



SEMESTER II

COURSE DETAILS – 1
SUBJECT NAME – HATH YOGA PRADIPIKA
SUBJECT CODE – BSYSMJ – 201

CREDIT: 5	CA: 25	SEE: 75	MM: 100
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COURSE OBJECTIVES:

BY INTRODUCING HATHA YOGA & ITS TEXTS, STUDENTS SHALL BE ABLE TO

- HAVE AN UNDERSTANDING ABOUT PRE-REQUISITES OF HATHA YOGA.
- HAVE AN UNDERSTANDING ABOUT THE CONCEPT OF YOGA IN HATH YOGIC TEXTS.
- HAVE AN UNDERSTANDING ABOUT CONCEPT AND PRINCIPLES OF HATH YOGA.
- QUOTE REFERENCES OF EACH PRACTICE AS PER TRADITIONAL TEXTS

BLOCK – 1	INTRODUCTION OF HATHA YOGA
UNIT – 1	PURPOSE OF HATHA YOGA, PLACE OF PRACTICE, YAMA AND NIYAMA
UNIT – 2	SADHAK AND BADHAK TATVA, CONCEPT OF MATHA
UNIT – 3	INTRODUCTION OF ASANAS- 15 TYPES OF ASANAS
UNIT – 4	INTRODUCTION OF MITAHARA-MODERATE DIET, PATHYA AND APATHYA DIET
BLOCK – 2	INTRODUCTION OF SHATKARMA AND PRANAYAMA
UNIT – 1	IMPORTANCE OF SHATKARMA, TECHNIQUE AND BENEFITS OF SIX CLINSING PROCESS
UNIT – 2	PRE REQUISITE OF PRANAYAMA
UNIT – 3	INTRODUCTION OF ASHTA KUMBHAK

BLOCK – 3	INTRODUCTION OF BANDHA AND MUDRAS
UNIT – 1	CONCEPT OF NAADI AND INTRODUCTION OF SHUSUMNA NAADI, CONCEPT OF KUNDALINI
UNIT – 2	TECHNIQUE, PRECAUTION, AND BENEFITS OF BANDHA AND MUDRAS
BLOCK – 4	INTRODUCTION AND CONCEPT OF SAMADHI
UNIT – 1	CONCEPT OF SAMADHI
UNIT – 2	CONCEPT OF NAADA AND NAADANUSANDHAAN
UNIT – 3	DIFFERENT STAGES OF NAADANUSANDHAAN

PRESCRIBED TEXT BOOK

1. सवात्माराम, स्वामी: हठप्रदीपिका, कैवल्यधाम, पुणे, षष्ठप्रकाशन, 2017
2. HATHA PRADEEPIKA: MDNIY PUBLICATION
3. सिंह, नरेंद्र: (2021). हठयोगसारसंग्रह, (हठप्रदीपिका और घेरण्ड संहिता के संदर्भ में), क्रॉसबिलपब्लिकेशन, नईदिल्ली

COURSE DETAILS – 2

SUBJECT NAME – ANATOMY & PHYSIOLOGY OF YOGIC PRACTICES – II
SUBJECT CODE – BSYSMN – 202

BLOCK – 1	RECITAION OF HYMNS AND DIFFERENT SATKARMA
UNIT – 1	RECITATION OF HYMNS: SELECTED SUTRAS OF YOGA SUTRA; RECITATION OF NIRVAN SATKAMA
UNIT – 2	SATKARMA: SUTRA NETI, KAPALBHATI (VATKRAM, VYUTKRAM, SITKRAM), AGNISAR
BLOCK – 2	SURYANAMASKAR AND YOGASANA
UNIT – 1	SURYA NAMASKAR: BIHAR SCHOOL OF YOGA



UNIT – 2	YOGASANA (RECOMMENDED BY SWAMI RAMDEV): 12 STEPS OF YOGIC JOGGING; AND A SERIES OF 12 YOGIC POSTURES: MANDUK ASANA- VARIATIONS 1 & 2, SHASHAKASANA, BAKASANA, GOMUKH ASANA, MAKARASANA- VARIATIONS 1& 2, BHUJANGA ASANA VARIATIONS 1, 2 & 3, SHALBHASANA- VARIATIONS 1, 2 & 3, MARKATASANA- VARIATIONS 1, 2 & 3, PAWANMUKTASANA- VARIATIONS 1, 2 & 3, ARDHAHALASANA, PADVRITTA ASANA- VARIATIONS 1 & 2 AND DWICHAKRIKASANA- VARIATIONS 1 & 2; AS RECOMMENDED BY SWAMI RAMDEV
UNIT – 3	PRONE LYING ASANAS: MAKARASANA, MARKATASANA, BHUJANGASANA, SARPASANA, SHALABHASANA, DHANURASANA, PURNADHANURASANA, CHAKRASANA, VIPARITNAUKASANA AND THE PRACTICES MENTIONED IN HATHA PRADIPIKA
BLOCK – 3	PRACTICE LEADING TO BANDH, PRANAYAMA AND DHYANA
UNIT – 1	JALANDHARA BANDHA, UDDIYANA BANDHA, MULA BANDHA
UNIT – 2	ANULOMA-VILOMA PRANAYAMA
UNIT – 3	NADISHODHANA PRANAYAMA (PURA + ANTARKUMBHAKA+RECHAKA) (1:1:1 & 1:2:2)
UNIT – 4	PRANAV JAPA AND SOHAM JAP, YOGA NIDRA (1), ANTARMAUNA
BLOCK – 4	CONTINUOUS EVALUATION BY THE TEACHERS

