



**DR. B. R. AMBEDKAR UNIVERSITY-
SRIKAKULAM.**

Department of Yoga and Physical Education

**Master of Science in Yoga
(w.e.f.Academic Year 2019)**

Chapter I

About Department:

The Department of Yoga and Fitness Management has established from the academic year 2015 by Prof .Hanumanthu. Lajipathi Rai, Vice-chancellor and Prof.G.TulasiRao, Principal.. The department is part of Colleges of Arts, Commerce, Law and Education. The department is offering the courses are Certificate course in Yoga (3 Months), Diploma in yoga (6Months), P.G.Diploma in Yoga (Two semesters/1 year) and M.Sc Yoga. The Department name has changed as Dept. of Yoga and Physical Education from academic year 2019 by Prof.Koona. Ramji, Vice-chancellor, Dr.B.R.Ambedkar University-Srikakulam.

Our strengths:

- The Dept. of Yoga and Physical Education has five qualified faculty, with professional and research background.
- The department maintains good in time management and team work.
- The department maintains good in Public Relations.

Weaknesses:

- The departments has some lack of infrastructure and technical knowledge in the aspects of giving Yoga training courses.

Opportunities:

- Students can get admission in to Post graduation courses(lateral entry).
- Students can get the employment in both Government and Private sectors.
- The courses of yoga can help to maintain well in health and improve quality of life.

Threats:

- There are poor in employment notification in the field of Yoga given by the Government and Private sectors.
- The teachers need to upgrade their skills to train the students in the field of Yoga and physical education.

Strategic Plans:

- Teacher should be improving the knowledge and qualification in the field of Yoga and Physical education.
- Both teachers and students can practice yoga regularly and to take proper training in field of Yoga and Physical education.
- Both State and Central Government has to facility of employment of yoga teachers or Yoga instructors.
- The private sector also facility of employment of yoga teachers or Yoga instructors in their respective field.
- To impart training to students to improve communication and language skills.

Vision:

- The vision of the department is committed to provide quality and refined education to create visionary citizens enriched with knowledge and leadership through the integration of qualitative teaching learning process.

Mission:

- The mission of the department is to prepare knowledgeable, skilled, cultured and competent future citizen.
- To develop students intellectually and holistically to promote students towards higher education.

Chapter II

Long term goals:

- Department is planning to start therapeutic yoga courses.
- The department has to start B.P.Ed from 2020-2021 academic years.
- The department is planning to establish research and consultancy.
- The department is planning to establishment training programmes for community and industries employees.

Short term Goals:

- The department has to start M.Sc Yoga from 2019-2020 academic years.
- Department is planning to yoga training programme and physical exercise for University students, teaching and non-teaching staff from 2019-2020 academic year in the aspects of health management.
- Department is planning to develop awareness of yoga and physical exercise in daily life in community people.

Chapter III

Dr. B. R. AMBEDKAR UNIVERSITY, SRIKAKULAM
Department of Yoga and Physical Education
Master of science in Yoga
(W.E.F.Academic Year 2019)

M.Sc Yoga Programme

I. Programme Objective:

1. The purpose of the **M.Sc Yoga** is to impart knowledge of yoga to graduates in order to enable them to teach yoga to the students in schools and colleges and to the interested public of all age groups.
2. To provide the necessary knowledge of the theory and practice of yoga so that the students learn to practice and also to teach yoga to all age groups for promoting their health and effectiveness
3. To give them a basic understanding of Yoga and its nature, scope, Development of yoga through the ages, Different types of yoga like Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga, Scientific research on yoga, Meditation and Its nature and scope, Different types of meditation, Scientific research on meditation, Yogic concepts in Bhagavad Gita ,Chakra theory and Kundalini yoga, Yogic view of health and illness, Yoga and physical exercises and Yogic techniques for the prevention and treatment of somatic, psychosomatic and psychological illness.
4. To provide the necessary knowledge of human anatomy & physiology of Cell structure. systems in the body like Skeletal system, Muscular system, Digestive system, Circulatory system, Respiratory system, Excretory system, Endocrine system, Nervous system and Reproduction. Also knowledge about Nutrition and dietetics.
5. To provide the necessary knowledge of nature ,characteristics and development of Indian philosophy, Indian Philosophical systems like Vedic thought, Nyaya Philosophy, Vaisesika Philosophy and Samkya Philosophy, The Patanjali Yoga Darsana and Mimamsa Darsana ,Jainism ,Buddhism Sankara , Visistadvaita Vedanta of Ramanuja and Dvaita Vedanta of Madhvacharya.

6. To give them a basic understanding of Patanjali Yoga sutras, concepts of Iswarya, Chitta vruties, Kriya yoga Samyama and vibhuti- psychic powers (vibhuti).
7. To give them a basic understanding of Hatha yoga Pradipika, Asta Kumbhaka, Concept of Nadanusandana, Introduction to Gheranda Samhita and Pratyahara techniques.
8. To give them a basic understanding of Definition of psychology, Methods of psychological sciences like Introspection method, Observation method, Case study method and Observation method. Also aware of Scope and substance of Indian Psychology, Yoga Psychology, Cognitive process like Sensation, Perception, Attention, Memory, Language, Thinking, Concept formation and creativity, Extra sensory perception, Fundamentals of Attitudes, learning, motivation and emotion. And aware of Definition, characteristics and Indian approaches to Personality.
9. To give them a basic understanding of Yoga and Alternative therapies like Yoga ,Naturopathy, Ayurveda, Acupressure and Psychotherapy relevant to the theory and practice of yoga to help them gain the theoretical and scientific perspective on yoga.
10. To give them a basic understanding the importance of teaching methods, research methodology and statistics in Yoga field.
11. To give them a basic understanding the importance of yoga for special groups who are suffering with physical, mental and developmental problems.
12. To provide the necessary knowledge of Kriyas, Asanas, Mudras, Bandas, Pranayama and meditative postures.

II. Programme Outcomes:

1. The student can understand the knowledge about the theory and practice of yoga, human anatomy & physiology, philosophy ,Psychology Patanjali yoga sutras, Classical Hatha yoga texts, and yoga alternative therapies like Yoga ,Naturopathy, Ayurveda, Acupressure and Psychotherapy relevant to the theory and practice of yoga to help them gain the theoretical and scientific perspective on yoga.
2. The student can understand the knowledge of Yoga and its nature,scope, Development of yoga through the ages, Different types of yoga like Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga, Scientific research on yoga, Meditation and Its nature and scope, Different

types of meditation, Scientific research on meditation, Yogic concepts in Bhagavad Gita ,Chakra theory and Kundalini yoga, Yogic view of health and illness, Yoga and physical exercises and Yogic techniques for the prevention and treatment of somatic, psychosomatic and psychological illness.

3. The student can understand the knowledge of human anatomy & physiology of Cell structure, systems in the body like Skeletal system, Muscular system, Digestive system, Circulatory system, Respiratory system, Excretory system, Endocrine system, Nervous system and Reproduction. Also knowledge about Nutrition and dietetics.
4. The student can understand the knowledge of nature ,characteristics and development of Indian philosophy, Indian Philosophical systems like Vedic thought, Nyaya Philosophy, Vaishesika Philosophy and Samkhya Philosophy, The Patanjali Yoga Darsana and Mimamsa Darsana ,Jainism ,Buddhism Sankara , Visistadvaita Vedanta of Ramanuja and Dvaita Vedanta of Madhvacharya.
5. The student can understand the knowledge about Patanjali Yoga sutras, concepts of Iswarya, Chitta vruties, Kriya yoga Samyama and vibhutis- psychic powers (vibhutis).
6. The student can understand the knowledge of Hatha yoga Pradipika, Asta Kumbhakas, Concept of Nadanusandana, Introduction to Gheranda Samhitha and Pratyahara techniques.
7. The student can understand the knowledge about the definition of psychology, Methods of psychological sciences like Introspection method, Observation method, Case study method and Observation method. Also aware of Scope and substance of Indian Psychology, Yoga Psychology, Cognitive process like Sensation, Perception, Attention, Memory, Language, Thinking, Concept formation and creativity, Extra sensory perception, Fundamentals of Attitudes, learning, motivation and emotion. And aware of Definition, characteristics and Indian approaches to Personality
8. The student can understand the knowledge of Yoga and Alternative therapies like Yoga ,Naturopathy, Ayurveda, Acupressure and Psychotherapy relevant to the theory and practice of yoga to help them gain the theoretical and scientific perspective on yoga.
9. The student can understand the knowledge of Kriyas, Asanas, Mudras, Bandas, Pranayama and meditative postures.

10. The student can understand the knowledge of teaching methods, research methodology and statistics in Yoga field.
11. The student can understand the knowledge of yoga for special groups who are suffering with physical, mental and developmental problems.
12. The student can understand the knowledge of the theory and practice of yoga so that the students learn to practice and also to teach yoga to all age groups for promoting their health and effectiveness.

Regulations:

The candidates for M.Sc Yoga shall be required:

1. To have passed a degree course of the recognized University or an examination recognized by the reputed University as equivalent.
2. The admissions into the M.Sc Yoga shall be made by the Dr. B.R. Ambedkar University
3. Number of seats for admission into M.Sc Yoga are 20.

Physical fitness:

The selected candidates must be in good physical and mental health and fit to practice yoga as certified by a physician.

No-objection certificate:

If the applicant is already employed in any organization he/she is required to submit a 'no-objection certificate' from the employer.

Dress:

The students shall be required to wear a suitable dress (White) as designed by the University which will permit them to practice yogic exercises comfortably during practical training.

Courses of study:

The M.Sc Yoga shall include four semesters, each semester has four theory courses and one practicum course. The details of these courses are provided in the syllabus.

Fees : Per year -Regular :19,500 / Self-finance:24,500

Fees reimbursement: It is availability for both regular and self finance candidates.

Classes conducting: 7.00am to 12.30pm

Instruction:

The programme duration shall be of two academic year. The classes will be conducted from **Monday to Saturday** with one four hours theory and one hour for yoga practice. Practical classes for kriyas will be conducted on Friday. The medium of instruction shall be English and Telugu. The method of instruction shall comprise of lectures and demonstration.

Yoga practice:

The students shall practice kriyas, asanas, bandhas, pranayama, mudras and meditation during the course on a regular basis. They shall maintain a record consisting of the details of the sequential movements involved in yogic practices. Such a record shall be submitted at the time of the practical examination for evaluation.

Attendance:

A student shall be permitted to appear for the University examination at the end of the academic year only if he/she puts in attendance stipulated as per the University rules and regulations. However, in view of the special nature of the course it is desirable that the student shall put in at least 80 per cent attendance to achieve the benefits of the course.

Examination:

The examination pattern for the M.Sc Yoga shall include a mid-year examination and a Year-end examination.

Chapter IV

Scheme of Teaching:

1st Semester:

Subject code	Title of the Paper	Compulsory / Elective	No. of periods of Teaching per week
MSY 101	Foundations of Yoga	Compulsory	4
MSY 102	Basic Human Anatomy And Physiology	Compulsory	4
MSY 103	Introduction to Indian Philosophy	Compulsory	4
MSY 104	Principles of Psychology	Compulsory	4
MSY 105	Yoga Practice-I	Compulsory	3
SD 106	Skill Development	Compulsory	2

2nd Semester:

Subject code	Title of the Paper	Compulsory / Elective	No. of periods of Teaching per week
MSY 201	Yoga darshan	Compulsory	4
MSY 202	Food and Nutrition	Compulsory	4
MSY 203	Classical Hatha Yoga Texts	Compulsory	4
MSY 204	Teaching Methods of Yoga	Compulsory	4
SY 205	Yoga Practice-II	Compulsory	3
SD 106	Skill Development	Compulsory	2

- In Second Semester, to acquire practical knowledge in conducting Yoga classes, the candidates should watch regularly general Yoga classes in the evening conducting by the Yoga department. And also on guidelines of teacher, candidate should conduct a 10 day Yoga camps for beginners with in the department campus or out side of campus in city limits.

3rd Semester:

Subject code	Title of the Paper	Compulsory / Elective	No. of periods of Teaching per week
MSY 301	Kundalini Yoga	Compulsory	4
MSY 302	Yoga & Alternative Therapies	Compulsory	4
MSY 303	Research Methodology and Statistics in Yoga	Compulsory	4
MSY 304	Cognitive Psychology	Compulsory	4
MSY 305	Yoga Practice-III	Compulsory	3
SD 106	Skill Development	Compulsory	2

- In third semester, to acquire practical knowledge in conducting Yoga classes, the candidates should watch regularly general Yoga classes in the evening conducting by the Yoga department. And also on guidelines of teacher, candidate should conduct a 10 day Yoga camps for beginners with in the department campus or out side of campus in city limits.

4th Semester:

Subject code	Title of the Paper	Compulsory / Elective	No. of periods of Teaching per week
MSY 401	Theories of Meditation	Compulsory	4
MSY 402	Yoga for Special groups	Compulsory	4
MSY 403	Internship (Case studies) and Viva	Compulsory	4
MSY 404	Project/Dissertation & viva	Compulsory	4
MSY 405	Yoga Practice-IV	Compulsory	3
SD 106	Skill Development	Compulsory	2

- In fourth Semester, to acquire practical knowledge in conducting Yoga therapy classes, the candidates should watch regularly Yoga Therapy classes in the morning & evening conducting by the Yoga department. And also on guidelines of teacher, candidate should conduct a 10 day Yoga Therapy camps for specific health disorder with in the department campus or out side of campus in city limits.
- In fourth Semester, related to his dissertation, the candidates should learn the clinical methods, such as pulse reading, blood pressure testing, respiratory rate etc., case history writing and Psychological (questionnaire) parameters. Statically analysis of the initial and final data recorded to be done.
- Dissertation consists of Selection of Topic ,Objectives & Hypothesis of the study Selection of sample and research tools Methodology & Data collection (**Record : 80 Marks + Viva-voce =20, Total : 100**).
- Candidates should take special Yoga classes for University community who approached to the department for Yoga treatment.
- If necessary candidates should visit other Yoga centres in the city and around the city related to his dissertation.

Examination:

The examination pattern for the M.Sc Yoga shall include two mid-semester examinations and two end semester examination in first year and second year. The Mid semester examinations shall be conducted for 20 marks in each paper. The end semester examinations shall be conducted for 80 marks in each paper. The Yoga practical in each mid- semester will be for 20 marks and in end semester for 80 marks. The total marks of 100 for the semester end examination in yoga practice shall be distributed as follows:

Performance	-	50 marks
Viva-voce	-	20 marks
Records	-	10 marks
Internal assessment	-	20 marks

The semester end examination in yoga practice will be conducted jointly by an internal and external examiner.

Regulations to Semester –end Examinations:

- The semester end examinations shall be based on the question paper set by an external paper-setter if available and there shall be double valuation. If external paper setter is not available to particular subject, paper set will be taken by internal paper setter.
- In order to be eligible to be appointed as an internal paper setter or internal examiner for the semester end examination, a teacher shall have to put in least three years of service as teacher for the degree class concerned.
- If the disparity between the marks awarded by both the examiners is 25% or less, the average marks shall be taken as the marks obtained in the paper. If the disparity happens to be more, the paper shall be referred to another examiner for third valuation. To the marks obtained in third valuation the first or second valuation marks whichever is nearest to third valuation are added for arriving at the average marks which shall be final.

Scheme of Examination as per Credit System

1st Semester:

Subject Code	Title of the Paper	Exam Duration (Hours)	Credits	Max. Marks	Mid-Semester (Internal)	End-semester Double Valuation (Internal + External)
MSY 101	Foundations of Yoga	3	4	100	25	75
MSY 102	Basic Human Anatomy And Physiology	3	4	100	25	75
MSY 103	Introduction to Indian Philosophy	3	4	100	25	75
MSY 104	Principles of Psychology	3	4	100	25	75
MSY 105	Yoga Practice-I		3	100	25	75
SD 106	Skill Development	3	2	100	25	75
	Total		21	600	150	450

2nd Semester:

Subject Code	Title of the Paper	Exam Duration (Hours)	Credits	Max. Marks	Mid-Semester (Internal)	End-semester Double Valuation (Internal + External)
MSY 201	Yoga darshan	3	4	100	25	75
MSY 202	Food and Nutrition	3	4	100	25	75
MSY 203	Classical Hatha Yoga Texts	3	4	100	25	75
MSY 204	Teaching Methods of Yoga	3	4	100	25	75
MSY 205	Yoga Practice-II		3	100	25	75
SD 106	Skill Development	3	2	100	25	75
	Total		21	600	150	450

3rd Semester:

Subject Code	Title of the Paper	Exam Duration (Hours)	Credits	Max. Marks	Mid-Semester (Internal)	End-semester Double Valuation (Internal + External)
MSY 301	Kundalini Yoga	3	4	100	25	75
MSY 302	Yoga & Alternative Therapies	3	4	100	25	75
MSY 303	Research Methodology and Statistics in Yoga	3	4	100	25	75
MSY 304	Cognitive Psychology	3	4	100	25	75
MSY 305	Yoga Practice-III		3	100	25	75
SD 106	Skill Development	3	2	100	25	75
	Total		21	600	150	450

4th Semester:

Subject Code	Title of the Paper	Exam Duration (Hours)	Credits	Max. Marks	Mid-Semester (Internal)	End-semester Double Valuation (Internal + External)
MSY 401	Theories of Meditation	3	4	100	25	75
MSY 402	Yoga for Special groups	3	4	100	25	75
MSY 403	Internship (Case studies)	3	4	100	25	75
MSY 404	Project/Dissertation & viva	3	4	100	25	75
MSY 405	Yoga Practice-IV		3	100	25	75
SD 106	Skill Development	3	2	100	25	75
	Total		21	600	150	450

* **Double valuation**

Total Credits for other courses:

- 1) For...Yoga/Co curricular Activities ----- **04(1X4)**
- 2) For...Field Visits/ Out Reach Activities ----- **06(2X3)**
- 3) For...Massive Open Online Courses (MOOCs) ----- **06 (2X3)**

Note :(1&2= credits; 4=semesters)

Total Credits for the entire Programme----- 84+16=100

Chapter V

MOOC's online courses

1. Soft Skills – 12 Weeks, NPTEL
2. Developing Soft Skills and Personality – 8 Weeks, NPTEL
3. Cancer Fundamentals – AICTE
4. Introduction to Information Technology – 12 weeks, IGNOU
5. Children with Developmental Challenges – 6 Weeks, CEC -UGC
6. Developing Life skills - 12 Weeks, CEC -UGC
7. Endocrinology - 12 Weeks, CEC -UGC
8. Food and Nutrition - 12 Weeks, CEC -UGC
9. Human Growth and Development - 8 Weeks, CEC -UGC
10. Stress Management – 4 Weeks, NPTEL
11. Introduction to Yoga and applications to Yoga – 8 Weeks, AICTE –Svyasa
12. Yoga Practice 1, 2, 3 – 12 to 15 weeks, A AICTE –Svyasa
13. Guidance and Counselling – 4 Weeks, NITTTR

In addition to above MOOCs courses related to Yoga, students may opt/choose any skill and job oriented other course from SWAYAM portal which are offering nearly 500 courses.

M.Sc. Yoga
DR.B.R.AMBEDKAR UNIVERSITY, Srikakulam.

GRADES AND GRADE POINT DETAILS

S. No.	Range of Marks	Grade	Grade Points
1.	>70%	O	10.0
2.	60% - 69%	A	9.0
3.	55 % - 59%	B	8.0
4.	50% - 54%	C	7.0
5.	40% - 49%	D	6.0
6.	35% - 39%	E	5.0
7.	< 35%	F (Fail)	0.0
8.	The Grade W represents failure due to insufficient attendance in a year or semester	W	0.0
9.	Incomplete (Subsequently to be change into pass or E to O or F grade in the same semester)	I	0.0

A candidate shall be declared to have passed in each semester paper, if he/she obtains not less than **E** grade, i.e 35% of marks, and **C** grade, i.e 50% in practical examination. However, in each semester examinations, the aggregate passing minimum may be **D** grade, i.e 40%. Only those candidates who appear and pass the examination in all papers of the First, Second, Third and Fourth semesters, at first appearance are eligible to be placed in **O** grade.

A candidate failing to secure the minimum marks prescribed as above shall have to reappear for the examination. Such reappearance shall be limited only to five chances within five years from the date of first passing the final examination. There is provision, to improve their grade before completing the fourth semester examinations by appearing for one or more paper of the first/second/third semester examinations. Candidates who have reappeared for the examinations under the above provision may opt for combining the better marks obtained by them at the latest examination to those of better marks obtained at earliest first, second, and third semester end examinations pattern for purpose of classification.

Course – MSY 101: Foundations of Yoga

SYLLABUS

Unit-I:

Introduction to Yoga: Yoga, its nature and scope. Development of yoga through the ages.

Unit-II:

Different types of yoga : Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga. Scientific research on yoga.

Unit-III:

Meditation: Its nature and scope. Different types of meditation. Scientific Research on meditation.

Unit-IV:

Introduction to Bhagavad Gita ,Chakra theory and Kundalini yoga: Yogic concepts in BhagavadGita , Chakra theory and Kundalini yoga.

Unit-V:

Yogic view of health and illness: Yoga and physical exercises. Yogic techniques for the prevention and treatment of somatic, psychosomatic and psychological illness.

Text books:

- Georg Feuerstein (2002) The Yoga Tradition: Its History, Literature, Philosophy and Practice. New Delhi. Bhavana Books & Prints.
- Rama, Swami (1992) Meditation and its practice. Honesdale : Himalayan International Institute of Yoga Science and Philosophy of USA.
- Naranjo, C and Ornstein, R.E. (1974) On the psychology of meditation, New York: Viking press.
- Joshi, K.S. (1985) Yoga in daily life, Delhi : Orient paper backs
- Taimni I.K. (1961/1999) The Science of Yoga (The Yoga Sutras of Patanjali),
The Theosophical Publishing House, Adyar.
- Hiriyana, M (1932/2000). Outlines of Indian Philosophy. Delhi, Motilal Banarasidas

Reference books:

- Chatterjee, S.C. & Datta, D.M. (1968). An Introduction to Indian philosophy. 7th ed.
Calcutta: University of Calcutta.
- Dasgupta, S. (1975). A History of Indian philosophy. Vol. 1-5. Delhi: Motilal Banarsidas.
- Hume, R.E. (ed.) (1921). The Thirteen Principal Upanishads. London: Oxford University Press.
- Shankara Devananda Saraswati, Swami. (1986) Yogic management of common diseases.
Munger : Bihar School of Yoga.
- Funderburke, J. (1977). Science studies yoga : A review of physiological data, Honesdale : Himalayan International Institute of Yoga Science and Philosophy of USA.
- Udupa, K.N. (1985). Stress and its management by yoga. Delhi : Motilal Banarsidas.
- Goleman, D. (1976) The varieties of meditative experience. New York: Irvington publishers.
- Mahesh Yogi, (1963). Transcendental meditation. New York: New American library.
- Johnson, O and Farrow, J.T. Ed. (1977) Scientific research on the transcendental meditation program : Collected papers. Vol. 1. Los Angeles : Meru press.
- Ornstein, R.E. (1972). The psychology of consciousness. New York: Viking press.
- Rama, Swami, Ballantine, R and Ajaya, Swami. (1976) Yoga and psychotherapy
Honesdale: Himalayana International Institute of Yoga Science and Philosophy of USA.

Rao, P.V.K. (1999). Dhyanam. Nava Sahiti Book House, Vijayawada Ajaya, Swami (1985) Psychotherapy east and west : A unifying paradigm.

Honesdale: Himalayan International Institute of Yoga Science and Philosophy of USA.

Ramakrishna Rao, K. (1989), Meditation : Secular and sacred. Presidential address to the Indian Academy of Applied Psychology, University of Calcutta.

Reddy, M.V., Murthy, K.J.R., Sahay, B.K. and Prasad, B.N. (2005). Yogic Therapy, Arthamuru, Sri M.S.R. Memorial Yoga Series

Shapiro, D.H. and Walsh, R.N. Ed. (1984) Meditation : classic and contemporary perspectives. New York : Aldine.

Woods, R. Ed. (1980). Understanding mysticism. New York: Image books.

Radhakrishnan, S. & Moore, A.C. (1957). A Source Book of Indian philosophy. London: George Allen & Unwin Ltd.

Radhakrishnan, S. (1920). Indian Philosophy, Vol.1 & 2. London: George Allen & Unwin.

Sarma C.D. Critical Survey of Indian Philosophy. Motilal Banarasidas, New Delhi.

