

M.A. Applied Yoga & Health

w.e.f from the session 2012-13

SCHEME OF EXAMINATION (Time : 3 hours for each Theory Paper)

SEMESTER -I

| Paper no. | Nomenclature of the paper | Max. Marks | External Marks | Internal marks |
|-----------|---|------------|----------------|----------------|
| Paper-1 | Fundamentals of Yoga | 100 | 80 | 20 |
| Paper-II | Basic Psychology | 100 | 80 | 20 |
| Paper-III | Anatomy, Psychology & Yogic Practices-I | 100 | 80 | 20 |
| Paper-IV | Food Constituents & Meal Planning | 100 | 80 | 20 |
| Paper-V | Practical | 100 | 70 | 30 |
| | | 500 | 390 | 110 |

SEMESTER -II

| Paper no. | Nomenclature of the paper | Max. Marks | External Marks | Internal marks |
|-----------|--|------------|----------------|----------------|
| Paper-1 | Anatomy, Psychology & Yogic Practices-II | 100 | 80 | 20 |
| Paper-II | Introduction to Hatha Yoga | 100 | 80 | 20 |
| Paper-III | Yoga Therapy | 100 | 80 | 20 |
| Paper-IV | Psychology(Statistical & Research Methodology) | 100 | 80 | 20 |
| Paper-V | Practical | 100 | 70 | 30 |
| | | 500 | 390 | 110 |

SEMESTER -III

| Paper no. | Nomenclature of the paper | Max. Marks | External Marks | Internal marks |
|-----------|--|------------|----------------|----------------|
| Paper-1 | Introduction to Naturopathy | 100 | 80 | 20 |
| Paper-II | Patanjali Yoga Sutra | 100 | 80 | 20 |
| Paper-III | Abnormal Psychology | 100 | 80 | 20 |
| Paper-IV | General introduction & Uses of complementary Therapies | 100 | 80 | 20 |
| Paper-V | Practical | 100 | 70 | 30 |
| | | 500 | 390 | 110 |

SEMESTER -IV

| Paper no. | Nomenclature of the paper | Max. Marks | External Marks | Internal marks |
|-----------|---|------------|----------------|----------------|
| Paper-1 | Yoga & Mental Health | 100 | 80 | 20 |
| Paper-II | Yogic Science, Human consciousness & Human Excellence | 100 | 80 | 20 |
| Paper-III | Psychological Assessment & Diagnosis | 100 | 80 | 20 |
| Paper-IV | Dissertation | 100 | 80 | 20 |
| Paper-V | Practical | 100 | 70 | 30 |
| | | 500 | 390 | 110 |

SEMESTER – I
PAPER – I

FUNDAMENTALS OF YOGA

MM : 100

Ext. : 80

Int. : 20

There will be 4 units. First question is compulsory (10 objective questions of 2 marks each from all units). The candidate will be required to attempt any 4 questions of 15 marks each, selecting one question from each unit.

- Unit-I
- Meaning of Yoga & Definitions.
 - Traditional & Historical Development of Yoga.
 - Importance of Yoga in Modern Era.
 - Types of Yoga – Ashtang Yoga, Raj Yoga, Karma Yoga, Bhakti Yoga, Hath Yoga, Kriya Yoga, Gyan Yoga and Mantra Yoga.
- Unit – II
- Study of yoga in following text- Vedas, Upanashid, Gita, Buddhism, Jainism and six system of Indian Philosophy, Patanjali yoga sutra.
- Unit – III
- Life sketches of the following yogis & yogines with important incidents of their lives and contribution in the Development of Yoga : - Maharishi Patanjali, Guru Gorakhnath, Swami Shivanand, Swami Vivekanand, Shri Aurobindo. Maa Sharda, Shri Maa, Meera Bai, Yogini Laleshwari, Maa Anandmai.
- Unit – IV
- Introduction of Yoga Institutes :-**
- Bihar Yoga Bharti Yoga Institute, Munger, Bihar.
 - Kaivaly Dham – Lonavala
 - Gurukul Kangri University, Haridwar.
 - Swami Vivekanand Institute of Yoga for Research, Bangluru
 - Jain Vishwabharti Yoga Sansthana, Ladnun, Rajasthan
 - Dev Sanskriti Vishwavidhyala, Haridwar.
- Reference Books
- Science of Yoga – Lokeh foKkukun I jLorh
 - Indian Philosophy - Mko b/oj Hkkj }kt

- ; lxx egkfoKku & Mko dkek[; k døkj
- Hkkjr dh egku ; lxx foHkkir; k &
- Hkkjr dh egku ukfj; ka &

SEMESTER – I
PAPER – II

BASIC PSYCHOLOGY

MM: 100
Ext.: 80
Int.: 20

There will be 4 units. First question is compulsory (10 objective questions of 2 marks each from all units). The candidate will be required to attempt any 4 questions of 15 marks each, selecting one question from each unit.

