



## SEMESTER IV

### COURSE DETAILS – 1

SUBJECT NAME – HATHA YOGA TEXTS – 2 (YB, SS & SSP)

SUBJECT CODE – BAYSMJ-401

CREDIT: 6	CA: 25	SEE: 75	MM: 100
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### Learning Objectives:

By the end of this course, students will:

- Understand the historical roots and philosophical ideas of key Hatha Yoga texts like *Siddha Siddhanta Paddhati*, *Shiva Samhita*, *Yoga Beeja*, and *Goraksha Samhita*.
- Learn about the body and mind as described in traditional yogic texts, including yogic anatomy, chakras, nadis, and vayus.
- Study important yogic practices like Pranayama, Mudras, Bandhas, and Meditations as described in ancient scriptures.
- Explore advanced concepts such as Siddhis (spiritual powers), Dharanas (concentrations), and the path to union with the Supreme.
- Develop the ability to read, interpret, and summarize Hatha Yoga texts through academic monograph writing.

### Learning Outcomes of the Course:

Upon successful completion of this course, students will be able to:

- Explain the key teachings of *Siddha Siddhanta Paddhati*, especially its views on the body and spiritual evolution.
- Describe the yogic philosophy and practices found in *Shiva Samhita*, including postures, Pranayama, and spiritual symbolism.
- Identify and explain the core ideas from *Yoga Beeja*, such as types of Yoga, Kumbhaka, and the role of energy control.
- Understand the yogic system outlined in *Goraksha Samhita*, including the six limbs of yoga, chakras, nadis, and meditative practices.

- Create a structured monograph or report that presents researched ideas from classical Hatha Yoga texts using proper methodology.

	<b>BLOCK-01: SIDDHA SIDDHANTA PADDHATI</b>
<b>UNIT-01</b>	<b>Historical and Philosophical Background</b> covering the origin and home of Natha yogis, the spiritual lineage and date of Gorakshanath, and the works of Gorakshanath, with a special focus on the unique features of Siddha Siddhanta Paddhati (SSP)
<b>UNIT-02</b>	<b>Structural Outlines of Siddha Siddhanta Paddhati – Part I</b> including Upadesha-I on the origin of the body, Upadesha-II discussing the body, and Upadesha-III on knowledge of the body
<b>UNIT-03</b>	<b>Structural Outlines of Siddha Siddhanta Paddhati – Part II</b> covering Upadesha-IV on the foundation of the body, Upadesha-V on the union of the body with the Supreme Reality, and Upadesha-VI defining an Avadhuta Yogi
	<b>BLOCK-02: SHIVA SAMHITA</b>
<b>UNIT-01</b>	<b>Introduction and Foundational Concepts</b> covering Karma Kanda, Jnana Kanda, the spirit, Yoga Maya, the definition of Paramahansa, and absorption or involution
<b>UNIT-02</b>	<b>Microcosm and Yogic Anatomy</b> including nerve centers, the nerves, the pelvic and abdominal regions, and the Jivatma
<b>UNIT-03</b>	<b>Yogic Practices and Techniques</b> detailing Vayus, Adhikari, the place of practice, Pranayama, and the four postures—Siddha, Padma, Ugra, and Svastika
<b>UNIT-04</b>	<b>Advanced Yogic Concepts</b> explaining Yoni Mudra, the secret drink of the Kaulas, Bhoga (enjoyment), Dharma (ritualism), Jnana (knowledge), invocation of shadow (Pratikopasana), Raja Yoga, various Dharanas, the moon of mystery, the mystic Mount Kailas, and Rajadhiraja Yoga
	<b>BLOCK-03: YOGA BEEJA</b>
<b>UNIT-01</b>	<b>Introduction and Core Concepts</b> covering the general introduction of Yoga Beeja, the definition of Yoga, and the types of Yoga in Yoga Beeja



