



**Kannada University, Hampi**  
**Department of Yoga Studies**

**Rules governing M.Sc. in Yoga Science for I to IV semester course as per CBCS  
pattern and Ph.D. programmed in Kannada University.**

In exercise of the powers conferred under Chapter 2.5 of the Kannada University Act, 1991, the Board of Studies in Centre for Yoga Studies, Kannada University frames the following Rules in consonance with Regulations of Faculty of Science.

**Title:**

These Rules shall be called - Kannada University Rules governing Post-Graduate Programmed under Choice-Based Credit System for M.Sc. and Ph.D. Programmed in Yoga Studies under Faculty of Science.

**Commencement:**

These Rules shall come into force from the academic year 2020-21.

**Definitions:**

In these Rules, unless otherwise mentioned:

- a) "University" means Kannada University, Hampi.
- b) "Post-Graduate Programmed" means Semesterised Master Degree Programmed under CBCS.
- c) This "Compulsory professional Course" means a fundamental course which a student admitted to a particular Post-Graduate programmed should successfully complete to receive the Post-Graduate Degree in the concerned subject.
- d) "Open elective" means a course offered by the Department for students of other Departments. Such Open Elective Courses shall be taught by qualified teachers approved by the University.
- e) "Credit" means the unit by which the course work is measured. For this Rule, one Credit means one hour of Theory or practical Teaching work week. Normally a Semester, is of 16 weeks duration in any given academic year. As regards the marks for the courses, 1 credit is equal to 25 marks, 2 credits are equal to 50 marks, 3 credits are equal to 75 marks and 4 credits are equal to 100 marks.
- f) "Course Weightage" means number of credits assigned to a particular course.
- g) "Grade" is an index to indicate the performance of a student in the selected course. These Grades are worked out by converting marks scored in each subject by the candidates in both Internal Assessment and Semester end Examinations.
- h) "Grade Point Average" or GPA refers to an indication of the performance of the student in a given semester. GPA is the weighted average of all Grade points obtained by a student in a given semester.'
- i) "Cumulative Grade Point Average" or CGPA refers to the Cumulative Grade Point Average weighted across all the semesters and carried forward from 1st semester to subsequent semesters.

## **I. Rules Pertaining to M.Sc. in Yoga Science Semesterised CBCS Programmed 2020-21**

### **Preamble:**

Yoga is an integral part of Indian Cultural, Spiritio-Philosophical heritage. The Science of Yoga promotes Physical Mental and Spiritual Health of an individual in particular and entire human society at large. Yoga has been and is Promoting and fastering global Peace and harmony in the humankind. Now a days, Yoga is being utilized for Personality development, Stress management, Eradication of worries, Moralization of desires, and Neutralization of anger. For the Systematic and Scientific Study and Research of Yoga, UGC is encouraging the Universities.

Kannada University which has started the Centre for Yoga Studies and running P.G. Diploma in Yoga Studies, Certificate Course in Yoga Studies. To start Master and Research degrees in the Centre to train the Students to undertake higher training and research in various aspects of Yogic Science. Hence, as per the wishes of the UGC and as per the directions of the Vice-Chancellor and Registrar of our University, special Board of studies in Yoga Studies met on 06-01-2020 under the Chairmanship of Dr.F.T.Hallikeri, Director, Centre for Yoga Studies, Kannada University Hampi and has resolved to introduce Master of Science in Yoga Studies and Ph.D. Courses in the Centre for Yoga Studies, Kannada University Hampi.

### **1. Title:**

The Course shall be called "**Master of Science**" in Yoga Science (M.Y.S)

### **2. Duration:**

- 2.1 This shall be fulltime professional course and is extended over a period of Two academic years comprising of Four Semesters from the date of admission; failing which candidate shall be allowed to complete it within a maximum period of another two years
- 2.2 Whenever the syllabus is revised, the candidate reappearing shall be allowed for the examinations only according to new syllabus.

### **R-3. Objectives:**

#### **The Programmed is designed:**

- 3.1 To impart Yoga education and Psycho- Socio-Spiritio-and Naturo-therapies training |or promotion of positive health and perfect personality of an individual in particular and Entire humankind in general.
- 3.2 To impart scientific training in Yogic Science and allied areas of the students desirous of making a career in the field of Yogic Science and develop them to become Yoga professionals to teach Yoga, to create Yogic awareness in the society and to cure Physico- Social diseases.
- 3.3 To introduce the fundamentals of Yogic techniques-therapies and to provide newer avenues to the students to learn, practice and propagate the philosophy of this ancient science to herald peace and harmony in the society.
- 3.4 To provide intensive training in fundamental Yogic texts, spiritualism of world's major religions and philosophy of peace to establish unity in diversity which is one of the mottos of yoga philosophy
- 3.5 To train the students to create yogic culture for shaping a holistic personality so as to become global and noble citizens and to shape future mankind which enjoy peace and tranquility.

- 3.6 To Train the students to undertake higher training and research in various aspects of Yogic Science.

**R-4. Minimum Eligibility for Admission:**

- 4.1. A Candidate who has passed bachelors degree examination in any subject from any University in the state or from any other University recognized as equivalent there to and comply with other eligibility requirements as prescribed by the University is eligible for admission to M.Sc. Degree Course in Yoga Studies. Weightage for admission will be given to those who have passed in P.G.D.Y.S. and / or studied Yoga as optional paper at Degree level.
- 4.2. A candidate should be medically fit. A medical fitness certificate in this regard issued from the Health Centre, Kannada University campus must be produced at the time of admission. Candidate suffering from any chronic disease are strictly advised not to seek admission to this course.

**R-5. Medium of Instruction:**

English / Kannada

**R-6. Hours of Instruction:**

There shall be 4 hours of teaching work per week for every theory/practical paper of 100 marks and 4 hours of teaching /demonstration/ treatment for every therapy paper of 100 marks.

**R-7. Intake Capacity:**

Maximum 30 candidates of which 10 should be under the category of enhanced fee structure (30+10) or as prescribed by the university from time to time.

**R-8. Attendance:**

- 8.1 A student shall attend minimum of 75% of the total instruction hours in a paper (theory/ practical) in each term or as prescribed by the University from time to time.
- 8.2 There is no provision for condoning shortage of attendance.
- 8.3 Students who do not satisfy prescribed requirement of attendance shall not be eligible for ensuing examination. Such candidates may seek admission afresh to the given semester.
- 8.4 Students who have participated in the State/National/International Level sports, NSS, Yoga Competition, Cultural activities and other related activities as stipulated under existing regulations shall be considered for giving attendance for actual number of days utilized in such activities (including travel days) subject to the production of participation certificates from the relevant authorities within two weeks after the event.

**R-9: For Women:**

- 9.1 The practical training classes for women will be arranged as far as possible separately and conducted by lady Yoga teachers. However, under odd situations, they must be ready to undertake training from male Yoga teachers.
- 9.2 In case of Natural Problems (Such as periods, Pre-& Post Pregnancy) they have exemption of not practicing but they have to attend the classes.

**R-10. Scheme of Examination:**

- 10.1 There shall be University Examination at the end of each semester both in theory and practical papers.
- 10.2 Candidates are allowed to write the said exam, either in English or in Kannada
- 10.3 The duration of theory paper examination shall be of 3 hours

- 10.4 Each theory paper of 100 marks (70+30) shall comprises of 5 questions of 16 marks each from \ 5 units with internal choices covering entire syllabus.
- 10.5 The duration of practical paper examination shall be of 4 hours and each practical batch shall contain a maximum of 9 candidates.
- 10.6 Each candidate of 4th semester shall submit (i) Educational Tour Report and (ii) Camp/Project Report to the Department for examination before commencement of theory examination.
- 10.7 Each candidate of 4th semester shall write a Dissertation on any selected topic (in consultation with the course teacher and the Chairman) of not less then 60 pages and submit it to the Department for examination before commencement of the theory examination.
- 10.8 There shall be Viva-Voce examination for 4th semester students which shall be conducted after the examination of both theory and practical
- 10.9 For female candidates: in case of Natural Problems such as periods, Pre & Post-Pregnancy they are allowed to appear for the Practical Exam, in the odd and even Semester end examination as & when conducted by the University. There is no exemption in appearing for the Practical Examination.
- 10.10 The programme under CBCS is a fully carry-over system. A candidate reappearing for either odd or even semester examinations shall be permitted to take examinations as and when they are conducted i.e., even semester examination in even semester and odd semester examination in odd semester.
- 10.11 Candidates who have failed, remained absent or opted for improvement in any course/courses shall appear for such course/courses in two immediate successive examinations that are conducted. However, in case of candidates appearing for improvement of their marks, the marks secured in the previous examination shall be retained if the same is higher.

**R-II. Internal Assessment:**

- 11.1 For all theory & practical papers comprising of 100 marks there shall be 30 Internal Assessment and it will be divided into Mid-Semester Test (15 marks), Assignment work(10 Marks) and Attendance(5 Marks)
- 11.2 The Dept. shall notify the scheme of Internal Assessment in the first week of each semester.
- 11.3 Marks for attendance shall be awarded to the students according to the following table

Attendance (in percentage)	Marks
Above 95	5
Above 90 and up to 95	4
Above 85 and up to 90	3
Above 80 and up to 85	2
Above 75 and up to 80	1
75	No Marks

- 11.4 The IA Tests shall be written in a designated book supplied by the University.
- 11.5 Students are not permitted to improve Internal Assessment marks.

**R-12. Dissertation:**

- 12.1 All those enrolled in the M.Sc. Programme shall write a Dissertation under the guidance of a course teacher during their Fourth Semester.
- 12.2 The Department council shall meet after the commencement of the Fourth Semester and determine who shall guide the student in dissertation writing. The Dissertation shall be completed and submitted to the Department before the commencement of IV Semester theory Examination.
- 12.3 Dissertation shall carry 70 marks
- 12.3 Viva-voce: There shall be Dissertation Viva-Voce examination for 30 Marks at the end of theory and practical examination of IV Semester.

**R-13. Board of Examiners and Valuation:**

- 13.1 There shall be a Board of Examiners to set, scrutinize and approve the Question Papers
- 13.2 There shall be double valuation for all Theory Papers and Dissertation. The average of marks awarded by the Internal and External Examiners shall be taken as the final award. Provided that in case the difference between the marks awarded by the Internal and the External Examiners in respect of any Theory paper or Dissertation be more than 20%, then, such Theory answer scripts or Dissertation shall be referred to a third valuer and the nearest scores shall be averaged and declared as the final award.

**R-14. Marks, Credit Points, Grade Points and Grade Point Average:**

- 14.1. The grade points and the grade letters to candidates in each course shall be awarded as follows:

Percentage of marks	Grade Points	Grade Letter
75 and above, up to 100.00%	7.50 to 10.00	A
60 and above but less than 75%	6.00 and above but less than 07.5	B
50 and above but less than 60%	1.0 and above 1.1 but less than 6.0	C
40 and above but less than 50%	1.0 and above 1.1 but less than 05.00	D
Less than 40.00%	Less than 4.00	F

- 14.2 Credit Point (CP): The Credit Point for each course shall be calculated by multiplying the grade point obtained by the credit of the course.
- 14.3 The award of Grade Point Average (GPA) for any student is based on the performance in the whole semester. The student is awarded Grade Point Average for each semester based on the Total Credit Points obtained and the total number of credits opted for. The GPA is calculated by dividing the total credit points earned the student in all the courses by the total number of credits of those courses of the semester.
- 14.4 The Cumulative Grade Point Average (CGPA) shall be calculated by dividing the total number of credit points in all the semesters by the total number of credits in all the semesters The CGPA up to date shall be calculated by dividing the total number

of credit points in all the semesters up to date by the total number of credits in all the semesters up to date.

CGPA for the I Semester=  $\frac{\text{Sum of the CP of the I Semester}}{\text{Sum of the credits of the I Semester}}$

CGPA for the II Semester=  $\frac{\text{Sum of the CP of the I Sem} + \text{Sum of the CP of II Sem.}}{\text{Sum of the credits of the I Semester} + \text{II Semester}}$

CGPA for the III and IV Semesters shall be computed accordingly.

14.5 The Grade Card at each semester examination shall indicate the courses opted by the student the credit for the course chosen by the student, the credit point obtained in each course, the grade letter and the grade point average. No class shall be awarded for each semester and the same would only be awarded at the end of all the semesters based on Cumulative Grade Point Average.

