to metabolism

#### **Unit-18: Biochemistry of cancer and environmental biochemistry**

**(8 Hrs)**

- i. Oncogenes & Tumor markers
- ii. Environmental pollutants
- iii. Xenobiotic, interaction with biomolecule, effect & metabolism

### **PRACTICAL**

#### **Unit-1: Qualitative Experiments**

**(25 Hrs)**

- i. Reaction of monosaccharides-glucose and fructose
- ii. Reaction of disaccharides-lactose, maltose and sucrose
- iii. Reaction of polysaccharides-starch
- iv. Colour reactions protein-Albumin, Casein and gelatin
- v. Precipitation & coagulation of proteins
- vi. Normal constituent of urine
- vii. Analysis of abnormal urine

#### **Unit-2: Quantitative Experiments**

**(40 Hrs)**

- |   |  |
|---|--|
| i. Determination of blood sugar           | vi. Determination of total serum bilirubin     |
| ii. Determination of blood urea           | vii. Determination of total serum triglyceride |
| iii. Determination of total serum protein | viii. Determination of total serum cholesterol |
| iv. Determination of total serum calcium  | ix. Determination of Alkaline phosphatase      |
| v. Determination of SGOT and SGPT         |  |

#### **Unit-3: Demonstration**

**(15 Hrs)**



- i. Colorimetry and colorimeter
- ii. Paper chromatography
- iii. GTT
- iv. Electrophoresis

**Unit-4: Case-oriented discussions (enzymes, metabolites and function tests)**

**(20 Hrs)**

**Recommended books for theory:**

1. Textbook of Biochemistry for medical students-By DM Vasudevan, Sreekumari S, Kannan Vaidyanathan
2. Textbook of Biochemistry –By Dr. U. Satyanarayana, Dr. U Chakrapani
3. Biochemistry for medical students-By Debjyoti Das
4. Textbook of Biochemistry –By Sucheta Dandekar
5. Textbook of Biochemistry-By Rama Rao
6. Textbook of Biochemistry –By Ramakrishna, Prasanna and Rajan
7. Biochemistry-By Nelson & Cox

**Reference books:**

1. Harper's illustrated Biochemistry
2. Lehninger, Principle of biochemistry
3. Biochemistry, Berg and Stryker
4. Lippincott's Biochemistry

**Recommended books for practicals**

1. Comprehensive practical and viva in biochemistry-By Arabind S Yadav,Saharsa R Deshmukh,Pramod S, Kamble
2. Practical biochemistry –By Dr. G.Rajagopal,B.D. Toora
3. Practical textbook of biochemistry for MBBS students-DM Vasudevan, Subir Kumar Das
4. Practical Biochemistry -- Varley

**Reference books**

1. Laboratory manual of biochemistry –By Patabhrama and Acharya
2. Laboratory manual in biochemistry –By Rajgopal and Ramakrishana

**Subject name:** PRINCIPLES OF YOGA

**Subject code:**

**Principles of Yoga Theory Paper:** BNYS105 T

**Principles of Yoga Practical:** BNYS105 P

Total number of Hrs: 450	Theory:250	Practical: 200
SCHEME OF EXAMINATION		

Total marks-200				
Theory: 130			Practical:70	
Final theory exam	Internal assessment	Viva	Final practical exam	Internal assessment
80	20	30	60	10

## Goal and Objectives

### Goal:

The goal of teaching *Yoga* to undergraduate students is to familiarize them with basic principles of *Yoga* with respect to history, definitions, philosophy and practices of *Yoga*, with emphasis of *Ashtanga Yoga*.

### Objectives

#### Knowledge:

After the completion of the course, the student shall be able to

- Explain the various definitions of *Yoga*, history of *Yoga* and branches of *Yoga*
- Describe kinds of *Yogasanas*, its importance, methods, rules, regulations and limitations;
- Illustrate the various limbs of *Ashtanga Yoga*;
- Demonstrate knowledge of *pranayamas*, *prana* and lifestyle, breathing and lifespan.

#### Skills:

- After the completion of the course, the student shall be able to:
- Demonstrate various types of *Yogasanas* in their correct method of performance;
- Demonstrate different *pranayamas*.
- Explain about the definitions, origin, branches of *Yoga*.

## THEORY (BNYS105 T)

### Unit-1: Yoga and its definitions

(20Hrs)

- Meaning of Yoga
- Definition of Yoga according to *Bhagavadgita*
- According to *Yoga Vasistha*
- Patanjali Yoga Sutras
- Vedas and Upanishads

### Unit-2: Historical development of Yoga

(20Hrs)

- Yoga during the era of Ramayana and Mahabharata
- Yoga during the time of Patanjali
- Vedas, Upanishads and Puranas
- Nath sects
- Indus valley civilization

### Unit-3: Branches of Yoga

(20Hrs)

- Raja Yoga
- Jnana Yoga
- Karma Yoga
- Bhakti Yoga

### Unit-4: Other branches of Yoga

(20Hrs)

- Laya yoga
- Tantra Yoga
- Swara Yoga
- Kundalini Yoga

- v. Hatha Yoga
- vi. Mantra Yoga

**Unit-5: Introduction to Ashtanga Yoga- according Patanjali (20Hrs)**

- i. Yama
- ii. Niyama
- iii. Asana
- iv. Pranayama
- v. Pratyahara
- vi. Dharana
- vii. Dhyana
- viii. Samadhi

**Unit-6: Concept of yogic practice (30Hrs)**

- i. Concept of Asana, it's types and categories
- ii. Kriya, it's types
- iii. Pranayama, it's types
- iv. Mudra and various types of Mudra
- v. Bandha and its types
- vi. Meaning and types of Dharana
- vii. Dhyana and it's types

**Unit-7: Asanas (20Hrs)**

- i. Difference between Asana and Exercises
- ii. Asana for beginners
- iii. Asana for Intermediate practitioners
- iv. Asana for Advance practitioners
- v. Precaution and philosophical benefits of Asanas

**Unit-8: Kriya and Pranayama (20Hrs)**

- i. Concept of Doshas
- ii. Importance of Shatkriyas in balancing the Doshas
- iii. Panchapranas and their physiological functions
- iv. Upapranas and their functions

**Unit-9: Mudras and Bandhas (30Hrs)**

- i. Principles behind the practices of Mudras
- ii. Benefits of Chin, Chinmaya, Adi, Brahma, Sambhavi, Akashi, Tadagi, Sankha, Hridaya mudra
- iii. Principles of Bandhas
- iv. Benefits of Maha, Moola, Uddiyan and Jalandhar Bandha

**Unit-10: Dharana and Dhyana (30Hrs)**

- i. Concept of Dharana, Dhyana and Samadhi with example
- ii. Difference between Dharana and Trataka
- iii. Difference between Dhyana and Hypnosis
- iv. Difference between Samadhi and sleep

**Unit-11: Structure of body according to Yoga (20Hrs)**

- i. Nadis
- ii. Chakras and their correlation with glands and plexus
- iii. Granthis and their importance
- iv. Panchakosa- Annamaya, Pranamaya, Manomaya, Vijñanamaya and Anandamaya and their components

**PRACTICAL**

- |                               |         |
|-------------------------------|---------|
| 1. <b>Joint movements</b>     | (10Hrs) |
| 2. <b>Loosening exercises</b> | (20Hrs) |
| 3. <b>Sukshma Vyayama</b>     | (20Hrs) |
| 4. <b>Stretches</b>           | (30Hrs) |
| 5. <b>Breathing exercises</b> | (20Hrs) |
| 6. <b>Suryanamaskara</b>      | (10Hrs) |
| 7. <b>Asanas</b>              | (50Hrs) |
- 
- |                           |                        |
|---------------------------|------------------------|
| <b>i. Standing</b>        |                        |
| a. Tadasana               | f. UtthitaTrikonasana  |
| b. Ardha Kati Chakrasana  | g. Veerabhadrasana     |
| c. Kati Chakrasana        | h. Parsvottanasana     |
| d. Trikonasana            | i. Parighasana         |
| e. Vrikshasana            |                        |
| <b>ii. Supine</b>         |                        |
| a. Shavasana              | f. Pawanmuktasana      |
| b. Matsyasana             | g. Sethubandhasana     |
| c. Sarvangasana           | h. Vipareetakarani     |
| d. Halasana               | i. Karnapeedasana      |
| e. Chakrasana             | j. Suptakonasana       |
| <b>iii. Prone</b>         |                        |
| a. Makarasana             | d. Shalabhasana – 1    |
| b. Bhujangasana – 1 and 2 | e. Dhanurasana         |
| c. Ardha shalabhasana     | f. Adhomukha svanasana |
| <b>iv. Sitting</b>        |                        |
| a. Vakrasana              | i. Ardha Navasana      |
| b. Ardhamatsyendrasana    | j. Gomukhasana         |
| c. Paschimottanasana      | k. Veerasana           |
| d. Usthrasana             | l. BaddhaKonasana      |
| e. Vajrasana              | m. Janusirshasana      |
| f. Padmasana              | n. UpavisthaKonasana   |
| g. Baddha Padmasana       | o. Shashankasana       |
| h. SuptaVajrasana         |                        |
- 
- |                     |         |
|---------------------|---------|
| 2. <b>Pranayama</b> | (20Hrs) |
| a. Bhastrika        |         |
| b. Sheetkari        |         |
| c. Sheetal          |         |
| d. AnulomaViloma    |         |
| e. Ujjayi           |         |
| f. Bhramari         |         |
| 3. <b>Kriya</b>     | (20Hrs) |
| a. Jala neti        |         |
| b. Sutra neti       |         |
| c. Vamana dhauti    |         |

**Recommended books:**

1. Basis and definitions of Yoga – Vivekananda Kendra
2. Asanas – Swami Kuvalyananda
3. The gospel of Buddha – Parul Caruso
4. The Gospel of Shri Ramakrishna – Mahendranatha Gupta
5. Complete works of Shri Aurobindo
6. Asanas, Pranayama, Bandhas, Mudras – Swami SatyanandaSaraswathi
7. Hatha Yoga Pradipika – Swami Svatomarama

8. Raja, Hatha, Jnana, Bhakti Yoga – Swami Vivekananda

**Subject title:** PATHOLOGY

**Subject Codes:**

**Pathology Theory Paper 1:** BNYS 201 T1

**Pathology Theory Paper 2:** BNYS 201 T2

**Pathology Practical:** BNYS 201 P

Total Number of Hours: 300		Theory Paper 1: 100 Theory Paper 2: 100		Practical: 100	
SCHEME OF EXAMINATION					
Total Marks: 300					
Theory: 230			Practical: 70		
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment	
Paper 1: 80 Paper 2: 80	40	30	60	10	

**GOALS AND OBJECTIVES**

**Goal:**

The goal of teaching pathology to undergraduate students is to provide a comprehensive knowledge of the

mechanisms and causes of disease, so that he/she is able to comprehend fully the natural history and clinical manifestations of disease.

### **Objectives**

#### **Knowledge:**

After the completion of the course, the student shall be able to:

- Explain the structure and ultra-structure of a sick cell, mechanism of cell degeneration, cell death and repair and be able to correlate structural and functional alterations.
- Describe the pathophysiological processes which govern the maintenance of homeostasis, mechanisms of their disturbance and the morphological and clinical manifestations associated with it;
- Delineate the mechanisms and patterns of tissue response to injury such that he/she can appreciate the pathophysiology of disease processes and their clinical manifestations;
- Correlate normal and altered morphology (gross and microscopic) of different organ systems in common diseases to the extent needed for understanding of disease processes and their clinical significance.

#### **Skills:**

After the completion of the course, the student shall be able to:

- Elaborate on principles, procedures and interpretation of results of diagnostic laboratory tests;
- Perform with proper procedure simple bed side tests on biological fluid samples like blood, urine etc.
- Prepare investigation flow-charts for diagnosing and managing common diseases;
- Identify biochemical and physiological disturbances in diseases;

### **THEORY PAPER 1 (BNYS 201 T1)**

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#### **Unit-1: Introduction to Pathology**

**(15 Hrs)**

- i. History and Scope
- ii. Definition and various branches
- iii. Scientific study of disease and methodology
- iv. The cell and their action of cell, tissue and organ to injury
  - a. Structure and functions of cell, Causes and nature of cell injury
  - b. Toxic substances, physical agents and lack of nutrients
  - c. Infectious agents and parasites
  - d. Immune mechanisms and genetic defects
  - e. Reaction of cell to injurious agents

- a) Lethal injury– necrosis and gangrene
- b) Sublethal injury
- c) Cloudy swelling
- d) Fatty changes in liver, heart and kidney
- e) Glycogen infiltration and hyaline degeneration
- f) Lipid degeneration Gaucher's disease
- g) Muroid degeneration
- h) Excessive or abnormal accumulations
- i) Amyloid
- j) Pathological calcification

## **Unit- 2: Inflammation**

**(22 Hrs)**

Definition, classification and nomenclature

- i. Acute inflammation
  - a. Vascular and cellular phenomenon, cells of exudates chemical mediators and tissue changes in acute inflammation, cardinal signs of acute inflammation
  - b. Fate, types and systemic effects of acute inflammation
- ii. Chronic Inflammation
- iii. Difference between acute and chronic inflammation
- iv. Chronic granulomatous inflammation
  - a. Definition of a granuloma
  - b. Formation and Classification of granuloma
  - c. Granulomatous diseases
    - Tuberculosis
    - Leprosy
    - Syphilis
    - Actinomycosis, Maduramycosis, Rhinosporidiosis

## **Unit-3: Repair**

**(5 Hrs)**

- a. Restitution, regeneration and repair
- b. Fracture healing
- c. Repair of epithelial and mesenchymal tissue
- d. Primary union and secondary union
- e. Mechanism involved and factors modifying repair process

## **Unit -4: Fluid and Hemodynamic Changes (circulatory disturbances)**

**(13 Hrs)**

- i. Hyperemia, congestion and hemorrhage
- ii. Thrombosis, embolism
- iii. Edema
- iv. DIC, Ischemia, infarction, shock

#### **Unit -5:Immunopathology**

**(10 Hrs)**

- i. Basic pathological mechanism in autoimmune disorders
- ii. Hypersensitivity reactions and its types
- iii. Concept of immune deficiency disorders, SCIDs,
- iv. Pathology of AIDS

#### **Unit-6: Growth disorders and definitions**

**(15 Hrs)**

- i. Introduction to growth disorders
- ii. Definition of agenesis , aplasia, atrophy, hyperplasia, hypertrophy, hypoplasia, metaplasia
- iii. Concept of dysplasia, anaplasia and carcinoma in-situ
- iv. Neoplasia
  - a. Definition, classification and nomenclature
  - b. Characteristic features of benign and malignant tumor
  - c. Route of spread of malignant tumors
  - d. Grading and staging of cancers and pre-cancerous conditions
  - e. Carcinogenesis and carcinogens
    - a) Viral carcinogenesis
    - b) Chemical carcinogenesis
- v. Effect of tumor on host, and effect of host on tumors
- vi. Immune surveillance
- vii. Laboratory diagnosis of cancer –
  - a. Biopsy
  - b. Exfoliative cytology
  - c. Prognostic prediction in cancer
  - d. FNAC
  - e. Tumor markers
- viii. Description of common tumors like – Fibroma, Lymphoma, Lipoma, Angioma, Leiomyoma, Fibrosarcoma, Lymphosarcoma, Liposarcoma, Angio sarcoma, and Leiomyosarcoma
- ix. Embryonal tumors like teratoma and retinoblastoma

#### **Unit -7:Mineral and Pigment Metabolism**

**(10 Hrs)**



- i. Pathology of melanin pigment
- ii. Pathology of hemoglobin and its derivatives, porphyrias
- iii. Hemosiderosis and hemochromatosis

#### **Unit- 8: Genetic disorders**

**(10 Hrs)**

- i. Klinefelter's Syndrome
- ii. Turner's Syndrome
- iii. Down's Syndrome, Mendelian disorders: autosomal dominant and recessive
- iv. Genetic Diagnostic Techniques: Karyotyping, FISH

#### **Theory Paper 2 (BNYS 201 T2)**

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#### **Unit-1:Hematological Disorder**

**(15 Hrs)**

- i. Disorders of RBC
  - a. Definition, morphologic and etio-pathologic classification of anemia
  - b. Iron deficiency anemia, B12 and folate deficiency anemia, sideroblastic anemia, post-hemorrhagic anemia
  - c. Concept and classification of hemolytic anemia
  - d. Thalassemia, sickle cell anemia, anemia of chronic diseases
  - e. Acquired hemolytic anemia and aplastic anemia
  - f. Polycythemia
  - g. Laboratory investigations in anemia
- ii. Disorders of WBC
  - a. Leukopenia, Leukocytosis
  - b. Leukemias: ALL, CLL, AML, CML
  - c. Agranulocytosis and Tropical eosinophilia
- iii. Coagulation and bleeding disorders
  - a. Structure, function and pathology of platelets
  - b. Definition and classification of blood dyscrasias

- c. Haemophiliacs
- d. Laboratory investigations in bleeding disorders: PT, BT, PTT

## **Unit- 2:Diseases of cardiovascular system**

**(14 Hrs)**

- i. Arteriosclerosis and atherosclerosis
- ii. Aneurysm
- iii. Vasculitis and thromboangiitis obliterans
- iv. Rheumatic heart disease, endocarditis
- v. Hypertension: primary, secondary
- vi. Angina: Stable, Unstable, Prinz metals
- vii. Myocardial infarction: morphological changes, enzymatic changes, markers
- viii. Congenital heart diseases, pericarditis
- ix. Congestive cardiac failure

## **Unit- 3:Diseases of Respiratory system**

**(10 Hrs)**

- i. Lobar pneumonia, broncho pneumonia, pulmonary tuberculosis
- ii. Atelectasis, bronchiectasis and pneumoconiosis
- iii. Chronic Obstructive Pulmonary Diseases (COPD)
  - a. Emphysema
  - b. Chronic bronchitis
  - c. Bronchiectasis
- iv. Bronchial asthma
- v. Acute respiratory distress syndrome (ARDS)
- vi. Tumors of lung and pleura: mesothelioma, small cell carcinoma, adenocarcinoma

## **Unit 4:Diseases of gastrointestinal system**

**(10 Hrs)**

- i. Pleomorphic adenoma of salivary gland
- ii. Barrett's esophagus
- iii. Gastritis and peptic ulcer disease, duodenal ulcers, H. Pylori infection
- iv. Tumors of stomach
- v. Inflammatory bowel diseases– Crohn's disease, ulcerative colitis, typhoid
  - a. Ulcer, tumors of small intestine
  - b. Mega colon
  - c. Mickel's diverticulum, volvulus, intussusception
  - d. Tumors of colon: benign (polyps) and malignant

- e. Malabsorption syndrome, tropical sprue and celiac tuberculosis
- f. Acute appendicitis

**Unit-5: Diseases of liver, biliary tract and pancreas**

**(10 Hrs)**

- i. **Liver function test**
- ii. Alcoholic hepatitis
- iii. Cirrhosis of liver, portal hypertension, hepatic failure
- iv. viral hepatitis: HAV, HCV, HBV
- v. Tumors of liver: HCC
- vi. Cholecystitis, gallstones
- vii. Acute and chronic pancreatitis, diabetes mellitus
- viii. Liver abscess

**Unit-6: Diseases of Kidney**

**(4 Hrs)**

- i. Renal function tests, polycystic kidney
- ii. Acute renal failure
- iii. Acute glomerulonephritis (post-streptococcal), crescentic glomerulonephritis, membranous glomerulonephritis, nephritic syndrome, nephrotic syndrome
- iv. Chronic glomerulonephritis, acute tubular necrosis
- v. Pyelonephritis
- vi. Kidney in hypertension, chronic renal failure
- vii. Urolithiasis
- viii. Tumors of kidney and pelvis

**Unit-7: Diseases of Male Genital System**

**(5 Hrs)**

- i. Orchitis and testicular tumors
- ii. Nodular hyperplasia of prostate, carcinoma of prostate
- iii. Carcinoma of penis and pre-malignant lesions of penis

**Unit- 8: Diseases of Female Genital System**

**(4 Hrs)**

- i. Endometrial hyperplasia, adenomyosis and endometriosis
- ii. Carcinoma of cervix, tumors of ovary  
Risk factors, tumor markers

- iii. Pelvic inflammatory diseases
- iv. Carcinoma and other diseases uterus: leiomyoma

#### **Unit-9: Diseases of Breast**

**(4 Hrs)**

- i. Fibrocystic disease of the breast, fibro adenoma
- ii. Carcinoma breast
- iii. Gynecomastia, Paget's disease

#### **Unit- 10: Endocrine pathology**

**(4 Hrs)**

- i. Pituitary adenomas, acromegaly,
- ii. Hypothyroidism and Grave's disease
- iii. Thyroiditis, tumors of thyroid and thyroid function tests
- iv. Hypo parathyroidism and hyperparathyroidism
- v. Hyper plasia and adenoma of parathyroid
- vi. Adrenal gland, Addison's disease, Cushing's syndrome
- vii. Pheochromocytoma, neuro blastoma

#### **Unit-11: Musculoskeletal pathology**

**(5 Hrs)**

- i. Osteomyelitis and osteoporosis
- ii. Rickets and osteomalacia
- iii. Osteitis fibrosacystic and Paget's disease, fibrous dysplasia
- iv. Duschenne muscular dystrophy
- v. Tumors of bone
  - a. Osteoma
  - b. Osteosarcoma
  - c. Ewing's Sarcoma
  - d. Chondrosarcoma

#### **Unit-12: Autoimmune Disorders**

**(3 Hrs)**

- i. Introduction to autoimmunity: basic mechanisms
- ii. Rheumatoid arthritis, Gout
- iii. Myasthenia Gravis
- iv. Systemic lupus erythematosus

#### **Unit-13: Diseases of Nervous System**

**(5 Hrs)**

- i. Meningitis,

- ii. Tumors of CNS
  - a. Meningioma
  - b. Astrocytoma
- iii. Tumors of peripheral nerves
  - a. Neuro fibroma
  - b. Schwannoma
- iv. Encephalitis
- v. Degenerative Diseases
  - a. Parkinson's disease
  - b. Alzheimer's disease
  - c. Multiple sclerosis
  - d. Motor neuron disease
  - e. Prion disease
  - f. Vit B12 deficiency: subacute combined degeneration of spinal cord

#### **Unit-14: Diseases of Lymph nodes and Spleen**

**(4 Hrs)**

- i. Lymphadenopathy, reactive lymphadenitis
  - a. Bacterial (tubercular)
  - b. Viral
- ii. Lymphomas
  - a. Hodgkins
  - b. Non-hodgkins
- iii. Splenomegaly

#### **Unit-15: Pathology of skin**

**(3 Hrs)**

- i. Squamous cell carcinoma, basal cell carcinoma
- ii. Malignant melanoma
- iii. Warts, molluscum contagiosum
- iv. Superficial and deep fungal diseases
- v. Pemphigus vulgaris

### **PRACTICAL**

#### **Unit- 1: Hematology**

**(25 Hrs)**

- i. Blood groups (ABO system)
- ii. Estimation of hemoglobin

- iii. Enumeration of RBCs (RBC count)
- iv. Total leucocyte count (Total count)
- v. Differential leucocyte count (DC)
- vi. Peripheral smear staining and reporting
- vii. Absolute eosinophil count

**Unit-2: Clinical Charts for diagnosis**

**(25 Hrs)**

- i. Hemogram In anemia
- ii. Iron deficiency anemia
- iii. Macrocytic anemia
- iv. Microcytic anemia
- v. Hemolytic anemia
- vi. Meningitis
- vii. Enzyme levels in MI
- viii. Hemograms in leukemias
- ix. Acute types
- x. Chronic types

**Unit- 3: Slide study of**

**(30 Hrs)**

- i. Acute myeloid leukemia
- ii. Chronic myeloid leukemia
- iii. Chronic lymphatic leukemia
- iv. Anemia: macrocytic , microcytic
- v. Plasmodium falciparum malaria
- vi. Lipoma
- vii. Acute appendicitis
- viii. Gastric carcinoma
- ix. Carcinoma breast
- x. Emphysema
- xi. Cirrhosis of liver
- xii. Osteogenic sarcoma
- xiii. Myocardial infarction
- xiv. Pulmonary tuberculosis

**Unit 4: Specimen of**

**(10 Hrs)**

- i. Gastric carcinoma

- ii. Carcinoma breast
- iii. Bronchogenic carcinoma
- iv. Cirrhosis of liver
- v. Leiomyoma
- vi. Cardiac hypertrophy
- vii. Osteogenic sarcoma
- viii. Astrocytoma
- ix. Appendicitis

**Unit 5: Clinical pathology**

**(10 Hrs)**

- i. Urine analysis
- ii. Semen analysis
- iii. CSF analysis

**Recommended books**

1. Pathological basis of disease– Robbins, Cotran and Kumar
2. Textbook of Pathology–Harsh Mohan
3. Practical Manual by Harsh Mohan

**Reference books**

1. Textbook of Pathology–Anderson
2. Systemic Pathology– Symmers
3. Medical Laboratory Technology– Ramnik Sood

**Subject title:** MICROBIOLOGY

**Microbiology Theory:** BNYS 202 T

**Microbiology Practical:** BNYS 202 P

Total Number of Hours: 250		Theory: 150		Practical: 100	
SCHEME OF EXAMINATION					
Total Marks: 200					
Theory: 130			Practical: 70		
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment	
80	20	30	60	10	

### **Goal and objectives**

#### **Goals:**

The goal of teaching Microbiology to undergraduate students is to provide a comprehensive knowledge of the natural history, mechanisms and causes of infectious disease, including etiology, pathogenesis, laboratory diagnosis, treatment and control of disease in the community.

#### **Objectives:**

After the completion of the student shall be able to:

- Remember and recall all the infectious micro-organisms of the human body and host-parasite relationship.
- Describe parasitic micro-organisms (viruses, fungi, bacteria, parasites) with the pathogenesis of the diseases they cause.
- Enumerate and illustrate sources and modes of transmission, including insect vectors, of pathogenic and opportunistic organisms;
- Describe the pathways and mechanism of immunity to infection.
- Acquire knowledge about different vaccines that are available for the prevention of communicable diseases;
- Effectively use sterilization and disinfection to control and prevent nosocomial and community acquired infection;
- Order laboratory investigations for bacteriological examination of food, water and air.



### **Skills:**

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

- Prescribe and interpret laboratory investigations for diagnosis of communicable diseases and identify infectious agents by clinical manifestations;
- Perform common bed-side tests to detect and identify pathogenic agents, such as blood film for malaria, filarial, gram stain and stool sample for ova cyst, etc.

### **THEORY PAPER ((BNYS 203 T)**

#### **Unit-1: Immunology**

**(25 Hrs)**

- i. Immunity
- ii. Structure and Function of Immune System
- iii. Antigen
- iv. Antibodies-Immunoglobulins
- v. Antigen and Antibody reactions
- vi. Complement System
- vii. Immune response
- viii. Hypersensitivity
- ix. Auto immunity
- x. Transplantation Immunity & Tumor Immunity

#### **Unit-2: General Bacteriology**

**(22 Hrs)**

- i. Introduction & History
- ii. Morphology & Physiology of bacteria
- iii. Sterilization & disinfection
- iv. Culture media
- v. Culture method (aerobic & anaerobic)
- vi. Identification of bacteria
- vii. Classification of bacteria
- viii. Bacterial antibiotics and sensitivity test
- ix. Bacterial genetics
- x. Mechanism of bacterial drug resistance
- xi. Infection and mechanism of bacterial pathogenesis

### **Unit-3: Systemic Bacteriology**

**(27 Hrs)**

- i. Staphylococcus
- ii. Streptococcus
- iii. Pneumococcus
- iv. Meningococcus & Gonococcus
- v. Corynebacterium
- vi. Clostridium
- vii. Haemophilus
- viii. Mycobacterium
- ix. Spirochaetes
- x. Bordetella
- xi. Chlamydia
- xii. Enterobacteriaceae
- xiii. Vibrio
- xiv. Pseudomonas

### **Unit-4: Virology**

**(22 Hrs)**

- i. General properties of Viruses (Structure, replication, cultivation, anti-viral drugs, vaccines)
- ii. Virus-host interactions
- iii. Virus infection
- iv. Herpes Virus
- v. Adeno virus
- vi. Polio virus
- vii. Influenza virus
- viii. Measles, Mumps & Rubella Virus
- ix. Hepatitis virus
- x. Rhabdo virus
- xi. HIV

### **Unit-5: Parasitology**

**(26 Hrs)**

- i. Introduction & Classification
- ii. Entamoeba histolytica
- iii. Plasmodium
- iv. Leishmania

- v. Trypanosoma
- vi. Balantidium coli
- vii. Giardia lamblia
- viii. Taenia(saginata,solium)
- ix. Echinococcusgranulosus
- x. Schistosomahaematobium
- xi. Fasciola hepatica
- xii. Trichinella(spiralis,trituria)
- xiii. Strongiloidesstercoralis
- xiv. Ancylostomadeodenale
- xv. Ascarislumbricoides
- xvi. Wuchereriabancrofti
- xvii. Brugiamalayi
- xviii. Loa loa
- xix. Dracunculusmedinensis

#### **Unit-6: Mycology**

**(18Hrs)**

- i. General characteristics & Classification
- ii. Superficial Mycoses- (Trichophyton, Microsporidium, Epidermiphyton, Candida, Pityriosisversicolor,Teneanigra, Piedrahartae)
- iii. Subcutaneous Mycoses (Rhinosporidium, Spirothrix, Mycetoma)
- iv. Systemic Mycoses (Cryptococcus, Histoplasma, Blastomyces, Coccidioidomyces)
- v. Opportunistic Mycoses (Aspergillus,Mucor,Rhizopus,Fusarium,Penicillium,Cladosporium)

#### **Unit-7: Applied Microbiology**

**(10 Hrs)**

- i. Normal flora
- ii. Bacteriology of water
- iii. Immuno Prophylaxis
- iv. Infections-Meningitis, Gastroenteritis, Respiratory Infection, UTI, PUO, Endocarditis.

### **PRACTICAL**

#### **Unit-1: Microscopes &its use**

**(5 Hrs)**

- i. Magnification
- ii. Resolution
- iii. Different types of microscopes

**Unit-2: Staining techniques****(14 Hrs)**

- i. Simple staining, Differential staining (Gram's method, Ziehl Neelsen's method), Negative staining, Special staining & Impregnation method

**Unit-3: Tools of Microbiology****(10 Hrs)**

- i. Incubators, Centrifuges, Hot-Air –Oven, Autoclave, Inspissator, Inoculation loop, Pasteur pipettes, Depression slide, Anaerobic jar, Filters, Tuberculin syringe, Surgical gloves, VDRL slides, Microtitre plate, Sterile swab, WIDAL rack

**Unit-4: Sterilization and disinfection****(10 Hrs)****Unit-5: Culture media****(15 Hrs)**

- i. Classification of Media
- ii. Preparation of media-Liquid, Solid, enriched media, selective media, Indicator media

**Unit-6: Culture method****(8 Hrs)**

- i. Principles of isolation & identification
- ii. Inoculation
- iii. Identification of bacteria

**Unit-7: Methods of antimicrobial sensitivity test****(5 Hrs)**

- i. Disk diffusion
- ii. Tube dilution

**Unit-8: Serological tests****(4 Hrs)**

- i. VDRL
- ii. WIDAL
- iii. ELISA

**Unit-9: Mycology****(10 Hrs)**

- i. Demonstration of fungus by KOH/lactophenol cotton blue staining
- ii. Demonstration of yeast cells in Gram stains & Culture
- iii. Aspergillus, mucor & penicillium cultures

**Unit-10: Parasitology****(15 Hrs)**

- i. Examination of stool for ova, parasites & cyst
- ii. Blood parasites –Malaria parasite, L.D. body, Microfilaria
- iii. Adult parasites-Nematodes, Cestodes, Trematodes

**Recommended books**

1. Text book of Microbiology –R Ananthanarayana and CK Jayakumar
2. Text book of Microbiology – C P Baveja
3. Parasitology-Jayaram Panicker
4. Bacteriology –Dey

5. Text book of Microbiology –Chakraborty
6. Text book of practical Microbiology –Subhash Chandra Parija

### **Reference books**

1. Parasitology –Chaterjee
2. Practical microbiology-R Cruick Shank
3. Clinical microbiology –Bailey &Scott
4. Immunology and Microbiology-Gupta

**Subject title:** COMMUNITY MEDICINE

**Microbiology Theory:** BNYS T 204

**Microbiology Practical:** BNYS P 204

Total Number of Hours: 250		Theory: 150		Practical: 100	
SCHEME OF EXAMINATION					
Total Marks: 200					
Theory: 130			Practical: 70		
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment	
80	20	30	60	10	

### **Goals and objectives**

#### **Goals:**

The goal of teaching Community Medicine to undergraduate students is to prepare them to function as community and first level physicians in accordance with the institutional goals.

#### **Objectives**

##### **Knowledge:**

After completion of the course, the student shall be able to:

- Describe the health care delivery system including rehabilitation of the disabled in the country.
- Describe the National Health Programmes with particular emphasis on maternal and child health

programmes, family welfare planning and population control.

- List epidemiological methods and describe their applications to communicable and non-communicable diseases in the community or hospital situation.
- Apply bio-statistical methods and techniques; delineate the demographic pattern of the country and appreciate the roles of the individual family, community and socio-cultural environment in health and disease.
- Explain the health information systems; enunciate the principles and components of primary health care and national policies to achieve the goal of 'Health administration, Health education in relation to community'.
- Able to plan a Health Program and able to evaluate a Programme.
- Able to describe principles of organization.

### **Skills:**

After the end of the course, the student should be able to:

- Use epidemiology as a scientific tool for making national decisions relevant to community and individual patient intervention.
- Collect, Analyses, interpret and present simple community and hospital-based data.
- Diagnose and manage common health issues and emergencies at the individual family and community levels with existing healthcare resources, respecting socio-cultural beliefs.
- Diagnose and manage maternal and child health problems and conduct family planning counseling and community programs keeping in mind national priorities.
- Diagnose and manage common nutritional problem at individual and community level.
- Design, implement and evaluate health education program using simple audio-visual aids.
- Participate with team members in organizing and implementing health care programs; Conduct group meetings, give talks on medical issues.

## **THEORY PAPER – (BNYS-204 T)**

### **Unit- 1: Concepts of Health & Concept of Disease**

**(15 Hrs)**

- i. Man, and Medicine: Towards Health for All
- ii. Concept of Health
- iii. Definitions of Health
- iv. Dimensions of Health
- v. Determinants of Health

- vi. Positive health
- vii. Concept of wellbeing
- viii. Responsibility towards health
- ix. Health development and its indicators
- x. Health science philosophies
- xi. Concepts of causation
- xii. Natural history of disease
- xiii. Concepts of control and prevention
- xiv. Modes of intervention
- xv. Population medicine
- xvi. International classification of diseases

## **Unit- 2: Epidemiology and Epidemiologic Methods (22 Hrs)**

- i. Definition, basic measurements in epidemiology
- ii. Epidemiological methods – descriptive, analytical and experimental epidemiology
- iii. Uses of epidemiology
- iv. Dynamics of disease transmission
- v. Disease prevention and control
- vi. Investigation of an Epidemic
- vii. Screening of diseases: Concepts, Uses, Criteria for screening, sensitivity & specificity

## **Unit- 3: Epidemiology of Communicable & Non-Communicable Diseases (25 Hrs)**

- i. Respiratory infections – small pox, varicella, measles, rubella, mumps, influenza, diphtheria, pertussis, tuberculosis, acute respiratory tract infection (ARTI).
- ii. Intestinal infections – polio, viral hepatitis, cholera, acute diarrheal diseases, typhoid, food poisoning, amoebiasis, ascariasis, ancylostomiasis, taeniasis.
- iii. Arthropod – borne infections – yellow fever, Japanese encephalitis, malaria, filarial.
- iv. Surface infections – rabies, trachoma, tetanus, leprosy, STD, AIDS
- v. Epidemiology of non-communicable diseases – cancer, cardiovascular diseases, obesity, blindness, accidents, hypertension, stroke, rheumatic heart disease

## **Unit- 4: Family Health (20 Hrs)**

- i. Family Planning – Demographic cycle, population trends, fertility related statistics, health aspects of family planning, contraceptive methods and delivery system, National family welfare program.
- ii. Preventive medicine in Obstetrics, Pediatrics and Geriatrics – Antenatal, Intranatal, Postnatal care, Low birth weight, infant feeding, growth and development, growth chart, under-fives clinic, national health

policy, indicators of MCH care, school health services, behavioral problems, geriatrics, Anganwadi, ICDS programs.

#### **Unit- 5: Environmental Issue**

**(20 Hrs)**

- i. Environmental health and occupational health: Purification of water and water quality standards, air, ventilation, lighting, noise, radiation, air temperature and humidity, housing, solid wastes disposal and control, excretory disposal, water carriage system, modern sewage treatment.
- ii. Entomology-mosquito, housefly, lice itch mite, Cyclopes, rat flea, rodents, insecticides-hazards, diseases, pre-placement examination, measures for general health, protection of workers, prevention of occupational hazards

#### **Unit- 6: Statistics & Health Education**

**(17 Hrs)**

- i. Basic Medical Statistics: Census, Vital events, , SRS, , measures of dispersion and centering, sampling, tests of significance, correlation and regression
- ii. Health education and communication: Objectives, principles, aids, practice of Health education, planning and evaluation

#### **Unit- 7: Healthcare of Community**

**(15Hrs)**

- i. Health planning – Management – International health organizations: Planning cycle, management methods and techniques, national health policy, health planning in India, five-year plans, health systems in India, five year plans, health systems in India – at center, state and district levels, panchayat raj, rural development schemes
- ii. Healthcare of community – Health System and National Programs: Levels of healthcare, Health for All, primary healthcare, healthcare delivery, health problems, healthcare services and systems, voluntary health agencies, national health programs
- iii. International health agencies: WHO, UNICEF, RED CROSS
- iv. Voluntary health agencies.

#### **Unit -8: Nutrition and Health**

**(16 Hrs)**

- i. Classification of food, vitamin, mineral, carbohydrate, protein, fat, energy balance, balanced diet, nutritional problems in public health, low birth N+PEM, xerophthalmia, nutritional anemia, IDPs, endemic fluorosis, lathyrism,
- ii. Assessment of nutritional status, nutritional surveillance, social aspects of nutritional food hygiene, food-borne disease, Legislation



## **PRACTICAL**

### **Unit- 1: Field Visit**

**(25 Hrs)**

- i. Posting at any PHC, CHC, RHC or district hospital for National Immunization Program
- ii. Nutritional Assessment Surveys
- iii. 1 day workshop or awareness program on AIDS with NACO
- iv. Posting at Blood donation camp
- v. Anganwadi, PHC / CHC / RHC / District hospital and understanding description of existing healthcare services

### **Unit- 2: Study on Health Related Problem in the Community**

**(25 Hrs)**

- i. Family Health Advisory Service
- ii. To study the family structure & health status of individual members with reference to
  - a. General health status
  - b. Socio-economic status
  - c. Nutritional status
  - d. Environmental
  - e. Immunization status
  - f. Family welfare planning status
- iii. Health Practices in 4 conditions
  - a. Pulmonary Tuberculosis
  - b. Index case: occupation, literacy, social status etc.
- iv. Preventive measures for other family members
  - a. Health education
  - b. Antenatal Care
  - c. Literacy of the family and woman
  - d. Customs – social / religious during pregnancy, delivery, lactation
  - e. Dietary habits: knowledge, aptitude and practices
  - f. Antenatal high risk care
  - g. Health education, family planning advice
  - h. Protein energy malnutrition
  - i. Socio-economic status of family
  - j. Infant feeding and weaning practices
- v. Social customs regarding diet for children

### **Unit -3: Models**

**(25 Hrs)**

i.	Insecticides	10+ models
ii.	Universal Immunization Program	10+ models
iii.	Communicable diseases	10+ models
iv.	Insect-borne diseases	10+ models
v.	Microscope slides	10+ models
vi.	Environment and Sanitation	10+ models

#### **Unit 4: Bio- Statistical charts**

**(25 Hrs)**

- i. Bar charts
- ii. Histogram
- iii. Line diagram
- iv. Pie charts
- v. Pictogram

#### **Recommended books:**

1. Textbook of Preventive and Social Medicine – JE Park & K Park
2. Textbook of Preventive and Social Medicine – BK Mahajan & MC Gupta

#### **Reference books:**

1. Preventive medicine – Ghosh
2. Preventive medicine – Yeshpal

#### **Reference papers:**

1. WHO Program papers
2. National Health Program Papers
3. Voluntary health Program Papers
4. Red Cross Program papers
5. UNICEF Program Papers

**Subject name:** YOGA PHILOSOPHY

**Subject code:**

**Theory:** BNYS-2054T

**Practical:**BNYS-204 P

Total number of hours: 350		Theory:150		Practical: 200	
SCHEME OF EXAMINATION					
Total marks-200					
Theory: 130			Practical:70		
Final theory exam	Internal assessment	Viva	Final practical exam	Internal assessment	
80	20	30	60	10	

### Goals and Objectives

#### Goal:

The goal of teaching Yoga philosophy to undergraduate students is to understand the intricacies of Yoga as a philosophy, its relation to ancient texts, other religious thoughts like Buddhism, with reference to nyaya, vasistha, samkhya, mimamsa, Vedanta and PatanjaliYogasutras.

#### Objectives

##### Knowledge:

After the completion of the course, the student shall be able to:

- Explain the basic understanding of Yoga as a philosophy
- Describe the various schools of philosophy which had an influence on Yogic text like buddhism, samkhya, mimamsa etc.

- Comprehend the concept of brahman according to vedanta

#### **Skills:**

After the completion of the course, the student shall be able to:

- Perform and demonstrate various asanas, pranayamas, kriyas and meditations;
- Describe various philosophies of Yoga and apply them therapeutically, relating to a patient 's life situation or personality.

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### **THEORY PAPER – BNYS 204 T**

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#### **Unit-1: Nyaya and Vishesika**

**(10Hrs)**

- Nature of physical world
- Individual soul, liberation and concept of supreme soul in Indian philosophy
- Theory of body, mind and soul and philosophical background
- Category of substance-Nava dravyas
- Category of quality-24 gunas

#### **Unit-2: Sankhya and Vedanta**

**(10Hrs)**

- Theory of cause and effect; Prakriti and Purusha
- Process of evolution of universe and concept of liberation
- Practical teachings of Sankhya
- Concept of Atman, Brahma, Maya, Universe, God; the self and human life
- Liberation and means of attaining it

#### **Unit-3: Buddhism and Mimamasa**

**(20Hrs)**

- Four main schools of Buddhist philosophy
- Atman, Brahma, Maya, Universe, God; the self and human life
- Major teachings of Mimamsa system; selfless action, nonattachment, self-control, self-discipline,
- Daily schedule for psychophysical wellbeing, social awareness, sense of equality, unity with diversity, selectiveness.

#### **Unit-4: Concept of mind, Obstacles and Kleshas in the context of Patanjali Yoga Sutras**

**(20Hrs)**

- Concept of Chitta, Chittabhams, Chitta-vrttinirodhapaya (Abhyasa and Vairagya), Chittavikshepas (Antarayas) and Chitta-prasadanam
- Obstacles and hindrances of Sadhana (Vyadhi, Styana, Samsaya, Pramada, Alasya, Avirati, Bhranti, Alabdha, Bhumikatva, Anavasthi)
- Cultivating positive attitudes
- Kriya Yoga (Tapas, Svadhyaya, IsvaraPranidhana)
- Pancaklesah (Avidya, Asmita, Raga, Dvesa, Abhinivesah)
- Methods of destroying Klesas (Pratiprasava and Dhyana)

#### **Unit-5: Samadhi, concept of Vibhuti and Kaivalya**

**(15Hrs)**

- Type and nature of Samadhi
- Samprajnata, Asamprajnata, Sabija&Nirbija Samadhi
- Difference between Sapattis and Samadhis
- Samyama& three Parinama of Samyama
- The concept and description of Ashta siddhis
- Nature of Kaivalya, Kavalya in relation to Triguna and Dharmamegha Samadhi

#### **Unit-6: Hatha Yoga its philosophy and practices**

**(15Hrs)**

- i. Hatha Yoga, its meaning, definition, aim & objectives and misconceptions
- ii. Concept of Mathika, rules and regulations to be followed by a Hatha Yogi
- iii. Concept of Mitahara, Pathya and Apathya
- iv. Relationship between Hatha Yoga and Raja Yoga

#### **Unit-7: Shodhana Kriyas and Asanas**

**(15Hrs)**

- i. Shodhanakriyas in Hatha yoga pradipika and GheranadSamhita, their benefits and precautions
- ii. Role of Shodhana-kriyas in Yoga sadhana and their importance
- iii. Yogasana, its definition, salient features and its importance in hatha Yoga sadhana
- iv. Asanas in Hatha Yoga pradipika and Gherandasamhita, their techniques, benefits, precautions and importance

#### **Unit-8: Pranayama, Bandhas and Mudras**

**(10Hrs)**

- i. Concept of Puraka, Kumbhaka and Rechaka
- ii. Pranayama and its importance in Hatha Yoga sadhana
- iii. Astakubhakas, their benefits and Precautions
- iv. Pranayama practices in Hatha Yoga and Gherandasamhita
- v. Bandhas and role of Bandhatrayas in Yoga sadhana
- vi. Fundamental mudras in Hatha Yoga and Gherandasamhita, benefits and precautions

#### **Unit-9: Pratyahara, Nadanusandhana and Samadhi in Hatha Yoga and Gheranda Samhita**

**(15Hrs)**

- i. Concept of Pratyahara, Dharana and Dhyana in Gherandasamhita, their techniques and benefits
- ii. Concept of Samadhi in Hatha Yoga pradipika, Samadhi lakshanam and Hatha yoga siddhi lakshanam
- iii. The concept of Nada, four avasthas (stages) of Nadanusandhana and its Siddhis
- iv. Concept of Bindu, its evolution and techniques to preserve it

#### **Unit-10: Concept of Ghata, Dhyana, Samadhi and Svara Yoga in the context of Gherandasamhita and Shiva svarodaya**

**(20Hrs)**

- i. Concept of Ghata and its correlation with body and importance of a Ghata Yoga
- ii. Concept of Dhyana and its types (Sthula, Jyoti and Sukshma)
- iii. Concept of Samadhi and its types (Dhyana yoga, Nada yoga, Rasananda yoga, Laya siddhi yoga, Bhakti yoga and Raja yoga)
- iv. Concept of Svara, its significance with reference to Shiva svarodaya

### **PRACTICAL**

#### **1. Joint movements: Loosening exercises, Sukshma Vyayama, Stretches, Breathing exercises**

**(20Hrs)**

#### **2. Suryanamaskara**

**(20Hrs)**

#### **3. Asanas**

**(80Hrs)**

##### **i. Standing**

- a. Tadasana
- b. Ardha Kati Chakrasana
- c. Kati Chakrasana
- d. Vrikshasana
- e. Utthita Trikonasana
- f. Veerabhadrasana
- g. Parsvottanasana

- h. Trikonasana
- i. Konasana
- j. Padangushtasana
- k. Garudasana
- l. Padahastasana (Advanced)

## **ii. Sitting**

- a. Siddhasana
- b. Bhadrasana
- c. Samasana
- d. Swastikasana
- e. Simhasana
- f. ParivartaJanusirshasana
- g. Tolangulasana
- h. ArdhaMatsyendrasana – 2
- i. Kurmasana
- j. Mayurasana
- k. Sirshasana

## **iii. Prone**

- a. Makarasana
- b. Shalabhasana – 1
- c. Bhujangasana – 1 and 2
- d. Dhanurasana
- e. Ardha shalabhasana
- f. Adhomukha svanasana
- g. Shalabhasana – 2 and 3

## **iv. Supine**

- a. Yoga nidrasana
- b. Garbhasana
- c. Karnapeedasana
- d. Naukasana
- e. Shavasana
- f. Pawanmuktasana
- g. Suptakonasana
- h. Sarvangasana
- i. Sethubandhasana
- j. Vipareetakarani
- k. Halasana
- l. Chakrasana

## **4. Pranayama**

**(40Hrs)**

Bhastrika, Sheetkari, Sheetali, Bhramari, Ujjayi, Surya anulomaviloma

## **5. Kriya**

**(40Hrs)**

- i. Jala neti, Sutra Neti, Vamana dhauti, VastraDhauti
- ii. Trataka – Jyoti & Bindu
- iii. Kapalabhati

**Recommended books:**

1. Basis and definitions of Yoga – Vivekananda Kendra
2. Asanas – Swami Kuvalyananda
3. The gospel of Buddha – Parul Caruso
4. The Gospel of Shri Ramakrishna – Mahendranatha Gupta
5. Complete works of Shri Aurobindo
6. Asanas, Pranayama, Bandhas, Mudras – Swami SatyanandaSaraswathi
7. Hatha Yoga Pradipika – Swami Svatmarama
8. Raja, Hatha, Jnana, Bhakti Yoga – Swami Vivekanand

**Subject title:** COLOUR THERAPY AND MAGNETO BIOLOGY

**Subject Code:** BNYS 206 T & BNYS 206 P

Total Number of Hours: 150		Theory: 90		Practical: 60	
SCHEME OF EXAMINATION					
Total Marks: 200					
Theory: 130			Practical: 70		
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment	
80	20	30	60	10	

## Goals and objectives

### Goal:

The goal of teaching Colour therapy and Magneto biology to undergraduate students is to provide them with comprehensive understanding of philosophy, science and modes of applications of colours and magnets in preventive, curative and rehabilitative therapy.

### Objectives

#### Knowledge:

After the completion of the course, the student shall be able to:

- Demonstrate basic understanding of principles along which colours and magnets can be used as therapeutic agents, along with history of therapeutic uses of colours and magnets;
- Understand bio-magnetism, electro-magnetism, properties of magnets, mechanisms of action of magnets on the human body, magnetic overload, charging, modes of application, etc. and apply this knowledge to therapeutically use magnets;
- Be aware of the contraindications and harmful effects of colours and magnets;
- Illustrate classification of colours, physics of light, electromagnetic spectrum, pathway of vision, human aura, chakras, heliotherapy, colour breathing, chromo charging, and latest research, applying the same to disease management;

#### Skills:

After the completion of the course, the student shall be able to:

- Diagnose various diseases and disorders of the body and mind using the principles of colour diagnosis;
- Outline and implement a plan of treatment using colours and magnets as therapeutic tools
- Evaluate the therapeutic values of colours and magnets in treatment of various diseases
- Utilise latest research finding in improving his/her professional practice

## THEORY

### Magneto-biology

#### **Unit -1: Introduction to Magnetotherapy**

**(5Hrs)**

- Definitions of magneto therapy
- Historical highlights
- Vedic references related to magneto therapy
- Biomagnetism
- Effects on plants, birds and animals.
- Effects on mankind
- Principles electromagnetism

#### **Unit -2: Magnets and Magnetism**

**(10Hrs)**

- Types of magnets  
Natural, Artificial, Permanent, Electromagnets
- Classification of magnets according to  
Power, Shapes, Clinical use
- Physical properties of magnets



Magnetic permeability, Ferromagnetic materials, Antiferromagnetic materials, Paramagnetic materials, Diamagnetic materials

**Unit -3: Magnetic field and its impact on biological systems**

**(15Hrs)**

- i. Measurement of magnetic field
- ii. Mechanism of action of magnets in the body
- iii. Properties effects and corresponding features of north & south poles
- iv. Maintenance of permanent magnets
- v. Magnetic field deficiency syndrome
- vi. Magnetic overload
- vii. Earth as a huge magnet
- viii. Effect of biomagnetism in various organ systems

**Unit- 4: Use of Magnets in Therapy**

**(20Hrs)**

- i. Modes of application of magnets
  - a. General
  - b. Local
- c. Different kinds of magnetic devices used in application of therapy
- d. Magnetic charging , mechanism, dosage and its effect and limitations
  - a) Water
  - b) Oil
  - c) Milk
  - d) Honey
- ii. Magnetic therapy through shad chakras
- iii. Contraindications, complications, and limitations of magneto therapy.
- iv. Harmful effects of EMF and measures for minimizing it.