- Unit – I** **Meaning & definition of Psychology:** The scientific methods – observational (Correlation) & Experimental method.
Biological Bases of Behaviour :
- Neuron – types structure & functions, neurotransmitters.
 - The nervous system, its major divisions (Endocrine System) (CNS & PNS).
- (Brain the brain stem. Hypothalamus, Thalamus, Limbic System Cerebrum).
- Unit – II** **Learning** – Meaning & Nature of learning, classical conditioning & Operant conditioning: its meaning, types & applications (Cognitive factors of learning).
Memory & Forgetting : Memory – meaning of memory, types of memory, process of memory and stages of memory. Forgetting causes of forgetting & measures of improving memory.
- Unit-III** **Motivation & Emotion :** Meaning and nature of motivation, types of motivations, theories of motivation, drive, incentive, need-hierarchy theory. Meaning, nature & types of emotion, the external expression of emotion, non-verbal cues (Biological basis of emotion & emotional intelligence).
- Unit – IV** **Intelligence:** Meaning & Nature of intelligence, intelligence quotient, theory of intelligence, Gardner’s theory, Stenberg’s theory & Cattell’s theory, measuring intelligence, Binet test Bhatia battery, Wechsler scales & verbal test of intelligence.
- Reference Books**
1. Psychology (5th edi) – Carole Wadi & Carol Tavris (1998) (U.S.)
 2. Psychology (5th ed.) – Robbert A. Baron (2001)
 3. Essential of Psychology (6th ed.) by – Spenur A Rathur (2001)
 4. Introduction to Psychology (6th ed.) by – Ernest r. Hilgard.

SEMESTER – I
PAPER – III

ANATOMY, PHYSIOLOGY AND YOGIC PRACTICES - I

MM : 100

Ext. : 80

Int. : 20

There will be 4 units. First question is compulsory (10 objective questions of 2 marks each from all units). The candidate will be required to attempt any 4 questions of 15 marks each, selecting one question from each unit.

Unit – I **Introduction to Human Body, and its System Cell:** Structure of cell, micro-molecules of cells, Macromolecules of cell, functions of cell, tissue. Different types of tissue.

Skeletal System – Composition (No. of bones & types), joints – types & structure of the all joints, structure of vertebral column, cervical/lumber vertebrae. Effect of yogic practices on joints.

Unit – II **Muscular System:** Types and structure of muscle, properties of muscles, and elementary knowledge of muscle contraction, muscle tone, muscular strength, and muscle fatigue function of muscular tissue in the body.

Unit – III **Digestive System:** Structure of digestive tract with special emphasis of functions of each digestive organ for digestion. Physiology of digestion and effect of yogic practices on the digestive system.

Unit – IV **Respiratory System:** Structure of respiratory tract with emphasis on their role in respiration. Physiology of external and internal respiration. Effect of Yogic practices on respiratory system. Elementary knowledge of various respiratory volumes & capacities, respiratory rate and effects of yogic practices on them.

Reference Books

- I ϕϕ ('kjhj foKku) & xksoln HkkLodj pk.kd j
- 'kjhj jpuk foKku & MKW epqn Lo: lk oekz
- 'kjhj fØ;k foKku & MKW fiz or oekz
- 'kjhj jpuk , oafØ;k foKku & MKW , l Ovkj0 oekz
- Human Physiology – Chatterjee

- Anatomy & Physiology for Nurses – T.W.A. Glenister and J.R.W. Rose.
- A Text Book of Medical Physiology - Gautam

SEMESTER - I
PAPER – IV

FOOD CONSTITUENTS AND MEAL PLANNING

MM : 100

Ext. : 80

Int. : 20

There will be 4 units. First question is compulsory (10 objective questions of 2 marks each from all units). The candidate will be required to attempt any 4 questions of 15 marks each, selecting one question from each unit.

- Unit – I **Definition of food, its classification and its functions**
- Concept of Balanced Diet
 - Concept of Mitaahar, Alpaahar and Yogic diet & its types.
 - Concept of Weight Management.
- Study of:** Protein, carbohydrate, fat, fiber & water, their daily allowance & effect of their deficiency and excess.
- Concept of vegetarian and non vegetarian diet
- Unit – II Study of vitamins (A, B, C, D, E, K, B₁, B₂, B₃, B₁₂).
- Study of Minerals (Iron, Iodine, Calcium, Phosphorus) their daily allowance & effect of their deficiency and excess.
- Unit – III Concept and Principles of Meal Planning and Factors affecting it.
- Meal Planning for
- 0 – 3 year children
 - School going kids
 - Adolescents and
 - Adults
- Unit – IV Meal Planning During Pregnancy, Lactating Mother, After menopause, working women, old age persons.

