



# Swami Vivekananda Yoga Anusandhana Samsthana

(Deemed to be University under section 3 of the UGC  
act, 1956)

Ekmath Bhavan, Gavipurama Circle, K.G. Nagar,  
Bengaluru-560019

## ACADEMIC CURRICULUM Academic Year 2018-19

Master of Science (Yoga Therapy)  
M.Sc (YT)



<b>Sl. No</b>	<b>Committee Members</b>
01	Dr R Nagarathna (Prof. Life Sciences)
02	Dr Sanjeeb Patra (Registrar S-VYASA )
03	Dr Kavita (Asso Prof life Sciences)
04	Ms. G Padmasri (Asst Prof Physical Sciences)

### **1.0 Introduction**

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA, Deemed to be University) conceptualized the MSc ( Yoga Therapy ) with the objective of producing Yoga Therapists / consultants who would assist conventional medicine specialists in their profession to get rid of wide range of psychosomatic ailments. The academic council approved the syllabus in 2014-15. Present syllabus is a revision to a revision of the earlier implementing CBCS. Total credits of MSc are divided into Divisional and Institutional in the ratio of 80:20 respectively. Divisional is further divided into core and elective in the ratio of 60:40 respectively. Also Institutional is further divided into core and elective in the ratio of 60:40 respectively.

The duration of the course remained the same and entire duration of the course is divided into four Semesters. First semester consists of Five Theory subjects and Three practical subjects viz, Yoga Philosophy, Research Methodology, Anatomy, Physiology, Yoga for prevention and promotion of health and practical subjects' viz Yoga practice for Emotion Culturing, Yoga Practice for Personality development, Yoga Practice for prevention and promotion of health. Second Semester includes Five theory, three practical and one field work subjects' viz Sanskrit Bhasha Vijnanam, Evidence based Yoga Therapy-1, Evidence based Yoga Therapy – 2, Yogic Counselling, elective and practical subjects viz Yoga Therapy Techniques, Methods of Scientific Writing, Advanced Yoga Techniques and field work viz Synopsis. In the third Semester students will undergo their training in the in house Yoga Therapy treatment centre and inculcate more knowledge about Yoga therapy procedures and effective way of teaching techniques, learn Biostatistics and collect data for their project work and analyse. In the last semester students will be taught the subjects viz, Patanjali Yoga Sutra, Integrative Medicine Model, Hatha Yoga Pradipika and they have practical subjects viz, Yoga way of life, Classical Yoga, Advanced Yoga Techniques -2 and finish writing dissertation and present and send paper.

The academic curriculum has four sections, Section – 1 contains all information about the goal of the course, section –II has all details about the subjects such as credits and number of teaching hours. Section- III explains about scheme of examination and Section IV has all about award of the said degree and grading system.

### **2.0 Section – 1**

#### Goals of MSc Course

1. Recognise the common health problems consulting a physician.
2. Become aware of the research advances and developments in the field of Yoga
3. Acquire a spirit of scientific inquiry and oriented to the principles of research methodology.
4. Become proficient by developing scientific temper and experience
5. Plan and design a module of yoga for a particular problem
6. Demonstrate empathy and humane approach towards patients and their families and exhibit interpersonal behaviour in accordance with the scientific norms and expectations.
7. Improve skills as a self directed learner; recognise continuing educational needs, select and use appropriate learning resources.
8. Demonstrate competence in basic concepts of research methodology and be able to critically analyse relevant published research literature.

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9. Work towards realization of health for all, as a national goal through Yoga.
10. To understand the medical ethics and never prescribe a module without consulting a doctor.
11. To become well versed in research and improve the skills of carrying research with medical researchers in the field of yoga
12. To demonstrate the usefulness of yoga through contiguous effort and encourage a patient to practice yogic techniques without fail.
13. To convince a patient to understand the root cause of his / her problem as yoga believes in the concept 'identification of a disease is 50% cure'.

### **INSTITUTIONAL GOALS:**

After the completion of post-graduation program in yoga therapy, the students must:

1. Be able to design a Yoga Module based on the severity of the condition with consultation with medical doctors.
2. Be proficient in the Yoga Therapy Techniques he/ she prescribes for health issues.
3. Develop a humane attitude towards the patients and never give burden to a patient in terms of financial affordability.
4. Enjoy an urge for self-improvement, directed towards advanced expertise or research in the field of yoga
5. Be able to give spiritual counselling and explain the manifestation of a disease in the context of yogic scriptures and spiritual lures.
6. Explore and understand the cause of his / her problem for which the patient has been suffering
7. Be able to work successfully in a variety of health care settings
8. Develop integrity, responsibility, reliability, dependability and compassion which are characteristics required for successful professional life.
9. Develop leadership and communication skills to work as leading therapist in health care teams.

### **OBJECTIVES OF THE PROGRAM:**

The post-graduation program in Yoga Therapy has been designed with the following objectives

1. To train students in Yoga Therapy so as to enable the students to become well versed in Yoga Therapy.
2. To integrate Yoga Therapy with other systems of medicine to speed up the process of recovery
3. To explore the possibilities of promoting Yoga Therapy integrating medical practice at conventional medical facilities attached to the institute.
4. To produce Yoga Therapists with in-depth understanding of basic sciences and mechanism of action of every technique prescribed for a disease.
5. To bring all round personality development of the students at all levels of their personality.
6. To produce the therapists of high calibre who could work efficiently as a yoga therapist in the hospitals, spa, wellness centre, start their yoga centre and join the yoga department of the universities as an assistant professor.

### **3.0 SECTION – II**

## M.Sc Syllabus

### **Attendance**

Each semester is considered as a unit and the candidate has to put in a minimum attendance of 90% in each subject with a provision of condonation of 10% of the attendance by the competent authority on the specific recommendation of the Dean on valid reasons viz, emergency at home, marriage, medical emergency etc.

The basis for the calculation of attendance shall be the period prescribed by the university by its calendar of events. The students shall be informed about their attendance position periodically so that the students will be cautious to make up the shortage.

### **TEACHING HOURS AND CREDITS**

### **SEMESTERWISE THEORY AND PRACTICAL SUBJECTS**

#### **Semester-I**

M.Sc Syllabus

Subjects	Subject code	Credits	Tot Hrs	Lecture	Tutorial	Practical	Field Work
<b>Theory subjects</b>							
Yoga Philosophy(Institutional core-IC)	MSTIC-101	03	45	45	0	0	0
Research Methodology(Divisional Elective-DE)	MSTDC-102	04	60	60	0	0	0
Anatomy(Divisional core-DC)	MSTDC-103	03	45	45	0	0	0
Physiology(DC)	MSTDC-104	03	45	45	0	0	0
Yoga for prevention and promotion of health(DC)	MSTDC-105	03	45	45	0	0	0
<b>Practical subjects</b>							
Yoga practice for Emotion Culturing (DC)	MSPDC-101	02	60	0	0	60	0
Yoga Practice for Personality development(DC)	MSPDC-102	02	60	0	0	60	0
Yoga Practice for prevention and promotion of health(DC)	MSPDC-103	02	60	0	0	60	0
	<b>Total</b>	<b>22</b>	<b>420</b>	<b>240</b>	<b>0</b>	<b>180</b>	<b>0</b>

**Semester-II**

Subjects	Subject code	Credits	Total Hrs	Lecture	Tutorial	Practical	Field Work
<b>Theory subjects</b>							
Sanskrit Bhasha Vijnanam(IC)	MSTIC-201	03	45	45	0	0	0
Evidence based Yoga Therapy – 1 (DC)	MSTDC-202	03	45	45	0	0	0
Evidence based Yoga Therapy – 2(DC)	MSTDC-203	03	45	45	0	0	0
Yogic Counselling (DE)	MSTDE-204	02	30	30	0	0	0
DE	MSTDE-205	03	45	45	0	0	0
<b>Practical subjects</b>							
Yoga Therapy Techniques - DC	MSPDC-201	02	60	0	0	60	0
Methods of Scientific Writing(DE)	MSPDE-202	02	60	0	30	30	0
Advanced Yoga Techniques -1(DE)	MSPDE-203	02	60	10	0	50	0
Synopsis(Dissertation)	MSF-204	02	60	0	0	0	60
	<b>Total</b>	<b>22</b>	<b>450</b>	<b>220</b>	<b>30</b>	<b>140</b>	<b>60</b>

**Semester-III**

Subjects	Subject code	Credits	Total Hrs	Lecture	Tutorial	Practical	Field Work
Arogyadhama Field Training – 1	MSFDC-301	04	120	0	0	0	120
Arogyadhama Field Training – 2	MSFDC-302	04	120	0	0	0	120
Arogyadhama Field Training – 3	MSFDC-303	04	120	0	0	0	120
Arogyadhama Field Training – 4	MSFDC-304	04	120	0	0	0	120
Biostatistics (DE)	MSFDE-305	02	60	0	15	45	0
Dissertation	MSF-306	04	120	0	20	0	100
	<b>Total</b>	<b>22</b>	<b>660</b>	<b>0</b>	<b>35</b>	<b>45</b>	<b>580</b>

**Semester-IV**

Subjects	Subject code	Credits	Total Hrs	Lecture	Tutorial	Practical	Field Work
<b>Theory subjects</b>							
Patanjali Yoga Sutra(IE)	MSTIE -401	03	45	45	0	0	0
Integrative Medicine Model(IE)	MSTIE -402	03	45	45	0	0	0
Hatha Yoga Pradipika (DE)	MSTDE -403	04	60	60	0	0	0
<b>Practical subjects</b>							
Yoga way of life(IC)	MSPIC -401	03	90	10	0	80	0
Dissertation	MSF -402	04	120	20	0	0	100
Classical Yoga (DE)	MSPDE-403	03	90	0	0	90	0
Advanced Yoga Techniques -2(DE)	MSPDE-404	02	60	10	0	50	0
	<b>Total</b>	<b>22</b>	<b>510</b>	<b>190</b>	<b>0</b>	<b>220</b>	<b>100</b>

**4.0section – III**

**Scheme of examination**

The examinations should be held as per the date examination notified by the University. There should be two examiners for all practical subjects. A candidate shall register for all the subjects of a semester and arrears papers each time he/she appears for examination.

**Internal assessment**

Theory or practical, each subject shall have maximum internal assessment marks of 50. The internal assessment marks in a theory subject is based on two assignments each for 15 marks ( average of both will be taken), two tests for 15 marks ( sum of both test marks taken out of 30 ) conducted as per the dates scheduled in the Academic calendar and faculty assessment of 5 marks. In case of practical and field training, the internal assessment marks shall be based on field training reports and practical tests.

If a candidate fails to secure a minimum of 50% of the internal assessment marks (25/50) in theory, practical, field training, such candidates shall not be eligible to take the concerned subjects in the university examination. Candidates as mentioned shall repeat the subject in the next semester to secure pass marks. There shall not be any provision for improvement of internal assessment marks in theory as well as in practical and field training subjects.



**Semester-I**

Subjects	Subject code	Final Theory	Internal assessment			Total
			Assignments	Tests	Faculty assessment	
<b>Theory subjects</b>						
Yoga Philosophy(Institutional core-IC)	MSTIC-101	50	15	30	5	<b>100</b>
Research Methodology(Divisional Elective-DE)	MSTDC-102	50	15	30	5	<b>100</b>
Anatomy(Divisional core-DC)	MSTDC-103	50	15	30	5	<b>100</b>
Physiology(DC)	MSTDC-104	50	15	30	5	<b>100</b>
Yoga for prevention and promotion of health(DC)	MSTDC-105	50	15	30	5	<b>100</b>
<b>Practical subjects</b>						
Yoga practice for Emotion Culturing (DC)	MSPDC-101	50	15	30	5	<b>100</b>
Yoga Practice for Personality development(DC)	MSPDC-102	50	15	30	5	<b>100</b>
Yoga Practice for prevention and promotion of health(DC)	MSPDC-103	50	15	30	5	<b>100</b>
<b>Total Semester Marks</b>						<b>900</b>

**Semester-II**

Subjects	Subject code	Final Theory	Internal assessment			Total
			Assignments	Tests	Faculty assessment	
<b>Theory subjects</b>						
Sanskrit Bhasha Vijnanam(IC)	MSTIC-201	50	15	30	5	<b>100</b>
Evidence based Yoga Therapy – 1 (DC)	MSTDC-202	50	15	30	5	<b>100</b>
Evidence based Yoga Therapy – 2(DC)	MSTDC-203	50	15	30	5	<b>100</b>
Yogic Counselling (DE)	MSTDE-204	50	15	30	5	<b>100</b>
DE	MSTDE-205	50	15	30	5	<b>100</b>
<b>Practical subjects</b>						
Yoga Therapy Techniques - DC	MSPDC-201	50	15	30	5	<b>100</b>
Methods of Scientific Writing(DE)	MSPDE-202	50	15	30	5	<b>100</b>
Advanced Yoga Techniques -1(DE)	MSPDE-203	50	15	30	5	<b>100</b>
Synopsis(Dissertation)	MSF-204	50	15	30	5	<b>100</b>
<b>Total Semester Marks</b>						<b>900</b>

**Semester-III**

Subjects	Subject code	Final Theory	Internal assessment			Total
			Assignments	Tests	Faculty assessment	
Arogyadhama Field Training – 1	MSFDC-301	50	15	30	5	<b>100</b>
Arogyadhama Field Training – 2	MSFDC-302	50	15	30	5	<b>100</b>
Arogyadhama Field Training – 3	MSFDC-303	50	15	30	5	<b>100</b>
Arogyadhama Field Training – 4	MSFDC-304	50	15	30	5	<b>100</b>
Biostatistics (DE)	MSFDE-305	50	15	30	5	<b>100</b>
Dissertation	MSF-306	50	15	30	5	<b>100</b>
<b>Total Semester Marks</b>						<b>600</b>

**Semester-IV**

Subjects	Subject code	Final Theory	Internal assessment			Total
			Assignments	Tests	Faculty assessment	
<b>Theory subjects</b>						
Patanjali Yoga Sutra(IE)	MSTIE - 401	50	15	30	5	100
Integrative Medicine Model(IE)	MSTIE - 402	50	15	30	5	100
Hatha Yoga Pradipika (DE)	MSTDE - 403	50	15	30	5	100
<b>Practical subjects</b>						
Yoga way of life(IC)	MSPIC -401	50	15	30	5	100
Dissertation	MSF - 402	50	15	30	5	100
Classical Yoga (DE)	MSPDE - 403	50	15	30	5	100
Advanced Yoga Techniques -2(DE)	MSPDE - 404	50	15	30	5	100
<b>Total Semester Marks</b>						<b>700</b>

## M.Sc Syllabus

### Note:

Please note that writing practical records for all practical subjects is mandatory and each record will be examined with an allotment of ten marks. Apart from that candidates practical knowledge will be examined by two examiners.

For all theory subjects, all question papers shall have three sections- namely Section 'A' (20 Marks), Section 'B' (40 Marks), Section 'C' (40 Marks).

- Section A contains 10 short notes carrying **two marks** each with provision of two choices.
- Section B contains 8 short essay carrying **five marks** each with provision of two choices.
- Section C contains 4 long essay carrying **ten marks** each with provision of two choices.
- All theory papers are for 3 hrs duration.

### ELIGIBILITY FOR EXAMINATION:

A candidate will be eligible to be promoted to next year with all arrears papers.

- First to second semester – promotion with all arrears papers.
- Second to third semester – Promoted if passed in 60% or more of the subjects in first plus second semesters.
- Second to third semester – Not promoted if passed in less than 60% of the subjects in first plus second semesters. In such case they will be put back by one year during which they need to complete all these subjects and get eligibility to be promoted. During this period they will not be allowed in the campus.
- One month after the announcement of results of forth semester, a supplementary examination is conducted for all failed subjects and in case a student does not clear a subject and more than one subject will be lagged for one year.

Completion of the degree should not go beyond four years from the date of admission. In case a student does not clear the subjects within the span of four years from the date of admission, a fresh enrolment need to be made from first semester.

### Criteria for Pass

The Candidate is declared to have been successful provided he/she secures minimum 50% in both the categories viz. Final theory & practical and internal assessment of theory & practical.

### Declaration of class

A candidate is declared fail if he/she does not clear the subjects within the span of four years. Candidate who passes all the subjects of one examination in the first attempt only be eligible for a class and award.

No class or rank shall be declared for candidate who does not pass any examination in the first attempt and such a candidate shall be eligible only for a pass class.

### Grading system

The student will be assigned a grade in each course based on his or her combined performance in the internal assessment and the final examination. Grade distinction and grade point of each grade is as follows.

CONVERSION OF MARKS INTO GRADE AND GRADE POINT				CLASSIFICATION (SGPA/UGPA/CGPA GRASING)	
MARKS OBTAINED	GRADE	GRADE POINT	DESCRIPTION	CGPA	CLASS
<50% Marks	F	0	Dropped	Less than 5.00	Fail
50 to 55% Marks	C	5	Average	5.00 to 5.50	Pass
55.1 to 60% Marks	B	6	Above Average	5.51 to 6.00	Second Class
60.1 to 70% Marks	B+	7	Good	6.01 to 7.00	First Class
70.1 to 80% Marks	A	8	Very Good	7.01 to 8.00	First Class
80.1 to 90% Marks	A+	9	Excellent	8.01 to 9.00	First Class with distinction
90.1 to 100% Marks	O	10	Outstanding	9.01 to 10.00	First Class with distinction

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The Maximum Marks per paper is fixed at 100  
(If it is less or more than 100, convert it into 100 for grading)

### **Cumulative Grade Point Average**

Based on the grades obtained in all the subjects registered for by a student, his or her cumulative Grade point Average Semester Grade Point Average (SGPA), Yearly Grade point average (YGPA), and Cumulative Grade Point Average (CGPA) is calculated as follows:

(No. of credits \* Grade Point)

SGPA/YGPA/CGPA = -----

No. of Credits

SGPA/YGPA/CGPA is rounded off to the decimal Place.

### **Award of Prizes and medals**

Sl.NO	Name of the Award	Particulars
1.	Madan Mohan Sankhdher Memorial Award for best student	Best student among M.SC –(Post graduate Students)
2.	Sitaram Jindal foundation Gold Medal	Highest Marks in M.SC (Yoga Therapy)

**SEMESTER-I****Subject:** Yoga Philosophy**Course Code:** MSTIC-101

Credit: 3	Total number of teaching hours: 45	Full marks for Examination: 100	Internal 50
Number of hours/Week : 3			
Unit – 1 9Hrs 20Marks	Unit – 2 9Hrs 25Marks	Unit – 3 9Hrs 25Marks	Unit – 4 9Hrs 15Marks
Unit-5 9Hrs 15Marks			

**Goal and Objectives****Goal:**

The goal of teaching Yoga Philosophy to postgraduate students is to give comprehensive knowledge about therapeutic basis of yoga as mentioned in ancient literature including Vedās, Upanishads, Bhagavadgita and shat darshanas etc.

