

# M.Sc. YOGIC SCIENCE

## 2<sup>nd</sup> Semester

Class	Semester	Code	Course Description	Theory	Credit	Units	Hours
M.Sc. Yogic Science	2 <sup>nd</sup> Semester	DSCC 20	PATANJALAM YOGA-SUTRAM		4	4	64-80
<p><b>Introduction:</b> This course aims to familiarize the students with the fundamentals of Yoga w.s.r to Patanjali Yoga Sutra or Yoga darshan. Yoga Darshan is one of the six systems of Indian optimistic Philosophy, which is highly required for better understanding of Indian ancient Yoga culture.</p>							
<p><b>Course Objective:</b></p> <ol style="list-style-type: none"> <li>1. To understand the philosophy of Yoga.</li> <li>2. To understand the basics of yoga therapy.</li> <li>3. To explain the basic cause behind the mental ailments.</li> <li>4. To impart the knowledge of personality development and cognitive functions.</li> <li>5. To understand the concept of ancient India behind the overall human wellbeing.</li> </ol>							
<p><b>1. Introduction of Yoga Darshan:</b> Introduction to Yoga Darshana, History and development of and Yoga Darshana. Brief Introduction to Maharshi Patanjali and Introduction to Yogasūtra - Nature of Yoga science, Patanjala Yoga Sutra (P.Y.S.) - Pada (chapters and Sutra). Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra: (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-vartika). <b>SAMADHI PADA:</b> Definition of yoga, the nature of seer in pure and modified state, Concept of Chitta Bhoomis. Concept of Chitta-Vrittis and their classification, Chitta-Vritti Nirodhopaya. Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar. Chitta-Vikshepas (Antarayasa), control of citta-vikṣepa, Concept of Cittaprasādana and its associates, Relevance of Cittaprasadanam in Yoga Sadhana. Concept of Yoganushasanamm, Types of Samadhi, Concept of Samprajñāta Samādhī / Sabīja samādhī, and its classification, Asamprajñāta and its classification, Íśvaraprañidhāna - a means to attain Samādhī, Concept of Samapatti and kinds of Samapatti Ritambhara prajña and Adhyatma-prasadanam.</p>					1	1	16-20
<p><b>2. SADHANA PADA:</b> Kriya-yoga and its benefits; Classification, methods to control the Kleśas, Karmāśaya, Karma-Vipāka of kleśamūla, Heyaswarūpa, Heyahetu, Drśya and Draṣṭa-Nirupanam, Saṁyoga - Prukriti-Purusha: Nature &amp; Cause, Hānopāya, Hānaswarūpa, Vivekakhyaṭhi, Aṣṭāṅga Yoga-Yama, Niyama, Āsana, Prāṇāyāma, Pratyāhāra-Bahiraṅga Yoga, Dhāraṇā, Dhyāna, Samādhī-Antaraṅga Yoga, Concept of Yama, Niyama, Asana and Pranayama and it's Siddhis, Concept of Pratyahara and its Siddhis.</p>					1	1	16-20
<p><b>3. VIBHUTI PADA:</b> Introduction of Dharana, Dhyana and Samadhi, and its Siddhis, Three types of Chitta Parinamah, Satvapurushanyatakhyati and its Siddhis, Vivek JnanaNirupanam,</p>					1	1	16-20

