

SYLLABUS

I Semester

- BS T 101 Anatomy Physiology**
- BS T 102 Human System according to Yoga**
- BS T 103 Introduction to Saṁskṛta**
- BS T 104 Yoga & Education**
- BS P 101 Yoga for Personality Development**
- BS P 102 Computer and Statistics**
- BS P 103 Vedic Chanting and Devotional Music**
- BS P 104 Psychology Lab Training (Educational)**

ANATOMY PHYSIOLOGY

Semester: I

Sub Code: BS T 101

Credits: 4

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3 Hrs

Chapter 1: Introduction to Human Anatomy and Physiology

- i. Introduction to Human Anatomy and Physiology, Basic Anatomical and Physiological terms.
- ii. Cell: Structure & Functions, different cell organelles and their functions.
- iii. Tissues and Organization of human system; Introduction to Support Systems.
- iv. Maintenance Systems, Control Systems, Defense System and Concept of Homeostasis.

15 hours

Chapter 2: Musculo-Skeletal System

- i. The Skeletal System: Skeleton, Functions of skeleton, Classification of bones, Study of joints.
- ii. Structure and function of a Synovial joint.
- iii. The Muscular System: Types of Muscles in the body,
- iv. The characteristics, structure and functions of The Skeletal Muscles, Smooth Muscles and Cardiac Muscles

15 hours

Chapter 3: Digestive & Respiratory System

- i. Gross anatomy of digestive system, functional anatomy of Mouth, Oral cavity, Pharynx, Esophagus, Stomach, Small intestine, Large intestine and Anal canal.
- ii. Physiology of digestion, assimilation & peristalsis, Gastric and digestive juices involved during digestion, associated glands involved in digestive system.
- iii. Gross anatomy of the respiratory passages, functional of Nasal cavity, Pharynx, Larynx, Trachea, Bronchus, Lungs and Alveoli.

- iv. The process of Respiration, Lungs volumes & capacities, Mechanics of breathing and exchange of gas in alveoli.

15 hours

UNIT V: CARDIOVASCULAR SYSTEM

- i. Functional anatomy of the Heart, arteries, veins and capillaries.
- ii. The organization of systematic and pulmonary circulation, the cardiac cycle.
- iii. Blood: Composition and Functions, Blood groups and their importance.
- iv. Cardiac output and Venous return.
- v. Blood pressure and Regulation of blood pressure

15 hours

Chapter 1: Nervous System & Special Senses

- i. An introduction to Histology – nerve – structure and properties of neurons – nerve – action potential – generation propagation – factors influencing classification of neurons and nerve fibers, neuralgia cells, receptors and reflex arcs.
- ii. Functional anatomy of Cerebrum, Cerebellum, spinal cord.
- iii. Functions and importance of the parts of the brain viz., cerebrum, pons, medulla, thalamus, hypothalamus, cerebellum and autonomic nervous system [sympathetic and parasympathetic].
- iv. Functional anatomy and physiology of Eyes, ears, nose, tongue and skin.

20 hours

Chapter 2: Endocrine System

- i. Anatomical structure of important endocrine glands (Pituitary, thyroid, parathyroid, pancreas, adrenal and gonads)
- ii. Short anatomy of the hypothalamus and the releasing hormones secreted from it.
- iii. Structure and function of anterior and posterior Pituitary.
- iv. Function of thyroid, parathyroid, supra renal and islets of Langerhans.

15 hours

Chapter 3: blood & lymphatic system

- i. Composition of blood corpuscles – RBC, WBC and Platelets.
- ii. Plasma, hemoglobin – coagulation of blood and anti coagulants, blood groups and its importance.
- iii. Sites, functional anatomy of lymph nodes and their function.
- iv. Lymphatic system and its' role in immune system.

15 hours

Chapter 4: Reproductive system

- i. Functional anatomy male reproductive system, seminal vesicles and prostate glands.
- ii. Spermatogenesis.
- iii. Functional anatomy of female reproductive system.
- iv. Ovarian hormones, menstruation, pregnancy, parturition and lactation.

10 hours

TEXT BOOK: Dr Shirley Telles & Dr H R Nagendra, A Glimpse into the human body, Swami Vivekananda Yoga Prakashana, Bangalore, 2002

REFERENCE BOOKS

1. Gore, M.M. : Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)
2. Sri Krishna : Notes on Structure and Functions of Human Body and Effects of Yogic practices on it (Kaivalyadhama S.M.Y.M Samiti, Lonavala, 1988)
3. Charu, Supriya : Sarir Rachana evam Kriya Vigyan
4. Evelyn, C. Pearce : Anatomy and Physiology for Nurses (Faber and Faber Ltd. London, 1968)
5. Chatterjee, C.C. : Human Physiology (Vol. I & II) (Medical Allied Agency, Calcutta, 1992)

HUMAN SYSTEM ACCORDING TO YOGA

Semester: I

Sub Code: BS T 102

Credits: 4

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3 Hrs

CHAPTER 1: EVOLUTION OF BODY

- i. Pañcamahābhūtas, Pañcatattvas and Pañcatanmātrās.
- ii. Evolution of human body in the context of Sāṅkhya yoga.
- iii. Evolution of Jñānendriyas, Karmendriyas, Mahat, Manas, Buddhi, Citta and Ahaṅkāra.
- iv. Saptadhātus that make a human body.

15 hours

CHAPTER 2: PAÑCA KOŚA THEORY

- i. Critical analysis of the story of Bhṛgu and Varuṇa.
- ii. The existence of five kośas in the human body.
- iii. The product of five kośas.
- iv. Disturbance of each kośa.

15 hours

CHAPTER 3: 8AKRAS AND MAṆḌALAS

- i. Introduction to Cakras.
- ii. Evolution through the Cakras.
- iii. Description of Mūlādhāra, Svādiṣṭhāna, Maṇipura, Anāhata, Viśuddhi, Bindubisarga and Sahasrāra Cakras.
- iv. Concept of Maṇḍalas, types and their work.

15 hours

CHAPTER 4: VĀYUS, NĀḌĪS AND SVARA YOGA

- i. Concept of Vāyus, type, their names and function.
- ii. Concept of Nāḍīs, their characteristics and name of 10 major Nāḍīs and their functions.

- iii. Difference between Iḍā, Piṅgalā and Suṣumnā.
- iv. Effects of Svarayoga as explained in the Haṭha yogic texts, Relevance of Svaramijñāna in day-today life and the importance of Svarodaya in health and disease.

15 hours

TEXT BOOKS:

1. Swami Harshananda : The Six Systems of Hindu Philosophy
(Ramakrishna Matt, Bangalore, 2000)
2. Dr H R Nagendra & Dr R Nagarathna : Yoga Health
(Swami Vivekananda Yoga Prakashana, 2000)
3. Swami Muktibodhananda : Hatha Yoga Pradeepika,
Saraswati Yoga Publication Trust, Munger.

REFERENCE BOOKS:

1. Karel Werner : Yoga and Indian Philosophy
(Motilal Banarsidass, Delhi, 1979)
2. Radhakrishnan, S. : Indian Philosophy (Vol. I & II)
(George Allen and Unwin, London, 1971)
3. Sharma, Chandradhar : A Critical Survey of Indian Philosophy
(Motilal Banarsidass, Delhi, 2000)
4. Nagendra HR. & : Integrated Approach of Yoga Therapy for positive
health, Swami Vivekananda Yoga Prakashana,
Bangalore.
5. Swami Niranjanananda : Prana, Pranayama & Pranavidya,
Saraswati Yoga Publication Trust, Munger.

