

S-VYASA Yoga University

Division of Yoga – Spirituality

ACADEMIC CURRICULUM

For

B.Sc. (Yoga & Consciousness)

Swami Vivekananda Yoga Ansandhana Samsthana

(Deemed to be University under section 3 of the UGC act, 1956)
Eknath Bhavan, Gavipurama Circle, K.G. Nagar, Bendluru-560019

PREAMBLE

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA, Deemed to be University) conceptualized the B.Sc (Yoga and Consciousness) with the objective of producing Yoga therapists/ consultants/ spiritual counsellors who would assist conventional medicine specialists in their profession to get rid of wide range of psychosomatic ailments. The academic council approved the syllabus and suggested to implement in the academic year 2016-17. The duration of the course remained the same and entire duration of B.Sc. (Yoga and Consciousness) program under the division of is divided into six semesters (three consecutive years) in general mode.

TITLE OF THE COURSE

B.Sc. (Yoga and Consciousness)

DURATION OF THE COURSE

The minimum duration of the program will be three years (six semesters in continuum)

ELIGIBILITY

Any Graduation + YIC of S-VYASA University along with Sanskrit background as mentioned below;

- Sanskrit knowledge as one of the courses / paper in any level of conventional academic studies
- Sanskrit knowledge in traditional school/ Pathashalas / Mathas
- Sanskrit study as a certificate / short term courses offered by Sanskrit Universities

GOALS OF B.Sc. (Yoga and Consciousness) Program

1. Become aware of the research advances and developments in the field of Yoga and Veda.
2. Acquire a spirit of scientific inquiry and oriented to the principles of research methodology.
3. Plan and design a module of Yoga and Yajna for a particular problem.

INSTITUTIONAL GOALS

After the completion of post-graduation program in B.Sc. (Yoga and Consciousness), the students must:

1. Be able to design a Yoga module based on the severity of the condition with

- consultation with medical doctors.
2. Be proficient in the Yoga therapy techniques he/she prescribes for health issues.
 3. Develop a humane attitude towards the patients and never give burden to a patient in terms of financial affordability.
 4. Enjoy an urge for self-improvement, directed towards advanced expertise or research in the field of Yoga.
 5. Be able to give spiritual counselling and explain the manifestation of a disease in the context of Yogic scriptures and spiritual lures.
 6. Explore and understand the cause of his/her problem for which the patient has been suffering.
 7. Be able to work successfully in a variety of health care settings.
 8. Develop integrity, responsibility, reliability, dependability and compassion, which are characteristics required for successful professional life.
 9. Develop leadership and communication skills to work as leading therapist in healthcare teams.

OBJECTIVES OF THE PROGRAM

- To train Sadhakas – inner researchers, Spiritual counsellors and cultural ambassadors powered with the wisdom of Yoga – Spirituality to explore certain subtle dimensions of Consciousness.
 - To promote the ancient Gurukula system of education with the wisdom of Vedanta, the principles and practices of integrated modules of Yoga/Yajna techniques with a scientific fervour of the west.
1. To train the students to teach ancient scriptures related to Yoga and Vedanta in the department of the Universities as an Assistant professor.
 2. To train students in Yoga & Yajna based therapy so as to enable the students to become well versed in Yoga & Yajna based therapy.
 3. To integrate Yoga & Yajna based therapy with other systems of medicine to speed up the process of recovery.
 4. To explore the possibilities of promoting Yoga & Yajna based therapy integrating ancient medical practice at conventional medical facilities attached to the institute.
 5. To produce Yoga and Yajna based therapists with in depth understanding of basic sciences and mechanism of action of every technique prescribed for a disease.
 6. To bring all round personality development of the students at all levels of their personality.

Attendance

Each semester is considered as a unit and the candidate has to put in a minimum attendance of 75%.

The basis for the calculation of the attendance shall be the period prescribed by the University by its calendar of events. The students shall be informed about their attendance position periodically so that the students will be cautious to make up if shortage

S-VYASA Yoga University

Division of Yoga and Spirituality

B.Sc. Yoga and Consciousness – Under Graduate - CBCS Pattern

	Subjects	CBCS	Code	Credits	Total hrs	L	T	P	F
Semester I									
1	Sanskritam – 1	CC	BSYC101	3	60	15	15	30	0
2	English – 1	AE	BSYC102	3	60	15	15	30	0
3	A broad Introduction to Sanskrit literature	DC	BSYC103	3	60	15	15	30	0
4	Introduction and Heritage of Yoga	DC	BSYC104	3	60	15	15	30	0
5	Basic anatomy and physiology	CC	BSYC105	3	60	15	15	30	0
6	Vedic principles and practices	DC	BSYC106	3	60	15	15	30	0
7	Yoga Practices – 1	CC	BSYC107	2	45	0	15	30	0
8	Yoga Practicum - 1 (Bhajan + Krida Yoga)	CC	BSYC108	2	45	0	15	30	0
				22	450	90	120	240	0
Semester II									
1	Sanskritam – 2	AE	BSYC201	3	60	15	15	30	0
2	Environmental studies	CC	BSYC202	3	60	15	15	30	0
3	Essence of Upanishads	GE	BSYC203	3	60	15	15	30	0
4	Patanjali Yoga Sutras	GE	BSYC204	3	60	15	15	30	0
5	Science and consciousness	GE	BSYC205	3	60	15	15	30	0
6	Ancient Indian Ecology	DE	BSYC206	3	60	15	15	30	0
7	Vedic concepts and practices	DC	BSYC207	2	45	0	0	45	0
8	Yoga practices – 2	CC	BSYC208	2	45	0	15	30	0
				22	450	90	105	255	0
Semester III									
1	Bhagavad Gita (chapters 1 – 9)	DC	BSYC301	3	60	15	15	30	0
2	Sanskritam - Source of Science	DE	BSYC302	3	60	15	15	30	0
3	Introduction to the Vedas	DE	BSYC303	3	60	15	15	30	0
4	Niti Shatakam	DE	BSYC304	3	60	15	15	30	0
5	Introduction to Vedangas	GE	BSYC305	3	60	15	15	30	0
6	Vedic chanting and practices	DC	BSYC306	2	45	0	15	30	0
7	Yoga Practices – 3	CC	BSYC307	2	45	0	15	30	0
8	Yoga Vasishtha	GE	BSYC308	3	60	15	15	30	0
				22	450	90	120	240	0
Semester IV									
1	Bhagavad Gita (chapters 10 – 18)	DC	BSYC401	3	60	15	15	30	0
2	Advanced Yoga techniques	GE	BSYC402	3	60	15	15	30	0
3	Ethics and Values in Sanskrit literature*	DE	BSYC403	3	60	15	15	30	0
4	Yoga Therapy for Common Ailments	GE	BSYC404	3	60	15	15	30	0
5	Yoga Therapy techniques	GE	BSYC405	3	60	15	15	30	0
6	Vedic rituals and practices	DC	BSYC406	2	45	0	0	45	0

7	Training in Veda Shibira - Vedic Personality Development Camp	FW	BSYC407	2	45	0	0	0	45
8	Taittiriya Upanishat	DC	BSYC408	3	60	15	15	30	0
	Constitution of India*								
				22	450	90	90	225	45
	Semester V								
1	Katha Upanishat	DC	BSYC501	3	60	15	15	30	0
2	Contribution of ancient and contemporary Yoga Masters	GE	BSYC502	3	60	15	15	30	0
3	Hitopadesha (Text)	DE	BSYC503	3	60	15	15	30	0
4	Organizing Puja and Yajna	DE	BSYC504	3	60	0	30	0	30
5	Application of Yoga Therapy (Arogyadhama)	GE	BSYC505	3	60	0	0	0	60
6	Educational Tour	AE	BSYC506	2	45	15	0	0	30
7	Hatha Yoga Pradipika	GE	BSYC507	2	45	15	0	30	0
8	Vedic Upasanas and Practices	DC	BSYC508	3	45	30			
				22	450	75	75	120	120
	Semester VI								
1	Introduction to Shad Darshanas	DE	BSYC601	4	60	15	15	30	0
2	Tarka Sangraha	DE	BSYC602	3	60	15	15	30	0
3	Vedic cosmology	GE	BSYC603	3	60	15	15	30	0
4	Cultural history of India	GE	BSYC604	3	60	15	15	30	0
5	Report writing	PW	BSYC605	3	60	0	15	0	45
6	Vedic science and practices	DE	BSYC606	3	45	15	0	30	0
7	Spiritual Counseling	GE	BSYC607	3	45	15	0	30	0
				22	450	90	75	180	45
				132	2700	525	585	1260	210

Semester I

	Subjects	CBCS	Code	Credits
	Semester I			
1	Sanskritam – 1	CC	BSYC101	3
2	English – 1	AE	BSYC102	3
3	A broad Introduction to Sanskrit literature	DC	BSYC103	3
4	Introduction and Heritage of Yoga	DC	BSYC104	3
5	Basic anatomy and physiology	CC	BSYC105	3
6	Vedic principles and practices	DC	BSYC106	3
7	Yoga Practices – 1	CC	BSYC107	2
8	Yoga Practicum - 1 (Bhajan + Krida Yoga)	CC	BSYC108	2
				22

Course: Samskrita – 1

Title of the Course	Samskritam – 1
Course code	BSYC301
Number of Credits	3
Total number of hours	60

Learning outcome

- Basic structure of Samskritam sentences
- Conversation in Samskritam
- Read and write Devanagari script

Unit 1: Basics of Samskritam

10 Hrs

- Origin of language
- Uniqueness of Samskritam
- Samskrita Varnamala – Svaras, Vyanjanas and Ayogavaha (Utpatti Sthana and Prayatna)
- Transliteration rules
- Intro Parts of speech in Samskritam – Karaka, Linga, Vibhakti, Vachana

