Master’s Programmes

A Master’s programme consists of a number of courses. Master’s programme consists of a set of compulsory courses (core courses) and some optional courses (elective courses).

Core course are basic courses required for each programme. The number and distribution of credits for core courses will be decided by the respective faculties.

Elective courses will be suggested by the respective departments. Elective courses may be distributed in all four semesters.

A course is divided into five units to enable the students to achieve modular and progressive learning.

Medium of Instruction: English

Semesters

An academic year is divided into two semesters, odd semester and even semester. The normal semester periods are:

Odd Semester : July to November (90 working days)
Even Semester: December to April (90 working days)

Credits

The term credit is used to describe the quantum of syllabus for various programmes in terms and hours of study. It indicates differential weightage given according to the contents and duration of the courses in the curriculum design.

The minimum credit requirement for a two year Master’s Programme shall be 90.

In the faculty of education there will be 54 credits of core courses and 18 credits for elective courses. In other faculties, there will be 72 credits for core courses and 18 credits for elective courses.
Courses
Each course may consist of lectures / Tutorials / Laboratory work / Seminar / Project work / Practical training / Report / Viva-voce etc.

Course Weight
Core and elective course may carry different weights. For example, a course carrying one credit for lectures, will have instruction of one period per week during the semester, if three hours of lecture is necessary in each week for that course then 3 credits will be the weightage. Thus, normally, in each of the courses, credits will be assigned on the basis of the lectures / tutorials / laboratory work and other form of learning in a 15 week schedule:

i. One credit for each lecture period per week
ii. One credit for each tutorial per week
iii. One credit for every three periods of laboratory or practical work per week.
iv. One credit for 3 contact hours of project work in a week
v. One credit for every two periods of seminar
vi. Six credits for project work / dissertation

Eligibility for admission
A candidate who has passed the Bachelor’s Degree in any subject including the professional courses of this university or an examination of any other university accepted by the syndicate as equivalent there to.

Method of Selection
Applicants should have passed the +2 examination in 10+2 pattern of the Government of Tamil Nadu or any other equivalent examination recognized by the Government of Tamil Nadu. The candidates should not have completed 25 years of age as on 1st July. However, relaxation for SC/ST candidates shall be given as per Government of Tamil Nadu norms.

Candidates will be selected based on the marks obtained in Part III will be obtained in the interview. The qualifying examination marks under Part III will be reduced to 200 and the marks obtained by the candidates at the interview out of 30 marks will be added. The date of interview will be announced later to all the eligible candidates by post.

Note: The married women should not be in family way during the course of study, if it is violated, they will not be permitted to continue the course.

Grading System
The term Grading System indicates a 10 point scale of evaluation of the performance of students in terms of marks, grade points, letter grade and class.

Duration
The duration for completion of a Two Years Master’s Programme in any subject is four semesters.

Structure of the Programme
The Master’s Programme will consist of:

i. Core course which compulsory for all students.
ii. Elective course which students can choose from amongst the courses approved within the department or in other departments of the Faculty of other Faculties. (Arts, Science, Education, and Indian Languages).
iii. The elective subjects will be allotted after counseling by the committee of the heads of the departments under the Chairmanship of the Dean.
iv. Dissertation / Project work / Practical training / Field work, which can be done in as organization (Government, Industry, Firm, Public enterprises etc.)
**Attendance**
Every teaching faculty handling a course shall be responsible for the maintenance of attendance register for candidates who have registered for the course.

The instructor of the course must intimate the Head of the Department at least seven calendar days before the last instruction day in the semester about the particulars of all students who have secured an attendance of less than 80%.

A Candidate who has attendance less that 80% shall not be permitted to sit for the End-Semester examination in the course in which the shortage exists.

**Examination**
There will be two Sessional assessments and one End-Semester examination during each semester.

Sessional test – I will be held after 35 working days and Sessional –II will be held after 70 working days.

Sessional test-I will be combination of a variety of tools such as class test, assignment and paper presentation that would be suitable to the course. This requires an element of openness. The students are to be informed in advance about the nature of assessment and the procedures. However the tests are compulsory. Test-I may be for one hour duration. The pattern of question paper will be decided by the respective Faculty.

Sessional test-II will be conducted with a variety of assessment tools. It will also have an element of openness. The students are to be informed in advance about the nature of assessment and the procedures. However the tests are compulsory. Test-II may be for two hours duration. The pattern of question paper will be decided by respective Faculty.

There will be one End Semester Examination of three hours duration in each course.

The End Semester Examination will cover all the syllabus of the course for 75% of marks.

**Evaluation**
Evaluation will be done on a continuous basis. Evaluation may be by Objective type questions, Quiz, Short answer, Essays or a combination of these, but at the End Semester it has to be written Examination.

The performance of students in each course is evaluated in terms of percentage of marks (PM) with a provision for conversion to Grade Point (GP). The sum total performance in each semester will be rated by GPA while the continuous performance from the 2nd semester onward will be marked by (OGPA).
Marks and Grading

A student cannot repeat the assessment Sessional Test I and Sessional Test II. However, if for any compulsive reason the student could not attend the test, prerogative of arranging a special test lies with the teacher in consultation with the Head of the Department.

