

# **M.A. APPLIED YOGA & HEALTH**

W.e.f from the session 2011-2012

## **SCHEME OF EXAMINATIONS ( Time : 3 hours for each Theory Paper)**

### **SEMESTER I**

<b>Paper no.</b>	<b>Nomenclature of the Paper</b>	<b>Max. Marks</b>	<b>External Marks.</b>	<b>Internal Marks.</b>
<b>Paper I</b>	<b>Fundamentals of Yoga</b>	<b>100</b>	<b>80</b>	<b>20</b>
<b>Paper II</b>	<b>Basic Psychology</b>	<b>100</b>	<b>80</b>	<b>20</b>
<b>Paper III</b>	<b>Anatomy, Physiology &amp; Yogic Practices -I</b>	<b>100</b>	<b>80</b>	<b>20</b>
<b>Paper IV</b>	<b>Food Constituents &amp; Meal Planning</b>	<b>100</b>	<b>80</b>	<b>20</b>
<b>Paper V</b>	<b>Practical</b>	<b>100</b>	<b>80</b>	<b>20</b>

### **SEMESTER II**

<b>Paper no.</b>	<b>Nomenclature of the Paper</b>	<b>Max. Marks</b>	<b>External Marks.</b>	<b>Internal Marks.</b>
<b>Paper I</b>	<b>Anatomy, Physiology &amp; Yogic Practices -II</b>	<b>100</b>	<b>80</b>	<b>20</b>
<b>Paper II</b>	<b>Introduction to Hatha Yoga</b>	<b>100</b>	<b>80</b>	<b>20</b>
<b>Paper III</b>	<b>Yoga Therapy</b>	<b>100</b>	<b>80</b>	<b>20</b>
<b>Paper IV</b>	<b>Psychology( Statistical &amp; Research Methodology)</b>	<b>100</b>	<b>80</b>	<b>20</b>
<b>Paper V</b>	<b>Practical</b>	<b>100</b>	<b>80</b>	<b>20</b>

### **SEMESTER III**

<b>Paper no.</b>	<b>Nomenclature of the Paper</b>	<b>Max. Marks</b>	<b>External Marks.</b>	<b>Internal Marks.</b>
<b>Paper I</b>	<b>Introduction to Naturopathy</b>	<b>100</b>	<b>80</b>	<b>20</b>
<b>Paper II</b>	<b>Patanjali Yoga Sutra</b>	<b>100</b>	<b>80</b>	<b>20</b>
<b>Paper III</b>	<b>Abnormal Psychology</b>	<b>100</b>	<b>80</b>	<b>20</b>
<b>Paper IV</b>	<b>General introduction &amp; Uses of Complementary Therapies</b>	<b>100</b>	<b>80</b>	<b>20</b>
<b>Paper V</b>	<b>Practical</b>	<b>100</b>	<b>80</b>	<b>20</b>

#### **SEMESTER IV**

<b>Paper no.</b>	<b>Nomenclature of the Paper</b>	<b>Max. Marks</b>	<b>External Marks.</b>	<b>Internal Marks.</b>
<b>Paper I</b>	<b>Yoga and Mental Health</b>	<b>100</b>	<b>80</b>	<b>20</b>
<b>Paper II</b>	<b>Yogic Science, Human Consciousness &amp; Human Excellence</b>	<b>100</b>	<b>80</b>	<b>20</b>
<b>Paper III</b>	<b>Psychological Assessment &amp; Diagnosis</b>	<b>100</b>	<b>80</b>	<b>20</b>
<b>Paper IV</b>	<b>Dissertation</b>	<b>100</b>	<b>--</b>	<b>--</b>
<b>Paper V</b>	<b>Practical</b>	<b>100</b>	<b>80</b>	<b>20</b>

**FUNDAMENTALS OF YOGA**  
**SEMESTER – I**  
**PAPER – I**

**Time: 3 Hours**

**MM : 100**

**Ext. : 80**

**Int. : 20**

Note: The question paper will consist of five Units, I, II, III, IV and V. Each unit will have two questions. Only five questions will be attempted selecting at least one question from each unit. All questions carry equal marks.

