

SEMESTER - I
COURSE - I
FUNDAMENTALS OF YOGA

PREAMBLE :

Yoga works on the level of one's body mind emotion and energy. This has given rise to four broad classification of yoga karma yoga where we utilise the body, Jnana yoga, where we utilise the mind, Bhakti yoga, where we utilise the emotion and Kriya Yoga, where we utilise the energy.

COURSE OUTCOMES :

Student will be able to :

1. Impart the knowledge of yoga science.
2. Impart the knowledge of benefit of yoga.
3. Acquaint with Hath pradipilka Granth.
4. Acquire the knowledge of Shivsankita Granth.
5. Impart the knowledge of yoga institution.

Module - I **(20)**

- 1.1 Meaning of Yoga & Definitions.
- 1.2 Traditional & Historical Development of Yoga
- 1.3 Importance of Yoga in Modern Era.
- 1.4 Types of Yoga - Ashtang Yoga, Raj Yoga, Karma Yoga, Bhakti Yoga, Hath Yoga, Kriya Yoga, Gyan Yoga and Mantra Yoga

Module - II Study of yoga in following text : **(20)**

- 2.1 Vedas, Upnishad, Gita
- 2.2 Buddhism, Jainism

2.3 Six system of Indian Philosophy

2.4 Patanjali Yoga sutra

**Module - III Life sketches of the following yogis and yogines with important incidents
of their lives and contribution in the Development of yoga : (20)**

3.1 Maharishi Patanjali, Guru Gorakhnath, Swami Shivanand, Swami Vivekanand,

3.2 Shri Aurobindo., Ram Dev Baba.

3.3 Swami Vidhyanand Swati,

3.4 Maa Sharda

Module - IV Introduction of Yoga Institutes : (20)

4.1 Kaivalya Dham - Lonavala

4.2 Gurukul Kangri University, Haridwar

4.3 Swami Vivekanand Institute of Yoga for Research, Bangluru

4.4 Yoga Vidhyadham Nashik/ Nimbalkar Sanstha, Mumbaiche Yog Vidyaniketan,
Mumbai.

Reference Books -

1) Science of Yoga - Swami Vidnyananand Saraswati

2) Indian Philosophy - Dr.Ishwar Bhardwaj

3) Fundamentals of yoga - Shailesh K. Choudhary.

4) Hathyoga Pradipika - Swami Amogh, Randhir Prakashan.

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SEMESTER - I

PAPER - II

BASIC PSYCHOLOGY

PREAMBLE :

Introduction of psychology is a journey through all of the major psychological concepts and principles. The knowledge gained from this course will allow student to

critically evaluate psychological research and have a more in depth understanding of human through and behaviour.

COURSE OUTCOMES :

Student will be able to :

1. Impart the knowledge of basic psychology.
2. Use scientific reasoning to interpret psychological phenomena.
3. Demonstrate psychology information literacy.
4. Engage in innovative and integrative thinking and problem solving.
5. Interact, design and conduct basic, psychological research.

Module - I Basic Psychology : (20)

- 1.1 Meaning and define of psychology.
- 1.2 Need of psychology
- 1.3 Role of Psychology in yoga science
- 1.4 Importance of psychology

Module - II Learning Process : (20)

- 2.1 Meaning and nature of learning, classical conditioning and Operant conditioning its meaning, types & applications (Cognitive factors of learning)
- 2.2 **Memory** : Meaning of memory/Types of memory/Process of memory/
Stages of memory
- 2.3 **Forgetting** : Meaning/Define/Types/Process and Stages
- 2.4 **Forgetting** : Causes of forgetting and measures of improving memory.

Module - III Motivation/Emotion : (20)

- 3.1 Meaning and nature of motivation / Types of Motivation
- 3.2 Theories of motivation / Motivation in Yoga
- 3.3 Meaning and nature types of emotion / The external expression of emotion
- 3.4 Non-verbal cues (Biological basis of emotion and emotional intelligence)/ Emotional Balance through Yoga

Module - IV Intelligence (Choice base credit)**(20)**

- 4.1 Meaning and nature of intelligence, / Intelligence quotient,
- 4.2 Theory of intelligence, Gardener's theory, Stenberg's theory & Cattell's theory.
- 4.3 Measuring intelligence, Binet test Bhatia battery, / Wechsler scales and verbal test of intelligence.
- 4.4 Improvement of intelligence through yoga.

