SWĀMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAṀSTHĀNA (S-VYASA)
(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)
‘Prashanti Kutiram’ Campus, Bangalore, India.
Ph: 91 080 – 2661 2669, 91 080 – 78-25385, website: www.svyasa.org

SCHEME AND SYLLABUS
(With effect from August 2013)

Bachelor of Science (Yoga Therapy)
B.Sc (YT)
WELCOME TO PRASHANTI KUTIRAM, the abode of peace, an ideal ‘HOME’ to lead the “YOGA WAY OF LIFE”.

We congratulate you on having been selected to pursue the noblest path of Yoga. The course is designed for you not only to learn the holistic approach of YOGA but also to LIVE it and prepare yourself to propagate it for health, peace and harmony, which is the need of the hour.

It is an adventure to enquire the deepest layer of man’s identity in the quest of Truth. It is also very unique to tread the path of Yoga which is our ancient tradition.

The objectives of the course are to bring all round personality development of the students at all levels and train them in Yoga therapy field and education.

The duration of the course is 3 years.

After the completion of the course the students can join the Hospitals, Spa, Wellness Centers and Start their own yoga center, give Yoga therapy for patients under the guidance of qualified doctor.

We sincerely hope that all students at S-VYASA will uphold the moral values and etiquettes enumerated in the Yogic Texts and follow the noble path of virtue expounded in the Vedas.

We are confident that you will not only enjoy this course but also be highly benefited. The condition for the same is that YOU SHOULD BE TOTALLY OPEN TO ALL THAT IS OFFERED, WITHOUT PREJUDICE. Please accept the routine and participate in all the programs without fail both physically and mentally.

We wish you good luck

(PROF. RAMACHANDRA G. BHAT)
Vice Chancellor
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Regulations Governing the Degree of Bachelor of Science in Yoga Therapy B.Sc (YT) course of Swami Vivekananda Yoga Anusandhana Samsthana

(S-VYASA) University, Bangalore.

Om 1 Objective

* To train persons as Yoga Therapy Instructors as paramedical personnel in hospitals, nursing homes to introduce IAYT under the guidance of doctors.
* To equip the participants to run their own Yoga Centers.
* To equip the participants to work as therapists at Naturopathy hospitals, health clubs etc.
* To train them to introduce yoga in higher secondary schools.

Om 2 Title & Duration Of The Course

OM 2.1 The course shall be called Bachelor of Science (Yoga Therapy) abbreviated as BSc (YT).

OM 2.2 The course shall be of three academic years duration and conducted in 6 semesters and each Semester having a duration of 16 weeks.

OM 2.3 The calendar of events in respect of the course shall be fixed by the University from time to time.

OM 2.4 The examination for the subjects shall be conducted at the end of each semester for the 6 Semesters, except when there are no candidates taking examination for any subjects.
Om 3  Admissions And Eligibility

OM 3.1  To be eligible for admission to the first year of the course, the student shall have passed 10+2 or equivalent of any discipline with basic knowledge in English language plus Yoga Instructor’s Course (YIC) or Bridge Course.

OM 3.3  The candidate shall have secured a minimum of 50% of marks.

OM 3.4  Candidates belonging to Scheduled Castes, Scheduled Tribes and Group I shall be considered eligible for admission if they have passed the qualifications obtaining not less than 40% of marks in aggregate.

Om 4  Attendance Requirement

OM 4.1  Each semester is considered as a unit and the candidate has to put in a minimum attendance of 90% in each subject with a provision of condonation of 10% of the attendance by the Vice-Chancellor on the specific recommendation of the Dean on the reasons such as medical grounds, University level sports and cultural activities, academic matters such as seminars, workshops and paper presentations.

OM 4.2  The basis for the calculation of the attendance shall be the period prescribed by the University according to its calendar of events.

OM 4.3  The students shall be informed about their attendance position periodically so that the students shall be cautioned to make up the shortage.
Om 5  Internal Assessment Marks

OM 5.1 Each subject of theory or practical shall have a maximum Internal Assessment Marks of 50.

OM 5.2 The Internal Assessment marks in a theory subject shall be based on two assignments for 20 marks, two tests for 20 marks conducted normally at the end of 8 and 12 weeks of each semester and faculty assessment of 10 marks. An additional test may be conducted for desired students before the end of the semester to give an opportunity to such students to improve their internal assessment marks.

OM 5.3 In the case of Practical and Field Training, the IA marks shall be based on the laboratory/reports and one practical test.

OM 5.4 The IA marks in the case of Project Work in the particular semester shall be based on the evaluation at the end of the respective semester by a committee consisting of the Head of the concerned Division and two senior faculty of the division (one of them being the Project work guide).

OM 5.5 If a candidate fails to secure a minimum of 50% of the IA marks (25/50) in Theory, Practical, Field Training and Project Work, such a candidate shall not be eligible to take the corresponding subjects in the University examination.

OM 5.6 Such candidates as mentioned in 5.5, shall repeat the subject during the subsequent semester(s) and secure at least the minimum marks prescribed.

OM 5.7 There shall be no provision for improvement of IA marks in theory subjects and also in cases of Laboratory/Field Training/Dissertation Work where the candidate has already secured minimum required marks.
Om 6 Eligibility For Passing

OM 6.1(a)

For a pass in a theory subject, a candidate shall secure minimum of 50% of the maximum marks prescribed for the theory subject in the University examination.

OM 6.1(b)

For a pass in a practical/field training/viva-voce examination, a candidate shall secure a minimum of 50% of the maximum marks prescribed for the University examination in the relevant practical/field training/viva-voce.

OM 6.1(c)

For a pass in Project Work, a candidate shall secure a minimum of 50% of the maximum marks prescribed.

OM 6.2 The candidates who do not satisfy the condition of OM 6.1 shall be deemed to have failed in that subject must be subsequently cleared by repeating (by fresh registration and attending the classes) the same course before being eligible for the award of the Degree.

OM 6.3 The candidates who pass a subject of a semester as per OM 6.1 is not allowed to appear for the same again, unless he/she opts for rejection of results as per the OM 6.4, 6.5 & 6.6.

OM 6.4 If a candidate so desires, there shall be provision for rejection of total performance of a semester (including IA marks). But rejection is permitted only once during the entire course of study.

OM 6.5 The candidate who desires, to reject the performance as per OM 6.4 shall reject performance in all the subjects of the semester irrespective of whether the candidate has passed or failed in any subject.
OM 6.6 A candidate who desires to reject the total performance of the semester including internal assessment, has to take readmission for the relevant semester. Application for such readmission shall be sent to the Registrar, within 30 days from the date of the announcement of the results. Late submission of application shall not be accepted for any reasons. Readmission to I semester in such cases will not be considered as fresh admission i.e., the candidate will continue to have same University Seat Number, which was allotted earlier.

OM 6.7 Such candidates who opt for rejection are eligible for award of class but not eligible for awards.

Om 7 Promotion And Eligibility For The Examinations

OM 7.1 There shall not be any restriction for promotion from odd semester to even semester, provided the candidate has fulfilled the attendance requirement.

Om 8 Project Work

OM 8.1 Project work at 4th semester shall be completed individually.

OM 8.2 Project Viva-Voce examination shall be conducted individually.

