

ANDHRA UNIVERSITY
DEPARTMENT OF YOGA & CONSCIOUSNESS



PROGRAM : M.A YOGA & CONSCIOUSNESS
REGULATION AND SYLLABUS
EFFECTIVE FROM 2021-2022 BATCH



ANDHRA UNIVERSITY
COLLEGE OF ARTS & COMMERCE
DEPARTMENT OF YOGA AND CONSCIOUSNESS
MASTER OF ARTS IN YOGA & CONSCIOUSNESS
(M.A. Yoga & Consciousness)
(W.e.f. 2021-2022)

PROGRAM OUTCOMES:

- PO1: Promoting the awareness for positive health and personality development in the student through Yoga.
- PO2: Instilling and inculcating the general interest and inquisitive knowledge about Yoga for Health, personality development and spiritual evolution.
- PO3: To produce man power to give Yoga training/Teaching, Yoga Therapy and Yoga Research at all levels.
- PO4: To produce man power to give Yoga Training and Therapy at hospitals.

PROGRAM SPECIFIC OUTCOMES:

- PSO1: To prepare the graduates in Yoga Science to study the higher aspects of Yoga Education, Therapy and Research at the post-graduate level.
- PSO2: To generate man power to assist in Yoga Research Projects.
- PSO3: To encourage the pupil to be a global citizen, serving the human beings at large through the noble profession of Yoga.

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

Scheme of Examination as per Credit System

First Semester:

Subject Code	Title of the Paper	Hard/soft	Exam Duration	Credits	Max. Marks	Mid-Semester (Internal)	End-semester Valuation (Internal/External)
MYC 101	Yoga Practices: Asanas Shat Kriyas (Priliminary)	Hard	3	6	100	30	70
MYC 102	Introduction to Indian Philosophy	Hard	3	6	100	30	70
MYC 103	Foundations of Yoga	Hard	3	6	100	30	70
MYC 104	General Psychology	Soft	3	6	100	30	70
MYC 105	Essential of Human Anatomy & Physiology	Soft	3	6	100	30	70
MYC 106	Outlines of Bhagavad Gita & Yoga Vasista	Soft	3	6	100	30	70
MYC 107	Outlines of Principal & Yoga Upanishads	Soft	3	6	100	30	70
MYC 108	Basics of Sanskrit	Open Elective	3	6	100	30	70
	Total			30	500	150	350

Second Semester:

Subject Code	Title of the Paper	Hard/soft	Exam duration	Credits	Max. Marks	Mid-Semester (Internal)	End-semester Valuation (Internal/External)
MYC 201	Yoga Practices: Asanas &Shat Kriyas (advanced)	Hard	3	6	100	30	70
MYC 202	Classical Yoga Text: Patanjali Yoga Sutras	Hard	3	6	100	30	70
MYC 203	Consciousness Studies: Eastern & Western	Hard	3	6	100	30	70
MYC 204	Meditation :Theory& Research	Soft	3	6	100	30	70
MYC 205	Dietics and Nutrition	Soft	3	6	100	30	70

MYC 206	Introduction to Indian Psychology	Soft	3	6	100	30	70
MYC 207	Yoga and Health	Soft	3	6	100	30	70
MYC 208	Yoga and Alternative Therapy		3	6	100	30	70
	Total			30	500	150	350

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	100	30	70
MYC 302	Hatha Yoga Texts: Hatha Yoga Pradipika&Gheranda Samhita	Hard	3	6	100	30	70
MYC 303	Teachings Methods in Yoga	Hard		6	100	30	70
MYC 304	Applied Yoga	Soft	3	6	100	30	70
MYC 305	Research Methodology with special reference to Yoga Consciousness	Soft	3	6	100	30	70
MYC 306	Yoga & Stress Management	Soft	3	6	100	30	70
MYC 307	Kundalini Yoga : Theory & Research	Soft	3	6	100	30	70
MYC 308	Yoga and Ayurveda		3	6	100	30	70
	MOOCS			2	50		
	Total			30	500	150	350

Fourth Semester:

Subject Code	Title of the Paper	Hard/soft	Exam	Credits	Max. Marks	Mid-Semester (Internal)	End-semester Valuation (Internal/External)
MYC 401	Yoga Practices: Meditation and Yoga Nidra	Hard	3	6	100	30	70
MYC 402	Therapeutic Yoga	Hard	3	8	100	30	70
MYC 403	Yoga Texts: Outlines of SSP, HR and SS	Hard	3	6	100	30	70
MYC 404	Diagnostic Methods	Soft	3	6	100	30	70
MYC 405	Dissertation & Viva voce	Soft	3	6	100	30	70
MYC 406	Consciousness Studies (advanced)	Soft	3	6	100	30	70
MYC 407	Contribution of Contemporary Yogis	Soft	3	6	100	30	70
MYC 408	Yoga and Naturopathy	Soft	3	6	100	30	70
	MOOCS			2			
	Total			30	500	150	350

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 30 marks in each paper. The end semester examinations shall be conducted for 70 marks in each paper.

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.

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.	71-70	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.

S.No	Semester	Course	Hard/Soft	Credit value			
			Core	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		
30	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

SEMESTER 1
Paper-101: Yoga Practice: Asanas& Shat Kriyas (Preliminary)

Course Objectives:

- The purpose of Yoga practice is to communicate Asanas & Shat kriyas mentioned in the syllabus in the traditional way.
- To have self-experience of each Yoga technique.

Course Outcomes:

The students can understand and learn aim, general benefit and therapeutic benefit of each Asana and kriya to application in his daily life as well as to apply in various fields. Following the completion of the course, students shall be able to have an in depth understanding of physiological changes following the practice of yoga.

Unit-I:

Learning outcome: *The student develops understanding of different yogic techniques and learns to perform practically the Shatkarma.*

Sukshma Vyayamam (pawanmukta series); Greeva Sanchalana; Netra Sanchalana;

Surya Namaskara. **Kriya:** Jaladhauti and Kapalabhati;

Unit-II:

Learning outcome: *gains an in-depth understanding about physiological benefits meditative postures.*

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

Unit-III:

Learning outcome: *attains perfection to perform different yogic practices.*

Standing Asanas: Tadasana, Tiryak Tadasana, Ardha Katichakrasana, Katichakrasana, Trikonasana, Ardha Chakrasana, Parsva Konasana, Veera Bhadrasana, Pada Pitasana, Vrukshasana, Natarajasana. **Kriya:** Sutraveti

Unit-IV:

Learning outcome: *learns and develops skill to conduct practical sessions on sitting postures.*

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

Unit-V:

Learning outcome: *Develops skill to perform as well teach prone and supine postures.*

Prone, Supine & Inverted Asanas: Sarpasana, Bhujangasana, ArdhaSalabhasana, Salabhasana, Dhanurasana, Hamsasana, Padasanchalasana, Chakra Padasana, Uttana Padasana, Ardha Navasana, Navasana, Kandharasana, Chakrasana, Supta Pawanamuktasana stage-I & II, Jataraparivrittanasana and its variations, Viparitakarni.

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): *Asana Sutras* (based on traditional Hatha Yoga literature), Vizianagaram, Home of Yoga Publications

Semester-I

Paper 102: Introduction to Indian Philosophy

Course Objectives:

- To study the knowledge of Indian Philosophy.

- To Learn the types of Indian Philosophical systems.
- To Acquire the knowledge about the Patanjali Yoga Darsana and the Mimamsa Darsana.
- To Understand the aims and values of the Jaina and the Buddhism.
- To Gain knowledge about the eminent persons of the Vedanta like Sankara Vedanta, Vedanta of Ramanuja and Vedanta of Madhvacharya.

Course Out comes:

The goal of teaching Yoga Philosophy to postgraduate students is to give comprehensive basic knowledge of yoga as mentioned in ancient literature. Understand the Jainism of Syadvada, Anekantavada and Soul theory and Liberation and Buddhism of four Noble truths and Pratitya Samutpadavada.

