



## SEMESTER VI

**COURSE DETAILS – 1**  
**SUBJECT NAME – VARIOUS YOGIC TEXTS-I**  
**SUBJECT CODE – BSYSMJ-601**

<b>CREDIT: 6</b>	<b>CA: 25</b>	<b>SEE: 75</b>	<b>MM: 100</b>
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### **COURSE OBJECTIVES:**

1. TO INTRODUCE DIFFERENT HATHAYOGATEXTS SUCH AS SIDDHA SIDDHANTAPADDHATI (SSP), HATHA
2. TANAVALI (HR) AND SIVA SAMHITA (SS).
3. TO ENRICH THE VARIETIES OF HATHA YOGIC TECHNIQUES IN THESE TEXTS

<b>BLOCK – 1</b>	<b>SIDDHA SIDDHANTA PADDHATI (SSP)</b>
UNIT – 1	UPADESHA-I: ORIGIN OF THE BODY
UNIT – 2	UPADESHA-II: DISCUSSION OF THE BODY
UNIT – 3	UPADESHA-III: KNOWLEDGE OF THE BODY
UNIT – 4	UPADESHA-IV: THE FOUNDATION OF THE BODY
UNIT – 5	UPADESHA-V: THE UNION OF THE BODY WITH THE SUPREME REALITY
UNIT – 6	UPADESHA-VI: THE DEFINITION OF AN AVADHUTA YOGI
<b>BLOCK – 2</b>	<b>HATHA RATNAVALI (HR)</b>
UNIT – 1	DATE & AUTHORSHIP OF HATHA RATNAVALI (HR)- YAMA AND NIYAMAS, EIGHT PURIFICATORY TECHNIQUES
UNIT – 2	ASANA AND PRANAYAMA
UNIT – 3	BANDH AND MUDRA

	SAMADHI AND NADA
<b>BLOCK – 3</b>	<b>SIVA SAMHITA</b>
UNIT – 1	INTRODUCTION TO SIVA SAMHITA CH. I: KARMA KANDA, JNANA KANDA, THE SPIRIT, YOGA MAYA, DEFINITION OF PARAMAHAMSA, ABSORPTION OR INVOLUTION
UNIT – 2	CHAPTER II: NAADI AND CHAKRA
UNIT – 3	CH. III: ON YOGA PRACTICE: THE VAYUS, THE ADHIKARI, THE PLACE, PRANAYAMA, THE FOUR POSTURES: SIDDHA, PADMA, UGRA, AND SVASTIKA CH. IV: YONI MUDRA, THE SECRET DRINK OF THE KAULAS
UNIT – 4	CH. V: BHOGA (ENJOYMENT), DHARMA (RITUALISM OF RELIGION), JNANA (KNOWLEDGE), INVOCATION OF SHADOW (PRATIKOPASAN), RAJA YOGA, VARIOUS KINDS OF DHARANAS
<b>BLOCK – 4</b>	<b>SHASTRA SMARAN</b>

## TEXT BOOKS:

1. SIDDHA SIDDHANTA PADDHATI: CHAOKHAMBHA ORIENTALIYA, DELHI
2. HATHA RATNAVALI, KAIVALYADHAM, LONAVALA, MAHARASTHRA
3. SIVA SAMHITA: KAIVALYADHAM, LONAVALA, MAHARASTHRA

### COURSE DETAILS – 2

SUBJECT NAME – YOGA PRACTICUM –V  
SUBJECT CODE – BSYSMJ – 602

<b>CREDIT: 6</b>	<b>CA: 25</b>	<b>SEE: 75</b>	<b>MM: 100</b>
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## COURSE OBJECTIVES

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

- UNDERSTAND THE PRINCIPLE AND PRACTICE OF EACH PRACTICE.



- DEMONSTRATE EACH PRACTICE SKILFULLY.
- EXPLAIN THE PROCEDURE, PRECAUTION, BENEFITS AND LIMITATIONS OF EACH PRACTICE.

