



SEMESTER IV

COURSE DETAILS – 1

SUBJECT NAME – COMPLEMENTARY AND ALTERNATIVE THERAPY

SUBJECT CODE – MY-CT-401

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objective:

The Objectives of learning this course are to:

- State concept, prevalence, objectives, types, applications and limitations of CAT &
- Have knowledge & skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

BLOCK-01	Fundamentals of Complementary & Alternative Therapy
UNIT-01	Introduction to Complementary & Alternative Therapy (CAT)
UNIT-02	Mind-Body Therapy and Its Applications, mind body pioneers (Swami Ramdev, Chopra, Benson, etc)
UNIT-03	Manipulative-Body Based Therapy (MBT)
UNIT-04	Acupressure and Reflexology, including epidemiological, clinical, and experimental research studies, categorization of Pranic Healing into Basic, Advanced, and Psychotherapy
BLOCK-02	Energy-Based Therapies
UNIT-01	Introduction to Energy Medicine
UNIT-02	Pranic Healing: Concepts and Techniques
UNIT-03	Aura, Chakras, and Energy Centers
UNIT-04	Healing Practices: Scanning, Sweeping, and Energizing

BLOCK-03	Therapeutic Applications of Alternative Medicine
UNIT-01	Acupressure & Pranic Therapeutics for Chronic Conditions
UNIT-02	Management of Neurological and Psychological Disorders
UNIT-03	Energy-Based Approaches for Metabolic and Autoimmune Disorders
UNIT-04	Holistic Interventions for Pain Management and Rehabilitation, Placebo and Nocebo effects
BLOCK-04	Herbal and Biologically-Based Therapies
UNIT-01	Dietary Supplements and Herbal Remedies
UNIT-02	Role of Probiotics, Prebiotics, and Antioxidants in Health
UNIT-03	Panchgavya: Traditional Healing Applications
UNIT-04	Integrating Alternative Therapies into Modern Healthcare

REFERENCE BOOKS:

1. Acharya, B. (2004). Ausadh Darshan Haridwar, India: DivyaPrakashan.
2. Acharya, B. (2005). Ayurveda Jadi-butlRahasya. Haridwar, India: DivyaPrakashan.
3. Brahmabarchas. (2003). NidanChititsa. Haridwar, India: Ved Mata Gayatri Trust.
4. Colledge, N. R., Walker, B. R. & Ralston, S. H. (2010). Davidson's Principles & Practice of
5. Medicine (21st ed.). China: Churchill Livingstone, Elsevier.
6. Holford, P. & Bume, J. (2007). Food is better medicine than drugs. Great Britain: Piatkus.
7. Holford, P. (2014). Good Medicine. Great Britain: Piatkus.
8. Joshi, S. A. (2011). Nutrition and dietetics with Indian case studies. New Delhi, India: Tata McGraw-Hill.
9. Lian, Yu-Lin; Chen, Chun-Yan; Hammes, M. & Kolster, B. C. (2005). Pletorial atlas of acupuncture: An illustrated manual of acupuncture points. Solvenia: h. f. ullmann.
10. Micozzi, M. S. (2015). Fundamentals of complementary and alterntive medicine (5thed.). China. Elsevier Saunders.
11. Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: DivyaPrakashan



12. Peeters, J. (2008). Reflexology. Bath BAMHE, UK: Paragon.
13. Ramdev, S. (2006). Yoga Sadhana and Yoga ChikitsaRahasya. Haridwar, India: DivyaPrakashan
14. Ramdev, S. (2009). PranayamRahasya. Haridwar, India: DivyaPrakashan
15. Sah, R. L., Joshi, B., & Joshi, G. (2002). Vedic health care system. New Delhi, India: New Age Books.
16. Sharma, S. (1998). JivemSaradmSatam. Mathura, India: Akhand Jyoti Samsthan.
17. Sharma, S. (2010). Gayatri Mahavijyan (Combined and revised ed.). Mathura, India: YugNirman Yojana Bistar Trust.

