

**DIRECTORATE OF DISTANCE EDUCATION
SRM INSTITUTE OF SCIENCE AND TECHNOLOGY
KATTANKULATHUR
KANCHEEPURAM DISTRICT – 603203.**

M.Sc YOGA FOR HUMAN EXCELLENCE



**CURRICULUM & SYLLABUS – 2022
(Applicable for the candidates admitted from 2022-23Onwards)**

SEMESTER SYSTEM

CURRICULUM & SYLLABUS – 2022

DIRECTORATE OF DISTANCE EDUCATION

M.Sc. YOGA FOR HUMAN EXCELLENCE CURRICULAM AND SYLLABUS 2022

FIRST YEAR SEMESTER I

CAREER STREAM	SUBJECT CODE	SUBJECT TITLE	L	T	P	Total P	C
Theory 1	22YGC401T	Classical Yoga Texts	5	0	0	5	5
Theory 2	22YGC402T	Yoga for Modern Age	5	0	0	5	5
Theory 3	22YGB403T	Elements of Human Biology	5	0	0	5	5
LAB 1	22YGC404L	SKY Yoga Practices	0	0	10	5	5
Total Credits			15	0	10	20	20

FIRST YEAR SEMESTER II

CAREER STREAM	SUBJECT CODE	SUBJECT TITLE	L	T	P	Total LTP	C
Theory 4	22YGC405T	Science of Energy and Consciousness in YOGA	5	0	0	5	5
Theory 5	22YGH406T	Psychological Elements in YOGA	5	0	0	5	5
Theory 6	22YGC407T	Yoga for Sublimation and Social Welfare	5	0	0	5	5
LAB 2	22YGC408L	Traditional Yoga Practices - I	0	0	10	5	5
Total Credits			15	0	10	20	20

SECOND YEAR SEMESTER III

CAREER STREAM	SUBJECT CODE	SUBJECT TITLE	L	T	P	Total LTP	C
Theory 7	22YGC501T	World Community Life	5	0	0	5	5
Theory 8	22YGB502T	Indian Traditional System of Medicine and Therapies	5	0	0	5	5
Theory 9	22YGB503T	Elements of Food and Nutrition	5	0	0	5	5
LAB 3	22YGC504L	Traditional Yoga Practices - II	0	0	10	5	5
Total Credits			15	0	0	20	20

SECOND YEAR SEMESTER IV

CAREER STREAM	SUBJECT CODE	SUBJECT TITLE	L	T	P	Tot LTP	C
Theory 1	22YGH505T	Research Methodology	5	0	0	5	5
Theory 2	22YGH506T	Counselling and Guidance in YOGA	5	0	0	5	5
Project	22YGP507P	Project report (Dissertation)	0	0	24	12	12
Total Credit			10	0	24	22	22

Total Overall Credit 82

R.2.0 ELIGIBILITY AND DURATION

Programme	Eligibility	Credits	Duration	Maximum Duration
M.Sc Yoga for Human Excellence	Any Degree approved by UGC	82	2 Yrs	4 Yrs

FIRST YEAR SEMESTER I

BJECT CODE	TITLE OF THE SUBJECT	L	T	P	TOTAL OF LTP	C
22YGC401T	CLASSICAL YOGA TEXT	5	0	0	5	5

Objective:

Comprehend the metaphysical concepts which support the Yoga Philosophy like the Purusha and Prakriti. Budhi (mahat) and Ahamkar etc.

UNIT 1: UPANISHADS AND YOGA

Introduction to Yoga: Definitions - Nature, scope and concepts, and Misconceptions about yoga - Ten principal Upanishads as the basis of Yogic context. **Ishavasyopanishad:** Concepts of Karmanishta; Vidya and Avidya; **KenaUpanishad:** Indriya and Antahkarana; Self and the Mind; Intuitive realization of the truth; Truth transcendental; Moral of Yaksha Upakhyaana - **KathaUpanishad:** Definition of Yoga; Nature of Soul; Importance of Self Realization - **Prashna Upanishad:** Pancha pranas - **Mundaka Upanishad:** Greatness of Brahma Vidya - **Mandukya:** Four States of Consciousness - **Aitareya:** Concept of Atma, Universe and Brahman - **Taittiriya Upanishad** Concept of Pancha Kosha - **Chandogya Upanishad:** Om (udgitha) Meditation; Sandilyavidya - **Brihadaryanaka Upanishad:** Union of Atman and Paramatman.

UNIT 2: BHAGAVAT GITA (21-26-30)

General Introduction to Bhagavad Gita (B.G.) - Definitions and their relevance & Scope - Essentials of B.G - the meanings of the terms Atmaswrupa, Stithaprajna - The Problem for Yoga in Bhagavadgita - Concept of Creation and Body- Prakruti and Purusha- Imperishable Brahman & Purushottama - Concepts of Abhiramana, Uparamana, Upajanana, Adhigamana - Jnana yoga - Karma yoga (Chpt.III), Samnyasa, Dhyana Yogas (Chpt. VI) - Nature (Chpt.XII), Means and Goal of Bhakti-Yoga; The Trigunas - Concept and target of Yogic life - Categorization of Yoga practitioners - Food for Yoga Sadhaka, (Chpt.XIV& XVII) Daivasura-Sampad-Vibhaga Yoga (Chpt.XVI); Moksa-Upadesa Yoga (Chpt. XVIII).

UNIT 3: YOGA VASISHTHA

Highlights of Yoga Vashitha, Concept of Adhis and Vyadhis; Psychosomatic Ailments; The four Gatekeepers (Pillars) to Freedom; How Sukhais attained the Highest State of Bliss; Practices to overcome the Impediments of Yoga; Development of Satvaguna; Eight limbs of Meditation; Jnana Saptabhumika.

Unit 4: PATANJALI YOGA SUTRA (Upanishad yoga- p8-10)

Introduction: meaning & purpose & Nature of Yoga; Major problem in yoga; Targets identified in yoga; Concept

of Chitta, Chitta-Bhumis, Chitta-Vrittis, Chitta- VrittinirodhopayaAbhyasa and Vairagya as the tools Chitta-Vikshepas (Antarayas), Chitta-prasadanam, Prakriti and its evolutes; Concept of Prajna-Methods to achievePrajna; Problems faced in the life and living- Four varieties of Consciousness; Yoga methods as Solution

Samadhi Pada: Difference between Samapattis and Samadhi; Ishvara. Place of Omkara - **Sadhana Pada:** Kriya Yoga - Theory of Kleshes; Dukhavada; Drishyanirupanam, Drasthanirupanama, PrakritiPurushaSamYoga; Ashtanga Yoga; Yama, Niyama, Asana, Pranayama, Pratyahara and their usefulness in ChittavrittinirodhopayaH.

Vibhuti& Kaivalya Pada: Introduction of Dharana, Dhyana and Samadhi, Samyamaand Siddhis; Four types of Karmas; Concept of Vasana; Vivek KhyatiNirupanam, Kaivalya - Nirvachana - Yogic evolution as mentioned in Patanjali yoga sutras

UNIT 5: HATHA YOGA

Introduction to Hatha Yoga and Hatha Yoga Texts: Siddha siddhantapaddhati, Hatha Pradeepika, Gheranda Samhita, Hatha Ratnavali and Shiva Samhita. Aim & objectives, misconceptions about Hatha Yoga, prerequisites of Hatha Yoga (dashayama and dasa niyama), Sadhaka and Badhaka tattvas in Hatha Yoga; Concept of Ghata, Ghatashuddhi, Concept and importance of Shodhana kriyas in Hatha Yoga; Importance of Shodhana kriyas in health and disease; Concept of Mattha, Mitaahara, Rules & Regulations to be followed by Hatha Yoga Sadhakas;

Asanas Definition, pre-requisites and special features of Yoga- asana; Benefits, precautions, and contraindications of different Asanas.

Pranayama - Concept of Prana & Ayama, Pranyama; Pranayama its phases and stages; Prerequisites precautions and contraindications of Pranayama.

Bandha, Mudra and other practices: Concept, definition of Bandha and Mudras, benefits and Techniques of Pratyahara, Dharana and Dhyana -Concept and benefits of Nada and Nadanusandhana - Four Avasthas (stages) of Nadanusandhana; Relationship between Hatha Yoga and Raja Yoga; Goal of Hatha Yoga. Relevance of Hatha Yoga in contemporary times.

