

RASTRIYA SANSKRIT VIDYAPEETHA:: TIRUPATI
MASTER OF SCIENCE IN YOGA THERAPY (M.Sc. in yoga
Therapy)
FIRST SEMESTER

THEORY PAPER-I AN INTRODUCTION TO YOGA
MARKS 70-30

UNIT 1 ORIGIN AND DEVELOPMENT OF YOGA

- 1.1. Origin of yoga, etymological meanings of the term yoga, definitions from the Vedas upanishads, epics, puranas and sutra period, aim of yoga, objectives of yoga: concepts and Misconceptions of yoga.
- 1.2. Historical survey of yogic concepts, techniques and their applications from the pre-vedic period to the modern period.
- 1.3. General introduction to srutis, smritis, vedanga and upangas; varnashramadharma and prasthanatraya.

UNIT 2 YOGA AND OTHER INDIAN DARSHANAS

- 1.1. Introduction to Indian schools of philosophical thought (darshanas); classification into orthodox and heterodox schools.
- 1.2. Elements of yoga in Vedanta darshana in relation to Brahman, maya, avidya and jiva, states of consciousness,
- 1.3. Principles and practices of yoga in Jainism and Buddhism.

UNIT 3 SCHOOLS OF YOGA

- 3.1. Schools of yoga- origin and development of different schools of yoga viz. Philosophy and practices of jnana yoga, karma yoga, bhakti yoga and raja yoga.
- 3.2. Introduction to Agamas-Saktagama Tantra; kundalini yoga it's philosophy and theory of evolution (36 tattva theory).

- 3.3. Conceptual study of kundalini, meaning, Jiva, prana, nadi, chakra and chakrabhedana (bhutasuddhi).

UNIT 4 MODERN AND CONTEMPORARY TRENDS IN YOGA

4.1. Yoga in modern period philosophy and yoga of Ramakrishna paramahansa, Swami

Vivekananda, Ramana Maharshi, Paramahansa Yogananda, and Dayananda Saraswathi.

4.2. Contemporary trends of yoga- a brief study on the contribution o Sriman Tirumalai

Krishnamacharya, Maharshi Mahesh yogi, Swami Shivananda, Swami Kunalayananda

Mummadivaram Balayogi and Swami Rama of Himalayas to yoga.

4.3. Yoga and cultural synthesis.

SOURCES OF REFERENCE

1. Krishna Bhat, K.

The Power of Yoga, Suyoga Puplications, Mangalore 2006

2. Dasgupta, S.N. - Yoga Philosophy in Relation to Other Systems of Indian Thought, University of Culcutta, 1924

3 Feurestein, George - The Yoga Tradition: It's History, Literature, Philosophy practice, Bhavana Books and Prints, 2002

4. Karel Warner - Yoga and Indian Philosophy, Motilal Banarsidass, Delhi, 1979

5. Pandit, M.P - Introduction to Upanishads, Theosophical Society of India, Adyar, Madras, 1976

6. Radhakrishnan, S. - The Principal Upanishads, George, Allen and Unwin, London 1953.

- 7 Sarma, Chandradhara. - A Critical Survey of Indian Philosophy, Motilal Banarsidass, Delhi, 2000
8. Lalan Prasad Singh - Tantra, Its Mystic and Scientific Bases, Concept Publishing Company, Delhi, 1976.
9. Dvivedi - Nath Sampradaya of Hatha Yoga, Dvivedi Publications, Hindustani, Academy, Allahabad, U.P.1950.
10. Kenghe, C.T. - Yoga As Depth-Psychology & Para-Psychology, Vol – I, Bharata Manisha, Varanasi, 1975
11. Singh R. H. - Foundations of Contemporary Yoga.

**THEORY PAPER-11 PHILOSOPHICAL FOUNDATIONS OF YOGA
MARKS: 70+30**

UNIT 1 SANKHYA SCHOOL OF PHILOSOPHICAL THOUGHT

1.1 Problem of human existence, dhukhatraya-threefold miseries and means to overcome, origin and development of sankhyadarshana in relation to the vedas, upanishads and itihahas.

1.2. Karyakaranasiddhanta-the theory of causation.

1.3. Conceptual understanding of purusha, prakriti and prakritiparinamavada-doctrine of sankhya cosmogony.

UNIT 2 PHILOSOPHY OF YOGA

2.1. Introduction to Patanjali Yoga Sutra, commentaries; conceptual study of chita, chittabhumis. chittavrittis, chittavikshepa, methods to overcome vrittis and vikshepas, the concept and role of Isvara in vrittinirodha, Samadhi-meaning, types of samprajnata and asamprajnatasamadhi.

2.2 kriya yoga-importance and role in obtaining Samadhi, philosophy of kleshas, concept of seer (drasta) and seen (drishya); ashtangayoga as the means to overcome kleshas (bahirangayoga).

2.3. Integrated practice of meditation-samyama, its components, therapeutic implications of

Superhuman powers (vibhuthis).

UNIT 3 PHILOSOPHY OF YOGA VASISTA

3.1. Introduction to Yoga Vasista brief study of vyadhiprakarana, diseases, origin, manifestation

and types causes and methods of prevention.

3.2 Mind and its fluctuation causes and consequences; manovyadhi and sadharasampathi as a tool to overcome causative factors; manovaikalya, causes and stages, importance and role of life energy (prana) in steadying the mind.

3.3. Self-realization qualities and mental states of an enlightened person.

UNIT 4 PHILOSOPHY OF BHAGAVAD GITA

4.1. Philosophy of Bhagavat Gita (Chap.II) Knowledge of Sankhya yoga to attain mental equipoise; immutability or self in relation to perishable body, principle of svadharma as a tool to obtain mental clarity in discharging one's own duty.

4.2. Concept of nishkarmakarma, duty for duty's sake -meaning. Its application to tune mind towards selfless action.

4.3 Yogarudha, a perfect personality – meaning, qualities and behavior of an enlightened person.

SOURCES OF REFERENCE

12. Dasgupta, S.N. - Yoga Philosophy in Relation to Other systems of Indian Thought, University of Calcutta, 1924.

13 Feurestein, George -The Yoga Tradition: It's History, Literature, Philosophy practice, Bhavana books and prints, 2002.

