

SEMESTER – I
PAPER - 1

HISTORY AND DEVELOPMENT OF YOGA

Unit – I : Introduction of Yoga

The Origins of Yoga – Definitions – Concepts – Aims and objections of Yoga – Yoga in a Science and Art – Etymology and Definitions, misconceptions – Introduction to Epics (Bhagavat Gita, Mahabharata, Ramayana, Bible, Kuran) Elements of yoga and yogic practices in Jainism, Buddhism- Patanjali Yoga Sutras-Thirumanthiram

Unit – II : Yoga

Streams of Yoga – Karma Yoga – Bhakti Yoga – Jnana Yoga – Raja Yoga (Astanga Yoga) – Hatha Yoga – Different school of yoga – Yogic Diet-Classification in Yogic diet according to traditional yoga texts-Yoga Disciplined way of life.

Unit – III

Contributions to yoga – Hatha Pradipika, Yoga sutras, Gheranda samhita, Shiva Samhita, Sandya satkarma, yoga Rahasya, yoga yajnavalkya samhita, yoga Tharavali, Thirumandira.

Unit – IV: Yogic Exercise

Suryanamskar Asanas – Objectives – Common Asanas & their types – Advanced Asanas – Pranayama – Types of Pranayama – Mudras – Bandhas – Shat Kriyas

Unit – V: Meditation

Meaning & Concept of Meditation – Need of meditation, techniques of meditation Tools of meditation – Advantages of Meditation – Experience of meditation – Obstacles

Reference :

- George Feuerstein : The Yoga Tradition (Its history, literature, Philosophy and practice)
- Sri Ananda : the complete Book of Yoga Harmony of Body and Mind (Orient Paper Backs : Vision Book Pvt. Ltd., 1982)
- Swamy Satyananda Saraswathi : Asana, Pranayama, Mudra, Bandha (India : Yoga Publications Trust, Munger, Bihar)
- Swami Sivandana Practice of Yoga (The Divine Life Society, Shivananda Nagar P.O. U.P. Himalayas, India)
- Swami Sivananda Practice of Karma Yoga (The Divine Life Society, Shivananda Nagar P.O. U.P. Himalayas, India)
- B.K.S. Iyengar : Light on the Yoga Sutras of Patanjali (Haper Collinks Publications India Pvt. Ltd., New Delhi)
- Iyengar B.K.S. (1989) Light on yoga : Unwin paper backs.

- Prabhavananda (1953) Patanjali Yoga Sutras, Madras : Sri Ramakrishna Math
- Thirumoolar (2006), Thirumantiram, Madras: Sri Ramakrishna Math.
- Ranganatha Swami (2001) The message of the Upanishads, Mumbai : Bharatiya Vidya Bhavan.
- Vivekananda Swami (2005) Hinduism, Chennai : Sri Ramakrishna Math.
- Sivananda Sri Swami (1983), Practical Lessons in Yoga, Shivananda Nagar : The Divine Life Society
- Desikachar T K V (2004) yoga yajnavalkya samhita, Chennai : Krishnamacharya Yoga Mandiram
- Desikachar T K V and kamsthub Desikachar, (2004) yoga Tharavali Chennai : Krishnamacharya Yoga Mandiram.
- Kokaji R.G. (1970) Hatha Pradipita, Ionavala : Kaivalyadhma
- Desikachar T K V (2004), Nathamuni's Yoga Rahasya Chennai : Krishnamacharya Yoga Mandiram. Swami Sivananda Practice of karma Yoga (The Divine Life Society, Shivananda Nagar P.O. U.P. Himalayas India)

PAPER - 2
ANATOMY AND PHYSIOLOGY

Unit – I

Introduction to Anatomy and Physiology - Cell – Definition - Structure and different organelles – cell division – Mitosis in detail – Meiosis in brief (haploid and diploid cells) tissues – Classification (Epithelial, Connective, Muscular and Nervous). Special reference to microscopic structure of bone. Structure of skin and function.

Unit – II

Nervous System – Basic Structure and function – Classification of Nervous System: Central Nervous System – Peripheral Nervous System – Autonomic Nervous System – (Sympathetic and Parasympathetic). Structure and Function of brain and spinal cord – Neuron – Reflex Arc - Special senses – Structure and Function of Ear, Eye, Taste buds, Olfactory Epithelium. Musculoskeletal System: Classification of bones, muscles and joints- Types of bone – Functions of Joints – Types of Joints – Function. Muscle – Types of Muscle – Functions – Muscle Tone – Fatigue.

Unit – III

Cardiovascular System – Structure and Functions of heart – Blood, Plasma and cellular elements – RBC structure and Function, WBC types and function platelets – Blood Coagulation – Blood groups- Heart Position and structure – Systole and Diastole – Cardiac cycle, Circulation (Systemic, Pulmonary and Coronary)- Blood pressure arteries, veins and capillaries. Endocrine system – Endocrine Glands – hormones – Functions of Hormones secreted by pituitary Gland – Thymus.

Unit – IV

Respiratory System – Respiration – Structure and Function of Lung – mechanism of respiration, external and internal respiration – Nervous control of respiration - Lung volumes and capacities – Oxygen and Carbon dioxide Transport – Pleura. Digestive system: Structure and Function of Digestive Tract – Secretion and function of salivary glands, – Deglutition – Peristalsis – Gastric Juice – Pancreatic Juice – bile – Villi – Defecation.

UNIT – V

Excretory System: Nephron – Structure and functions of kidney- Concept of Urine formation – skin structure and function.

Reproductive system – structure and function of male reproductive tract and female reproductive trace – Menstrual Cycle – Lactation – Spermatogenesis – Oogenesis. Posture : Posture – Postural tone – Components of Good posture – Bad posture.

References :

- Arthur C. Guyton & John Edward Hall (2006), Textbook of medical Physiology, Florida, United States, Elsevier Standards.
- Surinder H Singh & Krishna Garg, (2008), Anatomy and Physiology for nurses & allied health sciences, New Delhi CBS Publisher.
- Sivaramakrishnan S. (2006), Anatomy and Physiology for Physical Education, New Delhi, Friends Publishers.
- Anne Waugh & Alison Graunt (2005) Anatomy and Physiology in Health and Wellness, Allahabad, Churchill Livingstone.
- Clark Robert K (2005) Anatomy and Physiology – Understanding the Human body, Suddury, United State, Jones & Bartlett.
- Shri Krishna (1985) Notes on Structure and Functions of Human body & Effects of Yogic Practices in it, Mumbai. ICYHC Kaivalyadhama.
- Dutta Ray (2001) Yogi Exercises, New Delhi : Jaypee Brothers.
- Shirley Telles (2006) A Glimpse of the human, Bangalore : Swami Vivekananda yoga prakashana
- Leslie Kaminoff (2007) Yoga anatomy, Champaign : Human Kinetics
- Peter L Williams & Roger Warwick (1988) Gray's Anatomy, Edinburgh : Churchill Livingstone.
- Evelyne C peace (1997) Anatomy & Physiology for Nurses, New Delhi : Jaypee Brothers.
- Gore M.M. (2003) Anatomy & Physiology for yogic practices, Lonavala : Kamhan Prakashan.