UNIT-02	<b>Breathing and Energy Control</b> explaining the procedure and benefits of Kumbhaka and Bandhas as mentioned in Yoga Beeja
UNIT-03	<b>Purification and Siddhis</b> covering the path of Dosha Nivriti and the concept of Siddhis in Yoga Beeja.
<b>BLOCK-04: GORAKSHA SAMHITA</b>	
UNIT-01	<b>Introduction and Yogic Elements</b> covering the nature of Yoga elements in Goraksha Samhita and its significance in the Yogic tradition
UNIT-02	<b>Structural and Anatomical Insights</b> detailing the six limbs of Yoga, description of Asanas, Shatachakra, Ten Nadi, and Ten Vayu
UNIT-03	<b>Advanced Yogic Practices</b> covering Panch Mudra, Pranayama techniques, and meditation practices as described in Goraksha Samhita
<b>BLOCK-05: MONOGRAPH WRITING</b>	
UNIT-01	<b>Research and Writing in Hatha Yoga</b> covering the methodology, structure, and compilation of a monograph based on the study of classical Hatha Yoga texts

## Reference Book:

- Mallinson, J. (2011). *Gorakhnāth and the Kānpaṭa Yogīs*. Delhi: Motilal Banarsidass Publishers.
- Mallinson, J. (2007). *The Shiva Samhita: A Critical Edition and English Translation*. YogaVidya.com.
- Muktibodhananda, S. (1998). *Hatha Yoga Pradipika: Light on Hatha Yoga*. Munger, Bihar, India: Yoga Publications Trust.
- Mallinson, J., & Singleton, M. (2017). *Roots of Yoga*. Penguin Classics.
- Vishnudevananda, S. (1999). *The Complete Illustrated Book of Yoga*. Harmony.

**COURSE DETAILS -2**  
**SUBJECT NAME – TEACHING METHOD OF YOGA AND**  
**VARIOUS MEDITATION TECHNIQUES**  
**SUBJECT CODE – BAYSMJ - 402**

<b>CREDIT: 6</b>	<b>CA: 25</b>	<b>SEE: 75</b>	<b>MM: 100</b>
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### Learning Objectives:

- Have an indepth understanding about session and lesson planning and class room arrangements.
- Have an idea about the different tools used in Yoga teaching.
- 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

	<b>BLOCK-01: INTRODUCTION OF MEDITATION</b>
<b>UNIT-01</b>	<b>Foundations of Meditation</b> covering the meaning, nature, and scope of meditation, its role as a deployment of concentration, and the concepts of Dharana, Dhyana, and Samadhi.
<b>UNIT-02</b>	<b>Meditation in Spiritual Practices</b> exploring the relationship between prayer, worship, and meditation, the initial stages of meditation, and the psychological basis of meditation.
	<b>BLOCK-02: VARIOUS MEDITATIONS AND THEIR PRACTICE</b>
<b>UNIT-01</b>	<b>Meditation in Hinduism</b> covering OM meditation, So...Ham meditation, Chakra meditation, and the meditation process in the 6th chapter of the Bhagavad Gita.
<b>UNIT-02</b>	<b>Contemporary Meditation Techniques</b> including Transcendental Meditation, Cyclic Meditation, and Mind Sound Resonance Technique (MSRT).
<b>UNIT-03</b>	<b>Relaxation and Energy-Based Techniques</b> focusing on Deep Relaxation Technique (DRT), Quick Relaxation Technique (QRT), Pranic Energization Technique (PET), and Mastering Emotional Technique (MET).



	<b>BLOCK-03: MEDITATION IN BUDDHISM, MEDITATION IN JAINISM</b>
<b>UNIT-1</b>	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
	<b>BLOCK-04: MEDITATION AND ITS SCIENTIFIC APPROACH</b>
<b>UNIT-01</b>	<b>Psychological Effects of Meditation</b> exploring cognitive effects, paranormal effects, volitional and behavioral effects, and emotional effects
<b>UNIT-02</b>	<b>Therapeutic Benefits of Meditation</b> covering meditation and mortality, yoga and hypertension, and healing and health effects
	<b>BLOCK-05: PRINCIPLES, METHODS, AND TOOLS OF TEACHING YOGA</b>
<b>UNIT-01</b>	<b>Teaching and Learning in Yoga</b> covering the meaning and definition of teaching, qualities of effective teaching, principles, levels, and phases of teaching, scope and methods, factors influencing teaching, sources of teaching, and the importance of teacher training.
<b>UNIT-02</b>	<b>Yogic Learning and Educational Technology</b> explaining the meaning and definition of learning, principles and types of learning, yogic levels of learning (Vidyarthi, Shishya, Mumukshu), relationship between teaching and learning, characteristics of good yoga teaching, use of yoga props, and the role of educational technology in yoga.
	<b>BLOCK-06: YOGA CLASS MANAGEMENT AND LESSON PLANNING</b>
<b>UNIT-01</b>	<b>Managing a Yoga Classroom</b> covering essential features of a yoga classroom, practice levels (beginners, advanced, school children, youth, women, special attention groups), class management problems, techniques of mass instruction, and individualized and group teaching.
<b>UNIT-02</b>	<b>Lesson Planning in Yoga</b> exploring the meaning, significance, and essentials of lesson plans, planning for teaching yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation), models of lesson planning, action research in yoga, and effective use of library and other resources.

