

S-VYASA Yoga University

Division of Yoga – Spirituality

ACADEMIC CURRICULUM

For

M.Sc. (Yoga & Consciousness)

Swami Vivekananda Yoga Ansandhana Samsthana

(Deemed to be University under section 3 of the UGC act, 1956)

Ekmath Bhavan, Gavipurama Circle, K.G. Nagar, Bendluru-560019

PREAMBLE

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA, Deemed to be University) conceptualized the MSc (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 M.Sc. (Yoga and Consciousness) program under the division of is divided into four semesters (two consecutive years) in general mode.

TITLE OF THE COURSE

M.Sc. (Yoga and Consciousness)

DURATION OF THE COURSE

The minimum duration of the program will be two years (four semesters in continuum)

ELIGIBILITY

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

- 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 M.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 M.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.

Scheme of syllabus

M.Sc. – Yoga and Consciousness – CBCS (Choice Based Credit System)

	Title of the Course	Code	Credits	Hours	L	T	P	F
	Semester – I							
1.	Yoga Philosophy	MSYC101	3	60	45	0	15	0
2.	Sanskrit Bhasha Vijnanam	MSYC102	3	60	45	0	15	0
3.	Anatomy Physiology	MSYC103	4	60	60	0	0	0
4.	Research Methodology	MSYC104	4	60	60	0	0	0
5.	Vedic Practices 1	MSYC105	3	90	15	30	45	0
6.	Yoga for PPH	MSYC106	2	60	0	0	60	0
7.	Yoga Sandhya Vidhi	MSYC107	3	60	15	0	45	0
	Total		22	450	240	30	180	0
	Semester – II							
1.	Advanced Samskrita Bhasha Vijnanam	MSYC201	3	45	45	0	0	0
2.	Vedamta Sara or Viveka Chudamani Elective - 1	MSYC202	2	30	30	0	0	0
3.	Ancient Sciences	MSYC203	4	60	60	0	0	0
4.	Hatha Yoga Texts	MSYC204	3	45	30	0	15	0
5.	Yajna - A healing Science	MSYC205	2	30	30	0	0	0
6.	Yoga Therapy Techniques	MSYC206	2	60	0	0	60	0
7.	Vedic Practices 2	MSYC207	2	60	0	0	60	0
8.	Advanced Yoga Techniques	MSYC208	2	60	0	0	60	0
9.	Synopsis	MSYC209	2	30	0	0	0	30
	Total		22	420	195	0	195	30
	Semester – III							
1.	Concept of Consciousness in Upanishads 1	MSYC301	3	45	45	0	0	0
2.	Brahma Sutra 1	MSYC302	3	45	45	0	0	0
3.	Ancient Research Methodology	MSYC303	2	30	30	0	0	0
4.	Psychology in Bhagavad Gita	MSYC304	2	30	30	0	0	0
5.	Nirukta or Bhakti Sutras - Elective 2	MSYC305	2	30	30	0	0	0
6.	Biostatistic Analysis DW 3	MSYC306	2	30	0	15	15	0
7.	Yoga Therapy - Arogyadhama 1	MSYC307	3	120	0	0	0	120
8.	Yoga Therapy - Arogyadhama 2	MSYC308	3	120	0	0	0	120
9.	Vedic Practices 3	MSYC309	2	60	0	0	60	0
	Total		22	510	180	15	75	240
	Semester – IV							
1.	Concept of Consciousness in Upanishads 2	MSYC401	3	45	45	0	0	0
2.	Brahma Sutra 2	MSYC402	3	45	45	0	0	0
3.	Yoga Way of Living (Pancha Yajna)	MSYC403	3	60	30	0	30	0
4.	Patanjali Yoga Sutras	MSYC404	3	45	45	0	0	0
5.	Tarka Sangraha	MSYC405	3	45	45	0	0	0
6.	Meditation Techniques from Upanishads	MSYC406	3	60	30	0	30	0
7.	Dissertation	MSYC407	4	120	0	0	0	120
	Total		22	420	240	0	60	120
	Grand Total		88					

Teaching methodology (pedagogy):

- a) Lectures – Classroom sessions and presentations by faculty. Emphasis will be given on students' participation and content will have latest research activities in the field of spirituality and philosophy
- b) Tutorials – Group Discussions, Students' theme presentations, Brainstorming, Home works, Self study. Simulation and Role play activity.
- c) Practical – demonstration and performance in the sessions and asking the students to repeat and demonstration
- d) Field work – practical application of the knowledge in respective fields, such as temple, Gurukulas, Ashram etc., and Group tasks, Project work etc.

Evaluation methods;

- Internal assessment consists; Two assessments (20%), two tests (20%) and faculty assessment (10%) in a semester. The candidate should have 50% of internal assessment to qualify for final exam at the end of the semester. The final examination for all the papers / courses will be for 100 Marks in common. Passing marks in any exam will be 50% of the question paper.
- Students will be asked to maintain a diary of their learning activity and everyday course faculty will check and guide the students on further improvement for practical and tutorial sessions.
- Each session will have review of progress and competency mapping of the student and periodic progress will be recorded every month in student's dossier.

Value added course/ Skill Oriented courses

- Spiritual Counselling
- Veda Chanting and Daily rituals
- Astrology for Health, Happiness and Harmony
- Traditional Knowledge and skills for harmonious living
- Yajna as a healing life science

Semester – I

	Title of the Course	Code	Credits	Hours	L	T	P	F
	Semester – I							
	Yoga Philosophy	MSYC101	3	60	45	0	15	0
	Sanskrit Bhasha Vijnanam	MSYC102	3	60	45	0	15	0
	Anatomy Physiology	MSYC103	4	60	60	0	0	0
	Research Methodology	MSYC104	4	60	60	0	0	0
	Vedic Practices 1	MSYC105	3	90	15	30	45	0
	Yoga for PPH	MSYC106	2	60	0	0	60	0
	Yoga Sandhya Vidhi	MSYC107	3	60	15	0	45	0
	Total		22	450	240	30	180	0

Course: Yoga Philosophy

Title of the Course	Yoga Philosophy
Course code	MSYC101
Number of Credits	3
Total number of hours	60

Learning outcome

- Understand the Yogic principles and their applications in day today activities
- Yogic concepts for therapeutic application
- Explain the essence of Vedas and Upaniñads applicable to Yoga Therapy
- Indian cultural ideologies for modern application to tackle NCDs
- Basic understanding between religious and cultural practices for global harmony

Unit 1: Introduction to Vedas and Upanishads: 15 Hrs

1. Historical facts about Vedas – 2 Hrs
 - Dating and Authoring of Vedas
 - Content of Vedas
2. Vedas in brief - 6Hr
 - Jnana Kanda – Prasthan Traya – Upanishads and Vedanta Texts (Taittiriya, Katha, Mandukya, Yoga Vasistha)
 - Karma Kanda - Types of Karma, Performance of Karma, Results of Karma, Theory of Karma
3. Upanishad Prakriyas (10 upanishads teaching techniques) in brief – 3Hr
4. Shanthi Mantras – 2Hrs
11Hrs + Q&A + Test

Unit 2: Yoga Philosophy in Upanishads: 15 Hrs

1. Main Human quests –8 Hrs
 - Who am I (Panchakosha Viveka) – Understanding Consciousness through Indian Philosophy - 4Hrs
 - Ananda Mimamsa – Happiness Analysis and Measuring Ananda – 2Hrs
 - Energy Model – 2Hrs
2. Concept of Dharma – 6Hrs –
 - Literal Meaning of Dharma
 - Nyaya vs Dharma
 - Varna and Ashrama Dharma – Social Dharma and Life journey
 - Varna and Ashrama Dharma – Possible conflicts of Dharma and answers

