

SYLLABUS

I Semester

MST 101 : Saṃskṛta

MST 102 : Anatomy & Physiology

MST 103 : Vedas, Upaniṣads and Darśanas

MST 104 : Yoga Philosophy and Health

MSP 101 : Yoga Practice – 1

MSP 102 : Yoga Practice – 2

MSP 103 : Yoga Therapy Technique – 1

MSP 104 : Psychology Labs

SAMSKṚTA

Semester: I

Sub Code: MS T 101

Credits: 4

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3 Hrs

Pre Requirement: Knowledge of Devanāgarī script - alphabet, i.e. vowels, consonant vowel combination, two consonant combinations, special conjunct consonants and their pronunciation associated with their articulation.

Faculty may test the compatibility of the student by conducting suitable test

Text Book: Dr. Sarasvati Mohan, Samskr̥ta Level-1, Sharadh Enterprises, Bangalore.

Chapter 1

Verb roots, nine forms for three persons and three numbers; practise all the verb roots and their forms for correct pronunciation; usage of prefixes and how they change the meaning of the verb root and how to find them in the dictionary.

3 hours

Chapter 2

Noun, masculine and neuter genders; 8 cases and their possible meanings; 24 forms of a noun and its declensions; practise of other similar declensions and usage of the 24 forms of a noun. Introduction to write a sentence; syntax, prepositions and their definite requirements of cases; rule how 'ra/sha' changes dental 'n' to cerebral 'N' and its exceptions for this rule; repeat declensions for pronunciation.

7 hours

Chapter 3

Noun- feminine gender; both ā ending and ī-ending and practice of similar declensions. Practice of writing sentences with words mainly in feminine gender; exercises mainly for

the feminine gender illustration; special declensions where dental 'n' changes to cerebral 'N'; repeat all feminine noun declensions.

7 hours

Chapter 4

Madhurāṣṭakam illustrating all the three genders of nouns and study of the adjectives, having all the three genders and changing according to the gender of different qualified nouns; Midterm examination

3 hours

Chapter 5

ex 32-38 ; models of declensions; how to recognize a gender or find the gender using the dictionary and write declensions of new words according to their models of declensions, while applying the rule changing dental 'n' to cerebral 'N'; making simple sentences for all the words given there; repeat vowel-ending model declensions.

10 hours

Chapter 6

Exercises for appropriate use of the cases; irregular verbs; absence of verb root "to have" in Saṁskṛta; where to omit root 'AS' (to be), use of certain special verbs; repeat model declensions

10 hours

Chapter 7

Pronouns: Introduction to pronouns; declensions of pronouns; corresponding translations of pronouns into English; forming sentences with pronouns; Different aspects of pronouns being used as demonstrative pronouns and as interrogative pronouns and details of distance specification..

10 hours

Chapter 8

-Sandhi explanation; three major kinds of Sandhi: Vowel-Sandhi, Visarga-Sandhi and Consonant- Sandhi, and fifteen exercises. (10 hours)

-Parasmaipadi (P) and Atmanepadi (A) forms of verbs;

-Verb and ten Gaṇas; how to find the Gaṇa using the Apte Saṁskṛta -English Dictionary

-Verb and ten Lakāras; mastering five Lakāras of both Parasmaipadi and Atmanepadi and doing the pertaining exercises for that.

10 hours

TEXT BOOKS

1. Dr. Sarasvati Mohan, Saṁskṛta Level-2, Saṁskṛta Academy
2. Dr. Sarasvati Mohan, Saṁskṛta-English-Saṁskṛta Dictionary, Saṁskṛta Academy.
3. Dr. Sarasvati Mohan, Saṁskṛta Level-3, Saṁskṛta Academy
4. Vaman Sivaram Apte, Saṁskṛta-English Dictionary, Saṁskṛta Academy

REFERENCE BOOKS

1. Saṁskṛtabhasadipika, Sri Surasaraswati Sabha (R) Sringeri, Bangalore, 2003.

SVYASA – MSC – SYLLABUS

ANATOMY & PHYSIOLOGY

Semester: I

Credits: 4

Total Hrs: 60

I A Marks: 50

Sub Code: MS T 102

Hours/ Wk: 4

Exam Marks: 50

Exam Duration: 3 Hrs

Chapter 1: Introduction to Human Anatomy and Physiology

Introduction to Human Anatomy and Physiology, Basic Anatomical and Physiological terms; Cell: Structure & Functions, different cell organelles and their functions; Tissues and Organization of human system; Introduction to Support Systems; Maintenance Systems, Control Systems, Defense System and Concept of Homeostasis.

5 Hours

Chapter 2: Musculo-Skeletal System

The Skeletal System: Skeleton, Functions of skeleton, Classification of bones, Study of joints; Structure and function of a Synovial joint; The Muscular System: Types of Muscles in the body;

The characteristics, structure and functions of The Skeletal Muscles, Smooth Muscles and Cardiac Muscles.

5 Hours

Chapter 3: Digestive & Respiratory System

Gross anatomy of digestive system, functional anatomy of Mouth, Oral cavity, Pharynx, Esophagus, Stomach, Small intestine, Large intestine and Anal canal; Physiology of digestion, assimilation & peristalsis, Gastric and digestive juices involved during digestion, associated glands involved in digestive system; Gross anatomy of the respiratory passages, functional of Nasal cavity, Pharynx, Larynx, Trachea, Bronchus, Lungs and Alveoli; The process of Respiration, Lungs volumes & capacities, Mechanics of breathing and exchange of gas in alveoli.

10 Hours

Chapter 4: Cardiovascular System

Functional anatomy of the Heart, arteries, veins and capillaries; The organization of systematic and pulmonary circulation, the cardiac cycle; Blood: Composition and

Functions, Blood groups and their importance; Cardiac output and Venous return; Blood pressure and Regulation of blood pressure.

5 Hours

Chapter 5: Nervous System & Special Senses

- i. An introduction to Histology – nerve – structure and properties of neurons – nerve – action potential – generation propagation – factors influencing classification of neurons and nerve fibers, neuralgia cells, receptors and reflex arcs.
- ii. Functional anatomy of Cerebrum, Cerebellum, spinal cord.
- iii. Functions and importance of the parts of the brain viz., cerebrum, pons, medulla, thalamus, hypothalamus, cerebellum and autonomic nervous system [sympathetic and parasympathetic].
- iv. Functional anatomy and physiology of eyes, ears, nose, tongue and skin.