**Objectives****Knowledge:**

After the completion of this subject, students should be able to

- Explain the hidden concepts available in the ancient yogic texts
- Understand the yogic principles of Yoga therapy
- Appreciate the contributions of the Yogis
- Understand the fold of afflictions and means to overcome them

**Skill:**

After the completion of this subject, students should be able to

- Explain about the contributions of ancient Yogis to the society
- Understand the underlying principles and apply it in therapy
- Make people aware about their Gunās and how does Guna play an important role in the manifestation of a disease
- Explain the essence of Vedas and Upaniñads

**Study outcome:**

The essence of Vedas and Upanishads will be understood. Will be in a position to appreciate the Yogic way of living. Can adopt that as their life style and will be prepared to teach others the benefits of such lifestyle.

**Unit1: Introduction to Vedas and Upanishads:**

**9 Hours**

**Pedagogy - Oral talk with Q & A Session**

1. Historical facts about Vedas – 1 hr
  - Dating and Authoring of Vedas
  - Content of Vedas
2. Vedas in brief - 5 hr
  - Jnana Kanda – Prasthanatraya – Upanishads and Vedanta Texts (Taittiriya, Katha, Mandukya, Yoga Vasistha)
  - Karma Kanda - Types of Karma, Performance of Karma, Results of Karma, Theory of Karma
3. Upanishad Prakriyas( 10 upanishads teaching techniques ) in brief – 2 hr

**Unit 2: Yoga Philosophy in Upanishads:**

**9 Hours**

**Pedagogy - Oral talk with Q & A Session, PPT, Students may be asked to prepare and enact dramas on the topics such as PanchakoshaViveka, AnandaMimamsa and four wives story, stories of 10 Principle Upanishads.**

Main Human quests–8 Hrs

- Who am I ( PanchakoshaViveka ) –Understanding Consciousness through Indian Philosophy - 4Hrs
- AnandaMimamsa – Happiness Analysis and MeasuringAnanda – 2Hrs
- Energy Model – 2Hrs

**8Hrs + Q&A**

**Unit 3: Yoga Philosophy in Upanishads:**

**9Hours**

**Pedagogy- Oral talk with Q & A Session, PPT, Students may be asked to prepare and enact dramas on the topics of related to dharma sandigda**

Concept of Dharma – 7 Hrs –

- Literal Meaning of Dharma(2Hrs)
- Nyaya vs Dharma (1Hr)
- Varna and Ashrama Dharma – Social Dharma and Life journey (2Hrs)
- Varna and AshramaDharma – Possible conflicts of Dharma and answers (2Hrs)

**Unit 4: Darshnas:**

**9 Hours**

**Pedagogy - Oral talk with Q & A Session, PPT.**

1. AstikaDarshanas
  - Sankhya, Yoga –1Hr
  - Nyaya, Veiseshika – 1Hr
  - Mimamsa, Vedanta – Yoga Vasista – 4Hrs
  - Narada Bhakti Sutras – 1Hr
2. NastikaDarshanas
  - Charvaka, Jaina, Boudha – 2Hrs

**Unit 5: Bhagawadgita:**

**9 Hours**

**Pedagogy -Oral talk with Q & A Session, PPT, and Students may be encouraged to give presentation with PPT on Gunas**

- Concept of Guna – 3Hrs
- Concept of Yajna – 2Hrs
- Concept of Atma – 2Hrs

7Hrs + Q&A + Test

**Reference books**

1. The Vedas - by Chandrasekharendra Saraswati (2014), Bhavan's Publication  
Bhagavadgita
2. Yoga its basis and applications - by H.R. Nagendra – SVYP
3. Let Go – Discover lasting happiness – Prof A. Satyanarayana Sastry - SVYP
4. Integrated Approach of Yoga Therapy for Positive Health – Dr R Nagaratna and Dr H R Nagendra – SVYP
5. Bhagawat Gita

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6. Shatdarshana – Sw Sukhabodhananda – RK mat publications
7. Narada Bhakti Sutras – Sw Harshananda – RK Mat publications

**Subject:** Research methodology

**Course code:** MSTDC-102

<b>Credit: 4</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal: 50</b>
<b>No of hours/week: 4</b>			
<b>Examination weight age:</b>			
Unit-1 12Hrs    20 Marks	Unit-2 12Hrs    20Marks	Unit-3 12Hrs    20Marks	Unit-4 12Hrs    20Marks
Unit-5 12Hrs    20 Marks			

### Goal and objectives

#### Goal:

The primary goal of research methodology course is to expose the students to the basic theoretical concepts of conducting scientific research and motivate them to pursue higher research.

#### Objectives:

- To understand the methodology of research
- To understand relevant statistical concepts
- To apply the above two to design experiments in yoga

#### Knowledge:

The students will acquire

- Basic understanding of Research methodology
- Knowledge of various statistical procedures
- Knowledge of tools employed to conduct research



## M.Sc Syllabus

- Ability to address the contemporary problems in scientific way

### **Skills:**

- Successfully completing the course, the students will acquire
- Skill to apply the research methodology concepts for practical applications
- Skill to design, conduct and evaluate scientific experiments
- Skill for scientific communication

### **Study outcome:**

After undergoing this course, a student will be having an in-depth knowledge of

- basic concepts of research methodology
- process of research
- designing a scientific study
- basic statistical concepts
- Specific statistical tests for analysis.

### **Unit I. Research Methodology Concepts –I**

**(12 hours)**

**Pedagogy- Oral talk with Chalk with Q & A Session, PPT: students can be asked to bring two references each for different allotted topics, problem solving and short answer exams may be conducted on Scales of measurements till every ones understanding is clear**

- Introduction to research methodology – definition of research, types of research, need for Yoga research
- The research process
- Literature review – Purpose, Process, digital source: PubMed, etc., presentation of literature review
- Ethics of research– Laboratory ethics, Publication ethics, Ethical bodies – IEC & IRB, Guidelines for good clinical practice
- Scales of measurement – nominal, ordinal, interval, ratio

### **Unit II. Research Methodology Concepts -II**

**(12 hours)**

**Pedagogy- Oral talk with Chalk with Q & A Session, PPT: Every two days one short test to test their conceptual understanding to be given : Students may be sent for field work to collect some data to nearby villages and as they come back elaborate explanation about how a sample like this represents the population may be given; students should be given different research papers and asked to identify the sample, population, sampling method used, what is the possible bias, how is it controlled, which are all the different variables.**

## M.Sc Syllabus

- Data collection methods: Observation, Interview, psychological tests, questionnaire, physiological tests, and archive
- Sampling methods - Population and Sample; Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling
- Methods of controlling biases - Randomization
- Types of variables – Independent , dependent, confounding variable

### **Unit III. Research Methodology Concepts -III**

**(12 hours)**

**Pedagogy -Oral talk with Chalk with Q & A Session, PPT: Students should be asked to identify the type of design that are used in different research works. Should be made to practice to calculate Validity and reliability etc**

- Types of research design – Experimental designs, cross sectional design, Case study, Survey
- Reliability: Test-Retest Reliability, Internal Consistency, Inter rater Reliability
- Validity: Construct Validity, Face Validity, Content Validity, Criterion Validity, Convergent and Discriminant Validity
- Issues of bias and confounding
  - Selection bias, Recall bias, Observer or measurement bias, Publication bias
  - Randomization, Matching, Crossover design, Restriction (or blocking), Stratification, Blinding

### **Unit IV. Statistical Concepts –I**

**(12 hours)**

**Pedagogy - Oral talk with Chalk with Q & A Session, PPT**

- Descriptive statistics
- Inferential statistics
- Null Hypothesis Significance Testing: hypothesis and null hypothesis
- Statistics and Parameters
- Sample and Population
- Generalization
- One tailed, two tailed hypothesis
- Types of Errors and its control
- Central Limit Theorem

**Unit V. Statistical Concepts - II**

**(12 hours)**

**Pedagogy - A work shop need to be conducted where in one day the teacher has to take a simple problem and show them how a synopsis is written to that research problem; Next day all students should be asked to take a simple topic and define the problem and write hypothesis and null hypothesis; next session they should be made to write the literature survey; next session finalizing the sampling methodology, next session finalizing the design, next session data collection.**

- Point estimate and interval estimate
- Power analysis: Effect size, sample size
- p-value
- Confidence interval
- Statistical tests and design
- Assumptions of tests
- Statistical tests for various designs: Correlation, proportions, paired-sample and independent sample t-tests, Chi-Square tests, ANOVA, Repeated Measures ANOVA, parametric and non-parametric tests.

**Reference Books**

1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New delhi.
2. R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New delhi
3. Zar, J. H., &Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

**Subject:** Anatomy

**Course code:** MSTDC-103

<b>Credit: 3</b>	<b>Total number of teaching hours: 45</b>	<b>Full marks for examination: 100</b>	<b>Internal: 50</b>
<b>No of hours/week: 3</b>			
<b>Examination weightage:</b>			
Unit-1 9Hr 20Marks	Unit-2 9Hr 20Marks	Unit-3 9Hr 20Marks	Unit-4 9Hr 20Marks
Unit-5 9Hr 20Marks			

**Goal and Objectives**

**Goal:**

It aims at giving inclusive knowledge of the gross structure of human body to provide a basis for enhancing the knowledge of body's structure.

**Objectives**

**Knowledge:**

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

- Understand normal gross structure of the human body and their functions in detail
- Recognize basic structures and their connections with central nervous system,

**Skills:**

- After completion of the program, the student must be able to:

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- Locate and identify body structures including topography of living body
- Conduct experiments designed to study physiological phenomena
- Interpret experimental/investigative data

### Study outcome:

Students get familiarized with the structure of the different systems in the human body. Complete knowledge of Human anatomy makes it easier to understand physiology properly and both put together gives a clear picture of what happens when we do yoga? What happens when we get stressed up?

## Unit-1: Cell & Muscular-skeletal system

(09 Hours)

**Pedagogy -Oral talk with Chalks with Q & A Session, PPT: video; Students may be taken to lab to show the different bones, joints and their alignment; students may be asked to prepare charts, models to show the mechanism of muscle contraction.**

- Cell organelles –Mitochondria, Golgi body, ER, Lysosome, Peroxisome, Centrosome
- Plasma membrane, cytoplasm,
- Nucleus-Nuclear membrane, chromosome, nucleolus
- DNA & RNA
- Anatomy of the Skeleton
- Classification of bones-Axial bones and appendicular bones
- Types of joint –Synovial joints and Fibrous joint
- Structure of synovial joints
- Types of synovial joints
- Types of Muscle in the body (striate, Smooth muscle, Cardiac muscle)
- Mechanism of muscle contraction
- Neuromuscular junction

## Unit-2: Cardiovascular & Respiratory system

(09 Hours)

**Pedagogy - Oral talk with Chalk with Q & A Session, PPT: video; students should be made to prepare charts of drawings of different systems.**

- Anatomy of heart
- Functional anatomy of blood vessels
- Respiratory system of human-Nose, nasal cavity, pharynx,
- trachea,
- larynx, bronchiole,
- lungs

**Pedagogy - Oral talk with Chalk with Q & A Session, PPT: video; students should be encouraged to prepare charts depicting the anatomy of different systems.**

- i. Digestive system of human-Mouth, buccal cavity, pharynx, oesophagus, stomach, large intestine, small intestine, anus
- ii. Associated glands-Liver, Pancreas, salivary glands, gall bladder
- iii. Structure important of endocrine gland
- iv. Structure of Pituitary
- v. Structure of Adrenal
- vi. Structure of Thyroid & Parathyroid
- vii. Structure of Pancreas

**Unit-4: Nervous system & Special senses**

**(09 Hours)**

**Pedagogy - Oral talk with Chalk with Q & A Session, PPT: video; students should be encouraged to prepare charts depicting the anatomy of different systems.**

- i. Introduction to nervous system,
- ii. Classification of nerve fibres,
- iii. Cerebellum
- iv. Basal ganglia
- v. Motor cortex
- vi. Limbic system
- vii. Autonomic Nervous system
- viii. Structure of Eye, Receptors & neural functions of retina
- ix. Structural and functions of external, middle and inner ear,
- x. Taste buds, Perception of taste.

**Unit 5: Excretory system**

**(09 Hours)**

**Pedagogy - Oral talk with Chalk with Q & A Session, PPT: video; students should be encouraged to prepare charts depicting the anatomy of different systems.**

- i. Excretory system of human-Kidney
- ii. Ureter
- iii. urinary bladder,
- iv. urethra
- v. Structure of nephron

**Recommended books:**

1. Brizlani – Anatomy and Physiology for Nurses
2. Ross and Wilson – Anatomy and Physiology
3. Elan Niepon Marieb- Human anatomy and physiology

**Reference books:**

1. C. C. Chattarjee- Human physiology

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2. Choudhary- Medical physiology

**Subject:** Physiology

**Course code:** MSTDC-104

<b>Credit: 3</b>	<b>Total number of teaching hours: 45</b>	<b>Full marks for examination: 100</b>	<b>Internal: 50</b>
<b>No of hours/week: 3</b>			
<b>Examination weightage:</b>			
Unit-1 9Hr 20 Marks	Unit-2 9Hr 20Marks	Unit-3 9Hr 20Marks	Unit-4 9Hr 20Marks
Unit-5 9Hr 20Marks			

**Goal and Objectives**

**Goal:**

It aims at giving inclusive knowledge of development of human body to provide a basis for enhancing the knowledge of bodily functions.

**Objectives**

**Knowledge:**

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

- Understand normal functions of the human body
- Understand their regulation and integration of various organs.
- Explicate the normal functioning of all the organ systems and their interactions for well-coordinated body functions.
- Explain the physiological aspects of normal growth and development

**Skills:**

- After completion of the program, the student must be able to
- List physiological principles underlying pathogenesis and disease management.

**Study outcome:**

Students get familiarized with the functions of the different systems in the human body. Complete knowledge of Human physiology makes it easier to understand a clear picture of what happens when we do yoga? What happens when we get stressed up?



**Unit-1: Cell & Tissues**

**(09 Hours)**

- i. Homeostasis
- ii. Transport across cell membrane
- iii. Cell cycle and its regulation
- iv. Cell differentiation and proliferation
- v. Structure and function of epithelial -simple and compound
- vi. Connective -connective tissue proper, skeletal and vascular
- vii. Muscular -Skeletal, involuntary and cardiac
- viii. Nervous tissues-Myelinated neuron and Non myelinated neuron

**Unit-2: Digestive system, Nutrients and their metabolism**

**(09 Hours)**

**Pedagogy -Oral talk with Chalk with Q & A Session, PPT: video; students should be encouraged to prepare working models of different systems like digestive system.**

- i. Physical digestion-Mastication, swallowing, peristalsis
- ii. Chemical digestion-Digestion of carbohydrate, protein and lipid
- iii. Absorption of carbohydrate, fats and protein
- iv. Fats
- v. Protein
- vi. Carbohydrates
- vii. Minerals
- viii. Vitamins

**Unit-3: Respiratory system & Cardiovascular system**

**(09 Hours)**

**Pedagogy -Oral talk with Chalk with Q & A Session, PPT: video; students should be encouraged to prepare working models of different systems like Respiratory, Cardiovascular etc**

- i. Pulmonary ventilation
- ii. Mechanism of breathing(Expiration and inspiration)
- iii. Transport of respiratory gases(transport of oxygen and transport of carbon dioxide)
- iv. Regulation of respiration
- v. Composition and function of blood –Plasma, RBC, WBC and Platelet
- vi. Function of haemoglobin
- vii. Types of WBC
- viii. Blood groups and their importance
- ix. Mechanism of blood clotting
- x. Organisation of systemic and pulmonary circulation
- xi. Cardiac output and cardiac cycle
- xii. Blood pressure and regulation of blood pressure

**Unit-4: Endocrine system and excretory system**

**(09 Hours)**

**Pedagogy- Oral talk with Chalk with Q & A Session, PPT: video; students should be encouraged to prepare working models of different systems like excretory.**

- i. Function of important of endocrine gland (Pituitary, Adrenal, Thyroid, Parathyroid, Pancreas)
- ii. Function of GI tract hormones
- iii. Mechanism of hormone action
- iv. Mechanism of urine formation- Ultra-filtration, selective re-absorption, tubular secretion
- v. Micturition

**Unit-5: Nervous system &Special senses**

**(09 Hours)**

**Pedagogy: Oral talk with Chalk with Q & A Session, PPT: video; students should be encouraged to prepare working models of different systems like ear, eye etc**

- i. Introduction to nervous system,
- ii. Classification of nerve fibres,
- iii. Nerve conduction synaptic transmission,
- iv. Receptors &neural functions of retina,
- v. Colour vision, Visual pathways,
- vi. Auditory pathways
- vii. Primary taste sensations, Taste buds, Perception of taste,
- viii. Peripheral olfactory mechanisms,
- ix. Olfactory pathways, Olfactory perception

**Recommended books:**

1. Brizlani – Anatomy and Physiology for Nurses
2. Ross and Wilson – Anatomy and Physiology
3. ElanieNicponMarieb- Human anatomy and physiology

**Reference books:**

1. C. C. Chattarjee- Human physiology
2. Choudhary- Medical physiology

**Subject:** Yoga for prevention and promotion of health

**Course code:** MSTC-105

<b>Credit: 3</b>	<b>Total number of teaching hours: 45</b>	<b>Full marks for examination: 100</b>	<b>Internal: 50</b>
<b>No of hours/week: 3</b>			
<b>Examination weightage:</b>			
Unit-1 9Hr 20Marks	Unit-2 9Hr 20Marks	Unit-3 9Hr 20Marks	Unit-4 9Hr 20Marks
Unit-5 9Hr 20Marks			

### Goal and Objectives

#### Goal

**It aims at giving knowledge about the prevention of health problems by promoting positive health through Yoga practices.**

#### Objectives

##### Knowledge:

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

- Understand normal gross structure of the organ/system connected with the specific function and its functions in detail
- Recognize basic structures and their connections with central nervous system, understand their regulation and integration of various organs.
- Explicate the normal functioning of all the organ systems and their interactions for well-coordinated body functions.
- Understand the different disorders due to problems in the system or problems in the functioning of the system.
- To understand the role of Yoga
- To understand which practices of Yoga are good and which need to be avoided in such cases
- To understand the underlying mechanisms of such yoga practices

##### Skills:

- After completion of the program, the student must be able to:
- Locate and identify body structures including topography of living body
- Conduct experiments designed to study physiological phenomena
- Interpret experimental/investigative data
- To understand the role of Yoga

**Subject outcome:**

The student will be able to explicate the normal functioning of all the organ systems and their interactions for well-coordinated body functions. Student will be able to understand how to strengthen the different systems using Yoga to prevent health problems and promote health.

**Unit -1: Introduction**

**[9 Hours]**

(Talk with PPT: Students should be asked to correlate their experiences of practical to find out how they are improving their stamina and eye sight . Students having sight problems should be encouraged to follow the procedure to correct their refractive error. Students should be encouraged to watch the video made by SVYASA on these topics)

Importance of prevention of health problems and promotion of positive health. Identification of different systems of body to strengthen to prevent personality hazards and to promote positive personality. **[ 2Hours]**

- Yoga for Stamina building **[4Hours]**

Introduction, Body systems in improving physical stamina, Physiology of muscle action, Physical stamina according to yoga, Yoga practices for physical stamina development.