14. Karel Waner - Yoga and Indian Philosophy, Motilal Banarsidass, Delhi, 1979.

15. Sama, Chandradhara - A Critical Survey of Indian Philosophy, Motilal Banarsidass, Delhi, 2000.
- 16 Swami Vivekananda - Raja Yoga-Conquering the Internal Nature, Advaita Ashram, Calcutta.
17. Iswara Krishna - Sankhyakarika, chawkanba series, Delhi.
18. Kenghe. C.T - Yoga As Depth-Psychology & Para-Psychology, Vol.1 BharataManisha, Varanasi, 1975.
19. Singh R H - Foundations of Contemporary Yoga.
20. Radhakrishnan, S. - Bhagavat Gita.
21. Subramanian K.N. - The Vasista Yoga.
22. Swami Venkatesananda - The Supreme Yoga-Yoga Vasista. Motilal Banarasidass Publishers, Delhi.
23. Chakravarthi Pulmbihari - Origin and Development of Samkhya System of Thought.

THEORY PAPER III : FOUNDATIONS OF HATHA YOGA - I

UNIT I. INTRODUCTION TO HATHA YOGA TRADITION

- 1.1. Hatha Yoga tradition- Introduction, purpose and role of H Y in realizing the goal of Raja yoga Brief discussion on manuals of Hatha Yoga parampara – Siddhasiddhantapaddati. Hathayogapradipika, Hatharatnavali, Siva Samhita and Gheranda Samhita.
- 1.2. Hathamatha lakshana- Uniqueness of yoga practice hall, Its environmental ambience constructional requirements according to HYP & Sivayogadipika.
- 1.3. Role and importance of moral and ethical codes (yama and niyama) in HY tradition, enumerate hathasiddhilakshana.

UNIT II FUNDAMENTAL ASPECTS OF HATHAYOGA

2.1 Role and purpose of physical practices (asanas) in purifying the body-number and types of asanas with reference to HYP, GS, HR and SSP.

2.2 Import of pranayama (ashtakumbhaka) in HY, meaning, types, practice methods and their role in maintaining homeostasis of body and mind according to HYP.

2.3. Bandha and Mudra-introduction, meaning, types, importance, place and purpose of their

Application in the practice of pranayama

UNIT III PURIFICATORY APPLICATIONS OF HATHA YOGA

3.1. Types and classification of purificatory processes (suddhikriyas) based on bodily regions.

Practice methods with reference to HYP, GS and HR.

32. Kundalini Shakti-as the base of all creation and body as well, different names and their

Meaning, location and shape, synonyms of susumnanadi and kundalini prabhoda as per

HYP and HR.

3.3 Concept of Laya Yoga-its meaning. role of Nadanusadhana in attaining Layayoga

stages and symptoms experienced during practice as described in the HYP Laya Yoga as a

means of attaining the heights of Raja Yoga.

UNIT IV REMEDIAL MEASURES FROM BBAGAVAD GITA (CH.VI)

41. DhyanaYoga- meaning and supremacy of Dhyana Yoga over Jnana and Karma Yogas as

described in the Bhagavad Gita chapter VI.

4.2 Structural definition of asana, sea, diet and mental composition suitable for the practice of

Dhyana as per BG.

43. Yoga definitions and personality of a dhyana yogi Fate of a dhyana yoga failed to achieve

perfection in one's life.

SOURCES OF REFERENCE:

1. Svatmarama – Hatayoga pradipika (Jyotsna tika), Adyar Library, Madras.
2. Sahay G. S. - Hathayogapradipika of Svatmarama, MIDNY Publications, New Delhi
3. Venkata Reddy, M. - Hatharatnavali.
4. Gharote M.L - Hatharatnavaili, Lonavala, Pune.
5. Swami Digambarji & Co. - Gheranda Samhita, Kaivalyadhama, Lonavala.
6. David Coulter, H. – Anatomy of HathaYoga, Motilal Banarasidass, Delhi, 2006.
- 7 Radhakrishnan, S - Bhagavat Gita.
8. Gharote M.L & Pai G.K. - Siddhasiddhantapadidihair, Kaivaiyachama, Lonavala.
9. Siva Samhita - Chowkhamba Sanskrit Series, Varanasi.

THEORY PAPER-1V: SANSKRIT- BASICS RELEVANT TO YOGA MARKS:70+30

1.1. Orthography of Devanagari Varnamala, classification of varnas, Purnakshara, Samyuktaksara

Karakas and Mrduvyanjanas, writing of Varnamala using Roman transliteration.

1.2. Classification of Sanskrit words: Subantas and Tingantas.

1.3. Subantas (Nouns)-Ajantha and Halanta words, Genders, Vachanas, cases of subanta words.

UNIT - II

2.1. Declaration of the following words in cases-Rama, Hari, Guru, Pitr, Lata, Mati, Dhenu, Phala,

Vari, Gau, Marut, Vidvas, Rajan etc., Asmad, Yushmad, Tad, Yad, Kim etc.

2.2 Tingantas (Verbs) - Lakaras, Purushas, Vachanas

2.3. Declaration of the following root words in Lat, Lan, Lrt, Lot and Vidhilin-Bhu, Khad, vad,

Dhyai, Path, Sev, Kshi, Pracch, Tus, Dam, Kath, Chint, Ad, As, Jagr, Bha, Dha, Kr, Ash.

UNIT - III

3.1 Avyayas – Ca, Api, Va, Na, Vina, Saha Tu, Kintu, Eva, Evam, Iti, Ittham, Athra, Iha, Tada,

Gatva, Krtva, Labdhwa, Jitva.

3.2. Upasargas - Pra, Para, Apa Sam, Anu, Ava, Nis, Nir, Dus, Dur, Vi, Aa, Ni, Adhi, Ati, Su,

Abhi, Prati, Pari, Upa, Antar, Avir, Tiras.

3.3. Nipatas – Cha, Va, Api, Kim, Chiat, Ma Chana, Sma. Elementary knowledge of voices

Sanskrit - Active, Passive, impersonal.

UNIT - IV

4.1. All Sandhis based on vowels- Savamadheerga, Guna, Vriddhi, Yanadesha Purva and Pararupa and Visarga.

4.2. Compound words – Tatpurusha, Karmadharaya, Dvigu, Dvandva, Bhahuvrihi, Avyayibhava,

Karakas-its use in Sanskrit.

4.3. By way of exercise understanding, study and practice of 20 sutras from the Patanjali Yoga Sutra, using Roman transliteration.

