



POORNIMA UNIVERSITY

Member of Association of Indian Universities & Approved by UGC (Govt. of India) under 2(f) & 12(B)

FACULTY OF SCIENCE & HUMANITIES

DEPARTMENT OF YOGIC SCIENCE



SCHEME & SYLLABUS BOOKLET

BATCH 2023-2025

SCHEME & SYLLABUS

BATCH: 2023-25

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Disclaimer: The scheme, syllabus and other materials published in this booklet may be changed or modified as per the requirement after approval of competent authority. The decision taken by the management of Poornima University will be final and abiding to all.

Student Details

Name of Student:		
Name of Program:		
Semester:	Year:	Batch:
Faculty of:		



Your Dreams Our Goal
POORNIMA
UNIVERSITY

Member of Association of Indian Universities & Approved by UGC (Govt. of India) under 2(f) & 12(B)

VISION

To create knowledge based society with scientific temper, team spirit and dignity of labor to face global competitive challenges.

Mission

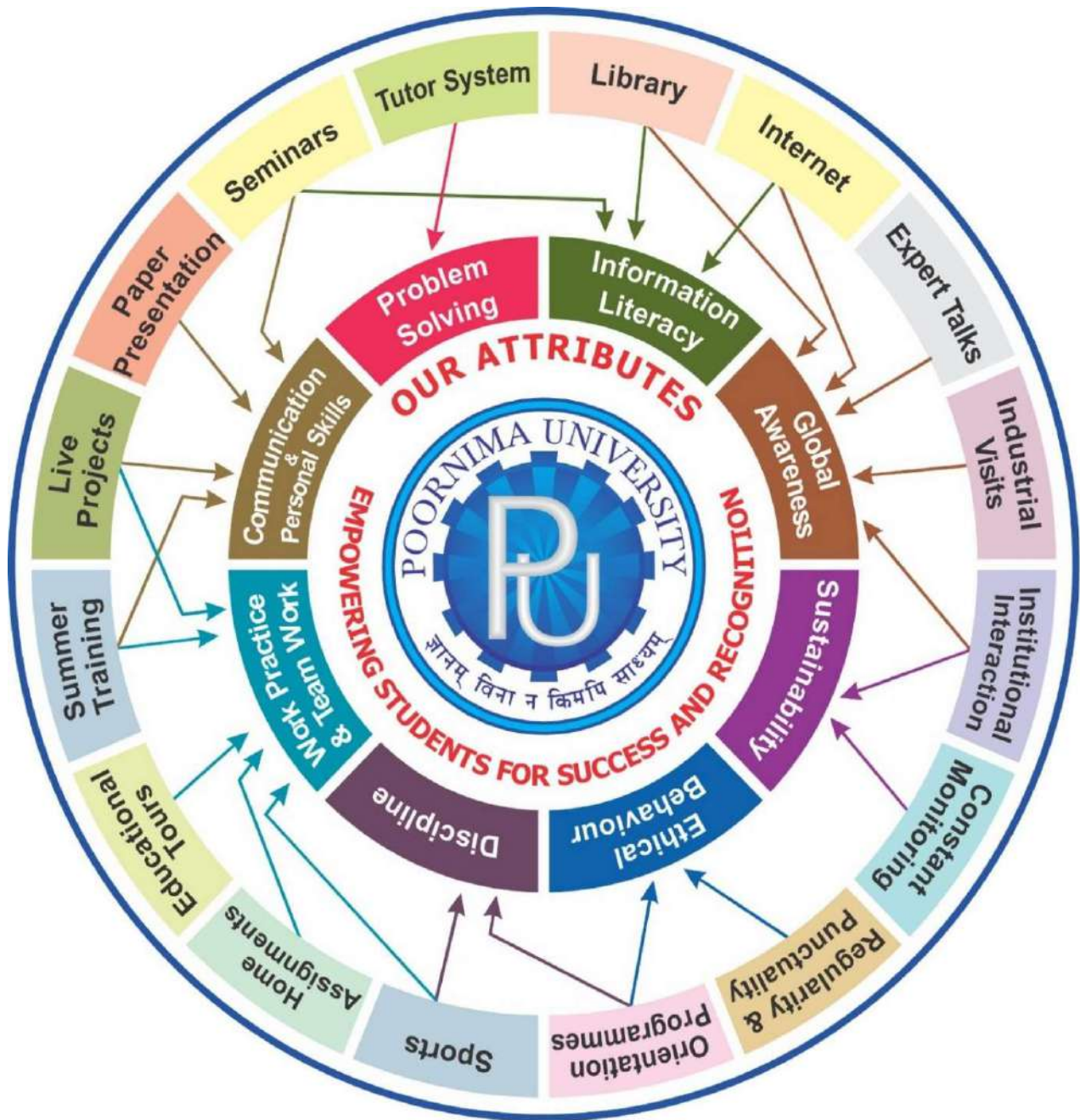
To evolve and develop skill based systems for effective delivery of knowledge so as to equip young professionals with dedication and commitment to excellence in all spheres of life.

Quality Policy

To provide Quality Education through Faculty development, updating of facilities and continual improvement meeting University norms and keeping stake holders satisfied.

Knowledge Wheel

At Poornima, the academic atmosphere is a rare blend of modern technical as well as soft skills and traditional systems of learning processes.



About Program and Program Outcomes (PO):

Title of the Programme: Bachelor of Technology (B. Tech.)

Nature of the Programme: B. Tech. is four year full-time programme.

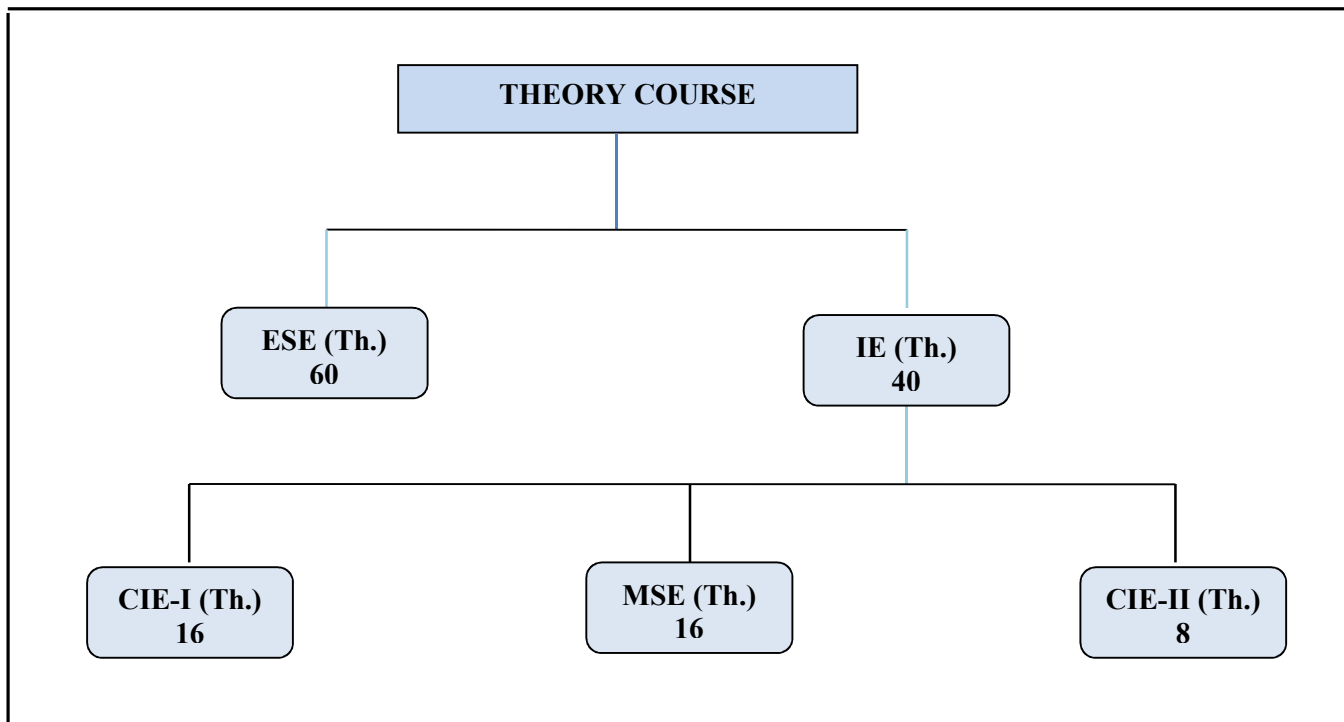
Program Outcomes (PO) :

Engineering Graduates will be able to:

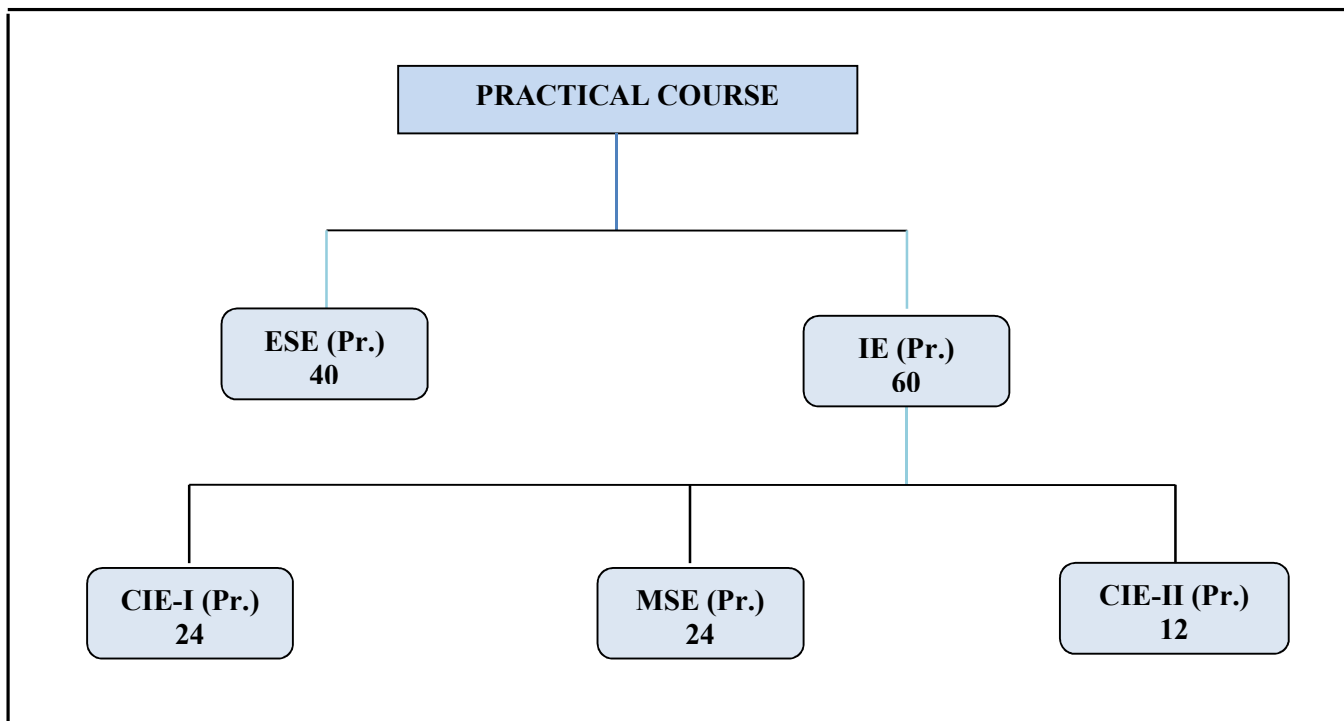
- 1. Engineering knowledge:** Apply the knowledge of mathematics, science, engineering fundamentals, and an engineering specialization to the solution of complex engineering problems.
- 2. Problem analysis:** Identify, formulate, review research literature, and analyze complex engineering problems reaching substantiated conclusions using first principles of mathematics, natural sciences, and engineering sciences.
- 3. Design/development of solutions:** Design solutions for complex engineering problems and design system components or processes that meet the specified needs with appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations.
- 4. Conduct investigations of complex problems:** Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
- 5. Modern tool usage:** Create, select, and apply appropriate techniques, resources, and modern engineering and IT tools including prediction and modelling to complex engineering activities with an understanding of the limitations.
- 6. The engineer and society:** Apply reasoning informed by the contextual knowledge to assess societal, health, safety, legal and cultural issues and the consequent responsibilities relevant to the professional engineering practice.
- 7. Environment and sustainability:** Understand the impact of the professional engineering solutions in societal and environmental contexts, and demonstrate the knowledge of, and need for sustainable development.
- 8. Ethics:** Apply ethical principles and commit to professional ethics and responsibilities and norms of the engineering practice.
- 9. Individual and team work:** Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings.
- 10. Communication:** Communicate effectively on complex engineering activities with the engineering community and with society at large, such as, being able to comprehend and write effective reports and design documentation, make effective presentations, and give and receive clear instructions.
- 11. Project management and finance:** Demonstrate knowledge and understanding of the engineering and management principles and apply these to one's own work, as a member and leader in a team, to manage projects and in multidisciplinary environments.
- 12. Life-long learning:** Recognize the need for, and have the preparation and ability to engage in independent and life-long learning in the broadest context of technological change.