- Yoga for Eye Sight improvement **[3Hours]**

Introduction, Structure and function of eye, problems of eye where Yoga can help, Yoga for refractive errors, Eye problems and their yogic solution, Eye sight improvement and the total insight, Yoga practices for eye sight improvement.

**Unit – 2:**

**Pedagogy - Talk with PPT: Students should be asked to correlate their experiences of practical to find out how they are improving their IQ and Voice. Students having IQ/voice problems should be encouraged to follow the procedure and correct. Students should be encouraged to watch the video made by SVYASA on these topics. IQ tests can be performed on the students to get every ones IQ levels which can be matched with that at the end of the semester, Voice recording at the beginning and at the end of the semester can be given to the students.**

- Yoga for IQ Development **[5Hours]**

Introduction, Intelligence and Intelligence quotient (IQ), Concept of Development of intelligence according to Yoga, Concept of Intelligence quotient and Intelligence according to Yoga, Development of Intelligence, Using intelligence in the right direction for the growth, Yoga practices for IQ development.

- Yoga for Voice Culture [5Hours]

Introduction, Anatomy and Physiology of the vocal system, Causes of injury to the vocal system, vocal disorders and voice disorders, Voice culturing, developing musical talents, Voice culture for developing oration, Yoga practices for voice culture.

### Unit –3:

**Pedagogy -Talk with PPT: Students should be asked to correlate their experiences of practical to find out how they are improving their Relaxation levels and creativity. Students having stress/lacking creativity problems should be encouraged to follow the procedure and correct. Students should be encouraged to watch the video made by SVYASA on these topics. Stress scores can be measured at the beginning and end of the semester.**

- Yoga for Stress Management [4Hours]

Introduction, Understanding stress, Physiological changes due to stress, Stress management, Yoga practices for stress management.

- Yoga for Creativity Development [5Hours]

Creativity and intelligence, silence the source of creativity, Creativity development – Yogic approach, Layers of silence and the siddhis, How to use the sidhis? , Yoga practices for creativity development.

### Unit – 4:

**Pedagogy - Talk with PPT: Students should be asked to correlate their experiences of practical to find out how they are improving their Relaxation levels and creativity. Students having stress/lacking creativity problems should be encouraged to follow the procedure and correct. Students should be encouraged to watch the video made by SVYASA on these topics. Students can be asked to mark their anger levels on an analogue scale at the beginning and end of the semester. Students can be asked to mark their Ego levels on an analogue scale at the beginning and end of the semester.**

- Yoga for Anger Management [4Hours]

Introduction, steps in anger management, bodily reactions with anger, Yoga for anger management - a move from limbic brain to cerebral cortex, how yoga works for anger management, Yoga practices for anger management.

- Yoga for Ego and Greed Management [5Hours]

Introduction, psychologists view about ego, Ego according to Yoga, Culturing of ego for building social harmony, the right direction, Yoga practices for Ego and Greed management.

### Unit – 5:

**Pedagogy - Talk with PPT: Students should be asked to correlate their experiences of practical to find out how they are improving their Relaxation levels and creativity. Students having less memory/lacking concentration problems should be encouraged to follow the procedure and**

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**correct. Memory and concentration levels of all the students can be measured at the beginning and end of the semester. Students should be encouraged to watch the video made by SVYASA on these topics. Stress scores can be measured at the beginning and end of the semester.**

- **Yoga for Memory Development** **[5Hours]**  
What is memory? Which memories to be maintained? Memory development not merely memory enhancement; Antarindriyas; Patanjalis def of smriti (memory), Types of memory,  
Improving Good memories, erasing memories about calamities, Problems /diseases related memory
- **Yoga for concentration development** **[4Hours]**

Ekagrata(concentration) Vs Chanchalata (randomness), role of concentration in day to day activity, neural correlates of concentration, problems of concentration, yoga for improvement of concentration and Yoga for removing problems of concentrations.

References:

1. Sampoorna Yoga videos - SVYP
2. Sampoorna Yoga Lecture notes.

**Subject:** Yoga practice for Emotion Culturing

**Subject code:** MSPDC-101

<b>Credit: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal: 50</b>
<b>No of hours/week: 4</b>			
<b>Examination weightage:</b>			
Unit-1 12 Hrs    20Marks	Unit-2 12Hrs    20Marks	Unit-3 12Hrs    20Marks	Unit-4 12Hrs    20Marks
Unit-5 12 Hrs    20Marks			

### Goal and Objectives

#### Goal:

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge about the techniques used to culture the emotion and thus can be used as a tool for the management of various psychosomatic ailments.

#### Objectives

#### Knowledge:

After the completion of this course, the student shall be able to:

- Develop surrendering attitude
- Understand the deeper meaning of each sloka, song and prayer
- Harmonize value system featured by love, co-operation, bliss and health.
- Gain mastery over emotion

#### Skills:

After the completion of the course, the student shall be able to:

- Recite a sloka, sing a prayer and service related songs
- Explain the deeper meaning and its application
- Convince mankind to develop surrendering attitude towards the supreme power

#### Study outcome:

Music is enjoyed by the human being since the World is created. We feel relaxed after listening the Music. By singing individually we can come out of the hesitations, so that we can mingle with friends without any hesitation. Self confidence will increase.

As we know, in our brain two parts are there. Left part and The Right Part. The left part of the Brain is connected with intellect. The Right part of the brain is connected with emotions. Nowadays more importance is given to left part of the brain only. When we will sing our right part of the brain will get activated. When both parts of the brains are activated there will be a total personality development.

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So we can say that by singing one can become courageous, self confident, Kind hearted and can attain a good personality.

### Unit-1:

[12Hours]

**Pedagogy - Lead and follow method will be followed. Students will be asked to repeat. Everyone will be made to open. Every ones voice will be recorded.**

- **Prayers**
  - i. Karāgre VasateLakshmi
  - ii. Samudravasane Devé
  - iii. Liigāñōakam
- **Bhagavad Gita**
  - i. Karma Yogaù
- **Vedic Chantings**
  - i. Ahaà Vākñasya Rerivā
  - ii. Om Āpyāyantu Mamāigāni

### Unit -2: Bhajans – 1

[12Hours]

**Pedagogy - Lead and follow method. Sing – practice- improve.**

#### Guru Stuti

- a. Guru Mahimā
- b. Pā Liye Hamne
- c. Guru hamare
- d. Om Guru Om Guru

#### Ganesh Bhajan

- a. Mahāgaēapate Namostute,
- b. Mātaiga Vadanā
- c. Gaja Vadana
- d. Vinayaka vinayaka
- e. Gowri nandana gajanana

### Unit -3: Bhajans -2

[6Hours]

**Pedagogy -Lead and follow Students will be encouraged to lead bhajans in common bhajan sessions**

#### Shiva Bhajan

[3Hours]

- a. Brahmaparātpara Pūrēa
- b. Om Çiva Om Çiva
- c. Shankara shankara
- d. Shambho purare shankara purare
- e. Shiva shankara

#### Devi Bhajan

[3Hours]

- a. Jay Jay Jay Devé Jagadambā
- b. Ambā Çāmbhavécandramaulirabalā



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- c. Raijané Niraijané Manoraïjani
- d. He sharade maa
- e. Kali maheshwari parwati shankari

### Unit -3: Bhajans -3

[6 Hours]

**Pedagogy - Lead and follow. Students will be taken to the nearby village temple for a bhajan sandhya there**

#### Ram Bhajan

[3Hours]

- a. Çréräm Jayaräm Däçaratha He Raghuräm
- b. Daçarathanandana Räma Räma Jaya Sétäräma
- c. Gurukripa anjana
- d. Prema mudita manase kaho

#### Sri Krishna Bhajan

[3Hours]

- a. Smita Smita Sundara Mukhäravinda Näco Nandalälä
- b. Radhe radhe radhe radhe
- c. Gopala gopala re
- d. Govinda madhava

### Unit -4: Spiritual song

[12Hours]

**Pedagogy - Lead and follow**

- a. Sab Ke Liye Khulä Hai Mandir Haiye Hamärä
- b. Har des me tu her vesh me tu
- c. Galat mat kadam utavo
- d. Bane ham rastra ke yogi

### Unit – 5: Patriotic Songs

**Pedagogy - lead and follow. Every session beginning in their class's students will be scheduled to lead and others will be asked to follow.**

[12Hours]

- a. Nirmäeoà Ke Pävan Yug Meà Ham Caritra Nirmäe Na Bhüle
- b. Janani janmabhumi swarga se mahan hai
- c. Chandan hai is des ki mati
- d. Ham hai suput bharat ke

### Recommended books:

1. Vyasapushpanjali- Nagendra H R. – SVYP

### Reference books:

1. KeerthanaSangraha.part 1 and part 2 - Ramakrishna Matt
2. My Prayers-.Central Chinmaya Mission Trust
3. My Prayers Book II- Central Chinmaya Mission Trust

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**Subject:** Yoga practice for personality development

**Subject code:** MSPDC-102

<b>Credit: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal: 50</b>
<b>No of hours/week: 4</b>			
<b>Examination weightage:</b>			
Unit-1 12Hrs 20Marks	Unit-2 12Hrs 20Marks	Unit-3 12Hrs 20Marks	Unit-4 12Hrs 20Marks
Unit-5 12Hrs 20Marks			

### Goal and Objectives

#### Goal:

The goal of teaching is to personality development to postgraduate students is to provide them with practical knowledge about the techniques used to personality development and thus can be used as a tool for the management of various psychosomatic ailments

#### Objectives

#### Knowledge:

After the completion of this course, the student shall be able to:

- Develop good physique
- Understand the importance of the games
- Harmonize value system featured by love, co-operation, bliss and health.
- Gain mastery over physical stamina and reduce ego and develop self confidence

#### Skills:

After the completion of the course, the student shall be able to:

- Play Yogic games
- Understand about the games
- Convince mankind to develop all round personality development
- To bring love, harmony, peace and bliss.
- To develop group awareness.
- To develop stamina and strength.

#### Study outcome:

One will strengthen their Anandamaya Kosa. Improve awareness, communication skill, creativity, dexterity, coordination, team spirit, stamina, flexibility, initiative, speed, alertness, IQ and memory.

(Students will be asked to teach PDC children by assigning one group of children for two students and make them play during their games hour)

**Unit -1:**

**(Play tuned to Anandamaya Kosa. After each unit students will be asked to introduce the game to their own classmates)**

**Awareness Games [6Hours]**

Introduction, Kendra says, Bomb blast, Pincho, Raja- Ram-Rawan, Ram-shyam, Om, This is my nose, Man-Gun-Tiger, Brother where are you, complete the figure, chaos Musical Chair.

**Coordination Games [3Hours]**

Mandal kho, Three legged race, Locking and unlocking, Loka Sangraha, Passing hankey under the leg, Fish scooping

**Stamina Games [3Hours]**

Frog touch, Elephant touch, Train race, Touching with pairs, Hanuman fight, Om circumlocution

**Unit – 2:**

**Pedagogy - Play tuned to Anandamaya Kosa. Stay in silence at the end of the session. After each unit students will be asked to introduce the game to their own classmates**

**Dexterity Games [6Hours]**

Frog in the well, Loose compartment, Tiger and man, breaking the mud pot, balloon bursting, lion and lamb.

**Flexibility Games [3Hours]**

Self Help, Salute the Governor, catching the snakes tail, Eagle Race

**Initiative Games [3Hours]**

I am Shivaji, bull fight, scorpion fight, chariot fight, neck fight, horse fight

**Unit 3:**

**Pedagogy - Play tuned to Anandamaya Kosa. Students will be asked to observe their emotions. Stay in silence. After each unit students will be asked to introduce the game to their own classmates**

**Emotion Culture Games [2Hours]**

Statue, Ha-Ha-Ha, King wants

**Muscle Building Games [2Hour]**

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Tying the handkerchief, Untying the handkerchief

**Team Spirit Games** [3Hour]

Jayadrathah, tug of war with rope, tug of war without rope

**Communication Games:** [1Hour]

Dumb shellards

**Fun Games:** [4Hours]

Illusion, If I were - , Merri go round, Lotus bee

**Unit 4:**

**Pedagogy - Play tuned to Anandamaya Kosa. Students will be asked to observe their emotions. Stay in silence. After each unit students will be asked to introduce the game to their own classmates**

**Strength Games:** [4Hours]

Master-disciple, conquering the fort, angada, breaking the chain, Give me a place, Tug of war with pairs

**Speed Games** [4Hours]

Touching with pairs, Torch race, Snake and frog, Namaste, kho-kho, Shivaji-Pratap

**Alertness Games** [4Hours]

Dog and bone, Grouping, stick Lifting, I am going to -

**Unit 5:** [12Hours]

**Pedagogy - Play tuned to Anandamaya Kosa. Students will be asked to observe their emotions. Stay in silence. After each unit students will be asked to introduce the game to their own classmates**

**IQ games:** [4Hours]

Finding the leader, Finding out Animal/Fruit/ Flower, Identify the historical character, Polarisation, Find the capital, Quiz

**Memory Games:** [4Hours]

Post man, Comer comer comes- goer goer goes, antyakshari

**Creativity Games:** [4Hours]

Creativity, instant enacting, story enacting, parcel bomb

**Text Book:** Krida Yoga by Dattaram Pol Published by Vivekananda Kendra Prakashana Trust

**Subject:** Yoga for prevention and promotion of health

**Course code:** MSPC-103

<b>Credit: 2</b>	<b>Total number of teaching hours:60</b>	<b>Full marks for examination: 100</b>	<b>Internal: 50</b>
<b>No of hours/week: 6</b>			
<b>Examination weightage:</b>			
Unit-1 12Hrs      20Marks	Unit-2 12Hrs      20Marks	Unit-3 12Hrs      20Marks	Unit-4 12Hrs      20Marks
Unit-5 12Hrs      20Marks			

### Goal and Objectives

#### Goals:

The goal of teaching Yoga for Prevention and Promotion of health is

#### Knowledge:

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

- Independently handle a patient and administer yoga therapy;
- Appreciate the relative contribution of each organ system to the homeostasis;
- Explain the pathological aspects of disease;
- Illustrate the physiological response and adaptations to environmental stresses;
- List physiological principles underlying pathogenesis and disease management.

#### Skills:

After the completion of the programs, the students should be able to:

- Teach Yoga Therapy;
- Interpret experimental/investigative data;
- Take medical, psychological and yogic assessments
- Effectively treat the patient with various psychosomatic ailments.

#### Study outcome:

Over all personality development. Experiential knowledge to give Yoga practices for Prevention and Promotion of health.

**Unit 1:** **[12Hours]**

**Pedagogy - 8 step method. Students will be asked to go to the nearby village school and teach these to the children in the school)**

**Yoga practices for Stamina Building:** **[6Hours]**

**Sithilikarana Vyayama**

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### • Simple Jogging ---Mukha Dhouti

- Forward jogging
- Backward jogging
- Side Jogging
- Twisting
- Rotation of arms
- Forward & backward bending
- Tiger Stretch
- Pavana Muktasana
- Back stretch
- Side Bending
- Neck Movement

### **Breathing Practices**

- Hands in and out breathing
- Hand stretch Breathing
- Ankle stretch Breathing
- Dog breathing
- Rabbit breathing
- Tiger Stretch
- Tiger Breathing

Shavasana

Surya Namaskara 12 steps

Surya Namaskara 10 steps

### **Asanas**

- Ekapadasana
- Utthita hasta padangusthasana
- Merudandasana
- Santolanasana

### **Kriyas**

- Agnisara
- Kapalabhati
- Both nostril
- Alternate Nostril

### **Pranayama**

Surya Anuloma Viloma

### **Meditation**

- Sun
- Hanuman

- **Yoga for Eye sight improvement:**

**[6Hours]**

### **Preparatory eye exercises:**

Up and Down movements of the eye ball

Right and left

Diagonal ( right up-leftdown, Left up- right down)

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### **Asana:**

Padahasthasana

Ardhacakrasana

### **Eye Relaxation Techniques:**

Palming – 3 stages of palming

Hand cup palming –hold

Press and release palming – 5 times

Palming with Bhramari – 3 rounds

### **Cleansing Techniques (Kriyas):**

Eye cup Washing – 1

Massaging, tear sac massaging

Blinking, Janeti

Washing using the palm

### **Pranayama:**

Relax in QRT – abdominal breathing

Nadi suddhi

Bhramari for head relaxation

### **Trataka:**

Nasagra – ( straight finger )- Palming 1

Urdhvamukha – Palming 1

Adhomukha – (horizontal Finger) – Palming 1

Vama Jatru – Palming 1

Dakshina Jatru trataka – Palming 1

Bhrumadhya trataka – (Bent Index Finger ) – Palming 1

Jyothi trataka:

Jyothi Trataka 1 eye at a time – palming 1

Both eyes trataka – three steps

1. Multiple flames – merge them into one flame –concentrate on the sharpness of the margins of the flame
2. Brightest part of the flame – Recognise the gradation in the intensity of the light
3. Wick of the candle

## M.Sc Syllabus

4. Blue centre of the flame
5. Aura of the flame

Antar Dharana Trataka – Imagine jyothi in the centre of the skull focussing the eye ball inside skull  
Surya Trataka: Sunraise and sunset – Never look at white light  
Moon trataka and star trataka  
Dharana on Jyothi and meditation  
Relaxed eyes in action – relax the frown on the fore head;  
Keep a smile on the face always  
Neck muscle relaxation – neck back bending  
Action in Relaxation  
Interactions in calmness

**Unit 2:** [12Hours]

**Pedagogy - 8 step method Students will be encouraged to conduct classes for nearby village school children**

**Yoga Practices for IQ Development** [6Hours]

### **Loosening Exercises**

- Spinal stretch
- Pada Sancalana
- Situps from standing (2 Types)
- Uthita Ardha Sirasasana Breathing
- Butterfly Stretch
- Prasaritha Padahastana Stretch

### **Breathing Exercises**

- Baddhakonasana Breathing
- Setubandhasana Breathing
- Navasana breathing
- Eka Padahastana breathing
- Prasaritha Padahastana breathing

### **Yogasanas**

- Parsava Konasana (both sides)
- Gomukhasana
- Sarvangasana
- Ardha Sirasasana
- Baddhakonasana
- Parsavavouttanana

### **Kriyas**

- Kapala Bhati (Right Nostril)

### **Pranayama**



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- Sūrya Anuloma Viloma

### **Meditation**

Search inside the root of thoughts

- **Yoga Practices for Voice Culture:**

**[6Hours]**

#### **Asana**

- Janusirsasana
- Prasarita pascimatanasana
- Vakrasana
- Ardhamatsyendraasana
- Matsyasana
- Prasartia halasana

#### **Kriya**

- Gargling
- Ushāh Pāna
- Jalaneti
- Kapālabhāti alternate nostrial,
- Kapālabhāti both nostrial
- Vaman Dhouti

