

# **GURU KASHI UNIVERSITY**



## **Master of Science in Yoga Therapy (M.Sc Yoga Therapy)**

**Appendix - I**

**Session : 2025-26**

**Faculty of Physical Education**

**Post Graduate Attributes of the Programme:-**

<b>Types of learning outcomes</b>	<b>The Learning Outcomes Descriptors</b>
Post Graduates should be able to demonstrate the acquisition of:	
<b>Learning outcomes that are specific to interdisciplinary areas of learning</b>	❖ Acquire an integrated understanding of Yoga with Anatomy, Physiology, Psychology, and Health Sciences, applying holistic knowledge for physical and mental well-being.
	❖ Develop competency in blending traditional Yoga philosophies (e.g., Patanjali Yoga Sutras, Upanishads, Bhagavad Gita) with modern scientific approaches (e.g., Ayurveda, Naturopathy, Mental Hygiene).
	❖ Demonstrate skills in practical aspects like Asanas, Pranayama, Bandhas, Meditation, and Acupressure, promoting health and healing across disciplines.
	❖ Critically analyze and apply Yoga practices in emerging fields such as Complementary Therapies, Sports Performance Enhancement, and Spiritual Psychology.
	❖ Evaluate Yoga's contribution to interdisciplinary health models, integrating concepts from Indian Traditional Medicine Systems, Scientific Research, and Psychological Assessments.
<b>Generic learning outcomes</b>	❖ Exhibit advanced critical thinking, problem-solving, and decision-making abilities in Yoga instruction and health promotion.
	❖ Communicate effectively and professionally in both academic and real-world health, education, and wellness environments.

	<ul style="list-style-type: none"><li>❖ Demonstrate leadership and teamwork skills by designing and implementing Yoga-based wellness programs and interventions.</li></ul>
	<ul style="list-style-type: none"><li>❖ Embrace ethical values, cultural sensitivity, and social responsibility in promoting Yoga and holistic health globally.</li></ul>
	<ul style="list-style-type: none"><li>❖ Engage in lifelong learning, research, and innovation to advance the field of Yoga, health sciences, and alternative medicine systems.</li></ul>
	<ul style="list-style-type: none"><li>❖ Apply scientific methods to assess, interpret, and contribute to Yoga-related knowledge through teaching, therapy, and research practices.</li></ul>

**Programme Learning Outcomes:** A post graduate Degree is awarded to students who have demonstrated the achievement of the outcomes located at level 6.5

<b>Element of the Descriptor</b>	<b>Programme learning outcomes relating to post graduate Degree</b>
The post graduate should be able to demonstrate the acquisition of:	
<b>Knowledge and understanding</b>	❖ Students gain foundational and advanced knowledge in yoga (e.g., Foundations of Yoga, Current Trends in Yoga, Yoga and Health, Raj Yoga and Hath Yoga), human anatomy (Basic Human Anatomy and Physiology), and complementary sciences (Health Cycle, Nutrition, Ayurveda).
<b>General, technical and professional skills required to perform and accomplish tasks</b>	❖ Courses such as Teaching Methodology in Yoga, Active Yoga (Asanas, Pranayama, Bandhas), and electives on Patanjali Yoga Sutras and Yoga Upanishads help students develop pedagogical and practical proficiency, enhancing professional capabilities.
<b>Application of knowledge and skills</b>	❖ Through skill-based components and theory-practice integration (Asanas, Pranayama), learners apply principles in real or simulated settings, demonstrating their competency in yoga instruction, therapy, and wellness coaching.
<b>Generic learning outcomes</b>	❖ Courses encourage critical thinking, self-reflection, and holistic health perspectives, enabling students to integrate yogic philosophy with contemporary wellness challenges and engage in interdisciplinary learning.
<b>Constitutional, humanistic, ethical and moral values</b>	❖ Topics such as Karm Yoga, Self-Management, Patanjali Yoga Sutras, and Yoga Upanishads instill values of integrity, ethical responsibility, service, inner discipline, and respect for Indian philosophical traditions.

<p><b>Employability and job-ready skills and capabilities/qualities and mindset</b></p>	<p>❖ Practical training (Skill-based courses), pedagogical skills (Teaching Methodology), and understanding of wellness and health (Yoga and Health, Ayurveda) equip students for roles in health sectors, yoga instruction, therapy, and wellness entrepreneurship.</p>
<p><b>Credit requirements</b></p>	<p>❖ Each semester includes <b>22 credits</b>, totaling <b>44 credits</b>.</p>
<p><b>Entry requirements</b></p>	<p>❖ Candidates are typically required to hold a <b>Bachelor's degree</b>.</p>

## Programme Structure

<b>SEMESTER-1<sup>st</sup></b>									
<b>Course Code</b>	<b>Course Title</b>	<b>Type of Course</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>No. of Credits</b>	<b>Int. Ass.</b>	<b>Ext. Ass.</b>	<b>Total</b>
MYT1400	Foundations of Yoga	Core Course	4	0	0	4	30	70	100
MYT1401	Current Trends in Yoga	Core Course	4	0	0	4	30	70	100
MYT1402	Basic Human Anatomy and Physiology	Core Course	3	1	0	4	30	70	100
MYT1403	Health Cycle, Nutrition and Natural Aid	Core Course	3	1	0	4	30	70	100
MYT1404	Asanas	Skill Based	0	0	4	2	30	70	100
<b>Discipline-Specific Elective-I (Opt any one of following)</b>									
MYT1405	Yoga and Self-Management	Discipline-Specific Elective -I	4	0	0	4	30	70	100
MYT1406	Patanjali Yoga Sutras								
<b>Total</b>			<b>18</b>	<b>2</b>	<b>4</b>	<b>22</b>	<b>180</b>	<b>420</b>	<b>600</b>

<b>SEMESTER-II</b>									
<b>Course Code</b>	<b>Course Title</b>	<b>Type of Course</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>No. of Credits</b>	<b>Int. Ass.</b>	<b>Ext. Ass.</b>	<b>Total</b>
MYT2450	Teaching Methodology in Yoga	Core Course	4	0	0	4	30	70	100
MYT2451	Yoga and Health	Core Course	4	0	0	4	30	70	100
MYT2452	Astang Yoga and Karm Yoga	Core Course	3	1	0	4	30	70	100
MYT2453	Raj Yoga and Hath Yoga	Core Course	3	1	0	4	30	70	100
MYT2454	Pranayama, Bandhas	Skill Based	0	0	4	2	30	70	100
<b>Discipline-Specific Elective-II (Opt any one of following)</b>									
MYT2455	Yoga Upanishads	Discipline-Specific Elective -II							
MYT2456	Basic Concepts of Ayurveda and Swasthavritta		4	0	0	4	30	70	100
<b>Total</b>			<b>18</b>	<b>2</b>	<b>4</b>	<b>22</b>	<b>180</b>	<b>420</b>	<b>600</b>

**Programme Learning Outcomes:** A post graduate Degree is awarded to students who have demonstrated the achievement of the outcomes located at level 6.5

<b>Element of the Descriptor</b>	<b>Programme learning outcomes relating to post graduate Degree</b>
The post graduate should be able to demonstrate the acquisition of:	
<b>Knowledge and understanding</b>	❖ Courses such as Human Consciences and Mental Hygiene, Psychological Assessment and Diagnosis, Scientific Approach of Yoga, and Yoga in World Religions deepen students' understanding of integrative and interdisciplinary dimensions of yoga.
<b>General, technical and professional skills required to perform and accomplish tasks</b>	❖ Practical subjects like Practical Orientation in Acupressure, Meditation, and electives like Applications of Yoga Vasistha and Yoga & Sports Performance Enhancement equip learners with professional skills for therapy, counselling, or sport settings.
<b>Application of knowledge and skills</b>	❖ Students apply their knowledge in practical components (Skill-Based: Acupressure, Meditation) and advanced electives (e.g., Physiological Effects of Yoga, Nadis & Chakras, Traditional Systems of Medicine), connecting theory with real-world relevance.
<b>Generic learning outcomes</b>	❖ Learners gain transferable skills such as analytical thinking, reflective practice, discipline, and a holistic worldview — especially from courses like Vedanta and Human Excellence and Yoga & Spiritual Psychology.
<b>Constitutional, humanistic, ethical and moral values</b>	❖ Courses emphasizing Yoga Vasistha, Bhagavad Gita, Classical Yoga Texts, and Yoga in World Religions instill spiritual ethics, unity of thought, and values-driven living—aligned with India's pluralistic, constitutional, and moral frameworks.

<p><b>Employability and job-ready skills and capabilities/qualities and mindset</b></p>	<p>❖ Graduates are prepared for careers in yoga education, therapy, clinical settings, wellness centers, research, and sports rehabilitation through exposure to scientific practices, psychological training, meditation, and classical texts.</p>
<p><b>Credit requirements</b></p>	<p>❖ Each semester has <b>22 credits</b>, bringing the <b>total for all four semesters to 88 credits</b>, which aligns with UGC guidelines for a full 2-year postgraduate degree.</p>
<p><b>Entry requirements</b></p>	<p>❖ Candidates are typically required to hold a <b>Bachelor's degree</b>.</p>

<b>SEMESTER-III</b>									
<b>Course Code</b>	<b>Course Title</b>	<b>Type of Course</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>No. of Credits</b>	<b>Int. Ass.</b>	<b>Ext. Ass.</b>	<b>Total</b>
MYT3500	Human Consciences and Mantel Hygiene	Core Course	4	0	0	4	30	70	100
MYT3501	Psychological Assessment and Diagnosis	Core Course	3	1	0	4	30	70	100
MYT3502	Practical Orientation in Acupressure	Skill Based	0	0	4	2	30	70	100
<b>Discipline-Specific Elective-III (Opt any one of following)</b>									
MYT3503	Basic Complimentary Therapies	Discipline -Specific Elective-III	4	0	0	4	30	70	100
MYT3504	Vedanta and human excellence								
<b>Discipline-Specific Elective-IV (Opt any one of following)</b>									
MYT3505	Mental Health & Yoga Practice	Discipline -Specific Elective-IV	4	0	0	4	30	70	100
MYT3506	Applications of Yoga Vasistha and Bhagavad Gita								
<b>Discipline-Specific Elective-V (Opt any one of following)</b>									
MYT3507	Physiological Effects of Yoga Practices	Discipline -Specific Elective-V	4	0	0	4	30	70	100
MYT3508	Traditional Yoga Text								
<b>Total</b>			<b>19</b>	<b>1</b>	<b>4</b>	<b>22</b>	<b>180</b>	<b>420</b>	<b>600</b>

<b>SEMESTER-IV</b>									
<b>Course Code</b>	<b>Course Title</b>	<b>Type of Course</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>No. of Credits</b>	<b>Int. Ass.</b>	<b>Ext. Ass.</b>	<b>Total</b>
MYT4550	Yoga in World Religions – Synthesis	Core Course	4	0	0	4	30	70	100
MYT4551	Scientific Approach of Yoga	Core Course	4	0	0	4	30	70	100
MYT4552	Meditation	Skill Based	0	0	4	2	30	70	100
<b>Discipline-Specific Elective-VI (Opt any one of following)</b>									
MYT4553	Classical Yoga Text	Discipline-Specific Elective-VI	4	0	0	4	30	70	100
MYT4554	Concept of Nadis & Chakras								
<b>Discipline-Specific Elective-VII (Opt any one of following)</b>									
MYT4555	Indian Traditional System of Medicine	Discipline-Specific Elective-VII	4	0	0	4	30	70	100
MYT4556	Yoga & Spiritual Psychology								
<b>Discipline-Specific Elective-VIII (Opt any one of following)</b>									
MYT4557	Principles & Classification of Asanas	Discipline-Specific Elective-VIII	4	0	0	4	30	70	100
MYT4558	Yoga & Sports Performance Enhancement								
<b>Total</b>			<b>20</b>	<b>0</b>	<b>4</b>	<b>22</b>	<b>180</b>	<b>420</b>	<b>600</b>
<b>Grand Total</b>			<b>75</b>	<b>5</b>	<b>16</b>	<b>88</b>			

**Semester-1<sup>st</sup>**

<b>Course Name: Foundations of Yoga</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT1400</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. Students of the PG course will have an understanding about origin, history and development of Yoga.
2. They will have an idea about the insights of Indian philosophy and Astika & Nastika darshanas.
3. Introduction about Yoga according to various yogic texts.

