**ANDHRAUNIVERSITY**

**COLLEGE OF ARTS & COMMERCE**

**DEPARTMENT OF YOGA AND CONSCIOUSNESS**

**MASTER OF ARTS IN YOGA& CONSCIOUSNESS**

**(M.A. Yoga & Consciousness)**

**(W. e. f. 2018-2019)**

**Objectives of the Course:**

* To train students in theoretical knowledge in the fields of Yoga and Consciousness.
* To qualify them in teaching theory subjects of yoga and consciousness.
* To conduct research in the areas of yoga and consciousness for objectively establishing the benefits of yoga for improving health and reaching higher levels of consciousness.

**Courses of study:**

* M.A. Yoga & Consciousness is a full time course and shall be of two academic years under semester system.
* In each semester there will be four theory papers and one practical.
* The details of these papers are provided in the syllabus.
* The Practical classes will be conducted in morning from 6.00 AM to 8.00 AM.
* Theory classes will be conducted between 09.00 AM to 3.00 PM
* The medium of instruction shall be English.

**Dress:**

The candidates shall be required to wear suitable dress as designed by the Department which will permit them to do yogic practices comfortably.

**Yoga practice:**

The candidates shall practice kriyas, asanas, bandhas, pranayama, mudras and meditation during the course on a regular basis. They shall maintain a record consisting of the details of the sequential movements involved in yogic practices. Such a record shall be submitted at the time of the practical examination for evaluation.

**Attendance:**

In view of the special nature of the course it is desirable that the candidates shall be permitted to appear for the University examination at the end of the each semester only if he/she puts in at least 80 per cent attendance to achieve the benefits of the course.

**Scheme of Teaching:**

**First Semester**:

|  |  |  |  |
| --- | --- | --- | --- |
| **Subject code** | **Title of the Paper** | **Hard/Soft/Open/Elective** | **No. of periods of****Teaching per week** |
| MYC 101 | Yoga Practices : Asanas & Shat Kriyas (Preliminary) | Hard | 6 |
| MYC 102 | Introduction to Indian Philosophy  | Hard | 6 |
| MYC 103 | Foundations of Yoga  | Hard | 6 |
| MYC 104 | General Psychology | Soft | 6 |
| MYC 105 | Essential of Human Anatomy & Physiology | Soft | 6 |
| MYC 106 | Outlines of Bhagavad Gita & Yoga Vaasista | Soft | 6 |
| MYC 107 | Outlines of Principal & Yoga Upanishads | Soft | 6 |
| MYC 108 | Basics of Sanskrit | Open Elective | 6 |

**Second Semester:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Subject code** | **Title of the Paper** | **Hard/Soft/Open/Elective** | **No. of periods of****Teaching per week** |
| MYC 201 | Yoga Practices: Asanas & Shat Kriyas (advanced)  | Hard | 6 |
| MYC 202 | Classical Yoga Text: Patanjali Yoga Sutras  | Hard | 6 |
| MYC 203 | Consciousness Studies: Eastern & Western | Hard | 6 |
| MYC 204 | Meditation :Theory & Research |  Soft | 6 |
| MYC 205 | Dietics and Nutrition | Soft | 6 |
| MYC 206 | Introduction to Indian Psychology | Soft | 6 |
| MYC 207 | Yoga and Health | Soft | 6 |
| MYC 208 | Yoga and Alternative Therapy | Open Elective  | 6 |

In Second Semester, to acquire practical knowledge in conducting Yoga classes, the candidates should watch regularly general Yoga classes in the evening conducted by the Yoga department. And also in the guidelines of teacher, candidate should conduct a 10 day Yoga camp for beginners within the department campus or outside of campus in city limits.

**Third Semester:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Subject code** | **Title of the Paper** | **Hard/Soft/Open/Elective** | **No. of periods of****Teaching per week** |
| MYC 301 | Yoga Practices : Pranayama & Mudras  | Hard | 6 |
| MYC 302 | Hatha Yoga Texts: Hatha Yoga Pradipika & Gheranda Samhita | Hard | 6  |
| MYC 303 | Teachings Methods in Yoga | Hard | 6 |
| MYC 304 | Applied Yoga | Soft | 6 |
| MYC 305 | Research Methodology with special reference to Yoga Consciousness  | Soft | 6 |
| MYC 306 | Yoga & Stress Management | Soft | 6 |
| MYC 307 | Kundalini Yoga : Theory & Research | Soft | 6 |
| MYC 308 | Yoga and Ayurveda | Open Elective Paper | 6 |

In third Semester, to acquire practical knowledge in conducting Yoga therapy classes, the candidates should watch Yoga Therapy classes regularly in the morning & evening conducted by the Yoga department. And also in the guidelines of teacher, candidate should conduct a 10 day Yoga Therapy camp for specific health disorder within the department campus or outside of campus in city limits.

**Fourth Semester:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Subject code** | **Title of the Paper** | **Hard/Soft/Open/Elective** | **No. of periods of****Teaching per week** |
| MYC 401 | Yoga Practices : Meditation and Yoga Nidra  |  Hard | 6 |
| MYC 402 | Therapeutic Yoga  |  Hard | 6 |
| MYC 403 | Yoga Texts: Outlines of SSP, HR and SS |  Hard | 6 |
| MYC 404 | Diagnostic Methods |  Soft | 6 |
| MYC 405 | Dissertation & Viva voce |  Soft | 6 |
| MYC 406 | Consciousness Studies  (advanced) |  Soft | 6 |
| MYC 407 | Contribution of Contemporary Yogis  |  Soft | 6 |
| MYC 408 | Yoga and Naturopathy | Open Elective Paper | 6 |

In fourth Semester, related to dissertation, the candidates should learn the clinical methods, such as pulse reading, blood pressure testing, respiratory rate etc., case history writing and Psychological (questionnaire) parameters. Statistical analysis of the initial and final data should be done.

Candidates should take special Yoga classes for in-patients who joined in the department campus for Yoga treatment.

Candidates should visit other Yoga centers in the city and around the city related to her/his dissertation.

**Examination:**

The examination pattern for the M.A. Yoga & Consciousness shall include two mid-semester examinations and two end semester examination in first year and second year. The Mid semester examinations shall be conducted for 20 marks in each paper. The end semester examinations shall be conducted for 80 marks in each paper. The Yoga practical in each mid-semester will be for 75 marks and in end semester for 75 marks. The total marks of 150 for the semester end examination in yoga practice shall be distributed as follows:

 Performance - 30 marks

 Teaching Practice - 25 marks

 Viva-voce - 10 marks

 Records - 10 marks

The semester end examination in yoga practice will be conducted by external examiner. The pass mark in yoga practice is 50%. Passing in the practical is a prerequisite for the award of the degree.

*Regulations to Semester –end Examinations:*

* The semester end examinations shall be based on the question paper set by an external paper-setter if available and there shall be double valuation. If external paper setter is not available to particular subject, paper setting will be taken by internal paper setter.
* In order to be eligible to be appointed as an internal paper setter or internal examiner for the semester end examination, a teacher shall have to put in at least three years of service as teacher for the degree class concerned.
* If the disparity between the marks awarded by both the examiners is 25% or less, the average marks shall be taken as the marks obtained in the paper. If the disparity happens to be more, the paper shall be referred to another examiner for third valuation. To the marks obtained in third valuation the first or second valuation marks whichever is nearest to third valuation are added for arriving at the average marks which shall be final.

**Scheme of Examination as per Credit System**

**First Semester:**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Subject****Code** | **Title of the Paper** | **Hard/ soft** | Exam Dura.. duration | **Cred-its**  | **Max.****Marks** | **Mid-Semester****(Internal)** | **End-semester****Valuation****(Internal/ External)** |
| MYC 101 | Yoga Practices: Asanas Shat Kriyas (Priliminary) | Hard  | 3 | 6 | 150 | 75 |  75\* |
| MYC 102 | Introduction to Indian Philosophy  | Hard | 3 | 6 | 100 | 20 | 80 |
| MYC 103 | Foundations of Yoga  | Hard | 3 | 6 | 100 | 20 |  80  |
| MYC 104 | General Psychology | Soft | 3 | 6 | 100 | 20 | 80 |
| MYC 105 | Essential of Human Anatomy & Physiology | Soft | 3 | 6 | 100 | 20 | 80 |
| MYC 106 | Outlines of Bhagavad Gita & Yoga Vasista | Soft | 3 | 6 | 100 | 20 | 80 |
| MYC 107 | Outlines of Principal & Yoga Upanishads | Soft | 3 | 6 | 100 | 20 | 80 |
| MYC 108 | Basics of Sanskrit | **Open Elective** | 3 | 6 | 100 | 20 | 80 |
|  |  **Total** |  |  | 30 | 550 | 155 | 395 |

\*External valuation only

**Second Semester:**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Subject****Code** | **Title of the Paper** | **Hard/soft** | Exam duration | **Cre-dits**  | **Max.****Marks** |  **Mid-Semester****(Internal)** | **End-semester****Valuation****(Internal /External)** |
| MYC 201 | Yoga Practices: Asanas & Shat Kriyas (advanced)  | Hard  | 3 | 6 | 150 | 20 | 80 |
| MYC 202 | Classical Yoga Text: Patanjali Yoga Sutras  | Hard | 3 | 6 | 100 | 20 | 80 |
| MYC 203 | Consciousness Studies: Eastern & Western | Hard | 3 | 6 | 100 | 20 | 80  |
| MYC 204 | Meditation :Theory & Research | Soft | 3 | 6 | 100 | 20 | 80 |
| MYC 205 | Dietics and Nutrition | Soft | 3 | 6 | 100 | 20 | 80 |
| MYC 206 | Introduction to Indian Psychology | Soft | 3 | 6 | 100 | 20 | 80 |
| MYC 207 | Yoga and Health | Soft | 3 | 6 | 100 | 20 | 80 |
| MYC 208 | Yoga and Alternative Therapy |  | 3 | 6 | 100 | 20 | 80 |
|  |  **Total** |  | 30 | 550 | 155 | 395 |

\*External valuation only

**Third Semester:**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Subject****Code** | **Title of the Paper** |  **Hard/soft** | Exam duration | **Credits**  | **Max.****Marks** | **Mid-Semester****(Internal)** | **End-semester****Valuation****(Internal / External)** |
| MYC 301 | Yoga Practices : Pranayama & Mudras  | Hard  | 3 | 6 | 150 | 75 | 75\* |
| MYC 302 | Hatha Yoga Texts: Hatha Yoga Pradipika & Gheranda Samhita | Hard | 3 | 6 | 100 | 20 | 80 |
| MYC 303 | Teachings Methods in Yoga | Hard |  | 6 | 100 | 20 |  80  |
| MYC 304 | Applied Yoga | Soft | 3 | 6 | 100 | 20 | 80 |
| MYC 305 | Research Methodology with special reference to Yoga Consciousness  | Soft | 3 | 6 | 100 | 20 | 80 |
| MYC 306 | Yoga & Stress Management | Soft | 3 | 6 | 100 | 20 | 80 |
| MYC 307 | Kundalini Yoga : Theory & Research | Soft | 3 | 6 | 100 | 20 | 80 |
| MYC 308 | Yoga and Ayurveda |  | 3 | 6 | 100 | 20 | 80 |
|  |  **Total** |  |  | 30 | 550 | 155 | 395 |

\*External valuation only

**Fourth Semester:**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Subject****Code** | **Title of the Paper** |  **Hard/ soft** | Exam duration | **Credits**  | **Max.****Marks** |  **Mid-Semester****(Internal)** | **End-semester****Valuation****(Internal /External)** |
| MYC 401 | Yoga Practices : Meditation and Yoga Nidra  | Hard  | 3 | 6 | 150 | 75 | 75\* |
| MYC 402 | Therapeutic Yoga  | Hard | 3 | 8 | 100 | 20 | 80 |
| MYC 403 | Yoga Texts: Outlines of SSP, HR and SS | Hard | 3 | 6 | 100 | 20 | 80  |
| MYC 404 | Diagnostic Methods | Soft | 3 | 6 | 100 | 20 | 80 |
| MYC 405 | Dissertation & Viva voce | Soft | 3 | 6 | 100 | 20 | 80 |
| MYC 406 | Consciousness Studies  (advanced) | Soft | 3 | 6 | 100 | 20 | 80 |
| MYC 407 | Contribution of Contemporary Yogis  | Soft | 3 | 6 | 100 | 20 | 80 |
| MYC 408 | Yoga and Naturopathy | Soft | 3 | 6 | 100 | 20 | 80 |
|  |  **Total** |  |  | 30 | 550 | 155 | 395 |

\*External valuation only

 **GRADES AND GRADE POINT DETAILS**

|  |  |  |  |
| --- | --- | --- | --- |
| **S. No.** | **Range of Marks** | **Grade** | **Grade Points** |
| 1. | 91-100 | O (Outstanding) | 10.0 |
| 2. | 81-90 | A | 9.0 |
| 3. | 71-80 | B | 8.0 |
| 4. | 61-70 | C | 7.0 |
| 5. | 51-60 | D | 6.0 |
| 6. | 40-50 | E | 5.0 |
| 7. | < 40 |  F (Fail) | 0.0 |
| 8. | The Grade **W** represents failure due to insufficient attendance in a year or semester | W | 0.0 |
| 9. | Incomplete (Subsequently to be changed into pass or **E** to **O** or **F** grade in the same semester) | I | 0.0 |

A candidate shall be declared to have passed in each semester paper, if he/she obtains not less than **E** grade, i.e 40% of marks in theory papers and not less than 50% in practical examination.