Course – MSY 101: Foundations of Yoga

Time : 3 hours

Max.Marks :80

Section – A

Answer any four Questions

(4 ×5=20)

1. a) Definition of Yoga.
- b) Yamas and Niyamas.
- c) Mantra Yoga.
- d) Meaning of 'Ha' and 'Tha'.
- e) Jnana yoga
- f) Meditation
- g) Chakras
- h)Physical exercise

Section – B

ANSWER ALL QUESTIONS.

(5 ×12=60)

- 2) a) Describe the nature and scope of Yoga ?
(or)
b) Explain the development of Yoga through the ages?
- 3) a) Explain about RajaYoga?
(or)
b) Explain about scientific research on Yoga?
- 4) a) Define Meditation ? Explain about techniques of meditation?
(or)
b) Explain about scientific research on Meditation?
- 5) a) Discuss about Yogic concept og Bhagavadgita?
(or)
b) Explain about Kundalini yoga?
- 6) a) Expain the concepts of Yogic view of health and illness ?
(or)
b) Explain about yogic techniques for psychosomatic and psychological illnes?

Course – MSY102: Basic Human Anatomy And Physiology

SYLLABUS

Unit -I

Cell Structure, tissues and Function

Introductions to various Systems in human body

Unit -II

Carbohydrates, Proteins .Vitamins and Minerals.

Digestive system: Salivary glands, upper and lower GIT.

Excretory System: Kidney, ureter, Urethra, bladder, Urethra, Formation of urine

Unit – III

Skeletal System: Types of bones, Types joints, Spinal cord .Difference between ligaments and tendons.

Muscular system: Types muscles and their function.

Unit – IV

Circulatory System: blood and its composition, blood pressure

Respiratory system: nose, larynges, pharynx, Lungs, Trachea, Respiratory Mechanism.

Unit – V

Endocrine Glands : Pituitary gland, Thymus ,Thyroid gland , Parathyroid gland ,Pineal gland adrenal gland ,Pancreas , Ovaries and Testis.

Reproductive system: Male Reproductive system and Female reproductive System.

Text books:

1. Chaudhari, S.K. (1988). Concise Medical Physiology. Calcutta: New Central Book Agency.
2. Ganong, W.F. (1967). Review of Medical physiology. Connecticut : Appleton – Lango.

Reference books:

- Ghosh, H.N. (1984). Chakrabarti, Ghosh and Sahana's Human Physiology. 2nd Ed. Calcutta: The New Book Stall.
- Guyton, A.C. (1986). Text book of medical physiology. 7th Edition. Philadelphia. WB Sauncers Company.
- Keel, C.A., Neil, E and Joels, N. Ed. (1986). 13th Edition. Samson-Wright's Applied Physiology, New Delhi: Oxford university press.
- West, J.B. Ed. (1985) 11th Edition. Best and Taylor's Physiological basis of medical practice. Baltimore : Williams & Wilkins.

Course – MSY102: Basic Human Anatomy And Physiology

Time : 3 hours

Max.Marks :80

Section – A

Answer any four Questions

(4 ×5=20)

- a. Cell .
- b. Carbohydrate .
- c. Kidney .
- d. Bones.
- e. Muscle
- f. Blood
- g. Pituitary gland
- h. Reproductive

Section – B

ANSWER ALL QUESTIONS.

(5 ×12=60)

- 2) a) Define cell and its functions? Draw a picture of
(or)
b) Explain about various systems in human body? Briefly
- 3) a) Explain about digestive system ? Briefly
(or)
b) Explain about Excretory system ? Briefly
- 4) a) Explain about Skeletal system ? Briefly
(or)
b) Explain about Muscular system ? Briefly
- 5) a) Explain about Circulatory system ? Briefly
(or)
b) Explain about Respiratory system ? Briefly
- 6) a) Explain about Endocrine system ? Briefly
(or)
b) Explain about Reproductive system ? Briefly

Course -MSY 103: Introduction to Indian Philosophy

Unit I:

Indian Philosophy: General nature, characteristics and development of Indian philosophy.

Unit II:

Indian Philosophical systems : Vedic thought, Nyaya Philosophy, Vaisesika Philosophy and Samkya Philosophy.

Unit III:

The Patanjali Yoga Darsana : (i) The Yoga Astanga Marga, God.

The Mimamsa Darsana : (i) Kumarilla and Prabhakara on Soul, Karma, Dharma.

Unit IV

Jainism : (i) Syadvada, (ii) Anekantavada, (iii) Soul theory and liberation ;

Buddhism : (i) Four Noble Truths, (ii) Pratitya Samutpadavada.

Unit V

Sankara Vedanta :

- (i)Brahman as Saguna and Nirguna (ii) Status of Individual soul and the world
- (iii) The Doctrine of Maya ;

The Visistadvaita Vedanta of Ramanuja :

- (i)Reality as qualified and nonqualified (ii) The Nature of God, soul, world
- (iii) Doctrine of Bhakti,Saranagati and Prapatti

The Dvaita Vedanta of Madhvacharya :

- (i) Matter, souls, and god, (ii) Means of Liberation.

Textbooks :

Chatterjee, S.C. & Datta, D.M. (1968). An Introduction to Indian philosophy. 7th ed.
Calcutta: University of Calcutta.

Hiriyana, M. (1932/2000). Outlines of Indian Philosophy. Delhi, Motilal
Banarasidas.

Larson.G.J. & Others (2008). Encyclopedia of Indian Philosophies, Vol-XII (Introduction)
Motilal Banarsidas, Delhi.

Radhakrishnan, S. (1820). Indian Philosophy, Vol.1 & 2. London: George Allen & Unwin.

Course -MSY 103: Introduction to Indian Philosophy

Time : 3 hours

Max.Marks :80

Section – A

SECTION – A

Answer any four of the following questions:

4x5 = 20

1.

- a) “Sthita Prajna” of Bhagavad Gita.
- b) Discuss Jaina’s Syadvada.
- c) Give a brief account on Nyaya Epistemology.
- d) Explain the seven categories of Vaisesika Darsana
- e) Samkhya “trigunas”
- f) Discuss Karma and dharma of Mimamsa.
- g) “God, Soul, and World” according to Ramanuja.
- h) What are the means of Liberation according to Madhva 16 Semest.

SECTION – B

Answer all the five questions choosing one from each set:

5x12 = 60

2. a) Elucidate the nature, characteristics and development of Indian philosophy?

(Or)

b) Discuss the Main Doctrines of Upanishads?

3. a) Discuss the major concepts of Vedanta?

(Or)

b) Explain the Eight fold path of the Yoga system?

4. a) Describe the philosophy of Dvaita?

(Or)

b) Explain the basic concepts of Sankara Vedanta?

5. a) Name two schools of Orthodox Indian Philosophy. Explain their role in the teaching of Yoga?

(Or)

b) Write an essay on Vedic thought ?

6. a) Write an essay Vaisesika Philosophy?

(Or)
b) Explain Nyaya Philosophy.

Course – MSY104: Principles of Psychology

SYLLABUS

UNIT – I:

Introduction to Psychology : Definition and goals of Psychology – Nature and scope of psychology- Schools of Psychology –Scientific research methods: Experiment, observation, introspection,interview, case-study and questionnaire.

UNIT – II:

Yoga Psychology: Concepts of Self and Consciousness.

UNIT – III:

Emotion – Motivation:

Emotion: Definition and nature of emotion. Theories of emotion: James-Lange, Cannon-Bard.

Motivation: Definition and nature of motivation. Theories of motivation: Freud's unconscious motivation theory, Maslow's need hierarchy theory.

UNIT – IV:

Intelligence : Definition and nature of intelligence.

Theories of intelligence: Unifactor theory, Two factor theory, Multifactor theory, Group factor theory, Guilford's factor analysis theory

UNIT – V:

Personality : Definition, characteristics and Indian approaches to Personality.

Theories of personality: Erikson Psycho social development theory, Freud's Psychoanalytical theory.

Text book :

Rao, K.R., Paranjpe, A., and Dalal, A.K. (2008). Handbook of Indian Psychology.
New Delhi, Cambridge University Press India Pvt. Ltd

Reference books:

Mishra , B.K. (2011) Psychology- The study of human behavior. New Delhi, PHI Learning Pvt.Ltd.

Sinha, J. (1986). Indian Psychology (Vol. I and II). Delhi, Motilal Banarasidas

Parameswaran, E.G. (1989). Invitation to psychology. Neel Kamal Publishers,
Hyderabad.

Course – MSY 104: Principles of Psychology

Time : 3 hours

Max.Marks :80

Section – A

Answer any four Questions

(4 ×5=20)

1. a) Definition of Psychology
- b) Observation
- c) Consciousness
- d) Emotion
- e) Motivation
- f) Intelligence
- g) Personality
- h) Ego

Section – B

ANSWER ALL QUESTIONS.

(5 ×12=60)

- 2) a) Describe the goals, nature and scope of Psychology?
(or)
b) Explain about the scientific research methods of Psychology?
- 3) a) Define Yoga psychology? Explain about Self?
(or)
b) Define consciousness? Explain about stages of consciousness?
- 4) a) Define Emotion ? Explain about theories of emotion?
(or)
b) Define Motivation? Explain about theories of motivation?
- 5) a) Define intelligence? Discuss about nature of intelligence?
(or)
b) Explain the theories of intelligence?
- 6) a) Define personality? Explain about Indian approaches of personality?
(or)
b) Explain about the psychoanalytical theory of personality?

Course –MSY 105: YOGA PRACTICE-I

SYLLABUS

The students are required to learn to practice and also teach the following. They are to maintain a record which consists of the step by step details of the yoga practices along with an account of the possible benefits of the practices.

The principles, which should be adopted in practice, are the following:

1. Proper gradation in order of flexibility, balance and difficulty in performance.
2. Each asana is to be analyzed into intermediate positions in a natural sequence of movement.
3. For purposes of class training each movement to be associated with a count to reach the final pose.
4. Rhythmic breathing should be observed. When the chest is in the expanding position inspiration should take place. In the contracting position expiration should take place rhythmically with movement. In certain asanas duration of retention is important.
5. Proper relaxation should be allowed in between the batches of asanas.

Pavanamuka series or suksha vyayamam: Eye, Neck, Hand, Leg, Spinal, Chakki Chalana.

Suryanamaskara:

- | | |
|------------------|-----------------------|
| 1. Pranamasana | 2. Hasta uttanasana |
| 3. Padahastasana | 4. Aswasanchalanasana |
| 5. Dandasana | 6. Ashtangasana |
| 7. Bhujangasana | 8. Parvatasana |

Standing postures:

1. Tiryak Tadasana
2. Parswa tadasana
3. Trikonasana
4. Parivrita Trikonasana
5. Katichakrasana
6. Veerabhadrasana
7. Uttita Janu Sirshasana

Sitting postures:

- | | | |
|--------------------------|----------------|-------------------|
| 1. Bhadrasana | 2. Virasana | 3. Meruvakrasana |
| 4. Ardha -matsyendrasana | 5. Ushtrasana | 6. Suptavajrasana |
| 7. Simhasana | 8. Gomukhasana | 9. Shashankasana |
| 10. Marjari asana | | |

Supine postures:

- 1.Uttanapadasana
- 2.Pavanamuktasana.
- 3.Navasana.
- 4.Kandarasana/Setubandasan

Prone postures:

- 1.Sarpasana
- 2.Shalabasana
- 3.Bhujangasana.

Inverted postures:

- 1.Vipreeta karani Asana
- 2.Sarvanagasana
- 3.Halasana
- 4.Matsyasana

Meditative postures:

- | | | |
|--------------|--------------|-------------------|
| 1. Sukhasana | 2. Vajrasana | 3. Ardhapadmasana |
| 4. Padmasana | | |

Pranayama:

1. Udara swasa
2. Hrudaya swasa
3. Klavicular swasa
4. Yoga swasa
5. Surya bedhana
6. Chandra bedhana
7. Anuloma viloma

Kriya Practicals:

- | | | | |
|--------------------------|------------------|----------------|-----------|
| 1. Neti - Jala and Sutra | 2. Dhauti – Jala | 3. Kapalabhati | 4.Trataka |
|--------------------------|------------------|----------------|-----------|

Relaxation postures:

1. Shavasana
2. Advasana
3. Makharasana

Text books:

Iyengar, B.K.S. (1976) : Light on Yoga London, UNWIN Paperbacks

Niranjanananda Saraswati, Swami. (1994): Prana Pranayama, Prana Vidya, Munger, Bihar School of Yoga.

Raparathi Rama Rao, Yogacharya, (2006): Journey to the Real Self (a book on Yoga Consciousness), Vijinigiri ,Yoga Consciousness Trust.

Ramesh Babu. K. (2011): Aasana Sutras (techniques of Yoga aasanas based on traditional Hatha Yoga literature), Viziyanagaram, Home of Yoga Publications.

Satyananda Saraswati, Swami (2002). Asana, Pranayama, Mudra, Bandha, Munger, Yoga Publications Trust.

Reference books:

Swami Muktibodhananda, (ed.) (1985): Hatha Yoga Pradipika: Light on Hatha Yoga com. Munger Yoga Publication trust.

Swami Kuvalayananda (ed.) (1935). Asanas. Lonavla. Kaivalyadhama.

Course – MSY 201: Yoga Darshan

SYLLABUS

Unit-I

Patanjali: A philosopher and Yogin - basis and date of Yoga sutras- - philosophical foundations of Yoga sutras- commentaries on Yoga Sutras - structure of the text- associated yoga paths in yoga sutras- *atha yoganusaasanam*

Unit-II

yogaschitta vritti nirodha - Chitta Vrtties- Abhyasa and Vairagya- samprajnata and asamprajnata Samadhi - means of attaining Samadhi

Unit-III

Definition of Isvara – qualities of Isvara - chitta vikshepas- removal of chitta vikshepas, ekattvabhyasa - concept of chitta prasdana – types of Samadhi-

Unit-IV

Kriya yoga - concept of kleshas - removal of kleshas – Astanga yoga: yama, niyama, asana, pranayama, pratyahara, dharana, dhyana and samadhi –

Unit-V

Samyama and vibhutis- psychic powers (vibhutis) –Karma – mind and object – kaivalya

Recommended books:

- Bangali Baba (1982). The Yogasutras of Patanjali (Commentary of Vyasa) Motilal Banarsidas – Delhi.
- Feuerstein, G. (1989). Yoga Sutras of Patanjali: A New Translation and Commentary Vermont, U.S.A. Inner Traditions of India.
- Iyengar, B.K.S. (2008): Light on Astanga Yoga, New Delhi , Alchemy,
- Larson. G.J. (2008) Encyclopedia of Indian Philosophies (Patanjali Yoga Traditions) Motilal Banarsidas) Vol-XII-Delhi.
- Ram Shankar, B. (1985) An Introducton to the Yogasutra (Yoga and Yogic Tradition Chapter- 2 & 3) Bharatiya Vidya Prakashan – Varanasi.
- Surendranath, D. (1989). A Study of Pantanjali, Delhi, Motilal Banarisidass.
- Taimini, A.K. (1999). The Science of Yoga, (Com. On Yoga Sutras), Chennai, The Theosophical Publishing House,.
- Vivekananda, Swami.(1982): Raja Yoga or Conquering the Internal Nature ,Culcutta, Advaita Ashram,.

Course – MSY 201: Yoga Darshan

Time : 3 hours

Max.Marks :80

Section – A

Answer any four of the following questions:

4x5 = 20

1.

- a) Jnana Yoga and Mantra Yoga.
- b) Yamas, and Niyamas.
- c) Nature of Yoga.
- d) Meaning of 'Ha' and 'Tha'.
- e) Meditation.
- f) Thrigunas .
- g) Upanishads.
- h) Chitta Vritties.

SECTION – B

Answer all the five questions choosing one from each set:

5x12 = 60

2. a) Describe the nature and scope of Yoga ?

(Or)

b) Explain the development of Yoga through the ages?

3. a) Describe the outlines of contents of Gheranda Samhita ?

(Or)

b) What is Hatha yoga? How it differs from RajaYoga?

4. a) What is karma yoga ? Discuss.

(Or)

b) Describe about Nava Vidha Bhakti.

5. a) Different types of Meditation.

(Or)

b) Patanjali Ashtanga Yoga.

6. a) What is Chakra ? Explain scientific research on Chakras?

(Or)

b) Explain Scientific Research on Yoga?

Course – MSY 202: Food and Nutrition

Unit – I

Principles of dietetics – balance diet –common foods - applied physiology

Unit-II

The vitamins – vitamin A – vitamin E- vitamin K- vitamin D

Unit-III

Water soluble vitamin–B1 –vitamin B2 (riboflavin)- niacin- pyridoxine (vitamin B6)
Pantothenic acid – biotin- vitamin B12- folic acid- vitamin C .

Unit-IV

Basal metabolic rate- carbohydrate metabolism- fat metabolism –Protein metabolism -
Mineral metabolism – calcium –phosphorus – magnesium sodium- potassium – iron -
iodine

Unit – V

Beneficial effect of juice therapy – Diseases- Disorders: High blood pressure- High
cholesterol- Hypoglycaemia(Low blood sugar)- Diabetes mellitus – memory loss –
menstrual problems –migraine headache – premenstrual syndrome-rheumatoid
arthritisobesity-allergies.

Reference Books:

Bakhru H.K.: Diet cure for Common Ailments, Jaico Publishing House, Hyderabad, 2006.

Rudolph Ballentine: Diet & Nutrition, The Himalayan International Institute, Pennsylvania,
1979.

Course – MSY 202: Food and Nutrition

Time : 3 hours

Max.Marks :80

Section – A

Answer any four Questions

(4 ×5=20)

- a. Basal metabolic rate .
- b. Write minerals on calcium –phosphorus .
- c. Food and Hypoglycaemia .
- d. Write sources and benefits of Iron.
- e. Vitamin C
- f. Role diet in Diabetes Mellitus
- g. Satvik diet
- h. role of diet in Hypertension

Section – B

ANSWER ALL QUESTIONS.

(5 ×12=60)

- 2) a) Describe principles of dietetics?
(or)
b) Explain about balance diet?
- 3) a) Explain about The vitamins – vitamin A and vitamin E ?
(or)
b) Explain about vitamin K- vitamin D ?
- 4) a) Explain about vitamin B1- vitamin B2?
(or)
b) Explain about vitamin B6- vitamin B12??
- 5) a) Define nutrition ?and write an essay on carbohydrate , protein and fat Metabolism?
(or)
b) write an essay on calcium ,phosphorus, magnesium sodium and potassium?
- 6) a) Write down the beneficial effect of juice therapy on High blood pressure?
(or)
b) Write down the beneficial effect of juice therapy on Diabetes mellitus?

Course –MSY 203: Classical Hatha Yoga Texts

The Hatha Yoga Pradipika

Unit-I:

Introduction to Hatha yoga Pradipika- factors of failure and success in Yoga Sadhana - ten Yamas and ten Niyamas; - concept of asana - the four major Asanas - mithahara – relation of Mind and Prana - Nadis suddhi - Shat Karmas: dhauti, vasti, neti, Trataka,nauli and kapalabhati.

Unit-II :

Asta Kumbhakas: Suryabedana, Ujjayi,Seethali, Seethacari, Bhastrika, Bramari, Plavani and Moorcha - Signs of perfection in Hatha Yoga - Concept of Kundalini - *Dasha Mudras* - Synonyms of Samadhi - Shambhavi and Khechari mudras.

Unit-III

Concept of Nadanusandana - Types of Nada perceived - the four stages of Hatha Yoga Practice - Relation of Nada and Mind - Features of Samadhi.

The Gheranda Samhita:

Unit-IV:

Introduction to Gheranda Samhitha- Sapta sadhanas - Classification of Dhauti, Basti and Bhalabhati –asanas - Classification of Mudras -- the influence of Seasons on Yoga - sagarba and nigarba Pranayama - Sahita and Kevali kumbhaka.

Unit- V

Pratyahara techniques- three types of dhyana – samadhi variations.

Text books:

Muktibodhananda Saraswati, Swami. (1985). (Tr. & Com.). *Hatha Yoga Pradipika*

Light on Yoga Munger, Bihar School of Yoga

Swami Digamberji & Gharote M.L Ed.(1978). *Gheranda Samhita*, Kaivalyadhama

S.M.Y.M. Samithi,

Recommended Books:

Desikachar, T.K.V. (2004) Adishankara's Yoga Taravali (Introduction) Krishnamacharya
Yoga Mandiram – Chennai.

Gudrun Buhnemann (2007). Eighty Four Asanas in Yoga – A survey of Traditions – D.K.
Print World Pvt. Ltd., New Delhi.

Course –MSY 203: Classical Hatha Yoga Texts

Time : 3 hours

Max.Marks :80

SECTION – A

Answer any four of the following questions:

4x5 = 20

1.

- a) Define ‘Ha’ and ‘Tha’
- b) Manuscripts on hathayoga
- c) Yama and niyama in hathayoga
- d) Mithahara in hathayoga and Upavasa in Ayurveda
- e) Vasti karma
- f) Shambhavi mudra
- g) Samanu and Nirmanu pranayama
- h) Effect seasons on Yoga practice

SECTION – B

Answer all the five questions choosing one from each set:

5x12 = 60

- 2.** a) What is Hatha Yoga? Justify title of the Hatha yoga pradipika?
(Or)
b) What is Ghatastha Yoga? –Explain
- 3.** a) Explain the techniques and benefits of Basti and Bhalabhati?
(Or)
b) What is nada? Describe the relation of Mind and Nada.
- 4.** a) Mention important characteristics of Hathayogapradipika?
(Or)
b) Describe techniques of meditation as illustrated in Gheranda Samhita?
- 5.** a) Compare and contrast hatha texts like Hathapradipika, Hatharatnavali & Yogaratnapradipika by Prabhalabhogeshwara muni?
(Or)
b) Explain briefly about shat karmas.
- 6.** a) Write about Pancha dharanas as described in Mudra’s chapter
(Or)
b) Describe techniques of different types Dhautis and theirtherapeutical benefits.

Course – MSY 204: Teaching Methods of Yoga

Unit -I: Teaching methods of Yoga

Introduction – yoga and yoga practices – meaning and scope of teaching methods in yoga

– principles of teaching methods in yoga – class management and formation of class in yoga – lesson planning and model of lesson plans in yoga – notes of yogic practice teaching lesson — specimen of notes and observation of yogic practice lessons - salient points in teaching important kriyas, asanas, pranayama and bandhas.

Unit -II: Teaching practice

(according to practical yoga syllabus of four semesters)

Recommended books:

Gharote, M.L.(2007). *Yogic Techniques*, Lonavla, The Lonvla Yoga Institute,

Gharote.M.L. & Gangule, S.K. (1995). Teaching Methods for Yogic Practicals, Kaivalyadhama Lonavla.

Yogendra(1986): Teaching Yoga Bombay, Yoga Institute.

Course – MSY 204: Teaching Methods of Yoga

Time : 3 hours

Max.Marks :80

Section – A

Answer any four Questions

(4 ×5=20)

1. a) Meaning of Yoga
- b) Method
- c) Lesson plan
- d) Teaching plan
- e) Specimen
- f) Observation
- g) Pranayama
- h) Bandhas

Section – B

ANSWER ALL QUESTIONS.

(5 ×12=60)

- 2) a) Explain about meaning and scope of teaching method in Yoga ?
(or)
b) Explain about principles of teaching methods in yoga?
- 3) a) Explain about the process of class management and formation of yoga class?
(or)
b) Explain about steps in lesson plan of teaching methods in yoga?
- 4) a) Explain about lesson planning and model of lesson plans in yoga?
(or)
b) Explain about notes of yogic practice in teaching plan?
- 5) a) Explain about specimen of notes and observation of yogic practice lessons?
(or)
b) Explain the process of teaching about kriyas?
- 6) a) Explain the process of teaching about Asanas?
(or)
b) Explain the process of teaching about pranayama and bandhas?

Course – MSY 205: YOGA PRACTICE-II

SYLLABUS

The students are required to learn to practice and also teach the following. They are to maintain a record which consists of the step by step details of the yoga practices along with an account of the possible benefits of the practices.

The principles, which should be adopted in practice, are the following:

1. Proper gradation in order of flexibility, balance and difficulty in performance.
2. Each asana is to be analyzed into intermediate positions in a natural sequence of movement.
3. For purposes of class training each movement to be associated with a count to reach the final pose.
4. Rhythmic breathing should be observed. When the chest is in the expanding position inspiration should take place. In the contracting position expiration should take place rhythmically with movement. In certain asanas duration of retention is important.
5. Proper relaxation should be allowed in between the batches of asanas.

