

# **Program Syllabus Booklet**

**Master in Yoga Therapy  
(MYT – 711)**

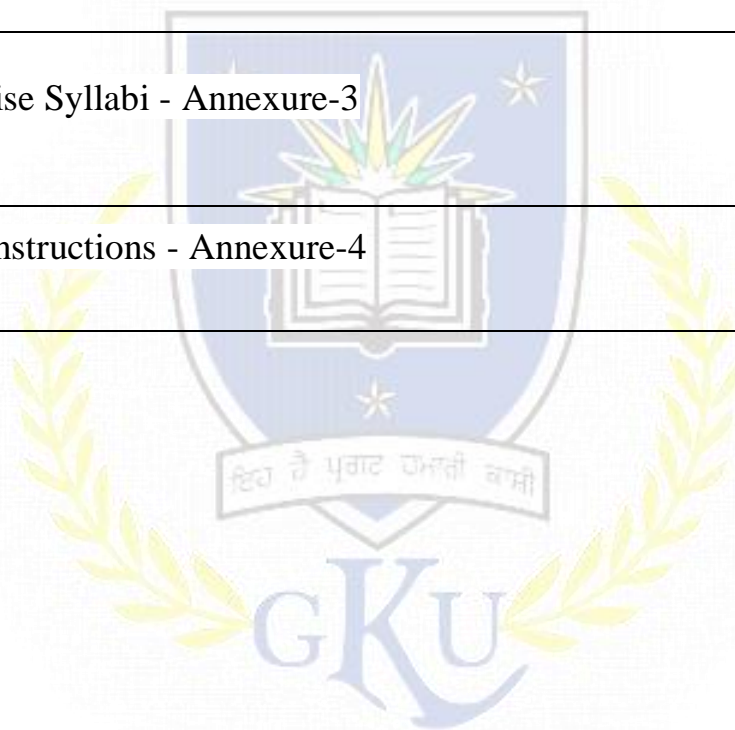


**Session: 2021-22**

**Department of Physical Education  
Guru Kashi University, Talwandi Sabo**

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**Annexure -1**

**Program: Master in Yoga Therapy (MYT)**

**Program Code: 711**

**Program Outcomes (PO): The PO for the Master in Yoga Therapy (MYT) are as follows :**

<b>PO1</b>	<b>Yoga knowledge:</b> Apply the knowledge of anatomy, physiology, nutrition and health cycle to treat complex physical deformities through yoga asanas.
<b>PO2</b>	<b>Problem analysis:</b> Identify anatomical, physiological and psychological abnormalities based on patient assessment to reach an appropriate diagnosis.
<b>PO3</b>	<b>Design/development of solutions:</b> Design Yogic exercise plan for complex physical and mental health issues with appropriate consideration of occupational as well as social requirements of the patient.
<b>PO4</b>	<b>Conduct investigations of complex problems:</b> Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
<b>PO5</b>	<b>Modern tool usage:</b> Create, select, and apply appropriate advanced Yogic exercise or asana, pranic healing technique, naturopathy technique and basic yogic therapies with an understanding of their limitations.
<b>PO6</b>	<b>The yogic teacher and society:</b> Integrate theoretical knowledge of yoga and ayurveda with practical skill of yoga teaching to assess and treat the mental and physical health issues of the society as well as to fulfill the responsibilities relevant to yogic profession.
<b>PO7</b>	<b>Ethics:</b> Apply ethical principles and commit to professional ethics and responsibilities and norms of the yoga practice
<b>PO8</b>	<b>Individual and team work:</b> Function effectively as an individual, and collaboratively as a part of a rehabilitation team in multidisciplinary settings.
<b>PO9</b>	<b>Communication:</b> Communicate effectively with the yoga class participants, and instruct about the technique of performing yoga asanas.
<b>PO10</b>	<b>Project management and finance:</b> Demonstrate administrative and managerial knowledge.
<b>PO11</b>	<b>Life-long learning:</b> Recognize the need for advancements in yoga and ayurveda learning.

**The Program specific outcomes for the Master in Yoga Therapy (MYT) are as follows:**

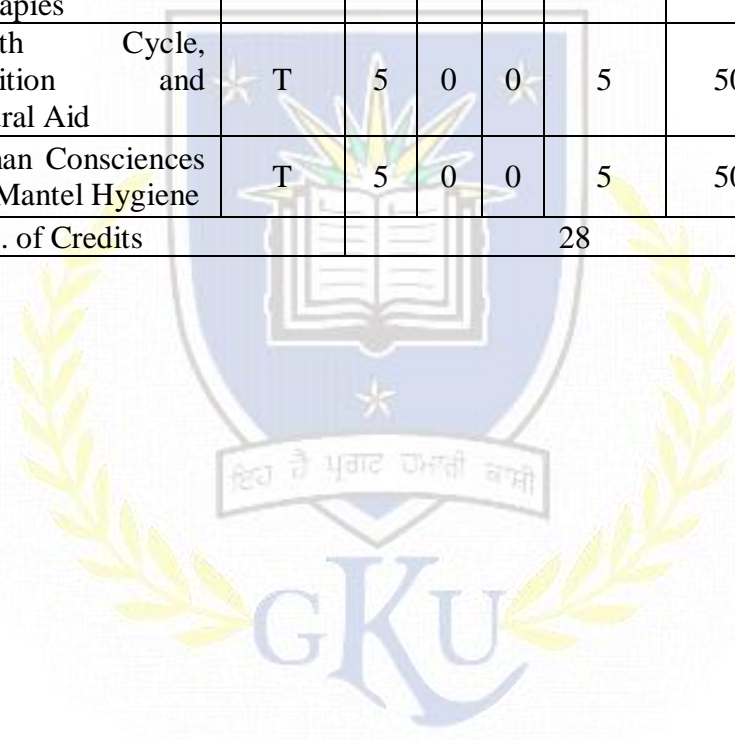
PSO 1	Gain complete knowledge of the effects of yoga on physical, mental, intellectual, emotional and spiritual health.
PSO 2	Display skills for conducting yoga classes and camps for the general population.
PSO 3	Learning skill of treating health related issues with help of yoga asanas and naturopathy.



**Annexure-2**

Semester: 1st											
Sr. No.	Course Code	Course Name	Type of Course T/P	(Hours Per Week)			No. of Credits	Internal Marks	External Marks	Total Marks	
				L	T	P					
1	711101	Yoga Practical (Teaching Lesson and Active yoga)-I	P	0	0	16	8	50	50	100	
2	711102	Anatomy, Physiology and Physical Deformities	T	5	0	0	5	50	50	100	
3	711103	Contemporary Yogies and Their Therapeutic Techniques	T	5	0	0	5	50	50	100	
4	711104	Fundamental History of Yoga	T	5	0	0	5	50	50	100	
5	711105	Raj Yoga and Hath Yoga	T	5	0	0	5	50	50	100	
Total No. of Credits							28				

Semester: 2 <sup>nd</sup>											
Sr No.	Course Code	Course Name	Type of Course T/P	(Hours Per Week)			No. of Credits	Internal Marks	External Marks	Total Marks	
				L	T	P					
1	711201	Yoga Practical (Teaching Lesson and Active yoga)-II	P	0	0	16	8	50	50	100	
2	711202	Astang Yoga and Karm Yoga	T	5	0	0	5	50	50	100	
3	711203	Basic Complimentary Therapies	T	5	0	0	5	50	50	100	
4	711204	Health Cycle, Nutrition and Natural Aid	T	5	0	0	5	50	50	100	
5	711205	Human Consciencs and Mantel Hygiene	T	5	0	0	5	50	50	100	
Total No. of Credits							28				





Semester: 3 <sup>rd</sup>											
Sr.No	Course Code	Course Name	Type of Course T/P	(Hours Per Week)			No. of Credits	Internal Marks	External Marks	Total Marks	
				L	T	P					
1	711301	Yoga Practical (Teaching Lesson and Active yoga)-III	P	0	0	16	8	60	40	100	
2	711302	Human resource management	T	5	0	0	5	50	50	100	
3	711303	Research Methodology and Statistics	T	5	0	0	5	50	50	100	
4	711304	Vedanta and human excellence	T	5	0	0	5	50	50	100	
5	711305	Yoga sutra and human excellence	T	5	0	0	5	50	50	100	
Total No. of Credits							28				

Semester: 4 <sup>th</sup>											
Sr.No	Course Code	Course Name	Type of Course T/P	(Hours Per Week)			No. of Credits	Internal Marks	External Marks	Total Marks	
				L	T	P					
1	711401	Yoga Practical (Teaching Lesson and Active yoga)-IV	P	0	0	16	8	60	40	100	
2	711402	Counseling	T	5	0	0	5	50	50	100	
3	711403	Psychological Assessment and Diagnosis	T	5	0	0	5	50	50	100	
4	711404	Tantra Yoga	T	5	0	0	5	50	50	100	
5.		<b>Elective-I</b>	T	5	0	0	5	50	50	100	
Total No. of Credits							28				

Elective-I (Choose any one Subject)		
S.No	Subject Code	Subject Name
1	711405	Dissertation
2	711406	Value of Education



**Course Name: - Anatomy, Physiology and Physical Deformities**

**Course code: - 711102**

**Semester: - 1<sup>st</sup>**

**Credits: 05**

L	T	P
5	0	0

**Course Outcomes:**

CO	On successful completion of this course, the students will be able to:
CO1	Explain the human body structure and its functioning.
CO2	Identify organ systems and their role in human body.
CO3	Comprehend the regulatory mechanisms in human body.
CO4	Design yoga asana plans beneficial to specific systems of the body.