Only those candidates who appear and pass the examination in all papers of the First, Second, Third and Fourth semesters, at first appearance are eligible to be placed in **O** grade.

A candidate failing to secure the minimum marks prescribed as above shall have to reappear for the examination.

Such reappearance shall be limited only to five chances within five years from the date of first passing

the final examination.

There is provision, to improve their grade before completing the fourth semester examinations by appearing for one or more papers of the first/second/third semester examinations.

Candidates who have reappeared for the examinations under the above provision may opt for combining the better marks obtained by them at the latest examination to those of better marks obtained at earliest first, second, and third semester end examinations pattern for purpose of classification.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S.No** | **Semester** |  **Course** | **Hard/Soft****core** |  **Credit value** |
| **L** | **T** | **P** | **Credits** |
| 1 | Semester-1 | Yoga Practice: Asanas & Shat Kriyas (primilinary) | Hard  | 6 |  |  |  |
| 2 | Semester-1 | Introduction to Indian Philosophy | Hard | 6 |  |  |  |
| 3 | Semester-1 | Foundations of Yoga  | Hard |  | 4 |  |  |
| 4 | Semester-1 | General Psychology | soft | 6 |  |  |  |
| 5 | Semester-1 | Essential of Human Anatomy and Physiology | soft |  |  |  |  |
| 6 | Semester-1 | Outlines of Bhagavad Gita & Yoga Vaasista | soft | 6 |  |  |  |
| 7 | Semester-1 | Outlines of Principal & Yoga Upanishads | soft | 6 |  |  |  |
| 8 | Semester-1 | Elective Paper: Basics of Sanskrit |  | 6 |  |  |  |
|  |  | **Total Credits=** |  | 24 | 4 |  | 28 |
| 9 | Semester-2 | Yoga Practice: Asanas & Shat Kriyas (primilinary) | Hard | 6 |  |  |  |
| 10 | Semester-2 | Classical Yoga Text: Patanjali Yoga Sutras | Hard | 6 |  |  |  |
| 11 | Semester-2 | Consciousness Studies: Eastern & Western | Hard |  | 4 |  |  |
| 12 | Semester-2 | Meditation theory and Research | soft | 6 |  |  |  |
| 13 | Semester-2 | Dietics and Nutrition  | Soft | 6 |  |  |  |
| 14 | Semester-2 | Introduction to Indian psychology | Soft | 6 |  |  |  |
| 15 | Semester-2 |  Yoga & Health | Soft | 6 |  |  |  |
| 16 | Semester-2 | Yoga & Alternative Therapy | Elective paper  | 6 |  |  |  |
|  |  | **Total Credits=** |  | 24 | 4 |  | 28 |
| 17 | Semester-3 | Yoga Practice: Pranayama & Mudras | Hard | 6 |  |  |  |
| 18 | Semester-3 | Hatha Yoga Texts: HYP & GS | Hard | 6 |  |  |  |
| 19 | Semester-3 | Teachings of Methods of Yoga | Hard |  | 4 |  |  |
| 20 | Semester-3 | Applied Yoga | Soft | 6 |  |  |  |
| 21 | Semester-3 | Research Methodology with special reference to Yoga Consciousness | Soft | 6 |  |  |  |
| 22 | Semester-3 | Yoga for Stress Management | Soft | 6 |  |  |  |
| 23 | Semester-3 | Kundalini Yoga : Theory & Research  | Soft | 6 |  |  |  |
| 24 | Semester-3 | Yoga and Ayurveda | Open Elective | 6 |  |  |  |
|  |  | **Total Credits=** |  | 24 | 4 |  | 28 |
| 25 | Semester-4 | Yoga Practice: Meditation & Yoga Nidra  | Hard | 6 |  |  |  |
| 26 | Semester-4 | Therapeutic Yoga  | Hard | 8 |  |  |  |
| 27 | Semester-4 | Yoga Texts: SSP, HR and SS | Hard |  | 4 |  |  |
| 28 | Semester-4 | Diagnostic Methods | soft | 6 |  |  |  |
| 29 | Semester-4 | Dissertation & Viva voce | soft | 6 |  |  |  |
| 30 | Semester-4 | Consciousness Studies (Advanced) | soft | 6 |  |  |  |
| 31 | Semester-4 | Yoga for Special Group | soft | 6 |  |  |  |
| 32 | Semester-4 | Yoga and Naturopathy | Open Elective  | 6 |  |  |  |
|  |  | **Total credits=** |  | 26 | 4 |  | 30 |

**Paper-101: Yoga Practice: Asanas & Shat Kriyas (Preliminary)**

**Unit-I:**

Sukshma Vyayamam (pawan mukta series); Greeva Sanchalana; Netra Sanchlana;

 Surya Namaskara. **Kriya:**: Jala dhauti and Kapalabhati;

**Unit-II:**

*Meditation Asanas:* Sukhasana, Ardha Padmasan, Padmasana, Svastikasana, Siddhasana, Vajrasana. *Relaxation Asanas*: Savasana, Makharasana, Nirlambasana, Matsyakridasana, Advasana; Jystikasna. **Kriya:** Jala Neti,

**Unit-III:**

*Standing Asanas*: Tadasana, Tiryak Tadasna, *Ardha* *Katichakrasana,* Katichkarasana, *Trikonasana*, *Ardh chakrasana*, Parsva Konasana, Veera Bhadrasana, *Pada Pitasana*, Vrukshasana, Natarajasana. **Kriya:** Sutraneti

**Unit-IV:**

*Sitting Asanas***:** Saithalyasana, Meruvakrasana, Vakrasana, Janusirshasana, Paschimottanasana, Ustrasana, Sasankasana, Supta Vajrasana, Marjalasana, Vygrasana, Gomukhasana, Udarakarshanasna, Sashankabhujangasana, Ardha Chandrasana, Parivritha Janu Sirshasana, Baddhakonasana. **Kriya:** Bindu trataka

**Unit-V:**

*Prone, Supine & Inverted Asanas***:** Sarpasana, Bhujangasana, Ardha Salabhasana, Salabhasana, Dhanurasana, Hamsasana, Padasanchalasana, Chakra Padasana Uttana Padasana, Ardha Navasana, Navasana, Kandharasana, Chakrasana, Supta Pawanamuktasana stage-I & II, Jatara Parivrittanasana and its variations, Viparita karni.

**Kriya :** Jyotir Trataka

**Recommended books:**

Swami, Kuvalyananda(1993), *Asanas*, Kaivalyadhama, Lonavla

Iyengar, B.K.S. (1976) *: Light on Yoga* London, UNWIN Paperbacks

Swami, Satyananda S.(2002), *Asana, Pranayama, Mudra, Bandha*, Munger,

 Yoga Publications Trust

Rama R.R. (2006): *Journey to the Real Self*  (a book on Yoga Consciousness), Vijinigiri ,

 Yoga Consciousness Trust.

Babu, K.R(2011): *Aasana Sutras* (based on traditional Hatha Yoga literature), Vizianagaram, Home of Yoga Publications

**Semester-I**

**Paper 102: Introduction to Indian Philosophy**

**Unit-I**

Nature, Characteristics and Development of Indian Philosophy; Speculations of the Vedas & Upanishads, Atman and Brahman; Central teachings of the Gita.

**Unit-II**

Outlines of Shad darshanas: Nyaya- Vaisesika; Samkhya- Yoga; Purva Mimamsa and Uttara Mimamsa or Vedanta; Central teachings of Jainism and Buddhism

**Unit-III**

Sankara Vedanta :(i) Brahman as Saguna and Nirguna, ii) Status of Individual soul and the world, (iii) The Doctrine of Maya;

**Unit-IV**

The Visistadvaita Vedanta of Ramanuja : (i) Reality as qualified and nonqualified, (ii) The Nature of God, soul, world, (iii) Doctrine of Bhakti, Saranagati and Prapatti;

**Unit-V**

The Dvaita Vedanta of Madhvacharya: (i) Matter, souls, and god (ii) Means of

 Liberation.

**Recommended books:**

S.N. Dasgupta, (1991). History of Indian Philosophy, Vols. I & II**.** Motilal Banarsidass, Delhi.

S. Radhakrishnan. (1936). Indian Philosophy, Vols. I and II, Allen & Unwin, London.

C.D. Sharma. (1975). A Critical Survey of Indian Philosophy, Motilal Banarsidass, Delhi.

R. Puligandla, (1975). Fundamentals of Indian Philosophy. Abingdon Press.

Radhakrishnan, Sarvepalli (1953). trans. The Principal Upanishads. London: Allen & Unwin.

PAPER 102: INTRODUCTION TO INDIAN PHILOSOPHY

Model Question Paper

Duration: 3 hours Max. Marks: 80

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SECTION - A

**Answer all the three questions choosing one from each set: 3x20 = 60**

1. Elucidate the nature, characteristics and development of Indian philosophy?

(Or)

Discuss the Main Doctrines of Upanishads?

1. Discuss the major concepts of Vedanta?

(Or)

Explain the Eight fold path of the Yoga system?

1. Describe the philosophy of Dvaita?

(Or)

Explain the basic concepts of Sankara Vedanta?

SECTION - B

**Answer any five of the following questions: 5x4 = 20**

1. “Sthita Prajna” of Bhagavad Gita
2. Discuss Jaina’s Syadvada.
3. Give a brief account on Nyaya Epistemology.
4. Explain the seven categories of Vaiseshika Darsana
5. Samkhya “trigunas”
6. Discuss Karma and dharma of Mimamsa
7. “God, Soul, and World” according to Ramanuja.
8. What are the means of Liberation according to Madhva

**Paper-103: Foundations of Yoga**

Unit-I:

Origin, History and Development of Yoga; Etymology, Definitions, Misconceptions, Aims and Objectives of Yoga, True Nature and Principles of Yoga; Introduction to Vedas, Upanishads, Prasthanatrayee and Purushartha Chatushtaya; General introduction to Shad-darshanas with special emphasis on Samkhya and Yoga Darshana, Yoga in Vedanta; Elements of Yoga and Yogic practices in Jainism, Buddhism and Sufism

Unit-II:

Introduction to Epics - (Ramayana, Mahabharata), Yoga in Ramayana, Yoga in Mahabharata

Introduction to Smritis, Agamas, and Tantra: Yoga in Smritis, Agama and Tantra; Concepts of Nadi and Prana in Tantra, Kundalini, Effects of Kundalini Shakti and Shatchakra Sadhana

Unit-III:

 Introduction to Schools of Yoga: Yoga Schools with Vedanta Tradition: Jnana, Bhakti, Karma and Dhyana; Yoga Schools with Samkhya-Yoga Tradition: Yoga of Patanjali and Yoga Schools with Tantric Tradition: Hatha Yoga, Swara Yoga and Mantra Yoga

Unit-IV

 Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints, Yoga in Narada Bhakti Sutras. Yoga in Modern Times: Yogic Traditions of Ramakrishna, Swami Vivekananda, Shri Aurobindo, Maharshi Ramana and Swami Dayanand Saraswati

Unit-V

Yoga in Contemporary Times: Brief Introduction to important Yoga Paramparas (lineages) Yoga Parampara of Sri T. Krishnamacharya, Swami Shivanada Saraswati, Swami Rama of Himalayas, and Maharshi Mahesh Yogi and their contributions for the development and promotion of Yoga.

**Text book:**

Feuerstein, Georg. (2002.): *The Yoga Tradition*: Its History, Literature, Philosophy and Practice.Delhi, Bhavana Books and Prints.

**Paper 103 : Foundations of Yoga**

**MODEL QUESTION PAPER**

**Time 3 hrs** MAX MARKS-80

SECTION-A

**Answer all the three questions one from each set**

1. Elucidate the origin, history and development of Yoga ?

 **Or**

 Explain yogic practices in Buddhisms?

1. Discuss various types of Yoga

 Or

 Explain Astanga yoga of Patanjali

1. Give a brief account of Yoga as explained in Narada Bhakti Sutras

Or

 Explain the contribution of contemporary Yogis

SECTION-B

Answer any five questions

 5x4=20

1. Upanishads
2. Purushardhas.
3. Kundalini.
4. Yoga in Jainism
5. Yoga in Ramayanam.
6. Nadis in Tanrism.
7. Transcendental Meditation .

**Paper-104: General Psychology**

**UNIT-I**

Brief History of modern Psychology ; Major Perspectives in Modern Psychology; Key data collection methods in Psychology. Behavioral Psychology: Psychology as a Science of Behavior; Definition of Behavior; Psychic forces and human behavior, behavior and Consciousness, Psychological basis of behavior.

