

**S-VYASA University**  
**Division of Yoga-Spirituality**  
**Five skill oriented courses**

**Objectives:**

- To provide the integrated personality enrichment through spiritual and traditional practices
- To make philosophy relevant to the present time to have harmonious way of living in the society
- To provide students with Technical skills and hands on experience to be efficient in workplace environment.

	<b>Title of the Course</b>	<b>Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>F</b>	<b>Hrs</b>
<b>1.</b>	Spiritual Counseling	4	2	2	2	0	60
<b>2.</b>	Veda Chanting and Daily rituals	4	2	0	4	0	60
<b>3.</b>	Astrology for Health, Happiness and Harmony	4	3	0	2	0	60
<b>4.</b>	Traditional Knowledge and skills for harmonious living (Vastu)	4	2	2	2	0	60
<b>5.</b>	Yajna - a healing science	4	2	0	2	4	60

**Common teaching, learning and evaluation scheme for the skill oriented courses;**

- Course will invariably have theory and practical aspects in the period of training.
- These course are offered for post graduate students
- These courses will be offered as short term courses from the division of Yoga-Spirituality.

**Teaching techniques for Skill oriented course:**

- 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.
- 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.
- 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.

**Title of the course – Spiritual Counseling**

**Credits – 2**

**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**

- Mind reading, Mind mapping 10 Hrs
  - Nature of Mind
  - Working mode of mind
- Patanjali Sutra Patha 10 Hrs
  - Chitta Vrittis – modifications of mind
  - Chitta Bhumis – platforms / levels of Manas
  - Chitta Vikshepas – obstacles of mind
  - Chitta Prasadnam – methods to overcome the obstacles
- Bhagavad Gita – Triguna module for emotional assessments and corrections 20 Hrs
  - Tri-fold aspects of Gunas
  - Expression of Gunas – behavioral traits
  - 14 aspects of Gunas from 14, 17 and 18 Chapters of Gita
- Upanishad understanding of human being – Panchakosha and Panchaprakoshtha 10 Hrs
  - Introduction of Upanishads
  - Pancha Kosha concept
  - Three states of consciousness
  - Different activities
  - True nature of Atma and Brahma
- Yoga Vasistha 10 Hrs
  - Dispassion of Rama and background of Yoga Vasistha
  - Adhi – Vyadhi concept

**Title of the course – Veda Chanting and Daily rituals (Vedokta Sandhya and Puja Karma)**

**Credits – 2**

**Total number of hours – 60**

**L T P F – 00 : 10 : 40 : 10**

**Learning outcome;**

- **Recite Veda Mantras in the traditional manner**
- **Use of appropriate Mantras/Suktas while performing rituals**
- **Practical application of common rituals independently**

- Veda Suktas – 40 hrs
  - Pratah Sukta
  - Ganapati Atharvashirsha
  - Durga Sukta
  - Purusha Suktam
  - 5 Shiva Mantras from Rudra – Sadyo jatadi
- Performance – 10 Hrs
  - Sandhya
  - Agnikarya
  - Sankshipta Puja Vidhi
  - Bhojana Vidhi
- Invocation 5 Hrs
  - Panchagavya
  - Pranapratishta
  - Pancha Amrita
- Japa Yajna 5 Hrs
  - Prabhata Japa
  - Surya Upasana
  - Panchakshari Japa
  - Ashtakshari Japa
  - Gayatri Japa
  - OM-Kara Dhyana and healing

**Title of the course – Astrology for Health, Happiness and Harmony (Jyothisha)**

**Credits – 4**

**Total number of hours – 60**

**L T P F – 50 : 00 : 10 : 00**

**Learning outcome;**

- **Understand the subtle and unseen forces acting on every living creature**
- **Structuring daily routine to lead a healthy life**
- **Identify and rectify problems after reading the Kundali (Horoscope) chart for quicker results**

- Concept of Navagraha and Nakshatravana 10 Hrs
  - Celestial beings
  - 9 Grahas and their effects on human beings
  - 27 Nakshatras
- Navagraha Devatas and Ashta Dikpalas 10 Hrs
  - Nature of Grahas
  - Concept of Devatas in connection with physical presentation
  - 8 directions and respective Devatas
- Basic understanding of horoscope and celestial bodies 20 Hrs
  - Brihat Samhita by Varahamihira
  - Reading basic Kundali
- Remedial steps/performances in the light of horoscope 30 Hrs
  - 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

**Title of the course – Traditional Knowledge and skills for harmonious living (Vastu)**

**Credits – 4**

**Total number of hours – 60**

**L T P F – 20 : 20 : 20 : 00**

**Learning outcome;**

- **Identification of general rules of constructing a living house for best use of space**
- **Enrich ones personality and Enhance relationship with other people**

- Concept of Dik (directions) and respective deities 10 Hrs
  - Merits and Demerits of considering Diks while construction of house
  - Responsible and Energy principle behind Diks
  - Putting and growing plants
- Vastu and Eco awareness 10 Hrs
  - Direction of house construction
  - Recommendations of perfect constructing
  - Vastu and Rakshoghna
- Sharira and Hasta Samudrika 20 Hrs
  - Shararira Anga Shastra
  - Hasta Samudrika
- Nadishastra and acu-systems 10 Hrs
  - Ayurveda Nadi Shastras
  - Ancient Acu-Systems from Chinese meridian systems
  - Agastya Nadishastra
- Ancient architecture and traditional, village centered skills 10 Hrs
  - Ancient systems of construction of Houses
  - Science behind Tulasi plant, cow dung flooring, agnikarya etc

**Title of the course – Yajna - a healing science**

**Credits – 4**

**Total number of hours – 60**

**L T P F – 40 : 10 : 10 : 00**

**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**

- Introduction to Yajna, Vedas, Mantras, Yantras, Tantras 15 Hrs
  - Meaning of word Yajna, Vedas, Mantras, Yantras, Tantras
  - Types of Yajnas in Brahmanas
  - Yajnas from Bhagavad Gita
- 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
- Concept of health in the light of Vedas and Upanishads 5 Hrs
  - Vedic concept of health
  - Ayurveda and health
  - Upanishadic understanding of health
- Concept of Eco-Friendly life for health and harmony 20 Hrs
  - Routine of Yogic lifestyle
  - Importance of getting up early and sleeping early
  - Harmonious way of living
- Panchayajna practices in the light of Taittiriya Aranyaka 5 Hrs
  - Deva Yajna
  - Pitri Yajna
  - Bhuta Yajna
  - Manushya Yajna
  - Brahma Yajna
- 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