

Semester- I

Course Title: Foundations and Philosophy of Yoga

Paper Code: PHE-601

L	T	P	Credits	Marks
4	0	0	4	100

UNIT – I

Meaning & definitions of yoga, Objectives and Importance of yoga in modern life, Traditional & historical development of yoga. Elements of success and failure in yoga according to Hathyoga, Patanjali Yogasutra & Gita..Concept of Chitta,Chitta Vritties and chitta bhumies,Panch chlesha.

UNIT – II

Kinds of Yoga: - Karma Yoga, Bhakti Yoga, Jnana (Gyan) yoga & Ashtang Yoga. Study of Yoga in: - Vedas, Upanishads & Gita.

UNIT – III

Brief introduction of six system of Indian Philosophy:Sankhya,Yoga,Nyay,Vesheshik,Mimnsa & Vedant Darshana. Nature of Human Consciousness in Indian Philosophy.

UNIT – IV

Life sketch of following Yogis with important incidents of their lives & contributions in the development of Yoga- Maharishi Patanjali, Guru Gorakhnath, Yogi Shyamacharan Lahidi, Swami Shivananda, Swami Vivekananda, Sri Aurobindo.

References:

- Yoga : An Introduction (Bharat Book Centre, Lucknow, 1999) -Prof. Surendra Singh & Prof. P.D. Misra
Dr. (Mrs.) Beena Misra
- Raja Yoga, Jnana (Gyan) Yoga, Karma Yoga & Bhakti Yoga (Ramakrishan Ashrama Publication) -Swami Vivekananda
- Kalyan(Yogank) -Geeta Press Gorakhpur
- Bharat ke Mahan Yogi. -Vishwanath Mukherji
- Bharat ke Sant Mahtma -Sri Ram Lal
- A Study in Consciousness -Annie Besant
- Maanavchetna -Dr. Ishwar Bharadwaj
- Seven States of Consciousness -Anthony Campbell.
- Bhartiya Darshan me Chetna ka Swaroop -Dr. Shrikrishan Saxena

Course Title: Human Anatomy & Physiology
Paper Code: PHE 602

L	T	P	Credits	Marks
4	0	0	4	100

UNIT – I

Meaning of Anatomy & Physiology. Brief study of Cell & Tissues. Skeletal System: - The Bones, Joints, and Vertebral Column. Muscular System: Muscles, their types and functions. Effect of Yoga on Skeletal and Muscular System. Modern and Yogic management of related diseases: Rheumatoid arthritis, Osteoarthritis, Spondylitis, Gout.

UNIT – II

Brief study of Respiratory System: - Mechanism of Inspiration, Expiration & Control of Respiration. Cardio-vascular (Circulatory) system: - The Heart, Blood and Blood Circulation. Effect of Yoga on Respiratory and Circulatory System. Modern and Yogic management of related diseases: Cough, Pneumonia, Pleurisy, Bronchitis, Asthma, Pulmonary Tuberculosis, High and Low Blood Pressure.

UNIT – III

Brief study of Digestive System: - Gross anatomy of digestive system, functional anatomy of Mouth, Oral cavity, Pharynx, Esophagus, Stomach, Small intestine, Large intestine and Anal canal. Excretory System: - Study of Kidneys, Lungs, Liver and Gall bladder. Effect of Yoga on Digestive and Excretory System. Modern and Yogic management of related diseases: Indigestion, Constipation, Diarrhoea, Gastritis, Colic pain, Appendicitis, Peptic Ulcer, Colitis, Jaundice, Hepatitis.

UNIT – IV

Brief study of Endocrine System: - Study of main endocrine/ductless glands & their functions. Nervous System: - The central Nervous & the Autonomic Nervous system. Effect of Yoga on Endocrine and Nervous System. Modern and Yogic management of related diseases: Diabetes, Hypothyroidism, Epilepsy, Migraine, Paralysis, Sciatica.
Iris Diagnosis: Concept, Methods and Application of Iris Diagnosis, Nabhi Chakra and Swara Vigyan Case History and Various Examinations and tests for Proper Diagnosis.