SOURCES OF REFERENCE:

1. ShabdaManjari
2. DhatumanjariKalpathi - R.8.Vadhyar & Sons, Book sellers & Publishers Palghat 678003.

PRACTICAL PAPER I

MARKS: 70+30

UNIT-I THEORY AND PRACTICE OF ASANAS

1.1. Asana-meaning, definitions, place, aim, objectives in yoga.

1.2. Fundamental principles of asana practice.

1.3. Swastikasana-its related slokas from the Hatha Yoga texts.

UNIT-2 THEORY AND PRACTICE OF ASANAS

2.1. Tadasana (samasthithi) and Vrikshasana

2.2. Dandasana and Chaturangadandasana

2.3. Urdhvamukhasvanasana and adhomukhasvanasana.

UNIT-3 THEORY AND PRACTICE OF BASIC BREATHING PATTERNS

3.1. Breathing-role, importance and dimensional breathing (abdominal, chest and circumferential).

3.2. Sectional breathing - long and short (in sitting position)

3.3. Sectional breathing- long and short (in laying position)

UNIT 4 THEORY AND PRACTICE OF SURYANAMASKARAS

4.1. Theory and practice of Suryanamaskara 12 vinyasa with mantra.

4.2. Theory and practice of Vaidic Suryanamaskara 9 Vinyasa.

4.3. Theory and practice of Yogic Suryanamaskara 17 Vinyasa.

RECORD: Students have to prepare a record work On the above yogic practice with brief

Introduction, meaning of the name, the technique, salient points, precautions to be taken, benefits by quoting references from authentic Hatha yoga manuals, wherever possible, under the guidance and supervision of the concerned Yoga Teacher and submit the same during final evaluation by the External Examiner.

same during final Examinati

SOURCES OF REFERENCE:

1. Swami Satyananda - Suryanamaskara, Bihar School of Yoga, Mungher, Bihar.

2. Iyengar B. K.S.- Light on Yoga

3. Iyengar B. K.S. - Light on Pranayama

4. Swami Kuvalayananda - Asanas, Kaivalyadhama Publications, Kaivalyadhama.

5. Swami Kuvalayananda - Pranayama, Kaivalyadhama Publications, Kaivalyadhama.

6. Swami satyananda - Asana, Pranayama, Mudra and Bandha: Saraswathi, Bihar School of Yoga, Bihar.
7. Swami Niranjanananda - Prana, Pranayama and Pranavidya, Bihar, School of Yoga, Bihar.
8. Swami Satyananda saraswati – A systematic Course in the Ancient Tantric, Techniques of Yoga and Kriya, Bihar School of Yoga, Bihar.
9. Swami Yogeswarananda Saraswati - First Steps to Higher Yoga. Yoga Niketan Trust.
10. Jois Pattabhi - Yoga Mala-I, New York.
11. Swami Kuvalayananda - Yoga Therapy, Kaivalyadhama, Lonavala.
12. Nagendra H. R. - Pranayama, S VYASA, Bangalore.
13. Swami Geethananda - Bandha and Mudra, Anandasram, Pondicherry.
14. Bhat Krishna K. - Power of Yoga, Suyoga Publications, Mangalore.
15. Swami Digambarji - Hathapradipika, SMYM Samithi, Kaivalyadhama.
- 16 Swami Digambarj - Gheranda Samhita, SMYM Samithi.
17. Reddy Venkata M. - Hatharatnavali.

PRACTICAL PAPER II

MARKS: 70+30

UNIT-I THEORY AND PRACTICE OF ASANAS

- 1.1. Uttita Trikonasana and Veerabhadrasana I
- 1.2. Uttita Parsvakonasana and Veerabhadrasana II
- 1.3. Urdvapasrarisita padasana and Anantasayanasana.

UNIT-2 THEORY AND PRACTICE OF ASANAS

- 2.1. Parsvottanasana and Prasaritapadottanasana
- 2.2. Ardachandrasana and Akarnadhanurasana.
- 2.3. Suptapadangustasana and Parsvasahita I & II.

UNIT-3 THEORY AND PRACTICE OF PRANAYAMA

3.1. General instructions and guidelines regarding place, seat, direction etc.. during pranayama practice.

3.2. Ujjayii pranayama and recitation of related textual references.

3.3. Nadisodhana and recitation of related textual references.

UNIT 4 THEORY AND PRACTICE OF KRIYAS

4.1. Jalnet: Kriya and recitation of related textual references

4.2. Agnisara Dhauti Kriya.

4.3. Recitation of Shanthi Mantras.

RECORD: Students have to prepare a record work on the above yogic practices with brief Introduction, meaning of the name, the technique, salient points, precautions to be taken, benefits by quoting references from authentic Hatha Yoga manuals, wherever possible under the guidance and supervision of the concerned Yoga Teacher and submit the same during final Examination for evaluation by the External Examiner.

SOURCES OF REFERENCE:

1. Iyengar B.K.S. - Light on Yoga

2. Iyengar B.K.S. - - Light on Pranayama

3. Swami Kuvalayananda – Asana, Kaivalyadhama Publications, Kaivalyadhama.

4. Swami Kuvalayananda – Pranayama, Kaivalyadhama Publications, Kaivalyadhama.

5. Swami Satyanand - Asana, Pranayama, Mudra and Bandha: Saraswati Bihar School of Yoga, Bihar.

6. Swami Niranjanananda - Prana, Pranayama and Pranavidya; Bihar School of Yoga, Bihar.
7. Swami Satyananda Saraswathi – A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya, Bihar School of Yoga, Bihar.
- 8 Swami Yogeswarananda Saraswati - First Steps to Higher Yoga. Yoga Niketan Trust.
9. Jois Pattabhi - Yoga Mala-1, New York.
10. Swami Kuvalayananda - Yoga Therapy, Kaivalyadhama, Lonavala.
11. Nagendra H. R. - Pranayama, S.VYASA, Bangalore.
12. Swami Geethanarnda - Bandha and Mudra, Anandasram, Pondicherry.
13. Bhat Krishna K.- Power of Yoga, Suyoga Publications, Mangalore.
- 14, Swami Digambarji - Hathapradipika, SMYM Samithi, Kaivalyadhama.
15. Swami Digambarji - Gheranda Samhita, SMYM Samithi.
16. Reddy Venkata M. - Hatharatnavali.

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SECOND SEMESTER

MARKS: 70+30

THEORY PAPER-I ANCIENT HEALING FOUNDATIONS OF YOGA

UNIT I PRINCIPLES AND PRACTICES OF YOGA IN UPANISHADS

1.1. Therapeutic concepts of Hatha Yoga in relation to BAU, Ishavashya U (concept atma, jnana yoga, jivatmaparamatmasamyoga; om meditation; avidya)

1.2. Therapeutic concepts of Hatha Yoga in relation to Mandukya and Katha (concept of tapas, nishkamakarma; four states of consciousness, their relation to syllables of aum; definition of yoga)

1.3. Therapeutic concepts of Hatha Yoga in relation to Prashna and Taittiriya and Svetaswara Upanishad (concept of antahkarana, concept of prana as self, five types of prana, concept of five layered existence of body; technical and structural definition of asana, therapeutic benefits of yoga practices).

