

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



**SCHEME OF EXAMINATION  
& SYLLABUS**

**of  
Master of Science (Yoga)  
M. Sc (Yoga)  
(MSY)**

**UNDER**

**FACULTY OF SCIENCE**

**w.e.f. Session 2021-22**

### **Course Outcome:**

After the completion of post-graduation program in yoga therapy, the students must:

Be able to design a Yoga Module based on the severity of the condition with consultation with medical doctors.

Be proficient in the Yoga Therapy Techniques he/ she prescribe for health issues.

Develop a humane attitude towards the patients and never give burden to a patient in terms of financial affordability.

Enjoy an urge for self-improvement, directed towards advanced expertise or research in the field of yoga

Be able to give spiritual counseling and explain the manifestation of a disease in the context of yogic scriptures and spiritual lures.

Explore and understand the cause of his / her problem for which the patient has been suffering

Be able to work successfully in a variety of health care settings

Develop integrity, responsibility, reliability, dependability and compassion which are characteristics required for successful professional life.

Develop leadership and communication skills to work as leading therapist in health care teams.

### **OBJECTIVES OF THE PROGRAM:**

The post-graduation program in Yoga Therapy has been designed with the following objectives

To train students in Yoga Therapy so as to enable the students to become well versed in Yoga Therapy.

To integrate Yoga Therapy with other systems of medicine to speed up the process of recovery

To explore the possibilities of promoting Yoga Therapy integrating medical practice at conventional medical facilities attached to the institute.

To produce Yoga Therapists with in-depth understanding of basic sciences and mechanism of action of every technique prescribed for a disease.

To bring all round personality development of the students at all levels of their personality.

To produce the therapists of high calibre who could work efficiently as a yoga therapist in the hospitals, spa, wellness centre, start their yoga centre and join the yoga department of the universities as an assistant professor.

R A I P U R

**Master of Science (Yoga)  
M. Sc (Yoga) (MSY)  
Scheme**

<b>First Semester</b>					
<b>Paper Code</b>	<b>SUBJECTS</b>	<b>Credits</b>	<b>Internal Marks</b>	<b>External Marks</b>	<b>Total</b>
MSY101	Yoga Philosophy	3	30	70	100
MSY102	Research Methodology	4	30	70	100
MSY103	Anatomy	3	30	70	100
MSY104	Physiology	3	30	70	100
MSY105	Yoga for prevention and promotion of Health	3	30	70	100
MSY106P	Yoga practice for Emotion Culturing	2	20	30	50
MSY107P	Yoga Practice for Personality Development	2	20	30	50
MSY108P	Yoga Practice for prevention and promotion of health	2	20	30	50
	<b>Total</b>	<b>22</b>	<b>210</b>	<b>440</b>	<b>650</b>



<b>Second Semester</b>					
<b>Paper Code</b>	<b>SUBJECTS</b>	<b>Credits</b>	<b>Internal Marks</b>	<b>External Marks</b>	<b>Total</b>
MSY201	Sanskrit Bhasha Vijnanam	3	30	70	100
MSY202	Evidence based Yoga Therapy-1	3	30	70	100
MSY203	Evidence based Yoga Therapy- 2	3	30	70	100
MSY204	Yogic Counseling	3	30	70	100
MSY205P	Yoga Therapy Techniques	2	20	30	50
MSY206P	Methods of Scientific Writing	2	20	30	50
MSY207P	Advanced Yoga Techniques -1	2	20	30	50
	<b>Total</b>	<b>18</b>	<b>180</b>	<b>370</b>	<b>550</b>

Third Semester					
Paper Code	SUBJECTS	Credits	Internal Marks	External Marks	Total
MSY301	Arogyadhama Field Training – 1	4	30	70	100
MSY302	Arogyadhama Field Training – 2	4	30	70	100
MSY303	Arogyadhama Field Training – 3	4	30	70	100
MSY304	Arogyadhama Field Training – 4	4	30	70	100
MSY305	Biostatistics Analysis	2	30	70	100
MSY306P	Dissertation (Minor)	4	50	150	200
	<b>Total</b>	<b>22</b>	<b>200</b>	<b>500</b>	<b>700</b>

Fourth Semester					
Paper Code	SUBJECTS	Credits	Internal Marks	External Marks	Total
MSY401	Patanjali Yoga Sutra	3	30	70	100
MSY402	Fundamentals of Integrative Medicine	3	30	70	100
MSY403	Hatha Yoga Pradipika	4	30	70	100
MSY404P	Yoga way of life	2	30	70	100
MSY405P	Classical Yoga	2	20	30	50
MSY406P	Advanced Yoga Techniques -2	2	20	30	50
MSY407P	Dissertation (Major)	6	100	200	300
	<b>Total</b>	<b>22</b>	<b>260</b>	<b>540</b>	<b>800</b>

R A I P U R

## M.Sc (Yoga) Syllabus

### SEMESTER-I

**Subject: Yoga Philosophy**

**Course Code: MSY-101**

#### **Goal and Objectives**

##### **Goal:**

The goal of teaching Yoga Philosophy to postgraduate students is to give comprehensive knowledge about therapeutic basis of yoga as mentioned in ancient literature including Vedās, Upanishads, Bhagavadgita and shat darshanas etc.

##### **Objectives Knowledge:**

- After the completion of this subject, students should be able to
- Explain the hidden concepts available in the ancient yogic texts Understand the yogic principles of Yoga therapy
- Appreciate the contributions of the Yogis
- Understand the fold of afflictions and means to overcome them

##### **Skill:**

After the completion of this subject, students should be able to

- Explain about the contributions of ancient Yogis to the society
- Understand the underlying principles and apply it in therapy
- Make people aware about their Gunās and how does Guna play an important role in the manifestation of a disease
- Explain the essence of Vedas and Upaniñads

##### **Study outcome:**

The essence of Vedas and Upanishads will be understood. Will be in a position to appreciate the Yogic way of living. Can adopt that as their life style and will be prepared to teach others the benefits of such lifestyle.

##### **Unit1: Introduction to Vedas and Upanishads:**

1. Historical facts about Vedas
  - Dating and Authoring of Vedas
  - Content of Vedas
2. Vedas in brief
  - Jnana Kanda – Prasthanatraya – Upanishads and Vedanta Texts (Taittiriya, Katha, Mandukya, Yoga Vasistha)
  - Karma Kanda - Types of Karma, Performance of Karma, Results of Karma, Theory of Karma
3. Upanishad Prakriyas( 10 Upanishads teaching techniques ) in brief

## Unit 2: Yoga Philosophy in Upanishads:

Main Human quests

- Who am I ( PanchakoshaViveka ) –Understanding Consciousness through Indian Philosophy –
- AnandaMimamsa – Happiness Analysis and MeasuringAnanda –
- Energy Model –

## Unit 3: Yoga Philosophy in Upanishads:

Concept of Dharma –

- Literal Meaning of Dharma
- Nyaya vs Dharma
- Varna and Ashrama Dharma – Social Dharma and Life journey
- Varna and AshramaDharma – Possible conflicts of Dharma and answers

## Unit 4: Darshnas:

1. AstikaDarshanas

- Sankhya, Yoga
- Nyaya, Veiseshika
- Mimamsa, Vedanta – Yoga Vasista Bhakti
- Narada Bhakti Sutras

2. NastikaDarshanas

- Charvaka, Jaina, Boudha

## Unit 5: Bhagawadgita:

- Concept of Guna
- Concept of Yajna
- Concept of Atma

## Reference books

1. The Vedas - by Chandrasekharendra Saraswati (2014), Bhavan's Publication  
Bhagavadgita
2. Yoga its basis and applications - by H.R. Nagendra – SVYP
3. Let Go – Discover lasting happiness – Prof A. Satyanarayana Sastry - SVYP
4. Integrated Approach of Yoga Therapy for Positive Health – Dr R Nagaratna and Dr H R Nagendra – SVYP
5. Bhagawat Gita
6. Shatdarshana – Sw Sukhabodhananda – RK mat publications
7. Narada Bhakti Sutras – Sw Harshananda – RK Mat publications

## **Research Methodology**

**Course Code: MSY-102**

### **Goal and objectives**

#### **Goal:**

The primary goal of research methodology course is to expose the students to the basic theoretical concepts of conducting scientific research and motivate them to pursue higher research.

#### **Objectives:**

- To understand the methodology of research
- To understand relevant statistical concepts
- To apply the above two to design experiments in yoga

#### **Knowledge:**

The students will acquire

- Basic understanding of Research methodology
- Knowledge of various statistical procedures
- Knowledge of tools employed to conduct research
- Ability to address the contemporary problems in scientific way

#### **Skills:**

- Successfully completing the course, the students will acquire
- Skill to apply the research methodology concepts for practical applications
- Skill to design, conduct and evaluate scientific experiments
- Skill for scientific communication

#### **Study outcome:**

After undergoing this course, a student will be having an in-depth knowledge of

- basic concepts of research methodology
- process of research
- designing a scientific study
- basic statistical concepts
- Specific statistical tests for analysis.

#### **Unit I. Research Methodology Concepts –I**

- Introduction to research methodology – definition of research, types of research, need for Yoga research
- The research process
- Literature review – Purpose, Process, digital source: PubMed, etc., presentation of literature review
- Ethics of research– Laboratory ethics, Publication ethics, Ethical bodies – IEC & IRB, Guidelines for good clinical practice
- Scales of measurement – nominal, ordinal, interval, ratio

## **Unit II. Research Methodology Concepts -II**

- Data collection methods: Observation, Interview, psychological tests, questionnaire, physiological tests, and archive
- Sampling methods - Population and Sample; Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling
- Methods of controlling biases – Randomization
- Types of variables – Independent , dependent, confounding variable

## **Unit III. Research Methodology Concepts -III**

- Types of research design – Experimental designs, cross sectional design, Case study, Survey
- Reliability: Test-Retest Reliability, Internal Consistency, Inter rater Reliability
- Validity: Construct Validity, Face Validity, Content Validity, Criterion Validity, Convergent and Discriminate Validity
- Issues of bias and confounding
  - Selection bias, Recall bias, Observer or measurement bias, Publication bias
  - Randomization, Matching, Crossover design, Restriction (or blocking), Stratification, Blinding

## **Unit IV. Statistical Concepts –I**

- Descriptive statistics
- Inferential statistics
- Null Hypothesis Significance Testing: hypothesis and null hypothesis
- Statistics and Parameters
- Sample and Population
- Generalization
- One tailed, two tailed hypothesis
- Types of Errors and its control
- Central Limit Theorem

## **Unit V. Statistical Concepts – II**

- Point estimate and interval estimate
- Power analysis: Effect size, sample size
- p-value
- Confidence interval
- Statistical tests and design
- Assumptions of tests
- Statistical tests for various designs: Correlation, proportions, paired-sample and independent sample t-tests, Chi-Square tests, ANOVA, Repeated Measures ANOVA, parametric and non-parametric tests.

## **Reference Books**

C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New delhi.



R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New delhi  
Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi



## **Subject: Anatomy**

**Course code: MSY-103**

### **Goal and Objectives**

#### **Goal:**

It aims at giving inclusive knowledge of the gross structure of human body to provide a basis for enhancing the knowledge of body's structure.

#### **Objectives**

##### **Knowledge:**

After completion of the program, the students should be able to: Understand normal gross

- structure of the human body and their functions in detail
- Recognize basic structures and their connections with central nervous system,

##### **Skills:**

- After completion of the program, the student must be able to:
- Locate and identify body structures including topography of living body
- Conduct experiments designed to study physiological phenomena
- Interpret experimental/investigative data

#### **Study outcome:**

Students get familiarized with the structure of the different systems in the human body. Complete knowledge of Human anatomy makes it easier to understand physiology properly and both put together gives a clear picture of what happens when we do yoga? What happens when we get stressed up?