**Colour Therapy**

**Unit- 5: Introduction to Colour Therapy**

**(5Hrs)**

- i. Definition of colour therapy
- ii. Historical highlights
  - a. Ghadiyali's principle
  - b. Babbitt postulates
  - c. Modern history of color therapy
- iii. Classification of colors
- iv. How do rainbows form

**Unit -6: Biophysics of Light**

**(15Hrs)**

- i. Physics of light
  - a. Electromagnetic spectrum
- ii. Pathway of vision and color sensing
- iii. The human aura and colors
- iv. Relation of colors with shad chakras
- v. Impact of color sense on emotions and psychology
- vi. Therapeutic effect of colors

**Unit 7: Sun Therapy / Heliotherapy**

**(10Hrs)**

- i. Introduction to Sun therapy
- ii. Health benefits
- iii. Physiological and chemical properties of sunlight
- iv. Modes of application, plantain leaf sun bath, chromo thermoleum

- v. Procedure, precaution, indication and limitations.
- vi. Various methods of Sun Bathing
  - a. Dr. Rikli's method of Sun bath
  - b. Dr. Kuhne's method of sun bath

**Unit- 8: Advanced colour therapy**

**(10Hrs)**

- i. Photo chemo therapy
- ii. Photo biological coloured lighting to produce immune regulation
- iii. Color breathing
- iv. Chromo charging of water, oil honey and food stuffs. And their effect on health and disease.
- v. Limitation and contraindications of chromo therapy
- vi. Research updating related to chromo therapy

**PRACTICAL**

- 1. Procedural standards / guidelines for application of magnets **(2Hrs)**
- 2. General application – lead system of application **(4Hrs)**
- 3. Local application **(4Hrs)**
  - i. high power magnets
  - ii. Medium power magnets
  - iii. Low power magnets
  - iv. Specialized magnetic devices
- 4. Case documentation and application of magneto biology and color therapy - at least 20 cases **(40Hrs)**
- 5. Application of different colours **(10Hrs)**
  - i. Chromo disc
  - ii. Chromo lens
  - iii. Chromo thermoleum
  - iv. AthapaSnana
  - v. Sun therapy/ Heliotherapy

**Recommended books:**

- 1. The book of magnetic Healing by Roger Coghill
- 2. Magnet therapy – by Ghanashyamsingh Birla and Colette Hemlin
- 3. Color therapy - Jonathan Dee and Lesley Taylor
- 4. Healing with color –Theo Gimbel
- 5. The power of color – Dr. Marton Walke

**Subject title:** FORENSIC MEDICINE

**Subject Code:**

**Theory:** BNYS T 208

**Practical:**BNYS P208

Total Number of Hours: 100		Theory: 100		Practical: 40	
SCHEME OF EXAMINATION					
Total Marks: 150					
Theory: 150			Practical: NA		
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment	
80	20	50	NA	NA	

## **Goals and objectives**

### **Goal:**

The goal of teaching Forensic Medicine and Toxicology to undergraduate students is to provide a comprehensive knowledge of medico-legal responsibilities in the practice of medicine. He/she learns about law with respect to medical practice, medical negligence and respect for codes of medical ethics.

### **Objectives**

#### **Knowledge:**

After the completion of the course, the student shall be able to:

- Outline basic medico-legal aspects of hospitals and general practice;
- Define medico-legal responsibilities of a general physician working in a rural primary health center or an urban health center.

#### **Skills:**

- After the completion of the course, the student shall be able to:
- Observe and infer well, to enquire in criminal and medico-legal matters
- Diagnose and manage acute poisoning and chronic toxicity
- Be proficient in post mortem examinations including interpretation of findings
- Observe medical ethics in his professional practice

## **THEORY PAPER- BNYS -208 T**

### **Forensic Medicine**

#### **Unit -1: Medical Law and Ethics**

**(10 Hrs)**

- i. Indian Medical Council, State Medical Councils - their functions and disciplinary control
- ii. Rights and privileges of an RMP
- iii. Duties of an RMP
- iv. Medical Ethics - Hippocratic Oath, The Indian Code of Medical Ethics
- v. Professional Misconduct
- vi. Medical Etiquette
- vii. Consent, Doctrine of informed consent

- viii. Professional Negligence - civil negligence, criminal negligence, ethical negligence, Res Ipsa Loquitur, Contributory negligence, Corporate negligence, Product liability, Therapeutic misadventure, Vicarious liability, Novus Actus Interveniens, Elements of a negligent action
- ix. Professional secrecy and Privileged communication
- x. Medical Indemnity Insurance
- xi. Medical Records
- xii. Organ Transplantation, Transplantation of Human Organs Act
- xiii. Consumer Protection Act
- xiv. Workman's Compensation Act
- xv. NHRC
  - a. Composition
  - b. General functions
  - c. Medicolegal functions
- xvi. Prenatal Sex Determination Test (PNDT) Act
- xvii. HIV- medicolegal aspects

## **Unit- 2: Legal Procedure**

**(7 Hrs)**

- i. Forensic Medicine - definition
- ii. Inquest, types of inquest
- iii. Civil case and criminal case
- iv. Courts
- v. Procedure of calling a witness to court
- vi. Procedure in court
- vii. Medical evidence, types
- viii. Witnesses, types
- ix. Conduct of a doctor in court
- x. Offence- cognisable, noncognisable, contempt of court
- xi. The scene of crime
- xii. Criminal Procedure Code
- xiii. Indian Evidence Act
- xiv. Euthanasia – Synonyms, Classification, Arguments in favour, Arguments against Current legal status in India

## **Unit-3: Death**

**(10 Hrs)**

- i. Definition, Bishop's triad of life, definition of Thanatology
- ii. Suspended animation

- iii. Types
- iv. Brain death
- v. Sudden death
- vi. Signs of death
- vii. Presumption of death
- viii. Presumption of survivorship
- ix. Determination of time since death

#### **Unit- 4: Identification**

**(15 Hrs)**

- i. Definition
- ii. Types of identification
- iii. Race
- iv. Religion
- v. Sex
- vi. Age
- vii. Stature
- viii. Anthropometric measurements
- ix. Dactylography
- x. Tattoo marks
- xi. Scar marks
- xii. Hair and fibres
- xiii. DNA fingerprinting
- xiv. Personal identification (anthropometry and biometry)<sup>9</sup>
- xv. Genetic identikit

#### **Unit- 5: Medicolegal autopsy**

**(10 Hrs)**

- i. Definition, types
- ii. Objectives / purpose
- iii. Rules / legal requirements to conduct PM examination
- iv. Procedure- external examination, internal examination - thoracic, abdominal and cranial cavities, incline. examination of structures of the neck and spinal cord
- v. Preservation of viscera - when, which, preservatives recommended
- vi. Blood and other medicolegally important stains

#### **Unit 6: Medicolegal wounds- classification and study and medicolegal aspects**

**(10 Hrs)**

- i. Classification of injuries

- a. Mechanical injuries
- b. Thermal injuries
- c. Injuries due to heat and cold
- d. Injury caused by electricity and lightning
- e. injury produced by radiation
- ii. Starvation

#### **Unit -8: Asphyxia**

**(8 Hrs)**

- i. Definition
- ii. Anoxia - types
- iii. Mechanical and non-mechanical asphyxia
- iv. Clinical asphyxiation and its stages
- v. Pathognomonic signs in a case of asphyxia
- vi. Classification of violent asphyxia
- vii. Suffocation, Smothering, Overlaying, Gagging, Choking, Cafe coronary, Traumatic asphyxia
- viii. Hanging
- ix. Strangulation, Throttling, Burking, Bansdola, Mugging, Garrotting, Palmar strangulation
- x. Drowning

#### **Unit- 9: Sexual offence**

**(5 Hrs)**

- i. Introduction
- ii. Types
- iii. Natural sexual offence - incest, rape
- iv. Unnatural sexual offence
- v. Abnormal sexual perversion
- vi. Virginity
- vii. Impotence and sterility
- viii. Pregnancy
- ix. Delivery
- x. Abortion

#### **Unit -10: Infanticide**

**(4 Hrs)**

- i. Introduction
- ii. Stillbirth
- iii. Deadborn

- iv. Viability, Rule of Hasse
- v. Signs of live birth
- vi. SIDS
- vii. Munchausen syndrome by proxy

#### **Unit- 11: Insanity and Forensic Psychiatry**

**(4 Hrs)**

- i. Introduction
- ii. Medicolegal importance of insanity
- iii. Classification of insanity
- iv. Disorders of cognition
- v. Feigned insanity
- vi. Restraining of a lunatic

#### **Toxicology**

#### **Unit- 1: General considerations of poisoning**

**(3 Hrs)**

- i. Introduction
- ii. Medicolegal aspects of poisoning
- iii. Poisoning in India
- iv. Source of poisons
- v. Action of poisons
- vi. Fate of poisons in the body
- vii. Diagnosis of poisoning in human beings
- viii. Classification of poisons
- ix. Factors modifying action of poisons
- x. General line of treatment

#### **Unit -2: Poisons**

**(4 Hrs)**

- i. Corrosives, Nonmetallic poisons, Metallic poisons
- ii. Organic irritant poisons
  - a. Somniferous poisons
  - b. Inebriant poisons
  - c. Deliriant poisons
  - d. Drug dependence
  - e. Food poisoning
  - f. Spinal poisons

- g. Cardiac poisons
- h. Asphyxiants
- i. Miscellaneous

### **PRACTICALS**

<b>Unit-1: Autopsies - 10</b>	<b>(20 Hrs)</b>
<b>Unit -2: Age estimation</b>	<b>(4 Hrs)</b>
<b>Unit -3: Skeletal remains</b>	<b>(2 Hrs)</b>
<b>Unit- 4: Spotters</b>	<b>(4 Hrs)</b>
<b>Unit -5: Examination of injured</b>	<b>(2 Hrs)</b>
<b>Unit- 6: Alcoholic</b>	<b>(2 Hrs)</b>
<b>Unit- 7: Psychiatric</b>	<b>(2 Hrs)</b>
<b>Unit -8: Toxicology</b>	<b>(4 Hrs)</b>

### **Recommended books:**

1. Medical Jurisprudence – Modi
2. A textbook of Forensic Medicine – Narayana Reddy
3. A textbook of Forensic Medicine – MRK Krishna
4. Fundamentals of Forensic Medicine and Toxicology - R. Basu
5. Textbook of Forensic Medicine and Toxicology - VV Pillay

### **Reference books**

1. The essentials of Forensic Medicine – Dr. CJ Polson, DJ Gee and B. Knight
2. Forensic Medicine – Corden and Shapiro
3. Principles and practice of Medical Jurisprudence – Taylor's

**Subject title: BASIC PHARMACOLOGY**

**Subject Code: BNYS 205T**

Total Number of Hours: 100		Theory: 100		Practical: NA	
SCHEME OF EXAMINATION					
Total Marks: 150					
Theory: 150			Practical: NA		
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment	



80	20	50	NA	NA
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## Goals and objectives

### Goal:

The goal of teaching Pharmacology to undergraduate students is to provide a comprehensive knowledge of scientific, evidence-based treatment of diseases through drug administration.

### Objectives

#### Knowledge:

After the completion of the course, the student shall be able to:

- Illustrate pharmacokinetics and pharmacodynamics of essential and common drugs

#### Skills:

After the completion of the course, the student shall be able to:

- Be proficient in describing pharmacokinetics and pharmacodynamics of essential and common drugs
- Observe medical ethics in his professional practice

## THEORY PAPER – (BNYS-205T)

### Unit-1: General Pharmacology

(13Hrs)

- i. Nature and sources of drugs
- ii. Routes of administration
- iii. Absorption and bioavailability of a drug – factors affecting drug absorption and its bioavailability
- iv. Distribution of a drug in the body
  - a. Plasma concentration
  - b. Drug storage
  - c. Placental transfer
- v. Fate of the drug
- vi. Drug excretion
- vii. Drug receptors
- viii. Mechanism of action of a drug – types of drug action
- ix. Adverse reaction to drug
- x. Drug toxicity in man –
  - a. drug intolerance
  - b. hemopoietic toxicity
  - c. hepatotoxicity
  - d. nephrotoxicity
  - e. abnormalities of taste and smell
  - f. behavioral toxicity
  - g. production of a disease
  - h. electrolyte disturbances
  - i. endocrine disturbances
  - j. skin toxicity
  - k. carcinogenesis
  - l. teratogenicity
  - m. drug dependence
- xi. Factors modifying the effects of a drug
- xii. Role of a placebo
- xiii. Drug interaction

#### Brief description of the following drugs

(Their mode of action, dosage, adverse reactions, the method of tapering their dosage, including the adverse effects with the abrupt stoppage of their use)

**Unit -2: Drugs acting on the CNS****(12Hrs)**

- i. General sedatives
- ii. Anticonvulsant drugs
- iii. Opioid and Non-Opioid analgesics
- iv. Analgesics, antipyretics and non-steroidal anti-inflammatory drugs (NSAID)
- v. CNS stimulants – Xanthine alkaloids
- vi. Psychopharmacology
  - a. Anti-anxiety drugs
  - b. Anti-depressant drugs – Classification, actions, adverse reaction (monoamine oxidase inhibitors, tricyclic compounds, carbamazepine, lithium)
  - c. antipsychotics and antimania
  - d. Psychotogenic drugs – LSD, Mescaline, Cannabis

**Unit- 3: Drugs acting on ANS****(9Hrs)**

- a. Cholinergic system and drugs
- b. Anticholinergic drugs
- c. Adrenergic system and drugs
- d. Alpha blockers
- e. Beta blockers
- f. Skeletal muscle relaxants
- g. Anti-Parkinsonian drugs
- h. Local Anesthetics – adverse reactions

**Unit -4: Drugs used in Respiratory Disorders****(5Hrs)**

- i. Expectorants, Central cough suppressants, antitussives, mucolytic agents
- ii. Pharmacotherapy of bronchial asthma and rhinitis
  - a. Drug therapy during an acute attack
  - b. Prevention of acute attacks
  - c. Treatment of status asthmaticus
  - d. Treatment of acute respiratory failure
  - e. Treatment of chronic persistent asthma
  - f. Drug therapy of rhinitis
  - g. Therapeutic gases- oxygen, carbon di oxide

**Unit -5: Cardiovascular drugs****(14Hrs)**

- i. Drugs affecting renin-angiotensin system and plasma kinins
- ii. Calcium channel blockers
- iii. Congestive cardiac failure, Digitalis
- iv. Pharmacotherapy of cardiac arrhythmias – Sodium channel blockers, beta blockers, potassium channel blockers, calcium channel blockers
- v. Drugs used in angina and myocardial infarction
- vi. Pharmacotherapy of Hypertension
- vii. Water, Electrolytes and drugs affecting Renal functions (Nutritional supplementation therapy, vitamins)
- viii. Diuretic and Anti-diuretic drugs

**Unit -6: Drugs acting on Blood and blood forming organs****(6Hrs)**

- i. Drugs effective in iron deficiency anemia, treatment of acute iron poisoning
- ii. Drugs affecting coagulation
- iii. Fibrinolytics, antifibrinolytics and antiplatelet drugs
- iv. Immunotherapy, immuno-suppressants and immune-stimulant
- v. Biogenic Amines and Polypeptides (Histamine and Antihistamine drugs)
- vi. Leukotrienes, Cytokines & PGs)

**Unit -7: Drugs used in GIT disorders (7Hrs)**

- i. Appetizers, Digestants, Carminatives, Appetite suppressants and agents lowering serum lipid
- ii. Antiemetics
- iii. Drugs for diarrhea
- iv. Pharmacotherapy of constipation
- v. Pharmacotherapy of peptic ulcer

**Unit- 8: Chemotherapy (24Hrs)**

- i. Antimicrobials - general considerations
- ii. Classification of drugs based on mechanisms (affecting cell wall synthesis, destruction of cell membrane, affecting metabolism, affecting protein synthesis, affecting RNA polymerase, DNA gyrase)
- iii. Antiseptics and Disinfectants

**Unit- 9: Drugs used in Endocrine disorders (10Hrs)**

- i. Thyroid and antithyroidal drugs
- ii. Insulin and oral antidiabetic drugs
- iii. Adrenal cortical steroids
- iv. Gonadotropins, estrogens, progestins
- v. Antifertility agents and ovulation inducing drugs

**Subject title: NATUROPATHY DIAGNOSIS****Subject Code:****Naturopathy Diagnosis Theory Paper: BNYS305 T****Naturopathy Diagnosis Practical: BNYS305 P**

Total Number of Hours: 200		Theory: 100		Practical: 100	
SCHEME OF EXAMINATION					
Total Marks: 200					
Theory: 130			Practical: 70		
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment	
80	20	30	60	10	

**Goals & Objectives****Goal:**

The goal of teaching diagnostic methods in naturopathy to undergraduate students is to provide them with comprehensive knowledge of diagnostic methods employed traditional naturopaths that can be efficiently use to diagnose various diseases without the use of sophisticated technology

**Objectives****Knowledge:**

After completion of the course the student shall be able to

- Define and be aware of the historically significant developments in diagnosis procedures used in naturopathy
- Illustrate the characteristics of a healthy body with respect to naturopathic principles
- Describe the philosophical theories of causation of disease according to naturopathy

- Utilize knowledge of encumbrances ,their types an interpretation , along with, naturopathic ways of therapeutically correcting them
- Understand and diagnose the pathology or the preponderance to a pathology based on physical diagnosis, anthropometric measurements and gait patterns
- Describe the characteristics of normal an unhealthy skin in different diseases
- Comprehend the techniques and interpretations of stool and urine diagnosis correlating modern medical knowledge and Ayurvedic sthoola and mutra pariksha

**Skills:**

Use of different diagnostic procedures in naturopathy to effectively and accurately diagnose various diseases, such as facial diagnosis, stool and urine diagnosis.

## **THEORY**

### **Unit 1: Facial diagnosis**

**(32 hours)**

- i. Introduction
- ii. Characteristics of healthy body
- iii. Foreign matter theory, toxemia theory, vitality theory
- iv. Physiological and pathological perspective of foreign matter, toxaemia and mm
- v. Unity of disease, Unity of cure- interpretation with contemporary medicine
- vi. Encumbrance, its types, its interpretation with contemporary medicine
- vii. Habits- significance, consequence and its correspondence in encumbrance
- viii. Significance of naturopathy treatment modalities in correction of encumbrance.

### **Unit 2: Introduction to Iridiagnosis**

**(8 hours)**

- i. Definition and Historical Highlights
- ii. Anatomy of iris in detail
- iii. Conceptual theories of Iridiagnosis

### **Unit 3: Science of Iridiagnosis**

**(28 Hrs)**

- |   |                             |
|---|-----------------------------|
| a. Comparison of the science of iridiagnosis with concepts of <i>Drishtiprarakshain</i> <i>Ayurveda</i> and ophthalmology in modern medicine.   |                             |
| b. Technique in iris reading  |                             |
| c. Normal and abnormal iris   | k. Lymphatic rosary         |
| d. The vibratory theory and its significance  | n. Injuries and surgeries   |
| a. Diagnostic chart   | o. Psora spot, scurf rim    |
| b. Irido scope  | p. Radii Solaris            |
| c. Zones  | q. Sympathetic nerve wreath |
| d. Sectorial division   | r. Closed and open lesions  |
| e. Interpretation of iris manifestation   | s. Sodium ring              |
| f. Inherent lesions and weakness  | t. Circulatory indicators   |
| g. Cataract   | u. Toxic settlements        |
| h. Nerve rings  |                             |
| i. Drugs and chemicals appearance in the iris and their effect on the body  |                             |
| j. Arsenic, bismuth, bromides, coal tar products, ergot, glycerin, iodine, iron, lead, mercury, opium, phosphorus, quinine, salicylic acid,, sodium, strychnine, sculpture, turpentine, vaccines etc. |                             |

### **Unit 4: Stool and Urine analysis**

**(6 hours)**

- i. Characteristics of normal stool and urine
- ii. Abnormal characteristics and significance

### **Unit 5: Skin Diagnosis**

**(6 hours)**

- i. Anatomy of skin
- ii. Skin types
- iii. Abnormality and its significance in Health
- iv. Comparison of skin diagnosis with twakpareeksha in *Ayurveda*

### **Unit 6: Tongue diagnosis**

**(5 hours)**

**Unit 7: Pulse diagnosis** (5 hours)

**Unit 8: Chromo diagnosis** (5 hours)

**Unit 9: Advanced research updates** (5 hours)

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**PRACTICAL**

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1. Case sheet writing - minimum 25 cases with naturopathic diagnostic methods (25 hours)
2. Regular hospital visit (35 hours)
3. Dissertation of at least 20 cases studies with significant and relevant naturopathic diagnostic modalities (40 hours)

**Reference Books:**

1. Macfaddans Encyclopedia of Physical Culture - Bernard McFadden
2. *Asthangahridayam*
3. *Charka samhitha*
4. *Susrutha samhitha*
5. The Science of Facial Expression – Louis Kuhne
6. Iridology - Dr. Bernard Jenson

**Subject title: MODERN DIAGNOSIS**

**Subject Code:**

**Modern Diagnosis Theory Paper: BNYS306 T**

**Modern Diagnosis Practical: BNYS306 P**

<b>Total Number of Hours:250</b>		<b>Theory: 150</b>		<b>Practical: 100</b>	
<b>SCHEME OF EXAMINATION</b>					
<b>Total Marks: 200</b>					
<b>Theory: 130</b>			<b>Practical: 70</b>		
<b>Final Theory Exam</b>	<b>Internal Assessment</b>	<b>Viva Voce</b>	<b>Final Practical Exam</b>	<b>Internal Assessment</b>	
80	20	30	60	10	

**Goals:**

The goal of teaching Diagnostic Methods in Conventional Medicine to undergraduate students is to provide them with comprehensive knowledge of diagnostic methods employed by conventional doctors that can be used efficiently to diagnose various diseases, for diagnosis as well as prognosis

**Objectives:**

**Knowledge:**

After the completion of the course, the student shall be able to:

- Understand the procedures and nuances in approaching a patient and taking a detailed history and writing a case report;
- Illustrate examination procedures and techniques generally as well as for specific systems and make provisional diagnoses of common diseases;
- Describe laboratory investigations used for supporting the provisional diagnosis made after history taking and examinations;
- Prescribe and interpret radiological investigations, biochemical investigations, sonography, EEG, ECG, EMG, echocardiography, CT, PET, MRI, etc for diagnostic and prognostic purposes;
- Explain and demonstrate knowledge of invasive tests such as paracentesis, thoracocentesis, lumbar puncture, laparoscopy, endoscopy, biopsy, etc.

**Skills:**

After the completion of the course, the student shall be able to:

- Effectively take a case history with examinations and prepare a detailed case report;
- Prescribe and interpret any further investigations required for the provisional diagnosis made.

**Integration:**

At the completion of training, the student should be able to comprehensively understand the principles, procedures and nuances of Diagnostic Methods in Conventional Medicine and employ the same for diagnostic and prognostic purposes.

## **THEORY**

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### **Unit 1: Examination of the patient**

**(40 hours)**

- i. Approach to a patient
- ii. History taking and case sheet writing
- iii. Symptomatology
- iv. Examination of vital data
- v. Importance of height, weight, abdominal girth
- vi. General physical examination
- vii. Examination of skin, nail and hair

### **Unit 2: Systemic examination of the patient**

**(70 hours)**

- i. Examination of Abdomen (digestive system)
- ii. Examination of Cardiovascular system
- iii. Examination of Respiratory system
- iv. Examination of Renal and urogenital system
- v. Examination of Central nervous system
- vi. Examination of Locomotor system
- vii. Examination of ear, nose and throat
- viii. Gynecological examination
- ix. Endocrine system and metabolic disorder
- x. Examination of the eye
- xi. Provisional diagnosis

### **Unit 3: Routine and special investigations**

**(30 hours)**

- i. Laboratory investigations: Urine analysis, stool examination, blood examination peripheral smear, total WBC count, differential WBC count; ESR, Hb estimation; BT, CT, platelet count, red cell indices, bone marrow examination.
- ii. Radiological investigations: Plain X-ray chest, K.U.B., lumbar and cervical spine, skull and paranasal sinuses, joints
- iii. Contrast Radiology: Barium swallow, barium meal, barium enema; cholecystography, myelography, angiography, bronchogram, myelogram
- iv. Electrocardiography, Echo-cardiograph, Coronary angiography, Electro-encephalography
- v. Biochemical investigations: LFT, creatinine clearance test, Vanillo-mandelic acid (VMA) excretion test in urine, SGOT and SGPT, LDH, CPK, blood urea, serum creatinine, cholesterol, renal function test, serum uric acid and serum amylase
- vi. Diagnostic Paracentesis, Diagnostic Thoracocentesis, Lumbar puncture and CSF analysis, Diagnostic skin tests, Endoscopic procedures
- vii. Radioactive iodine uptake studies, Ultra-sonography
- viii. Thyroid T3, T4, TSH estimation
- ix. CT, PET, MRI, Doppler & Tissue biopsy and FNAC

### **Unit- 4: Final Diagnosis**

**(10 Marks)**

### **PRACTICAL**

**(100 Hours)**

1. History taking and physical examination of cases.
2. Case sheet writing of different types of cases (25)



3. Demonstration of equipment and instruments used for investigation in modern diagnostics
4. Demonstration tour of an ultra-modern super-specialty hospital to view the latest technique of modern diagnosis

#### **Textbooks**

1. Hutchison's Clinical Methods
2. Manual of clinical Methods – PS Shankar
3. Clinical Diagnosis – JalVakil
4. Clinical Methods – Chamberlin
5. Physical Diagnosis – Golwala
6. Harrison's Principles of Internal Medicine
7. Manipal Manual of Clinical Medicine
8. Macleod's Clinical Examination
9. Davidson's Principles and Practice of Medicine
10. Essentials in Hematology and Clinical Pathology

**Subject title: PSYCHOLOGY & BASIC PSYCHIATRY**

**Subject Code: BNYS T306 & BNYS P 306**

<b>Total Number of Hours:150</b>	<b>Theory: 100</b>	<b>Practical: 50</b>
<b>Credits</b>		
<b>Hours/week</b>		
<b>SCHEME OF EXAMINATION</b>		
<b>Total Marks: 200</b>		
<b>Theory: 130</b>		<b>Practical: 70</b>

Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment
80	20	30	60	10

### Goals and Objectives

#### Goal:

The goal of teaching Psychology and Basic Psychiatry to undergraduate students is to provide them with comprehensive knowledge of normal and abnormal psychology and assessment of the same for therapeutic purposes.

#### Objectives:

##### Knowledge:

After the completion of the course, the student shall be able to:

- Describe the evolution of Psychology from speculation to science;
- Illustrate mechanisms of sense and perception, states of consciousness and their functions;
- Understand basic and complex functions such as learning, memory, thinking, language, motivation, emotion, intelligence, development of psychology across the lifespan, personality, stress coping, social psychology, attitudes, etc.
- Explain abnormal psychology and describe etiology and psychopathology along with classification of disorders;
- Demonstrate knowledge of therapies aimed at psychological health, such as psychotherapy, *Yoga*, etc;

##### Skills:

After the completion of the course, the student shall be able to:

- Utilize knowledge of psychology and psychiatry in diagnosing and managing various psychological disorders, assessing psychological profile;
- Demonstrate usage of various therapeutic tools in psychiatry to improve mental health in professional practice.

##### Integration:

At the completion of training, the student should be able to integrate knowledge of normal and abnormal psychology and psychiatric therapies and efficiently utilize the same for therapeutic purposes.

## THEORY

### Psychology

#### Unit 1: The Evolution of Psychology- How psychology developed from speculation to science (6 hours)

- i. Studying the mind and behavior
- ii. Early scientific approaches to psychology
  - a. Structuralism
  - b. Functionalism
- iii. Contemporary approaches to psychology
- iv. Behavioral, Psychodynamic, Cognitive, Behavioral neuroscience, Evolutionary & Sociocultural approach
- v. Positive approach to psychology: Humanistic movement and the positive psychology movement

## **Unit 2: Sensation and Perception**

**(6 hours)**

- i. How we sense and perceive the world  
The visual system, auditory system, other senses.
- ii. States of consciousness  
Levels of awareness & Sleep and dreams
- iii. Altered states of consciousness  
Hypnosis, Meditation, Drug-induced states.

## **Unit 3: Learning and Memory**

**(15 hours)**

- i. Types of learning
  - a. 1 Classical conditioning
  - b. Operant conditioning
  - c. Observational learning
  - d. Cognitive factors in learning
- ii. Memory
  - a. Nature of memory
  - b. Memory encoding: getting information into memory – the role of attention
  - c. Levels of processing
  - d. Enriching encoding
  - e. Memory storage
    1. Sensory memory
    2. Short-term memory
    3. Long-term memory
  - f. Memory retrieval
    1. Serial position effect
    2. Retrieval cues and the retrieval task
    3. Retrieval of autobiographical memories & emotional memories
    4. Forgetting
  - g. Biochemistry, Neural circuitry & Anatomy of memory
  - h. Are there multiple memory systems? Implicit versus explicit memory
  - i. Declarative versus procedural memory & Semantic versus episodic memory

## **Unit 4: Thinking and Language**

**(4 hours)**

- i. The cognitive revolution in psychology
- ii. Concept formation
- iii. Problem solving
- iv. Critical thinking
- v. Reasoning and decision-making
- vi. Language and thought language acquisition and development

## **Unit 5: Motivation and Emotion**

**(6 hours)**

- i. Approaches to motivation  
Evolutionary approach, Drive reduction theory, Optimum arousal theory, cognitive approach
- ii. Hunger
  - a. The biology of hunger and thirst
  - b. Environmental factors in the regulation of hunger, Eating and Weight

- c. Sexuality - the biology of sex and the human sexual response: cognitive and sensory/perceptual factors & Cultural factors.
- d. Psychosexual dysfunctions, Sexual behavior and orientation

#### **Unit 6: Intelligence**

**(5 hours)**

- i. Nature of intelligence, Intelligence testing, Neuroscience and Intelligence
- ii. Neuroscience and intelligence
- iii. Theories of multiple bits of intelligence
- iv. The extremes of intelligence and creativity, influence of heredity and environment

#### **Unit 7: Human development across the lifespan**

**(5 hours)**

- i. Exploring human development, Prenatal development
- ii. Child development: physical, cognitive and socio-emotional development in childhood
- iii. Adolescence positive psychology and adolescents: Physical, cognitive and socio emotional development in adolescence
- iv. Adult development and aging: Physical, cognitive and socio emotional development in adulthood

#### **Unit 8: Personality**

**(8 hours)**

- i. The nature of personality
- ii. Psychodynamic perspectives
- iii. Behavioral perspectives
- iv. Humanistic perspectives
- v. Biological perspectives and contemporary empirical approaches to personality

#### **Unit 9: Stress coping and health**

**(6 hours)**

- i. The nature of stress, Major type of stress and responding to stress
- ii. The effects of stress on psychological functioning & on physical health.
- iii. Factors moderating the impact of stress
- iv. Health-impairing lifestyles, Reactions to illness & Improving coping and stress management

#### **Unit 10: Social Psychology**

**(2 hours)**

- i. Social thinking
  - a) Attribution
  - b) Social perception
  - c) Attitudes
- ii. Social influences
  - a) Conformity and obedience
  - b) Group influence
  - c) Leadership
- iii. Inter group relations
  - a) Group identity
  - b) Prejudice
  - c) Ways to improve interethnic relations
- iv. Social interaction
  - a) Aggression
- v. Relationships
  - a) Attraction

- b) Love
- c) Relationships and gender

## **ABNORMAL PSYCHOLOGY: PSYCHIATRY**

### **Unit 1: Abnormal behavior in historical context- the science of psychopathology (2 hours)**

- i. The historical conceptions of abnormal behavior
- ii. The supernatural, biological and psychological tradition
- iii. An integrative approach to psychopathology
- iv. One-dimensional and multidimensional models
- v. Genetic contributions to psychopathology neuroscience and its contributions to psychopathology
- vi. Behavioral and cognitive science, Cultural, social and interpersonal factors
- vii. Classification of psychological disorders: DSM-IV and ICD 10 classifications

### *Unit 2: Anxiety disorders (6 hours)*

- i. Generalized anxiety disorders
- ii. Panic disorders; phobias
- iii. Obsessive-compulsive disorders

### **Unit 3: Somatoform and Dissociative disorders (6 hours)**

- i. Hypochondriasis
- ii. Somatization disorder
- iii. Conversion disorder
- iv. Pain disorder
- v. Dissociative disorders

### **Unit 4: Mood disorders (4 hours)**

- i. Depressive disorders
- ii. Bipolar disorders
- iii. Suicide

### **Unit 5: Substance-related disorders (4 hours)**

- i. Depressants  
Alcohol use, Sedative substance use, Hypnotic substance use, Anxiolytic substance use disorders
- ii. Stimulants  
Amphetamine, Cocaine, Nicotine, Caffeine, Opioids use disorders
- iii. Hallucinogens  
Marijuana, LSD, Other Hallucinogens & other drugs of abuse.

### **Unit 6: Schizophrenia and other psychotic disorders (8 hours)**

- i. Schizophrenia
  - a. Clinical description
  - b. Causes
  - c. Types and treatment
- ii. Personality disorders – cluster A, B, and C
- iii. Psychotherapies
  - a. Psychodynamic therapies
  - b. Behavioral therapies

- c. Humanistic therapies

**Unit 7: Mental health and Yoga, Yogic Counselling (4 Hours)**

**Unit 8: Principles and techniques of counselling (3 Hours)**

- i. Qualities of a counselor
- ii. Role of catharsis as understood by modern psychology and counselling.
- iii. Yoga techniques to be used during counselling to cope with hypersensitive mind, excessive speed of mind, congenital and hereditary and congenital problems, psychological conflicts, calamities/ life events.

**Practical**

1. Case sheet writing of different types of psychiatric cases (20).

**References:**

1. Weiten, Wayne (1995) themes, and variations 3<sup>rd</sup> edition, New York Brooks/Cole, Publishing company
2. Santrock, J.W. (2005) Psychology, 7<sup>th</sup> edition, New York, McGraw-Hill publications
3. Barlow, D.H. and Durand, V.M. (2002) Abnormal Psychology, 3<sup>rd</sup> edition , United States, Wadsworth Thomson Learning

**Subject title: MANIPULATIVE THERAPIES**

**Subject code:**

**Theory paper: BNYS 301 T**

**Practical: BNYS 301 P**

Total Number of Hours: 250		Theory: 150		Practical: 100	
SCHEME OF EXAMINATION					
Total Marks: 200					
Theory: 130			Practical: 70		
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment	
80	20	30	60	10	

**Goals:**

The goal of teaching manipulative therapy to the undergraduate student is to provide them with a comprehensive understanding of science and modes of application of different manipulative modalities like massage, chiropractice, osteopathy, and aromatherapy with preventive, curative and rehabilitative therapy.

**Objectives**

**Knowledge:**

After the completion of the course, the student shall be able to:

- Understand the principles and historical highlights of massage and manipulative techniques
- Demonstrate basic understanding of principles and procedures of different types of massage ,their physiological effects, indications, and contraindications
- Delineate the principles and procedures of various manipulative therapies like chiropractic, osteopathy, reflexology and aromatherapy
- Describe essential oils with respect to the extraction, uses and combination that are therapeutically used

**Skills:**

After the completion of the course, the student shall be able to:

- Perform different types of massage and manipulative therapies, such as osteopathy, chiropractice, aromatherapy, Swedish massage, Kellogg's massage, Shiatsu, Geriatric massage, Pediatric massage, antenatal massage, Ayurvedic massage, etc.
- Use therapies such as reflexology and zone therapy in their professional practice for musculoskeletal disorders, etc.

## **THEORY**

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### **Unit 1: Introduction and historical highlights of Massage & Manipulative techniques.**

**(5 Hrs )**

### **Unit 2: Classification of (lubricants) massage**

**(15Hrs)**

- a. Basic therapeutic massage (Swedish) techniques. -procedure, indications, contraindications, physiological action
- b. Joint movement in massage therapy
- c. Massage to local areas

### **Unit 3: Professional standards of massage professionals**

**(5 Hrs)**

### **Unit 4: Physiological effects, indications, and contraindications of massage on various organ systems**

**(15Hrs)**

### **Unit 5: Various types of massage: (40 Hrs)**

- a. Kellogg's massage
- b. Shiatsu
- c. Pediatric massage
- d. Geriatric massage
- e. Ayurvedic massage- terminology, procedure manipulation
- f. Massage for antenatal care
- g. Thai yogic massage
- h. Hot-stone massage
- i. Balinese
- j. Dry brush massage
- k. Deep tissue massage
- l. Powder massage
- m. Vibratory massage
- n. Ayurvedic massage- terminology, procedure manipulations
- o. Panchakarma in brief

### **Unit 6: Chiropractic**

**(15Hrs)**

- |                                |  |
|--------------------------------|--|
| a. History                     | d. The importance of spine in chiropractic |
| b. Physiological effect        | e. Chiropractic examination                |
| c. Spinal manipulative therapy | f. Treatment of various diseases           |

### **Unit 7: Osteopathy**

**(15Hrs)**

- a. Definition
- b. History
- c. Basic principles
- d. Relation of osteopathy in musculoskeletal system

### **Unit 8: Aromatherapy**

**(10 Hrs)**



- i. Definition, origin, history
- ii. Essential oils
  - a) Types
  - b) Extraction –Distillation, cold pressing or expression, solvent extraction method
  - c) Storage of essential oils
  - d) How to recognize an essential oil
  - e) How to select aroma oils
  - f) How essential oils work
  - g) Carrier oils- Almond oil, Apricot kernel oil, Avocado oil, carrot oil, corn oil, primrose oil, grape seed oil, hazelnut oil, jojoba oil, olive oil, peanut oil, safflower oil, sesame oil, soybean oil, sunflower oil.
- iii. Different methods of using essential oils- inhalation, diffusers, vaporizers, massage, baths, footbaths, potpourri, compresses, oral intake, beauty treatment, room spray, insect repellents etc.
- iv. Description of different essential oils and their benefits
  - a) Amrette seeds, aniseed, angelica, basil, bergamot, black pepper, camphor, cardamom, chamomile, clove bud, cedar wood, cypress clary sage, eucalyptus, fennel, frankincense, geranium, ginger, juniper berry, lavender, lemon, lemongrass, marjoram, neroli, orange, palma rose, peppermint, patchouli, pine, rose, rosemary, sandalwood, tarragon, tea tree, thyme (white), vetiver, ylang-ylang
- v. The best essential oils
  - a) 5 fragrance categories- green, floral, citrus, woody, spicy
  - b) Mixing of aroma oils, equipment required for mixing oils
- vi. Precautions for use of aroma oils- skin patch test, testing essential oils in its pure state
- vii. Ill effects of aroma oils- in eyes, toxic effects, allergic effects etc.
- viii. Careful handling of essential oils
- ix. Contraindications
  - Oils to be avoided- phototoxic or photosensitive oils, oils to be avoided in pregnancy, oils that cause skin irritation etc.

#### **Unit 9: Reflexology and Zone therapy**

**(15 Hrs)**

- i. What is reflexology, history, and development
- ii. How does it work
- iii. Body and its reflex zones
- iv. Application, indications, and contraindications
- v. Preventive effects of reflexology

#### **Unit 10: Milestones of females and its management through massage**

**(15 Hrs)**

### **PRACTICAL**

**Unit1:** Full Body Massages (10)

**Unit 2:** Chiropractic care

**Unit 3:** TENS

**Unit 4:** Activator adjustable tool (Impulse Device)

**Unit 5:** Partial massages (35)

**Unit 6:** Panchakarma demonstration and identification of different oils

**Unit 7:** Demonstration of different methods of application

- i. Inhalation
- ii. Compression
- iii. Diffuses

**Unit 8:** Local baths

**TEXTBOOKS**

1. Massage – George Downing
2. Massage therapy – Dr. JH Kellogg
3. Massage – Constant Young
4. The complete Book of Massage – Claire Maxwell-Hudson

**Subject title: Acupuncture & Acupressure**

**Acupuncture & Acupressure Theory Paper: BNYS302 T**

**Acupuncture & Acupressure Practical: BNYS302 P**

Total Number of Hours: 250		Theory:150		Practical: 100	
SCHEME OF EXAMINATION					
Total Marks: 200					
Theory: 130			Practical: 70		
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment	
80	20	30	60	10	

**Goals:**

The goal of teaching acupuncture to undergraduate students is to provide them with a comprehensive understanding of the science and art of Acupuncture, Acupressure, and related therapies.

**Objectives**

**Knowledge:** After the completion of the course, the student shall be able to:

- Illustrate the definition of Acupuncture;
- Understand the principles and historical highlights of Acupuncture;
- Explain the concepts and theories behind the mechanism in which acupuncture works, both traditional and modern;
- Demonstrate a basic understanding of procedures of different styles of Acupuncture and related therapeutic modalities, such as traditional Acupuncture, scalp Acupuncture, Auriculotherapy, Acupuncture anesthesia, Reflexology, Ozone therapy, Acupressure, etc.;
- Describe basic and advanced tools used in acupuncture;
- Be aware of the contraindications and dangers of Acupuncture, so as to avoid these in his/her professional practice.

**Skills:** After the completion of the course, the student shall be able to:

- Diagnose common disease and the disorders using diagnostic techniques employed in Acupuncture, such as Tongue Diagnosis, Pulse Diagnosis, etc.
- Demonstrate skill in topographically locating meridians and Acupuncture points on the human body
- Perform needling and other essential skills in delivering Acupuncture therapy to a patient.
- Plan, implement and evaluate Acupuncture sessions with expertise in his/her professional practice.

**Integration:**

At the completion of training, the student should be able to comprehensively understand the traditional and modern approaches to Acupuncture and effectively utilize the same in preventive, primitive, curative and rehabilitative clinical practice as well as research projects.

**THEORY**

**Unit- 1: Definition, history, traditional & modern theories of Acupuncture. (20 Hrs)**

- i. Definition and history of acupuncture, story of acupuncture needles, philosophy of TAO.
- ii. Traditional theories of acupuncture -- (Concept Chi, Principles of Yin & Yang, Network of Jing-Luo, Five elemental & Organ clock theories, traditional laws of energy flows).

- iii. Modern theories of acupuncture -- ( Neurological, neurotransmitter, bio-electrical, embryological, defence mechanism - tissue regeneration, hypnosis and placebo theories).

**Unit- 2: Different types & sterilization of needles, techniques of needling. (10 Hrs)**

- i. Different types of acupuncture needle---Filiform, triangular, seven-star, pressball bearing, hot, roller, hidden subdermal needles.
- ii. Sterilization of needles--- Physical & Chemical methods.
- iii. Techniques of needling--- Depth & angle of needling.

**Unit- 3: Posture of the patients, location & rules for the selection of Acupuncture points. (10 Hrs)**

- i. Posture of the patients--- Sitting & lying down position
- ii. Location of acupuncture points--- Anatomical approach, finger, proportional, palpitation measurement, patient positioning and body movements, tender points, electrical location, location by reference to other points, cunometer, using centimeter scale and spreading hands technique.
- iii. Different rules for the selection of acupuncture points by applying traditional and modern theories of acupuncture.

**Unit- 4: Effects, contraindications, complications & precautions of Acupuncture. (10 Hrs)**

- i. Effects of acupuncture (Subjective & Objective effects), Contraindications of acupuncture (Relative & Absolute contraindications), complications and precautions of acupuncture.

**Unit- 5: The concept of meridians: (30 Hrs)**

- |                                  |  |
|----------------------------------|--|
| a. Lung Meridian (Lu/ L)         | i. Pericardium Meridian (P)                    |
| b. Large Intestine Meridian (LI) | j. Triple Warmer/ Sanjiao Meridian (TW/ SJ)    |
| c. Stomach Meridian (St)         | k. Gall Bladder Meridian (GB)                  |
| d. Spleen Meridian (Sp)          | l. Liver Meridian (Liv)                        |
| e. Heart Meridian (H/ Ht)        | m. Governing Vessel/ DU Meridian (GV/ DU)      |
| f. Small Intestine Meridian (SI) | n. Conceptional Vessel/ REN Meridian (CV/ REN) |
| g. Urinary Bladder Meridian (UB) | o. Extra Meridian.                             |
| h. Kidney Meridian (K/ Kid)      | p. Extraordinary Meridian                      |

**UNIT- 6: Examination methods of traditional Chinese medicine (10 Hrs)**  
Pulse & Tongue diagnosis

**UNIT- 7: Auriculotherapy & Scalp Acupuncture (10 Hrs)**

Surface anatomy of ear & scalp, different areas, location of points, needling technique and therapeutic indications of auriculotherapy and scalp acupuncture.

**UNIT- 8: Acupuncture anaesthesia and types of stimulation in Acupuncture (10 Hrs)**

Introduction, history, procedure, indications, contraindications and precautions of acupuncture anaesthesia; different types of ancient (Needling, moxibustion and cupping)& modern (Electro, TENS, LASER, ultrasound, periosteal, point injecting and embedding therapy) stimulation technique.

**UNIT- 9: Acupressure, Reflexology & Zone therapy (10 Hrs)**

Definition, history, physiological effects, indications and contraindications of Acupressure, Reflexology and Zone therapy.

#### **UNIT- 10: Acupuncture therapeutics**

**(30 Hrs)**

Neurological, pulmonological, cardiovascular, psychological, rheumatological, osteological, spinal disorders, endocrinological, gastrointestinal, genito-urinary, metabolic disorders.

### **PRACTICALS**

**Unit 1:** Demonstration of needling techniques, moxibustion, cupping, TENS acupuncture and electro stimulation. **(50 Hrs)**

**Unit 2:** Each student should give treatment for at least 20 patients during the practical. **(50 Hrs)**

#### **Reference books**

1. Clinical practice of Acupuncture – A. L. Agarwal.
2. Clinical Acupuncture – Dr. Anton Jayasurya.
3. Principles and Practice of Acupuncture – Dr. J. K. Patel.
4. Health in your Hands - Devender Vora.
5. Clinical Acupuncture and Moxibustion – Liu Gong Wang.
6. Fundamentals of Acupuncture and Moxibustion - Liu Gong Wang / Akira Hyodo.
7. Advanced Acupuncture therapy – Arjun. L. Agarwal, Govind N Sharma.
8. Classical Acupuncture – The Standard textbook – Porket. Hempen, the China Academy.
9. Reiki:
  - Empowerment through Reiki – Paula Horan.
  - Reiki – Energy Medicine – Libby Barnett & Maggie Chamber with Susan Davidson.
10. Pranic Healing:
  - Pranic Healing using breathing with Healing mantras – Dr. L. R. Chowdhry.
  - Advanced Pranic Healing – Choa Kok Sui.
  - The Ancient Science and Art of Pranic Crystal Cleaning – Choa Kok Sui.

**Subject title: YOGA & ITS APPLICATION**

**Subject Code:**

**Yoga and Its Application Theory Paper: BNYS303 T**

**Yoga and Its Application Practical: BNYS303 P**

Total Number of Hours: 250		Theory: 100		Practical:150	
SCHEME OF EXAMINATION					
Total Marks: 200					
Theory: 130			Practical: 70		
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment	
80	20	30	60	10	

**Goals**

The goal of teaching yoga and its applications to undergraduate student is to provide them with comprehensive understanding of yoga with reference to traditional texts like *Patanjali Yoga sutras*, *Hatha Yoga Pratipika*, *Shiva Samhita*, *Gheranda Samhita* and *Swara yoga*; various streams of Yoga, advanced meditative techniques like *Yoga nidra*, *Omkar*, cyclic meditation, *Vipassana* meditation and learn about their psychological & physiological benefits compared to exercises.

### **Objectives**

#### **Knowledge:**

After the completion of the course, the student shall be able to:

- Illustrate the knowledge of traditional texts like Patanjali Yoga Sutras, Hatha Yoga, Siva Samhita and Gheranda Samhita
- Understand the principles behind various meditative practices like Yoganidra, Om meditation, cyclic meditation, Vipassana and so on
- Explain about yoga in relation to its application in education, sports;
- Demonstrate basic understanding of procedures of stretching an exercise.
- Describe basic physiological changes in asana
- Be aware of the effects of Shatkriyas and their adverse effects

#### **Skills:**

After the completion of the course, the student shall be able to:

- Describe the concept of yoga as explained in the traditional texts
- Deliver a meditative session using any of the meditative styles
- Implement various exercises loosening or eye exercises or stretching to complement yoga practice

## **THEORY**

### **Unit 1: Summary of Pathanjali yoga sutras**

**(15hours)**

### **Unit 2: Summary of Hatha yoga Texts**

**(20 hours)**

- a. Introduction to Hatha yoga
- b. Rules, Regulations and Goals for practice of Hathayoga
- c. Practices in Hatha Yoga: Asana, Bandha, Mudra, Pranayama, Shatkriya, Samadhi
- d. Aim of Hatha Yoga

### **Unit 3: Other streams of Yoga**

**(10hours)**

- a. Swara Yoga
- b. Tantra Yoga
- c. Kundalini Yoga

### **Unit 4: Introduction, principles and practice and effects of Meditation and Relaxation Techniques**

**{15 hours}**

- |  |                              |
|--|------------------------------|
| a. Yoga Nidra                          | e. Vipassana Meditation      |
| b. Cyclic Meditation                   | f. Transcendental Meditation |
| c. Omkar Meditation                    | g. Raja Yoga Meditation      |
| d. Mindfulness based stress relaxation |                              |

### **Unit 5: Psychophysiological changes with yoga practices**

**{15 hours}**

- a. Biomechanics and Physiological effects of Asana

- b. Psychophysiology of Pranayama
- c. Physiological effects of *Shat kriya*
- d. Psychophysiology changes with Meditation
- e. Anatomical and Physiological changes with Bandhas and Mudras.

**Unit 6: Applications of Yoga (15 hours)**

- a. Yoga for personality development
- b. Yoga in relation to sports and games
- d. Yoga in social and political life
- e. Yoga in Physical Culture
- f. Yoga in occupational health
- f. Yoga in education
- g. Yoga for women
- h. Yoga for children
- i. Yoga for ageing
- j. Yoga for promotion of positive health

**Unit 7: Physical exercises for health and fitness**

**{10 hours}**

- a. Introduction
- b. Who should stretch
- c. When, how and why to stretch
- d. Relaxing stretches for back, leg, feet and ankles, hips, hamstrings and lower back
- e. stretching exercises for elderly
- f. Stretching exercises for abdominal muscles, arms, chest, ankle, legs, thighs, forearm and knees
- g. Techniques of walking, running, cycling, etc.
- h. Caring for the back
- i. General exercises
- j. Eyes Exercises: Benefits, methods and precautions

**PRACTICAL**

**Unit 1:** All previous year asana – *Veerasana, Koormasana, Kukkutasana, Uttankoomasana, Matsyendrasana, Padmamayurasana, Simhasana, Sarvangasana (all variants), Sirsasana (all variants)*

**Unit 2:** All loosening (*Sithilikarana Vyayama*) and breathing exercises

**Unit 3:** All previous year's pranayama -plus, *Suryabedhana, Chandrabedhana*, cat and tiger breathing, new variants of pranayama.

