

## Electives Courses

4 Credits

**Open elective Courses can be taken by students continuing Graduation, Masters course, B.Tech, and M.Tech.**

### **YG 5108 Basic Principles of Ayurveda**

Unit-1: General Introduction to Ayurveda [15 Hrs.]

General introduction to Ayurveda; Definition, aim of Ayurveda, its origin, history and propagation; Basic introduction to main Ayurvedic texts like Charaka Samhita, SushrutaSamhita and AshtangaSamghra; Ashtanga Ayurveda and its significance; Concept of Health according to Ayurveda and its utility in health promotion and prevention

Unit-2: Swasthavritta, Dinacharya, Ritucharya, Ratricharya, Sadvritta &

Achararasayana [15 Hrs.]

Basic principles of Ayurveda – Tridosha, Saptadhatu, Trimala, PanchaMahabhuta, Prakruti&Manas; Concept and importance of Swasthavritta, Dinacharya, Ritucharya; Concept of SadvrittaandAcharaRasayana; Concept of Agni, Srotas and Ama, Concept of Dharniya and AdharniyaVega in Ayurveda; Introduction to Dravya, Guna, Karma, Virya, Vipaka and Prabhava

Unit-3: Upasthambas with Special Emphasis on Ahara [15 Hrs.]

Concept of Upasthambha; Concept of Ahara, Aharapachana, Pathya&Apathya in Ayurveda; Introduction to Shariraposhana (nourishment); Concept of Oja in Ayurveda; Role of Ayurvedic diet in health and prevention

Unit-4: Introduction to Panchakarma [15 Hrs.]

Role of Poorva and Paschat Karma in Panchakarma; Significance of Panchakarma in Ayurveda andShatkarma in Yoga; Approach of Ayurveda and Yoga as whole in relation to total health

### **Books for References :**

1. Dr.Priyavrata Sharma : Charaksamhita, ChaukhambhaOriental, Varanasi, Edition of 2008
2. Dr. Ravi duttaTripathiDr.BrahmanandTripathi : AshtangaSamgraha, Chaukhambha Sanskrit
3. Prathisthan, Delhi, Reprint edition of 2003
4. Dr. K. H. Krishnamurthy : The wealth of Susruta, International Institute of Ayurveda, Coimbatore, 1999
5. Dr. P. H. Kulkarni : Ayurvedic Philosophy, Academia Publishers, 2011
6. Dr. V. B. Athavale : Basic Principles of Ayurveda, Chaukhambha Sanskrit Prathisthan, Delhi,2004
7. Dr. L. P. Gupta : Essentials of Ayurveda, Chaukhambha Sanskrit Prathisthan, Delhi, 2006
8. Dr. G. Srinivas Acharya : Panchakarma illustrated, Chaukhambha Sanskrit Prathisthan,
9. Delhi, 2009

## **YG 5110      Science of Pranayama**

### **UNIT-1**

Mechanism of respiration and mechanism of gas exchange, Regulation of respiration; Psychophysiological effect of pranayama: changing of ratio of oxygen and carbonic acid in our body; Enabling different groups of muscles in breathing; Pranayama as respiratory pump; Reflex impact over sympathetic and parasympathetic nervous system

### **UNIT-II**

Role of Pranayama on Vital capacity, Lung Volume and Lung function. Role of Pranayama and other yoga practices on compliance, Ventilation perfusion ratio, alveolar ventilation, dead space volume and minute ventilation. Neurophysiological mechanism of Kevala, Antar and Bahir kumbhaka

### **UNIT-III**

Breath awareness, Sectional breathing, Nadishuddhi, Bhastrika, Ujjai, Cooling pranayama (Sitali, Sitkari and Sadanta), Bhramari

### **TEXT BOOK**

- Yoga for Promotion of Positive Health, by Dr R Nagarathna, Dr H R Nagendra  
Published by SVYP, 2002

### **REFERENCE BOOKS:**

- Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga  
Bharati, Mungher, Bihar, India.
- B.K.S Iyenger: Light on Pranayama, Aquarian/Thorsons, 1992

## **YG 5112      Science of Meditation**

### **UNIT I -**

- i) Introduction to Meditation: Meditation- Definitions, concepts, and basic techniques.
- ii) The purpose and intention of meditation practice from different perspectives.
- iii) Anatomical and Physiological changes in the body due to meditation practice.

