## SYLLABUS

### I Semester

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<td>MST 101</td>
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<td>MST 102</td>
<td>Anatomy &amp; Physiology</td>
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<td>MST 103</td>
<td>Vedas, Upaniṣads and Darśanas</td>
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SAṃSKṛTA

Semester: I
Credits: 4
Total Hrs: 60
IA Marks: 50

Sub Code: MS T 101
Hours/ Wk: 4
Exam 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, Saṃskṛta 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 Saṃskṛta; 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 Saṃskṛta -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, Saṃskṛta Level-2, Saṃskṛta Academy
2. Dr. Sarasvati Mohan, Saṃskṛta-English-Saṃskṛta Dictionary, Saṃskṛta Academy.
3. Dr. Sarasvati Mohan, Saṃskṛta Level-3, Saṃskṛta Academy
4. Vaman Sivaram Apte, Saṃskṛta-English Dictionary, Saṃskṛta Academy

REFERENCE BOOKS

ANATOMY & PHYSIOLOGY

Semester: I  Sub Code: MS T 102
Credits: 4  Hours/ Wk: 4
Total Hrs: 60  Exam Marks: 50
I A 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

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 prostrate 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

(Kanchan Prakashan, Lonavala, 2003)


4. Charu, Supriya: Sarir Rachana evam Kriya Vigyan

5. Peter L Williams & Roger Warwic: Gray’s Anatomy
(Churchill Livingstone, Edinburgh London, 1988))

(Medical Allied Agency, Calcutta, 1992)


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; शाक्यार्यवāda, similarities and dissimilarities between व्यक्त and अव्यक्त, त्रिगुण; Existence of पुरुष, plurality of पुरुष, proximity of पुरुष and प्रकृति; कारण, आन्तरिक आर्य कारण & बाह्य कारण according to Sāṅkhya kārikā and Īśvārkṛṣṇa.

10 Hours

Chapter 3: Chārvāka, Jaina & Baudhāya

Concept of Chārvāka philosophy in the शाक्तi 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, Anumāṇa, Śabda according to Uttara mimāmsā; Difference between vidyā & avidyā, subject & object, creation & causation, cause & effect; Pūrva mimāmsā: Pūrva mimāmsā in śaḍ 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 PrO-Mlems in Indian Philosophy
   (Motilal Banarsidass, Delhi, 1974)
10. Swami Jnanananda: Philosophy of Yoga (Sri Ramakrishna Ashrama, Mysore,)


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 Hatha 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 Hatha 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 Nagendra: Yoga for Promotion of Positive Health, Swami Vivekananda Yoga Prakashana,
5. Gheranda Samhitā, Shri Sadguru Publication, New Delhi.

REFERENCE BOOKS
2. Ghosh, Shyam: The Original Yoga (Munshiram Manoharlal, New Delhi, 1999)
4. Ghatore, M.L and others: Hatharaṅṇāvali of Srinivasayogi (The Lonavala Yoga Institute, Lonavala, 2002)
# YOGA PRACTICE – 1

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<td>I A Marks: 50</td>
<td>Exam Duration: 3Hrs</td>
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1. Patriotic and service-related songs
2. Bhajans, dhunas, nāmāvalis, prayers and group singing of Bhajanas.

**Text Book:** S-VYASA Puspānjali, Swami Vivekananda Yoga Prakashana, Bangalore, 2002
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.


2. Krīḍyā Yoga, Vivekananda Yoga Prakasana, 2000
# YOGA THERAPY TECHNIQUE – 1

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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 lyer, 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 (Guṇas), QOL, Anxiety and Depression
7. Autonomic functions: GSR, HR (HRV), Finger Plethysmogram Amplitude, Respiration
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<td>Yoga for Common Ailments</td>
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<td>Research Methodology</td>
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BHAGAVAD GĪTĀ

Semester: II

Sub Code : MS T 201

Credits: 4

Hours/ Wk : 4

Total Hrs: 60

Exam Marks: 50

IA Marks: 50

Exam Duration: 3Hrs

Chapter 1:


10 hours

Chapter 2:

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


10 hours

Chapter 5:

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

10 hours

Reference Books:

2. Swami Adidevananda: Sri Ramanuja Gita Bhasya
3. Eknath Easwaran : The Bhagavad-Gita (Classics of Indian Spirituality)
   (Nilgiri Press; 2007)
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.