## TEXT BOOKS

- Yogrishi Swami Ramdev; Yoga Manual for parents and Yoga Teachers, Divya Prakashan, Haridwar, 2010
- Dr. Gharote M L & Dr S K Ganguly: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
- Dr. Shri Krishna : Notes on basic principles & methods of teaching as applied to Yogic practices and a ready reckoner of Yogic practices, Kaivalyadhama, Lonavala, 2009
- Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi,
- Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

## Recommended Books

- Rao, K.R. (2005). Consciousness Studies: Cross-Cultural Perspectives. North Carolina: McFarland & Company, Inc.
- Rama, Swamy (1992). Meditation and Its Practice. Honesdale: Himalayan Institute of Yoga Science and Philosophy of USA
- Funderburke, J. (1977). Science Studies Yoga: A Review of Physiological Data. Honesdale: Himalayan Institute of Yoga Science and Philosophy of USA
- Johnson, D. & Farrow, J.T. Ed (1977). Scientific Research on Transcendental Meditation Programme: Collected Papers, Vol I. Los Angeles: MERU Press.
- Rao, K.R. (1989). Meditation: Secular and Sacred. Presidential Address to the Indian Academy of Applied Psychology, University of Calcutta.
- Shapiro, D. H. & Walsh, R.N. (Ed.) (1984). Meditation: Classic and contemporary Perspectives. New York: Aldine.
- Rao, K.R. (2011). Cognitive Anomalies, Consciousness and Yoga, vol. XVI part 1, Centre For Studies in Civilizations, pp 563-661
- Concentration & Meditation, Ramakrishna Vedanta Study Circle, Athens, Greece 2005



**COURSE DETAILS – 3**  
**SUBJECT NAME – STRENGTHS AND VIRTUES (ELECTIVE)**  
**SUBJECT CODE – BAYSMJ – 403(A)**

<b>CREDIT: 4</b>	<b>CA: 25</b>	<b>SEE: 75</b>	<b>MM: 100</b>
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### Learning Objectives:

- To explain the nature and key concepts in positive psychology.
- To know the Eastern and Western perspectives on positive psychology constructs with special reference to Indian Psychology

### Learning Outcomes:

After completion of the course students will be able to:

- To explain the meaning, objectives, and the historical background of positive psychology.
- To describe various interpersonal and intrapersonal character strengths and their role in promoting our well-being and achieving flourishing state of mental health.

	<b>BLOCK-01: INTRODUCTION TO POSITIVE PSYCHOLOGY</b>
<b>UNIT-01</b>	<b>Foundations of Positive Psychology</b> covering its meaning, nature, and objectives.
<b>UNIT-02</b>	<b>Historical Perspectives</b> exploring the contributions of Seligman and Wong.
<b>UNIT-03</b>	<b>Interdisciplinary Connections</b> examining the relationship of positive psychology with other areas of psychology.
<b>UNIT-04</b>	<b>Indian Contributions to Positive Psychology</b> discussing perspectives from Indian psychology.
	<b>BLOCK-02: POSITIVE PSYCHOLOGY AND INDIAN PSYCHOLOGY</b>
<b>UNIT-01</b>	<b>Indian Psychology – Meaning and Scope</b> covering its definitions and relevance.
<b>UNIT-02</b>	<b>Concepts of Happiness and Well-being</b> exploring pleasure, happiness, well-being, and flourishing.