Examination System :

A. Marks Distribution of Theory Course:



B. Marks Distribution of Practical Course :



Th.: Theory, **Pr.:** Practical, **ESE:** End Semester Examination, **MSE:** Mid Semester Examination, **CIE:** Continuous Internal Evaluation.

CO Wise Marks Distribution:

Exam Entity	Theory Subject		Practical/ Studio Subject	
	Maximum Marks	CO to be Covered	CO to be Covered	Maximum Marks
CIE-I	16 (8 + 8)	1 & 2	1 & 2	24 (12 + 12)
MSE	16 (8 + 8)	3 & 4	3 & 4	24 (12 + 12)
CIE-II (Activity/ Assignment)	8 (8)	5	5	12 (12)
ESE	60	-	-	40
TOTAL	100	-	-	100

Minimum Passing Percentage in All Exams:

S No.	Program Name	Minimum Passing Percentage in		
		IE Component	ESE Component	Total Component
1	Course Work for PhD Registration	-	-	50%
2	B. Arch.	-	45%	50%
3	MBA, MCA, M.Des., M.Tech., M.Plan, MHA, MPH	-	40%	40%
4	MBA, MCA, M.Des., M.Tech., M.Plan, MHA, MPH	-	35%	35%

SGPA Calculation

$$SGPA = \frac{C_1G_1 + C_2G_2 + \dots + C_nG_n}{C_1 + C_2 + \dots + C_n}$$

$$SGPA = \frac{\sum_i C_i \times G_i}{\sum_i C_i}$$

where (as per teaching scheme & syllabus):

C_i is the number of credits of subject i ,

G_i is the Grade Point for the subject i and $i = 1$ to n ,

n = number of subjects in a course in the semester

CGPA Calculation

$$CGPA = \frac{C_1G_1 + C_2G_2 + \dots + C_nG_n}{C_1 + C_2 + \dots + C_n}$$

$$CGPA = \frac{\sum_i C_i \times G_i}{\sum_i C_i}$$

where (as per teaching scheme & syllabus):

C_i is the number of credits of subject i ,

G_i is the Grade Point for the subject i and $i = 1$ to n ,

n = number of subjects in a course of all the semesters up to which CGPA is computed

Grading Table:

Applicable for B.Arch. & Ph.D. Courses				Applicable for All Courses except B.Arch. & Ph.D.			
Academic Performance	Grade	Grade Point	Marks Range (in %)	Academic Performance	Grade	Grade Point	Marks Range (in %)
Outstanding	O	10	$90 \leq x \leq 100$	Outstanding	O	10	$90 \leq x \leq 100$
Excellent	A+	9	$80 \leq x < 90$	Excellent	A+	9	$80 \leq x < 90$
Very Good	A	8	$70 \leq x < 80$	Very Good	A	8	$70 \leq x < 80$
Good	B+	7	$60 \leq x < 70$	Good	B+	7	$60 \leq x < 70$
Above Average	B	6	$50 \leq x < 60$	Above Average	B	6	$50 \leq x < 60$
Fail	F	0	$x < 50$	Average	C	5	$40 \leq x < 50$
Absent	Ab	0	Absent	Pass	P	4	$35 \leq x < 40$
				Fail	F	0	$x < 35$
				Absent	Ab	0	Absent

CGPA to percentage conversion rule:

$$\text{Equivalent \% of Marks in the Program} = \text{CGPA} * 10$$

Award of Class

CGPA	Percentage	Equivalent Division
$7.50 \leq \text{CGPA}$	75% or more	First Division with Distinction
$6.00 \leq \text{CGPA} < 7.50$	$60\% \leq x < 75\%$	First Division
$5.00 \leq \text{CGPA} < 6.00$	$50\% \leq x < 60\%$	Second Division
$4.00 \leq \text{CGPA} < 5.00$	$40\% \leq x < 50\%$	Pass Class

Guidelines for Massive Open Online Courses (MOOCs)

(Session 2023-24)

Poornima University, in its never ending endeavor to equip students with best-of-class learning and knowledge, has undertaken to include MOOC courses as part of its credit scheme from session 2023-24 onwards. The objective behind this is to enable students to study courses designed by the best teachers in the country and to scale their knowledge base with the rest of learners from the nation. The MOOCs which are included under this scheme is can be chosen from SWAYAM and NPTEL.

1. Introduction of MOOCs: SWAYAM and NPTEL

About SWAYAM:

SWAYAM is a programme initiated by Government of India and designed to achieve the three cardinal principles of Education Policy viz., access, equity and quality. The objective of this effort is to take the best teaching learning resources to all, including the most disadvantaged. SWAYAM seeks to bridge the digital divide for students who have hitherto remained untouched by the digital revolution and have not been able to join the mainstream of the knowledge economy.

This is done through a platform that facilitates hosting of all the courses, taught in classrooms to be accessed by anyone, anywhere at any time. All the courses are interactive, prepared by the best teachers in the country and are available, free of cost to any learner. However learners wanting a SWAYAM certificate should register for the final proctored exams that come at a fee and attend in-person at designated centers on specified dates. Eligibility for the certificate will be announced on the course page and learners will get certificates only if this criteria is matched.

The courses hosted on SWAYAM are in 4 quadrants – (1) video lecture, (2) specially prepared reading material that can be downloaded/printed (3) self-assessment tests through tests and quizzes and (4) an online discussion forum for clearing the doubts. Steps have been taken to enrich the learning experience by using audio-video and multi-media and state of the art pedagogy / technology.

In order to ensure that best quality content is produced and delivered, nine National Coordinators have been appointed. They are:

1. AICTE (All India Council for Technical Education) for self-paced and international courses
2. NPTEL (National Programme on Technology Enhanced Learning) for Engineering
3. UGC (University Grants Commission) for non-technical post-graduation education
4. CEC (Consortium for Educational Communication) for under-graduate education
5. NCERT (National Council of Educational Research and Training) for school education
6. NIOS (National Institute of Open Schooling) for school education
7. IGNOU (Indira Gandhi National Open University) for out-of-school students
8. IIMB (Indian Institute of Management, Bangalore) for management studies
9. NITTTR (National Institute of Technical Teachers Training and Research) for Teacher Training programme

Two types of courses are offered on SWAYAM platform: Credit Courses and Non- Credit Courses. Credit courses are offered for each semester in January and July every year. The list is available on SWAYAM official website: <https://onlinecourses.swayam2.ac.in/>

About NPTEL:

NPTEL (National Programme on Technology Enhanced Learning), is a joint venture of the IITs and IISc, funded by the Ministry of Education (MoE) Government of India, and was launched in 2003. Initially started as a project to take quality education to all corners of the country, NPTEL now offers close to 600+ courses for certification every semester in about 22 disciplines.

Some highlights:

- Largest online repository in the world of courses in engineering, basic sciences and selected humanities and management subjects
- YouTube channel for NPTEL – most subscribed educational channel, 1.3 billion views and 40+ lakhs subscribers
- More than 56000 hours of video content, transcribed and subtitled
- Most accessed library of peer-reviewed educational content in the world
- Translation of more than 12000 hrs of English transcripts in regional Indian languages

NPTEL Online Certification:

The objective of enabling students obtain certificates for courses is to make students employable in the industry or pursue a suitable higher education programme. Through an online portal, 4, 8, or 12-week online courses, typically on topics relevant to students in all years of higher education along with basic core courses in sciences and humanities with exposure to relevant tools and technologies, are being offered. Enrolment to and learning from these courses is free. Following these online courses, an in-person, proctored certification exam is conducted and a certificate is provided through the participating institutions and industry, as applicable.

Some statistics regarding the open online courses since March 2014 till Dec 2021

Completed courses: 3496;

Enrollments across courses: 1.58 CRORE +

Number of exam registrations: 15.1 LAKH +

All the statistics pertaining to completed courses are available at <https://beta.nptel.ac.in/courses>. All courses are completely free to enroll and learn from. The certification exam is optional and comes at a fee of Rs 1000/course exam.

2. MOOCs at Poornima University:

MOOCs envelops best in class teaching - learning processes along with meeting the requirements of various courses in terms of quality of teaching and evaluation system. To promote the MOOCs among students of Poornima University, it is decided to consider the credits earned through MOOCs.

(a) Options for MOOCs at Poornima University

(For this document, only those MOOCs will be considered which are available on SWAYAM & NPTEL platforms)

- Credit and Non-credit SWAYAM MOOCs can be opted by anyone, anytime, anywhere and in any language. However, prior-permission of the University Authorities is mandatory if the credits are to be transferred to regular degree.
- In case of credit courses, there are two ways to opt these courses for the purpose of credit transfer to PU system as given below:

OPTION–I: As Open Elective (for batches entered till 2022) / Multidisciplinary Courses (for batches admitted from 2023-24 onwards):

Open Elective (for batches entered till 2022) / Multidisciplinary Courses (for batches admitted from 2023-24 onwards) are available at University level in offline mode for which relevant booklets are already published. **These courses carries 02 credits.** These category/type of courses (similar/different) are also available as MOOC courses. The respective Deans / HODs shall provide both the options to all the students to either select offline courses or MOOCs as per details given below:

- Deans / HODs shall prepare a list of upto 05 appropriate MOOC courses of 02/03 credits each, well in advance (at-least 15 days prior to commencement of semester) and take approval from the Office of Dean, Academics / Pro-President, PU.
- After approval, the respective Deans / HODs shall circulate a notice to all their respective students so that they can select any one course from the list, the credits (**only 02**) of which will be counted against Open Elective/ Multidisciplinary courses pertaining to that particular semester.
- If the students are not willing to opt for MOOC Open Elective/ Multidisciplinary course, they can proceed with the current offline practice of opting for Multidisciplinary courses.
- The tutor of the class shall monitor the progress (assignments, feedback, any problem etc.) on weekly basis and report to Head/Dean.

OR

OPTION–II: As Major / Minor Courses:

- Deans / HODs shall identify a course of **03 credits** for each semester, well in advance (at-least 15 days prior to commencement of semester) and take approval from the Office of Dean, Academics / Pro-President, PU.
- After approval, the respective Deans / HODs shall circulate a notice to all their respective students citing that the particular course will be conducted through MOOCs only and is compulsory for all respective students. The credits of this course will be counted against Major/Minor courses pertaining to that particular semester.
- The tutor of the class shall monitor the progress (assignments, feedback, any problem etc.) on weekly basis and report to Head/Dean.
- This is to be noted that if Deans / HODs decide to conduct any major/minor course in any semester through MOOCs, no offline course will be conducted against that.

(b) Important points related to MOOCs at Poornima University

- Only one MOOC shall be allowed in a particular semester for the purpose of credit transfer in the beginning.
- No attendance will be taken for MOOC courses.
- Last period of T/T/S shall be taken for MOOC courses which shall be in self-study mode.
- The method of assessments of MOOC such as assignments and examination are completely associated with that particular MOOC and no exam will be conducted by the department as well as by the Examination Cell.
- The respective Dean / HOD must submit the detail of course i.e., code, name and credit of MOOC opted against that particular course in particular semester attached with highlighting in the related examination scheme of syllabus of that semester signed by BOS Convener / HoD and Dean of Faculty to the office of Pro-President before commencement of the classes.
- SWAYAM will award a certificate to all the students passing the examination along with the credit earned. The center of examination for SWAYAM MOOCs will be finalized by SWAYAM. All the responsibility related to registration for MOOCs, timely submission of assignments, examinations etc. will be borne by the students only.
- The list of registered students in MOOC along with name of course will be submitted to the Examination Cell by the Deans / HoDs before commencement of the classes.
- Any student who would not be able to register/present/clear/pass the MOOC in the stipulated time, it is the choice of the student that he or she may register in next semester (odd or even) with MOOC again or appear as a back exam candidate of the University as per PU norms.
- There will be no provision of re-evaluation of MOOC.
- The scorecard and related certificate of MOOC along with a consolidated list of students with marks of assignment

and final exam will be submitted to the examination cell by the concerned Dean / HOD for further process. It is also recommended that alteration/changes/scaling in marks obtained by the students in any MOOC will not be considered.

- The exam registration fee of MOOC up to Max. INR 1000/- will be reimbursed to the student only after successful completion of the course in first attempt and submission of the fee receipt, score-card and certificate of the MOOC to the concerned department within stipulated time after declaration of the results.

NOTE: This is to be noted that the procedure for getting approval from BOS, Faculty Board, Academic Council and BoM is to be followed as per regular process.

Attached Items:

Open Elective Booklet	Annexure-1
Soft Skills Booklet	Annexure-2
Value Added Course Booklet	Annexure-3

Programme Outcomes (PO):

1. PO 1 – To Learn the concept of Yoga therapy in healing the common health related disorders.

PO 2 – To Understand the therapeutic aspect of yoga, understand various models of yoga therapy and complementary therapies through applied yoga also to learn the history and foundation of yoga.

PO 3 –To Learn the specifics therapeutic yoga poses, breathing exercises, cleansing processes and meditative practices with Anatomical perspective as per Yogic Texts.

PO- 4 – To apply ethical principles and commit to professional ethics and responsibilities and norms of the Yoga therapy practices.

PO-5 - To Understand The physiological, psychological, emotional effects of yogic practices & Also therapeutic aspects of Diet & Nutritions.

PO-6 – To introduce Different integrated yoga therapy techniques for the society by understanding there health conditions & different disorders.