**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, Hatha Yoga, Kriya Yoga, Gyan Yoga and Mantra Yoga.

**Unit – II**

- Study of yoga in following text- Vedas, Upanishad, Gita, Buddhism, Jainism, Patanjali yog Sutra and Six systems of Indian Philosophy.

**Unit – III**

- Life sketches of the following yogis with important incidents of their lives and contribution in the Development of Yoga : - Maharishi Patanjali, Guru Gorakhnath, Swami Shivanand, Swami Vivekanand, Shri Aribindo.

**Unit – IV**

- Life sketches of the following Yoginis : - Maa Sharda, Shri Maa, Meera Bai, Yogini Laleshwari, Maa Anandmai.

**Unit – V**

**Introduction of Yoga Institutes :-**

- Bihar Yoga Bharti Yoga Institute, Munger, Bihar.
- Kaivayala Dham – Lonavala
- Gurukul Kangri University, Haridwar.
- Swami Vivekanand Institute of Yoga for Research, Banglour
- Jain Vishwabharti Yoga Sansthana, Ladnun, Rajasthan

**Reference Books**

- Dev Sanskriti Vishwavidhyala, Haridwar.
- Science of Yoga – स्वामी विज्ञानानंद सरस्वती
- पदकपंद चेपसवेवचील . डा10 ईश्वर भारद्वाज
- योग महाविज्ञान – डा10 कामाख्या कुमार

- भारत की महान योग विभूतिया -

- भारत की महान नारियां -

**SEMESTER – I**  
**PAPER – II**  
**BASIC PSYCHOLOGY**

**Time: 3 Hours**  
**100**

**MM :**

**Ext. : 80**

**Int. : 20**

Note: The question paper will consist of five Units, I, II, III, IV and V. Each unit will have two questions. Only five questions will be attempted selecting at least one question from each unit. All questions carry equal marks.

**Unit – I**      **Meaning & definition of Psychology:** The scientific methods – observational (Correlation) & Experimental method.

**Unit – II**      **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 – III**      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-IV**      **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 – V**      **Intelligence :** Meaning & Nature of intelligence, intelligence quotient, theory of intelligence, Gardner's theory, Sternberg's theory & Cattell's theory, measuring intelligence, Binet test Bhatia battery, Wechsler scales & verbal test of intelligence.

**Reference  
Books**

1. Psychology (5<sup>th</sup> edi) – Carole Wadi & Carol Tavris (1998) (U.S.)
2. Psychology (5<sup>th</sup> ed.) – Robbert A. Baron (2001)
3. Essential of Psychology (6<sup>th</sup> ed.) by – Spenur A Rathur (2001)
4. Introduction to Psychology (6<sup>th</sup> ed.) by – Ernest r. Hilgard.

**ANATOMY, PHYSIOLOGY AND YOGIC PRACTICES - I**  
**SEMESTER – I**  
**PAPER – III**

**Time: 3 Hours**

**MM : 100**

**Ext. : 80**

**Int. : 20**

Note: The question paper will consist of five Units, I, II, III, IV and V. Each unit will have two questions. Only five questions will be attempted selecting at least one question from each unit. All questions carry equal marks.