### **UNIT II -**

- i) Meditation as a tool to increase self-awareness.
- i) Awareness of the energy system within the body through Visualizations and a Chakra breathing exercise.
- ii) Basics of Different Meditation Techniques, Buddhist Meditation techniques, Vedic Meditation techniques, Chinese Meditation Techniques, Jain meditation Technique, Other Meditation techniques.

### **UNIT III -**

- i) Meditation and Brain.
- ii) Meditation and brain waves.
- iii) Meditation and Ageing.
- iv) Meditation and Cognitive Functions.

### **UNIT IV -**

- i) Meditation in Yoga Texts
- ii) Concept of Dhyana in Yogopnishad, Bhagavad Gita, Gheranda Samhita and other Yoga texts.

### **Books for Reference:**

Daniel Goleman, Richard J. Davidson ((2017). Altered traits\_ science reveals how meditation changes your mind, brain, and body. ISBN: 9780399184406, Avery. Shinzen Young (2016). The Science of Enlightenment - How Meditation Works, ISBN:978-1-62203-748-3, Sounds True. ItaiIvtzan, Tim Lomas (2016). Mindfulness in Positive Psychology - The Science of Meditation and Wellbeing, ISBN: 9781138808515, Routledge William Johnston (1997). Silent Music - The Science of Meditation, ISBN: 9780823217748, Fordham Univ Press. Tang, Yi-Yuan (2017). The neuroscience of mindfulness meditation- how the body and mind work together to change our behaviour, ISBN: 978-3-319-46321-6, Palgrave Macmillan.

## **YG 5114 Asana and Alignment Principles**

### **UNIT- I**

Importance of Alignment, Principles of Alignment

### **UNIT-II:**

Body Alignment, Posture and GAIT: Gravitational effect - Posture Analysis - Postural changes during growth, Gravitational forces, Stabilization mechanisms, The Alexander and Perry technique; Stance and Motion postures - Static Stance and Sitting Postures, Dynamic postures, The walking function, Examination of Gait, Running and Jumping; Effect of Balance defects - Effects of Bipedism, Body Type and Balance defects, Aetiology of Postural faults, Physiological reaction to Postural faults; Ideal alignment, Ways to improve posture and alignment, Ideal standing, sitting, prone, supine and balancing postures

**UNIT-III:** Standing forward, backward and lateral bending postures; Sitting forward, backward and lateral bending postures; Balancing forward, backward and lateral bending postures Alignment

**UNIT:IV:** Prone forward, backward and lateral bending postures; Supine forward, backward and lateral bending postures; Inverted forward, backward and lateral bending postures

### **Books for References:**

Steiven Weiss (2019). Yoga Alignment Principles and Practice (2nd ed.), ISBN-10: 0989327221, Align by Design Yoga; Black & White, 2nd OT the Injury-Free Yoga Practice, Calgary, Alberta Canada  
Bruce Bowaditch: The Yoga Technique Guide - Principles of Alignment and Sequencing, Third Eye Press, 2015, J E Herzenberg. Principles of deformity correction, Springer publication

## **YG 5116      Holistic Health and Nutrition**

### **UNIT- I**

Holistic Health 12 Hours

- a. Concept of Holistic health
- b. Homeostasis

### **UNIT- II**

Yoga and Personality Development 12 Hours

- a. Concept of personality, Physical and Mental Personality
- b. Self-Realisation, attitude and behaviour

### **UNIT – III**

Nutrition 12 Hours

- a. Definition of Nutrition
- b. Essential Nutrients (Carbohydrates, Fat, Protein)

### **UNIT- IV**

Types of food 12 Hours

- a. Role of the Vitamins for the body
- b. Necessity of Minerals for the body

### **UNIT- V**

Diet and Malnutrition 12 Hours

- a. Balanced Diet, requirement of diet
- b. Food Poisoning and Malnutrition

### ***Books for References:***

1. Yoga it's Basis & Applications, by SVYASA Publication, Bangalore.
2. B.K.S. Iyengar Yoga : The path to Holistic Health, By BKS Iyenger, DK Publisher
3. Dietary Guideline for Indians, National Institute of Nutrition, Hyderabad
4. Dynamics of Yoga by Bihar Yoga Bharati, Munger
5. Self-Culture, by- I.K. Taimmi, Publisher-The Theosophical Publishing House, Madras
6. The secret of Self-realization, by- I.K. Taimmi, Publisher-The Theosophical Publishing House, Madras
7. Silence of Yoga, by- Swami Paramananda, Publisher- Sri Ramakrishna Math, Chennai

## **YG 5118      Yoga for common ailments**

### **UNIT-I:**

Introduction to common ailments [15Hrs.]