14.6 Class shall be awarded to the successful candidates based on the Cumulative Grade Point Average (CGPA) as specified below:

Cumulative Grade Point Average (CGPA)	Class to be awarded
7.5 to 10.0	First class with Distinction
6.0 and above but below 7.5	First Class
5.0 and above but below 6.0	Second Class

**R-15. Declaration of Results:**

15.1 Minimum marks required for passing in each course shall be 40% of the total marks including both IA and semester-end examinations. Further, candidate shall obtain at least 40% of marks in semestered examination. There is no minimum marks for I A.

15.2 Candidate shall secure a minimum marks of 50% in aggregate in all courses of a programme in each semester including IA marks.

15.3. For the purpose of declaring Ranks/Classes, the aggregate of the marks in all semesters shall be taken into account. However, Ranks shall not be declared in case the candidate has not successfully completed each of the semesters in first attempt.

15.4 For the purpose of announcing results, the aggregate of marks secured by a candidate in all semester examinations shall be taken into account.

**R-16. Miscellaneous:**

16.1 The General Regulations, the Regulations of Faculty of Science, Directions, | Orders, Notifications issued by the University Authorities in the respect of matter not covered by these Rules shall be final provided they are in conformity with the provisions of the Kannada University Act, 1991 and the Ordinances, Statutes, Regulation and the Rules made there under.

16.2 However, the Vice-Chancellor is empowered to take such kind of decisions, matter related to the academic interest, in consultation with the Chairman and Dean & Place it for ratification at appropriate bodies within the scope & limits of the Act & Regulations.

**Vision:** Our Vision is to be a model centre and try to be in forefront of Yoga Education and Physico-Psycho -Socio-Spiritio- therapies' school for promotion of positive health and perfect personality of an individual in particular and entire society in general. As part of future projection we want to have this Department lay the foundations for a full-pledged Yoga University.

**Mission :** Our Mission is to impart scientific training in Yogic Science and Spiritualism to create yogic culture for shaping a holistic personality so as to become Global and Noble Citizens and thereby to shape future humankind which enjoys Peace and Tranquility.

Course outline of M.Sc. in Yoga studies for Semester Course as per  
**Choice Based Credit System Pattern** (From 2020-21) on worlds

೧ನೇ ಪಠ್ಯಕ್ರಮ 1 <sup>st</sup> SEMESTER								
ಕೋರ್ಸ್ ಸಂಕೇತ Course Code	ಕೋರ್ಸ್ ಶೀರ್ಷಿಕೆ Title of the Course	ಘಟಕ Unit	ಆರ್ಜಿತಾಂಕ Credit	ಬೋಧನಾ ಅವಧಿ ವಾರಕ್ಕೆ Weekly Teaching Period	ಅಂಕಗಳು Marks			ಪರೀಕ್ಷಾ ಅವಧಿ (ಗಂಟೆಗಳಲ್ಲಿ) Time
					ಪರೀಕ್ಷೆ Exam	ಆಂತರಿಕ Internal Assessment	ಒಟ್ಟು Total	
<b>ಪ್ರಧಾನ Core</b>								
YC1.1	ಯೋಗ ಮತ್ತು ತತ್ವಶಾಸ್ತ್ರ Philosophy of Yoga	5	4	4	70	30	100	2.30
YC1.2	ಶರೀರ ರಚನೆ ಮತ್ತು ಕ್ರಿಯಾಶಾಸ್ತ್ರ Anatomy and Physiology	5	4	4	70	30	100	2.30
YC1.3	ಯೋಗ ಪ್ರಾಯೋಗಿಕ(ಭಾಗ-1) Yoga Practicals (Pract. I)	5	4	4	70	30	100	2.30
<b>ಪ್ರಧಾನ ಒಟ್ಟು Core Total</b>		<b>15</b>	<b>12</b>		<b>210</b>	<b>90</b>	<b>300</b>	
<b>ಐಚ್ಛಿಕ Optional</b>								
YO1.4.1	ಪತಂಜಲಿ ಯೋಗಸೂತ್ರ Patanjal Yoga Sutra	5	4	4	70	30	100	2.30
<b>ಅಥವಾ OR</b>								
YO1.4.2	ಭಾರತದ ಯೋಗ ಶಾಲೆಗಳು Yoga Schools of india	5	4	4	70	30	100	2.30
*****								
YO1.5.1	ಸಂಸ್ಕೃತದ ಮೂಲಭೂತ ಅಧ್ಯಯನ Elementary of Sanskrit in Yoga	5	4	4	70	30	100	2.30
<b>ಅಥವಾ OR</b>								
YO1.5.2	ಯೋಗ ವಶಿಷ್ಠ Yoga Vashista	5	4	4	70	30	100	2.30
<b>ಐಚ್ಛಿಕ ಒಟ್ಟು Optional Total</b>		<b>10</b>	<b>08</b>		<b>140</b>	<b>60</b>	<b>200</b>	
<b>ಪ್ರಧಾನ + ಐಚ್ಛಿಕ ಒಟ್ಟು Core + Optional Total</b>		<b>25</b>	<b>20</b>		<b>350</b>	<b>150</b>	<b>500</b>	
<b>೨ನೇ ಪಠ್ಯಕ್ರಮ 2<sup>st</sup> SEMESTER</b>								
<b>ಪ್ರಧಾನ Core</b>								
YC2.1	ಮಾನವ ಪ್ರಜ್ಞೆ	5	4	4	70	30	100	2.30

	Human Consciousness							
<b>YC2.2</b>	ಯೋಗ ಮತ್ತು ಮನೋವಿಜ್ಞಾನ Yoga Psychology	5	4	4	70	30	100	2.30
<b>YC2.3</b>	ಯೋಗ ಪ್ರಾಯೋಗಿಕ(ಭಾಗ- II) Yoga Practicals (Pract. II)	5	4	4	70	30	100	2.30
<b>ಪ್ರಧಾನ ಒಟ್ಟು Core Total</b>		<b>15</b>	<b>12</b>		<b>210</b>	<b>90</b>	<b>300</b>	
<b>ಐಚ್ಛಿಕ Optional</b>								
<b>YO2.4.1</b>	ಹಠಯೋಗ ಪ್ರದೀಪಿಕೆ Hathayoga Pradeepika	5	4	4	70	30	100	2.30
<b>ಅಥವಾ OR</b>								
<b>YO2.4.2</b>	ಘೇರಂಡ ಸಂಹಿತೆ Gheranda Samhita	5	4	4	70	30	100	2.30
*****								
<b>YO2.5.1</b>	ಆಯುರ್ವೇದ ಮತ್ತು ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸೆ Ayurveda and Naturopathy	5	4	4	70	30	100	2.30
<b>ಅಥವಾ OR</b>								
<b>YO2.5.2</b>	ಯೋಗ ಯಾಜ್ಞವಲ್ಕ್ಯ Yoga Yagnavalkhya	5	4	4	70	30	100	2.30
<b>ಐಚ್ಛಿಕ ಒಟ್ಟು Optional Total</b>		<b>10</b>	<b>08</b>		<b>140</b>	<b>60</b>	<b>200</b>	
<b>ಮುಕ್ತ ಆಯ್ಕೆ Open Elective (OE)</b>								
<b>YOE2.6.1</b>	ಯೋಗ ಮತ್ತು ಪರಿಪೂರ್ಣ ಆರೋಗ್ಯ Yoga and Holistic Health	5	4	4	70	30	100	2.30
<b>ಅಥವಾ OR</b>								
<b>YOE2.6.2</b>	ಯೋಗದ ವೈಜ್ಞಾನಿಕ ವಿಧಾನ Scientific Approach of yoga	5	4	4	70	30	100	2.30
<b>ಪ್ರಧಾನ + ಐಚ್ಛಿಕ + ಮುಕ್ತ ಆಯ್ಕೆ ಒಟ್ಟು Core + Optional + Open Elective Total</b>		<b>30</b>	<b>24</b>		<b>420</b>	<b>180</b>	<b>600</b>	
<b>ಒಂದನೇ ಸೆಮಿಸ್ಟರ್ 3<sup>rd</sup> SEMESTER</b>								
<b>ಪ್ರಧಾನ Core</b>								
<b>YC3.1</b>	ಯೋಗ ವಿಜ್ಞಾನದಲ್ಲಿ ಸಂಶೋಧನೆ Research Methodology for	5	4	4	70	30	100	2.30



	Yogic Science							
<b>YC3.2</b>	ಯೋಗ, ಆಧ್ಯಾತ್ಮಿಕತೆ ಮತ್ತು ವಿಶ್ವಶಾಂತಿ Yoga, Spiritualism and Global Peace	5	4	4	70	30	100	2.30
<b>YC3.3</b>	ಯೋಗ ಪ್ರಾಯೋಗಿಕ(ಭಾಗ-III) Yoga Practicals-(Part-III)	5	4	4	70	30	100	2.30
<b>ಪ್ರಧಾನ ಒಟ್ಟು Core Total</b>		<b>15</b>	<b>12</b>		<b>210</b>	<b>90</b>	<b>300</b>	
<b>ಐಚ್ಛಿಕ Optional</b>								
<b>YO3.4.1</b>	ಶಿವಸಂಹಿತೆ Shivasamhita	5	4	4	70	30	100	2.30
<b>ಅಥವಾ OR</b>								
<b>YO3.4.2</b>	ಭಾರತೀಯ ಯೋಗ ಪರಂಪರೆ Indian Yoga Tradition	5	4	4	70	30	100	2.30
*****								
<b>YO3.5.1</b>	ಯೋಗ ಚಿಕಿತ್ಸೆ(ವ್ಯಾಧಿ ವಿನಿಶ್ಚಯ) Yoga Therapy(Dagnosis)	5	4	4	70	30	100	2.30
<b>ಅಥವಾ OR</b>								
<b>YO3.5.2</b>	ಆರೋಗ್ಯ ವ್ಯವಸ್ಥೆಯ ಆಧುನಿಕ ವಿಧಾನ Modern Approach of Health System	5	4	4	70	30	100	2.30
<b>ಐಚ್ಛಿಕ ಒಟ್ಟು Optional Total</b>		<b>10</b>	<b>08</b>		<b>140</b>	<b>60</b>	<b>200</b>	
<b>ಮುಕ್ತ ಆಯ್ಕೆ Open Elective (OE)</b>								
<b>YO3.6.1</b>	ಯೋಗ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕ Yoga Spiritualism	5	4	4	70	30	100	2.30
<b>ಅಥವಾ OR</b>								
<b>YO3.6.2</b>	ವೈಯಕ್ತಿಕ ಆರೋಗ್ಯಕ್ಕಾಗಿ ಯೋಗ Yoga for Personal Health	5	4	4	70	30	100	2.30
<b>ಪ್ರಧಾನ + ಐಚ್ಛಿಕ + ಮುಕ್ತ ಆಯ್ಕೆ ಒಟ್ಟು Core + Optional + Open Elective Total</b>		<b>30</b>	<b>24</b>		<b>420</b>	<b>180</b>	<b>600</b>	
<b>೪ನೇ ಸೆಮಿಸ್ಟರ್ 4<sup>th</sup> SEMESTER</b>								
<b>ಪ್ರಧಾನ Core</b>								
<b>YC4.1</b>	ಯೋಗ ಚಿಕಿತ್ಸೆ Yoga Therapy(Treatment)	5	4	4	70	30	100	2.30

<b>YC4.2</b>	ಯೋಗ ಪ್ರಾಯೋಗಿಕ(ಭಾಗ-IV) Yoga Practicals- (Part-IV)	5	4	4	70	30	100	2.30
<b>YC4.3</b>	ಸಂಶೋಧನ ಸಂಪ್ರಬಂಧ/Dissertati on (ಅ) ಸಂಪ್ರಬಂಧಕ್ಕೆ - 20 ಅಂಕಗಳು (ಆ) ಮೌಖಿಕ ಪರೀಕ್ಷೆಗೆ - 20 ಅಂಕಗಳು (a) Project Work - 70 marks	5	4	4	70	30	100	2.30
<b>YC4.4</b>	1. ಯೋಗ ಶಿಬಿರದ ವರದಿ/Yoga Camp Report 2. ಅಧ್ಯಯನ ಪ್ರವಾಸದ ವರದಿ/Educational Tour Report	-	4	-	70	30	100	-
	<b>ಪ್ರಧಾನ ಒಟ್ಟು Core Total</b>	<b>15</b>	<b>16</b>		<b>280</b>	<b>120</b>	<b>400</b>	
<b>ಐಚ್ಛಿಕ Optional</b>								
<b>YO4. 5.1</b>	ಭಗವದ್ಗೀತೆ Bhagavdgeeta	5	4	4	70	30	100	2.30
<b>ಅಥವಾ OR</b>								
<b>YO4. 5.2</b>	ಶಿವಯೋಗ Shivayoga	5	4	4	70	30	100	2.30
	<b>ಪ್ರಧಾನ + ಐಚ್ಛಿಕ ಒಟ್ಟು Core + Optional Total</b>	<b>20</b>	<b>20</b>		<b>350</b>	<b>150</b>	<b>500</b>	
<b>Total Credits of all four Semester (20+24+24+20 = 88)</b>								

