SCHEME AND SYLLABUS
(With effect from August 2013)

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

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

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

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

The duration of the course is 2 years.

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

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

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

We wish you good luck

(PROF. RAMACHANDRA G. BHAT)

Vice Chancellor
I  REGULATIONS GOVERNING MS COURSE

OM 1  ADMISSIONS AND ELIGIBILITY
OM 2  ATTENDANCE REQUIREMENT
OM 3  INTERNAL ASSESSMENT MARKS
OM 4  CRITERIA FOR PASSING
OM 5  PROMOTION AND ELIGIBILITY FOR THE EXAMINATIONS
OM 6  FIELD TRAINING
OM 7  GRADING SYSTEM
OM 8  CREDIT WAIVER/TRANSFER

II  SCHEME OF TEACHING & EXAMINATION

REGULATIONS

OM 1  ADMISSIONS AND ELIGIBILITY

OM 1.1  To be eligible for admission to the course, the candidates shall have passed any Bachelor’s Degree of any discipline plus Yoga Instructor’s Course (YIC).

OM 1.2  The candidates shall have secured a minimum of 50% of marks.

OM 1.3  Candidates belonging to Scheduled Castes, Scheduled Tribes shall be considered for admission if they have passed the qualifying examination obtaining not less than 40% of marks in aggregate.

OM 2  ATTENDANCE REQUIREMENT

OM 2.1  Each semester is considered as a unit and the candidate has to put in a minimum attendance of 90% in each subject with
a provision of condonation of 10% of the attendance by the competent authority on the specific recommendation of the Dean on valid reasons.

OM 2.2 The basis for the calculation of the attendance shall be the period prescribed by the University by its calendar of events.

OM 2.3 The students shall be informed about their attendance position periodically so that the students to be cautious to make up the shortage.

**OM 3 INTERNAL ASSESSMENT MARKS**

OM 3.1 Theory or Practical of each subject shall have a maximum Internal Assessment Marks of 50.

OM 3.2 The Internal Assessment marks in a theory subject shall be based on two assignments for 20 marks, two tests for 20 marks conducted normally at the end of 8 and 12 weeks of each term and faculty assessment of 10 marks. An additional test may be conducted for desirous students before the end of the term to give an opportunity to students to improve their internal assessment marks if necessary.

OM 3.3 In the case of Practical and Field Training, the IA marks shall be based on the laboratory/field training reports and one practical test.

OM 3.4 If a candidate fails to secure a minimum of 50% of the IA marks (25/50) in Theory, Practical and Field Training, such candidate shall not be eligible to take the concerned subjects in the University examination.

OM 3.5 Such candidates as mentioned in 3.4, shall repeat the semester to secure marks prescribed.

OM 3.6 There shall not be provision for improvement of IA marks in theory subjects and also in cases of Laboratory/Field
Training where the candidate has already secured required marks.

**OM 4 ELIGIBILITY FOR PASSING**

**OM 4.1** For a pass in a theory subject, a candidate shall secure minimum of 50% of the maximum marks prescribed for the theory subject in the University examination.

**OM 4.1 (a)** For a pass in practical/field training, a candidate shall secure a minimum of 50% of the maximum marks prescribed for the University examination in the relevant practical/field training.

**OM 4.2** The candidates who do not satisfy the condition of OM 4.1 shall be deemed to have failed in that subject and they must subsequently cleared by repeating (by fresh registration and attending the classes) the same course before being eligible for the award of the Degree.

**OM 4.3** The candidates who pass a subject of a term as per OM 4.1 are not allowed to appear for the same again, unless he/she opts for rejection of results as per the OM 4.4, 4.5 & 4.6.

**OM 4.4** If a candidate so desires, there shall be provision for rejection of total performance of a term (including IA marks). But rejection is permitted only once during the entire course of study.

**OM 4.5** The candidate who desires, to reject the performance as per OM 4.4 shall reject performance in all the subjects of the term irrespective of whether the candidate has passed or failed in any subject.

**OM 4.6** A candidate who desires to reject the total performance of the term including internal assessment, has to take readmission for the relevant term. Application for such readmission shall be sent to the Registrar, within 30 days from the date of the announcement of the results. Late
Submission of application shall not be accepted for any reasons. Readmission to 1st term in such cases will not be considered as fresh admission i.e., the candidate will continue to have same University Roll Number, which was allotted earlier.

OM 4.7 Such candidates who opt for rejection are eligible for award of class but not eligible for awards.

**OM 5 PROMOTION AND ELIGIBILITY FOR THE EXAMINATIONS**

OM 5.1 There shall not be any restriction for promotion from odd semester to even semester, provided the candidate has fulfilled the attendance requirement.

**OM 6 FIELD TRAINING**

OM 6.1 Field training will be provided in the in-campus yoga therapy hospital or in primary health care centers.

**OM 7 GRADING SYSTEM**

OM 7.1 The student will be assigned a grade in each course based on his or her combined performance in the sessional work and the final examination. Grade distinction and grade point of each grade are as follows:

<table>
<thead>
<tr>
<th>Grade Distinction</th>
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</thead>
<tbody>
<tr>
<td><strong>Marks Obtained</strong></td>
</tr>
<tr>
<td>Less than 50%</td>
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<tr>
<td>50% to 54%</td>
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<tr>
<td>55% to 64%</td>
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<tr>
<td>65% to 74%</td>
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<tr>
<td>75% to 100%</td>
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</tbody>
</table>
OM 7.2  Cumulative Grade Point Average: Based on the grades obtained in all the subjects registered for by a student, his or her Cumulative Grade Point Average (CGPA) is calculated as follows:

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

CGPA is rounded off to the second decimal place.

