

FYUGP SYLLABUS (2025)
DEPARTMENT OF YOGA VIGYAN
KUMAR BHASKAR VARMA SANSKRIT AND ANCIENT STUDIES UNIVERSITY
P.O- HATI NAMATI, DIST - NALBARI, ASSAM, INDIA

Title of the Course: B.A/B.Sc in Yoga

Preamble: The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and wellbeing. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, by the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breathe slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight. In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training the enthusiasts to become Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.

Name of the course: B.A/B.Sc (Yoga).Candidate with Intermediate (Arts)/Intermediate (Commerce) or equivalent will be awarded B.A (Yoga) degree and candidate with Intermediate (Science) or equivalent will be awarded as B.Sc (Yoga) degree.

About the Program:

The Four- Year Undergraduate programme in Yoga is an attempt to provide the opportunity to experience a range of holistic and multidisciplinary Yoga education with focus on ‘Yoga’ as major course and minors as per the choices of the student. It will lead to a degree with a research component in the major course that promote specialization in ‘Yoga’ with an increased pedagogical emphasis on communication, discussion, research, and opportunities for cross-disciplinary and interdisciplinary thinking. The four-year undergraduate programme (FYUPY) in Yoga with exit options to the students, allow certificate, diploma, and degree at the end of first, second, and third year, respectively. FYUPY offers Programmes of Yoga as Major course with Research Degree, Yoga as Major Course without Research Degree and Minor Course. There are total 21 Discipline Specific Core course consisting of 84 credits and one project/dissertation course of 12 credits in the eight semesters for Programs of Yoga as Major Course with Research Degree. Minor course offered Discipline Specific Elective (DSE) under this program are total 8 consisting of 32 credits (Four in each semester) .The program is also inclusive of three Interdisciplinary Course (IDC) of total 9 credits that can be chosen by the students up to third semester. Along with these, courses like Ability Enhancement Course (AEC) of total 8 credits, Skill Enhancement Course (SEC) of total 9 credits and Value Added Courses (VAC) of total 6 credits, Summer Internship offered by the University are the requirements of fulfilment of FYUGP of Kumar BhaskarVarma Sanskrit & Ancient Studies University, Nalbari under NEP, 2020.

Graduate Attribute:

Intended to empower graduates with competencies and 21st-century skills to become global citizens, and contribute to the nation’s economy, the program visualized the graduate attributes in terms of comprehensive knowledge across multiple disciplines, enriched research skills, boosted analytical and critical thinking, capable of problem solving and creative thinking, leadership readiness, developed communication skills along with scientific temperament and sense of rootedness as well as with sound ethical moorings and values. With enhanced capability of ‘how to learn’ through self –directed learning, graduates with holistic personal development, will adapt with changing demand of the society for building an equitable, inclusive, and plural society and to serve humanity.

Aim of the Programme: The aim of the Programme is to Produce Yoga teachers as well as therapists for a Clinical setup.

Objectives of the Programme:

- To impart foundational knowledge of Yoga philosophy, practices, and their scientific basis.
- To develop understanding of human anatomy, physiology, and psychology in relation to yogic practices.
- To train students in the application of yoga for health promotion, disease prevention, and lifestyle management.
- To create awareness about the role of yoga in physical, mental, emotional, and spiritual well-being.
- To prepare skilled yoga professionals for educational institutions, wellness centers, hospitals, and community service.
- To encourage research aptitude and critical thinking in the field of yoga and allied sciences.
- To preserve and promote Indian traditional knowledge systems through yoga education.
- To contribute towards holistic education, focusing on body, mind, and spirit harmony.
- To enable students to pursue higher education and specialized yoga therapy training or teaching careers.

Duration: The duration of the Programme will be four years (8th semesters).

Seat Capacity: 40 (Forty seats).

Eligibility: Intermediate or equivalent examination. Based on the total marks of all subjects, candidates' belongings to General and Other Backward Classes will be selected as decided by the University.

Medium of Instruction: English and Assamese.

Attendance: As per University norms.

Result: as per University norms.

Outcome of the Course: Upon successful completion of the course, students will be able to:

1. **Understand in-depth** the curriculum of Yogic Sciences, including the applications of Yoga and complementary therapies.
2. **Acquire familiarity** with the foundational texts of Yoga, particularly at the Master's level, to deepen their knowledge and practice.

3. **Develop skills** to promote positive health through Yoga, applying yogic practices for the well-being of the general public, and teaching Yoga for holistic personal development and spiritual growth.
4. **Cultivate an inquisitive and scientific approach** towards Traditional Indian Sciences, with a focus on Yoga and Spirituality, fostering a mind-set open to exploration and inquiry.
5. **Embrace a research-oriented mind set**, preparing them to conduct advanced theoretical and practical research in the domain of Yoga and Alternative Therapies.

Programme Specific Outcome:

- **Deepen** the understanding of Yoga’s rich heritage, drawing from classical sources such as the Vedas, Upanishads, Bhagavad Gita, Patanjali’s Yoga Sutras, Hatha Yoga Pradipika, GherandaSamhita, Shiv Samhita, Hatha Ratnawali, Gorakh Samhita.
- **Bridge** the gap between ancient practices and contemporary science by studying the effects of Yoga on the body and mind through the lens of modern anatomy, physiology, and psychology.
- **Enhance** research and instructional capabilities, enabling the effective dissemination of Yoga knowledge.
- **Equip** practitioners with the expertise to use Yoga therapeutically for managing and preventing a range of health issues that affect the body and mind.
- **Empower** individuals to design personalized Yoga regimens that promote overall well-being, integrating physical fitness, mental clarity, and spiritual growth.

Graduate Attribute:

Intended to empower graduates with competencies and 21st century skills to become global citizens, and contribute to the nation’s economy, the program visualized the graduate attributes in terms of comprehensive knowledge across multiple disciplines, enriched research skills, boosted analytical and critical thinking, capable of problem solving and creative thinking, leadership readiness, developed communication skills along with scientific temperament and sense of rootedness as well as with sound ethical moorings and values. With enhanced capability of ‘how to learn’ through self-directed learning, graduates with holistic personal development, will adapt with changing demand of the society for building an equitable, inclusive, and plural society and to serve humanity.

Programme Outcome (POs) of Four Years Undergraduate Programme:

Programme Outcome:

- Promoting Positive Health in the Student through yoga and enabling them by important skills to Practice and apply Yogic Practices for Health to general Public and teach Yoga for Total Personality development as well as spiritual evolution.
- Invoking and in calculating inquisitive, scientific temper in the student regarding Traditional Indian Sciences specially Yoga and Spirituality.
- A research attitude and orientation will also be inculcated in to the students so that they further become able to undertake advance theoretical and applied research in the field of Yoga and Alternative Therapies.

Programme Specific Outcome:

On successful completion of Four -Year Undergraduate Programme in Yoga from Kumar BhaskarVarma Sanskrit & Ancient Studies University, Nalbari, and the graduates will be able to-

PSO1: Understand the concept of Yoga as both a process and a product, and its interconnectedness with other relevant fields of knowledge.

PSO2: Explore the therapeutic potential of Asanas, Pranayama, Shatkarma and Meditation in the prevention and management of various human diseases.

PSO3: Understand the application of Pranayama in the management of mental disorders.

PSO4: Gain knowledge and skills in Yoga education and training to create qualified professionals and provide competent manpower for development and allied sectors.

PSO5: Develop culturally sensitive, eclectic, and evidence-based participatory practices at various levels in the field of Yoga.

PSO6: Imbibe the foundational knowledge, skills, attitudes, ethics, and values essential for professional Yoga practice.

PSO7: Foster the integration of theoretical knowledge and practical application across various fields of the Yoga profession.

PSO8: Enhance skills in interdisciplinary collaboration to better understand adjustment issues, health problems, moral development, and the necessary support services.

Classification of Course (DSC/DSE/IDC) & Credits

Sl no.	Course	Total Papers	Total Credit	Remarks
1	DSC	(21X4) +(12X1)	96	C- 84 +Dissertation-12+ Internship
2	DSE	8X4	32	
3	IDC	3x3	9	
4	VAC	2X3	6	
5	SEC	3X3	9	
6	AEC	(3X2)+2	8	
		Total	160	

FYUGP Semester-I

Course Code		Name of the Course	Hours of Teaching	Credit	Internal Marks	External Marks
UGYVDS101	DSC	Foundations of Yoga-I (Theory + Practical (25%))	60	4	40	60
UGYVDE102 (Minor)	DSE	Foundations of Yoga-I (Theory + Practical (25%))	60	4	40	60
UGYVID103	IDC	Introduction to Yoga (Theory+ Practical 25%)	45	3	20	40
UGYVEC104	AEC	General English	45	3	20	40
UGYVAC105	VAC	Environmental Studies	45	3	20	40
UGYVEC106	SEC	Artificial Intelligence or Asana and Pranayama I	45	3	20	40

Total= 20 credits

FYUGP Semester-II

Course Code		Name of the Course	Hours of Teaching	Credit	Internal Marks	External Marks
UGYVDS201	DSC	Foundations of Yoga-II (Theory and Practical)	60	4	40	60
UGYVDE202 (Minor)	DSE	Foundations of Yoga-II (Theory and Practical)	60	4	40	60
UGYVID203	IDC	Introduction to Yoga (Theory and Practical)	45	3	20	40
UGYVEC204	AEC	MIL(Sanskrit/Assamese/Al t English)	45	3	20	40
UGYVAC205	VAC	Introduction to Yoga	45	3	20	40
UGYVSC206	SEC	Online course or Asana and Pranayama II	45	3	20	40

Total = 20 credits

FYUGP Semester-III

Course Code		Name of the Course	Hours of Teaching	Credit	Internal Marks	External Marks
UGYVDS301	DSC	Hatha Yoga –I (HYP + GS)	60	4	40	60
UGYVDS302	DSC	Practical-Yogic Practices I	60	4	40	60
UGYVDE303 (Minor)	DSE	Hatha Yoga I	60	4	40	60

UGYVID304	IDC	Yoga and Holistic Health	45	3	40	60
UGYVEC305	AEC	Online Course Or Yogic Diet and Nutrition	30	2	20	40
UGYVSC306	SEC	Cyber security/Music- Vocal/Instrumental/Visual Arts Or Meditation Techniques	45	3	20	40

Total =20 credits

FYUGP Semester-IV

Course Code		Name of the Course	Hours of Teaching	Credit	Internal Marks	External Marks
UGYVDS401	DSC	Hatha Yoga II (HR+ SS+ GS)	60	4	40	60
UGYVDS402	DSC	Human Anatomy and Physiology	60	4	40	60
UGYVDS403	DSC	Practical-Yogic Practices-II	60	4	40	60
UGYVDS404	DSC	Patanjali's Yoga Sutra	60	4	40	60
UGYVDE405 (Minor)	DSE	Patanjali's Yoga Sutra	60	4	40	60

Total= 20 credits

FYUGP Semester-V

Course Code		Name of the Course	Hours of Teaching	Credit	Internal Marks	External Marks
UGYVDS501	DSC	Basic Yoga Texts-(Bhagavad Gita & Yoga Vasistha)	60	4	40	60
UGYVDS502	DSC	Yoga in Principal Upanishad	60	4	40	60
UGYVDS503	DSC	Practical -Yogic Practices –III	60	2+2=4	40	60
UGYVDS504		Internship	60	4	40	60
UGYVDE505 (Minor)	DSE	Modern trends in Yoga	60	4	40	60

Total=20 credits

FYUGP Semester-VI

Course Code		Name of the Course	Hours of Teaching	Credit	Internal Marks	External Marks
UGYVDS601	DSC	Teaching Method for Yogic Practices and School Internship (1 week)	60	4	40	60
UGYVDS602	DSC	Yoga& Complimentary Therapy (Theory)	60	4	40	60
UGYVDS603	DSC	Practical-Yogic Practices-IV	60	4	40	60
UGYVDS604	DSC	Yoga Upanishads	60	4	40	60
UGYVDE605(Minor)	DSE	Yoga Therapy (Theory)	60	4	40	60

Total=20 credits

FYUGP Semester-VII

Course Code		Name of the Course	Hours of Teaching	Credit	Internal Marks	External Marks
UGYVDS701	DSC	General Psychology & Laboratory Practical	60	4	40	60
UGYVDS702	DSC	Yogic Diet & Nutrition	60	4	40	60
UGYVDS703	DSC	Practical-Yogic Practices V	60	4	40	60
UGYVDS704	DSC	Research Methodology & Statistics	60	4	40	60
UGYVDE705(Minor)	DSE	Practical-Yogic Practices-III	60	4	40	60

Total=20 credits

FYUGP Semester-VIII

Course Code		Name of the Course	Hours of Teaching	Credit	Internal Marks	External Marks
UGYVDS801	DSC	IKS, Yoga & Sustainability	60	4	40	60
UGYVDS802	DSC	Research Project +Case Study and Medical Report +Study Tour	--	12	--	
UGYVDE803	DSE	Complementary Therapy	60	4	40	60

Total =20 credits

N B: Dissertation/ Project of 12 credits over semester VIII, for Honours with Research Degree only if CGPA is equivalent or more than 7.5 up to Semester VI.