14+1 Hour Test

Unit 3: Darshnas: 15 Hrs

1. Astika Darshanas

- Sankhya, Yoga – 2Hrs
 - Nyaya, Veishika – 2Hrs
 - Mimamsa, Vedanta – Yoga Vasista – 4Hrs
 - Narada Bhakti Sutras – 2Hrs
2. Nastika Darshanas
- Charvaka, Jaina, Boudha – 3Hrs

13Hrs + Q&A + Test

Unit 4: Bhagawadgita: 15Hrs

1. Concept of Guna – 6Hrs
2. Concept of Yajna – 5Hrs
3. Concept of Atma – 2Hrs

13Hrs + Q&A + Test

Reference books

- The Vedas by Swami Chandrashekharendra Saraswati (2014), Bhavan's Publication
- Home study Bhagavad Gita (2013), Swami Dayananda Saraswati, Asha Vidya Gurukulam,
- Basis of Yoga (2014), Dr H R Nagendra, SVYP, Bangalore
- Promotion of Positive Health (2014), Dr H R Nagendra, SVYP, Bangalore

Course: Samskrita Bhasha Vijnanam

Title of the Course	Sanskrit Bhasha Vijnanam
Course code	MSYC102
Number of Credits	3
Total number of hours	60

Learning outcome

- Demonstrate knowledge of complete *Sanskrit* script
- Describe kinds of nouns, verbs, pronouns, etc. with examples
- Illustrate kinds of gender, number, and declensions employed in *Sanskrit*
- Demonstrate skill in pronunciation of different kinds of *Sanskrit* words, phrases and sentences
- Read and understand *Sanskrit* with respect to script and basic grammar
- To make students capable of converse in simple Sanskrit

Unit 1

15Hours

- Introduction to Language and subject
- Devanagari script - Alphabets, i.e. vowels, consonants, vowels & consonants combination
- Two consonant combinations, special conjunct consonants and their pronunciation associated with their articulation. Formation of writing.
- Introduction to Samskrita Grammar, Story of Panini & his works.
- Concept of place of Letters & Mechanism of birth of each letter.

- Basic rules for recognition of Nouns and Collection of Samskrita words in genders.

Unit 2

20 Hours

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

Unit 3

10 Hours

- Prepositions and its meaning with usage in sentence, asking question and answers.
- Introduction to time and its all variations. Practice of Numbers 1-100 with writing practice with samskrita symbols.
- Days in Samskritam with question and answers.
- Introduction to Tense – Present, Past and Future tenses. Practice of conversion of one tense into another tense.
- Introduction to cases and its meaning with questions. Practice of cases.

Unit 4

15 Hours

- Paragraph writing on specific topic. Using all nouns, pronouns, prepositions, time, days, number etc.
- Introduction of Samskrita literature and its vastness. Specialty and beauty of Samskrita language with respect to some verses from different Poetry, prose and dramas.
- Glimpse of Science in samskritam with reference to Vimanikashastra, ganitashastra etc.
- Reading and writing practice with the help of stories and very basic texts in samskritam.

REFERENCE BOOKS:

1. Samskrita Bharati published books & Flash cards.
2. Vakyavyavaharah by Rashtriya Samskrita Samsthanam, New Delhi.
3. Vyavaharapradeepah Part – 1 & 2 by Rashtriya Samskrita Samsthanam, New Delhi.
4. Sarala book published by Samskrita Bharati, Banagalore.
5. Sugama book published by Samskrita Bharati, Banagalore.
6. Sukhada book published by Samskrita Bharati, Banagalore

Course: Anatomy and Physiology

Title of the Course	Anatomy Physiology
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Course code	MSYC103
Number of Credits	4
Total number of hours	60

Learning outcome

- Understand normal gross structure of the human body and their functions in detail
- Recognize basic structures and their connections with central nervous system, understand their regulation and integration of various organs.
- Locate and identify body structures including topography of living body

Unit – 1 Introduction to human anatomy and physiology 10 Hrs

- The Human behaviour - Change
- nature and nurture

Unit – 2 Systems of the body – 1 10 Hrs

- Skeletal system
- The blood
- The circulatory system

Unit – 3 Systems of the body – 2 10 Hrs

- Respiratory system
- Digestive system
- Nutrition

Unit – 4 Systems of the body – 3 10 Hrs

- Excretory system
- The nervous system – Brain

Unit – 5 Systems of the body – 4 10 Hrs

- The physiology of stress
- The mechanism of defence
- The endocrine system

Unit – 6 Systems of the body – 5 10 Hrs

- Senses and sense organs
- The reproductive system

Reference book / text book

- A Glimpse of The human body, Dr Sherly Telles, SVYP, Bangalore

Course: Research methodology

Title of the Course	Research Methodology
Course code	MSYC104
Number of Credits	4
Total number of hours	60

Learning outcome

- Basic understanding of Research methodology
- Knowledge of various statistical procedures
- Ability to address the contemporary problems in scientific way
- apply the research methodology concepts for practical applications
- design, conduct and evaluate scientific experiments
- Skill for scientific communication

Unit-1: Research Methodology Concepts -I

[15Hrs]

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

Unit-2: Research Methodology Concepts –II

[15Hrs]

- Sampling methods - Population and Sample; Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling
- Methods of controlling biases - Randomization
- Types of variables – Independent , dependent, confounding variable
- Types of research design – Experimental designs, cross sectional design, Case study, Survey
- Reliability: Test-Retest Reliability, Internal Consistency, Inter rater Reliability
- Validity: Construct Validity, Face Validity, Content Validity, Criterion Validity, Convergent and Discriminant Validity
- Issues of bias and confounding
 - a. Selection bias, Recall bias, Observer or measurement bias, Publication bias
 - b. Randomization, Matching, Crossover design, Restriction (or blocking), Stratification

Unit-3: Statistical Concepts - I

[15Hrs]

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

Unit-4: Statistical Concepts - II

[15Hrs]

- Point estimate and interval estimate
- Power analysis: Effect size, sample size
- p-value
- Confidence interval

- Statistical tests and design
- Assumptions of tests
- Statistical tests for various designs: Correlation, proportions, paired-sample and independent sample t-tests, Chi-Square tests, ANOVA, Repeated Measures ANOVA, parametric and non-parametric tests

Recommended books:

1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
2. R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New Delhi
3. Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

Course: Vedic principles and practices -1

Title of the Course	Vedic principles and practices -1
Course code	MSYC105
Number of Credits	3
Total number of hours	90

Learning outcome

- Practice the daily Sadhana in routine
- Motivate others showing the right method of performing Sadhana.
- Identifying the wrong method of chanting and correcting
- Fluency in chanting Mantras.
- Good grasping ability.