Books for study:

- Rajayoga, Swami Vivekananda, Ramakrishna Ashrama Publications.
- HathayogaPradipika of Swatmarama, Kaivalyadhama, Lonavala.
- Teaching of Yoga, SvamiOmkaranamdaGiri, A.P.H Publishing Corporation, New Delhi.
- B.K.S. Iyenger, Light on Yoga, Harper Collins Publishers, New Delhi
- Satnananda Saraswathi, Asana, Pranayama, Mudra and Bandha
- Sound health through yoga, Dr. K. Chandrasekaran, Prem Kalyana Publications, Sedapti,

- Asanas, Swami Kuvalayananda, Sri Kuvalayananda Publications, Pune.

Course Nature: Theory				
Assessment Method (Maximum marks)				
In Semester	Assessment Tool	Assignment I	Assignment II	Total
	Marks	15	15	30
End Semester				70
Total				100

SUBJECT CODE	TITLE OF THE SUBJECT	L	T	P	TOTAL OF LTP	C
22YGC402T	YOGA FOR MODERN AGE	5	0	0	5	5

OBJECTIVE:

Physical exercises and food habits to lead a healthy life - Principles of Yoga and Physical education.

UNIT I - PHYSICAL HEALTH AND PHYSICAL STRUCTURE

Purpose of Life - Self, Society, Nature - Philosophy of Life: - Need - Protection - Virtuous way of life - Stages in development of Consciousness - Factors affecting health - Panchamahabhudas, stages of development of disease - Yogic rules for good health, Dimension of health, causes of ill - health, pillars of health - Physical Structure: Five layers - Three Circulations: Blood, Heat and Air Circulations - Three bodies: Physical body - Astral body - Magnetic Body - Pain, disease and death - Causes for disease - Immunity - Moderation 5 deeds - Food, work, sleep, sex and thought - Importance of physical exercises - Maintenance of cell structure - Uniform circulation of bio-magnetism - Liberation from sinful imprints - Greatness of Simplified Physical Exercise - Rules - Benefits - hand exercises, Leg Exercises - Breathing exercises, Eye exercises, KapalabathiMakarasana Part I, makarasana Part II - Body Massage - Acu - pressure, Relaxation - Scientific Explanation of exercise.

UNIT II - REJUVENATION OF LIFE FORCE

Life force - structure - life force circulation - purpose of kayakalpa exercise - Life without disease, youthfulness, postponing death - Philosophy of kayakalpa - physical body, sexual vital fluid, life force, Bio - magnetism, Mind, Old age and death - Necessity of Kayakalpa exercises - Kayakalpa practice - Aswini Mudra, Ojas breath - Benefits of Kaya Kalpa - Sex and Spirituality - Value of Sexual Development - Jeeva Samadhi - Intensifying the sexual vital fluid - Practices of Siddhars.

UNIT III - STREAMLINING OF MIND AND BIO- MAGNETISM

Mind - Bio - magnetic wave - functions of mind - compression and magnifying - Eight functions of living beings - Mental frequency - Beta wave, alpha wave, theta wave, delta wave - imprints - Sanjeetha karma, Praraptha Karma, Akamyia Karma - 10 stages of mind - Sensation of feeling, need, effort, action, result, enjoyment, experience, research, realization and conclusion - Five Kosas - Anna maya, Mano maya, Prana maya, Vignanamaya, Ananda maya - Three stages of Mind - Conscious mind - Subconscious mind - Super conscious mind - Sleep, Dream, Feeling of future happenings - Importance of meditation - Greatness of Guru - Benefits of meditation - Mental frequency reduction - Transactional Analysis - Bio-magnetism

Production - Consumption and Stock - Physical transformations of bio-magnetism - Pressure, Sound, Light, Taste, Smell - Exercises for enhancing bio-magnetism - Lamp gazing exercise - concept - rules - benefits - Mirror gazing exercises - Explanation - rules - benefits - passes for curing disease.

JUNIT IV - MEDITATION

Purpose of Meditative life - Meditation past and present stages - Significance of Manavalakalai Yoga - Simplified Kundalini Yoga - Meditation on life force - Initiation by Guru - through touch from Mooladhara.

Agna Meditation - Agna Explanation - benefits - Pituitary Gland activation.

Shanti meditation - Explanation - Clearance of the Spinal Cord - Mooladhara activation -benefits of Shanti Yoga.

Thuriya Meditation - Explanation - benefits - Concepts and benefits - Development of braincells - Pineal gland activation.

Thuriyatheetham meditation - Explanation - Trance - merging with Almighty - Perfection of consciousness.

UNIT V - SPECIAL MEDITATIONS

Panchabootha Navagraha meditation (meditation on five elements and nine planets) - Explanation - Meditation on Earth, water, fire, air. Energy particle - Meditation on sun, Mercury, Venus, Moon, Mars, Jupiter, Saturn, Raghu and Kethu - benefits.

Panchendria meditation (Meditation on five senses) - Explanation - meditation on body skin, tongue, eyes, nose, ears - benefits.

Nithyananda meditation - Explanation - benefits for the body and mind.

Nine Center meditation - Explanation - Mooladhar, Swadishthana, Manipuraga, Anagatha, Visukthi, Agna, Thuriya, Universal field, Absolute space field - benefits.

References

1. Physical Health -VISION, Vethathiri Publications
2. Chandrasekaran.K, 1999, Sound Health through yoga, Sedapati, Tamilnadu, PremkalyanPublications.
3. Simplified Physical Exercises - Thathuvagnani Vethathiri Maharishi - Ist Edition 1977, 44th Edition Aug 2015 - Vethathiri Publications.
4. Dr. Madhuram Sekar, Health and Nature, Narmadha Publications, Chennai.
5. Naganathna R and Nagendra H.R (2008) Integrated Approach of yoga therapy for positive Health Bangalore : Swami Vivekananda Yoga prakashana
6. Vedanta Kesari (2007) Healthi mind, Health Body, New thoughts on Health, Chennai: SriRamakrishna Math.
7. Prajapita Brahma Kumaris (1981), positive Health Delhi: Prajapita Brahma

KumarisIshwariyaViswa Vidyalaya.

8. Sivananda Sai swami (1983), Practical lessons in yoga, Shivananda Nagar: The divine lifeSociety.
9. Sivananda Saraswathi (1975) Yogic therapy, Gauhati, Brahma Chary
YogeswarUmachalYugashram.
10. Chandrasekaran.K., (1999) Sound Health Through Yoga, Sedapatti, Prem Kalyanpublication.
11. Hoeger Werner W.K. and Sharon a Heoger, (1990) Fitness and Wellness Colorado: OrtonPublishing
company.
12. Hoare Syul (1986) Keep fit Dunton Green: Holdder and Stoughton Ltd.
13. Hazeldine Rex (1985) Fitness for Sport, Rambery: The crowood press Ltd
14. James and Leona Hart, (1983) 100% Fitness, New Delhi, Good will publishing house.
15. Hardayal Singh, (1984), Sports Training, Patiala, NSNIS.
16. Rejuvenation of Life-force and streamlining of mind - VISION, Vethathiri Publications.
17. Mind, Vethathiri maharishi, Vethathiri publication, Erode, 1st Ed - 1999
18. Bio - Magnetism - Vethathiri maharishi, Vethathiri publication, Erode, 1st Ed - Apr 1993,2nd Ed - Mar 1995
19. Body, Life - force and Mind : Vethathiri Maharishi - Ist Edition 2006, 2nd Edition May2006 -
Vethathiri publications
20. Manavalakalai Part 1 : Vethathiri Maharishi - Ist Edition Oct 1983, 4^{9th} Edition June2016 - Vethathiri
Publications
21. Kayakalpa Exercise Book - ThathuvagnaniVethathiri Maharishi - Ist Edition Dec 1984,72nd Edition 2016 -
Vethathiri Publication.

Course Nature: Theory				
Assessment Method (Maximum marks)				
In Semester	Assessment Tool	Assignment I	Assignment II	Total
	Marks	15	15	30
End Semester				70
Total				100

SUBJECT CODE	TITLE OF THE SUBJECT	L	T	P	TOTAL OF LTP	C
22YGB403T	ELEMENTS OF HUMAN BIOLOGY	5	0	0	5	5

Objectives:

Studies on the various Anatomical and Physiological system and function of body.