Unit-I

Learning outcome: To know about Vedās, Upanishads, Bhagavadgita and shat darshanas etc. To gain knowledge of nature, characteristics and development of Indian Philosophy.

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

Unit-II

Learning outcome: To learn about the Vedic thought, Nyaya, Vaisheshika and Sankhya Philosophy of Indian Philosophical systems. Acquire the knowledge of the Yoga Astanga Marga.

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

Unit-III

Learning outcome: To understand the hidden concepts available in the ancient yogic texts. Understand the yogic principles of Yoga.

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

Unit-IV

Learning outcome: Learn about Vedanta of Ramanuja and his philosophy.

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

Learning outcome: To learn the different Vedanta of Madhvacharya in Indian Philosophy.

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: 70

SECTION - A

Answer all the three questions choosing one from each set:

3x15 = 45

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

(Or)

Discuss the Main Doctrines of Upanishads?

2. Discuss the major concepts of Vedanta?

(Or)

Explain the Eight fold path of the Yoga system?

3. Describe the philosophy of Dvaita?

(Or)

Explain the basic concepts of Sankara Vedanta?

SECTION - B

Answer any five of the following questions:

5 x 5 = 25

4. "SthitaPrajna" of Bhagavad Gita
5. Discuss Jaina's Syadvada.
6. Give a brief account on Nyaya Epistemology.
7. Explain the seven categories of Vaisheshika Darsana
8. Samkhya "trigunas"
9. Discuss Karma and dharma of Mimamsa
10. "God, Soul, and World" according to Ramanuja.
11. What are the means of Liberation according to Madhva

Paper-103: Foundations of Yoga

Course Objectives:

- Students will have an understanding about origin, history and development of Yoga.
- Students will know different branches of Yoga
- Introduction about Yoga according to various yogic texts.

- Students will know different traditions of Yoga

Course Outcome:

After Completing the course, the students will be able to learn general Introduction to Yoga. The concept, meaning and various definitions of Yoga; Etymology, History and the purpose of yoga, Nature of Yoga in various texts and yoga in contemporary times.

Unit-I:

Learning outcome: *Comprehensive knowledge about the origin, history and development of Yoga.*

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 PurusharthaChatushtaya; 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:

Learning outcome: *The student gains Knowledge on evolution of Yoga from ancient times to the modern era. Importance of Kundalini.*

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:

Learning outcome: *Exposure to different schools of Yoga.*

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

Learning outcome: *Ability to understand about the deep rootedness of Yoga in Indian knowledge tradition.*

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

Learning outcome: *The student gains knowledge about Yoga in Contemporary times and its development.*

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. (3002.):*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-70

SECTION-A

Answer all the three questions one from each set:

3x15 = 45

1. Elucidate the origin, history and development of Yoga?
Or
Explain yogic practices in Buddhism?
2. Discuss various types of Yoga
Or
Explain Astanga yoga of Patanjali
3. 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

5x 5= 25

4. Upanishads
5. Purushardhas.
6. Kundalini.
7. Yoga in Jainism
8. Yoga in Ramayanam.
9. Nadis in Tanrism.
10. Transcendental Meditation.

Paper-104: General Psychology

Course Objectives:

- To Introduce modern Psychology to Yoga students.
- To Make the students able to understand psychological aspects.
- To bring about a comparative mode of study between ancient and modern psychology.
- To develop a general understanding towards abnormal behavior and disease process through various models of health psychology.

Course Outcomes: Students at the completion of this course would understand Meaning and definition of yoga psychology, nature, purpose, its utility in modern life. Concepts, meanings and definitions of personality, nature and type of personality. Qualities of a Yogi, compound techniques of personality development. Meaning and definition of mental health, yoga and mental health.

UNIT-I

Learning outcome: *To Understand the history, evolution, necessity and the significance of psychology past to present. Learning about psychology as a behavioral science.*

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

Learning outcome: *Understanding the Importance of consciousness its states, stages of sleep and balancing the sleep cycle.*

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

UNIT-III

Learning outcome: Understanding the differences of different concepts and about emotional intelligence which helps in many aspects of life in decision making etc.

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

UNIT-IV

Learning outcome: Independently handle a patient and administer yoga therapy; getting an understanding about utility of psychology among different personalities in the society.

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

Learning outcome: Counsel the Yoga Therapy Participant and effectively treat the patient with various psychosomatic ailments.

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. (3007).*Psychology*(5th Edition) New Delhi: PrenticeHallofIndia.
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. (3002). *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-70

SECTION-A

Answer all the three questions one from each set:

3x15 = 45

1. Define psychology and trace out its major perspectives?

Or

Discuss about behavior and consciousness?

2. Explain the sleep disorders?

Or

How can you measure intelligence?

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

Or

How can you assess personality of an individual?

SECTION-B

Answer any five questions :

5x 5=

25

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

Paper 105: Essential of Human Anatomy & Physiology

Learning Objectives:

- To study Anatomy and physiology of various systems of human body
- To understand Anatomy and physiology of human body in relation to different yogic practices.

Course Outcomes:

The student will understand in detail the Anatomy and physiology of Metabolic systems namely the muscular-skeletal system, immune, cardiovascular, respiratory, excretory and digestive systems. Students get familiarized with the structure of the different systems in the human body. it easier to understand a clear picture of what happens when one does yoga.

UNIT-I:

Learning outcome: *The student can understand the knowledge of concept of cell, Skeletal and muscular system*

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:

Learning outcome: *The student can understand the anatomy, physiology and interaction of of digestive and urinary systems.*

Digestive and Excretory system: Anatomy of Digestive system, Excretory system (component organs) and their 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:

Learning outcome: *The student understands the structure functioning and relation between circulatory and respiratory system.*

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:

Learning outcome: *Student understands the importance of controlling and communicating systems the endocrine and nervous systems.*

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:

***Learning outcome:**Gains knowledge on reproductive and immune systems.*

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. (3007). 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 (3005).Anatomy and Physiology of Yoga Practices, Kaivalyadhama, Lonavla.
- B. J. Colbert, J. J. Ankney, K. Lee. (3010). Anatomy & Physiology for Health Professions: An Interactive Journey. Prentice Hall.
- Elements Of Human Anatomy Physiologuy& Health Education by Dr.RameshK.Goyal Associates Dr.Anitha,A.mehtaDr.GaurangB.Shah, B.S.ShahPrakashan

PAPER -105: EssentialOf Human Anatomy & Physiology

MODEL QUESTION PAPER

Duration: 3hr.

Max. Marks: 70

SECTION-A

Answer all the three questions choosing one from each set:

3x15 = 45

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:

5 x 5= 25

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 Vashistha

Course Objectives:

- To know and understand the sacred script Bhagawadgeeta and Yogavashistha
- To understand the relation of Yoga with ancient texts

Course outcome: Students at the completion of this course would understand Srimad Bhagavad Gita General introduction, purpose and importance of Srimad Bhagavad Gita, Sanyas Yoga in Srimad Bhagavad Gita, the form of Karma (Sakam and Nishkam) Yoga Vashistha General introduction of Yoga Vashistha, concept of Aadhi.

Unit-I:

Learning outcome: *student learns techniques on stithipragnya types of karma.*

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

Learning outcome: *Student gains knowledge on Dhyana and bhakti.*

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

Unit-III

Learning outcome: *student learns types of gunas and prakriti in various yogic scripts.*

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

Learning outcome: *student learns about origin of disease, ailments to control and achieve bliss.*

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

Learning outcome: *learns how to overcome obstacles and Improves character becomes sincere.*

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

Recommended books:

Yogananda, Sri SriParamahansa.(3002). (Tr.& Com.) The Bhagavad Gita, Royal Science of God Realization, vol.I& II, YogodaSatsanga Society of India, Kolkot
Ekanath Eswaran (1997): The Bhavad Gita for Daily Living, Allahabad, JaicoBooks .