Reference Books -

- 1) Psychology (5th Edi.) - Carole Wadi & Carol Tavris (1998) (U.S.)
- 2) Psychology (5th Edi.) - Robbert A. Baron (2001)
- 3) Essential of Psychology (6th Edi.) by - Spenur A. Rathur (2001)
- 4) Introduction to Psychology (6th Edi.) by - Ernest r. Hilgard.
- 5) General Psychology - First Edition, June 2013, Prof.Mukund K. Inamdar, Prof.Keshav N. Gadekar, Dr.Anita M. Patil, Diamond Publication

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SEMESTER - I**PAPER - III****ANATOMY, PHYSIOLOGY AND YOGIC PRACTICES - I****PREAMBLE :**

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living.

Anatomy and physiology are two of the most basic terms and areas of study in the life science. Anatomy refers to the internal and external structure of the body and their physical relationships, whereas physiology refer to the study of the functions of those structure.

COURSE OUTCOMES :**Student will be able to :**

- 1. Explain the basic knowledge of human anatomy and physiology.
- 2. Defines anatomy and defines physiology.

3. Define the main structure composing human body
4. Understand the various body systems and their functions.

Module - I Introduction to Human Body and its System Cell :

- 1.1 Structure of cell, micro-molecules of cells,
- 1.2 Macromolecules of cell, functions of cell, tissue.
- 1.3 Different types of tissue.
- 1.4 Skeletal System - Composition (No. of bones and types) joints - types and structure of the all joints, structure of vertebral column. Cervical lumbar vertebral. (20)

Module - II Muscular System :

- 2.1 Types and structure of muscle,
- 2.2 Properties of muscles, and elementary knowledge of muscle contraction,
- 2.3 Muscle tone, muscular strength.
- 2.4 Muscle fatigue function of muscular tissue in the body. (20)

Module - III Digestive System :

- 3.1 Structure of digestive tract
- 3.2 Special emphasis of functions
- 3.3 Each digestive organ for digestion.
- 3.4 Physiology of digestion. (20)

Module - IV Respiratory System :

- 4.1 Structure of respiratory tract with emphasis on their role in respiration.
- 4.2 Physiology of external and internal respiration.
- 4.3 Effect of Yogic practices on respiratory system.
- 4.4 Elementary knowledge of various respiratory volumes and capacities, respiratory rate / Effect of yogic practices on skeletal, muscular, digestive and respiratory systems.

(20)

Reference Books -

- 1) Sushrut, Sharir Vidnyan - Govind Bharavkar Chanekar
 - 2) Sharir Rachana Vidnyan - Dr.Mukund Swarup Varma
 - 3) Sharir Kriya Vidnyan - Dr.Priyavat Varma
 - 4) Sharir Rachana Evam Kriya Vidnyan - Dr.S.R.Varma
 - 5) Human Physiology - Chatterjee
 - 6) Human Anatomy & Physiology - Dr.A.K.Jain (Arya Publication)
 - 7) Anatomy and Physiology - Prajyot Kaur (2nd Edition) Lotus Publishers.
 - 8) Basic Anatomy and Physilogy - N. Kumar - A.I.T.B.S. Publishers.
 - 9) Anatomy and Physiology - Dr.A.Chandra Shekar (2nd edition) all India Publisher.
 - 10) Textbook of Anatomy and Physiology for health professional, Indu Khurana, Arushi Khurana - CBS publishers.
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SEMESTER - I

PAPER - IV

PRACTICAL (YOGA, PSYCHOLOGY AND ANATOMY - PHYSIOLOGY)

PREAMBLE :

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint

and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

COURSE OUTCOMES :

The student will able to :

1. Work quietly without disturbing classmates.
2. Fun participating in the activity.
3. Motivate to continue the activity outside of class.
4. Assist a partner when called upon to help them with poses.
5. Develop a greater sense of body self esteem and appreciation for the art of yoga.

A) Yoga Practical - (40)

Prayer, Gayatri Mantra, Mahamrimumjaya Mantra

Shatkarmas : Jala Neti, Rubber Neti, Waman,

Asan : Surya Namaskar, Pawan Muktasan Part - 1, 2, 3, Sankat Asan, Tadasan, Triyak

Tadasan, Makrasan, Matsyasan, Ardhalasan Padmasana, Janu Shirasana, Gokukhasana, Vakrasana, Naukasan, Mandukasana, Shawasan

Pranayama : Breathing practice-abdominal, chest and yogic, Poorak, Kumbhak, Rechak
Anulome - vilome.