UNIT 1: CELL BIOLOGY AND MUSCULO-SKELETAL SYSTEM:

- Introduction to cell, tissue, organs and systems; Basic cell physiology-Cell- Introduction, Cell Organelles, Cell membrane, Movement of the substances and water through the cell membrane, Bioelectric potentials.
- Muscle - Classification - Histology - properties of each type - distribution - Mechanism of muscle contraction (Brief) - neuromuscular transmission (Brief), ligaments, tendons, Skeleton-Bones-types, Structure & function, Spinal column. Joints - Types, Structure, Function.

UNIT 2: CARDIOVASCULAR SYSTEM AND RESPIRATORY SYSTEM:

- Anatomy of Heart and blood vessels - Innervation of heart - Properties of cardiac muscle - Control of cardiac cycle and circulation - Cardiac output - Blood pressure.
- Composition of blood corpuscles - R.B.C., W.B.C., Platelets. Plasma, Hemoglobin - Coagulation of blood and anticoagulants. Blood groups and its importance, lymphatic system, Immunity - types & mechanism
- Anatomy-Gross & Histological - Mechanism of Breathing, Exchange of gases Pulmonary function tests- lung volumes - Control of respiration.

UNIT 3: DIGESTIVE AND EXCRETORY SYSTEM:

- Anatomy - Gross and Histological - Mechanism of secretion of - Saliva, Gastric Juice, Pancreatic Juice, Bile, Intestinal secretion - Role of these secretions in digestion of food, Absorption and assimilation and formation of faeces.
- Anatomy-Gross & Histology - Functions of glomerules and renal tubules Micturition and composition of urine - structure and functions of skin-Regulation of body temperature.

UNIT 4: ENDOCRINE SYSTEM AND REPRODUCTIVE SYSTEM:

- Anatomy - Gross & Histological, Thyroid, Parathyroid, Supra - renal, Pituitary, Islets of Langerhans - Function of thyroid and parathyroid hormone, effect of hypo and hyperactivity on the body. Hormones of supra-renal and their action and effect of hypo & hyper activity on the body. Hormones of pituitary gland- its action and effect of hypo & hyper activity on the body. Role of insulin in glucose metabolism.
- Anatomy - Gross & History of Male reproductive system - Spermatogenesis. Female reproductive

system - Ovarian hormones, Menstruation, Pregnancy, Parturition, Lactation.

UNIT 5: CENTRAL NERVOUS SYSTEM AND SPECIAL SENSES:

- Anatomy - Gross - Cerebrum, cerebellum, Spinal cord. Histology - Nerve - structure and properties of neurons - Nerve - Action Potential - generation propagation - factors influencing. Classification of neurons and nerve fibers Receptors and reflex arc. Functions and important connections of Cerebrum, Pons, Medulla, Thalamus, Hypothalamus, Cerebellum - Autonomic nervous system - Sympathetic and parasympathetic - anatomy & functions.
- Eyes Anatomy - Histology of retina, Corneal function, Physiology of vision & accommodation, Sense of smell - nasal mucosa, tongue, taste buds. Ear-Mechanism of hearing and function of semicircular canal.

References:

- Arthur C. Guyton & John Edwar Hall (2006), Textbook of Medical Physiology, Florida, United States, Elsevier standards.
- Surinder H Singh & Krishna Garg (2008), Anatomy and physiology for nurses & Allied health sciences, New Delhi CBS Publishers.
- Sivaramakrishnan S (2006), Anatomy and physiology for physical education, new delhi, Friends publishers.
- Anne Waugh & Alsongraunt (2005) Anatomy and physiology in Health and Wellness, Allahabad, Churhcill Livingstone.
- Clark Robert K (2005), Anatomy & Physiology - Understanding the human body, Suddury, United states, Jones & Bartlett.
- Shri Krishna (1985) Notes on structure and functions of human body & Effects of Yogic practices in it, Mumbai. ICYHC Kaivalyadhama.
- Dutta Ray (2001) Yogi exercises, New Delhi: Jaypee Brothers.
- Shirley Telles (2006) A Glimpse of the human, Bangalore : Swami Vivekananda Yogaprakashana
- Leslie Kaminoff (2007) yoga anatomy, Champaign : Human Kinetics
- Peter L Williams & Roger Waswie (1988) Gray's Anatomy, Edinburgh: Churchill Livingstone.
- Evelyne C Peace (1997) Anatomy & Physiology for nurses, New Delhi: Jaypee Brothers.
- Gore M.M. (2003) Anatomy & Physiology for yogic practices, Lonavala : Kamhanprakashan.

Course Nature: Theory				
Assessment Method (Maximum marks)				
In Semester	Assessment Tool	Assignment I	Assignment II	Total
	Marks	15	15	30
End Semester				70
Total				100

SUBJECT CODE	TITLE OF THE SUBJECT	L	T	P	TOTAL OF LTP	C
19YGC404L	SKY YOGAPRACTICES - I	0	0	10	5	5

OBJECTIVE

Practical exercises and Meditation practices, Anti - aging process of Kayakalpa exercises - Increasing the stock of bio - magnetism and Personality development.

UNIT - I: PHYSICAL WELL BEING PRACTICES

Phase1

Physical exercises practice - Ultimate Limbs training workout (Hand exercises - Leg exercises) - Hyper Oxygenation practice (Breathing exercises) - Eye fitness practice -Kapalpathi.

Phase2

Spinal suppleness practice (Makarasana) - Body massage - Bio magnetic charging of Viscera (Acupressure) - Super Relaxation technique.

UNIT - II: REJUVINATION OF LIFE FORCE PRACTICES

Youthfulness practices (Kayakalpa) - Aswini Mudhra - Moola Bandha - Ojas Breath.

UNIT - III: SKY YOGA MEDITATIONS

Streamlining of mind waves; Eye brow centre meditation - Genetic centre meditation - Spinal Clearance - Crown centre meditation - Five perception centres meditation (Panchendriya Meditation) - Nithyanantha Meditation.

UNIT - IV: ABSOLUTE SPACE MEDITATION (THURIYATHEETHAM MEDITATION)

Five elements & Solar meditation (Pancha Bhootha Navagraha Meditation) - Nine Endocrine Gland Meditations (Nine Centre Meditation) - Divine Meditation

UNIT V: PRACTICAL TO IMPROVE BIO MAGNETISM:

Lamp gazing - Mirror gazing.

References:

- Simplified Physical Exercises - Vethathiri Maharishi, 1st Edition 1977, 44th Edition Aug 2015,

Vethathiri Publications.

- Yoga for Modern Age - Vethathiri Maharishi, 1st Edition 1972, 19th Edition Octo2015 - Vethathiri Publications.
- Kayakalpa Exercise Book - ThathuvagnaniVethathiri Maharishi - Ist Edition Dec1984, 72nd Edition 2016 - Vethathiri Publication.

Course Nature: Practicals				
Assessment Method(Maximum marks)				
In Semester	Practicals 1	Practicals 2	Practicals 3	Total
	Marks[10]	Marks[10]	Marks[10]	30
End Semester	Practicals			70
Total				100

FIRST YEAR SEMESTER - II

SUBJECT CODE	TITLE OF THE SUBJECT	L	T	P	TOTAL OF LTP	C
22YGC405T	SCIENCE OF ENERGY AND CONSCIOUSNESS IN YOGA	5	0	0	5	5

Objective: Absolute space as Almighty, Transformation of magnetism and its effects. Transformation of Absolute space as universe and living beings, and cause and effect system.

UNIT I - ABSOLUTE SPACE AS ALMIGHTY

Almighty is one God - Various concepts of Almighty - Objectives of Religion - Merging with Almighty - Virtuous life - Vethathiri model of Space and Universe - Gravity - Four Qualities: Plenum - Force - Consciousness - Time - Three laws (Three potentials of Space): Transformation - Mutation - Cause and effect.

UNIT II - TRANSFORMATION OF UNIVERSE

Formation of five physical elements (Panchaboothas) - Dust particle - Magnetism - Fundamental energy particles (Akash) - Four types of energy particles - Element - Self compressive force - self rotation - Repulsive force - Speed variation - objects. Universal magnetism - Magnet waves - Five transformations - Panchathanmathra. (Physical transformation of bio magnetism). - Pressure, Sound, light, taste & smell - Perception (mind). Astronomy - Various concepts about Evolution of Universe - Evolution of Planets, Stars, Galaxies and Universe - maintenance of distance between planets and sun Consciousness in nonliving things - Pattern, Precision, and Regularity - relation between planets and living beings Wave theory - connection of genetic centre and universal magnetism.

