

**Master of Science  
In  
Yoga Science and Therapy  
[MSc YST]**

**SYLLABUS**

(Implemented from academic session 2019-20)



**Department of Physiotherapy**

**Faculty of Medical Sciences**

**Guru Jambheshwar University of Science and Technology,**

**Hisar-125 001**

**SCHEME OF EXAMINATION FOR MSc. YOGA SCIENCE AND THERAPY (YST)**

STUDY (CREDIT BASED SEMESTER SYSTEM)

(Implemented from academic session 2019-20)

<b>SEMESTER I</b>										
<b>S. No.</b>	<b>Course No.</b>	<b>Subject</b>	<b>Title</b>	<b>Teaching hrs/Week</b>		<b>Marks</b>				<b>Total Marks</b>
				<b>L-T-P</b>	<b>Credits</b>	<b>Theory</b>		<b>Practical</b>		
						<b>Internal</b>	<b>External</b>	<b>Internal</b>	<b>External</b>	
<b>1</b>	MYST 101	Foundation of Yoga	PC	6-0-0	6	30	70	-----	-----	100
<b>6</b>	MYST 102	Hatha Yogic Texts	PC	6-0-0	6	30	70	-----	-----	100
<b>3</b>	MYST 103	Human Anatomy & Physiology- I	PC	6-0-0	6	30	70	-----	-----	100
<b>4</b>	MYST 104	Human Anatomy & Physiology- II	PC	6-0-0	6	30	70	-----	-----	100
<b>5</b>	MYST 105	Research Methodology- I	PC	6-0-0	6	30	70	-----	-----	100
<b>6</b>	MYST 106P	Practical- Yoga Skill and Prowess-I	PC	0-0-12	6	-----	-----	30	70	100
<b>Total Credits</b>					<b>36</b>	<b>150</b>	<b>350</b>	<b>30</b>	<b>70</b>	<b>600</b>

SEMESTER II										
S. No.	Course No.	Subject	Title	Teaching hrs/Week		Marks				Total Marks
				L-T-P	Credits	Theory		Practical		
						Internal	External	Internal	External	
1	MYST 201	Patanjala Yoga Darshan	PC	6-0-0	6	30	70	----	----	100
2	MYST 202	Yoga Philosophy	PC	6-0-0	6	30	70	----	----	100
3	MYST 203	Yoga Therapy for Common Ailments –I	PC	6-0-0	6	30	70	----	----	100
4	MYST 204	Yoga Therapy for Common Ailments –II	PC	6-0-0	6	30	70	----	----	100
5	MYST 205P	Practical- Yoga Skill & Prowess- II	PC	0-0-12	6	----	----	30	70	100
6	MYST 206P	Practical- Methods of Scientific Writing and Synopsis presentation	PC	0-0-12	6	----	----	30	70	100
Total Credits					36	120	280	60	140	600

<b>SEMESTER III</b>										
<b>S. No.</b>	<b>Course No.</b>	<b>Subject</b>	<b>Title</b>	<b>Teaching hrs/Week</b>		<b>Marks</b>				<b>Total Marks</b>
				<b>L-T-P</b>	<b>Credits</b>	<b>Theory</b>		<b>Practical</b>		
						<b>Internal</b>	<b>External</b>	<b>Internal</b>	<b>External</b>	
<b>1</b>	MYST 301	Yoga & Naturopathy	PC	6-0-0	6	30	70	----	----	100
<b>2</b>	MYST 302	Health and Yogic Diet	PC	6-0-0	6	30	70	----	----	100
<b>3</b>	MYST 303	Bio-statists	PC	6-0-0	6	30	70	----	----	100
<b>4</b>	MYST 304	Methods of Teaching Yoga and Value Education	PC	6-0-0	6	30	70	----	----	100
<b>5</b>	MYST 305P	Yoga Therapy Techniques- Practical cum Viva-voce	PC	0-0-12	6	----	----	30	70	100
<b>6</b>	MYST 306P	Field training- Practical	PC	0-0-12	6	----	----	100	----	100
<b>Total Credits</b>					<b>36</b>	<b>120</b>	<b>280</b>	<b>130</b>	<b>70</b>	<b>600</b>

SEMESTER IV										
S. No.	Course No.	Subject	Title	Teaching hrs/Week		Marks				
				L-T-P	Credits	Theory		Practical		Total Marks
						Internal	External	Internal	External	
1	MYST 401	Shrimad Bhagwad Geeta and Samkhaya Karika	PC	6-0-0	6	30	70	----	----	100
2	MYST 402	Yogic Counseling	PC	6-0-0	6	30	70	----	----	100
3	MYST 403	Yoga and Mental Health	PC	6-0-0	6	30	70	----	----	100
4	MYST 404	Integrated Alternate Therapy	PC	6-0-0	6	30	70	----	----	100
5	MYST 405P	Dissertation	PC	0-0-24	12	----	----	----	100	100
6	MYST 406P	Advanced Yoga Technique- Practical cum Viva-voce	PC	0-0-12	6	----	----	30	70	100
Total Credits					42	120	280	30	170	600

## MSc. Yoga Science and Therapy

### Semester-I

#### MYST 101- Foundation of Yoga

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
MYST 101	Foundation of Yoga	PC	6-0-0	6

**Course Assessment Methods** (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment, Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

**Instruction for paper setting:**

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. **Question paper will be in both English and Hindi languages.**

**Course Objectives & Course Outcomes**

This course provides the preparation of student towards providing an introduction of yoga and its important streams, a brief introduction of Indian Philosophy; a brief history and the basis different yoga. The student will be in a position to appreciate the Yogic way of living, which they can inculcate in their life style and will be prepared to teach others the benefits of same.

**Unit-I: Introduction:**

- Yoga it's Meaning and Definition.
- Aim and Objectives of Yoga
- Origin, history and development of yoga.
- Relevance and scope of Yoga in modern age
- Misconceptions about yoga and their solutions.
- Difference between yogic and non-yogic system of exercises.

**Unit-II: Essentials of Yoga Practices**

- Disciplines and failures in Yogic Practices
- Place & Timing of Yogic practices
- Diet for Yoga Practitioner: pathya & apathya
- Obstacles in the Path of Yoga Practice
- Sequence for yogic practices

### **Unit-III: Types of Yoga : it's brief Introduction**

- Hatha yoga
- Raja yoga
- Mantra yoga
- Laya yoga
- Karma yoga
- Gyana yoga
- Bhakti yoga

### **Unit-IV: Life sketch & contribution of Eminent Yogi's and Institutes of Yoga**

- Maharshi Patanjala, Gorakshanath and Swami Vivekanand
- Swami Kuvalyananda (Kevalyadham, Lonavala)
- Swami Satyanand (Bihar School of yoga)
- Swami Shivananda (Divine Life Society)
- Swami Vivekananda Yoga Anumandhan Samsthan, Banglore (SVYASA), Morarji Desai National Institute of Yoga, Delhi (MDNIY) and Central Council for Research in Yoga & Naturopathy, Delhi, (CCRYN)

### **Essential Readings:**

1. Vijnananand Saraswati–Yog Vijyan, Yoga Niketan Trust, Rishikesh, 1998.
2. Rajkumari Pandey-Bhartiya Yoga Parampara ke Vividh Ayam, radha publication, ND, 2008
3. Swami Vivekanand - Jnan, Bhakti, Karma Yoga & Rajyoga, Advait Ashram, Culcutta 2000.
4. Kamakhya Kumar -Yoga Mahavigyan, Standard publisher, New Delhi.
5. Kalyan (Yogank)- Gita press Gorakhpur, 2002.
6. Kalyan (Yoga Tatwank)-Gita press Gorakhpur, 1991.

