

Scheme of Examination:

SEMESTER –I

Sub Code	Title of the Paper	Credit Maximum-Marks					
		Total	Theory	Tutorial	Practical	Sessional	Credits
MAY/101	Semester-I Fundamentals of yoga	100 (70+30)	70	-	-	30	3
MAY/102	Fundamental Texts of Yoga - I	100 (70+30)	70	-	-	30	3
MAY/103	Principles of Hathiyoga	100 (70+30)	70	-	-	30	3
MAY/104	Anatomy, Physiology and yogic Practices Practical – I	100 (70+30)	70	-	-	30	3
MAYP/105		100	-	-	100	-	3
MAYP/106	Practical – II	100	-	-	100	-	3
		600					18

SEMESTER –II

Sub Code	Title of the Paper	Credit Maximum-Marks					
		Total	Theory	Tutorial	Practical	Sessional	Credits
MAY/201	Semester-I Patanjal Yoga Sutra	100 (70+30)	70	-	-	30	3
MSY/202	Principles of Naturopathy	100 (70+30)	70	-	-	30	3
MAY/203	Fundamental Texts of Yoga - II	100 (70+30)	70	-	-	30	3
MAY/204	Alternative Therapies	100 (70+30)	70	-	-	30	3
MAYP/205	Practical-III	100	-	-	100	30	3
MAYP/206	Practical-IV Naturopathy and Alternative Practical	100	-	-	100	30	3
		600					18

SEMESTER: III

Sub Code	Title of the Paper	Credit Maximum-Marks					
		Total	Theory	Tutorial	Practical	Sessional	Credits
MAY/301	Semester-I Research Methodology in Yogic Science	100 (70+30)	70		-	30	3
MAY/302	Teaching Methodology of Yoga Practice	100 (70+30)	70	-	-	30	3
MAYP/303	Practical-V	100	-	-	100	-	3
MAYE/301	Yoga and Allied Science – I OR	100 (70+30)	70	-	-	30	3
MAYE/302	Yoga and Personality Development						
MAYE/303	Yoga and Personal Management OR	100 (70+30)	70	-	-	30	3
MAYE/304	Yoga & Social Transformation						
MAYE/305	Fundamentals of Psychology OR	100 (70+30)	70	-	-	30	3
MAYE/306	Yoga in Ancient Literature						
MAYS/301	Self Study: Health & Society	100 (70+30)	70	-	-	30	3
		600					18

SEMESTER: IV

Sub Code	Title of the Paper Semester-I	Credit Maximum-Marks					Credits
		Total	Theory	Tutorial	Practical	Sessional	
MAY/401	Yoga Therapy	100 (70+30)	70	-	-	30	3
MAY/402	Dissertation	100	-	-	100	-	3
MAY/403	Practical-VI	100	-	-	100	-	3
MAYE/401	Yoga and Allied Science-II OR	100 (70+30)	70	-	-	30	3
MAYE/402	Yoga & Drug De-addiction						
MAYE/403	Yoga & Stress Management OR	100 (70+30)	70	-	-	30	3
MAYE/404	Mental Hygiene Through Yoga						
MAYE/405	Spirituality and Science OR	100 (70+30)	70	-	-	30	3
MAYE/406	Yoga Ethics						
		600					18

**SEMESTER-I
PAPER-I (MAY/101)
FUNDAMENTALS OF YOGA
DURATION OF EXAM. : 2 HRS.**

MARKS: 100

EXTERNAL: - 70

SESSIONAL: - 30

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: BASIC CONCEPTS OF YOGA

1. Meaning of Yoga & Various Definitions,
2. Aim, Objectives & importance of Yoga in life.
3. Vikasavada, Prakriti, Purusha & their relationship.

UNIT-II: HISTORY AND DEVELOPMENT OF YOGA

1. History and Development of Yoga in Vedas & Upanishads
2. History and Development of Yoga in Gita
3. History and Development of Yoga in Buddhism, Jainism and Indian Philosophy.

UNIT-III: DISCIPLINE AND OBSTACLES IN YOGA SADHANA

1. Elements of Success and Failure in Yoga Sadhana According to Hathyoga
2. Elements of Success and Failure in Yoga Sadhana According to Yogasutra.
3. Elements of favorable & unfavorable conditions & Diet for the Practice of Yoga.

UNIT-IV: HUMAN CONSCIOUSNESS

1. Meaning , Nature & Definitions of Consciousness
2. Need of the Study of Human Consciousness,
3. Human Consciousness in Ved, Upanishad, and Shatdarshan

REFERENCE BOOKS

1. Rajayoga- Swami Vivekanand, Ramakrishan Ashrama Publications.
2. Yoga Sutras of Patanjali- Hariharananda Aranya, University of Calcutta Press, Calcutta.
3. Radhakrishnan, S. :Indian Philosophy (Vol. I & II) (George Allen and Unwin, London, 1971
4. Dr. Ishwar Bhardwaj: Manav Chetna (Hindi), Satyam Publication, NewDelhi, 2011
5. Pitamber Jha: Yog Parichaya
6. औपनिषदिक अध्यात्म विज्ञान— डॉ. ईश्वर भारद्वाज
7. पातंजल योग विमर्ष—डॉ. विजयपाल पास्त्री

SEMESTER -I
PAPER – II (MAY/102)
FUNDAMENTAL TEXTS OF YOGA – I

MARKS: 100
EXTERNAL: - 70
SESSIONAL: - 30

DURATION OF EXAM. : 2 HRS.

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: GHERANDA SAMHITA

1. Ghatastha Yoga
2. Saptanga Yoga: Asana, Pranayama, Mudra, Bandha
3. Dharana, Dhyana and Samadhi

UNIT-II: SHIVA SWARODAYA

1. Swara Yoga in brief, Prana – Vital energy, Sound and form of Swara, Triguna energy system,
2. Chakras, Pancha tatwas & Pranavayus
3. Personal observations of Swara activities & Clinical applications of Swara Sadhana.