INTRODUCTION TO SAṂSKṚTA

Semester: I

Sub Code: BS T 103

Credits: 4

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3 Hrs

Chapter 1: Vowels and Consonants, pronunciation, articulation of each letter and the technical names of the letters according to their articulation, similar and dissimilar letters, how to write them, practice sheets; homework: ex-1

15 hours

Chapter-2: Consonants combined with vowels, pronunciation and writing; special letters which do not follow the general method; writing practice; homework: ex-2

8 hours

Chapter-3 Conjunct letters; rules to combine consonants; special consonants; how Saṁskṛta articulation can be applied to languages like English; special attention to Anusvāra; when it can be written in the form of a nasal; two consonant combination and three consonant combination; their writing practice; special conjunct letters and their writing; homework ex-3.

15 hours

Chapter-4: Transliteration according to authentic dictionary method; homework: transliteration exercise.

15 hours

Chapter-5: Copying exercise; most of them are from Patañjali's Yoga Sūtras

7 hours

Text Book: 1 Dr. Sarasvati Mohan, Sanskrit Level-1 Sharadh Enterprises, Bangalore, 2007
2. Dr. Sarasvati Mohan, DVD and CD

Reference books: 1. Publication of Akshram and Hindu Seva Prathisthana

YOGA & EDUCATION

Semester: I

Sub Code: BS T 104

Credits: 4

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3 Hrs

Chapter 1: New Dimension in Modern Education

Aparā and Parā vidyā, Personality Development; physical, mental, intellectual, emotional and spiritual, Civic Sense, Patriotic Urge, Spiritual Urge, Residential Schools, Day-Scholar Schools, Non-Formal Education, Amṛta Surabhi Programme

15 Hours

Chapter 2: Yoga and Education

- i. Education - Its meaning, scope, goal and importance,
- ii. Yoga education: Salient features, Factors of Yoga education-Teacher, Student and Teaching.
- iii. Methods of teaching, factors influencing Yoga teaching
- iv. Yoga-Teacher as a Friend, Philosopher and Guide, Yoga Teacher's personality and his role in the development of student's personality, Concept of Guru-Śiṣya paramparā.
- v. Relation between yoga and other forms of education.
- vi. Comparison of Āsanas and Exercise.
- vii. Role of Āsanas, Prāṇāyāmas, Kriyās in Education.

15 Hours

Chapter 3: Yoga and Value Education

- i. Concept of Value, Definition of value, Types of Values.
- ii. Value Oriented Education, Value-education and its components.
- iii. Value oriented personality, Role and function of values in Society.
- iv. Yoga as global value, Yoga as value and yoga as Practice.
- v. Contribution of Yoga towards the development of values.

15 Hours

Chapter 4: Yoga Education – its Practical Application

- i. Self-direction or dharma

- ii. Knowledge (Jñāna) and concentration.
- iii. Development through vairāgya or through objectivity.

15 Hours

Text Books:

1. Dr H R Nagendra and T Mohan, Yoga in Education, Vol I, Swami Vivekananda Yoga Prakashana, Bangalore, 2001.
2. Dr Jayadeva Yogendra, Cyclopaedia Yoga, Vol. I, The Yoga Institute, Santacruz East, Mumbai, 2006.
3. Dr Jayadeva Yogendra, Cyclopaedia Yoga, Vol. II, The Yoga Institute, Santacruz East, Mumbai, 1989.

Reference Books:

1. Duggal, Satyapad : Teaching Yoga
(The Yoga Institute, Santacruz, Bombay, 1985)
2. Swami Satyananda Saraswati : Yoga Education For Children
(Bihar Schools of Yoga, Munger, 1990)
3. Gawande, E.N. : Value Oriented Education
(Sarup & Sons, New Delhi – 110002)
4. Nagendra, H.R. and Nagaratna R : New Perspectives in Stress Management
(V.K.Yogas, Bangalore, 1988)
5. Udupa, K.N. : Stress and its Management by Yoga
(Motilal Banarsidass, Delhi)
6. Swami Satyananda Saraswati : Yoga Education For Children
(Bihar Schools of Yoga, Munger, 1990)
7. Gawande, E.N. : Value Oriented Education
(Sarup & Sons, New Delhi – 110002)
8. Ghorote, M.L. : Yoga Applied to Physical Education
Lonavala; Kaivalyadhama.
9. Dr R Nagarathna and Dr H R Nagendra : Integrated Approach of Yoga Therapy for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2003.

YOGA FOR PERSONALITY DEVELOPMENT

Semester: I

Credits: 2

Total Hrs: 60

I A Marks: 50

Sub Code: BS P 101

Hours/ Wk: 4

Exam Marks: 50

Exam Duration: 3 Hrs

Integrated Yoga Module (IYM) for

1. Eyesight
2. Hearing
3. Voice
4. Physical stamina & strength
5. National awareness
6. Memory
7. IQ
8. Creativity & Emotions
9. Service urge
10. Leadership and Spiritual urge.

COMPUTER AND STATISTICS

Semester: I

Credits: 2

Total Hrs: 60

I A Marks: 50

Sub Code: BS P 102

Hours/ Wk: 4

Exam Marks: 50

Exam Duration: 3 Hrs

1. Introduction to Micro Soft: Word, Excel, Power point.

40 hours

2. Descriptive Statistics using excel: sum, mean, mode, standard deviation, t-test.

10 hours

3. Descriptive Statistics using SPSS: mean, mode, standard deviation, t-test.

10 hours

VEDIC CHANTING AND DEVOTIONAL MUSIC

Semester: I

Credits: 2

Total Hrs: 60

I A Marks: 50

Sub Code: BS P 103

Hours/ Wk: 4

Exam Marks: 50

Exam Duration: 3 Hrs

Vedic Chanting:

1. Daśa Śānti

2. Bṛguvalli

Devotional Music:

Bhajans, dhuns, nāmāvalis, prayers and group singing of Bhajans

Text Book: S VYASA Puṣpāñjali, Swami Vivekananda Yoga Prakashana, Bangalore, 2002.

PSYCHOLOGY LAB TRAINING (EDUCATIONAL)

Semester: I

Sub Code: BS P 104

Credits: 2

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3 Hrs

1. Memory & Intelligent Quotient
2. Personality - Triguna
3. Cognition
4. Attention Span
5. Planning Ability
6. General Health Questionnaire
7. GSR - ANS
8. NIMHANS - Battery
9. QOL, Stress Questionnaire
10. STAI – State, Trait

II Semester

- BS T 201** Yoga Psychology and Counseling
- BS T 202** Patañjalī's Yoga Sūtras
- BS T 203** Haṭha Yoga
- BS T 204** First Course in Saṃskṛta
- BS T 205** Introduction to Classical Yogāsānas
- BS P 201** Advance Yogāsānas and Advance Kriyās
- BS F 201** Training in Personality Development
- BS F 202** Training in Yoga Instructor's Course

YOGA PSYCHOLOGY AND COUNSELING

Semester: IV

Credit: 2

Total Hrs: 30

I A Marks: 50

Sub Code: BS T 201

Hours/ Wk: 2

Exam Marks: 50

Exam Duration: 3 Hrs

Chapter 1: Disorders

- i Common mental disorder
- ii Depressive disorders
- iii Anxiety disorders
- iv Serious mental disorders
- v Mental retardation
- vi Alcohol and drug abuse
- vii Suicide, attempted suicide and suicide prevention

10 hours

Chapter 2: Counseling

- i Personality development
- ii Counseling
- iii Methods of counseling
- iv Skills of counseling
- v Issues and challenges
- vi Life's skills for happy life
- vii Code of ethics for lay counselors

20 hours

Text Books:

1. Chaube S P : Abnormal Psychology
2. Coleman : Abnormal Psychology
3. Prasanna Counseling Centre : Lay Counselors
4. Meera Ravi : Counseling

Reference Books:

1. Sarason I G. & Sarason BR. : Abnormal Psychology
Prentice- Hall of India private Limited, New Delhi
2. John J. P., et al. : Counseling: Theory, Research & Practice
Rand Monally College Publications, Chicago (1978)
3. Sahakian W.S. : Psychotherapy & Counseling: Techniques in Interventions
(2nd Edition); Chicago Monally College Publishing Company
(1976)

SVYASA - BSC - SYLLABUS

PATAÑJALĪ'S YOGA SŪTRAS

Semester: II

Sub Code : BS T 202

Credits: 4

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Mark: 50

Exam Duration: 3 Hrs

Chapter 1: Samādhi Pāda

- i. Concept of Samādhi according to Patañjali.
- ii. Types and nature of Samādhi in Yoga Sūtra: Samprajñāta, Asamprajñāta, Sabija and Nirbija Samādhi, Difference between Samāpattis and Samādhi.
- iii. Concept of Īśvara in Samādhi Pāda.
- iv. Different ways of cultivating the mind.

