

# SEMESTER III

**COURSE DETAILS – 1**  
**SUBJECT NAME – GHERAND SAMHITA**  
**SUBJECT CODE – – BSYSMJ – 301**

<b>CREDIT: 5</b>	<b>CA: 25</b>	<b>SEE: 75</b>	<b>MM: 100</b>
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## COURSE OBJECTIVES:

BY INTRODUCING GHERAND SAMHITA SHALL BE ABLE TO

1. TO CONSTRUCT ABOUT PRE-REQUISITES OF HATHA YOGA.
2. EXPLAIN THE CONCEPT OF YOGA IN GHERAND SAMHITA.
3. EXPLAIN VARIOUS CHAPTERS OF GHERAND SAMHITA.

<b>BLOCK – 1</b>	<b>INTRODUCTION OF SHATKARMA</b>
UNIT – 1	INTRODUCTION OF GHATASTHA YOGA AND SAPTA SADHANA
UNIT – 2	<b>DIFFERENT TYPES OF SHATKARMA, ITS BENEFITS AND PRE-CAUTION ACCORDING TO THE TEXT</b>
<b>BLOCK – 2</b>	<b>INTRODUCTION OF ASANA, BANDHA AND MUDRA</b>
UNIT – 1	TECHNIQUES AND BENEFITS OF 32 TYPES OF ASANA
UNIT – 2	INTRODUCTION OF 4 BANDHA, 16 MUDRA AND PANCHADHARMA
<b>BLOCK – 3</b>	<b>INTRODUCTION OF PRATYAHARA AND PRANAYAMA</b>
UNIT – 1	DESCRIBING PRATYAHARA AND EXPLANATION OF THE SIX ENEMIES
UNIT – 2	PRE REQUISITE OF PRANAYAMA: STHAAN, KAL, MITAHARA AND NAADISHODHAN
UNIT – 3	INTRODUCTION OF ASHTA KUMBHAK



<b>BLOCK – 4</b>	<b>INTRODUCTION OF DHYAAN AND SAMADHI</b>
<b>UNIT – 1</b>	<b>TYPES OF DHYAAN: STHOOLA, JYOTI AND SUKSHMA DHYAAN</b>
<b>UNIT – 2</b>	<b>INTRODUCTION OF THE SIX TYPES OF SAMADHI</b>

## TEXT BOOKS

1. GHERAND SAMHITA: KAIVALYADHAMA
2. GHERAND SAMHITA: SVYASA, BENGALURU
3. GHERAND SAMHITA: BIHAR SCHOOL OF YOGA

**COURSE DETAILS – 2**  
**SUBJECT NAME – YOGA PRACTICUM-III**  
**SUBJECT CODE – BSYSMJ – 302**

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

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

1. RECOGNIZE THE UNDERLYING IDEAS AND METHODS OF EACH ACTIVITY.
2. EXPERTLY DEMONSTRATE EACH TECHNIQUE.
3. DESCRIBE EACH PRACTICE'S STEPS, SAFETY MEASURES, ADVANTAGES, AND LIMITATIONS.

<b>BLOCK – 1</b>	<b>HYMNS AND SATKARMA</b>
<b>UNIT – 1</b>	<b>RECITATION OF SELECTED SLOKAS OF BHAGWAT GEETA</b>
<b>UNIT – 2</b>	<b>SATKARMA: DHAUTI (VASTRA DHAUTI), KAPALBHATI (SEET-KRAMA AND VYUTKRAMA)</b>
<b>BLOCK – 2</b>	<b>YOGASANA</b>

UNIT – 1	DANDASANA, SWASTIKASANA, PADMASANA, VAJRASANA, SUPTA VAJRASANA, KAGASANA, UTKATASANA, GOMUKHASANA, USHTRASANA, SHASHANKASANA, JANUSIRASANA, PASCHIMOTTANASANA, BHARAMACHARYASANA, MANDUKASANA, UTTHANA MANDUKASANA, TADASANA, TIRYAK TADASANA, VAKRASANA, ARDHA MATSYENDRASANA, MARICHAYASANA, SIMHASANA.
<b>BLOCK – 3</b>	<b>BANDHA, PRANAYAMA AND DHYANA</b>
UNIT – 1	<b>BANDHA:</b> JIVHA BANDHA, MAHA BANDHA
UNIT – 2	<b>PRANAYAMA:</b> NADISHODHANA PRANAYAMA, SURYABHEDANA AND CHANDRA-BHEDANA PRANAYAMA
UNIT – 3	<b>DHYANA :</b> YOGA NIDRA (2, 3), AJAPA DHARANA (STAGE 1, 2, 3), MIND SOUND RESONANCE TECHNIQUE (MSRT)
<b>BLOCK – 4</b>	<b>MARMA THERAPY</b>
UNIT – 1	IDENTIFICATION OF VARIOUS MARMA POINTS; APPLICATION ON MARMA POINTS; ACTIVATION OF MARMA POINTS, ITS PRACTICE AND PROCEDURE. THERAPEUTIC APPLICATION OF MARMA POINTS.
UNIT – 2	<b>CONTINUOUS EVALUATION BY THE TEACHERS</b>

