

Centre of Human Consciousness & Yogic Science (Department of Yoga & Health)



Choice Based Credit System (CBCS) Syllabus

Masters of Science in Yogic Science & Holistic Health

**Dev Sanskriti Vishwavidyalaya
Gayatrikunj-Shantikunj, Harwar- 249411
(Uttarakhand) India.**

M.Sc. YOGIC SCIENCE & HOLISTIC HEALTH

AN INTRODUCTION TO THE COURSE STRUCTURE, SCHEME OF EXAMINATION & EVALUATION

1. Title of the Course-

The course shall be called as “**M.Sc. YOGIC SCIENCE & HOLISTIC HEALTH**”

2. Duration of the Course-

The course will be of two academic years (four Semesters) duration.

The classes will be conducted 6 days in a week. There will be minimum seven (7-8) hours of instructions every day (5 hrs. theory and 2-3 hrs. practical). There may be an extra hour for Personal Practice every day.

3. Eligibility-

Pass in 10+2+3 pattern or equivalent with Science (Biology) with a minimum aggregate of 50% marks provided that the candidate has passed in each subject separately.

4. Objectives of the Course-

- To impart secrete and ancient knowledge of yogic science to the students.
- To train students yoga and alternative therapies to take up yoga as a profession.
- To impart the depth knowledge of yoga, its foundations and applications to the students.
- To promote the awareness for positive health and personality development in the student through yoga.
- Instilling and inculcating the general interest and inquisitive knowledge about yoga & Health, personality development and spiritual evolution.
- To prepare institutionally trained yoga professionals to impart yoga training & yoga therapy to all sections of the society.
- To generate qualified yoga professionals to impart yoga therapy and to assist Physicians to give yoga training and therapy to the needy patients.
- To generate manpower to active part in various yogic research projects.
- To prepare yoga post graduate to take active part in the moral, intellectual and social revolution for the holistic development of the nation.
- To encourage the pupil to be a global citizen, serving the human being at large through the profession of yoga.

- 5. Syllabus:** The syllabus is designed to fulfill aforesaid objectives containing theory subjects, practical, laboratory work, study tour and field training in yoga education, yoga therapy, allied subjects and self-development through class tests, assignments, quizzes etc.

6. **Medium of Instruction:** Hindi and English

7. **Medium of Examination:** The medium of examination is Hindi and English.

8. **Scheme of Examination and Evaluation**

- An academic year shall be apportioned into two Semesters. There shall be Semester-end examination after completion of each Semester which will be notified by the University.
- **Phases of Evaluation-**

Continuous Internal Evaluation

• Type of Test per Theory Paper	• Marks per Test	• No. of Tests	• Total Marks
• Written Exam (W) (Traditional)	6	4 (Best of 3)	18
• Home Assignments (H) (Individual/Group) (1000 words, Hand written)	3	1	3
• Seminars (S) • (Photo/ Video graphed)	3	1	3
• Quizzes (Q) • (Surprise)	1.5	2	3
• Attendance (A)	3		
• Grand Total			30

- **Format of Internal Written Exam (W):**

S.N.	Type of Questions	Number of questions to be given	Number of questions to be attempted	Division of Marks	Duration in hrs.
1	Multiple Choice Questions (MCQ)	2	2	1	2 min.
2	Short Answer Questions (SAQ) (Word limit = 150-200)	2	1	2	10 mins.
3	Long Answer Questions (LAQ) (Word limit = 400)	1	1	3	24 mins.

2nd- Evaluation through a Semester-end examination

- All Semester-end examination will be held as per University schedule and will be conducted by the Controller of Examination.
- Candidates are allowed to write the said examination in English or Hindi.
- The Duration in hrs. of each theory course term-end examinations shall be 3 hour each
- Each theory courses term end exam is of 70 marks shall comprise questions from all the units with internal choices, covering the entire syllabus.

9. Marks Distribution:

Theory Courses:-

- Semester end evaluation 70 marks
- Internal evaluation 30 marks

10. Question format

Theory courses

Semester end examination

Total Marks: 70

<u>Section</u>	<u>Marks</u>	<u>Number of Question</u>	<u>Total Marks</u>
Section A	1 X	10 out of 10	= 10
Section B	4 X	05 out of 06	= 20
Section C	10 X	04 out of 06	= 40

12. Marks and Gradation- As per the university rules. The 'final result' will comprise of the total marks obtained in the Semesters and the passing percentage is minimum 40% marks in each theory and practical course & 50% in aggregate (both in external examination and continuous evaluation by the teachers)

Masters of Science in Yogic Science and Holistic Health 2 Years (4 Semesters)

Semester –I

SI	Paper	Title of the Course with Code	Total Marks	Hrs. of Instruction/ Week (L-T-P)	Credits
1	Discipline Core I	Fundamentals of Yoga & Holistic Health (M54-A01)	100 (70+30)	(4-0-0)	4
2	Discipline Core II	Introduction of Yogic Texts (M54-A02)	100 (70+30)	(4-0-0)	4
3	Discipline Core III	Human Biology I (M54-A03)	100 (70+30)	(4-0-0)	4
4	Discipline Core IV	Practical (Yoga) I (M54-A04)	100 (70+30)	(0-0-6)	3
5	Discipline Core V	Practical (Human Biology) II (M54-A05)	100 (70+30)	(0-0-2)	1
6	General Elective –I/ General Elective - II	Foundation of Yoga (M54-A06)/ Basics of Yogic Texts (M54-A07)	100 (70+30)	(4-0-0)	4
7	Ability Enhancement (As per University Guideline)				2
8	Skill Enhancement (As per University Guideline)				2
Total =20/24					
[*Note: - Discipline Elective Courses may not be offered if students are less than 25% of the total seats. General Elective Courses will only be offered when there are 25 students in total.					

Semester –II

SI	Paper	Title of the Course with Code	Total Marks	Hrs. of Instruction/ Week (L-T-P)	Credits
1	Discipline Core I	Principles of Hath Yoga & Holistic Health (M54-B01)	100 (70+30)	(4-0-0)	4
2	Discipline Core II	Human Biology II (M54-B02)	100 (70+30)	(4-0-0)	4
3	Discipline Core III	Contemporary Yogic Models (M54-B03)	100 (70+30)	(4-0-0)	4
4	Discipline Core IV	Practical (Yoga) I (M54-B04)	100 (70+30)	(0-0-6)	3
5	Discipline Core V	Practical (Human Biology) II (M54-B05)	100 (70+30)	(0-0-2)	1
6	General Elective – I/ General Elective - II	Basics of Hath Yoga (M54-B06)/ Contemporary Yogic Models (M54-B07)	100 (70+30)	(4-0-0)	4
7	Ability Enhancement (As per University Guideline)				2
8	Skill Enhancement (As per University Guideline)				2
Total = 20/24					
*Note: - Discipline Elective Courses may not be offered if students are less than 25% of the total seats. General Elective Courses will only be offered when there are 25 students in total.					

Semester –III					
SI	Paper	Title of the Course with Code	Total Marks	Hrs. of Instruction/ Week (L-T-P)	Credits
1	Discipline Core I	Patanjal Yoga Sutra & Holistic health (M54-C01)	100 (70+30)	(4-0-0)	4
2	Discipline Core II	Research Methodology and Statistics (M54-C02)	100 (70+30)	(4-0-0)	4
3	Discipline Core III	Project (M54-C03)	100	(0-4-0)	4
4	Discipline Core IV	Practical (Yoga) I (M54-C04)	100 (70+30)	(0-0-6)	3
5	Discipline Elective I/ Discipline Elective II	Diet & Nutrition (M54-C05)/ Fundamentals of Psychology (M54-C06)	100 (70+30)	(4-0-0)	4
6	Discipline Elective III/ Discipline Elective IV	Panchakarma (M54 C07)/ Common Disorder & Pathology (M54-C08)	100 (70+30)	(4-0-0)	4
7	Discipline Elective V/ VI	Practical (Panchakarma) II (M54 – C09)/ Practical (Common Disorder & Pathology) II (M54-C10)	100 (70+30)	(0-0-2)	1
8	Skill Enhancement (As per University Guideline)				2

Total Credits = 24/26

*Note: - Discipline Elective Courses may not be offered if students are less than 25% of the total seats.
General Elective Courses will only be offered when there are 25 students in total.

Semester –IV					
SI	Paper	Title of the Course with Code	Total Marks	Hrs. of Instruction/ Week (L-T-P)	Credits
1	Discipline Core I	Vedanta & Holistic health (M54 D01)	100 (70+30)	(4-0-0)	4
2	Discipline Core II	Yoga Therapy (M54-D02)	100 (70+30)	(4-0-0)	4
3	Discipline Core III	Dissertation (M54-D03)	100	(0-4-0)	4
4	Discipline Core IV	Practical (Yoga) I (M54-D04)	100 (70+30)	(0-0-6)	3
5	Discipline Elective I/ Discipline Elective II	Naturopathy (M54-D05)/ Marma Therapy (M54-D06)	100 (70+30)	(4-0-0)	4
6	Discipline Elective III/ Discipline Elective IV	Yogic Management of Psychological Disorders (M54-D07)/ Clinical Methods and Modern Diagnostic Method (M54-D08)	100 (70+30)	(4-0-0)	4
7	Discipline Elective V/ Discipline Elective VI/ Discipline Elective VII	Practical (Naturopathy) II (102-D09)/ Practical (Marma Therapy) II (102D10)/ Practical (Clinical Methods and Modern Diagnostic Method) (M54-D11)	100 (70+30)	(0-0-2)	1

8	Skill Enhancement (As per University Guideline)	2
		Total Credits = 24/26
		GRAND TOTAL 88/100
*Note: - Discipline Elective Courses may not be offered if students are less than 25% of the total seats. General Elective Courses will only be offered when there are 25 students in total.		
Note: • Student need to select any two of the general elective papers in first two Semesters.		
• Students need to select any two discipline elective papers in last two Semesters.		

Master of Science
Yogic Science and Holistic Health (SEM-I)
Discipline Core I (Paper Code M54 – A01)
Paper -I: Fundamentals of Yoga and Holistic Health
[Total Marks: 100= External 70 + Internal 30] Credit = 4, (60 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Introduction to Yoga	-Yoga, its Meanings and Definitions. -Historical Development of Yoga -Nature of Yoga in view of Vedas & Puranas -Brief Upanishadic Approaches to Yoga	8	3	0	11
2.	Traditional Models of Yoga (Brief Introduction)	-Bhakti-Yoga -Raja-Yoga -Gyana-Yoga -Hath-Yoga -Karma-Yoga -Tantra-Yoga.	8	3	0	11
3.	Contemporary Views on Yoga	-Yogic models of Swami Vivekananda, Sri Aurobindo and Acharya Sri Ram Sharma. -Difference among Yoga, Religion and Spirituality -Concept of Yoga and Scientific spirituality -Human Consciousness and Yoga	9	2	0	11
4.	Yogain Philosophical Traditions	-Buddhism -Jainism -Sankhya -Advaita-Vedanta	8	3	0	11
5.	Yoga and Holistic Health	-Scientific and Philosophical dimensions of Yoga -Importance and role of Yoga in Health sectors -Yoga and dimensions of Holistic Health	8	3	0	11
		Tests	4	1	0	5
		Total hrs.	45	15	0	60

Fundamentals of Yoga and Holistic Health**Reference Books**

S.N.	Books and Authors
1	Hamari Vasiyat Aur Virasaat – Pt. Shriram Sharma Acharya
2	Yug Drashta Ka Jivan Darshan – Pt. Shriram Sharma Acharya - Vangmaya Khand-1
3	Chetana Ki Sikhar Yatra – Dr. Pranav Pandya
4	Matru Shakti Ank, Akhand Jyoti Vishesank, Feb. 1995-Dr. Pranav Pandya.
5	Kalyan (Bhakt Ank) – Gita press Gorakhpur
6	Kalyan (Sant Ank) – Gita press Gorakhpur
7	Kalyan (Yogank) – Gita press Gorakhpur
8	Kalyan (Yoga Tattvank) – Gita press Gorakhpur
9	Yoga Vijyan – Swami Vijnananand Saraswati
10	Yoga Mahavigyan – Dr Kamakhya Kumar
11	Ancient Yoga and Modern Science – T.N. Anatharaman
12	The Yoga Book – Stephen Sturgess
13	Yoga Immortality and Freedom- Mircea Eliad
14	Super Science of Yoga – Dr. Kamakhya Kumar
15	History of Indian Philosophy (5Vols)- S.N.Dasgupta
16	Yoga Philosophy – S.N. Dasgupta
17	Yoga Sara Samgraha – Gangadhar Jha

