

GURU KASHI UNIVERSITY



M.Sc in Yoga Therapy

Session: 2023-24

Department of Physical Education

GRADUATE OUTCOMES OF THE PROGRAMME:

This programme able to comprehend the foundations of yoga while applying them through practical skills in the form of different yoga practices remembering the interconnections between the body, mind and emotions; in addition, they will be able to assess the client and develop an individualized treatment

PROGRAMME LEARNING OUTCOMES: After completion of the program, the learner will be able to:

1. Acquire an in-depth understanding of the philosophical and historical foundations of yoga, including studying classical yoga texts and exploring the evolution of yoga throughout history.
2. Develop advanced knowledge and skills in applying yoga as a therapeutic modality and learn how to assess individuals' needs and design customized yoga practices to address specific physical, mental, or emotional health conditions.
3. Enhancement of their proficiency in advanced yoga asanas, including more challenging postures and variations. They will also deepen their understanding and practice of advanced pranayama techniques, exploring their therapeutic applications.
4. Enhance the ability to conduct research in the field of yoga, including understanding research methodologies, data analysis, and interpretation of research findings. They will learn how to critically evaluate existing yoga research and contribute to the advancement of knowledge in the field.
5. Refinement of their teaching skills and learn advanced instructional techniques for leading yoga classes, workshops, or specialized yoga programs. They will develop the ability to create comprehensive and effective lesson plans and adapt their teaching to diverse populations and settings.
6. Acquire a deeper understanding of the professional and ethical responsibilities of yoga practitioners and teachers. They will learn about the legal and ethical considerations in the field of yoga therapy and develop skills to maintain professional boundaries and ethical conduct.

Programme Structure

Semester I						
Course Code	Course Title	Type of Course				
			L	T	P	Credit
MYT111	Indian philosophy and Yogic	Core	4	0	0	4
MYT112	Yoga Therapy	Core	4	0	0	4
MYT113	Patanjali Yoga sutra	Core	4	0	0	4
MYT114	Yogic Shatkarmas I	Technical Skills	0	0	4	2
MYT115	Yogasanas I	Technical Skills	0	0	4	2
MYT116	Pranayama , Bandhas , Mudras ,Dhayana (Meditation) I	Technical Skills	0	0	4	2
MYT117	Practical Orientation in Acupressure	Technical Skills	0	0	2	1
Discipline Elective-I (Any one of the following)						
MYT118	Acupressure and Pranic Therapy	Discipline Elective-I	3	0	0	3
MYT119	Mental Health & Yoga Practice					
MYT120	Diet and Nutrition					
Total			15	0	14	22

Semester II						
Course Code	Course Title	Type of Course				
			L	T	P	Credit
MYT211	Foundations of Yoga	Core	4	0	0	4
MYT212	Human Anatomy & Physiology	Core	4	0	0	4
MYT213	Study of Hatha yoga	Core	4	0	0	4
MYT214	Yogic Shat karmas II	Technical Skills	0	0	4	2
MYT215	Yogasanas II	Technical Skills	0	0	4	2
MYT216	Pranayama, Bandhas, Mudras, Dhayana (Meditation) II	Technical Skills	0	0	4	2
MYT217	Practical Orientation in Naturopathy	Technical Skills	0	0	2	1
Value Added courses (For other discipline students)						
MYT218	Teaching Methods of Yoga	Value Added Course	2	0	0	2
Discipline Elective-II (Any one of the following)						
MYT219	Naturopathy & Swasth- Vrata	Discipline Elective-II	3	0	0	3
MYT220	Human Consciousness					
MYT221	Basic Texts of yoga					
Total			17	0	14	24

Semester III						
Course Code	Course Title	Type of Course				
			L	T	P	Credit
MYT312	Research Methodology	Compulsory Foundation	4	0	0	4
MYT313	Research Proposal	Research based Skills	2	0	4	4
MYT314	Ethics and IPR	Skills based	2	0	0	2
MYT315	Proficiency in Teaching	Skills based	2	0	0	2
MYT316	Computer Lab	Skills based	0	0	4	2
MYT317	Service Learning	Community Linkage	0	0	4	2
MYT399	xxx	MOOC	---	---	---	4
Total			10	0	12	20

Semester IV						
Course Code	Course Title	Type of Course				
			L	T	P	Credit
MYT401	Dissertation	Research Skill	--	--	--	20
Total			--	--	--	20
Grand Total			42	0	40	86

Evaluation Criteria for Theory Courses

A. Continuous Assessment: [25 Marks]

CA1- Surprise Test (Two best out of three) (10 Marks)

CA2- Assignment(s) (10 Marks)

CA3- Term paper/Quiz/Presentations (5 Marks)

B. Attendance (5 marks)

C. Mid Semester Exam: [30 Marks]

D. End Semester Exam: [40 Marks]

100A/C

Semester-I

Course Name: Indian philosophy and Yogic
Course Code: MYT111

L	T	P	Cr
4	0	0	4

Total Hours: 60

Learning Outcomes:

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

1. Comprehend the meaning and definition of Indian philosophy, along with an introduction to Indian philosophy.
2. Examine the brief introductions and theories of Nyaya, Sankhya, and Vaisheshik Darshan
3. Explore the brief introductions and theories of Yoga, Mimansa, and Vedanta Darshan
4. Apply spiritual knowledge and explore various aspects of Yoga with the help of Yoga Darshan

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

Brief introduction of six system of Indian Philosophy i.e. Nyaya Philosophy, Vaisheshik Philosophy, Sankhya Philosophy

UNIT II**15 Hours**

Brief introduction of six system of Indian Philosophy i.e, Yoga Philosophy, Mimansa Philosophy & Vedanta Philosophy