**UNIT-II**

Introduction to Altered States of Consciousness Sleep: Stages of Sleep, Circadian Rhythm, Sleep Disorders; Dreams: The Content of Dreams; Hypnosis, Biofeedback

**UNIT-III**

Sensation, Perception, Attention, Memory, Learning, Feeling etc.; Their definitions and types, Intelligence and its’ measurements; Emotional Intelligence and Social Intelligence.

**UNIT-IV**

Personality: Nature and Types of Personality; Determinants of Personality: Heredity and Environment; Facets and Stages of Personality Development; Personality Theories of Sigmund Freud, Alfred Adler and C.G. Jung, Carl Rogers; Assessment of Personality

**UNIT-V**

Mental Health; Means of mental health; Positive Mental Health; Causes and Consequences of Conflicts and Frustrations; Introduction to Common mental disorders; Depressive disorders; Anxiety disorders; Serious mental disorders; Sleep disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention

**Recommended Books**

1. Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. *Introduction to*

 *Psychology.* Singapore: McGraw-Hill.

2. Baron, R.A. (2007). *Psychology* (5th Edition) New Delhi: Prentice Hall of India.

3. Hillgard, E.R., Atkinson, R.C.& Atkinson, R.L. (197). *Introduction to Psychology* (6th

 Edition). New Delhi, Oxford IBH Publishing Co. Pvt. Ltd.

4. Parameswaran E.G. & Beena, C. (2002). *An Invitation to Psychology.* Hyderabad,

 Neelkamal Publications Pvt. Ltd.

5. Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. *Introduction to*

 *Psychology.* Singapore: McGraw-Hill.

**Paper-104 General Psychology**

**MODEL QUESTION PAPER**

**Time 3 hrs** MAX MARKS-80

SECTION-A

**Answer all the three questions one from each set**

1. Define psychology and trace out its major perspectives?

**Or**

Discuss about behavior and consciousness?

1. Explain the sleep disorders?

Or

How can you measure intelligence?

1. Define personality and explain the theory of Sigmund Freud?

Or

How can you assess personality of an individual?

SECTION-B

Answer any five questions 5x4=20

1. Bio feed back
2. Experimental method.
3. What is emotional intelligence.
4. Define memory perception and attention.
5. Types of memory.
6. Impact of heredity and environment on personality.
7. Hypnosis.
8. Content of dreams.

**Paper 105: Essential Of Human Anatomy & Physiology**

**UNIT-I:**

**Cell** structure and its function; tissues-types; **Skeletal System**: types of bones, types of joints, bones of pelvic girdle, the lower limbs, the vertebral column and Functions of Skeletal System. **Muscular System:** types of muscles and Functions.

**UNIT-II:**

**Digestive and Excretory system:** Anatomy of Digestive system, Excretory system (component organs) and their functions; Gastro intestinal system- General structure ,Gastro-intestinal enzymes and hormones and Physiology of Digestion process. Renal physiology- Structure of Urinary system, kidney, Nephron, Physiology of Urine formation, Micturition and Dialysis.

**UNIT-III:**

**Cardiovascular and Respiratory System:** Circulatory system- Components and Functions, Functional anatomy of the Heart, Properties of cardiac muscles, The Arteries and Veins, composition and Functions of Blood, Blood pressure. Respiratory system- Components and Functions, Mechanism of breathing, Ventilation, Regulation of respiration, Transport of gases.

**UNIT-IV:**

**Endocrine system and Nervous System:** Endocrine System-Endocrine Glands, Hormones, Functions and Disorders of Glands (Pituitary, Thyroid , Parathyroid, Pancreas, Adrenal and Gonads). The Nervous System: The central nervous system, Structure and properties of neurons, subdivisions of nervous system and their functions.

**UNIT-V:**

**Reproductive System and Lymphatic system:** Reproductive system- Anatomy and Physiology of the male and female genital organs. Lymphatic System: Introduction to Lymphatic System, Immune System & Immunity, Resistance Power. Sensory nervous system, Motor nervous system, Higher functions of the nervous system,

**Recommended Books:**

* Byas Deb Ghosh. (2007). Human anatomy for students, Jaypee Brothers, New Delhi
* J. L. Smith, R. S. Winwood, W. G. Sears (1985). Anatomy and Physiology for Nurses.Hodder Education. Gore.M .V (2005).Anatomy and Physiology of Yoga Practices, Kaivalyadhama, Lonavla.
* B. J. Colbert, J. J. Ankney, K. Lee. (2010). Anatomy & Physiology for Health Professions: An Interactive Journey. Prentice Hall.
* Elements Of Human Anatomy Physiologuy & Health Education by Dr.Ramesh K.Goyal Associates Dr.Anitha,A.mehta Dr.Gaurang B.Shah, B.S.Shah Prakashan

PAPER -**105: Essential Of Human Anatomy & Physiology**

MODEL QUESTION PAPER

 Duration : 3hr. Max. Marks: 80 **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**SECTION-A**

**Answer all the three questions choosing one from each set** 3x20=60

1. Classify bones and functions of skeletal system.

(or)

 Explain the mechanism of Digestion with the help of a neat diagram.

2. Write an essay on structure and physiology of circulation with a neat diagram of heart.

(or)

 Give an account of the anatomy of the lungs. What is the mechanism by which air enters and

 leaves the lungs?

3. Explain the functions and dysfunctions of Pituitary gland.

(or)

 Discuss about the lymphatic system and its role in maintaining immunity.

**SECTION-B**

**Answer any four of the following questions:**

 4. Describe the different parts of a cell.

 5. Dialysis.

6. Diagram of Nephron.

7. Functions of Brain.

 8. Types of muscles.

 9. Composition of blood

10. Functions of pancreas

11. Resistance power.

**Paper- 106:** **Outlines of Bhagavad Gita & Yoga Vaasista**

Unit-I:

General Introduction to Bhagavad Gita). Definitions of Yoga in B.G. ; Sankhya Yoga (Chpt.II), Stithaprajna, nature of Atma; Karma Yoga (Chpt.III ), Sanyasa Yoga and Karma Swarupa (Sakama and Nishkama) etc; Samnyasa,

Unit-II

Dhyana Yogas (Chpt. VI); Nature of Bhakti (Chpt.XII), Means and Goal of Bhakti-Yoga;

Unit-III

The Trigunas and modes of Prakriti; Classification of food (Chpt.XIV & XVII); Daivasura-Sampad-Vibhaga Yoga (Chpt.XVI); Moksa-Upadesa Yoga (Chpt. XVIII)

Unit-IV

Highlights of Yoga Vashitha, Concept of Adhis and Vyadhis; Psychosomatic Ailments; The four Gatekeepers (Pillars) to Freedom; How Sukha is attained the Highest State of Bliss

Unit-V

Practices to overcome the Impediments of Yoga; Development of Satvaguna; Eight limbs of Meditation; Jnana Saptabhumika

**Recommended books:**

Yogananda, Sri Sri Paramahansa.(2002). (Tr.& Com.) The Bhagavad Gita, Royal Science of God Realization, vol.I & II, Yogoda Satsanga Society of India, Kolkot

Ekanath Eswaran (1997): The Bhavad Gita for Daily Living, Allahabad, Jaico Books

**Paper- 106: Outlines of Bhagavad Gita & Yoga Vasista**

**Model Question Paper**

Duration: 3 hours Max. Marks: 80

**SECTION – A**

**Answer all the three questions choosing one from each set: 3 X 20 = 60**

1. Discuss the fundamental teachings of the Bhagavad Gita

 Or

 Explain dhyana yoga of Bhagavad Gita’

2. Explain the concept of Adhis and Vyadhis

 Or

 Describe the technique of Meditation as described in Bhagavad Gita

3. Give a brief account of Yoga Vasista

 Or

 Discuss the practices to overcome the impediments of yoga

**SECTION – B**

**Answer any five of the following question: 5X 4 =20**

4. Sthithaprajna

5. Bhakti yoga in Bhagavad Gita

6. Trigunas & Prakruti

7. Classification of food in Gita

8. Psychosomatic ailments

9. Jnana sapta bhoomika

10. Definitions of yoga in Gita

11. The four gate-keepers to freedom

**Paper-107: Outlines of Principle and Yoga Upanishads**

**UNIT-I**

**Principal Upanishads:** Brief Introduction of Ten principal Upanishads as the basis of Yogic concept; **Ishavasyopanishad:** Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava; **Kena Upanishat:** Indwelling Power**;** Indriya and Antahkarana; Self and the Mind; Intuitive realization of the truth; Truth transcendental; Moral of Yaksha Upakhyana;

**UNIT-II**

**Katha Upanishad:** Definition of Yoga; Nature of Soul; Importance of Self Realization; **Prashna Upanishad**: Concept of Prana and rayi (creation); Pancha pranas; The five main questions; **Mundaka Upanishad**: Two approaches to Brahma Vidya-the Para and Apara; The greatness of Brahmavidya, The worthlessness of Selfish-karma; Tapas and Gurubhakti, The origin of creation, Brahman the target of Meditation; **Mandukya**: Four States of Consciousness and its relation to syllables in Omkara.

**UNIT-III**

**Aitareya:** Concept of Atma, Universe and Brahman. **Taittiriya Upanishad** Concept of Pancha Kosha; Summary of Shiksha Valli; AnandaValli; Bhruguvalli. **Chandogya Upanishad**: Om (udgitha) Meditation; Sandilya vidya; **Brihadaryanaka Upanishad**: Concept of Atman and Jnana Yoga. Union of Atman and Paramatman

**UNIT-IV**

Introduction to Yogopanishads: The Upanishads of Hatha Yoga(Bodily transmutation): outlines of Yoga-kundala, Yoga- tattva, Yoga sikha, Yoga –cuda-mani and Darshonopashads

**UNIT-V**

Bindu-Upanishads: Outlines of Amrita-Bindu, Amrita-Nada Bindu, Tejo-Bindu, Nada-Bindu and Dhyana-Bindu- Upanishads

**Recommended books:**

Ayyangar, Srinivasa T.R. (Tr.). *The Yoga Upanisads,* (Ed.). Murti Srinivas, G. Adyar, The Adyar Library, 1952.

Hume, R.E. (Tr.). *The Thirteen Principal Upanishads,* Delhi, Oxford University Press, 1989.

**Paper- 106: Outlines of Bhagavad Gita & Yoga Vasista**

**Model Question Paper**

Duration: 3 hours Max. Marks: 80

**SECTION – A**

**Answer all the three questions choosing one from each set: 3 X 20 = 60**

1. Give bridf account on the ten principal upanishads

 Or

 Explain the concept of Vidya and Avidya of Isavasyopanishad

2. Discuss *paravidya* and *aparavidya*

 Or

 Explain the concept of Panchakoshas

3. Give a brief account of Yoga cuda-mani upanishad

 Or

 Give outlines of Nada-bindu and Dhyana-bindu upanishads

**SECTION – B**

**Answer any five of the following question: 5X 4 =20**

4. Panchavayus

5. States of consciousness

6. Dialogue between Yajnavalkya and Maitreyi

7. Brahman in Upanishads

8. Jnana yoga

9. Sandilya vidya

10. Om Meditation (Udgita)

11. Questions in Prasnopanishad

**Open Elective Paper:**

**Paper-108: : Basics of Sanskrit**

 **Unit –I:**  **Sanskrit Alphabet (Aksharamala);**

\*Orthography of Devanagari varnamala, classification of varnas, purnaksara,

samyuktaksara, karakas and mrduvyanjanas, writing of varnamala using Roman

transliteration.

**Sanskrit words** :– classification of Sanskrit words; Subantas - Ajantha and Halanta words, genders, vachanas, cases of subanta words. Declaration of the following words in cases: - Rama, Hari, Guru, Pitri, Lata Mati, Dhenu, Phalam, Vari, Gau, Marut, Vidvas, Rajan etc., Asmad, Yusmad, Tad, Kim etc.

 **Poetry – Subhashitas: Selections From Sarala slokah**

1. Ya kundendu tushara…v.No.1
2. Yeshaam na vidya na tapo.. v.No.3
3. Sahitya samgeeta kalaa viheenah… v.No.4
4. Bhaasaashu maduraa divyaa.. v.No.5
5. vidyaa naama narasya… v.No.6
6. rupayouvana sampannaah… v.No.8
7. vidyayaa vpushaa vaacaa.. v.No.9
8. arakshitam tishtati daivarakshitam.. v.No.14
9. takshakasya visham dante… v.No.19
10. brahmaanandam paramasukhadam.. v.No.21
11. yathaa desasthathaa bhaashaa.. v.No25
12. Makshikaa vranamicchanti… v.No.29
13. drstiputam nyaset paadam… v.No.34
14. hastasya bhusanam daanam.. v.No41
15. raahapathni guroh pathni.. v.No.51
16. pushpeshu padmam nagarishu kaasi.. v.No.59
17. atiparichayaadavajnaa … v.No.61
18. utsave vyasane caiva durbhikshe.. v.No.87
19. yasyaasti vittam sa narah kulinah… v.No.110
20. paandityasya vibhushanam madhurataa.. v.No.159

**Unit –II** : **Prose- - Hitopadesa – mitralabha**

**Unit –III** : **Grammar – Declensions & Conjugations\***

 a )DECLENSIONS: Ajanta Sabdas

 Masculine: Rama, Hari, Sambhu Dhatr, , Pitr, Go.