### Course Content

#### UNIT- I

**Introduction** - Define anatomy and physiology, Cell & Tissues, Immunity: Definition, Structure. Types and mechanism.

#### UNIT-II

**Human Systems (Part I)** - Structure and Functions of Skeleton system, Muscular system, Digestive system, Bones, Joints and their classification, Types of muscles, Role of muscles.

#### UNIT- III

**Human Systems (Part II)** - Structure and Functions of Excretory System, Circulatory system and Respiratory system.

#### UNIT- IV

**Human Systems (Part III)** - Structure and Functions of Nervous system, Endocrine Glands, Meaning and Concept of Metabolism, Classification, & Treatment of Physical Deformities through the yogic exercise.

#### Text Books

- Watson, R. (2001). *Anatomy and Physiology for Nurses*. HarCourt (Ind.).
- Elvyn, C. Pearce (2003). *Anatomy and Physiology and Nurses*. Oxford University Press, Delhi.
- Verma, P. & Pandya, K. (1974). *Shareer Kriya Vigyana*. Bihar Hindi Granth Academy, India.
- Rajalakshmi, R. (1974). *Applied Nutrition*. Oxford and IBM Public Co., Delhi.
- Chatterjee, C.C. (1992). *Human Physiology*. Alaknanda Press, Kolkata.
- Chaurasia, B.D. (1993). *Human Anatomy*. C B S Publishers, Shahdra, Delhi.
- Stranges, R. & Solley, C.M. (1970). *Basic Psychology*. Tata Mcgraw-Hill, New Delhi.

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	3	2	3	1	1	2	1	1	-	-	1	3	2	1
CO2	2	2	1	1	2	1	3	2	-	-	1	1	1	1
CO3	3	1	1	2	2	1	3	2	-	-	1	2	1	2
CO4	2	2	2	1	1	1	2	3	2	-	2	1	1	2
Average	2.5	1.75	1.75	1.25	1.5	1.25	2.25	2	2	0	1.25	1.75	1.25	1.5

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: - Contemporary Yogis and Their Therapeutic Techniques**

**Course code: - 711103**

**Semester: - 1<sup>st</sup>**

**Credits: 05**

**L T P**  
**5 0 0**

**Course Outcomes:**

CO	On successful completion of this course, the students will be able to:
CO1	State the life history of renowned yoga therapists (Acharya).
CO2	Classify yoga and other therapies on the basis of environmental factors.
CO3	Demonstrate panchkarma and shatkarma.
CO4	Design naturopathy treatment for treating sports related injuries.

### Course Content

#### UNIT-I

**Introduction** - Brief life history of Sriram Sharma Acharya, Yogic life of Acharya Shree, Acharya

Shree as a Yoga therapist. Therapy through: Asana, Pranayam, Mudra-Bandha, Diet therapy, Fasting, Panchtatva Chikitsa.

### UNIT- II

**Types of Therapy** - Therapy through Swar Yoga, Sun therapy, Environmental factor in Yogic therapy, Yajna therapy, Ayurvedic Herbs, Mud Therapy. Prayer, Mantra, Tapa.

### UNIT- III

**Panchkarma** - Nature of Panchkarma, Meaning, Concept, Principles and Emerging trend of Panchkarma treatment. Purv – Pardhaan – Pashchaat karma and their importance.

### UNIT-IV

**Shatkarma** - Meaning, Concept, Principles and Emerging trend of Shatkarma treatment, Important factors of Yoga therapy, Spiritual life (Samyam, Seva, Sadachar & Samvedana), Importance of Samskar / Prarabdha in Yoga therapy.

#### Text Books:

1. Saraswati, S.S. (2002). *Meditation from Tantras*. Prakash Publication, Delhi.
2. Singh, S.J. (1980). *History and philosophy of Naturopathy*. Nature Cure Council of Medical Research, New Delhi.
3. Saraswati, S.S. (2007). *Yoga for Hypertension*. Yoga Publication Trust, Munger.

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	2	1	1	1	1	2	1	-	-	1	2	1	1
CO2	2	1	1	2	3	1	2	2	-	-	1	2	1	2
CO3	1	3	3	2	2	2	3	2	3	-	1	1	3	2
CO4	1	2	2	3	1	2	1	3	2	2	2	3	3	1
Average	1.25	2	1.75	2	1.75	1.5	2	2	2.5	0	1.25	2	2	1.5

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: - Fundamental History of Yoga**

**Course code: - 711104**

**Semester: - 1<sup>st</sup>**

**Credits: 05**

L	T	P
5	0	0

**Course Outcomes:**

CO	On successful completion of this course, the students will be able to:
CO1	Explain the foundation principles and development of Yoga in India.
CO2	Acknowledge the importance of yoga based on the documentation present in sacred texts (Vedas).
CO3	Figure out the concepts of 'Bondage and Liberation' in yogic history.
CO4	Implement the ideologies of famous Yoga Acharya's in treatment sessions.

### Course Content

#### UNIT- I

**Introduction and History of Yoga** - History of Yoga in Medieval period, Modern Yoga, Meaning, Definition & Nature of Yoga (Ancient), Mythological background of Yoga: its origin according to Upanishads, Geeta and Hathyoga sect. Development of Yoga according to historical facts from ancient to modern time (from pre-veda to Patanjali period). Development of Yoga after Patanjali : Hathyoga group, Bhakti period, Vivekananda period (Up to 18th century- 1900), Development of Yoga in 19th and 20th century, Development of yoga centres and research as well academic institutes. Govt. policy for Yoga.

#### UNIT- II

**Types of Yoga** - Nature of Chitta, Concept of bondages and liberation, nature of Yoga sadhna according to Patanjali, yoga sutra and Hath yoga pradipika. Types of Yoga - Ashtang Yoga, Hath Yoga, Mantra Yoga, Gyan Yoga, Bhakti Yoga and Karma Yoga.

#### UNIT- III

**Yoga Sutra** - Nature of Patanjali Yoga sutra, Nature of shree mad bhagawad geeta acharya, Description of different paad, their place and importance in Yoga literature, nature of hath Yoga pradipka, Gherand sanhita and their description, their place and importance in Yoga Literature. Nature of Karma, Gyan, bhakti and Dhyana Yoga.

#### UNIT- IV

**Life of Yoga Acharya's** - Maharishi Dayanana, Swami Vivekananda, Maharishi Patanjali, Swami Shivananda, Maa Anadamayee, Mata Bhagwati Devi Sharma, Shri Aurobindo Vedas. Place of Yoga in Upanishads, Yoga-Vashishth and Ayurveda.

**Text Books**



- Gupta, S.N. (1987). *Yoga Philosophy in Relation to other system of Indian Thought.*, Moti Lal Banarsi Dass, New Delhi.
- Hiriyanna, M., (1995). *The Essentials of Indian Philosophy.* New Delhi, Motilal Banarasidas Publishers.
- Iyengar, B.K.S. (2005). *Light on life.* Oxford, Pan Macmillan Ltd.
- Iyengar, B.K.S. (2009). *The Tree of Yoga.* Harper Collins, New Delhi.
- King, Richard. (2000). *Indian Philosophy: An Introduction to Hindu and Buddhist Thought.* Maya Publishers Pvt. Ltd., New Delhi.
- Nagendra, H.R. (1993). *Yoga in Education.* Vivekananda Kendra, Bangalore.