UNIT-03	<b>Purushārtha – Life Goals</b> focusing on meaningful life pursuits.
UNIT-04	<b>Ānanda – Sustained Happiness and Well-being</b> understanding long-term psychological fulfilment.
<b>BLOCK-03: CHARACTER STRENGTHS AND VIRTUES</b>	
UNIT-01	<b>Understanding Character Strengths</b> defining their role in positive psychology.
UNIT-02	<b>VIA Classification of Strengths and Virtues</b> exploring the framework for strengths-based development.
UNIT-03	<b>Clifton’s Strengths Finder</b> discussing strengths identification for personal and professional growth.
UNIT-04	<b>The Search Institute’s 40 Developmental Assets</b> understanding youth development and resilience.
<b>BLOCK-04: INTERPERSONAL STRENGTHS</b>	
UNIT-01	<b>Growth Mind-set</b> examining its role in personal development.
UNIT-02	<b>Multicultural Mind-set</b> exploring adaptability and cultural intelligence.
UNIT-03	<b>Grit and Determination</b> understanding perseverance and goal achievement.
UNIT-04	<b>Self-Compassion</b> emphasizing emotional resilience and self-acceptance.
<b>BLOCK-05: EASTERN AND WESTERN PERSPECTIVES ON POSITIVE PSYCHOLOGY</b>	
UNIT-01	<b>Comparative Perspectives</b> analysing distinctions between Western and Indian psychological perspectives.
UNIT-02	<b>Integration of Positive Psychology and Indian Thought</b> discussing commonalities and unique contributions.
UNIT-03	<b>Religious and Spiritual Practices for Well-being</b> exploring their psychological impact.
UNIT-04	<b>Spiritual Practices for Personal Growth</b> discussing meditation, mindfulness, and related practices.





## Reference Book

- Dalal, A. K., & Misra, G. (2010). The core and context of Indian psychology. Psychology & Developing Psychology, 22, 121–155.
- Misra, G., & Mohanty, A. K. (Eds.). (2002). Perspectives on indigenous psychology. New Delhi: Concept.

## Text Book

- Akhilanand, S. (1948). Hindu psychology: Its meaning for the West. London: George Routledge & Sons.

**COURSE DETAILS – 3**  
**SUBJECT NAME – ANCIENT INDIAN ART & ARCHITECTURE**  
**SUBJECT CODE – BAYSMJ – 403 (B)**

CREDIT: 4	CA: 25	SEE: 75	MM: 100
	<b>BLOCK-01: Art and Architecture</b>		
<b>UNIT-01</b>	Art and architecture of Indus Valley Civilisation		
<b>UNIT-02</b>	Mauryan Art, Art of Bharhut, Sanchi, and Amaravati		
	<b>BLOCK-02: Evolution of Indian Art: From Mathura and Gandhara to Gupta Sculpture and Ajanta Paintings”</b>		
<b>UNIT-01</b>	Mathura School of Art, Gandhara School of Art		
<b>UNIT-02</b>	Gupta sculptural Art, Ajanta Paintings		
	<b>BLOCK-03: Stupa and Rock-Cut Architecture</b>		
<b>UNIT-01</b>	Stupa Architecture : Sanchi mahastupa, Amaravati stupa		
<b>UNIT-02</b>	Rock-cut Architecture : Bhaja, Karle		
	<b>BLOCK-04: Evolution of Temple Architecture</b>		
<b>UNIT-01</b>	Gupta Temples, Khajuraho Temples - Kandariya Mahadeva		
<b>UNIT-02</b>	Orissa Temples - Lingaraja Temple & Konark Sun Temple		
<b>UNIT-03</b>	Pallava Temples - Rock-cut Rathas		
<b>UNIT-04</b>	Rashtrakuta Temples- Kailasa Temple of Ellora		

## Recommended Books:

- Majumdar, R.C. and A.D. Pusalker (eds.), The History and Culture of the Indian People, Vols. II and III (relevant chapters.), Bombay, 1951-57.
- Agrawala, P.K., PrācīnaBhāratiyaKalāevamVāstu (Hindi), Varanasi, 2002.
- Agrawala, V.S., BhāratiyaKalā (Hindi), Varanasi, 1994. Bajpai, K.D., BhāratiyaVāstukalākāItihāsa (Hindi), Lucknow, 1972.
- Brown, P., Indian Architecture (Buddhist and Hindu Periods), Vol. I, Bombay, 1971
- Coomarswamy, A.K., History of Indian and Indonesian Art, London, 1927.

