

M.Sc. YOGIC SCIENCE

4th Semester

Class	Semester	Course Code	Course Description	Theory	Credit	Units	Hours
M.Sc. Yogic Science	4 th Semester	DSCC 28	APPLIED YOGA		4	4	64-80
Introduction: The objective of this course is to apply the Yogic practices and skill in stress management and application of yogic practices in different professional set up							
Course Objectives: After the completion of the course, the students should be able to							
1. To understand an overview of the applications of Yoga in School, Sports and various professionals. 2. To understand the concept of Yoga in the stress management							
1. YOGA IN STRESS MANAGEMENT Stress: - Meaning, Definition, Types, Symptoms, Source, Physiological effect on the body, Changes at the cellular level, the impact of stress on different parts of the body. Adhi, Vyadhi, types of Vyadhis, Pancha Klesha, Chitta vikshepa, Karma - Akarma - Vikarma, Pravritti – Nivritti, Shreyas – Preyas approach of living life.					1	1	16-20
2. YOGA FOR SPORTS General introduction to Physical Education and Sports; Difference between Physical Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports. Indicators of Physical Fitness: Strength, Endurance and Flexibility; Indicators of Mental Fitness: Concentration, Will-Power and Mental Toughness. Yoga for Physical and Mental Fitness: asanam, Pranayama, Bandha, Mudra and Meditation. Application of Yogic life style in improving efficacy in sports personnel					1	1	16-20
3. YOGA IN DIFFERENT PROFESSIONALS Yogic understanding of Stress; Adhi, Vyadhi, types of Vyadhis, Pancha Klesha, Chitta vikshepa, Karma - Akarma - Vikarma, Pravritti – Nivritti, Shreyas – Preyas approach of living life. Understanding the work load and occupational posture, ergonomics of each professions; Management staff, FMCG / Automobile Factory workers, Art / Stage Performers, Media personnel, School / College Teachers, Software developers, IT Professionals, Doctors, Nurses, Indian Army, Air force, Navy, Coast Guard personnel etc. Basic Hatha Yoga practices for improving the postural alignment, mental health and spark spiritual dimension in such professionals.					1	1	16-20
4. YOGA FOR ELDERLY POPULATIONS Introduction to old age problems: Spinal deformity, loss of coordination, imbalance, improper gait pattern, Stress, Alzheimer's disease, Stress, Depression and reduction of all physiological function. Role of Yoga practices on various old age problems: Spinal deformity, loss of coordination, imbalance, improper gait pattern, Stress,					1	1	16-20

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

Central Sanskrit University, New Delhi

Academic Year 2023-24


 Dr. Dhamesh P.V.
 [convenor]

Alzheimer's disease, Stress, Depression and reduction of all physiological function. Role of Yogic Diet in old age Research studies on Yoga for Elderly populations.			
Course Outcome: After the completion of the program, the students should be able to 1. Apply the Yogic managements in School, Sports and various professional setup. 2. Understand the concept of Yoga in the stress and various psychological condition management.			
Reference Books: 1. Dr R Nägarthna, Dr H R Nägendra and Dr Shamanthakamni, Yoga for common ailments and IAYT for different diseases, Swami Vivekananda Yoga Prakashana, Bangalore, 2002 2. Ailments series, Swami Vivekananda Yoga Prakashana, Bangalore, 2002 3. Prof. RH Singh : The Foundation of Contemporary Yoga & Yoga Therapy, Chaukambha Sanskrit Prathishthan, Delhi, 2009 4. Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009 5. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009 6. Swami Rama Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia, 1998 7. Swami Niranjanan Saraswati Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger			

