


ANNAMALAI UNIVERSITY

ANNAMALAINAGAR

HAND BOOK

CENTRE FOR YOGA STUDIES

**M.Sc., Yoga Degree Course
(Two Years)
Choice Based Credit System**

2019 -2020

ANNAMALAI UNIVERSITY



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**M.Sc., Yoga Degree Course
(Two Years)**

**Choice Based Credit System
REGULATIONS AND SYLLABUS**

(for students admitted from 2019 -2020 Onwards)

1. Preamble

The Master of Science in Yoga (M.Sc.,Yoga) two years (four semesters, Choice Based Credit System). The programme will be regular stream and the medium of instructions is in English.

2. Eligibility for Admission to the Course

A candidate who has passed the Bachelor's degree [10 +2 +3/4/5 pattern] in any subject including professional courses of this university or an examination of any other university accepted by the syndicate as equivalent thereto.

3. Admission Procedure

Admission shall be made on the basis of ranking for Marks obtained in qualifying Degree.

4. Course of Study

- a) Duration of the Course - The duration of the course of study is two (02) academic years, consisting of four semesters. The total working days shall not be less than 180 days in an Academic year. Each semester consists of not less than 90 working days excluding examination.
- b) Each working day shall consist of six hours including Theory and Practical.
- c) Work Undergoing Internship [36 hours], Teaching Practice in educational institutions [54 hours] and the Village Placement programme [36 hours] shall be compulsory for all the students.

5. Attendance

1. A student must have 80% attendance in theory and practical classes to appear for university examinations.
2. Students who have 70% to 79% attendance shall apply for condonation in the prescribed form with prescribed fee.
3. Students who have below 70% attendance are not allowed to appear for the examination and repeat the course.

6. Continuous Internal Assessment for Theory Papers

a. Written Examination- 20 Marks

1. Continuous assessment shall be graded by the concerned subject teachers. Three tests will be conducted for each paper.
2. Each test carries a maximum of 75 marks and the average of best two tests shall be considered.
3. However, in the case of students who miss the tests for any valid reasons with prior permission from the Head of the Department, He/She may be granted special permission to write the tests before the commencement of semester examination.

b. Assignment / Seminar- 5 Marks

The teachers shall give assignments to the students and 5 marks are allotted for assignments. This may be of any accepted method such as Seminar, Project, Written materials, Record etc.,

c. Pre-Semester / Model Examination - 75 Marks

1. Pre-Semester/Model examination shall be held at the end of each semester before the final semester examination covering all the portions and 75 marks are awarded for this examination.
2. Each paper carries 75 marks and this will be converted into 25 marks.
3. The continuous Internal assessment marks plus Pre-Semester/ Model Examination divided by two shall be the final internal mark for 25.

7. Requirement for Passing

No candidate shall be eligible for the award of the M.Sc., Yoga degree unless he/she has passed the theory and practical examinations.

8. Grading System

To pass in an examination a student has to score a minimum of 50% marks in all courses prescribed in the programme. The grading system is given below

CGPA	Grade	Classification of Final Result
9.0 and above	S	First Class with Exemplary*
8.5 and above but below 9.0	D+++	First Class with Distinction*
8.0 and above but below 8.5	D++	
7.5 and above but below 8.0	D+	
7.0 and above but below 7.5	A+++	First Class
6.5 and above but below 7.0	A++	
6.0 and above but below 6.5	A+	
5.5 and above but below 6.0	B	Second Class
5.0 and above but below 5.5	C	
0.0 and above but below 5.0	F	Fail

The successful candidates are classified as follows:-

I-Class 60% marks and above in overall percentage of marks (OPM).

II-Class 50-59% marks in overall percentage of marks.

Candidate who obtain 75% and above but below 91% of marks (OPM) shall be deemed to have passed the course prescribed for the programme at the first appearance.

Candidates who obtain 90% and above (OPM) shall be deemed to have passed the examination in FIRST CLASS (Exemplar) provided he/she passes all the courses prescribed for the programme at first appearance.

SCHEME OF EXAMINATION

Semester I

Part		Paper	Particulars	Credit	Int.	Ext.	Total
Core Courses	Theory	YOGC-101	Fundamentals and History of Yoga	4	25	75	100
		YOGC-102	Anatomy and Physiology	4	25	75	100
		YOGC-103	Yoga and Health	4	25	75	100
	Practical	YOGP-104	Yoga Practical - I	2	25	75	100
		YOGP-105	Applied Physiology	2	25	75	100
Discipline Specific Elective	Theory	YOGE-106	Yoga Diet and Nutrition	3	25	75	100
Elective	Theory	YOGE-107	Other Department	4	25	75	100
Co-Curricular	Practical	YOGP-108	Village Placement Programme	2	100	-	100
Total				25	275	525	800

Semester II

Part		Paper	Particulars	Credit	Int.	Ext.	Total
Core Courses	Theory	YOGC-201	Applied Psychology in Yoga	4	25	75	100
		YOGC-202	Basic Yoga Texts	4	25	75	100
		YOGC-203	Methodology of Teaching Yoga	4	25	75	100
	Practical	YOGP-204	Yoga Practical - II	2	25	75	100

Part		Paper	Particulars	Credit	Int.	Ext.	Total
		YOGP-205	Psychological Assessment	2	25	75	100
Discipline Specific Elective	Theory	YOGE-206	Computer Application	3	25	75	100
Elective	Theory	YOGE-207	Other Department	4	25	75	100
Co-Curricular	Practical	YOGP-208	Teaching Practice in Educational Institution	2	100	-	100
Total				25	275	525	800

Semester III

Part		Paper	Particulars	Credit	Int.	Ext.	Total
Core Courses	Theory	YOGC-301	Research Process and Elementary statistics in Yoga	4	25	75	100
		YOGC-302	Yoga Therapy	4	25	75	100
		YOGC-303	Hatha Yoga Texts	4	25	75	100
	Practical	YOGP-304	Yoga Practical - III	2	25	75	100
		YOGP-305	Clinical Application of Yoga Therapy	2	25	75	100
Discipline Specific Elective	Theory	YOGE-306	Yoga Upanishads	3	25	75	100
Elective	Theory	YOGE-307	Other Department	4	25	75	100
Co-Curricular	Practical	YOGP-308	Internship	2	100	-	100
Total				25	275	525	800

Semester IV

Part		Paper	Particulars	Credit	Int.	Ext.	Total
Core Courses		YOGC-401	Traditional Systems of Medicine and Therapies	4	25	75	100

Part		Paper	Particulars	Credit	Int.	Ext.	Total
		YOGC-402	Yoga Sutras	4	25	75	100
		YOGC-403	Project	6	25	75	100
	Practical	YOGP-404	Yoga Practical - IV	2	25	75	100
		YOGP-405	Clinical Application in Traditional Systems of Medicine and Therapies	2	25	75	100
Discipline Specific Elective	Theory	YOGE-406	Naturopathy	3	25	75	100
Elective	Theory	YOGE-407	Other Department	4	25	75	100
Total				25	175	525	700

ELECTIVE COURSES

Part	Paper	Semester	Particulars	Credit	Int.	Ext.	Total
Theory	YOGE-105	I	Yoga for personality Development	4	25	75	100
	YOGE-205	II	Yoga Philosophy	4	25	75	100
	YOGE-305	III	Value Education and Spirituality	4	25	75	100
	YOGE-405	IV	Yoga for Mental Hygiene	4	25	75	100

ABSTRACTS

Semester	Credit	Marks
I	25	800
II	25	800
III	25	800
IV	25	700
Total	100	3100

CONSOLIDATED CREDITS

	Semester I	Semester II	Semester III	Semester IV	Total
Core Theory	12	12	12	14	50
Core Practical	4	4	4	4	16
Discipline Specific Elective	3	3	3	3	12
Elective	4	4	4	4	16
Co-Curricular	2	2	2	-	6
Total	25	25	25	25	100

MSc., YOGA SYLLABUS

M.Sc YOGA THEORY PAPER

SEMESTER - I

YOGC-101, FUNDAMENTALS AND HISTORY OF YOGA

OBJECTIVE:

- Science of logic, futility of maya, Logical quest for God, phases of creation,
- Practice of meditation and Samadhi for Renunciation. Eliminate physical and mental pains and receive liberation
- Explains the divine nature of soul, maya and creation. Knowledge of Guru shisya Parampara.
- Explains Vedas are eternal and divine. Different schools of Yoga and their contributions.

CONTENT:

UNIT- I

Yoga Meaning, Definition - Need - Nature - Aim and Objectives, Principles, Philosophy and Scope of Yoga. Philosophy: Scope of Philosophy. Shad Darshanas: Nyaya, Vaishesika, Samkhya, Yoga, Mimamsa, Vedanta, Misconception and Classification of Yoga- Yoga and Education.

UNIT- II

History of Yoga- Modern Developments - Contribution to yoga by Vedas Upanishads, Prasthanatrayee, Purushartha chatushtaya, Tantra, Bhagaved Gita, Yoga Vasishtha, Yoga Sutras, Thirumandiram, Yoga Yajnavalkya Samahitha, Geraksataka, Hatha Yoga Pradipika, Gheranda, Samhitha, Siva Samahitha, Hatha Ratnavali, Siddha Siddhanta Paddihati, Narada Bhakthi Sutras, Yoga Rahasya.

UNIT- III

Contributions to Yoga by Ramakrishna, Swami Vivekananda, Sivananda, Sri Aurobindo, Maharishi Mahesh Yogi, Swami Rama, Krishnamacharya, Swami Kuvalayananda, Ramana Maharishi, Vethathiri Maharishi, Swami Dayanand Saraswathi - Sri Yogendraji- Paramahansa Yoganada - B.K.S Iyengar.

UNIT- IV

Contributions of Yoga to Religious: Hinduism, Jainism, Buddhism, Christianity, Islam, Sufism - Spirituality - Role of Yoga & Religious on Spirituality - Methods to promote Spirituality.

UNIT- V

Paths of Yoga: Hatha Yoga, Bhakti Yoga, Jnana Yoga, Karma Yoga, Raja Yoga, Mantra Yoga, Laya Yoga, Yantra Yoga. Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. Schools of Yoga: Sivananda Yoga, Integral Yoga, Bihar School of Yoga, Kundalini Yoga, Ashtanga Yoga, Viniyoga, Iyengar Yoga, Hatha Yoga, Swara Yoga and Mantra Yoga.

LEARNING OUTCOME:

- **Veda is knowledge and Yoga is its practice. Yoga as its manifestation.**
Veda, from the root “vid” to know, refers to Knowledge
- Knowledge about different schools of yoga, their teachings.
- Founder of yogic traditions and their yogic path.

