



SEMESTER-III

Course Details-1

Subject Name- Bhagavad Gita, Yog Vashisht and Samkhya Karika

Subject Code- MSY-CT-301

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:

- To give comprehensive knowledge about therapeutic basis of yoga as mentioned in ancient classical texts such as Bhagavad Gita and Yoga Vasistha

Course Outcomes:

After study this course, a learner will enable to

- Outline Yogic etiopathogenesis and management of stress from the perspective of Srimadbhagwadgeeta.
- Interpret yogic perspective of human personality and its development process and practices.
- Apply yogic principles and practices of SMG for maximizing performance of sports personnel.
- Use yogic principle and practice covered in Yoga Vasistha for managing stress and personality development.

	BLOCK-1 Foundations of Yogic and Indian Concepts of Health
UNIT-1	Yogic Concepts of Health, Stress and Disease: WHO & Indian systems (Ayurveda, Naturopathy, Siddha): concepts, utility, limitations, Yogic view of health, Adhi (stress) & Vyadhi (disease), Yoga Vasishta perspective, Role of Yoga in preventive care (Heyam dukham anagatam), Causes of ill-health: Kleshas, Vyadhi, etc.

UNIT-2	Triguna, Pancha Mahabhutas, Koshas, Pranas, Nadis, Chakras, Shuddhi practices: Karma (yama, niyama), Ghata (shatkarmas), Snayu (asana), Prana (pranayama), Indriya-mano, Buddhi-chitta (dharana, dhyana, samadhi)
UNIT-3	Diet per Hatha Yoga & Bhagavadgita, Shatkriyas, Tatva shuddhi, Asana, Pranayama for holistic health, Mental health, hygiene, social adaptation through Yamas & Niyamas
BLOCK-2 Evidence-based and Philosophical Foundations of Yoga	
UNIT-1	Evidence of yoga benefits across body systems, Positive health via Asana, Kriya, Mudra, Bandha, Pranayama, Meditation
UNIT-2	Introduction of Sankhya Philosophy & Karika , Meaning, history, Karika overview, annotations
UNIT-3	Sankhya Karika Principles , Types of Dukha & remedies, Vyakta, Avyakta, Jna; 25 elements & their variations
BLOCK-3 Sankhya and Its Application	
UNIT-1	Satkaryavad, Pramana, Purusha types, Prakriti-Purusha relation, Gunas
UNIT-2	Trayodashkaran , Buddhi, Ahankar, Mana, Indriyas & their functions, Eight Dharmas of Buddhi
UNIT-3	Sarga, Shareer & Mukti , Bhutsarga & Pratyayasarga, Linga, Sukshma, Sthula Shareer, Bandhan & types of Mukti

Textbooks

1. Ramdev, S. (2012). *Srimadbhagvad Gita*. Haridwar, India: Divya Prakashan.
2. Simpkins, A. M., & Simpkins, C. A. (2011). *Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice*. Hoboken, New Jersey: John Wiley & Sons, Inc.
3. Swami Chinmayananda. (1992). *Holy Geeta*. Mumbai: Central Chinmaya Mission Trust.
4. Vaalmeeki. (1998). *Essence of Yoga Vasishta*. Twin Lakes, WI: Lotus Press.



Reference Books

5. Bhawuk, D. P. S. (2011). *Spirituality and Indian Psychology: Lessons from the Bhagavad Gita*. New York, NY: Springer. <https://doi.org/10.1007/978-1-4419-8110-3>
6. Davis, R. H. (2015). *The Bhagavad Gita*. Princeton, NJ: Princeton University Press. <https://doi.org/10.2307/40085138>
7. Easwaran, E. (2011). *Essence of the Bhagavad Gita: A Contemporary Guide to Yoga, Meditation & Indian Philosophy*. Tomales, CA: Nilgiri Press.
8. Sivananda, S. (2000). *Bhagavad Gita*. Rishikesh, India: The Divine Life Society. <http://www.sivanandadlshq.org/>
9. Swami Ranganathananda. (1985). *Message of the Upanishads*. Mumbai: Bharatiya Vidya Bhavan.
10. Swami Venkatesananda. (1993). *Vasistha's Yoga*. Albany, NY: State University of New York Press.