Unit 2: Speaking skills

20 Hrs

- Samskrita Sambhashana Shibira of Samskrita Bharati
 - Daily Greetings
 - Numbers till 100
 - Identifying time in Samskritam
 - Framing basic sentences

Unit 3: Basic grammar lessons

20 Hrs

- Introduction to Sandhi – Svara, Vyanjana and Ayogavahas
- Introduction to Samasa – 4 types of Samasas
- Introduction to Karaka – 6 Karakas

Unit 4: Memorization of selected verses and declensions of common (selected) words 10 Hrs

- 20 selected Subhashitas verses
- 35 Subanta Rupas and 10 Dhatus

Course: English

Title of the Course	English
Course code	BSYC 102
Number of Credits	3
Total number of hours	60

Learning outcome

- Basic structure of English sentences
- Conversation in English
- Read and write Roman script

V --FUNCTIONAL ENGLISH – II

Total Marks Hrs. of instructions/week Credits

100 (75+25) 2 L+1T 3 Credits

UNIT – I: READING SKILLS

- Factual passages e.g. instructions, descriptions, reports
- Discursive passages involving opinion e.g. argumentative, reflective, persuasive etc.
- Literary texts e.g. poems, extracts from fiction, Literary texts e.g. biography, autobiography, travelogue
- Literary passages e.g. poems, extracts from fiction, biography, autobiography, travelogue etc.
- Factual passages e.g. illustrations, description, reports, Discursive passages involving opinion e.g. argumentative, persuasive

UNIT – II: EFFECTIVE WRITING SKILLS

- Short writing tasks such as composing messages, notices, e-mails and factual description of people, notices, advertisements, factual description of people arguing for or against topics, places and objects, drafting posters, accepting and declining invitations, arguing for or against a topic
- Writing Official letters for making inquiries, suggesting changes-registering complaints asking for and giving information, placing orders and sending replies based on given verbal/ visual input
- Writing letters to the editor on various social, national and international issues. (120-150 words)
- Long and sustained writing tasks such as writing a speech or writing an article based on a verbal or a visual input
- Writing letters to the editor on various social, national and international issues (125-150 words), Writing task such as writing a speech, a report

UNIT – III: APPLIED GRAMMAR

- Application of grammar items in context (i.e. not in isolated sentences)
- Grammar items: prepositions, verb forms, connectors
- Modals, determiners, voice and tense forms, Prepositions, verb forms, connectors
- Composing a dialogue based on the given input, Recognizing consonant and vowel values in pronunciation, stress and intonation
- Correction of errors in sentences, Reordering of words and sentences

UNIT- IV: LITERATURE

- Test of local and global comprehension involving interpretative, inferential, evaluative and extra-polatory skills.
- Test of global comprehension, exploration, usage, lexis and meaning from the Literature Reader
- Extracts from different poems from the Literature Reader, each followed by two or three questions to test local and global comprehension of ideas and language used in the text; test of theme, setting and literary devices based on different poems
- Test of comprehension and drawing/evaluating inferences based on the play from the Literature, usage & lexis and meaning based on different prose texts from the Literature Reader
- Test of global comprehension and for extrapolation beyond the text based on one of the prose texts in the Literature Reader

BOOKS FOR REFERENCE

- Nagaraj, Geetha. : English language Teaching. Hyderabad: Orient Longman, 2008.
- Trask R. L. : Key Concepts in language & Linguistics. London: Routledge, 2004.
- Trask R. L. : Language the Basics. London: Routledge, 2003
- Halliday MAK. : Spoken and written Language. London: OUPP, Halliday MAK. : An Introduction to Functional Grammar. London: Arnold Mathew, et al. : Language Curriculum: Dynamics of Change (Vol. I & II). Orient Longman Tickoo, M. L. : Teaching and Learning English. Orient Longman
- Vygotsky, L. S. : Mind in Society. Cambridge: Harvard University Press
- Richards, Jack C and Theodore S Rodgers. : Approaches and methods in language teaching. Cambridge : CUP,1995.
- Hatim ,Basil and Jeremy Munday: Translation: An Advanced Resource Book. Oxon: Routledge, 2004.
- Crystal, David. : English as a Global Language. Cambridge: CUP
- Mascull, Bill. : Business vocabulary in Use. Cambridge: CUP, 2004

Course: History of Samskrita literature

Title of the Course	History of Samskrita literature
Course code	BSYC 103
Number of Credits	3
Total number of hours	60

Learning outcome

- Understanding the broad works of ancient Sanskrit authors
- Knowing the greatness of authors by studying their biography and achievement
- Understanding the place of Sanskrit literature among world literature

Unit 1

15 Hrs

- Evolution of Sanskrit language

- Eminent Sanskrit authors ; Adhikavi Valmikai, Maharshi Veda vyasa, Kalidasa, Bhasa, Harsha, Panini, Patanjali, Adi Shankaracharya, Kalhana, Jayadava
- Well-Known Literary works for children: Panchatantra, Hitopadesha

Unit -2 15 Hrs

- Epics: Ramayana, Mahabharata, Bhagavad Gita
- Sanskrit Drama and Poetry

Unit -3 15 Hrs

- Sanskrit & the Sciences: Astronomy, Mathematics, Chemistry, Architecture And Engineering Medicine
- Sanskrit and Metaphysical Subjects
- Philosophy: Astika And Naasthika Darshana

Unit -4 15 Hrs

- Sanskrit and Humanities: History, Political Economy, Law (Dharmashastra)
- Sanskrit and the arts : Sculpture, Music, Dance

Reference books:

1. History of classical literature, both western and eastern scholars
2. Indian Kavya literature – 3 vols. Prof AK Wardar
3. Sanskrit - source of science
4. Notes from various scholars
5. Ramayana and Mahabharata

Subject Title: Introduction and Heritage of Yoga

Title of the Course	History and Foundations of Yoga
Course code	BSYC 104
Number of Credits	3
Total number of hours	60

Course Objectives:

- The subject entitled 'Foundation of Yoga' has the following objectives
- Students of the UG course will have an understanding about origin, history and development of Yoga.
- They will have an idea about the insights of Indian philosophy and Astika & Nastika darshanas.
- Introduction about Yoga according to various yogic texts.

Unit-1: General introduction to yoga

[15Hrs.]

- Brief about origin of Yoga: Psychological aspects and Mythological concepts; History and
- Development of Yoga: prior to the Vedic period, Vedic period, Medieval period, modern era;
- Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions of Yoga; Brief
- about Streams of Yoga; Principles of Yoga, Importance of Yoga

Unit - 2: General introduction to Indian philosophy [15Hrs.]

- Philosophy: meaning, definitions and scope; Indian Philosophy: Salient features, Branches
- (Astika and Nastika Darshanas), Distinction from Religion and Science, Brief introduction to
- Prasthanatrayee and Purushartha Chatushtaya; Relationship between Yoga and Indian
- Philosophy

Unit - 3: Brief about Yoga in texts – I [15Hrs.]

- Brief to Upanishads and Yoga in Principal Upanishads, Yoga in Yogopanishad; Yogic
- perspective of Epics: Ramayana, Adhyatma Ramayana and Mahabharata; Yogic perspective:
- Bhagavad Gita, Yoga Vasishtha, Narada Bhakti Sutras

Unit-4: Brief about Yoga in texts – II [15 Hrs.]

- Yogic perspective: Smritis, Puranas with emphasis to Bhagavat Purana; Yogic perspective to
- Shad-darshanas; Emphasis to Vedantic approach of Shankara, Ramanuja, Madhva and
- Vallabha; Brief: Agamas, Tantras, Shaiva Siddhanta

TEXT BOOKS

- Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
- Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
- Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
- Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
- Swami Chandrashekharendra Sarasvati, The Vedas, Bhavan's Publication, Mambai, 2009

BOOKS FOR REFERENCE

- Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
- Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
- Hiriyanna M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
- Hiriyanna M: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008
- Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008
- Max Muller K. M : The six system of Indian Philosophy, Chukhambha, Sanskrit series, Varanasi, 6th Edition, 2008

Subject Title: Human Anatomy and Physiology

Title of the Course	Human Anatomy and Physiology
Course code	BSYC 105
Number of Credits	3

Total number of hours	60
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Learning Outcome

- knowing the details about the structure of the body
- knowing the details about the necessary functions of the body
- knowing the details about the diseases related to each system
- knowing the details anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga

Unit-1: Cell, Tissue and Muscular – Skeletal system [10 Hrs]

Cell structure –Plasma membrane and protoplasm; Cell organelles –Mitochondria, Golgi body, Endoplasmic reticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane, chromosome, nucleolus; Homeostasis; Structure and function of epithelial –simple and compound; Connective -connective tissue proper, skeletal and vascular; Muscular - Skeletal ,involuntary and cardiac; Nervous tissues-Myelinated neuron and Non myelinated neuron; Anatomy of the Skeleton: Classification of bones-Axial bones and appendicular bones; Types of joint –Synovial joints and Fibrous joint; Structure of synovial joints ; Types of synovial joints; Types of Muscle in the body(striated ,Smooth muscle, Cardiac muscle); Mechanism of muscle contraction

Unit-2: Biomolecules, Digestive and Respiratory system [8 Hrs]

Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibres
Balanced diet; **Digestive system:** Digestive system of human-Mouth, buccal cavity, Pharynx, oesophagus, stomach, large intestine, small intestine, anus, associated glands-Liver, Pancreas, salivary glands, physiology of digestion and absorption; Malnutrition and under nutrition; Respiratory system of human-Nose, nasal cavity, pharynx, Trachea, Larynx, bronchiole, lungs; Mechanism of breathing (Expiration and inspiration); Transport of respiratory; gases (transport of oxygen and transport of carbon dioxide); Common respiratory disorder