Master of Science
Yogic Science and Holistic Health (SEM-I)
Discipline Core II (Paper Code M54 – A02)
Paper-II: Introduction to Yogic texts
[Total Marks: 100= External 70 + Internal 30]Credit = 4, (60 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Introduction to the Yoga Upanishad I	-Kathopanishad -Taittiriyanopanishad -Shwetashatarapanishad -Kenopanishad	8	3	0	11
2.	Introduction to the Yoga Upanishad II	-Yoga Kundalyopanishad -Dhyānbindopanishad -Nadabindopanishad	8	3	0	11
3.	Introduction to the HathYoga Texts:	-Hathpradipika. -Hathratnawali -Gheranda Samhita -Siddha-Siddhant Paddhati	8	3	0	11
4.	Introduction to the Raja Yoga & Jnana-Yoga Texts:	-Patanjal Yoga Sutra -Bhagwadgita. -Yoga Vashishtha -Vivek Chudamani	8	3	0	11
5.	Introduction to the BhaktiYoga Texts:	-Narada Bhakti Sutra -Shandilyabhakti Sutra -Srimad Bhagwatam -Shri Rama Charitmanas	9	2	0	11
		Tests	4	1	0	5
		Total hrs.	45	15	0	60

Master of Science
Yogic Science and Holistic Health (SEM-I)
Discipline Core III (Paper Code M54 – A03)

Paper-III: Human Biology I

Anatomical, Physiological & Biochemical Aspects

[Total Marks: 100= External 70 + Internal 30]Credit = 4, (60 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Musculoskeletal System:	<ul style="list-style-type: none"> -The Skull: Various component bones, Sutures, Foramina, Air Cells, Sinuses, Orbit, Tooth sockets, Jaw, & Muscles attached to skull and jaw. -The Trunk: Spine, Vertebral bodies, Intervertebral discs, Spinal canal, Lamina, Arch, Spinal muscles, Rib Cage, Sternum, Intercostal muscles, Diaphragm, & Intra-abdominal skeletal muscles. -The upper limb: The names of bones, joints of upper limbs, & Muscles of the upper limb -The lower limb: The names of bones, joints of lower limb, & muscles of the lower limb 	8	3	0	11
2.	Bones, Muscles, other tissues and gastrointestinal system:	<ul style="list-style-type: none"> -Physiology of bone: Haversian systems, Blood supply of bones, Modeling and remodeling, Hormonal support, calcium deposition, calcium, vitamin D, & Parathyroid. -Physiology of muscles: Histology, blood supply and nerve supply of muscles, Microscopic structure, contractile proteins, Anaerobic and anaerobic contraction, calcium ion in muscle contraction. & Blood supply of muscles. -Physiology of tissues: Epithelia, exocrine glands, Connective tissue: Excitable tissues, & electrical conduction. -Anatomy of the Gastrointestinal System: Oral Cavity, Esophagus, Stomach, Duodenum, Jejunum, Ileum, Colon, Appendix, Sigmoid and Rectum, Liver, Gall Bladder, Salivary Glands, & Pancreas. -Secretions of the Gastrointestinal Tract: Saliva, Gastric Juice, Bile, Pancreatic Juice, Succus entericus. -Nutrition: Composition of food: Proteins, Carbohydrates, fats, Vitamins, Minerals, Fiber, & Water. -Digestion of food: Enzymes, Carbohydrates, Proteins, Fats, Fibre, & Role of Colonic bacteria -Biochemistry: ATP, Glucose, Glycolysis, Krebs's cycle -GIT: Absorption of food: Water, Glucose, Amino acids, Fatty acids, Cholesterol -GIT Functions of liver – Carbohydrate, fat and protein metabolism -GIT: Motility of the intestinal tract peristalsis, nerve supply of the intestinal tract -GIT: hormones: Gastrin, Histamine, 5HT, Enkephalin, GIP, VIP, CCK-PZ 	10	3	0	13
3.	The Respiratory System:	<ul style="list-style-type: none"> -Structure of Lungs and bronchi, alveolar gas exchange, Respiratory volumes, partial pressures -Biochemistry: Atmospheric gases, Partial pressures, paO_2, $paCO_2$ -Transport of oxygen and carbon dioxide -Regulation of respiration, neural control of breathing, Chemical control of breathing 	8	3	0	11

		-Respiratory adjustments in health and disease: Effect of high altitude, Exercise, Hypoxia -Observation in pranayama -Composition of blood and Lymph -Formed elements of blood: Blood cell, Haemopoiesis, Platelets, -Blood groups, transfusions				
4.	Immunology:	-Immunity: types of immunoglobulin, Formation of antibodies, Organs of Immune system, & Cell immediate immunity. -Immunity against Viral, Bacterial, & Protozoal infections. -Immunity: HLA system (MHC) -Immunity Control: Neurohumoral mechanisms, Psycho immunology, & Autoimmunity.	7	2	0	9
5.	Cardio-vascular System:	-The heart: Its structure, Heart valves & chambers, Coronary blood vessels; The cardiac muscle and its characteristics -Origin of cardiac activity, electrical activity of the heart, conducting system of the heart. -The great vessels Arteries, veins and capillaries -The heart as a pump: Circulation, Blood pressure, & Cardiac output -Regulation of circulatory function: Vasomotor center, sympathetic and parasympathetic activity -Circulation through different regions, venous pump, Portal circulation -Circulatory adjustments in health and diseases -Lymphatic system	8	3	0	11
		Tests	4	1	0	5
		Total hrs.	45	15	0	60

Human Biology– I Reference Books

S.N.	Books and Authors
1	Sarir Kriya Vijnan – Priyabrata Sharma
2	Saria Rachana Vijnan – Mukund Swarup Verma
3	Aurvediya Kriya Sarir – Ranjeet Sahaya Desai
4	Yoga avam Swasthya – Raaj Publication Patoyala
5	Manav Sarir Dipika – Dr. Mukund Swarup Verma
6	Health for all through Yoga – Dr. Ganesh Shanker Ghi
7	Swasthya Shiksha Avam Sharir Vigyan – H.K Sharma
8	A glimpse of human body – Teles Shirley
9	Basic Physiology – E.D Amour Fred
10	Human Physiology – Chakravarti, Ghosh and Sahana
11	Human Anatomy – M. Lyse Prives
12	Gray's Anatomy – Grays
13	Anatomy & Physiology – C. Gyton
14	Anatomy & Physiology – Ross & Wilson
15	Anatomy & Physiology for Nurses – Jaypee Brothers

Master of Science

Yogic Science and Holistic Health (SEM-I)

Discipline Core IV (Paper Code M54 –A04)

Paper-IV: Practical (Yoga) I

[Total Marks: 100 = External 70 + Internal 30] Credit = 3, (60 Hours)

Asana:

Starting Practice: Pawan Muktasana part-1, 2, 3, Marjariasan, Tadasana, Tiryak Tadasana, Kati Chakrasana

1. Surya Namaskara (A.P.M.B.)
2. Padmasana (H.P.)
3. Ushtrasana (Gh.S.)
4. Uttakatasana (Gh.S.)
5. Jannu Shirasana (A.P.M.B.)
6. Goumukhasana (H.P.)
7. Vakrasana (Y.K.)
8. Noukasana (Asana W & H)
9. Pawan Muktasana (A.P.M.B.)
10. Mandukasana (H.P.)
11. Shawasan (H.P.)

Pranayama Practice:

- Breathing - Chest, Abdominal & Yogic (A.P.M.B.)
- Pranakarshana (G.M.)
- Anulome Vilome (H.P.)
- Nadishodhan (G.M.)

Meditations:

- Soham Dhyana - (Dharana & Dhyana)
- Om Dhayan - (Dharana & Dhyana)

Mudras & Bandhas:

- Moolbandha (H.P.)
- Jalandhara Bandha (H.P.)
- Kakimudra (Gh.S.)
- Ashwinimudra (Gh.S.)
- Hastmudra-Gyan, Ling, Panchtatva Mudra (M.V.)

Shatkarmas:

- Jala-Neti (Gh.S.)
- Rubber-Neti (A.P.M.B.)
- Kapalhatti (Vatkram) (20-50stocks) (Gh.S.)
- Agnishar (Gh.S.)

Mantras:

- Gayatri-stavan - 5 Step (K.Bh.)
- OmMantra (Dev Yajan)

Viva-Voce:

(Note: Project should be based on therapy paper of same Semester.)

Master of Science
Yogic Science and Holistic Health (SEM-I)
Discipline Core V (Paper Code M54 – A05)
Paper-V: Practical (Human Biology) II

[Total Marks: 100 = External 70 + Internal 30] Credit = 1, (30 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1	An introduction to lab. Diagnostic methods on blood.	Site selection for collection of blood and preservation technique.	0	2	3	5
2	Determination of blood groups	(A, B, AB & O, and Rh System)	0	2	3	5
3	Slide preparation & observations of:-	Blood cell morphology – RBCs, WBCs, & Platelets. Bone marrow examination by permanent slide.	0	3	4	7
4	Method for measurement & brief significance of:-	Pulse rate (PR.), Respiratory rate (RR) & Blood Pressure (BP.).	0	2	3	5
5	Method for measurement & brief significance of:-	Body temperature and observation in cold and hot environment/weather.	0	2	3	5
		Tests		1	2	3
		Total hrs.		12	18	30
(By above mentioned Experiment the course will be complete in one credit.)						
External Marking-Written Examination (45) & Viva-Voce (25) Internal Marking- Evaluation of Record book preparation time to time by the subject teacher (30)						
Rationale- The student will get a Practical knowledge to identify blood cellular elements for lab diagnostic purpose and to measure the vital of person to know his health condition.						

Master of Science
Yogic Science and Holistic Health (SEM-I)
General Elective I (M54 –A06)

Paper -VI: Foundation of Yoga

[Total Marks: 100= External 70 + Internal 30]Credit = 4, (60 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Introduction to Yoga:	Meaning, Definition and History of Yoga, Nature of Yoga, Importance of Yoga, Usefulness of Yoga in Modern era.	5	2	0	7
2.	Brief Introduction of Yogic Texts	- Patanjali Yoga Sutra, Shrimad Bhagwadgita, Hath Yoga Pradeepika, Gheranya Samhita, Bhaktisagar.	6	3	0	9
3.	Nature of Yoga in Various Scriptures	- Veda, Upanishad, Gita, Yoga Vashistha, Jainmat, Buddhamat, Sankhya Sastra, Vedanta, Tantra Sastra, Ayurveda.	8	3	0	11
4.	Yoga procedures	- Jhana Yoga, Bhakti Yoga, Asthanga Yoga, Hath Yoga, Mantra Yoga, Sanyas Yoga.	10	3	0	13
5.	Yogic Lifestyle of Various Yogis/Yoginis	- Maharshi Patanjali, Gorakhnath, Maharshi Dayanand, Swami Vivekananda, Shri Arvind, Maharshi Raman, Shyamacharan Lahadi, Swami Shivanand, Maa Sarda, Mata Bhagwati Devi Sharma, Shri Maa (Arvind Ashram).	12	3	0	15
		Tests	4	1	0	5
		Total hrs.	45	15	0	60

Fundamentals of Yoga

Reference Books-

S.N.	Books	Author
1	योग विज्ञान	स्वामी विज्ञानानंद सरस्वती
2	वेदों में योग विद्या	स्वामी दिव्यानंद
3	योग मनोविज्ञान	शांतिप्रकाश आटेय
4	भारतीय दर्शन	आचार्य बलदेव उपाध्याय
5	औपनिषदिक अध्यात्म विज्ञान	डा० ईश्वर भारद्वाज
6	कल्याण (योग तत्त्वांक)	गीताप्रेस गोरखपुर
7	कल्याण (योगांक)	गीता प्रेस गोरखपुर
8	Yoga Mahavigyan	Dr Kamakhya Kumar
9	Yoga Darshan	Swami Niranjanananda Saraswati
10	Super Science of Yoga	Dr Kamakhya Kumar
11	भारत के संत महात्मा	रामलाल
12	भारत के महान योगी	विश्वनाथ मुखर्जी

Master of Science
Yogic Science and Holistic Health (SEM-I)
General Elective II (Paper Code M54 A07)

Paper -VI: Basics of Yogic Texts

[Total Marks: 100 = External 70 + Internal 30] Credit = 4, (60 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Introduction to the Yoga Upanishad I	-Kathopanishad -Taittiriyanopanishad -Shwetashatarapanishad -Kenopanishad	8	3	0	11
2.	Introduction to the Yoga Upanishad II	-Yoga Kundalyopanishad -Dhyandopanishad -Nadabindopanishad	8	3	0	11
3.	Introduction to the HathYoga Texts:	-Hathpradipika. -Hathratnawali -Gheranda Samhita -Siddha-Siddhant Paddhati	8	3	0	11
4.	Introduction to the Raja Yoga & Jnana-Yoga Texts:	-Patanjal Yoga Sutra -Bhagwadgita. -Yoga Vashishtha -Vivek Chudamani	8	3	0	11
5.	Introduction to the BhaktiYoga Texts:	-Narada Bhakti Sutra -Shandilyabhakti Sutra -Srimad Bhagwatam -Shri Rama Charitmanas	9	2	0	11
		Tests	4	1	0	5
		Total hrs.	45	15	0	60