**Index**

C = Core

O = Optional

OE = Open Elective

Y = Yoga Science

**CBCS** = Choice based credit System

YC = Yoga Science Core

YO = Yoga Science Optional

YOE = Yoga Science Open Elective

## **M.Sc. in Yoga Studies:**

### **I Semester**

Paper Code      Title of the Paper

#### **Compulsory Papers**

- P 1.1    Philosophy of Yoga  
P 1.2    Anatomy and Physiology  
P 1.3    Patanjali Yoga Sutra  
P 1.4    Elementary of Sanskrit in Yoga  
P 1.5    Yoga Practicals (Pract. I)

#### **Core Paper**

- P 1.6    Ayurved and naturopathy

#### **Detailed Syllabus for the Papers**

##### **1.1 Philosophy of Yoga**

###### **Unit -I: Introduction**

1.      Meaning, Definitions, Objectives and Scope of Yoga
2.      Definition , Nature, Scope, Objectives of Philosophy
3.      Indian Philosophy Verus Western Philosophy
4.      Relationship between:
  - a.    Yoga and Indian Philosophy
  - b.    Yoga and Religion
  - c.    Yoga and Ethics
  - d.    Yoga and Science

###### **Unit -II: The Origin and development of Yoga Philosophy**

1.    Various Theories of the origin of Yoga
2.    History and development of the concept of Yoga from ancient to modern period
3.    Yoga, Aparokhsanubhava & Mysticism

###### **Unit - III: Methods of Yoga**

1.    Bhakti-Yoga
2.    Karma-Yoga
3.    Raja-Yoga
4.    Hat-Yoga
5.    Jnana-Yoga
6.    Shiva-Yoga (Shatstala-Shivayoga)

###### **Unit - IV: Metaphysics of Yoga**

1.    Prakriti, Purusha & Evolution
2.    Svarodaya, Nadis, Vaayus & Chakras
3.    Prakriti Parinamavada, Brahmaparamavada and Brahma Vivarthavada
4.    Self and God (Brahman) in Theistic and Absolutistic Vedanta Schools.
5.    Metaphysics of Meditation and Samadhi

###### **Unit - V: Axiology of Yoga**

1.    Yoga and Values-Yogic, Spiritual & Social values
2.    Bondage and Liberation in Samkhya Yoga
3.    Bondage and Liberation in Theistic & Absolutistic Vedanta Schools (Dvaita, Visistadvaita and Advaita)
4.    Yoga and Social Concern:
  - a.    Siddha and Social Concern
  - b.    Jivanmukta and Social Concern

- c. Bodhisattva and Social Concern
- d. Sthitaprajna and Lokasangraha

**Books for Study:**

- Karela Werner, Yoga and Indian Philosophy, Motilal Banarsidas, Delhi, 1979.
- Swami Prabhavananda, Spiritual Heritage of India, Sri. Ramkrishna Math, Madras, 2004.
- Swami Prabhavananda, Bharatiy Adhyatmika Parampare, Sri. Ramkrishna Math, Madras, 2004.
- Dasgupta S.N, Yoga as Philosophy and Religion, Kegan Pub, London, 1924.
- Dasgupta ,S.N, Yoga Philosophy ;n Relation to other Systems of Indian thought, Kegan Pub, London, 1924.
- Kunhan Raja, Some Fundamental Problems in Indian Philosophy' Motilal Banarsidas, Delhi, 1974.
- Stace W.T. , Mysticism and Philosophy, Macmillan and Co. London, 1961.
- Dasgupta S.N., Hindu Mysticism, Motilal Banarsidas, Delhi, 1974.
- Swami Jnanananda, Philosophy of Yoga, Sri. Ramakrishnanshrama, Mysore.
- Fenerstein George, The Yoga Tradition: Its History,Literature, Philosophy and Practice, Bhavana Books and Prints, 2002
- Swami Vivekananda, Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga, Advaita Ashrama, Culcutta, 2000:
- Vethathiri Maharshi, Kaya Kalpa Yoga, Vethathiri Publication Erode-638001
- Vethathiri Maharshi, Karma Yoga, Vethathiri Publication Erode-638001
- Vethathiri Maharshi, Yoga for Modern age, Vethathiri Publication Erode-638001
- Dr.D.L.Patil, Knowledge and Human Values, Viveka Prakashana, Mysore.
- R.D.Ranade, Vedanta the Culmination of Indian Thought, Bharatiya Vidya Bhavan, Bombay
- Dr. I.C.Mulagund & Dr.R.N.Kechappanavar, Personality Development and Communication Skills, Shrusti Prakashan, Dharwad.
- Dr.B .P. Siddhashrama, The Metaphysics and the Mysticism of Shri.Nijaguna Shivayogi, Siddhaprakashana, Siddharoodhanagar, Srinagar, Dharwad-3
- Dr.B .P. Siddhashrama, ಶ್ರೀ ವಿದ್ಯಾರಣ್ಯ ಜೀವನ್ಮುಕ್ತಿ ವಿವೇಕದ ತತ್ವಸಿದ್ಧಾಂತ, Siddhaprakashana, Siddharoodhanagar, Srinagar, Dharwad-3
- Dr.B .P. Siddhashrama (Ed), Journal of Indian Philosophical Congress, Siddhaprakashana, Siddharoodhanagar, Srinagar, Dharwad-3
- Dr. C.D.Sharma, A Critical Survey of Indian Philosophy, Motilal Banarasdas Publication, New Delhi
- Dr. G.Srinivasan, Essentials of Vedanta, Bopco Publications, Bangalore
- R.D.Ranade, A Constractive Survey of Upanishadic Philosophy, Bharatiya Vidya Bhavan Mumbai-7
- Prof.M.Hiriyanna, The Quest After Perfection, Kavyalaya Publication Mysore.
- Gopi Krishna, Kundalini- The Secret of Yoga, U.B.S. Publisher's Nw Delhi
- Swami Krishnananda , The Philosophy of life, The Divine life Society P.O.Shivanand Nagar, U.P-India..
- Phil Nuernberger, Fredom from Stress, Himalaya International Institute New Delhi
- Sri Swami Rama, Choosing a Path, Himalaya International Institute of Yoga Science & Philosophy of the U.S.A. Pennsylvania.
- Sri. Aurobindo, The Synthesis of Yoga, Sri Aurobindo Ashram, Ponlicherry
- Blawyn and Jones, Chakra worked out, Pustak Mahal, Bangalore.
- Sir. John Woodroffe, The Serpent Power, By Ganesh & Co. 35, Thanikachafam Road, Madras-600017.
- Prof. R.D.Ranade, Studies in Indian Philosophy, Mrs. Sunanda Shintre and Ashwirti jog 114/8 Murarjipeth Solapur-413001
- S.N.Dasgupta, Hindu Mysticism, Motilal Banarsidas Publishers Private Limited Bungalow road Delhi-110007
- Ganesh Shankar, Classical and Modern Approaches to Yoga, Pratibha Prakashna (Unient Publishers & Book sellers) 29/5 Shakti Nagar, Delhi-7

## **1.2: Anatomy and physiology**

### **Unit-I. Basics of Anatomy and Physiology**

1. Structure of human cell
2. Functions of Human cell & transport mechanism of cells.
3. Types of cells
4. Tissue-anatomy, its classification & functions.
5. Meaning of Homeostasis.

### **Unit-II. Concept of Health, Diseases:**

1. Health, meaning & definitions
2. Concept of disease, definitions and types of diseases

### **Unit-III. Ten Systems of the Body:**

#### **First 5 systems**

- 1. The Digestive System:**  
The Digestive system of the Structure and Functions.
- 2. Cardiovascular system:**  
The Cardiovascular of the Structure and Functions.
- 3. Respiratory system:**  
The Respiratory system of the Structure and Functions.
- 4. Skeletal system:**  
The Skeletal system of the Structure and Functions.
- 5. Muscular system:**  
The Muscular system of the Structure and Functions.

### **Unit-IV. Other 5 systems of the body:**

- 1. Urinary System:**  
The Urinary System of the Structure and Functions.
- 2. Endocrine system:**  
Endocrine system of the Structure and Functions.
- 3. Immune system:**  
The Immune system of the Structure and Functions.
- 4. Nervous system:**  
The Nervous system of the Structure and Functions.
- 5. Reproductive system:**  
The Reproductive system of the Structure and Functions.

### **Unit-V. Senses of the Body:**

Vision, Hearing, Smell, Taste, Touch : Structure and Functions.

### **Books for Study:**

Dr.Anand Nadgir, Sharrera Rachana Shastra Mattu Shareera Shastra, Mallasajjan Prakashan.MVAS Shri K.G.Nadgir College of Education, Dharwad-580008.

Tony Smith, The Human body, Dorling Kindersley Limited-1995.

K.G.Nadagir, Arogya & Arogya Shikshana, Mallasajjan Prakashan.MVAS Shri K.G.Nadgir College of Education, Dharwad-580008.

Yadav, Human Anatomy and Physiology, Nirali Publication

Chatterjee, Human Physiology, Medical Aliened Agency Calcutta-1985

Guyton, Text book of Medical Physiology, Philadelphia- Saccades-1969

Chaurasia, Human Anatomy Vol-1 -3, Delhi CBS

Pearce, Anatomy & Physiology for Nurses including clinical application, Calcutta, OUP-1982

Shambhuling, Human Physiology, Madras

R.L.Bijlani, The Human Machine, The Director National Book Trust. India A-5 Green Park, New-Delhi-110016

Swamy Satyananda Saraswati, Common Diseases, Sri G.K.Kejriwal, Honorary Secretary, Bihar School of Yoga.

### 1.3 : Patanjali Yoga Sutra

Unit-I. Introduction Of Patanjali Yoga Sutra

Unit-II, Samadhi Paada

Unit-III, Sadhana Paada

Unit-IV, Vibhuti Paada

Unit V, Kaivalya Paada

#### Refference Books :

ಪತಂಜಲಿ ಮಹರ್ಷಿಗಳು, ಯೋಗಸೂತ್ರ-ಟೀಕಾ ಷಟ್ಪಯುಕ್ತ, ಚೌಖಂಬಾ ಸಂಸ್ಕೃತ ಸಿರಿಜ, ವಾರಣಾಸಿ, 1972

ಪತಂಜಲಿ ಮಹರ್ಷಿಗಳು, ಪಾತಂಜಲ ಯೋಗ ದರ್ಶನಮ್, ಚೌಖಂಬಾ ಸಂಸ್ಕೃತ, ಸಿರಿಜ ವಾರಣಾಸಿ, 1970.

Swami Vivekananda, Raj-Yoga (Kannada-English), Ramkrishna Aashram, Bangalore.

R.M. Umesh, Science of Mind Control, Shri. Sharada Trust Bharathi Street Sringeri.

ಶ್ರೀ ಮಲ್ಲಿಕಾರ್ಜುನ ಮಹಾಸ್ವಾಮಿಗಳು, ಪಾತಂಜಲಿ ಯೋಗದರ್ಶನ, ಜ್ಞಾನಯೋಗಾಶ್ರಮ, ಬಿಜಾಪೂರ

ಸ್ವಾಮಿ ಹರ್ಷಾನಂದ, ಮಹರ್ಷಿ ಪಾತಂಜಲಿಯ ಯೋಗ ಸೂತ್ರಗಳು, ರಾಮಕೃಷ್ಣ ಆಶ್ರಮ, ಬೆಂಗಳೂರು.