2/12/24
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Class	Semester	Course Code	Course Description	Theory	Credit	Units	Hours
M.Sc. Yogic Science	4 th Semester	DSCC 29	TEACHING METHODS & EVIDENCE BASED YOGA MODULES		4	4	64-80
Introduction: The present course will give an outlook to the students on how to take class in various setups and what would be the methods & preparations of teaching in those setups. Also, students will get to know about writing research articles.							
Course Objectives: after completion of this course students will be able: <ol style="list-style-type: none"> 1. To plan and teach in different setups. 2. To manage the necessary arrangements for classroom & public Teachings. 3. To understand how to write Research articles. 							
1. Teaching methods: Yogic Principles of Teaching & Learning: Levels and Phases, Quality of perfect Yoga Guru and students (Vidyarthi & Shishya). Scope and Sources of Teaching methods, and factors influencing them. Role of Yoga Teachers and Teacher training Teaching of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group) Techniques of mas (group) & individualized teaching Organization of effective teaching.					1	1	16-20
2. Teaching methods: Essentials of good teaching planning in Yoga, Models of Lesson Plan, Action Research in Yoga teaching, Effective use of Library and other resources, Yoga classroom setup and Sitting arrangement etc., Principles of Time table construction, Use of Educational Technology in yoga teaching					1	1	16-20
3. Yoga Modules for Beginners, Advanced, School Children, Youth, Women and Special attention group. International Delegates, Corporates Persons. Personal Classes, Online Classes. Workshops.					1	1	16-20
4. Research articles: Discussion & Report Preparation of Scientific Researches in the last five Years on National & International researches. (Any five articles). Writing Research Articles.					1	1	16-20
Course Outcome: <ol style="list-style-type: none"> 1. Students will become capable of planning and teaching in different setups. 2. Students will become capable of managing the necessary arrangements for classroom & public Teachings. 3. Students will become capable of understanding how to write Research articles. 							
Reference Books: <ol style="list-style-type: none"> 1. Gharote M.L. & others, Teaching Methods for Yogic Practices, Kaivalyadhama, Lonavala, 2001 2. Ganguly S.K., Yoga Applied to Physical Education, Kaivalyadhama, Lonavala. 3. Iyengar, B.K.S. & others, Basic Guidelines for Teachers of Yoga; Yog, Ramamani Iyengar Memorial Yoga Institute, Pune, 2003 4. Nagendra, H. R. & Others Yoga in Education; V. K. Yogas, Bangalore, 1994 5. Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007 							

21/02/24

Class	Semester	Course Code	Course Description	Theory	Credit	Units	Hours
M.Sc. Yogic Science	4 th Semester	DSCC 30	ALTERNATIVE THERAPIES		4	4	64-80
Introduction: 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 & physical health.							
Course Objective: <ol style="list-style-type: none"> 1. To help the students to understand the various traditions developed by the time and need of the society. 2. Various types of practices just to attain physical and mental health. 3. Specific Yogic practices for specific organs or part of the body. 							
Concept of Alternative Therapy (Indian and western), Coverage area, Meaning, Definition, limitations, Significance of alternative therapy. Acupressure: History of acupressure, Meaning, definition & 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. Importance of Colors and magnet in therapy. Pancha Karma: Introduction, Techniques of Panchakarma, Apparatus and its uses, significance of practices; Pre practices main practices and post practices.					1	1	16-20
Pranic Therapy: 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. Marma Therapy: Concept, definition covered area, limitation; Knowledge of different important Marma points; Marma therapy of some Psychological and physiological diseases					1	1	16-20
3. Meaning principles of naturopathy, Health, Root cause of Disease, Acute and Chronic Disease, Bad effect of medicine and drugs on Health. HYDROTHERAPY: 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. MUD THERAPY: Properties of Mud, types and Importance, Effect of mud on Body, Mud Packs: Abdomen, chest, throat, eye, full body mud pack. CHROMO THERAPY: Types of sun bath, use of different color, Importance of Air, Air bath, Infra-Red bath.					1	1	16-20
4. FASTING THERAPY: 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. MASSAGE THERAPY: Definition & Importance of massage, Technique of massage- touch, Pressure, Friction, kneading, Rolling,					1	1	16-20

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Wringing, Chucking, Clapping, Pulling's, vibration, Effect of Massage on Different Body Part.			
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Course Outcome: After the completion of this course students will be able to treat the common including chronic and acute ailments with the Indic knowledge system which includes naturopathy. Also they would be aware of the management of diet and balance of exercise.

Reference Books:

1. Naturopathy, 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
8. M.K.Gandhi. : My Nature Cure

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Class	Semester	Course Code	Course Description	Practical	Credit	Units	Hours
M.Sc. Yogic Science	4 th Semester	SEC-8	ADVANCED YOGIC TECHNIQUES		4	4	120-136
Introduction: 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 & physical health.							
Course Objectives: <ol style="list-style-type: none"> 1. To help the students to understand the various traditions developed by the time and need of the society. 2. Various types of practices just to attain physical and mental health. 3. Specific Yogic practices for specific organs or part of the body. 							
Recitation of Hymes: Om Mantra & Maha-Mrityunjay Mantra, Hymns of Veda and Upanishads (Any Three). Hast Mudra: Prithvi, Jala, Agni, Vayu, Akasha, Prana, Apana, Samana, Udana, Vyana Mudra.					1	1	30-34
Shat-Kriyas: Varisara-Dhouti (Sankha-Prakshalanam), Nauli. (Vama, Dakshina & Madhyama), Vastra Dhauti Pranayama: Bhastrika & Bhramari Pranayama, Stambhvirriti. Variations of Ratio in Breathing.					1	1	30-34
asanam: Standing: Parshwakonasanam, Parivritta Parshwakona & Trikonasanam. Prasarita Padottanasanam, Trivikrama, Urdhvamukh-Tittibhasanam, Utthit pad-angushthasanam Sitting: Baddha-Padmasanam, Kagasanam, Garbhasanam, Brahmacharyasanam Hanumanasanam. Twisting: Side-Bend Chakrasanam, Parivritta Ustrasanam, Supine: Purna-Chakrasanam, Purna-Dhanurasanam, Karnpeedasanam, Setubandhasanam, Padma-Sarvangasanam, Grabhapindasanam, Prone: Poorna-Shalabhasanam, Poorna-Bhujangasanam, Suptakonasanam Balancing: Shirshasanam with variation (Salamba, Niralamba) Padma-Shirshasanam Shirsha-Pada-Angusthasanam, Dwi-Pada-Skandhasanam, Padma Bakasanam, Omkarasanam, Tittibhasanam and its benefits, Garbha-Pindasanam. Vrisheikasanam. Prishthasanam, PinchaMayurasanamm, Trivikramasanamm					1	1	30-34
Bandha & Mudra: Mahamudra, Mahabhedha, Tadagi, Shambhavi Mudra, Meditation: Sapta-Chakra Meditation. Ajapa-Japam, Soham (Hamsa) Meditation.					1	1	30-34
Course Outcome: On the completion of this course students will be able to: <ol style="list-style-type: none"> 1. Recite the yogic hymns or mantras. 2. Perform the different yogic purification techniques (Shatkarmas) like neti 3. Illustrate various breathing exercises and meditations. 4. Classify the different Yogasanas and to know its benefits. 							
Reference Books: <ol style="list-style-type: none"> 1. Hatha Yoga: Book 3: Shatkarma Paperback by Niranjananda Swami Saraswati 							

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2. Asana Pranayama Mudra Bandha (APMB) by Swami Satyananda Saraswati ji, Bihar School of Yoga.
3. Asanas by Swami Kuvalayananda Ji, Kaivalyadham, Lonavala.
4. Light on Yoga, B.K.S. Iyengar

Class	Semester	Course Code	Course Description	Credit	Units	Hours
M.Sc. Yogic Science	4 th Semester	DISSERTATION	DISSERTATION / PROJECT WORK	6	1	64-80
Introduction: It is a necessary dissertation work to give the students training for better understanding for building a career in research.						
Course Objective: Students will be able: 1. To have an idea about the basic and applied research. 2. To analyze the hypothetical questions. 3. To critical analysis on various aspects of Yoga. 4. To apply the Yogic techniques to prove the Hypothesis.						
1. Theoretical Research: Comparative study, review Study, Descriptive research, Qualitative research, Basic Research (Textual Research).				6	1	64-80
2. Empirical Research: Original study, Comparative study, Quantitative Study, Longitudinal Study, Cross sectional, Inter-disciplinary or Multi-disciplinary Study.						
3. Applied Research: Qualitative or Quantitative Research.						
4. Historical Research: Developmental Study, Critical study on manuscripts.						
Course Outcome: 1. Students will become capable of conducting basic and applied research. 2. Students will become capable of analyzing hypothetical questions. 3. Students will become capable of critical analysis on various aspects of Yoga. 4. Students will become capable to apply the Yogic techniques to prove the Hypothesis.						
Remarks: References and bibliographic texts could be as per the need of the study.						

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Class	Semester	Course Code	Course Description	Practical	Credit	Units	Hours
M.Sc. Yogic Science	4 th Semester	ECA - 3	YOGIC PHYSIOLOGY LAB - II		2	4	64-80
Introduction: The study of Physiology is to understand the impact of asanams and breathing practices on the Human Body. Various measurements help us to understand the cause of the problems. To give a glimpse of applied Naturopathy.							
Course Objective: <ol style="list-style-type: none"> 1. To orient the knowledge of Modern physiology to understand the root cause. 2. To incorporate the thinking ability to connect the causes and diagnose the problem. 3. To take help with the modern digital tools for diagnostic purposes. 4. To know the techniques of Naturopathy in practicality. 							
1. Anthropometric Tools Usage and Measuring Techniques, Digital Blood Pressure monitor, BMI Calculator.					0.5	1	16-20
2. Usage of Stethoscope, Lung Sounds and Bowel Sounds Identification, Digital Spirometer and Respiratory Ailments.					0.5	1	16-20
3. Magnet types and its Usage, Color Types and its usage in Various Diseases and disorders. Practicality of Full bed sheet Pack, Chest Pack, Abdominal pack, Throat Pack, Hand and Foot Pack, Enema					0.5	1	16-20
4. Preparation of Mud Packs: Abdomen, chest, throat, eye, full body mud pack. Technique of massage- touch, Pressure, Friction, kneading, Rolling, Wringing, Chucking, Clapping, Pulling's, vibration					0.5	1	16-20
Course Outcome: After the study of this syllabus students will be able to <ul style="list-style-type: none"> • Understand the modern tools of diagnostics. • Take help from the modern tools for the diagnosis and prepare the yogic Management. 							
Reference Books:							


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 [convener]