

ACADEMIC CURRICULUM

For

Bachelor Degree in Yoga

FIRSTSEMESTER

| PAPER CODE | PAPERNAME | INTERNAL | EXTERNAL | TOTAL |
|------------------|--|------------|------------|------------|
| BAYOG101 | General Hindi | 40 | 60 | 100 |
| BAYOG102 | General English | 40 | 60 | 100 |
| BAYOG103 | Introduction to Sanskrit | 40 | 60 | 100 |
| BAYOG104 | Basis of Yoga | 40 | 60 | 100 |
| BAYOG105 | Human Anatomy and Physiology-I | 40 | 60 | 100 |
| PRACTICAL | | | | |
| BAYOG106 | Āsana ,Pranyāma and meditation level-I | 60 | 40 | 100 |
| BAYOG107 | Yoga practice for Emotion Culture | 60 | 40 | 100 |
| Total | | 320 | 380 | 700 |

SECONDSEMESTER

| PAPER CODE | PAPERNAME | INTERNAL | EXTERNAL | TOTAL |
|------------------|---|------------|------------|------------|
| BAYOG201 | Introduction to Bhagavad Gēeta | 40 | 60 | 100 |
| BAYOG202 | Yogatherapy-I | 40 | 60 | 100 |
| BAYOG203 | Introduction to modern psychology and yoga psychology | 40 | 60 | 100 |
| BAYOG204 | Anatomy and physiology-2 | 40 | 60 | 100 |
| BAYOG205 | Environmental study | 40 | 60 | 100 |
| PRACTICAL | | | | |
| BAYOG206 | Bhagavadgēeta Chanting | 60 | 40 | 100 |
| BAYOG207 | Yoga for common ailments-1 | 60 | 40 | 100 |
| Total | | 320 | 380 | 700 |

THIRDSEMESTER

| PAPER CODE | PAPERNAME | INTERNAL | EXTERNAL | TOTAL |
|-------------------|--------------------------|-----------------|-----------------|--------------|
| BAYOG301 | IntroductiontoUpanishads | 40 | 60 | 100 |
| BAYOG302 | Yogatherapy-2 | 40 | 60 | 100 |
| BAYOG303 | Researchmethodology | 40 | 60 | 100 |
| BAYOG304 | Valueeducation | 40 | 60 | 100 |
| PRACTICAL | | | | |
| BAYOG305 | YogaforCommonAilements-2 | 60 | 40 | 100 |
| BAYOG306 | Advancetechniques | 60 | 40 | 100 |
| Total | | 280 | 320 | 600 |

FOURTHSEMESTER

| PAPER CODE | PAPERNAME | INTERNAL | EXTERNAL | TOTAL |
|-------------------|--------------------------------|-----------------|-----------------|--------------|
| BAYOG401 | MethodsofTeachingYoga | 40 | 60 | 100 |
| BAYOG402 | Appliedyoga | 40 | 60 | 100 |
| BAYOG403 | Fundamentalsof naturopathy | 40 | 60 | 100 |
| BAYOG404 | Yogaandholistichealth | 40 | 60 | 100 |
| PRACTICAL | | | | |
| BAYOG305 | YogaforPersonality Development | 60 | 40 | 100 |
| BAYOG306 | NaturopathyPractical | 60 | 40 | 100 |
| Total | | 280 | 320 | 600 |

FIFTH SEMESTER

| PAPER CODE | PAPERNAME | INTERNAL | EXTERNAL | TOTAL |
|------------------|---------------------------------------|------------|------------|------------|
| BAYOG501 | IntroductiontoAYUSH | 40 | 60 | 100 |
| BAYOG502 | PatañjaliYogaSūtra | 40 | 60 | 100 |
| BAYOG503 | Yogatherapycamp | 40 | 60 | 100 |
| BAYOG504 | Disastermanagement | 40 | 60 | 100 |
| PRACTICAL | | | | |
| BAYOG505 | Āsana,Prānāyāmaand meditation level-2 | 60 | 40 | 100 |
| BAYOG506 | AyushTraining | 60 | 40 | 100 |
| Total | | 280 | 320 | 600 |

| PAPER CODE | PAPERNAME | INTERNAL | EXTERNAL | TOTAL |
|------------------|---|------------|------------|------------|
| BAYOG601 | NāradaBhaktiSūtrās | 40 | 60 | 100 |
| BAYOG602 | HathaYoga | 40 | 60 | 100 |
| BAYOG603 | CulturalhistoryofIndiaand contemporaryYogis | 40 | 60 | 100 |
| BAYOG604 | ConstitutionofIndia | 40 | 60 | 100 |
| PRACTICAL | | | | |
| BAYOG605 | AdvancePranayamaand meditation | 60 | 40 | 100 |
| BAYOG606 | InternalAssesment | 60 | 40 | 100 |
| Total | | 280 | 320 | 600 |

Coursecode:Bayog-103

Subject:Introductiontosanskrit

Objectives:

- i. ToMakestudentscommunicateandwriteinSamskrit
- ii. Tounderstandthehiddenconceptof yogaintheancienttexts
- iii. TohaveindepthknowledgeabouttheSamskrit texts

Unit-1:

Introduction

- i. introductiontolanguageandsubject
- ii. Devanagariscript-Alphabets,i.e.vowels,consonants,vowels&consonants combination
- iii. twoconsonantcombinations,specialconjunctconsonantsandtheir pronunciation
Associatedwiththeirarticulation.Formationofwriting
- iv. IntroductiontoSamskritaGrammar,StoryofPanini&hisworks.
- v. Conceptofplaceofletter&mechanismofbirthofeachletter.
- vi. BasicrulesforrecognitionofNounsandcollectionof Samskritawordsin genders.

Unit-2:

Verbs,nounPronounandsentencewriting

- i. Introductiontogenders-Masculine,FeminineandNeutergenders.

- ii. 24 forms of a noun in all genders and its declensions; practice of others similar Declensions. Usage of the 24 forms of all nouns.
- iii. Verb roots with meaning. Nice forms of verbs for three persons and three numbers. Practice all the verb roots and their forms for correct pronunciation. Usage of prefixes and how they change the meaning of the verb root and how to find them in the dictionary.
- iv. Pronouns: Introduction to pronouns; declensions of pronouns; corresponding translations of pronouns into English; forming sentence with pronouns; different aspects of pronouns being used as Demonstrative pronouns and as interrogative Pronouns and details of distance specification.
- v. Questioning words with its 24 declensions in all genders and practice of all of the with nouns and pronouns.
- vi. Introduction to write a simple sentence. Sentence in singular. Dual and plural. Practice of question and answers.

Unit-3:

Prepositions and introduction to time, tense and cases

- i. Prepositions and its meaning with usage in sentence, asking question and answers.
- ii. Introduction to time and its variations. Practice of numbers 1-100 with writing practice with samskrita symbols.
- iii. Days in Samskritam with question and answers.
- iv. Introduction to Tense-present, past and future tenses. Practice of conversion of one tense into another tense.
- v. Introduction to cases and its meaning with questions. Practice of cases.

Unit-4:

Paragraph writing and glimpse of science in Samskrita

- i. Paragraph writing on specific topic. Using all Nouns, Pronouns, prepositions, time, days, number etc.
- ii. Introduction of Samskrita literature and its vastness. Specialty and beauty of Samskrita language with respect to some verses from different poetry, prose and dramas.

- iii. Glimpse of science in Samskritam with reference to Vimanikashastra, ganitashastra etc.
- iv. Reading and writing practice with the help of stories and very basic texts in Samskritam.

Reference books:

1. Samskrita Bharati published books & flash cards.
2. Sarala book.
3. Sugama book.
4. Sukhada book.

SEMESTER-I

Course Code : BAYOG-104

Subject: Basis of Yoga

Objectives:

To understand

1. About foundation of science and arts.
2. Science of happiness – Basis of Yoga
3. Concept of yoga.
4. Application of yoga to the individual and the society.

Unit-1:

Basis of life in the context of science

1. Basis of life, Analysis
2. The core of Science
3. Technology, applied Science
4. Creativity, New Horizon,

The new directions of science

5. Modern Physics, Life sciences
6. Neurosciences. The transition
7. A social Metamorphosis
8. Repercussion, the Fermentation,
9. Drug culture
10. Review of World History, India in the scene

Unit-2:

The basis of Yoga

1. The Science of Happiness
2. The Basis of Yoga
3. The direction of our life
4. Happiness analysis
5. Story of old lady, Story of Srikanda, Story of Hari
6. Law of diminishing returns
7. Shankarabharanastory, Saint story-Payasam
8. Happiness depends on mood of person
9. Happiness is not outside but it is inside state
10. Concentration, appreciation

Unit-3: Yoga scriptures

1. A glimpse into our scriptures

2. *Prasthāna Traya, Upaniṣads*
3. *Mandugya, Kathopaniṣad*
4. *Taittiriya, Mundokopaniṣad, Bhagavad Gēta, Brahma Sūtra*
5. *Paicadasi, Quantify Ānanda, Ānanda Mēmaāsa*
6. Layers of Consciousness (*Lokās*)
7. Happiness—quantitative or qualitative (Russian friend story)
8. State of complete freedom—priya story
9. story of women lib Movement
10. The abode of creativity and knowledge