Unit-3: Cardiovascular system [8 Hrs]

Composition and function of blood –Plasma ,RBC,WBC and Platelet; Blood groups and their importance; Blood clotting; Structure and working mechanism of heart; Organisation of systemic and pulmonary circulation; Cardiac output and cardiac cycle; Functional anatomy of blood ; vessels; Blood pressure and regulation of blood pressure

Unit - 4: Nervous system and special senses [10 Hours]

Structure and function of human brain.-Fore brain, mid brain, hind brain, Structure and function of spinal cord, Cranial nerve and spinal nerve, Autonomic nervous system- Sympathetic and para sympathetic nervous system, Reflex action, Mechanism of nerve conduction, Synapse and synaptic transmission, Structure and function of eye, ear, nose, tongue and skin

Unit – 5: Endocrine system [8 Hours]

Structure and function of important of endocrine gland (Pituitary, Adrenal, Thyroid, Parathyroid, Pancreas, gonads), Function of GI tract hormones, Mechanism of hormone action

Unit – 6: Reproductive and Excretory system [8 Hrs]

Male reproductive system of human.-Testis, penis, epididymis, prostate gland; Female reproductive system of human-ovary, uterus, vagina, cervix, fallopian tube; Menstrual cycle Gametogenesis-Spermatogenesis and oogenesis; Fertilization; Implantation and embryonic development; Pregnancy; Excretory system of human-Kidney, ureter, urinary bladder, urethra; Mechanism of urine formation-Ultrafiltration, selective reabsorption, tubular secretion; Role of kidney in osmoregulation

Unit – 7: Lymphatic system and immune system [8 Hrs]

Lymphoid organ-Bone marrow, Thymus, spleen ,Lymph node, Composition and function of lymph, Immunity, Types of immunity-Innate immunity and acquired immunity, Antigen and antibody, Hypersensitivity, Autoimmunity

TEXT BOOKS

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology

REFERENCE BOOKS:

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. Kanchan Prakashan, Lonavla, India
2. LanPeate and MuralidharanNayar – Fundamental of Anatomy and Physiology for students nurses
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses

Subject Title: Vedic Principles and Practices – 1

Title of the Course	Vedic Principles and Practices – 1
Course code	BSYC 106
Number of Credits	3
Total number of hours	60

Learning outcome

- Clarity in pronouncement
- Understanding the meaning in general
- Ability to identify the mistakes if available and setting them right

Unit 1: Dashashanti

20 Hours

- Sahanavavatu
- Shanno Mitra
- Bhadram karnebhiih
- Taccham yoravrinimahe
- Purnamadah purnamidam
- Aprayantu mamangani
- Yashchandasamrishaabho
- Aham vrikshasya reriva
- Namobrahmane

- Vanme manasi pratishthitam

Unit 2 – Suktas:

20 Hrs

- Shraddha
- Medha

Unit 3: Stotras

10 Hours

- Ganapati Pancharatna
- Madhura ashtakam
- Guru Ashtakam
- Annapurna stotram
- Ekatmata Stotram
- Aikya Mantra

Unit 4 – Practical:

10 Hrs

- Sandhya

REFERENCE BOOKS:

1. Mantrapushpam, mailapur, Chennai.
2. Vyasapushpanjali, SVYP, Bangalore.

Subject Title: Yoga Practices – 1

Title of the Course	Yoga Practices – 1
Course code	BSYC 107
Number of Credits	2
Total number of hours	45

Learning outcome

- Maintaining one's health
- Following a specific routine module for general health

Unit – 1 Breathing Practices 5 Hrs

- Hands stretch breathing
- Ankle stretch breathing
- Rabbit breathing
- Shashankasana breathing
- Instant Relaxation Technique

Unit – 2 Loosening exercises 5 Hrs

- Jogging
- Forward and Backward bending
- Side bending
- Twisting
- Pavanamuktasana Kriya
- Quick relaxation technique

Unit – 3 Surya Namaskara 10 Hrs

Unit – 4 Yoga Asana 20 Hrs

- Standing Asanas
- Sitting Asanas
- Prone Asanas
- Supine Asanas

Unit – 5 Pranayama Practices and preparation 20 Hrs

- Kapalabhati and sectional breathing
- Surya, Cahndra Anuloma Viloma, Nadishodhana, Shitali, Sitkari, Sadanta
- Bhramari and Nadasandhana

Reference Book

1. Dr R Nagarathna (2014). Yoga for Promotion of Positive Health, SVYP, Bangalore

Subject Title: Yoga Practicum – 1

Title of the Course	Yoga Practicum – 1
Course code	BSYC 108
Number of Credits	2
Total number of hours	45

Learning outcome

- Culturing the emotions by participating in Bhajan sessions
- Developing and maintaining tranquility of mind by singing Bhajans

Unit-1:Prayers [10Hrs]

- Karagre Vasate Lakshmi
- Samudravasane Devi
- Lingashtakam

Unit – 2: Music Practice [10 Hrs]

- Basic Swaras of Karnatic Music

Unit - 3: Bhajans & Patriotic Song [40Hrs]

- Guru Stuti - Guru Mahima, Pa Liye Hamne
- Ganesh Bhajan - Mahaganapate Namostute, , Matanga Vadana
- Shiva Bhajan - Brahma-paratpara Purna, Om shiva Om shiva
- Devi Bhajan - Jay Jay Jay Devi Jagadamba
- Ram Bhajan - Dasharathanandana Rama
- Sri Krishna Bhajan - Smita Smita Sundara Mukharavinda Naco Nandalala

Recommended books:

1. Vyasapushpanjali- Nagendra H R.
2. Keerthana Sangraha – Part 1 & 2 – Ramakrishna Math
3. My Prayers - Central Chinmaya Mission Trust.
4. Bhakti Sudha - Central Chinmaya Mission Trust

	Semester II	CBCS	Code	Credits
1	Sanskritam – 2	AE	BSYC201	3
2	Environmental studies	CC	BSYC202	3
3	Essence of Upanishads	GE	BSYC203	3
4	Patanjali Yoga Sutras	GE	BSYC204	3
5	Science and consciousness	GE	BSYC205	3
6	Ancient Indian Ecology	DE	BSYC206	3
7	Vedic concepts and practices	DC	BSYC207	2
8	Yoga practices – 2	CC	BSYC208	2
				22

Course: Samskritam – 2

Title of the Course	Samskritam – 2
Course code	BSYC201
Number of Credits	3
Total number of hours	60
LTPF	30 + 5 + 15 + 20

Unit 1: 13 hours

An introduction to Subanta, Tiganta and Avyayas, Three parts of speech, Rupasiddhi in tiganta, Division of Atmanepada and Parasmaipada, Rupasiddhi - Bhu_sattayam, Edha_Vridhdau

Unit 2: 10 hours

A brief study of all other Ganas in different Vikarana Pratyayas

Unit 3: 12 hours

Samasa Prakaranam, Division of many Samasas.

Unit 4: 18 hours

Definition and division of karakas, Introduction to other important Prakarans in Siddhanta Kaumudi like Sthree Pratyaya Prakarana, Kridanta and taddhitaprakarana etc.

Note:

- 5 hours for taking a special guidance while preparing their assignments and doing reference works.
- 2 hours for conducting seminars and colloquiums.

Reference:

- Laghukaumudi and Siddhantakaumudi by *Bhattoji dixit*
- Books published by Sanskrit department.
- Laghuvyakarana Chandrika by *Chakrapani*

Course: Environment Studies

Title of the Course	Environment Studies
Course code	BSYC202
Number of Credits	3
Total number of hours	60
LTPF	30 + 5 + 15 + 20

Unit 1 : The Multidisciplinary nature of environmental studies and Natural Resources
15 hours

- Definition, scope and importance
- Need for public awareness
- Introduction
- Renewable and non renewable resources
- Role of an individual in conservation of natural resources
- Equitable use of resources for sustainable lifestyles

Unit 2: Ecosystems and Biodiversity and its Conservation **15 hours**

- Concept of an ecosystem,
- Structure and functions of an ecosystem
- Producers, consumers and decomposers
- Energy flow in the ecosystem
- Ecological succession
- Food chains, food webs and ecological pyramids
- Introduction, types, characteristic features, structure and functions.
- Introduction - definition, genetic, species and ecosystem diversity
- Biogeographic classification of India
- Value of biodiversity: consumptive, productive use, social, ethical, aesthetic and option values
- Biodiversity at global, national and local levels
- India as a mega diversity nation
- Hotspots of biodiversity
- Threats to biodiversity: habitat loss, poaching of wildlife, man-wildlife conflicts
- Endangered and endemic species of India
- Conservation of biodiversity: in-situ and ex-situ

Unit 3: Environmental Pollution and social issues **15 hours**

- Definition
- Causes, effects and control measures of
- Solid waste management: causes, effects and control measures of urban and industrial waste
- Role of individuals in pollution prevention
- Pollution case studies
- Disaster management: floods, earthquakes, cyclones, landslides
- From unsustainable to sustainable development
- Urban problems related to energy
- Water conservation, rain water harvesting, watershed management
- Resettlement and rehabilitation of people; its problems and concerns, case studies
- Environmental, ethics: issues and possible solutions
- Climate change, global warning, acid rain, ozone layer depletion, nuclear accidents and nuclear holocaust, case studies
- Wasteland reclamation

- Consumerism and waste products
- Air and Water (prevention and control of pollution) act
- Environment protection act, Wildlife protection, Forest conservation act
- Issues involved in enforcement of environmental legislation
- Public awareness

Chapter 7: Human Population and the Environment **5 hours**

- Population growth, variation among nations
- Population explosion-family welfare program
- Environmental and human health
- Human rights
- Value education
- HIV/AIDS
- Women and child welfare
- Role of information technology in environment and human health

Chapter 8: Field Work **10 hrs**

- Visit to environmental assets, river/ forest/ grasslands/ hill/ mountain
- Visit to a local polluted site
- Study of common plants, insects, birds
- Study of simple ecosystems

Text books

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

Course: Essences of Upanishads

Title of the Course	Essences of Upanishads
Course code	BSYC203
Number of Credits	3
Total number of hours	60
LTPF	30 + 5 + 15 + 20

Learning outcome;

- To understand the ancient lore go in to original text
- Study of Upanishads by going through the modern philosophers and thinkers
- Understanding the Upanishads with yogic background
- Getting the clarification of the concept of consciousness

Unit – 1: Introduction **05 hrs**

- Classification and Origen of the Vedas
- Place of Upanishads in The Field of Knowledge

- Importance of Upanishads

Unit – 2: The Ten major Upanishads 20 hrs

- Isha, Kena, Katha, Prashna, Mundaka, Maandukya, Taitariya Aitareyam, Chaandogya, Brahadaaranaykam,
- Explanation Of Select portions of Upanishads
- Four Maahaavaakyas

Unit – 3: Minor Upanishads 05 hrs

- Shwetashwatara, Maahanaarayana etc.