UNIT II PRINCIPLES AND PRACTICES OF YOGA IN YAJNAVALKYA SAMHITA

2.1. Introduction, structure and therapeutic importance of Yajnavalkya Samhita of sage Yajnavalkya; pranayama, menaing, classification, principles of practice and healing benefits.

2.2. Pratyahara, meaning, definition, classification and healing benefits of vayu-pratyahara.

2.3. Dharana, meaning, definition, classification and healing effects of saguna dharana.

UNIT III PRINCIPLES AND PRACTICES OF YOGA RAHASYA

3.1. Introduction, structure and therapeutic importance of Yoga Rahasya of Nadamuni yogi.

3.2. Special discussion on Pranayama-classification into anuloma-pratiloma; samavriti-visamavritti and sagarbha-agarbha.

3.3. Role and importance of yoga for women.

UNIT IV PRINCIPLES AND PRACTICES OF YOGA CHUDAMANYUPANISHAD

4.1. Introduction to Yogopanishads, study of sadangayoga of Yoga Chudamani Upanishad.

4.2. Yogic physiology and ajapa-gayatri -pranas, nadis, chakras, adharas, lakshyas, vyomas etc., from YCU.

4.3. Pranavopasana vidya, meaning, its importance in health and healing from YCU.

SOURCES OF REFERENCE

1. Mohan A.G. _ Yajnavalkya Samita
2. Diwanji P. C. --Yoga Yajnavalkya,
3. Swami Satyadharma - Yoga Chudamanyupanishad,
4. Sriman Krishnamacharya Tirumalai- Yoga Rahasya, Krishnamacharya Yoga Mandiram, Chennai.
5. Swami Purohit -Principal Upanishads,
6. Radhakrishnan Sarvepalli -Principal Upanishads,
7. Swami Satyananda Saraswathi - Principal Upanishads, Bihar School of Yoga, Bihar.

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THEORY PAPER II FOUNDATIONS OF HATHA YOGA - II

UNIT I PHILOSOPHY AND PRACTICES OF GHERANDA SAMHITA-I

1.1. Saptangayoga- meaning, introduction, structure and value or Ghatayoga.

1.2. ShatKarmani- meaning, purpose, classification, practicing methods and benefits.

1.3. Asana & Mudras - meaning, role in yoga, classification, practice and benefits.

UNIT II PHILOSOPHY AND PRACTICES OF GHERANDA SAMHITA -II

2.1. Pratyahara-meaning, types, practicing, methods and benefits.

2.2. Pranayama- meaning, Classification, practicing methods and benefits

2.3. Samadhi- meaning, classification, practicing methods, symptoms and benefits.

UNIT III PHILOSOPHY AND PRACTICES OF SIVA YOGA

3.1. Shivayogadipika- introduction and structure, classification of yoga, Raja Yoga vs Shiva Yoga.

3.2. Conceptual study of panchadharana.

5.3. Meditation and Samadhi.

UNIT IV PHILOSOPHY AND PRACTICES OF SWARA YOGA

4.1. Swara Yoga Introduction, meanings concept of tattvas-location, nature and function importance in health and ill-health.

4.2. Concept of prana, classification, location, functions in the body and pranadharana.

4.3. Concept of Nadi, meaning, chakras, nature, location and function in relation to tattvas.

SOURCES OF REFERENCE

1. Swami Vivekananda - - Raja Yoga, Ramakrishna Muth, Madras.
2. Swami Digambarji - - Hathapradipika, SMYM Samithi,
Kaivalyadhama.
3. Swami Digambarji - - Gheranda Samhita, SMYM Samithi.
4. Reddy Venkata M. - - Hatharatnavali.
5. Mohan A. G. - -Yoga Yajnavalkya.
6. Kannan S. - -Svarachintamani.
-Swarasastramanjari
7. Swami Muktibhodananda - -Swara Yoga, Bihar School of Yoga, Bihar.
8. Sri Sankaracharya - -Taittiriya Upanishad.
-Siddhasiddhantapaddati.
-Siva Samhita.
-Saririka Upanishad.

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THEORY PAPER II HUMAN BIOLOGY

UNT I ANATOMY AND PHYSIOLOGY OF SKELETOMUSCULAR SYSTEM

1.1. Human Anatomy and Physiology: Basic Terminology, Organization of Human Body, Body Systems, Homeostasis & Feedback Mechanisms for maintaining Homeostasis.

1.2. The Skeletal System: Skeleton, Classification of Bones, Body Cavities, Study of Joints & Vertebral Column.

1.3. Muscular System: Classification of Muscles and their Characteristics, Concept of muscles, their contractions; study of Muscles of Eye in relation to Trataka Kriya; Abdomen and Vertebral Column in relation to back pain.

UNIT-II ANATOMY AND PHYSIOLOGY OF NEURO-ENDOCRINAL SYSTEMS

2.1. Nervous System:- Basic Terminology, Classification and basic understanding of Central, Peripheral and Autonomic Nervous System, Reflex Arc. Basic understanding of important Control Centers in the Brain and their location (Centers for Speech, Movement, Vision, Thinking, Memory, Respiration, Hunger, Sensory and Motor Functions, Reticular Activating System, Vasomotor Center, Limbic System).

2.2. Endocrine System: Gross Anatomy and Physiology of Major Endocrine glands & their Hormones.

2.3. Excretory System: Gross Anatomy & Physiology of Kidneys, Ureter, Urinary Bladder and Urethra. Basic understanding of the structure and function of organs of reproduction in males

UNIT-III ANATOMY AND PHYSIOLOGY OF METABOLIC SYSTEMS

3.1. Cardiovascular System: Form, Structure and Function of the Heart and Blood Vessels, Cardiac Cycle, Brief study of Pulse, Valves, Heart Sounds, Types of Circulation and Composition of Blood.

3.2. Digestive System: Gross Anatomy of Digestive System, Processes and Mechanism of Digestion, Physiology of Alimentary Canal.

3.3. Respiratory System: Gross Anatomy of Respiratory Passages & Lungs. Types of Respiration & their Mechanism. Concept of Lung Volumes and Capacities in relation to pranayama.