PAPER - 3
FITNESS AND WELLNESS

Unit – I

Fitness : Meaning, Definitions, Nature, Need, Types, Components and scope of fitness. Exercise, Mode of exercise – Duration, frequency, relationship among fitness, health and wellness, challenges and strategies for improving fitness.

Unit – II

Wellness : Meaning, Need, Scope of wellness, components of wellness :- Fitness, Nutrition, Spirituality, Smoking cessation, Substance abuse control.

Unit – III

Yogic Diet – the yogic concept – Dynamic Health, the new trend – classification of foods – Rajasic foods – Satvic foods – Articles of yogic diet – principles of diet – Balanced diet – ideal yogic diet – chart, moral aspects of diet – Naturopathy diet.

Unit – IV

Stress Management, Disease preventing and risk reduction, physical examinations, Health Education and Environment support.

Unit – V

Holistic and positive health (Physical, Mental, Social and Spiritual) Emotional life style for positive health – positive thinking and attitudes, all round personality development. Dynamics of Mental Health, Raja Yoga Technique – The secret of Healthy living for integrated life – Holistic medicine – Integrated yoga module for promotion of positive Health.

References :

- Naganathan R and Nagendra H.R. (2008) Integrated Approach of yoga therapy for positive Health Bangalore : Swami Vivekananda Yoga Prakashana.
- Vedanta Kesari (2007) Health mind, Health Body. New thoughts on Health, Chennai: Sri Ramakrishna math.
- Prajapita Brahma Kumaris (1981), Positive Health Delhi : Prajapita Brahma Kumaris Ishwariya Viswa Vidyalaya.
- Sivananda Sai Swami (1983), Practical lessons in yoga, Shivananda Nagar : The Devine Life society.
- Sivananda Sai Swami (1975), Yogic therapy, Gauhati. Brahma chary yogeswar umachal yugashram.
- Chandrasekaran K., (1999) Sound Health Through Yoga, Sedapatti, Prem Kalyan Publication.

- Hoeger Werner W.K. and Sharon a Hoeger, (1990) Fitness and Wellness Colorado: Orton Publishing company.
- Hoare Syd. (1986) Keep fit Dunton Green : Holdder and Stoughton Ltd.,
- Hazeldine Rex, (1985) Fitness for sport, rambury : The crowood press LTd.,
- James and Leona hart, (1983) 100% Fitness, New Delhi, Good will publishing House.
- Hardayal Singh, (1984) Sports, Training, Pariala, NSNIS.

PAPER - 4

PRINCIPLES OF YOGA AND METHODS OF YOGIC – PRACTICAL - I

Unit – I

Concept of yogic practices – principles – Loosening exercises for Pawanmuktasana
Part-I its importance – introduction to Suryanamaskar

Unit – II

Asanas – Meaning – Definitions – Limitations – Classification – Scope Differences
between Asanas and Physical exercises.

Asanas – Name – Type – Category – Method of practice, Essentials and Limitations
Breathing, Duration, Awareness, Sequence, Contra-indications, variations – Essentials
limitations and benefits of following Asanas.

Pawanmuktasana Part II & III

Unit – III

Pranayama – Meaning – Definitions – Techniques – Breathing awareness-preparations,
obstacles, Ratio – Limitations – Benefits of the following:

Sectional Breathing, Surya Nadi, Chandra Nadi, Surya Bhedana, Chandra Bhedana,

Unit – IV

Kriyas – Meaning – Types – Limitations - practicing methods- benefits and Contra
indications

Bandhas – Meaning – Definitions – Types – Practicing method, Guidelines benefits,
application of Bandhas in Pranayama

Unit – V

Mudras – Meaning – Types – Guidelines – Limitations, Practicing Method, Benefits

Chin – Chinmaya

Meditations – meaning – concept methods of practicing – benefits. Sarguna Meditation
– Nirguna Meditation.

References:

- B.K.S. (1976) Light on yoga, London, Unwin paperbacks.
- Sivananda Saraswathi Swami (1934) Yoga Asanas Madras : My Magazine of India
- Sathyananda Saraswathi Swami (2008) Asana, Pranayama, Mudra, Bandha, Munger:
Yoga Publications trust.
- Iyenger B.K.S (2008) Light on Pranayama New Delhi: Haper Collins Publishers
India.
- Vishnu Devananda Swami (1972) The complete illustrated book of yoga, New York :
Pocket Books.

- Chandrasekaran K (1999) sound health through yoga Sedapatti : Prem Kalian Publications.
- Yogeshwaranand Saraswathi Swami (1975) First steps to higher yoga, Gangothari : Yoga nikan trust.
- Coulter, H David (2001) Anatomy and Hatha Yoga, USA : Body and Breath Ic.
- Kirk Martin (2006) Hatha Yoga Illustrated Champaign : Humenkinetics.
- Gharote (2004) Applied Yoga, Lonvla : Kaivalyadhama.
- Kathy Lee Kappmeier and Diane M.Ambrosini (2006) Instructing Hatha Yoga, Champaign : Human Kinetics.

PAPER - 5
APPLIED SPORTS PHYSIOLOGY

Unit – I

Macro & Micro Structure of the Skeletal Muscle, Chemical Composition. Sliding Filament theory of Muscular Contraction. Types of Muscle fiber. Muscle Tone, Chemistry of Muscular Contraction – Heat Production in the Muscle, Effect of yoga practice on the muscular system.

Unit – II

Heart Valves and Direction of the Blood Flow – Conduction System of the Heart – Blood Supply to the Heart – Cardiac Cycle – Stroke Volume- Cardiac Output – Heart Rate – Factors Affecting Heart Rate – Cardiac Hypertrophy – Effect of yoga on the Cardiovascular system.

Unit – III

Mechanics of Breathing – Respiratory Muscles, Minute Ventilation – Ventilation at Rest. Diffusion of Gases – Exchange of Gases in the Lungs – Exchange of Gases in the Tissues – Control of Ventilation – Ventilation and the Anaerobic Threshold. Oxygen Debt – Lung Volumes and Capacities – Effect of yoga on the respiratory system.

Unit – IV

Metabolism – ATP – PC or Phosphagen System – Anaerobic Metabolism – Aerobic Metabolism – Aerobic and Anaerobic Systems during Rest and Exercise.

Reference Books

- Dr.Krishna Raman : A matter of Health (Integration of Yoga and western medicine for prevention and cure) Chennai East west Books (Madras) Pvt. Ltd., 1998.
- Sri Ananda : The complete book of Yoga Harmony of Body and Mind (Orient Paper Backs Vision Book Pvt. Ltd., 1982)
- Dr. Nagendra HR: The Art and Science of Pranayama (Vivekananda Kendra Yoga Prakashana, Bangalore)
- Swami Sivananda Kundalini Yoga (The Divine Life Society, P.O. Shivananda Nagar, U.P.Himalayas, India)
- David, L. Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
- Shaver, L. (1981) Essential of Exercise Physiology. New Delhi: Subject Publications.