### COURSE DETAILS – 3

**SUBJECT NAME – TRAVEL AGENCY AND TOUR OPERATION BUSINESS  
(ELECTIVE)**

**SUBJECT CODE – BAYSMJ – 403(C)**

<b>CREDIT: 4</b>	<b>CA: 25</b>	<b>SEE: 75</b>	<b>MM: 100</b>
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## Learning Objective:

The students will understand the conceptual meaning and differentiation between Travel agency and Tour operation. Further they will understand formalities and documentation needed to set up these units.

	<b>BLOCK-01: FUNDAMENTALS OF TRAVEL AGENCY AND TOUR OPERATIONS</b>
<b>UNIT-01</b>	Introduction to Travel Agencies and Tour Operations – Meaning, definitions, and basic concepts.
<b>UNIT-02</b>	Forms & Typologies of Travel Agents and Tour Operators – Classification and operational models.
<b>UNIT-03</b>	Role and Contributions of Travel Agents & Tour Operators – Their impact on tourism development
	<b>BLOCK-02: BUSINESS PROFILE OF A TRAVEL AGENCY</b>
<b>UNIT-01</b>	Organizational Structure of a Travel Agency – Approved agencies and operational framework.



<b>UNIT-02</b>	Approval Process for Travel Agencies – Government formalities at the central and state levels.
<b>UNIT-03</b>	Core Functions of a Travel Agency – Ticketing, travel facilitation, documentation, and marketing.
<b>BLOCK-03: TOUR OPERATION MANAGEMENT</b>	
<b>UNIT-01</b>	Tour Packages – Meaning, components, and classification.
<b>UNIT-02</b>	Organizational Structure and Key Functions of Tour Operators – Planning and execution.
<b>UNIT-03</b>	Tour Itinerary – Meaning, types, and importance in travel planning.
<b>BLOCK-04: LINKAGES IN TOURISM BUSINESS</b>	
<b>UNIT-01</b>	Role of Airlines, Accommodation Providers, and Shopping Emporiums – Their contribution to tourism.
<b>UNIT-02</b>	Security Agencies, Transport Organizations, and Insurance Units – Ensuring safe and smooth travel.
<b>UNIT-03</b>	Foreign Exchange Handling, Embassies, and Government Tourism Departments – International and regulatory linkages.
<b>BLOCK-05: TRAVEL TRADE ORGANIZATIONS AND ASSOCIATIONS</b>	
<b>UNIT-01</b>	United Nations World Tourism Organization (UNWTO) & World Tourism Organization (WTO) – Global tourism governance.
<b>UNIT-02</b>	International Air Transport Association (IATA) & Travel Agents Association of India (TAAI) – Role in air travel and tourism.
<b>UNIT-03</b>	India Tourism Development Corporation (ITDC) & Indian Association of Tour Operators (IATO) – National tourism development initiatives.

### Text Books:

- Travel Agency Management-Dr Mohinder Chand- Anmol Publication, New Delhi, 2007
- International Airfare and Ticketing- Dr. S.K. Gupta, UDH Publisher, New Delhi, 2007

- The Business of Tourism- Hollway JC, Mc Donald and Evans, Plymouth, 1983
- Guide to Starting and Operating Successful Travel Agency, Stevens Lawrence, Delmar Publishers Inc, New York, (1990)
- Travel and Tourism Management, Foster Douglas McMillan, London, 1983