## Semester-I

### **MYST 102- Hatha Yogic Texts**

(Based on Hatha Pradipika and Gheranda Samhita)

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
MYST 102	Hatha Yogic Texts	PC	6-0-0	6

**Course Assessment Methods** (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

#### **Instruction for paper setting:**

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. **Question paper will be in both English and Hindi languages.**

#### **Course Objectives & Course Outcomes**

The objective of teaching Hatha yoga text subject to students is to introduce and provide them with knowledge of the Yogic practices quoted in Hatha Yoga texts and their values and benefits for human being. It will also provide understanding of the prerequisites of Hatha Yoga, to introduce the principles of Hatha Yoga and essential Hatha Yoga text.

#### **Unit-I: Hatha Pradipika-I**

- Hatha yoga – Its definition & objectives.
- Origin & tradition of Hatha yoga.
- utility of hatha yoga
- Place, Environment & Season for Hatha sadhana.
- Aids & Obstructions to Hatha sadhana.
- Prohibited & conductive food in Hatha sadhana
- Asana in Hatha Prdeepinka: Types, Technique, Process and Benefits
- Pranayama in Hatha Prdeepinka: Types, Technique, Process and Benefits

#### **Unit-II: Hatha Pradipika-II**

- Shatkarma: Objectives, Types, Techniques, Process and Benefits
- Mudra & Bandhas: Objectives, Types, Techniques, Process and Benefits
- concept of Samadhi
- concept of nadanusandhana
- Nature of Kundalini and methods of awakening

### **Unit-III: Gheranda Samhita- I**

- Place, Environment & Season for Hatha sadhana.
- Prohibited & conductive food in Hatha sadhana
- Introduction to saptasadhana
- Shatkarma: Objectives, Types, Techniques, Process and Benefits
- Asana: Objectives, Types, Techniques, Process and Benefits

### **Unit-IV: Gheranda Samhita- II**

- Mudra: Objectives, Types, Techniques, Process and Benefits
- Pratyahar: Prohibited & conductive food in Hatha sadhana
- Pranayama: Objectives, Types, Techniques, Process and Benefits
- Dhyan: Objectives, Types, Techniques, Process and Benefits
- Samadhi: Objectives, Types, Techniques, Process and Benefits

### **Reference Books:**

1. Hatha Yoga Pradeepika-Swami SatyanandaSaraswati, Bihar school of Yoga, Munger
2. Hatha Pradeepika- Swami Kuvlyanand, Kevlyadham, Lonavala
3. Gherand Samhita- Swami Satyananda Saraswati, Bihar school of Yoga, Munger
4. Gherand Samhita- Swami Digamberanand, Kevlyadham, Lonavala

## Semester-I

### MYST 103- Human Anatomy & Physiology- I

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
MYST 103	Human Anatomy & Physiology- I	PC	6-0-0	6

**Course Assessment Methods** (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment, Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

#### **Instruction for paper setting:**

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. **Question paper will be in both English and Hindi languages.**

#### **Course Objectives & Course Outcomes**

It aims at giving inclusive knowledge of the gross structure and development of human body. Further, it will provide a basis for enhancing the knowledge of body's structure and function. This will help students to get familiarized with the structure of the different systems in the human body.

#### **Unit -1: Cell, Tissue & Immune system**

- Cell organelles–Mitochondria, Golgi body, ER, Lysosome, Peroxisome, Centrosome, Plasma membrane, cytoplasm, Nucleus-Nuclear membrane, chromosome, nucleolus, DNA&RNA
- Homeostasis, Transport across cell membrane
- Tissue: Types, Structure and function
- Immunity: Innate immunity, Acquired immunity,
- Allergy, hypersensitivity and immunodeficiency,
- Psycho-neuro-immunology.

#### **Unit-2: Muscular-skeletal system**

- Anatomy of the Skeleton
- Classification of bones-Axial bones and appendicular bones
- Types of joint–Synovial joints and Fibrous joint
- Structure of synovial joints
- Types of Muscle in the body (striate, Smooth muscle, Cardiac muscle)
- Mechanism of muscle contraction
- Neuromuscular junction

### **Unit-3: Respiratory system**

- Respiratory system of human-Nose, nasal cavity, pharynx, trachea, larynx, bronchioles, lungs
- Mechanism of breathing (Expiration and inspiration)
- Transport of respiratory gases (transport of oxygen and transport of carbon dioxide)
- Regulation of respiration
- Pulmonary ventilation

### **Unit-4: Cardiovascular system**

- Anatomy of heart
- Functional anatomy of blood vessels
- Composition and function of blood—Plasma, RBC, WBC and Platelet
- Properties of cardiac muscle
- Generation and conduction of cardiac impulses
- Cardiac output and cardiac cycle
- Blood pressure and regulation of blood pressure
- Organisation of systemic and pulmonary circulation

### **Reference Books:**

1. Anatomy and physiology for nurses, Ross and Wilson
2. Anatomy and physiology for nurses- A. K. Jain
3. Manav sharer Rachana evam Kriya Vigyan, Abrar Ahemad, Sadab Alam and Asish Mahavar, Vardhaman Publishers
4. Basic Anatomy and Physiology- A. K. Jain, second edition APC publications.

## Semester-I

### MYST 104- Human Anatomy & Physiology- II

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
MYST 104	Human Anatomy & Physiology- I	PC	6-0-0	6

#### Course Assessment Methods (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

#### Instruction for paper setting:

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. **Question paper will be in both English and Hindi languages.**

#### Course Objectives & Course Outcomes

It aims at giving inclusive knowledge of the gross structure and development of human body. Further, it will provide a basis for enhancing the knowledge of body's structure and function. This will help students to get familiarized with the structure of the different systems in the human body.

#### **Unit-1: Digestive system , Nutrients and Metabolism**

- Digestive system of human-Mouth, buccal cavity, pharynx, oesophagus, stomach, large intestine, small intestine, anus
- Associated glands-Liver, Pancreas, salivary glands, gallbladder
- Physical digestion-Mastication, swallowing, peristalsis
- Chemical digestion- Digestion of carbohydrate, fats and protein
- Absorption of carbohydrate, fats and protein
- Gastro-intestinal motility,
- Gastro intestinal hormones
- Functions of colon (symbiosis),
- Nutrients- Carbohydrates, Fats, Proteins, Minerals, Vitamins, Dietary fibre,
- Balanced diet
- Metabolism: catabolism and anabolism

#### **Unit2 : Excretory system**

- Excretory system of human-Kidney, Ureter, urinary bladder, urethra
- Structure of nephron

- Mechanism of urine formation-Ultra-filtration, selective re-absorption, tubular secretion
- Water balance: regulation of water intake, water output and fluid volume
- Renal mechanisms for the control of blood
- Diuretics and Micturition

### **Unit-3: Endocrine system & Reproductive system**

Structure, location, secretion (hormones) and functions of important endocrine glands:

- Hypothalamus,
- Pituitary,
- Thyroid and parathyroid gland
- Adrenal,
- The endocrine pancreas,
- Pineal gland
- Secretion and functions of Testis and Ovaries
- Basic anatomy of reproductive system
- Menstrual cycle,
- Male and Female sex hormones,
- Pregnancy & Lactation

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

- Introduction to nervous system,
- Neuron: structure, types and functions
- Classification of nerve fibres
- Nerve conduction synaptic transmission
- Central nervous system: brain (fore brain, mid brain and hind brain) and spinal cord
- Autonomic Nervous system: sympathetic and parasympathetic
- Peripheral Nervous System: spinal and cranial nerves
- Basics about special senses: Eye (vision), ear (hearing) and tongue (taste)

### **Reference Books:**

1. Anatomy and physiology for nurses, Ross and Wilson
2. Anatomy and physiology for nurses- A. K. Jain
3. Manav sharer Rachana evam Kriya Vigyan, AbrarAhemad, SadabAlam and Asish Mahavar, Vardhaman Publishers
4. Basic Anatomy and Physiology- A. K. Jain, second edition APC publications.