**Unit 4:** All previous year's kriyas plus – *Danda dhouthis, Agnisara, Nauli, Bandas, mudras*.

**Textbooks**

1. Autobiography of a yogi- Paramahansa Yogananda
2. Yoga as philosophy and religion- SN Dasgupta
3. Yoga - The Science of Holistic Living-VK Yogi
4. A complete illustrated book of Yoga- Swami Vishnu
5. Encyclopedia of Indian physical culture- DC Mujumdar
6. Preksha meditation- Acharya Tulsi

**Subject title:** NUTRITION & MEDICINAL HERBS

**Subject Code:**BNYS 304

**Nutrition and Medicinal Herbs Theory Paper:** BNYS 304 T

**Nutrition and Medicinal Herbs Practical:** BNYS 304 P

<b>Total Number of Hours: 250</b>		<b>Theory:150</b>		<b>Practical: 100</b>
<b>SCHEME OF EXAMINATION</b>				
<b>Total Marks: 200</b>				
<b>Theory: 130</b>			<b>Practical: 70</b>	
<b>Final Theory Exam</b>	<b>Internal Assessment</b>	<b>Viva Voce</b>	<b>Final Practical Exam</b>	<b>Internal Assessment</b>
80	20	30	60	10

**Goals:**

The goal of teaching nutrition and medicinal herbs to undergraduate students is to enable them to analyze nutritional profiles of their patients and prescribe diets to them based on nutritional requirements, as well as use herbs in the management of various diseases.

**Objectives:**

**Knowledge:**

After the completion of the course, the student shall be able to:

- Describe fundamentals of nutrition, with respect to different nutrients and food groups;
- Illustrate details of nutritional requirements for different age groups, as well as pregnant and lactating women
- Demonstrate therapeutic application of nutrition for common diseases
- Compare modern nutrition to traditional; naturopathic diets;
- Have detailed knowledge of recent advances and studies, such as carcinogens in food, food additives, contaminants, etc.,
- Illustrate the use of specific herbs in common diseases, with therapeutic values.

**Skills:**

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



- Assess the nutritional status of a patient.
- Plan, implement and evaluate nutritional advice for people with different ages and patients of different diseases, including the use of herbs.

#### **Integration:**

At the completion of training, the student should be able to comprehensively integrate traditional naturopathic nutrition and modern nutrition along with the herbs, and employ the same for therapeutic purposes.

### **THEORY**

#### **Unit 1: Nutrition Biochemistry**

**(20 Hours)**

1. Carbohydrates – Classification, Properties, digestion, absorption and metabolism, Blood glucose level.
2. Proteins – Structure, classification and properties. Digestion, absorption and aminoacid and nucleotide metabolism.
3. Lipid – Structure, Classification and properties: Digestion and absorption. Lipid metabolism.
4. Vitamins and Minerals – Classification structure, properties and functions.
5. Hormones – Endocrine Glands, mechanism of hormone action and biochemical role of hormones.
6. Antioxidants – Definition, free radicals, oxygen free radicals, natural and diet derived antioxidants.
7. Oxidative stress and oxidant defense
8. Electrolytes, water and acid-base balance

#### **Unit 2: Community Nutrition**

**(20 Hours)**

1. What is nutrition healing
2. Clinical nutrition assessment of infants and children
3. Clinical and functional assessment of adults
4. Nutritional assessment of malnutrition by anthropometric methods
5. Laboratory tests for assessing nutritional status
6. Dietary assessment
7. Energy needs: assessment and requirements in humans
8. Social and cultural influences on food consumption and nutritional status
9. Body composition: influence of nutrition, physical activity, growth, and aging
10. Diet in work and exercise performance

#### **Unit 3: Food Microbiology**

**(20 Hours)**

1. Food additives, contaminants, and natural toxins
2. Carcinogens in food

#### **Unit 4: Food Science**

**(20 Hours)**

1. Introduction to food science and modern development.
2. Methods of cooking and the effect of cooking on nutrients.
3. Cereals, Pulses and legumes – structure, composite types and selection, methods of cooking, cooking losses.
4. Vegetable and fruits – Composition, recognition of quality, care in storage, methods of cooking, cooking losses.
5. Milk and Milk products – Types and composition, preparation, effect of cooking and use in cookery.

6. Egg, Meat, Fish and poultry – structure, composition quality care in storage, methods of cooking, effects of cooking.
7. Sugar, fats and oils – composition, types, characteristics and use in cooking

#### **Unit 5: Clinical & Therapeutic Nutrition**

**(20 Hours)**

1. Adaptation of therapeutic diets – Therapeutic diets, Types of therapeutic diets, Routine hospital diets, Mode of feeding.
2. Prevalence, etiology, clinical manifestations, dietary management and recent advance in the management of the following:
  - a. Nutrition in hypertension
  - b. Nutrition in pancreatic disorders
  - c. Nutrition in liver disorders
  - d. Nutrition in hyperlipidemia and atherosclerosis
  - e. Nutrition in prevention of cancer
  - f. Nutrition in rheumatic diseases
  - g. Nutritional management of diabetes
  - h. Nutrition in Obesity
  - i. Nutritional aspects in hematologic disorders
  - j. Renal disorders in nutrition
  - k. Nutrition in respiratory disease
3. Assessment of malabsorption
4. Nutrition and diet in alcoholism
5. Diagnosis and management of food allergies

#### **Unit 6: Diet Therapy**

**(20 Hours)**

1. Nutritional requirements during infancy
2. Diet, nutrition, and adolescence
3. Childhood obesity
4. Nutritional management of infants and children with specific diseases and/or conditions
5. Maternal nutrition
6. Nutrition in the elderly
7. Nutritive value of food ingredients commonly used in India
8. RDA – individuals and populations
9. Nutritional implications of vegetarian diets
10. Comparative study of modern nutrition and traditional naturopathy diet

#### **Unit 7: Advance Nutrition**

**(20 Hours)**

1. Control of food intake
2. Metabolic consequences of starvation
3. Fiber and other dietary factors affecting nutrient absorption and metabolism
4. Hormone, cytokine, and nutrient reactions
5. Nutrition and immune system
6. The hyper catabolic state
7. Nutrition and infection
8. Role/significance of nutrition
  - i. Regulation of gene expression
  - ii. Membrane and transport

9. Nutrition and medical ethics – the interplay of medical decisions, patients ‘rights, and the judicial system.
10. Enteral feeding (only theory)
11. Parenteral nutrition (only theory)

#### Unit – 8: Medicinal herbs

(10 hours)

1. Introduction to Herbology
2. Following herbs are to be studied with respect to their source and therapeutic uses. Botanical details can be avoided.
 

<ol style="list-style-type: none"> <li>1. Embelica officinalis</li> <li>3. Ficus glomerate</li> <li>5. Cinnamomum camphora</li> <li>7. Tribulus terrestris</li> <li>9. Cuminum cyminum</li> <li>11. Ocimum sanctum</li> <li>13. Coriandrum sativum</li> <li>15. Allium cepa</li> <li>17. Psoralea corylifolia</li> <li>19. Aegle marmelos</li> <li>21. Phyllanthus niruri</li> <li>23. Trigonella foenum – grade cum</li> <li>25. Allium sativum</li> <li>27. Corus calamus</li> <li>29. Rauwolfia serpentina</li> <li>31. Terminalia chebula</li> <li>33. Syzygium aromaticum</li> <li>35. Zingiber Officinale</li> </ol>	<ol style="list-style-type: none"> <li>2. Cassia fistula</li> <li>4. Vetiveria zizanioides</li> <li>6. Moscardinacanthia</li> <li>8. Myristica fragrans</li> <li>10. Sesamum indicum</li> <li>12. Punica granatum</li> <li>14. Azadirachta indica</li> <li>16. Piper longum</li> <li>18. Taxus baccata</li> <li>20. Semecarpus anacardium</li> <li>22. Piper nigrum</li> <li>24. Santalum album</li> <li>26. Mimosa pudica</li> <li>28. Asparagus racemose</li> <li>30. Curcuma longa</li> <li>32. Ferula nartex</li> <li>34. Terminalia bellerica</li> </ol>
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#### Textbooks

1. Davidson and Passmore Human Nutrition – Passmore
2. Clinical Dietetics and Nutrition – FP Antia
3. Normal Therapeutic Nutrition – Corinne Robinson
4. Essentials of Food and Nutrition – Swaminathan
5. Sprouts – JD Vaishya Samsthan
6. Science and Art of Food and Nutrition – Herbert Shelton
7. Nutritive Values of Indian Foods – NIN (Hyd)
8. Publications of NIN, Hyderabad
9. Herbs that Heal – HK Bakhru
10. Charaka and Sushruta Samhita
11. Fundamentals of Ayurveda – Mahadev Shastri

**Subject title:** FASTING THERAPY AND DIETETICS (Duration 12 months)

**Subject Code:**

**Fasting therapy and Dietetics Theory Paper:** BNYS 401 T

**Fasting therapy and Dietetics Practical: BNYS401 P**

Total Number of Hours: 250		Theory: 150		Practical: 100	
SCHEME OF EXAMINATION					
Total Marks: 200					
Theory: 130			Practical: 70		
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment	
80	20	30	60	10	

**Goals and Objectives****Goals:**

The goal of teaching Fasting Therapy and Dietetics to undergraduate students is to provide them with comprehensive knowledge of diet management and Fasting therapy and utilization of the same for therapeutic purposes.

**Objectives:****Knowledge:**

After the completion of the course, the student shall be able to:

- Describe definitions and historical highlights of fasting therapy through the centuries, including fasting employed in different religions;
- Classify fasting according to duration, purpose, type, etc;
- Define rules and regulations of fasting to be followed;
- Understand the metabolism of fasting;
- Understand contraindications and indications of fasting in order to efficiently use fasting as a therapy;
- Understanding Calorie Restriction: Concept, Method, Prevailing basic- clinical applied evidence
- Understand the concept of dietetic principles in Naturopathy;
- Understand food combinations and health, including dietary requirements for different age groups, including pregnant and lactating women;
- Describe importance of various components of diet, such as dietary fiber, vitamins, minerals, etc;
- Explain auxiliary concepts of dietetics such as food hygiene, etc.

**Skills:**

After the completion of the course, the student shall be able to:

- Utilize knowledge of fasting therapy and dietetics in managing various diseases;
- Demonstrate usage of therapeutic diets and fasting therapy in promotive, preventive, curative and rehabilitative therapy.

**Integration:**

At the completion of training, the student should be able to integrate knowledge of fasting therapy and dietetics and efficiently utilize the same for therapeutic purposes.

## **THEORY**

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### **PART A: FASTING**

(75 Hrs)

#### **Unit 1: Background of Fasting**

(20 Hrs)

- i. Definition
- ii. Historical highlights
  - a. Indian: According to Vedas, Ayurveda, Epics and other pioneer in Naturopathy
  - b. Western
- iii. Evidence of fasting in animals and its benefits
- iv. Fasting in different religions

#### **Unit 2: Physiology Of Fasting**

(20 Hrs)

- i. Classification of fasting and its effects, limitations, according to
  - a. Duration (Short, long, intermittent, weekly)
  - b. Purpose (Preventive, therapeutic, religious, political)
  - c. Type (Dry, water, juice, mono diet)
- ii. Metabolism of fasting
- iii. Physiological changes of fasting in short, long, intermittent, dry, water, juice (lemon honey, tender coconut, sugarcane juice, alkaline juices, honey water etc.) and mono diet fasting.
- iv. Starvation – pathological features in different organ systems
- v. Difference between hunger and starvation

#### **Unit 3: Practice Of Fasting**

(30 Hrs)

- i. Rules and regulations for administering fasting
- ii. Rules and regulations for selection of patient for fasting
- iii. Hygiene and auxiliaries of fasting
- iv. Sane fasting
- v. Do's and don'ts of fasting
- vi. Preparation of individuals for fasting
- vii. Psychological effects and barriers for fasting
  - a. Crises during fasting therapy and its management
  - b. Significance of enema during fasting and its physiology
  - c. Significance of fasting in fever
  - d. Fasting for preservation of health
  - e. Contraindications and limitations of fasting

#### **Unit 4: Research updates on fasting**

(05 Hrs)

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### **PART B: DIETETICS**

(75 Hrs)

#### **Unit 1: Dietetics in Naturopathy**

(25 Hrs)

- i. Dietetic principles in naturopathy
- ii. Concept of wholesome diet
- iii. Customs and traditions of eating
- iv. Medical values of food
- v. Natural qualities/properties/characters of foods in naturopathy/Ayurveda/ modern nutrition

#### **Unit 2: Raw Diet**

(20 Hrs)

- i. Importance of green vegetables, other vegetables, fruits and ingredients
- ii. Chemical composition of different raw juices and their effects and uses
- iii. Wheat grass, beetroot, cabbage, cucumber, garlic, papaya, mango, pineapple, pumpkins etc

- iv. Comparison with raw and cooked food
- v. Sprouts, nutrition and method
- vi. Dietary fiber and its therapeutic effects

### **Unit 3: Practice of Dietetics**

**(30 Hrs)**

- i. Food combination and health
- ii. Naturopathic hospital dietetics and classification
- iii. Disease management for different diseases
- iv. Food allergies and diet
- v. Seasonal changes
- vi. Dietary requirements for pregnancy, lactation and infancy
- vii. Food hygiene and health
- viii. Methods of cooking – nutrient losses and preservation
- ix. Emotional states and diet

### **PRACTICAL**

- 1. Visits to different diet departments of naturopathy and modern medicine hospitals **(10 Hrs)**
- 2. Menu planning using natural foods and raw diet in general **(20 Hrs)**
- 3. Demonstration of different sprouts **(05 Hrs)**
- 4. Preparation of low-cost balanced diet for different population groups using natural foods **(20 Hrs)**
- 5. Canteen duties at different naturopathy hospitals **(05 Hrs)**
- 6. Visit to different nutrition centers like CFTRI, Mysore, NIN, Hyderabad etc. **(10 Hrs)**
- 7. Study of 20 fasting cases **(20 Hrs)**
- 8. Case studies of 10 with records **(10 Hrs)**

### **Textbooks**

- 1. Fasting for Healthy and Long Life – Carrington
- 2. Fasting Cure – Lakshman Sharma
- 3. Fasting - The Ultimate Diet - Allan Cott
- 4. Mucusless Diet Healing System - Arnold Ehret
- 5. The Fasting Cure (Classic Reprint) - Upton Sinclair
- 6. Fasting Can Save Your Life - Herbert M. Shelton
- 7. Davidson and Passamore Human Nutrition – Passamore
- 8. Clinical Dietetics and Nutrition – FP Antia
- 9. Normal Therapeutic Nutrition – Corinne Robinson
- 10. Essentials of Food and Nutrition – Swaminathan
- 11. Sprouts – JD Vaish *Yoga Samsthan*
- 12. Science and Art of Food and Nutrition – Herbert Shelton
- 13. Nutritive Values of Indian Foods – NIN (Hyderabad)
- 14. Publications of NIN, Hyderabad

**Subject title:** YOGATHERAPY (Duration 12 months)

**Subject Code:**

**Yoga Therapy Theory Paper:** BNYS403 T

**Yoga Therapy Practical:** BNYS403 P

Total Number of Hours: 225		Theory: 125		Practical: 100	
SCHEME OF EXAMINATION					
Total Marks: 200					
Theory: 130			Practical: 70		
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment	
80	20	30	60	10	

**Goals:**

The goal of teaching *Yoga* Therapy to undergraduate students is to provide them with comprehensive knowledge of *Yoga* and the physiological effects of various *yogic* practices and utilization of the same for therapeutic purposes

**Objectives**

**Knowledge:**

After the completion of the course, the student shall be able to:

- Describe the physiological effects of various *yogic* practices like *kriyas*, *asanas*, *pranayama*, *mudras*, *bandhas*, *drishtis*; guided relaxation and Meditation;
- Define rules and regulations of *Yoga* to be followed;
- Understand the therapeutic aspects of *Yoga* as applied to different disease conditions;
- Understand contraindications and indications of *yogic* practices in order to efficiently use *Yoga* as a therapy
- Understand the concept of health and disease in *yogic* lore and role of stress in disease causation and management of the same with *Yoga*;
- Understand importance of food according to *Yoga*;
- Delineate the importance of *Yoga* and mental health;

**Skills:**

After the completion of the course, the student shall be able to:

- Utilise knowledge of *Yoga* therapy in managing various diseases;
- Demonstrate usage of therapeutic aspect of *Yoga* in promotive, preventive, curative and rehabilitative therapy.
- Institute remedial measures in *Yoga* for various disease conditions.

**Integration:**

At the completion of training, the student should be able to integrate knowledge of *Yoga* and efficiently utilize the same for therapeutic purposes.

## **THEORY**

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**Unit-1: Introduction to Yogic Therapy / Basis of yogic Therapy** (5 Hrs)

**Unit-2: Therapeutic effect of Yoga** (30 Hrs)

- i. Role of *Asanas* in curing various diseases
- ii. Specific importance of *Pranayama* in curing various diseases
- iii. Vital role of *Bandhas*, *Mudras*, *Drishtis*, in curing various diseases
- iv. Role of *Shat kriyas* in curing various diseases
- v. Role of general exercises in health and diseases

**Unit-3: Sudarshan Kriya and other modern variants** (5 Hrs)

**Unit-4: Yoga therapy, research papers for** (40 Hrs)

- |                               |                             |
|-------------------------------|-----------------------------|
| a. Cardiovascular diseases    | g. respiratory diseases     |
| b. Psychiatric disorders      | h. Metabolic diseases       |
| c. Musculoskeletal disorders  | i. Ophthalmologic disorders |
| d. Nervous system disorders   | j. Pediatric disorders      |
| e. Gastrointestinal disorders | k. ENT Disorders            |
| f. Hormonal diseases          | l. OBG disorders            |

**Unit-5: Meditation, relaxation and advanced techniques in Yoga** (20 Hrs)

- i. QRT – Quick Relaxation Technique
- ii. IRT – Instant Relaxation Technique
- iii. DRT – Deep Relaxation Technique
- iv. Cyclic Meditation (Self management of excessive tension)
- v. Pranic Energization Technique
- vi. Mind Sound Resonance Technique
- vii. Mind Imagery Technique
- viii. Mastering the Emotions Technique
- ix. Vijnana Sinchana Kaushala
- x. Anandamrita Sinchanam
- xi. *Drishtis*

**Unit-6: Lesson planning and teaching methods in Yoga** (10Hrs)

- i. Teaching methods of *Yoga* to public, students and patients.
- ii. Model lesson planning and adoption of *Yoga* in education system, limitations, *vidhi* and *nishedha* (right and wrong)

**Unit-07: Subtle Energy Medicine** (5 Hrs)

**Unit-09: Yoga and Mental Health:** (5 Hrs)

- i. Total integration of personality,
- ii. Correct mental behavior and attitude,
- iii. Hormonal relationship of body and mind,
- iv. Self-content tranquilizing effect,
- v. Psychology of spiritual growth and spiritual values,
- vi. Reasoning and judgment, pure consciousness, mode of living and disciplined life



**Unit-10: Stress management through *Yoga***

**(5 Hrs)**

**PRACTICAL**

**(100 Hrs)**

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1. LSP
2. QRT, IRT, DRT
3. CM, TM
4. SKY
5. SMET
6. PET, MSRT, MIRT, MEMT, VISAK, ANAMS
7. Therapeutic Yoga

**Reference books:**

1. *Yogic Therapy* – Vinekar
2. *Yogic Therapy* – Garde
3. *Treatment of Common Diseases through Yoga* – Swami Satyananda Saraswati
4. *Seminar on Yoga, Science and Man* – CCRYN, Delhi
5. *Yoga for Healing* – PS Venkateswaran
6. *Handbook of Behavior Modification and Therapy* – Plenum Press
7. *Stress Management Research Papers* – VK *Yoga*, Bangalore
8. All Bihar School of *Yoga* publications

**Subject title:** HYDROTHERAPY AND MUD THERAPY (Duration 12 months)

**Subject Code:**

**Hydrotherapy and Mud Therapy Theory paper:** BNYS404 T

**Hydrotherapy and Mud Therapy:** BNYS404 P

Total Number of Hours: 275		Theory: 175		Practical: 100	
SCHEME OF EXAMINATION					
Total Marks: 200					
Theory: 130			Practical: 70		
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment	
80	20	30	60	10	

### **Goals:**

The goal of teaching Hydrotherapy and Mud Therapy to undergraduate students is to provide them with comprehensive knowledge of treating diseases using water and mud, and the physiological effects of various kinds of such applications, and utilisation of the same for therapeutic purposes

### **Objectives**

#### **Knowledge:**

After the completion of the course, the student shall be able to:

- Describe the properties and chemical composition of water and mud used for therapeutic purposes, physiology of the skin, production of heat and body temperature regulation, which are essential as a foundation for hydrotherapy.
- Illustrate physiological effects of hot and cold water upon the different systems of the body and applications to reflex areas;
- Explain action and reaction mechanisms and physiology, with their effects and uses
- Demonstrate use of water in preservation, acute diseases, chronic diseases
- Show in-depth knowledge of general principles of hydrotherapy, therapeutic applications of water, along with therapeutic actions, indications and contra-indications; and classification of mud, storing of mud, modes of mud treatment, cosmetic uses of mud and research updates in hydrotherapy and mud therapy
- Demonstrate techniques and procedures of various types of hydriatic applications

#### **Skills:**

After the completion of the course, the student shall be able to:

- Utilize knowledge of hydrotherapy and mud therapy in managing various diseases;
- Demonstrate usage of therapeutic aspect of hydrotherapy and mud therapy treatments in promotive, preventive, curative and rehabilitative therapy.
- Institute and evaluate remedial measures in hydrotherapy for various disease conditions in clinical as well as research settings.

#### **Integration:**

At the completion of training, the student should be able to integrate knowledge of hydrotherapy in various diseases and efficiently utilise the same for therapeutic purposes.

### **THEORY**

#### **Unit-1: Basics of Hydrotherapy:**

**(33 Hrs)**

- Introduction and History.
- Physical properties and chemical composition of water.
- Importance of water to the human body.

- d. The skin and its anatomical construction and its functions.
- e. Production of heat and its distribution in the body, regulation of the body temperature, conditions that increase and decrease heat production in the body, body heat and body temperature.

**Unit-2: Physiological effects of water on different systems of the body (26 Hrs)**

- a. General and physiological aspects of heat upon: Skin, Respiration, Circulation, Nervous system and Reflex areas. Heat and its production-dissipation etc, Tactile and temperature sense
- b. General and physiological effects of cold upon: Skin, Respiration, Circulation, Nervous system, GIT, body temperature and its maintenance, circulatory system and Reflex areas..

**Unit-3: Actions and reaction, incomplete reaction, conditions that encourage reaction, internal reaction, thermic reaction, modified thermic reaction (8 Hrs)**

**Unit-4: Therapeutic effects of water: (9 Hrs)**

- a. Place of water in preservation.
- b. Place of water in acute diseases
- c. Place of water in chronic diseases
- d. Magnesium sulphate – use in Hydrotherapy

**Unit-5: General principles of Hydrotherapy (6 Hrs)**

- a. General rules of hydrotherapy
- b. Therapeutic significance of reaction
- c. Adaptation of individual cases
- d. Exaggeration of symptoms under treatment, the untoward effects and how to avoid them
- e. General indications and contra-indications

**Unit-6: Therapeutic actions and use of Hydrotherapy (23 Hrs)**

- a. Classification of Hydriatic effects, general principles – excitation and depression
- b. Primary excitant effects – when to apply and when not to apply
  - i. Local hemostatic effects – hydriatic heart tonics
  - ii. Cardiac effects – Hydriatic heart tonics
  - iii. Uterine excitations, emanegogic effects
  - iv. Vesical excitations
  - v. Intestinal excitation, peristaltic effects
- c. Secondary excitant effects
  - i. Restorative effects
  - ii. Tonic effects of cold water, physiological effects of cold water, cold water vs. medical tonics, application in the following: anemia, neurasthenia, rheumatism, diabetes mellitus, valvular heart diseases
  - iii. Calorific effects
  - iv. Diaphoretic effects
  - v. Importance of attention to the skin in chronic diseases – alternative and qualitative effect – hot baths in Bright's diseases, sweating baths in Dropsy and Obesity. Depurative or Eliminative effects, Toxemia in Rheumatism
  - vi. Expectorant effects
  - vii. Diuretic effects – Bright's Disease, Uremia – eclampsia
  - viii. Atomic dyspepsia, hyperacidity

- ix. Revulsive and derivative effects, fluxion, revulsive methods for combating superficial anemia and for relief of deep congestion method adopted to anemia of deep rooted organs revulsion on analgesic method
- x. Resolvent effects
- d. Sedative effects – general sedatives – local sedatives:
  - Sedatives of circulatory system – antiphlogistic effects, inflammation, pneumonia, pleurisy, other acute disorders
  - Nerve sedatives, hypnotic, calmative, analgesic, anesthetic, antispasmodic, insomnia, chorea, spastic paralysis, exophthalmia, goiter, mania, epilepsy and various painful conditions
  - Anti-thermic and antipyretic effects, relation to heat production and heat elimination to antipyretic methods, principles that govern the application of hydiatic measures for the reduction of temperature in fevers, methods that may be efficiently employed in various morbid conditions accompanied by rise in temperature – suggestions, effects, indications and contraindications
  - Secretory and sedative effects prophylactic use - Cold bathing in infancy and early childhood, cold bathing for adults, cold baths for women, cold baths in old age – precautions

### Unit-7: The Techniques of Hydrotherapy

(46 Hrs)

- i. Water Baths
  - a. Plain water bath
  - b. Cold hip bath
  - c. Kellog's and Kuhne's sitz bath
  - d. Shallow bath – for males and females
  - e. Arm and foot bath
  - f. Graduated bath
  - g. Natural bath
  - h. Non-revulsive bath
  - i. Immersion bath
  - ii. Various baths and air baths
    - a. Russian bath
    - b. Turkish bath
    - c. Steam bath
    - d. Local steam bath
    - e. Steam inhalation
    - iii. Pool therapy
      - a. Introduction
      - b. Principles of treatment part I and part II
      - c. Physiological and therapeutic effects of exercise in warm water
      - d. Indications and contraindications
      - e. Dangers and precautions
      - iv. Douches
        - a. Cold Douche
        - b. Hot Douche
        - c. Neutral Douche
        - d. Alternative Douche
        - e. Underwater Douche
        - f. Contrast Douche
        - g. Horizontal Jet
        - h. Cephalic Douche
        - i. Circular Douche and semi-circular Douche
        - v. Packs and compresses
- j. Cold plunge
- k. Whirlpool bath
- l. Aeration bath
- m. Vichy spray massage
- n. Rapid bath
- o. Brand bath
- p. Fever bath
- q. River bathing
- r. Sea bathing
- f. Hot air bath
- g. Local hot air bath
- h. Super-hot air bath
- i. Cold air bath
- j. Indoor and outdoor bath
- j. Fan Douche
- k. Rain or Shower Douche
- l. Hepatic Douche
- m. Lumbar Douche
- n. Cerebrospinal Douche
- o. Plantar Douche
- p. Percussion Douche
- q. Scotch Douche

- vi. Procedures that increase oxidation
- vii. Measures that encourage general and local metabolic activity
- viii. Procedures that increase general blood movement and local blood supply
- ix. Measures that increase heat production
- x. Measures that increase the elimination of heat
- xi. Measures that combat bacterial development of blood
- xii. Measures that increase/lessen heat elimination
- xiii. Hydratic incompatibility
- xiv. Adoption of hydratic prescription of individual disease
- xv. Hydrotherapy as a means of rehabilitation and health promotion
- xvi. Emergency treatments in Hydrotherapy

#### **Unit-8: Mud Therapy**

**(24 Hrs)**

- i. Introduction to Mud therapy
- ii. Classification of Mud for therapeutic use
- iii. Precautions for storing mud
- iv. Methods of treatment of mud
  - a. Applications
  - b. Packing
  - c. Hot poultices
- v. Effect of Mud on different systems of body
- vi. Types of mud therapy applications
  - a. Natural mud bath
  - b. Full and partial mud packs
  - c. Sand pack and sand baths
  - d. Mud plaster
  - e. Thermal bath
  - f. Dry pack
- vii. Cosmetic uses of mud
- viii. Research updates

## **PRACTICAL**

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1. Demonstration of various therapeutic effects, procedure and treatments in Hydrotherapy during clinical classes at the Hospital **(40 Hrs)**
2. At the end of the Final BNYS course, candidate should be in a position to give treatments independently
3. 5 case documentation of all hydriatic applications **(20 Hrs)**
4. Clinical dissertation on case studies with minimum sample size of 20 patients on one general and two local applications **(40 Hrs)**

### **Text books:**

1. Baths – SJ Singh
2. My Water Cure – Sebastian Kneipp
3. Rational Hydrotherapy – JH Kellogg
4. Healing Clay –Michael Abserra
5. Our Earth Our Cure – Raymond Dextroit

### **Reference:**

1. Handbook of Hydrotherapy – Shew Joel
2. Hydrotherapy in Practice – Davis BC & Harrison RA
3. Medical Hydrology – Sidney Licht

**Subject title:** PHYSICAL MEDICINE & REHABILITATION (Duration 12 months)

**Subject Code:**

**Physical Medicine and Rehabilitation Theory Paper:** BNYS405 T

**Physical Medicine and Rehabilitation Practical:** BNYS405 P

Total Number of Hours: 250		Theory: 150	Practical: 100	
SCHEME OF EXAMINATION				
Total Marks: 200				
Theory: 130			Practical: 70	
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment
80	20	30	60	10

**Goals:**

The goal of teaching Physical Medicine and Rehabilitation to undergraduate students is to provide them with the knowledge and skills needed for utilisation of Physical medicine for therapeutic, rehabilitative purposes

**Objectives**

**Knowledge:**

After the completion of the course, the student shall be able to:

- Define principles of basic physics that act as a foundation for physical medicine
- Describe exercise therapy in detail, including starting positions, movements and their types, muscle strength, joint movement, relaxation, posture, co-ordination, gait, walking aids, neuromuscular facilitation, suspension therapy and their therapeutic applications, including allied modalities like heat treatments and cryotherapy;
- Understand electrotherapy in terms of fundamentals, principles, laws of electricity and magnetism, practical and theoretical aspects of electrotherapeutic applications, such as faradic and galvanic currents, high frequency currents, laser, ultrasound, radiation therapy (IR & UV), TENS and IFT.

**Skills:**

After the completion of the course, the student shall be able to:

- Demonstrate usage of therapeutic applications of physical medicine in promotive, preventive, curative and rehabilitative therapy, focusing on rehabilitation.
- Institute remedial measures in *Yoga* for various disease conditions.

**Integration:**

At the completion of training, the student should be able to integrate knowledge of various treatments used in Physical Medicine and efficiently utilise the same for rehabilitative and therapeutic purposes.

**THEORY**

**PART A: EXERCISE THERAPY**

**(90 Hrs)**

**Unit-1: Introduction to exercise therapy**

**(8 Hrs)**

- Basic Physics in Exercise Therapy

- a. Mechanics: Force, gravity, line of gravity, center of gravity in human body, base, equilibrium, axes and planes
- b. Mechanical Principles: lever, order of lever, examples in human body, pendulum, spring
- ii. Starting positions: Fundamental starting positions, derived positions, muscle work for all the fundamental starting positions

**Unit-2: Classification of movements, Relaxation techniques (20 Hrs)**

- i. Voluntary movements
- ii. Involuntary movements
- iii. Active movements
- iv. Passive movements
- v. Joint movement: Classification of joint movements causes restriction of joint movement, prevention of restriction of joints range of movement, principles of mobilization of joint in increasing the range of motion. Technique of mobilization of stiff joints.
- vi. Relaxation: Techniques of relaxation, Principles of obtaining relaxation in various positions

**Unit-3: Neuromuscular facilitation, Muscle strength (10 Hrs)**

- i. Proprioceptive Neuromuscular facilitation techniques, functional reeducation
- ii. Muscle strength: Anatomy and physiology of muscle tissue, causes of muscle weakness/paralysis, types of muscle work and contractions, range of muscle work, muscle assessment, Principles of muscle strengthening/reeducation, early reeducation of paralyzed muscles

**Unit-4: Coordination exercises, Postures, Gait (12 Hrs)**

- i. Coordination exercises: Definition of coordinated movements, in coordinated movements, Principles of coordinated movements, technique of coordination exercise
- ii. Posture: types, factors responsible for good posture, factors for poor development of posture
- iii. Gait: Analysis of normal gait with muscles work, various pathological gaits
- iv. Crutch gait: introduction, crutch measurement, various types of crutch gait in detail

**Unit-5: Suspension therapy, Therapies in sports medicine (10 Hrs)**

- i. Suspension therapy: Principles of suspension, types of suspension therapy, effects and uses of suspension therapy with their application either to mobilize a joint to increase joint range of motion or increase muscle power, explaining the full details of the components used for suspension therapy
- ii. Myofascial Release Therapy and related therapies used in Sports Medicine

**Unit-6: Therapeutic applications (30 Hrs)**

**PART B: ELECTROTHERAPY (60Hrs)**

**Unit-6: Fundamentals of electrotherapy (15 Hrs)**

- i. Electrical fundamentals
  - a. Physical principles
  - b. Structure and properties of matter
  - c. Molecular atom, proton, neutron, electron, ion etc
- ii. Electrical energy
  - a. Nature of electricity current



- b. Static electricity
- c. Electric potentials generated by cell
- iii. Ohm's Law and Joule's Law
- iv. Magnetic energy
  - a. Nature and property of a magnet
  - b. Magnetic induction
- v. Electromagnetic induction
  - a. Principle and working of choke
  - b. Coil
  - c. Transformer
- vi. Semiconductor- Diode and Triode
- vii. Valves
- viii. Principles of working in a capacitor
  - a. Details of charging and discharging etc.
- ix. Transistors
- x. Measurement of current intensity
- xi. EMS and power
- xii. Moving coil millimeter and voltmeter
- xiii. Low frequency currents
  - a. Nature and principles of production of muscles stimulating currents
  - b. Types of low frequency currents used for treatment
  - c. Therapeutic electric stimulation
  - d. Ionotophoresis
  - e. Phonophoresis
- xiv. Faradic and Galvanic currents

- c. Shaw rule
- d. Maxwell's corkscrew rule
- d. Rectification of AC to DC
- e. Metal oxide rectifier

#### **Unit-7: Preparation and treatment techniques**

**(15 Hrs)**

- xv. Preparation for electrotherapy
  - a. Preparation of apparatus
- xvi. Patient treatment technique
  - a. Stimulating muscles of extremity, back and face through the motor points
- xvii. High frequency current treatments
  - a. Physics of high frequency currents
  - b. Principles
  - c. Biophysics of heat physiology and cold.
  - d. Production, physiological and therapeutic effects and uses.
  - e. Technique of treatment, dangers and precautions, contraindications of: Ultrasonic therapy

#### **Unit-8: Principles of radiation therapy**

**(20 Hrs)**

- xviii. Physics of radiation therapy
  - a. Introduction
  - b. Laws governing radiation: Production, physiological and therapeutic effects, uses, techniques of treatment, dangers and precautions, contraindications etc. of: IRR therapy and UV therapy
  - c. Basic principles of TENS and IFT
  - d. Laser Therapy

#### **Unit-9: Wax therapy**

**(10 Hrs)**

- xix. Physics of wax therapy
- xx. Physiological and therapeutic effects and uses
- xxi. Techniques of application

#### **PRACTICAL ELECTROTHERAPY**

**(50 Hrs)**

- i. Interrupted/modified DC

**(20 Hrs)**

- a. Stimulation of muscles directly
- b. Diagnostic tests:
  - FG test
  - SD curve
  - Fatigue test
- c. Uses of surged Faradism and interrupted Galvanism in various peripheral nerve lesions
  - Neuropraxia
  - Axonotmesis
  - Neurotmesis
- ii. High Frequency current treatment **(30 Hrs)**
  - a. UV radiation: Setting up of apparatus selection of lamps technique of application of UVR for various conditions like test dose, general body bath, acne vulgaris, alopecia areata and tota
  - b. Ulcers, psoriasis, rickets and general debility patients.
  - c. Ultrasonics: Setting up of apparatus, selection of dose, and technique of application of various conditions and to various parts of the body.
  - d. Laser – setting up apparatus including selection of method, technique, preparation of patient, checking contraindications, application for various conditions and parts of the body.

### **PRACTICAL EXERCISE THERAPY**

**(50 Hrs)**

- i. Demonstration and practice of active and passive movements **(6 Hrs)**
- ii. Demonstration and practice of putting suspension to shoulder joint and elbow joint in upper limbs, hip and knee joints in lower limbs for all movements. Demonstration of total suspension. **(8 Hrs)**
- iii. Muscle strength: Demonstration and practice of strengthening, reeducation of weak/paralyzed muscles of both upper and lower extremity, individual group muscles, abdominal muscle exercises **(8 Hrs)**
- iv. Joint movement: Demonstration and practice of techniques to improve joint range of motion of hip joint, knee joint, ankle and foot, shoulder, elbow joint, radio- ulnar joint, wrist, etc. **(6 Hrs)**
- v. Demonstration and practice of free exercise to improve joint range of motion (Small joint, Ex: Hand, fingers, toes, etc). Demonstration and practice of all crawling exercises, faulty posture, correcting techniques etc. **(4 Hrs)**
- vi. Demonstration of various pathological gaits. **(4 Hrs)**
- vii. Measurement of crutches, walking aids, strengthening muscles, crutch balance, demonstration and practice of all crutch gaits. **(4 Hrs)**
- viii. Breathing exercises: Demonstration and practice of diaphragmatic breathing, localized expansion exercises. **(4 Hrs)**
- ix. Passive stretching: Techniques of passive stretching to sternomastoid muscle, shoulder abductors, elbow flexors, supinator, wrist and finger flexors in upper limbs, passive stretching to hip flexors, adductors, iliotibial band, tensor fascia lata, quadriceps, knee flexors, tendoachilles, etc. **(6 Hrs)**

### **Reference Books**

1. Principles of Exercise therapy – Dina Gardiner
2. Tidy's Physiotherapy
3. Cash's Textbook of Physiotherapy
4. Clayton's Electrotherapy

**Subject title:**CLINICAL NATUROPATHY (Duration 12 months)

**Subject Code:**

**Clinical Naturopathy Theory Paper:** BNYS407 T

**Clinical Naturopathy Practical:** BNYS407 P

Total Number of Hours: 300		Theory: 200	Practical: 100	
SCHEME OF EXAMINATION				
Total Marks: 200				
Theory: 130			Practical: 70	
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment
80	20	30	60	10

**Goal:**

The goal of teaching Clinical Naturopathy to undergraduate students is to train them to provide well integrated clinical service in Naturopathy.

**Objectives**

**Knowledge:**

After the completion of the course, the student shall be able to:

- Illustrate decision making in Naturopathy;
- Understand the basic principles of screening and prevention of disease;
- Comprehend the scope of practice- patterns of use, fields of practice, regulations, limitations;
- Understand the concept of healing and disease crises and management of the same.
- Understand the pathogenesis of the disease in Naturopathy basis and preventive measures of the same;
- Create a specific module of therapy for the particular patient with varied presentations.

**Skills:**

After the completion of the course, the student shall be able to:

- Apply his /her knowledge of clinical Naturopathy in managing various diseases;
- Demonstrate usage of therapeutic aspect of clinical Naturopathy in curative and rehabilitative therapy;
- Utilize his/ her knowledge of clinical Naturopathy for prevention of disease and promotion of health;

**Integration:**

At the completion of training, the student should be able to integrate knowledge of clinical Naturopathy and efficiently utilise the same for therapeutic purposes.

## **THEORY**

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### **Unit-1:**

- I. Good Clinical Practice (3 Hrs)
  - a. Guidelines and Standards
- II. Healing crisis and Disease crisis (6 Hrs)
- III. Decision-making in Naturopathy (3 Hrs)
- IV. Screening and Prevention of Disease (8 Hrs)
  - a. Basic principles of screening
  - b. Basic Principles of prevention
- V. Scope of practice (6 Hrs)
  - a. Patterns of use
  - b. Fields of practice
  - c. Regulations
  - d. Limitations

### **Unit-2: Dictum of cure in Naturopathic medicine (10 Hrs)**

- a. Identify and remove the root cause
- b. Eliminate the toxins
- c. Supplement of the vital energy or nerve energy

### **Unit-3 : Naturopathic Pathophysiology (12 Hrs)**

### **Unit-4: Approach to the patient in Naturopathic medicine with: (40 Hrs)**

- a. Skin disease
- b. Cardiovascular disease
- c. Disease of respiratory system
- d. Gastrointestinal disorders
- e. Liver and pancreatic disease
- f. Articular and musculoskeletal disorder
- f. Neurological disease
- g. Renal disorders
- h. Endocrine disorders
- i. Menstrual disorders
- j. Cancer

### **Unit-5: Naturopathic prescription-making and algorithmic line of management for the following condition. (50 Hrs)**

Abscess, Acid-Peptic Disease, Acne, Acute Abdomen, AIDS, Aging, Allergies, Alopecia, Alzheimer's disease, Anal fissures, Anemia, Anorexia nervosa, Anxiety disorders, Appendicitis, Arthritis – OA & RA, Asthma, ADD/ADHD, Back pain, Bronchitis, Bruise, Bursitis, Dental caries, Cardiovascular disease, Cerebrovascular disease, Chlamydia, Chloasma (Age spots), Chronic fatigue syndrome, Cirrhosis, Common cold, Colic, Colitis, Nasal congestion, Conjunctivitis, Constipation, Crohn's disease, Cuts (cuts, wounds and scratches), Cyst, Cystitis, Dandruff, Deep vein thrombosis, Clinical depression, Dermatitis, Diabetes, Diarrhea, Diverticulitis, Duodenal ulcer, Dysmenorrhea, Dyspepsia, Diabetes mellitus, Earwax blockage, Eczema, Edema, Emphysema, Endometriosis, Epilepsy, Erectile dysfunction, External otitis, Fainting, Fatigue, Fever, Fibromyalgia, Flatulence, Flu, Folliculitis, Food poisoning, Gallstones, Gastroenteritis, Gingivitis, Goiter, Gout, Halitosis, Headache, Heat stroke, Hemorrhoids, Hepatitis, Hernia, Herpes (genital), Obesity, Oligo menorrhea, Ovarian cyst, Parkinson's disease, PID, Phlebitis, PMS, Postnasal drip, Pressure Ulcers, PTSD, Rashes (hives), Raynaud's disease, Sciatica, Seasonal Affective Disorder, Seizure disorder, Sinusitis, Snoring, Sore throat, Scoliosis, Sprains.

### **Unit-6 :Naturopathy in management of**

I.	Management of pain	(12 Hrs)
●	Pain sensory systems	
●	Chronic pain	
●	Types of pain	
a.	Chronic discomfort and palpitation	
b.	Abdominal pain	
c.	Headache	
d.	Back, neck pain	
II.	Fever, hyperthermia, fever with rashes	(8 Hrs)
III.	Hypothermia & frostbite	(4 Hrs)
IV.	Syncope, faintness, dizziness, vertigo	(4 Hrs)
V.	Sleep disorders	(6 Hrs)
VI.	Dyspnea, cough	(3 Hrs)
VII.	Edema	(2 Hrs)
VIII.	Dysphasia, nausea, vomiting and indigestion	(4 Hrs)
IX.	Diarrhea, constipation	(2 Hrs)
X.	Anorexia, Weight loss	(3 Hrs)
XI.	Sexual dysfunction	(3 Hrs)
XII.	Naturopathy in Pregnancy	(2 Hrs)
XIII.	Naturopathy in Pediatrics	(3 Hrs)
XIV.	Naturopathy in Geriatrics	(3 Hrs)

**Unit7 -Important modes and methods for natural rejuvenation (3 Hrs)**

**Note:** Apart from the above-listed conditions, other clinical conditions may be discussed but the above-listed conditions are mandatory.

## **PRACTICAL**

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1. Case-history taking, documentation and complete management protocol of at least 30 cases. (50Hrs)
2. Clinical dissertation on any one disease involving multiple patients. (50Hrs)

### **Textbooks:**

1. Clinical Naturopathy: An Evidence-Based Guide to Practice-Jerome Sarris, Jon Wardle
2. Clinical Naturopathic Medicine - Leah Hechtman
3. The Clinician's Handbook of Natural Medicine - Joseph E. Pizzorno Jr.
4. Fasting-The Ultimate Diet - Allan Cott
5. Mucusless Diet Healing System - Arnold Ehret
6. The Fasting Cure (Classic Reprint) - Upton Sinclair
7. Fasting Can Save Your Life - Herbert M. Shelton

**Subject title:** RESEARCH METHODOLOGY & RECENT ADVANCES (Duration 12 months)

**Subject Code:**

**Research Methodology and Recent Advances Theory Paper:** BNYS408 T

**Research Methodology and Recent Advances Practical:** BNYS408 P

Total Number of Hours: 150		Theory: 100	Practical: 50	
SCHEME OF EXAMINATION				
Total Marks: 200				
Theory: 130			Practical: 70	
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment
80	20	30	60	10

**Goal:**

The goal of teaching Research Methodology and Recent advances to undergraduate students is to provide them with the latest updated scientific, knowledge in the field of Naturopathy and *Yoga* and introduce them to research methodology.

**Objectives**

**Knowledge:**

After the completion of the course, the student shall be able to:

- Describe research methodology under process, materials and methods, design of a study, literature review, ethics, sampling, measurement tools, data organisation, statistics, data analysis, reliability and validity, etc, and implement this knowledge in practically designing, conducting, evaluating and publishing a study.
- Illustrate statistics and probability theory;
- Use technological aids for preparing research reports;
- Demonstrate knowledge about inter-disciplinary research

**Skills:**

After the completion of the course, the student shall be able to:

- Prepare a research study, conduct, evaluate and publish it
- Interpret research findings and analyze whether data is significant or not;

**Integration**

At the completion of training, the student should be able to integrate knowledge of clinical Naturopathy and *Yoga* with skills in research methodology to conduct and publish research studies in the field, to help shift the basis of Naturopathy and *Yoga* to an evidence-based science.



## **THEORY**

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### **Unit-1: Research Methodology (10 Hrs)**

- i. The research processes. Methodology and methods.
- ii. The design of a study.
- iii. Literature review.
- iv. Ethics of research.
- v. Types of common designs. Their advantages and disadvantages.
- vi. Sampling.

### **Unit-2: Experimental methods & Descriptive statistics (20 Hrs)**

- i. The experimental and quasi-experimental methods. Correlation studies.
- ii. Measurement tools: Observations, questionnaires, and others.
- iii. Data organization in Excel and SPSS.
- iv. Descriptive statistics: Measures of central tendency, measures of dispersion. Correlation coefficients.
- v. Graphical representations of data: Simple graphs, the box and whiskers plot.
- vi. Reliability. The different ways of measuring reliability.
- vii. Validity. Types of validity.

### **Unit-3: Inferential Statistics and Probability Theory (25 Hrs)**

- i. Inferential statistics – populations and samples.
- ii. Elementary concepts in probability theory
- iii. The normal distribution. Z-values and probability
- iv. Calculating probabilities when population parameters are known.

### **Unit-4: Research Reports (15 Hrs)**

- i. Microsoft word, excel and power point.
- ii. Reading research reports
- iii. Writing research reports
- iv. Presentations

### **Unit-5: Other streams (30 Hrs)**

- i. Inter-Disciplinary Research
- ii. Introduction to research in Management studies
- iii. Introduction to research in Education, History, and Anthropology.
- iv. Introduction to research in social studies and Humanity.
- v. Introduction to research in Linguistics
- vi. Introduction to research in Jurisprudence.
- vii. Introduction to research in science and technology

## PRACTICAL

1. Dissertation on any one research study (basic or clinical with sample size of minimum (10). Presentation of dissertation. (20Hrs)
2. Research paper interpretation and presentation (20Hrs)
3. Single case study from hospital (10Hrs)

### Textbooks:

1. Kothari, C.R.: Research Methodology, Methods and Techniques (VishwaPrakashan, New Delhi, 1985)
2. Telles, S.: Research Methods (Swami Vivekananda Yoga Prakashan, Bangalore)

### References:

1. Robin Monro: *Yoga research bibliography scientific studies on Yoga and meditation* (Yoga Biomedical Trust, England 1989)
2. Michael H. Cohen: *Complementary and Alternative Medicine: Legal Boundaries and regulatory Perspectives* (Paperback - Aug 19, 1997)
3. Jerrold H. Zar: *Biostatistical Analysis* person education.
4. Russell A. Jones: *Research Methods in the Social and behavioral science* (Sinauer Associates, Saunderland's Massachusetts)
5. A.K. Singh: *Tests, Measurements and Research Methods in Behavioral Sciences* (BharatiBhavan Publishers)
6. J.N.S. Matthews: *An introduction to randomized controlled clinical trials* (Arnold, London)
7. J.S.P. Lumley: *Research: - Some Ground Rules* W. Benjamin (Oxford University Press)
8. Herman J. Ader: *Research Methodology in the life, behavioral and social Sciences* Gideon J. Mellebeegh (SAGE Publications).

**Subject title:** OBSTETRICS AND GYNECOLOGY (Duration 12 months)

**Subject Code:**

**Obstetrics and Gynecology Theory Paper:** BNYS402 T

**Obstetrics and Gynecology Practical:** BNYS402 P

<b>Total Number of Hours:</b> 250	<b>Theory:</b> 150	<b>Practical:</b> 100
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SCHEME OF EXAMINATION				
<b>Total Marks: 200</b>				
<b>Theory: 130</b>			<b>Practical: 70</b>	
<b>Final Theory Exam</b>	<b>Internal Assessment</b>	<b>Viva Voce</b>	<b>Final Practical Exam</b>	<b>Internal Assessment</b>
80	20	30	60	10

## Goals and Objectives

### Goal:

The goal of teaching Obstetrics and Gynecology to undergraduate students is to provide them with the comprehensive knowledge of anatomy, physiology and pathophysiology of the reproductive system and gain the ability to optimally manage common problems.

### Objectives

#### Knowledge:

After the completion of the course, the student shall be able to:

- Delineate the anatomy, physiology and pathophysiology of the reproductive system and the common conditions affecting it;
- Detect normal pregnancy, labor, and puerperium.
- Elucidate the leading causes of maternal and perinatal morbidity and mortality.
- Understand the principles of contraception and various methods employed, methods of medical termination of pregnancy, sterilization, and their complications.
- Recognize the use, abuse and side effects of drugs in pregnancy, pre-menopausal and post-menopausal periods;
- Explain the National Programs of Maternal and Child Health and Family Welfare and their implementation.
- Assess different gynecological diseases and describe principles of their management.
- Explain the indications, techniques and complications of procedures like Caesarean section, laparotomy, abdominal and vaginal hysterectomy, and vacuum aspiration for Medical Termination of Pregnancy (MTP).