UNIT III**15 Hours**

Life sketch of following Yogis with importance incidents of their lives & contributions in the development of Yoga- Maharishi Patanjali, Guru Gorakhnath, Yogi Shyamacharan Lahidi

UNIT IV**15 Hours**

Life sketch of following Yogis with importance incidents of their lives & contributions in the development of Yoga-, Swami Shivananda, Swami Vivekananda, Sri Aurobindo

Transaction Mode

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

Suggested Readings

- *Bharat ke Mahan Yogi. -Vishwanath Mukherji Sri Ram Lal*
- *Bharat ke Sant Mahtma-Sri Ram lal*
- *Patanjal Yog Pradeep. -Omanand Tirtha (Geeta Press Gorakhpur)*
- *Bharatia Darashan -Acharaya Baldev Upadhaya*
- *Shrimad Bhagwad Geeta -Geeta Press Gorakhpur*

Course Name: Yoga Therapy**Course Code: MYT112**

L	T	P	Cr
4	0	0	4

Total Hours: 60**Learning Outcomes:**

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

1. Develop understanding of different yogic techniques.
2. Attain perfection to perform different yogic practice and shat-karmas
3. Explain techniques of pratyahara, Dhyana and conduct practical sessions.
4. Identify yogic modules for different health problems.

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

Concept, Meaning & Principles of Yogic Therapy, Causes, signs, symptoms & yogic treatment including dietary measures of the following diseases: - Constipation, Diabetes Mellitus, Obesity

UNIT-II**16 Hours**

Yogic Therapy, Causes, signs & symptoms & yogic treatment including dietary measures of the following diseases Cervical Spondylitis, Arthritis, Backache, Sciatica & Slipped Disc

UNIT-III**14 Hours**

Causes, signs & symptoms & yogic treatment including dietary measures of the following diseases: Asthma, High & Low Blood Pressure, Female problems

UNIT IV**15 Hours**

Causes, signs & symptoms & yogic treatment including dietary measures of the following diseases: Sinusitis, Thyroid, Depression & Naval-displacement

Transaction Mode

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

Suggested Readings

- *Yogic Management of Common Diseases -Dr. Swami Karmananda (Yoga Publication Trust, Munger, Bihar, India)*
- *New Perspectives in Stress Management-Nagendra H.R. (V.K. YOGAS, Bangalore, 1998) Nagendra R.*
- *Stress and its Management by Yoga(MLBD) -Udupa K.N.*
- *Anatomy and Physiology of Yogic Practices (English & Hindi) Kanchan Prakashan, Lonavla.ss -M.M. Gore*

Course Name: Patanjali yoga sutra**Course Code: MYT113**

L	T	P	Cr
4	0	0	4

Total Hours: 60**Learning Outcomes:**

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

1. Obtain and apply theoretical and practical knowledge of yoga.
2. Practice real-life problem-solving in complex situations, including those encountered in the corporate world.
3. Utilize Yoga Darshan to maximize spiritual understanding and explore various aspects of yoga.
4. Distinguish between various types of parinamas (transformations) of chitta, meditation techniques, and samadhis, and explain the meaning and significance of kaivalya.

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

Methods Introduction to Patanjali Yoga Sutra, Concept of chitta, Modifications of Chitta, Chitta-Bhumies, to contral Chittavritties.

UNIT II**14 Hours**

Methods of Chitta Prasadana, Concept of Yogantaraya, mean to eradicate Antrayas.

UNIT III**15 Hours**

Concept of Pramanas, Kleshas, Ishwar, Karma-siddhanta, Purusha, Prakriti , Samadhi & Types of Samadhi

UNIT IV**16 Hours**

Meaning and concept of Ashtanga Yoga,
Meaning of karma yoga

Transaction Mode

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

Suggested Readings

- *Four Chapters on Freedom. (English) -Swami Satyananda Saraswati. (Yoga Publication Trust, Munger, Bihar, India)*
- *Patanjal Yog Drshan -Bhashiam(Hindi) -Acharya Rajveer Shastri (Arsh Sahitya Prachaar Trust, Delhi)*
- *Kundalini Yoga. (English)*
- *Concentration & Meditation. (English) -Swami Sivananda*
- *First Steps to Higher Yoga. (English) -Swami Sivananda*
- *First Steps to Higher Yoga (English)- Sri Yogeshwar Nanda Parmhansa*

Course Name: Acupressure and pranic therapy

Course Code: MYT118

L	T	P	Cr
3	0	0	3

Total Hours: 45

Learning Outcomes:

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

1. Gain a general introduction to acupressure therapy, including its meaning, history, and principles.
2. Examine how acupressure therapy stimulates the body's circulatory, lymphatic, and hormonal systems.
3. Explore the benefits of acupressure therapy, including stress and anxiety relief, improved sleep, and enhanced muscle and joint health.
4. Provide a brief introduction to pranic therapy

Course Content

UNIT I

11 Hours

Acupressure therapy: - Meaning, History, Principles of acupressure, Benefits, Precaution & limitations of acupressure therapy, Basic therapeutic methods of acupressure therapy

UNIT II

12 Hours

Relationship of Points of acupressure in Hands, Feet with management of the following diseases: - Constipation, High & Low Blood Pressure, Diabetes, Asthma, Thyroid & Backache

UNIT III

10 Hours

Concepts & Meaning of Prana (Vital Energy) and Pranic Therapy: - Significance of Pranic Therapy in modern life

UNIT IV

12 Hours

Introduction & Essentials of Pranic Therapy, techniques of awakening and Raising the Prana, techniques of Self-Healing and Healing Others

Transaction Mode

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

Suggested Readings

- *Swasth- Vrata Vigyan, (Hindi) -Prof. Ram Harsh Singh (Chaukhamba Sanskrit Pratishthan, Delhi)*
- *Science of Natural Life(English) -Dr. Rakesh Jindal (Arogya Sewa Prakashan, Modhinagar. U.P.)*
- *Prakritik Ayurvegan (Hindi) -Dr. Rakesh Jindal (Arogya Sewa Prakashan, Modhinagar, U.P.)*