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	1	2	2	1	1	2	2	-	-	1	2	1	1
CO2	2	1	1	1	2	2	1	2	-	1	-	2	1	1
CO3	2	2	3	2	1	1	3	1	-	-	-	1	3	1
CO4	1	3	3	2	1	2	3	1	2	1	2	3	1	1
Average	1.5	1.75	2.25	1.75	1.25	1.5	2.25	1.5	2	0	1.5	2	1.5	1

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: - Raj Yoga and Hath Yoga**

**Course code: - 711105**

**Semester: - 1<sup>st</sup>**

**L T P**

**Credits: 05**

**5 0 0**

**Course Outcomes:**

CO	On successful completion of this course, the students will be able to:
CO1	Implement principles and practices of yoga in daily life.
CO2	Grasp the significance of yogic style of living.
CO3	Demonstrate teaching lessons on hath, pancha and kriya yoga.
CO4	Recognize the significance of pranayam in life.

### Course Content

#### UNIT- I

**Introduction** - Raja Yoga - Meaning & Definition of Raja Yoga, Chitta & Chitta Varieties, Yogantaraya, Chitta Prasadhana.

#### UNIT-II

**Hatha, Pancha and Kriya Yoga** - Meaning & Definition of Hatha Yoga, Kriya Yoga and Pancha Klesha.

#### UNIT- III

**Principles of yoga** - Principles of Hatha Yoga, Satkarma, Yogasanas, Prana, Nadis, Chakras,

#### UNIT IV

**Pranayama** - Meaning, Types, Benefits & precautions of Mudra-Badha, Characteristics of Hatha Perfection (Siddhi) Procedure, Benefits & precautions of Mulabandha, Uddiyana, Jalandhar Bandha, VipritKarani, Tadagi, Yogamudra, Mahamudra, Mahavedha Mudra and Kundalin.

#### Text Books

- Sharma, C. (1973). *A Critical Survey of Indian Philosophy*. Moti Lal Banarsi Dass, Delhi.
- Sivananda, S.S. (2007). *Janana Yoga*. The Divine Life Society, Tehri Garhwal.
- Tamini, I.K.(1973). *Glimpses into Psychology of Yoga*. The Theosophical Publishing House, Adyar, Madras.
- Villodo, A. (2007). *Yoga, Power and Spirit*. Hay House Inc., New Delhi.
- Vivekananda, Swami. (2007). *Raj Yoga*. Ramakrishna Vedanta Math, Calcutta.
- Vivekananda, Swami. (2009). *Complete Book of Yoga*. Vijay Goel Publisher, Delhi.

**The mapping of the PO/PSO/CO attainment is as follows:**



CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	2	2	2	2	1	2	1	-	-	1	2	2	2
CO2	2	1	3	3	2	2	2	3	-	1	-	3	2	2
CO3	1	1	2	2	1	1	1	2	-	-	-	2	3	3
CO4	2	3	1	1	3	3	3	2	-	1	2	1	1	3
Average	1.5	1.75	2	2	2	1.75	2	2	0	1	1.5	2	2	2.5

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: - Yoga Practical (Teaching Lesson and Active Yoga)-I**

**Course code: - 711101**

**Semester: - 1<sup>st</sup>**

**Credits: 08**

**L T P**  
**0 0 16**

**Course Outcomes:**

CO	On successful completion of this course, the students will be able to:
CO1	Impart practical lessons on yoga asanas and pranayam.
CO2	Demonstrate neti, nauli and dhoti.
CO3	Repeat the mantras chanted while performing yoga.
CO4	Demonstrate various bandhas and mudras with perfection.

### Course Content

Viva Voice, Project, Asana (Any Five asana) , Pranayam ( Any one Pranayam) Purification Activity (Any One Purify Activity). Surya Namaskar with Mantra Asana:- Padamasana, Budpadamasana, Yogmudra, Kukut asana, Paschimot asana, Shalabh asana, Ardhshal asana, Bhujang asana, Shavasana, Matasyasna, Srawangasana, vajrasana, Suptvajrasana, Grudasana, Vatayan asana, Tadasana, Shirshasana. Swastikasana, Gomukhasana, Virkashasana, Kuramasana, Sidasana, Utkatasalasana, Pranayam:-Chest Breathing, Abdominal Breathing, Deep Breathing & Yogic, Prayanama, Anulome-Vilome, Surya Bhedan, Bhastrik, .Shatkarma/Kriya, Neti:- (Jal Neti, RabarNeti, SutarNeti). Dhoti: - (Vaman Dhoti, Vastar Dhoti, Kunjal Dhoti). Neuli: - (BhamNeuli, DakshanNeuli, MadyamNeuli, NeuliChalan). Tratak, KapalBhati, Basti, Agrisar.Mudra & Bandhas:-Yogmudra, Vipritkarni mudra,

Barhamudra, Mahamudra, Mulband, Jalandharband, Uddiyanband. Mahaband, Meditation: - Soham (Dharana&Dhyan), Mantra:-Swasti&Rudropasana, Natural Aid: Mud Pack, Full Body mud pack, Steam Bath, Hot and Cold fermentation, Massage (Dry, Friction & Oil Massage) Hip Bath, Spinal Bath, and Enema

### Text Books

- Swatmarma, S. (2018). *Hatha Yoga Pradipika*. Kaivalyadham, Lonawala
- Saraswati, S. S. (2002). *Asana, Pranayama, Mudra, Bandha*. Yoga Publication Trust, Munger.

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CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	3	2	2	2	1	3	1	2	-	1	1	3	3
CO2	2	1	2	1	1	2	2	2	2	-	1	2	1	1
CO3	1	1	1	2	3	1	1	2	3	-	2	2	2	1
CO4	2	2	2	1	3	2	2	1	3	1	2	2	2	3
Average	1.5	1.75	1.75	1.5	2.25	1.5	2	1.5	0	1	1.5	1.75	2	2

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course code: - 711202**

**Semester: - 2<sup>nd</sup>**

**Credits: 05**

<b>L</b>	<b>T</b>	<b>P</b>
<b>5</b>	<b>0</b>	<b>0</b>

**Course Outcomes:**

<b>CO</b>	<b>On successful completion of this course, the students will be able to:</b>
CO1	Recognize the significance of Astanga yoga and Karma yoga.
CO2	Identify and practice the steps involved in Astanga yoga and Karma yoga.
CO3	Distinguish the Astanga yoga and Karma yoga.
CO4	Comprehend the role of Astanga yoga and Karma yoga in physical education.

### **Course Content**

#### **UNIT- I**

**Introduction** - Meaning and definition of Astanga Yoga. Karma Yoga

#### **UNIT-II**

**Ashtanga and Karma Yoga** - Importance of the Astanga Yoga and Karma Yoga. Steps in Astanga Yoga (Yama, Niyama, Asnas, Pranyanayam, Pratyahar, Dharna, Dharna. Dhyana, Smadhi)

#### **UNIT-III**

**Ashtanga and Karma Yoga** Steps in Karma Yoga, Difference between Astang Yoga and Karma Yoga, Performing Karma Yoga according to Swami Vivekananda.

#### **UNIT-IV**

**Karma Yoga** - Importance of Karma Yoga in Modern life. Performing Karma Yoga according to the Bhagawat Geeta, Relationship of Astang and Karma Yoga with Physical Education

#### **Text Books**

- Vivekananda, S. (1970). *Karma yoga: The yoga of action*. Advaita
- Rao, M. (2019). Understanding Mantra Again. In *Living Mantra* (pp. 183-207). Palgrave Macmillan, Cham.
- Swenson, D., & Marroquín, R. (1999). *Ashtanga yoga: The practice manual*. Ashtanga Yoga Productions.

**The mapping of the PO/PSO/CO attainment is as follows:**

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	1	2	2	2	1	2	2	-	-	1	2	1	2
CO2	2	2	3	3	2	2	1	3	2	-	2	3	1	2
CO3	2	1	2	2	3	1	1	1	1	-	1	2	3	1
CO4	1	3	1	1	1	1	3	2	-	-	1	2	1	3
Average	1.5	1.75	2	2	2	1.25	1.75	2	1.5	-	1.25	2.25	1.5	2

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: - Basic Therapies of Yoga**

**Course code: - 711203**

**Semester: - 2<sup>nd</sup>**

**Credits: 05**

**L      T      P**  
**5      0      0**

**Course Outcomes:**

CO	On successful completion of this course, the students will be able to:
CO1	Plan treatment for various medical conditions through Acupressure Therapy.
CO2	Demonstrate the techniques of Pranic healing and its relevance in modern medicine.
CO3	Impart yoga nidra lessons to pupils.
CO4	Comprehend the therapeutic value of yogic exercises.