Unit – 4: Messages of Upanishads 15 hrs

- Relevance of the Study
- Concept of Yoga, Control of Mind
- The Essence of Upanishads

Reference books;

- The principle Upanishads –By S. Radhakrishnan
- The message of the Upanishads – by Swami Ranganathananda, 1985 Bharatiya Vidya Bhavan (Bombay)
- The Vedas by – Shree Chandrasekharendra Saraswati Swami ji, 2014 Bharatiya Vidya Bhavan (Mumbai-400007)
- And the Original text

Course: Patanjali Yoga Sutras

Title of the Course	Patanjali Yoga Sutras
Course code	BSYC204
Number of Credits	3
Total number of hours	60
LTPF	30 + 5 + 15 + 20

Unit – 1: Samadhi Pada **20 hrs**

- Definition of Yoga
- Methods to cessation of Chitta vrittis; Abhyasa and Vairagya
- Obstacles of Mind
- Methods to overcome the obstacles
- Nature of Ishwara
- Chittaprasadanam – tranquillity of the mind
- Nature of Samadhi
- Divisions of Samadhi

Unit – 2: Sadhana Pada – **15 hrs**

- Kriya Yoga, Kleshas, Avidya,
- Ashtanga Yoga; Antaraanga and Bahiranga Yoga
 - Yamas and Niyamas – basic ethics and discipline of Yogic life

- Asana – Yogic postures for stability of the physical body
- Pranayama – retaining the subtle energy in the body
- Pratyahara – introverting the senses
- Dharana – fixation of mind on intended object; Purusha
- Dhyana – contemplation
- Samadhi – merging with the object of Dhyana

Unit – 3: Vibhuti Pada – 15 hrs

- Dharana, Dhyana and Samadhi
- Supernatural powers by following Samyama
- Different types of results of practice of Samyama
- Vibhutis – obstacle in the path of Samadhi

Unit – 4: Kaivalya Pada – 10 hrs

- Five sources of Siddhis,
- Nature of the mind,
- Nature and reality of the world,
- Nature of Kaivalya
- Chanting of selected Sutras from all the chapters

REFERENCE BOOKS:

1. Iyengar B.K.S.: Light on Patanjali Yoga (New York, Schocken Books, 1994)
2. Rukmini T.S.: Yoga Vartika of Vijnanbikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi
3. Swami Omanandatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
4. Swami Anant Bharati: Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi
5. K. Taimini : The Science of Yoga, The Theosophical Publishing House, Adyar, Chennai 2005

Course: Science and Consciousness

Title of the Course	Science and Consciousness
Course code	BSYC205
Number of Credits	3
Total number of hours	60
LTPF	30 + 5 + 15 + 20

Learning outcome;

- Understand the history of modern science
- Understand the conclusions and limitations of modern science
- Compare and contrast Indian approach of consciousness with the modern approach

Unit – 1: History of modern science

10 Hours

- From Newton to Einstein

Unit – 2: Theories of Relativity 20 Hours

- Einstein's discovery
- The story of ether
- Speed of light
- Galileo's principle of relativity
- Einstein's special theory of relativity
- Verification of the special theory of relativity and
- General theory of relativity

Unit – 3: Quantum mechanics 10 hrs

- Classical mechanics to Quantum mechanics
- New knowledge base of Quantum mechanics
- Role of the Observer and consciousness based approach; Planck's equation, Quantum theory related to atomic model, Particle wave equation, Heisenberg's principle of indeterminacy, Copenhagen interpretation, Schrödinger's cat, The EPR paradox, Unbroken whole, Double-slit experiments and conscious particles, Quantum field, Nihilism and vacuum fluctuation

Unit – 4: Consciousness in Yoga and Spiritual lore 20 Hours

- Jnana Yoga; school of Vedanta
- The human system (gross body, subtle body, causal body)
- States of consciousness
- Evolution of consciousness and involution of matter
- Upaninadic Mahavakyas

Text Book:

1. Lecture notes of Prof NVC Swamy
2. Swami Chinmayananda, Mandukya Upanishat, Chinmaya, Mission Trust.
3. Panda N C, Maya in Physics, Motilal Banarsidass Publishers Private Limited, Delhi

Course: Ancient Indian Ecology

Title of the Course	Ancient Indian Ecology
Course code	BSYC206
Number of Credits	3
Total number of hours	60
LTPF	30 + 5 + 15 + 20

Learning outcome;

- To make an inroad into the areas of Prakriti Vijnana based on spiritual approach
- To facilitate an insightful research in the most relevant subject; eco-balance which needs urgent culturing and nurturing in the context of Vedas and allied sciences
- To address the burning problems; global warming, pollution at all the levels, Indian ecology recommends Yoga and Yaga therapy for all these problems

Unit – 1: Introduction 15 hrs

- Concept of nature in Vedas
- Macro and Micro Universe according to the Shastras
- Subtle spheres of the creation; Prithivi, Antarikhsa and Dyu Lokas

Unit – 2: Mutual relation of human with nature 15 hrs

- Role of nature in human and human in nature
- Concept of living and nonliving objects according to shastras
- Four types of creatures in Aitareya Upanishat; Andaja, Udbhijja, Jarayuja and Svedaja
- Five elements and combination making the universe

Unit – 3: Yajna – mutual cooperation 15 hrs

- Solar and Lunar interactions; universe
- Individual and cosmic rhythm; Pindanda and Brahmanda
- Jyoshya-Ayurveda-Agama combination to refine life style

Unit – 4: Eco-friendly approach – practical suggestions 15 hrs

- Making Tulasi Vana
- Navagraha Vana
- Nakshatra Vana
- Nitya Karma

Reference books;

1. Notes prepared by scholars of traditional knowledge source

Course: Vedic concepts and practices

Title of the Course	Vedic concepts and practices
Course code	BSYC207
Number of Credits	2
Total number of hours	60
LTPF	5 + 5 + 50+0

Learning outcome

- Clarity in pronouncement
- Understanding the meaning in general
- Ability to identify the mistakes if available and setting them right

Unit 1 – Mantras 10 Hrs

- Gayathri
- Saraswati

Unit 2 – Suktas 35 Hrs

- Prajna
- Purusha
- Ganapati atharva

Unit 3 – Stotras 5 Hrs

- Pratasmaranam
- Shivaparadha khsama
- Shiva Pancaka
- Devi Aparadha Kshama Stotra

Unit 4 – Practical: 10 Hrs

- Agnikarya

Reference books:

1. Collection of Mantras compiled by S-VYASA faculty for Vedic practices

Course: Yoga Practices - 2

Title of the Course	Yoga Practices – 2
Course code	BSYC208
Number of Credits	2
Total number of hours	60

Learning outcome:

- Method of teaching Yoga according to Gheranda Samhita
- Understanding the differences between Hatha Yoga Pradipika and Gheranda Samhita

Unit 1: 05 Hours

- Breathing Practices, and Sukshma Vyayama

Unit 2: 05 Hours

- Loosening Practices and Surya Namaskara

Unit 3: 25 Hours

- **Asanas:** Padmasana, Bhadrasana, Muktasana, Vajrasana, Svastikasana, Simhasana, Gomukhasana, Virasana, Dhanurasana, Mritasana, Guptasana, Matsyasana, Matsyendrasana, Gorakshana, Paschimottanasana, Utkatasana, Sankatasana, Mayurasana, Kukkutasana, Kurmasana, Uttanakurmakasana, Uttanamandukasana, Vrikshasana, Mandukasana, Garudasana, Vrishasana, Shalabhasana, Makarasana, Ushtrasana, Bhujangasana, Yogasana, Shrishasana, Sarvangasana, Matsyasana, Halasana.

