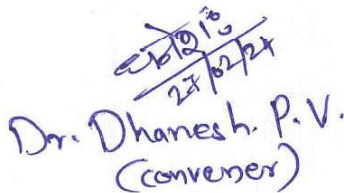


# B.Sc. YOGIC SCIENCE

## 4<sup>th</sup> Semester

Class	Semester	Code	Course Description	Theory	Credit	Units	Hours
B.Sc. Yogic Science	4 <sup>th</sup> Semester	DSCC-8	SAMKHYA PHILOSOPHY		4	4	64-80
<b>Introduction:</b> Samkhya and Yoga are two interdependent philosophies of Indian mythology. Those who are interested in deeper understanding of Yoga must read and understand Samkhya Yoga Simultaneously.							
<b>Course Objective:</b> <ol style="list-style-type: none"> <li>1. To grasp the knowledge of Samkhya philosophy.</li> <li>2. To acquaint the metaphysics and the theory of evolution of Samkhya.</li> <li>3. To describe the relation between Prakriti and purusha.</li> <li>4. To cognize the concept of Satkaryavada.</li> </ol>							
Introduction to Samkhya and Yoga Darshana, History and development of Samkhya and Yoga Darshana.					1	1	16-20
2. Theory of Evolution and Meta-physics of Samkhya, concept and classification of Dukha and Vivek-Jnana, Vyakt and Avyakt.					1	1	16-20
3. Concept of Triguna, Prakriti, Purusha and Apavarga (Moksha) according to Samkhya Darshan.					1	1	16-20
4. Satkaryavada, Jivan-mukta, Manas, Mahat, Ahamkara and Theory of 25 elements.					1	1	16-20
<b>Course Outcome:</b> Upon completion of this course, students will be able to: <ol style="list-style-type: none"> <li>1. Distinguish the difference between the samkhya and yoga darshana.</li> <li>2. Expound the ideology and evolution of samkhya theory.</li> <li>3. Explicate the relation of purusha and prakriti.</li> <li>4. Unravel the relation of manas, mahat and ahamkara.</li> <li>5. Understand the concept of satkaryavada.</li> </ol>							
<b>Reference Books:</b> <ol style="list-style-type: none"> <li>1. Swami Digambara Ji and others Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012.</li> <li>2. Swami Virupaksananda Samkhyakarika of Isvarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995.</li> </ol>							

  
 Dr. Dhamesh P. V.  
 (convenor)

Class	Semester	Code	Course Description	Theory	Credit	Units	Hours
B.Sc. Yogic Science	4 <sup>th</sup> Semester	DSCC-9	YOGA DARSHANAM - II		4	4	64-80
<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.							
<b>Course Objective:</b> <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> </ol>							
<b>1. VIBHUTI PADA:</b> Introduction of Dharana, Dhyana and Samadhi, and its Siddhis, Three types of Chitta Parinamah,					1	1	16-20
<b>2.</b> Satvapurushanyatakhyati and its Siddhis, Vivek JnanaNirupanam, Kaivalya Nirvachana, Role of Dharana, Dhyana, Samadhi and its application.					1	1	16-20
<b>3. 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,.					1	1	16-20
<b>4.</b> non-self-illumination of Buddhi and its function, Dharmamegha Samadhi and infinite knowledge, Mutation of Guna, Karma, Pratiprasav and Kaivalya					1	1	16-20
<b>Course Outcome:</b> Upon completion of this course, students will be able to: <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> </ul>							
<b>Reference Books:</b> <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, Patanjali Yogasutras Parichaya, M.D.N.I.Y New Delhi, 2011</li> <li>4. Karambelakar P. V., Patanjala Yogasutra, Kaivalyadhama, Lonavala, 2005</li> <li>5. Bharati, SwamiAnant: PatanjalaYogaShastra-EkaAddhyayana, Hindi, MDNIY, NewDelhi-2007</li> </ol>							

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Class	Semester	Code	Course Description	Theory	Credit	Units	Hours
B.Sc. Yogic Science	4 <sup>th</sup> Semester	DSCC- 10	APPLIED NATUROPATHY		4	4	64-80

**Introduction:** Naturopathy is a counterpart of Yoga therapy; without its use Yoga therapy might not give appropriate results.

**Course Objective:**

1. To give them a glimpse of Naturopathy.
2. To enable them to use natural products for health and healing.
3. To train the students to use the vital force of energy for healing.
4. Students will be well known to the ancient system of healing.

Students will know the five elements theory of health.