## Course Content

### UNIT- I

**Acupressure** - Introduction to Acupressure: Acupressure Therapy for disorders- Diabetic Mellitus, Constipation, Hypertension, Backache, Arthritis, And Asthma, Basic Concept of Acupressure, History of Acupressure, Benefits of Acupressure, Limits of Acupressure, Precautions during Acupressure. : .

### UNIT- II

**Pranic Healing** - Primary Pranic Healing and seven Basic techniques, Meaning, Definition and Concept of Prana, Basic Concept of Pranic Healing, Relevance in modern era, Source of Prana, Psychic Centers of Human Body (Chakras). : Swah – Prana Shakti, Upchar, Distance Pranic Healing, Unna

Pranic Upchar, , Surakshatmak Upchar, Daiviya Upchar, Aadesatmak Upchar,

### UNIT-III

**Yoga Nidra** - Exercises and Yoga Therapy - Preparation, Resolve, Body part Awareness, Breathing Awareness, Visualization & Ending of practice. Non Yogic Exercises: Meaning, types, importance, and therapeutic value

### UNIT- IV

**Yogic Exercises** - Meaning, types, importance, and therapeutic value of Yogic and Non-Yogic

#### Text Books

- Ram, Swami. (1999). *A Practical Guide to Holistic Health*. Himalayan Institute of Yoga, Pennsylvania.
- Saraswati, Swami Satyananda. (2005). *Asana, Pranayama, Mudra, Bandha*. Bihar School of Yoga, Munger.
- Sarswati, Swami Satyananda , (1996) *Awakening the Kundalini*. Bihar School of Yoga, India.
- Taimini, I.K. (1979). *The Science of Yoga*. Adyar Publication, Madras,
- Tamini, I.K.. (1973). *Glimpses into Psychology of Yoga*. The Theosophical Publishing House, Adyar, Madras.

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	3	1	1	1	2	1	1	2	1	1	3	1	1	1
CO2	2	2	2	1	2	3	2	1	2	-	1	2	2	1
CO3	3	2	1	3	1	2	2	2	3	-	1	3	2	1
CO4	2	2	1	1	3	1	3	2	2	-	1	1	3	2
Average	2.5	1.75	1.25	1.5	2	1.75	2	1.75	2	1	1.5	1.75	2	1.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: - Health Cycle, Nutrition and Natural Aid**

**Course code: - 711204**



**Semester: - 2nd**

**Credits: 05**

L	T	P
5	0	0

**Course Outcomes:**

CO	On successful completion of this course, the students will be able to:
CO1	Recognize the important macro- and micro-nutrients in normal human growth and development
CO2	Identify the basic nutritional requirements during pregnancy and lactation, infancy, childhood, adolescence and adulthood.
CO3	Diagnose the adverse health consequences due to under or excess nutrient intake at critical life stages.
CO4	Design dietary guidelines and nutritional interventions.

### Course Content

#### UNIT- I

**Balance Diet** - Definition of Swasth-Vrata, Symptoms of healthy Men, Concept and Need of rayojan in Swasth-Vrata, Dincharya, Ratricharya, Ritucharya and Sada-Vrata. Definition of Diet, Components of Diet, Balanced Diet, and Merit & Demerits of Vegetarian & Non-Vegetarian diet.

#### UNIT- II

**Naturopathy**- History & Basic principles of Naturopathy, Use of Drugs and their bad effects, Basic causes of disease, Methods to improve life power.

#### UNIT- III

**Fasting** - Meaning and Types of fast and their Importance, Sense and Actions Organs, Weaken eye – sight and hearing loss, Facial dullness (acne) and Hair loss, Leg pain (Sciatica) and Arm pain and numbness (Radial pain)

#### UNIT-IV

**Mud/Clay and Sun Therapy** - Meaning, Types and Importance of Mud/Clay, Difference and Characteristics of Mud/Clay bath, Mud/Clay bandages, Importance of Sun Light Rays, Action-Reaction of Sun-Rays on the Human body, Sunbath, their merits & demerits.

**Text Books**



- *Yoga for different ailments* – A series published by SVYASA, Bangalore and Bihar Yoga Bharati.
- Robin Monro, Nagarathna and Nagendra (2000). *Yoga for common ailments*. Guia Publication, U.K.
- Swami Kuvalayanand, *Asanas (2004)*, Kaivalayadhama, Lonavala.
- Swami Shivananda, *Yogic therapy (2002)*, Umachal Yoga Ashram, Kamakhya, Assam.
- B.K.S. Iyengar. *Light on Pranayama(2005)*. Harper Collins Publishers, New Delhi.
- Swami Satyananda Saraswati. *Asana Pranayama Mudra Bandha (2013)* Bihar School of Yoga, Munger

**The mapping of the PO/PSO/CO attainment is as follows:**

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	3	2	1	3	2	3	1	3	-	-	2	2	1	1
CO2	2	1	2	1	1	1	1	1	-	-	2	1	2	2
CO3	2	1	2	2	2	3	2	2	-	-	2	3	2	1
CO4	2	1	2	1	1	1	2	2	2	2	2	3	3	1
Average	2.25	1.25	1.75	1.75	1.5	2	1.5	2	2	2	2	2.25	2	1.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: - Human Consciousness and Mental Hygiene**

**Course code: - 711205**

**Semester: -2<sup>nd</sup>**

**Credits: 05**

L	T	P
5	0	0

**Course Outcomes:**

CO	On successful completion of this course, the students will be able to:
CO1	Identify the nature of human consciousness and its significance in modern life.
CO2	Differentiate the factors affecting human consciousness.
CO3	Recognize the causes of deviation in human consciousness.
CO4	Design yogic exercises plan to resolve different mental problems.

### Course Content

#### UNIT-I

**Introduction** - Meaning, Definition and Nature (Vedas & Upanishads) of Human consciousness, Need to study human consciousness in modern life. Human consciousness in Buddhism and Jainism, Human Consciousness in Nyaya, Visheshaka, Sankhya, and Yoga.

#### UNIT- II

**Vedanta & Philosophy of Yoga** - Introduction, Meaning, Foundation and Nature of Vedanta philosophy. Concept of world (Evolution) and Ishwar according to Vedanta. Bondages and Liberation. Concept of Maya (Illusion), Ignorance and Nature of True Knowledge (Gyan).

#### UNIT- III

**Relationship of Yoga and Philosophy** - Nature of yoga sadhna according to Vedanta. Factors affecting human consciousness, Janam and Jeevan, Bhagya and Purusharth, Karan- Phal, Vidhan, Sanskar and Punarjanam.

#### UNIT-IV

**Yoga and mental health** - Different mental problems and their Yogic therapy, Different causes of deviation of human consciousness, General introduction to different mental problems and their psycho therapy. Mental problems: Sleeplessness, Anxiety Disorders, Mood Disorders, Schizophrenia, Paranoid disorders, Somatoform Disorders

**Text Books**

- Gupta, S.N. (1987). *Yoga Philosophy in Relation to other system of Indian Thought.*, Moti Lal Banarsi Dass, New Delhi.
- Hiriyanna, M., (1995). *The Essentials of Indian Philosophy.* Motilal Banarasidas Publishers, New Delhi
- Iyengar, B.K.S. (2005). *Light on life.* Oxford, Pan Macmillan Ltd.
- Iyengar, B.K.S. (2009). *The Tree of Yoga.* Harper Collins, New Delhi.
- King, Richard. (2000). *Indian Philosophy: An Introduction to Hindu and Buddhist Thought.* Maya Publishers Pvt. Ltd., New Delhi.
- Nagendra, H.R. (1993 ). *Yoga in Education.* Vivekananda Kendra, Bangalore.
- Niranjana Swami. (1998). *Yoga Darshan.* Panchadashanam Paramahansa Alakh Bara, Deoghar.
- Puligandla, R. (1975). *Fundamentals of Indian Philosophy.* Abingdon Press, New York.