Unit 1 : Shanti Mantras

30 Hours

- Shanno Mitrah
- Taccham yo
- Bhadram karnebhih
- Sahanavavatu
- Prithivi shanta
- Yaschandasamrshabho
- Aham Vrikhsaya reriva
- Purnamadah Purnamidam
- Apyayantu

Unit 2: Suktani

30 Hours

- Pratah suktam
- Sraddha suktam

Unit 3: Practical Performances

15 Hours

- Sandhyavidhi
- Bhojanavidhih

Unit 4: Stotrani

15 Hours

- Pratah smaranam
- Dakshinamurti

REFERENCE BOOKS:

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

Course: Yoga Sandhya Vidhi

Title of the Course	Yoga Sandhya Vidhi
Course code	MSYC107
Number of Credits	3
Total number of hours	60

Learning outcome

- Practice the daily Sadhana in routine
- One dedicated session for Sadhana

Unit 1 – Mantras:

- Dasha Shanti

Unit 2 – Suktas:

- Shraddha,
- Medha,

Unit 3 – Stotras:

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

Unit 4 – Practical:

- Sandhya

Semester – II

	Title of the Course	Code	Credits	Hours	L	T	P	F
	Semester – II							
1.	Advanced Samskrita Bhasha Vijnanam	MSYC201	3	45	45	0	0	0
2.	Vedamta Sara or Viveka Chudamani Elective - 1	MSYC202	2	30	30	0	0	0
3.	Ancient Sciences	MSYC203	4	60	60	0	0	0
4.	Hatha Yoga Texts	MSYC204	3	45	30	0	15	0
5.	Yajna - A healing Science	MSYC205	2	30	30	0	0	0
6.	Yoga Therapy Techniques	MSYC206	2	60	0	0	60	0
7.	Vedic Practices 2	MSYC207	2	60	0	0	60	0
8.	Advanced Yoga Techniques	MSYC208	2	60	0	0	60	0
9.	Synopsis	MSYC209	2	30	0	0	0	30
	Total		22	420	195	0	195	30

Course: Advanced Samskrita Bhasha Vijnanam

Title of the Course	Advanced Samskrita Bhasha Vijnanam
Course code	MSYC201
Number of Credits	3
Total number of hours	45

Learning outcome

- Overall picture of Sanskrit grammar and their general application in Sanskrit conversation
- Identify the general and exceptional rules of Sandhi
- Identification of Samasta Pada (combined words) and the procedure
- Basic sentence structure in Sanskrit and rules of Karaka and Vibhakti

Unit 1 Unique feature of Sanskrit Grammar

15 Hours

- Introduction to Samskrita grammar.
- Story of Panini and his life works. Special focus on Asthadhyayi.
- Recitations of Ashtadhyayi's selected Aphorisms.
- Definition of Aphorism and its classifications in grammar.
- Selected verses from KARIKAKARA Book related to Samskrita grammar.
- Origin of Letters and emergence of Maheshwarasutram from the Lord Shiva.
- Concept of PRATYAHARA and its role in Sanskrit grammar.
- SAMJNA prakaranam from Laghusiddhanta kaumudi book. (Special focus on places of letters, Selected Samjnas, Concept of swaras etc...)

Unit 2 Working modules on Sandhis

15 Hours

- Introduction to Sandhis.
- Basic principles and Classifications of Sandhi.
- Swarasandhi, Vyanjanasandhi and Visargasandhi - its classifications with special reference to Ashtadhyayi aphorism.
- Practice of all Sandhis with special reference to different scriptures.

Unit 3 Descriptive explanations of Karakam

15 Hours

- Introduction to Karakam.
- Definition of Karakam according to grammar.
- Explanation of all Karakam with special reference to Ashtadhyayi aphorisms.
- Different examples with special reference to Grammar book.

Unit 4 Unique features of Samasas

15 Hours

- Introduction to Samasa.
- Definition of Samasa and its classifications.
- Explanation of all classified Samasas with special reference to Ashtadhyayi's aphorisms.

REFERENCE BOOKS:

1. Samskrita Bharati published books.
2. KARAKAM Dr Mahabaleshwar Bhat, published by Samskrita Bharati, Bangalore.
3. SANDHI Dr Mahabaleshwar Bhat, published by Samskrita Bharati, Bangalore.
4. SAMASA Dr Mahabaleshwar Bhat, published by Samskrita Bharati, Bangalore.

Course: Vedanta Sara or Viveka Chudamani Elective – 1

Title of the Course	Vedanta Sara or Viveka Chudamani Elective - 1
Course code	MSYC202
Number of Credits	2
Total number of hours	30

Course: Elective - 1: Vedanta Sara

Learning outcome

- Able to understand Prasthanana Traya's viewpoint
- Understand the related technical terms in Vedanta philosophy
- To reproduce related verse while implementing practically in daily life
- Ability to compare and contrast the different Vedanta philosophy

Unit 1: Subject matter of Vedanta

10 Hours

- Introduction and Mangalashloka
- Four factors – leaner, text, purpose and relation of any text and specifically to Vedanta Texts

Unit 2: Super imposition and The jeeva

20 Hours

- Nature of super imposition
- An attitude of macro and micro world, state of Turiya, power of Avidya
- Charvaka vs Buddhism
- Mimamsaka vs Shunyavadis
- True nature of Individual Jiva

Unit 3: Method of conveying the Brahma (Impose and Nagate) 10 Hours

- Reaching the Source
- Detail meaning and application of 'Tatvamasi', 'AHAM BRAHMAASMI' etc., Mahavakya

Unit 4: steps of realization

10 Hours

- Introduction to Ashtanga Yoga
- Obstacles of Mind and management
- Qualities of Jivanmukta
- Attainments

REFERENCE BOOKS :

- Vedantasara, Swami Nikhilananda published by Advaita Ashrama, Bengaluru.

Course: Elective - 1: Viveka Chudamani

Unit 1: Introduction to Viveka Chudamani

- Value of Human Birth
- Need for Enquiry
- The Qualification

Unit 2: Lessons on Approaching the Guru, Three bodies and Five Koshas

- Encouragement by the Guru
- Qualities of Guru and Shishya
- Self-effort essential
- The Gross, Subtle and Causal Body
- The Self
- Bondage Defined
- Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamaya Kosa
- The Self Transcendent

Unit 4: Brahman and the Universe

- Brahman and the Self, Contemplation of the Truth
- Eradicate the Ego, Need for concentration, The state of Realisation
- The steps towards Realisation, Secondless-ness
- Ignore the Body, The Realised Soul, Scope of Prarabdha
- Absolute Freedom

Reference Books

- Viveka Chudamani (2013), Chinmaya Mission, Mumbai
- Viveka Chudamani (2012), Ramakrishna Mission, Mumbai
- Vivekachudamani (2015) (with English Translation by Jnanananda Bharati), Sri Gnanananda Bharati Grantha Prakasana Samithi

Course: Ancient Sciences (Ayurveda and Jyotishya)

Title of the Course	Ancient Sciences
Course code	MSYC203
Number of Credits	4
Total number of hours	60

Learning outcome

- Ideology to formulate the different modules for NCDs.
- To generate the Horoscope to prepare the module for different ailments in the light of Ayurveda and Astrology.

UNIT – 1

10 Hours

- Definition of Vedas - introduction to division of vedas.
- Definition of Ayurveda – different types of ayu and chronology of Ayurveda.

UNIT – 2

5 Hours

- Concept of Doshas – Vata , Pitta and kapha
- Concept of dhatus and malas
- Concept of agni – types of agni and concept of ama

UNIT- 3

5 Hours

- Shishya guna – concept of Chikitsa chatushpada,
- Qualities of royal physician, dinacarya,
- Rutucaya and rutu sandhi, Features and significance.
- Concept of health according to sushruta.
- Concept of disease and its classification.
- Concept of agryasangrahas

UNIT- 4

10 Hours

- Concept of drugs in Ayurveda, different types of formulations and concept of treatments in Ayurveda. Panchakarma and its procedures.