## Semester-I

### MYST 105- Research Methodology

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
MYST 105	Research Methodology	PC	6-0-0	6

#### Course Assessment Methods (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

#### Instruction for paper setting:

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. **Question paper will be in both English and Hindi languages.**

#### Course Objectives & Course Outcomes

The primary objective of research methodology course is to expose the students to the basic theoretical concepts of conducting scientific research and motivate them to pursue higher research. After undergoing this course, a student will be having an in-depth knowledge of basic concepts of research methodology process of research designing a scientific study, basic statistical concepts and specific statistical tests for analysis.

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

- **Introduction to research methodology**—definition of research, types of research, need for Yoga research
- The research process
- **Literature review**—Purpose, Process, digital source: PubMed, etc., presentation of literature review
- **Ethics of research**—Laboratory ethics, Publication ethics, Ethical bodies—IEC& IRB, Guidelines for good clinical practice
- **Scales of measurement**—nominal, ordinal, interval, ratio
- **Data collection methods:** Observation, Interview, psychological tests, questionnaire, physiological tests, and archive

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

- **Sampling methods** - Population and Sample; Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling
- **Methods of controlling biases**-Randomization

- **Types of variables-** Independent, dependent, confounding variable
- **Types of research design**–Experimental designs, cross sectional design, Casestudy,
- **Survey Reliability:** Test-Retest Reliability, Internal Consistency, Inter rater Reliability
- **Validity:** Construct Validity, FaceValidity, Content Validity, Criterion Validity, Convergent and Discriminant Validity
- **Issues of bias and confounding**  
Selectionbias, Recall bias,Observer or measurement bias, Publication bias

### **Unit –III: Statistical Concepts–I**

- Descriptive statistics
- Inferential statistics
- Null Hypothesis Significance Testing: hypothesis and nullhypothesis
- Statistics and Parameters
- Sample and Population
- Generalization
- Onetailed, two tailed hypothesis
- Types of Error sand its control
- Central Limit Theorem

### **Uni- IV: Statistical Concepts–I**

- Point estimate and interval estimate
- Power analysis :Effectsize, samplesize
- p-value
- Confidence interval
- Statisticaltests and design
- Assumptions of tests
- Statistical tests for various designs: Correlation, proportions, paired-sample and independentsamplet-tests, Chi-Squaretests, ANOVA, Repeated Measures ANOVA,parametric and non-parametrictests.

### **Reference Books**

- i. CRKothari.(2009).Research Methodology: Methods and Techniques. New Age International (P) Ltd.New delhi.
- ii. R.L.Bijlani.(2008).Medical Research: AllYouWanted to Know But Did Not Know Who to Ask.JaypeeBrothers Medical PublishersPvt.Ltd.New delhi
- iii. Zar,J.H.,&Zar.(1999).Biostatistical Analysis. Pearson Education.New Delhi

## Semester-I

### MYST 106P- Practical- Yoga Skill and Prowess-I

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
MYST 106P	Practical- Yoga Skill and Prowess-I	PC	0-0-12	6

#### Course Assessment Methods (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

#### Course Objectives & Course Outcomes

The main objective of the course is to impart knowledge about the prevention of health problems by promoting positive health through Yoga practices. To understand the underlying mechanisms of yoga practices. Student will be able to understand how to strengthen the different systems using Yoga which will help them to prevent health problems and promote positive health.

#### **Unit-I:Prayer, Sithilikarana Vyayama, Breathing Practices**

**10 Marks**

Prayer

Surya Namaskara

##### **Sithilikarana Vyayama**

- Simple Jogging---Mukha Dhouti
- Forward jogging
- Backward jogging
- Side Jogging
- Twisting
- Rotation of arms
- Forward & backward bending
- Back stretch
- Side Bending
- Neck Movement

##### **Breathing Practices**

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

#### **Unit-II: Kriya and Meditation**

**10+5 Marks**

- Neti: JalNeti and Rubber Neti
- Dhauti: Vaman
- Kapalbhatti: Vatakatrma and Vyut Karma
- Breath meditation, Om Meditation

### Unit-III Asana

20- Marks

#### Standing Asana

- Tadaasana
- Triyaktadasna
- Katichackrasana
- Vrikshaasana
- Trikonasana
- Shankatasana
- Utkatasana
- Urdhavasttotansana
- Sirshpadanghusthasana
- Padhashasana

#### Sitting Asana

- Dandasana
- Vakrasana
- Ardhamatesendryasana
- Akarnadhanurasana
- Mrjariasana
- Vygrasana
- Gomukhasana
- Vajarasana
- Ardha-Ustrasana
- Sashankasana
- Supta-Vajrasana
- Padmasana
- Toloangulasana
- Utthithapadmasana
- Matsyasana

#### Supine Asana

- Uttanpadasana
- Ardha-Halasana
- Halasana
- Naukasana
- Setubandhasana
- Shavasana

#### Asana

- Salabhasana
- Makrasana
- Dhanurasana
- Vipratnaukasana

### Unit IV: Pranayama and Mudra Bandha

10+5 Marks

#### Pranayama

- Naddishodhan
- Suryabhedan'
- Chandrabhedan
- Sheetali
- Sheetkari

#### Mudra and Bandha

- Moolbandha
- Jalndharbandha
- Uddiyanbandha
- Ashwani Mudra
- Shambhavi Mudra
- Vipratkarni Mudra

#### Viva-voce

10 Marks

#### Reference Books:

1. Asana, Mudra, Pranayama and Bandha- Swami Satyanada Saraswati, BSY, Munger
2. Light on Yoga, BKS Iyenger
3. Hatha Yoga Pradeepika, Swami Satyanada Saraswati, BSY, Munger

**MSc. Yoga Science and Therapy**

**Semester-II**

**MYST 201 - Patanjala Yoga Sutra**

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
MYST 201	Patanjala Yoga Sutra	PC	6-0-0	6

**Course Assessment Methods** (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

**Instruction for paper setting:**

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. **Question paper will be in both English and Hindi languages.**

**Course Objectives & Course Outcomes**

The objective of teaching Patañjala Yoga Sutrās to students is to provide them with knowledge of Patañjala's contribution to the field of Yoga, well verse with the yogic principles and it's meaning mentioned in Patañjala Yoga Sutra. The students will be able to understand human's psychology as Patanjala had explained.

**Unit-1: SAMADHI PADA**

- What is Yoga?
- Culmination of Yoga (sutra: 3)
- Vritti and its classifications (sutra: 5-11)
- Necessity of Abhyāsa & Vairāgya (sutra: 12)
- Foundation of Abhyāsa (sutra: 13-14)
- Lower & higher form of Vairagya(sutra: 15-16)
- Definition of Samprajīa and Asamprajīa Samādhi (sutra: 17-20)
- Definition & attribute of Ishwara (sutra: 24-25)
- Praëava and Sādhana for Ishwara (sutra: 27-28)
- Result of Sādhana (sutra: 29)
- Obstacles in the path of Yoga(sutra: 30-31)

**Unit-2: SADHANA PADA**

- Discipline for Sādhana (sutra: 1-2)

- Klesha – Avidya, Asmita, Rāga, Dvesha and Abhinivesha (3-9)
- Modification of the Klesha.  
Meditation (sutra: 10-11)
- Karmāshaya and its fruits (sutra: 12-14)
- Pleasure and Pains are both painful (sutra: 15-17)
- Four stages of Guëäs (sutra: 19)
- Puruñā and Prakāti(20-24)
- Definition of Hāna (sutra: 25-26)
- Stages of enlightenment (sutra: 27)
- Necessity of Yoga Practice (sutra: 28)
- Bahiraiga Yoga (sutra: 29-55)

### **Unit- 3: VIBHUTI PADA**

- Antaraiga Yoga(sutra: 1-3)
- kaivalya siddhis
- Saàyamaand its results, applications (sutra: -6)
- Pariëāma(sutra: 9-13) –Siddhis(sutra: 16-49)
- Attainment of Kaivalya (sutra: 56)
- Sources of Siddhis (sutra: 1)
- Influence of Karma (sutra: 7)