PAPER - 6
APPLIED SPORTS PSYCHOLOGY

Unit – I

What is psychology -What is Sport Psychology - Brief History of Sports Psychology - Sports psychologist and his role - Reinforcement and Punishments – Types of reinforcement – Effectiveness of positive reinforcement – Coaching styles and reinforcement – Schedules of reinforcement – Strengths and drawbacks of punishment – Theories of learning

Unit – II

Arousal – Anxiety – Assessment – Yerkes-Dodson Law (Inverted U hypothesis) – Physiological assessment and its Strengths & weaknesses – Psychological assessment and its strengths & weaknesses – Treatment of Sport Anxiety – Coping skills – Stress reduction models – Optimism in Sports and exercise – Positive psychology in sports

Unit – III

Attitudes to Sport - The nature of attitudes - Measuring attitudes - The formation of attitudes to sport - Attitudes to competition - Attitudes to sports and sporting behavior – Modification – Mental Toughness - Aggression and Sport -Aggression and performance - Situational factors affecting aggression - Attribution Theory - Leadership – Team Building and goal setting – group cohesion – Audience effects – Social factors- Failures and coping

Unit – IV

Risk Sport athletes – Injuries – Racism in sports – Kids in sports – Women in Sports - Definitions - Classifying abilities and skills - Nature-nurture in sport - Enhancing skill and expertise: the role of practice - Research methods in sport psychology -Quantitative and qualitative research – The experimental model- The correlational method - Survey methods - Case studies - Archival studies - Review methods

Unit – V

Yoga and Sports Psychology - Role Yoga and Mind – Relaxation Techniques – Quick Relaxation – Technique – Instant relaxation Technique – Deep Relaxation Technique – Yoga Nidra – Various Stages of Yoga Nidra – Yoga Nidra and Brain - Role of Yoga in Psychological problems: Anxiety, Depression, Phobia, Fatigue, Nervousness, Neurosis – Yoga for Sport – Yoga for performance enhancement

Reference Books :

- Sport Psychology: Concept and Applications, R.H. Cox (2012), Behaviour Modification: What is it and how to do it, Martin & Pear (2007), Applied Sports Psychology: Personal Growth to peak experience, Williams,2010)

- Measuring anxiety in athletics-Journal of Sport and Exercise Psychology, RH.Cox, RP Martens, Russel (2003), Flow: The Psychology of optimal experience, M.Csikszentmihalyi (1990), Positive Psychology lectures by Martin Seligman)
- Learned Optimism, Martin Seligman (1991), Mental Toughness: The mindset behind sporting achievement, J.G. Jones (2007), Sheard (2010), 10- Minute Toughness: The Mental Training program for winning before the game begins, J. Selk (2007), Aggression: A social learning analysis, Bandura (1973), Manual for the leadership Scale for Sports, Chelladurai.P (1989), Group Dynamics in Sport, A.V. Carron and Hausenblas (2005), Championship Team building, J.Janssen (2002), Goal setting for sport, Sivil & Jones (2011)
- Into Thin Air, J.Krakauer (1997), Psychological bases of sports injuries, D.Pargman (2007), Competition in youth sport: Process or Product? Physical Educator, 37, 151-154, R.DuBois, (1980), Little Girls in pretty boxes: The making and breaking of elite gymnasts and figure skaters, J.Ryan (1995),
- Babe: Life and Legend of Babe Didrikson Zaharias, Cayleff (1995), Statistical Methods, S.P. Gupta)
- Asana, Pranayama, Yoga, Mudra, Srimad Bhagavad Gita) Over Coming Phobia- A Practical Guide, Patricia F.S (2014), Sport Psychology, Dr.Arnold L (2017), Emotions, John Antony (2013), Cognitive Behaviour Therapy (Judith Beck)

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FIRST YEAR
SEMESTER - II
PAPER - 1
YOGA AND MENTAL HEALTH

Unit – I

Mind – Mind and body, Philosophy of mind – definition of mind – different types of mind – stages of consciousness – power of mind – functions and powers of conscious mind – subconscious mind.

Unit – II

Mind and Nervous system – Central Nervous System – Brain and Mind – Peripheral Nervous System – Autonomic Nervous System.

Unit – III

Thoughts – various types of thoughts – powers of thoughts – positive thinking – thought culture – Techniques of Thought Control – Sanskar re-engineering. Difference stages of mind – How to use our mind.

Unit – IV

Role Yoga and Mind – Relaxation Techniques – Quick Relaxation – Technique – Instant relaxation Technique – Deep relaxation technique - Yoga Nidra – Various Stages of Yoga Nidra – Yoga Nidra and Brain.

Unit – V

Meditation – Various Types of Meditation – Tools for Meditation – Obstacles of Meditation – Experience & Advantages of meditation.

Reference Books :

- Sri Ananda : The complete book of Yoga Harmony of Body and Mind (Orient Paper Backs: Vision Book Pvt. Ltd., 1982)

PAPER - 2
YOGA – PSYCHOLOGY AND PHYSIOLOGY

Unit – I

Psychology: Meaning, Definition, Nature, Need and Scope of Psychology, branches of psychology, relationship of psychology and yoga. Facets psychology : Growth and Development – Basic concepts, aspects and principles of Growth and development – Life span period – stages of development – stages of Life : Infancy, Early Childhood, Later Childhood, Adolescence, Adulthood, old age – Aspects of development : Physical, mental emotional moral and Social development – Role of yoga and Growth and development.

Unit - II

Learning : Factors and stages of learning, Theories of learning, Role of yoga on learning.

Perception : Types of perception, Role of yoga and perception.

Motivation : Types of motivation – Theories of Motivation – Role of yoga on motivation

Emotions : Types of Emotions – Theories of Emotion – Role of yoga on Emotion.

Unit – III

Personality : Structure and theories of personality, Role of yoga on personality, Basic concepts of memory and Forgetting, Intelligence, Attention, Aptitude, Attitude and Role of Yoga on cognitive Development. Psychological qualities – Psycho – Regulative procedure (Yoga, Music, Antogenic Training) Anxiety, Stress, Depression – Psychosomatic Disorders – Bipolar mood, disorders – Schizophrenia and dementia – Yoga management.

Unit – IV

Cardiovascular System – Structure and Functions of heart – Types of pressure – pulse – Heart sounds – Blood : Components of Blood plasma and its function – Cellular components : Structure and functions of RBC, WBC and platelets – Blood Coagulation – Blood groups – Beneficial yogic practice son cardiovascular system. Endocrine system – Endocrine Glands – Hormones – Functions of Hormones secreted by pituitary Gland – Thymus. Beneficial yogic practices on endocrine system.

Unit – V

Respiratory System – Respiration – Structure and Function of Lung – mechanism of breathing – Lung volumes and capacities – Oxygen and Carbon dioxide Transport – Pleura – Beneficial yogic practice so Respiratory system.