Introduction to stress: Physiology of stress, Psychosomatic ailments; Introduction to Yoga Therapy – AdhijaVyadhi concept, IAYT; HIV – AIDS: Cause, Pathophysiology, Clinical Features, Medical management, Yogic Management; Autoimmune disorders: Causes, clinical features, Various autoimmune disorders, Medical management, Yogic Management; Cancer: Causes, Clinical features, Side effects of Chemotherapy, radiotherapy, Medical management, Yogic Management; Anaemia: Classification of anaemia, Medical management, Yogic management

### **UNIT-II:**

Musculo-Skeletal Disorders [15Hrs]

Back Pain: Classification of back pain: organic and functional, Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical Management, Yogic Management, Neck pain: Classification, Cervical Spondylosis, Functional neck pain, Whiplash injury, Medical Management, Yogic Management; All forms Of Arthritis: Rheumatoid Arthritis: Osteoarthritis, Psoriatic Arthritis, Gout, Medical Management, Yogic Management; Muscular dystrophy: Medical Management, Yogic Management

### **UNIT-III:**

Gastro Intestinal Disorders [15Hrs]

A PD: Introduction to APD: Gastritis –Acute & Chronic, Dyspepsia, PepticUlcers:. Clinical Features, Medical Management, Yogic Management, Constipation and Diarrhoea: Definition, Pathophysiology, Clinical Features, Medical Management, Yogic Management, Irritable Bowel Syndrome: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management, Inflammatory Bowel Disease, Ulcerative colitis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management; Crohn's diseases: Definition, Pathophysiology, Classification, Clinical features, Medical Management, Yogic Management

### **UNIT-IV:**

Excretory System [15 Hrs.]

Chronic renal failure: Causes, clinical features, Medical management&Yogic Management; Renal stones: Medical management&Yogic Management; Irritable bladder, Medical Management, Yogic Management, Stress incontinence, Medical management, Yogic Management; Metabolic Disorder, Bone; Diabetes Mellitus, 1 and 2: Definition,

Pathophysiology, Classification, Clinical Features: . Medical Management, Yogic Management', Hypo and Hyper- thyroids: Definition, Pathophysiology, Classification, Clinical Features, Medical management & Yogic Management; Obesity: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management, Metabolic Syndrome: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic Management

***Books for References:***

1. Yoga for common ailments and IAYT for different diseases –R. Nagarathana,H R
2. Nagendra and ShamantakamaniNarendran
3. Yoga for common disorders- Swami KoormanandaSaraswati
4. Integrated approach of yoga therapy for positive health-R Nagaratha, HR Nagendra

**YG 5122      Yoga for Geriatric care**

**UNIT-I:**

General introduction to Geriatric Care [15 Hrs.]

**UNIT-II:**

Ageing: Causes and features, Premature ageing; [15 Hrs.]

**UNIT-III:**

Common Geriatric problems; Application of Yoga in common Geriatric problems and their prevention & management; [15 Hrs.]

**UNIT-IV:**

Research reviews on Yoga & Geriatric care [15 Hrs.]

***Books for References:***



**YG 5124      Yoga for Pain management**

**UNIT-I:** [15 Hrs.]

Back Pain: Classification of back pain: organic and functional, Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical Management, Yogic Management,

**UNIT-II:** [15 Hrs.]

Neck pain: Classification, Cervical Spondylosis, Functional neck pain, Whiplash injury, Medical Management, Yogic Management;

**UNIT-III:** [15 Hrs.]

Shoulder Pain: Classification, Shoulder impingement, Frozen Shoulder, Rotator Cuff Tear, Medical Management, Yogic Management;

**UNIT-IV:** [15 Hrs.]

All forms of Arthritis: Rheumatoid Arthritis: Osteoarthritis, Psoriatic Arthritis, Gout, Medical Management, Yogic Management; Muscular dystrophy: Medical Management, Yogic Management