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	2	1	1	1	2	2	1	1	1	2	2	1	3
CO2	2	1	1	2	1	1	1	2	1	-	2	1	2	2
CO3	1	2	2	3	1	3	3	2	1	-	2	1	2	3
CO4	1	2	3	3	1	2	1	3	2	1	3	3	2	1
Average	1.25	1.75	1.75	2.25	1	2	1.75	2	1.25	1	2.25	1.75	1.75	2.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: - Yoga Practical (Teaching Lesson and Active Yoga)-II**

**Course code: - 711201**

**Semester: - 2<sup>nd</sup>**

**Credits: 08**

P	L	T
16	0	0

**Course Outcomes:**

CO	On successful completion of this course, the students will be able to:
CO1	Deliver theoretical as well as practical lessons on yoga asanas.
CO2	Identify and Implement the principles of yoga and meditation.
CO3	Identify different types of Chikitsa and their beneficial effects.
CO4	Recognize the principles, techniques and application methods of Acupressure.

### Course Content

Lesson Planning, Skill, Viva Voice, Project, Asana (Any Five asana) Pranayam, Purify Activity (Any One Purify Activity). Surya, Namskar with Mantra, Janusirasana, Ardhamachirdrasana, Vakarasana, Dhanurasana, Nokasana, Halasana, Karnpirasana, Tolasana, Ushtrasana, Hansasana, Miurasana, Chakarasana, Padhasthasana, Pawanmuktasana, Vakrasana, Chandrasana, Bhadrasana, Natrajasana, Garbhasana, Bhujanagasana, Sinhasana, Ekpad – Skandhasana, Sirshasana, Sarwanganasana, Vatayanasana, Pranayam:- Bhramari pranayan, Sitkari, Sheetal, Ujjayi, Murchha and Palvani, Shatkarma/Kriya:- Suterneti, Dhand Dhoti, Vastra Dhoti, Vahya Taratak, Shankhparikashalan, Mudra & Bandhas:- Tadagi, Shambhavi, Kakimudra, Hastmudra (Gyan, Ling, Prana, Apan, Dhyana) Meditation:- Yog Nidran, Sheethli Karan, Mantra:-Om Mantra and Stavan, Acupressure: Identification of corresponding points of different Organs (Palm and Sole), Identification of corresponding points of different Chikitsa Acupressure Method- Clock & Anti-Clock wise, Normal, Electric Naval Space testing & Technique of its re-establishment. Prana Chikitsa - Preparation for Pranic healing-Prayer, Meditation, Yogic practices. Technique of transformation of Prana. Seven basic steps of Pranic healing. Pranic healing for different diseases.

### Text Books

- Swatmarna, S. (2018). *Hatha Yoga Pradipika*. Kaivalyadham, Lonawala
- Saraswati, S. S. (2002). *Asana, Pranayama, Mudra, Bandha*. Yoga Publication Trust, Munger.



**The mapping of the PO/PSO/CO attainment is as follows:**

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	3	2	2	2	1	3	1	2	-	1	1	3	3
CO2	2	1	2	1	1	2	2	2	2	-	1	2	1	1
CO3	1	1	1	2	3	1	1	2	3	-	2	2	2	1
CO4	2	2	2	1	3	2	2	1	3	1	2	2	2	3
Average	1.5	1.75	1.75	1.5	2.25	1.5	2	1.5	0	1	1.5	1.75	2	2

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: - Human Resource Management**

**Course code: - 711302**

**Semester: - 3<sup>rd</sup>**

**Credits: 05**

**L T P**  
**5 0 0**

**Course Outcomes:**

CO	On successful completion of this course, the students will be able to:
CO1	Grasp the importance of human resources along with their principles and objectives.
CO2	Identify different tools used in forecasting and managing human resources.
CO3	Manage employees in an organization efficiently.
CO4	Identify governmental regulations affecting employees and employers.

### **Course Content**

#### **UNIT- I**

**Introduction to Human Resource Management** - Meaning, Scope, Importance, Principal and Objective of Human Recourse Management.

#### **UNIT- II**

**Human Resource Managerial** - Role of HRM, its Managerial and operative functions, Qualities of HR manager, HRM Trends in Dynamic Environment – Technological changes, Economic Challenges,

### UNIT- III

**Planning and Job evaluation** - Employee Management, Human Resource Planning: Job Evaluation: Concept and Methods, Performance Appraisal: Objectives, Process and Methods, Potential Appraisal, Discipline –Types and Actions, Grievance Procedures, Industrial relations - Definition, Purpose and Process, Recruitment: Concept & Sources, Selection: Procedures and Methods.

### UNIT- IV

**Training and Development** - Concept of Training and Development, Need for Training, Importance of Training, Assessment of Training Needs, Training Methods- On the Job and Off Job Methods, Management Development – Needs, Importance & Methods.

#### Text Books

- Gupta,S.N. (1987). *Yoga Philosophy in Relation to other system of Indian Thought*. Moti Lal Banarsi Dass, New Delhi.
- Hiriyanna, M., (1995). *The Essentials of Indian Philosophy*. Motilal Banarasidas Publishers, New Delhi.
- Iyengar, B.K.S. (2005). *Light on life*. Oxford, Pan Macmillan Ltd.
- Iyengar, B.K.S. (2009). *The Tree of Yoga*. Harper Collins, New Delhi.
- King, Richard. (2000). *Indian Philosophy: An Introduction to Hindu and Buddhist Thought*. Maya Publishers Pvt. Ltd., New Delhi.
- Nagendra, H.R. (1993). *Yoga in Education*. Vivekananda Kendra, Bangalore.

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	2	1	1	1	3	1	2	-	1	2	2	1	2
CO2	2	2	2	1	1	2	2	1	2	1	2	2	1	3
CO3	1	1	1	2	2	1	2	2	3	1	1	3	2	2
CO4	2	3	2	1	2	2	2	1	-	2	2	1	1	1
Average	1.5	2	1.5	1.25	1.5	2	1.75	1.5	2.5	1.25	1.75	2	1.25	2

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: - Research Methodology and Statistics.**

**Course code: - 711303**



**Semester: - 3<sup>rd</sup>**

**Credits: 05**

L	T	P
5	0	0

**Course Outcome -**

CO	On successful completion of this course, the students will be able to:
CO1	Identify the need and importance of Research in Physical Education.
CO2	Select appropriate data collection tools for conducting research.
CO3	Sketch research proposals, thesis or dissertation.
CO4	Effectively use different statistical tests for data analysis of a research work.

### Course Content

#### UNIT-I

**Introduction to Research** - Definition of Research, Need and importance of Research in Physical Education and Sports, Scope of Research in Physical Education & Sports, Classification of Research. Meaning of Research Problem, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitation and Delimitation.

#### UNIT-II

**Research Proposal** - Need for surveying related literature, Literature Sources, Library Reading, Meaning and Significance of Research Proposal, Preparation of Research proposal / project.

#### UNIT-III

**Statistics** - Its Meaning, Definition, Nature and Importance. Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables. Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram.

#### UNIT-IV

**Central Tendencies** - Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data. Measures of Variability: Meaning, importance, computing from group and ungroup data. Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data.

#### Text Books

- Best, J.W. (1963). *Research in education*. Prentice Hall. Bomp, U.S.A.
- L.E. & Miller, J., (2005). *Training for speed, agility and quickness*. Human Kinetics. Brown, IL.
- Clark, H. H., & Clark, D. H. (1975). *Modern principles of athletes training*. St. Louis's Mosby Company, St. Louis.

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	3	2	1	2	1	1	1	1	1	2	2	3	3
CO2	2	3	2	2	2	3	2	2	2	1	2	2	1	2
CO3	1	1	2	1	1	1	1	1	-	1	2	1	2	1
CO4	2	2	1	2	2	2	2	2	-	-	2	1	1	1
Average	1.5	2.25	1.75	1.5	1.75	1.75	1.5	1.5	1.5	1	2	1.5	1.75	1.75

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: - Vedanta & Human Excellence**

**Course code: - 711304**

**Semester: - 3<sup>rd</sup>**

**Credits: 05**

**L      T      P**  
**5      0      0**

**Course Outcomes -**

CO	On successful completion of this course, the students will be able to:
CO1	Explain the basic terminologies of Vedanta philosophy.
CO2	Demonstrate the role and impact of Vedanta on human excellence.
CO3	Recognize the concepts and principles of Neo Vedanta.
CO4	Demonstrate Vedantic sadhna with proficiency.

**Course Content**

### UNIT-I

**Introduction to Vedanta Philosophy** - General introduction of Prasthanatrayi, General Introduction of Indian Philosophy, Introduction of Vedant and Advait Vedant, Acharya Shankar & origin of his Philosophical Thoughts.