Unit 4: Pranayama, Mudras and Bandhas 10 Hours

- Anuloma-viloma, Suryabhedana, Chandrabhedana, Ujjayi, Shitali, Sitkari, Bhastrika, Bhramari
- Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Shambhavi Mudra and Simple Khechari

Unit 5: Kriyas 10 Hours

- Jala Neti, Sutra Neti, Dhauti (Vamana, Danda, Vastra), Nauli, Kapalabhati, Aganisara, Trataka, Shankhprakashana

Unit 6: Relaxation and Meditation 05 Hours

- IRT, QRT, DRT and OM Meditation

Reference book;

- **Gheranda Samhita, Rai Bhadur Srisa Chandra Vasu, Munshiram Manoharlal**

	Semester III			
1	Bhagavad Gita (chapters 1 – 9)	DC	BSYC301	3
2	Sanskritam - Source of Science	DE	BSYC302	3
3	Introduction to the Vedas	DE	BSYC303	3
4	Niti Shatakam	DE	BSYC304	3
5	Introduction to Vedangas	GE	BSYC305	3
6	Vedic chanting and practices	DC	BSYC306	2
7	Yoga Practices – 3	CC	BSYC307	2
8	Yoga Vasishtha	GE	BSYC308	3
				22

Course: Bhagavad Gita – 1 (1-9 Chapter)

Title of the Course	Bhagavad Gita – 1 (1-9 Chapter)
Course code	BSYC301
Number of Credits	3
Total number of hours	60

Learning outcome

- Understand Yogic concepts in Bhagavad Gita
- Comprehend the Yogic lifestyle from Gita for better social order

Unit – 1: Introduction 10 hrs

- Background of Bhagavad Gita
- Context and Importance of Gita
- Gita as Yoga Shastra
- Arjuna Vishada Yoga, Arjuna's agony and dilemma to fight against Kauravas
- Important characters in Gita

Unit – 2: Jnana Yoga and Karma Yoga (1, 2 Chapters)

- Sankhya Yoga – Krishna's response to all the arguments presented by Arjuna
- Krishna's motivational words
- Qualities of Atma
- Qualities of Sthitaprajna
- Inevitability of Karma by all creatures
- Tradition of Yoga, incarnation of the lord
- Four Varnas

Unit – 3: Karma and Karma Sannyasa (3 – 5 Chapters)

- Karma, Akarma and Vikarma
- Yajna attitude, different types of Yajna
- Method of gaining knowledge from wise
- Importance of knowledge
- Sankhya (Jnana) vs Yoga (Karma)
- Behavior of Jnani

Unit – 4: Raja Yoga (6 – 9 Chapters)

- Self is all – enemy and good friend; self controlled life
- Method of practicing Yoga, Yoga Dharana
- Yoga – not extremes, but moderation in life
- Definition of Yoga, nature of mind, Yoga Bhrashta
- Prakriti; controlling the world
- Questions about Adhi Bhuta, Adhi Daiva, Adhyatma etc and answers
- Two paths of the world – Shukla and Krishna,
- Method of worship of the lord

Reference books;

- Home study Bhagavad Gita, Swami Dayananda Saraswati, Arshavidya Gurukulam
- The Holy Gita, Swami Chinmayananda, Chinmaya Mission
- Sadhaka Sanjivini commentary on Bhagavad Gita, Geeta Press

Course: Samskritam – source of science

Title of the Course	Samskritam – source of science
Course code	BSYC 302
Number of Credits	3
Total number of hours	60

Learning outcome

- Get motivated to study the sciences from Samskritam
- Realize that Sanskrit is the source of major fields of sciences

Unit 1 Life and Biological Sciences 15 hrs

- Botany
- Zoology
- Agriculture
- Ayurveda
- Categories of living beings

Unit 2 Physical sciences 10 hrs

- Vaisheshika's atomic theory
- Algebra, Arithmetic and Geometry
- Pindhanda (Microcosm) and Brahmanda (Macrocosm)
- Sankhyas's transformation theory
- Chemistry – substances and 24 qualities
- Astrology and Astronomy
- Sun and Moon
- Learning outcome

Unit 3 Management sciences 10 hrs

- Social management – Ashrama vs Varna
- Individual management – Mind Management through Yoga and Yaga
- Concept of Rashtra, Surajya
- Ideal social order; efficient leader and administrator
- Economics

Unit 4 Humanities 10 hrs

- Fine arts and performing arts
- Systems of skill oriented training

Reference book

- Science in Samskritam, Samskrita Bharati
- Wonder that is Samskrit, Aurobindo Ashram, Pondychary

Course: Introduction to the Vedas

Title of the Course	Introduction to the Vedas
Course code	BSYC303
Number of Credits	3
Total number of hours	60

Learning outcome

- Introductory knowledge about Vedas
- Appreciate the Different dimensions of Vedic studies

Unit 1 introduction to Vedic literature 15 hrs

- Four Vedas
- Inter-classification of Vedas
- Nature of Mantras in general

Unit 2 Rig Veda 10 hrs

- Nature of Mantras, Riks
- Rishi, Devata and Chandas
- Devatas appearing in Rig Veda
- Rishis and Rishikas in Rig Veda

Unit 3 Yajur Veda 10 hrs

- Role of Yajurveda in rituals and traditional practices
- Importance of Karma and Jnana according to Yajurveda
- Emphasis on Karma in Yajurveda

Unit 4 Sama Veda and Atharva Veda 10 hrs

- Relation of Samaveda with Rig Veda, similarities and differences
- Nature of Sama Veda and specialties
- Atharva Veda and different techniques for growth

- Special features of Atharva Veda

Reference books

- The Vedas, Bhavan's Publication, Mumbai
- The secret of Veda, Sri Aurobindo, Puduchary
- Four Vedas, RL Kahsyap, SAKSHI, Bangalore

Subject Title: Niti Shatakam

Title of the Course	Niti Shatakam
Course code	BSYC304
Number of Credits	3
Total number of hours	45

Learning out comes

- Knowledge on special contributions of Bhartruhari.
- Value of each aspect of life through the study of text
- Gain the ability to explain the each verse

Unit 1: Introduction to Nitishatakam and achievements of Bhartruhari. 15 Hours

- Memorization of excellent shlokas
- Importance of opening prayer
- Qualities of knowledgeable person
- Achieve the basics needs
- Best qualities of known person.

Unit 2 – Important shlokas with moral 10 Hrs

- The qualities of ideal man
- The importance of sat-sangha
- The strength of Agresara
- The best achievements and best attitude of best friend

Unit 3: Composing small dramas based on Nitishatakam 10 Hours

- Good people
- The role models of Guru
- Best attitude of shishya
- The mind set of santa (sage)

Unit 4 – Practical: 10 Hrs

- Memorization listed shlokas.

REFERENCE BOOKS:

- Nitishatakam , Bharthruhari ,

Course: Introduction to Vedangas

Title of the Course	Introduction to Vedangas
Course code	BSYC305
Number of Credits	3
Total number of hours	45

Learning outcome

- Understanding the concept of Vedas and Vedangas.
- Application of Vedangas in daily life

Unit 1: Introduction 15 Hrs

- Importance and role of Vedangas in study of Vedas
- Logical and scientific approach in Vedangas
- Applied aspects of Vedangas

Unit 2: Shiksha and Chandas 10 Hrs

- Phonetics
- Semantics
- Vedic meters (Chandas), names and features

Unit 3: Vyakarana and Nirukta 10 Hrs

- Introduction to 1Grammar
- Dhatu Pratyaya Viveka
- Vaidika and Laukika Vyakarana
- Etymology of Vedic words
- Koshas and Nighantus

Unit 4: Kalpa and Jyotisha 10 Hrs

- Procedural guidelines for performing Yajnas
- Texts from different authors in Kalpa and differences
- Importance of Vedic Astrology and its application

Reference books

- Vedas and Vedangas, Natana Kasinathan (1995) Government Oriental Manuscripts Library, Madras

Course: Vedic chanting and practices

Title of the Course	Vedic chanting and practices
Course code	BSYC306
Number of Credits	2
Total number of hours	60
LTPF	5 + 5 + 50+0

Learning outcome

- Clarity in pronouncement
- Understanding the meaning in general
- Ability to identify the mistakes if available and setting them right

Unit 1 – Mantras: 10 hrs

- Pnchayatana
- Maha mrutyunjaya

Unit 2 – Suktas: 30 hrs

- Mantra Pushpa
- Durga
- Devi

Unit 3 – Stotras: 10 hrs

- Lingashtakam
- Ganga Stotra
- Aditya Hridayam
- Navagraha

Unit 4 – Practical: 10 hrs

- Laghu Puja paddhati

Reference books:

- Collection of Mantras compiled by S-VYASA faculty for Vedic practices
- Mantrapushpam, mailapur, Chennai.

BSYC307: Yoga Practice 3

Title of the Course	Yoga Practice 3
Course code	BSYC307
Number of Credits	4

Total number of hours	60
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Learning outcome

- Self practice and giving instruction for others to practice
- Stability, health and flexibility after practicing asanas
- Kriyas, Pranayama, Bandha and Mudras – practice and experience

Unit 1 Asanas 5 hrs

- Fifteen Asanas from Hatha Yoga Pradipika
- Importance of Asanas with the traditional teachings
- Benefits of practice of Asanas from scriptural viewpoint

Unit 2 Pranayama 20 hrs

- Pranayama and basic theoretical understanding
- Practice of Pranayama
- Eight types of Kumbhakas

Unit 3 Bandhas and Mudras 20 hrs

- Locks and Channelizing techniques
- Importance, practice and limitations

Unit 4 Nadanusandhana 15 hrs

- Nada and Practice
- Four stages in Samadhi

Reference books

1. Hatha Yoga Pradipika, Swami Satyananda Saraswati, BSY
2. Asana, Pranayama, Bandha and Mudra, Swami Satyananda Saraswati, BSY
3. The Light on Yoga, BKS Iyengar

BSYC308: Yoga Vasishtha

Title of the Course	Yoga Vasishtha
Course code	BSYC308
Number of Credits	3
Total number of hours	60

Learning outcome

- Understand the relation of Yoga with Vedanta
- Comprehension of Vedic knowledge for harmonious way of living

Unit 1 VAIRAGGYA-PRAKARANA 4hrs

- Introduction to Vedanta and Yoga, their relation and relevance
- Sri Rama and his dispassion over the worldly existence

Unit 2 MUMUKSHU PRAKARANA 6 hrs

Unit 3 UTPATTI PRAKARANA 10

- The story of Lila, KARKATI , THE DECEITFUL INDRA, MANAS (MIND)

