

B.Sc. YOGIC SCIENCE

3rd Semester

| Class | Semester | Code | Course Description | Theory | Credit | Units | Hours |
|---|--------------------------|--------|--------------------|--------|--------|-------|-------|
| B.Sc. Yogic Science | 3 rd Semester | DSCC-6 | YOGA DARSHANAM - I | | 4 | 4 | 64-80 |
| Introduction: To acquaint the students with the fundamentals of Yoga according to Patanjala 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. | | | | | | | |
| Course Objective: <ol style="list-style-type: none">1. To understand the philosophy of Yoga.2. To understand the traditional commentaries of Patanjala Yoga Sutra3. To impart the knowledge of nature of chitta and its significance in yoga sadhana.4. To understand the concept of samadhi and its classifications. | | | | | | | |
| 1. Introduction of Yoga Darshan: 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). | | | | | 1 | 1 | 16-20 |
| 2. SAMADHI PADA: 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 (Antarayas), control of citta-viksepa, Concept of Cittaprasādana and its associates, Relevance of CittaPrasadanam in Yoga Sadhana. | | | | | 1 | 1 | 16-20 |
| 3. Concept of Yoganushasanamm, Types of Samadhi, Concept of Samprajñāta Samādhī / Sabīja samādhī, and its classification, Asamprajñāta and its classification, Iśvarapraṇidhāna - a means to attain Samādhī, Concept of Samapatti and kinds of Samapatti Ritambhara prajña and Adhyatma-prasadanam. | | | | | 1 | 1 | 16-20 |
| SADHANA PADA: Kriya-yoga and its benefits; Classification, methods to control the Kleśas, Karmāśaya, Karma-Vipāka of kleśamūla, Heyaswarūpa, Heyahetu, Drśya and Draṣṭa-Nirupanam, Saṁyoga - Prakriti-Purusha: Nature & Cause, Hānopāya, Hānaswarūpa, Vivekakhyāthi, Aṣṭāṅga Yoga-Yama, Niyama, Āsana, Prāṇāyāma, Pratyāhāra-Bahiraṅga Yoga, Dhāraṇā, Dhyāna, Samādhī-Antaraṅga Yoga, Concept of Yama, Niyama, Asanas and Pranayama and it's Siddhis, Concept of Pratyahara and its Siddhis. | | | | | 1 | 1 | 16-20 |
| Course Outcome: Students will be able to: | | | | | | | |

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(Convener)

1. To interpret the Patanjala Yoga Sutra from different commentaries.
2. To comprehend the application of Patanjali Yoga Sutra in Yoga sadhana.
3. To enumerate the principle and significance of chitta.
4. To cognize the concept and nature of samadhi.

Reference Books:

1. Swami Vivekananda (1982), Rajayoga, Ramakrishna Ashrama Publications, Delhi
2. Swami Ved Bharti, Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II.
3. B.K.S. Iyengar, Patanjali Yogasutras Parichaya, M.D.N.I.Y New Delhi, 2011
4. Karambelakar P. V., Patanjala Yogasutra, Kaivalyadhama, Lonavala, 2005
5. Bharati, Swami Anant: Patanjala Yoga Shastra—Ek Addhyayan, Hindi, MDNIY, New Delhi-2007.
6. Swami Satyananda Saraswati, Four Chapters on freedom: Commentary on The Yoga Sutras of Sage Patanjali, Munger, Yoga Publication Trust, Bihar.

27/02/24

| Class | Semester | Code | Course Description | Theory | Credit | Units | Hours |
|--|-----------------------------|------------|-------------------------------------|--------|--------|-------|-------|
| B.Sc. Yogic Science | 3 rd Semester | DSCC- 7 | HUMAN ANATOMY AND PHYSIOLOGY-III | | 4 | 4 | 64-80 |
| <p>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.</p> <p>Course Objective: Become well versed in human anatomy & physiology of Cardiovascular system, Endocrine System, Urinary system and reproductive system in the body.</p> | | | | | | | |
| 1. CARDIOVASCULAR SYSTEM | | | | | 1 | 1 | 16-20 |
| <p>Heart – Functional anatomy of heart, artery, veins, and capillaries. Blood circulation (pulmonary & systemic circulations), elements of conduction system of heart and heartbeat, its regulation by autonomic nervous system, cardiac output, cardiac cycle.</p> | | | | | | | |
| 2. ENDOCRINE SYSTEM | | | | | 1 | 1 | 16-20 |
| <p>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.</p> | | | | | | | |
| 3. URINARY SYSTEM: 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 | | | | | 1 | 1 | 16-20 |
| 4. REPRODUCTIVE SYSTEM: 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. | | | | | 1 | 1 | 16-20 |
| <p>Course Outcome: Upon completion of this course the student should be able to:</p> <ol style="list-style-type: none"> 1. To understand the gross morphology, structure and functions of various organs of the human body. 2. To learn the various homeostatic mechanisms and their imbalances through Yogic physiology basis. 3. To identify the various tissues and organs of different systems of the human body. <p>To know the coordinated working pattern of different organs of each system.</p> | | | | | | | |
| <p>Reference Books:</p> <ol style="list-style-type: none"> 1. Anatomy and Physiology in Health and Illness by Kathleen J.W. Wilson, 12th Edition, Churchill Livingstone, New York. 2. Physiological basis of Medical Practice by Best and Taylor. 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. | | | | | | | |