UNIT – 5

30 Hours

- Introduction of Vedic astrology - Origin and expansion – significance of Siddhanta, Samhita and Hora
- Introduction to Panchanga - Significance – Tithi, Vara, Nakshatra etc. – other information in Panchanga
- Zodiac study - 12 zodiac signs – constellations – relation between zodiac and human structure
- Kundali and Jataka – Lagna and 12 Bhavas
- Introduction to Muhurta – important Muhurta – deciding auspicious Muhurtas

REFERENCE BOOKS:

1. Introduction to Ayurveda and yoga by David Frawley.
2. Ashtanga Sangraha by Vagbhata.
3. An Introduction to Astrology, by C Subrahmanyashastry V chaudhari, Cosmo Publication, 2003.

Course: Hatha Yoga Texts

Title of the Course	Hatha Yoga Texts
Course code	MSYC204
Number of Credits	4

Total number of hours	45
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Learning outcome

- Learn the misconceptions about Yoga practices
- About Natha sects and their contributions
- Code of conduct and other related benefits
- Appreciate the real values of Yogic practices as mentioned in Hatha Yoga texts
- Indicate and contraindicate the practices
- Explain the food conducive to health and good for Sadhana

Unit-1: Hatha Yoga its Philosophy and Practices 10Hrs

- Hatha Yoga, its meaning, definition, aims & objectives, misconceptions,
- The Origin of Hatha Yoga, Hatha Yogic Literature, Hatha Yoga Pradipika (HYP)
- Concept of Mata, Rules & Regulations to be followed by the Hatha Yoga Practitioner, concept of Mitahara, Pathya and Apathya.
- Hatha Yogic Parampara. Brief introduction to Great Hatha Yogis

Unit-2: Hatha Yoga Practices: Shodhana Kriyas 15Hrs

- Shodhana-kriyas in Gheranda Samhit and Hatha Ratnavali
- Role of Shodhana-kriyas in Yoga Sadhana and their importance in Modern day life.
- Yogasana: its definition, salient features and importance in Hatha Yoga Sadhana.
- Asanas in Hatha Yoga Pradipika and Gheranda Samhita: their techniques, benefits, precautions and importance.

Unit-3: Hathha Yogic Practices: Pranayama, Bandhas and Mudras 15Hrs

- Pranayama – Mechanism of correct breathing, Yogic deep breathing, Concept of Puraka, Kumbhaka and Rechaka.
- The concept of Prana, Kinds of Prana and Upa-pranas, Pranayama and its importance in Hatha Yoga Sadhana, Nadishodhana Pranayama, its technique and importance, Pre-requisites of Pranayama.
- Pranayama practices in Hatha Yoga pradipika and Gheranda Samhita, their techniques, benefits and precautions, Hatha Siddhi Lakshanam.
- Bandhas and role of Bandhatrayas in Yoga Sadhana.
- Fundamental Mudrās in HYP. and G.S, their techniques, benefits and precautions.

Unit-4: Hathayoga Practices: Pratyahara, Nadanusandhana 15Hrs

- Concept of Pratyahara, Dharana and Dhyana in Gheranda Samhita and their techniques & benefits.
- Concept of Samadhi in Hathayoga Pradipika, Samadhi Lakshanam and Hatha Yoga Siddhi Lakshanam.
- The concept of Nada, Four Avasthas (stages) of Nadanusandhana, and its Siddhis.
- Svara, Importance of Svarodaya-jnana in Yoga Sadhana with special reference to Jaina Svarodaya and Shiva Svarodaya.

Unit-5: GherandaSamhita and Hatha Rathnavali 5Hrs

- Types of Yogas – Manra Yoga, Laya Yoga, Raja Yoga and Hatha Yoga
- Ghata Yoga
- Asana and Kriya practices
- Dhyana and Samadhi
- Mudras and Bandhas

Recommended books:

1. I K. Taimini, The Science of Yoga , The Theosophical Publishing House, Adyar, Chennai, 2005
2. Swami Muktibodhananda, Hatha Yoga Pradeepika Pub: BSY Munger

Course: Yajna – A healing Science

Title of the Course	Yajna – A healing Science
Course code	MSYC205
Number of Credits	2
Total number of hours	30

Learning outcome;

- **Formulate the different modules for NCDs based on Yajna healing method**
- **Understand Yajnas as the core principles of Veda to make harmonious living in the cosmos**

Unit – 1 Introduction to Yajna, Vedas, Mantras, Yantras, Tantras	5 Hrs
▪ Meaning of word Yajna, Vedas, Mantras, Yantras, Tantras	
▪ Types of Yajnas in Brahmanas	
▪ Yajnas from Bhagavad Gita	
Unit – 2 Healing system according Bharatiya heritage	10 Hrs
▪ Ayurveda and Rituals for healing	
▪ Emotional level approach to Yajna and background	
▪ Spiritual growth and Yajnas – concept and interpretations	
Unit – 3 Concept of health in the light of Vedas and Upanishads	5 Hrs
▪ Vedic concept of health	
▪ Ayurveda and health	
▪ Upanishadic understanding of health	
Unit – 4 Concept of Eco-Friendly life for health and harmony	5 Hrs
▪ Routine of Yogic lifestyle	
▪ Importance of getting up early and sleeping early	
▪ Harmonious way of living	
Unit – 5 Panchayajna practices in the light of Taittiriya Aranyaka	5 Hrs
▪ Deva Yajna	
▪ Pitri Yajna	
▪ Bhuta Yajna	
▪ Manushya Yajna	
▪ Brahma Yajna	
Unit – 6 Diagnosis of human subtle body and mind using Bio-Well, REG	5 Hrs
▪ Modern equipments and support to ancient ideology	
▪ Science of new advancement in technology	
▪ Technology for research	

Reference book

1. Prof Ramachandra G Bhat (2104). Veda Vijnana Paramyam, Tumakuru University
2. Satyananda Saraswati (2012), Comprehensive Survey of Yajna, Bihar School of Yoga

Course: Yoga Therapy Techniques

Title of the Course	Yoga Therapy Techniques
Course code	MSYC206
Number of Credits	2
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]

- Dynamics
- Arthritis
- Epilepsy

Unit-3: [15 hours]

- Knee Pain
- Muscular Dystrophy
- Oncology

Unit-4: [15 hours]

- Sukshma Vyama
- Voice culture

Recommended books:

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

Course: Vedic Practices 2

Title of the Course	Vedic Practices 2
Course code	MSYC207
Number of Credits	2
Total number of hours	60

Learning outcome

- Practice the daily Sadhana in routine
- Motivate others showing the right method of performing Sadhana.
- Identifying the wrong method of chanting and correcting

- Fluency in chanting Mantras.
- Good grasping ability.

Unit 1 – Mantras:

- Gayatrhi
- Saraswati

Unit 2 – Suktas:

- Prajna
- Purusha
- Ganapati atharva

Unit 3 – Stotras:

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

Unit 4 – Practical:

- Agnikarya
- Unit 1: Principle of Vedas

40 Hours

REFERENCE BOOKS:

1. Mantrapushpam, mailapur, Chennai.
2. Vyasapushpanjali, SVYP, bangalore.
3. Yajna – A comprehensive survey, Bihar Yoga Bharati.