References:

- Anatomy and Physiology of Yogic Practices (English & Hindi) Kanchan Prakashan, Lonavla. -M.M. Gore
- Anatomy & Physiology -Waugh-Ross & Wilson
- A Glimpse of Human body -Shirley Telles
- Sarir Rachana evam Kriya Vigyan -Charu Supriya
- Anatomy and Physiology for Nurses (Faber and Faber Ltd; London, 1968) -Evelyan C. Pearee

Course Title: Hathayoga
Paper Code: PHE 603

L	T	P	Credits	Marks
4	0	0	4	100

UNIT – I

Meaning & objectives of Hathayoga. Components of Hathayoga.

Sapt Sadhan: sodhanam, dridata, stharyam, dharya, laghawam, pratyakshyam, nirliptam.

UNIT – II

Study of Shat-Karmas and Asanas according to Hathapradipika and Gheranda Samhita, with their techniques, benefits and precautions.

UNIT – III

Meaning and Definitions of Pranayama, Classification of Pranayamas with reference to Patanjali yoga sutra, Hathapradipika & Gheranda Samhita with their techniques, benefits and precautions.

UNIT – IV

Meaning, Techniques & benefits of Mudra & Bandhas according to Hathapradipika and Gheranda Samhita. Dhyana and Samadhi according to Gheranda Samhita. Shat chakras. Brief introduction of Kundalini, methods of kundalini awakening.

References:

- Hathayog Pradipika (English)
(Yoga Publication Trust, Munger, Bihar, India) -Swami Muktibodhananda
- Hathapradipika (Hindi)
(Kaivalyadhama, Lonavla) -Swami Kuvalyananda
- Gheranda Samhita (English)
(Kaivalyadhama, Lonavla) -Digambarji Swami & Gharote
- Gheranda Samhita (Hindi)
(Yoga Publication Trust, Munger, Bihar, India) -Swami Niranjanananda Saraswati
- Pranayama, The art & science (English) -Dr. H.R. Nagendra.
- Yog Nidra (English) -Swami Satyananda Saraswati
- Asana Pranayama Mudra Bandh.(English) -Swami Satyananda Saraswati
- Saral Yogasan (Hindi) -Dr. Ishwar Bhardwaj
- Kundalini Yoga (Hindi,English)
(Yoga Publication Trust, Munger, Bihar, India) - Swami Niranjanananda Saraswati

Course Title: Naturopathy & Swasth-Vrata
Paper Code: PHE 604

L	T	P	Credits	Marks
2	0	4	4	100

UNIT – I

Naturopathy - Introduction, History & Basic Principles. Water Therapy: - Internal and external uses of water: hip bath, steam bath, hand bath, foot bath, sitz bath and spinal bath. Mud/Clay therapy: - Importance of Soil, Use of mud-packs: Chest-Pack, Abdomen-Pack & Knee Pack, eye pack.

UNIT – II

Sun-therapy: - Sun rays, Sun-bath & its uses in different diseases. Air-therapy: - Importance of air. Air-bath & its uses. Massage (Abhyang), its kinds & importance. Ether/Space therapy: - Fasting & its principles, Action & reaction of fasting on human body for maintaining health & management of diseases.

UNIT – III

Concept & Need of Swasth-Vrata, Upstambhas, Elements of daily Routine- Dincharya, Ritucharya & Ratri charya. Sada-Vrata.

UNIT – IV

Diet- Meaning, Definitions, components & Benefits of Balance-diet, Mitahara, Rules of Yogic-diet, Demerits of Non-vegetarian-diet & merits of Vegetarian diet.

Practical:

The practice of the following Naturopathy techniques with brief theoretical knowledge about their importance of name, the technique, salient features, precautions to be taken and the benefits.

Naturopathy

Steam Bath, Hip Bath, Spinal Bath, Footbath. Mud Packs, Oil Massage. Air bath: - Morning walk, Sun Baths, Rest, Relaxations & Fasting.

Lesson Plan and Presentation

Each student shall have to prepare and give at least one lecture cum Demonstration on different topics of Paper and also shall have to prepare and to give Four lessons in the class under the supervision of their Yoga Practical Teacher. These Lessons should be observed/examined by the Yoga Practical Teacher.