Master of Science
Yogic Science and Holistic Health (SEM-II)
Discipline Core I (Paper Code M54 B01)
Paper - I: Principles of Hath Yoga & Holistic Health

[Total Marks: 100= External 70 + Internal 30] Credit = 4, (60 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Concept and Principles:	-Hath Yoga: Meaning and Definition -Basic Necessity of Hath Yoga (Place, Season, Aids & Obstacle) -Hath Yoga & Holistic Health	8	2	0	10
2.	Traditional and Modern Trends:	-Hath Pradipika, Gheranda Samhita, Shiva Samhita, & Vashistha Samhita. -Bihar School of Yoga, Kaivalya Dham Lonawala, Swami Vivekananda Yoga Anusandhana Samsthana (sVYASA), & Shantikunj Haridwar.	8	3	0	11
3.	Process and Practices – I:	- <i>Shatkarmas: Neti, Dhouti, Vasti, Nauli, Kapalbhathi & Trataka.</i> - <i>Asanas and Pranayamas.</i>	8	3	0	11
4.	Process and Practices – II:	- <i>Mudra, & Bandha.</i> - <i>Dharana, & Dhyana.</i> - <i>Kundalini, Shat Chakra, & Nadanusandhana</i>	8	3	0	11
5.	Physiological and Psychological aspects of Hath Yoga:	-Effect of Hath Yogic Practices on Human Physiology. -Effect of Hath Yogic Practices on Human Psychology. -Research orientation in various dimensions	9	3	0	12
		Tests	4	1	0	5
		Total hrs.	45	15	0	60

Principles of Hath Yoga & Holistic Health
Reference Books

S.N.	Books	Authors/Publication
1	Sadhana Paddhation Ka Jnan Aur Vinjan angmaya Khand-4	– Pt. Shriram Sharma Acharya Sampoorna
2	Hath Yoga Pradipika	– Kaivalyadham Lonawala
3	Hath Yoga Pradipika Pt.Raghunath Shastri Kokaje	– Swatmaram Krut Swami Digamberji
4	Patanjali yoga Pradeep	- Swami Omananda Teerth, Geetepress
5	Yogapradipika	- B.K.S. Iyengar
6	Gorakh Samhita	- Gorakhnath Mandeer, Gorakhpur
7	Bhakti Sagar	- Swami Charandas
8	Gheranda Samhita	- Kaivalyadham, Lonawala
9	Vashistha Samhita (Yogakand)	- Kaivalyadham, Lonawala
10	Textbook of Yoga	- Yogaeshwar
11	Mysterious Kundalini	- Dr. Vasant Rele
12	Asana, Pranayama, Mudra, Bandha	- Swami Satyananda Saraswati
13	Hath Yoga Pradipika of Swatmaram	- Theosophical Society, Ady

Master of Science
Yogic Science and Holistic Health (SEM-II)
Discipline Core II (Paper Code M54 B02)

Paper - II: Human Biology II

Anatomical, Physiological Biochemical Aspects

[Total Marks: 100= External 70 + Internal 30] Credit = 4, (60 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Metabolism: The Endocrine System-I	-Carbohydrate Metabolism Glycogenolysis -Insulin and Glucagon's -Protein Metabolism -Fat Metabolism Lipolysis, Neoglucogenesis, Ketogenesis -Introduction of Endocrine System and Biochemistry -Pituitary and the glands controlled by it, Growth Hormone -Thyroid Gland its hormones and their actions; Hypo and Hyper thyroidism.	8	3	0	11
2.	The Endocrine System-II	-Adrenal Cortex, Glucocorticoid, Mineralocorticoids, The rennin angiotensin aldosterone system -Gonadal Hormones, Anabolic steroids -Parathyroid Gland – PTH -Adrenal Medulla -Insulin -Lectin and other newly discovered chemicals with endocrine action -Melatonin	8	3	0	11
3.	The Reproductive System	-The male reproductive organs -The female reproductive organ -Menstrual cycle -Method of Contraception -Physiology of Pregnancy	6	2	0	8
4.	The Excretory System	-Kidney, Urinary Bladder, Urine Volume, Composition of Urine -Structure of Kidney: The Nephron, Bowman's Capsule, Proximal convoluted tubule, Distal convoluted tubule -Juxta glomerular apparatus, The rennin, angiotensin – aldosterone System -Functions of Kidney: Excretion of wastes product -Retention of useful products -Maintenance of fluid balance, Electrolyte balance & Acid - base balance	9	3	0	12
5.	Nervous System	-The Brain: Its part and their structure: Cerebrum, cerebellum, Midbrain, pons, Medulla oblongata -Higher Functions: The left and Right Hemispheres -Speech, Memory, Intelligence, Motor Skills -The special senses: The Eye, The Ear, The Taste,	10	3	0	13

		The Nose & Other sensations -The spinal cord -Peripheral nerves: Structure of Myelinated and unmyelinated nerve fibers -The Motor System & The sensory System -Thalamus & Hypothalamus -The limbic system -Brain neurotransmitters -The Autonomic System: Parasympathetic & Sympathetic Nervous System.				
		Tests	4	1	0	5
		Total hrs.	45	15	0	60

Human Biology– II Reference Books

S.N.	Books and Authors
1	Sarir Kriya Vijnan – Priyabrata Sharma
2	Saria Rachana Vijnan – Mukund Swarup Verma
3	Aurvediya Kriya Sarir – Ranjeet Sahaya Desai
4	Yoga avam Swasthya – Raaj Publication Patoyala
5	Manav Sarir Dipika – Dr. Mukund Swarup Verma
6	Health for all through Yoga – Dr. Ganesh Shanker Ghi
7	Swasthya Shiksha Avam Sharir Vigyan – H.K Sharma
8	A glimpse of human body – Teles Shirley
9	Basic Physiology – E.D Amour Fred
10	Human Physiology – Chakravarti, Ghosh and Sahana
11	Human Anatomy – M. Lyse Prives
12	Grays Anatomy – Grays
13	Anatomy & Physiology – C. Gyton
14	Anatomy & Physiology – Ross & Wilson
15	Anatomy & Physiology for Nurses – Jaypee Brothers

Master of Science
Yogic Science and Holistic Health (SEM-II)
Discipline Core III (Paper Code M54 B03)
Paper – III: Contemporary Yogic Models & Holistic Health
(Acharya Sri Ram Sharma)

[Total Marks: 100= External 70 + Internal 30] Credit = 4, (60 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Acharya Sri Ram Sharma and his Holistic Model of Health	-Yogic life of Acharya Sri -Acharya Sri as a Yoga Therapist. -Acharya Sri's Model of Holistic Health – Scientific Spirituality	8	3	0	11
2.	Yogic Dimensions of Human Being	- <i>ThreeShareer.</i> - <i>Panchkosh</i> - <i>Shatchakra</i> - <i>Kundalini Shakti</i>	8	2	0	11
3.	Physical Health	-Therapeutic use of Food and fasting. -Physical exercise & Asanas; bandh and Mudras for Health. -Herbal Medicines, & <i>Panch tatva Chikitsa</i> -Golden rules of Health & longevity	9	3	0	11
4.	Mental Health	-Importance of <i>Sanyam- sadachar</i> (Self-restraint & noble conduct) - <i>Swa-Sanket</i> (auto suggestion), Hypnotism and Mesmerism. -Pranayama & Mental health -Meditation & Mental health	8	3	0	11
5.	Special Techniques of Holistic Health	-Role of <i>Prarabdha</i> and <i>Sanskar</i> in Health. - <i>Kalpa Chikitsa</i> & <i>Chandrayana Tapa.</i> - <i>Svara Vigyan</i> & <i>Mantra.</i> - <i>Gayatri Sadhana</i> & <i>Yajnopathy</i> -Spiritual Ambience	8	3	0	11
		Tests	4	1	0	5
		Total hrs.	45	15	0	60

Contemporary Yogic Models of Human Excellence

संदर्भ ग्रंथ

S.N.	Authors	Books
1	पं. श्रीरामशर्मा आचार्य वांगमयखंड-1	युगपुरुषकासमग्रजीवनदर्शन
2	डॉ. प्रणवपंडया	मानवजीवनकीगरिमा
3	डॉ. मंदाकिनीश्रीमाली	प्रज्ञापुरुषकासमग्रदर्शन
4	पं. श्रीरामशर्मा आचार्य	गायत्रीमहाविज्ञान - 1,3
5	पं. श्रीरामशर्मा आचार्य	जीवनलक्ष्य और उसकी प्राप्ति
6	पं. श्रीरामशर्मा आचार्य	सात्विकदिनचर्या और दीर्घायुष्य
7	पं. श्रीरामशर्मा आचार्य	चिरयौवनकारहस्योघाटन
8	पं. श्रीरामशर्मा आचार्य	आसनप्राणायामसे आधिव्याधिनिवारण
9	पं. श्रीरामशर्मा आचार्य	पवित्रजीवन
10	पं. श्रीरामशर्मा आचार्य	इंद्रियसंयम
11	पं. श्रीरामशर्मा आचार्य	असंयमबनाम आत्मघात
12	पं. श्रीरामशर्मा आचार्य	भवबंधनोंसे मुक्ति
13	पं. श्रीरामशर्मा आचार्य	मनके हारे हार है मनके जीते जीत
14	पं. श्रीरामशर्मा आचार्य	आंतरिक उल्लासका विकास
15	पं. श्रीरामशर्मा आचार्य	आत्मीयताकामाधुर्य और विकास
16	पं. श्रीरामशर्मा आचार्य	महानजागरण
17	पं. श्रीरामशर्मा आचार्य	विचारोंकी सृजनात्मकशक्ति
18	पं. श्रीरामशर्मा आचार्य	सतयुगकी वापसी
19	पं. श्रीरामशर्मा आचार्य	आत्मिक प्रगतिके लिए अवलंबन
20	पं. श्रीरामशर्मा आचार्य	अध्यात्मिक दृष्टि और अनंत आत्मबल
21	पं. श्रीरामशर्मा आचार्य	जीवनसाधनाके स्वर्णिमसुत्र
22	पं. श्रीरामशर्मा आचार्य	सफलताके सातसुत्र
23	पं. श्रीरामशर्मा आचार्य	स्वाध्याय, सतसंग और चिंतनमनन
24	पं. श्रीरामशर्मा आचार्य वांगमयखंड 37	चिकित्सा उपचारके विविध आयाम
25	पं. श्रीरामशर्मा आचार्य वांगमयखंड-37	निरोग जीवन के महत्वपूर्ण सूत्र
26	पं. श्रीरामशर्मा आचार्य वांगमयखंड- 38	जीवेन शरदःशतम्
27	पं. श्रीरामशर्मा आचार्य वांगमयखंड-40	चिरयौवन एवं शाश्वतसौंदर्य
28	पं. श्रीरामशर्मा आचार्य वांगमयखंड 23	यज्ञ एक समग्र उपचार प्रक्रिया

S.N.	Authors and Books
1	Pt. Shriram Sharma Acharya - Astonishing Powers of Biophysical and Subtle Energies of Human Body
2	Pt. Shriram Sharma Acharya - Extrasensory Potentials of Mind
3	Pt. Shriram Sharma Acharya - Human brain: An apparent boon of the omnipotent
4	Pt. Shriram Sharma Acharya - Practical ways to sharpen the memory and intellect
5	Pt. Shriram Sharma Acharya - A Glimpse of the Golden Future
6	Pt. Shriram Sharma Acharya - A Noble art of Living
7	Pt. Shriram Sharma Acharya - Mental balance
8	Pt. Shriram Sharma Acharya - The Summum Bonum of Human Life
9	Pt. Shriram Sharma Acharya - Vital Spiritual Energy from within can make your Sadhana Miraculous
10	Pt. Shriram Sharma Acharya - Astonishing Functions of Human Brain and Miracles of Mind
11	Pt. Shriram Sharma Acharya - Applied Science of Yagya for Health and Environment
12	Pt. Shriram Sharma Acharya - Wonders of Human-Bioelectricity
13	Pt. Shriram Sharma Acharya - Spiritual Science of Sex-element
14	Pt. Shriram Sharma Acharya – Unique Spiritual Experiments of Collective Consciousness
15	Pt. Shriram Sharma Acharya – Eternity and the Science of Mantras
16	Pt. Shriram Sharma Acharya – The Pioneers of Scientific Spirituality
17	Pt. Shriram Sharma Acharya – Pragya Yoga for Happy and Healthy Life
18	Pt. Shriram Sharma Acharya – Health Wealth and Spirituality
19	Pt. Shriram Sharma Acharya – Health Tips from the Vedas
20	Pt. Shriram Sharma Acharya – The Absolute Law of Karma
21	Pt. Shriram Sharma Acharya – Gayatri Sadhana: Why and How?
22	Pt. Shriram Sharma Acharya - Rejuvenation without medicines

Master of Science
Yogic Science and Holistic Health (SEM-II)
Discipline Core IV (Paper Code M54 B04)
Paper - IV: Practical (Yoga) I
[Total Marks: 100= External 70 + Internal 30] Credit 03, (60 hrs.)