- 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.
- Unit-II**                      **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 – III**                      **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 – IV**                      **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 – V**                      **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**

- सुश्रुत ;शरीर विज्ञानद्ध – गोविन्द भास्वकर चाणेकर
- शरीर रचना विज्ञान – डॉ. मुकुन्द स्वरूप वर्मा
- शरीर क्रिया विज्ञान – डॉ० प्रियवत वर्मा
- शरीर रचना एवं क्रिया विज्ञान – डॉ० एस०आर० वर्मा
- Human Physiology – Chatterjee
- Anatomy & Physiology for Nurses – T.W.A. Glenister and J.R.W. Rose.
- A Text Book of Medical Physiology - Gautam

**FOOD CONSTITUENTS AND MEAL PLANNING**  
**SEMESTER - I**  
**PAPER – IV**

**Time: 3 Hours**

**MM: 100**

**Ext.: 80**

**Int.: 20**

Note: The question paper will consist of five Units, I, II, III, IV and V. Each unit will have two questions. Only five questions will be attempted selecting at least one question from each unit. All questions carry equal marks.

**Unit – I**

**Definition of food, its classification and its functions**

- Concept of Balanced Diet
- Concept of Mithahar, Alphahar and Yogic diet & its types.

**Unit-II**

• 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

**Unit – III**

• Diet.  
Study of vitamins (A, B, C, D, E, K, B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, B<sub>12</sub>).

- Study of Minerals (Iron, Iodine, Calcium, Phosphorus) their daily allowance & effect of their deficiency and excess.

**Unit – IV**

Concept and Principles of Meal Planning and Factors affecting it.

Meal Planning for

- 0 – 3 year children
- School going kids
- Adolescents and

**Unit – V**

• Adults  
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.

**SEMESTER – I  
PAPER – V  
PRACTICAL**

**Time:3 Hours  
100**

**MM :**

**Ext. : 80  
Int. : 20**

**Yoga Practical**

**40 marks**

**Unit – I**

Prayer, Gayatri Mantra, Mahamrimumjaya mantra

**Unit – II**

**Shatkarmas :** Jala Neti, Rubber Neti, Kunjal

**Unit – III**

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

**Unit-IV**

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

**Unit – V**

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

**Meditation :** Om ka dhyan

**Psychology**

**20 marks**

**Practical :**

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

**Anatomy –**

**20 marks**

**Physiology**

**(Practical):**

1. Body Temperature
2. Pulse rate
3. Recording of systematic 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.**

**ANATOMY, PHYSIOLOGY & YOGIC PRACTICES – II**  
**SEMESTER – II**  
**PAPER – I**

**Time: 3 Hours**  
**100**

**MM :**

**Ext. : 80**  
**Int. : 20**

Note: The question paper will consist of five Units, I, II, III, IV and V. Each unit will have two questions. Only five questions will be attempted selecting at least one question from each unit. All questions carry equal marks.

- Unit – I      **Cardio-Vascular System:** Its components, structure & functioning of Heart, Blood, its composition & function, chief characteristics of Artery & Veins. Effect of yogic practices on cardio vascular system.
- Unit-II      **Lymphatic System:** Introduction to Lymphatic System, Immune System & Immunity, Resistance Power, Effect of yogic practices on Lymphatic System.
- Unit-III      **Nervous System:** Introduction to Nervous System, its types transmission of Nerve impulse, Reflex action, Explain central nervous system, Peripheral nervous system & Autonomic nervous system. Effect of yogic practices
- On nervous system
  - Structure & functions of nose ears eyes. Effect of yogic practices on them.
- Unit-IV      **Excretory System:** Organs of excretory system, their structure, structure of a nephron, physiology of the formation of urine. Effects of yogic practices on excretory system.
- Unit-V      **Reproductive System:** Structure, physiology of Male & Female reproduction system, describe functions, effect of yogic practices on reproductive system.
- Unit-V      **Endocrinal System:** Meaning of Endocrine and exocrine glands & their differentiation, name and location of endocrine glands, meaning of hormone , enzyme & differentiations, hormones of pituitary, thyroid, parathyroid, pancreas, adrenal gland and their functions in the body. Effect of yogic practices on endocrinal glands.
- Reference books
1. Sarir Kriya Vigyan – Priyabrata Sharma
  2. Sarir Rachana Vigyan – Mukund Swarup Verma
  3. Ayurvedic Kriya Sarir – Ranjeet Sahaya Desai
  4. Yoga avam swasthya – Raaj Publication
  5. Manav Sarir Deepika – Dr. Mukund Swarup Verma
  6. Health for all through yoga – Dr. Ganesh Shanker Ghi
  7. Basic Physiology – E.D. Amour Fred