FYUGP SEMESTER I

**Course Title: Foundations of Yoga
(Theory + Practical -25%)
Course Code: UGYVDS101
Total Credit: 4
(DSC)**

Learning Objectives:

1. To enable the learners to understand basics of Yoga & Yoga Philosophy.
2. To make the learners familiar with Yogic texts.
3. To enable the learners to know about different school of Yoga
4. To develop practical skills in foundational yogic postures and breathing techniques

Course Contents:

Unit1: Introduction to Philosophy

- i. Meaning & Definition of Philosophy
- ii. Classification of Indian schools of Philosophy
- iii. Philosophy of Yoga

Unit 2: The concepts of Yoga

- i. Meaning and Definitions of Yoga
- ii. History and Development of Yoga
- iii. Aims and objectives of Yoga
- iv. Types of Yoga -Jnana Yoga., Bhakti Yoga.,Karma Yoga.

Unit 3: Life sketch of Yogis and their contribution to Yoga

- i. Maharshi Patanjali
- ii. Maharshi Veda Vyas
- iii. Matsyendra Nath

Unit 4: Introduction to Yogic practices –with Yoga Practical

i..**Asana-** Definition,Classification(Dhyanasana,Swasthyasana,Vishrantiasana),

Similarities and dissimilarities between Asana and Exercises.

ii.**Pranayama-** Definition-Classification (according to Hatha Yoga Pradipika)– Importance of Rechaka, Kumbhaka and Puraka..

iii. **Mudra-Bandha-**Concept & meaning of Mudra-Bandhas (according to Hatha Yoga Pradipika)

Practical

I.Prayer: Guru Vandana, Gayatri mantra

II. Yogic Sukshma Vyama:

- Prarthana
- Ucharan sthal tatha visudhi chakra sudhi kriya
- Buddhi Tatha Dhriti Shakti Vikasaka
- Smarana Shakti vikasaka, Medha shakti vikasaka
- Netra – Shakti vikasaka, Kapola – Shakti vikasaka

Asana:

I. **Meditative Asanas:** Sukhasana, Vajrasana,Padmasana

II. **Relaxative Asanas:** Savasana, Makarasana

III. Cultural Asanas:

- i. Standing: Tadasana, Trikonasana
- ii. Sitting: Sasankasana, Ustrasana
- iii. Lying (Supine): Pawanamuktasana, Uttanapadasana
- iv. Lying (Prone): Bhujangasana, Naukasana

IV. **Kriya:** Kapalbhathi(Vatkram- according to Hatha Yoga Pradipika)

V. **Bandha:** Jalandhar & Uddiyana

VI. **Pranayama-**Anulom-Vilom

VII. **Meditation** (Vipasana)

Suggested Readings:

1. SahajanandaShree,Hatha Yoga Manjori,KaivalyadhamaS.M.Y.M.Samiti,Lonavla
2. SaraswatiS.S,Asana Pranayama Mudra Bandha,Yoga Publication Trust, Munger, Bihar
3. Saraswati,S,Four chapters of Freedom,Yoga Publication Trust,Munger,Bihar
4. Feuerstein, Georg,Yoga Sutras of Patanjali,U.S.A. Inner Traditions of India.
5. Yog Bole RogArogya,UmachalYogashram,Guwahati
6. Phukan B N,YogVigyanParichaya,Dr.JogodaPhukan,N. Lakhimpur

**Course Title: Foundations of Yoga-I
(Theory + Practical 25%)**

Course Code: UGYVDE102

**Total Credit: 4
DSE (Minor)**

Learning Objectives:

1. To enable the learners to understand basics of Yoga & Yoga Philosophy
2. To make the learners familiar with Yogic texts
3. To enable the learners to know about different schools of Yoga.

4. To develop practical skills in foundational yogic postures and breathing techniques

Course Contents:

Unit 1: Introduction to Philosophy

- i. Meaning & Definition of Philosophy.
- ii. Classification of Indian Schools of Philosophy.
- iii. Philosophy of Yoga

Unit 2: Concept of Yoga

- i. Meaning and Definitions of Yoga.
- ii. History and Development of Yoga.
- iii. Aims and Objectives of Yoga
- iv. Types of Yoga -Jnana Yoga., Bhakti Yoga., Karma Yoga.

Unit 3: Life sketch of Yogis and their contribution to Yoga

- i. Maharshi Patanjali
- ii. Maharshi Veda Vyas
- iii. Matsyendra Nath

Unit 4: Introduction to Yogic practices- with Yoga Practical

- i. Asana-** Definition, Classification (Dhyanasana, Swasthyasana, Vishrantiasana), Similarities and Dissimilarities between Asana and Exercises.
- ii. Pranayama-** Definition-Classification (according to Hatha Yoga Pradipika)–Importance of Rechaka, Kumbhaka and Puraka.
- iii. Mudra-Bandha-** Concept & meaning of Mudra-Bandhas(according to Hatha Yoga Pradipika)

Practical

I.Prayer: Guru Vandana,Gayatri mantra

II. Yogic Sukshma Vyama:

- Prarthana
- Uccarana-sthala tatha visuddha-cakra-suddhi

- Buddhi Tatha Dhriti Shakti Vikasaka
- Smarana Shakti vikasaka, Medha shakti vikasaka
- Netra – Shakti vikasaka, Kapola – Shakti vikasaka

Asanas:

I. Meditative Asanas: Sukhasana, Vajrasana, Padmasana

II. Relaxative Asanas: Savasana, Makarasana

III. Cultural Asanas :

- i. Standing: Tadasana, Trikonasana
- ii. Sitting: Sasankasana, Ustrasana
- iii. Lying (Supine): Pawanmuktasana, Uttanapadasana
- iv. Lying (Prone): Bhujangasana, Naukasana

IV. Kriya: Kapalbhathi(Vatkram- according to Hatha Yoga Pradipika)

V. Bandha: Jalandhar & Uddiyana

VI. Pranayama-Anulom-Vilom

VII. Meditation(Vipasana)

Suggested Readings:

1. Saraswati, S. S. (2008). *Asana, pranayama, mudra, bandha* (4th ed.). Yoga Publications Trust.
2. Muktibodhananda, S. (2006). *Hatha Yoga Pradipika: Light on Hatha Yoga* (Swami SatyasanganandaSaraswati, Ed.). Yoga Publications Trust.
3. Vivekananda, S. (2010). *Raja Yoga*. AdvaitaAshrama.
4. Hiriyanna, M. (1993). *Outlines of Indian philosophy*. MotilalBanarsidass.
5. Dasgupta, S. (1991). *A history of Indian philosophy (Vol. 1)*. MotilalBanarsidass.

6. Taimni, I. K. (1961). *The science of yoga: The Yoga-sutras of Patanjali*. Theosophical Publishing House.
7. Yogananda, P. (2004). *The essence of self-realization: The wisdom of Paramhansa Yogananda*. Crystal Clarity Publishers.

**Course Title: Introduction to Yoga
(Theory + Practical -25%)**

Course Code: UGYVID103

Total Credit: 3

(IDC)

Learning Objectives:

1. To enable the learners to understand basics of Yoga & Yoga Philosophy.
2. To develop practical skills in foundational yogic postures and breathing techniques.
 3. To make the learners familiar with Yogic texts.
 4. To enable the learners to know about different schools of Yoga

Course Contents:

Unit 1: Introduction to Philosophy

- i. Meaning & Definition of Philosophy.
- ii. Classification of Indian Schools of Philosophy.
- iii. Philosophy of Yoga

Unit 2: Concept of Yoga

- i. Meaning and Definitions of Yoga.
- ii. History and Development of Yoga.
- iii. Aims and Objectives of Yoga
- iv. Types of Yoga -Jnana Yoga., Bhakti Yoga., Karma Yoga.

Unit 3: Life sketch of Yogis and their contribution to Yoga

- i. Maharshi Patanjali
- ii. Maharshi Veda Vyas
- iii. Matsyendra Nath

Unit 4: Introduction to Yogic practices- with Yoga Practical

- i. Asana-** Definition, Classification (Dhyanasana, Swasthyasana, Vishrantiasana), Similarities and Dissimilarities between Asana and Exercises.
- ii. Pranayama-** Definition-Classification (according to Hatha Yoga Pradipika)– Importance of Rechaka, Kumbhaka and Puraka.
- iii. Mudra-Bandha-** Concept & meaning of Mudra-Bandhas(according to Hatha Yoga Pradipika)

Practical

I. Prayer: Guru Vandana, Gayatri mantra

II. Yogic Sukshma Vyama:

- Prarthana
- Uccarana-sthala tatha visuddha-cakra-suddhi
- Buddhi Tatha Dhriti Shakti Vikasaka
- Smarana Shakti vikasaka, Medha shakti vikasaka
- Netra – Shakti vikasaka, Kapola – Shakti vikasaka

Asanas:

I. **Meditative Asanas:** Sukhasana, Vajrasana, Padmasana

II. **Relaxative Asanas:** Savasana, Makarasana

III. **Cultural Asanas):**

- i. Standing: Tadasana, Trikonasana

- ii. Sitting: Sasankasana, Ustrasana
- iii. Lying (Supine): Pawanmuktasana, Uttanapadasana
- iv. Lying (Prone): Bhujangasana, Naukasana

IV. **Kriya:** Kapalbhathi(Vatkram- according to Hatha Yoga Pradipika)

V. **Bandha:** Jalandhar & Uddiyana

VI. **Pranayama-**Anulom-Vilom

VII. **Meditation** (Vipasana)

Suggested Readings:

1. Saraswati, S. S. (2008). *Asana, pranayama, mudra, bandha* (4th ed.). Yoga Publications Trust.
2. Muktibodhananda, S. (2006). *Hatha Yoga Pradipika: Light on Hatha Yoga* (Swami Satyasangananda Saraswati, Ed.. Yoga Publications Trust.
3. Vivekananda, S. (2010). *Raja Yoga*. Advaita Ashrama.
4. Hiriyanna, M. (1993). *Outlines of Indian philosophy*. Motilal Banarsidass.
5. Dasgupta, S. (1991). *A history of Indian philosophy* (Vol. 1). Motilal Banarsidass.
6. Taimni, I. K. (1961). *The science of yoga: The Yoga-sutras of Patanjali*. Theosophical Publishing House.
7. Yogananda, P. (2004). *The essence of self-realization: The wisdom of Paramhansa Yogananda*. Crystal Clarity Publishers.

Course Title: General English
Course Code: UGYVEC104

Total Credit: 3
(AEC)

Course Title: Environmental Studies
Course Code: UGYVAC105
Total Credit: 3
(VAC)

Learning Objectives:

1. Understand the ecosystem and different type of it.
2. Have an idea about the natural resources and understand what a renewable and non-renewable natural resource is.
3. Have an understanding about different bio diversities and their conservation.
4. Understand Pollution and its impact on our health resources and water.

Course Contents

Unit-1: Introduction to environmental studies; Multidisciplinary nature of environmental studies; Scope and importance; Need for public awareness.

Unit-2: Ecosystem; Structure and function of ecosystem; Energy flow in an ecosystem: food chains, food webs and ecological succession.

Unit-3: Natural Resources: Renewable and Non-renewable Resources Land resources and land use change; Land degradation, soil erosion and desertification; Deforestation: Causes and impacts due to mining, dam building on environment, forests, biodiversity and tribal populations.

Unit-4: Water Use and over-exploitation of surface and ground water, floods, droughts, Energy resources: Renewable and non-renewable energy sources, use of alternate energy sources, growing energy needs.

Suggested Readings:

1. Bharucha, E. 2003, Textbook for Environmental Studies, University Grants Commission, New Delhi and Bharati Vidyapeeth Institute of Environmental Education and Research, Pune. 361.
2. Carson, Rachel. 1962. Silent Spring (Boston: Houghton Mifflin, 1962), Mariner Books, 2002.
3. Economy, Elizabeth. 2010. The River Runs Black: The Environmental Challenge to China's Future.
4. Gadiel, M. & Ramachandra, G. 1993. This fissured land: an ecological history of India. Univ of California Press.
5. Gleeson, B. and Low, N. (eds.) 1999. Global Ethics and Environment, London, Routledge.
6. Grubbiness, R.E. and Pandit, M.K. Threats from India's Himalaya dams. Science 339.6115 (2013)
7. Heywood V.H. & Watson, R.T. 1995. Global Biodiversity Assessment. Cambridge University Press.
8. Mc Cully, P. 1996. Silenced rivers: The ecology and politics of large dams. Zed Books

Course Title: Artificial Intelligence
Course Code: UGYVEC106
Total Credit:3
(SEC)

OR

Course Title: Asana and Pranayama I
Course Code:UGYVEC106
Total Credit: 3
(SEC)

Learning Objectives:

1. To introduce the fundamental concepts and philosophy behind Asana and Pranayama.
2. To develop practical skills in foundational yogic postures and breathing techniques.
3. To understand the physiological, psychological, and therapeutic benefits of Asana and Pranayama.