- *Pranashakti ek Divya Vibhooti -Pdt. Shri Ram Sharma, Acharya.*
- *Chikitsa ke Vibin Aayaam. -Pdt. Shri Rram Sharma, Acharya.*
- *A Complete Handbook of Nature Cure. -Dr. H.R.Bakhru*
- *Diet Cure for Common Ailments. -Dr. H.R. Bakhru.*

IQAC

Course Name: Mental Health & Yoga practice

Course Code: MYT119

L	T	P	Cr
3	0	0	3

Total Hours: 45

Learning Outcomes:

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

1. Gain an understanding of the meaning and definition of mental health and develop skills in Kriya Yoga and Panch Kosha Sidanta.
2. Recognize the significance of chanting 'OM' in calming the mind and channeling positive energy into the body. Understand how 'OM' can help alleviate stress
3. Identify and evaluate the effectiveness of yoga practices on mental health.
4. Teach the concept of promoting general awareness of mental health issues.

Course Content

UNIT I

12 Hours

Meaning & Definition of Mental Health, Elements to affecting mental health, Methods for development of mental health through Yoga: - Kriya-Yoga, Punch Kosh-Sidanta,

UNIT II

10 Hours

The Philosophy and Meaning of the sacred syllable "Om (OUM)"

UNIT III

11 Hours

General awareness of mental problems and their Psycho- Yogic therapeutic approaches: Stress-disorder; Mood-disorder, in the context of Modern Medicine, Patanjali Yoga Sutra & Hathapradipika.

UNIT IV

12 Hours

General awareness of mental problems and their Psycho- Yogic therapeutic approaches: Anxiety, Disorder, Psychosomatic-disorder in the context of Modern Medicine, Patanjali Yoga Sutra & Hathapradipika

Transaction Mode

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

Suggested Readings

- *Yoga Practices for Anxiety and Depression -Dr. R. Nagrathna -Dr.H.R.Nagendra*
- *Yogic Management of Stress. -Swami Suryamani Saraswati .*
- *Manorog Vigyan - Dr. Balkrishan Pathak*
- *Manasrog Vigyan -Dr. Rajinder Prasad Bhatnagar*
- *Mansick Chikitsa - Lalji Ram Shukel.*
- *Mental Health ad Hindi Psychology-Swami Akhilananda*

10A1C

Course Name: Diet and Nutrition**Course Code: MYT120**

L	T	P	Cr
3	0	0	3

Total Hours: 45**Learning Outcomes:**

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

1. Describe various Swastha Vritta practices, including their principles and concepts.
2. Define the concepts of health, diet, and the value of nutrition.
3. Summarize and practice daily regimen, night regimen, and seasonal regimen for health promotion, disease prevention, and age reversal.
4. Apply the concept of Yogic food as an alternative for treating illness and disease.

Course Content**UNIT I****12 Hours**

Swastha Vritta (Health and Wellness) Health and Fitness: Meaning, Definition, Aims and Aspects Swastha vritta, Wellness Meaning, Definition, Indicators and dimensions, Dincharya (Daily regimen) & Ratricharya (Night Regimen), Meaning, definition and sequential elements with their practical applications, Ritucharya (Seasonal Regimen),

Meaning, Definition, Types with their salient features, Season wise Accumulation, Aggravation and Pacification of three Humors (vata, pitta, kapha); Season wise Does and Don'ts ; Application of Dincharya, Ratricharya

UNIT II**11 Hours**

Basic concepts and components of food and nutrition Concept of food, Functions of Food, Components of Food & their Classification, Understanding Nutrition Macro Nutrients –Sources, Functions and Effects on the Body: Carbohydrates Protein Fats Micro Nutrients – Sources Functions and Effects on the Body: Vitamins Minerals

UNIT III**10 Hours**

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

UNIT IV**12 Hours**

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

Transaction Mode

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

Suggested Readings

- *Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012*
- *Prof. Ramharsh Singh - Swasthavritta Vigyan, Chaukhambha Sanskrit Prakashan, Varanasi, 1998.*
- *Sriram Sharma Acharya- Jivem Sharadah Shatam, Akhand Jyoti Mathura 1998.*
- *Dr. Rudolf - Diet and Nutrition, Himalayan Institute Press.*
- *Prof. Ramharsh Singh-Yog ewam Yogic Chiktsha, Chaukhambha Sanskrit Prakashan, Varanasi, 1998.*
- *Swastha Vritta Vigyan ewam Yogic Chiktsha- Dr. Rakesh Giri, Sikhsha Bharti, Uttrakhand1 46 Semester-III MYST 303- Bio-statistics Course Code Subject Title Teaching*

Course Name: Yogic Shat Karmas I (Practical)

Course Code: MYT114

L	T	P	Cr
0	0	4	2

Total Hours: 60

Learning Outcomes:

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

1. Restate the benefits, contradictions, and procedures of all practices.
2. Proficiently demonstrate each practice with confidence and skill.
3. Explain the procedures and subtle points involved in each practice.
4. Understand the concept of Yogic Shatkramas.

Course Content

60 Hours

SELECTED YOGIC SHATKRAMAS

Sutra Neti, Vasta Dhauti, Dhanda dhauti, Madhyam Nauli, Kapalbhathi: Vatkarma, Viewtkrama & Sheetkrama Kapalbhathi

Course Name: Yogasanas I (Practical)

Course Code: MYT115

L	T	P	Cr
0	0	4	2

Total Hours: 60

Learning Outcomes:

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

1. Acknowledge and demonstrate proficiency in performing yoga asanas.
2. Understand the significance of adopting a yogic style of living.
3. Understand the concept of Surya Namaskara & Selected Yogasanas
4. Repeat the mantras chanted while performing yoga.

