



SEMESTER IV

COURSE DETAILS – 1
SUBJECT NAME – PATANJALI YOGA SUTRAS – I
SUBJECT CODE – BSYSMJ – 401

CREDIT: 6	CA: 25	SEE: 75	MM: 100
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COURSE OBJECTIVES:

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

1. UNDERSTAND DIFFERENT MENTAL MODIFICATIONS AND HOW TO PREVENT THEM.
2. GAIN AN UNDERSTANDING OF THE FUNDAMENTALS OF SAMADHI AND SADHANA PADA.
3. RECOGNIZE THE FUNDAMENTAL IDEAS OF KAIVALYA AND VIBHUTI PADA

BLOCK – 1	INTRODUCTION OF YOGSUTRA
UNIT – 1	INTRODUCTION OF MUNI PATANJALI AND COMMENTRY OF YOGSUTRA
UNIT – 2	SUTRAS AND THEIR PRONUNCIATION AND CHANTTING
BLOCK – 2	SAMADHI PADA
UNIT – 1	CONCEPT OF CHITTA; CONCEPT OF CITTA BHOOMIS (KSHIPTA, MOODH, VIKSHIPTA, EKAGRA, NIRUDDHA); CONCEPT OF CIT-TAVRITTIS AND THEIR CLASSIFICATION, CITTA-VRITTI NIROD-DHOPAYA (ABHYASA AND VAIRAGYA);
UNIT – 2	CONCEPT OF ISHWAR AND ISHWAR PRANIDHANA, QUALITIES OF ISHWAR, CITTA-VIKSHEPAS (ANTARAYAS), CONCEPT OF CITTA-PRASADANAM, RELEVANCE OF CITTA PRASADANAM IN YOGA SADHANA.

UNIT- 3	TYPES OF SAMADHI (SAMPRAJNATAH AND ASAMPRAJNATAH SAMADHI); TYPES OF SAMPRAJNATAH SAMADHI (VITARKA, VICHARA, ANAND AND ASHMITA); CONCEPT OF SAMAPATTI AND KINDS OF SAMAPATTI (SAVITRAKA AND NIRVITRAKA, SAVICHARA AND NIRVICHARA); TYPES OF ASAMPRAJNATAH SAMADHI (BHAVAPRATYAYA AND UPAYAPRATYAYA).
BLOCK – 3	SADHANAPADA
UNIT – 1	CONCEPT OF KRIYA YOGA OF PATANJALI, THEORY OF KLESSES (AVIDYA, ASHMITA, RAGA, DEWESH, ABHINEVESH);
UNIT – 2	CONCEPT OF DUKHAVADA (HEYA, HEYA HETU, HANA, HANOPAYA) DRISHYA NIRUPAM (PRAKRITI),
UNIT – 3	DRASHTA NIRUPANA (PURUSHA), PRAKRITI PURUSHA SAMYOGA; BRIEF INTRODUCTION TO ASHTANGA YOGA; CONCEPT OF ASANA AND PRANAYAMA AND THEIR SIDDHIS, CONCEPT OF PRATYAHARA AND ITS SIDDHIS
BLOCK – 4	YOG SUTRA SMARAN

COURSE DETAILS – 2
SUBJECT NAME – VARIOUS MEDITATION TECHNIQUES
SUBJECT CODE – BSYSMJ – 402

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

1. TO KNOW TRADITIONAL MEANING AND DEFINITIONS OF THE TERM 'MEDITATION'
2. TO KNOW PREPARATORY PRACTICE OF MEDITATION
3. TO KNOW DIFFERENT TYPES OF MEDITATION TECHNIQUES WITH THEIR BENEFITS
4. TO HAVE THE KNOWLEDGE OF SCIENTIFIC APPROACH OF MEDITATION
5. TO KNOW DATABASE RESEARCH ON MEDITATION



BLOCK – 1	INTRODUCTION OF MEDITATION
UNIT – 1	MEDITATION ITS MEANING, NATURE AND SCOPE;
UNIT – 2	MEDITATION AS DEPLOYMENT OF CONCENTRATION;
UNIT – 3	CONCEPT OF DHARANA, DHYANA AND SAMADHI. PRAYER, WORSHIP & MEDITATION
UNIT – 4	INITIAL STAGE OF MEDITATION, PSYCHOLOGICAL BASIS OF MEDITATION.
BLOCK – 2	MEDITATION IN HINDUISM
UNIT – 1	MEDITATION IN HINDUISM: OM MEDITATION; SO-HAM MEDITATION; CHAKRA MEDITATION
UNIT – 2	PROCESS OF MEDITATION IN 6TH CHAPTER OF BHAGAVAD GITA
UNIT – 3	TRANSCENDENTAL MEDITATION. CYCLIC MEDITATION, MIND SOUND RESONANCE TECHNIQUE (MSRT)
BLOCK – 3	MEDITATION IN BUDDHISM
UNIT – 1	MEDITATION IN BUDDHISM;
UNIT – 2	MEDITATION IN JAINISM; ZEN MEDITATION; CARRINGTON'S CSM;
UNIT – 3	MEDITATION AS A SELF-ENHANCEMENT AND SELF-REGULATION STRATEGY; MEDITATION- SAMYAMA AND SIDDHIS THE POSSIBILITY AND SIGNIFICANCE.
BLOCK – 4	MEDITATION & ITS SCIENTIFIC APPROACH
UNIT – 1	PRACTICE OF VARIOUS MEDITATION TECHNIQUES
UNIT – 2	PSYCHOLOGICAL EFFECTS OF MEDITATION
UNIT – 3	ADVANCED PSYCHOLOGICAL BENEFITS OF MEDITATION
UNIT – 4	THERAPEUTIC EFFECTS OF MEDITATION: MEDITATION AND-MORTALITY- YOGA AND HYPERTENSION- HEALING AND HEALTH EFFECTS.
BLOCK – 5	PRACTICE OF VARIOUS MEDITATION
UNIT – 1	ALL ABOVE PRACTICES, DEEP RELAXATION TECHNIQUE (DRT), QUICK RELAXATION TECHNIQUE (QRT), PRANIC ENERGIZATION TECHNIQUE (PET), MASTERING EMOTIONAL TECHNIQUE (MEMT), MEDITATIVE COGNITIVE PSYCHOTHERAPY (MCP).

BOOKS FOR REFERENCES

1. IYENGAR, B.K.S. : LIGHT ON YOGA, HARPER COLLINS PUBLISHERS.
 2. TIWARI, O.P. : ASANA WHY AND HOW? KAIVALYADHAMA, LONAVLA.
 3. JAYADEV, YOGENDRA : CYCLOPAEDIA YOGA (VOL. I-IV), THE YOGA INSTITUTE, SANTACRUZ, MUMBAI.
 4. SARASWATI, SWAMI SATYANAND: ASANA, PRANAYAMA, BANDHA, MUDRA BIHAR SCHOOL OF YOGA, MUNGER.
 5. SWAMI NIRANJANANANDA SARASWATI: DHARANA DARSHAN; ; BIHAR SCHOOL OF YOGA PUBLICATIONS; MUNGER, 2001
 6. LAJPAT, DR. R.: DISCOVERING HUMAN POTENTIAL ENERGY, ABHINAV RAI PUBLICATION, GURGAON, 1996
 7. LAJPAT, RAI & OTHERS: MEDITATION, ANBHAVA RAI PUBLICATIONS, GURGAON
 8. SARASWATI, SWAMI SATYA NAND: MEDITATION FROM TANTRAS,YOGA PUBLICATION TRUST, MUNGER, 2004
 9. KRISHNAMACHARYA, T.: DHYANAMALIKA, KYM, CHENNAI, 2005
 10. SWAMI SATYANANDA: YOGANIDRA, YOGA PUBLICATION TRUST, MUNGER, 1998
 11. IYENGAR, B.K.S.: LIGHT ON PRANAYAMA, HARPER COLLINS, SWAMI VIVEKANAND YOGA PRAKASHAN, 2012
- DESIKACHAR, DR. KAUSTHUB, THE HEART OF ASANA, - APRIL 1, 2012

COURSE DETAILS – 3

SUBJECT NAME – ESSENCE OF SRIMAD BHAGAVAD GEETA-II

SUBJECT CODE – BSYSMJ – 403

CREDIT: 6	CA: 25	SEE: 75	MM: 100
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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.



BLOCK – 1	INTRODUCTION OF THE CHAPTER 12, 13
UNIT – 1	WAYS TO ATTAIN GOD
UNIT – 2	CHARACTERISTICS OF A BHAGWAT PRAPTA PERSON
UNIT – 3	SUBJECT OF KSHETRA KSHETRAGYA
UNIT – 4	SUBJECT OF PURUSH AND PRAKRITI
BLOCK – 2	INTRODUCTION OF THE CHAPTER 14, 15
UNIT – 1	CONCEPT OF THE WORLD
UNIT – 2	CONCEPT OF SAT, RAJ, TAM
UNIT – 3	SUBJECT OF JEEVATMA, KSAR AND AKSHAR
BLOCK – 3	INTRODUCTION OF THE CHAPTER 16, 17, 18
UNIT – 1	CONCEPT OF DEVA AND ASUR SAMPADA
UNIT – 2	KSHRADHA ACCORDING TO TRIGUN, DIET, YAJNA, TAPA ETC ACCORDING TO TRIGUN
UNIT – 3	CONCEPT OF SNKHYA YOGA, CONCEPT OF GYAAN, KARMA AND KARTA ETC ACCORDING TO TRIGUN
BLOCK – 4	SHASTRA SMARAN

TEXT BOOKS

1. SRIMAD BHAGAVAD GITA- 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 BHAGAVADGITA, 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 – DIET, NUTRITION & HYGIENE
SUBJECT CODE – BSYSMN – 404

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

AFTER STUDYING THIS COURSE STUDENT CAN ABLE TO UNDERSTAND

1. TO PROVIDE COMPREHENSIVE KNOWLEDGE OF THE PRINCIPLES OF DIET, NUTRITION, AND HYGIENE FOR MAINTAINING OPTIMAL HEALTH.
2. TO UNDERSTAND THE ROLE OF BALANCED NUTRITION IN DISEASE PREVENTION AND HEALTH PROMOTION.
3. TO DEVELOP SKILLS IN PLANNING DIETS FOR DIFFERENT AGE GROUPS, HEALTH CONDITIONS, AND LIFESTYLES.
4. TO CREATE AWARENESS OF PERSONAL AND COMMUNITY HYGIENE PRACTICES TO PROMOTE PUBLIC HEALTH.
5. TO ENCOURAGE CRITICAL THINKING REGARDING NUTRITIONAL MYTHS, FOOD SAFETY, AND HYGIENE PRACTICES.

BLOCK – 1	FUNDAMENTALS OF DIET AND NUTRITION
UNIT – 1	INTRODUCTION TO NUTRITION: DEFINITION, SCOPE, AND IMPORTANCE IN HEALTH;
UNIT – 2	MACRONUTRIENTS: CARBOHYDRATES, PROTEINS, FATS – FUNCTIONS, SOURCES, AND DAILY REQUIREMENTS;
UNIT – 3	MICRONUTRIENTS: VITAMINS AND MINERALS – TYPES, FUNCTIONS, DEFICIENCY DISORDERS, AND SOURCES;
UNIT – 4	WATER AND ELECTROLYTE BALANCE: IMPORTANCE OF HYDRATION, WATER AS A NUTRIENT;



UNIT – 5	BALANCED DIET: DEFINITION, COMPONENTS, AND FACTORS AFFECTING DIETARY NEEDS.
BLOCK – 2	NUTRITION THROUGH THE LIFE CYCLE
UNIT – 1	NUTRITIONAL NEEDS ACROSS AGE GROUPS: INFANTS AND CHILDREN, ADOLESCENTS, ADULTS, PREGNANT AND LACTATING WOMEN, ELDERLY POPULATION;
UNIT – 2	THERAPEUTIC NUTRITION: DIET FOR COMMON LIFESTYLE DISEASES (DIABETES, HYPERTENSION, OBESITY), NUTRITION DURING ILLNESS AND RECOVERY;
UNIT – 3	MALNUTRITION: TYPES (UNDER-NUTRITION, OVER-NUTRITION), CAUSES, CONSEQUENCES, AND MANAGEMENT
BLOCK – 3	FOOD SAFETY AND HYGIENE
UNIT – 1	INTRODUCTION TO HYGIENE: DEFINITION, IMPORTANCE OF PERSONAL, FOOD, AND ENVIRONMENTAL HYGIENE;
UNIT – 2	FOOD HYGIENE: PRINCIPLES OF SAFE FOOD HANDLING, STORAGE, AND PREPARATION;
UNIT – 3	FOOD CONTAMINATION AND FOODBORNE DISEASES: CAUSES, SYMPTOMS, AND PREVENTIVE MEASURES;
UNIT – 4	SANITATION PRACTICES: SAFE DRINKING WATER, WASTE DISPOSAL, PEST CONTROL;
UNIT – 5	HYGIENE IN PUBLIC SPACES: IMPORTANCE OF COMMUNITY HYGIENE AND HEALTH PROGRAMS.
BLOCK – 4	DIET PLANNING AND HEALTH PROMOTION
UNIT – 1	PRINCIPLES OF MEAL PLANNING: NUTRITIONAL ADEQUACY, VARIETY, CULTURAL AND ECONOMIC CONSIDERATIONS;
UNIT – 2	READING FOOD LABELS: UNDERSTANDING NUTRITIONAL INFORMATION, INGREDIENTS, AND FOOD ADDITIVES
UNIT – 3	NUTRITION EDUCATION: ROLE IN PROMOTING HEALTHY EATING HABITS;

UNIT – 4	HEALTH PROMOTION STRATEGIES: RELATIONSHIP BETWEEN NUTRITION, HYGIENE, AND LIFESTYLE DISEASES
UNIT – 5	RECENT TRENDS IN NUTRITION: SUPERFOODS, FUNCTIONAL FOODS, AND DIETARY SUPPLEMENTS.

TEXTBOOKS:

1. CATHERINE GEISSLER & HILARY POWERS, **HUMAN NUTRITION**, ELSEVIER
2. FRANCES SIZER & ELLIE WHITNEY, **NUTRITION: CONCEPTS AND CONTROVERSIES**
3. SAREEN S. GROPPER & JACK L. SMITH, **ADVANCED NUTRITION AND HUMAN METABOLISM**
4. ANITA TULL, **FOOD AND NUTRITION**
5. DAVID MCSWANE, **ESSENTIALS OF FOOD SAFETY AND SANITATION**

REFERENCE BOOKS:

1. A. CATHARINE ROSS ET AL., **MODERN NUTRITION IN HEALTH AND DISEASE**
2. MARIE A. BOYLE, **COMMUNITY NUTRITION IN ACTION: AN ENTREPRENEURIAL APPROACH**
3. SUNETRA RODAY, **FOOD SCIENCE AND NUTRITION**
4. SUMATI R. MUDAMBI & M.V. RAJAGOPAL, **FUNDAMENTALS OF FOODS, NUTRITION, AND DIET THERAPY**
5. JANICE THOMPSON, MELINDA MANORE, & LINDA VAUGHAN, **THE SCIENCE OF NUTRITION**

COURSE DETAILS – 5
SUBJECT NAME – COMMUNICATIVE ENGLISH
SUBJECT CODE – BSYSAE-405

CREDIT: 2	CA: 13	SEE: 37	MM: 50
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OBJECTIVE

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

1. LEARN TO READ AND WRITE IN ENGLISH.
2. INTERACT WITH OTHERS IN ENGLISH WHILE RECEIVING YOGA INSTRUCTIONS.

BLOCK – 1	SYLLABLES & GRAMMAR
UNIT – 1	RHYTHM, INTONATION & REVISION OF BASIC GRAMMAR
UNIT – 2	TENSES, PREPOSITIONS, ARTICLES
UNIT – 3	CONJUNCTIONS, MODALS, DIRECT AND INDIRECT SPEECH
BLOCK – 2	READING & WRITING
UNIT – 1	VOCABULARY DEVELOPMENT & ANALYTICAL SKILLS
UNIT – 2	EDITING SKILLS & ERROR CORRECTION
UNIT – 3	ARTICLE WRITING & READING COMPREHENSION
BLOCK – 3	LISTENING SKILLS
UNIT – 1	AUDIO BOOKS & PODCASTS
UNIT – 2	SPEECHES OF RENOWNED YOGA MASTERS
UNIT – 3	TED TALKS
BLOCK – 4	SPOKEN ENGLISH
UNIT – 1	ACCENTS, DIALECTS & EXTEMPORE SPEAKING
UNIT – 2	ORAL REPORTS, DEBATES & GROUP DISCUSSIONS
UNIT – 3	PUBLIC SPEAKING SKILLS
UNIT – 4	LEADERSHIP & TEAMWORK IN COMMUNICATION

TEXT BOOKS:

ENGLISH GRAMMAR IN USE, 4TH EDITION, CAMBRIDGE BY RAYMOND MURPHY

SUGGESTED SOURCES:

BRITISHOUNCIL.ORG