### **Unit-4: KAIVALYA PADA**

- Five means of Siddhis,
- concept of Nirman Chitta
- Manifestation, Source and disappearance of Väsanäs (sutra: 8-11)
- Theory of perception (sutra: 15)
- Mind and its manifestation (sutra: 16-23)
- Heading to Kaivalya (sutra: 27-34)

### **Reference Books:**

1. Four Chapters of Freedom, Swami Satyanada saraswati, BYS, Munger
2. The Science of Yoga, Taimini
3. Patanjala Yoga Sutra- Geeta Press Gorakhpur
4. Patanjala Yoga Sutra- Nandalal Dashora

## Semester-II

### MYST 202- Yoga Philosophy

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
MYST 202	Yoga Philosophy	PC	6-0-0	6

**Course Assessment Methods** (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

**Instruction for paper setting:**

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks **Question paper will be in both English and Hindi languages.**

**Course Objectives & Course Outcomes**

The goal of teaching Yoga Philosophy to students is to give comprehensive knowledge about therapeutic basis of yoga as mentioned in ancient literature including Vedās, Upanishads, and shat darshanas etc. The essence of Vedas and Upanishads will be understood. Students can adopt it as their life style and will be prepared to teach others the benefits of such lifestyle.

**Unit-1: Introduction to Yoga Philosophy:**

Vedas: meaning, definition, types and concept of yoga in:

- Rig veda
- Yajur Veda
- Sama veda
- Atharva veda
- Upveda

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

- **Ishavasyopanishad:** Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.
- **Mundaka Upanishad:** Two approaches to Brahma- Vidya- Para and Aparā; The greatness of Brahavidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti.
- **Katha Upanishad:** Definition of Yoga; Nature of Soul; Importance of Self Realization.

- **Prashna Upanishad:** Concept of Prana and rayi (creation); Panchapranas; The six main questions;
- **Chhandogya Upanishad:** Om (udgitha) Meditation; Shandilyavidya.

### Unit-3: Yoga Philosophy in Upanishads-II

- **Swetaswataropanihad:** (Chapter II) Techniques and Importance of Dhyanyoga, suitable place for Dhyana, sequence of pranayama & its importance, Prior symptoms of Yogasiddhis, Importance of Yogasiddhis , Tattvajna, (ChapterVI) Nature of God, techniques for Realization, Attainment of liberation.
- **Yogakundali Upanishad:** Methods of Pranayama Siddhi, Types of Pranayama, means of Self -realization.
- **Nadabindoopanihad:** Hansavidya : description of various limbs of Omkar, 12 matras of omkar and its results of their application with Pranas, Types of nadas, nature of nadanusandhan sadhana, state of Manolaya.
- **Dhyanbindoopanihad:** importance of Dhyanyoga, Nature of Pranav, Techniques of Pranav meditation, Shadanyoga, Atmadarshan through Nadanusandhan.procedures of Dhyana and its results.
- **Yogarajopnihad:** Mantrayoga, Layayoga, Hathayoga, Rajayoga, nine chakras,

### Unit-4: Yoga Philosophy in Darshnas:

- General Introduction
- Astik and Nastik Darshan
- Yoga and Samkhya Darshan
- Nayaya and Vasheshik Darshan
- Memansa and Vedant darshan

### Reference Books:

1. 108 Upanishad: Acharya Shriram Sharma, YugnirmanYojana, Vistar trust, Mathura
2. Ten major Upanishads: Geeta press, Gorakhpur
3. Ishadi Nau Upanashida, Geeta press, Gorakhpur
4. Rig veda, Acharya Shriram Sharma, YugnirmanYojana, Vistar trust, Mathura
5. Yajur veda, Acharya Shriram Sharma, YugnirmanYojana, Vistar trust, Mathura
6. Sama veda, Acharya Shriram Sharma, YugnirmanYojana, Vistar trust, Mathura
7. Athra veda, Acharya Shriram Sharma, YugnirmanYojana, Vistar trust, Mathura
8. Shatdarshana – Sw Sukhabodhananda – RK mat publications

## Semester-II

### MYST 203-Yoga Therapy for common ailments -I

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
MYST 203	Yoga Therapy for common ailments –I	PC	6-0-0	6

**Course Assessment Methods** (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

**Instruction for paper setting:**

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. **Question paper will be in both English and Hindi languages.**

**Course Objectives & Course Outcomes**

The objective of teaching Yoga Therapy for Common Ailments to students is aimed at giving the student comprehensive medical knowledge of the disease and its Yogic Management. All the diseases are connected with different systems, students will have understanding and knowledge of sign, symptoms, prevalence and their Patho-physiology, medical management and total rehabilitation with Integrated approach of Yoga therapy.

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

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

**Unit-2: Musculo-Skeletal Disorders**

- i. BackPain
  - A. Classification of backpain: organic and functional
    - a) Lumbar Spondylosis
    - b) Inter vertebral disc prolapse (IVDP)
    - c) Spondylolisthesis
    - d) Spondylitis
    - e) Psychogenic-Lumbago
  - B. Medical Management
  - C. Yogic Management

- ii. Neck pain
  - A. Classification
    - a) Cervical Spondylosis, radulopathy
    - b) Functional neck pain
    - c) Whiplash injury
  - B. Medical Management
  - C. Yogic Management
- iii. Arthritis
  - A. Classification
    - a) Rheumatoid Arthritis
    - b) Osteoarthritis
  - B. Medical Management
  - C. Yogic Management
- iv. Muscular Dystrophy
  - A. Medical Management
  - B. Yogic Management
- v. Evidence based Yoga therapy for musculo-skeletal Disorders

### **Unit-3:Respiratory Disorders**

- i. Introduction to Respiratory disorders
  - a. Brief classification–Obstructive, Restrictive, infectious and inflammatory
  - b. Introduction to Pulmonary function tests and their principles
- ii. Bronchial Asthma
  - A. Definition, Pathophysiology, Classification, Clinical Features,
  - B. Medical Management
  - C. Yogic Management
- iii. Allergic Rhinitis & Sinusitis
  - A. Definition, Pathophysiology, Classification, Clinical Features,
  - B. Medical Management
  - C. Yogic Management
- iv. Chronic Obstructive Pulmonary Disease (COPD)
  - A. Chronic Bronchitis
    - a) Definition, Pathophysiology, Classification, Clinical Features,
    - b) Medical Management
    - c) Yogic Management
  - B. Emphysema
    - a) Definition, Pathophysiology, Classification, Clinical Features,
    - b) Medical Management
    - c) Yogic Management
- v. Evidence based Yoga therapy for Respiratory Disorders

### **Unit-4: Cardiovascular system**

- i. Introduction to Cardiovascular Disorders
- ii. Hypertension

- a. Definition, Pathophysiology, Classification, Clinical Feature
  - b. Medical Management
  - c. Yogic Management
- iii. Atherosclerosis/Coronary artery disease
- a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- iv. Ischemic Heart disease–Angina pectoris/Myocardial Infarction
- a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- v. Evidence based Yoga therapy for Cardiovascular Disorders

**Reference books:**

- i. Yoga for Bronchial Asthma – Dr H R Nagendra, R Nagaratna, SVYP
- ii. Yoga for Hypertension and Heart Diseases – Dr H R Nagendra, R Nagaratna, SVYP
- iii. Yoga for Diabetes – Dr H R Nagendra, R Nagaratna, SVYP
- iv. Yoga for Obesity – Dr H R Nagendra, R Nagaratna, SVYP
- v. Integrated approach of yoga therapy for positive health-Dr. R Nagaratha, Dr. H R. Nagendra
- vi. Yoga for common disorders- Swami Koormananda Saraswati

## Semester-II

### MYST 204-Yoga Therapy for common ailments -II

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
MYST 204	Yoga Therapy for common ailments -I	PC	6-0-0	6

**Course Assessment Methods** (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

**Instruction for paper setting:**

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. **Question paper will be in both English and Hindi languages.**

**Course Objectives & Course Outcomes**

The objective of teaching Yoga Therapy for Common Ailments to students is aimed at giving the student comprehensive medical knowledge of the disease and its Yogic Management. All the diseases are connected with different systems, students will have understanding and knowledge of sign, symptoms, prevalence and their patho-physiology, medical management and total rehabilitation with Integrated approach of Yoga therapy.