Digestive System : Structure and Function of Digestive Tract – Saliva – Deglutition – Peristalsis – Gastric Juice – Pancreatic Juice – Bile – Villi – Defecation – Beneficial Yogic practices on Digestive System. Excretory (System : Nephron – Structure and function of kidney – concept of Urine formation – skin structure and function – Beneficial yogic practice son Excretory system. Reproductive system – structure and function of male reproductive tract and female reproductive tract – Menstrual Cycle – Lactation – Spermatogenesis – Oogenesis. Beneficial Yogic practices on Reproductive system. Posture : Posture – Postural tone - Components of Good posture – Bad posture – Beneficial yogic practice son Posture.

Reference:

- Kamlesh M.K. (1988) psychology in physical Education and sports, New Delhi: Metropolitan.
- Elangovan R. (2001) Udarkalvi Ulaviyal, Tirunelveli: Aswin publication.
- Gita Mathew, (1997) sports psychology, Shejin and Shiju Brothers, Karaikudi.
- Gidr, et al. (1989) Psychology, Glenview: Scott foresman and company
- Bringle Ronert Etal, (1981) undertaking psychology, New York, Random House School Division New York.
- Rishi Vivekananda (2006) practical Yoga psychology, Munger: Yoga publication Trust
- Arthur C. Guyton & John Edward Hall (2006), Textbook of medical Physiology, Florida, United States, Elseiver standards.
- Sivaramakrishnan S. (2006), Anatomy and Physiology for physical Education, New Delhi, Friends publishers.
- Anne Waugh & Alson Graunt (2005) anatomy and physiology in Health and Wellness, Allahabad, Churchill Livingtone.
- Clark Robert k (2005), anatomy & physiology – understanding the Human body, Suddury, United States, Jones & Bartiett.
- Shri Krishna (1985) Notes on Structure and Functions of H8man body & Effects of Yogic practices in it, Mumbai, ICYHC Kaivalyadhama.
- Shirly Telles (2006) A Glimpse of the human, Bangalore: Swami Vivekananda yoga prakashana
- Leslie kaminoff (2007) yoga anatomy, champaign:Human Kinetics
- Peter L Willams & Roger Waswie (1988) Gray’s Anatomy, Edinburg: Chughill Livingstone.
- Evelyne C peace (1997) Anatomy & physiology for Nurses, New Delhi: Jaypee Brother.

- Gore M.M. (2003) Anatomy & Physiology for yogic practice, Lonavala: Kamhan Prakshan

PAPER - 3

YOGA AND ALTERNATIVE MEDICINE

UNIT - I

Health – Definition – Factors influencing health – Dimensions of health, Disease – Cause of Disease – Mode of transmission.

UNIT - II

History, Advantages, Limitations of various systems of medicine – Ayurveda – Yoga & Naturopathy – Unani medicine – Siddha – Homeopathy

UNIT – III

Physiotherapy : Exercise therapy, Hydrotherapy, Electrotherapy, Massage, Relaxation techniques – Acupressure – Acupuncture – Shiatsu – Fasting – Therapeutic touch – Biochemics.

UNIT - IV

Mud therapy – Music therapy – sound therapy – Colour therapy – magnetotherapy – Flower therapy – Reiki – Sun bath & Air Bath – Osteopathy – Auto Urine therapy./

UNIT - V

Yogic practices related to Drug abuse – Alcoholism – Smoking – De-addiction techniques – Psychotherapy – Hypnotherapy – Meditation – Counseling – Faith Healing.

References:-

- Dr. O.P. Jaggi (2001) Healing systems, Delhi Orient paper backs.
- Swami Satyananda Saraswathi (2007) Yoga and cardiovascular management, Munger, Yoga publications Trust.
- Dr. Swami Shankerdevnanda (2007) Yoga management of Asthma and Diabetes, Munger Yoga publications Trust.
- Dr. Swami Shankerdevnanda (2006) The Effect of yoga on Hypertension, Munger yoga publications Trust.
- Swami Kuavalayananda & Dr. S.C. Vineker (1994) Yogic therapy, New Delhi, central health education bureau.
- Luis S.R. (2001) Maser approaches to new alternative therapies, Delhi pustak mahal.
- Phulgengda sinha (1976) Yoga cure for common diseases, Delhi: Orient paper bucks.
- Joshi (1991) Yoga and Nature cure therapy, New Delhi Sterling publishers private Ltd.
- Garde R.K. (1984) Yoga therapy, Bombay, Taraporevala sons & co. Pvt. Ltd.

- Nagarathana R. H. R. Nagendra & Shamantha Kanmani Narendran (2002) Yoga for common ailments and IAYT for different diseases, Bangalore: Swami Vivekananda yoga praksahana.

PAPER - 4

PRINCIPLES OF YOGA AND METHODS OF YOGA – PRACTICAL – II

UNIT – I

Loosening Exercise (Pawanmuktasana Part I& II)
Suryanamaskar – 12 Counts (Breathing)

UNIT – II

Asanas :-

Sukhasana, Vijrasana, Ardha Padmasana, Padmasana, Savasana, Makarasana, Tadasana, Utkatasana, Ardhakatichakarasana, Padahastasana, Ardha Chankrasana, Danadasana, Baddakonasana, Janusiorasana, Pachimotanasana, Pavanamukhasana, Ardha Salabasna, Salabasna, Bhujangasana, Ardhadhanurasana, Sasangasana, Uttanapadasana, Navasana, Vipareethekarani, Chakrasana,

UNIT – III

Pranayama : Anulomaviloma– Nadi Shodhana, Sheetal, Sheetkari .

UNIT – IV

Shat Kriyas and Bandhas

UNIT – V

Mudras : Chin – Chinmaya – Adi (Sakthi) Brama – Linga Mudra

Meditations : Mantra Meditation – Yantra Meditation

References :

- Iyengar B.K.S. (1976) Light on yoga, London, Unwin paperpacks.
- Sivananda Saraswathi Swami (1934) Yoga Asanas Madras ; My Magazine of India.
- Satyananda Saraswati Swami (2008) Asana, Pranayama, Mudra, Bandha, Munger : Yoga Publications Trust.
- Iyenger B. K.S. (2008) Light on Pranayama, New Delhi : Haper Collins Publishers India.
- Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York : Pocket Books.
- Chandrasekaran K (1999) Sound Health through yoga Sedapatti : Prem Kalyan Publication.
- Yogeshwaranand Saraswathi Swami (1975) First steps to higher yoga, Gangothari : Yoga nikan trust.
- Coulter, H.David (2001) Anatomy and Hatha Yoga, USA : Body and Breath Inc.
- Kirk Martin (2006) Hatha Yoga Illustrated Champaign : Humenkinetics.
- Gharote (2004) Applied yoga, Lonvla : Kaivalyadhama.

- Kathy Lee Kappmeier and Diane M.Ambrosini (2006) Instructing Hatgha Yoga, Champaign : Human Kinetics.