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| Class | Semester | Code | Course Description | Theory | Credit | Units | Hours |
|--|--------------------------|-----------|------------------------------|--------|--------|-------|-------|
| B.Sc. Yogic Science | 3 rd Semester | DSE-2 (A) | ESSENCE OF YOGA IN UPANISHAD | | 4 | 4 | 64-80 |
| Introduction: The Upanishads contain many direct and indirect references to Yoga. They are the base of ancient Indian Culture. Dasa-upanishads along with the Yogopanishads are essential to study on the path of Yoga to render the essence of Yoga. | | | | | | | |
| Course Objectives: This course aims to acquaint the students with the philosophical, theoretical, and practical aspects of Yoga in the Dasa-upanishads as well as Yogopanishads. | | | | | | | |
| 1. Brief Introduction and Yogic concepts in Isavasyopanishad, Kenopnishad, Kathopnishad, Prashnopnishad, | | | | | 1 | 1 | 16-20 |
| 2. Brief introduction and Yogic concepts in Mundakopanishad, Mandukyopanishad, Taittiriyaopnishad, Aittariyaopnishad, | | | | | 1 | 1 | 16-20 |
| 3. Brief Introduction and Yogic Concepts in Chandogyaopnishad, Brihadaranyakopnishad. DhyanaBindu, Nadabindu, Yogatatvopnishad, | | | | | 1 | 1 | 16-20 |
| 4. Brief Introduction and Yogic Concepts in Shwetashwataropnishad, Yogachurnamani, Trishikhbramanopnishad, Yogakundalyopnishad, Yogarajopnishad | | | | | 1 | 1 | 16-20 |
| Course Outcome: Upon completion of this course, students will be able to: <ol style="list-style-type: none"> 1. Interpret the fundamentals of yoga which are deep rooted in the upanishads. 2. Enumerate the principle and significance of Upanishad. 3. Cognize different types of Yogic practices described in the Upanishads. 4. Critically analyze the concepts in both dasa-upanishads as well as yogopanishads. | | | | | | | |
| Reference Books: <ol style="list-style-type: none"> 1. Upanishad Sangraha- Jagadish Shastri, Motilal Banarsidas, Varanasi, Delhi. 2. The Essence of Principal Upanishads - Swami Sivananda, Divine Life Society. 3. The Principal Upanishads- Swami Nikhilananda, Courier Corporation. 4. 108 Upanishad - Sadhana Khand - Pt. Sriram Sharma Acharya, Shantikunj, Haridwar. 5. 108 Upanishad - Brahma Vidya Khand - Pt. Sriram Sharma Acharya, Shantikunj, Haridwar. 6. 108 Upanishad - Jnana Khand - Pt. Sriram Sharma Acharya, Shantikunj, Haridwar. 7. Message of Upanishads- Swami Raghunathananda, Bharatiya Vidya Bhavan, Bombay. | | | | | | | |