Om 9 Field Training

OM 9.1 Field training will be provided in the in campus/outside yoga therapy hospital or in the city centers.
Om 10  Grading System

OM 10.1 The student will be assigned a grade in each course based on his or her combined performance in the sessional work and the final examination. Grade distinction and grade point of each grade is as follows:

<table>
<thead>
<tr>
<th>Grade Distinction</th>
<th>Marks Obtained</th>
<th>Grade</th>
<th>Grade Point</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 50 %</td>
<td>F</td>
<td>0</td>
<td>Fail</td>
<td></td>
</tr>
<tr>
<td>50 % to 54 %</td>
<td>C</td>
<td>1</td>
<td>Pass</td>
<td></td>
</tr>
<tr>
<td>55 % to 64 %</td>
<td>B</td>
<td>2</td>
<td>Second class</td>
<td></td>
</tr>
<tr>
<td>65 % to 74 %</td>
<td>A</td>
<td>3</td>
<td>First class</td>
<td></td>
</tr>
<tr>
<td>75 % to 100 %</td>
<td>E</td>
<td>4</td>
<td>Distinction</td>
<td></td>
</tr>
</tbody>
</table>

OM 10.2 Cumulative Grade Point Average: Based on the grades obtained in all the subjects registered for by a student, his or her Cumulative Grade Point Average (CGPA) is calculated as follows:

\[
CGPA = \frac{\sum (\text{No. of Credits} \times \text{Grade Point})}{\sum \text{No. of Credits}}
\]

CGPA is rounded off to the second decimal place.

Om 11  Award Of Prizes and Medals

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name of the Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>The Sitaram Jindal Foundation Gold Medal</td>
</tr>
</tbody>
</table>
Om 12 Credit Waiver/Transfer

OM 12.1 Exemption from a Subject

OM 12.1.1 A student seeking exemption from a subject should apply to the Dean of the Department, stating reasons within 3 days of registering for the course.

OM 12.1.2 A student who has applied for exemption of a subject should continue attending the classes for the subject until the result is declared. He/she could discontinue only if exemption is granted.

OM 12.2 Dropping of Subjects

OM 12.2.1 A student may in consultation with his or her adviser and instructor, drop a subject on or before 7 days of registering for the courses.

OM 12.2.2 A student may register again whenever the offer in the subsequent semester for that subject which he/she has dropped in a previous term arises.

OM 12.2.3 A student cannot register again, for any subject that he/she has completed and passed, for the purpose of improving the grade in that subject. The possibility of improving a grade arises only when a student fails in a subject and gets an F grade.

Om 13 Personality Assessment

OM 13.1 To achieve the objectives of education the most important aspect is the assessment and evaluation of the students. S-VYASA over the last 20 years has evolved a unique and comprehensive way of evaluating the total personality development by a combination of the ancient Gurukula system of evaluation by the Gurus or the teachers and by the measurements of the modern era of science and technology. The students are evaluated
by the following tools of assessment:

a. Theoretical comprehension of the subject
b. Achievements in yoga practices
c. Skills of communication
d. Team work performance including the organizational skills
e. Teaching capacities
f. Research attitudes and skills
g. Transformation of the personality and
h. Development of the zeal for selfless service, national awareness and spiritual growth

These will be used for giving the grades of the personality assessment of the students. Assessment of the personality is done by recording the changes based on scientific measurements, assessments by the faculty, their team-work performances, self-assessments, attendance, regularity and steadiness, etc. There is continuous monitoring of their growth.

**OM 14 Code Of Conduct & Instructions**

Students’ code of conduct is to maintain a fine ambience of yoga and spiritual lore. Such an Āśram Atmosphere will help the students to accelerate their growth and total personality development.

**A. Code of Discipline**

1. Please report always at scheduled time.
2. Use of tobacco, alcohol etc in any form is forbidden.
3. Newspaper and transistors are not allowed.
4. Cell phones/mobiles are banned in the Academic Areas.
5. The daily programme starts at 4.20 am. All programmes are compulsory, including *Vedic* Prayer (Ancient Indian Texts) in *Saṃskṛtam* and in Hindi in the morning and evening). Absence from these sessions may make one liable for withdrawal from the course without any refund.
6. No individual worship/religious ritual/practice of Yoga, is allowed during the course, other than that prescribed in the schedule.

7. As per directions of Hon’ble Supreme Court of India ragging is prohibited. If any incident of ragging comes to the notice of the authority, the concerned student shall be given liberty to explain and if his explanation is not found satisfactory, the authority would expel him/her from the institution.

B. Dress code

All students must wear uniform prescribed by the University.

Please Note

- No jeans are allowed. Women have to wear dress in tune with Āśram atmosphere. Any type of dress that is not dignified is not allowed.

- Members of both the sexes are expected to conduct themselves as per Āśram norms. No single boy and girl moving or sitting together exclusively allowed. Visit of members of opposite sex in each other’s residence is prohibited.

C. Articles to be brought

1. Toilet requirements.
2. Writing materials.
3. Please bring -
   (a) Torch
   (b) Umbrella
   (c) Sweater or Shawl during winter and other requirements.

D. Other particulars

1. Library facility is available for reference.
2. Simple Sāttvika South Indian food will be provided.
3. Course fee has to be remitted by DD or Cash. DD to be drawn in favor of S-VYASA Bangalore.

(Please Note: Course fee is not refundable or transferable under any circumstances).

E. Karma Yoga

Selfless work, forgetting one’s ego and relinquishing the desire for reward, brings immense mental peace and satisfaction. It expands one’s consciousness and relieves mental tension, which is the primal cause of most of the problems, we face. Hence voluntary work forms a part of the integral Yoga offered in S-VYASA. The residents, therefore, should develop the proper attitude to enjoy self-help and serve others of the organization, for their own benefits.
# Om 15 Scheme Of Teaching & Examination

<table>
<thead>
<tr>
<th>Subject Code</th>
<th>Name of the Subject</th>
<th>Credits</th>
<th>Lecture/Practical (Hours/week)</th>
<th>Exam in hours</th>
<th>Marks for IA</th>
<th>Marks for Exam</th>
</tr>
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<tbody>
<tr>
<td>BS T 101</td>
<td>Human Anatomy and Physiology</td>
<td>4</td>
<td>4</td>
<td>3</td>
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<tr>
<td>BS T 102</td>
<td>Basis of Yoga</td>
<td>4</td>
<td>4</td>
<td>3</td>
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<tr>
<td>BS T 103</td>
<td>Introduction to Classical Yogāsanās</td>
<td>4</td>
<td>4</td>
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<tr>
<td>BS T 104</td>
<td>Introduction to Bhagavadgita</td>
<td>4</td>
<td>4</td>
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<tr>
<td>BS P 101</td>
<td>Yoga Practice - I</td>
<td>2</td>
<td>6</td>
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<tr>
<td>BS P 102</td>
<td>Asāna, Prāṇāyāma &amp; Meditation - Level 1</td>
<td>2</td>
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<tr>
<td>BS P 103</td>
<td>Spoken Sanskritam</td>
<td>2</td>
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<td>BS P 104</td>
<td>Communication English</td>
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## II SEMESTER

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<th>Subject Code</th>
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<th>Exam in hours</th>
<th>Marks for</th>
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<tr>
<td>BS T 201</td>
<td>Introduction to Sāṃskṛtam</td>
<td>4</td>
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<tr>
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<td>Introduction to English</td>
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<td>Research Methodology</td>
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<td>Yoga for Common ailments</td>
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<td>Advance Yoga Techniques</td>
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<td>Yoga Practice - II</td>
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<td>Introduction to Computer</td>
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<th>Marks for IA</th>
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<tr>
<td>BS T 301</td>
<td>Value Education</td>
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<td>Introduction to Upaniṣads</td>
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<td>BS T 304</td>
<td>Introduction to Psychology</td>
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<td>Personality Development Training</td>
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<td>BS P 302</td>
<td>Yoga Practice – III</td>
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<td>BS P 303</td>
<td>Upaniṣadic Chanting</td>
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<td>Training in Personality Development</td>
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<td>BS F 402</td>
<td>Arogyadhamma Training/ Camp</td>
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<td>BS F 403</td>
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### V SEMESTER