## TEXT BOOKS

1. YOGRISHI SWAMI RAMDEV JI: PRANAYAMA RAHASYA, DIVYA PRAKASHAN, HARIDWAR, 2009
2. BASAVARADDI, I.V. & OTHERS: SHATKARMA: A COMPREHENSIVE DESCRIPTION ABOUT CLEANSING PROCESS, MDNIY NEW DELHI, 2009
3. SWAMI DHIRENDRA BHARAMHACHARI: YOGASANA VIJNANA, DHIRENDRA YOGA PUBLICATIONS, NEW DELHI, 1966.
4. SWAMI KUALYANANDA: ASANA, KAIVALYADHAMA, LONAVLA, 1983

## BOOKS FOR REFERENCE

1. BASAVARADDI I. V. & OTHERS: TEACHERS MANUAL FOR SCHOOL TEACHERS, MDNIY, NEW DELHI, 2010



2. YAJYNOPATHY: BRAHMVARCHAS, SRI VEDMATA GAYATRI TRUST, SHANTIKUNJ, HARIDWAR.
3. YAJNA SE HOGA SUNAHRA KAL: DR ROCHNA BHARTI, SRIRANG PRAKASHAN, NASHIK.
4. YAJNOTHERAPY: SANDIP ARYA, VIJAIKUMAR GOVINDRAM HASANAND, 4408 NAI SADAK, NEW DELHI.
5. MARMA CHIKITSAVIJNANA: PROF. SUNIL KUMAR JOSHI, MRITYUNJAYA MISSION, AADI ARTS, HARIDWAR.

**COURSE DETAILS – 3**  
**SUBJECT NAME – ESSENCE OF SRIMAD BHAGAVAD GEETA-I**  
**SUBJECT CODE – BSYSMJ – 303**

<b>CREDIT: 4</b>	<b>CA: 25</b>	<b>SEE: 75</b>	<b>MM: 100</b>
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**COURSE OBJECTIVE:**

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

1. DESCRIBE THE IMPORTANCE AND CORE IDEAS OF THE BHAGAVAD GITA.
2. EXPLAIN THE CONCEPT OF ATMAN, PARAMATMAN, AND STHITAPRAJNA.

<b>BLOCK – 1</b>	<b>SIGNIFICANCE OF BHAGAVADGITA AS SYNTHESIS OF YOGA</b>
UNIT – 1	INTRODUCTION TO BHAGAVADGITA,
UNIT – 2	IMPORTANCE OF BHAGAVADGITA; BHAGAVADGITA: A SYN-THESIS OF YOGA;
UNIT – 3	DEFINITIONS OF YOGA IN BHAGAVADGITA AND THEIR RELE-VANCE;
UNIT – 4	BHAGAVADGITA’S RELEVANCE IN YOGA SADHANA; BHAGVADGITA AND ITS UNIVERSAL SIGNIFICANCE.
<b>BLOCK – 2</b>	<b>INTRODUCTION OF THE CHAPTER 2, 3 AND 4</b>
UNIT – 1	CONCEPT OF ATMA, STHITPRAGYA, BRAHMANI STHITI
UNIT – 2	CONCEPT OF NISHKAAM KARMA, ORDER OF CREATION, HOW TO CURB DESIRES