TEXT BOOKS

1. YOGRISHISWAMIRAMDEVJI: PRANAYAMARAHASYA, DIVYAPRAKASHAN, HARIDWAR, 2009
2. BASAVARADDI, I.V. & OTHERS: SHATKARMA: A COMPREHENSIVE DESCRIPTION ABOUT
3. CLEANSING PROCESS, MDNIY NEW DELHI, 2009
4. DR. NAGENDRA H R: PRANAYAMA, THE ART & SCIENCE, SWAMI VIVEKANANDA YOGAPRAKASHAN, BANGALORE, 2005.

5. IYENGAR, B.K.S.: LIGHT ON PRANAYAMA, HARPER COLLINS, SWAMI VIVEKANAND YOGAPRAKASHAN, 2012
6. SARASWATI S. S. (2006). ASANA PRANAYAMA AND MUDRA BANDHA, "YOGA PUBLICATION TRUST." MUNGER, BIHAR

COURSE DETAILS – 3

SUBJECT NAME – ANATOMY & PHYSIOLOGY OF YOGIC PRACTICES – II
SUBJECT CODE – BSYSMN – 203

CREDIT: 3	CA: 25	SEE: 75	MM: 100
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COURSE OBJECTIVES:

FOLLOWING THE COMPLETION OF THE COURSE, STUDENTS SHALL BE ABLE:

- TO KNOW ABOUT THE STRUCTURE OF THE BODY
- TO KNOW ABOUT THE NECESSARY FUNCTIONS OF THE BODY
- TO THROW LIGHT ON ANATOMY SO THAT STUDENT CAN EXPERIENCE THE INVOLVEMENT OF THEIR BODY PARTS WHILE PRACTICING VARIOUS POSTURES OF YOGA.

BLOCK – 1	NERVOUS SYSTEM & SPECIAL SENSES
UNIT – 1	STRUCTURE AND FUNCTION OF HUMAN BRAIN.-FORE BRAIN, MID BRAIN, HIND BRAIN
UNIT – 2	STRUCTURE AND FUNCTION OF SPINAL CORD, CRANIAL NERVE AND SPINAL NERVE, AUTONOMIC NERVOUS SYSTEM- SYMPATHETIC AND PARA SYMPATHETIC NERVOUS SYSTEM
UNIT – 3	REFLEX ACTION, MECHANISM OF NERVE CONDUCTION, SYN-APSE AND SYNAPTIC TRANSMISSION
UNIT – 4	STRUCTURE AND FUNCTION OF EYE, EAR, NOSE, TONGUE AND SKIN
BLOCK – 2	ENDOCRINE SYSTEM
UNIT – 1	STRUCTURE AND FUNCTION OF IMPORTANT OF ENDOCRINE GLAND (PITUITARY, ADRENAL, THYROID, PARATHYROID, PANCREAS, GONADS)



UNIT – 2	FUNCTION OF GI TRACT HORMONES, MECHANISM OF HORMONE ACTIONS
BLOCK – 3	REPRODUCTIVE & EXCRETORY SYSTEM
UNIT – 1	MALE REPRODUCTIVE SYSTEM OF HUMAN.-TESTIS, PENIS, EPIDIDYMIS, PROSTATE GLAND
UNIT – 2	FEMALE REPRODUCTIVE SYSTEM OF HUMAN-OVARY, UTERUS, VAGINA, CERVIX, FALLOPIAN TUBE
UNIT – 3	MENSTRUAL CYCLE GAMETOGENESIS-SPERMATOGENESIS AND OOGENESIS; FERTILIZATION; IMPLANTATION AND EMBRYONIC DEVELOPMENT; PREGNANCY
BLOCK – 4	LYMPHATIC SYSTEM & IMMUNE SYSTEM
UNIT – 1	LYMPHOID ORGAN-BONE MARROW, THYMUS, SPLEEN ,LYMPH NODE, COMPOSITION AND FUNCTION OF LYMPH, IMMUNITY
UNIT – 2	TYPES OF IMMUNITY-INNATE IMMUNITY AND ACQUIRED IMMUNITY, ANTIGEN AND ANTIBODY, HYPERSENSITIVITY, AUTOIMMUNITY

TEXT BOOKS

1. GORE M. M. (2003). ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES. KANCHANPRAKASHAN, LONAVLA, INDIA
2. ANATOMY AND PHYSIOLOGY: YOGIC CONTEXT: DR SHARADCHANDRA BHALEKAR, KAIVALYADHAMA, LONAVLA, PUNE.
3. LAN PEATE AND MURALIDHARAN NAYAR – FUNDAMENTAL OF ANATOMY AND PHYSIOLOGY FOR NURSES

REFERENCE BOOKS:

1. TORTORA AND BRYAN: ANATOMY AND PHYSIOLOGY
2. KHURANA: ANATOMY AND PHYSIOLOGY
3. EVELYN, C. PEARCE- ANATOMY AND PHYSIOLOGY FOR NURSES

COURSE DETAILS – 4
SUBJECT NAME – INTRODUCTION TO AYUSH
SUBJECT CODE – BSYSID – 204 A

CREDIT: 4	CA: 25	SEE: 75	MM: 100
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COURSE OBJECTIVES:

- STUDENTS WILL ACQUIRE KNOWLEDGE REGARDING THE TRADITIONAL SYSTEM OF MEDICINE
- STUDENTS WILL ACQUIRE KNOWLEDGE REGARDING CONCEPTS OF HEALTH & DISEASE.
- STUDENTS WILL ACQUIRE KNOWLEDGE REGARDING OTHER SUPPORTIVE INDIAN SYSTEMS OF MEDINE

BLOCK – 1	INTRODUCTION TO BASIC CONCEPTS OF AYURVEDA
UNIT – 1	THE FOUR ASPECTS OF LIFE (SOUL, MIND, SENSES AND BODY); PANCHAMAHABHUTAS (THE FIVE ELEMENT THEORY), AHARA, VIHARA AND AUSADHI (THREE PILLARS OF AYURVEDA)
UNIT – 2	CONCEPT, ROLE AND IMPORTANCE OF – DOSHA, DHATU, MALA; UPDHATU, SROTAS, INDRIYA, AGNI, PRĀNA, PRAKRTI (DEHA PRAKRTI, MANASA PRAKRTI)
UNIT – 3	ROLE OF DOSA, DHATU AND MALA IN HEALTH AND DISEASES
UNIT – 4	CONCEPT OF DINACARYĀ (DAILY ROUTINE), CONCEPT OF RITUCARYA (SEASONAL ROUTINE), SVASTHAVĀTTA IN ĀYURVEDA; CONCEPT OF TRAYO UPASTHAMBAS
BLOCK – 2	YOGA & HEALTH AND INTEGRATED APPROACH OF YOGA & NATUROAPTHY
UNIT – 1	CONCEPT OF BODY, HEALTH AND DISEASE; CONCEPT OF YOGA ADHI AND VYADHI; PRINCIPLE OF YOGA THERAPY IN RELATION TO YOGA VASISTHA
UNIT – 2	PRACTICES AT PANCH KOSA LEVEL ANNAMAYA, PRANAMAYA, MANOMAYA, VIJNANAMAYA AND ANANDAMAYA KOSA; PRINCIPLE OF YOGA THERAPY IN RELATION TO HATHA RATNAVALI AND GHERANDA SAMHITA



UNIT – 3	NATUROPATHY- DEFINITION, MEANING, APPLICATION, SCOPE AND LIMITATIONS, HISTORY OF NATUROPATHY – INDIAN AND WESTERN
BLOCK – 3	INTRODUCTION TO BASIC CONCEPTS OF UNANI, SIDDHA AND HOMEOPATHY
UNIT – 1	HISTORY OF UNANI & SIDDHA
UNIT – 2	CONCEPT OF UNĀNĒ & SIDDHA
UNIT – 3	PRINCIPLES OF UNANI & SIDDHA; INTRODUCTION TO BASIC CONCEPTS OF HOMEOPATHY
UNIT – 4	HISTORY OF HOMEOPATHY; CONCEPT OF HOMEOPATHY; PRINCIPLES OF HOMEOPATHY

TEXT BOOKS:

1. ACHARYA BALKRISHNA: YOG SIDHANT RAHASYA, DIVYA PRAKASHAN, HARIDWAR 2013
2. DR R NAGARATHNA: YOGA AND HEALTH, SVYASA, BANGALORE.

REFERENCE BOOK:

1. TAITRIYA UPNISHAD
2. DR. RAKESH JINDAL: PRAKRITIC AYURVIJNANA, PUNE.
3. DASH, V.B.: AYURVEDIC TREATMENT FOR COMMON DISEASES DELHI DIARY, 1974.
4. RICHARDS HUGHES: THE PRINCIPAL AND PRACTICE OF HOMEOPATHY, B JAIN PUBLICATION, 2008.
5. INTRODUCTION TO AYUSH; WWW.SLIDESHARE.NET/DIGVIJAY03/INTRODUCTION-OF-AYUSH-71028486

COURSE DETAILS – 4
SUBJECT NAME – ANCIENT INDIAN RELIGION
SUBJECT CODE – BSYSID – 204 B

CREDIT: 4	CA: 25	SEE: 75	MM: 100
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COURSE OBJECTIVES:

FOLLOWING THE COMPLETION OF THIS COURSE, STUDENTS SHALL BE ABLE TO:

- UNDERSTAND BASIC IDEAS AND FEATURES OF ANCIENT INDIAN RELIGIONS AS MANIFESTED THROUGH VEDAS, BUDDHISM AND JAINISM AND PURANAS.
- UNDERSTAND THE PRIMITIVE RELIGIOUS BELIEFS, THE VEDIC PANTHEON AND SACRIFICES.
- BASIC FEATURES OF THE SRAMAN A TRADITIONS WHICH INCLUDE WITHIN ITS FOLD BUDDHISM AND JAINISM.
- VARIOUS CULTS LIKE VAIS N AVISM, ŚAIVISM AND ŚĀKTISM HAVE PLAYED A PROMINENT ROLE IN POPULARIZING THE BASIC TENETS OF PURĀN IC RELIGION.