Course Details-2

Subject Name- Disease Specific Pathology-I

Subject Code- MSY-CT-302

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

At the end of this theory teaching will be able to:

- Explain etiopathogenesis of diseases and the concept and the Pathological effect of various non-communicable diseases and the body's capacity for healing.
- Identify common hematological disorders and annotate necessary steps to understand them.
- Explain the pathogenesis of gastrointestinal disorders.

Course Outcomes:

The learning outcomes of this course will enable learners to

- Explain etiopathogenesis factors and markers of cancers, inflammation, cellular damage

- and electrolyte imbalance
- Identify normal and abnormal limits of hemodynamic changes during carcinoma,
- cardiovascular and GIT disease.
- Recognize normal and abnormal values of markers related to GIT disease.

	BLOCK-1 Overview of Pathology
UNIT-1	The significance of pathology research; terminology definitions.
UNIT-2	Approaches and strategies; alterations in cells and tissues
UNIT-3	Wound healing; inflammation and infection; infiltration and regeneration.
	BLOCK-2 Haemodynamic Alterations
UNIT-1	Neoplasia: Cell cycle, hyperplasia, thrombosis, embolism, infarction, oedema, shock.
UNIT-2	Cell cycle, hyperplasia, metaplasia, hypertrophy, atrophy, and nomenclature (tumour categorisation) are examples of neoplasia.
UNIT-3	Distinctions between malignant and benign tumours
	BLOCK-3 Haematology
UNIT-1	Anaemia (anaemia classification), normal haematopoiesis, and bone marrow examination.
UNIT-2	Vitamin B12 deficient anaemia (megaloblastic anaemia), iron deficiency anaemia.
UNIT-3	Thalassaemia, Sickle cell anaemia, Aplastic anaemia, Polycythaemia, Immune Haemolytic Anaemia, Leucocytosis-Leukopenia, Agranulocytosis.
	BLOCK-4 Gastrointestinal pathology
UNIT-1	Crohn's disease, appendicitis, typhoid, tuberculosis, and inflammatory conditions of the large intestine and appendix and large in large intestine.
UNIT-2	Ischaemic and pseudomembranous enterocolitis, diverticulosis, ulcerative colitis, amoebic colitis, and bacterial dysentery
UNIT-3	Coeliac disease is one such malabsorption, Non-cirrhotic portal fibrosis is one type of portal hypertension, along with its symptoms.



Reference

1. Basic Pathology - Kumar, Cotran – Saunders
2. Bryan Rush Distributors Peter Castaldi
3. Lazaris, A. C. (2018). Clinical Genitourinary Pathology: A case-based learning Approach.
4. (A. C. Lazaris, Ed.). Cham, Switzerland: Springer. doi://doi.org/10.1007/978-3-319-72194-1
5. Simpkins, C. A., and A. M. Simpkins (2011). Yoga and Meditation in Psychotherapy: Clinical Practice Techniques (2011th ed.). John Wiley & Sons, Inc., Hoboken, N.J.

Course Details-3

Subject Name- Applied Psychology and Yogic Counselling with Human Consciousness

Subject Code- MSY-CT-303

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

- To discuss behaviour and disease process through various models of health psychology.
- To outline causes of pathological behaviour and psych-diagnostic assessment.
- To develop skill for diagnosis and classification of mental disorders.

Course Outcomes:

Study of this course will enable learners to

- Explain models abnormality
- Record mental case history and conduct mental status examination.
- Prescribe yoga protocol for mental disorders
- Conduct yogic counselling for prevention and mitigation of mental disorders.