20 hours

Chapter 2: Sādhana Pāda

- i. Kriyā-yoga, Theory of Kleśas.
- ii. Nature of Dṛṣṭā and Dṛśya and means to eliminate the kleśas.
- iii. Patañjali's view of pain & sufferings, fourfold strategy for overcoming sufferings.
- iv. Aṣṭāṅga Yoga: Yama, Niyama, Āsana, Prāṇāyāma, Pratyāhāra, Dhāraṇā, Dhyāna, and Samādhi.

20 hours

Chapter 3: Vibhūti Pāda

- i. Introduction to dhāraṇā, dhyāna, samādhi and samyama.
- ii. Samyama on – pariṇāma traya, knowledge of bhūta, ṛta and paricitta jñāna.
- iii. Samyama on – maitri, sūrya, Candra, nābhicakra, pratibhā, hṛdaya, udāna, samāna and their benefits.
- iv. Attainments of Divya śrotra, Ākāśa Gamana, Bhūtajaya, Aṇimā Ādi siddhis, Indriyajaya and Kāyājaya.

5 hours

Chapter 4: Kaivalya Pāda

- i. Introduction to Siddhi, Jatyantara Pariṇāma, Nirmāna citta, Karma, Vāsanā, Smṛti and saṁskāra.
- ii. Support of Vāsanā, Guṇa and its' existence. Vāstu.: Jñāta, Ajñāta of Vāstu, Quality of ever known Puruṣa.
- iii. Non-self illumination of Buddhi and its' function. Dharmamegha Samādhi and infinite knowledge.
- iv. Guṇa, Karma, Pratiprasava and Kaivalya.

5 hours

Chapter 5: Pariṇāmas and the Personality Transformation

- i. The critical analysis of the three pariṇāmas.
- ii. The pariṇāmas as the tool for transformation.
- iii. The pariṇāmas and the higher states of consciousness.
- iv. The discussion of pariṇāms in the light of psychology.

5 hours

Chapter 6: Aṣṭa-Siddhis, Para-Normal Phenomenon and Spiritual Transformation

- i. A critical discussion on aṣṭa-siddhis.
- ii. A study of para-normal phenomenon.
- iii. A comparative study of siddhis and para-normal experiences.
- iv. Spiritual psychosis and spiritual transformation.

5 hours

Text Book:

Swami Vivekananda : Rajayoga
(Advaita Ashram, Culcutta, 2000).

Reference Books:

1. Woods, J.H. : The Yoga System of Patanjali
(M.L.B.D., Delhi, 1988)
2. Iyengar B.K.S. : Light on Patanjali Yoga (New York, Schocken Books, 1994).
3. Rukmini T.S. : Yoga Vartika of Vijñānabhikṣu (Tr.) Vol I, II, III & IV
(Munshiram Manoharlal Pvt. Ltd. New Delhi)
4. Swami Omanandatirtha : Patanjali Yoga Pradeepa
Geeta Press, Gorakhpur, 1994)
5. Swami Anant Bharati : Patanjali Yoga Shasta- a study (Hindi)
(Swami Keshwananda Yoga Sangthan, Delhi)

HAṬHA YOGA

Semester: II

Sub Code: BS T 203

Credits: 4

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Mark: 50

Exam Duration: 3 Hrs

Chapter 1: Haṭha Yoga: Its Philosophy and Practices

- i. Haṭha Yoga, its meaning, definition, aims and objectives, in Haṭha Yoga.
- ii. The origin of Haṭha Yoga, Important Haṭha Yogic Texts.
- iii. Dos and Don'ts to be followed by the Haṭha Yoga Practitioner, concept of Mata, concept of Mitāhāra , Pathya (conducive) and Apathya (non-conducive).
- iv. Brief introduction to Great Haṭha Yogīs of Nātha School and their contributions to Yoga, v. Relationship between Haṭha Yoga and Rāja Yoga.

15 hours

Chapter 2: Haṭha Yogic Practices: Āsanas, And Bandhas – Mudrās

- i. Yogāsana: its definition, Salient features.
- ii. Āsanas in Haṭha Yoga Pradīpikā and Gheraṇḍa Samhitā: their techniques, benefits, precautions and importance in modern days.
- iii. Bandhas and role of Bandhatrayas in Yoga Sādhanā.
- iv. Fundamental Mudrās in HYP and G.S. - their techniques and benefits.

15 hours

Chapter 3: Haṭha Yogic Practices: Śaṭkriyās And Prāṇāyāmas

- i. Śaṭ-kriyas in Haṭha Yoga Pradīpikā, their techniques and precautions, role of Śodhan-kriyās in Yoga Sādhanā and their importance in Modern day-to-day life.
- ii. Prāṇāyāma – Yogic deep breathing, Concept of Pūraka, Kumbhaka and Recaka.
- iii. The concept of Prāṇa, Kinds of Prāṇa and Upa-prāṇas. Prāṇāyāma and its' importance in Haṭha Yoga Sādhanā.
- iv. Prāṇāyāma practices in Haṭha yoga pradīpikā (HYP) and Gheraṇḍa Samhitā (G.S.), their techniques, benefits and precautions,

15 hours

Chapter 4: Haṭha Yogic Practices: Pratyāhāra, Nādānusandhāna

- i. Concept of Pratyāhāra Gheraṇḍa Samhitā- their techniques and benefits.
- ii. Types of Dhāraṇās and their benefits in Gheraṇḍa Samhitā.
- iii. Types of Dhyānas and their benefits in Gheraṇḍa Samhita.
- iv. Concept of Nāda and Nādānusandhāna in Haṭha Yoga Pradīpikā.

15 hours

Text Book:

Swami Digambaraji and Pt: Raghunatha Shastri : Hatha Pradeepika of Svatmarama (Kaivalyadhama, S.M.Y.M.Samiti, Lonavala, 1998)

Reference Books:

1. Swami Muktibodhananda : Hatha Yoga Pradeepika, The light on Hatha Yoga Saraswati (Bihar School of Yoga, Munger, 1985)
2. Burley, Mikel : Hatha Yoga, Its Context Theory and Practice (M.L.B.D. Delhi, 2000)
3. Burnier, Radha : Hathayoga Pradipika of Svatmarama (The Adyar Library publications, Chennai. 2000)
4. Swami Maheshanandaji and Others : Shiva Samhita (Kaivalyadhama, S.M.Y.M. Samiti, Lonavala,1999)
5. Woodroffe, Sir John : The Serpent power . (Ganesh & Company, Madras, 2000)
6. Bharati, Veda : Philosophy of Hatha Yoga (English) (Himalayan International Institute of Yoga Science and Philosophy, 1998, 2nd Rev. ed. Pennsylvania).
7. Mr. Dvivedi : Nath Sampradaya of Hatha Yoga, Publications,Hindustani Academy, Allahabad, Utter Pradesh, 1950)