UNIT III - EVOLUTION OF LIVING BEINGS

History of living beings - one sense plants to five sense animals - Five sensory organs formation - Evolution of mankind and Sixth sense (Assumption) - Greatness of man. Consciousness in living beings - cognition, experience, discrimination. Bio magnetism - Specific Gravity Principle - bio magnetism Production - Expenditure and stock - Feelings - pleasure, pain, peace, ecstasy.

UNIT IV - GENETIC CENTRE

Genetic centre - structure function - compressing as imprint - expanding as thought - sanjitha, praraptha, akamiyakarma. New linguistic programming - Brain and Body as integral parts - unconscious incompetence - conscious incompetence - conscious competence - unconscious competence - Visual mode - Auditory model - Kinesthetic mode. Purification of Genetic centre - contamination of genetic centre - sinful imprints - Methods of clearing imprints - expiation, super imposition and dissolution - Life before birth and Life after death. Why differ in man? 7 values - 14 Differences.

UNIT V - PERFECTION IN CONSCIOUSNESS

Who am I? Self- realization - god realization - object, energy particle, dust particle and space
 - Divinity of man - Conscious is Almighty - Consciousness in man - consciousness in Divinity. Function of Divine consciousness - cause and effect system - Law of nature - awareness -pleasure and pain - Destiny and wisdom - thoughts, word and deed Nishkamy Karma - Karma yoga - Duty consciousness - thankfulness - 10 principles of Karma yoga - Love and compassion - protection and maintenance - Service to humanity - Perfection of consciousness. Divine meditation - concept - practice - overview of transformation of Divinity.

References:

1. Science of Divinity and Realization of self - VISION, Vethathiri Publications
2. Unified force - ThathuvagnaniVethathiri Maharishi - Ist Edition Sep 1995, 3rd Edition April 2004 - Vethathiri Publications.
3. History of the universe and living beings - ThathuvagnaniVethathiri Maharishi _ IstEdition 2004, 2nd Edition April 2013 - Vethathiri Publications.
4. Journey of Consciousness - ThathuvagnaniVethathiri Maharishi - Ist Edition 1992, 7th Edition Dce 2013 - Vethathiri Publications.
5. Universal magnetism - ThathuvagnaniVethathiri Maharishi - Ist Edition April 1992, 3rd Edition Jan 2004 - Vethathiri Publications.
6. Bio magnetism - ThathuvagnaniVethathiri Maharishi - Ist Edition April 1993, 6th Edition Jan 2016 - Vethathiri Publications.
7. Genetic centre, Vethathiri Maharishi, 4th Edi. June 2009, Vethathiri Publications, Erode.

Course Nature: Theory				
Assessment Method (Maximum marks)				
In Semester	Assessment Tool	Assignment I	Assignment II	Total
	Marks	15	15	30
End Semester				70
Total				100

SUBJECT CODE	TITLE OF THE SUBJECT	L	T	P	TOTAL OF	C
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22YGH406T	PSYCHOLOGICAL ELEMENTS IN YOGA	5	0	0	5	5

Objectives:

Understand the socio-psychological basis leading to a dynamic transformation of personality.

UNIT 1: INTRODUCTION:

Brief history of Modern Psychology- Major Perspectives in Modern Psychology-Key data collection methods in Psychology- Alerted states of consciousness- Sleep- Stages of sleep - Circadian Rhythm-Sleep disorders - The content of dreams - Hypnosis - Bio-feedback.

UNIT 2: BEHAVIOURAL PSYCHOLOGY AND PERSONALITY:

Psychology as science of behavior - Definition of behavior - Psychic forces and human behavior - Behavior and consciousness - Psychological basis of behavior -Defining personality, Meaning of personality, Factors influencing the personality - Theories of personality(type and traits) - Assessment of personality - Integrated personality - Development of personality

UNIT 3: MOTIVATION AND MEMORY:

Biological and psychological needs as determinates of behaviour - Motives and their kinds: Innate motives, Acquire motives, Social motives and Personal motives.

Defining memory -Types of memory - Defining forgetting -Kinds of forgetting - Factors contribution to retention and forgetting - Maximizing acquisition efficiency- Improvement of retention

UNIT 4: YOGA FOR STRESS MANAGEMENT:

Introduction to stress - Concept of stress - Solutions through MandukyaKarika - Relaxation and Stimulation combined as the core for stress management - Practice of Stimulation and Relaxation - Yoga ns stress management - Concepts and Techniques of stress management in Ashtanga yoga of Patanjali and Bhagavadgita- Specific practices for stress management - Breathe awareness - Savasana - Yoganidra - Pranayama and Meditation - Impact or yogic life style on stress management.

UNIT 5: YOGA FOR PERSONALITY DEVELOPMENT:

Yogic attitudes for personality development - Ashtanga yoga and personality development - Personality development with special emphasis on Panchakosa - Memory and concentration - Short term - Long term memory - Stages of memory

foundation and maintenance - Yoga module to improve memory - Barriers to concentration - Creativity eastern concept - Silence and creativity - Yogic approach to creativity - Yogic practices for creativity development - Facets of intelligence - Concept of intelligence according to yoga - Yoga practices for IQ development - Practices for anger management.

Books for Study:

- R.S. Yadav, 2011, General Psychology, Saurabh Publishing House, New Delhi.
- David W Martin, 2006, Psychology of Human Behaviour, The teaching company.
- Robert A Baron, Psychology,
- Sigmund Freud, New Introductory Lectures on Psycho-Analysis, 1933.
- As You Think, James Allen.
- Jonathan Livingston Seagull, Richard Bach.
- Sarasen I.G, 1982, Personality an Objective Approach
- Udupa K.N. 1978, Stress and its management by Yoga, Delhi, Motilal Banarsidas.

Course Nature: Theory				
Assessment Method (Maximum marks)				
In Semester	Assessment Tool	Assignment I	Assignment II	Total
	Marks	15	15	30
End Semester				70
Total				100

SUBJECT CODE	TITLE OF THE SUBJECT	L	T	P	TOTAL OF LTP	C
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22YGC407T	YOGA FOR SUBLIMATION AND SOCIAL WELFARE	5	0	0	5	5
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OBJECTIVE :

- Harmonious relationship with society
- Analysis of thoughts, moralization of desires
- Neutralization of anger and Eradication of worries
- Blessings
- Virtuous way of living

UNIT - 1 :Purpose of life

Philosophy of life :- Three Needs - Three protections-Three virtues -Threestages in the development of knowledge

Analysis of thoughts :- Mind and thoughts - greatness of the thought force - origin of thought flows - six root causes

Practice for Analysis of thoughts with tabulation

UNIT - 2 :Desire and anger

Moralization of desires :- Root causes - three kinds of desires - valuable desire -attachment and detachment

Practice for moralization of desires with tabulation.

Neutralization of anger :- Root cause of anger - chain reaction - Evil effects of anger- patience- forgiveness

Practice for neutralization of anger : with tabulation

UNIT - 3 :Social harmony

Eradication of worries:- root causes for worries - worry and wisdom - evil effects-Four types of worries

Practice for eradication of worries with tabulation

Benefits of Blessing -Wave theory - Greatness of blessing - method for blessing -Divine protection, auto suggestion - world blessing

Harmony in the family :- conflict in family due to four factors - Need, quantity, quality,time - tolerance, adjustment, sacrifice - economical imbalance - sex - relationship between husband and wife

UNIT - 4 :Social Welfare

Five kinds of duties :- Self, family, relative, society, world

Fivefold culture : Earning through self-effort, not inflicting pain others, not grabbing other's properties-respecting others freedom - Helping others in distress ahimsa and Two fold culture.

Greatness of Women - Feminity, motherhood, divinity - sacrifice - detachment -Wife appreciation day

World peace: - Individual Peace, Family peace, world peace - War not necessary -Economic loss and human loss caused by war - Universal brotherhood

UNIT - 5: Value Education

Protection of the natural resources :-

Pollution free environment - environment of pollution (earth, water, air thought force)

- solutions - plantation - protection of the environment

Value Education : Truth, honesty, straight forward, humility, perseverance, peace, nonviolence, forgiveness , will power, self-confidence , contentfulness, Patience, charity, equality, chastity, respecting parents / others, magnanimity, attitude of non-jealousy, determination - avoid unnecessary expectation from others - service without any expectation on reward.