OM 8  CREDIT WAIVER / TRANSFER

OM 8.1 Exemptions from a Subject

OM 8.1.1 A student seeking exemption from a subject should apply to the Dean of the Department, stating reasons within 3 days from the date of registration for the course.

OM 8.1.2 A student who has applied for exemption of a subject should continue in attending the classes for that subject until the result is declared. He/she could discontinue only if exemption is granted.
### SEMESTER 1

#### THEORY

<table>
<thead>
<tr>
<th>Subject Code</th>
<th>Name of the Subject</th>
<th>Credits</th>
<th>Lecture/Practical Hrs/week</th>
<th>Exam in Hrs</th>
<th>IA</th>
<th>Exam</th>
</tr>
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<tbody>
<tr>
<td>MS T 101</td>
<td>Basis of Yoga Therapy</td>
<td>4</td>
<td>4</td>
<td>3</td>
<td>50</td>
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<tr>
<td>MS T 102</td>
<td>Yoga Therapy – 1</td>
<td>4</td>
<td>4</td>
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<tr>
<td>MS T 103</td>
<td>Yoga Therapy -2</td>
<td>4</td>
<td>4</td>
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<tr>
<td>MS T 104</td>
<td>Sanskritam &amp; English or Hitopadesa</td>
<td>4</td>
<td>4</td>
<td>3</td>
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#### PRACTICALS

<table>
<thead>
<tr>
<th>Subject Code</th>
<th>Name of the Subject</th>
<th>Credits</th>
<th>Lecture/Practical Hrs/week</th>
<th>Exam in Hrs</th>
<th>IA</th>
<th>Exam</th>
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<tbody>
<tr>
<td>MS P 101</td>
<td>Yoga Therapy Techniques</td>
<td>2</td>
<td>6</td>
<td>50</td>
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<tr>
<td>MS P 102</td>
<td>Yoga Practice – VII</td>
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<td>Spoken Sanskritam &amp; English</td>
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### Semester 2

#### THEORY

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<th>Exam in Hrs</th>
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<tbody>
<tr>
<td>MS T 201</td>
<td>Research Methodology</td>
<td>4</td>
<td>4</td>
<td>3</td>
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<tr>
<td>MS T 202</td>
<td>Patanjāli Yoga Sūtras &amp; Shat Darshanas</td>
<td>4</td>
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<td>Subject Code</td>
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<tr>
<td>MS T 203</td>
<td>Haṭha Yoga texts</td>
<td>4</td>
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<tr>
<td>MST 204</td>
<td>Introduction to Psychology &amp; Counseling</td>
<td>4</td>
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<td><strong>PRACTICALS</strong></td>
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<tr>
<td>MS P 201</td>
<td>Bio Statistical Analysis &amp; Synopsis Presentation</td>
<td>2</td>
<td>4</td>
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<tr>
<td>MS P 202</td>
<td>Yoga Practice – VIII</td>
<td>2</td>
<td>4</td>
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<tr>
<td>MS P 203</td>
<td>Therapy Practical I</td>
<td>2</td>
<td>6</td>
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<tr>
<td>MS P 204</td>
<td>Advance Yoga Techniques</td>
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Semester 3

<table>
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<th>Name of the Subject</th>
<th>Credits</th>
<th>Lecture/Practical Hrs/week</th>
<th>Exam in Hrs</th>
<th>IA</th>
<th>Exam</th>
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<tr>
<td><strong>FIELD WORK</strong></td>
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<tr>
<td>MS F 301</td>
<td>Teaching Techniques</td>
<td>4</td>
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<tr>
<td>MS F 302</td>
<td>Dissertations</td>
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## Semester 4

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<th>Lecture/Practical Hrs/week</th>
<th>Exam in Hrs</th>
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<th>Exam</th>
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<tbody>
<tr>
<td>MS T 401</td>
<td>Applied Yoga Therapy</td>
<td>4</td>
<td>4</td>
<td>3</td>
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<tr>
<td>MS T 402</td>
<td>Yoga and Rehabilitation</td>
<td>4</td>
<td>4</td>
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<tr>
<td>MST 403</td>
<td>Evidence Based Yoga Therapy</td>
<td>4</td>
<td>4</td>
<td>3</td>
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<tr>
<td>MS T 404</td>
<td>Introduction to Integrative Medicine</td>
<td>4</td>
<td>4</td>
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### PRACTICALS

<table>
<thead>
<tr>
<th>Subject Code</th>
<th>Name of the Subject</th>
<th>Credits</th>
<th>Lecture/Practical Hrs/week</th>
<th>Exam in Hrs</th>
<th>IA</th>
<th>Exam</th>
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<tbody>
<tr>
<td>MS P 401</td>
<td>Āsana, Prānāyāma and Meditation - Level 4</td>
<td>2</td>
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<td>MS P 402</td>
<td>Methods of Scientific Learning</td>
<td>2</td>
<td>4</td>
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<td>MS P 403</td>
<td>Yoga Practice IX</td>
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### FIELD WORK

<table>
<thead>
<tr>
<th>Subject Code</th>
<th>Name of the Subject</th>
<th>Credits</th>
<th>Lecture/Practical Hrs/week</th>
<th>Exam in Hrs</th>
<th>IA</th>
<th>Exam</th>
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<tbody>
<tr>
<td>MS F 401</td>
<td>Therapy Practical 2</td>
<td>4</td>
<td>12</td>
<td>50</td>
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</table>

26 400 400
SEMESTER 1

MS T 101  BASIS OF YOGA THERAPY  

(60 HOURS)

CHAPTER 1: VEDAS AND UPAŅIṢADS

- *Vedas*, the foundations of Indian culture; antiquity.
- The four main *Vedas*, Science and Technology of *Vedas*, *Prasthānatraya*.
- Essence of the *Vedas-Upaniṣads*, the style of *Upaniṣads*.
- The two main quests - Happiness Analysis and Quest for reality.