### UNIT-II

**Advaita Vedanta** - Termonology, Vedanta and Human Life Terms of Advaita Vedanta - Brahm, Ishwar, Atma, Jeev, Maya and Cosmology, Bandhan(Bondage) and Moksha (Liberation), Chatursturiya Bhashya (Shankaracharya) : Importance of Human Life in Vedanta, Vedanta as a Philosophy of Life, Effect of Vedanta in Human Life, Importance of Vedanta in Practical Life

### UNIT-III

**Vedantic Sadhna** - VedanticSadhana and Human Excellence: Importance of Vedantic Positive thoughts in Human Excellence, The role of Vivek and Vairagya in Human Excellence, Shadsampatti and Human Excellence, Mumukshutwa, Shrawan, Manan,Niddhidhyasan and Human Excellence

### Unit-IV

**Neo vedanta** - Swami Vivekananda and Neo Vedanta, Swami Vivekananda and Excellence, Life Sketch and Sadhana of Swami Vivekananda, Neo Vedanta ad its Philosophical newness, Philosophical Terms of Neo Vedanta(Terms & its meaning), Vivekanada Versus Shankarachary.Concept of Health (according to Swami Vivekananda), Neo-Vedanta & Physical excellence, Neo-Vedanta & Mental excellence, Neo-Vedanta & Social excellence, Neo-Vedanta & Spiritual excellence.

### Text Books

- Vivekananda, S. (2019). *Complete Works of Swami Vivekananda*. Partha Sinha.
- Lal, B. K. (1978). *Contemporary Indian Philosophy*. Motilal Banarsidass Publ..
- Guénon, R. (2001). *Man and his becoming according to the Vedanta*. Sophia Perennis.

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	2	1	1	2	2	1	1	1	-	1	1	2	1	1
CO2	1	1	2	2	3	2	1	1	-	-	2	2	1	1
CO3	2	3	2	1	2	2	1	3	-	1	1	1	2	1
CO4	1	2	2	3	2	3	3	3	2	-	3	2	3	1
Average	1.5	1.75	1.75	2	2.25	2	1.5	2	2	1	1.75	1.75	1.75	1

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: - Yoga Sutras & Human Excellence**

**Course code: - 711305**

**Semester: - 3<sup>rd</sup>**

**Credits: 05**

**L T P**  
**5 0 0**

**Course Outcomes -**

CO	On successful completion of this course, the students will be able to:
CO1	Identify the concepts of Patanjali Yoga sutra.
CO2	Describe the terminologies used in Yoga sutra.
CO3	Utilize yoga sutra techniques for achieving mental excellence.
CO4	Comprehend the impact of practicing yoga sutra upon social well-being.

### Course Content

#### UNIT I

**Patanjali Yoga Sutra** - Brief Introduction to Patanjala Yoga Sutra and its author, importance of patanjali yoga sutra in modern times. Definition of Yoga ,Anthakaranas, Concept of Citta, Citta-bhumis, Methods to control Chittavrittis, Methods of ChittaPrasadan.

#### UNIT II



**Terms defined in Yoga sutras** - Concept of Pramanas, Kleshas, Terms defined in the Yoga Sutras- Theory of Kleshas, Heya, Hetu, Haana and Hanopaya. Means of elimination of Kleshas. Citta, Chitta Bhumi, Chitta Vritties, Vivekkhyati, Abhyasa & Varagya, Iswar and Iswar Pranidhan, Yogantaraya, Samprajnata Samadhi & Samapatti, Ritambhara Prajna Nirbija, Kriya Yoga, Pancha Klesha, Pratiprasava, Drista & Drisya, Caturvyuhavada, Astanga.

### UNIT III

**Mental Excellence in Yoga sutra** - Terms defined in the Yoga Sutras, Physical & Mental Excellence in the Yoga Sutras, Samyam, Samskar, Pratibha and Vivekajnana, Kaivalya, Krama and Ksana, Nirman Chitta, Dharmamedha Samadhi, Yoga Vibhuties - Meaning & Nature of Physical Excellence, Patanjali's Techniques of Physical Excellence, Meaning & Nature of Mental Excellence, Techniques for Mental Excellence.

### UNIT IV

**Social Excellence and Yoga** - Social Excellence in the Yoga Sutras, Spiritual Excellence in the Yoga Sutras, Meaning & Nature of Social Excellence, Social Excellence Techniques in the Yoga Sutras, Adjustment Solution, Social Contribution of a Yogi. Meaning & Nature of Spiritual Excellence, Significance of Spiritual Excellence, Techniques of Spiritual Excellence, Stages of Spiritual Experiences.

#### Text Books

- Bhavanani, A. B. (2011). Understanding the yoga darshan. *Pondicherry, India: Dhivyananda Creations.*
- Sakiya, S., & Panda, S. K. (2011). Effect of Nadi Shodhan Pranayama on Forced Vital Capacity\*. *Journal of Advances in Scholarly Researches and Allied Education, 1*, 309.
- Miller, B. S. (1996). *Yoga: Discipline of freedom: The yoga sutra attributed to patanjali.* Univ of California Press.

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	1	1	1	1	1	1	1	-	-	-	2	1	1
CO2	2	2	2	3	3	1	2	3	-	-	-	3	1	1
CO3	1	2	2	3	3	1	2	3	2	-	2	3	1	1
CO4	3	2	2	3	1	1	1	2	2	1	2	1	3	2
Average	1.75	1.75	1.75	2.5	2	1	1.5	2.25	2	1	2	2.25	1.5	1.25



The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: - Yoga Practical (Teaching Lesson and Active Yoga) - III**

**Course code: - 711301**

**Semester: -3<sup>rd</sup>**

**Credits: 08**

<b>L</b>	<b>T</b>	<b>P</b>
<b>0</b>	<b>0</b>	<b>16</b>

**Course Outcomes -**

CO	<b>On successful completion of this course, the students will be able to:</b>
CO1	Effectively perform Surya Namaskar and explain about its effects.
CO2	Demonstrate mudras and bandhas with perfection.
CO3	Demonstrate different forms of dhyana.
CO4	Chant the mantras of yoga with fluency.

### Course Content

Lesson Planning, Skill, Seminar Report , Viva Voice, Project, Asana (Any Five asana) Pranayam ( Any Two Pranayam), Purification Activity (Any One Purify Activity), Surya Namaskar:Asana: Urdhwa Padmasana, Hanumanasana, Shirsha Padangushthasana, Murdhasana, Ardha Chandrasana, Padma Bakasana, Garudasan, Yogamudra, Ekpad Skandhasana, Raja Kapotasana, Kapotasana, Omkarasana, Prayankasana, Karanapidasana, Sarvangasana, PurnaMatsyasana, Ugarasana, Purna Dhanurasana, Purna Bhujangasana,Pranayama Practice: (Any One) Bhastrika, Bhramari, Abhyantavriti, Sheetali. Shatkarma: (Any One) Dandha-Dhouti, Sheetkrama, Noulli.Mudra/ Bandha: (Any One) Tribandha, Nasikagra Mudra, Sanmukhi Mudra, Tadagi Mudra, Hast Mudra- Kamjayi, Dhyana Mudra.Meditations:(Any One)Jyoti Awataran Dhyana (Guruji), Amrit Varshana Dhyana (Guruji) Mantra:(Any One)Shiva Panchakshari Mantra (Rudrabhishek- Shantikunj), Om Stavana (Dev Yajan), Seminar Report, Viva-Voice, Project.

### Text Books:

- Swatmarma, S. (2018). *Hatha Yoga Pradipika*. Kaivalyadham, Lonawala
- Saraswati, S. S. (2002). *Asana, Pranayama, Mudra, Bandha*. Yoga Publication Trust, Munger.

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	3	2	2	2	1	2	2	2	1	2	1	2	2
CO2	2	1	1	3	1	2	2	3	2	1	2	3	2	1
CO3	1	2	3	1	3	1	1	2	3	-	-	3	3	3
CO4	2	2	3	2	3	3	3	3	3	1	-	2	1	2
Average	1.5	2	2.25	2	2.25	1.75	2	2.5	2.5	1	2	2.25	2	2

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: - Counseling**

**Course code: - 711402**

**Semester: - 4<sup>th</sup>**

**Credits: 05**

**L T P**  
**5 0 0**

**Course Outcomes -**

CO	On successful completion of this course, the students will be able to:
CO1	Identify the objectives of counseling and comprehend its impact on an individual.
CO2	Recognize the characteristics of efficient counselors.
CO3	Describe the types of counseling and their area of use.
CO4	Execute the process of counseling and practice accordingly.