Asanas:	25
1. Pragyā Yoga (P.Y.V.- Guruji)	11. Akarana Dhanurasana (Y.D.)
2. Vrikshashana (Y.D.)	12. Simhasana (Gh.S.)
3. Padhastasana (A.P.M.B.)	13. Dhanurasana (Gh.S.)
4. Side Band Chakrasana (A.P.)	14. Makarasana (A.P.M.B.)
5. Shirshasana (Y.K.)	15. Bhujangasana (H.Y.V.)
6. Ardha Chandrasana (A.P.V.Y.)	16. Halasana (Y.K.)
7. Pashchimottanasana (H.P.)	17. Vipreetkaraniyasana (Y.K.)
8. Vyaghrasana (A.P.M.B.)	18. Matasyasana (Gh.S.)
9. Ardha Matasyendrasana (Y.K.)	19. Kurmasana (H.P.)
10. Supta Vajrasana (A.P.)	20. Hasta Padangushtasana (A.P.M.B.)
Pranayama Practice:	10
<ul style="list-style-type: none"> ▪ Naddi-Shodhan(According to Acharya ji) ▪ Ujjai,Bhramari (H.P.) ▪ Surya Bhedan (H.P.) 	
Meditations:	05
<ul style="list-style-type: none"> ▪ Svita Dhyana (Guruji) ▪ Gayatri Mantra Dhyana (Dharana & Dhyana) ▪ Yoga Nidra (Yoga Nidra, Sw. SN) 	
Mudra/ Bandha:	05
<ul style="list-style-type: none"> ▪ Nabhomudra (A.P.) ▪ Vipareetkarani (H.P.) ▪ Shambhavimudra (Gh.S.) ▪ JalandharaBandha (Gh.S.) ▪ Uddiyana Bandha (H.P.) ▪ Hast Mudra – Panchtatva, Hridaya (M.V.) 	
Shatkarma :	10
<ul style="list-style-type: none"> ▪ Sutra Neti (H.P.) ▪ Vaman (Gh.S.) ▪ Kapalbhata – Vatkram (50-100 stocks) (Gh.S.) ▪ Laghu Shankha Prakashalana (Gh.S.) ▪ Centre Noulli (Gh.S.) 	
Mantra:	05
<ul style="list-style-type: none"> ▪ Saraswati Mantra (K.Bh.) ▪ Roodropasana (Dev Yajan) ▪ Yoga Stuti (Yoga Pratibha) 	
Viva-Voce:	10

Master of Science
Yogic Science and Holistic Health (SEM-II)
Discipline Core V (Paper Code M54 B05)

Paper - V: Practical (Human Biology) II

[Total Marks: 100= External 70 + Internal 30] Credit-01, (30 hrs.)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1	Complete blood cell count (CBC):-	Laboratory method, Principle, Requires, Procedure, Precautions and Clinical significance of:- TLC. DLC. RBC Count. Platelets Count. Hemoglobin Estimation.	0	0	7	7
2	Determination of ESR & its clinical significance.		0	0	5	5
3	Eye vision testing	(DV, NV and CV.).	0	0	6	6
4	The Examination of gross specimen of:-	Heart Lungs Brain liver Kidneys Uterus	0	0	5	5
5	Spotting of bones:-	Long bones 2. Short bones 3. Vertebrae (Irreg.)	0		5	5
		Tests	0	0	2	2
		Total hrs.	0	0	30	30
(By above mentioned Experiment the course will be complete in one credit.)						
External Marking-Written Examination (45) & Viva-Voce (25)						
Internal Marking- Evaluation of record book preparation time to time by the subject teacher (30)						
Rationale- The student will get a practical knowledge in specific hematological parameters for clinical lab diagnostic purpose and to examine the vision of the individuals and examine the gross anatomy of the various body so as to know about its real structure						

Master of Science
Yogic Science and Holistic Health (SEM-II)
General Elective I (Paper Code M54 B06)

Paper – VI: Basics of Hath Yoga

[Total Marks: 100 = External 70 + Internal 30] Credit = 4, (60 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Concept and Principles:	-Hath Yoga: Meaning and Definition -Basic Necessity of Hath Yoga (Place , Season, Aids & Obstacle) -Hath Yoga & Holistic Health	8	3	0	11
2.	Traditional and Modern Trends:	- <i>Hath Pradipika, Gheranda Samhita, Shiva Samhita, & Vashistha Samhita.</i> -Bihar School of Yoga, Kaivalya Dham Lonawala, Swami Vivekananda Yoga Anusandhana Samsthana (sVYASA), & Shantikunj Haridwar.	8	3	0	11
3.	Process and Practices – I:	- <i>Shatkarmas: Neti, Dhouti, Vasti, Nauli, Kapalbhathi & Trataka.</i> - <i>Asanas and Pranayamas.</i>	8	3	0	11
4.	Process and Practices – II:	- <i>Mudra, & Bandha.</i> - <i>Dharana, & Dhyana.</i> - <i>Kundalini, Shat Chakra, & Nadanusandhana</i>	8	3	0	11
5.	Physiological and Psychological aspects of Hath Yoga:	-Effect of Hath Yogic Practices on Human Physiology. -Effect of Hath Yogic Practices on Human Psychology. -Research orientation in various dimensions	9	2	0	11
Tests			4	1	0	5
Total hrs.			45	15	0	60

Principles of Hath Yoga & Holistic Health
Reference Books

S.N.	Books	Authors/Publication
1	Sadhana Paddhation Ka Jnan Aur Vinjan angmaya Khand-4	– Pt. Shriram Sharma Acharya Sampurna
2	Hath Yoga Pradipika	– Kaivalyadham Lonawala
3	Hath Yoga Pradipika Pt.Raghunath Shastri Kokaje	– Swatmaram Krut Swami Digamberji
4	Patanjali yoga Pradeep	- Swami Omananda Teerth, Geetepress
5	Yogapradipika	- B.K.S. Iyengar
6	Gorakh Samhita	- Gorakhnath Mandeer, Gorakhpur
7	Bhakti Sagar	- Swami Charandas
8	Gheranda Samhita	- Kaivalyadham, Lonawala
9	Vashistha Samhita (Yogakand)	- Kaivalyadham, Lonawala
10	Textbook of Yoga	- Yogaeshwar
11	Mysterious Kundalini	- Dr. Vasant Rele
12	Asana, Pranayama, Mudra, Bandha	- Swami Satyananda Saraswati
13	Hath Yoga Pradipika of Swatmaram	- Theosophical Society, Ady

Master of Science
Yogic Science and Holistic Health (SEM-II)
General Elective II (Paper Code M54 B07)
Paper – VI: Contemporary Yogic Models & Holistic Health
(Acharya Sri Ram Sharma)

[Total Marks: 100= External 70 + Internal 30] Credit = 4, (60 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Acharya Sri Ram Sharma and his Holistic Model of Health	-Yogic life of Acharya Sri -Acharya Sri as a Yoga Therapist. -Acharya Sri's Model of Holistic Health – Scientific Spirituality	8	3	0	11
2.	Yogic Dimensions of Human Being	- <i>ThreeShareer.</i> - <i>Panchkosh</i> - <i>Shatchakra</i> - <i>Kundalini Shakti</i>	8	3	0	11
3.	Physical Health	-Therapeutic use of Food and fasting. -Physical exercise & Asanas; bandh and Mudras for Health. -Herbal Medicines, & <i>Panch tatva Chikitsa</i> -Golden rules of Health & longevity	9	2	0	11
4.	Mental Health	-Importance of <i>Sanyam- sadachar</i> (Self-restraint & noble conduct) - <i>Swa-Sanket</i> (auto suggestion), Hypnotism and Mesmerism. -Pranayama & Mental health -Meditation & Mental health	8	3	0	11
5.	Special Techniques of Holistic Health	-Role of <i>Prarabdha</i> and <i>Sanskar</i> in Health. - <i>Kalpa Chikitsa</i> & <i>Chandrayana Tapa.</i> - <i>Svara Vigyan</i> & <i>Mantra.</i> - <i>Gayatri Sadhana</i> & <i>Yajnopathy</i> -Spiritual Ambience	8	3	0	11
		Tests	4	1	0	5
		Total hrs.	45	15	0	60

Contemporary Yogic Models of Human Excellence**संदर्भ ग्रंथ**

S.N.	Authors	Books
1	पं. श्रीरामशर्मा आचार्य वांगमयखंड-1	युगपुरुषकासमग्रजीवनदर्शन
2	डॉ. प्रणवपंडया	मानवजीवनकीगरिमा
3	डॉ. मंदाकिनीश्रीमाली	प्रज्ञापुरुषकासमग्रदर्शन
4	पं. श्रीरामशर्मा आचार्य	गायत्रीमहाविज्ञान - 1,3
5	पं. श्रीरामशर्मा आचार्य	जीवनलक्ष्यऔरउसकीप्राप्ति
6	पं. श्रीरामशर्मा आचार्य	सात्विकदिनचर्याऔरदीर्घायुष्य
7	पं. श्रीरामशर्मा आचार्य	चिरयौवनकारहस्योघाटन
8	पं. श्रीरामशर्मा आचार्य	आसनप्राणायामसेआधिव्याधिनिवारण
9	पं. श्रीरामशर्मा आचार्य	पवित्रजीवन
10	पं. श्रीरामशर्मा आचार्य	इंद्रियसंयम
11	पं. श्रीरामशर्मा आचार्य	असंयमबनामआत्मघात
12	पं. श्रीरामशर्मा आचार्य	भवबंधनोंसेमुक्ति
13	पं. श्रीरामशर्मा आचार्य	मनकेहारेहारहैमनकेजीतेजीत
14	पं. श्रीरामशर्मा आचार्य	आंतरिकउल्लासकाविकास
15	पं. श्रीरामशर्मा आचार्य	आत्मीयताकामाधुर्यऔरविकास
16	पं. श्रीरामशर्मा आचार्य	महानजागरण
17	पं. श्रीरामशर्मा आचार्य	विचारोंकीसृजनात्मकशक्ति
18	पं. श्रीरामशर्मा आचार्य	सतयुगकीवापसी
19	पं. श्रीरामशर्मा आचार्य	आत्मिकप्रगतिकेलिएअवलंबन
20	पं. श्रीरामशर्मा आचार्य	अध्यात्मिकदृष्टिऔरअनंतआत्मबल
21	पं. श्रीरामशर्मा आचार्य	जीवनसाधनाकेस्वर्णिमसुत्र
22	पं. श्रीरामशर्मा आचार्य	सफलताकेसातसुत्र
23	पं. श्रीरामशर्मा आचार्य	स्वाध्याय,सतसंगऔरचिंतनमनन
24	पं. श्रीरामशर्मा आचार्य वांगमयखंड 37	चिकित्साउपचारकेविविधआयाम
25	पं. श्रीरामशर्मा आचार्य वांगमयखंड-37	निरोग जीवन के महत्वपूर्ण सूत्र
26	पं. श्रीरामशर्मा आचार्य वांगमयखंड- 38	जीवेन शरदःशतम्
27	पं. श्रीरामशर्मा आचार्य वांगमयखंड-40	चिरयौवनएवंशाश्वतसौंदर्य
28	पं. श्रीरामशर्मा आचार्य वांगमयखंड23	यज्ञ एक समग्र उपचार प्रक्रिया