BLOCK – 1	VEDIC RELIGION
UNIT – 1	INDUS RELIGION: WORSHIP OF MOTHER GODDESS, EARLY FORM OF WORSHIP OF YOGI SHIVA, ORIGIN OF NATURE WORSHIP
UNIT – 2	EARLY VEDIC RELIGION: INTRODUCTION OF RIG-VEDA, RIGVEDIC DIETY- INDRA, VARUN, AGNI, RIT, MOTHER GODDESS ETC, DEVELOPMENT NATURE WORSHIP
UNIT – 3	LATER VEDIC RELIGION: INTRODUCTION OF SAMVED, YAJURVED AND ATHARVAVED, EMERGENCE OF RELIGIOUS RITUALS, THE NATURE AND CHARACTERISTICS OF THE GODS OF THE LATER VEDIC PERIOD: VISHNU, SHIVA, PRAJAPATI AND MOTHER GODDESS
BLOCK – 2	JAINISM
UNIT – 1	INTRODUCTION OF JAIN TIRTHANKAR: RISHABHDEV, PARSHWANATH AND MAHAVEER
UNIT – 2	VARIOUS TEACHINGS OF JAINISM: TEACHINGS OF MAHAVIRA: PANCH MAHAVRAT AND TRIRATN, SVETAMBARA AND DIGAMBARA, ANEKANTAVADA AND SYADVADA
BLOCK – 3	BUDDHISM



UNIT – 1	LIFE AND TEACHINGS OF GAUTAMA BUDDHA: FOUR NOBLE TRUTHS, OCTAGONAL PATH, PRATITYA SAMUTPAD, BUDDHIST COUNCILS
UNIT – 2	HINAYANA AND MAHAYANA. VARIOUS DIMENSIONS IN DEVELOPMENT OF BUDDHISM
BLOCK – 4	PURANIC RELIGIONS
UNIT – 1	SHAIVISM: BHAKTI TRADITION OF SHAVISM: PASHUPAT TRADITION, KAPALIK TRADITION, KALMUKH TRADITION, BHAKTI TRADITION
UNIT – 2	VAISHNAVISM: PANCHRATR, BHAGAVAT, KRISHNA AND DOCTRINE OF EMBODIMENT, BHAGAVAN VISHNU KE DAS AVATAR
UNIT – 3	SHAKTISM: TRIDEVIYAN- HISTORICAL SOURCES OF LAKSHMI, DURGA AND SARASWATI

RECOMMENDED READINGS:

1. AGRAWALA, V.S., PRACHINA BHARATIYA LOKADHARMA (HINDI AND ENGLISH), VARANASI, 1964.
2. BANERJEE, J.N., DEVELOPMENT OF HINDU ICONOGRAPHY, NEW DELHI, 1985.
3. BARTH, A., THE RELIGIONS OF INDIA, VARANASI, 1985. 19
4. BEVARKARA, S.K. AND R.D. RANADE, HISTORY OF INDIAN PHILOSOPHY, VOL. II, POONA, 1927.
5. BHANDARKAR, R.G., VAISHNAVISM, SAIVISM AND MINOR RELIGIOUS SYSTEMS (ALSO IN HINDI), VARANASI, 1965. BHATTACHARYA, N.N., HISTORY OF SAKTA RELIGION, NEW DELHI, 1974
6. CHATURVEDI, P., VAISHNAVA DHARMA, VARANASI, 1977.
7. HIRIYANNA, M.H., OUTLINES OF INDIAN PHILOSOPHY, LONDON, 1932.
8. JAISWAL, SUVIRA, ORIGIN AND DEVELOPMENT OF VAIS N AVISM (ALSO IN HINDI), DELHI, 1996 (IIND ED.).
9. KEITH, A.B., THE RELIGION AND PHILOSOPHY OF VEDA AND UPANIS ADS (ALSO IN HINDI), CAMBRIDGE, 1925
10. UPADHYAYA, B. BHARATIYA DARSHANA, VARANASI, 1971.

11. BAPAT, P.V. (ED.), 2500 YEARS OF BUDDHISM (ALSO IN HINDI), NEW DELHI, 1987.
12. JAIN, HIRALAL, BHARATIYA SAMSKRITI ME JAINA DHARMA KA YOGADANA (HINDI). BHOPAL, 1962.
13. JAINI, J.L., AN OUTLINE OF JAINISM, CAMBRIDGE, 1916.
14. JAIN, JYOTI PRASAD, RELIGION AND CULTURE OF THE JAINS, DELHI, 1995.
15. MAJUMDAR, R.C. AND A. D. PUSALKER (EDS.), THE HISTORY AND CULTURE OF THE INDIAN PEOPLE, VOLS. I -V (RELEVANT CHAPTERS), BOMBAY, 1951-1957.