<b>BLOCK – 1</b>	<b>HYMNS AND SATKARMA</b>
UNIT – 1	RECITATION OF UPANISHAD, MAHAMRITUNJAYA MANTRA, GAYATRI MANTRA
UNIT – 2	SATKARMA: CONCEPT OF BASTI (JALA BASTI AND STHALA BASTI)
<b>BLOCK – 2</b>	<b>YOGASANAS</b>
UNIT – 1	CONCEPT OF ADVANCE POSTURES, BHUNAMANASANA, HANUMANASANA, MARJARIASANA, MATSYENDRASANA, YOGANIDRASANA, MATSYASANA, EKAPADA AND DWIPADA KANDARASANA
<b>BLOCK – 3</b>	<b>PRANAYAMA AND DHYANA</b>
UNIT – 1	PRANAYAMA: NADI SHODHANA PRANAYAMA, BHRAMARI PRANAYAMA, SURYABHEDANA AND CHANDRABHEDANA PRANAYAMA, UJJAYI PRANAYAMA AND BHASTRIKA PRANAYAMA, SHEETALI PRANAYAMA AND SHITKARI PRANAYAMA PREFERABLY WITH THE RATIO 1:4:2:1 (PURAKA:ANTARA KUMBHAKA:RECHAKA:BAHYA KUMBHAKA)
UNIT – 2	DHYANA : BREATH MEDITATION, OM DHYANA, VIPASSANA DHYANA, PREKSHA DHYANA
<b>BLOCK – 4</b>	<b>CONTINUOUS EVALUATION BY THE TEACHERS</b>

## REFERENCE BOOKS

1. SEN GUPTA RANJANA:B.K.S. IYENGAR YOGA, A DORLING KINDERSLEY LIMITED, 2001
2. SARASWATI, SWAMI SATYANAND: ASANA, PRANAYAMA, BANDHA, MUDRA BIHAR SCHOOL OF YOGA, MUNGER.
3. SWAMI NIRANJANANANDA SARASWATI: DHARANA DARSHAN; ; BIHAR SCHOOL OF YOGA PUBLICATIONS; MUNGER, 2001

4. LAJPAT, DR. R.: DISCOVERING HUMAN POTENTIAL ENERGY, ABHINAV RAI PUBLICATION, GURGAON, 1996
5. LAJPAT, RAI & OTHERS: MEDITATION, ANBHAVA RAI PUBLICATIONS, GURGAON
6. SARASWATI, SWAMI SATYA NAND: MEDITATION FROM TANTRAS, YOGA PUBLICATION TRUST, MUNGER, 2004
7. KRISHNAMACHARYA, T.: DHYANAMALIKA, KYM, CHENNAI, 2005 SWAMI SATYANANDA: YOGANIDRA, YOGA PUBLICATION TRUST, MUNGER, 1998
8. DESIKACHAR, DR. KAUSTHUB, THE HEART OF ASANA, - APRIL 1, 2012

**COURSE DETAILS – 3**  
**SUBJECT NAME – RESEARCH METHODOLOGY**  
**SUBJECT CODE – BSYSMN – 603**

<b>CREDIT: 5</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

1. UNDERSTAND THE CONCEPT OF RESEARCH AND ITS METHODOLOGY FOR CARRYING MINOR AND MAJOR RESEARCH.
2. FEED AND ANALYZE THE DATA.
3. ORGANIZE THE DATA AND REPRESENT THE DATA.

<b>BLOCK – 1</b>	<b>INTRODUCTION TO RESEARCH METHODOLOGY</b>
UNIT – 1	DEFINITION OF RESEARCH; IMPORTANCE OF STUDYING RESEARCH METHODS;
UNIT – 2	EVALUATING RESEARCH REPORTS; CONDUCTING RESEARCH, THINKING CRITICALLY ABOUT RESEARCH;
UNIT – 3	TYPES OF RESEARCH APPLIED RESEARCH & BASIC RESEARCH
UNIT – 4	GOALS OF RESEARCH: DESCRIPTION, EXPLANATION, PREDICTION, AND CONTROL OF BEHAVIOUR