UNIT IV SPECIFIC STUDY OF IMMUNO-SENSUAL MECHANISMS

4.1. Immunology: Basics of immunology and defense mechanisms in the body

4.2. Sense Organs-: Basic understanding of the Structure, function of senses of vision, touch, Smell, taste and sound.

4.3. Lymphatic system, its role in Health.

SOURCES OF REFERENCE

1. Chatterjee C. C. - Human Physiology (Vol.I & II), Medical Allied Agency, Calcutta, 1992.
2. Evelyn C. Pearce -Anatomy and Physiology For Nurses, Faber and Faber Ltd., London, 1968.
3. Guyton, Gerald J. Tortora - A Text Book Medical Physiology.
4. Ross and Wilson - Anatomy and Physiology.
5. Sembulingam & Co. - Essentials of Medical Physiology, Jaypee Brothers and Medical Publishers Pvt. Ltd., New Delhi.
6. Gore M. M. - Anatomy and Physiology of Yogic Practices, Kanchan Prakashan, Lonavala.
7. Peter L Williams && Roger Warwick -Grey's Anatomy, Churchill Livingstone, London, 1988.
8. Charu Supriyaa - Sarira Rachana evam Kriya Vignana.

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THEORY PAPER -IV YOGA AND ALLIED SCIENCES

UNIT I PRINCIPLES OF INDIAN MEDICINE-AYURVEDA

1.1. Historicity: Celestial descendance of Ayurveda (Ayurveda Parampara); historical aspects Brihatrayee and Laghutrayee; relation of Ayurveda and Yoga.

1.2. Basic Concepts - tridosha, saptadhatu, trimala, trigunas, panchamahabhuta and manas

1.3. Preventive Aspects principles of swastavritta, sadvritta, dinacharya and ritucharya

UNIT II PRINCIPLES OF INDIAN MEDICINE-AYURVEDA

1. Psychiatric and psychosomatic concepts understanding of manas, ahamkara, buddhi and atma-application in preventing and curing of disease.

2.2. Asatmyendriyaratmasamyoga, prajnaparadha and modern stress concepts.

2.3. Sattvavayachikitsa in psychic and psychosomatic disorders; bio-behavioural management of disease (vihar)

UNIT-III PRINCIPLES OF NISARGOPACHARA (NATUROPATHY)

3.1. General introduction, definition, history and principles of Naturopathy: Relationship of Naturopathy and Yoga in Health and disease management.

3.2. Importance of Panchamahabhuta and life style-role and regulation of diet, sleep, fear and sex in health keeping - concept of yukta- ahara, vihara, chesta and karma in yoga way of life.

3.3. Nature Cure Therapies Hydro therapy, Mud therapy, Hot & Cold packs, Massage, Fasting, Sun bath and Colour Therapy

UNIT IV PRINCIPLES OF JYOTISHA

4.1. General introduction to jyotisha - twelve rasis, their lords and concept of kalapurusha.

4.2. Introduction to panchanga, some important muhurtas, nakshatradosha periods in relation to health and disease; use of panchanga in yoga therapeutics.

4.3. Plants in relation to panchamahabhuta, saptadhatu etc., administration of herbal medicine in health and disorders.

SOURCES OF REFERENCE

1. Mehta R. M. -Fasting, a unique remedy for hundred ailments, Navneeth Education Ltd., Mumbai.
2. Gala -Nature Cure for Common Diseases, Navneeth Education Ltd., Mumbai.
3. Joshi K.S. -Yoga & Nature Cure Therapy, Sterling Pub., Pvt., Ltd. Delhi.
4. Bakru H. K. -A Complete Handbook on Nature Cure, Jaico Pub., House, Mumbai.
5. Varahamihira - Bruhatjatakam, Chowkhamba Pub., Varanasi.
6. Rama Daivagna -Muhurthachintamani, Chowkhamba Pub., Varanasi.
7. Frawley David -Yoga and Ayurveda, Motilal Banarsidass, New Delhi.
8. Udupa K.N. -Fundamentals of Ayurveda, BHU Press, Varanasi.
9. Udupa K.N. -Recent Advances in Indian Medicine.
10. Sharma R. K. & Co. -Charaka Samhita (transl).
11. Lele R.D. - Ayurveda and Modern Medicine, Bharatiya Vidyabhavan Pub., Bombay.

RASHTRIYA SANSKRIT VIDYAPEETHA::TIRUPATI

MASTER OF SCIENCE IN YOGA THERAPY (M. Sc. in Yoga Therapy)

SECOND SEMESTER

MARKS: 70+30

PRACTICAL PAPER-I

UNIT-I THEORY AND PRACTICE OF ASANAS

- 1.1. Parivritta Trikonasana and Parivritta Parsvakonasana
- 1.2. Veerabhadrasana III and Prasaritapadottanasana variations.
- 1.3. Parighasana and Jattaraparivartanasana.

UNIT-2 THEORY AND PRACTICE OF ASANAS

- 2.1. Padangustasana and Padahastasana,
- 2.2. Uttanapadasana and its Parsvasanita.
- 2.3. Ustrasana, Navasana and Savasana I.

UNIT-3 THEORY AND PRACTICE OF BANDHA AND PRANAYAMA

- 5.1. Uddiyana Bandha and recitation of related textual references.
- 3.2. Ujayi in lying position with internal retention..
- 3.3. Suryabhedana with retention after exhalation observing ratio of I:1:1,

UNIT 4 THEORY AND PRACTICE OF KRIYAS

- 4.1. Sutraneti Kriya and recitation of related textual references
- 4.2. Kpalabhati Kriya-I.
- 4.3. Recitation of Bhajan.

RECORD Students have to prepare a record work on the above yogic practices with brief introduction, meaning of the name, the technique, salient points, precautions to be taken, benefits by quoting references from authentic Hatha Yoga manuals, wherever possible, under the guidance and supervision of the concerned Yoga Teacher and submit the same during final Examination for evaluation by the External Examiner.

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15. Swami Digambarji - Gheranda Samhita, SMYM Samithi.
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MASTER OF SCIENCE IN YOGA THERAPY (M. Sc. in Yoga Therapy)
SECOND SEMESTER MARKS: 70+30

PRACTICAL PAPER- II

UNIT-I THEORY AND PRACTICE OF ASANAS

1. 1.Janusirsasana and Tirmukhaikapad pascimattanasana.
- 1.2. Pascimottanasana and Purvottanasana and recitation of related slokas.
- 1.3. Marichyasana I &II.