 Feminine : Ramaa, Mati, Gauri ,Dhenu, Vadhu, Matr.

 Neuter : Vanam, Vaari. Sarvanamasabdas : asmad yushmad , tat ( three genders ) kim

 b) CONJUGATIONS: LAT, , LOT, LAN, VIDHILIN LRT - Five tenses only)

PARASMAIPADINS: BHU, GAM, DRSIR, STHAA, DRSIR, PA,AS, , LIKHA KR.

ATMANEPADINS: LABH, MUD, BHAS, RAM, VAND, YUDH KR SEV

**\* Kriyapada in Sanskrit** -:Classification, Lakaras, Purusas, Vachanas. Declaration of thefollowing root words in Lat, Lan, Lrt, Lot and Vidhi Lin - Bhu, Khad, Vad, Dhya, Path,Sev, Kshi, Prachchh, Tush, Kath, Chint, Ad, As, Jagri, Bha, Kri.

**Unit –IV: Grammar - Sandhi & Samasa \***

A)SANDHI: ACH SANDHI : Savarnadirgha , Guna ,Vrddhi, Yanadesa, Ayavayava

 HAL SANDHI : Scutva Jastva, Sthutva, Anunasika ,Visarga

b)SAMASA : Dvigu , Dvandva, Bahuvrihi , Tatpurusha , Karmadharaya , Avyayibhava

**\* Avyayas in Sanskrit** - different kinds of avyayas, upasargas, nipatas etc.,

Elementary knowledge of all kinds of sandhis with examples in Sanskrit

Elementary knowledge of voices, compound words with examples in Sanskrit.

Karakas - its use in Sanskrit.

**Unit –V**: Translation

From Sanskrit to English / Telugu Slokas/ Simple sentences from Subhashitas and from Other prescribed lessons

**Books Recommended:**

1. R.S. Vadhyar &Sons :Infant Sanskrit Reader –, Palghat
2. Sarala slokah (easy slokas for children) Samskrita kaaryalayah, aravindasrama ,Pondicherry, TN
3. Hitopadesah of Narayanapandita, Jayalakshmi Publications, Hyderabad.
4. Prathama –Samskrta Bhasha Pracara Samiti , Hyderabad

**Paper-108: Basics of Sanskrit**

**Model Question Paper**

Duration: 3 hours Max. Marks: 80



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**Semester-II**

**Paper-201: Yoga Practice: Asanas & Shat Kriyas (advanced)**

**Unit-I**

*Pada Hastasana*, Parivrita Trikonasana, Parsvottanasana, Utkatasana, Pada Angushtasana, Parighasana, Garudasana**,** Eka Padasana

**Kriyas:** Vata Krama kapalabhati, Dugda Neti

**Unit-II**

Ardha Matsyendrasana, Simhasana, Yogamudrasana, Bakasana, Brahmacharyasana, Lolasana, *Merudandasana*, Marichasana**,** Vatayanasana, Pada Angushtanasana

**Kriyas** : Tulasi Neti, Vastra Dhauti,

**Unit-III**

Tiryak bhujangasana, Parsva Dhanurasana, Mayurasana, Padma Mayurasana, Chakrasana

**Kriyas:** Agnisar Kriya

**Unit-IV**

Parigasana, Tittibhasana**,** Sumerasana, Moordhasana, Koormasana, Raja Kapotasana, Anantasana I &II

**Kriyas** : Madhayama Nauli, Vamana Nali, Dakshina Nauli, Nauli Kriya

**Unit-V**

Yoganidrasaana, Sarvangasana, Padma Sarvangasana, Halasana, Matsyasana, Sirshasana, Oordhwa Padmasana

**Kriyas :**  Nasagra Trataka, Brumadya Trataka

**Recommended books:**

Swami, Kuvalyananda(1993), *Asanas*, Kaivalyadhama, Lonavla

Iyengar, B.K.S. (1976) *: Light on Yoga* London, UNWIN Paperbacks

Swami, Satyananda S.(2002), *Asana, Pranayama, Mudra, Bandha*, Munger,

 Yoga Publications Trust

Rama R.R. (2006): *Journey to the Real Self*  (a book on Yoga Consciousness), Vijinigiri ,

 Yoga Consciousness Trust.

Babu, K.R(2011): *Aasana Sutras* (based on traditional Hatha Yoga literature), Vizianagaram, Home of Yoga Publications

**Paper-202: Classical Yoga Text: Patanjali Yoga Sutras**

**Unit-I**

Patanjali Maharshi - philosophical foundations of Yoga sutras- Structure of the text- the basis and date of the Yoga Sutras – commentators on Yoga Sutras- Associated yoga techniques- nature of the mind- the sublime psycho-psychiatric system -Yoga as Samadhi

**Unit-II**

Definition of Yoga; theory of mind: Chitta Vrtties; control of mind: Abhyasa and Vairagya- samprajnata and asamprajnata Samadhi - means of attaining Samadhi; Concept of God; hindrances to control: chitta vikshepas- removal of chitta vikshepas, ekatatvabhyasa - concept of chitta prasadana –different kinds of Samadhi-

**Unit-II**

Sadhana Pada: Kriya yoga - concept of kleshas - removal of kleshas- Concept of Dukhavada -the Seer and the Seen-Prakriti Purusha SamYoga- Astanga yoga: yama, niyama, asana, pranayama, and pratyahara.

**Unit-III**

Vibhuti pada: Concept of dharana, dhyana and samadhi – Samyama- Siddhis- attainment of anima, mastery of sense organs- conquest of prakriti- causes of downfall

**Unit-V**

Sources of siddhis- influence of karma, Concept of Vasana; Vivek Khyati Nirupanam, theory of perception, Dharma mega Samadhi, Kaivalya- Nirvachana, the Goal of Yoga

**Recommended books:**

Satyananda Saraswathi, Swami. *Four Chapters on Freedom* (Commentary on the Yoga Sutras of Patanjali), Munger , Bihar .School of Yoga, 1976

Taimini, A.K. *The Science of Yoga,* Chennai, The Theosophical Publishing House, 1999.

**Paper-202: Classical Yoga Text: Patanjali Yoga Sutras**

**Model Question Paper**

Duration: 3 hours Max. Marks: 80

**SECTION – A**

**Answer all the three questions choosing one from each set: 3 X 20 = 60**

1. Narrate the structure of text Yoga Sutras

 Or

 “*Yoga chitta vritti nirodha*” -Explain?

2. Discuss the concept of God in Yoga sutras

 Or

 Discuss about kleshas in Yoga sutras

3. Differentiate dharana dhayana and samadhi

 Or

 Explain the theory of conception and Dharma mega samadhi

**SECTION – B**

**Answer any five of the following question: 5X 4 =20**

4. Philosophical foundations of Yoga sutras

5. Associated yoga techniques

6. samprajnata and asamprajnata Samadhi

7. chitta vikshepas

8. Yama and NIyamas

9. Samyama

10. Sources of siddhis

11. Kaivalya

**Paper-203 :Consciousness Studies: Eastern & Western**

**Unit-I**

Definition of consciousness; nature of consciousness; consciousness states; historical development of the field of consciousness studies in the East; classification of consciousness according to eastern philosophies.

**Unit-II**

*Yoga: Royal Road to Higher Consciousness:* Consciousness or Chaitanya in Mandukya Upanishad, Bhagavad Gita, Yoga Sutras, Astavakra Gita;

***UNIT-*III**

*Vedanta: A Philosophy of Pure Consciousness –* Consciousness according to Advaita, Dvaita and Visistadvaita schools, Consciousness according to Nyaya, Vaisesika and Sankya Schools. Self - awareness – Ramana Maharshi; *Buddhism: A Psychology of Consciousness:* - viññāṇa, 5 aggregates, 12 nidhanasm, *cetasikas, nirvana*;

UNIT- IV

William James Streams of Consciousness; Characteristics of Streams of Consciousness; Phenomenology of streams of consciousness. What it is to be conscious- consciousness as awareness-Varieties of awareness. Consciousness in the western tradition-Consciousness and Unconscious. Consciousness in depth Psychology: perspectives of Freud and Jung

UNIT-V

Consciousness, Mind and Intentionality: Philosophical Discussions- Views on Mind and Body - Rene Descartes, Leibniz, Berkeley; Philosophical Behaviorism; Epiphenomenalism; Consciousness and Mind-Cartesian identity of Mind and Consciousness; The British Empiricism; Transcendentalism; Views on Intentionality and Phenomenology of Consciousness .

**Recommended books:**

K. Ramakrishna Rao et. al.. (2002). Cultivating *Consciousness: An east west journey. Gitam & DK Print World.*

K. Ramakrishna Rao. (2002). *Consciousness studies: Cross-cultural perspectives*. Jefferson, NC: McFarland.

N. Block, O. Flanagan, G. Guzeldere.(1998). *The Nature of Consciousness: Philosophical: Debates.* MA: MIT PressIndich, W. M. (1980). *Consciousness in Advaita Vedanta*. Delhi: Motilal Banarsidass

S. Menon, B.V.Sreekantan, Anindya Sinha, Philip Clayton, R Narasimha (2004). *Science and Beyond: Cosmology, consciousness and technology in Indic traditions.* National Institute of Advanced Studies, Bangalore.

Brian Peter Harvey (1995). *The Selfless Mind: Personality, Consciousness and Nirvāṇa in Early Buddhism.* Curzon Press.

Nakamura (1989). *Indian Buddhism*, Motilāl Banārsidass, Delhi.

Warner,R. & Szubka,T (eds) (1994). *The Min-Body Problem: A Guide to the Current Debate.*  Oxford: Blackwell.

**Paper- 203: Consciousness Studies: Eastern & Western**

**Model Question Paper**

Duration: 3 hours Max. Marks: 80

**SECTION – A**

**Answer all the three questions choosing one from each set: 3 X 20 = 60**

1. Elucidate the historical development of the field of consciousness studies in the East

 Or

 Discuss the states of consciousness as narrated in Mandukya upanishad

2. Elucidate the psychology of consciousness in Buddhism

 Or

 ‘What is it like to be a bat’- Discuss

3. Discuss the perspectives of Freud and Jung on consciousness

 Or

 Discuss Rene Descartes dualism

**SECTION – B**

**Answer any five of the following question: 5X 4 =20**

4. Nature of consciousness

5. Pure consciousness in Sankhya yoga

6. Self in Bhagavad Gita

7. Verities of awareness

8. Satchidananda

9. Self-awareness

10. Epiphenomenalism

11. Intentionalism

**Paper-204: Meditation: Theory and Research**

UNIT I

Meditation its meaning, nature and scope; Meditation as deployment of attention; Meditation: An East-West link ; preparation steps for Meditation; concept of Dharana, Dhyana and Samadhi.

Unit-II

Meditation in Hinduism: OM meditation; So…Ham meditation; Chakra meditation; Process of Meditation in 6th chapter of Bhagavad Gita; Transcendental Meditation;

UNIT-III

Meditation in Buddhism; Meditation in Jainism; Zen meditation; Carrington’s CSM; Meditation as a self-enhancement and self-regulation strategy; Meditation- Samyama and Siddhis the possibility and significance.

Unit-IV

Empirical research on meditation: Neurophysilogical Effects and Correlates- EEG (Electroencephalogram) Studies of Mediation- Neuroimaging Studies of Meditation

UNIT-V

Psychological effects of Meditation: Cognitive effects-Paranormal effects-Volitional and Behavioural effects-Emotional effects; Therapeutic effects of Meditation: Meditation and Mortality- Yoga and Hypertension- Healing and Health effects

**Recommended Books**

1. Rao, K.R.(2005). *Consciousness Studies: Cross-Cultural Perspectives.* North Carolina: McFarland & Company, Inc.

2. Rama, Swamy (1992). *Meditationand Its Practice.* Honesdale: Himalayan Institute of Yoga Science and Philosophy of USA

3. . Funderburke, J. (1977). *Science Studies Yoga: A Reviewof Physiological Data.*

 Honesdale: Himalayan Institute of Yoga Science and Philosophy of USA

5. Johnson, D. & Farrow, J.T. Ed(1977). *Scientific Research on Transcendental*

 *Meditation Programme:Collected Papers, Vol I*. Los Angeles: MERUPress.

6. Rao, K.R. (1989). *Meditation: Secular and Sacred.* Presidential Address to the

 Indian Academy of Applied Psychology, University of Calcutta.

7. Shapiro, D. H. & Walsh, R.N. (Ed.) (1984). *Meditation: Classic and contemporary*

 *Perspectives.* New York: Aldine.

