

B.Sc. YOGIC SCIENCE

2nd Semester

Class	Semester	Code	Course Description	Theory	Credit	Units	Hours
B.Sc. Yogic Science	2nd Semester	DSCC-3	ESSENCE OF BHAGAVAD GITA		4	4	64-80
Introduction: 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.							
Course Objective: This course aims to familiarize the students with the philosophical aspects of Yoga in the holy text Shrimad Bhagavad Gita.							
1. Introduction to Bhagavad Gita. Bhagavad Gita and traditional commentaries. Significance of Bhagavad Gita and its essence. Definitions of Yoga in Bhagavad Gita and their relevance. Bhagavad Gita and their relevance in Yoga Sadhana. Concept of Sankhya & Karma Yoga					1	1	16-20
2. Sthita-prajnana, stages and characteristics of it. The vast form of the God and cosmic consciousness Atman (Purusha), Jivatman, Paramatman (Parmeshwar or Purushottam) their characteristics. Trigunas and Nature of Prakriti. Concept of Dhyan & Bhakti Yoga Theory of Adjustment in healthy living as described in Bhagavad Gita, Ahara, Vihara, Achara, Vichar, Classifications of Food, Bhagvad Gita perspectives.					1	1	16-20
Recitation of Bhagavad-Gita (Chapter No. 2, 3, 6, 12, 14) with right Pronunciation. Roman Transliteration of Devanagari Script & Application of the same to Write shlokas.					1	1	16-20
Textual Immersions of Bhagavad-Gita: Chapter 3, 6. Shloka, Prati-padartha, Sangati, Anvaya, Vakya-Yojana, Bhavartha.					1	1	16-20
Course Outcome: Upon completion of this course, students will be able to: <ul style="list-style-type: none"> • Knowledge of Shrimad Bhagavad Gita and its fundamentals • Enumerate the principle and significance of Shrimad Bhagavad Gita • Classify different types of Yoga practices explained in Shrimad Bhagavad Gita 							
Reference Books: <ol style="list-style-type: none"> 1. Bhagavad Gita, Shri Ramkrishna Math, Madras by Swami Gambhirananda 2. Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur by Swami Ramsukhadas 							

Dr. Dhaneesh. P.V.
(Convenor)

B.Sc.- BoS - 30/01/2024

Central Sanskrit University, New Delhi

Academic Year 2023-24

Class	Semester	Code	Course Description	Theory	Credit	Units	Hours
B.Sc. Yogic Science	2nd Semester	DSCC- 4	HUMAN ANATOMY AND PHYSIOLOGY - II		4	4	64-80
Introduction: Anatomy is the study of the body's structure and physiology is the study of its functions. It is a branch of science that investigates or exists in animals and people. The study of these two is to give an idea how it is structured and how it works.							
Course Objective: Become well versed in human anatomy & physiology of respiratory system, Mechanism of Respiration, Blood and Lymphatic system in the body.							
1. RESPIRATORY SYSTEM Gross anatomy of respiratory system with special reference to functional anatomy of nasal cavity, Pharynx, Larynx, Trachea, Bronchus, Lungs and Alveoli.					1	1	16-20
2. Mechanism of respiration, regulation of respiration. types of respiration. Lung Volumes and capacities transport of respiratory gases, artificial respiration, and resuscitation methods.					1	1	16-20
3 BLOOD Body fluids, composition and functions of blood, hematopoiesis, formation of hemoglobin, anemia, mechanisms of coagulation, blood grouping-Rh factor & importance, transfusion, its significance and disorders of blood.					1	1	16-20
4. LYMPHATIC SYSTEM: Lymphatic organs and tissues, lymphatic vessels, lymph circulation and functions of lymphatic system and its role in the immune system.					1	1	16-20
Course Outcome: Upon completion of this course the student should be able to: <ol style="list-style-type: none"> To understand the gross morphology, structure and functions of various organs of the human body. To learn the various homeostatic mechanisms and their imbalances through Yogic physiology basis. To identify the various tissues and organs of different systems of the human body. To know the coordinated working pattern of different organs of each system. 							
Reference Books: <ol style="list-style-type: none"> Anatomy and Physiology in Health and Illness by Kathleen J.W. Wilson, 12th Edition, Churchill Livingstone, New York. Physiological basis of Medical Practice by Best and Tailor. Latest Edition, Williams & Wilkins Co, Riverview, MI USA Manav Sharir Rachna evam kriya Vigyan, Anant Prakash Gupta. Human anatomy and physiology, Ross and Wilson, Elsevier Publication. 							