#### Skills:

After the completion of the course, the student shall be able to:

- Examine a pregnant woman, recognize high risk pregnancies and make appropriate referrals; and perform pelvic examination, diagnose common gynecological problems including early detection of malignancies;
- Recognize complications of delivery and provide postnatal care; and Recognize congenital anomalies of newborn;
- Advise a couple on the use of various available contraceptive devices;
- Interpret data of investigations like biochemical, histopathological, radiological, ultrasound etc.

#### Integration:

At the completion of training, the student should be able to integrate knowledge of Obstetrics and Gynaecology to manage related ailments and educate masses on family planning norms

## THEORY

### Unit-1: Obstetrics - Anatomy and Physiology

(32 Hrs)

- i. Basic Anatomy and Physiology
  - a. Anatomy and Physiology of female reproductive organs and pelvis
  - b. Maturation and fertilization of ovum
  - c. Development of placenta

- d. Embryology of uterus
- ii. Physiology of pregnancy
  - a. Maternal changes due to pregnancy
  - b. Diagnosis of pregnancy
  - c. Differential diagnosis of pregnancy
  - d. Fetus in normal pregnancy
  - e. Antenatal care
- iii. Physiology of labor
  - a. Causation and stages of labor
  - b. Mechanism of labor
  - c. Conduct of normal labor
- iv. Physiology puerperium
  - a. Phenomena of normal puerperium
  - b. Care of puerperium
  - c. Care of new born child

## Unit-2: Pathology

(35 Hrs)

- i. Pathology of pregnancy
  - a. Hyperemesis Gravidarum
  - b. Venereal diseases
  - c. Anemia in pregnancy
  - d. Diseases of the urinary system
  - e. Diabetes in pregnancy
  - f. Diseases and abnormalities of fetal membranes and placenta
  - g. Abortion
  - h. Ectopic pregnancy
  - i. Ante-partum hemorrhage
  - j. Placenta Previa
- ii. Pathology of labor
  - a. Occipito-posterior position
  - b. Breech presentation
  - c. Prolapse of the cord, compound presentation
  - d. Multiple pregnancy
  - e. Contracted pelvis
  - f. Management of labor in contracted pelvis
  - g. Complications of 3rd stage of labor
- iii. Affection of new-born
  - a. Asphyxia Neonatorum
  - b. Pre-term baby
  - c. Congenital malformations
- iv. Obstetrical operations
  - a. Forceps
  - b. Caesarean section
  - c. Induction of abortion and labor
- v. Pathology of Puerperium – Puerperal infections

## Unit-3: Miscellaneous

(8 Hrs)

- a. Perinatal mortality and maternal mortality
- b. Post-dated pregnancy
- c. Placenta insufficiency

- d. Control of contraception
- e. Medical termination of pregnancy
- f. Pre-term labor
- g. Ultrasonography in Obstetrics

**Unit-4: Applied aspects in Obstetrics (9 Hrs)**

- a. *Yoga* and Naturopathy for Healthy parenthood
- b. Antenatal and postnatal care through *Yogic* methods
- c. Antenatal and postnatal care through Naturopathic modalities
- d. Antenatal and postnatal care through general exercises
- e. Antenatal and postnatal care through Hydrotherapy
- f. Natural diet during pregnancy and lactation.

**Unit-5: Gynecology - Anatomy and Physiology (4 Hrs)**

- i. Anatomy of the female pelvic organs
  - a. External genitalia
  - b. Internal genitalia
  - c. Female urethra
  - d. Urinary bladder
  - e. Ureter
  - f. Rectum and Anal canal
  - g. Pelvic muscles
  - h. Pelvic fascia and cellular tissue
- ii. Blood vessels, lymphatic drainage and innervations of pelvic organs
  - a. Pelvic blood vessels, lymphatics and nerves

**Unit-6: Menstruation and Menopause (6 Hrs)**

- i. Puberty and Menopause
- ii. Neuroendocrinology in relation to reproduction
- iii. Menstruation

**Unit-7: Examination of a gynecological patient and the diagnostic aids (4 Hrs)**

- a. History and examination
- b. Ancillary aids
- c. Cytology
- d. Colonoscopy

**Unit-8: Pathology (22 Hrs)**

- i. Pelvic infection
  - a. Defense of the genital tract
  - b. Acute pelvic infection
  - c. Chronic Pelvic Infection
  - d. Genital tuberculosis
- ii. Sexually transmitted diseases
- iii. Infections of the individual pelvic organs
  - a. Vulva
  - b. Bartholin's gland
  - c. Vagina
  - d. Cervix
  - e. Endometrium
  - f. Fallopian tubes
  - g. Ovary
  - h. Parametrium
- iv. Dysmenorrhea and other disorders of menstrual cycles
  - a. Dysmenorrhea
  - b. Dysfunctional uterine bleeding
- v. Displacement of the uterus
  - a. Retroversion
  - b. Prolapse
  - c. Chronic inversion
- vi. Infertility
  - a. Causes
  - b. Investigations
  - d. Assisted reproductive techniques
  - e. Counseling techniques

- c. Treatment
- vii. Benign lesions of the vulva and vagina
  - a. Vulval epithelial disorders and ulcers
  - b. Vulval and vaginal cysts
- viii. Benign lesions of the cervix
- ix. Benign lesions of the uterus
  - a. Fibroids
  - b. Polyps
- x. Benign lesions of the ovary
- xi. Ovarian neoplasm
- xii. Endometriosis and adenomyosis
- xiii. Premalignant lesions
  - a. Vulva
  - b. Vagina
  - c. Cervix
  - d. Endometrium
- xiv. Genital malignancy
  - a. Cervical
  - b. Endometrial
  - c. Gestational trophoblastic neoplasia
  - d. Ovarian
- xv. Urinary problems in gynecology
  - a. Anatomy of the urethra-vesical unit
  - b. Genuine stress incontinence
  - c. Overflow incontinence
  - d. Retention of urine
  - e. Urinary tract infections
- xvi. Genital fistulae
  - a. Genito-urinary
  - b. Recto-vaginal
- xvii. Amenorrhea
  - a. Physiological
  - b. Primary and Secondary

#### **Unit-9: Contraception, Special problems and Operative gynecology**

**(16 Hrs)**

- i. Contraception
  - a. Barrier methods
  - b. Natural
  - c. IUCD
  - d. Steroidal
  - e. Emergency
  - f. Sterilization
- ii. Special problems
  - a. Abnormal vaginal discharge
  - b. Pruritis vulvae
  - c. Pelvic pain
  - d. Postmenopausal bleeding
  - e. Low backache
  - f. Breast in gynecology
  - g. Vaginismus
  - h. Dyspareunia
  - i. Hirsutism
  - j. Galactorrhea
- iii. Operative gynecology
  - a. Postoperative care
  - b. Dilation of cervix
  - c. Dilation and curettage
  - d. Dilation of and insufflation
  - e. Hystero-salpingography
  - f. Cervical biopsy
  - g. Cryosurgery
  - h. Perineoplasty
  - i. Amputation of cervix
  - j. Abdominal hysterectomy
  - k. Vaginal hysterectomy
- iv. Endoscopic surgery in gynecology
  - a. Laparoscopy
  - b. Hysteroscopy

#### **Unit-10: Applied aspects of gynecology**

**(14 Hrs)**

- a. Role of Naturopathy and *Yoga* in Gynecology

- b. Water treatments for gynecological disorders.

### **PRACTICAL**

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1. History taking of antenatal and gynecological cases **(5 Hrs)**
2. Demonstration of physical examination of antenatal and postnatal gynecological cases **(25 Hrs)**
3. Demonstration of conductive labor, normal delivery and use of minor instruments during delivery. **(20 Hrs)**
4. Demonstrations of instruments like Sim's speculum, Cusco's bivalve self-training vaginal speculum, Cervical dilators, Anterior vaginal wall retractor, Uterine curette **(20 Hrs)**
5. Specimens
6. X ray, US, and CT plates **(5 Hrs)**
7. Case-history writing of antenatal and gynecological cases **(5 Hrs)**
8. Demonstration of underwater delivery and painless delivery using acupuncture desired. **(20 Hrs)**

### **Textbooks**

2. Clinical Obstetrics – Mudaliar and Menon
3. Textbook of Obstetrics and Gynecology – CS Dawn
4. Shaw's Gynecology
5. Textbook of Obstetrics and Gynecology – Dutta.

**Subject title:** (Duration 12 months)

**Subject Code:**

**First Aid and Emergency Theory Paper:** BNYS406 T

**First Aid and Emergency Practical:** BNYS406 P

Total Number of Hours: 150		Theory: 100	Practical: 50	
SCHEME OF EXAMINATION				
Total Marks: 200				
Theory: 130			Practical: 70	
Final Theory Exam	Internal Assessment	Viva Voce	Final Practical Exam	Internal Assessment
80	20	30	60	10

**Goal:**

The goal of teaching First Aid and Emergency Medicine to undergraduate students is to provide them with the skills and knowledge required to manage medical emergencies efficiently.

**Objectives:**

**Knowledge:**

After the completion of the course, the student shall be able to:

- Illustrate working knowledge about Golden hour
- Describe quick assessment and recognition of emergency conditions;
- Demonstrate specific first aid measures and emergency treatments used for handling emergency cases before and after diagnosis of the condition;

**Skills:**

After the completion of the course, the student shall be able to:

- Demonstrate usage of first aid procedures in various emergency situations
- Describe assessment of emergencies and treatment of the same with suitable procedures.
- Possess the knowledge and skills to perform Basic Life Support procedures in the Golden Hour.
- Able to assess the severity of an emergency condition so as to act in accordance and take necessary steps to prevent further complications.

**Integration:**

At the completion of training, the student should be able to effectively use his/her knowledge of assessment and management of medical emergencies in his/her professional practice.



## **Part A: First Aid**

### **Unit-1: Principles of First Aid & Resuscitation Techniques.**

**(10 Hours)**

- i. General principles of first aid - definition, principles, responsibilities and golden rules
- ii. Resuscitation techniques – Basic Life Support (BLS), mouth to mouth ventilation, artificial ventilation, Sylvester method, Advanced Cardiac Life Support (ACLS), Transportation and handling of patients.

### **Unit-2: General principles of treatment**

**(10 Hours)**

- i. Unconsciousness - general principles of treatment & recovery position
- ii. Head injury, Syncope, Epilepsy, febrile convulsions
- iii. Asphyxia, Aspiration, drowning, suffocation and strangulation

### **Unit-3: Injuries & Dressings**

**(10 Hours)**

- i. Road accidents, chest injury, blast injury, crush injury
- ii. Hemorrhage, bleeding & Shock
- iii. Fractures, sprains and strains
- iv. Wounds – Bandages & dressing and slings

### **Unit-4: Bites & Environmental Hazards**

**(10 Hours)**

- i. Poisoning, Dog bite, snakebite, scorpion bite and bee sting
- ii. Effect of temperature, sunburn, hypothermia, frostbite, heat exhaustion, heat stroke, Burns and scalds, electrical injuries.

## **Part B: Emergency Medicine**

### **Unit-5: Cardiovascular Emergencies**

**(10 Hours)**

Basic Life Support [BLS], Advanced Cardiac Life Support [ACLS] – Cardiac Arrest, Cardiogenic Shock, Acute Myocardial Infarction and Cardiac Arrhythmias, Hypertensive Emergencies, Cardiac Tamponade.

### **Unit-6: Respiratory Emergencies**

**(10 Hours)**

Acute Respiratory Failure, Status Asthmaticus, Spontaneous Pneumothorax and Hemoptysis, Pneumonia, ARDS.

### **Unit-7: Gastrointestinal Emergencies**

**(10 Hours)**

Acute Gastroenteritis, Perforated Peptic Ulcer, Hematemesis, Hepatic Pre-Coma & Coma, Acute Pancreatitis.

### **Unit-8: Neurological Emergencies**

**(10 Hours)**

Management of an unconscious Patient, Cerebrovascular Catastrophes – Embolic, Hemorrhagic and Convulsions & Status Epilepticus, GBS, TIA.

### **Unit-9: Renal Emergencies**

**(10 Hours)**

Renal System: Acute Renal Failure, Renal Colic, Hematuria, Hyperkalemia, Hypokalemia, Hyponatremia, Hyponatremia

**Unit-10: Endocrinological Emergencies****(10 Hours)**

Hypoglycemia, Diabetic Ketoacidosis, Myxedema Coma, Thyrotoxic Crisis & Adrenal Crisis, Hypercalcemia, Hypocalcemia.

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**PRACTICALS**


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- |   |                   |
|---|-------------------|
| 1. History taking and physical examination of cases   | <b>(10 Hours)</b> |
| 2. Case sheet writing in different general cases (25)   | <b>(10 Hours)</b> |
| 3. Demonstration of equipment and instruments used for investigation in modern diagnostics  | <b>(15 Hours)</b> |
| 4. Demonstration tour of an ultra-modern super specialty hospital to see the latest techniques management of emergency conditions | <b>(15 Hours)</b> |

**Text books:**

1. Hutchison's Clinical Methods
2. Manual of Clinical Methods – PS Shankar
3. First Aid – Red Cross Society
4. First Aid – St. John Ambulance Association
5. First Aid – LC Gupta
6. Bailey and Love's Short Practice of Surgery
7. Harrison's Principle of Internal Medicine
8. Davidson's Principle and Practice of Medicine
9. Emergency Medicine – S N Chugh, Ashima Chugh
10. Medical Emergency, Diagnosis and Management

### MSc YT

**Subject Name:** Yoga practice for personality development

**Subject code:** MSYTP102

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 4</b>			
<b>Examination weightage:</b>			
Unit-1 12Hrs 20Marks	Unit-2 12Hrs 20Marks	Unit-3 12Hrs 20Marks	Unit-4 12Hrs 20Marks
Unit-5 12Hrs 20Marks			

### **Goal and Objectives**

#### **Goal:**

The goal of teaching is to personality development to postgraduate students is to provide them with practical knowledge about the techniques used to personality development and thus can be used as a tool for the management of various psychosomatic ailments

#### **Objectives**

#### **Knowledge:**

After the completion of this course, the student shall be able to:

- Develop good physique
- Understand the importance of the games
- Harmonize value system featured by love, co-operation, bliss and health.
- Gain mastery over physical stamina and reduce ego and develop self-confidence

#### **Skills:**

After the completion of the course, the student shall be able to:

- Play Yogic games
- Understand about the games
- Convince mankind to develop all-round personality development
- To bring love, harmony, peace and bliss.
- To develop group awareness.
- To develop stamina and strength.

#### **Study outcome:**

One will strengthen their AnandamayaKosa. Improve awareness, communication skills, creativity, dexterity, coordination, team spirit, stamina, flexibility, initiative, speed, alertness, IQ and memory.

(Students will be asked to teach PDC children by assigning one group of children for two students and make them play during their games hour)

**Unit -1:**

**(Play tuned to AnandamayaKosa. After each unit students will be asked to introduce the game to their classmates)**

**Awareness Games****[6Hours]**

Introduction, Kendra says, Bomb blast, Pincho, Raja- Ram-Rawan, Ram-Shyam, Om, This is my nose, Man-Gun-Tiger, Brother where are you, complete the figure, chaos Musical Chair.

**Coordination Games****[3Hours]**

Mandalkho, Threelegged race, Locking and unlocking, LokaSangraha, Passing hankey under the leg, Fish scooping

**Stamina Games****[3Hours]**

Frog touch, Elephant touch, Train race, touching with pairs, Hanuman fight, Om circumlocution

**Unit – 2:**

**Pedagogy - Play tuned to AnandamayaKosa. Stay in silence at the end of the session. After each unit students will be asked to introduce the game to their classmates**

**Dexterity Games****[6Hours]**

Frog in the well, Loose compartment, Tiger and man, breaking the mud pot, balloon bursting, lion and lamb.

**Flexibility Games****[3Hours]**

Self Help, Salute the Governor, catching the snakes tail, Eagle Race

**Initiative Games****[3Hours]**

I am Shivaji, bullfight, scorpion fight, chariot fight, neck fight, horse fight

**Unit 3:**

**Pedagogy - Play tuned to AnandamayaKosa. Students will be asked to observe their emotions. Stay in silence. After each unit students will be asked to introduce the game to their classmates**

**Emotion Culture Games****[2Hours]**

Statue, Ha-Ha-Ha, King wants

**Muscle Building Games****[2Hours]**

Tying the handkerchief, untying the handkerchief

**Team Spirit Games** [3Hours]

Jayadrathah, tug of war with rope, tug of war without a rope

**Communication Games:** [1Hour]

Dumb shellards

**Fun Games:** [4Hours]

Illusion, If I were -, Merri go round, Lotus bee

#### Unit 4:

**Pedagogy - Play tuned to AnandamayaKosa. Students will be asked to observe their emotions. Stay in silence. After each unit students will be asked to introduce the game to their classmates**

**Strength Games:** [4Hours]

Master-disciple, conquering the fort, Angada, breaking the chain, Give me a place, Tug of war with pairs

**Speed Games** [4Hours]

Touching with pairs, Torch race, Snake and frog, Namaste, kho-kho, Shivaji-Pratap

**Alertness Games** [4Hours]

Dog and bone, Grouping, stick Lifting, I am going to -

**Unit 5:** [12Hours]

**Pedagogy - Play tuned to AnandamayaKosa. Students will be asked to observe their emotions. Stay in silence. After each unit students will be asked to introduce the game to their classmates**

**IQ games:** [4Hours]

Finding the leader, Finding out Animal/Fruit/ Flower, Identify the historical character, Polarisation, Find the capital, Quiz

**Memory Games:** [4Hours]

Post-man, Comer comer comes- goer-goer goes, Antyakshari

**Creativity Games:** [4Hours]

Creativity, instant enacting, story enacting, a parcel bomb

**Reference Book:**

Krida Yoga by DattaramPol, Published by Vivekananda Kendra Prakashana Trust.

**Subject Name:** EvidenceBased Yoga Therapy - 1

**SubjectCode:** MSYTT203

<b>No. of Credits: 4</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 4</b>			
<b>Examination weightage:</b>			
Unit-1 3Hrs      10 Marks	Unit-2 12 Hrs20Marks	Unit-3 10Hrs    20Marks	Unit-4 10Hr    20 Marks
Unit-5 10Hrs    20Marks	Unit-6 15 Hrs 10Marks		

**Goal and Objectives****Goals:**

The goal of teaching Yoga Therapy for Common Ailments to students is aimed at giving the student comprehensive medical knowledge of the disease and its Yogic Management of the organ systems of the body to facilitate comprehension of the physiological basis of health and disease and Hospital training and hands-on training to handle patients.

**Knowledge:**

After the completion of the program, the students should be able to

- Independently handle a patient and administer yoga therapy;
- Appreciate the relative contribution of each organ system to the homeostasis;
- Explain the pathological aspects of disease;
- Illustrate the physiological response and adaptations to environmental stresses;
- List physiological principles underlying pathogenesis and disease management.

**Skills:**

After the completion of the programs, the students should be able to:

- Teach Yoga Therapy;
- Interpret experimental/investigative data;
- Take medical, psychological and yogic assessments
- Effectively treat the patient with various psychosomatic ailments.

**Study outcome:**

All the diseases connected with different systems, students get knowledge of sign, symptoms, prevalence and their pathophysiology, medical management and total rehabilitation with the Integrated approach of Yoga therapy.

**Unit-1: Introduction to common ailments**

[3 Hrs]

**Pedagogy:** ( Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study)

- Introduction to stress
- Introduction to Yoga therapy – AdhijaVyadhi concept according to science and also according to Yoga Vasista, IAYT

**Unit-2: Respiratory Disorders and cardiovascular disorders**

[12Hrs]

**Pedagogy:** ( Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study)

**(C) Respiratory disorders**

- vi. Introduction to Respiratory disorders
  - c. Brief classification – Obstructive, Restrictive, infectious and inflammatory
  - d. Introduction to Pulmonary function tests and their principles
- vii. Bronchial Asthma
  - d. Definition, Pathophysiology, Classification, Clinical Features,
  - e. Medical Management
  - f. Yogic Management
- viii. Allergic Rhinitis & Sinusitis
  - d. Definition, Pathophysiology, Classification, Clinical Features,
  - e. Medical Management
  - f. Yogic Management
- ix. Corona- COVID 19
  - a. Definition, pathophysiology, clinical features, routes of transmission, prevention measures
  - b. Medical management
  - c. Yogic management
- x. Evidence-based Yoga therapy for problems of Respiratory disorders

**(D) Cardiovascular disorders**

- i. Introduction to Cardiovascular disorders
- ii. Hypertension
  - d. Definition, Pathophysiology, Classification, Clinical Feature
  - e. Medical Management
  - f. Yogic Management
- iii. Atherosclerosis / Coronary artery disease
  - d. Definition, Pathophysiology, Classification, Clinical Features
  - e. Medical Management
  - f. Yogic Management
- iv. Evidence-based Yoga therapy for problems of Cardiovascular system

**Unit-3: Gastro-Intestinal Disorders and Excretory System**

[10Hrs]

**Pedagogy:** (Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study)

**(C) Gastro-Intestinal Disorders**

- iv. APD
  - e. Introduction to APD: Gastritis –Acute & Chronic, Dyspepsia, Peptic Ulcers
  - f. Clinical Features
  - g. Medical Management
  - h. Yogic Management
- v. Constipation and Chronic Diarrhea
  - d. Definition, Pathophysiology, Clinical Features
  - e. Medical Management

- f. Yogic Management
- vi. Evidence-based Yoga therapy for problems of GID

#### **(D) Excretory system**

- i. Chronic renal failure
  - d. Causes, clinical features
  - e. Medical management
  - f. Yogic Management
- ii. Renal stones
  - d. Definition, Pathophysiology, Clinical Features
  - e. Medical management
  - f. yogic Management
- iii. Evidence-based Yoga therapy for problems of Excretory system

### **Unit-4: Musculo-Skeletal Disorders, Gynaecology and Obstetrics [10Hrs]**

**Pedagogy:** (Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study; Narrating Arogyadhama case studies)

#### **(C) Musculoskeletal system**

- v. Back Pain
  - d. Classification of back pain: organic and functional
    - f) Lumbar Spondylosis
    - g) Intervertebral disc prolapse (IVDP)
    - h) Spondylolisthesis
    - i) Spondylitis
    - j) Psychogenic- Lumbago
  - e. Medical Management
  - f. Yogic Management
- vi. Neck pain
  - c. Classification
    - d) Cervical Spondylosis, radiculopathy
    - e) Functional neck pain
    - f) Whiplash injury
  - d. Medical Management
    - a. Yogic Management
- vii. Osteoarthritis
- viii. Evidence-based Yoga therapy for Musculo-Skeletal Disorders

#### **(D) Gynecology and obstetrics**

- i. Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia
  - d. Definitions, Pathophysiology, Classification, Clinical Features
  - e. Medical Management
  - f. Yogic Management



- ii. Menopause
- iii. Yoga for Pregnancy and Childbirth
  - b. Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM
- iv. Evidence-based Yoga therapy for gynecological disorders and obstetrics.

#### **Unit-5: Endocrinal, Metabolic Disorder, Cancer and autoimmune disorders [10Hrs]**

**Pedagogy: (Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study; explaining Arogyadhama stories)**

- vi. Diabetes Mellitus (I&II)
  - d. Definition, Pathophysiology, Classification, Clinical Features
  - e. Medical Management
  - f. Yogic Management
- vii. Obesity
  - d. Definition, Pathophysiology, Classification, Clinical Features
  - e. Medical Management
  - f. Yogic Management
- viii. Cancer
  - a. Cause, Pathophysiology, Clinical Features
  - b. Chemotherapy and radiotherapy
  - c. Medical management
  - d. Yogic Management
- ix. Anemia
  - d. Classification of anemia
  - e. Medical management
  - f. Yogic management
- x. Evidence-based Yoga therapy for Endocrinal, Metabolic disorders, Cancer and Autoimmune disorder

#### **Unit-6:Neurological and Psychological Disorders**

[15Hrs]

**Pedagogy: (Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study; Narating Arogyadhama case studies)**

##### **(B) Neurological Disorders:**

- vi. Headaches
  - a. Migraine
    - d) Causes, Classification, clinical features
    - e) Medical management
    - f) Yogic Management
  - b. Tension headache
    - c) Medical management
    - d) Yogic Management
- vii. Cerebro-vascular accidents
  - a. Causes, clinical features
  - b. Medical management
  - c. Yogic Management
- viii. Epilepsy; pain; Autonomic dysfunctions
  - d. Causes, clinical features

- e. Medical management
- f. Yogic Management
- ix. Evidence-based Yoga therapy for Neurological Disorders

### **(B) Psychiatric disorders**

- i. Introduction to psychiatric disorders- Neurosis, Psychosis
- ii. Neurosis
  - a. Anxiety disorders
    - g. Generalised anxiety disorder
    - h. Panic anxiety
    - i. Post-traumatic stress disorder
    - j. Phobias
    - k. Medical management
    - l. Yogic management
  - b. Depression
    - 1. Dysthymia
    - 2. Major depression
    - 3. Medical management
    - 4. Yogic management
- ii. Substance abuse- alcohol, cannabis and tobacco abuse
  - 1. Definition, causes, clinical features
  - 2. Medical management
  - 3. Yogic management
- iii. Insomnia
  - 1. Medical Management
  - 2. Yogic Management
- iv. Evidence-based Yoga therapy for Psychiatric disorder

### **Recommended books:**

- 6. Yoga for Bronchial Asthma – Dr. H R Nagendra, R Nagaratna, SVYP
- 7. Yoga for Hypertension and Heart Diseases – Dr. H R Nagendra, R Nagaratna, SVYP
- 8. Yoga for Diabetes – Dr H R Nagendra, R Nagaratna, SVYP
- 9. Yoga for Obesity – Dr H R Nagendra, R Nagaratna, SVYP
- 10. The integrated approach of yoga therapy for positive health-Dr. R Nagaratha, Dr. H R Nagendra

### **Reference books:**

- 2. oga for common disorders- Swami KoormanandaSaraswati

### **Recommended website:**

- 3. Research publications in Yoga on all concerned topics from peer-reviewed journals.
- 4. <http://www.ncbi.nlm.nih.gov/pubmed/>

### **Assignments:**

The learners shall prepare an assignment on

- iii. Compilation of Evidence base for management of any two pathologies with Yoga as a therapeutic measure.
- iv. They shall prepare a power-point presentation of a scientific paper suggested by the teaching faculty.



**Subject Name:** Evidence-Based Yoga Therapy -II  
**Subject Code:** MSYTT204

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 30</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 2</b>			
<b>Examination weightage:</b>			
Unit-1 2Hrs      5 Marks	Unit-2 6Hrs   20Marks	Unit-3 6Hrs   20Marks	Unit-4 6Hr   20 Marks
Unit-5 5Hrs      20Marks	Unit-6 5Hrs   15Marks		

### **Goal and Objectives**

#### **Goals:**

The goal of teaching Yoga Therapy for Common Ailments to students is aimed at giving the student comprehensive medical knowledge of the disease and its Yogic Management of the organ systems of the body to facilitate comprehension of the physiological basis of health and disease and Hospital training and hands-on training to handle patients.

#### **Knowledge:**

After the completion of the program, the students should be able to

- Independently handle a patient and administer yoga therapy;
- Appreciate the relative contribution of each organ system to the homeostasis;
- Explain the pathological aspects of disease;
- Illustrate the physiological response and adaptations to environmental stresses;
- List physiological principles underlying pathogenesis and disease management.

#### **Skills:**

After the completion of the programs, the students should be able to:

- Teach Yoga Therapy;
- Interpret experimental/investigative data;
- Take medical, psychological and yogic assessments
- Effectively treat the patient with various psychosomatic ailments.

### **Study outcome:**

All the diseases connected with different systems, students get knowledge of sign, symptoms, prevalence and their pathophysiology, medical management and total rehabilitation with the Integrated approach of Yoga therapy.

#### **Unit-1: Introduction to common ailments**

[2Hrs]

**Pedagogy:** ( Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study)

- v. Physiology of stress
- vi. Psychosomatic ailments

#### **Unit-2: Respiratory Disorders and Cardiovascular Disorders**

[6Hrs]

**Pedagogy:** ( Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study)

##### **(A) Respiratory disorders**

- xi. COPD

- a. Chronic Bronchitis
  - a) Definition, Pathophysiology, Classification, Clinical Features,
  - b) Medical Management
  - c) Yogic Management
- b. Emphysema
  - a) Definition, Pathophysiology, Classification, Clinical Features,
  - b) Medical Management
  - c) Yogic Management
- xii. Infectious Disorders
  - a. Tuberculosis
    - a) Definition, Pathophysiology, Classification, Clinical Features,
    - b) Medical Management
    - c) Yogic Management
  - b. Pneumonia
    - a) Definition, Pathophysiology, Classification, Clinical Features,
    - b) Medical Management
    - c) Yogic Management
  - c. Interstitial Lung Disease / Idiopathic pulmonary fibrosis
    - a) Definition, Pathophysiology, Classification, Clinical Features
    - b) Medical Management
    - c) Yogic Management
- xiii. Evidence-based Yoga therapy for the respiratory system

#### **(B) Cardiovascular disorders**

- i. Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehab
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- ii. Congestive Cardiac Failure / Cardiomyopathy
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- iii. Cardiac asthma
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- xiv. Evidence-based Yoga therapy for cardiovascular disorders

### **Unit-3: Gastro-Intestinal Disorders and Excretory System**

[6Hrs]

**Pedagogy: (Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study)**

#### **(A) Gastrointestinal disorders**

- vii. Irritable Bowel Syndrome
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- viii. Inflammatory Bowel Disease

- A. Ulcerative colitis
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- B. Crohn's diseases
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- ix. Liver cirrhosis
  - a. Definition, causes, clinical features
  - b. Medical management
  - c. Yogic management
- x. Evidence-based Yoga therapy for Gastro-Intestinal Disorders

## **(B) Excretory system**

- i. Irritable bladder
  - a. Definition, clinical features, causes
  - b. Medical management
  - c. Yogic Management
- ii. Stress incontinence
  - a. Definition, clinical features, causes
  - b. Medical management
  - c. Yogic management
- iii. End stage renal disease
  - a. Definition, clinical features, causes
  - b. Medical management
  - c. Yogic management

- vii. Evidence-based Yoga therapy for Gastro-Intestinal Disorders and excretory disorders

## **Unit-4: Musculo-Skeletal Disorders and Obstetrics and Gynaecological Disorders [6Hrs]**

**Pedagogy: (Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study; narrating Arogyadhama case studies)**

### **1. Musculoskeletal system**

- ix. Different types of Arthritis
  - a. Rheumatoid Arthritis
  - b. Psoriatic Arthritis
  - c. Gout
  - d. Medical Management
  - e. Yogic Management
- x. Muscular dystrophy
  - a. Medical Management
  - b. Yogic Management
- xi. Evidence-based Yoga therapy for Musculo-Skeletal Disorders

### **2. Gynecological disorders and obstetrics**

- i. Premenstrual Syndrome

- a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- ii. Infertility – male and female, PCOS
- iii. Antenatal care and post-natal care
- iv. Evidence-based yoga therapy for gynecological and obstetrics

**Unit-5: Endocrinal, Metabolic Disorder, autoimmune disorders, HIV-AIDS, Skin disorders**  
[5 Hrs]

**Pedagogy: (Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study; explaining Arogyadhama stories)**

- xi. Hypo and Hyperthyroidism
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- xii. Metabolic Syndrome
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- xiii. Autoimmune disorders
  - e. Causes, clinical features, various autoimmune disorders
  - f. Medical management
  - g. Yogic Management
- xiv. HIV-AIDS
  - a. Causes, clinical features
  - b. Medical management
  - c. Yogic Management
- xv. Skin related disorders: Psoriasis, eczema and vitiligo
  - a. Definitions, causes, clinical features
  - b. Medical management
  - c. Yogic management
- xvi. Evidence-based Yoga therapy for Endocrinal, Metabolic disorders, HIV, Autoimmune disorders and skin disorders.

**Unit-6: Psychological Disorders and Psychiatric disorders** [5Hrs]

**Pedagogy: (Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study; narrating Arogyadhama case studies)**

**(C) Neurological Disorders:**

- x. Parkinson's disease
  - a. Causes, clinical features
  - b. Medical management
  - c. Yogic Management
- xi. Multiple sclerosis
  - a. Causes, clinical features
  - b. Medical management

- c. Yogic Management
- xii. Peripheral neuropathy
  - a. Definition, causes, clinical features
  - b. Medical management
  - c. Yogic management
- xiii. G B syndrome
  - a. Definition, causes, clinical features
  - b. Medical management
  - c. Yogic management
- xiv. Errors of vision of refraction.
  - a. Causes, clinical features
  - b. Medical management
  - c. Yogic Management
- xv. Hearing impairment
  - a. Causes, clinical features
  - b. Medical management
  - c. Yogic Management
- xvi. Evidence-based Yoga therapy for Neurological Disorders

#### **(B) Psychiatric disorders**

- i. Psychosis
  - 1. Schizophrenia
  - 2. Bipolar affective disorder
  - 3. Medical management
  - 4. Yogic management
- ii. Mental retardation
  - a. Autism
  - b. Attention Deficit Hyperactivity Disorders
  - c. Medical Management
  - d. Yogic Management
- iii. Obsessive-compulsive disorder
- iv. Insomnia
  - a. Medical Management
  - b. Yogic Management
- v. Eating disorders: Bulimia Nervosa, Anorexia nervosa
- vi. Evidence-based Yoga therapy for Psychiatric disorders

#### **Recommended books:**

1. Yoga for Bronchial Asthma – Dr. H R Nagendra, R Nagaratna, SVYP
2. Yoga for Hypertension and Heart Diseases – Dr. H R Nagendra, R Nagaratna, SVYP
3. Yoga for Diabetes – Dr H R Nagendra, R Nagaratna, SVYP
4. Yoga for Obesity – Dr H R Nagendra, R Nagaratna, SVYP
5. The integrated approach of yoga therapy for positive health-Dr. R Nagaratha, Dr. H R Nagendra

#### **Reference book:**

1. Yoga for common disorders- Swami Koormananda Saraswati.

#### **Assignments:**

The learners shall prepare an assignment on

- v. Compilation of Evidence base for management of any two pathologies with Yoga as a therapeutic measure
- vi. They shall prepare a power-point presentation of a scientific paper suggested by the teaching faculty.

#### **Recommended website:**

1. Research publications in Yoga on all concerned topics from peer-reviewed journals.



2. <http://www.ncbi.nlm.nih.gov/pubmed/>

**Subject Name:** Patanjali Yoga Sutra

**Subject Code:** MSYTT205

No. of Credits: 3	Total no. of teaching hrs: 45	Full marks for Examination: 100	Internal Marks: 50
Number of teaching hours/ week: 3			
Examination Weightage:			
Unit1: 15Hrs 30Marks	Unit2: 15Hrs 30Marks	Unit3: 5Hrs 15 Marks	Unit4: 10Hrs 25 Marks

## Goal and Objectives

### Goal:

The goal of teaching Patañjali Yoga Sutrās to postgraduate students is to provide them with knowledge of Patañjali's contribution to the field of Yoga.

### Objectives

#### Knowledge:

After the completion of this course, the students shall be able to:

- Understand human's psychology as Patañjali had explained
- Imbibe knowledge on the insights available in six systems of philosophy
- Well verse with the yogic principles and its meaning mentioned in Patañjali Yoga Sutra
- Learn an effective way of communication in Sanskritam

#### Skills:

After the completion of the course, the student shall be able to:

- Explain the concept and insight quoted in the form of sūtrās
- Illustrate the yogic insights in six systems of philosophy
- Differentiate Antaraṅga Yoga and Bahiraṅga Yoga of Aṅgāṅga Yoga
- Explain how Patañjali Yoga sūtrās is different from other yogic texts.

#### Study Outcome:

Students know the Patanjali Yoga sutras in detail. The goal of teaching Patanjali Yoga Sutras is to provide them with knowledge of basic psychological aspects of Patanjali's contribution to the field of Yoga. After the completion of this course, the students shall be able to understand human psychology as Patanjali had explained. Raja Yoga is the path of will. Mastery of oneself is the key aspect of Raja Yoga through Abhyasa (practice) and Vairagya (mastery over all types of desires). Eight limbs of Raja Yoga facilitate any seeker to reach the goal; Yama (social conduct), Niyama (individual discipline), Asanas (Yoga postures), Pranayama (regulating the breath), Pratyahara (restraining senses from respective objects), Dharana (focusing mind towards one object), Dhyana (expanding and defocusing) and Samadhi (merging with the object). These steps bring out extraordinary abilities of human inner potentials called Siddhis. Patanjali, the promotor of Yoga systematised in four chapters in 196 aphorisms.

**Unit-1: SamādhiPāda**

[15Hours]

**Pedagogy:** (Talk with PPT; Sloka chanting Lead and follow twice; students will be encouraged to bi-heart the slokas and also draw pictures for the meaning of slokas; also will be encouraged to practice what is given)

- i. What is Yoga? (2)
- ii. The culmination of Yoga (3)
- iii. *Vātti* and its classifications (5-11)
- iv. The necessity of Abhyāsa&Vairāgya (12)
- v. Foundation of Abhyāsa (13-14)
- vi. Lower & higher form of Vairagya(15-16)
- vii. Definition of Samprajīaand AsamprajīaSamādhi (17-20)
- viii. Definition & attribute of Içvara (24-25)
- ix. Praëava andSādhana for Içvara (27-28)
- x. Result of Sādhana (29)
- xi. Obstacles in the path of Yoga(30-31)

**Unit-2: Sāadhanapāda**

[15Hours]

**Pedagogy-Talk with PPT; Sloka chanting Lead and follow twice; students will be encouraged to bi-heart the slokas and also draw pictures for the meaning of slokas; also will be encouraged to practice what is given.**

- i. Discipline for Sādhana (1-2)
- ii. Kleñās – Avidya, Asmita, Rāga, Dveça and Abhiniveça (3-9)
- iii. Modification of the Kleñās
  - a. Meditation (10-11)
- iv. Karmāçaya and its fruits (12-14)
- v. Pleasure and Pains are both painful (15-17)
- vi. Four stages of Guëās (19)
- vii. Puruñā and Prakāti(20-24)
- viii. Definition of Hāna (25-26) - Stages of enlightenment (27)
- ix. The necessity of yogaPractice (28)
- x. Bahiraiga Yoga (29-55)

**Unit-3: Vibhūti**

[5Hours]

**Pedagogy-Talk with PPT; Sloka chanting Lead and follow twice; students will be encouraged to bi-heart the slokas and also draw pictures for the meaning of slokas; also will be encouraged to practice what is given. Will be clearly explained how Vibhutis should be used only for benefit of society and self-growth and not get lured.**

- i. Antaraiga Yoga(1-3)Kaivalya siddhis
- ii. Saàyamaand its results, applications (5-6)
- iii. Pariëāma(9-13) –Siddhis(16-49)
- iv. Attainment of Kaivalya (56)
- v. Sources of Siddhis (1)
- vi. Influence of Karma (7)

**Unit -4: Kaivalya**

[10Hours]

**Pedagogy-Talk with PPT; Sloka chanting Lead and follow twice; students will be encouraged to remember the slokas and also draw pictures for the meaning of slokas; also will be encouraged to practice what is given.**

- i. Manifestation, Source and disappearance of Vāsanās (8-11)
- ii. Theory of perception (15)
- iii. Mind and its manifestation (16-23)
- iv. Heading to Kaivalya (27-34)

**ReferenceBooks:**

1. Science of Yoga- Taimini.
2. Four Chapters on Freedom – Sw. Satyananda Saraswati.
3. Patanjali's Yoga Sutras – Dr H R Nagendra, SVYP.

**Subject Name:** Yoga Therapy Techniques

**Subject code:** MSYTP201

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 4</b>			
<b>Examination weightage:</b>			
Unit-1 12Hrs      20Marks	Unit-2 12Hrs      20Marks	Unit-3 12Hrs      20Marks	Unit-4 12Hrs      20Marks
Unit-1 12Hrs      20Marks			

## Goal and Objectives

### Goal:

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with comprehensive knowledge of therapeutic techniques applicable for various ailments.

### Objectives

#### Knowledge:

After the completion of this course, the student shall be able to:

- Demonstrate each technique prescribed for a disease
- Say the working principles behind the techniques prescribed for various diseases
- Understand contra-indications and indications of *yogic* practices for efficient use of *Yoga* as a therapy;
- Explain the precautions to be taken before practicing the special techniques

#### Skills:

After the completion of the course, the student shall be able to:

- Prescribe the set of special techniques to manage various diseases
- Demonstrate usage of the therapeutic aspect of *Yoga* in promotive, preventive, and curative therapy.
- Find another alternative practice if the practice is not found to be effective.

#### Study outcome:

Students know with experience which practice should be given to which disease and what should be avoided. In case of a combination of diseases, what should be given and what should be avoided.

**Unit-1:** [12 hours]**Pedagogi: (8 step method)****Parameter measurement**

Yoga Practices for respiratory disorders

Yoga practices for cardiovascular disorders

**Unit-2:** [12hours]**Pedagogi: (8 step method; Students should be encouraged to introduce the practice, to teach a session)**

Yoga practices for Endocrinal and metabolic disorders

Yoga practices for excretory system disorders

**Unit-3:** [12 hours]**Pedagogi: (8 step method; Students should be encouraged to introduce the practice, to teach a session)**

Yoga practices for obstetrics and gynaecological disorders

Yoga practices for GID

**Unit-4:** [12 hours]**Pedagogi: (8 step method; Students should be encouraged to introduce the practice, to teach a session)**

Yoga practices for Musculo-skeletal disorders

Yoga practices for neurological disorders

**Unit-5:** [12 hours]**Pedagogi: (8 step method; Students should be encouraged to introduce the practice, to teach a session)**

Yoga practices for psychiatric disorders

Yoga practices for Cancer, HIV and Anaemia

**ReferenceBooks:**

1. Yoga for common ailments manual, SVYP, Bangalore, 2002.

2. Assignment:

Visit different hospitals in Bangalore where Yoga Therapy is introduced.

**Subject Name:** Advanced Yoga Techniques -1**Subject Code:** MSYTP203

No. of Credits: 2	Total number of teaching hours: 60	Full marks for Examination: 100	Internal Marks 50
<b>Number of teaching hours/Week: 4</b>			
<b>Examination weightage:</b>			
Unit – 1	Unit – 2	Unit – 3	Unit – 4
3Hrs 10Marks	19Hrs 30Marks	19Hrs 30Marks	19Hrs 30Marks

**Goal and Objectives****Goal:**

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge about advanced meditation techniques and the concept of Panchakosa.

**Objectives****Knowledge:**

After the completion of this course, the student shall be able to:

- Understand the foundation of advanced meditation techniques

- Understand the role of Prana and Mind on the body and correcting and strengthening the body, Prana and the Mind.
- Understand and feel the connectivity of an individual and the Universe.
- Experience silence, expansion and power of Sankalpa

#### **Skills:**

After the completion of the course, the student shall be able to:

- Enhance the growth of personality as an Integrated personality
- Present a technique effectively based on the condition of a patient
- Explain the significance of advanced techniques for a particular condition
- Learn the skill of delivering instructions

1hr/wk theory and 5hr/wkpractical (1Credit Theory and 3 credits Practical)

Theory 25 and Practical 75 Marks

#### **Unit-1: Introduction to advanced techniques**

[3Hrs]

**Pedagogi: (Talk with PPT; Q & A)**

- i. Meditation, advancement in Meditation, Concept of Panchakosa
- ii. Advanced techniques, personality development, the concept of Vyasti and Samasti
- iii. Relaxation, Awareness, Expansion of awareness.

#### **Unit- 2: Cyclic meditation**

[19Hrs]

**Pedagogy: Instructions will be given- students will be made to practice – experience-learn; Flip-flap method (one of the students give instructions and all will practice)**

- i. Introduction to Cyclic Meditation.
- ii. IRT, in different positions and for different disease conditions, gaining control to tighten a specific part without contracting the surrounding muscles, practicing on their own 10 times in one day.
- iii. Incidences from daily life where we experience pointed awareness, linear awareness, surface awareness, 3D awareness and all-pervasive awareness.
- iv. Centering, ArdhakatiCakrasana, Group synchronization, awareness.
- v. QRT Physical, Emotional, mental awareness and expansion.
- vi. Vajrasana, shashankasana and ustrasana with awareness.
- vii. DRT with awareness at Physical, pranic, mental, intellectual and spiritual levels.
- viii. Stimulations and relaxations, recognizing the tightness and let go, relaxation deeper than stimulation. Observation of blood flow, nerve impulses, 3D awareness, sound resonance and. mental, emotional, intellectual, spiritual stimulations and let go.
- ix. Worksheet writing and correction.
- x. Class taking by students and correction. Experience writing.  
Students practice IRT 4 times a day.

#### **Unit-3: Pranic Energisation technique**

[19Hrs]

**Pedagogy: (Talk with PPT; Q & A), Instructions will be given- students will be made to practice – experience-learn; Flip-flap method (one of the students give instructions and all will practice)**

- i. Prana, types of Pranas, UpaPranas, Pranic Energisation Technique
- ii. Practice Breath awareness at the tip of the nose, complete breath awareness and deep abdominal breathing. Awareness practice of pulse, Heartbeat, synchronization of the pulse with the heartbeat, nerve impulses, nerve impulses with different mudras, Vyana, Vyana in between hands, Vyana at different parts of the body. Moving prana along the right side, left side, both sides. Understanding Vyasti and Samasti and practicing to feel Vyasti and Samasti. Choosing the right Sankalpa. Complete PET practice.
- iii. Worksheet writing and correction.
- iv. Class taking by students and correction. Experience writing.

Regular self-practice to strengthen.

#### Unit-4: Mind sound resonance technique

[19Hrs]

**Pedagogy: (Talk with PPT; Q & A), Instructions will be given- students will be made to practice – experience-learn; Flip-flap method (one of the students give instructions and all will practice)**

- I. Mind, Sound and resonance.
- II. Practicing to tune to natural frequency to get resonance
- III. Chanting of any mantra in three ways loud voice, low voice and inside the mind and feeling vibrations.
- IV. Chanting practice of A, U, M, OM and A-U-M. Feel the air moving from the nose tip to the tip of the toes. Chanting practice (ahata and ahata followed by Anahata) of A, U, M, OM and A-U-M with feeling vibrations and practicing to feel the vibrations from the top of the head to the tip of the toes.
- V. Triambaka Mantra, Full Practice, Writing the Worksheet, Practice by the students, writing experiences.
- VI. Feeling the vibrations of all chantings and all sounds during the day, tuning to the vibrations of those sounds.

#### ReferenceBooks:

1. The new Perspectives in stress management- Dr. H. R. Nagendra and Dr. R. Nagarathna, SVYP.
2. Pranic Energisation Technique- Dr. H R Nagendra, SVYP.
3. MSRT – Dr H R Nagendra, SVYP.
4. Yoga for Cancer – Dr.H R Nagendra, Dr. R Nagarathna, SVYP.

**SubjectName:** Yoga Techniques for Promotion of Health

**SubjectCode:** MSYTP204

No. of Credits: 2	Total number of teaching hours:60	Full marks for examination: 100	Internal Marks: 50
<b>Number of teaching hours/week: 4</b>			
<b>Examination weightage:</b>			
Unit-1 12Hrs      20Marks	Unit-2 12Hrs      20Marks	Unit-3 12Hrs      20Marks	Unit-4 12Hrs      20Marks
Unit-5 12Hrs      20Marks			

#### Goal and Objectives

##### Goals:

The goal of teaching Yoga for health is

##### Knowledge:

After the completion of the program, the students should be able to

Able to give practices to anyone to strengthen positive health

**Skills:**

After the completion of the programs, the students should be able to:

- Teach Yoga for strengthening positive health.

**Study outcome:**

Overall personality development. Experiential knowledge to give Yoga practices for health.