10 Hours

Chapter 6: Endocrine System

- i. Anatomical structure of important endocrine glands (Pituitary, thyroid, parathyroid, pancreas, adrenal and gonads)
- ii. Short anatomy of the hypothalamus and the releasing hormones secreted from it.
- iii. Structure and function of anterior and posterior Pituitary.
- iv. Function of thyroid, parathyroid, supra renal and islets of Langerhans.

5 Hours

Chapter 7: Blood & Lymphatic System

- i. Composition of blood corpuscles – RBC, WBC and Platelets.
- ii. Plasma, hemoglobin – coagulation of blood and anti coagulants, blood groups and its' importance.
- iii. Sites, functional anatomy of lymph nodes and their function.
- iv. Lymphatic system and its' role in immune system.

10 Hours

Chapter 8: Reproductive and Excretory System

- i. Functional anatomy male reproductive system, seminal vesicles and prostate glands.
- ii. Spermatogenesis.

- iii. Functional anatomy of female reproductive system.
- iv. Ovarian hormones, menstruation, pregnancy, parturition and lactation.
- v. Urinary system, kidneys, ureters, urinary bladder, Urethra
- vi. Skin and sweat glands

10 Hours

TEXT BOOK

Evelyn C Peace : Anatomy and Physiology for Nurses
(Jaypee Brothers, New Delhi, India, 1997)

REFERENCE BOOKS

1. Gore, M.M. : Anatomy and Physiology of Yogic practices
(Kanchan Prakshan, Lonavala, 2003)
2. Shirley Telles : A Glimpse of the Human body. (V K YOGAS, Bangalore, 1995)
3. Sri Krishna : Notes on Structure and Functions of Human Body and Effects of Yogic practices on it (Kaivalyadhama S.M.Y.M Samiti, Lonavala, 1988)
4. Charu, Supriya : Sarir Rachana evam Kriya Vigyan
5. Peter L Williams & Roger Warwic : Gray's Anatomy
(Churchill Livingstone, Edinburgh London, 1988))
6. Chatterjee, C.C. : Human Physiology (Vol. I & II)
(Medical Allied Agency, Calcutta, 1992)
7. G Gerard J Tortora : Principles of Anatomy and Physiology and Sandra Reynolds
(Harper Collins College Publishers, New York, 1992)
8. M Prives, N Lysenkov & V Bush Kouch : Human Anatomy
9. Alma R Guinnes : ABC's of the Human Body (Readers Digest, USA, 1987)

VEDAS, UPANIṢADS AND DARŚANAS

Semester: I

Sub Code: MS T 103

Credits: 4

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3Hrs

Chapter 1: Vedas and Upaniṣads

Vedas, the foundations of Indian culture; antiquity, the four main Vedas, Science and Technology of Vedas, why Vedas, Prasthānatraya, Essence of the Vedas-Upaniṣads, the style of Upaniṣads, the two main quests - Happiness Analysis and Quest for reality; concept of Dharma and higher dimensions of Dharma.

20 Hours

Chapter 2: Sāṅkhya and Yoga

Introduction, 3-fold afflictions, means to overcome afflictions, 25 entities according to Sāṅkhya and means of knowledge; ṣaḍkārya vāda, similarities and dissimilarities between vyakta and avyakta, triguṇa; Existence of puruṣa, plurality of puruṣa, proximity of puruṣa and prakṛti; Kāraṇa, Antaḥ karaṇa & Bāhya karaṇa according to Sāṅkhya kārikā and Īśvarkrishna.

10 Hours

Chapter 3: Chārvāka, Jaina & Bauddha

Concept of Chārvāka philosophy in the ṣaḍ darśanas; Early Buddhism, rules and disciplines of Buddhists tradition; The concept of rebirth, origin of suffering and the way to remove suffering in Buddhism; The concept of jīva, ajīva, syādvāda according to Jainism.

10 Hours

Chapter 4: Nyāya & Vaiśeṣika

Concept of Nyāya philosophy means of salvation according to Nyāya and Vaiśeṣika; The sixteen Padārthas according to Nyāya, means and objects of knowledge according to Nyāya and Vaiśeṣika; Relation between Nyāya and Vaiśeṣika philosophy; Perception (Pratyakṣa), inference (Anumāna), comparison (Upamāna) according to Nyāya and Vaiśeṣika.

10 Hours

Chapter 5: Mimāmsa

Uttara mimāmsā: Concept of Badarayāṇa in Uttara mimāmsā, Pramāṇa, Pratyakṣa, Anumāna, Śabda according to Uttara mimāmsā; Difference between vidyā & avidyā, subject & object, creation & causation, cause & effect; **Pūrva mimāmsā:** Pūrva mimāmsā in ṣaḍ darśana; Pramāṇas of Gaimini, Atheism in Pūrva mimāmsā.

10 Hours

TEXT BOOKS

1. Dr H R Nagendra : Yoga Its Basis and Applications
(Swami Vivekananda Yoga Prakasana, Bangalore, 2002)
2. Chandradhar Sharma : A Critical Survey of Indian Philosophy
(Motilal Banarsidass Publishers, Delhi, 2000)

REFERENCE BOOKS

1. Karela Werner : Yoga and Indian Philosophy (Motilal Banarsidass, Delhi, 1979)
2. Radhakrishnan, S. : Indian Philosophy (Vol. I & II)
(George Allen and Unwin, London, 1971)
3. Swami Prabhavananda : Spiritual Heritage of India (English)
(Sri Ramkrishna Math, Madras, 2004)
4. Dasgupta, S.N. : Yoga Philosophy in Relation to other Systems of Indian
thought (University of Calcutta Culcatta, 1924)
5. Sharma, Chandradhar : A Critical Survey of Indian Philosophy
(Motilal Banarsidass, Delhi, 2000)
6. Raja, Kunhan C. : Some Fundamental Problems in Indian Philosophy
(Motilal Banarsidass, Delhi, 1974)
7. Stace, W.T. : Mysticism and Philosophy (Macmillan and Co. London, 1961)
8. Dasgupta, S.N. : Hindu Mysticism (Motilal Banarsidass, Delhi 1927)
9. Stephen Sturges : The Yoga Book (Motilal Banarsidass, Delhi, 2004)

10. Swami Jnanananda : Philosophy of Yoga (Sri Ramakrishna Ashrama, Mysore,)
11. Swami Krishnananda : A Short History of Religions and Philosophic Thought in India.
(The Devine Life Society, Rishikesh, 1973)
12. Swami Harshananda : The Six Systems of Hindu Philosophy
(Ramakrishna Matt, Bangalore, 2000)

SVYASA - MSC - SYLLABUS

YOGA PHILOSOPHY AND HEALTH

Semester: I

Sub Code: MS T 104

Credits: 4

Hours/ Wk : 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3Hrs

Chapter 1:

Concept of body, health and disease; concept of Yoga; Panca Kośa, the basis for the IAYT, Panca Kośa practices of Annamaya, Prānamaya, Manomaya, Vijnānamaya and Ānandamaya kośas.