Pavanamuka series or sukshama vyayamam: Eye, Neck, Hand, Leg, Spinal, Chakki Chalana.

Survanamaskara:

- | | |
|--------------------|-----------------------|
| 1. Pranamasana | 2. Hasta uttanasana |
| 3. Padahastanasana | 4. Aswasanchalanasana |
| 5. Dandasana | 6. Ashtangasana |
| 7. Bhujangasana | 8. Parvatasana |

Sitting postures:

- | | | |
|--------------------------|---------------|-------------------|
| 1. Bhadrasana | 2. Virasana | 3. Meruvakrasana |
| 4. Ardha -matsyendrasana | 5. Ushtrasana | 6. Suptavajrasana |
| 7. Sasanakasana | | |
| 8. Sasakabhujangasana | | |
| 9. Matsyasana | | |
| 10. Patchimottanasana. | | |
| 11. Poorvottanasana | | |

Supine postures:

- 1.Uttanapadasana
- 2.Pavanamuktasana.
- 3.Navasana.
- 4.Kandarasana/Setubandasan
- 5.Chakrasana 6.Yoganidrasana
- 7.Matyasana

Prone postures:

- 1.Sarpasana 2.Shalabasana
- 3.Bhujangasana.
- 4.Tiryak bhujangasana
5. Purna bhujangasana
- 5.Dhanurasana

Balancing Postures:

- 1.Tadasana 2.Vrikshasana
- 3.Natarajasana
- 4.Ekapadasama
- 5.Garudasana
- 6.Hanumanasana

Inverted Postures:

- 1.Vipreeta karani Asana
- 2.Sarvanagasana
- 3.Halasanana 4. Sirshasana

Advanced Posture:

- 1.Kurmasana 2. Mayurasana
- 3.Hamsasana
- 4.Brahmacharyasana
5. Ekapadagreevasana

Asta kumbaka Pranayama:

1. Surya bedhana.
2. Nadisodhana
3. Sitali
4. Seetkari
5. Ujjayi
6. Bramari
7. Bastrika
8. Moorcha

Practice of drishtis or concentration : Nasikagra, Brumadya

Mudras: Mahamudra, Maha bandha, Maha veda and Sambhavi Mudra

Banda traya:

1.Jalandara band 2.Moolaband 3.Ujjayaniband

Kriya Practicals:

1. Dhauti – Jala & Vastra 2. Nauli 3. Agnisara

Meditative Techniques:

OM Meditation

Chakra Meditation

So-Ham Meditation

Yogic Meditation

Relaxation postures:

1.Shavasana 2.Advasana

3.Matsyakridasana

4.Jyestikasana

5.Nirlambasana

Text books:

Iyengar, B.K.S. (1976) : Light on Yoga London, UNWIN Paperbacks

Niranjanananda Sarswathi, Swami. (1994): Prana Pranayama, Prana Vidya, Munger, Bihar School of Yoga.

Raparathi Rama Rao, Yogacharya, (2006): Journey to the Real Self (a book on Yoga Consciousness), Vijnigiri ,Yoga Consciousness Trust.

Ramesh Babu. K. (2011): Aasana Sutras (techniques of Yoga aasanas based on traditional Hatha Yoga literature), Vizianagaram, Home of Yoga Publications.

Satyananda Saraswati, Swami (2002). Asana, Pranayama, Mudra, Bandha, Munger, Yoga Publications Trust.

Reference books

Swami Muktibodhananda, (ed.) (1985): Hatha Yoga Pradipika: Light on Hatha Yoga com. Munger Yoga Publication trust.

Swami Kuvalayananda (ed.) (1935). Asanas. Lonavla. Kaivalyadhama

Course – MSY 301: Kundalini Yoga

Unit-I:

Introduction to Kundalini –textual references of Kundalini - Kundalini Physiology – kundalini and the Brain – Methods of Awakening- Diet for Kundalini awakening – Risks and Precautions.

Unit-II:

Four forms of Awakening – Descent of Kundalini – the experience of Kundalini – the path of Kriya Yoga.

Unit-III:

Introduction to Chakras : Ajna, Mooladhara, Swadhisthana, Manipura, Anahata, and Vishuddhi chakras – Bindu Visarga – Sahasrara and Samadhi.

Unit-IV:

Kundalini Yoga Practice: rules and preparations – posture – chakra sadhana – the kriya yoga practices.

Unit-V:

Kundalini Research: kundalini, Fact not Fiction – defining Nadis – evidence for the existing Nadis and Chakras – Neurophysiology of the Chakras.

Text Book:

Swami Satyananada Saraswati (1984) Kundalini Tantra, Yoga Publications Trust, Munger.

Course – MSY 301: Kundalini Yoga

Time : 3 hours

Max.Marks :80

Section – A

Answer any four of the following questions:

4x 5= 20

1.

- a) Kundalini and brain
- b) Diet for kundalini awakening
- c) Rules and preparations for kundalini sadhana.
- d) Risk and precautions in kundalini sadhana
- e) Manipura chakra sadhana
- f) AIM Chakra Machine
- g) Nadis.
- h) Kundalini experiences

SECTION -B

Answer all the five questions choosing one from each set:

5x12= 60

2. a) Write about physiology of kundalini?

(Or)

b) Explain the methods of Kundalini awakening?

3. a) Write essay on Kundalini?

(Or)

b) Examine the role kriya yoga in awakening the kundalini.

4. a) Briefly explain chakras theory?

(Or)

b) Define nature of Samadhi, explain different stages of Samadhi.

5. a) Define posture rules and preparations for Kundalini yoga practice?

(Or)

b) Explain Chakra sadhana and the Kriya Yoga practice?

6. a) Explain scientific research on Kundalin?.

(Or)

b) Define Nadis and Chakras compare with endocrine system?

Course – MSY 302: Yoga & Alternative Therapies

(Yoga ,Naturopathy, Ayurveda, Acupressure and Psychotherapy)

Unit-I

- **Management of various disorders through Yogic methods:**
Asthma, Arthrities, Back pain & Cervical Spondilites, Depression, Diabetes, Gastric, Head ache & Migrane, Insomnia, Hyper tension, Indigestion, Obesity, Thyroid and psychosomatic disorders.
- **Yogic principles of diet**

Unit-II

Philosophy of Naturopathy : Yoga & Naturopathy; various methods of treatment in Naturopathy: fasting, nutrition and dietetics, hydro therapy, mud therapy, chromo therapy, magneto therapy and massage therapy.

Unit-III

Yoga & Ayurveda - Fundamentals of Ayurveda: brief history of Ayurveda, concept of sareera kriya Vijnana and rachana: tridoshas vijnana - sapta dhatus, , mala vijnana, Ojas, different kinds of Agnis – Ayurvedic home remedies.

Unit-IV

Basic knowledge of Acupressure : Theory of Acupressure - identification of points of Acupressure - therapeutic use of Acupressure; benefits of acupressure ; acupressure treatment for common diseases;

Unit-V

- **Psychopathology and mental health:** Neuroses and psychosis
- **Psychological therapies:** Counseling and types, Cognitive therapy, Behaviour therapy and Psychoanalysis.

Recommended books:

- Bakhru, H.K. (2006). Diet cure for common Ailments, Mumbai,, Jaico Pub. Home.
- Gala, D. R., Dhiren Gala.& Sanjay Gala .(1995). Be your own doctor with Acupressure, Bombay, Navneet Publications.
- Jindal, S.R.(1994) Nature Cure: A Way of Life, Bangalore, Institute of Naturopathy & Yogic Sciences,
- Joshi,K.S. (1993) Yoga and Naturecure Therapy – Sterling Publishers Pvt. Ltd, New Delhi.
- Murthy, N.A. & Pandey, D.P. Ayurvedic common Cures for Common Diseases,
Orient Paperback publishers, Delhi
- Karmananada Sarswathi Swami : Yogic Management of Common diseases, Munger, Yoga Publications
- Rama, Swami, Ballantine, R and Ajaya, Swami. (1976) Yoga and psychotherapy
Honesdale: Himalayana International Institute of Yoga Science and Philosophy of USA.
- Rao, P.V.K. (1999). Dhyanam. Nava Sahiti Book House., Vijayawada.
- Shivanda Saraswati, Srimat Swami. (1978): Yogic Therapy, Gauhati, Umachal Yogashram,.
- Swamy Kuvalyananda- (1985): Rational of Yogic Poses and Other Articles, Bombay, I.C. Yogic Health Centre, Kaivalyadhama,
- Venkata Reddy, M., Murthy, K.J.R., Sahay, B.K., & Prasad, B.N. (2005) Yogic Therapy
Arthamuru, Sri M.S.R. Memorial Yoga Series,
- Vyasa (2004) Therapeutic Application of Yoga – SVPP, Bangalore.

Course – MSY 302: Yoga & Alternative Therapies

(Yoga ,Naturopathy, Ayurveda, Acupressure and Psychotherapy)

Time : 3 hours

Max.Marks :80

Section – A

Answer any four Questions

(4 ×5=20)

1. a) Depression
- b) Obesity.
- c) Chrmo therapy
- d) Hydro therapy
- e) Sapta dhatus
- f) Tridoshas
- g) Acupressure
- h)Neuroses

Section – B

ANSWER ALL QUESTIONS.

(5 ×12=60)

- 2) a) Explain about yogic methods for hypertension and psychosomatic disorders ?
(or)
b) Explain yogic principles of diet?
- 3) a) Explain about magneto therapy?
(or)
b) Explain about mud and massage therapy?
- 4) a) Explain about brief history of ayurveda?
(or)
b) Explain about ayurveda home remedies?
- 5) a) Discuss about the theory of acupressure?
(or)
b) Explain about the role of acupressure treatment for common diseases?
- 6) a) Explain the concepts psychopathology and mental health ?
(or)
b) Explain about psychological therapies? briefly

Course – MSY 303: Research Methodology and Statistics in Yoga

Unit-I:

Introduction to Research and Research design:

Research : Meaning, Characteristics and purpose of research.

Research design: Meaning and purpose of research design;

Basic principles of experimental research design.

Problem –Meaning, characteristics and types of problems

Hypothesis- Meaning, characteristics and types of Hypotheses

Variables – Meaning, characteristics, types and control of variables

Sources of bias and ethical issues in research.

Methods of data collection: a) Observation b) Interview
c) Questionnaires d) Rating scales.

Unit-II:

Sampling – Meaning, characteristics and types of sampling

Probability sampling methods: Simple random sampling, Stratified random sampling and Area or Cluster sampling.

Non- probability sampling methods: Quota sampling, Accidental sampling, Purposive sampling and Systematic sampling

Unit-III :

Types of research:

a) **Experimental research:** Laboratory experiments, Field experiments

b) **Non experimental research** – Field studies, Ex post facto research, Survey research, Case studies and Ethnographic studies

Types of research design: Between subject design and within subject design.
One group design, Pre test and post test design.

Unit-IV:

Statistical of analysis:

Measures of central tendency and variability,

Parametric tests and Non- Parametric tests

Parametric tests: Students t test, F ratio test or ANOVA and
Pearson product moment correlation.

Non- Parametric tests: Chi square test, U test and Sign test

Unit-V:

Writing a research report :

- General purpose of writing a research report
- Format of a research report
- Style of writing a research report
- Typing the research report
- Evaluation of research report

- **Recommended Books:**

Aron, A., Aron, E.H. & Coups, E. (2006). *Statistics for psychology*. (4e). Pearson Education.

Garrett, H.E.(1968). *Statistics In Psychology and Education*. Mumbai, Vakils Freefer& Simon Pvt. Ltd.

- Guilford J. P. & Fruchter B. (1985). *Fundamental statistics in psychology and education* (6th Ed). McGraw – Hill.

- Mangal, S. K. (2006). *Statistics in psychology and education*. New Delhi: Prentice-Hall.

Singh A.K. (1997). *Tests measurements and Research Methods in Behavioural science* Patna: Bharati Bhavan Publishers and Distributors.

Course – MSY 303: Research Methodology and Statistics in Yoga

Time : 3 hours

Max.Marks :80

Section – A

Answer any four Questions

(4 ×5=20)

1. a) Hypothesis
- b) Observation
- c) Variable
- d) Sample
- e) t-test
- f) Mean
- g) Standerd Deviatation
- h) Research report

Section – B

ANSWER ALL QUESTIONS.

(5 ×12=60)

- 2) a) Definr research? Explian about purpose and basic principles of experimental research design ?
(or)
b) Define method? Explain methods of data collection?
- 3) a) Define sample? Explain about methods probability sampling?
(or)
b) Explain about methods non- probability sampling?
- 4) a) Explain about experimenta research and its types?
(or)
b) Explain about non-experimenta research and its types?
- 5) a) Discuss about the Parametric tests?
(or)
b) Explain about then non- Parametric tests??
- 6) a) Expain about format of a research report ?
(or)

b) Explain about style of writing a research report?

Course –MSY 304: Cognitive Psychology

UNIT –I:

Definition and domain of cognitive psychology- Perception, attention, memory, language, thinking and creativity.

UNIT –II:

Perception:

1. Principles of perceptual organization: figure and ground, Isomorphism, grouping, closure, proximity, similarity, contrast, pregnanz.

2. Extra sensory perception (ESP).

UNIT-III:

Learning : Definition, Principles and Methods – Thorndike’s Trial and error theory- Classical conditioning – Operant Conditioning, Social learning theory – Transfer of learning.

Unit- IV:

Memory and forgetting: Definition, nature and types of memory. The nature of forgetting – Improving memory.

Unit- V:

HIGHER COGNITIVE PROCESSES: Definition , nature and types of thinking and reasoning – Language and thought – Creativity and Problem solving .

Text book :

Rao, K.R., Paranjpe, A., and Dalal, A.K. (2008). Handbook of Indian Psychology. New Delhi, Cambridge University Press India Pvt. Ltd

Reference books:

Mishra , B.K. (2011) Psychology- The study of human behavior. New Delhi, PHI Learning Pvt.Ltd.

Sinha, J. (1986). Indian Psychology (Vol. I and II). Delhi, Motilal Banarasidas

Parameswaran, E.G. (1989). Invitation to psychology. Neel Kamal Publishers, Hyderabad.

Course – MSY 304: Cognitive Psychology

Time : 3 hours

Max.Marks :80

Section – A

Answer any four Questions

(4 ×5=20)

1. a) Cognitive psychology
- b) Perception.
- c) ESP.
- d) Learning
- e) Conditioning
- f) Memory
- g) Forgetting
- h) Creativity

Section – B

ANSWER ALL QUESTIONS.

(5 ×12=60)

- 2) a) Describe basic domains of cognitive process ?
(or)
b) Explain about the principles of perceptual organization?
- 3) a) Explain about Extra sensory perception?
(or)
b) Explain about Thorndike trial and error theory?
- 4) a) Explain about classical condition learning theory?
(or)
b) Explain about Social learning theory?
- 5) a) Discuss about various types of memory?
(or)
b) Define forgetting? Explain about methods of improving memory?
- 6) a) Explain the various types of thinking and reasoning ?
(or)
b) Explain about concepts of creativity and problem solving?

Course – MSY 305: YOGA PRACTICE-III

SYLLABUS

The students are required to learn to practice and also teach the following. They are to maintain a record which consists of the step by step details of the yoga practices along with an account of the possible benefits of the practices.

The principles, which should be adopted in practice, are the following:

1. Proper gradation in order of flexibility, balance and difficulty in performance.
2. Each asana is to be analyzed into intermediate positions in a natural sequence of movement.
3. For purposes of class training each movement to be associated with a count to reach the final pose.
4. Rhythmic breathing should be observed. When the chest is in the expanding position inspiration should take place. In the contracting position expiration should take place rhythmically with movement. In certain asanas duration of retention is important.
5. Proper relaxation should be allowed in between the batches of asanas.

Pavanamuka series or sukshama vyayamam: Eye, Neck, Hand, Leg, Spinal, Chakki Chalana.

Suryanamaskara:

- | | |
|--------------------|-----------------------|
| 1. Pranamasana | 2. Hasta uttanasana |
| 3. Padahastanasana | 4. Aswasanchalanasana |
| 5. Dandasana | 6. Ashtangasana |
| 7. Bhujangasana | 8. Parvatasana |

Balancing postures:

1. Tadasana
2. Vrikshasana
3. Natarajasana
4. Ekapadasana
5. Garudasana
6. Merudandasana
7. Hanumanasana
8. Bakadyasana
9. Astavakrasana

10.Mayurasana

11.Hamsasana

Sitting postures:

1. Bhadrasana

2. Virasana

3. Meruvakrasana

4. Ardha -matsyendrasana

5. Ushtrasana

6. Suptavajrasana

7.Sasanakasana

8. Sasakabhujangasana

9. Matsyasana

10.Pachimottanasana.

11.Padaprasara Pachimottanasana.

12.Nirlamba Pachimottanasana.

13.Lolasana

14. yoga mudrasan,

15.Tolungasana 16.Janusirasana

17.Baddapadmasana

Supine postures:

1.Uttanapadasana 2.Pavanamuktasana.

3.Navasana.

4.Kandarasana/Setubandasan

5.Chakrasana 6.Yoganidrasana 7.Matyasana

Prone postures:

1.Sarpasana 2.Shalabasana 3.Bhujangasana.

4.Tiryak bhujangasana

5. Purna bhujangasana

5.Dhanurasana

Asta kumbaka Pranayama:

- 1.Surya bedhana.
- 2.Nadisodhana
- 3.Sitali
- 4.Seetkari
- 5.Ujjayi
- 6.Bramari
- 7.Bastrika
- 8.Moorcha

Hasta Mudra Pranayamas: Chinn Mudra Pranayama, Chinmaya Mudra Prnayama, Aadi Mudra Pranayama and Brahma Mudra Pranayama

Banda traya:

- 1.Jalandara band
- 2.Moolaband
- 3.Ujjayaniband

Mudras: Maha mudra, Mahabanda, Mahavedha, Aswani, Sambhavi,

Viparitikarani mudra, Kundalini mudra, Yoni

Practice of drishtis or concentration : Nasikagra, Brumadya

Kriya Practicals:

1. Dhauti – Jala & Vastra
2. Nauli
3. Agnisara
4. Sankaprakshalana

Relaxation postures:

- 1.Shavasana
- 2.Advasana
- 3.Matsyakridasana
- 4.Jyestikasana
- 5.Nirlambasana

Text books:

Iyengar, B.K.S. (1976) : Light on Yoga London, UNWIN Paperbacks

Niranjanananda Sarswathi, Swami. (1994): Prana Pranayama, Prana Vidya, Munger, Bihar School of Yoga.

Raparathi Rama Rao, Yogacharya, (2006): Journey to the Real Self (a book on Yoga Consciousness), Vijnigiri ,Yoga Consciousness Trust.

Ramesh Babu. K. (2011): Aasana Sutras (techniques of Yoga aasanas based on traditional Hatha Yoga literature), Viziyanagaram, Home of Yoga Publications.

Satyananda Saraswati, Swami (2002). Asana, Pranayama, Mudra, Bandha, Munger, Yoga Publications Trust.

Reference books

Swami Muktibodhananda, (ed.) (1985): Hatha Yoga Pradipika: Light on Hatha Yoga com. Munger Yoga Publication trust.

Swami Kunalayananda (ed.) (1935). Asanas. Lonavla. Kaivalyadhama

Course – MSY401: Theories of Meditation

Unit-I

Introduction to Meditation; types of Meditation; Saguna dhyana, Nirguna dhyana, Chakra dhyana, Mantra dhyana, So..Ham dhyana, OM dhyana, Svaasa anusandhana dhyana. Theory and practice of dhyana in Yoga.

Unit-II

Theory and practice of Meditation in Buddhism and Jainism.

Unit-III

Theory and practice of Meditation in Christianity and in Islam.

Unit-VI

Theory and practice of Meditation in Tantra.

Unit –V Scientific Research on Meditation.

Recommended books:

Jaideva Singh (1979). Vijnana Bhairava or Divine Consciousness (Introduction)

Motilal Banarsidas, Delhi.

Mahaprajna,A.(1994). Preksha Dhyana: Theory and Practice, Ladnun, Jain Vishwa

Bharathi.

Rao, P.V.K. (1999). Dhyanam. Nava Sahiti Book House.

Ramakrishna Rao, K. (1989). Meditation : Secular and sacred. Presidential address to the Indian Academy of Applied Psychology, University of Calcutta.

Rudolph. M. Ballentine (1986). The Theory and practice of Mediation, Honledele

Himalayan International Institute of Yoga science
&Philosophy.

Swami Rama- (1992). Meditation and its practice, Honledele, Himalayan International
Institute of Yoga science & Philosophy.

Swami Rama (1984).Mediation in Christianity, Himalayan International Institute of
Yoga science & Philosophy, Honledele,

Swami Satyananda Saraswathi. Mediation from the Tantraas, Munger , Bihara
School of Yoga.

Swami Veda Bharati (2010). Future Directions of Scientific Research in Meditation,
Swami Rama Sadhaka Grama, Rushikesh.

Course – MSY401: Theories of Meditation

Time : 3 hours

Max.Marks :80

Section – A

Answer any four Questions

(4 ×5=20)

1.

- a) “Manipulation of attention is the common ingredient in all meditation practices
“ Explain
- b) Write a brief note on Citta Vikshepas
- c) What is Dharana
- d) Define Dhyana
- e) What is Samyama
- f) Patanjali’s views on Vibhutis
- g) Explain meditation as a East –West link
- h) What are inherent problems involved in meditation research

SECTION – B

Answer all the five questions choosing one from each set:

5 X 12 = 60

2. a) Define Meditation and discuss its nature and scope?

OR

b) What is Meditation and describe various types of Meditation?

3. a) Describe different meditation practices in different religions?

OR

b) Explain meditation as a self enhancement strategy?

4. a) How are Citta Vrittis categorized by Patanjali? Explain why Citta Vrittis should be Stopped ?

OR

b) Explain the therapeutical aspects on Meditation?

5. a) Explain how yoga increases the occurrence of paranormal phenomena.

OR

b) Differentiate Patanjali’s views on internal practices?

6. a) Describe meditation as a strategy for health and wellbeing?

OR

b) Write an essay on scientific research on meditation?

Course – MSY 402: Yoga for Special groups

Unit-I

Introduction to Yoga-branches of Yoga- components of Patanjali's Astanga Yogatechniques of Hatha Yoga- Yogic diet.

Unit-II

Yoga practices for children – Yoga practices for adolescence- Yoga for sports men.

Unit-III

Yoga practices for adults and for Women-Yoga practices for aged group- Yoga practice for handicapped- Yoga for mentally retarded.

Unit-IV

Yoga for stress management-Yoga practices for Executives- Yoga practices for IT professional group.

Unit-V

Yoga practice for Spiritual development

References Books:

GFrancis Xavier,G.(2006) Yoga for Personality, Pustak Mahal, Delhi.

Yogacharya Hansraj Yadav: Yoga for Students, Bharatiya Vidya Bhavan,Mumbai, 2002.

Gharote M.L.(1980) Yoga Applied to Physical Education, Kaivalyadhama Ashram, Lonvala.

Pandit Shambhu Nath(2005) Speaking of Stress Management through Yoga Meditation, New Dawn Press, New Delhi.

Prabhu CSR (2002) Yogic Sukshma Vyayama, Lepakshi Graphics, Secundrabad.

Course – MSY 403: Yoga for Special groups

Time : 3 hours

Max.Marks :80

Section – A

Answer any four Questions

(4 ×5=20)

1. a) Meaning of Yoga
- b) Hatha yoga
- c) Adolescent
- d) Handicaped
- e) Mentally retarded
- f) Stress
- g) Pranayama
- h) Spiritual power

Section – B

ANSWER ALL QUESTIONS.

(5 ×12=60)

- 2) a) Explain about Patanjali's Astanga Yoga ?
(or)
b) Explain about Hatha yoga?
- 3) a) Explain about Yogic diet?
(or)
b) Explain about Yoga practice for Children?
- 4) a) Explain about Yoga practice for Adolescents?
(or)
b) Explain about Yoga practice for mentally retarded?
- 5) a) Explain about Yoga practice for stress management?
(or)
b) Explain about Yoga practice for Executives?
- 6) a) Explain about Yoga practice for IT professionals?

(or)

b) Explain about Yoga practice for spiritual development?