Course Contents

Unit I: Introduction to Asana and Pranayama

- I. Definition and meaning of *Asana* and *Pranayama* (from traditional texts)
- II. Importance and relevance of Asana and Pranayama in daily life
- III. Concept of *Sthiram Sukham Asanam* (Patanjali Yoga Sutra)
- IV. Contraindications and precautions

Unit II: Classification and Techniques of Asana

Part A:

i. Meditative Asanas: Sukhasana, Vajrasana, Padmasana

ii. Relaxative Asanas: Shavasana, Makarasana

Guidelines for practice: sequence, duration, breathing

Part B:

Cultural Asana:

- i. Standing: Tadasana, Trikonasana
- ii. Sitting: Sasankasana, Ustrasana
- iii. Lying (Supine): Pawanamuktasana, Uttanapadasana
- iv. Lying (Prone): Bhujangasana, Naukasana

Unit III: Classification and Techniques of Pranayama:

Pranayama-Anulom-Vilom Pranayama, Bhramari Pranayama

Basic technique, breathing, and alignment

Suggested Books:

1. Saraswati, S. S. (2008). *Asana, pranayama, mudra, bandha* (4th ed.). Yoga Publications Trust.
2. Kuvalayananda, S. (1993). *Asanas*. Kaivalyadhama.
3. Kuvalayananda, S., & Vinekar, S. L. (1963). *Yogic therapy: Its basic principles and methods*. Central Health Education Bureau, Government of India.
4. Muktibodhananda, S. (2006). *Hatha Yoga Pradipika: Light on Hatha Yoga* (Swami Satyasangananda Saraswati, Ed.). Yoga Publications Trust.
5. Basavaraddi, I. V. (2015). *Pranayama: The science of breath*. Morarji Desai National Institute of Yoga.
6. Phukan, B. N. (2012). *Yoga vigyan parichaya*. Dr. Jogoda Phukan Publication.

FYUGP SEMESTER II

Course Title: Foundations of Yoga -II
(Theory and Practical)

Course Code: UGYVDS201

Total credits: 4
(DSC)

Learning Objectives:

1. To enable the learners to understand basics of Yoga & Yoga Philosophy
2. To make the learners familiar with Yogic texts.
3. To enable the learners to know about different schools of Yoga.

Course Contents

Unit 1: Introduction to Philosophy & Concept of Yoga.

- i. Nature of Philosophy
- ii. Yoga as Applied Philosophy.
- iii. Misconceptions about Yoga
- iv. Scopes of yoga

Unit 2: Types of Yoga

- i. Mantra Yoga
- ii. Raja Yoga

Unit 3: Yoga in Epics and Smriti-

- i. Yoga in Ramayana (Aranyakanda)
- ii. Yoga in Mahabharata (Santiparva)
- iii. Yoga in Yajna ValkyaSmriti

Unit 4: Introduction to Yogic Practices-with Yoga Practical

- i. Surya Namaskara
- ii. Shuddhi Kriyas
- iii. Relaxation & Meditation

Practical

I. Prayers-

- Purnata mantra, Shanti mantra.

II. Yogic Sukshma Vyama & Loosening Exercises

- Karna Shakti vikasaka,
- Manibandha – Shakti vikasaka
- Bhujabali Shakti vikasaka,
- Vaksha-sthala- Shakti vikasaka
- Griva Shakti Vikasaka-
- Skandha tatha Bahu-mula Shakti Vikasaka
- Bhujabandha Shakti vikasaka kriya
- loosening exercises.

III. Surya Namaskara with mantras

IV. Asanas:

i. **Meditative Asanas:** Swastikasana, Gomukhasana

ii. **Relaxative Asanas:** Savasana, Makarasana

iii. **Cultural Asanas :**

- Standing: Padahasthasana, Parivritta Trikonasana
- Sitting: Mandukasana, Meru vakrasana
- Lying (Supine): Setubandhasana, Ardhalasana
- Lying (Prone): Salabhasana, Naukasana

V. Kriya: Agnisar Kriya, Jala Neti

VI. Bandha: Uddiyana & Mulabandha

VII. Pranayama-Bhastrika Pranayama

VIII. Meditation– Ajapa Dhyana

Suggested Reading –

1. Kumar, K. (2008). *Super Science of Yoga*, Standard Publishers (India), Delhi.
2. Feuerstein, G. *The Yoga Tradition*, Motilal Banarshidass, New Delhi.
3. Dasgupta, S. N. "History of Indian Philosophy, Vol- I", Motilal Banarshidass, New Saraswati, v. *Scienc Yoga*, Yoga Niketan Trust, Rishikesh.
4. Phukan, B. N. *Yog Vijnan Parichay*, Dr. Jogada Phukan, North Lakhimpur. Mukharjee, V. *Bharatke Mahan Yogi*, Anurag Prakashan, Varanasi.
5. Niranjana Swami, *Yoga Darshan*, Yoga publication Trust, Bihar School of Yoga, Munger, Bihar.
6. Radhakrishnan S, "Indian Philosophy" Vol-I

Course Title: Foundations of Yoga -II

Course Code: UGYVDE202

Total credits: 4

(DSE)

Learning Objectives:

1. To enable the learners to understand basics of Yoga & Yoga Philosophy
2. To make the learners familiar with Yogic texts
3. To enable the learners to know about different schools of Yoga

Course Contents**Unit 1: Introduction to Philosophy & Concept of Yoga.**

- i. Nature of Philosophy
- ii. Yoga as Applied Philosophy.
- iii. Misconceptions about Yoga
- iv. Scopes of yoga

Unit 2: Types of Yoga

- i. Mantra Yoga
- ii. Raja Yoga

Unit 3: Yoga in Epics and Smriti-

- i. Yoga in Ramayana (Aranyakanda)
- ii. Yoga in Mahabharata (Santiparva)
- iii. Yoga in Yajna Valkya Smriti

Unit 4: Introduction to Yogic Practices-with Yoga Practical

- I. Surya Namaskara
- II. Shuddhi Kriyas
- III. Relaxation & Meditation

Practical**I. Prayers-**

- Purnata mantra, Shanti mantra.

II. Yogic Sukshma Vyama:

- Karna Shakti vikasaka,
- Manibandha – Shakti vikasaka

- Bhujabali Shakti vikasaka,
- Vaksha-sthala- Shakti vikasaka
- Griva Shakti Vikasaka-
- Skandha tatha Bahu-mula Shakti Vikasaka
- Bhujabandha Shakti vikasaka kriya
- loosening exercises.

III. Surya namaskara

IV. Asanas:

i. **Meditative Asanas:** Swastikasana, Gomukhasana

ii. **Relaxative Asanas:** Savasana, Makarasana

iii. **Cultural Asanas :**

- **Standing:** Padahastasana, Parivritta Trikonasana
- **Sitting:** Mandukasana, Meru vakrasana
- **Lying (Supine):** Setubandhasana, Ardhalasana
- **Lying (Prone):** Salabhasana, Naukasana

V. **Kriya :** Agnisar Kriya, Jala Neti

VI. **Bandha:** Uddiyana & Mulabandha

VII. **Pranayama-**Bhastrika Pranayama

VIII. **Meditation –** Ajapa Dhyana

Suggested Reading –

1. Kumar, K. (2008). *Super science of yoga*. Standard Publishers (India).
2. Feuerstein, G. (2008). *The yoga tradition: Its history, literature, philosophy and practice*. MotilalBanarsidass.
3. Dasgupta, S. N. (1991). *History of Indian philosophy* (Vol. II). MotilalBanarsidass.

4. Saraswati, V. (n.d.). *Science of yoga*. Yoga Niketan Trust.
5. Phukan, B. N. (2012). *YogVijnanParichay*. Dr. JogodaPhukan Publication.
6. Mukherjee, V. (n.d.). *Bharat kemahan yogi*. Anurag Prakashan.
7. Niranjanananda, S. (2011). *Yoga darshan*. Yoga Publication Trust, Bihar School of Yoga.
8. Radhakrishnan, S. (2006). *Indian philosophy* (Vol. I). Oxford University Press.

Course Title: Introduction to Yoga (Theory and Practical)
Course Code: UGYVID203
Total Credit: 3
(IDC)

Learning Objectives:

1. To enable the learners to understand basics of Yoga & Yoga Philosophy
2. To make the learners familiar with Yogic texts
3. To enable the learners to know about different schools of Yoga

Course Contents

Unit 1: Introduction to Philosophy & Concept of Yoga.

- i. Nature of Philosophy
- ii. Yoga as Applied Philosophy.
- iii. Misconceptions about Yoga
- iv. Scopes of yoga

Unit 2: Types of Yoga

- i. Mantra Yoga
- ii. Raja Yoga

Unit 3: Yoga in Epics and Smriti-

- i. Yoga in Ramayana (Aranyakanda)
- ii. Yoga in Mahabharata (Santiparva)
- iii. Yoga in Yajna ValkyaSmriti

Unit 4: Introduction to Yogic Practices-with Yoga Practical

- I. Surya Namaskara
- II. Shuddhi Kriyas
- III. Relaxation & Meditation

Practical

I. Prayers-

- Purnata mantra, Shanti mantra.

II. Yogic Sukshma Vyama:

- Karna Shakti vikasaka
- Manibandha – Shakti vikasaka
- Bhujabali Shakti vikasaka,
- Vaksha-sthala- Shakti vikasaka
- Griva Shakti Vikasaka-
- Skandha tatha Bahu-mula Shakti Vikasaka
- Bhujabandha Shakti vikasaka kriya
- loosening exercises.

III. Surya namaskara

Asanas:

- i. **Meditative Asanas:** Swastikasana, Gomukhasana
- ii. **Relaxative Asanas:** Savasana, Makarasana
- iii. **Cultural Asanas:**
 - Standing: Padahasthasana, Parivritta Trikonasana
 - Sitting: Mandukasana, Meru vakrasana
 - Lying (Supine): Setubandhasana, Ardhahalasana

- Lying (Prone):Salabhasana, Naukasana

- i. Padahastasana, Parivritta Trikonasana
- ii. Setubandhasana, Ardhalasana
- iii. Salabhasana, Naukasana

IV. **Kriya** :Agnisar Kriya, Jala Neti

V. **Bandha**: Uddiyana & Mulabandha

VI. **Pranayama**-Bhastrika Pranayama

VII. **Meditation** – Ajapa Dhyana

Suggested Reading –

1. Kumar, K. (2008). *Super science of yoga*. Standard Publishers (India).
2. Feuerstein, G. (2008). *The yoga tradition: Its history, literature, philosophy and practice*. MotilalBanarsidass.
3. Dasgupta, S. N. (1991). *History of Indian philosophy* (Vol. II). MotilalBanarsidass.
4. Saraswati, V. (n.d.). *Science of yoga*. Yoga Niketan Trust.
5. Phukan, B. N. (2012). *YogVijnanParichay*. Dr. JogodaPhukan Publication.
6. Mukherjee, V. (n.d.). *Bharat kemahan yogi*. Anurag Prakashan.
7. Niranjanananda, S. (2011). *Yoga darshan*. Yoga Publication Trust, Bihar School of Yoga.
8. Radhakrishnan, S. (2006). *Indian philosophy* (Vol. I). Oxford University Press.

Course Title: MIL (Sanskrit/Assamese/Alt English)

Course Code: UGYVEC204

Total Credit: 3

(AEC)

Course Title: Introduction to Yoga/ Functional Sanskrit
Course Code: UGYVAC205
Total Credit: 3

(VAC)

Learning Objectives:

1. To enable the learners to understand basics of Yoga & Yoga Philosophy.
2. To develop practical skills in foundational yogic postures and breathing techniques.
3. To make the learners familiar with Yogic texts.
4. To enable the learners to know about different schools of Yoga

Course content:

Unit 1 : General Introduction to Yoga– Definition, Aims and objectives of Yoga, Branches of Yoga- (Jnana Yoga, Bhakti Yoga, Karma Yoga, Hatha yoga and Raja Yoga), Asthanga Yoga(Definition & Classification), Yogic concept of Swasthya.

Unit 2:Asana,pranayama, Mudra-Bandha,Meditation& Kriyas.

- i. **Asana**-Definition,Classification–Dissimilaritiesbetween Asanaand exercises.
- ii. **Pranayama**-Definition,Classification-ImportanceofRechaka,Kumbhakaand Puraka.
Difference between deep breathing & Pranayama.
- iii. **Mudra-Bandha& Meditation**- Concept, Meaning & Application of Mudra- Bandhas and Meditation.
- iv. **Kriyas (Shatkarmas)** -Concept,Meaning & applicationof Kriyas:
Classification of Shatkarmas according to HathaYoga pradipika.

Unit3:Basics of Human Anatomy &Physiology:

i. Concept, Structure and Function-Cell & Tissues

ii. Concept, Structure &Function of some systems-Digestive system, Excretory system, Respiratory system, Cardiovascular system. Endocrine system, Nervous system.

Unit 4:Practical-

I.Prayer-Guru Vandana, Purnata Mantra

II. Loosening exercises (Joint Movement), Suryanamaskara

III.Kriyas: Kapalbhathi, Jalaneti

IV. Pranayama-Anulom-Vilom, Bhastrika & Bhramori Pranayama

V. Asanas

i..***MeditativeAsanas***–Sukhasana,Siddhasana,Vajrasana& Padmasana.

ii. Swasthyasana(CulturalAsanas):

StandingPositions:Tadasana,Katichakrasana, ,PadahastasanaDandyaman

Ardhachakrasana,Trikonasana,ParivrittaTrikonasana, Vrikshasana.

