

UNIVERSITY YOG CENTRE
MOHAN LAL SUKHADIA UNIVERSITY UDAIPUR



योगश्चित्त वृत्तिनिरोधः

SYLLABUS OF B.Sc. YOG

Bachelor of Science in Yoga : Syllabus

(Semester Scheme, 3 years Degree Course)

1. Objective of the Programme:

- To promote people for adopting yoga education in their life in order to live healthy and happy life and to produce yoga teachers, instructors and therapists to benefit the society.
- To make the people aware of the therapeutic and preventive value of Yoga.
- To bring peace and harmony in the society at large by introducing the Yogic way of life based on Indian culture and values.

2. Duration:

- The minimum duration of the programme will be three years (6 semesters) and the maximum duration will be six years.

3. Eligibility for admission:

The candidate should have completed 12th Standard in any discipline from a recognized board or equivalent. The admission shall be on merit basis as per rules of the university.

4. Reservation:

Reservation policy should be applicable as per government rules.

5. Seats:

There are only 40 seats for the Course.

6. Attendance:

Seventy five percent attendances in theory and practical classes respectively will be necessary for a candidate to appear in the final examination. A candidate failing to satisfy the above mentioned requirement of attendance in one or more papers shall be detained from appearing at the main and internal examination.

7. Fee:

The course fee will be Rs. 12,500/- per semester. The examination Fee will be charged as per rules of the University.

8. Course of Study:

- The curriculum of Bachelor of Science in Yoga programme is a blended mode of general education, yogic practical and theory. Structure of course of study is given in the following **table 1**:

Table 1: Course Contents**Semester-I**

Paper Code	Nomenclature of courses	Credit Points	Mode of Examination & Max. Marks
BSY- 101	Foundations of Yog	4	Internal : 20 External: 80
BSY- 102	General English	4	Internal : 20 External : 80
BSY- 103	Human Biology – I	4	Internal : 20 External : 80
BSY- 104	Sankhya Darshan	4	Internal : 20 External : 80
BSY- 105	Yog Practical	4	External : 100

Semester-II

Subject Code	Nomenclature of courses	Credit Points	Mode of Examination & Max. Marks
BSY-201	Patanjal Yog Darshan	4	Internal : 20 External: 80
BSY-202	Introduction to Hath Yog	4	Internal : 20 External : 80
BSY-203	Human Biology - II	4	Internal : 20 External : 80
BSY-204	Swasth Vritta	4	Internal : 20 External : 80
BSY-205	Yog Practical	4	External : 100

Semester-III

Subject Code	Nomenclature of courses	Credit Points	Mode of Examination & Max. Marks
BSY-301	Fundamentals of Ayurveda	4	Internal : 20 External: 80
BSY-302	Yogic Management of Lifestyle Diseases - I	4	Internal : 20 External : 80
BSY-303	Essence of Bhagwad Gita	4	Internal : 20 External : 80
BSY-304	Basics of Samskrit - I	4	Internal : 20 External : 80
BSY-305	Yog Practical	4	External : 100

Semester-IV

Subject Code	Nomenclature of courses	Credit Points	Mode of Examination & Max. Marks
BSY-401	Teaching methodology	4	Internal : 20 External: 80
BSY-402	Yogic Management of Lifestyle Disease - II	4	Internal : 20 External : 80
BSY-403	Fundamentals of Naturopathy	4	Internal : 20 External : 80
BSY-404	Basics of Samskrit II	4	Internal : 20 External : 80
BSY-405	Yog Practical	4	External : 100

Semester-V

Subject Code	Nomenclature of courses	Credit Points	Mode of Examination & Max. Marks
BSY-501	Basic statistics	4	Internal : 20 External: 80
BSY-502	Basics of Computer	4	Internal : 20 External : 80
BSY-503	Techniques of meditation	4	Internal : 20 External : 80
BSY-504	Major Upanishads I	4	Internal : 20 External : 80
BSY-505	Practical	4	External : 100

Semester-VI

Subject Code	Nomenclature of courses	Credit Points	Mode of Examination & Max. Marks
BSY- 601	Research methodology	4	Internal : 20 External: 80
BSY- 602	Environmental studies	4	Internal : 20 External : 80
BSY- 603	Complementary & Alternative Therapies	4	Internal : 20 External : 80
BSY- 604	Major Upanishads II	4	Internal : 20 External : 80
BSY- 605	Yog Practical	4	External : 100

9. Credits:

- One credit would mean equivalent to 15 periods of 60 minutes each, for theory, practical, workshops and tutorials.

10. Levels of awards:

There are several exit points in the present course. If a candidate quits the course after completion of 6 months, a certificate in yog will be awarded. If a candidate quits the course after completion of first year, 'Diploma in Yog' will be awarded. Likewise, after 2nd year completion, an advance Diploma in yog and after all 3 year completion the candidate will be awarded as Bachelor of Science in yog this is outlined in Table 2.

Successful completion of	Exit points / Awards
6 Months	Certificate in Yog
1 Year	Diploma in Yog
2 Years	Advance Diploma in Yog
3 Years	Bachelor of Science in Yog

11. Lateral entry:

- Candidates who have done one year Diploma or certificate course with 40 credits in yoga will be eligible for admission to 2nd year. However, if there is no credits assign to the diploma or certificate course then a separate committee will examine the case.

12. Scheme of Examination and Evaluation

- Each Paper shall have maximum marks as 100, to be evaluated both externally and internally. Distribution of marks for theory papers shall be as follows:

- **External Examination Scheme-**

For external examination a question paper carrying maximum 80 marks shall have three sections. The structure will be as follows:

The first section, SECTION A, carrying maximum 20 marks will have 10 short answer type (not exceeding 50 words each) questions. Each question will carry 2 marks. The second section, SECTION-B, carrying maximum 40 mark will have 10 medium answer type questions (which requires answers not exceeding 250 words). two from each unit. Out of which one from each unit must be attempted. Each question will carry 8 marks. The third section, SECTION- C, carrying maximum 20 marks will have 5 questions (which requires answers not exceeding 300 words), one from each unit out of which 2 questions are to be attempted. Each question will carry 10 marks. The duration of main external examination shall be three hours.

- **Internal Examination Scheme-**

50% of the total internal assessment marks (i.e. 10 out of 20 marks) for each theory paper will be awarded on the basis of the performance in the descriptive type written examination of one hour duration conducted by the department. There will be 3 questions each carrying 5 marks covering the entire syllabus out of which two

questions must be answered. If a candidate fails to appear in the written examination of the internal assessment due to valid reasons, department may conduct defaulters examination after collecting fee of Rs. 500/-. 50% of the internal assessment (i.e. 10 out of 20) for each theory paper shall be awarded on the basis of the performance in the assignments/ seminars/presentations/ oral examination/ group discussion etc.

- **Practical Papers (Skill component papers)**

Practical Papers will be evaluated by both External and Internal Examiners at the end of these semesters. The evaluation may include written examination, viva-voce and practical.

13. Medium:

- Medium of instruction and examination shall be both Hindi and English.

14. Pass Percentage:

A candidate shall be required to obtain at least 25% marks in the aggregate of internal and external marks of each theory paper as well as each practical paper and at least 36% marks in aggregate of all the papers (excluding qualifying papers) of the semester. A candidate may be promoted to the next semester if he or she has secured at least 25% marks each paper but has failed to secure 36% marks in aggregate.