CHAPTER 2: NYĀYA & VAIṢEṢIKA

- Concept of *Nyāya* philosophy, means of salvation according to *Nyāya* and *Vaiṣeṣika*.
- The sixteen *Padārthas* according to *Nyāya*.
- Means and objects of knowledge according to *Nyāya* and *Vaiṣeṣika*.
- Relation between *Nyāya* and *Vaiṣeṣika* philosophy.
- Perception (*Pratyakṣa*), inference (*Anumāna*), comparison (*Upamāna*) according to
- *Nyāya* and *Vaiṣeṣika*.

CHAPTER 3: SĀṆKHYA AND YOGA

- Introduction.
- Three fold afflictions and means to overcome afflictions.
- 25 entities according to *Sāṅkhya* and means of knowledge.
- *Ṣaṅkārya Vāda*, similarities and dissimilarities between *Vyakta* and *A vyakta*, *Tiguṇa*;
- Existence of *Puruṣa*, plurality of *Puruṣa*, proximity of *Puruṣa* and *Prakṛti*.
- *Kāraṇa*, *AntaḥKaraṇa*and *Bāhyā Karaṇa*according to *Sāṅkhya Kārikā*.
CHAPTER 4: MIMĀMSA

- **Uttara Mimāmsā**: Concept of Badarayāṇa in Uttara mimāmsā, Pramāṇa, Pratyakṣa, Anumāṇa, Šabda according to Uttara Mimāmsā.
- Difference between Vidyā & Avidyā, subject & object, creation & causation, cause & effect.
- Summary of ten Upaniṣads.
- **Pūrva Mimāmsā**: Pūrva Mimāmsāin Śaṅkara; Pramāṇas Of Gaimini.
- Atheism in Pūrva Mimāmsā.

CHAPTER 5: BHAGAVAD GĪTĀ (B.G.)

- General Introduction to Bhagavad Gītā (B.G.).
- Definitions of Yoga in Bhagavad Gītā and their relevance and Scope.
- Essentials of B.G from Chapters II, III, IV, V, VI, XII & XVII:
  - The meanings of the terms Ātmasvarūpa, Sthitaprajñā, Sāṅkhya Yoga, Karma Yoga, Sannyāsa Yoga and Karma Svarūpa (Sakāma and Niñkāma) etc. Sannyāsa, Dhyāna, Nature of Dhyāna, Preparation of Dhyāna and Dhyāna Yoga etc.
  - Bhakti, Nature of Bhakti, Means and Goal of Bhakti Yoga.
  - The Triguṇāsand modes of Prakṛti.
  - Three kinds of Faith.
  - Food for Yoga Sādhaka, classification of food etc.
  - The Glory of B.G.

CHAPTER 6

- Yoga Vasiṣṭha. Concept of mind, creation, concept of Ādhiand Vyādhi, Remedies.

TEXT BOOKS

1. Dr H R Nagendra: Yoga Its Basis and Applications - Swami Vivekananda Yoga Prakashana, Bangalore, 2002
2. Chandradhar Sharma: A Critical Survey of Indian Philosophy
   - Motilal Banarsidass Publishers, Delhi, 2000

REFERENCE BOOKS
1. Radhakrishnan, S.: Indian Philosophy (Vol. I & II)
   - George Allen and Unwin, London, 1971

2. Swami Prabhavananda: Spiritual Heritage of India (English)
   - Sri Ramkrishna Math, Madras, 2004

   - Ramakrishna Math, Bangalore, 2000

4. Swami Tapasyananda: The Holy Gita - the Science of Life,
   Pub: Ramakrishna Mission, Chennai.

MS T 102 YOGA THERAPY 1

Credits: 4  Hours/Wk: 4
Total Hrs: 60  Exam Marks: 50
IA Marks: 50  Exam Duration: 3 Hrs

Cell:

Cytoplasm – Cytoplasmic matrix, cell membrane, cell organelles, cytoskeleton, Homeostasis, Control systems, Transport across cell membrane, Nucleus – nuclear envelope, nuclear matrix, DNA and other components of chromatin, protein synthesis, nucleolus, nuclear changes indicating cell death.
Cell division:
Cell cycle and its regulation, mitosis, meiosis, cell renewal. Cellular differentiation and proliferation.

Tissues of Body:
Types, structures and functions of Epithelial, Connective, Muscular and Nervous tissue

Skeletal system:
Bones & its types, Joints & its types, Structure and function of a Synovial joint

Muscular system:
Classification and structure of muscles, Changes during muscular contraction, Neuro-muscular junction

Nutrition & Metabolism:
Carbohydrates, Fats, Proteins, Minerals, Vitamins, Dietary fibre, Recommended Dietary Allowances, Balanced diet, Diet for infants, children, pregnant & lactating mothers, and the elderly, Energy metabolism, Obesity & Starvation

Digestive system:
Anatomy of Digestive system, Mouth and salivary glands, Mastication & Swallowing, Salivary secretions, Stomach, Pancreas, Pancreatic & biliary secretion, Liver & Gall bladders, Intestine, Movements of gastro intestinal tract, Gastrointestinal motility, Gastro intestinal hormones, Functions of colon (symbiosis), Digestion and absorption.

