



SCHOOL OF YOGA
Kalinga institute of Industrial Technology
Deemed to be University, Bhubaneswar
Course Structure for M. A. in Yoga and Naturopathy

SEMESTER - I

Theory							
Sl. No.	Subject Code	Course Title	L	T	P	Total	Credit
1	YG 4007	Foundation of Yoga	4	0	0	4	4
2	YG 4009	Patanjali Yoga Sutra	4	0	0	4	4
3	YG 4011	Essence of Upanishads	4	0	0	4	4
Total of Theory						12	12
Practical							
Sl. No.	Subject Code	Course Title	L	T	P	Total	Credit
1	YG 4095	Asana and Pranayama- I	0	2	7	9	5
2	YG 4093	Mudra and Bandha	0	2	7	9	5
Total of Practical						18	10
Semester Total						30	22

Practical : 1.30 Hr / day for five days (including Tutorial)

SEMESTER - II

Theory							
Sl. No.	Subject Code	Course Title	L	T	P	Total	Credit
1	YG 4008	Principles of Human Anatomy and Physiology	4	0	0	4	4
2	YG 4010	Yoga Psychology and Mental Health	4	0	0	4	4
3	YG 4012	Research Methodology and Statistics	4	0	0	4	4
Total of Theory						12	12
Practical							

Sl. No.	Subject Code	Course Title	L	T	P	Total	Credit
1	YG 4096	Asana and Pranayama - II	0	2	7	9	5
2	YG 4098	Relaxation ,Meditation and Shatkriyas	0	2	7	9	5
Total of Practical						18	10
Semester Total						30	22

Practical : 1.30 Hr / day for five days (including Tutorial)

SEMESTER – III

Theory							
Sl. No.	Subject Code	Course Title	L	T	P	Total	Credit
1	YG 5007	Lights onBhagavad Gita and Yoga Vasistha	4	0	0	4	4
2	YG 5003	Fundamentals of Naturopathy	4	0	0	4	4
3	YG 5009	Hatha Yoga Texts(Hatha Yoga Pradipika, Gheranda Samhita)	4	0	0	4	4
Total of Theory						12	12
Sessional							
Sl. No.	Subject Code	Course Title	L	T	P	Total	Credit
1	YG 5081	Naturopathy	0	0	8	8	4
2	YG 5083	Teaching Technique	0	4	4	8	4
3	YG 5087	Asana and Pranayama - III	0	0	8	8	4
Total of Sessional						24	12
Semester Total						36	24

SEMESTER - IV

Theory							
Sl. No.	Subject Code	Course Title	L	T	P	Total	Credit
1	YG 5002	Yogic Management of Diseases	4	0	0	4	4
2	YG 5006	Disease Management and Nature Cure	4	0	0	4	4
3		Elective	4	0	0	4	4

Total of Theory							12	12
Sessional								
Sl No.	Subject Code	Course Title	L	T	P	Total	Credit	
1	YG 5082	Thesis and Dissertation				10	10	
Total of Sessional								10
Semester Total							22	22

List of Electives:

1. YG 5108	Basic Principles of Ayurveda	9. YG 5124	Yoga for Pain management
2. YG 5110	Science of Pranayama	10. YG 5126	Yoga for Palliative care
3. YG 5112	Science of Meditation	11. YG 5128	Communicative English
4. YG 5114	Asana and Alignment Principles	12. YG 5130	Sanskrit
5. YG 5116	Holistic Health & Nutrition	13. YG 5132	Yoga Mantra Chanting
6. YG 5118	Yoga for common ailments	14. YG 5134	Yoga for Healthy Lifestyle
7. YG 5120	Science of Cleansing Techniques (Kriya)		
8. YG 5122	Yoga for Geriatric care		

MASTER DEGREE IN YOGA AND NATUROPATHY

INTRODUCTION

The “**MASTER DEGREE PROGRAM IN YOGA AND NATUROPATHY**”, a Post Graduate Degree in Yoga and Naturopathy, is a newly born branch of study in KIIT. It begins with a view to promote the higher study and research in the field of Yogic science in the country & abroad. The study and research in this branch will immensely facilitate the physical, mental, emotional, social and spiritual health of an individual as well as the society.

1. OBJECTIVE

This is a program for alternative medicine without any reaction. Yogic science helps the body and mind to keep fit. It also facilitates for all round personality development. Yogic science is a wonderful technique in order to prevent, cure, restore and promote the health. In a University set-up, Yoga and Naturopathy education and research has an important role to play in activating intellectual pursuits of the students and teachers in moulding a peaceful and healthy living pattern for the creation of a value-based society.

