

# B.Sc. YOGIC SCIENCE

## 5<sup>th</sup> Semester

Class	Semester	Code	Course Description	Theory	Credit	Units	Hours
B.Sc. Yogic Science	5 <sup>th</sup> Semester	DSCC-11	YOGIC CONCEPT OF DIET & NUTRITION		4	4	64-80
<b>Introduction:</b> Now these days Yoga is well known for its quality for the maintenance of Health and quality of healing. Knowledge of Diet and Nutritive value is a counterfoil to fulfill the market demand.							
<b>Course Objective:</b> <ol style="list-style-type: none"> <li>To enable the students about the diet and nutritive value.</li> <li>To impart the importance of Diet in Health and Healing.</li> <li>To make them able to understand the need of nutrition in health maintenance.</li> </ol>							
<b>1.GENERAL INTRODUCTION OF AHARA (DIET),</b> Concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradipika & Gita, Pathya (wholesome) and Apathya (unwholesome) in diet & Yuktahara according to Gita (6/17); Triguna (Bh. G. 17/8, 9, 10) and Trividh Ahar in relation to mental health; Quality of diet & its relation with Agni: Role of Ahara in Health <b>NUTRIENTS:</b> Contents of diet for daily use; Balance diet & Diet during Yogic practices; Body Mass Index; Nutritive Values.					1	1	16-20
<b>2. DIETETIC INCOMPATIBILITIES (VIRUDDAHAR)</b> Ashta Ahar Vidhi Vishesh Ayatan, Class of Adjuvants of foods according Ayurveda, Factors to be examined regarding diet, Anupan.					1	1	16-20
<b>3. CARBOHYDRATES, LIPIDS &amp; PROTEINS:</b> Classification & General properties, Bio-medical importance, Digestion, Absorption & Utilization, Excessive & Deficiency disorders.					1	1	16-20
<b>4.VITAMINS &amp; MINERALS:</b> Meaning, Definition & Classification, Sources & Daily requirement; important metabolic function & deficiency disorder; Absorption, Storage & Transport; Biological role of Water and it's important to life. Bio-medical importance: Sodium, Potassium, Chlorine, Calcium, Phosphorus, Sulphur, Iron, Copper, Zinc, Magnesium					1	1	16-20
<b>Course Outcome:</b> Students will be able to: <ol style="list-style-type: none"> <li>Prepare the diet chart for the maintenance of Health.</li> <li>Assess the need of nutrition in the diseased.</li> <li>Know what to eat and what not to eat in specific conditions.</li> </ol>							
<b>Reference Books:</b> <ol style="list-style-type: none"> <li>"In Defense of Food: An Eater's Manifesto" by Michael Pollan</li> <li>"Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating" by Walter C. Willett.</li> <li>"How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease" by Michael Greger and Gene Stone.</li> <li>"Deep Nutrition: Why Your Genes Need Traditional Food" by Catherine Shanahan and Luke Shanahan.</li> <li>Mera Ahar Mera Swasthya, Part-1, 2, 3 – By Dr. Nagendra Neeraj.</li> </ol>							

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B.Sc. Yogic Science	5 <sup>th</sup> Semester	DSCC- 12	ALTERNATIVE THERAPIES		4	4	64-80
<p><b>Introduction:</b> This course gives a glimpse of Multiple traditional ancient therapy. This is important to know about these Alternative therapies. They are alternative of Modern Medical system and has its immense results in curing disease and acquiring health</p> <p><b>Course Objective:</b></p> <ol style="list-style-type: none"> <li>1. To Provide an idea about the parallel alternative therapies.</li> <li>2. To provide an idea about the alternatives of Yoga therapy.</li> <li>3. To provide an idea about the Pranic, Marma, and Pancha-karma therapy system.</li> </ol>							
1. Concept of Alternative Therapy (Indian and western), Coverage area, Meaning, Definition, limitations of alternative therapy; Significance and Importance for alternative therapy					1	1	16-20
<p><b>Acupressure:</b> History of acupressure, Meaning, definition &amp; concept and limitations of acupressure; Principles and techniques of acupressure, different apparatus of acupressure; Benefits, different pressure points, similarity and difference between acupressure and sujok.</p> <p>Importance of Colors and magnet in therapy.</p>							
2. <b>Pranic Therapy:</b> Meaning of Prana, brief intro of prana, Types and history of prana therapy; Principles & energy centers, different techniques of Pranic therapy, significance of chakra and colors in Pranic therapy; Effect of Pranic therapy in different diseases.					1	1	16-20
3. <b>Marma Therapy:</b> Concept, definition covered area, limitation; Knowledge of different important Marma points; Marma therapy of some Psychological and physiological diseases					1	1	16-20
4. <b>Pancha-Karma:</b> Introduction, Techniques of Panchakarma, Apparatus and its uses, significance of practices; Pre practices main practices and post practices.					1	1	16-20
<p><b>Course Outcome:</b> Students will be able to:</p> <ol style="list-style-type: none"> <li>1. Understand the concept behind the therapy and its system.</li> <li>2. Understand and give therapy to the diseased using alternative therapy.</li> <li>3. Understand the process and practical aspects of alternative therapies.</li> <li>4. Understand the seriousness of disease.</li> </ol>							
<p><b>Reference Books:</b></p> <ol style="list-style-type: none"> <li>1. Acupressure: Dr. Attar Singh</li> <li>2. Acupressure: Dr. L. N. Kothari</li> <li>3. Acupressure (You are doctor for yourself): Dr. Dhiren Gala</li> <li>4. Sujok Therapy: Dr. Asha Maheshwari</li> <li>5. Miracles through Pranic Healing: Master Choa Kok Sui</li> <li>6. Advanced Pranic healing: Master Choa Kok Sui</li> <li>7. Pranic psychotherapy: Master Choa Kok Sui</li> <li>8. Marma Science and Principles of Marma therapy: Dr. Sunil Kumar Joshi</li> </ol>							

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Class	Semester	Code	Course Description	Theory	Credit	Units	Hours
B.Sc. Yogic Science	5 <sup>th</sup> Semester	DSE-3 (A)	YOGIC PRINCIPLES OF HEALTHY LIVING		4	4	64-80
<p><b>Introduction:</b> One of the major objectives of Yoga is to stay healthy mentally physically and socially, the course would be helpful to impart that acquaintance to the students.</p> <p><b>Course Objective:</b> Studying the Yogic Principles of Healthy Living encompasses a range of objectives aimed at understanding and applying ancient yogic wisdom to promote holistic well-being</p>							
<p>Definition &amp; Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual.</p> <p><b>Concept of Health in Indian Systems of Medicine</b> i.e., Ayurveda, Naturopathy and Siddha, Systems of Medicine, Utility and Limitations of these systems in health. Yogic Concept of Health: Meaning and definitions, Concept of Adhi and Vyadhi, Yogic concept of Health, role of Yoga in preventive health care - Heyamdukhamanagatam</p> <p><b>Potential causes of Illness-health:</b> Tapatrayas and Kleshas, Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva.</p> <p><b>Shuddhi Prakriyas in Yoga:</b> Role of Shuddhi Prakriyas in preventive -Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (asanam), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)</p>					1	1	16-20
<p>2. Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing</p> <p>Concept of Pancha-koshas &amp; Shat-chakra and their role in Health and Healing</p> <p>Concept of Abhyas and Vairagya, Chitta and Chitta Prasadnam, Kriya-yoga, Ashtanga Yoga of Patanjali for Health and Healing.</p> <p>Concept of Cleansing (Shuddhi), its role and importance in Health and Healing</p> <p>Concept of Swara Yoga and its efficacy in Health and Healing</p>					1	1	16-20
<p>3. <b>Yogic Principles of Healthy Living:</b> Aahara, Vihara, Aachara and Vichara</p> <p>Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being</p> <p>Yogic principles of Lifestyle management and its role in prevention of disease and health promotion. Yogic Principles of Diet and its role in Healthy living.</p> <p>Yogic Practices of Healthy living: i.e. Yama, Niyama, Shat-karma, asanam, Mudra &amp; Bandha, Pranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living.</p>					1	1	16-20
<p>4. <b>Health promotion benefits of Yogasanam</b></p> <p>Preventive benefits of Pranayama</p> <p>Preventive Effects of Shatkarma</p> <p>Preventive benefits of Bandha and Mudra</p> <p>Preventive health benefits of Meditation</p>					1	1	16-20
<p><b>Course Outcome:</b> Gain a deep understanding of the philosophical foundations of yoga, including concepts such as the interconnectedness of mind, body, and spirit. Learn about the holistic lifestyle practices advocated in yogic philosophy, including proper diet (sattvic diet). Explore the psychological benefits of yoga, including stress reduction, anxiety management, mood regulation, and emotional resilience.</p>							