	BLOCK-1 Introduction to models of Psychopathology
UNIT-1	Introduction to Models of Psychopathology; Psychoanalytic, behavioral, cognitive and biological models; Sociobiology of health and disease; Diagnostic classification of mental and behavioral disorders
UNIT-2	Case History Taking and Mental Status Examination-Part I; Disorders of attention, perception, thought movement, Psychodiagnosis of major Mental Disorders of the Adults and their treatment: Stress and Anxiety Disorders, and Schizophrenia.
UNIT-3	Case History Taking and Mental Status Examination-Part II; Affective Disorders, Psychosomatic Disorders, Personality Disorders and Substance abuse
	BLOCK-2 Mental Disorder of Children and their treatment
UNIT-1	Mental Disorders of Children and Their Treatment- Part I Mental Retardation, Learning Disability, Attention Deficit Disorders and Hyperactivity, Autism
UNIT-2	Mental Disorders of Children and Their Treatment-Part II Fears and Phobias, Conduct disorders: Bullying, physical Aggression.
UNIT-3	Mental Disorders of Children and Their Treatment-Part III Emotionally or physically abusive behaviors (wielding deadly weapon, or forcing sex), Truancy from home or school.
	BLOCK-3 Principles and Practice of Yogic Counselling
UNIT-1	Introduction to Counselling: Introduction to counselling, nature, approaches and challenges; Approach to counselling – Attitude change towards yoga through individualized counselling
UNIT-2	Yogic Counselling for Emotional Issues Psychological & yogic methods for tackling ill effects of conflict and frustration; Yoga Psychology for Adjustment: Psychological, philosophical and yogic counselling; the remedial measures.
UNIT-3	Psycho-physiological Benefits of Yogic Practices, Action in relaxation-the secret of Karma Yoga; Psycho-physiological effects and health benefits of Pranayama, Shatkarma, Bandha and Mudra; Psycho-physiological effects and health benefits of Meditation.



Textbooks

1. Hersen, M., Kazdin, A. E., & Bellack, A. S. (1991). The Clinical Psychology Handbook. New York: Pergamon.
2. Saraswati, S. A. (1983). Manovigyan and Shiva Samkalpa. Rohtak, India: Haryana Aryasamaj Sahitya Prakshan.

Reference books

3. Baxter, R., Hastings, N., Law, A., & Glass, E. J. (2008). Handbook of Integrative Clinical Psychology, Psychiatry, and Behavioral Medicine. New York: Springer Publishing Company.
4. Cortright, B. (2007). Integral Psychology: Yoga, Growth, and Opening the Heart. SUNY Series in Transpersonal and Humanistic Psychology.
5. Gothe, N. P., Keswani, R. K., & McAuley, E. (2016). Yoga practice improves executive function by attenuating stress levels. Biological Psychology, 121, 109–116. <https://doi.org/10.1016/j.biopsycho.2016.10.010>
6. Jung, C. G. (1999). The Psychology of Kundalini Yoga: Notes of the Seminar Given in 1932. Princeton, NJ: Princeton University Press.
7. Jung, C. G. (2008). C. G. Jung Psychology and the Occult. Abingdon, Oxon: Routledge.
8. Levine, M. (2008). The Positive Psychology of Buddhism and Yoga: Paths to a Mature Happiness, with a Special Application to Handling Anger (2nd ed.). Mahwah, NJ: Lawrence Erlbaum Associates, Inc., Publishers.

Course Details-4

Subject Name- Evidence Based Yoga Therapy-I

Subject Code- MSY-CT-304

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

After the completion of the program, the students should be able to

- List physiological principles underlying pathogenesis and progression of GIT, musculoskeletal, excretory, and psychological disorders.

- Independently handle a patient and administer yoga therapy.
- Illustrate the physiological response and adaptations to environmental stresses.

Course Outcomes:

This course is expected to enable learner to

- Discuss etiopathogenesis regarding somatic, psychological and psychosomatic disease.
- To interpret etiopathogenesis of Musculo-skeletal GIT disorders and excretory system related disorders.
- To diagnose, design and implement integral yoga therapy protocol for prevention and mitigation of major Musculo-skeletal, GIT and excretory system related diseases.