Good Governance: Democracy - public responsibility in electing the leaders -educational system for good governance - spiritual education

Value of selfless service :-

Greatness of service - Service attitude - spiritual development through - service (eg)Mother Theresa, Mahatma

Gandhi - service based on ability - Action plan

Text Book : Sublimation and Social Welfare

Reference:

1. Gunanalaperu - Vethathiri Publications
2. Manavalakalai Part-1 - ThathuvagnaniVethathiri Maharishi
3. Arularuvi Part - 1 - ThathuvagnaniVethathiri Maharishi

Course Nature: Theory				
Assessment Method (Maximum marks)				
In Semester	Assessment Tool	Assignment I	Assignment II	Total
	Marks	15	15	30
End Semester				70
Total				100

SUBJECT CODE	TITLE OF THE SUBJECT	L	T	P	TOTAL OF LTP	C
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19YGC408L	TRADITIONAL YOGA PRACTICES	0	0	6	3	3
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OBJECTIVE

Traditional yoga is a spiritual practice, with a goal of union with the absolute or the divine, while contemporary yoga focuses more on fitness.

The various exercises we associate with hatha yoga were performed to prepare the body for long periods of meditation. This is a skill paper. The sitting, standing, supine, prone postures and bandhas and mudras are discussed. The apt presentation of bandha and mudra can rejuvenate the energy sources and make the individual enlightened. Even though these are all said to be secret and to be learnt from guru to Sishya, they are publicised enabling the contemporary yoga education pattern.

UNIT 1: SURYANAMASKAR-

- ❖ Suryanamaskar must be practiced traditionally and the variation in Suryanamaskar may be taken into consideration based on the convenience of patients for therapy.

UNIT 2: ASNAS STAGE 1 (YOGIC POSTURES):

- ❖ **Standing Postures:** Ekapathasana, (*Ardhakatichakrasana and Chakrasana (sideways)*), Hastapadasana, Ardha chakrasana, Trikonasana, Parivrittatrikonasana, Parsvakasana, Veersana
- ❖ **Sitting Postures:** Dhandasana (Long sitting position - Starting posture of every sitting asanas), Padmasana, Badhakonasana, Vajrasana, Suptavajrasana, Gumukhasana, Vakrasana, Ardhamatsyendrasana, Akarnadhanurasana, Marichyasana, Malasana, Ustrasana (kneeling posture).

UNIT 3: ASNAS STAGE 2:

- ❖ **Supine Postures:** Uddhanapadasana, Navasana, Arthapavanamukthasana, Pavanamukthasana, Setubandhasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana.
- ❖ **Prone Postures:** Bhujangasana, Salabhasana, Dhanurasana, Urdhvamukhosvanasana, Makarasana (It is one of the relaxation asanas).
- ❖ **Balancing Postures:** Vrikshasana, Natrajasana, Garudasana, Namaskarasana, Tittibhasana) (The Shavasana done after the completion of Supine and Prone posture.)

UNIT 4: PRANAYAMA (With Antar & Bahya Kumbhaka)

- ❖ Breath awareness, Sectional breathing (Abdominal, Thoracic and Clavicular Breathing), Nadi shodhan (Nadishuddhi), Bhastrika, Ujjayi, Bhramari, Cooling pranayama (Sheetali, Sheetkari and Sadanta).

UNIT 5: BANDHAS AND MUDRAS:

- ❖ Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Chin Mudra, Surya Mudra, Prana Mudra, Apana Vayu Mudra, Aadhi Mudra, Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Tadagi Mudra, VipareetKarni Mudra.

Books for Study:

- B.K.S. Iyenger, Light on Yoga, Harper Collins, Publishers, New Delhi.
- Pranayama, Swami Kuvalayananda, GhoshiyanandaSamith, Pune.
- Sound Health through Yoga, Dr. K. Chandrasekaran, PremKalyana Publications, Sedapati.
- Gitananda Swami, 1972, Pranayama.
- Swami Ramdev, Yog Its Philosophy and Practice, Divya Prakashan Divya Yog Mandir Trust, Hardwar, ISBN 81-89235-15-X.
- B.K.S. Iyenger, Lights on Pranayama, Harper Collins Publishers, New Delhi.
- Prof (Dr). R. Elangovan, Fundamentals of Yoga, Ashwin Publications, 2016, Chennai.
- Rachel Graves, Yoga anytime, anyplace, anybody, 2013, Media Eight Publishing India Private Limited, Gurgaon.



Course Nature: Practicals				
Assessment Method(Maximum marks)				
	Practicals 1	Practicals 2	Practicals 3	Total
In Semester	Mark s[10]	Mark s[10]	Mark s[10]	30
End Semester	Practical s			70
Total				100

SECOND YEAR SEMESTER - III

SUBJECT CODE	TITLE OF THE SUBJECT	L	T	P	TOTAL OF LTP	C
22YGC501T	WORLD COMMUNITY LIFE	5	0	0	5	5

OBJECTIVE

General principles of life World Community

UNIT I - WORLD COMMUNITY LIFE

Vethathiriyam 14 plans - World without war - Origin of war - Evil effects of war - War is unnecessary - Solution: One world Federal Government - Fair judiciary - Crime - Capital punishment not required. One world Government - Politics - World peace - One world Parliament - One world Judiciary - One world constitutions. United Nations organization - World Peace Plan - dismantling defense forces - Protection of boundaries. Aliyar Declaration 2002 - Duties of Wisemen.

UNIT II - ECONOMIC EQUALITY

Economics - Financial status Differences - Cooperative method industry - Socialism Five basic crafts - Six capitals - Unemployment - Sharing of jobs - corruption.

UNIT III - CULTURE AND MORALITY

Reformation of culture - Fivefold culture - Two fold culture. Living by following the guideless of Wisemen - crime - suruti (Text) Yukthi (assumption), Experience - Life styles of wise people - Vethathirium concepts. Respect for Woman hood - Greatness of woman - Equal right - Woman education - Duties and Responsibilities - Wife appreciation day - Morality in man woman friendship - chastity - Arts with moral values. Mother and child health care - Affection between child and mother - Children's growth.

UNIT IV - REFORMED THOUGHTS

Following Natures way - Respect for nature - Merging with Almighty. Avoidance of Car Festival - Business oriented - Loss of Time and Money - unhygienic environment. Sports only for children - Eight types of games - Disadvantage of sports for adult. Avoiding unnecessary Rituals.

UNIT V - GLOBAL WELFARE

Globalizations of food and water - Food production - population explosion. Distribution of food and water resources - linking of Rivers Selection of common religion - Is God one or many? Duties of Religious heads Logical Solutions for the Problems of Humanity.

References:

1. World Community Life (Vethathirium) -VISION, Vethathiri publication
2. Vethathiri Maharishi 1999- Logical solutions for the problems of Humanity
3. World Peace Plans - ThathuvagnaniVethathiri Maharishi - Ist Edition 1957, 9thEdition April

2015 - Vethathiri Publications.

4. Vethathirian Principles of life - Vethathiri Maharishi - Ist Edition 2002, 2nd Edition Aug, 2010
- Vethathiri Publications

5. World Community Life - VISION - Ist Edition 2009, 7th Edition July 2016 -
Vethathiri Publications.

6. Logical solutions for the problems of Humanity, Vethathiri maharishi, Vethathiripublication,
Erode,, 1st Ed - 1998, 2nd Ed - 1999

Course Nature: Theory				
Assessment Method (Maximum marks)				
In Semester	Assessment Tool	Assignment I	Assignment II	Total
	Marks	15	15	30
End Semester				70
Total				100

SUBJECT CODE	TITLE OF THE SUBJECT	L	T	P	TOTAL OF LTP	C
22YGB502T	INDIAN TRADITIONAL SYSTEM OF MEDICINE AND THERAPIES	5	0	0	5	5

Objectives:

Based on the formula of analysing the disease on the methods suggested in allopathy medical system; assessing the health problems in terms of yoga.

Man is always after health. Healthy life is heaven on earth. Health care is very important dimension the maintenance, protection and promotion of personal health care and community health care. For this purpose different medical and therapy systems evolved over a period of time. They are all considered to be alternative to the Hippocratic medical system called Allopathy. Ayurveda, Yunani, Siddha, Naturopathy and Homeo are considered to be very important. This is an off line paper. The medical knowledge shall be conveyed to the student with proper interpretation of concept, diagnosis, pathology, aetiology, pharmacology and nutrition. This is a vital paper in the application orientation of the physical health which does not specify the absence of disease but promotion of efficient, harmonious and independent and interdependent function of the organs.