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Class	Semester	Code	Course Description	Theory	Credit	Units	Hours
B.Sc. Yogic Science	5 <sup>th</sup> Semester	DSE-3 (B)	YOGA AND MENTAL HEALTH		4	4	64-80
<p><b>Introduction:</b> This course is helpful to explore the role of yoga as a preventive strategy for promoting mental health resilience, enhancing coping mechanisms, and reducing the risk of developing mental health disorders.</p> <p><b>Course Objective:</b> The objective of a study focused on "Yoga and Mental Health" typically revolves around investigating the impact of yoga practices on various aspects of mental well-being and psychological health.</p>							
<p>1. <b>Concept of Health in Indian Systems of Medicine</b> i.e. Ayurveda, Naturopathy and Siddha, Systems of Medicine, Utility and Limitations of these systems in health. Yogic Concept of Health: Meaning and definitions, Concept of Adhi and Vyadhi, Yogic concept of Health, role of Yoga in preventive health care - Heyamdukhmanagatam</p> <p><b>Potential causes of Illness-health:</b> Tapatrayas and Kleshas,: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva.</p>					1	1	16-20
<p>2. Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing</p> <p>Cocept of Pancha-koshas &amp; Shat-chakra and their role in Health and Healing</p> <p>Concept of Abhyas and Vairagya, Chitta and Chitta Prasadana, Kriya-yoga, Ashtanga Yoga of Patanjali for Health and Healing.</p> <p>Concept of Cleansing (Shuddi), its role and importance in Health and Healing</p> <p>Concept of Swara Yoga and its efficacy in Health and Healing</p>					1	1	16-20
<p>3. Definition &amp; Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual.</p> <p>Mental Health: Meaning and Importance; Yogic Perspective of Mental Health</p> <p>Yoga-Nidra, Kuntha, Samayojan (adjustments), stress, emotions, feelings,</p>					1	1	16-20
<p>4. Yogic Concepts and Techniques in <i>Patanjala Yoga Sutra</i> and <i>Bhagwadgita</i> for Promoting Mental Health; Need of Spiritual Growth for Mental Health, Specific Yogic Practices for Promotion of Mental Health: Memory, Intelligence, Breath Awareness, <i>Shavasanam</i>, <i>Yoganidra</i>, <i>Pranayama</i> and Meditation; Yogic Life-style</p>					1	1	16-20
<p><b>Course Outcome:</b> Studying Yoga and mental health is to contribute to the growing body of scientific evidence supporting the efficacy and mechanisms of yoga as a complementary approach to promoting mental health and well-being across diverse populations.</p> <p><b>Reference Books:</b></p> <ol style="list-style-type: none"> <li>1. Yoga practices for Anxiety and depression, Dr. R. Nagrathna, Svayasa</li> <li>2. Mind Sound resonance Techniques, Dr. H. R. Nagendra, Svyasa.</li> <li>3. New Perspective in Stress Management, Dr. H.R. Nagendra Svayasa</li> <li>4. Living with stress without distress through Yoga, Kaivalyadham.</li> <li>5. Four chapters of Freedom, Bihar School of Yoga.</li> <li>6. Yoga and Mental Health by Dr. R.S. Bhogal, Kaivalyadham.</li> </ol>							

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Class	Semester	Code	Course Description	Practical	Credit	Units	Hours
B.Sc. Yogic Science	5 <sup>th</sup> Semester	SEC-4	YOGIC PRACTICES - III		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 & It's variations.							
3. To inculcate the concept of Shatkarma related to Yogic practice.							
4. To teach the concept of Health Benefits and Counter asanam.							
1. <b>Recitation:</b> Om Mantra & Mrityunjay mantra Chanting. Hymns from Upanishada (Any Three) and Shanti mantras.					1	1	30-34
<b>Shatkarma:</b> Adho-Trataka, Sheetkrama and Vyutkrama Kapalbhathi, Dakshin-Nouli, Vastra Dhouti, Varisara-Dhouti.							
2. <b>Yogic Sookshma Vyayam:</b> Bhuj-Bandh Shakti Vikasak Kriya Kuhani Shakti Vikasak Kriya Bhuj-Balli Shakti Vikasak Kriya Poorna Bhuja Shakti viakasak Kriya Manibandha Shakti Vikasak Kriya Kar-Prishtha Shakti Vikasak Kriya Kar-tal Shakti Vikasak Kriya, 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) <b>Yogic Sthul-Vyayam:</b> Rekthagati Hridgati (Ingine Run) Utkurdan (Jumping), Urdhvagati, Sarvangpushti					1	1	30-34
3. <b>Asanam: Supine:</b> Poorna-Chakrasanam, Poorna-Dhanurasanam, Poorna-Halasanam. Urdhva-Padmasanam, Supta Konasanam, Garbh pindasanam. <b>Twisting:</b> Marichyasanam -2 & 4. <b>Prone:</b> Poorna-Shalabhasanam, Poorna-bhujangasanam, Viprit Naukasanam. <b>Balancing:</b> Salamba-Shirshasanam,Niralamba-sirshasanam, Padma-Shirshasanam, Vrishchikasanam, Mayurasanam, Dwi-Pada-Skandhasanam, Utthita-padangusthasanam with Variations, its Health Benefits and Counter asanam. <b>Pranayama:</b> Sheetali Pranayama, Sheetkari Pranayama, Bhastrika Pranayama Ratio in Breathing.					1	1	30-34
4. <b>Bandha &amp; Mudra:</b> Shambhavi Mudra, Prana, Mahamudra, Kaki Mudra, Tri-bandha, Mahabandha, Mahabedh, Tadagi Mudra. <b>Meditation:</b> Antarmoun, Kayasthairyam. Yoga Nidra.					1	1	30-34
<b>Course Outcome:</b>							
1. Recite the yogic hymns or mantras.							
2. Perform the different yogic purification techniques (Śatkarmas) like Vastra Dhouti.							
3. Illustrate Sukshma Vyayama and Sthula Vyayama							

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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. 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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27/02/24