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<th>Marks for</th>
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<tr>
<td>BS T 501</td>
<td><em>Introduction to Ayush</em></td>
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<td>BS T 502</td>
<td><em>Patañjali Yogasutras</em></td>
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<tr>
<td>BS P 501</td>
<td>AYUSH Training</td>
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<td>BS P 502</td>
<td><em>Patañjali Yogasutras</em> Chanting</td>
<td>2</td>
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<tr>
<td>BS P 503</td>
<td><em>Asāṇa, Prāṇāyāma &amp; Meditation - Level 2</em></td>
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<td>BS F 504</td>
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## VI SEMESER

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<thead>
<tr>
<th>Subject Code</th>
<th>Name of the Subject</th>
<th>Credits</th>
<th>Lecture/Practical (Hours/week)</th>
<th>Exam in hours</th>
<th>Marks for IA</th>
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<td>Life and Message of Contemporary Yogis</td>
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# OM 16 SYLLABUS DETAILS

## I SEMESTER

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<tr>
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<th>Credits</th>
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<tr>
<td>BS T 101</td>
<td>Human Anatomy &amp; Physiology</td>
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<tr>
<td>BS T 102</td>
<td>Basis of Yoga</td>
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<tr>
<td>BS T 103</td>
<td>Introduction to Classical Yogāsanās</td>
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<td>BS T 104</td>
<td>Introduction to Bhagavadgita</td>
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<td>Yoga Practice - I</td>
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<td>BS P 102</td>
<td>Asāna, Prāṇāyāma &amp; Meditation - Level 1</td>
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<tr>
<td>BS P 103</td>
<td>Spoken Sanskrit</td>
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<tr>
<td>BS P 104</td>
<td>Communication English</td>
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HUMAN ANATOMY & PHYSIOLOGY

Semester: I  Sub Code: BS T 101
Credits: 4  Hours/Wk: 4
Total Hrs: 60  Exam Marks: 50
IA Marks: 50  Exam Duration: 3 Hrs

Chapter 1: Introduction to Human Anatomy and Physiology

i. Introduction to Human Anatomy and Physiology, Basic Anatomical and Physiological terms.


iii. Tissues and Organization of human system; Introduction to Support Systems.


Musculo-Skeletal System

i. The Skeletal System: Skeleton, Functions of skeleton, Classification of bones, Study of joints.

ii. Structure and function of a Synovial joint.

iii. The Muscular System: Types of Muscles in the body,

iv. The characteristics, structure and functions of The Skeletal Muscles, Smooth Muscles and Cardiac Muscles

Chapter 2: Digestive & Respiratory System


ii. Physiology of digestion, assimilation & peristalsis, Gastric and digestive juices involved during digestion, associated glands involved in digestive system.

iv. The process of Respiration, Lungs volumes & capacities, Mechanics of breathing and exchange of gas in alveoli.

**Cardiovascular System**

i. Functional anatomy of the Heart, arteries, veins and capillaries.

ii. The organization of systematic and pulmonary circulation, the cardiac cycle.

iii. Blood: Composition and Functions, Blood groups and their importance.

iv. Cardiac output and Venous return.

v. Blood pressure and Regulation of blood pressure

**Chapter 3 : Nervous System & Special Senses**


ii. Functional anatomy of Cerebrum, Cerebellum, spinal cord.

iii. Functions and importance of the parts of the brain viz., cerebrum, pons, medulla, thalamus, hypothalamus, cerebellum and autonomic nervous system [sympathetic and parasympathetic].

iv. Functional anatomy and physiology of Eyes, ears, nose, tongue and skin.

**Chapter 4 : Endocrine System**

i. Anatomical structure of important endocrine glands (Pituitary, thyroid, parathyroid, pancreas, adrenal and gonads)

ii. Short anatomy of the hypothalamus and the releasing hormones secreted from it.

iii. Structure and function of anterior and posterior Pituitary.

iv. Function of thyroid, parathyroid, supra renal and islets of Langerhans.
Blood & Lymphatic system

i. Composition of blood corpuscles – RBC, WBC and Platelets.
ii. Plasma, hemoglobin – coagulation of blood and anti coagulants, blood groups and its importance.
iii. Sites, functional anatomy of lymph nodes and their function.
iv. Lymphatic system and its’ role in immune system.

TEXT BOOK:

1. Dr Shirley Telles, Dr H R Nagendra. A Glimpse into the human body. SVYP. Bangalore.

REFERENCE BOOKS

BASIS OF YOGA

Semester: I  
Credits: 4  
Total Hrs: 60  
I A Marks: 50

Sub Code: BS T 102  
Hours/Wk: 4  
Exam Marks: 50  
Exam Duration: 3 Hrs

Chapter 1 – Towards Yoga – The foundation of Science and Arts.  
Chapter 2 – The science of happiness – The basis of Yoga.  
Chapter 3 – Yoga, the Individual and the Society.

Text Book:
1. Nagendra HR. Yoga – Its basis and applications, SVYP, Bangalore.

INTRODUCTION TO CLASSICAL YOGĀSANAS

Semester: I  
Credits: 4  
Total Hrs: 60  
I A Marks: 50

Sub Code: BS T 103  
Hours/Wk: 4  
Exam Marks: 50  
Exam Duration: 3 Hrs

Chapter 1: Āsanas with Textual Reference from Haṭha Yoga Pradīpika

i Classification of Āsanas.  
ii Important Āsanas in the context of Kuṇḍalinī awakening.  
iii Psychological, Physiological and Spiritual aspects of selected Āsanas with reference to Haṭha Yoga Pradīpika.  
iv Commonalities of Āsanas with other texts.
Chapter 2: Āsanas with Textual Reference from Hāṭha Ratnāvali

i Classification of Āsanas
ii Important Āsanas in the context of Kuṇḍalinī awakening
iii Psychological, Physiological and Spiritual aspects of selected Āsanas with special reference to Hāṭha Ratnāvali.
iv Commonalities of Āsanas with other texts.

Chapter 3: Āsanas with Textual Reference from Gheraṇḍa Samhitā

i Classification of Āsanas
ii Important Āsanas in the context of Kuṇḍalinī awakening
iii Psychological, Physiological and Spiritual aspects of selected Āsanas with special reference to Gheraṇḍa Samhitā.
iv Commonalities of Āsanas with other texts.

Chapter 4: Āsanas with Textual Reference from Śiva Samhitā and Gorakṣa Samhitā

i Classification of Āsanas.
ii Important Āsanas in the context of Kuṇḍalinī awakening.
iii Psychological, Physiological and Spiritual aspects of selected Āsanas with reference to Śiva and Gorakṣa Samhitā.
iv Commonalities of Āsanas with other texts.

Text Books:

INTRODUCTION TO BHAGAVAD GĪTĀ

Semester: IV  Sub Code: BS T 104
Credits: 4  Hours/Wk: 4
Total Hrs: 60  Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hrs

Chapter 1 : Introduction to Bhagavadgītā-1


ii. Essentials of B.G from Chapters II, III, IV, V, VI, XII, XVII with reference to Yoga and Āhāra.

iii. Sthitaprajña and its characteristics. Types of Bhaktas and role of a Bhakta in the context of Śrīmad Bhagavad Gītā.


Chapter 2 : Introduction to Bhagavadgītā – 2

i. Nature of Ātmā, Sthitaprajña, Sāṅkhya Yoga, Karma Yoga, Karma Sannyāsa, Sakāma and Niṅkāma karma.

ii. Nature of Dhyāna, preparation of Dhyāna and Dhyāna Yoga and Sannyāsayoga.


iv. Sāṅkhya Yoga in the context of Bhagavad Gītā.
Chapter 3: Types of Yogas in the Context of Bhagavad Gītā

i. Jñāna, Bhakti and Rāja Yoga in the context of Bhagavad Gītā.
iii. Sannyāsa yoga in Bhagavad Gītā.
iv. Sāṅkhya yoga in Bhagavad Gītā.