COURSE DETAILS – 4
SUBJECT NAME – YOGA FOR PERSONALITY DEVELOPMENT
SUBJECT CODE – BSYSID – 204 C

CREDIT: 4	CA: 25	SEE: 75	MM: 100
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COURSE OBJECTIVES

FOLLOWING THE COMPLETION OF THE COURSE, STUDENTS SHALL BE ABLE TO

- YOGIC PRACTICES ARE FOUND EFFECTIVE FOR DEVELOPMENT OF ALL DIMENSIONS OF PERSONALITY.
- IT HELPS TO INCREASE STRENGTH, ENDURANCE AND FLEXIBILITY, REGULATES ALL THE SYSTEMS OF THE BODY.

BLOCK – 1	HUMAN PSYCHE, PSYCHOLOGY – A SCIENCE OF BEHAVIOUR
UNIT – 1	PSYCHOLOGY: DEFINITION OF PSYCHOLOGY; PSYCHOLOGY AS A SCIENCE OF BEHAVIOUR; SCOPE AND UTILITY OF PSYCHOLOGY
UNIT – 2	CONCEPT OF HUMAN PSYCHE; SIGMUND FREUD'S MODEL OF HUMAN PSYCHE; HUMAN PSYCHE AND BEHAVIOUR
UNIT – 3	DEFINITION OF BEHAVIOUR AND ITS COGNITIVE, CONATIVE AND AFFECTIVE ASPECTS; BEHAVIOUR AND CONSCIOUSNESS; STATES OF CONSCIOUSNESS
UNIT – 4	PHYSIOLOGICAL BASIS OF BEHAVIOUR: CENTRAL NERVOUS SYSTEM AND AUTONOMIC NERVOUS SYSTEM.



BLOCK – 2	DOMAINS AND DYNAMIC OF BEHAVIOUR
UNIT – 1	ATTENTION: NATURE, DETERMINANTS OF ATTENTION; PERCEPTION: NATURE; GESTALT THEORY OF PERCEPTION
UNIT – 2	LEARNING: NATURE; THEORIES: LEARNING BY TRIAL AND ERROR, LEARNING BY INSIGHT, CLASSICAL AND INSTRUMENTAL CONDITIONING
UNIT – 3	INTELLIGENCE: NATURE; EMOTIONAL INTELLIGENCE (EI): NATURE, GOLEMAN'S MODEL OF EI; SPIRITUAL INTELLIGENCE: NATURE
UNIT – 4	EMOTION: NATURE; PHYSIOLOGICAL BASIS OF EMOTION; THEORIES: JAMES-LANGE THEORY, CANNON-BARD THEORY
UNIT – 5	MOTIVATION: NATURE; TYPES OF MOTIVES: BIOLOGICAL MOTIVES, SOCIAL AND PSYCHOLOGICAL MOTIVES; MASLOW'S THEORY OF MOTIVATION.
BLOCK – 3	PERSONALITY AND ITS DEVELOPMENT
UNIT – 1	PERSONALITY: NATURE AND TYPES OF PERSONALITY; YOGIC VIEW OF PERSONALITY
UNIT – 2	PERSONALITY DEVELOPMENT: VARIOUS FACETS (DOMAINS) AND STAGES OF PERSONALITY DEVELOPMENT; DETERMINANTS OF PERSONALITY: HEREDITY AND ENVIRONMENT
UNIT – 3	THEORIES OF PERSONALITY OF SIGMUND FREUD, ALFRED ADLER AND C.G. JUNG, CARL ROGERS
UNIT – 4	ASSESSMENT OF PERSONALITY: PERSONALITY INVENTORIES, PROJECTIVE TECHNIQUES, CASE HISTORY METHOD
UNIT – 5	YOGA AND PERSONALITY DEVELOPMENT: YOGIC ATTITUDES; PERSONALITY DEVELOPMENT WITH SPECIAL EMPHASIS ON PANCHAKOSHA AND ASHTANGA YOGA.
BLOCK – 4	STRESS & ITS MANAGEMENT, MENTAL HEALTH AND YOGA
UNIT – 1	MENTAL HEALTH: MEANING AND IMPORTANCE; INDICATORS OF MENTAL HEALTH; CRITERIA OF NORMAL AND ABNORMAL BEHAVIOUR

UNIT – 2	STRESS: NATURE; SYMPTOMS, CAUSES AND CONSEQUENCES OF STRESS; STRESS AND MENTAL HEALTH; YOGIC PERSPECTIVE OF STRESS
UNIT – 3	ADJUSTMENT: NATURE; ADJUSTMENT AND STRESS; CONFLICT AND FRUSTRATION; WAYS OF ADJUSTMENT: DIRECT WAYS AND INDIRECT WAYS (DEFENSE-MECHANISMS)
UNIT – 4	YOGIC PERSPECTIVE OF MENTAL HEALTH; PROMOTING MENTAL HEALTH,IMPACT OF YOGIC LIFESTYLE ON MENTAL HEALTH

TEXT BOOKS:

1. HURLOCK, E.B (2006). PERSONALITY DEVELOPMENT, 28TH REPRINT. NEW DELHI: TATA MCGRAW HILL.
2. STEPHEN P. ROBBINS AND TIMOTHY A. JUDGE(2014), ORGANIZATIONAL BEHAVIOR 16TH EDITION: PRENTICE HALL.