Paper-106: Outlines of Bhagavad Gita & Yoga Vasista
Model Question Paper

Duration: 3 hours

Max. Marks: 70

SECTION – A

Answer all the three questions choosing one from each set:

3x15 = 45

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:

5 x 5= 25

4. Sthithaprajna
5. Bhakti yoga in Bhagavad Gita
6. Trigunas&Prakruti
7. Classification of food in Gita
8. Psychosomatic ailments
9. Jnana saptabhoomika
10. Definitions of yoga in Gita
11. The four gate-keepers to freedom

Paper-107: Outlines of Principle and Yoga Upanishads

Course Objectives:

- To develop understanding of Principal Upanishads.
- To understand the concept of Vidya and Avidya become aware of the importance of Self-Realization and the greatness of Brahman.
- To understand the different states of Consciousness.

Course Outcomes:

Students at the completion of this course would understand Meaning and definition of Upanishads, subject matter of Upanishads, creation period of Upanishads. Kathopanishad definition of yoga, Yama - Nachiketa dialogue, nature of soul. Mundakopanishad the four states of consciousness and their relation to Omkar, the pure nature of the soul. Brihadaranyaka Upanishad Yoga of soul and knowledge, unity of soul and God. Learns about the concept of Pancha-Kosha.

UNIT-I

Learning outcome: the student learns the meaning introduction and important principal Upanishads

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

Learning outcome: The student gains knowledge on the significance of katha, prashna, munda, mandukya Upanishad

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 Brahman, 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

Learning outcome: The student gains knowledge on the significance of Aitaya, taitarya, chanda, brihadaranyaka Upanishad

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

UNIT-IV

Learning outcome: *The student learns about YogaKundalyopanishad Pranayama's distinction and measures of pranayamas Siddhi, Brahm - measures of attainment.*

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

UNIT-V

Learning outcome: *the student gains knowledge on Bindu Upanishad.*

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 Vasistha
Model Question Paper**

Duration: 3 hours

Max. Marks: 70

SECTION – A

Answer all the three questions choosing one from each set:

3x15 = 45

1. Give brief 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 cūḍāmanīupaniṣad
Or
Give outlines of Nada-bindu and Dhyana-binduupaniṣads

SECTION – B

Answer any five of the following question:

5 x 5 = 25

4. Panchavayus
5. States of consciousness
6. Dialogue between Yajñavalkya and Maitreyi
7. Brahman in Upanishads
8. Jñāna yoga
9. Sandilya vidya
10. Om Meditation (Udgita)
11. Questions in Prasnopaniṣad

Open Elective Paper:
Paper-108: BASICS OF SANSKRIT

Learning Objectives:

- To develop the ability of reading and understanding of classical texts of yoga in the original language.
- To study basics of Sanskrit

Course Outcome:

The goal of teaching Sanskrit to postgraduate students is to provide a comprehensive knowledge of Sanskrit in order to be able to study, understand, comprehend and utilize the knowledge contained in Indian traditional texts in their professional practice, especially in the field of Yoga. Describe kinds of nouns, verbs, pronouns, etc. with examples.

Unit –I:

Learning outcome: Illustrate kinds of gender, number, and declensions employed in Sanskrit. Demonstrate skill in pronunciation of different kinds of Sanskrit words, phrases and sentences.

Sanskrit Alphabet (Aksharamala);

*Orthography of Devanagari varnamala, classification of varnas, purnaksara, samyuktaksara, karakas and mrdavyanjanas, 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. Yakundendutushara...v.No.1
2. Yeshaamna vidya natapo.. v.No.3
3. Sahitya samgeetakalaaviheenah... v.No.4
4. Bhaasaashumaduraadivyaa.. v.No.5
5. vidyaanaamanarasya... v.No.6
6. rupayouvanasampannaah... v.No.8
7. vidyayaavpushaavaacaa.. v.No.9
8. arakshitamtishtatidaivarakshitam.. v.No.14
9. takshakasyavishamdante... v.No.19
10. brahmaanandamparamasukhadam.. v.No.21

11. yathaadesasthathaabhaashaa.. v.No25
12. Makshikaavranamicchanti... v.No.29
13. drstiputamnyasetpaadam... v.No.34
14. hastasyabhusanamdaanam.. v.No41
15. raahapathnigurohpathni.. v.No.51
16. pushpeshupadmamnagarishukaasi.. v.No.59
17. atiparichayaadavajnaa ... v.No.61
18. utsavevyasanecaivadurbhikshe.. v.No.87
19. yasyaastivittamsanarahkulinah... v.No.110
20. paandityasyavibhushanammadhurataa.. v.No.159

Unit –II :

Learning outcome: learns about Hitopdesa

Prose- -Hitopadesa – mitralabha

Unit –III :

Learning outcome: The subject of Sanskrit would make students to read and understand Sanskrit with respect to script and basic grammar.

Grammar – Declensions & Conjugations*

a)DECLENSIONS: Ajanta Sabdas

Masculine: Rama, Hari, SambhuDhatr, ,Pitr, Go.

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

Neuter :Vanam, Vaari. Sarvanamasabdas :asmadyushmad , 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:

Learning outcome: the student is able to speak fluently in Sanskrit ,can understand Sanskrit verses and yogic texts in Sanskrit.

Grammar - Sandhi&Samasa *

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

HAL SANDHI :ScutvaJastva, 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:

Learning outcome: Student is able to translate from Sanskrit to telugu and English language.

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) Samskritakaaryalayah, aravindasrama ,Pondicherry, TN
3. Hitopadesah of Narayanapandita, Jayalakshmi Publications, Hyderabad.
4. Prathama –Samskrta Bhasha Pracara Samiti , Hyderabad

I. Answer the paper in English or Telugu. While writing in Sanskrit Devanagari Script should be used.

A) Complete the following :

5x1 = 5

1. यो यस्य मित्रं।
2. यथा देशस्तथा भाषा।
3. पुष्पेषु पद्मं।
4. कुले कवीनां।
5. नीचाः कलहमिच्छन्ति।

B) Answer the following

5x2 = 10

1. साहित्य सङ्गीतकलाविहीनः कीदृशः
2. “वकार पञ्चकम्” निर्दिशत।
3. बान्धवः कः ?
4. पञ्चौत मातरः स्मृताः - काः?
5. भाषासु मुख्या का?

Paper-108: BASICS OF SANSKRIT
Model Question Paper

Duration: 3 hours

Max. Marks: 70

II. A) Write an Essay on any one of the following :

1x10 = 10

1. चित्रग्रीवस्य वृत्तान्तं लिखत।

अथवा (or)

2. पाशबद्धः मृगः काकेन कथं रक्षितः इति सविस्तरं लिखत।

B) Write short answers for the following :

5x1=5

1. जरद्वयस्य कथायां मार्जारस्य नाम किम् ?

2. राजद्वारे स्मशाने च थः तिष्ठति सः कः ?

3. लघुपतनकः कः ?

4. चित्रग्रीवस्य मित्रं कः ?

5. मन्थरः कः ?

C) Write notes on reference to the context (Annotation) for any two of the following: 2x2^{1/2}=5

1. उदारचरितानां तु वसुधैव कृतम्बकम्।
2. अज्ञातकुलशीलस्य वासो न देयः।
3. बन्धुहीनो मृतवत् एकाकी निवसामि।
4. अरावप्युचितं कार्यमातिथ्यं गृहमागते।

III. Grammar : Describe the following :

5x1 = 5

- A) i) अचः के? ii) अनुनासिकाः के? iii) कण्ठ्याः के?
iv) तालव्याः के? v) सरलाः के?