Chapter 4: Application of Bhagavad Gītā in Human Life

i. Bhagavad Gītā and Psychoanalysis.
ii. Triguṇās in the context of Bhagavad Gītā.
iii. Diet and lifestyle for a yogi in Bhagavad Gītā.
iv. Lord Kṛṣṇa’s advice for Arjuna’s despondency (its application in life).

7 hours

Text Book


Reference Books

2. Tilak, B.G. : Gita Rahsya Ya Karma Yoga Shastra
**YOGA PRACTICE - I**

**Semester: I**  
**Sub Code: BS P 101**

Credits: 2  
Hours/Wk: 6

Total Hrs: 60  
Exam Marks: 50

I A Marks: 50  
Exam Duration:

2. Select one instrument/Vocal - learn for 3 years. Refer EMOTION CULTURE BOOK - Level 1.

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**ASĀNA, PRĀŅĀYĀMA & MEDITATION - Level 1**

**Semester: I**  
**Sub Code: BS P 102**

Credits: 2  
Hours/Wk: 6

Total Hrs. 60  
Exam Marks: 50

I A Marks: 50  
Exam Duration:

**i. Breathing Practices:**

a. Hands In and Out Breathing  
b. Hands stretch Breathing  
c. Ankle stretch Breathing  
d. Dog Breathing  
e. Rabbit Breathing  
f. Tiger Breathing  
g. *Śaśāṅkāsana* Breathing  
h. *Bhujāṅga* Breathing  
i. *Śalabha* Breathing  
j. Alternate Leg Raise Breathing  
k. Straight Leg Raise Breathing
ii. Loosening Exercises (Śithili Karaṇa Vyāyama)
   a. Forward and Backward bending
   b. Side Stretch
   c. Twisting
   d. Lateral Bending
   e. Bending and Twisting
   f. Jogging
   h. Hand Rotation - Single, Both, Clock wise and Anti Clock wise
   g. Shoulder Rotation
   h. Knee Rotation

iii. Surya Namaskāra – 12 rounds

iv. Yogāsanas:

Standing:
   A. Ardhakaṭi Cakrāsana   B. Ardha Cakrāsana
   C. Padahastāsana        D. Trikoṇāsana
   E. Bakāsana             F. Ardha Candrāsana
   G. Vṛkṣāsana

Sitting:
   A. Vajrāsana            B. Śaṣāṅkāsana
   B. Paścimottānāsana     D. Uṣṭrāsana
   E. Vakrāsana            F. Ardha Matsyendrāsana
   G. Baddhakoṇaśasana     H. Uṣṭrāsana
   I. Mayurāsana           J. Yogamudra

Prone:-
   A. Bhujaṅgāsana         B. Salabhāsana
   C. Dhanurāsana          D. Utthāna Prṣṭāsana
   E. Tiryaṅka Bhujāṅgāsana F. Gupta Padmāsana
Supine:-

A. Sarvāṅgāsana  
B. Halāsana  
C. Matsyāsana  
D. Urdhva Dhanurāsana  
E. Navāsana  
F. Hasta Pāda Aṅguṣṭāsana

Inverted Posture:-

A. Śīrṣāsana  
B. Vṛścikāsana  
C. Ekapada Urdhva Chakrāsana

v. Relaxation Techniques

a. Instant Relaxation Technique (IRT)  
b. Quick Relaxation Technique (QRT)  
c. Deep Relaxation Technique (DRT)

vi. Kriyās

a. Kapālabhāti: Vatkrama Kapālabhāti, Śitkrama, and Vyutakarma Kapālabhāti  
**SPOKEN SAṂSKṚTAB**

**Semester:** I  
**Sub Code:** BS P 103  
**Credits:** 2  
**Hours/Wk:** 6  
**Total Hrs:** 60  
**Exam Marks:** 50  
**I A Marks:** 50

*Students must fluently speak in Saṃskṛtam.*

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**COMMUNICATION ENGLISH**

**Semester:** I  
**Sub Code:** BS P 104  
**Credits:** 2  
**Hours/Wk:** 6  
**Total Hrs:** 60  
**Exam Marks:** 50  
**I A Marks:** 50

- Effective communication in English  
- Developing LSRW skills with emphasis on spoken English  
- Pronunciation:- vowels, consonants, diphthongs - taking in minimal pairs, stress, intonation  
- Speech practice - conversations, dialogue  
- Inviting people, greeting, accepting invitations, declining invitations, attending tele calls, taking messages, extending invitations, receiving guests, placing orders, booking tickets, travel arrangements, conference, attending interview, placing orders, self-introduction, communication in case of emergency Clinical or others etc
• Domestic communications
• Grammar exercises
• Parts of speech
• Sentence types
• Articles, preposition
• Question tag
• Direct, indirect
• Transformation of sentences
• Error analysis

II SEMESTER

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<td>Research Methodology</td>
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<td>Advance Yoga Techniques</td>
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<td>Yoga Practice - II</td>
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<td>BS P 203</td>
<td>Introduction to Computers</td>
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INTRODUCTION TO SAṀŚKRṬAM

Semester: II  Sub Code: BS T 201
Credits: 4  Hours/Wk: 4
Total Hrs: 60  Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hrs

1. वर्णमाला - स्वरः, व्यञ्जनम्, अयोगवाहः
2. वर्णालंकार स्थानानि - आध्यात्मः, स्थानम्, साधनम्
3. संस्कृतं योगः
4. पदम् सुबन्तम्, तिङ्गतम्, धातुः; प्रत्ययः
5. श्लोकः - अवगमनम्

SAṀŚKRṬA - 2

7. संस्कृतसाहित्यम् - शाखवाहकः, विज्ञानम्
8. संस्कृति - संस्कृतम्
9. आयुर्वेदः - यूक्ति:, हितोपदेशः
10. प्रकृति:
11. भारतदेशः:
12. संस्कृते विज्ञानम्

1. Dr. Sarasvati Mohan: Sanskrit Level-1 Sharadh Enterprises, Bangalore, 2007.
2. Dr. Sarasvati Mohan: DVD and CD.

Reference books: 1. Publication of Akshram and Hindu Seva Prathisthana

Bsc Syllabus 2013-14
INTRODUCTION TO ENGLISH

Semester: II Sub Code: BS T 202
Credits: 4 Hours/Wk: 4
Total Hrs: 60 Exam Marks: 50
I A Marks: 50 Exam Duration: 3 Hrs

- Developing LSRW Skills with special emphasis on writing
- Note making, paragraph writing, essay writing
- Expansion of given idea
- Developing hints.
- Letter writing-formal and informal
- Report writing
- CV
- Comprehension, précis,
- Grammar exercises
- Phrases, clause
- Simple, compound, complex sentences
- Voice
- Transformation of sentences
- Common errors and correction

Text Book

1. Prof. Shantha, English Made Easy. SVYP. Bangalore.
RESEARCH METHODOLOGY

Semester: II  Sub Code: BS T 203
Credits: 4  Hours/Wk: 4
Total Hrs: 60  Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hrs

Chapter 1: Introduction
Chapter 2: Planning a Research Project
Chapter 3: Design of the Study
Chapter 4: Statistics
Chapter 5: Parameters to be recorded for specific diseases

Text book:
Nagendra H R, Shirley Telles: Research Methods, Vivekananda Yoga Prakashana, Bangalore, 2000

Reference Books:
1. Kothari, C.R.: Research Methodology, Methods and Techniques (Vishwa Prakashan, New Delhi, 1985)
YOGA FOR COMMON AILMENTS