PO – 7 - To develop disease based Yogic protocol for Society, Corporates & Organisations based on the instruction of a Medical Specialist & also To learn various aspects of yoga to maintain positive health by Applying research methodology.

1. POORNIMA UNIVERSITY, JAIPUR									
2. Faculty of Science & Humanities									
Name of Program: Master in yogic studies & therapy management									
Duration: 2 Years Total Credits:									
Teaching Scheme for Batch 2023-25									
Semester-I									
Course Code	Name of Course	Teaching Scheme				Marks Distribution			Credits
		Lecture (L)	Tutorial (T)	Practical (P)	SH	IE	ESE	Total	
A.		Major (Core Courses)							
A.1	Theory								
MYSCYS1101	Foundation of Yoga	4	-	-		40	60	100	4
MYSCYS1102	Basics Human anatomy & Physiology	4	-	-		40	60	100	4
MYSCYS1103	Indian Philosophies	4	-	-		40	60	100	4
MYSCYS1104	Bhagwat Geeta & its therapeutics Aspects	4	-	-		40	60	100	4
A.2	Practical								
MYSCYS1201	Yoga practical - 1	-	-	6		60	40	100	3
MYSCYS1202	human biology & Biomechanics of Yogasana - lab	-	-	6		60	40	100	3
B.		Minor Stream Courses/ Department Electives							
B.1	Theory								
B.2	Practical								
	-								
C		Multidisciplinary Courses							
		-	-	-					
D		Ability Enhancement Courses (AEC)							
BULCHU1208	Communication Skills		-	2		60	40	100	1
E		Skill Enhancement Courses (SEC)							
F		Value Added Courses (VAC)							
G		Summer Internship / Research Project / Dissertation							
Total		16	0	14					23

H: Supporting Hours
Classes will be conducted five days.

Total Teaching Hours		POORNIMA UNIVERSITY, JAIPUR							
Faculty of Science & Humanities									
Name of Program: Master in yogic studies & therapy management									
Duration: 2 Years					Total Credits:				
Teaching Scheme for Batch 2023-25									
Semester-II									
Course Code	Name of Course	Teaching Scheme				Marks Distribution			Credits
		Lecture (L)	Tutorial (T)	Practical (P)	SH	IE	ESE	Total	
A. Major (Core Courses)									
A.1 Theory									
MYSCYS2101	Hatha Yoga & its therapeutic Aspects	4	0	0		40	60	100	4
MYSCYS2102	Yoga & Psychology	4	0	0		40	60	100	4
MYSCYS2103	Patanjali Yoga Sutra & its THERUPUTIC ASPECTS	4	0	0		40	60	100	4
MYSCYS2104	THEUROPATIC ASPECTS OF DIET & NUTRITION	4							4
A.2 Practical									
MYSCYS2201	Yoga practical - 2	0	0	6		60	40	100	3
MYSCYS2202	human biology & Biomechanics of Yogasana - lab	0	0	6		60	40	100	3
B. Minor Stream Courses / Department Electives									
B.1 Theory (Any one)									
B.2 Practical									
C. Multidisciplinary Courses									
D. Ability Enhancement Courses (AEC)									
BULCHU2208	Communication skills	0	0	2		60	40	100	1
E. Skill Enhancement Courses (SEC)									
F. Value Added Courses (VAC)									
G. Summer Internship / Research Project / Dissertation									
Total	16	14							
Total Teaching Hours		30							23

SH: Supporting Hours

*Classes will be conducted five days.

POORNIMA UNIVERSITY, JAIPUR									
Faculty of Science & Humanities									
Name of Program: Master in yogic studies & therapy management									
Duration: 2 Years Total Credits:									
Teaching Scheme for Batch 2023-25									
Semester-III									
Course Code	Name of Course	Teaching Scheme			SH	Marks Distribution			Credits
		Lecture (L)	Tutorial (T)	Practical (P)		IE	ESE	Total	
A.		Major (Core Courses)							
A.1	Theory								
MYSCYS3101	Teaching Methods of yoga	4	0	0		40	60	100	4
MYSCYS3102	Research Methods & Statistics	4	0	0		40	60	100	4
MYSCYS3103	Integrated Yoga therapy 1	4	0	0		40	60	100	4
MYSCYS3104	Yoga & Sports Science	4	0	0		40	60	100	4
A.2	Practical								
MYSCYS3201	Yoga practical – 3	0	0	4		60	40	100	2
Minor Stream Courses / Department Electives									
B.1	Theory								
B.2	Practical								
C	Multidisciplinary Courses (MC)								
D	Ability Enhancement Courses (AEC)								
E	Skill Enhancement Courses (SEC)								
F	Value Added Courses (VAC)								
	-	-	-	-					
G	Summer Internship / Research Project / Dissertation								
MYSCYS3501	Internship			10					5
Total		16		14					
Total Teaching Hours		30							23

SH: Supporting Hours

*Classes will be conducted five days.

POORNIMA UNIVERSITY, JAIPUR									
Faculty of Science & Humanities									
Name of Program: Master in yogic studies & therapy management									
Duration: 2 years Total Credits:									
Teaching Scheme for Batch 2023-25									
Semester- IV									
Course Code	Name of Course	Teaching Scheme			Marks Distribution			Credits	
		Lecture (L)	Tutorial (T)	Practical (P)	SH	IE	ESE		Total
A.		Major (Core Courses)							
A.1	Theory								
MYSCYS4101	Integrated Yoga therapy	2	0	0		40	60	100	2
MYSCYS4102	Science of Meditations	2	0	0		40	60	100	2
MYSCYS4103	Introduction to Alternate Therapies	2	0	0		40	60	100	2
A.2	Practical								
MYSCYS4201	Yoga practical - 4	0	0	4		60	40	100	2
MYSCYS4201	IYT PRACTICAL - lab	0	0	4		60	40	100	2
B.	Minor Stream Courses / Department Electives								
B.1	Theory (Any One)								
B.2	Practical								
C	Multidisciplinary Courses								
D	Ability Enhancement Courses (AEC)								
E	Skill Enhancement Courses (SEC)								
F	Value Added Courses (VAC)								
		-	-	-					
G	Summer Internship / Research Project / Dissertation								
MYSCYS4601	Dissertation			16					8
Total		6	0	24					
Total Teaching Hours		30							18

Code: MYSCYS1101

Foundation of Yoga

4Credits[LTP: 4-0-0]

COURSEOUTCOMES: After Successful completion of the course students will be able to-

- CO1** To understand the introduction of Indian Philosophy
- CO2** To understand the brief history and the basis different yoga.
- CO3** Gain the knowledge of yoga and its important streams .
- CO4** Gain the knowledge of different types of yoga.
- CO5** Gain the knowledge of traditional meditation practice.

A. DETAILED SYLLABUS

Unit	Unit Details
1.	General Introduction to Yoga
	Brief introduction to origin of Yoga, Psychological aspects leading to origin of Yoga, History and Development of Yoga; Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions about Yoga, True Nature of Yoga; General Introduction to Schools (Streams) of Yoga, Principles of Yoga and Yogic practices for healthy living;
2.	General Introduction to Indian Philosophy
	Meaning and definitions of Darshana and Philosophy, Salient features of Indian Philosophy; (Bharateeyadarshana), Branches of Indian Philosophy (Astika and Nastika Darshanas), General introduction to Prasthanatrayee and Purushartha Chatushtaya, General introduction to Shad-darshanas, Yoga in Samkhya and Yoga Darshana
3.	Foundations of Yoga and Yoga Traditions- I
	General introduction to Vedas and Upanishads, Yoga in Pre-vedic period, Yoga in Vedic period, Yoga in Ayurveda, Yoga in Principle Upanishads, Yoga in Yogopanishad;, Yoga in Vedanta; General introduction to Bhagavadgita, Yoga in Bhagavadgita; Introduction to Smritis and Yoga in Smritis, Introduction to Puranas, Nature of Yoga in Bhagavat Purana; Yoga in Yoga Vasishtha, Yoga in Narada Bhakti Sutra, Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints.
4.	Different types of yoga

	Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga.
5.	Introduction to Traditional meditation techniques
	<p>Its nature and scope. Different types of meditation. Scientific Research on meditation. Jainism,</p> <p>Buddhism meditation techniques etc.; Introduction to Jainism, Concept of Kayotsarga (Preksha-dhyana). Introduction to Buddhism: Introduction to Buddhism, Introduction to Sufism: Meaning and Characteristic features of Sufism, Elements of Yoga in Sufism, Sufi Meditation Techniques. Concepts and practices of Yoga in other religions.</p> <p>•</p>

B. RECOMMENDED STUDY MATERIAL:

Sr.No	Reference Book	Author	Edition	Publications
1.	History of Indian Philosophy	Dasgupta S.	Latest	Motilal Banarasidas
2.	A Critical Survey of Indian Philosophy	Sharma, Chandradhar:	Latest	Motilal Banarasidas
3.	Six systems of Indian Philosophy	Agarwal M M	Latest	Chowkhambha Vidya Bhawan, varanai,
4.	Nararad Bhakti Sutra	Swami Bhuteshananda	Latest	Advaa Ashrama Publication- Dept.Kolkata, II Edition, 2009
5	Spiritual Heritage of India (English)	Swami Prabhavananda		Sri Ram krishna Math, Madras, 2004
6	Patanjali suga Sutra			GEETA PARIVAR
7	Mukti ke Char Soupan			Swami Dayanand Saraswati
Websites				

Cos AND Pos MAPPING

COsandPOs	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO.1	1	3	2	-	1	-	1
CO.2	1	3	2	-	1	-	1
CO.3	1	3	3	1	1	-	-
CO.4	1	3	2	-	-	-	1
CO.5	1	2	2	-	-	1	-

Code: MYSCYS1102 **Basics of Human Anatomy & Physiology**

Credits 4[LTP: 4-0-0]

COURSE OUTCOME: After Successful completion of the course students will be able to:

CO1: Discuss introduction to human body with concept of cells, tissues,

- CO2:** Discuss anatomical effects of selected yoga practices on aforesaid contents of human body in evidence-based way.
- CO3:** Discuss physiological effects of selected yoga practices on aforesaid contents of human body in evidence-based way.
- CO4:** Learning of different systems of the body.
- CO5:** Discuss introduction to skeletal system, muscular system, respiratory system, cardiovascular system with their gross anatomy and physiology.

A. DETAILED SYLLABUS

Unit	Unit Details
1.	Introduction to the cells & tissues of the human body
	Introduction to The cells & tissues of the human body, types, structure & functions of the cells; types, structure & functions of tissues (epithelial, connective, muscle, & nervous), Meaning of anatomical terms (median plane, directional terms & regional terms)..
2.	Skeletal System
	. Concept, Types & Functions; Bone: Concept, Types, Number, Gross anatomy & Physiology, & Functions, Bone Cells: Concept, Types & their Functions; Synovial Joints: Concept, types & their features, Spine: Gross Anatomy & Physiology and Functions; Yogic effect on Bone/Skeletal System.

3.	Muscular System
	<ul style="list-style-type: none"> • Concept, Types & Functions; Muscles: Concept, Number, Types, & their Gross Anatomy & Physiology and Functions; Brief introduction , Yogic effect on Muscular System
4.	Cardiovascular System
	<ul style="list-style-type: none"> • Concept, Gross Anatomy, Physiology, & Functions; Blood (RBC, WBC & Platelets): Concept, Composition & Functions; Heart: Gross Anatomy, Physiology, Innervation & Functions; Blood Groups; Blood Vessels (Artery, Vein & Capillary): Gross Anatomy & Functions; Cardiac output, Blood Pressure, Circulation: Concept, Types & their mechanisms; Control of cardiac cycle & circulations; Effect of Yoga on Circulatory system..
5.	Respiratory System
	<ul style="list-style-type: none"> • Concept, Gross Anatomy & Physiology, Types & Functions; Lungs: Gross Anatomy & Physiology and Functions; Respiration: Concept, Types, Gross Anatomy & Physiology, Breathing Mechanics & Gaseous exchange; Respiratory Control Center; Yogic effect on Respiratory System.

B. RECOMMENDED STUDY MATERIAL:

Sr.no	Reference Book	Author	Edition	Publications
1.	<i>Yoga Anatomy</i>	Kaminoff, L.	Latest	Champaign: Human Kinetics
2.	<i>A Medical Understanding of Yoga</i>	Malshe, P.:	Latest	Antra Prakash Centerfor Yoga.
3.	<i>Pranayam Rahasya</i>	Ramdev, S. (2009).	Latest	Divya Prakashan.
4.	<i>Kriya Cleansing in yoga.</i>	Selvarasu, K. V. (2003)	Latest	Ind Yoga Bharat i.
5	<i>Principles of anatomy and physiology</i>	Tortora, G.J. & Derrickson, B.N. (2009).		Hoboken, NJ:Wiley.
6	<i>Principles of anatomy and physiology-II</i>	.J. & Derrickson, B.N. (2009).		Hoboken,NJ: Wiley.
Websites				

Cos AND Pos MAPPING

CO Sand POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO.1	1	1	1	1	1	1	1
CO.2	1	2	1	1	2	1	1
CO.3	1	2	2	2	3	1	1
CO.4	1	1	2	1	3	1	1
CO.5	1	1	3	1	3	1	1

Code: MYSCYS1103

Indian Philosophies

4 Credits[LTP: 4 -0-0]

COURSE OUT COMES: After Successful completion of the course students will be able to-

- CO-1** Appreciate the insight in the six systems of Indian philosophy.
- CO-2** Explain the understanding of Yoga as a philosophy and inculcate the essence.
- CO-3** Describe the various schools of philosophy like Buddhism, Samkhya, Miasma etc.
- CO-4** Discuss concept, objectives, and applications of Indian Culture for living & learning.
- CO-5** Understand the role of Yogic Cancellling.