Bandh : Udiyan, Moolbandh, Jalandhar bandh.

Mudra : Panchtatva mudra

B) Psychological Practical (15)

- 1) Sentence completion test
- 2) Problem solving
- 3) Washler intelligence test
- 4) EPQ-r/16PF

C) Physiological Practical**(15)**

- 1) Body Temperature
- 2) Pulse rate
- 3) Recording of Systolic, Diastolic blood pressure.
- 4) Models or specimen spotting - Brain, Bones, Lungs, Heart, Human Skeleton.
- 5) Chart identification of All Bodily Systems

Reference : (Practical)

1. Purna Yoga - Shanti Dharmanand Saraswati
2. Yoga Sarvansathi - B.K.S. Ayyangar
3. Yoga Nidra - Swami Satyanand Saraswati
4. Pran, Pranayam, Pran Vidya - Swami Niranjananand Saraswati.
5. Pranayam Tatha Yougik Vyayam - Dr.Usha Gopal
6. Asan Pranayam Mudra Bandh - Swami Satyanand Saraswati
7. Saral Yogasan - Dr.Ishwar Bharadwaj
8. Yoga Darshan - Dr.Chandrakant Mishra, Dr.Ramakant Mishra.
9. Bharatiya Yoga Parampara Ke Vividh Ayam Rajkumari Pandey.
10. Yoga Ek Kalpataru - B.K.S. Ayyangar
11. Yoga Vidnyan Pradipika - Dr.Vijaypal Shastri.
12. Yoga Aur Sadhana - Swami Vidnyanand Saraswati.

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SEMESTER - II**PAPER - I****ANATOMY, PHYSIOLOGY AND YOGIC PRACTICES - II****PREAMBLE :**

Anatomy is the corner stone of medical education. It is the study of structure of human body in all its totality. Understanding the organs their structure and correlating it with their physiology leads to a truly holistic approach which can help the clinicians to understand the intricacies of disease their presentations and mode of treatment.

COURSE OUTCOMES :

Students will be able to :

1. Knowledge of endocrine system
2. Impart the knowledge blood group difference.
3. Understand the cardiovascular system, Urinary system, reproductive system and body defence mechanism.

Module - I Cardio-Vascular :

- 1.1 Its components,
- 1.2 Structure & functioning of Heart, Structure and function of nose, ears, eyes, skin
- 1.3 Blood, its composition & function
- 1.4 Chief characteristics of Artery & Veins. (20)

Module - II Nervous System :

- 2.1 Introduction to Nervous System,
- 2.2 Its types transmission of Nerve impulse, Reflex action,
- 2.3 Explain central nervous system,
- 2.4 Peripheral nervous system & Autonomic nervous system./ Effects of yogic practices on Nervous system (20)

Module-III Excretory System :

- 3.1 Organs of excretory system, their structure, structure of a nephron,
- 3.2 Physiology of the formation of urine.
- 3.3 Reproductive System: Structure, physiology of Male & Female reproduction system, describe functions.
- 3.4 Effect of yogic practices on reproductive system.

Module-IV Endocrinal System :

- 4.1 Meaning of Endocrine and exocrine glands & their differentiation, name
- 4.2 Location of endocrine glands, meaning of hormone & enzyme

4.3 Differentiations, hormones of pituitary, thyroid, parathyroid, pancreas, adrenal gland

4.4 Their functions in the body. (20)

Reference books -

1. Sarir Kriya Vigyan - Priyabrata Sharma
2. Sarir Rachana Vigyan - Mukund Swarup Verma
3. Ayurvedic Kriya Sarir - Ranjeet Sabaya Desai
4. Yoga avam swasthya - Raaj Publication
5. Manav Sarir Deepika - Dr. Mukund Swarup Verma
6. Health for all through yoga - Dr.Ganesh Shanker Ghi .
7. Basic Physiology - E.D. Amour Fred
8. Human Physiology - Chakravarti, Ghosh and Sahana
9. Medical Physiology - Gautam
10. Basic Anatomy and Physiology - Dr.A.K.Jain (3rd Edition) - Arya Publication
11. Anatomy physiology and health education - Rohini Agrawal, Neeraj Agrawal
12. Human Anatomy and Physiology - T.S. Ranganathan.