Lying positions (Supine):Jastikasana, Marjarasana Pawanmuktasana,Setubandhasana, Uttanapadasana,Sarvangasana,Matsyasana,Chakrasana,

Lying Positions (Prone):Bhujangasana,Salabhasana,Naukasana,Dhanurasana

Sittingpositions–Mandukasana, Ustrasana, Vakrasana, ArdhaMatsyendrasna, Pachimottanasana, Gomukhasana.

Relaxative Asanas–Savasana&Makarasana.

Mudra-Bandha-VipareetkaraniMudra,JalandharBandha,UddiyanaBandha, Moola

Bandha.&Mahabandha

Kriyas(Shatkarma)-Kapalbhathi,AgnisaraKriya, Jalaneti & Rubber neti

Reference Books:

1. HathaYogapradipika–SwamiMuktibodhananda,YogapublicationTrust,Munger, Bihar
2. Asana pranayam Mudra- Bandha– Swami Satyananda Saraswati– Yoga publication Trust, Munger, Bihar
3. YogaSutras– RishiPatanjali
4. PhysiologyandAnatomyforNurses-Pearce,EvlynC.(JaypeeBrothers)
5. Yoga-Vigyanparichay–Prof.Balinarayan Phukan
6. AnatomyandPhysiologyforyogicpractices-Gore.

Course Title: Online Course
Course Code: UGYVEC206
Total Credit: 3
(SEC)

FYUGP SEMESTER III

Course Title: Hatha Yoga I (HYP& GS)

Course Code: UGYVDS301

Total Credit:4

(DSC)

Learning Objectives: Learning Objectives:

1. To introduce classical texts of Hatha Yoga.
2. To understand the philosophy and practices prescribed in *Hatha Yoga Pradipika* and *GherandaSamhita*.
3. To develop theoretical and practical understanding of Asana, Pranayama, Mudra, Bandha, and Shatkarma.
4. To explore the concept of purification and progression of yogic practices for spiritual development.

Course Contents

Unit-I: Introduction to Hatha Yoga & Hatha Yoga Pradipika (Chapter 1 & 2)

- i. Introduction to Hatha Yoga: Definition and Meaning and its Purpose
- ii. Importance of Guru, Season, Proper place for Sadhana (according to HYP & GS)
- iii. Rules and disciplines for the practitioner (Mitahara – moderate diet, Brahmacharya, etc.), according to HYP & GS
- iv. Obstacles and aids (according to HYP)
- v. Asanas (Chapter 1, HYP) – Definition, purpose, and names of 15 classical asanas&Pranayama (Chapter 2, HYP) – Nadishodhana, Kumbhaka, and signs of purification.

Unit-II: Hatha Yoga Pradipika (Chapter 3 & 4)

Mudras and Bandhas (Chapter 3):

- i. Description and significance of 10 major Mudras (e.g., Maha Mudra, MahaBandha, Mahavedha, Khechari, Uddiyana, MulaBandha, JalandharaBandha, etc.).

Samadhi (Chapter 4):

- ii. Concept of Nadanusandhana, types of Nada, and their role in attaining Samadhi.
- iii. Relationship between Hatha Yoga and Raja Yoga.
- iv. Signs and symptoms of Siddhi.

Unit-III: Introduction to GherandaSamhita – Saptanga Yoga (Sevenfold Path)

- i. Introduction to *GherandaSamhita*: Authorship, Chapter, and approach.
- ii. Comparison with Hatha Yoga Pradipika.

Concept of Saptanga Yoga (Sevenfold Yoga):

iii. Shatkarma (Six Cleansing Techniques)

- iv. **Asana** – 32 asanas and their benefits.

v. Mudra – Different mudras and their significance.

Unit-IV: GherandaSamhita – Higher Practices

- i. **Pratyahara&Pranayama** – Types, techniques, and benefits.
- ii. **Dhyana** – Types of meditation, characteristics of a meditator.
- iii. **Samadhi** – Concept and signs of perfection.
- iv. Role of purification (Shuddhi), discipline (Yama-Niyama), and lifestyle in spiritual progress.
- v. Comparative study: *Hatha Yoga Pradipika* vs *GherandaSamhita* in terms of structure, practices, and objectives.

Suggested Readings:

1. Hatha Yoga Pradipika – Swami Muktibodhananda (Bihar School of Yoga).
2. GherandaSamhita – Commentary by Swami NiranjananandaSaraswati.
3. Hatha Yoga Texts – Gharote, M.L. & others (Lonavla Yoga Institute).
4. The Yoga Tradition – Georg Feuerstein.
5. Gheranda Samhita- Kaivalyadhama, Lonavla, Pune

Course Title: Practical-Yogic Practices I

Course Code: UGYVDS302

Total Credit: 4

(DSC)

Learning Objectives:

1. To enable the learners to practice of Shatkarma techniques.
2. To make learners familiar with practices of Pranayama, Asanas, Mudra –Bandha and Meditation.
3. To enable the learners to enhance their flexibility, body coordination and balance.

Course contents:

Unit I: Prayer & Sukshma Vyayama

I. Prayers-

- i. Gayatri Mantra- “Om BhurBhuvahSvah” (Rigveda)
- ii. Patanjali Vandana- “YogenaChitasya”
- iii. Shanti Mantra- “SarveBhavantuSukhinah” (Maha Upanishad)

II. Yogic Sukshma Vyayama:

- Kohoni Shakti vikasaka kriya- 1 & 2
- Bhujabali Shakti vijasaka kriya- 1, 2 & 3
- Purna Bhuj Shakti vikasaka kriya- 1 to 6
- Mani-Bandha Shakti Vikasaka.
- Kara-Pristha Shakti Vikasaka.

Unit II: Asana and Pranayama

A. Asanas:

Dhyanasana (Meditative postures):

- i. Sukhasana
- ii. Ardha Padmasana
- iii. Padmasana

Vishranti Asana(Relaxative postures):Savasana& Makarasana

Swasthasana(Cultural Postures):

Standing:TiryakaTadasana, Trikonasana, Virabhadrasana-I

Sitting:Janusirasana,Supta-Vajrasana,Vakrasana,Ardhamatsyendrasana

Lying(Supine):Jwastikasana, Supta Matsyendrasana (Spinal twist), Pawanmuktasana,

Uttanapadasana

Lying(Prone):Bhujangasana, Salabhasana,Naukasana

B. Pranayama:

- i. Nadisodhan pranayama,
- ii. Bhastrika Pranayama
- iii. Sitali Pranayama
- iv. Sitkari Pranayama

Unit III: Shatkarma, Mudra-Bandha& Meditation

I. Shatkarmas:

- i. Kapalabhati (Vatkram &Vyutkrama- as per Gheranda Samhita)
- ii. VamanDhauti

II. Mudra-Bandha:

- i. Ashwini Mudra
- ii. Mahabandha

III. **Meditation:**

- i. Pranava and Soham Japa

Suggested Readings:

1. Saraswati, S. S. (2008). *Asana, pranayama, mudra, bandha* (4th ed.). Yoga Publications Trust, Munger.
2. Phukan, B. N. (2012). *Yoga VigyanParichaya*. Dr. JogodaPhukan Publication, North Lakhimpur.
3. Muktibodhananda, S. (2006). *Hatha Yoga Pradipika* (Swami SatyasanganandaSaraswati, Ed.). Yoga Publications Trust, Munger.

Course Title: Hatha Yoga I

Course Code: UGYVDE303

Total Credit: 4

(DSE) Minor

Learning Objectives:

1. To introduce classical texts of Hatha Yoga.
2. To understand the philosophy and practices prescribed in *Hatha Yoga Pradipika* and *GherandaSamhita*.
3. To develop theoretical and practical understanding of Asana, Pranayama, Mudra, Bandha, and Shatkarma.
4. To explore the concept of purification and progression of yogic practices for spiritual development.

Course Contents

Unit-I: Introduction to Hatha Yoga & Hatha Yoga Pradipika (Chapter 1 & 2)

- i. Introduction to Hatha Yoga: Definition and Meaning and its Purpose, Concept of *Hatha* — union of *Ha (Sun)* and *Tha (Moon)*
- ii. Introduction to Hatha Yoga Pradipika and GherandaSamhita,
- iii. Importance of Guru, Season, Proper place for Sadhana (according to HYP & GS)
- iv. Rules and disciplines for the practitioner (Mitahara – moderate diet, Brahmacharya, etc.), according to HYP & GS
- v. Obstacles (e.g., overeating, overtalking, etc.) and aids (enthusiasm, courage, etc.).
- vi. Asanas (as per Hatha Yoga Pradipika Chapter 1) – Definition, purpose, and names of 15 classical asanas.
- vii. Pranayama (as per Chapter 2) – Nadishodhana, Kumbhaka, and signs of purification.

Unit-II: Hatha Yoga Pradipika (Chapter 3 & 4)

I. **Mudras and Bandhas** (Chapter 3):

- i. Description and significance of 10 major Mudras (e.g., Maha Mudra, MahaBandha, Mahavedha, Khechari, Uddiyana, MulaBandha, JalandharaBandha, etc.).

I. **Chapter 4 (Samadhi):**

- i. Concept of Nadanusandhana, types of Nada, and their role in attaining Samadhi.
- ii. Relationship between Hatha Yoga and Raja Yoga.
- iii. Signs and symptoms of Siddhi.

Unit-III: Introduction to GherandaSamhita – Saptanga Yoga (Sevenfold Path)

- I. Introduction to *GherandaSamhita*: Authorship, Chapter, and approach.
- II. Comparison with Hatha Yoga Pradipika.
- III. Concept of Saptanga Yoga (Sevenfold Yoga):
 - i. **Shatkarma (Six Cleansing Techniques)**
 - ii. **Asana** – 32 asanas and their benefits.
 - iii. **Mudra** – Different mudras and their significance.

Unit-IV: GherandaSamhita – Higher Practices

- iv. **Pratyahara** – Types and techniques.

- v. **Pranayama** – Types, techniques, and benefits.
- vi. **Dhyana** – Types of meditation, characteristics of a meditator.
- vii. **Samadhi** – Concept and signs of perfection.
- I. Role of purification (Shuddhi), discipline (Yama-Niyama), and lifestyle in spiritual progress.
- II. Comparative study: *Hatha Yoga PradipikavsGherandaSamhita* in terms of structure, practices, and objectives.

Suggested Readings:

- 1. Hatha Yoga Pradipika – Swami Muktibodhananda (Bihar School of Yoga).
- 2. GherandaSamhita – Commentary by Swami NiranjananandaSaraswati.
- 3. Hatha Yoga Texts – Gharote, M.L. & others (Lonavla Yoga Institute).
- 4. The Yoga Tradition – Georg Feuerstein.

Course Title: Yoga & Holistic Health
Course CodeUGYVID304
(IDC)

Learning Objectives:

- 1. Understanding about the concept, scope & need of Holistic health.
- 2. Apply their knowledge about yoga and fundamentals of holistic health in daily life
- 3. To compare the education of holistic health between India & Western context

Course Contents

Unit 1: Concept of Holistic Health

- i. Meaning and definition of Holistic Health
- ii. Dimensions of health: Physical, Mental, Emotional, Social, and Spiritual
- iii. Need and scope of holistic health education in modern lifestyle
- iv. Yogic perspective on holistic wellness
- v. Role of Yoga in preventive, promotive, and curative health

Unit 2: Metaphysical Foundations of Yoga

- I. **Purusha and Prakriti** – Sankhya philosophy as the basis of yogic worldview
- II. **Components of Antahkarana:**
 - i. Manas (mind)
 - ii. Buddhi (intellect)
 - iii. Chitta (memory)
 - iv. Ahankara (ego)
- III. Relationship between mind, consciousness, and body in yoga
- IV. Importance of metaphysical understanding for holistic living

Unit 3: Yoga for Educational and Socio-Moral Development

- i. Need and importance of Yoga in education
- ii. Yoga as a way of healthy and integrated living
- iii. Yoga for value-based education and ethical awareness
- iv. Socio-moral upliftment through yogic principles (Yama–Niyama)
- v. Yoga as a tool for mental harmony, stress relief, and character building

Suggested Readings:

1. Ganesh, Shankar (2002). *Classical and Modern Approaches to Yoga*, Pratibha Publication, New Delhi
2. Goel, A. (2007). *Yoga Education: Philosophy and Practices*, Deep & Deep Publications, New Delhi
3. Paraddi, KasumaMallapa& Ganesh, Shankar (2006). *Ashtanga Yoga in Relation to Holistic Health*, Satyam Publication, New Delhi
4. Swami A. P. & Mukherjee (2008). *Yoga Lessons for Developing Spiritual Consciousness*, Cosmos Publication, New Delhi

Course Title: Online Course/ Yogic Diet and Nutrition
Course Code: UGYVEC305
Total Credit: 2

(AEC)

Yogic Diet and Nutrition

Course Objectives: The student shall be able to

1. Advise the appropriate diet to different age groups.
2. Have an understanding about overeating and malnutrition.
3. Benefits and caloric value of various food groups.
4. Understand the concepts of absorption of essential vitamins and minerals.

Course Content

Unit I: Objective and concept of Diet & Nutrition

- i. Basic concepts and components of food and nutrition, Basic Terminology in relation to Nutrition Requirement, Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification.
- ii. Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements, Significance of water.
- iii. Concept, Nutrients, proximate principles of diet, Excessive and deficiency diseases of nutrients in the body.