Kaivalya Nirvachana, Role of Dharana, Dhyana, Samadhi and its application.			
4. <b>KAIVALYA PADA:</b> Five Types of Siddhis and Jatyantar Parinamah, Concept of Nirman Chitta and four types of Karmas, Concept of Vasanam and concept of Bahya Pradartha (external element) and its abilities, non-self-illumination of Buddhi and its function, Dharmamegha Samadhi and infinite knowledge, Mutation of Guna, Karma, Pratiprasav and Kaivalya.	1	1	16-20
<p><b>Course Outcome:</b> Upon completion of this course, students will be able to:</p> <ul style="list-style-type: none"> <li>● To classify the Ashtanga Yoga according to text</li> <li>● To comprehend the application of Patanjali Yoga Sutra in personality development and cognitive functions.</li> <li>● To apply Patanjali Yoga Sutra for human wellbeing.</li> <li>● To apply the Yogic practices of Patanjali Yoga Sutra in the management of stress</li> <li>● To enumerate the principle and significance of Patanjali Yoga Darshan.</li> <li>● To critically analyze the Yogic applications of Patanjali Yoga Sutra.</li> </ul>			
<p><b>Reference Books:</b></p> <ol style="list-style-type: none"> <li>1. SwamiVivekananda(1982), Rajayoga, Ramakrishna Ashrama Publications, Delhi</li> <li>2. Swami Ved Bharti, Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I &amp; II.</li> <li>3. B.K.S. Iyengar, Patanjala Yogasutras Parichaya, M.D.N.I.Y New Delhi, 2011</li> <li>4. Karambelkar P. V., Patanjala Yogasutra, Kaivalyadhama, Lonavala, 2005</li> <li>5. Bharati, SwamiAnant: PatanjalaYogaShastra–Ek Addhyayan, Hindi, MDNIY, NewDelhi-2007</li> </ol>			

Class	Semester	Code	Course Description	Theory	Credit	Units	Hours
M.Sc. Yogic Science	2 <sup>nd</sup> Semester	DSCC 21	ESSENCE OF YOGA FROM CLASSICAL TEXTS		4	4	64-80
<p><b>Introduction:</b> With the various ancient texts, the students will be able to understand the various ancient traditions of Hatha yoga. Which will be helpful for applications in day to day life.</p>							
<p><b>Course Objective: Students will be able to:</b></p> <ol style="list-style-type: none"> <li>1. To understand various traditions of Hatha yoga.</li> <li>2. To analyze the difference between various traditions of Hatha yoga.</li> <li>3. To apply the teachings of Hatha yoga at various levels.</li> </ol>							
<p><b>Shiva-Samhita:</b> Mukti-upaya, Yoganushasanamm, Karma, various types of energies, Nadis, Chakras, 10 types of Vayu, 4 stages of Pranayama, ideal quality of Yogi, Mudras, obstacle of practices, 4 types of Yoga, 4 category of Sadhak, Khechari.</p> <p><b>Vasishtha-Samhita:</b> Chitta, its qualities and its Vikaras, Chittachikitsa, concept of Manas, Rupa, Existence, Sadachara, Ahamkara, Jivanmukta, Relationship between jnana, indriya and vairagya.</p>					1	1	16-20
<p><b>Hatha-Ratnavali:</b> Mahayoga and its types, astakarma, chakra purification, nine kumbhakas, mudras, asanas, Bhrumadhy drusti.</p> <p><b>Siddha-Siddhanta-Paddhati:</b> Pindotpatti, Nav-Chakra Nirupan, Shodash Adhar, Ashtanga Yoga, Niruthan Prapti Upay, Yoga ki Panch Avasthaye, Mudra.</p>					1	1	16-20
<p><b>Yoga-Rahasyam:</b> Introduction of Yoga Rahasya, Asana, Pranayama Bandha and Mudra Techniques Benefits and applicability; Discipline while practicing Yoga; favorable and unfavorable for Yoga Practitioners.</p> <p><b>Yoga-Vaasishtham:</b> Salient features of Yoga Vasistha, Concept of Adhis and Vyadhis, psychosomatic ailments, the four Dwarpaals to freedom, how Sukha is attained in the highest state of bliss, practices to overcome the impediments of yoga, development of Satvaguna, Eight limbs of meditation, Jnana Saptabhumika.</p>					1	1	16-20
<p><b>Ashtanga-Hridayam-Sutrasthanam:</b> Ayushkameeya, Dincharya, Ritucharya, Roganutapadaniya, Drava, Vigyaniya, Annaswaroopa, Vijnana, Tridosha, Doshabhediya,</p>					1	1	16-20
<p><b>Course Outcome:</b> studying Hatha Yoga can lead to a holistic transformation encompassing physical, mental, emotional, and spiritual aspects of one's being, ultimately contributing to a more balanced and fulfilling life.</p>							
<p><b>Reference Books:</b></p> <ol style="list-style-type: none"> <li>1. Nathmuni's Yoga Rahasya, T.K.V. Desikachar, Krishnamacharya Yoga Mandiram Publication.</li> <li>2. Ashtanga Hridayam - Sutrasthanam - Vagbhata</li> <li>3. Yoga-Vasistham, Gita Press Gorakhpur.</li> </ol>							