A minimum of 50% marks in each course is prescribed for a pass. A student has to secure 50% minimum in the End Semester Examination.

If a candidate who has not secured a minimum of 50% of marks in a course shall be deemed to have failed in that course.

The student can repeat the End Semester Examination when it is offered next in the subsequent Odd/Even Semester till the regulations are in force.

A candidate who has secured a minimum of 50 marks in all courses prescribed in the programme and earned a minimum of 90 credits will be considered to have passed the Masters Programme.

Grading

A ten point rating scale is used for the evaluation of the performance of the student to provide letter grade for each course and overall grade for the Master’s Programme.

<table>
<thead>
<tr>
<th>Marks</th>
<th>Grade Points</th>
<th>Letter Grade</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>90+</td>
<td>10</td>
<td>S</td>
<td>Exemplary</td>
</tr>
<tr>
<td>85 – 89</td>
<td>9.0</td>
<td>D</td>
<td>Distinction</td>
</tr>
<tr>
<td>80 – 85</td>
<td>8.5</td>
<td>D</td>
<td>Distinction</td>
</tr>
<tr>
<td>75 – 79</td>
<td>8.0</td>
<td>D</td>
<td>Distinction</td>
</tr>
<tr>
<td>70 – 74</td>
<td>7.5</td>
<td>A</td>
<td>First Class</td>
</tr>
<tr>
<td>65 – 69</td>
<td>7.0</td>
<td>A</td>
<td>First Class</td>
</tr>
<tr>
<td>60 – 64</td>
<td>6.5</td>
<td>A</td>
<td>First Class</td>
</tr>
<tr>
<td>55 – 59</td>
<td>6.0</td>
<td>B</td>
<td>Second Class</td>
</tr>
<tr>
<td>50 – 54</td>
<td>5.5</td>
<td>C</td>
<td>Second Class</td>
</tr>
<tr>
<td>49 or less</td>
<td></td>
<td></td>
<td>RA</td>
</tr>
</tbody>
</table>

The successful candidates are classified as follows.

I – Class 60% marks and above in overall percentage of marks (OPM).

II – Class 50-59% marks in overall percentage of marks.

Candidate who obtain 75% and above but below 91% of marks (OPM) shall be deemed to have passed the examination in FIRST CLASS (Distinction) provided he / she passes all the course prescribed for the programme at the first appearance.
Candidates who obtain 90% and above (OPM) shall be deemed to have passed the examination in FIRST CLASS (Exemplar) provided he / she passes all the courses prescribed for the programme at first appearance.

For the internal assessment evaluation the Brake up marks shall be as follows

<table>
<thead>
<tr>
<th>Test</th>
<th>10 marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assignment</td>
<td>5 marks</td>
</tr>
<tr>
<td>Case Study / Roll Play / Viva / Short Answers etc.</td>
<td>5 marks</td>
</tr>
<tr>
<td>Attendance</td>
<td>5 marks</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>25 marks</td>
</tr>
</tbody>
</table>

The award of marks shall be as below

<table>
<thead>
<tr>
<th>Faculty of Education Theory</th>
<th>2100 marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Faculty of Arts, Science &amp; Indian Languages Theory</td>
<td>2100 marks</td>
</tr>
</tbody>
</table>

Course-wise letter grades

The percentage of marks obtained by a candidate in a course will be indicated in a letter grade.

A student in considered to have completed a course successfully and earned the credits if he/she secures an overall letter grade other than F.A. letter grade F in any course implies a failure in that course. A course successfully completed cannot be repeated for the purpose of improving the Grade point.

The F Grade once awarded stays in the grade card of the student and is not deleted even when he/she completes the course successfully letter. The grade acquired later by the student will be indicated in the grade sheet of the odd/even semester in which the candidate has appeared for clearance of the arrears.

A student who secures F Grade in any course which is listed as core course has to repeat it compulsorily when the course is offered next. If it is an elective course, the student has the option to repeat it when it is offered next or to choose a new elective if he/she is chosen in the place of failed elective, the failed optional will be indicated as dropped in the subsequent grade card.

If a student secured F grade in the Project work / Field work / Practical work / Dissertation, either he / she shall improve it and resubmit it if it involves only rewriting incorporating the clarification of the evaluators of he/she can re-register and carry out the same in the subsequent semesters for evaluation.

Withdrawal from the course by the student

Within 2 weeks from the date of commencement of the semester.
## SCHEME OF EXAMINATION

### SEMESTER – I

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Course Code</th>
<th>Name of the Course</th>
<th>Credit Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>YOGC 101</td>
<td>Fundamentals of Yoga</td>
<td>5</td>
</tr>
<tr>
<td>2</td>
<td>YOGC 102</td>
<td>Basic Anatomy and Physiology</td>
<td>4</td>
</tr>
<tr>
<td>3</td>
<td>YOGP 103</td>
<td>Yoga Practical I</td>
<td>5</td>
</tr>
<tr>
<td>4</td>
<td>YOGP 104</td>
<td>Yoga Practical II</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>YOGE 105</td>
<td>Elective</td>
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</tbody>
</table>