Unit II: Food Groups & Yogic concept of Diet

- i. Cereals & Millets – Selection, Preparation and Nutritive Value, Pulses, Nuts and Oil Seeds- Selection, Preparation and Nutritive Value;
- ii. Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jiggery, Honey; Sprouts- Selection, Preparation and Nutritive Value.
- iii. Concept of Yogic diet in -Hatha yoga Pradipika, Bhagavad Gita, Gheranda Samhita; Relevance of Yogic diet in the management of lifestyle.

Suggested Readings:

1. Swami Sivananda – *Health and Diet*
2. Dr. H. K. Bakhru – *Complete Handbook of Nature Cure*

3. Swami Kuvalayananda – *Yoga Mimamsa Journals*
4. Satyananda Saraswati – *A Yogic Perspective on Food Ayurveda Aahar (Food / Diet)* – Prof. R. H. Kulkarni.
5. *Fundamental of Foods, Nutrition and Diet Therapy*, Sumati R M Mudambi and M V Rajagopal., New Age Internationnal Publishers.
6. *A text book of Foods,Nutrition and Dietetics*,Begum Reheena

Course Title: Cyber security/Music-Vocal/Instrumental/Visual Arts or Meditation Techniques

Course Code: UGYVEC306

Total Credit: 3

(SEC)

SEMESTER IV

Course Title: Hatha Yoga II (HR+SSS+GS)

Course Code: UGYVVDS401

Total Credit: 4

(DSC)

Learning Objectives:

1. To understand the foundational principles and goals of Hatha Yoga from traditional scriptures.
2. To explore the origin and development of Hatha Yoga through key texts and their philosophical insights.
3. To examine the yogic practices (Asana, Pranayama, Mudra, Bandha, etc.) as described in classical Hatha Yoga literature.
4. To appreciate the spiritual, physical, and psycho-energetic aims of Hatha Yoga.

Course Content

Unit I: Introduction to Hatha Yoga & Siddha SiddhantaPaddhati

- i. Definition, objectives, and uniqueness of Hatha Yoga
- ii. Historical evolution and tradition of Siddha Yoga
- iii. Author and background of **Siddha SiddhantaPaddhati**– Gorakhnath's contribution
- iv. PanchatattvaSiddhanta (Five-fold Tattva Theory)
- v. Concept of **Jiva, Shiva, Nadis, and Bindu** in Siddha SiddhantaPaddhati

Unit II: GorakshaSamhita – Yogic Philosophy and Practice

- i. Historical context and relevance of **GorakshaSamhita**
- ii. Concept of **Mantra, Guru, and Shishyaparampara**
- iii. Description of **Chakras, Nadis, Kundalini, and Prana**
- iv. Yogic Sadhana: Yama, Niyama, Asana, and Pranayama
- v. Path to liberation through Hatha Yoga according to Nath tradition

Unit III: Hatha Ratnavali – Systematic Practices of Hatha Yoga

- i. Overview of Hatha Ratnavali and its author Srinivasa Yogi
- ii. Classification and description of Asanas as per Hatha Ratnavali
- iii. Pranayama techniques and benefits
- iv. Mudras and Bandhas – types, purposes, and techniques
- v. Yogic therapy for health and disease management according to Hatha Ratnavali

Unit IV: Integration, Goals & Comparative Study of Texts

- i. Comparative insights between **Siddha SiddhantaPaddhati, GorakshaSamhita, and Hatha Ratnavali**
- ii. Common themes: Kundalini, Prana, Bindu, Nadi, Samadhi
- iii. Role of Hatha Yoga in spiritual awakening and self-realization
- iv. Final aim: Attainment of Siddhi, Mukti, and Kaivalya
- v. Ethical discipline, lifestyle, and diet (Mitahara) for Hatha Yogis

Suggested Readings:

1. Hatha Ratnavali – Edited & Translated by Gharote, M.L. (Lonavala Yoga Institute)
2. Siddha SiddhantaPaddhati – Commentary by Gorakhnath; English Translation by AkhilBharatiyaGorakshanathMandal
3. GorakshaSamhita – Critical edition by Gharote, M.L.
4. Swami Muktibodhananda – Hatha Yoga Pradipika (for comparative reference)
5. Tiwari, O.P. – Asana, Pranayama, Mudra, Bandha
6. Swami Digambarji – Hatha Yoga Texts with Commentary

Course Title: Human Anatomy & Physiology

Course Code: UGYVDS402

Total Credit: 4

(DSC)

Learning Objectives:

1. To understand the structural and functional organization of the human body systems.

2. To identify the location and roles of major organs and glands.
3. To comprehend the physiological processes that support life such as respiration, digestion, circulation, reproduction, etc.
4. To gain a foundational understanding of human anatomy relevant to yogic and health sciences.

Course Content

Unit I: Human Body Organization, Musculoskeletal & Nervous System

- **Human Body Organization & Defense Mechanisms**
 - i. Meaning of Anatomy and Physiology
 - ii. Cell & Tissues- meaning with Structure and Functions
 - iii. Concept of homeostasis
 - iv. Introduction to the body's defense mechanisms (immunity overview)
- **Musculoskeletal System**
 - i. Skeleton: functions and structure
 - ii. Classification and names of bones
 - iii. Major joints and muscles: structure and function
- **Nervous System**
 - i. Structure and functions of brain and spinal cord
 - ii. Peripheral and autonomic nervous systems
 - iii. Role of the nervous system in coordinating body functions

Unit II: Digestive, Excretory & Endocrine Systems

- **Digestive System**
 - i. Structure and function of alimentary canal
 - ii. Role of digestive juices and enzymes
 - iii. Accessory glands: Liver, Pancreas – structure and functions
- **Excretory System**
 - i. Structure and function of kidneys, urinary bladder, ureters, urethra

- ii. Role of skin and sweat glands in excretion

- **Endocrine System**

- i. Overview of endocrine glands; Hormonal regulation and feedback mechanisms
 - ii. Functional anatomy of Hypothalamus; Detailed function of major glands: Pituitary, Thyroid, Adrenal, Pancreas, Gonads
 - iii. Hormonal disorders and imbalances (brief overview)

Unit III: Respiratory & Cardiovascular Systems

- **Respiratory System**

- i. Organs of respiration and their function
- ii. Mechanics of breathing
- iii. Exchange of gases at alveolar level
- iv. Lung volumes and capacities

- **Cardiovascular System**

- i. Structure and function of the heart
- ii. Pulmonary and systemic circulation
- iii. Cardiac cycle and heart as a pump
- iv. Blood: composition, functions, blood groups, and clotting
- v. Blood pressure: regulation and importance

Unit IV: Reproductive, Lymphatic System & Yoga's Impact on Physiology

- **Reproductive System**

- i. Male and female reproductive organs – structure and function
- ii. Menstrual cycle: hormonal regulation and phases
- iii. Fertilization and basics of embryology (brief)

- **Lymphatic System**

- i. Structure and role of lymph, lymph nodes, and vessels
- ii. Sites of lymphatic organs (e.g., tonsils, spleen, thymus)
- iii. Role in immunity and defense mechanisms

- **Yoga and Human Physiology**
 - i. **Effect of Yoga on Digestive and Excretory Systems**
 - ii. **How Yoga improves systemic functions: circulation, respiration, digestion, hormonal balance**

Suggested Readings:

1. Gupta, A.K. – *SharirRachanaevamKriyaVigyan*
2. Gore, M.M. – *Anatomy and Physiology of Yogic Practices*, Jaypee Brothers, New Delhi
3. Pearce, E. – *Anatomy and Physiology for Nurses*, Jaypee Brothers Medical Publishers
4. Phukan, B.N. – *YogVigyanParichay*, Dr. JogadaPhukan
5. Telles, S. – *A Glimpse of the Human Body*, Swami Vivekananda Yoga Prakashan
6. Guyton, Arthur C. – *Textbook of Medical Physiology*, W.B. Saunders Co., Philadelphia
7. Sarma, Joydev – *Human Anatomy & Physiology*, Allied Book Distributors
8. Alma R. Guinners – *ABC's of the Human Body*, Reader's Digest, USA

Course Title: Practical –Yogic practices II

Course Code: UGYVDS403

Total Credit: 4

(DSC)

Learning Objectives:

1. To enable the learners to practice of Shatkarma techniques.
2. To make learners familiar with practices of Pranayama, Asanas, Mudra –Bandha and Meditation.
3. To enable the learners to enhance their flexibility, body coordination and balance.

Course Contents

Unit 1: Prayers & Sukshma Vyayama & Surya Namaskara:

I. Prayer:

- i. Asato Mā Sad Gamaya-Bṛhadāranyaka Upaniṣad (1.3.28)
- ii. Om Namah Sat-Chit-Ananda-**SachchidanandRūpāyaStotra**(Mangal Parthana)

II. Yogic Sukshma Vyayama (as per Dhirendra Brahmachari):

19. Kara-prstha-sakthi-vikasaka
20. Angula-mula-sakthi-vikasaka
21. Anguli-sakti-vikasaka
22. Vaksha-sthala Shakti Vikasaka- 1 & 2
23. Udara Shakti Vikasaka-1 to 10

IV. Chandra Namaskara: 14 Steps with Mantra

Unit 2: Asanas and Pranayam

Asana:

I. Dhyanasana (Meditative Postures)

- i. Swastikasana
- ii. Vajrasana

II. Vishranti Asana (Relaxative Postures):

- i. Makarasana
- ii. Savasana

III. Swasthasana (Cultural Postures):

- i. **Standing:** Tadasana, Ardha Kati Chakrasana, Vrikshasana, Padahasthasana, Dandayaman Ardha Chakrasana
- ii. **Sitting:** Janusirasana, Sasankasana, Ustrasana, Bakrasana
- iii. **Lying (Supine):** Setubandhasana, Vipareet karani Asana, Saral Matsyasana
- iv. **Lying (Prone):** Bhujangasana type 2, Dhanurasana

B. Pranayama:

- i. Ujjayi Pranayama
- ii. Moorchha Pranayama

Unit 3: Yogic Cleansing, Mudras & Meditation

I. Shatkarma (Cleansing Techniques):

- i. Rubber Neti
- ii. Sheetkrama Kapalabhati

II. Mudras and Bandhas:

- i. Yoga Mudra
- ii. JalandharaBandha
- iii. UddiyanaBandha
- iv. MoolaBandha

III. Meditation:

Cyclic Meditation- (S-VYASA), Sohum Japa, Antarmauna

Suggested Reading

1. Saraswati S.S, Asana Pranayama, Mudra Bandha, Yoga Publication Trust, Munger.
2. Phukan B N, Yoga Vigyan Parichaya, Dr. Jogoda Phukan, N. Lakhimpur.
3. Muktibodhananda, Swami, Hatha Yoga Pradipika, Yoga Publication Trust, Munger

Course Title: Patanjali's Yoga Sutra

Course Code: UGYVDS404

Total Credit: 4

(DSC)

Learning Objectives:

1. To understand the philosophical and practical dimensions of Patanjali's Yoga Sutras.
2. To explore the concepts and interpretations of SadhanaPada and VibhutiPada.
3. To comprehend the yogic psychology and methods of mind control through astanga yoga.
4. To cultivate deeper insight into samyama, siddhis, and their relevance in yogic practice.

Course Content

Unit I: Foundations of Patanjali's Yoga Sutra

- i. Introduction to Patanjali's Yoga Sutra and its structure (Samadhi, Sadhana, Vibhuti, Kaivalya Padas)
- ii. Traditional commentators: Vyasa, Vachaspati Mishra
- iii. Importance of the Yoga Sutras in classical and modern Yoga philosophy
- iv. Chitta and its modifications – ChittaVrittiNirodha
- v. Vikṣepas (Antarayas), their removal and means of attaining Chitta-prasadana

Unit II: SadhanaPada – The Path of Practice

- i. Kriya Yoga: Tapas, Svadhyaya, Ishwarapranidhana
- ii. Five Kleshas: Avidya, Asmita, Raga, Dvesha, Abhinivesha
- iii. Relationship between Kleshas, Karmaśaya, Karma-vipaka, and Dukha
- iv. Concept and practical introduction to Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, and Pratyahara
- v. Practical role of Pranayama and Pratyahara in mind control

Unit III: VibhutiPada – Yogic Powers and Samyama

- i. Definitions and distinctions: Dharana, Dhyana, and Samadhi
- ii. Concept of Samyama and its internal/external applications
- iii. Yogic Siddhis (vibhutis): Types, sources, and ethical implications
- iv. Samprajnata&Asamprajnata Samadhi; Sabija&Nirbija Samadhi
- v. Caution regarding attachment to Siddhis and cultivation of VivekaKhyati

Unit IV: KaivalyaPada – Liberation and Final Realization

- i. Concept of NirmanaChitta and five means of attaining Siddhis
- ii. Four types of Karma and the role of Vasana in bondage
- iii. Dharmamegha Samadhi and its result
- iv. Concept of VivekaKhyati and Kaivalya
- v. Philosophical explanation of Kaivalya (liberation) – the final goal of Yoga

Suggested Readings:

1. Swami Vivekananda – *Raja Yoga*
2. Swami Satchidananda – *The Yoga Sutras of Patanjali*
3. Swami HariharanandaAranya – *Yoga Philosophy of Patanjali*
4. I.K. Taimni – *The Science of Yoga*
5. Swami Prabhavananda & Christopher Isherwood – *How to Know God: The Yoga Aphorisms of Patanjali*
6. Georg Feuerstein – *The Yoga-Sutra of Patanjali: A New Translation and Commentary*

Course Title: Patanjali's Yoga Sutra

Course Code: UGYVDE405

Total Credit: 4

(DSE)

Learning Objectives:

1. To understand the philosophical and practical dimensions of Patanjali's Yoga Sutras.
2. To explore the concepts and interpretations of SadhanaPada and VibhutiPada.
3. To comprehend the yogic psychology and methods of mind control through astanga yoga.
4. To cultivate deeper insight into samyama, siddhis, and their relevance in yogic practice.