B) Conjugate the following : (Write all the forms for given "Lakara")

- i) गम् - लृट् (or) वृशिरु - (विधिलिङ्) 1x5 = 5
ii) लभ् - लट् (or) रम् - लोट् 1x5 = 5

IV. A) Combine the following :

1x5 = 5

- i) नै+अकः ii) अरौ+अपि iii) नराः+इमे
iv) वाक्+ईशः v) वाक्+मयम्

B) Write vighraha vakyas for the following Samasta Padas

1x5 = 5

- i) पीताम्बरः ii) गो सुखम् iii) अहिनकुलम्
iv) गजमनीषा v) कुम्भकारः

V. General Translation

A) Translate One of the following into Telugu or English

5x1 = 5

- i) या कुन्देन्दुतुषारहार धवला या शुभ्रवस्त्रान्विता
या वीणावरदण्डमण्डितकरा या श्वेनपद्मासना।
या ब्रह्माच्युतशंकरप्रभृतिभिर्देवैः सदा पूजिता
सा मां पातु सरस्वती भगवती निःशेषजाड्यापहा।

अथवा (or)

- ii) विद्यानाम नरस्य रुपमधिकं प्रच्छन्नगुप्तं धनं
विद्याभोगकरी यशः सुखकरी विद्या गुरुणां गुरुः।
विद्या बन्धुजनो विदेशगमने विद्या परा देवता
विद्या राजसु पूज्यते न तु धर्म विद्याविहीनः पशुः॥

B) Translate the following into Sanskrit

5x1 = 5

- i) Look before you step.
ii) Evil natured man has poison in every part of his body
iii) Persons have no learning cannot shine.
iv) As is the king so are the people.
v) Low minded people look for a quarrel

SEMESTER-II

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

Course Objectives:

The purpose of Yoga practice is to communicate an advanced Asanas & Shat kriyas mentioned in the syllabus in the traditional way.

To have self experience of each Yoga technique

Course Outcomes:

The students can understand and learn aim, general benefit and therapeutic benefit of each Asana and kriya to application in his daily life as well as to apply in various fields This course would help students to practice Yoga as way of life and understand it as our cultural heritage.

Unit-I

Learning Outcome: After the completion of the course student would be fully acquainted with the advanced asanas and kriyas.

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

Kriyas: Vata Krama kapalabhati, Dugda Neti

Unit-II

Learning Outcome: the student would be able to demonstrate and develop the skills to teach rules, regulations, various asanas, pranayama techniques, general and specific training for competitive Yoga.

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

Kriyas : Tulasi Neti, Vastra Dhauti,

Unit-III

Learning Outcome: Student able to perform all advanced asanas and balancing asanas

Tiryakbhujangasana, Parsva Dhanurasana, Mayurasana, Padma Mayurasana, Chakrasana

Kriyas: Agnisar Kriya

Unit-IV

Learning Outcome: Student able to learn all advanced techniques and able to teach advanced asanas and kriyas.

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

Kriyas : MadhayamaNauli, Vamana Nali, DakshinaNauli, Nauli Kriya

Unit-V

Learning Outcome: *the student is capable to perform as well as train the advanced yogic asanas.*

Yoganidrasana, Sarvangasana, Padma Sarvangasana, Halasana, Matsyasana, Sirshasana, OordhwaPadmasana

Kriyas : NasagraTrataka, BrumadyaTrataka

Recommended books:

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

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

Swami, SatyanandaS.(3002), *Asana, Pranayama, Mudra, Bandha*, Munger, Yoga Publications Trust

Rama R.R. (3006): *Journey to the Real Self* (a book on Yoga Consciousness), Vijinigiri, Yoga Consciousness Trust.

Babu, K.R(3011): *Aasana Sutras* (based on traditional Hatha Yoga literature), Vizianagaram, Home of Yoga Publications

Paper-202: Classical Yoga Text: Patanjali Yoga Sutras

Course Objectives:

Following the completion of this course the students shall be able to

- To Understand definition of Yoga and various modification of mind and the means of inhibiting them.
- To Understand the concept of Isvara
- To Know the obstacles of Yoga
- To know different states of mind.
- To understand about the essence of Samadhi.

Course Outcome:

- Foundation for authentic practicing method of Yoga with aim, objectives and result.
- Understanding of important aspect, the chitta and its nature.
- Understanding and orientation towards advanced practices of Yoga.
- Foundation to ethics and morals
- Application of Astanga Yoga in daily life

Unit-I

Learning Outcome: *the student learns the different parts and introduction of the Yoga Sutra of Patanjali maharshi.*

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

Learning Outcome: *student understands general ChittaVikshepa or Yoga Antaraya, Remedies for offering Chitta .*

Definition of Yoga; theory of mind: ChittaVrtties; control of mind: Abhyasa and Vairagya- samprajnata and asamprajnata Samadhi - means of attaining Samadhi; Concept of God; hindrances to control: chittavikshepas- removal of chittavikshepas, ekatatvabhyasa - concept of chittaprasadana –different kinds of Samadhi-

Unit-II

Learning Outcome: *learns about Ashtanga Yoga. BahirangaYoga and AntarangaYoga .*

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

Learning Outcome: *learns the characteristics and the nature of Nature and Man.*

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

Learning Outcome: *learns about siddhis and highest goal of yoga.*

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

Recommended books:

SatyanandaSaraswathi, 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: 70

SECTION – A

Answer all the three questions choosing one from each set:

3 X 15 = 45

1. Narrate the structure of text Yoga Sutras
Or
“*Yoga chittavrittinirodha*” -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:

5 x 5= 25

4. Philosophical foundations of Yoga sutras
5. Associated yoga techniques
6. samprajnata and asamprajnata Samadhi
7. chittavikshepas
8. Yama and Niyamas
9. Samyama
10. Sources of siddhis
11. Kaivalya

Paper-203 :Consciousness Studies: Eastern & Western

Course Objectives:

- To know about consciousness according to Indian perspective and western perspective
- To Know about Consciousness in Mandukya Upanishad, Bhagavad Gita, Yoga Sutras, Astavakra Gita.
- Knowing about Characteristics, Phenomenology and different concepts of western and eastern philosophers.

Course Out comes:

After completion of the course the student gains knowledge on concepts of self, soul, Atma, God and Consciousness and its stages in Indian & Western context.

Unit-I

Learning Outcome: *the student learns the history and development of consciousness.*

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

Learning Outcome: *learns importance of self in various sacred scripts.*

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

UNIT-III

Learning Outcome: *the student learns the vedantic concept of consciousness.*

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

Learning Outcome: *student learns western terms of consciousness.*

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

Learning Outcome: *student gains knowledge on consciousness in terms of western philosophy.*

: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.. (3002). *Cultivating Consciousness: An east west journey*. Gitam & DK Print World.
- K. Ramakrishna Rao. (3002). *Consciousness studies: Cross-cultural perspectives*. Jefferson, NC: McFarland.
- N. Block, O. Flanagan, G. Guzeldere.(1998). *The Nature of Consciousness: Philosophical Debates*. MA: MIT Press
- Indich, W. M. (1970). *Consciousness in Advaita Vedanta*. Delhi: Motilal Banarsidass
- S. Menon, B.V.Sreekantan, Anindya Sinha, Philip Clayton, R Narasimha (3004). *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 Mind-Body Problem: A Guide to the Current Debate*. Oxford: Blackwell.

Paper-203: Consciousness Studies: Eastern & Western
Model Question Paper

Duration: 3 hours

Max. Marks: 70

SECTION – A

Answer all the three questions choosing one from each set:

3 X 15 = 45

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

Or

Discuss the states of consciousness as narrated in Mandukyaupanishad

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:

5 x 5= 25

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

Course Objectives :

- To know traditional meaning and definitions of the term ‘meditation’
- To know Preparatory practice of meditation
- To know different types of meditation techniques with their benefits
- To have the knowledge of scientific approach of meditation
- To know database research on meditation

Course Outcomes:

Students will be familiar with scriptural knowledge of meditation and gain ability to teach meditation techniques with scientific approach. Students share personal experience of meditation and are able to apply meditation techniques in therapeutic way.