UNIT-2 THEORY AND PRACTICE OF ASANAS

- 2.1. Bhujangasana- its variations and Salabhasana- its variations.
- 2.2. Dhanurasana and Urdhavadhanurasana
- 2.3. Dwipadapittasana and Kapotasana.

UNIT-3 THEORY AND PRACTICE OF MUDRDA AND PRANAYAMA

- 3.1. Bhramari pranayama-its varieties and Shanmukhi Mudra.
- 3.2. Sitali and Seetkari Pranayamas and recitation of related textual references.
- 3.3. Vritti Pranayama-introduction, types and practice without ratio and retention.

UNIT 4 THEORY AND PRACTICE OF KRIYAS

- 4.1. Vamana Dhauthi Kriya and recitation of related textual references.
- 4.2. Transcendental Meditation-introduction and practicing simple method.
- 4.3. Recitation of Bhajagovindam.

RECORD Students have to prepare a record work on the above yogic practices with brief introduction, meaning of the name, the technique, salient points, precautions to be taken, benefits by quoting references from authentic Hatha Yoga manuals, wherever possible, under the guidance and supervision of the concerned Yoga Teacher and submit the same during final Examination for evaluation by the External Examiner.

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15. Swami Digambarji - Gheranda Samhita, SMYM Samithi.
16. Reddy Venkata M. - Hatharatnavali.

THIRD SEMESTER

THEORY PAPER I: MODERN MANAGEMENT OF HEALTH

MARKS: 70+30

UNIT I PRINCIPLES OF CASE STUDY

- 1.1. Study and Examination-role and importance in the treatment, presenting complaints, present and past history of the case and family, physical examination
- 1.2. Demographic profile-questionier on age, sex, educational level, income etc investigations like pulse. BP, blood, X ray, Scan etc.
- 1.3. Anthrophometric measurements-body weight, height, waist and hip circumferences & their ratio and BMI calculation

UNIT II METHODS OF REPORT STUDY

- 2.1. Blood Tests and Lipid profile-analyses and understanding.
- 2.2. X ray, MRI, ECG, EEG Reports – reading and analyzing and diagnose the problem
- 2.3.PFT, LFT, Thyroid Test-studying, understanding and diagnose the problem

UNIT III APPLIED MEDICAL SCIENCE-I

Etiology, signs, symptoms, remedial measures of the following diseases

- 3.1. Chronic diseases: (a) Bronchial Asthma (b) Obesity (c) Essential Hypertension
- 3.2.G.I. tract diseases: (a) Hyper acidity (b) Gastritis (c) Peptic ulcer.
- 3.3.Bone and Joints: (a) Back ache (b) Arthritis (c) Spondylosis.

UNIT IV APPLIED MEDICAL SCIENCE-II

Etiology, signs, symptoms remedial measures of the following diseases

- 4.1. Life style disorders: (a) Cardiovascular diseases (b) Menstrual disorders
(c) Migraine

4.2. Psychological disorders: (a) Anxiety (b) Depression (ac) Insomnia.

4.3 Psychosomatic diseases: (a) Diabetes Mellitus (b) Thyroid disorders (c) Sexual disorders.

SOURCES OF REFERENCE

- Chatterjee C.C. - Human Physiology (Vol. I & II), Medical
a. Allied Agency, Culcutta, 1992.
2. Evelyn C. Pearce - Anatomy and Physiology for Nurses, Faber
and a. Faber Ltd., London, 1968.
3. Guyton, Gerald J. Tortora - A Text Book Medical Physiology.
- 4 Ross and Wilson - Anatomy and Physiology
- 5.Sembulingam & Co. - Essentials of Medical Physiology, Jaypee
a Brothers and Medical Publishers Pvt. Ltd.,
b. New Delhi.
- 6.Gore MM - Anatomy and Physiology of Yogic Practices,
a. Kanchan Prakashan Lonavala. ,,
- 7 Peter L Williams & Roger Warwic- Grey's Anatomy, Churchill Livingtone,
a. London, 1988.
8. Charu Supriya - Sarira Rachana evem Kriya Vignan.

THEORY PAPER I BASIS AND PRINCIPLES OF YOGA THERAPY

MARKS: 70+30

UNIT I YOGIC ANATOMY AND PHYSIOLOGY OF BODY

- 1.4 Concept of body - meaning, importance; formation and constitution w.r.t.,
Swarachintamani and Sariraka Upanishad: components-sthula (gross) and
sukshma (subtle): gross-trigunatmaka, panchabhautika and indriyatmaka sariras,
15 Subtle body matrix (sukshmasarira) - jiva, agni, nadi, kundalini, merudanca,
chakras, adharas wrt, Siva Samhita and Siddhasiddhantapaddati texts.
- 1.6 Concept of Panchakosa w.r.t., Taittiriya Upanishad.

UNIT II DIAGNOSTIC TOOLS AND THERAPEUTIC DOCTRINES OF YOGA

- 2.1. Diagnostic methods of yoga-prasna, sarira pariksha, nadi pariksha, nabhi
pariksha, nakha pariksha, jihva pariksha, svasa pariksha etc.
- 2.2. Kriyayoga - meaning, its import in yoga therapy; chitta - vrittis, chittavikshepa
and chittaprasadanopaya ;klesh, types, and therapeutic importance of
Astangayoga (PYS).
23. Meditation- role and importance in mental culture; different techniques of
meditation viz pranavadhyana, prekshadhyana, anapanasatidhyana,
bhavatitadhyana.

UNIT III CURATIVE, PREVENTIVE AND PROMOTIVE VALUES OF YOGA

- 3.1. Curative effects of Asanas w.r.t., PYS, HYP, GS and YYV.
- 3.2. Preventive aspects of mudras & bandhas and kriyas w.r.t., HYP and GS.
- 3.3. Promotive values of pranayama w.r.t., HYP, GS and YYV.

