SEMESTER – I
PAPER - 1

HISTORY AND DEVELOPMENT OF YOGA

Unit – I : Introduction of Yoga
The Origins of Yoga – Definitions – Concepts – Amis and objections of Yoga – Yoga in a Science and Act – Emyymology and Definitions, misconceptions – Introduction to Epics (Bhagavat Gita, Mahabarata, Ramayana, Bible, Kuran) Elements of yoga and yogic practices in Jainism, Buddhism- Patanjali Yoga Sutras-Thirumanthiram

Unit – II : Yoga

Unit – III
Contributions to yoga – Hatha Pradipika, Yoga sutras, Gheranda samhita, Shiva Samhita, Sandra satkarma, yoga Rahasya, yoga yajnavalkya samhita, yoga Tharavali, Thirumandira.

Unit – IV: Yogic Exercise

Unit – V: Meditation
Meaning & Concept of Meditation – Need of meditation, techniques of meditation Tools of meditation – Advantages of Meditation – Experience of meditation – Obstacles

Reference :
- George Feuerstein : The Yoga Tradition (Its history, literature, Philosophy and practice)
- Swamy Satyananda Saraswathi : Asana, Pranayama, Mudra, Bandha (India : Yoga Publications Trust, Munger, Bihar)
- Swami Sivandana Practice of Yoga (The Divine Life Society, Shivananda Nagar P.O. U.P. Himalayas, India)
- Swami Sivananda Practice of Karma Yoga (The Divine Life Society, Shivananda Nagar P.O. U.P. Himalayas, India)
- B.K.S. Iyenkar : Light on the Yoga Sutras of Patanjali (Haper Collinks Publications India Pvt. Ltd., New Delhi)
- Prabhavananda (1953) Patanjali Yoga Sutras, Madras: Sri Ramakrishna Math
- Sivananda Sri Swami (1983), Practical Lessons in Yoga, Shivananda Nagar: The Divine Life Society
- Desikachar T K V (2004), Nathamuni’s Yoga Rahasya Chennai: Krishnamacharya Yoga Mandiram. Swami Sivananda Practice of karma Yoga (The Divine Life Society, Shivananda Nagar P.O. U.P. Himalayas India)
PAPER - 2
ANATOMY AND PHYSIOLOGY

Unit – I
Introduction to Anatomy and Physiology - Cell – Definition - Structure and different organelles – cell division – Mitosis in detail – Meiosis in brief (haploid and diploid cells) tissues – Classification (Epithelial, Connective, Muscular and Nervous). Special reference to microscopic structure of bone. Structure of skin and function.

Unit – II

Unit – III

Unit – IV

UNIT – V
Reproductive system – structure and function of male reproductive tract and female reproductive trace – Menstrual Cycle – Lactation – Spermatogenesis – Oogenesis.
References:

- Surinder H Singh & Krishna Garg, (2008), Anatomy and Physiology for nurses & allied health sciences, New Delhi CBS Publisher.
PAPER - 3
FITNESS AND WELLNESS

Unit – I

Unit – II
Wellness : Meaning, Need, Scope of wellness, components of wellness :- Fitness, Nutrition, Spirituality, Smoking cessation, Substance abuse control.

Unit – III

Unit – IV
Stress Management, Disease preventing and risk reduction, physical examinations, Health Education and Environment support.

Unit – V
Holistic and positive health (Physical, Mental, Social and Spiritual) Emotional life style for positive health – positive thinking and attitudes, all round personality development. Dynamics of Mental Health, Raja Yoga Technique – The secret of Healthy living for integrated life – Holistic medicine – Integrated yoga module for promotion of positive Health.