REFERENCE BOOKS:-

1. **Iyenger B.K.S(1976) Light on Yoga, London, Unwin paperbacks.**
2. **Sivananda Sarawathi Swami (1934) Yoga Asanas Madras: My Magazine of India.**
3. **Brahma Kumaries Jagdish Chander Mount Abu: PBK Ishwariya Vishwa Vidyalaya.**
4. **Desikachar (2004) Yoga Yajnavalkya Samhita, Chennai: Krishnamacharya Yoga Mandiram.**
5. **Iyenger B.K.S(2008) Light on Pranayama, New Delhi: Haper Collins publishers India.**
6. **Coulter. H David (2001) Anatomy and Hatha Yoga, USA: Body and Breath Inc.**
7. **Kirk Martin (2006) Hatha Yoha Illustrated Champaign: Humenkinetics.**
8. **Satyananda Sararwati Swami (2007) Meditations from thitantras. Murgar: Yoga Publications Trust.**
9. **Hausthul Desikachar (2016) The HAta Yoga pradipika, Chennai: Madia Garuda.**
10. **Elangovan. R (2016) Fundamentals of Yoga, Chennai: Ashwin Publications.**

YOGC-102, ANATOMY AND PHYSIOLOGY

OBJECTIVES:

- Anatomy and physiology of cell, tissue, organ and system
- CardioVascular System, Nervous system, Digestive system, Respiratory system, Reproductive system, Excretory system. Immune system and Muscular system.

CONTENT:

UNIT- I

Tissue Cell: Cell Structure – Groups of Tissue – Epithelial Tissue, Muscular tissue, Connective Tissue their functions. The Skeletal system: Bones, Joints and Muscles of the skeleton – tendons and ligaments and their functions.

UNIT- II

The circulatory system – structure of the heart – the Cardiac cycle – Composition of blood – Blood Pressure – Blood Vessels – Hematological system – their functions – Arteries, Veins and Capillaries. The Digestive system – alimentary canal – mouth – pharynx – esophagus – stomach – small and large intestine – the peritoneum – Liver – gall bladder – Pancreas – their functions – metabolism – physiology of digestion. The respiratory system – The respiratory passages – nose, pharynx, Larynx, bronchi, lungs, their function – oxygen consumption.

UNIT- III

The Nervous System: The Central Nervous System – autonomic nervous system – Brain – Spinal Cord – Sympathetic and Parasympathetic systems – their functions – Sensory Organs: Skin – eyes – ear – tongue – Nose – Their functions. Posture – Active Posture – Inactive posture – Ideal Posture – Control of Posture.

UNIT- IV

The Urinary System: Kidneys, Ureters, Bladder, Urethra, Renal Function. The Reproductive System – Puberty – Menopause – Testes, Uterus, Ovaries – their functions.

UNIT- V

Impact of Yogic practices on the anatomy and physiology of different systems of human body- cells, bones, joints and muscles, skin. Cardio-Vascular system, respiratory system, digestive and excretory system, haematological and immune system, glands, nervous system, body metabolism, special senses, locomotor system.

LEARNING OUTCOME:

- A yoga students should know not only yogic body but also Anatomy and physiology
- Increase in yoga awareness around the globe had let to increased injury due to yoga practice so, in depth knowledge is required for yoga therapist-they don't strain their ligaments, tendons or any system.

REFERENCE BOOKS:-

1. Arthur.C Guyton & John Edward Hall (2006). Textbook of Medical Physiology, Florida, United States, Elseiver Standards.
2. Surinder H Singh & Krishna Garg, (2008), Anatomy and Physiology for nurses & Allied health sciences, New Delhi CBS Publishers.
3. Sivaranakrishnan S (2006), Anatomy and Physiology for Physical Education, New Delhi, Friends Publishers.
4. Anne Waugh & Alston Graunt (2005), Anatomy and Physiology in Health and Wellness, Allahabad, Churhcill Livingtone.
5. Clark Robert K (2005), Anatomy & Physiology – Understanding the Human body, Suddury, United States, Jones & Bartiett.
6. Shri Krishna (1985) Notes on Structure and Functions of Human body & Effects of Yogic practices in it, Mumbai. ICYHC Kaivalyadhama.
7. Dutta Ray (2001) Yogi Exercises, New Delhi : Jaypee Brothers.
8. Shirley Tellers (2006) A Glimpse of the human, Bangalore: Swami Vivekananda Yoga Prakashana.
9. Leslie Kaminoff(2007) Yoga Anatomy, Champaign: Human Kinetics
10. Evelyne C Peace (1997) Anatomy & Physiology for Nurses, New Delhi: Jaypee Brothers
11. Gore M.M(2003) Anatomy & Physiology for Yogic Practices, Lonavala Kamhan Prakashan.

YOGC-103, YOGA AND HEALTH

OBJECTIVE:

- To understand the yogic concept of health and factors affecting health in all dimension.
- Yogic rules for healthy living.
- To know about communicable disease and yogic principles for healthy living.

CONTENT:

UNIT- I

Health: Goals of life – Adhi and Vyadhi, Kleshas, Koshas, Doshas, Factors affecting health – Panchamahabhudas, Stages of development of disease – Mental and emotional ill-health – Yogic rules for good health, Dimension of health, causes of ill-health, pillars of health. Role of yogic positive attitudes (Maitri, Karuna, Mudita and Upeksha) for healthy living, concept of Bhavas and Bhavanas with its relevance in Health and well-being..

UNIT- II

Communicable diseases: Malaria, Typhoid, Cholera, Whooping Cough, Tuberculosis, Measles, Venereal Diseases, Dysentery, Leprosy.

UNIT- III

Life Style diseases and Yoga: HBP, Diabetes, Obesity, Cancer, Stroke, Diet and Nutrition.

UNIT- IV

Health and Environment – Mental Health – Concepts of Health: Air, Water, Food, Clothing, Exercise – Roles of Health – Sanitary Laws – Personal Hygiene – Hygiene of Human Systems – Population explosion and its control

UNIT- V

Yogic Rules for Good Health: Positive yogic principles of healthy living, Ashtanga Yoga of Patanjali for Healthy living, Yogic Practices for healthy living, Relationship of Health, Fitness, Wellness, Total-Wellbeing and Yoga.

LEARNING OUTCOME:

- Factors affecting health (physical, mental and emotional health) and the role of positive attitude and necessary of lifestyle correction.
- We can understand the importance of hygiene in general and sanitary hygiene in particular. Which in turn prevent communicable disease.
- Importance of yoga on communicable and lifestyle diseases.

REFERENCE BOOKS:-

1. Hoger (1990) **Fitness and Wellness, Colorado: Morton Publishing Company.**
2. Girija Shyamsundar (2007) **Nutrition perspective Chennai: University of Madras.**

3. **Swami Sivananda(2007) Health and Hygiene Sivanandanagar: The Divine life Society.**
4. **Raghavan (1965) Handbook of Health Education Karaikudi: Meenal Enterprises.**
5. **Sunitha Pant Bansal (2008) Diet in diseases Delhi: Pustak Mahal.**
6. **Yoga Charya Sundram (2004) diet and Digestion Coimbatore: The Yoga Publishing House.**
7. **Syd Hoare (1986) Keep fit, Hodder and Stoughton: Teach Yourself Books.**
8. **Swami Sivananda (2011) Health and Diet, Shivananda Nagar: The Divine Life Society.**
9. **Arvindjanar (2004) Yoga Diet, Bangalore: Sai Towers.**
10. **Elangovan (2018) Yoga Psychology, Chennai: Ashwin Publications.**

PRACTICAL

YOGP-104, YOGA PRACTICAL –I

OBJECTIVES:

- To learn about preparatory practices.
- To learn about different kind of Asanas and Pranayama
- To learn about Kriya, Mudra, Bandha and Meditation

CONTENT

UNIT- I

Loosening the joints – Joint freeing series. Suryanamaskar: Vinyasa Suryanamaskar (Kneeling, lunge, jumping).

UNIT- II

Tadsana, Trikonasana, Ardha Chandrasana, Utthita Parshvakonasana, Urdhva Dhanurasana, Utkatasana, Moordhasana, Dandasana, Pavanamuktasana, Hamsasama, Ardha Sirsasana, Ardha Kati Chakrasana, Ardha Chakrasana, Veerasana, Namaskarasana, Vakrasana, Malasana, Merudandasana, Janusirsasana, Bharadvajasana, Suptavajrasana, Makarasana, Ardha Padmasana, Sukhasana, Natrajasana, Savasana.

UNIT- III

Pranayama: Sectional breathing Viloma (Surya, Chandra), Anuloma (Surya, Chandra), Pratiloma – Surya Bhedana – Chandra Bhedana.

UNIT- IV

Kriya Shankhprakhshalana Laghoo Shankhprakhshalana Agnisar Kriya, Bandhas: Jalandhara Banda, Moola Bandha, Uddiyana Bandha Mudras: Chin mudra, Chinmaya mudra, Adhi mudra, Bhrama mudra, Bairava mudra, Nasiga mudra, Ganesha mudra, Bhudi mudra, Varuna mudra, Mukula mudra, Khechari mudra, Tadagi mudra, Shanmuki mudra.

UNIT- V

Meditation – Japa, Soham & Pranav Japa, Ajapa Japa, Antar mouna, Om Meditation, Nadasandhana

LEARNING OUTCOME:

- Understand the concept of loosening practices.
- Understanding the different kinds of asana, and the internal movements of the body and prana.
- To understand the physiological benefits ,(removes depression , headaches and increase concentration.

REFERENCE BOOKS:-

1. **Iyenger B.K.S(1976) Light on Yoga, London, Unwin paperbacks.**
2. **Sivananda Saraswathi Swami (1934) Yoga Asanas Madras: My Magazine of India.**
3. **Sivananda Sarawathi Swami (2008) Asanas Pranayama, Mudra, Bandha, mungar: Yoga Publications trust.**
4. **Iyenger B.K.S(2008) Light on Pranayama, New Delhi, Haper Collins Publishers India.**
5. **Chandrasekaran K. (1999) Sound Health Through Yoga, Sedapatti: Prem Kalyan Publications.**
6. **Vishnu Devananda Swami (1972) The Complete Illustrated book of yoga, New York: Pocket Book.**
7. **Yogeshwaranand Saraswathi Swami (1975) First steps to higher yoga , Gongothari: Yoga nikan trust.**
8. **Coulter, H David (2001) Anatomy and Hatha Yoga, USA: Body and Breath inc.,**
9. **Kirk Martin (2006) Hatha Yoha Illustrated Champaign Humankinetics.**
10. **Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama**
11. **Sathyananda Sarawathi Swami (2007) Meditations from thitantras Murugar: Yoga Publications.**

YOGP-105, APPLIED PHYSIOLOGY

OBJECTIVES:

Knowledge about vital signs, sensory function and examination, muscle examination with identification of specimen with their organ and function.

CONTENT:

UNIT- I

Measurement of Temperature, Pulse rate, Respiratory rate.