Class	Semester	Code	Course Description	Theory	Credit	Units	Hours
M.Sc. Yogic Science	2 <sup>nd</sup> Semester	DSCC 22	HUMAN ANATOMY & PHYSIOLOGY - II		4	4	64-80
<p><b>Introduction:</b> Anatomy is the study of the body's structure. It is a branch of science that investigates or exists in animals and people. Mental health includes our emotional, psychological, and social well-being. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is childhood and adolescence through adulthood.</p>							
<p><b>Course Objective:</b> Become well versed in human anatomy &amp; physiology of Cell structure. systems in the body like Skeletal system, Muscular system, Digestive system, Circulatory system, Respiratory system, Excretory system, Endocrine system, Nervous system and Reproduction.</p>							
<p><b>1. BLOOD &amp; LYMPHATIC SYSTEM</b>  <b>Body fluids and blood:</b> Body fluids, composition and functions of blood, hematopoiesis, formation of hemoglobin, anemia, mechanisms of coagulation, blood grouping-Rh factor &amp; importance, transfusion, its significance and disorders of blood.  <b>Lymphatic system:</b> Lymphatic organs and tissues, lymphatic vessels, lymph circulation and functions of lymphatic system and its role in the immune system.</p>					1	1	16-20
<p><b>2. CARDIOVASCULAR SYSTEM</b>  <b>Heart</b> – Functional anatomy of heart, artery, veins, and capillaries. Blood circulation (pulmonary &amp; systemic circulations), elements of conduction system of heart and heartbeat, its regulation by autonomic nervous system, cardiac output, cardiac cycle.  Regulation of blood pressure, pulse, electrocardiogram and disorders of heart.  Relevance of cardiovascular system as per Yogic practices, asanam, Pranayama etc</p>					1	1	16-20
<p><b>3. ENDOCRINE SYSTEM</b>  Classification and importance of endocrine glands, structure and functions of pituitary gland, thyroid gland, parathyroid gland, adrenal gland, pancreas, pineal gland, thymus and their disorders.  Relevance of endocrine system as per Yogic practices</p>					1	1	16-20
<p><b>4. Urinary system:</b> Functional anatomy of urinary tract with special reference to anatomy of kidney and nephrons, functions of kidney and urinary tract, physiology of urine formation, micturition reflex and role of kidneys in acid base balance  <b>Reproductive system:</b> Anatomy of male and female reproductive system, Functions of male and female reproductive system, sex hormones, physiology of menstruation, fertilization, spermatogenesis, oogenesis, pregnancy and parturition.</p>					1	1	16-20
<p><b>Course Outcome:</b> Upon completion of this course the student should be able to:</p> <ol style="list-style-type: none"> <li>To understand the gross morphology, structure and functions of various organs of the human body.</li> <li>To learn the various homeostatic mechanisms and their imbalances through Yogic physiology basis.</li> </ol>							

3. To identify the various tissues and organs of different systems of the human body.
5. To know the coordinated working pattern of different organs of each system and their relevance in Yogic practices.
6. To apply the applied aspects of Yogic practices.

**Reference Books:**

1. Anatomy and Physiology in Health and Illness by Kathleen J.W. Wilson, 12<sup>th</sup> Edition, Churchill Livingstone, New York.
2. Physiological basis of Medical Practice by Best and Tailor. Latest Edition, Williams & Wilkins Co, Riverview, MI USA
3. Manav Sharir Rachna evam kriya Vigyan, Anant Prakash Gupta.
4. Human anatomy and physiology, Ross and Wilson, Elsevier Publication.