Course – MSY 403 : Internship (case studies)&Viva-voce

Answer any eight Questions

(8 ×10=80)

1. Asthma
2. Arthrities
3. Back pain
4. Depression
5. Diabetes
6. Gastric
7. Head ache & Migrane
8. Hyper tension
9. Insomnia
- 10.Obesity
- 11.Stress
- 12.Thyroid
- 13.Menstrual Disorder
- 14.Piles
- 15.Paralysis

Course – MSY 404 : Dissertation & viva

An empirical study is to be conducted on a research topic in the area of Applied Yoga and a detailed Research Report is to be submitted.

Scheme of Evaluation

Selection of Topic ,Objectives & Hypothesis of the study Selection of sample and research tools Methodology & Data collection ,Scoring, Statistical analysis, Results & Discussion, Conclusions and References . **[Mid semester – Internal marks are 20 and Semester external (Viav -voce) marks are 80, Total :100 Marks]**

Course –MSY 405 YOGA PRACTICE-IV

SYLLABUS

The students are required to learn to practice and also teach the following. They are to maintain a record which consists of the step by step details of the yoga practices along with an account of the possible benefits of the practices.

The principles, which should be adopted in practice, are the following:

1. Proper gradation in order of flexibility, balance and difficulty in performance.
2. Each asana is to be analyzed into intermediate positions in a natural sequence of movement.
3. For purposes of class training each movement to be associated with a count to reach the final pose.
4. Rhythmic breathing should be observed. When the chest is in the expanding position inspiration should take place. In the contracting position expiration should take place rhythmically with movement. In certain asanas duration of retention is important.
5. Proper relaxation should be allowed in between the batches of asanas.

Pavanamuka series or sukshama vyayamam: Eye, Neck, Hand, Leg, Spinal, Chakki Chalana.

Suryanamaskara:

- | | |
|--------------------|-----------------------|
| 1. Pranamasana | 2. Hasta uttanasana |
| 3. Padahastanasana | 4. Aswasanchalanasana |
| 5. Dandasana | 6. Ashtangasana |
| 7. Bhujangasana | 8. Parvatasana |

Sitting postures: (Any eight)

- | | |
|---------------------------------|-----------------------------------|
| 1. Lolasana | 2. Yogamudrasana |
| 3. Tolangulasana | 4. Janusirshasana |
| 5. Baddha padmasana | 6. Padaprasara paschimottanasana. |
| 7. Kurmasana | 8. Kukkutasana 9. Garbhasana |
| 10. Niralamba paschimottanasana | |
| 11. Ardhapadma padottanasana | |
| 12. Akarna Dhanurasana | 13. Hanumanasana |
| 13. Poorna matsyendrasana | |

Balancing Postures:

- | | | |
|-------------------|------------------|------------------|
| 1. Tadasana | 2. Vrikshasana | 3. Natarajasan |
| 4. Ekapadasana | 5. Garudasana | 6. Merudandasana |
| 7. Bakadhyanasana | 8. Astavakrasana | 9. Hamsasana |
| 10. Mayurasana | | |

Supine postures:

- | | |
|---------------------------|------------------|
| 1. Chakrasana | 2. Yoganidrasana |
| 3. jataraparivarthanasana | |
| 4. Pavanamuktanasana | |
| 5. Navasana | |
| 6. Kandarasana | |

Inverted postures:

- | | |
|------------------------------------|----------------------|
| 1. Sumerasana | 2. Moordhasana |
| 3. Vipareetakarini asana | |
| 4. Sarvangasana and its variations | 5. Halasana |
| 6. Sirshasana and its variations | 7. Oordhva padmasana |

Asta kumbaka Pranayama:

1. Surya bedhana.
2. Nadisodhana
3. Sitali
4. Seetkari
5. Ujjayi
6. Bramari
7. Bastrika
8. Moorcha

Hasta Mudra Pranayamas: Chinn Mudra Pranayama, Chinmaya Mudra Prnayama, Aadi Mudra Pranayama and Brahma Mudra Pranayama

Banda traya:

1. Jalandara band
2. Moolaband
3. Ujjayaniband

Mudras: Maha mudra, Mahabanda, Mahavedha, Aswani, Sambhavi,

Viparitikarani mudra, Kundalini mudra, Yoni

Practice of drishtis or concentration : Nasikagra, Brumadya

Meditative Techniques: Yogic Meditation, Chakra Meditation, OM Meditation, So-Ham Meditation, Buddhistic Meditation: Vipasana Meditation & Zen Meditation) Prekshaka Meditation, Transcendental Meditation (TM), and Practice of Yoga Nidra: Stage-I, II and III

Kriya Practicals:

1. Dhauti – Jala & Vastra
2. Nauli
3. Agnisara
4. Sankaprakshalana

Relaxation postures:

1. Shavasana
2. Advasana
3. Matsyakridasana
4. Jyestikasana
5. Nirlambasana

Text books:

Iyengar, B.K.S. (1976) : Light on Yoga London, UNWIN Paperbacks

Niranjanananda Saraswati, Swami. (1994): Prana Pranayama, Prana Vidya, Munger, Bihar School of Yoga.

Raparathi Rama Rao, Yogacharya, (2006): Journey to the Real Self (a book on Yoga Consciousness), Vijinigiri, Yoga Consciousness Trust.

Ramesh Babu. K. (2011): Aasana Sutras (techniques of Yoga aasanas based on traditional Hatha Yoga literature), Viziyanagaram, Home of Yoga Publications.

Satyananda Saraswati, Swami (2002). Asana, Pranayama, Mudra, Bandha, Munger, Yoga Publications Trust.

Reference books

Swami Muktibodhananda, (ed.) (1985): Hatha Yoga Pradipika: Light on Hatha Yoga com. Munger Yoga Publication trust.

Swami Kuvalayananda (ed.) (1935). Asanas. Lonavla. Kaivalyadhama

Course –MSY 101: Foundations of Yoga

Name of the faculty: Dr.K.Taraka Rama Rao & Dr.V.Aruna

Course objectives:

- To aware the knowledge of yoga and its nature and development of yoga.
- To learn the knowledge of schools of yoga like Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga.
- To gain the knowledge of Scientific research on yoga.
- To learn the information about Chakra theory & kundalini yoga.
- To attain the knowledge of meditation and its types and relevance of yoga to modern life.
- To gain the knowledge of Scientific research on Meditation.
- To learn the information on Yogic concepts in Bhagavad Gita.
- To learn the information on Yogic view of health and illness, Yoga and physical exercises, Yogic techniques for the prevention and treatment of somatic, psychosomatic and psychological illness.

Course Outcomes:

- The student can understand the knowledge of yoga and its nature and development of yoga.
- The student can understand the knowledge of schools of yoga like Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga.
- The student developed the knowledge of Scientific research on yoga.
- The student understood the information about Chakra theory & kundalini yoga.
- The student has attained the knowledge of meditation and its types and relevance of yoga to modern life.
- The student has awarded the knowledge of Scientific research on Meditation.
- The student is understood the information on Yogic concepts in Bhagavad Gita.
- The student is able to understand the knowledge of Yogic view of health and illness, Yoga and physical exercises. Yogic techniques for the prevention and treatment of somatic, psychosomatic and psychological illness.

- The student can improve to quality of life.

Learning Outcomes Unit wise:

Unit I:

Introduction to Yoga: Yoga, its nature and scope. Development of yoga through the ages.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding the yoga and its meaning.
- The student can develop to aware the knowledge and understanding the yoga and its nature and scope.
-
- The student is abled to gain knowledge and understanding of development of yoga in various periods.

Unit II:

Different types of yoga : Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga. Scientific research on yoga.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding the Karma yoga and its meaning.
- The student can develop to aware the knowledge and understanding the Bakthi yoga and its meaning.
- The student can develop to aware the knowledge and understanding the Jnnana yoga and its meaning.
- The student can develop to aware the knowledge and understanding the Raja yoga and its meaning.

- The student can develop to aware the knowledge and understanding the Hatha yoga.
- The student can develop to aware the knowledge and understanding the Mantra yoga and its meaning.
- The student can develop to aware the knowledge and understanding the Jnnana yoga and its meaning.

- The student is able to gain knowledge and understanding of scientific research on Yoga.

Unit III:

Meditation: Its nature and scope. Different types of meditation. Scientific research on meditation. Scientific research on meditation.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding the meaning and importance of meditation
- The student can develop to aware the knowledge and understanding the various techniques of meditation.
- The student can develop to aware the knowledge and understanding the scientific research of Meditation.

Unit IV:

Introduction to Bhagavad Gita ,Chakra theory and Kundalini yoga:

Yogic concepts in Bhagavad Gita ,Chakra theory and Kundalini yoga.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the concepts and relationship between Yoga and Bhagavad Gita.
- Also aware on The student can develop to aware the knowledge and understanding the concepts of Chakras like Mooladhara, Swadistana , Manipura, Anhatha, Visudhi, Agna, Bindhu, Sahashra.
- The student can develop to aware the knowledge and understanding about the power of Kundalini.

UNIT V:

Yogic view of health and illness: Yoga and physical exercises. Yogic techniques for the prevention and treatment of somatic, psychosomatic and psychological illness.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding the importance of yoga and physical exercise

- The student can develop to aware the knowledge and understanding of difference between yoga and physical exercises.
- The student can develop to aware the knowledge and understanding concepts of health and illness.
- The student can develop to aware the knowledge and understanding the role of yoga for managing all psycho-physiological problems.

6.Course Duration: The course duration is one semesters or 6 months and each period **50 minutes**.

7.Course Contents

Unit No.	Units with its Contents/Chapters	No. of Sessions
I	Introduction to Yoga: Yoga, its nature and scope. Development of yoga through the ages.	10
II	Different types of yoga : Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga. Scientific research on yoga.	16
III	Meditation: Its nature and scope. Different types of meditation. Scientific research on meditation. Scientific research on meditation.	10
IV	Introduction to Bhagavad Gita ,Chakra theory and Kundalini yoga: Yogic concepts in Bhagavad Gita ,Chakra theory and Kundalini yoga.	08
V	Yogic view of health and illness: Yoga and physical exercises. Yogic techniques for the prevention and treatment of somatic, psychosomatic and psychological illness.	08

8.Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

9.Evaluation:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

10.Reference Books:

Georg Feuerstein (2002) *The Yoga Tradition: Its History, Literature, Philosophy and Practice*. New Delhi. Bhavana Books & Prints.

Rama, Swami (1992) *Meditation and its practice*. Honesdale : Himalayan International Institute of Yoga Science and Philosophy of USA.

Naranjo, C and Ornstein, R.E. (1974) *On the psychology of meditation*, New York: Viking press.

Joshi, K.S. (1985) *Yoga in daily life*, Delhi : Orient paper backs

Taimni I.K. (1961/1999) *The Science of Yoga (The Yoga Sutras of Patanjali)*,
The Theosophical Publishing House, Adyar.

Hiriyana, M (1932/2000). *Outlines of Indian Philosophy*. Delhi,
Motilal Banarasidas.

Shankara Devananda Saraswati, Swami. (1986) *Yogic management of common diseases*. Munger : Bihar School of Yoga.

Funderburke, J. (1977). *Science studies yoga : A review of physiological data*, Honesdale : Himalayan International Institute of Yoga Science and Philosophy of USA.

Udupa, K.N. (1985). *Stress and its management by yoga*. Delhi : Motilal Banarsidas.

Goleman, D. (1976) *The varieties of meditative experience*. New York: Irvington publishers.

Mahesh Yogi, (1963). *Transcendental meditation*. New York: New American library.

- Johnson, O and Farrow, J.T. Ed. (1977) Scientific research on the transcendental meditation program : Collected papers. Vol. 1. Los Angeles : Meru press.
- Ornstein, R.E. (1972). The psychology of consciousness. New York: Viking press.
- Rama, Swami, Ballantine, R and Ajaya, Swami. (1976) Yoga and psychotherapy Honesdale: Himalayana International Institute of Yoga Science and Philosophy of USA.
- Rao, P.V.K. (1999). Dhyanam. Nava Sahiti Book House, Vijayawada Ajaya, Swami (1985) Psychotherapy east and west : A unifying paradigm. Honesdale: Himalayan International Institute of Yoga Science and Philosophy of USA.
- Ramakrishna Rao, K. (1989), Meditation : Secular and sacred. Presidential address to the Indian Academy of Applied Psychology, University of Calcutta.
- Reddy, M.V., Murthy, K.J.R., Sahay, B.K. and Prasad, B.N. (2005). Yogic Therapy, Arthamuru, Sri M.S.R. Memorial Yoga Series
- Shapiro, D.H. and Walsh, R.N. Ed. (1984) Meditation : classic and contemporary perspectives. New York : Aldine.
- Woods, R. Ed. (1980). Understanding mysticism. New York: Image books.
- Chatterjee, S.C. & Datta, D.M. (1968). An Introduction to Indian philosophy. 7th ed. Calcutta: University of Calcutta.
- Dasgupta, S. (1975). A History of Indian philosophy. Vol. 1-5. Delhi: Motilal Banarsidas.
- Hume, R.E. (ed.) (1921). The Thirteen Principal Upanishads. London: Oxford University Press.
- Radhakrishnan, S. & Moore, A.C. (1957). A Source Book of Indian philosophy. London: George Allen & Unwin Ltd.
- Radhakrishnan, S. (1920). Indian Philosophy, Vol.1 & 2. London: George Allen & Unwin.
- Sarma C.D. Critical Survey of Indian Philosophy. Motilal Banarasidas, New Delhi

11. Websites:-

<https://yoga.edu.in>

<http://yoga.org>

<http://www.yogajournals.org>

12. Details of the faculty:-

Name of the faculty	e-mail	Academic Address	For communication.
Dr.K.Taraka Rama Rao Asst. Professor(c)	tarak.psy@gmail.com	Dept. of Yoga and Fitness Management	7285913769

Name of the faculty	e-mail	Academic Address	For communication.
Dr. V.Aruna Assistant Professor (C)	vangapanduaruna@gmail.com	Dept. of Yoga and Physical Education	9490677790

Course –MSY 102: Basics of Anatomy and Physiology

Name of the faculty: Dr.S.HemaMohanaRao &Mr.K.V.N.Murthy

Course objectives:

- To Provide basic knowledge about human anatomy and physiology
- To study and understand the various systems in the human body and their functions
- To aware the knowledge of concept of cell and its nature of structure
- To learn the information about the importance of Carbohydrates, Proteins, Vitamins and minerals.
- To study and understand the Endocrine glands, Pituitary gland, Thymus, Thyroid gland and its functions.
- To gain the knowledge of Reproductive system of both genders.

Course outcomes:

- By the end of this course, students should:
- Provided basic knowledge about the human anatomy and physiology.
- Learned the need and importance of anatomy and physiology in the field of Physical Education.
- Acquired the knowledge about various systems and organs of the body.
- Gain knowledge on Skeletal and Cardio- respiratory systems.
- Attaining the basic concept of Digestive and Endocrine systems.

Unit-I:

Cell Structure – Tissues and functions

Introductions to various systems in human body

Learning outcomes:

On completion of this unit students should be able to:

- Gain knowledge about importance of Anatomy and Physiology in Physical Education.
- Acquire knowledge about organs of the body and functions of various tissues.
- Acquire knowledge about various systems in human body.
- Explain the basic knowledge of human anatomy and physiology.

Unit – II

Carbohydrates, Proteins, Vitamins and Minerals.

Digestive System: Salivary glands, Upper and Lower GIT.

Excretory System: Kidney, Ureter, Urethra, bladder, Urethra, formation of urine

Learning out comes:

On completion of this unit students should be able to:

- Gain Knowledge and functions of the Nutrients – Carbohydrates, fiber, fats, Proteins, vitamins, minerals and water –in the human body.
- To understand the functions of the Digestive system & Excretory system and its functions.

Unit –III

Skeletal system: Types of Bones, Types of joints, Spinal Cord. Difference between ligaments and tendons.

Muscular system: Types of muscles and their functions.

Learning out comes:

On completion of this unit students should be able to:

- Attain a keen Understanding on Skeletal system and its structure

- Gain Knowledge of Muscles and their functions
- Knowledge about types of bones and its movements.

Unit –IV

Circulatory System: Blood and its compositions, Blood pressure

Respiratory System: Nose, larynges, Pharynx, Lungs, Trachea, Respiratory Mechanism.

Learning out comes:

On completion of this unit students should be able to:

- Gain knowledge of Circulatory system and its functions
- Understand types of blood & its compositions
- Knowledge about Respirator system and its functions.

Unit –V

Endocrine Glands, Pituitary gland, thyroid gland, Parathyroid gland, Pineal gland adrenal gland, Pancreas , ovaries and testis

Reproductive system: Male reproductive system and female reproductive system.

Learning out comes:

On completion of this unit students should be able to:

- A fair idea of Endocrine Glands, Pituitary, Thyroid, parathyroid & pancreas
- Gain knowledge of Reproductive system of both genders.

6. Course duration: The course duration is one semesters of 6 months and each period 50 Minutes.

7. Course Contents

Unit No	Units with its Contents / Chapters	No of Sessions
I	Cell Structure – Tissues and functions Introductions to various systems in human body	08
II	Carbohydrates, Proteins, Vitamins and Minerals. Digestive System: Salivary glands, Upper and Lower GIT. Excretory System: Kidney, Ureter, Urethra, bladder, Urethra, formation of urine	08
III	Skeletal system: Types of Bones, Types of joints, Spinal Cord. Difference between ligaments and tendons. Muscular system: Types of muscles and their functions.	10
IV	Circulatory System: Blood and its compositions, Blood pressure Respiratory System: Nose, larynges, Pharynx, Lungs, Trachea, Respiratory Mechanism.	10
V	Endocrine Glands, Pituitary gland, thyroid gland, Parathyroid gland, Pineal gland adrenal gland, Pancreas , ovaries and testis Reproductive system: Male reproductive system and female reproductive system.	10

8. Teaching Methods

The course will use the following Pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion method
- Use of internet and visual presentation.
- Use of Block board, News Paper, Magazines, audio, video clips.

9. Evaluation:

A	Continuous Evaluation Component component comprising of Assignments / Class Participation / Class test / Presentation on specific topic etc.	
B	Mid - Exam	Internal Assessment – 20 marks
C	End – Semester Examination	External Assessment – 80 marks

10. Reference Books:

Books Recommended:

Chaudhari, S.K. (1988). Concise Medical Physiology. Calcutta: New Central Book Agency.

Ganong, W.F. (1967). Review of Medical physiology. Connecticut : Appleton – Lango.

Ghosh, H.N. (1984). Chakrabarti, Ghosh and Sahana's Human Physiology. 2nd Ed. Calcutta: The New Book Stall.

Guyton, A.C. (1986). Text book of medical physiology. 7th Edition. Philadelphia. WB Sauncers Company.

Keel, C.A., Neil, E and Joels, N. Ed. (1986). 13th Edition. Samson-Wright's Applied Physiology., New Delhi: Oxford university press.

West, J.B. Ed. (1985) 11th Edition. Best and Taylor's Physiological basis of medical practice. Baltimore : Williams & Wilkins.

11. Details of the faculty:

Name of the faculty	E-mail	Academic Address	Mobil
Dr.S.Hema Mohan Rao Subject to Contract	seepana.hemamohan@gamil.com	Dept. of Yoga and Physical	8328338323

		Education	
Mr.K.V.N Murthy Teaching Assit. ©	Kancharana.varam@gmail.com	Dept. of Yoga and Physical Education	9603699414

Course – MSY 103: Introduction to Indian Philosophy

Name of the Faculty: Dr. V.Aruna

1) Course Objectives:

1. To study the knowledge of Indian Philosophy.
2. Learn the types of Indian Philosophical systems.
3. Acquire the knowledge about the Patanjali Yoga Darsana and the Mimamsa Darsana.
4. Understand the aims and values of the Jaina and the Buddhism.
5. Gain knowledge about the eminent persons of the Vedanta like Sankara Vedanta, Vedanta of Ramanuja and Vedanta of Madhvacharya.

2) Course Out comes:

1. Know the knowledge of nature, characteristics and development of Indian Philosophy.
2. Study the Vedic thought, Nyaya Philosophy, Vaisesika Philosophy and Sankhya Philosophy of Indian Philosophical systems.
3. Acquire the knowledge of the Yoga Astanga Marga, God of Patanjili and Kumarilla and Prabhakara on Soul, Karma, Dharma of Mimamsa Darshana.
4. Understand the Jainisam of Syadvada, Anekantavada and Soul theory and Liberation and Buddhism of four Nobel truths and Pratitya Samutpadavada.
5. Learn the different Vedanta systems in Indian Philosophy.

3) Learning out comes (Unit Wise):

Unit- I:

Indian Philosophy: General nature, characteristics and development of Indian philosophy.

Learning out Comes:

1. Gain knowledge about the origin and growth of the Indian philosophy.
2. Study the vision of the philosophy at early days.

3. Understand the development of the Indian philosophy in Vedic, Upanishadic and later days.

Unit- II:

Indian Philosophical systems: Vedic thought, Nyaya Philosophy, Vaisesika Philosophy and Samkya Philosophy.

Learning out Comes:

1. Identify the Indian philosophical systems.
2. Understand the Indian orthodox systems.
3. Know the impact of the Indian philosophy.

Unit-III :

The Patanjali Yoga Darsana : (i) The Yoga Astanga Marga, God.

The Mimamsa Darsana : (i) Kumarilla and Prabhakara on Soul, Karma, Dharma.

Learning out Comes:

1. Understand the Patanjali, Prabhakara and Kumarila's contribution to Indian philosophy.
2. Acquire the knowledge about their contribution to society.
3. Gain knowledge about the Moral values.

Unit- IV:

Jainism: (i) Syadvada, (ii) Anekantavada, (iii) Soul theory and liberation;

Buddhism: (i) Four Noble Truths, (ii) Pratitya Samutpadavada.

Learning out Comes:

1. Identify the Indian heterodox system.
2. Understand the values of Jaina and Buddhist schools.
3. Acquire the knowledge about the four noble truths in Buddhism.

Unit-V:

Sankara Vedanta:

(i)Brahman as Saguna and Nirguna (ii) Status of Individual soul and the world
(iii) The Doctrine of Maya;

The Visistadvaita Vedanta of Ramanuja:

(i)Reality as qualified and nonqualified (ii) The Nature of God, soul, world
(iii) Doctrine of Bhakti,Saranagati and Prapatti

The Dvaita Vedanta of Madhvacharya :

(i) Matter, souls, and God (ii) Means of Liberation.

Learning out Comes:

1. Study the reality of the nature of God, Soul and World.

2. Identify the prominent Vedanta philosophers in India like Sankara, Ramanuja and Madhvacharya.
3. Exemplify the effectiveness of the contribution of the three great Indian philosophers.

4) Course Duration: The course duration is one semesters or 6 months and each period **50 minutes.**

5) Course Contents:

Unit No.	Units with its Contents/Chapters	No. of Sessions
I	Indian Philosophy: General nature, characteristics and development of Indian philosophy.	10
II	Indian Philosophical systems: Vedic thought, Nyaya Philosophy, Vaisesika Philosophy and Samkya Philosophy.	10
III	The Patanjali Yoga Darsana : (i) The Yoga Astanga Marga, God. The Mimamsa Darsana : (i) Kumarilla and Prabhakara on Soul, Karma, Dharma.	10
IV	Jainism : (i) Syadvada, (ii) Anekantavada, (iii) Soul theory and liberation ; Buddhism: (i) Four Noble Truths, (ii) Pratitya Samutpadavada.	10
V	Sankara Vedanta : (i) Brahman as Saguna and Nirguna (ii) Status of Individual soul and the world (iii) The Doctrine of Maya ; The Visistadvaita Vedanta of Ramanuja : (i) Reality as qualified and nonqualified (ii) The Nature of God, soul, world (iii) Doctrine of Bhakti, Saranagati and Prapatti The Dvaita Vedanta of Madhvacharya : (i) Matter, souls, and god, (ii) Means of Liberation.	10

6) Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

7) Student evaluation process:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

8) Suggested text books:

1. Nagaraja Rao P (1977) : Fundamentals of Indian philosophy. Modern printers, Delhi.
2. Saharma C.D. (1994) : A critical survey of the Indian philosophy, Motilal banarasidas, Delhi.
3. Sharma B.N.K. (1973) : Lectures of Vedanta, Karnataka University Dharwad.
4. Macdonell A.A. (1976) : A vedic reader for students, Oxford university, Madras.