- Reference Books :
1. A hand book of food & nutrition – F.P. Antia
 2. Foods & nutrition – Swaminathan
 3. Normal & therapeutic nutrition – Robinson lawler
 4. Fundamentals of food & nutrition – S.R. Mandambi and

M.V. Rajagopal

5. Principles of Nutrition – E.D. Wilson, K.H. Fisher.
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**SEMESTER – I
PAPER – V**

PRACTICAL(YOGA, PSYCHOLOGY AND ANATOMY-PHYSIOLOGY)

MM : 100

Ext. : 70

Int. : 30

40 marks

A. Yoga Practical

Prayer, Gayatri Mantra, Mahamrimumjaya mantra

Shatkarmas : Jala Neti, Rubber Neti, Kunjal

Asan : Pawan Muktasan Part – 1, 2, 3, Surya Namaskar, Sankat Asan, Triyak Tadasan, Makrasan, Matsyasan, Ardhhalasan, Padmasana, Janu Shirasana, Gomukhasana Vakrasana, Tadasan, Naukasana, Pawan Muktasana, Mandukasana, Shawasan.

Pranayama: Breathing practice-abdominal, chest and yogic, Poorak, Kumbhak, Rechak anulome – vilome.

Mudra Bandh : Moolbandh, Jalandhar bandh, Gyan Mudra, Pran Mudra.

Meditation : Om ka Dhyam

B. Psychology

15 marks

Practical :

1. Sentence completion test
2. Problem solving
3. Washler intelligence test
4. EPQ-r/16PF

C. Anatomy –

15 marks

Physiology

(Practical):

1. Body Temperature
2. Pulse rate
3. Recording of systemic arterial blood pressure.
4. Models or specimen spotting– Brain, Bones, Lungs, Heart, Human Skeleton.
5. Chart identification of All Bodily Systems.

*** Internal marks will depend upon the attendance, project report, chart/model, presentation & file.**

SEMESTER – II
PAPER – II

INTRODUCTION OF HATHA YOGA

MM : 100

Ext. : 80

Int. : 20

There will be 4 units. First question is compulsory (10 objective questions of 2 marks each from all units). The candidate will be required to attempt any 4 questions of 15 marks each, selecting one question from each unit.

Unit – I

Concept & Principles :

- Hatha Yoga – Meaning ,Definition, Aim& Component of Hatha yoga
- Principles of practicing Hatha yoga, Time, season, diet & place for practicing Hatha Yoga
- Sign & symptoms of success in Hatha Yoga
- Brief introduction of Hatha Yogic Granthas

Unit – II

Process, Practice & Benefits (According to Gherand Sanhita & Hath Yog Pardipika):

- Shatkarmas – Neti, Dhauti, Vasti, Nauli, Kapal bhati, Trataka
- Asanas – Gherand Samhita
- Pranayama – Hatha Yog Pradipika

Unit-III

Process, Practice & Benefits (According to Gherand Sanhita & Hath Yog Pardipika) :

Mudra / Bandha – Gherand Samhita

Dharna & Dhyan

Kundalini, awakening of kundalini Chakras and Nadanusandhan

Unit –IV

Physiological, Psychological & Spiritual aspects of Hatha Yoga :

Hatha Yoga & Human Health:

- Effect of Hatha Yogic Practices on Human Physiology
- Effect of Hatha Yogic Practices on Human Psychology.
- Spiritual development through Hatha Yogic Practices.

**Reference
Books**

1. Sadhana Paddhation ka gyan or vigyan, pl. Shri Ram Sharma.
2. Hatha yoga pradipika – Kaivalyadham lonawala
3. Hatha Yoga Pradipika – Swatmaran Krut Swami Digamberji
4. Gorak Samhita – Gorakhnath Mandir, Gorakhpur.
5. Gherand Samhita – Kaivalyadham Lonawala
6. Textbook of yoga – Yogeshwar
7. Mysterious Kundalini – Dr. Vasant Rule
8. Asana, Pranayama, Mudra, Bandha – Swami Satyanand Saraswati.

SEMESTER – II **PAPER – III**
YOGA THERAPY

MM : 100

Ext. : 80

Int. : 20

There will be 4 units. First question is compulsory (10 objective questions of 2 marks each, from all units). The candidate will be required to attempt any 4 questions of 15 marks each, selecting one question from each unit.