Semester: II               Sub Code: BS T 204
Credits: 4                Hours/Wk: 4
Total Hrs: 60             Exam Marks: 50
I A Marks: 50             Exam Duration: 3 Hrs

Modern Medical and Yoga therapy principles and practices for diseases related to:

1. Cardio-Vascular Disorders: Ischemic heart disease; Hypertension; Peripheral vascular disease
2. Respiratory Disorders: Bronchial asthma; Chronic Obstructive Pulmonary Disorder (COPD); Allergic rhinitis; Pulmonary tuberculosis; Sleep apnea; Snoring
3. Rheumatology, Muscle and Bone Disorders: Pain in the limbs and back; Rheumatoid arthritis; Osteoarthritis; Connective tissue disorders; Muscular dystrophy
4. Digestive Disorders: Acid peptic disease; Irritable bowel syndrome; Hepatitis
5. Neurological Disorders: Migraine & Tension headache; Cerebro-vascular accidents; Epilepsy; Pain; Autonomic dysfunctions; Idiopathic Parkinson’s disease; Multiple sclerosis; Refractory errors of vision
6. Psychological Medicine: Neurotic disorders; mood disorders; Schizophrenia; Chemical abuse; Eating disorders; Phobias; Mental retardation; Obsessive compulsive disorder.
7. Endocrine & Metabolic Disorders: Diabetes mellitus; Thyroid dysfunction; Disorders of adrenal cortex; Obesity
8. Obstetrics & Gynecology: Physiology of pregnancy; Pregnancy induced hypertension; Pre-eclampsia; Intra-Uterine Growth Retardation (IUGR); menstrual disorders (e.g., dysmenorrheal, pre-menstrual syndrome); Infertility; Menopause
9. Rehabilitation Medicine: Neurological disorders; Cardiac disorders; Musculo-skeletal disorders; Physical disabilities; Occupational health
10. Geriatric Medicine
11. Medical Oncology

Text books:

1. Dr R Nāgarthna, Dr H R Nāgendra and Dr Shamanthakamni, Yoga for common ailments and IAYT for different diseases, Swami Vivekananda Yoga Prakashana, Bangalore, 2002.

ADVANCE YOGA TECHNIQUES

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</table>

1. Prāṇic Energization Technique (PET)
2. Mind Sound Resonance Technique (MSRT)
3. Mind Imagery Technique (MIRT)

Text Books:

1. Dr H R Nagendra, Pranic Energization Technique, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
2. Dr H R Nagendra, Mind Sound Resonance Technique, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
YOGA PRACTICE - II

Semester: II   Sub Code: BS P 202
Credits: 4   Hours/Wk:
Total Hrs:   Exam Marks:
I A Marks:   Exam Duration:

2. Select one instrument/Vocal - learn for 3 years. Refer EMOTION CULTURE Book - Level 2.

Reference Book: 1. Vyāsa Puṣpāṇjali

INTRODUCTION TO COMPUTERS

Semester: II   Sub Code: BS P 203
Credits: 2   Hours/Wk:
Total Hrs: 60   Exam Marks: 50
I A Marks: 50   Exam Duration:

YOGA FOR COMMON AILMENTS

Semester: II  Sub Code: BS P 204
Credits: 2  Hours/Wk:
Total Hrs: 60  Exam Marks: 50
I A Marks: 50  Exam Duration:

Yoga Practices for psychosomatic ailments
1. Asthma
2. Hypertension
3. Anxiety Depression
4. Dynamics
5. Arthritis
6. Epilepsy
7. Knee Pain
8. Muscular Dystrophy
9. Oncology
10. Sūkṣma Vyāyāma: Simple and Standard
11. Voice Culture
12. Back pain
13. Headache
14. Diabetes Mellitus
15. Gastro-Intestinal Disorders
16. Menstrual Disorders
17. Obesity

Text Book: Yoga for Common ailments series, SVYP, 2002
III SEMESTER

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<td>BS T 303</td>
<td>Introduction to <em>Upaniṣads</em></td>
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<td>BS T 304</td>
<td>Introduction to Psychology</td>
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<td>BS P 301</td>
<td>Personality Development Training</td>
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<td><em>Yoga Practice – III</em></td>
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VALUE EDUCATION

**Semester:** III  
**Sub Code:** BS T 301  
**Credits:** 4  
**Hours/ Wk:** 4  
**Total Hrs:** 60  
**Exam Marks:** 50  
**I A Marks:** 50  
**Exam Duration:** 3 Hrs

**Chapter 1 : New Dimension in Modern Education**

*Aparā, Parā,* Personality Development; physical, mental, intellectual, emotional and spiritual, Civic Sense, Patriotic Urge, Spiritual Urge, Residential Schools, Day-Scholar Schools, Non-Formal Education, *Amṛta Surabhi* Programme

**Chapter 2 : Yoga and Education**

i. Education - Its meaning, scope, goal and importance,

ii. Yoga education: Salient features, Factors of Yoga education-Teacher, Student and Teaching.

iii. Methods of teaching, factors influencing Yoga teaching

iv. Yoga-Teacher as a Friend, Philosopher and Guide, Yoga
Teacher’s personality and his role in the development of student’s personality, Concept of Guru - Śiṣya Paramparā.

v. Relation between yoga and other forms of education.

vi. Comparison of Āsanas and Exercise.

vii. Role of Āsana, Prāṇāyāma and Kriyas in Education.

Chapter 3: Yoga and Value Education

i. Concept of Value, Definition of value, Types of Values.


iii. Value oriented personality, Role and function of values in Society.

iv. Yoga as global value, Yoga as value and yoga as Practice.

v. Contribution of Yoga towards the development of values.

Chapter 4: Yoga Education – its Practical Application

i. Self-direction or Dharma

ii. Knowledge (Jñāna) and concentration.

iii. Development through Vairāgya or through objectivity.

Text Books:


Reference Books:

1. Duggal, Satyapad : Teaching Yoga (The Yoga Institutes, antacruz, Bombay, 1985)
2. Swami Satyananda : Yoga Education for Children Saraswati (Bihar Schools of Yoga, Munger, 1990)


CULTURAL HISTORY OF INDIA

Semester: III Sub Code: BS T 302
Credits: 4 Hours / Wk: 4
Total Hrs: 60 Exam Marks: 50
I A Marks: 50 Exam Duration: 3 Hrs

Chapter 1
Pre-historic India, Indus Valley Civilization (IVC), The Aryan Problem, Vedic culture (VC), connections between IVC and VC. Vedic literature: Samhita, Brahmaṇa, Upaniṣad and Sūtra. Dating the Vedas.

Chapter 2

Text books:
1. The Vedic Age. Bharatiya Vidya Bhavan, Mumbai
Reference Books:

1. Ramaswami Sastry K S : Hindu Culture
   (S Ganesan, Publisher, Triplicane, Madras, 1922)
2. A Kendra Worker : Indian Culture

INTRODUCTION TO UPANIŠADS

Semester: I Sub Code: BS T 303
Credits: 4 Hours/Wk: 4
Total Hrs: 60 Exam Marks: 50
I A Marks: 50 Exam Duration: 3 Hrs

Chapter 1: Introduction to Upaniṣads

i. An introduction to Upaniṣadic philosophies.
ii. The antiquity of Upaniṣadic literature.