**Course Content****UNIT-I****15 Hours****General introduction to yoga:**

**Brief about origin of Yoga:** Psychological aspects and Mythological concepts;  
**History and Development of Yoga:** prior to the Vedic period, Vedic period, Medieval period, modern era

Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions of Yoga; Brief about Streams of Yoga; Principles of Yoga, Importance of Yoga.

**UNIT-II****15 Hours****General introduction to Indian philosophy:**

**Philosophy:** meaning, definitions and scope;

**Indian Philosophy:** Salient features, Branches (Astika and Nastika Darshanas), Distinction from Religion and Science, Brief introduction to Prasthanatrayee and Purushartha Chatushtaya; Relationship between Yoga and Indian Philosophy.

**UNIT-III****15 Hours****Brief about Yoga in texts-I**

Brief to Upanishads and Yoga in Principal Upanishads, Yoga in Yogopanishad;  
**Yogic perspective of Epics:** Ramayana, Adhyatma Ramayana and Mahabharata;

**Yogic perspective:** Bhagavad Gita, Yoga Vasishtha, Narada Bhakti Sutras.

**UNIT-IV****15 Hours****Brief about Yoga in texts-II**

**Yogic perspective:** Smritis, Puranas with emphasis to Bhagavat Purana; Yogic perspective to Shad darshanas; Emphasis to Vedantic approach of Shankara, Ramanuja, Madhva and Vallabha;

**Brief:** Agamas, Tantras, Shaiva Siddhanta.

**Transaction Mode:**

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

**Suggested Readings:**

- *Lal Basant Kumar: Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013*
- *Dasgupta S. N: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012*
- *Singh S. P: History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010*
- *Singh S. P & Yogi Mukesh: Foundation of Yoga, Standard Publication, New Delhi, 2010*
- *Agarwal M M: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010*
- *Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009*
- *Hiriyanna M: Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009*
- *Hiriyanna M: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008*
- *Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008*
- *Max Muller K. M: The six system of Indian Philosophy, Chukhambha, Sanskrit series, Varanasi, 6th Edition,2008*

<b>Course Name: Current Trends in Yoga</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT1401</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. Understand the historical and philosophical background of Yoga, Analyze the modernization and global adaptation of Yoga
2. Evaluate the influence of media and commercialization, Relate traditional teachings to modern health and wellness trends
3. Identify key scientific research supporting Yoga, Explain Yoga's role in healthcare and therapy
4. Apply Yoga knowledge in preventive health settings, critically analyze Yoga's impact on mental and physical well-being

### **Course Content**

#### **UNIT-I 16 Hours**

##### **Evolution and Modernization of Yoga:**

Historical development of Yoga – from ancient to modern times  
Influence of Indian philosophies on Yoga (Vedanta, Samkhya, Buddhism, Jainism)

**Globalization of Yoga:** Adaptation and acceptance worldwide

Role of media and technology in popularizing Yoga  
Yoga in the contemporary lifestyle and wellness industry.

#### **UNIT-II 14 Hours**

##### **Scientific Research and Evidence-Based Yoga:**

**Emerging research on Yoga and health:** Physical, mental, and emotional benefits

Yoga for lifestyle diseases (diabetes, hypertension, obesity, etc.)

Neuropsychological and physiological effects of Yoga

Yoga therapy and its application in clinical settings

Integration of Yoga in academic and medical institutions.

#### **UNIT-III 15 Hours**

##### **Yoga and Social Transformation:**

**Yoga for special populations:** Women, children, elderly, differently-abled

**Yoga in education:** Value-based education and stress management

Yoga for prisoners, corporate employees and armed forces

Yoga and sustainable development (SDGs)

Yoga as a tool for peace, social harmony and ethical living.

**UNIT-IV****15 Hours****Emerging Trends and Future Directions:****Trends:** Aerial Yoga, Power Yoga, Aqua Yoga, Chair Yoga, Digital/Online Yoga**Yoga and Artificial Intelligence:** Apps and virtual Yoga classes

Entrepreneurial opportunities in the Yoga industry

**Government initiatives:** International Day of Yoga, AYUSH Ministry, Yoga Certification

Future challenges and opportunities in Yoga education and practice

**Transaction Mode:**

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

**Suggested References:**

- *Swami Satyananda Saraswati – Asana Pranayama Mudra Bandha*
- *B.K.S. Iyengar – Light on Yoga*
- *T.M. Srinivasan – Yoga and Science: Applications and Implications*
- *N. Ganesh Rao – Scientific Perspectives in Yoga and Meditation*
- *Dr. R. Nagarathna & Dr. H.R. Nagendra – Yoga for Common Ailments*
- *Ministry of AYUSH – Common Yoga Protocol*
- *Peer-reviewed journals: International Journal of Yoga, Journal of Yoga and Physical Therapy, Yoga Mimamsa*
- *WHO Reports on Traditional and Complementary Medicine*
- *UNESCO Reports on Yoga and Intangible Cultural Heritage*

<b>Course Name: Basic Human Anatomy and Physiology</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT1402</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course 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 14 Hours**

Meaning of Anatomy & Physiology, The brief study of Cell & Tissues,

**Muscular System:** Muscles, their types and functions.

#### **UNIT-II 16 Hours**

**Skeletal System:** The Bones, Joints. Vertebral Column,

**The brief study of Respiratory System:** Mechanism of Inspiration, Expiration & Control of Respiration

#### **UNIT-III 16 Hours**

**Cardio-vascular (Circulatory) system:** The Heart, Blood and Blood Circulation.

**The brief study of Digestive system:** Mouth, Tongue, Stomach, Intestine and Anus.

**Endocrinal System:** The Study of main endocrine/ductless glands & their function.

#### **UNIT-IV 14 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 -Charu Supriya*
- *Anatomy and Physiology for Nurses -Evelyan C. Pearee (Faber and Faber Ltd; London, 1968)*

<b>Course Name: Health Cycle, Nutrition and Natural Aid</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT1403</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. Understand the concept of health in its multidimensional aspects and how it changes across the life cycle.
2. Identify key determinants of health and the role of preventive and promotive care.
3. Analyze nutritional needs for various life stages and design a balanced diet plan accordingly.
4. Recognize symptoms of nutritional deficiencies and propose appropriate dietary interventions.

### **Course Content**

#### **UNIT-I 16 Hours**

**Introduction to Health:** Definition of health (WHO and modern definitions)

**Dimensions of health:** Physical, mental, emotional, social, spiritual Positive health and wellness

**Health Cycle:** Concept of the health cycle across life stages

**Health needs during:** Infancy, childhood, adolescence, adulthood, old age Preventive, promotive, curative, and rehabilitative care

**Determinants of Health:**

**Lifestyle and health:** Habits, addictions, stress, and urbanization

**Health indicators:** Mortality, morbidity, life expectancy.

#### **UNIT-II 14 Hours**

**Nutrition and Balanced Diet Macronutrients:** Carbohydrates, proteins, fats – functions and sources

**Micronutrients:** Vitamins and minerals – types, functions, deficiency diseases

**Balanced Diet:** Concept and planning of a balanced diet

Nutritional requirements at various life stages (children, pregnant women, elderly) Dietary guidelines by ICMR/WHO.

#### **UNIT-III 15 Hours**

**Natural Aids and Therapies Introduction to Natural Health Aids:** Definition and importance of natural remedies Holistic approach to health

**Naturopathy:** Principles of naturopathy

**Techniques:** Fasting, hydrotherapy, mud therapy, massage therapy, chromotherapy Detoxification and body cleansing

**Herbal and Home Remedies:** Common medicinal plants and herbs (Tulsi, Neem, Amla, etc.) Traditional home remedies for cold, cough, digestion, minor wounds, etc. Cautions and limitations in natural aid use

#### **UNIT-IV**

**15 Hours**

#### **Health Management and Lifestyle Modification Lifestyle Diseases:**

Causes, prevention, and management of Obesity, hypertension, diabetes, cardiovascular diseases Risk factors: Smoking, alcohol, poor diet, sedentary lifestyle

**Personal Health Planning:** Setting health goals and tracking progress Creating a personalized fitness and nutrition plan Keeping a food and lifestyle diary.

#### **Transaction Mode:**

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

#### **Suggested Readings:**

- *Park, K. – Preventive and Social Medicine, Banarsidas Bhanot Publishers*
- *Srilakshmi, B. – Nutrition Science, New Age International Publishers*
- *Swaminathan, M. – Essentials of Food and Nutrition, The Bangalore Printing & Publishing Co.*
- *Kaur, R. – Health and Physical Education, Kalyani Publishers*
- *Sharma, H. – The Principles and Practice of Yoga in Health Care, Handspring Publishing*
- *Jain, R. – Natural Cure for Common Diseases, Rupa Publications*
- *Satyanarayana, U. – Textbook of Biochemistry, Elsevier*
- *WHO Publications on Health and Nutrition ([www.who.int](http://www.who.int))*
- *Ministry of AYUSH – Resources on Yoga, Naturopathy, and Traditional Medicine*
- *Indian Council of Medical Research (ICMR) Guidelines on Nutrition*

<b>Course Name: Asanas</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT1404</b>	<b>0</b>	<b>0</b>	<b>4</b>	<b>2</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. To develop proficiency in the practice of fundamental asanas
2. To enhance flexibility, strength, balance and body awareness
3. To promote physical, mental and emotional well-being through daily practice
4. To understand alignment, breathing and the therapeutic value of asanas

### Course Content

#### Standing Asanas:

- Tadasana (Palm Tree Pose)
- Vrikshasana (Tree Pose)
- Trikonasana (Triangle Pose)
- Utkatasana (Chair Pose)
- Padahastasana (Hand-to-Foot Pose)

**Focus:** Posture alignment, grounding, balance, and stamina

#### Sitting Asanas:

- Sukhasana (Easy Pose)
- Vajrasana (Thunderbolt Pose)
- Ardha Matsyendrasana (Half Spinal Twist)
- Paschimottanasana (Seated Forward Bend)
- Gomukhasana (Cow Face Pose)

**Focus:** Spinal mobility, digestion, and hip flexibility

#### Supine Asanas:

- Uttanpadasana (Raised Leg Pose)
- Pawanmuktasana (Wind-Relieving Pose)
- Setu Bandhasana (Bridge Pose)
- Sarvangasana (Shoulder Stand)
- Matsyasana (Fish Pose)

**Focus:** Core activation, circulation, relaxation

#### Prone Asanas:

- Bhujangasana (Cobra Pose)
- Shalabhasana (Locust Pose)
- Dhanurasana (Bow Pose)
- Makarasana (Crocodile Pose)
- Adho Mukha Svanasana (Downward-Facing Dog)

**Focus:** Back strengthening, flexibility and stress relief

<b>Course Name: Yoga and Self-Management (Discipline-Specific Elective-I)</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT1405</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. Understand the concept of self-management through yogic philosophy and practice.
2. Apply principles of Ashtanga Yoga in personal and professional life.
3. Demonstrate physical and mental self-discipline through asana, pranayama and meditation.
4. Develop skills for emotional control, decision-making and balanced behavior.
5. Integrate yogic values like detachment, contentment and discipline for long-term well-being.
6. Improve focus, time management and interpersonal relationships through yogic techniques.

### **Course Content**

#### **UNIT-I**

**15 Hours**

**Introduction to Yoga and Self-Management:** Meaning and definition of Yoga Objectives and relevance of Yoga in self-management Concept of self-awareness, self-discipline and self-regulation

Indian philosophical views on self and personality (Panchakosha Theory, Triguna Theory) Importance of yoga in developing self-control and balanced living.