**COURSE DETAILS – 3**  
**SUBJECT NAME – SANSKRITAM- IV (ELECTIVE)**  
**SUBJECT CODE – BAYSMJ – 403(D)**

CREDIT: 4	CA: 25	SEE: 75	MM: 100
	<b>BLOCK-01: विभक्त्यर्थप्रकरणम् (वाक्यरचनाअनुवादश्च)</b>		
<b>UNIT-01</b>	सूत्रव्याख्या, सूत्रस्मरणम्, निबन्धात्मकप्रश्नाः		
	<b>BLOCK-02: रघुवंशः – द्वितीयसर्गः</b>		
<b>UNIT-01</b>	श्लोकव्याख्या, निबन्धात्मकप्रश्नाः		
	<b>BLOCK-03: नीतिशतकम् (१-५०)</b>		
<b>UNIT-01</b>	(श्लोकस्मरणम्), श्लोकव्याख्या, निबन्धात्मकप्रश्नाः		
	<b>BLOCK-04: उपपदविभक्तिः – परिचयः, प्रयोगःउपसर्गवृत्तिः</b>		
<b>UNIT-01</b>	उपसर्गपरिचयः, उपसर्गार्थः, उपसर्गप्रयोगः		
	<b>BLOCK-05: सृष्टिरचना</b>		
<b>UNIT-01</b>	सृष्टिरचना - सांख्यमतानुसारम्		

**निर्धारितग्रन्थाः**

1. व्याकरणचन्द्रोदय (२) - डॉ०आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. रघुवंशः - कालिदासः, चौखम्बासुरभारतीप्रकाशन, वाराणसी
3. नीतिशतकम् - भर्तृहरिः, चौखम्बाप्रकाशन, वाराणसी
4. उपसर्गवृत्तिः - रामचन्द्राचार्यः
5. साङ्ख्यदर्शनम् - आचार्यआनन्दप्रकाशः



**COURSE DETAILS – 4**  
**SUBJECT NAME – UPANISHAD PARICHAY**  
**SUBJECT CODE – BAYSMN – 404**

<b>CREDIT: 4</b>	<b>CA: 25</b>	<b>SEE: 75</b>	<b>MM: 100</b>
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## Learning Objectives:

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

- Understand the basic teachings of Upanishads.
- Apply the essence of Upanishads in life.

<b>Block-1:</b>	<b>Introduction to Upanishads (20 hours)</b>
<b>Unit-01</b>	Etymology of The Word Upanishad, Meaning, Place of Upanishads in the Tradition of Vedic Literature
<b>Unit-02</b>	Evaluation Of Upanishads, Number of Upanishads.
<b>Unit-03</b>	Opinions Of Various Scholars About It, Importance of Upanishads.
<b>Unit-04</b>	Brief Introduction to Principal Upanishads.
<b>Block-2:</b>	<b>Essence of Ishavasyopanishad, Kena Upanishad, Kath &amp; Prashna upnishad: [20 hrs]</b>
<b>Unit-01</b>	<b>Ishavasyopanishad:</b> Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.
<b>Unit-02</b>	<b>Kena Upanishad:</b> Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.
<b>Unit-03</b>	<b>Katha Upanishad:</b> First Chapter (First, Second, Third Valli)
<b>Unit-04</b>	<b>Prashna Upanishad:</b> Concept of Prana and Rayi (creation); Panchapranas; The six main questions;
<b>Block-3:</b>	<b>Essence of Mundaka Upanishad, Mandukya Upanishad, Aitareya Upanishad, Taaittiriya Upanishad (20 hrs)</b>

<b>Unit-01</b>	<b>Mundaka Upanishad:</b> Two approaches to Brahma- Vidya- Para and Aparā; The greatness of Brahmagydia; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti.
<b>Unit-2</b>	<b>Mandukya Upanishad:</b> Four States of Consciousness and their relation to syllables in Omkara.
<b>Unit-3</b>	<b>Aitareya Upanishad:</b> Concept of Atma, Universe and Brahman.
<b>Unit-4</b>	<b>Taittiriya Upanishad:</b> Shiksha Valli (XI Anuvaak)
<b>Block-4:</b>	<b>Essence of Chhandogya Upanishad &amp; Shvetashvataropanishad (20 hours)</b>
<b>Unit-1</b>	<b>Chhandogya Upanishad:</b> NaradaSanatkumarDialogue (1-26 Vols.)
<b>Unit-2</b>	<b>Shvetashvataropanishad:</b> (Chapter 1-4)

#### Prescribed Text Book

एकादशोपनिषद- डॉ०सत्यव्रत सिद्धान्तालंकार, विजयकृष्ण लखनपाल, नई दिल्ली

#### Supporting Book

ईशादिनौपनिषद-गीताप्रेस, गोरखपुर

कल्याण (उपनिषदांक)-गीताप्रेस, गोरखपुर

#### COURSE DETAILS – 5

**SUBJECT NAME – ANTHROPOMETRIC ASSESSMENT & TRADITIONAL VEDIC DIAGNOSTIC TOOLS**

**SUBJECT CODE – BAYSSE- 306**

<b>CREDIT: 2</b>	<b>CA: 25</b>	<b>SEE: 75</b>	<b>MM: 100</b>
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### Learning Objectives:

Following the completion of this course, student will be able to

- Label of Anthropometry Measurements
- Experiment with Physiological parameters and clinical examination



- To determine the Measurement and Recording
- To develop the Physiology and Application of Asanas.