9) Reference books :

- 1) Chatterjee, S.C. & Datta, D.M. (1968). An Introduction to Indian philosophy. 7th ed. Calcutta: University of Calcutta.
- 2) Hiriyana, M. (1932/2000). Outlines of Indian Philosophy. Delhi, Motilal Banarasidas.
- 3) Larson.G.J. & Others (2008). Encyclopedia of Indian Philosophies, Vol-XII (Introduction) Motilal Banarsidas, Delhi.
- 4) Radhakrishnan, S. (1820). Indian Philosophy, Vol.1 & 2. London: George Allen & Unwin.

10) Websites :

- 1) http://www.newworldencyclopedia.org/entry/Indian_philosophy
- 2) <https://www.clearias.com/indian-philosophy-schools/>
- 3) <http://lukemuehlhauser.com/ancient-indian-philosophy-a-painless-introduction/>
- 4) http://shodhganga.inflibnet.ac.in/bitstream/10603/124624/9/09_chapter%201.pdf
- 5) <https://www.esamskriti.com/e/Spirituality/Philosophy/Characteristics-of-Indian-philosophy-1.aspx>
- 6) <http://cms.gcg11.ac.in/attachments/article/180/Nature%20of%20Indian%20Philosophy.pdf>
- 7) <http://www.pondiuni.edu.in/content/indian-journal-philosophy-religion-culture>
- 8) <https://maadhavan.in/the-visishtadvaita-philosophy-of-sri-ramanuja/>
- 9) https://www.shankaracharya.org/advaita_vedanta.php
- 10) <http://www.oxfordscholarship.com/view/10.1093/acprof:oso/9780195687859.001.0001/acprof-9780195687859-chapter-14>
- 11) <https://kdham.com/yog-mimamsa/>

11) Details of the faculty :

Name of the Faculty	Email	Academic Address	For communication
Dr. V.Aruna Assistant Professor (C)	vangapanduaruna@gmail.com	Dept. of Yoga and Physical Education	9490677790

Course – MSY 104: Principles of Psychology

Name of the faculty: Dr.K.Taraka Rama Rao

Course objectives:

- Principles of Psychology is to communicate knowledge of Definition and goals of Psychology – Nature and scope of psychology- Schools of Psychology –Scientific research methods: Experiment, observation, interview, introspection,case-study and questionnaire.
- To learn about the concept of Self and Consciousness in the direction of Indian Psychology.
- To learn about Definition and nature of emotion. Theories of emotion: James-Lange, Cannon-Bard.
- To learn about Definition and nature of motivation. Theories of motivation: Freud’s unconscious motivation theory, Maslow’s need hierarchy theory.
- To learn about Definition and nature of intelligence.
- To learn about theories of intelligence like Unifactor theory, Two factor theory, Multifactor theory, Group factor theory, Guilford’s factor analysis theory.
- To learn about Definition, characteristics and Indian approaches to Personality.
- To learn about theories of personality Erikson Psycho social development theory, Freud’s Psychoanalytical theory.

Course Outcomes:

- The student can understand the knowledge about the Definition and goals of Psychology – Nature and scope of psychology- Schools of Psychology – Scientific research methods: Experiment, observation, interview, case-study and questionnaire.
- The student can understand the knowledge about the the concept of Self and Consciousness in the direction of Indian Psychology.

- The student can understand the knowledge about the Definition and nature of emotion. Theories of emotion: James-Lange, Cannon-Bard.
- The student can understand the knowledge about the Definition and nature of motivation. Theories of motivation: Freud's unconscious motivation theory, Maslow's need hierarchy theory.
- The student can understand the knowledge about the Definition and nature of intelligence.
- The student can understand the knowledge about the theories of intelligence like Unifactor theory, Two factor theory, Multifactor theory, Group factor theory, Guilford's factor analysis theory.
- The student can understand the knowledge about the Definition, characteristics and Indian approaches to Personality.
- The student can understand the knowledge about the theories of personality Erikson Psycho social development theory, Freud's Psychoanalytical theory.

UNIT I:

Introduction to Psychology :Definition and goals of Psychology – Nature and scope of psychology- Schools of Psychology –Scientific research methods: Experiment, observation, introspection,interview, case-study and questionnaire. Scope and substance of Indian Psychology .

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the Definition and goals of Psychology .
- The student can develop to aware the knowledge and understanding about the Nature and scope of psychology-
- The student can develop to aware the knowledge and understanding about the Schools of Psychology
- The student can develop to aware the knowledge and understanding about the Scientific research methods: Experiment, observation, introspection,interview, case-study and questionnaire.

Unit II:

Yoga Psychology: Concepts of Self and Consciousness.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the meaning and nature of yoga psychology,
- The student can develop to aware the knowledge and understanding about the self in the direction of Indian Psychology.
- The student can develop to aware the knowledge and understanding

about the Consciousness and its types in the direction of Indian Psychology.

Unit III:

Emotion – Motivation:

Emotion: Definition and nature of emotion. Theories of emotion: James-Lange, Cannon-Bard.

Motivation: Definition and nature of motivation. Theories of motivation: Freud's unconscious motivation theory, Maslow's need hierarchy theory.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the meaning and nature of emotion.
- The student can develop to aware the knowledge and understanding about the Theories of emotion like James-Lange, Cannon-Bard.
- The student can develop to aware the knowledge and understanding about the meaning and nature of motivation.
- The student can develop to aware the knowledge and understanding about the Theories of motivation like Freud's unconscious motivation theory, Maslow's need hierarchy theory.

Unit IV:

Intelligence : Definition and nature of intelligence.

Theories of intelligence: Unifactor theory, Two factor theory, Multifactor theory, Group factor theory, Guilford's factor analysis theory.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about definition and nature of Intelligence.
- The student can develop to aware the knowledge and understanding about theories of intelligence like Unifactor theory, Two factor theory, Multifactor theory, Group factor theory, Guilford's factor analysis theory.

Unit V:

Personality : Definition, characteristics and Indian approaches to Personality.

Theories of personality: Erikson Psycho social development theory, Freud's Psychoanalytical theory.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the meaning of Personality and its types in the direction of Indian Psychology.

- The student can develop to aware the knowledge and understanding about the Indian approaches to Personality in the direction of Indian Psychology.
- The student can develop to aware the knowledge and understanding about the theories of personality like Erikson Psycho social development theory, Freud's Psychoanalytical theory.

6.Course Duration: The course duration is one semesters or 6 months and each period **50 minutes**.

7.Course Contents

Unit No.	Units with its Contents/Chapters	No. of Sessions
I	Introduction to Psychology :Definition and goals of Psychology – Nature and scope of psychology- Schools of Psychology – Scientific research methods: Experiment, observation, interview, introspection,case-study and questionnaire.	10
II	Yoga Psychology: Concepts of Self and Consciousness.	06
III	Emotion – Motivation: Emotion: Definition and nature of emotion. Theories of emotion: James-Lange, Cannon-Bard. Motivation: Definition and nature of motivation. Theories of motivation: Freud's unconscious motivation theory, Maslow's need hierarchy theory.	12
IV	Intelligence : Definition and nature of intelligence. Theories of intelligence: Unifactor theory, Two factor theory, Multifactor theory, Group factor theory, Guilford's factor analysis theory	08
V	Personality :Definition, characteristics and Indian approaches to Personality. Theories of personality: Erikson Psycho social development theory, Freud's Psychoanalytical theory	06

6. Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

7. Evaluation:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

10.Reference Books:

Mishra , B.K. (2011) Psychology- The study of human behavior. New Delhi, PHI Learning Pvt.Ltd.

Parameswaran, E.G. (1989). Invitation to psychology. Neel Kamal Publishers, Hyderabad.

Rao, K.R., Paranjpe, A., and Dalal, A.K. (2008). Handbook of Indian Psychology. New Delhi, Cambridge University Press India Pvt. Ltd

Sinha, J. (1986). Indian Psychology (Vol. I and II). Delhi, Motilal Banarasidas

11.Websites:-

<https://www.all-about-psychology.com/>

<https://psych2go.net>

12.Details of the faculty:-

Name of the faculty	e-mail	Academic Address	For communication..
Dr.K.Taraka Rama Rao	tarak.psy@gmail.com	Dept. of Yoga and Physical	7285913769

Asst. Professor(c)		Education	
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Course - MSY105: Yoga practice -I

Name of the faculty: Dr.K.Taraka Rama Rao,
Dr.V.Aruna,Mr.K.V.N.Murthy,Mr.B.DakshinaMurty

Course objectives:

- The purpose of the course of yoga practice is to communicate knowledge of Kriyas, Asanas, Pranayama and meditative postures.

Course Outcomes:

- The student can understand the knowledge about Kriyas Asanas, Pranayama and meditative postures.

1.Learning Outcomes:

Yoga practice-I :

Pavanamuka series or suksha vyayamam: Eye, Neck, Hand, Leg, Spinal, Chakki Chalana.

Suryanamaskara:

- | | |
|-----------------|-----------------------|
| 1.Pranamasana | 2. Hasta uttanasana |
| 3.Padahastasana | 4. Aswasanchalanasana |
| 5.Dandasana | 6. Ashtangasana |
| 7.Bhujangasana | 8. Parvatasana |

Standing postures:

- 1.Tiryak Tadasana
- 2.Parswa tadasana
- 3.Trikonasana

- 4.Parivrita Trikonasana
- 5.Katicakrasana
- 6.Veerabhadrasana
- 7.Uttita Janu Sirshasana

Sitting postures:

- | | | |
|--------------------------|----------------|-------------------|
| 1. Bhadrasana | 2. Virasana | 3. Meruvakrasana |
| 4. Ardha -matsyendrasana | 5. Ushtrasana | 6. Suptavajrasana |
| 7. Simhasana | 8. Gomukhasana | 9. Shashankasana |
| 10. Marjari asana | 11. Matyasana | |

Supine postures:

- 1.Uttanapadasana
- 2.Pavanamuktasana.
- 3.Navasana.
- 4.Kandarasana/Setubandasan

Prone postures:

- 1.Sarpasana
- 2.Shalabasana
- 3.Bhujangasana.

Inverted postures:

- 1.Vipreeta karani Asana
- 2.Sarvanagasana
- 3.Halasanana
- 4.Matsyasana

Meditative postures:

- | | | |
|--------------|--------------|-------------------|
| 1. Sukhasana | 2. Vajrasana | 3. Ardhapadmasana |
| 4. Padmasana | | |

Pranayama:

- 1.Udara swasa
- 2.Hrudaya swasa
- 3.Klavicular swasa
- 4.Yoga swasa
- 5.Surya bedhana
- 6.Chandra bedhana
- 7.Anuloma viloma

Kriya Practicals:

1. Neti - Jala and Sutra
2. Dhauti – Jala
3. Kapalabhati
- 4.Trataka

Relaxation postures:

1. Shavasana
- 2.Advasana
3. Makharasana

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the nature of Kriyas, Asanas, Pranayama techniques and Meditaitaion postures. These techniques makes them perfection, flexible and balancing in the directions of physical, mental , ethical, social and Spiritual aspects. Also makes them a good yoga practicener and teacher.

02.Course Duration: The course duration is one semesters or 6 months and each period **50 minutes.**

03.Course Contents: No. Of Sessions 120

Pavanamuka series or suksha vyayamam: Eye, Neck, Hand, Leg, Spinal, Chakki Chalana.

Suryanamaskara:

- 1.Pranamasana
2. Hasta uttanasana
- 3.Padahastasana
4. Aswasanchalanasana
- 5.Dandasana
6. Ashtangasana

7. Bhujangasana

8. Parvatasana

Standing postures:

1. Tiryak Tadasana
2. Parswa tadasana
3. Trikonasana
4. Parivrita Trikonasana
5. Katichakrasana
6. Veerabhadrasana
7. Uttita Janu Sirshasana

Sitting postures:

- | | | |
|--------------------------|----------------|-------------------|
| 1. Bhadrasana | 2. Virasana | 3. Meruvakrasana |
| 4. Ardha -matsyendrasana | 5. Ushtrasana | 6. Suptavajrasana |
| 7. Simhasana | 8. Gomukhasana | 9. Shashankasana |
| 10. Marjari asana | 11. Matyasana | |

Supine postures:

1. Uttanapadasana
2. Pavanamuktasana.
3. Navasana.
4. Kandasana/Setubandasan

Prone postures:

1. Sarpasana
2. Shalabasana
3. Bhujangasana.

Inverted postures:

1. Vipreeta karani Asana
2. Sarvanagasana
3. Halasana
4. Matsyasana

Meditative postures:

- | | | |
|--------------|--------------|-------------------|
| 1. Sukhasana | 2. Vajrasana | 3. Ardhapadmasana |
|--------------|--------------|-------------------|

4. Padmasana

Pranayama:

1. Udara swasa
2. Hrudaya swasa
3. Klavicular swasa
4. Yoga swasa
5. Surya bedhana
6. Chandra bedhana
7. Anuloma viloma

Kriya Practicals:

1. Neti - Jala and Sutra
2. Dhauti – Jala
3. Kapalabhati
4. Trataka

Relaxation postures:

1. Shavasana
2. Advasana
3. Makharasana

04. Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

05. Evaluation:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks

C	End –Semester Examination	External Assessment-80 Marks
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6.Reference Books:

Satyananda Saraswati, Swami (1989). *Asana, pranayama, mudra, bandha*. Munger: Bihar School of Yoga.

Iyenger, B.K.S. (1976). *Light on yoga*. London: Unwin Hyman Ltd.

Venkata Reddy, M. ed. (1982). *Hatha Ratnavali*. Arthamuru: M. Ramakrishna Reddy.

Swami Muktibodhananda, (ed.) (1985): *Hatha Yoga Pradipika: Light on Hatha Yoga com.* Munger Yoga Publication trust.

Swami Kuvalayananda (ed.) (1935). *Asanas*. Lonavla. Kaivalyadhama

07. Details of the faculty:-

Name of the faculty	e-mail	Academic Address	For communication..
Dr.K.Taraka Rama Rao Asst. Professor(c)	tarak.psy@gmail.com	Dept. of Yoga and Physical Education	7285913769
Dr. V.Aruna Asst. Professor(c)	vangapanduaruna@gmail.com	Dept. of Yoga and Physical Education	9490677790
Mr.K.V.N.Murthy (c)	Kancharana.varam@gmail.com	Dept. of Yoga and Physical Education	9603699414
Mr.B.DakshinaMurty (c)	Dakshin.b@gmail.com	Dept. of Yoga and Physical Education	7893997435

IInd Semester:

Title of the Course –MSY 201 : Yoga Darshan

Name of the Faculty: Dr. V.Aruna

1) Course Objectives :

1. Gain knowledge about the origin and growth of the Yoga.
2. To understand the mind actions(Chitta Vruttis).
3. Know the knowledge about the concept of Iswara, Chittaprasadana and Samadhi.
4. Study the Kriya Yoga and Ashtanga Yoga.
5. To learn the concept of Samyama, Vibhutis, and Kaivalya.

2) Course Out Comes :

1. Study the Patanjali Yoga Sutras.
2. Understand the fluctuating states of the Mind and Mind absorption.
3. To learn the special self, concentration and qualities of Iswara and Samadhi.
4. Gain knowledge about the Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.
5. Acquire the knowledge of Psychic Powers and External Bliss.

3) Learning out comes (Unit Wise) :

Unit I :

Patanjali: A philosopher and Yogin - basis and date of Yoga sutras- - philosophical foundations of Yoga sutras- commentaries on Yoga Sutras - structure of the text-associated Yoga paths in Yoga sutras- *atha yoganusaasanam*

Learning out Comes:

1. Gain knowledge about the origin and growth of the Yoga.
2. Develop the vision of the Yoga at the early days.
3. Understand the Patanjali Yoga Sutras.

Unit II :

Yogaschitta vritti nirodha - Chitta Vrtties (Fluctuating states of the Mind) - Abhyasa and Vairagya- samprajnata and asamprajnata Samadhi - means of attaining Samadhi (Absorption).

Learning out Comes:

1. Understand the definition of the Yoga.
2. Gain knowledge about the Chittavrittis.
3. Acquire the knowledge about the Samadhi and its attainment.

Unit III :

Definition of Isvara (Special self) – qualities of Isvara - Chitta Vikshepas (Mind becomes occasional steady)- removal of Chitta Vikshepas, Ekattvabhyasa (Concentration) - concept of Chitta Prasadana (Qualities) – types of Samadhi (Absorption)-

Learning out Comes:

1. Understand the universal consciousness and its qualities (the Isvara).
2. Knowledge about the mind, its actions and the mind purification techniques.
3. Develop the vision of the Samadhi and types of the Samadhi

Unit IV :

Kriya yoga - concept of kleshas (The Five Hindrances) - removal of Kleshas – Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi –

Learning out Comes:

1. Know the impact and practice of the Kriya Yoga.
2. Understand the root cause of the Sorrow (Klesha) and its overcome practices.
3. Exemplify the effectiveness of the practice of the Astanga Yoga (Eight Fold Path).

Unit V

Samyama (Union of Dharana, Dhyana and Samadhi) and Vibhutis (psychic powers) –Karma – mind and object – Kaivalya (External Bliss).

Learning out Comes:

1. To develop the pin point concentration techniques and to know about the psychic powers.

2. Understand the karma theory.
3. Gain knowledge about the Kaivalya, the ultimate goal of the human being.

4) Course Duration :

The course duration is one semester or 6 months and each period **50 minutes**.

5) Course Contents :

Unit No.	Units with its Contents/Chapters	No. of Sessions
I	Patanjali: A philosopher and Yogin - basis and date of Yoga sutras- - philosophical foundations of Yoga sutras- commentaries on Yoga Sutras - structure of the text-associated yoga paths in yoga sutras- <i>atha yoganusaasanam</i>	10
II	yogaschitta vritti nirodha - Chitta Vrtties- Abhyasa and Vairagya- samprajnata and asamprajnata Samadhi - means of attaining Samadhi	06
III	Definition of Isvara – qualities of Isvara - chitta vikshepas- removal of chitta vikshepas, ekattvabhyasa - concept of chitta prasadana – types of Samadhi-	06
IV	Kriya yoga - concept of kleshas - removal of kleshas – Astanga yoga: yama, niyama, asana, pranayama, pratyahara, dharana, dhyana and samadhi –	06
V	Samyama and vibhutis- psychic powers (vibhutis) –Karma – mind and object – kaivalya	06

6) Teaching Methods :

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

7) Student evaluation process :

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

8) Suggested text books:

1. Rama Rao.R Yogacharya (2006): Journey to the Real Self. Yoga consciousness trust, vijinigiri.
2. Vivekananda Swami (2010): Patanjali Yoga Sutras, Ramakrishna Math, Hyderabad.
3. Georg Feuerstein (2008): The Yoga Tradition, HOHM press, Arizona.

9) Reference books :

1. Bangali Baba (1982). The Yogasutras of Patanjali (Commentary of Vyasa) Motilal Banarsidas – Delhi.
2. Feuerstein, G. (1989). *Yoga Sutras of Patanjali: A New Translation and Commentary* Vermont, U.S.A. Inner Traditions of India.
3. Iyengar, B.K.S. (2008): Light on Astanga Yoga, New Delhi , Alchemy,
4. Larson. G.J. (2008) Encyclopedia of Indian Philosophies (Patanjali Yoga Traditions) Motilal Banarsidas) Vol-XII-Delhi.
5. Ram Shankar, B. (1985) An Introduciton to the Yogasutra (Yoga and Yogic Tradition Chapter- 2 & 3 Bharatiya Vidya Prakashan – Varanasi.
6. Surendranath, D. (1989). A Study of Pantanjali, Delhi, Motilal Banarisidass.
7. Taimini, A.K. (1999). *The Science of Yoga, (Com. On Yoga Sutras)*, Chennai, The Theosophical Publishing House,.
8. Vivekananda, Swami.(1982): *Raja Yoga or Conquering the Internal Nature* ,Culcutta, Advaita Ashram,.

10) Websites :

- 1) <https://www.yogajournal.com/yoga-101/philosophy/yoga-sutras>
- 2) <https://yogainternational.com/article/view/the-stages-of-samadhi-according-to-the-ashtanga-yoga-tradition>
- 3) <https://dondeg.wordpress.com/2014/05/28/patanjalis-ten-types-of-samadhi/>
- 4) <https://blog.ananddamani.com/yogis-classified-by-practice-patanjali-yoga-sutras-19-20-8f79b6c7de33>
- 5) <http://en.yoga-sutra.org/2015/09/chitta-vikshepa-and-energetic-ties.html>
- 6) <https://www.yogananda.com.au/kriya.html>
- 7) <http://www.ashtanga.com/html/background.html>
- 8) <http://www.mahavidya.ca/2010/06/03/samyama/>

9) <http://www.hinduonline.co/DigitalLibrary/SmallBooks/PatanjaliYogaSutraSwamiVivekanandaSanEng.pdf>

10) http://www.yogaconsciousness.org/?page_id=18

11) Details of the faculty :

Name of the Faculty	Email	Academic Address	For communication
Dr. V.Aruna Assistant Professor (C)	vangapanduaruna@gmail.com	Dept. of Yoga and Physical Education	9490677790

Course – MSY 202 – Food and Nutrition

Course objectives:

- To provide basic knowledge about Food & Nutrition.
- Knowledge about Balance Diet and Non-Nutritive Components of a diet
- Effect of Diet on the Yogic asana.
- To study and understand the various Micro nutrition and systems in the human body and their functions

Course outcomes:

By the end of this course, students should:

- Provided basic knowledge about the Food and Nutrition
- Learned the need and importance of Nutrition and food in the field of yoga Education.
- Acquired the knowledge about Eating for weight control: a healthy weight, food intolerance and food habits.
- Gain knowledge on Nutrition (fluid and meal intake, pre, during and post yogic exercises.
- Briefly about Protein as an essential component of diet.

Unit -1

Principles of dietetics – Balance diet – Common foods – Applied Physiology

Learning out comes:

On completion of this unit students should be able to:

- To understand of Elements of diet its effect on human body
- Knowledge about dietetics & common foods

Unit –II

The Vitamins - Vitamin A – Vitamin E – Vitamin D

Learning out comes:

On completion of this unit students should be able to:

- To understand Vitamins needed by our body in a very small amount.
- To gain knowledge about helping the body to fight against the diseases.
- Understand Fat-soluble vitamins.

Unit –III

Water soluble Vitamin B1(Thiamine) – Vitamin B2 (Riboflavin) – Vitamin B3 (Niacin) – Vitamin B5 (Pantothenic Acid) – Vitamin B6 (Pyridoxine) – Vitamin B7 (Biotin) – Vitamin B9 (Folic acid) – Vitamin B12(Cobalamin)
Vitamin – C (Ascorbic Acid)

Learning out comes:

On completion of this unit students should be able to:

- To Gain knowledge about water – soluble vitamins
- To understand the B Complex and Vitamin C functions and its important

Unit –IV

Basic metabolic rate – Carbohydrate metabolism – Fat metabolism – Protein metabolism – Mineral metabolism – Calcium – Phosphorus – magnesium sodium – Potassium – Iron – Iodine.

Learning out comes:

On completion of this unit students should be able to:

- To understand the Micro nutrition's
- Gain knowledge about Micro nutrients and its Metabolic rates

Unit –V

Beneficial effect of Juice therapy – Diseases – Disorders : High Blood Pressure – High Cholesterol – Hypoglycaemia (Low Blood sugar) – Diabetes mellitus – Memory loss – Menstrual Problems – Migraine headache – Premenstrual

syndrome – Rheumatoid arthritis - obesity – allergies

Learning out comes:

On completion of this unit students should be able to:

- To understand about juice therapy for weight loss
- Gain knowledge about Diseases – Disorders and its Preventive steps.
- Gain knowledge about Rheumatoid arthritis
- Understand about Obesity – its disadvantages of human body and allergies.