2. QUALIFICATION FOR THE ADMISSION

1. Any Graduate (50%) from a recognized University and subject to medical fitness.

3. DURATION OF THE COURSE :

MA in Yoga and Naturopathy will be of two years duration containing Four Semesters. A student taking admissions in a particular Academic session has to complete the course within a

maximum period of Four consecutive Academic years from the Academic year of his/her admission.

4. COURSE STRUCTURE :

- a) One semester will be of 90 working days with a minimum of six hours of Theory and Practical classes.
- b) First two semesters will be of 22 Credits with three Theory papers and two/three Practical / Sessional in each semester. Third semester will be on 24 credit with 3 theory papers and 3 practical papers and only in the 4th semester, there will be Thesis and Dissertation along with three Theory papers.
- c) There are presently 12 Theory papers (11 Core and 1 Elective), 5 Practical and 4 Sessional spread over four semesters.
- d) Each Theory paper shall be of 4 credit and 60 hour duration in a semester.
- e) Each Practical will be of 135 hours duration (including tutorial classes) having 4 credit each.
- f) The Theory papers will usually be conducted from 10.00 AM to 4.00 PM in the day time. The medium of instruction will be English.

The Practical classes will be conducted in the morning hours from 6.30 AM to 8.00 AM from Monday to Friday.

5. EVALUATION OF COURSE ITEMS :

5.1. Theory :

Each of the Theory course will be of 100 mark consisting of Internal Assessment (50 Mark) comprising of Mid semester examination (25 Marks) and Quizzes & Assignments (25 Marks) to be conducted by the course teacher during the semester and an End semester examination (of 50 mark) to be conducted at the end of the semester by the Controller of Examinations. The Mid semester examination will be of two hour duration and the End semester examination will be of three hour duration.

5.2. Practical :

Each Practical item shall be evaluated out of 100 mark consisting of End semester Practical examination and Continuous Assessment, the details of which are as follows :

Continuous Assessment :

- Practical Attendance	:	15
- Performance throughout the semester	:	30
- Practical Record	:	15

End semester examination (Practical) :

- Test	:	20
- Demonstration	:	20

5.3 Sessional :

There are four Sessional items in the Course structure namely : Naturopathy, Teaching Techniques and Thesis & Dissertation. Each of this item will have a separate evaluation

pattern. The first two would have Continuous Evaluation throughout the semester with no End semester examination. The Thesis & Dissertation will consist of Thesis writing, Viva and Presentation. The final evaluation will be jointly carried out by an External Examiner and the Internal Supervisor.

6. GRADING SYSTEM:

A seven point grading system (GS) on a base of 10 is followed for grading in the examination categorization of these grades and their correlation shall be as below :

Qualification	Grade	Score on 100	Point
Outstanding	‘O’	100 to 90	10
Excellent	‘E’	89 to 80	9
Very good	‘A’	79 to 70	8
Good	‘B’	69 to 60	7
Fair	‘C’	59 to 50	6
Below average (Pass)	‘D’	49 to 40	5
Failed	‘F’	Below 40	2

CREDIT POINT = CREDIT X POINT for each Course item.

CREDIT INDEX (CI) = \sum CREDIT POINT of all course item in a semester.

SGPA: Semester Grade Point Average (SGPA) = CI / \sum CREDITS (for a semester) is the credit weighted average of grade points earned in all the subject items in a Semester. It indicates the performance level of a student in a particular semester.

CGPA: Cumulative Grade Point Average (CGPA) = $[\sum CI \text{ of all previous semesters up to current semester}] / [\sum CREDITS \text{ of all previous semester up to current semester}]$. It indicates the current performance level of a student.

- *Note: Letter grade “I” will be awarded in case the candidate fails to appear in the examination of any subject.*

7. ELIGIBILITY FOR APPEARING IN THE EXAMINATION :

1. A student is required to attend a minimum of 75% of the Theory classes failing which he will not be allowed to attend the End semester examination. There will be a maximum of 10% concession on health grounds or for participation in Cultural, Sports, NCC, NSS or any other Academic / Official assignments with due permission of the Competent authorities.
- Likewise a student having less attendance of 75% in Practical classes will not be allowed to appear for the Practical examination and Assessment at the end of the semester.