FIRST COURSE IN SAṂSKṚTA

Semester: III

Sub Code : BS T 204

Credits: 4

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3 Hrs

Chapter 1

- Simple pronouns and nouns without using any verb.
- Introduction of feminine and neuter genders
- Three numbers and three genders of nouns and pronouns.
- Verb, present tense; irregular verbs
- Combined usage of nouns, pronouns and verbs
- First and second person pronouns (nominative and accusative)
- Intro to respectable 'you'
- Complete verb conjugation of present tense

15 hours

Chapter 2

- Simple sentence construction
- Intro to cases of nouns with different endings
- Special and irregular verbs
- Imperative form of the verb

15 hours

Chapter 3

- verb in past tense, in all three persons and three numbers
- Present and corresponding past tense
- Participles used in the place of past tense
- Future tense and corresponding to the present

- e. Indeclinable participles with prefixes
- f. Instrumental case in all genders and numbers of nouns and pronouns

10 hours

Chapter 4

- a. Dative case in nouns and pronouns in all genders and numbers
- b. Verbs needing dative case
- c. Ablative case nouns and pronouns in all genders and numbers
- d. Verbs needing Ablative case

13 hours

Chapter 5

- a. Genitive case in nouns and pronouns in all genders and numbers.
- b. Verbs and prepositions needing genitive case.
- c. Locative case in nouns and pronouns in all genders and numbers.
- d. Verbs and prepositions needing locative case.
- e. Numbers: cardinals and ordinals and their usages.
- f. Clock: tell the time correctly.

7 hours

Text Book:

1. Vempati Kutumba Sastri, Vaakyavyavahaara, Rashtriya Sam̄skṛta Samsthana, Deemed University, New Delhi 110058.

INTRODUCTION TO CLASSICAL YOGĀSANAS

Semester: IV

Sub Code: BS T 205

Credits: 2

Hours/ Wk: 2

Total Hrs: 30

Exam Marks: 50

I A Marks: 50

Exam Duration: 3 Hrs

Chapter 1: Āsanas with Textual Reference from Haṭha Yoga Pradīpikā

- i Classification of āsanas.
- ii Important āsanas in the context of Kuṇḍalinī awakening.
- iii Psychological, Physiological and Spiritual aspects of selected āsanas with reference to Haṭha yoga pradīpikā.
- iv Commonalities of āsanas with other texts.

8 hours

Chapter 2: Āsanas with Textual Reference from Haṭha Ratnāvali

- i Classification of āsanas
- ii Important āsanas in the context of Kuṇḍalinī awakening
- iii Psychological, Physiological and Spiritual aspects of selected āsanas with special reference to Haṭharatnāvali.
- iv Commonalities of āsanas with other texts.

8 hours

Chapter 3: Āsanas with Textual Reference from Gheraṇḍa Samhitā

- i Classification of āsanas
- ii Important āsanas in the context of Kuṇḍalinī awakening
- iii Psychological, Physiological and Spiritual aspects of selected āsanas with special reference to Gheraṇḍa Samhitā.
- iv Commonalities of āsanas with other texts

7 hours

Chapter: Āsanas with Textual Reference from Śiva Samhitā and Gorakṣa Samhitā

- i Classification of āsanas.
- ii Important āsanas in the context of Kuṇḍalinī awakening.
- iii Psychological, Physiological and Spiritual aspects of selected āsanas with reference to Śiva samhitā and Gorakṣa samhitā.
- iv Commonalities of āsanas with other texts.

7 hours

Text Books:

1. Vasu RBSC. : The Gheranda Samhita
(Munshiram Manoharlal Publishers Pvt.Ltd)
 2. Vasu RBSC. : The Siva Samhita,
(Oriental Books Reprint Corporation, New
Delhi.1979.
 3. Mahayogindra S. : Haṭharatnāvali, Sri M Ramkrishna Reddy,
Arthamurur, E.G. Dt., A.P., 1982.
 4. Swami Muktibodhananda : Haṭha Yoga Pradīpikā,
Saraswati Yoga Publication Trust, Munger, Bihar, 1985.
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ADVANCE YOGĀSANAS AND ADVANCE KRIYĀS

Semester: IV

Sub Code: BS P 201

Credits: 2

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3Hrs

Chapter 1: Advanced Āsanas

- Mayūrāsana
- Śīrṣāsana
- Jānuśīrṣāsana
- Titivāsana
- Upavisthakānāsana
- Maricāsana
- Yoganidrāsana
- Rajkapatāsana
- Hanumānāsana
- Omkārasana
- Natrājāsana
- Pūrṇabhūjaṅghāsana
- Pūrṇaśalabhāsana
- Kūrmāsana
- Urdhvatānnāsana
- Matsyendrāsana
- Pūrṇa dhanurāsana
- Pūrṇacakrāsana

- Kukuṭāsana
- Ekapāda rajakopatāsana
- Gorakṣāsana
- Vasiṣṭhāsana
- Bakāsana
- Khogāsana
- Bekāsana
- Pariḡhāsana
- Pasāsana

Chapter 2: Kriyās

- i Dhauti : Vastra Dhauti, Daṇḍa Dhauti – Once in fifteen days
- ii Neti : Ghṛta Neti and Dugdha Neti
- iii Nauli : Madhyam Nauli, Vāma Nauli, Dakṣina Nauli and Nauli Kriyā
- iv Kapālabhāti : Vātkrama Kapālabhāti, Śītkrama, and Vyutakarma Kapālabhāti
- v Śāṅkhaprakṣālaṇa : Laghu and Pūrṇa Śāṅkhaprakṣālaṇa.

Text Book: 1. Himalaya, Swami Vivekananda Yoga Prakasana, Bangalore, 2000

2. Swami Satyananda Saraswati, Asana, Pranayama, Mudra, Bandha, Bihar
Yoga Bharati, Mungher, Bihar, India.

Reference Books:

1. Swami Satyananda Saraswati : Asana, Pranayama, Mudra, Bandha
(Yoga Publications Trust, Munger, Bihar, India).
2. Swami Muktibodhananda Saraswati : Hatha Yoga Pradeepika, Yoga Publications Trust
(Munger, Bihar, India) .

TRAINING IN PERSONALITY DEVELOPMENT

Semester: II

Credits: 2

Total Hrs: 120

I A Marks: 50

Sub Code: BS F 201

Hours/ Wk:

Exam Marks: 50

Exam Duration: 3 Hrs

(Students will undergo the first round training in Personality Development Camp)

SVYASA - BSC - SYLLABUS

TRAINING IN YOGA INSTRUCTOR'S COURSE

Semester: II

Credits: 2

Total Hrs: 120

I A Marks: 50

Sub Code: BS F 202

Hours/ Wk:

Exam Marks: 50

Exam Duration: 3 Hrs

(Students will undergo first round training in Yoga Instructor's Course.)

SVYASA - BSC - SYLLABUS

III Semester

BS T 301 AYUSH

BS T 302 Classical Meditation Techniques

BS T 303 Common Ailments

BS T 304 Research Methodology

BS P 301 Advance Prāṇāyāma and Advance Meditation

BS P 302 Yoga for Common Ailments

SVYASA – BSC – SYLLABUS

AYUSH

Semester: III

Credits: 2

Total Hrs: 30

I A Marks: 50

Sub Code : BS T 301

Hours/ Wk: 2

Exam Marks: 50

Exam Duration: 3 Hrs

Chapter 1: Introduction to Basic concepts of Āyurveda

- i. The four aspects of life (Soul, Mind, Senses and Body)
- ii. Pañcamahābhūtas (the five-element theory),
- iii. Āhāra, Vihāra and Auśadhi (three pillars of āyurveda)
- iv. Concept, role and importance of – Doṣa, Dhātu, Mala, Updhātu, Srotas, Indriya, Agni, Prāṇa, Prāṇāyatna, Prakṛti, Deha Prakṛti, Mānasa Prakṛti.
- v. Concept of Dinacaryā (daily routine), concept of Ṛtucaryā (seasonal routine), svasthavṛtta and ṣaḍvṛtta in Āyurveda.
- vi. The disease process in Pañcakarma theory.
- vii. Concept of Pañcakarma in managing a disease (five main procedures).
- viii. Concept of Pūrvakarma (preparing for pañcakarma)

10 hours

Chapter 2: Introduction to Basic concepts of Yoga

8 hours

Chapter 3: Introduction to Basic concepts of Unānī & Siddha

5 hours

Chapter 4: Introduction to Basic concepts of Homeopathy

7 hours

Text Books:

1. Dr R Nagarathan and Dr H R Nagendra : Yoga and Health
(Swami Vivekananda Yoga Prakashana, 2000)
2. Dash , V.B. : Ayurvedic Treatment for Common Diseases
Delhi Diary, 1974.