Course Content

60 Hours

SURYA NAMASKARA & SELECTED YOGASANAS

Surya Namaskar with Mantra,

Asana: -

Kukkutasana ,Matsyendrasana ,Matsyasana ,Uttana-Mandukasana
 Bhujangasana ,Mayurasana ,Setubandhasana ,Karanpedasana ,Tadhasana
 ,Uttana-Kurmasana ,Paschimottanasana ,Baddha-Padmasana, Garudasana
 ,Chakrasana ,Shirshasana ,Konasana ,Pada- angushthasana. ,Uttampadasana
 ,Simhasana ,Dhanurasana , Gorakshasana ,Ushtrasana ,Sarvangasana
 ,Sankatasana ,Trikonasana ,Ashwathasana.

Course Name: Pranayama, Bandhas, Mudras, Dhayana I (Practical)

Course Code: MYT116

L	T	P	Cr
0	0	4	2

Total Hours: 60

Learning Outcomes:

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

1. Impart practical lessons on yoga pranayama.
2. Develop skill of yogic style living.
3. Display various bandhas and mudras with perfection.
4. Understand the concept of Pranayama, Bandhas, Mudras, Dhayana (Meditation) Hathayoga

Course Content

60 Hours

PRANAYAMA, BANDHAS, MUDRAS, DHAYANA (MEDITATION)

HATHAYOGA: - Nadi Shodhana Pranayama, Surya Bhedana, Ujjayee, Seetkari, Sheetali, Bhastrika, Bhramri.

PATANJALI: - 1) Bahyavrtti, 2) Abhyantara Vrtti, 3) Stambhavrtti & 4) Bahya-Abhayantara Vishayakshepi.

BANDHAS & MUDRAS: - Practice of Jalandhar, Uddiyan and Moola Bandhas. Mahamudra Mahabandha, Mahavedha, Vipareet Karani, Yoni, Ashvani, Tadagi, Kaki, Shambhavi.

DHAYANA (MEDITATION): Recitation of Pranavajapa (Omkar Japa) & Gyatari Mantra. Akashdaranas:- Chidakasha, Hridayakasha

**Course Name: Practical Orientation in Acupressure
(Practical)**

Course Code: MYT117

L	T	P	Cr
0	0	2	1

Total Hours: 30

Learning Outcomes:

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

1. Brief the methods and principles of acupressure treatment.
2. Impart practical skill of acupressure in class.
3. Identify various acupressure points on palm and sole.
4. Treat various diseases with help of acupressure.

Course Content

30 Hours

ACUPRESSURE

Knowledge of Hand & Foot Reflexology Techniques of Acupressure, Knowledge of Instruments used in acupressure, Knowledge of pressure methods

Semester-II**Course Name: Foundations of Yoga****Course Code: MYT211**

L	T	P	Cr
4	0	0	4

Total Hours: 60**Learning Outcomes:**

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

1. Gain a general introduction to yoga.
2. Comprehend the concept, meaning, various definitions of yoga, including its etymology, history, and purpose
3. Explore the nature of yoga as described in various texts, including the meaning and definition of Hatha Yoga, Patanjali Yog Sutra, Bhagavad Gita, and Vedas.
4. Practice yoga in accordance with the principles found in the Upanishads.

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

Meaning & definitions of yoga, Importance of yoga in modern life, Traditional & historical development of yoga,

UNIT II**15 Hours**

Elements of success and failure in yoga according to Hathyoga, Patanjali Yoga sutra & Gita, Kinds of Yoga

UNIT III**15 Hours**

Kinds of Yoga: - Karma Yoga, Bhakti Yoga Jana (Gyan) yoga & Ashtang Yoga.

UNIT IV**15 Hours**

KINDS of YOGA: - Vedas, Upanishads & Gita

Transaction Mode

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

Suggested Readings:

- *Yoga: An Introduction* -Prof. Surendra Singh (Bharat Book Centre, Lucknow, 1999) & Prof. P.D. Misra ,Dr. (Mrs.) Beena Misra
- *Raja Yoga, Jnana(Gyan) Yoga, Karma Yoga & - Swami Vivekananda Bhakti Yoga (Ramakrishan Ashrama Publication)*
- *Kalyan(Yogank).* -Geeta Press Gorakhpur
- *Synthesis of Yoga* -Sri Aurobindo
- *Upnishadic Adhyatmic Vigyan* -Dr. Ishwar Bharadwaj.
- *108 Upanishads in three Volumes(Hindi)* -Shri Ram Sharma Acharya

10A3C

Course Name: Human Anatomy & Physiology**Course Code: MYT212**

L	T	P	Cr
4	0	0	4

Total Hours: 60**Learning Outcomes:**

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

1. Understand the structure and function of human cells and tissues.
2. Provide a brief introduction to the major muscular system and explain the effects of yoga on the excretory system
3. Summarize the composition and function of the blood circulatory system, including information on red blood cells and white blood cells.
4. Gain a general introduction to the nervous system and understand the structure and function of the brain

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

Meaning of Anatomy & Physiology, The brief study of Cell & Tissues, The brief study of Digestive system: - Mouth, Tongue, Stomach, Intestine and Anus.

UNIT II**15 Hours**

Muscular System: Muscles, their types and functions, Skeletal System: - The Bones, Joints. Vertebral Column, Endocrinal System: - The Study of main endocrine/ductless glands & their function.

UNIT III**15 Hours**

The brief study of Respiratory System: -Mechanism of Inspiration, Expiration & Control of Respiration, Cardio-vascular (Circulatory) system: - The Heart, Blood and Blood Circulation.

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

Nervous System: - The Central Nervous & the Autonomic Nervous system
Excretory System: -Study of Kidneys, Lungs.

