

Semester-II

Course Details-1

Subject Name- Patanjali Yoga Darshan and Yog upnishad, Principle Upnishad

Subject Code- MSY-CT-201

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

Following the completion of this course, students shall be able to

- To outline and interpret basic Yogic Concepts Covered by Patanjali Yoga Darshan Yog and Upanishads Principal Upanishads.

Course Outcomes (COs):

After going through this course, learners are expected to

- Locate Yogic principles and practices covered by principal Upanishads.
- Analyze yogic elements covered by principal Upanishads.
- Review Samkhya philosophy and Samkhya karika.
- Outline dukkha primordial elements, evolution and involution
- Review Yogchudamanyupanishad and its Shadanga philosophy

	BLOCK 1 Patanjali Yoga Darshan – Foundations and Concepts
Unit 1	Introduction to Patanjali Yoga Sutras - Definition of Yoga, History, Structure of Yoga Sutras, Concept of Chitta & Vrittis
Unit 2	Sadhana Pada - Kriya Yoga, Ashtanga Yoga, Tapas-Svadhyaya-Ishwara-pranidhana, Overcoming obstacles
Unit 3	Vibhuti Pada - Dharana, Dhyana, Samadhi, Concept of Siddhis, Nature & types of Samadhi, Practical applications



Unit 4	Kaivalya Pada - Definition of Kaivalya, Role of Purusha & Prakriti, Law of Karma, Ultimate liberation
BLOCK 2 Principal Upanishads	
Unit 1	Introduction to Upanishads - Origin, Classification, Concept of Brahman & Atman, Role in Indian philosophy
Unit 2	Isha & Kena Upanishads - Teachings of Isha Upanishad, Karma & renunciation, Nature of Brahman, Self-inquiry
Unit 3	Katha & Prashna Upanishads - Dialogue of Nachiketa & Yama, Concept of Atman & immortality, Teachings on Prana
Unit 4	Mundaka & Mandukya Upanishads - Para & Apra Vidya, Symbolism of two birds, Four states of consciousness, AUM significance
BLOCK 3 Yog Upanishads – Yogic Insights from the Upanishads	
Unit 1	Shwetashwatara & Chudamani Upanishads - Concept of Ishwara & Yoga, Atman-Brahman relationship, Guru's role in enlightenment
Unit 2	Kundalini & Rajyog Upanishads - Awakening of Kundalini, Chakras & Nadis, Path of Raja Yoga, Control of mind & senses
Unit 3	Nadbindu & Dhyanbindu Upanishads - Nada (sacred sound) in meditation, Breath & sound vibrations, Techniques of meditation
BLOCK 4 Practical Applications and Modern Relevance	
Unit 1	Comparative Study - Patanjali Yoga vs. Upanishadic Yoga, Role of meditation, Moksha theories, Practical integration
Unit 2	Yogic Practices - Meditation & breath control, Kundalini & Chakra practices, Om chanting, Case studies of Yogis
Unit 3	Scientific Perspective - Meditation & mental health, Neuroscientific evidence, Impact on modern wellness
Unit 4	Contemporary Relevance - Application in life & profession, Stress management, Future research, Modern integration

Reference books:

