

# **Kalinga University Atal Nagar (C.G.)**



## **SCHEME OF EXAMINATION & SYLLABUS**

### **of Bachelor of Science (Yoga) BSC (Yoga)**

**UNDER**

**FACULTY OF SCIENCE  
w.e.f. Session 2021-22**

**First Semester**

<b>Paper Code</b>	<b>SUBJECTS</b>	<b>Credits</b>	<b>Internal Marks</b>	<b>External Marks</b>	<b>Total</b>
BSY101	Foundations of Yoga – I	4	30	70	100
BSY102	Foundations and Practices of Hatha Yoga-I	4	30	70	100
BSY103	Basics of Yogic Anatomy	4	30	70	100
BSY104	English – I	4	30	70	100
BSY105P	Practical -I	2	20	30	50
BSY106P	Practical -II	2	20	30	50
BSY107P	Practical -III	2	20	30	50
	<b>Total</b>	<b>22</b>	<b>180</b>	<b>370</b>	<b>550</b>

**Second Semester**

<b>Paper Code</b>	<b>SUBJECTS</b>	<b>Credits</b>	<b>Internal Marks</b>	<b>External Marks</b>	<b>Total</b>
BSY201	Foundations of Yoga – II	4	30	70	100
BSY202	Foundations and Practices of Hatha Yoga-II	4	30	70	100
BSY203	Basics of Yogic Physiology	4	30	70	100
BSY204	Hindi – I	3	30	70	100
BSY205P	Practical -IV	2	20	30	50
BSY206P	Practical -V	2	20	30	50
BSY207P	Practical -VI	2	20	30	50
	<b>Total</b>	<b>21</b>	<b>180</b>	<b>370</b>	<b>550</b>



**Third Semester**

<b>Paper Code</b>	<b>SUBJECTS</b>	<b>Credits</b>	<b>Internal Marks</b>	<b>External Marks</b>	<b>Total</b>
BSY301	Patanajala Yoga Darshana – I	4	30	70	100
BSY302	Yoga Education	4	30	70	100
BSY303	Yoga and Psychology	4	30	70	100
BSY304	English-II	3	30	70	100
BSY305P	Practical - VII	2	20	30	50
BSY306P	Practical - VIII	2	20	30	50
	<b>Total</b>	<b>19</b>	<b>160</b>	<b>340</b>	<b>500</b>

**Fourth Semester**

<b>Paper Code</b>	<b>SUBJECTS</b>	<b>Credits</b>	<b>Internal Marks</b>	<b>External Marks</b>	<b>Total</b>
BSY401	Patanajala Yoga Darshana – II	4	30	70	100
BSY402	Methods of Teaching in Yoga	4	30	70	100
BSY403	Dietetics & Nutrition(Modern & Yogic Concept)	4	30	70	100
BSY404	Yoga and Mental Health	4	30	70	100
BSY405	Hindi – II	3	30	70	100
BSY406P	Practical -IX	2	20	30	50
BSY407P	Practical -X	2	20	30	50
	<b>Total</b>	<b>23</b>	<b>190</b>	<b>410</b>	<b>600</b>



**Fifth Semester**

<b>Paper Code</b>	<b>SUBJECTS</b>	<b>Credits</b>	<b>Internal Marks</b>	<b>External Marks</b>	<b>Total</b>
BSY501	Bhagavadgita	4	30	70	100
BSY502	Yogic Principles & Practices of Healthy Living	4	30	70	100
BSY503	Fundamentals of Ayurveda	4	30	70	100
BSY504	Fundamental of IT	3	30	70	100
BSY505P	Practical: XI	2	20	30	50
BSY506P	Practical –XII	2	20	30	50
BSY507P	Fundamental of IT –Lab	1	20	30	50
	<b>Total</b>	<b>20</b>	<b>180</b>	<b>370</b>	<b>550</b>

**Sixth Semester**

<b>Paper Code</b>	<b>SUBJECTS</b>	<b>Credits</b>	<b>Internal Marks</b>	<b>External Marks</b>	<b>Total</b>
BSY601	Human Values and Professional Ethics	4	30	70	100
BSY602	Yoga in Different Setups	4	30	70	100
BSY603	Fundamentals of Naturopathy	4	30	70	100
BSY604	Environmental Science	3	30	70	100
BSY605P	Practical: XIII	2	20	30	50
BSY606P	Practical – XIV	2	20	30	50
	<b>Total</b>	<b>19</b>	<b>160</b>	<b>340</b>	<b>500</b>



# **BACHELOR OF SCIENCE (YOGA)**

***B.SC. (YOGA)***  
**3 years (6 semesters)**

## **SEMESTER - I**

### **DETAILED SYLLABUS**



**R A I P U R**

## FOUNDATIONS OF YOGA – I

Subject Code	Total Marks	Credits
BSY101	100 (70+30)	

### UNIT – I: GENERAL INTRODUCTION TO YOGA

- 1.1. Brief introduction to origin of Yoga, Psychological aspects leading to origin of Yoga, Hindu Mythological concepts about origin of Yoga
- 1.2. History and Development of Yoga
- 1.3. Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions about Yoga, True Nature of Yoga
- 1.4. General Introduction to Schools of Yoga
- 1.5. Principles of Yoga, Yoga Practices for Health and Harmony

### UNIT – II: GENERAL INTRODUCTION TO INDIAN PHILOSOPHY

- 2.1. Philosophy: Its meaning, definitions and scope
- 2.2. Branches of Philosophy, Philosophy: Its distinction from Religion and Science
- 2.3. Indian Philosophy: Salient features of Indian Philosophy, Branches of Indian Philosophy (Astika and Nastika Darshanas)
- 2.4. General introduction to Prasthanatrayee and Purushartha Chatustaya
- 2.5. Two-way relationship between Yoga and Indian Philosophy

### UNIT – III: BRIEF SURVEY OF YOGA TRADITIONS – I

- 3.1 Yoga in early Vedic period, Yoga in Vedic period, Yoga in Ayurveda
- 3.2 General Introduction to Upanishads, Yoga in Principle Upanishads, Yoga in Yogopanishad
- 3.3 Introduction to Epics (Ramayana, Mahabharata), Yoga in Ramayana, The nature of Yoga in Adhyatma Ramayana
- 3.4 Yoga in Mahabharata, General introduction to Bhagavadgita, Yoga in Bhagavadgita
- 3.5 Yoga in Yoga Vasishtha, Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints, Yoga in Narada Bhakti Sutra

### UNIT-IV: BRIEF SURVEY OF YOGA TRADITIONS – II

- 4.1 Introduction to Smritis and Yoga in Smritis
- 4.2 Introduction to Puranas, Nature of Yoga in Bhagavat Purana
- 4.3 General introduction to Shad-darshan, Yoga in Samkhya and Yoga Darshana, Yoga in Vedanta with special reference to Shankara, Ramanuja, Madhva and Vallabha
- 4.4 General introduction to Agamas, Tantras and classification of Tantras, Concept of Shiva and Shakti, Yoga of Shaiva Siddhanta
- 4.5 Yoga in Shakta Tantra: Concepts of Nadi and Prana in Tantra, Kundalini, effects of Kundalini and Shatchakra Sadhana

## BOOKS FOR REFERENCE

- Patanjali : YogaDarshana
- Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
- Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
- Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
- Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication- Dept. Kolkata, II Edition, 2009
- Hiriyanna M : Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008
- Radhakrishnan S : Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008
- Padhi Bibhu & Minakshi : Indian Philosophy and Religion, DK Printword, New Delhi, 2007
- Swami Prabhavananda : Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004
- Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000
- Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979
- Pandit, M. P. : Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976

R A I P U R

## FOUNDATIONS AND PRACTICES OF HATHA YOGA – I

Subject Code	Total Marks	Credits
BSY102	100 (70+30)	

### UNIT – I: GENERAL INTRODUCTION TO HATHA YOGA

- 1.1 Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions
- 1.2 Hatha Yoga: Its Philosophy and Foundations
- 1.3 History and development of Hatha Yoga, Hatha Yoga Parampara, Brief Introduction to eminent Hatha Yogis of Natha Cult and their contribution for the development of Yoga
- 1.4 Ghatashudhi: its importance and relevance in Hatha Yoga sadhana
- 1.5 Relationship between Hatha Yoga and Raja Yoga

### UNIT – II: HATHA YOGA: PRE-REQUISITES

- 2.1 Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga
- 2.2 Concepts of Matha, Concept of Mitahara, Pathya (conductive) and Apathya (non-conductive), Types of aspirants
- 2.3 Dasha Yama and Niyama and their relevance in Hatha Yoga Sadhana
- 2.4 Rules and regulations to be followed by Hatha Yoga practitioners (Do's and Don'ts)
- 2.5 Swara, Importance of Svarodaya-jnana in Hatha Yoga Sadhana, Hatha Siddhi Lakshanam.

### UNIT – III: HATHA YOGA PRINCIPLES

- 3.1 Introduction to Tantra Yoga and its relationship with Hatha Yoga
- 3.2 Concept of Swas-prashwas, Vayu, Prana and Upaprana
- 3.3 Concept of Kand, Nadi, Swar, Chakra and Granthi
- 3.4 Kundalini prabodhan, Unmani avastha, Nadanusandhan
- 3.5 Concept of Samadhi according to Hatha Yoga Texts

### UNIT – IV: INTRODUCTION TO BASIC HATHA YOGA TEXTS

- 4.1 General Introduction to Basic Hatha Yogic Texts : their nature and objectives
- 4.2 General Introduction to Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita.
- 4.3 Breif introduction to Hatha Pradeepika.
- 4.4 Breif introduction to Gheranda Samhita.
- 4.5 Breif introduction to Hatha Rathnavali.

R A I P U R



## **BOOKS FOR REFERENCE**

- Sahay G.S. : HathaYoga Pradeepika of Svatmarama, MDNIY  
Publication, 2013
- Sharma BR : Jotsna (Comentory of HathaYoga Pradeepika)  
Kaivalyadhama, Lonavala, 2013
- Gharote ML : Hatharatnavali,  
The Lonavala Yoha Institute, Lonavala, Pune, IInd  
Edition, 2009
- Swami : Gorakshasatkam,  
Kuvalyananda & Kaivalyadhama, Lonavla, 2006  
Shukla, S.A.
- Gharote M.L. & : Siddhasidhantpaddhati ,  
Pai, G.K. (Edi) Kaivalyadhama, Lonavla, 2005.
- PLRD : Vasistha Samhita,  
Kaivalyadhama Samiti, Lonavla, 2005.
- Korpai, Nitin & : HathaYoga and Human Health,  
Shankar, Ganesh Satyam Publishing House, New Delhi, 2005.
- Swami Digambarji : Gheranda Samhita  
& Gharote M.L. Kaivalyadhama, Lonavla,1978.
- Swatmaramaji : Hathapradipika (Jyotsana- tika),  
Adyar Library, Madras.
- Bharati, Swami : Philosophy of Hatha Yoga (English)  
Veda Himalayan, Pennsylvania.
- Reddy Venkata : Hatha Ratnavali

R A I P U R

## BASICS OF YOGIC ANATOMY

Subject Code	Total Marks	Credits
BSY103	100 (70+30)	

### UNIT I: GENERAL ANATOMY

- 1.1 General Introduction to Anatomy, its significance, nomenclature & terminology
- 1.2 Introduction to Musculo-skeletal system
- 1.3 Introduction to types of Bones and Joints,

### UNIT II: HEAD AND NECK

- 2.1 Face – facial muscles, functions of facial muscles
- 2.2 Eyelids, Lachrymal Apparatus, Nose, Nasal Cavity, Sinuses
- 2.3 Oral cavity and Pharynx,
- 2.4 Bones ,Joints and muscles of head and neck.

### UNIT III: THORAX AND ABDOMEN

- 3.1 Bones Joints and muscles of thorax and abdomen
- 3.2 Structure of heart ,lungs and other systems relevant to yoga as per textbook of yogic anatomy and physiology

### UNIT IV: UPPER & LOWER EXTREMITIES

- 4.1 Skeleton, position and joints of upper and lower extremities
- 4.2 Muscles and muscle groups, of upper and lower extremities
- 4.3 Applied anatomy and surface markings of limbs

### Books fo referance

Thatte DG                      Sharir rachna vigyan , textbook of human anatomy

Priyanka N                      Yoga and sharir rachna

MM Gore Kavalyadhama, Lonawala,Pune- Anatomy and physiology of Yogic Practices

R A I P U R

## ENGLISH – I

Subject Code	Total Marks	Credits
BSY104	100 (70+30)	

Unit No.	Details	Nos. of Hours
I	(I) K.BharatIyer 'The Ideals of Indian Art' (II) Rabindranath Tagore 'Where the mind is without fear'	
II	(I) 'Silence: The court is in session'	
III	(I) Nings And Importance Of Etiquettes	
IV	(I) Sentence Structure; Subject, Predicate, SVO, SVOO (II) Verb (III) Noun (IV) Pronoun (V) Articles	
V	(I) Letter-Writing: Formal letters, Informal letters, elements of letter writing, format of formal letter writing, Writing skills (II) Paragraph Writing	

**Reference Books: 1.English language & Indian Cultureby M P Granth Academy.**

RAIPUR

**Practical – I (YOGA PRACTICAL – I)**  
**(Elementary Yogic Practices)**

<b>Subject Code</b>	<b>Total Marks</b>	<b>Credits</b>
BSY105P	50 (30+20)	

Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and benefits of each of the following Yogic practices

**I. RECITATION OF HYMNS & HASTA MUDRA**

- 1.1 Recitation of Pratah-smaran and Shanti Mantras
- 1.2 Recitation of Pranava Japa and Soham Japa
- 1.3 Recitation of Hymns from Upanishad & Yoga Texts
- 1.4 Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni

**II. SHATKARMA**

- 2.1 Dhauti (Kunjali, Vamana Dhauti, Vastra Dhauti)
- 2.2 Neti (Jalneti, Sutrāneti)
- 2.3 Kapalabhati and its variants
- 2.4 Agnisara

**III. BREATHING PRACTICES**

- 3.1 Breath Awareness : Shwas-prashwas Sanyaman
- 3.2 Abdomen, Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen+Thoracic+Clavicular Breathing
- 3.3 Yogic Breathing: Pause Breathing (Viloma Pranayama), Spinal Passage Breathing (Sushumna Breathing)
- 3.4 Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka)

**IV. Continuous evaluation by the Teachers**

As per the guidelines in the scheme of Examinations

R A I P U R

## BOOKS FOR REFERENCES

- Yogeshwar : Text Book Of Yoga, Penguin Books, India, 2004.  
The Complete book of Yoga, Orient Course
- Sri Ananda : Backs,  
Delhi, 2003.
- Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description  
about  
Cleansing Process, MDNIY New Delhi, 2009
- Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New  
Delhi,  
2009
- Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2010
- Swami Rama : Science of Breath, A Practical Guide, The  
Himalayan  
International Institute, Pennselvenia, 1998
- Swami Niranjananand : Prana, Pranayama & Pranvidya, Yoga  
Publications  
Trust, Munger, Bihar, 2005
- Saraswati : Prathah Smarana; MDNIY publication, New  
Basavaraddi I. V. & others : Delhi,  
2009
- Dr. Nagendra H R : Pranayama, The Art & Science, Swami  
Vivekananda  
Yoga Prakashan, Bangalore, 2005

RAIPUR

**Practical II (YOGA PRACTICAL – II)**  
**(Elementary Yogic Practices)**

Subject Code	Total Marks	Credits
BSY106P	50 (30+20)	

Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and benefits of each of the following Yogic practices, e.g. Yogic Suksma Vyayama, Yogic Sthula Vyayama, Surya Namaskar and Yogasanas etc.