Course Content

Unit I: Foundations of Patanjali's Yoga Sutra

- i. Introduction to Patanjali's Yoga Sutra and its structure (Samadhi, Sadhana, Vibhuti, Kaivalya Padas)
- ii. Traditional commentators: Vyasa, Vachaspati Mishra, Swami Vivekananda
- iii. Importance of the Yoga Sutras in classical and modern Yoga philosophy
- iv. Chitta and its modifications – ChittaVrittiNirodha
- v. Viksepas (Antarayas), their removal and means of attaining Chitta-prasadana

Unit II: SadhanaPada – The Path of Practice

- i. Kriya Yoga: Tapas, Svadhyaya, Ishwarapranidhana
- ii. Five Kleshas: Avidya, Asmita, Raga, Dvesha, Abhinivesha
- iii. Relationship between Kleshas, Karmaśaya, Karma-vipaka, and Dukha
- iv. Concept and practical introduction to Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, and Pratyahara
- v. Practical role of Pranayama and Pratyahara in mind control

Unit III: VibhutiPada – Yogic Powers and Samyama

- i. Definitions and distinctions: Dharana, Dhyana, and Samadhi
- ii. Concept of Samyama and its internal/external applications
- iii. Yogic Siddhis (vibhutis): Types, sources, and ethical implications
- iv. Samprajnata&Asamprajnata Samadhi; Sabija&Nirbija Samadhi
- v. Caution regarding attachment to Siddhis and cultivation of VivekaKhyati

Unit IV: KaivalyaPada – Liberation and Final Realization

- i. Concept of NirmanaChitta and five means of attaining Siddhis
- ii. Four types of Karma and the role of Vasana in bondage
- iii. Dharmamegha Samadhi and its result
- iv. Concept of VivekaKhyati and Kaivalya
- v. Philosophical explanation of Kaivalya (liberation) – the final goal of Yoga

Suggested Readings:

1. Swami Vivekananda – *Raja Yoga*

2. Swami Satchidananda – *The Yoga Sutras of Patanjali*
3. Swami Hariharananda Aranya – *Yoga Philosophy of Patanjali*
4. I.K. Taimni – *The Science of Yoga*
5. Swami Prabhavananda & Christopher Isherwood – *How to Know God: The Yoga Aphorisms of Patanjali*
6. Georg Feuerstein – *The Yoga-Sutra of Patanjali: A New Translation and Commentary*

SEMESTER V

Course Title: Basic Yoga Texts (Bhagavad Gita & Yoga Vasistha)

Course Code: UGYVDS501

Total Credits: 4

(DSC)

Learning objectives:

1. To acquire Knowledge of yoga stated in Bhagavad Gita.
2. To understand the concept of yoga narrated in Yoga Vasistha
3. To acquaint learners with knowledge of Vibhaga Yoga

Course Contents

Unit 1: Introduction to Bhagavad Gita & Yoga

- i. Introduction to Bhagavad Gita & definition of Yoga in Bhagavad Gita.
- ii. The Relevance Scope, meaning of the terms-AtmaSwarupa, Sthitaprajna
- iii. Sankhya Yoga (Chpt. 2), Karma yoga (Chpt.3) and Karma Swarupa(Sakama and Nishkama).

Unit 2: Yoga in Bhagavad Gita and Vibhaga Yoga

- i. Jyana Yoga(Chpt.4), Karma Sanyasa Yoga(Chap. 5), DhyanaYoga(Chap.6)
- ii. Bhakti Yoga-Types of Bhakta, Nature of Bhakti(Chap. 12)
- iii. The Trigunas and Nature of Prakriti.(Chpt.14). DaivasuraSampadVibhaga Yoga.(Chpt.16), Moksha- SanyasaYog(Chap.18)

Unit 3: Introduction to Yoga Vasistha and Yoga

- i. Salient features of Yoga Vasistha. Concept of Adhis and Vyadhis
- ii. Psychosomatic ailments, the four Dwarpaals to freedom
- iii. How Sukha attained in the highest state of Bliss.

Unit 4: Introduction to Yoga Vasistha and Yoga

- i. Practices to overcome to Impediments of Yoga.
- ii. Development of Satvaguna.
- iii. Eightlimbs of Meditation, JnanaSaptabhumika.

Suggested Readings

1. Radhakrishnan, S, The Bhagavad Gita(Routledge&Kegan Paul), London, 1960.
2. Swami Adidevananda: Sri Ramanuja Gita Bhasya.
3. Swami Prabhavananda, Spiritual Heritage of India, SriRamkrishna Math, Madras, 2004.
4. EkanathEswaran, The Bhagavad Gita for daily living.
5. BalGangadharTilak, GeetaRahasya.
6. Kuldip k Dhiman, The Yoga Vasistha of Valmiki

Course Title: Yoga in Principal Upanishads

Course Code: UGYVDS502

Total Credit: 4

(DSC)

Learning Objectives:

1. To enable the learners about the knowledge of Upanishads.
2. To enable the learners about the practical aspects of Principal Upanishads.

Course Contents

Unit 1: Introduction to Upanishad: Brief Introduction to ten principal Upanishads-

- i. **Ishavasyopanishad:** Concept of Karmanishta, concept of Vidya&Avidya, Knowledge of Brahma, Atma Bhava.
- ii. **Kena Upanishad:**Self and the Mind; Intuitive realization of the truth; Truth transcendental; Moral of Yaksha Upakhyana;
- iii. **Katha Upanishad:** Definition of Yoga, Nature of Soul.Importance of self-Realization

Unit 2:

- iv. **Prashna Upanishad:** Concept of Prana and rayi (creation); Pancha pranas; The five main questions;
- v. **Mundaka Upanishad-**Two approaches to Brahma- Para Vidya and Apra Vidya, The greatness of Brahmavidya Worthlessness of Selfish Karma;

Unit 3:

- vi. **Mandukya Upanishad:** Four States of Consciousness and its relation to syllables in Omkara.
- vii. **Aiteraya Upanishad-** concept of Atma, Universe and Brahman.

Unit 4:

- viii. **Taittiriya Upanishad-** Concept of PanchaKosha, Summary of ShikshaValli,AnandaValli, Bhriguvalli.
- ix. **Chandogya Upanishad:** Om (udgitha) Meditation; Sandilyavidya,
- x. **Brihadaryanaka Upanishad:** Concept of Atman and Jnana Yoga. Union of Atman and Paramatman

Suggested Readings

1. Nagendra H. R, Yoga it's Basis and Application ,Swami Vivekananda Yoga Prakashan, Bangalore,2002.
2. Sharma Chandradhar, A Critical Survey of Indian Philosophy, MotilalBanarasidas Publishers,Delhi,2000.
3. Werner Karela,Yoga and Indian Philosophy,MotilalBanarasidas Publishers,Delhi,1979.
4. Radhakrishnan S, Indian Philosophy9Vol.I & II),George Allen and andUnwin, London,1971

Course Title: Practical –Yogic practices -III

Course Code: UGYVDS503

Total Credit: 4

(DSC)

Learning Objectives:

- To enable the learners to practice of Shatkarma techniques.
- To make learners familiar with practices of Pranayama, Asanas, Mudra –Bandha and Meditation.
- To enable the learners to enhance their flexibility, body coordination and balance.

Course contents

Unit 1: Prayers and Sukshma Vyayama

Prayer:Swasti Mantra/Vandana, Guru Mantra/Vandana

Yogic SukshmaVyama(as per DharendraBrahmachari):

- Kati Shakti Vikasaka- 1,2,3,4& 5
- Muladhar-Chakra Shuddhi kriya
- Upastha tatha Sadhisthan chakra sudhi kriya

- Kundilini shakti vikashaka kriya
- Jangha Shakti Vikasaka kriya-1 & 2

Unit 2: Asanas:

i. Dhyanasana (Meditative Postures)

Gomukhasana, Siddhasana(For men), Siddha- Yoni Asana(For Women)

ii. Vishranti Asanas (Relaxing Postures)

Savasana.

iii. Swasthasana(Cultural Postures):

• Standing Postures

Sankatasana, Natarajasana,

• Sitting Postures

Pascimottanasana.Purna Ustrasana,Marjarasana(Cat pose)Balasana, Ardhakurmasana,
Utthita-Madukasana

• Lying Postures (Supine)

Chakrasana, Sarvangasana, ,Padma sarvagansana, Naukasana, PurnaMatsyasana

• Lying Postures (Prone)

TiryakBhujangasana,PurnaBhujangasana,PurnaDhanurasana

Unit 3: Mudra- Bandha&Pranayama

A. Mudra- Bandha:

Mahabedha Mudra, Jnana Mudra, Shambhavi Mudra, Khechari Mudra,

Moolabandha,Uddiyanabandha,Jalandharbandha

B. Pranayama:Nadi sodhana Pranayama, Bhastrika(Dynamic), Bhramari Pranayama

Unit 4: Shatkarma& Meditation

Shatkarma- Agnisarakriya, Sutra Neti, Trataka

Meditation: Preksha Meditation

Suggested Readings

1. Saraswati S.S, Asana Pranayama, Mudra Bandha, Yoga Publication Trust, Munger.
2. Phukan B N, Yoga Vigyan Parichaya, Dr. Jogoda Phukan, N. Lakhimpur.
3. Muktibodhananda, Swami, Hatha Yoga Pradipika, Yoga Publication Trust, Munger.

Course Title: Internship
Course Code: UGYVDS504
Total Credit: 4

***Internship will be held at different institutions as selected by University for 21 days**

Course Title: Modern Trends in Yoga
Course Code: UGYVDE505
Total Credit: 4
(DSE)

Learning Objectives

1. Understand the practical aspect of Yoga in modern age.
2. To know the tradition of Yoga in different periods of time.
3. To know the development of Yoga in India and other countries.

Course Contents

Unit 1: Tradition of Yoga in-

- i. Pre-Vedic Period & Vedic Period, Upanishadic, Classical & Post-Classical Period.
- ii. Tantric & Hatha Yogic Period.

Tradition of Yoga from-

- i. Traditional Heritage to Modern Institutional.
- ii. Types of Modern Yoga-Postural, Psycho-somatic, Denominational and Meditational.

Unit 2: Development of Yoga in Contemporary India-

- i. Yoga Revival Movement.
- ii. Phases-Yoga as Physical culture, as Scientific Research, as Therapeutic Science and as Yoga-sports.

Unit 3: Development of Yoga in America

- i. Spirituality based Yoga, Physical Culture based Yoga.
- ii. Meditational Yoga, Integral Yoga.
- iii. Krishnamacharya based Yoga,Scientific Research based Yoga.
- iv. Yoga Therapy for -Physical and Mental Wellbeing.
- v. Present day Yoga as multi dollar business.

Unit 4: Development of Yoga in Europe

- i. Yoga movement pioneered by Swami Vivekananda.
- ii. Post-World War II Yoga movement in Europe.
- iii. Modern Yoga movement-European Union of National Federation of Yoga.
- iv. Yoga Propagated by modern Indian Yoga Gurus –B.K.S.Iyenger etc.
- v. Present status- Physical and Therapeutic Yoga.

Suggested Readings

1. Singleton,M and J.Byrne(ed), 2008, Yoga in the Modern World : Contemporary Perspective, Roulledge Hindu Studies Series, London.
2. Singleton,Mark,(2010) ,Yoga Body: The origin of Modern Yoga posture practice, Oxford University Press, New York.
3. Goldenberg, Elliot(2016), The Path of Modern Yoga, Inner Traditions,India Home Office.
4. Alter Joseph(2004),Yoga in modern India; The body Between Science and Philosophy,

Princeton University Press.

5. Stephen, D.R.(1914) Patanjali for Western Readers; The Yoga Aphorisms of Patanjali Paraphrased and Modernized from various English Translators & Recensions, Theosophical Publishing Home, London.
6. Symon, Stefanie(2010), The Subtle body; The story of Yoga in America, Farrar, Stars and Giroux, New York.
7. Devi, Indra, Yoga for Americans.
8. Michelis, Elizabeth De (2004), A history of Modern Yoga.