8. Hman Physiology – Chakravarti, Ghosh and Sahana

**SEMESTER – II**  
**PAPER – II**  
**INTRODUCTION OF HATH YOGA**

**Time: 3 Hours**  
**100**

**MM :**

**Ext. : 80**  
**Int. : 20**

Note: The question paper will consist of five Units, I, II, III, IV and V. Each unit will have two questions. Only five questions will be attempted selecting at least one question from each unit. All questions carry equal marks.

**Unit – I**     **Concept & Principles :**

- Hatha Yoga – Meaning & Definition
- Brief introduction of Hatha Yogic granthas
  
- Hatha Yoga & Human Health

**Unit – II**     **Principles :**

- Aims of Hatha yoga
- Components of Hatha Yoga
- Principles of practicing Hatha yoga
- Time, season, diet & place for practicing Hatha Yoga
  
- Sign & symptom of success in Hatha Yoga

**Unit – III**     **Process, Practice & Benefits (According to Gherand Sanhita & Hath Yog Pradipika):**

- Shatkarmas – Neti, Dhauti, Vasti, Nauli, Kapal bhati, Trataka
- Asanas – Gherand Samhita

**Unit-IV**     **Pranayama – Hatha Yog Pradipika**  
**Process, Practice & Benefits (According to Gherand Sanhita & Hath Yog Pradipika) :**

Mudra / Bandha – Gherand Samhita

Dharna & Dhyan

Kundalini, Chakras, Madanusandhan and awaken of kundalini.

**Unit – V**     **Physiological, Psychological & Spiritual aspects of Hatha Yoga :**

- Effect of Hatha Yogic Practices on Human Physiology
- Effect of Hatha Yogic Practices on Human Psychology.

**Reference  
Books**

- Spiritual development through Hatha Yoga Practices.
1. Sadhana Paddhation ka gyan or vighyan, 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 Kundolini – Dr. Vasant Rule
  8. Asana, Pranayama, Mudra, Bandha – Swami Satyanand Saraswati.

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

**Time: 3 Hours  
100**

**MM :**

**Ext. : 80**

**Int. : 20**

Note: The question paper will consist of five Units, I, II, III, IV and V. Each unit will have two questions. Only five questions will be attempted selecting at least one question from each unit. All questions carry equal marks.

- Unit – I
- Meaning and Definition of Health, Characteristics of Healthy person, concept of Swasthvratha, Dincharya (Elements of Daily Routine).
  - Exercise : Meaning & types of exercise, Different between yogic and non yogic system of exercise,
    1. Concept of Sandhyoupasana
    2. Concept and benefits of sleep and celibacy, Ritucharya – Ritu deviations, Accumulation of diseases (dosh) a/c to seasons, their effects and remedies.
- Unit-II
- Meaning and concept of yoga therapy, principles of yogic therapy, scope of yogic therapy, limitation of yogic therapy.
- Unit – III
- Causes, signs, symptoms and yogic treatment including dietary measures –
- Obesity, constipation, indigestion, peptic ulcer
- Unit – IV
- Causes, signs, symptoms and yogic treatment including
- Dietary measures of the following :-
- common cold, gastric acidity, bronchial asthma, arthritis
  - Insomnia, stress & depression, thyroid, sinusitis
- Unit – V
- Causes, sign, symptoms and yogic treatment including dietary measures of the following :
- Women problems – Menstrual problem, Leucorrhoea ; Anemia, Headache & Migraine
  - Heart diseases, 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.
- Rog or yog – Swami Shivanand
- साधना पतियों का ज्ञान-विज्ञान – पं. श्रीराम शर्मा आचार्य
  