Chapter 2: Essence of Five Upaniṣads

i. Īśā Upaniṣad
ii. Kena Upaniṣad
iii. Kaṭha Upaniṣad
iv. Praśna Upaniṣad
v. Taittirīya Upaniṣad

Text Books:

INTRODUCTION TO PSYCHOLOGY

Semester: III  Sub Code: BS T 304
Credits: 4  Hours/Wk: 4
Total Hrs: 60  Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hrs

Chapter 1: Human Psyche

i. The nature of Psychology and its’ definition, Scope and utility of Psychology.
ii. Psychology as a study of human behavior.
iii. Counseling
   a. Personality development
   b. Counseling
   c. Methods of counseling
   d. Skills of counseling
   e. Issues and challenges
   f. Life’s skills for happy life
   g. Code of ethics for lay counselors

Chapter 2: Psychic Forces, Conflicts and Frustrations

i. Psychic forces and human behavior, behavior and Consciousness, States of Consciousness, Psychological basis of behavior.
ii. Causes and Consequences of Conflicts and Frustrations.
iii. Disorders
   a. Common mental disorders
   b. Depressive disorders
   c. Anxiety disorders
   d. Serious mental disorders
   e. Mental retardation
   f. Alcohol and drug abuse
   g. Suicide, attempted suicide and suicide prevention
Chapter 3: Mental Processes, Motivation, Emotions and Intelligence

i. Sensation, Perception, Attention, Memory, Learning, Feeling etc.
ii. Their definitions and types,
iii. Intelligence and its measurements.
iv. Emotional Intelligence and Social Intelligence.

Chapter 4: Yoga Psychology

i. States of consciousness according to yogic scriptures (Jāgrata, Svapna, Suṣupti and Turīyā) and their applicability.
ii. Learning and Remembering in the context of Jñāna Yoga (Śravaṇa, Manana and Nididhyāsana)
iii. Types of personality in the context of different yogic scriptures (Mudha, Kṣipta, Viśipta, Caṅcalatā etc.)
iv. Cause of emotions in the mind according to Yoga texts

Text Books:

2. Sachdev, I.P.: Yoga and Depth Psychology (Motilal Banarsidass, Delhi, 1978)

Reference Books

PERSONALITY DEVELOPMENT

Semester: III  Sub Code: BS P 301
Credits: 2  Hours/Wk: 6
Total Hrs: 60  Exam Marks: 50
I A Marks: 50  Exam Duration:

1. Anger Management
2. Emotion Culture
3. Voice Culture
4. Stress Management
5. Intelligence Development
6. Memory Development

YOGA PRACTICE - III

Semester: III  Sub Code: BS P 302
Credits: 4  Hours/Wk: 6
Total Hrs: 60  Exam Marks: 50
I A Marks: 50  Exam Duration:

2. Select one instrument/Vocal - learn for 3 years.
   Refer EMOTION CULTURE Book - Level 3.
   Selecting one game and practicing for 3 years.

Reference Book: 1. Vyāsa Puṣpānjali
UPANIŚADIC CHANTING

Semester: III
Credits: 2
Total Hrs: 60
I A Marks: 50

Sub Code: BS P 303
Hours/Wk: 4
Exam Marks: 50
Exam Duration:

Upaniṣadic Chanting
- Bhṛguvalli,
- Ānandānimāmsā
- Puruṣasuktā
- Mantra Puṣpa

IV SEMESTER

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<td>Training in Personality Development</td>
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<td>BS F 402</td>
<td>Arogyadhama Training/Camp</td>
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<td>Report writing</td>
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TRAINING IN PERSONALITY DEVELOPMENT

Semester: IV  Sub Code: BS F 401
Credits: 4  Hours/Wk:
Total Hrs:  Exam Marks:
I A Marks:  Exam Duration:

Students will undergo training in Personality Development Programme in three batches of 10 days each.

AROGYADHĀMA TRAINING/SDM/ THERAPY CAMPS

Semester: IV  Sub Code: BS F 402
Credits: 4  Hours/Wk:
Total Hrs: 480  Exam Marks: 50
I A Marks: 50  Exam Duration:

YOGA THERAPY CLINICAL TRAINING IN ĀROGYADHĀMA/SDM/ THERAPY CAMPS

1. Asthma and Nasal Allergy
2. Hypertension and Heart Disease
3. Anxiety and Depression
4. Arthritis, Epilepsy, Muscular Dystrophy, Knee Pain, Voice Culture and Oncology
5. Back pain and Headache
6. Diabetes Mellitus
7. Gastro-Intestinal Disorders and Menstrual Disorders
8. Obesity
REPORT WRITING

Semester: IV  Sub Code: BS F 403
Credits: 6  Hours/Wk:
Total Hrs:  Exam Marks: 50
I A Marks: 50  Exam Duration:

1. Report and presentation on Personality Development Camp.
2. Report and presentation of Arogyadhama Training/SDM/Terapy Camps.

V SEMESTER

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<td>Introduction to AYUSH</td>
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<td>BS T 502</td>
<td>Patañjali Yogasutras</td>
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<td>BS T 503</td>
<td>Environmental Science</td>
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<td>BS T 504</td>
<td>Disaster Management</td>
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<td>AYUSH Training</td>
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<td>BS P 502</td>
<td>Patañjali Yogasutras Chanting</td>
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<td>BS P 503</td>
<td>Asāna, Prāṇāyāma &amp; Meditation - Level 2</td>
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<td>BS F 504</td>
<td>Yoga Practice – IV</td>
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INTRODUCTION TO AYUSH

Semester: V      Sub Code: BS T 501
Credits: 4       Hours/Wk: 4
Total Hrs: 60    Exam Marks: 50
I A Marks: 50    Exam Duration: 3 Hrs

Chapter 1: Yoga and Health and Integrated Approach of Yoga Therapy

• Concept of body, Health and disease.
• Concept of Yoga Ādhi and Vyādhi.
  Principle of Yoga Therapy in relation to Yoga Vāsiṣṭha
• Practices at Paṇca Koṇas level Annamaya, Prāṇamaya,
  Manomaya, Vijnānamaya and Ānandamaya koṇas.
• Principle of Yoga Therapy in relation to Haṭha Ratnāvali and
  Gheraṇḍa Samhitā

Chapter 2: Introduction to Basic concepts of Naturopathy

• History of Naturopathy.
• Principles of Naturopathy.
• Concept of five elements and its applications.

Chapter 3: Introduction to Basic concepts of Āyurveda

• The four aspects of life (Soul, Mind, Senses and Body)
• Pañcamahabhūtās (the five element theory),
• Āhāra, Vihāra and Auṣadhi (three pillars of Āyurveda)
• Concept, role and importance of – Doṣa, Dhātu, Mala,
  Updātu, Srotas, Indriya, Agni, Prāṇa, Prāṇāyatna, Prakṛti,
  Deha Prakṛti, Mānasa Prakṛti.
• Role of Doṣa, Dhatu and Mala in health and diseases.
• Concept of Dinacaryā (daily routine), concept of Ṛtucaryā (seasonal routine), Svasthavṛttta and Śaḍvṛttta in Āyurveda.
• Concept of Trayo Upasthambās.

Chapter 4: Introduction to Basic concepts of Unānī & Siddha

• History of Unānī & Siddha.
• Concept of Unānī & Siddha.
• Principles of Unānī & Siddha

Chapter 5: Introduction to Basic concepts of Homeopathy

• History of Homeopathy.
• Concept of Homeopathy.
• Principles of Homeopathy.