## Learning Outcomes:

Following the completion of this course, student will be able to

- Apply and analyse the measurements of Body Mass Index and Body Circumferences.
- Explain the concept of Physiological parameters and clinical examination
- Identify the data recording and analysis with Spirometry
- Define the Physiology and Application of Asana.

	<b>BLOCK-01: MEASUREMENT AND RECORDING</b>
<b>UNIT-01</b>	<b>Anthropometric Measurements</b> – Weight, stature, eye height, Body Mass Index, and Body Surface Area.
<b>UNIT-02</b>	<b>Circumferential Measurements</b> – Shoulder height, elbow height, head circumference, neck circumference, mid-upper arm circumference, chest, waist, and hip circumference; Waist-Hip Ratio.
<b>UNIT-03</b>	<b>Body Composition and Physiological Assessments</b> – Measurement of fat percentage, GAIT analysis, heart rate, pulse rate, respiratory rate, blood counts.
<b>UNIT-04</b>	<b>Effects of Yogic Practices</b> – Influence of Yogasana (prone, supine, sitting, standing), Suryanamaskar, Pranayama, and Meditation on human body.
<b>UNIT-05</b>	<b>Functional Assessments</b> – Spirometry, muscle strength evaluation, and flexibility measurement.
	<b>BLOCK-02: UNDERSTANDING PHYSIOLOGY AND APPLICATION OF ASANAS</b>
<b>UNIT-01</b>	<b>Muscle Physiology</b> – Understanding muscles using models/charts and application in Asanas.
<b>UNIT-02</b>	<b>Biomechanics of Yogic Postures</b> – Concepts of Center of Gravity (COG), Line of Gravity (LOG), and Base of Support (BOS) in Asanas.
<b>UNIT-03</b>	<b>Functional Analysis of Joints and Muscles</b> – Assessment of movement and stability in relation to Asanas.

	<b>BLOCK-03: AYURVEDA, SIDDHA &amp; UNANI SYSTEM DIAGNOSIS METHODS</b>
<b>UNIT-01</b>	<b>Ayurvedic Diagnostic Methods</b> – Nidana Panchaka, Nadi (Pulse), Mutra (Urine), Mala (Stool), Jihwa (Tongue), Shabda (Speech), Sparsha (Touch), Drik (Eye), and Akrti (Body shape).
<b>UNIT-02</b>	<b>Siddha Diagnosis</b> – Ashtasthana Pareeksha (Examination of eight sites): Nadi (pulse), Kan (eyes), Swara (voice), Sparisam (touch), Varna (colour), Na (tongue), Mala (faeces), and Neer (urine).
<b>UNIT-03</b>	<b>Unani Diagnosis</b> – Pulse examination (size, strength, speed, consistency, fullness, rate, temperature, constancy, regularity, and rhythm); Urine assessment (odor, quantity, maturation, and age-related variations); Stool analysis (color, consistency, froth, and passage time).

  

	<b>BLOCK-04: NATUROPATHY DIAGNOSIS METHODS</b>
<b>UNIT-01</b>	<b>Facial Diagnosis</b> – Interpretation of facial features in health assessment.
<b>UNIT-02</b>	<b>Iris Diagnosis</b> – Eye-based assessment techniques in naturopathy
<b>UNIT-03</b>	<b>Modern Diagnostic Techniques</b> – Integration of contemporary tools in traditional diagnosis.

## REFERENCE BOOKS:

- Dr. Kanika Jain, Dr Ajiy Kumar Wahane: Standardization of Praman for practical use in Anthropometric Fitness.
- Charles Roberts: A manual of Anthropometry.
- S.P. Singh, Promil Mehta: Human Body Measurements: concepts & applications.
- Anjali Thakare: Test, Measurement & Evaluation in Physical Education.