

GURU KASHI UNIVERSITY



Master of Science in Yoga

Session: 2024-25

Department of Physical Education

GRADUATE OUTCOMES OF THE PROGRAMME:

This programme able to comprehend the foundations of yoga while applying them through practical skills in the form of different yoga practices remembering the interconnections between the body, mind and emotions; in addition, they will be able to assess the client and develop an individualized treatment

PROGRAMME LEARNING OUTCOMES:

After completion of the program, the learner will be able to:

1. Acquire an in-depth understanding of the philosophical and historical foundations of yoga, including studying classical yoga texts and exploring the evolution of yoga throughout history.
2. Develop advanced knowledge and skills in applying yoga as a therapeutic modality and learn how to assess individuals' needs and design customized yoga practices to address specific physical, mental, or emotional health conditions.
3. Enhancement of their proficiency in advanced yoga asanas, including more challenging postures and variations. They will also deepen their understanding and practice of advanced pranayama techniques, exploring their therapeutic applications.
4. Enhance the ability to conduct research in the field of yoga, including understanding research methodologies, data analysis, and interpretation of research findings. They will learn how to critically evaluate existing yoga research and contribute to the advancement of knowledge in the field.
5. Refinement of their teaching skills and learn advanced instructional techniques for leading yoga classes, workshops, or specialized yoga programs. They will develop the ability to create comprehensive and effective lesson plans and adapt their teaching to diverse populations and settings.
6. Acquire a deeper understanding of the professional and ethical responsibilities of yoga practitioners and teachers. They will learn about the legal and ethical considerations in the field of yoga therapy and develop skills to maintain professional boundaries and ethical conduct.

Programme Structure

Semester I						
Course Code	Course Title	Type of Course				
			L	T	P	Credit
MYT111	Indian philosophy and Yogic	Core	4	0	0	4
MYT121	Human Anatomy & Physiology	Core	4	0	0	4
MYT114	Yogic Shatkarmas I	Compulsory Foundation	0	0	4	2
MYT115	Yogasanas I	Skill Based	0	0	2	1
MYT116	Pranayama, Bandhas, Mudras, Dhayana (Meditation) I	Entrepreneurship	0	0	2	1
MYT123	Sports Psychology	Multidisciplinary	3	-	-	3
Discipline Elective-I (Any one of the following)						
MYT118	Acupressure and Pranic Therapy	Discipline Elective-I	3	0	0	3
MYT122	Foundations of Yoga					
Discipline Elective-II (Any one of the following)						
MYT120	Diet and Nutrition	Discipline Elective-II	3	0	0	3
MYT113	Patanjali Yoga sutra					
Total			17	0	8	21

Semester II						
Course Code	Course Title	Type of Course				
			L	T	P	Credit
MYT222	Mental Health & Yoga Practice	Core	4	0	0	4
MYT223	Yoga Therapy	Core	4	0	0	4
MYT214	Yogic Shat karmas II	Compulsory Foundation	0	0	4	2
MYT215	Yogasanas II	Entrepreneurship	0	0	4	2
MYT216	Pranayama, Bandhas, Mudras, Dhayana (Meditation) II	Elective Foundation	0	0	4	2
MYT217	Practical Orientation in Naturopathy	Skill Based	0	0	4	2
MYT218	Teaching Methods of Yoga	Value Added Course	2	0	0	2
MYT299	xxx	MOOC	- -	- -	- -	2
Discipline Elective-II (Any one of the following)						
MYT219	Naturopathy & Swasth-Vrata	Discipline Elective-II	3	0	0	3
MYT220	Human Consciousness					
Total			13	0	16	23

Semester-III						
Course Code	Course Title	Type of Course				
			L	T	P	Credit
MYT312	Research Methodology	Core	4	0	0	4
MYT318	Statistics in Yoga	Core	4	0	0	4
MYT398	Research Proposal	Research based Skills	0	0	8	4
MYT314	Ethics and IPR	Skills based	1	0	0	1
MYT319	Data Analysis	Compulsory Foundation	0	0	2	1
MYT316	Computer Lab	Skills based	0	0	2	1
MYT320	Study of Hatha yoga	Value Added Course	2	0	0	2
MYT399	xxx	MOOC	--	--	- -	2
Discipline Elective-IV (Any one of the following)						
MYT321	Basic Texts of yoga	Discipline Elective-IV	3	0	0	3
MYT302	Counseling					
Open Elective Course						
XXX		IDC	2	0	0	2
Total			16	0	12	24
Open Electives Courses (For other Departments)						
OEC043	Yogic Science	OE	2	0	0	2

Semester IV						
Course Code	Course Title	Type of Course				
			L	T	P	Credit
MYT401	Dissertation	Research Skill	--	--	--	20
MYT402	Current Trends in Yoga	AEC	1	0	0	1
Total			1	0	0	21
Grand Total			50	0	28	88

Evaluation Criteria for Theory Courses

A. Continuous Assessment: [25 Marks]

CA1- Surprise Test (Two best out of three) (10 Marks)

CA2- Assignment(s) (10 Marks)

CA3- Presentations (5 Marks)

B. Attendance (5 marks)

C. Mid Semester Exam: [30 Marks]

D. End Semester Exam: [40 Marks]

Semester-I

Course Name: Indian Philosophy and Yogic

Course Code: MYT111

L	T	P	Cr
4	0	0	04

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Comprehend the meaning and definition of Indian philosophy, along with an introduction to Indian philosophy.
2. Examine the brief introductions and theories of Nyaya, Sankhya, and Vaisheshik Darshan
3. Explore the brief introductions and theories of Yoga, Mimansa, and Vedanta Darshan
4. Apply spiritual knowledge and explore various aspects of Yoga with the help of Yoga Darshan

Course Content

UNIT-I

15 Hours

Brief introduction of six system of Indian Philosophy i.e. Nyaya Philosophy, Vaisheshik Philosophy, Sankhya Philosophy

UNIT-II

15 Hours

Brief introduction of six system of Indian Philosophy i.e, Yoga Philosophy, Mimansa Philosophy & Vedanta Philosophy

UNIT-III

15 Hours

Life sketch of following Yogis with importance incidents of their lives & contributions in the development of Yoga- Maharishi Patanjali, Guru Gorakhnath, Yogi Shyamacharan Lahidi.

UNIT-IV

15 Hours

Life sketch of following Yogis with importance incidents of their lives & contributions in the development of Yoga-, Swami Shivananda, Swami Vivekananda, Sri Aurobindo

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Bharat ke Mahan Yogi.- Vishwanath Mukherji Sri Ram Lal*
- *Bharat ke Sant Mahtma-Sri Ram lal*
- *Patanjal Yog Pradeep. -Omanand Tirtha (Geeta Press Gorakhpur)*
- *BharatiaDarashan –Acharaya Baldev Upadhaya*
- *Shri mad Bhagwad Geeta -Geeta Press Gorakhpur*

Course Name: Human Anatomy & Physiology

Course Code: MYT121

L	T	P	Cr
4	0	0	04

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Understand the structure and function of human cells and tissues.
2. Provide a brief introduction to the major muscular system and explain the effects of yoga on the excretory system
3. Summarize the composition and function of the blood circulatory system, including information on red blood cells and white blood cells.
4. Gain a general introduction to the nervous system and understand the structure and function of the brain

Course Content

UNIT I

15 Hours

Meaning of Anatomy & Physiology, The brief study of Cell & Tissues, The brief study of Digestive system: - Mouth, Tongue, Stomach, Intestine and Anus.