### **Unit-1: Cell & Muscular-skeletal system**

- I. Cell organelles –Mitochondria, Golgi body, ER, Lysosome, Peroxisome, Centrosome
- II. Plasma membrane, cytoplasm,
- III. Nucleus-Nuclear membrane, chromosome, nucleolus
- IV. DNA & RNA
- V. Anatomy of the Skeleton
- VI. Classification of bones-Axial bones and appendicular bones
- VII. Types of joint –Synovial joints and Fibrous joint
- VIII. Structure of synovial joints
- IX. Types of synovial joints
- X. Types of Muscle in the body (striate, Smooth muscle, Cardiac muscle)
- XI. Mechanism of muscle contraction
- XII. Neuromuscular junction

## **Unit-2: Cardiovascular &Respiratory system**

- I. Anatomy of heart
- II. Functional anatomy of blood vessels
- III. Respiratory system of human-Nose, nasal cavity, pharynx,
- IV. trachea,
- V. larynx, bronchiole,
- VI. lungs

## **Unit-3: Digestive system &Endocrine system**

- I. Digestive system of human-Mouth, buccal cavity, pharynx, oesophagus, stomach, large intestine, small intestine, anus
- II. Associated glands-Liver, Pancreas, salivary glands, gall bladder
- III. Structure important of endocrine gland
- IV. Structure of Pituitary
- V. Structure of Adrenal
- VI. Structure of Thyroid & Parathyroid
- VII. Structure of Pancreas

## **Unit-4: Nervous system &Special senses**

- I. Introduction to nervous system,
- II. Classification of nerve fibres,
- III. Cerebellum
- IV. Basal ganglia
- V. Motor cortex
- VI. Limbic system
- VII. Autonomic Nervous system
- VIII. Structure of Eye, Receptors &neural functions of retina
- IX. Structural and functions of external, middle and inner ear,
- X. Taste buds, Perception of taste.

## **Unit 5: Excretory system**

- I. Excretory system of human-Kidney
- II. Ureter
- III. urinary bladder,
- IV. urethra
- V. Structure of nephron

### **Recommended books:**

1. Brizlani – Anatomy and Physiology for Nurses
2. Ross and Wilson – Anatomy and Physiology
3. ElanieNicponMarieb- Human anatomy and physiology

### **Reference books:**

1. C. C. Chattarjee- Human physiology
2. Choudhary- Medical physiology

**Subject: Physiology**  
**Course code: MSY-104**

**Goal and Objectives**

**Goal:**

It aims at giving inclusive knowledge of development of human body to provide a basis for enhancing the knowledge of bodily functions.

**Objectives**

**Knowledge:**

After completion of the program, the students should be able to:

- Understand normal functions of the human body
- Understand their regulation and integration of various organs.
- Explicate the normal functioning of all the organ systems and their interactions for well-coordinated body functions.
- Explain the physiological aspects of normal growth and development

**Skills:**

- After completion of the program, the student must be able to
- List physiological principles underlying pathogenesis and disease management.

**Study outcome:**

Students get familiarized with the functions of the different systems in the human body. Complete knowledge of Human physiology makes it easier to understand a clear picture of what happens when we do yoga? What happens when we get stressed up?

**Unit-1: Cell & Tissues**

- I. Homeostasis
- II. Transport across cell membrane
- III. Cell cycle and its regulation
- IV. Cell differentiation and proliferation
- V. Structure and function of epithelial -simple and compound
- VI. Connective -connective tissue proper, skeletal and vascular
- VII. Muscular -Skeletal, involuntary and cardiac
- VIII. Nervous tissues-Myelinated neuron and Non myelinated neuron

**Unit-2: Digestive system, Nutrients and their metabolism**

- I. Physical digestion-Mastication, swallowing, peristalsis
- II. Chemical digestion-Digestion of carbohydrate, protein and lipid
- III. Absorption of carbohydrate, fats and protein
- IV. Fats
- V. Protein
- VI. Carbohydrates
- VII. Minerals
- VIII. Vitamins

### **Unit-3: Respiratory system & Cardiovascular system**

- I. Pulmonary ventilation
- II. Mechanism of breathing (Expiration and inspiration)
- III. Transport of respiratory gases (transport of oxygen and transport of carbon dioxide)
- IV. Regulation of respiration
- V. Composition and function of blood – Plasma, RBC, WBC and Platelet
- VI. Function of hemoglobin
- VII. Types of WBC
- VIII. Blood groups and their importance
- IX. Mechanism of blood clotting
- X. Organisation of systemic and pulmonary circulation
- XI. Cardiac output and cardiac cycle
- XII. Blood pressure and regulation of blood pressure

### **Unit-4: Endocrine system and excretory system**

- I. Function of important of endocrine gland (Pituitary, Adrenal, Thyroid, Parathyroid, Pancreas)
- II. Function of GI tract hormones
- III. Mechanism of hormone action
- IV. Mechanism of urine formation- Ultra-filtration, selective re-absorption, tubular secretion
- V. Micturition

### **Unit-5: Nervous system & Special senses**

- I. Introduction to nervous system,
- II. Classification of nerve fibres,
- III. Nerve conduction synaptic transmission,
- IV. Receptors & neural functions of retina,
- V. Colour vision, Visual pathways,
- VI. Auditory pathways
- VII. Primary taste sensations, Taste buds, Perception of taste,
- VIII. Peripheral olfactory mechanisms,
- IX. Olfactory pathways, Olfactory perception

#### **Recommended books:**

1. Brizlani – Anatomy and Physiology for Nurses
2. Ross and Wilson – Anatomy and Physiology
3. Elanie Nicpon Marieb- Human anatomy and physiology

#### **Reference books:**

1. C. C. Chattarjee- Human physiology
2. Choudhary- Medical physiology

## **Subject: Yoga for prevention and promotion of health**

**Course code: MSY-105**

### **Goal and Objectives**

#### **Goal**

**It aims at giving knowledge about the prevention of health problems by promoting positive health through Yoga practices.**

#### **Objectives**

##### **Knowledge:**

After completion of the program, the students should be able to:

- Understand normal gross structure of the organ/system connected with the specific function and its functions in detail
- Recognize basic structures and their connections with central nervous system, understand their regulation and integration of various organs.
- Explicate the normal functioning of all the organ systems and their interactions for well-coordinated body functions.
- Understand the different disorders due to problems in the system or problems in the functioning of the system.
- To understand the role of Yoga
- To understand which practices of Yoga are good and which need to be avoided in such cases
- To understand the underlying mechanisms of such yoga practices

##### **Skills:**

- After completion of the program, the student must be able to:
- Locate and identify body structures including topography of living body
- Conduct experiments designed to study physiological phenomena
- Interpret experimental/investigative data
- To understand the role of Yoga

##### **Subject outcome:**

The student will be able to explicate the normal functioning of all the organ systems and their interactions for well- coordinated body functions. Student will be able to understand how to strengthen the different systems using Yoga to prevent health problems and promote health.

##### **Unit -1: Introduction**

(Talk with PPT: Students should be asked to correlate their experiences of practical to find out how they are improving their stamina and eye sight . Students having sight problems should be encouraged to follow the procedure to correct their refractive error. Students should be encouraged to watch the video made by SVYASA on these topics)

Importance of prevention of health problems and promotion of positive health. Identification of different systems of body to strengthen to prevent personality hazards and to promote positive personality.

- Yoga for Stamina building

Introduction, Body systems in improving physical stamina, Physiology of muscle action, Physical stamina according to yoga, Yoga practices for physical stamina development.

- Yoga for Eye Sight improvement

Introduction, Structure and function of eye, problems of eye where Yoga can help, Yoga for refractive errors, Eye problems and their yogic solution, Eye sight improvement and the total insight, Yoga practices for eye sight improvement.

## **Unit – 2:**

- Yoga for IQ Development

Introduction, Intelligence and Intelligence quotient (IQ), Concept of Development of intelligence according to Yoga, Concept of Intelligence quotient and Intelligence according to Yoga, Development of Intelligence, Using intelligence in the right direction for the growth, Yoga practices for IQ development.

- Yoga for Voice Culture

Introduction, Anatomy and Physiology of the vocal system, Causes of injury to the vocal system, vocal disorders and voice disorders, Voice culturing, developing musical talents, Voice culture for developing oration, Yoga practices for voice culture.

## **Unit –3:**

- Yoga for Stress Management

Introduction, Understanding stress, Physiological changes due to stress, Stress management, Yoga practices for stress management.

- Yoga for Creativity Development

Creativity and intelligence, silence the source of creativity, Creativity development – Yogic approach, Layers of silence and the siddhis, How to use the siddhis? , Yoga practices for creativity development.

## **Unit – 4:**

- Yoga for Anger Management

Introduction, steps in anger management, bodily reactions with anger, Yoga for anger management - a move from limbic brain to cerebral cortex, how yoga works for anger management, Yoga practices for anger management.

- Yoga for Ego and Greed Management

Introduction, psychologists view about ego, Ego according to Yoga, Culturing of ego for building social harmony, the right direction, Yoga practices for Ego and Greed management.

## **Unit – 5:**

- Yoga for Memory Development

What is memory? Which memories to be maintained? Memory development not merely memory enhancement; Antarindriyas; Patanjalis def of smriti (memory), Types of memory,

Improving Good memories, erasing memories about calamities, Problems /diseases related memory

- Yoga for concentration development

Ekagrata(concentration) Vs Chanchalata (randomness), role of concentration in day to day activity, neural correlates of concentration, problems of concentration, yoga for improvement of concentration and Yoga for removing problems of concentrations.

References:

1. Sampoorna Yoga videos - SVYP
2. Sampoorna Yoga Lecture notes.





## **Subject: Yoga practice for Emotion Culturing**

**Subject code: MSY-106P**

### **Goal and Objectives**

#### **Goal:**

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge about the techniques used to culture the emotion and thus can be used as a tool for the management of various psychosomatic ailments.

#### **Objectives**

##### **Knowledge:**

After the completion of this course, the student shall be able to:

- Develop surrendering attitude
- Understand the deeper meaning of each sloka, song and prayer
- Harmonize value system featured by love, co-operation, bliss and health.
- Gain mastery over emotion

##### **Skills:**

After the completion of the course, the student shall be able to:

- Recite a sloka, sing a prayer and service related songs
- Explain the deeper meaning and its application
- Convince mankind to develop surrendering attitude towards the supreme power

##### **Study outcome:**

Music is enjoyed by the human being since the World is created. We feel relaxed after listening the Music. By singing individually we can come out of the hesitations, so that we can mingle with friends without any hesitation. Self confidence will increase.

As we know, in our brain two parts are there. Left part and The Right Part. The left part of the Brain is connected with intellect. The Right part of the brain is connected with emotions. Nowadays more importance is given to left part of the brain only. When we will sing our right part of the brain will get activated. When both parts of the brains are activated there will be a total personality development.

So we can say that by singing one can become courageous, self confident, Kind hearted and can attain a good personality.

## Unit-1:

### Prayers

- Karägre VasateLakshmi
- Samudrasane Devé
- Liigãñöakam

### Bhagavad Gita

- Karma Yogaù

### Vedic Chantings

- Ahaà Vãkñasya Rerivä
- Om Äpyäyantu Mamäigäni

## Unit -2: Bhajans – 1

### Guru Stuti

- a. Guru Mahimä
- b. Pã Liye Hamne
- c. Guru hamare
- d. Om Guru Om Guru

### Ganesh Bhajan

- a. Mahägaëapate Namostute,
- b. Mãtaiga Vadanä
- c. Gaja Vadana
- d. Vinayaka vinayaka
- e. Gowri nandana gajanana

## Unit -3: Bhajans -2

### Shiva Bhajan

- a. Brahmaparätpara Pürëa
- b. Om Çiva Om Çiva
- c. Shankara shankara
- d. Shambho purare shankara purare
- e. Shiva shankara

### Devi Bhajan

- a. Jay Jay Jay Devé Jagadambä
- b. Ambä Çãmbhavécandramaulirabalä
- c. Raijäné Niraijäné Manoraijani
- d. He sharade maa
- e. Kali maheshwari parwati shankari

## Unit -3: Bhajans -3

### Ram Bhajan

- a. Çrëräm Jayaräm Däçaratha He Raghuräm
- b. Daçarathanandana Rãma Rãma Jaya Sétärãma
- c. Gurukripa anjana
- d. Prema mudita manase kaho

Sri Krishna Bhajan

- a. Smita Smita Sundara Mukhāravinda Nāco Nandalālā
- b. Radhe radhe radhe radhe
- c. Gopala gopala re
- d. Govinda madhava

**Unit -4: Spiritual song**

- a. Sab Ke Liye Khulā Hai Mandir Haiye Hamārā
- b. Har des me tu her vesh me tu
- c. Galat mat kadam utavo
- d. Bane ham rastra ke yogi

**Unit – 5: Patriotic Songs**

- a. Nirmāeoà Ke Pāvan Yug Meà Ham Caritra Nirmāë Na Bhüle
- b. Janani janmabhumi swarga se mahan hai
- c. Chandan hai is des ki mati
- d. Ham hai suput bharat ke

**Recommended books:**

1. Vyasapushpanjali- Nagendra H R. – SVYP

**2. Reference books:**

KeerthanaSangraha.part 1 and part 2 - Ramakrishna Matt  
My Prayers-.Central Chinmaya Mission Trust  
My Prayers Book II- Central Chinmaya Mission Trust

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## **Subject: Yoga Practice for Personality Development**

**Subject code: MSY-107P**

### **Goal and Objectives**

#### **Goal:**

The goal of teaching is to personality development to postgraduate students is to provide them with practical knowledge about the techniques used to personality development and thus can be used as a tool for the management of various psychosomatic ailments

#### **Objectives**

#### **Knowledge:**

After the completion of this course, the student shall be able to:

- Develop good physique
- Understand the importance of the games
- Harmonize value system featured by love, co-operation, bliss and health.
- Gain mastery over physical stamina and reduce ego and develop self confidence

#### **Skills:**

After the completion of the course, the student shall be able to:

- Play Yogic games
- Understand about the game
- Convince mankind to develop all round personality development
- To bring love, harmony, peace and bliss.
- To develop group awareness.
- To develop stamina and strength.