6. Course duration: The course duration is one semesters of 6 months and each period 50 Minutes.

7. Course Contents

Unit No	Units with its Contents / Chapters	No of Sessions
I	Principles of dietetics – Balance diet – Common foods – Applied Physiology	08
II	The Vitamins - Vitamin A – Vitamin E – Vitamin D	08
III	Water soluble Vitamin B1(Thiamine) – Vitamin B2 (Riboflavin) – Vitamin B3 (Niacin) – Vitamin B5 (Pantothenic Acid) – Vitamin B6 (Pyridoxine) – Vitamin B7 (Biotn) – Vitamin B9 (Folic acid) – Vitamin B12(Cobalamin) Vitamin – C (Ascorbic Acid)	10
IV	Basic metabolic rate – Carbohydrate metabolism – Fat metabolism – Protein metabolism – Mineral metabolism – Calcium – Phosphorus – magnesium sodium – Potassium – Iron – Iodine.	12
V	Beneficial effect of Juice therapy – Diseases – Disorders : High Blood Pressure – High Cholesterol – Hypoglycaemia (Low Blood sugar) – Diabetes mellitus – Memory loss – Menstrual Problems – Migraine headache – Premenstrual syndrome – Rheumatoid arthritis - obesity – allergies	12

8. Teaching Methods :

The course will use the following Pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion method
- Use of internet and visual presentation.
- Use of Block board, News Paper, Magazines, audio, video clips.

9. Evaluation:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test / Presentation on specific topic etc.	
B	Mid - Exam	Internal Assessment – 20 marks
C	End – Semester Examination	External Assessment – 80 marks

11. Books Recommended:

Bakhru H.K: Diet cure for Common Ailments, Jaico Publishing House, Hyderabad, 2006.

Rudolph Ballentine: Diet & Nutrition. The Himalayan International Institute, Pennsylvania, 1979.

12)Details of the faculty:

Name of the faculty	E-mail	Academic Address	Mobil
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Dr.S.Hema Mohan Rao Subject to Contract	seepana.hemamohan@gamil.com	Dept. of Yoga and Physical Education	8328338323
Mr.K.V.N Murthy Teaching Assit. ©	Kancharana.varam@gamail.com	Dept. of Yoga and Physical Education	9603699414

Course – MSY 203 – Classical Hatha Yoga Texts

Name of the Faculty: Mr.K.V.N.Murthy

1) Course Objectives:

1. Gain knowledge about the factors of failure and success in Yoga practice.
2. To study the concentration methods of Kumbhakas and Mudras.
3. Acquire knowledge about the Nadanusandhana.
4. To know the Gheranda Muni contribution to the Yoga.
5. To understand the priorities and values of Pratyahara.

2) Course Out Comes :

1. To study the concept and types of Yoga Asanas, Yamas and Niyamas.
2. Acquire knowledge about the Eight Kumbhakas and Ten Mudras.
3. Gain the relation of Nada and Mind.
4. Know the Sapta Sadhanas and classification of Asanas and Mudras.
5. Learn the techniques, types and variations of Pratyahara, Dhyana and Samadhi.

3) Learning out comes (Unit Wise):

The Hatha Yoga Pradipika

Unit I :

Introduction to Hatha Yoga Pradipika- factors of failure and success in Yoga

Sadhana - ten Yamas and ten Niyamas; - concept of Asana - the four major Asanas - Mithahara – relation of Mind and Prana - Nadis suddhi - Shat Karmas: Dhauti, Vasti, Neti, Trataka, Nauli and Kapalabhati.

Learning out Comes:

1. Gain knowledge about the effects of the regular Yoga practice, its rules and the regulations.
2. Study the vision of the good food habits for the body fitness.
3. Boost up the key role of the good habits to the mind for the harmonious livelihood.

Unit II:

Asta Kumbhakas: Suryabedana, Ujjayi, Seethali, Seethkari, Bhastrika, Bramari, Plavani and Moorcha - Signs of perfection in Hatha Yoga - Concept of Kundalini (the serpent power) - *Dasha Mudras* - Synonyms of Samadhi - Shambhavi and Khechari Mudras.

Learning out Comes:

1. Understand the concentration methods through the Kumbhakas and the Mudras practices.
2. Gain knowledge about the different types of the Samdhi (Absorption) and the Kundalini.
3. Aware the all means of the Hatha Yoga are for reaching perfection in the Raja-Yoga (Pathanjali Eight-Fold Path).

Unit III:

Concept of Nadanusandana (Inner Music) - Types of Nada perceived - the four stages of Hatha Yoga Practice - Relation of Nada and Mind - Features of Samadhi.

Learning out Comes:

1. Gain knowledge about the importance of the Nada for mind concentration practice.
2. Acquire knowledge about the Hatha Yoga practice.
3. Exemplify the effectiveness of the balanced living.

The Gheranda Samhita:

Unit IV :

Introduction to Gheranda Samhitha- Saptasadhanas - Classification of Dhauti, Basti and Bhalabhati – Aasanas - Classification of Mudras – the influence of Seasons on Yoga - Sagarba and Nigarba Pranayama - Sahita and Kevali Kumbhaka.

Learning out Comes:

1. Identify the prominent Hatha Yogis in India.
2. Gain knowledge about the seasons and its influence on the Yoga practice.
3. Know the impact of the external cleansing practices.

Unit V :

Pratyahara techniques- three types of Dhyana – Samadhi variations.

Learning out Comes:

1. Gain knowledge about the sound mind in a sound body.
2. Understand the priorities and the values among the thought, the word and the deed co-ordination.
3. Know the impact of the internal cleansing practices.

4) Course Duration :

The course duration is one semester or 6 months and each period **50 minutes**.

5) Course Contents :

Unit No.	Units with its Contents/Chapters	No. of Sessions
I	Introduction to Hatha yoga Pradipika- factors of failure and success in Yoga Sadhana - ten Yamas and ten Niyamas; - concept of asana - the four major Asanas - mithahara – relation of Mind and Prana - Nadis suddhi - Shat Karmas: dhauti, vasti, neti, Trataka,nauli and kapalabhati.	08
II	Asta Kumbhakas: Suryabedana, Ujjayi,Seethali, Seethacari, Bhastrika, Bramari, Plavani and Moorcha - Signs of perfection in Hatha Yoga - Concept of Kundalini - <i>Dasha Mudras</i> - Synonyms of Samadhi - Shambhavi and Khechari mudras.	06
III	Concept of Nadanusandana - Types of Nada perceived - the four stages of Hatha Yoga Practice - Relation of Nada and Mind - Features of Samadhi.	05
IV	Introduction to Gehranda Samhitha- Sapta sadhanas - Classification of Dhauti, Basti and Bhalabhati –asanas - Classification of Mudras -- the influence of Seasons on Yoga - sagarba and nigarba Pranayama - Sahita	06

	and Kevali kumbhaka.	
V	Pratyahara techniques- three types of dhyana – samadhi variations.	03

6) Teaching Methods :

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

7) Student evaluation process :

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

8) Suggested text books:

1. Sinh, Pancham, Trans (1915): The Hatha Yoga - Pradeepika, Allahabad, India, Panini office.
2. Vasu, Rai Bahudur, Sris, Trans (1975): The Gheranda – Samhitha: NewDelhi, Oriental Books Reprint Corp.
3. Rama Rao.R Yogacharya (2003): Yoga Chaitanya Pradipika(T). Viaslandhra Book house, all branches in india.

9) Reference books :

- 1) Prem Krishna (1973): *The Yoga of the Bhagavat Gita*, Pngvin books, London.
- 2) Singh, Lal A. (1970). *Yoga Psychology: Methods and approaches*. Varanasi, India. Bharatiya Vidya Prakashan.
- 3) Muktibodhananda Saraswati, Swami. (1990). *Swara Yoga: The tantric science of brain breathing*, Munger, Indis, Bihar School of Yoga.

- 4) Aurobindo Sri.(1976). *The Synthesis of Yoga*, Pondicherry, India, Sri Aurobindo Ashram.
- 5) Schiffmann. Erich. (1996). *YOGA: The spirit and practice of moving into stillness*. Newyork, Pocket Books.
- 6) Sivananda Saraswati, Swami (1955). *Guru and Disciple*, Rishikesh, India: Yoga Vedanta Forest Academy.

10) Websites :

1. <http://www.pondiuni.edu.in/content/indian-journal-philosophy-religion-culture>
2. <https://rajayoga.home.xs4all.nl/EN/HathaYogaPradipika2003En.pdf>
3. <https://www.ekhartyoga.com/articles/philosophy/the-yamas-and-niyamas>
4. <http://www.yogamag.net/archives/1991/cmayer91/shat.shtml>
5. <http://www.icyer.com/documents/28.pdf>
6. <http://www.santosha.com/philosophy/hathayoga-pradipika-chapter3.html>
7. <http://hinduonline.co/DigitalLibrary/SmallBooks/GherandaSamhitaSanEng.pdf>
8. <https://www.thedaily meditation.com/pratyahara>
9. <http://sped2work.tripod.com/samadhi.html>
10. http://sivanandaonline.org/public_html/?cmd=displaysection§ion_id=1308

11) Details of the faculty :

Name of the Faculty	Email	Academic Address	For Communication
Mr.K.V.N Murthy Teaching Assit. ©	Kancharana.varam@gmail.com	Dept. of Yoga and Physical Education	9603699414

Course – MSY 204: Teaching methods

Name of the faculty: Dr.K.Taraka Rama Rao

Course objectives:

- Teaching methods is to communicate knowledge of teaching methods and practice in yoga.
- To learn about the principles of teaching methods in yoga.
- To learn about class management and formation of class in yoga.
- To learn about the lesson planning and model of lesson plans in yoga
- To learn about the notes of yogic practice teaching lesson.
- To learn about the nature of forgetting – Improving memory.
- To learn about the specimen of notes and observation of yogic practice lessons.
- To learn about the salient points in teaching important kriyas, asanas, pranayama and bandhas.

Course Outcomes:

- The student can understand the knowledge about the teaching methods and practice in yoga.
- The student can understand the knowledge about the principles of teaching

methods in yoga.

- The student can understand the knowledge about the class management and formation of class in yoga.
- The student can understand the knowledge about the lesson planning and model of lesson plans in yoga
- The student can understand the knowledge about the notes of yogic practice teaching lesson.
- The student can understand the knowledge about the nature of forgetting – Improving memory.
- The student can understand the knowledge about the specimen of notes and observation of yogic practice lessons.
- The student can understand the knowledge about the salient points in teaching important kriyas, asanas, pranayama and bandhas.

UNIT I:

Teaching methods of Yoga

Introduction – yoga and yoga practices – meaning and scope of teaching methods in yoga– principles of teaching methods in yoga – class management and formation of class in yoga – lesson planning and model of lesson plans in yoga – notes of yogic practice teaching lesson — specimen of notes and observation of yogic practice lessons - salient points in teaching important kriyas, asanas, pranayama and bandhas.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the teaching methods and practice in yoga.
- The student can develop to aware the knowledge and understanding about the principles of teaching methods in yoga.
- The student can develop to aware the knowledge and understanding about the class management and formation of class in yoga.
- The student can develop to aware the knowledge and understanding about the lesson planning and model of lesson plans in yoga
- The student can develop to aware the knowledge and understanding about the notes of yogic practice teaching lesson.
- The student can develop to aware the knowledge and understanding about the nature of forgetting – Improving memory.
- The student can develop to aware the knowledge and understanding about the specimen of notes and observation of yogic practice lessons.
- The student can develop to aware the knowledge and understanding about the salient points in teaching important kriyas, asanas, pranayama and bandhas.

Unit II:

Teaching practice

(according to practical yoga syllabus of four semesters)

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the teaching methods and practice in yoga of yoga practice syllabus for to all four semesters in M.Sc.Yoga programme.

6.Course Duration: The course duration is one semesters or 6 months and each period **50 minutes**.

7.Course Contents

Unit No.	Units with its Contents/Chapters	No. of Sessions
I	Teaching methods of Yoga Introduction – yoga and yoga practices – meaning and scope of teaching methods in yoga. Principles of teaching methods in yoga – class management and formation of class in yoga – lesson planning and model of lesson plans in yoga – notes of yogic practice teaching lesson – specimen of notes and observation of yogic practice lessons - salient points in teaching important kriyas, asanas, pranayama and bandhas.	60
II	Teaching practice (according to practical yoga syllabus of four semesters)	

08.Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method

- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

09.Evaluation:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

10.Reference Books:

Gharote, M.L.(2007). *Yogic Techniques*, Lonavla, The Lonvla Yoga Institute.

Gharote.M.L. & Gangule, S.K. (1995). Teaching Methods for Yogic Practicals, Kaivalyadhama Lonavla.

Yogendra(1986): Teaching Yoga Bombay, Yoga Institute.

11.Details of the faculty:-

Name of the faculty	e-mail	Academic Address	For communication..
Dr.K.Taraka Rama Rao Asst. Professor(c)	tarak.psy@gmail.com	Dept. of Yoga and Physical Education	7285913769

Course - MSY 205: Yoga practice -II

Name of the faculty: Dr.K.Taraka Rama Rao,
Dr. V. Aruna, Mr. K. V. N. Murthy, Mr. B. Dakshina Murty

Course objectives:

- The purpose of the course of yoga practice is to communicate knowledge of Kriyas, Asanas, Pranayama, Murdras , Bandas and relaxation postures.

Course Outcomes:

- The student can understand the knowledge about Kriyas Asanas, Pranayama Murdras and Bandas.

1.Learning Outcomes:

Yoga practice -II :

Pavanamuka series or sukshama vyayamam: Eye, Neck, Hand, Leg, Spinal, Chakki Chalana.

Suryanamaskara:

- | | |
|-------------------|-----------------------|
| 1.Pranamasana | 2. Hasta uttanasana |
| 3.Padahastanasana | 4. Aswasanchalanasana |

5.Dandasana

6. Ashtangasana

7.Bhujangasana

8. Parvatasana

Sitting postures:

1. Bhadrasana

2. Virasana

3. Meruvakrasana

4. Ardha -matsyendrasana

5. Ushtrasana

6. Suptavajrasana

7.Sasanakasana

8. Sasakabhujangasana

9. Matsyasana

10.Pachimottanasana.

11.Poorvottanasana

Supine postures:

1.Uttanapadasana

2.Pavanamuktasana.

3.Navasana.

4.Kandarasana/Setubandasan

5.Chakrasana 6.Yoganidrasana

7.Matysana

Prone postures:

1.Sarpasana 2.Shalabasana

3.Bhujangasana.

4.Tiryak bhujangasana

5. Purna bhujangasana

5.Dhanurasana

Balancing Postures:

1.Tadasana 2.Vrikshasana

3.Natarajasana

4.Ekapadasama

5.Garudasana

6.Hanumanasana

Inverted Postures:

- 1.Vipreeta karani Asana
- 2.Sarvanagasana
3. Halasana 4. Sirshasana

Advanced Posture:

1. Kurmasana 2. Mayurasana
- 3.Hamsasana
- 4.Brahmacharyasana
5. Ekapadagreevasana

Asta kumbaka Pranayama:

1. Surya bedhana.
2. Nadisodhana
3. Sitali
4. Seetkari
5. Ujjayi
6. Bramari
7. Bastrika
8. Moorcha

Practice of drishtis or concentration : Nasikagra, Brumadya

Mudras: Mahamudra,Maha bandha, Maha veda and Sambhavi Mudra

Banda traya:

- 1.Jalandara band 2.Moolaband 3.Ujjayaniband

Kriya Practicals:

1. Dhauti – Jala & Vastra
2. Nauli
3. Agnisara

Meditative Techniques:

OM Meditation

Chakra Meditation

So-Ham Meditation

Yogic Meditation

Relaxation postures:

- 1.Shavasana 2.Advasana
- 3.Matsyakridasana
- 4.Jyestikasana
- 5.Nirlambasana

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the nature of Kriyas, Asanas, Pranayama, Murdras , Bandas and relaxation postures. These techniques makes them perfection, flexible and balancing in the directions of physical, mental , ethical, social and Spiritual aspects. Also makes them a good yoga practicener and teacher.

02.Course Duration: The course duration is one semesters or 6 months and each period **50 minutes.**

03.Course Contents: No. Of Sessions 120

Pavanamuka series or sukshama vyayamam: Eye, Neck, Hand, Leg, Spinal, Chakki Chalana.

Suryanamaskara:

- | | |
|-----------------|-----------------------|
| 1.Pranamasana | 2. Hasta uttanasana |
| 3.Padahastasana | 4. Aswasanchalanasana |
| 5.Dandasana | 6. Ashtangasana |
| 7.Bhujangasana | 8. Parvatasana |

Sitting postures:

- | | | |
|--------------------------|---------------|-------------------|
| 1. Bhadrasana | 2. Virasana | 3. Meruvakrasana |
| 4. Ardha -matsyendrasana | 5. Ushtrasana | 6. Suptavajrasana |
| 7.Sasanakasana | | |
| 8. Sasakabhujangasana | | |
| 9. Matsyasana | | |
| 10.Patchimottanasana. | | |
| 11.Poorvottanasana | | |

Supine postures:

- 1.Uttanapadasana
- 2.Pavanamuktasana.
- 3.Navasana.
- 4.Kandarasana/Setubandasan
- 5.Chakrasana 6.Yoganidrasana
- 7.Matyasana

Prone postures:

- 1.Sarpasana 2.Shalabasana
- 3.Bhujangasana.
- 4.Tiryak bhujangasana
5. Purna bhujangasana
- 5.Dhanurasana

Balancing Postures:

- 1.Tadasana 2.Vrikshasana
- 3.Natarajasana
- 4.Ekapadasama
- 5.Garudasana
- 6.Hanumanasana

Inverted Postures:

- 1.Vipreeta karani Asana
- 2.Sarvanagasana
3. Halasana 4. Sirshasana

Advanced Posture:

1. Kurmasana 2. Mayurasana
- 3.Hamsasana
- 4.Brahmacharyasana
5. Ekapadagreevasana

Asta kumbaka Pranayama:

1. Surya bedhana.
2. Nadisodhana

3. Sitali
4. Seetkari
5. Ujjayi
6. Bramari
7. Bastrika
8. Moorcha

Practice of drishtis or concentration : Nasikagra, Brumadya

Mudras: Mahamudra, Maha bandha, Maha veda and Sambhavi Mudra

Banda traya:

1.Jalandara band 2.Moolaband 3.Ujjayaniband

Kriya Practicals:

1. Dhauti – Jala & Vastra 2. Nauli 3. Agnisara

Meditative Techniques:

OM Meditation

Chakra Meditation

So-Ham Meditation

Yogic Meditation

Relaxation postures:

1.Shavasana 2.Advasana

3.Matsyakridasana

4.Jyestikasana

5.Nirlambasana

04.Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

05.Evaluation:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

6.Reference Books:

Satyananda Saraswati, Swami (1989). *Asana, pranayama, mudra, bandha*. Munger: Bihar School of Yoga.

Iyenger, B.K.S. (1976). *Light on yoga*. London: Unwin Hyman Ltd.

Venkata Reddy, M. ed. (1982). *Hatha Ratnavali*. Arthamuru: M. Ramakrishna Reddy.

Swami Muktibodhananda, (ed.) (1985): *Hatha Yoga Pradipika: Light on Hatha Yoga* com. Munger Yoga Publication trust.

Swami Kuvalayananda (ed.) (1935). *Asanas*. Lonavla. Kaivalyadhama

07. Details of the faculty:-

Name of the faculty	e-mail	Academic Address	For communication..
Dr.K.Taraka Rama Rao	tarak.psy@gmail.com	Dept. of Yoga and Physical Education	7285913769

Asst. Professor(c)			
Dr. V. Aruna Asst. Professor(c)	vangapanduaruna@gmail.com	Dept. of Yoga and Physical Education	9490677790
Mr. K. V. N. Murthy (c)	Kancharana.varam@gmail.com	Dept. of Yoga and Physical Education	9603699414
Mr. B. Dakshina Murty (c)	Dakshin.b@gmail.com	Dept. of Yoga and Physical Education	7893997435

Course – MSY 301: Kundalini Yoga

Name of the Faculty: Dr. V. Aruna

1) Course Objectives :

1. Gain knowledge about the Kundalini and awakening methods.
2. To understand the four forms of the Kundalini awakening.
3. Know the knowledge about the Chakras and Samadhi.
4. To learn the Kundalini Yoga practice.
5. Study the Kundalini Yoga research.

2) Course Out Comes :

1. Study the Kundalini physiology, diet and risks and precautions.
2. To understand the experience of Kundalini and the path of Kriya Yoga.
3. Acquire the knowledge of the Sahasrara - Bindu Visarga , Ajna, Vishuddhi , Anahata, Manipura, Swadhisthana, Mooladhara Chakras and Samadhi.
4. To learn the rules, preparation and posture of Kundalini Yoga and Kriya Yoga practice.
5. Know the knowledge of the evidences and facts of the research on Kundalini.

3) Learning out comes (Unit Wise) :

Unit I :

Introduction to Kundalini –textual references of Kundalini - Kundalini Physiology – kundalini and the Brain – Methods of Awakening- Diet for Kundalini awakening – Risks and Precautions.

Learning out Comes:

1. Understand the Kundalini physiology.
2. Study the Kundalini awakening methods.
3. Gain knowledge about the precautions and risks for the Kundalini Yoga practices.

Unit II :

Four forms of Awakening – Descent of Kundalini – the experience of Kundalini – the path of Kriya Yoga.

Learning out Comes:

1. Gain knowledge about the Kundalini experience.
2. To understand the four forms of Kundalini awakening.
3. Learn the Kriya Yoga practice.

Unit III :

Introduction to Chakras : Sahasrara - Bindu Visarga , Ajna, Vishuddhi , Anahata, Manipura, Swadhisthana, Mooladhara Chakras and Samadhi.

Learning out Comes:

1. Acquire knowledge of Chakras and types of Chakras.
2. Gain Knowledge about the Samadhi.
3. To know the importance of the Chakras and Samadhi.

Unit IV :

Kundalini Yoga Practice: rules and preparations – posture – chakra sadhana – the kriya yoga practices.

Learning out Comes:

1. To understand the Kundalini Yoga practice.
2. Study the vision of the rules, preparations and posture in Kundalini yoga practice.
3. Learn the Chakra Sadhana and the Kriya Yoga practices.

Unit V :

Kundalini Research: kundalini, Fact not Fiction – defining Nadis – evidence for the existing Nadis and Chakras – Neurophysiology of the Chakras.

Learning out Comes:

1. Gain knowledge about the research on Kundalini Yoga.
2. Acquire knowledge about the evidence for the existing Nadis and Chakras.
3. To understand the neurophysiology of the Chakras.

4) Course Duration: The course duration is one semesters or 6 months and each period **50**

minutes.

5) Course Contents:

Unit No.	Units with its Contents/Chapters	No. of Sessions
I	Introduction to Kundalini –textual references of Kundalini - Kundalini Physiology – kundalini and the Brain – Methods of Awakening- Diet for Kundalini awakening – Risks and Precautions.	06
II	Four forms of Awakening – Descent of Kundalini – the experience of Kundalini – the path of Kriya Yoga.	08
III	Introduction to Chakras : Ajna, Mooladhara, Swadhisthana, Manipura, Anahata, and Vishuddhi chakras – Bindu Visarga – Sahasrara and Samadhi.	08
IV	Kundalini Yoga Practice: rules and preparations – posture – chakra sadhana – the kriya yoga practices.	06
V	Kundalini Research: kundalini, Fact not Fiction – defining Nadis – evidence for the existing Nadis and Chakras – Neurophysiology of the Chakras.	08

6) Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

7) Student evaluation process:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

8) Suggested text books:

1. Swami Satyananada Saraswati (1984) Kundalini Tantra, Yoga Publications Trust, Munger.
2. Yoga Sri : Kundalini Yogamu (T) : Navaratna book house, Vijayawada, India, 2014.
3. Wood roffe, Sir J.(1986) The Serpant power. Madras: Ganesh & Co.

9) Reference books :

1. Woods, R. Ed.(1980). Understanding Mysticism. NewYork: image Books
2. Ornstein, R.E.(1972) The Psychology of consciousness. NewYork: Viking Press.
3. Funder burke, J.(1977) Science studies on Yoga: A Review of Physiological data, Honesdale: Himalayan International Institute of Yoga Science and Philosophy of U.S.A.
4. Gopi Krishna (1971) Kundalini: The Evolutionary Energy in Man
5. Jayadev.Y and Vaz, J.C.Ed.(1971). Yoga Today , Madras: Macmillan.co.
6. Joshi, K.S.(1985) Yoga in Daily life, Delhi: Orient Paper Books.