References:

- Swasth-Vrata Vigyan,(Hindi)
(Chaukhamba Sanskrit Pratishthan, Delhi) -Prof. Ram Harsh Singh
- Science of Natural Life (English)
(Arogya Sewa Prakashan, Modhinagar, U.P.) -Dr. Rakesh Jindal
- Prakritik Ayurvigan (Hindi)
(Arogya Sewa Prakashan, Modhinagar, U.P.) -Dr. Rakesh Jindal
- A Complete Handbook of Nature Cure -Dr. H.R. Bakhru
- Diet Cure for Common Ailments -Dr. H.R. Bakhru

Course Title: Yoga Practical
Paper Code: PHE 605

L	T	P	Credits	Marks
0	0	8	4	100

The practice of the following Yogic Skills with brief theoretical knowledge about their importance of name, the technique, salient features, precautions to be taken and the benefits.

Yogic Shatkramas

Vaman Dhuti (Kujal), Sutra Neti, Jala Neti and Ghrit Neti, Trataka, Kapalbhati: Vatkrama, Vyutkrama & Sheetkrama Kapalbhati, Dand Dhauti.

2. Yogasanas

Pawanmuktasana 1,2,3 and selected yogasana

- | | | | |
|-----------------------|-------------------------------------|----------------------|------------------------------------|
| 1. Siddhasana | 2. Padmasana | 3. Kurmasana | 4. Bhadrasana |
| 5. Vajrasana | 6. Swastikasana | 7. Simhasana | 8. Gomukhasana |
| 9. Virasana | 10. Savasana | 11. Vakrasana | 12. Matsyendrasana |
| 13. Paschimottanasana | 14. Dhanurasana | 15. Matsyasana | 16. Gorakshasana |
| 17. Vrikshasana | 18. Garudasana | 19. Salabhasana | 20. Chakrasana |
| 21. Makarasana | 22. Ushtrasana | 23. Bhujangasana | 24. Utkatasana |
| 25. Naukasana | 26. Sarvangasana | 27. Konasana | 28. Trikonasana |
| 29. Mandukasana | 30. Uttana-Padasana | 31. marjariasana | 32. Surya namaskar
with mantras |
| 33. Janusirasana | 34. Ardhabadh
Pashchimottanasana | 35. Vipreetnaukasana | |

3. Pranayama, Bandhas, Mudras, Dhayana (Meditation)

PRANAYAMA:

Deep breathing 1&2 and selected pranayamas

In Hathyoga- Nadi Shodhana Pranayama, Surya -Bhedana, Ujjayi, Sheetal, Seetkari, & Bhramari

In Patanjali Yogasutra- Bahyavrtti, Abhyantara Vrtti & Stambhavrtti

BANDHAS & MUDRAS: Jalandhar, Uddiyan and Moola Bandhas. Mahamudra, Mahabandha, Vipareet Karani, Kaki, Shambhavi.

DHAYANA (Meditation): Recitation of Pranava japa (Omkar Japa) & Gayatri Mantra, mahamrityunjaya mantra, Sath chakra Dharana

Semester- II

Course Title: PATANJAL YOGA SUTRA
Paper Code: PHE 608

L	T	P	Credits	Marks
4	0	0	4	100

UNIT – I

Introduction to Patanjali Yoga Sutras, Definition of Yoga, Concept of Chitta, Modifications of Chitta, Chitta-Bhumies, Chitta-Vrittis, Chitta-Vritti Nirodh. Concept of Yogantaraya, Methods of Chitta Prasadana, Means to eradicate Antrayas. Concept of Pramanas, Kleshas, Karma-siddhanta, Purusha, Prakriti.

UNIT – II

Kriyá-Yoga, Theory of Kleshas, nature of Drshatá & Drshya and meaning of elimination of Kleshas, .

UNIT – III

Ashtang Yoga- Yama-Niyam, Asana, Pranayama, Pratyahar, Dharna, Dhyana, Samadhi.