- आसन प्राणायाम से आधि-व्याधि निवारण – पं. श्रीराम शर्मा आचार्य

**SEMESTER - II**  
**PAPER – IV**  
**PSYCHOLOGY**  
**(STATISTICS & RESEARCH METHODOLOGY)**

**Time: 3 Hours**  
**100**

**MM :**

**Ext. : 80**

**Int. : 20**

Note: The question paper will consist of five Units, I, II, III, IV and V. Each unit will have two questions. Only five questions will be attempted selecting at least one question from each unit. All questions carry equal marks.

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

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

The normal distribution – Meaning & Importance of the Normal distribution, Application of Normal Probability curve.

**Unit – III** **Correlation** : The coefficient of correlation. Correlation and correlation by product moment method, chi-square test & t-test, ANOVA, critical ratio.

**Unit-IV** Introduction 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 – V** 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. अनुसंधन विधियां – ए.के. कपिल
2. मनोविज्ञान, समाजशास्त्रा तथा शिक्षा में शोधविधियां – डा. अरूण कुमार सिंह
3. शोध प्रणाली – मो. सुलेमान

- 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**

**Time:3 Hours**  
**100**

**MM :**

**Ext. : 80**  
**Int. : 20**

**Yoga Practical**

**40 marks**

**Unit – I**

Saraswati Mantra, Rudropasana, Swastic Mantra, Prayer and Soham sadhana.

**Unit – II**

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

**Unit – III**

**Asana** : Surya Namaskar, Pragma 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.

**Unit-IV**

**Pranayama** : Nadi Shodha, Ujjaji, Bhramari, Surya Bhedan.

**Unit – V**

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

Meditation – rising sun

**20 marks**

**Psychology**

**(Practical):**

1. Adjustment Inventory
2. Stress Inventory
3. P.G.I. Health Questionnaire

4. Children's problems check list

**20 marks**

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

**Anatomy –**  
**Physiology**  
**(Practical)**

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

**SEMESTER – III**  
**PAPER – I**  
**INTRODUCTION TO NATUROPATHY**

**Time:3 Hours**  
**100**

**MM :**

**Ext. : 80**

**Int. : 20**

Note: The question paper will consist of five Units, I, II, III, IV and V. Each unit will have two questions. Only five questions will be attempted selecting at least one question from each unit. All questions carry equal marks.

**Unit – I**      **Naturopathy** : Meaning, concept , 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 Ushapaan, 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 bath 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.

**Unit – V**      **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**      1. प्राकृतिक आर्युविज्ञान - डा० राकेश जिन्दल

**Books**

- 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**

**Time:3 Hours**  
**100**

**MM :**

**Ext. : 80**

**Int. : 20**

Note: The question paper will consist of five Units, I, II, III, IV and V. Each units will have two questions. Only five questions will be attempted selecting at least one question from each unit. All questions carry equal marks.

- Unit – I** Introduction to Patanjali Yoga Sutra & its historical background, definition of yoga, concept of chitta, chitta bhumies, modifications of chitta, chitta vritties, methods to control chitta vritis, methods of chitta prasadan.
- Unit – II** Kriya yoga, Panchklesha, yogantaraya & their associates, means to eradicate antrayas klesha, karamsiddhanta, karamshya, pdaman and its kind, dukh ka swaroop, chaturvyauvad (चतुर्व्युहवाद)
- Unit – III** **Ashtang Yoga** : its eight limbs, yama – niyam, mahavrata swroop, phal (fruits) of eight limbs, vitark vivechan (forZd foospu), Chitta ka parinam (ifj.kke), Sanyam
- Unit-IV** Samadhi – Sampragyat, Asampragyat, Ritambhara pragyat (rEHkjk izKk), Sapta da pragyat (सप्तध प्रज्ञा), Dharam medha Samadhi.
- Unit – V** Purush, Prakriti, Ishwar, Ishwar Pranidhan, Adbyas, Varigya, Siddhi's five types (भेद), Karma types (भेद), karam ka swaroop, swaroop pratishtan, vibhuti & its types, kaivalya, vivek khyati.