8. DEGREE REQUIREMENT & PROMOTION :

8.1 Degree requirement :

In order to qualify for a MA Degree in Yoga and Naturopathy from the University, a student must complete all Theory papers with a minimum of D Grade in every theory item and minimum of C Grade in every Practical and Sessional item.

8.2. Promotion :

- A student having backlogs in Theory shall have to clear the back paper examination, which will be held along with the normal End semester examination for Autumn and Spring semester, as the case may be.
- However, a student will not be promoted to the 2nd Year if he has a Grade below C in any of the Practical items in 1st& 2nd Semesters.

A student failing to achieve the required level of attendance in Practical will have to repeat the Practical sessions at a suitable time with the permission of the Competent Authority and clear the Continuous Assessment and Practical End semester examination.

M.A. IN YOGA AND NATUROPATHY

SEMESTER – I

YG 4007	Foundation of Yoga	4 Credits
Unit- I	Fundamentals of Yoga	15 Hours
	a. Definition and Origin of Yoga	
	b. History of Yoga, Relevance of Yoga in modern age,	
	c. 4 Vital paths of Yoga	
	d. Other forms of Yoga(Kundalini,Mantra,Tantra,Japa Yoga)	
Unit- II	Essence of Samkhya Philosophy	15 Hours
	a. Concept of Purusa and Prakriti	
	b. Theory and evolution of Creation	
	c. Three Gunas	
	d. Comparative study between Sankhya Philosophy and Yoga Darshan	
Unit- III	Teaching and message of Yogis	20 Hours
	a. Ramakrishna, Swami Vivekananda, RamanaMaharshi, Sri Aurobindo	
	b. Swami Yogananda, Swami Sivananda, Swami Satyananda	
	c. Swami Kouvalyananda, BKS Iyengar	
	d. Swami Nigamananda and Muni Lineage	
Unit- IV	Concept of Yoga in Jainism and Buddhism	10 Hours

Books for References:

1. Dr.Chandradhar Sharma, “Acritical Survey of Indian Philosophy, MotilalBanarasiDass Publishers.
2. Yoga as Philosophy and religion Surendranath D. Kengan P.T.T. and Co.
3. Kundalini, A cosmic Energy, by Acharya Sri KeshavDevjiMaharaj, Publisher- Vivekananda PratisthanParishad, Patparganj Road, Khureji, Delhi-110006.
4. Yogakosa, by Maheshananada Swami, KaivalyadhamA, Lonavala.
5. Bases of Yoga, by Sri Aurobindo, Published by Arya Publication House.
6. Auto Biography of PramahamsaYogananda, ParamahamsaYogananda, YogadaSatsanga.

YG 4009	Patanjali Yoga Sutra	4 Credits
Unit- I	Yoga Sutra (Samadhi Pada)	15 Hours
	a. Definition of Yoga, Chitta Bhumi, ChittaVritties, Abhyas and Vairagya, Iswara	
	b. Obstacles in the path of Yoga, Chittaprasadanam, Types of Samadhi, Samapattis	
Unit- II	Yoga Sutra (SadhanaPada)	15 Hours
	a. Kriya Yoga, Kleshas	
	b. Yama, Niyama, Asana, Pranayama, Pratyahara	
Unit- III	Yoga Sutra (BibhutiPada)	15 Hours
	a. Dharana, Dhyana, Samadhi (Samprajnata and Asamprajnata)	
	b. Application of Samyama and Various Yoga Siddhis	
Unit- IV	Yoga Sutra (KaivalyaPada)	15 Hours
	a. The Five Siddhis, Various chittas, Karmas	
	b. Process of Kaivalya	

Books for References :

1. “Four Chapters on Freedom”, Swami Satyananda Saraswati, Bihar School of Yoga, Munger.