UNIT II

15 Hours

Muscular System: Muscles, their types and functions, Skeletal System: - The Bones, Joints. Vertebral Column, Endocrinal System: - The Study of main endocrine/ductless glands & their function.

UNIT III

15 Hours

The brief study of Respiratory System: -Mechanism of Inspiration, Expiration & Control of Respiration, Cardio-vascular (Circulatory) system: - The Heart, Blood and Blood Circulation.

UNIT IV

15 Hours

Nervous System: - The Central Nervous & the Autonomic Nervous System
Excretory System: -Study of Kidneys, Lungs.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Anatomy and Physiology of Yogic Practices -M.M. Gore (English & Hindi)*
Kanchan Prakashan, Lonavla
- *Anatomy & Physiology -Waugh-Ross & Wilson*
- *A Glimpse of Human body -Shirley Telles*
- *Sarir Rashaan even Kriya Vigyan -CharuSupriya*
- *Anatomy and Physiology for Nurses -Evelyan C. Pearee (Faber and Faber Ltd; London, 1968)*

Course Name: Acupressure and pranic therapy
(Discipline Elective-I)
Course Code: MYT118

L	T	P	Cr
3	0	0	3

Total Hours: 45

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Gain a general introduction to acupressure therapy, including its meaning, history, and principles.
2. Examine how acupressure therapy stimulates the body's circulatory, lymphatic, and hormonal systems.
3. Explore the benefits of acupressure therapy, including stress and anxiety relief, improved sleep, and enhanced muscle and joint health.
4. Provide a brief introduction to pranic therapy

Course Content

UNIT I

11 Hours

Acupressure therapy: - Meaning, History, Principles of acupressure, Benefits, Precaution & limitations of acupressure therapy, Basic therapeutic methods of acupressure therapy

UNIT II

12 Hours

Relationship of Points of acupressure in Hands, Feet with management of the following diseases: - Constipation, High & Low Blood Pressure, Diabetes, Asthma, Thyroid & Backache

UNIT III

10 Hours

Concepts & Meaning of Prana (Vital Energy) and Pranic Therapy: - Significance of Pranic Therapy in modern life

UNIT IV

12 Hours

Introduction & Essentials of Pranic Therapy, techniques of awakening and Raising the Prana, techniques of Self-Healing and Healing Others

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Singh, R. H. (n.d.). *Swasth-Vrata Vigyan (Hindi)*. Chaukhamba Sanskrit Pratishthan, Delhi.
- Jindal, R. (n.d.). *Science of Natural Life (English)*. Arogya Sewa Prakashan, Modinagar, U.P.
- Jindal, R. (n.d.). *Prakritik Ayurvedan (Hindi)*. Arogya Sewa Prakashan, Modinagar, U.P.
- Sharma, P. S. R. (n.d.). *Pranashakti Ek Divya Vibhooti*.
- Sharma, P. S. R. (n.d.). *Chikitsa Ke Vibin Aayaam*.
- Bakhru, H. R. (n.d.). *A Complete Handbook of Nature Cure*.
- Bakhru, H. R. (n.d.). *Diet Cure for Common Ailments..*

Course Name: Foundations of Yoga (Discipline Elective-I)

Course Code: MYT122

L	T	P	Cr
3	0	0	3

Total Hours: 45

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Gain a general introduction to yoga.
2. Comprehend the concept, meaning, various definitions of yoga, including its etymology, history, and purpose
3. Explore the nature of yoga as described in various texts, including the meaning and definition of Hatha Yoga, Patanjali Yoga Sutra, Bhagavad Gita, and Vedas.
4. Practice yoga in accordance with the principles found in the Upanishads.

Course Content

UNIT I

12 Hours

Meaning & definitions of yoga, Importance of yoga in modern life, Traditional & historical development of yoga,

UNIT II

12 Hours

Elements of success and failure in yoga according to Hath yoga, Patanjali Yoga sutra & Gita, Kinds of Yoga

UNIT III

13 Hours

Kinds of Yoga: - Karma Yoga, Bhakti Yoga Jana (Gyan) yoga & Ashtang Yoga.

UNIT IV

13 Hours

KINDS of YOGA: - Vedas, Upanishads & Gita

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readingss:

- *Yoga: An Introduction* -Prof. Surendra Singh (Bharat Book
- *Centre, Lucknow, 1999) & Prof. P.D. Misra ,Dr. (Mrs.) BeenaMisra*
- *Raja Yoga, JanaA(Gyan) Yoga, Karma Yoga & -Swami Vivekananda*
- *Bhakti Yoga (RamakrishanAshrama Publication)*

- *Kalyan(Yogank). -Geeta Press Gorakhpur*
- *Synthesis of Yoga -Sri Aurobindo*
- *UpnishadicAdhyatmicVigyan -Dr.IshwarBharadwaj.*
- *108 Upanishads in three Volumes(Hindi) -Shri Ram Sharma Acharya*

Course Name: Diet and Nutrition (Discipline Elective-II)

Course Code: MYT120

L	T	P	Cr
3	0	0	3

Total Hours: 45

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Describe various Swastha Vritta practices, including their principles and concepts.
2. Define the concepts of health, diet, and the value of nutrition.
3. Summarize and practice daily regimen, night regimen, and seasonal regimen for health promotion, disease prevention, and age reversal.
4. Apply the concept of Yogic food as an alternative for treating illness and disease.

Course Content

UNIT I

12 Hours

Swastha Vritta (Health and Wellness) Health and Fitness: Meaning, Definition, Aims and Aspects Swasthavritta, Wellness Meaning, Definition, Indicators and dimensions, Dincharya (Daily regimen) & Ratricharya (Night Regimen), Meaning, definition and sequential elements with their practical applications, Ritucharya (Seasonal Regimen), Meaning, Definition, Types with their salient features, Season wise Accumulation, Aggravation and Pacification of three Humours (vata, pitta, kapha); Season wise Does and Don'ts; Application of Dincharya, Ratricharya

UNIT II

11 Hour

Basic concepts and components of food and nutrition Concept of food, Functions of Food, Components of Food & their Classification, Understanding Nutrition Macro Nutrients –Sources, Functions and Effects on the Body: Carbohydrates Protein Fats Micro Nutrients – Sources Functions and Effects on the Body: Vitamins Minerals

UNIT III

10 Hours

Diet, Energy and Metabolism, Meaning and Definition of Diet, Ancient and Modern Classification Balanced Diet Energy- Basic Concepts, Definition and Components of Energy Requirement, Concept of Metabolism, Anabolism, Catabolism, Calorie Requirement-BMR, SDA, Physical Activity, Factors Affecting Energy, Requirement and Expenditure, Factors affecting BMR.