**Total Credit 22**

### SEMESTER – II

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Course Code</th>
<th>Name of the Course</th>
<th>Credit Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>YOGC 201</td>
<td>Principles of Hatha Yoga</td>
<td>5</td>
</tr>
<tr>
<td>7</td>
<td>YOGC 202</td>
<td>Yoga Psychology</td>
<td>5</td>
</tr>
<tr>
<td>8</td>
<td>YOGP 203</td>
<td>Yoga Practical III</td>
<td>4</td>
</tr>
<tr>
<td>9</td>
<td>YOGP 204</td>
<td>Yoga Practical IV</td>
<td>4</td>
</tr>
<tr>
<td>10</td>
<td>YOGE 205</td>
<td>Elective</td>
<td>4</td>
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</tbody>
</table>

**Total Credit 22**

### SEMESTER – III

<table>
<thead>
<tr>
<th>Sl.No.</th>
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<th>Name of the Course</th>
<th>Credit Points</th>
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</thead>
<tbody>
<tr>
<td>11</td>
<td>YOGC 301</td>
<td>Research Methodology and Statistics in Yoga</td>
<td>4</td>
</tr>
<tr>
<td>12</td>
<td>YOGC 302</td>
<td>Yoga Therapy</td>
<td>4</td>
</tr>
<tr>
<td>13</td>
<td>YOGC 303</td>
<td>Naturopathy</td>
<td>4</td>
</tr>
<tr>
<td>14</td>
<td>YOGP 304</td>
<td>Yoga Therapy Practical V</td>
<td>4</td>
</tr>
<tr>
<td>15</td>
<td>YOGP 305</td>
<td>Naturopathy Practical VI</td>
<td>3</td>
</tr>
<tr>
<td>16</td>
<td>YOGE 306</td>
<td>Elective</td>
<td>4</td>
</tr>
</tbody>
</table>

**Total Credit 23**

### SEMESTER – IV

<table>
<thead>
<tr>
<th>Sl.No.</th>
<th>Course Code</th>
<th>Name of the Course</th>
<th>Credit Points</th>
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</thead>
<tbody>
<tr>
<td>17</td>
<td>YOGC 401</td>
<td>Alternative Therapies</td>
<td>4</td>
</tr>
<tr>
<td>18</td>
<td>YOGC 402</td>
<td>Teaching Methodology of Yoga Practices</td>
<td>4</td>
</tr>
<tr>
<td>19</td>
<td>YOGC 403</td>
<td>Project</td>
<td>5</td>
</tr>
<tr>
<td>20</td>
<td>YOGP 404</td>
<td>Yoga Therapy Practical VII</td>
<td>6</td>
</tr>
<tr>
<td>21</td>
<td>YOGE 405</td>
<td>Elective</td>
<td>4</td>
</tr>
</tbody>
</table>

**Total Credits 23**

### Elective Papers

1. YOGE 105 Yoga for Personality Development 4
2. YOGE 205 Yoga Philosophy 4
3. YOGE 306 Value education & Spirituality 4
4. YOGE 405 Yoga for Mental Hygiene 4
Course Code: YOGC 101
FUNDAMENTALS OF YOGA

UNIT-I: Introduction to Yoga (12 hours)
2. Yoga is a Science and Art - Ideal Practice of Yoga in the new millennium.
3. Religion and spirituality - Thirumanthiram (30 Verses)
   Patanjali (30 Verses) - Comparison between Patanjali Yoga Sutra and Thirumandiram.

UNIT-II: History and Development of Yoga (12 Hours)
1. History and Development of Yoga in Vedas
2. History and Development of Yoga in Upanishads
3. History and Development of Yoga in Buddhism, Jainism and Indian Philosophy.

UNIT-III: Discipline and Obstacles in Yoga Sadhana (12 Hours)
1. Elements of Success and Failure in Yoga Sadhana According to Hathyoga
2. Elements of Success and Failure in Yoga Sadhana According to Yogasutra.
3. Elements of favorable & unfavorable conditions & Diet for the Practice of Yoga.

UNIT-IV: Epics of Yoga (12 hours)
1. Essence of Bhagavat Gita, Mahabharata, Ramayana, Bible, Kuran, Buddhism
2. 18 Tamil Siddhas
3. Yogic Perspectives of Mahatma Gandhiji, Thiruvalluvar, Avvayar, Vivekananda, Vallalar, Sri Aurobindo and Mother,

UNIT-V: Streams of Yoga and Diet (12 hours)
1. Karma Yoga - Bhakti Yoga - Jnana Yoga
2. Raja Yoga (Astanga Yoga)
3. Yoga and Diet – Classification of Diet

References:
4. Dr. Ishwar Bhardwaj: Manav Chetna (Hindi), Satyam Publication, NewDelhi, 2011
6. Swami Satyananda Saraswati, Asana, Pranayama, Mudra and Bandha, Bihar School of Yoga, Munger, 2002
Course Code: YOGC 102
BASIC ANATOMY AND PHYSIOLOGY

UNIT – I (12 hours)
Meaning & Definition, Structure and functions
1. Cells, Tissues, Muscles, Bones, Joints
2. Respiratory System, Circulatory System
3. Digestive System, Renal Systems