PAPER - 5

YOGA AND SPORTS PERFORMANCE

Unit – I : Physical Education

Meaning & Definition – Application of Yoga in Physical Education – Systems of Physical Exercise – Importance of Yoga in Physical Education & Sports – Difference between Yogasanas & Physical Exercise – Individualized yogic autogenic training for players.

Unit – II : Yogic Exercises

Suryanamaskar Asanas – Objectives – Common Asanas & their types – Advanced Asanas – Pranayama – Types of Pranayama – Mudras – Bandhas – Shat Kriyas.

Unit – III : Yogic & Meditation (Before and after completion)

Meaning & concept of meditation – Need of meditation, techniques of meditation tools of meditation – advantages of meditation – Experience of meditation – Obstacles.

Unit – IV (Before and After competition)

Mental obstacles to the practices of yoga – Remedies and practices – Kriyas yoga – Mortification Nescience – ignorance aversion – Bondage and freedom – arma and meditation – Mystic word ‘OM’ and consciousness.

Unit – V (Before and After competition)

Mind – Origin of mind – Types of mind (Cosmic and individual) – Four fold mind – states of mind. (walking, dreaming, deep sleep) – Three Gunas, Sattwic, Rajasic, Tamassic), Three Doshas (Mala, Vikshapa, Avarana), powers of mind unfolding latest powers of mind – consciousness – sub – consciousness – unconsciousness – super consciousness.

Reference Books.

- George Feuerstein :The Yoga Tradition (Its history,literature, philosophy and practice)
- Sri Ananda :the complete Book of yoga Harmony of Body and mind (Orient paper Backs : Vision Book Pvt. Ltd. 1982)

- Swamy Satyanandan Saraswathi : Asana, Pranayama, Mudra, Bandha (India : Yoga Publications Trust, Munger, Bihar)
- Swami Sivananda : Practice of Yoga (The Divine Life Society Shivananda Nagar P.O. U.P. Himalayas,India)
- Swami Sivananda Practice of Karma Yoga (The divine Life Society,Shivananda Nagar P.O. U.P. Himalayas,India)
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- Desikachar T K V (2004) yoga yajnavalkya samhita, Chennai : Krishnamacharya yoga mandiram.
- Desikachar T K V and Kamsthub Desikachar, (2004) yoga Tharavali Chennai : Krishnamacharya Yoga Mandiram.
- Kokaji R.G (1970) Hatha pradiptia, lonavala : Kaivalyadhma
- Desikachar T K V (2004), Nathamuni's yoga Rahasya Chennai : Krishnamacharya yoga mandiam.
- Rishi Vivekananda (2006) Practical Yoga Psychology Munger : Yoga publications Trust
- Abhadananda Swami (2002 Yoga Psychology : Kolkotta : Rama Krishna Vedanta Math
- Vishnudevananda Swami (1972) the complete illustrated Book of Yoga, New York, the India Press Inc.
- Swami Sivananda (1983) Practical lessons in Yoga, Shivananda Nagar : The Divine Life Society.

PAPER - 6
PATANJALI YOGA

Unit – I

Different School of Yoga – Aurobindo and the mother – Philosophy and Practices of Theosophical Society – Contribution of 18 Siddhas – Vallalar and his Principles – Bhrahma Kumaris – Philosophy Meditation – Vipassana Meditation – Buddha and his principles. Yoga – Essence of Yoga – Karma Yoga – types and importance – Bhakthi yoga – types of devotion – Jnana Yoga – Raja yoga – Patanjali – Samadhi Padha – Vibuthi Padha – Kaivalya Padha.

Unit – II

History of yoga – Vedas – Bhagavad Gita, Upanishads, Ramayana, Mahabharata, Brahma Sutras – Astanga Yoga of Patanjali : Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.

Unit – III

Contributions to yoga – Hatha Yoga Pradipika, Yoga sutras, Gheranda Samhita, Shiva Samhita, Sandra Satkarma, Yoga Rahasya, Yoga yajnavalkya samhita, yoga Tharavali, Thirumandira.

Unit – IV

Contributions of yoga to Hinduism, Jainism, Zorastrainism, Judaism, Taoism, Buddhism, Zen Buddhism, Christianity, Islam – Paths of yoga : Hatha yoga, Bhakti yoga, Janana yoga, Karma yoga, Mantra yoga, Laya yoga, Yantra yoga.

Unit – V

Contributions to yoga: Vivekananda, Kuvalayananda, Sivananda, Krishnamacharya, Maharisimahesh yogi, Mahatma Gandhi, Sri Aurohindo, Krishnamoorthy, Great yogins and Siddhas : Thirumoolar, Agasthiar, Sri Jnana Dev, Sri Goraknath, Sri Ramalingaswami, Bohar, Sivavakkiyar, Karuvoorar.

- Desikachar T K V (2004) yoga yajnavalkya samhita, Chennai : Krishnamacharya yoga mandiram.
- Prabhavananda (1953) Patanjali yoga sutras, Madras : Sri Ramakrishna Math
- Thirumoolar (2006), Thirumantiram, Madras : Sri Ramakrishna Math
- Ranganatha Swami (2001) The message of the Upanishads, Mumbai : Bharatiya Vidya Bhavan
- Vivekananda Swami (2005) Hinduism, Chennai : Sri Ramakrishna Math
- Sivananda Sri Swami (1983), practical Lessons in Yoga, Shivanandanagar : The Divine Life Society.

- Desikachar T K V (2004) yoga yajnavalkya samhita, Chennai : Krishnamacharya yoga mandiram.
- Desikachar T K V and Kamstub Desikachar, (2004) yoga Tharavalli Chennai : Krishnamacharya Yoga Mandiram.
- Kokaji R.G. (1970) Hatha Padiptita, Lonavala : Kaivalyadhma
- Desikachar T K V (2004), Nathamuni's yoga Rahasya Chennai : Krishnamacharya yoga mandiram.
- Dr. Krishna Raman : A Matter of Health (Integration of Yoga and western medicine for prevention and cure) Chennai East West Books (Madras) Pvt. Ltd., 1998.
- Sri Ananda : The Complete Book of Yoga Harmony of Body and Mind (Orient Paper Backs: Vision Book Pvt. Ltd., 1982)
- Swamy Satyananda Saraswathi : Asana, Pranayama, Mudra, Bandha (India : Yoga Publications Trust, Munger, Bihar)
- Swami Sivananda : Practice of Yoga (The Divine Life Society, Shivananda Nagar P.O. U.P Himalayas, India)

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**SECOND YEAR
SEMESTER – III
PAPER - 1**

RESEARCH & STATISTICS IN YOGA

Unit – I

Introduction to Research : Meaning and Importance of Research – Scope of Research to Yoga education, Types of research : Basic, Applied and Action Research, Research Problem : Criteria of Locating a Problem – Characteristics of good research – Delimiting and Limiting a Problem, Hypothesis : Meaning and Formulation of Research Hypothesis, Methods of Non Laboratory Research – Survey and Historical Survey Research : Survey by questionnaire and interview – Opinion assessment and observation method – Historical research : Primary and Secondary sources of data – Internal and External criticism.