Transaction Mode

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

Suggested Readings

- *Anatomy and Physiology of Yogic Practices* -M.M. Gore (English & Hindi)
Kanchan Prakashan, Lonavla
- *Anatomy & Physiology* -Waugh-Ross & Wilson
- *A Glimpse of Human body* -Shirley Telles
- *Sarir Rashaan even Kriya Vigyan* -Charu Supriya
- *Anatomy and Physiology for Nurses* -Evelyan C. Pearee (Faber and
Faber Ltd; London, 1968)

IOAFC

Course Name: Study of Hath-yoga**Course Code: MYT213**

L	T	P	Cr
4	0	0	4

Total Hours: 60**Learning Outcomes:**

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

1. Achieve mastery over the prana, the body's energy, which facilitates control of the mind.
2. Attain self-control, self-discipline, and an energetic body through the practice of Hatha Yoga.
3. Strengthen and purify the physical body while cultivating prana and activating Kundalini energy.
4. Learn and apply methods for performing asanas, pranayama, mudras, and bandhas in yoga practice.

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

Meaning & objectives of Hathayoga, Components of Hathayoga:- Sapt Sadhan, Prerequisites of hathyoga (Dasha Yama and Dasha Niyama)

UNIT II**15 Hours**

Study of Shat-Karmas and Asana, according to Hathapradipika and Gheranda Samhita, with their techniques, benefits and precautions

UNIT III**15 Hours**

Meaning and Definitions of Pranayama, Classification of Pranayama's with reference to Patanjali yoga sutra, Hath Pradipika & Gherand Smhita with their techniques, benefits and precautions.

UNIT IV**15 Hours**

Meaning, Techniques & benefits of Mudra & Bandhas according to Hatha pradipika

Transaction Mode

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

Suggested Readings

- *Hathayog Pradipika (English) -Swami Muktibodhananda (Yoga Publication Trust, Munger, Bihar, India)*
- *Hathapradipika(Hindi) -Swami Kavaliyananda (Kaivalyadhama, Lonavla)*
- *Gheranda Samhita (English) -Digambarji Swami & Gharote (Kaivalyadhama, Lonavla)*
- *Gheranda Samhita (Hindi) -Swami Niranjanananda Saraswati (Yoga Publication Trust, Munger, Bihar, India)*
- *Pranayama, The art & science. (English) -Dr. H.R. Nagendra*
- *Yog Nidra. (English) -Swamio Satyananda Sarswati*
- *Asan Pranayam Mudra Bandh (English) -Swami Satyananda Saraswati*
- *Saral Yogasan (Hindi) -Dr. Ishwar Bhardwaj*

Course Name: Teaching Methods of Yoga

Course Code: MYT218

L	T	P	Cr
2	0	0	2

Total Hours: 30

Learning Outcomes:

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

1. Acquire teaching techniques to effectively instruct students.
2. Demonstrate proficiency in class management and lesson planning.
3. Introduce students to Shatkriya, Asana, Mudra, Pranayama, and Meditation.
4. Explain the meaning, importance, and criteria for selecting teaching aids in the context of yoga instruction

Course Content

UNIT I

7 Hours

Teaching and learning: Concepts and relationship between the two Principles of teaching levels and phases of teaching,

Quality of perfect yoga Guru: Yogic levels of Learning, Vidyarthi, Shishya, Mumuksha, Meaning and scope of teaching methods, Role of yoga teachers and teacher training, Emotional stability and healthy habits for yoga teacher

UNIT II

8 Hours

Practice of Yoga at different levels (Beginners, Advance, Schoolchildren, Youth, Women and special attention group) Techniques of Individualized teaching techniques, Teaching techniques- Lecturer method, Command method, demonstration method, imitation method Project etc. organization of teaching (Time management, discipline etc) Personal and technical preparation

UNIT III

7 Hours

Essential of good lesson plan: concepts, needs, planning of teaching yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation)

Models of lesson plan: Effective use of library and other resources. Lesson plan and its practical applications, Silent features of each practice with reference to yoga texts form practical aspects

UNIT IV

8 Hours

Yoga classroom essential features, Area, sitting arrangement in yoga class etc, Class room problems, Essential of good yoga teaching, time table, Need, types, principles of time table of construction, Teaching Aids - Meaning, importance and its criteria for selection teaching aids

Transaction Mode

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

Suggested Readings

- *Yogic Management of Common Diseases -Dr. Swami Karmananda (Yoga Publication Trust, Munger, Bihar, India)*
- *New Perspectives in Stress Management -Nagendra H.R. (V.K. YOGAS, Bangalore, 1998) Nagendra R*
- *Stress and its Management by Yoga (MLBD) -Udupa K.N*
- *Anatomy and Physiology of Yogic Practices -M.M. Gore (English & Hindi) Kanchan Prakashan, Lonavla*

Course Name: Naturopathy& Swasth-Vrata
Course Code: MYT219

L	T	P	Cr
3	0	0	3

Total Hours: 45

Learning Outcomes:

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

1. Gain an understanding of naturopathy, including its history and main principles.
2. Recognize the importance of air therapy, including air baths, and understand the significance of space therapy.
3. Explain the concept and need for Swasth-Vrata and emphasize the importance of massage.
4. Define the meaning of diet and mitahara in the context of naturopathy.