2. Patanjali Yoga Darshan, by Bangali Baba, Publisher- Patanjali Yoga Sutras, by. Swami Kuvalayananda, Publisher- Ramkrushna Mission, Kolkota
3. Patanjali Yoga Sutra by Swami Pragnyananda

YG 4011 Essence of Upanishads (10 Major Upanishads) 4 Credits

- Unit-1: Introduction essence of Isha and Kenopanishad 15 Hrs.
 An Introduction to Upanishadic Philosophies; Antiquity of Upanishads; Prasthanatraya; Ishavasyopanishad: JnanaNishtha (Ish.1), Karma Nishtha (Ish.2), All compassion Brahman (Ish.5), Nature of Sage (Ish.6, 7), Prayer of dying Man (Ish.15); Kenopanishad: The inscrutable being (Kena-I.2, 3 ,4,6) (Kena II.2,3), Greatness of self-Knowledge (KenaII.5)
- Unit-2: Essence of Katho and Prashnapanishad 15 Hrs.
 Kathopanishad: Futility of earthly pleasure (Katha I.i.26, 27); Glory of wisdom of self (Katha I.ii.1, 5, 6, 7, 12); Atman is immortal (Katha I.ii.18); Conditions of knowing that (Katha I.ii.23,24); The Razor's edge of Jnana (Katha I.iii.14, 15); Sense knowledge is nothing (Katha II.i.1, 2); The indivisible Brahman (Katha II.i.10, 11) (Katha II.ii.2,9,11)The supreme state; Prashnapanishad: Sun, the life of creatures, The all-inclusiveness of Brahman, The state of becoming the soul
- Unit-3: Essence of Mundaka, Mandukya and Taitriya 15 Hrs.
 Mundaka: The greatness of Brahmagyda, The worthlessness of Selfish-karma, Tapas and Gurubhakti, The origin of creation, Brahman the target of, meditation, Know thyself, Everything is Brahman, Purity extolled, Force of Desire, State of moksha; Mandukyopanishad: All this is Brahman, The fourth state of being
- Unit- 4: Essence of Aitareya, Chandogya and Brihadaranyaka 15 Hrs.
 Aitareya: Everything is only that Atman, All this is Brahman only; Chandogya: The meditation on udgithaomkara, Sandilyavidya, Mystic declarations, The sacrifice of the knower, The paradox of creation, The necessity for a guru, The supreme instruction, Need for understanding, Bhumavidya, The seer's health and purity, Desires should be renounced, Know the Atman; Brihadaranyakam: A prayer of the devotee, The self is the dearest, the self is the absolute, The death of the jnana, How to know the secret Atman, The ocean of the absolute, Words are useless, The atman and its knower, The infinite Brahman, Ethics

Books for References :

1. Ten Principal Upanishads by Swami Gambhirananda, Advaita Ashram, Ramkrushna Publication, Kolkota
2. Know the Upanishads, by Ramanujaprasad, V and S Publications, New Delhi

YG 4095 -Asana and Pranayama - 1

5 Credits

Asanas

Pawanmuktasana Series-1,2& 3

Vajrasana Group of Asanas :Vajrasana, Veerasana, Marjari-asana, Shashankasana, Shashank Bhujangasana, Pranamasana, ArdhaUshtrasana, Ushtrasana

Standing Asanas : Hasta Utthanasana, Tadasana, TiryakaTadasana, Kati Chakrasana, Tiryaka Kati Chakrasana, Meru Prishthasana, Utthanasana, DrutaUtkatasana, Samakonasana, Dwikonasana, Trikonasana, UtthitaLolasana, Dolasana

Padmasana Group of Asanas: Yogamudrasana, Matsyasana, BaddhaPadmasana, Lolasana, Kukkutasana

Backward Bending Asanas: TiryakaBhujangasana, ArdhaShalabhasana, Shalabhasana, Dhanurasana, Gomukhasana

Forward Bending Asanas: Paschimottanasana, JanuSirshasana

Spinal Twisting Asanas : Meru Wakrasana, BhuNamanasana

Relaxation Asanas :Shavasana, Advasana, Jyestikasana, Makarasana, MatsyaKridasana

Meditation Asanas :Sukhasana, ArdhaPadmasana

Surya Namaskara

Pranayama:*NadiSodhana Pranayama (Normal & Alternate Nostril Breathing)**Bhramari Pranayama**Ujjayi Pranayama***YG 4093 - Mudra Bandha****5 Credits****Mudra:** *Chin Mudra, bhairava mudra, yoni mudra, shambhavi mudra, yoga mudra, maha mudra***Bandha:** *Jalandhara Bandha, Uddiyana bandha, mulabandha***YG 4008 Human Anatomy and Physiology****4 Credits**