#### **Pranayama**

- Bhastrika
- Ujjayi,
- Sitikāri
- Sadanta
- Bhrāmari in shanmukhi mudra
- Bhramara

**Breathing Exercises:** Tiger stretch

**Shakti Vikasaka:** Karana Shakti Vikasaka

#### **Relaxation:**

- Instant Relaxation Technique (IRT)
- Quick Relaxation Technique (QRT)
- QRT with chanting
- Neck Relaxation with bhramari
- Simha mudra

**Namavalis: Speech:** Intonations

#### **Voice Special Practices:**

- Matching the Voice to 'OM'
- Tongue massage
- Blowing cheeks
- Twisting the lip

**Unit 3:**

**[12Hours]**

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**Pedagogy - 8 step method. Students will be asked to teach the practices they learnt to children in the nearby village school.**

**Yoga practices for Stress management:**

**[6Hours]**

Step 1: Starting prayer

Step 2(A): Instant Relaxation Technique (IRT)

Step2 (B): Linear awareness

Step 3: Centering

Step4: Standing Asana

Ardhakati cakrasana

**Step5: Quick Relaxation Technique (QRT)**

Phase I - Observing the abdominal movements

Phase II - Associate with breathing

Phase III-Breathing with feeling

**Step 6: Sitting Asanas**

Vajrasana

Sashankasana

Ustrasana

Step 7 : Deep Relaxation Technique

**Yoga for creativity development**

**[6Hours]**

**Loosening Exercises**

- Alternate Leg Rising in Standing
- Padasancalana
- Tiger Stretch (Prabheda)
- Baby Walk
- Makarasana Cycling
- Clap Jumping

**Yogasanas**

- Veerasana
- Ardha chandrasana
- YogaMudra
- Karnapidasana
- Dhanurasana
- Cakrasana

**Breathing Exercises**

- Sectional breathing - Abdominal
- Sectional breathing – (Thoracic)
- Sectional breathing – (Clavicular)

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- Sectional breathing – (Full Yogic breathing  
āyāma
- Nādi Suddhi
- Sitali
- citrkari

### Unit 4:

[12Hours]

**Pedagogy - 8 step method. Students will be asked to teach the practices they learnt to children in the nearby village school.**

### Yoga practices for Anger Management

[6Hours]

#### Shakti vikasaka

- Anguli Shakthi Vikasaha
- Bhujabhanda Shakthi Vikasaha
- Jangha Shakthi Vikasaha
- Pindalini Shakthi Vikasaha
- Bhujaigāsana and parvathasana
- Kaponi Shakthi Vikasaka
- Trikoëāsana
- Virabhathrasana I
- Virabhathrasana II
- Vrabhathrasana III
- Makarāsana
- Veerāsana

#### Breathing Exercises

- Dog breathing
- Rabbit breathing
- Candra anuloma viloma
- Nādi Suddhi
- Stitali
- Nadi sudhi with kumbhaka
- Candra anuloma viloma
- Kapala Bhati – left nostril

#### Bandhas and Mudras

- Uttiyāna Bandha
- Sāstānga Namaskāra Mudrā
- Agnisara
- Janusirasasana with jalantharbhandha

#### MEDITATION

(Examine the raise and growth of emotions)

### Yoga for Ego and Greed management

[6Hours]

#### Loosening Exercises

- Back stretch
- Back Stretch (Sidewise)

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- Namaste rotation
- Sit ups from Supine Posture

### **Breathing Exercises**

- Hamsasana Breathing
- Eka Pada Halasana Breathing

### **Yogāsanas**

- Viparitarani
- Ardha Sirasana
- Maricyasana
- Hamsasana
- Prasaritha Sarvangasana
- Matsyasana

### **Kriyās**

- Kapalabhati (Left nostril)

### **Pranayayama**

- Sitkari
- Sadanta
- Nadishudhi

### **Unit 5:**

**[12Hours]**

**Pedagogy - 8 step method. Students will be asked to teach the practices they learnt to children in the nearby village school.**

### **Yoga Practices for Memory Development:**

**[6Hours]**

#### **Asanas:**

Padmasana

Ustrasana

Yoga Mudra

Halasana

Vajrasana

#### **Breathing Exercises:**

Hands Stretch Breathing

Ankle Stretch Breathing

Bhujangasana Breathing

SLR Breathing Alternate legs

**Pranayama:** Bramari

#### **Kriyas:**

Kapalabhati (Kb)

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Alternate and Both nostril Kb

Meditation:

Silencing the mind with slow breathing

Memory songs

Memory Games

**Yoga for Concentration improvement**

**[6Hours]**

**Breathing Exercises:**

1. Hands stretch breathing
2. Straight leg raising breathing
3. Sashankasana breathing

Pawana Muktasana kriya

IRT

**Yogasana:**

Vrikshasana

Garudasana

Padahastasana

Ardhacakrasana

Paschimottanasana

Supta virasana

Viparita Karani

Matsyasana

QRT

Pranayama:

Right nostril Kapalabhati (Kb)

Both nostril Kb

Nadi Shudhi

Ref: Sampoorna Yoga Video CDs - SVYP  
Sampoorna Yoga Teachers notes for practical.

**Subject :** Sanskrit Bhasha Vijnanam (IC)

**Course Code:** MSTIC-201

Credit : 3	Total number of teaching hours: 45	Full marks for Examination: 100	Internal 50
Number of hours/Week : 3			
Unit – 1 5Hrs 10Marks	Unit – 2 13Hrs 30Marks	Unit – 3 12Hrs 30Marks	Unit – 4 6Hrs 10Marks
Unit-5 9Hrs 20Marks			

### Goals and Objectives

#### Goal:

The goal of teaching *Sanskrit* and English to postgraduate students is to provide a comprehensive knowledge of *Sanskrit* and English in order to be able to study, understand, comprehend and utilize the knowledge contained in Indian traditional texts in their professional practice, especially in the field of *Yoga*.

#### Objectives

##### Knowledge:

After the completion of the course, the student shall be able to:

- Demonstrate knowledge of complete *Sanskrit* script;
- Describe kinds of nouns, verbs, pronouns, etc. with examples;
- Illustrate kinds of gender, number, and declensions employed in *Sanskrit*;
- Demonstrate skill in pronunciation of different kinds of *Sanskrit* words, phrases and sentences.

##### Skills:

After the completion of the course, the student shall be able to

- Read and understand *Sanskrit* with respect to script and basic grammar.
- Familiarize themselves with various texts and compositions such as *Madhurashtakam*, *Vaidyakeeyasubhashitasahityam*, etc.
- Speak fluently in *Sanskrit* after having learnt the various peculiar pronunciations.

##### Study outcome:

Comprehensive knowledge of Samskrtam and English in order to be able to study, understand, comprehend and utilize the knowledge contained in Indian traditional texts in their professional practice, especially in the field of Yoga and Vedanta. Describe kinds of nouns, verbs, pronouns, etc. with examples; Illustrate kinds of gender, number, and declensions employed in *Sanskrit*, and demonstrate skill in pronunciation of different kinds of *Sanskrit* words, phrases and sentences. The subject of Samskrit would make students to read and understand *Sanskrit* with respect to script and basic grammar. Speaking fluently in *Sanskrit* after having learnt the various peculiar pronunciations. Study would prepare students to understand Sanskrit verses without anyone's help and to make students capable of converse in simple Sanskrit.

**Unit-1: Introduction to Language**

[5Hrs]

**Pedagogi: (Chalk and talk. Q & A)**

**i. Introduction to Language and subject**

**ii. Devanāgarī script - Alphabets, i.e. vowels, consonants, vowels & consonants combination**

iii. Two consonant combinations, special conjunct consonants and their pronunciation associated with their articulation. Formation of writing.

iv. Introduction to *Saṅskṛta* Grammar, Story of *Pāṇini* and his works.

v. Concept of place of Letters & Mechanism of birth of each letter.

vi. Basic rules for recognition of Nouns and Collection of *Saṅskṛta* words in genders.

**Unit-2:**

[13 Hrs]

**Pedagogi: (Chalk and talk; PPT; Q&A, lead and follow repetitions )**

i. Introduction to Genders – Masculine, Feminine and Neuter genders.

ii. 24 forms of a noun in all genders and its declensions; practice of other similar declensions. Usage of the 24 forms of all nouns.

iii. Verb roots with meaning. Nine 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 sentences 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 them with Nouns and Pronouns.

vi. Introduction to write a simple sentence. Sentences in singular, dual and plural. Practice of question and answers.

**Unit- 3:**

[12 Hrs]

**Pedagogi: (PPT, simple stories, Q & A, Making them converse with each other)**

i. Prepositions and its meaning with usage in sentence, asking question and answers.

ii. Introduction to time and its all variations.

iii. Practice of Numbers 1-100 with writing practice with *Saṅskṛta* symbols.

iv. Days in *Saṅskṛtam* with question and answers.

v. Introduction to Tense – Present, Past and Future tenses. Practice of conversion of one tense into another tense.

vi. Introduction to cases and its meaning with questions. Practice of cases.

**Unit- 4:**

[6Hrs]

**Pedagogi:** (Chalk and talk and PPT; Students will be encouraged to take up a topic each and write an essay( at least 10 sentences) on that. Every student will be made to biheart at least 10 shubhashita, students will be encouraged to enact simple dramas in samskritam )

i. Paragraph writing on specific topic. Using all nouns, pronouns, prepositions, time, days, number etc.

ii. Introduction of *Saṅskṛta* literature and its vastness. Specialty and beauty of *Saṅskṛta* language with respect to some verses from different Poetry, prose and dramas.

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- iii. Glimpse of Science in *Saàskâtam* with reference to *Vimānika Çāstra*, *Gaëita Çāstra* etc.
- iv. Reading and writing practice with the help of stories and very basic texts in *Saàskâtam*.

### **Unit- 5: ACTIVE AND PASSIVE VOICE**

[9Hrs]

#### **Pedagogi: (Chalk and talk and PPT)**

- i. The Two Voices
- ii. Rules regarding Active and Passive Voice
- iii. Change of Voice in Tenses
- iv. Change of Voice in Affirmative, Negative and Interrogative sentences

#### **Recommended Books:**

1. Samskrita Bharati published books & Flash cards.
2. Sarala book published by Samskrita Bharati, Bangalore.
3. Sugama book published by Samskrita Bharati, Bangalore.
4. Sukhada book published by Samskrita Bharati, Bangalore.



**Subject:** Evidence Based Yoga therapy -I

**Course code:** MSTDC-202

<b>Credit: 3</b>	<b>Total number of teaching hours: 45</b>	<b>Full marks for examination: 100</b>	<b>Internal: 50</b>
<b>No of hours/week: 4</b>			
<b>Examination weightage:</b>			
Unit-1 4Hrs      10Marks	Unit-2 12Hrs    25Marks	Unit-3 12Hrs    25Marks	Unit-4 10Hr    25Marks
Unit-5 7Hrs      15Marks			

### Goal and Objectives

#### Goals:

The goal of teaching Yoga Therapy for Common Ailments to students is aimed at giving the student comprehensive medical knowledge of the disease and it's Yogic Management of the organ systems of the body to facilitate comprehension of the physiological basis of health and disease and Hospital training and hands on training to handle patients.

#### Knowledge:

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

- Independently handle a patient and administer yoga therapy;
- Appreciate the relative contribution of each organ system to the homeostasis;
- Explain the pathological aspects of disease;
- Illustrate the physiological response and adaptations to environmental stresses;
- List physiological principles underlying pathogenesis and disease management.

#### Skills:

After the completion of the programs, the students should be able to:

- Teach Yoga Therapy;
- Interpret experimental/investigative data;
- Take medical, psychological and yogic assessments
- Effectively treat the patient with various psychosomatic ailments.

#### Study outcome:

All the diseases connected with different systems, students get knowledge of sign, symptoms, prevalence and their pathophysiology, medical management and total rehabilitation with Integrated approach of Yoga therapy.

#### Unit-1: Introduction to common ailments

[4Hrs]

**Pedagogi:** ( Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study)

- i. Introduction to stress
- ii. Physiology of stress
- iii. Psychosomatic ailments
- iv. Introduction to Yoga therapy – Adhija Vyadhi concept, IAYT

#### Unit-2: Respiratory Disorders

[12Hrs]

**Pedagogi:** ( Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study)

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- i. Introduction to Respiratory disorders
  - a. Brief classification – Obstructive, Restrictive, infectious and inflammatory
  - b. Introduction to Pulmonary function tests and their principles
- ii. Bronchial Asthma
  - a. Definition, Pathophysiology, Classification, Clinical Features,
  - b. Medical Management
  - c. Yogic Management
- iii. Allergic Rhinitis & Sinusitis
  - a. Definition, Pathophysiology, Classification, Clinical Features,
  - b. Medical Management
  - c. Yogic Management
- iv. COPD
  - a. Chronic Bronchitis
    - a) Definition, Pathophysiology, Classification, Clinical Features,
    - b) Medical Management
    - c) Yogic Management
  - b. Emphysema
    - a) Definition, Pathophysiology, Classification, Clinical Features,
    - b) Medical Management
    - c) Yogic Management
- v. Infectious Disorders
  - a. Tuberculosis
    - a) Definition, Pathophysiology, Classification, Clinical Features,
    - b) Medical Management
    - c) Yogic Management
  - b. Pneumonia
    - a) Definition, Pathophysiology, Classification, Clinical Features,
    - b) Medical Management
    - c) Yogic Management
  - c. Interstitial Lung Disease / Idiopathic pulmonary fibrosis
    - a) Definition, Pathophysiology, Classification, Clinical Features
    - b) Medical Management
    - c) Yogic Management
  - d. Evidence based Yoga therapy for respiratory disorders

### Unit-3: Cardiovascular Disorders

[12Hrs]

**Pedagogi:( Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study. Encouraging students to do PPT presentation on the desired topics)**

- i. Introduction to Cardiovascular disorders
- ii. Hypertension
  - a. Definition, Pathophysiology, Classification, Clinical Feature
  - b. Medical Management
  - c. Yogic Management
- iii. Atherosclerosis / Coronary artery disease
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- iv. Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehab
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- v. Congestive Cardiac Failure / Cardiomyopathy

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- a. Definition, Pathophysiology, Classification, Clinical Features
- b. Medical Management
- c. Yogic Management
- vi. Cardiac asthma
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- vii. Evidence based Yoga therapy for problems of Cardiovascular system

### **Unit-4: Endocrinal and Metabolic Disorder** [10Hrs]

**Pedagogi: (Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study; explaining Arogyadhama stories)**

- i. Diabetes Mellitus (I&II)
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- ii. Hypo and Hyper- thyroidism
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- iii. Obesity
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- iv. Metabolic Syndrome
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- v. Evidence based Yoga therapy for Endocrinal and Metabolic disorders

### **Unit-5:Excretory System** [7Hrs]

**Pedagogi: ( Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study)**

- i. Chronic renal failure
  - a. Causes, clinical features
  - b. Medical management
  - c. Yogic Management
- ii. Renal stones
  - a. Medical management
  - b. Yogic Management
- iii. Irritable bladder
  - a. Medical management
  - b. Yogic Management
- iv. Stress incontinence
  - a. Medical management
  - b. Yogic Management
- v. Evidence based Yoga therapy for problems of excretory system

### **Recommended books:**

1. Yoga for Bronchial Asthma – Dr H R Nagendra, R Nagaratna, SVYP
2. Yoga for Hypertension and Heart Diseases – Dr H R Nagendra, R Nagaratna, SVYP
3. Yoga for Diabetes – Dr H R Nagendra, R Nagaratna, SVYP

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4. Yoga for Obesity – Dr H R Nagendra, R Nagaratna, SVYP
5. Integrated approach of yoga therapy for positive health-Dr. R Nagaratha, Dr. H R Nagendra

### **Reference books:**

1. Yoga for common disorders- Swami Koormananda Saraswati

### **Assignments:**

The learners shall prepare an assignment on

- i. Compilation of Evidence base for management of any two pathologies with Yoga as a therapeutic measure
- ii. They shall prepare a power point presentation of a scientific paper suggested by the teaching faculty.

### **Recommended website:**

1. Research publications in Yoga on all concerned topics from peer reviewed journals.
2. <http://www.ncbi.nlm.nih.gov/pubmed/>

**Subject:** Evidence Based Yoga therapy -2

**Course code:** MSTDC-203

<b>Credit: 3</b>	<b>Total number of teaching hours: 45</b>	<b>Full marks for examination: 100</b>	<b>Internal: 50</b>
<b>No of hours/week: 3</b>			
<b>Examination weightage:</b>			
Unit-1 7Hrs      15Marks	Unit-2 8Hrs 15Marks	Unit-3 7Hrs      15Marks	Unit-4 15Hrs    40Marks
Unit-5 8Hrs      15Marks			

**Goal and Objectives**

**Goals:**

The goal of teaching Yoga Therapy for Common Ailments to students is aimed at giving the student comprehensive medical knowledge of the disease and it's Yogic Management of the organ systems of the body to facilitate comprehension of the physiological basis of health and disease and Hospital training and hands on training to handle patients.

**Knowledge:**

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

- Independently handle a patient and administer yoga therapy;
- Appreciate the relative contribution of each organ system to the homeostasis;
- Explain the pathological aspects of disease;
- Illustrate the physiological response and adaptations to environmental stresses;
- List physiological principles underlying pathogenesis and disease management.

**Skills:**

After the completion of the programs, the students should be able to:

- Teach Yoga Therapy;
- Interpret experimental/investigative data;
- Take medical, psychological and yogic assessments
- Effectively treat the patient with various psychosomatic ailments.