Course Content

UNIT I

12 Hours

Naturopathy: Introduction, History & Basic Principles

Water Therapy: -Hot & Cold Compress and Wet Packs sheet, Mud/Clay therapy: Importance of Soil, Use of mud-packs. (Chest-Pack, Abdomen-Pack & Knee Puck)

Sun-therapy: Importance of sun rays, Sunbath & its uses in different diseases

UNIT II

12 Hours

Air-therapy: Importance of air, Air-bath & its uses

Eather/Space therapy: Fasting & its principles, Action & reaction of fasting on human body for maintaining health & management of diseases

UNIT III

10 Hours

Concept & Need of Swasth-Vrata, Elements of daily Routine- Dincharya, Ritucharya & Sada-Vrata

Massage (Abhyoung): Its kinds & importance

UNIT IV

11 Hours

Diet- Meaning, Definitions, components & Benefits of Balance-died, Sprouted diet & Mitahara, Rules of Yogic-dict, Demerits of Non-vegetarian-diet & merits of Vegetarian diet.

Massage (Abhyoung): Its kinds & importance

Transaction Mode

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

Suggested Readings

- *Swasth-Vrata Vigyan, (Hindi) -Prof. Ram Harsh Singh (Chaukhamba Sanskrit Pratihthan,Delhi)*
- *Science of Natural Life(English)- Dr. Rakesh Jindal (Arogya Sewa Prakashan, Modhinagar,U.P.)*
- *Prakritik Ayurvigan(Hindi)- Dr. Rakesh Jindal (Arogya Sewa Prakashan, Modhinagar,U.P.)*
- *Pranashakti ek Divya Vibhooti -Pdt. Shri Ram Sharma, Acharya.*
- *Chikitsa ke Vibin Aayaam-Pdt. Shri Rram Sharma, Acharya*
- *A Complete Handbook of Nature Cure.- Dr. H.R.Bakhru.*
- *Diet Cure for Common Ailments. -Dr. H.R.Bakhru.*

Course Name: Human Consciousness**Course Code: MYT220**

L	T	P	Cr
3	0	0	3

Total Hours: 45**Learning Outcomes:**

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

1. Understand the significance of studying human consciousness in modern life.
2. Acquire knowledge of the various factors that can influence human consciousness.
3. Gain an understanding of the causes that lead to deviations in human consciousness.
4. Develop skills in applying yogic treatments to address different mental problems.

Course Content**UNIT I****12 Hours**

Meaning of Consciousness
Nature of Human Consciousness
Stages of Consciousness

UNIT II**10 Hours**

Need of study in modern life
Nature of Human Consciousness in Vedas & Upanishads

UNIT III**11 Hours**

Nature of Human Consciousness in Nyaya Philosophy, Vaisheshik Philosophy,
Sankhya Philosophy

UNIT IV**12 Hours**

Nature of Human Consciousness in Yoga Philosophy, Mimansa Philosophy &
Vedanta Philosophy

Transaction Mode

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

Suggested Readings

- *A Study in Consciousness -Annie Besant*
- *Maanavchetna -Dr. Ishwar Bharadwaj*
- *Seven States of Consciousness -Anthony Campbell*

- *Atam Vigyan(Science of Soul). -Sh. Yogeshwara Nand Paramhansa*
- *Bhartiya Darshan me Chetna ka Swaroop -Dr. Shri Krishna Saxena*

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Course Name: Basic Texts of Yoga**Course Code: MYT221**

L	T	P	Cr
3	0	0	3

Total Hours: 45**Learning Outcomes:**

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

1. Comprehend the meaning, definition, and subject matter of Upanishads.
2. Explore the historical context and creation period of the Upanishads, with a focus on Kathopanishad and its definition of yoga.
3. Analyze the concepts of the four states of consciousness and their relationship to Omkar, as well as the pure nature of the soul in Mundakopanishad.
4. Discuss the general introduction, purpose, and importance of Srimad Bhagavad Gita and gain an understanding of Yoga Vashistha, including the concept of Aadhi.

Course Content**UNIT I****12 Hours**

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

Kena Upanisha: Self and the Mind, Intuitive realization of the truth, Truth transcendental, Moral of Yaksha Upakhyana

UNIT II**10Hours**

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

Prashna Upanishad: Concept of Prana and rayi (creation), Pancha pranas, The five main questions

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

UNIT III**11 Hours**

Bhagavad Gita General Introduction to Bhagavad Gita (B.G.) Definitions of Yoga in B.G. and their relevance & Scope, Essentials of B.G

UNIT IV**12 Hours**

Yoga Vasishtha Highlights of Yoga Vashitha, Concept of Adhis and Vyadhis; How Sukha is attained the Highest State of Bliss, Practices to overcome the

Impediments of Yoga, Development of Satvaguna, Eight limbs of Meditation, Jnana Saptabhumika

Transaction Mode

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

Suggested Readings

1. *Shrimad Bhaggidgeet, Shankar Bhashya, Geet Press Gorakhpar Geet Rahasya - Bal Gang ir JatilakISA (IsUp), YajurvedaKENA (KeUp),*
2. *SamavedaKATHA(KaUp), YajurvedaPraśna (PrUp), Atharvaveda, Vasishta Yoga Samhita (yoga-vāsiṣṭham; also known as Maha- Arsha Ramayana, Vasiṣṭha Ramayana,*
3. *Yogavasistha- Ramayana and Jnanavasistha.*

Course Name: Yogic Shat Karmas II (Practical)

Course Code: MYT214

L	T	P	Cr
0	0	4	2

Total Hours: 60

Learning Outcomes:

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

1. Achieve a deeper understanding of moral ethics and the spiritual path.
2. Demonstrate proficiency in yogic practices such as neti, trataka, and kapalbhata
3. Gain the ability to effectively teach yoga practices to various groups.
4. Demonstrate proficiency in Yogic Shat Karmas.