	BLOCK-1 Overview of Common Illnesses
UNIT-1	Overview of the AdhijaVyadhi and concept of yoga therapy
UNIT-2	Anaemia: Classification, medical treatment, and yogic control of anaemia.
UNIT-3	Cancer: causes, symptoms, side effects from radiation and chemotherapy, medical treatment, and yogic treatment
UNIT-4	HIV-AIDS: The causes, pathophysiology, clinical characteristics, medical treatment, and yogic management of HIV-AIDS
	BLOCK-2 Musculoskeletal Disorders
UNIT-1	Neck pain: categorization, whiplash injury, cervical spondylosis, functional neck discomfort, medical management, and yogic management
UNIT-2	Back Pain: Back pain is divided into two categories: organic and functional. Intervertebral disc prolapses (IVDP), lumbar spondylosis and yogic management
UNIT-3	All varieties of arthritis: gout, osteoarthritis, psoriatic arthritis, rheumatoid arthritis, medical management, and yogic management.
	BLOCK-3 Disorders of the Gastrointestinal System
UNIT-1	Clinical Characteristics, Medical Treatment, Yogic Treatment. Definition, Pathophysiology, Clinical Features, Medical Management, and Yogic Management of Constipation and Diarrhoea



UNIT-2	The definition, pathophysiology, classification, clinical characteristics, medical treatment and yogic treatment
UNIT-3	Definition, pathophysiology, classification, clinical characteristics, medical management, and yogic management of Crohn's disease.
BLOCK-4 The Excretory System	
UNIT-1	Diabetes Mellitus Types 1 and 2: Definition, Pathophysiology, Categorization, and Clinical Characteristics. Yogic management and medical management
UNIT-2	Defining, classifying, pathophysiological, clinical, medical, and yogic management of obesity
UNIT-3	Causes, symptoms, medical treatment, and yogic management of chronic renal failure; Medical and yogic therapy of renal stones.

Reference:

1. Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: Divya Prakashan.
2. Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan BooksTM
3. Iyengar, B. K. S. (2001). Yoga: The Path to Holistic Health (1st ed.). London, Great Britain: Dorling Kindersley.
4. Integrated approach of yoga therapy for positive Health-R Nagaratha, HR Nagendra

Course Details-5

Subject Name- Yoga in World Religious

Subject Code- MSY-EL-305

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

- To discuss basic Yogic concepts and Sadhana of every religion as the common avenue for peace and communal harmony.
- To develop awareness that all the religions have common Yoga Sadhanas targeting harmony and peace.

Course Outcomes:

This course targets learners' empowerment to

- Analyze religions and their essence.
- Explore and practice yoga principle and techniques covered by Jainism, Buddhism, Sufism, Islam and Christianity.

	BLOCK-1 Religion and their essence
UNIT-1	Religions and Their Essence -Part I: Meaning of Religion; Introduction to Jainism and Goal of human life in Jainism; Introduction to Buddhism and Goal of human life in Buddhism
UNIT-2	Religions and Their Essence-Part II: Introduction to Islam and Goal of human life in Islam; Introduction to Christianity and Goal of human life in Christianity.
UNIT-3	Religions and Their Essence-Part III: Introduction and Essence of Sufism and Goal of human life in Sufism.
	BLOCK-2 Yogic Insights in Jainism and Buddhism
UNIT-1	Yoga in Jainism: Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Prekshadhyana).
UNIT-2	Yoga in Buddhism-Part I: Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or our Noble Truths.
UNIT-3	Yoga in Buddhism Part II: Arya-astangika-marga or Noble Eightfold Path (Bouddha-Yoga); Tai Chi-based Meditation, Zen meditation, Qi-gong meditation and G-Tum-O meditation
	BLOCK-3 Yoga in Sufism and Islam
UNIT-1	Yoga in Sufism: Elements of Yoga in Sufism, Sufi Meditation Techniques. Sufi Meditation: Muraqaba.