**I. YOGIC SUKSMA AND STHULA VYAYAMA, NABHI PAREEKSHA**

**1.1 YOGIC SUKSMA VYAYAMA**

1. Uccharana-sthala tatha Vishudha-chakra-shuddhi (for throat and voice)
2. Prarthana (Prayer)
3. Buddhi-tatha-dhriti shakti-vikasaka (for developing will power)
4. Smarana shakti-vikasaka (for improving the memory)
5. Medha shakti-vikasaka (for improving the intellect and memory)
6. Netra shakti-vikasaka (for the eyes)
7. Kapala shakti-varadhaka (for the cheeks)
8. Karna shakti-varadhaka (for the ears)
9. Griva shakti-vikasaka (for the Neck) (i) (A & B)
10. Griva shakti-vikasaka (for the Neck) (ii) (A & B)
11. Griva shakti-vikasaka (for the Neck) (iii)
12. Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders)
13. Bhuja-bandha shakti-vikasaka
14. Kohini shakti-vikasaka
15. Bhuja-valli shakti-vikasaka
16. Purna-bhuja shakti-vikasaka (for the arms)
17. Mani-bandha shakti-vikasaka
18. Kara-prstha shakti-vikasaka
19. Kara-tala shakti-vikasaka
20. Anguli-mula shakti-vikasaka (for the fingers) (A & B)
21. Anguli- shakti-vikasaka (for the fingers) (A & B)
22. Vaksa-sthala shakti-vikasaka (for the chest) (1)
23. Vaksa-sthala shakti-vikasaka (for the chest) (2)
24. Udara shakti-vikasaka (for the abdomen) (i)
25. Udara shakti-vikasaka (for the abdomen) (ii)
26. Udara sakti-vikasaka (for the abdomen) (iii)
27. Udara shakti-vikasaka (for the abdomen) (iv)
28. Udara shakti-vikasaka (for the abdomen) (v)
29. Udara shakti-vikasaka (for the abdomen) (vi)
30. Udara shakti-vikasaka (for the abdomen) (vii)

31. Udara shakti-vikasaka (for the abdomen) (viii)
32. Udara shakti-vikasaka (for the abdomen) (ix)
33. Udara shakti-vikasaka (for the abdomen) (x) (A, B & C)
34. Kati shakti-vikasaka (for the waist) (i)
35. Kati shakti-vikasaka (for the waist) (ii)
36. Kati shakti-vikasaka (for the waist) (iii)
37. Kati shakti-vikasaka (for the waist) (iv)
38. Kati shakti-vikasaka (for the waist) (v)
39. Muladhara-chakra-suddhi (for the rectum)
40. Upastha tatha-svadhithana-chakra-suddhi (for the genital organs)
41. Kundalini shakti-vikasaka (for the kundalini)
42. Jangha shakti-vikasaka (for the thighs) (i) (A & B)
43. Jangha shakti-vikasaka (for the thighs) (ii) (A & B)
44. Janu shakti-vikasaka (for the knees)
45. Pindali shakti-vikasaka (for the calves)
46. Pada-mula shakti-vikasaka (A & B)
47. Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet)
48. Padanguli shakti-vikasaka (for the toes)

### **1.2 YOGIC STHULA VYAYAMA**

1. Rekha-gati (Walking in a Straight line)
2. Hrid-gati (Injanadaur – the Locomotive Exercise)
3. Utkurdana (Jumping Exercise)
4. Urdhva-gati (Upward Movement)
5. Sarvanga-pusti (Developing the Entire body) &

### **1.3 NABHI PAREEKSHA**

## **II. SURYA NAMASKARA**

### **III. YOGASANA (Standing Postures and body alignment)**

- 3.1 Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana
- 3.2 Ardha Chakrasana, Paada Hastasana
- 3.3 Trikonasana, Parshva Konasana
- 3.4 Veerabhadrasana and its variations

## **IV Counselling When not to do yoga – situations where different yogic kriyas and asanas should not be done and taught**

### **V Continuous evaluation by the Teachers**

As per the guidelines in the scheme of Examinations

## BOOKS FOR REFERENCES

- Swami Dhirendra  
Bhramhachari : Yogic Sukshma Vyayama, Dhirendra Yoga  
Publications, New Delhi, 1980  
Yogasana Vijnana, Dhirendra Yoga Publications,
- Swami Dhirendra  
Bhramhachari : New  
Delhi, 1966
- Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1993  
Asana, Pranayama, Bandha, Mudra, Bihar School
- Swami Satyananda Saraswati : of  
Yoga, Munger, 2006
- Iyengar, B.K.S. : Light on Yoga, Harper Collins Publishers, 2009  
B.K.S. Iyengar Yoga, A Dorling Kindersley
- Sen Gupta Ranjana : Limited,  
2001  
Surya Namaskara, Yoga Publication Trust,
- Saraswati, Swami Satyananda : Munger,  
2006  
Asana Why and How? Kaivalyadhama, Lonavla,
- Tiwari, O.P. : 2011
- Radha, Sivananda : Hatha Yoga, jaico Publishing House, Delhi, 2004.

R A I P U R



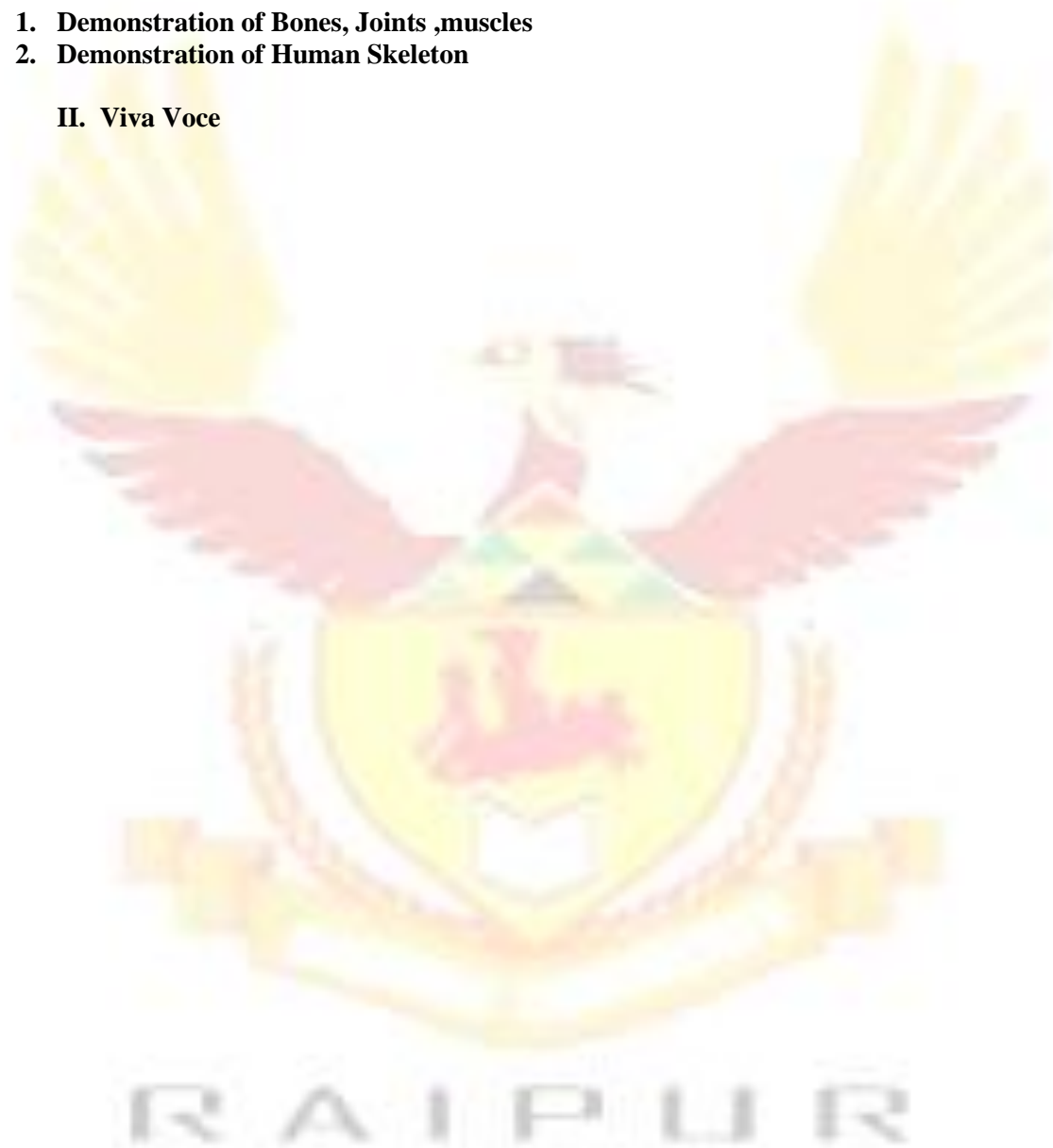
### PRACTICAL –III (ANATOMY PRACTICALS)

Subject Code	Total Marks	Credits
BSY107P	50 (30+20)	

#### I. Practicals

1. Demonstration of Bones, Joints ,muscles
2. Demonstration of Human Skeleton

#### II. Viva Voce

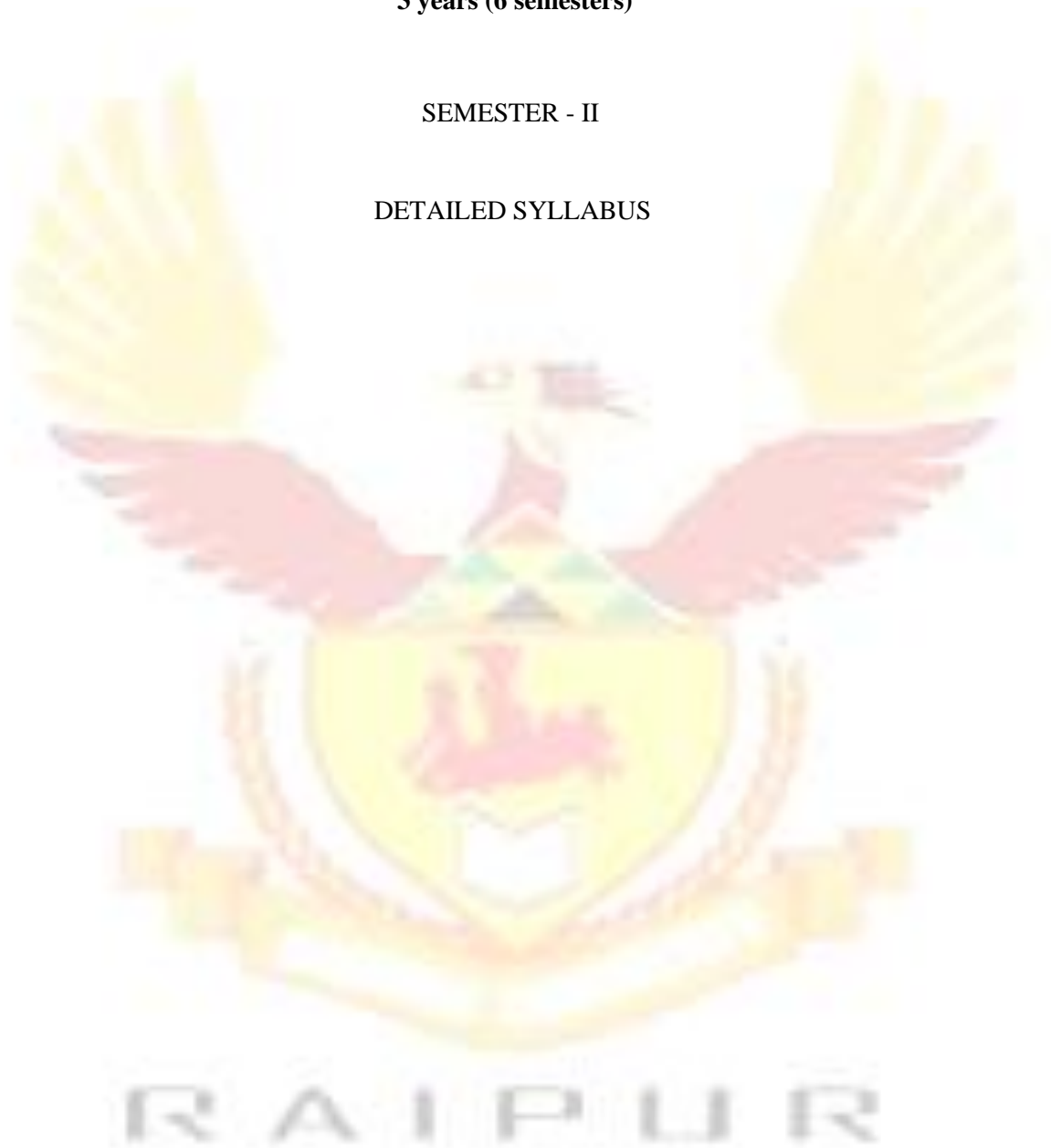


**BACHELOR OF SCIENCE  
(YOGA)**

***B.SC. (YOGA)***  
**3 years (6 semesters)**

SEMESTER - II

DETAILED SYLLABUS



**F  
O  
U  
N  
D  
A  
T  
I  
O  
N  
S  
  
O  
F  
  
Y  
O  
G  
A  
  
-  
  
I  
I**

Parampara of Swami Shivanada, Contribution of Sri Yogendraji, Swami Kuvalyananda,

- 1.5 Contributions of Swami Satyananda Saraswati, Swami Dharendra Bhramhachari and Yogacharya B.K.S. Iyengar, Maharsi Mahesh Yogi in the promotion of Yoga.

**UNIT - II: BRIEF SURVEY OF YOGA TRADITIONS – IV**

- 2.1 General Introduction to Non-Vedic Schools of Indian Philosophy: Jainism, Buddhism, Sufism, Sikhism etc.
- 2.2 Introduction to Jainism, Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Preksha-dhyana).
- 2.3 Introduction to Buddhism: Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya-astangika-marga or Noble-eight-fold-path (Bouddha-Yoga).
- 2.4 Introduction to Sufism: Meaning and Characteristic features of Sufism, Elements of Yoga in Sufism, Sufi Meditation Techniques.
- 2.5 Concepts and practices of Yoga in other religions.

**UNIT - III: CLASSICAL SCHOOLS OF YOGA - I**

Subject Code	Total Marks	General Introduction to Schools of Yoga:
BSY201	100 (70+30)	Schools with Vedantic Tradition, Schools with Samkhya- Yoga Tradition and Schools with Tantric Tradition

**UNIT – I: BRIEF SURVEY OF YOGA TRADITIONS – III**

- 1.1 Concept of Maha Yoga, Hatha Yoga Traditions and Sadhana, Development of Hatha Yoga in Modern Times
- 1.2 Yoga in Modern Times: Yogic Traditions of Ramakrishna and Swami Vivekananda
- 1.3 Yoga of Maharishi Raman, Integral Yoga of Shri Aurobindo.
- 1.4 Brief Introduction to Yoga Paramparas in Contemporary Times: Yoga Parampara of Sri T. Krishnamacharya, Yoga

- 3.1 **General Introduction** to Schools of Yoga: Schools with Vedantic Tradition and Schools with Tantric Tradition
- 3.2 **Jnana Yoga:** Meaning of Jñāna and Jñāna-Yoga, Sadhana-chatustaya, Means of Jñāna-Yoga.
- 3.3 **Bhakti Yoga:** Meaning of Bhakti and Bhakti-Yoga, Stages of Bhakti, Types of Bhakti, Means of Bhakti-Yoga.
- 3.4 **Karma Yoga:** Meaning of Karma and Karma-Yoga, Concept of Nishkama Karma, Means of Karma Yoga
- 3.5 Inter-relationship between Bhakti-Yoga and Karma-Yoga, Theory of Karma and Rebirth (Reincarnation).