#### **UNIT-II**

**16 Hours**

**Yogic Philosophy and Personal Growth:** Application of Yama and Niyama in daily life and personal conduct Role of Yoga in reducing ego, anxiety, anger, and attachments

**Yoga for developing virtues:** Patience, contentment, humility, focus Karma Yoga and its role in action without attachment

#### **UNIT-III**

**14 Hours**

**Yogic Practices for Self-Development:**

Asanas for physical control and awareness (e.g., Tadasana, Trikonasana, Bhujangasana)

Pranayama for breath control and energy regulation (e.g., Anulom Vilom, Kapalbhathi, Bhramari)

Meditation techniques for mental clarity (e.g., Om chanting, breath awareness, Trataka)

Role of mindfulness in decision-making and emotional intelligence

Daily yogic routine and lifestyle for better productivity and stress reduction.

#### **UNIT-IV**

**15 Hours**

#### **Yoga as a Tool for Personal and Professional Excellence:**

**Self-management in professional settings:** Focus, leadership, communication, Time management and work-life balance through yogic techniques, Emotional intelligence and interpersonal relationships, Yoga for handling failure, criticism, and conflict resolution, Integrating yogic values for long-term personal and career goals

#### **Transaction Mode:**

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

#### **Suggested Readings:**

- *Patanjali – Yoga Sutras (Commentary by Swami Vivekananda / Swami Satchidananda)*
- *Swami Satyananda Saraswati – Asana, Pranayama, Mudra, Bandha, Bihar School of Yoga*
- *B.K.S. Iyengar – Light on Yoga*
- *Swami Niranjanananda Saraswati – Yoga and Mind Management*
- *K.N. Udupa – Stress and Its Management by Yoga*
- *Swami Vivekananda – Karma Yoga*
- *NCERT – Yoga: A Healthy Way of Living (for Secondary & Senior Secondary)*
- *Ministry of AYUSH – Common Yoga Protocols*
- *Bhavanani, A.V. – Yoga for Health and Wellness*

<b>Course Name: Patanjali Yoga Sutras (Discipline-Specific Elective-I)</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT1406</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. Understand the philosophical depth and structure of the Patanjali Yoga Sutras.
2. Interpret key sutras related to mental discipline, concentration, and liberation.
3. Analyze the practical applications of Ashtanga Yoga for spiritual and personal growth.
4. Practice yogic techniques in alignment with the Sadhana Pada of the Sutras.

### Course Content

#### UNIT-I 15 Hours

##### **Introduction to Patanjali Yoga Sutras:**

Life and contribution of Maharishi Patanjali

Meaning and significance of the Yoga Sutras

**Structure of the Yoga Sutras:** Four Padas (Chapters) – Samadhi, Sadhana, Vibhuti, Kaivalya

Relevance of Patanjali Yoga Sutras in modern times

Concept of Chitta (mind-stuff) and its modifications (Chitta Vrittis)

#### UNIT-II 15 Hours

##### **Samadhi Pada – The Nature of Yoga:**

**Definition of Yoga:** “*Yogah Chitta Vritti Nirodhah*”

Types of Chitta Vrittis (Pramana, Viparyaya, Vikalpa, Nidra, Smriti)

Concept of Abhyasa (practice) and Vairagya (detachment)

Types and stages of Samadhi (Savikalpa and Nirvikalpa)

Role of Ishwarapranidhana and the concept of Ishwara.

#### UNIT-III 16 Hours

##### **Sadhana Pada – The Path of Practice:**

**Kriya Yoga:** Tapas, Swadhyaya, Ishwarapranidhana

##### **Ashtanga Yoga (Eight Limbs of Yoga):**

**Yama** (Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha)

**Niyama** (Shaucha, Santosha, Tapas, Swadhyaya, Ishwarapranidhana)

**Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi**

Obstacles in Yoga (Antarayas) and their removal

Qualities of a yogic practitioner.

**UNIT-IV****14 Hours****Vibhuti and Kaivalya Padas – Higher States and Liberation:**

Concept of Dharana, Dhyana, and Samadhi as internal limbs of Yoga

**Samyama:** Unified practice of concentration, meditation, and absorption

**Siddhis (supernatural powers):** Meaning, origin, and limitations

Dispassion towards siddhis – the yogic ideal

**Kaivalya:** Ultimate goal of Yoga – liberation or freedom of the soul

Role of Viveka (discriminative knowledge) and Kaivalya as isolation of Purusha from Prakriti.

**Transaction Mode:**

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

**Suggested Readings:**

- *Patanjali – Yoga Sutras of Patanjali (any reliable translation and commentary)*
- *Swami Vivekananda – Raja Yoga*
- *Swami Satchidananda – The Yoga Sutras of Patanjali: Commentary*
- *Taimni, I.K. – The Science of Yoga*
- *Swami Hariharananda Aranya – Yoga Philosophy of Patanjali*
- *Edwin F. Bryant – The Yoga Sutras of Patanjali: A New Edition, Translation and Commentary*
- *B.K.S. Iyengar – Light on the Yoga Sutras of Patanjali*
- *Sri Aurobindo – Essays on the Gita and Yoga*
- *NCERT / NCTE documents on Indian philosophical traditions*
- *Ministry of AYUSH publications on classical yoga texts*

**Semester-2<sup>nd</sup>**

<b>Course Name: Teaching Methodology in Yoga</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT2450</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** 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****13 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****17 Hours**

Practice of Yoga at different levels (Beginners, Advance, Schoolchildren, Youth, Women and special attention group) Techniques of Individualized teaching techniques

**Teaching methods:** Lecturer method, Command method, demonstration method, imitation method Project etc. organization of teaching (Time management, discipline etc) Personal and technical preparation.

**UNIT-III****15 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****15 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 Publication 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) Kanchan Prakashan, Lonavla*

<b>Course Name: Yoga and Health</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT2451</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. After completion of the course students able to learn all dimensions of health and able to treat or heal the patients physically, mentally and physiologically.

### **Course Content**

#### **UNIT-I**

**15 Hours**

Definition & Importance of Health According to WHO

**Dimensions of Health:** Physical, Mental, Social and Spiritual

Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy.

#### **UNIT-II**

**15 Hours**

**Yogic Concept of Health and Disease:** Concept of Adhi and Vyadhi; Meaning and definitions

Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing

Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing.

#### **UNIT-III**

**13 Hours**

Role of Yoga in preventive health care – Yoga as a way of life, Heyamdukhamanagatam

**Potential causes of Ill-health:** Tapatrayas and Kleshas,

**Physical and Physiological manifestation of Disease:** Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa.

**Mental and Emotional ill Health:** Styana, Samshaya, Pramada, Avirati, Bhranti-darsana, Alabdha-bhumikatva, Anavasthitatva, Duhkha and Daurmanasya.

#### **UNIT-IV**

**17 Hours**

**Yogic Diet:** General Introduction of Ahara; Concept of Mitahara; Classification in Yogic diet according to traditional Yoga texts

Diet according to the body constitution (Prakriti), Vata, Pitta and Kapha as also Gunas.

Concepts of Diet Pathya and Apathya according to Gheranda Samhita, Hatha Pradeepika and Bhagavad Gita

Importance of Yogic Diet in Yog Sadhana and its role in healthy living;  
Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha as also Gunas.

**Transaction Mode:**

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

**Suggested Readings:**

- *Burley, Mikel. Hatha- Yoga its Context Theory and Practice, Delhi, Motilal Banarsidass, 3000.*
- *Kaul, H.R. Pranayama for Health, Delhi, Suraj Publications, 1991.*
- *Kaul, Kumar. H. Yoga for Health, New Delhi, New Light Publishers, 1986.*

<b>Course Name: Astang Yoga and Karm Yoga</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT2452</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. Understand the philosophical foundation and historical development of Yoga.
2. Explain and analyze the eight limbs of Astang Yoga and their practical significance.
3. Practice selected components of Astang Yoga to promote physical and mental well-being.
4. Interpret the principles of Karm Yoga and integrate them into daily routines and professional behavior.
5. Compare different paths of Yoga and identify their interrelationships and distinct features.
6. Cultivate ethical values, discipline and mindfulness through yogic practices.

### Course Content

#### UNIT-I 16 Hours

##### Introduction to Yogic Philosophy

**Definition and Meaning of Yoga:** Etymological meaning (root: *Yuj*), definitions from different texts (Bhagavad Gita, Yoga Sutras, Upanishads)

##### Philosophical Foundations of Yoga:

- Overview of six systems of Indian philosophy (*Shad Darshanas*)
- Relationship of Yoga with Samkhya philosophy
- Concept of *Purusha* and *Prakriti*, *Kaivalya* (liberation)

**Yoga as per Bhagavad Gita and Patanjali Yoga Sutras:** Comparative perspectives.

#### UNIT-II 14 Hours

##### Astang Yoga (Eight Limbs of Yoga):

Overview of the Astang Yoga (Ashtanga Yoga) as per Patanjali

Detailed study of:

- **Yama:** Ethical restraints
- **Niyama:** Personal observances
- **Asana:** Physical postures
- **Pranayama:** Breath control

Practical application and benefits of first four limbs.

#### UNIT-III 15 Hours

**Higher Limbs of Astang Yoga**

Continued study of:

- **Pratyahara:** Withdrawal of senses
- **Dharana:** Concentration
- **Dhyana:** Meditation
- **Samadhi:** Absorption or superconscious state

Relevance of higher limbs in modern life and spiritual development.

**UNIT-IV****15 Hours****Karm Yoga (Yoga of Action):**

Concept of Karma and Karm Yoga in the Bhagavad Gita

**Nishkam Karma:** Selfless action

**Sakam Karma:** Action with desire

Comparison of Karm Yoga with other paths of Yoga

Application of Karm Yoga in daily life and professional ethics.

**Transaction Mode:**

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

**Suggested References:**

- *Patanjali, Yoga Sutras of Patanjali (Various translations – Swami Satchidananda / Swami Vivekananda)*
- *Swami Vivekananda, Karma Yoga*
- *Swami Sivananda, The Bhagavad Gita and Practice of Karma Yoga*
- *Swami Satyananda Saraswati, Asana Pranayama Mudra Bandha*
- *Ekhnath Easwaran, The Bhagavad Gita (Translation and Commentary)*
- *Dr. R. Nagarathna and Dr. H.R. Nagendra, Yoga for Promotion of Positive Health*
- *Georg Feuerstein, The Yoga Tradition: Its History, Literature, Philosophy and Practice*
- *Taimni, I.K., The Science of Yoga*

<b>Course Name: Raj Yoga and Hath Yoga</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT2453</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

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

1. Define and distinguish between Raja Yoga and Hatha Yoga in philosophy and practice.
2. Understand the classical texts and historical context of both traditions.
3. Practice and demonstrate techniques from Raja Yoga (meditation, concentration) and Hatha Yoga (asana, pranayama, shatkarma).
4. Integrate ethical values and self-discipline through the principles of Raja Yoga.
5. Apply yogic practices for mental clarity, emotional balance, and physical health.
6. Critically analyze the contemporary relevance and scientific validation of yogic practices.

### **Course Content**

#### **UNIT-I**

**15 Hours**

##### **Introduction to Raja Yoga and Hatha Yoga:**

Definition and meaning of Raja Yoga and Hatha Yoga

Origin and historical development of both systems

##### **Philosophical background:**

- Raja Yoga – Patanjali’s Yoga Sutras
- Hatha Yoga – Hatha Yoga Pradipika, Gheranda Samhita, Shiva Samhita

Goals and aims of Raja and Hatha Yoga, Comparison between Raja Yoga and Hatha Yoga.

#### **UNIT-II**

**16 Hours**

##### **Raja Yoga – The Path of Mental Discipline:**

Patanjali’s Astang Yoga: Eightfold path (Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi), Control of mind and thought patterns (Chitta Vritti Nirodha), The role of meditation and concentration, Ethical and moral foundation in Raja Yoga, Raja Yoga as a path to Self-realization and liberation.