COURSE DETAILS

BSY- 101

FOUNDATIONS OF YOG

UNIT – I [General introduction to Yog]

- ❖ Origin, history & development of Yog
- ❖ Definitions, objectives, Importance of Yog
- ❖ Principles of Yog
- ❖ Misconceptions of Yog

UNIT – II [Streams of Yog]

- ❖ Raj Yog, HathaYog
- ❖ Karma Yog, Gyan Yog, Bhakti Yog
- ❖ AshtangYog, Mantra Yog, Tantra Yog

UNIT – III [Brief introduction about yog in texts]

- ❖ Ved, Upnishads
- ❖ Yog in PrincipalUpnishads, Yog in Yogopnishad
- ❖ Yogic perspective of epics : Ramayana and Mahabharat
- ❖ Yogic perspective of Bhagaved Gita, YogVasisthaBhagwat Puran

UNIT – IV [General Introduction to Indianculture]

- ❖ Indian culture : meaning, salient features
- ❖ Varna Vyavastha, AshramVyastha
- ❖ PanchMahayagya

UNIT – V [Introduction of yogis]

- ❖ Qualities of yogis
- ❖ Maharshi Patanjali
- ❖ Maharshi Dayanand
- ❖ Swami Vivekanand
- ❖ Aurobindo
- ❖ T. Krishnamacharya
- ❖ Mahesh yogi
- ❖ Sri Sri Ravishankar
- ❖ Sri Nirmala Maa

Reference Books:-

1. History of Yog: S.P Singh
 2. Foundations of Yog: S.P Singh, Mukesh Yogi
- ३ णवेदोमे योवविद्यः योवेन्द्रपुरुषार्थी

UNIT – I

- ❖ Basic sentence patterns
- ❖ Formation of Declarative Interrogative & Negative sentence
- ❖ Simple, Compound & Complex sentences

UNIT – II

- ❖ Tenses
- ❖ Translation from Hindi to English & English to Hindi
- ❖ Common Yog practices terminology in English

UNIT – III

- ❖ Comprehensions, Paragraph writing
- ❖ Writing letters for inquiry.
- ❖ Commercial Advertisement

UNIT – IV

- ❖ Brief introduction of Yog darshan in English
- ❖ Demonstration of yog practices in English
- ❖ Resume writing as Yog Expert/Instructor

UNIT – IV

- ❖ Communicative skills development for conducting yog class in english
- ❖ Group discussion in English
- ❖ Personal interview in English

Reference Books:

1. 21 Simple rules for achieving everyday communication in English success: Paramhans Yognanda
2. Mastering communication at work: Ethan F Becher
3. High school English grammar & composition : Wren & Martin
4. Communicative English : Dr. A. Ganeson

UNIT – I [Cell & muscular system]

- ❖ Cell: definition, structure
- ❖ Muscle: structure, types, & functions
- ❖ Mechanism of muscular contractions
- ❖ Effect of yog on muscles

UNIT – II [Skeletal system]

- ❖ Bone: structure, types
- ❖ Bonejoints : types, functions
- ❖ Spine: structure, function
- ❖ Effect of yog on bone & bone joints

UNIT – III [Respiratory system]

- ❖ Structure of nose, throat, bronchi, lungs
- ❖ Mechanism of Breathing
- ❖ Effect of yog on respiratory system

UNIT – IV [Reproductive system]

- ❖ Male reproductive system
- ❖ Female reproductive system
- ❖ Menstrual cycle, fertilization, pregnancy
- ❖ Effect of yog on reproductive system

UNIT – V [Endocrine system]

- ❖ Location & functions of important endocrine glands
- ❖ Effect of yog on balancing the hormones

Reference Books :-

1. शरीररचनाविज्ञान : डॉ.मुकुन्दस्वरूपवर्मा
2. शरीरक्रियाविज्ञान : डॉ. प्रियवृत्त शर्मा
3. आयुर्वेदीय क्रिया शरीर : वैद्य रणजीय राय देसाई

4. Anatomy & physiology of yogic practices : M.M Gore
5. Anatomy & physiology Yogic context : Dr. Sharad Bhalekar

BSY – 104

SANKHYA PHILOSOPHY

Unit-1

- ❖ Goal of the text: verses 1 to 3
- ❖ Means of knowledge: verses 4 to 8

Unit-2

- ❖ The theory of causation and the doctrine of Gunas: verses 9 to 14
- ❖ Nature of Prakriti: verses 15 to 16

Unit-3

- ❖ Nature of Purusha: verses 17 to 19
- ❖ The connection between Prakriti and Purusha: verses 20 to 21

Unit-4

- ❖ The theory of emergence of principles: verses 22 to 38
- ❖ The theory of reality: verses 39 to 59

Unit-5

- ❖ The theory of understanding and freedom: verses 60 to 69
- ❖ Transmission of Samkhya tradition: verses 70 to 72

Reference Books:

1. SankhyaKarika of IsvaraKrsha : Swami Viruparkshanand
रणसंख्यकारिका : डॉ. राकेश शास्त्री
3. Basavaraddi, I.V. & others: SHAKTKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
4. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
5. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2010

Unit-1: Recitation of hymns & hasta mudra

- ❖ Recitation of Pratah-smaran and Shanti Mantras; Recitation of PranavaJapa and Soham Japa;
- ❖ Recitation of Hymns from Upanishad &Yog Texts; Hasta Mudra: Chin, Jnana,Hridaya,Bhairav, Yoni.

Unit-2: Shatkarmas

- ❖ Dhauti (Kunjal,VamanaDhauti, VastraDhauti
- ❖ Agnisara, Neti: Jal and Sutra
- ❖ Kapalbhathi and its variants

Unit-3: Breathing practices [30 Hrs.] Breathing practice

Abdomen+Thoracic Breathing, Abdomen + Thoracic + Clavicular Breathing; Yogic Breathing: Pause Breathing (Viloma Pranayama), Spinal Passage Breathing (Sushumna Breathing); Practice of Puraka, Rechaka&Kumbhaka (Antar&BahyaKumbhaka)

Unit- 4: Surya Namaskara**Unit-5: Yogsana (Standing Postures and body alignment)**

- ❖ Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, ArdhaChakrasana, Paada
- ❖ Hastasana, Trikonasana, ParshvaKonasana, Veerabhadrasana and its variations

TEXT BOOKS

1. Sri Ananda : The Complete book of Yog, Orient Course Backs, Delhi, 2003.
2. Basavaraddi, I.V. &others : SHATKARMA: A Comprehensive description about CleansingProcess, MDNIY New Delhi, 2009
3. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
4. Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda YogPrakashan,Bangalore, 200515

BOOKS FOR REFERENCES

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

5. Swami NiranjananandSaraswati: Prana, Pranayama &Pranvidya, Yog Publications Trust,Munger, Bihar, 2005

UNIT – 1

- ❖ Introduction of Maharshi Pantanjali&Yog Sutra
- ❖ ChittVrittis, Nirodhopaya

UNIT – 2

- ❖ ChittaVikshepas
- ❖ ChittaPrasadaram, its relevance in yogsadhna

UNIT – 3

- ❖ Kriya yog (Tap, swadhyay, Ishwar pranidhan)
- ❖ Kleshas (Avidhya, Asmita, Raag, Dvesh, Abhinivesh)
- ❖ Drishta (Purush), Drishya (Prakriti)