Unit I: Ayurvedic system

- **History of Ayurvedha** - Origin- Ayurveda texts

- **Philosophy and Basic principles of Ayurvedha:** Pancha Bhoothas theories - The Tridosha Theory - Pancha vatha (five kinds of vathas) -- Pancha Pitta (five kinds of pittas) - Pancha Kapha (five kinds of kaphas) - Upa Dhatus.
- **Six taste of Ayurvedha:** Rasantara - Nirukthi - Anurasa - Types of tastes - Effect of tastes on Tridosha - Dinacharya.
- **Classification of Diseases:** Diseases in Ayurveda - Three main causes for disease - Thirteen Natural Urges - Prakriti concept in Ayurvedha - Diagnostics methods - Ayurvedic Diet - Treatment methods in Ayurveda - Panchakarma.
- Formulation used in Ayurveda.

Unit II: Siddha system

- **History of Siddha:** Siddhar Tradition - Muppu-Guru Marunthu - Siddha's Directives to Life.
- **Basic principles of Siddha:** 96 thatthivas of Siddhar Yukimuni - Tridoshas (Vatham, Pittam, Kabam) - People with the three fundamental qualities and Body constitutions - Foods suitable for people with the three types of body constitution - Udal thaathukkal (are the Seven physical constituents).
- **Classification of Diseases:** Relation between diseases and five primordial elements - Food and Diseases - Importance of Pathyam and Apathiyum - Siddha Diet Regimen.
- **Method of Examination:** Eight fold examination - Neer Kuri - Urine Examination (Oil drop test of urine) - Examination of pulse or pulse reading - Astrological Calculation.
- **Siddha medicines and Treatment aspect:** Materia Medica and Pharmacy - Classification of Medicines - Types of medicine - Internal Medicine - External Medicine Treatment aspect: Vamanam (emesis) - Kazhichchal (purgation) - Nasiyam (nasal liquid application) - Attaimarutthuvam - Thokkanam (Physical manipulation) - Varmam - Pini Anugaa Vidhi (Prevention of diseases) - Daily regimen (Naal Ozhukkam).

Unit III: Homeopathy system

- **Samuel Hahnemann:** Birth of Homoeopathy (Origin and Development of Homoeopathy).
- **Philosophy and Method of Homoeopathy:** Homoeopathic Principles - Concept Miasms.
- **Classification of Diseases and Symptoms: Classification of Symptoms in Homeopathy - Homeopathic Aggravation.**
- Homeo pharmacology and method of prescription - **Principles of Prescribing.**
- Role of Homeopathy as Alternative Medical System.

Unit IV: Unani system

- **History of unani:** Development of unani system -Strengths of unani system of medicine.
- **Principles and concepts of unani:** Basic Elements – Humours (akhlā\).
- **Concept of health and disease:** Principles of Diagnosis.
- **Principles and modes of treatment:** Principles of Drug Action.
- **Therapeutic approach - Types of treatment:** Cupping – Leeching – Venesection -Turkish Bath - Massage - Diuresis - Purgation – Emesis - Diaphoresis – Cauterization - Concoctive and Purgative therapy - Psychiatric treatment - Diet therapy – surgery.

Unit V: Naturopathy system:

- The Origins and History of Naturopathy – Definition – Concept - Principles and Philosophy.
- Naturopathic Therapeutics - Naturopathic assessment model – Definition of Holistic Nutrition.
- Naturopathy food - Significance of Food - Holistic Healing - Types of Foods – Fluids - Benefits.
- Therapy: Diet therapy in Naturopathy - Fasting Therapy - Mud Therapy – Hydrotherapy.
- Massage Therapy – Acupressure – Acupuncture – Varmam and Thokkanam - Pranic Healing – Chromo Therapy – Air Therapy - Magnet Therapy - Music therapy.

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Hardwar: DivyaPrakashan.
2. AtharaleV.B. (1980) basic principles of Ayurveda, Bombay: pediatric clinics.
3. Frawley David (2000) Yoga and Ayurveda Delhi: MotilalBanarsidass Publishers Pvt Ltd,
4. BalkrishnaAcharaya (2012) A practical approach to the Science of Ayurveda, Haridwar :DivyaPrakashan.
5. Atreya (2000) Ayurvedic Healing for women, Delhi, MotilalBanarsidass.
6. Siddha MaruthuvaAdipadaiThathuvangalumVaralarum (History and Basic Principles of Siddha Medicine).
7. Dr. M. Shanmugavelu, UdalThathuvam – I (Physiology – Part-I), Tamil Nadu Siddha Medical Association, 1987, Tirunelveli.
8. Dr. M. Shanmugavelu, UdalThathuvam – II (Physiology – Part-II), Tamil Nadu Siddha Medical Association, 1989, Tirunelveli
9. Gunapadam – I (Mooligai – Plant Kingdom).
10. Gunapadam – II (Thathu&Vilanginam (Metals, Minerals and Animal Kingdom).
11. Maruthuvam – Pothu (General Medicine).
12. SirappuMaruthuvam including Yoga & Varma (Special Medicine).

13. Joshi Rajnai (2007) Health tips from the vedas Haridwar: Shri Vedmata Gayathri trust.
14. Dr.Kasibhatta Satyamurty (2018) Therapeutic Yoga, A.P.H. Publishing Corporation New delhi
15. Organon of medicine – Samuel Hahnemann (6th edition)
16. History of homoeopathy its origin & conflicts – R.E Dudgeon
17. Material Medica Pura (vol 1 & 2) – Samuel Hahnemann
18. The principles of homoeopathic philosophy – Margaret Roy.
19. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New Age Books
20. Sivanananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society.
21. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Banarsidass.
22. Dr.Kasibhatta Satyamurty (2018) Therapeutic Yoga, A.P.H. Publishing Corporation New delhi.
23. J. Raamachandran, Herbs of Siddha Medicine, Murugan, Patthipagam/Chenna/India; 1st edition (1 January 2008)
24. Swami Muktananda, Siddha Meditation, S.Y.D.A. Foundation (1975).
25. Guy Attewell, Refiguring Unani Tibb, Orient Longman, ISBN: 9788125030171, 9788125030171.
26. Shahab Uddin, Khan Usmanghani, Abdul Hannan, Unani Medicines, VDM Verlag, ISBN: 9783639344400, 3639344405.
27. Shahab Uddin, Khan Usmanghani, Abdul Hannan, Scientific Appraisal of Unani Herbs, LAP Lambert Academic Publishing, ISBN: 9783659116773, 3659116777

Course Nature: Theory				
Assessment Method (Maximum marks)				
In Semester	Assessment Tool	Assignment I	Assignment II	Total
		Marks	15	15
End Semester				70
Total				100

SUBJECT CODE	TITLE OF THE SUBJECT	L	T	P	TOTAL OF LTP	C
22YGB503T	Elements of Food and Nutrition	5	0	0	5	5

Objective:

- To gain knowledge on basic concepts of food science, food groups and nutritional composition.
- To know the functions, metabolism and requirements of nutrients.

To acquire knowledge on Nutrition Science for promotion of health and prevention of diseases. The health is not based on drugs or chemicals but it is based on the intake of food. Microbiologists and physiologists have commonly identified a segment of knowledge dealing with food and nutrition. It is essential even for every layman. The food systems and nutritious values of food items are to be known for the government schemes like Janani Sisu suraksha Yojana (mother and child welfare) and also Bala, Kaumar svasthya yojana (child and adult health plan) and some programs initiated by Prime Minister and Ministry of Health and Family welfare. This awareness makes a person to make adopted to good and healthy food habits which palliate, prevent and cure through the promotion of immunity and longevity. This is taught on line.

Unit -1. Introduction to Food Science, Food Groups and Health

- ❖ Definition of food and food science – Basics of food science – Functions of Food.
- ❖ Classification of various foods according to Food groups.
- ❖ Classification of foods according to Functions.
- ❖ Need for grouping foods – ICMR’S five food group system and food Pyramid.
- ❖ Principles of Diet Planning – Planned meals.

Unit – 2. Basics of Food Science

- ❖ Principles of Cooking – Objectives of cooking – Methods & Classification of Cooking – Moist heat – Dry heat – Combination methods.
- ❖ Cereals – Parboiling – its merits & demerits Pulses – Composition and nutritive value – Energy – Carbohydrate – Protein – Lipids – Minerals – Vitamin – Enzyme – Effect of soaking, germination & fermentation.
- ❖ Vegetables and Fruits – Nutritive Value of green leafy vegetables – Roots and Tubers – other Vegetables – Storage of fruits – Milk and Milk Products.
- ❖ Nuts and Oil Seeds – Spices & Condiments
- ❖ Other Foods – Eggs – Fleshy Foods.