#### **UNIT-III**

**15 Hours**

##### **Hatha Yoga – The Path of Physical Discipline:**

**Concept of Hatha:** Union of Ida and Pingala, balance of body and energy

**Shatkarma:** Six cleansing techniques (Neti, Dhauti, Basti, Nauli, Trataka, Kapalabhati)

**Asana:** Physical postures – benefits and importance

**Pranayama:** Control of vital energy – techniques and stages

Introduction to **Mudras** and **Bandhas** (energy seals and locks).

#### UNIT-IV

**15 Hours**

**Practical and Contemporary Applications:** Raja Yoga practices for stress, anxiety, and focus Hatha Yoga for physical fitness and detoxification, Integrating Raja and Hatha Yoga for holistic well-being, Scientific research and evidence on the benefits of Raja and Hatha Yoga

**Yoga in modern lifestyle:** Therapeutic and spiritual relevance.

#### Transaction Mode:

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

#### Suggested References:

- *Swami Vivekananda – Raja Yoga*
- *Swami Svatmarama – Hatha Yoga Pradipika (with commentary by Swami Muktibodhananda)*
- *Gheranda Samhita – Translated by Rai Bahadur Srisa Chandra Vasu*
- *Swami Satyananda Saraswati – Asana Pranayama Mudra Bandha*
- *Swami Sivananda – Kundalini Yoga, Practice of Yoga*
- *I.K. Taimni – The Science of Yoga (commentary on Patanjali Yoga Sutras)*
- *Georg Feuerstein – The Yoga Tradition: Its History, Literature, Philosophy and Practice*
- *B.K.S. Iyengar – Light on Yoga*

<b>Course Name: Pranayama, Bandhas (SB)</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT2454</b>	<b>0</b>	<b>0</b>	<b>4</b>	<b>2</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. Demonstrate proper technique and breath control in various Pranayama practices.
2. Understand the physiological, psychological and energetic effects of each technique.
3. Perform and apply the three primary Bandhas correctly and safely.
4. Integrate breath work and Bandhas into daily yoga routines for improved vitality, focus and calmness.
5. Maintain a self-practice log and reflect on changes in body-mind awareness through regular practice.

### **Course Content**

#### **Foundations of Pranayama:**

Concept of *Prana* and *Pranayama*

**Types of breathing:** Abdominal, Thoracic, Clavicular, Yogic breathing

Breath awareness and synchronization

**Preparatory techniques:** breath counting, breath retention basics (*Kumbhaka*)

#### **Core Pranayama Techniques (Practice-Based):**

- Nadi Shodhana Pranayama – for energy balance
- Bhramari Pranayama – for mental relaxation
- Ujjayi Pranayama – for concentration and inner awareness
- Sheetal & Sheetkari Pranayama – for cooling and calming
- Bhastrika Pranayama – for vitality and energy
- Kapalabhati – as kriya and energizing breathwork

**Focus: Techniques, duration, rhythm, benefits and contraindications**

#### **Introduction to Bandhas (Yogic Locks):**

Jalandhara Bandha (Throat lock)

Uddiyana Bandha (Abdominal lock)

Moola Bandha (Root lock)

Coordinating Bandhas with breath awareness

#### **Practical Integration & Daily Sadhana:**

Combining Pranayama with Bandhas (advanced coordination)

Pranayama-Meditation connection

Structuring a personal Pranayama-Bandha practice routine

Practice diary / progress observation

**Suggested References:**

- *Swami Satyananda Saraswati – Asana Pranayama Mudra Bandha*
- *Swami Niranjanananda Saraswati – Prana, Pranayama, Prana Vidya*
- *B.K.S. Iyengar – Light on Pranayama*
- *Dr. H.R. Nagendra – Pranayama: The Art and Science*
- *Swami Kuvalayananda – Pranayama (Kaivalyadhama publications)*

<b>Course Name: Yoga Upanishads (Discipline-Specific Elective-II)</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT2455</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

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

1. Understand the origin, classification and importance of Yoga Upanishads within Indian spiritual literature.
2. Identify and explain core yogic concepts such as Kundalini, Prana, Chakras and Samadhi from Upanishadic texts.
3. Analyze the philosophical depth and practical guidance offered in selected Yoga Upanishads.
4. Compare the teachings of Yoga Upanishads with other yogic systems like Raja Yoga and Hatha Yoga.
5. Apply meditative and spiritual practices inspired by the Yoga Upanishads in contemporary life and yoga practice.

### Course Content

#### UNIT-I

**15 Hours**

**Introduction to the Yoga Upanishads:** Definition and scope of Yoga Upanishads, Historical background and classification of Upanishads, Overview of the 20 Yoga Upanishads, The role of Yoga Upanishads in the development of yogic philosophy, Comparison with principal (Mukhya) Upanishads.

#### UNIT-II

**15 Hours**

**Philosophical Concepts in Selected Yoga Upanishads:** Core philosophical teachings on Self (*Atman*), Mind (*Manas*) and Liberation (*Moksha*). The concepts of **Nada**, **Bindu**, and **Kundalini**, Explanation of **Chakras** and **Nadis** as per Yoga Upanishads, The interplay of **Prana**, **Apana** and **Samadhi**.

#### UNIT-III

**15 Hours**

**Study of Major Yoga Upanishads:**

**Detailed study of selected texts:** Yoga Kundalini Upanishad – Kundalini awakening, chakras, nadis

Hamsa Upanishad – Pranayama and internal realization

Amritanada Upanishad – Sound and bliss

Tejobindu Upanishad – Meditation and self-inquiry

Yogatattva Upanishad – Types of Yoga and path to liberation

Symbolism and metaphysical teachings.

**UNIT-IV****15 Hours****Contemporary Relevance and Practical Applications:**

Relevance of Yoga Upanishads in modern yoga and spiritual practices  
 Integration with Hatha Yoga and Raja Yoga traditions  
 Influence on later yogic literature (Hatha Yoga Pradipika, Gheranda Samhita, etc.), Practical meditation and energy awakening methods in Yoga Upanishads  
 Scientific interpretations and cross-cultural perspectives.

**Transaction Mode:**

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

**Suggested References:**

- *A. G. Krishnamacharya – Yoga Upanishads (with English Translation)*
- *Swami Madhavananda – Minor Upanishads (Advaita Ashrama)*
- *Swami Niranjanananda Saraswati – Yoga Darshan (Commentary on Yogic Scriptures)*
- *Swami Satyadharma Saraswati – Essence of Yoga Upanishads*
- *Dr. K.L. Joshi – Studies in the Yoga Upanishads*
- *T.M.P. Mahadevan – Upanishads: Selections and Commentary*
- *Swami Sivananda – Philosophy and Teachings of the Upanishads*
- *Eknath Easwaran – The Upanishads (Introductory perspectives)*

<b>Course Name: Basic Concepts of Ayurveda and Swasthavritta (Discipline-Specific Elective-II)</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT2456</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. Understand and explain the foundational theories of Ayurveda and its holistic approach to health.
2. Describe the Tridosha theory, body constitution (Prakriti), and the principles of health and disease.
3. Apply Swasthavritta principles like Dinacharya and Ritucharya in daily life for preventive health care.
4. Analyze the role of ethical conduct, proper diet and sleep in maintaining physical and mental health.
5. Evaluate the relevance of Ayurvedic preventive practices in modern lifestyle and public health.

### Course Content

#### UNIT-I

**16 Hours**

**Fundamentals of Ayurveda:** Definition, meaning, and objectives of Ayurveda  
Historical development of Ayurveda, Panchamahabhuta Siddhanta (Five elements theory), Tridosha Siddhanta – Vata, Pitta,

**Kapha:** Qualities, functions, and imbalances, Concept of Dhatus, Malas and Agni.

#### UNIT-II

**15 Hours**

**Principles of Health and Disease in Ayurveda:** Concept of health (*Swastha*) and disease (*Vyadhi*)

**Concept of Prakriti (Body constitution):** Types and assessment, Etiology of disease (*Nidana Panchaka* – Hetu, Purvarupa, Rupa, Upashaya, Samprapti),

**Srotas:** Channels of the body – types, importance and disorders, Role of *Ojas*, *Tejas* and *Prana* in maintaining health.

#### UNIT-III

**14 Hours**

**Introduction to Swasthavritta (Preventive and Social Medicine in Ayurveda):**

Definition and scope of Swasthavritta

Dinacharya (Daily regimen)

Ritucharya (Seasonal regimen)

**Sadvritta:** Code of conduct – mental, social and ethical well-being

Diet and nutrition (*Ahara*), Sleep (*Nidra*), Brahmacharya – their importance in health.

#### **UNIT-IV**

**15 Hours**

**Applied Aspects and Modern Relevance:** Concept of preventive health care in Ayurveda, Role of Yoga and Ayurveda in lifestyle management, Application of Swasthavritta in modern public health, Ayurveda and wellness tourism, Government initiatives and integration of Ayurveda in mainstream health systems (AYUSH).

#### **Transaction Mode:**

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

#### **Suggested References:**

- *Charaka Samhita – English translation by Dr. R.K. Sharma and Bhagwan Dash*
- *Sushruta Samhita – English translation by Kaviraj Kunjalal Bhishagratna*
- *Ashtanga Hridaya – Translated by Prof. K.R. Srikantha Murthy*
- *Dravyaguna Vijnana – by P.V. Sharma*
- *Essentials of Swasthavritta – by Dr. V.B. Athavale*
- *Textbook of Swasthavritta – by Dr. Subhash Ranade and Dr. Sunanda Ranade*
- *Introduction to Ayurveda – by Dr. B.D. Triguna*
- *Clinical Methods in Ayurveda – by Dr. Vasant Lad*

**Semester-3rd**

<b>Course Name: Human Consciences and Mantel Hygiene</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT3500</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. Understand the importance of studying human consciousness in contemporary life.
2. Gain knowledge about the factors that influence human consciousness.
3. Acquire an understanding of the causes of deviations in human consciousness.
4. Develop skills in applying yogic techniques to address various mental health issues.

**Course Content****UNIT-I****15 Hours**

**Introduction:** Meaning, Definition and nature (Vedas & Upanishads) of Human consciousness, need of human consciousness study in modern life. Human consciousness in Buddhism and Jainism, Human Consciousness in Nyaya, Visheshaka, Sankhya and Yoga.

**UNIT-II****17 Hours**

**Vedanta Philosophy and Yoga:** Introduction, meaning, foundation and nature of Vedanta philosophy

Concept of world (Evolution) and Ishwar according to Vedanta. bondages and liberation, Concept of Maya (Illusion), ignorance and nature of true knowledge (Gyan).

**Swah** – Prana Shakti, Upchar, Distance Pranic Healing, Unna Pranic Upchar, Surakshatmak Upchar, Daiviya Upchar, Aadesatmak Upchar.

**UNIT-III****13 Hours**

Relationship of Yoga and Vedanta philosophy. Nature of yoga sadhna according to Vedanta

Factors affecting human consciousness janam and jeevan, Bhagya and Purusharth, Karan- Phal, Vidhan, Sanskar and Punarjanam.

**UNIT-IV****15 Hours**

**Mental Health & Yogic therapy:** Meaning & Definition, Different causes of deviation of human consciousness, general introduction of different mental problems and their psychotherapy

**Different mental problems and their Yogic therapy:**

**Mental problems:** sleeplessness, Anxiety-disorders, mood Disorders, schizophrenia, paranoid disorders, somatoform disorders.