REFERENCE BOOKS:

1. ANDREWS, SUDHIR. HOW TO SUCCEED AT INTERVIEWS. 21ST (REP.) NEW DELHI.TATA MCGRAW-HILL 1988.
2. HELLER, ROBERT.EFFECTIVE LEADERSHIP. ESSENTIAL MANAGER SERIES. DK PUBLISHING, 2002
3. HINDLE, TIM. REDUCING STRESS. ESSENTIAL MANAGER SERIES. DK PUBLISHING, 2003
4. LUCAS, STEPHEN. ART OF PUBLIC SPEAKING. NEW DELHI. TATA - MCGRAW HILL. 2001
5. MILE, D.J POWER OF POSITIVE THINKING. DELHI. ROHAN BOOK COMPANY, (2004).
6. PRAVESH KUMAR. ALL ABOUT SELF- MOTIVATION. NEW DELHI. GOODWILL PUBLISHING HOUSE. 2005.
7. SMITH, B . BODY LANGUAGE. DELHI: ROHAN BOOK COMPANY. 2004



COURSE DETAILS – 5
SUBJECT NAME – BASICS OF SANSKRITAM –II
SUBJECT CODE – BSYSAE – 205

CREDIT: 2	CA: 15	SEE: 35	MM: 50
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COURSE OBJECTIVES:

FOLLOWING THE COMPLETION OF THIS COURSE, STUDENTS SHALL BE ABLE TO

- READ AND UNDERSTAND THE COLLOQUIAL WORDS OF SANSKRIT.
- COMMUNICATE AND COMPREHEND SANSKRIT TO THE BEST OF THEIR ABILITY.
- WRITE SANSKRIT WITH BETTER GRAMMATICAL SKILL.

BLOCK – 1	संस्कृत भाषा परिचयः
UNIT – 1	कर्तृवाच्य एवं कर्मवाच्य का परिचय, वाक्यरचना, वाक्यरूपान्तरण एवं अनुवाद।
UNIT – 2	पठ् एवं कृ धातु का कर्मवाच्यरूप ज्ञान पाँच लकारों में एवं वाक्य निर्माण अर्थज्ञान सहित।
UNIT – 3	अस् एवं भू धातु का भाववाच्यरूप ज्ञान पाँच लकारों में एवं वाक्य निर्माण अर्थज्ञान सहित।
BLOCK – 2	कृदन्त प्रत्यय
UNIT – 1	शतृ एवं शानच् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद।
UNIT – 2	क्त्वा, ल्यप्, तुमुन् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद।
UNIT – 3	क्त एवं क्तवतु प्रत्ययों से शब्दनिर्माण वाक्यरचना और अनुवाद।
UNIT – 4	तव्यत्, अनीयर् एवं यत् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद।
BLOCK – 3	सन्धि एवं भाषाभ्यास
UNIT – 1	अच्, हल् एवं विसर्ग सन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास।
UNIT – 2	भगवद्गीता के द्वितीय अध्याय के प्रथम 20 श्लोकों में कारक एवं क्रियापदों का अनुसन्धान एवं सस्वर श्लोकपाठ संस्कृत से हिन्दी/ अंग्रेजी में अनुवाद।
UNIT – 3	संस्कृत में परस्पर वार्तालाप एवं मौखिक व्याख्यान का अभ्यास।
BLOCK – 4	भाषादक्षता

UNIT – 1

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

निर्धारित

1. दिव्येदी कपिल देव: प्रारम्भिक रचनानुवादकौमुदी, विश्वविद्यालय प्रकाशन, वाराणसी 2011
2. दिव्येदी कपिल देव: प्रौढरचनानुवाद कौमुदी, विश्वविद्यालय प्रकाशन, वाराणसी 2007

संदर्भग्रन्थ

1. प्रथमदीक्षा- राष्ट्रिय संस्कृत संस्था, नई दिल्ली।
2. दिव्येदीदीक्षा- राष्ट्रिय संस्कृत संस्था, नई दिल्ली।
3. महर्षि दयानन्द सरस्वती: वर्णोच्चार शिक्षा, रामलाल कपूर ट्रस्ट, सोनीपत, हरियाणा।

COURSE DETAILS – 6**SUBJECT NAME – PRACTICUM – PRACTICE OF TEACHING YOGA****SUBJECT CODE – BSYSSE – 206****CREDIT: 2****CA: 15****SEE: 35****MM: 50****COURSE OBJECTIVES:**

FOLLOWING THE COMPLETION OF THIS COURSE, STUDENTS SHALL BE ABLE TO

- UNDERSTAND THE PRINCIPLES AND PRACTICES OF TEACHING METHODS OF YOGA.
- HAVE AN IN-DEPTH UNDERSTANDING ABOUT SESSION AND LESSON PLANNING AND CLASS ROOM ARRANGEMENTS.
- HAVE AN IDEA ABOUT THE DIFFERENT TOOLS USED IN YOGA TEACHING.