15 Hours

Chapter 2:

Health and Yoga Therapy through Yoga Vāsishṭha: Concepts of Ādhi and Vyādhi as found in Yoga Vāsishṭha; the remedial measures; Handling the mind and emotions-enhancing the power of discrimination.

15 Hours

Chapter 3: Yoga and Physical Sciences

Health and Yoga Therapy through Gheranna Samhitā: Historical aspects; life of Gheranna; the dimensions of Haṭha Yoga, contributed by Gheranna in comparison to other texts; study of the text and their usefulness in modern times.

15 Hours

Chapter 4:

Health and Yoga Therapy through Haṭha Ratnāvali, study of the text and their usefulness in modern times.

15 Hours

Text Book:

1. Dr R Nagarathna and Dr H R Nagendra : Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
2. Dr R Nagarathna and Dr H R Nāgendra : Yoga for Promotion of Positive Health, Swami Vivekananda Yoga Prakashana,
3. Jnānānanda Bharati Essence of Yoga Vāsishṭha, Pub: Sanata Books, Chennai
4. Hatha Ratnavali, Tirumala Tirupathi Devasthāna, Andhra Pradesh.
5. Gheranda Samhita, Shri Sadguru Publication, New Delhi.

REFERENCE BOOKS

1. Swami Digambarji and Gharote M.L : Gheranna Samhitā (Kaivalyadhama, S.M.Y. Samiti, Lonavala, 1978.)
2. Ghosh, Shyam : The Original Yoga (Munshiram Manoharlal, New Delhi, 1999)
3. Swami Maheshanandaji : Shiva Samhita and Others (Kaivalyadhama, S.M.Y.M. Samiti, Lonavala,1999)
4. Ghatore, M.L.and others : Hatharaṭnāvali of Srinivasayogi (The Lonavala Yoga Institute, Lonavala, 2002)
5. Woodroffe, Sir John : The Serpent power (Ganesh & Company, Madras, 2000)
6. Venkatesananda (Author): Vāsishṭha Yoga, State University of New York Press, 1993.

YOGA PRACTICE – 1

Semester: I

Sub Code: MS P 101

Credits: 2

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3Hrs

1. Patriotic and service-related songs
2. Bhajans, dhunas, nāmāvalis, prayers and group singing of Bhajanas.

Text Book: S-VYASA Puṣpāñjali, Swami Vivekananda Yoga Prakashana,
Bangalore, 2002

SVYASA – MSC – SYLLABUS

YOGA PRACTICE – 2

Semester: I

Sub Code: MS P 102

Credits: 2

Hours/ Wk : 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3Hrs

1. Prayers, Daśa Śāntis, Bhṛguvalli of Taittirīya Upaniṣat.
2. Name games, memory games, awareness games, leadership games, OM games, creativity development games; breath control games, etc.

Text Book: 1. S VYASA Puṣpāñjali, Swami Vivekananda Yoga Prakashana, Bangalore, 2002

2. Krīḍyā Yoga, Vivekananda Yoga Prakasana, 2000

YOGA THERAPY TECHNIQUE – 1

Semester: I

Sub Code: MS P 103

Credits: 2

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3Hrs

Yoga Practices for psychosomatic ailments-

1. Asthma
2. Hypertension
3. Anxiety Depression
4. Dynamics
5. Arthritis
6. Epilepsy
7. Knee Pain
8. Muscular Dystrophy
9. Oncology
10. Sūkṣma Vyāyāma: Simple and Standard
11. Voice Culture

Text Book: Ailments series, Swami Vivekananda Yoga Prakashana, Bangalore, 2002

PSYCHOLOGY LAB

Semester: I

Sub Code: MS P 104

Credits: 2

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3Hrs

1. Introduction to measurement tools in psychological research
2. The major types: Questionnaires and Task Oriented Objective Indicators
3. Tests for Human perception: CFF, Muller Iyer, Depth Perception
4. Tests for Human performance: Dexterity, Tapping, Mirror Star Tracing
5. Tests for Higher brain functions: Tower of London, Card Sorting, Memory, IQ, Tests for attention and concentration, P300
6. Questionnaires for Assessing: Personality (Gūṇas), QOL, Anxiety and Depression
7. Autonomic functions: GSR, HR (HRV), Finger Plethysmogram Amplitude, Respiration

II Semester

MST 201	:	Bhagavad Gītā
MST 202	:	Yoga for Common Ailments
MST 203	:	Research Methodology
MSP 201	:	Yoga Therapy Technique - 2
MSP 202	:	Research Methodology Lab.
MSF 201	:	Yoga Therapy Training - 1

BHAGAVAD GĪTĀ

Semester: II

Credits: 4

Total Hrs: 60

I A Marks: 50

Sub Code : MS T 201

Hours/ Wk : 4

Exam Marks: 50

Exam Duration: 3Hrs

Chapter 1:

General Introduction to Bhagavad Gītā (B.G.). Definitions of Yoga in Bhagavad- Gītā and their relevance & Scope.

10 hours

Chapter 2:

Essentials of B.G from Chapters II, III, IV, V, VI, XII & XVII: The meanings of the terms Ātmasvrūpa, Sthitaprajña, Sāṅkhya Yoga, Karma Yoga, Sannyāsa Yoga and Karma Svarūpa (Sakāma and Nişkāma) etc.

20 hours

Chapter 3:

Essentials of B.G (Contd...): Sannyāsa, Dhyāna , Nature of Dhyāna, Preparation of Dhyāna and Dhyāna Yoga etc.