UNIT IV

12 Hours

Yogic concept of diet & nutrition: General Introduction of Ahara (Diet), Concept of Mitahara: Definition and Classification in Yogic diet according to traditional

Yoga texts: Concepts of Diet according to GherandaSamhita, Hatha Pradeepika and Bhagavad geeta-Rajasic, Tamasic food , Sattvic food, Guna and Ahara , Importance of Yogic Diet in Yoga

Sadhana Yogic Diet and its role in healthy living, Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion,

Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012*
- *Prof. Ramharsh Singh – Swastha vritta Vigyan, Chaukham bha Sanskrit Prakashan, Varanasi, 1998.*
- *Sriram Sharma Acharya- JivemSharadahShatam, AkhandJyoti Mathura 1998.*
- *Dr. Rudolf - Diet and Nutrition, Himalayan Institute Press.*
- *Prof. Ramharsh Singh-Yogewam Yogic Chitksha, Chaukhambha Sanskrit Prakashan, Varanasi, 1998.*
- *Swastha Vritta Vigyanewam Yogic Chiktsha- Dr.RakeshGiri, SikhshaBharti, Uttrakhand1 46 Semester-III MYST 303- Bio-statistics Course Code Subject Title Teaching*

Course Name: Patanjali yoga sutra (Discipline Elective-II)

Course Code: MYT113

L	T	P	Cr
3	0	0	3

Total Hours: 45

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Obtain and apply theoretical and practical knowledge of yoga.
2. Practice real-life problem-solving in complex situations, including those encountered in the corporate world.
3. Utilize Yoga Darshan to maximize spiritual understanding and explore various aspects of yoga.
4. Distinguish between various types of parinamas (transformations) of chitta, meditation techniques, and samadhis, and explain the meaning and significance of kaivalya.

Course Content

UNIT I **12 Hours**

Methods Introduction to Patanjali Yoga Sutra, Concept of chitta, Modifications of Chitta, Chitta-Bhumies, to control Chittavritties.

UNIT II **12 Hours**

Methods of ChittaPrasadan, Concept of Yogantaraya, mean to eradicate Antrayas.

UNIT III **12 Hours**

Concept of Pramanas, Kleshas, Ishwar, Karma-siddhanta, Purusha, Prakriti Samadhi & Types of Samadhi

UNIT IV **09 Hours**

Meaning and concept of Ashtanga Yoga,
Meaning of karma yoga

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion,
Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Four Chapters on Freedom. (English) -Swami SatyanandaSaraswati. (Yoga Publication Trust, Munger, Bihar, India)*
- *PatanjalYogDrshan - Bhashiam(Hindi)-AcharyaRajveerShastri (ArshSahityaPrachaarTrust,Delhi)*
- *Kundalini Yoga. (English)*
- *Concentration & Meditation. (English)-Swami Sivananda*
- *First Steps to Higher Yoga. (English) -Swami Sivananda*
- *First Steps to Higher Yoga (English)-Sri Yogeshwar Nanda Parmhansa*

Course Name: Sports Psychology (MD)
CourseCode:MYT123

L	T	P	Cr
3	0	0	3

Total Hours: 45

Learning Outcomes:

Course Outcomes: On successful completion of this course, the students will be able to:

- Grasp the meaning, nature and scope of sports Psychology.
- Prepare psychological profiles of sportspersons.
- Conduct various psychological tests on players.
- Gain knowledge about various psychological problems faced by sportspersons and their coping techniques.

Course Content

UNIT I

11 Hours

Sports Psychology and Sensory Perceptual Process:

- Meaning and scope of sport psychology. Importance of sport psychology.
 - Divisions of sport psychology. Sensory Perceptual Process.
 - Meaning, mechanism and stages of sensory perceptual process.
- Classification of senses and sensory perceptual process.
- Factors in perception Implication of sensory-perceptual process in exercise and sport

UNIT II

11 Hours

Motivation:

- Meaning and definition, types of motivation: Intrinsic, extrinsic.
- Achievement motivation: Meaning, measuring of achievement motivation.
- Anxiety: Meaning and definition, nature, causes, method of measuring anxiety. Competitive anxiety and sports performance.
- Stress: Meaning and definition, causes. Stress and sports performance.
- Aggression: Meaning and definition, method of measurement. Aggression and sports performance.
- Self-concept: Meaning and definition, method of measurement.

UNIT III

12 Hours

Goal Setting:

- Meaning and definition, process of goal setting in physical education and sports.
- Relaxation: Meaning and definition, types and methods of psychological relaxation.
- Psychological tests: Types of psychological test-Instrument based tests (Pass

along test, Tachistoscope, Reaction timer, Finger dexterity board, Depth perception box, Kinesthesis meter board).

- Questionnaire: Sports achievement motivation, sports competition anxiety.

Sports Sociology:

- Meaning and definition, sports and socialization of individual sports as social institution.
- National integration through sports, fans and spectators:
- Meaning and definition, advantages and disadvantages on sports performance. Leadership: Meaning, definition, types.
- Leadership and sports performance.

UNIT IV

11 Hours

Group Cohesion:

- Group: Definition and meaning, group size, group composition, group cohesion, group interaction, group dynamics.
- Current problems in sports and future directions, sports social crisis management.
- Women in sports: Sports women in our society, participation pattern among women, gender inequalities in sports.
- Practical: At least five experiments related to the topics listed in the UNITS above should be conducted by the students in laboratory. (Internal assessment).

Transaction Mode

- Collaborative teaching
- Case based teaching
- Group discussions

Suggested Readings

- Authors Guide (2013). National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests. National Council of Educational Research and Training Publication, New Delhi.
- Jain. (2002). Sports Sociology. Heal Sahitya Kendra Publishers.
- Jay Coakley. (2001). Sports in Society– Issues and Controversies in International Education. Mc-Craw Seventh Ed.
- John D Luther (2000). Psychology of Coaching. Prentices Hall Inc., New Jersey.
- Miros law Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. The Macmillan, London.

Course Name: Yogic Shat Karmas-I (CF)

CourseCode:MYT114

L	T	P	Cr
0	0	4	2

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Restate the benefits, contradictions, and procedures of all practices.
2. Proficiently demonstrate each practice with confidence and skill.
3. Explain the procedures and subtle points involved in each practice.
4. Understand the concept of Yogic Shatkramas.

Course Content

60 Hours

SELECTED YOGIC SHATKRAMAS

Sutra Neti, VastaDhauti, Dhandadhauti, MadhyamNauli, Kapalbhati:
Vatkarma, Viewtkrama&SheetkramaKapalbhati

Course Name: Yogasanas-I (Skill Based)

CourseCode:MYT115

L	T	P	Cr
0	0	2	1

Total Hours: 30

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Acknowledge and demonstrate proficiency in performing yoga asanas.
2. Understand the significance of adopting a yogic style of living.
3. Understand the concept of Surya Namaskara & Selected Yogasanas
4. Repeat the mantras chanted while performing yoga.

Course Content

30 Hours

SURYA NAMASKARA & SELECTED YOGASANAS

Surya Namaskar with Mantra,

Asana: -

Kukkutasana, Matsyendrasana, Matsyasana, Uttana-Mandukasana

Bhujangasana, Mayurasana, Setubandhasana, Karanpedasana, Tadhasana,

Uttana-Kurmasana, Paschimottanasana, Baddha-Padmasana, Garudasana,

Chakrasana, Shirshasana, Konasana, Pada- angushthasana.