UNIT- II

Measurement of Blood Pressure

UNIT- III

Sensory Function - Examinations

UNIT- IV

Muscle Examinations.

UNIT- V

Identification of a specimen organ and explain its functions.

LEARNING OUTCOME:

- How to measure blood pressure , temperature, pulse, respiratory rate, sensory and muscle functions
- Understanding the identification of specimen of an organ and its function.

REFERENCE BOOKS:-

1. Arthur.C Guyton & John Edward Hall (2006). **Textbook of Medical Physiology, Florida, United States, Elseiver Standards.**
2. Surinder H Singh & Krishna Garg, (2008), **Anatomy and Physiology for nurses & Allied health sciences, New Delhi CBS Publishers.**
3. Sivaranakrishnan S (2006), **Anatomy and Physiology for Physical Education, New Delhi, Friends Publishers.**
4. Anne Waugh & Alston Graunt (2005), **Anatomy and Physiology in Health and Wellness, Allahabad, Churhcill Livingtone.**
5. Clark Robert K (2005), **Anatomy & Physiology – Understanding the Human body, Suddury, United States, Jones & Bartiett.**
6. Shri Krishna (1985) **Notes on Structure and Functions of Human body & Effects of Yogic practices in it, Mumbai. ICYHC Kaivalyadhama.**
7. Dutta Ray (2001) **Yogi Exercises, New Delhi : Jaypee Brothers.**
8. Shirley Tellers (2006) **A Glimpse of the human, Bangalore: Swami Vivekananda Yoga Prakashana.**
9. Leslie Kaminoff(2007) **Yoga Anatomy, Champaign: Human Kinetics**
10. Evelyne C Peace (1997) **Anatomy & Physiology for Nurses, New Delhi: Jaypee Brothers**
11. Gore M.M(2003) **Anatomy & Physiology for Yogic Practices, Lonavala Kamhan Prakshan.**

YOGE-106, YOGA DIET AND NUTRITION

OBJECTIVES:

- Explains about nutrients, different types of diet and composition of meal.
- Explains the concept of yogic diet and classification of diet according to Hatha Yoga.
- Explains nutrients in every walks of life.
- Explains nutrition therapy for infectious disease to life style diseases.

CONTENT

UNIT- I

Nutrition: Macronutrients, micro nutrients, carbohydrates, fats, proteins, vitamins, minerals, water, balanced diet, benefits of vegetarian diet, gluten free and lactose free diet – composition of the meal (Grains, dairy products, vegetables and fruits, nuts, pulses, oil and fat), Mediterranean diet, Vegan diet, Low glycemic diet, DASH diet, yogic diet, principles of yogic diet, characteristics of sattvic, rajasic and tamasic diet, diet for yogic practitioners.

UNIT- II

Food stuffs – Qualities of food – ancient thoughts on food – Guidelines of eating. Yogic diet: General introduction of Ahara; concept of Mitahara; Classification in yogic diet according to traditional Yoga texts; diet according to the body constitution (Pakriti) – Vata, Pitta and Kapha Gunas. Concepts of Diet – Pathya and Apathya according to Gheranda Samhita, Hatha Pradeepika and Bhagavad gita; importance of yogic diet in Yoga Sadhana and its role in healthy living;

UNIT- III

Nutrition during various stages of life childhood, adolescence, adulthood, Middle aged & aged – Nutrition during pregnancy & tips. Principles of Weight control & Management.

UNIT- IV

Nutrition therapy for infectious diseases: Malaria, Typhoid, cholera, whooping cough, tuberculosis, measles, venereal diseases, dysentery, leprosy.

UNIT- V

Nutrition therapy for life style diseases: HBP, diabetes, obesity, cancer, stroke.

LEARNING OUTCOME:

- To learn about balance diet to types of nutrition.
- To understand the concept of yogic diet according to traditional yogic text.
- Importance of how and what to eat in life.

REFERENCE BOOKS:-

1. Heger (1990) Fitness and Wellness, Colorado: Morton Publishing Company.
2. Girija Shyamsundar (2007) Nutrition perspectives Chennai: University of Madras.
3. Swami Sivananda (2007) Health and Hygiene Sivanandanagar: The Divine life society
4. Lily Pritam Telu Ram (1981) Health and Hygiene, Delhi: Vikas publishing House pvt Ltd.
5. Raghavan (1965) Handbook of health education Karaikudi: Meenal enterprises.
6. Sunitha Pant Bansal (2008) Diet in diseases Delhi: Pustak Mahal
7. Yoga Charya Sundram (2004) diet and digestion Coimbatore: The yoga Publishing house.
8. Syd Hoare (1986) Keep fit, Hodder and Stoughton: Teach yourself books
9. Swami Sivananda (2011) Health and Diet, Shivananda Nagar: The Divine life Society.

- 10. Ananda Balayogi Bhavani (2007) A Yogic approach to stress, Puducherry: Vivekananda Yoga Research foundation.**
- 11. Nagendra and Nagratha (2008) New Perspective in Stress Management, Bangalore: Vivekananda Yoga Research Foundation**

YOGP-108, VILLAGE PLACEMENT PROGRAMME

Duration	: Five Days
Date	: During Semester
Mode of Evaluation	: Internal Assessment
Maximum Marks	; 100
Subject	: Yoga
Nature of Programme	: To teach and train villagers

SEMESTER - II
YOGC-201, APPLIED PSYCHOLOGY IN YOGA

OBJECTIVES:

- Explains the scope of psychology. Role of yoga in growth and development of human.
- Role of yoga on religion and on spirituality and explain the psychological disorder.
- Role of yoga on psychological disorders.

CONTENT

Unit – I

Psychology: Meaning, Definitions, Nature, Need, Scope of Psychology – Psychology and Yoga, Role of Yoga on Heredity and Environment, Learning, Emotions, Memory, Cognition, Intelligence, Attention, Attitude, Personality.

Unit – II

Growth and Development: Life Span Periods, Yoga for Different Stages of Life: Infancy, Early Childhood, Later Childhood, Adolescence, Adulthood, Old Age, Women, Yoga for Professional People.

Unit – III

25 Elements, Koshas, Doshas, Gunas, Nadis and Chakras, Mind, Types of Mind, Folds, Mental Faculties, Stages, States, Sources and Powers of Mind, Unfolding Powers of Mind, Yoga for Super – Consciousness.

Unit – IV

Spirituality: Meaning, Definition, Role of Yoga and Religion on Spirituality, Values, Types of Values, Divine Virtues, Methods of Developing Spirituality.

Unit – V

Role of Yoga on Psychological Qualities and Psychological Disorders Neurosis: Anxiety, Phobias, Obsessions, Compulsions, Stress, Hysteria, Depression, Suicide, Eating Disorders, Suicide.

Psychosis: Schizophrenia, Autism, Dementia, Bipolar Disorders, Mental Retardation Personality Disorders: Paranoid, Histrionic, Drug Addicts, Gambling, Alcoholism, Smoking, Anti – Social Personality Disorders.

LEARNING OUTCOME:

- To understand the concept of psychology and the role of yoga in promoting learning intelligence and personality for all people.

Understanding spirituality and the powers of mind, chakras concepts to purify our body. The technique how yoga is the healer for psychological diseases.

REFERENCE BOOKS:-

1. Kamiesh.M.L. (1988) **Psychology in Physical Education and Sports**, New Delhi. Metropolitan
2. Elangovan .R (2001) **Udarkalvi Ulavlya**), Thirunelveli: Aswin Publications.
3. Gita Mathew, (1997) **Sports Psychology**, Shejin and Shiju Brothers, Karaikudi.
4. Gidr, etal (1989) **Psychology**, Glenview: Scott Foreman and Company

5. Bringle Robert et al., (1981) **Understanding Psychology**, New York, Random House School Division , New York.
6. Rishi Vivekananda (2006) **Practical Yoga Psychology**, Munger: Yoga Publications Trust.
7. Abhedananda Swami (2002) **Yoga Psychology**, Kolkatta: Ramakrishna Vedanta Math.
8. Mangal S.K. (1991) **Psychological Foundations of Educations**, Ludiana: Prakash Brothers.
9. Elangovan.R (2018) **Yoga Psychology Chennai: Ashwin Publication.**

YOGC – 202 - BASIC YOGA TEXTS

OBJECTIVES:

- He **Upanishads** are a collection of texts of religious and philosophical nature, written in India probably between c. 800 BCE and c. 500 BCE, during a time when Indian society started to question the traditional Vedic religious order
- **Upanishads** played an important role in the development of spiritual ideas in ancient India, marking a transition from Vedic ritualism to new ideas and institutions.
- The **Yoga Vasistha** is a syncretic work, containing elements of Vedanta, Yoga, Samkhya, **Saiva Siddhanta, Jainism and Mahayana Buddhism**, thus making it, according to Chapple, "a Hindu text *par excellence*, including, as does Hinduism, a **mosaic-style amalgam of diverse and sometimes opposing traditions.**
- In the *Bhagavad Gita*, *bhakti* is characterized as the "loving devotion, a longing, surrender, trust and adoration" of the divine Krishna as the *ishta-devata*.
- This chapter is a summary of the entire Bhagavad-Gita. Many subjects are explained such as: karma yoga, jnana yoga, sankhya yoga, buddhi yoga and the atma which is the soul and the supersoul.
- Concept of asana, pranayama , mudra. Grantha of hatayoga.

CONTENT

Unit – I

Vadas – Upanishads – Ishasyopanishad – Kena – Katha – Mundaka – Mandukya – Aitareya – Taittiriya – Chandogya - Brigadaryanaka Upanishads.

Bhagavad Gita – Yoga in Bhagavad Gita (Chapter – II) - Karma Yoga (Chapter – III) - Yoga in Chapter – VI - Bhakthi Yoga (Chapter – XII) - Yogic diet (Chapter – XIV & XVII) - Moksha (Chapter – XVIII)

Yoga Vasishtha: Highlights and Concepts of Freedom - Gunas - Meditation and Ailments Prashanatrayeree - Purushartha Chatushtaya - Narada Bhakthi Series.

Unit – II

Goruksataka - Hatha Yoga Pradipika - Gheranda Samhitha - Siva Samhitha - Hatha Ratnavali - Siddha Siddhanta Paddihati.

Unit – III

Asanas in Hatha Text: - Definition, Pre requisites', Special Features

Unit – IV

Pranayama in Hatha Text: Concept, Phases & Stages - Pre Requisites – Benefits – Precautions - Contra – Indications.

Unit – V

Bandha - Mudra & Other Practices: - Concept - Definition – Benefits - Precautions & Contra – Indications - Stages.

LEARNING OUTCOME:

- We get knowledge to explore self.
- Teach us self discipline and social discipline.
- Make better earth to live for self and for other creatures.
- It relieves physical and mental pain.