Unit- I Introduction to the Human Body	12 Hours
a) Structure and function of cell, Outlines of body systems and their functions.	
b) The internal environment and homeostasis	
Unit- IIMuscular and Skeletal System	12 Hours
Types, structure and functions of muscles	
a) Types of joints, structure and functions of synovial joints and the vertebral column	
Unit- IIIEndocrine System and Digestive System	12 Hours
a) Kinds and functions of the endocrine glands.	
b) Structure and function of different digestive organs, progress of digestion assimilation and absorption	
Unit- IV Respiratory System and Cardiovascular System	12 Hours
a) Structure and Function of the respiratory system	
b) Blood and its components and functions, Structure and functions of heart and blood vessels.	
Unit- V Nervous System and Reproductive System	12 Hours
a) Structure and function of neuron, Central Nervous System: Brain & Spinal cord, Peripheral Nervous System, Autonomic Nervous System (Sympathetic and Parasympathetic)	
b) Female Reproductive System: External genitalia (vulva), Internal genitalia (Vagina, Uterus, Ovaries), Puberty in Female, Menstrual cycle, Menopause.	
Male Reproductive System: Scrotum, Testes, Prostate Gland, Puberty in Male.	

Books for References:

1. Principles of Anatomy and Physiology, by Gerard J. Tortora, Bryan Derrickson
2. Anatomy and Physiology for Nurses by Jaypee Brothers, JaypeePublication, New Delhi
3. Human Anatomy and Physiology by Indu&Khurana ,Jaypee Publication, New Delhi, Daryaganj

YG 4010 Yoga Psychology and Mental Health**4 Credits**

Unit- I Mental Health and Yoga Psychology	12 Hours
a. Introduction and Definition of Mental Health and Yoga Psychology	
b. Means of mental health, Positive Mental Health, Causes and consequences of conflicts and frustrations	
Unit- II Role of Yoga and Mental Health	12 Hours
a. Introduction to common mental disorders, depressive disorder, anxiety disorder	
b. Yogic Management of the above mentioned disorders and their principles	
Unit- III Concept of Personality and chakra	12 Hours
a. Indian and western Concept of Personality, synthesis between psychology and yoga towards total personality development.	

b. Types of chakra in Human body, Psychophysiology of chakra	
Unit- IV Alter states of consciousness	12 Hours
a. Stages of sleep, circadian rhythm	
b. Dreams , content of dreams, hypnosis, bio-feedback	
Unit- V Cognitive Psychology	12 Hours
a. Sensation, perception, attention, memory	
b. Learning, Intelligence; Their definitions and types	

Books for References :

1. Mind and Body, by Swami Sivananda Saraswati, Divine Life Society.
2. Kundalini Yoga, Swara yoga and Tantra Yoga, by Swami Satyananda Saraswati, Publisher- Bihar Yoga Bharati, Munger
3. Yoga Psychotherapy and its Applications, by Ganesh Shankar, Publisher.
4. Glimpses into the psychology of Yoga, by –I.K. Taimni, Publisher- The Theosophical Publishing House, Madras
5. Science of Pranayama by Swami Sivananda Saraswati, Published by the Divine Life Society, Sivananda Nagar, Rishikesh, Uttranchal
6. Kundalini Tantra, By Swami Satyananda Saraswati, Munger publication, Bihar
7. A Guide To Mental Health & Psychiatric, by Sreevani R, Jaypee Brothers Medical Publishers

YG 4006 Research Methodology and Statistics

4 Credits

Unit- I	15 Hours
Definition, Nature and Scope of Research, its Importance in yogic studies, Definition of Research problem, Criteria for Location and Selection of research problems, Types of research- Basic, Applied, Action, Analytical, Descriptive, Experimental, Creative and Qualitative.	
Unit- II	15 Hours
Hypothesis, Type of Errors in research, Concept of Population and Sampling, Various Methods of sampling, Tools and Techniques of Data collection.	
Unit- III	15 Hours
Various methods of research as Historical, Survey, Philosophical, Case study, Experimental etc. , Test construction, Method of writing Research report.	
Unit- IV	15 Hours
Definition of statistics and its Importance in the field of research, Measure of Central tendency and Variability band, their application in problems, Correlation and its application in problems, Normal Probability Curve.	