Course: Advanced Yoga Techniques

Title of the Course	Advanced Yoga Techniques
Course code	MSYC208
Number of Credits	2
Total number of hours	60

Learning outcome

- Understanding the role of Prana and Mind on the body and correcting and strengthening body, Prana and Mind.
- Self personality enhancement to grow as a Integrated personality
- Understand and feel the connectivity of individual and the Universe.
- Experience the power of Sankalpa and enhance positive thinking.

Unit-1: Introduction to advanced techniques

10Hrs

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

Unit- 2: Cyclic meditation

20Hrs

- Introduction to Cyclic Meditation.

- IRT, in different positions and for different disease conditions, gaining control to tighten a specific part without contracting the surrounding muscles, Practicing on their own 10 times in one day.
- Incidences from daily life where we experience pointed awareness, linear awareness, surface awareness, 3D awareness and all-pervasive awareness.
- Centering, ArdhakatiCakrasana, Group synchronization, awareness.
- QRT Physical, Emotional, mental awareness and expansion.
- Vajrasana, shashankasana and ustrasana with awareness.
- DRT with awareness at Physical, pranic, mental, intellectual and spiritual levels.
- Stimulations and relaxations, recognizing the tightness and let go, relaxation deeper than stimulation. Observation of blood flow, nerve impulses, 3D awareness, sound resonance and. mental, emotional, intellectual, spiritual stimulations and let go.
- Worksheet writing and correction.
- Class taking by students and correction. Experience writing.

Unit-3: Pranic energisation technique

10 Hrs

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

Unit-4: Mind sound resonance technique

10 Hrs

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

Recommended books:

1. Perspective of stress management- Dr. H. R. Nagendra and Dr. R. Nagarathna
2. Pranic Energization technique- Dr. H R Nagendra
3. Mind Sound Resonance Technique – Dr. H R Nagendra.
4. Yoga for Cancer – Dr. H R Nagendra, Dr R Nagaratna

Course: Preparing Synopsis

Title of the Course	Preparing Synopsis
Course code	MSYC209
Number of Credits	2

Total number of hours	60
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Learning outcome

- Preparing synopsis for research

Practices: preparation of Synopsis based on research area that is chosen and formed with the guidance of Guides with respective subject specialization.

Semester – III

	Title of the Course	Code	Credits	Hours	L	T	P	F
	Semester – III							
1.	Concept of Consciousness in Upanishads 1	MSYC301	3	45	45	0	0	0
2.	Brahma Sutra 1	MSYC302	3	45	45	0	0	0
3.	Ancient Research Methodology	MSYC303	2	30	30	0	0	0
4.	Psychology in Bhagavad Gita	MSYC304	2	30	30	0	0	0
5.	Nirukta or Bhakti Sutras - Elective 2	MSYC305	2	30	30	0	0	0
6.	Biostatistic Analysis DW 3	MSYC306	2	30	0	15	15	0
7.	Yoga Therapy - Arogyadhama 1	MSYC307	3	120	0	0	0	120
8.	Yoga Therapy - Arogyadhama 2	MSYC308	3	120	0	0	0	120
9.	Vedic Practices 3	MSYC309	2	60	0	0	60	0
	Total		22	510	180	15	75	240

Course: Concept of Consciousness in Upanishads 1

Title of the Course	Concept of Consciousness in Upanishads 1
Course code	MSYC301
Number of Credits	3
Total number of hours	45

Learning outcome

- Understand the related technical terms in Vedanta philosophy.
- Bring out the conceptual basis of Indian Culture from Upanishads.
- Reproduce related verse while implementing practically in daily life.
- understand the concept of consciousness from Isha, Kena, Prashna and Chandogya

Unit 1: Unit 1: Kenopanishad

10 Hours

- Method of self-inquiry
- Analysis of all the senses
- The story of deities and their EGO
- Lesson taught to all deities
- Necessity of Atma for everything
- Indra – Vayu and Agni stand front
- Adhidaiva – Adhibhuta – Adhyatma
- Teachings of Upanishads

Unit 2: Mundakopanishad

10 Hours

- Self-Realization - Para Vidya and Aparā Vidya
- Sarva Karma Sannyasa or Renouncement of All Action
- Illusion of world would not disappear in that person.
- (Moksha) - MonkhooD is essential
- Desires cause rebirth in the world and one
- Yoga prescribed for attaining Self Realization.
- A seeker Mantra Aum or Pranava told in Upanishad's as bow,
- Self-purified soul - Supreme Reality or Brahman is target
- Self-realized souls enter supreme reality or Godhead (Brahman)
- Devotion of student to teacher
- Importance of life discipline for realization
- SATYAMEVA JAYATE - Truth alone triumphs; message of Mundakopanishad

Unit 3: Chandogyopanishad 6th Chapter

15 Hours

- Introduction to Chandogyopanishad
- Theory of everything – Ekavijnanena Sarvavijnanam
- Cosmology of Universe
- Tri-fold formation of Food
- Tattvamasi – 9 analogies

Unit 4: Mandukya Upanishad

5 Hours

- Three states of consciousness- Jagrat, Svapna and Sushupti

- All pervasive OM
- Omniscience of OM; Past, Present and Future
- Results of doing meditation on OM

REFERENCE BOOKS:

1. The Principal Upanishads - Dr S.Radhakrishnan
2. Kena Upanishad - Swami Lokeshwarananda
3. The Upanishads - A New Translation - Swami Nikhilananda (in four volumes)
4. The Upanishads - Swami Paramananda

Course: Brahma Sutra 1

Title of the Course	Brahma Sutra 1
Course code	MSYC302
Number of Credits	3
Total number of hours	45

Learning outcome

- To reproduce related Sutras while implementing practically in daily life.
- Ability to compare and contrast the different Vedanta philosophy.
- To practice the logical presentation of Vedanta.

UNIT 1: Introduction to Chatussutrabhashyam 5 Hours

- From the first sutra 'Athato brahmajijnasa' to last sutra 'Tattu samanvayat'

UNIT 2: 5 Hours

- A preface to different schools of thoughts in the Vedanta with the special reference to 10 major Upanishads.

UNIT 3: 10 Hours

- A thought process pertaining to the transcendental existence - Different attributions to Brahman are to be examined in the context of the Vedantic statements with 'Spashta and Aspashtabrahmalinga Vakya's' according to the respective Acharya tradition.

UNIT 4: 10 Hours

- Identification of Brahman with its superimposed qualities or the divine qualities. Analysis of *Devatas* and *Asuras* according to *Devatadhikarana*-Analysis of Prakriti (the gross and the subtle worlds) with the special reference to the fourth section of first chapter

UNIT 5: 5 Hours

- The description of Sankhya's stand on cosmology with special reference to Pradhanavada. Analysis of importance of Smritis with special reference to in Svetashwataara

UNIT 6: 5 Hours

- The detail description of other aphorisms of this *Adhikaranamin* order to establish *Brahmakaaaranavada* - Substantiating the importance of Yoga in the context of the Vedantic supremacy.

UNIT 7:**10 Hours**

- The second pada of the second adhyaya. A critical analysis of all philosophical branches based on the logical proofs pertaining to the Vedic and the Non-Vedic basis. Examining cosmological hints in different Upanishads and other Vedangas.

UNIT 8:**10 hours**

- The description of individual soul and its qualifications-All about Prana and its role in conscious activities.

REFERENCEBOOKS :

1. Brahmasutras by Swami Shivananda Saraswati, Divine life society, Hrishikesh.
2. Different Bhashyas by the respective Acharyas according of the readers' tradition.
3. English and other commentaries by Ramakrishna Math and Kailasashrama Parampara of Hrishikesh.