Reference books:

1. Bharti, Anant : Vedic Vangmaya main Prakritik Chikitsa
1st ed. New Delhi ; Central Council for Research
in Yoga and Naturopathy, 2004
2. Kaushik, Mai Ram : Ayurveda Kya Hai?
Bikaner: Anand Prakashan,2003
3. Gardiner, A.K. : Principles of Exercise Therapy
C B S Publications, New Delhi
4. Laxmipati, K. : Basic principles of Ayurveda
5. Ghosh, A.K. : Poshan Ke Pracheen tatha Adhunik
Avadharana, Hindi.
6. Joshi S.V. : Ayurveda & Panchakarma The science of Healing
and rejuvenation Motilal Babarasidas Publishers
Private Limited, Delhi.

CLASSICAL MEDITATION TECHNIQUES

Semester: IV

Credits: 2

Total Hrs: 30

I A Marks: 50

Sub Code: BS T 302

Hours/ Wk: 2

Exam Marks: 50

Exam Duration: 3 Hrs

Chapter 1: Meditation-1: Meditation Derived from Ancient Texts

1. Ajapājapa meditation.
2. Ākāśa meditation.
3. Cakra meditation.
4. Vipasanā meditation.

7 hours

Chapter 2: Meditation-2: Meditation Developed by Different Schools

1. Rāja yoga meditation
2. Transcendental meditation
3. Cyclic meditation
4. Prekṣā meditation

7 hours

Chapter 3: Meditation-3: Meditation Developed in East

1. Tai Chi-based meditation
2. Zen meditation
3. Qi-gong meditation
4. G-Tum-O meditation

8 hours

Chapter 4: Meditation-4: Meditation Developed in West-Christianity

1. Contemplation.
2. Meditation as practised by Franciscan nuns
3. Meditation as prescribed by the church
4. Meditation in Christian literature

8 hours

Text Book:

Lajpat, Rai & others : Meditation
(Anubhava Rai Publications, Gurgaon, 1999)

Reference books:

1. Swami Niranjanananda : Dharana Darshan
Saraswati Yoga Publications Trust, Munger, Bihar, India, 1996
2. Lajpat, Rai : Discovering Human Potential Energy
(Anubhava Rai Publications, Gurgaon, 1999)

COMMON AILMENTS

Semester: III

Sub Code: BS T 303

Credits: 4

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3 Hrs

Modern Medical and Yoga therapy principles and practices for diseases related to:

1. Cardio-Vascular Disorders: Ischemic heart disease; Hypertension; Peripheral vascular disease
5 hours
2. Respiratory Disorders: Bronchial asthma; Chronic Obstructive Pulmonary Disorder (COPD); Allergic rhinitis; Pulmonary tuberculosis; Sleep apnea; Snoring
5 hours
3. Rheumatology, Muscle & Bone Disorders: Pain in the limbs & back; Rheumatoid arthritis; Osteoarthritis; Connective tissue disorders; Muscular dystrophy
6 hours
4. Digestive Disorders: Acid peptic disease; Irritable bowel syndrome; Hepatitis
5 hours
5. Neurological Disorders: Migraine & Tension headache; Cerebro-vascular accidents; Epilepsy; Pain; Autonomic dysfunctions; Idiopathic Parkinson's disease; Multiple sclerosis; Refractory errors of vision
7 hours
6. Psychological Medicine: Neurotic disorders; mood disorders; Schizophrenia; Chemical abuse; Eating disorders; Phobias; Mental retardation; Obsessive compulsive disorder.
5 hours
7. Endocrine & Metabolic Disorders: Diabetes mellitus; Thyroid dysfunction; Disorders of adrenal cortex; Obesity
5 hours
8. Obstetrics & Gynecology: Physiology of pregnancy; Pregnancy induced hypertension; Pre-eclampsia; Intra-Uterine Growth Retardation (IUGR); menstrual disorders (e.g., dysmenorrhea, pre-menstrual syndrome); Infertility; Menopause

- | | |
|---|----------------|
| 9. Rehabilitation Medicine: Neurological disorders; Cardiac disorders; Musculo-skeletal disorders; Physical disabilities; Occupational health | 6 hours |
| 10. Geriatric Medicine | 6 hours |
| 11. Medical Oncology | 5 hours |
| | 5 hours |

Text books:

Dr R Nāgarthna, Dr H R Nāgendra and Dr Shamanthakamni, Yoga for common ailments and IAYT for different diseases, Swami Vivekananda Yoga Prakashana, Bangalore, 2002

SVYASA - BSC - SYLLABUS

RESEARCH METHODOLOGY

Semester: III

Sub Code : BS T 304

Credits: 4

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3 Hrs

Chapter 1: Introduction

5 hours

Chapter 2: Planning a Research Project

10 hours

Chapter 3: Design of the Study

10 hours

Chapter 4: Statistics

15 hours

Chapter 5: Parameters to be recorded for specific diseases

20 hours

Text book:

Nagendra H R and Shirley Telles : Research Methods, Vivekananda Yoga
Prakashana, Bangalore, 2000

Reference Books:

1. Kothari, C.R. : Research Methodology, Methods and Techniques
(Vishwa Prakashan, New Delhi, 1985)
2. Jerrold H. Zar : Biostatistical Analysis. Pearson education.
3. Russell A. Jones : Research Methods in the Social and behavioral science
(Sinauer Associates, Saunderland's Massachusetts)

ADVANCE PRĀṆĀYĀMA AND ADVANCE MEDITATION

Semester: IV

Sub Code: BS P 301

Credits: 2

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3Hrs

1. Prāṇāyāma with combination of kumbhaka, mudrās and bandhas
2. Samvṛtti Prāṇāyāma and Viṣama vṛtti Prāṇāyāma
3. Anantara mauna, Ajapājapa, Cidākāśa, deharakṣaka, hrdaya rakṣaka, yoga nidrā

Book:

1. B.K.S Iyenger, Light on Prāṇāyāma

Reference Books:

1. Lajpat, Rai : Discovering Human Potential Energy
(Anubhava Rai Publications, Gurgaon, 1999)
2. Lajpat, Rai & others : Meditation
(Anubhava Rai Publications, Gurgaon, 1999)
3. Joshi, K.S. : Yogic Pranayama
(Orient Paperback, New Delhi, 1990)
4. Swami Satyananda : Asana, Pranayama, Mudra, Bandha
Saraswati (Bihar School of Yoga, Munger, 1989)
5. Swami Kuvalyananda : Pranayama
(Kaivalyadhama, Lonavala, 1983)
6. Gharote, M.L. : Pranayama – The Science of Breath

(The Lonavala Yoga Institute, Lonavala, 2003)

7. Khalana Gurudarshan S

: The Kundalini yoga Experience

(Simon and schutes New and dauye o'keefce: York 2002).