**UNIT - IV: CLASSICAL SCHOOLS OF YOGA – II**

- 2.1 **Patanjala Yoga:** Philosophical Foundations of Patanjala Yoga, Ashtanga Yoga of Patanjali, Relevance of Patanjala Yoga in day-to-day life.
- 2.2 **Hatha Yoga:** Philosophical Foundations of Hatha Yoga, Hatha Yoga Sadhana, Chaduranga Yoga and Saptanga Yoga, Relevance of Hatha Yoga in day-to-day life.
- 2.3 **Inter Relationship** between Patanjala Yoga and Hatha Yoga and their inter-dependance
- 2.4 **Kundalini Yoga:** Philosophical Foundations and Practices of Kundalini Yoga
- 2.5 Other auxiliary Schools of Yoga and their relevance in present days

## BOOKS FOR REFERENCE

- Sharma Chandradhar : A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi, 13<sup>th</sup> Edition, 2013
- Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
- Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
- Arthuv Avalan : The Serpent Power, Sivalik Prakashan, New Delhi, 2009
- Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication- Dept. Kolkata, II Edition, 2009
- Radhakrishnan S : Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008
- Stephen Sturges : The Yoga Book. Motilal Banarsidass, Delhi, 2004
- Fenerstein, George : The Yoga Tradition: It's History, Literature, Philosophy practice, Bhavana Books and Prints, 2002
- Fenerstein Georg : The Yoga Tradition, MLBD, New Delhi, 2002
- Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000
- Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979
- Swami Jnanananda : Philosophy of Yoga. Sri Ramakrishna Ashrama, Mysore.

R A I P U R

## FOUNDATIONS AND PRACTICES OF HATHA YOGA – II

Subject Code	Total Marks	Credits
BSY202	100 (70+30)	

### UNIT - I: HATHA YOGA PRACTICES: SHODHANAKRIYAS

- 1.1 Concept of Ghata, Ghatashuddhi, concept and importance of Shodana in Hatha Yoga
- 1.2 Shodhana kriyas in Hatha Pradeepika
- 1.3 Shodhana kriyas in Gheranda Samhita and Hatha Ratnavali
- 1.4 Health benefits, precautions, and contraindications of Shodana kriyas
- 1.5 Importance of Shodhana kriyas in health and disease.

### UNIT - II: HATHA YOGA PRACTICES: YOGASANAS

- 2.1 Definition, pre requisits and special features of Yoga-asana.
- 2.2 Asanas in Hatha Pradeepika and Hatha Ratnavali
- 2.3 Asanas in Gheranda Samhita
- 2.4 Health benefits, precautions, and contraindications of different Asanas
- 2.5 Importance of Asana in health and disease.

### UNIT-III: HATHA YOGA PRACTICES: PRANAYAMA, BANDHA AND MUDRA

- 3.1 Concept and definition of Prana and Pranayama; its importance in Nadi shuddi; Pre-requisites of Pranayama, Nadishodhana Pranayama
- 3.2 Importance of Pranayama in Hatha Yoga Sadhana and its phases and stages
- 3.3 Pranayama in Hatha Pradeepika, Hatha Ratnavali & Gheranda Samhita, their health benefits, precautions and contraindications.
- 3.4 Concept, definition of Bandha and Mudra, their importance in Hatha Yoga; Bandhatraya in Hatha Yoga Sadhana, Mudras in Hatha Pradeepika, Hatha Ratnavali and Gheranda Samhita
- 3.5 Health benefits, precautions and contraindications of Bandha and Mudra.

### UNIT-IV: HATHA YOGA PRACTICES: PRATYAHARA, DHARANA, DHYANA AND NADANUSANDHANA

- 3.5 Concept of Manas (mind) and Kanda in Hatha Yoga
- 3.6 Concept and definition of Pratyahara, Dharana and Dhyana in Gheranda Samhita.
- 3.7 Techniques and benefits of Pratyahara, Dharana and Dhyana in Gheranda Samhita.
- 3.8 Concept and benefits of Nada and Nadanusandhana in Hatha Pradeepika, four avasthas (stages) of Nadanusandhana.
- 3.9 Relationship between Hatha Yoga and Raja Yoga; Goal of Hatha Yoga

## BOOKS FOR REFERENCE

- Sahay G. S : Hatha Yoga Pradeepika, MDNIY, New Delhi, 2013  
Sharma B. R : Jotsna (Comentory of Hatha Yoga Pradeepika), Kaivalyadhama, Lonavala, 2013
- Gharote, M.M. & others : Therapeutic references in Traditional Yoga Texts, The Lonavla Institute, Lonavla, 2010.
- Reddy Venkata : Hatharatnavali
- Gharote M L : Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
- Swami Kuvalyananda & Shukla, S.A. : Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
- Gharote M.L. & Pai, G.K. (Edi) : Siddhasidhantpaddhati , Kaivalyadhama, Lonavla, 2005.
- PLRD : Vasistha Samhita, Kaivalyadhama Samiti, Lonavla, 2005.
- Korpai, Nitin & Shankar, Ganesh : HathaYoga and Human Health, Satyam Publishing House, New Delhi, 2005.
- Gharotee, M.L.and others : Hatharatnavali of Srinivasayogi The Lonavla Yoga Institute, Lonavla, 2002
- Ghosh, Shyam
- Swami Maheshanandaji and Others : The Original Yoga Munshiram Manoharlal, New Delhi, 1999
- Swami Digambaraji and Pt: Raghunatha Shastri : Shiva Samhita Kaivalyadhama, S.M.Y.M. Samiti, Lonavla, 1999
- Swami Muktibodhananda Saraswati : Hatha Pradeepika of Svatmarama Kaivalyadhama, S.M.Y.M.Samiti, Lonavla, 1998
- Swami Digambarji & Gharote : Hatha Yoga Pradeepika : The light on HathaYoga Bihar School of Yoga, Munger, 1985
- M.L. : Gheranda Samhita Kaivalyadhama, Lonavla, 1978.
- Mr. Dvivedi : Nath Sampradaya of Hatha Yoga Dvivedi Publications, Hindustani Academy, Allahabad, Uttar Pradesh, 1950.
- Swatmaramaji : Hathapradipika (Jyotsana- tika), Adyar Library, Madras.
- Bharati, Swami Veda : Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania.



RAIPUR

## BASICS OF Yogic PHYSIOLOGY

Subject Code	Total Marks	Credits
BSY203	100 (70+30)	

**All Units Carry equal hours of teaching and excluding teachers continuous evaluation**

### UNIT I: INTRODUCTION TO GENERAL PHYSIOLOGY

- 1.1 Introduction to Human Physiology, Basic Physiological terms; Cell: Functions, different Cell Organelles and their functions.
- 1.2 Tissues and Organization of human system; Introduction of different body Systems,

### UNIT II: SYSTEMIC PHYSIOLOGY

- 2.1 Functions of the Skeletal Muscles, Smooth Muscles and Cardiac Muscles; Concept of Muscle Tone and types of Muscle Contraction
- 2.2 General introduction to Physiology of Special Senses and systems as per the text book of yogic anatomy and physiology.

### UNIT IV: APPLIED PHYSIOLOGY

- 4.1 Introduction to Exercise Physiology and its relevance in Yoga practice
- 4.2 Physiological basis of Yogic kriyas and asanas

### BOOKS FOR REFERENCE

Dr Rajendar Deshpande Text Book of sharir kriya Part 1,II

Yogic kriyas purification techniques

MM Gore : Anatomy and physiology of yogic practice

R A I P U R



## Hindi – I

Subject Code	Total Marks	Credits
BSY204	100 (70+30)	

### इकाई –1

हिन्दी ध्वनियों का स्वरूप—

- (क) स्वर और व्यंजन
- (ख) संज्ञा, सर्वनाम, क्रिया, विशेषण
- (ग) वाक्य संरचना

### इकाई –2

10

हिन्दी शब्द संरचना—

पर्यायवाची, समानार्थक, विलोमार्थक, अनेकार्थक, अनेक शब्दों के स्थान पर एक शब्द, समश्रुत भाब्द

### इकाई –3

लिंग विधान और कारक प्रयोग—

- (क) वर्तनी
- (ख) विरामादि चिन्हों के प्रयोग
- (ग) मुहावरे और लोकोक्तियों तथा उनके रचनात्मक प्रयोग

### इकाई –4 उपसर्ग, प्रत्यय

पत्र लेखन (अनौपचारिक एवं औपचारिक पत्र)

### इकाई –5

- कविता – भारत माता (सुमित्रानंदन पंत)
- कहानी – कफन (प्रेमचंद)
- निबंध – नमामि छत्तीसगढ़ (प्रो. हीरालाल शुक्ल)

### सहायक ग्रंथः—

1. राजभाषा हिन्दी – गोविन्ददास – हिन्दी साहित्य सम्मेलन, प्रयाग।
2. राष्ट्रभाषा आन्दोलन – गोपाल परशुराम –महाराष्ट्र सभा।
3. विराम चिन्ह– महेन्द्र राजा जैन– किताबघर, दिल्ली।
4. भारतीयता के अमर स्वर – प्रो. धनजय वर्मा म.प्र. हिन्दी ग्रंथ अकादमी (भापाल)

## Practical -IV (YOGA PRACTICAL – III)

Subject Code	Total Marks	Credits
BSY205P	50 (30+20)	

### I. SHATKARMA

- 1.1 Dhauti
- 1.2 Neti
- 1.3 Nauli Madhyama, Vama, Dakshina and Nauli Chalana
- 1.4 Trataka (Jatru and Jyoti)

### II. PRANAYAMA

- 2.1 Nadi Shodhana (Technique 1: Same Nostril Breathing)
- 2.2 Nadi Shodhana (Technique 2: Alternate Nostril Breathing)
- 2.3 Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar Kumbhak)
- 2.4 Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka + Bahya Kumbhak) (1:4:2:2)
- 2.5 Bhramari Pranayama

### III. PRACTICES LEADING TO MEDITATION

- 3.1 Pranav and Soham Japa
- 3.2 Yoga Nidra (1,2,3)
- 3.3 Antarmauna
- 3.4 Ajapa Dharana (Stage 1,2,3)

**IV Counselling When not to do yoga – situations where different yogic kriyas and asanas should not be done and taught**

### V. Continuous evaluation by the Teachers

R A I P U R

## BOOKS FOR REFERENCES

- Saraswati, Swami Satyanand : Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006
- Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi.
- Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2009
- Iyengar, B.K.S. : Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012
- Nagendra, H.R. : The Art and Science of Pranayama, Swami Vivekanand Yoga Prakashan, 2005, Bangaore.
- Swami Rama : Science of Breath, A Practcal Guide, The Himalayan International Institute, Pennselvenia, 1998
- Gharote, M.L. : Pranayama: The Science of Breath, The Lonavla Yoga Institute, Lonavla, 2003.
- Lajpat, Rai & others : Meditation, Anbhava Rai Publications, Gurgaon.
- Sarswati, Swami : Dharana Darshan, Yoga Publication Trust, Munger, 2003
- Niranjananand
- Krishnamacharya, T. : Dhyanamalika, KYM, Chennai, 2005
- Swami Satyananda : Yoganidra, Yoga Publication Trust, Munger, 1998.
- Swami Adiswarananda : Meditation & its practices, Advaita Ashrama Publication, Kolkata, 2006

RAIPUR

**Practical-V (YOGA PRACTICAL– IV)**

<b>Subject Code</b>	<b>Total Marks</b>	<b>Credits</b>
BSY206P	50 (30+20)	

**I. YOGASANA (Sitting Postures)**

- 1.1 Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana
- 1.2 Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana,
- 1.3 Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, Utthana Mandukasana
- 1.4 Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana

**II. YOGASANA (Supine lying Postures)**

- 2.1 Pavanamuktasana
- 2.2 Utthana-padasana, Ardha Halasana,
- 2.3 Halasana
- 2.4 Setubandha Sarvangasana
- 2.5 Sarvangasana
- 2.6 Matsyasana
- 2.7 Chakrasana
- 2.8 Shavasana

**III. YOGASANA (Prone lying Postures)**

- 3.1 Makarasana
- 3.2 Bhujangasana
- 3.3 Shalabhasana
- 3.4 Dhanurasana
- 3.5 Kapotasana
- 3.6 Raja Kapotasana

**IV Counselling When not to do yoga – situations where different yogic kriyas and asanas should not be done and taught**

**V. Continuous evaluation by the Teachers**

R A I P U R

## BOOKS FOR REFERENCES

- Swami Dharendra  
Brahmachari : Yogasana Vijnana,  
Dhirendra Yoga Publications, New Delhi.
- Swami Kuvalyananda : Asana  
Kaivalyadhama, Lonavla
- Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra  
Bihar School of Yoga, Munger
- Iyengar, B.K.S. : Light on Yoga,  
Harper Collins Publishers.
- Tiwari, O.P. : Asana Why and How?  
Kaivalyadhama, Lonavla.
- Radha, Sivananda : HathaYoga,  
Jaico Publishing House, Delhi, 2004.
- Jayadev, Yogendra : Cyclopaedia Yoga (Vol. I-IV),  
The Yoga Institute, Santacruz, Mumbai.
- Sri Ananda : The Complete book of Yoga,  
Orient Paper Backs, Delhi, 2003.
- Saraswati, Swami Satyanand : Asana, Pranayama, Bandha, Mudra  
Bihar School of Yoga, Munger.

RAIPUR

### VIII --PRACTICAL –VI (PHYSIOLOGY PRACTICAL)

Subject Code	Total Marks	
BSY207P	50 (30+20)	

**1. Practical:**

- a. Anthropometry measurements
- b. Assessment of pulse and blood pressure
- c. Effect of posture, exercise and cold stress on pulse rate and blood pressure
- d. BMI Calculation
- e. Recording of Body Temperature.