**Unit 1:**

**[12Hours]**

**Pedagogy - 8 step method. Students will be asked to go to the nearby village school and teach these to the children in the school)**

**Parameter measurement**

**Yoga practices for Stamina Building:**

**[6Hours]**

**SithilikaranaVyayama**

- Simple Jogging ---MukhaDhouti
- Forward jogging
- Backward jogging
- Side Jogging
- Twisting
- Rotation of arms
- Forward & backward bending
- Tiger Stretch
- PavanaMuktāsana
- Backstretch
- Side Bending
- Neck Movement

**Breathing Practices**

- Hands in and out breathing
- Hand stretch Breathing
- Ankle stretch Breathing
- Dog breathing
- Rabbit breathing
- Tiger Stretch
- Tiger Breathing

Shavasana

Surya NAmaskara 12 steps

Surya NAmaskara 10 steps

**Asanas**

- Ekapadasana
- Utthita hasta padangustasana



- Merudandasana
- Santolanasana

### **Kriyas**

- Agnisāra
- Kapalabhati
- Both nostril
- Alternate Nostril

### **Pranayama**

SūryaAnulomaViloma

### **Meditation**

- Sun
- Hanuman

- **Yoga for Eyesight improvement:**

**[6Hours]**

Parameter measurement

### **Preparatory eye exercises:**

Up and Down movements of the eyeball

Right and left

Diagonal (right up-letdown, Left up-right down)

### **Asana:**

Padahasthasana

Ardhacakrasana

### **Eye Relaxation Techniques:**

Palming – 3 stages of palming

Hand cup palming –hold

Press and release palming – 5 times

Palming with Bhramari – 3 rounds

### **Cleansing Techniques (Kriyas):**

Eyecup Washing – 1

Massaging, tear sac massaging

Blinking, Jalaneti

Washing using the palm

### **Pranayama:**

Relax in QRT – abdominal breathing

Nadisuddhi

Bhramari for head relaxation

### **Trataka:**

Nasagra – ( straight finger )- Palming 1

Urdhvamukha – Palming 1

Adhomukha – (horizontal Finger) – Palming 1

VamaJatru – Palming 1

DakshinaJatruatrataka – Palming 1

Bhrumadhyatrataka – (Bent Index Finger ) – Palming 1

Jyothitrataka:

JyothiTrataka 1 eye at a time – palming 1

Both eyes trataka – three steps

1. Multiple flames – merge them into one flame –concentrate on the sharpness of the margins of the flame
2. The brightest part of the flame – Recognise the gradation in the intensity of the light
3. Wick of the candle
4. Blue center of the flame
5. Aura of the flame

AntarDharanaTrataka – Imagine jyothi in the center of the skull focussing the eyeball inside the skull

Surya Trataka: Sunrise and sunset – Never look at white light

Moon trataka and star trataka

Dharana on Jyothi and meditation

Relaxed eyes in action – relax the frown on the forehead;

Keep a smile on the face always

Neck muscle relaxation – neck back bending

Action in Relaxation

Interactions in calmness

### **Unit 2:**

**[12Hours]**

**Pedagogy - 8 step method. Students will be encouraged to conduct classes for nearby village school children**

## **Yoga Practices for IQ Development**

**[6Hours]**

### **Parameter measurement**

#### **Loosening Exercises**

- Spinal stretch
- PadaSancalana
- Situps from standing (2 Types)
- UthitaArdhaSirasasana Breathing
- Butterfly Stretch
- PrasarithaPadahasthasana Stretch

#### **Breathing Exercises**

- Baddhakonasana Breathing
- Setubandhasana Breathing
- Navasana breathing
- EkaPadahasthasana breathing
- PrasarithaPadahasthasana breathing

#### **Yogasanas**

- ParsavaKonasana (both sides)
- Gomukhasana
- Sarvangasana
- ArdhaSirasasana
- Baddhakonasana
- Parsavavouttanasana

#### **Kriyas**

- KapalaBhati (Right Nostril)

#### **Pranayama**

- SūryaAnulomaViloma

#### **Meditation**

Search inside the root of thoughts

- **Yoga Practices for Voice Culture:**  
Parameter measurement

**[6Hours]**

#### **Asana**

- Janusirsasana
- Prasaritapaschimottanasana
- Vakrasana
- Ardhamatsyendraasana
- Matsyasana
- Prasartiahalasana

#### **Kriya**

- Gargling
- UshāhPāna

- Jalaneti
- Alternative nostrilKapālabhāti,
- Kapālabhāti both nostril
- VamanDhouti

### **Pranayama**

- Bhastrika
- Ujjayi,
- Sitikāri
- Sadanta
- Bhrāmari in shanmukhi mudra
- Bhramara

**Breathing Exercises:** Tiger stretch

**Shakti Vikasaka:** Karana Shakti Vikasaka

### **Relaxation:**

- Instant Relaxation Technique (IRT)
- Quick Relaxation Technique (QRT)
- QRT with chanting
- Neck Relaxation with bhramari
- Simha mudra

**Namavalis: Speech:** Intonations

### **Voice Special Practices:**

- Matching the Voice to ‘OM’
- Tongue massage
- Blowing cheeks
- Twisting the lip

**Unit 3:**

**[12Hours]**

**Pedagogy - 8 step method. Students will be asked to teach the practices they learned to the children in the nearby village school.**

**Yoga practices for Stress management:**

**[6Hours]**

### **Parameter measurement**

Step 1: Starting prayer

Step 2(A): Instant Relaxation Technique (IRT)

Step2 (B): Linear awareness

Step 3: Centering

Step4: Standing Asana

Ardhaticakrasana

### **Step5: Quick Relaxation Technique (QRT)**

Phase I - Observing the abdominal movements

Phase II - Associate with breathing

Phase III-Breathing with feeling

### **Step 6: Sitting Asanas**

Vajrasana

Sashankasana

Ustrasana

### **Step 7: Deep Relaxation Technique**

### **Yoga for creativity development**

**[6Hours]**

Parameter measurement

#### **Loosening Exercises**

- Alternate Leg Rising in Standing
- Padasancalana
- Tiger Stretch (Prabheda)
- Baby Walk
- Makarasana Cycling
- Clap Jumping

#### **Yogasanas**

- Veerasana
- Ardhachandrasana
- YogaMudra
- Karnapidasana
- Dhanurasana
- Cakrasana

#### **Breathing Exercises**

- Sectional breathing - Abdominal
- Sectional breathing – (Thoracic)
- Sectional breathing – (Clavicular)
- Sectional breathing – (Full Yogic breathing  
āyāma
- NādiSuddhi
- Sitali
- citkari

### **Unit 4:**

**[12Hours]**

**Pedagogy - 8 step method. Students will be asked to teach the practices they learned to the children in the nearby village school.**

### **Yoga practices for Anger Management**

**[6Hours]**

Parameter measurement

#### **Shakti vikasaka**

- AnguliShakthiVikasaha
- BhujabhandaShakthiVikasaha
- JanghaShakthiVikasaha
- PindaliniShakthiVikasaha
- Bhujagāsana and parvathasana
- KaponiShakthiVikasaka
- Trikoṭāsana
- Virabhadrasana I
- Virabhadrasana II
- Virabhadrasana III
- Makarāsana
- Veerasana

#### **Breathing Exercises**

- Dog breathing
- Rabbit breathing
- Candranulomaviloma
- Nādisuddhi
- Stitali
- Nādisudhi with kumbhaka
- Candranulomaviloma
- Kapalabhati – left nostril

#### **Bandhas and Mudras**

- UttiyānaBandha
- SāstāngaNamaskāraMudrā
- Agnisara
- Janusirasasana with jalandhara

#### **MEDITATION**

(Examine the rise and growth of emotions)

### **Yoga for Ego and Greed management**

**[6Hours]**

Parameter measurement

#### **Loosening Exercises**

- Back-stretch
- Back-stretch (Sidewise)
- Namaste rotation
- Sit-ups from Supine Posture

#### **Breathing Exercises**

- Hamsasana Breathing

- EkaPadaHalasana Breathing

### **Yogāsanas**

- Viparitakarani
- ArdhaSirasana
- Maricyasana
- Hamsasana
- PrasarithaSarvangasana
- Matsyasana

### **Kriyās**

- Kapalabhati (Left nostril)

### **Pranayayama**

- Sitkari
- Sadanta
- Nadishudhi

### **Unit 5:**

**[12Hours]**

**Pedagogy - 8 step method. Students will be asked to teach the practices they learned to children in the nearby village school.**

### **Yoga Practices for Memory Development:**

**[6Hours]**

Parameter measurement

#### **Asanas:**

Padmasana

Ustrasana

Yoga Mudra

Halasana

Vajrasana

#### **Breathing Exercises:**

Hands Stretch Breathing

Ankle Stretch Breathing

Bhujangasana Breathing

SLR Breathing Alternate legs

**Pranayama:** Bramari

#### **Kriyas:**

Kapalabhati (Kb)

Alternate and Both nostril Kb

Meditation:

Silencing the mind with slow breathing

Memory songs

Memory Games

### **Yoga for Concentration improvement**

**[6Hours]**

Parameter measurement

#### **Breathing Exercises:**

1. Hands stretch breathing
2. Straight leg raising breathing
3. Sashankasana breathing

PawanaMuktasanakriya

IRT

#### **Yogasana:**

Vrikshasana

Garudasana

Padahasthasana

Ardhacakrasana

Paschimottanasana

Suptavirasana

ViparitaKarani

Matsyasana

QRT

Pranayama:

Right nostril Kapalabhati (Kb)

Both nostril Kb

NadiShudhi

#### **References:**

1. Sampoorna Yoga Video CDs - SVYP
- Sampoorna Yoga Teachers notes for practicals- SVYP

**Subject Name:** Advanced yoga techniques -2

**Subject Code:** MSYTP303

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for Examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/Week: 4</b>			



<b>Examination Weightage:</b>				
Unit – 1	Unit – 2	Unit – 3	Unit – 4	Unit – 5
4Hrs      10Marks	14Hrs	14Hrs	14Hrs	14Hrs
	22Marks	23Marks	22Marks	23Marks

## Goal and Objectives

### Goal:

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge about advanced meditation techniques and the concept of Panchakosa.

### Objectives

#### Knowledge:

After the completion of this course, the student shall be able to:

- i. About Foundation of Advanced Meditation Techniques
- ii. Aim of Advanced Meditation Techniques and Concept of Panchakosa
- iii. Understanding the role of Prana and Mind on the body and correcting and strengthening the body, Prana and the Mind.
- iv. Self-personality enhancement to grow as an Integrated personality
- v. Understand and feel the connectivity of the individual and the Universe.
- vi. Experience silence
- vii. Experience Expansion
- viii. Experience the power of Sankalpa and enhance positive thinking.
- ix. To understand and experience: About the Foundation of Advance Meditation Techniques.
- x. Go Deeper And Deeper Levels Of Silence.

#### Skills:

After the completion of the course, the student shall be able to:

- Enhance the growth of personality as an Integrated personality
- Present a technique effectively based on the condition of a patient
- Explain the significance of advanced Techniques for a particular condition
- Learn the skill of delivering instructions

#### Study Outcome:

Strengthening of Manomaya, Vijnanamaya, Anandamaya Kosas. Also, students learn to give these techniques to participants on the requirement.

#### Unit – 1: Introduction to advanced techniques:

[4Hours]

#### Pedagogy-Talk with PPT

- i. Meditation.

- ii. Advancement in Meditation.
- iii. Concept of Païca Koça.
- iv. Advanced techniques.
- v. Personality development.
- vi. Concept of Vyaçöi and Samaçöi.
- vii. Relaxation, awareness and expansion of awareness.
- viii. Role of mind, intellect, etc.
- ix. Different Layers of Silence.
- x. Methods to go to deeper levels of silence.

## **Unit - 2: Mind Imagery Technique**

[14Hours]

**Pedagogy-Mind mapping; Talk with PPT; Practicing with computerized pictures; Practice with instructions; experience and understand.**

**Ref: Page No: 153 of Yoga for Cancer by Dr.Nagaratna R and Dr. Nagendra H R**

- i. Introduction to the technique
- ii. Where does this work?
- iii. How to reach deeper layers of silence?
- iv. How Focusing followed by defocusing helps to go deeper?
- v. Observation of Neutral and Active imageries or thoughts.
- vi. Observing OM/God/Sun/Yantra in increasing and decreasing size.
- vii. Visualizing OM/God/Sun/Yantra in increasing and Decreasing Size.
- viii. Observing OM/God/Sun/Yantra flickering with uniform speed.
- ix. Observing OM/ God/ Sun/ Yantra flickering with increasing and decreasing speed.
- x. Observing powerful rays burning unwanted cells.
- xi. Visualizing powerful rays burning unwanted cells.
- xii. Observing soothing rays energizing all cells.
- xiii. Visualizing soothing rays energizing all cells.
- xiv. Full Practice.
- xv. Practice was given by the students.

## **Unit - 3: Mastering Emotions Technique:**

[14Hours]

**Pedagogy-Mind mapping; Talk with PPT; Practice with instructions; experience and understand.**

**References: : Page No: 169 of Yoga For Cancer by Dr.Nagaratna R and Dr. Nagendra H R**

- i. Thinking and feeling of emotion.
- ii. Types of emotions as softer, stronger, positive and negative.
- iii. Invoking, intensifying and diffusing the emotions
- iv. Pairs of opposites at the physical and emotional levels.
- v. Silence and Sankalpa.
- vi. Full practice.
- vii. The practice was given by the students.

## **Unit - 4: Vijñāna Sādhana Kauçala:**

[14Hours]

**Pedagogy-Talk with PPT; Practice with instructions; experience and understand. Students will be asked to experiment with Happiness analysis.**

**Reference: Page No: 188 of Yoga for Cancer by Dr. Nagarathna R and Dr. Nagendra H R**

- i. Explaining about Vijñānamaya Koṣa.
- ii. Happiness analysis.
- iii. Fear analysis.
- iv. Tamas, Rajas, Sattwa, and Gunātita.
- v. Çreyas and Preyas.
- vi. Recollect the incidences of highest happiness and also incidences of highest fear.
- vii. Analyse each incident of happiness and fear analysis and write.
- viii. List Çreyas activities and Preyas activities in your present life.
- ix. Practicing to move from Sreyas to Preyas.
- x. List of Tāmasic, Rājasic and Sātvic activities.
- xi. Practicing to move from Tamas to Rajas to Sattva to Gunātita.
- xii. Full practice.
- xiii. Practice will be given by the students.

**Unit- 5: Ānanda Amrita Sinchana:**

**[14Hours]**

**Pedagogy- Talk with PPT; Practice with instructions; Observe the mind.**

**Reference: Page No: 202 of Yoga for Cancer by Dr. Nagarathna R and Dr.Nagendra H R**

- i. Importance of pairs of opposites.
- ii. List different pairs of opposites that occur in life.
- iii. Practice to experience them as pairs and observe the changes in the personality.
- iv. List out incidences when bliss is experienced in the activity.
- v. List out incidences when bliss is experienced in non-activity.
- vi. List of varieties of people, varieties of places, varieties of incidences and practice to maintain the bliss in all circumstances.
- vii. Carefully observe and start to do every activity with bliss.
- viii. Allow love and bliss to spread all around.
- ix. Full practice.
- x. Practice will be given by students.
- xi. Experience writing.

**Reference Books:**

1. Yoga for Cancer by Dr. Nagarathna R and Dr. Nagendra H R.
2. Taittiriya Upaniṣad– Brahmānanda Valli
3. Wisdom from Upaniṣad. Patheya Series. Vivekananda Kendra Publication.
4. Patañjali Yoga Sutrās – Dr H R Nagendra, SVYP

**Subject Name:** Arogyadhama Field Training – 1

**Subject Code:** MSYTF301

<b>No. of Credits: 4</b>	<b>Total number of teaching Hrs: 120</b>	<b>Full marks for Examination: 100</b>	<b>Internal Marks:</b>
<b>Number of teaching hours/Week: 8</b>			
<b>Examination Weightage:</b>			
Unit – 1	Unit – 2	Unit – 3	Unit – 4
5Hrs 5Marks	55Hrs 45Marks	30Hrs 25Marks	30Hrs 25Marks

## Goal and Objectives

### Goal:

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge of Clinical training at Yoga therapy hospital to elevate the level of practical knowledge in students

### Objectives

#### Knowledge:

After the completion of this course, the student shall be able to:

- Learn the line of treatment of a particular disease
- Understand the condition of a disease and prepare a module based on its severity
- Have an in-depth understanding of participant's care, data analysis and report writing

#### Skills:

After the completion of the course, the student shall be able to:

- Write the case history of a patient
- Administer general parameter and clinical assessment methods used for patients
- Give effective counseling to a patient for eliminating the root cause of a problem
- Avoid a practice based on the severity of a disease and its contraindication

### Study Outcome:

Students will get practical experience in teaching Yoga practices for various diseases.

### Unit-1: Brief outline of yoga therapy clinical training

[5Hrs]

#### Pedagogy: (Talk with PPT)

- xvii. Case History Writing
- xviii. Introduction to general parameter

- xix. Introduction to special parameter
- xx. Education of Participant Care
- xxi. Psychological analysis by Triguêa and Tridoça, GHQ questionnaires.  
(Analysis of Prakâti and Vikâati of participants)
- xxii. Data Entry and Data Analysis
- xxiii. Report Writing
- xxiv. Case Presentation

## **Unit-2: Neurology and Oncology**

[55hrs]

**Pedagogy: (Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take a class for therapy participants)**

- xi. Introduction to Section: Neurology and Oncology
- xii. Introduction to Aliments: Stroke, Parkinson, Motor Neuron Disease, Epilepsy, Multiple Sclerosis, Cerebral Ataxia, Breast Cancer, Brain Tumor, Stomach Cancer: Definition, Prevalence, Cause, Sign, Symptoms, Clinical Parameter
- xiii. Yogic Management through IAYT
- xiv. Customized and Specific Yoga Module protocol for above-mentioned Aliments
- xv. Yogic Counseling

## **Unit-3: Pulmonology**

[30Hrs]

**Pedagogy: (Observing the Senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take a class for therapy participants)**

- xi. Introduction to Section: Pulmonology.
- xii. Introduction to Aliments: Asthma, Nasal Allergy, Sinusitis, TB, COPD
- xiii. Yogic Management through IAYT
- xiv. Customized and Specific Yoga Module protocol for above-mentioned Aliments
- xv. Yogic Counseling

## **Unit-4: Cardiology**

[30Hrs]

**(Pedagogy: Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take a class for therapy participants)**

- xi. Introduction to Section: Cardiology
- xii. Introduction to Aliments: Hypertension, CHD, Low BP, High BP, MI, Atherosclerosis.
- xiii. Yogic Management through IAYT
- xiv. Customized and Specific Yoga Module protocol for above-mentioned Aliments
- xv. Yogic Counseling

## **Recommended Books:**

- 5. Clinical methods-Hutchison
- 6. Clinical methods- CL Ghai

**Subject Name:**Arogyadhama Field Training – 2  
**Subject Code:** MSYTF302

<b>No. of Credits: 4</b>	<b>Total number of training hours: 120</b>	<b>Full marks for Examination: 100</b>	<b>Internal Marks: 50</b>
<b>Numberof teaching hours/Week: 8</b>			
<b>Examination Weightage:</b>			
Unit – 1  60Hrs    50Marks		Unit – 2  60Hrs    50 Marks	

## **Goal and Objectives**

### **Goal:**

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge of Clinical training at Yoga therapy hospital to elevate the level of practical knowledge in students

### **Objectives**

#### **Knowledge:**

After the completion of this course, the student shall be able to:

- Learn the line of treatment of a particular disease
- Understand the condition of disease and prepare a modulebased on its severity
- Have an in-depth understanding of participant's care, data analysis and report writing

#### **Skills:**

After the completion of the course, the student shall be able to:

- Write the case history of a patient
- Administer general parameter and clinical assessment methods used for a various group of patients
- Give effective counseling to a patient for eliminating the root cause of a problem
- Avoid a practice based on the severity of a disease and its contraindication

### **Study Outcome:**

Students will get practical experience in teaching Yoga practices for various diseases.

### **Unit-1: Psychiatric Disorder**

[60Hrs]

**Pedagogy: (Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take the class for therapy participants)**

- xi. Introduction to Section: Psychiatric Disorder
- xii. Introduction to Aliments: Anxiety Disorder, Addiction, Bipolar Disorder, Depression, Neurosis, Psychosis, Schizophrenia, OCD, Mental Retardation, ADHD
- xiii. Yogic Management through IAYT
- xiv. Customized and Specific Yoga Module protocol for above-mentioned Aliments
- xv. Yogic Counseling

### **Unit-2: Rheumatology**

[60Hrs]

**Pedagogy: (Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take a class for therapy participants)**

- xi. Introduction to Section: Rheumatology
- xii. Introduction to Aliments: Osteoarthritis, Rheumatoid, Osteoporosis
- xiii. Yogic Management through IAYT
- xiv. Customized and Specific Yoga Module protocol for above-mentioned Aliments
- xv. Yogic Counseling

### **Reference Books:**

1. Clinical methods-Hutchison
2. Clinical methods- CL Gha

**Subject Name:** Arogyadhama Field Training – 3  
**Subject Code:** MSYTF303

<b>No. of Credits: 4</b>	<b>Total number of training: 120</b>	<b>Full marks for Examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/Week: 8</b>			
<b>Examination Weightage:</b>			
Unit – 1		Unit – 2	
60Hrs      50Marks		60Hrs      50Marks	

### **Goal and Objectives**

#### **Goal:**

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge of Clinical training at Yoga therapy hospital to elevate the level of practical knowledge in students

#### **Objectives**

#### **Knowledge:**

After the completion of this course, the student shall be able to:

- Learn the line of treatment of a particular disease
- Understand the condition of disease and prepare a module based on its severity
- Have an in-depth understanding of about participant's care, data analysis and report writing

#### **Skills:**

After the completion of the course, the student shall be able to:

- Write the case history of a patient
- Administer general parameter and clinical assessment methods used for the various group of patients
- Give effective counseling to a patient for eliminating the root cause of a problem
- Avoid a practice based on the severity of a disease and its contraindication

#### **Study Outcome:**



Students will get practical experience in teaching Yoga practices for various diseases.

### **Unit-1: Spinal Disorder**

[60Hrs]

**Pedagogy: (Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take a class for therapy participants)**

- xiii. Introduction to Section: Spinal Disorder
- xiv. Introduction to Aliments: Back Pain, Neck Pain, Spondylitis, Spinal Disorder,
- xv. Slipped Disc, Scoliosis, Lordosis, Cervical Spondylosis, Sciatica, Kyphosis, Spondylo-listhesis
- xvi. Yogic Management through IAYT
- xvii. Customized and Specific Yoga Module protocol for above-mentioned Aliments
- xviii. Yogic Counseling

### **Unit-2: Metabolic Disorders**

[60Hrs]

**(Pedagogy: Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take a class for therapy participants)**

- xi. Introduction to Section: Metabolic Disorder
- xii. Introduction to Aliments: Type 1 DM, Type 2 DM, Hyperglycemia, Hypoglycemia, Diabetes Incipidus, Neuropathy, Retinopathy, Nephropathy
- xiii. Yogic Management through IAYT
- xiv. Customized and Specific Yoga Module protocol for the above mentioned Aliments
- xv. Yogic Counseling

### **Reference Books:**

1. Clinical methods-Hutchison
2. Clinical methods- CL Ghai

**Subject Name:** Arogyadhama Field Training – 4:

**Subject Code:** MSYTF304

<b>No. of Credits:4</b>	<b>Total number of training hours: 120</b>	<b>Full marks for Examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/Week: 8</b>			
<b>Examination Weightage:</b>			
Unit – 1		Unit – 2	
60Hrs    50Marks		60Hrs    50Marks	

## **Goal and Objectives**

### **Goal:**

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge of Clinical training at Yoga therapy hospital to elevate the level of practical knowledge in students

### **Objectives**

#### **Knowledge:**

After the completion of this course, the student shall be able to:

- Learn the line of treatment of a particular disease
- Understand the condition of disease and prepare a module based on its severity
- Have an in-depth understanding of participant's care, data analysis and report writing

#### **Skills:**

After the completion of the course, the student shall be able to:

- Write the case history of a patient
- Administer general parameter and clinical assessment methods used for a various group of patients
- Give effective counseling to a patient for eliminating the root cause of a problem
- Avoid a practice based on the severity of a disease and its contraindication

#### **Study Outcome:**

Students will get practical experience in teaching Yoga practices for various diseases.

**Unit-1: Gastroenterology [60 Hrs]**

**Pedagogy:** (Observing the Senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take a class for therapy participants)

- xi. Introduction to Section: Gastroenterology
- xii. Introduction to Aliments: Gastritis, IBS, Constipation, Diarrhea, GERD, APD, Ulcerative Colitis, Piles, Fistula, Menstrual Disorder, Infertility, Pregnancy 1, 2, 3, Trimester
- xiii. Yogic Management through IAYT
- xiv. Customized and Specific Yoga Module protocol for the Aliments
- xv. Yogic Counseling

**Unit – 2: Section H &PPH****[60 Hrs]**

**(Pedagogy:** Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take a class for therapy participants)

- ii. Introduction to sections: Eating disorders and Promotion of positive Health
- iii. Introducing different eating disorders
- iv. Yogic management through IAYT
- v. Customized and Specific Yoga Module protocol for above-mentioned Aliments
- vi. Yogic Counseling

**Reference Books:**

- 1. Clinical methods-Hutchison
- 2. Clinical methods- CL Ghai

**Assignment:**

Attending Yoga Therapy conferences.

**Subject Name:** Classical Yoga (DE)

**Subject Code:** MSYTP402

No. of Credits: 2	Total number of teaching hours: 60	Full marks for Examination: 100	Internal Marks: 50	
Numberof teaching hours/Week: 4				
Examination Weightage:				
Unit – 1	Unit – 2	Unit – 3	Unit – 4	Unit – 5
8Hrs 10Marks	12Hrs22Marks	14Hrs 23Marks	12Hrs 22Marks	14Hrs 23Marks

**Goal and objectives****Goal:**

The goal of teaching classical Yoga to students is to provide them with practical knowledge of classical Yoga.

### **Objectives**

#### **Knowledge:**

The students shall be able to :

- Understand the classical Yogasanas and their components mentioned in various texts
- Get to know about the practices for the overall development
- Bring out hidden talents through regular practice
- Experience the benefits and limitations of Yoga practices.

#### **Skills:**

The students will be able to

- Demonstrate and rectify a practice effectively
- Explain all details about a practice
- Present a practice with confidence.

### **Study Outcome:**

Overall personality development.Strength and stamina.Sthirata. Also, students learn to give these techniques to Therapy Participants on the requirement.

#### **Unit1: Loosening Exercises:**

**[8Hours]**

(8 step method)

The same asanas they are going to do on that day they will do dynamically for Loosening.

#### **Unit 2:**

**[12Hours]**

(8 step Method)

10. Gomukhasana
11. Dhanurasana
12. Paschimottanasana
13. Matsyendrasana
14. Kukkutasana
15. Uttan-koormasana
16. Koormasana
17. Shavasana
18. Mayurasana

#### **Unit 3:(8 step Method)**

**[14Hours]**

1. Swastikasana
2. Veerasana
3. Siddhasana
4. Padmasana
5. Simhasana

6. Bhadrasana

**Unit 4:**(8 step Method)

**[12Hours]**

8. Uddiyanabandha
9. Mulabandha
10. JalandharaBandha
11. Mahabandha
12. Mahamudra
13. Mahavedhamudra
14. Viparitakarani

**Unit 5:** (8 steps Method)

**[14Hours]**

17. VastraDhouthiKriya
18. DandaDhouthiKriya
19. VamanaDhouthiKriya
20. SthalabastiKriya
21. JalaNetiKriya
22. Sutra NetiKriya
23. DugdhaNetiKriya
24. GritaNetiKriya
25. AntarangaTratakaKriya
26. VairangaTratakaKriya
27. DakshinaNouliKriya
28. VamaNauliKriya
29. MadhyamaNauliKriya
30. Vatakarma Kapalabhati Kriya
31. VyutakarmakapalabhatiKriya
32. SeetakarmakapalabhatiKriya

**Reference Books:**

1. Asana, Pranayama, Mudra and Bandha – Bihar Yoga Publications
2. Hatha Yoga Pradipika – Bihar Yoga Publications

**Subject Name:** Japa and Meditation

**Subject Code:** MSYTP403

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for Examination: 100</b>	<b>Internal Marks: 50</b>
<b>Numberof teaching hours/Week : 4</b>			

**Goal and Objectives**

**Goals:**

The goal of teaching Japa and Meditation to students is to make them experience the effect of Japa and of Meditation.

**Knowledge:**

After the completion of the program, the students should be able to understand how Japa and Meditation are helpful in Yoga Therapy.

**Skills:**

After the completion of the programs, the students should be able to:

- Practice Japa and Meditation
- Able to guide therapy participants for the practice of Japa and Meditation as helpful tools to come out of their problems.

**Study outcome:**

The student will be thorough with the practice of Japa and Meditation and also the effects of it and will be able to administer the same on therapy participants.

Breathing Exercises, Alternative nostril Kapalabhati, sectional breathing, Full yogic breathing, Nadishudhi pranayama, Mahamrutyunjaya mantra Japa, Gayatri Mantra Japa, RudraGayatriJapa, Ajapajapa and expand into silence.

**Subject Name:** Dissertation

**Subject Code:** MSYTF404

<b>No. of Credits: 15</b>	<b>Total number of teaching hours: 120</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: NA</b>
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<b>Number of teaching hours/week: 8Hrs</b>
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## Goal and objectives

### Goal:

The primary goal of dissertation writing for postgraduate students is to expose them to the research and motivate them to conduct scientific research and pursue higher research.

### Objectives

#### Knowledge:

The students will

- Get to know about the style of dissertation writing
- Understand various scientific experiments design, sampling techniques, etc.
- Analyze data using various statistical tests
- Understand various problems experienced by a researcher while undertaking a project

#### Skills:

The students will be able to

- Interpret the data and conclude it
- Develop the skill of writing and communicating to the scientific world
- Establish the underlying mechanism of the findings
- Disseminate research findings

**Note:** Please note that during this time each student is expected to write the dissertation under the supervision of a qualified guide and get ready for presentation. All candidates must present their research work in the presence of an external expert.

Details about the format of the dissertation are enclosed in Enclosure-1.

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**Subject Name:** Classical Yoga (DE)

**Subject Code:** MSYTP402

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for Examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/Week: 4</b>			
<b>Examination Weightage:</b>			

Unit – 1	Unit – 2	Unit – 3	Unit – 4	Unit – 5
8Hrs 10Marks	12Hrs22Marks	14Hrs 23Marks	12Hrs 22Marks	14Hrs 23Marks

## Goal and objectives

### Goal:

The goal of teaching classical Yoga to students is to provide them with practical knowledge of classical Yoga.

### Objectives

#### Knowledge:

The students shall be able to :

- Understand the classical Yogasanas and their components mentioned in various texts
- Get to know about the practices for the overall development
- Bring out hidden talents through regular practice
- Experience the benefits and limitations of Yoga practices.

#### Skills:

The students will be able to

- Demonstrate and rectify a practice effectively
- Explain all details about a practice
- Present a practice with confidence.

### Study Outcome:

Overall personality development.Strength and stamina.Sthirata. Also, students learn to give these techniques to Therapy Participants on the requirement.

#### Unit1: Loosening Exercises:

[8Hours]

(8 step method)

The same asanas they are going to do on that day they will do dynamically for Loosening.

#### Unit 2:

[12Hours]

(8 step Method)

19. Gomukhasana
20. Dhanurasana
21. Paschimottanasana
22. Matsyendrasana
23. Kukkutasana
24. Uttan-koormasana
25. Koormasana
26. Shavasana



27. Mayurasana

**Unit 3:(8 step Method)**

**[14Hours]**

1. Swastikasana
2. Veerasana
3. Siddhasana
4. Padmasana
5. Simhasana
6. Bhadrasana

**Unit 4:(8 step Method)**

**[12Hours]**

15. Uddiyanabandha
16. Mulabandha
17. JalandharaBandha
18. Mahabandha
19. Mahamudra
20. Mahavedhamudra
21. Viparitakarani

**Unit 5: (8 steps Method)**

**[14Hours]**

33. VastraDhoutiKriya
34. DandaDhoutiKriya
35. VamanaDhoutiKriya
36. SthalabastiKriya
37. JalaNetiKriya
38. Sutra NetiKriya
39. DugdhaNetiKriya
40. GritaNetiKriya
41. AntarangaTratakaKriya
42. VairangaTratakaKriya
43. DakshinaNouliKriya
44. VamaNauliKriya
45. MadhyamaNauliKriya
46. Vatakarma Kapalabhati Kriya
47. VyutakarmakapalabhatiKriya
48. SeetakarmakapalabhatiKriya

**Reference Books:**

1. Asana, Pranayama, Mudra and Bandha – Bihar Yoga Publications
2. Hatha Yoga Pradipika – Bihar Yoga Publications

MSc YVT

**Subject Name:** Applied Sanskrit Grammar (DC)

**Subject Code:** MSYVT103

<b>No. of Credits: 3</b>	<b>Total number of teaching hours: 45</b>	<b>Full marks for Examination: 100</b>	<b>Internal Marks 50</b>
<b>Number of teaching hours/Week: 4</b>			
<b>Examination weightage:</b>			
Unit – 1 5Hrs 10Marks	Unit – 2 13Hrs 30Marks	Unit – 3 12Hrs 30Marks	Unit – 4 6Hrs 10Marks
Unit-5 9Hrs 20Marks			

### Goals and Objectives

The goal of teaching *Sanskrit* to postgraduate students is to provide a comprehensive knowledge of *Sanskrit* to be able to study, understand, comprehend and utilize the knowledge contained in Indian traditional texts in their professional practice, especially in the field of *Yoga*.

### Knowledge:

After the completion of the course, the student shall be able to:

- Describe kinds of nouns, verbs, pronouns, etc. with examples;
- Illustrate kinds of gender, number, and declensions employed in *Sanskrit*;
- Demonstrate skill in pronunciation of different kinds of *Sanskrit* words, phrases and sentences.

### Skills:

After the completion of the course, the student shall be able to

- Read and understand Sanskrit original text and basic grammar.
- Speak fluently in *Sanskrit* after having learned the various peculiar pronunciations.

### Course-specific outcomes:

- Develop Proficiency in Grammar Rules.
- Enhance Pronunciation Skills.
- Analyze Sanskrit Literature.
- Apply Grammar in Context.

### Unit-1: Introduction to technical terms and meta rules of Panini.

[5Hrs]

#### Pedagogy: (Chalk and talk. Q &A)

- I. Introduction To Grammatical traditions of Sanskrit language.
- II. Types of rules in Panini's grammar.

- III. Definitions of technical terms of Panini.
- IV. Meta rules of Panini.

**Unit-2: Sandhi rules of Panini applied to Patanjali Yoga Sutra**

[13 Hrs]

**Pedagogy: (Chalk and talk; PPT; Q&A, lead and follow repetitions)**

- I. Ach Sandhi rules of Panini.
- II. Hal Sandhi rules of Panini.
- III. Visarga Sandhi rules of Panini.
- IV. Application of Sandhi rules to Yoga Sutras of Patanjali.

**Unit- 3: Declinations of selected Sanskrit words in Masculine, Feminine and Neuter gender applied to four streams of Yoga from Bhagavad Gita (Selected verses of Bhagavad Gita from Vyasa Pushpanjali).**

[12 Hrs]

**Pedagogy: (PPT, simple stories, Q & A, Making them converse with each other)**

- I. “A” ending, “AA” ending, “E” ending, “EE” ending, “U” ending, “Ru” ending and “O” ending words in masculine, feminine and neuter gender.
- II. Selected words ending in consonants in masculine, feminine and neuter gender.
- III. Indeclinable’s.
- IV. Application of these grammatical rules to four streams of Yoga from Bhagavad Gita (Selected verses of Bhagavad Gita from Vyasa Pushpanjali).

**Unit- 4: Selected Karaka and Samasa rules of Panini applied to four streams of Yoga from Bhagavad Gita (Bhagavad Gita Selected verses from Vyasa Pushpanjali)**

[6Hrs]

**Pedagogy: (Chalk and talk and PPT; Students will be encouraged to take up a topic each and write an essay (at least 10 sentences) on that. Every student will be made to bi-heart at least 10 Shubhashita, students will be encouraged to enact simple dramas in Samskritam)**

- I. Definition of Karaka and its divisions.
- II. Definition of Samasa and its divisions.
- III. Explanation of different Karaka’s and Vibhakti’s.
- IV. Explanation of different Samasa’s.
- V. Applications of Karaka and Samasa rules to four streams of Yoga from Bhagavad Gita (Bhagavad Gita Selected verses from Vyasa Pushpanjali).

**Unit- 5: Grammatical rules for Active voice (Kartru Vachya), Passive Voice (Karma Vachya) and impersonal passive voice (Bhava Vachya) sentences.**

[9Hrs]

**Pedagogy: (Chalk and talk and PPT)**

- I. An introduction to Sanskrit verbs (Tinganta) and ten conjugations.
- II. Verbs with Parasmai Pada in five tenses and moods.
- III. Verbs with Atmayi Pada in five tenses and moods.
- IV. Rules to construct Active voice, Passive voice and impersonal passive voice
- V. Application these grammatical rules to four streams of Yoga from Bhagavad Gita (Bhagavad Gita Selected verses from Vyasa Pushpanjali).

**Text Book:**

- 1. Laghu Siddhanta Kaumudhi of Varadharaj.
- 2. Vyasa Pushpanjali, S-VYASA.
- 3. Patanjali Yoga Sutra, S-VYASA.

**Reference Book:**

Sanskrita Grammar by MK Sridhar

**Subject Name:** Yoga practice for personality development

**Subject code:** MSYVTP102

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal Marks: 50</b>
<b>Number of teaching hours/week: 4</b>			
<b>Examination weightage:</b>			
Unit-1 12Hrs 20Marks	Unit-2 12Hrs 20Marks	Unit-3 12Hrs 20Marks	Unit-4 12Hrs 20Marks
Unit-5 12Hrs 20Marks			

### Goal and Objectives

#### Goal:

The goal of teaching is to personality development to postgraduate students is to provide them with practical knowledge about the techniques used to personality development and thus can be used as a tool for the management of various psychosomatic ailments

#### Objectives

##### Knowledge:

After the completion of this course, the student shall be able to:

- Develop good physique
- Understand the importance of the games
- Harmonize value system featured by love, co-operation, bliss and health.
- Gain mastery over physical stamina and reduce ego and develop self-confidence

##### Skills:

After the completion of the course, the student shall be able to:

- Play Yogic games
- Understand about the games
- Convince mankind to develop all-round personality development
- To bring love, harmony, peace and bliss.
- To develop group awareness.
- To develop stamina and strength.

##### Course-specific outcomes:

**After studying the course, the student will have in-depth knowledge of**

- Develop awareness, coordination and Stamina.
- Develop Dexterity, Flexibility and initiative
- Develop Emotion culture, muscle building, team spirit, communication and fun
- Develop strength, speed and alertness.

- Develop IQ, Memory, and Creativity.

### **Unit -1:**

**(Play tuned to AnandamayaKosa. After each unit students will be asked to introduce the game to their classmates)**

#### **Awareness Games**

**[6Hours]**

Introduction, Kendra says, Bomb blast, Pincho, Raja- Ram-Rawan, Ram-Shyam, Om, This is my nose, Man-Gun-Tiger, Brother where are you, complete the figure, chaos Musical Chair.

#### **Coordination Games**

**[3Hours]**

Mandalkho, Threelegged race, Locking and unlocking, LokaSangraha, Passing hankey under the leg, Fish scooping

#### **Stamina Games**

**[3Hours]**

Frog touch, Elephant touch, Train race, touching with pairs, Hanuman fight, Om circumlocution

### **Unit – 2:**

**Pedagogy - Play tuned to AnandamayaKosa. Stay in silence at the end of the session. After each unit students will be asked to introduce the game to their classmates**

#### **Dexterity Games**

**[6Hours]**

Frog in the well, Loose compartment, Tiger and man, breaking the mud pot, balloon bursting, lion and lamb.

#### **Flexibility Games**

**[3Hours]**

Self Help, Salute the Governor, catching the snakes tail, Eagle Race

#### **Initiative Games**

**[3Hours]**

I am Shivaji, bullfight, scorpion fight, chariot fight, neck fight, horse fight

### **Unit 3:**

**Pedagogy - Play tuned to AnandamayaKosa. Students will be asked to observe their emotions. Stay in silence. After each unit students will be asked to introduce the game to their classmates**

#### **Emotion Culture Games**

**[2Hours]**

Statue, Ha-Ha-Ha, King wants

#### **Muscle Building Games**

**[2Hours]**

Tying the handkerchief, untying the handkerchief

**Team Spirit Games** [3Hours]

Jayadrathah, tug of war with rope, tug of war without a rope

**Communication Games:** [1Hour]

Dumb shellards

**Fun Games:** [4Hours]

Illusion, If I were -, Merri go round, Lotus bee

**Unit 4:**

**Pedagogy - Play tuned to AnandamayaKosa. Students will be asked to observe their emotions. Stay in silence. After each unit students will be asked to introduce the game to their classmates**

**Strength Games:** [4Hours]

Master-disciple, conquering the fort, Angada, breaking the chain, Give me a place, Tug of war with pairs

**Speed Games** [4Hours]

Touching with pairs, Torch race, Snake and frog, Namaste, kho-kho, Shivaji-Pratap

**Alertness Games** [4Hours]

Dog and bone, Grouping, stick Lifting, I am going to -

**Unit 5:** [12Hours]

**Pedagogy - Play tuned to AnandamayaKosa. Students will be asked to observe their emotions. Stay in silence. After each unit students will be asked to introduce the game to their classmates**

**IQ games:** [4Hours]

Finding the leader, Finding out Animal/Fruit/ Flower, Identify the historical character, Polarisation, Find the capital, Quiz

**Memory Games:** [4Hours]

Post-man, Comer comer comes- goer-goer goes, Antyakshari

**Creativity Games:** [4Hours]

Creativity, instant enacting, story enacting, a parcel bomb

**Reference Book:**

Krida Yoga by DattaramPol, Published by Vivekananda Kendra Prakashana Trust.

**Subject Name:** Classical Yoga practices (DE)

**Subject Code:** MSYVTP 103

<b>No. of Credits: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for Examination: 100</b>	<b>Internal Marks:50</b>	
<b>Numberof teaching hours/Week: 4</b>				
<b>Examination Weightage:</b>				
Unit – 1	Unit – 2	Unit – 3	Unit – 4	Unit – 5
5Hrs 10Marks	15Hrs22Marks	15Hrs 23Marks	15Hrs 22Marks	10Hrs 23Marks

### **Goal and objectives**

#### **Goal:**

The goal of teaching classical Yoga to students is to provide them with practical knowledge of classical Yoga.

#### **Objectives**

##### **Knowledge:**

The students shall be able to :

- Understand the classical Yogasanas and their components mentioned in various texts
- Get to know about the practices for the overall development
- Bring out hidden talents through regular practice
- Experience the benefits and limitations of Yoga practices.

##### **Skills:**

The students will be able to

- Demonstrate and rectify a practice effectively
- Explain all details about a practice
- Present a practice with confidence.

#### **Course-specific outcomes:**

- Proficiency in Classical Asanas.
- Mastery of Pranayama Techniques.
- Implementation of Yogic Cleansing Techniques.
- Integration of Advanced Yogic Concepts.



**Unit1: Loosening Exercises:****[5Hours]**

(8 step method)

The same asanas they are going to do on that day they will do dynamically for Loosening.

**Unit 2:****[15Hours]**

(8 step Method)

28. Gomukhasana
29. Dhanurasana
30. Paschimottanasana
31. Matsyendrasana
32. Kukkutasana
33. Uttan-koormasana
34. Koormasana
35. Shavasana
36. Mayurasana

**Unit 3: (8 step Method)****[15Hours]**

1. Swastikasana
2. Veerasana
3. Siddhasana
4. Padmasana
5. Simhasana
6. Bhadrasana

**Unit 4:(8 step Method)****[15Hours]**

22. Pranayama
23. Uddiyanabandha
24. Mulabandha
25. JalandharaBandha
26. Mahabandha
27. Mahamudra
28. Mahavedhamudra
29. Viparitakarani

**Unit 5: (8 steps Method)****[10Hours]**

49. VastraDhutiKriya
50. DandaDhutiKriya
51. VamanaDhutiKriya
52. SthalabastiKriya
53. JalaNetiKriya
54. Sutra NetiKriya

55. DugdhaNetiKriya
56. GritaNetiKriya
57. AntarangaTratakaKriya
58. VairangaTratakaKriya
59. DakshinaNouliKriya
60. VamaNauliKriya
61. MadhyamaNauliKriya
62. Vata KarmaKapalabhati Kriya
63. Vyutakarmakapalabhatikriya
64. Seetakarmakapalabhatikriya

#### Reference Books:

1. Asana, Pranayama, Mudra and Bandha – Bihar Yoga Publications
2. Hatha Yoga Pradipika – Bihar Yoga Publications

**Subject:**Evidence Based Yoga therapy

**Course code:** MSYVTT - 201

<b>Credit:4</b>		<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal: 50</b>	
<b>No of hours/week: 4</b>					
<b>Examination weightage:</b>					
Unit-1 3 Hrs	Unit-2 12 Hrs	Unit-3 10 Hrs	Unit-4 10 Hrs	Unit-5 10 Hrs	Unit -6 15 Hrs

#### Goal and Objectives

##### Goals:

The goal of teaching Yoga Therapy for Common Ailments to students is aimed at giving the student comprehensive medical knowledge of the disease and it's Yogic Management of the organ systems of the body to facilitate comprehension of the physiological basis of health and disease and Hospital training and hands on training to handle patients.

##### Knowledge:

After the completion of the program, the students should be able to

- Independently handle a patient and administer yoga therapy;
- Appreciate the relative contribution of each organ system to the homeostasis;
- Explain the pathological aspects of disease;
- Illustrate the physiological response and adaptations to environmental stresses;
- List physiological principles underlying pathogenesis and disease management.

##### Skills:

After the completion of the programs, the students should be able to:

- Teach Yoga Therapy;
- Interpret experimental/investigative data;
- Take medical, psychological and yogic assessments
- Effectively treat the patient with various psychosomatic ailments.

### **Course-specific outcomes:**

#### **After completing the course student will have in-depth knowledge of**

CO1: Definition, risk factors, signs & symptoms and prevalence of common diseases affecting different systems of the body

CO2: Lifestyle management of the disease

CO4: Brief diagnostic procedures and medical management of the disease

CO4: Integrated approach of yoga therapy to the disease

CO5: Evidence of based knowledge of yoga therapy on different ailments.

### **Unit-1: Introduction to common ailments**

[3 Hrs]

**Pedagogi: ( Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study)**

viii. Introduction to stress

ix. Introduction to Yoga therapy – AdhijaVyadhi concept according to science and also according to Yoga Vasista, IAYT

### **Unit-2: Respiratory Disorders and cardiovascular disorders**

[12Hrs]

**Pedagogi: ( Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study)**

#### **(E) Respiratory disorders**

xv. Introduction to Respiratory disorders

e. Brief classification – Obstructive, Restrictive, infectious and inflammatory

f. Introduction to Pulmonary function tests and their principles

xvi. Bronchial Asthma

g. Definition, Pathophysiology, Classification, Clinical Features,

h. Medical Management

i. Yogic Management

xvii. Allergic Rhinitis & Sinusitis

g. Definition, Pathophysiology, Classification, Clinical Features,

h. Medical Management

i. Yogic Management

xviii. Corona- Covid 19

a. Definition, pathophysiology, clinical features, routes of transmission, prevention measures

b. Medical management

c. Yogic management

xix. Evidence based Yoga therapy for problems of Respiratory disorders

#### **(F) Cardiovascular disorders**

i. Introduction to Cardiovascular disorders

ii. Hypertension

g. Definition, Pathophysiology, Classification, Clinical Feature

h. Medical Management

i. Yogic Management

iii. Atherosclerosis / Coronary artery disease

- g. Definition, Pathophysiology, Classification, Clinical Features
- h. Medical Management
- i. Yogic Management
- iv. Evidence based Yoga therapy for problems of Cardiovascular system

### **Unit-3: Gastro Intestinal Disorders and Excretory System**

[10Hrs]

**Pedagogi: (Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study)**

#### **(E) Gastro Intestinal Disorders**

- xi. APD
  - i. Introduction to APD: Gastritis –Acute & Chronic, Dyspepsia, Peptic Ulcers
  - j. Clinical Features
  - k. Medical Management
  - l. Yogic Management
- xii. Constipation and Chronic Diarrhea
  - g. Definition, Pathophysiology, Clinical Features
  - h. Medical Management
  - i. Yogic Management
- xiii. Evidence based Yoga therapy for problems of GID

#### **(F) Excretory system**

- i. Chronic renal failure
  - g. Causes, clinical features
  - h. Medical management
  - i. Yogic Management
- ii. Renal stones
  - g. Definition, Pathophysiology, Clinical Features
  - h. Medical management
  - i. yogic Management
- iii. Evidence based Yoga therapy for problems of Excretory system

### **Unit-4: Musculo-Skeletal Disorders, Gynaecology and Obstetrics**

[10Hrs]

**Pedagogi: (Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study; Naratingarogyadhama case studies)**

#### **(E) Musculoskeletal system**

- xii. Back Pain
  - g. Classification of back pain: organic and functional
    - k) Lumbar Spondylosis
    - l) Intervertebral disc prolapse (IVDP)
    - m) Spondylolisthesis
    - n) Spondylitis
    - o) Psychogenic- Lumbago
  - h. Medical Management
  - i. Yogic Management
- xiii. Neck pain

- e. Classification
  - g) Cervical Spondylosis, radulopathy
  - h) Functional neck pain
  - i) Whiplash injury
- f. Medical Management
  - a. Yogic Management
- xiv. Osteoarthritis
- xv. Evidence based Yoga therapy for Musculo-Skeletal Disorders

## **(F) Gynaecology and obstetrics**

- i. Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia
  - g. Definitions, Pathophysiology, Classification, Clinical Features
  - h. Medical Management
  - i. Yogic Management
- ii. Menopause
- iii. Yoga for Pregnancy and Childbirth
  - c. Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM
- iv. Evidence based Yoga therapy for gynaecological disorders and obstetrics.

## **Unit-5:Endocrinal ,Metabolic Disorder, Cancer and autoimmune disorders [10Hrs]**

**Pedagogi: (Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study; explaining Arogyadhama stories)**

- xvii. Diabetes Mellitus (I&II)
  - g. Definition, Pathophysiology, Classification, Clinical Features
  - h. Medical Management
  - i. Yogic Management
- xviii. Obesity
  - g. Definition, Pathophysiology, Classification, Clinical Features
  - h. Medical Management
  - i. Yogic Management
- xix. Cancer
  - a. Cause, Pathophysiology, Clinical Features
  - b. Chemotherapy and radiotherapy
  - c. Medical management
  - d. Yogic Management
- xx. Anemia
  - g. Classification of anemia
  - h. Medical management
  - i. Yogic management
- xxi. Evidence based Yoga therapy for Endocrinal, Metabolic disorders, Cancer and Autoimmune disorder

## **Unit-6:Neurological and Psychological Disorders**

**[15Hrs]**

**Pedagogi: (Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study; Naratingarogyadhama case studies)**

**(D) Neurological Disorders:**

- xvii. Headaches
  - a. Migraine
    - g) Causes, Classification, clinical features
    - h) Medical management
    - i) Yogic Management
  - b. Tension headache
    - e) Medical management
    - f) Yogic Management
- xviii. Cerebro vascular accidents
  - a. Causes, clinical features
  - b. Medical management
  - c. Yogic Management
- xix. Epilepsy; pain; Autonomic dysfunctions
  - g. Causes, clinical features
  - h. Medical management
  - i. Yogic Management
- xx. Evidence based Yoga therapy for Neurological Disorders

**(B) Psychiatric disorders**

- i. Introduction to psychiatric disorders- Neurosis, Psychosis
- ii. Neurosis
  - a. Anxiety disorders
    - m. Generalised anxiety disorder
    - n. Panic anxiety
    - o. Post traumatic stress disorder
    - p. Phobias
    - q. Medical management
    - r. Yogic management
  - b. Depression
    - 1. Dysthymia
    - 2. Major depression
    - 3. Medical management
    - 4. Yogic management
- ii. Substance abuse- alcohol, cannabis and tobacco abuse
  - 1. Definition, causes, clinical features
  - 2. Medical management
  - 3. Yogic management
- iii. Insomnia
  - 1. Medical Management
  - 2. Yogic Management
- iv. Evidence based Yoga therapy for psychiatric disorder

**Recommended books:**

11. Yoga for Bronchial Asthma – Dr H R Nagendra, R Nagaratna, SVYP

12. Yoga for Hypertension and Heart Diseases – Dr H R Nagendra, R Nagaratna, SVYP
13. Yoga for Diabetes – Dr H R Nagendra, R Nagaratna, SVYP
14. Yoga for Obesity – Dr H R Nagendra, R Nagaratna, SVYP
15. Integrated approach of yoga therapy for positive health-Dr. R Nagaratha, Dr. H R Nagendra

**Reference books:**

3. Yoga for common disorders- Swami KoormanandaSaraswati

**Assignments:**

The learners shall prepare an assignment on

- vii. Compilation of Evidence base for management of any two pathologies with Yoga as a therapeutic measure
- viii. They shall prepare a power point presentation of a scientific paper suggested by the teaching faculty.

**Recommended website:**

5. Research publications in Yoga on all concerned topics from peer reviewed journals.
6. <http://www.ncbi.nlm.nih.gov/pubmed/>

**Subject: Evidence based Vedic therapy**

**Subject Code: MSYVTT - 204**

Credit : 3	Total no. of teaching hrs : 45	Full marks for Examination : 100	Internal : 50
<b>Hours per week : 3</b>			
<b>Examination Weightage:100</b>			
Unit1:15Hrs 30Marks	Unit2:15Hrs 30Marks	Unit3: 5Hrs 15 Marks	Unit4:10Hrs 25 Marks

**Goal and Objectives**

To make student well versed in Vedic concepts and its scientific approach in implementing as a therapy in treatments. The whole Vedic concepts are analyzed in evidence based approach.

**Knowledge:**

The students will be in clarity about all the Vedic concepts and its scientific & evidence based approach. The applied aspects of Vedic concepts are updated time to time.

**Skills:**

The students will become skillful in applying these Vedic concepts practically in Yajna and Music as a therapy.