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SEMESTER - II

PAPER - II

HATHA YOGA AND YOGA THERAPY

PREAMBLE :

Hatha simply refers to the practice of physical yoga postures, meaning your Ashtanga, vinyasa, Iyengar and Power Yoga classes are all Hatha Yoga. The word "hatha" can be translated two ways : as "willful" or "forceful", or the yoga of activity, and as "sun" (ha) and "moon" (tha), the yoga of balance.

COURSE OUTCOMES :

Students will be able to :

1. Improves strength, balance and flexibility.
2. Apply the knowledge to relieve back pain, to minimize symptoms of arthritis.
3. Related the yoga for benefits heart health.
4. Understand the relaxation pattern and improves sleep pattern.

Module - I Introduction to Hath Yoga**(20)**

- 1.1 Hatha Yoga - Meaning, Definition, Aim & Component of Hatha yoga
- 1.2 Principles of practicing Hatha yoga, Time, season, diet & place for practicing Hatha Yoaa
- 1.3 Sign and symptoms of success in Hath yoga
- 1.4 Brief introduction of Hath Yogic Granth. / Introduction of Hatha Yogic Granthas :
Hath Pradipika Gherand Sahita, Shivsahita, Yogataravali etc.

Module - II Physiological Psychological and spiritual Aspects for Hath Yoga (20)

- 2.1 Contents of yogic practices in Hath yoga./ Effect of Asan, pranayama, bundha and mudra on human body.
- 2.2 Shuddhikriya and its physiological effect.
- 2.3 Effect of Hatha Yogic Practices on Human / Human Physiology
- 2.4 Spiritual development through Hatha Yogic Practices.

Module - III Meaning and Definition of Health Characteristics of Healthy person (20)

- 3.1 Exercise : Meaning & types of exercise. Difference between yogic and non yogic system of exercise
- 3.2 Concept of Sandhyoupasana, Sleep and Celibacy. Ritucharya, / Accumulation of diseases (dosh) a/c to seasons, their effects and remedies.
- 3.3 Meaning and concept of yoga therapy, Principles, Scope , limitation of yogic therapy.
- 3.4 Causes, signs, symptoms and yogic treatment including dietary measures / Backache, sciatica, cervical spondylitis, arthritis,

Module - IV Causes, signs, symptoms and yogic treatment including Dietary measures**(20)**

- 4.1 Meaning and concept of yoga therapy principles, scope, limitation of yogic therapy.
- 4.2 Yoga therapy for obesity, constipation, indigestion, peptic ulcer, gastric acidity./
Insomnia, stress & depression, thyroid, sinusitis
- 4.3 Causes, sign, symptoms and yogic treatment including dietary measures of the following:
- 4.4 Women problems — (Menstrual problem, Leucorrhoea); Anemia, Headache & Migraine / Angina/Pectoris/High and low blood pressure.

Reference Books

- 1) Hatha yoga for human health- Dr. Nitin Korpai and Dr. Ganesh Shankar.
- 2) Classical and Modern approaches to yoga - Dr. Ganesh Shankar.
- 3) Anatomy & Physiology of Yogic Practices - B.K. Iyonger.
- 4) Roga or yoga- Swami Shivanand
- 5) gmYZm (n{V`m| H\$m kmZ-{dkmZ - n\$.Iram_e_m© AmMm`©
- 6) AmgZ àmUm`m_go Am{Y-ì`m{Y {ZdmaU - n\$.Iram_e_m©

AmMm`©

- 7) Sadhana Paddhation ka gyan or vigyan, pl. Shri Ram Sharma.
- 8) Hatha yoga pradipika - Kaivalyadham lonawala
- 9) Hatha Yoga Pradipika - Swatmaran Krut Swami Digamberji
- 10) Gorak Samhita - Gorakhnath Mandir, Gorakhpur.
- 11) Gherand Samhita - Kaivalyadham Lonawala
- 12) Textbook of yoga - Yogeshwar
- 13) Mysterious Kundalini - Dr.Vasant Rule
- 14) Asana, Pranayama, Mudra, Bandha - Swami Satyanand Saraswati.