10 hours

Chapter 4:

Essentials of B.G. (Contd...): Bhakti, Nature of Bhakti, Means and Goal of Bhakti-Yoga.

10 hours

Chapter 5:

Essentials of B.G (Contd..): The Trigūṇas and modes of Prakṛti; Three Kinds of Faith. Food for Yoga Sādhaka, Classification of food etc. The Glory of B.G.

10 hours

Text Book: Swami Tapasyananda - The Holy Gita-the Science of Life, Pub: RK Mission, Chennai.

Reference Books:

1. Radhakrishnan, S.: The Bhagavadgeeta (Routledge & Kegan Paul, London, 1960)
2. Swami Adidevananda: Sri Ramanuja Gita Bhasya
3. Eknath Easwaran : The Bhagavad-Gita (Classics of Indian Spirituality)
(Nilgiri Press; 2007)

SVYASA - MSC - SYLLABUS

YOGA FOR COMMON AILMENTS

Semester: II

Sub Code: MS T 202

Credits: 4

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3Hrs

Chapter 1

Modern Medical and Yoga therapy principles and practices for diseases related to Musculo-skeletal system and Cardio-Vascular system and Respiratory system

CARDIO-VASCULAR DISORDERS: Ischemic heart disease; Hypertension; Peripheral vascular disease

RESPIRATORY DISORDERS: Bronchial asthma; Chronic Obstructive Pulmonary Disorder (COPD); Allergic rhinitis; Pulmonary tuberculosis; Sleep apnea; Snoring

RHEUMATOLOGY, MUSCLE & BONE DISORDERS: Pain in the limbs & back; Rheumatoid arthritis; Osteoarthritis; Connective tissue disorders; Muscular dystrophy

20 Hours

Chapter 2:

Modern Medical and Yoga therapy for diseases related to digestive system and Nervous system including Psychiatry

DIGESTIVE DISORDERS: Acid peptic disease; Irritable bowel syndrome; Hepatitis

NEUROLOGICAL DISORDERS: Migraine & Tension headache; Cerebro-vascular accidents; Epilepsy; Pain; Autonomic dysfunctions; Idiopathic Parkinson's disease; Multiple sclerosis; Refractory errors of vision

PSYCHOLOGICAL MEDICINE: Neurotic disorders; mood disorders; Schizophrenia; Chemical abuse; Eating disorders; Phobias; Mental retardation; Obsessive compulsive disorder.

Books: Yoga for common ailments and IAYT for different diseases, Harrison's Principles of Internal Medicine, International Edition, 14th Edition, New York: McGraw Hill Co. Inc., 1998.

A.K. Das (Ed.). Medicine Update. Bombay: Association of Physicians of India, 1998.

20 Hours

Chapter 3

Modern Medical and Yoga therapy for diseases related to Endocrine system, Excretory system and Reproductive system Rehabilitation medicine, Geriatric medicine and Medical oncology

ENDOCRINE & METABOLIC DISORDERS: Diabetes mellitus; Thyroid dysfunction; Disorders of adrenal cortex; Obesity

OBSTETRICS & GYNAECOLOGY: Physiology of pregnancy; Pregnancy induced hypertension; Pre-eclampsia; Intra-Uterine Growth Retardation (IUGR); Menstrual disorders (e.g., dysmenorrhea, pre-menstrual syndrome); Infertility; Menopause

REHABILITATION MEDICINE: Neurological disorders; Cardiac disorders; Musculo-skeletal disorders; Physical disabilities; Occupational health

GERIATRIC MEDICINE

MEDICAL ONCOLOGY

20 Hours

Text Books:

Dr R Nagarathna, Dr H R Nagendra and Dr Shamantakamani Narendran, Yoga for common ailments and IAYT for different diseases, Swami Vivekananda Yoga Prakashana, 2002

REFERENCE BOOKS

1. Shivanand Saraswati : Yoga Therapy (Hindi & English)
2. Reddy, M. Venkata. : Yogic Therapy
and Others (Sri M.S.R. Memorial Yoga series, Arthamuru A.P.2005)
3. Rai, Lajpat : Discovering Human Potential energy:
A Physiological Approach to Yoga
(Anubhava Rai Publications, 1998)

4. Charu, Supriya : Sarir Rachana evam Kriya Vigyan
5. Aatreya, Shanti Parkash : Yoga Manovigyan (Indian Psychology)
(International Standard Publication, Varanasi; 1965)
6. Abhedananda : The Yoga Psychology
Ramakrishna Vedanta Math, Calcutta, 1973.
7. Nagarathna, R and : Integrated Approach of Yoga Therapy for Positive
Nagendra, H.R. : Health (Swami Vivekananda Yoga Prakashana,
Bangalore, 2001)
8. Robin Monoro, : Yoga for Common Ailments
Nagarathna R and : Gui Publication, U.K
Nagendra, H.R.
9. Harrison : Principles of Internal Medicine, International Edition,
14th Edition, New York: McGraw Hill Co. Inc., 1998.
- 10 A.K. Das (Ed.). : Medicine Update. Bombay: Association of Physicians of
India, 1998.

RESEARCH METHODOLOGY

Semester: II

Sub Code : MS T 203

Credits: 4

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3Hrs

Chapter 1: Research Methodology

1. The research process. Methodology and methods.
2. The design of a study
3. Literature review
4. Ethics of research
5. Types of common designs. Their advantages and disadvantages.
6. Sampling
7. The experimental and quasi-experimental methods. Correlation studies.
8. Measurement tools: Observations, questionnaires and others.
9. Data organization in Excel and SPSS
10. Descriptive statistics. Measures of central tendency, measures of dispersion.
Correlation coefficients.
11. Graphical representations of data. Simple graphs, the box and whiskers plot.
12. Reliability. The different ways of measuring reliability.
13. Validity. Types of validity.