Books for References :

1. Fundamental of Statistics, by : D.N. Elhance A B.M. Agrawal, Publisher-Allahabad Kitab Mahal
2. Research Methodology, by-C.R. Kothari, Publisher-ViswaPrakashan, Delhi

YG 4096 – Asana and Pranayama- 2

5 Credits

Asanas

Vajrasana Group of Asanas :*Simhagarjanasana, Vyaghrasana, SuptaVajrasana*

Padmasana Group of Asanas:*Yogamudrasana, Matsyasana, Gupta Padmasana, BaddhaPadmasana, Lolasana, Kukkutasana*

Backward Bending Asanas:*Kandharasana, UtthanPristhasana, Setu Asana*

Forward Bending Asanas: *GatyatmakPaschimottanasana, PadaPrasarPaschimottanasana, Ardha Padma Paschimottanasana, Meru Akarshanasana, Hasta PadaAngushthasana, SirshaAngusthaYogasana, EkaPadaPadmottanasana*
 Spinal Twisting Asanas : *ArdhaMatsyendrasana, ParivrittiJanuSirshasana*
 Inverted Asanas: *Moordhasana, VipareetaKarani Asana, Sarvangasana, Halasana, DrutaHalasana*
 Balancing Asanas: *EkaPadaPranamasana, Garudasana, Natarajasana, EkaPadasana, Utthita Hasta Padangusthasana, Merudandasana, Ardha Padma Padmottanasana, Vatayanasana, Santolanasana, Vashishthasana*
 Meditation Asanas : *Siddhasana, Siddha Yoni Asana, Swastikasana, Simhasana*
 Surya Namaskar (with Mantra)

Pranayama:

NadiSodhanaPranayama(AntarKumbhak), Sheetal Pranayama, Seetkari Pranayama, Bhastrika Pranayama, Kapalbhatai Pranayama

YG 4098 Relaxation, Meditation and Satkriyas 5 Credits

JalaNeti, Sutra Neti, Kunjal, Shankhaprakshalan, Yoga Nidra, Dharana Practices

YG 5007 Lights on Bhagavad Gita and Yoga Vasistha 4 Credits

Unit- I Bhagavad Gita(Essentials) 15 Hrs

General Introduction to Bhagavad Gita (B.G.). Definitions of Yoga in Bhagavad-Gita and their relevance & Scope; Essentials of B.G from Units II, III, IV, V, VI, XII & XVII: The meanings of the terms Atmaswrupa, Stithaprajna, Sankhya Yoga, Karma Yoga, Sannyasa Yoga and Karma Swarupa (Sakama and Nishkama) etc.

Unit- II Bhagavad Gita(Essentials) 15 Hrs

Essentials of B.G (Contd.): Samnyasa, Dhyana, Nature of Dhyana, Preparation of Dhyana and Dhyana Yoga etc ; Essentials of B.G. (Contd.): Bhakti, Nature of Bhakti, Means and Goal of Bhakti-Yoga; Essentials of B.G (Contd.): The Trigunas and modes of Prakriti; Three Kinds of Faith. Food for Yoga Sadhaka, Classification of food etc. The Glory of B.G.

Unit- III Yoga Vasistha 15 Hrs

Stage of Yoga Vasistha; A Brief understanding of Vairagya prakarana, MumukshuPrakarana, Utpattiprakarana (Story of Leela), StitiPrakarana, UpashantiPrakarana(Story of Janaka) and Nirvana Prakarana (Story of BHushanda); Concept of Adhis and Vyadhis; Psychosomatic Ailments; What are the four Gatekeepers (Pillars) to Freedom?

Unit- IV Yoga Vasistha 15 Hrs

Inspirational Verses from Yoga Vasistha, The Story of HastAmalaka, Rama and Dispassion, Story of Suka – How Suka attained the Highest State of Bliss, What are the impediments 136 of Yoga? How to abandon them? Eight limbs of Meditation, Greatest Verses from Yoga Vasistha, Story of Lila; The Conclusion of Nirvana Prakarana, Summary of the Yoga Vasistha.

Books for References :

1. Holy Geeta : Swami Chinmayananda, Central Chinmayananda Mission Trust, 1992, Mumbai.
2. Swami Venkateshanada: Concise of Yoga Vasistha, State University of New York Press(1985).
3. K. Narayan Swami Aiyar : Yoga Vasistha (Laghu, The Smaller), Vista International Publisher, 2005.