UNIT I

Learning outcome:*the student learns scope and preparation for meditation*

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

Learning outcome:*the student able to learn and train different meditative techniques.*

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

UNIT-III

Learning outcome:*student is able to understand and handle the buddhist meditative techniques*

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

Learning outcome:*A research attitude and orientation inculcated into the student so that they further become able to undertake advance and theoretical and applied research in yoga.*

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

UNIT-V

Learning outcome:*learns importance of meditation on physical and mental health*

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). *Meditation and Its Practice*. Honesdale: Himalayan Institute of Yoga Science and Philosophy of USA
3. . Funderburke, J. (1977). *Science Studies Yoga: A Review of 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: 70

SECTION – A

Answer all the three questions choosing one from each set:

3 X 15 = 45

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 :

5 x 5= 25

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

Course Objectives:

- To have full knowledge of Food & Nutrition Being student of Yoga
- To know the role diet in Yoga practice
- To gain the knowledge of food groups & their metabolism

Course Outcomes:

Student can be familiar with classification, functions and components of Food and their effects on the human body which helps in treating health and disease along with yogic techniques. Students gain ability to prescribe food for clients taking Yoga therapy classes.

UNIT I:

***Learning Outcome:** learns basic concepts of food able to identify nutritive values and portions.*

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:

***Learning Outcome:** able to prescribe foods for different lifestyle diseases*

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:

***Learning Outcome:** gains knowledge regarding importance and deficiencies of nutrients.*

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:

***Learning Outcome:** gains knowledge on food groups and its recommendations.*

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:

Learning Outcome: *able to prescribe foods based on metabolic concepts.*

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, 3006
- 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 (3000): 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: 70

SECTION-A

Answer all the three questions choosing one from each set:

3 X 15 = 45

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:

5x 5= 25

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

Course Objectives:

- To Introduce Indian Psychology
- To Make the students able to understand psychological aspects in yoga.
- To understand various term in psychology..

Course Outcomes: Students at the completion of this course would understand Meaning and definition of Indian psychology, nature, purpose, its utility in modern life. Concepts, meanings and definitions of personality, nature and type of personality. Qualities of a Yogi, compound techniques of personality development. Meaning and definition of mental health, yoga and mental health.

UNIT- I

Learning Outcome: *understanding significance of Indian psychology*

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

UNIT-II

Learning Outcome: *understands the concept of cognition, consciousness.*

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

UNIT-III

Learning Outcome: *able to differentiate psychological concepts.*

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

UNIT-IV

Learning Outcome: *able to understand different personalities.*

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

UNIT-V

Learning Outcome: *able to apply psychological techniques therapeutically.*

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 Banarashidass

4. Rao, K.R. & Marwaha, S. (3005). *Towards a Spiritual Psychology: Essays in Indian Psychology*. Delhi, Samvad India Foundation
5. Rao. K.R. Et, al (3014). *Cultivating Consciousness- An East-West Journey (1992/3014)*. 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: 70

SECTION – A

Answer all the three questions choosing one from each set:

3 X 15 = 45

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:

5 x 5 = 25

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

Course Objectives:

- To orient the students to promote positive awareness for healthy life and living
- Instilling and inculcating the general interest and inquisitive knowledge about Yoga for Health, personality development and spiritual evolution.
- To establish holistic health, social harmony and world peace by training them to be great citizens who can offer yogic way of life as examples of right living.

Course Outcome: After completion of the course students able to learn all dimensions of health and able to treat or heal the patients physically, mentally and physiologically.

Unit-I

Learning Outcome: *understanding complete meaning of health*

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

Learning Outcome: *gains knowledge on factors effecting and treating diseases.*

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

Learning Outcome: *preventive, promotive, curative aspects of yoga in health.*

Role of Yoga in preventive health care – Yoga as a way of life, Heyamdukhmanagatam; 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

Learning Outcome: *learns importance of yogic diet with relevance to yogic texts.*

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

Learning Outcome: learns and follows the yogic principles of life.

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, 3000.

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: 70

SECTION – A

Answer all the three questions choosing one from each set:

3 X 15 = 45

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.

2. Enumerate the role of Yoga in preventive health care
(Or)

Explain the role of Diet in healthy living

3. 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 5= 25

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

Paper 208: Yoga & Alternative Therapy

Course Objectives:

- To introduce yoga as a science of Holistic living and not merely as yoga postures.
- To create professional therapists of high caliber who know the concepts, techniques and can handle lifestyle disease under the guidance of a super specialist doctor to select safe specific practices for different diseases.

Course Outcome: During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic and life style related ailments by following various holistic paramedical approaches. This course has the vision of producing yoga professional so that they could teach yoga therapy in a paramedical department of a hospital with the ability to select specific safe practice modules for different diseases.

Unit-I

Learning outcome: *Learns relation and differences between Yoga and Ayurveda.*

Yoga & Ayurveda – relation of Yoga and Ayurveda- Fundamentals of Ayurveda- concept of sareera kriya, Vijnana and rachana-tridoshasvijnana - sapta dhatus - mala vijnana- Ojas- different kinds of Agnis- Swasthavijnana- dinacharya-rutucharya- Sodhana karma: Pancha karma, Purva karma-basic principles of Ayurvedic treatment - nadvignana-

Unit-II

Learning outcome: *Learns relation and differences between Yoga and Naturopathy applications.*

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

Learning outcome: *learns techniques of acupressure and its points.*

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

Learning outcome: gains knowledge on numerous holistic therapies.

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

Unit-V

Learning outcome: gains knowledge on treating mental disorders with alternate therapies.

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, (3006) :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-(3007), 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. (3004) Yoga and Mental Health, Kaivalyadhama, Lonavla.

Paper-208: Yoga and Alternative Therapy
Model Question Paper

Duration: 3 hours

Max. Marks: 70

SECTION – A

Answer all the three questions choosing one from each set:

3 X 15 = 45

1. Describe the basic principles of Ayurveda & Yoga. Mentioned the principles of treatment in Ayurveda.
(Or)
Explain the *swasthavijnana* of Ayurveda.
2. 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.
3. 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 5= 25

4. sapta dhatus
5. chromo therapy,
6. magneto therapy
7. dinacharya-rutucharya
8. Personality disorders
9. Leg pulling
10. Benefits of acupressure.
11. Neuroses

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

Course Objectives:

The purpose of Yoga practice is to communicate Pranayama & Mudras mentioned in the syllabus in the traditional way.

Course Outcomes:

The students can understand and learn aim, general benefit and therapeutic benefit of each Pranyama and Mudra to application in his daily life as well as to apply in various fields.
To share the personal experience of Pranayama & Mudras

Unit-I:

Learning Outcome: *Learns the practice of fundamental components of sectional breathing and other commonly used breathing practices.*

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

Unit-II:

Learning Outcome: *Practical learning of the important Hatha Yoga Bandhas involving internal and external retention along with their benefits and contraindications.*

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

Unit-III:

Learning Outcomes: *Practical learning of selected Pranayamas - Viloma and Nadisodhana Pranayama and their stages in detail with their benefits and precautions.*

Viloma Pranayama; Nadisodhana Pranayama: Part-I; Part-II and Part-III

Unit-IV:

Learning Outcome: *Practical learning of selected Astakumbhakas along with their benefits and contraindications.*

AstaKumbhakaPranayamas: Surya bedhana, Ujjayi, Seethcari, Seethali, Bhastrika, Bramari

Unit-V:

Learning Outcome: *Practical learning of special group of Pranayamas and Mudratrayam (HYP) along with their benefits and contraindications.*

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

Mudras: Mahamudra, Maha bandha, Mahaveda and Sambhavi Mudra

Recommended Books

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

Swami Rama, Rudolph Ballentine and Alan Hymes (3005): *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

Course Objective:

To understand the structure & components of HYP & G.S texts

- Have an understand about pre-requisites, principles on Hatha Yoga.
- Understand the relationship between Hatha and Raja Yoga.
- Have an understanding about the concept of Hatha Yoga in Classical texts.

Course Outcome: By learning, candidate I expected to get;

Ability to have thorough knowledge of the HYP & G.S classical hatha yoga texts.

- Knowledge of classical text as a reference for the various Yoga practices.
- Ability to give classical reference to the Yoga practices in future.
- Ability to co-relate breathing mechanism and the practices Yoga.