References :
• Sivananda Sai Swami (1983), Practical lessons in yoga, Shivananda Nagar : The Devine Life society.
• Sivananda Sai Swami (1975), Yogic therapy, Gauhati. Brahma chary yogeswar umachal yugashram.
• Hoare Syd. (1986) Keep fit Dunton Green: Holdder and Stoughton Ltd.,
• Hazeldine Rex, (1985) Fitness for sport, rambury : The crowood press LTd.,
• James and Leona hart, (1983) 100% Fitness, New Delhi, Good will publishing House.
Unit – I
Concept of yogic practices – principles – Loosening exercises for Pawanmuktasana
Part-I: its importance – introduction to Suryanamaskar

Unit – II
Asanas – Name – Type – Category – Method of practice, Essentials and Limitations
Breathing, Duration, Awareness, Sequence, Contra-indications, variations – Essentials limitations and benefits of following Asanas.
Pawanmuktasana Part II & III

Unit – III
Pranayama – Meaning – Definitions – Techniques – Breathing awareness-preparations, obstacles, Ratio – Limitations – Benefits of the following:
Sectional Breathing, Surya Nadi, Chandra Nadi, Surya Bhedana, Chandra Bhedana,

Unit – IV
Kriyas – Meaning – Types – Limitations - practicing methods- benefits and Contra indications
Bandhas – Meaning – Definitions – Types – Practicing method, Guidelines benefits, application of Bandhas in Pranayama

Unit – V
Mudras – Meaning – Types – Guidelines – Limitations, Practicing Method, Benefits
Chin – Chinmaya

References:
• Sivananda Saraswathi Swami (1934) Yoga Asanas Madras : My Magazine of India
• Yogeshwaranand Saraswathi Swami (1975) First steps to higher yoga, Gangothari : Yoga niketan trust.
PAPER - 5  
APPLIED SPORTS PHYSIOLOGY

Unit – I

Unit – II

Unit – III

Unit – IV
Metabolism – ATP – PC or Phosphagen System – Anaerobic Metabolism – Aerobic Metabolism – Aerobic and Anaerobic Systems during Rest and Exercise.

Reference Books
- Dr. Nagendra HR: The Art and Science of Pranayama (Vivekananda Kendra Yoga Prakashana, Bangalore)
- Swami Sivananda Kundalini Yoga (The Divine Life Society, P.O. Shivananda Nagar, U.P.Himalayas, India)
PAPER - 6
APPLIED SPORTS PSYCHOLOGY

Unit – I
What is psychology -What is Sport Psychology - Brief History of Sports Psychology - Sports psychologist and his role - Reinforcement and Punishments – Types of reinforcement – Effectiveness of positive reinforcement – Coaching styles and reinforcement – Schedules of reinforcement – Strengths and drawbacks of punishment – Theories of learning

Unit – II

Unit – III
Attitudes to Sport - The nature of attitudes - Measuring attitudes - The formation of attitudes to sport - Attitudes to competition - Attitudes to sports and sporting behavior – Modification – Mental Toughness - Aggression and Sport -Aggression and performance - Situational factors affecting aggression - Attribution Theory - Leadership – Team Building and goal setting – group cohesion – Audience effects – Social factors- Failures and coping

Unit – IV

Unit – V

Reference Books :


• Babe: Life and Legend of Babe Didrikson Zaharias, Cayleff (1995), Statistical Methods, S.P. Gupta)


• SoftSkill
FIRST YEAR
SEMESTER - II
PAPER - 1
YOGA AND MENTAL HEALTH

Unit – I

Unit – II

Unit – III

Unit – IV

Unit – V

Reference Books :
PAPER - 2

YOGA – PSYCHOLOGY AND PHYSIOLOGY

Unit – I

Unit - II
Learning : Factors and stages of learning, Theories of learning, Role of yoga on learning.
Perception : Types of perception, Role of yoga on perception.
Motivation : Types of motivation – Theories of Motivation – Role of yoga on motivation
Emotions : Types of Emotions – Theories of Emotion – Role of yoga on Emotion.

Unit – III
Personality : Structure and theories of personality, Role of yoga on personality, Basic concepts of memory and Forgetting, Intelligence, Attention, Aptitude, Attitude and Role of Yoga on cognitive Development. Psychological qualities – Psycho – Regulative procedure (Yoga, Music, Antogenic Training) Anxiety, Stress, Depression – Psychosomatic Disorders – Bipolar mood, disorders – Schizophrenia and dementra – Yoga management.