SEMESTER VI

Course Title: Teaching Methods for Yogic Practices and School Internship

Course Code: UGYVDS601

Total Credit: 4

(DSC)

Learning Objectives:

1. To make students familiar with Teaching Methods of Yoga education.
2. Students will be able to know about how prepare a good Yoga lesson plan

Course Content

Unit 1: Teaching Methodology in Yoga-I

- I. Salient features of Yoga Education,
- II. . Factors of Yoga Education; Teacher, Student and Teaching,
- III. Meaning and Scope of Teaching Methods – Terminology, Scope
- IV. Methods – Traditional Modern – i) Lecture Method, ii) Response to Instruction Method, iii) Individualized Instructional Method, iv) Directed Practice Method, v) Project Method,

vi) Demonstration Method

Unit 2: Teaching Methodology in Yoga-II

I. Factors Influencing the Method –i) Previous Background and Experience of the Student, ii) The Teacher, iii) Facilities, iv) Scientific Principles

II. Sources of Teaching Methods - Yogic Principles, Psychological Principles, Anatomical-Physiological Principles, Educational Principles, Sociological Principles;

Unit 3: Teaching Methodology in Yoga-III

I. Lesson Planning - Necessity of Lesson Planning, Essentials of a Good Lesson Plan, Lesson Plan for Teaching Yogic Practices,

II. Eight steps methods of introduction and teaching Asanas;

Unit 4: Teaching Methodology in Yoga-IV

I. Class Management - Dealing with different categories of students, Seating Arrangement, Instructions

II. Audio-visual Aids, Discussion, Extra-Class Practice

Suggested Reading

1. Saraswati, S.S. Yoga Education for Children, Volume 1 & 2, Yoga Publication Trust, Munger..
2. Bhatia, K.K. and Arora, J.N. Methodology of Teaching, Vinod Publications, Ludhiana.
3. Kumar, K. Yoga Education, A Text book, Shipra Publication, New Delhi.
4. Gharote M.L. (2005). Yoga Techniques, Lonavla, Yoga Institute, Kaivalyadham, Pune.
5. Gharote M. L., Ganguly S.K. "Teaching Methods for Yogic Practices", Kaivalyadhama S. M. Y. M. Samiti.

Course Title: Yoga and Complementary Therapy (Theory)

Course Code: UGYVDS602

Total Credit: 4

(DSC)

Learning Objectives:

1. Students will know about various systems of Healing.
2. To develop and understanding about some ancient Indian healing system.
3. Students will understand about body's healing system.

Course Contents

Unit 1: Principles and practice of Ayurveda

- i. The four aspects of life.-Soul, Mind and Body.
- ii. Concept of Pancha bhutas.
- iii. Concept of –Dosa ,Dhatu,Mala,Upadhatu,agni and Prana.

Unit 2: Concept of Dinacarya and Ritucarya:

- i. Brief introduction of Dinacarya in Ayurveda
- ii. Brief introduction of Ritucarya in Ayurveda.
- iii. Concept of Svasthavrtta and sadvrtta in Ayurveda.

Unit 3: Concept of Naturopathy

- i. Brief introduction of Naturopathy.
- ii. Common principle of Naturopathy & yoga as a holistic system of medicine.

iii. Principle of Hydrotherapy and Mud therapy

Unit 4: Diet & Fasting Therapy

- i. A brief introduction of natural diet.
- ii. Procedure of Fasting therapy.
- iii. Benefits of Fasting Therapy.

Reference Readings:

1. BAKHRU, H.K. The complete handbook of Nature cure, Jaico publishing house.
2. Joshi, V, Sunil. Ayurveda and Panchakarma, Motilal Banarasisdas.
3. Panda, Himadri, Unani Medicines, Asia Pacific Business Press.
4. Ramamurthi, T.G. The Handbook of Indian Medicine: The Gems of Siddha System, Sri Satguru Publication.

Course Title: Practical-Yogic Practices IV

Course Code: UGYVDS603

Total Credit: 4

(DSC)

Learning Objectives:

1. To acquire practical knowledge about different yoga practices.
2. To acquaint the students about variation of different Asanas, Pranayamas.
3. To enable the students for treat the diseases through yoga therapy.

Course Contents

Unit 1: Prayers and Sukshma Vyayama (as per Dhirendra Brahmachari) and Yogic Sthula Vyayama

I. Prayers-

- Purnata Mantra

- Maha Mrityunjay Mantra

Yogic Sukshma Vyama (as per Dharendra Brahmachari)

- Janu Shakti Vishaka kriya
- Pindali Shakti Vikasaka kriya
- Pada-mula- 1& 2
- Gulpha, Padapristha, Padatala Shakti vikashaka kriya
- Padanguli Shakti Vikasaka kriya

Unit 2: Asanas-

I. Dhyanasana (Meditative Postures)

Bhadrasana, Utthita Padmasana

II. Vishrantiasana (Relaxative Asana)

Savasana, Quick Relaxing Techniques (QRT)

III. Swasthasana (Cultural Postures)

Standing-

Padangusthasana, Tiryaka Kati Chakrasana, Utkatasana, Prasarita Padottanasana, Chakrasana

Sitting-

Astha Vakrasana, Vyaghrasana, Veerasana, Tittibhana, Ekapada Sirsasana, Parivrtta Janu Sirasana. Marichyasana, Upavistha Konasana, Ekapada Sirsasana

Lying (Supine)

Ardha-Padma Halasana, Sayana Pashimottanasana, Purna Chakrasana, Sirsasana

Lying (prone)

Chaturanga- dandasana, Purna Bhajangasana, Purna Dhanurasana, Urdha Mukha Svanasana., Parvatasana, Anantasana

Unit 3: Mudra-Bandha

Tadaga mudra, Mahabandha

Unit 4: Shatkarma, Pranayama & Meditation

Shatkarma-Vyutkrama Kapalbhata, Vastra Dhauti, Nauli

Pranayama- Plavini Pranayama, Bhastrika Pranayama(Dynamic)

Meditation-Om Meditation

Suggested Readings

1. S.S, Asana Pranayama, Mudra Bandha, Yoga Publication Trust, Munger.
2. Phukan B N, Yoga Vigyan Parichaya, Dr. Jogoda Phukan, N. Lakhimpur.
3. Muktibodhananda, Swami, Hatha Yoga Pradipika, Yoga Publication Trust, Munger.

Course Title: Yoga Upanishads

Course Code: UGYVDS604

Total Credit: 4

(DSC)

Learning objectives:

1. To enable the learners about the knowledge of Yoga in Upanishads.
2. To enable the learners about the practical aspects of yoga in Upanishads.

Course Contents

Unit 1:

I. Swetaswataropaniṣad:

- i. Techniques and Importance of Dhyanyoga, suitable place for Dhyana, sequence of pranayama & its importance.
- ii. Prior symptoms of Yogasiddhis, importance of Yogasiddhis, Tattvajna.
- iii. Nature of God, techniques of Realization, Attainment of liberation.

II. Yogakundali Upaniṣad:

- i. Method of Pranayama Siddhi, Types of pranayama.
- ii. Means of self-realization.

Unit 2:

III. Trishikhibrahmanopaniṣad:

- i. Description of Asthangayoga, Karmayoga and Jnanayoga.

IV. Yogarajopaniṣad:

- i. Mantrayoga, Layayoga Hathayoga, Rajayoga, Nine chakras.
- ii. Procedures of Dhyana and its results.

Unit 3:

V. Yogachudamadi Upaniṣad:

- i. The description of the six limbs of yoga, their results and sequence

vi. Yogatattva Upanishad: Mantrayoga, Layayoga, Hathyoga, Rajayoga and their stages, diet and Dincharya, primary symptoms of yoga siddhis and precautions.

vii. Dhyandhyanbindupanishad:

- i. Importance of Dhyanyoga.
- ii. Nature of Pranav, techniques of Pranav meditation.
- iii. Sadangayoga, Atmadarshan through Nadanusandhan

Unit 4:

viii. Nadabindoopanishad:

- i. Hansavidya-description of various limbs of Omkar.
- ii. Twelve matras of Omkar and its results of their application with Pranas.
- iii. Types of nadas, nature of nadanusandhana sadhana.
- iv. State of Mnolaya.

Suggested Readings

1. T.R. Srinivasa Ayyangar, The Yoga Upanishad-S, Revised edition by G. Srinivasa Murti, The Adyar Library and Research Centre.
2. Swami Niranjanananda Saraswati, Yoga Darshan, Yoga Publication Trust, Munger, Bihar.
3. Paramhansa Swami Ananta Bharati, Yoga Upanishad Sangrah Vol.-I, Motilal Banarasidas Publishers Pvt. Ltd, New Delhi.

Course Title: Yoga Therapy-I

Course Code: UGYVDE605

Total Credit: 4

Minor(DSE)

Learning Objectives:

1. The goal 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 of the organ system of the body to facilitate.

2. Comprehension of the physiological basis of health and disease and training to handle patients.

Course Contents

Unit 1: Concept of Health

i. Concept, Meaning and Definitions of Health., Symptoms of healthy person

ii. Principles of Yoga Therapy-Pancha Prana, Pancha Kosha, Triguna, Satchakra.

iii. Usefulness of yoga therapy in present context.

iv. Yogic Practice and Management of diseases through suitable yogic practices.

Unit 2: Yoga Therapy:

i. Concept, meaning and definition of disease & Yoga Therapy

ii. Areas and Limitations of Yoga Therapy

iii. Yogic diet, Yama and Niyama, Shatkarma, Asanas, Pranayama and Meditation

iv. Changes in lifestyle according to yogic scriptures

Unit 3: Integrated Approaches of Yoga Therapy for the Common Ailments:

i. Respiratory disorders- Rhinitis & Sinusitis: Chronic Bronchitis, Bronchial Asthma.

- ii. Cardiovascular disorders-Hypertension, Angina pectoris, Cardiac asthma.
- iii. Endocrinal and Metabolic Disorder - Diabetes Mellitus, Hypo and Hyper-Thyroidism.
- iv. Obesity- Metabolic Syndrome.

Unit 4: Integrated Approaches of Yoga Therapy for the Common Ailments:

- i. Obstetrics and Gynaecological Disorders. Yoga for Pregnancy and Childbirth, Ante-natal care, post-natal care.
- ii. Gastrointestinal Disorders-Gastritis, Indigestion, Peptic Ulcers, Constipation, Diarrhoea, Irritable Bowel Syndrome, colitis, Piles.
- iii. Muscular-Skeletal Disorders--Back Pain, Lumbar Spondylitis, Cervical Spondylitis, Arthritis.
- iv. Neurological Disorders-Migraine, Tension-headache, Epilepsy.
- v. Psychiatric Disorders-Neurosis, Anxiety disorders, Phobias, Depression.

Suggested Readings:

1. S-VYASA Publication “Basics of Application of Yoga”
2. M MGhore” Anatomy and Physiology of Yogic practices”
3. Saraswati Swami Shivananda ‘Yogic way to cure Disease’
UmachalYogashram,Kamakhya,Guwahati.
4. KarmanandaSwami,Yogic management of Common Diseases,Yoga publication
trust,Munger.
5. Swarasati Shivananda Swami‘Yog Bole Rog Arogya’Umachal

SEMESTER VII

Course Title: General Psychology & Laboratory Practical

Course Code: UGYVDS701

Total Credits: 4

(DSC)

Learning Objectives

1. To understand the basic concepts and scope of psychology and its application in yogic and health sciences.
2. To develop a scientific understanding of human behavior, mental health, and altered states of consciousness.
3. To explore cognitive, emotional, and personality aspects of psychology.
4. To gain hands-on experience with psychological assessments, inventories, and scales.
5. To analyze individual differences through tests on anxiety, depression, mental health, emotional and spiritual quotient, etc.

Course content:

PART- A

THEORITICAL

Unit I: Foundations of Psychology & Consciousness

- i. Introduction to Psychology: Definitions, goals, and scope.
- ii. Psychology as a behavioral and cognitive science.
- iii. Altered States of Consciousness: Sleep cycles, stages of sleep, and sleep disorders.
- iv. Sensation and Perception: Definitions and types.
- v. Attention and Memory: Types, processes, and practical implications.

Unit II: Personality, Emotion, Motivation & Intelligence

- i. Nature and types of personality.
- ii. Theories of Personality: Freud, Adler, Jung (Psychoanalytic & Neo-Freudian approaches).
- iii. Determinants of personality: Heredity and environment.
- iv. Motivation: Maslow's hierarchy of needs.
- v. Emotions and Emotional Intelligence: Definitions, theories, and importance.
- vi. Concept and types of Intelligence (IQ, EQ, SQ).

Unit III: Cognitive Psychology, Mental Health & Disorders

- i. Learning: Definition, classical and operant conditioning (brief overview).
- ii. Frustration and Conflict: Causes and consequences.
- iii. Mental Health and Hygiene: Definitions and importance.
- iv. Introduction to common psychological disorders: Stress, Insomnia, Depression, Anxiety.
- v. Role of Yoga and lifestyle modification in mental well-being.

PART B

PRACTICAL

Unit IV: Lab Practical in Psychology

(Hands-on test administration and interpretation)

- i. **Depression Test** – Beck’s Depression Inventory (or similar scale).
- ii. **Comprehensive Anxiety Test** – standardized anxiety scale.
- iii. **Mental Health Battery** – measurement of psychological well-being.
- iv. **Emotional Intelligence Test** – Daniel Goleman framework or equivalent.
- v. **Personality Test** – Introversion-Extroversion Test / MBTI.
- vi. **Spiritual Quotient Test** – assessment of spiritual intelligence.

Note: Each student will be required to administer, score, interpret and prepare reports based on 3–4 psychological tools during lab sessions.