1. Aurobindo, S. (2001). *Kena and Other Upanishads: The Complete Works of Sri Aurobindo (Vol. 18)*. Pondicherry, India: Sri Aurobindo Ashram Publication Department.
2. Aurobindo, S. (2003). *Isha Upanishad: The Complete Works of Sri Aurobindo (Vol. 17)*. Pondicherry, India: Sri Aurobindo Ashram Publication Department.
3. Borg-Olivier, S., & Machiss, B. (2007). *Applied Anatomy and Physiology of Yoga* (3rd ed.).
4. Coulter, H. D. (2006). *Anatomy of Hatha Yoga*. Delhi, India: Motilal Banarasidas.
5. Ellis, H. (2006). *Clinical Anatomy: A Revision and Applied Anatomy for Clinical Students*. Blackwell Publishing.
6. Frawley, D., & Kozak, S. S. (2006). *Yoga for Your Type*. New Delhi, India: New Age Books.
7. Gore, M. M. (2004). *Anatomy and Physiology of Yogic Practices*. Lonavala, India: Kanchan Prakashan.
8. Malshe, P. C. (2012). *A Medical Understanding of Yoga* (2nd ed.). Haridwar, India: Antar Prakash Centre for Yoga.
9. Mattson Porth, C. (2006). *Essentials of Pathophysiology: Concepts of Altered Health States*. Lippincott Williams & Wilkins.
10. McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. New York, NY: Bantam Dell.
11. Selvarasu, K. V. (2003). *Kriya Cleansing in Yoga*. Tamil Nadu, India: Yoga Bharati.
12. Sivananda, S. (1980). *The Essence of Principal Upanishads*. Divine Life Society.
13. Nikhilananda, S. (2003). *The Principal Upanishads*. Courier Corporation.
14. Udupa, K. N. (2007). *Stress and Its Management by Yoga*. Delhi, India: Motilal Banarasidas.
15. Upanishad Sangraha. Jagdish Shashtri, Motilal Banarasidas, Varanasi, Delhi, Chennai.
16. 108 Upanishads – *Sadhana Khand, Brahmailvidya Khand, Jnana Khand*. Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.



Course Details-2

Subject Name- Physiological Effects of Yoga Practices

Subject Code- MSY-CT-202

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

Following the completion of the course, students shall be able to:

- Discuss biological changes following the practice of yoga
- Investigate underlying mechanism behind the possible benefits as a result of yogic practices
- Explain idea of muscles and nerve fibres stretched and compressed, toned up during various yogic posture.
- Outline physiological benefits of Pranayama; Neuro Psychological locks in Mudras; Neuro Muscular locks in Bandhas.

Course Outcomes:

Teaching learning activities related to this course will enable learner to

- State determinants of physiological and psychological homeostasis.
- Explain biological effects of yoga poses, pranayama, bandhas and mudras.
- Recognize indications, precautions and contra-indications of specific yoga poses, pranayama, bandhas and mudras.

	BLOCK 1 Homeostasis and Yogic Influence
Unit 1	Regulatory systems, control mechanisms, mind-body medicine, and exercise physiology.
Unit 2	Types of asanas, musculoskeletal and humoral mechanisms, internal environment, and mechanical influence.
Unit 3	Psychosomatic aspects, influence of different asana types, reciprocal inhibition, and innervation.
Unit 4	Yoga's role in physiological balance, metabolic homeostasis, and nervous-endocrine system interplay.

BLOCK 2 Pranayama and Respiratory Mechanisms	
Unit 1	Respiration mechanics, gas exchange, respiratory regulation, and muscle involvement
Unit 2	Oxygen-carbonic acid balance, muscle activation in breathing, and autonomic nervous system reflexes.
Unit 3	Impact on lung capacity, ventilation-perfusion ratio, alveolar ventilation, dead space, and minute ventilation.
Unit 4	Breath control techniques (Kevala, Antar, Bahir Kumbhaka) and their neurological and autonomic effects.
BLOCK 3 Kriyas and Physiological Processes	
Unit 1	Diffusion, osmosis, active transport, tonicity, and the physiological role of salt in Kriya practices.
Unit 2	Kriyas' effect on peristalsis, digestive sphincters, and gastrointestinal motility.
Unit 3	Vagus nerve stimulation, gastric mucosa effects, and physiological impact of negative pressure.
Unit 4	Autonomic regulation, detoxification, and metabolic balance through Kriya practices.
BLOCK 4 Mudras, Bandhas, and Neuromuscular Integration	
Unit 1	Co-activation of muscles, nerve reflex stimulation, and proprioceptive neuromuscular facilitation.
Unit 2	Effects of Bandhas on joints, central Bandhas, and their role in opposing muscle activation.
Unit 3	Isometric and synergistic muscle activation, Navadvara, and their significance in yoga.
Unit 4	Nerve impulses, neuropsychological locks, neurotransmitter secretion, and physiological impact of Mudras.