Class	Semester	Code	Course Description	Theory	Credit	Units	Hours
M.Sc. Yogic Science	2 <sup>nd</sup> Semester	DSCC 23	<b>PRINCIPLES OF YOGA IN UPANISHADS &amp; BHAGWAD GITA</b>		4	4	64-80
<p><b>Introduction:</b> ShriMad Bhagwad Gita is one of the most famous texts specially known for its teaching of various kinds of Yoga illustrated by Lord Shri Krishna. It is essential to read and understand the teachings of Bhagwat Gita for those who want to understand Yoga well. Dasa-Upanishads is the base of ancient Indian Culture along with the Yogopnishads; these are essential to study on the path of Yoga to render the essence of Yoga.</p>							
<p><b>Course Objective:</b> This course aims to familiarize the students with the philosophical, theoretical, and practical aspects of Yoga in the holy text Shrimad Bhagavad Gita as well as the Upanishads.</p>							
1. Brief Introduction of Ishadi-nava-upnishad.					1	1	16-20
2. Yogic Concepts in Dhyana bindu, Nadabindu, Yogopnishad, Shwetashwataropnishad, Yogachudamani, Trishikhbramanopnishad, Yogakundalyupnishad, Yogarajopnishad,					1	1	16-20
3. Introduction to Bhagavad Gita. Bhagavad Gita and traditional commentaries. Definitions of Yoga in Bhagavad Gita,. Bhagavad Gita and its relevance in Yoga Sadhana. Sithaprajnana, stages and characteristics of it. Trigunas and Nature of Prakriti. Conduct of Yogis, Structure of Yajna & its relation with Yoga, Techniques of Sadhana, Significance of Knowledge. (Fourth Chapter)					1	1	16-20
4. Concept of Sanyas, Significance of Karma in Sanyas (Fifth Chapter) Concept of Sankhya Yoga, Concept of Karama Yoga, Concept & types of karma, Concept of Dhyana Yoga, Concept of Bhakti Yoga and its relevance in day-to-day life. Role of Bhagavadgita in day-to-day life, Theory of Adjustment in healthy living as described in Bhagavad Gita, Ahara, Vihara, Achara, Vichar, Classifications of Food, Integrated life style; Bhagavad Gita perspectives. Daivasura-Sampad-Vibhaga Yoga (Chpt.XVI); Moksa-SamnyasaYoga (Chpt. XVIII)					1	1	16-20
<p><b>Course Outcome:</b> Upon completion of this course, students will be able to:</p> <ul style="list-style-type: none"> <li>● Knowledge of Principal Upnishad and Shrimad Bhagavad Gita and its fundamentals.</li> <li>● Enumerate the principle and significance of Upanishad and Shrimad Bhagavad Gita</li> <li>● Classify different types of Yoga practices explained in Upanishad and Shrimad Bhagavad Gita</li> </ul>							
<p><b>Reference Books:</b></p> <ol style="list-style-type: none"> <li>1. Bhagavad Gita, Shri Ramkrishna Math, Madras by Swami Gambhirananda</li> <li>2. Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur by Swami Ramsukhadas</li> <li>3. Ishadi Nava Upanishad - Gita Press, Gorakhpur</li> <li>4. Yogopnishads - Gita Press, Gorakhpur</li> </ol>							