SVYASA - BSC - SYLLABUS

YOGA FOR COMMON AILMENTS

Semester: III

Credits: 4

Total Hrs: 120

I A Marks: 50

Sub Code: BS P 302

Hours/ Wk: 4

Exam Marks: 50

Exam Duration: 3 Hrs

Yoga Practices for psychosomatic ailments

1. Asthma
2. Hypertension
3. Anxiety Depression
4. Dynamics
5. Arthritis
6. Epilepsy
7. Knee Pain
8. Muscular Dystrophy
9. Oncology
10. Sūkṣma Vyāyāma: Simple and Standard
11. Voice Culture
12. Backpain
13. Headache
14. Diabetes Mellitus
15. Gastro-Intestinal Disorders
16. Menstrual Disorders
17. Obesity

Text Book: Ailments series, Swami Vivekananda Yoga Prakashana, Bangalore, 2002

IV Semester

BS T 401 Message of Vedas and Upaniṣads

BS T 402 Introduction to Darśanas

BS T 403 Epics and Purāṇas

BS F 401 Training in Personality Development

BS F 402 Training in Yoga Instructor's Course

BS F 403 Ārogyadhāma Training

MESSAGE OF VEDAS AND UPANIŞADS

Semester: III

Sub Code : BS T 401

Credits: 4

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3 Hrs

Chapter 1: Introduction to Vedas and Upaniṣads

- i. An introduction to Vedic philosophies.
- ii. The antiquity of Vedas and Upaniṣads.
- iii. Prasthāna Traya – śruti prasthāna, smṛti prasthāna nad Nyāya prasthāna.
- iv. Philosophical principles of Vedas and Upaniṣads.
- v. the main conclusions of the Upaniṣads
- vi. The lifestyle prescriptions, Techniques for personality transformations, Symptoms of growth, Hurdles & solutions, the ultimate goal-perfect health.

10 hours

Chapter 2: Essence of Four Vedas

Essence of four Vedas and their application in the society

- i. Ṛg Veda.
- ii. Yajur veda.
- iii. Sāma Veda.
- iv. Atharva Veda.

10 hours

Chapter 3: Essence of Five Upaniṣads 1

- i. Aitreya

- ii. Īśā Upaniṣad
- iii. Māṇḍūkya
- iv. Muṇḍaka
- v. Taittirīya Upaniṣad

20 hours

Chapter 4: Essence of Five Upaniṣads 2

- i. Kaṭha Upaniṣad
- ii. Kena Upaniṣad
- iii. Bṛhadāraṇyaka
- iv. Chāndogya

20 hours

Text Books:

1. Dr H R Nagendra, Yoga Its Basis and Applications, Swami Vivekananda Yoga Prakashana, Bangalore, 2002.
2. Dr H R Nagendra, Jñāna Yoga, Swami Vivekananda Yoga Prakashana, Bangalore, 2002
3. Swami Ranganathananda, Message of Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985

INTRODUCTION TO DARŚANAS

Semester: IV

Credits: 4

Total Hrs: 60

I A Marks: 50

Sub Code: BS T 402

Hours/ Wk: 4

Exam Marks: 50

Exam Duration: 3 Hrs

Chapter 1: Sāṅkhya and Yoga

- i Introduction, 3-fold afflictions, means to overcome afflictions, 25 entities according to Sāṅkhya and means of knowledge.
- ii Ṣaṭkārya vāda, similarities and dissimilarities between vyakta and avyakta, triguṇa.
- iii Existence of puruṣa, plurality of puruṣa, proximity of puruṣa and prakṛti.
- iv Kāraṇa, Antaḥkaraṇa & Bāhyakaraṇa according to Sāṅkhya kārīkā and Īūvarkrishna.

15 hours

Chapter 2: Cārvāka, Jaina & Bauddha

- i Concept of Cārvāka philosophy in the ṣaḍ darśanas.
- ii Early Buddhism, rules and disciplines of Buddhists tradition.
- iii The concept of rebirth, origin of suffering and the way to remove suffering in Buddhism.
- iv The concept of jīva, ajīva, syādvāda according to Jainism.

15 hours

Chapter 3: Nyāya & Vaiśeṣikā

- I Concept of Nyāya philosophy means of salvation according to Nyāya and Vaiśeṣikā.

- ii The sixteen Padārthas according to Nyāya, means and objects of knowledge according to Nyāya and Vaiśeṣikā.
- iii Relation between Nyāya and Vaiśeṣikā philosophy.
- iv Perception (Pratyakṣa), inference (Anumāna), comparison (Upamāna) according to Nyāya and Vaiśeṣikā.

15 hours

Chapter 4: Mimāṃsā

- i **Uttara mimāṃsā:** Concepts of Brahman in Uttara mimāṃsā, Pramāṇa, Pratyakṣa, Anumāna, Śabda according to Uttara mimāṃsā.
- ii Difference between vidyā & avidyā, subject & object, creation & causation, cause & effect.
- iii **Pūrva mimāṃsā:** Pūrva mimāṃsā in ṣaḍ darśana.
- iv Pramāṇas of Jaimini, Atheism in Pūrva mimāṃsā.

15 hours

Text Book:

1. Swami Harshananda : The Six Systems of Hindu Philosophy
(Ramakrishna Matt, Bangalore, 2000)

Reference Books:

1. Karela Werner : Yoga and Indian Philosophy (Motilal Banarsidass, Delhi, 1979)
2. Radhakrishnan, S. : Indian Philosophy (Vol. I & II)
(George Allen and Unwin, London, 1971)
3. Swami Prabhavananda : Spiritual Heritage of India (English)
(Sri Ramkrishna Math, Madras, 2004)
4. Dasgupta, S.N. : Yoga Philosophy in Relation to other Systems of
Indian thought (University of Calcutta 1924)
5. Sharma, Chandradhar : A Critical Survey of Indian Philosophy
(Motilal Banarsidass, Delhi, 2000)
6. Raja, Kunhan C. : Some Fundamental Problems in Indian Philosophy
(Motilal Banarsidass, Delhi, 1974)

7. Stace, W.T. : Mysticism and Philosophy
(Macmillan and Co. London, 1961)
8. Dasgupta, S.N. : Hindu Mysticism
(Motilal Banarsidass, Delhi 1927)
9. Stephen Sturges : The Yoga Book
(Motilal Banarsidass, Delhi, 2004)
10. Swami Jnanananda: Philosophy of Yoga
(Sri Ramakrishna Ashrama, Mysore,)
11. Swami Krishnananda : A Short History of Religions and Philosophic
Thought in India. (The Devine Life Society, Rishikesh, 1973)

SVYASA - BSC - SYLLABUS

EPICS AND PURĀṆAS

Semester: IV

Sub Code: BS T 403

Credit: 2

Hours/ Wk: 2

Total Hrs: 30

Exam Marks: 50

I A Marks: 50

Exam Duration: 3 Hrs

Chapter 1: Antiquity of the two Major Epics - Rāmāyaṇa and Mahābhārata and their role in the ancient society.

The Rāmāyaṇa: its history and character, the culture of the Rāmāyaṇa

The Mahābhārata: its history and character, the Mahābhārata: some aspects of its culture

Religion and philosophy of the epics

The influence of the epics on Indian life.

12 hours

Chapter 2: The purāṇas and their antiquity; the purpose of the purāṇas with their special contributions in the contemporary societies.

13 hours

Chapter 3: The Dharmaśāstras

The Smṛtis: their outlook and character.

The Manu smṛti.