1.Natural Life, Meaning principles of naturopathy, Health, Root cause of Disease, Acute & Chronic Disease, Bad effect of medicine and drugs on Health; Vital Force, Source of vital energy & Diagnostic Techniques.	1	1	16-20
2. <b>HYDROTHERAPY:</b> Meaning and significance of Hydrotherapy. Remedial Properties of water, effect of different temperature of water on body, Methods of hydrotherapy- Hip Bath, Steam Bath, Spinal Bath, Foot and Hand Bath, Full immersion bath, Full bed sheet Pack, Chest Pack, Abdominal pack, Throat Pack, Hand and Foot Pack, Enema.	1	1	16-20
3. <b>MUD &amp; CHROMO THERAPY:</b> Properties of Mud, Types and Importance, Effect of Mud on Body, Mud Packs: Abdomen, chest, throat, eye, full body mud pack. <b>CHROMO THERAPY:</b> Types of sun bath, use of different colors, Importance of Air, Air bath, Infra-Red bath.	1	1	16-20
4. <b>FASTING THERAPY:</b> Definition of fasting, difference between fasting and starvation, types of fasting (Complete, partial, water, juice, Mono-diet), and its effect on body, Process to start fasting and break. Treatment of crisis during fasting. <b>MASSAGE THERAPY:</b> Definition & Importance of massage, Technique of massage- touch, Pressure, Friction, kneading, Rolling, Wringing, Chucking, Clapping, Pulling's, vibration, Effect of Massage on Different Body Part.	1	1	16-20

**Course Outcome:** Students will be able to

1. Use the five elements of human existence in maintaining health and treating disease.
2. Incorporate the naturopathy techniques in their yoga therapy.
3. Incorporate healing techniques for the betterment of their own health and also for society.

**Reference Books:**

1. Prakritik Ayurvedigyan; Dr. Rakesh Jindal
2. S. D. Dwivedi : Naturopathy for perfect health, Kalpaz Publication Delhi, 2002
3. Pravesh Handa : Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
4. S.J.Singh. : My Nature Cure or Practical Naturopathy
5. M.K.Gandhi : The story of my experiment with truth
6. R.K.Garde : Ayurvedic for Health and Long life
7. Harry Benjamin. : Everybody's Guide to Nature Cure

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23/02/24

Class	Semester	Code	Course Description	Practical	Credit	Units	Hours
B.Sc. Yogic Science	4 <sup>th</sup> Semester	SEC-3	HEALTH & WELLNESS YOGIC PRACTICES-II		4	4	120- 136
<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>							
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.							
<b>1. Recitation:</b> Om Mantra & Mrityunjay mantra Chanting. Hymns from Upanishada (Any Three) and Shanti mantras and its health benefits. <b>Shatkarma:</b> Gajkarni Kriya, Antah-Trataka, Sheetkrama and Vyutkrama Kapalbhata, Vam-Nouli.					1	1	30-34
<b>2. Yogic Sookshma Vyayam:</b> Uchcharan Sthal & 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 <b>Yogic Sthul-Vyayam:</b> Rekhaagati Hridgati (Ingine Run) Utkurdan (Jumping) <b>asanam: Pawanmuktasana-3 Nakragati.</b> <b>Supine:</b> Poorna-Chakrasanam, Poorna-Dhanurasanam, Karnpeedasanam, Poorna-Halasanam. Urdhva-Padmasanam. <b>Prone:</b> Poorna-Shalabhasanam, Sarpasanam, Makarasanam, Poorna-bhujangasanam, Viprit Naukksanam. <b>Balancing:</b> Kukkutasanam, Kurmasanam, Shirshasanam, Ek-pada-angusthasanam, Vakrasanam, Ek-Pada-Skandhasanam, its Health Benefits and Counter asanam. <b>Pranayama:</b> Sheetali Pranayama, Bhastrika Pranayama, Bahyavritti, Abhyantarvritti. Variations of Ratio in Breathing.					1	1	30-34
<b>4. Bandha &amp; Mudra:</b> Nasagra, Shambhavi Mudra, Prana, Mahamudra, Kaki Mudra, Tri-bandha, Mahabandha, Jihva Bandha, Mahabedha. <b>Meditation:</b> Soham Japa.					1	1	30-34
<b>Course Outcome:</b>							
1. Recite the yogic hymns or mantras. 2. Perform the different yogic purification techniques (Śatkarmas) like Nouli 3. Illustrate Sukshma Vyayama and Sthula Vyayama 4. Classify the different Yogāsanas with proper breathings.							
<b>Reference Books:</b>							
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.							

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3. asanam 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.

Class	Semester	Code	Course Description	Credit	Units	Hours
B.Sc. Yogic Science	4th Semester	Intern ship-2	YOGIC INTERNSHIP-II	6	1	96-120
<b>Introduction:</b> After studying Yoga and its application, it is of utmost importance 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.						
In house Internship				6	1	96-120
Field Internship.						
Computer Laboratory and Yogic Laboratory						
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 = 04 Credits + Course (2 credits) = 06 Credits**

*Dr. Dhanesh. P.V.*  
(conveners)