### 1.4: Elementary Sanskrit in Yoga

#### Unit -I. Elementary Grammar:

1. Importants Nouns and Pronouns
2. Svvara, Vyanjana & Visarga

#### Unit - II. Shabdharupa,

#### Unit-III, Dhaturupa

#### Unit - IV. Vedaantic texts:

1. Bhagavadgeeta-16 Chapter

#### Unit- V, Jeevanmukti-Viveka of Vidyananya (Manonaasha-Prakaranam)

#### Refference Books :

Dr. D.N Shanabhadg, Subodha-Sanskrita- Vyaakarana, Bhaarat Book-Depot, Dharwad

Vetaaia Panchavimshati, Chaukhambha, Sanskrit Series,Varaanasi

Swami Abhedananda, Bhagavatgita, RamakrishnaVedanta Math, Culcutta.

Dr. D.N.Shanbag, Hitopdesh (Kan), Prasaranga Karnatak University, Dwd.

Dr.Basavaraj Siddhashrama, Shree Vedyaaranyara Jivanmukti Vivekada Tatva Siddhanth (Kan), Siddha prakash No.31 Siddharudha Nagar, Shri Nagar, Dharwad-3

Subramanya Shastri (Engl. Trans), Jivanmukti Viveka of Vidyaranya, The Adyar Library & Research Centre, Chennai.

Dr. Ghanekar B.G, Vaidyakeeya Subhaashita Saahitya, Chawkhanba Sanskrit Samsthana,;Varanasi

## **1.5: Yoga Practicals (Pract-I)**

### **Unit –I**

The following Yogic practices with brief theoretical knowledge about their importance of name, the technique, benefits, salient features, precautions to be taken and advantages of each of the following Yogic practices, e.g. Kriyas, Asanas, Pranayama, Bhandha Mudra and Meditation will be taught along with record writing, Ayurved & Naturopathy Process.

### **Unit-II. Asanas:**

Sukhasana, Padmasana, Vajrasana, Makarasana, Vishramasana, Tadasana, Urdhva Hastasana, Ardha Chakrasana, Padahastasana, Trikonasana, Shashankasana, Badhrasana, Ustrasana, Vakrasana, Bhujangasana, Janushirasana, Sarvangasana, Shalabhasana, Pavana Maktasana, Saral Mutsysana, Baddha Padmasana & Savasana.

### **Unit-III. Pranayama:**

- a. Mechanism of correct breathing.
- b. Yogic deep breathing.
- c. Concept of Puraka, Rechaka and Kumbhaka
- d. Anuloma Viloma Pranayama.
  - (i). Surya anuloma pranayama.
  - (ii). Chandra anuloma pranayama.

### **Unit-IV.**

**Kriyas:** Kapalbhata, Jalaneeti & Sutraneeti

### **Unit-V**

1. Mudra: Viparitkarani & Mahamudra
2. Meditation : Pranava- Antar-mouna
3. Ayurved & Naturopathy Process

### **Reference Book :**

Swami Kuvulyananda, Asanas, Kaivalyadhama, Lonavala,1982.

Tiwari, O.P, Asana: Why and How, Kaivalyadhama, Lonavala,1991.

Swami Satyananda Saraswati, Asana,Pranayama,Mudra,Bandha, Bihar Schools of Yoga, Manger, 1989.

Iyengar B.K.S, Yoga Deepika (Kannada), V.K. Yogas,Bangalore, 1989.

Prakash Yogi, Yogamrutadeepika (Kannada), Patanjali YogaShrama Trust, Bangalore, 2002.

Vethathiri Maharshi, Simplified Physical Exercises, Vetharthin Publ., Erode-638001.

ಸಿ. ಸಿತಾರಾಂ, ಸಾಮಾನ್ಯ ರೋಗಗಳಿಗೆ ಯೋಗ ಚಿಕಿತ್ಸೆ, ವಾಸನ್ ಬುಕ್ ಡಿಪೋ, ಬೆಂಗಳೂರು, 1998

Dr. M.L.Gharote, Yogic Techniques, The Lonaval Yoga Institute India, Lonaval, 1999

Geeta S.Iyengar, Yoga-a gem for Women, Allied Publishers Limited, ISBN, 2000

Swami Satyananda, Pranayama, Kaivalyadhama, Lonavala,1983.

Nagendra H.R., The Art & Science of Pranayama, V.K.Yogas,Bangalore,1993.

Swami Yateeshwarananda, Dhyana Jeevan Deepika (Kannada), Ramakrishnashrama Bangalore, 1984.

Nimbalkar S.P., Yoga for Health & Peace, Yoga Vidya Niketan, Bombay, 1992.

Iyengar B.K.S, Yoga (Asanagalu, Pranayama, Mudregalu, Kriyegalu)(Kan.), V.K.Yogas,Bangalore-1998.

Lajapat Rai and Others, Meditation: Techniques and there Scientific Evaluation, Anubhava Rai Publication, Gurgaon, 1999.

## **Core Paper**

### **1.6. AYURVEDA & NATUROPATHY**

#### **UNIT I: Principles and Practice of Ayurveda**

1. Pancha vimshati purusha, tridosha theory.
2. Païcamahābhūtas (the five element theory)
3. Tristamba - Āhāra, nidra and bramhacharya (three pillars of āyurveda)
4. Concept, role and importance of – Dosha, Dhātu, Mala, Updhātu, Srotas, Indriya, Agni,
5. Prakruti- Deha Prakāti, Manasa Prakāti

#### **UNIT II: Practices of ayurveda**

1. Concept of Dinacaryā (daily regimen)
2. Concept of Rutucaryā (seasonal regimen),
3. Svasthavrāta and sadvrāta in Āyurveda.

#### **UNIT III: Panchakarma**

1. The disease process in Panchkarma theory.
2. Concept of Panchkarma in managing a disease (five main procedures).
3. Concept of Pūrvakarma (preparing for panchkarma)
4. Concept of paschyath karma

#### **UNIT IV: Principles of Naturopathy**

1. General introduction, definition, history and principles of Nisargopacāra.
2. Concept, role, qualities, functions and importance of five elements. Relationships of five elements with seasons, body and mind.
3. Philosophy of Nisargopacāra- Main principles of Naturopathy (Nisargopacāra).
4. Common principles of Naturopathy & Yoga as a holistic system of medicine.



## **UNIT V: Practices of Naturapaty**

1. Hydrotherapy & Mud therapy
2. Natural diet, nutraceuticals, nutrition and fasting therapy.
3. Manipulative therapies (Massage therapy, Chiropractic and Osteopathy).
4. Helio therapy, Color therapy and Magnet therapy.

### **Reference Books:**

1. Vaidya Yadavji Trikamji acharya- Charaka samhitha Chowkumba publication, Varanasi.
- 2 Vaidya Yadavji Trikamji acharya – Sushrut samhita, Chowkumba publication, Varanasi.
3. S.S Paradkar - Astanga sangraha, Chowkumba publication, Varanasi.
4. K.S. Joshi-Speaking of Yoga and Naturopathy, Orient Paperback, New Delhi, 1990.
5. H.K. Bhakru, The complete Hand book of Nature Cure, Jaico Publishing House.
6. Dr. Henry Lindlhai-The practice of Nature Cure, CCRYN, New Delhi, 2012.
7. Dr. Rakesh Jindal- Prakritik Ayurvigyan, Arogya seva prakashan, Modinagar, U.P.
8. Dr. Rudolf - Diet and Nutrition, Himalayan Institute Press.
9. Principles of Naturopathy- Dr. Bhakru
10. Dr. Rudolf - Diet and Nutrition, Himalayan Institute Press.

## **II Semester Title of the Paper**

### **Compulsory Papers**

- 2.1 Human Consciousness
- 2.2 Yoga Psychology
- 2.3 Hathayoga Pradipika and Gheranda Samhita
- 2.4 Yoga Vashista
- 2.5 Yoga Practicals (Pract-II)

### **Open Elective Paper**

- 2.6 Yoga and Holistic Health

## **Detailed Syllabus for the Papers**

### **2.1: Human Consciousness:**

#### **Unit-I: Introduction:**

- 1 Mind, Matter and Energy
- 2 Magnetism, Genetic Centre, Gravity & Stock-Force
- 3 Psychological theories of Consciousness
- 4 Pancha Koshas
- 5 Jagrat-Swapna, Sushupti & Turiya

#### **Unit-II: Ralational theory of Consciousness:**

- 1 Sankara' s classification of Consciousness

- 2 Sakshi, Kutastha & Pratyagatma
- 3 Madhyamika' s concept of Consciousness
- 4 Consciousness and extreme presentationism and agnosticism

**Unit-III: Consciousness as Quality:**

- 1 Consciousness and Materialism
- 2 The doctrine of Soul-Substance
- 3 Ramanuja and Locke on Consciousness
- 4 William James on Consciousness
- 5 Doctrine of Soul-Substance and Changing Self

**Unit-IV: Consciousness and Self-Consciousness:**

- 1 Personal Identity - Problems & Perspectives
- 2 Discursive Intellect - Sankara & Kant
- 3 Sankara on Personal Identity
- 4 Self as aparoksa and Svaprakasa
- 5 Deep Sleep and Samadhi

**Unit-V: Absolute Consciousness:**

- 1 Nagarjuna on Infinity
- 2 Sankara on Being
- 3 Bradley on Immediate Experience
- 4 Gantile on Infinite unity
- 5 Upanisadic concept of Sat-Cit-Ananda

**Reference Books :**

A.C.Mukerji, The Nature of Self, The Indian Press Allahabad

Vethathiri Maharshi, Journey of Consciousness, Brain Trust-Publ. Aliyr-642101

Vethathiri Maharshi, Genetic Centre, Brain Trust-Publ. Aliyr-642101

Vethathiri Maharshi, History of the Universe and Living Beings, Brain Trust-Publ. Aliyr-642101

Vethathiri Maharshi, Unified Force, Brain Trust-Publ. Aliyr-642101

Vethathiri Maharshi, The Gravity of Gravity & Consciousness, Brain Trust-Publ. Aliyr-642101

Vethathiri Maharshi, Mind, Brain Trust-Publ. Aliyr-642101

Vethathiri Maharshi, Bio-Magnetism, Brain Trust-Publ. Aliyr-642101

Dr.Basavaraj Siddhashrama, The Metaphysics and the Mysticism of

Sri.Nijaguna Shivayogi, Siddha Prakashana No.31. Siddharoodha Nagar Srinagar, Dharwad.

Dr.B.P.Siddhashrama (Ed), Global Spiritualism, Siddha Prakashana No.31. Siddharoodha Nagar Srinagar, Dharwad.

Swami Aadi Devananda, Goudapad Karika A Study of Yoga, Ramkrishnashrama, Mysore.

Janneswar Ghosh, Yoga, Motilal Banarsidas, Delhi.

Glen Peter Kezwar, Meditation, Oneness and Physics, Sterling Paperbacks, An Imprint of L-10, Green Park, Extension, New Delhi

Sri Aurobindo, The Life Divine, Sri Aurobindo Ashram Pondicherry

Ramakrishna Puligandla, Jnana-Yoga -The way of knowledge, D.K.Print world, New Delhi-110015

Saraswati Chennakesavan, Concept of Mind in Indian Philosophy, Motilal Banarsidass Pub. Delhi.

Sankaracharya, Atmabodha, Ramakrishnashrama, Mysore.

Nikhilananda Swamy (Trans.), Self Knowledge of Sri Sankaracharya, Ramakrishnamath, Madras.

Osho, Enlightenment-The only Revolution, The Rebel Pub. Pune.

Dr.B.P.Siddhashrama (Ed), Problems & Perspectives of Social Philosophy Vol 1 to 4, Siddha Prakashana No.31. Siddharoodha Nagar Srinagar, Dharwad.

## **2.2: Yoga and Psychology**

### **Unit-I: Elements of affective connective**

definitions, Scope of Psychology, applications of Psychology, Methods in Psychology, Behavior and Consciousness, Current development in Yoga Psychology.

### **Unit-II: Biological Basis of Behavior:**

Nervous system, Neurotransmitters processes.

### **Unit-III: Basic Psychological Processes**

Sensation, Attention, Perception, Memory, States of consciousness, Intelligence, Emotional Intelligence.

### **Unit-IV: Personality:**

Self concept, Approaches, trait Phenomenological Psycho-analytical Socio-Psychological; Assessment of personality

### **Unit-V: Types of Motivation:**

Nature of Motivation, Physiological, Moslos theory of meditation and self actualization & Meditation

### **Reference Books :**

Swami Adidevananda, The Yoga Psychology, Pub.Ramakrishna Vedanta Math Calcutta

Swami Rama & Swami Ajaya, Creative use of Emotion, Himalayan International Institute Malviya Nagar, New Delhi-110017

Swami Rama & Swami Ajaya,, Yoga and Psychotherapy-the Evolution of Consciousness, Himalayan International Institute Malviya Nagar, New Delhi-110017

Geraldine Coster, Yoga and Western Psychology, 41.U-A Bungalow Road, Jawahar Nagar Delhi- 110007.