Unit – IV

Unit – V

Reference:
- Rishi Vivekananda (2006) practical Yoga psychology, Munger: Yoga publication Trust
- Clark Robert k (2005), anatomy & physiology – understanding the Human body, Sudury, United States, Jones & Barttett.
- Shri Krishna (1985) Notes on Structure and Functions of Human body & Effects of Yogic practices in it, Mumbai, ICYHC Kaivalyadhama.

**PAPER - 3**

**YOGA AND ALTERNATIVE MEDICINE**

**UNIT - I**
Health – Definition – Factors influencing health – Dimensions of health, Disease – Cause of Disease – Mode of transmission.

**UNIT - II**
History. Advantages, Limitations of various systems of medicine – Ayurveda – Yoga & Naturopathy – Unani medicine – Siddha – Homeopathy

**UNIT – III**

**UNIT - IV**

**UNIT - V**

**References:-**
• Dr. O.P. Jaggi (2001) Healing systems, Delhi Orient paper backs.
• Dr. Swami Shankerdevnanda (2007) Yoga management of Asthma and Diabetes, Munger Yoga publications Trust.
• Dr. Swami Shankerdevnanda (2006) The Effect of yoga on Hypertension, Munger yoga publications Trust.
• Swami Kuavalayananda & Dr. S.C. Vineker (1994) Yogic therapy, New Delhi, central health education bureau.
• Phulgengda sinha (1976) Yoga cure for common diseases, Delhi: Orient paper bucks.
• Joshi (1991) Yoga and Nature cure therapy, New Delhi Sterling publishers private Ltd.
PAPER - 4

PRINCIPLES OF YOGA AND METHODS OF YOGA – PRACTICAL – II

UNIT – I
Loosening Exercise (Pawanmuktasana Part I& II)
Suryanamaskar – 12 Counts (Breathing)

UNIT – II
Asanas :-
Sukhasana, Vijrasana, Ardh Padmasana, Padmasana, Savasana, Makarasana, Tadasana,
Utkatasana, Ardhakatichakarasana, Padahastasana, Ardh Chankrasana, Danadasana,
Baddakonasana, Janusiorasana, Pachimotanasana, Pavanamukhasana, Artha Salabasna,
Salabasna, Bhujangasana, Ardhadhanurasana, Sasangasana, Uttanapadasana, Navasana,
Vipareethekarani, Chakrasana,

UNIT – III
Pranayama : Anulomaviloma– Nadi Shodhana, Sheetali, Sheetkari .

UNIT – IV
Shat Kriyas and Bandhas

UNIT – V
Mudras : Chin – Chinmaya – Adi (Sakthi) Brahma – Linga Mudra
Meditations : Mantra Meditation – Yantra Meditation

References :

- Sivananda Saraswathi Swami (1934) Yoga Asanas Madras ; My Magazine of India.
- Yogeshwaranand Saraswathi Swami (1975) First steps to higher yoga, Gangothari : Yoga niketan trust.

PAPER - 5
YOGA AND SPORTS PERFORMANCE

Unit – I : Physical Education

Unit – II : Yogic Exercises

Unit – III : Yogic & Meditation (Before and after completion)

Unit – IV (Before and After competition)
Mental obstacles to the practices of yoga – Remedies and practices – Kriyas yoga – Mortification Nescience – ignorance aversion – Bondage and freedom – arma and meditation – Mystic word ‘OM’ and consciousness.

Unit – V (Before and After competition)

Reference Books.