Unit-4: Concept and definitions about Yoga

1. *Yoga—Misconceptions*
2. *Understanding Yoga*
3. *Definitions of Yoga, Patanjali, Yoga Vasista*
4. *Bhagavad Gēta, Kathopaniṣad, Sri Aurobindo*
5. *Yoga—asa state, the power of creation*
6. *Why Yoga, Development at physical level, mental level, emotional level, intellectual level, spiritual level*
7. *introduction to four streams of Yoga*
8. *Caution, Yoga way of life and society*
9. *Role of the East: -Expectations of the west*
10. *Indian Scene—confusing & puzzling*
11. *Need of the hour*

Text Book:

1. Nagendra H.R., *Yoga—its basis and applications*, SVYP, Bangalore

Reference Books:

1. Sastry ASN, *Let Go, Yoga Bharati*, Bangalore.
2. Lokeswaranand S, *Taittiriya Upanishad*, R.K. Publications, Bangalore

Course Code : BAYOG105

Subject: Human Anatomy and Physiology-I

Objectives:

1. To know about the structure of the body
2. To know about the necessary functions of the body
3. To give brief idea about the diseases related to each system
4. To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga

Unit-1: Cell

1. Cell structure—Plasma membrane and protoplasm
2. Cell organelles—Mitochondria, Golgi body, Endoplasmic reticulum, Lysosome, Peroxisome, Centrosome
3. Nucleus—Nuclear membrane, chromosome, nucleolus
4. Homeostasis

Tissues

1. Structure and function of epithelial—simple and compound
2. Connective—connective tissue proper, skeletal and vascular
3. Muscular—Skeletal, involuntary and cardiac
4. Nervous tissues—Myelinated neuron and Nonmyelinated neuron

Muscular-skeletal system

1. Anatomy of the Skeleton
2. Classification of bones—Axial bones and appendicular bones
3. Types of joint—Synovial joints and Fibrous joint
4. Structure of synovial joints
5. Types of synovial joints
6. Types of Muscle in the body (striated, Smooth muscle, Cardiac muscle)
7. Mechanism of muscle contraction

Unit-2: Biomolecules

1. Carbohydrates
2. Fats
3. Proteins
4. Minerals
5. Vitamins(fatsolubleandwatersoluble)
6. Dietaryfibres
7. Balanceddiet

Digestivesystem

1. Digestivesystemofhuman-Mouth,buccalcavity,Pharynx,oesophagus stomach,large intestine, small intestine ,anus
2. Associatedglands-Liver,Pancreas,salivaryglands
3. Physiologyofdigestionandabsorption
4. Malnutritionandundernutrition

Unit-3:Respiratorysystem

1. Respiratorysystemofhuman-Nose,nasalcavity,pharynx,Trachea,Larynx, bronchiole, lungs
2. Mechanismofbreathing(Expirationandinspiration)
3. Transportofrespiratorygases(transportofoxygenandtransportofcarbon dioxide)
4. Commonrespiratorydisorder

Unit-4:Cardiovascularsystem

1. Compositionandfunctionofblood–Plasma,RBC,WBCandPlatelet
2. Bloodgroupsandtheirimportance
3. Blood clotting
4. Structureandworkingmechanismofheart
5. Organisationofsystemicandpulmonarycirculation
6. Cardiacoutputandcardiaccycle
7. Functional anatomyofblood vessels
8. Bloodpressureandregulationofbloodpressure

TextBooks:

1. Tortora and Bryan – Anatomy and Physiology
2. Telles and Nagendra – Glimpse of Human body

Reference Books:

1. Gore M.M. (2003). Anatomy and Physiology of Yogic practices. Kanchan Prakashan, Lonavla, India
2. Lan Peate and Muralidharan Nayar – Fundamental of Anatomy and Physiology for students nurses
3. Evelyn, C. Pearce – Anatomy and Physiology for Nurses

Course Code : BAYOG106

Subject: Environmental study

CourseCode :BAYOG101

Subject :Asana,PranayamaandMeditationlevel-I

Objectives:

To introduce the classical hatha yoga basic practices

Focus on overall development of all sheaths

To bring out the hidden talents through regular practices.

Unit-1:

Breathing Practices:

A. Hands In and Out Breathing

B. Hands stretch Breathing

C. Ankle stretch Breathing

D. Dog Breathing

E. Rabbit Breathing

F. Tiger Breathing

G. Shashankasana Breathing

H. Bhujangasana Breathing

I. Salbhasana Breathing

J. Alternate Leg Raise Breathing

K. Straight Leg Raise Breathing

Loosening Exercises (Çithili Karaëa Vyäyama)

A. Forward and Backward bending

B. Side Stretch

C. Twisting

D. Jogging & Jumping

E. Hand Rotation - Single, Both, Clockwise and Anti Clockwise

F. Shoulder Rotation

G. Knee Rotation

SuryaNamaskāra–12roundsof12counts

Unit-2:

Yogāsanas:

Standing:

- | | |
|-----------------------|-------------------|
| A. ArdhakatiCakrāsana | B.ArdhaCakrāsana |
| C. Padahastāsana | D.Trikonāsana |
| E. Bakāsana | F.ArdhaCandrāsana |
| G. Vrikshashana | |

Sitting:

- | | |
|---------------------|-----------------------|
| A.Vajrāsana | B. Shashankāsana |
| C. Paçcimottānāsana | D. Ustrāsana |
| E.Vakrāsana | F.ArdhaMatsyendrāsana |
| G.Baddhakoëāsana | H.Veerāsana |
| I. Mayurāsana | |

Prone:-

- | | |
|------------------------|------------------|
| A.Bhujaigāsana | B.Salabhāsana |
| C.Dhanurāsana | |
| D.TiryaikaBhujaigāsana | E.GuptaPadmāsana |

Supine:-

- | | |
|----------------|---------------------|
| A.Sarvāngāsana | B. Halāsana |
| C. Matsyāsana | D.UrdhvaDhanurāsana |
| E. Navāsana | |

InvertedPosture:-

- | | |
|---------------------------|---------------|
| A. Çérçāsana | B.Vāçcikāsana |
| C.EkapadaUrdhvaChakrāsana | |

Kriyās

- JalaNeti,SutraNeti
- VamanaDhouthi
- LaghuShankhaPrakshālana

D. Agnisara

E. Nauli

Unit-3:

Pranayama

A. Kapalabhati:(3rounds120struction)

B. SectionalBreathing

C. Nadisudhi

Unit-4:

RelaxationTechniques

A. InstantRelaxationTechnique(IRT)

B. QuickRelaxationTechnique(QRT)

C. DeepRelaxationTechnique(DRT)

CourseCode :BAYOG-102

Subject :Yogapracticeforemotionculture

Objectives:

1. Togetmasteryovertheemotions.
2. Harmonisevaluesystemfeaturedbylove,co-operation,blissandhealth.
3. Todevelopsurrenderingattitude.

Unit-1:Prayers

1. PrayerbeforeSunrise-*PrätaùSmaraëa Stotram*
2. Salutationsto VyāsaMaharçi-VyāsaPrārthanä
3. PrayerbeforeMeditation-*Dhyānamantra*
4. Prayerbefore*Präëäyāma-PränäyāmaManträ*
5. PrayerbeforeSunSalutation-*Suryanamaskära*
6. *Mantra*
7. PrayerbeforeFood-*BhojanaMantra*

Unit-3: VedicChanting

1. *Shāntimanträ*
2. *OmAsato MäSadgamaya*
3. *SarveBhavantuSukhinah*
4. *PürëamadahPürëamidam*
5. *SahnaVavtu*

Unit-4:Bhajans

1. **GuruStuti**-SaccidānandaGuruSaccidānandaGuru,HamāreManaMandiraMe
2. **Ganeshavandana**-VināyakāVināyakā,Pāhi
Pāhi Gajānanā
3. **ShivaBhajan**-ĀtmaliṅgamBhajoRe
4. **DeviBhajan**-JayaDurgeJayaDurge,He
Çārade Mād He Çārade Mād
5. **ShreeRama**-PremamuditaManaSeKahoRāma
Rāma Rāma, Ātmanivāsé Rām
6. **ShreeKrishna**-RādheRādheRādheRādhe
Rādhe Govindā

TextBooks:

1. NagendraHR,DeshpandeS,Tyagaragu,KavithaA,RamachandraR.Abook on
Yoga Practice - I.SVYP.Bangalore.2013.

ReferenceBooks:

1. NagendraHR.Vyasapushpanjali.VYRF.Bangalore.2008.
2. KeerthanaSangraha.part1andpart2.RamakrishnaMatt.2005

CourseCode :BAYOG-103

Subject :Environment Practical

SEMESTER-II

CourseCode :BAYOG201

Subject :IntroductiontoBhagavadGita

Unit-1:GeneralIntroduction

1. GeneralIntroductiontoBhagavadGeeta(Pg1HG),
2. GloryofGeeta
3. Essenceof Gita
4. Gitaanditsbackground

1stChapter

1. Anxietystate-neurosisofArjuna

2ndChapter

1. ExplanationofTranscendentaltruth(Atman)19-24
2. Sthitaprajiaandhischaracteristics54-61
3. Sourceofallevil62-64

3rdChapter

1. Introduction to Concept of Karma
2. Detached action 27-29
3. OBAYOGruction to Higher impulses 37

4th Chapter

1. Introduction to Jnana Yoga
2. Definition of Yoga in BG
3. Nature of action, inaction & ego-less action 16-22
4. Methods of dissolving actions (Yajna) 24-32
5. Supremacy of knowledge 33-36
6. Wisdom destroys ignorance 37-39