Munn N.L., Introduction to Psychology, Pub.Oxford & IBH Pub.Co. Calcutta

Bhatia H.R., General Psychology , Pub. Oxford & IBH Pub.Co.Calcutta

Dharanendraiah A.S., Samanya Mano Vijnana (Kannada), Pub. Mys.Uni.Mysore

Nataraj P.K., Samanya Mano Vijnana Vol I & II, Pub. Mys.Uni.Mysore

B.Krishnamurthy and K.L.Reddy, Psychological Immunity, Pub. Mys.Uni.Mysore

### **2.3: Hathayoga Pradipika and Gheranda Samhita**

Unit-1 Introduction to Hathayoga Pradeepika

Unit-2 Hathayoga Pradeepika Chaptor- 1 & 2

Unit-3 Hathayoga Pradeepika Chaptor- 3 & 4

Unit-4 Introduction to Gheranda Samhite

Unit 5 Gheranda Samhite Texts

#### **Reference Books:**

Shree Sahajananda, Hatha Yoga Manjari, Kaivalyadhama S.M.Y.M.Samiti, Lonavala

Swami Muktibodhananda Saraswati, Hatha Yoga Pradipika, Dr. G.K.Keiriwal, Bihar School of Yoga, Manger

Burley Mikel, Hatha Yoga-Its Context Theory and practice, M.L.B.D.Delhi, 2000

Kunhan Raj, Hatha Yoga Pradipika, The Adyar library Publcaions Chennai, 2000.

Burnier Radha, Hatha Yoga Pradipika of Svatmaarama, The Adyar library Publcaions Chennai, 2000.

Dr. C.S.Naikar, Ghatastha Yoga, Medha Pub. Kalyan Nagar, Dharwadl 580007.

Swami Digambar ji, Gherandha Samhita, Medha Pub. Kalyan Nagar, Dharwadl 580007.

Dr. Mallikarjun paraddi and Sri Laxman, Hatha Pradipika of Shwathmaram, Kaivalyadhama S.M.Y.M.Samiti, Lonavala-1998

Kumar Sannellappannavar, Hatha Pradipika (Kan.), Dr. G.K.Keiriwal, Bihar School of Yoga, Manger

### **2.4 Yoga vashistha**

Unit-1 Introduction to Yoga Vashista

Unit-2 Yoga Vashistha -1

Unit-3 Yoga Vashistha -2

Unit-4 Yoga Vashistha -3

Unit-5 Yoga Vashistha -4

#### **Text / Reference Books:**

### **2.5: Yoga Practicals (Pract-II)**

- I. The following Yogic practices with brief theoretical knowledge about their importance of name, the technique, benefits, salient features, precautions to be taken and advantages of each of the following Yogic practices, e.g. Kriyas, Asanas,

Pranayama, Bhandha and Meditation will be taught along with record writing, Ayurveda & Naturpathy Process

**Kriyas:** Vamana Dhauti, Vastra Dhauti & Agnisara

**II. Asanas:** Standing, Sitting, Prone, Supine

Suryanamaskar,

Svastikasana, Siddhasana, Vrikshasana, Urdhva hastottanasana, Parivritta trikonasana, Mandukasana, Parshva konasana, Baddha konasana, Ardha matsyendrasana, Supta Vajrasana, Navasana, Paschimottanasana, Halasana, Matsyasana, Dhanurasana, Uttitha Padmasana, Vatayanasana, Chakrasana, Kukkutasana, Kurmasana, Shavasana.

**III. Pranayama:** (With bahya-kumbak Pranayama):

Surya bedhana, Chandra bedhana, Nadi shodhana, Ujjayee, Sheetal & Bhramari

**IV. Bhandha:** Mula Bhandha, Uddiyana Bandha & Jalandhara Bandha, **Mudras & Meditation:** Vipassana Meditation and transidental meditation.

**V. Ayurveda & Naturopathy**

**Books for Study:**

Yogiraj Behramji, Yogasana for Health, Himalayan Yoga Institute, 1989.

Dhirendra Brahmachari, Yogasana Vijnana, Dhirendra Yoga Publications, New Delhi, 1989.

Tiruka, Yogasanagalu (Kannada), Ananthashevashrama, Malladihalli, 1989

Yogeshwar, The Text book of Yoga, Yoga Centre, Madras

Lajapat Rai, A Physiological Approach to Yoga, C.R.I.Y. New Dheli. 1996.

Iyengar B.K.S, Yoga Deepika (Kannada), V.K. Yogas, Bangalore, 1989.

Gharote M.L., Pranayama - The Science of Breath, The Lonavala Yoga Institute, Lonavala, 2003.

Ajit Kumar, Yoga Pravesha (Kannada), Rastrothana Sahitya Parishat, Bangalore, 1984.

Tiruka, Shatkriyegalu (Kannada), Ananthashevashrama, Malladihalli

ಕಟ್ಟೀಮನಿ ಆರ್.ವಿ., ಮನಶ್ಶಾಂತಿಗಾಗಿ ಧ್ಯಾನ, Usha Enterprises, Bangalore, 2004

Swami Satyananda Saraswati, Surya Namaskar, Bihar School of Yoga, Munger, 1983.

Dr. Patrick Horay & David Harp, Hot Water Therapy, Orient Paper Backs, New Delhi, 1997.

Geeta S. Iyengar, Yoga-a gem for Women, Allied Publishers Limited, ISBN, 2000

Lajapat Rai and Others, Meditation: Techniques and there Scientific

Evaluation, Anubhava Rai Publication, Gurgaon 1999.

Osho, Dhyana Sutra, Osho Misarge Meditation Centre, Bangalore, 1986.

-----"----- Meditation, Rajaneesh Ashrama, Poona.

-----"----- Meditation First Last Freedom, Rajaneesh Ashrama, Poona.

-----"----- Meditation; The Art of Ecstasy, Rajaneesh Ashrama, Poona.

-----"----- Yoga Hoo Mystic Rose, Rajaneesh Ashrama, Poona.

**Open Elective Paper**

**2.6 Yoga and Health Practices**

**Unit-I: Introduction:**

1. Health its meaning and definitions
2. Yoga, Holistic Health-its perspectives
3. Concepts of disease, definitions & types of diseases

**Unit-II: Nutrition and Health:**

- 1 Components of food and nutrients
- 2 Role of food for healthy living
- 3 Meaning of balanced diet
- 4 Role of Vitamins & Minerals

**Unit-III: Yoga and Mental Health:**

- 1 Human psyche, Behavior therapy to treat Depression, Anxiety etc.
- 2 Perspectives of intelligence
- 3 Personality, theories of personality-integrated personality
- 4 The psychology of self-actualization and liberation

**Books for Study:**

Dr.Anand Nadgir, Sharrera Rachana Shastra Mattu Shareera Shastra, Mallasajjan Prakashan, MVAS Shri K.G.Nadgir College of Education, Dharwad-580008.

K.G.Nadagir, Arogya & Arogya Shikshana, Mallasajjan Prakashan, Dharwad.

Chatterjee, Human Physiology, Medical Aliened Agency Calcutta-1985

Pearce, Anatomy & Physiology for Nurses including clinical application, Calcutta, OUP-1982

Swamy Satyananda Saraswati, Common Diseases, Sri G.K.Kejriwal, Honorary Secretary, Bihar School of Yoga

Swami Vivekanada, Raj-Yoga (Kannada-English), Ramkrishna Aashram, Bangalore.

Swami Vivekananda, Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Culcutta, 2000

Dr.B.P.Siddhashrama (Ed), Problems & Perspectives of Social Philosophy Vol 1 to 6, Siddha Prakashana No.31. Siddharoqdh; Nagar Srinagar, Dharwad.

Dr.B.P.Siddhashrama (Ed), Spiritual Globalization, Siddha Prakashana No.31. Siddharoqdh; Nagar Srinagar, Dharwad.

Swami Adidevananda, The Yoga Psychology, Pub.Ramkrishna Vedanta Math Calcutta

Swami Rama & Swami Ajaya, Creative use of Emotion, Himalayan International Institute Malviya Nagar New Delhi-110017

-----", Yoga and Psychotherapy-the Evolution of Consciousness, Himalayan International Institute Malviya Nagar New Delhi-110017

Dharanendraiah A.S, Samanya Mano Vijnana (Kannada), Pub. Mys.Uni.Mysore

Yogiraj Behramji, Yogasana for Health, Himalayan International Institute, Malviya Nagar, New Delhi-110017

Dr. Ganesh Shankar, Health for all through Yoga, Department of Yogic Studies, Dr. Harisihgh Gour University, Sagar-470003 (MP)

### **III Semester Scheme of Papers**

#### **Title of the Paper**

#### **Compulsory Papers**

- P 3.1 Research Methodology for Yogic Science
- P 3.2 Yoga, Spiritualism and Global Peace
- P 3.3 Sivasmhita
- P 3.4 Yoga Practicals (Pract-III)
- P 3.5 Yoga Therapy (Diagnosis)

#### **Open Elective Paper**

- P 3.6 Yoga, Culture & Future Mankind

#### **Detailed Syllabus for the Papers**

##### **3.1: Research Methodology for Yogic Science**

###### **Unit-I: Introduction:**

Yoga and Research: Objectives, types, approaches, significance of research, General methods of research, Research process, Flowchart; problems encountered by Yoga research in India.

###### **Unit-II: Meaning and definition of research problem of Yogic Science:**

Selecting the problem; necessity of defining the problem; techniques involved in defining a problem: an illustration; Nature of hypotheses; testing of hypotheses. Yoga Therapy/Meditation and its application, finding Yogic Solutions.

###### **Unit-III: Concepts, constructs and variables:**

Types of variables control of relevant variable; Constitutive and operational definitions of constructs and variables. Application of Variable techniques in Yogic Science.

###### **Unit-IV: Research Design:**

Meaning of research design; need for research design; features of a good design; important concepts relating to research design, different research designs-Basic principles of experimental design. Experiment on consciousness and its evolution through meditation merging of Individual Consciousness with Universal Consciousness.

###### **Unit-V: Report writing and Preparing Research Proposal:**

Interview and interview schedules; objective tests and scales; observation of behavior; projective methods; available materials and content analysis; goniometry; the semantic differential; case study. Conduct of Yoga Camps, creating awareness and collecting data.

Meaning, why techniques? Precautions; steps in report writing; layout types; oral presentation; precautions in report writing.

**Books for Study:**

Kerlinger F.N., Foundations of Behavioral Research -II Ed., Reinhart and Winston. Hew York; Holt.

Kothari C.R., Research Methodology, Wishva Prakashan Chennai, 2000.

C.J.Mouly, The Science of Education Research (2nd Edn.), Van Nastrand, 1970

Degroot A.J., Methodology, Houghton, 1969. Van Nastrand, 1970

D.Amoto, Experimental Psychology, THM Edition, New Delhi, 1979.

Dr. Chaya Rai, Studies in Philosophical Methods , University of Jabalpur, Jabalpur.

Swami Satprakashananda, Methods of Knowledge, Advaita Ashrama, Calcutta.

Dr.B.P.Siddhashrama, Spiritual Globalization, Siddha Prakashana, No.31. Siddharoodha Nagar Srinagar, Dharwad-3.

L.V.Redman and A.V.H.Mory, The Romance of Research, Cambridge University Press, 1967.

Rist J.M., Plotinus - The Road to Reality, Cambridge University Press, 1967.

David Scot and Tony Doubleday, The Elements of Zen Masters, Cambridge University Press, 1967.

Osho, The Perfect Way, Rajaneesh Ashrama, Poona.

--", Tantra: The Supreme Understanding, Rajaneesh Ashrama, Poona.

--", Vedanta: Seven Steps of Samadhi, Rajaneesh Ashrama, Poona.