- George Feuerstein :The Yoga Tradition (Its history,literature, philosophy and practice)
- Swamy Satyanandan Saraswathi : Asana, Pranayama, Mudra, Bandha (India : Yoga Publications Trust, Munger, Bihar)
- Swami Sivananda : Practice of Yoga (The Divine Life Society Shivananda Nagar P.O. U.P. Himalayas, India)
- Swami Sivananda Practice of Karma Yoga (The divine Life Society, Shivananda Nagar P.O. U.P. Himalayas, India)
- B.K.S Iyengar : Light on the Yoga Sutras of Patanjali (Haper Collins Publications India Pvt. Ltd. New Delhi)
- Prabhavananda (1953) Patanjali yoga sutras, Madras : Sri Ramakrishna math
- Thiumoolar (2006), Thirumantiram, Madras : Sri Ramakrishna math
- Vivekananda swami (2005) Hinduism, Cheenai: Sri Ramakrishna math
- Desikachar T K V (2004), Nathamuni’s yoga Rahasya Chennai : Krishnamacharya yoga mandiram.
- Vishnudevananda Swami (1972) the complete illustrated Book of Yoga, New York, the India Press Inc.
PAPER - 6
PATANJALI YOGA

Unit – I

Unit – II

Unit – III
Contributions to yoga – Hatha Yoga Pradipika, Yoga sutras, Gheranda Samhita, Shiva Samhita, Sandra Satkarma, Yoga Rahasya, Yoga yajnavalkya samhita, yoga Tharavali, Thirumandir.

Unit – IV
Contributions of yoga to Hinduism, Jainism, Zorastrainism, Judaism, Taoism, Buddhism, Zen Buddhism, Christianity, Islam – Paths of yoga : Hatha yoga, Bhakti yoga, Janana yoga, Karma yoga, Mantra yoga, Laya yoga, Yantra yoga.

Unit – V

- Prabhavananda (1953) Patanjali yoga sutras, Madras : Sri Ramakrishna Math
- Thirumoolar (2006), Thirumantiram, Madras : Sri Ramakrishna Math
- Desikachar T K V (2004), Nathamuni’s yoga Rahasya Chennai : Krishnamacharya yoga mandiram.
- Swamy Satyananda Saraswathi : Asana, Pranayama, Mudra, Bandha (India : Yoga Publications Trust, Munger, Bihar)
- Swami Sivananda : Practice of Yoga (The Divine Life Society, Shivananda Nagar P.O. U.P Himalayas, India)

- SoftSKill
RESEARCH & STATISTICS IN YOGA

Unit – I

Unit – II
Variables and Experimental Research Design – Variables; Independent, Dependent, Extraneous and Intervening variables, Experimental control, Characteristic of experimental research. Experimental Design : Random Group, Related group, Repeated Measures, Rotated group, Factorial and Static Group, Comparison design.

Unit – III

Unit – IV

Unit – V
Rank order – Scoring scales – Sigma scale – T Scale – Z scale – Hull Scale – Hull Scale – Error. Concept of ANOVA and ANCOVA

References:
- Swami Kuvalayananda and Dr.S.L. Vinekar (1963) Yogic Therapy, its basic principles and methods, Ministry of health, Govt. of India New Delhi.
Unit – I

Unit – II

Unit – III

Unit – IV
Arthritis, Back pain, Digestive disorders, ulcer, piles, constipation, Diabetes mellitus, obesity.

Unit – V

References:

- Nagarathna & Nagendra (2008) Yoga for Bronchial Asthma, Bangalore, Swami Vivekananda, Yoga Prakshana
- Nagarathna & Nagendra (2007) Yoga for digestive disorders Bangalore, Swami Vivekananda, Yoga Prakshana
- Sri Kanta ss et al (2008) yoga for diabetics, Bangalore, Swami Vivekananda yoga pakshana
- Nagarathna & Nagendra (2008) yoga for Hyper tension & Heart disease, Bangalore Swami Vivekananda yoga
- Nagarathna & Nagendra (2008) yoga for arthritics Bangalore Swami Vivekananda Yoga Prakshna
PAPER - 3

YOGA THERAPY FOR POSITIVE HEALTH

Unit – I
Yogic practices – Pranayama, Kriyas, Bandha and Mudras

Unit -II
Management of the disease through suitable yogic practice – yogic diet, asanas, shatkarmas, pranayama, meditation, notional corrections through yogic scriptures and counselling.

Unit -III
Integrated approach of yoga therapy in the treatment of diseases through Systemic anatomy, physiology of the related systems, stress and disease.

Unit -IV
Medical management, mechanism of imbalance at psychological, pranic, physical, endocrinal, autonomic levels, psychoneuroimmunological aspect of the disease, prevention.

Unit – V

References :
- Nagarathna & Nagendra (2008) Yoga for Bronchial Asthma, Bangalore, Swami Vivekananda, Yoga Prakshana
- Nagarathna & Nagendra (2007) Yoga for digestive disorders Bangalore, Swami Vivekananda, Yoga Prakshana
- Sri Kanta ss el al (2008) yoga for diabetics, Bangalore, Swami Vivekananda yoga pakshana
Principles of Yoga and Methods of Yoga – Practical III

Unit – I
Loosening Exercises – Suryanamaskar with Mantras, Chandra Namaskar

Unit – II
Asanas – Method of practice – Breathing, duration, Awareness, Sequence, contra –
Indications, variations – Essentials, Limitations and benefits of following Asanas:
Savasana, Makarasana,
Trikonasa, Parsavakonasana, Vrikshanana, Veerabaddhhasana
Vakrasana, Supta Vajrasana, Marichyasana, Gomukhasana
Naukasana, Poorna Dhanurasana
Sarvangasana, Halasana
Vatayanasana, Ekapadauddhvasana, Hanumanasana, Uprivaista Konasana,
Bakkasana, Mayurasana, Bharadvajasana, Ardha Sirasasana.

Unit – III
Techniques - Breathing Ratio, Guidelines, Cautions, Preparations, Obstacles, Limitations
and benefits of the following pranayamas:
Sitali, Sitkari, Bhramari, Bhashrika.

Unit – IV
Kriyas – Practicing methods, Guidelines, Limitations – precautions – benefits – Jalani,
Sutraneti, Vamana Dhouthi.
Badhas – Practicing method, Guidelines, Benefits, Application of Bandhas in Pranayama
Uddiyama Bandha, Moola Bandha.

Unit – V
Matangi Mudra, Vajra Mudra, Hakini Mudra, Mukula Mudra, Kaleeswara Mudra,
Meditations :-
Mandra Meditation, Japa Meditation, Ajapa Japa Meditation, Inner Visualization, Yoga
Nidra, Walking Meditation.

References:
• Sivananda Saraswathi Swami (1934) Yoga Asanas Madras ; My Magazine of India.
• Yogeshwaranand Saraswathi Swami (1975) First steps to higher yoga, Gangothari : Yoga niketan trust.
PAPER - 5
YOGA THERAPY

Unit – I
Yogic Practices – Asana, Pranayama, Kriyas, Bandha and Mudras, Meaning of Hypertension and Stress – Assessment – Clinical History – Causes – Treatment through yoga for Hypertension and stress – Contra Indication of Yogic Therapy.

Unit- II

Unit - III
Meaning of Musculoskeletal Disorders: Muscular Dystrophy, Back Pain, Cervical and Lumbar spondylosis, All form of arthritis. Meaning of Endocrinological and Metabolic Disorder - Diabetes Mellitus (I & II), Hypo and Hyper Thyroidism, Obesity, Metabolic syndrome Causes – Treatment through Yoga for Musculoskeletal and Endocrinological disorder – Contras Indication of Yogic Therapy.

Unit – IV

Unit – V
Meaning of Obstetrics and Gynecological disorders: Menstrual Disorders, Premenstrual syndrome, Menopause and perimenopausal syndrome Causes – Treatment through Yoga for Gynecological disorder– Contras Indication of Yogic Therapy.

References :
• Nagarathna & Nagendra (2008) Yoga for Bronchial Asthma, Bangalore, Swami Vivekananda, Yoga Prakshana
• Nagarathna & Nagendra (2007) Yoga for digestive disorders Bangalore, Swami Vivekananda, Yoga Prakshana
• Sri Kanta ss et al (2008) yoga for diabetics, Bangalore, Swami Vivekananda yoga pakshana
• Nagarathna & Nagendra (2008) yoga for Hyper tension & Heart disease, Bangalore Swami Vivekananda yoga
• Nagarathna & Nagendra (2008) yoga for Arthritis Bangalore, Swami Vivekananda yoga

PAPER - 6
YOGA AND MEDITATION

Unit – I

Unit – II

Unit – III
Yoga Darsana – Sankhya and yoga darsanas – philosophy of patanjali’s yoga sutras Samadhi pada, Sadhana Pada, Vibbutipada, Kaivalya Pada – Obstacles to yoga – Ways to remove the obstacles of yoga – Astangas – Yoga Siddhis – Philosophy of Yoga vasishta.

Unit – IV
Meditational Techniques: Transcendental meditation, Raja yoga meditation – Sudarshan Kriyas, Chakra Meditation, Mantra Meditation, Preksha Meditation, Vibasana Meditation, Zen Meditation, Prayer Meditation (Christianity) workshop in Islam, Tibetan Yogic Meditation – Sri Aurobindo Meditation.

Unit – V
Meditational Techniques: MSRT (Mind Sound Resonance Technique) PET (Pranic Energisation Technique), SMET (Stress – Management of Excessive Tension), Dynamic Meditation – Nithya Dhyan, Walking Meditation, Surya Yoga, SKY

References:
• Vivekananda Swami (2007) Vedanta Voice of freedom, Kolkotta; Advaita Ashrama
• Karela Wemer (1979) yoga and India Philosophy, Delhi; Motilal Bannarsidass.
• Radhakrishnan S (1971) Indian Philosophy.
• Jnanananda Swami (2000) Philosophy of yoga, Mysore; Sri Ramakrishna Ashrama
• Hashananda Swami (2009) The six systems of Hindu philosophy, Chennai; Sri Ramakrishna Math
• Abhadananda Swami (1997) Yoga in theory and practice, Calcutta; Ramakrishna Vedantanath
SECOND YEAR
SEMESTER – IV
PAPER - 1
YOGA FOR INTELLECTUAL AWARENESS

Unit – I

Unit – II

Unit – III
Ethical and moral values in Hinduism, Jainism, Buddhism, Christianity, Islam, Sikhism and Sufism.

Unit – IV

Unit – V
Ways to inspire values – Devotion and prayer meditation – Positive thinking – services; their meaning, concepts, nature and benefits.

Classification of chakras.

Reference:
• Swamy Satyananda Saraswathi : Asana, Pranayama, Mudra, Bandha (India : Yoga Publications Trust, Munger, Bihar)
• Mahajan Vidya Dhar (1976) History of India, New Delhi : S.Chand & Co.,
• Visharadananda Swami (2007) Human Values, Bangalore : Swami Vivekananda Yoga Prakashana
• Jitar Mananda Swami (2003) Value Education Rajkit : Shri Ramakrishna Ashrama

PAPER – 2
Project
PAPER – 3
PAPER - 4
APPLICATION OF TEST AND MEASUREMENT

Unit – I

Unit – II

Unit – III
Pranayama : [1:1:1, 1:2:2, 1:2:4, 1:4:2]
Kapalabhathi [I&II & III steps] 30-40-50
Bhastrika [Intermediate & Advanced] 30-40-50
Suka Poorva Pranayama [All ratio]
Preparatory Exercise (Sectional breathing) – Anulomaviloma – Surya Bhedana – Chandra bhedana – Nadi Shodhana – Nadi Suthi – Sadhana Pranayama – Ujjai Pranayama – Brahmari Pranayama

Unit – IV
Bandhas – Maha Bhandha – Moola Bhandha – Jalandhara Bhandha – Uddiyana Bhandha All mudras – Practicing Methods, Guidelines, Limitations – Precautions – benefits

Meditation:
Transcendental Meditation, Sudarshan Kriyas, Preksha Meditation, Tibetan Yoga and Meditation – Saguna Meditation – Nirguna Meditation
Vipasana Meditation, MSRT (Mind Resonance Technique) PET (Pranic Energisation Technique), SMET (Stress – Management of Excessive Tension)

Unit – V

Reference :
- Sivananda Saraswathi Swami (1934) Yoga Asanas Madras : My Magazine of India

• SoftSkill
PAPER – 4

Internship