BLOCK – 1	PRINCIPLES AND METHODS OF TEACHING YOGA
UNIT – 1	MEANING AND SCOPE OF TEACHING METHODS, AND FACTORS INFLUENCING THEM
UNIT – 2	TEACHING AIDS ITS MEANING AND NEED, THE ROLE OF LANGUAGE, VOICE, FLUENCY, CLARITY AND BODY LANGUAGE IN AN IDEAL PRESENTATION



UNIT – 3	ESSENTIALS OF GOOD LESSON PLAN: CONCEPTS, NEEDS, PLANNING OF TEACHING YOGA (SHATKRIYA, ASANA, MUDRA, PRANAYAMA & MEDITATION)
UNIT – 4	PRACTICE OF YOGA AT DIFFERENT LEVELS (BEGINNERS, ADVANCED, SCHOOL CHILDREN, YOUTH, WOMEN AND SPECIAL ATTENTION GROUP)
BLOCK – 2	LESSON PLANNING IN YOGA AND CLASS MANAGEMENT
UNIT – 1	TECHNIQUES OF MASS INSTRUCTIONS; INDIVIDUALIZED TEACHING AND GROUP TEACHING
UNIT – 2	CLASS MANAGEMENT IN YOGA: ITS MEANING AND NEED
UNIT – 3	LECTURE CUM DEMONSTRATION IN YOGA: ITS MEANING, IMPORTANCE AND METHOD OF ITS PRESENTATION
UNIT – 4	MODELS OF LESSON PLAN
BLOCK – 3	PRACTICE OF TEACHING IN YOGA
UNIT – 1	EACH STUDENT WILL HAVE TO PREPARE AND GIVE AT LEAST: TWO LECTURE CUM DEMONSTRATION ON ANY ONE TOPIC OF YOGA. TWO YOGA LESSON FOR AN INDIVIDUAL
BLOCK – 4	CONTINUE EVALUATION BY THE TEACHER

BOOKS FOR REFERENCE

1. DR. GHAROTE M L : TEACHING METHODS FOR YOGIC PRACTICES, KAIVALYADHAMA, LONAVALA, 2007
2. DR. RAJ KUMAR : PRINCIPLES & METHODS OF TEACHING, PRINTO GRAPHICS, DELHI,
3. SAKET RAMAN TIWARI& OTHERS : TEACHING OF YOGA, DPH PUBLISHING CORPORATION, DELHI, 2007
4. 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

COURSE DETAILS – 7
SUBJECT NAME – ANTHROPOMETRIC ASSESSMENT & TRADITIONAL VEDIC
DIAGNOSIS TOOLS
SUBJECT CODE – BSYSSE – 207

CREDIT: 2	CA: 15	SEE: 35	MM: 50
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COURSE OBJECTIVES:

FOLLOWING THE COMPLETION OF THIS COURSE, STUDENT WILL BE ABLE TO

- LABEL OF ANTHROPOMETRY MEASUREMENTS
- TEST CLINICAL EXAMS AND PHYSIOLOGICAL MARKERS.
- TEST CLINICAL EXAMS AND PHYSIOLOGICAL MARKERS.
- TO ADVANCE IN THE APPLICATION OF THE PHYSIOLOGY AND USE OF YOGA POSES.

BLOCK – 1	MEASUREMENT AND RECORDING
UNIT – 1	WEIGHT, STATURE, EYE HEIGHT, BODY MASS INDEX, BODY SURFACE AREA, SHOULDER HEIGHT, ELBOW HEIGHT, HEAD CIRCUMFERENCE, NECK CIRCUMFERENCE,
UNIT – 2	MID UPPER ARM CIRCUMFERENCE, CHEST CIRCUMFERENCE, WAIST CIRCUMFERENCE, HIP CIRCUMFERENCE, WAIST HIP RATIO, MEASUREMENT OF FAT PERCENTAGE.
UNIT – 3	INTRODUCTION OF GAIT ANALYSIS. HEART RATE, PULSE RATE AND RESPIRATORY RATE, BLOOD COUNTS,
UNIT – 4	EFFECT OF YOGASANA (PRONE, SUPINE, SITTING, STANDING POSITIONS), SURYANAMASKAR, PRANAYAMA AND MEDITATION ON HUMAN BODY
UNIT – 5	SPIROMETRY, MEASUREMENT OF STRENGTH OF MUSCLE. MEASUREMENT OF FLEXIBILITY.
BLOCK – 2	UNDERSTANDING OF PHYSIOLOGY AND APPLICATION OF ASANA
UNIT – 1	GRASPING OF MUSCLES PHYSIOLOGY WITH THE HELP OF MODEL/CHART AND ITS PRACTICAL APPLICATIONS IN ASANA