UNIT – IV

Types and nature of Samádhi in Yoga Sūtra, Ritambharaprajná and Adhyatmaprasáda. Samprajnáta, Asamprajnáta, Sabija & Nirbija Samádhi, Difference between Samapattis and Samádhi. Concept of Èshvara and qualities of Èshvara. Kaivalya.Relevance of yoga Sutra in modern time.

References:

- Patanjali Yog Drshan (Arsh Sahitya Prachaar Trust, Delhi) -Acharya Rajveer Shastri.
- Patanjala Yoga Pradeep (Geeta Press, Gorakhpur, 1994) -Swami Omanandatirtha
- Light on Pátanjali Yoga (New York, Schocken Books, 1994) -B.K.S. Iyengar
- The Yoga System of Patanjali (M.L.B.D., Delhi, 1988) -J.H. Woods
- Four Chapters on Freedom (Yoga Publication Trust, Munger, Bihar, India) -Swami Satyananda Saraswati.
- Yoga Sutra(Tatwa Vesharadi) -Vachaspati Mishra
- Yoga Sutra(Yoga Vartic) - Vijna Bhikshu

Course Title: Yoga and Alternative Therapies
Paper Code: PHE 609

L	T	P	Credits	Marks
2	0	4	4	100

UNIT – I

Meaning and concept of Yoga and Alternative therapies. Concept, Principles, techniques and significance of Yoga and Acupressure therapy.

UNIT – II

Concept, Principles, History, significance and techniques of Pranic and Ayurvedic therapy. Techniques of Self-Healing and Healing Others, Relation between Ashtang Ayurveda and Ashtang Yoga, Introduction of Pancha Karma.

UNIT – III

Management of the following –Common cold, Sinusitis, Tonsillitis, Constipation, Diabetes mellitus, Obesity.

UNIT – IV

Management of the following- Eye problems, Migraine, Headache, back pain, arthritis, high B.P., low B.P.

Practical:

The practice of the following with brief theoretical knowledge about their importance of technique, precautions to be taken and the benefits.

UNIT – I

Management of Back Pain:

- Yogasanas
- Pranayama
- Satkriyas
- Meditation- Omkar meditation
- Mitahar, Fasting
- Yoga Nidra level-1
- Karm Yoga Practice
- Acupressure-Related Points
- Pranic Therapy-Seven steps

Management of Arthritis:

- Yogasanas
- Pranayama
- Satkriyas
- Meditation- Omkar meditation
- Mitahar, Fasting

- Yoga Nidra level-1
- Karm Yoga Practice
- Acupressure-Related Points
- Pranic Therapy-Seven steps

UNIT – II

Management of Common cold, Sinusitis, Tonsillitis:

- Yogasanas
- Pranayama
- Satkriyas
- Meditation- Omkar meditation
- Mitahar,Fasting
- Yoga Nidra level-1
- Karm Yoga Practice
- Acupressure-Related Points
- Pranic Therapy-Seven steps

Management of Constipation:

- Yogasanas
- Pranayama
- Satkriyas
- Meditation- Omkar meditation
- Mitahar,Fasting
- Yoga Nidra level-1
- Karm Yoga Practice
- Acupressure-Related Points
- Pranic Therapy-Seven steps

UNIT – III

Management of Diabetes mellitus:

- Yogasanas
- Pranayama
- Satkriyas
- Meditation- Omkar meditation
- Mitahar,Fasting
- Yoga Nidra level-1
- Karm Yoga Practice
- Acupressure-Related Points
- Pranic Therapy-Seven steps

Management of Obesity:

- Yogasanas
- Pranayama

- Satkriyas
- Meditation- Omkar meditation
- Mitahar,Fasting
- Yoga Nidra level-1
- Karm Yoga Practice
- Acupressure-Related Points
- Pranic Therapy-Seven steps

UNIT – IV

Management of Eye problems, Migraine, Headache:

- Yogasanas
- Pranayama
- Satkriyas
- Meditation- Omkar meditation
- Mitahar,Fasting
- Yoga Nidra level-1
- Karm Yoga Practice
- Acupressure-Related Points
- Pranic Therapy-Seven steps