UNIT – 3	<b>SUBJECT OF KAARMA YOGA AND SAGUN NIRGUN BRAHMA</b>
UNIT – 4	<b>DIFFERENT TYPES OF YAJNA AND IMPORTANCE OF GYAAN YAJNA</b>
<b>BLOCK – 3</b>	<b>INTRODUCTION OF THE CHAPTER 5, 6 AND 7</b>
UNIT – 1	<b>SUBJECT OF SANKHYA AND KARMA YOGA, CONCEPT OF DHYAAN YOGA WITH BHAKTI</b>
UNIT – 2	<b>CONCEPT OF YOGARUDHA PURUSHA, CONCEPT OF DHYAAN YOGA, MANONIGRAH AND YOGABRASHTH PURUSHA</b>
UNIT – 3	INTRODUCTION OF GYAAN VIGYAAN YOGA
UNIT – 4	DEMONIC NATURE AND DEVOTEE NATURE, WORSHIP OF OTHER GODS
<b>BLOCK – 4</b>	<b>INTRODUCTION OF THE CHAPTER 8 AND 9</b>
UNIT – 1	BRAHMA IS THE SUBJECT OF SPIRITUALITY AND KARMA
UNIT – 2	SUBJECT OF BHAKTI YOGA, SUBJECT OF SHUKLA AND KRISHNA
UNIT – 3	SUBJECT OF GYAAN (RAAJ VIDYA),
UNIT – 4	THE RESULT OF WORSHIP WITHOUT DESIRE AND DESIRE, THE GLORY OF SELFLESS DEVOTION

## TEXT BOOKS

1. SRIMADBHAGAVADGITA- GITAMRITAM: YOGRISHI SWAMI RAMDEV JI, DIVYA PRAKASHAN, HARIDWAR, 2013
2. SWAMI GAMBHIRANAND; BHAGAVADGITA WITH THE COMMENTARY OF SANKARACHARYA, ADVITA ASHRAMA, KOLKATA, 2003

## BOOKS FOR REFERENCE

1. LOKMANYA GANGADHAR TILAK: GITA RAHASYA
2. SWAMI RAGHVENDRANANDA; UNIVERSAL MESSAGE OF THE BHAGAVAD GITA, ADVITA ASHRAMA, KOLKATA, 2000



3. SWAMI GAMBHIRANAND ; BHAGAVADGITA (WITH GUDHARTH DIPIKA)  
SRI RAMKRISHNA MATHA MADRAS
4. SWAMI RAMSUKHADAS; SRIMAD BHAGAVADGITA (SADHAKA SANJIVANI)  
GITA PRESS GORAKHPUR
5. SWAMI RANGANATHANANDA ; BAGAVADGITA, ADVAITA ASHRAMA  
SUB- DEPT-5 DELI ENTALLY ROAD KOLKATA.

**COURSE DETAILS – 4**  
**SUBJECT NAME – FUNDAMENTALS OF PSYCHOLOGY**  
**SUBJECT CODE – BSYSMN – 304**

<b>CREDIT: 2</b>	<b>CA: 15</b>	<b>SEE: 35</b>	<b>MM: 50</b>
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### **COURSE OBJECTIVES:**

- TO FAMILIARIZE STUDENTS WITH THE BASIC CONCEPTS OF INDIAN AND WESTERN PSYCHOLOGY WITH AN EMPHASIS ON APPLICATION OF PSYCHOLOGY IN EVERYDAY LIFE.
- TO INTRODUCE THE STUDENTS TO THE GENERAL CONCEPTS OF PSYCHOLOGY.

<b>BLOCK – 1</b>	<b>INTRODUCTION OF PSYCHOLOGY</b>
UNIT – 1	MEANING AND DEFINITIONS OF PSYCHOLOGY,
UNIT – 2	PSYCHOLOGICAL THOUGHTS IN SOME MAJOR, EASTERN SYSTEM: BHAGAVAD GITA AND BUDDHISM,
UNIT – 3	CONCEPT OF PSYCHOLOGY AS PER UPANISHADS, GOALS AND BRANCHES OF PSYCHOLOGY
UNIT – 4	APPROACHES OF PSYCHOLOGY: BIOLOGICAL AND BEHAVIOURAL
<b>BLOCK – 2</b>	<b>METHODS OF PSYCHOLOGY</b>
UNIT – 1	EXPERIMENTAL METHOD: MEANING, DEFINITION, TYPES, MERITS AND DEMERITS