UNIT-II (12 hours)
Meaning & Definition, Structure and functions
1. Reproductive System
2. Endocrine, Sensory
3. Nervous System

UNIT-III (12 hours)
Physiological effects on various systems of human body:
1. Asana, Pranayama,
2. Mudra, Bandha & Kriya
3. Nadis – Chakras, Kundalini shakti –

UNIT-IV (12 hours)
Psychological effects on various systems of human body:
1. Asana, Pranayama,
2. Mudra, Bandha & Kriya
3. Nadis – Chakras, Kundalini shakti –

UNIT – V (12 hours)
Biochemical changes on various systems of human body:
1. Asana, Pranayama,
2. Mudra, Bandha & Kriya
3. Nadis – Chakras, Kundalini shakti

References:
Course Code: YOGC 103
YOGA PRACTICAL - I

1. PRACTICAL TRAINING IN YOGA (60 hours)

1. Prayer - Starting & Closing

2. Breathing Practices for awareness –
   Hands in and out breathing
   Hand Stretch breathing
   Ankle Stretch breathing

3. Preparatory practices:
   Loosening Practices:
   Forward and backward bending
   Lateral bending
   Alternate toe touching
   Spinal twisting
   Jogging
   Forward, Backward and Sideward

4. Suryanamaskar – Start with Prayer / Mantra – 12 poses

5. Asana –
   Standing:
   Peraiyasana
   Padhastasana
   Trikonasana
   Sitting:
   Vajrasana
   Paschimotasana
   Ushtrasana
   Vakrasana
   Prone:
   Makrasana
   Bhujangasana
   Shalabasana
   Dhanurasana
   Supine:
   Uttanapadasana
   Sarvangasana
   Matyasana
   Halasana
   Chakrasana
   Savasana

6. Pranayama
   Kapalabathi
   Sectional Breathing
   Nadi Shuddhi
   Sitali
   Sitkari
   Sadanta
   Nada-anu-Sandana
7. Mudra
   - Chin Mudra
   - Chinmaya Mudra
   - Adhi Mudra
   - Brahma Mudra
   - Namaskara Mudra
   - Maha Mudra
   - Vishnu Mudra / Nasiga Mudra
   - Yoga Mudra

8. Bandha
   - Jalandra Bandha
   - Uddiyana Bandha
   - Moola Bandha

9. Kriya
   - Kapala Pathi
   - Trataka – Jothi trataka, Jatru trataka
   - Neti – Jala Neti, Sutra Neti
   - Dhouti – Vamana dhouti

10. Dhyana Practice
    - Meditation

11. Relaxation
    - IRT – Instant Relaxation Technique
    - QRT – Quick Relaxation Technique
    - DRT - Deep Relaxation Technique

II  PRACTICAL RECORD BOOK
Course Code: YOGC 104
YOGA PRACTICAL AND TEACHING PRACTICE- II

1 PRACTICAL TRAINING IN YOGA

(60 hours)

1. Prayer - Starting & Closing

2. Breathing Practices for awareness –
   - Hands in and out breathing
   - Hand Stretch breathing
   - Ankle Stretch breathing

3. Preparatory practices:
   - Loosening Practices:
     - Forward and backward bending
     - Lateral bending
     - Alternate toe touching
     - Spinal twisting
   - Jogging
     - Forward, Backward and Sideward

4. Suryanamaskar – Start with Prayer / Mantra – 12 poses

5. Asana –
   - Standing:
     - Ardhadakati chakrasana
     - Padhastasana
     - Ardha chakrasana
     - Utkatasana
     - Ekha Padhasana
   - Sitting:
     - Padmasana
     - Paschimotasana
     - Ushtrasana
     - Gomukasana
     - Ardha Matsyendrasana
   - Prone:
     - Makrasana
     - Bhujangasana
     - Shalabasana
     - Dhanurasana
   - Supine:
     - Uttanapadasana
     - Navasana
     - Sarvangasana
     - Matyasana
     - Halasana
     - Chakrasana
     - Savasana
Pranayama
Sectional Breathing
Surya bhedana
Chandra bhedana
Kabalapathi
Nadi Sudhi Pranayama
Ujjai
Brahamari
Seethali
Seethkari
Sadanta

6. Mudra
Chin Mudra
Chinmaya Mudra
Adhi Mudra
Brahma Mudra
Namaskara Mudra
Maha Mudra
Vishnu Mudra / Nasiga Mudra
Yoga Mudra

7. Bandha
Jalandra Bandha
Uddiyana Bandha
Moola Bandha

8. Kriya
Kapala Pathi
Trataka – Jothi trataka , Jatru trataka
Neti – Jala Neti, Sutra Neti
Dhouti – Vamana dhouti, Vastra dhouti

9. Dhyana Practice
Meditation

10. Relaxation
IRT – Instant Relaxation Technique
QRT – Quick Relaxation Technique
DRT - Deep Relaxation Technique

II TEACHING PRACTICE

III PRACTICAL RECORD BOOK
Course Code: YOGC 201
PRINCIPLES OF HATHA YOGA

UNIT-I: INTRODUCTION (12 hours)
1. Meaning, Definition, Aims & Objectives of Hatha Yoga,
2. Hatha Yoga – Psycho physical self training method – Sthula and Sukhshma viyama
3. Kundalini & Nada Yoga