30 Hours

Chapter 2: Inferential Statistics and Probability Theory

1. Inferential statistics – populations and samples.
2. Elementary concepts in probability theory
3. The normal distribution. Z-values and probability
4. Calculating probabilities when population parameters are known

6 hours

Chapter 3: Research Reports

1. Reading research reports

2. Writing research reports
3. Presentations

4 hours

Chapter 4: Research in Inter Disciplinary

1. Introduction to research in Management studies
2. Introduction to research in Education, History, and Anthropology.
3. Introduction to research in Social studies and Humanity.
4. Introduction to research in Linguistics
5. Introduction to research in Fine Arts, Music and Drama.
6. Introduction to research in Jurisprudence.
7. Introduction to research in Science and technology

20 Hours

Text Book:

1. Kothari, C.R. : Research Methodology, Methods and Techniques
(Vishwa Prakashan, New Delhi, 1985)

Reference Book:

1. Robin Monro : Yoga research bibliography scientific studies on yoga and meditation (Yoga biomedical trust, England 1989)
2. Michael H. Cohen : Complementary and Alternative Medicine: Legal Boundaries and regulatory Perspectives (Paperback - Aug 19, 1997)
3. Jerrold H. Zar : Biostatistical Analysis Pearson education.
4. Russell A. Jones : Research Methods in the Social and behavioral science (Sinauer Associates, Saunderland's Massachusetst)
5. A.K. Singh : Tests, Measurements and Research Methods in Behavioral Sciences (Bharati Bhavan publishers)
6. Telles, S. : Research Methods (Swami Vivekanada Yoga Prakashan, Bangalore)
7. J.N.S. Matthews : An Introduction to randomized controlled clinical trials (Arnold, London)
8. J.S.P. Lumley and W. Benjamin : Research:-Some Ground Rules (Oxford university press)

9. Herman J. Ader and : Research Methodology in the life, behavioral and social
Gideon J. Mellebeegh Sciences (SAGE publications)
10. Rummond, A,
Campling, J and : Research methods for therapists. 1996
Nelson, T

SVYASA - MSC - SYLLABUS

PATAÑJALĪ'S YOGA SŪTRAS & HAṬHA YOGA

Semester: II

Sub Code : MS T 204

Credits: 4

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3Hrs

Chapter 1: Introduction to Patañjali's Yoga Sūtras, its' Philosophy and Practices and Modern Psychology

- i. Yoga, its meaning & purpose & a brief introduction to Patañjali's Yoga Sūtras and its author.
- ii. Nature of Yoga according to Patañjali in light of Vyāsabhāṣya and other traditional commentators, Importance of Yoga Sūtra in comparison to other Yogic literature.
- iii. Concept of Citta, Citta-bhūmis, Citta-vṛttis, Citta-vṛtti nirodhopaya (Abhyāsa and Vairāgya) Citta-Vikṣepas (Antarayas), Citta-prasādanam and its' associates.
- iv. Metaphysics of Sāṅkhya & its' relationship with Yoga Darśana of Patañjali, Philosophical Foundations & Practices of Patañjali's Yogas, its' importance & relevance and Yoga Samanvaya.
- v. Concept of mind – eastern and western perspective; psychology principles and methods – TA, etc;

10 Hours

Chapter 2: Samādhi Pāda and Sādhana Pāda

- i. Kriyā-yoga, Theory of Kleśas, Nature of Dṛṣṭā & Dṛśya and means of elimination of Kleśas/ Vivekakhyāti.
- ii. Types and nature of Samādhi in Yoga Sūtra, Ṛtambharaprajñā and Ādhyatmaprasāda.
- iii. Samprajñātā, Asamprajñātā, Sabīja & Nirbīja Samādhi, Difference between Samapattis and Samādhi.
- iv. Concept of Īśvara and qualities of Īśvara.

10 Hours

Chapter 3: Concept of Vibhūti and Kaivalya

- i. Aṣṭāṅga Yoga: Yama, Niyama, Āsana, Prāṇāyāma, Pratyāhāra, Dhāraṇā, Dhyāna, and Samādhi.
- ii. Samyama & three Pariṇāma of Samyama. The concept and description of Aṣṭha Siddhis.
- iii. Nature of Kaivalya, Kaivalya in relation to Trigūṇa and Dharmamegha Samādhi.
- iv. Aṣṭāṅga Yoga & Kriyā Yoga in Yoga Sūtras and their importance & relevance in modern age.

10 Hours

Chapter 4: Haṭha Yoga its Philosophy and Practices

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

7 Hours

Chapter 5: Haṭha Yoga Practices: Śodhana-Kriyās and Āsanas

- i. Śodhana-kriyās, Śodhana-kriyās in Haṭha Yoga Pradīpika & in Gheraṇḍa Samhitā and their techniques, benefits and precautions.
- ii. Role of Śodhana-kriyās in Yoga Sādhanā and their importance in Modern day life.
- iii. Yogāsana: its' definition, Salient features and importance in Haṭha Yoga Sādhanā.
- iv. Āsanas in Haṭha Yoga Pradīpikā and Gheraṇḍa Samhitā: their techniques, benefits, precautions and importance.

8 Hours

Chapter 6: Haṭha Yogic Practices: Prāṇāyāma, Bandhas and Mudrās

- i. Prāṇāyāma – Mechanism of correct breathing, Yogic deep breathing, Concept of Pūraka, Kumbhaka and Recaka.
- ii. The concept of Prāṇa, Kinds of Prāṇa and Upa-prāṇas, Prāṇāyāma and its importance in Haṭha Yoga Sādhanā, Nāḍīśodhana Prāṇāyāma, its technique and importance, Pre-requisites of Prāṇāyāma.
- iii. Prāṇāyāma practices in Haṭha yoga pradīpikā and Gheraṇḍa Samhitā, their techniques, benefits and precautions, Haṭha Siddhi Lakṣaṇam.

- iv. Bandhas and role of Bandhatrayas in Yoga Sādhanā.
- v. Fundamental Mudrās in HYP. and G.S, Their techniques, benefits and precautions.

8 Hours

Chapter 7: Haṭhayoga Practices: Pratyāhāra, Nādānusandhāna and Svarodaya Jñāna

- i. Concept of Pratyāhāra, Dhāraṇā and Dhyāna in Gheraṇḍa Samhitā and their techniques & benefits.
- ii. Concept of Samādhi in Haṭha-yoga Pradīpikā, Samādhi Lakṣaṇam and Haṭha Yoga Siddhi Lakṣaṇam.
- iii. The concept of Nāda, Four Avasthās (stages) of Nādānusandhāna, and its Siddhis.
- iv. Svāra, Importance of Svarodaya-jñāna in Yoga Sādhanā with special reference to Jñāna Svarodaya and Śiva Svarodaya.