UNIT – 2	OBSERVATION METHOD: MEANING, DEFINITION, TYPES, MERITS AND DEMERITS,
UNIT – 3	SURVEY METHOD: MEANING, DEFINITION, MERITS AND DEMERITS,
UNIT – 4	QUESTATIONNAIRE METHOD: MEANING, DEFINITION, MERITS AND DEMERITS
<b>BLOCK – 3</b>	<b>PERCEPTION&amp; LEARNING</b>
UNIT – 1	MEANING, DEFINITION AND MECHANISM OF PERCEPTION
UNIT – 2	FACTORS INFLUENCING PERCEPTION, LAWS OF PERCEPTUAL ORGANIZATION,
UNIT – 3	PERCEPTUAL CONSTANCY: SHAPE AND SIZE
UNIT – 4	LEARNING: MEANING DEFINITIONS AND TYPES OF LEARNING, FACTORS AFFECTING LEARNING, METHODS OF LEARNING, TRANSFER OF LEARNING: POSITIVE, NEGATIVE, ZERO AND BILATERAL
<b>BLOCK – 4</b>	<b>MEMORY, INTELLIGENCE AND COMMON MENTAL DISORDERS</b>
UNIT – 1	MEANING, DEFINITIONS AND TYPES OF MEMORY: SENSORY, SHORT-TERM AND LONG TERM, COMPONENTS OF MEMORY: ENCODING, STORAGE & RETRIEVAL,
UNIT – 2	FACTORS AFFECTING MEMORY, ENHANCEMENT OF MEMORY, FORGETTING: MEANING AND DEFINITION, CAUSES OF FORGETTING. INTELLIGENCE: MEANING AND DEFINITIONS OF INTELLIGENCE, TYPES OF INTELLIGENCE (MENTAL, EMOTIONAL, SOCIAL AND SPIRITUAL INTELLIGENCE).
UNIT – 3	CAUSES AND CONSEQUENCES OF CONFLICTS AND FRUSTRATIONS; COMMON MENTAL DISORDERS; DEPRESSIVE DISORDERS; ANXIETY DISORDERS



UNIT – 4	SERIOUS MENTAL DISORDERS; MENTAL RETARDATION; ALCOHOL AND DRUG ABUSE; SUICIDE, ATTEMPTED SUICIDE AND SUICIDE PREVENTION.
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### **PRESCRIBED TEXT BOOKS:**

1. SINGH, A.K. (2009) ADVANCED GENERAL PSYCHOLOGY. MOTILAL BANARSIDAS.
2. JAIN, S. (2014). *INTRODUCTION TO PSYCHOLOGY*. ISBN-13: 9788127256432.

### **REFERENCE BOOKS:**

3. BARON, R.A. (1995). PSYCHOLOGY: THE ESSENTIAL SCIENCES, NEW YORK; ALLYN & BACON.
4. BARON, R.A. (2001). PSYCHOLOGY: FIFTH EDITION. NEW YORK; ALLYN & BACON.
5. ZIMBARDO, P.O. & WEBER, A.L. (1997). PSYCHOLOGY. NEW YORK, HARPER COLLINS COLLEGE.
6. LEFTON, L.A. (1985). PSYCHOLOGY, BOSTON; ALLYN & BARON.
7. MORGAN, C. T. (2004). *INTRODUCTION TO PSYCHOLOGY*. MCGRAW HILL

#### **COURSE DETAILS – 5**

**SUBJECT NAME – FUNDAMENTALS OF NATUROPATHY AND  
COMPLEMENTARY AND ALTERNATIVE THERAPY (CAT)**

**SUBJECT CODE – BSYSID – 305 A**

<b>CREDIT: 2</b>	<b>CA: 15</b>	<b>SEE: 35</b>	<b>MM: 50</b>
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### **COURSE OBJECTIVES:**

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

1. TO OUTLINE THE PRINCIPLES OF NATUROPATHY.
2. TO PINPOINT THE ESSENTIALS OF A HEALTHY LIFESTYLE.
3. TO ELUCIDATE THE LIFESTYLE PLANS BASED ON NATURAL REMEDIES.

<b>BLOCK – 1</b>	<b>INTRODUCTION TO NATUROPATHY</b>
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UNIT – 1	GENERAL INTRODUCTION TO NATUROPATHY, NATUROPATHY – ITS DEFINITION, MEANING, SCOPE AND LIMITATIONS
UNIT – 2	HISTORY OF NATUROPATHY – INDIAN AND WESTERN;
UNIT – 3	COMPARATIVE STUDY OF THE NATUROPATHY WITH OTHER SYSTEMS OF MEDICINE; CATECHISM OF NATURE CURE
<b>BLOCK – 2</b>	<b>NATUROPATHY THERAPY</b>
UNIT – 1	<b>HYDROTHERAPY</b> : INTRODUCTION, DEFINITION, SCOPE, HISTORY, PRINCIPLES; ROLE OF HYDROTHERAPY IN PREVENTION OF DISEASES;
UNIT – 2	<b>UPAVASA (FASTING)</b> : INTRODUCTION, DEFINITION, SCOPE, HISTORY, PRINCIPLES AND TYPES; ITS ROLE IN DISEASE PREVENTION, HEALTH PROMOTION; CONCEPT OF DE-TOXIFICATION;
UNIT – 3	<b>DIET</b> : INTRODUCTION, DEFINITION, SCOPE, TYPES AND ITS PRINCIPLES; ROLE OF NATUROPATHY DIET IN DISEASE PREVENTION AND , HEALTH PROMOTION;
UNIT – 4	<b>MASSAGE</b> : INTRODUCTION, DEFINITION, SCOPE, HISTORY, ITS PRINCIPLES AND MANIPULATIVE TECHNIQUES; DIFFERENT TYPES OF MESSAGES AND THEIR ROLE IN IN DISEASE PREVENTION, AND HEALTH PROMOTION.
<b>BLOCK – 3</b>	<b>PRINCIPLES AND CONCEPTS OF NATUROPATHY</b>
UNIT – 1	LAWS OF NATURE: CONCEPT OF PANCHA MAHABHOOTAS, SHAREERA DHARMAS – AHARA, NIDRA, BHAYA AND MAITHUNA.
UNIT – 2	IMPORTANCE OF FIVE ELEMENTS (PANCHA MAHABHOOTAS) - ETHER, AIR, FIRE, WATER AND EARTH OF NATURE WITH ITS ORIGIN, PROPERTIES, AND IMPORTANCE IN NATUROPATHY.
UNIT – 3	DETAILED STUDY OF VITAL FORCE, NATURAL IMMUNITY, HEALING CRISIS, FOREIGN MATTER, IMPORTANCE OF PHYSICAL EXERCISE AND REST.



UNIT – 4	THE DIAGNOSTIC PROCEDURES OF NATUROPATHY – SPINAL ANALYSIS, FACIAL DIAGNOSIS, IRIS DIAGNOSIS, CHROMO DIAGNOSIS AND THEIR DIAGNOSTIC VALUES.
<b>BLOCK – 4</b>	<b>COMPLEMENTARY AND ALTERNATIVE THERAPY (CAT)</b>
UNIT – 1	<b>ACUPRESSURE:</b> INTRODUCTION, DEFINITION, SCOPE, HISTORY, PRINCIPLES; ROLE OF ACUPRESSURE.
UNIT – 2	<b>REFLEXOLOGY:</b> INTRODUCTION, DEFINITION, SCOPE, HISTORY, PRINCIPLES; ROLE OF REFLEXOLOGY.
UNIT – 3	<b>MAGNET THERAPY:</b> INTRODUCTION, DEFINITION, SCOPE, HISTORY, PRINCIPLES; ROLE OF MAGNET THERAPY.
UNIT – 4	<b>AROMATHERAPY:</b> INTRODUCTION, DEFINITION, SCOPE, HISTORY, PRINCIPLES; ROLE OF AROMATHERAPY.
UNIT – 5	<b>CHROMO THERAPY:</b> INTRODUCTION, DEFINITION, SCOPE, HISTORY, PRINCIPLES; ROLE OF CHROMO THERAPY

## TEXT BOOKS

1. S. D. DWIVEDI: NATUROPATHY FOR PERFECT HEALTH, KALPAZ PUBLICATION DELHI, 2002
2. PRAVESH HANDA: NATUROPATHY AND YOGA, KALPAZ PUBLICATION DELHI, 2006
3. S. J.SINGH: MY NATURE CURE OR PRACTICAL NATUROPATHY

## REFERENCE BOOKS

1. R. K. GARDE: AYURVEDIC FOR HEALTH AND LONG LIFE HARRY BENJAMIN: EVERYBODY'S GUIDE TO NATURE CURE.
2. M. K. GANDHI: MY NATURE CURE
3. DR. JITENDRA ARYA: NATURE CURE, PUNE.

**COURSE DETAILS – 5**  
**SUBJECT NAME – INDIAN KNOWLEDGE SYSTEM-I**  
**SUBJECT CODE – BSYSID – 305 B**

<b>CREDIT: 2</b>	<b>CA: 15</b>	<b>SEE: 35</b>	<b>MM: 50</b>
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### **COURSE OBJECTIVES:**

1. EXPLORE THE FOUNDATIONAL PRINCIPLES OF INDIAN KNOWLEDGE SYSTEMS INCLUDING BUT NOT LIMITED TO VEDAS, UPANISHADS, VEDANTA, AND OTHER ANCIENT TEXTS.
2. INTEGRATE INSIGHTS FROM DIVERSE DISCIPLINES SUCH AS PHILOSOPHY, THEOLOGY, LITERATURE, ART, SCIENCE, AND SOCIOLOGY ENCOURAGING INTERDISCIPLINARY DIALOGUE AND SYNTHESIS.
3. EXAMINE THE RICH DIVERSITY WITHIN INDIAN KNOWLEDGE SYSTEMS ENCOMPASSING VARIOUS SCHOOLS OF PHILOSOPHY, RELIGIOUS BELIEFS, LINGUISTIC TRADITIONS, AND REGIONAL CULTURAL EXPRESSIONS, FOSTERING APPRECIATION FOR THE MULTIFACETED NATURE OF INDIAN HERITAGE.

<b>BLOCK – 1</b>	<b>INDIAN PHILOSOPHICAL SYSTEMS</b>
UNIT – 1	CATURDASA VIDYASTHANA-S: 14 BRANCHES OF LEARNING IN ANCIENT INDIA-PURANA, NYAYA, MIMAMSA, DHARMASASTRA,
UNIT – 2	SIX VEDANGA-S: (SIKSA, VYAKARANA, NIRUKTA, CHANDA, JYOTISA, KALPA) AND FOUR VEDAS-SRGVEDA, YAJURVEDA, SAMAVEDA AND ATHARVAVEDA;
UNIT – 3	INTRODUCTORY INFORMATION ON THEM. 18 PURANAS-S, THEIR NAMES AND FIVE GENERAL CHARACTERISTICS OF PURANA-S-SARGA, PRATISARGA, VAMSA, MANVANTARA AND VAM-SANUCARITA.
<b>BLOCK – 2</b>	<b>INDIAN PHILOSOPHICAL SYSTEMS</b>



UNIT – 1	INTRODUCTION AND CONTRIBUTION OF ANCIENT INDIAN GURUKULA SYSTEM: NALANDA, TAKSASILA, VIKRAMASILA, VALABHI, ODANTAPURI, MITHILA, KANCI, NADIYA, PUSPAGIRI, NAGARJUNAKOMDA, SARADAPITHA, (KASMIRA), UJJAIN, JAGADDALA AURA SOMAPURA, DHARMA, ARTHA AND SOCIETY
UNIT – 2	FOUR PURUSARTHA-DHARMA, ARTHA, KAMA AND MOKSA; DEFINITIONS OF EACH OF THE PURUSARTH-S AND MEANING OF DHARMA- ROOT AND DERIVATION OF THE WORD DHARMA; DHARMA: DEFINITIONS AND MEANINGS FROM VARIOUS TEXTS (MAHABHARATA, MANUSMRTI, VAISESIKA SUTRA);
UNIT – 3	KAMYA, NITYA, NISIDDHA, NAIMITTIKA, PRAYASCITA & UPASANA; MEANING OF THE WORD ARTHA-PURUSARHTA;
UNIT – 4	ROOT AND DERIVATION AND MEANING. SOCIAL OUTLOOK FOR TIRTHAYATRA, FESTIVALS, SAPTAPURI, 12 JYOTIRLINGA-S AND UNITY OF INDIA.

## REFERENCE BOOKS:

1. AN INTRODUCTION TO INDIAN KNOWLEDGE SYSTEMS: CONCEPTS AND APPLICATIONS, B MAHADEVAN, V R BHAT, AND NAGENDRA PAVANA R N; 2022 (PRENTICE HALL OF INDIA).
2. INDIAN KNOWLEDGE SYSTEMS: VOL I AND II, KAPIL KAPOOR AND A K SINGH; 2005 (D.K. PRINT WORLD LTD).
3. BALADEV UPADHYAYA, SAMSKRTA ŚĀSTROM KA ITIHĀS, CHOWKHAMBHA, VARANASI, 2010.
4. THE BEAUTIFUL TREE: INDIGENOUS INDIA EDUCATION IN THE EIGHTEENTH CENTURY, DHARAMPAL, BIBLIA IMPEX, NEW DELHI, 1983. REPRINTED BY KEERTHI PUBLISHING HOUSE PVT LTD., COIMBATORE, 1995.
5. INDIAN SCIENCE AND TECHNOLOGY IN THE EIGHTEENTH CENTURY, DHARAMPAL. DELHI: IMPEX INDIA, 1971.

THE BRITISH JOURNAL FOR THE HISTORY OF SCIENCE.

6. D. M. BOSE, S. N. SEN AND B. V. SUBBARAYAPPA, EDS., A CONCISE HISTORY OF SCIENCE IN INDIA, 2ND ED., UNIVERSITIES PRESS, HYDERABAD, 2010.
7. DHARAMPAL, SOME ASPECTS OF EARLIER INDIAN SOCIETY AND POLITY AND THEIR RELEVANCE TODAY, NEW QUEST PUBLICATIONS, PUNE, 1987.
8. MOHANTY, J. N. (2008). A HISTORY OF INDIAN PHILOSOPHY. A COMPANION TO WORLD PHILOSOPHIES, 24–48.
9. POTTER, K. H. (1987). ENCYCLOPEDIA OF INDIAN PHILOSOPHIES VOL IV. DELHI, INDIA: MOTILAL BANARIDASS PUBLISHERS.
10. RADHAKRISHNAN, S., & MOORE, C. A. (EDS.). (1957). A SOURCE BOOK IN INDIAN PHILOSOPHY. NEW JERSEY, NJ: PRINCETON UNIVERSITY PRESS.
12. TIMALSINA, S. (2008). CONSCIOUSNESS IN INDIAN PHILOSOPHY: THE ADVAITA DOCTRINE OF “AWARENESS ONLY.”

**COURSE DETAILS – 5**  
**SUBJECT NAME – MARMA THERAPY**  
**SUBJECT CODE – BSYSID – 305 C**

<b>CREDIT: 2</b>	<b>CA: 15</b>	<b>SEE: 35</b>	<b>MM: 50</b>
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## **COURSE OBJECTIVES:**

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

1. DESCRIBE THE DIFFERENT THERAPEUTIC YOGA MODULES.
2. SPECIFY HOW YOGA TREATMENT MODULES SHOULD BE USED.
3. BE AWARE OF HOW TO APPLY YOGA THERAPY MODULES BASED ON DISEASES.
4. DISTINGUISH BETWEEN DOING YOGA FOR THERAPEUTIC PURPOSES AND TRAINING IN IT. MARMA THERAPY

<b>BLOCK – 1</b>	<b>INTRODUCTION OF MARMA THERAPY</b>
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UNIT – 1	MARMA THERAPY - THE CONCEPT OF VEDIC THERAPY, INTRODUCTION TO MARMA SCIENCE, MARMA SCIENCE IN THE VEDAS, CODE OF ETHICS RELATED TO MARMA SCIENCE,
UNIT – 2	MARMAS NUMBERS AND THEIR DIMENSIONS, BRIEF DESCRIPTION OF MARMAS (MARMAS OF ADHO SHAKHA {MARMA OF FOOT}, MARMA OF URDHVA SHAKHA {MARMA OF THE HANDS}), MARMA OF THE BACK, MARMA OF THE ABDOMEN (STOMACH AND CHEST) AND (MARMA ABOVE THE CHEST UPWARD).
<b>BLOCK – 2</b>	<b>APPLICATION OF MARMA THERAPY</b>
UNIT – 1	IDENTIFICATION OF VARIOUS MARMA POINTS;
UNIT – 2	APPLICATION ON MARMA POINTS; ACTIVATION OF MARMA POINTS, ITS PRACTICE AND PROCEDURE
UNIT – 3	THERAPEUTIC APPLICATION OF MARMA POINTS.

## REFERENCE:

1. MARMA CHIKITSA: DR SUNIL JOSHI
2. SUSHTRUT SAMHITA

### COURSE DETAILS – 6

SUBJECT NAME – FUNDAMENTALS OF COMPUTER APPLICATION

SUBJECT CODE – – BSysAE – 306

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

- UNDERSTAND THE APPLICATION OF COMPUTER IN OUR DAY TODAY LIFE.
- TO REPRESENT THE DATA AND ORGANIZE THEM.

- UNDERSTAND ABOUT OPERATING SYSTEM AND IMPORTANCE OF FILE MANAGEMENT.