Unit-2:

5th Chapter

7. Nature of perpetual Sanyasi-3
8. Work with detachment 10-12

6th Chapter

1. Potentiality of Human –5
2. Aid to Yoga and the attainment of Yoga 10-18
3. Stages of progress for the accomplishment 19-23
4. Instructions for introspection 24-26
5. Effect of the Yoga of the meditation 27-32
6. Control of mind by Abhyasayoga 33-36

7th Chapter

1. Types of Bhaktas 16-17

8th Chapter

1. Eternal self alone is Real 1-4
2. Qualities of Purusha 9-10

Unit-3:

9th Chapter

1. Consistency in auspicious activity-22-25
2. Sincerity in devotion –26
3. Constant awareness – the secret of success – 34

10th Chapter

1. Brief introduction to the chapter
2. Budhiyoga for compassion and affection in day-to-day life 9-11

11th Chapter

1. Glimpse of Cosmic form reported by Sanjay to Dritharastra 9-13
2. Arjuna's perception of the cosmic form 14-17
3. Arjuna's description of the imperishable truth 18-24

12th Chapter

1. A true devotee & seeker 2-5
2. Conditions to be followed in being a true devotee 6-7
3. Renunciation of the fruits of action 12
4. Way of life for all seekers 13-14
5. Salient features of a real devotee 15-17

Unit-4: Gunas

13th Chapter

1. Kshetra and kshetraja 1-3
2. Steps of knowledge 7-11
3. Different paths for self-knowledge 24-26
4. Nature of self 32-33

14th Chapter

1. Introduction to personality traits—sattva, rajas & tamas 5-10
2. Symptoms of predominance of each of the three Gunas in an individual 11-13
3. Fruits of each action—Gunabased 14-16
4. Transcendence and Characteristics of individual who has crossed over the Gunas 19-27

15th Chapter

1. Nature of ego 7-9
2. Journey from purusha to purusho thama 10-11
3. Perishable, imperishable and the supreme purusha 16-17

16th Chapter

1. Noble traits & Demonic nature 1-4
2. Effects of two natures 5
3. Attitude of the materialist towards life 12-15
4. Characteristics of mundane people 16-18
5. Three gateway to Hell 21

17th Chapter

1. Three types of faith 1-2
2. Three kinds of food 7-10
3. Three types of sacrifices 11-19
4. Three kinds of charity 20-22

18thChapter

1. Types of Tyag & Reaction from three types of Tyaga 7-12
2. Impulse to action & basis of action 18-19
3. Threefold nature of knowledge 20-22
4. Threefold nature of action 23-25
5. Three kinds of doer 26-28
6. Three types of buddhi 29-32
7. Three kinds of Dhriti 33-35
8. Three types of happiness 36-39
9. Four kinds of social living 42-44
10. Four conditions of seeker 65

Textbooks:

1. SrimadbhagavadGita-Chinmaymissionpublication
2. SrimadbhagavadGita-Gitapress

Course Code :BAYOG202

Subject :Yoga therapy- I

Objectives:

1. To become familiar with various disorders
2. To have knowledge about the causes of diseases.
3. Line of treatment available in Yoga therapy

Unit-1: Introduction to common ailments

1. Introduction to stress and stress-related disorders
2. Introduction to Yoga therapy – Adhija Vyadhiconcept, IAYT 3:

Cancer

- a. Causes, types, clinical features,
- b. Side effects of Chemotherapy, radiotherapy
- c. Medical and Yogic management

Unit-2:RespiratoryDisorders

1. IntroductiontoRespiratorydisorders
 - a) Briefclassification–OBAYOGructive/Restrictive,infectious
2. BronchialAsthma
 - b) Definition,Etiopathogenesis,Classification,ClinicalFeatures,
 - c) MedicalandYogicManagement
3. AllergicRhinitis&Sinusitis
 - d) Definition,Etiopathogenesis,Classification,ClinicalFeatures,
 - e) MedicalandYogicManagement
4. COPD
 - f) ChronicBronchitis
 - i. Definition,Etiopathogenesis,Classification,ClinicalFeatures,
 - ii. MedicalandYogicManagement
 - g) Emphysema
 - iii. Definition,,Classification,ClinicalFeatures,
 - iv. MedicalandYogicManagement
5. InfectiousDisorders
 - h) Tuberculosis
 - i. Definition,Etiopathogenesis,Classification,ClinicalFeatures,
 - ii. MedicalandYogicManagement

CardiovascularDisorders

1. IntroductiontoCardiovasculardisorders
2. Hypertension
 - a. Definition,Etiopathogenesis,Classification,ClinicalFeatures
 - b. MedicalandYogicmanagement
3. Atherosclerosis/Coronaryarterydisease
 - a. Definition,Etiopathogenesis,Classification,ClinicalFeatures
 - b. MedicalandYogicmanagement

4. IschemicHeartdisease–Anginapectoris/MyocardialInfarction/ PostCABG rehab
 - a. Definition,Etiopathogenesis,Classification,ClinicalFeatures
 - b. MedicalandYogicmanagement
5. CongestiveCardiacfailure
 - a. Definition,Etiopathogenesis,Classification,ClinicalFeatures
 - b. MedicalandYogicmanagement
6. Cardiacasthma
 - a. Definition,Etiopathogenesis,Classification,ClinicalFeatures
 - a. MedicalandYogicmanagement

Unit-3:EndocrinalandMetabolicDisorder

1. DiabetesMellitus(I&II)
 - a. Definition,Etiopathogenesis,Classification,ClinicalFeatures
 - b. MedicalandYogicmanagement
2. HypoandHyper-thyroidism
 - a. Definition,Etiopathogenesis,Classification,ClinicalFeatures
 - b. MedicalandYogicmanagement
3. Obesity
 - a. Definition,Etiopathogenesis,Classification,ClinicalFeatures
 - b. MedicalandYogicmanagement
4. MetabolicSyndrome
 - a. Definition,Etiopathogenesis,Classification,ClinicalFeatures
 - b. MedicalandYogicmanagement

Unit-4:OBAYOGetricsandGynecologicalDisorders

1. Menstrualdisorders:Dysmenorrhea,Oligomenorrhea,Menorrhagia
2. Definitions,Etiopathogenesis,Classification,ClinicalFeatures
3. MedicalandYogicmanagement
4. PremenstrualSyndrome

- a. Definition, Etiopathogenesis, Classification, Clinical Features
 - b. Medical and Yogic management
- 5. Menopause and peri-menopausal syndrome
 - a. Definition, Etiopathogenesis, Classification, Clinical Features
 - b. Medical and Yogic management
- 6. Yoga for Pregnancy and Childbirth
 - a. Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM
 - b. Ante-natal care
 - c. Post-natal care
- 7. PCOS
 - a. Definition, Etiopathogenesis, Classification, Clinical Features
 - b. Medical and Yogic management

Recommended Texts:

- 1. IAYT series - SVYASA publications
- 2. Yoga for common ailments

CourseCode :BAYOG203

Subject :Introductiontomodernpsychologyandyogapsychology

Objectives:

1. Understandthevariousperspectives,theories,andcontentinthefieldofmodern psychology and yoga psychology.
2. Criticallyevaluateclaimsregardinghumanbehaviorusingknowledgeofmodern psychology and yoga psychology.
3. Applytheoriesandprinciplesofmodernpsychologyandyogapsychologyto everyday behavioral issues

Unit-1:IntroductiontoPsychology

1. ShortHistoryofmodernandIndianPsychology
2. MajorPerspectivesinModernPsychology:
3. MajorPerspectivesinIndianPsychology

IntroductiontoAlteredStatesofConsciousness

1. Sleep:StagesofSleep,CircadianRhythm,SleepDisorders,
2. Dreams:TheContentofDreams
3. Hypnosis,Biofeedback
4. DrugsandConsciousness
5. Statesofconsciousnessaccordingtoyogicscriptures(Jāgrata, Svapna,Suñupti and Turéyā) and their applicability.