**Reference Books**

1. Yog darshan – Pt. Shriram Sharma Acharya
2. Patanjali Yog Sūtra – Swami Omananda Tirth
3. Yog Sūtra Raj Martind – Bhojraj
4. Yog Darshan – Rajveer Shashtri
5. Four Step of Freedom – Swami Sivananda Saraswati

**SEMESTER – III**  
**PAPER – II**  
**ABNORMAL PSYCHOLOGY**

**Time:3 Hours**  
**100**

**MM :**

**Ext. : 80**  
**Int. : 20**

Note: The question paper will consist of five Units, I, II, III, IV and V. Each unit will have two questions. Only five questions will be attempted selecting at least one question from each unit. All questions carry equal marks.

**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 Behaviour** : Brief Historical views of Abnormal behaviour. 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.

**Unit – V**     Nature & causes of Abnormal behaviour. The current classification – The DSM – IVTR and ICD.10 & its Brief Introduction.

**Reference**   1. Introduction to Psychology by – Clifford T. Morgam.

**Books**       2. theories of Personality (7<sup>th</sup> ed.) by Duane P. Schultz.

3. Psychological Testing (7<sup>th</sup> ed.) by Anne Anastasi, Susana



Urbina (2005)

4. Advanced General Psychology – Arun Kumar Singh
5. Theories of Personality (4<sup>th</sup> ed.) – Cavin S. Hall

**GENERAL INTRODUCTION &  
USE OF COMPLEMENTARY THERAPIES  
SEMESTER – III  
PAPER – IV**

**Time:3 Hours  
100**

**MM :**

**Ext. : 80  
Int. : 20**

Note: The question paper will consist of five Units, I, II, III, IV and V. Each unit will have two questions. Only five questions will be attempted selecting at least one question from each unit. All questions carry equal marks.

**Unit – I Panchkarma :** Introduction of Panch Karma, History of Panchkarma, Components of Panchkarma, Steps of Panchkarma, Panchkarma for common problems – common cold, Headache, Asthma, Thyroids, 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, lumber 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** Introduction of Reiki, Magnetic therapy, aroma, pranic healing, colour therapy, Acupuncture & Basics of Ayurveda their uses in physical mental & emotional problems.

**Unit – V** 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. सूर्य किरणचिकित्सा - डा० मोहन लाल काठौतिया
2. आध्यात्मिक चिकित्सा एक समग्र उपचार प(ति - डा. प्रणव पण्डया
3. रोग और योग - स्वामी शिवानन्द
4. एक्यूप्रेसर - डा० अतर सिंह
5. यज्ञ का ज्ञान विज्ञान - पं० श्री राम शर्मा आचार्य
6. पंचकर्मा विज्ञान - वैद्य जी०के० दवे

7. डा10 सूर्य - योगाचार्य डा10 ओंकारनाथ
8. आयुर्वेदीय पंचकर्म विज्ञान-वैद्य हरिदास
9. सूर्यकिरण चिकित्सा - डा10 द्वारकानाथ नारंग
10. सूर्य रश्मियों द्वारा चिकित्सा - श्रीमति राजकुमारी गुप्ता
  