Respiratory system:
Anatomy of Respiratory tract, Pulmonary ventilation, Alveolar ventilation, Mechanics of respiration, Pulmonary circulation, Pleural fluid, Lung oedema, Principles of gas exchange, Oxygen
& carbon-dioxide transport, Regulation of respiration, Pulmonary function tests.

**Excretory system:**

Anatomy of Urinary system, Kidney, Nephron, Water balance, regulation of fluid balance, Urine formation, Renal mechanisms for the control of blood volume, blood pressure & ionic composition, Micturition, Diuretics, Renal failure

**Cardio-vascular system:**

Erythrocytes, erythropoiesis, structure & function of RBCs, formation of haemoglobin and destruction & fate of RBCs, anaemia, Leucocytes, general characteristics, life span of WBCs classification & functions of each type of WBC, Blood groups, classification, blood typing, principles of transfusion medicine, Blood coagulation & its components, mechanisms of coagulation, anticoagulants, Anatomy of Heart, Properties of cardiac muscle, Cardiac cycle, Heart as a pump, Cardiac output, Specialized tissues of the heart, Generation & conduction of cardiac impulse, Electrocardiogram, Arrhythmias, Arterial blood pressure

**Lymphatic system:**

Lymphoid organs, Composition and functions of Lymph, Microcirculation & lymphatic system

**Endocrine system:**

Structure and location of glands and their secretions, Classification of hormones, Mechanism of Hormone action, Endocrine functions of the hypothalamus, Pituitary, Thyroid, Adrenals, The endocrine pancreas, Parathyroid gland and role of calcitonin, Pineal gland

**Nervous system:**

Introduction to Nervous system, Classification of nerve fibres, Nerve conduction, Synaptic transmission, Classification of somatic senses, Sensory receptors, Thalamus, Hypothalamus, Somatosensory
cortex, Somatosensory association areas, Pain, Organization of spinal cord for motor function, Reflexes & reflex arc, Brain stem & cortical control of motor function, Cerebellum, Basal ganglia, Maintenance of posture and equilibrium, Motor cortex, Limbic system, Autonomic Nervous system

**Special senses:**


**Immune system:**

Immunity, Innate immunity, Acquired immunity, Allergy, hypersensitivity and immunodeficiency, Psychoneuroimmunology.

**Reproductive system:**

Anatomy of male reproductive system, Primary & accessory male sex organs, Gametogenesis, Testosterone & male sex hormones, Hyper & hypogonadism, Anatomy of female reproductive system, Primary & accessory female sex organs, Menstrual cycle, Female sex hormones, Pregnancy & Lactation, Functions of Placenta, Parturition.
**MS T 103 YOGA THERAPY 2**

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

Hours/Wk: 4  
Exam Marks: 50  
Exam Duration: 3 Hrs

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<tr>
<th>Common Ailments</th>
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<tbody>
<tr>
<td><strong>Unit 1: Respiratory Disorders</strong></td>
</tr>
<tr>
<td>i. TB</td>
</tr>
<tr>
<td>ii. Chronic Bronchitis</td>
</tr>
<tr>
<td>iii. Allergic Rhinitis &amp; Sinusitis</td>
</tr>
<tr>
<td>iv. COPD &amp; Emphysema</td>
</tr>
<tr>
<td>v. Bronchial Asthma</td>
</tr>
<tr>
<td>vi. ILD</td>
</tr>
<tr>
<td><strong>Unit 1: Endocrinological and Metabolic Disorder</strong></td>
</tr>
<tr>
<td>i. Diabetes Mellitus (I&amp;II)</td>
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<tr>
<td>ii. Hypo and Hyper-thyroidism</td>
</tr>
<tr>
<td>iii. Obesity</td>
</tr>
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<td>iv. Metabolic Syndrome</td>
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<tr>
<td><strong>Unit 2: Obstetrics and Gynecological Disorders</strong></td>
</tr>
<tr>
<td>i. Menstrual disorders</td>
</tr>
<tr>
<td>ii. Premenstrual Syndrome</td>
</tr>
<tr>
<td>iii. Pregnancy and Childbirth</td>
</tr>
<tr>
<td>iv. Ante-natal care</td>
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<tr>
<td>v. Post-natal care</td>
</tr>
<tr>
<td>vi. Infertility-male and female PCOS</td>
</tr>
<tr>
<td><strong>Unit-3: Gastro Intestinal Disorders</strong></td>
</tr>
<tr>
<td>i. Constipation</td>
</tr>
<tr>
<td>ii. APD</td>
</tr>
<tr>
<td>iii. Irritable Bowel Syndrome</td>
</tr>
<tr>
<td>iv. Ulcerative colitis</td>
</tr>
<tr>
<td>v. Chronic diseases</td>
</tr>
<tr>
<td><strong>Unit-3: Musculo-Skeletal Disorders</strong></td>
</tr>
<tr>
<td>i. Muscular dystrophy</td>
</tr>
<tr>
<td>ii. Back Pain</td>
</tr>
<tr>
<td>iii. Cervical and lumbar spondylosis</td>
</tr>
<tr>
<td>iv. All forms of Arthritis</td>
</tr>
<tr>
<td>Unit-4: Excretory System:</td>
</tr>
<tr>
<td>--------------------------</td>
</tr>
<tr>
<td>i. Chronic renal failure</td>
</tr>
<tr>
<td>ii. Renal hypertension</td>
</tr>
<tr>
<td>iii. Renal stones</td>
</tr>
<tr>
<td>iv. Irritable bladder</td>
</tr>
<tr>
<td>v. Stress incontinence</td>
</tr>
<tr>
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<table>
<thead>
<tr>
<th>Unit-5: Cardiovascular Disorders</th>
<th>Unit-5:</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. Hypertension</td>
<td>Psychosis, Schizophrenia, Bipolar,</td>
</tr>
<tr>
<td>ii. Coronary artery disease</td>
<td>Depression, OCD, Gen Anxiety Disorder</td>
</tr>
<tr>
<td>iii. Cardiomyopathy</td>
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</tr>
<tr>
<td>iv. Cardiac asthma</td>
<td></td>
</tr>
</tbody>
</table>

