SEMESTER-I
PAPER-1
HUMAN ANATOMY AND PHYSIOLOGY

Unit – I
Introduction to Anatomy and Physiology – Over View of Human Body Systems and its classifications -
And Cell Functions

Unit – II
of Muscle and Functions.
Nervous System : Classification of Nervous System : Central Nervous System – Peripheral Nervous
System – Autonomic Nervous System – Structure and Function of brain and spinal cord –Special senses –
Structure and Function of Ear, Eye, Taste buds, Olfactory Epithelium.

Unit – III
of heart –Respiratory System: - Respiration – Structure and Function of Lung – mechanism of breathing –
Lung volumes and capacities – Oxygen and Carbon dioxide Transport

Unit – IV
Digestive system:- Structure and Function of Digestive Tract – Saliva – Gastric Juice – Pancreatic Juice –
bile – Villi.. Excretory System:- Structure and functions of kidny- Concept of Urine formation – Skin
structure and function.

UNIT – V
Endocrine system – Endocrine Glands – hormones – Functions of Hormones. Reproductive system:-
Structure and function of Male and female Reproductive tract and Menstrual Cycle

References :
States, Elseiver Standards.
• Surinder H Singh & Krishna Garg, (2008), Anatomy and Physiology for nurses & allied health
sciences, New Delhi CBS Publisher.
• Anne Waugh & Alson Graunt (2005) Anatomy and Physiology in Health and Wellness, Allahabad,
Churhcill Livingtone.
• Shirley Telles (2006) A Gilimpse of the human, Bangalore : Swami Vivekanakda yoga prakashana
• Leslie Kaminoff (2007) Yoga anatomy, Champaign : Human Kinetics
PAPER-2

METHODS OF YOGA TEACHING TECHNIQUES

Unit – I

Unit – II
Introduction to Kriya - Philosophy Concept and Principles of Shatkriya or Shatkarma.
Types, Procedure, Variations and Benefits and its Applied Practices of Neti, Douthi, Basti, Naouli, Trataka and Kapalapathi

Unit – III

Unit – IV

Unit – V
Pranayama – Philosophy and Preparatory Techniques and Applied Practices of Varied Pranayama
Bandha – Philosophy and Techniques applied Practices of Varied Bandhas
Mudras – Philosophy and Techniques applied Practices of Varied Mudras

References:
- Sivananda Saraswathi Swami (1934) Yoga Asanas Madras : My Magazine of India
YOGIC PHYSIOLOGY AND PSYCHOLOGY

**Unit I**

**Unit II**
Introductions Concepts, Dimensions, and Physiology of Chakras (The Physic Center) –Location Points, Traditional Symbology (Colour, Petal, Geometric Shape, Beja Mantra, Animal Symbol and Kundalini Physiology), Psychic Characters, of Major eight Chakras - Mooladhara, Swadishthana, Manipura, Anahata, Vishuddhi, Ajna, Bindhu and Sahasrara.

**Unit III**

**Unit IV**
Yogic Practice for the elevation of Chakras – Guna Qualities, Role of Yoga on personality Development – Personality and the aspects of Chakras Systems, A Seven dimensional model of personality. Yogic Mechanism for awakenings different Chakra Personalities.

**UNIT V**

**Reference:**
- Rishi Vivekananda (2006) practical Yoga psychology, Munger: Yoga publication Trust
- Surinder H Singh & Krishna Garg, (2008), anatomy and physiology for nurse & allied health science, New Delhi CBS publisher.
Unit I

Unit II

Unit III

Unit IV
Introduction to Professional Yoga-Institutional Studies-Teachings Trainings-Books, Journals and Publications –Yoga and Research-Professional Yoga with allied Studies:Academics Yoga –Clinical Yoga –Corporate Yoga. Yoga Research and Representation.

Unit IV
Introduction to Professional Yoga-Institutional Studies-Teachings Trainings-Books, Journals and Publications –Yoga and Research-Professional Yoga with allied Studies:Academics Yoga –Clinical Yoga –Corporate Yoga. Yoga Research and Representation.

Unit V

Reference:
- Swamy Satyananda Saraswathi: Asana, Pranayama, MUDhra,Bandha(India:yoga Publications Trust, Munger, Bihar)
- Swami Sivananda Practice of Yoga (The Divine Life Society , Shivananda Nagar P.O.U.P.Himalayas, India)
- Sivananda Sri Swami(1983), practical Lessons in Yoga , Shivananda Nagar: The Divine Life Society
SEMESTER-II
ELECTIVES (anyone)

PAPER-5
5 – 1- Yogic Therapy and Diet

UNIT-1
Introduction to Yoga Therapy – Yogic concepts of Human Body – Principles of Holistic Treatment – Need for correct Diagnosis and follow-up measures – present status of Yoga therapy in India.

UNIT-2

UNIT-3

UNIT-4
Dietetic in Yoga Therapy – Classification according to triguna – Vegetarianism Vs Non-Vegetarianism, Diet, Panchabhuta relationship, Concepts of Rasa Virya, Guna, Vipaka of foods – Yogic diet for Diabetes, contraption – Colitis – Peptic Ulcer – Indigestion and Weight Management

UNIT-5
Therapeutic Yoga for Psychological Treatment: – Anxiety – Fatigue – Insomnia – Depression and Stress

References:

- Swami Kuvalayananda and Dr.S.L.Vinekar :1963, Yogic Therapy. Its basic principles and methods, ministry of Health, Govt of India
- Dr.K.N.Udupa, Stress Disorders and its Management by Yoga, Motilal Banarisdass Publishers, Delhi
- Editor Swami Digambarji and Pt. Raghunatha Shastri Kokaje: Hatah Pradipika of Swatmarama, Kaivalyadhama, Lonavla, Pune Di, Maharashtra
- Editor Dr.N.Mahalingam and English Translation by Gr Natarajan “Tirumandiram a Tamil Scriptual classic by sage Thirumoolar , Sri Ramakrishna Math , chennnai.
- Laghu Yoga Vasistha – Published from Theosophical Society, Adayar, Chennai
- Diet & diseases, Pustak Mahal, N.delhi
- Yogasana and sadhana Dr.Satyapal, Dholan pass Aggrawal, Pustak Mahal, N.delhi
UNIT I

UNIT II
Concept of positive health (According to Ayurveda, WHO, HA Derives and others) – Criteria of Health – Holistic and positive health (physical, mental, social and spiritual) Emotional life style for positive health - positive thinking and attitudes - dynamics of mental health - Module for promotion of positive health. Responsibility and Control over One’s own Health- Purpose and meaning of life.

UNIT III
Integrated Yogic practices for Common Diseases: Blood pressure, Heart Ailments, Common cold, Obesity, Asthma, Sinusitis, Arthritis and Back pain

Yogic practices for Mental Health: Neurotic disorders, Mood disorders, Obsessive – Compulsive disorder. Schizophrenia, phobias, Drug abuse, Alcoholism, Smoking and Mental retardation.

UNIT - IV
Integrated Yogic practices related to Adolescence:- Concentration Improvements, Anorexia, chemical abuse, Eating disorders, Dyslexia


UNIT V
Growth and Development, Yogic Practice for children, Adolescents, Middle aged persons, old person, women – psychological qualities – Role of yoga on promoting psychological qualified, leadership, Role of Yoga on developing leadership qualities.

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.

Unit I:
Definition and Meaning of Physical Fitness and Wellness – Brief Historical Relevant of Exercise and Physical Fitness – Future Challenges, Strategies for increasing Physical fitness and athletic related
Physical fitness – factors influencing fitness – definition and Components of wellness – Relationship between fitness, health and wellness..

Unit II
Meaning & Definition – Application of Yoga in Physical Education – Systems of Physical Exercise –
Importance of Yoga in Physical Education & Sports – Difference between Yogasanas & Physical Exercise –
Individualized yogic autogenic training for players.

Unit III:
Dynamic Yogic approach for Physical Education: Meaning, concept and physiological aspects of
Suryanamaskar Asanas and flow Yogasana – benefits of Different schools of Suryanamaskar as Stamina
Building and flexibility tool.

Unit IV
Static Yogic approach for Physical Education: Meaning, concept and physiological aspects
Objectives – Shat Kriyas Common Asanas & their types – Advanced Asanas – Pranayama – Types of Pranayama –
Mudras – Bandhas as tools for improving Physical fitness components.

Unit V:
Yogic Psychology for Physical Education : Meaning & concept of Relaxation & Meditation – Need of
meditation, techniques of meditation tools of meditation – advantages of meditation – Experience of
meditation – Obstacles of Meditation Before and after completion

Reference Books.

  Bangalore :Swami vivekanananda yoga prakashana
- Vendanda kesari (20007) Health mind , New thoughts on health , Chennai : Sri Ramakishna math
- Prajapita Brahma Kumaris (1981), Positive health Delhi : Prajapita Brahma kumaris Ishwariya
  viswa vidyalaya
- Sivananda sai swami (1983), practical lessons in yoga, Shivannda Nagar : The devine life Society
- Chandrasekaran. K (1999) sound health through yoga ,Sedapatti , Prem kaliyan publication
- Hoeger Werner W. K. and Sharon a hoeger , ( 1990) Fitness and wellness Colorado : Orton
  publication Company
- Hoare Syd (1986) keep fid Dunton Green : Holdder and Stoughton Ltd
- Hazeldine Re, ( 1985) Fitness , New Delhi , good will publishing House
SEMESTER-II

Paper – 6

Project