 8. Rao, K.R. (2011). Cognitive Anomalies, *Consciousness and Yoga, vol. XVI part 1,* Centre

 For Studies in Civilizations, pp 563-661

**Paper 204: Meditation: Theory and Research**

**Model Question Paper**

Duration: 3 hours Max. Marks: 80

SECTION – A

**Answer all the three questions choosing one from each set: 3 X 20 = 60**

1. Define Meditation and discuss its nature and scope

OR

 Describe meditation practices in Buddhism and Jainism

2. Write the process of meditation as described in Bhagavad Gita

OR

 What is the nature Samadhi? Explain different stages of Samadhi

3. Describe meditation as a strategy for health and wellbeing

OR

Write an essay on empirical research on meditation

SECTION – B

**Answer any five of the following questions : 5X 4 =20**

4. Explain meditation as a East –West link

5. “Manipulation of attention is the common ingredient in all meditation practices “ Explain

6. Concept of *Dharana and Dhyana*

7. What is *Samyama and Siddhis*

8. Explain meditation as a self-enhancement strategy

9. Neuroimaging studies of Meditation

10. Healing and Health effects of Meditation

11. Cognitive and Paranormal effects of Meditation

**Paper- 205: DIETETICS AND NUTRITION**

**UNIT I:**

Basic concepts and components of food and nutrition Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement, Human Nutritional Requirements; Functions of Food; Components of Food & their Classification; Macro Nutrients –Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body.

**UNIT II:**

Yogic concept of diet and its relevance in the management of lifestyle. Foods for lifestyle diseases. Antioxidants and their Role in health and Disease. Importance of Fiber and water .

**UNIT III**:

Principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals- sources, importance and requirements, deficiency. Vitamins – water soluble and fat soluble -sources, importance, requirements and deficiency.

**UNIT IV:**

Food groups: Cereals & Millets, Pulses, Nuts and Oil Seeds, Milk and Milk Products, Vegetables and Fruits ,Fats and Oils, Sugars and Jaggery, Spices and Condiments- Selection of Amounts, importance in diet and Nutritive Value .

 **UNIT V**:

Food and metabolism. Energy- Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance. Concept of Metabolism, Calorie Requirement-BMR, SDA, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy; Requirement and Expenditure, Factors affecting BMR.

**Recommended Books:**

* Rudolph Ballentine: *Diet & Nutrition*, The Himalayan International Institute, Pennsylvania, 1979.
* Dr. H.K. Bakhru: *Diet cure for Common Ailments*, Jaico Publishing House, Hyderabad, 2006
* Shills ME, Olson JA, Shike N, Ross AC (1999): *Modern Nutrition in Health and Disease.* 9th Ed. Williams and Wilkins
* Mahan LK & Ecott- Stump S (2000): Krause’s *Food, Nutrition and Diet therapy*, 10th ed. WB Saunders Ltd.
* Anderson L, Dibble M, Mitchell N (1982) *Nutrition in health and disease* (17th ed). Philadelphia: JB. Lippincott co.

**Paper-**205: **DIETETICS AND NUTRITION**

MODEL QUESTION PAPER

 Duration : 3hr. Max. Marks: 80 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SECTION-A

 **Answer all the three questions choosing one from each set** 3x20=60

1. Explain the functions of Macro nutrients in human body and their sources.

(or)

 Explain the components and functions of Food.

 2. What is Yogic concept of food and its relevance in management of lifestyle diseases?

(or)

 Write in detail the principles of diet and importance of fat soluble vitamins.

 3. Write an essay on food groups and their requirement in daily diet.

(or)

 Explain the metabolism of Carbohydrates, Proteins and Fats.

SECTION-B

 **Answer any four the following questions**: 4x5=20

 4. Classify Micronutrients

5. Antioxidants

 6. Foods for Diabetes

 7. Richest Sources of Iron and calcium.

 8. Sources of B group Vitamins.

9. Fiber rich foods.

10. Yogic diet

11. Energy imbalance

**Paper-206: Introduction to Indian Psychology**

UNIT- I

Introduction to Indian Psychology: What is Indian psychology? Scope and substance of Indian Psychology; The philosophical and cultural background of Indian psychology

UNIT-II

Principles of Indian Psychology: Being: Consciousness and the Self, Knowing: Mind and Cognition,

UNIT-III

Principles of Indian Psychology: Feeling: Emotion and Sentiments, Action: Motivation and Volition

UNIT-IV

Personality in Indian Psychology: Personality in Samkhya-Yoga, Personality in Nyaya-Vaiseshika, Personality in Vedanta;

UNIT-V

 Implications and Applications: Clinical, Pedagogic, Social Psychological,

 Organizational and Spiritual

**Recommended Books**

1. Rao, K. R., Paranjpe, A. C., & Dalal, A. K. (2008). *Handbook of Indian psychology*. New Delhi: Cambridge University Press India.

2. Matthijs Cornelissen, R.M., Misra, G., & Varma, S (2014). *Foundations and Applications of Indian Psychology.* New Delhi, Dorling Kindersley (India) Pvt. Ltd.

3. Sinha, J. (1986). Indian Psychology (Vol. 1. II, & III). Delhi, Motilal Banarasidas

4. Rao, K.R. & Marwaha, S. (2005). *Towards a Spiritual Psychology: Essays in Indian Psychology*. Delhi, Samvad India Foundation

5. Rao. K.R. Et, al (2014). *Cultivating Consciousness- An East-West Journey (*1992/2014).

 Visakhapatanam, GITAM University Press

6. Kuppuswamy, B. (1985). *Elements of Ancient Indian Psychology.* New Delhi: Vikas.

**PAPER 206: Introduction to Indian Psychology**

**Model Question Paper**

Duration: 3 hours Max. Marks: 80

**SECTION – A**

**Answer all the three questions choosing one from each set: 3 X 20 = 60**

1. Define Indian Psychology and explain its scope and substance

Or

 Discuss the philosophical and cultural background of Indian Psychology

2. Write an essay on Consciousness and Self from Indian Psychological perspective

OR

 Explain Indian Psychological approach to personality

3. Illustrate the application of Indian Psychological principles in Organizational behavior

OR

 Write an essay on Schools of Indian Psychology

**SECTION – B**

**Answer any five of the following question: 5X 4 =20**

1. Means of knowledge in Indian Psychological thought

2. Explain the concepts of identity and Self in Indian Psychology

3. Discuss emotions in Indian thought

4. Why is it essential to develop Indian Psychology in India?

5. Explain Action from Indian Psychological perspective

6. Explain the terms *Kshetra* and *Kshetrajna*

7. What is meant by the terms *Kaivalya*, *Nirvana* or Liberation?

8. Implications of Indian Psychology for health and wellness

**Paper- 207 : Yoga and Health**

Unit-I

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy

Unit-II

Yogic Concept of Health and Disease: Concept of Adhi and Vyadhi; Meaning and definitions; Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing;

Unit-III

Role of Yoga in preventive health care – Yoga as a way of life, Heyam dukham anagatam; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Bhranti-darsana, Alabdha-bhumikatva, Anavasthitatva, Duhkha and Daurmanasya

Unit-IV

Yogic Diet - General Introduction of Ahara; Concept of Mitahara; Classification in Yogic diet according to traditional Yoga texts; Diet according to the body constitution ( Prakriti) – Vata, Pitta and Kapha as also Gunas. Concepts of Diet Pathya and Apathya according to Gheranda Samhita, Hatha Pradeepika and Bhagavad Gita; Importance of Yogic Diet in Yog Sadhana and its role in healthy living; Diet according to the body constitution ( Prakriti) – Vata, Pitta and Kapha as also Gunas.

Unit-V

Yogic Principles of Healthy Living: Ahara, Vihara, Achara and Vichara; Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being

Recommended Books:

Burley, Mikel. *Hatha- Yoga* its Context Theory and Practice, Delhi, Motilal Banarsidass, 2000.

Kaul , H.R.  *Pranayama for Health*, Delhi, Suraj Publications, 1991.

Kaul, Kumar. H.  *Yoga for Health,*  New Delhi, New Light Publishers, 1986.

**Paper- 207: Yoga and Health**

Model Question Paper

 Duration: 3 hours Max. Marks: 80 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SECTION – A

 **Answer all the three questions choosing one from each set: 3x20= 60**

1. Write an essay on concept of Health and Disease in Indian systems of medicine

 (Or)

 Describe the role of Trigunas and Panchabootas in health and healing.

1. Enumerate the role of Yoga in preventive health care

(Or)

 Explain the role of Diet in healthy living

1. Explain the role of positive attitudes in healthy living.

 (Or)

 Discuss the factors lead to Mental and Emotional ill Health

.

SECTION -B

 **Answer any five of the following questions: 5 x 4= 20**

1. Definition of Health
2. Concept of disease in Yoga
3. Mithahara
4. Adhi and Vyadhi
5. Pathya and Apathya
6. Role of Panchkoshas in health
7. Bhavas and Bhavanas
8. Tridoshas

 **Paper 208: Yoga & Alternative Therapy**

Unit-I

Yoga & Ayurveda – relation of Yoga and Ayurveda- Fundamentals of Ayurveda- concept of sareera kriya, Vijnana and rachana-tridoshas vijnana - sapta dhatus - mala vijnana- Ojas- different kinds of Agnis- Swastha vijnana- dinacharya-rutu charya - Sodhana karma: Pancha karma, Purva karma-basic principles of Ayurvedic treatment - nadi vignana-

Unit-II

Yoga & Naturopathy; relation of Yoga and Naturopathy-various methods of treatment in Naturopathy: fasting, nutrition and dietetics, hydro therapy, mud therapy, chromo therapy, magneto therapy, and massage therapy

Unit-III

Yoga and Acupressure : relation of Yoga and Acupressure- Basic knowledge of Acupressure - theory of Acupressure - identification of points of Acupressure - therapeutic use of Acupressure; benefits of acupressure ; acupressure treatment for common diseases

Unit-IV

Electro therapy: short wave diathermy; infrared radiation; traction mission; Hand and Leg pulling; Shoulder wheel

Unit-V

 Psychotherapy: Psychopathology and mental health: Frustration , conflict, anxiety and defense, Neuroses, psychosis, Personality disorders, Techniques of psychotherapy, and Evaluation of psychotherapy. Yoga & Psychotherapy; Clinical application of Yoga in Psychotherapy

**Recommended books:**

Dr. H.K. Bakhru, (2006) : Diet cure for common Ailments, Mumbai,, Jaico Pub. Home.

Dr. S.R. Jindal-(1994): ,Nature Cure: A Way of Life, Bangalore, Institute of Naturopathy & Yogic Sciences,

 -------- (1994): Nature Cure treatments, Bangalore, Institute of Naturopathy & Yogic Sciences,

Dr. D. R. Gala, DR. Dhiren Gala, DR. Sanjay Gala :(1995): *Be your own doctor with Acupressure*, Bombay, Navneet Publications.

Dr. N.A. Murthy & D.P. Pandey, Ayurvedic common Cures for Common Diseases, Orient

 Paperback publishers, Delhi

Swami Rama, Rudolph Ballantive & Swami Ajay-(2007), Yoga & Psychotherapy, Himalayan Institute Press, Honeldale

Edward Erwin, (1997): Philosophy & Psychotherapy, Sage publications, New Delhi

Dr. K.S. Joshi (1993) Yoga and Naturecure Therapy – Sterling Publishers Pvt. Ltd, New Delhi.

M. Venkata Reddy (1988) Ayurvedic Aspects in Hathapradipika – The Journal of Research and Education in Indian Medicine, Vol – VII – No.4 October – December – Varanasi.

M. Venkata Reddy (1991-92) Ayurvedic Aspects in Gherande Samhita – Aryavaidhan – Vol 5 – PP – 106 to 11, Nov-1991 and Vol No.V No.3, PP-156 to 163, Feb. 1992.

Bhogal.R.S. (2004) Yoga and Mental Health, Kaivalyadhama, Lonavla.

**Paper- 208: Yoga and Alternative Therapy**

Model Question Paper

 Duration: 3 hours Max. Marks: 80 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SECTION – A

 **Answer all the three questions choosing one from each set: 3x20= 60**

1. Describe the basic principles of Ayurveda & Yoga. Mentioned the principles of treatment in Ayurveda.

 (Or)

 Explain the *swastha vijnana* of Ayurveda.

1. Differentiate various methods of treatments in Yoga and Naturopathy

(Or)

 How points can be identified in acupressure therapy and explain acupressure treatment to the

 (a)Sciatica (b) Indigestion (c) Migraine (d) Kidney problems.

1. What is Psychotherapy? Write its techniques and clinical application of yoga in psychotherapy.

 (Or)

 What is Electro therapy? Write it’s therapeutically procedure.

.