UNIT-2	Yoga in Islam-Part I: Islam: Salat positions along with their most similar yoga positions.
UNIT-3	Yoga in Islam-Part II: Qiyam and Namaste; Ruku and Ardha Uttanasana; Julus and Vajrasana; Sujud and Blasana.
BLOCK-4 Yoga in Christianity	
UNIT-1	Christian Meditation Practices-Part I: Contemplation, Meditation as practiced by Franciscan nuns, Rosary meditation.
UNIT-2	Christian Meditation Practices-Part II: Meditation as prescribed by the church, Meditation in Christian literature.
UNIT-3	Christian Meditation Practices-Part III: Hesychasm, Maranatha-a Christian meditation mantra.

Textbooks

1. **Lajpat Rai & others.** (1999). *Meditation*. Gurgaon: Anubhava Rai Publications.
2. **Wilber, K.** (2006). *Integral Spirituality: A Startling New Role for Religion in the Modern and Postmodern World*. Boston, MA: Integral Books.

Reference books:

3. **Gulati, M. N.** (2008). *Comparative Religions and Philosophies: Anthropomorphism and Divinity*.
4. **Lajpat Rai.** (1999). *Discovering Human Potential Energy*. Gurgaon: Anubhava Rai Publications.
5. **Parragon.** *World Religion*. Parragon Publishing India.
6. **Saraswati, Swami Niranjanananda.** (1996). *Dharana Darshan*. Munger, Bihar: Yoga Publications Trust.
7. **Wilber, K.** (2006). *Integral Spirituality: A Startling New Role for Religion in the Modern and Postmodern World*. Boston, MA: Integral Books.

Course Details-5
Subject Name- Indian Knowledge System
Subject Code- MSY-EL-306

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

This course targets empowerment of learners to

- Demonstrate and apply yoga style of swami Ramdev for lifestyle moderation, health promotion and healing.
- Carry out field projects regarding utility of swami Ramdev yoga style.

	BLOCK-1 Indian Philosophical Systems-Part (a)
UNIT-1	Caturdasa Vidyasthana-s: 14 branches of learning in ancient India-Purana, Nyaya, Mimamsa, Dharmasastra, six Vedanga-s (Siksa, Vyakarana, Nirukta, Chanda, Jyotisa, Kalpa), and four Vedas-Rgveda, Yajurveda, Samaveda, Atharvaveda
UNIT-2	Eighteen Purana-s: Names of 18 Purana-s and their five general characteristics-Sarga, Pratisarga, Vamsa, Manvantara, Vamsanucarita.
UNIT-3	Ancient Indian Philosophical Systems: Introductory information on Caturdasa Vidyasthana-s and Purana-s.
	BLOCK-2 Social and Philosophical Contributions of Ancient India
UNIT-1	Gurukula System: Introduction and contribution of ancient Indian gurukulas: Nalanda, Takshashila, Vikramashila, Valabhi, Odantapuri, Mithila, Kanchi, Nadiya, Pushpagiri, Nagarjunakonda, Sharadapitha (Kashmir), Ujjain, Jagaddala, Somapura.
UNIT-2	Purusartha and Dharma: Four Purusarthas: Dharma, Artha, Kama, Moksha -definitions and meaning; Etymology and interpretation of Dharma; References from Mahabharata, Manusmriti, Vaishesika Sutra.
UNIT-3	Society and Sacred Geography: Kamya, Nitya, Nisiddha, Naimittika, Prayascita, Upasana; Artha as Purushartha-meaning and derivation; Social outlook-Tirthayatra, festivals, Saptapuri, 12 Jyotirlingas, unity of India.