#### **Study outcome:**

One will strengthen their Anandamaya Kosa. Improve awareness, communication skill, creativity, dexterity, coordination, team spirit, stamina, flexibility, initiative, speed, alertness, IQ and memory.

(Students will be asked to teach PDC children by assigning one group of children for two students and make them play during their games hour)

### **Unit -1:**

#### **Awareness Games**

Introduction, Kendra says, Bomb blast, Pincho, Raja- Ram-Rawan, Ram-shyam, Om, This is my nose, Man-Gun-Tiger, Brother where are you, complete the figure, chaos Musical Chair.

#### **Coordination Games**

Mandal kho, Three legged race, Locking and unlocking, Loka Sangraha, Passing hankey under the leg, Fish scooping

## **Stamina Games**

Frog touch, Elephant touch, Train race, Touching with pairs, Hanuman fight, Om circumlocution

## **Unit – 2:**

### **Dexterity Games**

Frog in the well, Loose compartment, Tiger and man, breaking the mud pot, balloon bursting, lion and lamb.

### **Flexibility Games**

Self Help, Salute the Governor, catching the snakes tail, Eagle Race

### **Initiative Games**

I am Shivaji, bull fight, scorpion fight, chariot fight, neck fight, horse fight

## **Unit 3:**

### **Emotion Culture Games**

Statue, Ha-Ha-Ha, King wants

### **Muscle Building Games**

Tying the handkerchief, Untying the handkerchief

### **Team Spirit Games**

Jayadrathah, tug of war with rope, tug of war without rope

### **Communication Games:**

Dumb shellards

### **Fun Games:**

Illusion, If I were - , Merri go round, Lotus bee

## **Unit 4:**

### **Strength Games:**

Master-disciple, conquering the fort, angada, breaking the chain, Give me a place, Tug of war with pairs

### **Speed Games**

Touching with pairs, Torch race, Snake and frog, Namaste, kho-kho, Shivaji-Pratap

### **Alertness Games**

Dog and bone, Grouping, stick Lifting, I am going to -

## **Unit 5:**

### **IQ games:**

Finding the leader, Finding out Animal/Fruit/ Flower, Identify the historical character, Polarisation, Find the capital, Quiz

### **Memory Games:**

Post man, Comer comer comes- goer goer goes, antyakshari

**Creativity Games:**

Creativity, instant enacting, story enacting, parcel bomb

**Text Book:** Krida Yoga by Dattaram Pol Published by Vivekananda Kendra Prakashana Trust



## **Subject: Yoga for Prevention and Promotion of Health**

**Course code: MSY-108P**

### **Goal and Objectives**

#### **Goals:**

The goal of teaching Yoga for Prevention and Promotion of health is

#### **Knowledge:**

After the completion of the program, the students should be able to

- Independently handle a patient and administer yoga therapy;
- Appreciate the relative contribution of each organ system to the homeostasis
- explain the pathological aspects of disease;
- Illustrate the physiological response and adaptations to environmental stresses;
- List physiological principles underlying pathogenesis and disease management.

#### **Skills:**

After the completion of the programs, the students should be able to:

- Teach Yoga Therapy;
- Interpret experimental/investigative data;
- Take medical, psychological and yogic assessments
- Effectively treat the patient with various psychosomatic ailments.

#### **Study outcome:**

Over all personality development. Experiential knowledge to give Yoga practices for Prevention and Promotion of health.

#### **Unit 1:**

- Simple Jogging ---Mukha Dhouti
- Forward jogging
- Backward jogging
- Side Jogging
- Twisting
- Rotation of arms
- Forward & backward bending
- Tiger Stretch
- Pavana Muktaśana
- Back stretch
- Side Bending
- Neck Movement



## **Breathing Practices**

- Hands in and out breathing
- Hand stretch Breathing
- Ankle stretch Breathing
- Dog breathing
- Rabbit breathing
- Tiger Stretch
- Tiger Breathing

Shavasana

Surya Namaskara 12 steps

Surya Namaskara 10 steps

## **Asanas**

- Ekapadasana
- Utthita hasta padangusthasana
- Merudandasana
- Santolanasana

## **Kriyas**

- Agnisāra
- Kapalabhati
- Both nostril
- Alternate Nostril

## **Pranayama**

Sūrya Anuloma Viloma

## **Meditation**

- Sun
- Hanuman

## **Yoga for Eye sight improvement:**

### **Preparatory eye exercises:**

Up and Down movements of the eye ball

Right and left

Diagonal ( right up-left down, Left up- right down)

R A I P U R

**Asana:**

- Padahasthasana
- Ardha cakrasana

**Eye Relaxation Techniques:**

- Palming – 3 stages of palming
- Hand cup palming –hold
- Press and release palming – 5 times
- Palming with Bhramari – 3 rounds

**Cleansing Techniques (Kriyas):**

- Eye cup Washing – 1
- Massaging, tear sac massaging
- Blinking, Jalneti
- Washing using the palm

**Pranayama:**

- Relax in QRT – abdominal breathing
- Nadi suddhi
- Bhramari for head relaxation

**Trataka:**

- Nasagra – ( straight finger )- Palming 1
- Urdhvamukha – Palming 1
- Adhomukha – (horizontal Finger) – Palming 1
- Vama Jatru – Palming 1
- Dakshina Jatru trataka – Palming 1
- Bhrumadhya trataka – (Bent Index Finger ) – Palming 1
- Jyothi trataka:
- Jyothi Trataka 1 eye at a time – palming 1

**Both eyes trataka – three steps**

1. Multiple flames – merge them into one flame –concentrate on the sharpness of the margins of the flame
2. Brightest part of the flame – Recognize the gradation in the intensity of the light
3. Wick of the candle
4. Blue centre of the flame
5. Aura of the flame

Antar Dharana Trataka – Imagine jyothi in the centre of the skull focussing the eye ball inside skull

Surya Trataka: Sunraise and sunset – Never look at white light Moon trataka and star trataka

Dharana on Jyothi and meditation

Relaxed eyes in action – relax the frown on the fore head; Keep a smile on the face always

Neck muscle relaxation – neck back

bending Action in Relaxation

Interactions in calmness

## Unit 2:

- Spinal stretch
- Pada Sancalana
- Situps from standing (2 Types)
- Uthita Ardha Sirasasana Breathing
- Butterfly Stretch
- Prasaritha Padahastasana Stretch

### Breathing Exercises

- Baddhakonasana Breathing
- Setubandhasana Breathing
- Navasana breathing
- Eka Padahastasana breathing
- Prasaritha Padahastasana breathing

### Yogasanas

- Parsava Konasana (both sides)
- Gomukhasana
- Sarvangasana
- Ardha Sirasasana
- Baddhakonasana
- Parsavavouttanasana

### Kriyas

- Kapala Bhati (Right Nostril)

### Pranayama

- Sūrya Anuloma Viloma

### Meditation

Search inside the root of thoughts

### Yoga Practices for Voice Culture:

#### Asana

- Janusirsasana
- Prasarita pascimatanasana
- Vakrasana
- Ardhamatsyendraasana
- Matsyasana
- Prasartia halasana

#### Kriya

- Gargling
- Ushāh Pāna
- Jalaneti
- Kapālabhāti alternate nostrial,
- Kapālabhāti both nostrial
- Vaman Dhouti

### **Pranayama**

- Bhastrika
- Ujjayi,
- Sitikāri
- Sadanta
- Bhrāmari in shanmukhi mudra
- Bhramara

**Breathing Exercises:** Tiger stretch

**Shakti Vikasaka:** Karana Shakti Vikasaka

### **Relaxation:**

- Instant Relaxation Technique (IRT)
- Quick Relaxation Technique (QRT)
- QRT with chanting
- Neck Relaxation with bhramari
- Simha mudra

**Namavalis: Speech:** Intonations

### **Voice Special Practices:**

- Matching the Voice to 'OM'
- Tongue massage
- Blowing cheeks
- Twisting the lip

### **Unit 3:**

#### **Yoga practices for Stress management:**

Step 1: Starting prayer

Step 2(A): Instant Relaxation Technique (IRT)

Step2 (B): Linear awareness

Step 3: Centering

Step4: Standing Asana

Ardhakati cakrasana

#### **Step5: Quick Relaxation Technique (QRT)**

Phase I - Observing the abdominal movements

Phase II - Associate with breathing

Phase III-Breathing with feeling

## **Step 6: Sitting Asanas**

Vajrasana

Sashankasana

Ustrasana

Step 7 : Deep Relaxation Technique

## **Yoga for creativity development**

### **Loosening Exercises**

- Alternate Leg Rising in Standing
- Padasancalana
- Tiger Stretch (Prabheda)
- Baby Walk
- Makarasana Cycling
- Clap Jumping

### **Yogasanas**

- Veerasana
- Ardha chandrasana
- YogaMudra
- Karnapidasana
- Dhanurasana
- Cakrasana

### **Breathing Exercises**

- Sectional breathing - Abdominal
- Sectional breathing – (Thoracic)
- Sectional breathing – (Clavicular)



- Sectional breathing – (Full Yogic breathing  
āyāma
- Nādi Suddhi
- Sitali
- citkari

#### Unit 4:

#### Yoga practices for Anger Management

##### Shakti vikasaka

- Anguli Shakthi Vikasaha
- Bhujabhanda Shakthi Vikasaha
- Jangha Shakthi Vikasaha
- Pindalini Shakthi Vikasaha
- Bhujaigāsana and parvathasana
- Kaponi Shakthi Vikasaka
- Trikoëāsana
- Virabhathrasana 1
- Virabhathrasana I1
- Vrabhathrasana I11
- Makarāsana
- Veerāsana

##### Breathing Exercises

- Dog breathing
- Rabbit breathing
- Candra anuloma viloma
- Nādi Suddhi
- Stitali  
Nadi sudhi with kumbhaka
- Candra anuloma viloma
- Kapala Bhati – left nostril

##### Bandhas and Mudras

- Uttiyāna Bandha
- Sāstānga Namaskāra Mudrā
- Agnisara
- Janusirasasana with jalantharbhanda

##### MEDITATION

(Examine the raise and growth of emotions)

#### Yoga for Ego and Greed management

##### Loosening Exercises

- Back stretch
- Back Stretch (Sidewise)
- Namaste rotation
- Sit ups from Supine Posture

##### Breathing Exercises

- Hamsāsana Breathing
- Eka Pada Halāsana Breathing

##### Yogāsanas

- Viparitarani
- Ardha Sirāsana
- Maricyāsana

- Hamsasana
- Prasaritha Sarvangasana
- Matsyasana

### **Kriyäs**

- Kapalabhati (Left nostril)

### **Pranayayama**

- Sitkari
- Sadanta
- Nadishudhi

### **Unit 5:**

### **Yoga Practices for Memory Development:**

#### **Asanas:**

- Padmasana
- Ustrasana
- Yoga Mudra
- Halasana
- Vajrasana

#### **Breathing Exercises:**

- Hands Stretch Breathing
- Ankle Stretch Breathing
- Bhujangasana Breathing
- SLR Breathing Alternate legs

#### **Pranayama: Bramari**

#### **Kriyas:**

- Kapalabhati (Kb)
- Alternate and Both nostril Kb
- Meditation:
- Silencing the mind with slow breathing
- Memory songs
- Memory Games

### **Yoga for Concentration improvement**

#### **Breathing Exercises:**

1. Hands stretch breathing
2. Straight leg raising breathing
3. Sashankasana breathing

Pawana Muktasana kriya

IRT

**Yogasana:**

Vrikshasana

Garudasana

Padahastasana

Ardhacakrasana

Paschimottanasana

a Supta virasana

Viparita Karani

Matsyasana

QRT

Pranayama

:

Right nostril Kapalabhati (Kb)

Both nostril Kb

Nadi Shudhi

Ref: Sampurna Yoga Video CDs - SVYP  
Sampurna Yoga Teachers notes for practical.