- Unit – I
- Meaning and Definition of Health, Characteristics of Healthy person, concept of Swasthvratha, Dincharya (Elements of Daily Routine).
 - Exercise : Meaning & types of exercise, Difference between yogic and non yogic system of exercise
 - Concept of Sandhyoupasana, Sleep and Celibacy, Ritucharya, Accumulation of diseases (dosh) a/c to seasons, their effects and remedies.
- Unit-II
- Meaning and concept of yoga therapy, Principles, Scope , limitation of yogic therapy.
- Causes, signs, symptoms and yogic treatment including dietary measures
- Obesity, constipation, indigestion, peptic ulcer, gastric acidity.
 - Backache, sciatica, cervical spondylitis, arthritis.
- Unit – III
- Causes, signs, symptoms and yogic treatment including Dietary measures of the following :-
- Insomnia, stress & depression, thyroid, sinusitis
 - Bronchial asthma, common cold, weak eyesight
- Unit – IV
- Causes, sign, symptoms and yogic treatment including dietary measures of the following :
- Women problems – (Menstrual problem, Leucorrhoea); Anemia, Headache & Migraine
 - Angina Pectoris, High & Low Blood Pressure, Diabetes.
- Reference Books
- Hatha yoga for human health – Dr. Nitin Korpall and Dr. Ganesh Shankar.
 - Classical and Modern approaches to yoga – Dr. Ganesh Shankar.
 - Anatomy & Physiology of Yogic Practices – B.K. S. Iyonger.
 - Roga or yoga– Swami Shivanand
 - I k/uk i 1/r; ka dk Kku&foKku & ia Jhjke 'kekZ vkpk; /
 - vkl u i k.kk; ke l s vkf/&0; kf/ fuokj.k & ia Jhjke 'kekZ vkpk; /

**SEMESTER II
PAPER – IV**

**PSYCHOLOGY
(STATISTICS & RESEARCH METHODOLOGY)**

**MM : 100
Ext. : 80
Int. : 20**

There will be 4 units. First question is compulsory (10 objective questions of 2 marks each from all units). The candidate will be required to attempt any 4 questions of 15 marks each, selecting one question from each unit.

Unit – I Introduction of statistics & its application. Measures in general, graphical representation of research data, measures of central tendency

Unit – II Measures of variability – Range, Quartile deviation (Q) and standard deviation (SD).

Meaning, Importance & Application of Normal Probability curve.

Correlation:- The coefficient of correlation. product moment method, chi-square test & t-test, ANOVA,.

Unit-III **Introduction to Problem, Hypothesis & Sampling.** Meaning, nature & types of research, need & importance of research in yoga research problem – meaning & characteristics. Meaning nature & type of Hypothesis, meaning nature & type of sampling.

Unit – IV **Types of Research Methods** – observational, experimental, correlation variables, meaning & nature of variables & its types, research design – purpose & types of research design.

Research report writing.

Reference

Books

- 1- vuqla/ku fof/;ka & ,-ds- dfiy
- 2- euksfoKku] lekt'kkL=k rFkk f'k{kk esa 'kks/fof/;ka & Mk- v:.k dqekj flag
- 3- 'kks/ iz.kkyh & eks- lqyseku
- 4- Foundation of Behavioural Research – Kerlinger
- 5- Research Method in Behavioural Sciences – Festinger & Katz
- 6- Research Method – S.M. Mohsim
- 7- Statistics and Research Methodology - Garatte

SEMESTER – II
PAPER – V
PRACTICAL(YOGA, PSYCHOLOGY AND ANATOMY-PHYSIOLOGY)

MM : 100

Ext. : 70

Int. : 30

A. Yoga Practical

40 marks

Saraswati Mantra, Roodropasana, Swastic Mantra, Prayer and Soham – 2 japte-2.

Shatkarma : Sutra Neti, Vaman, Nauli, Kapal Bhati, (Vat Karma) Agnisar.

Asana : Surya Namaskar, Pragy Yoga, Vrikshasana, Padhastasan, side band chakrasana, ardha chandrasan, Katichakras, Trikanasana, Padhastasan, Vajrasana, Supt Vajrasan, Shashankasan, Akarana Dhanurasan, Padmasan, Swastikasan, Sidhasana, Sukhasan, Chakrasan, Ardhhdhanrasan, Sarpasan, Bhujangasan.

Pranayama : Maddi Shodha, Ujjai, Bhramari, Surya Bhedan.

Mudra Bandha : Nabho mudra, Vipreet Karani mudra, shambhavi mudra, uddiyan bandh, Hastamudra, Dhyan Mudra, Vayu Mudra, Chin mudra.