UNIT – 4

- ❖ Introduction to Ashtanga Yog
- ❖ Concept & Siddhis of Yam
- ❖ Concept & Siddhis of Niyam
- ❖ Concept & Siddhis of Asan, Pranayam, Pratyahar

UNIT – 5

- ❖ Concept & siddhis of Asan, Pranayam, Pratyahar
- ❖ Concept & Siddhis of Dharna, Dhyan, Samadhi
- ❖ Four types of Karmas

Reference Books:-

1. PantanjaliYog Pradip: Swami OmanandSaraswati
2. Yog Sutras of Patanjali: HariharanandAranya
3. The Yog Sutras of Patanjali: Shri Shri Ravi Shankar

SEMESTER - 2

BSY-202

INTRODUCTION TO HATHA YOG

UNIT – 1

- ❖ HathaYog : Origin, Definition, Philosophy
- ❖ HathaYog Parampara, Nath cult Hatha Yogis & their contribution
- ❖ Inter relation of HathaYog & Raj Yog

UNIT – 2

- ❖ Brief introduction to Hatha Yogic texts : Hathayogpradeepika,
- ❖ Gheranda Samhita, Goraksha Samhita
- ❖ Siddhasiddhanta Paddhati
- ❖ Shiv Samhita, Hatha Ratnavali

UNIT – 3

- ❖ Concept of Matha, Mitahara
- ❖ Pathya and Apathya food
- ❖ Concept of shodhan Kriya & their role in modern day life

UNIT – 4

- ❖ Concept of Asana, Pranayama, Mechanics of Yogic breathing
- ❖ Vayu, Prana, Upaprana
- ❖ Nadi, Swar, Chakra, Ganthi
- ❖ Bandh, Mudra

UNIT – 5

- ❖ Relevance of HathaYog in day-to-day life
- ❖ Kundalini Yog: Philosophical foundations & Practices
- ❖ Kundalini Prabodhan

Reference Books:-

1. Gherand Samhita: Surami Niranjanda Saraswati
2. Hatha Ratnavali: ML Gharate
3. Siddhasiddhapaddhati: ML Gherote
4. HathaYogPradeepika of Surothamama, MDNIY Publications

UNIT – 1 [Blood & circulatory system]

- ❖ Composition of Blood, functions of blood
- ❖ Blood groups, blood clotting, blood pressure regulation
- ❖ structure & functions of heart
- ❖ Effect of yog on blood circulatory system

UNIT – 2 [Digestive system]

- ❖ Structure & functions of Digestive system: Liver, stomach & other
- ❖ Physiology of digestion
- ❖ Effect of yog on the digestive system

UNIT – 3 [Excretory system]

- ❖ Composition of the excretory system
- ❖ Structure & functions of the kidney
- ❖ Compositions of urine
- ❖ Effect of yog on the excretory system

UNIT – 4 [Nervous system]

- ❖ Branches of nervous system
- ❖ Brain: Parts, functions
- ❖ Sympathetic & Parasympathetic nervous system
- ❖ Effect of yog on the nervous system

UNIT – 5 [Lymphatic System]

- ❖ Structure & function
- ❖ Immunity, Antigen, antibodies
- ❖ Hypersensitivity, Auto immunity
- ❖ Effect of Yog on Lymphatic system

Reference Books:-

1. शरीररचनाविज्ञान :-Dr. Mukund Verma
2. Anatomy & Physiology of Yogic Practices M.M Gore
3. Anatomy & Physiology yogic context – Dr. Sharad Bhalekar

UNIT – 1

- ❖ Definition of swasthya: According to ayurveda & WHO
- ❖ SwasthvirittaVigyan : meaning, definition
- ❖ Arogya Lakshnam, Swasthyavrittaprayojanama
- ❖ Concept of well being, quality of life

UNIT – 2

- ❖ Concept of tridoshas
- ❖ Concept of different kinds of agnis

UNIT – 3

- ❖ Concept of Sadviritta; Trayopstambha (Ahar, Nidra, Brahma Charya)
- ❖ Dincharya
- ❖ Ratricharya
- ❖ Ritucharya, Ritusandhi

UNIT – 4

- ❖ Ahara: AharDravya, AharVargikaran, AshtaAharavidhi
- ❖ ViruddhaAhar& its effects, Pathya-apathya
- ❖ ShadrasBhojan, its importance, Avasthapaka, Nishthapaka
- ❖ Nitya sevaniyadravya
- ❖ Concept of Balanced diet in Ayurveda
- ❖ Food: fortification, Adulteration, Toxicants, Preservation

UNIT – 5

- ❖ Nidra: Nirukti, Utpatti
- ❖ Nidraswasthyasambandh, SwapnaUtpatti, YuktaNidra, RatriJagaran, Divaswapna
- ❖ Anidra, Atinidra
- ❖ Aharvihar causing disturbed sleep
- ❖ Sleep cycle

Reference Books:-

1. Swasthviritta Vigyan – ChaukhambhasanskritPratisthan
2. SwasthaVratt – National Arurveda Institute

Unit-1: Shatkarma

- ❖ Dhauti, Neti, Nauli
- ❖ uliMadhyama, Vama, DakshinaNauliChalana, Trataka

Unit-2: Pranayama

NadiShodhana (Technique 1: Same Nostril Breathing), NadiShodhana (Technique 2: AlternateNostril Breathing), NadiShodhana (Technique 3: Alternate Nostril Breathing + Antarkumbhak); NadiShodhana (Puraka + AntarKumbhak + Rechaka + BahyaKumbhak) (1:4:2:2); Bhramari Pranayama

Unit-3: Practices leading to meditation

Pranav and Soham Japa; YogNidra (1,2,3); Antarmauna; Ajapa Dharana (Stage 1, 2, 3); Mind sound resonance technique (MSRT)

Unit-4: Yogsana

- ❖ Dandasana, Swastikasana, Padmasana, Vajrasana, SuptaVajrasana; Kagasana, Utkatasana
- ❖ Gomukhasana, Ushtrasana, Shashankasana; Janusirasana, Paschimottanasana, Mandukasana
- ❖ UtthanaMandukasana; Vakrasana, ArdhaMatsyendrasana, Marichayasana, Simhasana

Unit-5: Yogsana (Prone line Postures)

- ❖ Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Raja Kapotasana

Reference Books :-

1. Swami NiranjananandaSaraswati: Asana Pranayama Mudra Bandha; Bihar school of yog publications; Munger, 2001
2. Swami NiranjananandaSaraswati: Dharana Darshan; ; Bihar school of yog publications; Munger, 2001

UNIT- 1

- ❖ Ayurveda : meaning, concept, history
- ❖ Sharir, Kriya, Sharir Dosha, Manasa dosha
- ❖ Tridosha:
 - a) VataDosha : Locations, properties, functions, type
 - b) Pitta Dosha : Location, properties, funtions, type
 - c) KaphaDosha : Location, properties, funtions, type

UNIT- 2

- ❖ Factors responsible for Dosha Vriddhi, Dosha Kshaya& their manifestations
- ❖ Biological rhythms of tridosha on the basis of day-night-age-season & food intake
- ❖ Role of dosha it the formation of Prakriti of an individual & in maintaining health.
- ❖ DehaPrakriti : classification, features
- ❖ Manas Prakriti : Concept