S.N.	Authors and Books
1	Pt. Shriram Sharma Acharya - Astonishing Powers of Biophysical and Subtle Energies of Human Body
2	Pt. Shriram Sharma Acharya - Extrasensory Potentials of Mind
3	Pt. Shriram Sharma Acharya - Human brain: An apparent boon of the omnipotent
4	Pt. Shriram Sharma Acharya - Practical ways to sharpen the memory and intellect
5	Pt. Shriram Sharma Acharya - A Glimpse of the Golden Future
6	Pt. Shriram Sharma Acharya - A Noble art of Living
7	Pt. Shriram Sharma Acharya - Mental balance
8	Pt. Shriram Sharma Acharya - The Summum Bonum of Human Life
9	Pt. Shriram Sharma Acharya - Vital Spiritual Energy from within can make your Sadhana Miraculous
10	Pt. Shriram Sharma Acharya - Astonishing Functions of Human Brain and Miracles of Mind
11	Pt. Shriram Sharma Acharya - Applied Science of Yagya for Health and Environment
12	Pt. Shriram Sharma Acharya - Wonders of Human-Bioelectricity
13	Pt. Shriram Sharma Acharya - Spiritual Science of Sex-element
14	Pt. Shriram Sharma Acharya – Unique Spiritual Experiments of Collective Consciousness
15	Pt. Shriram Sharma Acharya – Eternity and the Science of Mantras
16	Pt. Shriram Sharma Acharya – The Pioneers of Scientific Spirituality
17	Pt. Shriram Sharma Acharya – Pragya Yoga for Happy and Healthy Life
18	Pt. Shriram Sharma Acharya – Health Wealth and Spirituality
19	Pt. Shriram Sharma Acharya – Health Tips from the Vedas
20	Pt. Shriram Sharma Acharya – The Absolute Law of Karma
21	Pt. Shriram Sharma Acharya – Gayatri Sadhana: Why and How?
22	Pt. Shriram Sharma Acharya - Rejuvenation without medicines

Master of Science
Yogic Science and Holistic Health (SEM-III)
Discipline Core I (Paper Code M54 C01)

Paper-I: Patanjali Yoga Sutra & Holistic Health

[Total Marks: 100= External 70 + Internal 30]Credit = 4, (60 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Introduction	-Brief Historical outlines of the Yoga system of Patanjali -Sage Patanjali and Annotators of the Yoga Sutras with their Annotations -Brief Introduction to the subject matter of the Yoga Sutras -Orientation of Yoga Sutras in the field of Holistic Health	8	3	0	11
2.	Concepts in the Yoga Sutras-I (in the light of Vyasa Bhasya)	-Citta, Chitta Bhumi, Chitta Vrittis, Vivekkhyati -Abhyasa & Varagya, Iswar & Iswar Pranidhan, Yogantaraya -Samprajnata Samadhi & Samapatti, Ritambhara Prajna Nirbija -Kriya Yoga, Pancha Klesha, Pratiprasava, Drista & Drisya, Caturvyuhavada	9	2	0	11
3.	Concepts in the Yoga Sutras-II (in the light of Vyasa Bhasya)	-Astanga Yoga -Samyam, Samskar, Pratibha & Vivekajnana -Kaivalya, Krama & Ksana -Nirman Chitta, Dharmamedha Samadhi -Yoga Vibhuties	8	3	0	11
4.	Physical & Mental Health in the Yoga Sutras	-Meaning & Nature of Physical Health -Patanjali's Techniques of Physical Health -Meaning & Nature of Mental Health -Mental obstructions in the Path of Yoga -Techniques for Mental awakening	8	3	0	11
5.	Social and Spiritual Health in the Yoga Sutras	-Meaning & Nature of Social Health -Social Techniques in the Yoga Sutras - Ek Tatwa abhyas, - Meditation Techniques - Concept of Bhaw Pratyaya, Upaya Pratyaya & their practices -Stages of Spiritual Experiences Culmination of spirituality	8	3	0	11
Tests			4	1	0	5

	Total hrs.	45	15	0	60
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PatanjalaYoga Sutras & Holistic Health

Reference Books

S.N.	Books	Authors
1	Yoga Darshan	Pt. Sriram Sharma Achariya
2	Pathanjali Yoga Pradip	Swami Omnanda Tirth
3	Yoga Manovigyan	Dr. Santi Prakash Atreya
4	Yoga Sutra Rajmartend	Bhojraj
5	Pathanjali Yoga Bimarsh	Vijay Pal Sastri
6	Yoga Darshan	Rajveer Shastri
7	Dhyan Yoga Prakash	Laxmnanada
8	Yoga Sutra (Tatwa Vaishadi)	Bachaspati Mishra
9	Yoga Sutra (Yoga Batrik)	Vijnan Vikhyu
10	Pathanjali Yoga Darshan	Swami Hariharanand Aranya
11	Yoga as Depth-Psychology & Pra-Psychology	C.T. Kenghe
12	Text Book of Yoga	Yogaeshwar
13	Yoga & Indian Philosopy	Karel Werner
14	Patanjali Yoga Sutra	Karambelkar
15	Patanjali Yoga Sutras	Woods
16	Sankara on Yoga Sutras	Traver Leggets
17	Lights on Yoga Sutra	B.K.S Iyenger

Master of Science
Yogic Science and Holistic Health (SEM-III)
DISCIPLINE CORE II (PAPER CODE M54 C02)

Paper II: Research Methodology and Statistics

[Total Marks: 100= External 70 + Internal 30] Credit = 4, (60 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Basic Introduction and Concept of Research:	-Meaning, Nature & Types of Research. -Need & Importance of Research in Yoga. -Research Problem: Meaning, Characteristics and Necessary considerations. -Variable: Meaning & Nature of Variable -Types of Variable: Independent, Dependent, Extraneous -Control of Extraneous Variables -Meaning, Nature & Types of Hypothesis -Meaning, Nature and Types of sampling	8	3	0	11
2.	Research Design:	Meaning, Purpose and Characteristics -Types of Research Design (Randomized group design, Factorial Design, -Quasi Experimental Research design). -Scientific methods: Questionnaire, Interview, Observation -Research Report Writing	8	3	0	11
3.	Introduction of Statistics & its Application I:	-Measures in General. -Graphical representation of Research data (Frequency Polygon, Bar diagram, Column diagram, Pie diagram) -Measures of Central Tendency: Mean, Median & Mode. -Measures of Variability: Range, Quartile deviation (Q) and Standard deviation (SD). -The Normal Distribution: <ul style="list-style-type: none"> • Meaning & Importance of the Normal Distribution. • Applications of the Normal Probability Curve. 	9	2	0	11
4.	Statistics Application II:	The Meaning of Correlation, The Coefficient of Correlation, & Correlation by product moment method. -Regression: Regression Equations & Prediction. -Parametric and Non Parametric Methods -Chi Square test	8	3	0	11
5.	Statistics Application III:	-The Significance of Mean. -The Significance of the difference between Mean- Critical Ratio, t-test. -One-way Analysis of Variance (ANOVA).	8	3	0	11
		Tests	4	1	0	5
		Total hrs.	45	15	0	60

Research Methodology and Statistics

सन्दर्भ ग्रन्थ

S.N.	Books	Authors
1	अनुसंधान विधियाँ	एच. के. कपिल
2	मनोविज्ञान, समाज शास्त्र तथा शिक्षा में शोध विधियाँ	डॉ. अरुण कुमार सिंह
3	शोध प्रणाली विज्ञान	मो. सुलेमान
4	Foundation of Behavioral Research	Kerlinger
5	Research Method in Behavioral Sciences	Festinger & Katz
6	Research Method in Behavioral Research	S. M. Mohsin
7	Statistics and Research Methodology	Garatte
8	Basics of Statistics	H. K. Kapil
9	Statistics in Psychology and Education	S.K. Mangal
10	Research Methodology: Methods and techniques	C.R. Kothari
11	मनोविज्ञान शिक्षा एवं अन्य सामाजिक विज्ञानों में सांख्यिकी	डॉ० मोहम्मद सुलेमान
12	मनोविज्ञान समाजशास्त्र तथा शिक्षा में शोध विधियाँ	डॉ० मोहम्मद सुलेमान एवं दिनेश कुमार

Master of Science
Yogic Science and Holistic Health (SEM-III)
Discipline Core III (Paper Code M54 C03)
Paper-III: Project

Total Marks: 100

Research Project is compulsory to all students. Students will select the Research Topic himself and prepare the research plan. In doing so the consent of the guide is necessary. After completing the Project work, its two typed copies will be submitted to the Department before fifteen days of the written examination. The student needs to conduct a pilot study and submit their study report in the form of written work applying the research methodology.

The project contain must be in the following format:

- Introduction,
- Need of the study,
- Review of literature,
- Methodology,
- Result,
- Discussion & Conclusion and
- References.

Students will have to submit their project 20 days prior to the term examination. The evaluation of the Research Project will be done by External examiner in co-ordination with the Department Head. The Viva -Voce exam will be conducted after that.

The evaluation pattern is as below:

1. Research Project work (Written)	70 Marks
2. Viva- Voce	30 Marks

Master of Science
Yogic Science and Holistic Health (SEM-III)
Discipline Core IV (Paper Code M54 C04)

Paper-IV: Practical (Yoga) I

[Total Marks: 100= External 70 + Internal 30] Credit = 3, (60 Hours)

Asanas:	25
1. Urdhwa Padmasana (A.P.M.B.)	11. Kapotasana (A.P.V.Y.)
2. Hanumanasana (A.P.M.B.)	12. Omkarasana (A.P.V.Y.)
3. ShirshaPadangushthasana (A.P.M.B.)	13. Prayankasana (Y.D.)
4. Murdhasana (A.P.M.B.)	14. Karanapidasana (A.P.M.B.)
5. Ardha Chandrasana (A.P.M.B.)	15. Sarvangasana (A.P.M.B.)
6. Padama Bakasana (A.P.)	16. Purna Matsyasana (H.P.)
7. Garudasana (A.P.M.B.)	17. Ugarasana (Asana W & H)
8. Yogamudra (A.P.M.B.)	18. Purna Dhanurasana (A.P.M.B.)
9. Ekpad Skandhasana (A.P.V.Y.)	19. Purna Bhujangasana (A.P.M.B.)
10. Raja Kapotasana (A.P.V.Y.)	
Pranayama Practice:	10
▪ Bhastrika (H.P.)	
▪ Bhramari (Gh.S.)	
▪ Abhyantravriti (P.Y.P.)	
▪ Sheetali (H.P.)	
Meditations:	05
▪ Jyoti Awataran Dhyana (Guruji)	
▪ Amrit Varshana Dhyana (Guruji)	
Mudra/ Bandha:	05
▪ Tribandha (Gh.S.)	
▪ Nasikagra Mudra (T.K & Y.V.)	
▪ Sanmukhi Mudra (Gh.S.)	
▪ Tadagi Mudra (Gh.S.)	
▪ Hast Mudra- Kamjayi, Dhyana Mudra (M.V.)	
Shatkarma:	10
▪ Dandha-Dhouti (Gh.S.)	
▪ Sheetkrama (Gh.S.)	
▪ Noulli (Gh.S.)	
Mantra:	05
▪ Shiva Panchakshari Mantra (Rudrabhishek- Shantikunj)	
▪ Om Stavana (Dev Yajan)	
Viva-Voce:	10

Master of Science
Yogic Science and Holistic Health (SEM-III)
Discipline Elective I (Paper Code M54 C05)

Paper-V: Diet & Nutrition

[Total Marks: 100= External 70 + Internal 30]Credit = 4, (60 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Introduction	-Meaning and Definitions of Diet & Nutrition -Components of diet -Ancient & Modern classification -Quality of diet & its relation with <i>Agni</i> -Contents of diet for daily use -Balance diet & Diet during Yogic practices.	8	3	0	11
2.	Dietetic incompatibilities (Viruddahar)	-Ashta Ahar Vidhi Vishesh Ayatan -Class of Adjuvants of foods according Ayurveda -Factors to be examine regarding diet -Anupan	8	3	0	11
3.	A. Carbohydrates, Lipids & Proteins: B. Vitamins:	-Classification & General properties -Bio-medical importance -Digestion, Absorption & Utilization -Excessive & Deficiency disorders -Meaning, Definition & Classification -Sources & Daily requirement -Important metabolic function & deficiency disorder -Absorption, Storage & Transport -Bio-medical importance	9	2	0	11
4.	Minerals:	Source, Absorption, Excretion, Requirement, Function & Deficiency Disorder. -Sodium - Sulphur -Potassium - Iron -Chlorine - Copper -Calcium - Zinc -Phosphorus - Magnesium	8	3	0	11
5.	Diet Therapy (Ancient & Modern Concepts)	-Meaning, Definition, Importance & Principles of Diet therapy. -Procedure of Diet therapy -Preparation of diet chart of different diseases (Hypertension, Diabetes, Asthma, Obesity, renal stone, Jaundice, Hyper acidity, Constipation, Iron deficiency anemia)	8	3	0	11
		Tests	4	1	0	5
		Total hrs.	45	15	0	60