**2. Viva voce**

**3. Continuous evaluation by the Teachers**



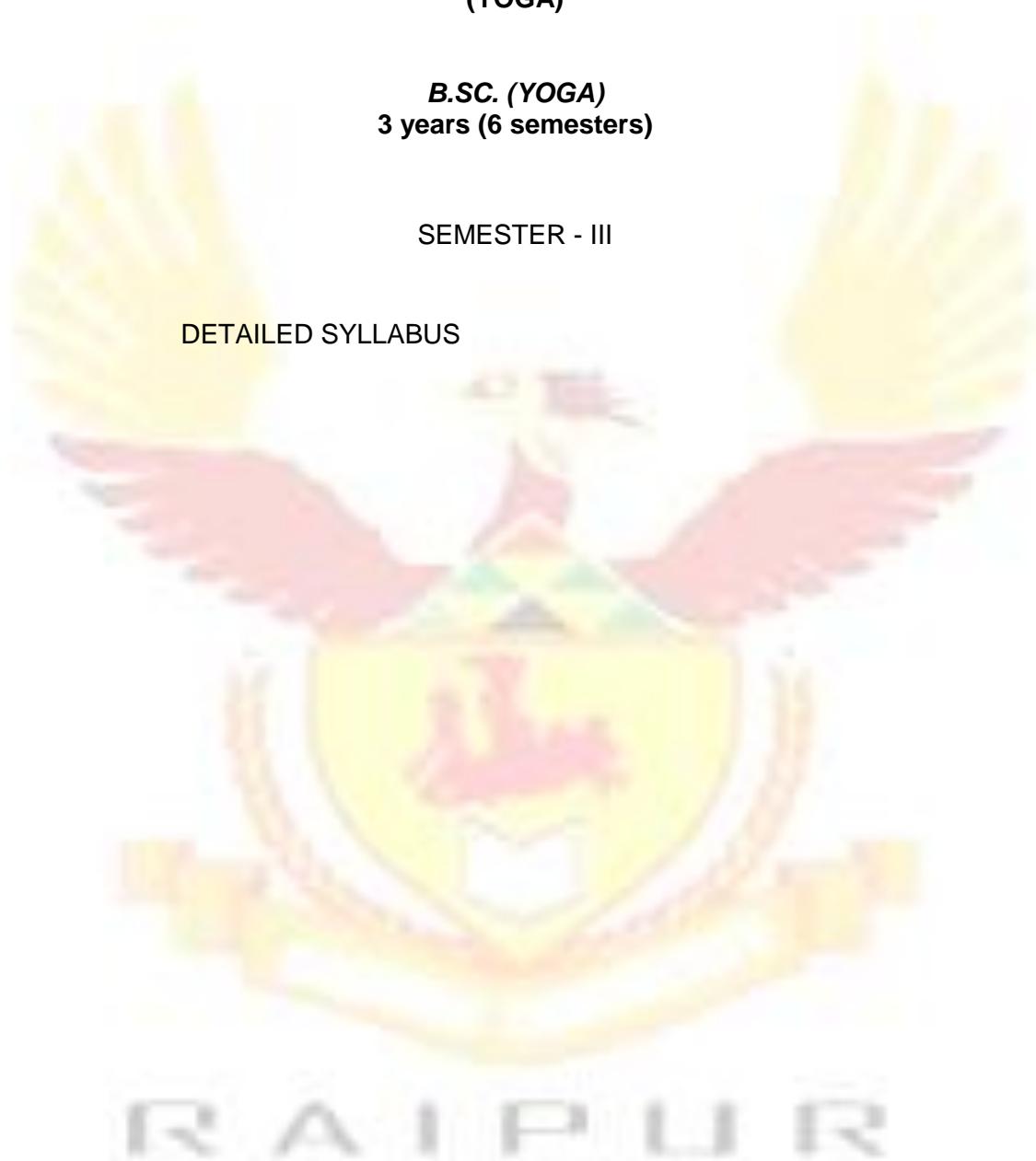
RAIPUR

**BACHELOR OF SCIENCE  
(YOGA)**

***B.SC. (YOGA)***  
**3 years (6 semesters)**

**SEMESTER - III**

**DETAILED SYLLABUS**



## PATANJALA YOGA DARSHANA – I

Subject Code	Total Marks	Credits
BSY301	100 (70+30)	

### UNIT – I: INTRODUCTION TO SAMKHYA DARSHANA, YOGA DARSHANA OF PATANJALI & ITS TRADITIONAL COMMENTARIES

- 1.1 Introduction to Samkhya and Yoga Darshana, History and development of Samkhya and Yoga Darshana.
- 1.2 Theory of Evolution and Meta-physics of Samkhya
- 1.3 Concept of Triguna, Prakriti, Purusha and Apavarga (Moksha) according to Samkhya Darshan.
- 1.4 Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.)
- 1.5 Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-vartika).

### UNIT – II: CONCEPT OF CHITTA. CHITTA-BHOOMIS, CHITTA-VRITTIES AND CHITTA-VRITTI NIRODHOPAYA

- 2.1 Concept of Mana, Bhudhi, Ahankar and Chitta.
- 2.2 Concept of Chitta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha).
- 2.3 Concept of Chitta-Vritties and their classification, Chitta-Vritti Nirodhopaya (Abhyasa and Vairagya).
- 2.4 Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar, Concept of Samprajnata
- 2.5 Chitta-Vikshepas (Antarayasa), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.

### UNIT – III: SAMADHI PADA

- 3.1 Concept of Yoganushasanam, Yoga Lakshanam and its results.
- 3.2 Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi).
- 3.3 Types of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita)
- 3.4 Concept of Samapatti and kinds of Samapatti (Savitraka and Nirvitarka, Savichara and Nirvichara).
- 3.5 Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).

### UNIT – IV: SAMADHI PADA AND ITS APPLICATIONS

- 4.1 Application of Samprajnatah Samadhi.
- 4.2 Application of Samapatti.
- 4.3 Application of Shradha, Virya, Smriti, Samadhi and Prajaha in Yoga Sadhana.
- 4.4 Relevance of concept of Ishwar and Ishwar pranidhana in Yoga Sadhana,.
- 4.5 Ritambhara-prajna and Adhyatma-prasadanam.



## BOOKS FOR REFERENCE

- Swami Digambara Ji and others Swami Virupaksananda  
Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012 Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995
- K.D. Prithvipaul  
The Yogasurta of Patanjali M.L.B.D. New Delhi
- Swami Ved Bharti  
Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II
- Ram Prasada  
The Patanjalis Yogasutras, Munshiram Manohar Lal New Delhi, India, 2005
- B.K.S. Iyengar  
Swami Satyprakash Sarswati  
Patanjal Yogasutras Parichya M.D.N.I.Y New Delhi, 2011  
Patanjal Raj Yoga, S. Chand & Co. (Pvt.) Ltd. Ram Nagar, New Delhi,
- B.K.S. Iyengar  
Core of the Yogasutras (The Definitive guide to the Philosophy of Yoga) ,Harper Collin Publisher, London, 2013
- Karambelakar P. V.  
Swami Sarvagatananda  
Patanjala Yogasutra, Kaivalyadhama, Lonavala, 2005  
Meditation as Spiritual,Culmination Yoha Aphorisma of Patanjali, Advaita Ashrama, Kolkata, 2008

RAIPUR

## YOGA EDUCATION

Subject Code	Total Marks	Credits
BSY302	100 (70+30)	

### UNIT – I: FUNDAMENTALS OF EDUCATION

- Education: Meaning, Definition, Aim and Importance; Related Terms: Instruction, Teaching and Training
- 1.1 and
- 1.2 Components of Education: Teacher, Student and Curriculum; Forms of Education; Agencies of Education
- 1.3 Education in Indian and Western Perspective; Trends in Modern Education: Emphasis on Learning Outcomes, Emphasis on Activity, Recognizing the Student as an Individual, Emphasis on Developing Holistic Personality; Philosophical, Psychological, Sociological and Scientific Approaches of Education
- 1.4 Communication: Role of Language, Voice, Fluency, Clarity and Body Language in Teaching; Audio-Visual Aids in Teaching
- 1.5 Evaluation: Meaning, Purpose and Importance of Evaluation; Evaluation Devices: Examination, Interview, Group Discussion, Questionnaire; Evaluation of Students, Evaluation of Teacher and Evaluation of Programme

### UNIT – II: YOGA AND VALUE-BASED EDUCATION

- 2.1 Yoga Education: Salient Features; Factors of Yoga Education: Teacher, Student and Teaching, Role of a Yoga Teacher
- 2.2 Value oriented Education; Guru-Shishya Parampara and its importance in Yoga Education; Concepts of Para and Apar Vidya
- 2.3 Value-based Education: Meaning and Definition; Need and Aim of Value-based Education; Human Excellence through Value-based Education
- 2.4 Values: Meaning and Definition; Types of Values; Significance of Values; Kohlberg's Moral Judgment Theory
- 2.5 Process of Value Determination: Raths, Hermin & Simon Theory; Contribution of Yoga towards Development of Values

### UNIT – III: YOGA AND SOCIAL EDUCATION

- 3.1 Applied Aspects of Yoga Education
- 3.2 Nature and Meaning of Society; Civic Sense; Contribution of Yoga Education towards Social Transformation
- 3.3 Nature and Meaning of National Integration; Patriotic urge; Role of Yoga Education in National Integration
- 3.4 Concepts of Social Education in Yoga and relevance in bringing socially healthy citizens
- 3.5 Human and Universal Perspective of Yoga

### UNIT-IV: YOGA IN PHYSICAL EDUCATION

- 4.1 Physical Education: Meaning and Objectives; Fitness and Physical Education
- 4.2 Indicators of Physical Fitness: Strength, Endurance and Flexibility; Indicators of Mental Fitness: Concentration, Will-Power and Mental Toughness
- 4.3 Yoga for Physical and Mental Fitness: Asana, Pranayama, Bandha, Mudra and Meditation,
- 4.4 Relationship between Yoga Education and Physical Education
- 4.5 Role of Yoga in Sports and Physical Education

## BOOKS FOR REFERENCE

- ML Gharote      Yoga and  
physical education
- Bhatia, Kamala & B. D.      The Principles and Methods of Teaching, Doaba  
House, Delhi, 2000.
- Duggal, Satyapal      Teaching Yoga, The Yoga Institute, Santacruz,  
Bombay, 1985.
- Gavande, E. N.      Value Oriented Education: Vision for Better Living  
Sarup & Sons, New Delhi. 2002.
- Gharote M.L.& others      Teaching Methods for Yogic Practices, Kaivalyadhama,  
Lonavla, 2001
- Ganguly S.K.      Yoga Applied to Physical Education, Kaivalyadhama,  
Lonavla.
- Iyengar, B.K.S. &  
others      Basic Guidelines for Teachers of Yoga; Yog,  
Ramamani Iyengar Memorial Yoga Institute, Pune,  
2003
- Nagendra, H. R. &  
Others      Yoga in Education; V. K. Yogas, Bangalore, 1994
- Srikrishna      Notes on Basic Principles and Methods of Teaching As  
Applied to Yogic Practices and A Ready Reckoner of  
Yogic Practices, I.C.Y. Health Centre, Kaivalyadhama,  
2009.
- Ramkrishna Mission      Value Education, Ramakrishna Mission, New Delhi,  
2002.
- Subrahmanyam, K.      Education in Values, Vivekananda Kendra  
Prakashana Trust, Madras, 2003.
- Saxena, N.R.  
Swaroop      Philosophical and Sociological Foundation  
of education, R. Lall Book Depot, Meerut,  
2011.

R A I P U R

## YOGA and PSYCHOLOGY

Subject Code	Total Marks	Credits
BSY303	100 (70+30)	

### UNIT- I: PSYCHOLOGY: A SCIENCE OF BEHAVIOUR

- 1.1 Psychology: Definition of Psychology; Psychology as a Science of Behaviour; Definition of Behaviour
- 1.2 Cognitive process, higher mental process, Feelings, emotions
- 1.3 Mental abilities

### UNIT- II: PERSONALITY AND ITS DEVELOPMENT

- 4.1 Personality: Nature and Types of Personality;
- 4.2 Yoga and Personality: Yogic View of Personality; Personality Development with special emphasis on *Panchakosha* and *Ashtanga Yoga*

### BOOKS FOR REFERENCE

- Bhatia, Hans Raj : General Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd, 2005
- Singh, A. K. : *Saral Samanya Manovijnana*. Delhi: Motilal Banarasidas Publications, 2007
- Srivastava, D.N. : *General Psychology*. Agra: Vinod Pustak Mandir, 2007
- Vivekananda, Swami : *Raja Yoga*. Nagpur: Ramakrishna Math.

R A I P U R

## English – II

Subject Code	Total Marks	Credits
BSY304	100 (70+30)	

### Unit – I

- (I) S.C. Dubey 'Basic Quality of Life'
- (II) Toru Dutt 'Sita'

### Unit –II

- (I) E.L. Turnbull 'RanaPratap'

### Unit – III

- (I) Tense
- (II) Preposition
- (III) Adjective
- (IV) Adverb
- (V) Punctuation
- (VI) Conjunction

### Unit – IV

- (I) Voice : Active and Passive
- (II) Direct Narration
- (III) Indirect Narration

### Unit –V

- (I) Comprehension
- (II) Précis Writing

### Reference Books:

English Grammar and Composition – Wren & Martin

Toru Dutt, Sita, Himalaya Publishers

Randolph Quirk, A University Grammar Book of English, Pearson Publication

RAIPUR

## Practical – VII (YOGA PRACTICAL – V)

Subject Code	Total Marks	Credits
BSY305P	50 (30+20)	

### I. BANDHA

- Jivha Bandha
- Jalandhara Bandha
- Uddiyana Bandha
- Mula Bandha
- Maha Bandha
- Tri Bandha

### II PRANAYAMA (with Antar & Bahya Kumbhaka)

- 2.1 Surya-bhedi and Chandra-bhedi Pranayama
- 2.2 Ujjayi Pranayama
- 2.3 Sheetal Pranayama
- 2.4 Shitkari Pranayama
- 2.5 Bhastrika Pranayama

### III. PRACTICES LEADING TO MEDITATION

- 3.1 Ajapa Dharana (Stage 4,5,6)
  - 3.2 Yoga Nidra (4,5)
  - 3.3 Practices leading to Breath Meditation
  - 3.4 Practices leading to Om Meditation
  - 3.5 Practices leading to Vipassana Meditation
- Practices leading to Preksha Meditatio

**IV Counselling When not to do yoga – situations where different yogic kriyas and asanas should not be done and taught**

### IV. Continuous evaluation by the Teachers

R A I P U R

## BOOKS FOR REFERENCES

- Saraswati, Swami Satyanand : Asana, Pranayama, Bandha, Mudra  
Bihar School of Yoga, Munger, 2009
- Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi,  
2009
- Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2005  
Light on Pranayama, Harper Collins, London,  
Iyengar, B.K.S. : 2012
- Nagendra, H.R : The art and Science of Pranayama, Swami  
Vivekananda Yoga Prakashan, 2005, Bangaore
- Swami Rama : Science of Breath, The Himalayan International  
Institute, Pennselvenia, 1998  
Pranayama: The Science of Breath, The Lonavla  
Gharote, M.L. : Yoga  
Institute, Lonavla, 2003
- Lajpat, Rai & others : Meditation, Anbhava Rai Publications, Gurgaon
- Saraswati, Swami Satya Nand : Meditation from Tantras, Yoga Publication Trust,  
Munger, 2004  
Dharana Darshan, Yoga Publication Trust,  
Sarswati, Swami : Munger,  
Niranjananand 2003
- Swami Satyananda : Yoganidra, Yoga Publication Trust, Munger, 1998

R A I P U R

**Practical – VIII (YOGA PRACTICAL – VI)**

<b>Total Marks</b>	<b>Total Marks</b>	<b>Credits</b>
BSY306P	50 (30+20)	

**I. YOGASANA**

- 1.1 Siddhasana, Bhadrasana,
- 1.2 Baddha Padmasana, Uttitha Padmasana,
- 1.3 Bhunamanasana, Hanumanasana
- 1.4 Bakasana, Kukkutasana, Garbhasana
- 1.5 Matsyendrasana, Marjariasana,
- 1.6 Padangusthasana, Hastapadangusthasana
- 1.7 Garudasana, Vatayanasana , Natarajasana
- 1.8 Mayurasana, Padma Mayurasana
- 1.9 Sirshasana and its variations
- 1.10 Ekapada and Dwipada Kandarasana