RAIPUR



**Subject: Sanskrit Bhasha Vijnanam**  
**Course code: MSY-201**

**Goals and Objectives**

**Goal:**

The goal of teaching *Sanskrit* and English to postgraduate students is to provide a comprehensive knowledge of *Sanskrit* and English in order to be able to study, understand, comprehend and utilize the knowledge contained in Indian traditional texts in their professional practice, especially in the field of *Yoga*.

**Objectives**

**Knowledge:**

After the completion of the course, the student shall be able to:

- Demonstrate knowledge of complete *Sanskrit* script;
- Describe kinds of nouns, verbs, pronouns, etc. with examples;
- Illustrate kinds of gender, number, and declensions employed in *Sanskrit*;
- Demonstrate skill in pronunciation of different kinds of *Sanskrit* words, phrases and sentences.

**Skills:**

After the completion of the course, the student shall be able to

- Read and understand *Sanskrit* with respect to script and basic grammar.
- Familiarize themselves with various texts and compositions such as *Madhurashtakam*, *Vaidyakeeyasubhashitasahityam*, etc.
- Speak fluently in *Sanskrit* after having learnt the various peculiar pronunciations.

**Study outcome:**

Comprehensive knowledge of Samskr̥tam and English in order to be able to study, understand, comprehend and utilize the knowledge contained in Indian traditional texts in their professional practice, especially in the field of *Yoga* and *Vedanta*. Describe kinds of nouns, verbs, pronouns, etc. with examples; Illustrate kinds of gender, number, and declensions employed in *Sanskrit*, and demonstrate skill in pronunciation of different kinds of *Sanskrit* words, phrases and sentences. The subject of Samskr̥tam would make students to read and understand *Sanskrit* with respect to script and basic grammar. Speaking fluently in *Sanskrit* after having learnt the various peculiar pronunciations. Study would prepare students to understand *Sanskrit* verses without anyone's help and to make students capable of converse in simple *Sanskrit*.

**Unit-1: Introduction to Language**

- I. Introduction to Language and subject
- II. *Devanāgarī* script - Alphabets, i.e. vowels, consonants, vowels & consonants combination
- III. Two consonant combinations, special conjunct consonants and their pronunciation associated with their articulation. Formation of writing.
- IV. Introduction to *Saṅskṛta* Grammar, Story of *Pāṇini* and his works.
- V. Concept of place of Letters & Mechanism of birth of each letter.
- VI. Basic rules for recognition of Nouns and Collection of *Saṅskṛta* words in genders.

**Unit-2:**

- I. Introduction to Genders – Masculine, Feminine and Neuter genders.
- II. 24 forms of a noun in all genders and its declensions; practice of other similar declensions. Usage of the 24 forms of all nouns.

- III. Verb roots with meaning. Nine forms of verbs for three persons and three numbers. Practice all the verb roots and their forms for correct pronunciation. Usage of prefixes and how they change the meaning of the verb root and how to find them in the dictionary.
- IV. Pronouns: Introduction to pronouns; declensions of pronouns; corresponding translations of pronouns into English; forming sentences with pronouns; Different aspects of pronouns being used as demonstrative pronouns and as interrogative pronouns and details of distance specification.
- V. Questioning words with its 24 declensions in all genders and practice of all of them with Nouns and Pronouns.
- VI. Introduction to write a simple sentence. Sentences in singular, dual and plural. Practice of question and answers.

### Unit- 3:

- I. Prepositions and its meaning with usage in sentence, asking question and answers.
- II. Introduction to time and its all variations.
- III. Practice of Numbers 1-100 with writing practice with *Saàskâta* symbols.
- IV. Days in *Saàskâtam* with question and answers.
- V. Introduction to Tense – Present, Past and Future tenses. Practice of conversion of one tense into another tense.
- VI. Introduction to cases and its meaning with questions. Practice of cases.

### Unit- 4:

- I. Paragraph writing on specific topic. Using all nouns, pronouns, prepositions, time, days, number etc.
- II. Introduction of *Saàskâta* literature and its vastness. Specialty and beauty of *Saàskâta* language with respect to some verses from different Poetry, prose and dramas.
- III. Glimpse of Science in *Saàskâtam* with reference to *Vimānika Çāstra*, *Gaëita Çāstra* etc.
- IV. Reading and writing practice with the help of stories and very basic texts in *Saàskâtam*.

R A I P U R

**Unit- 5: ACTIVE AND PASSIVE VOICE**

[9Hrs]

- I. The Two Voices
- II. Rules regarding Active and Passive Voice
- III. Change of Voice in Tenses
- IV. Change of Voice in Affirmative, Negative and Interrogative sentences

**Recommended Books:**

1. Samskrita Bharati published books & Flash cards.
2. Sarala book published by Samskrita Bharati, Bangalore.
3. Sugama book published by Samskrita Bharati, Bangalore.
4. Sukhada book published by Samskrita Bharati, Bangalore.



**Subject:** Evidence Based Yoga therapy –I  
**Code:** MSY-202**Goal and Objectives**

**Goals:**

The goal of teaching Yoga Therapy for Common Ailments to students is aimed at giving the student comprehensive medical knowledge of the disease and its Yogic Management of the organ systems of the body to facilitate comprehension of the physiological basis of health and disease and Hospital training and hands on training to handle patients.

**Knowledge:**

After the completion of the program, the students should be able to

- Independently handle a patient and administer yoga therapy;
- Appreciate the relative contribution of each organ system to the homeostasis;
- Explain the pathological aspects of disease;
- Illustrate the physiological response and adaptations to environmental stresses;
- List physiological principles underlying pathogenesis and disease management.

**Skills:**

After the completion of the programs, the students should be able to:

- Teach Yoga Therapy;
- Interpret experimental/investigative data;
- Take medical, psychological and yogic assessments
- Effectively treat the patient with various psychosomatic ailments.

**Study outcome:**

All the diseases connected with different systems, students get knowledge of sign, symptoms, prevalence and their pathophysiology, medical management and total rehabilitation with Integrated approach of Yoga therapy.

**Unit-1: Introduction to common ailments**

- i. Introduction to stress
- ii. Physiology of stress
- iii. Psychosomatic ailments
- iv. Introduction to Yoga therapy – Adhija Vyadhi concept, IAYT

## Unit-2: Respiratory Disorders

- i. Introduction to Respiratory disorders
  - Brief classification – Obstructive, Restrictive, infectious and inflammatory
  - Introduction to Pulmonary function tests and their principles
- ii. Bronchial Asthma
  - Definition, Pathophysiology, Classification, Clinical Features,
  - Medical Management
  - Yogic Management
- iii. Allergic Rhinitis & Sinusitis
  - Definition, Pathophysiology, Classification, Clinical Features,
  - Medical Management
  - Yogic Management
- iv. COPD
  - a. Chronic Bronchitis
    - Definition, Pathophysiology, Classification, Clinical Features,
    - Medical Management
    - Yogic Management
  - b. Emphysema
    - Definition, Pathophysiology, Classification, Clinical Features,
    - Medical Management
    - Yogic Management
- v. Infectious Disorders
  - Tuberculosis
    - Definition, Pathophysiology, Classification, Clinical Features,
    - Medical Management
    - Yogic Management
  - Pneumonia
    - Definition, Pathophysiology, Classification, Clinical Features,
    - Medical Management
    - Yogic Management
  - Interstitial Lung Disease / Idiopathic pulmonary fibrosis
    - Definition, Pathophysiology, Classification, Clinical Features
    - Medical Management
    - Yogic ManagementEvidence based Yoga therapy for respiratory disorders

## Unit-3: Cardiovascular Disorders

- Introduction to Cardiovascular disorders
- Hypertension
- Definition, Pathophysiology, Classification, Clinical Feature
  - Medical Management
  - Yogic Management
- Atherosclerosis / Coronary artery disease
- Definition, Pathophysiology, Classification, Clinical Features
  - Medical Management
  - Yogic Management
- Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehab
- Definition, Pathophysiology, Classification, Clinical Features
  - Medical Management
  - Yogic Management
- Congestive Cardiac Failure / Cardiomyopathy

- Definition, Pathophysiology, Classification, Clinical Features
  - Medical Management
  - Yogic Management
- Cardiac asthma
- Definition, Pathophysiology, Classification, Clinical Features
  - Medical Management
  - Yogic Management
- Evidence based Yoga therapy for problems of Cardiovascular system

#### **Unit-4: Endocrinal and Metabolic Disorder**

- Diabetes Mellitus (I&II)
- Definition, Pathophysiology, Classification, Clinical Features
  - Medical Management
  - Yogic Management
- Hypo and Hyper- thyroidism
- Definition, Pathophysiology, Classification, Clinical Features
  - Medical Management
  - Yogic Management
- Obesity
- Definition, Pathophysiology, Classification, Clinical Features
  - Medical Management
  - Yogic Management
- Metabolic Syndrome
- Definition, Pathophysiology, Classification, Clinical Features
  - Medical Management
  - Yogic Management
- v. Evidence based Yoga therapy for Endocrinal and Metabolic disorders

#### **Unit-5: Excretory System**

- Chronic renal failure
- Causes, clinical features
  - Medical management
  - Yogic Management
- Renal stones
- Medical management
  - Yogic Management
- iii. Irritable bladder
- Medical management
  - Yogic Management
- Stress incontinence
- Medical management
  - Yogic Management
- Evidence based Yoga therapy for problems of excretory system

#### **Recommended books:**

Yoga for Bronchial Asthma – Dr H R Nagendra, R Nagaratna, SVYP  
 Yoga for Hypertension and Heart Diseases – Dr H R Nagendra, R Nagaratna, SVYP  
 Yoga for Diabetes – Dr H R Nagendra, R Nagaratna, SVYP

Yoga for Obesity – Dr H R Nagendra, R Nagaratna, SVYP  
 Integrated approach of yoga therapy for positive health-Dr. R Nagaratha, Dr. H R Nagendra

#### **Reference books:**

1. Yoga for common disorders- Swami Koormananda Saraswati

#### **Assignments:**

The learners shall prepare an assignment on

Compilation of Evidence base for management of any two pathologies with Yoga as a therapeutic measure

They shall prepare a power point presentation of a scientific paper suggested by the teaching faculty.

**Recommended website:**

Research publications in Yoga on all concerned topics from peer reviewed journals.

<http://www.ncbi.nlm.nih.gov/pubmed/>



**Subject: Evidence Based Yoga therapy -2**  
**Course code: MSY-203**

**Goal and Objectives**

**Goals:**

The goal of teaching Yoga Therapy for Common Ailments to students is aimed at giving the student comprehensive medical knowledge of the disease and its Yogic Management of the organ systems of the body to facilitate comprehension of the physiological basis of health and disease and Hospital training and hands on training to handle patients.

**Knowledge:**

After the completion of the program, the students should be able to

- Independently handle a patient and administer yoga therapy;
- Appreciate the relative contribution of each organ system to the homeostasis; Explain the pathological aspects of disease;
- Illustrate the physiological response and adaptations to environmental stresses; List physiological principles underlying pathogenesis and disease management.

**Skills:**

After the completion of the programs, the students should be able to:

- Teach Yoga Therapy;
- Interpret experimental/investigative data;
- Take medical, psychological and yogic assessments
- Effectively treat the patient with various psychosomatic ailments.