UNIT-I

Learning Outcome: Fundamental understanding and definitions of term 'Hatha', line of Gurus, Hatha Yoga Texts. Develops understanding of the causes of success and failure in Hatha yoga practice, moral precepts according to Hatha yoga.

Definition of 'Ha' and 'Tha' and lineage of mahasiddhas- Introduction to Hatha Yoga Texts. Siddhasiddhantapaddhati, 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 (dashayama and dasa niyama), Sadhaka and Badhaka tattvas in Hatha Yoga;

UNIT-II

Learning Outcome: Develops understanding on Yoga asana - benefits, contraindications, precautions from Hatha Yoga Pradipika and Gheranda Samhita. Learning about the purification practices of hatha yoga – Shatkriyas, diet to be followed.

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

Learning Outcome: Understanding of the term 'Pranayama', stages, how mind and prana influence each other. Learning of terms, practice guidelines, prerequisites, benefits, contraindications of AstaKumbhakas according to HP and GS.

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

UNIT-IV

Learning Outcome: *Comprehension on teachings of Bandhas (Yogic locks) and Mudras (Yogic gestures) from Hatha Yoga Pradipika and GheranadaSamhitha along with their benefits, and contraindications.*

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

Learning Outcome: *Understanding the concept Mind and Nada, concept of Nadanusandhana, how Raja yoga and Hatha yoga are related. concept of samadhi. Learning of techniques and benefits of Shambhavi and Shanmukhi mudra.*

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- shanmukhimudra,– the features of a Yogi in Samadhi; Relevance of Hatha Yoga in contemporary times.

Texts:

Gyan Shankar Sahay (3013) (Tr& com.) Hathayogapradipika of Swatmarama, Morarjidesai National institute of yoga , New Delhi

MuktibodhanandaSaraswati, 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: 70

SECTION – A

Answer all the three questions choosing one from each set:

3 X 15 = 45

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

Or

Explain briefly about shat karmas.

2. Explain the concept of saptna sadhanas in Gherandasamhita

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 PradipikaandGheranda Samhita

SECTION – B

Answer any five of the following question:

5 x 5= 25

4. Relation of mind and Prana

5. Manuscripts on hathayoga

6. Astakumbhakas

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

Course Objectives:

- To train the students different types of teaching methods in Yoga
- To train the students' knowledge with different formations of Yoga practical classes.
- Preparation of model lesson in Yoga

Course Outcome: Students can know Yoga teacher training techniques of Individualized; group teaching; and mass instructions; and know Organization of teaching (Time Management, Discipline etc)

Unit-I

Learning Outcome: *Introduction to the concept and principles of Teaching and Learning, Qualities of Yoga Guru (Teacher), other terminology.*

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

Learning outcomes: *Introduction to Teaching methods, factors affecting teaching, sources of teaching methods, techniques for Individualized, Group teaching and Organizational factors influencing teaching Yoga.*

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

Learning outcomes: *Develops knowledge and abilities on designing good lesson..*

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

Learning Outcomes: *Develops abilities on how to prepare notes for yoga practice, teaching lesson. What and how to impart important kriyas, asanas, pranayamas, bandhas.*

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

Learning Outcome: *Learning of classroom arrangement and essential features of a Yoga class. Gives perception on students approach towards a teacher.*

Yoga classroom: Essential features, Area, Sitting arrangement and formation ofin Yoga class; Student's Approach to the teacher: Pranipata; Pariprashna; Seva; (BG 4.34)

Recommended books:

Dr. Gharote, M.L. *Yogic Techniques*, Lonavla, The Lonvla Yoga Institute, 3007
Yogendra(1986): Teaching Yoga Bombay, Yoga Institute

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

Paper- 303: Teaching Methods in Yoga

Model Question Paper

Duration: 3 hours

Max. Marks: 70

SECTION – A

Answer all the three questions choosing one from each set:

3 X 15 = 45

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

Or

Explain briefly about shat karmas.

2. Explain the concept of saptna sadhanas in Gherandasamhita

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:

5 x 5 = 25

4. Relation of mind and Prana
5. Manuscripts on hathayoga
6. Astakumbhakas
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

Course objectives:

- To impart the knowledge of application of Yoga in his personal life.
- To apply yoga techniques in education, and different professional sectors.
- To acquire the knowledge to deal stress related situations through Yoga

Course Outcome :

Ability to face day to day activities of mental stress

Ability to apply Yoga techniques in different fields

Ability to give counseling for various problems through yoga

Unit-I

Learning Outcome: *Learns Defines the types of values, role of Value education and the role of Yoga and Yoga teacher in Value education. Imparts knowledge on Yogic teachings for development of 4 fold consciousness, spiritual growth and humanity.*

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

Learning Outcome: *Delivers understanding of concept of Stress and related Yogic solutions Pathanjali's teachings and Githa's teachings for stress management. Role of Breath awareness.*

Yoga for Stress Management: Introduction to Stress, Concept of Stress; Solutions through Mandukyakarika - 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

Learning outcome: *students grasp Yoga modalities for various professional groups, conditions like drug addiction, aging and handicapped people.*

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

Learning Outcome: *Learning about the integrated personality theory .Gains knowledge about concepts of memory and concentration and Yoga modules to enhance them.*

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

Learning outcome: *Makes students understand the barriers for psychological events such as concentration, creativity. Delivers the concept and facets of intelligence and Yogic ways to improve IQ and manage anger.*

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. (3004): *Applied Yoga*. Lonovale, Kaivalyadhama S.M.Y.M., Samithi.

Nagarathna R and Nagendra HR. (3001). *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. (3008). *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. (3006): *Journey to the Real Self* (a book on Yoga Consciousness), Vijnigiri, Yoga Consciousness Trust.

Rao, K.R. (3011). *Cognitive Anomalies, Consciousness and Yoga, vol. XVI part I*, Centre For Studies in Civilizations, pp 332-342

Frawly, David (3002): *Vedantic Meditation*, New Delhi, Full Circle publishing

Prof. M.Venkata Reddy, Dr. Rao. G. Nanduri & Dr. Hary Waters (3005): Yoga for CyberWorld (Psychiatric Problems) MSR Memorial Yoga Series, Arthamuru, E.G. Dt.,

Paper- 304: APPLIED YOGA

Model Question Paper

Duration: 3 hours

Max. Marks: 70

SECTION – A

Answer all the three questions choosing one from each set:

3 X 15 = 45

1. Enumerate the role of yoga in personal transformation
(Or)
Trace out remedial methods of Yoga for stress management.
2. Examine the application shat kriyas in various health problems.
(Or)
Write an essay on Yoga and Educational application
3. 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 5= 25

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

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

Course Objectives:

To make the students to understand:

- Research process.
- Different research designs.
- Research studies in Yoga.
- Use of statistics in research.

Course Outcome:

The student will be able to:

- Describe the research process to conduct studies in Yogic sciences.
- Describe the processing operations.
- Describe and use the selected statistical tests for research in Yogic science.
- Describe and use appropriately the procedure for publications.

UNIT I

Learning Outcome: Gives students the grasp on the basics of research and ethical issues relating to research.

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 :

Learning Outcome: Gives students understanding of important concepts of research such as Research problem, Hypothesis and Variables.

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:

Learning Outcome: Gives students understanding of important research concepts such as sampling, methods of Data Collection and Research design.

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-IV

Learning Outcome: *Learning and understanding of the various kinds of measuring data, distribution of data and statistical analysis.*

A. Measurement and Description Data:

a) Types of scales b) Graphic representation of data c) Measure of central tendency and variability

B. Normal probability: Characteristics, deviations and application

C. Correlation: Pearson's Product moment correlation, rank order correlation, partial correlation, multiple correlation and Regression

D. 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 :

Learning Outcomes: *Gains knowledge relating to writing research report, formats, styles and preparing of research proposal.*

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 statistic in psychology and education, New York: Mc Graw-Hill Book Co
2. Kothari, C.R. (3004). 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 AnusandhaaSamsthana

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

Duration: 3 hours

Max. Marks: 70

SECTION – A

Answer all the three questions choosing one from each set:

3 X 15 = 45

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

(OR)

Define sampling? Explain types of sampling?