| Unit-6: HIV, Cancer and Anemia  |        |

**TEXT BOOKS:**

1. Dr R Nagarathna, Dr H R Nagendra, Dr Shamantakamani Narendran. Yoga for Common Ailments and IAYT for Different Diseases. SVYP. 2002

2. Dr Shirley Telles, Dr H R Nagendra. A Glimpse into the Human Body. SVYP. Bangalore. 2002

MS T 104 SAṀSKRITM & English or Hitopadesa\’

Credits: 4  
Total Hrs: 60  
IA Marks: 50  
Hours/Wk: 4  
Exam Marks: 50  
Exam Duration: 3 Hrs

Chapter 1: Vowels and Consonants, pronunciation, articulation of each letter and the technical names of the letters according to their articulation, similar and dissimilar letters, writing practice – Home work: exercise-1.

Chapter-2: Consonants combined with vowels, pronunciation and writing; special letters which do not follow the general method; writing practice; homework: exercise-2.

Chapter-3: Conjunct letters; rules to combine consonants; special consonants; how Saṁskṛta articulation can be applied to languages like English; special attention to Anusvāra; when it can be written in the form of a nasal; two consonant combination and three consonant combination; their writing practice; special conjunct letters and their writing; homework exercise-3.

Chapter-4: Transliteration according to authentic dictionary method; homework: transliteration exercise.

Chapter-5: Copying exercise; most of them are from Patañjali’s Yoga Sūtras

Chapter-6: English

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

1. Dr. Sarasvati Mohan : Sanskrit Level-1 Sharadh Enterprises, Bangalore, 2007.

2. Dr. Sarasvati Mohan : DVD and CD.

1. Dr. Sarasvati Mohan : Sanskrit Level-1 Sharadh Enterprises, Bangalore, 2007.

2. Dr. Sarasvati Mohan : DVD and CD.

-----------
MSP 101 - YOGA THERAPY TECHNIQUES

Credits: 4  Hours/Wk: 6
Total Hrs: 60  Exam Marks: 50
I A Marks: 50  Exam Duration:

Yoga Practices for psychosomatic ailments: 1

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<tr>
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<tr>
<td>a</td>
<td>Asthma</td>
<td>h</td>
</tr>
<tr>
<td>b</td>
<td>Anxiety, Depression</td>
<td>i</td>
</tr>
<tr>
<td>c</td>
<td>Arthritis</td>
<td>j</td>
</tr>
<tr>
<td>d</td>
<td>Back pain</td>
<td>k</td>
</tr>
<tr>
<td>e</td>
<td>Diabetes Mellitus</td>
<td>l</td>
</tr>
<tr>
<td>f</td>
<td>Dynamics</td>
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Text Book:

Yoga for common ailments, *Swami Vivekananda Yoga Prakashana*, Bangalore, 2002
MSP 102 – YOGA PRACTICE -7

Credits: 2  Hours/Wk: 6
Total Hrs: 60  Exam Marks: 50
I A Marks: 50  Exam Duration:

   Refer Emotion Culture Book – Level 7

2. Learning Yogic Games
   Refer Krida Yoga Book – Level 7
   Selecting one game and practice for 2 years.

MSP 104 - SPOKEN SAṀSKRITAM & ENGLISH

Credits: 2  Hours/Wk: 6
Total Hrs: 60  Exam Marks: 50
I A Marks: 50  Exam Duration:

The student must speak fluently in Saṁskritam & English very fluently.
## Semester 2

<table>
<thead>
<tr>
<th>Subject Code</th>
<th>Name of the Subject</th>
<th>Credits</th>
<th>Lecture/Practical Hrs/week</th>
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<th>Exam</th>
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<td><em>Patañjali Yogasutras</em></td>
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<td>MST 204</td>
<td>Introduction to Psychology &amp; Counseling</td>
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<td>MS P 203</td>
<td>Āsana, <em>Prāṇāyāma and Meditation</em> - Level 3</td>
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Total: 24 Lecture Hrs, 42 Practical Hrs, 400 Exam Hrs
**MST 201- RESEARCH METHODOLOGY**

| Credits: 4 | Hours/Wk: 4 |
| Total Hrs: 60 | Exam Marks: 50 |
| I A Marks: 50 | Exam Duration: 3 Hrs |

1. The research process
2. Literature review
3. Ethics of research
5. Types of research design
6. Types of data – nominal, ordinal, interval, ratio
7. Methods of data collection
8. Frequency distribution
9. Measures of central tendency – mean, median, mode
10. Measures of dispersion – range, variance and standard deviation
11. Measures of Relationship – Correlation Coefficient
12. Probability theory
13. Normal distribution
14. Testing of hypothesis
15. Scientific communication – Synopsis & Dissertation writing
16. Visit to Research lab