**Course-specific outcomes:**

- Integration of Vedic Concepts with Modern Therapy.
- Proficiency in Mantra and Yajna Therapy.
- Application of Vedic Therapy for Communicable Diseases.
- Customized Therapeutic Protocols for Non-Communicable Diseases.

**Unit 1: Introduction to Vedic Therapy**

Basic principles of Ayurveda, therapy

Basics of Daiva Vyapashrayachikitsa

Causes of disease in vedic perspective

Ayurveda and astrology concept of disease

Mani chikitsa

Basic IAVT (Integrated Approach of Vedic therapy ) module

**Unit 2: Mantra therapy (Vaag yoga) and Yajna therapy**

- Origin of Mantra and its value in therapy
- Types of Mantras
- Research on Gayatri Mantra
- Research on Maha Mrutyunjaya Mantra
- Concept of Yajna in Ayurveda
- Medicinal properties of materials used in Yajna
- Research on yajnopathy

**Unit 3: IAVT for communicable diseases**

- IAVT for Fever



- IAVT for Cough
- IAVT for Tuberculosis
- IAVT for Plague
- IAVT for Influenza
- IAVT for COVID-19

#### **Unit 4: IAVT for Non-Communicable diseases**

- IAVT for Cardiac disease
- IAVT for Anxiety, Depression
- IAVT for Arthritis, Back Pain
- IAVT for Diabetes.
- IAVT for Gastro intestinal diseases
- IAVT for Obesity
- IAVT for Cancer
- . IAVT for Stroke
- IAVT for Epilepsy

#### **Recommended books:**

Daiva VyapshahrayaChikitsa- Dr. VNK Usha, Dr.U.Govinda Raju

Yajna Chikitsa-Brahmavarchas

Ayurveda and Astrology – David Frawley

#### **Reference books**

- Harita Samhita
- Charaka Samhita
- Sushruta Samhita
- Kashyapa Samhita

**Subject:** Yoga therapy Techniques

**Subject code:** MSYVTP- 201

<b>Credit: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal: 50</b>
<b>No of hours/week: 4</b>			
<b>Examination weightage:</b>			
Unit-1 12Hrs      20Marks	Unit-2 12Hrs      20Marks	Unit-3 12Hrs      20Marks	Unit-4 12Hrs      20Marks
Unit-5 12Hrs      20Marks			

## Goal and Objectives

### Goal:

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with comprehensive knowledge of therapeutic techniques applicable for various ailments.

### Objectives

### Knowledge:

After the completion of this course, the student shall be able to:

- Demonstrate each technique prescribed for a disease
- Say the working principles behind the techniques prescribed for various diseases
- Understand contraindications and indications of *yogic* practices in order to efficiently use *Yoga* as a therapy;
- Explain the precautions to be taken before practicing the special techniques

### Skills:

After the completion of the course, the student shall be able to:

- Prescribe the set of special techniques to manage various diseases
- Demonstrate usage of therapeutic aspect of *Yoga* in promotive, preventive, and curative therapy.
- Find another alternative practice if the practice is not found to be effective.

**Study outcome:**

**Course-specific outcomes:**

- Mastery of Therapeutic Techniques
- Understanding of Therapeutic Principles
- Customized yoga therapy plans based on the individual needs and health conditions of patients.
- Students will be skilled in applying evidence-based yoga therapy practices, supported by contemporary scientific research.

**Unit-1:**

**[12 hours]**

**Pedagogi: (8 step method)**

Yoga Practices for respiratory disorders

Yoga practices for cardio vascular disorders

**Unit-2:**

**[12hours]**

**Pedagogi: (8 step method; Students should be encouraged to introduce the practice, to teach a session)**

Yoga practices for Endocrinal and metabolic disorders

Yoga practices for excretory system disorders

**Unit-3:**

**[12 hours]**

**Pedagogi: (8 step method; Students should be encouraged to introduce the practice, to teach a session)**

Yoga practices for obstetrics and gynaecological disorders

Yoga practices for GID

**Unit-4:**

**[12 hours]**

**Pedagogi: (8 step method; Students should be encouraged to introduce the practice, to teach a session)**

Yoga practices for Musculo-skeletal disorders

Yoga practices for neurological disorders

**Unit-5:**

**[12 hours]**

**Pedagogi: (8 step method; Students should be encouraged to introduce the practice, to teach a session)**

Yoga practices for psychiatric disorders

Yoga practices for Cancer, HIV and Anaemia

**Recommended books:**

Yoga for common ailments manual, SVYP, Bangalore, 2002

**Course: Vedic Principles and Practices – 1**

**Subject Code: MSYVTPDE-203**

Credit: 2	Total number of teaching hours: 60	Full marks for Examination: 100	Internal: 50
<b>Number of hours/Week : 4</b>			
<b>Examination Weightage:</b>			
Unit – 1	Unit – 2	Unit – 3	Unit – 4
30Hrs 50Marks	10Hrs 20Marks	10Hrs 15Marks	10Hrs 15Marks

**Learning Outcome:**

- Clarity in pronunciation.
- Understanding the meaning in general
- Ability to identify the mistakes if available and setting them right

**Objectives:**

- To understand the ancient methodology of our education system, which was imparted in GurukulaPaddhati.
- To know the values of our cultural Practices in the present day of life.

**Course-specific outcomes:**

- Students will develop proficiency in chanting selected Vedic mantras, suktas, and stotras with correct pronunciation and intonation.
- Through regular practice of Vedic chanting, students will enhance their cognitive functions and memory retention
- Application of Vedic Mantras for Well-being
- Cultural and Spiritual Enrichment : Students will gain a deeper appreciation of Vedic culture and spirituality, fostering a sense of connection to ancient traditions and their philosophical teachings.

**Unit 1: Shanti Mantrah -1**

1. Sahanavavatu
2. ShannoMitra
3. Bhadramkarnebhiih
4. Tacchamyoravrinimahe
5. Purnamadahpurnamidam

**Unit 2 – Suktas:**

1. Medha
2. Purusha

**Unit 3: Stotras**

1. Ganapati Pancharatna
2. Aditya hrudaya
3. BhavaniAshtaka

**Unit 4: Mantras:**

1. Gayatri
2. Mahamrutyunjaya

**Reference Books:**

1. Mantrapushpam, mailapur, Chennai.
2. Vyasapushpanjali, SVYP, Bangalore.

**Subject: Yajna - A healing Science**

**Course code: MSYVT T- 303**

<b>Credit :2</b>	<b>Total no. of teaching hrs :30</b>	<b>Full marks for Examination :50</b>	<b>Internal : 50</b>
<b>Hours per week :2</b>			
<b>Examination Weightage:</b>			
<b>Unit1:7Hrs</b>	<b>Unit2:8Hrs</b>	<b>Unit3:7Hrs</b>	<b>Unit4:8Hrs</b>
<b>12Marks</b>	<b>13Marks</b>	<b>12Marks</b>	<b>13Marks</b>

## Goal and Objectives

### Goal:

The goal of teaching Yajna - A healing Science to postgraduate students is to provide them with comprehensive knowledge of Veda as a parallel and allied science for pollution free environment.

### Objectives

- To study the Vedic concepts related to Vedic sacrifices.
- To explore the possible scientific relevance of these vedic sacrifices.

### Knowledge:

After the completion of this course, the student shall be able to understand different yajnas as healing for a perfect eco-friendly life style. :

### Skills:

After the completion of the course, the student shall be able to perform the yajnas in the scientific way.

To explore the scientific relevance of these traditional yajnas for a harmonious living.

### Course-specific outcomes:

- Understanding Vedic Concept of Yajna.
- Scientific Relevance of Yajnas.
- Application of Yajna in Modern Therapy.
- Integration with Yoga and Vedic Practices.

## Unit – 1 Introduction to Yajna, Vedas, Mantras, Yantras, Tantras

7 Hrs

Meaning of word Yajna, Vedas, Mantras, Yantras, Tantras

Types of Yajnas in Brahmanas

Yajnas from Bhagavad Gita

## Unit – 2 Concept of Eco-Friendly life for health and harmony

8 Hrs

Routine of Yogic lifestyle

Importance of getting up early and sleeping early

Harmonious way of living

**Unit – 3 Panchayajna practices in the light of TaittiriyaAranyaka 7 Hrs**

Deva Yajna

Pitri Yajna

Bhuta Yajna

Manushya Yajna

Brahma Yajna

**Unit – 4 Diagnosis of human subtle body and mind using Bio-Well, REG 8 Hrs**

Modern equipments and support to ancient ideology

Science of new advancement in technology

Technology for research

**Reference book**

1. Prof Ramachandra G Bhat (2014). Veda VijnanaParamyam, Tumakuru University
2. SatyanandaSaraswati (2012), Comprehensive Survey of Yajna, Bihar School of Yoga

Subject: Vedic Chanting 2

Course code: MSYVTP- 302

<b>Credit :2</b>	<b>Total no. of teaching hrs :60</b>	<b>Full marks for Examination : 100</b>	<b>Internal : 50</b>	
<b>Hours per week :4</b>				
<b>Examination Weightage:</b>				
<b>Unit1:15Hrs 25Marks</b>	<b>Unit2:15Hrs 25Marks</b>	<b>Unit3:10hrs 15Marks</b>	<b>Unit4:10Hrs 15Marks</b>	<b>Unit-5 10Hrs 20Marks</b>

## Goal and objectives

### Goal:

- To learn the methodology of chanting the Vedas
- To learn to chant vedic mantras.

### Objectives

- To learn and memorize selected vedic mantras, bhagavadgita and hatha yoga pradipika shlokas.

### Knowledge:

The students will learn to

- Memorize selected vedic mantras, bhagavadgita and hatha yoga pradipika shlokas.

### Skills:

- Students will be able to chant vedic mantras, bhagavadgita and hatha yoga pradipika shlokas with proper intonations and pronunciation.

### Course-specific outcomes:

- Students will develop proficiency in chanting selected Vedic mantras, suktas, and stotras with correct pronunciation and intonation.
- Through regular practice of Vedic chanting, students will enhance their cognitive functions and memory retention
- Application of Vedic Mantras for Well-being
- Cultural and Spiritual Enrichment : Students will gain a deeper appreciation of Vedic culture and spirituality, fostering a sense of connection to ancient traditions and their philosophical teachings.

## Unit 1

Shanti mantra – 2

1. Apyayantu mamangani



2.Yachandasam

3.Aham vrukshasya

4.Namo brahmane

5.Vagmemanasi

## **Unit 2**

Suktas

1.Shraddha

2.Rudram

## **Unit 3**

Stotras

1.Shiva Panchakshari

2.Narayana stotram

## **Unit 4**

1.Shiva gayatri

2.Vishnu gayatri

3.Durga gayatri

4.Ganesha gayatri

**Subject: Arogyadhama Field Training – 1****Subject Code: MSYVTF-303**

<b>Credit :4</b>	<b>Total no. of teaching hrs :120</b>	<b>Full marks for Examination :100</b>	<b>Internal : 50</b>
<b>Hours per week :8</b>			
<b>Examination Weightage:</b>			
<b>Unit1:5Hrs 5Marks</b>	<b>Unit2:55Hrs 45Marks</b>	<b>Unit3:30Hrs 25Marks</b>	<b>Unit4:30Hrs 25Marks</b>

**Goal and Objectives****Goal:**

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge of Clinical training at Yoga therapy hospital so as to elevate the level of practical knowledge in students

**Objectives****Knowledge:**

After the completion of this course, the student shall be able to:

- Learn the line of treatment of a particular disease
- Understand the condition of a disease and prepare a module based on its severity
- Have in depth understanding about participant's care, data analysis and report writing

**Skills:**

After the completion of the course, the student shall be able to:

- Write the case history of a patient
- Administer general parameter and clinical assessment methods used for various group of patients
- Give effective counseling to a patient for eliminating the root cause of a problem

- Avoid a practice based on the severity of a disease and its contraindication

**Course-specific outcomes:**

- Clinical Application of Yoga Therapy
- Proficiency in Patient Assessment
- Customized Yoga Protocols
- Effective Counseling Skills and Data Analysis and Report Writing.

**Unit-1: Brief outline of yoga therapy clinical training**

**[5Hrs]**

Pedagogi: (Talk with PPT)

- Case History Writing
- Introduction to general parameter
- Introduction to special parameter
- Education of Participant Care
- Psychological analysis by Triguëa and Tridoça, GHQ questionnaires.

(Analysis of Prakâti and Vikâati of participants)

- Data Entry and Data Analysis
- Report Writing
- Case Presentation

**Unit-2: Neurology and Oncology**

**[55hrs]**

Pedagogi: (Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)

- Introduction to Section: Neurology and Oncology
- Introduction to Aliments: Stroke, Parkinson, Motor Neuron Disease, Epilepsy, Multiple Sclerosis, Cerebral Ataxia, Breast Cancer, Brain Tumor, Stomach Cancer: Definition, Prevalence, Cause, Sign, Symptoms, Clinical Parameter
- Yogic Management through IAYT
- Customized and Specific Yoga Module protocol for above mentioned Aliments

v. Yogic Counseling

**Unit-3: Pulmonology**

**[30Hrs]**

Pedagogi: (Observing the Senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)

- i. Introduction to Section: Pulmonology.
- ii. Introduction to Aliments: Asthma, Nasal Allergy, Sinusitis, TB, COPD
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

**Unit-4: Cardiology**

**[30Hrs]**

(Pedagogi: Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)

- i. Introduction to Section: Cardiology
- ii. Introduction to Aliments: Hypertension, CHD, Low BP, High BP, MI, Atherosclerosis.
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

**Unit-5: Psychiatric Disorder**

**[60Hrs]**

Pedagogi: (Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)

- i. Introduction to Section: Psychiatric Disorder
- ii. Introduction to Aliments: Anxiety Disorder, Addiction, Bipolar Disorder, Depression, Neurosis, Psychosis, Schizophrenia, OCD, Mental Retardation, ADHD
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments

- v. Yogic Counseling

**Unit-6: Rheumatology****[60Hrs]**

Pedagogi: (Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)

- i. Introduction to Section: Rheumatology
- ii. Introduction to Aliments: Osteoarthritis, Rheumatoid, Osteoporosis
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

**Recommended Books:**

- 1. Clinical methods-Hutchison
- 2. Clinical methods- CL Gha

**Subject: Arogyadhama Field Training – 2****Subject Code: MSYVTF-304**

<b>Credit :4</b>	<b>Total no. of training hrs :120</b>	<b>Full marks for Examination :100</b>	<b>Internal : 50</b>
<b>Hours per week :6</b>			
<b>Examination Weightage:</b>			
<b>Unit1:60Hrs  50Marks</b>	<b>Unit2:60Hrs  50Marks</b>		

**Goal and Objectives****Goal:**

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge of Clinical training at Yoga therapy hospital so as to elevate the level of practical knowledge in students

**Objectives****Knowledge:**

After the completion of this course, the student shall be able to:

- Learn the line of treatment of a particular disease
- Understand the condition of a disease and prepare a module based on its severity
- Have in depth understanding about participant's care, data analysis and report writing

**Skills:**

After the completion of the course, the student shall be able to:

- Write the case history of a patient

- Administer general parameter and clinical assessment methods used for various group of patients
- Give effective counseling to a patient for eliminating the root cause of a problem
- Avoid a practice based on the severity of a disease and its contraindication

**Course-specific outcomes:**

- Clinical Application of Yoga Therapy
- Proficiency in Patient Assessment
- Customized Yoga Protocols
- Effective Counseling Skills and Data Analysis and Report Writing.

**Unit-1: Spinal Disorder**

**[60Hrs]**

Pedagogi: (Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)

- Introduction to Section: Spinal Disorder
- Introduction to Aliments: Back Pain, Neck Pain, Spondilitis, Spinal Disorder,
- Slipped Disc, Scoliosis, Lordosis, Cervical Spondylosis, Sciatica, Khyposis, Spondylolisthesis
- Yogic Management through IAYT
- Customized and Specific Yoga Module protocol for above mentioned Aliments
- Yogic Counseling

**Unit-2: Metabolic Disorders**

**[60Hrs]**

(Pedagogi: Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)

- Introduction to Section: Metabolic Disorder
- Introduction to Aliments: Type 1 DM, Type 2 DM, Hyperglycemia, Hypoglycemia, Diabetes Incipidus, Neuropathy, Retinopathy, Nephropathy
- Yogic Management through IAYT
- Customized and Specific Yoga Module protocol for above mentioned Aliments
- Yogic Counseling

### **Unit-3: Gastroenterology [60 Hrs]**

Pedagogi: (Observing the Senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)

- i. Introduction to Section: Gastroenterology
- ii. Introduction to Aliments: Gastritis, IBS, Constipation, Diarrhea, GERD, APD, Ulcerative Colitis, Piles, Fistula, Menstrual Disorder, Infertility, Pregnancy 1, 2, 3, Trimester
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

### **Unit – 4: Section H &PPH**

**[60 Hrs]**

(Pedagogi: Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)

- i. Introduction to sections: Eating disorders and Promotion of positive Health
- ii. Introducing different eating dis-orders
- iii. Yogic management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

### **Recommended Books:**

1. Clinical methods-Hutchison
2. Clinical methods- CL Ghai

Attending Yoga Therapy conference.

**Subject name: Introduction to Ayurveda and Jyotisha**

**Subject code: MSYVTT- 303**



Credit :4	Total Number of teaching Hours: 60	Full Marks for Examination: 100	Internal: 50
<b>Hours per week : 4</b>			
<b>Examination Weightage:100</b>			
Unit- 1 10Hrs      25Marks	Unit- 2 5Hrs      25Marks	Unit- 3 30Hrs    25 Marks	Unit- 4 15Hrs    25 Marks

### Goal and Objectives

#### Goal:

The goal of teaching introduction to Ayurveda subject to postgraduate students of YVT is to provide them with knowledge about the principles of Ayurveda that are compatible to Yoga therapy.

#### Objectives

The student shall be able to:

- Understand the science of Ayurveda
- Get comprehensive knowledge about ancient wisdom.
- Get knowledge about fundamentals of Ayurveda
- Learn the concept of auto healing and principles of Ayurveda
- Imbibe the ancient knowledge of Ayurveda based on the concept of Six philosophies.

#### Skills:

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

- Integrate Ayurveda with Yoga for the better and quick recovery of a disease.
- Integrate Ayurveda with Yoga for better understanding of a disease quickly.
- Understand and prescribe the line of treatments employed for relieving the common disease conditions.
- Explain the principles behind the treatment of Ayurveda.

#### Course-specific outcomes:

- Foundational Knowledge of Ayurveda.
- Integration of Ayurveda with Yoga.
- Understanding of Jyotisha.
- Students will adopt holistic health and lifestyle practices based on Ayurvedic and Jyotisha principles.

#### Unit – 1:

##### (A)Definition of Ayurveda

[5Hrs]

- Definition of Vedas – Introduction of division of Vedas.
- Definition of Ayurveda – Different types of Ayu and chronology of Ayurveda.

##### (B) Dinacharya, rutucharya and rutusandhi- features and significance

##### (C)Concept of Doshas, Dhatus, Malas and Agni

[5Hrs]

- Concept of doshas – Vata, Pitta and Kapha
- Concept of dhatus and malas
- Concept of agni – Types of agni and concept of Ama.

#### Unit 2

**Concept of health and disease**

[15Hrs]

- iv. Concept of health according to sushruta.
- v. Concept of disease and its classification.
- vi. Concept of agryasangrahas

**Concept of drugs and treatment in Ayurveda**

[15Hrs]

- iv. Concept of drugs in ayurveda, concept of rasa, guna, veerya, vipaka and prabhava.
- v. Different drugs and its details.
- vi. Definition of chikitsa.
- vii. Classifications of treatments as per charaka.
- viii. Panchakarma in Ayurveda.

**Unit 3**

- Introduction of Vedic Astrology- Pravartakas of Jyotisha. Introduction to Siddhanta, Samhita and Hora
- Introduction to Panchanga
- Introduction to Bhachakra
- Karakatwas of Rashis, Nakshatras and Bhavas.
- Introduction to Lagna

**Unit 4**

- Medical Astrology

**Subject:**Dissertation**Course Code:**MSYVTFDC-401

<b>Credit: 4</b>	<b>Total number of teaching hours: 120</b>	<b>Full marks for examination: 100</b>	<b>Internal: NA</b>
<b>No of hours/week: 8Hrs</b>			

**Goal and objectives****Goal:**

The primary goal of dissertation writing for post graduate students is to expose them in research and motivate them to conduct scientific research and pursue higher research.

**Objectives****Knowledge:**

**The students will**

- Get to know about the style of dissertation writing
- Understand various scientific experiments design, sampling techniques etc.
- Analyze data using various statistical tests
- Understand various problems experienced by a researcher while undertaking a project

**Skills:****The students will be able to**

- Interpret the data and draw a conclusion from it
- Develop the skill of writing and communicating to scientific world
- Establish the underlying mechanism of the findings
- Disseminate research findings

**Course-specific outcomes:**

- Students will master designing and conducting scientific research.
- Students will develop skills in data collection, statistical analysis, and interpretation.
- Students will learn to effectively write and communicate their research findings.
- Students will apply research skills to validate therapeutic practices in Yoga and Vedic therapy.

**During this time students will write their dissertation and publish a paper in journals.**

**Note:** Please note that during this time each student is expected to write the dissertation under the supervision of a qualified guide and get ready for presentation. It is mandatory for all candidates to present their research work in the presence of an external expert.

Details about the format of dissertation are enclosed in Enclosure-1.

**Subject: Practicle Jothisha**

**Course Code:MSYVTP-402**

**Course-specific outcomes:**

- Students will learn to accurately prepare and interpret Kundali.
- Students will apply predictive techniques to forecast future events.
- Students will gain proficiency in using tools like REG and GDV for astrological assessments.
- Students will integrate Jyotisha principles with Vedic therapy practices for holistic health solutions.

**Unit 1:**

Kundali Rachana

**Unit 2:**

Phaladesha

**Unit 3: I**

ntoduction to REG, GDV

**Unit 4:**

Intoduction to Naditarangini

**Subject: Advanced Yoga Techniques -1**

**Course Code: MSYVTP - 403**

Credit 2	Total number of teaching hours: 60	Full marks for Examination: 100	Internal5 0
Number of hours/Week : 4			
Unit – 1  3Hrs    10Marks	Unit – 2  19Hrs    30Marks	Unit – 3  19Hrs    30Marks	Unit – 4  19Hrs    30Marks

### Goal and Objectives

#### Goal:

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge about advanced meditation techniques and concept of Panchakosa.

#### Objectives

##### Knowledge:

After the completion of this course, the student shall be able to:

- Understand about the foundation of advanced meditation techniques
- Understand the role of Prana and Mind on the body and correcting and strengthening body, Prana and Mind.
- Understand and feel the connectivity of individual and the Universe.
- Experience silence, expansion and power of Sankalpa

##### Skills:

After the completion of the course, the student shall be able to:

- Enhance the growth of personality as an Integrated personality
- Present a technique effectively based on the condition of a patient
- Explain the significance of advanced technique for a particular condition
- Learn the skill of delivering instructions

1hr/wk theory and 5hr/wk practical(1Credit Theory and 3 credits Practical)

Theory 25 and Practical 75 Marks

#### Course-specific outcomes:

After completing the course student will have in-depth knowledge of

- Understand the foundation of advanced meditation techniques
- Learn the art of deep relaxation through gentle stimulation.

- Understand the role of Prana and Mind on the body and correcting and strengthening the body, Prana and the Mind. Understand and feel the connectivity of an individual and the Universe.
- Experience silence, expansion and power of Sankalpa.

### **Unit-1: Introduction to advanced techniques**

[3Hrs]

**Pedagogi: ( Talk with PPT; Q & A)**

- iv. Meditation, advancement in Meditation, Concept of Panchakosa
- v. Advanced techniques, personality development, concept of Vyasti and Samasti
- vi. Relaxation, Awareness, Expansion of awareness.

### **Unit- 2: Cyclic meditation**

[19Hrs]

**Pedagogi: Instructions will be given- students will be made to practice – experience-learn ; Flip-flap method (one of the students give instructions and all will practice )**

- xi. Introduction to Cyclic Meditation.
- xii. IRT, in different positions and for different disease conditions, gaining control to tighten a specific part without contracting the surrounding muscles, Practicing on their own 10 times in one day.
- xiii. Incidences from daily life where we experience pointed awareness, linear awareness, surface awareness, 3D awareness and all-pervasive awareness.
- xiv. Centering, ArdhakatiCakrasana, Group synchronization, awareness.
- xv. QRT Physical, Emotional, mental awareness and expansion.
- xvi. Vajrasana, shashankasana and ustrasana with awareness.
- xvii. DRT with awareness at Physical, pranic, mental, intellectual and spiritual levels.
- xviii. Stimulations and relaxations, recognizing the tightness and let go, relaxation deeper than stimulation. Observation of blood flow, nerve impulses, 3D awareness, sound resonance and mental, emotional, intellectual, spiritual stimulations and let go.
- xix. Worksheet writing and correction.
- xx. Class taking by students and correction. Experience writing.  
Students practice IRT 4 times a day.

### **Unit-3: Pranic energisation technique**

[19Hrs]

**Pedagogi: (Talk with PPT; Q & A), Instructions will be given- students will be made to practice – experience-learn; Flip-flap method (one of the students give instructions and all will practice)**

- v. Prana, types of Pranas, UpaPranas, PranicEnergisation Technique
- vi. Practice Breath awareness at tip of the nose, complete breath awareness and deep abdominal breathing. Awareness practice of pulse, Heartbeat, synchronization of pulse with heartbeat, nerve impulses, nerve impulses with different mudras, Vyana, Vyana in between hands, Vyana at

different parts of the body. Moving prana along right side, left side, both sides. Understanding Vyasti and Samasti and practicing to feel Vyasti and Samasti. Choosing the right Sankalpa. Complete PET practice.

- vii. Worksheet writing and correction.
- viii. Class taking by students and correction. Experience writing.  
Regular self practice to strengthen.

#### **Unit-4: Mind sound resonance technique**

[19Hrs]

**Pedagogi: (Talk with PPT; Q & A), Instructions will be given- students will be made to practice – experience-learn; Flip-flap method (one of the students give instructions and all will practice)**

- i. Mind, Sound and resonance.
- ii. Practicing to tune to natural frequency to get resonance
- iii. Chanting of any mantra in three ways loud voice, low voice and inside the mind and feeling vibrations.
- iv. Chanting practice of OM, M, U, A and A-U-M. Feel air moving from nose tip to the tip of the toes. Chanting practice (ahata and ahata followed by anahata) of OM, M, U, A and A-U-M with feeling vibrations and practicing to feel the vibrations from the top of the head to the tip of the toes.
- v. Triambaka Mantra, Full Practice, Writing the Worksheet, Practice by the students, writing experiences.

Feeling the vibrations of all chantings and all sounds during the day, tuning to the vibrations of those sounds.

#### **Recommended books:**

- 5. Perspective of stress management- Dr. H. R. Nagendra and Dr. R. Nagarathna, SVYP.
- 6. Pranic Energisation Technique- Dr. H R Nagendra, SVYP.
- 7. MSRT – Dr H R Nagendra, SVYP.
- 8. Yoga for Cancer – Dr.H R Nagendra, Dr. R Nagaratna, SVYP

## DOCTOR OF MEDICINE

**Subject Title: Yoga Medicine**

**Subject Code: MDYT-101**

<b>TotalNumberofHours: 60</b>		<b>TotalCredits:4</b>
<b>Hours/Week:4</b>		<b>TotalMarks: 100</b>
InternalAssessment	VivaVoce	SemesterTheoryExamination
30	20	50

### Unit-1:RespiratorySystem

(10Hours)

- i. Upperrespiratorytract –
  - a. Nose,Pharynx,Larynx
  - b. Trachea&Bronchialtree
  - c. Lungs
  - d. Pleura
  - e. Mediastinum
- ii. Physiology
  - a. Introduction,internalandexternalrespiration,physiologicalanatomyofrespiratorysystem
  - b. MechanicsofRespiration
    - i. Inspirationandexpiration
    - ii. Roleofrespiratorymusclesandthoraciccage
    - iii. Pressureandvolumechangesduringrespiration
    - iv. Workofbreathing,lungcomplianceanditssignificanceinhealthanddisease
  - c. Lungvolumesandcapacities
    - i. Lungvolumesandcapacitiesandtheirmeasurements
    - ii. Respiratoryminutevolumeandmaximumvoluntaryventilation
  - d. AlveolarVentilation
  - e. Compositionofatmospheric,inspired,alveolarandexpiredair
  - f. Pulmonarycirculation
    - i. Pulmonarycirculation,ventilation –perfusionrelationship
    - ii. Diffusionofgasesacrosspulmonarymembrane
    - iii. Oxygenuptake,transportanddelivery
    - iv. Carbondioxideuptake,transportanddelivery
  - g. Organizationoftherespiratorycenters
    - i. Nervousandchemical regulationofrespiration



- ii. Classification and characteristics of hypoxia, cyanosis, asphyxia, hyperapnoea, dysnoea, apnoea and orthopnea and periodic breathing
- iii. Respiratory aspects of high altitude
- iv. Physiology of acclimatization and hyperbarism
- v. Respiratory/pulmonary function tests
- vi. Non-respiratory functions of lungs
- vii. Artificial respiration
- viii. Importance of therapeutic administration of oxygen and carbon dioxide

Unit-2: Diseases and management of Respiratory system (20 hours)

- i. Diseases of Respiratory system
  - a. Lobar pneumonia, bronchopneumonia, pulmonary tuberculosis
  - b. Atelectasis, bronchiectasis and pneumoconiosis
  - c. Chronic Obstructive Pulmonary Diseases (COPD)
  - d. Bronchial asthma, chronic bronchitis
  - e. Acute respiratory distress syndrome (ARDS)
- ii. Pharmacological management
  - a. Drugs used in Respiratory Disorders
    - i. Expectorants, Central cough suppressants, antitussives, mucolytic agents
    - ii. Pharmacotherapy of bronchial asthma and rhinitis
      - a) Drug therapy during an acute attack
      - b) Prevention of acute attacks
      - c) Treatment of status asthmaticus
      - d) Treatment of acute respiratory failure
      - e) Treatment of chronic persistent asthma
  - a. Drug therapy of rhinitis
- iii. Yogic management
  - a. Role of special techniques viz., Chair breathing
  - b. Role of desensitization techniques like Kriya
  - c. Mechanism of action

Unit-3: Anatomy and physiology of Cardiovascular system (10 Hours)

- i. Cardiovascular System
  - b. Heart—Position, Surface anatomy and its description
  - c. Great vessels—
    - Aorta, Pulmonary trunk, superior venacava, inferior venacava and their branches
  - d. Arteries and Veins—Structure of arteries and veins, important arteries and veins of the body
- ii. Cardiovascular physiology
- iii. Historical perspective, organization of cardiovascular system

- e. Heart
  - i. Structure and properties of cardiac muscle
  - ii. Cardiac metabolism
  - iii. Innervation of heart, junctional tissue of heart
  - iv. Regeneration and spread of cardiac impulse
- f. Electrocardiography
  - i. Einthoven's Law
  - ii. Procedure of various ECG leads, normal ECG and its interpretation
- g. Cardiac cycle
  - i. Pressure and volume changes (mechanical events)
  - ii. Heart sounds and stethoscope
  - iii. Principles of echo-cardiograph
  - iv. Measurement and regulation of cardiac output
- h. Heart sounds
  - i. Description, Causation and relation to other events in cardiac cycle
  - ii. Clinical significance of heart sounds
- i. Blood pressure
  - i. Definition, regulation and factors influencing BP
  - ii. Measurement of blood pressure
  - iii. Physiology of hemorrhage and shock
- j. Circulation
  - i. Blood vessels
  - ii. Physical principles of blood flow, regulation of blood flow.
  - iii. Jugular venous pulse tracing, radial pulse tracking
  - iv. Coronary, cerebral, renal and pulmonary circulation
  - v. Splanchnic, cutaneous and capillary circulation
  - vi. Cardiovascular changes in altitude and exercise

#### Unit-4: Diseases and management of Cardiovascular system

(20 Hours)

- i. Diseases of cardiovascular system
  - a. Arteriosclerosis and atherosclerosis
  - b. Aneurysm
  - c. Vasculitis and thromboangitis obliterans
  - d. Rheumatic heart disease, endocarditis, myocardial infarction
  - e. Congenital heart diseases, pericarditis
  - f. Congestive cardiac failure
  - g. Tumors of lung and pleura
- ii. Cardiovascular drugs
  - a. Digitalis

- b. Pharmacotherapy of cardiac arrhythmias – Sodium channel blockers, beta blockers, potassium channel blockers, calcium channel blockers
    - c. Pharmacotherapy of Hypertension – Clonidine, alpha methyl dopa, Guanethidine, Reserpine, Phentolamine etc.
  - iii. Modern diagnosis
    - a. Systemic examination of the patient
    - b. Cardiovascular system
    - c. Respiratory system
    - d. Electrocardiography
    - e. Echo-cardiograph
    - f. Coronary angiography
  - iv. Yogic management
    - a. Ancient concept about the disorders
    - b. Principles of Yogic management
    - c. Role of specific practices viz., drill walking and Shakti vikasaka
    - d. Mechanism of action

#### Reference Books:

- a. Snell's Clinical Anatomy
- b. Textbook of Physiology – Guyton and Hall
- c. Review of Physiology – Ganong
- d. Yoga for Hypertension and Heart Diseases – Dr. R. Nagarathna & Dr. H. R. Nagendra
- e. Yoga for Asthma – Dr. R. Nagarathna & Dr. H. R. Nagendra

**Subject Title: Yoga Medicine Clinical - I****Subject Code:MDYP-101**

<b>TotalNumberofHours: 60</b>		<b>TotalCredits:2</b>
<b>Hours/Week:4</b>		<b>TotalMarks:50</b>
InternalAssessment	VivaVoce	SemesterExamination
15	10	25

Takingcasehistory,recommendationandinterpretationofdiagnostictests,clinicalevaluation, diagnosis, data taking, interpretation of data, and writing yogic prescription forCardiovascularandRespiratorydisorders.Thecandidatemustwrite2longand4shortcasesattheendofthepostingfromeachdepartment.

**ReferenceBooks:**

- a. Snell'sClinicalAnatomy
- b. TextbookofPhysiology –GuytonandHall
- c. ReviewofPhysiology–Ganong
- d. YogaforHypertensionandHeartDiseases –Dr.R.Nagarathna&Dr.H.R.Nagendra
- e. YogaforAsthma-Dr.R.Nagarathna&Dr.H.

**Subject Title: Clinical Methods**

**Subject Code: MDYT-102**

<b>TotalNumberofHours: 60</b>		<b>TotalCredits:4</b>
<b>Hours/Week:4</b>		<b>TotalMarks: 100</b>
InternalAssessment	VivaVoce	SemesterTheoryExamination
30	20	50

**Unit1:ClinicalMethods (30Hours)**

- 1.1 Approach to a patient
- 1.2 History taking and case sheet writing
- 1.3 Symptomatology/Review of Symptoms
- 1.4 General physical examination
- 1.5 Systemic examination-Abdomen (digestive system)
- 1.6 Systemic Examination-Cardiovascular system
- 1.7 Systemic Examination-Respiratory system
- 1.8 Systemic Examination-Renal and urogenital system
- 1.9 Systemic Examination-Central nervous system
- 1.10 Systemic Examination-Locomotor system
- 1.11 Systemic Examination-Psychiatry
- 1.12 Systemic Examination of ear, nose and throat
- 1.13 Gynecological examination
- 1.14 Systemic Examination of Endocrine System
- 1.15 Examination of the Eye

**Unit II. Diagnostics (30 Hours)**

- 2.1 **Laboratory investigations:** Urine analysis, stool examination, blood examination -peripheral smear, total WBC count, differential WBC count; ESR, Hb estimation; BT, CT, platelet count, red cell indices, bone marrow examination.
- 2.2 **Biochemical investigations:** LFT, creatinine clearance test, Vanillo-mandelic acid (VMA) excretion test in urine, SGOT and SGPT, LDH, CPK, blood urea, serum creatinine, cholesterol, renal function test, serum uric acid and serum amylase,
- 2.3 Thyroid T<sub>3</sub>, T<sub>4</sub>, TSH estimation.

- 2.4 **Medical Imaging 1:** Plain X-ray -Chest, K.U.B., lumbar and cervical spine,  
skull, paranasal sinuses, joints
- 2.5 **Medical Imaging 2:** Contrast Radiology: Barium swallow, barium meal,  
barium enema; cholecystography, myelography, angiography, bronchogram, myelogram
- 2.6 **Medical Imaging 3:** Coronary angiography
- 2.7 **Medical Imaging 4:** CT, PET, MRI & Nuclear Imaging
- 2.8 **Medical Imaging 5:** Ultrasound Examination & Doppler Studies
- 2.9 **Medical Imaging 6:** Echocardiography
- 2.10 Electrocardiography
- 2.11 **Electro-encephalography**
- 2.12 Diagnostic Paracentesis & Thoracentesis
- 2.13 **Lumbar puncture and CSF analysis**
- 2.14 Cytology, FNAC & Biopsy & Diagnostic skin tests
- 2.15 **Endoscopic procedures**

#### Reference books

- 1 Hutchison's Clinical Methods
- 2 Clinical Diagnosis – Jal Vakil
- 3 Clinical Methods – Chamberlin
- 4 Macleod's Clinical Examination
- 5 Davidson's Principles and Practice of Medicine
- 6 Essentials in Hematology and Clinical Pathology

**Subject Title: Clinical Methods Practice**

**Subject Code: MDYP-102**

<b>Total Number of Hours: 60</b>		<b>Total Credits: 2</b>
<b>Hours/Week: 4</b>		<b>Total Marks: 50</b>
Internal Assessment	Viva Voce	Semester Examination

15	10	25
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- 1 Historytakingandphysicalexaminationofcases.
- 2 Casesheetwritingofdifferenttypesofcases(30Cases)
- 3 Demonstrationofequipmentandinstrumentsusedforinvestigationindiagnosics
- 4 RecordingandinterpretationofElectrocardiograph
- 5 RecordingandinterpretationofElectroencephalograph
- 6 Interpretationofvariousclinicalfindings
- 7 Interpretationofvariousimagingtechniques
- 8 Casediscussions

### Referencebooks

- 1 Hutchison'sClinicalMethods
- 2 ClinicalDiagnosis–JalVakil
- 3 ClinicalMethods–Chamberlin
- 4 Macleod'sClinicalExamination
- 5 Davidson'sPrinciplesandPracticeofMedicine
- 6 EssentialsinHematologyandClinicalPathology

**Subject Title: Research Methodology I****Subject Code: MDYT-105**

<b>Total Number of Hours: 60</b>		<b>Total Credits: 4</b>
<b>Hours/Week: 4</b>		<b>Total Marks: 100</b>
Internal Assessment	Viva Voce	Semester Theory Examination
30	20	50

**Unit 1. Research Methodology****(20 Hours)**

- 1.1 **Introduction to research methodology**—definition of research, types of research, need for Yoga
- 1.2 **The research process**
- 1.3 **Literature review**—PubMed, Google Scholar, Shodhganga, S-VYASADigital library
- 1.4 **Ethics of research**—Laboratory ethics, Publication ethics, Ethical bodies—IEC & IRB, Guidelines for good clinical practice
- 1.5 **Sampling methods**—Population and Sample; Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling
- 1.6 **Types of variables**—Independent, dependent, confounding variable
- 1.7 **Types of research design**—Experimental design, cross-sectional studies, Case study, Survey
- 1.8 **Types of Biological data (Scales of measurement)**—nominal, ordinal, interval, ratio
- 1.9 **Measurement tools**: Observation, questionnaire, and others
- 1.10 **Reliability**: Test-Retest Reliability, Internal Consistency, Interrater Reliability
- 1.11 **Validity**: Construct Validity, Face Validity, Content Validity, Criterion Validity, Convergent and Discriminant Validity
- 1.12 **Introduction to Probability**

**Unit 2. Introduction to statistics****(20 Hours)****2.2 Descriptive statistics**

- 2.1.1 **Frequency distribution**
- 2.1.2 **Measures of central tendency**—mean, median, mode
- 2.1.3 **Measures of dispersion**—range, variance and standard deviation
- 2.1.4 **Graphical presentation of data**—Bar graphs, Pie chart, line diagram, scatter plot
- 2.1.5 **Normal distribution**—Skewness and kurtosis characteristic of normal curve, empirical rule
- 2.1.6 **Z distribution**—calculating z score
- 2.1.7 **Measures of correlation**—Pearson's r Correlation and Spearman Correlation

Introduction to inferential statistics

- 2.1.8 **T-distribution**—the characteristics of t distribution



- 2.1.9 Effectsize,Powerandsamplesize,errorsinhypothesistesting  
 2.1.10 **Introduction to methods of comparing means - T tests** – One sample t test, Pairedsamplest test, Independentsamplest–test

### **Unit3.Scientificcommunication**

(20Hours)

- 3.1 Synopsiswriting  
 3.2 Referencewriting-differentstylesviz.,Harvard,Vancouver,APAusingMendeley  
 3.3 Transliteration(ITRANS)  
 3.4 Publicationprocess  
 3.5 Researchgrantwriting  
 3.6 Conferencepresentations-OralandPoster

### **ReferenceBooks**

- 1 R.L.Bijlani.(2008).MedicalResearch:AllYouWantedtoKnowButDidNotKnowWhotoAsk.  
JaypeeBrothers MedicalPublishersPvt.Ltd.NewDelhi
- 2 CRKothari.(2009).ResearchMethodology:MethodsandTechniques.NewAgeInternational(P) Ltd. New Delhi.

**Subject Title: Asana, Pranayama and Meditation**

**Subject Code:MDYP-103**

<b>TotalNumberofHours: 60</b>		<b>TotalCredits:2</b>
<b>Hours/Week:4</b>		<b>TotalMarks:50</b>
InternalAssessment	VivaVoce	SemesterExamination

15	10	25
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**Subject Title: Yoga Therapy Practice****Subject Code:MDYP-104**

<b>TotalNumberofHours: 60</b>		<b>TotalCredits:2</b>
<b>Hours/Week:4</b>		<b>TotalMarks:50</b>
InternalAssessment	VivaVoce	SemesterExamination
15	10	25

**Unit-1: Brief outline of yoga therapy clinical training (4Hours)**

- 1.1 Introduction to general parameters
- 1.2 Introduction to special parameters
- 1.3 Education of Participant Care
- 1.4 Psychological analysis by Trigu  a and Trido  a, GHQ questionnaires. (Analysis of Prak  ti and Vik  ati of participants)
- 1.5 Data Entry and Data Analysis

**Unit-2: Neurology and Oncology (7Hours)**

- 2.1 Introduction to Section: Neurology and Oncology
- 2.1 Introduction to Aliments: Stroke, Parkinson, Motor Neuron Disease, Epilepsy, Multiple Sclerosis, Cerebral Ataxia, Breast Cancer, Brain Tumor, Stomach Cancer: Definition, Prevalence, Cause, Sign, Symptoms, Clinical Parameter
- 2.1 Yogic Management through IAYT
- 2.1 Customized and Specific Yoga Module protocol for above mentioned Aliments
- 2.1 Yogic Counseling

**Unit-3: Pulmonology (7Hours)**

- 3..1 Introduction to Section: Pulmonology.
- 3..2 Introduction to Aliments: Asthma, Nasal Allergy, Sinusitis, TB, COPD 3..3 Yogic Management through IAYT
- 3..4 Customized and Specific Yoga Module protocol for above mentioned Aliments

### 3..5 YogicCounseling

## Unit-4:Cardiology (7Hours)

- 4.1 IntroductiontoSection:Cardiology
- 4.2 IntroductiontoAliments:Hypertension,CHD,LowBP,HighBP,MI,Atherosclerosis.
- 4.3 YogicManagementthroughIAYT
- 4.4 CustomizedandSpecificYogaModuleprotocolforabovementionedAliments
- 4.5 YogicCounseling

## Unit-5:PsychiatricDisorder (7Hours)

- 5.1 IntroductiontoSection:PsychiatricDisorder
- 5.2 Introduction to Aliments: Anxiety Disorder, Addiction, Bipolar Disorder, Depression,Neurosis, Psychosis, Schizophrenia, OCD,MentalRetardation,ADHD
- 5.3 YogicManagementthroughIAYT
- 5.4 CustomizedandSpecificYogaModuleprotocolforabovementionedAliments
- 5.5 YogicCounseling

## Unit-6:Rheumatology (7Hours)

- 6.1 IntroductiontoSection:Rheumatology
- 6.2 IntroductiontoAliments:Osteoarthrosis,Rheumatoid,Osteoporosis
- 6.3 YogicManagementthroughIAYT
- 6.4 CustomizedandSpecificYogaModuleprotocolforabovementionedAliments
- 6.5 YogicCounseling

## Unit-7:SpinalDisorder (7Hours)

- 7.1 IntroductiontoSection:SpinalDisorder
- 7.2 IntroductiontoAliments:BackPain,NeckPain,Spondilitis,SpinalDisorder,
- 7.3 Slipped Disc, Scoliosis, Lordosis, Cervical Spondylosis, Sciatica, Khyposis,Spondylolisthesis
- 7.4 YogicManagementthroughIAYT
- 7.5 CustomizedandSpecificYogaModuleprotocolforabovementionedAliments
- 7.6 YogicCounseling

**Unit-8: Metabolic Disorders****(7Hours)**

- 8.1 Introduction to Section: Metabolic Disorder
- 8.2 Introduction to Ailments: Type 1 DM, Type 2 DM, Hyperglycemia, Hypoglycemia, Diabetes Insipidus, Neuropathy, Retinopathy, Nephropathy
- 8.3 Yogic Management through IAYT
- 8.4 Customized and Specific Yoga Module protocol for above mentioned Ailments
- 8.5 Yogic Counseling

**Unit-9: Gastroenterology and Women's Health****(7Hours)**

- 8.1 Introduction to Section: Gastroenterology
- 8.2 Introduction to Ailments: Gastritis, IBS, Constipation, Diarrhea, GERD, APD, Ulcerative Colitis, Piles, Fistula, Menstrual Disorder, Infertility, Pregnancy
- 8.3 Yogic Management through IAYT
- 8.4 Customized and Specific Yoga Module protocol for above mentioned Ailments
- 8.5 Yogic Counseling

**Reference Book:**

- 1 Yoga For common ailments: Dr. H.R. Nagendra & Dr. R. Nagarathna

**Subject Title: Yoga Medicine II****Subject Code: MDYT-201**

<b>TotalNumberofHours: 60</b>		<b>TotalCredits:4</b>
<b>Hours/Week:4</b>		<b>TotalMarks: 100</b>
InternalAssessment	VivaVoce	SemesterTheoryExamination
30	20	50

**Unit-1:Anatomy&physiologyofNervoussystem****(15Hours)****1.1 Anatomy**

- 1.1.1 Divisionofnervoussystem,centralnervoussystemperipheralnervoussystem,
- 1.1.2 Cerebralhemispheres,midbrain,pons,medullaoblongata,cerebellum,SpinalCord,Autonomicnervous system
- 1.1.3 Meninges:Duramaterandarachnoidmater
- 1.1.4 CSF
- 1.1.5 Ventricularsystem
- 1.1.6 Cranialnerves
- 1.1.7 Spinalnerves
- 1.1.8 Importantplexuses:Cervical,Brachial,Lumbar,Sacralandtheirnerve descriptions.