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)
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
   Gui Publication, U.K
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
8. Measurement tools: Observations, questionnaires and others.
9. Data organization in Excel and SPSS
    Correlation coefficients.
11. Graphical representations of data. Simple graphs, the box and whiskers plot.
12. Reliability. The different ways of measuring reliability.

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)
   and regulatory Perspectives (Paperback - Aug 19, 1997)
4. Russell A. Jones: Research Methods in the Social and behavioral science
   (Sinauer Associates, Saunderland’s Massachusetts)
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 Gideon J. Mellebeegh: Research Methodology in the life, behavioral and social sciences (SAGE publications)

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

i. Yoga, it’s 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.


v. Concept of mind – eastern and western perspective; psychology principles and methods – TA, etc;

Chapter 2: Samādhi Pāda and Sādhana Pāda


ii. Types and nature of Samādhi in Yoga Sūtra, Ētambharaprajñā 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 Paraṁa of Samyama. The concept and description of Aṣṭha Siddhis.
iii. Nature of Kaivalya, Kaivalya in relation to Triguṇa and Dharmamegha Samādhi.
iv. Aṣṭānga Yoga & Kriyā Yoga in Yoga Sūtras and their importance & relevance in modern age.

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 Apatḥya.
iv. Haṭha Yogic paramparā. Brief introduction to Great Haṭha Yogis of Nātha Cult and their contributions to Yoga. Relationship between Haṭha Yoga & Rāja Yoga.

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.

Chapter 6: Haṭha Yogic Practices: Prāṇāyāma, Bandhas and Mudrās
i. Prāṇāyāma – Machanism 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, Nādiśodhana Prāṇāyama, 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 Lakṣāṇam.
iv. Bandhas and role of Bandhatrayas in Yoga Sadhanā.

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 Pradipikā, Samādhi Lakṣaṇam and Haṭha Yoga Siddhi Lakṣaṇam.

iii. The concept of Nāda, Four Avasthās (stages) of Nādānusandhāna, and its Siddhis.


7 Hours

Text Books:


2. Swami Satyananda Saraswati, Haṭha Yoga Pub: BSY Mungher

Books for reference:


## YOGA THERAPY TECHNIQUES - 2

<table>
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<th>Sub Code: MS P 201</th>
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<td>Exam Marks: 50</td>
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<td>I A Marks: 50</td>
<td>Exam Duration: 3Hrs</td>
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**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
Credits: 2
Total Hrs: 60
I A Marks: 50
Sub Code: MS P 202
Hours/ Wk: 4
Exam Marks: 50
Exam Duration: 3 Hrs

Chapter 1
Microsoft word, Excel and Power point

Chapter 2
Statistical analysis using SPSS
YOGA THERAPY TRAINING – 1

Semester: II  
Sub Code: MS F 201

Credits: 4  
Hours/ Wk: ...........

Total Hrs: 240  
Exam Marks: 50

I A 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**

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### 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 indeterminancy
- 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;


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 UPANISADS 1
i. Īṣa Upaniṣat
ii. Kena Upaniṣat

10 Hours

Chapter 2: ESSENCE OF UPANIṢADS 2
i. Muṇḍaka Upaniṣat
ii. Māṇḍūkya Upaniṣat
iii. Praśna Upaniṣat

20 Hours

Chapter 3: ESSENCE OF UPANIṢADS 3
i. Aitareya Upaniṣat
ii. Kaṭha Upaniṣat
iii. Bṛhadāraṇyaka Upaniṣat (3rd chapter)
iv. Chāndogya Upaniṣat (6th chapter)
v. Taittirīya Upaniṣat (1, 2 and 3 vallī)