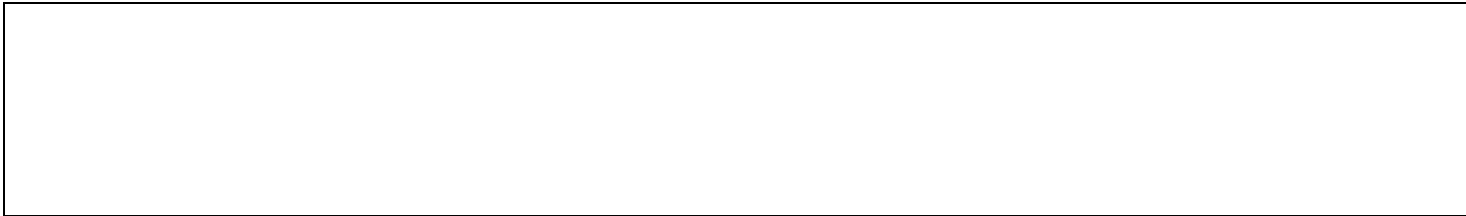
A.

Unit	Unit Details
1.	1. Nyaya and Vaisesika
	1. Nature of physical world, Individual soul, liberation and concept of supreme soul in Indian philosophy, Theory of body, mind and soul and philosophical background, The sixteen Padarthas according to Nyaya, Concept of Nyaya philosophy, means of salvation according to Nyaya and Vaisesika, Means and objects of knowledge according to Nyaya and Vaisesika Category of substance-Nava dravyas, Category of quality-24 gunas, Relation between Nyaya and Vaisesika philosophy.
2.	1. Samkhya and Yoga
	1. Theory of cause and effect; Prakriti and Purusha; Process of evolution of universe and concept of liberation; Concept of Atman, Brahma, Maya, Universe, God; the self and human life; Three fold afflictions and means to overcome afflictions; Twenty five entities according to Samkhya and means of knowledge; Saakarya Vada; Similarities and dissimilarities between Vyakta and Avyakta, Triguna; Existence of Purusa, plurality of Purusa, proximity of Purusa and Prakrti; Karana, Antah Karana and Bahya Karana according to Sankhya Karika; Liberation and means of attaining it; Organization of the Yoga sutras, stages of Chittas, forms of Chitta, modification of Chittas, Kind of Kleshas, the eight fold of Yoga and God & liberation.
3.	1. Unit-3: Mimamasa (Purva and Uttara)
	1. Concept of Badarayana in Uttaramimamsa; Anumana, Sabda; Difference between vidya & avidya, subject & object, creation & causation, cause & effect; Pratyaksa, Anumana, Upamana, Arthapati, Anupalabdi and Sabda according to Uttaramimamsa; Atheism, Dharma in the context of Purvamimasa, Summary of ten Upanisads, 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
4.	1. Unit-4: Naastika philosophy
	1. Carvaka philosophy: Origin and history of Carvaka philosophy, Metaphysics and 17 Epistemology, Buddhism: Four noble truths, Pramanas Jainism: Categories, Triratnas and Syadvada.
5.	
	Culture: Origin, Meaning, Definition and Types; General Introduction to Indian Religious Scriptures-Veda, Upanishad, Manusmriti, Mahabharat, Ramayan, Bhagvat Gita; Salient Features of Indian Culture: Vedic Ashram Vyavastha, Varna Vyavastha, Law of action, Sixteen Rituals and Pancha Mahayajna.

A. RECOMMENDED STUDY MATERIAL:

S.No	Reference Book	Author	Edition	Edition
1.	Bhartiya darshan	Acharya baldev upadhyay	Latest	
2.	Satyarth prakash	swami dayanand saraswati	Latest	Laxmi Publications
3.	Vaidik sahitya evm sanskriti	Dr. kapil dev drivedi	Latest	CBS publishers
4.	Critical Survey of Indian Philosophy	C.D. Sharma	Latest	Motilal Banarsidass Publications 2003.
5.	The Spirit of Indian Philosophy	SRamamurtham	Latest	Dhanpat Rai Publishing Company (P) Ltd
6.	Structural Depths of Indian Thought	P.T. Raju	Latest	SUNY Press, 1985
7.	A History of Indian Philosophy Vol.1	S. N. Dasgupta		Motil Banarsidass Publications, 1992
Websites				



Cos AND Pos MAPPING

COsandPOs	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO.1	1	1	1	1	1	1	1
CO.2	1	2	1	2	1	1	1
CO.3	1	2	3	3	1	2	1
CO.4	1	2	3	1	1	2	1
CO.5	1	1	2	1	1	3	1

COURSE OUTCOME: After Successful completion of the course students will be able to:

Co1-- Understand and discuss Shrimadbhagvad Geeta & Samkhyakarika as basic philosophical and theoretical foundations of Yoga

C02-- Will come to know the theruputic aspects of bhagwat geeta

CO3 Will Understand Different Paths of Yoga as per Bhagwat Geeta.

CO4 Will Understand Philosophy of yoga as per Bhagwat geeta.

CO5 Will Understand the result of bhagwat geeta on nervous system.

A. DETAILED SYLLABUS

Unit	Unit Details
1.	Introduction to Bhagwat geeta
	Introduction to Bhagwat geeta , Soul & Its Characterstics , Sthir Pragya , Karma theory in Bhagwat geeta, Lokasangraha.
2.	Yajna & Its Theories
	Yajna & Its Theories , Fire of Knowledge , Types of Yoga in Bhagwat geeta , Sanyas & Moksha , Qualities of karma Yogi , Practice & Deattachments, Nature & Illusion , Viraat Swaroop , triguna , Devasura Sampada
3.	Sankhya Darshana & Yoga Darshan
	Sankhya Darshana & Yoga Darshan , Principal of Sankhya Darshan , Introduction to 25 elements , Satkaryawad
4.	Depondency of Arjunna
	Depondency of Arjunna, Practice of Dhyan , Stress Model in Bhagwat Geeta
5.	Concept of Ssetra
	Concept of Ssetra – Ksetrajna , Lord Reveals his cosmic form , Trigunas , Diet & Sleep Concept in Bhagwat geeta , Psychoanalytical model of Bhagwat geeta, Cocept of equanimity ,

B. RECOMMENDEDSTUDYMATERIAL:

S.No	ReferenceBook	Author	Edition	Edition
1.	Shrimad bhagwat geeta	Mahrshi Vedvyas	Latest	
2.	Shrimad bhagwat geeta	Acharya shankar	Latest	
3.	Shrimad bhagwat geeta	Lokmanya Tilak	Latest	
4.	Shrimad bhagwat geeta	Satya Vrat Sidhantalankar	Latest	
5.	Yathartha Geeta	Swami Adagdananda ji	Latest	
6.	god talks with arjuna , the bhagwat geeta , 1 st edition	Yoganand p (2002)	Latest	yogoda satsang society of india
7.	Srimad Bhagavad Gita As It Is	A.C BHAKTIVEDANTA		THE BHAKTIVEDANTA BOOK TRUST

Websites

Cos AND Pos MAPPING

COsandPOs	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO.1	1	2	2	1	1	1	1
CO.2	1	2	3	1	1	2	1
CO.3	1	3	2	3	1	2	1
CO.4	1	2	2	1	1	1	1
CO.5	2	1	2	1	2	1	1

COURSE OUTCOME: After Successful completion of the course students will be able to:

- CO1** State techniques, health benefits of yogic practices.
- CO2** To demonstrate and instruct under mentioned yogic practices.
- CO3** State precautions and contraindications of yogic practices.
- CO4** To learn the physical & Mental aspects of Yogasana & Breathing on body.
- CO5** To Learn the Natural detoxification process to cure disease through detoxification techniques.

A. OUTLINE OF THE COURSE

Unit No	Title of the unit	Time required for the Unit (Hours)
1.	Suksha vyayamam & Sthula vyayama	6
2.	Suryanamaskara: With Name & Mantra	6
3.	POSTURES ASANA	6
4.	Pranayama	6
5.	Kriya Practicals	6

B. DETAILED SYLLABUS

Unit	Unit Details
1.	Suksha vyayamam & Sthula vyayama
	ankle, shoulder
2.	Suryanamaskara: With Name & Mantra

3.	POSTURES ASANA
	Tiryak Tadasana 2. Parswa tadasana 3. Trikonasana 4. Parivrita Trikonasana 5. Katichakrasana 6. Veerabhadrasana 7. Uttita Janu Sirshasana Sitting postures: 1. Bhadrasana 2. Virasana 3. Meruvakrasana 4. Ardha - matsyendrasana 5. Ushtrasana 6. Suptavajrasana 7. Simhasana 8. Gomukhasana 9. Shashankasana 10. Marjari : 1.Uttanapadasana 2.Pavanamuktasana. 3.Navasana. 4.Kandarasana/Setubandasan Prone postures: 1.Sarpasana 2.Shalabasana 3.Bhujangasana. : 1.Vipreeta karani Asana 2.Sarvanagasana 3.Halاسana 4.Matsyasana Meditative postures: 1. Sukhasana 2. Vajrasana 3. Ardhapadmasana 4. Padmasana
4.	Pranayama
	1. Surya bedhana. 2. Nadisodhana 3. Sitali 4. Seetkari 5. Ujjayi 6. Bramari 7. Bastrika 8. Moorcha
5.	Kriya Practicals
	Shat- kriyas

C. RECOMMENDED STUDY MATERIAL:

S.No	Reference Book	Author	Edition	Edition
1.	yogic sukshma vyayama(2 nd edition	Dhirendra brahmchari (1975),	Latest	Ind-us Publisher
2.	Asana ,pranayama, mudra , Bandh, (1 st edition) ,	Swami Dayanand saraswati (2015),	Latest	Yoga publication trust , Munger, bihar , india

3.	asana , pranayama, mudra, bandh (3rd edition),	Nagendra HR	Latest	swami vivekanand yoga publication trust , banglore , India
4.				
5.				
6.				
7.				

Cos AND Pos MAPPING

COsandPOs	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO.1	1	1	-	3	1	-	-
CO.2	1	3	-	2	1	-	-
CO.3	1	-	-	3	1	-	-
CO.4	1	1	3	-	-	-	1
CO.5	1	1	3	-	1	1	-

COURSE OUTCOME: After Successful completion of the course students will be able to:

- CO-1** Make students familiar with the systems of the body
- CO-2** Give a hand on experience about the human body using models, charts and pictures.
- CO-3** Make students understand the organization of the body with respect to structural components.
- CO-4** Understand the application of biomechanics in yoga
- CO-5** To learn the action of muscles.

A. DETAILED SYLLABUS

Unit	Unit Details
1.	Demonstration of Organs
	Demonstration of Organs & Viscera regarding Cardio-pulmonary Systems
2.	Bones, and Joints Demonstration
	Bones, and Joints Demonstration
3.	Human Skeleton Demonstration
	Human Skeleton Demonstration
4.	Overview of bones
	Overview of bones , Joints , Muscles, Mechanical laws acting during the movement in human body
5.	Action of muscles
	Action of muscles , location and function of agonist muscles, Antagonist muscles , Synergist muscles, fixators , Anatomic direction plane and Range of motions

B. RECOMMENDED STUDY MATERIAL:

S.No	Reference Book	Author	Edition	Edition
1.	Yoga anatomy	Leslie kaminoff	Latest	Ind-us Publisher
2.				
3.				

4.				
5.				
6.				
7.				