Reference books:

1. Coulter, H. D. (2006). *Anatomy of Hatha Yoga*. Delhi, India: Motilal Banarasidass.
2. Ellis, H. (2006). *Clinical anatomy: A revision and applied anatomy for clinical students*. Oxford, UK: Blackwell Publishing.
3. Frawley, D., & Kozak, S. S. (2006). *Yoga for your type*. New Delhi, India: New Age Books.
4. Gore, M. M. (2004). *Anatomy and physiology of yogic practices*. Lonavala, India: Kanchan Prakashan.
5. Malshe, P. C. (2012). *A medical understanding of yoga* (2nd ed.). Haridwar, India: Antar Prakash Centre for Yoga.
6. McCall, T. (2007). *Yoga as medicine: The yogic prescription for health and healing*. New York, NY: Bantam Dell.
7. Porth, C. M. (2006). *Essentials of pathophysiology: Concepts of altered health states*. Philadelphia, PA: Lippincott Williams & Wilkins.
8. Selvarasu, K. V. (2003). *Kriya cleansing in yoga*. Tamil Nadu, India: Yoga Bharati.
9. Simon Borg-Olivier, & Machiss, B. (2007). *Applied anatomy and physiology of yoga* (3rd ed.).

Course Details-3

Subject Name- Research Methodology and Statistics

Subject Code- MSY-CT-203

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

Following the completion of the course students will:

- Recognize theoretical concepts of conducting scientific research apply them to
- pursue higher research.
- Use Research methodology and knowledge of various statistical procedures

- Identify and operate research tools/software to conduct research on contemporary issues/needs.

Course Outcomes:

Study of this course will enable learners to

- Recognize qualitative and quantitative research process and ethics and its regulatory system/mechanism.
- Design and carry out mini research projects.
- Analyse and interpret data by using software.
- Draft dissertation and research paper.

	BLOCK 1 Research Methodology Concepts-I
Unit 1	Definition, types, and need for Yoga research; The research process
Unit 2	Purpose and process of literature review; Digital sources: Google Scholar, PubMed, Science Direct, Springer, Wiley, Cochrane Library; Formation and synthesis of Literature Review Table
Unit 3	Data collection methods: Observation, Interview, Psychological tests, Questionnaire, Physiological tests, Archives; Scales of measurement: Nominal, Ordinal, Interval, Ratio; Ethics of research: Laboratory ethics, Publication ethics, IEC, IRB, Guidelines for good clinical practice; Issues of bias and confounding: Selection bias, Recall bias, Observer bias, Measurement bias, Publication bias
	BLOCK 2 Research Methodology Concepts-II
Unit 1	Concept of sampling; Types: Probability and Non-Probability Sampling, Simple Random, Systematic, Stratified, Cluster, Convenience, Quota, Snowball Sampling
Unit 2	Methods of controlling biases: Randomization, Matching, Cross over design, Restriction/Blocking, Stratification, Factorial design; Types of variables: Independent, Dependent, Confounding
Unit 3	Types of research design: Differential, Pre & Post, Experimental, Pure Experimental, Factorial, Descriptive, Relational & Mixed, Cross-Sectional, Case Study, Survey; Reliability: Test-Retest, Internal Consistency, Inter-rater; Validity: Construct, Face, Content, Criterion, Convergent, Discriminate



	BLOCK 3 Statistical Concepts-I
Unit 1	Concept and significance of statistics; Types: Descriptive and Inferential statistics
Unit 2	Frequency distributions: Individual, Discrete, Continuous; Graphical representation: Histogram, Pie chart, Bar graph; Measures of Central Tendency: Mean, Median, Mode (for grouped and ungrouped data)
Unit 3	Measures of Dispersion: Range, Quartiles, Standard Deviation, Mean Deviations; Normal Distribution: Concept, Proportions, Applications; Statistic and Parameter: Sample and Population, Generalization; Hypothesis: Null hypothesis, Type I and Type II errors, One-tailed and Two-tailed hypothesis; Central Limit Theorem
	BLOCK 4 Statistical Concepts-II
Unit 1	Point estimate and interval estimate; Power analysis: Effect size, Sample size, p-value, Confidence interval
Unit 2	Statistical tests and design, assumptions of tests; Statistical tests for various designs; Correlation: Computation by product moment method, Coefficient of Determination
Unit 3	Regression: Concept, computation, interpretation; Parametric and Non-Parametric Tests; Proportions, Paired sample, Independent sample t-tests, Chi-Square, ANOVA, Repeated Measures ANOVA, ANCOVA; Using SPSS