5 hours

Books:

Rajagopalachari C, : Ramayana, Mahabharata (Bharatiya Vidya Bhavan)

Reference Book:

1. Dr C P Ramaswami Aiyar : The Cultural Heritage of Indian Culture, (The Ramakrishna Mission Institute of Calcutta, 2001)
2. A.K. Singh : Tests, Measurements and Research Methods in Behavioral Sciences (Bharati Bhavan publishers)
3. J.N.S. Matthews : An Introduction to randomized controlled clinical trials (Arnold, London)
4. J.S.P. Lumley and : Research:-Some Ground Rules W. Benjamin (Oxford university press)
5. Herman J. Ader and : Research Methodology in the life, behavioural and
Gideon J. Mellebeegh : Social Sciences (SAGE publications)
6. Rummond, A, Campling, J : Research methods for therapists. 1996 and Nelson, T
7. Robin Monro : Yoga research bibliography scientific studies on yoga and meditation (Yoga biomedical trust, England 1989)

SVYASA - BSC - SYLLABUS

TRAINING IN PERSONALITY DEVELOPMENT

Semester: IV

Sub Code: BS F 401

Credits: 2

Hours/ Wk: -----

Total Hrs: 120

Exam Marks: 50

I A Marks: 50

Exam Duration: 3 Hrs

(Students will undergo second round training in Personality Development)

SVYASA - BSC - SYLLABUS

TRAINING IN YOGA INSTRUCTOR'S COURSE

Semester: IV

Credits: 2

Total Hrs: 120

I A Mark: 50

Sub Code: BS F 402

Hours/ Wk: -----

Exam Marks: 50

Exam Duration: 3 Hrs

(Students will undergo second round training in Yoga Instructor's Course.)

SVYASA - BSC - SYLLABUS

ĀROGYADHĀMA TRAINING

Semester: IV

Credits: 8

Total Hrs: 480

I A Marks: 50

Sub Code: BS F 403

Hours/ Wk: ----

Exam Marks: 50

Exam Duration: 3Hrs

Yoga Therapy Clinical Training in Ārogyadhāma

1. Asthma and Nasal Allergy
2. Hypertension and Heart Disease
3. Anxiety and Depression
4. Arthritis, Epilepsy, Muscular Dystrophy, Knee Pain, Voice Culture and Oncology
5. Backpain and Headache
6. Diabetes Mellitus
7. Gastro-Intestinal Disorders and Menstrual Disorders
8. Obesity

V Semestre

- BS T 501** **Nārada Bhakti Sūtras**
- BS T 502** **Bhagavad Gītā**
- BS T 503** **Science and Consciousness**
- BS T 504** **Cultural History of India**
- BS T 505** **Constitution of India**
- BS P 501** **Advance Yoga Technique - 1**
- BS P 502** **Teaching Techniques**

NĀRADA BHAKTI SŪTRAS

Semester: IV

Sub Code: BS T 501

Credits: 2

Hours/ Wk: 2

Total Hrs: 30

Exam Marks: 50

I A Marks: 50

Exam Duration: 3 Hrs

Chapter 1: Concept of Bhakti

10 hours

Chapter 2: Historical aspects

10 hours

Chapter 3: Life sketch of Nārada, the author

5 hours

Chapter 4: The science of emotions' culture as portrayed in NBS

5 hours

BHAGAVAD GĪTĀ

Semester: IV

Credits: 2

Total Hrs: 30

I A Marks: 50

Sub Code: BS T 502

Hours/ Wk: 2

Exam Marks: 50

Exam Duration: 3 Hrs

Chapter 1: Introduction to Bhagavadgītā-1

- i. General Introduction to Bhagavad Gītā (B.G.): Definitions of Yoga in B.G., Their relevance and Scope. The Glory of B.G.
- ii. Essentials of B.G from Chapters II, III, IV, V, VI, XII, XVII with reference to Yoga and Āhāra.
- iii. Sthitaprajña and its characteristics. Types of Bhaktas and role of a Bhakta in the context of Śrīmad Bhagavad Gītā.
- iv. Jñāna Yoga in the context of Śrīmad Bahgavad Gītā.

8 hours

Chapter 2: Introduction to Bhagavadgītā – 2

- i. Nature of Ātmā, Sthitaprajña, Sāṅkhya Yoga, Karma Yoga, Karma Sannyāsa, Sakāma and Niṣkāma karma.
- ii. Nature of Dhyāna, preparation of Dhyāna and Dhyāna Yoga and Sannyāsayoga.
- iii. Nature of Bhakti, Means and Goal of BhaktiYoga, Nature of Īśvara in Bhagavad Gītā.
- iv. Sāṅkhya Yoga in the context of Bhagavad Gītā.

8 hours

Chapter 3: Types of Yogas in the Context of Bhagavad Gītā

- i. Jñāna, Bhakti and Rāja Yoga in the context of Bhagavad Gītā.
- ii. Karma yoga in Bhagavad Gītā.
- iii. Sannyāsa yoga in Bhagavad Gītā.
- iv. Sāṅkhya yoga in Bhagavad Gītā.

7 hours

Chapter 4: Application of Bhagavad Gītā in Human Life

- i. Bhagavad Gītā and Psychoanalysis.
- ii. Trigūṇas in the context of Bhagavad Gītā.
- iii. Diet and lifestyle for a yogī in Bhagavad Gītā.
- iv. Lord Kṛṣṇa's advice for Arjuna's despondency (its application in life).

7 hours

Text Book:

Swami Tapasyananda - The Holy Gita-the Science of Life, Pub: RK Mission, Chennai.

Reference Books

1. Acharya Shankar : Gita Bhasya, Gita Press, Gorakhpur(U.P).
2. Tilak, B.G. : Gita Rahasya Ya Karma Yoga Shastra
3. Siddhantalankar, Satyavratya : Gita Bhasya, Govindaram Hasananda, New Delhi.
4. Radhakrishnan, S. : The Bhagavadgītā (Routledge & Kegan Paul, London, 1960)
5. Gitanka (Kalyana) : Gītā Press, Gorakhpur(U.P).

SCIENCE AND CONSCIOUSNESS

Semester: IV

Sub Code: BS T 503

Credits: 4

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3 Hrs

Chapter 1: Vedānta: Consciousness

Source of universe, evolution of cosmogony, Brahman, māyā, universe, Īśvara and Jīva.

10 hours

Chapter 2: Classical mechanics

History of modern science from Newton to Einstein

10 hours

Chapter 3: Relativity

Einstein's discoveries, the story of ether, the constancy of the speed of light, Galileo's principle of relativity, Einstein's special theory of relativity, Particles, binding forces and field

20 hours

Chapter 4: Quantum mechanics

Planck's equation, statistical behavior of atoms, particle wave duality, wave mechanics, Heisenberg's principle of indeterminacy, The Copenhagen interpretation, Schrodinger's cat, The EPR paradox, Unbroken whole, Double-slit experiments and conscious particles, quantum field, nihilism and vacuum fluctuation

20 hours

Text Book:

1. Lecture notes
2. Swami Chinmayananda, Mandukya Upanishat, Chinmaya Mission Trust.

CULTURAL HISTORY OF INDIA

Semester: IV

Credits: 4

Total Hrs: 60

I A Marks: 50

Sub Code: BS T 504

Hours/ Wk: 4

Exam Marks: 50

Exam Duration: 3 Hrs

Chapter 1: Introduction

Culture-its misconception, culture defined, essential requirements of culture, vitality of culture, reasons for the decay of culture, facets of Indian culture; philosophical outlook, tradition of tolerance, sense of synthesis, social outlook, scientific outlook, love towards nature, role of Saṃskṛt, artistic heritage and universal outlook

15 hours

Chapter 2: The History of Indian Culture

Connections between IVC and VC, the Indus period, the Vedic society, later Hindu society, conflict, reform and revival, Mahāyāna Buddhism and Brahmanical restoration, the golden age of Hinduism, the testimony of Manu, religious life, social freedom, economic conditions,

15 hours

Chapter 3: Facets of Indian Culture

Saṃskṛti or culture, religion and philosophy, Indian society, Indian educational system, Indian political institutions, Indian economics, Indian judicial system, contribution of the Indian to science, Indian fine arts and music,

15 hours

Chapter 4: Vedic literature

Vedas, Upaniṣads, Smṛtis, epics and purāṇas

15 hours

Text books:

1. Vivekananda Kendra, Madras : Indian Culutre
2. Swami Harshananda : An Introduction to Hindu Culture
(Ramakrishna Math, Bangalore, 1999)
3. S R Sharma : Ancient Indian History & Culture
(Hind Kitabs Ltd, Bombay, 1947)

Reference Books:

1. Ramaswami Sastry K S : Hindu Culture
(S Ganesan, Publisher, Triplicane, Madras, 1922)
2. A Kendra Worker : Indian Culture
(Vivekananda Kendra, Kanyakumari, 1995)
3. Sri Aurobindo : The Foundations of Indian Culture
(Sri Aurobindo Ashram, Pondicherry, 1995)

CONSTITUTION OF INDIA

Semester: III

Sub Code : BS T 505

Credits: 2

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3 Hrs

Chapter 1: Philosophy of the Constitution, Framing of the constitution, Preamble of Constitution, fundamental rights, Directive principle of state policy, fundamental duties, Method of Amendments, Review of Constitution

Chapter 2: Union-Parliament and State legislatures

Chapter 3: Union- State Executive

Chapter 4: The Judiciary

Chapter 5: Environmental Protection

Text Book:

1. Basu, Durga Das : Introduction to the Constitution of India (New Delhi: Wadhwa and Company Law Publishers, 2002)
2. Raj , Hans: The Constitution of India (New Delhi: Surjeet Publications, 1998).

Reference Books:

1. Kagzi , M.C. Jain, The Constitutional of India Vol.1 & 2. (New Delhi: India Law House, 2001)
2. E Book: <https://www.india.gov.in/my-government/constitution-india/constitution-india-full-text>

ADVANCE YOGA TECHNIQUES - 1

Semester: II

Credits: 2

Total Hrs: 60

I A Marks: 50

Sub Code: BS P 501

Hours/ Wk:

Exam Marks: 50

Exam Duration: 3Hrs

1. Prāṇic Energization Technique (PET)
2. Mind Sound Resonance Technique (MSRT)
3. Mind Imagery Technique (MIRT)

Text Books:

1. Dr H R Nagendra, Pranic Energization Technique, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
2. Dr H R Nagendr, Mind Sound Resonance Technique, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
3. Dr R Nagarathna and Dr H R Nagendra, Yoga and Cancer, Swami Vivekananda Yoga Prakashana, Bangalore, 2000

TEACHING TECHNIQUES

Semester: II

Sub Code: BS P 502

Credits: 2

Hours/ Wk:

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3Hrs

1. **Introduction: Need of practice teaching and its use in Yogic practice.**
2. **Principles and methods** of teaching to an individual and to a class.
3. **Teaching aids:** Its meaning and need.
4. **Class management:** Its meaning and need.
5. **Lesson plan:** Its meaning and need.
6. **Preparation of lesson plan** in Yoga.
7. **Presentation of a lessons in specific Yogic practices:** Sūkgma Vyáyama, Ásana, Práñáyama, Kriyás, Bandhá, Mudra and Meditation.
8. Lectures on organization of classes and Yoga camps/workshops. Critical Observation of a Yoga class and Yoga camps.
9. **Lecture cum demonstration in Yoga:** Its meaning, importance and method of its presentation.
10. Conducting Yoga practical lesson in the class.

VI Semestre

BS T 601 Environmental Studies

BS P 602 Advance Yoga Technique 2

BS F 601 Project work (Ārogyadhama)

SVYASA – BSC – SYLLABUS

ENVIRONMENTAL STUDIES

Semester: IV

Sub Code: BS T 601

Credits: 4

Hours/ Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3Hrs

Chapter 1: The Multidisciplinary nature of environmental studies **5 hours**

- i. Definition, scope and importance
- ii. Need for public awareness

Chapter 2: Natural Recourses **5 hours**

- i Introduction
- ii Renewable and non renewable resources
- ii Role of an individual in conservation of natural resources
- iv Equitable use of resources for sustainable lifestyles

Chapter 3: Ecosystems **10 hours**

- i. Concept of an ecosystem,
- ii. Structure and functions of an ecosystem
- iii. Producers, consumers and decomposers
- iv Energy flow in the ecosystem
- v Ecological succession
- vi Food chains, food webs and ecological pyramids
- vii Introduction, types, characteristic features, structure and functions.

Chapter 4: Biodiversity and its Conservation **10 hours**

- i. Introduction - definition, genetic, species and ecosystem diversity
- ii. Biogeographic classification of India
- iii Value of biodiversity: conumptvie, productive use, social, ethical, aesthetic and option values
- iv Biodiversity at global, national and local levels
- v India as a mega diversity nation
- vi Hotspots of biodiversity

- vii Threats to biodiversity: habitat loss, poaching of wildlife, man-wildlife conflicts
- viii Endangered and endemic species of India
- ix Conservation of biodiversity: in-situ and ex-situ

Chapter 5: Environmental Pollution

5 hours

- i Definition
- ii Causes, effects and control measures of
- iii Solid waste management: causes, effects and control measures of urban and industrial waste
- iv Role of individuals in pollution prevention
- v Pollution case studies
- vi Disaster management: floods, earthquakes, cyclones, landslides

Chapter 6: Social Issues and the Environment

15 hours

- i From unsustainable to sustainable development
- ii Urban problems related to energy
- iii Water conservation, rain water harvesting, watershed management
- iv Resettlement and rehabilitation of people; its problems and concerns, case studies
- v Environmental, ethics: issues and possible solutions
- vi Climate change, global warming, acid rain, ozone layer depletion, nuclear accidents and nuclear holocaust, case studies
- vi Wasteland reclamation
- vii Consumerism and waste products
- viii Environment protection act
- ix Air (prevention and control of pollution) act
- x Water (prevention and control of pollution) act
- xi Wildlife protection act
- xii Forest conservation act
- xiii Issues involved in enforcement of environmental legislation
- xiv Public awareness

Chapter 7: Human Population and the Environment

10 hours

- i Population growth, variation among nations
- ii Population explosion-family welfare program
- iii Environmental and human health
- iv Human rights

- v Value education
- vi HIV/AIDS
- vii Women and child welfare
- viii Role of information technology in environment and human health

Chapter 8: Field Work

- i Visit to a local area to document environmental assets, river/forest/grass lands/hill/mountain
- ii Visit to a local polluted site
- iii Study of common plants, insects, birds
- iv Study of simple ecosystems

Text books

Erach Bharucha : Text for Environmental Studies-For Undergraduate Courses of all Branches of Higher Education (University Grants Commission, New Delhi, 2004).

ADVANCE YOGA TECHNIQUES - 2

Semester: II

Credits: 2

Total Hrs: 60

I A Marks: 50

Sub Code: BS P 601

Hours/ Wk:

Exam Marks: 50

Exam Duration: 3Hrs

1. Vijñāna Sādhana Kauśalam (VISAK)
2. Ānanda Amṛta Siñcana (ĀNAMS)
3. Mind Emotion Technique (MEMT)
4. Cyclic Meditation (CM)

Text Books:

1. Dr H R Nagendra, Pranic Energization Technique, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
2. Dr H R Nagendr, Mind Sound Resonance Technique, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
3. Dr R Nagarathna and Dr H R Nagendra, Yoga and Cancer, Swami Vivekananda Yoga Prakashana, Bangalore, 2000

PROJECT WORK

Semester: IV

Credits: 16

Total Hrs: 960

I A Marks: 300

Sub Code : BS F 601

Hours/ Wk: -----

Exam Marks: 300

Exam Duration: 3Hr

Students need to take 16 cases(two from each section) from our VYASA, Ārogyadhām (or from any of our affiliated Yoga centers/ Holistic centers having facilities of Yoga Therapy as an activity)

SVYASA - BSC - SYLLABUS