

SEMESTER-I
PAPER-1
HUMAN ANATOMY AND PHYSIOLOGY

Unit – I

Introduction to Anatomy and Physiology – Over View of Human Body Systems and its classifications -
Cell : Definition – Structure – Cell Organelles: Nucleus – Cytoplasm – Mitochondria – Endoplasmic Reticulum – Ribosome – Golgi Apparatus – Centrosomes & Centrioles – Plasma membrane –Lysosomes. And Cell Functions

Unit – II

Musculo Skeletal System : Bone – Types of Bone. Joints – Types of joints and Function. Muscle – Types of Muscle and Functions.

Nervous System : Classification of Nervous System : Central Nervous System – Peripheral Nervous System – Autonomic Nervous System – Structure and Function of brain and spinal cord –Special senses – Structure and Function of Ear, Eye, Taste buds, Olfactory Epithelium. .

Unit – III

Blood: - Components of Blood Plasma and its function. Cardiovascular System: - Structure and Functions of heart –Respiratory System: - Respiration – Structure and Function of Lung – mechanism of breathing – Lung volumes and capacities – Oxygen and Carbon dioxide Transport

Unit – IV

Digestive system:- Structure and Function of Digestive Tract – Saliva – Gastric Juice – Pancreatic Juice – bile – Villi.. Excretory System:- Structure and functions of kidney- Concept of Urine formation – Skin structure and function.

UNIT – V

Endocrine system – Endocrine Glands – hormones – Functions of Hormones. Reproductive system:- Structure and function of Male and female Reproductive tract and Menstrual Cycle

References :

- Arthur C.Guyton & John Edward Hall (2006), Textbook of medical Physiology, Florida, United States, Elseiver Standards.
- Surinder H Singh & Krishna Garg, (2008), Anatomy and Physiology for nurses & allied health sciences, New Delhi CBS Publisher.
- Anne Waugh & Alson Graunt (2005) Anatomy and Physiology in Health and Wellness, Allahabad, Churhcill Livingtone.
- Shirley Telles (2006) A Gilimpse of the human, Bangalore : Swami Vivekanakda yoga prakashana
- Leslie Kaminoff (2007) Yoga anatomy, Champaign : Human Kinetics
- Evelyne C peace (1997) Anatomy & Physiology for Nurses, New Delhi : Jaypee Brothers.
- Gore M.M. (2003) Anatomy & Physiology for yogic practices, Lonavala : Kamhan Prakshan.

METHODS OF YOGA TEACHING TECHNIQUES

Unit – I

Over View of Hatha Yogic Practices: Kriya, Asana, Pranayama, Mudhra, Bandha, Relaxation, & Meditation – Preparative Practices for Hatha Yoga Practice - Static and Dynamics of Exercises - Loosening and warm up Exercises, Variations and its Importance . Concepts Hatha Yogic Practices : Philosophy, Procedure, Techniques, Time of Practice, Breathing, Duration, Awareness, Sequence, Contra-indications and Benefits.

Unit – II

Introduction to Kriya - Philosophy Concept and Principles of Shatkriya or Shatkarma.

Types, Procedure, Variations and Benefits and its Applied Practices of Neti, Douthi, Basti, Naouli, Trataka and Kapalapathi

Unit – III

Introduction to Suryanamskara – Philosophy, Procedure, Techniques, Time of Practice, Breathing, Duration, Awareness, Sequence, Contra-indications, Benefits Variations, Mantras and its Applied Practices Surya Namaskara

Unit – IV

Asanas — Differences between Asanas and Physical exercises. Applied Practices of Selected Preparative Asana Series on Various Positions and variations of practice of Premeditative, Meditative and Classical asana of Standing, sitting, Prone, Supine and Inverted Postures

Unit – V

Pranayama – Philosophy and Preparatory Techniques and Applied Practices of Varied Pranayama

Bandha – Philosophy and Techniques applied Practices of Varied Bandhas

Mudras – Philosophy and Techniques applied Practices of Varied Mudras

References:

- Sivananda Saraswathi Swami (1934) Yoga Asanas Madras : My Magazine of India
- Sathyananda Saraswathi Swami (2008) APMB, Munger: Yoga Publications trust.
- Iyenger B.K.S (2008) Light on Pranayama New Delhi: Haper Collins Publishers India.
- Coulter, H David (2001) Anatomy and Hatha Yoga, USA : Body and Breath Ic.
- Kirk Martin (2006) Hatha Yoga Illustrated Campaign : Humenkinetics.

PAPER-3

YOGIC PHYSIOLOGY AND PSYCHOLOGY

Unit I

Meaning, Definition, Nature, branches Need and Scope of Physiology, Relationship of Physiology and yoga. Facts of Yogic Physiology: Concepts of Yogic Body, Mind and Spirit, Koshas (Vital Sheaths/ Body Layer) – Concepts, Dimensions, functions, Principles and Physiology of Pancha Koshas (Five Sheaths/ Layer) :- Annamaya Kosha, Pranamaya Kosha, Manonmaya Kosha, Vijanamaya Kosha and Anandamaya Kosha

Unit II

Introductions Concepts, Dimensions, and Physiology of Chakras (The Physic Center) –Location Points, Traditional Symbology (Colour, Petal, Geometric Shape, Beja Mantra, Animal Symbol and Kundalini Physiology), Psychic Charecters, of Major eight Chakras - Mooladhara, Swadishthana, Manipura, Anahata, Vishuddhi, Ajna, Bindhu and Sahasrara.

Unit III

Introduction to Concepts, Dimensions, and Physiology Prana (Vital Energy), Pranic Body (Energy Body)- and Nadis (Energy Chanel) – Puncha Prana - Psychic Prana - Classifications, Locations and functions of Nadis - Relationship and Functional Dimensions of Prana, Nadi & Chakras

Unit IV

Yogic Practice for the elevation of Chakras – Guna Qualities, Role of Yoga on personality Development – Personality and the aspects of Chakras Systems, A Seven dimensional model of personality. Yogic Mechanism for awakenings different Chakra Personalities.

UNIT V

Meaning, Definition, Nature, branches Need and Scope of Psychology, Relationship of Psychology and yoga. Yogic Life Style – General Life style considerations – Physical, mental and emotional – Life style: Principles of Raja Yoga, karma yoga, Bhakti yoga, Jnana yoga – stages of Life : Infancy, Early Childhood, Later Childhood, Adolescence, Adulthood, old age – Aspects of development : Physical, metal emotional moral and Social development – Role of yoga and Growth and development.

Reference:

- Rishi Vivekananda (2006) practical Yoga psychology, Munger: Yoga publication Trust
- Surinder H Singh & Krishna Garg, (2008), anatomy and physiology for nurse & allied health science, New Delhi CBS publisher.
- Anne Waugh & Alson Graunt (2005) anatomy and physiology in Health and Wellness, Allahabad, Churchill Livingtone.
- Shri Krishna (1985) Notes on Structure and Functions of H8man body & Effects of Yogic practices in it, Mumbai, ICYHC Kaivalyadhama.
- Dutta Ray (2001) Yogi Exercises, New Delhi: Jaypee Brothers.
- Shirly Telles (2006) A Glimpse of the human, Bangalore: Swami Vivekananda yoga prakashana

PAPER-4
YOGA ECONOMY AND MANAGEMENT

Unit I

Introduction to Yoga Economy-Streams of Yoga-Astanga Yoga-Hatha Yoga-Raja Yoga. Concepts of Yoga Learning :Asharm, Disciples Camp, Modern Studios and Individuals.

Unit II

Concepts of Yoga Economy: Yoga and life Style-Yoga and Fitness-Yoga and Wellness-Yoga and Health-Yoga and Therapy-Yoga and Hospitality-Yoga and Self Realization-Yoga and Spirituality.

Unit III

Methods of Yoga Teaching: Concepts of Astanga-Hatha and Raja Yoga Techniques-Preparatory to Progressive Sadhana selection techniques for Individuals –Selecting Static and Dynamic of Yoga Practices for lifeStages: Childhood, Adolescences, Adulthood, Womanhood and Aged.

Unit IV

Introduction to Professional Yoga-Institutional Studies-Teachings Trainings-Books, Journals and Publications –Yoga and Research-Professional Yoga with allied Studies:Academics Yoga –Clinincal Yoga –Corporate Yoga. Yoga Research and Representation.

Unit IV

Introduction to Professional Yoga-Institutional Studies-Teachings Trainings-Books, Journals and Publications –Yoga and Research-Professional Yoga with allied Studies:Academics Yoga –Clinincal Yoga –Corporate Yoga. Yoga Research and Representation.

Unit V

Self Development and Experience –Yoga as Business Model: Set up Studio –Investment –Promotion and Service Techniques-Man Power and Material Management –Allied business opportunities –Licensing and Legal issues.

Reference:

- 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)
- Dr I Babu PhD,(2013)The Yoga Economy : Applied Yoga Teaching Manual Mission Traditions, Chennai
- Sivananda Sri Swami(1983), practical Lessons in Yoga , Shivananda Nagar: The Divine Life Society

SEMESTER-II

ELECTIVES (anyone)

PAPER-5

5 – 1- Yogic Therapy and Diet

UNIT-1

Introduction to Yoga Therapy – Yogic concepts of Human Body – Principles of Holistic Treatment – Need for correct Diagnosis and follow-up measures – present status of Yoga therapy in India.

UNIT-2

Issues and Problems in Yoga Therapeutics – Yoga as an Adjustment Therapy – Research findings on Therapeutic Applications of Yoga. Yoga concepts in Naturopathy, Siddha, ayurveda, Homeopathy and Modern Medicine.

UNIT-3

Introduction to Nutrition and Deities: Function of Food – Components of Nutrition – Balanced Diet: Carbohydrate, Fats, Proteins, Vitamins and Minerals. Yogic Diet : Components of yogic Diet – Meaning and characteristic of Satvic food – Tamasic food- Rajasic food, Yoga and Vegetarian Vegetarian of Diet – Vegan food behavior advantages of Vegetarian diet

UNIT-4

Dietetic in Yoga Therapy – Classification according to triguna – Vegetarianism Vs Non-Vegetarianism, Diet, Panchabhuta relationship, Concepts of Rasa Virya, Guna, Vipaka of foods – Yogic diet for Diabetes, contraction – Colitis – Peptic Ulcer – Indigestion and Weight Management

UNIT-5

Therapeutic Yoga for Physical disorders: – Obesity – Arthritis – Back Pain – Spondylosis and Sciatica, Therapeutic Yoga for physiological problems:- Diabetes – Hypertension –Thyroidism – Asthma &Bronchitis.

Therapeutic Yoga for Psychological Treatment: – Anxiety – Fatigue – Insomnia – Depression and Stress

References:

- *Swami Kuvalayananda and Dr.S.L.Vinekar :1963, Yogic Therapy. Its basic principles and methods, ministry of Health, Govt of India*
- *Dr.K.N.Udupa, Stress Disorders and its Management by Yoga, Motilal Banarisdass Publishers, Delhi*
- *Editor Dr K.L Gharote and Moureen Lockhart “ The Art of survival : A Guide to Yoga Therapy unwin paper works, London*
- *Editor Swami Digambarji and Pt. Raghunatha Shastri Kokaje: Hatah Pradipika of Swatmarama, Kaivalyadhama, Lonavla, Pune Dt, Maharashtra*
- *Editor Dr.N.Mahalingam and English Translation by Gr Natarajan “Tirumandiram a Tamil Scriptual classic by sage Thirumoolar , Sri Ramakrishna Math , chennnai.*
- *Laghu Yoga Vasistha – Published from Theosophical Society, Adayar, Chennai*
- *Diet & diseases, Pustak Mahal, N.delhi*
- *The complete book of Yoga, Sri Ananda, Orient Paper Backs, N.Delhi.*
- *Yogasana and sadhana Dr.Satyapal, Dholan pass Aggrawal, Pustak Mahal, N.delhi*

PAPER-2

5 – 2- Yoga and Health Science

UNIT I

Health – Meaning, Definitions – Factors influencing health – Dimensions of health, Disease – Causes of Disease – Mode of transmission – History, Advantages, Limitations of various systems of medicine – Ayurveda – yoga & Naturopathy – Unani medicine – Siddha – Homeopathy

UNIT-II

Concept of positive health (According to Ayurveda, WHO, HA Derives and others) – Criteria of Health – Holistic and positive health (physical , mental , social and spiritual) Emotional life style for positive health - positive thinking and attitudes - dynamics of mental health - Module for promotion of positive health. Responsibility and Control over One's own Health- Purpose and meaning of life.

UNIT III

Integrated Yogic practices for Common Diseases: Blood pressure, Heart Ailments, Common cold, Obesity, Asthma, Sinusitis, Arthritis and Back pain

Yogic practices for Mental Health: Neurotic disorders, Mood disorders, Obsessive – Compulsive disorder. Schizophrenia, phobias, Drug abuse, Alcoholism, Smoking and Mental retardation.

UNIT - IV

Integrated Yogic practices related to Adolescence:- Concentration Improvements, Anorexia, chemical abuse, Eating disorders, Dyslexia

Integrated Yogic practices related to Women hood: The monthly period, State of non-attainment of sexual maturity – Abortion and miscarriage, disorders in menopause.

UNIT V

Growth and Development, Yogic Practice for children, Adolescents, Middle aged persons, old person, women – psychological qualities – Role of yoga on promoting psychological qualities, leadership, Role of Yoga on developing leadership qualities.

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-3

5 – 3- Yoga and Physical Education

Unit I:

Definition and Meaning of Physical Fitness and Wellness – Brief Historical Relevant of Exercise and Physical Fitness – Future Challenges, Strategies for increasing Physical fitness and athletic related Physical fitness – factors influencing fitness – definition and Components of wellness – Relationship between fitness, health and wellness..

Unit II

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 III :

Dynamic Yogic approach for Physical Education: Meaning, concept and physiological aspects of Suryanamaskar Asanas and flow Yogasana – benefits of Different schools of Suryanamaskar as Stamina Building and flexibility tool.

Unit IV

Static Yogic approach for Physical Education: Meaning, concept and physiological aspects Objectives – Shat Kriyas Common Asanas & their types – Advanced Asanas – Pranayama – Types of Pranayama – Mudras – Bandhas as tools for improving Physical fitness components.

Unit V:

Yogic Psychology for Physical Education : Meaning & concept of Relaxation & Meditation – Need of meditation, techniques of meditation tools of meditation – advantages of meditation – Experience of meditation – Obstacles of Meditation Before and after completion

Reference Books.

- Naganathna R and nagendra H. R (2008) Integrated Approach of yoga therapy for positive health Bangalore :Swami vivekanananda yoga prakashana
- Vendanda kesari (20007) Health mind , New thoughts on health , Chennai : Sri Ramakishna math
- Prajapita Brahma Kumaris (1981), Positive health Delhi : Prajapita Brahma kumaris Ishwariya viswa vidyalaya
- Sivananda sai swami (1983), practical lessons in yoga, Shivandda Nagar : The devine life Society
- Chandrasekaran. K (1999) sound health through yoga ,Sedapatti , Prem kaliyan publication
- Hoeger Werner W. K . and Sharon a hoeger , (1990) Fitness and wellness Colorado : Orton publication Company
- Hoare Syd (1986) keep fid Dunton Green : Holdder and Stoughton Ltd
- Hazeldine Re, (1985) Fitness , New Delhi , good will publishing House
- Hardayal Singh , (1984) Sports Training , Pariala , NSNI

SEMESTER-II

Paper – 6

Project