**Unit- 1: Gastro Intestinal Disorders**

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

- a. Definition, Pathophysiology, Classification, Clinical Features
- b. Medical Management
- c. Yogic Management
- vi. Evidence based Yoga therapy for GastroIntestinal Disorders

## **Unit 2 : Excretory system, Obstetrics and Gynaecological Disorders**

- i. Chronic Renal Failure
  - a. Causes, clinical features
  - b. Medical management
  - c. Yogic Management
- ii. Renal Stones
  - a. Medical management
  - b. Yogic Management
- iii. Irritable Bladder
  - a. Medical management
  - b. Yogic Management
- iv. Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia
  - a. Definitions, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- v. Pre-menstrual Syndrome
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- vi. Yoga for Pregnancy and Childbirth
  - a. Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM
  - b. Ante-natal care
  - c. Post-natal care
- vii. Infertility-male and female PCOS
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- viii. Evidence based Yoga therapy for Excretory, Obstetrics and Gynaecological Disorders

## **Unit-3: Endocrine system**

- i. Diabetes Mellitus(I&II)
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- ii. Hypo and Hyper-thyroidism
  - a. Definition, Pathophysiology, Classification, Clinical Features

- b. Medical Management
  - c. Yogic Management
- iii. Obesity
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- iv. Metabolic Syndrome
  - a. Definition, Pathophysiology, Classification, Clinical Features
  - b. Medical Management
  - c. Yogic Management
- v. Evidence based Yoga therapy for Endocrinal and Metabolic disorders

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

##### **I. Neurological Disorders:**

- i. Headaches: Migraine and Tension headache
  - a. Causes, Classification, clinical features
  - b. Medical management
  - c. Yogic Management
- ii. Cerebrovascular accidents
  - a. Causes, clinical features
  - b. Medical management
  - c. Yogic Management
- iii. Epilepsy; pain; Autonomic dysfunctions
  - a. Causes, clinical features
  - b. Medical management
  - c. Yogic Management
- iv. Parkinson's disease
  - a. Causes, clinical features
  - b. Medical management
  - c. Yogic Management
- v. Evidence based Yoga therapy for Neurological Disorders

##### **II. Psychiatric disorders**

Introduction to psychiatric disorders, classification—Neurosis, Psychosis.

- i. Neurosis
  - A. Anxiety disorders**
    - a. Generalised anxiety disorder
    - b. Panic Anxiety
    - c. Obsessive Compulsive Disorder
    - d. Post-traumatic stress disorder
    - e. Phobias
    - f. Medical Management
    - g. Yogic Management
  - B. Depression**
    - a. Dysthymia
    - b. Major depression
    - c. Medical Management
    - d. Yogic Management

- ii. Psychosis
  - d. Schizophrenia
  - e. Bipolar affective disorder
  - f. Medical Management
  - g. Yogic Management
- iii. Evidence based Yoga therapy for Psychiatric disorder

**Reference books:**

- i. Yoga for Pregnancy – Dr H R Nagendra, R Nagaratna, Dr Shamanthakamani, SVYP
- ii. Yoga for Digestive Disorders – Dr H R Nagendra, R Nagaratna, SVYP
- iii. Yoga for Arthritis – Dr H R Nagendra, R Nagaratna, SVYP
- iv. Yoga for Back Pain – Dr H R Nagendra, R Nagaratna, SVYP
- v. Yoga for Depression - Dr H R Nagendra, R Nagaratna, SVYP
- vi. Yoga practices for Anxiety and Depression – Dr H R Nagendra, R Nagaratna, SVYP
- vii. Yoga for Cancer – Dr H R Nagendra, R Nagaratna, SVYP
- viii. Integrated approach of yoga therapy for positive health-Dr. R Nagaratha, Dr. H R Nagendra – SVYP
- ix. Yoga for common disorders- Swami KoormanandaSaraswati

## Semester-II

### MYST 205P- Practical- Yoga Skill and Prowess-II

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
MYST 205P	Practical- Yoga Skill and Prowess-II	PC	0-0-12	6

#### Course Assessment Methods (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

#### Course Objectives & Course Outcomes

Its main objective is to provide understanding of advanced yoga techniques and to impart knowledge about the prevention of health problems by promoting positive health through Yoga practices. To understand the underlying mechanisms of yoga practices. Student will be able to understand how to strengthen the different systems using Yoga which will help them to prevent health problems and promote positive health.

#### **Unit-I:Prayer, and SukshmaVyayama**

**10 Marks**

Suksha Vyayama By Swami Dharendra Bharamachari

#### **Unit-II: KriyaAnd Meditation**

**10 +5 Marks**

- Neti: Sutra Neti
- Dhauti: Danda And Vastra
- Kapalbhathi: Sheet Karma
- Trataka
- Nauli
- Mind Sound Resonance Technique
- Soham Sadhana

#### **Unit-III Asana**

**20 Marks**

##### **Standing Asana**

- Garudasana
- Natarajasana
- Vatayanasana
- Murdhasana
- Ekpangusthasana
- Chackrasana
- Sarvangpusti

##### **Sitting Asana**

- Ardhamatesendryasana
- Akarnadhanurasana-Ii
- Purna-Ustrasana
- Purnmatseyandra
- Rajkapot
- Mayurasana
- Bakasana
- Sirsasana
- Uttankoormasana
- Kukkutasana
- Yogamudrasana

### **Supine Asana**

- Karanpeedasana
- Sarvangasana
- Setubandhasarvangasana
- Markatasana

### **Prone Asana**

- Bhungasana
- Kapotasana

## **Unit-IV: Pranayama and Mudra Bandha**

**10 +5 Marks**

### **Pranayama**

- Bhastrika
- Bhramari
- Anulom-Vilom
- Breathing (VibhagyiPranayam)
- Ujjayi
- Udgeet
- Sectional

### **Mudra AndBandha**

- Shambhavi Mudra
- Mahamudra
- Kakki Mudra
- Mahaveda
- Mahabandha

### **Viva Voce:**

**10 Marks**

**Including all the practices described in Semester-I.**

### **Reference Books:**

1. Asana, Mudra, Pranayama and Bandha- Swami SatyanadaSaraswati, BSY, Munger
2. Light on Yoga, BKS Iyenger
3. Hatha Yoga Pradeepika, Swami SatyanadaSaraswati, BSY, Munger

## Semester-II

### **MYST 206P- Practical- Methods of Scientific Writing and Synopsis presentation (Dissertation)**

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
MYST 206P	Practical- Methods of Scientific Writing and Synopsis presentation	PC	0-0-12	6

#### **Course Assessment Methods** (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

#### **Course Objectives & Course Outcomes**

The objective of teaching scientific writing course to postgraduate students is to provide them practical knowledge on writing and communicating scientific information of various scientific/research investigations. Students will be able to write their own Synopsis, dissertation and learn computer Skills.