<b>BLOCK – 1</b>	<b>BASICS OF COMPUTER AND ITS APPLICATIONS</b>
UNIT – 1	DEFINITION OF A COMPUTER, BLOCK DIAGRAM OF ELEMENTS OF DIGITAL COMPUTER-THEIR FUNCTIONS;
UNIT – 2	COMPUTER HARDWARE & SOFTWARE, COMPUTER GENERATIONS, TYPES OF COMPUTERS;
UNIT – 3	PRIMARY MEMORY– RAM, ROM, PROM, EPROM, CPU, I-O DEVICES;
UNIT – 4	SECONDARY STORAGES, MAGNETIC TAPE, DISK, COMPACT DISKS;
<b>BLOCK – 2</b>	<b>OPERATING SYSTEM</b>
UNIT – 1	GENERAL INTRODUCTION TO OPERATING SYSTEM, DEFINITION OF OPERATING SYSTEM; CLASSIFICATION OF OPERATING SYSTEM
UNIT – 2	OPERATING SYSTEM STRUCTURE: SYSTEMS MANAGEMENT AND STRUCTURE
UNIT – 3	OPERATING SYSTEM SERVICES, BASIC CONCEPTS OF CPU SCHEDULING
UNIT – 4	COMPUTER SYSTEM SECURITY: SYSTEM THREATS
<b>BLOCK – 3</b>	<b>OFFICE SOFTWARE</b>
UNIT – 1	GENERAL INTRODUCTION TO OFFICE SOFTWARE SYSTEM.
UNIT – 2	CLASSIFICATION OF OFFICE SOFTWARE SYSTEM.
UNIT – 3	WORD PROCESSING SOFTWARE MS-WORD
UNIT – 4	SPREAD-SHEET SOFTWARE MS-EXCEL
UNIT – 5	PRESENTATION SOFTWARE MS-POWER-POINT.
<b>BLOCK – 4</b>	<b>APPLICATIONS OF COMPUTER</b>
UNIT – 1	USE OF COMPUTERS IN EDUCATION AND RESEARCH: DATA ANALYSIS



UNIT – 2	HETEROGENEOUS STORAGE, E-LIBRARY, GOOGLE SCHOLAR,
UNIT – 3	DOMAIN SPECIFIC PACKAGES SUCH AS SPSS, MATHEMATICA ETC

## REFERENCE BOOKS:

1. A. GOEL, COMPUTER FUNDAMENTALS, PEARSON EDUCATION, 2010.
2. P. AKSOY, L. DENARDIS, INTRODUCTION TO INFORMATION TECHNOLOGY, CENGAGE LEARNING, 2006
3. P. K.SINHA, P. SINHA, FUNDAMENTALS OF COMPUTERS, BPB PUBLISHERS, 2007

### COURSE DETAILS – 7

**SUBJECT NAME – YOGA ASANA SPORTS EVOLUTION TEACHING & MARKING SYSTEM**

**SUBJECT CODE – BSYSSE – 307**

<b>CREDIT: 3</b>	<b>CA: 25</b>	<b>SEE: 75</b>	<b>MM: 100</b>
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## COURSE OBJECTIVES:

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

- UNDERSTAND FUNDAMENTALS OF YOGA SPORTS
- KNOW KEY JUDGING POINTS, MICRO MARKING SYSTEM, DISCIPLINE.
- KNOW SYLLABUS OF YOGASANA CHAMPIONSHIPS.
- KNOW THE PURPOSE AND GOALS OF YOGASANA.

<b>BLOCK – 1</b>	<b>INTRODUCTION OF YOGA AND SPORTS</b>
UNIT – 1	HISTORY OF YOGA SPORTS
UNIT – 2	INTRODUCTION OF NATIONAL YOGASANA SPORTS FEDERATION
UNIT – 3	PURPOSE AND GOALS OF YOGASANA SPORTS,



UNIT – 4	ATHLETE GROUPS AND EVENTS, ORGANIZATIONAL CHART. ROLE & RESPONSIBILITIES.
<b>BLOCK – 2</b>	<b>RIGHTS</b>
UNIT – 1	RIGHTS AND OBLIGATIONS OF ATHLETES
UNIT – 2	RIGHTS AND OBLIGATIONS OF TEAM COACHES JUDGES, DIFFICULTY LEVEL CHARTS OF YOGASANA,
<b>BLOCK – 3</b>	<b>SYLLABUS</b>
UNIT – 1	SYLLABUS OF YOGASANA CHAMPIONSHIPS LIKE, TRADITIONAL YOGASANA INDIVIDUAL, ARTISTIC YOGASANA (SINGLE), ARTISTIC YOGASANA PAIR, RHYTHMIC YOGASANA PAIR, ARTISTIC YOGASANA GROUP.
<b>BLOCK – 4</b>	<b>JUDGMENTS</b>
UNIT – 1	KEY JUDGING POINTS, MICRO MARKING SYSTEM, DISCIPLINE, FOUL, WARNING, PROTEST, ANNOUNCEMENT OF SCORES AND FINAL RESULT, N) ROLES AND RESPONSIBILITIES OF OFFICIALS, ANTI-DOPING POLICY OF NYSF, FOP FOR YOGASANA, SAMPLES OF FITNESS CERTIFICATE & RISK CERTIFICATE.

## REFERENCE

CODE OF POINTS, NATIONAL YOGASANA SPORTS FEDERATION. [HTTPS://YOGASANASPORT.IN/CODE-OF-POINT/](https://yogasanaspport.in/code-of-point/)