Unit 4 STHITHI-PRAKARANA 10 hrs

- THE STORY OF SUKRA, DAMA, VYALA AND KATA,

Unit 5 UPASANTHI PRAKARANA 7 hrs

- THE STORY OF KING JANAKA , THE STORY OF PRAHLADA, GADHI

Unit 6 NIRVANA PRAKARANA 8 hrs

- THE STORY OF BILWA FRUIT, BHAGEERATHA, SIKHIDWAJA, MITHYA PURUSHA, THE ILLUSORY PERSONAGE , IKSHWAKU

Reference book

- Laghu Yoga Vasistha, K. NARAYANASWAMI AIYER, Electronic copy
- Essence of Yoga Vasishtha, Samata Publishers

	Semester IV			
1	Bhagavad Gita (chapters 10 – 18)	DC	BSYC401	3
2	Advanced Yoga techniques	GE	BSYC402	3
3	Ethics and Values in Sanskrit literature	DE	BSYC403	3
4	Yoga Therapy for Common Ailments	GE	BSYC404	3
5	Yoga Therapy techniques	GE	BSYC405	3
6	Vedic rituals and practices	DC	BSYC406	2
7	Training in Veda Shibira - Vedic Personality Development Camp	FW	BSYC407	2
8	Taittiriya Upanishat	DC	BSYC408	3
	Constitution of India	GC		
				22

Course: Bhagavad Gita – 2 (10-18 chapter)

Title of the Course	Bhagavad Gita – 1 (1-9 Chapter)
Course code	BSYC 401
Number of Credits	3
Total number of hours	60

Learning outcome

- Understand Yogic concepts in Bhagavad Gita
- Comprehend the Yogic lifestyle from Gita for better social order

Unit – 1: Bhakti Yoga – Vibhuti and Vishvarupa (10, 11 chapters) 10 hrs

- Multi presence of the lord
- Infinite source of all
- Blessings of divine eyes
- Universal form of the Lord
- Arjuna – reality of the world
- Wonder stuck condition of Arjuna

Unit – 2: Practice of Bhakti Yoga (12, 13 Chapters) 10 hrs

- Qualities of Bhakta, nature of a pure devotee
- Kshetra and Kshetrajna
- Jnana, Jneya, Jnana Sadhana (spiritual tools)

Unit – 3: Triguna; Sattva, Rajas and Tamas (14, 17 & 18 Chapters) 15 hrs

- Importance of Triguna
- Five factors influence on any happening in anyone's life
- Cause, effect, expression, method of expression etc of Trigunas
- Division of Trigunas in various things; Yajna, Dana, Tapas, doer, action etc
- Importance of OM, Tat and Sat

Unit – 4: divine and evil forces (15, 16 Chapters) 10 hrs

- Two types of Purushas (individuals); uttama and beyond
- Evil qualities – divine qualities; Daivi and Asuri Sampat
- Summary of Gita
- Relevance of study of Gita in modern days

Reference books;

- Home study Bhagavad Gita, Swami Dayananda Saraswati, Arshavidya Gurukulam
- The Holy Gita, Swami Chinmayananda, Chinmaya Mission
- Sadhaka Sanjivini commentary on Bhagavad Gita, Geeta Press

Course: ADVANCE YOGA TECHNIQUE

Title of the Course	Advance Yoga Technique
Course code	BSYC402
Number of Credits	3

Total number of hours	60
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Learning outcome

- Practice for oneself to keep mind free from tensions and worries
- Learn to give step by step instruction for others to practice advanced meditations
- Improve in concentration, comprehension, creativity etc

Unit 1	Introduction to advanced Yoga Techniques	5 hrs
Unit 2	Om Meditation & Cyclic Meditation	20 hrs
Unit 3	MSRT (Mind Sound Resonance Technique)	20 hrs
Unit 4	PET (Pranic Energization Technique)	15 hrs

Reference books

- CD and notes from SVYP, Bangalore
- PET, Dr HR Nagendra, SVYP

Course: Ethics and Values in Sanskrit literature

Title of the Course	Ethics and Values in Sanskrit literature
Course code	BSYC403
Number of Credits	3
Total number of hours	60

Learning outcome

- Understanding the importance of Ethics and Values
- Reflection of Values in Sanskrit literature

Unit 1	Introduction	10 hrs
	<ul style="list-style-type: none"> • Ethics and Values in Indian tradition • Sanatana Dharma 	
Unit 2	Ethics and Values in Vedic literature	10 hrs
	<ul style="list-style-type: none"> • Samhitas • Brahmanas • Aranyakas • Upanishads 	
Unit 3	Ethics and values in Ramayana and Mahabharata	10 hrs
	<ul style="list-style-type: none"> • Ramayana • Mahabharata 	
Unit 4	Ethics and Values in Samskrit literature	15 hrs

- Kautilya's Arthashastra
- Nitishatakam
- Darshanas
- Ethics and values in the literature of Acharyas; Shankara, Ramanuja and Madhva
- Ethics in poetries of Kalidasa, Bhasa and Bhavabhuti

Reference book

- Ethics for modern man in Sanskrit literature, Samshodhana
- Dharma, Dr R Rangan, WEBOLIM, Bangalore
- Human Values, Swami Visharadananda, SVYP

Course: Yoga for Common Ailments

Title of the Course	Yoga for Common Ailments
Course code	BSYC404
Number of Credits	3
Total number of hours	60

Learning outcome

- Demonstrate each technique prescribed for a disease
- Explain the precautions to be taken before practicing the special techniques
- Prescribe the set of special techniques to manage various diseases

Unit 1 Neurology and oncology, asthma and hypertension 15 hrs

- Defination, Classification,
- Causes, signs and Symptoms
- Yogic management

Unit 2 Anxiety and depression, arthritis 15 hrs

- Defination, Classification,
- Causes, signs and Symptoms
- Yogic management

Unit 3 Back pain, diabetes 15 hrs

- Defination, Classification,
- Causes, signs and Symptoms
- Yogic management

Unit 4 Gastro-intestinal disorder and obesity 15 hrs

- Defination, Classification,
- Causes, signs and Symptoms
- Yogic management

Reference books:

1. Yoga for common ailments (2002) – Arogyadhama manual, *Swami Vivekananda Yoga Prakashana*, Bangalore

Course: Yoga Therapy Techniques

Title of the Course	Yoga Therapy Techniques
Course code	BSYC405
Number of Credits	3
Total number of hours	60

Learning outcome

- Demonstrate each technique prescribed for a disease
- Say the working principles behind the techniques prescribed for various diseases
- Explain the precautions to be taken before practicing the special techniques
- Prescribe the set of special techniques to manage various diseases
- Find another alternative practice if the practice is not found to be effective.

Unit-1: [15 hours]

- Asthma
- Hypertension
- Anxiety & Depressions

Unit-2: [15 hours]

- Arthritis
- Epilepsy

Unit-3: [15 hours]

- Knee Pain
- Muscular Dystrophy
- Oncology

Unit-4: [15 hours]

- Sukshma Vyama
- Voice culture

Recommended books:

- Yoga for common ailments (2002) – Arogyadhama manual, *Swami Vivekananda Yoga Prakashana*, Bangalore

Subject Title: Vedic rituals and practices

Title of the Course	Vedic rituals and practices
Course code	BSYC406
Number of Credits	2
Total number of hours	60

Learning outcome

- Clarity in pronouncement
- Understanding the meaning in general
- Ability to identify the mistakes if available and setting them right

Unit 1 – Mantras:

- Sadyojata
- Vaidika Rashtra Gita

Unit 2 – Suktas:

- Navagraha
- Bhagya
- Go
- Narayana Suktam

Unit 3 – Stotras:

- Meenakshi Pancharatna
- Dakshina murthy
- Ramaraksha Stotra
- Shivamanasa Puja

Unit 4 – Practical:

- Agni Mukha

REFERENCE BOOKS:

3. Mantrapushpam, mailapur, Chennai.
4. Vyasapushpanjali, SVYP, Bangalore.

Subject Title: Training in Veda Shibira - Vedic Personality Development Camp

Title of the Course	Training in Veda Shibira - Vedic Personality Development Camp
Course code	BSYC407
Number of Credits	2
Total number of hours	60

Learning outcome

- Ability to plan, organize and execute the Vedic camps

- Motivate the young children in the Vedic practices

Field work

- 15 days Vedic camp;
- Preparing schedule of the entire routine
- Looking after some responsibilities
- Handling selected Veda classes
- Conducting Yoga Sessions

Course: Taittiriya Upanishat

Title of the Course	Taittiriya Upanishat
Course code	BSYC408
Number of Credits	3
Total number of hours	45

Learning outcome

- Understanding the relation of Katha Upanishat with Yoga
- To understand Upanishads as origin of Yoga
- Understand the ancient education system

Unit 1 Introduction to Taittiriya Upanishad 5 hrs

- Three chapters of
- Contents in nutshell
- Relevance of study of Upanishad
- Introduction to Taittiriya Upanishad in day to day life.

Unit 2 Shikshavalli 15 hrs

- Phonetics – six aspects and their importance.
- Samhita & other Upanishadas.
- Vyahriti Upasana
- Study and teaching
- Injunctions to the students by teaching.

Unit 3 Anandavalli 15 hrs

- Bhrama the origin of creation
- Five Koshas

- Levels of Aananada – multiples of human units as the base.

Unit 4 Bhurghu Valli

10 hrs

- Conscious based approached
- Importance of Anna.
- Journey beyond Koshas.