Cos AND Pos MAPPING

COsandPOs	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO.1	1	1	-	3	1	-	-
CO.2	1	3	-	2	1	-	-
CO.3	1	-	-	3	1	-	-
CO.4	1	1	3	-	-	-	1
CO.5	1	1	3	-	1	1	-

Code: MYSCYS2101 **Hatha Yoga & its therapeutic aspects.** **4 Credits[LTP: 4 -0-0]**

COURSE OUTCOME: After Successful completion of the course students will be able to:

- CO1** To give an introduction of Hatha yoga
- CO2** To give an understanding of the prerequisites of Hatha Yoga
- CO3** To introduce the principles of Hatha Yoga
- CO4** To introduce essential Hatha Yoga text
- CO5** Will come to know the therapeutic aspects of hatha yoga

OUTLINE OF THE COURSE

UnitNo.	Title of the unit	Time required for the Unit (Hours)
1.	Hatha Yoga Its Philosophy and Practices	
2.	Hatha Yoga Practices	
3.	Hatha Yogic Practices	
4.	Hathayoga Practices	
5.	Introduction to Hathayogic Texts	

DETAILED SYLLABUS

Unit	Unit Details
1.	Hatha Yoga Its Philosophy and Practices
	Hatha Yoga, its meaning, definition, aims & objectives, misconceptions, obstacles (vighna) and helps (sahayaka) in Hatha Yoga as in Hatha Yoga Pradépika; The Origin of Hatha Yoga, Hatha Yogic Literature, Hatha Yogic Practices as explained in Hatha Yoga Pradépika (HYP); Concept of Mata, Rules & Regulations to be followed by the Hatha Yoga Practitioner, concept of Mitahara, Pathya and Apathya ; Hatha Yogic parampara. Brief introduction to Great Hatha Yogi's of Natha Cult and their contributions to Yoga. Relationship between Hatha Yoga & Raja Yoga.
2.	Hatha Yoga Practices: Shodhana-Kriyas and Asanas

	Shodhana-kriyas, Shodhana-kriyas in Hatha Yoga Pradépika & in Gheranda Samhita and their techniques, benefits and precautions; Role of SHodhana-kriyas in Yoga Sadhana and their importance in Modern day life; Yogasana: its definition, Salient features and importance in Hatha Yoga Sadhana; Asanas in Hatha Yoga Pradépika and Gheranda Samhita: their techniques, benefits, precautions and importance.
3.	Hatha Yogic Practices
	Pranayama – Machanism of correct breathing, Yogic deep breathing, Concept of Püraka, Kumbhaka and Recaka; The concept of Prana, Kinds of Prana and Upa-pranas, Pranayama and its importance in Hatha Yoga Sadhana, Nadishodhana Pranayama, its technique and importance, Pre-requisites of Pranayama; Pranayama practices in Hatha yoga pradépika and Gheranda Samhita, their techniques, benefits and precautions, Hatha Siddhi Lakshanam; Bandhas and role of Bandhatrayas in Yoga Sadhana; Fundamental Mudras in HYP and G.S, Their techniques, benefits and precautions.
4.	Hathayoga Practices
	Concept of Pratyahara, Dharana and Dhyana in Gheranda Samhita and their techniques & benefits; Concept of Samadhi in Hatha-yoga Pradépika, Samadhi Lakshanam and Hatha Yoga Siddhi Lakshanam; The concept of Nada, Four Avasthas (stages) of 25 Nadanusandhana, and its Siddhis; Svara, Importance of Svarodaya-jnana in Yoga Sadhana with special reference to Jnana Svarodaya and Shiva Svarodaya
5.	Introduction to Hathayogic Texts
	Introduction to Basic Hatha Yoga Texts: Basic Hatha Yogic Texts: their nature and objectives, Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita, Hatha Pradeepika, Gheranda Samhita, Breif introduction to Hatha Rathnavali. Applications of Hatha Yogic Practices as elementary practices of Raj Yoga and Holistic Health Promotion, Disease Prevention, Rejuvenation, Healing and Age Reversal.

C. RECOMMENDED STUDY MATERIAL:

Sr.No	ReferenceBook	Author	Edition	Publications
1.	The Science of Yoga,	I. K. Taimini		The Theosophical, Publishing House, Adyar Chennai 2005).
2.	HATHA YOG PRADEEPIKA	SWAMI MUKTIBODHANAND		
3.	GHERANDA SAMHITA	NIRANJAN DAS SARASWATI		
4.	HATHA YOG PRADEEPIKA	LONAWALA		

5.	The Yoga System of Patanjali,	Woods, J.H		M.L.B.D., Delhi, 1988
6.	Hatha Yoga, Its' Context Theory and Practice	Burley, Mikel		M.L.B.D. Delhi, 2000)
7.	Hathayoga Pradipika of Svatmarama	Burnier, Radha		The Adyar Library publications, Chennai. 2000

Cos AND Pos MAPPING

COsandPOs	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO.1	1	3	2	1	1	1	1
CO.2	1	3	3	1	1	1	1
CO.3	1	2	2	1	1	2	1
CO.4	1	2	3	1	1	1	1
CO.5	1	2	2	1	1	1	1

Code: MYSCYS2102

YOGA PSYCHOLOGY.

. 4 Credits[LTP: 4 -0-0]

COURSE OUTCOME: After Successful completion of the course students will be able to:

CO1: Understanding the role of stress in the manifestation of the diseases.

CO2: Impact of stress in psychological and physiological changes in the body.

CO3: Knowing about the counselling, its techniques and its role in managing the root cause of a problem.

CO4: Understanding the Psychology w.r.t. attitude, behaviour and personality of an individual understanding the factors that determine the health of an individual and society at large.

CO5: Understand the role of counselling in manifestation of disease.

A. OUTLINE OF THE COURSE

Unit	Title of the unit	Time Required for the Unit (Hours)
1		6
2		8
3		8
4		8
5		6

B. DETAILED SYLLABUS

Unit	Unit Details
1	HUMAN PSYCHE Concept of Psyche as per Samkhya, Vedanta and Tantra; The nature of Psychology and its definition, Scope and utility of Psychology. Psychology as a study of human behavior; Counseling; Personality development; Counseling; Methods of counseling; Skills of counseling; Issues and challenges; Life's skills for happy life; Code of ethics for lay counselors. Yogic etiology for somatic, mental, social and spiritual disharmony. Definition; Physiological and psychological stress; Understanding stress in accordance with scriptures; Stress assessment tools and biomarkers of stress; Stress & disease
2	YOGA INSIGHTS ON PSYCHOLOGY States of consciousness according to yogic scriptures (Jagrata, Svapna, Susupti and Turiyā) and their applicability; Learning and Remembering in the context of Jnana Yoga (Shravana, Manana and Nididhyasana); Types of personality in the context of different yogic scriptures (Mudha, Kshipta, Vikshipta, Chanchala etc.); Yogic concept of emotions; Cause of emotions in the mind according to Yoga Texts, Physiology of emotions; Mobilizing, transforming and celebrating the emotions.
3	PSYCHIC FORCES, CONFLICTS AND FRUSTRATIONS

	Psychic forces and human behavior, behavior and Consciousness, States of Consciousness, Psychological basis of behavior; Causes and Consequences of Conflicts and Frustrations; Disorders; Common mental disorders; Depressive disorders; Anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention.
4	MENTAL PROCESSES, MOTIVATION, EMOTIONS AND INTELLIGENCE
	Concept (Meaning, definition, types, and process) of Sensation, Perception, Attention, Memory, Learning, Feeling etc and their neurobiology and quantifications; Concept of Human Intelligences – mental Intelligence, emotional intelligence, social intelligence and spiritual intelligence and their neurobiological connection and quantifications; yogic practices for improving/enhancing the intelligences
5	YOGIC COUNSELLING AND PERSONALITY DEVELOPMENT
	Introduction to counselling, nature approaches and challenges; Approach to counselling-Building yogic rapport and efficient communication; Acceptance; Empathy; Solving the problems with yogic wisdom; Developing surrendering attitude and inculcating the habit of a good listener; Self-awareness; Having the predominance of Satva attributes.

C. RECOMMENDED STUDY MATERIAL

Sr.No.	Book	Author	Publication
1	Psychology- The study of human behavior.	S Mishra , B.K. (2011)	PHI Learning Pvt.Ltd. Sinha, J. (1986).
2	Indian Psychology (Vol. I and II).	Maurice Edward Shils (2012).	Delhi, Motilal Banarasidas
3	Invitation to psychology.	Parameswaran, E.G. (1989)	Neel Kamal Publishers, Hyderabad
4	The Yoga Psychology,	Abhedananda	Ramakrishna Vedanta Math, Calcutta, 1973.
5	Glimpses into the Psychology of Yoga	Taimini, I.K	1. Adyar: Theosophical Publishing House, 1973)
6	Healthy mind, healthy body	Sri Ramakrishna Math	
7	Introduction to Psychology	Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L	Oxford and IBH Publishing Co. Pvt. Ltd.
8	Yoga Manovijnana	Aatreya, Shanti Parkash	International Standard Publication, Varanasi; 1965)

Websites			
<ol style="list-style-type: none"> 1. Deepak Chopra : Quantum healing 2. Estelle Frankel : Sacred therapy 3. Aggie Casey & Herbert Benson: Mind your heart 4. Barbara B. Brown: New body, new mind 5. Deepak Chopra: Healing the heart 			

Cos AND Pos MAPPING

COsandPOs	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO.1	2	2	3	1	1	2	1
CO.2	1	2	3	2	1	1	1
CO.3	1	2	2	2	1	1	1
CO.4	1	1	1	1	1	2	2
CO.5	1	1	1	1	1	2	3

Code: MYSCYS2103 Patanjali Yoga Darshan & its therapeutic aspects. Credits 4 [LTP: 4 -0-0]

COURSE OUTCOME: After Successful completion of the course students will be able to:

- CO1 To teach the essence of the Patanjali Yoga Sutras
- CO2 To discuss Patanjali Yoga Sutra in terms of Psychology
- CO3 Will come to know the therapeutic aspects of Patanjali yoga sutra Geeta
- CO4 Understanding the role of Patanjali philosophies & their positive effects.
- CO5 Understanding the role of Patanjali yoga sutra in personality development and healthy lifestyle.

A. OUTLINE OF THE COURSE

Unit	Title of the unit	Time Required for the Unit (Hours)
1	Samadi pada	6
2	Sadhna pada	8
3	Vibhuti pada	8
4	Parinamas and The Personality	8
5	Asta-Sidhis	6

A. DETAILED SYLLABUS

Unit	Unit Details
1	Samadi pada
	Definition of Yoga, aim of Yoga, Pancha Vritti, Pancha Klesha; Concept of Chitta Bhoomis (Kshipt Mood, Vikshipta, Ekagra, Nirudha); Concept of Chitta-Vrittis and their classification Chitta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwa Pranidhana, Qualities of Ishwar, Concept of Samprajnata; Citta-Vikshepas (Antarayas Concept of Chitta-prasadanam, Relevance of Chitta-prasadanam in Yoga Sadhan Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi); Types of Samprajnata Samadhi (Vitarka, Vichara, Anand and Ashmita); Concept of Samapatti and kinds of Samapatti (Savitraka and Nirvitarka, Savichara and Nirvichara); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya)
2	Sadhna pada
	Concept of Kriya Yog 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 Sam Yoga; Ashtanga Yoga: Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis
3	Vibhuti pada & kaivalya pada
	Introduction o Dharana, Dhyana and Samadhi, Samyama and its Siddhis , Sanyam , three Parinama of Samyama. The concept and description of Ashtha Siddhis; Nature of Kaivalya, Kaivalya in relation to Triguna and Dharmamegha Samadhi; Ashtanga Yoga & Kriya Yoga in Yoga Sutras and their importance & relevance in modern age.
4	Parinamas and The Personality Transformation
	The critical analysis of the three parinamas; The parinamas as the tool for transformation; The parinamas and the higher states of consciousness; The discussion of parinams in the light of psychology
5	Asta-Sidhis
	A critical discussion on Asta-siddhis; A study of para-normal phenomenon; A comparative study of soddhis and para-normal experiences; Spiritual psychosis and spiritual transformation.

A. RECOMMENDEDSTUDYMATERIAL

Sr.N o.	Book	Author	Publication
1	Rajayoga	Swami Vivekananda	(Advaita Ashram, Calcutta, 2000).
2	Mukti ke char soupan	niranjan das saraswati	Bihar school of yoga
3	Light on Patanjali Yoga	Iyengar B.K.S	New York, Schocken Books, 1994
4	Patanjala Yoga Pradeepa	Swami Omanandatirtha	Geeta Press, Gorakhpur, 1994
5	<u>The Yogasutras of Patanjali</u>	Bangali Baba (1982	Motilal Banarsidas- Delhi
6	, Encyclopedia of Indian Philosophies (Patanjali Yoga Traditions)	Larson. G.J. (2008)	Motilal Banarsidas
7	<i>Raja Yoga or Conquering the Internal Nature</i>	Vivekananda, Swami.(1982	1. Calcutta, Advaita Ashram,. 2.
8	<u>A Study of Pantanjali</u>	Surendranath, D. (1989)	Motilal Banarisidass. Theosophical Publishing House,.

Cos AND Pos MAPPING

COsandPOs	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO.1	1	3	3	1	1	1	1
CO.2	1	2	3	2	1	1	1
CO.3	1	2	3	2	1	1	1
CO.4	1	2	2	1	2	1	1
CO.5	1	2	3	1	1	1	2

Code: MYSCYS2104 **THEURPUTIC ASPECTS OF DIET & NUTRITION** **Credits**4[LTP: 4 -0-0]

COURSE OUTCOME: After Successful completion of the course students will be able to:

CO1: To gain the knowledge about the estimation of recommended daily allowance (RDA)

CO2: To understand the deficiency of nutrients, estimation of different nutrients in normal and diseased conditions

CO3: Students get the knowledge Necessity of the nutrition to maintain the health.

CO4: Skill in Diet therapy and calculation of the diet based on the requirement in modern concept.

CO5: Knowledge about various types of nutrition and source of the nutrition.

D. OUTLINE OF THE COURSE

Unit	Title of the unit	Time Required for the Unit(Hours)
1	Principles of dietetics	6
2	Nutrients, Nutrition and Health	8
3	Selection OF food	8
4	DIET THERAPY & NATURAL DIET	8
5		6

E. DETAILED SYLLABUS

Unit	Unit Details
1	Principles of dietetics
	functions of food, definition of nutrition, nutrients & energy, adequate, optimum & good nutrition, malnutrition; Nutrition for Fitness, Athletics & Sports; Basic five groups of food; Food guide according to RDA, Relationship between nutrition & health, Use of food in body - Digestion, Absorption, transport & utilization; Role of fibres in human nutrition; Carbohydrates : Functions, classification, food sources, storage in body; Fats & oils : composition, saturated and unsaturated fatty acids, classification, food sources, function of fats; Proteins - composition, sources, essential & non-essential amino acids, functions, Protein deficiency; Water - as a nutrient, function, sources, requirement, water balance & effect of deficiency; Minerals - macro & micronutrients - functions, sources;

	Bioavailability and deficiency of Calcium, Iron, Iodine, Sodium & Potassium (in very brief); Vitamins (water & fat soluble) - definition, classification & functions
2	Nutrients, Nutrition and Health
	Nutrients, Nutrition and Health, Nutritional Problems in India, India's High Child Mortality Rate- National Shame, Factors Influencing Food Habits and Selection of Foodstuffs, Exchange Lists, Income, Functions of Food, Classification of Food, Food Guide Pyramid: A Guide to Daily Food Choice, Respiratory Quotient, Factors Affecting Energy Expenditure, Basal Metabolic Rate, Thermo genic Effects [Specific Dynamic Action (SDA)] of Food, Physical Activity, Body Mass Index
3	Selection OF food
	Selection OF food , Storage and Preparation of Food, Food Groups and Guidelines for Food Selection, Functional Classification of Foods, Planning of a Balanced Diet, Assessment of Nutritional Status - Nutritional Assessment,; Nutrition in Pregnancy – Energy, Proteins, Vitamins, Minerals, Iron, Fats, Nutritional Requirements during Lactation, Nutrition in Infancy- Energy, Proteins, Minerals, Vitamins, Fat, Carbohydrates, Fluid, Breastfeeding, Weaning, Artificial Feeding, Preterm Babies, Supplementary Foods for Infants and Toddlers;
4	DIET THERAPY & NATURAL DIET
	DIET THERAPY & NATURAL DIET :- Concepts and Principles, Development and its Status, Methods of Nature Cure; Diet therapy - Principles of Diet Therapy, Factors to Consider in Planning Therapeutic Diets, Modification of Nutrients in Therapeutic Diets, Types of Diet Used in Hospital, Special Feeding Methods (Management of Special Diets), Pre- and Postoperative Diet, Fever, Typhoid, Influenza, Tuberculosis, Diet in Relation to Conditions of

F. RECOMMENDEDSTUDYMATERIAL

Sr.No.	Book	Author	Publication
1	Fundamental of Foods, Nutrition & Diet Therapy(5 th ed.),	S.R. Mudambi, M.V. Rajagopal (2008)	ISBN: 9788122419825, New Age Publications.
2	Modern Nutrition in Health and Disease (11 th ed.).	Maurice Edward Shils (2012).	ISBN: 9781605474618, Lippincott Williams & Wilkins
3	Nutritional Sciences- From Fundamentals to Food (3 rd ed.),,	Michelle McGuire, Kathy A. Beerman (2012).	ISBN: 9780840058201, Cengage Learning

4	, Applied Nutrition	R. Rajlaxmi& K K Sakariah(2013).	ISBN: 9788120417663 Oxford & IBH Publications Co Pvt Ltd, New Delhi.
5	Diet & Nutrition, The Himalayan International Institute,	Rudolph Ballentine	Pennsylvania 1979
6	Diet cure for Common Ailments,	Bakhru H.K	Jaico Publishing House, Hyderabad, 2006.
Websites			

Cos AND Pos MAPPING

COsandPOs	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO.1	1	1	1	1	2	2	2
CO.2	1	1	1	2	3	1	1
CO.3	1	1	1	3	3	1	1
CO.4	2	1	1	1	3	2	1
CO.5	1	1	1	1	2	1	1

Code: MYSCYS2201

Yoga Practical-1

Credits3[LTP: 0 -0-3]

COURSE OUTCOME: After Successful completion of the course students will be able to:

- CO1** State techniques, health benefits of yogic practices.
- CO2** To demonstrate and instruct under mentioned yogic practices.
- CO3** State precautions and contraindications of yogic practices.
- CO4** To learn the physical & Mental aspects of Yogasana & Breathing on body.
- CO5** To Learn the Natural detoxification process to cure disease through detoxification techniques.

A. OUTLINE OF THE COURSE

Unit	Title of the unit	Time Required for the Unit (Hours)
1	Suksha vyayamam	6
2	Suryanamaskara	8
3	POSTURES ASANA	8
4	ADVANCE ASANA	8
5	Asta kumbaka Pranayama	6

B. DETAILED SYLLABUS

Unit	Unit Details
1	Suksha vyayamam
	Suksha vyayamam & Sthula vyayama: Eye, Neck, Hand, Leg, Spinal, knee, ankle, shoulder
2	Suryanamaskara
	. Suryanamaskara: With Name & Mantra
3	POSTURES ASANA
	1. Tiryak Tadasana 2. Parswa tadasana 3. Trikonasana 4. Parivrita Trikonasana 5. Katichakrasana 6. Veerabhadrasana 7. Uttita Janu Sirshasana Sitting postures: 1. Bhadrasana 2. Virasana 3. Meruvakrasana 4. Ardha - matsyendrasana 5. Ushtrasana 6. Suptavajrasana 7. Simhasana 8. Gomukhasana 9. Shashankasana 10. Marjari

	: 1.Uttanapadasana 2.Pavanamuktasana. 3.Navasana. 4.Kandarasana/Setubandasan Prone postures: 1.Sarpasana 2.Shalabasana 3.Bhujangasana. : 1.Vipreeta karani Asana 2.Sarvanagasana 3.Halāsana 4.Matsyasana Meditative postures: 1. Sukhasana 2. Vajrasana 3. Ardhapadmasana 4. Padmasana
4	ADVANCE ASANA
	SIRSASAMNA MAYURASANA KOORMASANA 34 UPAVISHTHA KONSASANA TITTIBHASANA
5	Asta kumbaka Pranayama
	Asta kumbaka Pranayama: 1. Surya bedhana. 2. Nadisodhana 3. Sitali 4. Seetkari 5. Ujjayi 6. Bramari 7. Bastrika 8. Moorcha Kriya Practicals: 1. Neti - Jala and Sutra 2. Dhauti – Jala 3. Kapalabhati 4.Tratak

C. RECOMMENDEDSTUDYMATERIAL

S.N.	Book	Author	Edition	Publication
1), yogic sukshma vyayama(2 nd edition	Dhirendra brahmchari (1975),	Latest	Ind-us Publisher
2	Asana ,pranayama, mudra , Bandh	Swami Dayanand saraswati (2015	Latest	Yoga publication trust , Munger, bihar , india
3	asana , pranayama, mudra, bandh	Nagendra HR	Latest	swami vivekanand yoga publication trust , banglore , India
4				
Websites				

Cos AND Pos MAPPING

COsandPOs	PO1	PO2	PO3	PO4	PO5	PO6	PO7
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CO.1	1	1	-	3	1	-	-
CO.2	1	3	-	2	1	-	-
CO.3	1	-	-	3	1	-	-
CO.4	1	1	3	-	-	-	1
CO.5	1	1	3	-	1	1	-

Code: MYSCYS2202 Human Biology Practicum- & biomechanics of yogasana ii Credits3[LTP: 0 -0-3]

COURSE OUTCOME: After Successful completion of the course students will be able to:

- CO1** Make students familiar with the systems of the body
- CO2** Give a hand on experience about the human body using models, charts and pictures
- CO3** Make students understand the organization of the body with respect to structural components.
- CO4** Understand the application of biomechanics in yoga

A. DETAILED SYLLABUS

Unit	UnitDetails
1	Explanation & Demonstration of organs
	Explanation & Demonstration of organs and viscera digestive and urinary system
2	Explanation & Demonstration spinal cord
3	Explanation & Demonstration Respiratory organs
4	Stretching Introduction
	Stretching Introduction , Advantage and disadvantage of cyclic , ballistic , mechanical, manual stretchings and techniques for neuro muscular inhibitions .

5	Categories of Asanas
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Categories of Asanas and their importance from Biomechanics point of view; Biomechanics of muscles, in Padahastasana, Ardachakrasana, trikonasana, parivitta trikonasana, Paschimottanasana, Ushtrasana, Sashankasana, Suptavajrasana, Ardha matsyendrasana, Meru dandasana, Bhunamanasana, Dhanurasana, Bhujangasana, Salabhasana, Halasana, Chakrasana, sarvangasana,

A. RECOMMENDEDSTUDYMATERIAL

S.No	Book	Author	Edition	Publication
1	Yoga anatomy	Leslie kaminoff	Latest	
2				
3				
4				

Code: MYSCYS3101

Methods of Teaching Yoga

4Credits[LTP: 4-0-0]

COURSE OUTCOME: After Successful completion of the course students will be able to:

CO1 To teach teaching techniques to the students

CO2 To teach class management and lesson planning

CO3 To introduce educational tools of yoga teaching

CO4 To teach the concept of yoga education and values

CO5 To learn the concept of lesson plan.

Objectives:

Unit	Unit Details
1	Teaching techniques
	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, Mumuksh.
2	Teaching Methods
	Role of Yoga Teachers and Teacher training. Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods
3	Yoga & Sports Injury
	Yoga according to different age group , Management of time & Class, , Sitting arrangement in Yoga class
4	Teaching Planning
	Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation);
5	Lesson Plan & its Models
	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.

S.No	Book	Author	Edition	Publication
1	<i>Yogic Techniques</i>	Gharote, M.L.(2007)	Latest	THE LONAVLA INSTITUTE YOGA INSTITUTE
2	<u>Teaching Methods for Yogic Practicals</u>	Gharote.M.L & GANGULE S.K 1995		Kaivalyadhama Lonavla.Yogendra(198 6)
3	Yoga Education for Children,	Swami Satyananda Saraswati		BIHAR SCHOO L OF YOGA MUNGE R
4	A Systematic Course in the Ancient Tantric Techniques of Yogaand Kriya	Swami Satyananda Saraswati:		Bihar Schools of Yoga, Munger, 2004.
5	New Perspectives in Stress Management	Nagendra, H.R. and Nagaratna R		V.K.Yogas, 1988.
6	Yoga Applied to Physical Education Lonavala	Gharote, M.L		Kaivalyadhama.
7	Principles & methods of Teaching	Dr. Raj Kumar		1. Printo graphics, Delhi
8	Teaching Yoga	Duggal, Satyapad		1. The Yoga Institute, Santacruz, Bombay, 1985

CO AND POS MAPPING

COsandPOs	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO.1	2	1	1	1	1	1	2
CO.2	1	1	1	1	1	2	3
CO.3	1	1	1	2	1	2	2
CO.4	1	1	2	2	1	1	1
CO.5	1	1	1	1	1	3	2

Code: MYSCYS3102

INTIGRATED YOGA THERAPY-1 4Credits [LTP: 4-0-0]

COURSE OUTCOME: After Successful completion of the course students will be able to:

- CO1** To learn the concept of yoga therapy and understand the in-depth concept of diseases
- CO2** To learn the yoga therapy and its components from the ancient perspective
- CO3** To learn the yoga therapy for Muscular – skeleton disorders & cardio disorders

- CO4** Line of treatment in Yoga therapy
CO5 To learn about auto immune disorders

A. OUTLINE OF THE COURSE

Unit	Title of the unit	Time Required for the Unit (Hours)
1	Introduction to Yogic health	
2	Musculo-Skeletal Disorders	
3	Cardio Disorders	
4	Role of Yoga to enhance	
5		

B. DETAILED SYLLABUS

Unit	Unit Details
1	Introduction to Yogic health
	Introduction to Yogic health, adhi & vyadhi , yogic lifestyle, Concept of panch kosha
2	Musculo-Skeletal Disorders
	Back Pain, Lumbar Spondylosis, Spondylolisthesis, Spondylitis, Neck pain, Cervical Spondylosis, Medical, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, their definition, causes, symptoms, diagnosis, and yogic management
3	Cardio Disorders
	Coronary heart disease, heart attack, hypertension (high and low bp) , Cardiac asthma, myocardial infection their definition, causes, symptoms, diagnosis and yogic management
4	Role of Yoga to enhance
	Cancer - Causes, types, clinical features, Side effects of Chemotherapy, radiotherapy, Medical and Yogic management; Auto immune disorders - Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Advantages and disadvantages of the application of Steroids in Auto immune disorders; Immune disorders – Definition, classification, Clinical features, Etiopathogenesis, Medical and Yogic management; An overview of Acquired Immune Efficiency Syndrome
5	Auto immune disorders
	Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Advantages and disadvantages of the application of Steroids in Auto immune disorders; Immune disorders – Definition, classification, Clinical features, Etiopathogenesis, Medical and Yogic management; An overview of Acquired Immune Efficiency Syndrome

C. RECOMMENDED STUDY MATERIAL

S.N.	Book	Author	Edition	Publication
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1	Yoga therapy for common ailments series,	Nagarathna R and Nagendra HR	Latest	SVYPPublications, 2010
2	Yoga therapy for common diseases	Swami Karmananda	Latest	YOGA PUBLICATION TRUST MUNGER 2001
3	Yoga for common ailments,	Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra		Gaia Publishers
4	<u>Yogic Therapy</u>	Shivanda Saraswati, Srimat Swami. (1978		Gauhati, Umachal Yogashram,.
5	<u>Rational of Yogic Poses and Other Articles,</u>	Swamy Kuvalyananda- (1985		1. Bombay, I.C.
6	Yogic Health Centre			1. Kaivalyadhama,
7	Back to Health through Yoga	Ramesh Bijlani		Rupa Publications India Pvt. Ltd, 2011
8	Yoga Therapy Series	MDNIY publications: 10 Booklets		MDNIY Publications, New Delhi,2009
9	Yoga and Cardio Vascular Management	Swami Satyananda Saraswati:		Yoga Publication Trust, Munger, 2005
10	Yoga for Arthritis, Back pain, Diabetes, Pregnancy Breathing Practices,	Nagarathna R and Nagendra H R		Swami V4ekananda Yoga Prakasana, Bangalore, 2000
Website				

Cos AND Pos MAPPING

COsandPOs	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO.1	2	1	1	1	1	2	1
CO.2	1	1	1	1	2	3	1
CO.3	2	1	1	2	1	2	2
CO.4	1	1	1	2	1	3	2

CO.5	1	1	1	2	1	2	2
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Code: MYSCYS3103 **Research & Statistical Methods.** **4Credits[LTP: 4-0-0]**

COURSE OUTCOME: After Successful completion of the course students will be able to:

CO1 State concept and make statistical computations (measure of central tendency & dispersion, simple correlation & regression, NPC Applications, t-test, ANOVA, & Chi-square) regarding Research and Statistical Methods.

CO2 Apply knowledge of Research & Statistical Methods to draft mini research synopsis & undertake the same in Master Program as Dissertation to create rigid base for advanced research career in future.

CO3. Have Knowledge on tools employed to conduct research, ability to address the contemporary problems in scientific way.

CO4. Acquire basic understanding of research methodology and knowledge of various statistical procedures.

CO5. To learn about the hypothesis testing .

A. OUTLINE OF THE COURSE

Unit	Title of the unit	Time Required for the Unit (Hours)
1	Research Introduction	8
2	Variable	6
3	Statistics	8
4	Normal Distribution	6
5	Hypothesis Testing	8

B. DETAILED SYLLABUS

Unit	Unit Details
1.	<p>Research Introduction</p> <p>Scientific Research Concept, Characteristics, Types and Process; Scope and purpose of scientific research in yoga</p> <p>Research Problem Concept, Sources of Research Problems in Yoga, Characteristics of good research problem, Considerations in selecting a research problem, Steps in the formulation of a research problem and Practice of formulating a research problem</p> <p>Hypothesis Concept, Functions, Characteristics and Types (Research Hypothesis and Null hypothesis); Practice of hypotheses writing</p> <p>Sampling Concept, Types (Probability and Non-probability Samplings with their types), and Practice of using different sampling procedures for sample selection.</p>
2.	<p>Variable</p> <p>Concept, Types (Independent, Dependent, Extraneous, Intervening and Moderating) and Practice for identification of variables in different research problems</p> <p>Research Design Concept, Characteristics of Good research Design, Types: Non-experimental (Retrospective, Cross-sectional and Causal comparative), Quasi-experimental and True Experimental Design</p> <p>Concept, Types (Randomized control group design, and Factorial Design), Merits and Demerits</p> <p>Methods of Controlling Extraneous Variance 41</p> <p>Concept and Control Methods (Randomization, Elimination, Introducing new Independent Variables, other techniques)</p>

3.	Statistics
	<p>Concept and Significance; Types of research data, Frequency distributions (Individual, Discrete and Continuous), Graphical Representation of the data (Histogram, pie chart and bar graph).</p> <p>Measures of Central Tendency (Arithmetic Mean, Median and Mode): Concept and Computation in case of grouped and ungrouped data.</p> <p>Measure of Dispersion Concept and computation of Range, Quartiles and Standard Deviation.</p>
4.	Normal Distribution
	<p>Concept, Proportions, and Applications of Normal Distribution</p> <p>Simple Correlation Concept and computation of correlation coefficient by product moment method, coefficient of Determination.</p> <p>Simple Regression Concept, Regression Equations (In Score forms), Solving Regression Equations, Interpretation of Regression coefficients, Standard Error of Estimate.</p>
5.	Hypothesis Testing
	<p>Type I and Type II Errors, Level of significance, Degree of freedom, Testing significance of mean difference.</p> <p>T-test: Concept and Computation (In case of two sample hypotheses and paired sample hypotheses).</p> <p>ANOVA (Analysis of Variance) Concept and Computation of one way ANOVA in unrelated design and related designs</p> <p>Chi-Square Test Concept and Computation in different cases.</p>

S.N.	Book	Author	Edition	Publication
1	<i>Social Research Method (3rd ed.)</i>	Bryman, A. (2008).	Latest	Oxford: Oxford University Press.
2	<i>Measurement and Research Methods in Behavioural Sciences</i>	Singh, A. K. (1986).	Latest	New Delhi, India: Mc Graw Hill.
3	<i>Foundation of Behaviour Research.</i>	Kerlinger, F.N. (1978)		India: Surjeet Publications.
4	<i>Research Methods in Psychology, Sociology and Education</i>	Singh, A. K. (2001).		Delhi, India: Motilal Banarasidas

5	<i>Researching Business and Management</i>	Maylor, H. & Blackmon, K. (2005)		New York, NY: Palgrave Macmillan.
6	<i>Statistics in Psychology and Education</i>	Garrett. H.E. (1988).		Vikils, Feiffer & Semen's Ltd..
7	<i>Methods in Psychology, Sociology and Education (3rd ed.)</i>	Suleman, M. (2005).		Patna, India: General Book Agency.
8	<i>Research methods and statistics in psychology</i>	Haslam, S. A., & McGarty, C. (2003).		London: Sage.
9	<i>Monovigyan, samajshastra tatha shiksha mein shodh vidhiyan</i>	Singh, A. K. (2004):		Varanasi, India: Motilal Banarasi Das.
10	<i>Tests, measurements and research methods in behavioural sciences.,</i>	Singh, A. K. (2006)		Patna, India: Bharti Bhavan.
Website				

Cos AND Pos MAPPING

COsandPOs	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO.1	1	1	1	1	1	1	2
CO.2	1	1	1	1	1	2	3
CO.3	1	1	1	1	1	1	2
CO.4	1	1	1	1	1	2	3
CO.5	1	1	1	1	1	1	2

Code: MYSCYS3104

Yogasana & Sports Science

4Credits[LTP: 4-0-0]

COURSE OUTCOME: After Successful completion of the course students will be able to:

- CO1 Importance of Yoga in Sports- developing Ethics & Values by Ashthang Yoga, Sports player & panch kosha, yoga for concentration, Balance ,strength & stamina
- CO2 Introduction to Sports Science & Roll of Yoga :- Introduction to planning of training, core training & Performance training

- CO3 Yoga & Sports Injury :- Introduction to sports injuries , Rehabilitation & prevention of sports injuries through yoga
- CO4 Yogasana Sports & Its Importance:- Introduction to yogasana sports, Importance of yogasana sports in Students life, Yogasana sports code of points
- CO5 Therapeutics aspects of Yogasan Sports

A. DETAILED SYLLABUS

Unit	Unit Details
1	Importance of Yoga in Sports
	Importance of Yoga in Sports- developing Ethics & Values by Ashthang Yoga, Sports player & panch kosha, yoga for concentration, Balance ,strength & stamina,
2	Introduction to Sports Science
	Introduction to Sports Science & Roll of Yoga :- Introduction to planning of training, core training & Performance training
3	Yoga & Sports Injury
	Yoga & Sports Injury :- Introduction to sports injuries , Rehabilitation & prevention of sports injuries through yoga
4	Yogasana Sports & Its therapeutics aspects
	Yogasana Sports & Its Importance:- Introduction to yogasana sports, Importance of yogasana sports in Students life, Yogasana sports code of points , YogaSports for mental , Physical & Spiritual health.
5	Therapeutics aspects of Yogasan Sports
	YogaSports for mental , Physical & Spiritual health.

B. RECOMMENDED STUDY MATERIAL

S.No	Book	Author	Edition	Publication
1	Yogasanas as a sporting activity for the youth	Dr. Ananda B Bhavanan	Latest	Arihant Publishers, Jodhpur.
2			Latest	
3			Latest	
Websites				

- [Essentials of Strength Training and Conditioning, 4th Edition](#), Greg Haff PhD, CSCS,*D, FNSCA and N. Travis Triplett, PhD, CSCS,*D, FNSCA.
- [Physiology of Sport and Exercise, 7th Edition](#) , w lerry canny , jack h wilmore, David l costill
- **MODERN PERSPECTIVES OF SPORTS SCIENCE AND YOGA FOR THE ENHANCEMENT OF SPORTS PERFORMANCE, 3rd march 2018 , dr m suresh kumar**

The effects of yoga on sports performance and health, A thesis
submitted in partial fulfilment
of the requirements for the Degree of Doctor of Philosophy
at
Lincoln University
by
Tilak Raj

Website:- <https://yoganasport.in>

Cos AND Pos MAPPING

COsandPOs	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO.1	1	1	1	2	1	1	3
CO.2	1	1	1	2	1	1	2
CO.3	1	1	1	3	1	1	2
CO.4	1	1	3	2	1	1	2
CO.5	1	1	3	3	1	1	2

Code: MYSCYS3201

Yoga Practical -3

Credits[LTP: 0-0-2]

COURSE OUTCOME: After Successful completion of the course students will be able to:

- CO1** suksha vyayamam & Sthula vyayama : Eye, Neck, Hand, Leg, Spinal, knee, ankle, shoulder
- CO2** Suryanamaskara: With Name & Mantra

CO3 POSTURES ASANA

CO4 ADVANCE ASANA

CO5 Asta kumbaka Pranayama

A. OUTLINE OF THE COURSE

Unit	Title of the unit	Time Required for the Unit (Hours)
1	suksha vyayamam	6
2	Suryanamaskara	6
3	POSTURES ASANA	8
4	ADVANCE ASANA	8
5	Asta kumbaka Pranayama	8

B. DETAILED SYLLABUS

Unit	Unit Details
1	suksha vyayamam
	suksha vyayamam & Sthula vyayama : Eye, Neck, Hand, Leg, Spinal, knee, ankle, shoulder
2	Suryanamaskara
	Suryanamaskara: With Name & Mantra
3	POSTURES ASANA
	Tiryak Tadasana 2. Parswa tadasana 3. Trikonasana 4. Parivrita Trikonasana 5. Katichakrasana 6. Veerabhadrasana 7. Uttita Janu Sirshasana Sitting postures: 1. Bhadrasana 2. Virasana 3. Meruvakrasana 4. Ardha - matsyendrasana 5. Ushtrasana 6. Suptavajrasana 7. Simhasana 8. Gomukhasana 9. Shashankasana 10. Marjari : 1. Uttanapadasana 2. Pavanamuktasana. 3. Navasana. 4. Kandarasana/Setubandasan Prone postures: 1. Sarpasana 2. Shalabasana 3. Bhujangasana. : 1. Vipreeta karani Asana 2. Sarvanagasana 3. Halasana 4. Matsyasana Meditative postures: 1. Sukhasana 2. Vajrasana 3. Ardhapadmasana 4. Padmasana
4	ADVANCE ASANA:-
	SIRSASAMNA MAYURASANA KOORMASANA UPAVISHTHA KONSASANA TITTIBHASANA VRASCHIKASNANA

5	Asta kumbaka Pranayama
	1. Surya bedhana. 2. Nadisodhana 3. Sitali 4. Seetkari 5. Ujjayi 6. Bramari 7. Bastrika 8. Moorcha Kriya Practicals: 1. Neti - Jala and Sutra 2. Dhauti – Jala & Vastra 3. Kapalabhati 4.Tratak MUDRA & BANDH as per hatha yoga Meditative Techniques: OM Meditation Chakra Meditation Yogic Meditation Relaxation postures:

C. RECOMMENDEDSTUDYMATERIAL

S.No	Book	Author	Edition	Publication
1	yogic sukshma vyayama(2 nd edition),	Dhirendra brahmchari (1975)	Latest	Ind-us Publisher
2	Asana ,pranayama, mudra , Bandh	Swami Dayanand saraswati (2015),	Latest	Yoga publication trust , Munger, bihar , india
3	asana , pranayama, mudra, bandh	Nagendra HR	Latest	swami vivekanand yoga publication trust , banglore , India
4			Latest	
Website				

Cos AND Pos MAPPING

COsandPOs	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO.1	1	1	-	3	1	-	-
CO.2	1	3	-	2	1	-	-
CO.3	1	-	-	3	1	-	-
CO.4	1	1	3	-	-	-	1
CO.5	1	1	3	-	1	1	-

Code: MYSCYS3501

Internship

Credits 10 [LTP: 0-0-0]

The Practical copy will be prepared under guidance of Teacher Faculty concerned.

COURSE OUTCOME: After Successful completion of the course students will be able to:

CO1 Demonstrate each technique independently

- CO2** Instruct each technique confidently
- CO3.** Present its basis, benefits, limitations and precautions to be taken
- CO4.** Undergoing training in Yoga therapy practices and their variations
- CO5.** Understanding each technique and its variations based on the severity of the diseases.