Unit – 3. Basics of Nutrition

- ❖ Methods of Assessing nutritional status - Nutrients: Action, Interaction and Balance - Digestion, Absorption and Utilization of Food - Meaning and Need for Assessment of nutritional Status - Direct and Indirect nutritional assessment.
- ❖ Energy - Basal Metabolic Rate - Factors affecting BMR - State of Nutrition.
- ❖ Macronutrients - Carbohydrates - Proteins - Lipids - Essential Fatty Acids - Water - Water Balance.
- ❖ Micronutrients - Vitamins - Fat Soluble Vitamins - Water Soluble Vitamins Other Vitamins.
- ❖ Minerals - Macro Minerals and Micro minerals.

Unit - 4. RDA and Balanced Diet

- Purposes of RDA.
- Factors affecting RDA - Other dietary components which influence requirement.
- Balanced diet.

Unit - 5. Yoga - Yogic concept of diet

- ❖ Yogic diet and its role in healthy living-Importance of yogic diet in yoga sadhana.
- ❖ Yogic aspects of diet according to the Doshas.
- ❖ Ahara (Diet) - Concept of Mitahara - Definition and classification in yogic diet according to traditional Hatha yoga texts - Hatha Yoga Pradipika - Gherandha Samhita - Bhagavad-Gita on Food - Pathya and Apathya in diet according to yogic texts - Slogans for concept of diet according to Hatha Yoga Pradipika, Gherandhasamhita.
- ❖ Ayurvedic concept of form of diet - Types of diet - Seven Concept of Diet - Rules for Taking Food - The Taste Process.
- ❖ Vethathiri Maharishi's concept on Food : Suitable Food for Mankind The Quality of food - Daily Menu food for Health - Common Cooking - Kindness Towards All Living Beings - Consume Food with Lofty Thoughts.

Text/Reference Books:

1. Potter, N. and Hotchkiss, J.H. Food Science, 5th edn., CBS Publications and Distributors, Daryaganji, New Delhi, 1998.
2. B.Srilakshmi, Nutrition Science, New Age International (P)Ltd., New Delhi, 2017.
3. B.Srilakshmi, Food Science, New Age International (P) Ltd., New Delhi.
4. B.Srilakshmi, Dietetics, New Age International (P) Ltd., New Delhi.
5. Dennis Thompson: The Ayurvedic Diet, New age books, New Delhi, 2001
6. Randolph Stone: A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition.

1. Dr. M. Sawminathan, Food & Nutrition Volume I & II, M/s. The Bangalore Printing & Publishing Co. Ltd., 2007.
2. Dr.J.V.G. Sekar, Mrs. MadhuramSekar, Health and Nature, NarmadhaPathipagam, Chennai. ISBN: 81-8201-051-9
3. Vethathiri Maharishi, Gnana Kalanjiam Part I
4. Vethathiri Maharishi, Ulaga samadhanam
5. Shubhangini A. Joshi,(1992)' "Nutrition and Dietetics"Tata Mc Grow- Hill publishing Company Ltd, New Delhi.
6. National Institute of Nutrition, (2005): Dietary Guidelines for Indians - A Manual, Hyderabad.
7. Thangam.E.Philip(1965): Modern Cookery, Orient Longman, II edition. Vol II, Bombay.
8. Mahan, L.K. and Escott-Stump, S. (2000) Krause's Food, Nutrition and Diet Therapy, 10thEd.W.B.Saunders Company, London.
9. AntiaF.P, Clinical Dietetics and Nutrition, Oxford University Press.
10. Shills, M.E, Oslon, J.A, Shike, M and Ross, A.C. (1999): Modern Nutrition in Health and Disease, 9th Edition.

Course Nature: Theory				
Assessment Method (Maximum marks)				
In Semester	Assessment Tool	Assignment I	Assignment II	Total
	Marks	15	15	30
End Semester				70
Total				100

SUBJECT CODE	TITLE OF THE SUBJECT	L	T	P	TOTAL OF LTP	C
22YGC504L	Traditional Yoga Practices - II	0	0	10	5	5

OBJECTIVE

Traditional yoga is a spiritual practice, with a goal of union with the absolute or the divine, while contemporary yoga focuses more on fitness.

The various exercises we associate with hatha yoga were performed to prepare the body for long periods of meditation. This is a skill paper with one hour a day practice. The practices suggested are in coherence with classical yoga texts. The asanas, Pranayama, mudras and special exercises. This is a paper with face to face training concentrating more on body, breath and mind.

UNIT 1: LOOSENING THE JOINTS

- ❖ Joint freeing series - Simplified physical exercises - Suryanamaskar: Vinyasa Suryanamaskar (Kneeling Lunge, Jumping)

UNIT 2: ASANAS - 1

- ❖ **Standing Postures:** Tadasana, Utkatasana, Utthita Trikonasana, Parsvakonasana, Parsvottanasana, Virabhadrasana, Adhomukha Svanasana, Moordhasana, Cat Cow posture (counter posture for above two asanas), ArdhaChandrasana
- ❖ **Sitting Postures:** Sukhasana, Ardha Padmasana, Yoga mudra, Siddhasana, Kamalāsana, Svastikasana, Parvatasana Bhadrasana and Path, Simhasana, Mandukasana, Shashangasana, Janusirasana, Paschimottanasana, Kapotasana, Trianga Mukhaikapada, Bharadvajasana, Suptavirasana, Koormasana.

UNIT 3: ASANAS - 2

- ❖ **Supine Postures:** Salamba, Karnapidasana, Urdhavadhanurasana, Suptavajrasana, Sirsasana, SalambaSirshasana, Ardha halasana.
- ❖ **Prone Postures:** Ardha Mayurasana, Mayurasana
- ❖ **Special Asanas(Before Pranayama):** Tortoise practice - Exercises for relief from Hip pain - Exercises for relief from Asthma - Exercises for relief from Back pain.

UNIT 4: PRANAYAMA (Practice with Bandha)

- ❖ Sadanta Pranayama - Moorchapranayama - Viloma (Surya, Chandra) - Anuloma (Surya, Chandra) - Pratiloma - Surya Bhedana - Chandra Bhedana

UNIT 5: MUDRAS and SPECIAL EXERCISE

- ❖ **Mudras:** Ganesha mudra, Pritivimudra, Bhudi mudra, Varune mudra, Vaya mudra, Apanamudra, Mukular mudra, Khechari mudra.
- ❖ **Special Exercise:** Thyroid - Asthma - Hip Pain - Back Pain - Healing Exercises - Tortoise Asana.

References:

- 1) IyengarB.K.S (1976) Light on yoga, London. Unwin paperpacks.
- 2) SivanandaSaraswathi swami (1934) Yoga Asanas Madras: My magazine of India
- 3) Satyanadasaraswathisami (2008) Asana, Pranayama, Mudra, Bandha, Munger: Yoga publications trust.
- 4) IyengarB.K.S (2008) Light on Pranayama, New Delhi : Harper Collins Publishers India.
- 5) Vishnu Devananda Swami (1972) The complete illustrated Book of yoga, New York: Pocket Books.
- 6) Chandrasekaran K (1999) Sound Health Through Yoga, Sedapatti: Prem kalia publications
- 7) YogeshwaranandSaraswathi Swami (1975) First step to higher yoga, Gangothari: Yoga nicketan trust.
- 8) Coulter, H. David (2001) Anatomy and Hatha yoga, USA : Body and Breath Inc.
- 9) Kirk Martin (2006) Hathan Yoga illustrated Chamapign : Humenkinetics
- 10) Gharote (2004) Applied yoga, Lonvla: Kaivalyadharm
- 11) Kathy Lee kappmeier and Diane M. Ambrosini (2006) Instructing hatha yoga, Champaign: Human Kinetics.

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Course Nature: Practicals				
Assessment Method(Maximum marks)				
In Semester	Practicals 1	Practicals 2	Practicals 3	Total
	Marks[10]	Marks[10]	Marks[10]	30
End Semester	Practicals			70
Total				100

SECOND YEAR SEMESTER IV

SUBJECT CODE	TITLE OF THE SUBJECT	L	T	P	TOTAL OF LTP	C
22YGH505T	RESEARCH METHODOLOGY	5	0	0	5	5

Objective:

Research in Yoga is similar to research in other sciences. Yoga is related to human behavior. Research can help us spot trends amidst the diversity. The scholars in yoga use research to ensure that their claims are correct and reliable. Yoga research is applied to many cases of day-to-day reasoning, leading to a clearer and more accurate understanding of our personal and social environment. The scholars use various methods like Naturalistic observation, the case study, surveys, correlational studies and the experiment in their yoga research.