***Books for References:***

- Dr R Nagarathna, Dr H R Nagendra, Yoga for Arthritis, Published by SVYP, Bangalore, 2001
- Yoga for Back Pain by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore, Bangalore, 2001

**YG 5128      Communicative English**

**UNIT-I:** [15 Hrs.]

Evolution and functions of English language

Evolution of human language, uniqueness of human language; Functions of Language: Instrumental, Regulatory; Functions of Language: Interactional, Personal; Functions of Language: Heuristic, Imaginative, Representational; English as a Global language, Michael Halliday's concept of Functionalism

**UNIT-II:** [15 Hrs.]

Acquisition of skills

Functional English: definition, conceptualization in the light of the purposes/functions of language; Acquisition of skills required to use current English in a variety of contexts, Role of students as generators of knowledge; Use of English in various text types; Functional English as a multi-focal discipline; Primary focus on communication skills: ELT (English Language Training), LSRW (Listening, Speaking, Reading Writing): Grammar, Phonetics, vocabulary building; Varieties of English: British and American.

**UNIT-III:** [15 Hrs.]

English: its application

Media: Radio, TV, Print, Formats and stylistics, Films, Web Resources, Bibliographical flair; Literature/Creative Writing: different genres, methods of analysis; Business English: Business Communication, Business vocabulary, meetings, presentations, negotiations, socialising, Biz journals and periodicals; Translation: Role of translation in the Indian/International context, Equivalence, cultural transaction, Translation in the IT era.; Sports and Entertainment: announcing, comparing, commentaries

**UNIT-IV:** [15 Hrs.]

Approaches and theories of English language

Approaches to language: Acquisition/Learning/Teaching, Grammar Translation Method; Direct Method, Audio-lingual Method; Communicative approach, Notional Functional Approach; Task-based Language Teaching; Theories: Behaviourism, Cognitivism, Social Development Theory, Cooperative Learning, Universal Grammar.

***Books for References:***

1. Nagaraj, Geetha. : English Language Teaching. Hyderabad: Orient Longman, 2008.
2. Trask R. L.: Key Concepts in language & Linguistics. London: Routledge, 2004.
3. Trask R. L.: Language the Basics. London: Routledge, 2003

4. Tickoo, M. L.: Teaching and Learning English. Orient Longman
5. Vygotsky, L. S.: Mind in Society. Cambridge: Harvard University Press
6. Richards, Jack C and Theodore S Rodgers.: Approaches and methods in language teaching
7. Cambridge: CUP, 1995.
8. Hatim, Basil and Jeremy Munday.: Translation: An Advanced Resource Book. Oxon:
9. Routledge, 2004.



**YG 5134      Yoga for Healthy Lifestyle (Ayurveda, Naturopathy And Yoga)**

**UNIT-I:** [20 Hrs.]

**Yoga , Health And Integrated Approach of Yoga Therapy**

Concept of body, Health and disease; Concept of Yoga Adhi and Vyadhi; Principle of Yoga Therapy in relation to Yoga Vasistha; Practices at PanchaKosa level Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamayakosa; Principle of Yoga Therapy in relation to Hatha Ratnavali and Gheranda Samhita

**UNIT-II:** [20 Hrs.]

**Introduction to Basic Concepts of Naturopathy**

History of Naturopathy; Principles of Naturopathy; Concept of five elements and its applications

**UNIT-III:** [20 Hrs.]

**Introduction to Basic Concepts of Ayurveda**

The four aspects of life (Soul, Mind, Senses and Body); Panchamahabhutas (the five element theory), Ahara, Vihara and Aunadhi (three pillars of Ayurveda); Concept, role and importance of – Doña, Dhatu, Mala; Updhatu, Srotas, Indriya, Agni, Präëa, Präëäyatna, Prakrti, Deha Prakrti, ManasaPrakrti; Role of Dosa, Dhatu and Mala in health and diseases; Concept of Dinacaryä (daily routine), concept of Ritucarya; Seasonal routine), Svasthavâtta and Ñävâtta in Äyurveda; Concept of TrayoUpasthambas.

***Books for References:***

1. Dr R Nagaratha and : Yoga and Health
2. Dr H R Nagendra (Swami Vivekananda Yoga Prakashana, 2000)
3. Dash, V.B. :Ayurvedic Treatment for Common Diseases Delhi Diary, 1974.