YG 5003	Fundamentals of Naturopathy	4 Credits
Unit- I	Fundamental of Naturopathy	12 Hours
	a. History, Definition of Naturopathy	
	b. Concept of Panchamahabhuta	
Unit- II	Basics Principles of Naturopathy	12 Hours
	a. The Healing power of the Nature	
	b. Nature Cure is a way of life and Vital force	
Unit- III	Hydro Therapy	12 Hours
	a. Hip Bath, Spinal Bath, Steam Bath	
	b. Enema, Hot Foot Bath , Steam Inhalation	
Unit- IV	Space Therapy	12 Hours
	a. Types of Massage and its benefits	
	b. Fasting therapy- Types,	
Unit- V	Earth and fire therapy	12 Hours
	a. Mud Pack, Mud Bath	
	b. Sun Bath and its benefits	

Books for References :

1. A complete Hand Book of Nature Cure, by H.K. Bakhru, Publisher-Mumbai Jaico Publishing House
2. PrakritiChikitsya, by Dr. T.N. Shrivastava
3. The science and Art of Indian Medicines, by- G. Srinivasa Murthy, Publisher-The Theosophical Publishing House
4. Natural Health and Yoga, by Dr.BrijBhusanGoel, Published by AkhilBharatiyPrakrtikChikitsyaParisad
5. Shiastu Therapy, by –Toru NamiKoshi, Publisher-Jain Publisher (Health Theory), New Delhi
6. Practice of Nature Cure by Swami Sivananda Sarswati, Published by Divine Life Society, Sivananda Nagar, TehriGarwal, Uttaranchal
7. The Science of Natural life by jain, Published by ArogyaSewaPrakashan.
8. A Health in your hand by DevendraVora
9. Scientific Investigation of Yogic Practices by Usha Lohan.
10. Anatomy and Physiology of Yogic practices by M. M. Gore published by Ionavala.

YG 5009	Hatha Yoga Texts	4 Credits
Unit-1	Introduction to Hatha Yoga Texts	12 Hours
	a. Aim,Purpose& various limbs and their objectives of HYP	
	b. Aim,Purpose& various limbs and their objectives of GS	
	c. Basic common principles and other Commonalities between HYP and GS	

Hatha Yoga Pradipika

Unit-2	Basic principles, procedure and benefits,Classification,Mitahara, Cause of Failure and Success	
Unit-3	Asana, Kriya and pranayama,Kumbhaka,Mudra	12 Hours

Gheranda Samhita

Unit-4:	SodhanaKriyas, Asanas , Mudras	12Hours
Unit-5:	Pratyahara , Pranayama, Dhyana, Samadhi	12 Hours

Books for References :

1. Hatha Yoga Pradipika, Swami Satyananda Saraswati, Bihar School of Yoga, Munger
2. Hathapradipika of Svatomarama, Edited by Swami Digambaraji, Kaivalyadhama, SMYM Samiti, Pune
3. Gheranda Samhita : Shri Sadguru Publication, New Delhi.
4. Swami Digambaraji&Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.

YG 5002 Yogic Management of common diseases 4 Credits

Unit- I	12 Hours
a) Headache, Migraine	
b) Slipped disc and Sciatica	
Unit- II	12 Hours
a) Hypertension and Heart	
b) Bronchitis, Eosinophilia and Tonsillitis	
Unit-III	12 Hours
a) Gastro-intestinal disorder (Colitis, Acute gastro enteritis and Hepatitis)	
b) Cervical Spondylitis, Back pain	
Unit- IV	12 Hours
a) Skin disease, Psoriasis	
b) Sterility and Impotence in male	
Unit- V	12 Hours
c) Sleep Disorders, Arthritis	
d) Diabetes, Stress, Sleep disorder	

Books for References :

1. Yogic Management of Common Diseases, Swami Karmananda, Yoga Publication Trust, Munger
2. Yogic Therapies, Swami Kunalayananda, kaivalyadham Publication
3. Scientific Investigation of Yogic Therapy, by Dr. Usha Lohan
4. Yoga for the cure of common Diseases, by – Dr.Laxminarayan Sharma, Publisher-Hind Pocket Books
5. Yogic Management of Common Diseases by Swami Karmananda, Published by Yoga Publication Trust, Munger
6. Yogic and Nature Cure treatment for common ailments, Published by CCRYN, New Delhi
7. Yoga for Stress Management, By Balakrishnan
8. Yogic therapies, By swami Kunalayananda, kaivalyadham Publication
9. Yoga Therapy for Selected disease, by M.M. Gore, Dr. D.R. Vage, Dr. S. A. Kulkarni &Dr. J.P. Oak