**Study outcome:**

All the diseases connected with different systems, students get knowledge of sign, symptoms, prevalence and their pathophysiology, medical management and total rehabilitation with Integrated approach of Yoga therapy



## Unit- 1: Obstetrics and Gynecological Disorders

Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia

- Definitions, Pathophysiology, Classification, Clinical Features
- Medical Management
- Yogic Management

Premenstrual Syndrome

- Definition, Pathophysiology, Classification, Clinical Features
- Medical Management
- Yogic Management

Yoga for Pregnancy and Childbirth

- Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM
- Ante-natal care
- Post-natal care

- Infertility-male and female PCOS  
Definition, Pathophysiology, Classification, Clinical Features  
Medical Management  
Yogic Management

Evidence based Yoga therapy for Obstetrics and Gynaecological Disorders

## Unit-2: Gastro Intestinal Disorders

APD

- Introduction to APD: Gastritis –Acute & Chronic, Dyspepsia, Peptic Ulcers
- Clinical Features
- Medical Management
- Yogic Management

Constipation and Diarrhea

- Definition, Pathophysiology, Clinical Features
- Medical Management
- Yogic Management

Irritable Bowel Syndrome

- Definition, Pathophysiology, Classification, Clinical Features
- Medical Management
- Yogic Management

Inflammatory Bowel Disease

Ulcerative colitis

- Definition, Pathophysiology, Classification, Clinical Features
- Medical Management
- Yogic Management

Crohn's diseases

- Definition, Pathophysiology, Classification, Clinical Features
- Medical Management

- Yogic Management
- Evidence based Yoga therapy for Gastro Intestinal Disorders

### Unit-3: Musculo-Skeletal Disorders

#### Back Pain

- Classification of back pain: organic and functional
  - Lumbar Spondylosis
  - Intervertebral disc prolapse (IVDP)
  - Spondylolisthesis
  - Spondylitis
  - Psychogenic- Lumbago

- Medical Management
- Yogic Management

#### Neck pain

##### Classification

- Cervical Spondylosis, radulopathy
- Functional neck pain
- Whiplash injury

- Medical Management
- Yogic Management

#### iii. All forms of Arthritis

- Rheumatoid Arthritis
- Osteoarthritis
- Psoriatic Arthritis
- Gout

- Medical Management
- Yogic Management

- Muscular dystrophy
  - Medical Management
  - Yogic Management

Evidence based Yoga therapy for Musculo-Skeletal Disorders

### Unit-4: Psychological Disorders

#### (A)Neurological Disorders:

##### Headaches

- Migraine
  - Causes, Classification, clinical features
  - Medical management
  - Yogic Management
- Tension headache
  - Medical management
  - Yogic Management

- Cerebro vascular accidents
  - Causes, clinical features
  - Medical management
  - Yogic Management

- Epilepsy; pain; Autonomic dysfunctions
  - Causes, clinical features
  - Medical management

c. Yogic Management

Parkinson's disease

- Causes, clinical features
- Medical management
- Yogic Management

Multiple sclerosis

- Causes, clinical features
- Medical management
- Yogic Management

Errors of vision of refraction.

- Causes, clinical features
- Medical management
- Yogic Management

Hearing impairment

- Causes, clinical features
- Medical management
- Yogic Management

Evidence based Yoga therapy for Neurological Disorders

**(B)Psychiatric disorders**

Introduction to psychiatric disorders, classification – Neurosis, Psychosis

Neurosis

- Anxiety disorders
  - Generalised anxiety disorder
  - Panic Anxiety
  - Obsessive Compulsive Disorder
  - Post-traumatic stress disorder
  - Phobias
  - Medical Management
  - Yogic Management
- Depression
  - Dysthymia
  - Major depression
  - Medical Management
  - Yogic Management

• Psychosis

- Schizophrenia
- Bipolar affective disorder
- Medical Management
- Yogic Management

iii. Mental retardation

- Autism
- Attention Deficit Hyperactivity Disorders
- Medical Management
- Yogic Management

- Substance abuse – alcohol, tobacco, cannabis abuse
  - Medical Management
  - Yogic Management

Evidence based Yoga therapy for Psychiatric disorders

## Unit-5: Cancer, HIV and Anaemia

### i. HIV - AIDS

- Cause, Pathophysiology, Clinical Features
- Medical management
- Yogic Management

### ii. Autoimmune disorders

- Causes, clinical features, various autoimmune disorders
- Medical management
- Yogic Management

### • Cancer

Causes, clinical features,  
Side effects of Chemotherapy, radiotherapy  
Medical management  
Yogic Management a.

### Anemia

Classification of anemia  
Medical management  
Yogic management

Evidence based Yoga therapy for Cancer, HIV and Anaemia

### **Recommended books:**

1. Yoga for Pregnancy – Dr H R Nagendra, R Nagaratna, Dr Shamanthakamani, SVYP
2. Yoga for Digestive Disorders – Dr H R Nagendra, R Nagaratna, SVYP
3. Yoga for Arthritis – Dr H R Nagendra, R Nagaratna, SVYP
4. Yoga for Back Pain – Dr H R Nagendra, R Nagaratna, SVYP
5. Yoga for Depression - Dr H R Nagendra, R Nagaratna, SVYP
6. Yoga practices for Anxiety and Depression – Dr H R Nagendra, R Nagaratna, SVYP
7. Yoga for Cancer – Dr H R Nagendra, R Nagaratna, SVYP
8. Integrated approach of yoga therapy for positive health-Dr. R Nagaratha, Dr. H R Nagendra - SVYP

### **Reference books:**

1. Yoga for common disorders- Swami KoormanandaSaraswati

### **Assignments:**

The learners shall prepare an assignment on

Compilation of Evidence base for management of any two pathologies with Yoga as a therapeutic measure

They shall prepare a power point presentation of a scientific paper suggested by the teaching faculty.

RAIPUR

## **Subject: Yogic Counseling**

**Course Code: MSY-204**

### **Goal and Objectives**

#### **Goals:**

The goal of teaching Yogic Counseling to students is to make them get familiarized with the counseling. The do's and don'ts of counseling. To know the importance of counseling in Yoga therapy. To know the technique of counseling.

#### **Knowledge:**

After the completion of the program, the students should be able to know what is counseling, how to do it? What is its requirement and importance in Yoga Therapy.

#### **Skills:**

After the completion of the programs, the students should be able to:

- Counsel the Yoga Therapy Participant
- Effectively treat the patient with various psychosomatic ailments.

#### **Study outcome:**

Student will be thorough with the dos and donts of counseling. He will learn to be empathetic. He will be able to throw the light of yoga and higher goals to the participant so that in light of these one can choose their own ways. The therapy participant he council will get rid of the inner turmoil and will find a positive goal for life.

### **Unit 1 Introduction to Psychology and Cognitive psychology**

Definition of mind according to modern science and yoga; comparative understanding of the process of perception, learning, Intelligence, Creativity, memory and emotions according to modern psychology and yoga psychology; A brief understanding of conventional methods of psychotherapy Existential/Humanistic Therapy; Biological Approaches; Psychodynamic Therapy; Behavioural Therapy; Cognitive Therapy.

### **Unit 2: Yoga for personality development**

Theories of personality - Behavioral Theories; Biological Theories; Psychodynamic Theories; Superego; Psychoticism; Neuroticism/Emotional Stability; The Five-Factor Theory of Personality; Humanist Theories; Eysenck's Three Dimensions of Personality; Introversion/Extroversion: yoga for total personality development as research data presentations

### **Unit 3: Yogic Counseling**

Role of Shuddhi Prakriyas in treatment of illnesses , prevention and promotion of positive Health; concepts of Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Chitta Shuddhi (Dharana, Dhyana and Samadhi)

#### **Unit 4: Principles and techniques of counseling**

Qualities of a counselor; Principles of what to speak, how to listen, speak , how to behave, expressions during counseling; what not do while counseling

Role of catharsis as understood by modern psychology and counseling ; Yogic understanding of recognizable and unrecognizable stresses as karma, samskaras ; methods recommended for cleansing (chitta shuddhi ) in healing,

Yoga techniques to be used during counselling to cope with hyper sensitive mind, excessive speed of mind, problems of perfectionist personality, hereditary and congenital problems, psychological conflicts, calamities/ life events (present, past , concerns about future distressing events), ageing etc

#### **Reference books:**

1. MST 204 Yoga Psychology and Counselling teaching Notes
2. Raja Yoga – Dr H R Nagendra – SVYP
3. The Secret of Action – Dr H R Nagendra – SVYP
4. The Science of Emotions Culture – Dr H R Nagendra – SVYP



## **Subject: Yoga therapy Techniques**

**Subject code: MSY-205**

### **Goal and Objectives**

#### **Goal:**

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with comprehensive knowledge of therapeutic techniques applicable for various ailments.

#### **Objectives**

##### **Knowledge:**

After the completion of this course, the student shall be able to:

- Demonstrate each technique prescribed for a disease
- Say the working principles behind the techniques prescribed for various diseases
- Understand contraindications and indications of *yogic* practices in order to efficiently use *Yoga* as a therapy;
- Explain the precautions to be taken before practicing the special techniques

##### **Skills:**

After the completion of the course, the student shall be able to:

- Prescribe the set of special techniques to manage various diseases
- Demonstrate usage of therapeutic aspect of *Yoga* in promotive, preventive, and curative therapy.
- Find another alternative practice if the practice is not found to be effective.

##### **Study outcome:**

Students know with experience which practice should be given to which disease and what should be avoided. In case of a combination of diseases, what should be given and what should be avoided.

##### **Unit-1:**

Yoga Practices for respiratory disorders

Yoga practices for cardio vascular disorders

**Unit-2:**

Yoga practices for Endocrinal and metabolic disorders  
Yoga practices for excretory system disorders

**Unit-3:**

Yoga practices for obstetrics and gynaecological disorders  
Yoga practices for GID

**Unit-4:**

Yoga practices for Musculo-skeletal disorders  
Yoga practices for neurological disorders

**Unit-5:**

Yoga practices for psychiatric disorders  
Yoga practices for Cancer, HIV and Anaemia

**Recommended books:**

Yoga for common ailments manual, SVYP, Bangalore, 2002





## **Course: Methods of Scientific Writing**

**Subject Code: MSY-206P**

### **Goal and Objectives**

#### **Goal:**

The goal of teaching scientific writing course to postgraduate students is to provide them practical knowledge on writing and communicating scientific information of various scientific/research investigations.

#### **Objectives**

#### **Knowledge:**

The student shall be able to:

- Understand the structure of synopsis
- Understand the structure of dissertation
- Understand the structure of journal article
- Have basic idea on planning and writing the article

#### **Skills:**

After the completion of this subject, the students shall be able to:

- Prepare synopsis on chosen topic
- Do detailed literature search
- Use relevant software for editing and presentation
- Make effective graphical presentations
- Prepare dissertation for communicating research findings
- Prepare manuscript for submission to a journal
- Make oral communication of scientific knowledge

#### **Study outcome:**

Students will be able to write their own Synopsis, dissertation and paper to the Journal

### **Unit -1: Writing for Synopsis**

- I. Research Process – An Overview
- II. Introduction – Title, Abstract
- III. Literature review – Types: Review of scriptures and Modern scientific literature, why literature review, how to conduct literature review, use of Pub Med, and other online sources, presentation of literature review.

- IV. Aims and Objectives – Statements of aims and objectives, research questions, hypothesis, null hypothesis, rationale of study, operational definition.
- V. Methods – Participants, Inclusion & Exclusion criteria, Design, Intervention, Assessment tools, independent & dependent variables,
- VI. Ethics of research – Laboratory ethics, Publication ethics, Ethical bodies – IEC & IRB, Guidelines for good clinical practices
- VII. Plan of data extraction and Tabulation (Demo Table)
- VIII. Plan for Statistical Analysis
- IX. Use of Mendeley reference manager
- X. Use of ITRANS 99
- XI. Use of G\*Power

### **Unit -2: Writing for Dissertation**

Dissertation preparation Format, Introduction, Literature Review (Scriptural and Scientific), Aims & Objectives, Methods, Results and Discussion, Conclusion, Appraisal, References, Appendix, Text/legend, Tables and picture formatting

### **Unit -3: Writing for Journal**

Manuscript preparation, Structure of article, APA style of referencing, Plagiarism, Journal selection, Article submission, Article review

### **Unit -4: Presentation Skills**

- I. MS Word, Excel, Power point
- II. Presentation of research article
- III. Presentation of synopsis
- IV. Oral and poster presentations

### **Recommended texts:**

1. American Psychological Association. Publication Manual of the American Psychological Association (6th edition), Washington

R A I P U R

**Subject: Advanced Yoga Techniques -1**  
**Course Code: MSY-207P**

**Goal and Objectives**

**Goal:**

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge about advanced meditation techniques and concept of Panchakosa.