UNIT-II: SATKARMAS (12 hours)
1. Satkarmas - Its Meaning, Definition & Objectives
2. Classification of Satkarmas According to Hath Pradipika & Gherand Samhita
3. Concept, Meaning & Definition of Kriyas, Detailed Technique, Types of Nadis, Meaning, Definition

UNIT-III: ASANA & PRANAYAMA (12 hours)
1. Meaning, Definitions & Objectives of Asana & Pranayama
2. Principles of Practicing Asanas & Pranayama

UNIT-IV: MUDRA AND MEDITATION (12 hours)
1. Concept, Technique and benefits of Mudra
2. Concept, Technique, obstacle and benefits of Meditation
3. Different schools of Meditation (viz., Brahma Kumaris, Sri Aurobindo, Vedathiri Mahirish, Vallalar)

UNIT-V: BANDHA (12 hours)
1. Concept, Meaning & Definition of Bandhas
2. Types of Bandhas
3. Technique and benefits of Bandhas

Reference Books
Course Code: YOGC 202
YOGA PSYCHOLOGY

UNIT – I: Psychology and Holistic Health (12 hours)

1. Theoretical understanding of Yoga and Psychology, Concept of Holistic Health
2. Spiritual applications of Psychology - Models of Mental Health – 5 Models of Mental Health,
3. Factors contributing to Mental Health, Role of Mental Health Professionals.

UNIT – II: Personality Integration through Yoga (12 hours)

1. Personality Definition, Nature, Approaches - psychoanalytic - Humanistic Approaches, Trait Approaches, Behavioural Approaches, Social - Learning Approaches, Assessment of Personality
2. Perception and Attitude formation for total personality integration, Role of yoga in personality integration

UNIT – III: Mind (12 hours)

1. The Nature of Mind, Five Elements and the Mind, Meditation and the Mind
2. The three layers of Mind : The Inner Mind or Deeper Consciousness, Intermediate Mind or Intelligence and Outer Mind – Sensation – Emotion
3. Five Sheaths and the Mind, The five Pranas and the Mind, Functions of the Mind

UNIT – IV: Concepts of Psychosomatic disorders (12 hours)

1. Meaning, Definitions of Psychosomatic disorders
2. Concepts of Psychosomatic disorders according to Taittriya Upanisad
3. Role of Yoga in Psychological problems: Mood Disorders, Major Depressive Disorder, Cyclothymic Disorder

UNIT – V: Samadhi – Super consciousness (12 hours)

1. Indian approach to consciousness and human behaviour - A new Journey into Consciousness, The three Gunas : How to Balance your Consciousness – Seven stages
2. The energetic of Consciousness : Conditioned consciousness, Intelligence : The Power of Perception

References:
1. Abhedananda Swami, Yoga Psychology, Kolkatta, Ramakrishna vedanda math, 2002
2. Rishivivekananda, Practical yoga Psychology, Yoga publications trust, Munger, 2006
3. Swami niranjananda saraswathi, Prana pranayama, prana vidya, Bihar school of yoga, Munger, Bihar, 2000
4. Woodwork, Contemporary school of psychology, 1995
5. David Frawley, Yoga and Ayurveda Self Healing and Self Realisation, 2001
6. V. Madhupudhan Reddy, Internal yoga psychology, Bihar school of yoga, Munger, Bihar, 2002
I PRACTICAL TRAINING IN YOGA

(60 hours)

1. Prayer - Starting & Closing – Bagavat Gita (Selected Verses) / Bhajans / Shat sang

2. Asanas:
   - Standing Asanas: Triyanka Thadasana
     Thalasana
     Garudasana
     Veerapadrasana
     Parsavotanasana
   - Sitting Asanas: Padmasana
     Veerasana
     Janusirasana
     Arthamachandrasana
     Supdavajrasana
     Supdaveerasana
   - Prone Asanas: Makrasana
     Triyanka Bhujankasan
     Dhanurasana

Supine Asanas
   - Navasana
   - Uttana Padhasana
   - Sarvangasana
   - Matsyasana
   - Savasana

3. Pranayama
   - Purifying: Anunasika
     Suriya Bhedana
     Nadi Shuddhi
     Svana
   - Stimulating: Kapalabhathi
     Ujjayi
     Bhashrika
   - Harmonizing: Savitri
     Sukha
     Sectional Breathing
   - Regenerating: Pranava
     Naga
Cooling

Sitali
Sitakari
Sadhantha
Dhouti

Binding

Aluloma viloma – 1:4:2

4. Mudras:

Hasta
Chin Mudra
Chinmaya Mudra
Adi Mudra
Bramha Mudra
Gyana Mudra
Bairava Bairavi Mudra
Hamsa Mudra
Vishnu Mudra
Surya Mudra
Vayu Mudra
Pritivii Mudra
Varun Mudra
Apan Mudra
Linga / Angusha Mudra
Shankhu Mudra
Pankaj Mudra
Hridaya Mudra
Akash Mudra
Yoni Mudra
Mearu Mudra