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| Class | Semester | Code | Course Description | Theory | Credit | Units | Hours |
|---|-----------------------------|--------------|----------------------------------|--------|--------|-------|-------|
| B.Sc. Yogic Science | 3 rd Semester | DSE-2 (B) | AYURVEDASYA BHASHA SAMSKRITAM | | 4 | 4 | 64-80 |
| Introduction: To have proficiency in yoga, it is good to gain some basic knowledge about ayurveda which has profound roots of Sanskrit. Precise understanding of classical texts of Ayurveda is challenging and requires knowledge of Sanskrit. Here is an attempt to give knowledge of both ayurveda as well as Sanskrit to the student. | | | | | | | |
| Course Objective: <ol style="list-style-type: none"> 1. To understand the true means of Indic treasures hidden in classical texts. 2. To comprehend the essence of classical texts of ayurveda. 3. To perceive the knowledge of Sanskrit words used in the ayurveda texts. 4. To impart the language of Sanskrit to read, write and speak. | | | | | | | |
| Declaration -of the following words in cases – Rama, Hari, Guru,Lata, Mati, Dhenu, Phala, Vari, Gau,Asmad, Yushmad, Tad, Kim. Kriyapada in Sanskrit – Classification, Lakaras, Purushas, Vachanas. Declaration of the following root words in Lat, Lan, Lrt, Lot and Vidhi Lin – Bhu, Vad, Kr. | | | | | 1 | 1 | 16-20 |
| Nipatas- Cha, Va, Api, Kim, Chiat, Ma Chana, Sma. Elementary knowledge of voices in Sanskrit – Active, Passive, Impersonal. Compound words – Tatpurusha, Karmadharaya, Dvigu, Dvandva, Bhahuvrihi, Avyayibhava, Karakas – its use in Sanskrit | | | | | 1 | 1 | 16-20 |
| Chapter no. 1 to 11 (Ayurvedasya Bhasha Samskritam Part 1 SPF) | | | | | 1 | 1 | 16-20 |
| Chapter no. 12 to 20 (Ayurvedasya Bhasha Samskritam Part 1 SPF) | | | | | 1 | 1 | 16-20 |
| Course Outcome: <ol style="list-style-type: none"> 1. Understand the basics of Sanskrit. 2. Understand classical texts of ayurveda. 3. Acquaint Sanskrit words used in the ayurveda texts. 4. To read, write and speak in Sanskrit. | | | | | | | |
| Reference Books: <ol style="list-style-type: none"> 1. Ayurvedasya Bhasha Samskritam, Part 1, Samskrit Promotion Foundation. | | | | | | | |

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| Class | Semester | Code | Course Description | Practical | Credit | Units | Hours |
|---|-----------------------------|--------|--------------------|-----------|--------|-------|---------|
| B.Sc. Yogic Science | 3 rd Semester | AECC-3 | YOGIC PRACTICES-II | | 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: | | | | | | | |
| 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 asanam. | | | | | | | |
| 1. Recitation: Om Mantra & Gayatri mantra Chanting. Hymns from Upanishada (Any Three) and Shanti mantras and its health benefits. Shatkarma: Kunjal Kriya, Bahya Trataka, Sheetkrama and Vyutkrama Kapalabhati, Bhamaka-Nouli. | | | | | 1 | 1 | 30-34 |
| 2. asanam: Pavanmuktasanam-2 Standing: Variations of Trikonasanam, Veerbhadrasanam, Dwikonasanam, Samkonasanam, Prasarit-Padottanasanam. Sitting: Mandukasanam, Uttana-mandukasanam, Simhasanam, Parivritta-Janushirasanam, Garbhasanam, Brahmacharyasanam, Tiryak-mukh-Ek-Pada & Ardha-Baddha-Padma-Ek-Pada Paschimottansanas. Supine: Chakrasanam, Dhanurasanam, Karnapidasanam. Prone: Sarpasanam, Makarasanam, Tiryak-bhujangasanam, Bhujangasanam, Dhanurasanam, Jathara-Parivartanam (Basic) Twisting: Marichyasanam-3, Markatasanam with Variations. Balancing: Kukkutasanam, Kurmasanam, Shirshasanam, Eka-pada-angusthasanam, Vakrasanam, Ek-Pada-Skandhasanam, its Counter.. | | | | | 1 | 1 | 30-34 |
| 3. Pranayama: Sheetali Pranayama, Sheetkari Pranayama, Bahyavritti, Abhyantarvritti. Variations of Ratio in Breathing. | | | | | 1 | 1 | 30-34 |
| 4. Bandha & Mudra: Nasagra, Shambhavi Mudra, Prana, Mahamudra, Kaki Mudra, Tri-bandha, Mahabandha. Meditation: Antarmoun, Kayasthairyam, Soham Japa, Yoga Nidra. | | | | | 1 | 1 | 30-34 |
| Course Outcome: | | | | | | | |
| 1. Recite the yogic hymns or mantras. 2. Perform the different yogic purification techniques (Śatkarmas) like Kapalabhati 3. Illustrate various breathing exercises and meditations. 4. Classify the different Yogāsanas and to know its benefits. | | | | | | | |
| Reference Books: | | | | | | | |
| 1. Hatha Yoga: Book 3: Shatkarma Paperback by Niranjananda Swami Saraswati 2. Asana Pranayama Mudra Bandha (APMB) by Swami Satyananda Saraswati ji, BSY. 3. Asanas by Swami Kuvalayananda Ji, Kaivalyadham, Lonavala. 4. Mudras & Health Perspectives (MARATHI) (Marathi) by Suman K. chiplunkar (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. | | | | | | | |

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