**Study outcome:**

All the diseases connected with different systems, students get knowledge of sign, symptoms, prevalence and their pathophysiology, medical management and total rehabilitation with Integrated approach of Yoga therapy

**Unit- 1: Obstetrics and Gynaecological Disorders**

[7Hrs]

**Pedagogi: (Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study; Narating arogyadhama case studies)**

- i. Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia
  - a. Definitions, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- ii. Premenstrual Syndrome
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- iii. Yoga for Pregnancy and Childbirth
  - a. Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM
  - b. Ante-natal care
  - c. Post-natal care
- iv. Infertility-male and female PCOS
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- v. Evidence based Yoga therapy for Obstetrics and Gynaecological Disorders

**Unit-2: Gastro Intestinal Disorders**

[8Hrs]

**Pedagogi: (Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study)**

- i. APD
  - a. Introduction to APD: Gastritis –Acute & Chronic, Dyspepsia, Peptic Ulcers
  - b. Clinical Features
  - c. Medical Management
  - d. Yogic Management
- ii. Constipation and Diarrhea
  - a. Definition, Pathophysiology, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- iii. Irritable Bowel Syndrome
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- iv. Inflammatory Bowel Disease
- v. Ulcerative colitis
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- vi. Crohn's diseases
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management

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### c. Yogic Management

#### vii. Evidence based Yoga therapy for Gastro Intestinal Disorders

### **Unit-3: Musculo-Skeletal Disorders**

[7Hrs]

**Pedagogi: (Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study; Narating arogyadhama case studies)**

#### i. Back Pain

##### a. Classification of back pain: organic and functional

- a) Lumbar Spondylosis
- b) Intervertebral disc prolapse (IVDP)
- c) Spondylolisthesis
- d) Spondylitis
- e) Psychogenic- Lumbago

##### b. Medical Management

##### c. Yogic Management

#### ii. Neck pain

##### a. Classification

- a) Cervical Spondylosis, radulopathy
- b) Functional neck pain
- c) Whiplash injury

##### b. Medical Management

##### c. Yogic Management

#### iii. All forms of Arthritis

- a. Rheumatoid Arthritis
- b. Osteoarthritis
- c. Psoriatic Arthritis
- d. Gout
- e. Medical Management
- f. Yogic Management

#### iv. Muscular dystrophy

- a. Medical Management
- b. Yogic Management

#### v. Evidence based Yoga therapy for Musculo-Skeletal Disorders

### **Unit-4: Psychological Disorders**

[15Hrs]

**Pedagogi: (Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study; Narating arogyadhama case studies)**

### **(A)Neurological Disorders:**

[8Hrs]

#### i. Headaches

##### a. Migraine

- a) Causes, Classification, clinical features
- b) Medical management
- c) Yogic Management

##### b. Tension headache

- a) Medical management
- b) Yogic Management

#### ii. Cerebro vascular accidents

- a. Causes, clinical features
- b. Medical management
- c. Yogic Management

#### iii. Epilepsy; pain; Autonomic dysfunctions

- a. Causes, clinical features
- b. Medical management

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- c. Yogic Management
- iv. Parkinson's disease
  - a. Causes, clinical features
  - b. Medical management
  - c. Yogic Management
- v. Multiple sclerosis
  - a. Causes, clinical features
  - b. Medical management
  - c. Yogic Management
- vi. Errors of vision of refraction.
  - a. Causes, clinical features
  - b. Medical management
  - c. Yogic Management
- vii. Hearing impairment
  - a. Causes, clinical features
  - b. Medical management
  - c. Yogic Management
- viii. Evidence based Yoga therapy for Neurological Disorders

### **(B)Psychiatric disorders**

[7Hr]

Introduction to psychiatric disorders, classification – Neurosis, Psychosis

- i. Neurosis
  - a. Anxiety disorders
    - a) Generalised anxiety disorder
    - b) Panic Anxiety
    - c) Obsessive Compulsive Disorder
    - d) Post-traumatic stress disorder
    - e) Phobias
    - f) Medical Management
    - g) Yogic Management
  - b. Depression
    - a) Dysthymia
    - b) Major depression
    - c) Medical Management
    - d) Yogic Management
- ii. Psychosis
  - a. Schizophrenia
  - b. Bipolar affective disorder
  - c. Medical Management
  - d. Yogic Management
- iii. Mental retardation
  - a. Autism
  - b. Attention Deficit Hyperactivity Disorders
  - c. Medical Management
  - d. Yogic Management
- iv. Substance abuse – alcohol, tobacco, cannabis abuse
  - a. Medical Management
  - b. Yogic Management
- v. Evidence based Yoga therapy for Psychiatric disorders

### **Unit-5: Cancer, HIV and Anaemia**

[8Hrs]

**Pedagogi: (Talk with PPT, Video, Take students to Arogyadhama to see patients of the disorders of study; Narating arogyadhama case studies. Encourage all students to present on research work done on each one of the diseases that they have studied about)**

- i. HIV - AIDS



## M.Sc Syllabus

- a. Cause, Pathophysiology, Clinical Features
- b. Medical management
- c. Yogic Management
- ii. Autoimmune disorders
  - a. Causes, clinical features, various autoimmune disorders
  - b. Medical management
  - c. Yogic Management
- iii. Cancer
  - a. Causes, clinical features,
  - b. Side effects of Chemotherapy, radiotherapy
  - c. Medical management
  - d. Yogic Management
- a. Anemia
  - a. Classification of anemia
  - b. Medical management
  - c. Yogic management
- iv. Evidence based Yoga therapy for Cancer, HIV and Anaemia

### **Recommended books:**

1. Yoga for Pregnancy – Dr H R Nagendra, R Nagaratna, Dr Shamanthakamani, SVYP
2. Yoga for Digestive Disorders – Dr H R Nagendra, R Nagaratna, SVYP
3. Yoga for Arthritis – Dr H R Nagendra, R Nagaratna, SVYP
4. Yoga for Back Pain – Dr H R Nagendra, R Nagaratna, SVYP
5. Yoga for Depression - Dr H R Nagendra, R Nagaratna, SVYP
6. Yoga practices for Anxiety and Depression – Dr H R Nagendra, R Nagaratna, SVYP
7. Yoga for Cancer – Dr H R Nagendra, R Nagaratna, SVYP
8. Integrated approach of yoga therapy for positive health-Dr. R Nagaratha, Dr. H R Nagendra - SVYP

### **Reference books:**

1. Yoga for common disorders- Swami KoormanandaSaraswati

### **Assignments:**

The learners shall prepare an assignment on

- iii. Compilation of Evidence base for management of any two pathologies with Yoga as a therapeutic measure
- iv. They shall prepare a power point presentation of a scientific paper suggested by the teaching faculty.

### **Recommended website:**

3. Research publications in Yoga on all concerned topics from peer reviewed journals.
4. <http://www.ncbi.nlm.nih.gov/pubmed/>

**Subject:** Yogic Counselling

**Course Code:** MSTDE-204

## M.Sc Syllabus

Credit: 2	Total number of teaching hours: 30	Full marks for Examination: 100	Internal 50
Number of hours/Week : 2			
Unit – 1 7Hr 25Marks	Unit – 2 8Hr 25Marks	Unit – 3 7Hr 25Marks	Unit – 4 8Hr 25Marks

### Goal and Objectives

#### Goals:

The goal of teaching Yogic Counseling to students is to make them get familiarized with the counseling. The do's and don'ts of counseling. To know the importance of counseling in Yoga therapy. To know the technique of counseling.

#### Knowledge:

After the completion of the program, the students should be able to know what is counseling, how to do it? What is its requirement and importance in Yoga Therapy.

#### Skills:

After the completion of the programs, the students should be able to:

- Counsel the Yoga Therapy Participant
- Effectively treat the patient with various psychosomatic ailments.

#### Study outcome:

Student will be thorough with the dos and donts of counseling. He will learn to be empathetic. He will be able to throw the light of yoga and higher goals to the participant so that in light of these one can choose their own ways. The therapy participant he counsils will get rid of the inner turmoil and will find a positive goal for life.

#### Unit 1 Introduction to Psychology and Cognitive psychology

[7Hrs]

**Pedagogi: ( Talk with PPT. Students should present the benefits and limitations of each one of the theories)**

Definition of mind according to modern science and yoga; comparative understanding of the process of perception, learning, Intelligence, Creativity, memory and emotions according to modern psychology and yoga psychology; A brief understanding of conventional methods of psychotherapy Existential/Humanistic Therapy; Biological Approaches; Psychodynamic Therapy; Behavioural Therapy; Cognitive Therapy.

#### Unit 2: Yoga for personality development

[8Hrs]

Pedagogi: (Talk with PPT.)

## M.Sc Syllabus

Theories of personality - Behavioral Theories; Biological Theories; Psychodynamic Theories; Superego; Psychoticism; Neuroticism/Emotional Stability; The Five-Factor Theory of Personality; Humanist Theories; Eysenck's Three Dimensions of Personality; Introversion/Extroversion: yoga for total personality development as research data presentations

### **Unit 3: Yogic Counselling**

[7Hrs]

Pedagogi: ( Talk with PPT. )

Role of Shuddhi Prakriyas in treatment of illnesses , prevention and promotion of positive Health; concepts of Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Chitta Shuddhi (Dharana, Dhyana and Samadhi)

### **Unit 4: Principles and techniques of counselling**

[8Hrs]

Pedagogi: ( Talk with PPT. Each student will be made to attend at least one counselling session with a senior counsellor. Latter Q&A with the counsellor)

Qualities of a counselor; Principles of what to speak, how to listen, speak , how to behave, expressions during counseling; what not do while counseling

Role of catharsis as understood by modern psychology and counseling ; Yogic understanding of recognizable and unrecognizable stresses as karma, samskaras ; methods recommended for cleansing (chitta shuddhi ) in healing,

Yoga techniques to be used during counselling to cope with hyper sensitive mind, excessive speed of mind, problems of perfectionist personality, hereditary and congenital problems, psychological conflicts, calamities/ life events (present, past , concerns about future distressing events), ageing etc

### **Reference books:**

1. MST 204 Yoga Psychology and Counselling teaching Notes
2. Raja Yoga – Dr H R Nagendra – SVYP
3. The Secret of Action – Dr H R Nagendra – SVYP
4. The Science of Emotions Culture – Dr H R Nagendra – SVYP

### **Subject: Divisional Elective:**

**Subject:** Yoga therapy Techniques

**Subject code:** MSPC-201

<b>Credit: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal: 50</b>
<b>No of hours/week: 4</b>			
<b>Examination weightage:</b>			
Unit-1 12Hrs      20Marks	Unit-2 12Hrs 20Marks	Unit-3 12Hrs    20Marks	Unit-4 12Hrs      20Marks
Unit-1 12Hrs    20Marks			

### Goal and Objectives

#### Goal:

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with comprehensive knowledge of therapeutic techniques applicable for various ailments.

#### Objectives

##### Knowledge:

After the completion of this course, the student shall be able to:

- Demonstrate each technique prescribed for a disease
- Say the working principles behind the techniques prescribed for various diseases
- Understand contraindications and indications of *yogic* practices in order to efficiently use *Yoga* as a therapy;
- Explain the precautions to be taken before practicing the special techniques

##### Skills:

After the completion of the course, the student shall be able to:

- Prescribe the set of special techniques to manage various diseases
- Demonstrate usage of therapeutic aspect of *Yoga* in promotive, preventive, and curative therapy.
- Find another alternative practice if the practice is not found to be effective.

##### Study outcome:

Students know with experience which practice should be given to which disease and what should be avoided. In case of a combination of diseases, what should be given and what should be avoided.

#### Unit-1:

[12 hours]

#### Pedagogi: (8 step method)

Yoga Practices for respiratory disorders

Yoga practices for cardio vascular disorders

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**Unit-2:** [12hours]

**Pedagogi: (8 step method; Students should be encouraged to introduce the practice, to teach a session)**

Yoga practices for Endocrinal and metabolic disorders

Yoga practices for excretory system disorders

**Unit-3:** [12 hours]

**Pedagogi: (8 step method; Students should be encouraged to introduce the practice, to teach a session)**

Yoga practices for obstetrics and gynaecological disorders

Yoga practices for GID

**Unit-4:** [12 hours]

**Pedagogi: (8 step method; Students should be encouraged to introduce the practice, to teach a session)**

Yoga practices for Musculo-skeletal disorders

Yoga practices for neurological disorders

**Unit-5:** [12 hours]

**Pedagogi: (8 step method; Students should be encouraged to introduce the practice, to teach a session)**

Yoga practices for psychiatric disorders

Yoga practices for Cancer, HIV and Anaemia

**Recommended books:**

Yoga for common ailments manual, SVYP, Bangalore, 2002

**Course:** Methods of Scientific Writing

**Subject Code:** MSPDE-202

## M.Sc Syllabus

Credit: 2	Total number of teaching hours: 60	Full marks for Examination: 100	Internal: 50
<b>Number of hours/Week : 4</b>			
<b>Examination Weightage:</b>			
Unit – 1	Unit – 2	Unit – 3	Unit – 4
30Hrs 50Marks	10Hrs 20Marks	10Hrs 15Marks	10Hrs 15Marks

### Goal and Objectives

#### Goal:

The goal of teaching scientific writing course to postgraduate students is to provide them practical knowledge on writing and communicating scientific information of various scientific/research investigations.

#### Objectives

##### Knowledge:

The student shall be able to:

- Understand the structure of synopsis
- Understand the structure of dissertation
- Understand the structure of journal article
- Have basic idea on planning and writing the article

##### Skills:

After the completion of this subject, the students shall be able to:

- Prepare synopsis on chosen topic
- Do detailed literature search
- Use relevant software for editing and presentation
- Make effective graphical presentations
- Prepare dissertation for communicating research findings
- Prepare manuscript for submission to a journal
- Make oral communication of scientific knowledge

##### Study outcome:

Students will be able to write their own Synopsis, dissertation and paper to the Journal

### Unit -1: Writing for Synopsis

[30 Hrs]

**Pedagogi: (Talk with PPT; students will be made to write their synopsis as when a step is taught. All sessions will be in Computer lab)**

- i. Research Process – An Overview
- ii. Introduction – Title, Abstract
- iii. Literature review – Types: Review of scriptures and Modern scientific literature, why literature review, how to conduct literature review, use of Pub Med, and other online sources, presentation of literature review.

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- iv. Aims and Objectives – Statements of aims and objectives, research questions, hypothesis, null hypothesis, rationale of study, operational definition.
- v. Methods – Participants, Inclusion & Exclusion criteria, Design, Intervention, Assessment tools, independent & dependent variables,
- vi. Ethics of research – Laboratory ethics, Publication ethics, Ethical bodies – IEC & IRB, Guidelines for good clinical practices
- vii. Plan of data extraction and Tabulation (Demo Table)
- viii. Plan for Statistical Analysis
- ix. Use of Mendeley reference manager
- x. Use of ITRANS 99
- xi. Use of G\*Power

### **Unit -2: Writing for Dissertation**

**[10 hours]**

**Pedagogi: ( Talk with PPT; All sessions will be in Computer lab. Model research problem should be given and every student should write a rough dissertation)**

Dissertation preparation Format, Introduction, Literature Review (Scriptural and Scientific), Aims & Objectives, Methods, Results and Discussion, Conclusion, Appraisal, References, Appendix, Text/legend, Tables and picture formatting

### **Unit -3: Writing for Journal**

**[10 hours]**

**Pedagogi: (Talk with PPT; All sessions will be in Computer lab. Students should be made familiarized with different models of different journal)**

Manuscript preparation, Structure of article, APA style of referencing, Plagiarism, Journal selection, Article submission, Article review

### **Unit -4: Presentation Skills**

**[10 hours]**

**Pedagogi: (Talk with PPT; All sessions will be in Computer lab; All students will immediately practice as all sessions will be in lab)**

- i. MS Word, Excel, Power point
- ii. Presentation of research article
- iii. Presentation of synopsis
- iv. Oral and poster presentations

### **Recommended texts:**

1. American Psychological Association. Publication Manual of the American Psychological Association (6th edition), Washington

**Subject:** Advanced Yoga Techniques -1

**Course Code:** MSPDE-203

Credit 2	Total number of	Full marks for	Interna
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M.Sc Syllabus

	teaching hours: 60	Examination: 100	150
Number of hours/Week : 4			
Unit - 1 3Hrs 10Marks	Unit - 2 19Hrs 30Marks	Unit - 3 19Hrs 30Marks	Unit - 4 19Hrs 30Marks

**Goal and Objectives**

**Goal:**

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge about advanced meditation techniques and concept of Panchakosa.

**Objectives**

**Knowledge:**

After the completion of this course, the student shall be able to:

- Understand about the foundation of advanced meditation techniques
- Understand the role of Prana and Mind on the body and correcting and strengthening body, Prana and Mind.
- Understand and feel the connectivity of individual and the Universe.
- Experience silence, expansion and power of Sankalpa

**Skills:**

After the completion of the course, the student shall be able to:

- Enhance the growth of personality as an Integrated personality
- Present a technique effectively based on the condition of a patient
- Explain the significance of advanced technique for a particular condition
- Learn the skill of delivering instructions

1hr/wk theory and 5hr/wk practical(1Credit Theory and 3 credits Practical)  
Theory 25 and Practical 75 Marks

**Unit-1: Introduction to advanced techniques**

[3Hrs]

**Pedagogi: ( Talk with PPT; Q & A)**

- i. Meditation, advancement in Meditation, Concept of Panchakosa
- ii. Advanced techniques, personality development, concept of Vyasti and Samasti
- iii. Relaxation, Awareness, Expansion of awareness.

**Unit- 2: Cyclic meditation**

[19Hrs]

**Pedagogi: Instructions will be given- students will be made to practice – experience-learn ; Flip-flap method (one of the students give instructions and all will practice )**

- i. Introduction to Cyclic Meditation.
- ii. 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.
- iii. Incidences from daily life where we experience pointed awareness, linear awareness, surface awareness, 3D awareness and all-pervasive awareness.
- iv. Centering, ArdhakatiCakrasana, Group synchronization, awareness.
- v. QRT Physical, Emotional, mental awareness and expansion.
- vi. Vajrasana, shashankasana and ustrasana with awareness.
- vii. DRT with awareness at Physical, pranic, mental, intellectual and spiritual levels.



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- viii. Stimulations and relaxations, recognizing the tightness and let go, relaxation deeper than stimulation. Observation of blood flow, nerve impulses, 3D awareness, sound resonance and. mental,emotional, intellectual, spiritual stimulations and let go.
- ix. Worksheet writing and correction.
- x. Class taking by students and correction. Experience writing.  
Students practice IRT 4 times a day.

### **Unit-3: Pranicenergisation technique**

[19Hrs]

**Pedagogi: (Talk with PPT; Q & A), Instructions will be given- students will be made to practice – experience-learn; Flip-flap method (one of the students give instructions and all will practice)**

- i. Prana, types of Pranas, UpaPranas, PranicEnergisation Technique
- ii. Practice Breath awareness at tip of the nose, complete breath awareness and deep abdominal breathing. Awareness practice of pulse, Heartbeat, synchronization of pulse with heartbeat, 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.
- iii. Worksheet writing and correction.
- iv. Class taking by students and correction. Experience writing.  
Regular self practice to strengthen.

### **Unit-4: Mind sound resonance technique**

[19Hrs]

**Pedagogi: (Talk with PPT; Q & A), Instructions will be given- students will be made to practice – experience-learn; Flip-flap method (one of the students give instructions and all will practice)**

- i. Mind, Sound and resonance.
- ii. Practicing to tune to natural frequency to get resonance
- iii. Chanting of any mantra in three ways loud voice, low voice and inside the mind and feeling vibrations.
- iv. Chanting practice of OM, M, U, A and A-U-M. Feel air moving from nose tip to the 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.
- v. Triambaka Mantra, Full Practice, Writing the Worksheet, Practice by the students, writing experiences.

Feeling the vibrations of all chantings and all sounds during the day, tuning to the vibrations of those sounds.

### **Recommended books:**

1. Perspective of stress management- Dr. H. R. Nagendra and Dr. R. Nagarathna, SVYP.
2. Pranic Energisation Technique- Dr. H R Nagendra, SVYP.
3. MSRT – Dr H R Nagendra, SVYP.
4. Yoga for Cancer – Dr.H R Nagendra, Dr. R Nagaratna, SVYP.