	BLOCK-3 Health and Well-being
UNIT-1	Folk and Tribal Medicine: Scope and significance of folk and tribal medicine -8000 plants, home remedies, primary care, bone setting, traditional birth attendants, poison healers.
UNIT-2	Ayurveda: Foundational concepts-Dosa-Dhatu-Mala Siddhanta; Health (Svatha), daily routine (Dinacarya), seasonal routine (Rtucarya).
UNIT-3	Siddha System: History, personalities, texts; Concepts-Tridosa, pulse diagnosis, Varma treatment, herbo-mineral formulations; Concepts of health and disease; Preventive medicine, current status in India and globally.
	BLOCK-4 Ancient India and World
UNIT-1	Influential Yogic Thinkers: Impact of Indian yoga philosophers on the West-Swami Vivekananda, Paramahansa Yogananda, Sri Aurobindo, Maharishi Mahesh Yogi, Acharya Rajneesh, J. Krishnamurti, Swami Sivananda, BKS Iyengar, Sri Krishnamachari.
UNIT-2	Influence on Western Culture and Arts: Influence of yoga on Western art, culture, and film from the 18th century.
UNIT-3	Influence on Western Literature: Impact of Indian philosophy and yoga on Western literature.

Reference

1. Bose, D. M., Sen, S. N., & Subbarayappa, B. V. (Eds.). *A Concise History of Science in India* (2nd Ed.). Universities Press, Hyderabad, 2010.
2. Dharampal. *Indian Science and Technology in the Eighteenth Century*. Delhi: Impex India, 1971. *The British Journal for the History of Science*.
3. Dharampal. *Some Aspects of Earlier Indian Society and Polity and Their Relevance Today*. New Quest Publications, Pune, 1987.
4. Dharampal. *The Beautiful Tree: Indigenous Indian Education in the Eighteenth Century*. Biblia Impex, New Delhi, 1983. Reprinted by Keerthi Publishing House Pvt Ltd., Coimbatore, 1995.
5. Kapoor, K., & Singh, A. K. *Indian Knowledge Systems: Vol I and II*. D.K. Print World Ltd., 2005.

6. Mahadevan, B., Bhat, V. R., & Pavana, N. R. N. *An Introduction to Indian Knowledge Systems: Concepts and Applications*. Prentice Hall of India, 2022.
7. Mohanty, J. N. (2008). *A History of Indian Philosophy*. In *A Companion to World Philosophies*, pp. 24–48.
8. Potter, K. H. *Encyclopedia of Indian Philosophies, Vol. IV*. Delhi: Motilal Banarsidass Publishers, 1987.
9. Upadhyaya, B. *Sanskṛta Śāstrom ka Itihās*. Chowkhambha, Varanasi, 2010.

Course Details-6

Subject Name- Practical-I (Disease Specific Pathology)

Subject Code- MSY-CP-307

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

Upon successful completion of the practical training, students will be able to:

- Demonstrate various laboratory experiments with accuracy.
- Recognize normal and abnormal values of laboratory parameters.
- Develop skills in interpreting laboratory results effectively.

Course Outcomes:

By the end of the course, learners will be able to:

- Perform blood group detection, hemoglobin estimation, and enumeration of RBC and WBC.
- Demonstrate pathological tests related to anemia and other tests as mentioned above.

UNIT 1: Hematology –I

Blood groups (ABO system); Estimation of hemoglobin; Enumeration of RBCs (RBC count); Total leucocyte count (Total count);

UNIT 2: Hematology-II

Differential leucocyte count (DC); Peripheral smear staining and reporting; Absolute eosinophil count



UNIT 3: Anemia-I

Anemia: Hemograms in anemia, Iron deficiency anemia, Macrocytic anemia, Microcytic anemia, Hemolytic anemia

UNIT 4: Demonstration

All candidates are expected to demonstrate the Unit-I experiments and explain the same in the practical records.

REFERENCE:

1. Practical Manual by Harsh Mohan
2. Medical Laboratory Technology-Ramnik Sood

Course Details-7

Subject Name- Practical-I (Evidence Based Yoga Therapy)

Subject Code- MSY-CP-308

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

Upon successful completion of these practical, students will be able to:

- Demonstrate yoga practices specific to particular ailments.
- Explain the principles and procedures of each yogic practice.

Course Outcomes:

This course aims to empower learners with the ability to:

- Prescribe and implement an integral yoga therapy protocol for the prevention and management of anaemia, musculoskeletal disorders, and gastrointestinal (GIT) diseases.
- Prepare detailed case studies of five different patients with diseases related to the musculoskeletal and GIT systems.