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

(OR)

Explain measures of central tendency and variability?

3. 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 5= 25

4. Explain objects and criteria of a good research.
5. Problem and Hypothesis
6. Variables and types
7. Methods of data collection
8. Types of scales
9. Normal probability
10. Correlation
11. Ethical issues in experimentation

Paper-306: Yoga & Stress Management

Course Objectives:

- To gain knowledge on factors effecting symptoms of stress
- To gain knowledge on yogic techniques for stress management

Course outcome: After completion of the course student able to gain knowledge on factors causes signs symptoms of stress and cope up stress with yoga.

Unit-I

Learning Outcome: *fundamental understanding about stress, physical, psychological and physiological effects of stress.*

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

Unit-II

Learning outcome: *Knowledge of various stress disorders, etiology and clinical .*

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

Unit-III

Learning Outcome: *Gains understanding of principles underlying therapy of stress disorders.*

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

Unit-IV

Learning Outcome: *Comprehension of important biological concepts such as bio feedback and its role in modulating stress, role of meditation in stress management.*

Biofeedback methods in stress –role of meditation in stress

Unit-V

Learning Outcome: *Delivers knowledge on the usage of Yoga as a preventive and curative model for various disorders such as stress and other life style disorders.*

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, 3005

PAPER 306: Yoga for Stress Management

Model Question Paper

Duration: 3 hours

Max. Marks: 70

SECTION – A

Answer all the three questions choosing one from each set:

3 X 15 = 45

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

(Or)

What is Anxiety? How could you treat it through Yoga?

2. What are the Etiological factors of stress?

(Or)

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

3. 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 5= 25

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

Paper-307: Kundalini Yoga: Theory and Research

Course Objectives:

- To learn basics of Kundalini
- To know physiological aspects of Kundalini
- To know role of kundalini in association to chakras
-

Course outcome :By the end of the course student is able to gain knowledge on importance of kundalini its awakening and its relation to chakras.

Unit-I:

***Learning Outcome:** Gives fundamental understanding of the concept of Kundalini, related physiology, prerequisites for Kundalini awakening and risks involved.*

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

***Learning Outcome:** Delivers theoretical knowledge of the forms and journey of Kundalini and the role of Kriya Yoga in Kundalini awakening.*

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

Unit-III:

***Learning Outcome:** Gives a theoretical framework on the Shatchakras and their location, attributes and functions*

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

Unit-IV:

***Learning Outcome:** Gives a basic idea on Kundalini Yoga practice and the essential features of practice such as postures and practices involved.*

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

Unit-V:

***Learning Outcome:** Delivers a grasp on the basic anatomy and neurophysiology related to Kundalini, relevant research etc.*

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

Text Book Recommendations:

Swami SatyananadaSaraswati (1984) Kundalini Tantra, Yoga Publications Trust, Munger

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

Model Question Paper

Duration: 3 hours

Max. Marks: 70

SECTION – A

Answer all the three questions choosing one from each set:

3 X 15 = 45

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

(Or)

Explain the methods of Kundalini awakening.

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

(Or)

Write about physiology of kundalini.

3. 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 5= 25

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

Course Objectives:

- To know and understand the concept of Ayurveda
- To understand differences and similarities of yoga and Ayurveda

Course Outcome:

By the end of the course student is able to learn the concept of Ayurveda its relation to yoga, concepts of Ayurveda as ancient traditional system of medicine. Applications and cleansing techniques in Ayurveda.

Unit-I

Learning Outcome: *Delivers basic knowledge on what AYUSH is, its components with special emphasis on Yoga and Ayurveda.*

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

Unit-II

Learning Outcome: *Gives basic understanding of the philosophy of Yoga and Ayurveda, metaphysics of Ayurveda, commonality between Yoga and Ayurveda and influence of gunas on mind.*

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

Learning Outcome: *Gives an idea and understanding of the Tridoshas according to Hatha Yoga texts, influence of tridoshas on trigunas, theory of panchabhuthas in Yoga and Ayurveda.*

Concept of tridoshas 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-panchabhuthas theory in both systems.

Unit-IV

Learning Outcome: *Delivers the basics of purification practices in Ayurveda – Panchakarmas, Dietary principles involved in Yoga and Ayurveda.*

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

Learning Outcome: *Gives basic understanding of the various purificatory and cleansing practices related to Yoga and Ayurveda, role of Agni in purification.*

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.

RECOMMENDED BOOKS AND JOURNALS:

- 1) Swamidigambarji& R.S. Kokaje,(1998) Hathapradeepika of Swatmarama, kaivalyadhama, SMYM samithi, Lonavala-fifth chapter-(“ AUSADHAKADHANAM”)
- 2) Professor M.Venkatareddy (3011) *Hatharatnavali of srinivasabhattachamahayogandra*, 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(3005) *yogic therapy*,MSR memorial yoga series, Arthamuru, EGDT.
- 4) Dr.M.M.Gharote, Dr.V.K.Jha&Dr.ParimalDevanath(3010) *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.VenkatareddyBath in yoga and Ayurveda, *Sachitra Ayurveda*, May-1982, PP-709-811.
- 8) Marc Halpern, D.C. Pranayama, Yoga and Ayurveda, *International journal of yoga theraphy*, no 10 (3000). CA,USA,PP-37-43.

Professor M.Venkatareddy, A new perspective on chakras and diseases ,*PRAKRITHI*jounal, vol-73, May-June 1990-PP-28-35,Hyderabad.

Text:

David Frawley (3000), Yoga &Ayurvda, Delhi, MotilalBabarsidass Publishers

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

9)

**Paper -308: Yoga and Ayurveda
Model Question Paper**

Duration: 3 hours

Max. Marks: 70

SECTION – A

Answer all the three questions choosing one from each set:

3 X 15 = 45

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:

5 x 5= 25

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

Course Objectives:

The purpose of Yoga practice is to communicate Meditation & Yoga Nidra mentioned in the syllabus in the traditional way.

Course Outcomes:

The students can understand and learn aim, general benefit and therapeutic benefit of each meditation technique and Yoga Nidra to apply in daily life as well as to apply in various fields.
To share the personal experience of Meditation & Yoga Nidra

Unit-I:

Learning Outcome: Student is able to practice as well as train meditation techniques.
Yogic Meditation, Chakra Meditation, OM Meditation, So-Ham Meditation,

Unit-II:

Learning outcome: Learns significance of buddhist meditation and able to train
Buddhistic Meditation: Vipasana Meditation, Zen Meditation

Unit-III:

Learning outcome: learns importance of preksha meditation.
Prekshaka Meditation;

Unit-IV:

Learning outcome: learns as well as trains the meditative techniques.
Transcendental Meditation and their variants; Carrington's clinically standard Meditation (CSM)

Unit-V:

Learning outcome: student able to train therapeutically the meditative techniques.

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: (3002)YogaNidra, 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), PrekshaDhyana,: Theory and Practice, Ladnun, Jain Vishwa Bharathi.

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

Paper-402: Therapeutic Yoga

Course Objectives:

- To introduce the Yogic Management of Musculo-Skeletal Disorders.
- To introduce the Yogic Management of Cardio-Respiratory disorders.
- To study Yogic Management of Gastrointestinal–Metabolic and Excretory Disorders.
- To learn about Yogic Management of Obstetric& Gynecological Disorders.
- To know about Yogic Management of Neurological& Psychological Disorders.

Course Outcomes: Students are expected;

To be able to understand the measurements- investigations to assess the effect Yogic Management -rationale for the disease specific Yoga protocol, scientific evidence of available, practices of choice and contra-indications. Probable healing mechanisms.

Able to prescribe suitable diet regime.