Meditation – rising sun

15 marks

B. Psychology

(Practical):

1. Adjustment Inventory
2. Stress Inventory
3. P.G.I. Health Questionnaire
4. Children's problems check list

C. Anatomy –

Physiology

(Practical)

15 marks

1. Blood estimation – D.L.C., T.L.C., H.B.
2. Urine estimation – Sugar, Uric Acid, Ketone body, Protein.

*** Internal marks will depend upon the attendance, project report, chart/model, presentation & file.**

**SEMESTER – III
PAPER – I**

INTRODUCTION TO NATUROPATHY

MM : 100

Ext. : 80

Int. : 20

There will be 4 units. First question is compulsory (10 objective questions of 2 marks each from all units). The candidate will be required to attempt any 4 questions of 15 marks each, selecting one question from each unit.

- Unit – I** **Naturopathy** : Meaning, concept and philosophy, brief history of naturopathy, basic principles of nature cure, disease – causes, types & classification, Principles of poisoning by waste products, pranic force – meaning & concept, methods for strengthening the pranic force. Diagnosis of diseases by shapes of body / bodily organs.
- Unit – II** **Hydro Therapy** : Water, its types importance of water, methods of using water as therapy, effects of different water temperature on the body, Bath – Types and benefits, Bandages of different bodily organs in water therapy & their benefits, enema & its uses. Concept of Ushapan, its importance and benefits, physiological effect of hydro therapy on human body.
- Unit – III** **Mud Therapy** : Importance of soil, its types, characteristics & uses in therapy, Mud bath, Bandages of mud, its uses and application.
Sun Therapy : Importance of sun rays, action & reaction of sun rays on human body, sun bath & its uses in different diseases. Uses of different colour of sun rays.
Air Therapy: Importance of air, Air baths its uses. Physiological effect of sun, mud & air therapy on human body.
- Unit-IV** **Fasting**: Concept meaning of fasting, its types, and principals of fasting their importance for maintaining health management of diseases, precautions before, during & after fasting, action & reactions of fasting on human body. Physiological effect of fast on human body.
Massage : Concept of massage its meaning & Definition its history & importance, types of massage, effect of massage on different bodily organ role of massage in management of diseases, physiological effect of massage on human body.
- Reference Books**
- 1- *ikdfrcd vk; ipokku & Mko jkds k ftlly*
 - 2- History & Philosophy of Naturopathy – Dr. S.J. Singh
 - 3- philosophy of Nature cure – Dr. Henry Lindlhai
 - 4- The Practice of Nature Cure – Dr. Henery
 - 5- Art of Massage – J.H. Kellong
 - 6- Nature Cure – H.K. Bakhru

SEMESTER – III
PAPER – II
PATANJALI YOGA SUTRA

MM : 100

Ext. : 80

Int. : 20

There will be 4 units. First question is compulsory (10 objective questions of 2 marks each from all units). The candidate will be required to attempt any 4 questions of 15 marks each, selecting one question from each unit.

- Unit – I** Introduction to Patanjali Yoga Sutra & its historical background, Definition of yoga, Concept of chitta, Chitta bhumi, Modifications of Chitta, Chitta vrittis, Methods to control Chitta Vritis, Methods of Chitta prasadan.
- Unit – II** Kriya yoga, Panch klesha, Yogantaraya & their associates, means to eradicate Antrayas klesha, Karamsiddhanta, Karamshya, pdaman and its kind, dukh ka swaroop, chaturvyauvad (prqO;qZgokn)
- Unit – III** **Astang Yoga** : its eight limbs, yama – niyam mahavrata swroop, phal (fruits) of eight limbs, vitark vivechan (forZd foospu), Chitta ka parinam (ifj.kke), Sanyam
Samadhi – Sampragyat, Asampragyat, Ritambhara pragya (½rEHkjk izKk), Sapta da pragya (llr/k izKk), Dharam medha Samadhi.
- Unit – IV** Purush, Prakriti, Ishwar, Ishwar Pranidhan, Adbyas, Varigya, Siddhi's five types (Hksn), Karma types (Hksn), karam ka swaroop, swaroop pratishtan, vibhuti & its types, kaivalya, vivek khyati.
- Reference Books**
1. Yog darshan – Pt. Shriram Sharma Acharya
 2. Patanjali Yog Pardupika – Swami Omananda Tirth
 3. Yog Sutra Raj Martind – Bhojraj
 4. Yog Darshan – Rajveer Shashtri
 5. Four Step of Freedom – Swami Sivananda Saraswati

PAPER – III

ABNORMAL PSYCHOLOGY

MM : 100

Ext. : 80

Int. : 20

There will be 4 units. First question is compulsory (10 objective questions of 2 marks each from all units). The candidate will be required to attempt any 4 questions of 15 marks each, selecting one question from each unit.

Unit – I **Cognition :** Meaning of cognition, meaning & nature of thinking, basic element of thought, concept, proposition, images & decision making.