**Subject: Synopsis**

**Subject Code: MSFAECC-204**

<b>Credit: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal: NA</b>
<b>No of hours/week: NA</b>			

**Goal and objectives**

**Goal:**

The primary goal of synopsis writing for post graduate students is to expose them in research and motivate them to conduct scientific research and pursue higher research.

**Objectives**

**Knowledge:**

The students will

- Get to know about the style of synopsis writing
- Understand various scientific experiments design, sampling techniques etc.
- Get to know about how to Analyze data using various statistical tests
- Understand various problems experienced by a researcher while undertaking a project

**Skills:**

The students will be able to

- Interpret the data and draw a conclusion from it
- Develop the skill of writing and communicating to scientific world
- Establish the underlying mechanism of the findings
- Disseminate research findings

**Study Outcome:**

Students will prepare their Synopsis and also prepare a PPT and present it.

**Note:** Please note that during this time each student is expected to write the synopsis under the supervision of a qualified guide and get ready for presentation. It is mandatory for all candidates to present their plan of research work in the presence of internal experts and guide.

Details about the format of Synopsis is enclosed in Enclosures.

**Subject:** Arogyadhama Field Training – 1

**Subject Code:** MSFDC-301

## M.Sc Syllabus

Credit: 4	Total number of Hrs: 120	Full marks for Examination: 100	Internal 50
Number of hours/Week : 8			
Unit – 1 5Hrs 5Marks	Unit – 2 55Hrs 45Marks	Unit – 3 30Hrs 25Marks	Unit – 4 30Hrs 25Marks

### Goal and Objectives

#### Goal:

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge of Clinical training at Yoga therapy hospital so as to elevate the level of practical knowledge in students

#### Objectives

#### Knowledge:

After the completion of this course, the student shall be able to:

- Learn the line of treatment of a particular disease
- Understand the condition of a disease and prepare a module based on its severity
- Have in depth understanding about participant's care, data analysis and report writing

#### Skills:

After the completion of the course, the student shall be able to:

- Write the case history of a patient
- Administer general parameter and clinical assessment methods used for various group of patients
- Give effective counseling to a patient for eliminating the root cause of a problem
- Avoid a practice based on the severity of a disease and its contraindication

#### Study Outcome:

Students will get practical experience of teaching Yoga practices for various diseases.

**Unit-1: Brief outline of yoga therapy clinical training**

[5Hrs]

**Pedagogi: (Talk with PPT)**

- i. Case History Writing

## M.Sc Syllabus

- ii. Introduction to general parameter
- iii. Introduction to special parameter
- iv. Education of Participant Care
- v. Psychological analysis by Triguëa and Tridoça, GHQ questionnaires.  
(Analysis of Prakâti and Vikâati of participants)
- vi. Data Entry and Data Analysis
- vii. Report Writing
- viii. Case Presentation

### **Unit-2: Neurology and Oncology** [55hrs]

**Pedagogi: (Observing the Senior therapist and slowly pick up skills to teach patients;  
Students will be encouraged to take class for therapy participans)**

- i. Introduction to Section: Neurology and Oncology
- ii. Introduction to Aliments: Stroke, Parkinson, Motor Neuron Disease, Epilepsy, Multiple Sclerosis, Cerebral Ataxia, Breast Cancer, Brain Tumor, Stomach Cancer: Definition, Prevalence, Cause, Sign, Symptoms, Clinical Parameter
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

### **Unit-3: Pulmonology** [30Hrs]

**Pedagogi: (Observing the Senior therapist and slowly pick up skills to teach patients;  
Students will be encouraged to take class for therapy participans)**

- i. Introduction to Section: Pulmonology.
- ii. Introduction to Aliments: Asthma, Nasal Allergy, Sinusitis, TB, COPD
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

### **Unit-4: Cardiology** [30Hrs]

**(Pedagogi: Observing the Senior therapist and slowly pick up skills to teach patients;  
Students will be encouraged to take class for therapy participans)**

- i. Introduction to Section: Cardiology
- ii. Introduction to Aliments: Hypertension, CHD, Low BP, High BP, MI, Atherosclerosis.
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

#### **Recommended Books:**

1. Clinical methods-Hutchison
2. Clinical methods- CL Ghai

**Subject** Arogyadhama Field Training – 2

**Subject Code:** MSFDC-302

## M.Sc Syllabus

Credit: 4	Total number of training: 120	Full marks for Examination: 100	Internal 50
Number of hours/Week : 6			
Unit – 1 60Hrs 50Marks		Unit – 2 60Hrs 50 Marks	

### Goal and Objectives

#### Goal:

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge of Clinical training at Yoga therapy hospital so as to elevate the level of practical knowledge in students

#### Objectives

#### Knowledge:

After the completion of this course, the student shall be able to:

- Learn the line of treatment of a particular disease
- Understand the condition of a disease and prepare a module based on its severity
- Have in depth understanding about participant's care, data analysis and report writing

#### Skills:

After the completion of the course, the student shall be able to:

- Write the case history of a patient
- Administer general parameter and clinical assessment methods used for various group of patients
- Give effective counselling to a patient for eliminating the root cause of a problem
- Avoid a practice based on the severity of a disease and its contraindication

#### Study Outcome:

Students will get practical experience of teaching Yoga practices for various diseases.

#### Unit-1: Psychiatric Disorder [60Hrs]

**Pedagogi: (Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participans)**

- i. Introduction to Section: Psychiatric Disorder
- ii. Introduction to Aliments: Anxiety Disorder, Addiction, Bipolar Disorder, Depression, Neurosis, Psychosis, Schizophrenia, OCD, Mental Retardation, ADHD
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

#### Unit-2: Rheumatology [60Hrs]

**Pedagogi: (Observing the Senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participans)**

## M.Sc Syllabus

- i. Introduction to Section: Rheumatology
- ii. Introduction to Aliments: Osteoarthritis, Rheumatoid, Osteoporosis
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

### **Recommended Books:**

1. Clinical methods-Hutchison
2. Clinical methods- CL Gha

**Subject:** Arogyadhama Field Training – 3:

**Subject Code:** MSFDC-303

Credit: 4	Total number of training:	Full marks for	Internal 50
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## M.Sc Syllabus

	120	Examination: 100	
Number of hours/Week : 6			
Unit – 1 60Hrs      50Marks		Unit – 2 60Hrs      50Marks	

### Goal and Objectives

#### Goal:

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge of Clinical training at Yoga therapy hospital so as to elevate the level of practical knowledge in students

#### Objectives

#### Knowledge:

After the completion of this course, the student shall be able to:

- Learn the line of treatment of a particular disease
- Understand the condition of a disease and prepare a module based on its severity
- Have in depth understanding about participant's care, data analysis and report writing

#### Skills:

After the completion of the course, the student shall be able to:

- Write the case history of a patient
- Administer general parameter and clinical assessment methods used for various group of patients
- Give effective counseling to a patient for eliminating the root cause of a problem
- Avoid a practice based on the severity of a disease and its contraindication

#### Study Outcome:

Students will get practical experience of teaching Yoga practices for various diseases.

#### Unit-1: Spinal Disorder

[60Hrs]

**Pedagogi: (Observing the Senior therapist and slowly pick up skills to teach patients;  
Students will be encouraged to take class for therapy participans)**

## M.Sc Syllabus

- i. Introduction to Section: Spinal Disorder
- ii. Introduction to Aliments: Back Pain, Neck Pain, Spondilitis, Spinal Disorder,
- iii. Slipped Disc, Scoliosis, Lordosis, Cervical Spondylosis, Sciatica, Khyposis, Spondylo listhesis
- iv. Yogic Management through IAYT
- v. Customized and Specific Yoga Module protocol for above mentioned Aliments
- vi. Yogic Counseling

### **Unit-2: Metabolic Disorders**

[60Hrs]

**(Pedagogi: Observing the Senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participans)**

- i. Introduction to Section: Metabolic Disorder
- ii. Introduction to Aliments: Type 1 DM, Type 2 DM, Hyperglycemia, Hypoglycemia, Diabetes Incipidus, Neuropathy, Retinopathy, Nephropathy
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

### **Recommended Books:**

1. Clinical methods-Hutchison
2. Clinical methods- CL Ghai

**Subject:** Arogyadhama Field Training – 4:

**Subject Code:** MSFDC-304



## M.Sc Syllabus

Credit: 4	Total number of training: 120	Full marks for Examination: 100	Internal 50
Number of hours/Week : 6			
Unit – 1 60Hrs 50Marks		Unit – 2 60Hrs 50Marks	

### Goal and Objectives

#### Goal:

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge of Clinical training at Yoga therapy hospital so as to elevate the level of practical knowledge in students

#### Objectives

##### Knowledge:

After the completion of this course, the student shall be able to:

- Learn the line of treatment of a particular disease
- Understand the condition of a disease and prepare a module based on its severity
- Have in depth understanding about participant's care, data analysis and report writing

##### Skills:

After the completion of the course, the student shall be able to:

- Write the case history of a patient
- Administer general parameter and clinical assessment methods used for various group of patients
- Give effective counseling to a patient for eliminating the root cause of a problem
- Avoid a practice based on the severity of a disease and its contraindication

##### Study Outcome:

Students will get practical experience of teaching Yoga practices for various diseases.

#### Unit-1: Gastroenterology

[60 Hrs]

**Pedagogi: (Observing the Senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participans)**

- i. Introduction to Section: Gastroenterology
- ii. Introduction to Aliments: Gastritis, IBS, Constipation, Diarrhea, GERD, APD, Ulcerative Colitis, Piles, Fistula, Menstrual Disorder, Infertility, Pregnancy 1, 2, 3, Trimester
- iii. Yogic Management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

#### Unit – 2: Section H & PPH

[60 Hrs]

**(Pedagogi: Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participans)**

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- i. Introduction to sections: Eating disorders and Promotion of positive Health
- ii. Introducing different eating dis-orders
- iii. Yogic management through IAYT
- iv. Customized and Specific Yoga Module protocol for above mentioned Aliments
- v. Yogic Counseling

### **Recommended Books:**

1. Clinical methods-Hutchison
2. Clinical methods- CL Ghai

**Subject:** Biostatistical Analysis

**Subject code:** MSFDE-305

## M.Sc Syllabus

<b>Credit: 2</b>	<b>Total number of teaching hours: 60</b>	<b>Full marks for examination: 100</b>	<b>Internal: 50</b>
<b>No of hours/week: 4</b>			
<b>Examination weightage:</b>			
Unit-1 10Hrs    20Marks	Unit-2 15Hrs    25Marks	Unit-3 15Hrs    25Marks	Unit-4 20Hrs    30Marks

### Goal and objectives

Goal:

The primary goal of Biostatistical analysis is to train the students with practical tools employed in research and enable them to write their dissertation and journal article in standard scientific writing standards.

### Objectives

#### Knowledge:

The students will learn to

- Handle R statistical package for analysis
- Organize and communicate scientific information
- Use supporting software like Mendeley reference manager, ITRANS 99, G\*Power, and other important office applications.

#### Skills:

Successfully completing the course, the students will acquire

- Practical skill to do detailed statistical analysis
- Practical skill to review statistical results in journals
- Skill to write report of analysis
- Practical skill to present dissertation
- Skill for scientific communication

#### Study Outcome:

After undergoing this course, a student will be having a practical knowledge of

- preparing and presenting a synopsis
- using statistical software R for analysis
- interpreting and presenting the analyzed results
- Mendeley software for reference management
- ITRANS software for typing devanagari script
- G\*Power software for power analysis

#### Unit-1: Introduction to Statistical Analysis

[10Hrs]

**Pedagogi: (Talk with PPT; Students will be made to do the calculations for their research data)**

## M.Sc Syllabus

Introduction to data analysis, framing steps for data analysis, data extraction and cleaning, structure of data, Introduction to R software and packages, Downloading and installing R, R Studio, and R packages, Data management and Basis operations in R, Scripts in R.

### **Unit-2: Exploratory Analyses** [15 Hrs]

**Pedagogi: (Talk with PPT; Students will be made to analyse their research data )**

Missing value analysis  
Outlier analysis  
Descriptive statistics  
Reverse scoring questionnaire data  
Simple and interactive graphs for analysis

### **Unit-3: Confirmatory Analyses** [15Hrs]

**Pedagogi: (Talk with PPT ; Students will be made to do the calculations for their research data )**

- i. Tests for Assumptions: Normality, Equivalence of Variance, and Independence
- ii. Running parametric and non-parametric statistical tests using R: correlation, t-test, chi-square tests, ANOVA, post-hoc power analysis
- iii. Graphical presentation of data – Bar graph, Pie chart, line diagram, scatter plot

### **Unit-4: Understanding and Writing Reports** [20Hours]

**Pedagogi: (Talk with PPT; Students will be made to do the calculations for their research data. Students dissertation writing and presentation has to go hand in hand with this)**

Understanding reports of published literature:

- i. Understanding reporting of correlation, chi-square, t-tests, and ANOVA.
- ii. Understanding effects of interactions – 1-way, 2-way interactions.
- iii. Understanding graphical representations of results – graphs and tables.

Writing reports for various statistical tests:

- iv. correlation, chi-square, t-tests, and ANOVA.
- v. Using APA style for reporting test statistics
- vi. Using R to generate APA style tables.

### **Reference books:**

1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
2. R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New Delhi
3. Joseph Adler, (2010). R in a nutshell. O'Reilly. Cambridge

**Subject:** Dissertation

**Subject Code:** MSF-306

<b>Credit: 4</b>	<b>Total number of</b>	<b>Full marks for</b>	<b>Internal: NA</b>
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## M.Sc Syllabus

	<b>teaching hours: 120</b>	<b>examination: 100</b>	
<b>No of hours/week: 8Hrs</b>			

### Goal and objectives

#### Goal:

The primary goal of dissertation writing for post graduate students is to expose them in research and motivate them to conduct scientific research and pursue higher research.

#### Objectives

##### Knowledge:

The students will

- Get to know about the style of dissertation writing
- Understand various scientific experiments design, sampling techniques etc.
- Analyze data using various statistical tests
- Understand various problems experienced by a researcher while undertaking a project

##### Skills:

The students will be able to

- Interpret the data and draw a conclusion from it
- Develop the skill of writing and communicating to scientific world
- Establish the underlying mechanism of the findings
- Disseminate research findings

##### Study Outcome:

During this time students will write their dissertation and the paper for journal.

**Note:** Please note that during this time each student is expected to write the dissertation under the supervision of a qualified guide and get ready for presentation. It is mandatory for all candidates to present their research work in the presence of an external expert. Details about the format of dissertation is enclosed in Enclosure-1.

**Subject:** Patañjali Yoga Sutrās

**Subject code:** MSTIE -401

Credit : 3	Total no. of teaching hrs : 45	Full marks for Examination :	Internal : 50
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## M.Sc Syllabus

		100	
<b>Hours per week : 3</b>			
<b>Examination Weightage:100</b>			
Unit1:15Hrs 30Marks	Unit2:15Hrs 30Marks	Unit3: 5Hrs 15 Marks	Unit4:10Hrs 25 Marks

### Goal and Objectives

#### Goal:

The goal of teaching Patañjali Yoga Sutrās and Āṅgīrasa's topostgraduate students is to provide them with knowledge of Patañjali's contribution to the field of Yoga and six system of philosophy.

#### Objectives

##### Knowledge:

After the completion of this course, the students shall be able to:

- Understand human's psychology as Patañjali had explained
- Imbibe knowledge on the insights available in six systems of philosophy
- Well verse with the yogic principles and it's meaning mentioned in Patañjali Yoga Sutra
- Learn effective way of communication in Saṅkīrtam

##### Skills:

After the completion of the course, the student shall be able to:

- Explain the concept and insight quoted in the form of sūtrās
- Illustrate the yogic insight's in six systems of philosophy
- Differentiate Antaraṅga Yoga and Bahiraṅga Yoga of Aṅgīrasa's Yoga
- Explain how Patañjali Yoga sūtrās is different from other yogic texts.

#### Study Outcome:

Students know the Patanjali Yoga sutras in detail. The goal of teaching Patanjali Yoga Sutras is to provide them with knowledge of basic psychological aspects of Patanjali's contribution to the field of Yoga. After the completion of this course, the students shall be able to understand human's psychology as Patanjali had explained. Raja Yoga is the path of will. Mastery on oneself is the key aspect of Raja Yoga through Abhyasa (practice) and Vairagya (mastery over all types of desires). Eight limbs of Raja Yoga facilitate any seeker to reach the goal; Yama (social conduct), Niyama (individual discipline), Asanas (Yoga postures), Pranayama (regulating the breath), Pratyahara (restraining senses from respective objects), Dharana (focusing mind towards one object), Dhyana (expanding and defocusing) and Samadhi (merging with the object). These steps bring out extraordinary abilities of human inner potentials called Siddhis. Patanjali, the promotor of Yoga systematised in four chapters in 196 aphorisms.

#### Unit-1: SamādhiPāda

[15Hours]

**Pedagogi:** (Talk with PPT; Sloka chanting Lead and follow twice; students will be encouraged to biheart the slokas and also draw pictures for meaning of slokas; also will be encouraged to practice what is given)

- i. What is Yoga? (2)

## M.Sc Syllabus

- ii. Culmination of Yoga (3)
- iii. *Vātti* and its classifications (5-11)
- iv. Necessity of Abhyāsa&Vairāgya (12)
- v. Foundation of Abhyāsa (13-14)
- vi. Lower & higher form of Vairagya(15-16)
- vii. Definition of Samprajīaand Asamprajīa Samādhi (17-20)
- viii. Definition & attribute of Içvara (24-25)
- ix. Praëava and Sādhana for Içvara (27-28)
- x. Result of Sādhana (29)
- xi. Obstacles in the path of Yoga(30-31)

### Unit-2: Sādhana pāda

[15Hours]

**Pedagogy-Talk with PPT; Sloka chanting Lead and follow twice; students will be encouraged to biheart the slokas and also draw pictures for meaning of slokas; also will be encouraged to practice what is given.**

- i. Discipline for Sādhana (1-2)
- ii. Kleñās – Avidya, Asmita, Rāga, Dveça and Abhiniveça (3-9)
- iii. Modification of the Kleñās
  - a. Meditation (10-11)
- iv. Karmāçaya and its fruits (12-14)
- v. Pleasure and Pains are both painful (15-17)
- vi. Four stages of Guëäs (19)
- vii. Puruña and Prakāti(20-24)
- viii. Definition of Hāna (25-26) - Stages of enlightenment (27)
- ix. Necessity of YogaPractice (28)
- x. Bahiraiga Yoga (29-55)

### Unit-3:Vibhūti

[5Hours]

**Pedagogy-Talk with PPT; Sloka chanting Lead and follow twice; students will be encouraged to biheart the slokas and also draw pictures for meaning of slokas; also will be encouraged to practice what is given. Will be clearly explained how vibhūtis should be used only for benefit of the society and self growth and not get lured.**

- i. Antaraiga Yoga(1-3)kaivalya siddhis
- ii. Saâyamaand its results, applications (5-6)
- iii. Pariëāma(9-13) –Siddhis(16-49)
- iv. Attainment of Kaivalya (56)
- v. Sources of Siddhis (1)
- vi. Influence of Karma (7)

### Unit -4: Kaivalya

[10Hours]

**Pedagogy-Talk with PPT; Sloka chanting Lead and follow twice; students will be encouraged to remember the slokas and also draw pictures for meaning of slokas; also will be encouraged to practice what is given.**

- ii. Manifestation, Source and disappearance of Vāsanās (8-11)

## M.Sc Syllabus

- iii. Theory of perception (15)
- iv. Mind and its manifestation (16-23)
- v. Heading to Kaivalya (27-34)

### **Recommended books:**

1. Science of Yoga- Taimini
2. Four Chapters on Freedom – Sw. Satyananda Saraswati
3. Patanjali's Yoga Sutras – Dr H R Nagendra, SVYP

**Subject name:** Fundamentals of Integrative medicine

**Subject code:** MSTIE -402

Credit : 3	Total Number of	Full Marks for	Internal: 50
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## M.Sc Syllabus

	teaching Hours: 45	Examination: 100	
<b>Hours per week : 3</b>			
<b>Examination Weightage:100</b>			
Unit- 1 11Hrs      25Marks	Unit- 2 11Hrs      25Marks	Unit- 3 11Hrs      25 Marks	Unit- 4 12Hrs      25 Marks

### Goal and Objectives

#### Goal:

The goal of teaching Yoga and rehabilitation subject to postgraduate students is to provide them with knowledge about the principles of Integrative medicine such as Ayurveda and Naturopathy that are compatible to Yoga therapy.