**Objectives**

**Knowledge:**

After the completion of this course, the student shall be able to

- Understand about the foundation of advanced meditation techniques
- Understand the role of Prana and Mind on the body and correcting and Strengthening body, Prana and Mind.
- Understand and feel the connectivity of individual and the Universe.
- Experience silence, expansion and power of Sankalpa

**Skills:**

After the completion of the course, the student shall be able to:

- Enhance the growth of personality as an Integrated personality
- Present a technique effectively based on the condition of a patient
- Explain the significance of advanced technique for a particular condition
- Learn the skill of delivering instructions

**Unit-1: Introduction to advanced techniques**

- I. Meditation, advancement in Meditation, Concept of Panchakosa
- II. Advanced techniques, personality development, concept of Vyasti and Samasti
- III. Relaxation, Awareness, Expansion of awareness.

**Unit- 2: Cyclic meditation**

- I. Introduction to Cyclic Meditation.
- II. IRT, in different positions and for different disease conditions, gaining control to tighten a specific part without contracting the surrounding muscles, Practicing on their own 10 times in one day.
- III. Incidences from daily life where we experience pointed awareness, linear awareness, surface awareness, 3D awareness and all-pervasive awareness.
- IV. Centering, ArdhakatiCakrasana, Group synchronization, awareness.
- V. QRT Physical, Emotional, mental awareness and expansion.
- VI. Vajrasana, shashankasana and ustrasana with awareness.
- VII. DRT with awareness at Physical, pranic, mental, intellectual and spiritual levels.

Stimulations and relaxations, recognizing the tightness and let go, relaxation deeper than stimulation. Observation of blood flow, nerve impulses, 3D awareness, sound resonance and. mental,emotional, intellectual, spiritual stimulations and let go.

Worksheet writing and correction.

Class taking by students and correction. Experience writing.

Students practice IRT 4 times a day.

### **Unit-3: Pranicenergisation technique**

- I. Prana, types of Pranas, Upa Pranas, Pranic Energisation Technique
- II. Practice Breath awareness at tip of the nose, complete breath awareness and deep abdominal breathing. Awareness practice of pulse, Heartbeat, synchronization of pulse with heartbeat, nerve impulses, nerve impulses with different mudras, Vyana, Vyana in between hands, Vyana at different parts of the body. Moving prana along right side, left side, both sides. Understanding Vyasti and Samasti and practicing to feel Vyasti and Samasti. Choosing the right Sankalpa. Complete PET practice.
- III. Worksheet writing and correction.
- IV. Class taking by students and correction. Experience writing. Regular self practice to strengthen.

### **Unit-4: Mind sound resonance technique**

- I. Mind, Sound and resonance.
- II. Practicing to tune to natural frequency to get resonance
- III. Chanting of any mantra in three ways loud voice, low voice and inside the mind and feeling vibrations.
- IV. Chanting practice of OM, M, U, A and A-U-M. Feel air moving from nose tip to the tip of the toes. Chanting practice (ahata and ahata followed by anahata) of OM, M, U, A and A-U-M with feeling vibrations and practicing to feel the vibrations from the top of the head to the tip of the toes.
- V. Triambaka Mantra, Full Practice, Writing the Worksheet, Practice by the students, writing experiences.

Feeling the vibrations of all chantings and all sounds during the day, tuning to the vibrations of those sounds.

### **Recommended books:**

1. Perspective of stress management- Dr. H. R. Nagendra and Dr. R. Nagarathna, SVYP.
2. Pranic Energisation Technique- Dr. H R Nagendra, SVYP.
3. MSRT – Dr H R Nagendra, SVYP.
4. Yoga for Cancer – Dr.H R Nagendra, Dr. R Nagarathna, SVYP.

## **Goal and Objectives**

### **Goal:**

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge of Clinical training at Yoga therapy hospital so as to elevate the level of practical knowledge in students

### **Objectives**

#### **Knowledge:**

After the completion of this course, the student shall be able to:

- Learn the line of treatment of a particular disease
- Understand the condition of a disease and prepare a module based on its severity
- Have in depth understanding about participant's care, data analysis and report writing

#### **Skills:**

After the completion of the course, the student shall be able to:

- Write the case history of a patient
- Administer general parameter and clinical assessment methods used for various group of patients
- Give effective counseling to a patient for eliminating the root cause of a problem Avoid a practice based on the severity of a disease and its contraindication

#### **Study Outcome:**

Students will get practical experience of teaching Yoga practices for various diseases.

### **Unit-1: Brief outline of yoga therapy clinical training**

#### **Pedagogy:**

- i. Case History Writing
- II. Introduction to general parameter
- III. Introduction to special parameter
- IV. Education of Participant Care
- V. Psychological analysis by Triguëa and Tridoça, GHQ questionnaires. (Analysis of Prakâti and Vikâati of participants)
- VI. Data Entry and Data Analysis
- VII. Report Writing
- VIII. Case Presentation

### **Unit-2: Neurology and Oncology**

**Pedagogy: (Observing the Senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participans)**

- I. Introduction to Section: Neurology and Oncology

- II. Introduction to Aliments: Stroke, Parkinson, Motor Neuron Disease, Epilepsy, Multiple Sclerosis, Cerebral Ataxia, Breast Cancer, Brain Tumor, Stomach Cancer: Definition, Prevalence, Cause, Sign, Symptoms, Clinical Parameter
- III. Yogic Management through IAYT
- IV. Customized and Specific Yoga Module protocol for above mentioned Aliments
- V. Yogic Counseling

### **Unit-3: Pulmonology**

**Pedagogy: (Observing the Senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)**

- I. Introduction to Section: Pulmonology.
- II. Introduction to Aliments: Asthma, Nasal Allergy, Sinusitis, TB, COPD
- III. Yogic Management through IAYT
- IV. Customized and Specific Yoga Module protocol for above mentioned Aliments
- V. Yogic Counseling

### **Unit-4: Cardiology**

**(Pedagogy: Observing the Senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)**

- I. Introduction to Section: Cardiology
- II. Introduction to Aliments: Hypertension, CHD, Low BP, High BP, MI, Atherosclerosis.
- III. Yogic Management through IAYT
- IV. Customized and Specific Yoga Module protocol for above mentioned Aliments
- V. Yogic Counseling

### **Recommended Books:**

1. Clinical methods-Hutchison
2. Clinical methods- CL Ghai

RAIPUR

## Subject Arogyadhama Field Training – 2

Subject Code: MSY-302

### Goal and Objectives

#### Goal:

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge of Clinical training at Yoga therapy hospital so as to elevate the level of practical knowledge in students

#### Objectives

##### Knowledge:

After the completion of this course, the student shall be able to:

- Learn the line of treatment of a particular disease
- Understand the condition of a disease and prepare a module based on its severity
- Have in depth understanding about participant's care, data analysis and report writing

##### Skills:

After the completion of the course, the student shall be able to:

- Write the case history of a patient
- Administer general parameter and clinical assessment methods used for various group of patients
- Give effective counseling to a patient for eliminating the root cause of a problem  
Avoid a practice based on the severity of a disease and its contraindication

#### Study Outcome:

Students will get practical experience of teaching Yoga practices for various diseases.

#### Unit-1: Psychiatric Disorder

**Pedagogy: (Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)**

- I. Introduction to Section: Psychiatric Disorder
- II. Introduction to Aliments: Anxiety Disorder, Addiction, Bipolar Disorder, Depression, Neurosis, Psychosis, Schizophrenia, OCD, Mental Retardation, ADHD
- III. Yogic Management through IAYT
- IV. Customized and Specific Yoga Module protocol for above mentioned Aliments
- V. Yogic Counseling

#### Unit-2: Rheumatology

**Pedagogy: (Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)**

- I. Introduction to Section: Rheumatology
- II. Introduction to Aliments: Osteoarthritis, Rheumatoid, Osteoporosis
- III. Yogic Management through IAYT
- IV. Customized and Specific Yoga Module protocol for above mentioned Aliments
- V. Yogic Counseling

#### Recommended Books:

1. Clinical methods-Hutchison
2. Clinical methods- CL Gha

## **Subject: Arogyadhama Field Training – 3**

**Subject Code: MSY-303**

### **Goal and Objectives**

#### **Goal:**

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge of Clinical training at Yoga therapy hospital so as to elevate the level of practical knowledge in students

#### **Objectives**

##### **Knowledge:**

After the completion of this course, the student shall be able to:

- Learn the line of treatment of a particular disease
- Understand the condition of a disease and prepare a module based on its severity
- Have in depth understanding about participant's care, data analysis and report writing

##### **Skills:**

After the completion of the course, the student shall be able to:

- Write the case history of a patient
- Administer general parameter and clinical assessment methods used for various group of patients
- Give effective counseling to a patient for eliminating the root cause of a problem Avoid a practice based on the severity of a disease and its contraindication

##### **Study Outcome:**

Students will get practical experience of teaching Yoga practices for various diseases.

#### **Unit-1: Spinal Disorder**

**Pedagogy: (Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)**

- I. Introduction to Section: Spinal Disorder
- II. Introduction to Aliments: Back Pain, Neck Pain, Spondilitis, Spinal Disorder,
- III. Slipped Disc, Scoliosis, Lordosis, Cervical Spondylosis, Sciatica, Khyposis, Spondylo listhesis
- IV. Yogic Management through IAYT
- V. Customized and Specific Yoga Module protocol for above mentioned Aliments
- VI. Yogic Counseling



## **Unit-2: Metabolic Disorders**

**(Pedagogy: Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)**

- I. Introduction to Section: Metabolic Disorder
- II. Introduction to Aliments: Type 1 DM, Type 2 DM, Hyperglycemia, Hypoglycemia, Diabetes Incipidus, Neuropathy, Retinopathy, Nephropathy
- III. Yogic Management through IAYT
- IV. Customized and Specific Yoga Module protocol for above mentioned Aliments
- V. Yogic Counseling

### **Recommended Books:**

1. Clinical methods-Hutchison
2. Clinical methods- CL Ghai



**Subject: Arogyadhama Field Training – 4:**

**Subject Code: MSY-304**

**Goal and Objectives**

**Goal:**

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge of Clinical training at Yoga therapy hospital so as to elevate the level of practical knowledge in students

**Objectives**

**Knowledge:**

After the completion of this course, the student shall be able to:

- Learn the line of treatment of a particular disease
- Understand the condition of a disease and prepare a module based on its severity
- Have in depth understanding about participant's care, data analysis and report writing

**Skills:**

After the completion of the course, the student shall be able to:

- I. Write the case history of a patient
- II. Administer general parameter and clinical assessment methods used for various group of patients
- III. Give effective counseling to a patient for eliminating the root cause of a problem Avoid a practice based on the severity of a disease and its contraindication

**Study Outcome:**

Students will get practical experience of teaching Yoga practices for various diseases.

**Unit-1: Gastroenterology**

**Pedagogy: (Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)**

- I. Introduction to Section: Gastroenterology
- II. Introduction to Aliments: Gastritis, IBS, Constipation, Diarrhea, GERD, APD, Ulcerative Colitis, Piles, Fistula, Menstrual Disorder, Infertility, Pregnancy 1, 2, 3, Trimester
- III. Yogic Management through IAYT
- IV. Customized and Specific Yoga Module protocol for above mentioned Aliments
- V. Yogic Counseling

## Unit – 2: Section H &PPH

(**Pedagogy:** Observing the senior therapist and slowly pick up skills to teach patients; Students will be encouraged to take class for therapy participants)

- I. Introduction to sections: Eating disorders and Promotion of positive Health
- II. Introducing different eating dis-orders
- III. Yogic management through IAYT
- IV. Customized and Specific Yoga Module protocol for above mentioned Aliments
- V. Yogic Counseling

### Recommended Books:

1. Clinical methods-Hutchison
2. Clinical methods- CL Ghai



## **Subject: Biostatistical Analysis**

**Subject code: -MSY-305**

### **Goal and objectives**

Goal:

The primary goal of Biostatistical analysis is to train the students with practical tools employed in research and enable them to write their dissertation and journal article in standard scientific writing standards.