- 11- चंद्रपत्र भ्रमसपदह - बीवं ब्वबा ैनप

**SEMESTER – III  
PAPER –V  
PRACTICAL**

**Time:3 Hours  
100**

**MM :**

**Ext. : 80**

**Int. : 20**

**Yoga Practical :**

**40 marks**

**Unit – I**

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

**Unit – II**

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

**Unit – III**

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

**Unit – IV**

**Pranayama** : Bhastrika, Bharamari, Abhyantavriti, Sheetali.

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

**Hasta Mudra**: Kamjayi, Panchtatva Mudra.

**Unit – V**

**Meditation** : Soham Dhyana.

Yog nidra

**Psychology  
Practical :**

**20 Marks**

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

**Naturopathy  
Practical :**

**20 Marks**

Sprouts making, simple bath, sauna bath, sun bath,

hydrotherapy – steam bath, Anema, jacuzzi, wet bandage (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.**

**YOGA & MENTAL HEALTH**  
**SEMESTER – IV**  
**PAPER – I**

**Time:3 Hours**  
**100**

**MM :**

**Ext. : 80**  
**Int. : 20**

Note: The question paper will consist of five Units, I, II, III, IV and V. Each unit will have two questions. Only five questions will be attempted selecting at least one question from each unit. All questions carry equal marks.

**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 – Dhyana & Mental Health

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

Psychologic approach to mental health – behavioural approach & cognitive approach.

**Reference**  
**Book**

- योग एवं मानसिक स्वास्थ्य – डा० सुरेश बर्णवाल
- श्रीमद् भगवत् गीता – गीता प्रैस, गोरखपुर ।
- 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**

**Time:3 Hours**

**MM : 100**

**Ext. : 80**

**Int. : 20**

Note: The question paper will consist of five Units,I,II,III,IV and V. Each units will have two questions. Only five questions will be attempted selecting at least one question from each unit. All questions carry equal marks.

**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 yoga sutras, adjustment solutions; social contribution of a yoga.

**Unit – V** 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. Dhyan 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**

**Time: 3 Hours**  
**100**

**MM :**

**Ext. : 80**  
**Int. : 20**

Note: The question paper will consist of five Units, I, II, III, IV and V. Each unit will have two questions. Only five questions will be attempted selecting at least one question from each unit. All questions carry equal marks.

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

**Unit – II     Clinical Assessment :** Meaning of clinical assessment, types of assessment, assessment technique, process of assessment, clinical observation of behaviour clinical relationship.

**Unit – III     Characteristics of assessment tools** – reliability & validity. Interview in clinical practice, types of interview, process of interview, verbal & non-verbal communication in interview.

**Unit-IV     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 – V** 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 (5<sup>th</sup> edi) – Carole Wadi & Carol Tavris (1998) (U.S.)
  2. Psychology (5<sup>th</sup> ed.) – Robbert A. Baron (2001)
  3. Essential of Psychology (6<sup>th</sup> ed.) by – Spenur A Rathur (2001)
  4. Introduction to Psychology (6<sup>th</sup> ed.) by – Ernest r. Hilgard.
  5. Introduction to Psychology by – Clifford T. Morgam.
  6. theories of Personality (7<sup>th</sup> ed.) by Duane P. Sehultz.
  7. Psychological Testing (7<sup>th</sup> ed.) by Anne Anastasi, Susana Urbina (2005)

8. Advanced General Psychology – Arun Kumar Singh
9. Theories of Personality (4<sup>th</sup> 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 31<sup>st</sup> March in the department only. The empirical work is compulsory for all students. 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**

**Time:3 Hours  
100**

**MM :**

**Ext. : 80**

**Int. : 20**

**Yoga Practical :**

**40 marks**

**Unit – I**

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

**Unit – II**

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

**Unit – III**

**Yogasana :** Surya Namaskar, Pragma 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.

**Unit – IV**

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

**Unit – V**

**Dharna :** Pardhivi dharna, chidakash dharna.

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

**Psychology :**

**20 marks**

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

**Naturopathy :**

**20 marks**

**Mud Therapy** – Mud bath, mudpack, poultice, bandage

**Massage Therapy** – Massage steps of head, spine, hand, legs and whole body with acupressure points.

Disease diagnosis through bodily symptoms.

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