Text Books:

1. Dr R Nagaratha and Dr H R Nagendra : Yoga and Health (Swami Vivekananda Yoga Prakashana, 2000)
PATAŅJALI YOGASŪTRAS

Semester: V  
Sub Code: BS T 502
Credits: 4  
Hours/Wk: 4
Total Hrs: 60  
Exam Marks: 50
I A Mark: 50  
Exam Duration: 3 Hrs

Chapter 1: Samādhi Pāda
Chapter 2: Sādhana Pāda
Emphasis on Aṣṭāṅga Yoga
Chapter 3: Vibhūti Pāda
Chapter 4: Kaivalya Pāda

Text Book:

Reference Books:
2. Swami Omanandatirtha : Patañjala Yoga Pradīpa
   Geeta Press, Gorakhapur, 1994)
ENVIRONMENTAL STUDIES

Semester: V  Sub Code: BS T 503
Credits: 4  Hours/Wk: 4
Total Hrs: 60  Exam Marks: 50
I A Marks: 50  Exam Duration: 3Hrs

Chapter 1: The Multidisciplinary nature of environmental studies

i. Definition, scope and importance
ii. Need for public awareness

Chapter 2: Natural Resources

i. Introduction
ii. Renewable and non renewable resources
ii. Role of an individual in conservation of natural resources
iv. Equitable use of resources for sustainable lifestyles

Chapter 3: Ecosystems

i. Concept of an ecosystem,
ii. Structure and functions of an ecosystem
iii. Producers, consumers and decomposers
iv. Energy flow in the ecosystem
v. Ecological succession
vi. Food chains, food webs and ecological pyramids
vii. Introduction, types, characteristic features, structure and functions.

Chapter 4: Biodiversity and its Conservation

i. Introduction - definition, genetic, species and ecosystem diversity
ii. Biogeographic classification of India
iii Value of biodiversity: consumptive, productive use, social, ethical, aesthetic and option values
iv Biodiversity at global, national and local levels
v India as a mega diversity nation
vi Hotspots of biodiversity
vii Threats to biodiversity: habitat loss, poaching of wildlife, man-wildlife conflicts
viii Endangered and endemic species of India
ix Conservation of biodiversity: in-situ and ex-situ

Chapter 5: Environmental Pollution
i Definition
ii Causes, effects and control measures of
iii Solid waste management: causes, effects and control measures of urban and industrial waste
iv Role of individuals in pollution prevention
v Pollution case studies
vi Disaster management: floods, earthquakes, cyclones, landslides

Chapter 6: Social Issues and the Environment
i From unsustainable to sustainable development
ii Urban problems related to energy
iii Water conservation, rain water harvesting, watershed management
iv Resettlement and rehabilitation of people; its problems and concerns, case studies
v Environmental, ethics: issues and possible solutions
vi Climate change, global warning, acid rain, ozone layer depletion, nuclear accidents and nuclear holocaust, case studies
vi Wasteland reclamation
vii Consumerism and waste products
viii Environment protection act
ix Air (prevention and control of pollution) act
x Water (prevention and control of pollution) act
xi Wildlife protection act
xii Forest conservation act
xiii Issues involved in enforcement of environmental legislation
xiv Public awareness

Chapter 7: Human Population and the Environment

i Population growth, variation among nations
ii Population explosion-family welfare program
iii Environmental and human health
iv Human rights
v Value education
vi HIV/AIDS
vii Women and child welfare
viii Role of information technology in environment and human health

Chapter 8: Field Work

i Visit to a local area to document environmental assets, river/forest/grass lands/hill/mountain
ii Visit to a local polluted site
iii Study of common plants, insects, birds
iv Study of simple ecosystems

Text books
Erach Bharucha: Text for Environmental Studies for Undergraduate Courses of all Branches of Higher Education (University Grants Commission, New Delhi, 2004).
DISASTER MANAGEMENT

Semester: V Sub Code: BS T 504
Credit: 4 Hours/Wk: 4
Total Hrs: 60 Exam Marks: 50
I A Marks: 50 Exam Duration: 3 Hrs

I. Introduction to Disasters: Concepts, and definitions (Disaster, Hazard, Vulnerability), Resilience, Risks.

II. Disasters: Classification, Causes, Impacts (including social, economic, political, environmental, health, psychosocial, etc.)

Differential impacts – in terms of caste, class, gender, age, location, disability.

Global trends in disasters: Urban disasters, Pandemics, Complex emergencies, Climate change.

III. Approaches to Disaster Risk reduction: Disaster cycle – its analysis, Phases, Culture of safety, Prevention, mitigation and preparedness, community based DRR, Structural-nonstructural measures, resources or how displacement of large sections of people creates severe vulnerabilities may be mapped by student project work. Roles and responsibilities of community, Panchayat Raj Institutions/Urban Local Bodies (PRIs/ULBs), states, Centre and other stake-holders.

IV. Inter-relationship between Disasters and development: Factors affecting Vulnerabilities, differential impacts, impact of Development projects such as dams, embankments, changes in Land-use etc. Climate Change Adaptation. Relevance of indigenous knowledge, appropriate technology and local resources.
V. Disaster Risk Management in India
   Hazard and Vulnerability profile of India Components of Disaster Relief: Water, Food, Sanitation, Shelter, Health, Waste Management Institutional arrangements (Migration, Response and Preparedness, DM Act and Policy, Other related policies, plans, programmes and legislation)

VI. Project Work: (Field Work, Case Studies)
   The project/fieldwork is meant for students to understand vulnerabilities and to work on reducing disaster risks and to build a culture of safety.

Reference Books:
Govt. of India: Disaster Management Act 2005, Govt. of India, New Delhi.

AYUSH TRAINING

Semester: V  Sub Code: BS P 501
Credits: 4  Hours/Wk: 6
Total Hrs: 60  Exam Marks: 50
I A Mark: 50  Exam Duration:

Training in Ayurveda, Naturopathy & Physiotherapy.
PATAŇJALĪ’S YOGA SŪTRAS CHANTING
Semester: V                Sub Code : BS P 502
Credits: 4                   Hours/Wk: 4
Total Hrs: 60               Exam Marks: 50
I A Mark: 50               Exam Duration: 3 Hrs

Patañjali’s Yoga Sūtras Chanty

ASĀNA, PRĀṆĀYĀMA & MEDITATION - LEVEL 2
Semester: V                Sub Code : BS P 503
Credits: 4                   Hours/Wk: 6
Total Hrs: 60               Exam Marks: 50
I A Mark: 50               Exam Duration: 3 Hrs

i. Breathing Practices:
Revision of all breathing Practices

ii. Loosening Exercises (Śithila Karaṇa Vyāyāma):
Previous level practices plus

   a. Jumping
   c. Sit ups
   e. Pushups
   g. Rocking and Rolling

   b. Jumping and Twisting
   d. Side sit ups
   f. Alternate leg placing

   h. Pavana Muktāsana Kriya

iii. Surya Namaskāra – 12 rounds

iv. Yogāsanās: Previous level practices plus

Standing:
   A. Trikoṇāsana
   C. Pārśvakoṇāsana

   B. Parivṛttta Trikoṇāsana
   D. Natarājāsana
E. Garudāsana  
F. Veerabhadrasana  
G. Utthita Pārśvakoṇāsana  
H. Pārśvotthānāsana  

**Sitting:**

A. Baddha Koṇāsana  
B. Supta Vajrāsana  
C. Supta Vīrāsana  
D. Padmāsana  
E. Baddaha Padmāsana  
F. Kukkutāsana  
G. Kūrmāsana  
I. Mayurasana  

**Prone:**

A. Bhujāṅgāsana 1, 2, 3 & 4  
B. Salabhāsana  

**Supine:**

A. Sarvāṅgasana  
B. Halāsana  
C. Matsyāsana  

**v. Preparatory Practices for Prāṇāyāma**

*a. Postures for Prāṇāyāma and Meditation*
-Vajrāsana, Siddhāsana, Siddhayoni Āsana, Sukhāsana, Padmāsana  

*b. Mudrās for Prāṇāyāma*
- Cin, Cinmaya, Adi, Brahma and Nasika Mudras  

**vi. Prāṇāyāma**

*a. Kapalabhāti Kriya*  
*b. Vibhagiya Svasana*  
*c. Surya Anuloma Viloma Prāṇāyāma*  
*d. Chandra Anuloma Viloma Prāṇāyāma*  
* e. Nādiśuddhi Prāṇāyāma*  

**vi. Deep Relaxation technique (DRT)**

**Advance Kriyās**

*a. Dhauti: Vastra Dhauti, Vaman Dhauti, Danda Dhauti.*  
*b. Trātaka*  
*c. Laghu Shankhaprakṣālana*
YOGA PRACTICE - IV

Semester: V  Sub Code: BS P 504
Credits: 2  Hours/Wk: 6
Total Hrs: 60  Exam Marks: 50
I A Marks: 50  Exam Duration:

2. Select one instrument/Vocal - learn for 3 years.
   Refer EMOTION CULTURE Book - Level 4.
   Selecting one game and practicing for 3 years.