Reference book –

- Taittiriya Upanishat, RK Math Publication, Mumbai

Course: Constitution of India

Title of the Course	Constitution of India
Course code	BSYC408
Number of Credits	3
Total number of hours	45

Learning outcome

- **Developing the civic sense to be better citizen of the nation**
- **Understanding the working dynamics of political system in Bharat**

Unit 1:

- **Framing of the Indian constitution:** Role of the Constituent Assembly
- **Philosophy of the Constitution:** Objectives, resolution, preamble, fundamental rights and duties, Human rights and environmental protection.

Unit 2:

- **Special rights** created in the constitution of Dalits, Back ward classes, Women & Children and religious and linguistic minorities
- **Directive principles of State policy:** The need to balance fundamental rights with directive principles.

Unit 3:

- **Union Execution:** president, Prime minister and Counsel of Ministers: Powers and functions, coalition government, problems in their working.
- **Union Legislature:** Lok Sabha and Rajya Sabha, powers and functions. Recent trends in their functioning.

Unit 4:

- **State government:** governor, chief minister and council of ministers, legislation
- **Center – state relation:** Political, financial, administrative: recent trends

Unit 5:

- **Judiciary:** Supreme Court, Judicial review, writs public interest litigations. Enforcing rights through writs.
- **Emergency provision (Article 356)**

Reference Book:

Indian Constitution by D Srinivasan, Himalaya Publishing house.

	Semester V			
1	Katha Upanishat	DC	BSYC501	3
2	Contribution of ancient and contemporary Yoga Masters	GE	BSYC502	3
3	Hitopadesha (Text)	DE	BSYC503	3
4	Organizing Puja and Yajna	DE	BSYC504	3
5	Application of Yoga Therapy (Arogyadhama)	GE	BSYC505	3
6	Educational Tour	AE	BSYC506	2
7	Hatha Yoga Pradipika	GE	BSYC507	2
8	Vedic Upasanas and Practices	DC	BSYC508	3
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Course: Katha Upanishat

Title of the Course	Katha Upanishad
Course code	BSYC501
Number of Credits	3
Total number of hours	45

Learning outcome

- Understanding the relation of Katha Upanishat with Yoga
- To understand Upanishads as origin of Yoga
- Understand the ancient education system

Unit 1 Introduction to Katha Upanishad 3 hrs

- Kathopanishad's relevance with Yoga
- Story method in kathopanishad

Unit 2 – Katha Chapter 1 20 hrs

- Story of Vajashravas, Nachiketa and Yama
- Three boons – conversation between Yama and Nachiketa
- Unique feature of a model Guru and Shishya
- Mortality of creation and Knowledge of Atma
- Adhyatma Yoga
- Analogy of chariot for Atma
- Atma Jnana – Yoga

Unit 3 – Katha Chapter 2 20 hrs

- Behavior of real seeker; controlling the senses
- Concept of Dheera and his qualities
- Measure of Atma and unique feature – Angushtamatrah
- Definition of Yoga and its relevance
- Method of knowing Atma

Summary 3 hrs

- Review of Yogic concepts and practices in Kathopanishat

Reference book –

- Kathopanishat, RK Math Publication, Mumbai

Course: Contribution of ancient and contemporary Yoga Masters

Title of the Course	Contribution of ancient and contemporary Yoga Masters
Course code	BSYC502
Number of Credits	3
Total number of hours	45

Learning outcome

- Take inspiration from ancient Yoga masters
- Motivate oneself by reading biographies of contemporary yoga masters

Unit 1 Rishis – Ideal Yoga masters 15 hrs

- Qualities of Yogis
- Vedas – Yogic literature
- Relation between lifestyle and Yogic vision

Unit 2 Yoga masters from Krita, Treta and Dwapara Yuga 10 hrs

- Ten incarnations of the reality in different forms and Yogic insight
- Yoga masters from Ramayana and Mahabharata
- Yogis in mystic texts (Puranas)

Unit 3 Pre Vivekanadanda - Yoga masters

- Veda Vyasa, Patnaji
- Buddha, Mahaveera
- Shankara, Madhva, Ramanuja
- Masters in four streams of Yoga

Unit 4 Post Vivekananda – Yoga Masters

- Swami Vivekananda, Ma Sharada, Sri Ramakrishna Paramahansa
- Sri Aurobindo, Maharshi Ramana
- Swami Shivananda, Swami Satyananda

Reference books

- Bharata Jeevana Tarangini, Bharata Samshodhana
- Bharata Bharati book series, Rashtrottana, Bangalore

Course: Hitopadesha (selected text)

Title of the Course	Hitopadesha (selected text – chapter 1)
Course code	BSYC503
Number of Credits	3
Total number of hours	45

Learning outcome

- Gain ability to understand the Sanskrit verses
- Organize any verse and independently interpret
- Grammatical specification

Unit 1 Introduction 5 hrs

- Memorization of Verses and grammatical practice of preface
- The Story of the Tiger and the Traveller

Unit 2 The Story of the Jackal, Deer, and Crow 10 hrs

- The Story of the Vulture, the Cat, and the Birds

Unit 3 The Story of the Dead Game and the Jackal 15 hrs

Unit 4 The Prince and the Wife of the Merchant's Son 15 hrs

- The Story of the Old Jackal and the Elephant

Reference book;

- Hitopadesha, Narayanapandita, MLBD

Course: Organizing Puja and Yajna

Title of the Course	Organizing Puja and Yajna
Course code	BSYC504
Number of Credits	3
Total number of hours	60

Learning outcome

- Hands on training in organizing Puja and Yajna regularly
- Performing Puja when required

Mode of teaching and handling

- Helping to organize Puja

- Organizing Saraswati Havan
- Organizing all the festivals

Course: Application of Yoga Therapy (Arogyadhama)

Title of the Course	Application of Yoga Therapy (Arogyadhama)
Course code	BSYC505
Number of Credits	3
Total number of hours	288

Learning outcome

- Hands on training with participants to treat common disorders

Unit 1 Section A and B 72 hrs

- Neurology: Epilepsy, Migraine, Parkinson's, Muscular dystrophy, Cerebral Palsy, Multiple sclerosis, Mental retardation
- Oncology: Breast cancer stage 1, 2, 3, 4; Colon, Prostate, Blood, Myelomas
- Pulmonology: Bronchial Asthma, Nasal Allergy, Chronic Bronchitis, COPD
- Cardiology: High BP, Low BP, Heart Disease (CAD)

Unit 2 Section C and D 72 hrs

- Psychiatry: Anxiety, Depression, Psychosis, OCD, mental retardation
- Rheumatology: Arthritis, Knee Pain

Unit 3 Section E and F

- Spinal disorders: Acute and Chronic Back Pain, Lumbar Spondylosis, Disc Bulge, Disc Prolapse, Scoliosis, Neck Pain
- Metabolic disorders: Diabetes, Hypothyroidism

Unit 4 Section G and H

- Gastroenterology: Gastritis, Peptic Ulcer, Irritable Bowel Syndrome (IBS), Ulcerative Colitis
- Endocrinology: Obesity, Thyrotoxicosis
- Promotion of Positive Health
- Eye Problems: Short Sight, Long Sight, Astigmatism, Squint, Early Cataract, Glaucoma

Reference books;

- IAYT series of Books and CDs, SVYP, Bangalore

Course: Educational Tour

Title of the Course	Educational Tour
Course code	BSYC506
Number of Credits	2
Total number of hours	60

Learning outcome

- Exposure to the spiritual centers and historical places to upgrade knowledge

Proposed spiritual and historical centers

- Swami Vivekananda rock Memorial, Kanyakumari
- Adishankara, Kalady
- Ramanashrama, Tiruvannamalai
- Sri Aurobindo Ashrama, Pondy cherry
- Prabohdini, Maitriyi and Veda Vijnana Gurukula
- Puttaparti, Andhra Pradesh
- Belur and Halebeedu Shravana Belagola, Hassan
- Horanadu, Shringeri
- Udupi, Agumbe, Dharmasthala,
- Murudeshwara, Gokarna, Kulluru, Joga

Writing report and supporting recreation room in the campus is part of educational tour

Course: Hatha Yoga Pradipika

Title of the Course	Hatha Yoga Pradipika
Course code	BSYC507
Number of Credits	3
Total number of hours	288

Learning outcome

- Understanding the Philosophy of Hatha Yoga
- Comprehension of
- Practical orientation to traditional practices

Unit 1 Asanas 10 hrs

- Objective of Hatha Yoga

- Lineage of Yogic masters
- Misconceptions of Hatha Yoga
- Success and failure of Hatha Yoga, Yama and Niyama
- Concept of Matha, Mitahara
- Asanas – four meditative Asanas and others

Unit 2 Kriyas and Pranayama 10 hrs

- Shat Kriyas
- Ashta Kumbhakas
- Signs of Hatha Siddhi

Unit 3 Mudras and Bandhans 5 hrs

- Four Mudras
- Bandhas

Unit 4 Nadanusandhana 10 hrs

- Levels of Samadhi
- Nadanusandhana Sadhana

Reference books

- Hatha Yoga Pradipika, Satyananda Saraswati, BSY
- Asanas, Pranayama, Bandha and Mudra, Satyananda Saraswati, BSY

Course: Vedic Upanans and Practices

Title of the Course	Vedic Upanans and Practices
Course code	BSYC508
Number of Credits	2
Total number of hours	60

Learning outcome

- Introducing Upasana techniques according to ancient Upanishads
- Developing new techniques of Upasanas based on Vedas and other ancient Indian texts

Unit 1 introduction to Upasanas 15 hrs

- Definitions of Upasanas
- Difference between meditation and Upasanas

Unit 2 Upasanas from Rig Veda and Sama Veda 10 hrs

- Aitareya Upanishat – Lokapalas, Sapta Lokas
- Kena – Indriya Atita Upasana, Adesha ,
- Chandogya – Trivritkarana Vidya,