Class	Semester	Code	Course Description	Practical	Credit	Units	Hours
M.Sc. Yogic Science	2 <sup>nd</sup> Semester	SEC-7	YOGIC PRACTICES FOR HOLISTIC HEALTH - II		4	4	120-1 36
<b>Introduction:</b> The objective of this course is to teach the practices to the students for the concept of holistic health and application of Yoga to maintain and sustain the holistic health.							
<b>Course Objective:</b>							
<ol style="list-style-type: none"> <li>To orient student with the practices with various Āsanas.</li> <li>To provide knowledge about the concept of various breathing practices &amp; Its variations.</li> <li>To inculcate the concept of Shatkarma related to Yogic practice.</li> <li>To teach the concept of Yogic sūkṣma and sthūla vyāyāma &amp; Yogasanas</li> </ol>							
<b>1.Recitations:</b> Om Mantra & Gayatri mantra Chanting. Hymns from Upanishada (Any Three) and Shanti mantras. <b>Shatkarma:</b> Kunjal Kriya, Vastra Dhouti, Sheetkrama and Vyutkrama Kapalbhati, Trataka & Nouli with their Subtypes.					1	1	30-34
<b>2. Surya Namaskar</b> With Mantra & Yogic Surya Namaskar (17) <b>asanams: Standing:</b> Variations of Trikonasanam & Veerbhadrasanam, Samakonasanam, Natrajasanam, Ardha Baddha Padmottanasanam. Garudasanam, PrasaritaPadaHastasanamm. <b>Sitting:</b> Dandasanam, Kagasanam, Utkatasanam, Gomukhasanam, Ushtrasanam, Shashakasanam,, mandukasanam, uttana-mandukasanam, Simhasanam, Parivritta-Janushirasanam, Garbhasanam, Brahmacharyasanam,Bhu-Namanasanamm, TiryangMukha-EkaPada & ArdhaBaddhaPadma-EkaPada-Pashchimottanasanams. <b>Twisting:</b> Side-Bend Chakrasanamm, ArdhaMatsyendrasanamm. <b>Supine:</b> Chakrasanam, Dhanurasanam, Karnpeedasanam. Naukasna, Jathar Parivartan (Basic), Halasanamm, Matsyasanamm. <b>Prone:</b> Ardha-shalabhasanam, Shalabhasanam, Sarpasanam, Makarasanam, Tiryak-bhujangasanamm, Dandasanamm. <b>Balancing:</b> Kukkutasanam, Kurmasanam, Shirshasanam, Ek-pada-angusthasanam, Vakrasanam, Ek-Pada-Skandhasanam and its benefits.					1	1	30-34
<b>3. Pranayama:</b> Sheetalī, Sheetakari Pranayama, Bahyavritti, Abhyantarvritti. Variations of Ratio in Breathing.					1	1	30-34
<b>4. Bandha &amp; Mudra:</b> Nasagra, Shanmukhi Mudra, Prana, Kaki, Vipritkarni Mudra, Jalandhara, Uddiyana & Moola. <b>5.Meditation:</b> Antarmoun, Kayasthairyam. Yoga Nidra (BSY)					1	1	30-34
<b>Course Outcome:</b> On the completion of this course students will be able to: Recite the yogic hymns or mantras. Also perform the different yogic purification techniques (Shatkarma) like neti. Illustrate various breathing exercises and meditations and classify the different Yogasanam and to know its benefits.							
<b>Reference Books:</b>							
<ol style="list-style-type: none"> <li>Hatha Yoga: Book 3: Shatkarma Paperback by Niranjana Swami Saraswati</li> <li>Asana Pranayama Mudra Bandha (APMB) by Swami Satyananda Saraswati ji, BSY</li> <li>Asanas by Swami Kuvalayananda Ji, Kaivalyadham, Lonavala.</li> <li>Light on Yoga, B.K.S. Iyengar</li> </ol>							