COURSE DETAILS – 2
SUBJECT NAME – DIET AND NUTRITION, HYGIENE
SUBJECT CODE – MY-CT-402

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

The Objectives of learning this course are to:

1. Understand the concept of diet and the medical value of nutrition.
2. Advise appropriate diet to different age groups.
3. Know the benefits and caloric value of various food groups.
4. Understand and practice daily regimen, night regimen and seasonal regimen for health promotion, disease prevention and age reversal.

BLOCK-01	Fundamentals of Food and Nutrition
UNIT-01	Basic Concepts of Nutrition
UNIT-02	Components of Food
UNIT-03	Food Groups and Their Nutritional Value
UNIT-04	Energy and Metabolism
BLOCK-02	Diet, Nutrition, and Yogic Perspective
UNIT-01	Yogic Concept of Diet

UNIT-02	Yogic Diet and Health
UNIT-03	Traditional and Modern Perspectives on Diet
UNIT-04	Practical Aspects of Yogic Nutrition
BLOCK-03	Hygiene and Lifestyle Management
UNIT-01	Principles of Swasthavritta
UNIT-02	Daily and Night Regimen (Dincharya & Ratricharya)
UNIT-03	Seasonal Regimen (Ritucharya)
UNIT-04	Preventive and Rejuvenative Practices
BLOCK-04	Applied Nutrition and Health Management
UNIT-01	Dietary Management for Different Populations
UNIT-02	Diet Therapy and Clinical Nutrition
UNIT-03	Public Health Nutrition and Hygiene
UNIT-04	Holistic Approaches to Nutrition and Well-being

TEXT BOOKS

- आयुर्वेद तंत्र रहस्य – आचार्य बालकृष्ण
- आयुर्वेद जड़ी-बूटी रहस्य – आचार्य बालकृष्ण
- आयुर्वेदीय शरीर रचना एवं ज्ञान – विकास कुमार गौड़
- स्वस्थवृत्त – डॉ. रामधन सिंह
- Ramesh Bijlani: Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012

BOOKS FOR REFERENCE

- Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition
- Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001
- Randolph Stone: A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition



COURSE DETAILS – 3
SUBJECT NAME – YOGA UPANISHAD
SUBJECT CODE – MY-CT-403

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objective:

The Objectives of learning this course are to:

- Have an idea about the Yogopnishads.
- Understand the concept of Yoga in Upnishads.
- Understand concept of Upanishads and the role of it in our day-to-day life.
- Quote references of each practice as per traditional texts.

BLOCK-01	Foundations of Yoga Upanishads
UNIT-01	Śvetāśvataropaniṣad – Dhyāna Yoga and Liberation
UNIT-02	Yogakuṇḍali Upaniṣad – Prāṇāyāma and Self-Realization
UNIT-03	Yogachūḍāmaṇi Upaniṣad – The Six Limbs of Yoga
UNIT-04	Tṛśikhibrahmānopaniṣad – Ashtāṅga Yoga and Karma Yoga
BLOCK-02	Yogic Techniques and Their Application
UNIT-01	Yogatattva Upaniṣad – Paths of Yoga
UNIT-02	Yogatattva Upaniṣad – Yogic Lifestyle and Siddhis
UNIT-03	Dhyānbindu Upaniṣad – Meditation and Self-Realization
UNIT-04	Dhyānbindu Upaniṣad – Advanced Meditation Techniques
BLOCK-03	Sound, Vibration, and Yogic Wisdom
UNIT-01	Nādabindu Upaniṣad – The Science of Sound
UNIT-02	Nādabindu Upaniṣad – Nāda and Mental Stillness
UNIT-03	Yogarāja Upaniṣad – Yogic Paths and Energy Centers
UNIT-04	Yogarāja Upaniṣad – Meditation and Its Outcomes

BLOCK-04	Advanced Yogic Practices and Liberation
UNIT-01	Integrative Yogic Disciplines
UNIT-02	Practical Applications of Prāṇāyāma
UNIT-03	Meditation and Self-Realization Practices
UNIT-04	Synthesis of Yogic Wisdom