Course: Ancient Research Methodology

Title of the Course	Ancient Research Methodology
Course code	MSYC303
Number of Credits	2
Total number of hours	30

Learning outcome

- Understanding ancient methods of researching
- Applying the ancient methods of theorizing ideas based on ancient scriptures
- Appreciating uniqueness of Tantra Yukti compared to modern methods

Unit-1:

10Hrs

- Introduction to Tantra Yukti
- Devices (32) of Tantra Yukti in Artha Shastra
- Salient Features of Tantrayukti doctrine

Unit-2:

10Hrs

- Methodology of research in Ayurveda Texts

Unit-3:

10Hrs

- Relevance and application of ancient research methodology in modern times

Reference books:

1. Dr. M. Jayaraman (2014), The Doctrine of Tantrayukti, Research Department, Krishnamacharya Yoga Mandiram, Chennai.

Course: Psychology in Bhagavad Gita

Title of the Course	Psychology in Bhagavad Gita
Course code	MSYC304
Number of Credits	2
Total number of hours	30

Learning outcome

- Understand the related technical terms in Bhagavad Gita.
- Bring out the conceptual basis of Indian Culture from Bhagavad Gita.
- Experience the ancient truths by learning and bringing into practice.
- Ability Comprehend the different ideas from Bhagavad Gita.

Unit – 1

5 Hrs

Blindness of Dhritarashtra - Real Dharmayuddha by Arjuna - Neurosis of Arjuna - Sankara and evil consequences - Retirement and dejection of Arjuna - Encouragement by Krishna
Conduct of wise - Truth of universe - Analogy of cloth - Reality of life – Svadharma - Eligibility of Karma - Sthitaprajna lakshana - Downfall due to dhyana of an object

Unit – 2

5 Hrs

Karma and jnana - Inevitability of Karma by any living being – Hypocrisy – Yajna - Cycle of creation and maintenance - Code of conduct - Encouragement of Karmis - Duty of self and others - Enemies of life Kama and Krodha - Base of kama and krodha - Raise of Adharma and incarnation - Two purpose of incarnation - Creation of 4 Varnas - Different verities of Yajna - Method of gaining knowledge

Unit – 3

5 Hrs

Karma and Jnana one path - Purpose of any action - Happiness by controlling - Self upliftment - Preparation for meditation - True and false yoga - Real definition of Yoga Way of practicing practice - Nature of mind - Gaining mastery over the mind - Rebirth in good position - Para and Apra Prakriti – Infatuation - Bad and good people - Worship of different gods

Unit – 4

5 Hrs

Questions and answers - Karma and Jnana results - Heaven and hell - Yoga and schema - Results of different worships - Method of worshiping – bhakti - Origin of buddhi etc from Bhagavan - Pure devotees - Infinity of manifestation of qualities - Curiosity to see real form of Krishna - Bewildering personality

Unit – 5

5 Hrs

Bhakti - Control over the senses - Dearest devotee - Khetra and Khetrajna - Ingredients of Kshetra - Tools of Jnana - Sattva, Rajas and Tamas – Gunatita - Tree of samsara - Residence of Paramatma in all living beings - Godly qualities - Difference between godly - Evil qualities - three doors of hell - Eternal basis of scriptures

Unit – 6

5 Hrs

Types of faith sattva rajas and tamas - Food, Yajna, tapas and Dana - sattvik, rajasik and Tamasik - OM TAT and SAT - Sanyasa and Tyaga - Compulsory of Yajna, Dana and tapas - 5 components for accomplishment - Duties of 4 Varnas - Self-duty - Reason for not following right way - Taking shelter in him - Complete shelter on self - Victory for truth

Reference books

1. The holy Gita – Swami Chinmayananda, Chinmaya Mission, Chennai
2. Bhagavad Gita Home Study Program – Swami Dayananda Saraswati, Arsha Vidya Gurukulam, Anekatti
3. Message of Bhagavad Gita – RK Publication, Bangalore
4. Bhagavad Gita by Swami Shivananda Saraswati, Divine life society

Course: Nirukta or Bhakti Sutras - Elective 2

Title of the Course	Nirukta or Bhakti Sutras - Elective 2
Course code	MSYC305
Number of Credits	2
Total number of hours	30

Learning outcome

- Method of understanding of Vedic texts
- Science of interpretation of Vedic words and methodology
- Contextual meaning of the word in different Mantras
- Understanding the ancient skill regarding study of language

Unit 1: Introduction

5 Hrs

- Nighantu and Nirukta along with commentaries
- Nirukta Shlokavartika

Unit 2: Nirukta chapter 1

10 Hrs

- Definition and Interpretations of methodologies
- Different opinions of ancient scholars of Nirukta
- characteristics of Shabda, Bhava, Pramanas and their classifications
- Apaurusheyatva (non-human origin) of Veda, Source of knowledge

Unit 3: Nirukta chapter 2, 3 and 4

10 Hrs

- Interpretations of Vedic works and Mantras

Unit 4: Devata Kanda

5 Hrs

- Concepts and classification of Devatas and their characters

Reference books

1. Nighantu and Nirukta with Bhashyam, Nag Publishers
2. Nighantu and Nirukta with English translation by Lakshmana Swaroop, Motilal Banarasidas
3. The Vedic Nighantu, Dr GN Bhat, Mangalore University

Course: Narada Bhakti Sutras and Bhagavata

Learning outcome

- Understand the nature of Bhakti
- Emotional Culture through Bhagavata and Bhakti Sutra

Unit – 1 12 Hrs

- The Nature of Divine Love
- Definition of Bhakti
- Fruits of Bhakti
- Renunciation

Unit – 2 12 Hrs

- Different Definitions of Bhakti
- Supremacy of Devotion
- Knowledge and Devotion
- How to Develop Bhakti

Unit – 3 12 Hrs

- Glory of the Company of the Wise
- Give Up Evil Company
- Who Crosses Maya?
- Nature of Love

Unit – 4 12 Hrs

- Secondary Devotion
- Bhakti Easy to Practise
- Bhakti and Social Customs
- Glory of Bhaktas

Unit – 5 12 Hrs

- Bhaktas - Above Caste and Creed
- Instructions to Devotees
- Bhakti: The Best Means
- Conclusion

Reference book

1. Narada Bhakti Sutras – Swami Shivananda Saraswati
2. Narada Bhakti Sutras – Swami Chinmayananda

Course: Biostatistic Analysis

Title of the Course	Biostatistic Analysis
Course code	MSYC306
Number of Credits	2
Total number of hours	30

Learning outcome

- Handle R statistical package for analysis

- Use supporting software like Mendeley reference manager, ITRANS 99, G*Power, and other important office applications.
- Organize and communicate scientific information.
- Practical skill to do statistical analysis
- Practical skill to present synopsis
- Skill for scientific communication

Unit-1: Synopsis Presentation

[30Hrs]

- Introduction – Title, Abstract,
- Literature review – Types: Review of scriptures and Modern scientific literature, why literature review, how to conduct literature review, use of PubMed, and other online sources, presentation of literature review.
- Aims and Objectives – Statements of aims and objectives, research questions, hypothesis, null hypothesis, rationale of study, operational definition.
- Methods – Participants, Inclusion & Exclusion criteria, Design, Intervention, Assessment tools, independent & dependent variables,
- Ethics of research – Laboratory ethics, Publication ethics, Ethical bodies – IEC & IRB, Guidelines for good clinical practice
- Plan of data extraction and analysis