**Text Book:**
Kothari, C.R. : Research Methodology, Methods and Techniques - Vishwa Prakashan, New Delhi, 1985
Reference Books:
1. Telles, S. : Research Methods –SVYP. Bangalore

MST 202- PATAÑJALI YOGASUTRAS
Credits: 4 Hours/Wk: 4
Total Hrs: 60 Exam Marks: 50
I A Marks: 50 Exam Duration: 3 Hrs

CHAPTER 1: INTRODUCTION TO PATAÑJALI YOGASUTRAS
ITS PHILOSOPHY AND PRACTICES

CHAPTER 1: SAMĀDHĪ PĀDA AND SĀDHANA PĀDA
• Introduction of Samādhi Pāda and Sādhana Pāda.
• Aṣṭāṅga Yoga: Yama, Niyama, Āsana, Prāṇāyāma, Pratyāhāra, Dhāraṇā, Dhyāna and Samādhi.

CHAPTER 2: CONCEPT OF VIBHŪTI AND KAIVALYA
• Introduction of Vibhūti and Kaivalya.

Text Books:
1. Prof. T.M. Srinivasan: The Science of Yoga -
CHAPTER 1: HAṆHA YOGA: ITS PHILOSOPHY AND PRACTICES

• Haṭha Yoga, its meaning, definition, aims and objectives, in Haṭha Yoga.
• The origin of Haṭha Yoga, Important Haṭha Yogic Texts.
• Dos and Don’ts to be followed by the Haṭha Yoga Practitioner, concept of Mata, concept of Mitāhāra, Pathya (conducive) and Apathya (non-conducive).
• Brief introduction to Great Haṭha Yogis of Nātha School and their contributions to Yoga,
• Relationship between Haṭha Yoga and Rāja Yoga.

CHAPTER 2: HAṆHA YOGIC PRACTICES: ĀSANAS, AND BANDHAS MUDRĀS

• Yogāsana: its definition, Salient features.
• Āsanas in Haṭha YogaPradīpikā (HYP) and Gheraṇḍa Samhitā (GS): their techniques, benefits, precautions and importance in modern days.

• Bandhas and role of Bandhatrayas in Yoga Sādhanā.

• Fundamental Mudrās in HYP and GS - their techniques and benefits.

CHAPTER 3: HĀṬHA YOGIC PRACTICES: ŚAṬKRIYĀS AND PRĀṆĀYĀMĀS

• Śaṭkriyās in Haṭha YogaPradīpikā, their techniques and precautions, role of Śodhan-kriyās in Yoga Sādhanā and their importance in Modern day –to- day life.

• Prāṇāyāma - Yogic deep breathing, Concept of Pūraka, Kumbhaka and Recaka.

• The concept of Prāṇa, Kinds of Prāṇa and Upa-prāṇas.

• Prāṇāyāma and its’ importance in Haṭha Yoga Sādhanā.

• Prāṇāyāma practices in HYP and GS., their techniques, benefits and precautions.

CHAPTER 4: HĀṬHA YOGIC PRACTICES: PRATYĀHĀRA, NĀDĀNUSANDHĀNA

• Concept of Pratyāhāra in Gheraṇḍa Samhitā - their techniques and benefits.

• Types of Dhāraṇās and their benefits in Gheraṇḍa Samhitā.

• Types of Dhyānas and their benefits in Gheraṇḍa Samhita.

• Concept of Nāda and Nādānusandhāna in HYP.

Text Book:

MST 204-INTRODUCTION TO PSYCHOLOGY AND COUNSELING

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

Hours/Wk: 4
Exam Marks: 50
Exam Duration: 3 Hrs

CHAPTER 1: INTRODUCTION TO PSYCHOLOGY

- Short History of Psychology
- Research Methods in Psychology
- Key data collection in Psychology
- Ethics in psychological research

CHAPTER 2: INTRODUCTION TO PSYCHOLOGICAL DISORDER

- Depression
- Anxiety
- Eating Disorders
- Alcohol Dependence
- Schizophrenia
- Mental Retardation

CHAPTER 3: INTRODUCTION TO HEALTH PSYCHOLOGY

CHAPTER 4: INTRODUCTION TO PSYCHOTHERAPY

- Method of counselling
- Skill for counselling
- Stages of counseling
- Psychoanalytic Therapy
- Humanistic Therapy
- Behavior Therapy
- Cognitive Therapies
REFERENCES:


MS P201-BIO-STATISTICAL ANALYSIS & SYNOPSIS PRESENTATION

Credits: 2  Hours/Wk: 4
Total Hrs: 60  Exam Marks: 50
I A Marks: 50  Exam Duration:

CHAPTER 1

1. Introduction to Bio-statistical analysis
2. Data organization in excel
3. Plotting graphs, charts, line diagram in excel
4. Introduction to SPSS/R Software
5. Basic statistical tests
6. Reference writing using Mendeley software

CHAPTER 2

• Synopsis preparation and presentation
MSP 202 - YOGA PRACTICE 8

Credits: 2  Hours/Wk: 4
Total Hrs: 60  Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hrs


Refer Bhakti Yoga Book – Level 8.

3. Learning Yogic Games

Refer Krida Yoga Book – Level 8
Selecting one game and practicing for 2 years.