**II. MUDRAS**

- 2.1 Yoga Mudra
- 2.2 Maha Mudra
- 2.3 Shanmukhi Mudra
- 2.4 Shambhavi Mudra
- 2.5 Kaki Mudra
- 2.6 Tadagi Mudra
- 2.7 Vipareet Karni Mudra
- 2.8 Simha Mudra

**III. Continuous evaluation by the Teachers Marks: 40 IV Counselling When not to do yoga – situations where different yogic kriyas and asanas should not be done and taught**

**R A I P U R**



## BOOKS FOR REFERENCES

- Swami Dhirendra  
Bhrahmachari : Yogasana Vijnana, Dhirendra Yoga Publications,  
New  
Delhi, 1966
- Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1983  
Asana, Pranayama, Bandha, Mudra, Bihar School  
of  
Yoga, Munger, 2006
- Swami Satyananda Saraswati : of  
Yoga, Munger, 2006
- Iyengar, B.K.S. : Light on Yoga, Harper Collins Publishers, Delhi,  
2009
- Sen Gupta Ranjana : B.K.S. Iyengar Yoga, A Dorling Kindersley  
Limited,  
2001
- Tiwari, O.P. : Asana Why and How? Kaivalyadhama, Lonavla,  
2011
- Radha, Sivananda : HathaYoga, Jaico Publishing House, Delhi, 2004.
- Jayadev, Yogendra : Cyclopaedia Yoga (Vol. I-IV), The Yoga Institute,  
Santacruz, Mumbai, 2005
- Sri Ananda : The Complete book of Yoga, Orient Paper Backs,  
Delhi, 2003

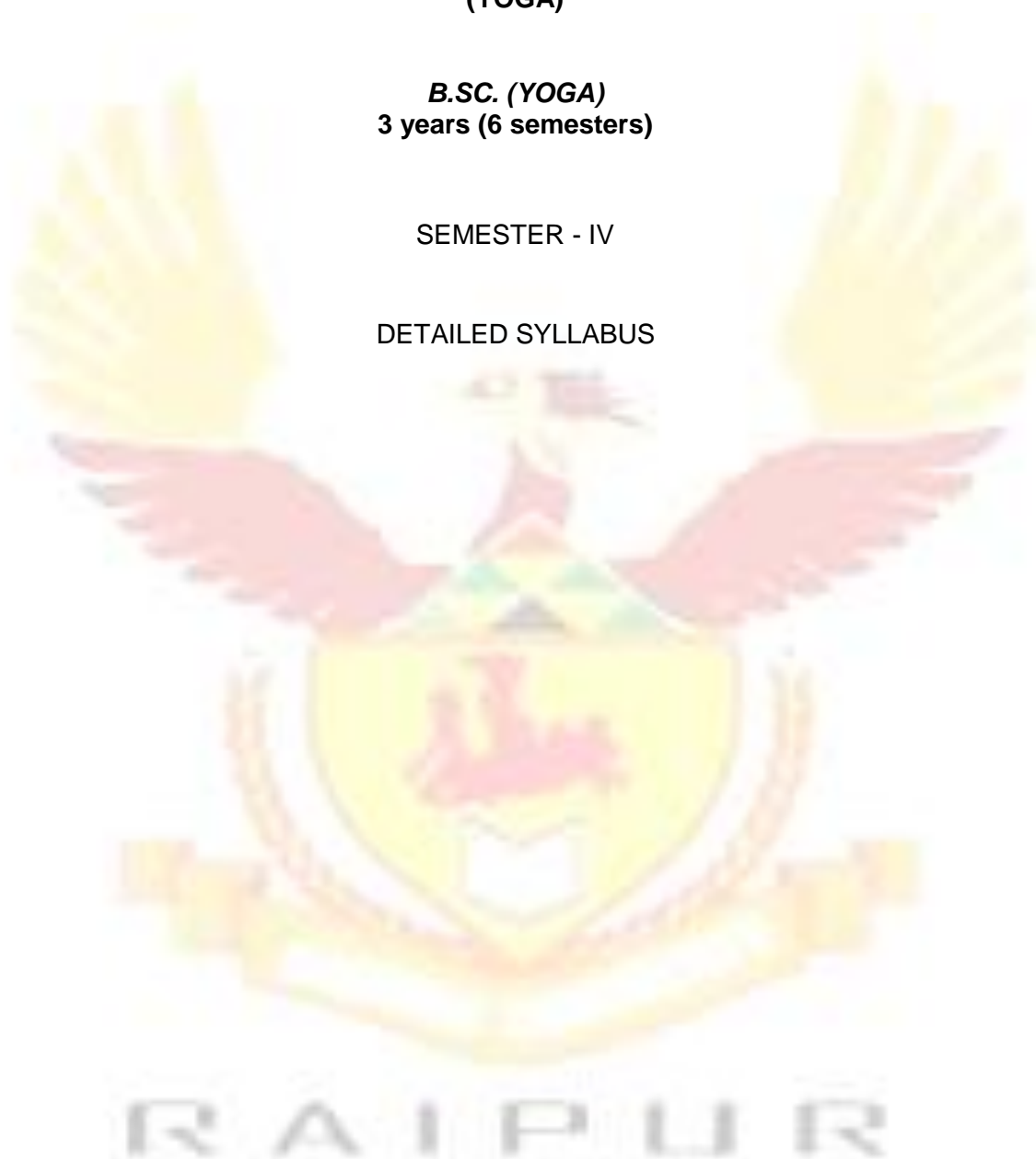
RAIPUR

**BACHELOR OF SCIENCE  
(YOGA)**

***B.SC. (YOGA)***  
**3 years (6 semesters)**

SEMESTER - IV

DETAILED SYLLABUS



## PATANJALA YOGA DARSHANA-II

Subject Code	Total Marks	Credits
BSY401	100 (70+30)	

### UNIT – I: SADHANA PADA

- 1.1 Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh).
- 1.2 Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drisha-nirupanam (Prakriti), Drastunirupanama (Purusha), PrakritiPurushaSamYoga.
- 1.3 Brief Introduction to Ashtanga Yoga.
- 1.4 Concept of Asana and Pranayama and their Siddhis.
- 1.5 Concept of Pratyahara and its Siddhis.

### UNIT – II: SADHANA PADA AND ITS APPLICATION

- 2.1 Application of Kriya Yoga.
- 2.2 Application of Yama, Niyama and Asana.
- 2.3 Application of Pranayama and Pratyahara.
- 2.4 Application of Dukhavada (through knowledge of Drishta and Drisha-nirupanam).
- 2.5 Theory of Karmasya and principle of Karma-phala and its relevance in Yoga Sadhana.

### UNIT – III: VIBHUTI PADA AND ITS APPLICATION

- 3.1 Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis.
- 3.2 Three types of Chitta Parinamah.
- 3.3 Bhoota jaya, Indriya jaya and their Siddhis, Satvapurushanyatakhyati and its Siddhis.
- 3.4 VivekJnanaNirupanam, KaivalyaNirvachana.
- 3.5 Role of Dharana, Dhyana, Samadhi and its application.

### UNIT – IV: KAIVALYA PADA AND ITS APPLICATION

- 4.1 Five Types of Siddhis and Jatyantar Parinamh.
- 4.2 Concept of Nirman Chitta and four types of Karmas.
- 4.3 Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities.
- 4.4 Non-self-illumination of Buddhi and its function, Dharmamegha Samadhi and infinite knowledge.
- 4.5 Mutation of Guna, Karma, Pratiprasavah and Kaivalya.

R A I P U R

## BOOKS FOR REFERENCE

Patanjali yoga darshana by Achar sahaitya prachar trust Khari baoli Delhi 6 Ashtang yoga by Swami Dev-Vrata (Arsha yog sanathan, Mirzapura ,Haryana)

M.R. Yardi	The Yoga of Patanjali Bhandarkar Oriental Research Institute, Poona, India
K.D. Prithvipaul	The Yogasurta of Patanjali M.L.B.D. New Delhi
Swami Ved Bharti	Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi
Ram Prasada	The Patanjalis Yogasutras Divine Books Delhi, India
Jayadeva Yogendra and Hansaji	The Yogasutras of Patanjali (stray thoughts of) The Yoga Institute Santa Kunj, Mumbai
B.K.S. Iyengar	Patanjal Yogasutras Parichya M.D.N.I.Y New Delhi
Swami Satyprakash Sarswati	Patanjal Raj Yoga S. Chand & Co. (Pvt.) Ltd. Ram Nagar, New Delhi
B.K.S. Iyengar	Core of the Yogasutras (The Definitive guide to the Philosophy of Yoga) ,Thomson Press India Ltd.
Shyam Ranganathan	Patanjalis Yogasutras Penguin Books India Pvt. Ltd., New Delhi
Karambelakar P. V. Swami Sarvagatananda	Patanjala Yogasutra, Kaivalyadhama, Lonavala Meditation as Spiritual, Culmination Yoha Aphorisma of Patanjali, Advaita Ashrama, Kolkata, 2008

R A I P U R

## METHODS OF TEACHING IN YOGA

Subject Code	Total Marks	Credits
BSY402	100 (70+30)	

### UNIT I: PRINCIPLES AND METHODS OF TEACHING YOGA

- 1.1 Teaching and Learning : Concepts and Relationship between the two.
- 1.2 Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyanthi, Shishya, Mumuksha.
- 1.3 Meaning and scope of Teaching methods, and factors influencing them.
- 1.4 Sources of Teaching methods
- 1.5 Role of Yoga Teachers and Teacher training

### UNIT II: BASICS OF YOGA CLASS MANAGEMENT

- 2.1 Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group)
- 2.2 Techniques of mass instructions
- 2.3 Techniques of Individualised teaching
- 2.4 Techniques of group teaching
- 2.5 Organisation of teaching (Time Management, Discipline etc.)

### UNIT III: LESSON PLANNING IN YOGA

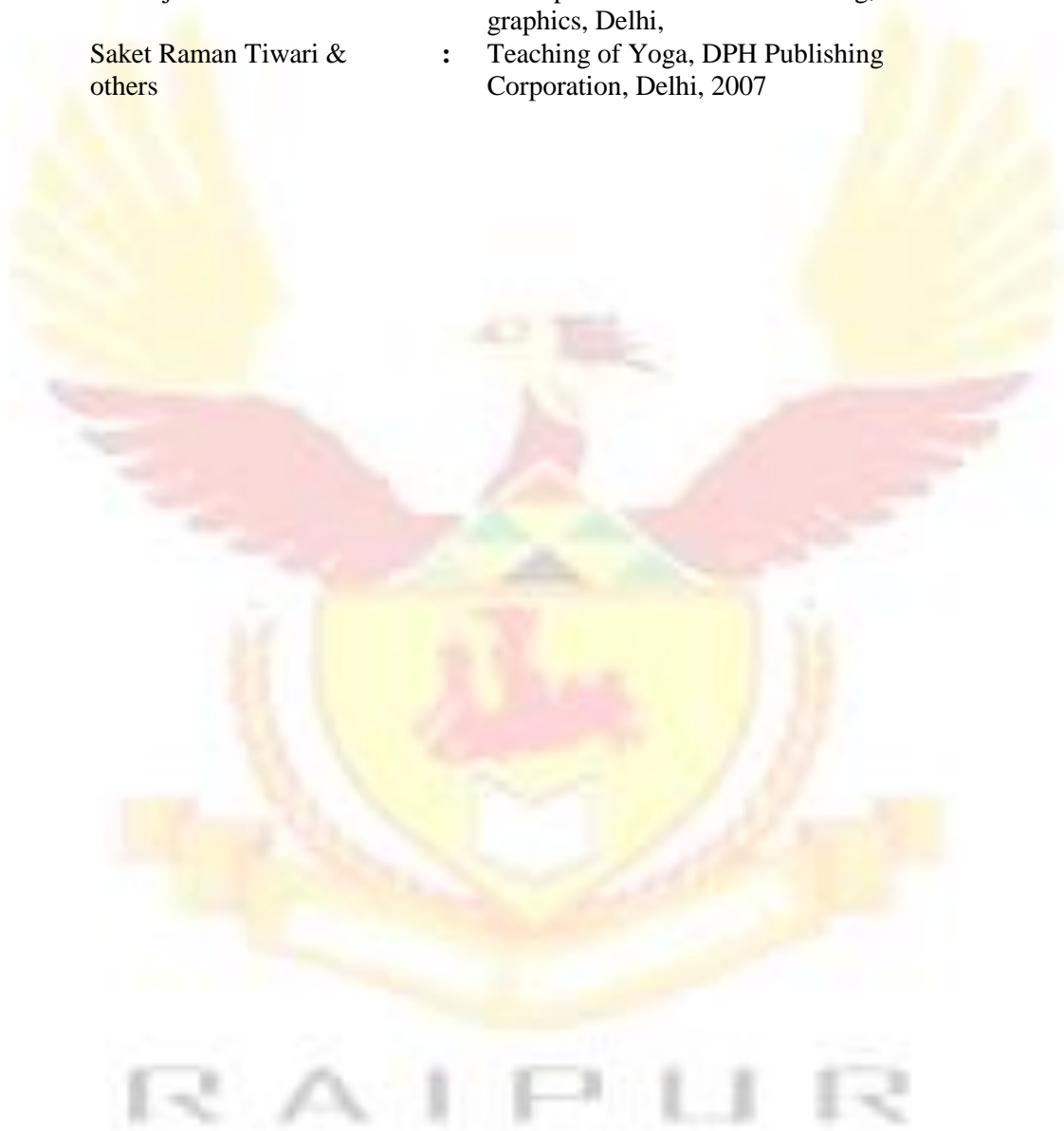
- 3.1 Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation)
- 3.2 Models of Lesson Plan
- 3.3 Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching
- 3.4 Effective use of Library and other resources
- 3.5 Lesson Plan and its Practical applications

### UNIT IV: EDUCATIONAL TOOLS OF YOGA TEACHING

- 4.1 Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.
- 4.2 Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching
- 4.3 Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching.
- 4.4 Meaning, Importance and Types of Educational technology
- 4.5 Role of Educational Technology in Yoga

## BOOKS FOR REFERENCE

- Dr. Gharote M L : Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
- Dr. Shri Krishna : Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009
- Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi,
- Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007



## Dietetics & Nutrition(Modern & Yogic Concept)

Subject Code	Total Marks	Credits
BSY403	100 (70+30)	

### UNIT – I: YOGIC CONCEPT OF DIET & NUTRITION

- 4.1 General Introduction of Ahara (Diet), concept of Mitahara
- 4.2 Definition and Classification in Yogic diet according to traditional Yoga texts
- 4.3 Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta
- 4.4 Pathya and Apathya in diet according to Yogic texts; Guna and Ahara
- 4.5 Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living

### UNIT – II: Dietetics in Yoga

Classification according to triguna- vegetarian vs non-vegetarian, panchabhuta relationships, rasa virya, Guna, Vipaka of shali, Yava, Godhuma, Mugda, Masha, Chanaka, patola, Surana, Mana, Kakkola, Shukashuka, Karkat, rambha, Balaramba, Mulak, Vartaki, Ridhi, Kalashaka, Vatraka, Himocika.