Reference Book: Vyāsa Puṣpāñjali
### VI SEMESTER

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<td>Nārada Bhakti Sutrās</td>
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<td>BS T 602</td>
<td>Life and Message of Contemporary Yogis</td>
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<td>BS T 603</td>
<td>Constitution of India</td>
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<td>BS T 604</td>
<td>Haṭha Yoga</td>
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NĀRADA BHAKTI SŪTRAS

Semester: VI  Sub Code: BS T 601
Credits: 4  Hours/Wk: 4
Total Hrs: 30  Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hrs

Chapter 1: Concept of Bhakti
Chapter 2: Historical aspects
Chapter 3: Life sketch of Nārada, the author
Chapter 4: The science of emotions’ culture as portrayed in NBS

Reference Book

Nārada Bhakti Sūtras  :  Swāmī Harshananda,
Pub : Ramakrishana Mission
LIFE & MESSAGE OF CONTEMPORARY YOGIS

Semester: VI
Credits: 4
Total Hrs: 120
I A Marks: 50

Introduction to the ancient lineage of Yoga masters - Yoga parampara:
Lives of modern yogis continuing the parampara - modern yogis breaking away from the traditional paths their special contributions and repercussions on the society.
Study of the life of Sri Ramakrishna, Vivekānanda, Ma Shārada, Sri Aurobindo, Swami Yogānanda, Swami Sivānanda.

Text Books:
1. Gospel of Sri Ramakrishna
2. Gospel of Holy Mother
3. Teaching of Swami Vivekānanda
4. Ramana Gita, Pub; Ramanāshram
5. Sri Aurobindo and Consciousness
CONSTITUTION OF INDIA

Semester: VI  Sub Code: BS T 603
Credits: 4  Hours/Wk: 4
Total Hrs: 30  Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hrs

CHAPTER - 1

a) Framing of the Indian Constitution Role of the Constituent assembly

b) Philosophy of the Constitution Objectives, Resolution, Preamble, Fundamental Rights and Duties, Human rights and environmental protection

CHAPTER - II

a) Special Rights created in the Constitution, Backward classes, Women and Children, Religious and Linguistic minorities

b) Directive Principles of State Policy The need to balance Fundamental Rights with directive principles.

CHAPTER - III

a) Union Executive President, Prime Minister, Council of Ministers, Powers and functions, coalition Government, problems in their working.

b) Union Legislature - Parliament: Lok sabha, Rajya Sabha, Powers and functions, recent trends in their functioning.
CHAPTER - IV

a) State Government
   Governor, Chief Minister, Council of Ministers, Legislature

b) Centre - State Relation
   Political, Financial, administrative, Recent Trends

CHAPTER - V

a) Judiciary
   Supreme Court, High Courts, Lower Courts Judicial Review, Writs, Public Interest Litigations, enforcing rights through writs.

b) Emergency Provisions
   About article 356

HAṬHA YOGA

Semester: VI   Sub Code : BS T 604
Credits: 4   Hours/Wk: 4
Total Hrs: 30   Exam Marks: 50
I A Marks: 50   Exam Duration: 3 Hrs

Chapter 1 : Haṭha Yoga: Its Philosophy And Practices

- Haṭha Yoga, its meaning, definition, aims and objectives, in Haṭha Yoga.
- The origin of Haṭha Yoga, Important Haṭha Yogic Texts.
- Dos and Don’ts to be followed by the Haṭha Yoga Practitioner, concept of Mata, concept of Mitāhāra, Pathyā (conducive) and Apathyā (non-conducive).
- Brief introduction to Great Haṭha Yogis of Nātha School and their contributions to Yoga,
- Relationship between Haṭha Yoga and Rāja Yoga.
Chapter 2: Haṭha Yogic Practices: Āsanās, Bandhas and Mudrās

- **Yogāsana**: its definition, Salient features.
- Āsanās in *Haṭha Yoga Pradīpikā* (HYP) and *Gheraṇḍa Samhitā* (GS): their techniques, benefits, precautions and importance in modern days.
- Bandhas and role of Bandhatrayas in Yoga Sādhanā.
- Fundamental Mudrās in HYP and GS - their techniques and benefits.

Chapter 3: *Haṭha Yogic Practices: Śaṭkriyās and Prāṇāyāmas*

- Śaṭkriyās in *Haṭha Yoga Pradīpikā*, their techniques and precautions, role of Śodhan-kriyās in Yoga Sādhanā and their importance in Modern day - to - day life.
- Prāṇāyāma - Yogic deep breathing, Concept of Pūraka, Kumbhaka and Recaka.
- The concept of Prāṇa, Kinds of Prāṇa and Upa-prānas.
- Prāṇāyāma and its' importance in *Haṭha Yoga Sādhanā*.
- Prāṇāyāma practices in HYP and GS., their techniques, benefits and precautions.

Chapter 4: *Haṭha Yogic Practices: Pratyāhāra and Nādānusandhāna*

- Concept of Pratyāhāra in *Gheraṇḍa Samhitā* - their techniques and benefits.
- Types of Dhāranās and their benefits in *Gheraṇḍa Samhitā*.
- Types of Dhyānas and their benefits in *Gheraṇḍa Samhita*.
- Concept of Nāda and Nādānusandhāna in HYP.
Text Book:

NĀRADA BHAKTI SUTRĀS & SELECTED HAṬHA YOGA ŚLOKAS CHANTING

Semester: VI Sub Code: BS P 601
Credits: 4 Hours/Wk: 4
Total Hrs: 30 Exam Marks: 50
I A Marks: 50 Exam Duration:

Chanting of Nārada Bhakti Sutrās & Selected Haṭha Yoga Ślokas.

ADVANCE PRĀŅĀYĀMA & MEDITATION

Semester: VI Sub Code: BS P 602
Credits: 2 Hours/Wk: 6
Total Hrs: 60 Exam Marks: 50
I A Marks: 50 Exam Duration:

- Prāṇāyāma with combination of Kumbhaka, Mudrās and Bandhās.
- Saṃavṛtti Prāṇāyāma and Viśama Vṛtti Prāṇāyama.
- Anāhata Mauna, Japājapa, Cidākāsa, Deharākāsa, Hṛdāyākāsa and Yoga Nidrā.
YOGA PRACTICE – V

Semester: VI  Sub Code: BS P 603
Credits: 2  Hours/Wk: 6
Total Hrs:  Exam Marks: 50
I A Marks: 50  Exam Duration:

2. Select one instrument/Vocal - learn for 3 years. Refer EMOTION CULTURE Book - Level 5.

Reference Book: 1. Vyāsa Puṣpānjali

YOGA THERAPY TRAINING

Semester: VI  Sub Code: BS P 604
Credits: 4  Hours/Wk: 12
Total Hrs: 120  Exam Marks: 50
I A Marks: 50  Exam Duration:

Training in Arogyadhama.