Diet & Nutrition**Reference Books**

S.N.	Books	Authors
1	Clinical dietetic and Nutrition	– F.P. Antia
2	Essential of food and Nutrition (Vol. I & II)	– Swaminath
3	Normal and therapeutic Nutrition	– Cerinne H. Robinson, Marilyn R.
4	Food and Nutrition	– Reegna Begwan
5	Nutritive value of Indian food	– NIN B.S. Narsinga Rao
6	Science of Natural life	– Dr. Rakesh Jindal
7	Diet Cure for common Ailment	– Dr. H.K. Bakhru
8	Food that heals	– Dr. H.K. Bakhru
9	Healing through Natural food	– Dr. H.K. Bakhru
10	Herbs that heals	– Dr. H.K. Bakhru
11	Vitamins that heal	– Dr. H.K. Bakhru
12	Sprouts	– J.D.Vaish. Yoga Samstahn
13	Nutrition and Dietetics	– Subhangiri Joshi

Master of Science
Yogic Science and Holistic Health (SEM-III)
Discipline Elective II (Paper code M54 – C06)

Paper-V: Fundamentals of Psychology

[Total Marks: 100= External 70 + Internal 30] Credit = 4, (60 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Introduction to Psychology and Personality	-Meaning & Definition of Psychology. -Fields of Psychology & Objectives of Psychology - <u>Personality</u> : Meaning and Definition. Approaches of Personality Determinants of Personality – Psychological Measuring Personality	8	3	0	11
2.	Biological Bases of Behavior:	-Neuron: Types, Structure & Functions; Neurotransmitters. -The Nervous System, its major divisions, Endocrine System. -Brain: The Brain Stem, Hypothalamus, Thalamus, Limbic System, Cerebrum.	8	3	0	11
3.	Perception & Cognition	- <u>Perception</u> : Meaning & Nature, Perceptual Process, Theories of Perception: Physiological theory, Gestalt theory. - <u>Cognition</u> : Meaning & Nature of cognition.	8	3	0	11
4.	Learning & Memory:	- <u>Learning</u> : Meaning & Nature of Learning. Classical Conditioning & Operant Conditioning: It's Meaning, Types & Applications; - <u>Memory & Forgetting</u> : <ul style="list-style-type: none"> • <u>Memory</u>: Meaning of Memory, Types of Memory, Process of Memory, and Stages of Memory. • Forgetting: Causes of Forgetting & Techniques of improving Memory. 	9	2	0	11
5.	Motivation, Emotion and Intelligence	- <u>Motivation</u> : Meaning and Nature of Motivation, Types of Motivation; Theories of Motivation: Drive, Incentive, & Need-Hierarchy Theory. - <u>Emotion</u> : Meaning, Nature & Types of Emotion, the External Expression of Emotion; Non-Verbal Cues; Emotional Intelligence - <u>Intelligence</u> : Meaning & Nature of intelligence, Intelligence Quotient	8	3	0	11
		Tests	4	1	0	5
		Total hrs.	45	15	0	60

Fundamentals of Psychology

References

1. Yoga Psychology: Handbook of Yogic Psychotherapy (2013), By Kamakhya Kumar, Pub: D.K. Print world, New Delhi.
2. Psychology (5th Edi.): Carole Wade & Carol Tavris (1998), Pub: Logman / Addison-Wesley Educational Publications Inc. Us.
3. Psychology (5th Edi.): By- Robert A. Baron (2001) Pub. Pearson Education, New Delhi.
4. Essential Of Psychology (6th Edi.): By- Spencer A Rathus (2001) Pub: Harcourtcollege Publications, Usa.
5. Introduction To Psychology (6th Edi.): By- Ernest R. Hilgard, Richard C. Atkinson, & Rita L. Atkinson (1975), Pub: Oxford & Ibs Publishing Co. Pvt. Ltd., New Delhi.
6. Personality Theories: Development, Growth, & Diversity (3rd Edi.): By-Bem P. Allen (2000) Pub: Allyn And Bacon Publication, London.
7. Introduction To Psychology: By- Clifford T. Morgan, Richard A. King, John R. Weisz & John Schopler (1986) Pub: Tata Mcgraw-Hill Publishing Company Limited, New Delhi.
8. Munn's Introduction To Psychology (5th Edi.): By- L. Dodge Fernoald, & Peter S. Fernald (2005), Pub: A.I.T.B.S Publishers & Distributors, Delhi.
9. Theories Of Personality (7th Edi.):By Duane P.Schultz, Sydney Ellen Schultz(2001), Pub: Wordsworth/ Thomson Learning, Usa.
10. Perception (3rd Edi.): Robert Sekuler, &Randolph Blake (1994) Pub: Mcgraw-Hill, Inc. New York.
11. Psychological Testing (7th Edi.) Anne Anastasi, Susana Urbina (2005).Pub Prentice-Hall Of India Pvt. Ltd. New Delhi.
12. Advanced General Psychology: Arun Kumar Singh (2006), Pub: Motilal Banarasidas Publication, New Delhi.
13. Theoris Of Personality (4th Edi.): By- Cavin S. Hall, Gardner Lindzey, John B. Campbell (2002), Pub: John Wiley & Sons, Inc. New York.
14. Biological Psychology (5th Edi.): By- James W. Kalat (1995), Pub: Books / Cole Publishing Company, Usa.
15. Psychology (5th Edi.): By- Henry Gleitman Alan J. Fridlund & Daniel Reisberg (1999), Pub:W.W. Norton & Company, New York.
16. Psychology: Themes And Variations (3rd Edi.): By-Wayne Weiten (1995), Pub: Books / Cole Publishing Company, Usa.
17. Theories Of Personality (5th Edi.): By- Richard M. Ryckman (1993), Pub: Books/ Cole Publishing Company, California.

Master of Science
Yogic Science and Holistic Health (SEM-III)
Discipline Elective III (Paper Code M54 C07)

Paper-VI: Panchkarma

[Total Marks: 100= External 70 + Internal 30] Credit = 4, (60 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Basic Concepts:	-Principles of <i>Tridosha</i> , <i>Saptadhatu</i> & <i>Panchmahabhoota</i> -Basic Concept of <i>Panchkarma</i> , <i>Samsodhan</i> & <i>Samsamana</i> . - <i>Shadupkarma</i> and <i>Panchakarma</i> Therapy. -Stages of <i>PanchKarma</i> .	8	3	0	11
2.	Poorva karma:	-Snehan & Swedan- types, Properties, sources indication and, & contraindications. -Feature of adequate, inadequate & excessive Oleation and Sudation therapy -Independent therapeutic Measures	8	3	0	11
3.	Pradhana Karma I:	- <i>Vaman</i> & <i>Virechan Karma</i> - Drugs, Types, Properties, indications & contraindications. -Procedure of <i>Vaman</i> & <i>virechan karma</i> , determination of dosage, clinical observation of the patient & criteria of effective <i>vaman</i> & <i>virechan</i> -Features of adequate, inadequate & excessive <i>vaman</i> & <i>virechan</i> , Complications (<i>Vaman Vyapad</i> & <i>Virechan Vyapad</i>) and its management. -Certain <i>upakramas</i> to follow <i>vaman</i> & <i>virechan</i>	8	3	0	11
4.	Pradhana karma II:	- <i>Basti Karma</i> (<i>Asthapana</i> & <i>Anuvasana</i>) – Classification, Properties, indications & contraindications. -Examination of Patient, procedure of <i>basti</i> , features of adequate, inadequate & excessive <i>basti</i> -Complications (<i>Basti Vyapada</i>) and its management, post <i>basti</i> regimen - <i>Sirovirechana karma</i> – Classification, <i>nasya</i> drugs, indications & contraindications, procedure of <i>nasya</i> , features of adequate, inadequate & excessive <i>nasya</i> . -Advantages of adequate <i>nasya karma</i> , complications (<i>Nasya Vyapada</i>) & its management.	9	2	0	11
5.	Pashchat Karma & Kerala Pancha	- <i>Sansarjana krama-Mand</i> , <i>Peya</i> , <i>Vilepi</i> , <i>Yush</i> (<i>Pravar</i> , <i>Madhyam</i> and <i>Awar Prayoga</i>), <i>Pathya</i> & <i>Apathya</i> . - <i>Rasayana Prayoga</i> -Types and Use, Indicated and Contraindicated Person - <i>Keraliya Panchakarma</i> : <i>Dhara Karma</i> , <i>Pizchichil Karma</i> , <i>Pinda Sweda</i> , <i>Anna lepa</i> , and	8	3	0	11

	karma:	<i>Siro Vasti</i> - their spiecific indications types and detailed procedures. -Comparison with classical <i>Panch Karma</i>				
		Tests	4	1	0	5
		Total hrs.	45	15	0	60

Panchkarma Therapy

References

S.N.	Books and Authors
1	Carak Samhita- Kashinath Shastri
2	SusurtaSamhita-Ambika Dutt Shastri
3	Ayurveda Panchkarma Vigyan-Vaidya Hari Bhau Kasture
4	Panch Karma Therepy-Prof. R.H. Singh
5	Ayurveda & Panchkarma-Dr. Joshi
6	Kaya Chikitsa-Dr. Vidyadhar Shukla
7	Kaya Chikitsa-Dr. Ramracha Pathak
8	Sarira Rachana Vigyan- Dr. Tara Chanda Sharma
9	Medical Physiology-Gytan
10	Anatomy & Physiology-Tortora

Master of Science
Yogic Science and Holistic Health (SEM-III)
Discipline Elective IV (Paper Code M54 C08)

Paper VI: Common Disorder and Pathology

[Total Marks: 100= External 70 + Internal 30]Credit = 4, (60 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Introduction to Pathology	- Meaning, Definition, Terminology in Pathology, Subdivisions of pathology. -Pain: Abdominal Pain, Chest Pain, Headache, Back Pain, Joint Pain. -Acute and Chronic Inflammation.	8	3	0	11
2.	Common Diseases:	-Fever -Jaundice -Vomiting -Breathlessness -Diarrhea -Cough.	8	3	0	11
3.	General Clinical History Taking:	-Communication, Routine questions related to different system. -Physical examination-General & Systemic -Presenting a Case Interpretation.	8	3	0	11
4.	General Diseases:	-Edema -Menstrual Disorders -Disorders of fertility Syncope	8	3	0	11
5.	General Disorders:-	-Rheumatoid Arthritis, Inflammatory Myopathies, -AIDS -Microbial pathogenesis and names of common types of viral infection, bacterial infection, fungal infection & parasitic infection. -Tuberculosis.	9	2	0	11
Tests			4	1	0	5
Total hrs.			45	15	0	60

References

S.N.	Books	Authors
1	Pathologic Basis of Disease (Mother vol.)	- Robbins Coetons
2	Text Book of Pathology	- Harsh Mohan
3	Pathologic Basis of Disease (Father Vol.)	- Robbins Coetons

Master of Science
Yogic Science and Holistic Health (SEM-III)
Discipline Elective V (Paper Code M54 C09)

Paper - VII: Practical (Panchkarma)

[Total Marks: 100= External 70 + Internal 30] Credit = 1, (30 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1	Procedure, Application & Precaution of Snehana Karma-	-Duration in hrs. of Snehana -Practical Schedule of <i>Dosag</i> of Sneha -The Various types of snehana	0	1	3	4
2	Procedure, Application & Precaution of Swedana Karma-	-Nadi, Parishek, Jentaka, Kutee, -Karsu, Prastra,	0	1	3	4
3	Procedure, Application & Precaution of Vamana Karma-	-Determination of Dose in vaman Yoga- Kasaya, Kalka, Awaleha, Choorna. -Clinical Observation of the patient during vamana. -Criteria of effective Vamana. Feature of adequate & inadequate, excess vamana.	0	1	4	5
4	Procedure, Application & Precaution of Virechana Karma-	Patient for virechana karma should be examine & selected. Schedule of the therapy Feature of adequate & inadequate, excess Virechana Clinical Observation of the patient during Virechana.	0	1	4	5
5	Procedure, Application & Precaution of Basti Karma-	Examination & selection of a patient for basti karma Schedule of the therapy Complication due to basti putak, basti netra & basti data.	0	1	3	4
6	Procedure, Application & Precaution of Shiro-Virechana-	Nasya asana, Nasya ausadhis (Commonly used nasya draga) Observation of atur-vaya & Kala.	0	1	3	4
7	Kerali Pancha karma- Procedure, Application & Precaution.	Dhara karma, Pizchichil Karma, Pinda sweda, Anna lepa, Shiro basti-detailed procedure.	0	1	3	4
		Tests	0	0	0	0
		Total hrs.	0	7	21	30

External Marking-Written Examination (45) & Viva-Voce (25)

Internal Marking- Evaluation of Record book preparation time to time by the subject teacher (30)

Master of Science

Yogic Science and Holistic Health (SEM-III)

Discipline Elective VI (Paper Code M54 C10)

Paper-VII: Practical (Pathology) II

[Total Marks: 100= External 70 + Internal 30] Credit = 1, (30 Hours)

1. Bio-Chemical test. Profiles:-

- Method, Principle, Requires, Procedure, Precautions and Clinical significance of :-
 - a) Blood Sugar.
 - b) Urea, Creatinine (RFT).
 - c) Total bilirubin, SGOT, SGPT (LFT)
 - d) Total cholesterol, TG, HDL (Lipid Prof.)