Management of high B.P., low B.P.:

- Yogasanas
- Pranayama
- Satkriyas
- Meditation- Omkar meditation
- Mitahar,Fasting
- Yoga Nidra level-1
- Karm Yoga Practice
- Acupressure-Related Points
- Pranic Therapy-Seven steps

References:

- Yoga and Health (Swami Vivekananda Yoga Prakashana, Bangalore, 2002) - Dr R Nagarathna and Dr H R Nagendra
- Yoga for common Ailment and IAYT for different diseases- (Swami Vivekananda Yoga Prakashana, Bangalore, 2002) Dr R Nagarathna and Dr H R Nagendra
- A Glimpse into The Human body (Swami Vivekananda Yoga Prakashana, Bangalore, 2002) Dr.Shirley Telles and Dr Dr H R Nagendra
- Yoga for Promotion of Positive Health - Dr R Nagarathna and

(Swami Vivekananda Yoga Prakashana, Bangalore, 2002) Dr H R Nagendra

- Gheranda Samhita (Shri Sadguru Publication, New Delhi)
- Swasth-Vrata Vigyan,(Hindi) -Prof. Ram Harsh Singh
(Chaukhamba Sanskrit Pratishthan, Delhi)
- Science of Natural Life (English) -Dr. Rakesh Jindal
(Arogya Sewa Prakashan, Modhinagar, U.P.)
- Prakritik Ayurvigan (Hindi) -Dr. Rakesh Jindal
(Arogya Sewa Prakashan, Modhinagar, U.P.)

- Pranashakti ek Divya Vibhooti -Pdt. Shri Ram Sharma, Acharya
- Chikitsa ke Vibhin Aayaam. -Pdt. Shri Ram Sharma, Acharya
- Asana Pranayama Mudra Bandh - Swami Niranjanaanda Saraswati
(Yoga Publication Trust, Munger, Bihar, India)
- Gheranda Samhita (Hindi) -Swami Niranjanaanda Saraswati
(Yoga Publication Trust, Munger, Bihar, India)
- Pranayama, The art & science (English)
- A Complete Handbook of Nature Cure. -Dr. H.R. Bakhru
- Diet Cure for Common Ailments. -Dr. H.R. Bakhru
- Miracles of Pranic Healing -Master Choa Kok Sui
(All India Yoga Vidya Pranic Healing Trust, Tirupati)
- Advanced Pranic Healing -Master Choa Kok Sui
(All India Yoga Vidya Pranic Healing Trust, Tirupati)
- Anatomy and Physiology of Yogic Practices -M.M. Gore
(English & Hindi) Kanchan Prakashan, Lonavla.
- Anatomy & Physiology -Waugh-Ross & Wilson

Course Title: General Psychology and Research Methodology
Paper Code: PHE 610

L	T	P	Credits	Marks
4	0	0	4	100

UNIT – I

Psychology-Meaning, Concept and development. Western and Indian views about Psychology, Soul, Mind stuff, consciousness. Method of Psychology. Introduction to different theories of psychology.

UNIT – II

Development of human life from childhood to old age. Mental and moral development. Definition, types, principles and measurement of intelligence. Definition, principles of personality. Definition, types and importance of memory.

UNIT – III

Research - Its meaning, nature, scope, objectives and goal. General introduction to types of research especially fundamental, clinical. Literary and philosophical research studies. Research methodology- Brief introduction of steps of research with special reference to case reports relevant to Yoga therapy. Application of Statistics in Yoga research. Concept of research in Yoga. Brief survey of research in Yoga, especially with reference to Yoga practices like Shat Karmas, Asanas, Pranayamas, relaxation techniques and Meditation etc.

UNIT – IV

Brief review of Literary, Philosophical, physiological and Clinical and Fundamental research studies in Yoga and Limitations of Yoga research. Brief review of scientific and philosophico-literary research contributions by reputed Yoga institutions in India and abroad.