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: Īśāvāsyopaniṣat  
   (Sri Ramakrishna Math, Madras, 2002)
5. Swami Gambhirananda: Praśna Upaniṣat  
   (Advaita Ashram, Calcutta, 1985)
6. Swami Sarvananda: Māṇḍūkyopaniṣat  
   (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: Brāhmaṇya Upaniṣat  
   (Advaita Ashram, 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 Ashram, 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 Auṣadhi (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 Dinacārya (daily routine), concept of Ructcārya (seasonal routine), svasthavṛtta and sadvr̥tta in Āyurveda.
vii. The disease process in Pañcakarma theory.
vii. Concept of Pañcakarma in managing a disease (five main procedures).
vii. Concept of Purvakarma (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, neutraceuticals, nutrition and fasting therapy.
vii. Manipulative therapies (Massage therapy, Choriopractice 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, bioplastic 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

Chapter 2: Indian Ethos
The basis for holsym, Holsym – management,

Chapter 3: Health Management in Holsym
Health and yoga, Yoga for health, Yoga – the four streams, Holsym – health management

Chapter 4: Guṇas & Growth
Growth: guṇas and beyond

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:

MST 303d : MUSIC THERAPY

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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
MST 304a Nārada Bhakti Sutras

Chapter 1: Supreme Love

Chapter 2: Renunciation and Self-Surrender

Chapter 3: Exemplars of Divine Love

Chapter 4: The highest goal of human life

Chapter 5: How to attain supreme love

Chapter 6: Seek holy company

Chapter 7: Preparatory and Supreme Devotion

Chapter 8: The forms of divine love

Chapter 9: Ethical virtues and worship of God

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 card 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  Sub Code: MS P 301
Credits: 2  Hours/ Wk: 4
Total Hrs: 60  Exam Marks: 50
I A 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)
viι Mayūrāsana (peacock posture)
viii Garuḍāsana (eagle posture)
ix Yogāsana (yoga posture)
x Hastapādāṅguṣṭhāsana (hand toe posture)
xi Praṇavāsana (praṇava posture)
xiι Naukāsana (boat posture)
xiιι Bhūnamanāsana (bowing down posture)
xiιιι Sarvāṅgāsana (all limb posture)
xiιιιι Akarṇadhanurāsana (pulled bow posture)
viι Padāṅguṣṭhāsana (big toe posture)
viιι Brahmacaryāsana (celibacy posture)
viιιι Utthita Padmāsana (uplifted lotus posture)
xι Mrgāsana (deer posture)
xx Udarakarṣāsana (belly suction posture)
xxι Tolāṅgulāsana (finger balance posture)
xxii Pūrvottānāsana (interior stretch posture)
xxiii Śīrṣāsana (head stand posture)
xxiv Mayūra-padmāsana (peacock and lotus posture)
xxv Naṭarājāsana (lord of the dancer’s posture)

**Advance Kriyās**

i  Dhauti : Vastra Dhauti, Vaman Dhauti
ii  Neti : Gṛtha Neti and Dugdha Neti
iii Nauli : Madhyam Nauli, Vāma Nauli, Dakṣiṇa Nauli and Nauli Kriyā
iv  Kapālābhāti : Vatkrama Kapālābhāti, Śītkrama, and Vyutakarma Kapālābhāti

**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
Credits: 2
Total Hrs: 60
IA Marks: 50

Sub Code: MS P 302
Hours/ Wk: 4
Exam 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 Kuvalayananda : Pranayama
   (Kaivalyadhama, Lonavala, 1983)
   (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

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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 Siṅcana (ANAMS)

### Text Books:

1. Dr H R Nagendra, Pranic Energization Technique, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
2. Dr H R Nagendra, 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  Sub Code: MS F 301
Credits: 4  Hours/ Wk: ............
Total Hrs: 240  Exam Marks: 50
I A 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
### IV Semester

#### SEMINAR

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