UNIT I

Research - Meaning and Definition - Need, Nature and scope of research in yoga. Types of Research. Location of Research problem - Criteria for selection of problem. Research proposal - Qualities of good researcher.

UNIT II

Historical research - Meaning - Delimitation. Sources of Historical research, Primary data - Secondary data. Historical Criticism - Internal and External. Descriptive Research - Survey study - case study. Experimental research - Meaning - Variables - Types of variables - Experimental research, Hypothesis and Experimental design - Single Group - Reverse group design - Factorial design - Research Report Writing.

UNIT III

Major areas of research - Yoga and Physiology - Yoga and psychology - Yoga and Sports - Yoga and Health - Yoga and fitness - Yoga and counselling - Yoga and rehabilitation. Present condition of yoga research in India - Methods in yoga research, Yogic Research in India.

UNIT IV

Statistics - Basic Concepts - need and importance of statistics in research; Data - Raw and Grouped, Types of data, concept and calculations of measures of central tendency - Mean, Median and Mode; Measures of Variability - Range, Mean Deviation, Quartile deviation and Standard deviation, Normal curve - Properties and problem based on Normal distribution.

UNIT V

Testing of hypothesis - procedure, types of hypothesis, level of significance, one tailed and two tailed test, degrees of freedom; Test of Significance for difference of Means - t test; Analysis of Variance - Simple; Correlation - Pearson product moment correlation, Spearman Rank order correlation.

References:

- Best W John and James V Leahn (1996) Research in Education, New Delhi : Prentice - Hall of India Pvt Ltd.,
- Kothari C.R. (1985) Research Methodology New Delhi: Wiley Eastern Limited.
- Clarke David H. and Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey: Prentice Hall Inc.,
- Best John W. and Kalm James, V. (1980) Research in Education, New Delhi: Prentice Hall of India.
- Clarke, H. Harrison and Clarke David H. (1972) Advanced Statistics, New Jersey: Prentice Inc.
- Garret Henry E and Woodworth, R.S (1958) Statistics in Psychology and Education, Bombay: Allied Publications pvt Ltd.,
- Thirumalaisamy (1998) Statistics in Physical Education, Karaikudi: Senthilkumar Publishers.
- Thomson Al, (1986), The Art of Using computers, Boyd & Frashers Boston: Publishing co.,
- Jerry R Thomas and Jack K Nelson (200) Research Methods in Physical Activities, Illinois: Human Kinetics.
- Craig Williams and Chris Wragg (2006) - Data Analysis and research for sport and exercise science, London Routledge press.
- Paul R Kinnear and Colin D Gray (2006) - SPSS 14 made Simple, New York: Psychology press.

Course Nature: Theory				
Assessment Method (Maximum marks)				
In Semester	Assessment Tool	Assignment I	Assignment II	Total
	Marks	15	15	30
End Semester				70
Total				100

SUBJECT CODE	TITLE OF THE SUBJECT	L	T	P	TOTAL OF LTP	C
22YGH506T	COUNSELLING AND GUIDANCE IN YOGA	5	0	0	5	5

Objectives:

Understand the socio-psychological basis, leading to a dynamic transformation of personality. This is interpretation oriented paper. This is a practical continuum of psychology. This paper is very significant in guiding the students in the skills of counselling and tuning the mindset in the psycho therapeutic problems. Offline instruction is needed for this paper.

Unit 1: GUIDANCE AN OVERVIEW

- Introduction - Meaning and Definitions of Guidance- Nature of Guidance - Need and Scope of Guidance - Functions of Guidance - Principles of Guidance - Characteristics of Guidance.
- Types of Guidance - Major areas of Guidance - Educational Guidance - Vocational Guidance - Avocational Guidance - Social Guidance - Moral Guidance - Health Guidance - Personal Guidance - Marital Guidance.

Unit 2: TECHNIQUES OF GUIDANCE

- Introduction - The Guidance Service - Cumulative Record - Occupational Information Service - Organizational Guidance in Schools - The Guidance Programme at different Levels - The Guidance Personnel - Role of Teachers in Guidance programme.

Unit 3: COUNSELLING

- Introduction - Meaning and Definitions of Counselling -Purpose of Student Counselling - Scope of Counselling - Elements of Counselling -Characteristics of Counselling - Counselling different from Advice - Difference between Guidance and Counselling - Uniqueness of Guidance and Counselling - Qualities of Good Counsellor.
- Levels and Classifications of Counselling - Introduction - Levels of Counselling - Classifications of Counseling - Types of Students who need Counselling - Steps involved in Counselling process - Counselling: Individual patterns.
- Techniques of Counselling - Introduction - Directive Counseling - Non-directive Counseling - Elective Counselling.
- Types of Counselling - Introduction - Individual Counselling - Interviews - Type of Interviews - Group Counselling - Counselling and Psychotherapy.

Unit 4: MENTAL ILLNESS

- Mental Illness: Introduction - Importance of Mental Health -Types of Mental Illness – Symptoms – Causes of Mental Illness – Treatment- Conclusion.

Unit 5: PSYCHOTHERAPY

- Psychotherapy - Introduction – Etymology – Forms – Systems – General Descriptions – Medical and Non-medical model.
- Specific Schools and Approaches of Psychotherapy - Introduction – Psychoanalysis – Gestalt Therapy – Group Psychotherapy - Cognitive Behavioural Therapy – Hypno Psychotherapy – Body-oriented Psychotherapy – Expressive Therapy – Interpersonal Psychotherapy – Family Therapy – Confidentiality – Effectiveness – Therapy for Children – Conclusion.

Books for Study:

- R.S. Yadav, 2011, General Psychology, Saurabh Publishing House, New Delhi.
- David W Martin, 2006, Psychology of Human Behaviour, The teaching company.
- Robert A Baron, Psychology,
- Sigmund Freud, New Introductory Lectures on Psycho-Analysis, 1933.
- As You Think, James Allen.
- Jonathan Livingston Seagull, Richard Bach.
- Sarasen I. G. 1982, Personality an Objective Approach
- Udupa K.N. 1978, Stress and its management by Yoga, Delhi, Motilal Banarsidas.

Text Books:

1. Guidance, Counseling and Psychotherapy, VISION, Vethathiri Publications, 3rd Edition, August 2016, Erode.

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Course Nature: Theory				
Assessment Method (Maximum marks)				
In Semester	Assessment Tool	Assignment I	Assignment II	Total
	Marks	15	15	30
End Semester				70
Total				100

SUBJECT CODE	TITLE OF THE SUBJECT	L	T	P	TOTAL OF LTP	C
22YGP507P	PROJECT REPORT (DISSERTATION)	0	0	24	12	12

GUIDELINES

Students Should Choose a Topic to do a research on a particular area of YOGA

1. Students can do projects in the following areas

Metabolic syndrome (Obesity – Diabetes – (IHD)

Heart attack - Arteriosclerosis - Dyslipidemia

Gynecological Problems, Cancer

Excellence in Human Intelligence

Personality Development

Critical analysis of Yoga Gurus

Analysis of Yoga Gurus' concepts

A study of Yoga in Arts and Sciences discipline

2. Report should have the following

- Introduction of the Topic Chosen
- Yoga component Profile w.r.t Project title
- Details of YOGA elements w.r.t Project with diagrammatic representations
- Literature Review [Previous research related to project chosen]
- Research Methodology
- Analysis
- Findings, Suggestions and Conclusion

3. Reporting Format

- Minimum of 80 Pages and Maximum of 120 Pages
- Times New Roman Font - Font Size - Heading 14 and Content 12 - Line Spacing - 1.5
- Report .will be evaluated by the Faculty in charge and Viva will be conducted at the end of the Semester
- Report Submission - One Hardcopy and One Soft Copy in CD/ mail to be submitted

4. Marks Will be awarded as follows - Internal Viva 30 Marks and End Semester Viva 70 Marks

If the Student Failure to do the project or submit the report will treated as failure in that course and the students has to redo in the forthcoming semesters

5. There will be a three days special contact program for which attendance is mandatory

Course Nature: Practical			
Review of Report		Dissertation & Viva voce	
Internal Component	Marks	University Exam Component	Marks
First Review	15	Presentation	10
Second Review	15	Analysis	20
		Finding and Conclusion	20
		Viva voce	20
Total	30	Total	70