2. Urine analysis:-

- Routine & Microscopical Examination.
- Routine – Sugar, Albumin, Ketone Bodies.
- Microscopical – Cells, Casts & Crystals.

3. Case history Proforma:-

- General and systemic examination.

4. Case History Presentation.

(By above mentioned Experiment the course will be complete in one credit.)

External Marking-Written Examination (45) & Viva-Voce (25)

Internal Marking- Evaluation of Record book preparation time to time by the subject teacher (30)

Rationale- So that student can be trained how to diagnose the diseases on above mentioned parameters.

Master of Science
Yogic Science and Holistic Health (SEM-IV)
Discipline Core I (Paper Code M54 D01)

Paper-I: Vedanta and Holistic Health

(Acharya Shankar & Swami Vivekananda)

[Total Marks: 100= External 70 + Internal 30]Credit = 4, (60 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Introduction to Vedanta Philosophy:	-Introduction to the Indian Philosophy -Historical development of the Sankaras thoughts as Advaita Vedanta -General Introduction to the <u>Prasthanatrayi</u> - Upanisad, Brahmsutra and Bhagvad Gita.	8	3	0	11
2.	Some important Vedantic Concepts	-Cocepts of - Brahm, Ishwar,Atma, Jeev, Maya and Cosmology. -Cocepts of Bandhan (Bondage) and Moksha (Liberation) -Chatursturiya Bhashya (Shankaracharya)	8	3	0	11
3.	Some Essential Readings:	-Role of Upanishads for the development of Advaita Vedanta -Concepts of Panchkosh in the taitriyopanishad -Yam and Nachiketa Conversation in the Kathopanishad -Important teachings of Ishavasyopanishada	8	3	0	11
4.	Vedantic Practices and their Applications:	-The role of Vivek and Vairagya in Holistic Health -Shadsampatti and Mumukshutwa & Holistic Health -Shrawan, Mana, Niddhidhyasan and Holistic Health	8	3	0	11
5.	Swami Vivekananda and His Approaches to the Advait Vedanta:	-Brief Life Sketch & Practice of Swami Vivekananda -His Philosophical Thoughts and Neo-Vedant. -Major Issues of Convergences and Divergences between Swami Vivekanand & Shankaracharya. -Neo Vedanta and Holistic Health	9	2	0	11
		Tests	4	1	0	5
		Total hrs.	45	15	0	60

Vedanta and Holistic Health

Reference Books

S.N.	Books	Authors
1	Complete Works of Swami Vivekananda	
2	Basant Kumar Lal	Contemporary Indian Philosophy
3	भारतीय दर्शन की रूपरेखा	हरेंद्र प्रसाद सिन्हा
4	भारतीय दर्शन का इतिहास	डॉ. एस.एन. दास गुप्ता
5	भारतीय दर्शन का सर्वेक्षण	डॉ. संगम लाल पाण्डेय
6	भारतीय दर्शन -	डॉ. बलदेव उपाध्याय
7	समकालीन भारतीय दर्शन	बसंत कुमार लाल
8	विवेकानंद साहित्यभाग 10&1 तक	स्वामीविवेकानन्द
9	व्यावहारिकजीवन में वेदान्त	स्वामीविवेकानन्द
10	मन की' वित्तियाँ एवं जीवन गठन की साधना& i,	स्वामीविवेकानन्द
11	मेरी समरनीति	स्वामीविवेकानन्द
12	दुःखाओंके प्रति	स्वामीविवेकानन्द
13	मेरा जीवन	स्वामीविवेकानन्द
14	नया भारत	स्वामीविवेकानन्द
15	वेदान्तदर्शन	स्वामीविवेकानन्द
16	विवेकानन्दचरि	श्री सत्येन्द्रनाथ मजूमदार
17	वेदान्त मेंब्रह्म का स्वरूप एवं जीवन दर्शन&	राममूर्ति' र्मा

Master of Science
Yogic Science and Holistic Health (SEM-IV)
Discipline Core II (Paper Code M54 D02)

Paper-II: Yoga Therapy

[Total Marks: 100= External 70 + Internal 30] Credit = 4, (60 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Introduction:	-Yoga Therapy: Meaning and definition -Principles & discipline of Yoga Therapy -Scope & Limitation of Yoga Therapy -Role of lifestyle and diet in Yoga therapy -Approach of Yoga towards holistic health.	8	3	0	11
2.	Yoga for Health care of:	-Children & Adolescence -Adult -Women -Old Age -Corporate person -Sports person	8	3	0	11
3.	Yogic Management of:	-Arthritis -Spondylitis -Backache -Sciatica -Hernia -Muscle fatigue	8	3	0	11
4.	Yogic Management of:	-Kidney disorder -Hyperthyroidism & Hypothyroidism -Obesity -Liver disorder -Diabetes	8	3	0	11
5.	Yogic Management of:	-Hyperacidity -Constipation -Asthma -Hypertension -Heart disease (Coronary artery disease, Rheumatic heart disease)	9	2	0	11
		Tests	4	1	0	5
		Total hrs.	45	15	0	60

Yoga Therapy

Reference

S.N.	Books	Author
1	Anatomy & Physiology of Yogic Practices	M M Gore
2	Disease & Yoga	Swami Satyanand Saraswati
3	Yoga & Arthritis	Dr. Nagendra
4	Yoga for Hypertension	Swami Satyananad Saraswati
5	Yoga& Pregnancy	Dr. Nagendra & Nagratna
6	Nav Yogaini Tantra	Swami Satyananda Saraswati
7	Yoga for Children & Adolescent	Swami Satyananda Saraswati
8	Yoga for Asthma & Diabetes	Swami Satyananda Saraswati

Master of Science
Yogic Science and Holistic Health (SEM-IV)
Discipline Core III (Paper Code M54 D03)

Paper-III: Dissertation

[Total Marks: 100, Credit = 4 (Tutorial)]

Dissertation is a compulsory paper. Students will select the Research Topic himself and prepare the research plan. In doing so the consent of the guide is necessary. After completing the Dissertation work, its two typed copies will be submitted to the Department before fifteen days of the written examination. The evaluation of the dissertation will be done by external examiner in co-ordination with the supervisor & the Department Head. The Viva -Voce exam will also be conducted under it.

The evaluation pattern is as below:

- | | |
|------------------------------|----------|
| 1. Dissertation Written work | 60 Marks |
| 2. Viva- Voce | 40 Marks |

Master of Science
Yogic Science and Holistic Health (SEM-IV)
Discipline Core IV (Paper Code M54 D04)
Paper - IV: Practical (Yoga) I

[Total Marks: 100= External 70 + Internal 30] Credit = 4, (60 Hours)

Asanas:	25
1.urna Chakarasana (A.P.M.B.)	9. Virasana (B.Y.)
2. Ardha Badha Padhamotanasana (A.P.M.B.)	10. Padma Mayurasana (A.P.M.B.)
3. Jannu Shirshasana (A.P.M.B.)	11. Purna Shalabhasaba (A.P.- Guruji)
4. Purna Matsyendrasana (A.P.M.B.)	12. Vrishchikasana (A.P.M.B.)
5. Kukkutasana (A.P.M.B.)	13. Utthita Dwipad Sirasana (A.P.M.B.)
6. Tittibhasana (A.P.M.B.)	14. Viparit Tittibhasana (A.P.& V.Y.)
7. Bala Garbhasana (B.Y.)	15. Uttithita Paschimotanasana (A.P.M.B.)
8. Purna Ushrasana (A.P.M.B.)	16. Purna Halasana (A.P.M.B.)
Pranayama Practice:	10
<ul style="list-style-type: none"> ▪ Sheetkari (H.P.) ▪ Stambhavriti (P.Y.S.) ▪ Chandrabhedhi (H.Y.V.) 	
Meditation:	05
<ul style="list-style-type: none"> ▪ Divya Anudan Ki Dhyana Sadhana (Guruji) ▪ Nada Yoga (Guruji) 	
Mudra/ Bandha:	05
<ul style="list-style-type: none"> ▪ Mahavedha (Gh.S.) ▪ Uddiyana Bandh (H.P.) ▪ Mahabandha (H.P.) ▪ Hast Mudra – Shankh, Surbhi, Nirvan (M.V.) 	
Shatkarma :	10
<ul style="list-style-type: none"> ▪ Vyutkarma Kapalbhathi (Gh.S.) ▪ Agnisar (Gh.S.) ▪ Noulli (Gh.S.) ▪ Vastra Dhouti (Gh.S.) ▪ Shankha Prakshalana (Gh.S.) 	
Mantra	05
<ul style="list-style-type: none"> ▪ Savitri Upasana (Dev Yajan) ▪ Devahana Mantra (K.Bh.) 	
Viva-Voce:	10

Master of Science
Yogic Science and Holistic Health (SEM-IV)
Discipline Elective I (Paper Code M54 D05)

Paper-V: Naturopathy

[Total Marks: 100= External 70 + Internal 30] Credit = 4, (60 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Introduction	-Natural life, Meaning, Definition & Principles of Naturopathy. -Health, Root cause of Disease, Acute & Chronic disease, Bad effects of Medicines and Drugs on Health. -Vital Force, Sources to increase Vital Force, Disease, and Diagnosis Techniques.	8	3	0	11
2.	Hydrotherapy	-Hydrotherapy importance of water, Remedial properties of Water, Effect of diff. temp. of water on Body. -Methods of Hydrotherapy---, hip bath, steam bath, spine bath, foot & hand bath, full immersion bath. -Full bed sheet Pack, Packs of – Chest, Abdominal, Throat, Hand & Foot. -enema, & formentation.	8	3	0	11
3.	Mud Therapy & Chromo Therapy:	-Mud therapy- properties of Mud, types & importance. -Effect of Mud on Body -Packs of Mud, Abdominal Chest Throat Eye Full Body Mud Pack. -Importance of chromo therapy, types of sun bath -Use of different Colors. -Important of air, Air bath, Infra-red.	8	3	0	11
4.	Fasting & Massage Therapy:	-Definitions of fasting, Difference between Fasting & Starvation. -Types of Fasting (Complete Fast, Partial Fast, Water Fast, Juice Fast, Mono diet) and its effect on the Body, How to start fasting & break it, Treatment of crisis during Fast. -Definition of massage & importance Types of massags Techniques of massage- touch, pressure, stroking, friction, kneading, Rolling, wringing, chucking Clai ping, Pulling, s vibration, Effect of massage	8	3	0	11

		on different Body parts.				
5.	Naturopathic Treatment:	-Naturopathic treatments for-- Fever, Vomiting & Headache. -Constipation, Colitis, Spondylitis & Arthritis. -High blood pressure, Low blood pressure, Anemia, Asthma, & Obesity, Diabetes. -Naturopathic Treatment for Women's general Problems. Amenorrhoea.; Dysmenorrhoea Menorrhagia	8	3	0	11
		Tests	4	1	0	5
		Total hrs.	45	15	0	60

Naturopathy

Reference Books

S.No.	Authors	Books
1	Dr. S.J. Singh	History and philosophy of Naturopathy
2	Dr. Henry Lindlhai	Philosophy of Nature Cure
3	Dr. Henry Lindlhai	The practice of Nature Cure
4	Dr. Rudolf	Diet and Nutrition
5	Dr. S.J. Singh	New Horizon in Chromo Therapy
6	J.H. Kellog	Art of Massage
7	Dr. Kulranjan Mukherjee	StriRogon Ki GrihChikitsa
8	H K Bakhru	Nature Cure
9	Dr. Rakesh Jindal	Prakritik Ayurvedigyan

Master of Science
Yogic Science and Holistic Health (SEM-IV)
Discipline Elective II (Paper Code M54 D06)

Paper-V: Marma Therapy

[Total Marks: 100= External 70 + Internal 30] Credits-4, (60 hrs.)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Basic Introduction & History	-Basic foundation of science of Marma therapy. -Introduction of Marma therapy & historical background. -Science of Marma therapy in Vedas. -Ethical norms for Marma Scientists. -Importance of Marma knowledge.	8	3	0	11
2.	Ayurveda Anatomy & Physiology	-Ayurveda anatomy – Size & numbers of body organs & body structures. -Body size description : Whole length & breadth of body (Finger size calculate according to Acharya Charak & Acharya Sushrut). -Significance of finger calculation. -Calculation of body organs & their physiology.	8	3	0	11
3.	Basic Introduction	-Origin & definition of word 'Marma'. -Shape & size of Marmas & total Marmas calculation. -Type of Marmas (According to structure & function). -Size of Marmas. -Marmas of Supra clavicle region , Marmas of upper & lower limbs, Marmas of abdominal region, Marmas of back. -Description of important vital points.	8	3	0	11
4.	Marma Therapy & Yoga	-Science of Yoga& Marmas. -Effects of Yogasanas &Pranayama on Marmas. -Physiological effects of Marma therapy. -Six chakras & Marmas. -Self-help in Marma therapy.	8	3	0	11
5.	Description,	-Description of Marma therapy –	9	2	0	11