#### **Unit -1: Writing for Synopsis**

- Research Process – An Overview
- Introduction – Title, Abstract
- Literature review – Types: Review of scriptures and Modern scientific literature, why literature review, how to conduct literature review, use of Pub Med, and other online sources, presentation of literature review.
- Aims and Objectives – Statements of aims and objectives, research questions, hypothesis, null hypothesis, rationale of study, operational definition.
- Methods – Participants, Inclusion & Exclusion criteria, Design, Intervention, Assessment tools, independent & dependent variables,
- Ethics of research – Laboratory ethics, Publication ethics, Ethical bodies – IEC &IRB, Guidelines for good clinical practices
- Plan of data extraction and Tabulation (Demo Table)
- Plan for Statistical Analysis
- Use of Mendeley reference manager
- Use of ITRANS 99/krutidev

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

- Dissertation preparation
- Format, Introduction,
- Literature Review (Scriptural and Scientific),
- Aims & Objectives,
- Methods,
- Results and Discussion,
- Conclusion,
- Appraisal,
- References,

- Appendix,
- Text/legend,
- Tables and picture formatting

**Unit -3: Presentation Skills**

- MS Word, Excel, Power point
- Presentation of research article
- Presentation of synopsis
- Oral and poster presentations

**Unit-4: Synopsis**

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

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

**Reference books:**

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

**MSc. Yoga Science and Therapy**

**Semester-III**

**MYST 301-Yoga & Naturopathy**

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
MYST 301	Yoga & Naturopathy	PC	6-0-0	6

**Course Assessment Methods** (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

**Instruction for paper setting:**

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rests of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. **Question paper will be in both English and Hindi languages.**

**Course Objectives & Course Outcomes**

The objective of teaching Yoga and rehabilitation subject to students is to provide them with knowledge about the principles of Naturopathy that are compatible to Yoga therapy. The students will be able to integrate Naturopathy with Yoga for recovering from a disease sooner. Students will be able to understand and prescribe the line of treatments employed for relieving the common disease conditions.

**UNIT I: Introduction:**

- Brief history of Naturopathy.
- Meaning & Definition of Naturopathy.
- Principles of Naturopathy.
- Basic elements of Naturopathy.

**UNIT II: Principles & Methods**

**A. Mud Therapy**

- Definition Mud Therapy
- Types of Mud
- Preparation and Method of Application
- Benefits
- Indication and Contraindication

**B. Hydro Therapy**

- Introduction to Hydrotherapy

- Physiological and Therapeutic Properties
- Hydrotherapy Interventions: Hip Bath, Steam Bath, Enema, Packs, Compress, Fomentation.

### C. Sun Therapy

- Definition
- Benefits
- Indication and Contraindication

## UNIT III: Principles & Methods of:

### A. Massage Therapy

- Definition
- Principles of Massage Therapy
- Types of Massage Therapy
- Preparation and Method of Application
- Benefits
- Indication and Contraindication

### B. Diet Therapy

- Basis of Diet and its type
- Precaution to be taken
- Indications
- Contraindications

### C. Fasting

- Fasting Therapy
- Type of Fasting
- Importance of Fasting
- Precaution to be taken
- Indications
- Contraindications

## UNIT IV: Treatment of various disorders by Naturopathy

- |                        |                |
|------------------------|----------------|
| • Common Cough & Cold, | • Insomnia     |
| • Fever                | • Hypertension |
| • Constipation         | • Diabetes     |
| • Spondylitis          | • Obesity      |
| • Arthritis.           | • Stress.      |
| • Asthma               |                |

### Essential Readings:

1. K.S. Joshi-Speaking of Yoga and Naturopathy, Orient Paperback, New Delhi, 1990.
2. H.K. Bhakru, The complete Hand book of Nature Cure, Jaico Publishing House.
3. Dr. Henry Lindlhai-The practice of Nature Cure, CCRYN, New Delhi, 2012.
4. Dr. Rakesh Jindal- Prakritik Ayurvigyan, Arogya seva prakashan, Modinagar, U.P.
5. Dr. Rudolf - Diet and Nutrition, Himalayan Institute Press.

6. Principles of Naturopathy- Dr. Bhakru
7. Dr. Rudolf - Diet and Nutrition, Himalayan Institute Press.

### Semester-III

#### **MYST 302- Health and Yogic Diet**

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
MYST 302	Health and Yogic Diet	PC	6-0-0	6

#### **Course Assessment Methods** (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

#### **Instruction for paper setting:**

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rests of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. **Question paper will be in both English and Hindi languages.**

#### **Course Objectives & Course Outcomes**

The objective is to understand the concept of health, diet and value of nutrition. To understand and practice daily regimen, night regimen and seasonal regimen for health promotion, disease prevention and age reversal. The students will be able to apply concept of yogic food as an alternative to treat illness and disease.

#### **Unit-1: Swastha Vritta (Health and Wellness)**

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

#### **Unit –2: Basic concepts and components of food and nutrition**

- Concept of food,
- Functions of Food;
- Components of Food & their Classification;

- Understanding Nutrition,

Macro Nutrients –Sources, Functions and Effects on the Body;

- Carbohydrates
- Protein
- Fats

Micro Nutrients - Sources, Functions and Effects on the Body;

- Vitamins
- Minerals

### **Unit – III: Diet, Energy and Metabolism**

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

### **Unit – IV: Yogic concept of diet & nutrition**

- General Introduction of Ahara (Diet),
- Concept of Mitahara;
- Definition and Classification in Yogic diet according to traditional Yoga texts;
- Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta-Rajasic, Tamasic and Sattvic food;
- Guna and Ahara ;
- Importance of Yogic Diet in Yog Sadhana;
- Yogic Diet and its role in healthy living;
- Diet according to the body constitution ( Prakriti) – Vata, Pitta and Kapha.

### **Reference books:**

- i. Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
- ii. Prof. Ramharsh Singh - Swashthavritta Vigyan, Chaukhambha Sanskrit Prakashan, Varanasi, 1998.
- iii. Sriram Sharma Acharya- Jivem Sharadah Shatam, Akhand Jyoti Mathura 1998.
- iv. Dr. Rudolf - Diet and Nutrition, Himalayan Institute Press.

- v. Prof. Ramharsh Singh-Yog ewam Yogic Chitksha, Chaukhambha Sanskrit Prakashan, Varanasi, 1998.
- vi. Swastha Vritta Vigyan ewam Yogic Chiktsha- Dr. Rakesh Giri, Sikhsha Bharti, Uttrakhand1

### Semester-III

#### **MYST 303- Bio-statistics**

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
MYST 303	Bio-statistics	PC	6-0-0	6

**Course Assessment Methods** (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

**Instruction for paper setting:**

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rests of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. **Question paper will be in both English and Hindi languages.**

**Course Objectives & Course Outcomes**

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

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

- Introduction to data analysis,
- framing steps for data analysis,
- data extraction and cleaning,
- structure of data,
- Introduction to research software and packages(R-Studio or any other)

**Unit-2: Exploratory Analyses**

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

### **Unit-3: Confirmatory Analyses**

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

### **Unit-4: Understanding and Writing Reports**

- Understanding reporting of correlation, chi-square, t-tests, and ANOVA.
- Understanding effects of interactions – 1-way, 2-way interactions.
- Understanding graphical representations of results – graphs and tables.
- Writing reports for various statistical tests: correlation, chi-square, t-tests, and ANOVA.
- Using APA style for reporting test statistics
- Using R to generate APA style tables.

### **Reference books:**

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

### Semester-III

#### **MYST 304- Methods of Teaching Yoga and Value Education**

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
MYST 304	Methods of Teaching Yoga and Value Education	PC	6-0-0	6

**Course Assessment Methods** (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

**Instruction for paper setting:**

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rests of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. **Question paper will be in both English and Hindi languages.**

**Course Objectives & Course Outcomes**

The main objective of this course is to teach teaching techniques, class management, lesson planning, introduce educational tools of yoga teaching and to teach the concept of yoga education and values.

**Unit 1: Principles and Methods Of Teaching Yoga**

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

**Unit 2: Basics of Yoga Class Management Lesson Planning**

- Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group)
- Techniques of Individualized
- Teaching Techniques of group teaching
- Essentials of Good Lesson Plan: concepts, needs, planning of teaching
- Models of Lesson Plan
- Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching;

- Lesson Plan and its Practical applications

### **Unit 3: Educational Tools Of Yoga Teaching**

- Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc;
- Classroom problems: Types and Solutions,
- Characteristics and essentials of good Yoga teaching;
- Time table: Need, Types, Principles of Time table construction;
- Time Table for Yoga teaching;
- Meaning, Importance and Types of Educational technology;
- Role of Educational Technology in Yoga.

### **Unit 4: Yoga and Value Education**

- Concept of Value,
- Definition of value,
- Types of Values;
- Value Oriented Education,
- Value education and its components;
- Value oriented personality,
- Role and function of values in Society;
- Yoga as global value,
- Yoga as value and yoga as Practice;
- Contribution of Yoga towards the development of values.

### **Reference Books:**

1. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990.
2. Swami Satyananda Saraswati: A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya, Bihar Schools of Yoga, Munger, 2004.
3. Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala

### Semester-III

#### **MYST 305P: Practical- Yoga Therapy Techniques**

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
MYST 305P	Practical- Yoga Therapy Techniques	PC	0-0-12	6

#### **Course Assessment Methods** (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

#### **Course Objectives & Course Outcomes**

The objective of teaching Yoga Therapy techniques to postgraduate students is to provide them with comprehensive knowledge of therapeutic techniques applicable for various ailments. Students would be able to demonstrate usage of therapeutic aspect of *Yoga* in promotive, preventive, and curative therapy, demonstrate each technique prescribed for a disease and explain the working principles behind the techniques prescribed for various diseases. The student would be able to understand contraindications and indications of *yogic* practices in order to efficiently use *Yoga* as a therapy and explain the precautions to be taken before practicing the special techniques.

#### **Unit-1:**

- Yoga Practices for respiratory disorders
- Yoga practices for cardio vascular disorders

#### **Unit-2:**

- Yoga practices for Endocrinal and metabolic disorders
- Yoga practices for Musculo-skeletal disorders

#### **Unit-3:**

- Yoga practices for obstetrics and gynaecological disorders
- Yoga practices for GID

#### **Unit-4:**

- Yoga practices for excretory system disorders
- Yoga practices for neurological and psychiatric disorders

#### **Recommended books:**

Yoga for common ailments manual (All series books), SVYP, Bangalore, 2002

### Semester-III

#### **MYST 306P: Field Training- Practical**

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
<b>MYST 306P</b>	<b>Field Training- Practical</b>	<b>PC</b>	<b>0-0-12</b>	<b>6</b>

#### **Course Assessment Methods** (Total Marks: 100=Internal 100):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

#### **Course Objectives & Course Outcomes**

The objective of field training to postgraduate students is to provide them with practical knowledge of Clinical training at Yoga therapy hospital so as to elevate the level of practical knowledge in students.

Each student will spent 6 hours per day for 1 month in hospitals/yoga center/health center (Govt./private) for learning the yoga treatment of various diseases and he/she will prepare a practical record of learned yoga treatment with minimum of 10 case studies.

#### **Case History Writing (Minimum 10 Case Studies)**

- Introduction to general parameter
- Introduction to special parameter
- Education of Participant Care
- Psychological analysis by Triguëa and Tridoça,
- (Analysis of Prakâti and Vikâati of participants)
- Data Entry and Data Analysis
- Report Writing
- Case Presentation

**Format of Case Study Writing Format is enclosed(ANNEXURE 'A').**

At the end of the semester student is supposed to submit certificate of one month training to qualify the subject.

**MSc. Yoga Science and Therapy**

**Semester-IV**

**MYST 401-Shrimad Bhagwad Geeta and Samkhaya Karika**

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
MYST 401	Shrimad Bhagwad Geeta and Samkhaya Karika	PC	6-0-0	6

**Course Assessment Methods** (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

**Instruction for paper setting:**

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. **Question paper will be in both English and Hindi languages.**

**Course Objectives & Course Outcomes**

The primary objective is to understand and discuss Shrimad Bhagvad Geeta & Samkhya karika as basic philosophical and theoretical foundations of Yoga. These texts provides a deeper understanding to yogic concepts mentioned in them and students will be able to relate and implement in every day activities.

**Unit-1: Introduction to Bhagavad Gita,**

- General Introduction to Bhagavad Gita
- History of Bhagavad Geeta
- Definitions of Yoga, their relevance & Scope
- Importance of Bhagavad Geeta in modern time

**Unit-2: Essentials of Bhagavad Gita**

- Samkhya and Gyan Yoga
- Karma Yoga
- Bhakti Yoga

Concept of

- Atmaswarupa,

- Stithaprajna
- Trividha sraddha
- Dharma

### **Unit-3: Introduction to Samkhya darshan-I**

- General Introduction to Samkhya karika
- Nature of Dukha
- Introduction to 25 elements
- Praman- Vivechan
- Satkaryavada
- Vyakta-Avyakta
- Causes of Failure

### **Unit-4: Introduction to Samkhya darshan-II**

- Nature of Gunas
- Purasha Vivechana
- Buddhi k Lakshana and Dharma
- Ahamkara se Sarg Privritti
- Trayodash karana ewam Sukshma sharir
- Mukti vivechana

### **Reference books:**

1. Sadhak sanjeevani- Swami Ramsukha Das, Geeta Press, Gorakhpur
2. Bhagavad Geeta- Geeta Press, Gorakhpur
3. Shrimad Bhagavad Geeta Yathartharopa, Swami Prabhupada, Iskon Temple
4. Samkhaya Karika—Ishwar Krishna. Chokhamba Publication, Delhi
5. Samkhaya Karika- Ishwar Krishna, Motilal Banarasi Das, Delhi

## Semester-IV

### **MYST 402-Yogic Counseling**

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
MYST 402	Yogic Counseling	PC	6-0-0	6

#### **Course Assessment Methods** (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

#### **Instruction for paper setting:**

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks **Question paper will be in both English and Hindi languages.**

#### **Course Objectives & Course Outcomes**

The objective of teaching Yogic Counseling to students is to make them get familiariz with the counseling. To know the importance of counseling in Yoga therapy and the technique of counseling. The students will be familiarized with basic concept of Psychology and Psychotherapy and their role in Yogic Counseling.

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

- Definition of mind according to modern science and yoga;
- comparative understanding of the process of perception, learning, Intelligence, Creativity, memory and emotions according to modern psychology and yoga psychology;

A brief understanding of conventional methods of

- Psychotherapy
- Existential/Humanistic Therapy;
- Psychodynamic Therapy;
- Behavioural Therapy;
- Cognitive Therapy.

#### **Unit 2: Yoga for personality development**

- Meaning and Definition
- Nature of personality
- Determinants of Personality

### **Theories of personality –**

- Freud's Psychoanalytic Theory
- Roger's Humanist Theories;
- Eysenck's Theory of Personality
- The Five-Factor Theory of Personality;
- Yoga for total personality development as research data presentations

### **Unit 3: Yogic Counseling**

- Role of Shuddhi Prakriyas in treatment of illnesses , prevention and promotion of positive Health;

Concepts of

- Karma Shuddhi (Yama, Niyama),
- Ghata Shuddhi (Shat-karma),
- Snayu Shuddhi (Asana),
- Prana Shuddhi (Pranayama),
- Indriya and Mano Shuddhi (Pratyahara),
- Chitta Shuddhi (Dharana, Dhyana and Samadhi)

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

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

Yoga techniques to be used during counseling to cope with

- Hyper Sensitive Mind,
- Excessive Speed Of Mind,
- Problems Of Perfectionist Personality,
- Hereditary And Congenital Problems,
- Psychological Conflicts,
- Calamities/ Life Events (Present, Past , Concerns About Future Distressing Events), Ageing Etc

### **Reference Books**

- i. Introduction to Psychology, , Morgan, C. T., King R. A., Weisze J. R. and Schopler, J. (1987), Mc Graw Hill
- ii. Theories of personality, Hall C. S. Lindzey, G. (1978), New York: Wiley Eastern Limited,
- iii. Raja Yoga – Dr H R Nagendra – SVYP
- iv. The Secret of Action – Dr H R Nagendra – SVYP
- v. The Science of Emotions Culture – Dr H R Nagendra – SVYP

## Semester-IV

### **MYST 403-Yoga and Mental Health**

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
MYST 403	Yoga and Mental Health	PC	6-0-0	6

**Course Assessment Methods** (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

**Instruction for paper setting:**

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. **Question paper will be in both English and Hindi languages.**

**Course Objectives & Course Outcomes**

The objective is to understand the aspects of mental health in texts such as Shrimad Bhagvad Geeta, Yoga Vasistha and Upanishads as basic philosophical and theoretical foundations of Yoga. The student will be able to connect aspects of mental health with yoga.

**Unit-I: Introduction**

- Concept of Mental Health
- Importance of mental Health
- Crisis Of Mental Health
- Characteristics of Mental Health
- Mind and Consciousness

**Unit-2: Bhagwad Geeta**

- General Introduction of Bhagwat Geeta
- Concept of Mental Health in Bhagwat geeta
- Symptoms/characteristics of Mentally Healthy Person
- Gyan Yoga, Karma Yoga and Bhakti Yoga for Mental Health

**Unit-3: Yoga Vasistha**

- General Introduction of Yoga vasistha

- Concept of yoga
- Concept of adhis and vyadhis and Psychosomatic Ailments
- The four Dwarpaals of Freedom
- Jana saptanbhumika(Seven Stages)

#### **Unit- 4: Upanishads**

- Taittiriya Upanishad: Concept of panchakosha
- Kena Upanishad: Self and the mind, Intuitive realization of truth, Moral of yakshavyakhayan
- Katha Upanishad: Definition of yoga, Nature of Soul, Importance of self realization
- Prashna Upanishad: The six main Questions
- Mandukya Upanishad: Four Stages of Consciousness

#### Reference books:

- i. 108 Upanishad: acharya Shriram Sharma, Yugnirman Yojana, Vistar trust, Mathura
- ii. Ten major Upanishads: Geeta Press, Gorakhpur
- iii. Sadhak sanjeevani- Swami Ramsukha das
- iv. Bhagwat Geeta- Geeta Press, Gorakhpur
- v. Shrimad BhagwatGeetaYathartharooma, Swami Prabhupada, Iskon Temple
- vi. Yoga Vasistha, ChokhambhaPrakshan , New Delhi

## Semester-IV

### **MYST 404-Integrated Alternate Therapy**

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
MYST 404	Integrated Alternate Therapy	PC	6-0-0	6

#### **Course Assessment Methods** (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

#### **Instruction for paper setting:**

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks **Question paper will be in both English and Hindi languages.**

#### **Course Objectives & Course Outcomes**

The objective of teaching Yoga and rehabilitation subject to postgraduate students is to provide them with knowledge about the principles of Integrative medicine such as Ayurveda and Naturopathy that are compatible to Yoga therapy. The study of basics of AYUSH system in the MSc curriculum aims in making the best yoga therapists with the confidence in the application of preventive and curative power of Yoga Therapy. By making use of non-invasive, lesser/ nil side effects, well prognosis and most economical treatments of AYUSH compared with the surgical and drug therapy approaches which is inappropriate in many of the NCDs

#### **Unit-1: Ayurveda**

##### **(B) Definition of Ayurveda**

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

##### **(C) Concept of Doshas, Dhatus, Malas and Agni**

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

#### **Unit-2: Chikitsa**

##### **(A) Concept of Chikitsa**

- Shishyaguna – Concept of Chikitsa chatushpada,

- Qualities of royal physician.
- Dinacharya, rutucharya and rutosandhi- features and significance.

**(B) Concept of health and disease**

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

**(C) Concept of drugs in Ayurveda and its formulation**

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

**Unit-3: Alternative Treatment-I**

**(A) Manipulative Therapy**

- Introduction to Manipulative Therapy
- Types of movement
- Benefits
- Indication and Contraindication

**(B) Chromo and Magneto Therapy**

- Introduction to Chromo therapy
- Physiological and Psychological Effect of Color
- Introduction to magneto therapy
- Physiological and Psychological Effect of magnet

**(C) Aroma Therapy and Acupressure**

- Introduction to Aromatherapy
- Modes of Application
- Indication and Contraindication
- Basis of acupressure and reflexology

**Unit-4: Alternative Treatment-II**

**(B) Siddha**

- Brief History of Siddha
- Basic principals of Siddha
- Concept of Siddha
- Mode of action
- Diagnosis and treatment
- Drugs
- Benefits

**(C) Unani**

- Introduction to Unani
- Concept and principles of Unani
- Basic elemements
- Branches of Unani
- Treatment

**(D) Homeopathy**

- Brief Introduction and History
- Cardinal Principles
- Philosophy of Homeopathy
- Effectiveness of Homeopathy
- Treatment
- Benefits
- Indication and Contraindication

**Reference books:**

- i. Introduction to Ayurveda and Yoga by David Frawley.
- ii. Ashtanga Sangraha by Vagbhata.
- iii. Prof. Ramharsh Singh - Swasthavritta Vigyan, Chaukhambha Sanskrit Prakashan, Varanasi, 1998.
- iv. Sriram Sharma Acharya- Jivem Sharadah Shatam, Akhand Jyoti Mathura 1998.

### Semester-IV

#### **MYST-405P: Dissertation**

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
<b>MYST-405P</b>	<b>Dissertation</b>	<b>PC</b>	<b>0-0-24</b>	<b>12</b>

**Course Assessment Methods** (Total Marks: 100=External 100):  
100 marks for external examination.

#### **Course Objectives & Course Outcomes**

The primary objective of dissertation writing for post graduate students is to expose them in research and motivate them to conduct scientific research and pursue higher research. The students will be able to interpret the data and draw a conclusion from it, develop the skill of writing and communicating to scientific world and establish the underlying mechanism of the findings

**During this time each student will write the dissertation (research study) under the supervision of a qualified guide from the Department of Physiotherapy and get ready for presentation. It is mandatory for all candidates to present and undergo a viva-voce on basis of their research work and in the presence of an external expert.**

### Semester-IV

#### **MYST-406P: Advanced Yoga Techniques- Practical cum viva-voce**

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
MYST-406P	Advanced Yoga Techniques	PC	0-0-12	6

#### **Course Assessment Methods** (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

#### **Course Objectives & Course Outcomes**

The objective of teaching of advanced yoga techniques to students is to provide them with practical knowledge about advanced meditation techniques. It enhances the growth of personality as an Integrated personality. The students will be able to present a technique effectively based on the condition of a patient.

- Worksheet writing and correction in a Practical Record.
- Class taking by students and correction.
- Experience writing

<b>Unit- 1: Cyclic Meditation</b>	<b>10 Marks</b>
<b>Unit- 2: Yoga Nidra</b>	<b>10 Marks</b>
<b>Unit- 3: Mind Sound Resonance Technique</b>	<b>10 Marks</b>
<b>Unit-4: Pranic Energisation Technique</b>	<b>10 Marks</b>
<b>Viva-Voce</b>	<b>20 Marks</b>
<b>Practical Record</b>	<b>10 Marks</b>

#### **Reference books:**

- i. Perspective of stress management- Dr. H. R. Nagendra and Dr. R. Nagarathna, SVYP.
- ii. Pranic Energisation Technique- Dr. H R Nagendra, SVYP.
- iii. MSRT – Dr H R Nagendra, SVYP.
- iv. Yoga for Cancer – Dr.H R Nagendra, Dr. R Nagarathna, SVYP.
- v. Yoga Nidra- Swami Satyananda Saraswati, YPT, Bihar school of Yoga, Munger

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