References:

- General psychology -Baron, Tata McGraw Hill
- General psychology -A.K.Singh,
- Research Methods -Telles, S.
(Swami Vivekanada Yoga Prakashan, Bangalore)
- Biostatistical Analysis -Jerrold H. Zar
(Pearson education)
- Research Methodology, Methods and Techniques -Kothari, C.R.
(Vishwa Prakashan, New Delhi, 1985)
- Research Methods in the Social and behavioral science -Russell A. Jones
(Sinauer Associates, Saunderland's Massaschusetts)
- Tests, Measurements and Research Methods in Behavioral Sciences -A.K. Singh
(Bharati Bhavan publisher)

Course Title: TEACHING METHODS IN YOGA
Paper Code: PHE 611

L	T	P	Credits	Marks
4	0	0	4	100

UNIT – I

Yoga Teaching: meaning, definition, objectives and importance. Types of methods. Factors affecting teaching. Principles of teaching. Need of teaching practice.

UNIT – II

Presentation Technique. Teaching Preparation. Personal Preparation. Modern concept of Teaching. Class Management. Various Methods and Principles of Yama-Niyama, Asana, Pranayama, Mudra-bandhas.

UNIT – III

Various Methods and Principles of Satkarma and Meditation. Meaning of tournaments and competition and its importance. Eligibility rules of School & Inter –University of Yoga. Organisation and administration of Yoga competition. Audio visual Aids.

UNIT – IV

Meaning of lesson plan and its importance. Principles of lesson plan. Demonstration in Yoga and its types. Importance of demonstration.

References:

- Teaching methods for Yogic Practices - Dr.M.L.Gherote & S.K.Ganguli
- The Principles and Methods of Teaching -Bhatia& Bhatia(1959)New Delhi:Doaba House
- Principles and Methods of Education -J.S. Walia,Paul Publ.Jalandhar
- Asana Pranayama Mudra Bandh - Swami Niranjanananda Saraswati
(Yoga Publication Trust, Munger, Bihar, India)
- Anatomy and Physiology of Yogic Practices -M.M. Gore
(English & Hindi) Kanchan Prakashan, Lonavla.

Course Title: Yoga Practical - 2
Paper Code: PHE 612

L	T	P	Credits	Marks
0	0	8	4	100

The practice of the following Yogic Skill with brief theoretical knowledge about their importance of name, the technique, salient features, precautions to be taken and the benefits.

UNIT – I

Selected Yogic Shatkramas:

Vasta Dhauti, Dhanda Dhauti, Nauli, Agnisar and gajkarni

UNIT – II

Selected Yogasanas:

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|--------------------------|------------------------|----------------------------------|
| 1. Kukkutasana | 2. Uttana-Kurmasana | 3. Simhagarjan |
| 4. Poorna Matsyendrasana | 5. Pada- angushthasana | 6. Poorna
Dhanurasana |
| 7. Poorna Matsyasana | 8. Baddha-Padmasana | 9. Gorakshasana |
| 10. Uttana-Mandukasana | 11. Garudasana | 12. Ushtrasana |
| 13. Poorna Bhujangasana | 14. Poorna Chakrasana | 15. Setubandh
Sarvangasana |
| 16. Padm Mayurasana | 17. Sirshasana | 18. Sankatasana |
| 19. Setubandhasana | 20. Karanpedasana | 21. Vibhakt
Paschimottanasana |
| 22. Kapotasana | 23. Poorna Ushtrasana | |

UNIT – III

Selected pranayamas with different ratios :

Anulom-vilom Pranayama, Ujjayi, Sheetali, Seetkari, Bhastrika & Bhramari

UNIT – IV.

Bandhas & Mudras with retention:

Practice of Tri-Bandhas , Ashwani, Tadagi, Kaki, Shambhavi.

Dhyana (Meditation):

Chakral Meditation, Panchkosha Dharana.

Course Title: Teaching Practice (Internship)

Paper Code: PHE 613

L	T	P	Credits	Marks
0	0	2		50

- Teaching practices:

10 teaching practice lessons out of which 5 lessons in class-room situation and 5 lessons for out-door activities within premises on the students of BSc in Health and Physical Education course.

- Teaching practices:

10 teaching lesson plans for different disease remedial yoga practice out of which 5 lessons internal and 5 lessons external at school.