**1.2 PhysiologyofNervousSystem**

- 1.2.1 Neuron
  - 1.2.1.1 Morphologyandmeasureofexcitability
  - 1.2.1.2 Classificationandpropertiesofnervefibers
- 1.2.2 Muscle
  - 1.2.2.1 Typesofmuscleandtheirpropertiesandmorphology
  - 1.2.2.2 Neuromuscularjunction,excitation-contractioncoupling
  - 1.2.2.3 Clinicalstudyoftheirhypo-andhyperfunction
  - 1.2.2.4 Myastheniagravis
  - 1.2.2.5 Starling'slawitsapplications
- 1.2.3 CentralNervousSystem
  - 1.2.3.1 Structuralandfunctionalorganizationofcentralnervoussystem
  - 1.2.3.2 Neuron-neuroglia,functionaltypesofneurons
  - 1.2.3.3 Cerebro-spinalfluids
    - 1.2.3.3.1 Formation,circulation,functionsofCSF

### 1.2.3.3.2 Methods of collection of clinical significance of CSF

## 1.2.4 Synapse

### 1.2.4.1 Types of synapses and their structure

### 1.2.4.2 Sympathetic transmission

### 1.2.4.3 General properties of neuro-transmitters

## 1.2.5 Sensory physiology

### 1.2.5.1 Classification and general properties of receptors

### 1.2.5.2 Sensory modalities and stereognosis

## 1.2.6 Reflexes

### 1.2.6.1 Reflex and general properties of reflexes (with examples)

## 1.2.7 Ascending tracts

### 1.2.7.1 Origin, course, termination and functions

### 1.2.7.2 Specific reference to pain pathway and physiology of pain

## 1.2.8 Organization of motor system

### 1.2.8.1 Pyramidal and extra-pyramidal

### 1.2.8.2 Upper and lower motor neurons and their lesions.

### 1.2.8.3 Brown Sequard's syndrome

### 1.2.8.4 Syringomyelia

## 1.2.9 Cerebellum

### 1.2.9.1 Functional anatomy, connections and functions

### 1.2.9.2 Effects of lesions and tests for cerebellar function

## 1.2.10 Basal ganglion

### 1.2.10.1 Functional anatomy, connections and functions

### 1.2.10.2 Diseases of basal ganglion and its clinical evaluation

## 1.2.11 Vestibular apparatus

### 1.2.11.1 Functional anatomy, connections and functions

### 1.2.11.2 Effects of lesions and their assessment

### 1.2.11.3 Physiology of maintenance and regulation of muscle tone, posture and equilibrium

### 1.2.11.4 Decerebrate rigidity and righting reflexes

## 1.2.12 Thalamus

### 1.2.12.1 Functional anatomy, connections and functions

### 1.2.12.2 Effects of lesions

## 1.2.13 Hypothalamus

### 1.2.13.1 Functional anatomy, connections and functions

### 1.2.13.2 Effects of lesions

## 1.2.14 Cerebral cortex

### 1.2.14.1 Functional anatomy

### 1.2.14.2 Methods of study of cortical functions

### 1.2.15 Limbic System: Functional anatomy, connections and functions

### 1.2.16 Reticular formation

#### 1.2.16.1 Physiology of reticular formation

#### 1.2.16.2 EEG, physiology of sleep and wakefulness

### 1.2.17 Higher functions: Learning, speech, memory, behavior and emotions

### 1.2.18 Autonomic Nervous System

#### 1.2.18.1 Sympathetic nervous system

#### 1.2.18.2 Parasympathetic nervous system

## Unit-2: Pathology, Pharmacological and yogic management of Nervous System

**(25 Hours)**

### 2.1 Causes, classification and pathophysiology of

#### 2.1.1 Headaches

##### 2.1.1.1 Migraine

##### 2.1.1.2 Tension headache

#### 2.1.2 Cerebro-vascular accidents: stroke

#### 2.1.3 Epilepsy; pain; Autonomic dysfunctions

#### 2.1.4 Parkinson's disease

#### 2.1.5 Multiple sclerosis

#### 2.1.6 Alzheimer's disease & Other dementia

#### 2.1.7 Motor neuron diseases

#### 2.1.8 Peripheral neuropathies

#### 2.1.9 Meningitis, tumors of CNS

#### 2.1.10 Tumors of peripheral nerves

#### 2.1.11 Encephalitis

### 2.2 Pharmacological management of Nervous disorders

#### 2.2.1 Drugs acting on the CNS

##### 2.2.1.1 General sedatives

##### 2.2.1.2 Anticonvulsant drugs

##### 2.2.1.3 Opioid and Non-Opioid analgesics

##### 2.2.1.4 Analgesics, anti pyretics and non steroidal anti-inflammatory drugs (NSAID)

##### 2.2.1.5 CNS stimulants–Xanthine alkaloids

##### 2.2.1.6 Psychopharmacology

##### 2.2.1.7 Anti-anxiety drugs–Meprobamate, Benzodiazepines, Chlormethiazole

##### 2.2.1.8 Anti-depressant drugs–

Classification, actions, adverse reaction (monoamine oxidase inhibitors, tricyclic compounds, carbamazepine, lithium)

##### 2.2.1.9 Psychotogenic drugs– LSD, Mescaline, Cannabis

##### 2.2.1.10 Local Anesthetics–adverse reactions



## 2.2.2 Drug action on ANS

2.2.2.1 Skeletal muscle relaxants—Diazepam, Baclofen, Dantrolene

2.2.2.2 Anti-Parkinsonian drugs—Levodopa, Amantadine

## 2.2.3 Biogenic Amines and Polypeptides

2.2.3.1 Histamine and Antihistamine drugs

2.2.3.2 Angiotensin, Kinins, Leukotrienes, Cytokines

## 2.2.4 Chemotherapy

2.2.4.1 Sulfonamides, Cotrimoxazole, Nitrofurans

2.2.4.2 Penicillin, antibiotics effective against gram positive and negative organisms

2.2.4.3 Tetracyclines, chloramphenicol and antifungal agents

2.2.4.4 Chemotherapy of UTI, STD, Tuberculosis, Leprosy, Malaria, Amoebiasis, Viral infections, Helminthiasis, Malignancy

## 2.2.5 Antiseptics and Disinfectants

## 2.3 Yogic management for Nervous disorders

2.3.1 Viewpoints of ancient texts

2.3.2 Special techniques related to the disease

2.3.3 Role of Integrated approach of yoga therapy for each ailment

2.3.4 Mechanism of action

## Unit-3: Anatomy and Physiology of Endocrine system

(10 Hours)

### 3.1 Functional anatomy of various endocrine glands

3.1.1 Pituitary

3.1.2 Pineal

3.1.3 Thyroid

3.1.4 Parathyroid

3.1.5 Thymus

3.1.6 Pancreas

3.1.7 Suprarenal

3.1.8 Gonads

### 3.2 Physiological effects of hormones

3.2.1 Introduction—hormones, evolutionary background and organization of endocrine control systems

3.2.2 Methods of study

3.2.2.1 Classification of hormones and mechanism of hormone action

3.2.2.2 Regulation of hormone secretion and feedback system

3.2.3 Hypothalamo-hypophyseal system—releasing hormones

3.2.3.1 Active principles

- 3.2.3.1.1** Chemical nature, biosynthesis, role of action
- 3.2.3.1.2** Control of secretion, excretion and its applied aspect
- 3.2.3.1.3** Clinical study of their hypo- and hyperfunction
- 3.2.3.1.4** Laboratory diagnosis of pituitary (anterior and posterior) glands, thyroid, parathyroid, adrenal cortex and medulla and islets of Langerhans

#### Unit-4: Pathology, Pharmacological and Yogic management

(10 Hours)

##### 2.1 Causes and Pathophysiology of

- 2.1.1 Pituitary, acromegaly, hypothyroidism and Grave's disease
- 2.1.2 Thyroiditis, tumors of thyroid and thyroid function tests
- 2.1.3 Hypoparathyroidism and hyperparathyroidism
- 2.1.4 Hyperplasia and adenoma of parathyroid
- 2.1.5 Adrenal gland, Addison's disease, Cushing's syndrome
- 2.1.6 Pheochromocytoma, neuroblastoma

##### 2.2 Pharmacological management

- 2.2.1 Thyroid and anti-thyroidal drug
- 2.2.2 Insulin and oral antidiabetic drugs
- 2.2.3 Adrenal cortical steroids
- 2.2.4 Gonadotropins, estrogens, progestins
- 2.2.5 Antifertility agents and ovulation including drugs.

##### 2.3 Yogic management

- 2.3.1 Viewpoints of ancient texts
- 2.3.2 Special techniques related to the disease
- 2.3.3 Role of Integrated approach of yoga therapy
- 2.3.4 Mechanism of action

#### Reference Books:

- 1** Yoga Therapy for Diabetes: Dr.R. Nagarathna & Dr. H R Nagendra
- 2** Yoga for obesity: Dr.R. Nagarathna & Dr. H R Nagendra

#### Subject Title: Yoga Medicine Clinical II

#### Subject Code: MDYP-201

<b>Total Number of Hours: 60</b>		<b>Total Credits: 2</b>
<b>Hours/Week: 4</b>		<b>Total Marks: 50</b>
Internal Assessment	Viva Voce	Semester Examination

15	10	25
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Taking case history, recommendation and interpretation of diagnostic tests, clinical evaluation, diagnosis and writing yogic prescription for Neurological and endocrine disorders

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### **Subject Title: Research MethodologyII**

### **Subject Code: MDYT-204**

<b>TotalNumberofHours: 60</b>		<b>TotalCredits:4</b>
<b>Hours/Week:4</b>		<b>TotalMarks: 100</b>
InternalAssessment	VivaVoce	SemesterTheoryExamination
30	20	50

#### **Unit1.Methodsof Comparingmeans (20Hours)**

- 1.1 Onesamplettest
- 1.2 Pairedsamplesttest,
- 1.3 Independentsamplest–test
- 1.4 Theory of each test, assumptions, running the test in R/SPSS, writing the results
- 1.5 Introduction to R/SPSS
- 1.6 PosthocpoweranalysisusingGpower

#### **Unit2.RegressionAnalysis (10hours)**

- 2.1 Simplelinearregression
- 2.2 Multipleregression

#### **Unit3.AnalysisofVariance(ANOVA) (10hours)**

- 3.1 One-WayANOVA
- 3.2 Two-wayANOVA
- 3.3 Repeated-MeasuresANOVA
- 3.4 IntroductiontoANCOVA

#### **Unit4.Chi-Squaretests (10hours)**

4.1 Chi-Square test of Goodness-of-Fit

4.2 Chi-Square Test of Independence

Unit 5. Non-Parametric Tests

(10 hours)

5.1 Mann-Whitney U

5.2 Wilcoxon Signed-Ranks Test

5.3 Kruskal-Wallis Test

5.4 Friedman Test

### Reference Book

1. Zar, J.H., & Zar, J.H. (1999). Biostatistical Analysis. Pearson Education. New Delhi
2. CR Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi
3. Andy Field. (2005). Discovering statistics using SPSS/ R. SAGE Publications India Pvt Ltd, New Delhi.

**Subject Title: Counselling**

**Subject Code: MDYT-202**

<b>Total Number of Hours: 30</b>		<b>Total Credits: 2</b>
<b>Hours/Week: 2</b>		<b>Total Marks: 50</b>
Internal Assessment	Viva Voce	Semester Theory Examination
15	10	25

**Unit 1 Introduction to Psychology and Cognitive psychology (7 Hours)**

- 1.1 Definition of mind according to modern science and yoga
- 1.2 Comparative understanding of the process of perception, learning, Intelligence, Creativity, memory and emotions according to modern psychology and yoga psychology
- 1.3 Conventional methods of psychotherapy Existential/ Humanistic Therapy
- 1.4 Biological Approaches
- 1.5 Psychodynamic Therapy
- 1.6 Behavioral Therapy
- 1.7 Cognitive Behavioral Therapy.

**Unit 2: Yoga for personality development (8 Hours)**

- 2.1 Theories of personality
  - 2.1.1 Behavioral Theories
  - 2.1.2 Biological Theories
  - 2.1.3 Psychodynamic Theories
  - 2.1.4 Superego
  - 2.1.5 Psychoticism
  - 2.1.6 Neuroticism/Emotional Stability
  - 2.1.7 The Five-Factor Theory of Personality
  - 2.1.8 Humanist Theories
  - 2.1.9 Eysenck's Three Dimensions of Personality
  - 2.1.10 Introversion/Extroversion
- 2.2 Role of Yoga for total personality development

### **Unit3:YogicCounselling (7Hours)**

- 3.1 RoleofShuddhiPrakriyasintreatmentofillnesses&PreventionandPromotionofPositiveHealth
- 3.1.1 ConceptsofKarmaShuddhi(Yama,Niyama)
- 3.1.2 GhataShuddhi(Shat-karma)
- 3.1.3 SnayuShuddhi(Asana)
- 3.1.4 PranaShuddhi(Pranayama)
- 3.1.5 IndriyaandManoShuddhi(Pratyahara)
- 3.1.6 ChittaShuddhi(Dharana,DhyanaandSamadhi)

### **Unit4:Principlesandtechniquesofcounselling (8Hours)**

- 4.1 Qualitiesofacounselor
  - 4.1.1 Principlesof howandwhat to speak
  - 4.1.2 Howtolisten
  - 4.1.3 Howtobehave
  - 4.1.4 Expressionsduringcounseling
  - 4.1.5 Whatnottodowhilecounseling
- 4.2 Roleofcatharsisasisunderstoodbymodernpsychologyandcounseling
- 4.3 Yogicunderstandingofrecognizableandunrecognizablestressessaskarma,samskaras
- 4.4 methodsrecommended forcleansing(chittashuddhi)inhealing,
- 4.5 Yogatechniques to be used during counselling to cope with hyper sensitive mind,excessivespeedofmind,problemsofperfectionistpersonality,hereditaryandcongenitalproblems, psychological conflicts, calamities/ life events (present, past, concerns aboutfuturedistressingevents), ageingetc.

### **ReferenceBooks:**

- 1 Counseling:AComprehensiveProfession,7ebyGladding
- 2 CognitivePsychology:InandOutoftheLaboratorybyKathleenMGalotti
- 3 AbnormalPsychologybySusanKraussWhitbourne&RichardP.Halgin

**Subject Title: Counseling Clinical**

**Subject Code:MDYP-202**

<b>TotalNumberofHours: 60</b>		<b>TotalCredits:2</b>
<b>Hours/Week:4</b>		<b>TotalMarks:50</b>
InternalAssessment	VivaVoce	SemesterExamination
15	10	25

Attheendofthecourse,thecandidateshouldbeabletodevelopthefollowingskillsthroughhands-ontrainingin counseling-

- a. ListeningandIdentifyingtheareasofconflict
- b. Responding:Facilitativeresponses,Immediacy,Encouraging,Acceptance,Genuineness,Respect,Warmth , atvarious levels(as perthesituationalneeds)
- c. Employingthefollowingskillsincounseling:
  1. Attending
  2. Observing
  3. Paraphrasing
  4. Reflectivefeelings
  5. Empathy
  6. Positiveassetssearch
  7. Questioning
  8. Analyzingconsequences
  9. InterpretingandFeedback
  10. Summarization

Thecandidateshouldbeabletoprovidecounselingindifferentsettings-individual,family,andgroup.

**SubjectTitle:AsanaPranayamaMeditationII**

**Subject Code:MDYP-203**

<b>TotalNumberofHours: 60</b>	<b>TotalCredits:2</b>
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<b>Hours/Week:4</b>		<b>TotalMarks:50</b>
InternalAssessment	VivaVoce	SemesterExamination
15	10	25

**Subject Title: Advance Techniques I**

**Subject Code:MDYP-204**

<b>TotalNumberofHours: 60</b>	<b>TotalCredits:2</b>
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Hours/Week:4		TotalMarks:50
InternalAssessment	VivaVoce	SemesterExamination
15	10	25

#### Unit-1:Introductiontoadvancedtechniques

(6Hours)

- 1.1 Meditation,advancementinMeditation,ConceptofPanchakosa
- 1.2 Advancedtechniques, personalitydevelopment,conceptofVyastinandSamasti
- 1.3 Relaxation,Awareness,Expansionofawareness.

#### Unit-2:Cyclicmeditation

(18Hours)

- 2.1 IntroductiontoCyclicMeditation.
- 2.2 InstantRelaxationTechnique(IRT)indifferentpositionsandfordifferentdiseaseconditions,gainingcontrolto tighten as specific part without contracting the surrounding muscles
- 2.3 Understanding awareness through day-to-day experiences: pointed awareness, linear awareness, surface awareness, 3D awareness and all-pervasive awareness.
- 2.4 Centering, *ArdhakatiCakrasana*, Groupsynchronization, awareness.
- 2.5 QuickRelaxationTechnique(QRT):Physical,Emotional,mentalawarenessandexpansion.
- 2.6 *Vajrasana*, *Sasankasana* and *Ustrasana* with awareness.
- 2.7 DeepRelaxationTechnique(DRT)withawarenessatPhysical,Pranic,Mental,IntellectualandSpirituallevels.
- 2.8 Stimulation sand relaxations, recognizing the tightness and let go, relaxation deeper than stimulation. Observation of blood flow, nerve impulses, 3D awareness, sound resonance and mental, emotional, intellectual, spiritual stimulations and let go.
- 2.9 Class taking by students and correction. Experience writing.

#### Unit-3:PranicEnergizationTechnique(PET)

(18Hours)

- 3.1 The concept of *Prana*, types of *Pranas*, *UpaPranas*, Pranic Energisation Technique
- 3.2 Practice of Breath awareness at tip of the nose, complete breath awareness and deep abdominal breathing.

- 3.3 Awareness practice of pulse, Heartbeat, synchronization of pulse with heartbeat, nerve impulses, nerve impulses with different mudras,
- 3.4 Recognition of Vyana: Vyana in between hands, Vyana at different parts of the body.
- 3.5 Moving prana along right side, left side, both sides.
- 3.6 Understanding Vyasti and Samasti and practicing to feel Vyasti and Samasti.
- 3.7 Choosing the right Sankalpa.
- 3.8 Class taking by students and correction. Experience writing.

#### Unit-4: Mind sound resonance technique (MSRT)

**(18 Hours)**

- 4.1 The concept of Mind, Sound and resonance.
- 4.2 Practicing to tune to natural frequency to get resonance
- 4.3 Chanting of any mantra in three ways Loud voice, low voice and inside the mind and feeling vibrations.
- 4.4 Chanting practice of OM, M, U, A and A-U-M.
- 4.5 Chanting practice (ahata and ahata followed by anahata) of OM, M, U, A and A-U-M with feeling vibrations
- 4.6 Mahamrityunjaya Mantra
- 4.7 Practice of complete technique
- 4.8 Practice by the students, writing experiences.

#### Recommended books:

1. Perspective of stress management - Dr. H.R. Nagendra and Dr. R. Nagarathna
2. Pranica energisation technique - Dr. H.R. Nagendra
3. Mind Sound Resonance Technique - Dr. H.R. Nagendra

**Subject Title: Yoga Medicine III**

**Subject Code: MDYT-301**

<b>Total Number of Hours:</b> 60	<b>Total Credits:</b> 4
<b>Hours/Week:</b> 4	<b>Total Marks:</b> 100

InternalAssessment	VivaVoce	SemesterTheoryExamination
30	20	50

## Unit-1:MusculoskeletalSystem

(20Hours)

### 1.1 Osteology(Includingossification)

- 1.1.1 Classificationofbones
- 1.1.2 Descriptionofvariousbones
  - 1.1.2.1 Upper limb
  - 1.1.2.2 Lowerlimbs
  - 1.1.2.3 Thorax
  - 1.1.2.4 Abdomenandpelvis
  - 1.1.2.5 Vertebralcolumn
  - 1.1.2.6 Skullbones

### 1.2 Arthrology

- 1.2.1 Classificationofjoints
- 1.2.2 Descriptionofvariousjointsof:
  - 1.2.2.1 Upper limb
  - 1.2.2.2 Lowerlimbs
  - 1.2.2.3 Skullandvertebralcolumn
  - 1.2.2.4 Thorax
  - 1.2.2.5 Vertebralcolumn

### 1.3 MuscularSystem

- 1.3.1 Typesofmuscles
- 1.3.2 Musclesof
  - 1.3.2.1 Upper limb,
  - 1.3.2.2 Lowerlimbs
  - 1.3.2.3 Thorax
  - 1.3.2.4 Abdomenandpelvis
  - 1.3.2.5 Backmuscles
  - 1.3.2.6 Headandneck
  - 1.3.2.7 Origin,insertion,bloodsupply, nervesupply,appliedanatomyandactionsofthesemuscles

### 1.4 Cartilaginoustissueandothermusculoskeletalstructures

- 1.4.1 Classificationofcartilages
- 1.4.2 TendonsandLigaments
- 1.4.3 Meniscus

### **1.5 Exercise physiology**

- 1.5.1 The Muscles in exercise
- 1.5.2 Strength, power and endurance of the muscles.
- 1.5.3 Muscle metabolic systems in exercise.
- 1.5.4 Nutrients used during muscle activity.
- 1.5.5 Effect of athletic training on muscles and muscle performance.
  - 1.5.5.1 Respiration in exercise.
  - 1.5.5.2 The cardiovascular system in exercise.
  - 1.5.5.3 Temperature regulation in exercise.
  - 1.5.5.4 Body fluids and salt in exercise.
  - 1.5.5.5 Body fitness prolongs life.

### **1.6 Musculoskeletal pathology**

- 1.6.1 Osteomyelitis and osteoporosis
- 1.6.2 Rickets and osteomalacia
- 1.6.3 Osteitis fibrosa cystica and Paget's disease, fibrous dysplasia
- 1.6.4 Tumors of bone
- 1.6.5 Osteoarthritis, Rheumatoid arthritis, Gout
- 1.6.6 Myasthenia gravis and progressive muscular dystrophy

### **1.7 Pharmacology**

- 1.7.1 Opioid and Non-Opioid analgesics
- 1.7.2 Analgesics, antipyretics and nonsteroidal anti-inflammatory drugs (NSAID)
- 1.7.3 Skeletal muscle relaxants—Diazepam, Baclofen, Dantrolene

### **1.8 Clinical examination of musculoskeletal system**

### **1.9 Yogic management of musculoskeletal disorders**

- 1.9.1 Ancient philosophical view on musculoskeletal disorders
- 1.9.2 Integrated approach of yoga therapy for musculoskeletal problems
- 1.9.3 Modern research evidence
- 1.9.4 Mechanism of action of yoga

## **Unit-2: Applied Anatomy and Physiology of Digestive System**

(10 Hours)

### **2.4 Applied Anatomy**

- 2.4.1 Oral cavity—Teeth, hard and soft palate, tongue, pharynx
- 2.4.2 Esophagus & Stomach,
- 2.4.3 Small intestine
- 2.4.4 Large intestine,
- 2.4.5 Anal canal & Anus
  
- 2.4.6 Liver & Gall bladder

2.4.7 Pancreas&Spleen

2.4.8 Peritoneum

## **2.5 Applied Physiology**

2.5.1 Introduction,organizationandplanofdigestivesystem

2.5.2 Saliva-Composition,functions,regulationofsecretion

## **2.6 Stomach**

2.6.1 Functionsofstomach

2.6.2 Compositionandfunctionsofgastricjuice

2.6.3 RegulationofsecretionandmechanicsofHCLsecretion

2.6.4 Gastricemptyingtimeanditsregulation

2.6.5 Methodsofstudyofgastricfunctionanditssuppliedaspect

## **2.7 Pancreas**

2.7.1 Compositionandfunctionsofpancreaticjuice

2.7.2 Regulationofpancreaticsecretion

2.7.3 Methodsofstudyofpancreaticsecretion

## **2.8 Liver**

2.8.1 Function,formation,storageandemptyingofbile

2.8.2 Composition,functionandregulationofrelease ofbile

2.8.3 Entero-hepaticcirculation

2.8.4 Testsforliverfunction

## **2.9 Smallintestine**

2.9.1 Succusentericus

2.9.2 Composition,functionandmechanismofsecretions

**2.10** FunctionsofLargeintestine

**2.11 ReleaseandFunctionsofGastro-intestinalhormones**

**2.12** Gastro-intestinalmovements

2.12.1 Mastication,deglutitionandvomiting

2.12.2 Movementsofstomachandsmallintestines

2.12.3 Movementsoflargeintestineanddefecation

2.12.4 Regulationofmovementandmethodsofstudy

## 2.13 Digestion and absorption of carbohydrates, fats, proteins and vitamins, minerals and water

### Unit 3: Pathology and management of Digestive Disorders

(15 Hours)

- 3.1 Pleomorphic adenoma of salivary gland
- 3.2 Barrett's esophagus
- 3.3 Gastritis and peptic ulcer and tumors of stomach
- 3.4 Inflammatory bowel diseases – Crohn's disease, ulcerative colitis, typhoid ulcer, tumors of small intestine
- 3.5 Megacolon and tumors of colon
- 3.6 Malabsorption syndrome, tropical sprue and celiac tuberculosis
- 3.7 Liver function test and hepatic failure, viral hepatitis
- 3.8 Cirrhosis of liver, tumors of liver
- 3.9 Cholecystitis, gallstones
- 3.10 Acute pancreatitis, diabetes mellitus
- 3.11 Cystic fibrosis (mucoviscidosis)
- 3.12 Liver abscess and alcoholic liver
- 3.13 Indian childhood cirrhosis
- 3.14 Pharmacological Management of Digestive Disorders
  - 3.14.1 Appetizers, Digestants, Carminatives, Appetite suppressants and agents lowering serum lipid
  - 3.14.2 Emetics, drug therapy of vomiting and diarrhea
  - 3.14.3 Pharmacotherapy of constipation
  - 3.14.4 Pharmacotherapy of peptic ulcer
- 3.15 Clinical examination of digestive system
- 3.16 Yogic management of gastrointestinal disorders
  - 3.16.1 Ancient philosophical view on musculoskeletal disorders
  - 3.16.2 Integrated approach of yoga therapy for musculoskeletal problems
  - 3.16.3 Modern research evidence
  - 3.16.4 Mechanism of action of yoga

### Unit-4: Excretory System

(15 hours)

- 4.1 **Applied Anatomy**
  - 4.1.1 Kidneys
  - 4.1.2 Ureters
  - 4.1.3 Urinary bladder
  - 4.1.4 Urethra
- 4.1 **Applied Physiology**
  - 4.1.1 General introduction, organs of excretion with special emphasis on evolution of excretory mechanisms
  - 4.1.2 Mechanism of urine formation, glomerular filtration, tubular function
  - 4.1.3 Concentration and acidification of urine
  - 4.1.4 Renal function tests
  - 4.1.5 Non-excretory functions of kidney

#### 4.1.6 Physiology of micturition and its abnormalities

### 4.2 Diseases of Kidney

#### 4.2.1 Renal function tests, renal failure, polycystic kidney

#### 4.2.2 Acute glomerulonephritis, crescentic glomerulonephritis, membranous glomerulonephritis, nephritic syndrome

#### 4.2.3 Chronic glomerulonephritis, acute tubular necrosis

#### 4.2.4 Pyelonephritis, kidney in hypertension

#### 4.2.5 Urolithiasis, tumors of kidney and pelvis

### 4.3 Water, Electrolytes and drugs affecting Renal functions

#### 4.3.1 Nutritional supplementation therapy

#### 4.3.2 Diuretic and Anti-diuretic drugs

### 4.4 Clinical examination of excretory system

### 4.5 Yogic management of excretory system disorders

#### 4.5.1 Ancient philosophical view on excretory system disorders

#### 4.5.2 Integrated approach of yoga therapy for urinary problems

#### 4.5.3 Modern research evidence

#### 4.5.4 Mechanism of action of yoga

#### Recommended Books:

- 1 Yoga for digestive disorders: Dr. Nagarathna and Dr. Nagendra
- 2 Yoga for arthritis: Dr. Nagarathna and Dr. Nagendra
- 3 Yoga for digestive disorders: Bihar Yoga Publications

#### Subject Title: Yoga Medicine Clinical III

#### Subject Code: MDYP-301

<b>Total Number of Hours: 60</b>		<b>Total Credits: 2</b>
<b>Hours/Week: 4</b>		<b>Total Marks: 50</b>
Internal Assessment	Viva Voce	Semester Examination
15	10	25

Taking case history, recommendation and interpretation of diagnostic tests, clinical evaluation, diagnosis and write

ingyogicprescriptionfordiseasesofMusculoskeletal,Digestiveandexcretorysystem



**Subject Title: Complementary and Integrative Medicine**

**Subject Code:MDYT-302**

<b>TotalNumberofHours: 45</b>		<b>TotalCredits:3</b>
<b>Hours/Week:3</b>		<b>TotalMarks:75</b>
InternalAssessment	VivaVoce	SemesterTheoryExamination
20	15	40

**Unit1:IntroductiontoComplementaryandIntegrativeMedicine (5Hours)**

- 1.1 IntroductiontoComplementary,AlternativeandIntegrativeMedicine
- 1.2 HistoryofComplementary,AlternativeandIntegrativeMedicine
- 1.3 NeedandrationaluseofComplementary,AlternativeandIntegrativeMedicine
- 1.4 IntegrativeDiagnosticmethods??

**Unit2:GlobalperspectivesofComplementary,AlternativeandIntegrativeMedicine**

**(10Hours)**

- 2.1 ClassificationofCIMaccordingtoNationalCenterforComplementaryandIntegrativeHealth(NCCIH)
  - 2.1.1 Mind-Bodytherapies
    - 2.1.1.1 Chiropractic
    - 2.1.1.2 Osteopathy
    - 2.1.1.3 MassageTherapy
    - 2.1.1.4 Acupuncture
    - 2.1.1.5 Relaxationtechniques
  - 2.1.2 Otherapproaches
    - 2.1.2.1 TraditionalChineseMedicine

**Unit3:AYUSHinCIMSetting (20Hours)**

- 3.1 Ayurveda
- 3.2 YogaandNaturopathy
- 3.3 Unani
- 3.4 Siddha
- 3.5 Homeopathy

#### **Unit4: RoleofYogaasCIMmodality (10Hours)**

- 4.1 NeedandscopeforYogaasCIMmodality
- 4.2 MethodsforintegrationofYoga
- 4.3 EvolvingindividualizedevidencebasedCIMprescriptions

#### **ReferenceMaterial:**

- 1 National Center for Complementary and Integrative Health - <https://nccih.nih.gov/>
- 2 MinistryofAYUSH–Govt.ofIndia–[www.https://nccih.nih.gov/](https://nccih.nih.gov/)

**Subject Title: Complementary & Integrative Medicine Clinical**

**Subject Code:MDYP-302**

<b>TotalNumberofHours: 60</b>		<b>TotalCredits:2</b>
<b>Hours/Week:4</b>		<b>TotalMarks:50</b>
InternalAssessment	VivaVoce	SemesterExamination
15	10	25

1. Case history taking with assessment using Integrative Diagnostic tools andManagementthroughIntegrativemedicineforvariousconditions
2. Understanding the basic principles and integrating therapies for the management ofvariousconditions from
  - a. Ayurveda
  - b. Yoga
  - c. Naturopathy
  - d. Unani
  - e. Siddha
  - f. Homeopathy

**SubjectTitle:Asana,PranayamaMeditationIII**

**Subject Code:MDYP-303**

<b>TotalNumberofHours: 60</b>		<b>TotalCredits:2</b>
<b>Hours/Week:4</b>		<b>TotalMarks:50</b>
InternalAssessment	VivaVoce	SemesterExamination
15	10	25

**Subject Title: Nutrition and Dietetics**

**Subject Code:MDYT-304**

<b>TotalNumberofHours: 45</b>		<b>TotalCredits:3</b>
<b>Hours/Week:3</b>		<b>TotalMarks:75</b>
InternalAssessment	VivaVoce	SemesterTheoryExamination
20	15	40

**UNIT1:IntroductiontoNutritionFactsandPrinciples****(4hours)**

- i. ClassificationoffoodstuffNutritivevalueandfoodgroups
- ii. Cooking methods – Reason for cooking, various cooking techniques, physicalandchemicalchanges duringcooking
- iii. Milk and milk products – composition and Nutritive value, processing of milk(pasteurization, homogenization), Milk products – a dried milk, concentratedmilk, filledandimitation milk, butter, ghee andcream
- iv. Vegetables–classification–greenleafyvegetables, succulentandrootandfruits, vegetables, composition & nutritive value, selection and storage, digestibility
- v. Fruits – classification, composition and nutritive value, changes duringripening, storageandselectionofsomecommonfruitsanddigestibility
- vi. Cereals– importance, structure, compositionandnutritivevalue, commoncerealgrainsandtheirproducts, rice–parboilingofrice.

**UNIT2:Meal/Menuplanning****(4hours)**

- i. Factorsaffectingmealplanning
- ii. Balanceddiet
- iii. Planningmealsforindividuals/families
- iv. Planningmealsforoccasions
- v. Foodexchangelist, itsusage

**UNIT3:Assessmentofnutritionalstatus****(4Hours)**

- i. Anthropometricmethods
- ii. Biochemicalanalysis
- iii. Clinicalmethods
- iv. Dietarymethods

**UNIT4:Nutritioninhealth(generalnutrition)****(3Hours)**

NutritionduringInfancy, Childhood, Adolescence, Pregnancy, Lactation, Adult

## Unit5:preparationoftherapeuticdiets

(6Hours)

- i. Endocrine and Metabolic disorders: Obesity and Underweight, Diabetes mellitus
- ii. Disease of the Gastrointestinal tract: Diarrhea, Constipation, Lactose intolerance, Gluten Enteropathy, Peptic ulcers, Liver diseases, Hepatitis, Cirrhosis, Protein Energy Malnutrition and Fevers
- iii. Cardiovascular diseases: Myocardial infarction, Hypertension, Dyslipidemia, Peripheral arterial disease, Arteriosclerosis.
- iv. Excretory system: Glomerulonephritis, Nephritic syndrome, Acute renal failure, Chronic renal failure, Urinary tract infection
- v. Specific diets: Hepatic coma, Dietary advice for Bed Ridden Patients, Parenteral Feeding

## Unit6:foodpreservationandprocessing

(6Hours)

- i. Preservation and processing of Food by Drying, Concentration, Deep Freezing, Fumigation, Radiation, Pasteurization.
- ii. Effect of Food additives

## Unit7:nutrientinteraction

(6Hours)

- i. Nutrient and Nutrient interaction
- ii. Drug and Nutrient interaction from the point of Ayurveda and Allopathy

## Unit8:foodbiotechnology

(6Hours)

- i. Food fortification and enrichment
- ii. Recent developments in the field of Food technologies

## Unit9:conceptoffoodinAyurveda

(6Hours)

- i. Concept of food in Ayurveda
- ii. Classification of food in Ayurveda
- iii. Ayurveda ways of cooking methods – reason for cooking, various cooking techniques, physical and chemical changes during cooking
- iv. Milk and Milk products their importance according to Ayurveda
- v. Water, its types and importance in health according to Ayurveda
- vi. Properties of different types of Fruits, Cereals, Wheat, Rice according to Ayurveda

**Subject Title: Nutrition and Dietetics clinical****Subject Code: MDYP-304**

<b>TotalNumberofHours: 60</b>		<b>TotalCredits:2</b>
<b>Hours/Week:4</b>		<b>TotalMarks:50</b>
InternalAssessment	VivaVoce	SemesterExamination
15	10	25

- Assessmentofthenutritionalneedoftheindividuals
- Dietforspecificailments
- Mealplanningforvariousdisorders
- Preparationoftherapeuticdietswithmenu
- Calculationofnutritivevalueoffoods

**Subject Title: Yoga Medicine IV**

**Subject Code: MDYT-401**

<b>TotalNumberofHours: 60</b>		<b>TotalCredits:4</b>
<b>Hours/Week:4</b>		<b>TotalMarks: 100</b>
InternalAssessment	VivaVoce	SemesterTheoryExamination
30	20	50

**UNIT-1:SPECIALSENSES**

**(15Hours)**

**A. Functional anatomy of sensory organ**

- Eye
- Ear
- Nose
- Taste & Speech
- Skin

**B. Anatomy & Physiology of sensory system**

- Visual system
- Auditory system

- c) Olfactory system
- d) Gustatory system
- e) Dermatology

### C. Pathology of sensory system

- a) Disorders of Eye
  - Belpharitis, Refractive errors, Cataract, Glaucoma, Hemianopia, Retinal detachment, Diabetic retinopathy, Hypertensive retinopathy.
- b) Disorders of Ear
  - Otitis externa, Otitis media, Cochlear pathologies, Vestibular Nystagmus and Vertigo
- c) Disorders of Nose & Smell
  - Rhinitis, Deviated Nasal Septum, Sinusitis: acute and chronic, Nasal bleeding, Anosmia
- d) Disorders of Taste & speech
  - Disorders of taste, Aphasia
- e) Disorders of Skin
  - Folliculitis, Dermatitis, Alopecia, Acne, Lichen planus, Pemphigus.

### D. Yoga therapy for disorders of Sensory system

- a) Yoga therapy for Eye disorders
  - Ancient philosophical view on eye and eye disorders
  - Trataka, Kriya and Relaxation techniques integrated approach of yoga therapy for visual problem
  - Modern research evidence
  - Mechanism of action of yoga
- b) Yoga therapy for hearing disorders
  - Ancient philosophical view on hearing disorders
  - Yogic kriya, Nadanusandhana, integrated approach of yoga therapy for hearing problems
  - Modern research evidence
  - Mechanism of action of yoga
- c) Yoga therapy for rhinitis, sinusitis and smell disorders
  - Ancient philosophical view on eye and eye disorders
  - Yogic Kriya, Nadanusandhana, & integrated approach of yoga therapy for rhinitis, sinusitis and smell disorders
  - Modern research evidence
  - Mechanism of action of yoga
- d) Disorders of Taste & speech
  - Ancient philosophical view on disorders of taste and speech
  - Voice culture, Nadanusandhana, kriya & integrated approach of yoga therapy for speech

- chproblems
- Modernresearchevidence
- Mechanismofactionofyoga
- e) DisordersofSkin
  - AncientphilosophicalviewondisordersofSkin
  - Kriyas,pranayamas&integratedapproachofyogatherapyforskindisorders
  - Modernresearchevidence
  - Mechanismofactionofyoga

## UNIT2:Cancer& Immunology

(15Hours)

### A. Neoplasia

- a) Atrophy,Hypertrophy,Hyperplasia,Hypoplasia,Metaplasia,Malformation, Agenesis,Dysplasia
- b) Neoplasia:Classification,Histogenesis
- c) BiologicBehaviour:BenignandMalignant;CarcinomaandSarcoma
- d) MalignantNeoplasia:GradesandStages,Localanddistantspread
- e) Carcinogenesis:Environmentalcarcinogens,chemical,viral,occupational, Heredityandcellularoncogenes
- f) TumourandHostInteractions:Systemiceffectsincludingparaneoplasticsyndromes,Tu morimmunology
- g) Laboratorydiagnosis:Cytology,Biopsy,Tumormarkers
- h) YogaTherapyinManagementofCancer:Practicestobeincluded,Modernresearchevidenc e,Mechanism ofactionof yoga

### B. Immune system

- a) Immune system: organisation, cells, antibodies and regulation of immuneresponses.
- b) Hypersensitivity:typesandexamples,Antibodyandcellmediatedtissueinjurywith examples.
- c) Primaryimmunodeficiency
- d) SecondaryImmunodeficiency
- e) Auto-immunedisorderslikesystemiclupuserythematosis...,
- f) Organspecificandnon-organspecific:polyarteritisnodosa,Hashimoto's disease...,
- g) TumorImmunity
- h) Organtransplantation:ImmunologicbasisofRejectionandGraftversushostreaction
- i) Yoga therapy for immune enhancement: Practices to be included, Modernresearchevidence,Mechanism ofactionof yoga

## UNIT3:Obstetrics&Gynaecology

(15Hours)

### A.Obstetrics:



- a) Menstrual cycle
- b) Physiology of pregnancy
- c) Diagnostic methods used
- d) Complications & emergencies in pregnancy (ectopic, pre-eclampsia, placental abruption, seizures, placental abruption, fetal distress, etc..)
- e) Yoga during Pregnancy
  - I-trimester
  - II-trimester
  - III-trimester
- f) Postnatal care
- A) Gynaecology
  - a) Introduction to gynaecology
  - b) Pathological conditions (menstrual disorders, infertility, prolapse of pelvic organs, UTI, PID, premenstrual syndrome, cancer, PCOD, etc.)
  - c) Yoga for common Gynaecological disorders

#### UNIT 4: Psychiatry

(15 Hours)

##### A) Normal psychology:

- a) Definition, classification of behavior and historical highlights in psychology
- b) Perspectives of psychology
- c) Early approach: Structuralism, Functionalism, Gestalt, Psychoanalysis, Behaviorism, Humanistic, Cognitive, Biological etc.,
- d) Modern approach: Psychodynamic, Cognitive, Behavioral, Sociocultural, etc.,
- e) Branches of psychology
- f) Methods of psychological diagnostics

##### B) Psychiatry:

- a) Abnormal behavior in historical context
- b) Anxiety disorders: panic disorders, OBC, anxiety disorders
- c) Somatoform and dissociative disorders: Hypochondrosis, Somatization, Conversion, Pain, Dissociative
- d) Mood disorders: Depressive, Bipolar, Suicide
- e) Substance-related disorders: Depressants, Stimulants, Drug abuse etc
- f) Schizophrenic & other psychotic disorders
- g) Psychotherapies: Psychodynamic, Behavioral, Humanistic therapies
- h) Yoga and mental health
- i) Research and advanced studies in psychiatry (Modern & yoga)
- j) Yoga for common psychiatric conditions

#### Recommended Books:

1. Yoga For Cancer: Dr. Nagarathna and Dr. Nagendra

## 2. YogaForAnxietyandDepression-Dr.NagarathnaandDr.Nagendra

YogaForDepression-Dr.Nagarathna

**Subject Title: Yoga medicine clinical-IV**

**Subject Code:MDYP-401**

<b>TotalNumberofHours: 60</b>		<b>TotalCredits:2</b>
<b>Hours/Week:4</b>		<b>TotalMarks:50</b>
InternalAssessment	VivaVoce	SemesterExamination
15	10	25

Takingcasehistory,recommendationandinterpretationofdiagnostictests,clinicalevaluation, diagnosis and writing yogic prescription for diseases of Immunology, OncologyandPsychiatry.

**Subject Title: Rehabilitation Medicine & Palliative Care**

**Subject Code:MDYT-402**

<b>TotalNumberofHours: 60</b>		<b>TotalCredits:4</b>
<b>Hours/Week:4</b>		<b>TotalMarks: 100</b>
InternalAssessment	VivaVoce	SemesterTheoryExamination
30	20	50

**Unit1:IntrotoPalliativeMedicine&Rehabilitation(PM&R)**

**(10Hours)**

- a. Conceptsoffunctionaldisability
- b. PatientsneedingPM&R
- c. GeneralPrinciplesofPM&R
- d. Taking Casehistoryrelevantto PM&R
- e. TreatmentstrategiesinPM&R

**Unit2:Rehabilitationinspecificconditions (25Hours)**

- a. RehabilitationofNeurologicalDisorders
- b. RehabilitationofNeuromusculardisorders
- c. RehabilitationofMusculoskeletaldisorders
- d. RehabilitationofSpecialPopulations
- e. Yogainrehabilitation

**Unit3:PalliativeCare (25Hours)**

- a. PainandSymptomManagement
- b. PsychosocialandspiritualAspects
- c. Palliativecareinterminalcases
- d. Geriatriccare
- e. YogainPalliativeCare

**Subject Title: Rehabilitation Medicine & Palliative Care Clinical**

**Subject Code:MDYP-402**

<b>TotalNumberofHours: 60</b>		<b>TotalCredits:2</b>
<b>Hours/Week:4</b>		<b>TotalMarks:50</b>
InternalAssessment	VivaVoce	SemesterExamination
15	10	25

Takingcasehistory,recommendationandinterpretationofdiagnostictests,clinicalevaluation, diagnosis and preparing prescription for diseases needing rehabilitation andpalliativecare.

**Subject Title: Asana, Pranayama, Meditation IV**

**Subject Code:MDYP-403**

<b>TotalNumberofHours: 60</b>		<b>TotalCredits:2</b>
<b>Hours/Week:4</b>		<b>TotalMarks:50</b>
InternalAssessment	VivaVoce	SemesterExamination
15	10	25

**Subject Title: Advance TechniqueII Subject**

**Code:MDYP-404**

<b>TotalNumberofHours: 60</b>		<b>TotalCredits:2</b>
<b>Hours/Week:4</b>		<b>TotalMarks:50</b>
InternalAssessment	VivaVoce	SemesterExamination
15	10	25

**Unit1:Introductiontoadvancedtechniques:**

**(8hours)**

- 1.1 Meditation.
- 1.2 AdvancementinMeditation.
- 1.3 ConceptofPañcaKośa.
- 1.4 Advancedtechniques.
- 1.5 Personalitydevelopment.
- 1.6 ConceptofVyaśöiandSamaśöi.
- 1.7 Relaxation,awarenessandexpansionofawareness.
- 1.8 Roleofmind,intellectetc.,
- 1.9 DifferentLayersofSilence.
- 1.10 Methodstogodeeperlevelsofsilence.

**Unit-2:MindImageryTechnique**

**(13Hours)**

- 2.1 Introductiontothetechnique
- 2.2 Wheredoesthiswork?
- 2.3 Howtoeachdeeperlayersofsilence?
- 2.4 HowFocusingfollowedbydefocusinghelpstogodeeper?
- 2.5 ObservationofNeutral andActiveimageriesorthoughts.
- 2.6 ObservingOM/God/Sun/Yantrainincreasinganddecreasingsize.
- 2.7 VisualizingOM/God/Sun/YantrainincreasingandDecreasingSize.
- 2.8 ObservingOM/God/Sun/Yantraflickeringwithuniformspeed.
- 2.9 ObservingOM/God/Sun/Yantraflickeringwithincreasinganddecreasing speed.
- 2.10 Observingpowerfulraysburningunwantedcells.
- 2.11 Visualizingpowerfulraysburningunwantedcells.
- 2.12 Observingsoothingraysenergizingallcells.
- 2.13 Visualizingsoothingraysenergizingallcells.
- 2.14 FullPractice.

**Unit-3:MasteringEmotionsTechnique:**

**(13Hours)**

- 3.1 Thinkingandfeelingofemotion.
- 3.2 Typesofemotionsas softer, stronger, positiveandnegative.

3.3 Invoking,intensifyinganddiffusingtheemotions

3.4 Pairofoppositesatthephysicalandemotionallevels.

3.5 SilenceandSankalpa.

3.6 Fullpractice.

Unit - 4: VijñānaSādhanaKauśala:

(13Hours)

4.1 ExplainingaboutVijñānamayaKośa.

4.2 Happinessanalysis.

4.3 Fearanalysis.

4.4 Tamas,Rajas,Sattwa,andGunātita.

4.5 ŚreyasandPreyas.

4.6 Recollectthe incidencesofhighesthappinessandalsoincidencesofhighestfear.

4.7 Analyzeeachincidentofhappinessandfearanalysisandwrite.

4.8 ListŚreyasactivitiesandPreyasactivitiesinyourpresentlife.

4.9 PracticetomovefromŚreyastoPreyas.

4.10 ListofTāmasic,RājasicandSātvicactivities.

4.11 PracticetomovefromTamastoRajastoSattvatoGunātita.

4.12 Fullpractice.

Unit-5: Ānandaamrutasincana

(13Hours)

5.1 Importanceofpairsofopposites.

5.2 Listdifferentpairsofoppositesthatoccurinlife.

5.3 Practicetoexperiencethemaspairsandobservethechangesinthe personality.

5.4 Listoutincidenceswhenblissisexperiencedinactivity.

5.5 Listoutincidenceswhenblissisexperiencedinnon-activity.

5.6 List of varieties of people, varieties of places, varieties of incidences and practice to maintain the bliss in all circumstances.

5.7 Carefully observe and start to do every activity with bliss.

5.8 Allow love and bliss to spread all around.

5.9 Fullpractice.

### Recommended Books:

1. Yoga for Cancer by Dr. Nagarathna R and Dr. Nagendra HR.
2. Taittiriya Upaniṣad – Brahmananda Valli
3. Wisdom from Upaniṣad. Patheya Series. Vivekananda Kendra Publication.
4. Patañjali Yoga Sūtrās.

### PhD Yoga

#### **Subject: Application of Yoga Therapy**

#### **Goal and Objectives**

##### **Goals:**

The goal of teaching Application of Yoga Therapy on system wise Common Ailments is aimed at giving the student comprehensive knowledge of the disease and its Yogic Management of the organ systems to facilitate comprehension of the physiological basis of health and disease and Hospital training and hands on training to handle patients.

##### **Knowledge:**

After the completion of the program, the students should be able to

- Independently handle a patient and administer yoga therapy;
- Get idea how to conduct Research on such subjects effectively
- Appreciate the relative contribution of each organ system to the homeostasis;
- Explain the pathological aspects of disease;
- Illustrate the physiological response and adaptations to environmental stresses;
- List physiological principles underlying pathogenesis and disease management.

##### **Skills:**

After the completion of the programs, the students should be able to:

- Teach Yoga Therapy;
- Interpret experimental/investigative data;
- Take medical, psychological and yogic assessments
- Effectively treat the patient with various psychosomatic ailments.

#### **Study outcome:**

Major diseases connected with different systems, students get knowledge of causes, sign, symptoms, prevalence and their pathophysiology, medical management and evidence based approach on specific disease conditions with Integrated approach of Yoga therapy.

#### **Unit-1: Introduction to Yoga, Yoga therapy and sections of Arogyadhama**

[7 Hrs]

##### **Pedagogi: ( Lecture using PPT, Video)**

- i. Introduction to Health, Disease and Disorder
- ii. Introduction to Yoga and Yoga Therapy – Adhija Vyadhi concept according to science and also according to Yoga Vasista, Panchakosha concept-IAYT



- iii. Yoga Therapy principles
- iv. Yoga and health
- v. Yoga and stress
- vi. Introduction to Arogyadhama sections and type of Yoga practices

## **Unit-2: Respiratory Disorders and Cardiovascular disorders**

[12Hrs]

**Pedagogi:** ( Lecture with PPT, Audio visual Aids, Section B in details)

### **A. Respiratory disorders**

- i. Introduction to Anatomy Physiology of Respiratory system
- ii. Respiratory disorders
  - a. Brief classification – Obstructive, Restrictive, infectious and inflammatory
    - iii. Bronchial Asthma
  - a. Definition, Pathophysiology, Classification, Causes, Clinical Features, Pathophysiology
  - b. Medical Management
  - c. Yogic Management
    - iv. Rhinitis & Sinusitis
  - a. Definition, Pathophysiology, Classification, Causes, Clinical Features,
  - b. Medical Management
  - c. Yogic Management
    - v. Evidence based Yoga therapy for Respiratory disorders

### **B. Cardiovascular disorders**

- i. Introduction to Anatomy and Physiology of Cardiovascular system
- ii. Hypertension
  - a. Definition, Classification, Causes, Pathophysiology, Clinical Feature
  - b. Medical Management
  - c. Yogic Management
- iii. Atherosclerosis / Coronary artery disease
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- iv. Evidence based Yoga therapy for Cardiovascular system disorders

## **Unit-3: Gastro Intestinal Disorders and Excretory System** (Lecture with PPT, AV aids)

[7 Hrs] **Pedagogi:**

### **A. Gastro Intestinal Disorders**

- i. Introduction to Anatomy Physiology of Digestive system
- ii. APD
  - a. Introduction to APD: Gastritis –Acute & Chronic, Dyspepsia, Peptic Ulcers

- b. Causes, Clinical Features, Pathophysiology
- c. Medical Management
- d. Yogic Management
- iii. IBS
  - a. Definition, Types, Causes, Pathophysiology, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- iv. Evidence based Yoga therapy for GID

## **B. Excretory system**

- i. Introduction to Urinary system
- ii. Chronic renal failure
  - a. Causes, clinical features
  - b. Medical management
  - c. Yogic Management
- iii. Evidence based Yoga therapy for Excretory system

## **Unit-4: Neurological and Psychological Disorders**

[15Hrs]

**Pedagogi: (Talk with PPT and Video)**

- A. **Neurological Disorders:**
- B. **Anatomy Physiology of Nervous system; CNS (Brain) and Peripheral Nervous system**

- i. Headaches
  - a. Migraine
    - a. Causes, Classification, clinical features
    - b. Medical management
    - c. Yogic Management
  - b. Tension headache
    - a. Medical management
    - b. Yogic Management
- C. Neurodegenerative disorders
  - i. Parkinson's disease
    - Causes, signs and symptoms, medical and yogic management
  - ii. Multiple sclerosis
    - Causes, signs and symptoms, medical and yogic management
- D. Evidence based Yoga therapy for Neurological and Neurodegenerative Disorders

## **(B)Psychiatric disorders**

- i. Introduction to psychiatric disorders- Neurosis, Psychosis
- ii. Neurosis
  - a. Anxiety disorders
    - a. Generalised anxiety disorder
    - b. Panic anxiety

- c. Post traumatic stress disorder
- d. Phobias
- e. Medical management
- f. Yogic management
  - b. Depression
    - 1. Dysthymia
    - 2. Major depression
    - 3. Medical management
    - 4. Yogic management
  - b. Bipolar disorder
    - Causes, Signs and symptoms, medical and Yogic management
- i. Evidence based Yoga therapy for psychiatric disorder

### **Unit-5: Musculo-Skeletal Disorders [11 Hrs]**

#### **Pedagogi: (Lecture with PPT)**

#### **A. Musculoskeletal system**

- i. Introduction to Anatomy Physiology of CNS (Spinal Cord), Musculo skeletal system ( Bones, Muscles, Joints, ligaments, tendons and cartilages)
- ii. Back Pain
  - a. Classification of back pain: organic and functional
  - a. Lumbar Spondylosis
  - b. Intervertebral disc prolapse (IVDP)
  - c. Spondylitis
  - d. Psychogenic- Lumbago
    - b. Causes, Medical Management
  - c. Yogic Management
- iii. Neck pain
  - a. Classification
  - a. Cervical Spondylosis, radulopathy
  - b. Functional neck pain
  - c. Whiplash injury
    - b. Medical Management
  - a. Yogic Management
- iv. Arthritis: Rheumatoid, Osteoarthritis
- v. Evidence based Yoga therapy for Musculo-Skeletal Disorders

### **Unit-6: Endocrine and Metabolic Disorder [8Hrs]**

#### **Pedagogi: (Lecture with PPT, Video)**

- i. Anatomy Physiology of Pituitary gland, Pancreas
- ii. Diabetes Mellitus
  - a. Definition, Pathophysiology, Classification, Clinical Features

- b. Medical Management
- c. Yogic Management
  - iii. Obesity
    - c. Definition, Pathophysiology, Classification, Clinical Features
- d. Medical Management
- e. Yogic Management
  - iv. Evidence based Yoga therapy for Endocrinal, Metabolic disorders

#### **Recommended books:**

1. Yoga for Bronchial Asthma – Dr H R Nagendra, R Nagaratna, SVYP
2. Yoga for Hypertension and Heart Diseases – Dr H R Nagendra, R Nagaratna, SVYP
3. Yoga for Diabetes – Dr H R Nagendra, R Nagaratna, SVYP
4. Yoga for Obesity – Dr H R Nagendra, R Nagaratna, SVYP
5. Integrated approach of yoga therapy for positive health-Dr. R Nagaratha, Dr. H R Nagendra

#### **Reference books:**

1. Yoga for common disorders- Swami KoormanandaSaraswati

#### **Assignments:**

The learners shall prepare an assignment on

- i. Compilation of Evidence base for management of any two pathologies with Yoga as a therapeutic measure
- ii. They shall prepare a power point presentation of a scientific paper suggested by the teaching faculty.