REFERENCE BOOKS:-

1. **Brahma Kumaries Jagdish Chander Mount Abu: PBK Ishwariya Vishwa Vidhyalas**
2. **Desikachar (2003) Nathamuni's Yoga Rahasya, Chennai : Krishnamacharya Yoga Mandiram .**
3. **Desikachar (2004) Yoga Yajnavalkya Samhita, Chennai: Krishnamacharya Yoga Mandiram**
4. **Hausthul Desikachar (2016) The Hata Yoga Pradipika, Chennai : Madia Garuda.**
5. **Meena Ramanathan (2006) Grandasamihita Lonavia : Kaivalyadama: S.M.Y.M. Samiti.**
6. **Suburamanian (2003) . The Yoga Vasishtha, Chennai : Sura Books (Pvt)., Ltd.**
7. **Swami Gambirananda (2008) Eight upanisads Kolkata: Advaita Ashrama**
8. **Swami Ranganathananada (2001). The message of the upanisads, Mumbai:Bharatiya Vidya Bhavan.**
9. **Venkata Reddy (1932) Hata Ratnavali, Arthameru: M.S.Memorial Yoga Series**
10. **Elangovan .R (2016) Fundamentals of Yoga, Chennai: Ashwin Publications.**

YOGC – 203 - METHODOLOGY OF TEACHING YOGA

OBJECTIVES:

Yoga for all (using probs like ropes, belts, plank , stool)

- Guru – the immediate guru
- Parama-guru – the guru of the Parampara or specific tradition
- Parātpara-guru – the guru who is the source of knowledge for many traditions
- Parameṣṭhi-guru – the highest guru, who has the power to bestow mokṣa

CONTENT

Unit – I

Education – Yoga Education – Goal - Scope and Importance - Principles of Teaching Yoga – Yogic – Psychological – Physiological – Pedagogical – Sociological - Meaning of Methodology of Teaching – Factors influencing Methodology -Presentation Technique – Role of Language -Voice – Fluency - Clarity and Body Language in Teaching – Factors of Yoga Education: Teacher, Student and Teaching – Guru – Shishya Parampara Types of Students and Teachers – Promotion of Leadership Qualities – Yogic Levels of Learning, Vidyerthi, Shishya, Mumukshu, Yoga Guru.

Unit – II

Methods of Yoga Teaching – Lecture Method – Response to Instruction Method – Individualized Instructional Method – Group Discussion Method – Directed Practice Method – Project Method – Demonstration Method Lecture cum Demonstration Method – Limitation Method - Dramatization Method – Source of Teaching Method.

Unit – III

Teaching Aids – Audiovisual Aids – Visual Aids – Audio Aids – Models – Props – Wooden Brick and Foot Rest Belt – Ropes – Slanting Plank – Chair – Stool – Bench – Box – The Heart Rate – Ladder Stool and Drum – Bolster and Pillow – Bandage – Weight – The Horse – Big and Small.

Unit – IV

Preparing Lesson Plan – Essentials of a Good Lesson Plan – Advantages of Preparing a Lesson Plan – Contents of a Lesson Plan – Class Management – Formation of the Class – Conducting Yoga Practical Lessons – Precautions and Contra – Indication of Practice - Lesson Plan – Assembly and Roll Call – Relaxation & Prayer – Loosening the Joints – Introduction of the Practice – Demonstration – Individual Practice – Group Practice – Yoga Game (if time premise) – Question and Answer Session – Relaxation – End Prayer

Unit – V

Organizing Yoga Class - Yoga Camp – Workshops in Yoga – Yoga Tours – Yoga Games and Competitions - Classification of Age Groups for Competitions – Evaluation – Advantages – Devices of Evaluation.

LEARNING OUTCOME:

- Sharing knowledge through workshop , yoga tour enhances our knowledge in yoga.
- It gives good karma and service to society.

REFERENCE BOOKS:-

1. Gharote M.L. and Ganguly S.K. (2001) Teaching Methods for Yogic Practices Lonavla: Kaivalyadhama.
2. Sivananda () Yoga Teachers Training Manual, Val Morin: Sivananda Ashram Yoga Camp.

3. **Anandamitra (1991) Teachers Manual Calcutta: Ananda Marga Pracaraka Samgha.**
4. **Thirunarayanan and Hariharan (1975) Methods in Physical Education, Karaikudi.**
5. **Basavaraddi Ishwar (2010) Yoga Teacher's Manual for School Teachers, New Delhi: Moraji Desai National Institute of Yoga**

YOGP – 204 - YOGA PRACTICAL – II

Unit – I

Loosening the Joints - Surya Namaskar : for Children (10 – steps)-Bihar School of Yoga Model -Vivekananda Kendra Model

Unit – II

Asanas – Vrksahasana – Parivrtta Trikonasana – Virabhatrasana – Garudasana – Padahasthasana – Ushtrasana – Sirshasana – Halasana – Sarvaghasana – Matsyasana – Bhujanghasana – Salabhasana – Dhanurasana – Navasana – Nouhasana – Siddha Yoniasana – Ardha Matsyendrasana – Paschimottanasana – Baddha Konasana – Kukutasana – Padmasana – Vajrasana – Siddhasana – Savasana.

Unit – III

Pranayama: Yogic Breathing – Kapalabhati – Bhramari – Ujjayi – Sheetali – Sheetkari – Bhastrika – Nadi Shodhana

Unit – IV

Kriyas: Jalaneti – Sutraneti .Bandhas: Jalandhara Bandha – Moola Bandha – Uddiyana Bandha. Mudra: Chin Mudra – Chinmaya Mudra – Adi Mudra – Brahma Mudra – Bhairava Mudra – Bhairavi Mudra – Bhairavi Mudra – Shanmuki Mudra – Vipareeta Karani Mudra – Yoga Mudra – Ashwini Mudra – Nasiga Mudra.

Unit – V

Meditation:Yoga Nidra – Rajayoga Meditation – Trataka Meditation – Chakra Meditation - Nine-Centered Meditation – Preksha Meditation – Mindfulness Based Stress Reduction Technique.

REFERENCE BOOKS:-

1. **Iyengar B.K.S. (1976) Light on Yoga, London, Unwin Paperpacks.**
2. **Sivananda Saraswathi Swami (1934) Yoga Asanas Madras: My Magazine of India**
3. **Satyanada Saraswati Swami (2008) Asana, Pranayama, Mudra, Bandha, Munger: Yoga Publications Trust.**

4. **Iyenger B.K.S. (2008) Light on Pranayama, New Delhi: Haper Collins Publishers India.**
5. **Vishnu Devananda Swami (1972) The Complete Illustrated Book of Yoga, New York: Pocket Books.**
6. **Chandrasekaran K. (1999) Sound Health through Yoga Sedapatti: Prem Kalyan Publications.**
7. **Yogeshwaran and Saraswathi Swami (1975) First Steps to Higher Yoga, Gangothari: Yoga Niketan Trust.**
8. **Coulter, H. David (2001) Anatomy and Hatha Yoga, USA: Body and Breath Inc.**
9. **Kirt Martin (2006) Hatha Yoga Illustrated Champaign: Humenkinetics.**
10. **Gharote (2004) Applied Yoga, Lonvla:Kaivalyadhama.**
11. **Kathy Lee Kappmeier and Diane M. Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics.**

YOGP – 205 PSYCHOLOGICAL ASSESSMENT

OBJECTIVES:

Knowledge about psychological parameters like attention , alertness, assertiveness , anxiety, attitude adjustment, steadiness , reaction time.

CONTENT

- **Anxiety**
- **Assertiveness**
- **Study Skills**
- **Job Satisfaction**
- **Emotional Maturity**
- **General Mental Alertness**
- **Attitude – Adjustment**
- **Division of Attention**
- **Steadiness**
- **Learning**
- **Reaction Time**

LEARNING OUTCOME:

Self evaluation of our brain function and its response for self as well as for the public.

REFERENCE BOOKS:-

1. **Kamlesh.M.L. (1988) Psychology in Physical Education and Sports, New Delhi. Metropolitan**
2. **Elangovan .R (2001) Udarkalvi Ulavlya), Thirunelveli: Aswin Publications.**
3. **Gita Mathew, (1997) Sports Psychology, Shejin and Shiju Brothers, Karaikudi.**
4. **Gidr, etal (1989) Psychology, Glenview: Scott Foreman and Company**
5. **Bringle Robert etal., (1981) Understanding Psychology, New York, Random House School Division , New York.**
6. **Rishi Vivekananda (2006) Practical Yoga Psychology, Munger: Yoga Publications Trust.**
7. **Abhedananda Swami (2002) Yoga Psychology, Kolkatta: Ramakrishna Vedanta Math.**
8. **Mangal S.K. (1991) Psychological Foundations of Educations, Ludiana: Prakash Brothers.**

YOGE – 206 COMPUTER APPLICATION

OBJECTIVES:

- Basic components and terms of compute.
- Basic knowledge Ms.Word, Ms Excel, Ms powerpoint and introduction to internet.
- Yoga research and data analysis literature collection through internet.

CONTENT

Unit – I Introduction to Computer – Definition – Types of Computer – Basic Parts – Hardware – Software Input and Output Devices – Arithmetic & Logic Unit – Control Unit – CPU – Comparison of Human Being and Computer.

Unit – II Microsoft Word: Title Bar, Menu Bar, Standard Tool Bar – Formatting Tool Bar – Rules – Status Bar – Task Bar – Creating Documents – Formatting – Editing – Deleting – Copying – Saving.

Unit – III Microsoft Excel – Title Bar – Menu Bar – Standard Tool Bar – Formatting Tool Bar – Formal Bar – Rules – Status Bar Task Bar – Creating Documents – Formatting – Editing – Deleting – Copying – Saving – Charts and Mathematical Operations.

Unit – IV Microsoft Power point – Preparing a Slide – Animation – Clipart – Pictures from File Background Designing – Computers and Communications – Copying

Saving – Presentation – Working with Slides – Adding Slides – Printing – Running a Slide Show Presentations.

Unit – V Internet – Introduction – History – Uses – Connection – Worldwide Web – Usage of Internet Explorer – Search Box – E-Mail – Outlook Express – Inbox – Outbox – Sent Items – Drafts – Sending Messages – Save – Print – Reply – Forward – Previous Message and Text – Chatting – Role of Computer in Teaching the Techniques of Yoga – Research & Data Analysis – Literature Collection Through Internet.

LEARNING OUTCOME:

Basic knowledge is needed for further studies in any field.

REFERENCE BOOKS:-

- 1. Venugopal: “Fundamentals of Computers, Prentice All India.**
- 2. Sudharsan.C & John Manojkumar, Computer Fundamentals, RBA Publications, Chennai.**
- 3. Dromwey, How to solve it by Computer, Tata Megraw, Gill.**
- 4. Jayashree, Computer for Beginners, Vikas Publishing House, New Delhi.**

YOGP – 208 - TEACHING PRACTICE IN EDUCATIONAL INSTITUTION

Teaching Practice will be organized for 10-days during II Semester. The assessment of the students is internal for 100 marks. Students should design programme in yoga and are to teach practice and train in Educational Institutions for 10-days.

SEMESTER – III

YOGC-301, RESEARCH PROCESS AND ELEMENTARY STATISTICS IN YOGA

OBJECTIVES:

- **Meaning and definition of research. It need nature and scope of research in yoga.**

- Primary data and secondary data. Know the importance of statistic and type of test.

CONTENT

UNIT- I

Research – Meaning, Definitions, Need, Nature and scope of Research in Yoga, Types of research – Basic – Applied – Action – Qualities of a researcher – Criteria in locating and selecting a research problem – Preparation of Research Proposal – Mechanism of research proposal- Formulation of hypothesis – Variables and its types.

UNIT- II

Types of Research Design, Descriptive Reseach – Survey method, Case study method, Experimental method – Categories: Longitudinal design, Quasi Experimental design, cross sectional design, Reverse group design, Repeated Measures design, Static group comparison design, Rotated group design, Random group design, Equated group design, Factorial design.

UNIT- III

Data – Population – Sample – Subject – Sampling: Characteristics, principles, steps, Determining the sample size, criteria in selection, Types of sampling: probability sampling methods – Random and complex, Non- probability sampling methods – Writing Synopsis and Research report – Front materials, Main Chapters and Back materials – Recent trends in Yoga research, Yoga research centers and their works in India.

UNIT- IV

Statistics – Meaning – Need and Importance in research – Non- parametric statistics – Treatment of F-test, “t” test one way – two way – testing – chi square – statistical packages – SPSS – SAS – data process, Data analysis – Graphical representation, Data interpretation.

UNIT- V

Types of Statistics – Parametric and non – parametric – Normality of data Normal curve – data analysis – “t” test, F test Type I Type II error – ANOVA – ANCOVA (one way & two way) – Post hoc test – Pearson product moment correlation – Partial and multiple correlation – Regression simpler linear and multiple linear – Post hoc tests.

LEARNING OUTCOME:

- Understand the nature and type of research and can set perfect research design.
- Understanding statistic so that they can be informed, evaluate the credibility and usefulness of information and make appropriate decision.

REFERENCE BOOKS:-

1. Elangovan. R (2017) **Research Process in Yoga, Chennai: Ashwin Publications.**
2. Thirumalaisamy (1998) **Statistics in Physical Education, Karaikudi: Senthilkumar Publishers.**
3. Jerry R. Thomas and Jack K. Nelson(2000) **Research Methods in Physical Activities, Illnosis: Human Kinetics.**

4. **Craig Williams and Chris Wragg (2006) – Data Analysis and research for sports and exercise science, London Routledge Press.**
5. **Paul R Kinnear and Colin D Gray (2006) – SPSS 14 Made Simple, New York: Psychology Press.**
6. **Thomson A.L.(1986) The Art of Using Computers, Boyd & Frasher Boston: Publishing Co.**
7. **Kothari C.R. (1985) Research Methodology New Delhi: Wiley Eastern Limited.**
8. **Best W John and James V Leahn (1996) Research in Education, New Delhi Prentice – Hall of India Pvt Ltd.**
9. **Clarke, H. Harrison and Clarke David H. (1972) Advanced Statistics, New Jersey: Prentice hall Inc.**

YOGC-302, YOGA THERAPY

OBJECTIVES:

Explains innovation in yogic techniques , explains about Indian system of medicine and different therapies.

Know the application of therapy for physical and psychological problems.

CONTENT

UNIT- I

History of Yoga Therapy- Essence and Principles of Yoga therapy- Physiology and Pathology in the yoga – Shatra- koshas – doshas- Granthis – Pancha prana – Application of Yoga and its types- Methodology in Yoga Therapy – Factors (Heyam, Hetu, Hanam and Upayam)- Methods (Darsanam, Sparsanam, Prasnam, Nadi, Pariksa) Examination of Vertebra, joints, Muscles, Abdomenand Nervous system and therapeutic applications – Modification of yogic practices for Human Systems- Yogic diet.

UNIT- II

Application of Indian traditional systems of medicine and therapies: Ayurveda – Ashtanga Ayurveda – Doshas, Dinacarya, Ayurvedic diet, Panchakarma therapy – Siddha – Five elements theory, Physical constituents, pathology (Kayakalpa, Kitchen, Herbal and other types of medicine) – Naturopathy – Principles of naturapathy – Modalities of Naturopathy – Varmam and Thokkanam, Physiotherapy, Acupressure, Acupuncture, Chrome therapy, Music therapy, Pranic Healing.

UNIT- III

Therapeutic application of yoga: High blood pressure, Obesity, Diabetes Mellitus, Asthma, Ulcer, Migraine, Arthritis, Back Pain, Thyroid problems, constipation, impotency, infertility, stroke, Epilepsy, Parkinson’s disease, sleep disorders.

UNIT- IV

Therapeutic application of yoga for psychological disorders: Neurosis: stress, depression, eating disorders – psychosis: Schizophrenia, autism, Bipolar disorders, dementia- Personality disorders: Paranoid, histrionic, drug addicts – Smoking, Alcoholism, Gambling – Anti- Social Activities.

UNIT- V

Therapeutic application of yoga for the problems of women – Amenorrhea, Dysmenorrhea, menorrhagia, metrorrhagia, Hypomenorrhoea, oligomenorrhoea, polymenorrhoea, leucorrhoea, uterus related problems, miscarriage, pregnancy- Pre and post natal care, PCOS.

LEARNING OUTCOME:

Understand how holistic focus of yoga therapy encourages the integration of mind, body and spirit.

Understand the yogic management of each disease.

REFERENCE BOOKS:-

- 1. Shivananda Sarawathi (1975) Yogic therapy Gawhati, Brahmacharya yogeswar Umachal yojashram.**
- 2. Shemanthakamani Narendhan et al.(2008) yoga and pregnancy, Bangalore: Swami Vivekananda Yoga Prakshana.**
- 3. Nagarathna & Nagendra (2008) Yoga for Bronchial Asthma, Bangalore: Swami Vivekananda Yoga Prakshana.**
- 4. Nagarathna & Nagendra (2007) Yoga for Digestive disorder, Bangalore: Swami Vivekananda Yoga Prakshana**
- 5. Nagarathna & Nagendra (2008) Yoga for Hypertension and Heart disease, Bangalore: Swami Vivekananda Yoga Prakshana**
- 6. Nagarathna & Nagendra (2008) Yoga for Arthritis, Bangalore: Swami Vivekananda Yoga Prakshana**
- 7. Chandrasekaran(2012)Yoga Therapy, Chennai: VHF Publications**
- 8. Phulgonda Sinha(^1976)Yogic cure for common diseases, Delhi: Orient paper backs.**
- 9. Mamtura(2012)Yoga for Back pain and joint disorders, Mumbai: The yoga institute.**

YOGC-303, HATHA YOGA TEXTS

OBJECTIVES:

- Inclusion of astakarmas, eightyfour asanas, elaborate description on mudras and concept of pandabrahmana(microcosm and macrocosm etc)are the important features of the text as well as Astakarma.
- Explains hatha yoga texts, explains about pranayama, kriya , mudra and bhandha.

CONTENT

UNIT- I

Goraksataka, Hatha Yoga Pradipika, Ghrenda Samhitha, Siva Samhitha, Hatha Ratnavali, Siddha Siddhanta Paddihati

UNIT- II

Tirumantiram, Yoga Yajnavalkya Samhitha, Yoga Rahasya, Yoga Makaranda, Vini Yoga of Yoga, Light on Yoga, Yoga Mala.

UNIT- III

Asanas in Hatha texts: Definitions, pre-requisites, Special features

UNIT- IV

Pranayama in Hatha tests: Concept, Phases & stages, pre-requisities, Benefits, precautions, contradictions

UNIT- V

**Kriyas, Bandhas, Mudras, Meditation & Other practices in Hatha Yoga texts
Concept, Definitions, Precautions, Contradictions, Stages, benefits.**

LEARNING OUTCOME:

Understand the concept of purification of the body, eg. Chakri kriya, plavini, kevali, etc.
Understanding the do's and don't of kriyas, mudras, pranayama and bhandha.

REFERENCE BOOKS:-

1. **Brahma Kumaries Jagdish Chander Mount Abu: PBK Ishwariya Vishwa Vidyalaya.**
2. **Desikachar (2004) Yoga Yajnavalkya Samhita, Chennai: Krishnamacharya Yoga Mandiram.**
3. **Desikachar (2003) Nathamuni's Yoga Rahasya, Chennai: Krishnamacharya Yoga Mandiram.**
4. **Hausthul Desikachar (2016) The Hatha Yoga Pradipika, Chennai: Madia Garuda.**
5. **Meena Ramanathan (2006) Grandasamihita Lonavla: Kaivalyadama S.M.Y.M.Samiti.**
6. **Suburamanian (2003) The Yoga Vasishta, Chennai: Sura Books (Pvt) Ltd**
7. **Swami Gambirananda (2008) Eight Upanishads Kolkatta: Advaita Ashrama.**

8. **Swami Ranganathananada (2001) The message of Upanishads, Mumbai: Bharatiya vidya Bhavan.**
9. **VenkataReddy (1932) Hata ratnavali, Arthameru: M.S.R. Memorial Yoga series.**
10. **Elangovan. R (2016) Fundamentals of Yoga, Chennai: Ashwin Publications**

YOGP-304, YOGA PRACTICAL – III

OBJECTIVES:

- Explains about loosening the body before asanas and importance of Asanas and Mudras
- Explains different school of Meditation like Kundalini and Zen Meditation.

CONTENT

UNIT- I

Loosening the joints, Pawanmuktasana series, Suryanamaskar: Sivananda model, Chandranamaskar

UNIT- II

Asanas : Virabhadrasana, Parsvottanasana, Utthita Trikonasana, Adhomukha Svanasana, Karnapotasana, Kandharasana, Tittibhasana, Padma Sarvangasana, Salamba Srishasana, Gomukhasana, Setu Bandhasana, Chakrasana, Trianga Mukhaikapada Pascjomottanasana, Marichyasana, Virasana, Svastikasana, Shashangasana, Garudasana, Mayurasana, Padma Mayurasana, Bhadrasana, Simhasana, Akarna Dhanurasana, Parvakonasana, Savasana.

UNIT- III

Pranayama : Moorchapranayama, Anuloma viloma, Sadanta Pranayama, Pranayama with Kumbhaka and bandhas, Kriya, Dandadhauti, Vatsara dhauti, Nauli (Madhyama, Vama, Dakshina)

UNIT- IV

Mudras: Yoni mudra, Lotus mudra, Dhyani mudra, Sakthi Mudra, Shambavi Mudra, Pashinee Mudra, Maha Bheda Mudra, Ksepana Mudra.