UNIT – 2	IDEA OF COG, LOG, BOS IN ASANAS (IN SITTING, STANDING, LYING, BALANCING ASANAS), IDEA OF BIOMECHANICS OF YOGIC POSTURES.
UNIT – 3	ANALYSIS/ASSESSMENT OF FUNCTIONS OF JOINTS AND MUSCLES IN RELATION TO ASANAS.
BLOCK – 3	AYURVEDA’S, SIDDHA & UNANI SYSTEM DIAGNOSIS METHOD
UNIT – 1	AYURVEDA: NIDANA PANCHAKA, NADI/PULSE, MUTRA/URINE, MALAM/STOOL, JIHWA/TONGUE, SHABDA/SPEECH, SPARSHA/TOUCH, DRIK/EYE, AND AKRTI/SHAPE.
UNIT – 2	SIDDHA: ‘ASHTASTHANA PAREEKSHA’ (EXAMINATION OF EIGHT SITES) THAT ENCOMPASSES EXAMINATION OF NADI (PULSE), KAN (EYES), SWARA (VOICE), SPARISAM (TOUCH), VARNA (COLOUR), NA (TONGUE), MALA (FAECES) AND NEER (URINE).
UNIT – 3	UNANI: PULSE: SIZE, STRENGTH, SPEED, CONSISTENCY, FULLNESS, RATE, TEMPERATURE, CONSTANCY, REGULARITY AND RHYTHM. URINE: ODOR, QUANTITY, MATURE URINE AND URINE AT DIFFERENT AGE GROUPS. STOOL: COLOR, CONSISTENCY, FROTH AND TIME REQUIRED FOR PASSAGE ETC.
UNIT – 4	NATUROPATHY: FACIAL DIAGNOSIS, IRIS DIAGNOSIS AND MODERN DIAGNOSTIC TECHNIQUES.

REFERENCE BOOKS:

1. DR. KANIKA JAIN, DR AJIY KUMAR WAHANE: STANDERDIZATION OF PRAMAN FOR PRACTICLE USE IN ANTHROPOMETRIC FITNESS.
2. CHARLES ROBERTS: A MANUAL OF ANTHROPOMETRY.
3. S.P. SINGH, PROMIL MEHTA: HUMAN BODY MEASUREMENTS: CONCEPTS & APPLICATIONS.
4. ANJALI THAKARE: TEST, MEASUREMENT & EVALUATION IN PHYSICAL EDUCATION.

COURSE DETAILS – 8
SUBJECT NAME – YAJNA & ITS BASIC PRINCIPLES
SUBJECT CODE – BSYSVA – 208

CREDIT: 3	CA: 25	SEE: 75	MM: 100
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पाठ्यक्रम के उद्देश्य:

1. यज्ञ के शास्त्रीय अर्थ से परिचय कराना तथा
2. यज्ञ का वैज्ञानिक रूप से चिकित्सा बोध कराना
3. सृष्टि चक्र के संतुलन के परिपेक्ष्य में यज्ञ का विधान

BLOCK – 1	यज्ञ का परिचय
UNIT – 1	वैदिक धर्म एवं वैदिक देवताओं का परिचय व इतिहास
UNIT – 2	यज्ञ का परिचय एवं विवेचन
UNIT – 3	यज्ञ के प्रकार (पञ्चमहायज्ञ – ब्रह्म यज्ञ, देव यज्ञ, पितृ यज्ञ, बलिवैश्व देव यज्ञ, अतिथि यज्ञ), उपादेयता एवं वैज्ञानिकता
BLOCK – 2	यज्ञ के पदार्थ व प्रक्रिया
UNIT – 1	यज्ञीय पदार्थ
UNIT – 2	यज्ञ प्रक्रिया: आचमन, अङ्गस्पर्श, ईश्वर स्तुतिप्रार्थनोंपासना मंत्र, दीप प्रज्वलन आदि
BLOCK – 3	यज्ञ कि महिमा
UNIT – 1	यज्ञ कुंड का परिमाण एवं स्वरूप, मंत्र विज्ञान
UNIT – 2	शस्त्रों में यज्ञ कि महिमा – बल, शत्रु पराजय, स्वर्ग कल्याण आदि
UNIT – 3	नैमित्तिक यज्ञ – 16 संस्कार, भूमि पूजन, गृह प्रवेश, होली, दीवाली आदि पर्व पर यज्ञ
UNIT – 4	काम्य यज्ञ – पुत्रेष्टि, वर्षेष्टि, रोगों हेतु यज्ञ, वर्ष आदि हेतु यज्ञ
UNIT – 5	विभिन्न संप्रदाय में यज्ञ एवं उसकी प्रक्रिया
BLOCK – 4	यज्ञ चिकित्सा
UNIT – 1	यज्ञ थेरेपी
UNIT – 2	यज्ञ चिकित्सा का शास्त्रीय प्रमाण, वेद आदि में रोग निवारण हेतु मंत्र व श्लोक
UNIT – 3	यज्ञ चिकित्सा का वैज्ञानिक प्रमाण, वैज्ञानिकों द्वारा शोध प्रमाण
UNIT – 4	रोगनुसार हवन सामग्री
UNIT – 5	यज्ञ मंत्र स्मरण



निर्धारित पुस्तकः

1. यज्ञ-योग-आयुर्वेद चिकित्सा एवं यज्ञ दर्शन, वैदिक नित्यकर्म विधि
2. वैदिक साहित्य एवं संस्कृति, डॉ० कपिल देव दिववेदी
3. संध्योपासना विधि-पतंजलि योगपीठ
4. पञ्चमहायज्ञ विधि-महर्षि दयानंद
5. संस्कार विधि-महर्षि दयानंद
6. यज्ञ रहस्य- डॉ० रामनाथ वेदालंकार