UNIT IV FOOD SYSTEM IN YOGA THERAPY

- 4.1. Food - Pathya (food as a medicine from ayurveda)- concept of rasa, guna, virya,

vipaka and prabhava

4.2. Values of pathya and apathy in pranayama wrt, HYP, GS, HR

4.3 Role of pathya and apathy in kriya, dhyana and advanced yoga practices

wrt, HYP. GS. HR, YYV

SOURCES OF REFERENCE:

1. Swami Vivekananda - Raja Yoga, Ramakrishna Muth, Madras
2. Swami Digambarji - Hathapradipika, SMYM Samithi,
Kaivalyadhama.
3. Swami Digambarji - Gheranda Samhita, SMYM Samithi
- 4 Reddy Venkata M. - Hatharainavali.
5. Mohan A. G. - Yoga Yajnavalkya.
- Svarachintamani.
- Saririka Upanishad
- Taittiriya Upanishad
- Siddhasiddhantapaddati.
- Siva Samhita

THEORY PAPER III: HEALTH MANAGEMENT AND YOGA

MARKS: 70+30

UNIT-I PRINCIPLES OF HEALTH

- 1.1. Health-concept, definitions, influencing factors and health promoting methods
/ 1.2. Individual health-dimensions and role of yoga in subjective-well-being.
13 Community health and yoga

UNIT-II: PREVENTIVE VALUES OF YOGA

Efficacy of yogic practices on the following systems:

- 21 Musculoskeletal System
22 Digestive and Respiratory Systems
23 Nervous and Cardiovascular Systems

UNIT-III THERAPEUTIC MODULES OF YOGA-

Yogic modules for the management of following ailments.

- 31 (2) Bronchial Asthma (b) Essential Hypertension and (c) Migraine Head Ache
32. (a) Cardiovascular Diseases (b) Diabetes Mellitus (e) Thyroid Disorders
33 al Nephritis Constipation (c) Gastritis

UNIT-IV THERAPEUTIC MORULES OF YOGA-11

Yogic modules for the management of following ailments.

- 21 a) Back Pain (1) Arthritis (e) Menstrual Disorders.
42 al Anxiety Neurosis (b) Depression (c) Insomnia.
43. Yoga for Pregnant women

SOURCES OF REFERENCE

- 1 Raman Krishna - A Matter of Health
2. Geetha Iyengar - Yoga for Women

3. Swami Satyananda Saraswathi - Asana, Pranayama, Mudra and Bandha
1. Bihar School of Yoga, Bihar
- 4 Swami Niranjananand . Prana, Pranayama and Pranavidya,
Bihar 1. School of Yoga, Bihar
5. Swami Satyananda Saraswathi - Systematic Course in the Ancient Tantric
1. Techniques of Yoga and Kriya, Bihar
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- 6 Swami Yogeswarananda Saraswati - First Steps to higher Yoga, Yoga Niketan
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14. Reddy Venkata M - Hatharatavali
15. Swami Niranjanananda - Yoganidra, Bihar School of Yoga, Bihar

THEORY PAPER IV: METHODS OF RESEARCH AND STATISTICS

MARKS: 70-30

UNIT-I INTRODUCTION TO RESEARCH METHODOLOGY

- 1.1. Introduction to Research methodology - meaning, nature and scope of research in yoga and its limitation. Types of research - experimental research and non-experimental research
- 1.2. Methods of data collection - observation, interview, psychological test questionnaire physiological tests and archive
- 1.3. Research process - steps involved, criteria of good research, Scale of measurements nominal ordinal, interval and ratio: psychological scaling and psycho-physical scaling methods

UNIT-II DESIGNING AND SAMPLING OF RESEARCH

- 2.1. Meaning and purpose of research design, features of a good design
- 2.2. Research design in exploratory, descriptive and diagnostic research studies. Basic principles of experimental design
- 2.3. Sampling - steps in sampling, characteristics of a good sample design different types of Non-probability and Probability sample designs

UNIT-III HYPOTHESIS AND EXPERIMENTATION

- 3.1. Hypothesis - meaning, Null and alternative hypothesis, features of a good hypothesis
- 3.2. Hypothesis testing procedures.
- 3.3. Meaning, concept of variables, types of variables, importance of Experimental and Control groups

UNIT- IV DATA, ANALYSIS, STATISTICS AND REPORTING

- 4.1. Methods of data collection - collection of parameters for specific diseases viz obesity, diabetes mellitus-II, hypertension, low back pain, rheumatoid arthritis, gastritis, migraine etc and follow up charts
- 4.2. Processing operations, Types of analysis.
- 4.3. Statistics in research, t-test, chi-square test, F-test, ANOVA,

SOURCES OF REFERENCE

1. Bijlani RL - Medical Research-all you wanted to know but did not know who to ask, Jaypee Brothers Medical Publishers Pvt. Ltd, New Delhi, 2008.
2. Kothari C.R. - Research Methodology- Methods and Techniques, New Age International (P) Ltd, Ne. Delhi, 2009.
3. Zar J.H. Zar - Biostatistical Analysis, Personal Education, New Delhi, 1999

PRACTICAL PAPER I. THEORY AND PRACTICE OF ASANAS AND KRIYAS

MARKS: 70+30

UNIT-I THEORY AND PRACTICE OF ASANAS

- 1.1. Salamba Sarvangasana and series
- 1.2. Matsyasana and Uttanapadasana
- 1.3. Upavistakonasana and Baddakonasana

UNIT-2 THEORY AND PRACTICE OF ASANAS

- 2.1. Kurmasana and Salamba Sirsasana.
- 2.2. Ardhamatsyendrasana and Pinchamayurasana
- 2.3. Mayurasana and Bekasana

UNIT-3 THEORY AND PRACTICE OF BANDHA AND PRANAYAMA

- 3.1. Mulabandha and Jihvabandha
- 3.2. Sagarbha Pranayamas.
- 3.3. Samavritti Pranayama with 1:1:2:1

UNIT- 4 THEORY AND PRACTICE OF KRIYAS

- 4.1. Vastra Dhauthi Kriya and recitation of related sexual references
- 4.2. Kapalabhati and Sankhaprakshalana Kriyas
- 4.3. Anapanasati Dhyana,

RECORD: Students have to prepare a record work on the above yogic practices with brief introduction, meaning of the name, the technique, salient points, precautions to be taken, benefits quoting references from authentic Hatha Yoga manuals, wherever possible, under the guidance and supervision of the concerned Yoga Teacher and submit the same during final Examination for evaluation by the External Examiner.

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17. Swami Niranjanananda - Yoganidra, Bihar School of Yoga, Bihar

PRACTICAL PAPER II.- THEORY AND PRACTICE OF ASANAS AND KRIYAS

MARKS: 70+30

UNIT-I THEORY AND PRACTICE OF ASANAS

- 1.1. Sethubandhasana and Jattaraparivrittasana
- 1.2. Ekapadarajakapotasana and Ekapadasirsasana
- 1.3. Veerasana and Paryankasana

UNIT-2 THEORY AND PRACTICE OF ASANAS

- 2.1. Dwipadasirsasana and Dwipadarajakapotasana
- 2.2. Tittihassana and Yoganidrasana
- 2.3. Samakonasana and Yoganidra.