UNIT- V

Meditation: DRT, walking meditation, Vipasana meditation, nine centred meditation, yogic sukshma vyayama, Sudharshana kriya, Zen meditation, Savita ki dhyan Dharana, Mind Sound Resonance technique.

LEARNING OUTCOME:

- Understand Asanas better and cultivate as our lifestyle
- Understanding the importance of Mudras and Meditation

REFERENCE BOOKS:-

1. **Iyenger B.K.S(1976) Light on Yoga, London, Unwin paperpacks.**
2. **Sivananda Saraswathi Swami (1934) Yoga Asanas Madras: My Magazine of India.**
3. **Sivananda Sarawathi Swami (2008) Asanas Pranayama, Mudra, Bandha, mungar: Yoga Publications trust.**
4. **Iyenger B.K.S(2008) Light on Pranayama, New Delhi, Haper Collins Publishers India.**
5. **Chandrasekaran K. (1999) Sound Health Through Yoga, Sedapatti: Prem Kalyan Publications.**
6. **Vishnu Devananda Swami (1972) The Complete Illustrated book of yoga, New York: Pocket Book.**
7. **Yogeshwaranand Saraswathi Swami (1975) First steps to higher yoga , Gongothari: Yoga nicketan trust.**
8. **Coulter, H David (2001) Anatomy and Hatha Yoga, USA: Body and Breath inc.,**
9. **Kirk Martin (2006) Hatha Yoha Illustrated Champaign Humankinetics.**
10. **Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama**
11. **Sathyananda Sarawathi Swami (2007) Meditations from thitantras Murugar: Yoga Publications.**

YOGP-305, CLINICAL APPLICATION OF YOGA THERAPY

OBJECTIVES:

- Explains about Heyam, Hetu, Hanam and Upayam and Nadi Pariksha
- Explains about modification of Asana, Pranayama, Meditation and Chanting.

CONTENT

UNIT- I

Vyuhnm in Yoga Therapy: Heyam or the Symptoms - Countering predisposing factors- Hetu or the cause- Aggravating factors – Hanam or the remedy – Relieving factors – Upayam or the tools – Importance of regular reviews. Pariksa in yoga therapy: In depth study of the diagnostic tools – Darsanam- Sparsanam – Prasnam – Neelakanta Model: The ideal teacher student relationship – Group classes vs individual classes. Nadi pariksa in yoga Therapy: Nadi system – definition from texts – The different types of Nadi-s and their significance – Methodology of nadi pariksa in yoga therapy – Application of nadi pariksa in yoga therapy – Difference between Nadi pariksa and Pulse reading

UNIT- II

Application of Therapeutic Tools: Extensive theoretical and practical learning about these diagnostic tools especially with respect to – The prerequisites for using these tools – The exact technique of using these tools – The limitations of these tools – The principles involved in inferring information by using these tools. Application of these tools during therapeutic intervention. Modification as applied in yoga therapy: Modification vs adaptation – Simplification vs intensification – Form vs function – Modification of asana – Modification of pranayama – Modification of meditation – Modification of chanting.

UNIT- III

Therapeutic application of yoga in Skeleto-muscular system: **Low back pain - Sciatica - Cervical spondilosis - Spondylosis - Ankylosing Spondilosis - Osteoarthritis - Rheumatoid Arthritis.**

UNIT- IV

Therapeutic application of yoga in Digestive system: **Gastritis - Peptic Ulcer Disease - Hernia - Constipation.** Therapeutic application of yoga in Respiratory system: **Allergic Sinusitis - Asthama - COPD.** Therapeutic application of yoga in Cardiovascular system: **Hypertension - Circulatory insufficiency - Varicose veins.**

UNIT- V

Therapeutic application of yoga in Nervous, Endocrine, Urinary, Lymphatic, Reproductive system and Sensory Conditions:- **Migraine - Epilepsy and Stroke - Hypo and Hyperthyroidism - Irregular periods - Pregnancy - pre & post natal care - Urinary insufficiency - Lymphatic edema - Refractive errors in the eye.**

LEARNING OUTCOME:

- To understand the tools of Yoga Therapy
- To understand the application of Therapeutic yoga to the convenient of the needy people.

REFERENCE BOOKS:-

1. Chandrasekaran(2012)Yoga Therapy, Chennai: VHF Publications
2. Gose, vaze, Kulkarni and oak (2008) yoga therapy for saluted diseases, Lonarla: Kairalyadhama.
3. Stiles Mukanda, Structural Yoga Therapy, New Delhi: Goodwill Publishing House
4. Mamtura(2012)Yoga for Back pain and joint disorders, Mumbai: The yoga institute.
5. Kuralayanenda Swami and Vinikar (2011) Yogi Therapy Lonevla: Kairalyadhama

YOGE-306, YOGA UPANISHADS

OBJECTIVES:

- To make the students realise their selves and explain the concepts of Yoga Upanishads.
- Understand the concept of Asana, Meditation according to yoga Upanishads

CONTENT

UNIT- I

Swetaswataropanishad: Techniques and Importance of Dhyanyoga, suitable place for Dhyana, Sequence of pranayama & its importance, Prior symptoms of Yogasiddhis, Importance of Yogasiddhis, Tattvajna, Nature of God, techniques for Realization, Attainment of liberation.

UNIT- II

Yogakundali Upanishad: Methods of Pranayama Siddhi, Types of Pranayama, means of Self-realization. Yogachudamadi Upanishad: The description of the six limbs of yoga, their results and sequence. Trishikhibrahmanopanishad: Description of Ashtangayoga, Karmayoga and Jnanayoga.

UNIT- III

Yogatattva Upanishad: Mantrayoga, Layayoga, Hathayoga, Rajayoga and their stages, diet and Dincharya, primary symptoms of yoga siddhis and precautions. Dhyanbindoopanished: Importance of Dhyanayoga, Nature of Pranav, Techniques of Pranav meditation, Shadanyoga, Atmadarshan through Nadanusandhan.

UNIT- IV

Nadabindoopanished: Hansavidya: description of various limbs of Omkar, 12 matras of omkar and its results of their application with Pranas, Types of nadas, nature of nadanusandhan sadhana, state of Manolaya.

UNIT- V

Yogarajopnishad: Mantrayoga, Layayoga, Hathayoga, Rajayoga, nine chakras, procedures of Dhyana and its results.

LEARNING OUTCOME:

- Understanding how to attain the liberation through yoga, Dyana, Pranayama and description about Limbs of yoga
- To make awareness to the students about types of Nadis and different state of mana and Chakra systems.

REFERENCE BOOKS:-

1. **Brahma Kumaries Jagdish Chander Mount Abu: PBK Ishwariya Vishwa Vidhyalas**
2. **Desikachar (2003) Nathamuni's Yoga Rahasya, Chennai : Krishnamacharya Yoga Mandiram .**
3. **Desikachar (2004) Yoga Yajnavalkya Samhita, Chennai: Krishnamacharya Yoga Mandiram**
4. **Hausthul Desikachar (2016) The Hata Yoga Pradipika, Chennai : Madia Garuda.**
5. **Meena Ramanathan (2006) Grandasamihita Lonavia : Kaivalyadama: S.M.Y.M. Samiti.**
6. **Suburamanian (2003) . The Yoga Vasishta, Chennai : Sura Books (Pvt)., Ltd.**
7. **Swami Gambirananda (2008) Eight upanisads Kolkata: Advaita Ashrama**
8. **Swami Ranganathananada (2001). The message of the upanisads, Mumbai:Bharatiya Vidya Bhavan.**
9. **Venkata Reddy (1932) Hata Ratnavali, Arthameru: M.S.Memorial Yoga Series**
10. **Elangovan .R (2016) Fundamentals of Yoga, Chennai: Ashwin Publications.**

YOGP-308, INTERNSHIP

[HOSPITALS OR HEALTH CENTERS OR YOGA CENTERS]

Internship will be organized for 5 days. The assessment of the students is internal for 100 marks. Students should design programme in yoga and are to practice and train in Hospitals or Health centers or YOGA centers for 5 days.

SEMESTER - IV

YOGC-401, TRADITIONAL SYSTEMS OF MEDICINE AND THERAPIES

OBJECTIVES:

- To have knowledge about treating disease in an holistic way. Ayurveda is life science and about Charaka Samhita.
- Siddha-Promote growth and development used in chronic disease and degenerative disease.
- The motive of Naturopathy is to cultivate the good habits and healthy lifestyle among people.
- Knowledge about vital points, vital center and their therapy.

UNIT- I

Origin of Ayurveda- Aim and importance of Ayurveda, Philosophy and goals of Ayurveda, unique approach of Ayurveda – Ayurveda texts – Chakra Samhitha, Sushrut Samhitha, Kashyapa Samhitha, Rasatantra, Unique features of Ayurveda – Hygienic principles of Ayurveda (Dincharya) – Five elements of Ayurveda Doshas, Gunas, Dhatus, Upa Dhatus, Eight categories or branches of treatment – Nadis vijnana – Nadisand Chakras – Characteristics of different prakritis – causes of disease – Method of disease examination – Ayurveda diet.

UNIT- II

Ayurveda effect of yogic principles & Therapies – Ayurvedic purification practices – Panchakarmas – Vamanan, Virechanam, Basti, Anuvaasana, Nasya, Rakta moksana, Abhyanga, Swedanam, Nasayam, Njavarakizhi, Pizhichil.

UNIT- III

History and concepts of Siddha medicine: Principles of Siddha Medicine system, Five Elements theory, Three Biological Humors, Seven Physical Consituents, Pancha Bhudas, Pancha Koshas, Typrs of Siddha medicine, importance of Kayakalpa Kitechen and herbal medicine, Diet regulations, Varmam and Thokkanam, Treatment of Siddha Medicine for life style diseases.

UNIT- IV

Concepts of Naturopathy – Principles of Naturopathy – Methods of Naturopathy: Diet, Fasting, Treatment by earth, water treatment, Treatment by rays, massage.

UNIT- V

Acupuncture, Acupressure, Exercise Therapy, Physotherapy, Music Therapy, Color Therapy, Magneto Therapy, Reiki.

LEARNING OUTCOME:

- Healing ability of our body is understood clearly with evidence.
- Promoting Indian system of medication and knowing their importance.

REFERENCE BOOKS:-

1. **Balakrishna Acharya (2006) Ayurveda its principles and Philophies, Hardwar: Divya Prakashan**
2. **Atharale V.B. (1980) Basic Principles of Ayurveda, Bombay: Pediatric Clinics**
3. **Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd.**
4. **Balakrishna Acharya (2012) A practical approach to the Science of Ayuruveda, Haridwar, Divya Prakashan.**
5. **Frawley David and Sandra Summerfield kozak (2011) Yoga for your type New Delhi: New Age Books.**
6. **Vasant Dattatray Lad (2007)Scerets of Pulse, The Ancient art of Ayuruveda pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt Ltd.**
7. **Ashwini Yogi (2011) Sanatan Kriya. The Ageless Dimension. New Delhi:Dhyan Foundation.**
8. **Stiles Mukunda (2009): Ayurvedic Yoga therapy New Delhi: New age books**
9. **Sivananda Swami (2006) Practice of Ayurveda Shivanandanagar: The Divine Life Society.**
10. **Atreya (2000)Ayurvedic Healing for women, Delhi Motilal Beharsidass.**

YOGC-402, YOGA SUTRAS

OBJECTIVES:

- To have knowledge about Vritti, Chitta, Klestha, Smrithi, Samskaras, Modification of mind, Avidhya etc.
- Describes about Astanga Yoga Principles; Viboothi Padha teaches us Antaranga and Bahiranga concept
- Different stages in Samadhi to attain God's state – Kaivalya Pada.
- Sadana Padha talks about Kriya, Astanga yoga

CONTENT

UNIT- I

Basics and date of yoga Sutra – Raja Yoga – notable commentaries – Ashtanga –Yoga – mind- psychic Powers. 1. Samadhi Pada, 2. Sadhana Pada, 3. Vibhuti Pada, 4. Kaivalya Pada.

UNIT- II

1:1-2, 1:5 to 7, 1:12, 1:17 to 18, 1:30 to 51

UNIT- III

2:1-11, 1:23 to 24, 2:28 to 55

UNIT- IV

3:1-9, 3:25 to 38, 3:41,3:56

UNIT- V

4:1, 4:7, 4:19,4:34

LEARNING OUTCOME:

- Knowledge about 4 padas, various stages to attain siddhi and samskaras.
- Self discipline and social discipline is followed by practising of Astanga yoga.
- Can know about “Chitta Vritti Nirodhaga” concept.

REFERENCE BOOKS:-

- 1. Desikachar (1995) The Heart of Yoga Researcher: Inner Traditions International**
- 2. Desikachar (2008) Reflections of Yoga Sutras of Patanjali Chennai: Krishnamacharya Yoga Mandiram**
- 3. Swami Prabhavananda (2002) Patanjali Yoga Sutras Madras: Sri Ramakrishna Math**
- 4. Swami Satyananda Saraswathi (2005) Four Chapters on Freedom, Munger:**

Yoga Publication Trust.

YOGC-403, PROJECT

- 1. To acquire practical knowledge**
- 2. To acquire skill in the administration of yogic practices in the real life**
- 3. To identify some common problems found among people**
- 4. To do a systematic investigation into such problems**
- 5. To suggest remedial measures to make life more meaningful and purposeful**
- 6. To learn the clinical method, case history writing, measurement of clinical symptoms, Psychological parameters. Application of Statistics on the initial and final data recorded**

YOGP-404, YOGA PRACTICAL -IV

UNIT- I

**Loosening the Joints: Pavanmuktasana series- Suryanamaskar:Kriya
Suryanamaskar, Advance Suryanamaskar**

UNIT- II

**Asanas : Ardha Baddha Padmottanasana, Utthita Hasta padangusthasana,
Vatayanasana, Hanumanasana, Padangushthasana, Padma Sarvangasana, Karna
pidasana, Vrischikasana, Poorna Bhujangasana, Poorna Salabhasana, Poorna
Dhanurasana, Poorna Matsyendrasana, Eka Pada Sirsasana, Koormasana, Padma
Paschimottanasana, Paryangasana, Bhekasana, Baddha Padmasana,
vamadevasana, Parivritti Janusirshasana, Savasana.**

UNIT- III

**Pranayama : Kewali Pranayama (Soham), Plawini Pranayama, Kumbhaka and
Bandhas with ratios.**

UNIT- IV

**Kriyas :Ghrta Neti, Dugdha Neti, Basti (Enema), Bandha: Maha bandha
Mudras: Kaki Mudra, Bhujangini mudra, vipareeta karani mudra, kundalini mudra,
Mahavedha mudra, Vajroli / Sahajoli mudra, Manduki mudra, Ashwinimudra.**

UNIT- V

Meditation: Transcendental, cyclic (S-vyasa), Guided Meditation, Dynamic Meditation, Tibetan meditation.

REFERENCE BOOKS:-

1. Iyengar B.K.S. (1976) **Light on Yoga**, London, Unwin Paperpacks.
2. Sivananda Saraswathi Swami (1934) **Yoga Asanas Madras: My Magazine of India**
3. Satyanada Saraswati Swami (2008) **Asana, Pranayama, Mudra, Bandha, Munger: Yoga Publications Trust.**
4. Iyenger B.K.S. (2008) **Light on Pranayama**, New Delhi: Haper Collins Publishers India.
5. Vishnu Devananda Swami (1972) **The Complete Illustrated Book of Yoga**, New York: Pocket Books.
6. Chandrasekaran K. (1999) **Sound Health through Yoga Sedapatti: Prem Kalyan Publications.**
7. Yogeshwaran and Saraswathi Swami (1975) **First Steps to Higher Yoga**, Gangothari: Yoga Niketan Trust.
8. Coulter, H. David (2001) **Anatomy and Hatha Yoga**, USA: Body and Breath Inc.
9. Kirt Martin (2006) **Hatha Yoga Illustrated Champaign: Humenkinetics.**
10. Gharote (2004) **Applied Yoga**, Lonvla:Kaivalyadhama.
11. Kathy Lee Kappmeier and Diane M. Ambrosini (2006) **Instructing Hatha Yoga**, Champaign: Human Kinetics.

YOGP-405, CLINICAL APPLICATION IN TRADITIONAL SYSTEMS OF MEDICINE AND THERAPIES

OBJECTIVES:

- Examination of methodology in yoga therapy and various factors.
- To knowledge about traditioanal Indian medical systems and therapies.
- Various therapeutic applications for various diseases and disorders and discussed and problems in women.

CONTENT

UNIT- I

Methodology in Yoga Therapy: Factors (Heyam, Hetu, Hanam and Upayam) – Methods (Darsanam, Sparsanam, Prasanam, Nadi Pariksa) Examination of Vertebra, joints, muscles, abdomen and Nervous system and therapeutic yoga practices- Modifications of yogic practices.

UNIT- II

Application of traditional Indian Medical systems and therapies: Ayurveda – Doshas, Dinacarya, Ayurvedic diet, Panchakarma therapy. Siddha – Five elements Theory, physical constituents, pathology (Kayakalpa, Kitchen, Herbal and other

types of medicine) – Varmam and Thokkanam,- Exercise Therapy, cryo therapy, Acupressure, Acupuncture, Chrome therapy, Magneto Therapy, Music therapy, Pranic Healing , Naturopathy, Modalities of Naturopathy, Reflexology.

UNIT- III

Therapeutic applications for: **High Blood pressure, Obesity, Diabetes mellitus, Asthma, Sinusitis, Migraine, Arthritis, Back Pain, Thyroid problems, constipation, impotency, infertility, stroke, Epilepsy, Parkinson's disease, sleep disorders, skin diseases, insomnia, Anaemia.**

UNIT- IV

Therapeutic applications for Psychological disorders: **Neurosis: Stress, Depression, Eating Disorders. Psychosis: Schizophrenia, Autism, Bipolar disorders, Dementia. Personality Disorders: Paranoid, histrionic, Drug Addicts – Smoking, Alcoholism, Gambling – Anti-Social activities**

UNIT- V

Therapeutic applications for the problems of Women: **Amenorrhea, Dysmenorrhea, Menorrhagia, Metrorrhagia, Hypomenorrhoea, Oligomenorrhoea, Polymenorrhoea, Leucorrhoea, Uterus related problems, miscarriage, pregnancy – Pre and Post natal care, PCOS**

LEARNING OUTCOME:

Leaving the modifications in yoga for examination and treating diseases in human body. Learned about holistic approach through traditional Indian system and therapies and its techniques.

To understand therapeutic applications for the various problems in women like uterus related problems.

REFERENCE BOOKS:-

1. Balakrishna Acharya (2006) **Ayurveda its principles and Philosophies**, Hardwar: Divya Prakashan
2. Atharale V.B. (1980) **Basic Principles of Ayurveda**, Bombay: Pediatric Clinics
3. Frawley David (2000) **Yoga and Ayurveda** Delhi: Motilal banarsidass Publishers Pvt Ltd.
4. Balakrishna Acharya (2012) **A practical approach to the Science of Ayurveda**, Haridwar, Divya Prakashan.
5. Frawley David and Sandra Summerfield kozak (2011) **Yoga for your type** New Delhi: New Age Books.
6. Murthy Chidananda (2010) **Yogic and Naturopathic Treatment for common ailments**, New Delhi: Central council for research in Yoga and Naturopathy
7. Basvaraddi Iswar (2012) **Important therapeutic modalities used in Naturopathy**, New Delhi. Central Council for research in Yoga and Naturopathy
8. Bakhru (2011) **The complete Handbook of Nature cure**, Mumbai: Jaico publishing House.
9. Gala Dr, Dhiren Gala and Sanjay gala (2008) **Nature cure for common diseases**, Ahmadabad: Navneet Publications (India) Ltd.,

YOGE-406, NATUROPATHY

OBJECTIVES:

- Fundamental principles of naturopathy and laws of nature.
- Various treatment methods in Hydrotherapy and electrotherapy.
- Prevention of diseases and diagnosis procedure in naturopathy and nature cure treatments.

CONTENT

UNIT – I:

Basics and History of Naturopathy: Definitions – Concepts – Aims and Objective – Fundamentals – Principle – Importance of Naturopathy.

- 1. Naturopathy History in Ancient period, India – Development of modern Naturopathy General Rules of Naturopathy**
- 2. Laws of Nature: Pancha Mahabhuta, Concepts of Natural Diet - Naturopathy Diet – Eliminative Diet – Soothing Diet – Constructive Diet**

UNIT – II:

Hydro therapy and Electro therapy Treatments: Cold Compress – Cold Foot Bath – Cold Immersion Bath – Graduated Bath – Cold Hipbath - Neutral Immersion Bath – Spinal Bath – Full Wet Sheet – Mud Bath – Mud Pack- Kuhne’s Friction Sitz Bath

- 1. Heating Compress – Hot Foot Bath – Hot Hip Bath – Hot Immersion Bath –Slender Tone – Steam Bath – Sun Bath – Plantain leaf bath, Jet Baths -Hot Jet Spray Massage, Spray Massage – Circular Jet Massage – Jet Shower Massage**
- 2. Infra-Red Rays – IFT (Interferential Therapy) - Ultra Violet Rays - Ultrasonic – Diathermy -TENS (Transcutaneous Electrical Nerve Stimulators).**

UNIT – III :

Diagnosis: The Diagnostic procedures in Naturopathy: Spinal Analysis, Facial Diagnosis, Iris Diagnosis, chromo diagnosis and its diagnostic values.