Unit – II

Variables and Experimental Research Design – Variables; Independent, Dependent, Extraneous and Intervening variables, Experimental control, Characteristic of experimental research. Experimental Design : Random Group, Related group, Repeated Measures, Rotated group, Factorial and Static Group, Comparison design.

Unit – III

Areas of Research : Physiology of Yoga – Biomechanics in Yoga – Psychology Nutrition, Chapterization of Thesis, Front Materials, Body of Thesis, Method of Writing Research proposal, Mechanism of writing Research Report, and Bibliography writing.

Unit – IV

Statistics – Definition - Need and importance of Statistics in research Data – Raw data, Grouped data. Frequency table. Concept and calculations of measures of central tendency, mean – Median – Mode, measures of variability, range – Quartile Deviation and Standard Deviation – Mean Deviation Percentiles.

Unit – V

Normal Probability Curve – Principles and Properties – Divergence from Normality – Skewness and Kurtosis, Factors affecting Reliability – Random size and Variability – Level confidence – Null Hypothesis – Test of Significance, concept and calculations of ‘t’ set, Chi – Square – Correlation – Co-efficient of – Product moment and spearman

Rank order – Scoring scales – Sigma scale – T Scale – Z scale – Hull Scale – Hull Scale
– Error. Concept of ANOVA and ANCOVA

References :

- Clarke, David H and Clarke, H. Harrison 1970 Research process in Physical education and recreation and Health Englewood cliffs New Jersey, Prentice Hall, Inc
- Blommers, Paul and Lingust E.E. Statistical 1958 Methods in Psychology and Education, Calcutta, Oxford Book, Co.,
- Clarkes, H.Harrison 1963, 'The application of Measurement Health and Physical Education New York Prentice Hall Co.,
- Swami Kuvalayananda and Dr.S.L. Vinekar (1963) Yogic Therapy, its basic principles and methods, Ministry of health, Govt. of India New Delhi.
- David H Clarke, and Clarke H. Harrison, "Research Processes in Physical Education". New Jersey, Prentice Hall Inc 1984.
- T.A. Baumgartner and Strong C.H. "Conducting and Reading Research in Health and Human Performance New York: Brown and Benchmark : 1994
- C.R. Kothari "Research Methodology Methods and Techniques", New Delhi Wiley Eastern Limited, 1993.
- Anne Rothstein "Research Design and Statistics for Physical Education" New Jersey : Prentice Hall Inc. 1985.
- John W Best and Khan, James V. "Research in Education' New Delhi Prentice Hall of India Private Limited 1992.

PAPER - 2
Health and Fitness

Unit – I

Define – Fitness – Health – Need and Importance of Health and Physical fitness – values of physical fitness – methods and development of Aerobic capacity, flexibility – Body build – Muscular Power – Muscular endurance – Speed – coordinative reaction – Balance – Good Health – Fitness and Yoga – Improvement aerobic capacity – Strength power – Strength and muscular endurance – Isometric construction – Isotonic contraction – Iso-kinetic contraction.

Unit – II

Yoga – Improvement of agility Co-ordination – reaction time – Training for success – Principles of Yoga training – flexibility – Ballistic stretching techniques – static stretching – guidelines – contract – relaxation methods – yoga and body composition.

Unit – III

Training Programme – Year Programme – Individual training – Age and Training – Asanas – Pranayama – Meditation – Relaxation – Care of the body – Sensible eating – Right life style – limiting alcohol – Drugs – smoke – Healthy diet – Planning to safety – environment.

Unit – IV

Physiology and pathology in the yoga shastra – Description of the Glands – Ayurvedha – Vatha – Pitta, Kapha – Tridosha – Common ailments – Selective yogic practice for High Blood pressure or Hyper tension, Heart Myocardial infection, Common cold, Asthma, Sinusitis, Tuberculosis.

Arthritis, Back pain, Digestive disorders, ulcer, piles, constipation, Diabetes mellitus, obesity.

Unit – V

Selective yogic practice for Neurotic disorders, mood disorders, obsessive compulsive disorder, Schizo – Phrenia, Chemical abuse, Eating disorders, Phobias, mental retardation – Diseases of Women : The monthly period, State of non – attainment of sexual maturity

– Abortion and miscarriage, Absence of mother’s milk, disorders in menopause – yogic treatment – Selective yogic practice for Anemia, Skin diseases, Epilepsy, Impotency, Seminal disorders, Headache, Thyroid Disease – Yogic treatment.

References :

- Shemanthakamani Narendhan et al (2008) Yoga and pregnancy, Bangalore, Swami Vivekananda Yoga Prakshana.
- Nagarathna & Nagendra (2008) Yoga for Bronchial Asthma, Bangalore, Swami Vivekananda, Yoga Prakshana
- Nagarathna & Nagendra (2007) Yoga for digestive disorders Bangalore, Swami Vivekananda, Yoga Prakshana
- Sri Kanta ss et al (2008) yoga for diabetics, Bangalore, Swami Vivekananda yoga pakshana
- Nagarathna & Nagendra (2008) yoga for Hyper tension & Heart disease, Bangalore Swami Vivekananda yoga
- Nagarathna & Nagendra (2008) yoga for arthritics Bangalore Swami Vivekananda Yoga Prakshna
- The Paul Beashel and John Taylor the world of sport examined 1997 published by Thomas Nelson and Son’s Ltd., 1997.

PAPER - 3
YOGA THERAPY FOR POSITIVE HEALTH

Unit – I

Yogic practices – Pranayama, Kriyas, Bandha and Mudras

Unit -II

Management of the disease through suitable yogic practice – yogic diet , asanas, shatkarmas, pranayama, meditation, notional corrections through yogic scriptures and counselling.

Unit -III

Integrated approach of yoga therapy in the treatment of diseases through Systemic anatomy, physiology of the related systems, stress and disease.

Unit -IV

Medical management , mechanism of imbalance at psychological, pranic, physical, endocrinal, autonomic levels, psychoneuroimmunological aspect of the disease, prevention.

Unit – V

Yoga Therapy – Yoga and Naturopathy, Basic concepts – Water Therapy – Air Therapy – Five Therapy – Space Therapy – Mud Therapy – Massage Therapy – Magneto Therapy – Chromo Therapy, Yoga and Diet – Balance Diet Yogic Diet – vitamin – Yoga and Ayurveda – Philosophy – Pancha Karma – Mind and Spirit Therapies.

References :

- Shemanthakamani Narendhan et al (2008) Yoga and pregnancy, Bangalore, Swami Vivekananda Yoga Prakshana.
- Nagarathna & Nagendra (2008) Yoga for Bronchial Asthma, Bangalore, Swami Vivekananda, Yoga Prakshana
- Nagarathna & Nagendra (2007) Yoga for digestive disorders Bangalore, Swami Vivekananda, Yoga Prakshana
- Sri Kanta ss el al (2008) yoga for diabetics, Bangalore, Swami Vivekananda yoga pakshana
- Dr. Krishna Raman : A Matter of Health (Integration of Yoga and western medicine for prevention and cure) Chennai East West Books (Madras) Pvt. Ltd., 1998.