UNIT – 5	ETHICS OF RESEARCH: INFORMED CONSENT, ANONYMITY, CONFIDENTIALITY, PLAGIARISM
<b>BLOCK – 2</b>	<b>INTRODUCTION TO RESEARCH PROCESS</b>
UNIT – 1	RESEARCH QUESTIONS; LITERATURE REVIEW; DIFFERENT SOURCES OF INFORMATION: PRIMARY, SECONDARY, TERTIARY SOURCE;
UNIT – 2	ELECTRONIC DATABASES: GOOGLE SCHOLAR, PUBMED & PSYCINFO;
UNIT – 3	HYPOTHESIS SAMPLING AND GENERALIZATION - POPULATION AND SAMPLE; PROBABILITY SAMPLING: SIMPLE RANDOM SAMPLING, SYSTEMATIC SAMPLING, STRATIFIED SAMPLING, CLUSTER SAMPLING; SAMPLING BIAS AND NON-PROBABILITY SAMPLING: SNOWBALL SAMPLING, CONVENIENCE
UNIT – 4	TYPES OF BIOLOGICAL DATA (SCALES OF MEASUREMENT) – NOMINAL, ORDINAL, INTERVAL, RATIO; TYPES OF VARIABLES – INDEPENDENT, DEPENDENT, CONFOUNDING VARIABLE; RELIABILITY & VALIDITY.
<b>BLOCK – 3</b>	<b>INTRODUCTION TO RESEARCH DESIGN</b>
UNIT – 1	CROSS-SECTIONAL STUDIES AND ITS ADVANTAGES AND DISADVANTAGES; COHORT STUDIES AND ITS ADVANTAGES AND DISADVANTAGES;
UNIT – 2	RANDOMIZED CONTROLLED TRIALS AND ITS ADVANTAGES AND DISADVANTAGES;
UNIT – 3	FACTORS NEED TO BE CONSIDERED WHEN DESIGNING A STUDY: AVAILABILITY OF DATA, SAMPLING METHODS, DATA COLLECTION, COST OF THE DESIGN, TIME IMPLICATIONS AND LOSS TO FOLLOW-UP, CONTROLS, ETHICAL ISSUES, ISSUES OF BIAS AND CONFOUNDING.
<b>BLOCK – 4</b>	<b>REPORTING RESEARCH</b>
UNIT – 1	PARTS AND ORDER OF DISSERTATION, TITLE PAGE, ABSTRACT, INTRODUCTION, METHOD SECTION, RESULTS SECTION, DISCUSSION SECTION, REFERENCE SECTION.

**TEXT BOOKS:**

1. R. L. BIJLANI. (2008). MEDICAL RESEARCH: ALL YOU WANTED TO KNOW BUT DID NOT KNOW WHO TO ASK. JAYPEE BROTHERS MEDICAL PUBLISHERS PVT. LTD. NEW DELHI.
2. RESEARCH METHODOLOGY IN YOGA AND NATUROPATHY, CCRYN, NEW DELHI
3. RESEARCH PUBLICATIONS: PATANJALI RESEARCH FOUNDATION, HARIDWAR

**REFERENCE BOOKS:**

1. C R KOTHARI. (2009). RESEARCH METHODOLOGY: METHODS AND TECHNIQUES. NEW AGE INTERNATIONAL (P) LTD. NEW DELHI.
2. ZAR, J. H., &ZAR. (1999). BIOSTATISTICAL ANALYSIS. PEARSON EDUCATION. NEW DELHI

**COURSE DETAILS – 4**  
**SUBJECT NAME – STATISTICS**  
**SUBJECT CODE – BSYSMN – 604**

<b>CREDIT: 5</b>	<b>CA: 25</b>	<b>SEE: 75</b>	<b>MM: 100</b>
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**COURSE OBJECTIVE:**

- UNDERSTAND BASIC STATISTICAL CONCEPTS
- APPLY STATISTICAL METHODS IN YOGA RESEARCH
- INTERPRET AND PRESENT DATA EFFECTIVELY

<b>BLOCK – 1</b>	<b>STATISTICAL CONCEPTS</b>
UNIT – 1	STATISTICAL METHODS: DEFINITION AND SCOPE OF STATISTICS, CONCEPTS OF STATISTICAL POPULATION AND SAMPLE
UNIT – 2	DATA: QUANTITATIVE AND QUALITATIVE, ATTRIBUTES, VARIABLES, SCALES OF MEASUREMENT NOMINAL, ORDINAL, INTERVAL AND RATIO.