Reference books

1. Bijlani, R. L. (2008). *Medical research: All you wanted to know but did not know who to ask*. New Delhi, India: Jaypee Brothers Medical Publishers Pvt. Ltd.
2. Breakwell, G. M., Hammon, S., Fife-Shaw, C., & Smith, J. (2006). *Research methods in psychology* (3rd ed.). London, UK: Sage.
3. Bryman, A. (2008). *Social research method* (3rd ed.). Oxford, UK: Oxford University Press.
4. Garrett, H. E. (1988). *Statistics in psychology and education*. Bombay, India: Vikils, Feiffer & Semen's Ltd.

5. Garrett, H. E. (1993). *Shiksha evam manovigyan mein sankhyiki*. New Delhi, India: Kalyani Publishers.
6. Guilford, J. P., & Fruchter, B. (1973). *Fundamentals of statistics in psychology and education*. Tokyo, Japan: Kogakusha.
7. Guilford, J. P., & Fruchter, B. (1988). *Fundamental statistics in psychology and education*. New Delhi, India: McGraw Hill.
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, UK: Sage.
10. Kapil, H. K. (1980). *Sankhyiki ke mool tatwa*. Agra, India: Vinod Pustak Mandir.
11. Kerlinger, F. N. (1978). *Foundations of behaviour research*. Delhi, India: Surjeet Publications.
12. Kumar, R. (2011). *Research methodology* (2nd ed.). Noida, India: Dorling Kindersley Pvt. Ltd, Licensees of Pearson Education in South Asia.
13. Lloyd, D. F., & Gerald, V. B. (1993). *Biostatistics: A methodology for the health sciences*. New York, NY: John Wiley & Sons Inc.
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, NY: John Wiley.
16. Mohsin, S. M. (1981). *Research methods in behavioral sciences*. Calcutta, India: Orient.
17. Ruxton, G. D., & Colegrave, N. (2003). *Experimental design for life sciences*. Oxford, UK: Oxford University Press.
18. Singh, A. K. (1986). *Test, measurement and research methods in behavioural sciences*. New Delhi, India: McGraw Hill.
19. Singh, A. K. (2001). *Research methods in psychology, sociology, and education* (4th ed.). Delhi, India: Motilal Banarsidass.
20. Singh, A. K. (2004). *Monovigyan, samajshastra tatha shiksha mein shodh vidhiyan*.



Course Details-4
Subject Name- Therapeutic Yoga
Subject Code- MSY-CT-204

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

Following the completion of this course, students shall be able:

- To understand the concept of body and health from the perspective of yoga.
- To have an understanding of the Yogic concept of Disease and the remedial measures there in.

Course Outcomes:

After the study of this course, a learner will be able

- Quote modern and classical concept of health, wellness, illness and well-being.
- Prescribe yoga practice for purification of physique, bioenergy and psyche.
- Describe yogic principle and practice for empowering psychological, social and spiritual health and wellness.
- Propose bio-psychosocial benefits/implications of yoga practices.
- Apply psychosomatic and pranic yoga practices for health promotion, disease prevention and healing.

	BLOCK 1 Yogic Views on Stress, Illness, and Health
Unit 1	Concept of Health According to WHO; Health in Ayurveda, Naturopathy, and Siddha
Unit 2	Limitations and usefulness of Ayurveda, Naturopathy, and Siddha in health and healing
Unit 3	Concepts of Adhi (stress) and Vyadhi (disease) in Yoga Vasishta
	BLOCK 2 Yoga as a Preventive Healthcare Method
Unit 1	Triguna, Pancha-mahabhuta, Pancha-kosha, Pancha-prana, Nadis, and Chakra concepts in health and recovery

Unit 2	Yoga's Shuddhi Prakriyas and their role in curative and preventive medicine
Unit 3	Prana Shuddhi (Pranayama), Ghata Shuddhi (Shatkarma), and Snayu Shuddhi (Asana)
BLOCK 3 Yoga for Health Prevention	
Unit 1	Nutritional control in Bhagavad Gita and Hatha Yoga
Unit 2	Yoga for respiratory conditions: Bronchial asthma, chronic bronchitis, allergic rhinitis, and sinusitis
Unit 3	Yoga for endocrinal and metabolic disorders: Diabetes Mellitus, Hypo and Hyperthyroidism, Obesity, Metabolic Syndrome