### **Objectives**

#### **Knowledge:**

The students will learn to

- Handle R statistical package for analysis
- Organize and communicate scientific information
- Use supporting software like Mendeley reference manager, ITRANS 99, G\*Power, and other important office applications.

#### **Skills:**

Successfully completing the course, the students will acquire

- Practical skill to do detailed statistical analysis
- Practical skill to review statistical results in journals
- Skill to write report of analysis
- Practical skill to present dissertation
- Skill for scientific communication

#### **Study Outcome:**

After undergoing this course, a student will be having a practical knowledge of

- preparing and presenting a synopsis
- using statistical software R for analysis
- interpreting and presenting the analyzed results
- Mendeley software for reference management
- ITRANS software for typing devanagari script
- G\*Power software for power analysis

### **Unit-1: Introduction to Statistical Analysis**

**Pedagogy: (Talk with PPT; Students will be made to do the calculations for their research data)**

Introduction to data analysis, framing steps for data analysis, data extraction and cleaning, structure of data, Introduction to R software and packages, Downloading and installing R, R Studio, and R packages, Data management and Basis operations in R, Scripts in R.

### **Unit-2: Exploratory Analyses**

**Pedagogy: (Talk with PPT; Students will be made to analyse their research data )**

Missing value analysis  
Outlier analysis

Descriptive statistics  
Reverse scoring questionnaire data  
Simple and interactive graphs for analysis

### **Unit-3: Confirmatory Analyses**

**Pedagogy: (Talk with PPT ; Students will be made to do the calculations for their research data )**

- I. Tests for Assumptions: Normality, Equivalence of Variance, and Independence
- II. Running parametric and non-parametric statistical tests using R: correlation, t-test, chi-square tests, ANOVA, post-hoc power analysis
- III. Graphical presentation of data – Bar graph, Pie chart, line diagram, scatter plot

### **Unit-4: Understanding and Writing Reports**

**Pedagogy: (Talk with PPT; Students will be made to do the calculations for their research data. Students dissertation writing and presentation has to go hand in hand with this)**

#### **Understanding reports of published literature:**

- I. Understanding reporting of correlation, chi-square, t-tests, and ANOVA.
- II. Understanding effects of interactions – 1-way, 2-way interactions.
- III. Understanding graphical representations of results – graphs and tables.

#### **Writing reports for various statistical tests:**

- I. correlation, chi-square, t-tests, and ANOVA.
- II. Using APA style for reporting test statistics
- III. Using R to generate APA style tables.

#### **Reference books:**

1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
2. R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New Delhi
3. Joseph Adler, (2010). R in a nutshell. O'Reilly. Cambridge

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## **Subject: Dissertation**

**Subject Code: MSY-306P**

### **Goal and objectives**

#### **Goal:**

The primary goal of dissertation writing for post graduate students is to expose them in research and motivate them to conduct scientific research and pursue higher research.

#### **Objectives**

##### **Knowledge:**

The students will

- Get to know about the style of dissertation writing
- Understand various scientific experiments design, sampling techniques etc. Analyze data using various statistical tests
- Understand various problems experienced by a researcher while undertaking a project

##### **Skills:**

The students will be able to

- Interpret the data and draw a conclusion from it
- Develop the skill of writing and communicating to scientific world
- Establish the underlying mechanism of the findings
- Disseminate research findings

##### **Study Outcome:**

During this time students will write their dissertation and the paper for journal.

**Note:** Please note that during this time each student is expected to write the dissertation under the supervision of a qualified guide and get ready for presentation. It is mandatory for all candidates to present their research work in the presence of an external expert. Details about the format of dissertation is enclosed in Enclosure-1.

R A I P U R

## **Subject: Patanjali Yoga Sutra**

**Subject code: MSY -401**

### **Goal and Objectives**

#### **Goal:**

The goal of teaching Patanjali Yoga Sutrās and Çàòdarñanas to postgraduate students is to provide them with knowledge of Patanjali's contribution to the field of Yoga and six systems of philosophy.

#### **Objectives**

##### **Knowledge:**

After the completion of this course, the students shall be able to:

- Understand human's psychology as Patanjali had explained
- Imbibe knowledge on the insights available in six systems of philosophy
- Well verse with the yogic principles and its meaning mentioned in Patanjali Yoga Sutra
- Learn effective way of communication in Saàskâtam

##### **Skills:**

After the completion of the course, the student shall be able to:

- Explain the concept and insight quoted in the form of sùtrās
- Illustrate the yogic insight's in six systems of philosophy
- Differentiate Antaraìga Yoga and Bahiraìga Yoga of Añöäìga Yoga
- Explain how Patanjali Yoga sùtrās is different from other yogic texts.

##### **Study Outcome:**

Students know the Patanjali Yoga sutras in detail. The goal of teaching Patanjali Yoga Sutras is to provide them with knowledge of basic psychological aspects of Patanjali's contribution to the field of Yoga. After the completion of this course, the students shall be able to understand human's psychology as Patanjali had explained. Raja Yoga is the path of will. Mastery on oneself is the key aspect of Raja Yoga through Abhyasa (practice) and Vairagya (mastery over all types of desires). Eight limbs of Raja Yoga facilitate any seeker to reach the goal; Yama (social conduct), Niyama (individual discipline), Asanas (Yoga postures), Pranayama (regulating the breath), Pratyahara (restraining senses from respective objects), Dharana (focusing mind towards one object), Dhyana (expanding and defocusing) and Samadhi (merging with the object). These steps bring out extraordinary abilities of human inner potentials called Siddhis. Patanjali, the promotor of Yoga systematised in four chapters in 196 aphorisms.

## Unit-1: Samādhi Pāda

- I. What is Yoga?
- II. Culmination of Yoga (3)
- III. *Vātti* and its classifications (5-11)
- IV. Necessity of Abhyāsa&Vairāgya (12)
- V. Foundation of Abhyāsa (13-14)
- VI. Lower & higher form of Vairagya(15-16)
- VII. Definition of Samprajīaand Asamprajīa Samādhi (17-20)
- VIII. Definition & attribute of Içvara (24-25)
- IX. Praëava and Sādhana for Içvara (27-28)
- X. Result of Sādhana (29)
- XI. Obstacles in the path of Yoga(30-31)

## Unit-2: Sādhana pāda

- I. Discipline for Sādhana (1-2)
- II. Kleñās – Avidya, Asmita, Rāga, Dveça and Abhiniveça (3-9)
- III. Modification of the Kleñās
  - a. Meditation (10-11)
- IV. Karmāçaya and its fruits (12-14)
- V. Pleasure and Pains are both painful (15-17)
- VI. Four stages of Guëäs (19)
- VII. Puruñā and Prakāti(20-24)
- VIII. Definition of Hāna (25-26) - Stages of enlightenment (27)
- IX. Necessity of YogaPractice (28)
- X. Bahiraiga Yoga (29-55)

## Unit-3: Vibhūti

- I. Antaraiga Yoga(1-3)kaivalya siddhis
- II. Saàyamaand its results, applications (5-6)
- III. Pariëäma(9-13) –Siddhis(16-49)
- IV. Attainment of Kaivalya (56)
- V. Sources of Siddhis (1)
- VI. Influence of Karma (7)

## Unit -4: Kaivalya

- Manifestation, Source and disappearance of Väsanäs (8-11)
- Theory of perception (15)
- Mind and its manifestation (16-23)
- Heading to Kaivalya (27-34)

### Recommended books:

Science of Yoga- Taimini  
Four Chapters on Freedom – Sw. Satyananda Saraswati  
Patanjali's Yoga Sutras – Dr H R Nagendra, SVYP



**Subject name: Fundamentals of Integrative Medicine**

**Subject code: MSY-402**

**Goal and Objectives**

**Goal:**

The goal of teaching Yoga and rehabilitation subject to postgraduate students is to provide them with knowledge about the principles of Integrative medicine such as Ayurveda and Naturopathy that are compatible to Yoga therapy.

**Objectives**

**Knowledge:**

- The student shall be able to:
- Understand the science of Ayurveda
- Get comprehensive knowledge about ancient wisdom. Get knowledge about fundamentals of Ayurveda
- Learn the concept of auto healing and principles of Naturopathy
- Imbibe the ancient knowledge of Naturopathy based on the concept of Panchamahabhuta

**Skills:**

After the completion of the course, the students shall be able to:

- Integrate Ayurveda with Yoga for the better and quick recovery of a disease.
- Integrate Naturopathy with Yoga for recovering from a disease sooner.
- Understand and prescribe the line of treatments employed for relieving the common disease conditions.
- Explain the principles behind the treatment of Ayurveda and Naturopathy

**Study Outcome:**

The study of basics of AYUSH system in the MSc curriculum aims in making the best yoga therapists with the confidence in the application of preventive and curative power of Yoga Therapy. By making use of non-invasive, lesser/ nil side effects, well prognosis and most economical treatments of AYUSH compared with the surgical and drug therapy approaches which is inappropriate in many of the NCDs.

**Unit – 1:**

**(A)Definition of Ayurveda**

- I. Definition of Vedas – Introduction of division of Vedas.
- II. Definition of Ayurveda – Different types of Ayu and chronology of Ayurveda.

**(B)Concept of Doshas, Dhatus, Malas and Agni**

- I. Concept of doshas – Vata, Pitta and Kapha
- II. Concept of dhatus and malas
- III. Concept of agni – Types of agni and concept of Ama.

## Unit-2:

### (A)Concept of Chikitsa

- I. Shishyaguna – Concept of Chikitsachatuspada,
- II. Qualities of royal physician.
- III. Dinacharya, rutucharya and rutosandhi- features and significance.

### (B)Concept of health and disease

- I. Concept of health according to sushruta.
- II. Concept of disease and its classification.
- III. Concept of agryasangrahas

### (C)Concept of drugs in Ayurveda and its formulation

- I. Concept of drugs in ayurveda, different types of formulations and concept of treatments
- II. in ayurveda.
- III. Panchakarma and its procedures.

## Unit – 3:

### (A)Basis of Naturopathy

- I. Definition of Nature Cure
- II. History of Naturopathy
- III. Principles of Naturopathy

### (B)Diet and Fasting

- I. Basis of Diet and its type
- II. Fasting Therapy
- III. Type of Fasting
- IV. Importance of Fasting
- V. Precaution to be taken
- VI. Indications
- VII. Contraindications

### (C)Hydrotherapy and Mud Therapy

- I. Definition Mud Therapy
- II. Types of Mud
- III. Preparation and Method of Application
- IV. Benefits
- V. Indication and Contraindication
- VI. Introduction to Hydrotherapy
- VII. Physiological and Therapeutic Properties
- VIII. Hydrotherapy Interventions: Hip Bath, Steam Bath, Enema, Packs, Compress, Fomentation.

## Unit-4:

### (A)Manipulative Therapy

- I. Introduction to Manipulative Therapy
- II. Types of movement
- III. Benefits
- IV. Indication and Contraindication

### (B)Chromo and Magneto Therapy

- I. Introduction to Chromo therapy
- II. Physiological and Psychological Effect of Color
- III. Introduction to magneto therapy
- IV. Physiological and Psychological Effect of magnet

### (C)Aroma Therapy and Acupressure

- I. Introduction to Aromatherapy
- II. Modes of Application
- III. Indication and Contraindication
- IV. Basis of acupressure and reflexology

### Recommended books:

1. Introduction to Ayurveda and Yoga by David Frawley.
2. AshtangaSangraha by Vagbhata.
3. Principles of Naturopathy- Dr. Bhakru

## **Subject: Hatha Yoga Pradipika**

**Subject code: MSY-403**

### **Goal and Objectives**

#### **Goal:**

The goal of teaching Hatha yoga text subject to postgraduate students is to provide them with knowledge of the Yogic practices quoted in Hatha Yoga texts and their values and benefits for human being.