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SEMESTER - II
PAPER - III
DIET AND MEAL PLANNING

PREAMBLE :

Food is usually of plant animal or fungal origin and contains essential nutrients, such as carbohydrates, fats, proteins, vitamins or minerals. The substance is ingested by an organism and assimilated by the organism's cells to provide, energy. Maintain life, or stimulate growth. Yogic diet is just like sattvik diet and has almost the same rules. A yogic diet is the type of diet that should be followed to enter into the world of claim. Meditation and yoga. A yogic diet is mainly a sattvik diet. Which instructs to consume fresh fruits and vegetables and avoid the consumption of meat, eggs, onion, garlic, fried foods and alcohol. A yogic diet also tells you to follow mindful eating. Which implies the restriction of meat specifically. A yogic diet basically includes fruits. Vegetables, whole grains such as oats, legumes, plant based oils and herbal teas. The foods that are microwave, genetically modified. Canned or processed foods should also be avoided.

COURSE OUTCOMES :

Students will be able to :

1. Understand the constituents of food and functions of various nutrients.
2. Apply the knowledge of nutrition in planning meal for various conditions.

Module - I A) Definition of food, its classification and its function; (20)

- 1.1 Concept of Balanced Diet
- 1.2 Concept of Mitaahar, Alpaahar and Yogic diet & it's types.

B) Diet planning

- 1.3 Study of Protein, carbohydrate, fat, fiber & water, their daily allowed effect of their deficiency and excess.
- 1.4 Concept of vegetarian and non vegetarian diet and weight management

Module - II Study of vitamins and minerals (20)

- 2.1 Study of vitamin (A-B-C-D-K-E-K,B,B,B)
- 2.2 Its importance.
- 2.3 Study of mineral Iron Iodine, sulphur phosphorus, calcium.
- 2.4 Daily allowance, deficiency and excess of vitamins and minerals.

Module - III Meal planning (20)

- 3.1 What is meal planning
- 3.2 Concept of meal planning
- 3.3 Principles of meal planning
- 3.4 Factors effecting meal planning.

Module - IV Meal planning programme (Choice base credit) (20)

- 4.1 Meal planning During Pregnancy,
- 4.2 Lactating Mother, After menopause,
- 4.3 Working women,
- 4.4 Old age persons.

Reference Books :

- 1. A hand book of food & nutrition - F. P. Antia
- 2. Foods & nutrition - Swaminathan
- 3. Normal & therapeutic nutrition - Robinson lawler
- 4. Fundamentals of food & nutrition - S.R. Mandambi and M.V.Rajagopal

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SEMESTER - II
PAPER - IV
PRACTICAL YOGA, PSYCHOLOGY AND ANATOMY-PHYSIOLOGY

PREAMBLE :

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student will be able to understand the concept of Preventive Healthcare, Promotion of Positive Health and Personality Development through Yoga.

COURSE OUTCOMES :

The student will be able to :

1. Identify poses using the sanskrit name.
2. Categorize poses from a list by increasing level of difficulty.
3. Sequence three poses according to a practice.
4. List the correct progressions into a given pose.
5. Identify some of the major muscles used in any given poses.

Programme - 2

A) Yoga Practical

(40)

Saraswati Mantra, Roodropasana, Swastic Mantra, Prayer and Soham - 2 japte-2.

Shatkarma : Sutra Neti, Nauli, Kapal Bhati, (Vat Karma) Shitkar kapalbhati tratak, Agnisar.

Asana : Surya Namaskar, Pragya Yoga, Vrikshasana, Padhastasan, Triyak band, chakrasana ardha chandrasan, Katichakras, Trikonasana, Padhastasan, Vajrasana,

Supt Vajrasana, Shashankasana, Akarana Dhanurasana, Padmasana, Swastikasana, Sidhasana, Sukhasana, Ardhdhanrasana, Sarpasana, Bhujangasana.

Pranayama : Nadi Shodha? Ujjai, Bhramari, Surya Bhedan.

Mudra : Nabho mudra, Vipareet Karani mudra, shambhavi mudra, bandh, Hastamudra, Dhyan Mudra, Vayu Mudra.

Bandh : Tribandh

Meditation : Dharna, Dhyan.

B) Psychology (Practical): (15)

1. Adjustment Inventory
2. Stress Inventory
3. P.G.I. Health Questionnaire
4. Children's problems check list

C) Physiology (Practical): (15)

1. Blood estimation -D.L.C., T.L.C., H.B
2. Urine estimation - Sugar. Uric Acid, Ketone body, Protein.

* Internal marks will depend upon die attendance, project report, chart/model, presentation & file.

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