Navanita, Ghrta, Kshira, Sita, Aikshwam, Gudum, Pakvaramba, Varikellalm, Draksham, Lawali, Dhatri, Ela, Jati, Lavanga, Panasa, Jambu, Haritaki, Khajura, Madhu, Shunthi.

### UNIT – III: Nutrition-basics

Nutrients, proximate principles of diet, balanced diet concept  
Carbohydrates, proteins, fats –sources, nutritive values, importance  
Minerals-calcium, iron, phosphorus etc.  
Vitamins –sources, roles, requirements

R A I P U R

### BOOKS FOR REFERENCE

- Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
- Stanley Davidson & others : Human Nutrition & Dietetics , The English Language Book Society & Churchill Livings, Revised Edition
- Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001
- Randolph Stone : A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition
- Swami Digamber Ji & Others : Gheranda Samhita, Lonavala Institute, 1978
- Gharote M L & others : Hatha Pradipika, The Lonavala Yoga Institute, Lonavala, 2006
- Swami Mangalteertham : Synthetic approach to Diet & Nutrition, Deogarh Nutan Publication, Deogarh, 2005
- Swami Gambhirananda : Bhagvatgita, Shri Ramkrishna Math, Madras
- Swami Maheshananda & others : Vasishtha Samhita, Kaivalyadhama, Lonavla, 2005

RAIPUR



## YOGA AND MENTAL HEALTH

Subject Code	Total Marks	Credits
BSY404	100 (70+30)	

### UNIT-I: MENTAL HEALTH

Mental Health: Meaning and Importance; Yogic Perspective of Mental Health  
Yoga nidra, Kuntha, samayojan, stress, emotions, feelings, adjustments

### UNIT- II: YOGA FOR MENTAL HEALTH

Yogic Concepts and Techniques in *Patanjala Yoga Sutra* and *Bhagwadgita* for Promoting Mental Health; Need of Spiritual Growth for Mental Health  
Specific Yogic Practices for Promotion of Mental Health: Memory ,Intelligence, Breath Awareness, *Shavasana*, *Yoganidra*, *Pranayama* and Meditation; Yogic Life-style

### BOOKS FOR REFERENCE

- Singh, A. K. : Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007
- Tilak, B. G. : Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.
- Udupa, K.N. : Stress and Its Management by Yoga. Delhi: Motilal Banarasidas, 2007
- Vivekananda, Swami : Raja Yoga. Nagpur: Ramakrishna Math.

R A I P U R

## HINDI – II

Subject Code	Total Marks	Credits
BSY405	100 (70+30)	

### इकाई –1

हिन्दी की उपभाषाओं का सामान्य परिचय— 1. पश्चिमी हिन्दी 2. पूर्वी हिन्दी 3. राजस्थानी 4. बिहारी 5. पहाड़ी

### इकाई –2

राष्ट्रभाषा के रूप में हिन्दी का विकास—  
खड़ी बोली का सम्पर्क भाषा के रूप में विकास  
राजभाषा: तात्पर्य एवं महत्व  
राष्ट्रभाषा हिन्दी की समस्याएँ

### इकाई –3

देवनागरी लिपि—

- (1) विकास
- (2) नामकरण
- (3) विशेषताएँ

### इकाई –4

कार्यालयीन पत्र –  
परिपत्र, आदेश, अधिसूचना, ज्ञापन, अनुस्मारक

### इकाई –5 पाठ संकलन—

1. कविता – पुष्प की अभिलाशा (माखनलाल चतुर्वेदी )
2. कहानी – उसने कहा था (चक्रधर ' र्मा गुलेरी)
3. निबंध – लोभ और प्रीती (आचार्य रामचंद्र ' गुक्ल)

### सहायक ग्रंथ:—

1. हिन्दी भाषा का उद्भव और विकास— उदय नारायण तिवारी
2. नागरी लिपि और उसकी समस्याएँ— नरेश मिश्र
3. नागरी लिपि और हिन्दी वर्तनी— बिहार हिन्दी ग्रंथ, अकादमी, पटना
4. राष्ट्रभाषा और राष्ट्रीय एकता— दिनकर, उदयांचल, पटना
5. राजभाषा के आन्दोलन में – राजनारायण दुबे, प्रकाशन संस्थान, दिल्ली
6. राष्ट्रभाषा और हिन्दी – राजेन्द्र मोहन भटनागर , के.ही. संस्थान, आगरा

**Practical – IX (YOGA PRACTICAL – VII)**

<b>Subject Code</b>	<b>Total Marks</b>	<b>Credits</b>
BSY406P	50 (30+20)	

**YOGIC SUKSHMA AND STHUL VYAMAYA, SURKANAMASKARA10**

**I. MARKS**

**II. SHAT KARMAS**

- Vastra Dhauti
- Sutra Neti
- Kapalbhati
- Nauli Chalan
- Jyoti Trataka
- Agnisara

**III. YOGASANAS**

- Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana
- Ardha Chakrasana, Paada Hastasana
- Trikonasana, Parshva Konasana
- Veerabhadrasana
- Bhunamanasana, Hanumanasana
- Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana,

**R A I P U R**

- Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana,
- Kurmasana, Navasana, Baddha Padmasana, Uttitha Padmasana
- Janusirasana, Paschimottanasana, Supta Vajrasana
- Bhramacharyasana, Mandukasana, Utthana Mandukasana
- Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana
- Pavanamuktasana
- Utthana-padasana, Ardha Halasana,
- Setubandha Sarvangasana
- Halasana, Karna Peedasana
- Sarvangasana, Matsyasana
- Chakrasana
- Shavasana
- Makarasana
- Bhujangasana
- Shalabhasana
- Dhanurasana
- Kapotasana,
- Bakasana, Garbhasana
- Matsyendrasana, Marjariasana,
- Padangusthasana, Hastapadangusthasana
- Garudasana, Vatayanasana,
- Sirshasana
- Ekapada Kandasana

#### **IV. BANDHA AND MUDRAS**

- Jivha Bandha
- Jalandhara Bandha
- Uddiyana Bandha
- Mula Bandha
- Maha Bandha
- Tri Bandha
- Yoga Mudra
- Maha Mudra
- Shanmukhi Mudra
- Shambhavi Mudra
- Kaki Mudra
- Tadagi Mudra
- Vipareet Karni Mudra
- Simha Mudra

#### **V. PRANAYAMA**

- Nadi Shodhana pranayama
- Bhramari Pranayama

- Suryabhedhi and Chandrabhedhi Pranayama
- Ujjayi Pranayama
- Sheetali Pranayama
- Shitkari Pranayama
- Bhastrika Pranayama

## **VI. PRACTICE LEADING TO MEDITATION**

- Pranav and Soham Japa
- Antaurmouna
- Dharana
- Pracice of Dhayana
  - a) Breath Meditation
  - b) Om Meditation
  - c) Vipassana Meditation
  - D) Preksha Meditation



## BOOKS FOR REFERENCES

- Swami Dharendra  
Bhramhachari : Yogic Sukshma Vyayama, Dharendra Yoga  
Publications, New Delhi, 1980
- Swami Dharendra  
Bhramhachari : Yogasana Vijnana, Dharendra Yoga Publications,  
New Delhi, 1966
- Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1983
- Swami Satyananda  
Saraswati : Asana, Pranayama, Bandha, Mudra, Bihar School  
of Yoga, Munger, 2005-06
- Basavaraddi, I.V. & others : Yogasana: A Comprehensive description about  
Yogasana, MDNIY, New Delhi, 2011.
- Basavaraddi, I.V. & others : Yogic Sukshma Evam Sthula Vyayama,  
MDNIY, New Delhi, 2011.
- Yogeshwar : Text Book of Yoga, Penguin Books, India, 2004.
- Iyengar, B.K.S. : Light on Yoga, Harper Collins Publishers, 2009
- Sen Gupta Ranjana : B.K.S. Iyengar Yoga, A Dorling Kindersley  
Limited, 2001
- Saraswati, Swami  
Satyananda : Surya Namaskar, Yoga Publication Trust, Munger,  
2004
- Tiwari, O.P. : Asana Why and How? Kaivalyadhama, Lonavla,  
2011
- Radha, Sivananda : HathaYoga, jaico Publishing House, Delhi, 2004.
- Jayadev, Yogendra : Cyclopaedia Yoga (Vol. I-IV), The Yoga Institute,  
Santacruz, Mumbai, 2005
- Sri Ananda : The Complete book of Yoga, Orient Paper Backs,  
Delhi, 2003.
- Buhnemann, Gudaum : Eighty four Asanas in Yoga, D.K. Printworld Pvt.  
Ltd., New Delhi, 2007.
- Bassavaraddi, I. V.  
& others : Yoga Teachers Manual for School Teachers,  
MDNIY, New Delhi, 2010.

**VII -Practical – X (YOGA PRACTICAL – 8)**  
**(Practice of Teaching in Yoga)**

<b>Subject Code</b>	<b>Total Marks</b>	<b>Credits</b>
BSY407P	50 (30+20)	

**I. PRACTICE OF TEACHING IN YOGA**

1. Illustration of the need for a lesson plan.
2. Illustration of the need for a content plan.
3. Demonstration of types of teaching methods.
4. Demonstration of optimum use of teaching aids viz. audio-visual aids.
5. Practical training on class management.
6. Practical demonstration of critical observation, active supervision and interaction.
7. Method of preparing for an ideal setting based on the specific requirement of the class.
8. Demonstration on use and importance of body language, communication skills and personal conduct in an ideal class.
9. Evaluation methods of an ideal Yoga class.
10. Methods of customizing Yoga class to meet individual needs.

The student will have demonstrations and training in the above mentioned aspects of teaching methods.

Each candidate is expected to complete 5 hours of individual class, 5 classes for a small group, 5 classes for a large group demonstrating the use of essential requirements for an ideal class. (e.g.: One on Shat Karma, One on Asana, one on Pranayama, one on Bandha /Mudra, and one lesson on Meditation) under the supervision of their Yoga Practical Teacher. Each student will also have to prepare and give at least one Lecture cum Demonstration on different topics of Yoga. The record of each of these classes has to be maintained in the 'Practical Record' format for evaluation.

The practice teaching lessons and a Lecture cum Demonstration assignment should be observed / examined by the Yoga Practical Teacher. These marks shall be considered as the Practicle Class Tests (internal assessment) of this practical paper.

**II. VIVA-VOCE**

Viva-voce shall be on Methods of Yoga Teaching and Presentations of Lesson/s

R A I P U R

**BACHELOR OF SCIENCE  
(YOGA)**

***B.SC. (YOGA)***  
**3 years (6 semesters)**

SEMESTER - V

DETAILED SYLLABUS



**RAIPUR**



## **BHAGAVADGITA**

<b>Total Marks</b>	<b>Total Marks</b>	<b>Credits</b>
BSY501	100 (70+30)	

### **UNIT – I: SIGNIFICANCE OF BHAGAVADGITA AS SYNTHESIS OF YOGA**

- 1.1 Introduction to Bhagavadgita
- 1.2 Bhagavadgita and its traditional commentaries, their commentators
- 1.3 Significance of Bhagavadgita as a synthesis of Yoga
- 1.4 Definitions of Yoga in Bhagavadgita and their relevance
- 1.5 Bhagavadgita and their relevance in Yoga Sadhana

### **UNIT–II: CONCEPT OF ATMAN, PARAMATMAN AND CHARACTERISTIC OF STHITA PRAJNA IN BHAGAVDGITA**

- 2.1 Concept of Samkhya Yoga in Bhagavadgita
- 2.2 Concept of Sthita Prajna, stages and characteristic of it
- 2.3 Concept of Atman (Purusha), Jivatman
- 2.4 Concept of Paramatman (Parmeshwar or Purushottam) their characteristic in Bhagavadgita
- 2.5 Concept of Jnana and Jnana Yoga, origin of the world as described in Bhagavadgita

### **UNIT – III: KARMA YOGA AND BHAKTI YOGA IN BHAGAVADGITA**

- 3.1 Concept of karma Yoga in Bhagavadgita
- 3.2 Concept of Karma in context of Bhagavadgita
- 3.3 Concept of Bhakti, concept of Shraddha and its relevance as described in Bhagavad Gita
- 3.4 Yoga of Bhakti and Bhakta as described in Bhagavadgita
- 3.5 Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita

### **UNIT – IV: CONCEPT OF AHARA AND ROLE OF BHAGAVADGITA IN HEALTHY LIVING**

- 4.1 Role of Bhagavadgita in day to day life
- 4.2 Concept and classification of Ahara as described in Bhagavadgita
- 4.3 Ahara and its role in Adhyatma Sadhana
- 4.4 Concept of Triguna in the context of Bhagavadgita
- 4.5 Theory of Adjustment in healthy living as described in Bhagavadgita

R A I P U R



RAIPUR

## BOOKS FOR REFERENCE

Swami Ramsukhadas	Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur
Swami Ranganathananda	Bagavadgita Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata
Swami Shrikantananda	Gita Darshana Indian Institute of Human Excellence Hyderabad
Swami Tapasyananda	Srimadbhagavadgita Sri Ramkrishna Matha Madras
Swami Gambhiranand	Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha Madras
Swami Abhidananda	Bhagvatgita, the divine message, Ramakrishna Vedanta Matha, Kolkata, 1990
Swami Raghvendrananda	Universal message of the Bhagvatgita, Advita Ashrama, Kolkata, 2000
Swami Gambhiranand	Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, Kolkata, 2003
Warrior A.G.K	Srimad Bhagvatgita of Sri Sankaracharya, Sri Ramakrishnamata, Madras, 2002
Swami Adidevananda	Sri Ramanuja Gita Bhasya, Sri Ramakrishnamata, Kolkata, 2009

RAIPUR



RAIPUR

## YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING

Subject Code	Total Marks	Credits
BSY502	100 (70+30)	

### UNIT I: YOGIC CONCEPTS OF HEALTH AND MIND.

- 1.1 Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual
- 1.2 **Concept of Health in Indian Systems of Medicine** i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in health .
- 1.3 Yogic Concept of Health: Meaning and definitions, Concept of Adhi and Vyadhi, Yogic concept of Health, role of Yoga in preventive health care - Heyamdukhamanagatam
- 1.4 **Potential causes of Ill-health:** Tapatrayas and Kleshas,; Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva
- 1.5 **Shuddhi Prakriyas in Yoga :** Role of Shuddhi Prakriyas in preventive -Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

### UNIT II: YOGIC CONCEPTS FOR HEALTH AND HEALING

- 2.1 Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing
- 2.2 Cocept of Pancha-koshas & Shat-chakra and their role in Health and Healing
- 2.3 Concept of Abhyas and Vairagya, Chitta and Chitta Prasadana, Kriya-yoga, Ashtanga Yoga of Patanjali for Health and Healing.
- 2.4 Concept of Cleansing (Shuddi), its role and importance in Health and Healing
- 2.5 Concept of Swara Yoga and its efficacy in Health and Healing

### UNIT-III: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING

- 3.1 Yogic Principles of Healthy Living: Aahara, Vihara, Aachara and Vichara  
Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy
- 3.2 Living,  
Concept of Bhavas and Bhavanas with its relevance in Health and well-being  
Yogic principles of Lifestyle management and its role in prevention of disease and
- 3.3 health  
promotion
- 3.4 Yogic Principles of Diet and its role in Healthy living.  
Yogic Practices of Healthy living : i.e. Yama, Niyama, Shat-karma,Asana, Mudra &
- 3.5 Bandha  
Pranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living.