Mana
Shanmuki Mudra
Sambavi Mudra
Nasi Gragha Mudra

Kaya
Yoga Mudra
Maha Mudra

Bhanda
Vibiratha Karani

Adara
Ashvini Mudra

5. Kriyas

Varisara
Vahinisara
Bahiskrita

6. Bhandhas

Jalandhra Bhandha
Uddiyana Bhandha
Mula Bhandha
Maha Bhandha
Course Code: YOG 204  
YOGA PRATICAL AND TEACHING PRACTICE- IV  

I PRACTICAL TRAINING IN YOGA (60 hours)

1. Prayer - Starting & Closing
2. Advances Asanas:-
   Standing:- Parivrtta Trikonasana  
              Uthithaparsvakonasana  
              Virabhadrasana III 
              PrasaritaPadottsana 
              Uttanasana  
   Forward Bending Baddha konasana  
           Triyanga Mukapada Paschi mottanasana  
           Marchiyasana  
           Upavisthakonasana  
           Karnapidasana  
   Backward Bending Sethubandha Sarvangasana  
           Chakrasana, 
           Laghuvajrasana  
           Ekapadachakrasana  
           Rajakapotrasana  
   Balancing Asanas Mayurasana  
             Bakasana  
             Dwipadakoundinyasana  
             Vrichikasana  
   Twisting Asanas Bharadvajrasana  
           Vatayanasana  
           Parivrtta Janusirasana  
           Pindasana in sarvangasana  
           Pasasana

II TEACHING PRACTICE

III PRACTICAL RECORD BOOK
Course Code: YOGC 301

RESEARCH METHODOLOGY AND STATISTICS IN YOGA

UNIT-I: RESEARCH METHODOLOGY IN YOGA (12 hours)
1. Meaning and definitions of research,
2. Methods of Research,
3. Significance of Research in Yoga

UNIT-II: RESEARCH PROBLEM, HYPOTHESIS IN YOGA (12 hours)
1. Problem- Its Meaning and Nature,
2. Statement of Hypothesis and Meaning,
3. Types of Research Design, Sampling & Tools of data collection

UNIT-III: PREPARATION OF RESEARCH SYNOPSIS & REPORT (12 hours)
1. Steps of Scientific Research
2. Preparation of Synopsis
3. Presentation of Yogic Research Report

UNIT-IV: STATISTICS (12 hours)
1. Need And Importance, Types Of Statistical Processes – Descriptive, Comparative, Relationship, Inferential and Predictive
2. Quantitative Data – Attributes and Variables – Continuous and Discontinuous
3. Role of Statistics In Research

UNIT-V: MEASURES OF VARIABILITY WITH REFERENCE TO YOGIC PRACTICES (12 hours)
1. Measurement of Central Tendencies-Mean Median, Mode,
2. Standard Deviation
3. Correlation coefficient

References:
Course Code: YOGC 302
YOGA THERAPY

UNIT-I: Concept of Yogic Therapy (12 hours)
1. Yoga Therapy: Meaning, principles, scope, Impact, Indications and Contra indications
2. Principles Health: Preventive and Curative means of Health,
3. Yogic concept of health and disease, Concept of Panch Kosha and Disease.

UNIT-II: Rules and Regulations to be followed in Yoga Therapy (12 hours)
1. Therapeutic Techniques of Yoga
2. Rules to be followed by the Therapist, Rules to be followed by Patient
3. Patient – Therapist relationship

UNIT-III: Yogic Management – I (12 hours)
1. Asthma, Arthritis, Constipation,
2. Hypertension, Hypotension & Heart disease.
3. Diabetes & Obesity.

UNIT-IV: Yogic Management – II (12 hours)
1. Anxiety, Depression, Neurosis, Phobia
2. Stress, Headache & Migraine
3. Back pain, Cervical & Lumbar Problems

UNIT-V: Yogic Management – III (12 hours)
1. Pregnancy – Pre-natal – Garbha vidya (I, II, II I Trimester)
2. Post-natal – Counselling
3. Menstrual disorders

References:
1. Shivanand Saraswati, Yoga Therapy, Bihar school of Yoga, Munger, 1998
4. Swami Kuvalyananda, Yogic Therapy, Kaivalyadhama Yoga Institute, Lonavala, 2000
5. Suryanamaskar, Swami Satyananada Saraswati, Bihar School of Yoga, 2009
6. Yoga Nidra, Swami Satyananada Saraswati, Bihar School of Yoga, 2001
Course Code: YOGC 303

NATUROPATHY

UNIT – I: Basics and History of Naturopathy  
(12 hours)
2. Naturopathy History in Ancient period, India – Development of modern Naturopathy
   General Rules of Naturopathy

UNIT – II: Hydro therapy and Electro therapy Treatments  
(12 hours)

UNIT – III : NATUROPATHY: DIAGNOSIS  
(12 hours)
1. The Diagnostic procedures in Naturopathy: Spinal Analysis, Facial Diagnosis, Iris Diagnosis, chromo diagnosis and its diagnostic values.
2. Importance of the physical and mental hygiene, Personal life and prevention of diseases
3. Techniques to acquire Natural immunity in diseases.