During this period, every student is expected to undergo training in four departments, viz., Hypertension, Asthma, Neurological disorders, Pregnancy, Psychiatric complications, and Orthopedic diseases including knee pain, neck pain, shoulder pain, and all the varieties of Arthritis

During this period, every student is expected to undergo training in the vital diseases of the remaining four departments, viz., Endocrine and metabolic diseases viz., Hypo and Hyper thyroidism, Obesity, Type-1 and Type 2 Diabetes, Menstrual disorders, and Gastro intestinal disorders, Cancer, Auto immune diseases

Code: MYSCYS4101

INTIGRATED YOGA THERAPY-2.

Credits 2[LTP: 2 -0-0]

COURSE OUTCOME: After Successful completion of the course students will be able to:

CO1: To learn the concept of yoga therapy and understand the in-depth concept of diseases

CO2: To learn the yoga therapy and its components from the ancient perspective.

CO3: To learn the yoga therapy for Respiratory disorders, digestive disorders, neurosis disorders a d others

CO4: Line of treatment in Yoga therapy

CO5: To understand behavior of compression members.

G. DETAILED SYLLABUS

Unit	UnitDetails
1	Respiratory Disorders
	Respiratory Disorders & their Yogic management Asthma, bronchitis asthma, sinusitis, nostril allergy their definition, causes, symptoms, diagnosis, and yogic management
2	Digestive Disorders
	Indigestion, IBS, peptic and gastric ulcer, ulcerative colitis, their definition, causes, symptoms, diagnosis, and yogic management
3	Neurosis Disorders
	anxiety, depression , phobia, psychosis Schizophrenia , Bipolar disorder, their definition, causes, symptoms, diagnosis, and yogic management
4	Diabetes, Menstrual Disorders
	Diabetes, Menstrual Disorders, their definition, causes, symptoms, diagnosis, and yogic management
5	Cronic kidney disorder
	Cronic kidney disorder , Neurological disorders, their definition, causes, symptoms, diagnosis, and yogic management

H. RECOMMENDEDSTUDYMATERIAL

Sr.No.	Book	Author	Publication
1	Yoga therapy for common ailments series	Nagarathna R and Nagendra HR	SVYPPublications, 2010
2	Yoga therapy for common diseases,	Swami Karmananda,	Yoga publication trust, Munger, 2001
3	Yoga for common ailments,	Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra	Gaia Publishers
4	Yogic Therapy	Shivanda Saraswati, Srimat Swami.	Umachal Yogashram,.
5	Yoga and Cardio Vascular Management	Swami Satyananda Saraswati	Yoga PublicationTrust, Munger, 2005
6	Yoga for Arthritis, Back pain, Diabetes, Pregnancy Breathing Practices,	Nagarathna R and Nagendra H R	Swami V4ekananda Yoga Prakasana, Bangalore, 2000
7	Back to Health through Yoga	Ramesh Bijlani	Rupa Publications India Pvt. Ltd, 2011
8	Rational of Yogic Poses and Other Articles,	Swamy Kuvalyananda-(1985)	Bombay, I.C.
9	10 Booklets, Yoga Therapy Series,	MDNIY publications	MDNIY publications
10	Yogic Therapy, Gauhati,	Shivanda Saraswati, Srimat Swami. (1978)	Umachal Yogashram,.
Websites			

Cos AND Pos MAPPING

COsandPOs	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO.1	3	2	1	1	1	1	1
CO.2	1	3	3	1	1	2	2
CO.3	1	-	-	3	1	-	-
CO.4	1	1	3	-	-	-	1
CO.5	1	1	3	-	1	1	-

Code: MYSCYS4102

Science of Meditation

Credits[LTP: 2-0-0]

COURSE OUTCOME: After Successful completion of the course students will be able to:

- CO1 Understand the knowledge about the basics of meditation.
- CO2 Learn different meditation techniques
- CO3 Learn the effect of meditation on human anatomy and physiology
- CO4 Will learn different meditation techniques according to yogic texts.
- CO5 Will learn the concept of meditation and kundalini.

Meditations

A. DETAILED SYLLABUS

Unit	UnitDetails
1	Introduction to Meditation: Meditation-Definitions, concepts ,and basic technique The purpose and intention of meditation ancient meditation practitioners and there introduction.
2	Meditation & its approach towards self-realization Awareness of the energy system within the body through Visualizations and a Chakra breathing exercise; Basics O Different Meditation Techniques: Buddhist Meditation techniques, Vedic Meditation techniques, , Jain meditation Technique,
3	Meditation and Brain

	Meditation and brain waves, Anatomical and Physiological changes in the body due to meditation practice.
4	Meditation in yogic texts:
	Concept of dhyana in Patanjali yoga sutra, Bhagavad Gita, Gheranda Samhita, & other Yogic Texts, Chakra Meditation
5	Meditation & Kundalini
	Hatha Yogic Texts, Kundalini yoga

A. RECOMMENDED STUDY MATERIAL

S.N.	Book	Author	Edition	Publication
1	Altered traits_ science reveal how meditation changes your mind, brain, and body.	Daniel Goleman, Richard J. Davidson ((2017)	Latest	ISBN: 978039918440 Avery.
2	The Science of Enlightenment - How Meditation Work	Shinzen Young(2016)	Latest	ISBN:978-1-62203-748-3, Sounds True.
3	Mindfulness in Positive Psychology - The Science of Meditation and Wellbeing	Itai Ivztan, Tim Lomas(2016)	Latest	ISBN:9781138808515, Routledge William Johnston(1997). Silent Music - The Science of Meditation ISBN:9780823217748, Fordham Univ Press.
4	Mediation from the Tantras, Munger	Swami Satyananda Saraswathi	Latest	Munger, Bihar School of Yoga.
5	Mediation in Christianity, Himalayan	Swami Rama (1984)		ISBN:9780340876800, Arnold

	International Institute of Yoga science & Philosophy,			
6	Dhyanam.	Rao, P.V.K. (1999)		Nava Sahiti Book House.
7	Preksha Dhyana: Theory and Practice,	Mahaprajna,A.(1994)		JainVishwa Bharathi.
8	Vijnana Bhairava or Divine Consciousness(Introduction)	Jaideva Singh (1979)		Motilal Banarsidas, Delhi.

Websites				

Cos AND Pos MAPPING

Cos and POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO.1	1	2	1	1	1	1	2
CO.2	2	2	1	1	1	1	2
CO.3	1	2	1	1	3	1	1
CO.4	1	3	2	1	1	1	1
CO.5	1	3	2	1	1	1	1

Code: MYSCYS4103 **Introduction to Alternate Therapies.** **Credits 2[LTP: 2-0-0]**

COURSE OUTCOME: After Successful completion of the course students will be able to:

- CO1** To learn the fundamentals of integration
- CO2** To learn to integrate traditional health care systems with conventional health care
- CO3** To know the benefits and limitations of Integrative medicine
- CO4** To get an in-depth knowledge on different Yogic Therapies and Naturopathy Treatments
- CO5** To gain comprehensive knowledge on Ayurvedic Science and its principles.

A. OUTLINE OF THE COURSE

Unit	Title of the unit	Time Required for the Unit (Hours)
1	INTRODUCTION TO AYURVEDA	6
2	Concept of Health and Disease	8
3	Basics of Naturopathy	8
4	Introduction to Acupressure and Acupuncture	8
5		6

B. DETAILED SYLLABUS

Unit	Unit Details
1	INTRODUCTION TO AYURVEDA

	INTRODUCTION TO AYURVEDA : Introduction to Ayurveda, origin an history of Ayurveda, Treatises of Ayurveda, Branches of Ayurveda, Concept of Ay arogya and roga , Concept of doshas
2	Concept of Health and Disease
	Concept of health according to Ayurveda.Dinacharya Ritucharya and Ritusandhi- features and significance.Preventive Healthcare; Concept o Diet and drinkebles.Shatkriyakala.Concept of disease and its classification;
3	Types of ayurveda & Treatment Methods
	Concept of drugs in Ayurveda Types of Ayurveda treatments.Shodana and Saman treatments. Purification procedures Vaman, virechana, naysa, bastiprocidures, indication and benefits
4	Basics of Naturopathy
	Basics of Naturopathy, Principles of Naturopathy, Hydrotherapy and Mud Therapy, Chromo, Magneto Therapy and Aroma Therapy.
5	Introduction to Acupressure and Acupuncture
	Basics of Acupressure & Acupuncture , Contradictions and Benifits

B. RECOMMENDEDSTUDYMATERIAL

S.N.	Book	Author	Edition	Publication
1	Integrative Medicine: Complementary Therapy in Medical Practice,	David Raket(2002)	Latest	ISBN: 9780721692883, Saunders
2	The Scientific Basis of Integrative Medicine	LeonardA. Wisneski, LucyAnderson(2009)	Latest	ISBN:9781420082906,CRC
3	The Divine Science of Life	Todd Caldecott(2006).A yurveda	Latest	ISBN: 9780723434108, Mosby Elsevier
4	The Complete Handbook of Nature Cure (5thedition)	Dr.H.K.Bakhru(1991)	Latest	5thedition),ISBN: 978-8172242299, Jaico Publishing House

5	Aromatherapy: Therapy basics (2 nd ed.)	McGuinnessH.(2007)		ISBN:9780340876800, Arnold
6	Ayurveda: The Divine Science of Life	Todd Caldecott(2006)		<ul style="list-style-type: none"> ISBN: 9780723434108, Mosby Elsevier

Cos AND Pos MAPPING

COsandPOs	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO.1	2	1	1	1	1	2	2
CO.2	1	1	3	1	1	3	1
CO.3	1	1	2	1	1	2	1
CO.4	1	1	1	1	1	2	3
CO.5	1	1	1	2	1	2	2

Code: MYSCYS4601.

Dissertation/Field Training

Credits 16[LTP: 0-0-2]

An empirical study is to be conducted on a research topic in the area of Applied Yoga and a detailed Research Report is to be submitted

COURSE OUTCOME: After Successful completion of the course students will be able to:

CO1 Involve them during practical session.

CO2 Understand how to take case history.

CO3 Gain the knowledge of recording the common parameters specific to disease.

CO4 Will learn Practical knowledge of disease.

CO5 Will learn how yoga and natural wellness therapy

Evaluation

Selection of Topic, Objectives & Hypothesis of the study Selection of sample and research tools Methodology & Data collection, Scoring, Statistical analysis, Results & Discussion, Conclusions and References.

Instructions:

Note
Students need to spend 2 hours every day in the hospital set up where the patients undergo their yoga therapy.

Examination: Students shall be examined based on the knowledge acquired with respect to parameter and the case history

Code: MYSCYS4201

Yoga Practicum - 4

Credits 2[LTP: 0-0-2]

COURSE OUTCOME: After Successful completion of the course students will be able to:

- CO1** Suksha Vyayamam & Sthula vyayama : Eye, Neck, Hand, Leg, Spinal, knee, ankle, shoulder.
- CO2** Suryanamaskara: With Name & Mantra
- CO3** POSTURES ASANA
- CO4** ADVANCE ASANA
- CO5** Asta kumbaka Pranayama

1	suksha vyayamam & Sthula vyayama : Eye, Neck, Hand, Leg, Spinal, knee, ankle, shoulder
2	Suryanamaskara: With Name & Mantra
3	POSTURES ASANA :- : 1. Tiryak Tadasana 2. Parswa tadasana 3. Trikonasana 4. Parivrita Trikonasana 5. Katichakrasana 6. Veerabhadrasana 7. Uttita Janu Sirshasana Sitting postures: 1. Bhadrasana 2. Virasana 3. Meruvakrasana 4. Ardha -matsyendrasana 5. Ushtrasana 6. Suptavajrasana 7. Simhasana 8. Gomukhasana 9. Shashankasana 10. Marjari : 1.Uttanapadasana 2.Pavanamuktasana. 3.Navasana. 4.Kandarasana/Setubandasan Prone postures: 1.Sarpasana 2.Shalabasana 3.Bhujangasana.

	: 1.Vipreeta karani Asana 2.Sarvanagasana 3.Halāsana 4.Matsyasana Meditative postures: 1. Sukhasana 2. Vajrasana 3. Ardhapadmasana 4. Padmasana
4	ADVANCE ASANA
5	SIRSASAMNA
6	MAYURASANA
7	KOORMASANA
8	UPAVISHTHA KONSASANA
9	TITTIBHASANA
10	VRASCHIKASNANA
11	Asta kumbaka Pranayama: 1. Surya bedhana. 2. Nadisodhana 3. Sitali 4. Seetkari 5. Ujjayi 6. Bramari 7. Bastrika 8. Moorcha
12	Kriya Practicals: 1. Neti - Jala and Sutra 2. Dhauti – Jala & Vastra 3. Kapalabhati 4.Tratak

Code: MYSCYS4201 **NTIGRATED YOGA THERAPY PRACTICAL- 2. Credits 2[LTP: 0-0-2]**

COURSE OUTCOME: After Successful completion of the course students will be able to:

FILE PREPARATION:-

- 1) **INTRODUCTION TO INTIGRATED YOGA THERAPY**
- 2) During this period, every student is expected to undergo training in different disease.,
- 3) **PATIENT DETAILS, MEDICAL HISTORY(DIESEASE FROM IYT THEORY)**
- 4) **PRE-POST DATA**
- 5) **FINAL DATA**