10) Websites :

1. <https://www.verywellfit.com/an-introduction-to-kundalini-yoga-3566821>
2. <https://www.ananda.org/meditation/meditation-support/articles/awakening-kundalini/>
3. <https://www.onlinewithananda.org/path-of-kriya-yoga/>
4. <https://www.yogiapproved.com/om/an-introduction-to-the-chakras/>
5. http://www.kundaliniyoga.org/lesson_6
6. <https://www.chakras.net/yoga-principles/nadis>
7. <https://medium.com/@lloydsparks/the-neurophysiology-of-chakras-3f20a0f5b3b5>
8. <https://www.speakingtree.in/blog/the-seven-chakras-of-sadhana-in-yoga>
9. <http://www.wjpr.net/download/article/1490959114.pdf>
10. http://www.ijsc.net/docs/issue8/simplified_kundalini_yoga_practices_enhances_values.pdf

11) Details of the faculty :

Name of the Faculty	Email	Academic Address	For communication
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Dr. V.Aruna Assistant Professor (C)	vangapanduaruna@gmail.com	Dept. of Yoga and Physical Education	9490677790
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Course – MSY 302: Yoga & Alternative Therapies

(Yoga ,Naturopathy, Ayurveda, Acupressure and Psychotherapy)

Name of the faculty:

Dr.K.Taraka Rama Rao & Dr.S.HemaMohanaRao

Course objectives:

- To learn about the knowledge of the various disorders like Asthma, Arthrities, Back pain & Cervical Spondilites,
- To learn about the knowledge of the various problems like Depression, Diabetes, Gastric, Head ache & Migrane, Insomnia, Hypertension, Indigestion, Obesity, Thyroid and psychosomatic disorders.
- To learn about the knowledge of Yogic principles of diet.
- To explain about various methods of treatment like Naturopathy like

fasting, nutrition and dietetics, hydro therapy, mud therapy, chromo, Ayurvedic home remedies, Acupressure.

- To explain about Psychological therapies like Counseling and types, Cognitive therapy, Behaviour therapy and Psychoanalysis.

Course Outcomes:

- The student can develop to aware the knowledge and understanding about various disorders like Asthma, Arthrities, Back pain & Cervical Spondilites,
- The student can develop to aware the knowledge and understanding about various problems like Depression, Diabetes, Gastric, Head ache & Migrane, Insomnia, Hyper tension, Indigestion, Obesity, Thyroid and psychosomatic disorders.
- The student can develop to aware the knowledge and understanding about Yogic principles of diet.
- The student can develop to aware the knowledge and understanding about various methods of treatment like Naturopathy like fasting, nutrition and dietetics, hydro therapy, mud therapy, chromo, Ayurvedic home remedies, Acupressure.
- The student can develop to aware the knowledge and understanding about Psychological therapies like Counseling and types, Cognitive therapy, Behaviour therapy and Psychoanalysis.

UNIT I:

- **Management of various disorders through Yogic methods:** Asthma, Arthrities, Back pain & Cervical Spondilites, Depression, Diabetes, Gastric, Head ache & Migrane, Insomnia, Hyper tension, Indigestion, Obesity, Thyroid and psychosomatic disorders.
- Yogic principles of diet.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the various disorders and its yogic management techniques of Asthma, Arthrities, Back pain & Cervical Spondilites.
- The student can develop to aware the knowledge and understanding about the various disorders and its yogic management techniques of Depression, Diabetes, Gastric, Head ache & Migrane, Insomnia, Hyper tension,

- Indigestion,
- The student can develop to aware the knowledge and understanding about the various disorders and its yogic management techniques of Obesity, Thyroid and psychosomatic disorders.
 - The student can develop to aware the knowledge and understanding about Yogic principles of diet.

Unit II:

Philosophy of Naturopathy : Yoga & Naturopathy; various methods of treatment in Naturopathy: fasting, nutrition and dietetics, hydro therapy, mud therapy, chromo.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the brief history of Naturopathy.
 - The student can develop to aware the knowledge and understanding about the various methods of treatment in Naturopathy like fasting, nutrition and dietetics, hydro therapy, mud therapy, chromo.
- **Unit III:**

Yoga & Ayurveda - Fundamentals of Ayurveda: brief history of Ayurveda, concept of sareera kriya Vijnana and rachana: tridoshas vijnana - sapta dhatus, mala vijnana, Ojas, different kinds of Agnis – Ayurvedic home remedies.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the brief history of Ayurveda, concept of sareera kriya Vijnana and rachana: tridoshas vijnana - sapta dhatus, mala vijnana, Ojas.
- The student can develop to aware the knowledge and understanding about different kinds of Agnis – Ayurvedic home remedies.

Unit IV:

Basic knowledge of Acupressure : Theory of Acupressure - identification of points of Acupressure - therapeutic use of Acupressure; benefits of acupressure ; acupressure treatment for common diseases.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about importance and fundamentals of Acupressure.
- The student can develop to aware the knowledge and understanding about the

therapeutic use of Acupressure and benefits of acupressure

- The student can develop to aware the knowledge and understanding about acupressure treatment for common diseases.

Unit V:

- **Psychopathology and mental health:** Neuroses and psychosis
- **Psychological therapies:** Counseling and types, Cognitive therapy, Behaviour therapy and Psychoanalysis.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the health and illness like Neuroses and psychosis Problems.
- The student can develop to aware the knowledge and understanding about various psychological therapies like Counseling and types, Cognitive therapy, Behaviour therapy and Psychoanalysis.

8. Course Duration: The course duration is one semesters or 6 months and each period **50 minutes.**

9. Course Contents

Unit No.	Units with its Contents/Chapters	No. of Sessions
I	<ul style="list-style-type: none"> • Management of various disorders through Yogic methods: Asthma, Arthrities, Back pain & Cervical Spondilites, Depression, Diabetes, Gastric, Head ache & Migrane, Insomnia, Hyper tension, Indigestion, Obesity, Thyroid and psychosomatic disorders. • Yogic principles of diet. 	12
II	<p>Philosophy of Naturopathy :</p> <p>Yoga & Naturopathy; various methods of treatment in Naturopathy: fasting, nutrition and dietetics, hydro therapy, mud therapy, chromo.</p>	12
III	<p>Yoga & Ayurveda - Fundamentals of Ayurveda: brief history of Ayurveda, concept of sareera kriya Vijnana and rachana: tridoshas vijnana - sapta dhatus, mala vijnana,</p>	12

	Ojas, different kinds of Agnis – Ayurvedic home remedies.	
IV	Basic knowledge of Acupressure : Theory of Acupressure - identification of points of Acupressure - therapeutic use of Acupressure; benefits of acupressure ; acupressure treatment for common diseases.	12
V	<ul style="list-style-type: none"> • Psychopathology and mental health: Neuroses and psychosis <ul style="list-style-type: none"> ▪ Psychological therapies: Counseling and types, Cognitive therapy, Behaviour therapy and Psychoanalysis. 	12

10. Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

11. Evaluation:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

12. Recommended books:

- Bakhru, H.K. (2006). Diet cure for common Ailments, Mumbai,, Jaico Pub. Home.
- Gala, D. R., Dhiren Gala.& Sanjay Gala .(1995). Be your own doctor with Acupressure, Bombay, Navneet Publications.
- Jindal, S.R.(1994) Nature Cure: A Way of Life, Bangalore, Institute of Naturopathy & Yogic Sciences.
- Joshi,K.S. (1993) Yoga and Naturecure Therapy – Sterling Publishers Pvt. Ltd, New Delhi.

Murthy, N.A. & Pandey, D.P. Ayurvedic common Cures for Common Diseases, Orient
Paperback publishers, Delhi

Karmananada Sarswathi Swami : Yogic Management of Common diseases, Munger, Yoga
Publications

Rama, Swami, Ballantine, R and Ajaya, Swami. (1976) Yoga and psychotherapy
Honesdale: Himalayana International Institute of Yoga Science and Philosophy
of USA.

Rao, P.V.K. (1999). Dhyanam. Nava Sahiti Book House., Vijayawada.

Shivanda Saraswati, Srimat Swami. (1978): Yogic Therapy, Gauhati, Umachal Yogashram.

13.Details of the faculty:-

Name of the faculty	e-mail	Academic Address	For communication..
Dr.S.Hema Mohana Rao Subject to contract (c)	seepana.hemamohan@gmail.com	Dept. of Yoga and Physical Education	8328338323

Name of the faculty	e-mail	Academic Address	For communication..
Dr.K.Taraka Rama Rao Asst. Professor(c)	tarak.psy@gmail.com	Dept. of Yoga and Physical Education	7285913769

Course – MSY 303: Research Methodology and Statistics in Yoga

Name of the faculty: Dr.K.Taraka Rama Rao & Dr.V.Aruna

Course objectives:

- To aware the knowledge of meaning of research, research desirn and basic principles of research design.
- To attain the knowledge of Meaning, characteristics and types of problems the yoga and its nature and scope.
- To aware the knowledge of Meaning, characteristics and types of Hypotheses.
- To aware the knowledge of Meaning, characteristics and types of variables.
- To aware the knowledge of methods of data collection like observation, interwview, questionnaire and rating scales.
- To aware the knowledge of Meaning, characteristics and types of sampling.
- To learn the knowledge of Probability sampling methods are Simple random

sampling, Stratified random sampling and Area or Cluster sampling.

- To aware the knowledge of Non- probability sampling methods are Quota sampling, Accidental sampling, Purposive sampling and Systematic sampling.
- To gain the knowledge of meaning and importance of Experimental research like Laboratory experiments, Field experiments.
- To attain the knowledge of various techniques of Non- experimental research like Field studies, Ex post facto research, Survey research, Case studies and Ethnographic studies.
- To gain the knowledge of scientific research of Types of research design like Between subject design and within subject design. One group design, Pre test and post test design.
- To aware the knowledge of concepts of Measures of central tendency like mean, median and mode.
- To learn the knowledge of concepts of Measures of variability like quartly deviation and standard deviation.
- To attain the knowledge of concepts of parametric tests like Students t test, F ratio test or ANOVA and Pearson product moment correlation.
- To aware the knowledge of concepts of non-parametric tests like Chi square test, U test and Sign test.
- To attain the knowledge of General purpose of writing a research report.
- To aware the knowledge of Format of a research report.
- To attain the knowledge of Style of writing a research report.
- To learn the knowledge of Typing the research report
- To aware the knowledge of Evaluation of research report.

Course Outcomes:

- The student can develop to aware the knowledge and understanding about meaning of research, research desirn and basic principles of research design.
- The student can develop to aware the knowledge and understanding about the Meaning, characteristics and types of problems the yoga and its nature and scope.
- The student is abled to gain knowledge and understanding of Meaning, characteristics and types of Hypotheses.
- The student is abled to gain knowledge and understanding of Meaning, characteristics and types of variables.
- The student is abled to gain knowledge and understanding of about methods of data collection like observation, interwview, questionnaire and rating scales.
- The student can develop to aware the knowledge and understanding about Meaning,

characteristics and types of sampling.

- The student can develop to aware the knowledge and understanding about Probability sampling methods are Simple random sampling, Stratified random sampling and Area or Cluster sampling.
- The student can develop to aware the knowledge and understanding about Non-probability sampling methods are Quota sampling, Accidental sampling, Purposive sampling and Systematic sampling.
- The student can develop to aware the knowledge and understanding the meaning and importance of Experimental research like Laboratory experiments, Field experiments.
- The student can develop to aware the knowledge and understanding the various techniques of Non- experimental research like Field studies, Ex post facto research, Survey research, Case studies and Ethnographic studies.
- The student can develop to aware the knowledge and understanding the scientific research of Types of research design like Between subject design and within subject design. One group design, Pre test and post test design.
- The student can develop to aware the knowledge and understanding about the concepts Measures of central tendency like mean, median and mode.
- The student can develop to aware the knowledge and understanding about the concepts Measures of variability like quartly deviation and standard deviation.
- The student can develop to aware the knowledge and understanding about the concepts of parametric tests like Students t test, F ratio test or ANOVA and Pearson product moment correlation.

- The student can develop to aware the knowledge and understanding about the concepts of non-parametric tests like Chi square test, U test and Sign test.
- The student can develop to aware the knowledge and understanding the importance of General purpose of writing a research report.
- The student can develop to aware the knowledge and understanding of Format of a research report.
-
- The student can develop to aware the knowledge and understanding concepts of Style of writing a research report.
-
- The student can develop to aware the knowledge and understanding of Typing the research report
- The student can develop to aware the knowledge and understanding of Evaluation of research report.

Learning Outcomes Unit wise:

Unit I:

Introduction to Research and Research design:

Research : Meaning, Characteristics and purpose of research.

Research design:

Meaning and purpose of research design;

Basic principles of experimental research design.

Problem –Meaning, characteristics and types of problems

Hypothesis- Meaning, characteristics and types of Hypotheses

Variables – Meaning, characteristics, types and control of variables

Sources of bias and ethical issues in research.

Methods of data collection: a) Observation

b) Interview c) Questionnaires d) Rating scales.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about meaning of research, research design and basic principles of research design.
- The student can develop to aware the knowledge and understanding about the Meaning, characteristics and types of problems the yoga and its nature and scope.
- The student is able to gain knowledge and understanding of Meaning, characteristics and types of Hypotheses.
- The student is able to gain knowledge and understanding of Meaning, characteristics and types of variables.
- The student is able to gain knowledge and understanding of about methods of data collection like observation, interview, questionnaire and rating scales.

Unit II:

Sampling – Meaning, characteristics and types of sampling.

Probability sampling methods: Simple random sampling, Stratified random sampling and Area or Cluster sampling.

Non- probability sampling methods: Quota sampling, Accidental sampling, Purposive sampling and Systematic sampling.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about Meaning, characteristics and types of sampling.
- The student can develop to aware the knowledge and understanding about Probability sampling methods are Simple random sampling, Stratified random sampling and Area or Cluster sampling.
- The student can develop to aware the knowledge and understanding about Non-probability sampling methods are Quota sampling, Accidental sampling, Purposive

sampling and Systematic sampling.

Unit III:

Types of research:

- a) **Experimental research:** Laboratory experiments, Field experiments.
- b) **Non - experimental research** – Field studies, Ex post facto research, Survey research, Case studies and Ethnographic studies

Types of research design: Between subject design and within subject design. One group design, Pre test and post test design.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding the meaning and importance of Experimental research like Laboratory experiments, Field experiments.
- The student can develop to aware the knowledge and understanding the various techniques of Non- experimental research like Field studies, Ex post facto research, Survey research, Case studies and Ethnographic studies.
- The student can develop to aware the knowledge and understanding the scientific research of Types of research design like Between subject design and within subject design. One group design, Pre test and post test design.

Unit IV:

Statistical of analysis:

Measures of central tendency and variability,

Parametric tests and Non- Parametric tests

Parametric tests:

Students t test, F ratio test or ANOVA and Pearson product moment correlation.

Non- Parametric tests: Chi square test, U test and Sign test

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the concepts Measures of central tendency like mean, median and mode.
- The student can develop to aware the knowledge and understanding about the concepts Measures of variability like quartly deviation and standard deviation.
- The student can develop to aware the knowledge and understanding about the concepts of parametric tests like Students t test, F ratio test or ANOVA and Pearson product moment correlation.
- The student can develop to aware the knowledge and understanding about the concepts of non-parametric tests like Chi square test, U test and Sign test.

UNIT V:

Writing a research report:

- General purpose of writing a research report
- Format of a research report
- Style of writing a research report
- Typing the research report
- Evaluation of research report

Learning Outcomes:

- The student can develop to aware the knowledge and understanding the importance of General purpose of writing a research report
- The student can develop to aware the knowledge and understanding of Format of a research report
- The student can develop to aware the knowledge and understanding concepts of Style of writing a research report
- The student can develop to aware the knowledge and understanding of Typing the research report
- The student can develop to aware the knowledge and understanding of Evaluation of research report
-

6.Course Duration: The course duration is one semesters or 6 months and each period **50 minutes**.

7.Course Contents

Unit No.	Units with its Contents/Chapters	No. of Sessions
I	Introduction to Research and Research design: Research : Meaning, Characteristics and purpose of research. Research design: Meaning and purpose of research design; Basic principles of experimental research design. Problem –Meaning, characteristics and types of problems Hypothesis - Meaning, characteristics and types of Hypotheses Variables – Meaning, characteristics, types and control of variables	10

	<p>Sources of bias and ethical issues in research.</p> <p>Methods of data collection: a) Observation b) Interview c) Questionnaires d) Rating scales.</p>	
II	<p>Sampling – Meaning, characteristics and types of sampling</p> <p>Probability sampling methods: Simple random sampling, Stratified random sampling and Area or Cluster sampling.</p> <p>Non- probability sampling methods: Quota sampling, Accidental sampling, Purposive sampling and Systematic sampling</p>	16
III	<p>Types of research:</p> <p>a) Experimental research: Laboratory experiments, Field experiments</p> <p>b) Non experimental research – Field studies, Ex post facto research, Survey research, Case studies and Ethnographic studies</p> <p>Types of research design: Between subject design and within subject design. One group design, Pre test and post test design.</p>	10
IV	<p>Statistical of analysis:</p> <p>Measures of central tendency and variability</p> <p>Parametric tests and Non- Parametric tests:</p> <p>Parametric tests: Students t test, F ratio test or ANOVA and Pearson product moment correlation.</p> <p>Non- Parametric tests: Chi square test, U test and Sign test</p>	08
V	<p>Writing a research report:</p> <ul style="list-style-type: none"> • General purpose of writing a research report • Format of a research report • Style of writing a research report • Typing the research report • Evaluation of research report 	08

8. Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method

- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

9.Evaluation:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

10.

- **Recommended Books:**

Aron, A., Aron, E.H. & Coups, E. (2006). *Statistics for psychology*. (4e). Pearson Education.

Garrett, H.E.(1968). *Statistics In Psychology and Education*. Mumbai, Vakils Freefer& Simon Pvt. Ltd.

- Guilford J. P. & Fruchter B. (1985). *Fundamental statistics in psychology and education* (6th Ed). McGraw – Hill.

- Mangal, S. K. (2006). *Statistics in psychology and education*. New Delhi: Prentice-Hall.

Singh A.K. (1997). *Tests measurements and Research Methods in Behavioural science* Patna: Bharati Bhavan Publishers and Distributors.

11.Websites:-

12. Details of the faculty:-

Name of the faculty	e-mail	Academic Address	For communication.
Dr.K.Taraka Rama Rao Asst. Professor(c)	tarak.psy@gmail.com	Dept. of Yoga and Physical Education	7285913769

Name of the faculty	e-mail	Academic Address	For communication.
Dr. V.Aruna Assistant Professor (C)	yangapanduaruna@gmail.com	Dept. of Yoga and Physical Education	9490677790

Course – MSY 304: Cognitive Psychology

Name of the faculty: Dr.K.Taraka Rama Rao

Course objectives:

- Cognitive Psychology is to communicate knowledge of Perception, attention, memory, language, thinking and creativity.
- To learn about the Principles of perceptual organization: figure and ground, Isomorphism, grouping, closure, proximity, similarity, contrast, pregnanz.
- To learn about Extra sensory perception (ESP).
- To learn about Definition, Principles and Methods of learning
- To learn about the theories of learning like Thorndike's Trial and error theory- Classical conditioning – Operant Conditioning, Social learning theory –Transfer of learning.
- To learn about the definition, nature and types of memory.
- To learn about the nature of forgetting – Improving memory.
- To learn about the Definition , nature and types of thinking and reasoning – Language and thought – Creativity and Problem solving .

Course Outcomes:

- The student can understand the knowledge about the Perception, attention, memory, language, thinking and creativity.
- The student can understand the knowledge about the Principles of perceptual organization: figure and ground, Isomorphism, grouping, closure, proximity, similarity, contrast, pregnanz.
- The student can understand the knowledge about the Extra sensory perception (ESP).
- The student can understand the knowledge about the Definition, Principles and Methods of learning
- The student can understand the knowledge about the theories of learning like Thorndike's Trial and error theory- Classical conditioning – Operant Conditioning, Social learning theory –Transfer of learning.
- The student can understand the knowledge about the definition, nature and types of memory.
- The student can understand the knowledge about the nature of forgetting – Improving memory.
- The student can understand the knowledge about the Definition , nature and types of thinking and reasoning – Language and thought – Creativity and Problem solving .

UNIT I:

Definition and domain of cognitive psychology: Perception, attention, memory, language, thinking and creativity.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the Perception,
- The student can develop to aware the knowledge and understanding about the attention,
- The student can develop to aware the knowledge and understanding about the memory.
- The student can develop to aware the knowledge and understanding about the language.
- The student can develop to aware the knowledge and understanding about the language.
- The student can develop to aware the knowledge and understanding about the thinking..

- The student can develop to aware the knowledge and understanding about the creativity.

Unit II:

Perception:

1. Principles of perceptual organization: figure and ground, Isomorphism, grouping, closure, proximity, similarity, contrast, pregnanz.
2. Extra sensory perception (ESP).

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the meaning and nature of Principles of perceptual organization: figure and ground, Isomorphism, grouping, closure, proximity, similarity, contrast, pregnanz.
- The student can develop to aware the knowledge and understanding about the Extra sensory perception (ESP).

Unit III:

Learning : Definition, Principles and Methods – Thorndike’s Trial and error theory- Classical conditioning – Operant Conditioning, Social learning theory – Transfer of learning.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the meaning and principle of learning.
- The student can develop to aware the knowledge and understanding about the Theories of learning like Thorndike’s Trial and error theory- Classical conditioning – Operant Conditioning, Social learning theory –Transfer of learning.

Unit IV:

Memory and forgetting: Definition, nature and types of memory. The nature of forgetting – Improving memory.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about

definition ,nature and types of memory.

- The student can develop to aware the knowledge and understanding about definition ,nature of forgetting.

Unit V:

HIGHER COGNITIVE PROCESSES: Definition , nature and types of thinking and reasoning – Language and thought – Creativity and Problem solving .

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the meaning, nature and types of thinking and reasoning.
- The student can develop to aware the knowledge and understanding about the meaning of Language and thought.
- The student can develop to aware the knowledge and understanding about the meaning of Creativity and Problem solving .

6.Course Duration: The course duration is one semesters or 6 months and each period **50 minutes**.

7.Course Contents

Unit No.	Units with its Contents/Chapters	No. of Sessions
I	Definition and domain of cognitive psychology: Perception, attention, memory, language, thinking and creativity.	10
II	Perception: 1. Principles of perceptual organization: figure and ground, Isomorphism, grouping, closure, proximity, similarity, contrast, pregnanz. 2. Extra sensory perception (ESP).	10

III	Learning : Definition, Principles and Methods – Thorndike’s Trial and error theory- Classical conditioning – Operant Conditioning, Social learning theory –Transfer of learning.	12
IV	Memory and forgetting: Definition, nature and types of memory. The nature of forgetting – Improving memory.	10
V	HIGHER COGNITIVE PROCESSES: Definition , nature and types of thinking and reasoning – Language and thought – Creativity and Problem solving .	10

08.Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

09.Evaluation:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

10.Reference Books:

Mishra , B.K. (2011) Psychology- The study of human behavior. New Delhi, PHI Learning Pvt.Ltd.

Parameswaran, E.G. (1989). Invitation to psychology. Neel Kamal Publishers, Hyderabad.

Rao, K.R., Paranjpe, A., and Dalal, A.K. (2008). Handbook of Indian Psychology. New Delhi, Cambridge University Press India Pvt. Ltd

Sinha, J. (1986). Indian Psychology (Vol. I and II). Delhi, Motilal Banarasidas

11.Websites:-

<https://www.apa.org/>

<https://www.all-about-psychology.com/>

<https://psych2go.net>

12.Details of the faculty:-

Name of the faculty	e-mail	Academic Address	For communication..
Dr.K.Taraka Rama Rao Asst. Professor(c)	tarak.psy@gmail.com	Dept. of Yoga and Physical Education	7285913769

Course – MSY305: Yoga practice -III

Name of the faculty: Dr.K.Taraka Rama Rao,
Dr. V.Aruna,Mr.K.V.N.Murthy,Mr.B.DakshinaMurty

Course objectives:

- The purpose of the course of yoga practice is to communicate knowledge of Kriyas, Asanas, Pranayama,Mudras, Bandas and relaxation postures.

Course Outcomes:

- The student can understand the knowledge about Kriyas, Asanas, Pranayama,Mudras, Bandas and relaxation postures

1.Learning Outcomes:

Yoga practice-III :

Pavanamuka series or sukshama vyayamam: Eye, Neck, Hand, Leg, Spinal, Chakki
Chalana.