Unit-2: Bio statistical analysis using R

[20Hrs]

- Introduction to R
- Basis operations using R
- Descriptive statistics
- Graphical presentation of data – Bar graphs, Pie chart, line diagram, scatter plot
- Running statistical tests using R: correlation, t-test, chi-square test
- Writing report

Unit-3: Use of other computer programs

[10Hrs]

- MS Word, Excel, PowerPoint
- Mendeley reference manager
- ITRANS 99
- G*Power

Reference books:

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

Course: Yoga Therapy - Arogyadhama 1

Title of the Course	Yoga Therapy - Arogyadhama 1
Course code	MSYC307
Number of Credits	3
Total number of hours	120

Learning outcome

- Learn the line of treatment of a particular disease
- Understand the condition of a disease and prepare a module based on its severity
- Have in depth understanding about participant's care, data analysis and report writing
- Write the case history of a patient
- Administer general parameter and clinical assessment methods used for various group of patients
- Give effective counseling to a patient for eliminating the root cause of a problem
- Avoid a practice based on the severity of a disease and its contraindication

Unit-1: Brief outline of yoga therapy clinical training [10Hrs]

- Case History Writing
- Introduction to general parameter
- Introduction to special parameter
- Education of Participant Care
- Psychological analysis by Triguëa and Tridoça, GHQ questionnaires.
- Data Entry and Data Analysis
- Report Writing
- Case Presentation

Unit-2: Neurology and Oncology [25Hrs]

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

Unit-3: Pulmonology [20Hrs]

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

Unit-4: Cardiology [20Hrs]

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

Unit-6: Psychiatric Disorder [25Hrs]

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

Unit-6: Rheumatology

[25Hrs]

- Introduction to Section: Rheumatology
- Introduction to Ailments: Osteoarthritis, Rheumatoid, Osteoporosis
- Yogic Management through IAYT
- Customized and Specific Yoga Module protocol for above mentioned Ailments
- Yogic Counseling

Recommended Books:

1. Clinical methods-Hutchison
2. Clinical methods- CL Gha
3. S-VYASA PUBLICATION ON YOGA SERIES FOR DIFFERENT AILMENTS

Course: Yoga Therapy - Arogyadhama 2

Title of the Course	Yoga Therapy - Arogyadhama 2
Course code	MSYC308
Number of Credits	3
Total number of hours	120

Learning outcome

- Learn the line of treatment of a particular disease
- Understand the condition of a disease and prepare a module based on its severity
- Have in depth understanding about participant's care, data analysis and report writing
- Write the case history of a patient
- Administer general parameter and clinical assessment methods used for various group of patients
- Give effective counseling to a patient for eliminating the root cause of a problem
- Avoid a practice based on the severity of a disease and its contraindication

Unit-1: Spinal Disorder

[30Hrs]

- Introduction to Section: Spinal Disorder
- Introduction to Ailments: Back Pain, Neck Pain, Spondylitis, Spinal Disorder
- Slipped Disc, Scoliosis, Lordosis, Cervical Spondylosis, Sciatica, Khyposis
- Yogic Management through IAYT
- Customized and Specific Yoga Module protocol for above mentioned Ailments
- Yogic Counseling

Unit-2: Metabolic Disorders

[30Hrs]

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

Unit-3: Gastroenterology

[30 Hrs]

- Introduction to Section: Gastroenterology
- Introduction to Ailments: Gastritis, IBS, Constipation, Diarrhea, GERD, APD, Ulcerative Colitis, Piles, Fistula, Menstrual Disorder, Infertility, Pregnancy 1, 2, 3, Trimester

- Yogic Management through IAYT
- Customized and Specific Yoga Module protocol for above mentioned Aliments
- Yogic Counseling

Unit – 4: Section H &PPH

[30 Hrs]

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

Recommended Books:

1. Clinical methods-Hutchison
2. Clinical methods- CL Ghai
3. S-VYASA PUBLICATION ON YOGA SERIES FOR DIFFERENT AILMENTS

Course: Vedic Practices 3

Title of the Course	Vedic Practices 3
Course code	MSYC309
Number of Credits	3
Total number of hours	60

Learning outcome

- Fluency in chanting Mantras.
- Good grasping ability.
- Bringing the Vedic principles into day to day life

Unit 1 – Mantras:

- Pnchayatana
- Maha mrutyunjaya

Unit 2 – Suktas:

- Mantra Pushpa
- Durga
- Devi

Unit 3 – Stotras:

- Lingashtakam
- Ganga Stotra
- Aditya Hridayam
- Navagraha

Unit 4 – Practical:

- Laghu Puja paddhati

REFERENCE BOOKS:

1. Mantrapushpam.

Semester – IV

	Title of the Course	Code	Credits	Hours	L	T	P	F
	Semester – IV							
1.	Concept of Consciousness in Upanishads 2	MSYC401	3	45	45	0	0	0
2.	Brahma Sutra 2	MSYC402	3	45	45	0	0	0
3.	Yoga Way of Living (Pancha Yajna)	MSYC403	3	60	30	0	30	0
4.	Patanjali Yoga Sutras	MSYC404	3	45	45	0	0	0
5.	Tarka Sangraha	MSYC405	3	45	45	0	0	0
6.	Meditation Techniques from Upanishads	MSYC406	3	60	30	0	30	0
7.	Dissertation	MSYC407	4	120	0	0	0	120
	Total		22	420	240	0	60	120
	Grand Total		88					

Course: Concept of Consciousness in Upanishads 2

Title of the Course	Concept of Consciousness in Upanishads 2
Course code	MSYC401
Number of Credits	3
Total number of hours	45

Learning outcome

- Understand the related technical terms in Vedanta philosophy.
- Bring out the conceptual basis of Indian Culture from Upanishads.
- Reproduce related verse while implementing practically in daily life.
- Understand the concept of consciousness from Isha, Kena, Prashna and Chandogya

UNIT 1 Ishavasyopanishad

5 hours

- Ishavashya concept of all pervasiveness –
- Importance of Karma and Upasana
- Nature of Atma in detail
- Realized beings
- Upasana of Vidya and Avidya – Sambhuti and Asambhuti
- Surya Upasana – Agni Upasana

UNIT 2 Prashnopanishad

10 Hours

- Introduction to Prashnopanishad
- Importance of questioning temperament
- Importance of Sadhana
- 6 questions posed by each
- The son of Bharadwaja, Sukesha
- Question of Satyakama
- The descendant of Garga, Sauryayanee
- The fifth question of Kosalya.
- Bhargava of the country of Vidarbha belonging to Bhrigu Gotra
- Kabandhi's questionnaires.
- Details of Prana in all six questions

UNIT 3 Aitareyopanishad

15 Hours

- Creation of universe – placement of respective deities
- Embodied structures – cow, horse and Human
- Human nature and limitations – hunger and thirst
- Inactiveness of everything in the absence of Atma
- Journey of every living being
- 3 births
- Role of Karma
- Relation between husband, wife and child
- Knowledge of journey for liberation

- Analysis of Atma
- Types and modes of cognition
- Categorization of living beings
- Importance of wisdom

UNIT 5 Brihadaranyakopnishad

15 Hours

- **Asvala-Brahmana & Artabhaga-Brahmana:** How to overcome the Defects in the Sacrificial Rites and their Results—Meditation combined with Rituals, the Means - The Senses and Their Objects—The Supreme Being as Death of Death
- **Bhujyu-Brahmana & Ushasta-Brahmana :** The Goal of Performing the Horse Sacrifice—Some Hints on Cosmic Geography - Brahman, The Supreme—Direct and Immediate—Unknowable through the Individual Intellect
- **Kahola-Brahmana & Gargi-Brahmana:** Renunciation, the Means of Liberation—The Three Kinds of Desires—Balya, Panditya and Mauna - Meditation on the Conditioned Brahman
- **Antaryami-Brahmana & Akshara-Brahmana :** Meditation on the Inner Controller - Meditation on the Supreme Unconditioned Brahman
- **Sakalya-Brahmana:** The Number of Gods—Meditation on the Eight Persons and Their Corresponding Deities—Meditation on the Five Directions with Their Deities and Supports—Meditation on the Essence of the Vital Force—Comparison of Man with a Tree—Source of Rebirth or Creation Established as the Supreme Brahman

Reference Books:

1. Message of Upanishads
2. Upanishads for busy people
3. The Vedas

Course: Brahma Sutra 2

Title of the Course	Brahma Sutra 2
Course code	MSYC402
Number of Credits	3
Total number of hours	45

Learning outcome

- To reproduce related Sutras while implementing practically in daily life.
- Ability to compare and contrast the different Vedanta philosophy.
- To practice the logical presentation of Vedanta.

Unit – 1:

15 Hours

- The first pada of third chapter - life after death of mortal body
- three divisions like Devayana, Pitryana and Tritiyasthana –
- The detailed analysis of ‘Archis’ in the light of the second paada of third chapter.

Unit – 2:

15 Hours

- The description of Upasana-
- The role of Karma in the path of realization in the light of the final paada of third chapter

Unit – 3:

15 Hours

- Interrelation between *Sadhana* and *Phala* –
- The detail description of Shravana, Manana and Nididhyasana aiming at the ultimate Darshana –T
- he utility of Yogic postures in Vedantic Sadhana

Unit – 4:

15 Hours

- Importance of Vidyain accomplishment of every task.
- More details about two paths; *Uttarayana* and *Dakshinayana*-
- more details about *Sadyomukti*, *Jivanmukti* and *Kramamukti*-
- An upward journey of Jeeva in the light of the final Paada of the final chapter –
- A critical review of different views in the context of the ultimate goal of life.

REFERENCE BOOKS:

1. Brahmasutra – Swami Shivananda, Divine life society, Rishikesh.
2. Brahmasutra, Ramakrishana Ashram, Bangalore.

Course: Yoga Way of Living (Pancha Yajna)

Title of the Course	Yoga Way of Living (Pancha Yajna)
Course code	MSYC403
Number of Credits	3
Total number of hours	60

Learning outcome

- Proper understanding of ‘Yoga way of life’ for daily application
- Right method of reciting Suktas and Stotras

Unit – 1

10 hrs

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

Unit – 2

10 hrs

Module of Yajna for daily practices, implementing;

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

Unit – 3

30 hrs

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

Unit – 4

10 hrs

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

Reference books

1. Vyasa Pushpanjali, SVYP, Bangalore
2. Mantra Pushpam, RK Publications
3. Class notes and practical classes

Course: Patanjali Yoga Sutras

Title of the Course	Patanjali Yoga Sutras
Course code	MSYC404
Number of Credits	3
Total number of hours	45

Learning outcome

- Identify the nature of mind in general
- Working module of Mind and its normal and abnormal conditions
- Obstacles of mind in general and remedial steps according to Patanjali Yoga Sutras

Unit-1: Samadhi Pada

[15Hrs]

- Yoga definition
- Culmination of Yoga
- *Vritti* and its classifications
- Necessity of Abhyasa & Vairagya
- Foundation of Abhyasa
- Lower & higher form of Vairagya
- Definition of Samprajnata and Asamprajnata Samadhi
- Definition & attribute of Ishvara
- Sadhana for Ishvara
- Result of Sadhana
- Obstacles in the path of Yoga

Unit-2: Sadhana Pada

[10Hrs]

- Discipline for Sadhana
- Kleshas – Avidya, Asmita, Raga, Dvesha and Abhinivesha
- Modification of the Kleshas
- Pleasure and Pains are both painful
- Four stages of Gunas
- Purusha and Prakriti
- Definition of Hana
- Necessity of Yoga Practice
- Bahiraiga Yoga

Unit-3: Vibhuti Pada

[10Hrs]

- Antaranga Yoga - kaivalya siddhis
- Samyama and its results, applications
- Three types of Parinama

- Attainment of Kaivalya

Unit-4: Kaivalya Pada

[10Hrs]

- Sources of Siddhis
- Influence of Karma
- Manifestation, Source and disappearance of Vasanas
- Theory of perception
- Mind and its manifestation
- Heading to Kaivalya

Reference books

1. Yoga Vartika, Dr Rukmani, Motilal Banarasidas, Varanasi
2. Raja Yoga, Swami Vivekananda, Ramakrishan Math

Course: Tarka Sangraha

Title of the Course	Tarka Sangraha
Course code	MSYC405
Number of Credits	3
Total number of hours	45

Learning outcome

- Understanding the Indian Logical system
- Application of ancient logical system for clarity in understanding

Unit 1:

10 Hours

- Introduction and Mangalacharanam
- Seven Padarthas
- Details of 7 Padarthas
- Combination of Logics and Physics

Unit 2:

10 Hours

- Pramanas Pratyaksha, Anumana, Upamana and Shabda
- General nature of epistemology

Unit 3:

25 Hours

- Anumana (Inference) Prakarana with details
- Logical thinking using 5 sections of Anumana

REFERENCEBOOKS:

1. Tarkasangraha, Ramakrishana Ashrama

Course: Meditation Techniques from Upanishads

Title of the Course	Meditation Techniques from Upanishads
Course code	MSYC406
Number of Credits	3
Total number of hours	60

Learning outcome

- Deep understanding of Upasanas from Upanishads
- Practical application of Upasanas for spiritual upliftment
- Inventing new methods to practice Upasanas

Unit – 1 Rig Veda Upanishads 10 Hrs

- Aitareya Upanishads
- Jagat Srishti – cosmology
- Devatava pravesha – invocation of Devata
- Manushyatva shreshtha – supremacy of human specie
- Tri Janma – three births

Unit – 2 Yajurveda Upanishads 30 Hrs

- Taittiriya – Samhita, Vyahriti, Brahma, Panchabrahma, Pranava, Panchakosha, Ananda
- Katha – Agni, Adhyatma, Pranava
- Brihadaranyaka – Panchagni, Vaishvadeva, 33 Devatas
- Ishavasya – Atma, Surya, Vayu

Unit – 3 Samaveda Upanishads 10 Hrs

- Chandogya – Ahara, Atma (tatvamasi)
- Kena – Indriya, Brahma

Unit – 4 Atharva Veda Upasana 10 Hrs

- Prashna – Prana, Pranava, Shodashakala Purusha
- Mundaka – Brahma, Para and Apari, 7 Agni
- Mandukya – Pranava, Chatushpat Atma

Reference book / study manual

1. Meditations from Upanishads, PhD dissertation, Tumakur University

Course: Dissertation

Title of the Course	Dissertation
Course code	MSYC407
Number of Credits	4
Total number of hours	120

Learning outcome

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

- **Disseminate research findings**

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

Details about the format of dissertation are enclosed in Enclosure - 1