Text Books

1. 108 Upnishads, Part 1, 2 and 3, Pt. Shreeram Sharma Acharya, Yug Nieman Yujana Vistar Trust, Mathura, 2010.
2. Dr. Satyavrit Sidhantalankar: E_kadasho Upnishad

Reference Books

1. Ishadinopnishad: Gaeta Press Gorakhpur.
2. Kalyan Upnishad Ank: Geeta Press Gorakhpur

COURSE DETAILS – 4
SUBJECT NAME – RESEARCH METHODOLOGY (ELECTIVE)
SUBJECT CODE – MY-CT-404

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

- Understand research methods, biostatistics, and evidence-based evaluation.
- Learn data analysis and its significance in research.

BLOCK-01	Research in Yoga
UNIT-01	Introduction
UNIT-02	Research for Yoga Scholars: Why? How? And When?
UNIT-03	Research - Definition, concept, purpose, approaches



UNIT-04	Internet sites for Yoga Researchers
BLOCK-02	Research Fundamentals
UNIT-01	Define measurement, Measurement framework
UNIT-02	Scales of measurement Pilot Study
UNIT-03	Types of variables Reliability & Validity
UNIT-04	Drawing Tables, graphs, master chart etc
BLOCK-03	Writing a Research Proposal, Critiquing a research article
UNIT-01	Defining a problem, Review of Literature
UNIT-02	Formulating a question, Operational Definition Inclusion & Exclusion criteria
UNIT-03	Forming groups, Data collection & analysis
UNIT-04	Results, Interpretation, conclusion, discussion Informed Consent, Limitations
BLOCK-04	Research Design
UNIT-01	Principle of Designing, Design, instrumentation & analysis for qualitative research
UNIT-02	Design, instrumentation & analysis for quasi-experimental research Design models utilized in Yoga
UNIT-03	Importance of Ethics in Research, Main ethical issues in human subjects' research
UNIT-04	Main ethical principles that govern research with human subjects Components of an, ethically valid informed consent for research

REFERENCE 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. Breakwell, G.M., Hammon, S., Fife-Shaw, C., & Smith, J. (2006). Research methods in psychology (3rd ed.) London: Sage.

3. Bryman, A. (2008). Social Research Method (3rd ed.). Oxford: Oxford University Press.
4. Garrett, H.E. (1993). Shiksha evam manovigyan mein sankhyiki. New Delhi, India: Kalyani Publishers.
5. Garrett, H.E. (1988). Statistics in Psychology and Education. Bombay, India: Vikils, Feiffer & Semen's Ltd.
6. Guilford, J. P. & Fruchter, B. (1988). Fundamental Statistics in Psychology and Education. New Delhi, India: McGraw Hill. Unit-I
7. Guilford, J. P., & Fruchter, B. (1973). Fundamentals of statistics in psychology and education. Tokyo, Japan: Kogakusha.
8. Gupta, S. P. (2004). Statistical Methods (33rd ed.). New Delhi, India: Sultan Chand & Sons.
9. Haslam, S. A., & McGarty, C. (2003). Research methods and statistics in psychology. London: Sage.
10. Kapil, H. K. (1980). Sankhyiki ke mool tatwa. Agra, India: Vinod Pustak Mandir.
11. Kerlinger, F.N. (1978). Foundation of Behaviour Research. Delhi, India: Surjeet Publications.
12. Kumar, R. (2011). Research Methodology (2nd ed.). Noida, India: Dorling Kindersley Pvt. Ltd, licensces of Pearson Education in South Asia.
13. Liold, D. F. & Gerald, V. B. (1993) :Biostatistics: A Methodology for the Health Science. John Wiley & sons. Inc. Longman.
14. Maylor, H. & Blackmon, K. (2005). Researching Business and Management. New York, NY: Palgrave Macmillan.
15. Minium, E. W., King, B. M., & Bear, G. (1993). Statistical reasoning in psychology and education (3rd ed.). New York: John Willey.
16. Mohsin, S.M. (1981). Research Methods in Behavioral Sciences. Calcutta, India: Orient
17. Ruxton, G. D. and Colegrave, N. (2003). Experimental Design for LifeScience. Oxford University Press.
18. Singh, A. K. (1986). Test, Measurement and Research Methods in Behavioural Sciences. New Delhi, India: Mc Graw Hill.
19. Singh, A. K. (2001). Research Methods in Psychology, Sociology and Education (4th ed.). Delhi, India: Motilal Banarasidas.
20. Singh, A.K. (2004) Monovigyan, samajshastra tatha shiksha mein shodh vidhiyan.
21. Singh, A. K. (2006). Tests, measurements and research methods in behavioural sciences. Patna, India: Bharti Bhavan.