UNIT-3 THEORY AND PRACTICE OF BANDHA AND PRANAYAMA

- 3.1. Mulabandha and Jihvabandha
- 3.2. Sagarbha Pranayama
- 3.3. Samavritti Pranayama with 1:1:2:1

UNIT 4 THEORY AND PRACTICE OF KRIYAS

- 4.1. Vastra Dhauti Kriya and recitation of related textual references
42. Kapalabhati and Sankhaprakshalana Kriyas
43. Anapanasati Dhyana.

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RASHTRIYA SANSKRIT VIDYAPEETHA::TIRUPATI

MASTER OF SCIENCE IN YOGA THERAPY (M. Sc. in Yoga Therapy)

FOURTH SEMESTER

MARKS: 70+30

THEORY PAPER I EVIDENCE BASED YOGA THERAPY

UNIT I INTRODUCTION

- 1.1. Stress-concept, levels of stress, physiological concomitants and pathophysiology of Stress, role of brain-neuro-endocrinal apparatus.
- 1.2. Positive Emotions-concept, role and importance in managing Stress and its ailments w.r.t. Yoga Texts.
- 1.3. Kriya Yoga-concept, components, their role in stress management.

UNIT II MUSCULO-SKELETAL DISORDERS

- 2.1. Back pain: classification-structural and functional; Lumbar Spondylosis, Intervertebral disc prolapsed (IVPD), Spondylolisthesis, Spondylitis, Psychogenic Lumbago, Medical management and Yogic management.
- 2.2. Neck pain: classification-cervical Spondylosis, functional neck pain, Medical management and Yogic management.
- 2.3. Arthritis: Rheumatoid Arthritis, Osteoarthritis, Psoriatic Arthritis, Gout, Medical management and Yogic management.

UNIT III GASTRO-INTESTINAL DISORDERS

- 3.1. Acid Peptic Disease: Gastritis, Dyspepsia and Peptic Ulcer, clinical features and their Medical management and Yogic management.
- 3.2. Constipation and Diarrhea: pathophysiological and clinical features and their Medical management and Yogic management.
- 3.3. Irritable Bowel Disease: classification, pathophysiological features and their Medical management and Yogic management.

UNIT IV URO-GENITAL DISORDERS

- 4.1. Chronic Renal Failure: causes, clinical features and its Medical management and Yogic management,

4.2. Renal Calculi: causes, symptoms and its Medical management and Yogic management.

4.3. Incontinence: causes and its Medical management and Yogic management.

SOURCES OF REFERENCE

1. Udupa, K. N. -Stress and its Management by Yoga, Motilal Banarsidass, Delhi, 1985.
2. Nagendra H. R. & Nagaratna H -New Perspectives in StressManagement1, SwamiVivekananda Prakashana, Bangalore, 2003.
3. Nagendra H. R. & Nagaratna H - Integral Approach of Yoga 1therapy for Positive Health.
4. Raman Krishna, -A Matter of Health, East West Books (Madras) Pvt. Ltd., Chennai, 1998.
5. Dutta Ray Yogic Exercises, Physiology and Psychic Processes, Jaypee Brothers Medical Publishers(P) Ltd., New Delhi
6. Ganesh Sankar -Yoga Psychotherapy and its Applications, Satyam Publishing House, New Delhi.2007//
7. Yogacharya Sundaram Yogic Therapy, The Yoga Publishing House, Coimbatore, T N., 2004.
8. Wasley G Ded Clinical Lab., Techniques.
9. Hutchison Hutchison's Clinical Methods.-
10. Lovallo Williams R Stress & Ilealth: Biological and Psychological Interactions, Sage Publications, New Delhi.
11. Kalpana Howard B - Psychological Stress: perspectives on structure,theory, life course and methods, San Diego, Academic Press.

12. Swami Kurmananda Saraswathi Yogic Management for Common Diseases, Bihar School of Yoga, Munger, Bihar.

13. Yoga Mimamsa Quarterly Magazines, Kaivalyadhama Publications, Lonavala, Pune.

PAPER II INTERNSHIP

PAPER III PROJECT WORK AND DESERTATION

PAPER IV VIVA VOCE

SEMINAR

RASHTRIYA SANSKRIT VIDYAPEETHA::TIRUPATI

MASTER OF SCIENCE IN YOGA THERAPY (M. Sc. in Yoga Therapy)

FOURTH SEMESTER

MARKS: 70+30

PAPER V THEORY PAPER -II: FIELD TRAINING AND PROJECT WORK

After successful completion of third semester the students shall have to teach and train the selected students/participants of a school/college/Institution for a period of 50 practice hours (@ 2 hours per day. The aim of FIELD TRAINING is to enable the student to gain practical experience and exposure in the technique of group teaching and training. The teaching module shall consist of theory and practice based on Yoga Texts that help the participants gain concentration, memory, recollection, positive attitude and self-help in stress management.

Basing on the experience and knowledge acquired in the field training the student shall have to prepare a mini Project Work and submit the same before the Examiners for evaluation at the time of Fourth Semester final examination (Viva- Voce).

RASHTRIYA SANSKRIT VIDYAPEETHA::TIRUPATI

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FOURTH SEMESTER

MARKS: 70+30

THEORY PAPER III INTERNSHIP

After successful completion of Third Semester, the student shall have to complete six months of Internship in the Yoga Therapy Centre. The place of posting for Internship will be decided by the HoD, Dept. of Yoga under approval of the Dean, Academic Affairs. The Yoga Therapy Centre where the student will be posted may be the Yoga Therapy Centre run by the Vidyapeetha within or outside the Campus or Yoga Therapy Centre of any Registered Organization or Trust Universities/ Hospital/Medical Institution recognized by the Vidyapeetha.

RASHTRIYA SANSKRIT VIDYAPEETHA::TIRUPATI

MASTER OF SCIENCE IN YOGA THERAPY (M. Sc. in Yoga Therapy)

FOURTH SEMESTER

MARKS: 70+30

THEORY PAPER -IV DESERTATION

Each student has to collect data at different intervals, at least five patients, treated by him/her during the Internship and submit a Project Work and Dissertation under the guidance of the Faculty, identified by the Head, Department of Yoga, R. S.Vidyapeetha. The Project Work and Dissertation will be evaluated by the External Examiner at the time of Final Examination of Sixth Semester.

RASHTRIYA SANSKRIT VIDYAPEETHA::TIRUPATI

MASTER OF SCIENCE IN YOGA THERAPY (M. Sc. in Yoga Therapy)

FOURTH SEMESTER

MARKS: 70+30

THEORY PAPER-V: VIVA VOCE