### Course Content

#### UNIT I

**Introduction to Counselling** - Counselor Meaning of Counseling, Definition & Objectives of Counseling, Historical Development, Roles for the 21<sup>st</sup> Century, and Characteristics of Effective Counselors.

## UNIT II

**Types of Counselling** - Interview Facilitative Counseling, Preventive Counseling, Developmental Counseling. Types of Interview, Procedure of Conducting Interview: Preparation, Process, Interpretation, Recording, Termination

## UNIT III

**Process of Counseling** - Theory of Counseling, The Spiritual & Religious Dimensions of Counseling. Psycho dynamic theory of Counseling, Cognitive theory of Counseling, Behavior theory of Counseling, Human-Existential theory of Counseling.

## UNIT IV

**Settings and Interventions, Types of standardized tests used in Counseling** - Personal Counseling, Educational / Academic Counseling, Career & Vocational Counseling, Marriage & Family Counseling, Counseling in Medical Settings, Rehabilitation Counseling. Listening, attending, building rapport, demonstrating empathy, observing. Their brief introduction, Intelligence Tests, Aptitude Tests, Special Aptitude Tests, Vocational Aptitude Batteries, Scholastic Aptitude Tests, Academic Achievement Tests, Interest Inventories, and Personality Tests, Legal & Ethical Challenges in Counseling.

### Text Books

- Richard S. Sharf. (2000). *Theories of psychotherapy & counseling: Concepts & Cases*. Thomson Learning, USA.
- Robert L. Gibson & Marianne H. Mitchell (2005). *Introduction to counseling & guidance*. Pub: Pearson Education, India.
- Stephen Palmer (2006). *Introduction to counseling & psychotherapy: The Essential Guide*. Pub: Sage Publication, Inc, California.
- Don C. Locke, Jone E. Myers, Edwin L. Herr (2001). *Hand book of counseling*. Pub: Sage Publication, Inc, California.
- Vernon G. Zunker (1994). *Career counseling: Applied Concepts of Life Planning*. Thomson Learning, USA.

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	1	1	1	2	1	1	2	-	-	1	2	1	2
CO2	1	1	1	2	3	1	2	2	3	-	1	2	1	2
CO3	1	1	1	2	3	1	2	3	-	-	1	2	1	2
CO4	2	3	2	3	1	1	3	1	3	2	2	2	1	2
Average	1.25	1.5	1.25	2	2.25	1	2	2	3	2	1.25	2	1	2

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: - Psychological Assessment and Diagnosis**

**Course code: - 711403**

**Semester: - 4<sup>th</sup>**

**Credits: 05**

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5 0 0

**Course Outcomes-**

CO	On successful completion of this course, the students will be able to:
CO1	Describe the meaning, nature and scope of Psychology.
CO2	Conduct psychological assessment procedures and testing.
CO3	Develop and design scales and questionnaires related to psychology.
CO4	Analyze and interpret the results of the conducted psychological tests.

### Course Content

#### UNIT I

**Introduction to Psychological testing** - History of Psychological Testing, The nature and uses of psychological tests. Meaning of testing, Assessment and Diagnosis Tools: ICD-10, DSM-IV-TR, their Brief Introduction, Other tools of Psychological Assessment: The Test, Interview, Case Study, Assumptions in Psychological Testing & Assessment.



## UNIT II

**Clinical Assessment & Diagnostic test** - Meaning of Clinical Assessment, Types of Assessment Techniques, Process of Assessment, Clinical Observation of Behavior, Clinical Relationship, Characteristics of Assessment Tools: Reliability & Validity. Learning difficulties; Behavior problems

## UNIT III

**Psychiatric History and Examination** - Achievement test, Psychiatry History and Examination, Teacher Made and Standardized Course Specific Tests, Psychiatry History: Identification Data, Informants, Presenting (Chief) Complaints, History of Present Illness, Past Psychiatric and Medical History, Treatment History, Family History, Personal History, Physical Examinations, Investigations, Formulation, MSE: Mental Status Examination.

## UNIT IV

**Clinical Tests and Judgement** - Test Construction: Clinical Tests: Projective Tests, Personality Inventories, Response Inventories, Psycho physiological tests, Neurological & Neuro psychological Tests, Intelligence tests, Criteria for Judging Tests, Clinical Judgment: Process and Accuracy of Clinical Judgment, Improving Judgment and interpretation. General Steps of Test Construction, Planning of the Test, Writing items of the Test, Preliminary Administration of the Test, Reliability of the Test, Validity of the Test, Preparation of Norms for the final Test.

**Practical Work:** Depression scale, Eight state scale, Sinha comprehensive test, Inferiority and Insecurity questionnaire, Optimistic Pessimistic attitude scale, Agnihotri Self Confidence Inventory. Procedure & application of Biofeed back machines: Galvanic skin resistance(GSR) biofeedback, Electromyogram (EMG) biofeedback, Alpha EEG biofeed ack, Pulse biofeedback.

### Text Books

- Ronald Jay Cohen, Mork E. swerdlik & Suzanne M. Phillips (1996). *Psychological testing & assessment: An Introduction to Test and Measurement*. May field Publishing Company, California.
- Michel Hersen, Alan E. Kazdin & Alan S. Bellack (1991). *The clinical psychology handbook*. Pergamaon Press, MacMillan Pergamon Publishing Corporation, New York.
- Schildon J. Korchin (1999). *Modern clinical psychology: Principles of Intervention in the Clinical & Community*. CBS Publishers & Distributors, New Delhi.
- Anne Anastasi, Susana Urbina (2005). *Psychological testing*. Prentice-Hall of India Pvt. Ltd., New Delhi.



The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	1	1	1	1	1	1	1	1	-	-	1	1	1
CO2	1	1	1	2	1	1	1	1	3	1	3	1	1	1
CO3	1	1	1	1	1	1	1	1	-	-	2	1	1	1
CO4	1	1	1	2	1	1	1	1	2	-	1	1	1	1
Average	1	1	1	1.5	1	1	1	1	2	1	2	1	1	1

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: - Dissertation**

**Course code: - 711405**

**Semester: - 4<sup>th</sup>**

**Credits: 05**

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**5 0 0**

**Course Outcomes -**

CO	On successful completion of this course, the students will be able to:
CO1	Plan and undertake a research project independently.
CO2	Review related literature and draw appropriate hypothesis.
CO3	Collect data using suitable method and perform data analysis to obtain the result.
CO4	Interpret the final conclusion on the basis of result and associated literature.

**Course Content**

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. The evaluation of the Dissertation will be done by External examiner in co-ordination with the Supervisor & the Department Head. The Viva -Voice exam will also be conducted under it.

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	1	1	1	2	1	1	1	-	2	3	1	1	1
CO2	1	1	1	1	2	1	2	1	1	-	3	1	1	2
CO3	1	1	1	1	2	1	2	1	2	1	3	1	1	2
CO4	1	1	1	1	2	1	2	1	-	-	3	1	1	2
Average	1	1	1	1	2	1	1.75	1	1.5	1.5	3	1	1	1.75

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: - Tantra Yoga**

**Course code: - 711404**

**Semester: - 4<sup>th</sup>**

**Credits: 05**

<b>L</b>	<b>T</b>	<b>P</b>
<b>5</b>	<b>0</b>	<b>0</b>

**Course Outcomes -**

CO	On successful completion of this course, the students will be able to:
CO1	Describe the meaning and learn about the history of tantra and agama yoga.
CO2	Identify the different schools of tantra and agama traditions.
CO3	Recognize the role of Durga Saptasati in achieving physical and mental excellence.
CO4	Display excellence in using tantras on social front.

**Course Content**

**UNIT I**

**Introduction to Tantra and Agama** - Meaning of Tantra and Agama, Main classifications of Tantra-Agamic traditions and schools. eg. Saiva, Vaisnava, Sakta, Smarta, Bauddha, Jaina. Brief Survey of Historical growth and development. Fourfold division of tantric course matter: Jnana, Yoga, Kriya, Carya, Cosmogonical Interpretation (36 elements, Anda Catustaya)

**UNIT II**

**Saiva & Sakta Tantricism** - Introduction to Saiva Tantricism and Sakta Tantricism: Pasupata, Nakulisa Pasupata, Siddhanta Saiva, Vira Saiva, Nandikesvara Saiva, Rasesvara Saiva and Monistic Saiva of Kashmir. Special Textual introduction to the Tantraloka of Abhinavagupta - Historical background, Course matter in brief, Upayas, Sadanga Yoga and Sattarka. Brief introduction to Das Mahavidyas. Significance of Sakta Peethas.