Unit 3 Upasanans from Yajurveda 10 hrs

- Katha – Agni Vidya, Nachiketa Vidya, Atma Vidya
- Taittiriya – Pranava Upasana, Pankta Upasana etc
- Ishavasya – Atma Upasana, Jnana-Karma Upasana, Sambhuti-Asambhuti Upasana, Surya Upasana
- Brihadaranyaka – Samvarga Vidya, Pranavidya, Panchagni Vidya, Vaishvanara Vidya

Unit 4 Upasanans from Atharva Veda 10 hrs

- Mundaka Upanishat – Para and Aparā Vidya
- Mandukya Upanishat – Pranava Upasana, A, U, M
- Prashan Upanishat – Rayi – Prana, five Pranas

Reference books

- Meditations from Brahm Sutras, Raghavendra

	Semester VI			
1	Introduction to Shad Darshanas	DE	BSYC601	4
2	Tarka Sangraha	DE	BSYC602	3
3	Vedic cosmology	GE	BSYC603	3
4	Cultural history of India	GE	BSYC604	3
5	Report writing	PW	BSYC605	3
6	Vedic science and practices	DE	BSYC606	3
7	Spiritual Counseling	GE	BSYC607	3
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Course: Introduction to Shad Darshanas

Title of the Course	Introduction to Shad Darshanas
Course code	BSYC601
Number of Credits	3
Total number of hours	45

Learning outcome

- Comprehension of philosophical tradition of India
- Understand the Vedic roots of all philosophies

Unit 1 Introduction to Philosophies 15 hrs

- Vedas vs Darshanas
- Vaidika and Aavidika Darshanas
- Differences and similarities between orthodox and heterodox philosophies

Unit 2 – Nyaya and Vaisheshika 10 hrs

- Prameya Shastra – Vaisheshika; Padartha, Gunas, Karma, special feature
- Pramana Shastra – Nyaya; Pratyaksha, Anumana, Upamana Shabda

Unit 3 – Sankhya and Yoga 10 hrs

- Sankhya – Prakriti, Purusha, Mahat, evolution and involution
- Yoga – Ashtanga Yoga, Chitta Vrittis, Chitta Bhumis, Chitta Vikshepa, Chitta prasdana

Unit 4 Uttara and Purva Meemamsa 10 hrs

- Karma Kanda – basic understanding
- Jnana Kanda – Prasthan Traya

Reference book –

- Six Indian philosophies, Swami Harshananda, RK Math
- The Vedas, Swami Chandrashekharendra Saraswati, Bhavan's Publication

Course: Tarka Sangraha

Title of the Course	Tarka Sangraha
Course code	BSYC602
Number of Credits	3
Total number of hours	45

Learning outcome

- Understanding world in the view point of ancient physics
- Comparing ancient physics with the modern
- Finding the uniqueness of ancient systems

Unit 1 Introduction to Tarka Sangraha 15 hrs

- An introduction to Padarthavijnana,
- Division of Padarthas, Kanada's concept of matter
- The detailed analysis of Navadravyas in the light of Vaisheshika Darshanam

Unit 2 – 24 Gunas (qualities) 10 hrs

- Analysis of all 24 Gunas

Unit 3 – 5 Karmas, Samavaya, Visheshha and Abhava 10 hrs

- Five Karma
- Samavaya
- Visheshya
- Abhava

Unit 4 Pramanas 10 hrs

- Pratyaksha
- Anumana
- Upamana
- Shabda
- Valid and Invalid knowledge

Reference books:

- Tarkasangraha with Nyayabodhini and other commentaries
- Books about Indian logics by Matilal etc.
- History of Indian philosophy – Dasa Gupta
- Encyclopedia of Indian philosophy – Karl H. Potter

Course: Vedic cosmology

Title of the Course	Vedic cosmology
Course code	BSYC603
Number of Credits	3
Total number of hours	45

Learning outcome

- Understanding Vedic Cosmology
- Differentiating modern system of cosmology and ancient Indian thought

Unit 1 THE BUILDING OF THE WORLD

- The significance of metaphors in the Rigveda
- The measuring and building of heaven and earth
- The introduction of the fire
- Tvashtar, the divine carpenter
- The Ribhus, the workmen
- The general character of the description

Unit 2 GENERATION

- The application of analogy, Fire and water
- The metaphor of parentage, temporal, generic, and local
- Heaven and earth, the universal parents, The sun as the type of generation
- Elements of confusion in the hymns to Agni, Agni in the waters of heaven
- The union of Gandharva with Apsaras, The marriage of Surya
- The births of the gods and of the worlds, Aditi and Daksha
- The birth of Agni, The rise of the sun, Hiranyagarbha
- The sun as supreme divinity, The Unborn, Agni as a cosmogonic factor
- The waters, Parjanya, The one thing, The non-existent and the existent
- Allegory and analogy

Unit 3 THE SACRIFICE

- The source of this explanation, The meaning of the sacrifice
- The popular conception of death, The sacrificial theory
- The fathers identified with the rays of Agni, The Angirases
- The creative functions of the fathers, Generation through the fathers
- Anticipation of divine blessedness, The fathers in the sun
- The sacrificial prayer, The heavenly sacrifice
- Vigvakarman, sacrificer and creator, Sarasvati and Vayu Purusha

Unit 4 THE ORDER OF THE WORLD

- The interpretation of abstract words, The general meaning of the word rita
- Special applications of the word, The principle precedes the phenomena
- The sons and parents of the rita, Varuna, the king
- The vratani of Varuna, The relation of Varuna to rita

- Varuna as creator, The Maya of Asura, Monotheism
- Varunas decline, The popularity of Indra
- Speculation fostered by the Kshatriyas

Reference book;

- The Cosmology of The Rigveda

Course: Cultural history of India

Title of the Course	Cultural history of India
Course code	BSYC604
Number of Credits	3
Total number of hours	45

Learning outcome

- Knowing the glory of cultural heritage and history of India
- Comprehend that culture is all permeating thread of Indian tradition

Unit 1 Chapter 1: (10 Hours)

- Bharath – An Introduction
- Pre-historic India
- Indus Valley Civilization (IVC)
- The Aryan Problem
- Vedic culture (VC)
- Vedic literature: Samhita, Brahmana, Upanishad and sutra
- Dating the Vedas

Unit 2 Chapter 2: (10 Hours)

- Agamas and Tantras
- Epics and Puranas
- Period of Mahavira and Buddha
- Ancient geography
- Aryavarta, Brahmavarta and Dakshinapatha
- Classical Sanskrita
- Cultural artefacts
- Arts and Science in Sanskrita

Unit 3 Chapter 3: (10 Hours)

- Royal Dynasties of India
- Foreign rule
- Freedom movements

Unit 4 Chapter**(15 Hours)**

- Indian society
- Educational system
- Politics
- Economics and Judicial System
- Impact of Indian Culture outside India

Reference books:

- Dr R Rangan : Cultural and Spiritual History of India
- Ramaswami Sastry K S : Hindu Culture(S Ganesan, Publisher, Triplicane, Madras, 1922)
- Swami Harshananda : An Introduction to Hindu Culture (Ramakrishna Math, Bangalore, 1999)
- [http://www.nios.ac.in/online-course-material/secondary-courses/indian-culture-and-heritage-\(223\)-syllabus.aspx](http://www.nios.ac.in/online-course-material/secondary-courses/indian-culture-and-heritage-(223)-syllabus.aspx)

Course: Report writing

Title of the Course	Report writing
Course code	BSYC605
Number of Credits	3
Total number of hours	45

Learning outcome

- Compilation of information and organizing systematically to give raise to new ideology
- Unraveling the hidden mysteries from authentic sources

The students should select a subject from the pool of subjects chosen for special study and submit a report in the last semester of the program

Course: Vedic science and practices

Title of the Course	Vedic science and practices
Course code	BSYC606
Number of Credits	3
Total number of hours	60

Learning outcome

- Clarity in pronouncement
- Understanding the meaning in general
- Ability to identify the mistakes if available and setting them right

Unit 1 Nakshatra Suktam

20 hrs

Unit 2 Rudra	20 hrs
Unit 3 Chamaka	20 hrs

Course: Spiritual Counseling

Title of the Course	Spiritual Counseling
Course code	BSYC607
Number of Credits	3
Total number of hours	60

Learning outcome;

- Self analysis of student
- Ability to understand the behavioral pattern of the person from the perspective of ancient (Adhyatma) viewpoint
- Suitable remedial measures to come out of the problems by employing easy techniques from scriptures such as Gita and Upanishads

Unit 1	Mind reading, Mind mapping	10 Hrs
	<ul style="list-style-type: none"> • Nature of Mind • Working mode of mind 	
Unit 2	Patanjali Sutra Patha	10 Hrs
	<ul style="list-style-type: none"> • Chitta Vrittis – modifications of mind • Chitta Bhumis – platforms / levels of Manas • Chitta Vikshepas – obstacles of mind • Chitta Prasadnam – methods to overcome the obstacles 	
Unit 3	Bhagavad Gita – Triguna module for emotional assessments and corrections	20 Hrs
	<ul style="list-style-type: none"> • Tri-fold aspects of Gunas • Expression of Gunas – behavioral traits • 14 aspects of Gunas from 14, 17 and 18 Chapters of Gita 	
Unit 4	Upanishad understanding of human being – Panchakosha and Panchaprakoshtha	10 Hrs
	<ul style="list-style-type: none"> • Introduction of Upanishads • Pancha Kosha concept • Three states of consciousness • Different activities • True nature of Atma and Brahma 	
Unit 5	Yoga Vasistha	10 Hrs
	<ul style="list-style-type: none"> • Dispassion of Rama and background of Yoga Vasistha • Adhi – Vyadhi concept 	