Course Content

60 Hours

Selected Yogic Shatkramas:

Vaman Dhuti (Kujal), Sutra Neti, Jala Neti and Ghrith Neti, Trataka, Kapalbhata:
Vatkarma, viewetkrama & Sheetkrama Kapalbhata

Course Name: Yogasanas II (Practical)

Course Code: MYT215

L	T	P	Cr
0	0	4	2

Total Hours: 60

Learning Outcomes:

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

1. Demonstrate proficiency in performing yoga asanas (postures).
2. Understand the importance of physical and mental exercises within the context of yoga
3. Observe and experience positive changes in flexibility and overall well-being through yoga practice
4. Understand of yogasana yoga

Course Content

60Hours

Surya Namaskara & Selected Yogasanas:

Siddhasana. Padmasana

Vajrasana Swastikasana Virasana. Shavasana

Paschimottanasana: Dhanurasana

Vrikshasana Garudasana. Makarasana Ushtrasana

Naukasana Mandukasana. Sarvangasana

Pawanmuktasana Kurvasana. Bhadrasana Simhasana

Vakrasana. Gomukhasana Matsvasana

Matsyendrasana Gorakshasana Shalabhasana Chakrasana

Bhujangasana Utkatasana Konasana

Trikonasana

Course Name: Pranayama, Bandhas, Mudras, Dhayana II
Course Code: MYT216

L	T	P	Cr
0	0	4	2

Total Hours: 60

Learning Outcomes:

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

1. Demonstrate the ability to repeat the mantras chanted during yoga practice.
2. Proficiently display various bandhas (energy locks) and mudras (hand gestures) with precision
3. Understand and recognize the significance of pranayama (breathing exercises) in daily life and yoga practice.
4. Understand the concept of Pranayama.

Course Content

60 Hours

Pranayama: Bandhas, Mudras, Dhayana (Meditation) in

Hathyoga: Nadi Shodhana, Pranayama, Surya -Bhedana, Ujjayee, Sheeta
 Scetkari, & Bhramri Patanjali Yogasutra: - Bahyavriti, Abhyantara Vritti &
 Stambhavritti

Bandhas & Mudras: Jalandhar, Uddiyana and Moola Bandhas

**Course Name: Practical Orientation in Naturopathy
(Practical)****Course Code: MYT217**

L	T	P	Cr
0	0	2	1

Total Hours: 30**Learning Outcomes:**

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

1. Understand the importance and benefits of air therapy (air bath) and space therapy in the context of naturopathy.
2. Apply the principles and practices of yoga into daily life for improved health and well-being
3. Acquire knowledge about the various factors that affect the practice of naturopathy.
4. Implement principles and practices of yoga in daily life.

Course Content**30 HOURS**

Naturopathy:

Steam Bath, Hip Bath, Spinal Bath, Footbath. Hot & Cold Compresses, Wet Sheet pack, Mud Packs, Oil Massage. Air bath: - Morning walk, Control over Swar, Left. Sivar, Right Swar & Sushumna. Sun Baths, Rest, Relaxations & Fasting

Semester-III**Course Name: Research Methodology****Course Code: MYT312**

L	T	P	Cr
4	0	0	4

Total Hours: 60**Learning Outcomes:**

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

1. Understand and apply the basics of research methodology in the context of research or project work. Select appropriate research designs to address specific research questions.
2. Proficiently collect, edit, and analyze data, fostering readiness for advanced academic pursuits.
3. Demonstrate the capacity to choose research methods aligned with research objectives and goals.
4. Develop proficiency in both qualitative and quantitative data analysis techniques and effectively present research findings.

UNIT I**14 HOURS**

Research: its concept, nature, scope, need and Objectives of Research, Research types, Research methodology, Research process – Flow chart, description of various steps, Selection of research problem.

UNIT II**16 HOURS**

Research Design: Meaning, Objectives and Strategies of research, different research designs, important experimental designs,
 Methods of Data Collection and Presentation: Types of data collection and classification, Observation method, Interview Method, Collection of data through Questionnaires, Schedules, data analysis and interpretation, editing, coding, content analysis and tabulation

UNIT III**16 HOURS**

Sampling Methods:

Different methods of Sampling : Probability Sampling methods , Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling and Multistage Sampling. Non-probability Sampling methods, Sample size

UNIT IV**14 HOURS**

Report writing and Presentation: Types of reports, Report Format – Cover page, Introductory page, Text, Bibliography, Appendices, Typing instructions, Oral Presentation

Transaction Mode

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

Suggested Readings

- *Panneerselvam, R , 'Research Methodology', PHI, New Delhi.*
- *Cooper, D.R.,Schindler,P.S., 'Business Research Methods,' Tata McGraw Hill*
- *Gupta S P,' Statistical Methods', Sultan Chand & Sons, Delhi*
- *Ronald E Walpole, 'Probability and Statistics for Engineers and Scientists' (International Edition), Pearson Education.*
- *Geode, Millian J. & Paul K. Hatl, "Methods in Research", McGraw Hills, New Delhi*

Reference Books:

- *Kothari C.R., "Research Methodology", New Age Publisher*
- *Nargundkar R, Marketing Research, Tata McGraw Hill, New Delhi, 2002.*
- *Sekran, Uma, "Business Research Method", Miley Education, Singapore*

Website/Links/Online Portal/ICT

- <https://www.academia.edu/>
- <https://www.studeersnel.nl>
- <https://www.scribd.com>

Course Name: Research Proposal

Course Code: MYT313

L	T	P	Cr
2	0	4	4

Total Hours: 90

Learning Outcomes:

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

1. Demonstrate the capability to formulate clear and effective research questions and hypotheses..
2. Conduct a comprehensive literature review, showcasing advanced analytical and synthesis skills to critically assess existing research.
3. Compare various research designs and select rigorous and practical research methods that align with specific problem-focused research questions.
4. Effectively structure, present, and write a research proposal using advanced written and verbal communication skills.

Course Content

90 Hours

The students will prepare and submit the research proposal on a topic of their choice.