**UNIT III**

**Durga Saptasati** - Special textual introduction to the Durga Saptasati -Historical background - Summary of the text, Dhyana Analysis, Ratri Sukta, Devi Sukta & Narayani Sukta. Physical Excellence in the Tantras, Meaning and Nature of Physical Excellence, Physical Perfection, Transformation –Body, Mental, Vital

#### UNIT IV

**Tantras and Excellence - Mental Excellence/Social Excellence in the Tantras: Meaning and Nature of Mental Excellence, Mental Potentials – ESP, Intuition, Telepathy. Meaning and Nature of Social Excellence. Social Equanimity. Spiritual Excellence in the Tantras, Meaning and Nature of Spiritual Excellence, Significance of Spiritual Excellence. Diksha and Saktipata, Aspects of Kundalini (Saiva & Sakta).**

#### Text Books

- Dorje, C. T. (2015). *The Complete Nyingma Tradition from Sutra to Tantra, Books 1 to 10: Foundations of the Buddhist Path* (Vol. 1). Shambhala Publications.
- Evans-Wentz, W. Y. (Ed.). (2000). *Tibetan Yoga and secret doctrines, or, Seven books of wisdom of the Great Path, according to the late Lāma Kazi Dawa-Samdup's English rendering.* Oxford University Press, USA.

The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	2	1	2	3	1	1	1	2	-	-	1	3	2	1
CO2	1	1	2	3	1	1	3	1	1	1	-	1	1	1
CO3	2	3	1	1	2	2	1	2	-	1	2	2	1	1
CO4	1	2	3	2	2	3	2	2	2	1	2	2	2	1
Average	1.5	1.75	2	2.25	1.5	1.75	1.75	1.75	1.5	1	1.6	2	1.5	1

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Code: 711401**

**Semester: 4<sup>th</sup>**

**Credits: 08**

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0 0 16**

**Course Outcomes -**

CO	On successful completion of this course, the students will be able to:
CO1	Demonstrate purification activities with proficiency.
CO2	Impart lessons on shatakarma and kriya to the pupils.
CO3	Exhibit skills to perform nauli, neti and dhوتي kriya..
CO4	Independently undertake a project related to yoga .

**Course Content**

Lesson Planning, Skill , Seminar Report, Viva Voice, Project; Asana (Any Five asana) Pranayam ( Any Two Pranayam) Purification Activity (Any One Purify Activity). Surya Namskar: Asan: Purna Chakrasana, Ardha Badha Padhamotanasana, Jannu Shirshasana,Purna Matsyendrasana, Kukkutasana, Tittibhasana, Bala Garbhasana, Purna Ushrasana, Virasana, Padma Mayurasana, PurnaShalabhasaba, Vrishchikasana, UtthitaDwipadSirasana, ViparitTittibhasana, Uttithita Paschimotanasana,Purna Halasana. Pranayama:(Any One) Sheetkari, Stambhavriti, Chandrabhedhi. Shatkarma/Kriya :(Any One)VyutkarmaKapalbhati, Agnisar, Noulli, Vastra Dhouti, Shankha Prakshalana.Mudra/ Bandha:(Any One) Mahavedha, Uddiyana Bandh,Mahabandha,Hast Mudra – Shankh, Surbhi, Nirvan Meditation:(Any One)Divya Anudan Ki Dhyana Sadhana (Guruji), Nada Yoga (Guruji).Mantra (Any One)SavitriUpasana (Dev Yajan), Devahana Mantra (K.Bh.), Seminar Report, Viva-Voice, Project.

**Text Bookss:**

- Swatmarma, S. (2018). *Hatha Yoga Pradipika*. Kaivalyadham, Lonawala
- Saraswati, S. S. (2002). *Asana, Pranayama, Mudra, Bandha*. Yoga Publication Trust, Munger.



The mapping of the PO/PSO/CO attainment is as follows:

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	3	2	2	2	3	2	2	3	1	3	2	1	1
CO2	2	1	3	3	2	2	1	1	3	2	1	1	2	2
CO3	1	1	2	1	1	1	3	1	3	1	2	2	3	2
CO4	3	2	1	2	3	1	2	3	2	-	1	1	3	3
Average	1.75	1.75	2	2	2	1.75	2	1.75	2.75	1.3	1.75	1.5	2.25	2

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: - Value Education**

**Course code: - 711406**

**Semester: - 4<sup>th</sup>**

**Credits: 05**

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**5 0 0**

**Course Outcomes -**

CO	On successful completion of this course, the students will be able to:
CO1	Describe the aims, objectives and importance of value education.
CO2	Identify the impact of value education in personality development of an individual.
CO3	Appreciate and follow ethical values in professional front.
CO4	Inculcate discipline and regulations in personal and social life.

### Course Content

#### UNIT I

**Education and Values** - Definition, Concept, Classification, Theory, Criteria and Sources of values. Aims and objectives of value education - Role and Need for value education in the contemporary society, Role of education in transformation of values in society, Role of parents, teachers, society, peer group and mass media in fostering values, Teaching approaches and strategies to inculcate values through curricular and co-curricular— activities

#### UNIT II

**Value Education & Personal Development** - Human Values: Truthfulness, Constructiveness, Sacrifice, Sincerity, Self-Control, Altruism, Scientific Vision, Relevancy of human values to good life. Character Formation towards Positive Personality, Modern challenges of adolescent: emotions and behavior  
Self-analysis and introspection: sensitization towards gender equality, physically challenged, Intellectually challenged, Respect to - age, experience, maturity, family members, neighbors, co-workers.

### UNIT III

**Constitutional Values** - Value Education towards National and Global Development, Constitutional Values: Sovereign, Democracy, Socialism, Secularism, Equality, Justice, Liberty, Freedom, Fraternity Social Values: Pity and Probity, Self-Control, Universal Brotherhood. Professional Values: Knowledge Thirst, Sincerity in Profession, Regularity, Punctuality, Faith. Religious and Moral Values: Tolerance, Wisdom, character

### UNIT IV

**Aesthetic Values** - Love and Appreciation of literature, Fine arts and respect for the same. Environmental Ethical Values, National Integration and International understanding. Need of Humanistic value for espouse peace in the society. Conflict of Cross-Cultural influences, Cross-Border Education

#### Text Books:

- Sharma, S.P. (2013). *Moral and Value Education Principles and Practices*. Kanishka publishers, Delhi.
- Kiruba Charles & V. Arul Selvi. (2012). *Value Education*. Neelkamal Publications, New Delhi.
- Passi, B.K. and Singh, P. (2004). *Value Education*. National Psychological Corporation, Agra.
- Chitakra, M.G. (2003). *Education and Human Value*. A.P.H. Publishing Corporation, New Delhi.

#### The mapping of the PO/PSO/CO attainment is as follows:

CO	PO 1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2	PSO3
CO1	1	1	1	1	2	1	1	1	1	-	-	1	2	2
CO2	1	1	1	1	2	1	1	1	-	-	1	1	2	2
CO3	2	3	2	1	2	1	1	3	2	1	2	2	1	3
CO4	2	3	3	1	2	2	2	1	-	-	2	2	1	3
Average	1.5	2	1.75	1	2	1.25	1.25	1.5	1.5	1	1.6	1.5	1.5	2.5

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

Total Number of Course	20
Number of Theory Course	16
Number of Practical Course	04
<b>Total Number of Credits</b>	<b>112</b>



**ACADEMIC INSTURCTIONS**

**Attendance Requirements**

A student shall have to attend 75% of the scheduled periods in each course in a semester; otherwise he / she shall not be allowed to appear in that course in the University examination and shall be detained in the course(s). The University may condone attendance shortage in special circumstances (as specified by the Guru Kashi University authorities). A student detained in the course(s) would be allowed to appear in the subsequent university examination(s) only on having completed the attendance in the program, when the program is offered in a regular semester(s) or otherwise as per the rules.

**Assessment of a course**

Each course shall be assessed out of 100 marks. The distribution of these 100 marks is given in subsequent sub sections (as applicable).

Components	Attendance	Internal (50)				External (50)	Total
		Assignment		MST1	MST2		
		A1	A2				
Weightage	10	10	10	30	30	50	
Average Weightage	10	10		30		50	100

**Passing Criteria**

The students have to pass both in internal and external examinations. The minimum passing marks to clear in examination is 40% of the total marks.