#### Objectives

##### Knowledge:

The student shall be able to:

- Understand the science of Ayurveda
- Get comprehensive knowledge about ancient wisdom.
- Get knowledge about fundamentals of Ayurveda
- Learn the concept of auto healing and principles of Naturopathy
- Imbibe the ancient knowledge of Naturopathy based on the concept of Panchamahabhuta

##### Skills:

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

- Integrate Ayurveda with Yoga for the better and quick recovery of a disease.
- Integrate Naturopathy with Yoga for recovering from a disease sooner.
- Understand and prescribe the line of treatments employed for relieving the common disease conditions.
- Explain the principles behind the treatment of Ayurveda and Naturopathy

##### Study Outcome:

The study of basics of AYUSH system in the MSc curriculum aims in making the best yoga therapists with the confidence in the application of preventive and curative power of Yoga Therapy. By making use of non-invasive, lesser/ nil side effects, well prognosis and most economical treatments of AYUSH compared with the surgical and drug therapy approaches which is inappropriate in many of the NCDs.

#### Unit – 1:

##### Pedagogy - Talk with PPT

##### (A)Definition of Ayurveda

[5Hours]

## M.Sc Syllabus

- i. Definition of Vedas – Introduction of division of Vedas.
- ii. Definition of Ayurveda – Different types of Ayu and chronology of Ayurveda.

### **(B)Concept of Doshas, Dhatus, Malas and Agni** [6Hours]

- i. Concept of doshas – Vata, Pitta and Kapha
- ii. Concept of dhatus and malas
- iii. Concept of agni – Types of agni and concept of Ama.

## **Unit-2:**

### **Pedagogy -Talk with PPT**

### **(A)Concept of Chikitsa** [3Hours]

- i. Shishyaguna – Concept of Chikitsachatushpada,
- ii. Qualities of royal physician.
- iii. Dinacharya, rutucharya and rutosandhi- features and significance.

### **(B)Concept of health and disease** [4Hours]

- i. Concept of health according to sushruta.
- ii. Concept of disease and its classification.
- iii. Concept of agryasangrahas

### **(C)Concept of drugs in Ayurveda and its formulation** [4Hours]

- i. Concept of drugs in ayurveda, different types of formulations and concept of treatments
- ii. in ayurveda.
- iii. Panchakarma and its procedures.

## **Unit – 3:**

**Pedagogy-Talk with PPT. Students will be taken to treatment centre and made to observe and practice the techniques.**

### **(A)Basis of Naturopathy** [3Hours]

- i. Definition of Nature Cure
- ii. History of Naturopathy
- iii. Principles of Naturopathy

### **(B)Diet and Fasting** [4Hours]

- i. Basis of Diet and its type
- ii. Fasting Therapy
- iii. Type of Fasting
- iv. Importance of Fasting
- v. Precaution to be taken
- vi. Indications
- vii. Contraindications

### **(C)Hydrotherapy and Mud Therapy** [4Hours]

- i. Definition Mud Therapy
- ii. Types of Mud
- iii. Preparation and Method of Application
- iv. Benefits
- v. Indication and Contraindication

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- vi. Introduction to Hydrotherapy
- vii. Physiological and Therapeutic Properties
- viii. Hydrotherapy Interventions: Hip Bath, Steam Bath, Enema, Packs, Compress, Fomentation.

### Unit-4:

**Pedagogy-Talk with PPT. Students will be taken to treatment centre and made to observe and practice the techniques.**

#### **(A)Manipulative Therapy [4Hours]**

- i. Introduction to Manipulative Therapy
- ii. Types of movement
- iii. Benefits
- iv. Indication and Contraindication

#### **(B)Chromo and Magneto Therapy [4Hours]**

- i. Introduction to Chromo therapy
- ii. Physiological and Psychological Effect of Color
- iii. Introduction to magneto therapy
- iv. Physiological and Psychological Effect of magnet

#### **(C)Aroma Therapy and Acupressure [4Hours]**

- i. Introduction to Aromatherapy
- ii. Modes of Application
- iii. Indication and Contraindication
- iv. Basis of acupressure and reflexology

### **Recommended books:**

1. Introduction to Ayurveda and Yoga by David Frawley.
2. AshtangaSangraha by Vagbhata.
3. Principles of Naturopathy- Dr. Bhakru

**Subject:** Hatha Yoga Pradipika (DE)

**Subject code:** MSTDE-403

Credit : 4	Total no. of teaching	Full marks for	Internal : 50
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## M.Sc Syllabus

	hrs : 60	Examination : 100	
<b>Hours per week : 4</b>			
<b>Examination Weightage:</b>			
Unit1: 15Hrs 25Marks	Unit2: 15Hrs 25Marks	Unit3: 15Hrs 25Marks	Unit4: 15Hrs 25Marks

### Goal and Objectives

#### Goal:

The goal of teaching Hatha yoga text subject to postgraduate students is to provide them with knowledge of the Yogic practices quoted in Hatha Yoga texts and their values and benefits for human being.

#### Objectives

#### Knowledge:

The student shall be able to:

- Learn the misconceptions about Yoga practices
- About Nath sects and their contributions
- Code of conduct and other related benefits
- Practices and their details mentioned

#### Skills:

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

- Explain about the practices in details
- Appreciate the real values of Yogic practices as mentioned in Hatha Yoga texts
- Indicate and contraindicate the practices
- Explain the food conducive to health and good for Sadhana

### Unit-1: Hatha Yoga its Philosophy and Practices

[15Hours]

#### Pedagogy -Talk with PPT.

- i. Hatha Yoga, its meaning, definition, aims & objectives, misconceptions, obstacles (vighna) and helps (sahāyaka) in Haöha Yoga as in Hatha Yoga Pradépikā.
- ii. The Origin of Hatha Yoga, Hatha Yogic Literature, Hatha Yogic Practices as explained in Hatha Yoga Pradépika (HYP).
- iii. Concept of Mata, Rules & Regulations to be followed by the Hatha Yoga Practitioner, concept of Mitāhāra, Pathya and Apathya.
- iv. Hatha Yogic Paramparā. Brief introduction to Great Hatha Yogés of Nātha Cult and their contributions to Yoga. Relationship between Hatha Yoga &Rāja Yoga.

### Unit-2: Hatha Yoga Practices: Shodhana-Kriyās and Āsanās

[15Hours]

**Pedagogy-Talk with PPT; slokas lead and follow twice; practice and experience every technique as and when learnt.**

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- i. Shodhana-kriyās, Shodhana-kriyās in Hatha Yoga Pradépikā & in GherandaSamhitā and their techniques, benefits and precautions.
- ii. Role of Shodhana-kriyās in Yoga Sādhanā and their importance in Modern day life.
- iii. Yogāsana: its definition, salient features and importance in Haöha Yoga Sādhanā.
- iv. Āsanas in Hatha Yoga Pradépikā and GherandaSamhitā: their techniques, benefits, precautions and importance.

### **Unit-3: Hatha Yogic Practices: Prānāyāma, Bandhas and Mudrās [15Hours]**

**Pedagogy- Talk with PPT; slokas lead and follow twice; Biheart slokas; practice and experience every technique as and when learnt.**

- i. Prānāyāma– Mechanism of correct breathing, Yogic deep breathing, Concept of Pūraka, Kumbhaka and Recaka.
- ii. The concept of Prāna, Kinds of Prana and Upa-prānas, Prānāyāma and its importance in Hatha Yoga Sādhanā, Nādi shodhana Prānāyama, its technique and importance, Pre-requisites of Prānāyāma.
- iii. Prānāyāma practices in Hatha Yoga pradépikā and Gheranda Samhitā, their techniques, benefits and precautions, Hatha Siddhi Lakñanam.
- iv. Bandhas and role of Bandhatrayas in Yoga Sādhanā.
- v. Fundamental Mudrās in HYP. and G.S, their techniques, benefits and precautions.

### **Unit-4: Hathayoga Practices: Pratyāhāra, Nādānusandhāna [15Hours]**

**Pedagogy- Talk with PPT; slokas lead and follow twice; Biheart slokas; practice and experience every technique as and when learnt.**

- i. Concept of Pratyāhāra, Dhāraēā and Dhyāna in GheraēōaSamhitā and their techniques & benefits.
- ii. Concept of Samādhi in HaöhayogaPradépikā, Samādhi Lakñāēam and Haöha Yoga Siddhi Lakñāēam.
- iii. The concept of Nāda, Four Avasthās (stages) of Nādānusandhāna, and its Siddhis.
- iv. Svara, Importance of Svarodaya-jīāna in Yoga Sādhanā with special reference to JīānaSvarodaya and ÇivaSvarodaya.

### **Recommended books:**

1. Swami SatyanandaSaraswati, Hatha Yoga Pub: BSY Munger

**Subject name:** Yoga way of Life

**Subject code:** MSPIC-401

Credit : 3	Total Number of	Full Marks for	Internal: 50
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## M.Sc Syllabus

	teaching Hours: 90	Examination: 100	
<b>Hours per week : 3</b>			
<b>Examination Weightage:100</b>			
Unit- 1 10 Hrs      10Marks	Unit- 2 20 Hrs      10Marks	Unit- 3 40Hrs      45 Marks	Unit- 4 20Hrs      35Marks

### Goal and Objectives

#### Goal:

#### Study outcome:

- Proper understanding of ‘Yoga way of life’ for daily application
- Right method of reciting Suktas and Stotras

#### Unit – 1

[10 Hours]

#### Pedagogy-Talk with PPT.

- Concept of Yoga and Yajna in general
- Yajnas according to Bhagavad Gita
- Pancha Yajna according Taittiriya Aranyaka

#### Unit – 2

[20 Hours]

#### Pedagogy-Talk with PPT; Students will be made to identify these Yajnas that they are doing in their day to day life.

#### Module of Yajna for daily practices, implementing;

- Deva Yajna – prayers for welfare of the nature, performing Agnikarya, Homas, Havanas, Pujas and other methods of worships, being indebted to the unseen forces
- Pitr Yajna – remembering and following the achievements of ancestors and forefathers in the family
- Bhuta Yajna – looking after cows and pet animals etc., watering the plants and protecting the law of ‘right to live’
- Manushya Yajna – having compassion towards other human beings, appreciating positive qualities in others
- Brahma Yajna – study of Vedas and other texts which make complications of life ease and relief from

M.Sc Syllabus

Unit – 3

[40Hours]

**Pedagogy - Lead and follow twice**

- Practice of Mantras with meaning for daily recitation; selected Suktas, Sahanti Mantras – Pratah Sukta, Go sukta, Bhu Sukta

Unit – 4

[20Hours]

**Pedagogy - Lead and follow**

- Practice of following stotras; Ganapati – Ganesha Pancharatna, Vishnu - Achytashtaka, Shiva – Shiva Panchaka, Durga – Lalita Panchaka and Surya - Adityahridaya (recitation)

Reference books

1. Vyasa Pushpanjali, SVYP, Bangalore
2. Mantra Pushpam, RK Publications
3. Class notes and practical classes

**Subject:** Dissertation

**Subject Code:** MSF-402

<b>Credit: 4</b>	<b>Total number of teaching hours: 120</b>	<b>Full marks for examination: 100</b>	<b>Internal: NA</b>
<b>No of hours/week: 8Hrs</b>			

**Goal and objectives**

**Goal:**

The primary goal of dissertation writing for post graduate students is to expose them in research and motivate them to conduct scientific research and pursue higher research.

**Objectives**

**Knowledge:**

The students will

- Get to know about the style of dissertation writing
- Understand various scientific experiments design, sampling techniques etc.
- Analyze data using various statistical tests
- Understand various problems experienced by a researcher while undertaking a project

**Skills:**

The students will be able to

- Interpret the data and draw a conclusion from it
- Develop the skill of writing and communicating to scientific world
- Establish the underlying mechanism of the findings
- Disseminate research findings

**Note:** Please note that during this time each student is expected to write the dissertation under the supervision of a qualified guide and get ready for presentation. It is mandatory for all candidates to present their research work in the presence of an external expert.

Details about the format of dissertation is enclosed in Enclosure-1.



M.Sc Syllabus

**Subject:** Classical Yoga (DE)

**Subject code:** MSPDE-403

Credit: 2	Total number of teaching hours: 90	Full marks for Examination: 100	Internal 50	
Number of hours/Week : 4				
Unit – 1	Unit – 2	Unit – 3	Unit – 4	Unit – 5
15Hrs	20Hrs	20Hrs	20Hrs	15Hrs
10Marks	22Marks	23Marks	22Marks	23Marks

### Goal and objectives

#### Goal:

The goal of teaching classical Yoga to students is to provide them with practical knowledge of classical Yoga.

#### Objectives

##### Knowledge:

The students shall be able to :

- Understand the classical Yogasanas and their components mentioned in various texts
- Get to know about the practices for overall development
- Bring out hidden talents through regular practice
- Experience the benefits and limitations of Yoga practices.

##### Skills:

The students will be able to

- Demonstrate and rectify a practice effectively
- Explain all details about a practice
- Present a practice with confidence.

#### Study Outcome:

Overall personality development. Strength and stamina. Sthirata. Also students learn to give these techniques to Therapy Participants on requirement.

#### Unit1: Loosening Exercises:

[15Hours]

(8 step method)

The same asanas they are going to do on that day they will do dynamically for Loosening.

#### Unit 2:

[20Hours]

(8 step Method)

1. Gomukhasana
2. Dhanurasana
3. Paschimottanasana

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4. Matsyendrasana
5. Kukkutasana
6. Uttan-koormasana
7. Koormasana
8. Shavasana
9. Mayurasana

**Unit 3: (8 step Method)**

**[20Hours]**

1. Swastikasana
2. Veerasana
3. Siddhasana
4. Padmasana
5. Simhasana
6. Bhadrasana

**Unit 4: (8 step Method)**

**[20Hours]**

1. Uddiyanabandha
2. Mulabandha
3. Jalandhara Bandha
4. Mahabandha
5. Mahamudra
6. Mahavedhamudra
7. Viparitakarani

**Unit 5:(8 steps Method)**

**[15Hours]**

1. Vastra Dhouti Kriya
2. Danda Dhouti Kriya
3. Vamana Dhouti Kriya
4. Sthalabasti Kriya
5. Jala Neti Kriya
6. Sutra Neti Kriya
7. Dugdha Neti Kriya

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8. Grita Neti Kriya
9. Antaranga Trataka Kriya
10. Vairanga Trataka Kriya
11. Dakshina Nauli Kriya
12. Vama Nauli Kriya
13. Madhyama Nauli Kriya
14. Vatakarma Kapalabhati Kriya
15. Vyutakarma kapalabhati kriya
16. Seetakarma kapalabhati kriya

### Reference Books:

1. Asana, Pranayama, Mudra and Bandha – Bihar Yoga Publications
2. Hatha Yoga Pradipika – Bihar Yoga Publications

**Subject:** Aadvanced yoga techniques -2

**Course Code:** MSPDE 404

Credit : 2	Total number of teaching hours: 60	Full marks for Examination: 100	Internal 50	
Number of hours/Week : 4				
Unit – 1 4Hrs 10Marks	Unit – 2 14Hrs 22Marks	Unit – 3 14Hrs 23Marks	Unit – 4 14Hrs 22Marks	Unit – 5 14Hrs 23Marks

### Goal and Objectives

#### Goal:

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge about advanced meditation techniques and concept of Panchakosa.

#### Objectives

#### Knowledge:

After the completion of this course, the student shall be able to:

- i. About Foundation of Advance Meditation Techniques
- ii. Aim of Advanced Meditation Techniques and Concept of Panchakosa
- iii. Understanding the role of Prana and Mind on the body and correcting and strengthening body, Prana and Mind.

## M.Sc Syllabus

- iv. Self personality enhancement to grow as a Integrated personality
- v. Understand and feel the connectivity of individual and the Universe.
- vi. Experience silence
- vii. Experience Expansion
- viii. Experience the power of Sankalpa and enhance positive thinking.
- ix. To understand and experience: About Foundation of Advance Meditation Techniques.
- x. Go Deeper And Deeper Levels Of Silence.

### Skills:

After the completion of the course, the student shall be able to:

- Enhance the growth of personality as an Integrated personality
- Present a technique effectively based on the condition of a patient
- Explain the significance of advanced technique for a particular condition
- Learn the skill of delivering instructions

### Study Outcome:

Strengthening of Manomaya, Vijnanamaya, Anandamaya Kosas. Also students learn to give these techniques to participants on requirement.

### Unit – 1: Introduction to advanced techniques:

[4Hours]

#### Pedagogy -Talk with PPT

- i. Meditation.
- ii. Advancement in Meditation.
- iii. Concept of Païca Koça.
- iv. Advanced techniques.
- v. Personality development.
- vi. Concept of Vyaçõi and Samaçõi.
- vii. Relaxation, awareness and expansion of awareness.
- viii. Role of mind, intellect etc.,
- ix. Different Layers of Silence.
- x. Methods to go to deeper levels of silence.

### Unit - 2: Mind Imagery Technique

[14Hours]

**Pedagogy - Mind mapping; Talk with PPT; Practicing with computerized pictures; Practice with instructions; experience and understand.**

**Ref: Page No: 153 of Yoga for Cancer by Dr Nagaratna R and Dr Nagendra H R**

- i. Introduction to the technique
- ii. Where does this work?
- iii. How to reach deeper layers of silence?
- iv. How Focusing followed by defocusing helps to go deeper?