UNIT- 3

- ❖ Dhatu : Concept, Dhatuposhana (Rasa, Dhatu, Rakta, Mansa, Meda, Asthi, Majja, Shukra)
- ❖ Updhatu : formation, nourishment, function
- ❖ Meda : type, manifestations of Vriddhi and Kshhaya
- ❖ Ojas :funtions, properties
- ❖ Inter- relationship among Dosha, Dhatu, Meda

UNIT- 4

- ❖ Kayachikitsa :disease& its manifestation
- ❖ Aam , causes
- ❖ Examinations ofpatient : eight fold examinations
- ❖ Rogapariksha, NadiPariksha

UNIT- 5

- ❖ Panchkarma : concept, classification
- ❖ Snehana, Swedana
- ❖ Vaman, Virechan
- ❖ Basti, Raktamokshana
- ❖ NasyaDhumrapan

References:-

1. Fundamentals of Ayurveda and yog therapy: Swami Satyanand
2. Ayurveda Practice guideline : Dr. M.b. Pillewan
3. Ayurveda KeMoolSiddhant : Dr. Lakshmi Dhar Trivedi
4. Ayurveda Simplified : Dr. Nisha Manikantan

UNIT- 1

❖ YogTherapy : Meaning, Area, Boundaries, Purpose & Principles: Major Yogic Techniques Useful in Health Protection – Shatkarma, Asana, Pranayama, Mudra, Meditation.

❖ Concept of Panchamahabhut, Panchkoshas and Shatchakra for Healthcare, Yog Therapy- Rules and Precautions.

UNIT- 2

❖ Respiratory Disease: Sinusitis. Breathing Problem, Asthma, Common Cold, Allergic Rhinitis

UNIT- 3

❖ Digestive System Disease – Constipation, Indigestion, Ulcers, Jaundice, Colitis.

UNIT- 4

❖ Circulatory System – High Blood Pressure, Low Blood Pressure. Heart Artery Blockage.

UNIT- 5

❖ Yogic Management of Common Diseases Including Symptoms & Causes- Bone/Muscle Related, Spondylitis (Cervical and Lumbar-, Arthritis, Gouts

Reference Books:-

1. YogSadhan&YogChikitsaRahasya : Swami Ramdev
2. Ayurveda Theory of Secrets : Acharya Balakrishna
3. Yog and YogTherapy : Ram Harisha Singh
4. Yog to ArogyindianYog Society
5. Yogic Medicine Owner Kuvalayananda
6. Yog Therapy Ishwar Bhardwaj
7. Yog and Roga, Swami SatyanandaSaraswati.

Unit – 1: Significance of Bhagavadgita as synthesis of yog

Introduction to Bhagavadgita; Bhagavadgita and traditional commentaries; Bhagavadgita: a synthesis of Yog; Definitions of Yog in Bhagavadgita and their relevance; Bhagavadgita and their relevance in Yog Sadhana

Unit–2: Concept of Atman, Parmatman and characteristic of Sthitaprajna in Bhagavdgita

Concept of Samkhya Yog in Bhagavadgita; Concept of SthitaPrajna, stages and haracteristic of it; Concept of Atman (Purusha), Jivatman; Concept of Paramatman Parmeshwar or Purushottam) their characteristic in Bhagavadgita; Concept of Jnana and Jnana Yog, origin of the world as described in Bhagavadgita

Unit-3: Karma yog in Bhagavadgita

Concept of karma Yog in Bhagavadgita; Dhyana Yog together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita.

Unit-4: Bhakti yog in Bhagavadgita

Concept of Bhakti, concept of Shraddha and its relevance as described in Bhagavad Gita
Yog of Bhakti and Bhakta as described in Bhagavadgita.

Unit – 5: Concept of ahara and role of Bhagavadgita in healthy living

Role of Bhagavadgita in day to day life; Concept and classification of Ahara as described in Bhagavadgita; Ahara and its role in Adhyatma Sadhana; Concept of Triguna in the context of Bhagavadgita; Theory of Adjustment in healthy living as described in Bhagavadgita

Reference Books:-

1. Swami Gambhiranand ;Bhagavadgita (with Gudharth Dipika) Sri RamkrishnaMatha Madras
2. Swami Gambhiranand ;Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, Kolkata, 2003
3. Swami Ramsukhadas; SrimadBhagavadgita (SadhakaSanjivani) Gita Press Gorakhpur
4. Swami Ranganathananda ;Bagavadgita, Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata

Unit-1:संस्कृतभाषापरिचय

संस्कृतभाषापरिचय, योगशास्त्र के अध्ययन में संस्कृत का महत्व और योग एवं संस्कृत का अन्तःसम्बन्ध। माहेश्वरसूत्र। संस्कृतवर्णमाला, स्वर, व्यंजनवर्गज्ञानसहित (रोमन लिपि में लेखन एवं पठन); वर्णों के उच्चारणस्थान और प्रयत्नज्ञान। प्रत्याहारनिर्माणविधि एवं प्रत्याहारज्ञान। कारक, विभक्ति (सुप् और तिङ्), लिङ्ग, वचन, पुरुष, लकार एवं वाक्याङ्ग परिचय। संस्कृत संख्याएं (एक से सौ तक)

Unit-2: शब्दरूप

अजन्तशब्दरूप—राम, बालिका, पुस्तक, मुनि, रूचि, वारि शब्दों के रूपार्थज्ञानसहित। अजन्तशब्दरूप—नदी, भानु, धेनु, मधु, पितृ, मातृ शब्दों के रूपार्थज्ञानसहित। सर्वनाम शब्दरूप—अस्मद्, युष्मद्, तत् (तीनों लिङ्गों में), एतद् (तीनों लिङ्गों में), किम् (तीनों लिङ्गों में), भवत् (तीनों लिङ्गों में) शब्दों के रूपार्थज्ञानसहित। हलन्तशब्दरूप—भगवत्, नामन्, जगत् शब्दों के रूपार्थज्ञानसहित।

Unit-3: धातुरूप

भू, अस्, पठ्, मृद्, कृ, लिख्, नम्, दृश्, धातुओं के पांचलकारों (लट्, लृट्, लङ्, लोट्, लिङ्) में रूपज्ञान एवं वाक्य निर्माणार्थज्ञानसहित। वृद्, गम्, स्था, पा (पिब्) दा, शक्, आप्, प्रच्छ्, धातुओं के पांचलकारों (लट्, लृट्, लङ्, लोट्, लिङ्) में रूपज्ञान एवं वाक्य निर्माणार्थज्ञानसहित। ज्ञा, कथ, चिन्त्, ब्रू, श्रु, नी, याच्, खाद्, शीङ्, धातुओं के पांचलकारों (लट्, लृट्, लङ्, लोट्, लिङ्) में रूपज्ञान एवं वाक्य निर्माणार्थज्ञानसहित। प्रथमदीक्षा के प्रथम एवं द्वितीय अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।

Unit-4: वाक्यनिर्माण

प्रथमदीक्षा के तृतीय अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास। प्रथमदीक्षा के चतुर्थ अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास। प्रथमदीक्षा के पंचम अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास। प्रथमदीक्षा के षष्ठ अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।

Unit-5:सम्भाषणम् (संस्कृत वार्तालाप)