**Transaction Mode:**

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

**Suggested Readings:**

- *Gupta, S. N. Das. (1987). Yoga Philosophy in Relation to other system of Indian Thought, New Delhi, Moti Lal Banarsi Dass*
- *Hiriyanna, M., (1995). The Essentials of Indian Philosophy. New Delhi, Motilal Banarasidas Publishers*
- *Iyengar, B.K.S. (2005). Light on life. Oxford, Pan Macmillan Ltd.*
- *Iyengar, B.K.S. (2009). The Tree of Yoga. New Delhi, Harper Collins.*
- *King, Richard. (2000). Indian Philosophy: An Introduction to Hindu and Buddhist Thought. New Delhi, Maya Publishers Pvt. Ltd.*
- *Nagendra, H.R. (1993). Yoga in Education. Bangalore, Vivekananda Kendra*
- *Niranjananada, Swami. (1998). Yoga Darshan. Deoghar, Panchadashanam Paramahansa Alakh Bara*
- *Puligandla, R. (1975). Fundamentals of Indian Philosophy New York, Abingdon Press*
- *A Study in Consciousness - Annie Besant*
- *Ayurveda and Mind - Dr. David Frawley*
- *Seven States of Consciousness - Anthony Campbell*

<b>Course Name: Psychological Assessment and Diagnosis</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT3501</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. Explain the theoretical foundations of psychological assessment and diagnosis.
2. Demonstrate competence in the administration and interpretation of basic psychological tests.
3. Understand and apply classification systems (DSM-5/ICD-11) for psychological diagnosis.
4. Critically analyze ethical and cultural implications in psychological testing.
5. Construct clear, concise psychological assessment reports.

### **Course Content**

#### **UNIT-I**

**15 Hours**

**Introduction to Psychological Assessment:** Concept and nature of psychological assessment, History and evolution of psychological testing

**Types of psychological tests:** intelligence, personality, aptitude, achievement and neuropsychological

**Principles of test construction:** reliability, validity, standardization, Ethical and legal issues in psychological testing, Cultural fairness and bias in testing.

#### **UNIT-II**

**15 Hours**

**Intelligence and Personality Assessment:**

**Assessment of intelligence:** Stanford-Binet, WAIS, WISC, Group vs. individual intelligence tests

**Assessment of personality:** projective (Rorschach, TAT) and objective (MMPI, 16 PF) techniques, Applications and limitations of intelligence and personality tests, Interpretation and report writing.

#### **UNIT-III**

**15 Hours**

**Clinical Diagnosis and Classification:**

Concept and process of diagnosis in clinical psychology

**Classification systems:** DSM-5, ICD-11, Differential diagnosis, Case history taking, mental status examination (MSE), and clinical interview techniques Structured and semi-structured diagnostic tools (e.g., SCID, MINI).

#### **UNIT-IV**

**15 Hours**

**Psychological Testing in Applied Settings:**

**Neuropsychological assessment:** tests and applications, Behavioral assessment and observational methods, Assessment of children and adolescents: special considerations

**Psychological report writing:** structure, content and feedback

**Challenges in diagnosis:** comorbidity, malingering, cultural sensitivity.

**Transaction Mode:**

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

**Suggested Readings:**

- Kaplan, R. M., & Saccuzzo, D. P. (2017). *Psychological Testing: Principles, Applications, and Issues (9th ed.)*. Cengage Learning.
- Cohen, R. J., & Swerdlik, M. E. (2018). *Psychological Testing and Assessment: An Introduction to Tests and Measurement (9th ed.)*. McGraw-Hill Education.
- Groth-Marnat, G., & Wright, A. J. (2016). *Handbook of Psychological Assessment (6th ed.)*. Wiley.
- American Psychiatric Association. (2013). *Diagnostic and Statistical Manual of Mental Disorders (DSM-5®)*.
- World Health Organization. (2019). *International Classification of Diseases (ICD-11)*.
- Hersen, M., & Thomas, J. C. (Eds.). (2007). *Comprehensive Handbook of Psychological Assessment (Vol. 1–4)*. Wiley.
- Gregory, R. J. (2021). *Psychological Testing: History, Principles, and Applications (8th ed.)*. Pearson.

<b>Course Name: Practical Orientation in Acupressure (Skill Based)</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT3502</b>	<b>0</b>	<b>0</b>	<b>4</b>	<b>2</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. Locate and identify major acupressure points and meridians on the human body.
2. Perform acupressure techniques for relaxation and specific ailments.
3. Apply acupressure in the prevention and management of common disorders.
4. Understand the indications, contraindications, and safety measures in acupressure practice.
5. Integrate acupressure with yoga, naturopathy or daily wellness routines

### **Course Content**

**Total Hours: 60**

#### **Introduction and Basic Techniques:**

Introduction to the concept of vital energy (Qi) and meridian system

**Tools used in acupressure:** fingers, acupressure probes, magnets (basic exposure)

**Finger pressure techniques:** static, circular, and rhythmic motion

Demonstration of basic points: LI4 (Hegu), ST36 (Zusanli), LV3 (Taichong), SP6 (Sanyinjiao), GV20 (Baihui)

Practice sessions in locating and applying pressure

#### **Acupressure for Systemic Health:**

Acupressure protocols for headache, migraine, and insomnia

Points for stress, anxiety and emotional balance

**Acupressure for digestive issues:** constipation, acidity, bloating

**Application for respiratory problems:** sinusitis, asthma, cold

Practical demo and supervised peer practice

#### **Musculoskeletal & Pain Management:**

Points for neck pain, shoulder stiffness and backache

**Acupressure for joint pain:** knees, elbows and ankles

Trigger point therapy and pressure techniques for muscle relaxation

Combination techniques with light stretching and breath awareness

Case-based practice and feedback sessions

#### **Preventive and Integrative Applications:**

**Reflex points for overall wellness:** foot reflexology, hand therapy

Detoxification and immunity-boosting points

**Acupressure for women's health:** menstrual cramps, fatigue

Integration of acupressure with yoga, pranayama and meditation

## Designing a basic home-care acupressure routine

### **Suggested Readings:**

- *Dr. Devendra Vora – Health In Your Hands (Vol. 1 & 2)*
- *Dr. Michael Reed Gach – Acupressure’s Potent Points*
- *Bharat Bhushan – Therapeutic Acupressure: A Step-by-Step Guide*
- *Jack Forem – Healing with Pressure Point Therapy*
- *Shiatsu Society Publications – Basic Principles of Acupressure and Shiatsu*
- *Traditional Chinese Medicine Manuals – For reference to meridian and point location charts*
- *Charts and Models – Acupressure point wall charts, meridian models for practice*

<b>Course Name: Basic Complimentary Therapies (Discipline-Specific Elective-III)</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT3503</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. The basic concepts and types of complementary and alternative therapies.
2. How mind-body practices like yoga and meditation support health.
3. The use and benefits of manual therapies such as massage and acupuncture.
4. An introduction to herbal, Ayurvedic and nutritional healing methods.
5. Safety, ethics and proper use of complementary therapies in practice.

### Course Content

#### **UNIT-I** **16 Hours**

##### **Introduction to Complementary Therapies**

Definition and scope of complementary and alternative therapies (CAT)

Historical development and global overview

Differences between complementary, alternative and integrative medicine

WHO guidelines and policies on traditional and complementary medicine

Ethics and safety considerations in using complementary therapies

#### **UNIT-II** **14 Hours**

##### **Mind-Body Therapies**

**Yoga:** origin, philosophy, types and health benefits

Meditation and mindfulness techniques

Pranayama and breathing exercises

Guided imagery and visualization

Biofeedback and its applications

#### **UNIT-III** **15 Hours**

##### **Manual and Physical Therapies**

Massage therapy: types (Swedish, deep tissue, reflexology) and benefits

Chiropractic care and osteopathy

**Acupressure and acupuncture:** concepts and clinical uses

Hydrotherapy and aromatherapy

Physiotherapy and its integration with complementary practices

#### **UNIT-IV** **15 Hours**

##### **Herbal and Nutritional Therapies**

**Introduction to herbal medicine:** principles, common herbs and uses

**Ayurveda:** basic concepts (doshas, prakriti, treatment methods)

**Homeopathy:** fundamental principles and remedies

Nutritional therapy and dietary supplements in health management

Safety, contraindications and regulatory concerns in herbal therapies

**Transaction Mode:**

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

**Suggested Readings:**

- *World Health Organization. (2019). WHO global report on traditional and complementary medicine 2019. World Health Organization. <https://www.who.int/publications/i/item/978924151536>*
- *National Center for Complementary and Integrative Health. (n.d.). Complementary, Alternative, or Integrative Health: What's In a Name? Retrieved from <https://www.nccih.nih.gov>*
- *Posadzki, P., Watson, L. K., & Ernst, E. (2013). Adverse effects of herbal medicines: an overview of systematic reviews. *Clinical Medicine*, 13(1), 7–12. doi:10.7861/clinmedicine.13-1-7*

<b>Course Name: Vedanta and human excellence (Discipline-Specific Elective-III)</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT3504</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. Understand the philosophical foundations of Vedanta.
2. Explain the concept of Self and its role in personal growth.
3. Practice ethical and mindful living based on Vedantic values.
4. Apply Vedantic principles to improve self-awareness, resilience and leadership.
5. Critically assess the modern relevance of Vedantic thought in global contexts.

### Course Content

#### UNIT-I 15 Hours

**Foundations of Vedanta:** Origin and scope of Vedanta

**Core scriptures:** Upanishads, Bhagavad Gita, Brahma Sutras, Key concepts: Atman (Self), Brahman (Absolute Reality), Maya (Illusion), Avidya (Ignorance)

**Overview of Vedantic schools:** Advaita, Vishishtadvaita, Dvaita, Self, world, and God in Vedantic vision.

#### UNIT-II 15 Hours

**Self and Human Potential:** Panchakosha theory (Five layers of human personality), Nature of consciousness and the real Self, Jiva (individual self), Jagat (world) and Ishvara (universal self), Emotional purification and the role of mind and intellect, Atma Vichara (self-inquiry) as a tool for personal transformation.

#### UNIT-III 15 Hours

**Vedantic Ethics and Inner Excellence:** Dharma (righteous living) and Swadharma (individual duty)

**Nishkama Karma:** Selfless action as a path to excellence, Three Gunas (Sattva, Rajas, Tamas) and their role in behaviour and development

**Values in Vedanta:** Truth, non-attachment, compassion, equanimity, Vedantic approach to leadership, discipline and resilience.

#### UNIT-IV 15 Hours

**Contemporary Relevance and Application:** Vedanta and stress management, mindfulness, emotional intelligence, Application in education, personal growth and professional life

**Contributions of modern thinkers:** Swami Vivekananda, Sri Aurobindo, Ramana Maharshi

**Vedanta and global philosophy:** Parallels in modern psychology and ethics

**Practical exercises:** Meditation, reflection, silence, self-analysis

**Transaction Mode:**

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

**Suggested Readings:**

**Primary Texts:**

- *The Bhagavad Gita – Swami Chinmayananda or Swami Sivananda*
- *Tattva Bodha – Adi Shankaracharya*
- *Atma Bodha – Adi Shankaracharya*
- *Upanishads (Selections: Isa, Kena, Mandukya) – with commentary*

**Reference Texts:**

- *Swami Vivekananda – Jnana Yoga, Karma Yoga*
- *Swami Chinmayananda – Self Unfoldment*
- *T.M.P. Mahadevan – The Essentials of Vedanta*
- *Sri Aurobindo – Integral Yoga: Teachings and Method*
- *Ramana Maharshi – Talks with Sri Ramana Maharshi*
- *Pravrajika Vrajaprana – Vedanta: A Simple Introduction*

<b>Course Name: Mental Health &amp; Yoga Practice (Discipline-Specific Elective-IV)</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT3505</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. Define and discuss the concept of mental health and its key dimensions.
2. Explain the philosophical and psychological basis of yoga as a tool for mental wellness.
3. Identify and demonstrate yogic practices beneficial for reducing stress, anxiety, and depression.
4. Analyze the role of yoga in mental health rehabilitation and therapy.
5. Design a basic yoga module focused on mental well-being.

### Course Content

**UNIT-I** **16 Hours**  
**Fundamentals of Mental Health:** Definition, importance and dimensions of mental health, Characteristics of a mentally healthy person  
**Mental health disorders:** stress, anxiety, depression – causes and symptoms  
**Factors affecting mental health:** biological, psychological, social, Mental hygiene and preventive strategies.