- Dr.C. Norman Shealy M.D.Ph.D., Alternative Healing Therapies Rajendra Publishing House Pvt., Ltd., Mumbai – 400 053.
- Nagarathna & Nagendra (2008) yoga for Hyper tension & Heart disease, Bangalore Swami Vivekananda yoga
- Nagarathna & Nagendra (2008) yoga for Arthritics Bangalore, Swami Vivekananda yoga

PAPER - 4

PRINCIPLES OF YOGA AND METHODS OF YOGA – PRACTICAL III

Unit – I

Loosening Exercises – Suryanamaskar with Mantras, Chandra Namaskar

Unit – II

Asanas – Method of practice – Breathing, duration, Awareness, Sequence, contra – Indications, variations – Essentials, Limitations and benefits of following Asanas :

Savasana, Makarasana,

Trikonasa, Parsavakonasa, Vrikshanana, Veerabhadrasana

Vakrasana, Supta Vajrasana, Marichiyasana, Gomukasana

Naukasana, Poorna Dhanurasana

Sarvangasana, Halasana

Vatyanasana, Ekapadaurdhvpadangusthasana, Hanumanasana, Uprivista Konasana, Bakkasana, Mayurasana, Bharadvajasana, Ardha Sirasasana.

Unit – III

Techniques - Breathing Ratio, Guidelines, Cautions, Preparations, Obstacles, Limitations and benefits of the following pranayamas:

Sitali, Sitkari, Bhramari, Bhastrika.

Unit – IV

Kriyas – Practicing methods, Guidelines, Limitations – precautions – benefits – Jalaneti, Sutraneti, Vamana Dhouthi.

Bandhas – Practicing method, Guidelines, Benefits, Application of Bandhas in Prnayama Uddiyama Bandha, Moola Bandha.

Unit – V

Mudras – Practicing method, Guidelines – Limitations, Benefits.

Matangi Mudra, Vajra Mudra, Hakini Mudra, Mukula Mudra, Kaleeswara Mudra,

Meditations :-

Mandra Meditation, Japa Meditation, Ajapa Japa Meditation, Inner Visualization, Yoga Nidra, Walking Meditation.

References:

- B.K.S. (1976) Light on yoga, London, Unwin paperpacks.

- Sivananda Saraswathi Swami (1934) Yoga Asanas Madras ; My Magazine of India.
- Satyananda Saraswati Swami (2008) Asana, Pranayama, Mudra, Bandha, Munger : Yoga Publications Trust.
- Iyenger B. K.S. (2008) Light on Pranayama, New Delhi : Haper Collins Publishers India.
- Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York : Pocket Books.
- Chandrasekaran K (1999) Sound Health through yoga Sedapatti : Prem Kalyan Publication.
- Yogeshwaranand Saraswathi Swami (1975) First steps to higher yoga, Gangothari : Yoga nketan trust.
- Coulter, H.David (2001) Anatomy and Hatha Yoga, USA : Body and Breath Inc.
- Kirk Martin (2006) Hatha Yoga Illustrated Champaign : Humenkinetics.
- Gharote (2004) Applied yoga, Lonvla : Kaivalyadhama.
- Kathy Lee Kappmeier and Diane M.Ambrosini (2006) Instructing Hatha Yoga, Champaign : Human Kinetics.

PAPER - 5
YOGA THERAPY

Unit – I

Yogic Practices – Asana, Pranayama, Kriyas, Bandha and Mudras, Meaning of Hypertension and Stress – Assessment – Clinical History – Causes – Treatment through yoga for Hypertension and stress – Contra Indication of Yogic Therapy.

Unit- II

Meaning of Respiratory Disorders: TB (Tuberculosis) Chronic Bronchitis, Allergic Rhinitis and Sinusitis. Meaning of COPD Cardiovascular disorders: Hypertension, Coronary heart disease, Cardiomyopathy, Cardiac Asthma, Causes – Treatment through Yoga for Respiratory and Cardiovascular disorder – Contra Indication of Yogic Therapy.

Unit - III

Meaning of Musculoskeletal Disorders: Muscular Dystrophy, Back Pain, Cervical and Lumbar spondylosis, All form of arthritis. Meaning of Endocrinological and Metabolic Disorder - Diabetes Mellitus (I & II), Hypo and Hyper Thyroidism, Obesity, Metabolic syndrome Causes – Treatment through Yoga for Musculoskeletal and Endocrinological disorder – Contra Indication of Yogic Therapy.

Unit – IV

Meaning of Excretory System : Chronic Renal Failure, Renal hypertension, Renal Stones, Irritable bladder. Meaning of Neurological Disorders: Migraine headache, Tension, Parkinsons disease, Multiple sclerosis Causes – Treatment through Yoga for Excretory and Neurological–Disorder – Contra Indication of Yogic Therapy.

Unit – V

Meaning of Obstetrics and Gynecological disorders: Menstrual Disorders, Premenstrual syndrome, Menopause and perimenopausal syndrome Causes – Treatment through Yoga for Gynecological disorder– Contra Indication of Yogic Therapy.

References :

- Shemanthakamani Narendhan et al (2008) Yoga and pregnancy, Bangalore, Swami Vivekananda Yoga Prakshana.

- Nagarathna & Nagendra (2008) Yoga for Bronchial Asthma, Bangalore, Swami Vivekananda, Yoga Prakshana
- Nagarathna & Nagendra (2007) Yoga for digestive disorders Bangalore, Swami Vivekananda, Yoga Prakshana
- Sri Kanta ss et al (2008) yoga for diabetics, Bangalore, Swami Vivekananda yoga pakshana
- Nagarathna & Nagendra (2008) yoga for Hyper tension & Heart disease, Bangalore Swami Vivekananda yoga
- Nagarathna & Nagendra (2008) yoga for Arthritics Bangalore, Swami Vivekananda yoga

PAPER - 6

YOGA AND MEDITATION

Unit – I

Meaning : Need, Nature and Scope of Philosophy, Yoga Philosophy, Vedanta Philosophy of Vedanta – goal of Vedanta – Universality of Vedanta, Vedas – The four main Vedas.

Unit – II

Philosophy in Sat darsanas – purpose of Darsanas – Nyaya Darsana, Vaisesika Darsana – Sankya Darsana, Yoga Darsana, Mimamsa Darsana, Vedanta Darsana, Philosophy of Hinduism, Buddhism, Jainism, Vhristianity and Islam.

Unit – III

Yoga Darsana – Sankhya and yoga darsanas – philosophy of patanjali's yoga sutras Samadhi pada, Sadhana Pada, Vibbutipada, Kaivalya Pada – Obstacles to yoga – Ways to remove the obstacles of yoga – Astangas – Yoga Siddhis – Philosophy of Yoga vasishta.