7 Hours

Text Books:

1. I. K. Taimini : The Science of Yoga, (The Theosophical Publishing House, Adyar Chennai 2005)
2. Swami Satyananda Saraswati, Haṭha Yoga Pub: BSY Mungher

Books for reference:

1. Woods, J.H. : (Lonavala, 1998)
2. Coulter, H David: Anatomy of Hatha yoga (Body and breath Inc USA, 2001).

YOGA THERAPY TECHNIQUES - 2

Semester: II

Sub Code: MS P 201

Credits: 2

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3Hrs

Yoga Practices for psychosomatic Ailments

1. Backpain
2. Headache
3. Diabetes Mellitus
4. Gastrointestinal Disorder
5. Menstrual Disorders
6. Obesity

Text Book: Ailments series, Swami Vivekananda Yoga Prakashana, Bangalore, 2002

RESEARCH METHODOLOGY LAB

Semester: II

Sub Code: MS P 202

Credits: 2

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3 Hrs

Chapter 1

Microsoft word, Excel and Power point

Chapter 2

Statistical analysis using SPSS

SVYASA - MSC - SYLLABUS

YOGA THERAPY TRAINING – 1

Semester: II

Credits: 4

Total Hrs: 240

I A Marks: 50

Sub Code: MS F 201

Hours/ Wk:

Exam Marks: 50

Exam Duration: 3Hrs

Yoga Therapy Clinical Training in Ārogyadhāma

1. Asthma and Nasal Allergy
2. Hypertension and Heart Disease
3. Anxiety and Depression
4. Arthritis, Epilepsy, Muscular Dystrophy, Knee Pain, Voice Culture and Oncology

III Semester

MST 301 Philosophy, Science and Consciousness

MST 302 Elective 1

MST 302a Major Upaniṣads

MST 302b Yoga Therapy and Other Systems of Healing

MST 302c Holistic System Management

MST 302d Music Therapy

MST 303 Elective 2

MST 303a Nārada Bhakti Sūtras

MST 303b Yoga and Rehabilitation

MST 303c Indian Ethos in Education

MST 303d Origin of Vedas

MSP 301 Advance Yoga Practice - 1

MSP 302 Advance Yoga Practice - 2

MSP 303 Advance Yoga Techniques

MSF 301 Yoga Therapy Training – 2

PHILOSOPHY, SCIENCE AND CONSCIOUSNESS

Semester: III

Sub Code : MS T 301

Credits: 4

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3Hrs

Chapter 1: Yoga and Spiritual lore

Jñāna Yoga; school of Vedānta, the human system (gross body, subtle body, causal body), states of consciousness, evolution of consciousness and involution of matter, Upaniṣadic mahāvākyas.

10 Hours

Chapter 2: History of modern science from Newton to Einstein,

10 Hours

Chapter 3: Relativity

Einstein's discovery, the story of ether, speed of light, Galileo's principle of relativity, Einstein's special theory of relativity, verification of the special theory of relativity and general theory of relativity.

20 Hours

Chapter 4: Quantum mechanics

Classical mechanics to Quantum mechanics; new knowledge base of Quantum mechanics, Role of the Observer and consciousness-based approach

- Planck's equation
- Quantum theory related to atomic model
- Particle wave equation
- Heisenberg's principle of indeterminacy
- Copenhagen interpretation
- Schroedinger's cat
- The EPR paradox
- Unbroken whole

- Double-slit experiments and conscious particles
- Quantum field
- Nihilism and vacuum fluctuation

20 Hours

Text Book: 1. Lecture notes of Prof NVC Swamy;

2. Swami Chinmayananda, Mandukya Upanishat, Chinmaya Mission Trust.

3. Panda N C, Maya in Physics, Motilal Banarsidass Publishers Private Limited, Delhi

SVYASA – MSC – SYLLABUS

ELECTIVE 1

Semester: III

Sub Code: MS T 302

Credits: 4

Hours/ Wk : 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3Hrs

MST 303a Major Upanishads

Chapter 1: ESSENCE OF UPANIŞADS 1

- i. Īśa Upaniṣat
- ii. Kena Upaniṣat

10 Hours

Chapter 2: ESSENCE OF UPANIŞADS 2

- i. Muṇḍaka Upaniṣat
- ii. Māṇḍūkya Upaniṣat
- iii. Praśna Upaniṣat

20 Hours

Chapter 3: ESSENCE OF UPANIŞADS 3

- i. Aitareya Upaniṣat
- ii. Kaṭha Upaniṣat
- iii. Bṛhadāraṇyaka Upaniṣat (3rd chapter)
- iv. Chāndogya Upaniṣat (6th chapter)
- v. Taittirīya Upaniṣat (1, 2 and 3 valli)

30 Hours

Text Books:

1. Swami Gambhirananda : Taittirīya Upaniṣat
(Advaita Ashram, Calcutta, 1986)
2. Swami Gambhirananda : Kaṭha Upaniṣat
(Advaita Ashram, Calcutta, 1987)

3. Swami Chinmayananda : Kenopaniṣat
(Central Chinmaya Mission Trust, Bombay, 1992)
4. Swami Sarvananda : Īśāvāsya Upaniṣat
(Sri Ramakrishna Math, Madras, 2002)
5. Swami Gambhirananda : Praśna Upaniṣat
(Advaita Ashram, Calcutta, 1985)
6. Swami Sarvananda : Māṇḍūkya Upaniṣat
(Sri Ramakrishna Math, Madras, 1976)
7. Swami Gambhirananda : Muṇḍaka Upaniṣat
(Advaita Ashram, Calcutta, 1988)
8. Swami Swahananda : Chāndogya Upaniṣat
(Sri Ramakrishna Math, Madras, 1984)
9. Swami Madhavananda : Bṛhadāraṇyaka Upaniṣat
(Advaita Ashrama, Calcutta, 1993)
10. Swami Gambhirananda : Aitareya Upaniṣat
(Advaita Ashram, Calcutta, 1988)

Reference Books

1. Shree Purohit Swami and W B Yeats : The Ten Principal Upaniṣads
(Rupa & Co, Calcutta, India, 1992)
2. Prof B Venugopal and Dr Ranganayaki : The Twenty Two Principal Upaniṣads
(Prof B Venugopal and Dr Ranganayaki, Hyderabad, 2005)
3. P B Gajendragadkar : The Ten Classical Upaniṣads
(Bharatiya Vidya Bhavan, Bombay, 1981)
4. Swami Gambhirananda : Eight Upaniṣads
(Advaita Ashrama, Calcutta, 1973)
5. V M Bedekar and G B Palsule : Sixty Upaniṣads of the Veda
(Motilal Banarsidass Publishers, Delhi, 1990)