Uttampadasana, Simhasana, Dhanurasana, Gorakshasana, Ushtrasana,

Sarvangasana, Sankatasana, Trikonasana, Ashwathasana.

Course Name: Pranayama, Bandhas, Mudras, Dhayana-I

CourseCode:MYT116

Learning Outcomes:

L	T	P	Cr
0	0	2	1

Total Hours: 30

After completion of this course, the learner will be able to:

1. Impart practical lessons on yoga pranayama.
2. Develop skill of yogic style living.
3. Display various bandhas and mudras with perfection.
4. Understand the concept of Pranayama, Bandhas, Mudras, Dhayana (Meditation) Hathayoga.

Course Content

30 Hours

PRANAYAMA, BANDHAS, MUDRAS, DHAYANA (MEDITATION)

HATHAYOGA: - NadiShodhana Pranayama, Surya Bhedana, Ujjayee, Seetkari, Sheetali, Bhastrika, Bhramri.

PATANJALI: - 1) Bahyavrtti, 2) AbhyantaraVrtti, 3) Stambhavrtti & 4) Bahya-AbhyantaraVishayakshepi.

BANDHAS & MUDRAS: - Practice of Jalandhar, Uddiyan and Moola Bandhas. MahamudraMahabandha, Mahavedha, VipareetKarani, Yoni, Ashvani, Tadagi, Kaki, Shambhavi.

DHAYANA (MEDITATION): Recitation of Pranavajapa (OmkarJapa) & Gyatari Mantra. Akashdharana:-Chidakasha, Hridayakasha

Semester-II

Course Name: Mental Health & Yoga practice Course

CourseCode:MYT222

Learning Outcomes:

L	T	P	Cr
4	0	0	4

Total Hours: 60

After completion of this course, the learner will be able to:

1. Gain an understanding of the meaning and definition of mental health and develop skills in Kriya Yoga and Panch Kosha Sidanta.
2. Recognize the significance of chanting 'OM' in calming the mind and channelling positive energy into the body. Understand how 'OM' can help alleviate stress
3. Identify and evaluate the effectiveness of yoga practices on mental health.
4. Teach the concept of promoting general awareness of mental health issues.

Course Content

UNIT I

15 Hours

Meaning & Definition of Mental Health, Elements to affecting mental health, Methods for development of mental health through Yoga: - Kriya-Yoga, Punch Koshss-Sidanta.

UNIT II

15 Hours

The Philosophy and Meaning of the sacred syllable "Om (OUM)"

UNIT III

15 Hours

General awareness of mental problems and their Psycho- Yogic therapeutic approaches: Stress-disorder; Mood-disorder, in the context of Modern Medicine, Patanjali Yoga Sutra &Hathapradipika.

UNIT IV

15 Hours

General awareness of mental problems and their Psycho- Yogic therapeutic approaches: Anxiety, Disorder, Psychosomatic-disorder in the context of Modern Medicine, Patanjali Yoga Sutra &Hathapradipika

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion,
Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Yoga Practices for Anxiety and Depression -Dr. R. Nagrathna - Dr.H.R.Nagendra□ Yogic Management of Stress. -Swami SuryamaniSaraswati.*
- *Manorog Vigyan - Dr. BalkrishanPathak, Manorog Vigyan -Dr. Rajinder Prasad Bhatnagar, MansickChikitsa - Lalji Ram Shukel.*
- *Mental Health ad Hindi Psychology-Swami Akhilananda*

Course Name: Yoga Therapy

CourseCode:MYT223

L	T	P	Cr
4	0	0	4

Learning Outcomes:

Total Hours: 60

After completion of this course, the learner will be able to:

1. Develop understanding of different yogic techniques.
2. Attain perfection to perform different yogic practice and shat-karmas
3. Explain techniques of pratyahara, Dhyana and conduct practical sessions.
4. Identify yogic modules for different health problems.

Course Content

UNIT-I

15 Hours

Concept, Meaning & Principles of Yogic Therapy, Causes, signs, symptoms & yogic treatment including dietary measures of the following diseases: - Constipation, Diabetes Mellitus, Obesity

UNIT-II

16 Hours

Yogic Therapy, Causes, signs & symptoms & yogic treatment including dietary measures of the following diseases Cervical Spondylitis, Arthritis, Backache, Sciatica & Slipped Disc

UNIT-III

14 Hours

Causes, signs & symptoms & yogic treatment including dietary measures of the following diseases: Asthma, High & Low Blood Pressure, Female problems

UNIT IV

15 Hours

Causes, signs & symptoms & yogic treatment including dietary measures of the following diseases: Sinusitis, Thyroid, Depression & Naval-displacement

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.

Suggested Readings

- *Yogic Management of Common Diseases*-Dr. Swami Karmananda (Yoga Publications Trust, Munger, Bihar, India)
- *New Perspectives in Stress Management*-Nagendra H.R. (V.K. YOGAS, Bangalore, 1998) Nagendra R.
- *Stress and its Management by Yoga(MLBD)* -Udupa K.N.
- *Anatomy and Physiology of Yogic Practices (English & Hindi)* KanchanPrakashan, Lonavla.-M.M. Gore

Course Name: Teaching Methods of Yoga (VAC)

CourseCode:MYT218

L	T	P	Cr
2	0	0	2

Learning Outcomes:

Total Hours: 30

After completion of this course, the learner will be able to:

1. Acquire teaching techniques to effectively instruct students.
2. Demonstrate proficiency in class management and lesson planning.
3. Introduce students to Shatkriya, Asana, Mudra, Pranayama, and Meditation.
4. Explain the meaning, importance, and criteria for selecting teaching aids in the context of yoga instruction

Course Content

UNIT I

7 Hours

Teaching and learning: Concepts and relationship between the two Principles of teaching levels and phases of teaching,

Quality of perfect yoga Guru: Yogic levels of Learning, Vidyarthi, Shishya, Mumuksha, Meaning and scope of teaching methods, Role of yoga teachers and teacher training, Emotional stability and healthy habits for yoga teacher

UNIT II

8 Hours

Practice of Yoga at different levels (Beginners, Advance, Schoolchildren, Youth, Women and special attention group) Techniques of Individualized teaching techniques, Teaching techniques- Lecturer method, Command method, demonstration method, imitation method Project etc. organization of teaching (Time management, discipline etc.) Personal and technical preparation

UNIT III

7 Hours

Essential of good lesson plan: concepts, needs, planning of teaching yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation)

Models of lesson plan: Effective use of library and other resources. Lesson plan and its practical applications, Silent features of each practice with reference to yoga texts form practical aspects

UNIT IV

8 Hours

Yoga classroom essential features, Area, sitting arrangement in yoga class etc., Class room problems, Essential of good yoga teaching, time table, Need, types, principles of time table of construction, Teaching Aids - Meaning, importance and its criteria for selection teaching aids.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Yogic Management of Common Diseases -Dr. Swami Karmananda (Yoga Publications Trust, Munger, Bihar, India)*
- *New Perspectives in Stress Management -Nagendra H.R. (V.K. YOGAS, Bangalore, 1998) Nagendra R*
- *Stress and its Management by Yoga (MLBD) -Udupa K.N*
- *Anatomy and Physiology of Yogic Practices -M.M. Gore (English & Hindi) KanchanPrakashan, Lonavla.*

**Course Name: Naturopathy & Swasth-Vrata
(Discipline Elective-II)**

CourseCode:MYT219

Learning Outcomes:

L	T	P	Cr
3	0	0	3

Total Hours: 45

After completion of this course, the learner will be able to:

1. Gain an understanding of naturopathy, including its history and main principles.
2. Recognize the importance of air therapy, including air baths, and understand the significance of space therapy.
3. Explain the concept and need for Swasth-Vrata and emphasize the importance of massage.
4. Define the meaning of diet and Mitahara in the context of naturopathy.