**3.2: Yoga, Spiritualism and Global Peace****Unit-I: Spiritualism:**

1. Definition, Meaning, aims & Objectives of Spiritualism
2. Relationship between Yoga and Spiritualism
3. Yoga therapy and Spiritualism
4. Astanga-Yoga and Spiritualism

**Unit-II: The Concept of Peace:**

1. Definition, nature, Scope, aims of Peace.
2. Yoga, Health, Peace within and Peace without.
3. The concept of Vasanasaya, Manonasa & Peace.
4. Dhyana, Dharana, Samadhi and Peace

**Unit-III: Spiritual Globalization:**

1. Self-Actualization
2. Religious Amity & Meta-Religious Consciousness
3. Reconstruction of Human Society on Spiritual basis



4. Global Peace & Harmony
5. Realization of Lord in the entire manifestation.

**Unit-IV: Yoga, Spiritualism and World Religions:**

1. Yoga in Hinduism, Buddhism and Jainism
2. Yoga and Spiritualism in Islam, Christianity & Taoism
3. Spiritualism of Sikhism, Sufism & Veerasaivism
4. Spiritualism of Haridasas and Sahaj Raj-Yoga of I.V.V.
5. Spiritualism of Kayakalpayoga & Kundaliniyoga of Vetharshi Maharshi

**Unit-V: Spiritualism & Global Peace**

1. Meditation & inter-religious relationships.
2. Comparative Religion & Universal Religion
3. Yogic values and the concept of Universal Brotherhood
4. Contemporary Scenario of Yogic & Spiritual Movements
5. Spiritualism and Global Peace.

**Books for Study:**

Dabre Thomos, Education for Peace, Cambridge Uni. Pub. Cambridge

Vethathiri Maharshi, Blue Print for world Peace, Vethathiri Publications, Erode- 638001  
 ಜಿ.ಎ. ಶಿವಲಿಂಗಯ್ಯ (ಸಂ), ಅನಾದಿ ವೀರಶೈವ ಸಂಗ್ರಹ, ಬಸವ ಸಮಿತಿ, ಬೆಂಗಳೂರು.

Prof. B.P.Siddhashrama (Ed), Problems and Perspectives of Social Philosophy Vol.4, Prof. Girish Sharma, Gauhati University, Guwahati.

Prof. B.P.Siddhashrama, Spiritual Globalization, Siddha Prakashana, No.31. Siddharoodha Nagar, Srinagar, Dharwad-3.

Prof. B.P.Siddhashrama (Ed), Global Spiritualism Vol. I., Siddha Prakashana, No.31. Siddharoodha Nagar, Srinagar, Dharwad-3.

Swami Muktananda Paramhamsa, From the Finite to the Infinite, Sydafoundation P.O.Box-600 South Fallsdurg Hong Kong

ಸ್ವಾಮಿ ಯಶೋವರಾಹನಂದ, ಧ್ಯಾನ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕ ಜೀವನ, ರಾಮಕೃಷ್ಣ ಆಶ್ರಮ, ಬಸವನಗುಡಿ ರಸ್ತೆ, ಬೆಂಗಳೂರು.

S.C.Nadimath, Handbook of Veerasaivism, L.E.Association, Dharwad (1941).

J. Krishnamurthy, The Meditative Mind, Krishnamurthy, Fondation, USA.

Antony Kolenderry, The Meditation for Peace, Indian Institute of Spirituality, Bangalore

Aronowitz, Post-Modern Education, Minnea Polis Publ. USA.

Bubharakkita Acharya, Meditation and Peace, Bubha Rakkita tera Trust, Bangalore.

Cox Gray, The Way of Peace, Paulist Press, New York, 1986.

Kainz Howard, Philosophical Perspective on Peace, Macmillan, London, 1987

D. Britto Francis, Man's Search for Peace, Macmillan, London, 1987

A.R.Wadia, Religion as a Quest for Values, University of Calcutta, 1950

S. Radhakrishna, East and West in Religion, Allen & Unwin Ltd. London, 1956.

Radhakrishna C., Religion and Culture, Orient Paper back, New Delhi, 1987.

Swamy Nirvedananda, Lecturers on Universal Religion, Rama Krishna Ashrama Calcutta, 1938

James Hostings (Ed), Encyclopaedic of Religion and Ethics, Cassel and Com. Ltd. London, 1961.

A.C. Bouquet, Comparative Religion, Munshiram Manoharlal, New Delhi, 1973

Srivastava R.S. Comparative Religion, Arnold Herneme, 1964.

A.J.Bahm, The World Living Religions, Kashi Vidyapeetha, Varanasi, 1939.

Dr.Bhagawan Das, The Essence of all Religions

Dr.G.Srinivasan, Haridasas of Karnataka, Bapco Publ. Bangalore.

Vethathiri Maharshi, Kayakalpa Yoga & Kundalini Yoga, Vethathiri Publ. Erode.

Jagdish Chandra, Sahaj Rajayoga, Rajayoga Foundation Mount Abu

### **3.3: Sivasamhita**

**Unit-I.** Introduction to Shivasamhite

**Unit-II.** Introduction

**Unit-III.** Introduction

**Unit-IV.** Introduction

**Unit-V.** Introduction

**Text:** Shyam Gosh: **The Original Yoga** (Book-I full)

Publ: Munshiram Manoharlal Pvt.Ltd., New Delhi.

### **3.4: Yoga Practicals-3**

**I** The following Yogic practices with brief theoretical knowledge about their importance of name, the technique, benefits, salient features, precautions to be taken and advantages of each of the following Yogic practices, e.g. Kriyas, Asanas, Pranayama, Bhandha Mudra and Meditation will be taught along with record writing. Ayurved & Naturopathy Process, Kriyas: Danda Dhauti & Nauli

**II. Asanas:** Standing, Sitting, Prone, Supine :

Parvatasana, Poorvottanasana, Utkatasana, Padmapoorvottana sana, Naukasana, Ardrabaddhapadma pachimottasana Tringya mukaikapadapaschim anasan, Adhomuka, Matsyasana, Uttanamandukasana, Akarna Dhanurasana, Karnapeedasana, Mayurasana, Garudasana, Bhujapeedasana, Bakasana, Ekapada Rajakapotasana, Ekapada Shirshasana, Ugrasana, Shirshasana & Shavasana

**III. Pranayamas:** (With Kumbuka Pranayama, 1:1:2.)

Nadi Shodhana, Ujjayee, Sheetali, Shitkari, Bhramari & Bhastrika

**IV. Bhandas & Mudras:** Jivha Bhandas, Simha Mudra & Yoga Mudra & Kriyass

**V. Meditation:** Viswatmaka-Maitri, Witnessing Subtle elements & Nadabrahma

**Reference Books:**

Iyengar B.K.S., Yoga Deepika (Kannada), V.K.Yogas,Bangalore, 1989.

Yogiraj Behramji, Yogasana for Health, Himalayan Yoga Institute, 1989.

Dhirendra Brahmachari, Yogasana Vijnana, Dhirendra Yoga Publications, New Delhi, 1989

Tiaari, O.P., Asana Why and How, Kaivalyadhama, Lonavala, 1991.

Tiruka, Yogasanagalu (Kannada), Ananthashevashrama, Malladihalli, 1989

Yogeshwar, The Text book of Yoga, Yoga Centre, Madras

Swami Satyananda, Pranayama, Kaivalyadhama, Lonavala, 1983.

Nagendra H.R., The art & Science of Pranayama, V.K. Yogas, Bangalore, 1993.

Joshi K.S., Yogic Pranayama, Orient Paperback, New Delhi, 1990

Tiruka, Shatkriyegalu (Kannada), Ananthashevashrama, Malladihalli

Swami Yateeshwarananda, Dhyana Jeevan Deepika (Kannada), Ramakrishnashrama Bangalore, 1984.

Nimbalkar S.P., Yoga for Health & Peace, Yoga Vidya Niketan, Bombay, 1992.

Iyengar B.K.S., The Art of Yoga, V.K.Yogas, Bangalore.

Dr.Devaki Devadas, Adhunic Yugakke Yoga(Kannada), Vevadri Publications, Tamilnadu

C. Sitaram, Samanya Roogagalige Yoga Chikiste, Vasan Book Depo, Bangalore, 1998.

Swami Abhiyananda, Yoga -It Theory and Practice, Ramakrishna Vedantamath, Culcutta, India, 1997.

Geeta S.Iyengar, Yoga-a gem for Women, Allied Publishers Limited, ISBN, 2000

### **3.5: Yoga Therapy (Diagnosis)**

#### **Unit-I. Introduction**

1. Case taking - Method & importance
2. Case history - Past and Present with treatment
3. Data entry, Relationship with patient
4. Present condition of sleep, hunger, micturation, Bowel movements, Menstrual cycle.
5. Preparation for case taking

#### **Unit-II. General Physical examination:**

1. Height, Weight, B.P recording temperature etc.
2. Food habits and Daily routines
3. Examination of Nails, eyes, skin, tongue etc.
4. Supporting of literatures

#### **Unit-III. Examination of the different system:**

1. Digestive system
2. Cardio Vascular
3. Respiratory System
4. Excretory System
5. Nervous system

#### **Unit-IV. Analysis**

Psycho level, Socio level, Spiritio level

#### **Unit-V. Lab investigation:**

Blood Analysis, X-ray, Scanning etc, Urine, Stool analysis etc, Follow up.

#### **Books for Study:**

Swami Rama, The Art of Joyful living, The Himalayan International Institute NIL, 24 A. Malviya Nagar New Delhi-110017.

Davidson, Anatomy and Physiology, The Himalayan International Institute NIL, 24 A. Malviya Nagar New Delhi-110017.

Jone. H.Clarke, Diseases of the Heart and Arteries, B. Join Pub. New Delhi

Hutchinsons, Clinical Methods, B. Join Pub. New Delhi

Dr. G.D.Thapar, Keart Attecks, U.B.S.Pub. New Delhi.

Davidson, Clinical Methods, U.B.S.Pub. New Delhi.

A.G.Likhachev, Diseases of the Ear, Nose & Throat, Mir, Pub. Moscow

#### **Open Elective Paper**

#### **Yoga and Spiritualism**

##### **Unit-1: Introduction:**

1. Definition, nature and scope of Spiritualism
2. Problems and perspectives of Spiritualism
3. Spiritualism compared with Philosophy, Religion , Ethics and Yoga

##### **Unit-II: The concept of self:**

1. Self and Consciousness
2. Panchakosha and discovery of Self
3. Jagrat, Swapna, Sushupti and Turiya
4. Self and Reincarnation

**Unit-III: Self-Consciousness:**

1. Consciousness and Materialism
2. The doctrine of Soul Substance and Personal Identity of Self
3. Absolute Consciousness and Self (Sat-Cit-Anand)

**Unit-IV: Concept of God:**

1. Theories of God and Proofs for the existence of God.
2. God - Cosmic Energy - Spiritual Globalization
3. God -Religious dialogue, adaptation of common spiritual values and unity of mankind

**Unit-V: God, Soul and World:**

1. God and His Creation.
2. The relationship of God with selves and world - Cycle,
3. Self-realization, God-realization
4. Bondage, release and means

**Books For Study:**

1. Siddhashrama B.P. (Ed) -Problems and Perspectives of Social Philosophy Vol. 4,
2. Siddhasharma. B.P. - Spiritual Globalization, Siddha Prakashana, No. 31, Siddharoodha Nagar, Srinagar, Dharwad - 3
3. Siddhasharma B.P. - Global Spiritualism Vol. 1.
4. Swami Muktananda Paramahansa - From the Finite to the Infinite, Krishnamurthy. J. - The meditative Mind, Krishnamurthy, Foundation, USA
5. Antony Kolenderry, The Meditation for Peace, Indian Institute of Spirituality, Bangalore.
6. Bubharakkita Acharya - Meditation and Peace, Bubha Rakkita tera Trust, Bangalore.
7. Wadia.A.R. - Religion as a Quest for Values, University of Calcutta, 1950.
8. Radhakrishna. S. - East and West in Religion, Allen and Unwin Ltd., London, 1956.
9. Radhakrishna. C. - Religion and Culture, Orient Paper back, New Delhi, 1987
10. Swamy Nivedananda; Lectures on Universal Religion, Ramakrishna Ashrama Calcutta, 1938
11. James Hostings (Ed) - Encyclopedic of Religion and Ethics, 1930
12. Bouquet. A.C. - Comparative Religion, Cassel and Com. Ltd. London, 1961.
13. Srivastava. R.S. - Comparative Religion, Munshiram Manoharlal, New Delhi, 1973
14. Jagadish Chandra - Sahaj Rajayoga, P.B.K. I.V.V. Mount Abu
15. Jagadish Chandra - Soul, God and World Drama, P.B.K. I.V.V. Mount Abu
16. Jagadish Chandra - Eternal Drama Part 1 and 2, P.B.K. I.V.V. Mount Abu
17. Basavaraj Rajashri - X-ray on God of Gita, P.B.K. I.V.V. Mount Abu, Hubli
18. Basavaraj Rajashri - Atmasakshatra, P.B.K. I.V.V. Mount Abu, Hubli

**3.6: Yoga, Culture and Future Mankind**

**Unit-I Yoga and Culture:**

1. **Yoga:** Origin and Development: The Cultural and Historical circumstances; the Scientific nature of Yoga and the humanist objectives; promoting Self-Actualization and Cosmic Consciousness.