Reference books:

1. The Yoga Psychology – Abhedananda, Ramakrishna Vedanta Math, Caccutta.
2. Integrated Approach of Yoga Therapy for Positive Health – Nagarathna and Nagendra H.R.
3. Acharya, S. S. (2011). Diagnose, Cure and Empower Yourself by Currents of Breath.
4. Haridwar, India: Shri Vedmata Gayatri Trust. Retrieved from file:///C:/Users/Admin/Desktop/Diagnose_Cure_And_Empower_Your_Self_By_Current_of_Breath.pdf

Course Details-5

Subject Name- Mental Hygiene Through Yoga (Elective)

Subject Code- MSY-EL-205

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

Following the completion of this course, students shall be able:

- To provide a foundational understanding of mental health and its impact on overall well-being.



- To introduce the concept of mental hygiene and explore its significance in maintaining a balanced mind.
- To familiarize students with yoga techniques, including asanas, pranayama, and meditation, that support mental health.
- To emphasize ethical considerations, safety measures, and modifications in yoga practice for diverse populations.

Course Outcomes (COs):

After going through this course, learners are expected to

- Demonstrate an understanding of mental health disorders and their effects on individuals and society.
- Apply yoga-based techniques, such as asanas and pranayama, to improve mental clarity and emotional well-being.
- Integrate meditation and mindfulness practices into daily life for stress management and inner peace.
- Understand the ethical responsibilities and safety precautions necessary for practicing and teaching yoga effectively.

	BLOCK 1 Understanding Mental Health
Unit 1	Introduction and Importance of Mental Health: Understanding mental health and its significance in overall well-being.
Unit 2	Types of Mental Health Disorders: Overview of disorders such as anxiety, depression, and stress; their symptoms and effects on individuals and communities
	BLOCK 2 Overview of Mental Hygiene
Unit 1	Meaning and Significance of Mental Hygiene: The concept of mental hygiene and its connection to general well-being.
Unit 2	Benefits of Yoga for Mental Hygiene: How yoga practices contribute to mental cleanliness and health.

	BLOCK 3 Yoga Techniques for Mental Health
Unit 1	Asanas for Mental Clarity and Relaxation: Postures like Child's Pose, Bridge Pose, Forward Bending, and Back Bending that promote mental clarity and relaxation
Unit 2	Pranayama Techniques for Calming the Mind: Breathing exercises such as Nadi Shodhan, Ujjayi, and Bhramari for mental calmness.
Unit 3	Meditation and Mindfulness Practices: Techniques including Guided Meditation, Mantra Meditation, and Transcendental Meditation for mental well-being
	BLOCK 3 Ethical Considerations and Safety
Unit 1	Moral Implications of Yoga: Understanding the ethical aspects of practicing and teaching yoga.
Unit 2	Safety Precautions for Yoga Practitioners: Guidelines to ensure safety, especially for newcomers to yoga.
Unit 3	Adaptations and Modifications: Adjusting yoga practices to meet various requirements and abilities of individuals

Reference books:

1. Internal Yoga Psychology - V. Madhupudhan Reddy
2. Yoga and depth Psychology - I.P Sachdeva
3. Yoga Psychology - Shanti Parkash Attari
4. Yoga Psychology - Dr. Kamkhya Kumar
5. Yoga and Psychology - Dr. Kanchan Joshi & Dr. Bijendra Singh



Course Details-5

Subject Name- Yogic and Ayurvedic Purification Techniques (Elective)

Subject Code- MSY-EL-206

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

Following the completion of this course, students shall be able to

- Review Brahmasutra & Viveka Chudamani philosophy
- Review Tattvajnana importance, evolution and involution
- Explain Panch Prana, Panch Kosha as per Vivek Chudamani
- Elucidate concept of Vairagya, Outcomes of Self Realization, Symptoms of Jivanmukta