Course Content

UNIT I

12 Hours

Naturopathy: Introduction, History & Basic Principles

Water Therapy: -Hot & Cold Compress and Wet Packs sheet, Mud/Clay therapy:

Importance of Soil, Use of mud-packs. (Chest-Pack, Abdomen-Pack & Knee Puck)

Sun-therapy: Importance of sun rays, Sunbath & its uses in different diseases

UNIT II

12 Hours

Air-therapy: Importance of air, Air-bath & its uses

Eather/Space therapy: Fasting & its principles, Action & reaction of fasting on human body for maintaining health & management of diseases

UNIT III

10 Hours

Concept & Need of Swasth-Vrata, Elements of daily Routine- Dincharya, Ritucharya & Sada-Vrata

Massage (Abhyoung): Its kinds & importance

UNIT IV

11 Hours

Diet- Meaning, Definitions, components & Benefits of Balance-died, Sprouted diet & Mitahara, Rules of Yogic-dict, Demerits of Non-vegetarian-diet & merits of Vegetarian diet.

Massage (Abhyoung): Its kinds & importance

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Swasth-Vrata Vigyan, (Hindi)-Prof Ram Harsh Singh (Chaukhamba Sanskrit Pratishthan, Delhi)*
- *Science of Natural Life(English)-Dr. Rakesh Jindal (ArogyaSewaPrakashan, Modhi nagar, U.P)*
- *PrakritikAyurvigan(Hindi)-Dr. Rakesh Jindal (ArogyaSewaPrakashan, Modhinagar,U.P,)*
- *Pranashaktiek DivyaVibhooti -Pdt. Shri Ram Sharma, Acharya. ChikitsakeVibinAayaam-Pdt. ShriRram Sharma, Acharya, A Complete Handbook of Nature Cure. -Dr.H.R. Bakhru. □ Diet Cure for Common Ailments. -Dr.H.R. Bakhru.*

Course Name: Human Consciousness (Discipline Elective-II)

Course Code: MYT220

Learning Outcomes:

L	T	P	Cr
3	0	0	3

Total Hours: 45

After completion of this course, the learner will be able to:

1. Understand the significance of studying human consciousness in modern life.
2. Acquire knowledge of the various factors that can influence human consciousness.
3. Gain an understanding of the causes that lead to deviations in human consciousness.
4. Develop skills in applying yogic treatments to address different mental problems.

Course Content

UNIT I

12 Hours

Meaning of Consciousness

Nature of Human Consciousness

Stages of Consciousness

UNIT II

10 Hours

Need of study in modern life

Nature of Human Consciousness in Vedas & Upanishads

UNIT III

11 Hours

Nature of Human Consciousness in Nyaya Philosophy, Vaisheshik Philosophy, Sankhya Philosophy

UNIT IV

12 Hours

Nature of Human Consciousness in Yoga Philosophy, Mimamsa Philosophy & Vedanta Philosophy

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion,

Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *A Study in Consciousness -Annie Besant*
- *Maanavchetna -Dr.IshwarBharadwaj*

- *Seven States of Consciousness -Anthony Campbell*
- *Atam Vigyan (Science of Soul). -Sh. YogeshwaraNandParamhansa*
- *Bhartiya Darshan me ChetnakaSwaroop -Dr.Shri Krishna Saxena*

Course Name: Yogic Shat Karmas-II (CF)

CourseCode:MYT214

L	T	P	Cr
0	0	4	2

Learning Outcomes:

Total Hours: 60

After completion of this course, the learner will be able to:

1. Achieve a deeper understanding of moral ethics and the spiritual path.
2. Demonstrate proficiency in yogic practices such as neti, trataka, and kapalbhati
3. Gain the ability to effectively teach yoga practices to various groups.
4. Demonstrate proficiency in Yogic Shat Karmas.

Course Content

60 Hours

Selected Yogic Shatkramas:

VamanDhuti (Kujal), Sutra Neti, JalaNeti and GhritNeti, Trataka, Kapalbhati: Vatkarma, viewet krama & Sheet kramaKapalbhati.

Course Name: Yogasana-II (Entrepreneurship)

CourseCode:MYT215

L	T	P	Cr
0	0	4	2

Learning Outcomes:

Total Hours: 60

After completion of this course, the learner will be able to:

1. Demonstrate proficiency in performing yoga asanas (postures).
2. Understand the importance of physical and mental exercises within the context of yoga
3. Observe and experience positive changes in flexibility and overall well-being through yoga practice
4. Understand of yogasana yoga.

Course Content

60 Hours

Surya Namaskara& Selected Yogasanas:

Siddhasana. Padmasana

Vajrasana Swastikasana Virasana, Shavasana

Paschimottanasana: Dhanurasana

Vrikshasana Garudasana. Makarasana Ushtrasana

Naukasana Mandukasana. Sarvangasana

Pawanmuktasana Kurasana. Bhadrasana Simhasana

Vakrasana.Gomukhasana Matsvasana

Matsyendrasana Gorakshasana Shalabhasana Chakrasana

Bhujangasana Utkatasana Konasana, Trikonasana

Course Name: Pranayama, Bandhas, Mudras, Dhayana-II (EF)

Course Code: MYT216

Learning Outcomes:

L	T	P	Cr
0	0	4	2

Total Hours: 60

After completion of this course, the learner will be able to:

1. Demonstrate the ability to repeat the mantras chanted during yoga practice.
2. Proficiently display various bandhas (energy locks) and mudras (hand gestures) with precision
3. Understand and recognize the significance of pranayama (breathing exercises) in daily life and yoga practice.
4. Understand the concept of Pranayama.

Course Content

60 Hours

Pranayama: Bandhas, Mudras, Dhayana (Meditation) in

Hathayoga: NadiShodhana, Pranayama, Surya -Bhedana, Ujjayee, SheetaShakti, & Bhramri Patanjali Yoga sutra: - Bahyavrtti, Abhyantara Vrtti & Stambhavrtti

Bandhas & Mudras: Jalandhar, Uddiyan and MoolaBandhas

**Course Name: Practical Orientation in
Naturopathy (Skill Based)**

Course Code: MYT217

Learning Outcomes:

L	T	P	Cr
0	0	4	2

Total Hours: 60

After completion of this course, the learner will be able to:

1. Understand the importance and benefits of air therapy (air bath) and space therapy in the context of naturopathy.
2. Apply the principles and practices of yoga into daily life for improved health and well-being
3. Acquire knowledge about the various factors that affect the practice of naturopathy.
4. Implement principles and practices of yoga in daily life.