- 2. Importance of the physical and mental hygiene, Personal life and prevention of diseases**
- 3. Techniques to acquire Natural immunity in diseases.**

UNIT – IV:

Nature Cure Treatments: Enema, Fasting, Natural Diet, Sun bath, Hydrotherapy, Mud therapy, Acupressure, Acupuncture and Magneto Therapy, Massage therapy.

- 1. Spinal bath, Steam bath, Chest pack, Mud packs.**
- 2. Chromo therapy – Color treatment, Heat, Light, Electricity, Ultraviolet and Infra-red rays.**

UNIT-V:

Nature Cure Treatments: Skeletal disorders: Back Pain – Arthritis

- 1. Metabolic Disorders: Diabetes – Obesity Skin Disorders: Psoriasis**
- 2. Hormonal Disorders – Menstrual Irregularity, Thyroid**

LEARNING OUTCOME:

- Understanding mahaboodha thatuvas and importance of naturopathy treatment in the current scenario.
- To know about various treatment , to treat various disorders/ diseases by the treatment of hydrotherapy and electrotherapy.
- To learn procedures in naturopathy and diagnosis techniques to treat natural immunity diseases.

REFERENCE BOOKS:-

1. **Henry Lindlahr, Philosophy of Nature Cure, Read classic.com publisher, 2010**
2. **S.J.Singh., History and Philosophy of Nature Cure, 1996**
3. **M.K.Gandhi., My Nature Cure, publisher Jitendra T Desai, Ahmedabad, 1997**
4. **V.M.Kulakarni, Naturopathy, The Art of Drugless Healing, Arogya Seva Sadan, 2012**

ELECTIVE (VALUE ADDED COURSE)
YOGA – 107- YOGA FOR PERSONALITY DEVELOPMENT

Objectives:

- After going through this module, you should be able to: Illustrate the yogic concept of personality .
- Explain the meaning and dimensions of an integrated personality.
- Explain how the practice of Yoga can help you develop an integrated personality.
- Elucidate the concept of self-development and the role of human values in self development.
- Explain how the practice of Yoga can lead to human excellence.

CONTENT

Unit-I	Introduction - Yogic concepts of personality - Yoga for integrated personality development - Dimensions of integrated personality – Yoga – Meaning – Definition – Principles – Type of Yoga – Role of Panchakosha in Personality Development.
Unit - II	Self Management – Facing Problems – Controlling Anger – Need to Cultivate compassion – Overcoming of Jealous and selfishness – Cultivating Virtue Yoga.
Unit-III	Technique for happy and Successful Living – Power of Mind - Harmony of Living – Communications – Soft Skill – Cultivating Skillful Speech.
Unit – IV	Yoga for Self Development – Self Esteem – Self Analysis – SWOT Analysis – Yogic Way of Life - Ahara (food) - Vihara (recreation) - Acara (conduct) - Vicara (thought) - Vyavahara (behavior).
Unit – V	Yogic practices for Personality Development - Asana - Pranayama – Meditation – Relaxation – Awareness - self-awareness - self-reliance - self-confidence.

LEARNING OUTCOME:

- To learn integrated personality development and panchakosha concept through yoga for happy and successful living.
- Discuss about swot analysis; yogic way of living.
- Yogic practices for personality development.

Reference Books:

1. Rukmani T.S. (1999). Yoga Vrttika of Vijnanabhiksu. Delhi, Mushiram Manohar Lal Taimni I.K. (1961)
2. The Science of Yoga. The Theological Publishing House, Adyar, Madras, India. Santrock, John W. (2007).
3. A Topical Approach to Life Span Development. New Delhi: Tata McGraw- Hill Publishing Company Limited. Saraswati, Swami Niranjananda (1997).

- 4. Gheranda Samhita. Munger: Bihar Yoga Bharati. Saraswati, Swami Satyananda (1996). Asana Pranayama Mudra Bandha. Munger (Bihar): Yoga Publications Trust. Saraswati, Swami Satyananda (1998).**
- 5. Yoga Nidra. Munger: Yoga Publications Trust. Saraswati, Swami Satyananda (2004). Nine Principle of Upanishads. Munger (Bihar): Yoga Publication Trust. Saraswati, Swami Satyananda (2011).**
- 6. Four Chapters of Freedom: Commentary on the Yoga Sutra of Sage Patanjali. Munger (Bihar): Yoga Publication Trust. Saraswati, Swami Satyananda (2011).**
- 7. 'Concept of personality: Indian perspective'. Ind Psychiatry J., 2012.**

YOGE -207 – YOGA PHILOSOPHY

Objectives:

- To make aware of the basic principles of Yoga.
- To make aware of the need for practices of Yoga

CONTENT

- Unit – I** Historical background of Yoga – Definition – Nature and scope of Yoga - Importance and Principles of Yoga – Yogic Techniques
- Unit - II** Yogic Concept in Thirumandiram – Eight fold path of Patanjali Yoga – Moral – Physical, Psychological and Mystical development.
- Unit – III** Types of Yoga – Karma, Gnana, Bhakthi Yoga, Kriya Yoga - Concept – Saiva Siddhanta Concept - Pathi , Pasu.
- Unit – IV** Swami Vivekananda Concept of Yoga Philosophy- Sri Aurobindo’s Integral Yoga – Saint Ramalinga Philosophy.
- Unit – V** Yoga for Physical, Mental and Spiritual Health – Stress Management through Yoga – Yoga for Personality Development.

LEARNING OUTCOME:

- To learn principles of yoga and yogic concept of mystical development.
- Different types and yogic concept of yoga.
- To learn philosophical concept of yoga

Reference Books:

1. S.N.Dasgupta, Yoga Philosophy, Mutilal Banarsidas, Delhi.
2. James Hewitt, Yoga Teach yourself Book, London.
3. T.N.Ganapathy & K.R.Arumugam – The Yoga of Tirumoolar, Yoga Research Centre, Chennai.
4. Swami Prabhavananda, Pathanjai Yoga Sutras, Ramakrishna Mutt, Chennai, 2008.
5. V.R.Vijayakumar, Yoga and Nature of man (Tamil) Ayagiriva Publishers, Chennai 2008.
6. Dr.K.Venkatachalapathy and V.Suseela “Ontology of Yoga”, Annamalai University Publications, Chidambaram.
7. Dr.D.Rukmani, “Be Your Own Doctor through Yoga”, G.V.Publisher, Chennai – 2007.
8. Swami Abhedananda, ‘Yoga theory and practice, Ramakrishna Mutt, Calcutta – 1967.
9. Jean Filliozat, “Religion Philosophy Yoga Motilal Banarsidass Publishers Pvt. Ltd., 1982.
10. Vivian Loorthington, A History of Yoga, Routledge and Kegan Paul, London, 1992.

11. Swami Abhedananda, Yoga Psychology, Ramakrishna Mutt, Calcutta, 1967.

YOGE – 307- VALUE EDUCATION AND SPIRITUALITY

Objectives:

- **Make learner's to awareness about value education and spirituality**
- **To make aware of the core values.**

CONTENT

Unit-I	Introduction to Value Education and Spirituality –Need and Scope of Value Education –Importance of Value Education.
Unit – II	Concept – Definition – and classification of Values – Seven Spiritual laws – Human Rights –Empowering Women through Yoga.
Unit – III	Ten Core Values – Co-operation –Freedom–Happiness–Honesty–Humanity - Love – Peace – Responsibility - Tolerance and Unity.
Unit – IV	Value Based Life Skills –Personality Development–Self Analyses–Self Esteem- Self Concept.
Unit – V	Role of Yoga and Spirituality – Spiritual Development through Yoga–Type of Yoga and its Importance –SWOT Analysis. (Strength, Weaknen, Opportunity and Threat)

LEARNING OUTCOME:

- **To learn about value education to empower education to make or create life long learners.**
- **To understand the concept of Human moral values and life skill developments.**

Reference Books:

- 1. Value Education – Brahmakumaris – Education Wing, Mount Abu.**
- 2. Light on Yoga – BKS – Iyengar**
- 3. Yoga for Human Excellency – Ramakrishna Mutt.**
- 4. Singh M.S. Value Education – Adhyayan, Publishers and Distributers, New Delhi., 2007.**
- 5. Chand Jagadish – Value Education – Anshah Publishing House, New Delhi – 2007.**

YOGE -407 – YOGA FOR MENTAL HYGIENE

Objectives:

- **To make the students aware of the Mental Hygiene.**
- **To make the students aware of Various Relaxation Practices.**

CONTENT

- Unit – I** **Mental Hygiene – Meaning – Definition - Significance and Importance of Mental Hygiene - Solving the Mental Problems through Yoga – Preventive – Constructive and Curative Process - Yoga Education - Yoga Therapy for Mental Hygiene.**
- Unit - II** **Mental Health and Self Adjustment through Yoga for Psycho-somatic Disorders Anger – Anxiety – Stress- Frustration – Depression – Mood Swing.**
- Unit – III** **Thoughts – Types of Thoughts – Power of Thoughts – Positive Thinking – Thought Culture – Techniques of Thoughts Control – Sanskor - Re-engineering – Different Stage of Mind – Application of Mind.**
- Unit – IV** **Yoga and Mind – Relaxation Techniques - Quick Relaxation , Instant Relaxation , Yoga Nidra, Various Stages of Yoga Nidra – Andhar Mouna.**
- Unit – V** **Yoga for Differently abed - Physically Challenged – Mentally Challenged – Yoga for Women – Yoga for Adolescent – Elders.**

LEARNING OUTCOME:

- Students may solve their physical and mental problems through yoga
- To development the social adjustments through yoga in students.
- Students relax their mind by using different relaxation techniques through yoga.
- Impact of yoga for intellectually challenged people

Reference Books:

1. **Sri Ananda, The Complete Book of Yoga Harmony of Body and Mind (Orient Paper Backs: Vision Books Pvt.Ltd., 1982.**
2. **Swami Satyananda Sarawathi, Dynamic of Yoga, Yoga Publications Trust, Munger, Bihar 2nd Edition, 2007.**
3. **Ulka Ajit Natu, Yoga for Health, Health, Healing and Harmony – 2008.**
4. **Swami Abhedananda, ‘Yoga theory and practice, Ramakrishna Mutt, Calcutta – 1967.**
5. **Jean Filliozat, “Religion Philosophy Yoga Motilal Banarsidass Publishers Pvt. Ltd., 1982.**
6. **Vivian Loorthington, A History of Yoga, Routledge and Kegan Paul, London, 1992.**
7. **Swami Abhedananda, Yoga Psychology, Ramakrishna Mutt, Calcutta, 1967.**