Unit-2:IntroductinotoKeyConceptsinPsychology

1. Emotion,Memory,Learning,Personalityinmodernpsychology
2. AncientIndianconceptofmemory
3. LearningandRememberinginthecontextofJiānaYoga(Çravaëa,Mananaand Nididhyāsana)
4. Typesofpersonalityinthecontextofdifferentyogicscripture
5. MindandemotionsaccordingtoYogatexts

Unit-3: Introduction to Psychological Disorders

1. Anxiety Disorders: phobia, panic disorder, generalized anxiety disorder, and obsessive-compulsive disorder.
2. Mood Disorders: major depression, mania and bipolar disorder
3. Schizophrenia: Symptoms of Schizophrenia & Types of Schizophrenia
4. Childhood Disorders: attention-deficit hyperactivity disorder (ADHD) & autism
5. Ancient perspective of mental illness

Introduction to counseling

1. Do's and Don'ts while conducting Interview
2. Stages of counselling
3. Methods of Counselling
4. Skills of Counselling
5. Yogic counselling

Unit-4: Introduction to Parapsychology

1. Parapsychology and science;
2. The historical roots of parapsychology (PP);
3. Varieties and definitions of parapsychological phenomena
4. Methods used to study psi;
5. Some recurring issues in ESP research
6. Parapsychological phenomena from the perspective of yoga

Recommended texts:

1. Abhedananda: The Yoga Psychology Ramakrishna Vedanta Math, Calcutta, 1973.
2. Sachdev, I.P.: Yoga and Depth Psychology (Motilal Banarsidass, Delhi, 1978)
3. Rishi Vivekananda: Practical Yoga Psychology, Yoga Publications Trust, 2006
4. Swami Satyananda Saraswati: Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali, Yoga Publications Trust, 2006 Reference Books
5. Nairne, J.S. (2014). Psychology (6th ed.). Belmont, CA: Wadsworth Cengage

CourseCode :BAYOG204
Subject :Anatomyand Physiology- 2

Objectives:

1. Toknowaboutthestructureof thebody
2. Toknowaboutthenecessaryfunctionsofthebody
3. Togivebrief ideaaboutthediseasesrelatedtoeach system
4. Tothrowlightonanatomysothatstudentcanexperiencetheinvolvementof their body parts while practicing various postures of yoga

Unit-1:Excretorysystem

1. Excretorysystemofhuman-Kidney,ureter,urinarybladder,urethra
2. Mechanismofurineformation-Ultrafiltration,selectivereabsorption,tubular secretion,
3. Roleofkidneyinosmoregulation

Unit-2:Nervoussystemandspecialsenses

1. Structureandfunctionofhumanbrain.-Forebrain,midbrain,hindbrain
2. Structureandfunctionof spinalcord
3. Cranialnerveandspinalnerve
4. Autonomicnervoussystem-Sympatheticandparasympatheticnervoussystem
5. Reflexaction
6. Mechanismofnerveconduction
7. Synapseandsynaptictransmission
8. Structureandfunctionofeye,ear,nose,tongueandskin

Unit-3:Endocrinesystem

1. Structureandfunctionofimportantof endocrinegland(Pituitary,Adrenal Thyroid, Parathyroid, Pancreas, gonads)

2. Function of GI tract hormones
Mechanism of hormone action

Lymphatic system and immune system

1. Lymphoid organ – Bone marrow, Thymus, spleen, Lymph node
2. Composition and function of lymph
3. Immunity
4. Types of immunity – Innate immunity and acquired immunity
5. Antigen and antibody
6. Hypersensitivity
7. Autoimmunity

Unit-4: Reproductive system

1. Male reproductive system of human. – Testis, penis, epididymis, prostate gland
2. Female reproductive system of human – ovary, uterus, vagina, cervix, fallopian tube
3. Menstrual cycle
4. Gametogenesis – Spermatogenesis and oogenesis
5. Fertilization
6. Implantation and embryonic development
7. Pregnancy

Text Books:

1. Tortora and Bryan – Anatomy and Physiology
2. Teles and Nagendra – Glimpse of Human body

Reference Books:

4. Gore M.M. (2003). Anatomy and Physiology of Yogic practices. Kanchan Prakashan, Lonavla, India
5. Lan Peate and Muralidharan Nayar – Fundamental of Anatomy and Physiology for students nurses
6. Evelyn, C. Pearce – Anatomy and Physiology for Nurses

CourseCode :BAYOG201
Subject :BhagavadGitachanting

Unit-1:
RajaYogaSlokaSangrah

Unit-2:
KarmaYogaSlokaSangrah

Unit-3:
BhaktiYogaSlokaSangrah

Unit-4:
JananYogaSlokaSangrah

Text books:

1. VyasPushpanjali:SvypBanglore

CourseCode :BAYOG202
Subject :Yogaforcommonailments

Objectives:

1. ToteachaboutintegratedapproachofYogatherapy
2. Toequipstudentswithspecialtechniquesforallailments.
3. Totrainthestudentsaboutthepracticesfordifferent ailments

Unit-1

1. Breathingpractices
a. Differenttypesofsukshmaryamas
b. Indications
c. Contra-indications
2. Obesity
a. Specificasanas
b. Specificpranayama
c. Specifickriyas
d. Differentbreathingpractices

Unit-2:

1. Diabetes
a. Specificasanas
b. Specificpranayama
c. Specifickriyas
d. Differentbreathingpractices

Unit-3:

1. Asthama
a. Specificasanas
b. Specificpranayama

- c. Specifickriyas
 - d. Differentbreathingpractices
2. Hypertension
- a. Specificasanas
 - b. Specificpranayma
 - c. Specifickriyas
 - d. Differentbreathingpractices

Unit-4GID

- a. Specificasanas
- b. Specificpranayma
- c. Specifickriyas
- d. Differentbreathingpractices

Textbooks:

Yoga for common ailments manual, Swami Vivekananda Yoga Prakashana, Bangalore, 2002

SEMESTER-III

CourseCode :BAYOG301

Subject :IntroductionstoUpanishads

Objectives:

1. StudentsareexpectedtohaveknowledgeaboutourancientUpanishas and its contents
2. TryingtounderstandtheUpanishadsindetail

Unit-1:IntroductiontoUpanishads

1. AnIntroductiontoUpanishadicPhilosophies
2. Antiquityof Upanishads.
3. Prasthanatraya–Shruthiprasthana,Smritiprasthana&Nyayaprasthana.

Unit-2:EssenceofIsha,KenaandKathopanishad

1. Ishavasyopanishad
 - a) JnanaNishtha(Ish.1),
 - b) KarmaNishtha(Ish.2),
 - c) AllcompassionBrahman(Ish.5),
 - d) NatureofSage(Ish.6,7)
 - e) PrayerofdyingMan(Ish.15).
2. Kenopanishad
 - a) Theinscrutablebeing(Kena-I.2,3,4,6)(Kenall.2,3),
 - b) GreatnessofselfKnowledge(Kenall.5)

3. Kathopanishad

- a) Futility of earthly pleasure (Kathal.i.26,27)
- b) Glory of wisdom of self (Kathal.ii.1,5,6,7,12)
- c) Atman is immortal (Kathal.ii.18)
- d) Conditions of knowing that (Kathal.ii.23,24)
- e) The Razor-path of Jnana (Kathal.iii.14,15)
- f) Sense knowledge is nothing (Kathal.i.1,2)
- g) The indivisible Brahman (Kathal.i.10,11)(Kathal.ii.2,9,11) The supreme state

Unit-3: Essence of Prashna, Munda, Mandukya and Taittiriya

1. Prashna

- a. Sun, the life of creatures
- b. State of liberation
- c. The all-inclusiveness of Brahman
- d. The state of becoming the soul

2. Munda

- a. The greatness of Brahma vidya
- b. The worthlessness of selfish-karma
- c. Tapas and Gurubhakti
- d. The origin of all things
- e. Brahman the target of meditation
- f. Know thyself
- g. Everything is Brahman
- h. Purity extolled
- i. Force of Desire
- j. State of moksha

3. Mandukyopanishad

- a. All this is Brahman
- b. The fourth state of being

Unit-4: Essence of Aitareya, Chandogya and Brihadaranyaka

1. Aitareya

- a. Everything is only that Atman
- b. All this is Brahman only

2. Chandogya

- a. The meditation on udgitha omkara
- b. Sandilya vidya
- c. Mystic declarations
- d. The sacrifice of the knower
- e. The paradox of creation
- f. The necessity for a guru
- g. The supreme instruction
- h. Need for understanding
- i. Bhumi vidya
- j. The seer's health and purity
- k. Desires should be renounced
- l. Know the Atman

3. Brihadaranyakam

- a. A prayer of the devotee
- b. The self is the dearest, the self is the absolute
- c. The death of the jnani
- d. How to know the secret Atman
- e. The ocean of the absolute
- f. Words are useless
- g. The Atman and its knower
- h. The infinite Brahman
- i. Ethics

Recommended Books:

1. Upanishads for busy people—Swami Shivananda

CourseCode :BAYOG302
Subject :Yogatherapyforcommonailments-II

Objectives:

1. Tobecomefamiliarwithvariousdisorders
2. Tohaveknowledgeaboutthecausesofdiseases.
3. LineoftreatmentavailableinYogatherapy

Unit-1:GastroIntestinalDisorders

1. APD

- a. IntroductiontoAPD:Gastritis–Acute&Chronic,Dyspepsia,PepticUlcers
- b. ClinicalFeatures
- c. MedicalandYogicmanagement

2. ConstipationandDiarrhoea

- d. Definition,Etiopathogenesis,ClinicalFeatures

e. Medical and Yogic management

3. Irritable Bowel Syndrome

f. Definition, Etiopathogenesis, Classification, Clinical Features

g. Medical and Yogic management

4. Inflammatory Bowel Disease

h. Ulcerative colitis

i. Definition, Etiopathogenesis, Classification, Clinical Features

ii. Medical and Yogic management

Unit-2: Musculo-Skeletal Disorders

1. Back Pain

a. Classification of back pain: organic and functional

i. Lumbar Spondylosis

ii. Intervertebral disc prolapse (IVDP)

iii. Spondylolisthesis

iv. Spondylitis

v. Psychogenic-Lumbago

b. Medical and Yogic management

2. Neckpain

- a. Classification
- b. CervicalSpondylosis,radiculopathy
- c. Functionalneckpain
- d. MedicalandYogicmanagement

3. AllformsofArthritis

- a. RheumatoidArthritis
- b. Osteoarthritis
- c. MedicalandYogicmanagement

Unit-3:NeurologicalDisorders

1. Headaches

- a. Migraine
 - i. Causes,Classification,clinicalfeatures
 - ii. MedicalandYogicmanagement
- b. Tensionheadache
 - i. Causesandits symptoms
 - ii. MedicalandYogicmanagement

2. Cerebrovascularaccidents

- c. Causes,clinicalfeatures
- d. MedicalandYogicmanagement

3. Epilepsy;pain;Autonomicdysfunctions

- e. Causes,clinicalfeatures
- f. MedicalandYogicmanagement

4. Parkinson'sdisease

- g. Causes,clinicalfeatures
- h. MedicalandYogicmanagement

Unit-4:Psychiatricdisorders

1. Introductiontopsychiatricdisorders,classification–Neurosis,Psychosis

2. Neurosis

a. Anxietydisorders

- i. Generalisedanxietydisorder
- ii. PanicAnxiety
- iii. ObsessiveCompulsiveDisorder
- iv. Phobias
- v. MedicalandYogicmanagement

b. Depression

- i. Dysthymia
- ii. Majordepression
- iii. MedicalandYogicmanagement

3. Psychosis

- c. Schizophrenia
- d. Bipolar affective disorder
- e. Medical and Yogic management

Recommended Texts:

1. IAYT series-SVYASA publications
2. Yoga for common ailments

Course Code : BAYOG 303
Subject: Research Methodology

Objectives:

- To understand the methodology of research
- To understand relevant statistical concepts

Unit-1: Introduction to research methodology

1. Definition of research
2. Importance of Studying Research Methods: Evaluating Research Reports, Conducting Research, Thinking Critically About Research
3. Types of research Applied Research & Basic Research
4. Goals of Research: description, explanation, prediction, and control of behavior
5. Ethics of research: Informed consent, Anonymity, Confidentiality, Plagiarism

Unit-2: Introduction to Research Process

1. Research questions

2. Literature review
3. Different Sources of Information: Primary, Secondary, Tertiary source,
4. Electronic Databases: Google Scholar, Pubmed & PsycINFO
5. Hypothesis
6. Operational definition
7. Sampling and Generalization- Population and Sample
8. Probability Sampling: Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling
9. Sampling Bias and Nonprobability Sampling: snowball sampling, convenience
10. Types of Biological data (Scales of measurement) – nominal, ordinal, interval, ratio
11. Types of variables – Independent, dependent, confounding variable
12. Reliability & Validity

Unit-3: Introduction to Research Design

1. Cross-sectional studies and its advantages and disadvantages
2. Cohort studies and its advantages and disadvantages
3. Randomized controlled trials and its advantages and disadvantages
4. Factors need to be considered when designing a study: Availability of data, Sampling methods, Data collection, Cost of the design, time implications and loss to follow-up, Controls, Ethical issues
5. Issues of bias and confounding

Unit-4: Statistics

1. Normal distribution – Skewness and kurtosis
2. Frequency distribution
3. Measures of central tendency – mean, median, mode
4. Measures of dispersion – range, variance and standard deviation
5. Graphical presentation of data – Bar graphs, Pie chart, line diagram, scatter plot
6. Paired sample t test
7. Percentage change

Reporting Research

1. Parts and Order of Dissertation
 - a. Title Page, ABAYO Gract, Introduction, Method Section, Results Section, Discussion Section, Reference Section

Reference Books:

1. CRKothari.(2009).ResearchMethodology:MethodsandTechniques.NewAge International (P) Ltd. New delhi.
2. R.L.Bijlani.(2008).MedicalResearch:AllYouWantedtoKnowButDidNot KnowWho to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New delhi
3. Zar,J.H.,&Zar.(1999).BiostatisticalAnalysis.PearsonEducation.NewDelhi

CourseCode :BAYOG304
Subject :Value Education

Objectives:

- i. Tounderstandtheimportanceofmoralvaluesinlife.
- ii. Toaddvalueinmoderneducationalsystem

Unit-1:NewDimensioninModernEducation

1. Aparā,Parā
2. PersonalityDevelopment;physical,mental,intellectual,emotionalandspiritual, Civic Sense Patriotic Urge, Spiritual Urge
3. ResidentialSchools,Day-ScholarSchools
4. Non-FormalEducation,AmātaSurabhiProgramme

Unit-2:YogaandEducation

1. Education-Itsmeaning,scope,goalandimportance,

2. Yogaeducation: Salientfeatures, FactorsofYogaeducation-Teacher, Studentand Teaching.
3. Methodsofteaching, factorsinfluencingYogateaching
4. Yoga-TeacherasaFriend, PhilosopherandGuide, YogaTeacher'spersonality andhisroleinthedevelopmentof student'spersonality, Conceptof Guru-çïñya paramparä.
5. Relationbetweenyogaandotherformsof education.
6. ComparisonofÄsanasandExercise.
7. RoleofÄsanas, Präëäyãmas, KriyãsinEducation.

Unit-3:YogaandValue Education

1. ConceptofValue, Definitionofvalue, TypesofValues.
2. ValueOrientedEducation, Value-educationanditscomponents.
3. Valueorientedpersonality, RoleandfunctionofvaluesinSociety.
4. Yogaasglobalvalue, Yogaasvalueand yogaasPractice.
5. ContributionofYogatowardsthe developmentofvalues.

Unit-4:YogaEducation–itsPractical Application

1. Self-directionordharma
2. Knowledge(Jïãna)and concentration.
3. Developmentthroughvairãgyaorthroughobjectivity.

TextBooks:

1. DrHRNagendraandTMohan, YogainEducation, Voll, SwamiVivekananda Yoga Prakashana, Bangalore, 2001.
2. Dr JayadevaYogendra, CyclopaediaYoga, Vol. I, TheYogaInstitute, Santacruz East, Mumbai, 2006.
3. Dr Jayadeva Yogendra, Cyclopaedia Yoga, Vol. II, The Yoga Institute, SantacruzEast, Mumbai, 1989.

ReferenceBooks:

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|---------------------------------|---|--|
| 1. Duggal, Satyapad | : | TeachingYoga (TheYogaInstitute, Santacruz, Bombay, 1985) |
| 2. SwamiSatyananda Saraswati | : | YogaEducationForChildren (BiharSchoolsofYoga, Munger, 1990) |
| 3. Gawande, E.N. | : | ValueOrientedEducation (Sarup&Sons, NewDelhi–110002) |

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|--|---|--|
| 4. Nagendra, H.R. and Nagarathna R | : | New Perspectives in Stress Management (V.K. Yogas, Bangalore, 1988) |
| 5. Udupa, K.N. | : | Stress and its Management by Yoga (Motilal Banarsidass, Delhi) |
| 6. Swami Satyananda | : | Yoga Education For Children Saraswati (Bihar Schools of Yoga, Munger, 1990) |
| 7. Gawande, E.N. | : | Value Oriented Education (Sarup & Sons, New Delhi-110002) |
| 8. Ghorote, M.L. | : | Yoga Applied to Physical Education Lonavala; Kaivalyadhama. |
| 9. Dr R Nagarathna and Dr H R Nagendra | : | Integrated Approach of Yoga Therapy for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2003. |

Course Code : BAYOG301

Subject : Yoga for common ailments

Objectives:

To teach about integrated approach of Yoga therapy

To equip students with special techniques for all ailments.

To train the students about the practices for different ailments

Unit-1:

1. Sūkñma Vyāyāma: Simple & Standard
Different types of sukshma vyamas
Indications
Contra-indications

1. VoiceCulture
Different types of sukshma vyamas
Indications
Contra-indications
2. Dynamics
Different types of sukshma vyamas
Indications
Contra-indications
3. Supine special techniques
Different types of sukshma vyamas
Indications
Contra-indications

Unit-2:

3. Epilepsy
Specific asanas
Specific pranayama
Specific kriyas
Different breathing practices
4. Parkinson's disease
Specific asanas
Specific pranayama
Specific kriyas
Different breathing practices

Unit-3:

2. Knee Pain
 - a. Specific asanas
 - b. Specific pranayama
 - c. Specific kriyas
 - d. Different breathing practices
3. Migraine
 - a. Specific asanas
 - b. Specific pranayama

- c. Specifickriyas
 - d. Differentbreathingpractices
4. Backpain
- a. Specificasanas
 - b. Specificpranayma
 - c. Specifickriyas
 - d. Differentbreathingpractices

Unit-4:

3. Anxietyand Depression
- a. Specificasanas
 - b. Specificpranayma
 - c. Specifickriyas
 - d. Differentbreathingpractices

Textbooks:

Yoga for common ailments manual, Swami Vivekananda Yoga Prakashana, Bangalore, 2002

CourseCode :BAYOG302

Subject :Advanced Techniques

Objectives:

To understand and experience

1. About Foundation of Advance Meditation Techniques
2. Aim of Advanced Meditation Techniques and Concept of Panchakosa
3. Understanding the role of Prana and Mind on the body and correcting and strengthening body, Prana and Mind.
4. Self personality enhancement to grow as an integrated personality

5. Understand and feel the connectivity of individual and the Universe.
6. Experience silence
7. Experience Expansion
8. Experience the power of Sankalpa and enhance positive thinking.