Course Content

60 HOURS

Naturopathy:

Steam Bath, Hip Bath, Spinal Bath, Footbath. Hot & Cold Compresses, Wet Sheet pack, Mudpacks, Oil Massage. Air bath: - Morning walk, Control over Swar, Left. Sivar, Right Swar & Sushumna. Sun Baths, Rest, Relaxations & Fasting

Semester III

Course Name: Research Methodology

Course Code: MYT217

L	T	P	Cr
4	0	0	4

Learning Outcomes:

Total Hours: 60

After completion of this course, the learner will be able to:

1. Understand and apply the basics of research methodology in the context of research or project work. Select appropriate research designs to address specific research questions.
2. Proficiently collect, edit, and analyse data, fostering readiness for advanced academic pursuits.
3. Demonstrate the capacity to choose research methods aligned with research objectives and goals.
4. Develop proficiency in both qualitative and quantitative data analysis techniques and effectively present research findings.

Course Content

UNIT I

14 HOURS

Research: its concept, nature, scope, need and Objectives of Research, Research types, Research methodology, Research process – Flow chart, description of various steps, Selection of research problem.

UNIT II

16 HOURS

Research Design: Meaning, Objectives and Strategies of research, different research designs, important experimental designs, Methods of Data Collection and Presentation: Types of data collection and classification, Observation method, Interview Method, Collection of data through Questionnaires, Schedules, data analysis and interpretation, editing, coding, content analysis and tabulation

UNIT III

16 HOURS

Sampling Methods: Different methods of Sampling: Probability Sampling methods, Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling and Multistage Sampling. Non-probability Sampling methods, Sample size

UNIT IV

14 HOURS

Report writing and Presentation: Types of reports, Report Format – Cover page, Introductory page, Text, Bibliography, Appendices, Typing instructions, Oral Presentation

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.

Suggested Readings

- Panneerselvam, R, 'Research Methodology', PHI, New Delhi.
- Cooper, D.R., Schindler, P.S., 'Business Research Methods,' Tata McGraw Hill
- Gupta S P, 'Statistical Methods', Sultan Chand & Sons, Delhi
- Ronald E Walpole, 'Probability and Statistics for Engineers and Scientists' (International Edition) , Pearson Education.
- Geode, Millian J. & Paul K. Hatl, "Methods in Research", McGraw Hills, New Delhi

Reference Books:

- Kothari C.R., "Research Methodology", New Age Publisher
- Nargundkar R, Marketing Research, Tata McGraw Hill, New Delhi, 2002.
- Sekran, Uma, "Business Research Method", Miley Education, Singapore

Website/Links/Online Portal/ICT

- <https://www.academia.edu/>
- <https://www.studeersnel.nl>
- <https://www.scribd.com>

Course Name: Statistics in Yoga

Course Code: MYT318

Learning Outcomes:

L	T	P	Cr
4	0	0	4

Total Hours: 60

After completion of this course, the learner will be able to:

1. Interpret basic approaches to research.
2. Perform statistical analysis of a basic research work.
3. Apply various statistical tests to research work in the field of yoga.
4. Analyze the Statistical data in the field of Yoga.

Course Content

UNIT-I

15 Hours

Introduction: Meaning, Definition, Need and Importance of Statistics in yoga
Types of Statistical Process: descriptive, comparative, inferential, predictive,
Attribute and variable, Frequency distribution, raw scores, Single scores
Types of data, Population and sample, Parameters and statistics

UNIT-II

15 Hours

Data Classification, Tabulation and Measures of Central Tendency:

Meaning, uses and construction of frequency table, Meaning, purpose, calculation and advantages of Measures of central tendency, mean, median and mode.

Measures of Dispersions and Scales: Meaning, purpose, calculation and advances of Range, Quartile deviation, Mean deviation, Standard deviation, Probable error, meaning, purpose, calculation and advantages of scoring scales- Sigma scale, Z scale, Hull scale

UNIT-III

15 Hours

Probability Distributions and Graphs:

Normal curve: Meaning of probability, principles of normal curve, and properties of normal curve

Divergence from normality: Skewness and Kurtosis, Graphical representation in Statistics: Line diagram, bar diagram, Histogram, Frequency Polygon

UNIT-IV

15 Hours

Inferential and Comparative Statistics:

Tests of significance: Independent "t" test, dependent "t" test, chi square test, level of confidence and interpretation of data

Correlation: Meaning of correlation, co-efficient of correlation, calculation of co-efficient of correlation by the product moment method and rank difference

method, concept of ANOVA and ANCOVA

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Best, J.W. (1971). Research in Education, Prentice Hall, Inc, New Jersey.*
- *Clark, D.H. (1999). Research Problem in Physical Education, 2nd edition. Prentice Hall, Inc., Eagle wood Cliffs.*
- *Jerry, R Thomas. & Jack Nelson. (2000). Research Methods in Physical Activities. Human Kinetics, Illonosis.*
- *Kamlesh, M.L. (1999). Research Methodology in Physical Education and Sports. KSK Publishers, New Delhi.*
- *Rothstain, A. (1985). Research Design and Statistics for Physical Education. Prentice Hall, Inc., Engle wood Cliffs.*
- *Sivarama Krishnan, S. (2006). Statistics for Physical Education. Friends Publication, Delhi.*
- *Thirumalaisamy, (1998). Statistics in Physical Education. Senthilkumar Publications, Karaikudi.*

Course Name: Statistics in Yoga

Course Code: MYT398

Learning Outcomes:

L	T	P	Cr
0	0	8	4

Total Hours: 120

After completion of the course, the learner will be able to

1. Get deep insights to collect, review and analyse the related literature.
2. To apply the knowledge to formulate hypothesis & design research process.
3. Find the research titles which are significant, applicable and researchable.
4. Interpret the findings to design statistical strategies & write references, bibliography and webliography.

Course Content

A research proposal contains all the key elements involved in the research process and proposes a detailed information to conduct the research.

The students are supposed to prepare the research proposal of any research area of their choice following these steps:

1. Selection of topic
2. Significance of the research area
3. Formulation of hypothesis/Research questions
4. Review of related literature
5. Method & Procedure (Includes sampling & design)
6. Data collection and proposed statistical analysis
7. Delimitations
8. Reference/Bibliography

Evaluation

The students will have to complete the writing process of each topic given above within one week, which will be evaluated at the end of every week. It will consist of 8 marks each. The final proposal shall be of 15 marks, Viva 16 marks and attendance 5 marks.

Transaction Mode

Collaborative learning, Group Discussion, E team Teaching, Activities, Assessments, Collaborative teaching, Peer Teaching, Video Based Teaching, Quiz, Open talk, E team Teaching, Case analysis, Flipped Teaching.

Course Name: Ethics & IPR (Skill Based)

Course Code: MYT314

L	T	P	Cr
1	0	0	1

Learning Outcomes:

Total Hours: 15

After completion of this course, the learner will be able to:

1. Develop the ability to identify and analyze ethical issues within the subject matter or related field.
2. Recognize ethical concerns within research and intellectual contexts, including academic integrity, source use and citation, objective data presentation, and treatment of human subjects.
3. Understand the significance of Intellectual Property (IP) in various industrial sectors, particularly for product and technology development.
4. Identify activities that constitute IP infringements, understand the remedies available to IP owners, and describe precautionary measures to prevent infringement of proprietary rights in the context of product and technology development.