#### **Objectives**

##### **Knowledge:**

- The student shall be able to:
- Learn the misconceptions about Yoga practices
- About Nath sects and their contributions
- Code of conduct and other related benefits Practices and their details mentioned

##### **Skills:**

- After the completion of the course, the students shall be able to:
- Explain about the practices in details
- Appreciate the real values of Yogic practices as mentioned in Hatha Yoga texts Indicate and contraindicate the practices
- Explain the food conducive to health and good for Sadhana

#### **Unit-1: Hatha Yoga its Philosophy and Practices**

- I. Hatha Yoga, its meaning, definition, aims & objectives, misconceptions, obstacles (vighna) and helps (sahāyaka) in Haōha Yoga as in Hatha Yoga Pradēpikā.
- II. The Origin of Hatha Yoga, Hatha Yogic Literature, Hatha Yogic Practices as explained in Hatha Yoga Pradēpika (HYP).
- III. Concept of Mata, Rules & Regulations to be followed by the Hatha Yoga Practitioner, concept of Mitāhāra, Pathya and Apathya.
- IV. Hatha Yogic Paramparā. Brief introduction to Great Hatha Yogés of Nātha Cult and their contributions to Yoga. Relationship between Hatha Yoga & Rāja Yoga.

#### **Unit-2: Hatha Yoga Practices: Shodhana-Kriyās and Āsanas**

- I. Shodhana-kriyās, Shodhana-kriyās in Hatha Yoga Pradēpika & in GherandaSamhitā and their techniques, benefits and precautions.
- II. Role of Shodhana-kriyās in Yoga Sādhana and their importance in Modern day life.
- III. Yogāsana: its definition, salient features and importance in Haōha Yoga Sādhana.
- IV. Āsanas in Hatha Yoga Pradēpikā and GherandaSamhitā: their techniques, benefits, precautions and importance.

#### **Unit-3: Hatha Yogic Practices: Prānāyāma, Bandhas and Mudrās**

- I. Prānāyāma– Mechanism of correct breathing, Yogic deep breathing, Concept of Pūraka, Kumbhaka and Recaka.
- II. The concept of Prāna, Kinds of Prana and Upa-prānas, Prānāyāma and its importance in Hatha Yoga Sādhanā, Nādi shodhana Prānāyama, its technique and importance, Pre-requisites of Prānāyāma.
- III. Prānāyāma practices in Hatha Yoga pradēpikā and Gheranda Samhitā, their techniques, benefits and precautions, Hatha Siddhi Lakṣanām.
- IV. Bandhas and role of Bandhatrayas in Yoga Sādhanā.
- V. Fundamental Mudrās in HYP. and G.S, their techniques, benefits and precautions.

#### **Unit-4: Hathayoga Practices: Pratyāhāra, Nādānusandhāna**

- I. Concept of Pratyāhāra, Dhāraṇā and Dhyāna in GheraḍaSamhitā and their techniques & benefits.
- II. Concept of Samādhi in HaṁhayogaPradēpikā, Samādhi Lakṣaṇām and Haṁha Yoga Siddhi Lakṣaṇām.
- III. The concept of Nāda, Four Avasthās (stages) of Nādānusandhāna, and its Siddhis.
- IV. Svara, Importance of Svarodaya-jñāna in Yoga Sādhanā with special reference to JñānaSvarodaya and ÇivaSvarodaya.

#### **Recommended books:**

1. Swami SatyanandaSaraswati, Hatha Yoga Pub: BSY Munger

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**Subject name: Yoga way of Life**

**Subject code: MSY-404P**

## **Goal and Objectives**

### **Goal:**

### **Study outcome:**

Proper understanding of 'Yoga way of life' for daily application Right method of reciting Suktas and Stotras

### **Unit – 1**

- I. Concept of Yoga and Yajna in general
- II. Yajnas according to Bhagavad Gita
- III. Pancha Yajna according Taittiriya Aranyaka

### **Unit – 2**

- I. Module of Yajna for daily practices, implementing;
- II. Deva Yajna – prayers for welfare of the nature, performing Agnikarya, Homas, Havanas, Pujas and other methods of worships, being indebted to the unseen forces
- III. Pitr Yajna – remembering and following the achievements of ancestors and forefathers in the family
- IV. Bhuta Yajna – looking after cows and pet animals etc., watering the plants and protecting the law of 'right to live'
- V. Manushya Yajna – having compassion towards other human beings, appreciating positive qualities in others
- VI. Brahma Yajna – study of Vedas and other texts which make complications of life ease and relief from

### **Unit – 3**

- I. Practice of Mantras with meaning for daily recitation; selected Suktas, Sahanti Mantras – Pratah Sukta, Go sukta, Bhu Sukta

## Unit – 4

- I. Practice of following stotras; Ganapati – Ganesha Pancharatna, Vishnu - Achyatashtaka, Shiva – Shiva Panchaka, Durga – Lalita Panchaka and Surya - Adityahridaya (recitation)

### Reference books

Vyasa Pushpanjali, SVYP, Bangalore  
Mantra Pushpam, RK Publications  
Class notes and practical classes



**Subject: Classical Yoga**

**Subject code: MSY-405P**

**Goal and objectives**

**Goal:**

The goal of teaching classical Yoga to students is to provide them with practical knowledge of classical Yoga.

**Objectives**

**Knowledge:**

The students shall be able to :

- Understand the classical Yogasanas and their components mentioned in various texts Get to know about the practices for overall development
- Bring out hidden talents through regular practice
- Experience the benefits and limitations of Yoga practices.

**Skills:**

The students will be able to

- Demonstrate and rectify a practice effectively
- Explain all details about a practice
- Present a practice with confidence.

**Study Outcome:**

Overall personality development. Strength and stamina. Sthirata. Also students learn to give these techniques to Therapy Participants on requirement.

**Unit1: Loosening Exercises:**

(8 step method)

The same asanas they are going to do on that day they will do dynamically for Loosening.

**Unit 2:**

(8 step Method)

1. Gomukhasana
2. Dhanurasana
3. Paschimottanasana
4. Matsyendrasana
5. Kukkutasana
6. Uttan-koormasana
7. Koormasana
8. Shavasana
9. Mayurasana

**Unit 3: (8 step Method)**

1. Swastikasana
2. Veerasana
3. Siddhasana
4. Padmasana
5. Simhasana
6. Bhadrasana

**Unit 4: (8 step Method)**

1. Uddiyanabandha
2. Mulabandha
3. Jalandhara Bandha
4. Mahabandha
5. Mahamudra
6. Mahavedhamudra
7. Viparitarani

**Unit 5:(8 steps Method)**

1. Vastra Dhouti Kriya
2. Danda Dhouti Kriya
3. Vamana Dhouti Kriya
4. Sthalabasti Kriya
5. Jala Neti Kriya
6. Sutra Neti Kriya
7. Dugdha Neti Kriya
8. Grita Neti Kriya
9. Antaranga Trataka Kriya
10. Vairanga Trataka Kriya
11. Dakshina Nauli Kriya
12. Vama Nauli Kriya
13. Madhyama Nauli Kriya
14. Vatakarma Kapalabhati Kriya



15. Vyutakarma kapalabhati kriya
16. Seetakarma kapalabhati kriya
17. Antaranga Trataka Kriya
18. Vairanga Trataka Kriya
19. Dakshina Nauli Kriya
20. Vama Nauli Kriya
21. Madhyama Nauli Kriya
22. Vatakarma Kapalabhati Kriya
23. Vyutakarma kapalabhati kriya
24. Seetakarma kapalabhati kriya

**Reference Books:**

- I. **Asana, Pranayama, Mudra and Bandha – Bihar Yoga Publications**
- II. **Hatha Yoga Pradipika – Bihar Yoga Publications**

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## Subject: Advanced Yoga Techniques -2

Course Code: MSY- 406P

### Goal and Objectives

#### Goal:

The goal of teaching Yoga Therapy techniques to postgraduate students is to provide them with practical knowledge about advanced meditation techniques and concept of Panchakosa.

#### Objectives

#### Knowledge:

After the completion of this course, the student shall be able to:

- About Foundation of Advance Meditation Techniques
- Aim of Advanced Meditation Techniques and Concept of Panchakosa
- Understanding the role of Prana and Mind on the body and correcting and strengthening body, Prana and Mind.
- Self personality enhancement to grow as a Integrated personality
- Understand and feel the connectivity of individual and the Universe.
- Experience silence
- Experience Expansion
- Experience the power of Sankalpa and enhance positive thinking.
- To understand and experience: About Foundation of Advance Meditation Techniques.
- Go Deeper And Deeper Levels Of Silence.

#### Skills:

After the completion of the course, the student shall be able to:

- Enhance the growth of personality as an Integrated personality
- Present a technique effectively based on the condition of a patient
- Explain the significance of advanced technique for a particular condition
- Learn the skill of delivering instructions

#### Study Outcome:

Strengthening of Manomaya, Vijnanamaya, Anandamaya Kosas. Also students learn to give these techniques to participants on requirement.

#### Unit – 1: Introduction to advanced techniques:

- I. Meditation.
- II. Advancement in Meditation.
- III. Concept of Païca Koça.
- IV. Advanced techniques.
- V. Personality development.
- VI. Concept of Vyaçõi and Samaçõi.
- VII. Relaxation, awareness and expansion of awareness.
- VIII. Role of mind, intellect etc.,
- IX. Different Layers of Silence.
- X. Methods to go to deeper levels of silence.

## Unit - 2: Mind Imagery Technique

- I. Introduction to the technique
- II. Where does this work?
- III. How to reach deeper layers of silence?
- IV. How Focusing followed by defocusing helps to go deeper?
- V. Observation of Neutral and Active imageries or thoughts.
- VI. Observing OM/God/Sun/Yantra in increasing and decreasing size.
- VII. Visualizing OM/God/Sun/Yantra in increasing and Decreasing Size.
- VIII. Observing OM/God/Sun/Yantra flickering with uniform speed.
- IX. Observing OM/ God/ Sun/ Yantra flickering with increasing and decreasing speed.
- X. Observing powerful rays burning unwanted cells.
- XI. Visualizing powerful rays burning unwanted cells.
- XII. Observing soothing rays energizing all cells.
- XIII. Visualizing soothing rays energizing all cells.
- XIV. Full Practice.
- XV. Practice given by the students.

## Unit - 3: Mastering Emotions Technique:

- I. Thinking and feeling of emotion.
- II. Types of emotions as softer, stronger, positive and negative.
- III. Invoking, intensifying and diffusing the emotions
- IV. Pairs of opposites at the physical and emotional levels.
- V. Silence and Sankalpa.
- VI. Full practice.
- VII. Practice given by the students.

## Unit - 4: Vijāna Sādhana Kauçala:

- I. Explaining about Vijānamaya Koça.
- II. Happiness analysis.
- III. Fear analysis.
- IV. Tamas, Rajas, Sattwa, and Gunātita.
- V. Çreyas and Preyas.
- VI. Recollect the incidences of highest happiness and also incidences of highest fear.
- VII. Analyse each incident of happiness and fear analysis and write.
- VIII. List Çreyas activities and Preyas activities in your present life.
- IX. Practice to move from Çreyas to Preyas.
- X. List of Tāmasic, Rājasic and Sātvic activities.
- XI. Practice to move from Tamas to Rajas to Sattva to Gunātita.
- XII. Full practice.
- XIII. Practice given by the students.

## Unit- 5: Ānanda Amrita Sinchana:

- I. Importance of pairs of opposites.
- II. List different pairs of opposites that occur in life.
- III. Practice to experience them as pairs and observe the changes in the Personality.
- IV. List out incidences when bliss is experienced in activity.
- V. List out incidences when bliss is experienced in non-activity.
- VI. List of varieties of people, varieties of places, varieties of incidences and practice to maintain the bliss in all circumstances.
- VII. Carefully observe and start to do every activity with bliss.
- VIII. Allow love and bliss to spread all around.
- IX. Full practice.
- X. Practice given by students.
- XI. Experience writing.

**References:**

Yoga for Cancer by Dr Nagarathna R and Dr Nagendra H R.  
Taittiriya Upaniṣad– Brahmānanda Valli  
Wisdom from Upaniṣad. Patheya Series. Vivekananda Kendra Publication.  
Patañjali Yoga Sutrās – Dr H R Nagendra, SVYP



**Subject: Dissertation**

**Subject Code: MSY-407P**

**Goal and objectives**

**Goal:**

The primary goal of dissertation writing for post graduate students is to expose them in research and motivate them to conduct scientific research and pursue higher research.

**Objectives**

**Knowledge:**

The students will

- Get to know about the style of dissertation writing
- Understand various scientific experiments design, sampling techniques etc.
- Analyze data using various statistical tests
- Understand various problems experienced by a researcher while undertaking a project

**Skills:**

The students will be able to

- Interpret the data and draw a conclusion from it
- Develop the skill of writing and communicating to scientific world
- Establish the underlying mechanism of the findings
- Disseminate research findings