### UNIT IV: HEALTH BENEFITS OF YOGIC PRACTICES

- 4.1 Health promotion benefits of Yogasana
- 4.2 Preventive benefits of Pranayama
- 4.3 Preventive Effects of Shatkarma
- 4.4 Preventive benefits of Bandha and Mudra
- 4.5 Preventive health benefits of Meditation



RAIPUR

## BOOKS FOR REFERENCE

- Preeti Goel and Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003)
- M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
- Dr. K. Krishna Bhat :The power of Yoga
- Dr. R. S. Bhogal : Yoga Psychology, Kaivalyadhama Publication
- T.S. Rukmani : Patanjala Yoga Sutra
- Sahay, G. S. :Hatha Yoga Pradeepika, MDNIY Publication, 2013
- Kdham : Gheranda Samhita, Kaivalyadhama, Lonavla,
- M. V. Reddy : Hatha Rathnavali
- B.K.S. Iyenger : AstadulYogamaala
- Dr. Krishna Raman & :Yoga & Medical Science, East West Books (Madras) Pvt. others Ltd India, 2003
- Desikachar T.K.V. : Nathamuni's Yoga Rahasya, Krishnamacharya Yoga Mandiram, 2008
- Dr. D. R. Vaze :Swadhyaya & Yoga Therapy, Kaivalyadhama, Lonavla, 2009
- Dr. D. R. Vaze : Paravidya & Positive Lifestyle, Kaivalyadhama, Lonavla, 2009
- Yogiraj Behramji :Yogasana For Health, Himalayan Yoga Institute, 1989
- Lajpat, Rai : Discovering Human Potential Energy, Anubhava Rai Publications, Gurgaon, 1999
- Nagendra, H. R. :Yoga for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
- Nagendra H. R : New Perspective in Stress Management, VK Yoga Publication, Bangalore
- K. N. Udupa :Stress and its Management by Yoga, MLBD, New Delhi, 2007
- Prof. RH Singh : The Foundation of Contemporary Yoga & Yoga Therapy, Chaukambha Sanskrit Prathishthan, Delhi, 2009
- Swami Shantidharmanada :The Holistic Yoga, Srikunj Sadbhavana Manch, New Saraswati Delhi, 2006
- R. S. Bhogal :Yoga & Mental Health, Kaivalyadhama, Lonavla, 2010

R A I P U R

## FUNDAMENTALS OF AYURVEDA

Subject Code	Total Marks	Credits
BSY503	100 (70+30)	

### UNIT I: GENERAL INTRODUCTION TO AYURVEDA

- 1.1 General introduction to Ayurveda
- 1.2 Definition, aim of Ayurveda, its origin, history and propagation
- 1.3 Basic introduction to main Ayurvedic texts like Charaka Samhita, Sushruta Samhita and Ashtanga Samghra.
- 1.4 Ashtanga Ayurveda and its significance.
- 1.5 Concept of Health according to Ayurveda and its utility in health promotion and prevention

### UNIT II: SWASTHAVRITTA, DINACHARYA, RITUCHARYA, RATRICHARYA, SADVRITTA & ACAHARARASAYANA

- 2.1 Basic principles of Ayurveda – Tridosha, Saptadhatu, Trimala, Pancha Mahabhuta, Prakruti & Manas
- 2.2 Concept and importance of Swasthavrita, Dinacharya, Ritucharya
- 2.3 Concept of Sadvrita and Achara Rasayana
- 2.4 Concept of Agni, Srotas and Ama, Concept of Dharniya and Adharniya Vega in Ayurveda
- 2.5 Introduction to Dravya, Guna, Karma, Virya, Vipaka and Prabhava

### UNIT III: UPASTHAMBAS WITH SPECIAL EMPHASIS ON AHARA

- 3.1 Concept of Upasthambha
- 3.2 Concept of Ahara, Ahara pachana, Pathya & Apathya in Ayurveda
- 3.3 Introduction to Shariraposhana (nourishment)
- 3.4 Concept of Oja in Ayurveda
- 3.5 Role of Ayurvedic diet in health and prevention

### UNIT IV: INTRODUCTION TO PANCHAKARMA

- 4.1 Role of Poorva and Paschat Karma in Panchakarma
- 4.2 Significance of Panchakarma in Ayurveda and Shatkarma in Yoga
- 4.3 Approach of Ayurveda and Yoga as whole in relation to total health/well-being

R A I P U R



**BOOKS FOR REFERENCE**



Dr. Priyavrata Sharma

Dr. Ravi dutta Tripathi Dr. Brahmanand Tripathi Dr. K. H. Krishnamurthy

Dr. P. H. Kulkarni

Dr. V. B. Athavale

Dr. L. P. Gupta

Dr. G. Srinivas Acharya

Susan Tinkle

Sarvadeva Upadhyaya

Prof. H. Subhash Ranade

Prof Dr. Subhash Ranade & Others

RAIPUR

: Charak samhita, Chaukhambha Orientalal, Varanasi, Edition of 2008  
: Ashtanga Samgraha, Chaukhambha Sanskrit Prathisthan, Delhi, Reprint edition of 2003  
: The wealth of Susruta, International Institute of Ayurveda, Coimbatore, 1999  
: Ayurvedic Philosophy, Academia Publishers, 2011

: Basic Principles of Ayurveda, Chaukhambha Sanskrit Prathisthan, Delhi, 2004  
: Essentials of Ayurveda, Chaukhambha Sanskrit Prathisthan, Delhi, 2006

: Panchakarma illustrated, Chaukhambha Sanskrit Prathisthan, Delhi, 2009

: The Ayurvedic Diet, New Age Books, 2011

: Nadi Vijnana, Chaukhambha Sanskrit Prathisthan, Delhi, 2009

: Concepts of Prakriti & Lifestyle, Chaukhambha Sanskrit Prathisthan, Delhi, 2004  
: The textbooks of Swasthavritta, Chaukhambha Sanskrit Prathisthan, Delhi, 2005

RAIPUR

	<b>Fundamentals of IT</b>	
	<b>BSY505</b>	
<b>Unit No.</b>	<b>Details</b>	<b>Nos. of Hours</b>
<b>1</b>	<p><b>1.1 Introduction to Computers:</b></p> <p>1.1.1 The evolution of computers – Computer Generation</p> <p>1.1.2 Classifications of Computers –</p> <p>1.1.3 Micro</p> <p>1.1.4 Mini,</p> <p>1.1.5 Mainframe</p> <p>1.1.6 Super Computers</p> <p>1.1.7 Distributed Computer System</p> <p>1.1.8 Parallel Computers</p> <p>1.1.9 Computer Hardware – Major Components of a Digital Computer</p> <p>1.1.10 Block Diagram of Computer</p> <p>1.1.11 Input devices</p> <p>1.1.12 Output devices</p> <p>1.1.13 Description of Computer IPO Cycle</p> <p>1.1.14 CPU</p> <p><b>1.2 Computer Memory:</b></p> <p>1.2.1 Memory Types,</p> <p>1.2.2 Units of memory</p> <p>1.2.3 Read Only Memory,</p> <p>1.2.4 Random Access Memory,</p> <p>1.2.5 Serial Access Memory,</p> <p>1.2.6 Physical Devices Used to construct Memories,</p> <p>1.2.7 Hard disk,</p> <p>1.2.8 Floppy Disk Drives,</p> <p>1.2.9 CD, DVD, Flash Drives,</p> <p>1.2.10 Magnetic Tape Drives.</p>	<b>08</b>
<b>2</b>	<p><b>2.1 Number System:</b></p> <p>2.1.1 Decimal,</p> <p>2.1.2 Binary,</p> <p>2.1.3 Octal,</p> <p>2.1.4 Hexa-decimal.</p> <p>2.1.5 Conversion - Decimal to all other number systems,</p> <p>2.1.6 Binary to octal and Hexa Decimal,</p> <p><b>2.2 Computer Software:</b></p> <p>2.2.1 System software,</p> <p>2.2.2 Operating System concepts,</p> <p>2.2.3 Different types of operating systems,</p> <p>2.2.4 Assemblers,</p> <p>2.2.5 Compilers,</p> <p>2.2.6 Interpreters,</p> <p>2.2.7 linkers,</p> <p>2.2.8 Application Software,</p> <p>2.2.9 Firmware Software,</p>	<b>08</b>
<b>3</b>	<p><b>3.1 Introduction of Internet and Objectives</b></p> <p><b>3.2 Basic of Computer Networks</b></p> <p>3.2.1 Local Area Network (LAN)</p> <p>3.2.2 Wide Area Network (WAN)</p> <p><b>3.3 Internet</b></p> <p>3.3.1 Concept of Internet</p> <p>3.3.2 Applications of Internet</p>	<b>08</b>

	<p>3.3.3 Connecting to the Internet 3.3.4 Troubleshooting</p> <p><b>3.4 World Wide Web (WWW)</b></p> <p><b>3.5 Web Browsing Software</b> 3.5.1 Popular Web Browsing Software</p> <p><b>3.6 Search Engines</b> 3.6.1 Popular Search Engines / Search for content 3.6.2 Accessing Web Browser 3.6.3 Using Favorites Folder 3.6.4 Downloading Web Pages 3.6.5 Printing Web Pages</p> <p><b>3.7 Understanding URL</b></p> <p><b>3.8 Surfing the web</b> 3.8.1 Using e-governance website</p>	
4	<p><b>4.1 Word Processor:</b> 4.1.1 Word Processor and its features, 4.1.2 Editing of Text, 4.1.3 Find and Replace, 4.1.4 Bullets and Numbering, 4.1.5 Spell Checker, 4.1.6 Grammar Checker, 4.1.7 Auto Correct, 4.1.8 Auto Complete, 4.1.9 Auto Text, 4.1.10 Header and footer, 4.1.11 tables, 4.1.12 mail merge, 4.1.13 border and shading, 4.1.14 page setup, 4.1.15 Printing.</p> <p><b>4.2 Spread sheet:</b> 4.2.1 Spread sheet and its features, 4.2.2 Entering Information in Worksheet, 4.2.3 Editing Cell Entry, 4.2.4 Moving and Copying Data, 4.2.5 deleting or Inserting Cells, 4.2.6 Rows and Columns, 4.2.7 Custom 4.2.8 Numeric Formats, 4.2.9 Using Formulas and functions, 4.2.10 Creating charts.</p>	08
5	<p><b>5.1 Presentation Software</b> 5.1.1. Presentation Software and its uses, 5.1.2. steps for creating Power Point Presentation, 5.1.3. PowerPoint Views, 5.1.4. Assigning Slide Transitions, 5.1.5. Using Preset Animations, 5.1.6. Hiding Slides, 5.1.7. Slide Show, 5.1.8. Controlling the Slide Show with a Keyboard, 5.1.9. Setting Slide Show Timings.</p>	08

1. Alex Leon & Mathews Leon, "Fundamentals of Information Technology", LeonTechworld, 1999.
2. Vikas Gupta, "Comdex Computer Kit", Wiley Dreamtech, Delhi, 2004
3. P. K. Sinha & Priti Sinha , "Computer Fundamentals", BPB Publications, 1992.

**Reference Books:**

1. V. Raja Raman, "Introduction to Computers", PHI, 1998.
2. Alex Leon & Mathews Leon, "Introduction to Computers", Vikas Publishing House, 1999.  
Norton Peter, "Introduction to computers", 4<sup>th</sup> Ed., TMH, 2001.



**Practical - XI (YOGA PRACTICAL – 9)**

<b>Subject Code</b>	<b>Total Marks</b>	<b>Credits</b>
BSY505P	50(30+20)	

i. Shat Karmas (contd)

ii. Bandh kriya (contd)

Iii Difficult postures /asanas vrishikasan,purnchakra asan, dimbasanmayurchal asan,dandaymanjanushir asan,shutrvajr asan,garbh asan, tula asan, padammayur asan,natraj asan, omkar asan,dwipad skand asan. Shirs asan, bajrang asan, kukut asan,rajakapot asan etc  
iv) **Counselling regarding contraindications:When not to do yoga – situations where different yogic kriyas and asanas should not be done and taught**

**Examination pattern:**

1. Practical demonstration of asanas shat kriyas,and bandhas
2. Viva voce
3. Continuous evaluation by the Teachers

R A I P U R

### Practical – XII (Computer Practical- I)

Subject Code	Total Marks	Credits
BSY506P	50(30+20)	

Practical will be based on Computer Applications - I: Covers UNIT-II, UNIT-III of Syllabus.

#### List of Practical:

1. Introduce about Number Systems & Conversion from binary to decimal, decimal to binary, etc. and Data Operations (Additions, Subtractions, Multiplications, Divisions).
2. Implementation of Flowcharts.
3. Implementation of Basic Elementary Algorithms.
4. Practice of all Internal and External DOS Commands.
5. Practice of all UNIX Commands.
6. Giving Exposure to MS Windows Environment.
7. File and Program Management in MS Windows.

RAIPUR



## Fundamentals of IT Lab

Subject Code	Total Marks	Credits
BSY507P	50(30+20)	