Unit-I

Learning Outcome: *This unit can help in a prevention aspect and management aspect of the diseases through yoga therapy, yogic diet and three gunas*

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

Learning Outcome: This unit can help in an Integrated Approach of Yoga therapy for the Common Ailments such as respiratory diseases, cardiovascular diseases and endocrine diseases.

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

Learning Outcome: *This unit can help in a management of Obstetrics and Gynecological Disorders through yoga therapy.*

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

Unit-IV

Learning Outcome: *This unit can help in a management of musculoskeletal diseases and pain management of cancer through yoga therapy.*

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

Learning Outcome: *This unit can help in a management of Neurological Disorders and Psychiatric disorders through yoga therapy.*

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: 70

SECTION-A

Answer all the three questions choosing one from each set:

3 X 15 = 45

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 x 5 = 25

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. Obsessive Compulsive Disorder.
9. IBS .
10. Epilepsy and Pranayama.
11. Psychiatric disorders

**Paper-403: Yoga Texts: Siddha SiddhantaPaddhati (SSP), Hatha Ratnavali (HR)
and Siva Samhita (SS)**

Course Objectives:

- To introduce different Hathayogatexts such as Siddha SiddhantaPaddhati (SSP), Hatha Tanavali (HR) and Siva Samhita (SS).
- To enrich the varieties of hatha yogic techniques in these texts

Course Outcomes: By introducing Hatha Yoga, students shall be able to Understand about pre-requisites, principles about Hatha Yoga practices. Understand different Hatha Yoga Techniques described in above Classical texts. And Understand the therapeutic application of Yogic Techniques explained in these texts.

Unit-I

Learning Outcome

The origin and home of natha yogis- Spiritual lineage and date of Goraksanath- works of Gorksanath-specially features of Siddha SiddhantaPaddhati (**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

Learning Outcome

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

Learning Outcome

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

Unit-IV

Learning Outcome

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 Paramahansa, Absorption or Involution. Ch. II: The microcosm, The nerve centers, the nerves, the pelvic region, the abdominal region, the jivatma,

Unit-V:

Learning Outcome

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 (3005) Siddhantatapaddhati, Lonavla, The Lonovla Yoga Institute

Prof. M. Venkata Reddy (3011 revised edition) Hatharatnavalai, AARthmuru, M.S.R. Memorial Yoga Serious

**Paper-403: Yoga Texts: Siddha SiddhantaPaddhati (SSP), Hatha Tanavali (HR)
and Siva Samhita (SS)**

Model Question Paper

Duration: 3 hours

Max. Marks: 70

SECTION – A

Answer all the three questions choosing one from each set:

3 X 15 = 45

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 paramahansa

OR

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

SECTION – B

Answer any five of the following questions:

5 x 5= 25

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

Course Objectives:

To train the students to write case study report of patient

To find out symptoms of various diseases

To suggest the Yoga practice according to their health problems

Course Outcomes:

After completion of the course the student is able to diagnose the aetiology signs and symptoms of a disease or a metabolic disorder and is able to provide therapeutic ailments in yogic ailments and other alternative ailments. The student is thorough with all the diagnostic parameters which helps in identifying the disease.

Unit-I

***Learning Outcome:** This unit student learns diagnosis is based on the frequency of occurrence of the disease in a certain locality.*

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

Unit-II

***Learning Outcome:** This unit can help diagnose and check conditions such as enlargement of the liver, kidney diseases and urine analysis.*

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 erythropoietic 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

***Learning Outcome:** This unit can help easily diagnose the Respiratory diseases*

Respiratory system

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

Unit-IV

***Learning Outcome:** The student learns procedure of blood pressure measurement and diagnose cardiovascular diseases.*

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 Sphygmomanometer- normal blood pressure – abnormal blood pressure

Unit-V

Learning Outcome: *This unit can help easily diagnose the nervous disorders.*

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:70

SECTION-A

Answer all the three questions choosing one from each set:

3 X 15 = 45

1. Enumerate the role of Diagnostic method in general health

Or

Write out history and examination of the patient

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

Or

Write an essay on palpation, percussion, auscultation and breathing sounds.

3. Application of diagnostic method on nervous system.

Or

Write an essay on memory – general intelligence.

SECTION-B

Answer any four the following questions:

5 x 5= 25

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

Paper 405: Dissertation & Viva voce

Course Objectives

- To enhance analytical thinking
- To enhance research knowledge in the field of yoga

Course Outcome: After completion of the course student is able to gain research knowledge towards yoga and its applications useful in daily life both theoretically as well as empirically. Students analytical logical thinking is encouraged. Student learns statistics and data information

Learning Outcome: *Student learns complete the steps involved in research and its application in a scientific and systematic way and gains tremendous knowledge in the field of yogic research.*

Scheme of Evaluation

Selection of Topic

Objectives & Hypothesis of the study

Selection of sample and research tools

Methodology & Data collection

Scoring, Statistical analysis,

Results & Discussion, Conclusions,

References

70 Marks + 30 Marks (Mid semester - Internal)

Total 100 Marks

Paper- 406: Yoga for Special Group

Course Objectives

- To learn yogic techniques for different age groups and special groups
- To create awareness of yoga and its importance in the community of various fields.

Course Outcome: Student gains knowledge to tackle with different age groups or special groups in the society and able to apply the yogic techniques to create and spread the importance of yoga in the community. Spreads promotive preventive and curative aspects of yoga for the benefit of the society

Unit-I

Learning Outcome: *learns ashtanga yoga and its applications.*

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

Unit-II

Learning Outcome: *learns application of yoga for different categories.*

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

Unit-III

Learning Outcome: *able to differentiate application of yoga for different ages and groups.*

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

Unit-IV

Learning Outcome: *application of yoga to cope up stress*

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

Unit-V

Learning Outcome: *yoga to enhance spiritual health and disease.*

Yoga practice for Spiritual development- Yoga therapy for various diseases

PAPER 406: Yoga for Special Groups

Model Question Paper

Duration: 3 hours

Max. Marks: 70

SECTION – A

Answer all the three questions choosing one from each set:

3 X 15 = 45

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

(Or)

Briefly explain the techniques of Hatha Yoga

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

(Or)

What type of Yoga practices could you suggest for sports men?

3. How you will teach Yoga to Senior citizens.

(Or)

ctice will be helpful for spiritual development.

SECTION -B

Answer any five of the following questions:

5 x 5= 25

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

Paper-407: Open Elective paper: Yoga and Naturopathy

Course Objectives:

- To gain knowledge of Naturopathy and its applications
- To identify the benefits of incorporating naturopathy with yoga .

Course Outcome: Students able to learn various naturopathy techniques which are ecofriendly, no side effects and application of naturopathy along with yoga for health and healing.

Unit-I

Learning Outcome: concept of yoga in relation to naturopathy

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

Learning Outcome: learns various naturopathy techniques

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

Learning Outcome: able to learn and train the naturopathy methods.

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

Learning Outcome:able to apply the naturopathy techniques for health and disease

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

Learning Outcome: able to identify the acupressure points

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(3008):Scientific Studies on Yoga, Hyderabad,A.PYogadhyayanaParisad.

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

Dr.TulasiraoRatti(3012), Philosophy of Yoga and Naturopathy, Lambert academic publication, Germany,

Swami SatyananadaSaraswati(1992),Yogic Management of CommonDiseases,Bihar School of Yoga,Munger, Bihar.

SwamyKuvalyanananda-: Principles of Yoga therapy,SMYMSamathi, Kaivalyadhama,

Paper 407: Yoga and Naturopathy

MODEL Question Paper

Duration:3 hours

Max.Marks:70

SECTION-A

Answer all the three questions choosing one from each set:

3 X 15 = 45

1. Enumerate the role of yoga in positive health

Or

Write an essay on meditation & its medical significance

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

Or

Define naturopathy? Discuss the basic principles of naturopathy

3. 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:

5 x 5= 25

4. Massage therapy.
5. Methods of Naturopathy.
6. Sankhaprakshalana
7. Identification of points of Acupressure.
8. Fasting
9. Enema
10. Full Wet pack
11. Neti kriya