	Indication Contradictions & Precaution	Duration in hrs., Way, Frequency. -Marma trauma – Clinical features & Treatment. -Precautions during Marma therapy. -Pregnancy & Marma treatment. -Geriatrics problems & Marma therapy. -Life style disorders (Diabetes, Obesity, Hypertension, Osteoarthritis, Hyperacidity, etc.) and their Marma treatment.				
		Tests	4	1	0	5
		Total hrs.	45	15	0	60

संदर्भ ग्रन्थ

S.N.	Book	Author & Publication
1	सुश्रुत संहिता (शारीर स्थान)	मोती लाल बनारसीदास, दिल्ली 110007
2	वाग्भट्ट संहिता (शारीर स्थान)	मोती लाल बनारसीदास, दिल्ली 110007
3	मर्म विज्ञान एवं मर्म चिकित्सा	डॉ. सुनील कुमार जोशी
4	Marma science and principles of marma therapy	Dr. Sunil Kumar Joshi

Master of Science
Yogic Science and Holistic Health (SEM-IV)
Discipline Elective III (Paper Code M54 D07)

Paper-VI: Yogic Management of Psychological disorder

[Total Marks: 100= External 70 + Internal 30] Credit = 4, (60 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Psychological Disorder:	-Meaning and Nature of Psychological disorders. -Biological Casual factors of Psychological disorders -Psychological causal factors of Psychological disorders. -The Current classification system-the DSM-IV- TR.	8	3	0	11
2.	Stress, Anxiety Disorder and Mood Disorders:	-Stress: Meaning & Nature of Stress, coping with stress. -Anxiety Disorder- Nature & Etiology: Phobia, Panic Disorders, Obsessive- Compulsive disorder. -Mood disorder: Unipolar, bipolar disorder.	8	3	0	11
3.	Delusional, Somatoform, Childhood Disorder:	-Paranoid:its Nature, Types, Symptoms & Etiology. -Somatoform Disorders: Meaning, Nature, Types & Etiology. -Childhood Disorder: Attention deficit-Hyperactive disorder (ADHD), Autistic disorder, Separation disorder, its nature & Etiology.	9	2	0	11
4.	Yogic Management of Following Disorders:	-Stress -Anxiety -Phobia -Panic disorder -Depression	8	3	0	11
5.	Yogic Management of Following Disorders:	-ADHD (Attention deficit-Hyperactive disorder) -Separation Anxiety disorder -PTSD (Post Traumatic Stress disorder) -OCD (Obsessive- Compulsive disorder) -Insomnia	8	3	0	11
		Tests	4	1	0	5
		Total hrs.	45	15	0	60

Yogic Management of Psychological disorder**References**

1. Yoga Psychology: Handbook of Yogic Psychotherapy (2013), By Kamakhya Kumar, Pub: D.K. Print world, New Delhi.
2. ABNORMAL PSYCHOLOGY & MODERN LIFE (11th Edi.): by Robert C. Carson, James N. Butcher, & Susan Mineka (2000), Pub: Dorling Kindersley Pvt. Ltd. / Pearson Education, India.
3. FUNDAMENTALS OF ABNORMAL PSYCHOLOGY (4th Edi.): by- Ronald J. Comer (2005), Pub: Worth Publications, New York.
4. ABNORMAL PSYCHOLOGY & MORDERN LIFE: by- James c. Coleman (1976), Pub: Scott Foresman and Company.
5. ABNORMAL PSYCHOLOGY (2nd Edi.) David H. Barlow & V. Mark Durand (1999), Pub: Books / Cole Publishing Company, USA.
6. A SHORT TEXT BOOK OF PSYCHIATRY (6th Edi.): by- Niraj Ahuja (2006), Pub: Jaypee Brothers, New Delhi.
7. A TEXT BOOK OF STRESS COPING & MANAGEMENT: By- C P Khokhar (2003), Pub: Shalabh Publishing House, Meerut.
8. PSYCHIATRY: A Clinical Core Text with Self-Assessment: by- Elspeth Guthrie Bhon Lewis (2002), Pub: Churchill Livingstone, London.
9. A TEXT BOOK OF ABNORMAL PSYCHOLOGY: by- Prof. Girishbala Mohanty (2001), Pub: Kalyani Publisher, New Delhi.
10. HAND BOOK OF MENTAL HEALTH & AGING (2nd Edi.): by- James E. Birren, R. Bruce Slocene, and Gene D. Cohen (1992): Pub: Academic Press, Inc, New York.
11. ABNORMAL PSYCHOLOGY: BY- Tafar Mahmud (2005), Pub: APH Publishing Corporation, New Delhi.
12. ANXIETY DISORDERS: psychological Assessment & Treatment: by- Vimala Veeraraghavan, Shalini Sing (2002), Pub: Sage Publication, London.
13. INTERNATIONAL CLASSIFICATION OF DISEASSES (ICD-10): Pub: World Health Organization, Geneva.
14. DIAGNOSTIC & STASTICAL MANUAL OF MENTAL DISORDERS (DSM-IV): Pub: American Psychiatry Association, Washington, DC.
15. MODERN ABNORMAL PSYCHOLOGY: By- Arun Kumar Singh (2002), Pub: Motilal Banarsidas Publication, New Delhi.

Master of Science
Yogic Science and Holistic Health (SEM-IV)
Discipline Elective IV (Paper Code M54 D08)
Paper-VI: Clinical Methods and Modern Diagnostic Method
[Total Marks: 100= External 70 + Internal 30] Credit = 4, (60 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Clinical Examination Tools: General Examination: Systemic Examination:	-Knee hammer -Tuning fork -Body weight -Lymph nodes -Nails -Skin -Edema -Neck Veins -Cardiovascular system -Respiratory system -Gastrointestinal system -Central Nervous System.	9	2	0	11
2.	Evaluation of Cardiac Function:	ECG Echocardiography Cardia catheterization, & Angiography Investigations to estimate organ damage: Chest X-Ray Troponin T. Blood tests for cardiac enzyme	8	3	0	11
3.	(A) Evaluation of Respiratory Function: (B) General Disorders-	-Chest X-ray -Pulmonary function test peak flow meter -Bronchoscope -Analysis of blood gases -Hyperglycemia & Hyper lipdaemias. -Neoplasia: definition, Nomenclature, molecular basis, & clinical features of tumor.	8	3	0	11
4.	Evaluation of Gastrointestinal Function:	-KUB X-ray -Barium X-Rays -Abdominal Ultrasonography -Upper and lower GI Endoscopy. -Liver function tests	8	3	0	11
5.	Evaluation of Excretory Function:	-Urine examination -Renal function tests -X-Rays IVP -Ultrasonography -CT Scan -MRI	8	3	0	11
Tests			4	1	0	5
Total hrs.			45	15	0	60

References

S.N.	Books	Authors
1	Hutchison's Clinical Methods	Swash
2	Meclod's Clinical Examination	Grahm Douglas
3	The Clinical Approach	R. D. Dele

Master of Science
Yogic Science and Holistic Health (SEM-IV)
Discipline Elective V (Paper Code M54 D09)

Paper-VII: Practical (Naturopathy) II

[Total Marks: 100= External 70 + Internal 30] Credit = 1, (30 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1.	Hydrotherapy:	-BATH: Hip bath (Cold, Hot, Neutral), Steam bath, Emerson bath, Spinal spray, Spinal bath, Hot foot bath, -ENEMA: Neutral water, Lemon, Butter milk, Neem water. -PACKS- Full bed sheet pack; Abdomen, Throat, Hand & Foot packs. -FORMENTION: Hot & Cold.	0	4	6	10
2.	Mud Therapy:	-Mud pack for Abdomen & Eyes -Full body Mud pack.	0	2	2	4
3.	Chromo therapy:	-Techniques- Sun bath, Colors, Air, Water, Oil, Natural sugar & Thermolume.	0	2	3	5
4.	Massage:	-Types of Massage -Different steps of Massage.	0	2	6	8
		Tests	0	1	2	3
		Total hrs.	0	11	19	30

External Marking-Written Examination (45) & Viva-Voce (25)

Internal Marking- Evaluation of Record book preparation time to time by the subject teacher (30)

Master of Science
Yogic Science and Holistic Health (SEM -IV)
Discipline Elective VI (Paper Code M54 D10)
Paper-VII: Practical (Marma Therapy) II

[Total Marks: 100= External 70 + Internal 30] Credit = 1, (30 Hours)

Marma Therapy (written)

45

1. Identification of different marma points in human body (Upper extremity, Lower extremity, Abdomen, Thorax, Back, Head and Neck)
2. Method of Marma point pressure
3. Practice of Marma Bhramari Pranayama
4. Practice of Self Marma Therapy
5. Marma treatment for different disorders (Diabetes, Obesity, Epilepsy, Hyperacidity, Flatulence, Sciatica, Cervical Spondylitis, Arthritis, Frozen Shoulder, Eye Disorders, Urinary disorders)

Viva Voce - 25

External Marking-Written Examination (45) & Viva-Voce (25)

Internal Marking- Evaluation of Record book preparation time to time by the subject teacher (30)

Master of Science
Yogic Science and Holistic Health (SEM-IV)
Discipline Elective VII (Paper Code M54 D11)
Paper-VII: Practical (Clinical Methods and Modern Diagnostic Method)
[Total Marks: 100= External 70 + Internal 30] Credit = 1, (30 Hours)

Unit No.	Theme	Description	Duration in hrs.			
			Theory	Tutorial	Practical	Total
1	Clinical Practice under Supervision of clinical expert, with case history preparation And follow up of the patient in CCAM.	-Duration in hrs. of Snehana -Practical Schedule of <i>Dosag</i> of Sneha -The Various types of snehana	0	0	6	6
2	Interpretation of X-rays report.	a.) Chest Tuberculosis Pneumonia Bronchitis Asthma b.) KUB Kidney Stone Hydronephrosis Nephritis C.) Spine (C, Th. & L.) Spondylosis	0	0	9	9
3	Application of USG. In diagnosis of :-	Renal pathology. Abdominal pathology. Cardiac pathology.	0	0	6	6
4	ECG	Diagnosis of CAD & Arrhythmias.clinical Obsevation of the patient during Virechana.	0	0	6	6
		Tests	0	0	2	2
		Total hrs.	0	0	30	30
(By above mentioned Experiment the course will be complete in one credit.)						
External Marking-Written Examination (45) & Viva-Voce (25)						
Internal Marking- Evaluation of Record book preparation time to time by the subject teacher (30)						
Rationale- To enable the students diagnose the diseases by the modern medical diagnostic tools and methods.						

Abbreviation

S.No.	Books Name	Writer
1	A.P.M.B.=Asana Pranayam Mudra Bandh	Swami Niranjananand
2	Asana-W & H=Asana Why & How	Dr. O.P. Tiwari
3	Y.K.=Yoga Kuvalyanand	Swami Kuvalyanand
4	H.P.=Hath Pradipika	Swami Swatmaram Suri(Kaivalyadham)
5	Y.D.= Yoga Dipika	B.K.S. Ayanger
6	B.Y.=Bahirang Yoga	Paramhans Yogeshwaranand
7	Gh.S.=Gherand Samhita	Maharshi Gherand
8	M.V.=Mudra Vigyan	Shri Kapil Dev Shastri
9	K.Bh.- Karmakand Bhaskar	Pt. Shri Ram Sharma Acharya
10	G.M. =Gayatri Mahavigyan	Pt. Shri Ram Sharma Acharya
11	A.P.= Asana Pranayam	Swami Atmabindu
12	H.Y.V. = Hath Yoga Vidya	Swami Vigyananand Saraswati
13	P.Y.P.= Patanjali Yoga Pradip	Swami Omanand Tirth
14	T.K. & Y.V.= Tantra Kriya &Yoga Vidya	Swami Satyanand Saraswati
15	P.Y.S. = Patanjali Yoga Sutra	Maharshi Patanjali (Gita Press)
16	Dev Yajan	Swami Shivanand Saraswati
17	Dharana & Dhyan	Swami Satyanand
18	Yoga Pratibha	Pratibha Rani Dwivedi
19	Rudrabhishek	Pt. Shri Ram Sharma Acharya