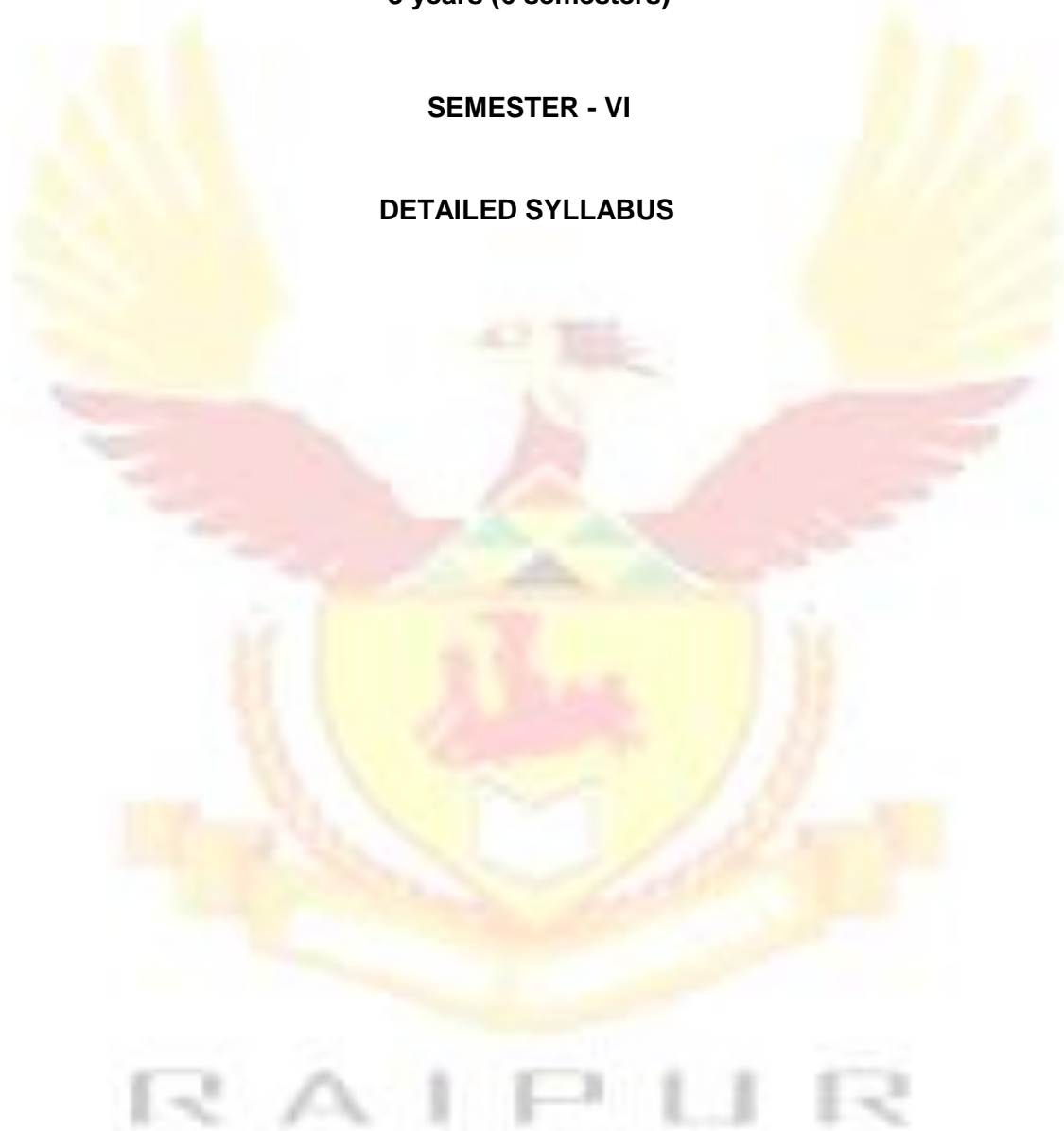
Unit No.	Details	Nos. of Hours
1	<p><b>MS-WORD</b></p> <ol style="list-style-type: none"> <li>1. Text Manipulations</li> <li>2. Usage of Numbering, Bullets, Tools and Headers</li> <li>3. Usage of Spell Check and Find and Replace</li> <li>4. Text Formatting</li> <li>5. Picture Insertion and Alignment</li> <li>6. Creation of Documents Using Templates`</li> <li>7. Creation of Templates</li> <li>8. Mail Merge Concept</li> <li>9. Copying Text and Picture From Excel</li> <li>10. Creation of Tables, Formatting Tables</li> <li>11. Splitting the Screen</li> <li>12. Opening Multiple Document, Inserting Symbols in Documents</li> </ol> <p><b>MS-EXCEL</b></p> <ol style="list-style-type: none"> <li>1. Creation of Worksheet and Entering Information</li> <li>2. Aligning, Editing Data in Cell</li> <li>3. Excel Function (Date, Time, Statistical, Mathematical, Financial Functions)</li> <li>4. Changing of Column Width and Row Height (Column and Range of Column)</li> <li>5. Moving, copying, Inserting and Deleting Rows and Columns</li> <li>6. Formatting Numbers and Other Numeric Formats</li> <li>7. Drawing Borders Around Cells</li> <li>8. Creation of Charts Raising Moving</li> <li>9. Changing Chart Type</li> <li>10. Controlling the Appearance of a Chart</li> </ol> <p><b>MS -POWER POINT</b></p> <p>Working With Slides</p> <ol style="list-style-type: none"> <li>1. Creating, saving, closing presentation</li> <li>2. Adding Headers and footers</li> <li>3. Changing slide layout</li> <li>4. Working fonts and bullets</li> <li>5. Inserting Clip art: working with clipart,</li> <li>6. Applying Transition and animation effects</li> <li>7. Run and Slide Show</li> </ol>	<p><b>30</b></p>

**BACHELOR OF SCIENCE  
(YOGA)**

***B.SC. (YOGA)***  
**3 years (6 semesters)**

**SEMESTER - VI**

**DETAILED SYLLABUS**



## HUMAN VALUES AND PROFESSIONAL ETHICS

Subject Code	Total Marks	Credits
BSY601	100 (70+30)	

### Unit I: Harmony in Human Being and in Myself

- 1.1 Concept of Human Being as 'I' & Body
- 1.2 Characteristics & activities of 'I' & Harmony in 'I'
- 1.3 Understanding the Harmony of 'I' with the Body: Sanyam and Swasthya , correct appraisal of body needs and meaning of prosperity in detail
- 1.4 Role of Yoga in developing Harmony within the self
- 1.5 Understanding the body as an instrument of 'I'

### Unit II: Harmony in Family and Society - Harmony in Human – Human relationship

- 2.1 Values in Family, Harmony in family; the basic unit of human interaction
- 2.2 Values in Human; Human relationship, Yogic concept of Human relationship – Maitri, Karuna, Mudita and Upeksha
- 2.3 Harmony in the Society – Concept of Vasudeva Kutumbakam
- 2.4 Concept of Universal Harmonious order in society; undivided society (Akhand Samaj), Universal order (Sarvabhaum Vyawastha)
- 2.5 Concept of Samman (Respect), difference between respect and differentiation, the other silent values in relationships

### Unit III: Concept of Human values: Moral Education

- 3.1 Definition and types of moral education, meaning and scope of morality
- 3.2 Role of Yoga in development of ethics and ethical decision making
- 3.3 Values, Yoga, Reality & their inter-relationship
- 3.4 Relevance of ethics and values in Yoga, Qualities of teacher and students
- 3.5 Ethics in Professional Practices, methods of teaching human values, Student – teacher relationship

### Unit IV: Social Responsibility and Yoga

- 4.1 Moral Principles of SR; overview of SR
- 4.2 SR & health maintenance of employees through Yoga
- 4.3 Challenges of Environment; Principles of Environmental Ethics
- 4.4 Concepts of Civil Society and its types
- 4.5 Relationship between Democracy, Civil Society and Social Capital; Efficient use of Yoga in them

R A I P U R

## BOOKS FOR REFERENCE

- Singh M S : Value Education, Adhyayan Publishers & Distributors, New Delhi, 2007
- Chand Jagdish : Value Education, Anshah Publishing House, Delhi, 2007
- Gawande E N : Value Oriented Education: Vision for better living, Sarup & Sons Publishers, New Delhi, 2008
- Panda Sanjay Kumar : Corporate Social Responsibility in India: Past, Present & Future, The ICFAI University press, Hyderabad, 2008
- Kesari Vedanta : Values: The Key to a meaningful life; Sri Ramakrishna Math, Chennai, 2005
- Prasad Rajendra : Varnadharma, Niskhana Karma & Practical Morality: A Critical essay on applied ethics, DK Print world Pvt. Ltd, Delhi, 1999
- Radhakrishnan S : Indian Philosophy, Vol. 2, Oxford University, Delhi, 2008
- Swami Ranganathananda : The Message of Upanishad, Bhartiya Vidya Bhawan, Delhi, 2001

RAIPUR

## YOGA IN DIFFERENT SETUPS

Subject Code	Total Marks	Credits
BSY602	100 (70+30)	5 Credits

### UNIT I: YOGA IN SCHOOL

- 1.1 General Introduction to School Health, components of school health
- 1.2 Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health
- 1.3 Role of Yoga in establishment of values in School going children; Personality Development: New Dimensions of Personality through Yoga

### UNIT II: YOGA FOR SPORTS

- 2.1 General introduction to Physical Education and Sports; Difference between Physical Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports
- 2.2 Yoga for Physical, Mental Stamina and other faculties / skills in a sports Personnel
- 2.3 Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities

### UNIT III: YOGA FOR STRESS

- 3.1 Introduction to stress, its causes
- 3.2 Role of Yoga in prevention of stress

### UNIT IV: YOGA FOR ELDERLY POPULATION

- 4.1 General introduction to Geriatrics
- 4.2 Application of Yoga in promotion of general wellbeing of Geriatric population

### BOOKS FOR REFERENCE

- Basavaraddi I V : Yoga in School Health, MDNIY New Delhi, 2009  
Astadala Yogamala 1 to 7 volumes, Allied  
Publishers Pvt. Ltd, 2009
- Iyenger B K S : Growing with Yoga, The Yoga Institute,  
Santacruz, Mumbai, 2004
- Jayadev H J : Yoga for Kids, Carlton Books Ltd., London, 2003  
Yoga for Children: A complete illustrated guide  
to  
Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
- Liz Lark : The Path to Holistic Health, A Dorling Kindersley  
Book, Great Britain, 2001
- Swati & Rajiv Chanchani : Yoga Education: Philosophy and Practice, Deep  
&  
Dr. Goel Aruna : Deep Publications Pvt. Ltd, 2007
- Dr. H Kumar Kaul : Yoga and Healthy Ageing, BR Publishing  
Corporation, Delhi, 2006

## FUNDAMENTALS OF NATUROPATHY

Subject Code	Total Marks	Credits
BSY603	100 (70+30)	5 Credits

### UNIT - I: INTRODUCTION TO NATUROPATHY

- 1.1 General introduction to Naturopathy
- 1.2 Naturopathy – its definition, meaning, scope and limitations
- 1.3 History of Naturopathy – Indian and Western
- 1.4 Comparative study of the Naturopathy with other systems of Medicine
- 1.5 Catechism of Nature cure

### UNIT - II: PRINCIPLES AND CONCEPTS OF NATUROPATHY

- 2.1 Composition of the human body according to Naturopathy, Laws of Nature: Pancha-Mahabhootas, Shareera Dharmas – Ahara, Nidra, Bhaya, Maithuna
- 2.2 Fundamental principles of Naturopathy
- 2.3 Natural rejuvenation and vitality, how to acquire natural immunity; importance of Physical & Mental Hygiene and prevention of diseases;

### UNIT - III: NATUROPATHY

- 3.1 **Hydrotherapy** : Introduction, definition, scope, history, principles; role of hydrotherapy in prevention of diseases
- 3.2 **Upavasa (Fasting)**: Introduction, definition, scope, history, principles and types; its role in disease prevention, health promotion; concept of de-toxification
- 3.3 **Diet**: Introduction, definition, scope, types and its principles; role of Naturopathy diet in disease prevention and , health promotion
- 3.4 **Massage**: Introduction, definition, scope, history, its principles and manipulative techniques; Different types of Massages and their role in in disease prevention, and health promotion

#### BOOKS FOR REFERENCE

- Naturopathy for perfect health, Kalpaz Publication Delhi,  
S. D. Dwivedi : 2002  
Pravesh Handa : Naturopathy and Yoga, Kalpaz Publication Delhi, 2006  
S.J.Singh. : My Nature Cure or Practical Naturopathy
- M.K.Gandhi : The story of my experiment with truth  
R.K.Garde : Ayurvedic for Health and Long life  
Harry Benjamin. : Everybody's Guide to Nature Cure
- M.K.Gandhi. : My Nature Cure

## Environmental Science

Subject Code	Total Marks	Credits
BSY604	100 (70+30)	

### UNIT – I

General: Environmental segments, environmental degradation, environmental impact assessment. Concept of Ecosystem: Fundamental of Ecology and Ecosystem, components of ecosystem, food-chain, food-web, trophic levels, energy flow, cycling of nutrients, major ecosystem types (forest, grass land and aquatic ecosystem).

### UNIT – II

Air Pollution: Atmospheric composition, energy balance, classification of air pollutants, source and effect of pollutants – Primary (CO, SO<sub>x</sub>, NO<sub>x</sub>, particulates, hydrocarbons), Secondary [photochemical smog, acid rain, ozone, PAN (Peroxy Acetyl Nitrate)], green house effect, ozone depletion, atmospheric stability and temperature inversion, Techniques used to control gaseous and particulate pollution, ambient air quality standards.

### UNIT – III

Water Pollution: Hydrosphere, natural water, classification of water pollutants, trace element contamination of water, sources and effect of water pollution, types of pollutants, determination and significance of D.O., B.O.D., C.O.D. in waste water, Eutrophication, methods and equipment used in waste water treatment preliminary, secondary and tertiary.

### UNIT – IV

Land Pollution & Noise Pollution: Lithosphere, pollutants (agricultural, industrial, urban waste, hazardous waste), their origin and effect, collection of solid waste, solid waste management, recycling and reuse of solid waste and their disposal techniques (open dumping, sanitary land filling, thermal, composting).

Noise Pollution: Sources, effect, standards and control.

### UNIT – V

Environmental Biotechnology: Definition, current status of biotechnology in environmental protection, bio-fuels, bio-fertilize, bio-surfactants, bio-sensor, bio-chips, bio-reactors.

Pollution Prevention through Biotechnology: Tannery industry, paper and pulp industry, pesticide industry, food and allied industry.

### Text Books

1. Environment and Ecology by Piyush Kant Pandey and Dipti Gupta (Sum India Publication)
2. A Textbook of Environmental Chemistry and Pollution Control by S.S. Dara (S. Chand and Company)

### Reference Books:

1. Masters, G.M. Introduction to Environment Engineering and Science (Prentice Hall of India).
2. Environmental Chemistry by A.K. Dey (Eastern Ltd.).
3. Environmental Chemistry by B.K. Sharma (Krishna Prakashan).
4. Nebel B.J. Environmental Science (Prentice Hall of India-1987).
5. Environmental Biotechnology by S.N. Jogdand (Himalaya Publishing House).
6. Introduction to Environmental Biotechnology by A.K. Chatterji (Prentice Hall of India).

**Practical - XIV (YOGA PRACTICAL - 10)**

<b>Subject Code</b>	<b>Total Marks</b>	<b>Credits</b>
BSY605P	50 (30+20)	

**ASANAS-** Purnshalabh asan, Likara asan, Titibha asan, Mrigh asan, Uthithkurma asan, Virbhadrā asan, Omkar asna, Uthithpad hastha asan, anushta asan (tula asan), Ekpad shira angushta asan, Bhunmana asan, Sankhya asan, Akarna dhanur asan, Kapot asan, vatayan asan, shasang asan, bhadrā asan, purnbhujang asan, ardh chandra asan, vyagra asan, padam mayur asan, urdhkukut asan, setubandh asan, Vishist srishka asan

**Counselling about contraindication:** When not to do yoga – situations where different yogic kriyas and asanas should not be done and taught

**Examination pattern:**

- 1 Practical demonstration of asanas
- 2 Viva –voce
3. Continuous evaluation by the Teachers

**R A I P U R**



## VI - PRACTICAL: XIV

### COMPUTER PRACTICAL – II

Total Marks	Total Marks	Credits
BSY606P	50 (30+20)	

Practical will be based on Computer Applications - II: Covers UNIT-I, UNIT-III of Syllabus.

#### List of Practicals:

1. Introduce about MS-Word and write down the steps for performing various general operations in it (like open, saving, cut, copy, paste, printing a document etc.).
2. Create a simple MS –Word document about introducing yourself and preparing your Bio-data (using various formatting options in MS-Word).
3. Learning and performing various options/operations in MS-Word.
  - a. Creating a table, Entering text and contents in a table.
  - b. Toolbars in word, Using various toolbars options.
  - c. Watermarks and Water-marking a document.
  - d. Inserting clip arts/picture, Hyper-linking a text.
  - e. Header/Footers.
4. Introduce about MS-Excel and write down the steps for performing various general operations in it (like open, saving, cut, copy, paste, printing a document etc.).
5. Learning and performing various options/operations in MS-Excel. Like:
  - a. Creating and Saving a new Workbook.
  - b. Deleting and Renaming a Worksheet.
6. Introduce about MS Power-point explaining its various features and steps for performing various general operations in it.
7. Prepare a power-point presentation explaining the facilities /infrastructure available in your College/ Institution.
8. Net Surfing
9. Creation and Usage of E-mail Account