Suryanamaskara:

1. Pranamasana
2. Hasta uttanasana
3. Padahastanasana
4. Aswasanchalanasana
5. Dandasana
6. Ashtangasana
7. Bhujangasana
8. Parvatasana

Balancing postures:

1. Tadasana
2. Vrikshasana
3. Natarajasana
4. Ekapadasana
5. Garudasana
6. Merudandasana
7. Hanumanasana
8. Bakadhyansana
9. Astavakrasana
10. Mayurasana
11. Hamsasana

Sitting postures:

1. Bhadrasana
2. Virasana
3. Meruvakrasana
4. Ardha -matsyendrasana
5. Ushtrasana
6. Suptavajrasana
7. Sasanakasana
8. Sasakabhujangasana
9. Matsyasana
10. Patchimottanasana.
11. Padaprasara Patchimottanasana.
12. Nirlamba Patchimottanasana.
13. Lolasana
14. yoga mudrasana
15. Tolungasana
16. Janusirasana
17. Baddapadmasana

Supine postures:

- 1.Uttanapadasana
- 2.Pavanamuktasana.
- 3.Navasana.
- 4.Kandarasana/Setubandasan
- 5.Chakrasana 6.Yoganidrasana
- 7.Matyasana

Prone postures:

- 1.Sarpasana 2.Shalabasana
- 3.Bhujangasana.
- 4.Tiryak bhujangasana
5. Purna bhujangasana
- 5.Dhanurasana

Asta kumbaka Pranayama:

- 1.Surya bedhana.
- 2.Nadisodhana
- 3.Sitali
- 4.Seetkari
- 5.Ujjayi
- 6.Bramari
- 7.Bastrika
- 8.Moorcha

Hasta Mudra Pranayamas: Chinn Mudra Pranayama, Chinmaya Mudra Prnayama, Aadi Mudra Pranayama and Brahma Mudra Pranayama

Banda traya:

- 1.Jalandara band 2.Moolaband 3.Ujjayaniband

Mudras: Maha mudra, Mahabanda, Mahavedha, Aswani, Sambhavi,

Viparitikarani mudra, Kundalinimudra, Yoni

Practice of drishtis or concentration : Nasikagra, Brumadya

Kriya Practicals:

1. Dhauti – Jala & Vastra
2. Nauli
3. Agnisara
4. Sankaprakshalana

Relaxation postures:

1. Shavasana
2. Advasana
3. Matsyakridasana
4. Jyestikasana
5. Nirlambasana

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the nature of Kriyas, Asanas, Pranayama, Mudras, Bandas and relaxation postures. These techniques makes them perfection, flexible and balancing in the directions of physical, mental, ethical, social and Spiritual aspects. Also makes them a good yoga practitioner and teacher.

02.Course Duration: The course duration is one semesters or 6 months and each period **50 minutes.**

03.Course Contents: No. Of Sessions 120

Pavanamuka series or sukshama vyayamam: Eye, Neck, Hand, Leg, Spinal, Chakki Chalana.

Suryanamaskara:

1. Pranamasana
2. Hasta uttanasana
3. Padahastanasana
4. Aswasanchalanasana
5. Dandasana
6. Ashtangasana

7. Bhujangasana

8. Parvatasana

Balancing postures:

1. Tadasana 2. Vrikshasana
3. Natarajasana 4. Ekapadasana

5. Garudasana

6. Merudandasana

7. Hanumanasana

8. Bakadysana

9. Astavakrasana

10. Mayurasana

11. Hamsasana

Sitting postures:

1. Bhadrasana

2. Virasana

3. Meruvakrasana

4. Ardha -matsyendrasana

5. Ushtrasana

6. Suptavajrasana

- 7.Sasanakasana
- 8.Sasakabhujangasana
9. Matsyasana
- 10.Pachimottanasana.
- 11.Padaprasara Pachimottanasana.
- 12.Nirlamba Pachimottanasana.
- 13.Lolasana
14. yoga mudrasan
- 15.Tolungasana 16.Janusirasana
- 17.Baddapadmasana

Supine postures:

- 1.Uttanapadasana
- 2.Pavanamuktasana.
- 3.Navasana.
- 4.Kandarasana/Setubandasan
- 5.Chakrasana 6.Yoganidrasana
- 7.Matyasana

Prone postures:

- 1.Sarpasana 2.Shalabasana
- 3.Bhujangasana.
- 4.Tiryak bhujangasana
5. Purna bhujangasana
- 5.Dhanurasana

Asta kumbaka Pranayama:

- 1.Surya bedhana.
- 2.Nadisodhana
- 3.Sitali
- 4.Seetkari

- 5.Ujjayi
- 6.Bramari
- 7.Bastrika
- 8.Moorcha

Hasta Mudra Pranayamas: Chinn Mudra Pranayama, Chinmaya Mudra Prnayama, Aadi Mudra Pranayama and Brahma Mudra Pranayama

Banda traya:

1.Jalandara band 2.Moolaband 3.Ujjayaniband

Mudras: Maha mudra, Mahabanda, Mahavedha, Aswani, Sambhavi,
Viparitikarani mudra, Kundalinimudra, Yoni

Practice of drishtis or concentration : Nasikagra, Brumadya

Kriya Practicals:

1. Dhauti – Jala & Vastra
2. Nauli
3. Agnisara
4. Sankaprakshalana

Relaxation postures:

- 1.Shavasana 2.Advasana
- 3.Matsyakridasana
- 4.Jyestikasana
- 5.Nirlambasana

04.Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

05.Evaluation:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

06.Reference Books:

Satyananda Saraswati, Swami (1989). *Asana, pranayama, mudra, bandha*. Munger: Bihar School of Yoga.

Iyenger, B.K.S. (1976). *Light on yoga*. London: Unwin Hyman Ltd.

Venkata Reddy, M. ed. (1982). *Hatha Ratnavali*. Arthamuru: M. Ramakrishna Reddy.

Swami Muktibodhananda, (ed.) (1985): *Hatha Yoga Pradipika: Light on Hatha Yoga* com. Munger Yoga Publication trust.

Swami Kuvalayananda (ed.) (1935). *Asanas*. Lonavla. Kaivalyadhama

07. Details of the faculty:-

Name of the faculty	e-mail	Academic Address	For communication..
Dr.K.Taraka Rama Rao Asst. Professor(c)	tarak.psy@gmail.com	Dept. of Yoga and Physical Education	7285913769
Dr.V.Aruna Asst. Professor(c)	yangapanduaruna@gmail.com	Dept. of Yoga and Physical Education	9490677790
Mr.K.V.N.Murthy (c)	Kancharana.varam@gmail.com	Dept. of Yoga and Physical Education	9603699414
Mr.B.DakshinaMurty (c)	Dakshin.b@gmail.com	Dept. of Yoga and Physical Education	7893997435

Course – MSY 401: Theories of Meditation

Name of the Faculty: Dr. V.Aruna

1) Course Objectives :

1. Gain knowledge about the Meditation and types of Meditation.
2. Study the meditation theory and practice in Buddhism and in Jainism.
3. To understand the Meditation theory and practice in Christianity and in Islam.
4. Know the knowledge about the Meditation theory and practice in Tantra.
5. To acquire the scientific research on Meditation.

2) Course Out Comes :

1. Study Meditation and different types of Meditation (Dhyana) theory and practice in Yoga.
2. To learn Buddhism and Jainism Meditation practices.
3. Gain knowledge about the Christianity and Islam theory and practice in Meditation.
4. To understand the Meditation theory and practice in Tantra.
5. Acquire the knowledge of scientific research on Meditation.

3) Learning out comes (Unit Wise) :

Unit I :

Introduction to Meditation; types of Meditation; Saguna dhyana, Nirguna dhyana, Chakra dhyana, Mantra dhyana, So..Ham dhyana, OM dhyana, Svaasa anusandhana dhyana. Theory and practice of dhyana in Yoga.

Learning out Comes:

1. Gain knowledge about the Meditation.
2. Develop the vision of the different types of Meditation: SoHam, Om, Savasa anu sandhana etc.. Meditation (Dhyana).
3. Study the theory and practice of Dhyana (Meditation) in Yoga.

Unit II :

Theory and practice of Meditation in Buddhism and Jainism.

Learning out Comes:

1. Understand the theory and practice of Meditation.
2. Develop the vision of the Meditation theory and practice in Buddhism.
3. Know the Meditation theory and practice in Jainism.

Unit III :

Theory and practice of Meditation in Christianity and in Islam.

Learning out Comes:

1. Gain knowledge about theory and practice of Meditation.
2. Study the Meditation theory and practice in Christianity.
3. Know the theory and practice of Meditation in Islam.

Unit IV :

Theory and practice of Meditation in Tantra.

Learning out Comes:

1. Know the knowledge about the theory of Meditation in Tantra.
2. Exemplify the effectiveness of the Meditation practice.
3. Acquire knowledge about the Tantra Meditation theory and practice.

Unit V :

Scientific Research on Meditation.

Learning out Comes:

1. Gain knowledge about the theory of scientific research on Meditation.
2. To understand the importance of research on Meditation.
3. To learn the overall Meditation structure in Yoga.

4) Course Duration: The course duration is one semesters or 6 months and each period **50 minutes**.

5) Course Contents:

Unit No.	Units with its Contents/Chapters	No. of Sessions
I	Introduction to Meditation; types of Meditation; Saguna dhyana, Nirguna dhyana, Chakra dhyana, Mantra dhyana, So..Ham dhyana, OM dhyana, Svaasa anusandhana dhyana. Theory and practice of dhyana in Yoga.	06
II	Theory and practice of Meditation in Buddhism and Jainism.	08
III	Theory and practice of Meditation in Christianity and in Islam.	08
IV	Theory and practice of Meditation in Tantra.	06
V	Scientific Research on Meditation.	08

6) Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

7) Student evaluation process:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

8) Suggested text books:

1. Swami Rama- (1992). Meditation and its practice, Honledele, Himalayan International Institute of Yoga science & Philosophy.
2. Ramakrishna Rao, K. (1989). Meditation : Secular and sacred. Presidential address to the Indian Academy of Applied Psychology, University of Calcutta.
3. Swami Veda Bharati (2010). Future Directions of Scientific Research in Meditation, Swami Rama Sadhaka Grama, Rushikesh.

9) Reference books:

1. Jaideva Singh (1979). Vijnana Bhairava or Divine Consciousness (Introduction) Motilal Banarsidas, Delhi.
2. Mahaprajna,A.(1994). Preksha Dhyana: Theory and Practice, Ladnun, Jain Vishwa Bharathi.
3. Rao, P.V.K. (1999). Dhyanam. Nava Sahiti Book House.
4. Rudolph. M. Ballentine (1986). The Theory and practice of Meditation, Honledele Himalayan International Institute of Yoga science &Philosophy.
5. Swami Rama (1984).Mediation in Christianity, Himalayan International Institute of Yoga science & Philosophy, Honledele,
6. Swami Satyananda Saraswathi. Mediation from the Tantraas, Munger , Bihara School of Yoga.

10) Websites :

1. <http://www.yogamag.net/archives/2006/bfeb06/what.shtml>

2. http://sivanandaonline.org/public_html/?cmd=displaysection§ion_id=1442
3. <http://www.biharyoga.net/yoga-vision/meditation/>
4. <https://mindworks.org/blog/buddhist-meditation-techniques-practices/>
5. <http://www.preksha.com/meditation/preksha225meditation.asp>
6. <http://www.yogamag.net/archives/1980/cmar80/tanmed.shtml>
7. <https://news.harvard.edu/gazette/story/2018/04/harvard-researchers-study-how-mindfulness-may-change-the-brain-in-depressed-patients/>
8. <https://nccih.nih.gov/health/meditation/overview.htm>
9. http://www.mindfulnessinbiz.com/wp-content/uploads/2013/07/Meditation_Intro.pdf
10. http://www.bdcu.org.au/bddronline/bddr_1to10/BDDR01N3.pdf

11) Details of the faculty :

Name of the Faculty	Email	Academic Address	For communication
Dr. V.Aruna Assistant Professor (C)	vangapanduaruna@gmail.com	Dept. of Yoga and Physical Education	9490677790

Course – MSY 402: Yoga for Special groups

Name of the faculty: Dr.K.Taraka Rama Rao

Course objectives:

- The course of yoga for special groups is to communicate knowledge of components of Patanjali's Astanga Yoga, techniques of Hatha Yoga and Yogic diet.
- To learn about the Yoga practices for children , adolescence and sports men.
- To learn about the Yoga practices for adults , Women, aged group, handicapped and mentally retarded persons.
- To learn about the stress management, Executives and IT professional group.
- To learn about the yoga techniques for spiritual development.

Course Outcomes:

- The student can understand the knowledge about the Patanjali's Astanga Yoga, techniques of Hatha Yoga and Yogic diet.
- The student can understand the knowledge about the yoga practices for children , adolescence and sports men.
- The student can understand the knowledge about the yoga practices for adults , Women, aged group, handicapped and mentally retarded persons.
- The student can understand the knowledge about the yoga practice for stress management, Executives and IT professional group.
- The student can understand the knowledge about the yoga practices or yoga techniques for spiritual development.

UNIT I:

Introduction to Yoga-branches of Yoga- components of Patanjali's Astanga Yogatechniques of Hatha Yoga- Yogic diet.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the Patanjali's Astanga Yoga.
- The student can develop to aware the knowledge and understanding about techniques of Hatha Yoga,
- The student can develop to aware the knowledge and understanding about the Yogic diet.

Unit II:

Yoga practices for children – Yoga practices for adolescence- Yoga for sports men.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about yoga practices for children in the direction of all round development.
- The student can develop to aware the knowledge and understanding about yoga practices for adolescents in the direction of all round development.
- The student can develop to aware the knowledge and understanding about yoga practices for sports men in the direction of all round development.

Unit III:

Yoga practices for adults and for Women-Yoga practices for aged group- Yoga practice for handicapped- Yoga for mentally retarded.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about yoga practices for adults in the direction of all round development.
- The student can develop to aware the knowledge and understanding about yoga practices for women in the direction of all round development.
- The student can develop to aware the knowledge and understanding about yoga practices for sports men in the direction of all round development
- The student can develop to aware the knowledge and understanding about yoga practices for aged people in the direction of all round development.
- The student can develop to aware the knowledge and understanding about yoga practices for handicapped people in the direction of all round development.
- The student can develop to aware the knowledge and understanding about yoga practices for mentallyretared people in the direction of all round development

Unit IV:

Yoga for stress management-Yoga practices for Executives- Yoga practices for IT professional group.

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about yoga practices for stress management people.
- The student can develop to aware the knowledge and understanding about yoga practices for Executives people.
- The student can develop to aware the knowledge and understanding about yoga practices for IT professional group.

Unit V:

Yoga practice for Spiritual development

Learning Outcomes:

- The student can develop to aware the knowledge and understanding about the yoga practices or yoga techniques for spiritual development.

6.Course Duration: The course duration is one semesters or 6 months and each period **50 minutes.**

7.Course Contents

Unit No.	Units with its Contents/Chapters	No. of Sessions
I	Introduction to Yoga-branches of Yoga-components of Patanjali's Astanga Yogatechniques of Hatha Yoga- Yogic diet.	10
II	Yoga practices for children – Yoga practices for adolescence- Yoga for sports men.	10
III	Yoga practices for adults and for Women-Yoga practices for aged group- Yoga practice for handicapped- Yoga for mentally retarded.	12
IV	Yoga for stress management-Yoga practices for Executives- Yoga practices for IT professional group.	10
V	Yoga practice for Spiritual development	10

08. Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

09. Evaluation:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

10. Reference Books:

GFrancis Xavier,G.(2006) Yoga for Personality, Pustak Mahal, Delhi.

Yogacharya Hansraj Yadav: Yoga for Students, Bharatiya Vidya Bhavan,Mumbai, 2002.

Gharote M.L.(1980) Yoga Applied to Physical Education, Kaivalyadhama Ashram, Lonvala.

Pandit Shambhu Nath(2005) Speaking of Stress Management through Yoga Meditation, New Dawn Press, New Delhi.

Prabhu CSR (2002) Yogic Sukshma Vyayama, Lepakshi Graphics, Secundrabad.

11. Details of the faculty:-

Name of the faculty	e-mail	Academic Address	For communication..
Dr.K.Taraka Rama Rao Asst. Professor(c)	tarak.psy@gmail.com	Dept. of Yoga and Physical Education	7285913769

Course – MSY 403 : Internship (case studies)&Viva-voce

Answer any eight Questions

(8 ×10=80)

1. Asthma
2. Arthrities
3. Back pain
4. Depression
5. Diabetes
6. Gastric
7. Head ache & Migrane
8. Hyper tension
9. Insomnia
- 10.Obesity
- 11.Stress
- 12.Thyroid
- 13.Menstrual Disorder
- 14.Piles
- 15.Paralysis

Course – MSY 404: Dissertation & viva

An empirical study is to be conducted on a research topic in the area of Applied Yoga and a detailed Research Report is to be submitted.

Scheme of Evaluation

Selection of Topic ,Objectives & Hypothesis of the study Selection of sample and research tools Methodology & Data collection ,Scoring, Statistical analysis, Results & Discussion, Conclusions and References . [Mid semester – Internal marks are 20 and Semester external (Viav -voce) marks are 80, Total :100 Marks]

01. Details of the faculty:-

Name of the faculty	e-mail	Academic Address	For communication..
Dr.K.Taraka Rama Rao Asst. Professor(c)	tarak.psy@gmail.com	Department of Yoga and Physical Education	7285913769
Dr.V.Aruna Asst. Professor(c)	vangapanduaruna@gmail.com	Department of Yoga and Physical Education	9490677790
Mr.K.V.N.Murthy (c)	Kancharana.varam@gmail.com	Department of Yoga and Physical Education	9603699414

Course – MSY405: Yoga practice -IV

Name of the faculty: Dr.K.Taraka Rama Rao,
Dr. V. Aruna, Mr. K. V. N. Murthy, Mr. B. Dakshina Murthy

Course objectives:

- The purpose of the course of yoga practice is to communicate knowledge of Kriyas, Asanas, Pranayama, Mudras, Bandas, Meditative techniques and relaxation postures.

Course Outcomes:

- The student can understand the knowledge about Kriyas, Asanas, Pranayama, Mudras, Bandas, Meditative techniques and relaxation postures

1.Learning Outcomes:

Yoga practice-IV :

Pavanamuka series or sukshama vyayamam: Eye, Neck, Hand, Leg, Spinal, Chakki Chalana.

Suryanamaskara:

- | | |
|-------------------|-----------------------|
| 1. Pranamasana | 2. Hasta uttanasana |
| 3. Padahasthasana | 4. Aswasanchalanasana |
| 5. Dandasana | 6. Ashtangasana |
| 7. Bhujangasana | 8. Parvatasana |

Sitting postures: (Any eight)

- | | |
|---------------------------------|-----------------------------------|
| 1. Lolasana | 2. Yogamudrasana |
| 3. Tolangulasana | 4. Janusirshasana |
| 5. Baddha padmasana | 6. Padaprasara paschimottanasana. |
| 7. Kurmasana | 8. Kukkutasana 9. Garbhasana |
| 12. Niralamba paschimottanasana | |
| 13. Ardhapadma padottanasana | |
| 12. Akarna Dhanurasana | 13. Hanumanasana |
| 14. Poorna matsyendrasana | |

Balancing Postures:

- | | | |
|-------------------|------------------|------------------|
| 1. Tadasana | 2. Vrikshasana | 3. Natarajasan |
| 4. Ekapadasana | 5. Garudasana | 6. Merudandasana |
| 7. Bakadhyanasana | 8. Astavakrasana | 9. Hamsasana |
| 10. Mayurasana | | |

Supine postures:

- | | |
|---------------------------|------------------|
| 1. Chakrasana | 2. Yoganidrasana |
| 3. jataraparivarthanasana | |
| 4. Pavanamuktanasana | |
| 5. Navasana | |
| 6. Kandasana | |

Inverted postures:

- | | |
|------------------------------------|----------------------|
| 1. Sumerasana | 2. Moordhasana |
| 3. Vipareetakarini asana | |
| 4. Sarvangasana and its variations | 5. Halasana |
| 6. Sirshasana and its variations | 7. Oordhva padmasana |

Asta kumbaka Pranayama:

1. Surya bedhana.
2. Nadisodhana
3. Sitali
4. Seetkari
5. Ujjayi
6. Bramari
7. Bastrika
8. Moorcha

Hasta Mudra Pranayamas: Chinn Mudra Pranayama, Chinmaya Mudra Prnayama, Aadi Mudra Pranayama and Brahma Mudra Pranayama

Banda traya:

1. Jalandara band
2. Moolaband
3. Ujjayaniband

Mudras: Maha mudra, Mahabanda, Mahavedha, Aswani, Sambhavi,

Viparitikarani mudra, Kundalinimudra, Yoni

Practice of drishtis or concentration : Nasikagra, Brumadya

Meditative Techniques: Yogic Meditation, Chakra Meditation, OM Meditation, So-Ham Meditation, Buddhistic Meditation: Vipasana Meditation & Zen Meditation) Prekshaka Meditation, Transcendental Meditation (TM), and Practice of Yoga Nidra: Stage-I, II and III

Kriya Practicals:

1. Dhauti – Jala & Vastra
2. Nauli
3. Agnisara
4. Sankaprakshalana

Relaxation postures:

1. Shavasana
2. Advasana
3. Matsyakridasana
4. Jyestikasana
5. Nirlambasana

02. Course Duration: The course duration is one semester or 6 months and each period **50 minutes.**

03. Course Contents: No. Of Sessions 120

Pavanamuka series or sukshama vyayamam: Eye, Neck, Hand, Leg, Spinal, Chakki Chalana.

Suryanamaskara:

1. Pranamasana
2. Hasta uttanasana
3. Padahastasana
4. Aswasanchalanasana
5. Dandasana
6. Ashtangasana
7. Bhujangasana
8. Parvatasana

Sitting postures: (Any eight)

1. Lolasana
2. Yogamudrasana
3. Tolangulasana
4. Janusirshasana
5. Baddha padmasana
6. Padaprasara paschimottanasana.
7. Kurmasana
8. Kukkutasana
9. Garbhasana
10. Niralamba paschimottanasana
11. Ardhapadma padottanasana
12. Akarna Dhanurasana
13. Hanumanasana
14. Poorna matsyendrasana

Balancing Postures:

- | | | |
|-------------------|------------------|------------------|
| 1. Tadasana | 2. Vrikshasana | 3. Natarajasan |
| 4. Ekapadasana | 5. Garudasana | 6. Merudandasana |
| 7. Bakadhyanasana | 8. Astavakrasana | 9. Hamsasana |
| 10. Mayurasana | | |

Supine postures:

- | | |
|---------------------------|------------------|
| 1. Chakrasana | 2. Yoganidrasana |
| 3. jataraparivarthanasana | |
| 4. Pavanamuktanasana | |
| 5. Navasana | |
| 6. Kandarasana | |

Inverted postures:

- | | |
|------------------------------------|----------------------|
| 1. Sumerasana | 2. Moordhasana |
| 3. Vipareetakarini asana | |
| 4. Sarvangasana and its variations | 5. Halasana |
| 6. Sirshasana and its variations | 7. Oordhva padmasana |

Asta kumbaka Pranayama:

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Banda traya:

1. Jalandara band
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3. Agnisara
4. Sankaprakshalana

Relaxation postures:

1. Shavasana
2. Advasana
3. Matsyakridasana
4. Jyestikasana
5. Nirlambasana

04. Teaching Methods:

The course will use the following pedagogical tools:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, News paper, Magazines, audio, video clips.

05. Evaluation:

A	Continuous Evaluation Component comprising of Assignments / Class Participation / Class test/Presentation on specific topic etc.	-----
B	Mid-Exam	Internal Assessment-20 Marks
C	End –Semester Examination	External Assessment-80 Marks

06.Reference Books:

Satyananda Saraswati, Swami (1989). *Asana, pranayama, mudra, bandha*. Munger: Bihar School of Yoga.

Iyenger, B.K.S. (1976). *Light on yoga*. London: Unwin Hyman Ltd.

Venkata Reddy, M. ed. (1982). *Hatha Ratnavali*. Arthamuru: M. Ramakrishna Reddy.

Swami Muktibodhananda, (ed.) (1985): *Hatha Yoga Pradipika: Light on Hatha Yoga* com. Munger Yoga Publication trust.

Swami Kuvalayananda (ed.) (1935). *Asanas*. Lonavla. Kaivalyadhama

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Dr.V.Aruna Asst. Professor(c)	vangapanduaruna@gmail.com	Department of Yoga and Physical Education	9490677790
Mr.K.V.N.Murthy (c)	Kancharana.varam@gmail.com	Department of Yoga and Physical Education	9603699414