27/02/24

Class	Semester	Code	Course Description	Theory	Credit	Units	Hours
B.Sc. Yogic Science	2nd Semester	DSCC- 5	HATHA YOGIC TEXTS		4	4	64-80
Introduction: To know the modern and detailed practices of Hatha Yoga, it is mandatory to learn the Gherand Samhita and Hatha Yoga Pradipika.							
Course Objective:							
<ol style="list-style-type: none"> 1. To enable them to understand the modern Hatha yoga Practice. 2. To impart the knowledge of Yogic Diet, Causes of failure and success in Hatha Practice. 3. To help them to understand the knowledge of what not to do in hatha Practices. 4. To help them to understand the process of preparation of Packages as per the demand of Sadhaka. 							
1.Greatness of Hatha Yoga, Hatha Yogi Parampara, Importance of Hatha and its secrecy. Place of Hatha yoga practice, Destructives (Badhak Tattva) and constructive (Sadhak Tattva) of Hatha Yoga. (According to G.S. & H.P.)					1	1	16-20
2. asanam- techniques, benefits and precautions. Mitahara, Pathya and Apathya, Pranayama (Kumbhakas) – Techniques, Benefits and Precautions of Pranayama, Nadishuddi, Duration and time for Pranayama practice, gradation of Pranayama. (According to G.S. & H.P.)					1	1	16-20
3. Shat-Kriyas according to G.S. & H.P. Hatha-siddhilakshanam, Kundalini as base for all Yoga. Results of Kundalini Prabodhana, Synonyms for Sushumna.					1	1	16-20
4. Mudras and Bandhas - techniques, benefits and precautions of practices. (According to G.S. & H.P.) Kandaswarupa. Methods of Samadhi Practice, Synonyms for Samadhi, Rajayoga, Relationship between Hatha Pradipika and Rajayoga, Shambhavamudra, Unmani, Manonmani, Nada and Nada-nusandhana, Four stages of Nadanusandhan.					1	1	16-20
Course Outcome: Student will be able to							
<ol style="list-style-type: none"> 1. To know the fundamentals of Hatha Yogic practices 2. To understand difference in Hatha Yoga practices as per various Hatha Yoga texts 3. To apply Hatha yoga practices in the management of diseases. 4. To introduce the value and insights of Hatha Yogic texts for persons with special need 							
Reference Books:							
<ol style="list-style-type: none"> 1. Hatha Yoga Pradeepika – Yogi Swami Swatmarama, Kuvalyananda Ji, Kaivalyadhama 2. Gherand Samhita – Maharishi Gheranda, Swami Niranjanananda Saraswati ji, BSY. 							

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Class	Semester	Code	Course Description	Practical	Credit	Units	Hours
B.Sc. Yogic Science	2nd Semester	SEC-2	HEALTH AND WELLNESS YOGIC PRACTICES - I		4	4	120-136
Introduction: 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.							
Course Objective: <ol style="list-style-type: none"> 1. To orient student with the practices with various Āsanas. 2. To provide knowledge about the concept of various breathing practices & Its variations. 3. To inculcate the concept of Shatkarma related to Yogic practice. 4. To teach the concept of Health Benefits and Counter Asana. 							
1. Recitations: Hymns of Veda and Upanishads (Any Three), Shanti Mantra. Shatkarma: Agni Sara Dhauti. Bahya Trataka, Preparatory practice of Nauli Kriya. Ganesh Kriya (Thoppukaranam)					1	1	30-34
2. Asanam: Variation of Surya Namaskar with Mantra, Pawanmuktasana-1 Standing: Parivritta-Trikonasanam, Parshvakonasanam, Garudasanam, Utkatasanam. Sitting: Dandasanam, Swastikasana, Padmasanam, Kagasanam, Utkatasanam, Gomukhasanam, Ushtrasanam, Shashakasanam, Bhu-Namanasanam, Baddha-konasanam (Titliasanam), Gomukhasanam, Akarn-dhanurasanam, Paschimottanasanam With Variations. Twisting: Marichyasana-1, Bhardwajasana, Side-Bend Chakrasana Supine: Setubandhasana, Matsyasana, Shavasana Halasana, Matsyasana. Prone: Ardha-Shalabhasana, Shalabhasana, Sarpasana, Makarasana, Tiryak-bhujangasana, Dandasana. Balancing: Bakasana, Natarajasana, Vakrasana, Ek-Pada-Skandhasana Its origin, benefits, similar practices and counter practices as well as health benefits of the practices.					1	1	30-34
3. Pranayama: Surya-bhedha & Nadi Shodhana Pranayama, (Anuloma-Viloma Prāṇāyāma) its variation, similar Practices and health benefits.					1	1	30-34
4. Bandha: Tri-bandha Mudra: Shanmukhi & Shambhavi Mudra its benefits. Meditation: Practice of Meditative Asanas.					1	1	30-34
Course Outcome: <ol style="list-style-type: none"> 1. Recite the yogic hymns or mantras 2. Perform the different yogic purification techniques (Śatkarmas) like Trataka 3. Illustrate various breathing exercises and Surya Namaskara with Mantra 							

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4. Classify the different Yogāsanas with proper breathings.

Reference Books:

1. Hatha Yoga: Book 3: Shatkarma Paperback by Niranjananda Swami Saraswati
2. Asana Pranayama Mudra Bandha (APMB) by Swami Satyananda Saraswati ji, Bihar School of Yoga.
3. Asanas by Swami Kuvalayananda Ji, Kaivalyadham, Lonavala.
4. Mudras & Health Perspectives (MARATHI) (Marathi) by Suman K. chipplunkar (Author), Mrs.Nila Kachole
5. Light on Yoga, B.K.S. Iyengar, Harper Thorsons
6. YogaMala, Sri. K. Pattabhi Jois, North Point Press, New York.

Class	Semester	Code	Course Description	Credit	Units	Hours
B.Sc. Yogic Science	2 ND Semester	Intern ship-1	YOGIC INTERNSHIP-I	6	1	96- 120
Introduction: After studying Yoga and its application, it is of utmost important to get an acquaintance of the subject.						
Course Objective:						
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				6	1	96- 120
2. Field Internship.						
3. Computer Laboratory and Yogic Laboratory						
4. Applied Research associations and Research related Internship						
Course Outcome: 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 = 2 Credits + Course (4 credits) = 06 Credits

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26/01/24
27/02/24

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