YG 5006 Disease Management and Nature Cure 4 Credits

Unit- 1 Diseases of Ear and Nose	12 Hours
a. Ear infection, mouth ulcer, sore tongue, hearing loss, Tinnitus	
b. Nose bleeds, sinus problem, snoring	
Unit – 2 Diseases of skin	12 Hours
a. Acne, Boils, burns, Warts	
b. Corns and calluses, dandruff, Eczema	
Unit – 3 Diseases of Neuropathy	12 Hours
a. Schizophrenia, epilepsy	

b. Bell's palsy, insomnia	
Unit – 4 Immune system management	12 Hours
a. Nature therapy	
b. Herbal medicines	
Unit- 5 Acupressure and reflexology	12 Hours
a. Acupressure and acupuncture	
b. Aroma therapy	

YG 5081 Naturopathy Sessional 4 Credits

YG 5083 Teaching Technique 4 Credits

Unit 1: PRINCIPLES AND METHODS OF TEACHING YOGA 15 Hrs

Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training

Unit 2: BASICS OF YOGA CLASS MANAGEMENT 15 Hrs

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of Individualized; Teaching Techniques of group teaching; Techniques of mass instructions; Organization of teaching (Time Management, Discipline etc.)

Unit 3: LESSON PLANNING IN YOGA 15 Hrs

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications

Unit 4: EDUCATIONAL TOOLS OF YOGA TEACHING 15 Hrs

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga

Unit 5: YOGA AND VALUE EDUCATION 15 Hrs

Concept of Value, Definition of value, Types of Values; Value Oriented Education, Valueeducation and its components; Value oriented personality, Role and function of values in Society; Yoga as global value, Yoga as value and yoga as Practice; Contribution of Yoga towards the development of values

Books for References :

1. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990
2. Dr.Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
3. Dr. Shri Krishna: Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009
4. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi

5. Duggal, Satyapad : Teaching Yoga, The Yoga Institute, Santacruz, Bombay, 1985
6. Nagendra, H.R. and Nagaratna R : New Perspectives in Stress Management, V.K. Yogas, 1988
7. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990
8. Gawande, E.N.: Value Oriented Education, Sarup& Sons, New Delhi – 110002
9. Gharote, M.L.: Yoga Applied to Physical Education Lonavala; Kaivalyadhama.
10. Dr R Nagarathna& Dr H R Nagendra :Integrated Approach of Yoga Therapy for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2003

YG 5087 – Asana and Pranayama- III

4 Credits

Asanas

Padmasana Group of Asanas: Yogamudrasana, Matsyasana, Gupta Padmasana, BaddhaPadmasana, Lolasana, Kukkutasana

Backward Bending Asanas: PoornaBhujangasana, PoornaShalabhasana, PoornaDhanurasana, Chakrasana

Inverted Asanas: Sirshasana, OordhwaPadmasana

Balancing Asanas: Baka Dhyanasana, EkaPada Baka Dhyanasana, Hamsasana

Advance Group: Koormasana, Dhanurakarshanasana, Vrischikasana, Prishthasana, Mayurasana, Padma Mayurasana, Hanumanasana, Brahmacharyasana, Astavakrasana, EkaPadaSirasana, DwiPadaSirasana, Parighasana, Padma Parvatasana, Kashyapasana, Vishwamitrasana

Pranayama

NadiSodhana Pranayama (Antar& Bahir Kumbhak), Moorchha Pranayama

Surya Bheda Pranayama

Books for References :

1. Asana, Pranayama, Mudra, Bandha, by Swami SayanandaSaraswati, Publisher- Bihar Yoga Bharati, Munger
2. Yoga Nidra, By Swami Satyananda Saraswati, Publisher- Bihar Yoga Bharati, Munger
3. Yoga Wisdom and Practice, By B.K.S Iyengars Publications
4. Applied Yoga, By Dr. M. L. Gharote, Kaivalyadham Publication, Lonavala, Pune

YG 5082 Thesis and Dissertation

10 Credits

Electives 4 Credits each

YG 5108	Basic Principles of Ayurveda
YG 5110	Science of Pranayama
YG 5112	Science of Meditation
YG 5114	Asana and Alignment Principles
YG 5116	Holistic Health and Nutrition
YG 5118	Yoga for common ailments
YG 5120	Science of Cleansing Techniques (Kriya)
YG 5122	Yoga for Geriatric care
YG 5124	Yoga for Pain management
YG 5126	Yoga for Palliative care
YG 5128	Communicative English
YG 5130	Sanskrit
YG 5132	Yoga Mantra Chanting
YG 5134	Yoga for Healthy Lifestyle (Ayurveda, Naturopathy And Yoga)