UNIT – 3	PRESENTATION: TABULAR AND GRAPHICAL, INCLUDING HISTOGRAM, FREQUENCY POLYGON AND FREQUENCY CURVES
UNIT – 4	MEASURES OF CENTRAL TENDENCY: MATHEMATICAL AND POSITIONAL.
UNIT – 5	MEASURES OF DISPERSION: RANGE, QUARTILE DEVIATION, MEAN DEVIATION, STANDARD DEVIATION, COEFFICIENT OF VARIATION, MOMENTS, ABSOLUTE MOMENTS, FACTORIAL MOMENTS, SKEWNESS AND KURTOSIS.
<b>BLOCK – 2</b>	<b>STATISTICAL CONCEPTS</b>
UNIT – 1	BIVARIATE DATA: DEFINITION, SCATTER DIAGRAM, SIMPLE, PARTIAL AND MULTIPLE CORRELATION (3 VARIABLES ONLY), RANK CORRELATION. SIMPLE LINEAR REGRESSION, PRINCIPLE OF LEAST SQUARES AND FITTING OF POLYNOMIALS AND EXPONENTIAL CURVES.
<b>BLOCK – 3</b>	<b>STATISTICAL CONCEPTS</b>
UNIT – 1	DEFINITIONS OF RANDOM SAMPLE, PARAMETER AND STATISTIC, SAMPLING DISTRIBUTION OF A STATISTIC, SAMPLING DISTRIBUTION OF SAMPLE MEAN, STANDARD ERRORS OF SAMPLE MEAN, SAMPLE VARIANCE AND SAMPLE PROPORTION. NULL AND ALTERNATIVE HYPOTHESES,
UNIT – 2	LARGE SAMPLE TESTS FOR TESTING SINGLE PROPORTION, DIFFERENCE OF TWO PROPORTIONS, SINGLE MEAN, DIFFERENCE OF TWO MEANS, STANDARD DEVIATION, AND DIFFERENCE OF STANDARD DEVIATIONS BY CLASSICAL AND P-VALUE APPROACHES
<b>BLOCK – 4</b>	<b>STATISTICAL CONCEPTS</b>
UNIT – 1	POWER ANALYSIS: EFFECT SIZE, SAMPLE SIZE, CONFIDENCE INTERVAL;
UNIT – 2	STATISTICAL TESTS AND DESIGN, ASSUMPTIONS OF TESTS, STATISTICAL TESTS FOR VARIOUS DESIGNS
UNIT – 3	CORRELATION: COMPUTATION OF CORRELATION COEFFICIENT BY PRODUCT MOMENT METHOD, COEFFICIENT OF DETERMINATION;
UNIT – 4	REGRESSION: CONCEPT AND COMPUTATION, INTERPRETATION; PARAMETRIC AND NON-PARAMETRIC TESTS;

UNIT – 5	PROPORTIONS, PAIRED SAMPLE, AND INDEPENDENT SAMPLE T-TESTS, CHI- SQUARE, ANOVA, REPEATED MEASURES ANOVA, ANCOVA. USING SPSS.
UNIT – 6	PRACTICAL

### TEXT BOOKS:

1. R. L. BIJLANI. (2008). MEDICAL RESEARCH: ALL YOU WANTED TO KNOW BUT DID NOT KNOW WHO TO ASK. JAYPEE BROTHERS MEDICAL PUBLISHERS PVT. LTD. NEW DELHI.
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