YOGA THERAPY & OTHER SYSTEMS OF HEALING

Chapter 1: Principles and Practice of Āyurveda and Naturopathy

Āyurveda

- i. The four aspects of life (Soul, Mind, Senses and Body)
- ii. Pañcamahābhūtas (the five element theory),
- iii. Āhāra, Vihāra and Auśadhi (three pillars of āyurveda)
- iv. Concept, role and importance of – Doṣa, Dhātu, Mala, Updhātu, Srotas, Indriya, Agni, Prāṇa, Prāṇāyatna, Prakṛti, Deha Prakṛti, Manasa Prakṛti
- v. Concept of Dinacaryā (daily routine), concept of Ṛtucaryā (seasonal routine), svasthavṛtta and sadvṛtta in Āyurveda.
- vi. The disease process in Pañcakarma theory.
- vii. Concept of Pañcakarma in managing a disease (five main procedures).
- viii. Concept of Pūrvakarma (preparing for pañcakarma)

Naturopathy

- i. General introduction, definition, history and principles of Nisargopacāra.
- ii. Concept, role, qualities, functions and importance of five elements. Relationships of five elements with seasons, body and mind.
- iii. Philosophy of Nisargopacāra- Western and Indian Concept of health and disease in Nisargopacāra. Main principles of Naturopathy (Nisargopacāra).
- iv. Common principles of Naturopathy & Yoga as a holistic system of medicine.
- v. Hydrotherapy & Mud therapy
- vi. Natural diet, nutraceuticals, nutrition and fasting therapy.
- vii. Manipulative therapies (Massage therapy, Chiropractic and Osteopathy).
- viii. Helio therapy, Color therapy and Magnet therapy.

20 Hours

Chapter 2: Principles and Practice of Unānī, Siddha and Homeopathy

20 Hours

Chapter 3: Principles and Practice of Reiki, Prāṇic Healing, Hypnotherapy, Group Therapy, Acupuncture, Psychotherapy, Chromo-therapy

Prāṇic Healing: nature, bioplasmic body, intermediate, self prāṇic and distant prāṇic healing

20 Hours

Choa Kok Sui : The Ancient Science and Art of Pranic Healing
(Institute for Inner Studies, INC, Mania, 1997).

MST 303c Holistic Systems Management

Chapter 1: Introduction

Systems of management and Holsym

10 hours

Chapter 2: Indian Ethos

The basis for holsym, Holsym – management,

10 hours

Chapter 3: Health Management in Holsym

Health and yoga, Yoga for health, Yoga – the four streams, Holsym – health management

10 hours

Chapter 4: Guṇas & Growth

Growth: guṇas and beyond

10 hours

Chapter 5: Holsym Structure

Personality development in holsym and contributions to society through holsym

10 hours

Chapter 6: Holsym to action (Concretization)

10 hours

Text Book: Holsym, Swami Vivekananda Yoga Prakashana, Bangalore, 2002

Reference Book:

Robert L. Malone & Donald J. Petersen, Total Quality Management Note, The Effective Manager's Desk Book: Improving results through people -. Pub: Parker Publishing Company, Inc. West Nyack, N.Y.

MST 303d : MUSIC THERAPY

Semester: III	Sub Code: MS T 303
Credits: 4	Hours/ Wk: 4
Total Hrs: 60	Exam Marks: 50
I A Marks: 50	Exam Duration: 3Hrs
Chapter 1	15 Hours
Chapter 2	15 Hours
Chapter 3	15 Hours
Chapter 4	15 Hours

Chapter 5

15 Hours

Chapter 6

15 Hours

TEXT BOOKS

REFERENCE BOOKS

SVYASA - MSC - SYLLABUS

ELECTIVE 2

Semester: III

Sub Code: MS T 304

Credits: 4

Hours/ Wk : 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3Hrs

MST 304a Nārada Bhakti Sutras

Chapter 1: Supreme Love

10 hours

Chapter 2: Renunciation and Self-Surrender

10 hours

Chapter 3: Exemplars of Devine Love

10 hours

Chapter 4: The highest goal of human life

10 hours

Chapter 5: How to attain supreme love

10 hours

Chapter 6: Seek holy company

10 hours

Chapter 7: Preparatory and Supreme Devotion

10 hours

Chapter 8: The forms of divine love

5 hours

Chapter 9: Ethical virtues and worship of God

5 hours

Text Book:

Swami Prabhavananda : Nārada's Way of Divine Love
(Sri Ramakrishna Math, Madras, 1972)

Reference Books:

1. Swami Tyagisanand: Aphorisms on The Gospel of Divine Love or Nārada Bhakti Sūtras
(Sri Ramakrishna Math, Madras, 2001)
2. Nandalal Sinha : Bhaktisūtras of Nārada
(Munshiram Manoharlal, New Delhi, 1998)

MST 304b YOGA AND REHABILITATION

This subject is to teach the students, understanding of various chronic ailments that affect a human being. Similarities and differences between rehabilitation and yogic treatment to be understood properly. The Yoga Therapist must have a basic knowledge of Anatomy, Physiology, Pathology of various systems in the body particularly locomotory neurological systems.