**2. Culture:** The Evolution of Culture: The changing value systems and the Limitations of the values practiced depending on the Geographical, Historical conditions.

**Unit-II. Culture and Religions:**

Culture as shaped by Hinduism, Buddhism and Jainism in India the values emphasized in their system with special reference to the linkage between the Spiritual and the material.

**Unit-III. The Future World Order:**

The Present World Order: The increasing divorce between the inner and the outer, the spiritual and the mundane, (due to contradictions in the Present-day Globalization), the consumerism and the Inner Void of Emerging Socio-Psychological problems, Alienation and Meaninglessness, Externally Globalize and Internally Globalize.

**Unit-IV. Self-centeredness:**

The Emerging world order:

World as a Technology minus Humanist Ideology Market; Man as a saleable commodity, consumerism as Meaning of life.

**Unit-V. Yoga and Harmony:**

The Means of Desalinations; the Harmonizer of the Spiritual and the Material; reshaping the external world in harmony with the Spiritual needs; Promoting the Pro-communitarian values leading cosmic consciousness, Utilizing the Socio-economic Geographic Globalization as a concrete cushion as leading to the Emergence of World Culture, World Religion, World Government. Harmonizing the technological Advancement with Humanist Ideology.

**Books for Study:**

Swami Prabhavananda, Spiritual Heritage of India (English), Sri. Ramkrishna Math, Madras 2004

-----", Bharatiy Adhyatmika Parampare (Kan), Sri. Ramkrishna Math, Madras 2004

Dasgupta S.N., Yoga as Philosophy and Religion, Kegan Paul, London, 1924.

Kunhan Raja, Some Fundamental Problems in Indian Philosophy., Motilal Banarsidas, Delhi, 1974.

Fenerstein George, The Yoga Tradition: Its History, Literature, Philosophy and Practice, Religion and Culture, Bhavana Books and Prints, 2002

Radhakrishna .C., Yoga Philosophy in Relation to other systems of the Indian Thought, Orient Paper backs New Delhi, 1987

Dasgupta S.N., A Short History of Religions and Philosophic Thought in India. University of Calicut, Calicut, 1924.

Swami Krishananda, Integral Yoga, The Divine life Society, Rishikesh.

Aurobindo, The Message of the Upanishads, Aurobindo Ashrama, Pandicherry

Swami Gynathananda, Outlines of Indian Philosophy, Bharatiya Vidya Bhavan, Bombay.

Hiriyanna M., The Indian Philosophy- ( Val-I & II), George Allen and Unwin London, 1971

Radhakrishna, The Great transformation., George Allen and Unwin London, 1971

Karl Polanyi, Capitalism in the age of Globalization, George Allen and Unwin London, 1957

Samir Amin, The Clash of Civilization and Remaking of the world order, George Allen and Unwin London, 1997

P.Samuel Huntington, Foreign Aid and Poverty Reduction, Sapna Book House, Bangalore.

Oomeen M.A., Globalization Stepping in to the one world, Sri. Ramakrishna Math, Chennai

By different Authors, Globalization Unmasked, 2001, Sri. Ramakrishna Math, Chennai

James Petras and Henry Vettoneyer , Power and Prospects Reflectors on Human Nature and Social Order, Sapna Book House Bangalore.

Noam Chomsky, The End of History and the Last Man, Sapna Book House Bangalore.

Framis Fukuyama, Globalization, 1995., Sapna Book House Bangalore.

Malcolm Waters

Vivekananda, Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga., Advaita Ashrama, Culciutta, 2000

Vethathiri Maharshi, Journey of Consciousness, Brain Trust-Pub. Aliy-642101

Vethathiri Maharshi, Genetic Centre, Brain Trust-Pub. Aliy-642101

Vethathiri Maharshi, Logical Solutions for the problems of Humanity, Vethatiri Pub. Frode-638001

Vethathiri Maharshi, Vethathirian Principles of life, Vethatiri Pub. Frode- 638001

R.R.Sarkar, A Few Problems Solved, Orient Press Culcutta

Tony Rodri Quez, Pure Yoga, Motilal Banarsidas, New Delhi.

Rohit Mehta, Yoga The Art of Integration, Theosophical Pub. Adyar, Madras. 600020.

B.N.Nataraj & Nityananda, An Introduction to Hindu culture (Ancient & Medieval), Bapco-Pub. Printers Bangalore-560050.

## **M.Sc. in Yoga Studies: IV Semester**

### **Scheme of Papers**

#### **Paper Code Title of the Paper**

##### **Compulsory Papers**

- |     |                            |
|-----|----------------------------|
| 4.1 | Bhagavadgeetha             |
| 4.2 | Yoga Therapy (Treatment)   |
| 4.3 | Yoga Practicals            |
| 4.4 | i. Educational Tour Report |
|     | ii. Yoga Camp              |

- 4.5 Project Dissertation  
Viva-Voce  
**Open Elective Paper**  
P 4.6 Yoga and World Peace

#### **4.1: Bhagavadgeetha**

- Unit-1 Introduction to Bhagavageetha  
Unit-2  
Unit-3  
Unit-4  
Unit-5

#### **4.2 Yoga Therapy (Treatment)**

##### **Unit-I Line of Treatment:**

1. Tridosha Theory
2. Panca Kosha theory
3. 25 tetva theory
4. Modern method
5. Set up for the treatment

##### **Unit-II. Effect of Yoga Therapy :**

1. Digestive System
2. Cardio vascular System
3. Respiratory System
4. Endocrine System
5. Reproductive System
6. Nervous System

##### **Unit-III. Yoga therapy for following diseases:**

1. Diabetes mellitus
2. Hypo /Hyper tension, Heart problems
3. Allergy, Asthma, Breathlessness etc.
4. Back pain, Joint pain, Arthritis, etc.
5. Digestive disorders, Ulcers, Obesity etc.

**Unit-IV.** Dietics, Method, Basis, Implementation, Life style, Sleep, Bath, Work, Rest.  
Maintenance of record and Data follow up.

##### **Unit-V. Yoga therapy concept in:**

1. Patanjala Yoga Sutra
2. Hathayoga Pradipika
3. Gheranda samhita
4. Siva samhita

##### **Books for Study:**

Hathayoga Pradipika, Kuvalayananda Kaivalyadhama Lonavala

Gheranda Samhita, Kuvalayananda Kaivalyadhama Lonavala

Siva Samhita, Chawkamba Varanasi

Mandukya Karika , Chawkamba Varanasi

Mukti Darshana, Shatha Prakasan, Siddhashrama, Hullambi, Tq-Kalghatgi, Dist: Dharwad.



Yogic Anatomy & Physiology, Dr.M.M.Gore, Lonavala  
Yoga Therapy, Kuvalayananda Kaivalyadhama Lonavala  
Scientific Survey of Yogic Practices, Kuvalayananda Kaivalyadhama Lonavala  
Asana Survey of Yogic Practices, Kuvalayananda Kaivalyadhama Lonavala  
Pranayama Survey of Yogic Practices, Kuvalayananda Kaivalyadhama Lonavala  
Bandha Mudra Pranayama, Bihar School of Yoga, Manger.  
A Classical text on tantrik Practices (Sat Kriyas), Bihar School of Yoga, Manger.  
Yoga for common Diseases, Bihar School of Yoga, Manger.  
Yoga for Heart Problems, Bihar School of Yoga, Manger.  
Effect of Yoga on Digestive System, Bihar School of Yoga, Manger.  
Matter on Health, Dr.Raman Available at B.K.S.Iyengar, Poone  
Human Anotomy (Val. One & Two), B.D.Chaurasia's-1995.

#### **4.3: Yoga Practicals (Pract-IV)**

##### **I. Practical-VII**

The following Yogic practices with brief theoretical knowledge about their importance (of name, the technique, benefits, salient features, precautions to be taken and advantages of each of the following Yogic practices, e.g. Kriyas, Asanas, Pranayama, Mudra and Meditation will be taught along with record writing. Ayurveda & Naturopathy Process.

**II. Advance Asanas:** Matsyendrasana, Kapotasana, Hanumanasana, Gomukhasana, Setu Bhandha- Sarvangasana, Nataraj aasana,' Raj kapotasana, Kraunchasana, Marichyasana, Padma Shirshasana, Bharadwajasana, Yoga Nidrasana, Garbhasana, and Padangusthasana.

**III. Pranayamas:** (With Kumbhaka 1:4:2.)

Surya Bedhana, Chandra Bedhana, Ujjayee, Sheetali, Shitkari, Bhramari Bhastrika & Nadi Shodhana

**IV. Banda Mudras & Kriyas :** Dhyana Mudra & Shanmukhi Mudra,

Kriyas: Trataka Jattru Trataka & Jyothi Trataka

**V. Meditation:** Amanaska, Turiya, Turiyatita, Nissamadhi, Yuthana & Universal Consciousness. Encompassing Cit alone in all the three states. Ayurveda & Naturopathy Process

##### **Books for Study:**

Dr. M.L.Gharote, Yogic Techniques, The Lonaval Yoga Institute India, Lonaval, 1999

Swami Kuvulyananda, Asanas, Kaivalyadhama, Lonavala,1982.

Iyengar B.K.S, Yoga Deepika (Kannada), V.K. Yogas, Bangalore, 1989.

Yogeshwar, The Text book of Yoga, Yoga Centre, Madras

Lajapat Rai, A Physiological Approach to Yoga, C.R.I.Y.NewDheli.1996.

Lajapat Rai and Others, Meditation: Techniques and there Scientific Evaluation, Anubhava Rai Publication' Gurgaon, 1999

Iyengar B.K.S, Pranayama Deepika (Kannada) Science of Breath, V.K. Yogas,Bangalore, 1991.

Swami Rama and Others, Pranayama - The Science of Breath, The Himalayan International Institute of Yoga Science, Pennselvenia, 1979.

Geeta S.Iyengar, Yoga Pravesha (Kannada), Rastrothana Sahitya Parishat Ba Bangalore, 1984.

Vethathiri Maharishi , Simplified Physical Exercises, Allied Publishers Limited, ISBN, 2000.

Iyengar B.K.S, Yoga (Asanagalu, Pranayama, Mudregalu, Kriyegalu, Kriyegalu), V.K. Yogas, Bangalore-1998.

#### **4.4: Educational Tour Report & Camp/Project Report (50+50 Marks)**

##### **(i) Educational Tour Report: 50 Marks**

There shall be an Educational Study Tour for M.Sc. Sem IV students and this Tour is compulsory. The students will be taken to any one or more than one of the recognized yoga centers in India. Each student has to submit a study Tour Report which will be evaluated by the concerned teacher and also approved by chairman of the Dept.

##### **(ii) Camp/Project Report 50 Marks**

Each student has to organize two Camps i.e. one Yoga Training Camp and another Yoga Therapy i.e. Diagnosis & Treatment Camp not less than a week's period for each camp under the supervision of concerned Teacher of the Dept. & submit the Report I which will be evaluated by concerned teacher and also approved by the Chairman of the Dept. The above reports will be Scrutinized by the external Practical examiner all the time of Annual examination

#### **4.5 Dissertation and Viva- voce (70+30 marks)**

##### **(i) Dissertation 70 marks**

Student should choose a topic in the area of Applied Yoga which should help for the creation of Yogic awareness in the Society and uplift the entire Society from Materialistic to Spiritualistic from Individualistic to Global, in Consultation with the course Teacher & the Chairman of the Department. After preparing the dissertation (which should not be less than 60 pages ) under the guidance of a course teacher, submit it to the Dept. before commencement of Annual Examination.