Perception : Meaning & nature, sensory thresholds, perceptual processes, theories of perception & gestalt theory, perceptual organization.

Unit – II **Personality :** Meaning & definition, theories of personality, Freud's psycho analytical theory, Jung's Analytical theory, Rogers's self theory. Maslow's self Actualizing theory. G Allport – Trait theory of Personality & Hans Eysenk's Biological trait theory. Measuring personality – questionnaires, inventions & projective techniques.

Unit – III **Abnormal Psychology :**
Abnormal Behavior: Brief Historical views of Abnormal behavior. Meaning & Definition of Abnormal Psychology. Nature and criteria of Abnormal Behavior & characteristics of Abnormal Behavior Contemporary Issue in Abnormal psychology.

Unit-IV **General Causal Factors in Abnormal Behaviour :** The biological causal factors, the psycho social causal factors & the socio cultural causal factors.

Nature & causes of Abnormal behavior. The current classification – The DSM – IVTR and ICD.10 & its Brief Introduction.

- Reference Books**
1. Introduction to Psychology by – Clifford T. Morgam.
 2. Theories of Personality (7th ed.) by Duane P. Schultz.
 3. Psychological Testing (7th ed.) by Anne Anastasi, Susana Urbina (2005)
 4. Advanced General Psychology – Arun Kumar Singh
 5. Theories of Personality (4th ed.) – Cavin S. Hall

SEMESTER – III

PAPER – IV

GENERAL INTRODUCTION & USES OF COMPLEMENTARY THERAPIES

MM : 100

Ext. : 80

Int. : 20

There will be 4 units. First question is compulsory (10 objective questions of 2 marks each from all units). The candidate will be required to attempt any 4 questions of 15 marks each, selecting one question from each unit.

- Unit – I** **Panchkarma** : Introduction of Panch Karma, History of Panchkarma, Components of Panchkarma, Steps of Panchkarma, Panchkarma for common problems – common cold, Headache, Asthma, Thyroid, Body Pain, Joint Pain, Arthritis, Diabetes, Obesity, High B.P. & Low B.P., Digestive problems. Stress & Depression.
- Unit – II** **Acupressure**: Introduction & History of Acupressure, Components of Acupressure, General Introduction of Acupressure Instruments.
Acupressure for Common Problems: Knee joint pain, cervical spondylites, lumbar pain, shoulder pain, backache, constipation, and headache.
- Unit – III** **Yogyopathy** : Introduction & History of Yogyopathy Components of Yogyopathy. Yogyopathy for Respiratory problems dust allergy, smoke allergy, skin problem, stress, depression, frustration.
- Unit-IV** **Reiki** :Introduction of Reiki, Magnetic therapy, aroma, pranic healing, colour therapy, Acupuncture & Basics of Ayurveda their uses in physical mental & emotional problems.
Spiritual therapy: General Introduction of Spiritual therapy, need of spiritual therapy in this modern era. Spiritual therapy for emotional problems: emotional immaturity. Emotional instability, depression, negative thinking.
- Reference Book**
- 1- I w Zfdj .kfpdRI k & Mko ekgu yky dkBl6r ; k
 - 2- vke; kfred fpdfRI k , d l exz mi pkj i ½r & Mk- izko i .M; k
 - 3- jlsx vks ; lxx & Lokeh f'kokulln
 - 4- , D; i 8kj & Mko vrj fl g
 - 5- ; K dk Kku foKku & i 0 Jh jke 'keZ vkpk; Z
 - 6- i pdelZ foKku & oSj t h0d0 nos
 - 7- Mko l w Z & ; lxxpk; Z Mko vk d kj ukFk
 - 8- vk; pñh; i pdelZ foKku&oSj gfjnkl
 - 9- l w Z dj .k fpdfRI k & Mko }kj d kukFk ukjæ
 - 10- l w Z jf' e; ka }kj k fpdfRI k & Jhefr jkt d epkj h xtrk
 - 11- Pranic Healing – Choa Cock Sui

PAPER –V
PRACTICAL (YOGA, PSYCHOLOGY AND NATUROPATHY)

MM: 100

Ext.: 70

Int.: 30

A.Yoga Practical :

40 marks

Mantra – Rudrashtak, Yanmadalam Stuti (16 lines) Rudra Gayatri Mantra, Om hi jewan hamara & prayer

Shatkarma : Double Rubber Neti, Danda Dhauti, Ardha Vastra Dhauti, Vyutkarma kapal bhati, nauli.