Unit-1: Introduction to advanced techniques:

1. Meditation, advancement in Meditation, Concept of Panchakosa
2. Advanced techniques, personality development, concept of Vyasti and Samasti
3. Relaxation, Awareness, Expansion of awareness.

Unit-2: Cyclic meditation

1. Introduction to Cyclic Meditation.
2. IRT, in different positions and for different disease conditions, gaining control to tighten a specific part without contracting the surrounding muscles, Practicing on their own 10 times in one day.
3. Incidences from daily life where we experience Pointed awareness, Linear awareness, surface awareness, 3D awareness and all-pervasive awareness.
4. Centering, Ardhakati Cakrasana, Group synchronization, awareness.
5. QRT Physical, Emotional, mental awareness and expansion.
6. Vajrasana, shashankasana and ustrasana with awareness.
7. DRT with awareness at Physical, pranic, mental, intellectual and spiritual levels.
8. Stimulations and relaxations, recognizing the tightness and let go, relaxation deeper than stimulation. Observation of blood flow, nerve impulses, 3rd awareness, sound resonance and mental, emotional, intellectual, spiritual stimulations and let go.
9. Worksheet writing and correction.
10. Class taking by students and correction. Experience writing.

Unit-3:PranicEnergisationTechnique:

1. Prana,typesofPranas,UpaPranas,PranicEnergisationTechnique
2. Practice Breath awareness at tip of the nose , complete breath awareness and deep abdominal breathing. Awareness practice of pulse,Heart beat, synchronization of pulse with heart beat, nerve impulses, nerve impulses with different mudras,Vyana, Vyana in between hands, Vyana at different parts of the body. Moving prana along right side, left side, both sides. Understanding Vyasti and Samasti and practicing to feel Vyasti and Samasti. Choosing the right Sankalpa. Complete PET practice.
3. Worksheetwritingandcorrection.
4. Classtakingbystudentsandcorrection.Experiencewriting.

Unit-4:MindSoundResonanceTechnique:

1. Mind,Soundandresonance.
2. Practicingtotunetonaturalfrequencytogetresonance
3. ChantingofanymantrainthreewaysLoudvoice,lowvoiceandinsidethemind and feeling vibrations.
4. ChantingpracticeofOm,M,U,AandA-U-M.Feelairmovingfromnosetiptothe tip of the toes. Chanting practice (ahata and ahata followed by anahata) of Om , M, U, A and A-U-M with feeling vibrations and practicing to feel the vibrations from the top of the head to the tip of the toes.
5. TriambakaMantra,FullPractice,WritingtheWorksheet,Practicebythe students,
6. Writingexperiences.

SEMESTER-IV

SubjectName:MethodsofTeachingYoga

Subject Name: BAYOG-401

Objectives:

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

- Understand the principles and practices of teaching methods of Yoga
- Have an in-depth understanding about session and lesson planning and class room arrangements..
- Have an idea about the different tools used in Yoga teaching.

Unit-1: Principles and methods of teaching yoga

Teaching and Learning : Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training.

Unit-2: Basics of yoga class management

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of mass instructions; Techniques of Individualised teaching; Techniques of group teaching; Organisation of teaching (Time Management, Discipline etc.).

Unit-3: Lesson planning in yoga

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications.

Unit-4: Educational tools of yoga teaching

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Timetable: Need, Types, Principles of Time table construction; Time Table for Yoga teaching;

SubjectName:AppliedYoga

Subject Name: BAYOG-

402 Objectives:

Followingthecompletionofthecourse,studentsshallbeableto

- Understandtheappliedvalueofyogaindifferentdomain.
- Have an idea about the role of yoga for school, sports, techno stress and geriatric care.

Unit-1:YogicHealthforschool

General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Brief introduction to developmental process of children; Psycho-Physiological changes and developmentofcognitivefunctionsinSchoolgoingchildren;RoleofYogainestablishment of values in School going children; Personality Development: New Dimensions of Personality through Yoga

Unit-2:YogainPhysicalEducation,SportsSciences

General introduction to Physical Education and Sports; Difference between Physical Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other faculties / skills in a sports Personnel; Natureofdifferentsportsinjuries,itspreventionandmanagementthroughYoga;Yoga modules for different sports – track events, field events, single participation, group participation; Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities; Research reviews on Yoga and Sports.

Unit-3:Yogafortechnostress

IntroductiontoTechnostress,itscause,symptomsandcomplications;Health Hazards in computer professionals; Role of Yoga in the promotion of skills; Application of Yoga for management of Technostress; Research reviews on effect of Yoga on Technostress.

Unit-4:Yogaforgeriatriccare

GeneralintroductiontoGeriatricCare;Ageing:Causesandfeatures,Premature ageing; Common Geriatric problems; Application of Yoga in common Geriatric problems and their prevention & management; Research reviews on Yoga & Geriatric care.

TEXT BOOKS

1. JayadevHJ:GrowingwithYoga,TheYogaInstitute,Santacruz,Mumbai,2004
2. LizLark:YogaforKids,CarltonBooksLtd.,London,2003
3. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide toYoga, UBS Publishes Distributors Pvt. Ltd, 2008
4. IyengerBKS:ThePathtoHolisticHealth,ADorlingKindersleyBook,Great Britain, 2001
5. Dr.GoelAruna:YogaEducation:PhilosophyandPractice,Deep&Deep Publications Pvt. Ltd, 2007.

BOOKSFORREFERENCE

1. BasavaraddiIV:Yoga:Teachersmanualforschoolchildren,MDNIYNewDelhi, 2010
2. BasavaraddiIV:YogainSchoolHealth,MDNIYNewDelhi,2009IyengerBKS: Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
3. BasavaraddiIV:YogaforTechnostress,MDNIY,NewDelhi,2010
4. Dr.HKumarKaul:YogaandHealthyAgeing,BRPublishingCorporation,Delhi, 2006
5. BasavaraddiIV:YogicManagementofGeriatricDisorders,MDNIY,NewDelhi, 2009

Subject:FundamentalsofNaturopathy

Subjectcode:BAYOG-403

Unit-1:INTRODUCTIONTONATUROPATHY

GeneralintroductiontoNaturopathy;Naturopathy–itsdefinition,meaning, scope and limitations; History of Naturopathy – Indian and Western; Comparative study of the Naturopathy with other systems of Medicine; Catechism of Nature cure

Unit-2:PRINCIPLESANDCONCEPTSOFNATUROPATHY

CompositionofthehumanbodyaccordingtoNaturopathy,LawsofNature:Pancha-Mahabhootas, Shareera Dharmas – Ahara, Nidra, Bhaya, Maithuna; Fundamental principles of Naturopathy; Natural rejuvenation and vitality, how to acquire natural immunity; importance of Physical & Mental Hygeine and prevention of diseases;

Unit-3:NATUROPATHY

Hydrotherapy : Introduction, definition, scope, history, principles; role of hydrotherapy in prevention of diseases; Upavasa (Fasting): Introduction, definition, scope,history,principlesandtypes;itsroleindiseaseprevention,healthpromotion; concept of de-toxification;

Unit-4:DIET&MASSAGE

Diet:Introduction,definition,scope,typesanditsprinciples;roleofNaturopathydiet in disease prevention and , health promotion; Massage: Introduction, definition, scope, history, its principles and manipulative techniques; Different types of Massages and their role in in disease prevention, and health promotion.

TEXT BOOKS

1. S.D.Dwivedi:Naturopathyforperfecthealth,KalpazPublicationDelhi,2002
2. PraveshHanda:NaturopathyandYoga,KalpazPublicationDelhi,2006
3. S.J.Singh.:MyNatureCureorPractical Naturopathy
4. M.K.Gandhi:Thestoryofmyexperimentwithtruth

REFERENCE BOOKS

1. R.K.Garde:AyurvedicforHealthandLonglifeHarryBenjamin.:Everybody's Guide to NatureCure.
2. M.K.Gandhi. : My Nature Cure.

SubjectName:YogaandHolisticHealth

Subject Name: BAYOG-404

Objectives:

Followingthecompletionofthiscourse,studentsshallbeableto

- Understandtheconceptofhealthanddisease.
- Have understyanding abut yogic concepts of health and healing. **Yoga and HolisticHealth**

- Yogic principle and practices for healthy living.
- Understand the concept of Ahara its role in healthy living.

Unit-1: Concept of Body, Health And Disease

Definition & Importance of Health According to WHO; Dimension of Health: Physical, Mental, Social And Spiritual; Concept of Body, Health And Disease In Yoga & Yogic Concept of Body From Taittiriya Upanishad, Yogic Concept of Health And Disease: Meaning And Definitions, Concept of Adhi And Vyadhi According Yoga Vasistha And Remedial Measures; Holistic, Care Through Yoga. Concepts of Trigunas, Pancha-Mahabhutas, Pancha-Prana And Their Role In Health And Healing; Concept of Pancha-Koshas & Shat-Chakra And Their Role In Health And Healing

Unit-2: Causes of Ill Health & Remedial Measures as per Patanjali

Potential causes of Ill-health: Mental and Emotional Ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi).

Unit-3: Yogic Principles & Practices of Healthy Living-I

Dietary regulation according to Hatha yoga and Bhagavadgitha; shatkriyas and tatva shuddhi; Asana for mind body and spirit; Practice for pranamaya kosha—pranayama; Definition of Mental Health & Mental Hygiene & Total Health; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adjustment Personal and interpersonal adjustment through yogic methods Niyamas & Yamas.