##### **(ii) Viva-voce 30 marks**

There shall be dissertation Viva-voce exam, by the Board of Examiners at the end of all theory/practical examination

## Core Paper

### 4.6: Dashopanishad

#### Unit- I

1. Katopanishads
2. Ishavashyopanishads

#### Unit- II

1. 3. Kenopanishads
2. 4. Prashnopanishads

#### Unit-III

5. Mundukopanishads
6. Mandukyapanishads

#### Unit-IV

7. Thaithariopanishads
8. Iathareyapanishads

#### Unit-V

9. Shweshwatarpanishads
10. Brahadharkpanishads

## II. Ph.D .Degree programme:

### 1. Title

The course shall be called "**Doctor of Philosophy**" (Ph.D) in Yoga Science

### 2. Duration:

This shall be a full time Programmed and is extended over a period of Four academic years as prescribed by the University from time to time.

### 3. Eligibility:

Candidates who have obtained Master's degree in Yoga, Philosophy, Education, Physical Education, Psychology, Sanskrit, English and Medicine from any University in the state or from any other University recognized as equivalent thereto and comply with other eligibility requirements as prescribed by the University are eligible for admission to Ph.D. degree Programmed in Yoga Science Studies.

Sd/-

**(Dr.F.T.Hallikeri)**

Director and Chairman BOS

Centre for Yoga Studies

Kannada University, Hampi.

**Kannada University, Hampi**  
**Department of Yoga Studies**

of M.Sc. in Yoga studies for Semester Course as per  
**Choice Based Credit System Pattern**

<b>೧ನೇ ಸೆಮಿಸ್ಟರ್ 1<sup>st</sup> SEMESTER</b>								
ಕೋರ್ಸ್ ಸಂಕೇತ Course Code	ಕೋರ್ಸ್ ಶೀರ್ಷಿಕೆ Title of the Course	ಘಟಕ Unit	ಆರ್ಜಿತಾಂಕ Credit	ಬೋಧನಾ ಅವಧಿ ವಾರಕ್ಕೆ Weekly Teaching Period	ಅಂಕಗಳು Marks			ಪರೀಕ್ಷಾ ಅವಧಿ (ಗಂಟೆಗಳಲ್ಲಿ) Time
					ಪರೀಕ್ಷೆ Exam	ಆಂತರಿಕ Internal Assessment	ಒಟ್ಟು Total	
<b>ಪ್ರಧಾನ Core</b>								
<b>YC1.1</b>	ಯೋಗ ಮತ್ತು ತತ್ವಶಾಸ್ತ್ರ Philosophy of Yoga	5	4	4	70	30	100	2.30
<b>YC1.2</b>	ಶರೀರ ರಚನೆ ಮತ್ತು ಕ್ರಿಯಾಶಾಸ್ತ್ರ Anatomy and Physiology	5	4	4	70	30	100	2.30
<b>YC1.3</b>	ಯೋಗ ಪ್ರಾಯೋಗಿಕ(ಭಾಗ-1) Yoga Practicals (Pract. I)	5	4	4	70	30	100	2.30
<b>ಪ್ರಧಾನ ಒಟ್ಟು Core Total</b>		<b>15</b>	<b>12</b>		<b>210</b>	<b>90</b>	<b>300</b>	
<b>ಐಚ್ಛಿಕ Optional</b>								
<b>YO1.4.1</b>	ಪತಂಜಲಿ ಯೋಗಸೂತ್ರ Patanjal Yoga Sutra	5	4	4	70	30	100	2.30
<b>ಅಥವಾ OR</b>								
<b>YO1.4.2</b>	ಭಾರತದ ಯೋಗ ಶಾಲೆಗಳು Yoga Schools of india	5	4	4	70	30	100	2.30
*****								
<b>YO1.5.1</b>	ಸಂಸ್ಕೃತದ ಮೂಲಭೂತ ಅಧ್ಯಯನ Elementary of Sanskrit in Yoga	5	4	4	70	30	100	2.30
<b>ಅಥವಾ OR</b>								
<b>YO1.5.2</b>	ಯೋಗ ವಶಿಷ್ಠ Yoga Vashista	5	4	4	70	30	100	2.30
<b>ಐಚ್ಛಿಕ ಒಟ್ಟು Optional Total</b>		<b>10</b>	<b>08</b>		<b>140</b>	<b>60</b>	<b>200</b>	
<b>ಪ್ರಧಾನ + ಐಚ್ಛಿಕ ಒಟ್ಟು Core + Optional Total</b>		<b>25</b>	<b>20</b>		<b>350</b>	<b>150</b>	<b>500</b>	
<b>೨ನೇ ಸೆಮಿಸ್ಟರ್ 2<sup>st</sup> SEMESTER</b>								
<b>ಪ್ರಧಾನ Core</b>								

YC2.1	ಮಾನವ ಪ್ರಜ್ಞೆ Human Consciousness	5	4	4	70	30	100	2.30
YC2.2	ಯೋಗ ಮತ್ತು ಮನೋವಿಜ್ಞಾನ Yoga Psychology	5	4	4	70	30	100	2.30
YC2.3	ಯೋಗ ಪ್ರಾಯೋಗಿಕ(ಭಾಗ- II) Yoga Practicals (Pract. II)	5	4	4	70	30	100	2.30
<b>ಪ್ರಧಾನ ಒಟ್ಟು Core Total</b>		<b>15</b>	<b>12</b>		<b>210</b>	<b>90</b>	<b>300</b>	
<b>ಐಚ್ಛಿಕ Optional</b>								
YO2.4.1	ಹಠಯೋಗ ಪ್ರದೀಪಿಕೆ Hathayoga Pradeepika	5	4	4	70	30	100	2.30
<b>ಅಥವಾ OR</b>								
YO2.4.2	ಘೇರಂಡ ಸಂಹಿತೆ Gheranda Samhita	5	4	4	70	30	100	2.30
*****								
YO2.5.1	ಆಯುರ್ವೇದ ಮತ್ತು ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸೆ Ayurveda and Naturopathy	5	4	4	70	30	100	2.30
<b>ಅಥವಾ OR</b>								
YO2.5.2	ಯೋಗ ಯಾಜ್ಞವಲ್ಕ್ಯ Yoga Yagnavalkhya	5	4	4	70	30	100	2.30
<b>ಐಚ್ಛಿಕ ಒಟ್ಟು Optional Total</b>		<b>10</b>	<b>08</b>		<b>140</b>	<b>60</b>	<b>200</b>	
<b>ಮುಕ್ತ ಆಯ್ಕೆ Open Elective (OE)</b>								
YOE2.6.1	ಯೋಗ ಮತ್ತು ಪರಿಪೂರ್ಣ ಆರೋಗ್ಯ Yoga and Holistic Health	5	4	4	70	30	100	2.30
<b>ಅಥವಾ OR</b>								
YOE2.6.2	ಯೋಗದ ವೈಜ್ಞಾನಿಕ ವಿಧಾನ Scientific Approach of yoga	5	4	4	70	30	100	2.30
<b>ಪ್ರಧಾನ + ಐಚ್ಛಿಕ + ಮುಕ್ತ ಆಯ್ಕೆ ಒಟ್ಟು Core + Optional + Open Elective Total</b>		<b>30</b>	<b>24</b>		<b>420</b>	<b>180</b>	<b>600</b>	
<b>ಒನೇ ಸಣ್ಣಾಸಿಕ 3<sup>rd</sup> SEMESTER</b>								
<b>ಪ್ರಧಾನ Core</b>								
YC3.1	ಯೋಗ ವಿಜ್ಞಾನದಲ್ಲಿ ಸಂಶೋಧನೆ Research	5	4	4	70	30	100	2.30

	Methodology for Yogic Science							
<b>YC3.2</b>	ಯೋಗ, ಆಧ್ಯಾತ್ಮಿಕತೆ ಮತ್ತು ವಿಶ್ವಶಾಂತಿ Yoga, Spiritualism and Global Peace	5	4	4	70	30	100	2.30
<b>YC3.3</b>	ಯೋಗ ಪ್ರಾಯೋಗಿಕ(ಭಾಗ-III) Yoga Practicals-(Part-III)	5	4	4	70	30	100	2.30
<b>ಪ್ರಧಾನ ಒಟ್ಟು Core Total</b>		<b>15</b>	<b>12</b>		<b>210</b>	<b>90</b>	<b>300</b>	
<b>ಐಚ್ಛಿಕ Optional</b>								
<b>YO3.4.1</b>	ಶಿವಸಂಹಿತೆ Shivasamhita	5	4	4	70	30	100	2.30
<b>ಅಥವಾ OR</b>								
<b>YO3.4.2</b>	ಭಾರತೀಯ ಯೋಗ ಪರಂಪರೆ Indian Yoga Tradition	5	4	4	70	30	100	2.30
*****								
<b>YO3.5.1</b>	ಯೋಗ ಚಿಕಿತ್ಸೆ(ವ್ಯಾಧಿ ವಿನಿಶ್ಚಯ) Yoga Theraphy(Daignosis)	5	4	4	70	30	100	2.30
<b>ಅಥವಾ OR</b>								
<b>YO3.5.2</b>	ಆರೋಗ್ಯ ವ್ಯವಸ್ಥೆಯ ಆಧುನಿಕ ವಿಧಾನ Modern Approach of Health System	5	4	4	70	30	100	2.30
<b>ಐಚ್ಛಿಕ ಒಟ್ಟು Optional Total</b>		<b>10</b>	<b>08</b>		<b>140</b>	<b>60</b>	<b>200</b>	
<b>ಮುಕ್ತ ಆಯ್ಕೆ Open Elective (OE)</b>								
<b>YOE3.6.1</b>	ಯೋಗ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕ Yoga Spiritualism	5	4	4	70	30	100	2.30
<b>ಅಥವಾ OR</b>								
<b>YOE3.6.2</b>	ವೈಯಕ್ತಿಕ ಆರೋಗ್ಯಕ್ಕಾಗಿ ಯೋಗ Yoga for Personal Health	5	4	4	70	30	100	2.30
<b>ಪ್ರಧಾನ + ಐಚ್ಛಿಕ + ಮುಕ್ತ ಆಯ್ಕೆ ಒಟ್ಟು Core + Optional + Open Elective Total</b>		<b>30</b>	<b>24</b>		<b>420</b>	<b>180</b>	<b>600</b>	
<b>೪ನೇ ಸೆಮಿಸ್ಟರ್ 4<sup>th</sup> SEMESTER</b>								
<b>ಪ್ರಧಾನ Core</b>								
<b>YC4.1</b>	ಯೋಗ ಚಿಕಿತ್ಸೆ Yoga	5	4	4	70	30	100	2.30

	Theraphy(Treatment)							
<b>YC4.2</b>	ಯೋಗ ಪ್ರಾಯೋಗಿಕ(ಭಾಗ-IV) Yoga Practicals- (Part-IV)	5	4	4	70	30	100	2.30
<b>YC4.3</b>	ಸಂಶೋಧನೆ ಸಂಪ್ರಬಂಧ/Dissertati on (ಅ) ಸಂಪ್ರಬಂಧಕ್ಕೆ - 20 ಅಂಕಗಳು (ಆ) ಮೌಖಿಕ ಪರೀಕ್ಷೆಗೆ - 20 ಅಂಕಗಳು (a) Project Work - 70 marks	5	4	4	70	30	100	2.30
<b>YC4.4</b>	2. ಯೋಗ ಶಿಬಿರದ ವರದಿ/Yoga Camp Report 2. ಅಧ್ಯಯನ ಪ್ರವಾಸದ ವರದಿ/Educational Tour Report	-	4	-	70	30	100	-
	<b>ಪ್ರಧಾನ ಒಟ್ಟು Core Total</b>	<b>15</b>	<b>16</b>		<b>280</b>	<b>120</b>	<b>400</b>	
<b>ಐಚ್ಛಿಕ Optional</b>								
<b>YO4. 5.1</b>	ಭಗವದ್ಗೀತೆ Bhagavdgeeta	5	4	4	70	30	100	2.30
<b>ಅಥವಾ OR</b>								
<b>YO4. 5.2</b>	ಶಿವಯೋಗ Shivayoga	5	4	4	70	30	100	2.30
	<b>ಪ್ರಧಾನ + ಐಚ್ಛಿಕ ಒಟ್ಟು Core + Optional Total</b>	<b>20</b>	<b>20</b>		<b>350</b>	<b>150</b>	<b>500</b>	
<b>Total Credits of all four Semester (20+24+24+20 = 88)</b>								

**Index**

C = Core

O = Optional

OE = Open Elective

Y = Yoga Science

**CBCS** = Choice based credit System

YC = Yoga Science Core

YO = Yoga Science Optional

YOE = Yoga Science Open Elective