**UNIT-II** **14 Hours**  
**Philosophical & Psychological Basis of Yoga:**  
 Concept and meaning of Yoga from ancient texts (Yoga Sutras, Bhagavad Gita), Patanjali's Ashtanga Yoga and mental purity, Panchakosha Theory and mind-body connection, Concept of Chitta, Manas, Buddhi and Ahamkara, Psychological effects of Yama and Niyama in emotional regulation.

**UNIT-III** **15 Hours**  
**Yogic Practices for Mental Wellness: Asanas for calming the mind:** Sukhasana, Balasana, Shavasana, Vajrasana  
**Pranayama techniques:** Nadi Shodhana, Bhramari, Sheetali, Ujjayi  
**Meditation techniques:** Om chanting, Yoga Nidra, Trataka, Mindfulness meditation  
**Relaxation practices:** Shavasana, Progressive Muscle Relaxation  
 Role of regular practice in improving concentration and emotional balance.

**UNIT-IV** **15 Hours**

**Yoga Therapy & Mental Health Applications:** Introduction to Yoga Therapy and its relevance to mental disorders, Yoga for stress, anxiety, depression, PTSD: case studies and applications, Integrating yoga with modern psychological therapies (CBT, mindfulness), Ethical considerations and precautions in therapeutic yoga, Role of yoga instructor in mental health settings.

**Transaction Mode:**

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

**Suggested Readings:**

- *Swami Satyananda Saraswati – Yoga and Mental Health*
- *Dr. Ananda Balayogi Bhavanani – Yoga for Mental Health and Wellbeing*
- *Swami Niranjanananda Saraswati – Yoga Darshan*
- *B.K.S. Iyengar – Light on Yoga*
- *NIMHANS Manual – Yoga Therapy for Mental Health*
- *Taimni, I.K. – The Science of Yoga*
- *Udupa, K.N. – Stress and its Management by Yoga*
- *Harvard Medical School – Yoga for Emotional Balance (Online resource)*

<b>Course Name: Applications of Yoga Vasistha and Bhagavad Gita (Discipline-Specific Elective-IV)</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT3506</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. Comprehend the core teachings of the *Yoga Vasistha* and *Bhagavad Gita*.
2. Interpret philosophical ideas such as karma, jnana, bhakti and dharma in practical contexts.
3. Apply the concepts of self-awareness and equanimity in daily life and yoga practice.
4. Reflect on the relevance of ancient wisdom in addressing modern psychological and spiritual challenges.
5. Develop a deeper understanding of yogic ethics, inner detachment, and higher consciousness

### Course Content

#### UNIT-I 15 Hours

**Introduction and Philosophical Foundations:** Historical and scriptural background of *Yoga Vasistha* and *Bhagavad Gita*, Structure and style of both texts (dialogical format)

**Core themes:** illusion (Maya), mind, liberation (Moksha), duty (Dharma)  
Relevance to modern life and mental discipline.

#### UNIT-II 16 Hours

**Key Teachings of Yoga Vasistha:** Concepts of Chitta, Vasanas, Mind Control, and Inner Detachment, Importance of Self-inquiry and Self-effort (*Purushartha*), States of consciousness and the path to liberation, Philosophical stories and allegories as tools for transformation, Practical implications for meditation, self-discipline and inner peace.

#### UNIT-III 14 Hours

**Key Teachings of the Bhagavad Gita:**

**Karma Yoga:** selfless action and detachment from results

**Jnana Yoga:** the path of knowledge and self-realization

**Bhakti Yoga:** devotion, surrender and the nature of God

Sankhya philosophy and the gunas (Sattva, Rajas, Tamas)

Applications for mental balance, stress management and ethical living.

#### UNIT-IV 15 Hours

**Comparative Applications and Contemporary Relevance:**

Integrative insights from both texts for yoga practitioners

Mind management and emotional resilience

Conflict resolution and leadership in the light of Gita and Vasistha

**Psychological applications:** detachment, acceptance and transformation

Designing yoga sessions or counselling approaches using teachings from both texts.

**Transaction Mode:**

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

**Suggested Readings:**

**Primary Texts:**

- *Swami Venkatesananda – The Concise Yoga Vasistha*
- *Swami Tejomayananda – Bhagavad Gita: Holy Geeta*
- *Swami Sivananda – The Bhagavad Gita*
- *Swami Vidyananda – Laghu Yoga Vasistha*

**Secondary/Interpretive Texts:**

- *Swami Chinmayananda – The Art of Man Making (Gita Commentary)*
- *Swami Rama – Perennial Psychology of the Bhagavad Gita*
- *Swami Jyotirmayananda – The Philosophy of Yoga Vasistha*
- *Ekhnath Easwaran – The Bhagavad Gita for Daily Living*
- *Ramesh Menon – Yoga Vasistha: The Supreme Yoga (2 Volumes)*

<b>Course Name: Physiological Effects of Yoga Practices (Discipline-Specific Elective-V)</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT3507</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. Describe the physiological mechanisms involved in yoga practice.
2. Explain the effects of asanas, pranayama and meditation on different body systems.
3. Analyze the impact of yoga on the cardiovascular, respiratory, musculoskeletal, endocrine and nervous systems.
4. Evaluate scientific research and clinical studies on yoga and physiology.
5. Apply physiological knowledge in designing appropriate yoga practices for health and wellness.

### Course Content

#### UNIT-I

**15 Hours**

##### **Introduction to Yoga Physiology:**

**Overview of yoga and its classification:** asana, pranayama, mudra, bandha, meditation, Concept of homeostasis and stress physiology

**Mechanisms of action:** muscular, neural, hormonal responses during yoga  
Role of the autonomic nervous system in yoga  
Yoga as a mind-body intervention.

#### UNIT-II

**15 Hours**

**Musculoskeletal and Cardiovascular Systems:** Effects of asanas on muscular strength, flexibility, posture and joint health

**Impact of yoga on the cardiovascular system:** blood pressure, heart rate, cardiac efficiency, Role of yoga in enhancing circulation and oxygen delivery  
Yoga practices for cardiovascular rehabilitation, Case studies on athletes and cardiac patients.

#### UNIT-III

**15 Hours**

##### **Respiratory, Nervous, and Endocrine Systems:**

Effects of pranayama on lung volumes, capacities and respiratory rate, Influence of meditation and breath control on brain function and neuroplasticity,

**Autonomic modulation through yoga:** sympathetic vs parasympathetic response,

**Hormonal balance:** impact on thyroid, cortisol, insulin, reproductive hormones, Yoga for stress, anxiety and hormonal disorders (e.g., PCOS, diabetes).

**UNIT-IV****15 Hours**

**Therapeutic Applications and Research Evidence:** Physiological effects of yoga in disease prevention and management, Yoga for metabolic disorders, immunity enhancement and aging, Research methodologies in yoga physiology: biomarkers, HRV, EMG, EEG, Review of key scientific studies on yoga and physiology, designing yoga modules based on physiological needs.

**Transaction Mode:**

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

**Suggested Readings:**

- *Madanmohan – Yoga and Health*
- *Dr. Shirley Telles & Dr. Nagarathna – Scientific Basis of Yoga*
- *Swami Kuvalayananda – Asanas and Pranayamas: Their Physiological Effects*
- *Swami Satyananda Saraswati – Asana, Pranayama, Mudra, Bandha*
- *B.K.S. Iyengar – Light on Pranayama*
- *Swami Niranjanananda Saraswati – Yoga and Cardiovascular Management*
- *Telles, Shirley & Desiraju, T. – Physiological Responses to Yoga Practices (Research Articles)*
- *NIMHANS – Yoga and Neurophysiology Manual*

<b>Course Name: Traditional Yoga Text (Discipline-Specific Elective-V)</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT3508</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. Identify and describe the major traditional texts related to yoga.
2. Explain key philosophical and practical teachings from primary yoga scriptures.
3. Analyze the evolution of yogic thought through classical literature.
4. Interpret central yogic concepts such as Ashtanga Yoga, Pranayama, Samadhi, Karma, Bhakti and Jnana from textual sources.
5. Relate traditional teachings to contemporary yoga practice and lifestyle.

### Course Content

#### UNIT-I

**15 Hours**

**Introduction to Traditional Yogic Literature: Definition and types of yogic texts:** Shruti, Smriti, Sutras, Shastras, **Classification:** Vedas, Upanishads, Smritis, Puranas, Epics, Historical development and chronology of yoga texts, Importance of Sanskrit and oral tradition, Relevance of traditional texts in the modern yoga renaissance.

#### UNIT-II

**15 Hours**

**The Upanishads and Bhagavad Gita:** Yogic teachings in key Upanishads (Katha, Shvetashvatara, Mundaka, Taittiriya), Concepts of Atman, Brahman, Moksha, and meditation, Overview of *Bhagavad Gita*: historical and spiritual context, Karma Yoga, Bhakti Yoga and Jnana Yoga, Application of Gita's teachings in daily life and mental balance.

#### UNIT-III

**15 Hours**

**Yoga Sutras of Patanjali:** Biography and contribution of Maharishi Patanjali Structure and purpose of the *Yoga Sutras*,  
**Ashtanga Yoga:** Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi, Concepts of Chitta, Vritti, Abhyasa, Vairagya, Ishwarapranidhana, Samadhi and Kaivalya as ultimate goals of yoga.

#### UNIT-IV

**15 Hours**

**Hatha Yoga and Other Tantric Texts:**

**Hatha Yoga Pradipika:** historical background and structure

Key teachings: asana, pranayama, mudra, bandha, shatkarma

**Gheranda Samhita and Shiva Samhita:** differences and similarities

**Subtle body concepts:** chakras, nadis, kundalini

Relevance of Hatha Yoga in therapeutic and preparatory practices

**Transaction Mode:**

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

**Suggested Readings:**

**Primary Texts:**

- *The Upanishads – Translated by Swami Prabhavananda or Eknath Easwaran*
- *Bhagavad Gita – Commentary by Swami Sivananda or Swami Chinmayananda*
- *Yoga Sutras of Patanjali – Commentary by Swami Vivekananda or Edwin Bryant*
- *Hatha Yoga Pradipika – Commentary by Swami Muktibodhananda*
- *Gheranda Samhita – Translated by Rai Bahadur Shriman Mathura Prasad*

**Secondary Sources:**

- *Georg Feuerstein – The Yoga Tradition: Its History, Literature, Philosophy and Practice*
- *Swami Satyananda Saraswati – Four Chapters on Freedom*
- *Dr. Taimni I.K. – The Science of Yoga*
- *David Frawley – Inner Tantric Yoga*

**Semester-4<sup>th</sup>**

<b>Course Name: Yoga in World Religions - Synthesis</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT4550</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. To understand that the basic concepts and sadhana behind every religion is common for which Yoga provides a systematic elucidation.
2. To inculcate awareness that all the religions have common sadhanas of which Yoga is a grammar will help in synthesizing the world religions leading towards harmony and peace.

**Course Content****UNIT-I****14 Hours**

Meaning of Religion; Introduction to Jainism and Goal of human life in Jainism; Introduction of Buddhism and Goal of human life in Buddhism; Introduction to Islam and Goal of human life in Islam; Introduction to Christianity and Goal of human life in Christianity; Introduction and Essence of Sufism and Goal of human life in Sufism.

**UNIT-II****15 Hours**

Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Preksha- dhyana); Introduction to Buddhism, Skandha-vada, Concept of Aryasatya or Four Noble Truths, Arya-astangika-marga or Noble-eight-fold-path (Bouddha-Yoga); Tai Chi-based meditation, Zen meditation, Qi-gong meditation and G-Tum-O meditation.

**UNIT-III****16 Hours**

Elements of Yoga in Sufism, Sufi Meditation Techniques. Sufi Meditation: Muraqaba;

**Islam:** Salat positions along with their most similar yoga positions; Qiyam and Namaste; Ruk'u and Ardha Uttanasana; Julus and Vajrasana; Sujud and Blasana.