MSP 203 - ĀSANA, PRĀṆĀYĀMA AND MEDITATION LEVEL III

Credits: 2  Hours/Wk: 4
Total Hrs: 60  Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hr

- Breathing Practices: Revision of all breathing Practices
- Loosening Exercises (Sithila Karana Vyayama): Previous level practices plus

<table>
<thead>
<tr>
<th>Jumping</th>
<th>Jumping and Twisting</th>
<th>Sit ups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Side sit ups</td>
<td></td>
<td></td>
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<tr>
<td>Rocking and Rolling</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pushups</td>
<td></td>
<td>Alternate leg placing</td>
</tr>
<tr>
<td>Pavana Muktāsana Kriya</td>
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<td></td>
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</tbody>
</table>
• **Surya Namaskara** – 12 rounds
• **Yogāsanas: Along with previous level Āsanas**

## Standing:

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<tr>
<th>Trikoṇāsana Parivṛtta</th>
<th>Trikoṇāsana</th>
<th>Pārśvakoṇāsana</th>
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<tr>
<td>Garuḍāsana</td>
<td>Naṭarājāsana</td>
<td>Virabhadrāsana 1, 2, 3</td>
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<td>Ulthita Pārśvakoṇāsana</td>
<td>Pārśvottanāsana</td>
<td>Vṛkṣāsana</td>
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## Sitting:

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<td>Kūrmāsana</td>
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## Prone:

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<th>Śalabhāsana</th>
<th>Dhanurāsana</th>
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## Supine:

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<th>Sarvāṅgāsāna</th>
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## Preparatory Practices for Pranayama

• Postures for *Prāṇāyāma* and Meditation

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<tr>
<th>Vajrāsana</th>
<th>Siddhāsana</th>
<th>Siddayoni Āsana</th>
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<td>Padmāsana</td>
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Mudras for Prāṇāyāma

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<th>Cinmaya Mudra</th>
<th>Ādi Mudra</th>
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<tr>
<td>Brahma Mudra</td>
<td>Nāsīka Mudrā</td>
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Prāṇāyāma

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<thead>
<tr>
<th>Kapālabhāti Kriya</th>
<th>Vibhāgiya Śvasana</th>
<th>Surya Anuloma Viloma Prāṇāyāma</th>
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<tbody>
<tr>
<td>Candra Anuloma Prāṇāyama</td>
<td>Naḍīśuddhi Prāṇāyama</td>
<td>Śītalī</td>
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<tr>
<td>Sītkāri</td>
<td>Sadanta</td>
<td>Brahmāri Prāṇāyāma</td>
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<tr>
<td>Nādānusandhana</td>
<td>Omkāra Dhyāna</td>
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i. Deep Relaxation technique(DRT)

Advance Kriyās

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<thead>
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<th>Dhauti: - Vastra Dhauti, Vaman Dhauti, Danda Dhauti</th>
<th>Trātaka</th>
<th>Laghu Śaṅkhapraksālana</th>
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<td>Vāma Nauli</td>
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MSP 204-ADVANCE YOGA TECHNIQUES

Credits: 2  Hours/Wk: 4
Total Hrs: 60  Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hrs

1. Prāṇic Energization Technique (PET)
2. Mind Sound Resonance Technique (MSRT)
3. Mind Imagery Technique (MIRT)
4. Mind Emotion Technique (MEMT)
5. Vijñana Sādhana Kauśala (VISAK)
6. Ānandāmṛta Siṅcana (ANAMS)

Text Books:

1. Dr H R Nagendra, Pranic Energization Technique, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
2. Dr H R Nagendra, Mind Sound Resonance Technique, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
3. Dr R Nagarathna and Dr H R Nagendra, Yoga and Cancer, SwamiVivekananda Yoga Prakashana, Bangalore, 2000.
Semester 3

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<td>MS F 302</td>
<td>Dissertations</td>
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**TEACHING TECHNIQUES**

Credits: 4  
Hours/Wk: 4  
Total Hrs: 60  
Exam Marks: 50  
I A Marks: 50  
Exam Duration: 3 Hrs

Attend a camp/Arogyadhama and write a report on teaching techniques.

**MSF 302- DISSERTATION**

Experimental work.  
Writing the Dissertation and presentation.
Semester 4

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<tr>
<td>MS T 402</td>
<td>Yoga and Rehabilitation</td>
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<tr>
<td>MST 403</td>
<td>Evidence Based Yoga Therapy</td>
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<tr>
<td>MS T 404</td>
<td>Introduction to Integrative Medicine</td>
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<td><em>Āsana, Prānāyāma</em> and Meditation - Level 4</td>
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<td>Methods of Scientific Learning</td>
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<td>MS P 403</td>
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MST 401 - APPLIED YOGA THERAPY

Credits: 2  Hours/Wk: 4  
Total Hrs: 60  Exam Marks: 50  
I A Marks: 50  Exam Duration: 3 Hrs

CHAPTER 1

Yoga Therapy as an adjunct

- Tuberculosis
- Cancer
- Major Depression and Anxiety Disorders
- Aging Disorders
Yoga as a complementary
- Non Communicable Diseases for lifestyle modification
- Preventing Sports injuries
- Stress management

Yoga Therapy for
- Day to Day problems.
- Spiritual upliftment

MST 402- YOGA & REHABILITATION
Credits: 2  Hours/Wk: 4
Total Hrs: 60  Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hrs

CHAPTER 1
- Definition of Rehabilitation
- Origin of the terminology and Definition
- Need for rehabilitation
- Expected outcome

CHAPTER 2
- Basis of Yoga based Rehabilitation.
- Yoga based physical Rehabilitation
- Yoga based psychiatric rehabilitation
- Yoga based Medical rehabilitation
MST 403- EVIDENCE BASED YOGA THERAPY

Credits: 2  Hours/Wk: 4  
Total Hrs: 60  Exam Marks: 50  
I A Marks: 50  Exam Duration: 3 Hrs

• Introduction to the science of Yoga therapy
• Overview of research done in yoga therapy
• Evidence for the use yoga therapy in:
  a) Diabetes
  b) Heart disease
  c) Asthma and COPD
  d) Obesity
  e) Musculo skeletal problems
  f) Depression
  g) Anxiety
  h) ADHD and learning disabilities
• Current trends in yoga therapy research
• Limitations of conventional research methods for use in yoga therapy research
MST 404- INTRODUCTION TO INTEGRATIVE MEDICINE

Credits: 2  
Total Hrs: 60  
I A Marks: 50  
Hours/Wk: 4  
Exam Marks: 50  
Exam Duration: 3 Hrs

CHAPTER 1 - AYURVEDA

- The disease process in Pañcakarma theory.
- Concept of Pañcakarma in managing a disease (five main procedures).
- Concept of Pūrvakarma (preparing for Pañcakarma)

CHAPTER 2 - UNANI

CHAPTER 3 - HOMEOPATHY

CHAPTER 4 - SIDDHA

CHAPTER 5 - ALTERNATIVE AND COMPLEMENTARY SYSTEM OF MEDICINE
MSP 401- ĀSANA, PRĀṆĀYĀMAAND MEDITATION - LEVEL 4

Credits: 2
Total Hrs: 60
I A Marks: 50
Hours/Wk: 4
Exam Marks: 50
Exam Duration: 3 Hrs

CHAPTER 1 - Advance Yogāsanas

<table>
<thead>
<tr>
<th>Siddhāsana (perfect posture)</th>
<th>Padmāsana (lotus posture)</th>
<th>Guptāsana (concealed posture)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Matsyāsana (fish posture)</td>
<td>Matsyendrāsana (Matsyendra posture)</td>
<td>Gorakṣāsana (Gorakṣa posture)</td>
</tr>
<tr>
<td>Mayūrāsana (peacock posture)</td>
<td>Garudāsana (eagle posture)</td>
<td>Yogāsana (yoga posture)</td>
</tr>
<tr>
<td>Hastapādāṅguṣṭhāsana (hand toe posture)</td>
<td>Praṇavāsana (praṇava posture)</td>
<td>Naukāsana (boat posture)</td>
</tr>
<tr>
<td>Bhūnāmanāsana (bowing down posture)</td>
<td>Sarvāṅgāsana (all limb posture)</td>
<td>Akarṇadhanurāsana (pulled bow posture)</td>
</tr>
<tr>
<td>Padāṅguṣṭhāsana (big toe posture)</td>
<td>Brahmacaryāsana (celibacy posture)</td>
<td>Uṭthita Padmāsana (uplifted lotus posture)</td>
</tr>
<tr>
<td>Mrgāsana (deer posture)</td>
<td>Udarakarṣāsana (belly suction posture)</td>
<td>Tolāṅgulāsana (finger balance posture)</td>
</tr>
<tr>
<td>Pūrvottānāsana (interior stretch posture)</td>
<td>Śīrṣāsana (head stand posture)</td>
<td>Mayūra-padmāsana (peacock and lotus posture)</td>
</tr>
<tr>
<td>Natarājāsana (lord of the dancer’s posture)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Scheme and Syllabus - MS Course 2013-14
CHAPTER 2 - PRĀṆĀYĀMA

a. Previous level practices plus

<table>
<thead>
<tr>
<th>Śītalī</th>
<th>Śīkārī</th>
<th>Sadanta</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bhrāmari</td>
<td>Nādānusandhāna</td>
<td>Omkara Dhyana</td>
</tr>
</tbody>
</table>

CHAPTER 3 - Advance Kriyās

Nauli: Madhyam Nauli, Vāma Nauli, Dakṣiṇa Nauli and Nauli Kriyā

Text Books:

1. Himalaya - Swami Vivekananda Yoga Prakashana, Bangalore, 2000

2. Swami Satyananda Saraswati, Asana, Pranayama, Mudra, Bandha - Bihar Yoga Bharati, Mungher, Bihar, India.

MSP 402 - METHODS OF SCIENTIFIC LEARNING

Credits: 2  Hours/Wk: 4
Total Hrs: 60  Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hrs

- Understanding the physiology behind yoga practices
- Understanding the rationale behind each disease specific yoga module
- Methods of reviewing existing research literature
- Methods of documentation. Case reports
- Covering anecdotal references into scientific facts
- Methods of scientific presentation
MSP 403 - YOGA PRACTICE - 9

Credits: 2  Hours/Wk: 4
Total Hrs: 60  Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hrs

1. Chanting of Prayers, Bhajans, Patriotic Songs and
2. Vedic Chanting.
   Refer Bhakti Yoga Book – Level 9.
3. Learning Yogic Games
   Refer Krida Yoga Book – Level 9

MSF 404 - THERAPY PRACTICAL - 2

Credits: 2  Hours/Wk: 4
Total Hrs: 60  Exam Marks: 50
I A Marks: 50  Exam Duration: 3 Hrs

Yoga Therapy Clinical Training in Ārogyadhāma

1. Back pain and Headache
2. Diabetes Mellitus
3. Gastro-intestinal Disorders and Menstrual Disorders