Course Content

UNIT I

08 HOURS

Ethics: definition, moral philosophy, nature of moral judgments and reactions, scope, Ethics with respect to science and research, Intellectual honesty and research integrity Scientific misconducts: Falsification, Fabrication, and Plagiarism (FFP) Redundant publications: duplicate and overlapping publications, salami slicing, Selective reporting and misrepresentation of data, Publication ethics: definition, introduction and importance.

UNIT II

07 HOURS

Introduction to Intellectual Property rights: Concept & theories, Kinds of intellectual Property Rights, Advantages & Disadvantages of IPR, Development of IPR in India, Role & Liabilities of IPRs in India. Rights of trademark-kind of signs used as trademark-types, purpose & functions of a trademark, trademark protection, trademark registration, selecting and evaluating trademark, trademark registration process

Course Name: Data Analysis (CF)

Course Code: MYT319

L	T	P	Cr
0	0	2	1

Learning Outcomes:

Total Hours: 30

After completion of this course, the learner will be able to:

1. Data analysis raises awareness about ethical considerations such as data privacy, bias, and fairness.
2. This interdisciplinary approach fosters cross-functional expertise and enables learners to apply analytical skills in diverse contexts
3. This equips them with the ability to interpret statistical findings accurately.
4. Through data analysis, learners develop critical thinking and problem-solving skills as they encounter challenges in cleaning, transforming, and interpreting data to derive actionable conclusions.

Course Content

30 Hours

- Correlation and Regression Analysis:
 - Pearson correlation coefficient
 - Simple linear regression
 - Multiple regressions
 - Assumptions and diagnostics for regression analysis
- Analysis of Variance (ANOVA):
 - One-way ANOVA
 - Factorial ANOVA
 - Post hoc tests
- Statistical Software:
 - Introduction to statistical software packages such as SPSS, R, or SAS
 - Data manipulation and analysis using software
 - Interpretation of statistical output
- Advanced Topic (optional, depending on the program):
 - Time series analysis
 - Survival analysis
 - Multilevel modelling
 - Structural equation modelling

Course Name: Computer Lab (Skill Based)

Course Code: MYT316

L	T	P	Cr
0	0	2	1

Learning Outcomes:

Total Hours: 30

After completion of this course, the learner will be able to:

1. Demonstrate proficiency in using Word tables to efficiently organize and present data.
2. Compare and apply techniques for inserting graphics, pictures, creating table of contents, and using Drop Cap to enhance documents.
3. Develop advanced formatting skills for paragraphs, tables, lists, and pages within Word documents.
4. Create and execute mail merge processes to efficiently produce customized documents.

Course Content

60 HOURS

Generating Charts/Graphs in Microsoft Excel, Power Point Presentation, creating a new document with templates & Wizard, Word basics, Thesis Writing Formats & Scientific editing tools, Style Formats (MLA & APA) Using Words Drawing Features, Inserting Tables – (Adding, deleting, modifying rows and columns - merging & splitting cells), Using formulas in tables, converting text to table and vice-versa, Mail Merge tool, Managing Workbooks, Working with Worksheets

Suggested Readings

- Leon & Leon, "Introduction to Computers", Vikas Publishing House, New Delhi
- Saxena S., "MS Office Xp for Everyone", Vikas Publishing House, New Delhi, 2007
- June Jam rich Parsons, "Computer Concepts", Thomson Learning, 7th Edition, Bombay.

Reference Books:

- White, "Data Communications & Computer Network", Thomson Learning, Bombay
- Comer, "Computer networks and Internet", Pearson Education, 4e

Website/Links/Online Portal/ICT

- <https://www.researchgate.net>
- https://www.youtube.com/playlist?list=PLWPirh4EWFpF_2T13UeEgZWZHc8nHBuXp

Course Name: Study of Hath-yoga (VAC)

Course Code: MYT320

L	T	P	Cr
2	0	0	2

Learning Outcomes:

Total Hours: 30

After completion of this course, the learner will be able to:

1. Achieve mastery over the prana, the body's energy, which facilitates control of the mind.
2. Attain self-control, self-discipline, and an energetic body through the practice of Hatha Yoga.
3. Strengthen and purify the physical body while cultivating prana and activating Kundalini energy.
4. Learn and apply methods for performing asanas, pranayama, mudras, and bandhas in yoga practice.

Course Content

UNIT I

08 Hours

Meaning & objectives of Hathayoga, Components of Hathayoga: -SaptSadhan, Prerequisites of Hathayoga (Dasha Yama and DashaNiyama)

UNIT II

07 Hours

Study of Shat-Karmas and Asana, according to Hathapradipika and Gheranda Samhita, with their techniques, benefits and precautions

UNIT III

08 Hours

Meaning and Definitions of Pranayama, Classification of Pranayama's with reference to Patanjali yoga sutra, Hath Pradipika & Gher and Smhita with their techniques, benefits and precautions.

UNIT IV

07 Hours

Meaning, Techniques & benefits of Mudra &Bandhas according to Hatha pradipika

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.

Suggested Readings

- *Hathayog Pradipika (English) -Swami Muktibodhananda (Yoga Publication Trust, Munger, Bihar, India)*

- *Hathapradipika (Hindi) -Swami Kavaliyananda (Kaivalyadhama, Lonavla)*
- *GherandaSamhita (English) -Digambarji Swami & Gharote (Kaivalyadhama, Lonavla)*
- *Gheranda Samhita (Hindi) -Swami Niranjanananda Sarasvati (Yoga Publication Trust, Munger, Bihar, India)*
- *Pranayama, The art & science. (English) -Dr. H.R. Nagendra*
- *YogNidra. (English) –Swamio Satyananda Sarswati*
- *Asan Pranayam Mudra Bandh (English) -Swami Satyananda Saraswati*
- *Saral Yogasan (Hindi) -Dr. IshwarBhardwaj.*

Course Name: Basic Texts of Yoga (Discipline Elective-IV)

Course Code: MYT321

Learning Outcomes:

L	T	P	Cr
3	0	0	3

Total Hours: 45

After completion of this course, the learner will be able to:

1. Comprehend the meaning, definition, and subject matter of Upanishads.
2. Explore the historical context and creation period of the Upanishads, with a focus on Kathopanishad and its definition of yoga.
3. Analyze the concepts of the four states of consciousness and their relationship to Omkar, as well as the pure nature of the soul in Mundakopanishad.
4. Discuss the general introduction, purpose, and importance of Shrimad Bhagavad Gita and gain an understanding of Yoga Vashistha, including the concept of Aadhi.