Asanas : Surya Namaskar, Pragyia Yoga, Chandra Namaskar, Chakrasan, Anjani Asan, Shirshapad Angushthasana, Janusirasana, Akarndhanurasana, Halasan, Karnpeedasana, Vatayan Asan, Tulankulasana, Utthit Padmasana, Sarvagusana, Bakasana, Ekipad skandhasana, Raja Kapotasana, Bhujangasana, Bhoonam Asan, Poornushrasana, Dhanurasana.

Pranayama : Bhastrika, Bharamari, Abhyantvriti, Sheetalii.

Mudra/bandha – Tribandha, Nasikagra Mudra, San mukh mudra, Tadagi mudra, Khechhari mudra,

Hasta Mudra: Kamjayi, Panchtatva Mudra.

Meditation : Soham Dhyana.

Yog nidra

B.Psychology
Practical :

15 Marks

- Eight state scale
- Sinha's Comprehensive Anxiety Test
- The interiority & Insecurity Questionnaire
- Optimistic Pessimistic Attitude Scale.

C.Naturopathy
Practical :

15 Marks

Sprouts making, simple bath, spanze bath, sun bath, hydrotherapy – steam bath, Anema, jacuzzi, wet bendage (hot + cold), spinal bath, hip bath, arm & foot bath, full body sheet.

*** Internal marks will depend upon the attendance, project report, chart/model, presentation & file.**

**SEMESTER – IV
PAPER – I**

YOGA & MENTAL HEALTH

MM : 100

Ext. : 80

Int. : 20

There will be 4 units. First question is compulsory (10 objective questions of 2 marks each from all units). The candidate will be required to attempt any 4 questions of 15 marks each, selecting one question from each unit.

Unit – I Meaning of Mental Health, components of mental health, mental health crises, and role of yoga in mental health. Importance of mental health.

Unit – II Mind & Consciousness: Meaning & Definition of mind, Stage of mind – conscious, subconscious, unconscious, super conscious, mind-body relation.

Unit – III Yogic Approach to mental health – Maharishi Patanjali Approach of mental health-Chitt Viritti, Panch Klesh, Karmphal, Vibhuti, Ashtang Yoga, Chita Parsadan.

Unit-IV Hatha yogic approach to mental health –
1. Cleansing Practices & Mental Health.
2. Asana & Mental Health
3. Pranyama & Mental Health
4. Mudra / Bandh & Mental Health
5. Dharna – Dhyan & Mental Health

Unit – V Shrimad Bhagwat Geeta approach of mental health-karm yoga, bhakti yoga, gyan yoga & other techniques in Geeta.

Psychologic approach to mental health – Behavioural approach & Cognitive approach.

Reference Book

- ; l s x , o a e k u f l d L o k L F ; & M k O l j s ' k c . k b k y
- J h e n - H k x o r x h r k & x h r k i s] x k j [k i j A
- Yog darshan – Pt. Shriram Sharma Acharya
- Patanjali Yog Pradipika – Swami Omananda Tirth
- Yog Sutra Raj Martind – Bhojraj
- Yog Darshan – Rajveer Shashtri
- Four Step of Freedom – Swami Sivananda Saraswati
- Abnormal Psychology – Dr. A.K.Singh

SEMESTER – IV
PAPER – II

YOGIC SCIENCE HUMAN CONSCIOUSNESS
& HUMAN EXCELLENCE

MM : 100
Ext. : 80
Int. : 20

There will be 4 units. First question is compulsory (10 objective questions of 2 marks each from all units). The candidate will be required to attempt any 4 questions of 15 marks each, selecting one question from each unit.

Unit – I **Meaning and definition of Human Consciousness**, Human Consciousness in Veda, Upnishad & 6 System of Indian Philosophy. The various aspects of Human Consciousness – Janma-Jeevan, Bhagya – Purushartha, Karmaphal Vidhan, Sanskar – Punar Janma.

Unit – II **Meaning of Human Excellence**, Aspects of Human Excellence – Physical excellence mental excellence, social excellence & spiritual excellence.

Unit – III **Physical & mental excellence in yoga** – meaning & nature of physical excellence, Patanjali's & Hatha yogic, techniques of physical excellence, meaning & nature of Mental excellence & techniques for Mental excellence.

Unit-IV **Social excellence in yoga** – Meaning & nature of social excellence, social excellence techniques in yog sutras, adjustment solutions; social contribution of yoga.