## M.Sc Syllabus

- v. Observation of Neutral and Active imageries or thoughts.
- vi. Observing OM/God/Sun/Yantra in increasing and decreasing size.
- vii. Visualizing OM/God/Sun/Yantra in increasing and Decreasing Size.
- viii. Observing OM/God/Sun/Yantra flickering with uniform speed.
- ix. Observing OM/ God/ Sun/ Yantra flickering with increasing and decreasing speed.
- x. Observing powerful rays burning unwanted cells.
- xi. Visualizing powerful rays burning unwanted cells.
- xii. Observing soothing rays energizing all cells.
- xiii. Visualizing soothing rays energizing all cells.
- xiv. Full Practice.
- xv. Practice given by the students.

### Unit - 3: Mastering Emotions Technique:

[14Hours]

**Pedagogy - Mind mapping; Talk with PPT; Practice with instructions; experience and understand.**

**Ref: Page No: 169 of Yoga For Cancer by Dr Nagaratna R and Dr Nagendra H R**

- i. Thinking and feeling of emotion.
- ii. Types of emotions as softer, stronger, positive and negative.
- iii. Invoking, intensifying and diffusing the emotions
- iv. Pairs of opposites at the physical and emotional levels.
- v. Silence and Sankalpa.
- vi. Full practice.
- vii. Practice given by the students.

### Unit - 4: Vijñāna Sādhana Kauçala:

[14Hours]

**Pedagogy-Talk with PPT; Practice with instructions; experience and understand. Happiness analysis to be experimented by students.**

**Ref: Page No: 188 of Yoga for Cancer by Dr Nagarathna R and Dr Nagendra H R**

- i. Explaining about Vijñānamaya Koça.
- ii. Happiness analysis.
- iii. Fear analysis.
- iv. Tamas, Rajas, Sattwa, and Gunātita.
- v. Çreyas and Preyas.
- vi. Recollect the incidences of highest happiness and also incidences of highest fear.
- vii. Analyse each incident of happiness and fear analysis and write.
- viii. List Çreyas activities and Preyas activities in your present life.
- ix. Practice to move from Çreyas to Preyas.
- x. List of Tāmasic, Rājasic and Sātvic activities.
- xi. Practice to move from Tamas to Rajas to Sattva to Gunātita.
- xii. Full practice.
- xiii. Practice given by the students.

### Unit- 5: Ānanda Amrita Sinchana:

[14Hours]

**Pedagogy - Talk with PPT; Practice with instructions; Observe the mind.**

**Ref: Page No: 202 of Yoga for Cancer by Dr Nagarathna R and Dr Nagendra H R**

- i. Importance of pairs of opposites.
- ii. List different pairs of opposites that occur in life.
- iii. Practice to experience them as pairs and observe the changes in the personality.

## M.Sc Syllabus

- iv. List out incidences when bliss is experienced in activity.
- v. List out incidences when bliss is experienced in non-activity.
- vi. List of varieties of people, varieties of places, varieties of incidences and practice to maintain the bliss in all circumstances.
- vii. Carefully observe and start to do every activity with bliss.
- viii. Allow love and bliss to spread all around.
- ix. Full practice.
- x. Practice given by students.
- xi. Experience writing.

### References:

1. Yoga for Cancer by Dr Nagarathna R and Dr Nagendra H R.
2. Taittiriya Upaniṣad– Brahmānanda Valli
3. Wisdom from Upaniṣad. Patheya Series. Vivekananda Kendra Publication.
4. Patañjali Yoga Sutrās – Dr H R Nagendra, SVYP

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## Model Question Paper Yoga Philosophy

### Short Notes (Any Ten) 10\*2=20

1. What is the meaning of Upanishad?
2. Name the Prasthanā Traya
3. Mention the names of Smallest and Biggest Upanishad from Dasha Upanishads
4. What are the two main conclusions of Upanishads
5. Write four stages of Anandaloka represented in Brahmanandavalli
6. What is Para and Aparā Vidya?
7. State any two Mahāvākyas
8. Write four types of Yajnas according to geeta
9. What is Karma Kanda?
10. What is the basis of Chaturvarṇya classification?
11. Name any two commentators on Bhagavadgita.
12. Write the Definition of Yoga in Kathopanishad

### Short Essay (Any Eight) 8\*5 = 40

## M.Sc Syllabus

13. Dharma forms the foundation of Religions. Explain
14. What is Nitya Karma and its relation to Yoga?
15. Write one sloka (verse) from Gita connected to Yoga and explain it briefly
16. Write the Significance of OM
17. Mention Triguna and explain them briefly
18. Explain 'Tatsukhasukhitvam'
19. Explain 'Prana as the basis of all creation'
20. Write about Purvameemamsa school of philosophy
21. Describe sthitaprajna qualities.
22. What are the two main wings of yoga for mind control

### **Long Essay (Any Four) 4\*10 = 40**

23. Describe happiness analysis as postulated in Upanishads
24. Search for reality – How does and Modern Science and Upanishads approach – describe
25. Explain prana model leading to Yoga and Bhoga way of life.
26. What are the four dimensions of Jnana Yoga for realizing the Self- Explain
27. Explain the nature of consciousness according to Upanishads with necessary quotations
28. What is Darshana? Explain in detail the basis of classification of astika and nastikadarshanas.

### **Model Question Paper Anatomy**

#### **Short Notes (Any Ten) 10\*2=20**

1. Mention the types of Salivary Glands
2. Write note on structure of Ureter
3. Write short note on Middle ear.

## M.Sc Syllabus

4. Briefly describe about Autonomic Nervous System.
5. Write a short note on Oesophagus
6. Name the bones of appendicular skeleton
7. Briefly describe about nose
8. Name the parts and function of Basal Ganglia
9. Mention the different bronchial branches
10. Name the arteries of heart
11. Write short note on Neuromuscular junction
12. Briefly describe the structure of gall bladder and its function

### **Short Essay (Any Eight) 8\*5 = 40**

13. Describe the structure and function of eye
14. Explain the structural anatomy of stomach
15. Describe the structure of synovial joint
16. Write in detail about pituitary Gland
17. Describe the anatomy of lung
18. Write in detail about thyroid and parathyroid gland
19. Explain different types of muscles in the body
20. Explain the structure of kidney
21. Write in detail about structural anatomy of liver
22. Write the classification of nerve fibres.

### **Long Essay (Any Four) 4\*10 = 40**

23. Describe in detail about the structure and function of heart
24. Explain in detail about cell and its organelles
25. Name the parts of Digestive system. Describe in detail about intestine.(3+7)
26. Name the parts of excretory system. Explain urinary bladder in detail ( 3+7)
27. Name the parts of respiratory system. Explain in detail about Larynx. ( 3+7)
28. Describe in detail about the structural and functional anatomy of female reproductive system.



**Model Question Paper Physiology**

**Short Notes (Any Ten) 10\*2=20**

1. Define Cardiac output? What is its normal value?
2. What is isotonic and isometric contraction? Give one example
3. List any two functions of cerebellum.
4. What are the functions of haemoglobin
5. What are chemoreceptors? Where are they located?
6. List two hormones that regulate calcium metabolism and mention one main function of each
7. Name the body fluid compartments
8. Name the phases of Gastric acid secretion
9. List the primary taste sensation
10. Hormones produced by pancreas
11. List the releasing hormones produced by Hypothalamus
12. Phagocytosis

**Short Essay (Any Eight) 8\*5 = 40**

13. Define compliance of Lungs, giving its normal value. What are the functions of Surfactant?
14. Explain short term regulation of blood pressure
15. Explain with the help of a diagram different stages of erythropoiesis
16. Discuss the functions of Insulin.
17. Describe the functions of ADH. What happens if ADH is deficient?
18. Explain auditory pathway.
19. Explain briefly counter current mechanism of urine formation.
20. Explain the functions of Thyroid gland
21. Spermatogenesis
22. Explain functions of Hind Brain.

**Long Essay (Any Four) 4\*10 = 40**

23. Explain cardiac cycle with the help of a diagram
24. Draw and label a diagram of the neuromuscular junction. List out the steps involved in neuromuscular transmission
25. Describe the function of kidney and add a note on how urine is produced inside the kidney?
26. Describe the function of Human ear.
27. Describe the process of digestion.
28. Describe the process of respiration

**Model Question Paper RM**

**Short Notes (Any Ten) 10\*2=20**

1. Mention the various measures of central tendency.
2. What is sampling theory
3. Define Type I and Type II errors
4. Describe the coefficient of variance
5. Explain about the scales of Measurement
6. What are the measures of Dispersion
7. What is a confounder in research studies
8. State the precautions to be taken in report writing
9. Write about Sources of secondary data
10. Write about types of charts used in research report
11. List non-parametric tests of significance
12. Write about pilot study

**Short Essay (any eight) 8\*5 = 40**

13. Discuss about parametric tests of significance
14. Describe the different scaling techniques used in research
15. Describe various interview methods for collection of data
16. Write the difference between questionnaires and schedules
17. Explain the alternative hypothesis
18. What is the role and features of research hypothesis. How is research hypothesis formulated?
19. Discuss the role of institutional review board.
20. Distinguish between internal and external validity.
21. Sampling techniques

M.Sc Syllabus

22. Explain Research Ethicks

**Long Essay (Any Four) 4\*10 = 40**

23. What is meaning of probability sampling? Discuss about different types of Sampling methods?
24. Differentiate between the descriptive and analytic research methods.
25. What is research problem? Define the main issues which should receive the attention of the researcher in formulating the research problem. Give suitable examples.
26. Data collection is the back bone of research. Discuss about the various methods used for data collection.
27. Describe various experimental designs with suitable examples.
28. What is Power Analysis? Explain the relationship between effect size, sample size and power.

**Model Question Paper Yoga for Prevention and Promotion of Health**

**Short Notes (Any Ten) 10\*2=20**

1. Explain two different types of respiration in Muscles
2. Isometric contraction
3. Pitch of sound
4. Components of mind
5. What is creativity according to Yoga?
6. Two practices of SukshmaVyayama
7. Significance of SukshmaVyayama
8. Two best practices of concentration
9. Different types of Concentration
10. Mention two bodily reactions that occur during anger
11. How to calculate the intelligence of a person. Give example.
12. Difference between strength and stamina?

**Short Essay (Any Eight) 8\*5 = 40**

## M.Sc Syllabus

13. Draw and label neat diagram of human eye
14. What are major speech areas of brain and their functions
15. Sithilikaranavyayama – concept and its role in building physical stamina
16. Write about effect of stress on physical health
17. Describe about yoga practices for development of memory.
18. Describe yoga practices for voice culture
19. How Trataka helps in glaucoma
20. Define different types of memory.
21. Write a note on kriya
22. Voice Culture

### **Long Essay (Any Four)     4\*10 = 40**

23. Explain the concept of Physical stamina and strength according to Yoga and Modern science. Name different types of Muscles and their two properties each
24. Explain the term Memory. Discuss different types of Memory processes. Give two procedures to improve memory
25. Explain the terms Ego and super Ego. Explain the role of ManomayaKosa in ego and one practice for the same.
26. Explain the IAYT practice for creativity development.
27. Explain the steps in anger management.
28. What is Intelligence? Explain the IAYT practices for Intelligence development.

### **Model question paper Yogic Counselling**

#### **Short notes (Any Ten)     10\*2=20**

1. Psychology
2. counseling psychology
3. Mind body connection
4. Neuro-transmitters
5. Action potential
7. Limbic system
8. Define Intelligence

## M.Sc Syllabus

9. Define Memory
10. Define Emotion
11. Hyper-sensitivity
12. Yogic Counselling

### **Short essay (any eight) 8\*5 = 40**

13. Five levels of hierarchy of needs.
14. Depth and breadth of perception
15. Psychotherapy
16. Write about the challenges in counseling
17. What are the different personality traits according to Bhagavadgita?
18. Notional correction
19. Hyper sensitivity – Yogic management
20. Excess speed of mind – yogic management
21. Perfectionist attitude – Yogic Management
22. Explain converting problems into opportunities with examples

### **Long essay (Any Four) 4\*10 = 40**

23. Strong Memory – can be good or bad – explain
24. Psychological conflicts – conflicts in values – Yogic Management
25. What is emotional intelligence? Describe an emotionally intelligent person.
26. Mention the different causes of psychological problems according to yoga and give yogic management for problems due to perfectionist attitude.
27. Write the qualities of a Yoga counselor
28. Describe panchakosa concept in light of Yogic counseling.

## **Model Question Paper: Evidence based yoga Therapy – 1**

### **Short notes (Any 10)**

1. Vamandhuti
2. Stress Incontinence
3. Contra-indicated practices in IHD (Ischemic Heart Disease)
4. COPD
5. Sukshnavyayama
6. Gonadotrophin hormones
7. Stress

## M.Sc Syllabus

8. Pineal gland
9. Nadishudhi pranayama
10. BMI and Obesity
11. Metabolic syndrome
12. Buteyko Breathing

### **Short essay (any eight)**

13. Renal stones and its yogic management
14. Ashwini mudra in vipareetkarini
15. Chair breathing technique and its role in asthma management
16. Yogic management of Tuberculosis
17. Atherosclerosis
18. Mention evidence based practices for Hypertension
19. Cardiac asthma
20. Classification & Pathophysiology of Rhinitis
21. Psychosomatic ailments
22. Yogic management of hyperthyroidism

### **Long essay (any four )**

23. Describe diabetes mellitus type 2 in detail and add a note on its yogic management
24. Explain hypothyroidism and mention the yogic management of hypothyroidism
25. Describe the procedure of kapalabhati and mention its physiological effects and indications and contra-indications in various health conditions.
26. Describe Bronchial Asthma in detail and add a note on its yogic management
27. Describe Coronary Artery Disease in detail and add a note on its yogic management
28. Describe Chronic Renal Failure in detail and add a note on its yogic management

## **Evidence based yoga Therapy - 2**

### **Short notes (Any 10)**

1. How does stress lead to RA?
2. What are the ManomayaKosa practices for Gastro Intestinal Disorders
3. Name the advanced Yoga Techniques used in cancer
4. What is the Basis of Cyclic Meditation?
5. Write the Difference between Psychosis and Neurosis.
6. Write the difference between OA and RA.
7. What are Panchapranas?
8. What is Myopia?
9. What is OCD?

## M.Sc Syllabus

10. Migraine
11. Amenorrhoea
12. IBS

### **Short essay (any eight)**

13. Depression and its yogic management
14. Ashwini mudra in vipareetkarini
15. Menorrhagia
16. Epilepsy yogic management
17. Parkinson's disease
18. IAYT for refractive errors
19. Crohn's disease
20. Head rolling
21. Yogic management of dysmenorrhea
22. Yogic management of Muscular dystrophy

### **Long essay (any four)**

23. What do you mean by psychosis? Explain schizophrenia in detail and add a note on its yogic management.
24. Mention any 5 neurological disorders and explain multiple sclerosis along with its yogic management
25. What do you mean by PCOS? Explain in detail along with yogic management
26. What is APD? Explain about Ulcerative colitis along with notes on its Yogic Management
27. What is Whiplash injury? Write about the classification of Back Pain. Write note on Yogic Management of Back Pain.
28. Write about classification of Anemia and Evidence based Yoga therapy for Cancer.

## **Model question paper Introduction to Integrative medicine**

### **Short notes (Any Ten) 10\*2=20**

1. Ayu
2. Mud therapy
3. Mala
4. Prajnaparada
5. Rutucharya
6. Dinacharya
7. Ojas
8. Apatasnana

M.Sc Syllabus

9. Main Principle of Naturopathy
10. Importance of enema
11. How to break fasting
12. Auto healing

**Short essay (any eight) 8\*5 = 40**

13. Rakta
14. Ushapana
15. Prithvi
16. Abhyanga
17. Difference between starving and fasting
18. Hydro Therapy
19. Difference between Ayurveda and Naturopathy massage
20. Physiological significance of mud therapy.
21. Panchakarma
22. Impartence of water intake while fasting

**Long essay (Any Four) 4\*10 = 40**

23. Explain the relationship between Yoga and Ayurveda
24. Explain concept, role and importance of saptadhatu
25. Explain principles of Naturopathy and write about the modalities of treatment used in Naturopathy
26. Explain how acupuncture works
27. What are three doshas? Describe their manifestation in the body.
28. Describe the basis of diet and its type

**Model question paper Hatha Yoga Text**

**Short notes (Any Ten) 10\*2=20**

1. Padmasana
2. Mitahara
3. Sthairyam
4. ChaleVateChalechittam – Explain
5. Kapalabhati
6. Janasangaparityaga – Explain
7. AstaSidhis
8. Seven cakras



M.Sc Syllabus

9. UnmaniAvastha
10. Sagarbha Pranayama
11. Gajakarani
12. Aim of Hatha Yoga

**Short essay (any eight) 8\*5 = 40**

13. Describe any one Kumbhaka in detail with reference
14. Write the benefits of Bhastrika
15. What is the purpose of Hatha Yoga?
16. What are the foods which are conducive and prohibited to the Hatha sadhaka?
17. Explain any one satkarma in detail with reference
18. What are kumbhakas
19. What are the curative effects of Mayurasana
20. Why Hatha Yoga sadhana should be kept secret?
21. Write about progressive stages of Samadhi
22. Pratyahara

**Long essay (Any Four) 4\*10 = 40**

23. What are the four aspects of Pranayama?
24. Explain with reference the relationship between Vata and chitta
25. Nadansandhana leads to Laya –Explain
26. What are the sequences of Hatha Yoga sadhana?
27. Descrinesatkriya with their types.
28. Write about any two Bandhas described in Hatha Yoga.

**Model question paper Patanjali Yoga Sutras**

**Answer 10 (2Marks each)**

1. Concept of Ishwara according to Patanjali.
2. Why kleshas should be destroyed?
3. How to develop viveka?
4. What is Mahavrata?
5. What is yoga?

## M.Sc Syllabus

6. What are the vrittis that exists when one is not in yoga?
7. What is Samyama?
8. What are obstacles for Samadhi?
9. What is Ishwara pranidhana? Mention the features of Ishwara Pranidana.
10. What is Kaivalya?
11. Explain Ritambara prajna
12. What we can gain by making samyama on the sun?

### **Answer 8 questions (5 marks each)**

13. Explain Purusha and Prakruti.
14. What happens to Vritti in the state of Kaivalya?
15. When the vasanas start disappearing?
16. What are the obstacles for progress in the path of Yoga according to Patanjali?
17. What is the nature of the knower or pure consciousness?
18. Differentiate between :
  - A) Sabeeja and nirbija Samadhi
  - B) Samprajnata and asamprajnata Samadhi
19. What are the causes of pain?
20. Explain the significance of Pranava.
21. What is sabija Samadhi and nirbija Samadhi?
22. Write about the necessity of Abhyasa and Vairagya.

### **Answer 4 questions (10 marks each)**

23. Enumerate the chittavrittis and explain.
24. Write about the nature of Prakruti and Purusha.
25. Explain the chittabhoomis
26. Explain Heya, Heyahetu
27. What is Samyama? What are the results of Samyama?
28. What are the 9 major obstacles on the path of Yoga? What are the other four obstacles patanjali mentions. Name the six ways of removing these obstacles.