Course Name: Ethics & IPR**Course Code: MYT314**

L	T	P	Cr
2	0	0	2

Total Hours: 30**Learning Outcomes:**

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

1. Develop the ability to identify and analyze ethical issues within the subject matter or related field.
2. Recognize ethical concerns within research and intellectual contexts, including academic integrity, source use and citation, objective data presentation, and treatment of human subjects.
3. Understand the significance of Intellectual Property (IP) in various industrial sectors, particularly for product and technology development.
4. Identify activities that constitute IP infringements, understand the remedies available to IP owners, and describe precautionary measures to prevent infringement of proprietary rights in the context of product and technology development.

Course Content**UNIT I****15 HOURS**

Ethics: definition, moral philosophy, nature of moral judgments and reactions, scope, Ethics with respect to science and research, Intellectual honesty and research integrity Scientific misconducts: Falsification, Fabrication, and Plagiarism (FFP) Redundant publications: duplicate and overlapping publications, salami slicing, Selective reporting and misrepresentation of data, Publication ethics: definition, introduction and importance

UNIT II**15 HOURS**

Introduction to Intellectual Property rights: Concept & theories, Kinds of intellectual Property Rights, Advantages & Disadvantages of IPR, Development of IPR in India, Role & Liabilities of IPRs in India. Rights of trademark-kind of signs used as trademark-types, purpose & functions of a trademark, trademark protection, trademark registration, selecting and evaluating trademark, trademark registration process

Course Name: Proficiency in Teaching**Course Code: MYT315**

L	T	P	Cr
2	0	0	2

Total Hours: 30**Learning Outcomes:**

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

1. Provide concise statements of what the learner knows and can do after completing a lesson, course, training activity, or program.
2. Develop a heightened awareness of the ethical aspects of conducting research in the field of English studies.
3. Apply ethical considerations when selecting, collecting, or utilizing research materials, demonstrating a strong ethical vision throughout the research process.
4. Conduct research with a thorough understanding of plagiarism and actively produce ethically compliant academic materials.

Course Content**30 HOURS**

The candidate will work on the area in which he/she has to carry out research under his/her supervisor. He/She will do extensive survey in that area & after that prepare a survey paper. After presented the paper it must be sent for publication before MST-1. After carry out the survey area, he/she will choose a topic from that area in which he has to carry out his research for his dissertation work. He/she will then carry out extensive survey on that topic and will prepare a survey paper. He/she shall submit and present the paper and sent the paper for publication before MST-2. The paper must be published in UGC Approved Journal.

Course Name: Computer Lab (Practical)**Course Code: MYT316**

L	T	P	Cr
0	0	4	2

Total Hours: 60**Learning Outcomes:**

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

1. Demonstrate proficiency in using Word tables to efficiently organize and present data.
2. Compare and apply techniques for inserting graphics, pictures, creating table of contents, and using Drop Cap to enhance documents.
3. Develop advanced formatting skills for paragraphs, tables, lists, and pages within Word documents.
4. Create and execute mail merge processes to efficiently produce customized documents.

Course Content**60 HOURS**

Generating Charts/Graphs in Microsoft Excel, Power Point Presentation, Creating a new document with templates & Wizard, Word basics, Thesis Writing Formats & Scientific editing tools, Style Formats (MLA & APA)

Using Words Drawing Features, Inserting Tables – (Adding, deleting, modifying rows and columns - merging & splitting cells), Using formulas in tables, converting text to table and vice-versa, Mail Merge tool, Managing Workbooks, Working with Worksheets

Suggested Readings

- Leon & Leon, "Introduction to Computers", Vikas Publishing House, New Delhi
- Saxena S., "MS Office Xp for Everyone", Vikas Publishing House, New Delhi, 2007
- June Jamrich Parsons, "Computer Concepts", Thomson Learning, 7th Edition, Bombay

Reference Books:

- White, "Data Communications & Computer Network", Thomson Learning, Bombay
- Comer, "Computer networks and Internet", Pearson Education, 4e

Website/Links/Online Portal/ICT

- <https://www.researchgate.net>
- https://www.youtube.com/playlist?list=PLWPirh4EWFpF_2T13UeEgZWZHc8nHBuXp

Course Name: Service Learning (Practical)**Course Code: MYT317**

L	T	P	Cr
0	0	4	2

Total Hours: 60**Learning Outcomes:**

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

1. Evaluate the definition of Service Learning.
2. Analyze the engaged teaching and engaged research.
3. Acquire greater levels of civic behavior and social responsibility.
4. Synthesize a greater commitment to a service-oriented career.

Course Content**Hours 60**

Service Learning

Principles

Classification

Models

Difference between service learning and other community experiences

Service Learning for a Postgraduate Yoga

Student and its scope in Research

Conceptualization of the Idea of Service Learning

Conducting awareness programs on Role of Physical Education for nearby communities

Organizing demonstrations of Yoga

Practices for schoolchildren to pursue higher

Surveying the needs of community and discover

Studies in Yoga

solutions for the same

Providing Consultancy to school students to enhance awareness about Yoga

Semester-IV**Course Name: Dissertation****Course Code: MYT401**

L	T	P	Cr
0	0	0	20

Total Hours: 300**Learning Outcomes:**

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

1. After completing this course, students will be able to plan and execute a research project independently.
2. Students will gain the skill to review relevant literature and formulate appropriate hypotheses for their research.
3. Upon completion, students will be proficient in using suitable data analysis methods and techniques to process research data effectively
4. Students will be able to interpret research findings and draw conclusions based on results and relevant literature.

Course Content**300 Hours**

Dissertation is compulsory to all students. Students will select the Research Topic himself and prepare the research plan. In doing so, the consent of the guide is necessary. After completing the Dissertation work, its five typed copies will be submitted to the Department before fifteen days of the written examination. External examiner in coordination will do the evaluation of the Dissertation with the Supervisor & the Department Head. The Viva -Voice exam will also be conducted under it.