**UNIT-IV****15 Hours**

Contemplation, Meditation as practiced by Franciscan nuns, Rosary meditation, Meditation as prescribed by the church, Meditation in Christian literature; Hesychasm, Maranatha- a christian meditation mantra.

**Transaction Mode:**

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

**Suggested Readings:**

- *Swami Niranjanananda Saraswati: Dharana Darshan, Yoga Publications Trust, 1996, Munger, Bihar, India,*
- *Lajpat, Rai: Discovering Human Potential Energy, Anubhava Rai Publications, Gurgaon, 1999)*
- *Parragon: World Religion, Parragon Publishing India*

<b>Course Name: Scientific Approach of Yoga</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT4551</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. Describe the scientific basis and research methods applied in yoga studies.
2. Explain physiological effects of yoga on various body systems based on scientific evidence.
3. Analyze neuropsychological benefits of yoga with reference to brain function and mental health.
4. Evaluate yoga's role in prevention and management of lifestyle diseases using clinical research data.
5. Apply knowledge of scientific protocols to design evidence-based yoga practices.

### **Course Content**

#### **UNIT-I 13 Hours**

##### **Scientific Foundations of Yoga**

Definition of yoga from a scientific perspective

Overview of classical yoga philosophy vs. modern scientific approach

Research methodology in yoga studies

Introduction to evidence-based yoga practice

#### **UNIT-II 17 Hours**

##### **Physiological Mechanisms of Yoga Practices**

Effects of yoga postures (asanas) on musculoskeletal and cardiovascular systems

Respiratory physiology and effects of pranayama (breath regulation)

Autonomic nervous system modulation through yoga

Endocrine system regulation by yoga practices

Impact of yoga on immune function and inflammatory markers

#### **UNIT-III 15 Hours**

##### **Neuropsychological Effects of Yoga**

Neuroplasticity and brain function changes induced by meditation and yoga

**Psychological benefits:** reduction of stress, anxiety, depression – scientific evidence

**Cognitive enhancements:** memory, attention, and executive function

Hormonal and neurochemical changes associated with yoga and meditation

Psychophysiological pathways linking yoga and mental health

**UNIT-IV****15 Hours****Yoga in Therapeutics and Preventive Medicine**

**Yoga as an adjunct therapy in lifestyle disorders:** diabetes, hypertension, obesity, cardiovascular diseases

Clinical trials and systematic reviews on yoga interventions

Safety, contraindications and standardized protocols for therapeutic yoga

Integration of yoga into modern medical and wellness systems

**Future directions:** personalized yoga therapy based on scientific findings

**Transaction Mode:**

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

**Suggested Citations:**

- Khalsa, S. B. S. (2013). *Yoga for Psychiatry and Mental Health: An Ancient Practice with Modern Relevance*. *Harvard Review of Psychiatry*, 21(2), 104-113. <https://doi.org/10.1097/HRP.0b013e31828a5861>
- Streeter, C. C., Gerbarg, P. L., Saper, R. B., Ciraulo, D. A., & Brown, R. P. (2012). *Effects of Yoga on the Autonomic Nervous System, Gamma-Aminobutyric-Acid, and Allostasis in Epilepsy, Depression, and Post-Traumatic Stress Disorder*. *Medical Hypotheses*, 78(5), 571-579. <https://doi.org/10.1016/j.mehy.2012.01.021>
- Cramer, H., Lauche, R., Langhorst, J., & Dobos, G. (2013). *Yoga for Depression: A Systematic Review and Meta-Analysis*. *Depression and Anxiety*, 30(11), 1068-1083. <https://doi.org/10.1002/da.22166>
- National Center for Complementary and Integrative Health (NCCIH). (2023). *Yoga: What You Need To Know*. <https://www.nccih.nih.gov/health/yoga-what-you-need-to-know>

<b>Course Name: Meditation (Skill Based)</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT4552</b>	<b>0</b>	<b>0</b>	<b>4</b>	<b>2</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. Understand basics of meditation and postures.
2. Practice breath awareness and daily routine.
3. Develop focus using trataka, mantra, and visualization.
4. Cultivate present-moment awareness and inner calm.
5. Experience deep relaxation and higher awareness.

### **Course Content**

#### **Section I: Introduction to Meditation**

##### **Practicals:**

- Introduction to the concept and purpose of meditation in yoga.
- Body awareness and relaxation techniques.
- **Basic sitting postures:** Sukhasana, Padmasana, Vajrasana.
- Breath awareness (Anapana).
- Establishing a regular meditation space and routine.
- Practice: 10–15 minutes daily of breath observation meditation.

#### **Section II: Concentration (Dharana) Techniques**

##### **Practicals:**

- Trataka (candle gazing) – theory and practice.
- Japa meditation using mantra (e.g., "Om", "So-Ham").
- Chakra awareness (focus on Ajna Chakra).
- Visualization techniques (e.g., mental imagery of a flame, light, or symbol).
- Practice: 15–20 minutes of single-pointed concentration meditation.

#### **Section III: Mindfulness and Awareness**

##### **Practicals:**

- Mindfulness of breath, body, thoughts and emotions.
- Walking meditation and mindful movements.
- Sound awareness meditation (Nada Yoga – external and internal sounds).
- Introduction to Vipassana meditation techniques.
- Practice: 20–30 minutes of mindfulness meditation in daily life settings.

#### **Section IV: Advanced Meditative Practices**

##### **Practicals:**

- Yoga Nidra (guided deep relaxation and awareness).
- Antar Mouna (Inner Silence – observing thoughts without judgment).
- Advanced mantra meditation (Bija Mantras, guided repetition).
- Silent sitting in awareness (non-doing, effortless presence).
- Group meditation and sharing experiences.
- Practice: 30–45 minutes of self-directed or guided meditation sessions.

<b>Course Name: Classical Yoga Text (Discipline-Specific Elective-VI)</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT4553</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. This helps students to develop a strong philosophical and practical understanding of Yoga, integrating ancient wisdom with modern perspectives.

### Course Content

#### UNIT-I

**16 Hours**

**Brief Introduction of principal Upanishads as the basis of Yogic context:**

**Ishavasyopanishad:** Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava

**Kena Upanishat:** Indwelling Power; Indriya and Antahkarana; Self and the Mind; Intuitive realization of the truth; Truth transcendental; Moral of Yaksha Upakhyana

**Katha Upanishad:** Definition of Yoga; Nature of Soul; Importance of Self Realization

**Prashna Upanishad:** Concept of Prana and rayi.

#### UNIT-II

**15 Hours**

**Mundaka Upanishad:** Two approaches to Brahma Vidya-the Para and Aparā; The greatness of Brahma Vidya, The worthlessness of Selfish-karma; Tapas and Gurubhakti, The origin of creation, Brahman the target of Meditation

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

**Aitareya:** Concept of Atma, Universe and Brahman

**Taittiriya Upanishad:** Concept of Pancha Kosha; Summary of Shiksha Valli; Ananda Valli; Bhruguvalli

**Chandogya Upanishad:** Om (udgitha) Meditation; Sandilyavidya

**Brihadaryanaka Upanishad:** Concept of Atman and Jnana Yoga. Union of Atman and Paramatman.

#### UNIT-III

**14 Hours**

Bhagavad Gita General Introduction to Bhagavad Gita (B.G.)

Definitions of Yoga in B.G. and their relevance & Scope

**Essentials of B.G:** the meanings of the terms Atmaswrupa, Stithaprajna, Sankhya Yoga

**Karma Yoga:** Sanyasa Yoga and Karma Swarupa (Sakama and Nishkama)

Samnyasa, Dhyana Yogas.

**UNIT-IV**

**15 Hours**

Yoga Vasishtha

Highlights of Yoga Vashitha, Concept of Adhis and Vyadhis; Psychosomatic Ailments; The four Gatekeepers (Pillars) to Freedom; How Sukha is attained the Highest State of Bliss; Practices to overcome the Impediments of Yoga; Development of Satvaguna; Eight limbs of Meditation; Jnana Saptabhumika.

**Transaction Mode:**

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

**Suggested Readings:**

- *Radhakrishnan, S. – The Principal Upanishads*
- *Swami Gambhirananda – Eight Upanishads (Vol. 1 & 2) – Advaita Ashrama*
- *Swami Chinmayananda – Commentaries on Upanishads (Katha, Isa, Mundaka, Mandukya)*
- *Swami Krishnananda – The Mandukya Upanishad: An In-Depth Study – Divine Life Society*
- *Swami Sivananda – Brihadaranyaka Upanishad & Chandogya Upanishad Commentaries*

<b>Course Name: Concept of Nadis &amp; Chakras (Discipline-Specific Elective-VI)</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT4554</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. By the end of the course, students will have a comprehensive understanding of Nadis and Chakras, their physiological and spiritual significance and practical methods for healing and activation through yogic techniques.

### **Course Content**

#### **UNIT-I 15 Hours**

**Introduction to Nadis:** Definition and Importance of Nadis, Major Nadis in **Yogic Anatomy:** Ida Nadi (Chandra Nadi), Pingala Nadi (Surya Nadi), Sushumna Nadi, Functions of Nadis in Energy Circulation, Concept of Prana and its Relation with Nadis, Blockages in Nadis and Their Effects on Health, **Techniques to Purify Nadis:** Nadi Shodhana (Alternate Nostril Breathing), Pranayama Practices.

#### **UNIT-II 16 Hours**

**Introduction to Chakras:** Definition and Significance of Chakras in Yogic Physiology, The Concept of Kundalini and its Awakening, **Types of Chakras & Their Locations:** Muladhara (Root Chakra), Swadhisthana (Sacral Chakra), Manipura (Solar Plexus Chakra), Anahata (Heart Chakra), Vishuddha (Throat Chakra), Ajna (Third Eye Chakra), Sahasrara (Crown Chakra), Role of Chakras in Physical, Mental and Spiritual Health.

#### **UNIT-III 14 Hours**

**Functions and Imbalances of Chakras:** Detailed Study of Each Chakra Physical, Emotional and Spiritual Aspects, Associated Glands and Organs Mantras and Beej Sounds of Each Chakra, Imbalances in Chakras, Overactive vs. Underactive Chakras, Psychological and Physical Symptoms of Imbalances, Chakra Healing Techniques Meditation and Visualization, Color Therapy, Sound Therapy (Chanting and Bija Mantras), Crystal Healing

#### **UNIT-IV 15 Hours**

**Advanced Concepts & Practical Applications:** Chakras and Nadis in Tantric and Kundalini Yoga, The Role of Chakras in Consciousness Expansion,

Activation and Balancing of Nadis and Chakras, Role of Asanas and Mudras, Bandhas and Their Effects on Chakras, Advanced Pranayama Techniques (Bhastrika, Kapalbhathi, Ujjayi), Scientific and Psychological Perspectives on Chakras and Nadis, Case Studies on Chakra Healing and Kundalini Awakening

**Transaction Mode:**

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

**Suggested Readings:**

- *Swami Sivananda – Kundalini Yoga*
- *Swami Satyananda Saraswati – Kundalini Tantra*
- *Swami Niranjanananda Saraswati – Prana and Pranayama*
- *Harish Johari – Chakras: Energy Centers of Transformation*
- *Anodea Judith – Wheels of Life: A User's Guide to the Chakra System*
- *Dr. Hiroshi Motoyama – Theories of the Chakras: Bridge to Higher Consciousness*
- *Dr. Swami Karmananda – Yogic Management of Common Diseases (Bihar School of Yoga)*
- *Dr. Ramesh Bijlani – Back to Health through Yoga*
- *David Frawley – Yoga and Ayurveda: Self-Healing and Self-Realization*

<b>Course Name: Indian Traditional System of Medicine (Discipline-Specific Elective-VII)</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT4555</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. This syllabus provides a comprehensive understanding of India's traditional medical systems, blending historical perspectives, fundamental concepts, treatments and modern applications.