Suggested Readings:

1. Baron, R.A. (2007). *Psychology* (5th Ed.). Pearson Prentice-Hall of India.
2. Clifford T. Morgan, Richard A. King et al. (1993). *Introduction to Psychology*. Tata McGraw Hill.
3. Hilgard, E.R., Atkinson, R.C., & Atkinson, R.L. (1975). *Introduction to Psychology*. Oxford IBH.
4. Chaplin, P., & Kraweic, T.S. (1974). *Systems and Theories in Psychology*. Holt, Rinehart & Winston.
5. Schultz, D. (1985). *A History of Modern Psychology*. Academic Press.
6. Edward E. Smith & Stephen M. Kosslyn (2007). *Cognitive Psychology: Mind and Brain*. Prentice Hall.
7. Marx, M.H. & Hillix, W.A. (1987). *Systems and Theories in Psychology*. McGraw Hill.
8. Woodworth, R. & Schlosberg, H. (1976). *Experimental Psychology*. New York.

Course Title: Yogic Diet and Nutrition
Course Code: UGYVDS702
Total credits: 4
(DSC)

Course Objectives:

Suggested Readings:

The student shall be able to

- Advise the appropriate diet to different age groups.
- Have an understanding about overeating and malnutrition.
- Benefits and caloric value of various food groups.
- Understand the concepts of absorption of essential vitamins and minerals.

Course Contents

Unit 1: Objective and concept of Diet

- Basic concepts and components of food and nutrition Understanding Nutrition, Basic Terminology in relation to Nutrition Requirement.
- Human Nutritional Requirements, Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification.

Unit 2: Nutrients & Balanced Diet

- Macro & Micro Nutrients; Fat & Water soluble Nutrients – Sources, Functions and Effects on the Body.
- Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals – calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements, Significance water.
- Concept, Nutrients, proximate principles of diet, Excessive and deficiency diseases of nutrients in the body; Antioxidants and their Role.

Unit 3: Food Groups

- Cereals & Millets – Selection, Preparation and Nutritive Value, Pulses, Nuts and Oil Seeds – Selection, Preparation and Nutritive Value; Milk and Milk Products – Selection,

Preparation and Nutritive Value.

- Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jiggery, Honey; Sprouts- Selection, Preparation and Nutritive Value.

Unit 5: Yogic concept of Diet

- Concept of Yogic diet in Hatha yoga Pradipika.
- Concept of Yogic diet in Bhagavad Gita.
- Concept of Yogic diet Gheranda Samhita.
- Relevance of Yogic diet in the management of lifestyle.

1. Swami Sivananda – *Health and Diet*

2. Dr. H. K. Bakhru – *Complete Handbook of Nature Cure*

3. Swami Kuvalayananda – *Yoga Mimamsa Journals*

4. Satyananda Saraswati – *A Yogic Perspective on Food*

5. ICMR – *Recommended Dietary Allowances (RDA) for Indians*

6. Ayurveda Aahar (Food / Diet) – Prof. R. H. Kulkarni.

7 Fundamental of Foods, Nutrition and Diet Therapy, Sumati R M Mudambi and M V Rajagopal., New Age International Publishers.

8. A text book of Foods, Nutrition and Dietetics, Begum Reheena M.

Course Title: Practical-Yogic Practices V

Course Code: UGYVDS703

Total Credit: 4

(DSC)

Learning Objectives:

1. To enable the learners to practice of Shatkarma techniques.
2. To make learners familiar with practices of Pranayama, Asanas, Mudra –Bandha and Meditation.
3. To enable the learners to enhance their flexibility, body coordination and balance.

Course Contents

Unit 1: Prayers &Yogic SthulaVyayama:

Prayer:

- i. Asato Mā Sad Gamaya-Bṛhadāraṇyaka Upaniṣad (1.3.28)
- ii.Om Namah Sat-Chit-Ananda-Sachchidanand Rūpāya Stotra(Mangal Parthana)

Yogic Sthula Vyayama

- Rekha- Gati
- . Hrida-Gati(Engine Daud)
- .Utkardan
- Urdhagati
- Sarvangapusti

Unit 2: Asanas

Dhyanasana(Meditative Postures): Repetition of previous Asana

Vishranti Asana(Relaxative Postures):Makarasana, Savasana

Swasthasana(Cultural Postures):

Standing: Prasrita Padottanasana, Ekapadasana, Chakrasana

Sitting:Surya Yantrasana, Hanumanasana, Skandhasana, Bhunamanasana, Malasana, Merudandasana, Baddha konasana

Lying (Supine): Padma Sarvangasana, Sirshasana, Ardha Padma Halasana,

Lying (Prone):Salabhasana (Variation), Naukasana (Variation)

Unit 3: Shatkarma&Pranayama:

Shatkarma :Rubber Neti, Sheetkrama Kapalabhati

Pranayama: Surya-Veda Pranayama, Bhramari Pranayama

Unit 4: Mudra- Bandha& Meditation

Mudra- Bandha:Yoga Mudra, JalandharaBandha, UddiyanaBandha, MoolaBandha

Meditation:Breath Meditation,Vipasana Meditation, PranavMeditation& Soham Japa, Antarmauna, Ajapa Japa, Sohum Japa, Om meditation, Preksha Meditation.

Suggested Reading

1. SaraswatiS.S,AsanaPranayama,MudraBandha,Yoga Publication Trust,Munger.
2. Phukan B N,YogaVigyanParichaya,Dr.JogodaPhukan,N. Lakhimpur.
3. Muktibodhananda,Swami,Hatha Yoga Pradipika,Yoga Publication Trust, Munger.

Course Title: Research Methodology & Statistics

Course Code: UGYVDS704

Total Credit: 4

(DSC)

Learning Objectives

- Develop expertise on selection of research problem and preparation of research synopsis in Yoga.
- Able to distinguish and apply major quantitative and qualitative research approaches in research.

- Develop expertise on selection of research problem and preparation of research synopsis.
- Able to organize and analyze and prepare research report

Course Contents

Unit 1: Fundamentals of Research 0.5

- Research—Its Meaning, Nature and Scope
- Types of Research
- Identifying & defining research Problem
- Hypothesis meaning & Types
- Literature Review-Meaning and Importance
- Variable and Its Types

Unit 2: Sampling, Research & Data Collection Methods 1

- Sample, Sampling, types of sampling & Sampling Design.
- Historical Research-External and Internal Criticism.
- Descriptive Research-Types of Descriptive Research.
- Experimental Research – Designs of Experimental Research
- Data Collection Methods: Questionnaire
Interview
Observation
- Socio-metric Technique

Unit 3. Research Proposal & Research Report Writing 1

- Steps of Research Proposal.
- General Format of Research Report Writing.
- Referencing and Bibliography.
- Ethical consideration in conducting research in yoga.

Unit 4: Statistical Analysis in Research 1

- Organization of Quantitative data
- Descriptive Statistics-Meaning, Nature and Application-frequency& polygon Bar diagram, Pie diagram.
- Measures of Central Tendency-Mean, Median and Mode (grouped and ungrouped)
- Measures of Variability-Range, Average Deviation, Quartile Deviation and Standard Deviation Normal Distribution-Meaning and Applications

Unit 5: Coefficient of Correlation

0.5

- Coefficient of Correlation, Rank Difference &Product Moment Method.
- Mean and Significance of differences in two Means, (Independent and correlated group).
- t' test and chi-Square test.
- Variance Analysis -One way Variance Analysis.

Suggested Reading

- Robin Monro : Yoga research bibliography scientific studies on yoga and meditation (Yoga biomedical trust, England 1989)
- Michael H. Cohen : Complementary and Alternative Medicine: Legal Boundaries and regulatory Perspectives (Paperback - Aug 19, 1997)
- Jerrold H. Zar : Biostatistical Analysis Pearson education.
- Russell A. Jones : Research Methods in the Social and behavioral science (Sinauer Associates, Saunderland'sMassachusetts)
- A.K. Singh : Tests, Measurements and Research Methods in Behavioral Sciences (Bharati Bhavan publishers)
- Telles, S. : Research Methods (Swami Vivekanada Yoga Prakashan, Bangalore)
- Kothary ,C.R. Research Meyhodology, Methods and Techniques, VishwaPrakashan, New Delhi,1985
- S. K, Mangal "Statistics in Psychology and Education" Neelkamal Publication
- Saha K 'Statistics in Education and Psychology" Mani Manik Prakashan, Guwahati.
- Garrett Henry E.,Statistics in Psychology and Education,Paragon Iternational Publishers,New Delhi.

SEMESTER VIII

Course Title: IKS, Yoga & Sustainability

Course Code UGYVDS801

Total Credit: 4

(DSC)

Course Objectives:

Students will be able to:

- Understand the foundations of Indian Knowledge System
- Explain Yoga as a holistic science of sustainable living
- Analyse the relationship between human consciousness, nature, and sustainability
- Apply Yogic and IKS principles to environmental, social, and economic sustainability
- Develop ethical, ecological, and value-based perspectives for modern life
- To acquire knowledge about Yoga in North-East India.

Unit I: Introduction to Indian Knowledge Systems (IKS) & Yoga in Indian Knowledge Tradition:

- Meaning, scope, significance & Sources of IKS:-Vedas, Upanishads, Smritis, Puranas, Shad Darśhanas
- Epistemology in IKS:-Pramāṇa (Pratyakṣa, Anumāna, Śabda, etc.) & Concept of Rita, Dharma, and Cosmic Order, IKS and holistic worldview.
- Definition of Yoga (Patañjali, Bhagavad Gītā, Upanishads), Yoga as a science of consciousness.
- Ashtanga Yoga and ethical sustainability, Yama & Niyama as foundations of sustainable life.

- Concepts of Purusha–Prakriti, Pancha Mahabhuta, Triguna theory, Yoga as preventive and promotes health science

Unit II: Yoga, Lifestyle & Sustainability

- Yogic concept of health and well-being, Mitāhāra (sustainable food habits)
- Dinacharya & Ritucharya (daily & seasonal discipline), Aparigraha and minimalism
- Yogic psychology and stress management
- Relationship between mind, body, nature, and society

Unit III: Sustainability through IKS Perspective

- Concept of Sustainability in Indian tradition, Environmental ethics in IKS
- Indigenous practices for: Water conservation, Agriculture and biodiversity, Forest and ecosystem protection
- Yoga and Sustainable Development Goals (SDG)
- Relevance of Yoga & IKS in Climate change, Mental health crisis & Consumerism and ecological imbalance

Unit IV: Yoga in North-East India

- Introduction to Vaishnavism and Yogic Philosophy in Assam.
- Introduction to Yoga and Tantra Tradition of Kamakhya
- Nath Yogi Tradition: Origin, Philosophy, and Influence in Assam.
- Sivananda Ashram in Assam: Contribution to Yoga and Spiritual Education.

Suggested Reading

- **Dr. N. M. Khandelwal & Dr. Pratapsinh Chauhan, Indian Knowledge Systems (Bhartiya Gyan Parampara), Published by Himalaya Publishing House.**
- **Mohanapriya B & Suriya M, Indian Knowledge Systems: Principles and practices**
- **Saraswati,S,Four chapters of Freedom,Bihar School Yoga,Munger.**
- **Rishi Patanjali, yoga Sutra**
- **Ranbir Chander Sobti, Sudarshan Verma & Vipin Sobti, Traditional**

Knowledge Systems in India: Sustainability, Ecology, and Resource Governance.s

- **Binay Kumar Pattnaik, Environmental and Ecological Sustainability Through Indigenous Traditions.**

**Course Title: Research Project +Case Study
and Medical Report +Study Tour
Course code: UGYVDS802
Total Credit: 12
(DSC)**

As per departmental guideline

**Course Title: Complementary Therapy
Course Code: UGYVDE803
Total Credit: 4
DSE (Minor)**

Learning Objectives:

1. Students will know about various systems of Healing.
2. To develop and understanding about some ancient Indian healing system.
3. Students will understand about body's healing system.

Course Contents

Unit 1: Principles and practice of Ayurveda

- i. Concept of Prakriti- Deha prakriti, Manasa prakriti etc.
- ii. Role and importance of the elements and prakriti.

Unit 2: Concept of Dinacarya, Ritucarya and Panchakarma:

- i. The Disease process in Panchakarma Theory.
- ii. Concept of Panchakarma.

Unit 3: Unani, Siddha and Homeopathy:

- i. Brief Introduction of Unani, Siddha & Homeopathy.
- ii. Principle of Unani, Siddha and Homeopathy system of treatment.

Unit 4: Yogic Practices

- i. Prayer- Purnata mantra, Shanti mantra, Gyatri mantra, Aikya mantra
- ii. Yogic Sukshma & Sthula Vyama, Warm up
- iii. Surya Namaskara & Chandra Namaskara
- iv. Practice of Asana, Pranayama, Mudra-bandha & Meditation as last semester's syllabus.

Reference Books:

1. BAKHRU, H.K. The complete handbook of Nature cure, Jaico publishing house.
2. Joshi, V, Sunil. Ayurveda and Panchakarma, Motilal Banarasidas.
3. Panda, Himadri, Unani Medicines, Asia Pacific Business Press.
4. Ramamurthi, T.G. The Handbook of Indian Medicine: The Gems of Siddha System, Sri Satguru Publication.