Unit-4: Yogic Principles & Practices of Healthy Living-II

Attitude change towards yoga through individualized counselling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counselling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Unattached action, not to the fruits of action, equanimity in success and failure.

TEXT BOOK

1. Ghosh, Shyam: The Original Yoga (Munshiram Manoharlal, New Delhi, 1999)
2. Jnanananda Bharati: Essence of Yoga (Vasishta Pub: Sanata Books, Chennai)
3. Hatha Ratnavali: Tirumala Tirupati Devasthanam, Andhra Pradesh.

REFERENCE BOOKS:

1. Gheranda Samhita: Shri Sadguru Publication, New Delhi.
2. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
3. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published

Subject: Yoga for Personality Development

Subject code: BAYOG-401

Objective:

To understand

1. To give free vent to pent up emotion and culture it.
2. To release stress.
3. To control excitements.
4. Group games created a field of energy and break the barrier of Tamas

5. GameshelptoconvertRajasicenergyintoSatvik.

Unit-1:

1. Indoorgames-Ram,Shyam(awareness).
2. FindingtheLeader(I.Q).
3. PostMan (Memory).

Unit-2:

1. Namste(Speed).
2. SongEnacting(Creativity).

Unit-3:

1. Outdoorgames–PingFight(DexterityandStamina).
2. RunningRace(Speed),FunnyTouch(Dexterity).
3. ChainForming(Coordination).
4. EagleRace(Flexibility)GarudaSpardha..

Unit-4:

1. StickLifting(AlertnessandStrength).
2. Raja,Rama,Ravaea(SpeedandAwareness).
3. MemorySongs–TherewasaTree.
4. SpecialClaps,FlowerClaps.
5. YogaforEyeSightImprovement.
6. GroupFormations.

Subject:NaturopathyPractical

Subjectcode:BAYOG-402

SEMESTER-V

CourseCode :BAYOG501

Subject :IntroductiontoAYUSH

Unit1:YogaandHealthandIntegratedApproachofYogaTherapy

1. Conceptofbody,Healthanddisease.
2. Conceptof YogaĀdhiandVyādhi.
3. Principleof YogaTherapyinrelationtoYogaVāsiñōha
 - a) PracticesatPaīcaKoçaslevelAnnamaya, Prāīamaya,
4. Manomaya,VijīānamayaandĀnandamayakoças.
 - b)PrincipleofYogaTherapyinrelationtoHaōhaRatnāvaliandGheraēōa Samhitā

Unit2:IntroductiontoBasicconceptsofNaturopathy

1. Historyof Naturopathy.
2. PrinciplesofNaturopathy.
3. Conceptoffiveelementsanditsapplications.

Unit3:IntroductiontoBasicconceptsofĀyurveda

1. Thefouraspectsof life(Soul,Mind,SensesandBody)
2. Paīcamahābhūtas(thefiveelementtheory),

3. Ähåra, Vihåra and Auñadhi (three pillars of Äyurveda)
4. Concept, role and importance of –Doña, Dhåtu, Mala,
5. Updhåtu, Srotas, Indriya, Agni, Präëa, Präëäyatna, Prakåti,
6. Deha Prakåti, Månasa Prakåti.
7. Role of Dosa, Dhatu and Mala in health and diseases
8. Concept of Dinacaryå (daily routine), concept of Åtucaryå
9. (Seasonal routine), Svasthavåtta and Ñaovåttain Äyurveda.
10. Concept of Trayo Upasthambås.

Unit 4: Introduction to Basic concepts of Unåné & Siddha & Homeopathy

1. History of Unåné & Siddha, Homeopathy.
2. Concept of Unåné & Siddha, Homeopathy.
3. Principles of Unåné & Siddha, Homeopathy

Text Books:

1. Dr R Nagaratha and: Yoga and Health
2. Dr H R Nagendra (Swami Vivekananda Yoga Prakashana, 2000)
3. Dash, V. B.: Ayurvedic Treatment for Common Diseases Delhi Diary, 194.

Course Code : BAYOG502

Subject : Patanjali Yoga Sutras

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UNIT1SAMADHIPADA

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9. Pranava&SadhanaforIshwara27-28
10. Resultof Sadhana29
11. OBAYOGaclesinthepathofYoga30-31
12. Removal of all oBAYOGacles – one pointedness, cultivating opposite virtues, bycontrolling Prana, Observing sense experience, by inner illumination,bydetachmentfrommatter,byknowledgeofdream&sleep, by meditation asdesired 32-39
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14. Savitarka,Nirvitarka&otherformsofsamdhi42-51

UNIT2SADHANAPADA

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9. Stages of enlightenment 27
10. Necessity of Yoga Practice 28
11. Bahiranga Yoga 29-55

UNIT 3 VIBHUTIPADA

1. Antaranga Yoga 1-3
2. Samyama & its results, applications 5-6
3. Parinama 9-13
4. Siddhis 16-49
5. Attainment of Kaivalya 56

UNIT 4 KAIVALYAPADA

1. Sources of Siddhis 1
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3. Manifestation & Source of Vasanas, Disappearance of Vasanas 8-11
4. Theory of perception 15
5. Mind and its manifestation 16-23
6. Heading to Kaivalya 27-34

Course Code : BAYOG503

Subject : Yoga therapy camp

Brief outline of yoga therapy clinical training

1. Case History Writing
2. Introduction to general parameter
3. Introduction to special parameter
4. Education of Participant Care
5. Psychological and Triguna, Tridosha, GHQ

(Analysis of Prakriti and Vikriti of Participants)

6. Data Entry and Data Analysis
7. Report Writing
8. Case Presentation

Course Code : BAYOG504
Subject : Disaster Management

Objectives:

1. To know about the Disaster Management
2. To know about the necessary functions about Disaster Management
3. To understand the duties, rights, rules and regulation about Disaster Management
4. To understand the concept and importance to work on reducing disaster risks and to build a culture of safety

Unit 1 – Introduction to Disasters

1. Definition and Concept of Disaster, Hazard, Vulnerability
2. Disasters and its related Resilience, Risks

Classification of Disasters

1. **Causes and Impacts** - Social, economic, political, environmental, health, psychosocial, etc.
2. **Differential impacts** - In terms of caste, class, gender, age, location, disability
3. **Global trends in Disasters** - Urban disasters, Pandemics, Complex emergencies, Climate change

Unit 2 – Approaches to Disaster Risk Reduction

1. **Disaster cycle**-Its analysis, Phases, Culture to safety, Prevention, Migration and preparedness,
2. Community based DRR, Structural-non-structural measures and resources
3. Roles and responsibilities of community, Panchayat Raj Institutions/Urban local Bodies (PRIs/ULBs), states, Centre and other stake-holders

Unit 3-Inter-relationship between Disasters and development

1. Factors affecting Vulnerabilities and differential impacts
2. Impacts of development projects—Dams, embankments, changes in Land-use etc
3. Climate change Adaptation & Relevance of indigenous knowledge
4. Appropriate technology and local resources

Disaster Risk Management in India

1. Hazard and Vulnerability profile of India
Components of Disaster Relief-Water, food, sanitation, shelter, health
2. Waste Management Institutional arrangements- Migration, Response and preparedness
3. Disaster Management Act and policy & Other related policies, plans, programmes and legislation

Unit 4—Project Work-Field Work, Case Studies

1. The Project/field work is meant for students to understand vulnerabilities and to work on reducing disaster risks

Reference Books:

1. Andharia J—Vulnerability in Disaster Discourse, JTCDM, Tata Institute of Social Sciences Working Paper No.8, 2008.
2. Govt. of India: Disaster Management Act, Govt. of India, New Delhi, 2005.

CourseCode :BAYOG501
Subject :AYUSHTraining

TraininginAyurveda,Naturopathy&Physiotherapy

CourseCode :BAYOG503

Subject :Asana,PranayamaandMeditationlevel-2

Objectives:

1. To introduce the classical hatha yoga advanced practices.
2. Focus on overall development of all sheaths.
3. To bring out the hidden talents through regular practices.