संस्कृतमें स्वपरिचय, योग—पाठ्यक्रमपरिचय, नगरपरिचय, प्रान्तपरिचय। संस्कृतवार्तालाप— योगदिवस, योगदर्शन, गीता, हठप्रदीपिका, आसानतथा प्राणायाम

Reference Books:-

1. MoortyCLN : First Book of Sanskrita, Chaukhabha Sanskrit Series, Varanasi, 2010
2. Max Muller : A Sanskrit Grammar Parimal Publication, Delhi, 2012
3. Goldmom P R : Devavanopraivesika : An introduction to the Sansrit languages, MLBD, New Delhi , 2011

Unit-1: Yogsana (Sitting Postures)

Dandasana, Swastikasana, Padmasana, Vajrasana, SuptaVajrasana;
Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana; Janusirasana,
Paschimottanasana, Mandukasana, UtthanaMandukasana; Vakrasana,
ArdhaMatsyendrasana, Marichayasana, Simhasana

Unit-2: Yogsana (Supine lying Postures)

Pavanamuktasana; Utthana-padasana, ArdhaHalasana,
Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana

Unit-3: Yogsana (Prone line Postures)

Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Raja
Kapotasana

Unit-4: Bandha & Pranayama (with Antar&BahyaKumbhaka)

Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha
Bandha, Tri

Bandha Surya-bheda and Chandra-bheda Pranayama, Ujjayi Pranayama,
SheetaliPranayama, Shitkari Pranayama, Bhastrika Pranayama

Unit-5: Panchkarma

Vaman, Basti, Nasya, Shirodhara, Akshitarpan

Reference Books:-

1. Swami Dharendra Bhrahmachari :YogsanaVijnana, Dharendra Yog Publications, New Delhi.
2. Swami Kuvalyananda: Asana Kaivalyadhama, Lonavla
3. Swami SatyanandaSaraswati: Asana, Pranayama, Bandha, Mudra Bihar School of Yog, Munger

Unit-1 PRINCIPLES AND METHODS OF TEACHING YOG

❖ Teaching & learning : concept & relationship; Teaching : principles levels and phases, Quality of the perfect Yog Guru; Yogic levels of learning; Vidyarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods, Role of Yog Teachers and Teacher training

Unit II BASICS OF YOG CLASS MANAGEMENT

❖ Practice of Yog at different levels (Beginners, Advanced, School Children, Youth, women and Special attention group): Techniques of individualized & mass instructions; Organization of teaching (Time Management, Discipline etc.)

Unit –III LESSON PLANNING IN YOG

❖ Essentials of Good Lesson Plan: concept, needs, planning of teaching Yog (Shatkriya, Asana, Mudra, Pranayama & Meditation); Action Research of Yog: Meaning, Roles, Steps in action research in Yog Teaching; Effective use of Library and other resources; Lesson Plan and its Practical Applications.

Unit IV EDUCATIONAL TOOLS OF YOG TEACHING

❖ Yog classroom: essential features area sitting arrangement in Yog class. Class room problems; Type and solutions, Characteristics and essentials of good Yog teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yog.

Unit V

❖ Concept of values, Definition of value, Types of Values; Value Oriented Education; Value oriented personality, Role and function of values in Society; Yog as global value, Yog as value and yog as Practice; Contribution of Yog towards the development of values.

Reference

1) Swami Satyananda Saraswati: Yog Education for Children, Bihar Schools of Yog, Munger, 1990.

2) Swami Satyananda Saraswati: A Systematic Course in the Ancient Tantric Techniques of Yog and Kriya, Bihar Schools of Yog, Munger, 2004.

UNIT- 1 (Endocrine Disorders)

- ❖ Endocrine related disorders – Diabetes
- ❖ Thyroid
- ❖ Obesity, Fatty liver

UNIT- 2 (Gynecological Disorders)

- ❖ Menstrual disorders, Dysmenorrhea
- ❖ Premenstrual Syndrome
- ❖ Menopause, Pre-menopausal syndrome

UNIT- 3 (Pregnancy & Child Birth)

- ❖ Introduction to Pregnancy
- ❖ Complicated Pregnancies
- ❖ Ante-natal, Post-natal care
- ❖ PCOS

UNIT- 4 (Psychiatric Disorders)

- ❖ Neurosis, Depression
- ❖ Anxiety disorders, Panic Anxiety
- ❖ Compulsive disorder
- ❖ Phobias

UNIT- 5 (Mental Health Management through Yog)

- ❖ Psychotherapy : Nature, Process, Ethics
- ❖ Psychodynamic Therapy, Behavior
- ❖ Client centered Therapy
- ❖ Yogic management for promoting mental health
- ❖ Need of spiritual growth for mental health

References:

1. Ramesh Bijlan : Back to Health Through Yog, Rupa Publications India Pvt. Ltd
2. MDNIY publications : 10 Booklets, Yog Therapy Series, MDNIY Publications, New Delhi, 2009
3. Redy M Venkarta&other : Yogic Therapy, Sri M.S.R Memorial Yog series, Arthamuru A.P., 2005
4. RAI, Lajpat: Discovering Human Potential energy: A PhsiologicalApproach to Yog, Anubhava Rai Publications, 1998

UNIT – 1 Introduction to Naturopathy

- ❖ Meaning of Naturopathy, Definition, Purpose, Limitations, Need and Importance
- ❖ Basic Principles of Naturopathy, Measures to Increase Vitality

UNIT – 2 Concepts of Naturopathy

❖ Composition of human body according to Naturopathy, Laws of Nature: Panchmahabhoot, Shareera Dharmas, Natural Rejuvenation & Vitality, how to acquire natural immunity, Importance of Physical & Mental Hygiene, Prevention of diseases

UNIT – 3 Hydro (Water) Therapy, Therapy and Agni Therapy

- ❖ Water Therapy – Properties, Importance, Methods of hot & cold baths, steam wraps, their medical applications
- ❖ Agni (Surya) therapy : Properties, Methods of Major Medical Applications

UNIT – 4 Mud (Soil) Therapy -

❖ Importance, Properties, Principles, Methods of Soil Application and Major Medical Applications

UNIT – 5 Air (Prana) Therapy And Ether (Aakash) Therapy

- ❖ Air (Prana) Therapy: Importance of Air, Utility of Prana Air. Healing Effect of Pranayama, Applications of Air Therapy
- ❖ Ether (Aakash) Therapy – Meaning , Definition, Purpose, Principles and Types of Fasting. Classical and Medical Importance of Fasting.

Reference Book:-

1. R.K Garde: Ayurvedic for Health and Long life Harry Benjamin : Everybody's guide to nature Cure
2. M.K. Gandhi : My Nature Cure

Unit-1: संस्कृतभाषापरिचय

पठ् एवं कृ धातु का कर्मवाच्यरूपज्ञानपांचलकारों (लट्, लृट्, लङ्, लोट्, लिङ्) में एवंवाक्य निर्माणअर्थज्ञानसहित। अस् एवंभू धातु का भाववाच्यरूपज्ञानपांचलकारों (लट्, लृट्, लङ्, लोट्, लिङ्) में एवक वाक्य निर्माणअर्थज्ञानसहित। कर्तृवाच्य एवंकर्मवाच्य का परिचय वाक्यरचना, वाक्यरूपान्तरण एवंअनुवाद। कर्तृवाच्य का परिचय वाक्यरचना, वाक्यरूपान्तरण एवंअनुवाद।

Unit-2: कृदन्त

शतृ एवं शानच् प्रत्ययों से शब्दनिर्माण, वाक्यरचनाऔरअनुवाद। क्त्वा, ल्यप्, प्रत्ययों से शब्दनिर्माण, वाक्यरचनाऔरअनुवाद। क्त एवंक्तवत्प्रत्ययों से शब्दनिर्माण, वाक्यरचनाऔरअनुवाद। तव्यत् अनीयर एवं यत् प्रत्ययों से शब्दनिर्माण, वाक्यरचनाऔरअनुवाद।

Unit-3: सन्धि एवंभाषाभ्यास

अच्, हल् एवंविसर्गसन्धियों का ज्ञान एवंसन्धि विच्छेद का अभ्यास। भगवद् गीता के द्वितीय अध्याय क प्रथम २० श्लोकोंमेंकारक एवंक्रियापदों का अनुसन्धान एवंसस्वर श्लोकपाठ। संस्कृत से हिन्दी/अंग्रेजीमें अनुवाद। संस्कृतमेंपरस्परवार्तालाप एवंमौखिकव्याख्यान का अभ्यास।

Unit-4: भाषादक्षता

द्वितीयदीक्षा के प्रथम एवंद्वितीय अध्याय से वाक्यनिर्माण एवंअर्थज्ञान का अभ्यास। द्वितीयदीक्षा के तृतीय अध्याय से वाक्यनिर्माण एवंअर्थज्ञान का अभ्यास। द्वितीयदीक्षा के चतुर्थ अध्याय से वाक्यनिर्माण एवंअर्थज्ञान का अभ्यास। द्वितीयदीक्षा के पंचम एवं षष्ठ अध्याय से वाक्यनिर्माण एवंअर्थज्ञान का अभ्यास।

Unit-5: संस्कृतमेंभाषणतथालेखन :

संस्कृतमेंस्वपरिचय, योग—पाठ्यक्रमपरिचय, नगरपरिचय, प्रान्तपरिचय। संस्कृतवार्तालाप— योगदिवस, योगदर्शन, गीता, हठप्रदीपिका, आसनतथाप्राणायाम।

BOOKS FOR REFERENCE

1. प्रौढ़—रचनानुवादी: कपिलदेवद्विवेदी;; विश्वविद्यालय प्रकाशनवाराणसी।
2. प्रथमदीक्षा —राष्ट्रीय संस्कृतसंस्थाननईदिल्ली।
3. द्वितीयदीक्षा —राष्ट्रीय संस्कृतसंस्थाननईदिल्ली।

Shatkarmas

❖ VastraDhauti, Sutra Neti, Kapalbhathi, NauliChalana, Jyoti Trataka, Agnisara

Yogsanas -I

❖ Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; ArdhaChakrasana, PaadaHastasana; Trikonasana, ParshvaKonasana; Veerabhadrasana; Bhunamanasana,Hanumanasana; Dandasana, Swastikasana, Sidhasana,Bhadrasana,Padmasana,Vajrasana;Kagasana, Utkatasana, Gomukhasana,Ushtrasana, Shashankasana, Kurmasana, Navasana,Baddha Padmasana, Uttitha Padmasana; Janusirasana, Paschimottanasana, SuptaVajrasana;Mandukasana, UtthanaMandukasana; Vakrasana, ArdhaMatsyendrasana , Marichayasana,Simhasana

Yogsanas -II

❖ Pavanamuktasana, Utthana-padasana, ArdhaHalasana, Setubandhasana, Halasana, KarnaPeedasana, Sarvangasana, Matsyasana ,Chakrasana, Shavasana, Makarasana, Bhujangasana ,Shalabhasana, Dhanurasana, Kapotasana , Raja Kapotasana, Bakasana, Kukkutasana,Garbhasana, Matsyendrasana, Marjariasana, Padangusthasana, Hastapadangusthasana,Garudasana, Vatayanasana, Natarajasana, Mayurasana, Sirshasana; Ekapada and DwipadaKandarasana

Bandha and Mudras

❖ Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri BandhaYog Mudra, Maha Mudra, Shanmukhi Mudra, Shambhavi Mudra, Kaki Mudra, Tadagi Mudra,VipareetKarni Mudra, Simha Mudra

Pranayama & meditation

❖ NadiShodhana pranayama, Bhramari Pranayama, Suryabhedana and Chandrabhedana Pranayama,Ujjayi Pranayama, Sheetali Pranayama, Shitkari Pranayama, Bhastrika Pranayama, Pranava and SohamJapa, Antarmouna, Dharana, Pracice of Dhyana, Breath Meditation, Om Meditation VipassanaMeditation ,Preksha Meditation, **Naturopathy**: Steam Bath, Mud Packs

BOOKS FOR REFERENCES

1. Basavaraddi, I.V. &others:Yogsana: A Comprehensive description about Yogsana,MDNIY, New Delhi, 2011.
2. Basavaraddi, I.V. &others:YogicSukshma Evam SthulaVyayama, mDNIY, New Delhi,2011.
3. Iyengar, B.K.S.:Light on Yog,Harper Collins Publishers, 2009
4. Sen Gupta Ranjana:B.K.S. Iyengar Yog, A Dorling Kindersley Limited, 2001

5. Saraswati, Swami Satyananda:Surya Namaskar, Yog Publication Trust, Munger, 2004
6. Tiwari, O.P.:Asana Why and How? Kaivalyadhama, Lonavla, 2011

SEMESTER – 5

BSY 501

BASIC STATISTICS

UNIT – 1 (Introductions to Statistics)

- ❖ Origin & Development, Meaning & definition, Importance
- ❖ Distrust & limitations
- ❖ Collection of Data : Primary & Secondary Data
- ❖ Classification, Frequency Distribution & Tabulation of Data

UNIT – 2 (Measurement of Central Tendency)

- ❖ Mean
- ❖ Mode
- ❖ Median

UNIT – 3

- ❖ Dispersion – Range, Quartile deviation & mean deviation and standard deviation
- ❖ Measures of skewness : Karl Pearson & Bowley

UNIT – 4 (Correlation)

- ❖ Correlation : Meaning, Uses, Types, Karl Pearson's Coefficient, Co-efficient of determination, Probable error
- ❖ Spearman Rank difference
- ❖ Concurrent division method

UNIT – 5 (Simple Regression Analysis)

- ❖ Simple Regression Analysis: Uses, Types, Regression line
- ❖ Methods of creating Regression line (Graphic &Algebraic)

References:

1. BhanawatShurveerS:, Business Statistics, RBD, Jaipur
2. Gurjarati, Damodar N. &Sangeetha : Basic Econometrics, Tata McGraw Hill
3. Gupta, B.N : Business Statistics, S.B.P.D Publication, Agra
4. Gupta, S.P.: Statistical Methods, Sultan Chand & Sons, New Delhi
5. Hooda, R.P. – Statistics for Business and Economics, Vikas Publishing
6. Sancheti and Kapoor : Statistics (Theory, Methods & Application), Sultan Chand & Sons
7. K.N Nagar : Fundamentals of Statistics

UNIT – 1 Knowing Computer:

❖ What is a Computer; Components of Computer System, Connecting keyboard, mouse, monitor and printer to CPU and checking power supply. What Is An Operating System; Basics Of Popular Operating Systems; Use Of Common Icons, Status Bar, Using Menu And Menu-Selection, Running An Application, Viewing Of File, Folders And Directories, Creating And Renaming Of Files And Folders, Opening And Closing Of Different Windows; Using Help Creating Short Cuts.

UNIT – 2 Understanding Word Processing:

❖ Word processing basics; opening and closing of documents; text creations and manipulation; formatting of text: table handling; spell check, language setting and thesaurus; printing of word document.

UNIT – 3 Using Spread Sheet:

❖ Basics of spreadsheet; Manipulation of cells; formulas and functions; editing of spread sheet, printing of spread sheet.

UNIT – 4 Presentation:

❖ Basics of presentation software; creating presentations; preparation and presentation of slides; slide show; taking printouts of presentation/handouts.

UNIT – 5 Introduction to Internet, WWW and Web Browsers:

❖ Basic of computer networks; LAN, WAN; Concept of internet; applications of internet; What is ISP; knowing the internet; basics of internet connectivity related troubleshooting, world wide web, web browsing software, search engines; Understanding URL; Domain name; IP address; using e-governance website.

Reference Books:-

1. Masters Books of Computer :ManageshBhuvad
2. Basic Computers course :S.Khan
3. Mastering MS Office :Bittu Kumar
4. Computer Basics with office Automation : Archana Kumar

UNIT – 1 ध्यान-

❖ अर्थ, परिभाषा, अवधारणा एवं उद्देश्य। ध्यान के आधारभूततत्व-प्रत्याहार एवं धारणा, ध्यान की आधुनिक जीवन में उपयोगिता।

UNIT – 2 ध्यान की विभिन्नविधियां-9

❖ प्रणव ध्यान, प्रेक्षाध्यान, विपश्यना ध्यान, भावातीत ध्यान, सविता ध्यान इनके विभिन्नआधारभूतसिद्धान्त व चरणबद्ध विधि में मुख्य पहलू।

UNIT – 3 ध्यान की विभिन्नविधियां-2

❖ इष्टदेवध्यान, प्राणधारणा, अजपा-जप, योगनिद्रा इनके विभिन्नआधारभूतसिद्धान्त व चरणबद्ध विधि के मुख्य पहलू, स्थूल ध्यान, सूक्ष्म ध्यान

UNIT – 4 शोध

❖ ध्यान द्वारा मानव शरीर पर अनुसंधान आधारित शरीरिक क्रियात्मक प्रभाव, ध्यान का चिकित्सीय पहलू।

UNIT – 5 महत्व

❖ तनाव प्रबन्धन में ध्यान का महत्व, कार्यक्षमता की अभिवृद्धि में ध्यान की भूमिका।

संदर्भग्रन्थ :-

1. ध्यानतंत्र के आलोक में स्वामी सत्यानंद सरस्वती
2. ध्यानयोग : Osho
3. Yognidra : Swami Satyananda Saraswati
4. Yog & Mental Health : R.S Bhogal

UNIT – 1

- ❖ General introduction to Upnishads, 10 Main Upnishads
- ❖ Ishavasyopnishad – Karmanishta, Vidhya Avidhya, Knowledge of Brahma, Atmabhav

UNIT – 2

- ❖ Ken upnishad - Self & Mind, realization of truth
- ❖ Kathopanishads – Atmavevechan, Importance of self realization

UNIT – 3

- ❖ PrashnaUpnishad – Panch Pranas, Rayi, 6 main questions

UNIT – 4

- ❖ MundakaUpnishad : Brahma Vichar, Brahma Vidhya (Para & APara), Selfless Karma, Tapas & Gurubhakti, Brahmanubhuti

UNIT – 5

- ❖ MandukyaUpnishad : Four States of consciousness & its relation to syllables in Omkara.

Reference:

1. Radhakrishnan, S. , The Principal Upanishads, George Allen and Unwin, London, 1953.
2. Shri Ram Sharma Achary, 108 Upanishads in three Volumes, Shanti Kunj, Haridwar, 1978
3. Introduction to Upanishads, Theosophical Society of India, Adyar, Madras, 1976.

ऽण तंत्र दर्शन, परमहंसतिरजनानन्द, श्रीपंचदशनाम, परमहंसअलखबाड़ा, देवघरए बिहार

Shatkarmas: Vastra Dhauti, Sutra Neti, Kapalbhathi, Nauli Chalana, Jyoti Trataka, Agnisara

Yogsanas –I Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; ArdhaChakrasana, PaadaHastasana; Trikonasana, ParshvaKonasana; Veerabhadrasana; Bhunamanasana, Hanumanasana; Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana; Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Uttitha Padmasana; Janusirasana, Paschimottanasana, SuptaVajrasana; Mandukasana, UtthanaMandukasana; Vakrasana, ArdhaMatsyendrasana , Marichayasana, Simhasana

Yogsanas -I Pavanamuktasana, Utthana-padasana, ArdhaHalasana, Setubandhasana, Halasana, Karna Peedasana, Sarvangasana, Matsyasana , Chakrasana, Shavasana, Makarasana, Bhujangasana , Shalabhasana, Dhanurasana, Kapotasana , Raja Kapotasana, Bakasana, Kukkutasana, Garbhasana, Matsyendrasana, Marjariasana, Padangusthasana, Hastapadangusthasana, Garudasana, Vatayanasana, Natarajasana, Mayurasana, Sirshasana; Ekapada and DwipadaKandarasana

Bandha and Mudras Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, TriBandha, Yog Mudra, Maha Mudra, Shanmukhi Mudra, Shambhavi Mudra, Kaki Mudra, Tadagi Mudra, VipareetKarni Mudra, Simha Mudra

Pranayama & meditation NadiShodhana pranayama, Bhramari Pranayama, Suryabhedana and ChandrabhedanaPranayama , Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama, Bhastrika

Meditations, Pranava and Soham Japa, Antarmouna, Dharana, Pracice of Dhyana, BreathMeditation, Om Meditation Vipassana Meditation ,Preksha Meditation, Ajapa, Jap BhavateetDhyan, Sthul and SukshmaDhyan.

BOOKS FOR REFERENCES

1. Basavaraddi, I.V. & others:Yogsana: A Comprehensive description aboutYogsana, MDNIY, New Delhi, 2011.
2. Basavaraddi, I.V. &others:Yogic Sukshma Evam SthulaVyayama, mDNIY, New Delhi, 2011.
3. Iyengar, B.K.S.:Light on Yog,Harper Collins Publishers, 2009
4. Sen Gupta Ranjana:B.K.S. Iyengar Yog, A Dorling Kindersley Limited, 2001
5. Saraswati, Swami Satyananda:Surya Namaskar, Yog Publication Trust, Munger, 2004
6. Tiwari, O.P.:Asana Why and How? Kaivalyadhama, Lonavla, 2011

SEMESTER – 6

BSY 601

RESEARCH METHODOLOGY

UNIT -1 Probability

- ❖ Definition, counting techniques
- ❖ Addition, Multiplication Theorem, & Bayes theorem

UNIT -2 Probability Distribution

- ❖ Binomial
- ❖ Poisson
- ❖ Normal Distribution

UNIT - 3 Research

- ❖ Research : Definition, meaning , Importance, Types, process
- ❖ Defining Problems
- ❖ Research Design
- ❖ Methods of data collection – primary & secondary data : questionnaires, Interviews, Observations
- ❖ Measurement in Research, Levels, Reliability & validity, Scaling

UNIT - 4 Sampling

- ❖ Objectives of sampling
- ❖ Sampling methods: Probability, non- probability
- ❖ Measurement scales

UNIT - 5 Report writing

- ❖ Format of report writing
- ❖ References
- ❖ Bibliography

Reference Books:-

1. BhanawatShurveer S., Busines Statistics (English). R.B.D Publication, Jaipur- New Delhi.
2. BhanawatShurveer S., PiparaDilip and Vardia Shilpa: Business Statistics (Hindi), R.B.D Pulications, Jaipur - New Delhi.
3. Gupta, B.N. statistics (Hindi), SBID Publication, NaiSarak, Delhi.
4. Gupta, S.P.: Statistical Methods, Sultan Chand & Sons, New Delhi.
5. Gupta S.C Fundamentals of Statistics, Himalaya Publishing House, Mumbai
6. Hooda, R.P. : Statistics for Business and Economics; Macmillan, New Delhi.

7. Lewin and Rubin: Statistics for Management. Prentice Hall of India New Delhi.
8. Sancheti D.C., Kapoor V.K., Fundamentals of Business and Economics Statistics, Sultan Chand and Sons, New Delhi.

UNIT - 1

- ❖ Definition, Scope and importance: Need for public awareness.
- ❖ **Renewable and non-renewable resources:** Use and over-exploitation, deforestation.
- ❖ **Water resources:** Use and over-utilization of surface and ground water, floods, drought.
- ❖ **Mineral Resources:** Use and exploitation, environmental effects of extracting and using minerals resources.
- ❖ **Food Resources:** World food problems, effects of modern agriculture, fertilizer-pesticide problems, water logging, salinity.
- ❖ **Energy resources:** Growing energy needs, renewable and non renewable energy sources, use of alternate energy sources.
- ❖ **Land Resources:** Land as a resource, land degradation, soil erosion and desertification.

UNIT - 2 Ecosystem: Concept of an ecosystem, Structure and function of an ecosystem

- ❖ Producers, Consumers and decomposers
- ❖ Food Chains, food webs and ecological pyramids.

UNIT - 3 Biodiversity and its Conservation:-Introduction to ecosystem diversity

- ❖ Value of biodiversity: consumptive use, productive use, social ethical, aesthetic values.
- ❖ India as mega-diversity nation
- ❖ Hot-spots of biodiversity
- ❖ Threats of bio-diversity: habitat loss, poaching of wildlife, man-wildlife conflicts.
- ❖ Conservation of bio-diversity.

UNIT - 4 Environmental Pollution : Causes, effects and control measures of : A. Air Pollution; b. Water Pollution; c. Soil pollution; d. Marine pollution; e. Noise pollution; f. Thermal Pollution.

- ❖ Solid waste Management: control measures of urban and industrial wastes.
- ❖ Role of an individual in prevention of pollution.
- ❖ Disaster management: floods, earthquake, cyclone and landslides.

UNIT - 5 Social Issues and the Environment :

- ❖ Water conservation, rain water harvesting
- ❖ Environmental Ethics : Issues and possible solutions
- ❖ Climatic change, global warming, acid rain, ozone layer depletion, nuclear accidents and holocaust.
- ❖ Consumerism and waste products.
- ❖ Environment Protection Act.
- ❖ Air Prevention and Control of Pollution Act.
- ❖ Wildlife Protection Act.

- ❖ Forest Conservation Act.
- ❖ Role of Information Technology in Environment and Human Health.

Reference Books:-

1. Fundamentals of Environmental Studies : Mahua Basu
2. Perspectives in Environmental studies :Anukha Kaushik, C.P Kaushik
3. Environment &Ecology : Vaishali Anand

UNIT – 1

❖ CAT: History, Meaning, Objectives, Types, Need, Applications and Limitations. Mind-Body Therapy; Principles, Impacts, Applications, and Limitation. Need of mind body medicine. Manipulative-Body Based Therapy (MBT)

UNIT – 2

❖ Energy Medicine: History, Meaning, Definition, Types, Principles, Applications and Limitations.

❖ Pranic Healing: History, Meaning and Sources of Prana; Principles, Bio-Plasmic body/Aura: structure, Energy Centers (EC): Meaning, Types (Major, Minor and Mini), Colors, Functions and Consequences of their Dysfunctions

UNIT – 3

❖ Meaning, Importance, History and Major Principles of Marma Healing. Introduction to Key Marma Points. Methods of Awakening the Marma Points, Major Applications of Marma Therapy.

UNIT – 4

❖ Acupressure: Origin, Meaning, Principles, Five Elements Theory, Chi Clock Cycle, Sujok Acupressure Pressure points on Hands & Feet.

UNIT – 5

❖ **Yajnopathy:** Introduction to Yajna- Interpretation, Significance (Including Classical Reference) Of Yajan (PanchMahayajna), Yajya Method, Concept of Yajnopathy (Yajna As Medicine), Medical Importance and Applications, Scientific Research on Yajna Medicine.

Reference Books:-

1. PrakritikAyurvedigyan – Dr. Rakesh Jindal
2. Acupressure – Dr. Atar Singh
3. MarmaChiktsa Vigyan – Prof . Sunil Kumar Joshi, Mrityunjay Mission
4. Yajnopathy-Brhamavarchas, Shanti Kunj, Haridwar.

UNIT – 1

- ❖ AitareyaUpnishad – Concept of Atma, Universe, Brahman

UNIT – 2

- ❖ TaittiriyaUpnishad – Concept of Panchkoshas

UNIT – 3

- ❖ ShwetashweterUpnishad – Yoga Sadhana, Dhyan&Pranayam

UNIT – 4

- ❖ ChandogyaUpnishad – Om (Udgitha) Meditation, Shandilya Vidhya

UNIT – 5

- ❖ BrihadaranyakUpnishad – Union of Atma&Parmatma

Reference:

1. Radhakrishnan, S ., The Principal Upanishads, George Allen and Unwin, London, 1953.
2. Sri Ram Sharma Acharya, 108 Upanishads in three Volumes, Shanti Kunj, Haridwar, 1978.
3. Introduction to Upanishads, Theosophical Society of India, Adyar, Madras, 1976.

UNIT – 1

- ❖ Graphical presentation of Data: Bar charts, Pie charts
- ❖ Histogram, Histogram with unequal class interval

UNIT – 2

- ❖ Measures of Central Tendency : Mean, Median Mode
- ❖ Percentile and quartiles
- ❖ Average from frequency distribution
- ❖ Weighted average

UNIT – 3

- ❖ Measures of Dispersion : Standard Deviation

UNIT – 4

- ❖ Measures of Skewness
- ❖ Time Series: Trend estimation
- ❖ Moving average

UNIT – 5

- ❖ Linear Correlation
- ❖ Linear regression

Reference Books:-

1. Albright, S.C., Winston, W.L. and Zappe. C, "Data analysis and decision making with Microsoft excel", Dusbury Press London
2. Davis glyn and PecarBranko, "Business Statistics Using Excel", Oxford University press Whigham, D, "Business Data Analysis using Excel", Oxford University Press.