22. Suleman, M. (2005). Methods in Psychology, Sociology and Education (3rd ed.). Patna, India: General Book Agency.
23. Suleman, M. (1997). Sankhyiki ke mool tatwa. Patna: Shukla Book Depot. Varanasi, India: Motilal Banarasi Das.
24. Wayne, W. D. (2006). Biostatistics: A Foundation for Analysis in the Health Sciences (7th ed.). New York, NY: John Wiley & sons. Inc
25. Zar, Z. H. (2011). Bio statistical Analysis (4th ed.). Noida, India: Dorling Kindersley Pvt. Ltd, licenses of Pearson Education in South Asia.

COURSE DETAILS – 4

SUBJECT NAME – FIELD WORK AND TEACHING PRACTICE (ELECTIVE)

SUBJECT CODE – MY-CT-405

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

1. To explore the philosophical and historical foundations of Yoga and its classical traditions.
2. To understand human anatomy, physiology, and yogic subtle body concepts for effective and safe Yoga practice.
3. To apply Yoga techniques therapeutically for physical, mental, and emotional well-being across diverse populations.
4. To develop knowledge and skills in research methodology specific to Yoga studies.
5. To cultivate professional competencies for career growth and ethical Yoga instruction or therapy.

BLOCK-01	FOUNDATIONS OF YOGA PHILOSOPHY AND TRADITION
UNIT-01	Historical Evolution of Yoga
UNIT-02	Classical Yogic Texts and Philosophy
UNIT-03	Branches and Paths of Yoga
UNIT-04	Ethics and Principles of Yogic Living
BLOCK-02	YOGA ANATOMY, PHYSIOLOGY AND PRACTICE
UNIT-01	Functional Anatomy for Yoga Practice
UNIT-02	Yogic Physiology and Subtle Body Concepts

UNIT-03	Asana: Theory, Practice and Teaching Methodology
UNIT-04	Pranayama, Meditation, and Advanced Practices
BLOCK-03	YOGA THERAPY AND APPLICATIONS
UNIT-01	Principles of Yoga Therapy
UNIT-02	Yoga for Physical Health and Rehabilitation
UNIT-03	Yoga for Mental Health and Psychological Well-being
UNIT-04	Special Populations and Adaptive Yoga
BLOCK-04	RESEARCH METHODOLOGY AND PROFESSIONAL DEVELOPMENT
UNIT-01	Research Methods in Yoga Studies
UNIT-02	Scientific Research on Yoga: Evidence and Critical Analysis
UNIT-03	Designing and Conducting Yoga Research
UNIT-04	Professional Integration and Career Development

Reference:

Web sites and go for SLM

COURSE DETAILS – 5 SUBJECT NAME – ADVANCED COMMUNICATIVE ENGLISH - II SUBJECT CODE – MY-ACE-406

CREDIT: 2*	CA: 15*	SEE: 35*	50*
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Course Objectives:

1. Analyse and restate the meaning of a text in English.
2. Demonstrate the skill to write in English without grammatical errors.
3. Practice listening effectively to communication in English.
4. Develop the ability to speak English language with the right way of pronunciation.