Spiritual excellence in yoga – Meaning & nature of spiritual excellence significance of spiritual excellence. Techniques of spiritual excellence, stages of spiritual excellence

Reference Books

1. Yog darshan – Pt. Sriram Sharma Achariya.
2. Patanjali Yog pardeep – Swami Omananda Tirth
3. Yog Manovigyan – Dr. Santi Prakash Atreya
4. Dhyani Yog Parkash – Lax mananda
5. Yoga as Depth – Psychology & C.T. kenghe Pra. Psychology
6. Lights on Yog Sutra – B.K.S. Iyenger
7. Sankara on Yog Sutras – Traver Leggests
8. Patanjali Yoga Sutras – Woods
9. Patanjali Yog Sutras – Karambelkar

SEMESTER – IV
PAPER – III

PSYCHOLOGICAL ASSESSMENT AND DIAGNOSIS

MM : 100

Ext. : 80

Int. : 20

There will be 4 units. First question is compulsory (10 objective questions of 2 marks each from all units). The candidate will be required to attempt any 4 questions of 15 marks each, selecting one question from each unit.

Unit – I **Testing Assessment & Diagnosis:** Meaning of testing, assessment & diagnosis, assessment and diagnosis tools – ICD – 10, the test, interview, case study & behavior observation. Assumption in psychological testing & assessment.

Unit – II **Characteristics of assessment tools** – Reliability & Validity. Interview in clinical practice, types of interview, process of interview, verbal & non-verbal communication in interview.

Clinical Assessment: Meaning of clinical assessment, types of assessment, assessment technique, process of assessment, clinical observation of behavior clinical relationship.

Unit-III **Psychiatry History and Examination:** Identification data, informants, presenting (chief), complaints, history of present illness, part psychiatric and medical history, treatment history, family history, personal history.

Unit –IV Physical examination, investigation, formulation the psychological problems & their yogic treatment, stress, depression, phobia, OCD, frustration.

Meaning definition types & process of counseling. Personal counseling, educational counseling, career counseling, marriage & family counseling.

Reference

Books

1. Psychology (5th edi) – Carole Wadi & Carol Tavis (1998) (U.S.)
2. Psychology (5th ed.) – Robbert A. Baron (2001)
3. Essential of Psychology (6th ed.) by – Spenur A Rathur (2001)
4. Introduction to Psychology (6th ed.) by – Ernest r. Hilgard.
5. Introduction to Psychology by – Clifford T. Morgam.
6. theories of Personality (7th ed.) by Duane P. Seultz.
7. Psychological Testing (7th ed.) by Anne Anastasi, Susana Urbina (2005)
8. Advanced General Psychology – Arun Kumar Singh
9. Theories of Personality (4th ed.) – Cavin S. Hall

SEMESTER – IV
PAPER – IV
DISSERTATION

MM : 100

Dissertation is compulsory to all students. Students will select the research topic themselves and prepare the research plan. In doing so the consent of the guide is necessary. After completing the dissertation work, its two typed copies will be submitted till 31st March in the department only. The empirical work is compulsory for all the student. The evaluation of the dissertation will be done by external examiner in co-ordination with the supervisor & the department head. The viva –voice exam will also be conducted under it.

The evaluation pattern is as below :

1. Dissertation work – 60 marks
 2. Viva- Voice – 40 marks
-

SEMESTER – IV
PAPER – V
PRACTICAL(YOGA, PSYCHOLOGY AND NATUROPATHY)

MM: 100

Ext.: 70

Int.: 30

A. Yoga Practical :

40 marks

Mantra : Varun Gayatri, Luxmi Gayatri, Shubkamna, 32 lines of yanmandalam stuti, durga stuti.

Shatkarma: Double sutra neti, vastra dhauti, sheet karma, kapal bhati, nauli, complete (C.S.P.), Tratak.

Yogasana : Surya Namaskar, Pragy Yoga, Chander Namaskar, Standing Chakrasana, Ekpad chakrasana, sarvangasana, sheershasana, baddha – padmasana, padmbakasana, padam sheershasana, poorn shalabhasan, garbhasan, kundaliasan, natrajasan, tandavasana, vipreet karni asana, 32 asan from gherund samhita & 15 asanas from Hathapardupika.

Pranayama : Pranakarshan pranayama, antah kumbhak, banya kumbhak, ashtakumbhak (Acc. to H.A.) mudra/bandh, tribandha, ashwani mudra, vjroli mudra, sahjoli, akashi mudra, kaki mudra.

Dharna : Pardhivi dharna, chidakash dharna.

Dhyan : Yog nidra, panch kosha jagran dhyan, dhyan of chakras, dhyan of kundalini awaken, soham meditation.

B.Psychology :

15 marks

1. Self concept
2. Emotional maturity
3. Sentence completion
4. Emotional Stability
5. Self Confidence
6. Depression
7. Eysinck's Maudsly Personality Inventory

C.Naturopathy :

15 marks

Mud Therapy – Mud bath, mudpack, pultise, bandage

Massage Therapy – Massage steps of head, spine, hand, leges and hole body with acupressure points.

Desease diagnosis through bodily symptoms.

*** Internal marks will depend upon the attendance, project report, chart/model, presentation & file.**