- a. Locomotor system – Bones & Joints, Gait
- b. Neurological conditions – Strokes, Spinal cord injuries, Peripheral nerve disorders
- c. Muscle disease and Cerebral palsy
- d. Cardio vascular, Respiratory systems
- e. Geriatrics
- f. Clinical examination of patients (participants) and methodical clinic study
- g. Psychological rehabilitation
- h. Manual muscle examination and assessment of patients
- i. Physiotherapy modalities
- j. Massage techniques

60 hours

MST 304C: INDIAN ETHOS IN EDUCATION

Chapter 1: Brahmanical Education

Vedic Concepts and Terms, Education in the Vedas, Later vedic education, education in sūtra literature, education in the time of Pāṇini, education in Kautilya's Arthaśāstra, Legal aspect of education, Education in the Epics and Industrial and vocational education

20 Hours

Chapter 2: Buddhist Education

Introduction, System of education, Discipline, Residence, Instruction, Industrial Education, Education as given in Jātakas

20 Hours

Chapter 3: Education from 5th century to 7th century AD

10 Hours

Chapter 4: Ancient Indian Universities

Nalanda, Valbhi, Vikramasila, Jagaddala, Odantapuri, Mithila, Nadia

10 Hours

Text Book:

Radha Kumud Mookerji : Ancient Indian Education
(Motilal Banarsidas Publishers, Delhi, 2003)

ADVANCE YOGA PRACTICE – 1

Semester: III

Credits: 2

Total Hrs: 60

I A Marks: 50

Sub Code: MS P 301

Hours/ Wk: 4

Exam Marks: 50

Exam Duration: 3 Hrs

Advance Yogasana

30 hours

- i Siddhāsana (perfect posture)
- ii Padmāsana (lotus posture)
- iii Guptāsana (concealed posture)
- iv Matsyāsana (fish posture)
- v Matsyendrāsana (Matsyendra posture)
- vi Gorakṣāsana (Gorakṣa posture)
- vii Mayūrāsana (peacock posture)
- viii Garuḍāsana (eagle posture)
- ix Yogāsana (yoga posture)
- x Hastapādāṅguṣṭhāsana (hand toe posture)
- xi Praṭāvāsana (praṭāva posture)
- xii Naukāsana (boat posture)
- xiii Bhūnamanāsana (bowing down posture)
- xiv Sarvāṅgāsana (all limb posture)
- xv Akarṇadhanurāsana (pulled bow posture)
- xvi Padāṅguṣṭhāsana (big toe posture)
- xvii Brahmācaryāsana (celibacy posture)
- xviii Utthita Padmāsana (uplifted lotus posture)
- xix Mṛgāsana (deer posture)
- xx Udarakarṣāsana (belly suction posture)
- xxi Tolāṅgulāsana (finger balance posture)
- xxii Pūrvottānāsana (interior stretch posture)

- xxiii Śīrṣāsana (head stand posture)
xxiv Mayūra-padmasana (peacock and lotus posture)
xxv Naṭarājāsana (lord of the dancer's posture)

Advance Kriyās

30 hours

- i Dhauti : Vastra Dhauti, Vaman Dhauti
ii Neti : Ghṛta Neti and Dugdha Neti
iii Nauli : Madhyam Nauli, Vāma Nauli, Dakṣiṇa Nauli and Nauli Kriyā
iv Kapālabhāti : Vatkrama Kapālabhāti, Śitkrama, and Vyutakarma Kapālabhāti
iv Laghu Śaṅkha prakṣālaṇa:

Text Book: 1. Himalaya, Swami Vivekananda Yoga Prakasana, Bangalore, 2000
2. Swami Satyananda Saraswati, Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Munger, Bihar, India.

Reference Books:

1. Swami Satyananda Saraswati : Asana, Pranayama, Mudra, Bandha
(Yoga Publications Trust, Munger, Bihar, India)
2. Swami Muktibodhananda Saraswati : Hatha Yoga Pradeepika, Yoga Publications Trust
(Munger, Bihar, India)

ADVANCE YOGA PRACTICE – 2

Semester: III

Sub Code: MS P 302

Credits: 2

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3Hrs

Advance Prāṇāyāma

Prāṇāyāma with Kumbhaka and bandhas

30 hours

Advance Meditation

Jñāna yoga contemplation; anuṣṭhāna and tapas OR Vipasanā and TM

OR

Introduction to samyama of Patañjali

30 hours

Book: B.K.S Iyenger, Light on Pranayama

Reference Books:

1. Lajpat, Rai : Discovering Human Potential Energy
(Anubhava Rai Publications, Gurgaon, 1999)
2. Lajpat, Rai & others : Meditation
(Anubhava Rai Publications, Gurgaon, 1999)
3. Joshi, K.S. : Yogic Pranayama
(Orient Paperback, New Delhi, 1990)
4. Swami Satyananda : Asana, Pranayama, Mudra, Bandha
Saraswati (Bihar School of Yoga, Munger, 1989)
5. Swami Kuvalyananda : Pranayama
(Kaivalyadhama, Lonavala, 1983)
6. Gharote, M.L. : Pranayama – The Science of Breath
(The Lonavala Yoga Institute, Lonavala, 2003)
7. Khalana Gurudarshan S : The Kundalini yoga Experience
(Simon and schutes New and dauye o'keefce: York 2002)

ADVANCE YOGA TECHNIQUES

Semester: III

Credits: 2

Total Hrs: 60

I A Marks: 50

Sub Code: MS P 303

Hours/ Wk: 4

Exam Marks: 50

Exam Duration: 3Hrs

1. Prāṇic Energization Technique (PET)
2. Mind Sound Resonance Technique (MSRT)
3. Mind Imagery Technique (MIRT)
4. Mind Emotion Technique (MEMT)
5. Vijñana Sādhanā Kauśala (VISAK)
6. Ānandāmṛta Siñcana (ANAMS)

Text Books:

1. Dr H R Nagendra, Pranic Energization Technique, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
2. Dr H R Nagendr, Mind Sound Resonance Technique, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
3. Dr R Nagarathna and Dr H R Nagendra, Yoga and Cancer, Swami Vivekananda Yoga Prakashana, Bangalore, 2000.

YOGA THERAPY TRAINING – 2

Semester: III

Credits: 4

Total Hrs: 240

I A Marks: 50

Sub Code: MS F 301

Hours/ Wk:

Exam Marks: 50

Exam Duration: 3Hrs

Yoga Therapy Clinical Training in Ārogyadhāma

1. Backpain and Headache
2. Diabetes Mellitus
3. Gastro-intestinal Disorders and Menstrual Disorders
4. Obesity

SVYASA – MSC – SYLLABUS

IV Semester

SEMINAR

Semester: III

Credits: 2

Total Hrs:

I A Marks:

Sub Code: MS F 401

Hours/ Wk:

Exam Marks: 50

Exam Duration:

SVYASA - MSC - SYLLABUS

DISSERTATION

Semester: IV

Credits: 12

Total Hrs: 60

I A Marks: 200

Sub Code : MS F 402

Hours/ Wk: -----

Exam Marks: 300

Exam Duration: -----

SVYASA - MSC - SYLLABUS