UNIT-III: VASHISTHA SAMHITA

1. Introduction to Vashista samhita
2. Yama, Niyama, Pratyahaar & Pranayama in Vashista Samhita
3. Dharna, Dhyana & Samadhi in Vashistha Samhita

UNIT-IV: SHIV SAMHITA

1. General Introduction of Shiv Samhita and its subjects matters
2. Tattva Jnana Upadesh
3. Mudra & Chakras

REFERENCE BOOKS

1. Timini, I.K., The Science of Yoga, The Adyar Library, Madras
2. Iyengar B.K.S., Light on Patanjali Yoga, New York, Schocken Books, 1994
3. Bharati, Veda, Philosophy of Hatha Yoga, Himalayan International Institute of Yoga, Science and Philosophy, 1998,
4. Dvivedi, Nath Sampradaya of Hatha Yoga, Hindustani Academy, Allahabad, Uttar Pradesh, 1950.
5. Rajni Nautiyal, Samkhy Yoga main Antahkaran, Yoga Dept- HNB Garhwa University, Srinagar, Uttarakhand
6. Shiv Samhita, Raghavendra Sharma, Choukhamba Sanskrit prakashan, Delhi, 2006.

SEMESTER-I
PAPER – III (MAY/103)
PRINCIPLES OF HATH YOGA
DURATION OF EXAM. : 2 HRS.

MARKS: 100

EXTERNAL: - 70

SESSIONAL: - 30

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: INTRODUCTION

1. Meaning , Definition , Aims & Objectives of Hath Yoga,
2. Sign & Symptoms of Success in Hathyoga.
4. Kundalini Jagaran & Nadanusandhan.

UNIT-II: SATKARMAS

1. Satkarmas - Its Meaning, Definition & Objectives,
2. Classification of Satkarmas According to Hath Pradeepika & Gherand Samhita
3. Types of Nadis, Meaning, Definition,

UNIT-III: ASANA & PRANAYAMA

1. Meaning, Definitions & Objectives of Asana & Pranayama
2. Principles of Practicing Asanas & Pranayama
3. Pranayama with reference to Hath Pradipika & Gherand Samhita.

UNIT-IV: MUDRA AND MEDITATION

1. Concept, Meaning & Definition of Mudra & Bandhas,
2. Meditation-Meaning & Concept, Various Techniques (OM, Transcendental, Vipasana & Preksha),
3. Detailed Technique of Yoga Nidra.

REFERENCE BOOKS

1. Swami Muktibodhananda, Hatha Yoga Pradeepika, The light on Hathayoga, Bihar School of Yoga, Munger, 1985.
2. Ghatore, M.L. Hatharatnavali of Srinivasayogi, The Lonavala Yoga Institute, Lonavala, 2002.
3. Swami Digambarji, Gheranda Samhita, The Lonavala Yoga Institute, Lonavala,
4. हठयोग प्रदीपिका- स्वात्माराम योगी
5. घेरण्ड संहिता- घेरण्ड ऋषि
6. योग परिचय- पीताम्बर झा
7. आसन प्राणायाम विज्ञान- देवव्रत आचार्य
8. आसन, प्राणायाम, मुद्रा बन्ध- स्वामी सत्यानन्द
9. बहिरंग योग - स्वामी योगेश्वरानन्द

SEMESTER-I
PAPER – IV (MAY/104)
ANATOMY, PHYSIOLOGY AND YOGIC PRACTICE

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXTERNAL: - 70

SESSIONAL: - 30

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT – I

1. Concept of cell, tissue & organs
2. Structure & function of Cell & Tissues
3. Structure of main organs (Heart, Lungs, Stomach, Liver & Kidney)

UNIT-II

1. Digestive System - Structure & Function
2. Physiology of Digestion and effect of yogic practices on the digestive system.
3. Respiratory System – Structure & Function and effects of yogic practices on respiratory system.

UNIT-III

1. Circulatory system: Structure & function and effects of yogic practices on Circulatory system.
2. Classification of Blood & their functions
3. Nervous system – Its types and their functions and effects of yogic practices on Nervous system.

UNIT-IV

1. Excretory system - Structure & function and effects of yogic practices on Excretory system.
2. Structure of a nephron and physiology of formation of urine.
3. Endocrine system – Its types and functions and Effects of yogic practices on endocrine glands

REFERENCES

1. Gore, M.M., Anatomy and Physiology of Yogic practices, Kanchan Prakshan, Lonavala, 2003.
2. Shirley Telles, A Glimpse of the Human body. V K YOGAS, Bangalore, 1995
3. Sri Krishna, Notes on Structure and Functions of Human Body and Effects of Yogic practices on it Kaivalydhama S.M.Y.M Samiti, Lonavala, 1988.
4. Chatterjee, C.C., Human Physiology (Vol. I & II), Medical Allied Agency, Calcutta, 1992
5. Guyton, Textbook of Medical physiology, 9th edition.
6. षरीर रचना विज्ञान – डॉ० मुकुन्द स्वरूप वर्मा
7. षरीर क्रिया विज्ञान – डॉ० प्रियव्रत षर्मा
8. षरीर रचना व क्रिया विज्ञान – डॉ० एस० आर० वर्मा

SEMESTER-I
PAPER – V (MAYP/105)
PRACTICAL – I
Asana & Pranayama

MARKS: 100

1. Suryanamaskar with Mantras:

2. ASANAS

- | | |
|---------------------------------|-----------------------------|
| 1. Tadasan- Standing | 15. Dhaanurasan- Prone |
| 2. Ardhakatichakrasan -Standing | 16. Shalabhasan- Prone |
| 3. Garudasana- Standing | 17. Bhujangasan- Prone |
| 4. Vrikshasan -Standing | 18. Vakrasan- Prone |
| 5. Hasttotanasan -Standing | 19. Uttanpadasan -Supine |
| 6. Padhasan- Standing | 20. Halasan-Supine |
| 7. Trikon Asan -Standing | 21. Vipritkarniasan -Supine |
| 8. Padmasan- Sitting | 22. Sarvangasan-Supine |
| 9. Vajrasan - Sitting | 23. Matsyasan -Supine |
| 10. Swastikasan - Sitting | 24. Suptavajrasan -Supine |
| 11. Siddhasan- Sitting | 25. Naukasan –Supine |
| 12. Gomukhasan- Sitting | 26. Shavasana- Supine |
| 13. Bhadrasan- Sitting | |
| 14. Ardh Matsyendrasan- Sitting | |

3. Pranayam-

1. Anuloma-Viloma Pranayam
2. Suryabhedi Prayanam
3. Chandrabhedi Prayanam
4. Ujjai Pranayama

REFERENCE

1. Saraswati Satyananda, Asana, Pranayama, Mudra Bandha, Bihar school of Yoga, Munger.
2. Niranjananada Swami, Gheranda Samhita, nagarathna, Bihar school of Yoga, Munger.
3. Swami Digambar & Jha.P. Hatha Pradipika. Kaivalyadham Yoga Prakashan, Lonavala, Pune.
4. Nagendra, H.R., Integrated Approach of Yoga Therapy for Positive Health ,Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
5. Nagarathna R and Nagendra, H.R,Yoga for Common Ailments, Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
6. Swami Kuvalyananda, Yogic Therapy, Kaivalyadhama Yoga Institute, Lonavala.
7. Ram Hrasha Singh, Yog Evam Yogic Chikitsya, Chokhmba Prakashan, Delhi

SEMESTER-I
PAPER – VI (MAYP/106)
PRACTICAL – II
Mudra Bandh, Kriya, Meditaion & Relaxation

MARKS: 100

Shudhi Kriya-

1. Vatkarma Kapalbhanti
2. Jalneti
3. Rubber Neti
4. Vaman Dhouti (Kunjal)

Mudra & Bandh -

1. Gyanmudra
2. Chinmudra
3. Vipreetkarni Mudra
4. Maha Mudra & Maha Bedha
5. Jalandherbandh
6. Uddayanbandh
7. Moolbandh

Meditation- Pranav Meditation

Relaxation-

1. Yog Nidra

REFERENCE

1. Saraswati Satyananda, Asana, Pranayama, Mudra Bandha, Bihar school of Yoga, Munger.
2. Niranjananada Swami, Gheranda Samhita, nagarathna, Bihar school of Yoga, Munger.
3. Swami Digambar & Jha.P. Hatha Pradipika. Kaivalyadham Yoga Prakashan, Lonavala, Pune.
4. Nagendra, H.R., Integrated Approach of Yoga Therapy for Positive Health ,Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
5. Nagarathna R and Nagendra, H.R, Yoga for Common Ailments, Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
6. Swami Kuvalyananda, Yogic Therapy, Kaivalyadhama Yoga Institute, Lonavala.
7. Ram Hrasha Singh, Yog Evam Yogic Chikitsya, Chokhmba Prakashan, Delhi

SEMESTER II
PAPER – I (MAY/201)
PATANJALA YOGA SUTRA

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 70

INT :- 30

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I:

1. Introduction to Patanjala Yoga Sutra & Maharishi Patanjali,
2. Definition of Yoga & Concept of Chitta
3. Chittavritties , Chitta Bhumies & Methods to Control Chittavritties.

UNIT-II:

1. Types of Samadhi- Samprajnata and Asamprajnata.
2. Concept of Kriya Yoga & Panch Kleshas
3. Purusha, (drishta) & Prakriti, (drishya)

UNIT-III:

1. Yogantaraya & their associates,
2. Methods of Chitta Prasadana
3. Astanga Yoga

UNIT-IV

1. Ishwar, Ishwar Pranidhan
2. Vivek-khyati
3. Vibhutties & Kaivalya

REFERENCE BOOKS

1. पातंजल योग सूत्र – गीता प्रेस, गोरखपुर
2. पातंजल योग दर्शन– राजबीर शास्त्री
3. पातंजल योग विमर्ष–डॉ. विजयपाल शास्त्री
4. पातंजल योग प्रदीप– स्वामी ओमानन्द तीर्थ
5. अष्टांग योग– स्वामी चरणदास
6. मेरी वसीयत और विरासत– श्रीराम शर्मा आचार्य
7. Essays on yoga- Swami Shivananda
8. Bases of yoga- Shri Aurabindo

SEMESTER-II
PAPER – II (MAY/202)
PRINCIPLES OF NATUROPATHY

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 70

INT :- 30

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: BASIC OF NATUROPATHY

1. Meaning , Definitions & Fundamental principles of Naturopathy.
2. Objectives & Importance of Naturopathy.
3. Laws of Nature: Pancha Mahabhuta.

UNIT-II: HISTORY OF NATUROPATHY

1. History of Naturopathy in Ancient period.
2. Development of Modern Naturopathy
3. History of Nature Cure in India

UNIT-III: NATUROPATHY: DIAGNOSIS

1. The Diagnostic procedures in Naturopathy: Spinal Analysis, Facial Diagnosis, Kanika Diagnosis, chromo diagnosis and its diagnostic values.
2. Importance of the physical and mental hygiene, Personal life and prevention of diseases
3. Techniques to acquire Natural immunity in diseases.

UNIT-IV: NATURE CURE TREATMENTS

1. Nature Cure Treatments: Enema, Fasting, Natural Diet, sun bath, Hydrotherapy, Mud therapy, Massage therapy.
2. Hip-bath, Spinal bath, Steam bath, Chest pack, Mud packs.
3. Chromo therapy – Colour treatment, Heat, Light, Electricity, Ultraviolet and Infra-red rays.

REFERENCE BOOKS

1. Henry Lindlahr. Philosophy of Nature Cure
2. S.J. Singh., History and Philosophy of Nature Cure
3. M.K. Gandhi., My Nature Cure
4. P.D. Mishra & Mishra V. Prakartik Chikitsya sidhant evam Vayavahar, Uttar Pradesh Hindi Sansthan, Lucknow.
5. Jindal R., Prakartik Ayurvijnana, Arogya Seva Sadan, Prakashan, Uttar Pradesh.

SEMESTER II
PAPER – III (MAY/203)

FUNDAMENTAL TEXTS OF YOGA -II

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 70

INT :- 30

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: YOGA IN BHAGAVADGITA-I

1. "Yoga", its meaning and Definitions
2. Nature of atman, Sthit Pragyata, Samkhya Yoga,
3. Karma Yoga, Bhakti Yoga & Jnana Yoga,

UNIT-II: YOGA IN BHAGAVADGITA-II

1. Samnyas and samnyas yoga
2. Abhyas and Vairagya, Shraddha
3. Ishwar evam Vibhuties

UNIT-III: YOGA IN UPANISHADS

1. General Introduction to Principal Upanishads
2. Kathopanishads: Atma –Vivechan & Mundaka Upanishad: Brahma-Vichar
3. Shvetashwatar Upanishad: Liberation & Dhyandindu Upanishad: Om & Atma Vichar

UNIT-IV: YOGA IN TANTRA

1. Principals of Sheav.
2. Shakt Tantra – Ten Mahavidya
3. Vaishnav Tantra & Tantirk Performance

REFERENCE BOOKS:-

1. Radha Krishnan, Bhagwat Gita, Hind Pocket Books, Delhi, 2004.
2. Radhakrishnan, S., The Principal Upanishads, George Allen and Unwin, London, 1953
3. Swami Adidevananda, Sri Ramanuja Gita Bhasya, Sri Ramakrishna Math, Madras, 1993
4. Shri Ram Sharma Acharya, 108 Upanishads in three Volumes, Shanti Kunj, Haridwar, 1978.
5. Introduction to Upanishads, Theosophical Society of India, Adyar, Madars, 1976)
6. तंत्र दर्शनए परमहंस तिनरजनानन्द, श्री पंचदषनामए परमहंस अलखबाडा देवघरए बिहार
7. जगदीष चन्द्र जैन चौखबाए भारतीय दर्शन एक नयी दृष्टिएसुरभारती प्रकाषन वाराणसी

SEMESTER II
PAPER – IV (MAY/204)
ALTERNATIVE THERAPIES

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 70

INT :- 30

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: INTRODUCTION TO ALTERNATIVE THERAPY

1. Concept of Alternative Therapy & Importance of Alternative Therapy.
2. Scope and Limitation of Alternative Therapy.
3. Relation Between Yoga Therapy and Alternative Therapy

UNIT-II: ACUPRESSURE

1. Meaning of Acupressure, Benefits of Acupressure.
2. Principles and Techniques of Acupressure.
3. Instruments of Acupressure. Introduction of Different Pressure Points.

UNIT-III: PRANIC HEALING

1. Meaning & Nature of Prana,
2. Introduction & Principles of Pranic Healing,
3. Various Techniques of Pranic Healing.

UNIT-IV: MAGNETO THERAPY

1. Meaning, Definition, & Scope
2. Principles of Magneto Therapy. Kinds of Magnets.
3. Methods of Magneto Therapy and Effect of Magneto Therapy on Different Diseases.

REFERENCE BOOKS:-

1. Acupressure – Dr. Attar Singh
2. Acupressure – Dr. L. N. Kothari
3. Miracles through Pranic healing :- Master Choa Kok Sui
4. Advanced Pranic healing :- Master Choa Kok Sui
5. Magneto therapy :- Dr. H. L. Bansal
6. Magnetic Cure for common disease:- Dr. R.S. Bansal, Dr. H. L. Bansal
7. Yog Evam Vaikalpik Chikitsya: Dr. V.Nautiyal

SEMESTER- II
PAPER – V (MAYP/205)
PRACTICAL-III

MARKS: 100

ASANAS-

1. Utkatasan- Standing
2. Konasan- Standing
3. Natrajasan- Standing
4. Konasan- Standing
5. Dolasana- Standing
6. Hastpadangushthasan- Standing
7. Paschimottanasan- Sitting
8. Vrishabhasan- Sitting
9. Kukkutasan- Sitting
10. Koormasan- Sitting
11. Vakasan- Sitting
12. Akarndhanurasan- Sitting
13. Baddh-Padmasan—Sitting
14. Shashankasan- Sitting
15. Ushtrasan- Sitting
16. Padangushthasan- Sitting
17. Chakrasan- Supine
18. Padma Sarvangasana- Supine
19. Parvatasan- Prone
20. Utthit-Padmasan- Prone

Pranayam-

1. Sheetali Pranayama
2. Sadant Sheetkari Pranayama
3. Bhastrika Pranayama

Shatkarm-

1. Agnisar Kriya,
2. Sheetkram Kapalbhathi,
3. Sutraneti
4. Danda Dhouti

Mudra & Bandh-

1. Shambhavi Mudra,
2. Tadagi Mudra,
3. Shanmukhi Mudra,
4. Kaki Mudra

Meditation- Preksha or Transcendental

REFERENCE

1. Saraswati Satyananda, Asana, Pranayama, Mudra Bandha, Bihar school of Yoga, Munger.
2. Niranjananada Swami, Gheranda Samhita, nagarathna, Bihar school of Yoga, Munger.
3. Swami Digambar & Jha.P. Hatha Pradipika. Kaivalyadham Yoga Prakashan, Lonavala, Pune.
4. Nagendra, H.R., Integrated Approach of Yoga Therapy for Positive Health ,Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
5. Nagarathna R and Nagendra, H.R, Yoga for Common Ailments, Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
6. Swami Kuvalyananda, Yogic Therapy, Kaivalyadhama Yoga Institute, Lonavala.
7. Ram Hrasha Singh, Yog Evam Yogic Chikitsya, Chokhmba Prakashan, Delhi

SEMESTER-II

PAPER – VI (MAYP/206)

PRACTICAL-IV

NATUROPATHY AND ALTERNATIVE THERAPIES

MARKS: 100

Naturopathy Practical-

Hip-bath, Spinal bath, Steam bath, Chest pack, Mud packs

Alternative Therapies-

Pranic Healing- Raki

Acupressure- Detection of Accupoints by Needle

Magnetic Therapy- Placements and use of Magnet

SEMESTER-III
PAPER – I (MAY/301)
RESEARCH METHODOLOGY IN YOGIC SCIENCE

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 70

INT :- 30

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: INTRODUCTION TO RESEARCH METHOD IN YOGA

1. Meaning and definitions of research,
2. Methods of Research,
3. Significance of Research in Yoga

UNIT-II: RESEARCH PROBLEM, HYPOTHESIS IN YOGA

1. Problem- Its Meaning and Nature,
2. Statement of Hypothesis and Meaning,
3. Types of Research Design, Sampling & Tools of data collection

UNIT-III: MEASURES OF VARIABILITY WITH REFERENCE TO YOGIC PRACTICES

1. Measurement of Central Tendencies-Mean Median, Mode,
2. Standard Deviation
3. Correlation coefficient

UNIT-IV: PREPARATION OF RESEARCH SYNOPSIS & REPORT

1. Steps of Scientific Research
2. Preparation of Synopsis
3. Presentation of Yogic Research Report

REFERENCE BOOKS

- | | | |
|----------------------|---|--|
| 1.Kerlinger | : | Foundation of Behaviour Research |
| 2.Festinger and Katz | : | Research Methods in Behaviour Sciences |
| 3.Garrat | : | Statistics in Psychology and Education |
| 4.क पलए एचक्के | : | अनुसधान व धयॉं |
| 5.गैरेट | : | मनो व ान एवं श ा म सांि यक |

SEMESTER-III
PAPER – II (MAY/302)
TEACHING METHODOLOGY OF YOGA PRACTICE

MARKS: 100

EXT:- 70

INT :- 30

DURATION OF EXAM. : 2 HRS.

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: INTRODUCTION TO TEACHING METHODS

1. Concept Of Teaching Methods
2. Principles & Importance of Teaching Methods,
3. Teaching Methods in Yoga,

UNIT-II: TEACHING TECHNIQUES

1. Teaching Technology
2. Modern Teaching Aids: Lecture, Demonstration, Audio Visual Presentation.
3. Class Management and Lesson Planning

UNIT-III: TYPES OF TEACHING METHODS

1. Lecture Methods
2. Demonstration Methods,
3. Experimental & observation Method

UNIT- IV: COUNSELLING IN YOGA

1. Concept of Counselling & Yoga
2. Aims & Principals of Couselling
3. Importance of Couselling in Yoga

REFERANCE BOOKS:-

1. S.K. Kochar, Methods and techniques of teaching, Sterling publications Pvt. Ltd, New Delhi
2. Sharma M.K., Educational Technology and Management, H.P.Bhargav Book House, Agra (2011).
3. Gharote M.L., & Ganguli S.K., Teachning Methods for Yogic Practices, Kaivalyadhama, Lonavala (1988)
4. Swami Satyananda, Early Teaching of Bihar School of Yoga, Munger, Bihar

SEMESTER-III
PAPER – III (MAYP/303)
PRACTICAL-V
PRACTICAL AND TEACHING PRACTICE

MARKS: 100

Asanas-

- | | |
|--------------------------------|----------------------------------|
| 1. Padmsarvangasan-Supine | 8. Garbhasan- Supine |
| 2. Mayurasan-Balancing | 9. Shishpadanangusthasan-Sitting |
| 3. Shirshasan-Balancing | 10. Sankatasan-Sitting |
| 4. Tolangulasan-Balancing | 11. Guptasan-Sitting |
| 5. Ekpads kandhasan--Balancing | 12. Nadishodhanasan |
| 6. Vatayanasan-Balancing | 13. Padmvakasan--Balancing |
| 7. Tittibhasan-Balancing | |

Prayanam-

1. Bhramari prayanam
2. Murcha pryanam

Satkarm-

1. Dand dhauti
2. Vyutkram kapalbharti
3. Tratak

Mudra & Bandh -

1. Ashwani mudra
2. Mool bandh
3. Maha bhand
4. Shaktichalini mudra

Mediation-

1. Pranav Meditation and Shavasana (Relaxation)

REFERENCE

1. Saraswati Satyananda, Asana, Pranayama, Mudra Bandha, Bihar school of Yoga, Munger.
2. Niranjana Swami, Gheranda Samhita, nagarathna, Bihar school of Yoga, Munger.
3. Swami Digambar & Jha.P. Hatha Pradipika. Kaivalyadham Yoga Prakashan, Lonavala, Pune.
4. Nagendra, H.R., Integrated Approach of Yoga Therapy for Positive Health ,Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
5. Nagarathna R and Nagendra, H.R, Yoga for Common Ailments, Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
6. Swami Kuvalyananda, Yogic Therapy, Kaivalyadhama Yoga Institute, Lonavala.
7. Ram Hrasha Singh, Yog Evam Yogic Chikitsya, Chokhmba Prakashan, Delhi

SEMESTER -III
PAPER – IV (MAYE/301)
YOGA & ALLIED SCIENCES -I

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 70

INT :- 30

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: YOGA AND HEALTH EDUCATION

1. Concept of Health,
2. Meaning & Objectives of Health Education
3. Principles & Methods of Health Education

UNIT-II: FOOD & NUTRITION FOR YOGA PRACTITIONERS

1. Food & Nutrition,
2. Nutritional need of body, Principles of diet planning
3. Balanced diet & Yogic diet

UNIT-III: YOGA AND VALUE EDUCATION

1. Concept of value education
2. Need & Effectiveness of value education
3. Role of Yoga in Value education

UNIT-IV: YOGA AND PHYSICAL EDUCATION

1. Concept of Yoga and Physical Education
2. Exercise practices in Physical Education and its comparison with Yogic Practices
3. Application of Yoga in Physical Education, co-ordination of Yoga in Physical Education for maximum benefits.

REFERENCE BOOKS:-

1. Kaushik, Mai Ram, Ayurveda Kya Hai, Bikaner: Anand Prakashan, 2003
2. Dash , V.B., Ayurvedic Treatment For Common Diseases, Delhi Diary, 1974.
3. Laxmipati, K., Basic principles of Ayurved.
4. Garde, R.K., Ayurvedic for health and Long life

SEMESTER III
PAPER – V (MAYE/302)
YOGA AND PERSONALITY DEVELOPMENT

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 70

INT :- 30

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: CONCEPT OF YOGA

1. Meaning and Definition of Yoga & Personality
2. Objectives of Yoga & Personality Development
3. Effectiveness of Yoga

UNIT-II: CONCEPT OF PERSONALITY

1. Characteristic of Personality
2. Types of Personality
3. Factors of Personality Development

UNIT-III: CAUSES OF PERSONALITY DISORDERS

1. Biological Cause
2. Psychological Cause
3. Socio-cultural Cause

UNIT-IV: ROLE OF YOGIC TECHNIQUES IN THE DEVELOPMENT OF PERSONALITY

1. Psycho Therapeutic and Relaxative Role
2. Physio therapeutic and Rehabilitative Role
3. Values Development through Yoga

References

1. Internal yoga psychology - V. Madhupudhan Reddy
2. Yoga and depth psychology- I.P Sachdeva
3. Yoga Psychology - Shanti Parkash Attari
4. Samanya Manovijana - Wasim Ahamad Khan
5. Abnormal Psychology -J.C.Coleman
6. Yoga and Yogic Therapy - Ram Harsh Singh
7. Yoga and Mansik swasthya- Dr. Suresh Barnwal

SEMESTER- III
PAPER – VI (MAYE/303)
YOGA AND PERSONAL MANAGEMENT

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 70

INT :- 30

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT –I: Introduction to Self-Management

1. Meaning & nature of Self- management
2. Basis and need of Self-management
3. Self-confidence-meaning and its improvement

UNIT – II: Development of Capabilities

1. Development of will power, imagination through yogic lifestyle
2. Development of thinking & emotion control
3. Improvement of memory through meditation

UNIT- III: Self-management and Stress-management

1. Management: time management, management of different stages of life; Problems, decisions and plans
2. Stress: meaning, causes, and effects
3. Stress :management through Yoga

UNIT – IV: Communication and Yogic Life

1. Meaning & importance of communication
2. Skill and blocks to communication: effective listening, body language, effective reading and speaking in public
3. Ideas to action, direction setting

REFERENCE

1. L.Chaito : Relaxation & Meditation Techniques,1983
2. Michael Aegyle : Bodily Communication, Methuen,1975
3. Mulligan J : The personal Management (handbook)
4. Postonjee D.M.: Stress and Coping, The Indian Experience,sage Publication,New Delhi
5. आचार्य महाप्रज्ञा रू षक्ति की साधना
6. आचार्य महाप्रज्ञा रू नया मानव नया विष्व, आदर्श साहित्य संघ,चूरू
7. शिवखेडा – जीत आपकी

SEMESTER- III
PAPER – VII (MAYE/304)
YOGA & SOCIAL TRANSFORMATION

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 70

INT :- 30

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: CONCEPT OF SOCIETY

1. Meaning and Definition of Society
2. Characteristics of Society
3. Types of Society

UNIT-II: SOCIAL POLLUTION & VIOLENCE

1. Various problems of Society
2. Political and Religious Problems
3. Causes of Social Pollution and Violence

UNIT-III: EFFORTS OF SOCIAL TRANSFORMATION THROUGH THE AGES

1. Historical perspectives of social transformation
2. Efforts by NGO'S
3. Efforts by voluntary organizations & social leaders

UNIT-IV: YOGIC ETHICAL TECHNIQUES OF SOCIAL TRANSFORMATION

1. Yama, Niyama, Pratyahaar
2. Jnana Yoga, Bhakti Yoga & Karma Yoga
3. Meditation & Yoga Nidra

References

1. Gupta & Sharma, Sociology
2. Gilin & Gilin, Sociology
3. Mainger, H.C., Practical Sociology and social Problems
4. Ram Harsh Singh, Yoga and Yogic Therapy
5. Swami Kuvalyananda, Yoga Therapy

SEMESTER -III

PAPER – VIII (MAYE/305) FUNDAMENTAL OF PSYCHOLOGY

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 70

INT :- 30

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: Psychology and Holistic Health

1. Theoretical understanding of Yoga and Modern Psychology,
2. Concept of Holistic Health
3. Concepts and models of Normality,

UNIT-II: Concepts of Psychosomatic disorders

1. Meaning, Definitions of Psychosomatic disorders
2. Concepts of Psychosomatic disorders according to Taittiriya Upanisad.
3. Characteristics & types of psychosomatic disorders

UNIT-III: Personality & Behavior

1. Eastern and western concepts of personality,
2. Modern theories of personality,
3. Indian approach to consciousness and human behavior,

UNIT-IV: Personality Integration through Yoga

1. Personal and interpersonal adjustment
2. Attitude formation for total personality integration
3. Role of yoga in personality integration

REFERENCES

1. Woodwork, Contemporary school of psychology
2. P.L. Harrienan, 20th Century psychology
3. Abraham H. Maslov, Towards a psychology of being
4. Mishlov Jeffery, The Roots of consciousness
5. N.C.Pande, Mind and supermind
6. V. Madhupudhan Reddy, Internal yoga psychology
7. I.P Sachdeva, Yoga and depth psychology
8. Shanti Parkash Attari, Yoga psychology

SEMESTER III
PAPER – IX (MAYE/306)
YOGA IN ANCIENT LITERATURE

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 70

INT :- 30

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: YOGA IN PRE HISTORIC CIVILIZATION

1. Yoga in Indus Valley Civilization
2. Yoga in Tungabhadra Civilization
3. Yoga in Maya Culture

UNIT-II: YOGA IN EARLY VEDIC PERIOD

1. Hiranyagarbha Yoga Shastra
2. Yoga in Vedas
3. Foundation of Classical Yoga

UNIT-III: YOGA IN UPANISADS

1. Upanisads: Meaning & Importance
2. Yoga in Upanisads in General
3. Concept of Soul in Upanisads

UNIT –IV: YOGA IN VEDIC AND NON-VEDIC PHILOSOPHY

1. Yoga in Gita
2. Jainism
3. Bhudhism

REFERENCES

1. Reddy, Murthy, Sahay & Prasad. Yoga Therapy. M.S.R. Memorial Yoga Series, East Godavari A.P.
2. Harendra Prasad Sinha. Bharatiya Darshan ki Rooprekha. Motilal banarasi das Delhi.
3. Kayan ka Yogank. Geeta press Gorkhapur.
4. Yoga Concordance Kaivalyadhama Lonavala
5. Murthy S. Yoga Upanisad. Adyar Library, Series-20. Madras

SELF STUDY
SEMESTER III
PAPER – X (MAYS/301)
HEALTH AND SOCIETY

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 70

INT :- 30

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

Unit – I: Concept of Health & Society

1. Meaning of Health and Society
2. Meaning & causes of Illness
3. The Emerging relationship between Medicine and Sociology.

Unit – II: Promotion of Health

1. Factors of health promotion
2. Obstacles of Health promotion
3. Promotion of Health by Nutrition & Environment

Unit – III: Health Service

1. Health Service in India
2. Health delivery system in India: Primary health centres & Sub-centres,
3. Private Hospitals & Corporate Hospitals

Unit – IV: Yoga and Health

1. Role of Yoga in health development
2. Role of Yoga in social development
3. Application of Yoga ethics in health service development

REFERENCES

1. Bloom, Samuel W. (1963), The Doctor and His Patient, Free Press, New York,
2. Dingwali, R. (1976), Aspects of Illness Martin Robertson, London
3. Dutt, P.R. (1965), Rural Health Services, DGHS, New Delhi
4. Madan, T.N. (1980), Doctors and Society, New Delhi, Vikash Publishing House
5. Nagla, Madhu (1988), Medical Sociology, Jaipur: Printwell Publishers.
6. Oomen, T.K. (1978), Doctors and Nurses: A Study in Occupational Role Structure, Delhi:

SEMESTER -IV
PAPER – I (MAY/401)
YOGA THERAPY

DURATION OF EXAM. : 2 HRS.

MARKS: 100

EXTERNAL: - 70

SESSIONAL: - 30

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: Concept of Yogic Therapy

1. Yoga Therapy : Meaning, scope, effectiveness and limitations
2. Principles Health: Preventive, Promotive, and Curative means of Health,
3. Yogic concept of health and disease, Concept of Panch Kosha and Disease.

UNIT-II: Rules and Regulations to be followed in Yoga Therapy

1. Rules to be followed by the Therapist
2. Rules to be followed by Patient
3. Patient – Therapist relationship

UNIT-III: Yogic Management of Common Disorders : I

1. Yogic management for Asthma, Constipation,
2. Yogic management for Hypertension, Hypotension & Heart disease.
3. Yogic management for Diabetes & Obesity.

UNIT-IV: Yogic Management of Common Disorders: II

1. Yogic management for Stress, Anxiety, Depression
2. Yogic management for Headache & Migraine, Cervical & Lumber Problems
3. Yogic management for Pregnancy, Menstrual disorders,

REFERENCE BOOKS

1. Shivanand Saraswati, Yoga Therapy, Bihar school of Yoga, Munger.
2. Nagarathna, R and Nagendra, H.R., Integrated Approach of Yoga Therapy for Positive Health ,Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
3. Nagarathna R and Nagendra, H.R,; Yoga for Common Ailments, Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
4. Swami Kuvalyananda, Yogic Therapy, Kaivalyadhama Yoga Institute, Lonavala.
5. Ram Hrasha Singh, Yog evam Yogic Chikitsya, Chokhmba Prakashan, Delhi

SEMESTER -IV
PAPER – II (MAYD/402)
DISSERTATION

MARKS: 100

The dissertation shall be supervised by the permanent faculty of the department. The Dissertation shall be examined by the board of examiners consisting of Head of department / Supervisor and External Examiner (to be appointed by University). Marks will be given by the both the examiners i.e., Internal and External Examiners.

Dissertation - 100 Marks

Dissertation / project report shall be valued jointly by external and one external examiner.

SEMESTER-IV
PAPER – III (MAYP/403)
PRACTICAL-VI

MARKS: 100

Asanas-

- | | |
|-----------------------------------|----------------------|
| 1. Dwipadskandhasan | 9. Poorna Chakrasan |
| 2. Karnapeedasan | 10.Vrishchikasan |
| 3. Poorna Bhujangasan | 11.Padma Mayurasan |
| 4. Poorna Matsyendrasan | 12.Balgarbhasan |
| 5. Vipreetshirshdwihastabaddhasan | 13.Kandpeedasan |
| 6. Gorakshasan | 14.Poorna Dhanurasan |
| 7. Pakshiasan | 15.Pranavasan |
| 8. Hanumanasan | |

Pranayam-

1. Plavini Pranayam,
2. Ujjai Pranayam,
3. Bhastrika,
4. Bharmari

Shatkram-

Nauli,
Vastradhauti,
Loghooshankhprakashan
Mudra & Bandh-

Mahamudra,
Khechari Mudra,
Meditation-

REFERENCE

1. Saraswati Satyananda, Asana, Pranayama, Mudra Bandha, Bihar school of Yoga, Munger.
2. Niranjana Swami, Gheranda Samhita, nagarathna, Bihar school of Yoga, Munger.
3. Swami Digambar & Jha.P. Hatha Pradipika. Kaivalyadham Yoga Prakashan, Lonavala, Pune.
4. Nagendra, H.R., Integrated Approach of Yoga Therapy for Positive Health ,Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
5. Nagarathna R and Nagendra, H.R,Yoga for Common Ailments, Swami Vivekananda Yoga Prakashana,Bangalore, 2001.
6. Swami Kuvalyananda, Yogic Therapy, Kaivalyadhama Yoga Institute, Lonavala.
7. Ram Hrasha Singh, Yog Evam Yogic Chikitsya, Chokhmba Prakashan, Delhi

SEMESTER IV
PAPER – IV (MAYE/401)
YOGA & ALLIED SCIENCES -II

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 70

INT :- 30

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: FUNDAMENTALS OF AYURVEDA AND YOGA

1. General introduction to Ayurveda & its relationship with yoga
2. Concept of health and disease in Ayurveda & Yoga
3. Concept, role and importance of Prakriti, Deha Prakriti, Manasa Prakriti.

UNIT-II: FUNDAMENTALS OF HEALTH IN AYURVEDA

1. Concept, role and importance of – Swasthavritta,
2. Concept, role and importance of Dincarya, Ratricharya & Ritucharya
4. Concept of diet in Ayurveda & Yoga

UNIT-III: PANCHAKARMA & SATKARMA

1. Concept of Pancha Karma in Ayurveda & Satkarma in Yoga
2. Concept of Snehana & Swedan
3. Concept of Vaman, Virechan & Basti

UNIT-V: SADVRITTA & ACHARA

1. Concept of Sadvritta & Achara in Ayurveda & Yogic Lifestyle.
2. Types of Sadvritta & their importance in life
3. Achara-rasayan

REFERENCE BOOKS:-

1. Singh Ramharsh, Swasthavritta Vijnana, Choukhambha Sanskrit Ptatisthana, Delhi.
2. Kaushik, Mai Ram , Ayurveda Kya Hai?, Bikaner: Anand Prakashan,2003
3. Dash , V.B., Ayurvedic Treatment For Common Diseases , Delhi Diary, 1974.

SEMESTER -IV
PAPER – V (MAYE/402)
YOGA & DRUG DE-ADDICTION

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 70

INT :- 30

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: HISTORICAL PERSPECTIVES OF DRUG ABUSE

1. Meaning and Definitions of Drug Abuse
2. Historical Background of Drug Abuse
3. Drug Abuse of Indian Culture & Western Culture

UNIT-II: TYPES OF DRUGS

1. Depression Drugs
2. Stimulant Drugs
3. Narcotics Drugs & Hallucinogen Drugs

UNIT-III: CAUSES & EFFECT OF DRUG ABUSE

1. Biological cause, Psychological Cause, Personal Cause & Socio-cultural Cause
2. Effect of Drug Abuse: Effect on Health, Personality & Society
3. Symptoms of Drug Addiction

UNIT-IV: CONVENTIONAL TREATMENT AND YOGIC TREATMENT

1. Psychotherapy, Counseling, Punishment & Pharmaceutical Treatment
2. Psycho Ethical Process (Yama & Niyam) & Psycho Physical Process (Asanas, Pranayama, Bandh & Mudra)
3. Mediatlional Techniques & Cleaning Process

References:

1. Rashmi Agarwal. Drug Abuse. Shipra Publication. Delhi
2. Prashant S. Drug Abuse & Society. Ashish Publising House. New Delhi
3. Tribhuvan Kapoor. Drug Epidemic in Indian Youth. Mittal Publication. Delhi
4. Betal C. Preksha Meditation & Drug Abusers Personality. Shree Publications.
New Delhi
5. Ram Harsh Singh. Yoga & Yogic Therapy. Choukhambha Prathisthan. Varanasi.

SEMESTER -IV
PAPER – VI (MAYE/403)
YOGA AND STRESS MANAGEMENT

MARKS: 100

DURATION OF EXAM. : 2 HRS.

EXT:- 70

INT :- 30

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: CONCEPT OF STRESS

1. Meaning and Definitions of Stress
2. Stress Mechanism & Types of Stress
3. Stress in Modern Culture & Society

UNIT-II: CAUSES & SYMPTOMS OF STRESS

1. Psychological
2. Physiological
3. Symptoms of Stress

UNIT-III: EFFECT OF STRESS ON HEALTH & SOCIETY

1. Effect on Psychological Health
2. Effect on Physiological Health
3. Effect on Personality & Society

UNIT –IV: COMPETENCY OF YOGA TECHNIQUES TO MANAGE STRESS

1. Management of Stress Through Yama & Niyama
2. Management of Stress Through Asana, Pranayama & Meditation
3. Management of Stress Through Yoga Nindra & Relaxation Techniques

References

- | | |
|--|------------------------|
| 1. Stress and its Managment through Yoga | -Uduppa, K.N. |
| 2. Spiritualise to lead a Stress Free Life | - Krishna Murthy, V.S. |
| 3. Yoga and Yogic Therapy | - Ram Harsh Singh |
| 4. Yoga Therapy | - Swami Kuvalyananda |
| 5. Yogic Management of Psychiatric Disorders | -Basvareddy I.V. |

SEMESTER- IV
PAPER – VII (MAYE/404)
MENTAL HYGIENE THROUGH YOGA

MARKS: 100

EXT:- 70

INT :- 30

DURATION OF EXAM. : 2 HRS.

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: CONCEPT OF MENTAL HEALTH

1. The western view Point
2. The Indian View Point
3. Mental Hygiene through yoga

UNIT-II : MENTAL HYGIENE THROUGH TRANSCENDENTAL MEDITATION

1. Historical Background
2. Psychological Concept
3. Mental Hygiene through Transcendental Meditation Yoga

UNIT-III : MENTAL HYGIENE THROUGH RAJ YOGA

1. Historical Background
2. Psychological Concept
3. Mental Hygiene through Raj Yoga

UNIT-IV : MENTAL HYGIENE THROUGH BHAKTI YOGA

1. Historical Background
2. Psychological Concept
3. Mental Hygiene through Bhakti Yoga

REFERENCE BOOKS:-

1. Contemporary school of psychology- Woodwork
2. 20th Century psychology - P.L. Harrienan
3. Internal yoga psychology - V. Madhupudhan Reddy
4. Yoga and depth psychology - I.P Sachdeva
5. Yoga psychology - Shanti Parkash Attari
6. Mental Hygiene through yoga - Dr. Vinod P. Nautiyal

SEMESTER -IV
PAPER – VIII (MAYE/405)
SPIRITUALITY AND SCIENCE

MARKS: 100

EXT:- 70

INT :- 30

DURATION OF EXAM. : 2 HRS.

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: CONCEPT OF SPIRITUALITY AND SCIENCE

1. Meaning of Spirituality & Science
2. Relationship between Spirituality & Science
3. Development of Spiritual cum Scientific personality

UNIT-II: MIND AND CONSCIOUSNESS

1. Nature & Discipline of Mind, States of consciousness
2. Perception of Psychic Centres: Spiritual and scientific perspectives,
3. Procedure of Perception of Psychic Centres

UNIT-III: EMOTION AND EMOTIONAL TRAINING

1. Principle of psychic colour & Aura
2. Emotional Stability through Meditation
3. Importance of spiritual and scientific interpretation of paranshakti (Tajolesya) and Kundalini-jagran

UNIT-IV: PARAPSYCHOLOGY AND SPIRITUALITY

1. Concept of Parapsychology: Meaning , Aims & Objectives
2. Development of electro-magnetic fields in the body and psychic centres and karan& technique of Preksha Meditation for E.S.P.
3. Supernormal cognition or extra sensory perception ESP-its main types: Clairvoyance, Telepathy, Psycho-keinesis(PK)

REFERENCE BOOKS:-

1. Ian Stevenson: Twenty cases suggestive of Re-incarnation, Virginia, U.S.A
2. B.L. Atreya: An Introduction to Parapsychology, Kumar Publication, Varanasi
3. J.B Rhine : ExtSensory perception.
4. W.E Butler: How to read the Aura, Practice Psychomerry, Teleplathy and Clairvoyance, Destiny boos one Parkstreet, Rochester, Vermont.
5. मुनि महेन्द्र कुमार— जैनदर्शन और विज्ञान, जैन विष्व भारती संस्थान, लाडनूं
6. पं० गोपीनाथ कविराज: भारतीय संस्कृति और साधना , खण्ड.1ए2
- 7- पं० गोपीनाथ कविराज: तांत्रिक साधना और सिद्धान्त
- 8- कीर्तिस्वरूप रावत : परामनोविज्ञान

SEMESTER IV
PAPER – IX (MAYE/406)

YOGA ETHICS

MARKS: 100

DURATION OF EXAM. : 2

HRS.

EXT:- 70

INT :- 30

Note: In End Semester Examination, there will be Eight questions in all, two from each unit. The candidate should be attempted only Four questions selecting one question from each unit.

UNIT-I: CONCEPT OF ETHICS & MORAL VALUES

1. History of Ethics
2. Meaning and Nature of Ethics
3. Need of Ethical Values & Morality in Society

UNIT-II: CAUSES OF MORAL DEGRADATION IN SOCIETY

1. Biological Causes
2. Psychological Causes
3. Educational Draw Backs

UNIT-III: NATURE OF ETHICAL VALUES IN VARIOUS YOGA TEXTS

1. Ethical Values in Yoga Sutra
2. Ethical Values in Yoga Vashisth
3. Ethical Values in Bhagwat Geeta

UNIT –IV: APPLICATION OF YOGA ETHICS

1. Application of Yoga Ethics in Attitudinal change & behavioral Modifications
2. Application of Yoga Ethics in to avoid Violence
3. Application of Yoga Ethics to Establish Social Peace

References

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|------------------------------------|--------------------|
| 1. The Science of Yoga | - I.K.Taimini |
| 2. Mulyaparak Shiksha aur Samaj | - Nathu lal Gupt |
| 3. Moral Principles in Education | - Dewey John |
| 4. Evolution of Hindu Moral Ideals | - Shiv Swamy Iyer |
| 5. Naitik Shiksha | - Tansukh ram Gupt |
| 6. Patanjali Yoga Sutra | - Nandalal Dasora |
| 7. Yoga Vashisth | - Nandalal Dasora |
| 8. Vasistha Samhita | - Swami Digambar |
| 9. Bhagwat Geeta | - Radha Krishnan |