Unit – IV

Meditational Techniques : Transcendental meditation, Raja yoga meditation – Sudarshan Kriyas, Chakra Meditation, Mantra Meditation, Preksha Meditation, Vibasana Meditation, Zen Meditation, Prayer Meditation (Christianity) workshop in Islam, Tibetan Yogic Meditation – Sri Aurobindo Meditation.

Unit – V

Meditational Techniques: MSRT (Mind Sound Resonance Technique) PET (Pranic Energisation Technique), SMET (Stress – Management of Excessive Tension), Dynamic Meditation – Nithya Dhyana, Walking Meditation, Surya Yoga, SKY

References :

- Vivekananda Swami (2007) Vedanta Voice of freedom, Kolkotta; Advaita Ashrama
- Karela Wemer (1979) yoga and India Philosophy, Delhi; Motilal Bannarsidass.
- Radhakrishnan S (1971) Indian Philosophy.
- Jnanananda Swami (2000) Philosophy of yoga, Mysore; Sri Ramakrishna Ashrama
- Hashananda Swami (2009) The six systems of Hindu philosophy, Chennai; Sri Ramakrishna Math
- Abhadananda Swami (1997) Yoga in theory and practice, Calcutta; Ramakrishna Vedantanath

- Ravishankar (2008) yoga the science of Holistic living, Chennai; Vivekananda Kendra Prakashan Trust
 - Vivekananda Swami (2005) Hinduism, Chennai; Sri Ramakrishna Math
 - Satyananda Saraswathi Swami (2007) Meditation from the Tantras Munger; Yoga publications Trust
- Satyananda Saraswathi (2007) Dynamics of yoga, Munger; Yoga Publications Trust

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SECOND YEAR

SEMESTER – IV

PAPER - 1

YOGA FOR INTELLECTUAL AWARENESS

Unit – I

Different School of Yoga : Aurobindo and he mother – Philosophy and Practices of Theosophical Society – Contribution of 18 Siddhas – Vallalar and his Principles – Bhrahma Kumaris – Philosophy Meditation – Vipassana Meditation – Buddha and his principles.

Unit – II

Yoga – Essence of Yoga – Karma Yoga – types and importance – Bhakthi yoga – types of devotion – Jnana Yoga – Raja yoga – Patanjali – Samadhi Padha – Sadaba Padha - Vibuthi Padha – Kaivalya Padha.

Unit – III

Ethical and moral values in Hinduism, Jainism, Buddhism, Christianity, Islam, Sikhism and Sufism.

Unit – IV

Meaning , Need, Sources and scope of value Education – Historic examples of value based Heroes and saviors, Great Values: Non – Violence, Humanism, Service, Equality, Truth, Love, Tolerance, Forgiveness, Straight forwardness – perseverance, cooperation, contentment.

Unit – V

Ways to inspire values – Devotion and prayer meditation – Positive thinking – services; their meaning, concepts, nature and benefits.

Classification of chakras.

Reference:

- Dr. Krishna Raman : A Matter of Health (Integration of Yoga and western medicine for prevention and cure) Chennai East West Books (Madras) Pvt. Ltd., 1998.

- Sri Ananda : The Complete Book of Yoga Harmony of Body and Mind (Orient Paper

PAPER – 2

Project

PAPER – 3

Backs: Vision Book PVt. Ltd., 1982)

- Swamy Satyananda Saraswathi : Asana, Pranayama, Mudra, Bandha (India : Yoga Publications Trust, Munger, Bihar)
- Bodhasarnanad Swami (2006) Teachings of Swami Vivekananda, Kalkata: Advita Ashrama
- Mahajan Vidya Dhar (1976) History of India, New Delhi : S.Chand & Co.,
- Visharadananda Swami (2007) Human Values, Bangalore : Swami Vivekananda Yoga Prakashana
- Prajapita Brahma Kumaris (2009) Moral values, Attitudes & Moods, Mount abu : Prajapita Brahma Kumaris Ishwariya Vishwa – Vidyalaya
- Jitar Mananda Swami (2003) Value Education Rajkit : Shri Ramakrishna Ashrama

Internship

PAPER - 4

APPLICATION OF TEST AND MEASUREMENT

Unit – I

Meaning - Define of Test and measurement and Evaluation. Need and importance of test, measurement and evaluation. Criteria for Test Selection – Scientific Authenticity. Meaning, definition and establishing Validity, Reliability, Objectivity. Norms – Administrative Considerations. Fitness Test: speed – agility – flexibility – power – abdominal muscular endurance – stretch – coordination – pulse rate – blood pressure

(high/low) – sensory functions – muscles – attention – stress – anxiety – anger – emotional – tension – assertiveness – self concept

Unit – II

Loosening Exercises: Asanas – Advanced Suryanamaskar – Asanas – method of practice – Breathing, Duration, Awareness, Sequence, Contra – Indications, Variations, Essentials, Limitations and benefits of following Asanas:

Shanthisana – Ekapadasana – Poorna Bhujangasana – Poorna Salabhasana, Sirasana, Padma Sirasana, Koormasana, Hanumanasana, Vrishchikasana, Ekapada Sirasana, Padma Parvattasana.

Unit – III

Pranayama : [1:1:1, 1:2:2, 1:2:4, 1:4:2]

Kapalabhati [I&II & III steps] 30-40-50

Bhastrika [Intermediate & Advanced] 30-40-50

Suka Poorva Pranayama [All ratio]

Preparatory Exercise (Sectional breathing) – Anulomaviloma – Surya Bhedana – Chandra bhedana – Nadi Shodhana – Nadi Suthi – Sadhana Pranayama – Ujjai Pranayama – Brahmari Pranayama

Unit – IV

Kriyas – Kapalabhati – Trataka – Nadi – Nauli – Bhagiranga, Antaranga – Dugdha Neti – Ghretha Neti – Danda Dhauthi – Basthi

Bandhas – Maha Bhandha – Moola Bhandha – Jalandhra Bhandha – Uddiyana Bhandha
All mudras – Practicing Methods, Guidelines, Limitations – Precautions – benefits

Meditation:

Transcendental Meditation, Sudarshan Kriyas, Preksha Meditation, Tibetan Yoga and Meditation – Saguna Meditation – Nirguna Meditation

Vipasana Meditation, MSRT (Mind Resonance Technique) PET (Pranic Energisation Technique), SMET (Stress – Management of Excessive Tension)

Unit – V

Teaching practice – Teaching Techniques – Lesson Plan - Principles – Precautions – Demonstrations – Values – corrections.

Reference :

- Iyengar B.K.S. (1976) Light on yoga, London, Unwin paperpacks.
- Sivananda Saraswathi Swami (1934) Yoga Asanas Madras : My Magazine of India
- Sathananda Saraswathi Swami (2008) Asana, Pranayama, Mudra, Bandha, Munger: Yoga Publications trust.
- Iyenger B.K.S (2008) Light on Pranayama New Delhi: Haper Collins Publishers India.

- Vishnu Devananda Swami (1972) The complete illustrated book of yoga, New York : Pocket Books.

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PAPER – 4
Internship