Course Content

UNIT I

12 Hours

Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman, AtmaBhava

KenaUpanisha: Self and the Mind, Intuitive realization of the truth, Truth transcendental, Moral of YakshaUpakhyana

UNIT II

10 Hours

Katha Upanishad: Definition of Yoga; Nature of Soul, Importance of Self Realization, Prashna Upanishad: Concept of Prana and rayi (creation), Panchapranas, The five main questions

Mandukya: Four States of Consciousness and its relation to syllables in Omkara

UNIT III

11 Hours

Bhagavad Gita General Introduction to Bhagavad Gita (B.G.) Definitions of Yoga in B.G. and their relevance & Scope, Essentials of B.G

UNIT IV

12 Hours

Yoga Vasishtha Highlights of Yoga Vashitha, Concept of Adhis and Vyadhis; How Sukha is attained the Highest State of Bliss, Practices to overcome the Impediments of Yoga, Development of Satvaguna, Eight limbs of Meditation, JnanaSaptabhumika.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Shrimad Bhaggidgeet, Shankar Bhashya, Geet Press Gorakhpur Geet Rahasya*
- *Bal GangirJatilakISA (IsUp), YajurvedaKENA (KeUp),*
- *Samaveda KATHA (KaUp), Yajurveda Praśna (PrUp), Atharvaveda, Vasishta*
- *Yoga Samhita (yoga-vāsiṣṭham; also known as Maha- Arsha*
- *Ramayana, Vasiṣṭha Ramayana,*
- *Yogavasistha- Ramayana and Jnanavasistha.*

Course Name: Counselling (Discipline Elective-IV)

Course Code: MYT302

Learning Outcomes:

L	T	P	Cr
3	0	0	3

Total Hours: 45

After completion of this course, the learner will be able to:

1. Identify the objectives of counseling and comprehend its impact on an individual.
2. Recognize the characteristics of efficient counsellors.
3. Describe the types of counseling and their area of use.
4. Execute the process of counseling and practice accordingly.

Course Content

UNIT I

10 Hours

Introduction to Counseling –

Counselor Meaning of Counsel in.

Definition & Objectives of Counseling, Historical Development, Roles for the 21st Century, and Characteristics of Effective Counselors.

UNIT II

10 Hours

Types of Counselling –

Interview Facilitative Counseling, Preventive Counseling.

Developmental Counseling

Types of Interview, Procedure of Conducting Interview

Preparation, Process, Interpretation, Recording, Termination

UNIT III

10 Hours

Process of Counseling –

Theory of Counseling, The Spiritual & Religious.

Dimensions of Counseling. Psycho dynamic

Theory of Counseling, Cognitive theory of Counseling

Behaviour theory of Counseling, Human-Existential theory of Counseling

UNIT IV

15 Hours

Settings and Interventions, Types of standardized tests used in Counseling– Personal Counseling, Educational / Academic Counseling.

Career & Vocational Counseling, Marriage & Family Counseling

Counseling in Medical Settings, Rehabilitation Counseling.

Listening, attending, building rapport, demonstrating empathy, observing

Their brief introduction, Intelligence Tests, Aptitude Tests, Special Aptitude Tests, Vocational Aptitude Batteries, Scholastic Aptitude Tests.

Academic Achievement Tests, Interest Inventories, and Personality Tests,
Legal & Ethical Challenges in Counseling

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Richard S. Sharf. (2000). Theories of psychotherapy & counseling: Concepts & Cases. Thomson Learning, USA.*
- *Robert L. Gibson & Marianne H. Mitchell (2005). Introduction to counseling & guidance. Pub: Pearson Education, India.*
- *Stephen Palmer (2006). Introduction to counseling & psychotherapy: The Essential Guide. Pub: Sage Publication, Inc, California.*
- *Don C. Locke, Jone E. Myers, Edwin L. Herr (2001). Hand book of counseling. Pub: Sage Publication, Inc, California.*
- *Vernon G. Zunker (1994). Career counseling: Applied Concepts of Life Planning. Thomson Learning, USA.*

Course Name: Yogic Science (OE)

Course Code: OEC043

L	T	P	Cr
2	0	0	2

Total Hours: 30

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Articulate various concepts of yogic practice in their own words.
2. Demonstrate yoga asanas (poses) and elucidate their benefits.
3. Engage in teaching practice and conduct research in the field of yoga.
4. Explain the fundamentals and advantages of Yoga using their own words

Course Content

UNIT I

06 Hours

Introduction to Yoga: Meaning, Definition, types, aims and objectives of yoga Importance of yoga in education & other fields of life, Historical development of yoga from ancient to modern times
Meaning and definition of astanga yoga: Yama, niyama, asana, pranayama, prathyahara, dharana, dhyana, Samadhi

UNIT II

06 Hours

Nadis, Asanas and Pranayam:

Loosen in exercise: Techniques and benefits.

Asanas & Pranayam: Types, techniques and benefits, suryanamaskar, Methods and benefits Nadis: Meaning, methods and benefits,

Asana: types of asana, preparation & technique of different asana and their effects on the body

UNIT III

10 Hours

Kriyas

Shat Kriyas: Meaning, techniques and benefits of neti, dharti, kapalapathi, trataka, nauli, basti

Bandhas: Meaning, techniques and benefits of jalendrabandha, jhvaabandha, uddiyanabandha, mulabandha

Mudras: Meaning, techniques and benefits of hasta mudras, asamyuktahastam, samyuktahastam, mana mudra, kaya mudra, banda mudra, adhara mudra Meditation: Meaning, Techniques and benefits of meditation, Passive and active meditation, saguna meditation and nirguna meditation

UNIT IV

08 Hours

Yoga and Sports Yoga

Supplemental exercise: Yoga compensation exercise, yoga regeneration exercise, Power Yoga, role of Yoga in Psychological Preparation of athlete: Mental wellbeing, anxiety, depression concentration, self-actualization

Effect of yoga on physiological system: Circulatory, skeletal, digestive, nervous, respiratory, excretory System

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Feuerstein, G. (1975). *Suggested Readings of Yoga*. Motilal Bansaridass Publishers(P)Ltd, London.
- Gore (1990). *Anatomy and Physiology of Yogac Practices*. KanchanPrakashan, Lonavata.
- Purperhart, H. (2004). *The Yoga Adventure for Children*. A Hunter House book, Netherlands.
- Iyengar, B.K.S. (2000) *Light on Yoga*. Harper Collins Publishers, New Delhi.
- Karbala, N.V. (1993). *Patanjal Yoga sutra Bhashya (Marathi Edition)*. Hanuman Vyayam Prasarak Mandal.

Semester-IV

Course Name: Dissertation

Course Code: MYT401

L	T	P	Cr
0	0	0	20

Learning Outcomes:

After completion of this course, the learner will be able to:

1. After completing this course, students will be able to plan and execute a research project independently.
2. Students will gain the skill to review relevant literature and formulate appropriate hypotheses for their research.
3. Upon completion, students will be proficient in using suitable data analysis methods and techniques to process research data effectively
4. Students will be able to interpret research findings and draw conclusions based on results and relevant literature.

Course Content

Dissertation is compulsory to all students. Students will select the Research Topic himself and prepare the research plan. In doing so, the consent of the guide is necessary. After completing the Dissertation work, its five typed copies will be submitted to the Department before fifteen days of the written examination. External examiner in coordination will do the evaluation of the Dissertation with the Supervisor & the Department Head. The Viva -Voice exam will also be conducted under it.

Course Name: Current Trends in Yoga**Course Code: MYT402**

L	T	P	Cr
1	0	0	1

Total Hours: 15**Learning Outcomes:**

After completion of this course, the learner will be able to: