



प्रो. (डॉ.) जसपाल एस. सन्धू
सचिव

Prof. Dr. Jaspal S. Sandhu
MBBS, MS (Ortho), DSM, FAIS, FASM, FAFSM, FFIMS, FAMS
Secretary



विश्वविद्यालय अनुदान आयोग
University Grants Commission

(मानव संसाधन विकास मंत्रालय, भारत सरकार)
(Ministry of Human Resource Development, Govt. of India)

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Bahadur Shah Zafar Marg, New Delhi-110002

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D.O.No.F.1-1/2016(Secy)

19th May, 2016

Dear Sir/Madam,

In reference to the D.O.letter No.4-3/2016-U.1A(Pt) dated 13th May, 2016 received from MHRD forwarding therewith D.O.No.S.11012/37/2016-IEC dated 19th April, 2016 of Ministry of AYUSH regarding Yoga syllabus recommended by Committee on Yoga Education in Universities, for Bachelors and Masters in Physiotherapy (BPT & MPT).

It is desired that modules of teaching and training of Yoga may be included in Bachelors and Masters Degrees of Physiotherapy programmes. The template of the syllabus for Bachelors and Masters in Physiotherapy as designed by the Ministry of AYUSH is available on UGC website www.ugc.ac.in.

It is requested that the same may be perused and suitably inserted in the Physiotherapy programmes run by your esteemed university and the affiliated colleges.

With warm regards,

Yours sincerely,

(Jaspal S. Sandhu)

To the Vice-Chancellors of all the Universities.

Copy to :

✓ The Publication Officer, UGC, New Delhi for uploading on UGC website.

Jaspal S. Sandhu
(Jaspal S. Sandhu)



Ishita Roy
Joint Secretary
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भारत सरकार
मानव संसाधन विकास मंत्रालय
उच्चतर शिक्षा विभाग
शास्त्री भवन
नई दिल्ली - 110 115
GOVERNMENT OF INDIA
MINISTRY OF HUMAN RESOURCE DEVELOPMENT
DEPARTMENT OF HIGHER EDUCATION
SHASTRI BHAVAN
NEW DELHI-110 115

Dated the 3rd May, 2016

D.O. No. 4-3/2016-U.1A (Pt.)

Dear Dr. Sandhu,

Kindly find enclosed a copy of D.O. NO.S.11012/37/2016-IEC dated 19th April, 2016 received from Ministry of AYUSH regarding Yoga syllabus recommended by Committee on Yoga Education in Universities, for Bachelors and Masters in Physiotherapy (BPT & MPT).

2. The Ministry of AYUSH has requested that the UGC may include yoga syllabus in BPT & MPT for forthcoming academic session. The Hon'ble Prime Minister has also desired that the possibility of giving suitable preference in admission to graduate courses in physiotherapy to those candidates having requisite expertise in yoga may be explored.

3. In the view of above, I would request you to furnish comments/ATN on the matter urgently.

Warm regards,

Yours sincerely,

(Ishita Roy)

Encl: As above.

Prof. (Dr.) Jaspal Singh Sandhu,
Secretary,
University Grants Commission,
Bahadurshah Zafar Marg,
New Delhi.

50073
18/05/16



अजीत मोहन शरण
AJIT M. SHARAN



सचिव
भारत सरकार
आयुर्वेद, योग व प्राकृतिक चिकित्सा
यूनानी, सिद्ध एवं होम्योपैथी (आयुष) मंत्रालय
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,
आई.एन.ए. नई दिल्ली-110023

SECRETARY
GOVERNMENT OF INDIA
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY
UNANI, SIDHA AND HOMOEOPATHY (AYUSH)
INA, NEW DELHI - 110023

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D.O. No. S.11012/37/2016-IEC

19th April, 2016

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20/11/16

22/4
S. Sharan

Dear Vinay,

Kindly refer to meeting chaired by Hon'ble Prime Minister on 7.3.2016 to review the preparedness for organization of International Day of Yoga on 21.6.2016.

2. One of the decisions taken was that the curriculum for physiotherapy training may include Yoga training. Accordingly, the Committee on Yoga Education in Universities, headed by Dr. H.R. Nagendra, Chancellor, S-VYASA University, Bengaluru, have examined this issue and have recommended the Yoga syllabus for Bachelors and Masters in Physiotherapy (BPT & MPT). A copy of the same is forwarded herewith.
3. University Grants Commission may be requested to include the Yoga syllabus in Bachelors and Masters in Physiotherapy (BPT & MPT) from the forthcoming session.
4. Further, as desired by Hon'ble Prime Minister, the possibility of giving suitable preference in admission to Graduate courses in Physiotherapy to those candidates having requisite expertise in Yoga may also be explored.

With kind regards,

Encl: As above.

Yours sincerely,

(Ajit M. Sharan)

JS (HE)
23/4
Shri Vinay Sheel Oberoi,
Secretary,
Department of Higher Education,
Ministry of HRD,
Shastri Bhavan, New Delhi.

Yoga Syllabus
for
Bachelors and Masters
in
Physiotherapy
recommended by the
Committee
on
Yoga Education
in
Universities

Yoga Syllabus for Bachelor of Physiotherapy

(BPT)

Preamble

Yoga is an age-old traditional Indian psycho–philosophical–cultural method of leading one's life, that alleviates stress, induces relaxation and provides multiple health benefits to the person following its system. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

i. Objectives of introducing Yoga in Physiotherapy

- ⊕ To introduce Yoga and its therapeutic application as one of the subject in Physiotherapy.
- ⊕ To make the people aware of the therapeutic and preventive value of Yoga.
- ⊕ To bring peace and harmony in the society at large by introducing the Yogic way of life.

ii. Scheme of Teaching and Examination

S.N	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
			L	T	P	Seasonal		SEE		
						Credit	CT	TA		
BPT- 1st Year										
Semester – I										
1.	BPT-FYT101	Foundamentals of Yoga-I (theory)	3	1	-	4	20	10	70	100
2.	BPT-FYP102	Foundamentals of Yoga-I (Practical)	-	-	4	2	10	5	35	50
Total number of hours/week					8	Total marks				150
Semester-II										
3.	BPT-FYT103	Foundamentals of Yoga-II (theory)	3	1	-	4	20	10	70	100
4.	BPT-FYT104	Foundamentals of Yoga-II (Practical)	-	-	4	2	10	5	35	50
Total number of hours/week					8	Total marks				150
BPT-2nd Year										
Semester-III										
5.	BPT-PYT105	Philosophy of Yoga-I (theory)	3	1	-	4	20	10	70	100

6.	BPT-PYT106	Philosophy of Yoga-I (practical)	-	-	4	2	10	5	35	50
Total number of hours/week					8	Total marks				150
Semester-IV										
7.	BPT-PYT107	Philosophy of Yoga-II (theory)	3	1	-	4	20	10	70	100
8.	BPT-PYP108	Philosophy of Yoga-II (practical)	-	-	4	2	10	5	35	50
Total number of hours/week					8	Total marks				150
BPT 3rd Year										
Semester-V										
9.	BPT-AYT109	Application of Yoga-I (theory)	3	1	-	4	20	10	70	100
10.	BPT-AYP110	Application of Yoga-I (practical)	-	-	4	2	10	5	35	50
Total number of hours/week					8	Total marks				150
Semester-VI										
11.	BPT-AYT111	Application of Yoga-II (theory)	3	1	-	4	20	10	70	100
12.	BPT-AYP112	Application of Yoga-II (practical)	-	-	4	2	10	5	35	50
Total number of hours/week					8	Total marks				150
BPT 4th Year										
Semester-VII										
13.	BPT-TYT113	Therapeutic Yoga-I (theory)	3	1	-	4	20	10	70	100
14.	BPT-TYP114	Therapeutic Yoga-I (practical)	-	-	4	2	10	5	35	50
Total number of hours/week					8	Total marks				150
Semester-VIII										
15.	BPT-TYT115	Therapeutic Yoga-II (theory)	3	1	-	4	20	10	70	100
16.	BPT-TYP116	Therapeutic Yoga-II (practical)	-	-	4	2	10	5	35	50
Total number of hours/week					8	Total marks				150
Total marks in eight semesters										1200

BPT-Bachelor of physiotherapy, FYT- Fundamentals of Yoga theory; FYP-Fundamentals of Yoga practical; PYT- Philosophy of Yoga practical; PYP- Philosophy of yoga practical; AYT- Application of yoga theory; AYP-Application of Yoga practical; TYT-Therapeutic Yoga theory; TYP-Therapeutic Yoga practical

Semester-I

COURSE DETAILS

Subject Title: Fundamentals of Yoga-I (theory)

Subject Name: BPT-FYT101

Course Objectives:

The theory subject entitled 'Fundamentals of Yoga' has the following objectives

- Students of the UG course will have an understanding about origin, history and development of Yoga.
- They will have an idea about the insights of Indian philosophy and Astika & Nastika darshanas.
- Introduction about Yoga according to various yogic texts.

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hours/ week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30		

Unit-1: General introduction to yoga**[15Hrs.]**

Brief about origin of Yoga: Psychological aspects and Mythological concepts; History and Development of Yoga: prior to the Vedic period, Vedic period, Medieval period, modern era; Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions of Yoga; Brief about Streams of Yoga; Principles of Yoga, Importance of Yoga

Unit - 2: General introduction to Indian philosophy**[15Hrs.]**

Philosophy: meaning, definitions and scope; Indian Philosophy: Salient features, Branches (Astika and Nastika Darshanas), Distinction from Religion and Science, Brief introduction to Prasthanatrayee and Purushartha Chatushtaya; Relationship between Yoga and Indian Philosophy

Unit - 3: Brief introduction about Principal Upanishads, Epics, Yoga vasistha and Narada bhakti sutras**[15Hrs.]**

Brief to Upanishads and Yoga in Principal Upanishads, Yoga in Yogopanishad; Yogic perspective of Epics: Ramayana, Adhyatma Ramayana and Mahabharata; Yogic perspective: Bhagavad Gita, Yoga Vasishtha, Narada Bhakti Sutras

Unit-4: Definition and concept of yoga according to various yoga texts and spiritual lore**[15Hrs.]**

Definition of Yoga according Patanjala yoga sutra, Bhagavad gita and Yoga vasistha, Concept of Yoga according to Upanishads and Puranas

TEXT BOOKS

1. Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
2. Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
3. Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
4. Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
5. H. R. Nagendra: Yoga its basis and application, Swami Vivekanada Yoga Prakashan; Bangalore, 2002

BOOKS FOR REFERENCE

1. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
3. Hiriyanna M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Hiriyanna M: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008
5. Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008

Subject: Fundamentals of Yoga-I (practical)

Subject Name: BPT-FYP102

Course Objectives:

The practical fundamentals of Yoga -I has the following objectives

- Students should be able to demonstrate and explain the breathing practices.
- Students should be able to demonstrate and explain Surya namaskar.
- Understand and explain the sectional breathing and Kapalbhathi.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : Nil		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
-	-	35	15	

Unit-1: Hasta mudra**[10 Hrs.]**

Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni, Sankha, Adi and Brahma

Unit-2: Shatkarmas [10 Hrs.]

Dhauti (Kunjal); Neti (Jalneti, Sutraneli); Kapalbhata and its variants

Unit-3: Suryanamaskar [20 Hrs.]

Suryanamaskar with maintenance of each posture and Dynamic Suryanamaskar

Unit-4: Breathing practices [20 Hrs.]

Breathing practices: Hands in and out, Hands stretch, Ankle stretch, Rabbit, Dog, Tiger, Straight leg raising breathing; Breath Awareness: Shwas-prashwas samyama; Abdomen, Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen + Thoracic + Clavicular Breathing; Yogic Breathing: Pause Breathing (Viloma Pranayama), Spinal Passage Breathing (Sushumna Breathing); Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka)

TEXT BOOKS

1. Swami Satyananda Saraswati: Asana, pranayama, mudra, bandha; Yoga publication trust, Munger, 2001.
2. Dr. Nagendra H R : Asana, pranayama, mudra, bandha; Swami Vivekananda Yoga Prakashan, Bangalore, 2002
3. Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore, 2005
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

BOOKS FOR REFERENCES

1. Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005.
2. Swami Kuvalyananda : Prānāyama, Kaivalyadhama, Lonavla, 2010
3. Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennsylvania, 1998
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

Semester-II

Subject Title: Fundamentals of Yoga-II (theory)

Subject Name: BPT-FYT103

Course Objectives:

The subject entitled 'Fundamentals of Yoga' has the following objectives

- Students of the UG course will have an understanding about four streams of yoga.
- They will have an idea about the Ashtanga yoga.
- Introduction about Chakras, nadis, vayus and their functions.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

Unit-1: Introduction about Vedas, Upanishads and Puranas

[15 Hrs.]

Yogic perspective: Smritis, Puranas with emphasis to Bhagavat Purana; Yogic perspective to Shad-darshanas; Emphasis to Vedantic approach of Shankara, Ramanuja, Madhva and Vallabha; Brief: Agamas, Tantras, Shaiva Siddhanta

Unit-2: Four paths of Yoga-I (Jnana and Karma Yoga)

[15 Hrs.]

Jnana Yoga: Sadhana Chatustaya, Stages of JnanaYoga practice (shravan, manana, Nidhidhyasana), States of consciousness, The concepts of ida, pingla and thesushumna the central channel of energy running along the spine; Karma Yoga: The concept and meaning of karma Yoga, Concept of Nishkama Karma, Prerequisites for a sthitaprajna, Sthitaprajnalakshana, The law of karma

Unit-3: Four paths of Yoga-II (Bhakti and Raja Yoga)

[15 Hrs.]

Navavidha Bhakti, Qualities of a bhakta, The pronunciation, chanting, knowledge, benefits of Sanskrit chants, hymns, bhajans, Satsang and the uplifting meaning of the chants helping to thin the activities of the mind, Mantra chanting, and their effect on the nadi and the chakras, Demonstrated ability to create a bhakti bhava during the chanting and singing. Raja yoga: Concepts and principles of PatanjalaYoga; Karma Shuddhi (Yama, Niyama); Snayu Shuddhi (Asana); Prana Shuddhi (Pranayama); Indriya and Mano Shuddhi (Pratyahara); Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

Unit-3: Pancha kosa viveka and brief introduction about Nadi, Chakras, Vays and Granthis

[15 Hrs.]

Pancha kosa viveka according to Taitriya Upanishad: Annamaya, Pranamaya, Manomaya, Vijnanamaya, Anandamaya kosa; Brief introduction about Nadis: 72000 nadis, ida, pingala and sushumna nadis and their functions; Chakras: Satchakras and their location & characteristics, Vayus: Panchapranas & Upapranas and their functions; Grathi: Brahma, Vishnu and Rudra granthis

TEXT BOOKS

1. Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
2. Swami Vivekananda :J nana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000
3. Swami Niranjanananda Saraswati : Prana, Pranayama and Pranavidya; Yoga Publication Trust, Munger, 2001

BOOKS FOR REFERENCE

1. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
3. Hiriyanna M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Hiriyanna M: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008
5. Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008

Subject Title: Fundamentals of Yoga-II (practical)

Subject Name: BPT-FYP104

Course Objectives:

The practical fundamentals of Yoga -has the following objectives

- Students should be able to demonstrate and explain each sukshma vyayama practices.
- Understand and explain the practices of Pranayama

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : Nil		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
-	-	35	15	

Unit-1: Yogic suksma vyayama-1**[15 Hrs.]**

Uccharana-sthala tatha Vishudha-chakra-shuddhi (for throat and voice); Prarthana (Prayer) Buddhi-tatha-dhriti shakti-vikasaka (for developing will power); Smarana shakti-vikasaka (for improving the memory); Medha shakti-vikasaka (for improving the intellect and memory);

Netra shakti-vikasaka (for the eyes); Kapola shakti-varadhaka (for the cheeks); Karna shakti-varadhaka (for the ears); Griva shakti-vikasaka (for the Neck) (i), (ii) and (iii)

Unit-2: Yogic suksma vyayama-2

[15 Hrs.]

Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders), Bhuja-bandha shakti-vikasaka, Kohini shakti-vikasaka, Bhuja-valli shakti-vikasaka, Purna-bhuja shakti-vikasaka (for the arms), Mani-bandha shakti-vikasaka, Kara-prstha shakti-vikasaka, Kara-tala shakti-vikasaka, Anguli-mula shakti-vikasaka (for the fingers), Anguli- shakti-vikasaka (for the fingers), Vaksa-sthala shakti-vikasaka (for the chest) (1), Vaksa-sthala shakti-vikasaka (for the chest) (2), Udara shakti-vikasaka (for the abdomen) (i) to (x); Kati shakti-vikasaka (for the waist) (i) to (v)

Unit-3: Yogic suksma vyayama-2

[15 Hrs.]

Muladhara-chakra-suddhi (for the rectum), Upastha tatha-svadhithana-chakra-suddhi (for the genital organs), Kundalini shakti-vikasaka (for the kundalini), Jangha shakti-vikasaka (for the thighs) (i) & (ii), Jangha shakti-vikasaka (for the thighs) (ii) , Janu shakti-vikasaka (for the knees), Pindali shakti-vikasaka (for the calves), Pada-mula shakti-vikasaka, Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet), Padanguli shakti-vikasaka (for the toes)

Unit-4: Yogic sthula vyayama

[15 Hrs.]

Rekha-gati (Walking in a Straight line), Hrid-gati (Injanadaur – the Locomotive Exercise), Utkurdana (Jumping Exercise), Urdhva-gati (Upward Movement), Sarvanga-pusti (Developing the Entire body)

TEXT BOOKS

1. Swami Dhirendra Bhramhachari: Yogic Sukshma Vyayama, Dhirendra Yoga Publications, New Delhi, 1980
2. Swami Dhirendra Bhramhachari: Yogasana Vijnana, Dhirendra Yoga Publications, New Delhi, 1966
3. Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1993

BOOKS FOR REFERENCES

1. Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1993
2. Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006
3. Basavaraddi, I.V. & others: YOGASANA: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
4. Basavaraddi, I.V. & others : Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi, 2011.

Semester-III

Subject Title: Philosophy of Yoga-I (theory)

Subject Name: BPT-PYT105

Course Objectives:

The theory subject entitled 'Philosophy of Yoga' has the following objectives

- Students of the UG course will have an understanding about Hatha yoga and its texts.
- Students shall have an idea about commonalities of the concept across the texts.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

Unit - 1: General introduction to Hatha yoga

[15 Hrs.]

Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions, Philosophy and Foundations; Hatha Yoga Parampara, Natha Cult Hatha Yogis and their contribution; Ghatashudhi: its importance and relevance in Hatha Yoga sadhana; Inter-relation of Hatha Yoga and Raja Yoga

Unit - 2: Pre-requisites

[15 Hrs.]

Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga; Concepts of Matha, Concept of Mitahara, Pathya (conducive) and Apathya (non-conducive), Types of aspirants; Dasha Yama and Niyama and its relevance in Hatha Yoga Sadhana; Swara, Importance of Svarodaya-jnana in Hatha Yoga Sadhana; Hatha Siddhi Lakshanam

Unit - 3: Principles and Introduction to Hatha Yoga texts

[15 Hrs.]

Concept of Swas-prashwas, Vayu, Prana and Upaprana; Concept of Kand, Nadi, Swar, Chakra and Granthi; Kundalini prabodhan, Unmani avastha, Nadanusandhan; Concept of Samadhi; Introduction to hatha yoga texts: Brief: Hatha Yogic Texts, their nature and objectives; Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita; Brief: Hatha Yoga Pradeepika, Gheranda Samhita, Hatha Rathnavali

Unit-4: Relationship between Patanjala Yoga and Hatha Yoga

[15Hrs.]

Jnana Yoga: Meaning of Jnana and Jnana-Yoga, Sadhana-chatushtaya, Means of Jñāna-Yoga; Bhakti Yoga: Meaning of Bhakti and Bhakti-Yoga, Stages of Bhakti, Types of Bhakti, Means of Bhakti-Yoga; Karma Yoga: Meaning of Karma and Karma-Yoga, Concept of Nishkama Karma, Means of Karma Yoga; Inter-relationship between Bhakti-Yoga and Karma-Yoga, Theory of Karma and Rebirth (Reincarnation); Patanjala Yoga: Philosophical Foundations of Patanjala Yoga, Ashtanga Yoga of Patanjali, Relevance of Patanjala Yoga in

day-to-day life; Hatha Yoga: Philosophical Foundations of Hatha Yoga, Hatha Yoga Sadhana, Chaduranga Yoga and Saptanga Yoga, Relevance of Hatha Yoga in day-to-day life; Inter Relationship between Patanjala Yoga and Hatha Yoga and their inter-dependance; Kundalini Yoga: Philosophical Foundations and Practices of Kundalini Yoga

TEXT BOOKS

1. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
2. HathaYoga Pradeepika of Svatmarama, MDNIY Publication, 2013
3. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
4. Sharma BR: Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013

BOOKS FOR REFERENCE

1. Gharote ML: Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
2. Briggs GW: Gorakhnatha and the Kanphata Yogis, 8th Edition, 2009
3. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
4. Gharote M.L. & Pai, G.K. (Edi): Siddhasidhantpaddhati, Kaivalyadhama, Lonavla, 2005.
5. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
6. Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.
7. Bharati, Swami Veda Reddy Venkata:Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnavali

Subject Title :Philosophy of Yoga-I (practical)

Subject Name: BPT-PYP106

Course Objectives:

The practical fundamentals of Yoga -Ihas the following objectives

- Students should be able to demonstrate and explain each sukshma vuayama practices.
- Understand and explain the practices of Pranayama

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : Nil			Practical : 50	
Final Exam (SEE)	Internal Assessment (CT+TA)		Final Exam (SEE)	Internal Assessment (CT+TA/PR)



-	-	35	15
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Unit-1: Yogasana (Standing Postures and body alignment) [15 Hrs.]

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Pada Hastasana, Trikonasana, Parshva Konasana, Veerabhadrasana and its variations

Unit-2: Yogasana (Sitting Postures) [15 Hrs.]

Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana, Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana

Unit-3: Yogasana (Supine lying Postures) [15 Hrs.]

Pavanamuktasana, Utthana-padasana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana

Unit-4: Yogasana (Prone lying Postures) [15 Hrs.]

Makarasana, Bhujangasana, Shalabhasana, Dhanurasana

TEXT BOOKS

1. Swami Dharendra Bhrahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi.
2. Swami Kuvalyananda : Asana Kaivalyadhama, Lonavla
3. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger
4. Dr. H R Nagendra: Asana, Pranayama, Mudra, Bandha; Swami Vivekananda Yoga Publication, Bangalore; 2000

BOOKS FOR REFERENCES

1. Basavaraddi, I.V. & others: Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
2. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers.
3. Tiwari, O.P. : Asana Why and How? Kaivalyadhama, Lonavla.

Semester-IV

Subject Title: Philosophy of Yoga-II (theory)

Subject Name: BPT-PYT107

Course Objectives:

The theory subject entitled 'Philosophy of Yoga' has the following objectives

- Students of the UG course will have an understanding about Hatha yoga and its texts.
- Students shall have an idea about commonalities of the concept across the texts.

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hours/ week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30	-	-

Unit - 1: Introduction to Yoga darshana of Patanjali and concept of Citta, citta bhoomis Citta vrittis and Citta vritti nirodhopaya [15 Hrs.]

Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.), Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-vartika); Concept of Mana, Buddhi, Ahankar and Chitta; Concept of Citta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha); Concept of Citta-Vrittis and their classification, Citta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar, Concept of Samprajnata; Citta-Vikshepas (Antarayyas), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.

Unit - 2: Samadhi pada

[15 Hrs.]

Concept of Yoganushasanam, Yoga Lakshanam and its results; Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi); Types of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita); Concept of Samapatti and kinds of Samapatti (Savitraka and Nirvitarka, Savichara and Nirvichara); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).

Unit-3: Sadhana pada

[15 Hrs.]

Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drisha-nirupanam (Prakriti), Drastunirupanama (Purusha), PrakritiPurushaSamYoga; Brief Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.

Unit - 4: Vibhuti and Kaivalya Pada

[15 Hrs.]

Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Bhoota jaya, Indriya jaya and their Siddhis, Satvapurushanyatakhyati and its Siddhis; VivekJananaNirupanam, Kaivalya Nirvachana; Role of Dharana, Dhyana, Samadhi and its application;

Five Types of Siddhis and Jatyantar Parinamh; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities.

TEXT BOOKS

1. Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012
2. Swami Virupaksananda: Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995
3. James R. Ballantyne: The Sankhya Aphorisms of Kapila, Parimal Publications, New Delhi, 2004
4. Swami Satyananda Saraswati: Four chapter of freedom, Yoga Publication trust, Munger, 2001

BOOKS FOR REFERENCE

1. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
2. M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
3. K.D. Prithvipaul: The Yogasurta of Patanjali M.L.B.D. New Delhi
4. Gaspar M. Koelmenn, S.J: Patanjali Yoga, Papal Athenaeum, Poona, 1970
5. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II

Subject Title :Philosophy of Yoga-II (practical)

Subject Name BPT-PYP108

Course Objectives:

The practical fundamentals of Yoga -Ihas the following objectives

- Students should be able to demonstrate and explain each Pranayama technique.
- Understand and explain the practices of Kriyas.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : Nil		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
-	-	35	15	

Unit-1: Shatkarma

[15 Hrs.]

Dhauti, Neti, Nauli Madhyama, Vama, Dakshina and Nauli Chalana, Trataka (Jatru and Jyoti)

Unit-2: Pranayama**[15 Hrs.]**

Nadi Shodhana (Technique 1: Same Nostril Breathing), Nadi Shodhana (Technique 2: Alternate Nostril Breathing), Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar kumbhak); Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka + Bahya Kumbhak) (1:4:2:2); Bhramari Pranayama

Unit-3: Practices leading to meditation**[15 Hrs.]**

Pranav and Soham Japa; Yoga Nidra (1,2,3); Antarmauna; Ajapa Dharana (Stage 1, 2, 3); Mind sound resonance technique (MSRT)

Unit- 4: Bandhas**[15 Hrs.]**

Moola, Jalandhara, Uddiyana and Maha Bandha

TEXT BOOKS

1. Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school of yoga publications; Munger, 2001
2. Swami Niranjanananda Saraswati: Dharana Darshan; ; Bihar school of yoga publications; Munger, 2001

BOOKS FOR REFERENCES

1. Basavaraddi I. V. & Others : Teachers Manual for School Teachers, MDNIY, New Delhi, 2010
2. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi.
3. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2009
4. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012
5. Nagendra, H.R: The Art and Science of Pranayama, Swami Vivekanand Yoga Prakashan, 2005, Bangaore.
6. Nagendra, H.R: Mind sound resonance technique, Swami Vivekanand Yoga Prakashan, 2002, Bangaore.

Semester-V

Subject Title: Application of Yoga-I (theory)

Subject Name: BPT-AYT109

Course Objectives:

The theory subject entitled 'Application of Yoga' has the following objectives

- To introduce the essential elements of a yogic life style
- To introduce the concept of health and disease
- To give an understanding of the concept of ill health and their remedies through yoga
- To give an overview of the five sheath human existence

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hours/ week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30	-	-

Unit - 1: Concept of body, health and disease

[15 Hrs.]

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Body, Health and Disease in Yoga – Yogic concept of Body from Taittiriya Upanishad, Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi according Yoga Vasistha and remedial measures; Holistic health care through Yoga. Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing

Unit - 2: Causes of ill health and remedial measures according to Patanjali

[15 Hrs.]

Potential causes of Ill-health: Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

Unit - 3: Yogic principles and practices of healthy living - I

[15 Hrs.]

Dietary regulation according to Hatha yoga and Bhagavadgitha; shatkriyas and tatva shuddhi; Asana for mind body and spirit; Practice for pranamaya kosha – pranayama; Definition of Mental Health & Mental Hygiene & Total Health ; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adjustment Personal and interpersonal adjustment through yogic methods Niyamas & Yamas

Unit - 4: Yogic principles and practices of healthy living - II

[15 Hrs.]

Attitude change towards yoga through individualized counselling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counselling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Unattached action, not to the fruits of action, equanimity in success and failure.

TEXT BOOK

1. Ghosh, Shyam : The Original Yoga Munshiram Manoharlal, New Delhi, 1999)
2. Jnanananda Bharati : Essence of Yoga Vasishtha Pub: Sanata Books, Chennai
3. Hatha Ratnavali : Tirumala Tirupathi Devasthanam, Andhra Pradesh.

REFERENCE BOOKS:

1. Gheranda Samhita : Shri Sadguru Publication, New Delhi.
2. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
3. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published by SVYP, Bangalore
4. Dr Nagendra H R : The Secret of Action - Karma Yoga, Published by SVYP, Bangalore, 2003

Subject Title : Application of Yoga-I (practical)

Subject Name: BPT-AYP110

Course: BPT

The practical fundamentals of Yoga -I has the following objectives

- Students should be able to demonstrate and explain each Pranayama technique.
- Understand and explain the practices of Kriyas.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : Nil		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
-	-	35	15	

Unit-1: Shatkarmas

[15 Hrs.]

Vastra Dhauti, Sutra Neti, Kapalbhathi, Nauli Chalana, Jyoti Trataka, Agnisara

Unit-2: Yogasanas -I

[15 Hrs.]

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; Ardha Chakrasana, Paada Hastasana; Trikonasana, Parshva Konasana; Veerabhadrasana; Bhunamansana, Hanumanasana; Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana; Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Uttitha Padmasana; Janusirasana, Paschimottanasana, Supta Vajrasana; Mandukasana, Utthana Mandukasana

Unit-3: Yogasana-2**[15 Hrs.]**

Vakrasana, Ardha Matsyendrasana , Marichayasana, Simhasana, Pavanamuktasana, Utthana-padasana, Ardha Halasana, Setubandhasana, Halasana, Karna Peedasana, Sarvangasana, Matsyasana , Chakrasana,

Unit-3: Yogasanas -3**[15 Hrs.]**

Shavasana, Makarasana, Bhujangasana , Shalabhasana, Dhanurasana, Kapotasana , Raja Kapotasana, Bakasana, Kukkutasana, Garbhasana, Matsyendrasana, Marjariasana, Padangusthasana, Hastapadangusthasana, Garudasana, Vatayanasana, Natarajasana, Mayurasana, Sirshasana; Ekapada and Dwipada Kandarasana

TEXT BOOKS

1. Swami Dharendra Bhramhachari :Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
2. Swami Dharendra Bhramhachari:Yogasana Vijnana,Dharendra Yoga Publications, New Delhi, 1966
3. Swami Kuvalyananda:Asana, Kaivalyadhama, Lonavla, 1983
4. Swami Satyananda Saraswati:Asana, Pranayama, Bandha, Mudra,Bihar School of Yoga, Munger, 2005-06

BOOKS FOR REFERENCES

1. Basavaraddi, I.V. & others:Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
2. Basavaraddi, I.V. & others:Yogic Sukshma Evam Sthula Vyayama, mDNIY, New Delhi, 2011.
3. Iyengar, B.K.S.:Light on Yoga,Harper Collins Publishers, 2009
4. Sen Gupta Ranjana:B.K.S. Iyengar Yoga, A Dorling Kindersley Limited, 2001
5. Saraswati, Swami Satyananda:Surya Namaskar, Yoga Publication Trust, Munger, 2004
6. Tiwari, O.P.:Asana Why and How? Kaivalyadhama, Lonavla, 2011

Semester-VI

Subject Name: BPT-AYT111

Course Objectives:

The theory subject entitled 'Application of Yoga' has the following objectives

- Understand the applied value of yoga in different domain.
- Have an idea about the role of yoga for school, sports, techno-stress and geriatric care.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

Unit -1: Yogic Health for school

[15 Hrs.]

General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Brief introduction to developmental process of children; Psycho-Physiological changes and development of cognitive functions in School going children; Role of Yoga in establishment of values in School going children; Personality Development: New Dimensions of Personality through Yoga

Unit -2: Yoga in Physical Education, Sports Sciences

[15 Hrs.]

General introduction to Physical Education and Sports; Difference between Physical Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other faculties/ skills in a sports Personnel; Nature of different sports injuries, its prevention and management through Yoga; Yoga modules for different sports – track events, field events, single participation, group participation; Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities; Research reviews on Yoga and Sports

Unit -3: Yoga for techno-stress

[15 Hrs.]

Introduction to Techno-stress, its cause, symptoms and complications; Health Hazards in computer professionals; Role of Yoga in the promotion of skills; Application of Yoga for management of Techno-stress; Research reviews on effect of Yoga on Techno-stress

Unit -4: Yoga for geriatric care

[15 Hrs.]

General introduction to Geriatric Care; Ageing: Causes and features, Premature ageing; Common Geriatric problems; Application of Yoga in common Geriatric problems and their prevention & management; Research reviews on Yoga & Geriatric care

TEXT BOOKS

1. Jayadev H J : Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
2. Liz Lark : Yoga for Kids, Carlton Books Ltd., London, 2003
3. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
4. Iyenger B K S : The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001
5. Dr. Goel Aruna : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007

BOOKS FOR REFERENCE

1. Basavaraddi I V : Yoga: Teachers manual for school children, MDNIY New Delhi , 2010
2. Basavaraddi I V : Yoga in School Health, MDNIY New Delhi, 2009 Iyenger B K S : Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
3. Basavaraddi I V : Yoga for Technostress, MDNIY, New Delhi, 2010
4. Dr. H Kumar Kaul : Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2006
5. Basavaraddi I V : Yogic Management of Geriatric Disorders, MDNIY, New Delhi, 2009

Subject Title : Application of Yoga-II (practical)

Subject Name: BPT-AYP112

Course Objectives:

The practical fundamentals of Yoga -II has the following objectives

- Students should be able to demonstrate and explain each Pranayama technique.
- Understand and explain the practices of Kriyas.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : Nil		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
-	-	35	15	

Unit-1: Bandha and Mudras**[15 Hrs.]**

Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Shambhavi Mudra, Kaki Mudra, Tadagi Mudra, Vipareet Karni Mudra, Simha Mudra

Unit-2: Kriyas**[15 Hrs.]**

Cleansing of eyes (Chakshu dhouti); Danda dhoiti; Vastra dhouti and Sankha prakshalana

Unit-3: Pranayama

[15 Hrs.]

Bhastrika, Ujjayi, Suryabhedana & Chandra bhedana, Nadi shodhana with Kumbhaka

Unit-4: Practice leading to meditation

[15 Hrs.]

Pranava and Soham Japa, Antar mouna, Dharana, Practice of Dhyana, Breath Meditation, Om Meditation Vipassana Meditation, Preksha Meditation

TEXT BOOKS

1. Swami Kuvalyananda:Asana, Kaivalyadhama, Lonavla, 1983
2. Swami Satyananda Saraswati:Asana, Pranayama, Bandha, Mudra,Bihar School of Yoga, Munger, 2005-06

REFERENCE BOOKS

1. Iyengar, B.K.S.:Light on Yoga,Harper Collins Publishers, 2009
2. Sen Gupta Ranjana:B.K.S. Iyengar Yoga, A Dorling Kindersley Limited, 2001
3. Saraswati, Swami Satyananda:Surya Namaskar, Yoga Publication Trust, Munger, 2004
4. Tiwari, O.P.:Asana Why and How? Kaivalyadhama, Lonavla, 2011

Semester-VII

Subject Name: Therapeutic Yoga (theory)
Subject code: BPT TYT 113

Objectives:

Following the completion of the course, students shall be able to

- Understand the principle of yoga therapy for each disease
- Write standard yoga therapy protocol for each disease.
- Understand the causes of disease and the role of yoga for its healing.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	1	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

Unit -1: Introduction to common ailments and Respiratory disorders [15 Hrs.]

Introduction to stress and stress related disorders; Introduction to Yoga therapy– Adhija Vyadhi concept of Integrated Approach of Yoga Therapy; **Respiratory Disorders:** Introduction to Respiratory disorders, Brief classification – Obstructive / Restrictive, infectious, Bronchial Asthma: Definition, Classification, Clinical Features, Medical and Yogic Management; Allergic Rhinitis & Sinusitis: Definition, Classification, Clinical Features, Medical and Yogic Management; COPD: Chronic Bronchitis, Definition, Clinical Features, Medical and Yogic Management; Emphysema: Definition, Classification, Medical and Yogic Management; Infectious Disorders; Tuberculosis: Definition, Classification, Clinical Features, Medical and Yogic Management

Unit -2: Cardiovascular disorder [15 Hrs.]

Introduction to Cardiovascular disorders, Hypertension: Definition, Classification, Clinical Features, Medical and Yogic management, Atherosclerosis / Coronary artery disease: Definition, Classification, Clinical Features , Medical and Yogic management; Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehabilitation: Definition, Classification, Clinical Features, Medical and Yogic management, Congestive Cardiac failure, Definition, Classification, Clinical Features, Medical and Yogic management, Cardiac asthma: Definition, classification, Clinical Features, Medical and Yogic management

Unit- 3: Endocrinal and Metabolic Disorder [15 Hrs.]

Diabetes Mellitus (I&II): Definition, Classification, Clinical Features , Medical and Yogic management; Hypo and Hyper- thyroidism: Definition, Classification, Clinical Features, Medical and Yogic management; Obesity: Definition, Classification, Clinical Features, Medical and Yogic management; Metabolic Syndrome: Definition, Classification, Clinical Features; Medical and Yogic management

Unit -4: Obstetrics and Gynecological Disorders**[15 Hrs.]**

Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia: Definitions, Classification, Clinical Features, Medical and Yogic management; Premenstrual Syndrome: Definition, Classification, Clinical Features, Medical and Yogic management; Menopause and peri-menopausal syndrome: Definition, Classification, Clinical Features, Medical and Yogic management; Yoga for Pregnancy and Childbirth: Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM, Ante-natal care, Post-natal care; PCOS: Definition, Classification, Clinical Features, Medical and Yogic management

TEXT BOOKS

1. Ramesh Bijlan : Back to Health Through Yoga, Rupa Publications India Pvt. Ltd, 2011
2. MDNIY publications : 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009
3. Reddy M Venkata & others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P., 2005
4. Swami Kavalayananda & S L Vinekar : Yogic therapy, 1963
5. Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga, Anubhava Rai Publications, 1998

BOOKS FOR REFERENCE

1. Swami Satyananda Saraswati : Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005
2. Heriza, N., Ornish, D. Merz, C.N.B. : Dr. Yoga: A Complete Guide to the Medical Benefits of and Yoga (Yoga for Health) by (Paperback - Sep 9, 2004) Sparrowe, L., Walden, P. and Lasater, J.H: The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness (Paperback - Dec 3, 2002) - Dec 23,2003)
3. Clennell, B and Iyengar, G.S. : The Woman's Yoga Book: Asana and Pranayama for All Phases of the Menstrual Cycle, Menstrual Disorders (The Experience of Illness) (Paperback - Dec 3, 1992)
4. agarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy, Breathing Practices, Swami Vivekananda Yoga Prakasana, Bangalore, 2000
5. Robin Monoro, Nagarathna R and Nagendra, H.R.: Yoga for Common Ailments, Guia Publication, U.K., 1990

Subject Name: Therapeutic Yoga (practical)

Subject code: BPT TYP 114

Objectives:

Following the completion of the course, students shall be able to

- Understand the principle of yoga therapy for each disease
- Demonstrate and rectify each practice with confidence.
- Understand the principles and conceptualize the protocol.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : Nil		Practical : 50		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
-	-	35	15	

Unit -1: Respiratory disorders [15 Hrs.]

Special techniques for Respiratory disorders

Unit-2: Cardiovascular disorders [15 Hrs.]

Special techniques for cardiovascular disorders

Unit-3: Endocrinal and Metabolic Disorder [15 Hrs.]

Special techniques for Endocrinal and Metabolic Disorder

Unit-4: Obstetrics and Gynecological Disorders [15 Hrs.]

Special techniques for Obstetrics and Gynecological Disorders

Text books:

1. Common ailment series by Dr. R Nagaratha & Dr. HR Nagendra: Swami Vivekananda Yoga publications; Bengluru
2. Swami Karmananda: Yoga therapy for common diseases, Yoga publication trust; Munger, 1999.
3. Swami Kuvalayananda & S L Vinekar : Yogic therapy, 1963

Semester-VIII

Subject Name: **Therapeutic Yoga (theory)**

Subject code: **BPT TYT 115**

Objectives:

Following the completion of the course, students shall be able to

- Understand the principle of yoga therapy for each disease
- Write standard yoga therapy protocol for each disease.
- Understand the causes of disease and the role of yoga for its healing.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	1	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical : Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

Unit-1: Cancer and gastrointestinal disorders

[15 Hrs.]

Cancer: causes, types, clinical features, Side effects of Chemotherapy, radiotherapy; Medical and Yogic management; **Gastro Intestinal Disorders:** APD: Introduction to APD: Gastritis – Acute & Chronic, Dyspepsia, Peptic Ulcers, Clinical Features, Medical and Yogic management; Constipation and Diarrhoea: Definition, Clinical Features, Medical and Yogic management; Irritable Bowel Syndrome: Definition, Classification, Clinical Features, Medical and Yogic management; Inflammatory Bowel Disease, Ulcerative colitis: Definition, Classification, Clinical Features, Medical and Yogic management

Unit-2: Musculo-Skeletal Disorders

[15 Hrs.]

Back Pain; Classification of back pain: organic and functional: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical and Yogic management; Neck pain: Classification, Cervical Spondylosis, radiculopathy, Functional neck pain; Medical and Yogic management, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic management

Unit-3: Neurological Disorders

[15 Hrs.]

Headaches: Migraine: Causes, Classification, clinical features, Medical and Yogic management, Tension headache: Causes and its symptoms and Medical and Yogic management; Cerebro vascular accidents: Causes, clinical features, Medical and Yogic management, Epilepsy; pain; Autonomic dysfunctions: Causes, clinical features, Medical and Yogic management; Parkinson's disease: Causes, clinical features, Medical and Yogic management

Unit- 14: Psychiatric disorders**[15 Hrs.]**

Introduction to psychiatric disorders, classification – Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalised anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: Medical and Yogic management; Depression: Dysthymia, Major depression, Medical and Yogic management; Psychosis: Schizophrenia, Bipolar affective disorder, Medical and Yogic management

TEXT BOOKS

1. Ramesh Bijlan : Back to Health Through Yoga, Rupa Publications India Pvt. Ltd, 2011
2. MDNIY publications : 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009
3. Reddy M Venkata & others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P., 2005
4. Swami Kuvalayananda & S L Vinekar : Yogic therapy, 1963
5. Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga, Anubhava Rai Publications, 1998

BOOKS FOR REFERENCE

1. Swami Satyananda Saraswati : Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005
2. Heriza, N., Ornish, D. Merz, C.N.B. : Dr. Yoga: A Complete Guide to the Medical Benefits of and Yoga (Yoga for Health) by (Paperback - Sep 9, 2004) Sparrowe, L., Walden, P. and Lasater, J.H: The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness (Paperback - Dec 3, 2002) - Dec 23,2003)
3. Clennell, B and Iyengar, G.S. : The Woman's Yoga Book: Asana and Pranayama for All Phases of the Menstrual Cycle, Menstrual Disorders (The Experience of Illness) (Paperback - Dec 3, 1992)
4. Nagarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy, Breathing Practices, Swami Vivekananda Yoga Prakasana, Bangalore, 2000
5. Robin Monoro, Nagarathna R and Nagendra, H.R.: Yoga for Common Ailments, Guia Publication, U.K., 1990

Subject Name: Therapeutic Yoga (practical)

Subject code: BPT TYP 116

Objectives:

Following the completion of the course, students shall be able to

- Understand the principle of yoga therapy for each disease
- Demonstrate and rectify each practice with confidence.

- Understand the principles and conceptualize the protocol.

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		0	0	2
Hours/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : Nil			Practical : 50	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
-	-	35	15	

Unit -1: : Cancer and gastrointestinal disorders [15 Hrs.]

Special techniques for Respiratory disorders

Unit-2: Musculo-Skeletal Disorders [15 Hrs.]

Special techniques for cardiovascular disorders

Unit-3: Neurological Disorders [15 Hrs.]

Special techniques for Endocrinal and Metabolic Disorder

Unit-4: Psychiatric Disorders [15 Hrs.]

Special techniques for Obstetrics and Gynecological Disorders

Text books:

1. Common ailment series by Dr. R Nagaratha & Dr. HR Nagendra: Swami Vivekananda Yoga publications; Bengluru
2. Swami Karmananda: Yoga therapy for common diseases, Yoga publication trust; Munger, 1999.
3. Swami Kuvalayananda & S L Vinekar : Yogic therapy, 1963

Yoga Syllabus for Masters of Physiotherapy (MPT)

Preamble

Yoga is an age-old traditional Indian psycho–philosophical–cultural method of leading one’s life, that alleviates stress, induces relaxation and provides multiple health benefits to the person following its system. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

i. Objectives of introducing Yoga in Physiotherapy

- ⊕ To understand the commonalities and differences between these two systems of therapy.
- ⊕ Holistic understanding of health, disease and wellness for fitness.
- ⊕ Maintaining own personal health through integration of yogic concept and techniques in practices of Physiotherapy.
- ⊕ To promote healthy lifestyle of the students and positive wellness among the students by adopting yoga as part of the life style. To create professional therapists of high calibre who know the concepts, techniques and can handle lifestyle disease under the guidance of a super specialist doctor to select safe specific practices for different diseases.

ii. Scheme of Teaching and Examination

S.N.	Subject Code	Subject Title	Periods per week			Evaluation Scheme				Subject Total
			L	T	P	Seasonal			SEE	
						Credit	CT	TA		
MPT- I Year										
Semester – I										
1.	MPT-MBPNIT101	Mind body medicine and Psycho neuroimmunology (theory)	3	1	-	4	20	10	70	100
2.	MBPNIT102	Mind body medicine and Psycho neuroimmunology (practical)	-	-	4	2	10	5	35	50
Total number of hours/week						8	Total marks			150
Semester-II										
3.	MPT-PPYT103	Psychophysiology of yoga practices (theory)	3	1	-	4	20	10	70	100
4.	MPT-PPYP104	Psychophysiology of yoga practices (Practical)	-	-	4	2	10	5	35	50

MPT-II Year											
Total number of hours/week					8	Total marks					150
Semester-III											
5.	MPT-YPW105	Yoga project work-I	-	-	8	4	20	10	70	100	
Total number of hours/week					8	Total marks					100
Semester-IV											
6.	MPT-YPW107	Yoga therapy-II (theory)	-	-	8	4	20	10	70	100	
Total number of hours/week					8	Total marks					100
Total marks in four semesters										500	

MPT-Master of physiotherapy, MBPNIT - Mind body medicine and Psycho neuroimmunology theory; MBPNIP - Mind body medicine and Psycho neuroimmunology practical; PPYT- Psychophysiology of Yoga Theory; PPYP- Psychophysiology of Yoga practical; YPW- Yoga project work

Semester-I

COURSE DETAILS

Name of the course: Mind body medicine (theory)

Course code: MPT-MBPNT 101

Course objectives:

The biomechanics course objectives are

- Helping learners to realize the importance of Mind body medicine;
- To learn the relation between mind & body for understanding the manifestation of a disease;
- To have an understanding about Psycho neuroimmunology and Psycho neuro endoimmunology.

Total Number of Hrs: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hrs/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

Unit-1: Basics of mind body medicine**[15 Hrs.]**

Historical view of MBM; Definition of Mind Body Medicine; Five categories in CAM; Pioneers in MBM in modern era – Norman Cousins, Deepak Chopra, Herbert Benson, Dean Ornish, Bernie Siegel, Lorry Dossey; Need of mind body medicine; Mind body relationship and modern medicine: Epidemiological studies, clinical studies, & experimental studies; Placebo and Nocebo

Unit-2: Concept of mind, its components**[15 Hrs.]**

Mind-modern understanding; States of consciousness and physiological changes in altered states of consciousness; Psychological concepts of perception, conception, creativity Depth Psychology. Archetypal symbols; Manas – Psychological & Scriptural perspective; Citta- Psychological & Scriptural perspective; Budhi – Psychological & Scriptural perspective; Ahamkara – Psychological & Scriptural perspective

Unit-3: Stress and emotions**[15 Hrs.]**

Definition; Physiological and psychological stress; Understanding stress in accordance with scriptures; Stress assessment tools and biomarkers of stress; Stress & disease; Yogic concept of emotions; Physiology of emotions; Mobilizing, transforming and celebrating the emotions; Trauma & transformation; Emotional, social intelligence and spiritual intelligence: Definitions, Need of emotional & social intelligence; Working on emotional & social intelligence; Emotional freedom technique

Unit-4: Psychoneuroimmunology (PNI) & Psychoneuroendoimmunology (PNEI)**[15 Hrs.]**

Definition of PNI & PNEI; Role of cortex, limbic, thalamus, hypothalamus, and brainstem structures; Vagal pathways of Mind body communication; Communication between brain and immune system; Communication between neuroendocrine and immune system; Communication between glucocorticoids and immune system; Introduction to Autonomic nervous system: Sympathetic nervous system, Parasympathetic nervous system, Environmental influence on mind: Neurogenesis, neuroplasticity, telomere length etc.; Endocrine system: Endocrine glands & stress, HPA axis or LHPA axis; Immune system: Basics of immune system, Classification of immune system, Cellular and humoral immunity, Immunoglobulins, Cytokines, Complement system; Altered immunity and its causes: Hypersensitivity reactions, Allergies, Allergen immunotherapy, Autoimmunity, Immune deficiency

Unit -5: Classification of Mind body techniques and role of mind in illness [15 Hrs.]

Mind-to-body therapies and Body-to-mind therapies; Concentration based MBM therapies, Relaxation based MBM therapies, Movement based MBM therapies; Top-down and Bottom-up mechanisms; Mind's role in illnesses: Mind & Cardiovascular ailments, Emotions & Cancer, Chronic pain, Mind & metabolic disorders, Stress & gastrointestinal disorders, Stressed skin, Musculoskeletal disorders, Respiratory disorders, Menstrual disorders, infertility, pregnancy and emotions, Somatisation, Psychological disorders, Disorders of excretory system, Disorders of nervous system

TEXT BOOKS:

1. Daniel Goleman & Joel Gurin : Mind body medicine
2. Deepak Chopra: Healing the heart
3. Dharam Singh Khalsa: Meditation as medicine
4. Deepak Chopra : Quantum healing
5. Estelle Frankel : Sacred therapy
6. Aggie Casey & Herbert Benson: Mind your heart
7. Barbara B. Brown: New body, new mind

REFERENCE BOOKS

1. Sri Ramakrishna Math: Healthy mind, healthy body
2. Antonio Damasio: The feeling of what happens
3. Daniel Goleman: Social intelligence Emotional intelligence
4. The American holistic health association complete guide to alternative medicine; by William Collinge – Paperback
5. David Frawley : Ayurveda and the mind
6. John E. Sarno The divided mind: the epidemic of mind body disorders

Name of the course: Mind body medicine (practical)

Course code: MPT-MBPNIP 102

Course objectives:

Following the completion of the course, students shall be able to:

- Understand the principle and practice of the given MBM techniques.
- Understand their procedure and applicability in various disorders.

Total Number of Hrs: 120		Theory	Tutorial	Practical
Credits		0	0	2
Hrs/ week		0	0	4
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
-	-	35	15	

Unit-1: Mind body medicine techniques-I

[15 Hrs.]

Eating meditation, transcendental meditation, Om meditation, cyclic meditation, forgiveness meditation, Mindfulness , Hypnosis

Unit-2: Mind body medicine techniques-II

[15 Hrs.]

Autogenic training, Imagery, Dance, music and art therapy, Breathing, mind and body, Biofeedback & Neurofeedback, Cognitive-behavioural therapy, Relaxation response & Progressive muscle relaxation

Unit-3: Mind body medicine techniques-III

[15 Hrs.]

Social support & Support groups, Healthy attitudes, Faith & Prayer, Conventional psychotherapy, Stress management, A participating patient - Self awareness and self care

Unit-4: Mind body medicine techniques-IV

[15 Hrs.]

Yoga as Mind body medicine: Psychological counseling, Yogic counseling, Emotional culturing, Satsang

REFERENCE BOOKS

1. The mind body prescription: Healing the body, Healing the pain: by John E. Sarno, paperback
2. Mind-body medicine: Foundations and Practical Applications (Psychosocial Stress Series): by Leo Ratan, Hardcover
3. The evolution of consciousness: Ed by Kishore Gandhi, Paragon House, NY, 1983.
4. Molecules of emotions: Why you feel the way you feel? : by Candance Pert, Scribner, 1997.
5. Healing beyond the body, Reinventing Medicine, the Healing word: by Larry Dossety, MD.
6. Wholeness and the implicate order: by David Bohm, (1980). London: Routledge. ISBN 0-7100-0971-2.

7. The undivided universe. By David Bohm and Hiley BJ (1993). London: Routledge. ISBN 0-415-06588-7
8. Kundalini yoga meditation: Techniques specific for psychiatric disorders, Couples therapy, and personal growth by David S. Shannahoff-Khalsa, Hardcover.
9. Science and religion: by Swami Ranganathananda, Advaita Ashram, Calcutta. 1992.
10. Soul mind body medicine: A complete soul healing system for optimum health and vitality by Zhi Gang Sha (Paperback – April 14, 2006)
11. Morone NE, Greco CM. Mind body interventions for chronic pain in older adults: A structured review. Pain Medicine. 2007; 8(4): 359-375.

Name of the course: Psycho-physiolog of Yoga

Course code: MPT-PPYT103

Objectives:

Following the completion of the course, students shall be able:

- To have an in depth understanding of physiological changes following the practice of yoga
- To have a brief idea of the underlying mechanism behind the possible benefits as a result of yogic practices
- To equip the students with an idea of muscles and nerve fibers stretched and compressed, toned up during various yogic posture
- To have an in-depth understanding about physiological benefits of Pranayama; Neuro Psychological locks in Mudras; Neuro Muscular locks in Bandhas.

Total Number of Hrs: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/ week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical :	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30	-	-

Unit - 1: The concept of homeostasis

[15 Hrs.]

Regulatory systems of the body, Characteristics of control systems, Physiological basis of mind-body medicine; Physiology of exercise, Asana - Types and Categories; Musculo skeletal system and Humoral mechanism involved; Effect of Yogic practices in setting up the internal environment of the body, Mechanical influence of asanas; Psychosomatic mechanism; Mechanism of influence of six types of asanas: stretching; pivoting; strengthening; inverted; pressing; equilibration, Reciprocal inhibition and innervation

Unit - 2: Pranayama

[15 Hrs.]

Mechanism of respiration and mechanism of gas exchange, Regulation of respiration; Psychophysiological effect of pranayama: changing of ratio of oxygen and carbonic acid in our body; Enabling different groups of muscles in breathing; Pranayama as respiratory pump; Reflex impact over sympathetic and parasympathetic nervous system; Role of Pranayama on Vital capacity, Lung Volume and Lung function. Role of Pranayama and other yoga practices on compliance, Ventilation perfusion ratio, alveolar ventilation, dead space volume and minute ventilation. Neurophysiological mechanism of Kevala, Antar and Bahir kumbhaka

Unit - 3: Kriyas

[15 Hrs.]

An overview of diffusion osmosis, endo & exosmosis, active transport; significance of using salt during the practice of Kriya; Tonicity of the solution such as hypotonic, hyper tonic and

isotonic solution and the impact of the same on physiology; peristalsis and mechanism of action, Effect of Kriyas in encouraging the peristalsis; Opening and closing of sphincter; Role of Kriyas in smooth operation of sphincter; Mechanism of action of Kriya practices in the activation of vagus nerve, effect of Kriyas on gastric mucosa on digestive system; Development of negative pressure and the impact of sustenance of the negative pressure in body physiology.

Unit - 4: Mudras Bandhas**[15 Hrs.]**

Co activation of two antagonistic muscles; activation of nerve reflexes; Proprioceptive neuromuscular facilitation; Effect of Bandhas on joint complexes; Central bandhas and co activation of opposing muscles in spinal joint complexes; Jalandhara bandha effects neck joint complexes; Uddiyan bandha effects upper joint complexes; and Moola bandha for lower back joint complexes; Isometric muscle activation and Bandhas; Synergistic muscle activation during Bandha practices; Navadvara and their significance in yoga; Principles behind the practice of Mudras; Resting membrane potential; action potential and transmission of nerve impulse; significance of Neuro psychological lock and its impulse in body physiology; secretion of neurotransmitter in the brain; Role of mudra is physiological functions of the body, regulating of the secretion in body

TEXT BOOKS

- Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners; Book by Herbert David Coulter; Publisher Body and Breath, 2001
- A Handbook for Yogasana Teachers: The Incorporation of Neuroscience, Physiology, and Anatomy by Mel Robin, Publisher: Wheatmark; 1 edition (15 May 2009)

REFERENCE BOOKS

- Simon Borg Olivier and Bianca Machiss; Applied Anatomy and Physiology of Yoga; 3rd edition, 2007.
- Clinical Anatomy: A Revision and Applied Anatomy for Clinical. Students, Harold Ellis, Blackwell Publishing, 2006
- Essentials of Pathophysiology: Concepts of Altered Health States Carol Mattson Porth, Lippincott Williams & Wilkins, 2006

Name of the course: Psycho-physiology of Yoga (practical)

Course code: MPT-PPYP104

Course objectives:

Following the completion of the course, students shall be able to:

1. Understand the benefits, contraindications and procedure of all practices.
2. Demonstrate each practice with confidence and skill.
3. Explain the procedure and subtle points involved.
4. Teach the yoga practices to any given group.

Total Number of Hrs: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical :		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		70	30	

Unit-1: Shatkarmas

[15 Hrs.]

Dhauti (Kunjal), Vastra dhauti, Danda dhauti, Laghoo and Poorna sankhprakashalana Neti (Sutra and Jala), Kapalbhati, Agnisara, Nauli

Unit-2: Suryanamaskar

[15 Hrs.]

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

Unit-3: Asnas (yogic postures)

[15 Hrs.]

Standing Postures

Ardhakati chakrasana, Hastapadasana, Ardhashakrasana, Trikonasana, Parivritta trikonasana, Parsvakanasana, Veersana,

Sitting postures

Paschimottanasana, Suptavajrasana, Ardhamatsyendrasana, Vakrasana, Marichasana, Malasana, Badhakanasana, Merudandasana, Akarna dhanurasana, Gumukhasana,

Prone postures

Bhujangasana, Salabhasana, Dhanurasana, Urdhvamukhosvanasana, Makarasana,

Supine postures

Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana,

Balancing postures

Vrikshasana, Garudasana, Namaskarasana, Tittibhasana, Natrajasana

Unit-4: Pranayama

[15 Hrs.]

Breath awareness, Sectional breathing, Nadishuddhi, Bhastrika, Ujjai, Cooling pranayama (Sitali, Sitkari and Sadanta), Bhramari

TEXT BOOKS

- Yoga for Promotion of Positive Health, by Dr R Nagarathna, Dr H R Nagendra
Published by SVYP, 2002

REFERENCE BOOKS:

- Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha, Bihar Yoga
Bharati, Mungher, Bihar, India.
- B.K.S Iyenger: Light on Pranayama, Aquarian/Thorsons, 1992

Semester-III

Name of the course: Project work-I

Course code: MSY-PW305

Objectives:

Following the completion of this project work, students shall be able to:

- Introduce yoga therapy techniques for various diseases.
- Able to record various vital parameters of the diseases.
- Interpret & analyze the data and present the cases.

Total Number of Hrs: 120	Theory	Tutorial	Project Work
Credits	0	0	4
Hrs/ week	0	0	8
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : Nil		Project work :100	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
		NA	NA

Note:

At the beginning of the semester, every candidate is expected to do the following

1. Record the vital parameters of 12 cases
2. Introduce Yoga therapy to all of them under his/her supervision.
3. Analyze and interpret the data and organize the data in table and graphs.
4. At the end of the semester the candidate is expected to make a presentation of one least improved and one most improved case in the department and the same shall be evaluated.
5. Candidate is expected to make a hard bound copy, writing all detail about the cases, their vital parameters and submit the same to the department.

Examination:

Students shall be examined based on the presentation of their project work.

Semester-IV

Name of the course: Project work-II

Course code: MSY-PW306

Objectives:

Following the completion of this project work, students shall be able to:

- Introduce yoga therapy techniques for various diseases.
- Able to record various vital parameters of the diseases.
- Interpret & analyze the data and present the cases.

Total Number of Hrs: 120		Theory	Tutorial	Project Work
Credits		0	0	4
Hrs/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : Nil			Project work :100	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
		NA	NA	

Note:

At the beginning of the semester, every candidate is expected to do the following

1. Record the vital parameters of 12 cases
2. Introduce Yoga therapy to all of them under his/her supervision.
3. Analyze and interpret the data and organize the data in table and graphs.
4. At the end of the semester the candidate is expected to make a presentation of one least improved and one most improved case in the department and the same shall be evaluated.
5. Candidate is expected to make a hard bound copy, writing all detail about the cases, their vital parameters and submit the same to the department.
6. Project II shall be the continuation of Project I and in this semester also the candidates shall take 12 cases of another diseases.

Examination:

Students shall be examined based on the presentation of their project work.

Brief on the Report of the Committee on Yoga Education in Universities.

Background

1. A Committee was constituted by the Government on 15.01.2016 on Yoga Education in universities. The Committee had Prof. H.R. Nagendra, Chancellor, Swami Vivekananda Yoga Anusandhana Samsthanam, Bengaluru, as the Chairperson; Secretary, UGC as Member- Convener; and 10 other eminent members.
2. Prof. H.R. Nagendra, Chairperson of the Committee has submitted the report of the Committee on 19.04.2016 to the Hon'ble HRM, as informed by JS (HE).

ToRs, recommendations of the Committee and the line of action

3. The Committee has submitted the report ToR wise. The course of action, on acceptance of the report, ToR wise and recommendation wise is suggested as follows:

ToR	Recommendation	Course of Action												
(i) To identify the courses and programmes in Yogic Art and Science and the levels at which they can be offered.	Seven programmes have been listed out for implementation at the moment: (i) Certificate Course in Yoga –CCY (also indicated as CPY) – 6 to 12 months duration. (ii) Bachelors of Science (Yoga)-BSc (Yoga) – 3 years to 6 years duration. (iii) Post Graduate Diploma in Yoga – PGDY – 1 year to 2 years duration. (iv) Post Graduate Diploma in Yoga Therapy – PGDYT – 1 year to 2 years duration. (v) Masters of Science (Yoga) – MSc. (Yoga) – 2 years to 4 years duration. (vi) - Doctor of Philosophy (Yoga) – PhD (Yoga) – 3 years to 5 years duration. (vii) Doctor of Philosophy (Yoga) Integrated – 4 years to 6 years duration.	The nomenclature of degree courses have to be incorporated in the list of degrees, specified by the UGC, which the Universities can award. Courses at certificate and diploma level be circulated amongst Universities through an advisory of the UGC.												
(iv) To determine the eligibility qualifications for students for joining Yoga Education Programme at different levels.	The eligibility criteria for different programmes are detailed below: <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Course Title</th> <th>Course Code</th> <th>Eligibility</th> </tr> </thead> <tbody> <tr> <td>Certificate Course in Yoga</td> <td>CCY</td> <td>12th Standard</td> </tr> <tr> <td>Bachelors of Science (Yoga)-</td> <td>BSc (Yoga)</td> <td>12th Standard</td> </tr> <tr> <td>Post Graduate</td> <td>PGDY</td> <td>Graduation</td> </tr> </tbody> </table>	Course Title	Course Code	Eligibility	Certificate Course in Yoga	CCY	12 th Standard	Bachelors of Science (Yoga)-	BSc (Yoga)	12 th Standard	Post Graduate	PGDY	Graduation	
Course Title	Course Code	Eligibility												
Certificate Course in Yoga	CCY	12 th Standard												
Bachelors of Science (Yoga)-	BSc (Yoga)	12 th Standard												
Post Graduate	PGDY	Graduation												

ToR	Recommendation			Course of Action
	Diploma in Yoga		from any Stream	
	Post Graduate Diploma in Yoga Therapy	PGDYT	Medical Graduation of 4 years of more	
	Masters of Science (Yoga)	MSc. (Yoga)	BSc (Yoga) or Graduation in any stream with PGDY	
	Doctor of Philosophy (Yoga) – PhD (Yoga)	PhD (yoga)	MSc (Yoga) from any University recognized by the UGC.	
	Doctor of Philosophy (Yoga) Integrated	PhD (Yoga)	Graduation from any University recognized by the UGC	
	<p>A specific nomenclature for Yoga Programmes such as BYASc (Bachelors in Yogic Art and Science) instead of BSc (Yoga). MYASc Masters in Yogic Art and Science) instead of MSc (Yoga) would give yoga programmes a professional touch and should be considered.</p>			
<p>(ii) To Spell out the scope of programmes offered at Certificate, Diploma, Degree, Post Graduate Degree/Postgraduate Diploma and Research levels, and to develop broad details of the curriculum in core and elective courses thereof.</p>	<p>The curriculum for the above mentioned five courses have been prescribed. The Committee suggests the formation of a separate Sub-Committee consisting of Subject Matter Experts for the creation of good quality text books and manuals for the syllabus prepared.</p>			<p>The UGC may constitute the Committee of subject matter experts in consultation with Ministry of AYUSH for the creation of good quality text books and manuals for the syllabus prepared.</p>

ToR	Recommendation	Course of Action
(iii) To prescribe the syllabus for conducting NET in Yogic Art and Science.	A Sub-Committee will be appointed not only to finalise the NET syllabus but also to prepare a Question bank with answer keys with at least 1000 questions.	A Committee be appointed by the UGC to finalise the NET syllabus and also to prepare a Question bank with answer keys with at least 1000 questions.
(v) To prescribe the qualifications of faculty of Yoga in the colleges and universities and also to examine whether the existing qualifications in recruitment of the faculty in the colleges and Universities as presently approved by the University Grants Commission (UGC), will need amendments. (i)	Recommendations for Qualifications of Faculty of Yoga were finalized. The details are attached along with in this report. The qualification have been prescribed for adjunct faculty Asstt. Prof., Associate Prof. and Prof.	The UGC should incorporate the qualifications of faculty of Yoga in its Minimum Qualification Regulations for Appointment of Teachers in Universities and Colleges.
(vi) To identify universities where Departments of Yoga already exists and to consider whether they can be upgraded to be developed as Departments of Yogic Art and Science.	1. A Sub-Committee will be appointed not only identify but also to visit the respective institutions to study the functioning of the already existing Departments of Yoga from various angles to find the suitability for upgradation. List of Universities with Departments of Yoga has been provided alongwith this report which can be considered for upgradation. 2. Departments of Yoga in various Central Universities may be setup starting the upcoming Academic Session in August, 2016. Budget has been specified for <u>FIVE</u> years to include physical and intellectual infrastructure. Same can be	The following list of Universities has been recommended for implementation of first phase of Yoga Education in Universities North: Hemwati Nandan Bahuguna Garhwal University, Garhwal, Uttarakhand East Visva Bharati Shantiniketan, West Bengal West Central University of

ToR	Recommendation	Course of Action
	<p>implemented. (Rs.5.70 crores for salaries and Rs.5.15 crores for infrastructure per Department, over a period of five years)</p>	<p>Rajasthan, Ajmer, Rajasthan –</p> <p>OR</p> <p>Central University of Gujarat Gandhinagar, Gujarat</p> <p>South Central University of Kerala Kasaragod, Kerala</p> <p>Central The Indira Gandhi National Tribal University, Amarkantak, Anuppur, Madhya Pradesh -</p> <p>North East Manipur University Imphal, Manipur</p> <p>The CU Bureau may take up the matter of creation/revamping of Yoga Departments in the identified Central Universities and the recommended courses be started from 16-17 academic session in these universities.</p>
<p>(vii) To suggest the names of National Level Yoga Centres whose expertise can be networked with the universities where the Departments of Yogic Arts and Science will be established.</p>	<p>Names of National Level Yoga Centres whose expertise can be networked with the universities where the Departments of Yogic Arts and Science will be established. The identified centres are:-</p> <p>Yoga Universities</p> <ol style="list-style-type: none"> 1. S-VYASA Yoga University Prashanti Kutiram, Bengaluru 2. Dev Sanskriti Vishwavidyalaya, Haridwar 3. Patanjali Yogpeeth, Haridwar <p>Institutes</p> <ol style="list-style-type: none"> 1. Morarji Desai National Institute of Yoga, New Delhi 2. Kaivalyadhama Yoga Institute, Pune. 	<p>The names of these National Level centres be included in the Advisory to be circulated by UGC to universities.</p> <p>The universities desirous of establishing Departments of Yoga can network with these national level yoga centres and utilize their expertise.</p>

ToR	Recommendation	Course of Action
(viii) To determine the modalities of further training for persons who may be recruited with their present background in the field of Yoga.	It is proposed to give training at S-VYASA for SIX months for suitable teaching staff identified in the existing institutions on the basis of the recommendations sent by the respective institutions.	The availability of training facilities at S-VYASA may be circulated by the UGC through its advisory to the universities. The training undertaken may be recognised for the purpose of career advancement of the faculty members in the Department of Yoga.
(ix) Misc	Other than these above steps, another vital step could be introduction of a One-credit Course on 'Introduction to Yoga' that can be taken up by various higher education institutions.	The suggestion can be circulated by the UGC through its advisory to the universities.
	The Committee has recommended Yoga syllabus for Bachelor of Physiotherapy (BPT) (4 year duration) and Master of Physiotherapy (MPT) (2 year duration) for yoga practitioners.	The suggestions may be forwarded to Ministry of AYUSH as these deal with professional yoga practice which comes under the ambit of that Ministry.

F.No.4-3/2016-UIA
Government of India
Ministry of Human Resource Development
Department of Higher Education

New Delhi, dated the 15th January, 2016

ORDER

Subject: **Committee on Yoga Education in Universities.**

A Consultative meeting on Yoga Education in Universities was taken by the Hon'ble Minister for Human Resource Development with the Vice-Chancellors in Bangalore on 2nd January, 2016 wherein it was decided to set up Department of Yogic Art and Science in the Universities and constitute a Committee on Yoga Education in Universities to look into various aspects pertaining to setting up of Departments of Yogic Art and Science.

2 The Government, therefore, hereby constitutes a Committee on Yoga Education in Universities with the following members:

- i. Prof. H.R. Nagendra, Chancellor, Swami Vivekananda Yoga Anusandhana, Samsthana, Bengaluru.....Chairperson
- ii. Prof. Suresh Lal Barnawal, Head, Department of Yoga Dev Sanskriti Vishwavidyalaya, Gayatrikunj-Shantikunj, Haridwar....Member
- iii. Prof. Ishwar Bharadwaj, Head, Department of Yogic Sciences, Gurukul Kangri University, Haridwar.....Member
- iv. Prof. Neel Kamal, University of Patanjali, Haridwar.... Member
- v. Swami Atmapriyananda, Vice-Chancellor, Ramakrishna Vivekananda University, Kolkatta....Member
- vi. Pandit Radhey Shyam, Director, Ujjain Yoga Life Society International, Yoga Bhavan, Taran Tall Premises, Kothi Road, Ujjain, Member
- vii. Prof. O P Tiwari, Kaivalyadnama, Lonawala, Member
- viii. Prof. Subramanayam, Adviser, Vivekananda College, Madurai, Member
- ix. Prof. P. Venkat Rangan, Vice-Chancellor, Amrita University, Coimbatore....Member
- x. Sri Rupen Bhowmik, Working President, Indian Yoga Federation, Member
- xi. Joint Secretary, Department of AYUSH..... Member
- xii. Secretary, UGC....Member-Convener

3 The following will be the Terms of Reference (ToRs) of the Committee


- (i) To identify the courses and programmes in Yogic Art and Science and the levels at which they can be offered.
- (ii) To spell out the scope of programmes offered at Certificate, Diploma, Degree, Post Graduate Degree/Postgraduate Diploma and Research levels, and to develop broad details of the curriculum in core and elective courses thereof.
- (iii) To prescribe the syllabus for conducting NET in Yogic Art and Science.
- (iv) To determine the eligibility qualifications for students for joining Yoga Education Programme at different levels.
- (v) To prescribe the qualifications of faculty of Yoga in the colleges and universities and also to examine whether the existing qualifications in recruitment of the faculty in the colleges and universities as presently

approved by the University Grants Commission (UGC), will need amendments.

- (vi) To identify universities where Departments of Yoga already exists and to consider whether they can be upgraded to be developed as Departments of Yogic Art and Science.
- (vii) To suggest the names of National Level Yoga Centres whose expertise can be networked with the universities where the Departments of Yogic Arts and Science will be established.
- (viii) To determine the modalities of further training for persons who may be recruited with their present background in the field of Yoga.
- (ix) Any other issue considered relevant for the establishment of Department of Yogic Art and Science.

4. The UGC shall provide all secretarial assistance and logistics support to the Chairman and Members of the Committee. This will include expenditure on travel and accommodation of the Committee. The Committee may devise its own methodology and processes for its functioning. The Committee may also engage Experts, rapporteurs and raconteurs as required by it for enabling smooth progress in its working. The expenditure for engagement of such Experts, rapporteurs and raconteurs may also be borne by the UGC.

5. The Committee will submit its report to this Ministry within 45 days. The Committee shall cease to function on the day it submits its report to the Government


(Ishita Roy)

Joint Secretary to the Govt. of India

To Chairperson and all Members

Copy to:

- 1. The Chairman, University Grants Commission, New Delhi
- 2. PS to HRM
- 3. Sr PPS to Secretary, Department of Higher Education
- 4. PPS to Secretary, Department of AYUSH
- ✓ 5. Webmaster, MHRD-for uploading the Order on the website of the MHRD for general information.