### **Course Content**

#### **UNIT-I** **15 Hours**

**Introduction to Indian Traditional Medicine:**

**Overview of Indian Traditional Medicine:** Historical development and evolution, Philosophical foundations and principles

**Major Indian Medical Systems:** Ayurveda, Siddha, Unani, Yoga and Naturopathy, Homeopathy

Fundamental Concepts of Health & Disease in Traditional Medicine, Comparison of Indian Systems with Other Ancient Medical Traditions.

#### **UNIT-II** **15 Hours**

**Introduction to Ayurveda:** Origin and classical texts (Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya), Tridosha theory (Vata, Pitta, Kapha), Sapta Dhatu (Seven Body Tissues), Agni (Digestive Fire) and Mala (Waste Products)

**Ayurvedic Approach to Health and Disease:** Concept of Prakriti (Body Constitution), Ayurvedic Diet and Lifestyle (Dinacharya & Ritucharya), Concept of Ojas, Tejas and Prana

**Ayurvedic Treatments and Therapies:** Panchakarma (Detoxification and Rejuvenation Therapy), Use of Herbs and Rasayana Therapy, Ayurvedic Surgery (Shalya Tantra).

#### **UNIT-III** **15 Hours**

**Siddha System of Medicine:** Origin and principles, Concept of 96 Tatvas (Elements of Siddha Philosophy), Role of Siddha in treating chronic diseases

**Unani System of Medicine:** Historical background and Greek influences, Four Humors Theory (Dam, Balgham, Safra, Sauda), Unani pharmacology and treatment methods

**Homeopathy in India:** History and adaptation in India, Principles of "Like Cures Like" and Potentization, Common homeopathic remedies

**Yoga & Naturopathy:** Role of Yoga in health and healing, Principles of Naturopathy (Five Great Elements & Natural Therapies), Importance of Mud Therapy, Hydrotherapy and Fasting Therapy

#### **UNIT-IV**

**15 Hours**

**Traditional Medicine in Modern Healthcare:** Integration of Indian Medicine with Modern Medical Practices, AYUSH System (Ayurveda, Yoga, Unani, Siddha, Homeopathy)

**Scientific Validation of Traditional Medicine:** Role of Clinical Research in Ayurveda, Siddha and Unani, Evidence-Based Approaches in Traditional Healing

**Regulation and Standardization:** Role of WHO in Traditional Medicine, Government Policies and AYUSH Ministry Initiatives

**Global Acceptance of Indian Traditional Medicine:** Use of Ayurveda, Yoga, and Homeopathy in Western Countries, Opportunities and Challenges in Promoting Indian Medicine Worldwide.

#### **Transaction Mode:**

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

#### **Suggested Readings:**

- *Charaka Samhita – Translated by R.K. Sharma & Bhagwan Dash*
- *Sushruta Samhita – Translated by Kaviraj Kunjalal Bhishagratna*
- *Ashtanga Hridaya – Translated by Prof. K.R. Srikantha Murthy*
- *Yoga Ratnakara – Classical Ayurvedic text focused on practical diagnosis and treatment.*
- *Theraiyar Yemaga Venba (Siddha) – Traditional Siddha medicine literature on disease classification and treatment.*

<b>Course Name: Yoga &amp; Spiritual Psychology (Discipline-Specific Elective-VII)</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT4556</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. This syllabus provides a holistic understanding of Yoga & Spiritual Psychology, integrating philosophy, mental health, spiritual development and practical applications.

### **Course Content**

#### **UNIT-I 15 Hours**

**Introduction to Yoga & Spiritual Psychology:** Definition and Scope of Spiritual Psychology, Relationship between Yoga and Psychology, Indian and Western Perspectives on Consciousness and Mind

**Philosophical Foundations of Yoga Psychology:** Concepts from Bhagavad Gita and Upanishads, Patanjali's Yoga Sutras and Psychological Insights. Sankhya Philosophy and Mind-Body Interaction.

#### **UNIT-II 16 Hours**

**Functions of Mind in Yogic Psychology:** Chitta (Memory), Manas (Mind), Buddhi (Intellect), Ahamkara (Ego), Vrittis (Mental Modifications) and Their Control

**Yoga and Mental Health:** Role of Yoga in Managing Stress, Anxiety, and Depression, Concept of Chittavrittinirodha (Control of Mental Fluctuations), Pranayama and Its Psychological Benefits

**Meditation & Its Psychological Impact:** Types of Meditation, Mindfulness, Vipassana, Transcendental Meditation, Effects of Meditation on Brain and Behavior, Neuroscience and Yoga.

#### **UNIT-III 14 Hours**

**Stages of Spiritual Growth in Yoga:** Four Purusharthas (Dharma, Artha, Kama, Moksha), Role of Yamas and Niyamas in Spiritual Psychology, Concept of Self-Realization and Enlightenment

**Spiritual Transformation through Bhakti, Karma, Jnana and Raja Yoga:** Psychological Benefits of Each Path, Developing Higher Emotional Intelligence and Compassion.

#### **UNIT-IV 15 Hours**

**Integration of Yoga Psychology in Modern Therapy:** Yoga-Based Psychotherapy Techniques, Cognitive and Behavioral Approaches in Yoga, Yoga Nidra as a Therapeutic Tool

**Self-Development and Transformation through Yoga:** Building Resilience, Emotional Stability, and Inner Peace, Role of Yoga in Overcoming Addictions and Negative Habits.

**Transaction Mode:**

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

**Suggested Readings:**

- *Swami Rama – The Art of Joyful Living*
- *Deborah Adele – The Yamas & Niyamas: Exploring Yoga’s Ethical Practice*
- *Sri Aurobindo – The Life Divine*
- *Dr. T.K.V. Desikachar – The Heart of Yoga*

<b>Course Name: Principles &amp; Classification of Asanas (Discipline-Specific Elective-VIII)</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT4557</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. Understand the principles and importance of asana practice.
2. Learn proper alignment, breath control and mindfulness in asanas.
3. Classify asanas based on function and posture (standing, sitting, supine, prone, inverted).
4. Apply asanas for physical, mental and therapeutic benefits.
5. Identify contraindications and precautions in asana practice.
6. Explore scientific and yogic perspectives on asanas and health.

### Course Content

#### UNIT-I 15 Hours

**Definition and Meaning of Asana:** Asana as per Patanjali's Yoga Sutras, Importance of Stability (Sthira) and Comfort (Sukham)

**Basic Principles of Practicing Asanas:** Proper Alignment and Posture, Breath Awareness in Asanas, Role of Mindfulness and Relaxation

**Physiological and Psychological Effects of Asanas:** Impact on Muscles, Joints and Nervous System, Role of Asanas in Mental Calmness and Emotional Balance.

#### UNIT-II 15 Hours

##### Classification of Asanas Based on Function

**Cultural or Corrective Asanas:** Enhancing Flexibility and Strength, Balancing the Body and Mind

**Relaxative Asanas:** Asanas for Stress Reduction and Relaxation, Importance of Shavasana and Makarasana

**Meditative Asanas:** Importance in Prolonged Meditation Practices, Examples: Padmasana, Siddhasana, Sukhasana, Vajrasana.

#### UNIT-III 16 Hours

##### Classification of Asanas Based on Postural Movements

##### Standing Asanas:

**Examples:** Tadasana, Vrikshasana, Trikonasana, Benefits on Posture and Stability

##### Sitting Asanas:

**Examples:** Paschimottanasana, Gomukhasana, Ardha Matsyendrasana, Effects on Spine and Digestion

**Supine and Prone Asanas:****Supine:** Sarvangasana, Matsyasana, Halasana,**Prone:** Bhujangasana, Dhanurasana, Salabhasana**Inverted Asanas and Their Benefits:** Headstand, Shoulder Stand and Their Impact on Circulation.**UNIT-IV****14 Hours****Therapeutic and Advanced Concepts of Asanas****Asanas for Specific Health Conditions:** Back Pain, Diabetes, Hypertension, Anxiety**Asanas for Enhancing Prana Flow and Energy Balance:** Chakras and Asanas, Role of Bandhas in Asana Practice**Contraindications and Precautions in Asana Practice:** When and How to Modify Asanas, Precautions for Pregnant Women, Elderly and Individuals with Medical Conditions, Scientific Studies on Asanas and Their Impact on Human Health**Transaction Mode:**

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

**Suggested Readings:**

- *Swami Satchidananda – The Yoga Sutras of Patanjali*
- *Swami Vishnudevananda – The Complete Illustrated Book of Yoga*
- *Swami Swatmarama – Hatha Yoga Pradipika*
- *B.K.S. Iyengar – Light on Yoga*
- *Swami Satyananda Saraswati – Asana, Pranayama, Mudra, Bandha (APMB)*
- *Mark Stephens – Teaching Yoga: Essential Foundations and Techniques*

<b>Course Name: Yoga &amp; Sports Performance Enhancement (Discipline-Specific Elective-VIII)</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>Cr</b>
<b>Course Code: MYT4558</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Total Hours: 60**

**Course Learning Outcomes:** After completion of this course, the learner will be able to:

1. Understand the role of yoga in improving sports performance.
2. Learn asanas and pranayama for strength, flexibility and endurance.
3. Enhance mental focus, stress management and recovery through yoga.
4. Apply yoga techniques for injury prevention and rehabilitation.
5. Develop sports-specific yoga programs for peak performance.

### Course Content

#### UNIT-I 16 Hours

##### **Fundamentals of Yoga for Athletes**

**Introduction to Yoga in Sports:** Importance of Yoga for Athletes, Role of Yoga in Enhancing Physical & Mental Performance

**Physiological Benefits of Yoga in Sports:** Flexibility, Strength, Endurance, and Balance, Impact on Cardiovascular and Respiratory Efficiency

**Psychological Benefits of Yoga for Athletes:** Stress Reduction and Focus Enhancement, Role of Yoga in Developing Mental Resilience.

#### UNIT-II 14 Hours

##### **Asanas and Pranayama for Sports Performance**

**Asanas for Strength & Flexibility:** Tadasana, Trikonasana, Veerabhadrasana, Bhujangasana, Dhanurasana

**Asanas for Injury Prevention & Recovery:** Supta Baddha Konasana, Viparita Karani, Shavasana

**Pranayama for Endurance & Breath Control:** Nadi Shodhana, Bhastrika, Ujjayi, Kapalabhati

**Relaxation Techniques for Recovery:** Yoga Nidra and Progressive Muscle Relaxation.

#### UNIT-III 16 Hours

##### **Mental Conditioning & Yoga Psychology in Sports**

**Role of Meditation in Sports Performance:** Enhancing Concentration and Mindfulness, Visualization Techniques for Success

**Emotional Control and Stress Management:** Role of Pratyahara and Dharana in Managing Competition Anxiety

**Yogic Lifestyle and Diet for Athletes:** Sattvic Diet and Nutrition in Sports, Daily Routine (Dinacharya) for Optimal Performance

**UNIT-IV****14 Hours****Advanced Concepts & Application of Yoga in Sports**

**Application of Yoga in Different Sports Disciplines:** Yoga for Endurance Sports (Running, Cycling, Swimming), Yoga for Strength-Based Sports (Weightlifting, Wrestling), Yoga for Team Sports (Football, Basketball, Cricket)

**Yoga for Injury Rehabilitation and Pain Management:** Therapeutic Yoga for Common Sports Injuries.

**Transaction Mode:**

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

**Suggested Readings:**

- *Dr. H.R. Nagendra & Dr. R. Nagarathna – Yoga for Sports (SVYASA Publication)*
- *Swami Kuvalayananda – Asanas*
- *Swami Sivananda – Mind: Its Mysteries and Control*
- *Daniel Goleman – The Meditative Mind*
- *T.K.V. Desikachar – The Heart of Yoga*
- *Bhavanani, A.B. – Scientific Basis of Yoga in Sports*
- *Sutar, R. et al. (2016) – “Effect of Integrated Yoga Module on Selected Physical and Physiological Variables in Volleyball Players”*
- *Cox, R.H. – Sport Psychology: Concepts and Applications*