SECTION -B

 **Answer any five of the following questions: 5 x 4= 20**

1. sapta dhatus
2. chromo therapy,
3. magneto therapy
4. dinacharya-rutu charya
5. Personality disorders
6. Leg pulling
7. Benefits of acupressure.
8. Neuroses

**Paper-301: Yoga Practice-III: Pranayama & Mudras**

**Unit-I:**

*Preliminary Pranayama techniques***:** Udara Svasa – Vaksha Svasa – Skanda Svasa, Yoga Savasa, Anuloma Viloma pranayama, Svana Pranayama, Chandranga Pranayama, Suryanga Pranayama

**Unit-II:**

Jalandhara Bandha, Mula Bandha, Uddiyana Bandha; Kapalabhati Pranayama with Bandhas and external and internal retention

**Unit-III:**

Viloma Pranayama; Nadi sodhana Pranayama: Part-I; Part-II and Part-III

**Unit-IV:**

Asta Kumbhaka Pranayamas: Surya bedhana, Ujjayi, Seethcari, Seethali, Bhastrika, Bramari

**Unit-V:**

Hasta Mudra Pranayamas: Chinn Mudra Pranayama, Chinmaya Mudra Prnayama, aadi Mudra Pranayama and Brahma Mudra Pranayama

**Mudras:** Mahamudra, Maha bandha, Maha veda and Sambhavi Mudra

**Recommended Books**

Niranjanananda Sarswathi, Swami. (1994): *Prana Pranayama, Prana Vidya,*  Munger, Bihar School of Yoga.

Swami Rama, Rudolph Ballentine and Alan Hymes (2005): *Science of Breath*, Pennsylvania.

Swami Kuvalyananda (1966): *Pranayama* Bombay, Popular Prakashan.

Joshi, K.S (1989): *Yogic Pranayama* New Delhi, Orient Paperbacks

**Paper-302: Hatha Yoga Texts: Hatha Yoga Pradipika & Gheranda Samhita**

UNIT-I

Definition of ‘Ha’ and ‘Tha’ and-lineage of mahasiddhas- Introduction to Hatha Yoga Texts. Siddhasiddhanta paddhati, Hatha Pradeepika, Gheranda Samhita, Hatha Ratnavali and Shiva Samhita. Aim & objectives, misconceptions about Hatha Yoga, Causes of failure and success in Hatha yoga sadhana – prerequisites of Hatha Yoga (dasha yama and dasha niyama), Sadhaka and Badhaka tattvas in Hatha Yoga;

UNIT-II

Definition, pre requisites and special features of Yoga-asana; Asanas in Hatha Pradeepika, Gheranda Samhita; Benefits, precautions, and contraindications of different Asanas; Concept of Ghata, Ghatashuddhi, Concept and importance of Shodhana kriyas in Hatha Yoga; Importance of Shodhana kriyas in health and disease; Concept of Mattha, Mitaahara, Rules & Regulations to be followed by Hatha Yoga Sadhakas;

UNIT-III

Concept of Prana & Ayama, Pranyama; Pranayama its phases and stages; Relation of mind and Prana ; Asta kumbhakas- Prerequisites of Pranayama in Hatha Yoga Sadhana; Pranayama in Hatha Pradeepika, & Gheranda Samhita; Benefits, precautions and contraindications of Pranayama.

UNIT-IV

Concept, definition of Bandha and Mudras in Hatha Pradeepika, and Gheranda Samhita; Benefits, precautions and contraindications. Concept, definition, benefits and Techniques of Pratyahara, Dharana and Dhyana in Gheranda Samhita;

UNIT-V

Concept of Nada and Relation of mind and nada ; Nadanusandhana in Hatha Pradeepika, Four Avasthas (stages) of Nadanusandhana; Relationship between Hatha Yoga and Raja Yoga; Goal of Hatha Yoga. Samadhi and its various names – process of Samadhi– shambhavi mudra- shanmukhi mudra,– the features of a Yogi in Samadhi; Relevance of Hatha Yoga in contemporary times.

Texts:

Gyan Shankar Sahay (2013) (Tr & com.) Hathayogapradipika of Swatmarama, Morarjidesai National institute of yoga , New Delhi

Muktibodhananda Saraswati, Swami. (1985): (Tr. & Com.). *Hatha Yoga Pradipika* (Light on Yoga) Munger, Bihar School of Yoga

Swami Digamberji and Dr.Gharote M.L Ed.( 1978): *Gheranda Samhita,* Kaivalyadhama, S.M.Y.M. Samithi,

**Paper-302: Hatha Yoga Texts: Hatha Yoga Pradipika & Gheranda Samhita**

**Model Question Paper**

Duration: 3 hours Max. Marks: 80

**SECTION – A**

**Answer all the three questions choosing one from each set: 3 X 20 = 60**

1. Define hatha-yoga. Explain prerequisites for hatha-yoga practice

Or

 Explain briefly about shat karmas.

2. Explain the concept of saptna sadhanas in Gheranda samhita

OR

 What is nada? Describe the relation of Mind and Nada

3. What is mudra? Write about the significance of mudras in hatha-yoga

OR

Compare and contrast of hatha texts Hatha Yoga Pradipika and Gheranda Samhita

**SECTION – B**

**Answer any five of the following question: 5X 4 =20**

4. Relation of mind and Prana

5. Manuscripts on hathayoga

6. Asta kumbhakas

7. Mithahara

8. Relevance of Hatha Yoga in modern times.

9. Names of kundalini

10. Shambhavi mudra

 11. Features of a Yogi in Samadhi

**Paper- 303: Teaching Methods in Yoga**

Unit-I

Concept Teaching and Learning; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumukshu;

Unit-II

Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training Techniques of Individualized; Teaching Techniques of group teaching; Techniques of mass instructions; Organization of teaching (Time Management, Discipline etc)

Unit-III

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shodhanakriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Illustration of the need for a lesson plan; Illustration of the need for a content plan; Eight Step method of Introduction as developed in Kaivalyadhama;

Unit-IV

Notes of yogic practice - teaching lesson –– specimen of notes and observation of yogic practice lessons - salient points in teaching important kriyas, asanas, pranayama and bandhas. specimen of notes and observation of yogic practice lessons - salient points in teaching important kriyas, asanas, pranayama and bandhas.

Unit-V

Yoga classroom: Essential features, Area, Sitting arrangement and formation of in Yoga class; Student’s Approach to the teacher: Pranipaata; Pariprashna; Seva; (BG 4.34)

**Recommended books:**

Dr. Gharote, M.L. *Yogic Techniques*, Lonavla, The Lonvla Yoga Institute, 2007

Yogendra(1986): Teaching Yoga Bombay, Yoga Institute

Dr. Gharote.M.L. & S.K. Gangule (1995) Teaching Methods for Yogic Practicals, Kaivalyadhama Lonavla.

**Paper- 303: Teaching Methods in Yoga**

**Model Question Paper**

Duration: 3 hours Max. Marks: 80

**SECTION – A**

**Answer all the three questions choosing one from each set: 3 X 20 = 60**

1. Define hatha-yoga. Explain prerequisites for hatha-yoga practice

Or

 Explain briefly about shat karmas.

2. Explain the concept of saptna sadhanas in Gheranda samhita

OR

 What is nada? Describe the relation of Mind and Nada

3. What is mudra? Write about the significance of mudras in hatha-yoga

OR

Compare and contrast of hatha texts Hatha Yoga Pradipika and Gheranda Samhita

**SECTION – B**

**Answer any five of the following question: 5X 4 =20**

4. Relation of mind and Prana

5. Manuscripts on hathayoga

6. Asta kumbhakas

7. Mithahara

8. Relevance of Hatha Yoga in modern times.

9. Names of kundalini

10. Shambhavi mudra

 11. Features of a Yogi in Samadhi

**Paper-304 : Applied Yoga**

**Unit-I**

**Yoga in Education:** Factors of Yoga Education; Guru-shishya parampara and its importance in Yoga Education; value-oriented education: its meaning, definitions, and types of values, and modes of living ; role of Yoga teacher in value-oriented education ; contribution of Yoga towards development of values; Yogic Concepts for the Development of Four Fold Consciousness - Civic Sense, Patriotic Urge, Service Zeal and Spiritual Growth; role of Yoga in development of human society;

**Unit-II**

**Yoga for Stress Management:** Introduction to Stress, Concept of Stress; Solutions through Mandukya karika - Relaxation and stimulation combined as the core for stress management; Practice of Stimulation and relaxation; Concepts and Techniques of Stress Management in Ashtanga Yoga of Patanjali and Bhagavad Gita, specific practices for stress management, breath awareness, shavasana, Yoganidra, pranayama and meditation, impact of yogic lifestyle on stress management.

**Unit-III**

Yoga for different professional groups: IT; occupational health hazards in computer Profession; Electro Stress ,yoga and drug addiction . Yoga for healthy aging; Yoga for Handicapped people

**Unit-IV**

 **Yoga for Personality Development -** Ashtanga Yoga and personality development, personality development with special emphasis on Panchakosa. Memory and Concentration; Short-term, long-term memory, stages of memory foundation and maintenance; Yoga modules to improve memory;

**Unit-V**

 Barriers to concentration; creativity eastern concept, silence and creativity; yogic approach to creativity; yogic practices for creativity development; Facets of intelligence; concept of intelligence according to Yoga; Yoga practices for IQ development; Practices for Anger Management;

**Recommended books:**

Dr. Gharote, M.L. (2004): *Applied Yoga.* Lonovala, Kaivalyadhama S.M.Y.M., Samithi.

Nagarathna R and Nagendra HR. (2001). *Integrated approach of Yoga therapy for positive health*. Swami Vivekananda Yoga Prakashana, Bangalore, India.

Brena Steven F. (1972). *Yoga and medicine*. Penguin Books Inc. USA.

Bhavanani AB. (2008). *A Yogic Approach to Stress*. Dhivyananda Creations, Iyyanar Nagar, Pondicherry.

Nagendra, H.R. (1993). *Yoga in Education*. Banglore, Vivekananda Kendra.

Rama, Swami. (1999). *A Practical Guide to Holistic Health*. Pennsylvania, Himalayan Institute of Yoga.

Rama R.R. (2006): *Journey to the Real Self*  (a book on Yoga Consciousness), Vijinigiri ,Yoga Consciousness Trust.

Rao, K.R. (2011). Cognitive Anomalies, *Consciousness and Yoga, vol. XVI part 1,* Centre For

 Studies in Civilizations, pp 332-342

Frawly, David (2002): Vedantic Meditation, New Delhi, Full Circle publishing

Prof. M.Venkata Reddy, Dr. Rao. G. Nanduri & Dr. Hary Waters (2005): Yoga for Cyber World

 (Psychiatric Problems) MSR Memorial Yoga Series, Arthamuru, E.G. Dt.,

Paper- 304: APPLIED YOGA

 Model Question Paper

Duration: 3 hours Max. Marks: 80

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SECTION – A

 **Answer all the three questions choosing one from each set: 3x20= 60**

1. Enumerate the role of yoga in personal transformation

 (Or)

Trace out remedial methods of Yoga for stress management.

1. Examine the application shat kriyas in various health problems.

(Or)

 Write an essay on Yoga and Educational application

1. Give an account of Yoga for rehabilitation.

(Or)

 How yoga techniques can be applied in Physical education?

SECTION -B

 **Answer any five of the following questions: 5 x 4 = 20**

1. Pain management
2. Yoga and Internet Addiction Disorder
3. Yoga and Aging.
4. Yoga as remedy for Addictions
5. Yoga and IT professionals.
6. Yoga and mental abilities
7. Characteristics of Jivanmukta
8. Anustana Yoga Vedanta

**Paper 305: Research Methodology with special reference to Consciousness and Yoga**

**UNIT I**

Introduction to Research: Meaning and definition of Research; objects of research; Research and scientific method: criteria of good research; types of research; quantitative research, qualitative research, descriptive research, analytical research; Experiential research and Non-experiential research; Ethical issues in experimentation.

**UNIT II : The problem, hypotheses and variables**

Problem : Meaning, Characteristics, sources and types

Hypotheses: Meaning, Characteristics, sources and types

Variables: Meaning and types, techniques of controlling extraneous variables

**UNIT III: Sampling, Methods of Data Collection and Research Design**

Sampling: Meaning, Characteristics and types

Possibility sampling method: Simple random sampling; Stratified random sampling; Area

 or cluster random sampling

Non-probability sampling method: Quota sampling; Accidental sampling; Judgemental or

 purpose sampling

Methods of Data Collection: a) Observation b) Interview c) Questionnaire d) Rating scale

Research Design: One group design, pre-test design, randomized group design and Factorial design: Between subject design with on subject design

**UNIT-III**

1. Measurement and Description Data:
2. Types of scales b) Graphic representation of data c) Measure of central tendency and variability
3. Normal probability: Characteristics, deviations and application
4. Correlation: Pearson’s Product movement correlation, rank order correlation, partial correlation, multiple correlation and Regression
5. Parametric and Non-parametric statistical tests:

Parametric statistics: Student t test; F ratio (or) ANOVA

Non-parametric statistics: chi-square test; Mann-whitney U test; Median test

**UNIT-V : Writing a research report and research proposal**

General purpose of writing a research report; Format, style or writing, typing and evaluating a research report; Preparing a research proposal

**Recommended Books**

1. Guilford, J.P. (1954). Fundamental stastistic in psychology and education, New York: Mc Graw-Hill Book Co
2. Kothari, C.R. (2004). Research Methodology-Methods and Techniques (second revised Edition), New Delhi: New Age International Publishers
3. Mc Guigan, F.J.(1990). *Experimental Psychology.* New Delhi: Prentice Hall of India Limited.
4. Singh A.K. (1997) *Tests Measurements and Research Methods in Behavioral Science.* Patna: Bharati Bhavan Publishers and Distributors
5. Dr. H.R. Nagendra & Dr. Shirley Telles (1999): Research Methods, Bangalore, Swami Vivekananda Yoga Anusandhaa Samsthana

**Paper 305: Research Methodology with special reference to Consciousness and Yoga**

Model Question Paper

Duration: 3 hours Max. Marks: 80

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SECTION – A

 **Answer all the three questions choosing one from each set: 3x20= 60**

1. Define research? Explain experimental and No-experimental research?

 (OR)

 Define sampling? Explain types of sampling?

1. Define research design? Explain the types of research design?

(OR)

 Explain measures of central tendency and variability?

1. Explain parametric and non-parametric Statistical tests?

 (OR)

 Explain the process of criteria a good research report?

 **Section-B**

**Answer any five of the following questions: 5 x 4 = 20**

1. Explain objects and criteria of a good research.

2. Problem and Hypothesis

3. Variables and types

4. Methods of data collection

5. Types of scales

6. Normal probability

7. Correlation

8. Ethical issues in experimentation

 **Paper-306: Yoga & Stress Management**

**Unit-I**

Introduction to Stress- physical response to stress- anxiety and its effects on health- emotions and stress- stress and Neuro endocrinal changes

Unit-II

Psychological factors and stress disorders- Etiological factors of stress-clinical aspects of stress

Unit-III

Principles of therapy of stress disorders- role of Yoga in stress- studies on physiological aspects of Yoga in stress

Unit-IV

Biofeedback methods in stress –role of meditation in stress

Unit-V

Preventive and curative effects of Yoga on stress related disorders: Hyper tension, Heart problems, Bronchial Asthma, Peptic Ulcer, Diabetes Mellitus, Arthritis, Anxiety Neurosis and Headache

**Recommended Book:**

K.N. Udupa, Stress and its Management by Yoga, Motilal Bnarsidass, Delhi, 1985

Pandit Shambhu Nath: Speaking of Stress Management through Yoga Meditation, New Dawn Press, New Delhi, 2005

 PAPER 306: **Yoga for Stress Management**

 Model Question Paper

 Duration: 3 hours Max. Marks: 80 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SECTION – A

 **Answer all the three questions choosing one from each set: 3x20= 60**

1. How the stress effects on different systems of the body.

 (Or)

What is Anxiety? How could you treat it through Yoga

1. What are the Etiological factors of stress

(Or)

 How emotions lead to stress? How they could be regulated by Yoga?

1. Write an essay on studies on physiological aspects of Yoga in stress

(Or)

 Write an essay the role of Meditation in Stress

SECTION -B

 **Answer any five of the following questions: 5 x 4= 20**

1. Stress and Neuro endocrinal changes
2. Yogic principles of diet
3. Biofeedback methods in stress
4. clinical aspects of stress
5. Stress and Hyper tension,
6. Stress & Bronchial Asthma,
7. curative effects of Yoga
8. Yoga & Peptic Ulcer

**Paper-307: Kundalini Yoga: Theory and Research**

**Unit-I:**

Introduction to Kundalini – textual references of Kundalini - Kundalini Physiology – kundalini and the Brain – Methods of Awakening- Diet for Kundalini awakening – Risks and Precautions

**Unit-II:**

Four forms of Awakening – Descent of Kundalini – the experience of Kundalini – the path of Kriya Yoga

**Unit-III:**

Introduction to Chakras : Ajna, Mooladhara, Swadhisthana, Manipura, Anahata, and Vishuddhi chakras – Bindu Visarga – Sahasrara and Samadhi

**Unit-IV:**

Kundalini Yoga Practice: rules and preparations – posture – chakra sadhana – the kriya yoga practices

**Unit-V:**

Kundalini Research: kundalini, Fact not Fiction – defining Nadis – evidence for the existing Nadis and Chakras – Neurophysiology of the Chakras

**Text Book:**

Swami Satyananada Saraswati (1984) Kundalini Tantra, Yoga Publications Trust, Munger

 Paper-307: **Kundalini Yoga: Theory & Research**

Model Question Paper

 Duration: 3 hours Max. Marks: 80 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SECTION – A

 **Answer all the three questions choosing one from each set: 3x20= 60**

1. What is Kundalini? Brig out textual references of it..

 (Or)

Explain the methods of Kundalini awakening.

1. Examine the role kriya yoga in awakening the kundalini.

(Or)

 Write about physiology of kundalini.

1. Describe Mooladhara and Ajna chakras in kundalini yoga.

(Or)

 “Kundalini is fact not fiction”-explain

.

SECTION -B

 **Answer any five of the following questions: 5 x 4= 20**

1. Kundalini and brain
2. Diet for kundalini awakening
3. Bindu visarga
4. Rules and preparations for kundalini sadhana*.*
5. Manipura chakra sadhana
6. Nadis.
7. Kundalini experiences

Riska and precautions in kundalini sadhana

 **Paper-308: Yoga and Ayurveda**

Unit-I

AYUSH-its units –founders-aims and objectives-special attention to yoga and Ayurveda in detail

Unit-II

The Universal Philosophy of Yoga & Ayurveda: Dharma-Atman-Purusha-God-the twenty four cosmic principles- the three Gunas and Mental nature-mental constitution according to the three Gunas- integration of Yoga and Ayurveda, man v/s nature.

Unit-III

Concept of tridhoshas in hathapradipika and hatharatnavali-compare and contrast with Ayurveda. Ayurvedic constitution and Yoga: the great cosmic forces-the three Doshas-three Gunas and Three Doshas-paths of Yoga-the role of Karma yoga in Ayurveda-panchabuthas theory in both systems.

Unit-IV

Theory of panchakarmas and panchakoshas- Yogic and Ayurvedic Diets- principles of Ayurvedic nutrition-herbs for practice of Yoga-herbs for the body- herbs for prana-herbs for mind and meditation-special herbs for Yoga practice-herbs for Doshic type

Unit-V

Bhuta-suddhi-The practices of Yoga & Ayurveda: Purification practices of Yoga and Ayurveda, kriyas , yoga asanas and Pranayama. Eco yoga, environment ; air and water pollution, Yoga and Ayurveda as fire rituals-the seven agnis-keys to the development of seven Agnis- the role of kriyas in chakras-shat chakras roganirupana by Sripadhaviswanadha yogi.

**Text:**

David Frawley (2000), *Yoga &Ayurvda*, Delhi, MotilalBabarsidass Publishers

Dr.subhashRanade (1995) Ayurveda and yoga therapy, pune ,Anmol, Prakashan,introduction –part.

**RECOMMENDED BOOKS AND JOURNALS**:

1. Swamidigambarji & R.S. Kokaje,(1998) Hathapradeepika of Swatmarama, kaivalyadhama, SMYM samithi, Lonavala-fifth chapter-(“ *AUSADHAKADHANAM*”)
2. Professor M.Venkatareddy (2011) *Hatharatnavali of srinivasabhattamahayogandra*, MSR memorial yoga series, Arthamuru, EGDT.*Ayurvedic aspects in Hatharatnavali* –PP-IXXI to IXXIV-PP-159 & PP-214
3. Professor M.Venkatareddy, Prof.Dr.K.J.R Murthy, Prof.Dr.B.K.Sahay&Prof.Dr.B.N.prasad(2005) yogic theraphy,MSR memorial yoga series, Arthamuru, EGDT.
4. Dr.M.M.Gharote, Dr.V.K.Jha&Dr.ParimalDevanath(2010) therapeutic refences in traditional yoga texts . The lonavala yoga institute (INDIA) Lonavala.Introduction only.
5. Professor M.Venkatareddy- Ayurvedic aspects in hathapradeepika, the journal of research and education in indian medicine vol-VII; 4 oct-dec-1988, BHU,Varanasi.
6. Professor M.Venkatareddy “Ayurvedic aspects in Gherandasamhita”, *Aryavaidhyan*, vol-V-no-5,PP-106-III,nov-1991 and V .no 3 PP-156 to 163, Feb 1992
7. Dr.B.Rama Rao & M.Venkatareddy Bath in yoga and Ayurveda, *Sachitra Ayurveda*, May-1982, PP-809-811.
8. Marc Halpern, D.C. Pranayama, Yoga and Ayurveda, *International journal of yoga theraphy*, no 10 (2000). CA,USA,PP-37-43.
9. Professor M.Venkatareddy, A new perspective on chakras and diseases , *PRAKRITHI* jounal, vol-73, May-June 1990-PP-28-35,Hyderabad.

 **Paper -308: Yoga and Ayurveda**

**Model Question Paper**

Duration: 3 hours Max. Marks: 80

SECTION – A

**Answer all the three questions choosing one from each set: 3 X 20 = 60**

1. Explain the philosophy of Yoga & Ayurveda

 OR

 Explain the relation of three Gunas and three Doshas

2. How herbs will be use full for Yoga practice.

 OR

 Write an essay on purification of process of Yoga and Ayurveda

3. Write an essay on Agni Yoga

 OR

What Nadi ? How the Nadis will be purified?

SECTION – B

**Answer any five of the following questions : 5X 4 =20**

4. Explain meditation as a East –West link

5. Integration of Yoga and Ayurveda

6. The role of Karma yoga in Ayurveda

7. Special herbs for Yoga practice

8. Asanas for Pitta Dosha type

9. Meditation according to Ayurveda

10. Keys to the development of seven Agnis

11. Principles of Ayurvedic nutrition

**Paper-401: Yoga Practices-IV: Meditation & Yoga Nidra**

**Unit-I:**

Yogic Meditation, Chakra Meditation, OM Meditation, So-Ham Meditation,

Unit-II:

Buddhistic Meditation: Vipasana Meditation, Zen Meditation

Unit-III:

Prekshaka Meditation;

Unit-IV:

Transcendental Meditation and their variants; Carrington’s clinically standard Meditation

 (CSM)

Unit-V:

S-VYASA techniques: Instant Relaxation Technique (IRT); Cyclic Meditation, Mind and Sound Resonance Technique (MSRT) Practice of Yoga Nidra: Stage-I, II and III

 **Recommended Books**

Swami Satyananda Saraswathi: (1985)Mediation from the Tantraas, Munger , Bihara School of Yoga

Swami Satyananda Saraswathi: (2002 ) Yoga Nidra, Munger , Bihara School of Yoga

Swami Rama- (1992): Meditation and its practice, Honledele, Himalayan International Institute of Yoga science & Philosophy.

Swami Rama- (1984):Mediation in Christianity, Himalayan International Institute of Yoga science & Philosophy, Honledele,

Rudolph. M. Ballentine ed. (1986): The Theory and practice of Mediation, , Honledele Himalayan International Institute of Yoga science & Philosophy,

Acharya Mahaprajna-(1994), Preksha Dhyana,: Theory and Practice, Ladnun, Jain Vishwa Bharathi.

Jaideva Singh (1979) Vijnana Bhairava or Divine Consciousness (Introduction) Motilal Banarsidas, Delhi.

**Paper-402 : Therapeutic Yoga**

**Unit-I**

Diagnostic and curative aspects of Hatha Yoga ; Management of the disease through suitable yogic practices - Yogic diet, Asanas, Shatkarmas; Pranayama; Meditation; Notional corrections through yogic scriptures and counseling; Yama and Niyama; Stress(emotions management) Life style prescriptions - Moderation in Ahara, Vihara, Achara and Vichara. General Parameters and questionnaires to evaluate Health status - GHQ, Prakriti, Guna, PSS, STAI. Disease specific parameter; what, why and how of each **Yogic practice**; Prevention. Evidence research done on the particular disease; Mechanism of imbalances at psychological, pranic, physical, endocrinal, autonomic levels; psycho neuro immunological aspect of the disease model;

**Unit-II**

Integrated Approach of Yoga therapy for the following Common Ailments**:**

Respiratory disorders- Allergic Rhinitis & Sinusitis: COPD: Chronic Bronchitis, Tuberculosis: Evidence research done on the particular disease

Cardiovascular disorders**:** Hypertension:, Atherosclerosis / Coronary artery disease: Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehabilitation: Congestive Cardiac failure, Cardiac asthma:

Endocrinal and Metabolic Disorder **-** Diabetes Mellitus (I&II); Hypo and Hyper- Thyroidism; Obesity: Metabolic Syndrome

**Unit-III**

Obstetrics and Gynecological Disorders, Menstrual disorders**:** Dysmenorrhea, Oligomenorrhea, Menorrhagia: Premenstrual Syndrome: Menopause and peri-menopausal syndrome: Yoga for Pregnancy and Childbirth: Complicated pregnancies: PIH, Gestational DM, Ante-natal care, Post-natal care; PCOS:

Gastrointestinal disordersAPD: Gastritis – Acute & Chronic, Dyspepsia, Peptic Ulcers, Constipation, Diarrhoea, Irritable Bowel Syndrome: Definition, Etiopathogenesis, Inflammatory Bowel Disease, Ulcerative colitis

**Unit-IV**

**Cancer:** types, clinical features, Side effects of Chemotherapy, radiotherapy

Musculo-Skeletal Disorders**:** Back Pain: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Neck pain: Cervical Spondylosis, radiculopathy, Functional neck pain, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis

**Unit-V**

Neurological Disorders: Headaches**:** Migraine, Tension headache; Cerebro vascular accidents: Epilepsy; pain; Autonomic dysfunctions; Parkinson’s disease

Psychiatric disorders**:** Psychiatric disorders: Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalized anxiety disorder, Panic Anxiety, Obsessive Compulsive. Disorder, Phobias: Depression: Dysthymia, Major depression, Psychosis: Schizophrenia, Bipolar affective disorder.

 PAPER-402:Therapeutic Yoga

 Model Question Paper

Duration:3 hours Max. Marks: 80

 SECTION-A

Answer all the three questions choosing one from each set: 3×20=60

1. Define Gynecological diseases. How can you control and prevent through the Yoga therapy?

 (Or)

What is Diabetic Mellitus ?Discuss the etiology of type –II Diabetic Mellitus and its therapeutic

yogic management.

2. How would you treat a case of CPOD with therapeutic application of Yoga.

 (Or)

Discuss the different types of cardiovascular disorders and write its etiological factors .

3.Classify different types of Musculo-Skeletal Disorders with therapeutic application of Yoga .

 (Or)

What are the difference between Migraine head ache and Tension head ache and its Yogic management .

 SECTION-B

Answer any five of the following questions: 5×4=20

4. Different types of Cancers and its etiological factors.

5 Different types of Thyroid disorders and its etiological factors.

6.Schizophrenia.

7**.**Role of Yogic diet in the Grade-II obesity.

8.Obseeive Compulsive Disorder.

9.IBS .

10.Epilepsy and Pranayama.

11. Psychiatric disorders

SECTION -B

 **Answer any five of the following questions: 5 x 4= 20**

1. Idea of counter pose
2. Yogic principles of diet
3. Yogic treatment for Hypertension
4. *Sapta dhatus.*
5. *Panchakarma*
6. Magneto therapy.
7. Yoga & Acupressure
8. Identification of points in Acupressure
9. An empirical or concept study is to be conducted on a research topic in the area of Applied Yoga, and a detailed Research Report is to be submitted.

**Paper-403: Yoga Texts: Siddha Siddhanta Paddhati (SSP), Hatha Tanavali (HR)**

**and Siva Samhita (SS)**

**Unit-I**

The origin and home of natha yogis- Spiritual lineage and date of Goraksanath- works of Gorksanath-specially features of Siddha Siddhanta Paddhati **(SSP),**- Outlines of the SSP: Upadesha-I: origin of the body; Upadesha-II: discussion of the body; Upadesha-III: knowledge of the body

Unit-II

Outlines of the SSP: Upadesha-IV: the foundation of the body; Upadesha-V: the union of the body with the Supreme Reality; Upadesha-VI: the definition of an Avadhuta Yogi

Unit-III

Hatha Ratnavali: Date & authorship of Hatha Ratnavali (**HR**)- Yama and Niyamas of Srinivasabhatta-Philosophy and Theology in Hatha Ratnavali- concept of ‘Hatha’ – Ayurvedic thought in Hatha Ratnavali- Astakarmas- Tantra practices in Hatha Ratnavali

Unit-IV

Outlines of chapters of Hatha Ratnavali: four yogas, eight purificatory techniques, eight/nine breathing techniques, ten mudras, names of Kundalini and naadis, names of eighty four postures, Samadhi and Nada. **Siva Samhitha (SS)**: Introduction- Ch. I :karma kanda, Jnana kanda, the spirit, Yoga maya, Definition of Paramahamsa, Absorption or Involution. Ch.II: The microcosm, The nerve centers, the nerves, the pelvic region, the abdominal region, the jivatma,

Unit-V:

Outlines of Siva Samhita: Ch,III: On yoga practice: The Vayuus, the Adhikari, the place, the pranayama, , the four postures: Siddha, Padma, Ugra, and Svastika; Ch. IV: Yoni mudra: the secrete drink of the kaulas; Ch. V: Bhoga (enjoyment), Dharma (ritualism of religion) Jnana (Knowledge )- invocation of shadow (pratikopasan)- Raja yoga-various kinds of dharanas- the moon of mystery- the mystic mount kailas- the Raja yoga- The Rajadhiraja yoga

**Text Books:**

Mallik, Kalyani Smt. (1954).*Siddha - Siddhanta - Paddati* And Other Works of Natha Yogis, Poona, Poona Oriental Book House,

Vasu, Rai Bahadur Srisa Chandra. (1984) (Tr.) *Siva Samhita,* Delhi, Sadguru Publications,*.*

Dr. M. L. Gharote and Dr. G.K. Pai (2005) Siddhantatapaddhati, Lonavla, The Lonovla Yoga

Institute

Prof. M. Venkata Reddy ( 2011 revised edition) Hatharatnavalai, AARthmuru, M.S.R. Memorial Yoga Serious

**Paper-403: Yoga Texts: Siddha Siddhanta Paddhati (SSP), Hatha Tanavali (HR)**

**and Siva Samhita (SS)**

**Model Question Paper**

Duration: 3 hours Max. Marks: 80

SECTION – A

**Answer all the three questions choosing one from each set: 3 X 20 = 60**

1. Write an essay on special features of SSP

 OR

 Describe the definition of an Avadhuta Yogi

2. Elucidate Philosophy and Theology in Hatha Ratnavali.

 OR

 What are the astakarmas? Explain

3. Write about Yoga maaya and features of paramahamsa

 OR

Discuss the concepts of bhoga, dharma and pratikopasna? **(SS)**

SECTION – B

**Answer any five of the following questions : 5X 4 =20**

4. Spiritual lineage of Goraksanath

5. Works of Gorksanath

6. Concept of ‘Hatha’

7. Synonyms of Kundalini in HR

8. The Jivatma (SS)

9. The Yoni mudra (SS)

10. The Rajadhiraja yoga

11. The Supreme Reality (SSP)

 **Paper-404: Diagnostic Methods**

Unit-I

The Physical Examination –Routine question- writing out the history and examination

Unit-II

The gastrointestinal tract and abdomen- assessment of the nutritional state- the mouth and throat-The abdominal. The kidneys and urine – symptoms of the renal disease- disturbance of the erythropoietc system- disturbance of the cardiovascular system- disturbance of the respiratory system-disturbance of the musculoskeletal system- disturbance of the nervous system- disturbance of the eyes.

Unit-III

Respiratory system

General assessment – venous pulses- shape of the chest- movement of the chest- palpation- percussion- auscultation- breathing sounds, sputum.

Unit-IV

The cardiovascular system: General examination in relation to the cardiovascular system- Atrial pulses- rate of pulse- rhythm –character – volume. Measurement of the blood pressure- The Sphygmomanameter- normal blood pressure – abnormal blood pressure

Unit-V

The nervous system – appearance and behaviour – emotional state – delusion and hallucination- clouding of consciousness- confessional states – memory – general intelligence.

**Recommended books**

Michael swash(1997) : Hutchison’s clinical methods

 PAPER -404**: DIGNOSTIC METHODS**

 MODEL Question Paper

Duration:3 hours Max.Marks:80

 SECTION-A

Answer all the three questions choosing one from each set: 3x20=60

1. Enumerate the role of Diagnostic method in general health

 Or

 Write out history and examination of the patient

1. Examine the assessment of the nutritional state of the mouth , throat and the abdominal.

 Or

 Write an essay on palpation, percussion, auscultationand breathing sounds.

1. Application of diagnostic method on nervous system.

 Or

 Write an essay on memory – general intelligence.

 SECTION-B

Answer any four the following questions: 2x10=20

1. Emotional state .
2. The Sphygmomanometer .
3. Sputum.
4. Symptoms of the renal disease .
5. Shape of the chest- movement of the chest.
6. Urine examination
7. Spiro meter
8. BP monitor

**Paper 405: Dissertation & Viva voce**

**Scheme of Evaluation**

|  |  |
| --- | --- |
| Selection of Topic Objectives & Hypothesis of the study Selection of sample and research tools Methodology & Data collection | 20 Marks + 20 Marks(Mid semester - Internal) |

|  |  |
| --- | --- |
| Scoring, Statistical analysis, Results & Discussion, Conclusions,References |  20 Marks +20 Marks (Mid semester -Internal) |
|  |   Viva voce 20 marks |
|  |  **Total 100 Marks** |

**Paper -406 Consciousness Studies**Unit-I

**Paper- 407: Yoga for Special Group**

Unit-I

Introduction to Yoga-branches of Yoga- components of Patanjali’s Astanga Yoga- techniques of Hatha Yoga- Yogic diet.

Unit-II

Yoga practices for children – Yoga practices for adolescence- Yoga for sports men

Unit-III

Yoga practices for adults and for Women- Yoga practices for aged group- Yoga practice for handicapped- Yoga for mentally retarded

Unit-IV

Yoga for stress management-Yoga practices for Executives- Yoga practices for IT professional group-

Unit-V

Yoga practice for Spiritual development- Yoga therapy for various diseases

 PAPER 307: **Yoga for Special Groups**

 Model Question Paper

 Duration: 3 hours Max. Marks: 80 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SECTION – A

 **Answer all the three questions choosing one from each set: 3x20= 60**

1. What is Yoga? Explain different branches of Yoga.

(Or)

 Briefly explain the techniques of Hatha Yoga

1. Explain the yoga techniques those use full for children and adolescence.

(Or)

 What type of Yoga practices could you suggest for sports men

1. How you will teach Yoga to Senior citizens.

(Or)

 How Yoga practice will be helpful for spiritual development.

SECTION -B

 **Answer any five of the following questions: 5 x 4= 20**

1. Yoga practices for Executives
2. Yoga practices for IT professional group
3. Yogic principles of diet
4. Yogic treatment for Hypertension
5. Yoga for Women
6. Yoga for Aged
7. Yoga for sports men.
8. Yoga for Youth

**Paper-408: Open Elective paper: Yoga and Naturopathy**

 **Unit-I**

 Yoga philosophy; The four streams of yoga ;Concept of yoga and health; Yoga posture for health; Pranayama and its Medical significance; Meditation and mind ; Kriyas and their Medical Significance .

**Unit-II**

Philosophy of Naturopathy; Principles of Naturopathy ;methods and practice of treatment in Naturopathy; Fasting, Hydrotherapy –spinal bath, hip bath, steam bath, enema and full wet pack.

**Unit-III**

History of Naturopathy ;Role of Yoga and Naturopathy in the prevention and treatment of disorders of the present times. Methods of Naturopathy ;Control of diet; Fasting; Mud therapy; Magneto therapy,

**Unit-IV**

Special Features of Colour Therapy; Effects of colour s on the Mind and body; Preparation and use of Colour charged Medicines; and Massage therapy- Natural method of cleaning the body- natural and health preserving dress- natural and healthy sleeping places.

**Unit- V**

The basic knowledge of Acupressure-theory of Acupressure-identification of points of Acupressure-Therapeutic use of Acupressure; benefits of acupressure; Acupressure treatment for common diseases;

RECOMMENDED BOOKS;

Prof. M.VenkataReddy (2008):Scientific Studies on Yoga, Hyderabad, A.P Yogadhyayana Parisad.

V.M. Kulkarni (1986), Naturopathy the art of drugless healing, Sri satguru publication, Delhi.

Dr. Tulasirao Ratti(2012), Philosophy of Yoga and Naturopathy, Lambert academic publication, Germany,

Swami Satyananada Saraswati(1992),Yogic Management of Common Diseases, Bihar School of Yoga, Munger, Bihar.

Swamy Kuvalyanananda-:Principles of Yoga therapy, SMYM Samathi, Kaivalyadhama,

**Paper- 407: Advanced Consciousness Studies** **Paper 408: Yoga and Naturopathy**

MODEL Question Paper

Duration:3 hours Max.Marks:80

 **SECTION-A**

**Answer all the three questions choosing one from each set: 3x20=60**

1. Enumerate the role of yoga in positive health

 Or

 Write an essay on meditation & its medical significance

1. Examine the application shat kriya in various health problems.

 Or

Define naturopathy? Discuss the basic principles of naturopathy

1. What is bath? Discuss the types of baths with their scope of application.

 Or

 Define chromo therapy. What are the different therapeutic colours used for therapy? Describe their indications.

 **SECTION-B**

**Answer any four the following questions: 2x10=20**

1. Massage therapy.
2. Methods of Naturopathy.
3. Sankhaprakshalana
4. Identification of points of Acupressure.
5. Fasting
6. Enema
7. Full Wet pack
8. Neti kriya