#### **Recommended website:**

1. Research publications in Yoga on all concerned topics from peer reviewed journals.
2. <http://www.ncbi.nlm.nih.gov/pubmed/>

### **ubject: Research methodology-1**

#### **Goal and objectives**

##### **Goal:**

The primary goal of research methodology course is to expose the students to the basic theoretical concepts of conducting scientific research and motivate them to pursue higher research.

##### **Objectives:**

- To understand the methodology of research
- To understand relevant statistical concepts
- To apply the above two to design experiments in yoga

**Knowledge:**

The students will acquire

- Basic understanding of Research methodology
- Knowledge of various statistical procedures
- Knowledge of tools employed to conduct research
- Ability to address the contemporary problems in scientific way

**Skills:**

- Successfully completing the course, the students will acquire
- Skill to apply the research methodology concepts for practical applications
- Skill to design, conduct and evaluate scientific experiments
- Skill for scientific communication

**Study outcome:**

After undergoing this course, a student will be having an in-depth knowledge of

- basic concepts of research methodology
- process of research
- designing a scientific study
- basic statistical concepts
- Specific statistical tests for analysis.

**Unit I. Research Methodology Concepts –I**

**(12 hours)**

**Pedagogy- Oral talk with Chalk with Q & A Session, PPT: students can be asked to bring two references each for different allotted topics, problem solving and short answer exams may be conducted on Scales of measurements till every ones understanding is clear**

- Introduction to research methodology – definition of research, types of research, need for Yoga research
- The research process
- Literature review – Purpose, Process, digital source: PubMed, etc., presentation of literature review
- Ethics of research– Laboratory ethics, Publication ethics, Ethical bodies – IEC & IRB, Guidelines for good clinical practice
- Scales of measurement – nominal, ordinal, interval, ratio

**Unit II. Research Methodology Concepts -II**

**(12 hours)**

**Pedagogy-Oral talk with Chalk with Q & A Session, PPT: Every two days one short test to test their conceptual understanding to be given : Students may be sent for field work to collect some data to nearby villages and as they come back elaborate explanation about how a sample like this represents the population may be given; students should be given different research papers and asked to identify the sample, population, sampling method used, what is the possible bias, how is it controlled, which are all the different variables.**

- Data collection methods: Observation, Interview, psychological tests, questionnaire, physiological tests, and archive
- Sampling methods - Population and Sample; Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling
- Methods of controlling biases - Randomization
- Types of variables – Independent, dependent, confounding variable

### **Unit III. Research Methodology Concepts -III**

**(12 hours)**

**Pedagogy -Oral talk with Chalk with Q & A Session, PPT: Students should be asked to identify the type of design that are used in different research works. Should be made to practice to calculate Validity and reliability etc**

- Types of research design – Experimental designs, cross sectional design, Case study, Survey
- Reliability: Test-Retest Reliability, Internal Consistency, Inter rater Reliability
- Validity: Construct Validity, Face Validity, Content Validity, Criterion Validity, Convergent and Discriminant Validity
- Issues of bias and confounding
  - Selection bias, Recall bias, Observer or measurement bias, Publication bias
  - Randomization, Matching, Crossover design, Restriction (or blocking), Stratification, Blinding

### **Unit IV. Statistical Concepts –I**

**(12 hours)**

**Pedagogy -Oral talk with Chalk with Q & A Session, PPT**

- Descriptive statistics
- Inferential statistics
- Null Hypothesis Significance Testing: hypothesis and null hypothesis
- Statistics and Parameters
- Sample and Population
- Generalization
- One tailed, two tailed hypothesis
- Types of Errors and its control
- Central Limit Theorem

### **Unit V. Statistical Concepts - II**

**(12 hours)**

**Pedagogy - A work shop need to be conducted where in one day the teacher has to take a simple problem and show them how a synopsis is written to that research problem; Next day all students should be asked to take a simple topic and define the problem and write hypothesis and null hypothesis; next session they should be made to write the literature survey; next session finalizing the sampling methodology, next session finalizing the design, next session data collection.**

- Point estimate and interval estimate
- Power analysis: Effect size, sample size
- p-value
- Confidence interval
- Statistical tests and design
- Assumptions of tests

- Statistical tests for various designs: Correlation, proportions, paired-sample and independent sample t-tests, Chi-Square tests, ANOVA, Repeated Measures ANOVA, parametric and non-parametric tests.

### **Reference Books**

1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New delhi.
2. R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New delhi
3. Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

## **Course: Yoga Practice 1**

### **Goal and Objectives**

#### **Goals:**

The goal of teaching Yoga for Prevention and Promotion of health is

#### **Knowledge:**

After the completion of the program, the students should be able to

- Independently handle a patient and administer yoga therapy;
- Appreciate the relative contribution of each organ system to the homeostasis;
- Explain the pathological aspects of disease;
- Illustrate the physiological response and adaptations to environmental stresses;
- List physiological principles underlying pathogenesis and disease management.

#### **Skills:**

After the completion of the programs, the students should be able to:

- Teach Yoga Therapy;
- Interpret experimental/investigative data;
- Take medical, psychological and yogic assessments
- Effectively treat the patient with various psychosomatic ailments.

#### **Study outcome:**

Overall personality development. Experiential knowledge to give Yoga practices for Prevention and Promotion of health.

Simple Jogging ---MukhaDhouthi

- Forward jogging
- Backward jogging

- Side Jogging
- Twisting
- Rotation of arms
- Forward & backward bending
- Tiger Stretch
- PavanaMuktāsana
- Back stretch
- Side Bending
- Neck Movement

### **Breathing Practices**

- Hands in and out breathing
- Hand stretch Breathing
- Ankle stretch Breathing
- Dog breathing
- Rabbit breathing
- Tiger Breathing
- Shashankasana Breathing
- Bhujangasana Breathing
- Shalabhasana Breathing
- Straight Leg Raising Breathing Alternate legs
- Setubandhasana Breathing

**Subject:** Advanced Yoga Techniques

### **Goal and Objectives**

#### **Goal:**

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge about advanced meditation techniques and concept of Panchakosa.

#### **Objectives**

##### **Knowledge:**

After the completion of this course, the student shall be able to:

- Understand about the foundation of advanced meditation techniques
- Understand the role of Prana and Mind on the body and correcting and strengthening body, Prana and Mind.
- Understand and feel the connectivity of individual and the Universe.
- Experience silence, expansion and power of Sankalpa

##### **Skills:**

After the completion of the course, the student shall be able to:

- Enhance the growth of personality as an Integrated personality
- Present a technique effectively based on the condition of a patient
- Explain the significance of advanced technique for a particular condition
- Learn the skill of delivering instructions

1hr/wk theory and 5hr/wk practical (1Credit Theory and 3 credits Practical)  
Theory 25 and Practical 75 Marks

### **Unit-1: Introduction to advanced techniques**

[3Hrs]



### **Pedagogi: (Talk with PPT; Q & A)**

- i. Meditation, advancement in Meditation, Concept of Panchakosa
- ii. Advanced techniques, personality development, concept of Vyasti and Samasti
- iii. Relaxation, Awareness, Expansion of awareness.

#### **Unit- 2: Cyclic meditation**

[19Hrs]

**Pedagogi: Instructions will be given- students will be made to practice – experience-learn; Flip-flap method (one of the students give instructions and all will practice )**

- i. Introduction to Cyclic Meditation.
- ii. IRT, in different positions and for different disease conditions, gaining control to tighten a specific part without contracting the surrounding muscles, Practicing on their own 10 times in one day.
- iii. Incidences from daily life where we experience pointed awareness, linear awareness, surface awareness, 3D awareness and all-pervasive awareness.
- iv. Centering, ArdhakatiCakrasana, Group synchronization, awareness.
- v. QRT Physical, Emotional, mental awareness and expansion.
- vi. Vajrasana, shashankasana and ustrasana with awareness.
- vii. DRT with awareness at Physical, pranic, mental, intellectual and spiritual levels.
- viii. Stimulations and relaxations, recognizing the tightness and let go, relaxation deeper than stimulation. Observation of blood flow, nerve impulses, 3D awareness, sound resonance and. mental, emotional, intellectual, spiritual stimulations and let go.
- ix. Worksheet writing and correction.
- x. Class taking by students and correction. Experience writing.

Students practice IRT 4 times a day.

#### **Unit-3: PranicEnergisation technique**

[19Hrs]

**Pedagogi: (Talk with PPT; Q & A), Instructions will be given- students will be made to practice – experience-learn; Flip-flap method (one of the students give instructions and all will practice)**

- i. Prana, types of Pranas, UpaPranas, PranicEnergisation Technique
- ii. Practice Breath awareness at tip of the nose, complete breath awareness and deep abdominal breathing. Awareness practice of pulse, Heartbeat, synchronization of pulse with heartbeat, nerve impulses, nerve impulses with different mudras, Vyana, Vyana in between hands, Vyana at different parts of the body. Moving prana along right side, left side, both sides. Understanding Vyasti and Samasti and practicing to feel Vyasti and Samasti. Choosing the right Sankalpa. Complete PET practice.
- iii. Worksheet writing and correction.
- iv. Class taking by students and correction. Experience writing.

Regular self practice to strengthen.

#### **Unit-4: Mind sound resonance technique**

[19Hrs]

**Pedagogi: (Talk with PPT; Q & A), Instructions will be given- students will be made to practice – experience-learn; Flip-flap method (one of the students give instructions and all will practice)**

- i. Mind, Sound and resonance.
- ii. Practicing to tune to natural frequency to get resonance
- iii. Chanting of any mantra in three ways loud voice, low voice and inside the mind and feeling vibrations.
- iv. Chanting practice of OM, M, U, A and A-U-M. Feel air moving from nose tip to the tip of the toes. Chanting practice (ahata and ahata followed by anahata) of OM, M, U, A and A-U-M with feeling vibrations and practicing to feel the vibrations from the top of the head to the tip of the toes.
- v. Triambaka Mantra, Full Practice, Writing the Worksheet, Practice by the students, writing experiences. Feeling the vibrations of all chartings and all sounds during the day, tuning to the vibrations of those sounds.

### **Unit - 5: Mind Imagery Technique**

[14Hours]

**Pedagogy-Mind mapping; Talk with PPT; Practicing with computerized pictures; Practice with instructions; experience and understand.**

**Ref: Page No: 153 of Yoga for Cancer by DrNagaratna R and DrNagendra H R**

- i.Introduction to the technique
- ii.Where does this work?
- iii.How to reach deeper layers of silence?
- iv.How Focusing followed by defocusing helps to go deeper?
  - v.Observation of Neutral and Active imageries or thoughts.
- vi. Observing OM/God/Sun/Yantra in increasing and decreasing size.
- vii. Visualizing OM/God/Sun/Yantra increasing and Decreasing Size.
- viii. Observing OM/God/Sun/Yantra flickering with uniform speed.
- ix. Observing OM/ God/ Sun/ Yantra flickering with increasing and decreasing speed.
  - x.Observing powerful rays burning unwanted cells.
  - xi.Visualizing powerful rays burning unwanted cells.
  - xii.Observing soothing rays energizing all cells.
  - xiii.Visualizing soothing rays energizing all cells.
- xiv.Full Practice.
- xv.Practice given by the students.

**Unit - 6: Mastering Emotions Technique:**

[14Hours]

**Pedagogy-Mind mapping; Talk with PPT; Practice with instructions; experience and understand.**

**Ref: Page No: 169 of Yoga For Cancer by DrNagaratna R and DrNagendra H R**

- i.Thinking and feeling of emotion.
- ii.Types of emotions as softer, stronger, positive and negative.
- iii.Invoking, intensifying and diffusing the emotions
- iv.Pairs of opposites at the physical and emotional levels.
  - v.Silence and Sankalpa.
- vi.Full practice.
- vii.Practice given by the students.

**Unit - 7: VijñānaSādhanaKauçala:**

[14Hours]

**Pedagogy-Talk with PPT; Practice with instructions; experience and understand. Happiness analysis to be experimented by students.**

**Ref: Page No: 188 of Yoga for Cancer by DrNagarathna R and DrNagendra H R**

- i.Explaining about VijñānamayaKoça.
- ii.Happiness analysis.
- iii.Fear analysis.
- iv.Tamas, Rajas, Sattwa, and Gunātita.
  - v.Çreyas and Preyas.
- vi.Recollect the incidences of highest happiness and also incidences of highest fear.
- vii.Analyse each incident of happiness and fear analysis and write.
- viii.List Çreyas activities and Preyas activities in your present life.
- ix.Practice to move from Çreyas to Preyas.

- x. List of Tāmasic, Rājasic and Sātvic activities.
- xi. Practice to move from Tamas to Rajas to Sattva to Gunātita.
- xii. Full practice.
- xiii. Practice given by the students.

**Unit- 8: Ānanda Amrita Sinchana:**

**[14Hours]**

**Pedagogy- Talk with PPT; Practice with instructions; Observe the mind.**

**Ref: Page No: 202 of Yoga for Cancer by DrNagarathna R and DrNagendra H R**

- i. Importance of pairs of opposites.
- ii. List different pairs of opposites that occur in life.
- iii. Practice to experience them as pairs and observe the changes in the personality.
- iv. List out incidences when bliss is experienced in activity.
- v. List out incidences when bliss is experienced in non-activity.
- vi. List of varieties of people, varieties of places, varieties of incidences and practice to maintain the bliss in all circumstances.
- vii. Carefully observe and start to do every activity with bliss.
- viii. Allow love and bliss to spread all around.
- ix. Full practice.
- x. Practice given by students.
- xi. Experience writing.

**References:**

1. Yoga for Cancer by DrNagarathna R and DrNagendra H R.
2. TaittiriyaUpaniṣad– BrahmānandaValli
3. Wisdom from Upaniṣad. Patheya Series. Vivekananda Kendra Publication.
4. Patāñjali Yoga Sutrās – Dr H R Nagendra, SVYP

**Recommended books:**

1. Perspective of stress management- Dr. H. R. Nagendra and Dr. R. Nagarathna, SVYP.
2. PranicEnergisation Technique- Dr. H R Nagendra, SVYP.
3. MSRT – Dr H R Nagendra, SVYP.
4. Yoga for Cancer – Dr.H R Nagendra, Dr. R. Nagarathna, SVYP.

**Course Title- Yoga Practicum-II**

**Goal and objectives**

**Goal:**

The goal of teaching classical Yoga to students is to provide them with practical knowledge of classical Yoga.

**Objectives**

**Knowledge:**

The students shall be able to:

- Understand the classical Yogasanas and their components mentioned in various texts
- Get to know about the practices for overall development
- Bring out hidden talents through regular practice
- Experience the benefits and limitations of Yoga practices.

**Skills:**

The students will be able to

- Demonstrate and rectify a practice effectively
- Explain all details about a practice
- Present a practice with confidence.

**Study Outcome:**

Overall personality development. Strength and stamina. Sthirata. Also students learn to give these techniques to Therapy Participants on requirement.

**Unit 1:**

**[15Hours]**

1. Gomukhasana
2. Dhanurasana
3. Paschimottanasana
4. Matsyendrasana
5. Kukkutasana
6. Uttan-koormasana
7. Koormasana
8. Shavasana
9. Mayurasana

**Unit 2:**

**[15Hours]**

1. Swastikasana
2. Veerasana
3. Siddhasana
4. Padmasana
5. Simhasana
6. Bhadrasana

**Unit 3:**

**[15Hours]**

1. Uddiyanabandha
2. Mulabandha
3. Jalandhara Bandha
4. Mahabandha
5. Mahamudra
6. Mahavedhamudra
7. Viparitakarani

**Unit 4:**

**[15Hours]**

1. VastradhoutiKriya
2. DandadhoutiKriya
3. VamanadhoutiKriya

4. DakshinaNouliKriya
5. VamaNauliKriya
6. MadhyamaNauliKriya
7. VatakarmaKapalabhatiKriya
8. Vyutakarmakapalabhatikriya
9. Seetakarmakapalabhatikriya

**Reference Books:**

1. Asana, Pranayama, Mudra and Bandha – Bihar Yoga Publications
2. Hatha Yoga Pradipika – Bihar Yoga Publications

## Minutes of the 41<sup>st</sup> Academic Council Meeting held on 24<sup>th</sup> July 2016

Proceedings of the 41<sup>st</sup> Academic council meeting of swami Vivekananda Yoga Anusandhana samsthana (S-VYASA), Bangaluru, held at 3:00 PM, on Sunday, the 24<sup>th</sup> July 2016, at Board room 'Tharangini' building, Prashanti Kutiram, Jigani Hobli, Anekal (taluk), Bangaluru-560105, under the Chairmanship of Prof. Ramchandra G Bhat, Vice-Chancellor, S-VYASA

Members Present: -

1. Dr. H R Nagendra
2. Dr. K Subramanyam
3. Prof. Ramchandra G Bhat
4. Prof. Gopalkrishna N Bhat
5. Dr. Sanjib Kumar Patra
6. Dr. Subramanya P
7. Sri. Ramchandra R
8. Dr. Sridhar M K
9. Dr. Subhash Sharm
10. Prof. M L Munjal
11. Dr. B R Ramakrishna
12. Prof. T G Sitharam
13. Dr. Nagarathna R
14. Dr. Venkatram R
15. Prof. Nagaraj D
16. Prof. K B Akhilesh
17. Dr. T M Srinivasn
18. Dr. P Nagaraj Rao
19. Dr. P Nagaraj Rao
20. Dr. Swareep K Mohanty
21. Dr. Kavitha V

The meeting began with 'Sahano Bhavathu' prayer. The chairman, Vice-Chancellor Prof. Ramchandra G Bhat welcomed the members of the board and introduced the two newly joined Deans namely Prof. Gopalakrishna N Bhat (Yoga and Spirituality) Dr. M K Sridhar (Yoga and Humanities and Dean of Academics) to the board. He added that the team was running successfully under the leadership of Prof. Venkatramji with Dr. Sanjib Patra, the new Registrar. He made a mention of AICTE Chairman'



Dr. Sanjib Patra expressed the need of the finetuning of CBCS system for the UG and PG courses in an university, and he also made a mention of credit transfer and credit wavier system introduced in UGC.

Dr. M K Sridhar briefed about the proposed amendments for the existing rules and regulations of UGC in the area of examinations and PhD programs. He added about the newly proposed skill-oriented courses/value added courses to be introduced in the month of August 2016 for various divisions of Yoga, as per the suggestion of UGC. All these courses were short term certificate courses with a duration of one to one and a half months (4 to 6 weeks). All these courses were planned in such away that the students after completion of these courses would be of great demand in employability and social relevance.

Prof. Venkatramji initiated the discussion on the possibilities of introducing Integrated PhD program in our university. Prof. M L Munjal, Prof. T G Sitharam and Prof. K B Akhilesh gave their opinions and many of the members participated in the discussion.

Regarding the eligibility of PhD programs also, discussions were made and Guruji told that the existing procedure of eligibility criteria should be adopted without any change.

Prof. G N Bhat, from division of Yoga and Spirituality announced the newly proposed short-term certificate courses to be commenced from 1<sup>st</sup> of September 2016. He suggested that even (B.Sc.) degree Courses could also be given thought in the near future.

Prof. Venkatramji suggested that Sanskrit courses could also be started and MOU with other universities could be made as many universities had shown interests.

Guruji suggested that the courses could be planned as per the choice of the students in specialized area like 'Bhagawat Gita', 'Upanishads', 'Bramha Sutra' etc. as many of the students were interested in these areas.

Discussions were made in distance education courses also. Dr. Nagaraj D suggested that it would be better to take approval from distance education council of UGC to conduct degree or diploma courses in 'Yoga' in general so that it need not be necessary to take approval for each division, each time.

Dr. Sony Kumari, controller of examination presented the present and proposed system of evaluation in the process of examinations (percentage of marks) and attendance.

Guriji told that the internal assessment marks should be considered more than that of written test so that the overall improvement and discipline of the students could be taken care of as per as the attendance part was concerned, it was decided to follow the UGC rules as 75% could be considered.

Mrs. Bharathi indicated the requirement of uploading self-study report (SSR) for NAAC purposes.

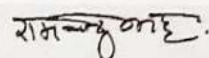
Dr. Kavitha briefed about the first intercollege fest on 'Naturopathy' named as AEON-2016, the 1<sup>st</sup> of its kind, lasted for 7 days, participated by 18 colleges and 700 people.

Prof. Venkatram briefed about the international day of Yoga (IDY) on 21<sup>st</sup> June 2016. He mentioned that before one month of IDY, CCRYN Bengaluru had informed to conduct Yoga classes in 100 centers with a minimum of 100 student, but exceeded to more than 15000 students.

Prof. Subramanyam K informed that our Guruji had been selected as the chairman for the Yoga Education Board. Our S-VYASA university was recognized to provide training in Yoga at 100 centers in 11 states. He also announced that the Andhra Pradesh government had requested to establish 'S-VYASA' university in Andhra Pradesh at Vishakhapatnam with an extent of 100 acres and 100 crores budget. The work was started already and expected to be over by 2018.

Guruji briefed about the International conference organized at Harvard medical school. He mentioned about the top-class participants inclusive of 3 MIT directors and the number of MOUs signed during the conference, we could sign up 15 MOUs with different collaborations.

Guruji indicated the number of journals published by AIMS, Delhi and Chandigarh and expressed that in spite of possessing so much of facilities they were unable to publish in more journals of high impact factor. He mentioned that the same with NIMHANS also. He made a mention about Dr. Aghoramurthy, from Taiwan who published The most number of papers in world's leading high impact journals was also the associate of S-VYASA.



Vice-Chancellor

S-VYASA



**1.3.4 Number of students undertaking field projects / research projects / internships during the year**

<b>SL. NO</b>	<b>PROGRAMME</b>	<b>PAGE NO.</b>
<b>1.</b>	B.Sc YVT	1
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<b>3.</b>	BNYS	4
<b>4.</b>	M.Sc YVT	9
<b>5.</b>	M.Sc YT	10
<b>6.</b>	MD	15

**B.Sc YVT**

<b>SL. No</b>	<b>Registration No.</b>	<b>Student Name</b>	<b>Dissertation Topic</b>	<b>Guides</b>
<b>1</b>	1020820001	Niranjana vinlees	Emotional intelligence in the basis of Chittaprasadana from Patanjali Yoga sutras	Dr.Devika Kaur
<b>2</b>	1020820002	Nashihamohamedmani k	Concept of chakras in hatha yoga	Naveen.H
<b>3</b>	1020820003	Vanshajarora	Psychology of Yoga	Naveen.H
<b>4</b>	1020820005	Debojyotighosh	Yoga and Consciousness	Dr.Sridhar MK
<b>5</b>	1020820007	Lakshychauhan	Aspects of Dhyana in Bhagavadgita in perspective of the 3 Vedantic Schools of Philosophy	Dr.Sridhar MK
<b>6</b>	1020820008	Krishna tarkar	System of Upanishads	Arun Balachandran
<b>7</b>	1020820010	Selukarsomrajyadnyes hwar	Shrisuktam and Glories	Dr.Satya Prakash

**BSc YT**

<b>SL. No</b>	<b>Registration No.</b>	<b>Student Name</b>	<b>Dissertation Topic</b>	<b>Guides</b>
<b>1</b>	1030820001	Jyoti	Immediate effect of Trataka on hypertensive patients	Dr. Devika Kaur
<b>2</b>	1030820002	Ratanpriya Saingar	Immediate effect of Bharamari Pranayama on short term memory	Dr. Suchitra. S. Patil
<b>3</b>	1030820003	Somy a Vashishth	Immediate effect of Cyclic Meditation on Vital Signs	Gangotri Panda
<b>4</b>	1030820005	Harni. P.	Immediate effect of Trataka on hypertensive patients	Dr. Devika Kaur
<b>5</b>	1030820006	Purvi Vijjan	Immediate effect of Nadanusandhana on Blood Pressure & State Anxiety on Healthy Yoga Students	B.V. Sasi Kala
<b>6</b>	1030820007	Muskan	Immediate effect of Gayatri Mantra Chanting on Attention among college students	Ms. Anupa C
<b>7</b>	1030820008	Sanskriti Rajesh Shah	Immediate effect of Nadanusandhana on Blood Pressure & State Anxiety on Healthy Yoga Students	B.V. Sasi Kala
<b>9</b>	1030820010	Aditi Maheshwari	Immediate effect of Cyclic Meditation on Vital Signs	Gangotri Panda
<b>10</b>	103020011	Trupti Dipak Patil	Immediate effect of Om chanting on memory among college students	Ms. Anupa C
<b>11</b>	1030820012	Harsha Surbhi	Immediate effect on Trataka on hypertensive patients	Dr. Devika Kaur
<b>13</b>	1030820014	Ved Prakash Yadav	Immediate effect of Cyclic Meditation on Vital Signs	Gangotri Panda
<b>14</b>	1030820015	Sachin Kumar	Immediate effect of Cyclic Meditation on Vital Signs	Gangotri Panda
<b>15</b>	1030820017	Kartik Kalmane	Immediate effect of Om chanting on memory among college students	Ms. Anupa C
<b>16</b>	1030820018	Bijay Kumar Singh	Immediate effect of Bharamari Pranayama on short term memory	Dr. Suchitra. S. Patil
<b>17</b>	1030820019	Sparsh Dwivedi	Immediate effect of Trataka on hypertensive patients	Dr. Devika Kaur
<b>18</b>	1030820020	Shubham singh Yadav	Immediate effect of Bharamari Pranayama on short term memory	Dr. Suchitra. S. Patil
<b>20</b>	1030820022	Bharat Chouhan	Immediate effect of Nadanusandhana on stress on Healthy Yoga Students	B.V. Sasi Kala

<b>21</b>	1030820023	Aman Lakshkar	Immediate effect of Gayatri Mantra Chanting on Attention among college students	Ms. Anupa C
<b>22</b>	1030820024	Gurugovinda Ganesh Pillai	Immediate effect of Nadanusandhana on Emotional wellbeing on Healthy Yoga Students	B.V. Sasi Kala
<b>23</b>	1030820025	Naman Yadav	Immediate effect of Nadanusandhana on Blood Pressure & State Anxiety on Healthy Yoga Students	B.V. Sasi Kala
<b>24</b>	1030820026	Ritik Raj	Immediate effect of Cyclic Meditation on Vital Signs	Gangotri Panda
<b>25</b>	1030820027	Tarun Kumar Barman	Immediate effect of Cyclic Meditation on Vital Signs	Gangotri Panda
<b>26</b>	1030820028	Nandini Pandey	Immediate effect of Bharamari Pranayama on short term memory	Dr. Suchitra. S. Patil

**BNYS**

<b>SL. No</b>	<b>Registration No.</b>	<b>Student Name</b>	<b>Dissertation Topic</b>	<b>Guide</b>
<b>1</b>	BNYS/01/Res/Aug 17	B Avanthika	Naturopathic Modalities on Teachers with Varicose Veins (Case Series)	Dr Bhavana M Dr Apar Avinash Saoji
<b>2</b>	BNYS/02/Res/Aug 17	Kumari Shachi	Effect of Mindfulness meditation on Sleep quality, mindfulness levels and perceived stress on young adults-Pilot Study	Dr Reshma Jogdand
<b>3</b>	BNYS/03/Res/Aug 17	Nithya Lakshmi V	Immersion Bath and Mud Pack to Abdomen on Hb Count-A Comparative Study	Dr Titty George
<b>4</b>	BNYS/05/Res/Aug 17	Rekha M	A Combine effects of Jyotir Trataka and Acupuncture for college students with Myopia	Dr Swathi P S
<b>5</b>	BNYS/06/Res/Aug 17	Ishwariyaa S	Comparative study on the effectiveness of Ice massage to head and spine and single pointed acupuncture Taichung on systolic and diastolic blood pressure of primary hypertensive patients	Dr Ankita Mishra
<b>6</b>	BNYS/07/Res/Aug 17	Gavini Sathwik Reddy	The Efficacy of Heliotherapy (Sunlight) In Psoriasis, Atopic Dermatitis and Vitiligo: A Systematic Review	Dr Moulya K Appanna
<b>7</b>	BNYS/08/Res/Aug 17	Srushti S Madhure	Effect of Mind sound resonance technique on anxiety and pain in a patient undergoing chemotherapy for stage IV lung cancer	Dr Jincy Sundaran
<b>9</b>	BNYS/09/Res/Aug 17	Shivakameshwari D	Effect Of Msrt on Emotional Regulation and Sleep Quality in Those Experiencing Ptsd Symptoms – Observational Study	Dr Arundhati Goley
<b>10</b>	BNYS/10/Res/Aug 17	Geethaben L	Effect of MSRT (MIND SOUND RESONANCE TECHNIQUE) on cognitive variables and quality of sleep in obese patients.	Dr Sharad Shivajirao Chaudhari
<b>11</b>	BNYS/11/Res/Aug 17	Sidharth S	Add on effect of ginger turmeric application in patients with knee osteoarthritis undergoing yoga and naturopathy therapies- pilot study	Dr Ritesh C
<b>13</b>	BNYS/13/Res/Aug 17	Pinninti Varshitha	Effect of Zingiber officinale (Ginger) on C-section Reactive Protein and Pain in middle-aged patients with Osteoarthritis of Knee - A Single case report	Dr Moulya K Appanna
<b>14</b>	BNYS/14/Res/Aug 17	Naik Bhakti Atul	Effect Of Yognidra on Quality of Sleep in Shift Workers: A Randomized Controlled Study	Dr Pranab Das

<b>15</b>	BNYS/15/Res/Aug 17	Garima Mahajan	Title: Iris Changes During Different Phases of Menstrual Cycle: An Observational Study	Dr Ritesh C
<b>16</b>	BNYS/16/Res/Aug 17	Janhavi Kiranmayee Panda	Effect of MSRT (mind sound resonance technique) on cognitive variables and quality of sleep in obese patients.	Dr Sharad Shivajirao Chaudhari
<b>17</b>	BNYS/17/Res/Aug 17	Thrisha S	Naturopathic Modalities on teachers with varicose veins.	Dr Bhavana M
<b>18</b>	BNYS/19/Res/Aug 17	Praveena M	Immediate effect Neiguan (P6) Acupuncture on primary hypertension: A Pilot study	Dr Swathi B S
<b>20</b>	BNYS/21/Res/Aug 17	Tiffany Laishram	Effect of yoga practice on lung function, fatigue and QOL in post COVID patients: A Randomized Controlled Trial	Dr Swathi P S
<b>21</b>	BNYS/22/Res/Aug 17	Aarthi S K	Immediate Effect of Relaxation Technique on Blood Pressure in Hypertensive Individuals: A Pre- Post Study.	Dr P V L Prasanna
<b>22</b>	BNYS/23/Res/Aug 17	Sri Ranjani S L	Effect Of Acupuncture and Auricular Acupuncture on Stress, Anxiety, Quality of Sleep and Hs-CRP In A Night Shift Nurse - A Single Case Study	Dr Bhavana M
<b>23</b>	BNYS/24/Res/Aug 17	Mudinolla Jyothi Gayathri	Effect of yoga and naturopathy on patients with generalized anxiety disorder	Dr Ranjitha R
<b>24</b>	BNYS/25/Res/Aug 17	Ananya B S	Immediate effect of super brain yoga on short-term memory and stress levels in college students	Dr Arundhati Goley
<b>25</b>	BNYS/26/Res/Aug 17	Aarthiy M	Immediate Effect of Pranayama on Cardiorespiratory Parameters In Garment Industry Workers - A Randomised Controlled Trial	Dr Jincy Sundaran
<b>26</b>	BNYS/27/Res/Aug 17	Sharada Lakshmi R	The effect of yoga nidra on climacteric period: A pilot randomized controlled trial	Dr Ranjitha R
<b>27</b>	BNYS/29/Res/Aug 17	Varsha S	Immersion bath and mud pack to abdomen on Hb count - A comparative study	Dr Titty George
<b>28</b>	BNYS/30/Res/Aug 17	Santhosh Ram G	A survey study on prevalence of yoga awareness in Indian educational system	Dr Swathi P S
<b>29</b>	BNYS/31/Res/Aug 17	Revanth Jai Saran S	Effect Of Acupuncture and Auricular Acupuncture on Stress, Anxiety, Quality of Sleep, And High Sensitivity-C Reactive Protein in A Night Shift Nurse – A Single Case Study	Dr Bhavana M

30	BNYS/32/Res/Aug 17	Pathmapriya T R	Effect Of 7 Days Apple Therapy on Cholelithiasis Patient	Dr Junu Upadhay  Dr Jincy Sundaran
31	BNYS/35/Res/Aug 17	Yashwanth B	Immediate Effect of Pranayama on Cardiorespiratory Parameters in Garment Industry Workers	Dr Jincy Sundaran
32	BNYS/37/Res/Aug 17	Medarametla Gnanendrasai	Prevalence Of Harmful Effects of Smart Phone Exorbitant Use in Students Of Andhra Pradesh And Telangana	Dr Swathi B S
33	BNYS/40/Res/Aug 17	PriyaVarshini B B	Effects of 7days Apple therapy on Cholelithiasis Patients A single case report	Dr Junu Upadhay  Dr Jincy Sundaran
34	BNYS/41/Res/Aug 17	Vignesh R	Effect Of Supplementation with Millet Husk Powder and Millet Brain Powder On Blood Sugar Level in Diabetes Mellitus Type 2	Dr Swathi P S
35	BNYS/42/Res/Aug 17	Atchaya J	Comparative study on the effectiveness of Ice massage to Head and Spine and single pointed acupuncture Taichung on systolic and diastolic blood pressure of Primary hypertensive patients.	Dr Ankita Mishra
36	BNYS/43/Res/Aug 17	Bollareddy Sukeerthi	Efficacy Of Integrated Yoga, Naturopathy and Acupuncture Modalities in Knee Osteoarthritis Individuals of Rural Area In Andhra Pradesh: Randomized Controlled Trial	Dr PVL Prasanna
37	BNYS/44/Res/Aug 17	Chandana T D	The Effect of Single Point Acupuncture Neiguan (Pericardium - 6) On Stress and Anxiety: A Pilot Randomized Placebo-Controlled Trial.	Dr Pranab Das
38	BNYS/45/Res/Aug 17	Padma Ramachandar Naveen Sidhardh	Prevalence Of Harmful Effects of Smart Phone Exorbitant Use in Students Of Andhra Pradesh And Telangana.	Dr Swathi B S
39	BNYS/46/Res/Aug 17	Sharanamma Bhumoji	Comparative study on Immediate effects of Amla juice and Knol-Khol juice on Patients with T2DM	Dr Arundhati Goley
40	BNYS/48/Res/Aug 17	Diksha S V	Title- Effect of Mind Sound Resonance Technique on Anxiety and Pain in Patient Undergoing Chemotherapy for Stage 4 Lung Cancer	Dr Jincy Sundaran
41	BNYS/49/Res/Aug 17	Deshpande Shraddha Pravin	Effect of single acupoint electroacupuncture at Diji (SP8) on Primary dysmenorrhea.	Dr PVL Prasanna
42	BNYS/52/Res/Aug 17	Shreya P Poojary	A survey on prevalence of yoga awareness in Indian educational system	Dr Swathi P S
43	BNYS/53/Res/Aug	Soumya Raghunath	An Effect of Warm Compress to Eyes	Dr Junu

	17	Shanbhag	on Circadian Rhythm With Special Reference To Delayed Sleep Disorder In Young Adults: An Experimental Study	Upadhyay Dr Bhavana M
44	BNYS/54/Res/Aug 17	Nagaraj S D	Effect of yoga practice on lung function, fatigue and quality of life in post COVID patients, A Randomized control trial	Dr Swathi P S
45	BNYS/58/Res/Aug 17	Kripali	The Effect of Ear Shen Men and Point Zero Auricular Acupuncture on Pre-Menstrual Syndrome Symptoms: A Randomized Controlled Trial	Dr Ankita Mishra
46	BNYS/60/Res/Aug 17	Yesheswani N	Effect Of Arogya Raksha Panchatantra (Five Lifestyle Principles) On Inflammatory State of Body- A Pilot Study	Dr Jincy Sundaran
47	BNYS/63/Res/Aug 17	Kaswa Nidhi Paras	Effects of Gayatri Mantra Chanting on emotional imbalances in women during pre-menstrual syndrome - A randomized control trial	Dr Junu Upadhyay Dr Apar Avinash Saoji
48	BNYS/64/Res/Aug 17	Pavitra Mohan Gunaga	Effect Of Mind Sound Resonance Technique with special Reference to Mantra Chanting on school going Children: A Cross-Sectional Study	Dr Apar Avinash Saoji Dr Srigowri
49	BNYS/65/Res/Aug 17	Amrutha S M	Iris Changes During Different Phases of Menstrual Cycle: An Observational Study	Dr Ritesh C
50	BNYS/70/Res/Aug 17	Geya Sankeerthana	Efficacy of integrated yoga, naturopathy and acupuncture modalities in knee osteoarthritis individuals of rural areas in Andhra Pradesh: Randomized controlled trial.	Dr PVL Prasanna
51	BNYS/71/Res/Aug 17	Likitha M.	Comparative study on Immediate effects of Knol-Khol and amla juice on Patients with T2DM	Dr Arundhati Goley
52	BNYS/73/Res/Aug 17	Nagrle Shubhangi Tukaram	Effect Of Acupuncture Therapy on Pain Intensity in University Students With Primary Dysmenorrhea- A Randomized Control Trial	Dr Moulya K Appanna
53	BNYS/74/Res/Aug 17	Bhavana C	Add on effect of Ginger-Turmeric application in patients with Knee Osteoarthritis undergoing Yoga and Naturopathy Therapies - A pilot study	Dr Ritesh C
54	BNYS/75/Res/Aug 17	Parkavi T	Effect Of Warm Foot Bath with Bhramari Pranayama on Stress, Anxiety and Sleep Quality Among School Teachers	Dr Sharad Shivajirao Chaudhari
55	BNYS/77/Res/Aug 17	Sharath Kumar M D	Effects of Yoga and Naturopathy on patients with Major Depressive disorder, A pilot study	Dr Ranjitha R
56	BNYS/80/Res/Aug	Dhanalakshmi K	Effect of acupuncture needling on	Dr Swathi P S



	17		Anmian point with Reverse DRT for Insomnia: A randomised control trial	
57	BNYS/81/Res/Aug 17	Akansha Sharma	Effect of mindfulness meditation on perceived stress, sleep quality and mindfulness levels in young adults- A Pilot Study	Dr Reshma Jogdand
58	BNYS/016/Res/Aug 16	Palepu Chandra Hasini	Comparative study between lavender and clary sage oil for sleep quality	Dr Titty George
59	BNYS/030/Res/Aug 16	Tadepalli Aishwarya	Comparative study between lavender and clary sage essential oil for sleep quality	Dr Titty George
60	BNYS/041/Res/Aug 16	Indhumathi C	Effects Of Hot Camphor Oil Application Followed by Hot Compress for Joint and Muscular Pain: A Randomized Control Trial	Dr Jincy Sundaran
61	BNYS/050/Res/Aug 16	Pandey Amrita Sudhakar	An effect of warm compress to eyes on circadian rhythm with special reference to delayed sleep phase disorder in young adults: An Experimental study	Dr Junu Upadhyay Dr Bhavana M
62	BNYS/051/Res/Aug 16	Priyanka Choudhary	Effect Of Acupuncture Therapy on Pain Intensity in University Students with Primary Dysmenorrhea- A Randomized Control Trial	Dr Moulya K Appanna
63	BNYS/072/Res/Aug 16	Shivaji Raju Datla	Effects of Yogic Relaxation techniques (DRT) WITH Aroma therapy on IT employees	Dr Reshma Jogdand
64	BNYS/004/Res/Aug 15	B. Sona	Effect Of Aromatherapy Combined with Yogic Relaxation Technique (DRT) On Psychological Variables - A Randomized Control Trial	Dr Reshma Jogdand
65	BNYS/030/Res/Aug 15	Pavan Kumar V	Immediate Effect of Deep Relaxation Technique on Blood Pressure in Hypertensive Individuals	Dr PVL Prasanna
66	BNYS/039/Res/Aug 15	M. Sathyavendan	Immediate Effect of Neiguan (P6) Acupuncture on Heart Rate and Blood Pressure in Primary Hypertension: A Pilot Study	Dr Swathi B S
67	BNYS/053/Res/Aug 15	Haodism Neetulakshmi Devi	Effect Of Mind Sound Resonance Technique with special Reference to Mantra Chanting on school going Children: A Cross-Sectional Study	Dr Srigowri

**M.Sc YVT**

<b>Sl.No</b>	<b>Registration No.</b>	<b>Student Name</b>	<b>Dissertation Topic</b>	<b>Guide</b>
<b>1</b>	1060820002	Vaishnaavi M Chavan	Study of the significance of sacred geometry in Yoga - An Analysis of yantras, and Mantras in Yoga	Dr. Manjunath G
<b>2</b>	1060820004	Lakshya Rana	Immediate effect of Shashankasana maintenance for one hour on physiological parameters, state trait anxiety and subtle energy levels (a pre-post control method with Convenience sampling).	Mrs. Gangotri Panda
<b>3</b>	1060820005	Pritam Chakraborty	Effect of tele-yoga on quality of life and general health of it professionals working from home.	Dr. Soubhagyalaxmi Mohanty
<b>4</b>	1060820006	Rucha Deshpande	Effect of tele-yoga on aggression among adolescents attending online classes during covid-19 pandemic	Dr. Soubhagyalaxmi Mohanty
<b>5</b>	1060820007	Tushar	Immediate Effect of Nadi Shuddhi with Jalandhar Bandha on Mindfulness among Male Young Adults	Dr. Soubhagyalaxmi Mohanty
<b>6</b>	1060820008	Tamanna Srichandani	Immediate effect of shashank asana maintenance for one hour on subtle energy levels, physical parameters, and stress (A pre - post control experimental method)	Mrs. Gangotri Panda
<b>7</b>	1060820009	Sumit Kumar Yadav	Effect of Ishti on random event generator	Mr. P Kaushik
<b>8</b>	1060820010	Chirag D Bangera	Study of energy parameters in mahavajraeya somayaga 2020	Mr. P Kaushik
<b>9</b>	1060820011	Richa Hans	Effect of teleyoga on worry among adolescents attending online classes during covid-19 pandemic	Dr. Soubhagyalaxmi Mohanty

**M.Sc YT**

<b>SL. No</b>	<b>Registration No.</b>	<b>Student Name</b>	<b>Dissertation Topic</b>	<b>Guide</b>
<b>1</b>	1070820003	Shivani Sathe	Effect of Pranayama on Emotional Intelligence in Adults	Ms. Padmashree G
<b>2</b>	1070820004	Gadge Omkar Shivling	Effect of one Month Idy Yoga Practices on State Trait Anxiety, Emotions, Sleep Quality and Respiratory Parameters Among Male Population- Under Covid Pressure	Ms. Padmashree G
<b>3</b>	1070820005	Prabhat Ranjan Thakur	Effect of Teleyoga on Minimum Muscular Fitness of Adolescence Attending Online Classes During Covid-19 Pandemic	Dr. Soubhagyalaxmi Mohanty
<b>4</b>	1070820006	Arunava Debnath	Effect of Teleyoga on Mindfulness Among Adolescents Attending Inline Classes During Covid-19 Pandemic	Dr. Soubhagyalaxmi Mohanty
<b>5</b>	1070820007	Ashmit Choudhary	Immediate Effect of Bhramari Pranayama and om Chanting on Reaction Time among Young Adults	Dr. Soubhagyalaxmi Mohanty
<b>6</b>	1070820008	Sandeep Bisht	Effect of The Consecration Rituals on The Human Meridian System – An Exploratory Study	Dr. Divya
<b>7</b>	1070820009	Swastika Konwar	Effect of Teleyoga on Anxiety Among Adolescents Attending online Classes During Covid - 19 Pandemic	Dr. Soubhagyalaxmi Mohanty
<b>8</b>	1070820010	Yashaswini S M	Immediate Effect of Vrikshasana Maintenance on Left Leg For 15min on Concentration, Balance of Mind, Chakra's, Stress and Energy Level. (A Pre-Post Control Design with Convenience Sampling)	Mrs. Gangotri Panda
<b>9</b>	1070820011	Priyanshi Sarpal	Efficacy of Sleep Special Technique on School Teachers'	Dr. Suresh Babu
<b>10</b>	1070820012	Kumari Anita Singh	Role of Teleyoga on Loneliness Among Young Adults Attending online Classes During Covid- 19 Pandemic	Dr. Soubhagyalaxmi Mohanthy

11	1070820013	Shantnu Tyagi	Effect of Yoga Practice in Bharamuhtrta on Memory (Boys)	Dr Vikash Rawat
12	1070820015	Jaya Dubey	Immediate Effect of Adi Mudra Maintenance For one Hour on Concentration, Energy Level, And Stress on Females	Mr. Parameshwar Som
13	1070820016	Harshi Garg	Effect of Mastering Emotional Technique (Memt) on Stait Trait Anxiety (Stai), Stress, Piitsberg Sleep Quality Index (Psqi), Positive Affect Negative Affect Scale (Panas) Among Healthy People	Mr. Parameshwar Som
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15	1070820021	Pragya Chauhan	Effect of Suryanamaskara in Bhramha Muhurta on Memory And Concentration In Girls	Dr. Vikas Rawat
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18	1070820024	Vikram Chaturvedi	Immediate Effect of Padmasana Maintenance for Half an Hour on Concentration, Energy Level, And Stress on Males	Mr. Kiriti Bhushan Ghosh
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20	1070820026	Bharti Mehta	Immediate Effect of Bhramari Pranayama For one Hour on Concentration, Energy Level, And Stress	Mr. Bikash Kumar Purohit
21	1070820027	P.K.Sushmitha	Immediate Effect of 30 Minutes Maintenance of Any Asana on Subtle Energy Levels and Psychophysiological Parameters (A Pre Post Controlled Study With Convenience Sample)	Ms. Padmashree G
22	1070820028	Pranasmita Choudhury	Immediate Effect of	Mr. Kiriti Bhushan Ghosh

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23	1070820029	Apoorva Singh	Effect of Teleyoga on Emotional Regulation Among Adolescents Attending online Classes During Covid-19 Pandemic	Dr. Soubhagyalaxmi Mohanthy
24	1070820030	Neetu Kumari Verma	Role of Tele Yoga on Depression among Young Adults Attending online Classes during Covid-19 Pandemic	Dr. Soubhagyalaxmi Mohanthy
25	1070820031	Jyostna Ambewadkar	Immediate Effect of Vrikshasana Maintenance on Right Leg for 15min on Concentration, Stress, Anxiety and Energy Level	Mrs. Gangotri Panda
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27	1070820033	Shilpa R	Immediate Effect of Yogic Breathing on Healthy Participants a Within Group Study	Ms. Padmashree G
28	1070820034	Bhumika Varshney	Immediate Effect of Bhadrasana on General Parameters, Energy And Chakras In Females: A Randomised Controlled Between Group Study	Mr. Parameshwar Som
29	1070820036	Raghvendar	Immediate Effects of OM Chanting on Healthy People	Mr. Bikash Kumar Purohit
30	1070820037	Argha Singha	Immediate Effect of 1-Hour Abdominal Breathing on Energy Module, Balance in Breath and Relaxation of Mind on Normal Healthy People	Mr. Bikash Kumar Purohit
31	1070820038	Balsara Rohan Bhavin	Immediate Effect of Gomukhasana Holding For 30 Minutes on General Parameters, Attention, Energy Levels, And Stress (A Pre-Post Comparative Study)	Mr. Kiriti Bhushan Ghosh
32	1070820040	Shyam Sundar Bharti	Effect of Tally Yoga on Students and Working Professionals.	Dr. Soubhagyalaxmi mohanty
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34	1070820043	Radhe Devi Soni	Effect of Tele-Yoga on Stress among Adolescents Attending Online Classes during Covid-19 Pandemic	Dr. Soubhagyalaxmi Mohanthy
35	1070820044	Swapnil Agarwal	Immediate Effect of Vajrasana Maintenance for Half An Hour on Concentration, Energy Level, And Stress For Males.	Mrs. Gangotri Panda
36	1070820049	Shantanu Kumar Singh	Effect of Teleyoga on Sleep Quality of Working from Home Professionals During Covid 19	Dr. Soubhagya Laxmi
37	1070820050	Hritesh Kumar Mishra	Immediate effect of Bhramari Pranayama and OM Chanting on Short Term Memory among Young Adults	Dr. Soubhagya Laxmi
38	1070820051	Gauri Singh	Effects of Saraswati Gayatri Mantra on Test Anxiety and Memory Levels of School Students	Ms. Padmashree G
39	1070820057	S.Meha Varshini	Immediate Effect of Gomukhasan Maintenance For Half An Hour on Concentration, Energy Level, And Stress on Female	Mr. Kiriti Bhushan Ghosh
40	1070820058	Akanksha Kumari	Immediate Effect of Full Yogic Breathing	Mr. Bikash Kumar Purohit
41	1070820060	Mrinalinee Verma	Immediate Effect of Padmasana Maintenance For one Hour on Concentration, Energy Level, Stress on Female.	Mr. Kiriti Bhushan Ghosh
42	1070820061	Amit Dada	Effect of Adi Mudra on State Trait and Respiratory Parameters Among Covid Patients	Mr. Parameshwar Som
43	1070820063	Bhanu Pratap	Immediate Effect of Nadi Suddhi Pranayama with Jalandhar Bandha on Sustained Attention in Healthy Male Adults	Dr. Soubhagyalaxmi Mohanthy
44	1070820064	Abhilasha Bijarniya	Role of Teleyoga on Worry Induced Mental Health Deficits Among Young Adults Attending online Classes During Covid-19 Pandemic	Dr. Soubhagyalaxmi Mohanthy
45	1070820065	Gaurav Kumar Singh	Immediate Effect of Half	Mrs. Gangotri Panda

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<b>1.</b>	1050820005	Maheshwor Bhatta	Holistic Yoga and Ayurveda Therapy for the Patient of Chronic Low Back Pain: Comparative Study	Dr. Suchitra Patil
<b>2.</b>	1050820003	H M Vinaya	Effect Of Mind sound resonance technique on chronic musculoskeletal pain, stress, anxiety and sleep quality on geriatric population at old age home-a randomized controlled trial	Dr. Apar Avinash Saoji
<b>3.</b>	1050820008	Pravalika B	Effect of Integrated Yoga intervention on Musculoskeletal Pain and discomfort, Perceived Stress, and Quality of Sleep-in industrial workers: A Randomized Controlled Study	Dr. Apar Avinash Saoji
<b>4.</b>	1050820002	Gawali Madhur	Effect of Mind Sound Resonance Technique on Climacteric Symptoms, Perceived Stress and Quality of Sleep in Perimenopausal Women: A Randomised Controlled Trial.	Dr. Arundhati Goley