BLOCK-01	Means, Methods and Mode of Communication
UNIT-01	Recapitulation, Face-to-Face Communication, Telephonic Conversation
UNIT-02	Reading Techniques, Letter writing, Creative Writing
UNIT-03	Intonation of communication
UNIT-04	Accent, Stress, Rhythm
BLOCK-02	Communication
UNIT-01	Seeking Introduction/Introduce oneself
UNIT-02	Making Enquires
UNIT-03	Asking Questions
UNIT-04	Group Discussion
BLOCK-03	Literature I
UNIT-01	Literature reading of any one book and sum up with its summary writing, Q&A and discussion 1. Gift of the Magi- by O Henry 2. The Kite Maker by Ruskin Bond 3. While the Auto Waits O Henry (Adapted for the stage by Walter Wykes)
BLOCK-04	Literature-II
UNIT-01	Literature reading of any one book and sum up with its summary writing, Q&A and discussion 1. Rabindra Nath Tagore-Chandalika 2. Autumn by Kalidasa (Translated by Arthur W.Ryoler) 3. The Loss by Anjali Shukla.

Reference text:

- Dost, B. Ö. (2017). O. HENRY - THE GIFT OF THE MAGI ÜZERİNE BİR İNCELEME. *The Journal of Academic Social Sciences*, 52(52), 614–623. <https://doi.org/10.16992/asos.12602>
- The Kite Maker by Ruskin Bond

- While the Auto Waits O Henry (Adapted for the stage by Walter Wykes)
- Rabindra Nath Tagore-Chandalika
- Autumn by Kalidasa (Translated by Arthur W.Ryoler)
- The Loss by Anjali Shukla.

COURSE DETAILS – 6
SUBJECT NAME – YOGA PRACTICUM-IV
SUBJECT CODE – MY-CP-407

CREDIT: 2	CA: 15	SEE: 35	50
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Course Objectives:

The objectives of this course are

1. State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices
2. To demonstrate and instruct under mentioned yogic practices.

Shatakarma
Danddhauti, Vastrdhauti, Nauli, Trataka.
Aasana
Dvipada Skandhasana, Purna Bhujangasana, Purna Matsyendrasana, Pakshee Aasan, Vrishchik Aasana, Padma Mayurasana, Purna Vrishchikasana, Takiya Aasana, Padma Sheershasana, Karnapidasana, Purna Dhanurasana, Gorakshasana, Purna Chakrasana, Purna Shalabhasana, Ek Pada Bakasana, Omkar Aasana, Purna Natarajasana and all the practices of previous semesters.
Pranayama
Udgeeth, Moorchha.
Dhyana & Viva
Vijnanamaya & Anandamaya Kosha



COURSE DETAILS – 7

SUBJECT NAME – COMPLEMENTARY & ALTERNATIVE THERAPY PRACTICUM

SUBJECT CODE – MY-CP-408

CREDIT: 2	CA: 15	SEE: 35	50
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Course Objectives:

The objectives of this course are

1. Practice skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

Viva CAT

Acupressure
Pranic Healing
Acupressure and Pranic Healing Treatment methods of Health problems
Dietary Supplements & Herbal Remedies

COURSE DETAILS – 8

SUBJECT NAME – DISSERTATION/ FIELD TRAINING

SUBJECT CODE – MY-DSE-409/ MY-DSE-410

CREDIT: 4	CA: 30	SEE: 70	100
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Course Objectives:

The objectives of this course are

1. Demonstrate the yoga practices specific to a particular ailment confidently.
2. Gain more practical knowledge about the disease specific yoga techniques

An aptitude test will be conducted to select eligible candidates at the end of MA- 3rd Semester to opt dissertation. The aptitude test will cover subjective and objective knowledge of all the papers of the Master Program, especially Research and Statistical Methods, and Computer Application and the candidate needs to secure 60% or above marks in the test conducted.

The mode of question paper will be both objective and subjective. Candidates disqualified (securing marks below 60%) in the aforesaid test needs to go for Field Training as detailed under:

Instructions:

During field training students are expected to carry out the following tasks.

- Involve themselves during practical session.
- Understand how to take case history
- Gain the knowledge of recording the common parameters specific to disease.

Note: Students need to spend 2 hours every day in the hospital set up where the patients undergo their yoga therapy.

Examination: Students shall be examined based on the knowledge acquired with respect to parameter and the case history.