Class	Semester	Code	Course Description	Practical	Credit	Units	Hours
M.Sc. Yogic Science	2 <sup>nd</sup> Semester	Intern-Ship - 4	YOGIKA-VYAYAMAH		2	4	64-80
<p><b>Introduction:</b> This course will be beneficial for the students in terms of holistic management of human health. To attain and maintain holistic health. The course will increase the ability to sustain social, mental &amp; physical health.</p>							
<p><b>Course Objective:</b></p> <ol style="list-style-type: none"> <li>To help the students to understand the various traditions developed by the time and need of the society.</li> <li>Various types of practices just to attain physical and mental health.</li> <li>Specific Yogic practices for specific organs or part of the body.</li> </ol>							
1.Pawanmuktabhayasa-1, 2,					.5	1	16-20
<p><b>2. Yogic Sukshma Vyayam:</b>  Uchcharan Sthal &amp; vishuddhi Chakra Shuddhi kriya,  Dhriti Shakti Vikasak Kriya, Smaran Shakti Vikasak Kriya,  Medha Shakti Vikasak Kriya Netra shakti Vikasak Kriya  Kapol Shakti Vikasak Kriya Karn Shakti Vikasak Kriya  Griva shakti Vikasak Kriya (1,2,3) Skandh Shakti Vikasak Kriya  Bhuj-Bandh Shakti Vikasak Kriya Kuhani Shakti Vikasak Kriya  Bhuj-Balli Shakti Vikasak Kriya Poorna Bhuj Shakti viakasak Kriya  Manibandha Shakti Vikasak Kriya Kar-Prishtha Shakti Vikasak Kriya  Kar-tal Shakti Vikasak Kriya</p>					.5	1	16-20
<p>3.Anguli-Mool Shakti Vikasak Kriya Anguli Shakti Vikasak Kriya  Vaksh-Sthal Shakti Vikasak Kriya (1,2) Udar Shakti Vikasak Kriya  (1,2,3,4,5)  Udar Shakti Vikasak Kriya (6,7,8,9,10) Kati Shakti Vikasak Kriya  (1,2,3,4,5)  Jangha Shakti Vikasak Kriya (1,2) Janu Shakti Vikasak Kriya  Pindali Shakti Vikasak Kriya Paad-Mool Shakti Vikasak Kriya  Gulf, Paad-prishtha, Paad-tal, Shakti Vikasak Kriya Padanguli Shakti  Vikasak Kriya</p>					.5	1	16-20
<p><b>4. Yogic Sthool Vyayam</b>  Rekhagati Hridgati (Engine Run) Utkurdan (Jumping) Urdhvagati  Sarvangpushti  <b>Pranayama:</b> Pranakarshan Pranayama, Savitri Pranayam,</p>					.5	1	16-20
<p><b>Course Outcome:</b> On the completion of this course students will be able to:</p> <ol style="list-style-type: none"> <li>The practice of Pawanmukta abhyas.</li> <li>Perform the different Yogic join movement techniques (Sookshma Vyayam).</li> <li>Illustrate various Sukshma and Sthool Vyayam and breathing exercises.</li> </ol> <p>Classify the different Sukshma and Sthool Vyayam and to know its benefits.</p>							
<p><b>Reference Books:</b></p> <ol style="list-style-type: none"> <li>Yogic Sukshma Vyayam, Dhirendra Brahmchari, Dhirendra Yog Prakashan.</li> </ol>							



Class	Semester	Code	Course Description - Practical	Credit	Units	Hours
M.Sc. Yogic Science	2 <sup>ND</sup> Semester	Intern ship-4	YOGIC INTERNSHIP-IV	4	1	120-1 32
<b>Introduction:</b> After studying Yoga and its application, it is of utmost important to get an acquaintance of the subject.						
<b>Course Objective:</b>						
1. Internships provide hands-on experience that allows individuals to apply theoretical knowledge						
2. Internships offer a platform for individuals to develop and refine specific skills relevant to their field of study or career goals.						
3. Internships offer individuals the opportunity to explore different career paths within the field of Yoga and health, helping them clarify their career goals and interests.						
1. In house Internship				4	1	64-80
2. Field Internship.						
3. Computer Laboratory and Yogic Laboratory						
4. Applied Research associations and Research related Internship						
<b>Course Outcome:</b> After the completion of this subject the students will be able to believe himself to generalize the yogic teaching to the common populations. Also, they will get the experiential knowledge to the application part of theoretical teachings.						

**Note: Internship = 4 Credits + Course (2 credits) = 06 Credits**