	BLOCK 1 Acupressure and Hydrotherapy
UNIT 1	Sujok therapy and acupoints for low back pain, anxiety, sleeplessness, migraine, and hyper/hypotension.
UNIT 2	Types of Hydrotherapy, including Colon Hydrotherapy, and their health benefits.
UNIT 3	Five elements theory of acupressure – origin, meaning, definitions, and concepts.
	BLOCK 2 Methods of Purification in the Gherand Samhita, Hath Pradipika, and Hath Ratnavali
UNIT 1	Dhauti, Basti, Neti, Trataka, Nauli, and Kapalbhathi – purification techniques.
UNIT 2	Yama, Niyama, Pathya, and Apathya as components of Shatkarma.
	BLOCK 3 Fundamentals of Ayurvedic Medicine
UNIT 1	Leech therapy, Shringi therapy, Cupping (dry, wet, and fire), Nadisvedan, and Nasya.
UNIT 2	Role of Mud Therapy in disease prevention.

	BLOCK 4 Massage and Marma Treatment
UNIT 1	Methods of Marma point activation, foundations and background of Marma therapy, classification of Marma points.
UNIT 2	Definition, scope, history, principles, techniques, types of massage, and their role in health and disease prevention.

Reference books:

1. Acharya, S. S. (2012). The Astonishing Power of Biophysical & Subtle Energies of the Human Body. Haridwar, India: Shri Vedmata Gayatri Trust.
2. Frawley, D. & Kozak, S. S. (2006). Yoga for your type. New Delhi, India: New Age Books.
3. Selvarasu, K. V. (2003). Kriya Cleansing in yoga. Tamil Nadu, India: Yoga Bharati
4. Acharya, B. (2005). Ayurveda Jadi-buti Rahasya. Haridwar, India: Divya Prakashan.

Course Details-6
Subject Name- Practicum-II (Yoga Therapy)
Subject Code- MSY-CP-207

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

The objectives of this course are

- Understand the benefits and limitations of each yoga practices.
- Understand the concept and principles of shatkarmas and breathing techniques.
- Demonstrate each practice with confidence and skilfully.

Shatkarma

Sutraneti, Agnisara, Sheetkram and Vyutkram (Inverse) Kapalbhata and all the practices described in MA 105.



Aasana

Utkatasan, Paschimottan, Chakrasana, Vrishabhasana, Natarajasan, Kukkutasana, Kurmasana, Vakrasana, Hasta Padangushtha, Parvatasana, Akaranadhanurasan, Bhunamansan, BaddhaPadmasana, Konasana, Ashtavakra, Vayatanasana, Tulsan, Vyaghrasana, GuptaPadam, Garbhaasana, Tiryakbhujangasana, Sarpasana, ArdhaChandrasana, ParivrittaJanushirasana, Sankat aasana

Pranayama

Suryabhedhi, Chandrabhedhi, Ujjayi, Bahyavritti, AabhyantarVritti and all practices of MA-105.

Mudra and Bandha

Shambhavi, Tadagi, Kaki Mudra and Mahabandha, Hasta mudra, Prana and Apana mudra and all the mudras and bandhas mentioned in MA-105.

Mantra & Meditation

Devyajna Mantras- Meaning, Memorization & Recitation.

Text books:

1. Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya
2. Prakashan BooksTM
3. Balkrishna, A. (2017). Yoga Vigyanam. Haridwar, India: Divya Prakashan.
4. Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: Divya Prakashan
5. Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: Divya Prakashan.
6. Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.
7. Yoga for Promotion of Positive Health, by Dr R Nagarathna, Dr H R Nagendra Published by SVYP, 2002

Reference books:

8. B.K.S Iyenger: Light on Pranayama, Aquarian/Thorsons, 1992 Bharati, Mungher, Bihar, India.
9. Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga

Course Details-7
Subject Name- Practical-II (Project)
Subject Code- MSY-CP-208

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

- Following the completion of this course, learners will enable them to carry out project work in Literary and Philosophical area of the Shastras.

Course Outcomes:

This course targets empowerment of learners to

- Design mini research projects.
- Collect, collate, analyze and interpret data.
- Draw the conclusion and apply the research findings.

Note:

- During this time, candidates are expected to carry out the following task
- Meet guide at least once to report the progress.
- Spend time every day recording the data.

Examination:

- Students shall be examined based on the presentation of their synopsis and progression of the project work.