Unit1

1. Breathing Practices:
2. Revision of all breathing Practices

1. Loosening Exercises (Çithila Karaëa Vyäyama):
2. Previous level practices plus

- | | |
|------------------------|----------------------------|
| A. Jumping | B. Jumping and Twisting |
| C. Situps | D. Side situps |
| E. Pushups | F. Alternate leg placing |
| G. Rocking and Rolling | H. Pavana Mukta sana Kriya |
- Surya Namaskara – 12 rounds

Unit2

1. Yogasana s:
2. Previous level practices plus

Standing:

- | | |
|---------------------|--------------------------|
| A. Trikonasana | B. Parivrtta Trikonasana |
| E. Parsvha konasana | D. Natarajasana |

E.Garudāsana

G.UttithaPārshvakonāsana

F. Veerabhadrāsana

H.Pārshvotthānāsana

Sitting:

A.Baddha Koëāsana

C. SuptaVérasana

E. BaddahaPadmāsana

G.Kürmāsana

B.SuptaVajrāsana

D. Padmāsana

F. Kukkutāsana

I.Mayurasana

Prone:

A.Bhujaigāsana1,2,3&4

B.Salabhāsana

Supine:

A. Sarvāigasana

C.Halāsana

B.PadmaSarvāigasana

D. Matsyāsana

AdvanceKriyās

1. Dhauti:VastraDhauti,VamanDhauti,DandaDhauti.
2. Trātaka
3. LaghuShankhprakñālana

Unit3

1. PreparatoryPracticesforPrānāyāma
2. PosturesforPrānāyāmaand Meditation

Vajrāsana,Siddhāsana,SiddayoniĀsana,Sukhāsana,Padmāsana

MudrāsforPrānāyāma

Cin,Cinmaya,Adi,BrahmaandNasikaMudras

Prānāyāma

a.KapalabhātiKriya

c.SuryaAnulomaVilomaPrānāyāma

e.NādisuddhiPrānāyāma

b.Vibhagiya Svasana

d.ChandraAnulomaVilomaPrānāyāma

Unit4

Meditation:OmMeditation

SEMESTER-VI

CourseCode :BAYOG601

Subject :NaradaBhaktiSutras

Unit-1

1. Theconceptof Bhakti
2. Bhakti:beyondworldly desires
3. LifebeforeandaftertherealizationofBhakti.
4. TheessenceofBhakti
- 5.

Unit-2

1. Bhaktithebestof spiritualpaths
2. Accessarymeansto Bhakti
3. Companyofthespirituallygreat
4. Dangersofevilassociation

Unit-3

1. Howto cross Maya
2. NatureofGodLove
3. SecondaryBhakti
4. Specialfeaturesofthepathof Bhakti

Unit-4

1. Lifeofaseeker
2. ThegloryofMaster-bhaktas

3. AdvicetowouldbeBhakta
4. TypesofBhaktimanifestations
5. TeachersofBhakti,Conclusions

CourseCode :BAYOG602
Subject :HATHAYOGA

Unit1:HathaYoga:ItsPhilosophyAndPractices

1. HaöhaYoga,itsmeaning,definition,aimsandobjectives,inHaöhaYoga.
2. TheoriginofHaöhaYoga,ImportantHaöhaYogicTexts.
3. Dos and Don'ts to be followed by the Haöha Yoga Practitioner, concept of Mata,conceptofMitähära,Pathya(conducive)andApathya(non-conducive).
4. Brief introduction to Great Haöha Yogis of Nätha School and their contributionsto Yoga,
5. RelationshipbetweenHaöhaYogaandRäjaYoga.

Unit2:HathaYogicPractices:Äsanas,Bandhasand Mudräs

1. Yogäsana:itsdefinition,Salientfeatures.
2. ÄsanasinHaöhaYogaPradépikä(HYP)andGheraëòa
3. Samhitä(GS):theirtechniques,benefits,precautionsandimportanceinmodern days.
4. BandhasandroleofBandhatrayasinYogaSädhanä.
5. FundamentalMudräsinHYPandGS-theirtechniquesandbenefits.

Unit3:HathaYogicPractices:Ñäkriyäsand

Pränäyāmas

1. Nāṁkriyās in Haṁha Yoga Pradēpikā, their techniques and precautions, role of Ḃodhan-kriyās in Yoga Sādhanā and their importance in Modern day -to-day life.
2. Prāēyāma-Yogic deep breathing, Concept of Pūraka, Kumbhaka and Recaka.
3. The concept of Prāēa, Kinds of Prāēa and Upa-prāēas.
4. Prāēyāma and its' importance in Haṁha Yoga Sādhanā.
5. Prāēyāma practices in HYP and GS., their techniques, benefits and precautions.

Unit 4: Hatha Yogic Practices: Pratyāhāra and

Nādānusandhāna

1. Concept of Pratyāhāra in Gheraēṁa Samhitā - their techniques and benefits.
2. Types of Dhāraēās and their benefits in Gheraēṁa Samhitā.
3. Types of Dhyāna and their benefits in Gheraēṁa Samhitā.
4. Concept of Nāda and Nādānusandhāna in HYP

Text Book:

1. Swami Muktibodhananda: Hatha Yoga Pradeepika, The light on Hatha Saraswati Yoga (Bihar School of Yoga, Munger, 1985).

CourseCode :BAYOG603

Subject :CulturalHistoryofIndiaandContemporaryYogis

Unit-1:

1. Pre-historicIndia,IndusValleyCivilization(IVC),TheAryanProblem,
2. Vedicculture(VC),connectionsbetweenIVCandVC.Vedicliterature:
3. Samhita,Brahmaëa,UpaniñadandSütra.DatingtheVedas.

Unit-2:

1. ÄgamasandTantras.EpicsandPuräëas.PeriodofMahavéraand Buddha.
2. Ancientgeography.ÄryavartaandDakñinapatha.ClassicalSaìskåta.
3. Culturalartefacts,ArtsandScienceinSaìskåta.

Unit-3:

1. Introductiontotheancientlineageof Yogamasters-Yogaparampara:

2. Lives of modern yogis continuing the parampara-modern
3. yogis breaking away from the traditional paths their special contributions and repercussions on the society.

Unit-4:

1. Study of the life of Sri Ramakrishna
2. Vivekänanda
3. Ma Shärada,
4. Sri Aurobindo
5. Swami Yogänanda
6. Swami Sivänanda.

Textbooks:

1. The Vedic Age. Bharatiya Vidya Bhavan, Mumbai
2. Indian Inheritance. Vol. II. Culture, Art and History. Bharatiya Vidya Bhavan

Course Code : BAYOG604
Subject : Constitution of India

Objectives:

To know about the constitution of India

To know about the necessary functions of constitutional bodies of the country

To understand the concept and importance of constitutional elements as an individual being a part of the country

To understand the duties, rights, rules and regulation of the country to become a good citizen of the country.

Unit-1

i Constitution

- a) Definition of constitution and its types
- b) Salient features of constitution
- c) Framing of Indian constitution
- d) Role of constituent assembly
- e) Significance of constitution
- f) Objectives of constitution

i Preamble

- a) Preamble-definition
- b) Preamble and its importance

ii Fundamental duties and rights

- a) Fundamental Duties-article details with explanation
- b) Fundamental rights-article details with explanation
- c) Human Rights—formation and their functioning
- d) Environmental protection
- e) Wildlife protection

Unit-2

i Special Rights

- a) Special rights and its explanation
- b) Reservation and its details-Enumeration of article based on given reservation to different categories
- c) Religious and linguistic rights-explanation with article
- d) Meaning and its function

- e) Difference between preamble and DP
- f) Significance & characteristics of directive principles
- g) Difference between fundamental rights and directive principles

Unit-3

i Union executives & Union legislature

- a) President - powers and functions
- b) Prime Minister - powers and functions
- c) Union Council of Ministers
- d) Vice President - their powers and function
- e) Coalition government
- f) Problems in their working
- g) Lok Sabha and its powers and function
- h) Rajya Sabha and its power and functions
- i) Lok Sabha speakers' and their powers and functions
- j) Rajya Sabha speakers' and their powers and functions
- k) Recent trends in their functioning
- l) State legislature
- m) Vidhan Sabha - powers and function
- n) Vidhan Parishad and its power and function
- o) Recent trends in their functioning

i State Government

- a) Governor - powers and functions

- b) Chief minister–powersandfunctions
- c) Councilsofminsters
- d) Legislature
- e) Centrestaterelation
- f) Political,financial,administrativeand recenttrends

Unit-4

i Judiciary

- a) Supremecourt
- b) Highcourt
- c) lowercourtandjudicialreview
- d) Judicialreview-panchayatraj
- e) Rights,publicinterestlegislature
- f) Enforcingrightsthroughwrites
- g) Emergencyprovisionsaboutarticle 356

TextBooks:

- 3. IndianConstitution-RevisededitionbyDr.Srinivasan

ReferenceBooks:

- 7.
- 8.

CourseCode :BAYOG601
Subject :AdancedPranayamaandMeditation

Objectives:

To introduce the classical hatha yoga advanced practices. Focus on overall development of all sheaths.

To bring out the hidden talents through regular practices.

Unit 1

Breathing Practices

Loosening Exercises (Çithili Karaëa Vyâyama)

Surya Namaskāra – 12 rounds of 12 counts

Unit 2

Few Advanced postures

- | | |
|----------------------|--------------------|
| A. Hanumānāsana, | B. Vākñāsana, |
| C. Sarvāigāsanacycle | D. Çérñāsana cycle |

Four Meditative postures according to Hatha Yoga Pradipika

- | | |
|---------------|---------------|
| A. Padmāsana, | B. Siddhāsana |
| C. Simhāsana | D. Bhadrāsana |

Unit 3

Präëyāmawith combination of Kumbhaka, Mudrās and Bandhās.

- | | |
|----------------|------------------|
| A. Nāòìçodhana | B. Surya Bhedana |
| B. Ujjāyi | D. Seetali |
| F. Seetkāri | G. Bhastrika |

Unit 4

Advance Meditation

- | | |
|---------------------|-----------------------|
| A. Antar Mauna | B. Ajapājapa |
| C. Cidākāça Dhāranā | D. Daharākāça Dhāranā |

E.Hådyäkåçadhäranä

F.YogaNidrä

CourseCode :BAYOG602

Subject :InternalAssesment

CourseCode :BAYOG-103

Subject :Environment Practical