UNIT – IV: Nature Cure Treatments  
(12 hours)
1. Nature Cure Treatments: Enema, Fasting, Natural Diet, Sun bath, Hydrotherapy, Mud therapy, Acupressure, Acupuncture and Magneto Therapy, Massage therapy.
2. Spinal bath, Steam bath, Chest pack, Mud packs.
3. Chromo therapy – Color treatment, Heat, Light, Electricity, Ultraviolet and Infra-red rays.

UNIT-V: Nature Cure Treatments  
(12 hours)
1. Skeletal disorders: Back Pain – Arthritis
2. Metabolic Disorders: Diabetes – Obesity  Skin Disorders: Psoriasis
3. Hormonal Disorders – Menstrual Irregularity, Thyroid

References:
1. Henry Lindlahr, Philosophy of Nature Cure, Read classic.com publisher, 2010
2. S.J.Singh., History and Philosophy of Nature Cure, 1996
Course Code: YOGC 304
YOGA THERAPY PRACTICAL – V

PREPARATORY PRACTICES

1. Various Breathing Techniques
2. Pawanamuktasana kriya series

TEACHING METHODOLOGY OF YOGIC PRACTICES
(Asanas, Pranayama, Mudras, Bhandas, Kriyas, Meditation & Relaxation techniques)

1. Stress Management
2. Diabetes
3. Obesity
4. Common cold, Allergy, Sinusitis, Bronchial Asthma, Tuberculosis
5. Hypertension, Coronary Heart Disease
6. Menopausal Disorders
7. Back pain
8. Arthritis
9. Thyroid
10. Osteoporosis
11. Arthritis
12. Menstrual Irregularities
13. Ulcer
14. Tonsillitis
15. Hemorrhoids
16. Pregnancy (Pre natal & Post Natal)
17. Headache
18. Anemia
19. Refractive Disorders
20. Psychosomatic disorders: Insomnia, Phobia, Anxiety, Depression, Neurosis
Course Code: YOGC 305

NATUROPATHY PRACTICAL AND TEACHING PRACTICE - VI

TEACHING METHODOLOGY OF NATUROPATHY (60 hours)
(Mud therapy, Hydro therapy, Sun bath, Fasting, Chromo therapy, Magneto therapy, Massotherapy, Acupuncture, Acupressure techniques)

1. Stress Management
2. Diabetes
3. Obesity
4. Common cold, Allergy, Sinusitis, Bronchial Asthma, Tuberculosis
5. Hypertension, Coronary Heart Disease
6. Menopausal Disorders
7. Back pain
8. Arthritis
9. Thyroid
10. Osteoporosis
11. Arthritis
12. Menstrual Irregularities
13. Ulcer
14. Tonsillitis
15. Hemorrhoids
16. Pregnancy (Pre natal & Post Natal)
17. Headache
18. Anemia
19. Refractive Disorders
20. Skin Diseases
21. Psychosomatic disorders: Insomnia, Phobia, Anxiety, Depression, Neurosis
Course Code: YOGC 401

ALTERNATIVE THERAPIES

UNIT-I: INTRODUCTION TO ALTERNATIVE THERAPY (12 hours)
2. Relation between Yoga Therapy and Alternative Therapy
3. Reflexology, Pranic Healing, Varma

UNIT-II: AYURVEDA (12 hours)
1. Introduction, Origin & Development in India – Concepts - Principles - Diagnosis of Ayurveda
2. Triguna and Pachamahabhuta, Tri-dosha and Prakrati, Agni, Dhatus and Malas
3. Therapeutical Aspects and treatment modalities to the common ailments : Unique ways of treatment in Ayurveda, Panchakarma

UNIT-III: SIDDHA (12 hours)
1. Introduction, Origin & Development in India – Concepts - Principles - Diagnosis of Siddha
2. Siddha Gunapadam (Mooligai, Metal, Minerals, Animal Kingdom), Tridosha,
3. Therapeutical Aspects and treatment modalities to the common ailments

UNIT-IV: UNANI (12 hours)
1. Introduction, Origin & Development in India – Concepts - Principles - Diagnosis of Unani
2. Hippocratic Theory of Medicine, Branches of Unani Medicines
3. Therapeutical Aspects and treatment modalities to the common ailments

UNIT-V: HOMEOPATHY (12 hours)
1. Introduction, Origin & Development in India – Concepts - Principles - Diagnosis of Homeopathy
2. Unique Aspects of Homeopathy - Hahnemann’s concept of "miasms" as "infectious principles" underlying chronic disease
3. Therapeutical Aspects and treatment modalities to the common ailments

References:
Course Code: YOGC 402
TEACHING METHODS OF YOGA PRACTICES

UNIT-I: INTRODUCTION TO TEACHING METHODS (12 hours)
1. Concept of Teaching Methods
2. Principles & Importance of Teaching Methods,
3. Teaching Methods in Yoga,

UNIT-II: TEACHING TECHNIQUES (12 hours)
1. Teaching Technology
3. Class Management and Lesson Planning

UNIT-III: TYPES OF TEACHING METHODS (12 hours)
1. Lecture Methods
2. Demonstration Methods,
3. Experimental & observation Method

UNIT- IV: COUNSELLING IN YOGA (12 hours)
1. Concept of Counselling & Yoga
2. Aims & Principals of Counselling
3. Components of Yoga and psycho therapy

UNIT- V: (12 hours)
1. Test and Measurement
2. Lesson plan preparation
3. Visual Aids

References:
1. S.K. Kochar, Methods and techniques of teaching, Sterling publications Pvt. Ltd, New Delhi, 2007
4. Swami Satyananda, Early Teaching of Bihar School of Yoga, Munger, Bihar, 2014
Course Code: YOGC 403

PROJECT

PROJECT IS GIVEN – 5 CREDITS

Project will have 100 marks and the thesis will be evaluated for 60 marks and the Viva-Voce is for 40 marks. Both evaluation and Viva voce will be done internally by two internal examiners of the Department as appointed by the Head of the Department.

Institutional Training will have 100 marks and the report is to be evaluated for 60 marks and the viva voce is for 40 marks. Both the report and viva voce will be done by two Internal Examiners as appointed by the Head of the Department. The average of the Project marks will be awarded to this course against the course credit of 5.

Course Code: YOGC 404

YOGA THERAPY PRACTICAL AND TEACHING PRACTICE VII

LOG BOOK (60 hours)

Yogic practices – Asanas, Pranayamas, Mudras, Bandhas and Kriyas.


1. Heart Diseases
2. High Blood Pressure (Hypertension)
3. Stress Management
4. Diabetes
5. Obesity
6. Thyroid
7. Asthma
8. Sinusitis
9. Back pain
10. Arthritis
11. Menstrual Irregularities
12. Menopausal Disorders
13. Hemorrhoids
14. Pregnancy (Pre natal & Post Natal)
15. Refractive Disorders
Elective
YOGE – 105- Yoga for Personality Development

Objectives:

- After going through this module, you should be able to: Illustrate the yogic concept of personality.
- Explain the meaning and dimensions of an integrated personality.
- Explain how the practice of Yoga can help you develop an integrated personality.
- Elucidate the concept of self-development and the role of human values in self development.
- Explain how the practice of Yoga can lead to human excellence.

Unit-I
Introduction - Yogic concepts of personality - Yoga for integrated personality development - Dimensions of integrated personality - Yoga - Meaning - Definition - Principles - Type of Yoga - Role of Panchakosha in Personality Development.

Unit - II

Unit-III

Unit – IV
Yoga for Self Development – Self Esteem – Self Analysis – SWOT Analysis – Yogic Way of Life - Ahara (food) - Vihara (recreation) - Acara (conduct) - Vicara (thought) - Vyavahara (behavior).

Unit – V

Reference:

**YOGE -205 – YOGA PHILOSOPHY**

Objectives:

- To make aware of the basic principles of Yoga.
- To make aware of the need for practices of Yoga

Unit – I  
Historical background of Yoga – Definition – Nature and scope of Yoga - Importance and Principles of Yoga – Yogic Techniques

Unit - II  
Yogic Concept in Thirumandiram – Eight fold path of Patanjali Yoga –Moral – Physical, Psychological and Mystical development.

Unit – III  
Types of Yoga – Karma, Gnana, Bhakthi Yoga, Kriya Yoga - Concept – Saiva Siddhanta Concept - Pathi , Pasu.

Unit – IV  
Swami Vivekananda Concept of Yoga Philosophy – Sri Aurobindo’s Integral Yoga – Saint Ramalinga Philosophy.

Unit – V  
Yoga for Physical, Mental and Spiritual Health – Stress Management through Yoga – Yoga for Personality Development.

Text Books:


Reference Books:

1. S.N.Dasgupta, Yoga Philosophy, Mutilal Banarsidas, Delhi.
YOGE – 306- VALUE EDUCATION AND SPIRITUALITY

Objectives:

- Make leaner’s to awareness about value education and spirituality
- To make aware of the core values.

Unit-I Introduction to Value Education and Spirituality – Need and Scope of Value Education – Importance of Value Education.


Unit – IV Value Based Life Skills – Personality Development – Self Analyses – Self Esteem – Self Concept.

Unit – V Role of Yoga and Spirituality – Spiritual Development through Yoga – Type of Yoga and its Importance – SWOT Analysis. (Strength, Weakness, Opportunity and Threat)

References:

2. Light on Yoga – BKS – Iyengar
YOGE -405 – YOGA FOR MENTAL HYGIENE

Objectives:

- To make the students aware of the Mental Hygiene.
- To make the students aware of Various Relaxation Practices.

Unit – I  Mental Hygiene – Meaning – Definition - Significance and Importance of Mental Hygiene - Solving the Mental Problems through Yoga – Preventive – Constructive and Curative Process - Yoga Education - Yoga Therapy for Mental Hygiene.

Unit - II  Mental Health and Self Adjustment through Yoga for Psycho-somatic Disorders Anger – Anxiety – Stress- Frustration – Depression – Mood Swing.


Text Books:


Reference Books: