

Swami Rama Himalayan University

Office of the Registrar

SRHU/Reg/OO/2024-198

Date: 14th December, 2024

OFFICE ORDER

I am directed to inform that the competent authority of the University has approved recommendations made by the **Board of Studies** constituted for **B.Sc. (Hons. / Hons. with Research) Yoga Science & Holistic Health Programme** under Himalayan School of Yoga Sciences, as enclosed herewith, effective from academic session **2024 - 25**.

The same is being sent for implementation.

By Order,



Registrar

Copy to: Hon'ble President
Hon'ble Vice Chancellor
Director General (Academic Development)
Controller of Examinations
Officiating Principal, Himalayan School of Yoga Sciences

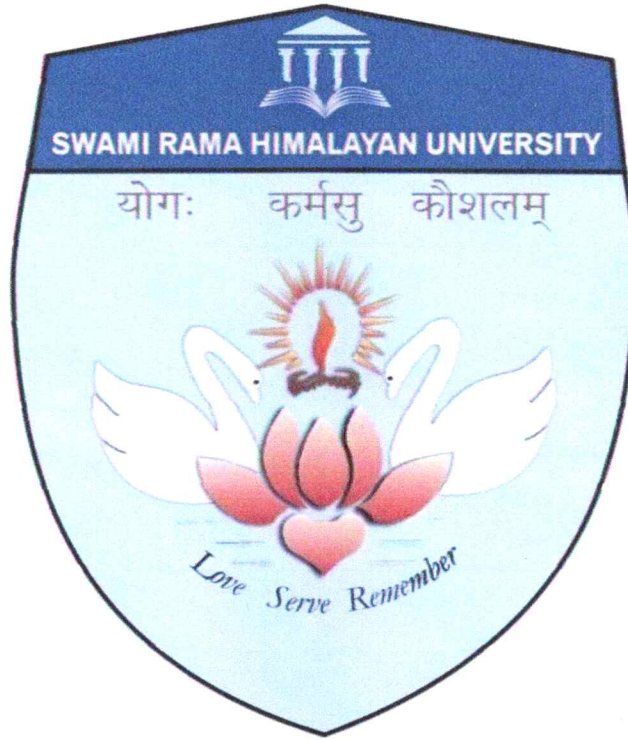
} for kind information please

Encl.: As above.

Board of Studies

**B.Sc. (Hons. / Hons. with Research) Yoga Science
& Holistic Health**

(To be effective from Academic Session 2024-25)



**Himalayan School of Yoga Sciences
SWAMI RAMA HIMALAYAN UNIVERSITY**

Swami Rama Himalayan University

Office of the Registrar

SRHU/Reg/OO/2024-188

Date: 23rd November, 2024

OFFICE ORDER

In accordance with Statute 5.07 of Swami Rama Himalayan University, the Hon'ble Vice Chancellor has constituted the **Board of Studies for UG Programme - B.Sc. (Yoga Science & Holistic Health)** under Himalayan School of Yoga Sciences (HSYS), as under:

	Dr. Subodh Saurabh Singh, Officiating Principal - HSYS	Chairperson
As per the provisions of Statute 5.07(c) of the University, Associate Professor nominated by the Hon'ble Vice Chancellor	Dr. Ajay Dubey, Associate Professor - HSYS	Member
As per the provisions of Statute 5.07(d) of the University, 02 (Two) external subject experts nominated by the Hon'ble Vice Chancellor	Dr. Suresh Barnwal, Professor, Dev Sanskriti Vishvavidyalaya, Shanti Kunj, Haridwar	Member
	Dr. Kanchan Joshi, Professor & Dean, Shri Guru Ram Rai University, Dehradun	Member
Special Invitee(s)	Dr. Somlata Jha, Assistant Professor - HSYS	
	Dr. Mala Tripathi, Assistant Professor - HSYS	

By Order,

Registrar

Copy to: Hon'ble President
Hon'ble Vice Chancellor
Director General (Academic Development)
Officiating Principal - HSYS
All above concerned

} for kind information please

Registrar
Swami Rama Himalayan University

Swami Rama Himalayan University

Office of the Registrar

SRHU/Reg/Int/2024-459

Date: 25th November, 2024

Meeting Notice

The meeting of the **Board of Studies for UG Programme - B.Sc. (Yoga Science & Holistic Health)** under Himalayan School of Yoga Sciences (HSYS), will be held on **30th November 2024 (Saturday)**.

The 'Agenda' of the meeting shall be as follows:

1. To recommend, upon reference to it by the faculty, the courses of study, curriculum, question paper pattern and methods of assessment in the subject or group of subjects within its purview.
2. To recommend programme objective, programme outcomes and course outcomes.
3. To recommend books, including text-books, supplementary reading, reference books, online references and other study material for such courses of study.
4. To advise the faculty or faculties concerned regarding improvements in the courses of study.
5. To recommend organization of orientation and refresher courses in the subject.

All concerned members of the said 'Board of Studies' are requested to please make it convenient to attend the meeting.


Dr. Mukesh Bijalwan
Registrar

Copy to: Hon'ble President
Hon'ble Vice Chancellor
Director General (Academic Development)
Officiating Principal - HSYS
All concerned members of the Board of Studies

} for kind information please


Registrar
Swami Rama Himalayan University

**Swami Rama Himalayan University
Himalayan School of Yoga Science**


BOARD OF STUDIES NOVEMBER 2024

Attendance

1. Dr. Subodh Saurabh Singh
Assistant Professor,
Himalayan School of Yoga Science


(Signature)


2. Dr. Ajay Dubey
Associate Professor,
Himalayan School of Yoga Science


(Signature)

3. Dr. Suresh Lal Barnwal
Professor,
Dev Sanskriti Vishvvidyalaya,
Shanti Kunj, Haridwar


(Signature)

4. Dr. Kanchan Joshi
Professor & Dean
Shri Guru Ram Rai University, Dehradun


(Signature)

5. Dr. Somlata Jha
Assistant Professor,
Himalayan School of Yoga Science


(Signature)

6. Dr. Mala Tripathi
Assistant Professor,
Himalayan School of Yoga Science


(Signature)

7 Ms Arzoo Gairola
(Alumni)


(Signature)

8 Ms Srishti Rawat Final Year, B.Sc Yoga
Sciences & Holistic Health


(Signature)
Registrar
Swami Rama Himalayan University

Bachelor of Science (Hons. / Hons. with Research) Yoga Science and Holistic Health
NEP Based Curriculum

(With Multiple Entry & Exit Options)

Semester – I


Course Category	Level of Course as per NEP	Course Code	Course Name	Contact Hours/week			Total Credits	Evaluation Scheme							Grand Total
								Continuous Internal Assessment Theory			Continuous Internal Assessment Practical			End Semester Exams (ESE)	
				30% Weightage						70% Weightage					
L	T	P	SE I	SE II	DDA	SE I	SE II	DDA							
MC	FC	BYSC101	Foundations of Yoga – I	3	0	0	3	25	25	50	-	-	-	100	200
MC	FC	BYSC102	Principles of Hatha Yoga -I	3	0	0	3	25	25	50	-	-	-	100	200
MS	FC	BYSC103	Human Anatomy and Physiology-I	3	0	0	3	25	25	50	-	-	-	100	200
AEC	FC	BYSC104	Basics of Sanskrit	3	0	0	3	25	25	50	-	-	-	100	200
SEC	FC	BYSC105	Public Health and Hygiene	2	0	0	2	25	25	50	-	-	-	100	200
MC	FC	BYSC106	Yoga Practical - I	0	0	6	3	-	-	-	25	25	50	100	200
MC	FC	BYSC107	Yoga Practical - II	0	0	4	2	-	-	-	25	25	50	100	200
MS	FC	BYSC108	Human Anatomy and Physiology Practical - I	0	0	2	1	-	-	-	25	25	50	100	200
Total				16	0	14	20	125	125	250	75	75	150	800	1600

Major Course (MC), Minor Stream (MS), Ability Enhancement Course (AEC), Skill Enhancement Course (SEC), Foundation Course (FC)
 Sessional Exam (SE), Day to Day Assessment (DDA), End Semester Exam (ESE).


 Registrar
 Swami Rama Himalayan University


 Snigdh


 Arzu


 Principal
 Himalayan School of Yoga Sciences
 Swami Rama Himalayan University
 Jolly Grant, Dehradun Uttarakhand-248016

Semester – II

Course Category	Level of Course as per NEP	Course Code	Course Name	Contact Hours/week			Total Credits	Evaluation Scheme							Grand Total
								Continuous Internal Assessment Theory			Continuous Internal Assessment Practical			End Semester Exams (ESE)	
				30% Weightage						70% Weightage					
L	T	P	SE I	SE II	DDA	SE I	SE II	DDA							
MC	FC	BYSC201	Foundations of Yoga – II	3	0	0	3	25	25	50	-	-	-	100	200
MC	FC	BYSC202	Principles of Hatha Yoga -II	3	0	0	3	25	25	50	-	-	-	100	200
MS	FC	BYSC203	Human Anatomy and Physiology-II	3	0	0	3	25	25	50	-	-	-	100	200
AEC	FC	BYSC204	Yogic concept of Human Anatomy & Physiology	3	0	0	3	25	25	50	-	-	-	100	200
MD	FC	MDC101/ MDC103	Multidisciplinary Elective-I	2	0	2	3	25	25	50	-	-	-	100	200
SEC	FC	BYSC205	Soft Skill Training	2	0	0	2	25	25	50	-	-	-	100	200
MC	FC	BYSC206	Yoga Practical - III	0	0	6	3	-	-	-	25	25	50	100	200
MC	FC	BYSC207	Yoga Practical - IV	0	0	4	2	-	-	-	25	25	50	100	200
MS	FC	BYSC208	Human Anatomy and Physiology Practical – II	0	0	2	1	-	-	-	25	25	50	100	200
Total				16	0	14	23	150	150	300	75	75	150	900	1800

Major Course (MC), Minor Stream (MS), Ability Enhancement Course (AEC), Multidisciplinary Course (MD), Skill Enhancement Course (SEC), Foundation Course (FC)
Sessional Exam (SE), Day to Day Assessment (DDA), End Semester Exam (ESE).

Registrar
Swami Rama Himalayan University

Principal
Ar200

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun, Uttarakhand-248016

Semester – III

Course Category	Level of Course as per NEP	Course Code	Course Name	Contact Hours/week			Total Credits	Evaluation Scheme							Grand Total
								Continuous Internal Assessment Theory			Continuous Internal Assessment Practical			End Semester Exams (ESE)	
				30% Weightage						70% Weightage					
L	T	P	SE I	SE II	DDA	SE I	SE II	DDA							
MC	FC	BYSC301	Patanjal Yoga Darshan - I	3	0	0	3	25	25	50	-	-	-	100	200
MC	IC	BYSC302	Yoga Education & Teaching Methodology	3	0	0	3	25	25	50	-	-	-	100	200
MS	FC	BYSC303	Holistic Health	3	0	0	3	25	25	50	-	-	-	100	200
AEC	FC	BYSC304	Functional English	1	1	2	3	25	25	50	-	-	-	100	200
MD	FC	MDC101/ MDC105	Multidisciplinary Elective-III	2	0	2	3	25	25	50	-	-	-	100	200
SEC	FC	BYSC305	Health and Yogic Hygiene	2	0	0	2	25	25	50	-	-	-	100	200
MC	FC	BYSC306	Yoga Practical - V	0	0	6	3	-	-	-	25	25	50	100	200
MC	FC	BYSC307	Yoga Practical - VI	0	0	4	2	-	-	-	25	25	50	100	200
MS	FC	BYSC308	Holistic Health Practical	0	0	2	1	-	-	-	25	25	50	100	200
Total				14	1	16	23	150	150	300	75	75	150	900	1800

Major Course (MC), Minor Stream (MS), Ability Enhancement Course (AEC), , Multidisciplinary Course (MD), Skill Enhancement Course (SEC), Foundation Course (FC), Intermediate Level Course (IC), Higher Level Course (HC), Sessional Exam (SE), Day to Day Assessment (DDA), End Semester Exam (ESE).

Registrar
Swami Rama Himalayan University

Arzoo
Srikanth

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Semester – IV

Course Category	Level of Course as per NEP	Course Code	Course Name	Contact Hours/week			Total Credits	Evaluation Scheme							Grand Total
								Continuous Internal Assessment Theory			Continuous Internal Assessment Practical			End Semester Exams (ESE)	
				30% Weightage						70% Weightage					
L	T	P	SE I	SE II	DDA	SE I	SE II	DDA							
MC	FC	BYSC401	Patanjal Yoga Darshan - II	3	0	0	3	25	25	50	-	-	-	100	200
MC	IC	BYSC402	Yoga Psychology	3	0	0	3	25	25	50	-	-	-	100	200
MS	IC	BYSC403	Yoga Diet & Nutrition	3	0	0	3	25	25	50	-	-	-	100	200
AEC	FC	BYSC404	Fundamentals of Ayurveda	3	0	0	3	25	25	50	-	-	-	100	200
MD	IC	MDC102/ MDC104	Multidisciplinary Elective-II	2	0	2	3	25	25	50	-	-	-	100	200
SEC	HC	BYSC405	Subtleties of Practice of Swami Rama Teaching	1	0	2	2	25	25	50	-	-	-	100	200
MC	IC	BYSC406	Yoga Practical - VII	0	0	6	3	-	-	-	25	25	50	100	200
MC	IC	BYSC407	Yoga Practical - VIII	0	0	4	2	-	-	-	25	25	50	100	200
MS	FC	BYSC408	Ayurveda Practical	0	0	2	1	-	-	-	25	25	50	100	200
Total				15	0	16	23	150	150	300	75	75	150	900	1800

Major Course (MC), Minor Stream (MS), Ability Enhancement Course (AEC), , Multidisciplinary Course (MD), Skill Enhancement Course (SEC), Foundation Course (FC), Intermediate Level Course (IC), Higher Level Course (HC), Sessional Exam (SE), Day to Day Assessment (DDA), End Semester Exam (ESE).

Registrar
Swami Rama Himalayan University

Srihar

Ar200

Ar200

Principal

Principal

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Semester – V

Course Category	Level of Course as per NEP	Course Code	Course Name	Contact Hours/week			Total Credits	Evaluation Scheme							Grand Total
								Continuous Internal Assessment Theory			Continuous Internal Assessment Practical			End Semester Exams (ESE)	
				30% Weightage						70% Weightage					
L	T	P	SE I	SE II	DDA	SE I	SE II	DDA							
MC	IC	BYSC501	Bhagvadgita	3	0	0	3	25	25	50	-	-	-	100	200
MC	AC	BYSC502	Yoga Principles & Practices of Healthy Living	3	0	0	3	25	25	50	-	-	-	100	200
MS	FC	BYSC503	Fundamentals of Naturopathy	3	0	0	3	25	25	50	-	-	-	100	200
AEC	FC	BYSC504	Introduction to AYUSH	2	0	0	2	25	25	50	-	-	-	100	200
VAC	IC	BYSC505	Applied Marma Therapy	1	0	2	2	25	25	50	-	-	-	100	200
MC	HC	BYSC506	Research Methodology	3	0	0	3	25	25	50	-	-	-	100	200
MC	AC	BYSC507	Yoga Practical - IX	0	0	6	3	-	-	-	25	25	50	100	200
MC	IC	BYSC508	Internship - I Case Study	0	0	4	2	-	-	-	25	25	50	100	200
MS	FC	BYSC509	Naturopathy Practical	0	0	2	1	-	-	-	25	25	50	100	200
Total				15	0	14	22	150	150	300	75	75	150	900	1800


Major Course (MC), Minor Stream (MS), Ability Enhancement Course (AEC), Skill Enhancement Course (SEC), Foundation Course (FC), Internship/Apprenticeship/Research Project/Community Outreach (IRC), Intermediate Level Course (IC), Higher Level Course (HC), Advanced Course (AC), Sessional Exam (SE), Day to Day Assessment (DDA), End Semester Exam (ESE).


 Registrar
 Swami Rama Himalayan University


 Ar200

 Srishty






 Principal
 Himalayan School of Yoga Sciences
 Swami Rama Himalayan University
 Jolly Grant, Dehradun Uttarakhand-248016

Semester – VI


Course Category	Level of Course as per NEP	Course Code	Course Name	Contact Hours/week			Total Credits	Evaluation Scheme							Grand Total
								Continuous Internal Assessment Theory			Continuous Internal Assessment Practical			End Semester Exams (ESE)	
				30% Weightage						70% Weightage					
L	T	P	SE I	SE II	DDA	SE I	SE II	DDA							
MC	HC	BYSC601	Yogic Management for Life Style Related Disorders	3	0	0	3	25	25	50	-	-	-	100	200
MC	AC	BYSC602	Applied Alternative Therapies	3	0	0	3	25	25	50	-	-	-	100	200
MS	IC	BYSC603	Human Values, According to Different Philosophical System	3	0	0	3	25	25	50	-	-	-	100	200
AEC	HC	BYSC604	Yoga and Mental Health	2	0	0	2	25	25	50	-	-	-	100	200
VAC	IC	BYSC605	Himalayan Yoga Tradition	1	0	2	2	25	25	50	-	-	-	100	200
MC	AC	BYSC606	Yoga Practical - X	0	0	6	3	-	-	-	25	25	50	100	200
MC	IC	BYSC607	Internship - II Case Study	0	0	4	2	-	-	-	25	25	50	100	200
MS	IC	BYSC608	Yoga Field Work & Educational Tour	0	0	4	2	-	-	-	25	25	50	100	200
Total				12	0	16	20	125	125	250	75	75	150	800	1600

Major Course (MC), Minor Stream (MS), Ability Enhancement Course (AEC), Skill Enhancement Course (SEC), Foundation Course (FC), Internship/Apprenticeship/Research Project/Community Outreach (IRC), Intermediate Level Course (IC), Higher Level Course (HC), Advanced Course (AC), Sessional Exam (SE), Day to Day Assessment (DDA), End Semester Exam (ESE).


Registrar
Swami Rama Himalayan University


Arzu

Srishti


Pooja



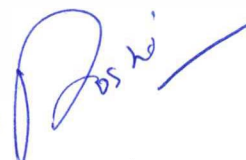

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Semester – VII

Course Category	Level of Course as per NEP	Course Code	Course Name	Contact Hours/week			Total Credits	Evaluation Scheme							Grand Total
								Continuous Internal Assessment Theory			Continuous Internal Assessment Practical			End Semester Exams (ESE)	
				30% Weightage						70% Weightage					
L	T	P	SE I	SE II	DDA	SE I	SE II	DDA							
MC	AC	BYSH701	Therapeutic Yoga	3	0	0	3	25	25	50	-	-	-	100	200
MC	AC	BYSH702	Application of Hatha Yoga & Patanjali Yoga	3	0	0	3	25	25	50	-	-	-	100	200
MS	IC	BYSH703	Panchkarma Therapy	2	0	0	2	25	25	50	-	-	-	100	200
SEC	IC	BYSH704	Biomechanics & Kinesiology	3	0	0	3	25	25	50	-	-	-	100	200
VAC	IC	BYSH705	Learning from Upanishad	2	0	0	2	25	25	50	-	-	-	100	200
IRC	HC	BYSH706	Research Project	0	0	4	2	25	25	50	-	-	-	100	200
MC	IC	BYSH707	Internship -III Case Study	0	0	4	2	-	-	-	25	25	50	100	200
MS	IC	BYSH708	Panchkarma Practical	0	0	2	1	-	-	-	25	25	50	100	200
MC	AC	BYSC704	Yoga Practical - XI	0	0	6	3	-	-	-	25	25	50	100	200
Total				13	0	16	21	150	150	300	75	75	150	900	1800

Major Course (MC), Minor Stream (MS), Internship/Apprenticeship/Research Project/Community Outreach (IRC), Intermediate Level Course (IC), Higher Level Course (HC), Advanced Course (AC)
Sessional Exam (SE), Day to Day Assessment (DDA), End Semester Exam (ESE).


Registrar
Swami Rama Himalayan University

 Arzu
 Snigdh
 Pooja


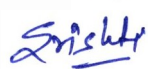


Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016


Semester – VIII

Course Category	Level of Course as per NEP	Course Code	Course Name	Contact Hours/week			Total Credits	Evaluation Scheme							Grand Total
								Continuous Internal Assessment Theory			Continuous Internal Assessment Practical			End Semester Exams (ESE)	
				30% Weightage						70% Weightage					
L	T	P	SE I	SE II	DDA	SE I	SE II	DDA							
MC	HC	BYSH801	Yoga & Strategic Management	3	0	0	3	25	25	50	-	-	-	100	200
MC	HC	BYSH802	Applications of Bhagvadgita & Yoga Vasistha	3	0	0	3	25	25	50	-	-	-	100	200
MS	AC	BYSH803	Physiological effects of Yoga Practices	3	0	0	3	25	25	50	-	-	-	100	200
SEC	HC	BYSH804	Health & Fitness through Yoga Science	2	0	2	3	25	25	50	-	-	-	100	200
IRC	HC	BYSH805	Research Project/Educational Tour Report /Field Work	0	0	4	2	25	25	50	-	-	-	100	200
MC	IC	BYSH806	Internship -IV Case Study	0	0	6	3	-	-	-	25	25	50	100	200
MC	AC	BYSC804	Yoga Practical - XII	0	0	6	3	-	-	-	25	25	50	100	200
Total				11	0	18	20	125	125	250	50	50	100	700	1400

Major Course (MC), Minor Stream (MS), Internship/Apprenticeship/Research Project/Community Outreach (IRC), Intermediate Level Course (IC), Higher Level Course (HC), Advanced Course (AC)
Sessional Exam (SE), Day to Day Assessment (DDA), End Semester Exam (ESE).


Registrar
Swami Rama Himalayan University

 Arzu
 Srishti
 Pooja


Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Under Graduate Degree Course in Honors with Research (B.Sc. Hons. With Research In Yoga Sciences & Holistic Health)

Semester – VII


Course Category	Level of Course as per NEP	Course Code	Course Name	Contact Hours/week			Total Credits	Evaluation Scheme							Grand Total
								Continuous Internal Assessment Theory			Continuous Internal Assessment Practical			End Semester Exams (ESE)	
				30% Weightage						70% Weightage					
L	T	P	SE I	SE II	DDA	SE I	SE II	DDA							
MC	HC	BYSR701	Yogic Research Methodology	3	1	0	4	25	25	50	-	-	-	100	200
MC	HC	BYSR702	Research Publications & Ethics	2	1	0	3	25	25	50	-	-	-	100	200
IRC	AC	BYSR703	Major Project/Community Outreach	0	2	16	10	25	25	50	-	-	-	100	200
MC	AC	BYSC704	Yoga Practical - XI	0	0	6	3	-	-	-	25	25	50	100	200
Total				5	4	22	20	75	75	150	25	25	50	400	800

Major Course (MC), Minor Stream (MS), Internship/Apprenticeship/Research Project/Community Outreach (IRC), Higher Level Course (HC), Advanced Course (AC)
Sessional Exam (SE), Day to Day Assessment (DDA), End Semester Exam (ESE).


Registrar
Swami Rama Himalayan University


Arzu


Srishti


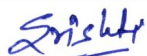

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Under Graduate Degree Course in Honors with Research (B.Sc. Hons. With Research In Yoga Sciences & Holistic Health)
Semester – VIII


Course Category	Level of Course as per NEP	Course Code	Course Name	Contact Hours/week			Total Credits	Evaluation Scheme							Grand Total
								Continuous Internal Assessment Theory			Continuous Internal Assessment Practical			End Semester Exams (ESE)	
				30% Weightage						70% Weightage					
L	T	P	SE I	SE II	DDA	SE I	SE II	DDA							
MC	HC	BYSR801	Research - IPR	3	1	0	4	25	25	50	-	-	-	100	200
IRC	HC	BYSR802	Apprentice/Internship	0	0	6	3	25	25	50	-	-	-	100	200
IRC	AC	BYSR803	Research Dissertation	0	2	16	10	25	25	50	-	-	-	100	200
MC	AC	BYSC804	Yoga Practical - XII	0	0	6	3	-	-	-	25	25	50	100	200
Total				3	3	28	20	75	75	150	25	25	50	400	800

Major Course (MC), Minor Stream (MS), Internship/Apprenticeship/Research Project/Community Outreach (IRC), Higher Level Course (HC), Advanced Course (AC)
 Sessional Exam (SE), Day to Day Assessment (DDA), End Semester Exam (ESE).


 Registrar
 Swami Rama Himalayan University


 Arzu

 Srishti


 Pooja


 Principal
 Himalayan School of Yoga Sciences
 Swami Rama Himalayan University
 Jolly Grant, Dehradun Uttarakhand-248016









Swami Rama Himalayan University Himalayan School of Yoga Science

BOARD OF STUDIES NOVEMBER 2024

Minutes of Meeting

In pursuance to the notification on SRHU/Reg/OO/2024-188 dated 23rd November, 2024 the meeting of Board of Studies for B.Sc. (Yoga Sciences & Holistic Health) was held on 30th November, 2024 at 11:00am in the Himalayan School of Yoga Science.

The following Members were present:-

1. Dr. Subodh Saurabh Singh - Chairperson 
2. Dr. Ajay Dubey - Member 
3. Dr. Suresh Lal Barnwal - Member 
4. Dr. Kanchan Joshi - Member 
5. Dr. Somlata Jha - Special Invitee 
6. Dr. Mala Tripathi - Special Invitee 
7. Ms Arzoo Gairola - Alumni 
8. Ms Srishti Rawat - Final Year Student 


Registrar
Swami Rama Himalayan University

SWAMI RAMA HIMALAYAN UNIVERSITY, DEHRADUN

Swami Rama Nagar, Jollygrant, Dehradun
HIMALAYAN SCHOOL OF YOGA SCIENCES

CURRICULUM

B.Sc. Yoga Sciences & Holistic Health
GRADUATE/ HONORS/ RESEARCH DEGREE PROGRAMME
(2024-25 Onward)

1. Nomenclature :

There will be full time Yoga Science Degree Programme named as B.Sc. (Hons.) & B.Sc. (Hons. With research) Yoga Sciences & Holistic Health. The duration of this programme shall be of three years/four years (three/four full academic years) which shall be divided into six semesters/eight semesters. Each semester will be of six months. Actual teaching in each semester is required minimum of 90 days. The examination for the first, third, fifth and seventh semester will normally be held in the month of December and for the second, fourth, sixth and eighth semester in the month of June or as convenient to the University.

2. The Medium of Instruction:

The medium of Instruction will be English and Hindi.

The Medium of Examination:

The medium of examination will be English and Hindi.

4. Intake:

The intake to B.Sc./ B.Sc. (Hons.) & B.Sc. (Hons. With research) Yoga Sciences & Holistic Health program is 60 students. It may increase or decrease as per provisions of the University.

5. Semesters:

(a) An academic year shall consist of two semesters:

Odd Semester (I, III, V and VII Semester): generally July to November/December

Even Semester (II, IV, VI and VIII Semester): generally January to May/ June

The academic calendar for each semester shall be notified well before the commencement of the semester.

(b) A semester shall normally extend over a period of 15 weeks. Each week shall have 30 hours of instruction including Practical/lab/ field work as applicable.

6. Credits:

(a) Credit defines the quantum of contents/ syllabus prescribed for a course and determines the number of hours of instruction required per week. Thus credits shall be assigned on the basis of the number of lectures/ practical/tutorials / laboratory work/ project work and other forms of learning required to complete the course contents in a 15 week schedule.

(b) 1 Credit = 1 hour of lecture for theory and 1 Credit = 2 hour of laboratory for practical's.

(c) Motivate students with industrial visit, educational trip, workshop/camp/seminar/conference during semester.

7. The Credit Based Course Structure: B.Sc./ B.Sc. (Hons.) & B.Sc. (Hons. With research) Yoga Sciences & Holistic Health, Three Year/Four Year Programme- Choice Based Credit System (CBCS)


Program shall be based on the choice based credit system in which credit defines the quantum of content/ syllabus prescribed for a course system and determines the number of hours of instruction per week.


Total Credits:

66 (MC) + 25 (MS) + 16 (AEC) + 9 (MD) + 08 (SEC) + 04 (VAC) + 01 (PRO) =129 (For three years B. Sc. Yoga Sciences & Holistic Health)


Registrar
Swami Rama Himalayan University


Arzu


Joshi


Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

129 (For three years B. Sc. Yoga Sciences & Holistic Health) + 22 (MC) + 06 (MS) + 06 (SEC) + 02 (VAC) + 04 (PRO) = 169 (For four years B. Sc. (Hons.) Yoga Sciences & Holistic Health)

129 (For three years B. Sc. Yoga Sciences & Holistic Health) + 16 (MC) + 24 (Research Project & Dissertation) =169 (For four years B. Sc. (Hons. With research) Yoga Sciences & Holistic Health with Research)

Where,

MC= Major Course

MS= Minor Stream

AEC= Ability Enhancement Course

SEC= Skill Enhancement Course

MD = Multidisciplinary Course

VAC= Value Addition Course

PRO = Project

Undergraduate degree programmes of either 3 or 4-year duration, with multiple entry and exit points and reentry options within this period, with appropriate certifications such as:

certificate after completing 1 year (2 semesters) of study in the chosen fields of study,

diploma after 2 years (4 semesters) of study,

A bachelor's degree after a 3-year (6 semesters) programme of study,

A bachelor's degree with honours after a 4-year (eight semesters) programme of study or a bachelor's degree with research after a 4-year (eight semesters) programme of study if the student completes a rigorous research project in their major area(s) of study.

08. Examination and Evaluation

Internal Evaluation: Maximum Marks: 30

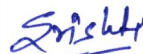
End Semester Examination: Maximum Marks: 70

1. Examination Scheme:

Components	Sessional-I	Sessional-II	Teacher's Assessment	External
Weightage (%)	25 %	25 %	50 %	100%



Registrar
Swami Rama Himalayan University



Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun, Uttarakhand-248016

END SEMESTER/ YEAR END EXAMINATIONS (Month/ Year)

Programme.....Semester/ year.....

Subject/Course Name:

Subject / Course Code:

Time allotted: 3 Hours

Max Marks: 100

NOTE – Read all the instructions carefully.

Q.1. Objectives Type (Very short/ Short Answer, MCQ, One-liners, Fill in the Blank, True/ False)
Attempt all. (10×2=20)

a.	
b.	
c.	
d.	
e.	
f.	
g.	
h.	
i.	
j.	

Q.2. Short notes / Short Answer Type (Attempt any five out of Seven) (5×4=20)

a.	
b.	
c.	
d.	
e.	
f.	
g.	

Q.3. Structured Question (Attempt any three out of four) (3×10=30)

a.	(i), (ii), (iii)
b.	(i), (ii), (iii)
c.	(i), (ii), (iii)
d.	(i), (ii), (iii)

Q.4. Long Answer / Essay type (Attempt any two out of three) (2×15=30)

a.	(i), (ii)
b.	(i), (ii)
c.	(i), (ii)

Ar200

[Signature]

[Signature]
Registrar
Swami Rama Himalayan University

[Signature]
[Signature]

[Signature]
Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

CONTINUOUS INTERNAL ASSESSMENT: INTERNAL
ASSESSMENT

Continuous Internal Assessment and End Semester Examinations shall have the following weightages for the theory and practical courses

S. No.	Name of the Evaluation Component	Weightages (in %age)
1	Continuous Internal Assessment	30%
2	End Semester Examination	70%

Grading of the students shall be carried-out course-wise for theory and practical courses, separately. Marks obtained by the students in each evaluation component shall be normalized on the scale of 100 (hundred) marks. The final composite sCourse in a course shall be calculated by adding the normalized marks in the following proportion of weightages so that the total percentage of the components taken together is 100 (hundred):

Theory Components

Components of Continuous Internal Assessment for a theory course shall have the following weightages

S. No.	Components of Continuous Internal Assessment	Weightages (%)
1	Sessional Examination I	25%
2	Sessional Examination II	25%
3	Day to Day Assessment	50%

Practical Components

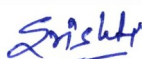
Components of Continuous Internal Assessment and End Semester Examinations for a practical course shall be conducted with the following weightages

S. No.	Components of Continuous Internal Assessment	Weightages (%)
1.	File record	20%
2.	Execution/demonstration	60%
3.	Viva-Voce	20%

Subsequently, the absolute grading method, based on composite sCourse, shall be used on normalized marks obtained by all the registered students in a course and accordingly grades shall be awarded.



Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016



Registrar
Swami Rama Himalayan University

Pro format for the Examinations and Assessments

CIA-I & II EXAMINATION

B. Sc. (Yoga Science and Holistic Health)

COURSE CODE – BYSC304

COURSE TITLE –FUNCTIONAL ENGLISH

Max.Marks: 50

Duration: 2 hr.

Note: Answer all the Questions

I.	Answer the following in a sentence or two A. B. C. D. E. F. G. H. I. J.	10x1 = 10
II	Write short notes on the following with diagram. A. B. C. D.	4x5 = 20
III	Answer any two of the following in details A. B. C.	2x10 = 20



Principal

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016



Registrar

Swami Rama Himalayan University

B.Sc (Hons.) Yoga Sciences and Holistic Health Program-

Goals

Yoga Science could help to equip oneself with basic knowledge about one's personality, to learn to handle oneself well in all life situations, to learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and and to face the dualities of life with equanimity.

National Goals-

- The course aims to build physical, mental, and spiritual discipline in the students.
- To train students in Yoga so as to enable the students to become well versed in Yoga Therapy.
- To integrate Yoga with other systems of medicine to speed up the process of recovery.
- To explore the possibilities of promoting Yoga integrating medical practice at conventional medical facilities attached to the institute.
- To produce Yoga Therapists with in-depth understanding of basic sciences and mechanism of action of every technique prescribed for a disease.

To bring all round personality development of the students at all levels of their personality.

- To produce the therapists of high caliber who could work efficiently as a yoga therapist in the hospitals, spa, wellness centre, start their yoga centre and join the yoga department of the universities as an assistant professor.

Institutional Goals-


- The main goals is to develop the department as a Center of Excellence and deliver high quality teaching-learning matching the needs of the contemporary world of education and health industry. Yoga Science at SRHU. Intersects with other allied sciences.
- Goals to deliver training in advanced areas of Yoga Science and Holistic health as also high moral values in keeping with the teachings of Swami Rama and ancient Indian gurus.
- In addition to the overall personality development, this course enables the learner to be equipped with therapeutic skills and research base in yoga.
- This course includes the ancient wisdom of the Vedas, Upanishads, Bhagavad Gita, Patanjali Yoga Sutra, Hatha Yoga and Gheranda Samhita along with modern scientific-based anatomy, physiology, psychology, research methodology, and teaching skills.


Goals and Roles for the learner-

- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.


Registrar
Swami Rama Himalayan University


Arzu


Srishti


Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Programme Outcomes (PO)

PO1	Integrate and apply knowledge of yoga and spiritual evolution for the practice of yoga as healthcare therapy. Use modern tools and techniques in developing yoga specialty centers.
PO2	Design advanced yoga based therapies to meet identified needs within economic, environmental and social constraints.
PO3	Instill the intellectual skills to analyze and solve healthcare disorders through designing specific yoga therapies
PO4	To introduce Yoga therapy, its principles and practices of Yoga to people with various lifestyle disorders.
PO5	Demonstrate an understanding of professional ethics in yoga science to avoid biological controversies.
PO6	Promote the awareness for positive health and personality development in the society through yoga awareness programmers/training sessions.

Arzu

Om

Srishti

Pr

W

Registrar
Swami Rama Himalayan University

Subash
Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Under Graduate Certificate Course in Yoga Science and Holistic Health

SEMESTER - I

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC101	Course Title- FOUNDATIONS OF YOGA – I (Major Course)	3	0	0	3
Course Objectives	<ul style="list-style-type: none">Students of the UG Programme will have an understanding about origin, history and development of Yoga.They will have an idea about the insights of Indian philosophy and Astika & Nastika darshanas. Introduction about Yoga according to various yogic texts.To make the students aware the different aspects of Holistic Health				
Course Outcomes	<ul style="list-style-type: none">Students will be able to learn Traditional Indian Yoga systems.Students will gain in-depth understanding of fundamental and applied scientific concepts and methods of Yogic Science and allied ScienceStudent of yoga sciences & Holistic Health can find a career to teach and spread the knowledge in schools, colleges, health centers				

UNIT – I: GENERAL INTRODUCTION TO YOGA

- 1.1. History and Development of Yoga.
- 1.2. Etymology and Definitions of Yoga.
3. Aim and Objectives of Yoga.
4. Misconceptions about Yoga.
- 1.5. General Introduction to Schools of Yoga.

UNIT – II: GENERAL INTRODUCTION TO INDIAN PHILOSOPHY

- 2.1. Philosophy: Its meaning, definitions and scope.
- 2.2. Branches of Philosophy, Philosophy: Its distinction from Religion and Science?
- 2.3. Indian Philosophy: Salient features of Indian Philosophy.
- 2.4. General introduction to Prasthanatrayee and Purushartha Chatustaya.
- 2.5. Two-way relationship between Yoga and Indian Philosophy.

UNIT – III: BRIEF SURVEY OF YOGA TRADITIONS – I

- 3.1. Yoga in Vedic period, General Introduction to Upanishads.
- 3.2. Yoga in Principle Upanishads, Yoga in Ayurveda
- 3.3. Introduction to Ramayana, Bhagavadgita, Yoga Vasistha and Narada Bhakti Sutra.
- 3.4. Yoga in Mahabharata, Ramayana, Bhagavadgita, and Yoga Vasistha.
- 3.5. Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints, Yoga in Narada Bhakti Sutra

UNIT-IV: BRIEF SURVEY OF YOGA TRADITIONS – II

- 4.1. General Introduction of Smritis, Puranas, and Yoga in them.
- 4.2. General introduction of Shad-darshan.
- 4.3. General introduction of Tantras and their classification.
- 4.4. Concepts of Nadi and Prana in Tantra.
- 4.5. Yoga in Himalayan Tradition with special reference to Swami Rama Philosophy. Purification of Thoughts and Emotions, Breath Awareness, Mindfulness, Mantra Meditation

TEXT BOOK

- Rajkumari Panday, Bhartiya Yog Parampara ke vividh Aayaam, Radha Publication

BOOKS FOR REFERENCE

1. Swami Rama- The Royal Path, Himalayan Institute, Honesdale, USA,
2. Swami Veda Bharti- Night Birds, HYPT, 2010
3. Singh S. P & Yogi Mukesh- Foundation of Yoga, Standard Publication, New Delhi
4. Agarwal M M- Six systems of Indian Philosophy, Chowkhambha VidyaBhawan, varanai, 2010
5. Swami Vivekananda- JnanaYoga, BhaktiYoga, KarmaYoga, RajaYoga Advaita Ashra

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC102	Course Title- PRINCIPLES OF HATHA YOGA – I (Major Course)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> ● To make the students understand about pre-requisites, principles about Hatha yoga. ● Students will understand the relationship between Raja yoga and Hatha Yoga. ● Students will have an understanding about the concept of yoga in other yogic texts. 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will be able to give an introduction of Hatha yoga ● Students will be able to have an understanding of the prerequisites of Hatha Yoga ● Students will be able to learn methods of performing asanas, pranayama, mudras and bandhas 				

UNIT – I: GENERAL INTRODUCTION TO HATHA YOGA

- 1.1 Hatha Yoga: Origin, Meaning and Definition.
- 1.2 Hatha Yoga: Aim, Objectives and Misconceptions
- 1.3 History and development of Hatha Yoga, Brief Introduction to Eminent Hatha Yogis of Natha Cult and their contribution for the development of Yoga
- 1.4 Ghatashudhi: its importance and relevance in Hatha Yoga sadhana
- 1.5 Relationship between Hatha Yoga and Raja Yoga

UNIT – II: HATHA YOGA: PRE-REQUISITES

- 2.1 Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga
- 2.2 Concepts of Matha, Concept of Mitahara, Pathya (conducive) and Apathya (non-Conducive).
- 2.3 Dasha Yama and Niyama and their relevance in Hatha Yoga Sadhana
- 2.4 Rules and regulations to be followed by Hatha Yoga practitioners (Do's and Don'ts)
- 2.5 Swara, Importance of Svarodaya-jnana in Hatha Yoga Sadhana, Hatha Siddhi Lakshanam.

UNIT – III: HATHA YOGA PRINCIPLES

- 3.1 Introduction to Tantra Yoga and its relationship with Hatha Yoga
- 3.2 Concept of Swas-prashwas, Prana and Upaprana
- 3.3 Concept of Kand, Nadi, Swar, Chakra and Granthi
- 3.4 Kundalini prabodhan and Nadanusandhan
- 3.5 Concept of Samadhi according to Hatha Yoga Texts

UNIT – IV: INTRODUCTION TO BASIC HATHA YOGA TEXTS

- 4.1 General Introduction to Shiva Samhita.
- 4.2 General Introduction to Siddhasiddhantapaddhati.
- 4.3 Breif introduction to Hatha Pradeepika.
- 4.4 Breif introduction to Gheranda Samhita.
- 4.5 Breif introduction to Hatha Rathnavali.

TEXT BOOK

Swami Muktibodhanand, Hatha Yoga Pradipika, Bihar Munger

BOOKS FOR REFERENCE

1. Swami Rama-The Royal Path, Himalayan Institute, Honsdale, USA, 2000
2. Swami Rama-Choosing A Path, Himalayan Institute, Honsdale, USA, 1996
3. Sahay G.S- HathaYoga Pradeepika of Svatmarama, MDNIY Publication, 2013
4. Sharma BR-Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013
5. Gharote, M.M. & others- Therapeutic references in Traditional Yoga Texts, The Lonavla Institute,

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC103	Course Title- HUMAN ANATOMY AND PHYSIOLOGY- I (Minor Stream Course)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> ● To know about the structure of the body ● To know about the necessary functions of the body ● To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will have basic understanding of the human Anatomy. ● Students will be able to understand the physiological functions ● Students will be able to explain the physiology of Yoga practices. 				

Unit-1: Cell, Tissue and Muscular – Skeletal system

- 1.1 Cell structure–Plasma membrane and protoplasm; Cell organelles– Mitochondria, Golgi body, Endoplasmic reticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane, chromosome, nucleolus
- 1.2 Homeostasis; Structure and function of epithelial, simple, compound, connective tissue, skeletal and vascular tissue.
- 1.3 Muscular, skeletal ,involuntary , cardiac, Nervous tissues-Myelinated neuron and Non myelinated neuron
- 1.4 Anatomy of the Skeleton: Classification of bones-Axial bones and appendicular bones
- 1.5 Types of joint –Synovial joints and Fibrous joint; Structure of synovial joints ; Types of synovial joints; Types of Muscle in the body(striated ,Smooth muscle, Cardiac muscle); Mechanism of muscle contraction

Unit-2: Digestive System

- 2.1 Digestive system of human- Mouth, buccal cavity, Pharynx, oesophagus, stomach, small intestine, large intestine and anus
- 2.2 Associated glands- salivary glands ,Liver and Pancreas,
- 2.3 Physiology of digestion and absorption;
- 2.4 Malnutrition and under nutrition
- 2.5 Dietary fibres and Balanced diet

Unit-3 Respiratory system

- 3.1 Respiratory system of human- Nose, nasal cavity, pharynx
- 3.2 Larynx, Trachea, bronchiole, lungs
- 3.3 Mechanism of breathing (Expiration and inspiration);
- 3.4 Transport of respiratory gases (transport of oxygen and transport of carbon dioxide);
- 3.5 Common respiratory disorder

Unit-4: Cardiovascular system

- 4.1 Composition and function of blood– Plasma, RBC, WBC and Platelet;
- 4.2 Blood groups and their importance
- 4.3 Blood clotting; Structure and working mechanism of heart
- 4.4 Organisation of systemic and pulmonary circulation, Cardiac output and cardiac cycle;
- 4.5 Functional anatomy of blood ,vessels, Blood pressure and regulation of blood pressure

TEXT BOOK:

- Evelyn Pearce: Anatomy and Physiology For Nurses, Jaypee Brothers Medical Publishers Pvt.Ltd, New Delhi, 2011

BOOKS FOR REFERENCE

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology
3. Gore M. M. (2003). Anatomy and Physiology of Yoga practices. Kanchan Prakashan, Lonavla, India
4. Lan Peate and Muralidharan Nayar – Fundamental of Anatomy and Physiology for students nurses
5. Evelyn, C. Pearce- Anatomy and Physiology for Nurses

Principal

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Page 11

Registrar
Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
		3	0	0	3
Course Code BYSC104	Course Title- BASICS OF SANSKRIT (Ability Enhancement Course Course)				
Course Objectives	<ul style="list-style-type: none"> ● Read and understand the colloquial words of Sanskrit. ● Communicate and comprehend Sanskrit to the best of their ability. ● Write in Sanskrit and have some idea about grammar. 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will be able to interpret the Vedic text by the help of these etymologies ● Students will be able to write an essay in Sanskrit, & their language-skill will be developed. ● Students will translate English or Hindi in Sanskrit & they will learn Sanskrit Melody 				

UNIT-I: संस्कृतभाषा परिचय

- 1.1 योग-ग्रंथों के अध्ययन में संस्कृत का महत्त्व और योग एवं संस्कृत का अन्तःसम्बन्ध।
- 1.2 संस्कृतवर्णमाला, स्वर, व्यंजन वर्गज्ञान सहित।
- 1.3 श्लोक एवं मन्त्रों का रोमन लिपि में लेखन एवं पठन।
- 1.4 वर्णों के उच्चारणस्थान ज्ञान।

UNIT-II: शिवसूत्र, प्रत्याहार, कारक एवं विभक्ति

- 2.1 शिव माहेश्वरसूत्र।
- 2.2 प्रत्याहार निर्माण विधि एवं प्रत्याहार ज्ञान।
- 2.3 कारक एवं विभक्ति (सुप् और तिङ्)
- 2.4 लिङ्ग, वचन एवं पुरुष।

UNIT-III: शब्दरूप, धातुरूप एवं सन्धि

- 3.1 शब्द रूप एवं धातु रूप पाठ लघु वाक्य निर्माण।
- 3.2 परिचय और संस्कृत संख्याएं (एक से सौ तक)।
- 3.3 सन्धि की परिभाषा व प्रकार(अच्, हल् एवं विसर्ग) एवं संस्कृत ग्रन्थों के अध्ययन में सन्धिज्ञान का महत्त्व।
- 3.4 (दीर्घ, यण्, गुण्, वृद्धि, अयादि, पूर्वरूप) सन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास।

UNIT-IV: भाषाभ्यास एवं भाषादक्षता

- 4.1 भगवद् गीता के द्वितीय अध्याय के श्लोक 11 से 31 तक श्लोकों का सस्वर श्लोकपाठ और भाषाशास्त्रीय व्याख्या(पदच्छेद, अन्वय, शब्दार्थ(कारक, क्रियापद व अव्यय विश्लेषण) भावार्थ)।
- 4.2 भगवद् गीता के द्वितीय अध्याय के श्लोक 32 से 72 तक श्लोकों का सस्वर पाठ और भाषाशास्त्रीय व्याख्या(पदच्छेद, अन्वय, शब्दार्थ(कारक, क्रियापद व अव्यय विश्लेषण) भावार्थ)।
- 4.3 पातञ्जलयोगसूत्र के प्रथमपाद के सभी सूत्रों का सस्वर सूत्रपाठ और भाषाशास्त्रीय व्याख्या(पदच्छेद, अन्वय, शब्दार्थ(कारक, क्रियापद व अव्यय विश्लेषण भावार्थ)।
- 4.4 संस्कृत से हिन्दी/ अंग्रेजी में अनुवाद और संस्कृत में परस्पर वार्त्तालाप एवं मौखिक व्याख्यान(संस्कृत में स्व-परिचय आदि) का अभ्यास।

TEXT BOOK:

- रचनानुवादकौमुदी : कपिल देव द्विवेदी; विश्वविद्यालय प्रकाशन वाराणसी।

BOOKS FOR REFERENCE

- 1 DEVAVANIPRAVESIKA- : Robert p. goldman: MLBD-NEWDELHI.
- 2 प्रथमा दीक्षा- राष्ट्रिय संस्कृत संस्थान, नईदिल्ली।
- 3 द्वितीया दीक्षा- राष्ट्रिय संस्कृत संस्थान नईदिल्ली।
- 4 श्रीमद्भगवद्गीता(पदच्छेद अन्वय सहित) – गीताप्रेस गोरखपुर।
- 5 पातञ्जलयोगदर्शनम्-मो.दे.रा.योग संस्थान दिल्ली।



Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016



Registrar
Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC105	Course Title- Public Health and hygiene (Skill Enhancement Course)	2	0	0	2
Course Objectives	The Public Health and Hygiene course aims to provide students with a comprehensive understanding of key concepts and practices in public health. Through an exploration of epidemiology, disease prevention, health promotion, hygiene, and sanitation, students will gain valuable insights into the prevention and management of communicable and non-communicable diseases at both individual and community levels. The course emphasizes the importance of global health considerations, public health policy development, ethical decision-making, emergency preparedness, and environmental health awareness. By equipping students with research skills and the ability to advocate for health education and community engagement, the course prepares them to contribute effectively to public health initiatives and improve overall population well-being				
Course Outcomes	<ul style="list-style-type: none"> • Demonstrate a comprehensive understanding of key principles and concepts in public health, including disease prevention, health promotion, and the role of community-based approaches in enhancing population health. • Apply epidemiological methods and data analysis techniques to assess public health issues, identify risk factors, and design evidence-based strategies for disease prevention and control. • Implement effective hygiene and sanitation practices, emphasizing the significance of personal and environmental cleanliness in preventing the spread of infectious diseases and promoting public health. • Evaluate the impact of global health challenges, disparities, and health policies, and advocate for equitable access to quality healthcare services, emphasizing the importance of health education and community engagement in promoting well-being. 				

UNIT I

Introduction to Public Health and Hygiene: Introduction to Public Health and Hygiene, Relationship between health and hygiene. Physical fitness of human body and WHO definition of health. Washing habits and hygiene. Factors affecting public health. Community health and medicine.

UNIT II

Personal health and balanced diet: Personal health and balanced diet, Food safety quality control and hygiene, Personal and Domestic hygiene, clean food and water, Ill effects of addictive substances. Yoga the way of living and regular exercise.

UNIT III

Public health and balanced diet: Public Health and nutrition. Classification and Nutritional profiles of various foods and drinks. Balanced diet, nutritional problems, Demography and family planning.

UNIT IV

An overview of metabolic conditions: Epidemiology and history of epidemiological diseases. In India. Route of transmission of disease. Communicable and non-communicable diseases. Common community diseases like. Chikungunya, Dengue, Malaria, Cholera, Tuberculosis, HIV/AIDS, Hepatitis: their prevention and control.

SUGGESTED READING:

- K.D. Chanergy, (2015), Parasitology, CBS Publishers.
- Andrew Proctor (2011), Alternatives to conventional food processing, RSC Pub.
- Willey J. Sherwood L.&Woolverton C (2014), Prescott's Microbiology, 9th edition McGrawHill.

Ar200
Srishty
Principal

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L 0	T 0	P 6	C 3
Course Code BYSC106	Course Title- YOGA PRACTICAL - I (Major Course)				
Course Objectives	<ul style="list-style-type: none">● Make the students recite the Vedic hymns skillfully.● Understand the concept and principles of Shatkarmas.● Know and understand about breathing practice.				
Course Outcomes	<ul style="list-style-type: none">● Students will be familiar with the systems of Yoga styles.● Students will have experience about the human body using demonstrations of Shatkarma, Pranayama and Breathing Practices.● Students will understand the organization of the body with respect to structural components.				

- Prayers, Mantra Chanting, Gita Patha, Yogasutra Patha & Upnishad Shlokas Chanting

I. RECITATION OF HYMNS & HASTA MUDRA

- PRAYERS-Recitation of Pratah-smaran Prathana and Shanti Patha.
- Recitation of Pranava Japa and Soham Japa
- Recitation of Hymns from Upanishad
- Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni

II. SHATKARMA

- Kunjal
- Neti (Jalneti, Sutrneti)
- Kapalbhata and its variants
- Agnisara

III. BREATHING PRACTICES

- Breath Awareness : Shwas-prashwas Sanyaman, Thoracic & Clavicular Breathing, Thoracic & Abdomen Breathing, Abdomen & Thoracic & Clavicular Breathing
- Introduction of Yogic Breathing : Diaphragmatic Breathing, Yogic Deep Breathing, Pause Breathing, Spinal Passage Breathing (Sushumna Breathing)
- Introduction of Puraka, Rechaka & Kumbhaka & Contraindication.
- Breathing Qualities and Nadi shodhanam

Note- Special Yoga Practices may be conducted on the basis of Swami Rama Teaching at SMT/SRSG.

TEXT BOOK:

- Swami Satyanand Saraswati, Asana pranayam mudra bandh, Bihar Munger

BOOKS FOR REFERENCE

- Swami Rama- Science of Breath, Himalayan Institute, Honsdale, USA,
- Swami Rama- Holistic Health, Himalayan Institute, Honsdale, USA, 1999
- Yogeshwar- Text Book of Yoga, Penguin Books, India, 2004.
- Swami Niranjananand- Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
		0	0	4	2
Course Code BYSC107	Course Title- YOGA PRACTICAL - II (Major Course)				
Programme Objectives	<ul style="list-style-type: none"> ● Understand the concept and principles of Sukshma and Sthula vyayma. ● Explain and demonstrate the above mentioned practices skillfully. ● Have a in depth understanding about Surya namaskara and Yogasanas. 				
Programme Outcomes	<ul style="list-style-type: none"> ● Students will be familiar with the systems of Joints and Glands ● Students will be given a hand on experience about the human body using demonstrations. ● Students will understand the organization of the body with respect to structural components. 				

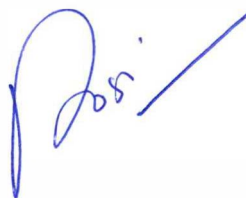
Practice of the following Yoga postures with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken & benefits of each of the following Yoga practices e.g. Yoga Suksma Vyaya, Yoga Sthula Vyayama, Surya Namaskar and Yogasanas etc.

➤ Prayers, Mantra Chanting, Gita Patha, Yoga Sutra Patha & Upnishad Shlokas Chanting

I. YOGA SUKSMA KRIYA

1. YOGA SUKSMA KRIYA / Joint & Glands in Swami Rama Teachings

- A. Prathana (Prayer)
- B. Makarasana
- C. Face
 - Forehead and Sinus Massage
 - Forehead Squeeze
 - Half –Face Squint
 - Full – Face Squint
- D. Eyes Exercise
 - Peripheral (Directional) Stretch
 - Diagonal exercise
 - Eye Circles
- E. Mouth & Full Face
 - Mouth Stretches
 - Lion Pose
 - Full face massage
- F. Neck Exercise
 - Chin up & down
 - Chin over shoulder
 - Ear over shoulder
 - Turtle
- G. Shoulder Exercise
 - Shoulder Shrugs
 - Rotation with relaxed arms
 - Horizontal Arm Swings
 - Chest Expander
 - Shoulder wings
 - Arm Circles
- H. Hands & Wrists
 - Wrist Bands
 - Hand Circles

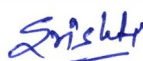



Principal

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Page 16






Registrar
Swami Rama Himalayan University

- I. Abdomen & Torso
 - Overhead Stretch
 - Standing Side Bend
 - Supported Torso Rotation
 - Forward Stretch with Arm Swimming
- J. Akunchan Prasarana (A&P)
- K. Legs & Feet
 - Leg Swings
 - Leg Kicks
 - Knee Swirls
 - Dancing Knees
 - Ankle Exercises
 - Foot Circles
 - Toe Balance
 - SURYA NAMASKARA with Mantra
 - YOGASANA (Standing & Sitting Postures and body alignment)
 - Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana
 - Ardha Chakrasana, Paada Hastasana
 - Trikonasana, Parshva Konasana
 - Veerabhadrasana and its variations
 - Marjarisana and its variations

Counselling when not to do yoga – situations where different Yoga kriyas and asanas should not be done and taught\

Note-Special Yoga Practices may be conducted on the basis of Swami Rama Teaching at SMT/ SRSG.

Sessional Test & Teacher's Assessment

- As per the guidelines in the scheme of Examination

TEXT BOOK:

Swami Rama, joints and glands

Swami Satyanand Saraswati, Asana pranayam mudra bandh, Bihar Munger

BOOKS FOR REFERENCE

1. Swami Rama- Joints & Glands (H.I , Honesdale USA,)
2. Sandru Anderson & Rolf Sovik- Yoga Mastering the Basic (H.I, Honesdale USA, 2011)
3. Swami Dharendra-Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966 Swami Kuvalyananda- Asana, Kaivalyadhama, Lonavla, 1993
4. Swami Satyananda Saraswati- Asana, Pranayama, Mudra Bandha,, Bihar School of Yoga, Munger, 2006

Arzu

Posti

Subeer

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Arzu

Srishty

Registrar
Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
		0	0	2	1
Course Code BYSC108	Course Title- Human Anatomy and Physiology Practical -I (Minor Stream)				
Course Objectives	<ul style="list-style-type: none">• Make students familiar with the systems of the body.• Give a hand on experience about the human body using models, charts and pictures• Make students understand the organization of the body with respect to structural components.				
Course Outcomes	<ul style="list-style-type: none">• Students will understand the physiological functions• Students will understand the underlying mechanism of changes in body due to Yoga practice				

I. Practicals

1. Demonstration of Bones, Joints ,muscles
2. Demonstration of Osteology & Myology
3. Demonstration of Human Skeleton,
4. Demonstration of Organs and Viscera

II. Viva Voce




III. Sessional Test & Teachers Assessment

TEXT BOOK:

- Evelyn Pearce: Anatomy and Physiology For Nurses, Jaypee Brothers Medical Publishers Pvt.Ltd, New Delhi, 2011


BOOKS FOR REFERENCE

- 1 Tortora and Bryan: Anatomy and Physiology 2. Khurana: Anatomy and Physiology
- 2 Bijlani R. L.: Understanding of Human Physiology, Jaypee Brothers Medical Publishers, New Delhi, 2011
- 3 Arthur C Gyton & Hall: Medical Physiology, Reed Elsevier India Pvt. Ltd, New Delhi, 2006
- 4 Chatterji C. C: Human Physiology Vol. I & II, Medical Allied Agency, Kolkata, 2004
- 5 Sharma J. P: A-Z Illustrated Encyclopaedia of Human Anatomy & Physiology, KhelSahitya Kendra, Delhi
- 6 Pal G. K & others: Textbook for practical Physiology, Orient Longman Pvt. Ltd, Hyderabad, 2007

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Arzu
Srishti


Registrar
Swami Rama Himalayan University

UNDER GRADUATE CERTIFICATE COURSE IN YOGA SCIENCE AND HOLISTIC HEALTH
SEMESTER - II

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
		3	0	0	3
CourseCode BYSC201	Course Title- FOUNDATIONS OF YOGA – II (Major Course)				
Course Objectives	<ul style="list-style-type: none">● To conceptualize the therapeutic benefits of yoga based on the insights of Yoga texts● To understand the concept and principles of Yoga therapy across various Yoga texts● To understand the fundamental components of Yoga required for a Yoga practitioner				
Course Outcomes	<ul style="list-style-type: none">● Students will have in-depth understanding of fundamental and applied scientific concepts and methods of Yogic Science and allied Sciences● Student of yoga sciences & Holistic Health can find a career to teach and spread the knowledge in schools, colleges, health centers				

UNIT – I: BRIEF INTRODUCTION OF MODERN YOGA TRADITIONS–I

- 1.1 Yoga Tradition of Ramakrishna and Swami Vivekananda
- 1.2 Yoga Tradition of Maharishi Raman, Integral Yoga of Shri Aurobindo.
- 1.3 Yoga Parampara of Sri T. Krishnamacharya, Swami Shivananda, Shri Yogendraji, Swami Kuvalyananda.
- 1.4 Contributions of Swami Satyananda Saraswati, Swami Dharendra Bhramhachari.
- 1.5 B.K.S. Iyengar and Maharsi Mahesh Yogi in the promotion of Yoga.

UNIT - II: BRIEF SURVEY OF YOGA TRADITIONS IN INDIAN PHILOSOPHY – II

- 2.1 General Introduction to Non-Vedic Indian Philosophy: (Jainism, Buddhism, Sufism, Sikhism etc.)
- 2.2 Introduction to Jainism, Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Preksha-dhyana).
- 2.3 Introduction to Buddhism: Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya-astangika-marga or Noble-eight-fold-path (Bouddha-Yoga).
- 2.4 Introduction to Sufism: Meaning and Characteristic features of Sufism.
- 2.5 Elements of Yoga in Sufism, Sufi Meditation Techniques. Concepts and practices of Yoga in other religions.

UNIT - III: CLASSICAL SCHOOLS (Streams) OF YOGA - I

- 3.1 General Introduction to Streams of Yoga: Such as Vedantic, Samkhya and Tantric Tradition
- 3.2 Gyan Yoga: Meaning and Definition of Gyana-Yoga, Sadhana-chatushtaya.
- 3.3 Bhakti Yoga: Meaning and Definition of Bhakti-Yoga, Stages of Bhakti, Types of Bhakti.
- 3.4 Karma Yoga: Meaning and Definition of Karma-Yoga, Concept of Sakam & Nishkama Karma.
- 3.5 Inter-relationship between Bhakti-Yoga and Karma-Yoga, Theory of Karma Mimansa (Rebirth, Reincarnation).

UNIT - IV: CLASSICAL SCHOOLS OF YOGA – II

- 4.1 Patanjala Yoga- Brief Introduction of Philosophical Foundations of Patanjala Yoga, Ashtanga Yoga of Patanjali, and Relevance of Patanjala Yoga in day-to-day life.
- 4.2 Hatha Yoga- Hatha Yoga Sadhana, Chaturanga Yoga and Saptanga Yoga, Relevance of Hatha Yoga in day-to-day life.
- 4.3 Brief Introduction of Mantra Yoga, Laya Yoga, and Japa Yoga.
- 4.4 Brief Introduction of Sanyasa Yoga, Nada Yoga, Kundalini Yoga and Swara Yoga.

Ar200

[Signature]

[Signature]

[Signature]

[Signature]

Registrar

[Signature]

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

4.5 Schools of Yoga and their relevance in present days.

TEXT BOOK:

- “Yog Mahavigyan” - Dr. Kamakhya Kumar.

BOOKS FOR REFERENCE

- 1 Swami Rama, Living With the Himalayan Master (HI, Honesdale, USA, 1999)
- 2 Swami Rama, Meditation And Its Practice (HI, Honesdale, USA, 1998)
- 3 Pt. Rajmani Tigunait, Phd, The Himalayan Master (HI, Honesdale, USA, 2002)
- 4 Sharma Chandradhar, a Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi, 13th Edition,
- 5 Singh S. P, History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010






Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Registrar
Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC202	Course Title- PRINCIPLES OF HATHA YOGA- II (Major Course)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> ● To learn methods of performing asanas, pranayama, mudras and bandhas ● To introduce the principles of Hatha Yoga ● To introduce essential Hatha Yoga text 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will have an understanding about pre-requisites, principles about Hatha yoga. ● Students will understand the relationship between Hatha and Raja yoga. ● Students will understand the concept of yoga described in different yogic texts. 				

UNIT - I: HATHA YOGA PRACTICES: SHODHANAKRIYAS

- 1.1 Concept of Ghata shuddhi and its importance in Hatha Yoga
- 1.2 Shodhana kriyas in Hatha Yoga Pradeepika
- 1.3 Shodhana kriyas in Gheranda Samhita.
- 1.4 Health benefits, precautions, and contraindications of Shodana kriyas
- 1.5 Importance of Shodhana kriyas in health and disease.

UNIT - II: HATHA YOGA PRACTICES: YOGASANAS

- 2.1 Definition, prerequisite and special features of Yoga-asana.
- 2.2 Asanas in Hatha Yoga Pradeepika
- 2.3 Asanas in Gheranda Samhita
- 2.4 Health benefits, precautions, and contraindications of different Asanas
- 2.5 Importance of Asana in health and disease.

UNIT-III: HATHA YOGA PRACTICES: PRANAYAMA, BANDHA AND MUDRA

- 2.6 Concept and definition of Prana and Pranayama; its importance in Nadi shuddhi; Pre- requisites of Pranayama, Nadishodhana Pranayama
- 2.7 Importance of Pranayama in Hatha Yoga Sadhana.
- 2.8 Pranayama in Hatha Yoga Pradeepika & Gheranda Samhita and their health benefits, precautions and contraindications.
- 2.9 Concept, definition of Bandha, Mudra and their importance in Hatha Yoga Pradeepika,
- 2.10 Health benefits, precautions and contraindications of Bandha and Mudra.

UNIT-IV: HATHA YOGA PRACTICES: PRATYAHARA, DHARANA, DHYANA AND NADANUSANDHANA

- 2.11 Concept of Manas (mind) and Kanda in Hatha Yoga
- 2.12 Concept and definition of Pratyahara, Dharana and Dhyana in Gheranda Samhita.
- 2.13 Techniques and benefits of Pratyahara, Dharana and Dhyana in Gheranda Samhita.
- 2.14 Concept and benefits of Nada and Nadanusandhana in Hathayoga Pradeepika, four avasthas (Stages) of Nadanusandhana.
- 2.15 Relationship between Hatha Yoga and Raja Yoga; Goal of Hatha Yoga

TEXT BOOK:

Swami Niranjanananda, Gherand Samhita, Bihar Munger

BOOKS FOR REFERENCE

- 1 Swami Rama-The Royal Path (HI, Honesdale 1998)
- 2 Swami Rama-Holistic Health (HI, Honesdale 1999)
- 3 Bharati, Swami Veda- Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania
- 4 Sharma B. R- Jotsna (Comentory of HathaYoga Pradeepika), Kaivalyadhama, Lonavala, 2013
- 5 Gharote, M.M. & others- Therapeutic references in Traditional Yoga Texts, The Lonavla Institute,
- 6 Swami Niranjanananda, Gherand Samhita (Bihar School of Yoga, Munger,
- 7 Swami Muktibodhananda Saraswati - Hatha Yoga Pradeepika : Bihar School of Yoga, Munger,

Ar200

[Signature]

[Signature]

[Signature]

[Signature]

Principal

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Registrar
Page 21
Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC203	Course Title- Human Anatomy and Physiology-II (Minor Stream)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> ● To know the basic functions of the body ● To give brief idea about the diseases related to each system ● To make the student understand the involvement of their body parts while practicing various postures of yoga 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will have a basic understanding of the human anatomy ● Students will understand human physiology ● Students will have a deeper understanding of the effect of yoga practice on human body. 				

Unit -1: Nervous system and special senses

- 1.1 Structure and function of human brain.-Fore brain, mid brain and hind brain
- 1.2 Structure and function of spinal cord, Cranial nerve and spinal nerve
- 1.3 Autonomic nervous system, Sympathetic and para sympathetic nervous system
- 1.4 Mechanism of nerve conduction, Synapse and synaptic transmission, Reflex action
- 1.5 Structure and function of eye,ear,nose,tongue and skin

Unit -2: Endocrine system

- 2.1 Structure and function of important endocrine gland
- 2.2 Pituitary, Thyroid, Parathyroid, Pancreas, Adrenal and gonads
- 2.3 Function of GI tract hormones
- 2.4 Mechanism of hormone action

Unit -3: Reproductive and Excretory system

- 3.1 Male reproductive system of human.-Testis, penis, epididymis, prostate gland
- 3.2 Female reproductive system of human-ovary, uterus, vagina, cervix, fallopian tube
- 3.3 Menstrual cycle Gametogenesis-Spermatogenesis and oogenesis; Fertilization; Implantation and embryonic development; Pregnancy
- 3.4 Excretory system of human-Kidney, ureter, urinary bladder, urethra
- 3.5 Mechanism of urine formation-Ultrafiltration, selective re absorption, tubular secretion; Role of kidney in osmoregulation

Unit -4: Lymphatic system and immune system

- 4.1 Lymphoid organ-Bone marrow, Thymus, spleen ,Lymph node
- 4.2 Composition and function of lymph
- 4.3 Immunity, Types of immunity-Innate immunity and acquired immunity
- 4.4 Antigen and antibody
- 4.5 Hypersensitivity and Autoimmunity

TEXT BOOK:

- Evelyn Pearce: Anatomy and Physiology For Nurses, Jaypee Brothers Medical Publishers Pvt.Ltd, New Delhi, 2011

BOOKS FOR REFERENCE

1. Tortora and Bryan: Anatomy and Physiology 2. Khurana: Anatomy and Physiology
2. Bijlani R. L.: Understanding of Human Physiology, Jaypee Brothers Medical Publishers, New Delhi, 2011
3. Arthur C Gyton & Hall: Medical Physiology, Reed Elsevier India Pvt. Ltd, New Delhi, 2006
4. Chatterji C. C: Human Physiology Vol. I & II, Medical Allied Agency, Kolkata, 2004
5. Sharma J. P: A-Z Illustrated Encyclopaedia of Human Anatomy & Physiology, KhelSahiya Kendra, Delhi

Ar200

Smr

Prin

Prin

Principal

Registrar

Swami Rama Himalayan University

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun, Uttarakhand-248016

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC204	Course Title- YOGIC CONCEPT OF HUMAN ANATOMY & PHYSIOLOGY (Ability Enhancement Course)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> ● Students of the UG Programme will have an understanding about Human System according to yogic texts. ● Students shall have an idea about commonalities of the concept across the texts 				
Course Outcomes	<ul style="list-style-type: none"> ● Student will be able to learn the importance of Prana and Chakra ● Student will be able to learn the importance of Tri-Sharir 				

Unit-1: EVOLUTION OF BODY

- 1.1 Pancamahabhutas, Panchatattvas and Panchatanmatras.
- 1.2 Evolution of human body in the context of Sāmkhya yoga.
- 1.3 Evolution of Jñānendriyas, Karmendriyas.
- 1.4 Mahat, manas, Buddhi, Citta and Ahaākāra.
- 1.5 Saptadhatu that make a human body.

Unit-2: PANCHA KOSHA THEORY

- 2.1 Critical analysis of the story of Bhrigu and Varuna.
- 2.2 Panch kosas according to Upnishad.
- 2.3 The existence of five kohas in the human body.
- 2.4 The product of five kosha.
- 2.5 Disturbance of each kosha.

Unit-3: VAYUS, NADIES AND SWARA YOGA

- 3.1 Concept of Vayus, type, their names and function.
- 3.2 Concept of Nadies, their characteristics and name of major Nadies and their functions.
- 3.3 Difference between Ida, Pingala and Sushumna.
- 3.4 Effects of Svarayoga as explained in the Hatha yogic texts.
- 3.5 Relevance of Svava-vijnāna in day to day life and the importance of Svarodaya in health and disease.

Unit-4: CHAKRAS and kundalini THEORY

- 4.1 Introduction to Chakras; According to Shiva Samhita and Upanishad.
- 4.2 Description of Mooladhara and Svadishthana.
- 4.3 Manipura Anahata, Vishuddhi, Sahasrara.
- 4.4 Brief introduction of Kundalini.
- 4.5 Methods and Result of Awaken Kundalini.

TEXT BOOK:

Amrita Bharti, Nadi Tantra evam Prana, CCRYN

Acharya Shri Ram Sharm, Gayatri ki Panchkoshiya Sadhana, Gayatri Parivaar

BOOKS FOR REFERENCE:

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.
4. Karel Werner : Yoga and Indian Philosophy (Motilal Banarsidass, Delhi, 1979)

Ar200

Smriti

Posi

Subra

Registrar

Swami Rama Himalayan University

Principal

Page 23

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Multidisciplinary Course (MD)

To be opt by the student from the list of Multidisciplinary Course



Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016



Registrar
Swami Rama Himalayan University

Skill Enhancement Course

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC205	Course Title- SOFT SKILL TRAINING	1	0	0	1
Course Objectives	<ul style="list-style-type: none"> ● Define verbal and nonverbal communication, and distinguish between their characteristics and significance in various contexts. ● Recognize different types of nonverbal cues, including kinesics (body movements), paralanguage (tone, pitch, etc.), proxemics (personal space), haptics (touch), and chronemics (time). 				
Course Outcomes	<ul style="list-style-type: none"> ● Understand the fundamental structure of public speeches, including introduction, body, and conclusion, and understand how to tailor speeches to different audiences and contexts. ● Apply effective verbal and nonverbal communication skills in real-life scenarios, such as job interviews, presentations, and interpersonal interactions. ● Reflect on personal growth in communication skills and evaluate areas for further improvement, considering both verbal and nonverbal aspects. 				

Unit- I Verbal & Non-verbal Communication

Introduction to Communication, Dress for Success, Understanding Non-Verbal Communication, Public Speaking Basics, Recap, Reflection, and Presentations

Unit- II Goal Setting, Time Management & Team Building

Introduction to Goal Setting and Importance of Time Management , Principles of Goal Setting and SMART Goals, Time Management and Creating Timelines, Team Building and, Understanding Team Dynamics, Personal and Professional Goals Alignment, Effective Communication and Building Interpersonal Relations, Conflict Resolution and Collaboration, Recap, Reflection, and Next Steps

Unit- II Telephone Etiquette

Introduction to Telephonic Etiquettes and Tone of Voice, Mail Etiquettes and Practice, Handling Challenging Situations and Interactive Activities, Recap, Practical Application, and Reflection

Unit- III Stress Management

Understanding Stress and Its Types, Identifying Sources of Stress, Coping with Stress in Real Time , Techniques for Coping with Workplace Stress, Creative Approaches to Stress Management, Personalized Stress Management Plans and Recap

Unit- IV Assessment:

1. Group Activities
2. Quiz
3. Presentations
4. Peer Assessment

References & TEXT BOOKS

· Mitra, Barun K. (2014). Personality Development and Soft Skills. Oxford University Press. · Maxwell, John C. (2013). The Five Levels of Leadership, Audiohook Publishing. · Gladwell, Malcolm (2013). David and Goliath, Little, Brown and Company.
Buckingham, Marcus and Coffmann Curt (1999). First, Break all the Rules. Simon & Schuster. · Covey, Stephen (1989). The Seven Habits of Highly Effective People, Free Press.

Ar200

Smishtr

[Signature]

[Signature]
Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016
Page 25
Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC206	Course Title- YOGA PRACTICAL - III (Major Course)	0	0	6	3
Course Objectives	<ul style="list-style-type: none"> ● Understand the principle and practice of Yogic practices. ● To experience the changes in human body using demonstrations of pranayama, shatkarma. and meditation ● Have an understanding about the practices that help practitioners to lead to meditation. 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will be familiar with the systems of Yoga. ● Students will have an experience about the human body using demonstrations of pranayama, shatkarma. And meditation ● Students will have an understanding about the practices that help practitioners to lead to meditation. 				

- Prayers, Mantra Chanting, Gita Patha, Yoga Sutra Patha & Upnishad Shlokas Chanting

I. SHATKARMA

- Dhauti (Vamana Dhauti, Vastra Dhauti)
- Neti (Jala, Sutra, Rabar)
- Nauli Madhyama, Vama, Dakshina and Nauli Chalana
- Trataka

II. PRANAYAMA

- Nadi Shodhana (Technique 1: Same Nostril Breathing)
- Nadi Shodhana (Technique 2: Alternate Nostril Breathing)
- Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar Kumbhak)
- Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka + Bahya Kumbhak) (1:4:2:2)
- Bhramari Pranayama, Surya-bhedi Pranayama, Ujjayi Pranayama, Sheetali Pranayama
- Shitkari Pranayama, Bhastrika Pranayama

III. PRACTICES LEADING TO MEDITATION

- Pranav and Soham Japa
- Yoga Nidra
- Antarmauna, Ajapa Japa
- IV Counselling When not to do yoga – situations where different Yoga kriyas and asanas should not be done and taught

Note- Special Yoga Practices may be conducted on the basis of Swami Rama Teaching at Sadhana Mandir Trust / Swami Rama Sadhak Gram.

TEXT BOOK:

- Swami Satyanand Saraswati, Asana pranayam mudra bandh, Bihar Munger

BOOKS FOR REFERENCE

1. Swami Rama- Meditation and Its Practice, (HI, Honesdale 1998)
2. Swami Rama- OM The Eternal Witness (HIHT 2007)
3. Saraswati, Swami Satyanand- Asana, Pranayama, Mudra ,Bandha, Bihar School of Yoga, Munger, 2006
4. Iyengar, B.K.S.- Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012
5. Nagendra, H.R- The Art and Science of Pranayama, Swami Vivekanand Yoga Prakashan, 2005, Bangaore.
6. Swami Rama- Science of Breath, A Practcal Guide, The Himalayan International Institute, Pennselvenia, 1998
7. Swami Niranjananand Sarswati- Dhama Darshan, Yoga Publication Trust, Munger, Bihar
8. Swami Satyananda- Yoganidra, Yoga Publication Trust, Munger, 1998

Ar200

Smrithi

[Signature]

[Signature]

[Signature]
Principal

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

[Signature]
Registrar
Himalayan University

Page 26

Program Code-18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC207	Course Title- YOGA PRACTICAL - IV (Major Course)	0	0	4	2
Course Objectives	<ul style="list-style-type: none"> ● Understand the principle and practice of different type of Yogasanas. ● Demonstrate each Asana and explain its procedure. ● Explain the benefits, limitation and subtle points of each practice. 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will be familiar with the systems of Yoga styles. ● Students will make students understand the organization of the body with respect to structural components. ● Students will understand the principle and practice of Yoga. 				

➤ Prayers, Mantra Chanting, Gita Patha, Yoga Sutra Patha & Upnishad Shlokas Chanting

I. YOGASANA (Sitting Postures)

- 1.1 Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana
- 1.2 Kagasana, Utkatasana, Gomukhasana, Ushtasana, Shashankasana,
- 1.3 Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, Utthana Mandukasana
- 1.4 Vakrasana, Ardha Matsyendrasana, Marichayasana

II. YOGASANA (Prone lying Postures)

- 2.1 Makarasana
- 2.2 Bhujangasana
- 2.3 Shalabhasana
- 2.4 Dhanurasana
- 2.5 Kapotasana
- 2.6 Rajkapotasana

III. YOGASANA (Supine lying Postures)

- 3.1 Pawanmuktasana
- 3.2 Utthan-padasana, Ardha halasana
- 3.3 Halasana,
- 3.4 Setubandh Sarvangasana
- 3.5 Sarvangasana
- 3.6 Matasayana
- 3.7 Chakrasana
- 3.8 Shavasana

IV. Counselling when not to do yoga – situations where different Yoga kriyas and asanas should not be done and taught

TEXT BOOK:

- Swami Satyanand Saraswati, Asana pranayam mudra bandh, Bihar Munger

BOOKS FOR REFERENCE

1. Swami Kuvalyananda- Asana Kaivalyadhama, Lonavla
2. Swami Satyananda Saraswati-Asana, Pranayama, Mudra, Bandha, Bihar School of Yoga, Munger
3. Iyengar, B.K.S. - Light on Yoga, Harper Collins Publishers.
4. Jayadev, Yogendra- Cyclopaedia Yoga (Vol. I-IV), The Yoga Institute, Santacruz, Mumbai
5. Swami Dharendra Bhrahmachari- Yogasana Vijnana, Dharendra Yoga Publications, New Delhi
6. Tiwari, O.P. - Asana Why and How? Kaivalyadhama, Lonavla.
7. Saraswati, Swami Satyanand- Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger
8. Sandra Anderson Rolf Sovik- Yoga MASTERING The Basic (HI, USA 2000)
9. Radha, Sivananda- Hatha Yoga, Jaico Publishing House, Delhi, 2004.
10. Sri Ananda - The Complete book of Yoga, Orient Paper Backs, Delhi, 2003.

Ar200

[Signature]

[Signature]
Sri Ananda

[Signature]
Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

[Signature]
Registrar
Swami Rama Himalayan University
(27)

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC208	Course Title- Human Anatomy and Physiology Practical -II (Minor Stream)	0	0	2	1
Course Objectives	<ul style="list-style-type: none"> ● Understand the principles and procedure of every experiment. ● Demonstrate an experiment with the interpretation of the results. ● Explain the procedure of each step of an experiment skillfully. 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will understand the physiological functions ● Students will be able to explain underlying mechanism of changes in body due to Yoga practice. 				

Examination pattern:

I. Practical:

- Practical demonstration will be based on Theory Paper III.

II. Viva voce

TEXT BOOK:

- Evelyn Pearce: Anatomy and Physiology For Nurses, Jaypee Brothers Medical Publishers Pvt.Ltd, New Delhi, 2011

BOOKS FOR REFERENCE

1. Parvati Mahapatra: Practical physiology, Jaypee publishers
2. Tiwari, O.P. - Asana Why and How? Kaivalyadhama, Lonavla.

[Handwritten signatures]

Lubee
Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Arzoo

Srishti

[Handwritten signature]
Registrar
Swami Rama Himalayan University

UNDER GRADUATE DIPLOMA COURSE IN YOGA SCIENCE AND HOLISTIC HEALTH

B. Sc. YSHH- SEMESTER III

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC301	Course Title- PATANJAL YOGA DARSHAN – I (Major Course)	3	0	0	3
Course Objectives	<ul style="list-style-type: none">● Understand various modification of mind and the means of inhibiting them.● Have an understanding about the essence of Samkhya & Samadhi Pada.● To make the student understand Yoga Darshan Philosophy.				
Course Outcomes	<ul style="list-style-type: none">● Students will understand an overview of the Patanjali Yoga Sutras● Students will be able to teach the essence of the Patanjali Yoga Sutras● After completion of the course students will understand the basics of Samkhya and Yoga darshanas (Philosophies).				

UNIT- I: INTRODUCTION TO SAMKYA DARSHANA, YOGA DARSHAN OF PATANJALI AND ITS TRADITIONAL COMMENTRIES

- 1.1 Introduction to Samkhya and Yoga Darshana, History and development of Samkhya and Yoga Darshana.
- 1.2 Theory of Evolution and Meta-physics of Samkhya (Shristi Krama), Tri Dukha (Three types of Sufferings)
- 1.3 Concept of Triguna, Prakriti and Purusha, Apavarga (Moksha) according to Samkhya Darshan, Satkarya Vaad (Satkaryavada of Samkhya, Samyoga, Sarga and Pratisarga.)
- 1.4 Ekadasha Indriya, Pancha Mahabhoot & Tanmatra and Pramana.
- 1.5 Concept of Antah-Karan Concept of Mana, Bhudhi, Ahankar and Chitta.

UNIT-II: CONCEPT OF CHITTA, CHITTA-BHOOMIS, CHITTA VRITTIES & CHITTA VRITTI NIRODHOPAYA

- 2.1 Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.) & Traditional commentaries and commentators of P.Y.S.
- 2.2 Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra
- 2.3 (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-vartika).
- 2.4 Concept of Yoganushasanam, Yoga Lakshanam and its results
- 2.5 Concept of Chitta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha).
- 2.6 Concept of Chitta-Vritties and their classification, Chitta-Vritti Nirodhopaya (Abhyasa and Vairagya).

UNIT- III: SAMADHI PADA

- 3.1 Concept of Chitta-Vikshepas (Antarayas), Vikshepa sahabhuva.
- 3.2 Concept of Citta-prasadanam, Relevance of Citta- prasadanam in Yoga Sadhana.
- 3.3 Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar.
- 3.4 Importance of Ishwar and Ishwar Pranidhana in Yoga Sadhna.
- 3.5 Concept of Samapatti and kinds of Samapatti (Savitraka and Nirvitraka, Savichara and Nirvichara).

UNIT – IV: SAMADHI PADA AND ITS APPLICATIONS

- 4.1 Types of Samadhi- Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita)
- 4.2 Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).
- 4.3 Application of Shradha, Virya, Smriti, Samadhi and Prajah in Yoga Sadhana.
- 4.4 Relevance of concept of Ishwar and Ishwar pranidhana in Yoga Sadhana,
- 4.5 Ritambhara-prajna and Adhyatma-prasadanam – Dharma Megha Samadhi.

Text Book:

- Patanjali Yog Darshan – Geeta Prass Gorakhpur.
- Four Chapters of Freedom – Swami Satyananda Saraswati.

BOOKS FOR REFERENCE

1. Swami Digambara Ji and others, Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012
2. Swami Virupaksananda, Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachapati Mishra),
3. Sri Ram KrishanaMatha Madras, 1995
4. Swami Rama, Yoga the Secred Science vo-1 (HIHT, 2002)
5. K.D. Prithvipaul, the Yogasurta of Patanjali M.L.B.D. New Delhi
6. Swami Ved Bharti, Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004

Ar200

Swami

Swami

Swami

Principal

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Registrar
Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC302	Course Title- YOGA EDUCATION AND TEACHING METHODOLOGY (Major Course)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> ● To teach teaching techniques to the students ● To teach class management and lesson planning ● To introduce educational tools of yoga teaching 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will learn teaching techniques. ● Students will be able to teach class management and lesson planning ● Students will be able to introduce educational tools of Yoga teaching 				

UNIT – I: FUNDAMENTALS OF EDUCATION

- 1.1 Education: Meaning, Definition, Aim and Importance. Concept of Teaching and Training. Components of Education: Teacher, Student and Curriculum; Forms of Education; Agencies of Education.
- 1.2 Education in Indian and Western Perspective; Trends in Modern Education: Emphasis on Developing Holistic Personality; Philosophical, Psychological, Sociological and Scientific Approaches of Education.
- 1.3 Communication: Role of Language, Voice, Fluency, Clarity and Body Language in Teaching; Audio-Visual Aids in Teaching.
- 1.4 Evaluation: Meaning, Purpose and Importance of Evaluation;
- 1.5 Yoga Education: Salient Features; Factors of Yoga Education: Teacher, Student and Teaching, Role of a Yoga Teacher.

UNIT – II: VALUE-BASED EDUCATION BASIS ON YOGIC TEXTS

Value oriented Education; Guru-Shishya Parampara and its importance in Yoga Education; Concepts of Para and Apra Vidya.

- 2.2 Value-based Education: Meaning and Definition; Need and Aim of Value-based Education;
- 2.3 Contribution of Yoga towards Development of Values in Yoga Sutra,
- 2.4 Contribution of Yoga towards Development of Values in Hathayoga
- 2.5 Contribution of Yoga towards Development of Values in Geeta.

UNIT – III: BASICS OF CLASS MANAGEMENT & LESSON PLANNING

- 3.1 Quality of good Yoga Sadhaka as per Geeta and Hathyoga
- 3.2 Planning of Yoga Teaching What, Why and How? Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation) Models of Lesson Plan
- 3.3 Techniques of mass instructions, Techniques of Individualized teaching, group teaching, Organization of teaching (Time Management, Discipline etc.)
- 3.4 Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group)
- 3.5 Meaning, Importance and Types of Educational technology, Role of Educational Technology in Yoga. Effective use of Library and other resources, Lesson Plan and its Practical applications

UNIT IV: YOGA TEACHING IN DIFFERENT SETUPS & TOOLS OF YOGA TEACHING

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching etc.

- 4.2 Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching
- 4.3 Role of Yoga in School Education, Role of social interaction in a School Health and establishment of values in School going children,
- 4.4 Role of Yoga in Physical Education, Role of Yoga in Sports and Physical Education, Role of yoga in Sports promotion.
- 4.5 Role of Yoga in Social Education, Yoga Practices for bringing socially healthy citizens in respects of “Vasudhaiva Kutumbakam”

Text Book: & BOOKS FOR REFERENCE

1. Basavaraddi I V - Yoga in School Health, MDNIY New Delhi, 2009
2. Swami Rama- Art of joyfull Living (HI, Honesdale,USA 1981)
3. Swami Rama- love and family life (HI, India,1992)
4. Dr. Gharote M L, Teaching methods for Yoga practices, Kaivalyadhama, Lonavala, 2007
5. Dr. Shri Krishna, Notes on basic principles & methods of teaching as applied to Yoga practices and a ready reckoner of Yoga practices, Kaivalyadhama, Lonavala, 2009
6. Dr. Raj Kumar, Principles & methods of Teaching, Printo graphics, Delhi,

Ar200

[Signature]

[Signature]

[Signature]

[Signature]
Principal

[Signature]
Registrar

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC303	Course Title- HOLISTIC HEALTH (Minor Stream)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> To establish holistic health, social harmony and world peace by training them to be great citizens who can offer yogic way of life as examples of right living. To teach A SELF TRAINING PROGRAM based on the teachings of HH Swami Rama (STHITPRAGYA) 				
Course Outcomes	<ul style="list-style-type: none"> After completion of the course students will be able to introduce the essential elements of a yogic life style based on the teachings of HH Swami Rama After completion of the course students will understand the concept of health and disease After completion of the course students will have an understanding of the concept of ill health and their remedies through yoga 				

UNIT I: Concept of Holistic Health

- 1.1 Concept of Holistic Health, Integration of Body, Breath, Mind and Spirit, A Healthy Body,
- 1.2 Cleansing the Body; Lungs, Bowel, Kidneys and Pores, Fasting
- 1.3 Exercise; Yogasanas and Aerobic Exercise, Yogasanas; Precautions and Benefits of Asanas,
- 1.4 Joints and Glands Exercises (Practicum), Aerobic Exercises; Precautions and Benefits
- 1.5 The Breath; Prana and Breath, Breath, Link between Body and Mind, How to breathe

UNIT II: Four Primitive Fountains

- 2.1 Diaphragmatic Breathing; Makarasana & Shavasana, Physiology of Diaphragmatic Breathing & Benefits, Four Bad Habits of Breathing,
- 2.2 Nadi Shodhana: 3 variations and benefits of Nadi Shodhana,
- 2.3 The nose: Its internal structures and functions; Jala Neti and Sutra Neti
- 2.4 Emotions; 4 Primitive Fountains- Food, Sleep, Sex and Fear
- 2.5 Regulation of the 4 fountains, Positive and Negative Emotions, Emotions and Relationships,

UNIT III: A Self Training Program (Sthitpragya)

- 3.1 Yamas and Niyamas of Raja Yoga, the Mind, Mind: Friend or Foe?
- 3.2 Yoga Psychology, Conscious and Unconscious Mind, Inner Dialog, Developing Sankalpa Shakti, Intuition, Memory, Paths of Yoga; Bhakti Yoga (Prayer), Karma Yoga (Selfless Action), Jnana Yoga (Contemplation), Raja Yoga (Meditation)
- 3.3 A Self Training Program for Integration of Body, Breath, Mind and Spirit; Practicums; Diaphragmatic Breathing, 4 Good Habits of Breathing, Nadi Shodhanam, Systematic Relaxation; Joints and Glands Exercises, 31 point and 61 point Exercises
- 3.4 Five pillars of Sadhana: Stillness, Fasting, Silence, Celibacy and Conquest of Sleep.
- 3.5 Contemplative walking, Mindfulness

UNIT - IV: YOGIC DIET FOR HOLISTIC HEALTH

- 4.1 Nourishing the Body; What to eat, How to eat, When to eat
- 4.2 Why vegetarian; what is good diet, vegetarian diet & health?
- 4.3 Food and consciousness; relationship between nutrition and mind.
- 4.4 Food sadhana; making oneself a nutritional laboratory, diet & self-regulation.
- 4.5 Locally available food to be introduced, Home remedies; How to use green herbs and fruits in daily life.

Text Books

- Swami Rama-Holistic Health (HI, Honesdale 1999)
- Prakash keshaviah - Yogic Practices of the Himalayan tradition

BOOKS FOR REFERENCE

1. Swami Rama- Creative use Of Imotions (HI, USA, 1976)
2. Swami Veda Bharti- Super Conscious Meditation (HI,USA, 1974)
3. Swami Veda Bharti, Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004

[Signature]

[Signature]

Ar200

Snicht

[Signature]
Principal

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC304	Course Title- FUNCTIONAL ENGLISH- (Ability Enhancement Course)	1	1	2	3
Course Objectives	<ul style="list-style-type: none"> ● To acquire the skill of communicating with others in English. ● To apply the value of English in diverse field. ● To understand the approach and theory of English. 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will heighten their awareness of correct usage of English grammar in writing and speaking ● Students will improve their speaking ability in English both in terms of fluency and comprehensibility ● Students will be able to understand the values and perspectives available in literary texts that embody the essence of multiple societies and cultures 				

UNIT – I: COMMUNICATION: LISTENING & SPEAKING SKILLS

- 1.1 Communication – Definition & Process
- 1.2 Types of Communication – Verbal & Non Verbal
- 1.3 Barriers to Communication
- 1.4 Listening-Active & Passive, Developing effective Listening skills
- 1.5 Speaking – Stress & Intonation, Group Discussions, Free Speech

UNIT – II: APPLIED GRAMMAR & VOCABULARY BUILDING

- 2.1 Sentences – Kinds and transformation
- 2.2 Antonyms, Synonyms & Idioms
- 2.3 Verb Forms & Tenses
- 2.4 Common errors in English
- 2.5 Words confused and misused

UNIT – III: READING SKILLS

- 2.6 Skimming
- 2.7 Scanning
- 2.8 Summarizing
- 2.9 Paraphrasing
- 2.10 Reading Comprehension

UNIT – IV: WRITING SKILLS

- 2.11 Paragraph writing
- 2.12 Essay Writing
- 2.13 Writing of business letters & Job Applications
- 2.14 Email drafting and etiquette
- 2.15 Writing of Resume

Text Books

- Prasad, P. The Functional Aspects of Communication Skills, Delhi

BOOKS FOR REFERENCE

1. Sen, Leena. Communication Skills, Prentice Hall of India, New Delhi.
2. McCarthy, Michael, English Vocabulary in Use, Cambridge University Press.
3. Rajinder Pal and Prem Lata. English Grammar and Composition, Sultan Chand Publication.

Health and Yogic Hygiene (Skill Enhancement Course)

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC305	Course Title- Health and Yogic Hygiene (SEC)	2	0	0	2
Course Objectives	<ul style="list-style-type: none"> To have an in depth understanding of physiological changes following the practice of yoga To have a brief idea of the underlying mechanism behind the possible benefits as a result of yogic practices To equip the students with an idea of muscles and nerve fibers stretched and compressed, toned up during various yogic posture 				
Course Outcomes	<ul style="list-style-type: none"> Students will gain in-depth understanding about the Physiological Effect of Yoga practices To have an in-depth understanding about physiological benefits of Pranayama; Neuro Psychological locks in Mudras; Neuro Muscular locks in Bandhas. Understand the need for clinical research in Yoga Sciences To make the students aware the different aspects Physiological Effect of Yoga practices in Holistic Health 				

Unit-1: INTRODUCTION TO HEALTH AND HYGIENE

Personal hygiene, Definition of health and factors; affecting it- food habits, cleanliness, exercise and sleep; Water – Importance of water, impurities present in water, sources of contamination of water and water purification (Household and natural methods); First aid: meaning, importance in daily life.

Unit-2: INFECTION AND DISINFECTANTS

Infection – Definitions of Infection, Infective agents, Period of infectivity; Types of diseases and their modes of spread; Channels of infection; disinfectants – Definition, types and methods of disinfection

or

Unit-3: INFECTIOUS DISEASES [15 Hrs.]

Infectious diseases - Causes, incubation period, mode of spread, symptoms, prevention & control of the following diseases; Diseases spread by insects -Malaria, Dengue; Diseases spread by ingestion - Dysentery, cholera, typhoid; Diseases spread by droplet infection - Chicken pox, measles, mumps; Disease spread by Contact - Leprosy, AIDS;

Unit-4: Immunity - Definition, types of immunity & immunization schedule

Common emerging health problems among women: Cancer of Breast and Cervical

TEXT BOOKS

1. Yash pal Bedi (1976) Hygiene & Public Health. Anand Publishing Co., gali No. 1, Nawan Kot Amritsar.
2. V. N. Hhave, (1975) You & Your Health.. National Book Trust
3. Bihari Lal Bhatia, (1961) Elementary.. Hygiene, Orient Longmans, Ltd. Calcutta -13
4. J.E. Park, (1983) Prenentive & Social Medicine, Jabalpur Messrs Banarcidas Bhanot
5. Birendra Nath Ghosh, (1969) Hygiene & Public Health Calcutta Scientific Publishing Co.

[Signature]

[Signature]

[Signature]

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Page 33

[Signature]

[Signature]

[Signature]
Registrar
Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC306	Course Title- YOGA PRACTICAL - V (Major Course)	0	0	0	6
Course Objectives	<ul style="list-style-type: none"> ● Understand the principle and practice of each practice. ● Demonstrate each practice skillfully. ● Explain the procedure, precaution, benefits and limitations of each practice. 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will understand the organization of the body with respect to structural components. ● Students will understand the principle and practice of Yogic practices. ● Students will have an understanding about the practices that help practitioners to lead to meditation. 				

I. BANDHA

- Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha

II PRANAYAMA (with Antar & Bahya Kumbhaka)

- Surya-bhedi Pranayama, Ujjayi Pranayama, Sheetali Pranayama, Shitkari Pranayama, Bhastrika Pranayama

III. PRACTICES LEADING TO MEDITATION

- Ajapa Japa
- Yoga Nidra
- Practices leading to Breath Meditation (Swasa Dhyana)
- Practices leading to Soham Meditation
- Practices leading to Vipassana Meditation, Practices leading to Preksha Meditation

IV Counselling when not to do yoga – situations where different Yoga kriyas and asanas should not be done and taught

Note- Special Yoga Practices may be conducted on the basis of Swami Rama Teaching at SMT/SRSG.

TEXT BOOK:

- Swami Satyanand Saraswati, Asana pranayam mudra bandh, Bihar Munger

BOOKS FOR REFERENCE

1. Swami Rama- Path Of Fire and Light vol-1,11 (HI, USA 1996)
2. Swami Rama-The Royal Path (Honesdale , USA , 1998)
3. Swami Rama-Meditation and Its Practise (HI, USA , 1998)
4. PT. Usharbudh Arya-Mantra & Meditation
5. Swami Rama-OM The Eternal Witness (HIHT 2007)
6. Saraswati, Swami Satyanand- Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009
7. Iyengar, B.K.S.- Light on Pranayama, Harper Collins, London, 2012

[Signature]

[Signature]

[Signature]

[Signature]

[Signature]

Principal

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Page 34

[Signature]

Registrar

Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC307	Course Title- YOGA PRACTICAL - VI (Major Course)	0	0	4	2
Course Objectives	<ul style="list-style-type: none"> ● Understand the principle and practice of each practice. ● Demonstrate each practice skillfully. ● Explain the procedure, precaution, benefits and limitations of each practice. 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will be able to understand the organization of the body with respect to structural components. ● Students will understand the principle and practice of Yoga ● Students will have an understanding about the practices that help practitioners to lead to meditation. 				

➤ **Prayers, Mantra Chanting, Gita Patha, Yoga Sutra Patha & Upnishad Shlokas Chanting**

I. YOGASANA

- Siddhasana, Bhadrasana, Baddha Padmasana, Uttitha Padmasana, Bhunamanasana, Hanumanasana, Bakasana, Kukkutasana, Garbhasana, Matsyendrasana, Marjariasana, Padangusthasana, Hastapadangusthasana, Garudasana, Vatayanasana, Natarajasana, Mayurasana, Padma Mayurasana, Sirshasana and its variations, Ekapada and Dwipada Kandasana

II. MUDRAS

- Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Shambhavi Mudra, Kaki Mudra, Tadagi Mudra, Vipareet Karni Mudra, Simha Mudra

III Counselling when not to do yoga – situations where different Yoga kriyas and asanas should not be done and taught

Note- Special Yoga Practices may be conducted on the basis of Swami Rama Teaching at SMT/SRSG

TEXT BOOK:

- Swami Satyanand Saraswati, Asana pranayam mudra bandh, Bihar Munger

BOOKS FOR REFERENCE

1. Swami Rama- Path Of Fire and Light vol-1,11 (HI, USA 1996)
2. Swami Rama-The Royal Path (Honesdale, USA, 1998)
3. Swami Rama-Meditation and Its Practise (HI, USA, 1998)
4. Swami Rama- Science of Breath, The Himalayan International Institute, Pennsylvania, 1998
5. PT. Usharbudh Arya-Mantra & Meditation
6. Swami Rama-OM The Eternal Witness (HIHT 2007)
7. Saraswati, Swami Satyanand- Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009

Ar200

Principle

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Page 35

Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC308	Course Title- HOLISTIC HEALTH PRACTICAL (Minor Stream)	0	0	2	1
Course Objectives	<ul style="list-style-type: none"> ● Understand the concept of health and disease. ● Have understanding about yogic concepts of health and healing. ● To make the students understand the concept of Ahara. 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will have an overview of the five sheath human existence ● After completion of the course students will learn methods of natural healing . ● Students will understand the concept of Ahara and its role in healthy living 				

- Practical will be based on **Holistic Health** of Theory Paper III.

Special Practices-

- **Sthitpragya**; Personality Development Program
 - Stillness, Silence, Fasting, Tapas, Swadhyaya; Applied Yoga Sutra, Vasudaiva Kutumbkam, Sarve Bhavatu Sukhina Bhava (Environment), Social Integration & Harmony

BOOKS FOR REFERENCE

1. Swami Rama- Creative use Of Imotions (HI, USA, 1976)
2. Swami Veda Bharti- SuperConscious Meditation (HI,USA, 1974)
3. Swami Veda Bharti, Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004
4. Swami Rama, Living With the Himalayan Master (HI,Honesdale ,USA,1999)
5. Swami Rama, Meditation And Its Practise (HI, Honesdale ,USA,1998)



Lubrecy
Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

SEMESTER - IV

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC401	Course Title- PATANJAL YOGA DARSHANA-II (Major Course)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> ● Understand various modification of mind and the means of inhibiting them. ● Have an understanding about the essence of Sadhana Pada. ● Understand the essence of Vibhuti and Kaivalya pada. 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will be able to differentiate between various types of parinamas (transformations) of Chitta, meditation techniques & Samadhis. ● Students will be able to explain the meaning and glory of Kaivalya ● Students will define Mind (from Eastern and Western perspectives) especially the subconscious-mind – its various states and its various expressions in our daily lives 				

UNIT – I: SADHANA PADA

- 1.1 Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh).
- 1.2 Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drisha-nirupanam (Prakriti), Drastunirupanama (Purusha).
- 1.3 Introduction to Ashtanga Yoga-(Yama, Niyam, Asana, Pranayama, Pratyahar, Dharana, Dhyana and Samadhi)
- 1.4 Concept of Asana and Pranayama and their Siddhis.
- 1.5 Concept of Pratyahara and its Siddhis.

UNIT – II: SADHANA PADA AND ITS APPLICATION

- 2.1 Application of Kriya Yoga (Tapa, Swadhyaya, Ishwar-Pranidhan).
- 2.2 Application of Yama, Niyama and Asana.
- 2.3 Application of Pranayama and Pratyahara.
- 2.4 Application of Dukhavada (through knowledge of Drishta and Drisha-nirupanam).
- 2.5 Theory of Karmasya and principle of Karma-phala and its relevance in Yoga Sadhana.

UNIT – III: VIBHUTI PADA AND ITS APPLICATION

- 3.1 Introduction of Dharana, Dhyana and Samadhi,
- 3.2 Three types of Chitta Parinamah.
- 3.3 Samyama and its Siddhis- Bhoota jaya, Indriya jaya and their Siddhis.
- 3.4 Vivekgyana Nirupanam, Kaivalya.
- 3.5 Role of Dharna, Dhyana and Samadhi in Yoga Sadhna

UNIT – IV: KAIVALYA PADA AND ITS APPLICATION

- 4.1 Five Types of Siddhis and Jatyantar Parinamh.
- 4.2 Concept of Nirman Chitta and four types of Karmas.
- 4.3 Concept of Vasana (Bahya Padartha)
- 4.4 Kaivalya Swaroop. (Guna, Karma and Pratiprasava)
- 4.5 Importance of Patanala Yoga Darshan in day to day Life. (Chittaprasadan, abhyasavairagya, Ashatangayoga, Kriyayoga and Samadhi)

Text Book:

- Patanjali Yog Darshan – Geeta Prass Gorakhpur.
- Four Chapters of Freedom – Swami Satyananda Saraswati.

BOOKS FOR REFERENCE

1. Patanjali yoga darshana by Achar sahaitya prachar trust Khari baoli Delhi 6
2. Ashtang yoga by Swami Dev-Vrata (Arsha yog sanathan, Mirzapur ,Haryana)
3. Swami Rama, Yoga and the Secred Scilence (HIHT 2002)
4. Swami Rama, Sadhana (HIHT, 20011)
5. M.R. Yardi, the Yoga of Patanjali Bhandarkar Oriental Research Institute, Poona, India

Arzoo

Srishti

[Signature]

[Signature]

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

[Signature]
Page: 37
Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC402	Course Title- YOGA PSYCHOLOGY (Major Course)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> ● Understand the necessity and significance of Yoga Psychology ● Have an understanding about utility of Yoga Psychology in the society ● Understand human behavior with regard to Yoga Therapy. 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will understand the concept of yoga and psychology ● Students will be able to teach the concept of yoga and personality development ● Students will understand the concept of yoga and stress management 				

Unit-I: Psychology: a science of behaviour

- 1.1 Definition of Psychology, Psychology: A Science of Behavior Methods of psychological sciences. The roots of psychology, Scope and substance of Indian Psychology,
- 1.2 Yoga Psychology –Concept of pain and suffering, Meaning and purpose of life, Mind – Yoga Perspective
- 1.3 Yoga Psychology and Sankhya metaphysics, Concepts of Self and Consciousness in Indian Psychological thought, Role of Mind and Behavior on human psyche
- 1.4 Concept of Mind and Its Manifestation, Concept of consciousness , Altered State of consciousness Indian approaches to Personality.
- 1.5 Psychopathology and mental health. Yoga as a form of psychotherapy.

Unit- II: Personality and its development

- 2.1 Concept and definition of **Personality**, Assessment of Personality, Yogic View of Personality, Personality Development with special emphasis on Panchakosha and Ashtanga Yoga,
- 2.2 Counseling; Methods of counseling, Skills of counseling, Issues and challenges,
- 2.3 Sensation, Perception and Extra Sensory Perception, Emotion: Meaning, Nature, Types and Emotional Intelligence
- 2.4 **Memory** Process, Memory Curve, Types of Memory, Concept of Forgetting, Assessment of Memory, Concept and definition of **Motivation**, Motivation Cycle, Types of Motivation
- 2.5 Concept and definition of Thinking, and Creativity ; Concept and definition of Intelligence, Types of Intelligence,

Unit- III: Yogic Concept of Psychology and mental health

- 3.1 Concept of Yogic Psychology, Seven Psychic Centres in Human Body, Five Sheaths of Human Body,
- 3.2 Concept of Citta and Its Modifications, Citta-Vritti-Nirodha Through Yoga Yogic Psychology according to Bhagavad-Gita
- 3.3 Psychic Forces, Conflicts and Frustrations, behavior and Consciousness, States of Consciousness, Psychological basis of behavior, Causes and Consequences of Conflicts and Frustrations.
- 3.4 Disorders; Common mental disorders, Depressive disorders, Anxiety disorders, Serious mental disorders, Mental retardation, Alcohol and drug abuse, Suicide, attempted suicide and suicide prevention
- 3.5 Yogic Concepts and Techniques in Patanjala Yoga Sutra and Bhagwadgita for Promoting Mental

Health; Spiritual Growth for Mental Health; Specific Yogic Practices for Promotion of Mental Health: Breath Awareness, Shavasana, Yoganidra, Pranayama and Meditation; Yogic Life-style

Unit-IV: Yogic Psychotherapy and Techniques


- 4.1 Yoga Psychology; States of consciousness according to yogic scriptures (Jāgrata, Svapna, Sushupti and Turéyā) and their applicability
- 4.2 Learning and remembering in the context of Jñāna Yoga (Çravana, Manana and Nididhyāsana) Types of personality in the context of different yogic scriptures (Munha, Kshipta, Vikshipta, Cancalatā etc.)
- 4.3 Meaning and Definition of Psychotherapy, Nature and Basics of Yogic Psychotherapy
Meditation: Mind Controlling Technique, Pranayama: Prana Controlling Technique
Trataka: Concentration Technique, Bandha and Mudras: A Behavioural Technique to Control the Self
- 4.4 Nada Yoga: Music Therapy, Prayer: As Faith Healing; Mantra Sadhana: Behavioural Technique to Control Mind, Spiritual Counselling: A Cognitive Therapy
- 4.5 Sankirtana: Svadhyaya: A Cognitive Therapy, Satsanga: A Cognitive Therapy, Worship: A Faith and Emotion Therapy, Yajna Therapy, Prana Cikitsa or Pranic Healing, Vrata, Anushtana and Upavasa for Behavioural Control, Prayashcitta Sadhanas: Penance

Text Book:

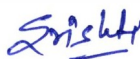
- Yoga Psychology- Dr Kamakhya Kumar

BOOKS FOR REFERENCE

1. Bhatia, Hans Raj: General Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd, 2005
2. Ciccarelli, S. K., Meyer, G. E. & Misra, G.: Psychology: South Asian Edition. New Delhi: Pearson Education,
3. Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L.: Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
4. Swami Rama- Creative use Of Imotions (HI, USA, 1976)
5. Swami Veda Bharti- SuperConscious Meditation (HI, USA, 1974)
6. Basavaraddi, I.V.: Yoga Teacher's Manual for School Teachers. New Delhi



Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016



Registrar
Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC403	Course Title- YOGA DIET & NUTRITION (Minor Stream)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> Brief understanding of Diet & Nutrition as per Yogic Texts To understand the Yogic Concept of Diet & Nutrition 				
Course Outcomes	<ul style="list-style-type: none"> Plan a community intervention based upon a needs assessment Advocate for a public policy related to nutrition programs or health care 				

Unit – I: YOGA CONCEPT OF DIET & NUTRITION

- 1.1 General Introduction of Ahara (Diet), concept of Mitahara;
- 1.2 Definition and Classification in Yoga diet according to traditional Yoga texts;
- 1.3 Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta;
- 1.4 Pathya and Apathya in diet according to Yoga texts; Guna and Ahara;
- 1.5 Importance of Yoga Diet in Yog Sadhana; Yoga Diet and its role in healthy living

Unit –II: DIETETICS IN YOGA

- 2.1 Classification according to triguna- vegetarian vs non-vegetarian,
- 2.2 Panchabhuta; relationships, rasa virya, Guna, Vipaka of shali, Yava, Godhuma, Mugda, Masha, Surana, Shukashuka, Mulak, Vartaki.
- 2.3 Navanita, Ghrta, Kshira, Karkati, Kadali.
- 2.4 Narikellalm, Draksham, Dhatri, Ela, Jati, Lavanga,
- 2.5 Mulethi, Haritaki, Khajura, Madhu, Kankol

Unit-III: BIOMOLECULES

- 3.1 Significance of Carbohydrate
- 3.2 Proteins
- 3.3 Lipids
- 3.4 Vitamins
- 3.5 Minerals and water in the body

Unit-IV: NUTRITION-BASICS

- 4.1 Concept of Balanced diet.
- 4.2 Locally available food to be introduced, Home remedies for; How to use green herbs and fruits in daily life,
- 4.3 Carbohydrates, proteins, fats – sources, nutritive values, importance;
- 4.4 Minerals-calcium, iron, phosphorus sources, roles, requirements
- 4.5 Vitamins – sources, roles, requirements

Text Book:

- Ahar evam poshan. sanjay sahitik bhavan

BOOKS FOR REFERENCE

- 1 Swami Rama, Holistic Health (HIHT ,1999)
- 2 Redolph Ballentine , MD, Diet and nutrition (HI, honsedale
- 3 Ramesh Bijlani, Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
- 4 Stanley Davidson & others, Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition
- 5 Dennis Thompson, The Ayurvedic Diet, New age books, New Delhi, 2001

Ar200
Guz

Prin
Srisht

Subash
Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Page 40

Registered
Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC404	Course Title- FUNDAMENTALS OF AYURVEDA (Ability Enhancement Course)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> ● Brief understanding of Tridosha, Saptadhatu, Agni & Mala as per Ayurveda ● To make Yoga students aware about the fundamental principles of Ayurveda for prevention of diseases and maintenance of health 				
Course Outcomes	<ul style="list-style-type: none"> ● After learning the proposed Programme, B.Sc. Yoga students will be able to use the applied aspect of Ayurveda with Yoga for holistic health and healing ● Students will be able to recommend the community right Ahara & Vihara 				

UNIT II: GENERAL INTRODUCTION TO AYURVEDA

- 1.1 General introduction to Ayurveda, Definition, aim of Ayurveda, its origin, history & Propagation
- 1.2 Basic introduction to main Ayurvedic texts like Charaka Samhita, Sushruta Samhita
- 1.3 Ashtanga Samghra, Ashtanga Ayurveda and its significance
- 1.4 Concept of Health according to Ayurveda and its utility in health, promotion and prevention
- 1.5 Basic principles of Ayurveda – Tridosha, Saptadhatu and Trimala

UNIT II: SWASTHAVRITTA, DINACHARYA, RATRICHARYA, RITUCHARYA, SADVRITTA & ACAHARARASAYANA

- 2.1 Basic principles of Ayurveda – Pancha Mahabhuta, Prakruti & Manas
- 2.2 Concept and importance of Swasthavrita
- 2.3 Concept and importance of Dinacharya And Ratricharya
- 2.4 Concept and importance of Ritucharya,
- 2.5 Concept of Sadvrita and Achara Rasayana

UNIT III: UPASTHAMBAS WITH SPECIAL EMPHASIS ON AHARA

- 3.1 Concept of Agni, Srotas and Ama
- 3.2 Concept of Dharniya and Adharniya Vega in Ayurveda
- 3.3 Introduction to Dravya, Guna, Karma, Virya, Vipaka and Prabhava
- 3.4 Concept of Upasthambha, Concept of Ahara, Ahara pachana, Pathya & Apathya in Ayurveda
- 3.5 Introduction to Shariraposhana (nourishment), Concept of Oja in Ayurveda, Role of Ayurvedic diet in health and prevention

UNIT IV: INTRODUCTION TO PANCHAKARMA

- 4.1 General Introduction to Panchkarma, Types of Panchkarma
- 4.2 Role of Poorva and Paschat Karma in Panchakarma
- 4.3 Utilization of Panchkarma in Modern life style
- 4.4 Significance of Panchakarma in Ayurveda and Shatkarma in Yoga,
- 4.5 Approach of Ayurveda and Yoga as whole in relation to total health and well-being

Text Book:

- Swasthavritta Vigyana, Dr. Sarvesh kumar Agrawal

BOOKS FOR REFERENCE

1. Dr. Priyavrata Sharma- Charak samhita, Chaukhambha Oriental, Varanasi, Edition of 2008
2. Dr. Ravi & Dr. Brahmanand Tripathi- Ashtanga Samgraha, Chaukhambha Sanskrit Pratishthan, Delhi
3. Dr. K. H. Krishnamurthy- The wealth of Susruta, International Institute of Ayurveda, Coimbatore, 1999
4. Dr. P. H. Kulkarni- Ayurvedic Philosophy, Academia Publishers, 2011
5. Dr. V. B. Athavale- Basic Principles of Ayurveda, Chaukhambha Sanskrit Prathisthan, Delhi, 2004
6. Dr. L. P. Gupta- Essentials of Ayurveda, Chaukhambha Sanskrit Prathisthan, Delhi, 2006
7. Dr. G. Srinivas Acharya- Panchakarma illustrated, Chaukhambha Sanskrit Prathisthan, Delhi, 2009

[Signature]

[Signature]

[Signature]

[Signature]

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248006

Page 41
Registrar

[Signature]

[Signature]

Multidisciplinary Course (MD)

To be opt by the student from the list of Multidisciplinary Course



Principal

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun, Uttarakhand-248016



Registrar

Swami Rama Himalayan University

SUBTLETIES OF PRACTICE OF SWAMI RAMA TEACHINGS (SEC)

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC405	Course Title- Title- *SUBTLETIES OF PRACTICE OF SWAMI RAMA TEACHINGS	1	0	2	2
Course Objectives	<ul style="list-style-type: none"> ● To create awareness for health and Mind according to Yoga ● To introduce the essential elements of a Himalayan Yoga Practices 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will understand the concept of health and disease ● Students will have an understanding of the concept of ill health and their remedies through Himalayan Yoga Practices 				

UNIT I: SWAMI RAMA TEACHINGS AND PHILOSOPHY.





- 1.1 General introductions of HH Swami Rama
- 1.2 Concept of Holistic Health
- 1.3 Principles of cleansing and Nourishing
- 1.4 Basics of Diet and Exercise
- 1.5 Concept of Being still, Emotional balance, Silence and self training

UNIT II: APPLICATIONS OF THE TEACHINGS

- 2.1 General Introductions of Basic Protocols of Himalayan Yoga Tradition
- 2.2 Applications of Ashtanga Yoga : i.e. Yama, Niyama, Shat-karma, Asana, Mudra & Bandha
Pranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living
- 2.3 Physiology of Yogasana and Pranayama
- 2.4 Physiology of Shatkarma, Mudra and Bandha
- 2.5 Meditation : Its principles and Practice

BOOKS FOR REFERENCE

1. Swami Rama- A practical guide to Holistic Health
2. Swami Rama-Exercise without moment, (HI, USA 1984)
3. Swami Rama- Personal Philosophy of life (HI, USA, 2002)

Principal
 Himalayan School of Yoga Sciences
 Swami Rama Himalayan University
 Jolly Grant, Dehradun Uttarakhand-243016


 Registrar
 Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC406	Course Title- YOGA PRACTICAL - VII (Major Course)	0	0	6	3
Course Objectives	<ul style="list-style-type: none"> ● Understand the principle and practice of each practice. ● Demonstrate each practice skillfully. ● Explain the procedure, precaution, benefits and limitations of each practice. 				
Course Outcomes	<ul style="list-style-type: none"> ● Student will be familiar with the systems of Yoga styles. ● Students will understand the organization of the body with respect to structural components. ● Have an understanding about the practices that help practitioners to lead to meditation. 				

➤ **Prayers, Mantra Chanting, Gita Patha YogaSutra Path & Upnishad Shlokas Chanting**

I. YOGA SUKSHMA AND STHULA VYAYAMA, SURKANAMASKARA

1. YOGA SUKSHMA

shakti-vikasaka (for developing will power); Smarana shaktivikasaka (for improving the memory); Medha shakti-vikasaka (for improving the intellect and memory); Netra shakti-vikasaka (for the eyes); Neck) (i), (ii) and (iii), Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders), Bhuja-bandha shakti-vikasaka, Kohini shakti-vikasaka, Bhuja-valli shakti-vikasaka, Purna-bhuja shaktivikasaka (for the arms), Mani-bandha shakti-vikasaka, Kara-prstha shakti-vikasaka, Karatala shakti-vikasaka, Anguli-mula shakti-vikasaka (for the fingers), Anguli- shakti-vikasaka (for the fingers), Vaksha-sthala shakti-vikasaka (for the chest) (1), Vaksha-sthala shaktivikasaka (for the chest) (2), Udara shakti-vikasaka (for the abdomen) (i) to (x); Kati shaktivikasaka (for the waist) (i) to (v), Muladhara-chakra-suddhi (for the rectum), Upastha tatha-svadhithana-chakra-suddhi (for the genital organs), Kundalini shakti-vikasaka (for the kundalini), Jangha shakti-vikasaka (for the thighs) (i) & (ii), Jangha shakti-vikasaka (for the thighs) (ii), Janu shakti-vikasaka (for the knees), Pindali shakti-vikasaka (for the calves), Pada-mula shakti-vikasaka, Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet), Padanguli shakti-vikasaka (for the toes)

2. YOGA STHULA VYAYAMA

- Rekha-gati (Walking in a Straight line)
- Hrid-gati (Injanadaur – the Locomotive Exercise)
- Utkurdana (Jumping Exercise)
- Urdhva-gati (Upward Movement)
- Sarvanga-pusti (Developing the Entire body)
-

3. SURKANAMASKARA

II. SHAT KARMAS

Sutra Neti, Vastra Dhauti, Kapalbhati, Nauli Chalan, Jyoti Trataka, Agnisara

III. YOGASANAS

1. Standing

- Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Pada Hastasana, Trikonasana, Parshva Konasana, Veerabhadrasana, Hastapadangusthasana, Garudasana

2. Sitting

- Bhunamanasana, Hanumanasana, Dandasana, Bhadrasana, Vajrasana, Bhramacharyasana, Mandukasana, Uthana Mandukasana, Kagasana, Utkatasana, Gomukhasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Uttitha Padmasana, Simhasana, Bakasan, Garbhasana, Marjariasana, Padangusthasana, Vatayanasana, Ekapada Kandasana, Akarna-dhanurasana

Ar200

Prin

Subeel

Page 44

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant Dehradun Uttarakhand-248016
Registrar
Swami Rama Himalayan University

3. Backward bending

- Chakrasana, Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Rajkapotasana

4. Forward bending

- Janusirasana, Paschimottanasana, Supta Vajrasana, Pavanamuktasana

5. Twisting pose

Sitting – Matseyandarasana, Vakrasana, Ardha Matsyendrasana, Marichayasana,

6. Inverted posture

Setubandhasana, Ardha-halasan, Halasan, Karan peedasan, Sarvanagasana, Matsyasan, Sheershasana

7. Meditative posture

- Sukhasana, Swastikaasana, Sidhhasana, Padmasana

IV. BANDHA AND MUDRAS

- Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha, Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Shambhavi Mudra, Kaki Mudra, Tadagi Mudra, Vipareet Karni Mudra, Simha Mudra

V. PRANAYAMA

- Nadi Shodhana pranayama, Bhramari Pranayama, Suryabhedhi and Chandrabhedhi Pranayama, Ujjayi Pranayama, Sheetali Pranayama, Shitkari Pranayama, Bhastrika Pranayama

VI. PRACTICE LEADING TO MEDITATION

- Pranav and Soham Japa, Antaurmouna, Dharana
- Practice of Dhyan (according to Swami Rama)

VII. Counselling When not to do yoga – situations where different Yoga kriyas and asanas should not be done and taught

Note- Special Yoga Practices may be conducted on the basis of Swami Rama Teaching at SMT/ SRSG

TEXT BOOK:

- Swami Satyanand Saraswati, Asana pranayama mudra bandha, Bihar Munger

BOOKS FOR REFERENCES

1. Swami Rama, Meditation and its Practice (HI, Honesdale USA, 1998)
2. Pt. Usharbudh Arya, Mantra and Meditation (HI, Honesdale USA)
3. Swami Dharendra Bhramhachari :Yoga Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
4. Swami Dharendra Bhramhachari:Yogasana Vijnana,Dharendra Yoga Publications, New Delhi, 1966
5. Swami Kuvalyananda:Asana, Kaivalyadhama, Lonavla, 1983
6. Swami Satyananda Saraswati:Asana, Pranayama, Bandha, Mudra,Bihar School of Yoga, Munger, 2005-06
7. Basavaraddi, I.V. & others:Yogasana & Yoga Sukshma Evam Sthula Vyayama, mDNIY, New Delhi, 2011.

Arzuu

Snigdh

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Page 45

Registrar
Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC407	Course Title- YOGA PRACTICAL - VIII (Major Course)	0	0	4	2
Course Objectives	<ul style="list-style-type: none"> ● Understand the principles and practices of teaching methods of Yoga. ● Have an in depth understanding about session and lesson planning and class room arrangements. ● Have an idea about the different tools used in Yoga teaching. 				
Course Outcomes	<ul style="list-style-type: none"> ● Student will illustrate a lesson plan.. ● Students will applying different types of teaching methods ● The student will have demonstrations and training in the above mentioned aspects of teaching methods. 				

I. PRACTICE OF TEACHING IN YOGA




- Illustration of the need for a lesson plan.
- Illustration of the need for a content plan.
- Demonstration of types of teaching methods.
- Demonstration of optimum use of teaching aids viz. audio-visual aids.
- Practical training on class management.
- Practical demonstration of critical observation, active supervision and interaction.
- Method of preparing for an ideal setting based on the specific requirement of the class.
- Demonstration on use and importance of body language, communication skills and personal conduct in an ideal class.
- Evaluation methods of an ideal Yoga class.
- Methods of customizing Yoga class to meet individual needs.


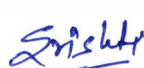
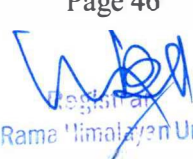
The student will have demonstrations and training in the above mentioned aspects of teaching methods. Each candidate is expected to complete 5 hours of individual class, 5 classes for a small group, 5 classes for a large group demonstrating the use of essential requirements for an ideal class. (e.g.: One on Shat Karma, One on Asana, one on Pranayama, one on Bandha /Mudra, and one lesson on Meditation) under the supervision of their Yoga Practical Teacher. Each student will also have to prepare and give at least one Lecture cum Demonstration on different topics of Yoga. The record of each of these classes has to be maintained in the 'Practical Record' format for evaluation. The practice teaching lessons and a Lecture cum Demonstration assignment should be observed / examined by the Yoga Practical Teacher. These marks shall be considered as the Practicle Class Tests (internal assessment) of this practical paper.

Note- Special Yoga Practices may be conducted on the based of Swami Rama Teaching at SMT/SRSG

II. VIVA-VOCE

Viva-voce shall be on Methods of Yoga Teaching and Presentations of Lesson/s




Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016



Page 46

Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC408	Course Title- AYURVEDA PRACTICAL (Minor Stream)	0	0	2	1
Course Objectives	<ul style="list-style-type: none"> Brief understanding of Tridosha, Saptadhatu, Agni & Mala as per Ayurveda To make Yoga students aware about the fundamental principles of Ayurveda for prevention of diseases and maintenance of Holistic Health 				
Course Outcomes	<ul style="list-style-type: none"> After Practical learning the proposed Programme, B.Sc. Yoga students will be able to use the applied aspect of Ayurveda with Yoga for holistic health and healing Students will be able to treat the patient through Panchkarma 				




- Practical will be based on Ayurveda Syllabus of Theory Paper IV.

Text Book:




- Swasthavritta Vigyana, Dr. Sarvesh kumar Agrawal

BOOKS FOR REFERENCE

1. Dr. Priyavrata Sharma- Charak samhita, Chaukhambha Oriental, Varanasi, Edition of 2008
2. Dr. Ravi & Dr. Brahmanand Tripathi- Ashtanga Samgraha, Chaukhambha Sanskrit Pratishtan, Delhi
3. Dr. K. H. Krishnamurthy- The wealth of Susruta, International Institute of Ayurveda, Coimbatore, 1999
4. Dr. P. H. Kulkarni- Ayurvedic Philosophy, Academia Publishers, 2011
5. Dr. V. B. Athavale- Basic Principles of Ayurveda, Chaukhambha Sanskrit Prathisthan, Delhi, 2004
6. Dr. L. P. Gupta- Essentials of Ayurveda, Chaukhambha Sanskrit Prathisthan, Delhi, 2006
7. Dr. G. Srinivas Acharya- Panchakarma illustrated, Chaukhambha Sanskrit Prathisthan, Delhi, 2009

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Registrar
Swami Rama Himalayan University

UNDERGRADUATE DEGREE IN Yoga Science and Holistic Health
Semester – V

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC501	Course Title- BHAGAVADGITA (Major Course)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> ● To give comprehensive knowledge about therapeutic basis of yoga as mentioned in ancient classical texts such as Bhagavadgita ● To teach the essence of the principal Upanishads 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will be able to practice Yoga according to the principles of Upanishads ● Students will practice holistic living according to Upanishads and Gita 				

UNIT – I: SIGNIFICANCE OF BHAGAVADGITA AS A SYNTHESIS OF YOGA

- 1.1 Introduction to Bhagavadgita
- 1.2 Bhagavadgita and its traditional commentaries, their commentators
- 1.3 Significance of Bhagavadgita as a synthesis of Yoga
- 1.4 Definitions of Yoga in Bhagavadgita and their relevance
- 1.5 Concept of Yoga Sadhana in Bhagavadgita

UNIT-II: CONCEPT OF ATMAN, PARAMATMAN AND CHARACTERISTIC OF STHITA PRAJNA AND JAGAT IN BHAGAVD GITA

- 2.1 Concept of Samkhya Yoga in Bhagavadgita.
- 2.2 Concept of Sthita Prajna, stages and characteristic of it.
- 2.3 Concept of Atman (Purusha), Jivatman.
- 2.4 Concept of Paramatman (Parmeshwar or Purushottam) their characteristic in Bhagavadgita
- 2.5 Concept of world (Jagat, Samsar) as described in Bhagavadgita

UNIT – III: KARMA YOGA, JNANA YOGA AND BHAKTI YOGA IN BHAGAVADGITA

- 3.1 Concept of Karma and karma Yoga in Bhagavadgita.
- 3.2 Concept of Jnana and Jnana Yoga in Bhagavadgita.
- 3.3 Concept of Bhakti, Shraddha and Bhakta its relevance as described in Bhagavad Gita
- 3.4 Concept of Bhakti Yoga as described in Bhagavadgita
- 3.5 Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita

UNIT – IV: CONCEPT OF AHARA AND ROLE OF BHAGAVADGITA IN HEALTHY LIVING

- 4.1 Role of Bhagavadgita in day to day life
- 4.2 Concept and classification of Ahara as described in Bhagavadgita
- 4.3 Ahara and its role in Adhyatma Sadhana
- 4.4 Concept of Triguna in the context of Bhagavadgita
- 4.5 Theory of Adjustment in healthy living as described in Bhagavadgita

Text Book:

- Swami Rama- Perennial Psychology of Bhagwat geeta (HI, USA, 1996)

BOOKS FOR REFERENCE

1. Swami Rama-Choosing the Path (HI, USA , 1996)
2. S. Rdhakrishnah-The bhagavadgita
3. Swami Ramsukhadas-Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur
4. Swami Ranganathananda-Bagavadgita, Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata
5. Swami Shrikantananda-Gita Darshana
6. Indian Institute of Human Excellence Hyderabad
7. Swami Tapasyananda-Srimadbhagavadgita, Sri Ramkrishna Matha Madras

Ar200

Srishti

[Signature]

[Signature]

[Signature]

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Page 48

Registrar
Swami Rama Himalayan University
[Signature]

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC502	Course Title- YOGA PRINCIPLES AND PRACTICES OF HEALTHY LIVING (Major Course)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> ● To create awareness for healthy living according to Yoga ● To introduce the essential elements of a yogic life style 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will understand the concept of health and disease ● Students will have an understanding of the concept of ill health and their remedies through yoga 				

UNIT I: YOGA CONCEPTS OF HEALTH AND MIND.

- 1.1 Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual
- 1.2 Concept of Health in Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in health.
- 1.3 Yogic Concept of Health: Meaning and definitions, Concept of Adhi and Vyadhi, Yogic concept of Health, role of Yoga in preventive health care - Heyamdukhamanagatam
- 1.4 Potential causes of Ill-health: Tapasrayas and Kleshas: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Vyadhi, Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva
- 1.5 Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive -Health. Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

UNIT II: YOGIC CONCEPTS FOR HEALTH AND HEALING

- 2.1 Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing
- 2.2 Concept of Pancha-koshas & Shat-chakra and their role in Health and healing (spiritual anatomy)
- 2.3 Concept of Abhyas and Vairagya, Chitta and Chitta Prasadana, Kriya-yoga, Ashtanga Yoga of Patanjali for Health and Healing.
- 2.4 Concept of Cleansing (Shuddi), its role and importance in Health and Healing
- 2.5 Concept of Swara Yoga and its efficacy in Health and Healing

UNIT-III: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING

- 3.1 Yogic Principles of Healthy Living: Aahara, Vihara, Aachara and Vichara
- 3.2 Role of Yoga Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being
- 3.3 Yogic principles of Lifestyle management and its role in prevention of disease and health promotion
- 3.4 Yogic Principles of Diet and its role in Healthy living.
- 3.5 Yogic Practices of Healthy living : i.e. Yama, Niyama, Shat-karma, Asana, Mudra & Bandha Pranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living.

UNIT IV: HEALTH BENEFITS OF YOGIC PRACTICES

- 4.1 Physiology of Yogasana
- 4.2 Physiology of Pranayama
- 4.3 Physiology of Shatkarma
- 4.4 Physiology of Bandha and Mudra
- 4.5 Physiology of Meditation

TEXT BOOK:

- Amrita Bharti, Nadi Tantra evam Prana, CCRYN
- Acharya Shri Ram Sharm, Gayatri ki Panchkoshiya Sadhana, Gayatri Parivaar

BOOKS FOR REFERENCE

1. Swami Rama-Exercise without moment, (HI, USA1984)
2. Swami Rama- Personal Philosophy of life (HI, USA, 2002)
3. Preeti Goel and Rita Jain- Spectrum of Health (Sports Publications, New Delhi, 2003)
4. Sahay, G. S.- Hatha Yoga Pradeepika, MDNIY Publication, 2013
- 5.

Snigdh

Ar200

[Signature]

[Signature]

Subeer

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Page 49

[Signature]

Registrar
Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC503	Course Title- FUNDAMENTALS OF NATUROPATHY (Major Course)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> ● Comprehensive training in the theory of Nature Care ● To simplify the understanding of Naturopathy with the help of teaching methods 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will have clear concept of health and disease for treatment through Naturopathy ● At the end students will understand the concept of ill health and their remedies through Naturopathy 				

Unit 1:- General Introduction, Principles and Concepts of Naturopathy

- 1.1 General introduction of naturopathy, its definition, meaning, scope and limitation, history of naturopathy – Indian and western.
- 1.2 Comparative study of the Naturopathy with other system of medicine, catechisms of Nature cure.
- 1.3 Composition of human body according to Naturopathy. Toxins and anti toxins and their elimination suppression of disease and its consequences.
- 1.4 Natural rejuvenation and vitality, how to acquire natural immunity, importance of physical & mental hygiene and prevention of disease.
- 1.5 Laws of nature pancha Maha bhootas, Shareera Dharmas-Ahar, Nidra, Bhaya, Maithuna, fundamental principles of naturopathy.

::- Hydrotherapy

- .1 Principle of hydrotherapy, Introduction, Definition, scope, history, role of Hydrotherapy in prevention of disease
- 2.2 Physical properties of water, Classification of hydrotherapy prescriptions- Primary effects, Excitant effects,
- 2.3 Internal excitation, secondary excitant effects- Restorative effects, Tonic effects, Expectorant effects, Resultive and Derivative effects.
- 2.4 Genral and local sedative effects, The Technique of Hydrotherapy:
Water drinking, Irrigation of nose, stomach, colon and rectum, Douches, Scotch Douche, Spinal Douche, Alternate Douche, Effusions.
- 2.5 Packs- Chest Packs, Trunk Packs, Patric Packs, T. Packs, Leg Packs, Local Packs, and Full Wet Sheet Packs, Tub Baths, Hip Baths, Spinal Baths, Sitz Bath, Foot Bath, Immersion Bath. Vapour Baths, Steam Baths, Air Baths, Sun Bath, Ice treatments

Unit 3:-Fasting and Chromo therapy

- 3.1 Upasana (fasting) introduction, Definition, Scope, histry, principle, and type, its role in disease prevention, health promotion, concept of **detoxification, diet.**
- 3.2 Methods of fasting: Complete fast, Partial fast, Water fast, Juice fast, Saline fast, Fruit fast, Mono diet fast.
- 3.3 Physiological effects upon the skin, muscular system, circulatory system, digestive system, and nervous system
- .4 Type of colours – primary and secondary, chromo hygiene physiological use of colours of air, water, oil, foodstuffs, glycerin, Vaseline, sugar.
- 3.5 Limitation of chromo therapy.

Unit4:-Massage and Mud Therapy

- 4.1 Massage Introduction, Definition, scope, history, its principle.
- 4.2 Theory of massage- physiological effects upon the skin, muscular system, circulatory system, digestive system and nervous system.
- 4.3 Massage manipulations: Hacking, Stroking, Percussion, Petrispanage, Friction, Tapotment,
- 4.4 Vibration and Shaking, Therapeutic uses and limitation of massage
- 4.5 Types of Mud, collection and properties of mud, poultice, general and local mud application and the physiological and pathological effects and contra indications

TEXT BOOK:

Dr. Rakesh Jindal- Prakritik Ayurvedigyan, Arogya seva prakashan, Modinagar, U.P.

BOOKS FOR REFERENCE

- 1.Prof. Ramharsh Singh - Swashthavritta Vigyan, Chaukhambha Sanskrit Prakashan, Varanasi, 1998.
- 2.Sriram Sharma Acharya- Jivem Sharadah Shatam, Akhand Jyoti Mathura 1998.

Ar200
Srishti
Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

INTRODUCTION TO AYUSH (AEC)

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC504	Course Title- INTRODUCTION TO AYUSH	2	0	0	2
Course Objectives	<ul style="list-style-type: none"> ● Understand the necessity and significance of AYUSH ● Have an understanding about utility of AYUSH in the society ● Understand human AYUSH Streams and Therapeutic concepts in clinical services. 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will understand the concept of AYUSH Streams ● Students will be able to teach the concept of All allied Medical Sciences ● After learning the proposed Programme, B.Sc. Yoga students will be able to use the applied aspect of Ayurveda, Yoga & Naturopathy with Yoga for holistic health and healing 				

Unit-1: YOGA AND HEALTH AND INTEGRATED APPROACH OF YOGA THERAPY

Concept of body, Health and disease; Concept of Yoga Adhi and Vyadhi; Principle of Yoga Therapy in relation to Yoga Vasistha; Practices at Pancha Kosa level Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamaya kosa; Principle of Yoga Therapy in relation to Hatha Ratnavali and Gheranda Samhita

Unit-2 : INTRODUCTION TO BASIC CONCEPTS OF NATUROPATHY

History of Naturopathy; Principles of Naturopathy; Concept of five elements and its Applications

Unit- 3: INTRODUCTION TO BASIC CONCEPTS OF AYURVEDA

The four aspects of life (Soul, Mind, Senses and Body); Panchamahabhutas (the five element theory), Ahara, Vihara and Aunadhi (three pillars of Ayurveda); Concept, role and importance of – Doña, Dhatu, Mala; Updhatu, Srotas, Indriya, Agni, Prāēa, Prāēāyatna, Prakrti, Deha Prakrti, Manasa Prakrti; Role of Dosa, Dhatu and Mala in health and diseases; Concept of Dinacaryā (daily routine), concept of Ritucarya; Seasonal routine), Svasthavāta and Ņaōvāta in Āyurveda; Concept of Trayo Upasthambas.

Unit- 4: Introduction to Basic concepts of Unani, Siddha and Homeopathy

92History of Unani & Siddha; Concept of Unāné & Siddha; Principles of Unani & Siddha; Introduction to Basic concepts of Homeopathy; History of Homeopathy; Concept of homeopathy; Principles of Homeopathy.

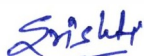
TEXT BOOKS:

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





Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016


Registrar
Swami Rama Himalayan University

Applied Marma Therapy (Value Addition Course)

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC505	Course Title- Applied Marma Therapy	1	0	2	2
Course Objectives	<ul style="list-style-type: none"> ● To teach the basic concept of Marma therapy as Holistic Healing Methods ● Learn about applied Marma therapy towards Yoga Education, training and Research ● To understand the principles and concepts of Marma Therapy. ● To identify and locate key Marma points on the body. 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will help to find out preventive aspects through Marma Therapy for holistic health ● After completing the Programme, a student of yoga sciences & Holistic Health can find a career to teach and spread the knowledge Applied Marma Therapy as Holistic Healing Methods. 				

Unit-I

Introduction & Importance of Marma Science, Inter-relationship between Science of Marma & Ayurved Derivation, Meaning & Definition of word 'Marma', Historical background of Marma Science, Brief explanation of Marma in Vedas, Upanishadas & various Samhitas, Specific Code of Conduct for Marma scientists, Number & Size of Marmani, Distribution of Marmani in Shadanga body, Relation of Marmani with Shat Chakra.

Unit-II

Classification of Marmani

1. According to Anatomy
2. According to Shadang body
3. According to Effect of Trauma

Relation of Pancha Mahabhutas with Marmani

Introduction, Identification & Uses of important Marmani of Upper extremities, Introduction, Identification & Uses of important Marmani of Lower extremities, Introduction, Identification & Uses of important Marmani of Abdomen, Chest & Back

Introduction, Identification & Uses of important Marmani of Supra-clavicular region

Unit-III

Practice of Self Marma Therapy

Marmas on the Arms and Hands, Marmas on the Legs and Feet, Marmas on the Abdomen and Chest, Marmas on the Back and Hips, Marmas on the Head and Neck

Reference book

1. Marma Chikitsa Vigyaan By Dr. Sunil Kumar Joshi
2. Marma Science and Principles of Marma Therapy by Dr SK Joshi

Arzoo

Snigdh

Joshi

Subell

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Page 52

Wdh

Registrar
Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC506	Course Title- Research Methodology (Major Course)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> Students of the UG Programme will have an understanding about Research Methodology The meaning and need for Research Methodology To introduce with meaning, functions of research and its process. To highlights the various postulates of research problems, research Design, interpretation and report writing 				
Course Outcomes	<ul style="list-style-type: none"> Students will gain in-depth understanding about the concepts and methods of research planning To expose the student to concepts of measure of central tendency and variation and their application to analyze the statistical data. To acquire the knowledge of correlation, regression, data analysis and hypothesis testing using suitable test of statistical significance. Conceptualize the need for research in Yoga Sciences and significance effects. 				

NIT-I: Meaning & Functions of Research

Meaning of Research, Characteristics of Research, Steps involved in Research, Research in Pure and Applied Sciences, Inter Disciplinary Research, Trans disciplinary research, Significance of Research, Research and scientific methods, Research Process, Criteria of good Research, Problems encountered by Researchers, Literature review.

UNIT –II: Research Problem and Research Design

Selecting the Research problem, Necessity of defining the problem, Goals and Criteria for identifying problems for research, Perception of Research problem, Formulation of Research design, Need for Research design, Features of good design, Basic principles of experimental designs, Computer and internet in designs.

UNIT- III: Interpretation and Report Writing

Meaning and Technique of interpretation, Precautions in interpretation, Significance of report writing, Different steps in writing a report, Layout of a Research report, Types of report, Mechanics of writing a research report, Precautions for writing a research report

UNIT-IV: Statistical Techniques and Tools

Introduction of statistics, frequency distribution, Graphical representation of data, Measures of central tendency, Mean, Median, Mode, Standard deviation, Co-efficient of variation, Probability & distribution, Correlation, coefficient of correlation, Scatter diagram, Regression, Sampling distribution, Standard error, Hypothesis testing, Level of significance, Degree of freedom, Chi Square, T-test, Analysis of variance (ANOVA)

Suggested readings:

Kothari C.R., Research Methodology Methods & Techniques, New Age international Publishers.

Gupta G. and Gupta M., Research Methodology, PHI Learning Private Ltd.

Gupta S.C. and Kapoor V.K., Fundamentals of Mathematical statistics, Sultan Chand & Sons, New Delhi.



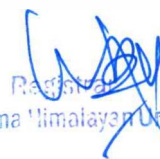
Arzu

Snigdh





Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016


Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC507	Course Title- YOGA PRACTICAL - IX (Major Course)	0	0	6	3
Course Objectives	<ul style="list-style-type: none"> ● Understand the principle and practice of yoga. ● Demonstrate each practice skillfully. ● Explain the procedure, precaution, benefits and limitations of each practice. 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will have knowledge about the human body. ● Student will understand the principle and practices of Yoga ● Students will have an understanding about the practices that help practitioners to lead to meditation. 				

- Prayers, Mantra Chanting, Gita Patha & Upnishad Shlokas Chanting
- Shat Karmas (All Repeated from entire syllabus)
- Bandh & Mudra (All Repeated from entire syllabus)
- Pranayama (All Repeated from entire syllabus)
- Asanas (All Repeated from entire syllabus)
- Meditation (Based on Swami Rama Teachings)
- Counselling regarding contraindications: When not to do yoga—situations where different Yoga kriyas and asanas should not be done and taught**

Note- Special Yoga Practices may be conducted on the basis of Swami Rama Teaching at SMT/ SRSG

TEXT BOOK:

- Swami Satyanand Saraswati, Asana pranayam mudra bandh, Bihar Munger

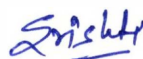
BOOKS FOR REFERENCE

- Swami Rama, Meditation and its Practice (HI, Honesdale USA, 1998)
- Pt. Usharbudh Arya, Mantra and Meditation (HI, Honesdale USA)
- Swami Dharendra Bhramhachari : Yoga Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980





Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016



Registrar
Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC508	Course Title- Internship-I Case Study (Major Course)	0	0	4	2
Course Objectives	<ul style="list-style-type: none"> To understand the clinical services To learn about applied Holistic Healing which can be combined with Yoga Education training and Research During this period students shall get an opportunity of teaching yoga to different patients. To send in different wards of the hospital to gain practical knowledge. To make them confident by giving them different cases. 				
Course Outcomes	<ul style="list-style-type: none"> Students will understand the different aspects of holistic health After completing the Programme, a student of yoga sciences & Holistic Health can find a career to teach and spread the knowledge of Applied Holistic Healing Students will be able to teach yoga to different patients. Students will gain more practical knowledge about the Yoga. At the end of internship program, students will be able to understand how to take classes appropriately and will be confident. 				

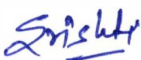


- Practical will be based on Swami Rama Teachings and Marma Therapy for Holistic Healing

Internship Programme Outcomes

- With the help of experienced teachers, students will learn to conduct the yoga classes for different patients who are suffering from any psychosomatic problems.
- The worksite mentor will help train a student and advise him or her on how to navigate a particular worksite culture and interact with patients.
- Internship will provide basic experience and workplace competencies which will be valuable for the employer while hiring the employees.
- Internship: Students will guide the patients to do Joints and Glands Exercises diaphragmatic breathing and systematic relaxation & Meditation. In the beginning an intern will be assigned to work with the mentor and finally will be able to deal with the patients individually.
- ◆ There will be planned assignments for internship.
- ◆ Log Book to be introduced and maintained during internship
- ◆ Clinical Interview
- ◆ Department specific Disorders and related small booklet along with MCQs.
- ◆ Basic Counselling Skills

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Registrar
Swami Rama Himalayan University
Page 55







Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC509	Course Title- Naturopathy Practical (Minor Stream)	0	0	2	1
Course Objectives	<ul style="list-style-type: none"> ● Understand the Indian Systems of Medicine & their role in our body ● To understand about the Naturopathy for research purpose in Yoga Therapy 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will understand the role Indian Systems of Medicine and its test as the indicators to know about the progress of a disease ● Have an understanding about the Naturopathy 				

NATUROPATHY PRACTICAL

- Practical will be based on Naturopathy Syllabus of Minor Stream.

REFERENCES BOOKS

- 1.Prof. Ramharsh Singh - Swasthavritta Vigyan, Chaukhambha Sanskrit Prakashan, Varanasi, 1998.
- 2.Sriram Sharma Acharya- Jivem Sharadah Shatam, Akhand Jyoti Mathura 1998.






Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Registrar
Swami Rama Himalayan University

SEMESTER - VI

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC601	Course Title- YOGIC MANAGEMENT FOR LIFESTYLE RELATED DISORDERS (Major Course)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> ● To give an overview of the applications of yoga ● To teach the concept of Yoga Therapy ● To teach the concept of yoga and personality development based on Swami Rama's Teachings & Philosophy 				
Course Outcomes	<ul style="list-style-type: none"> ● Knowledge of classical and theoretical foundations of the field of Yoga Therapy ● Knowledge of human anatomy, physiology and biomechanics, and the interrelationships between systems of the body ● Knowledge of the interconnections between the body, the breath, the mind, and the emotions in the context of maintaining resilience and well-being through Swami Rama's Teachings & Philosophy 				

Unit -1: Introduction to common ailments- Respiratory disorders and cardiovascular disorder

- 1.1 Introduction to Yoga therapy– Adhija and Vyadhi concept, Yogic concept of health and disease, Yogic concept of existence and development of disease, Examination of physical state of health, Dwadash roglakhana anukarma, Yogic evaluation of Lifestyle, Introduction to stress and stress related disorders, Concept of taking history in yogic way
- 1.2 Introduction to stress and stress related disorders: causes, symptoms and yogic management
- 1.3 Respiratory Disorders: Introduction to Respiratory disorders, Brief classification – Obstructive / Restrictive, infectious, Bronchial Asthma: Definition, Etiopathogenesis, Clinical Features, Yogic Management; Allergic Rhinitis & Sinusitis: Definition, Etiopathogenesis, Clinical Features, Yogic Management; COPD: Chronic Bronchitis, Etiopathogenesis, Clinical Features, Yogic Management;
- 1.4 Infectious Disorders; Tuberculosis: Definition, Etiopathogenesis, Clinical Features, Yogic Management, Introduction to Cardiovascular disorders, Hypertension: Definition, Etiopathogenesis, Clinical Features, Yogic management Atherosclerosis / Coronary artery disease: Definition, Etiopathogenesis, Clinical Features , Yogic management
- 1.5 Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehabilitation: Definition, Etiopathogenesis, , Clinical Features , Yogic management

Unit- 2: Endocrinal, Metabolic Disorders ,Obstetrics and Gynecological Disorders

- 2.1 Diabetes Mellitus (I&II): Definition, Etiopathogenesis, Clinical Features , Yogic management; Hypo and Hyper– thyroids: Definition, Etiopathogenesis, Clinical Features, Yogic management
- 2.2 Obesity: Definition, Etiopathogenesis, Clinical Features, Yogic management; Metabolic Syndrome: Definition, Etiopathogenesis, Clinical Features; Yogic management
- 2.3 Menstrual disorders: Dysmenorrhea, Oligo menorrhea, Menorrhagia: Definitions, Etiopathogenesis, Clinical Features, Yogic management; Premenstrual Syndrome: Definition, Etiopathogenesis, Clinical Features, Yogic management
- 2.4 Menopause and pre–menopausal syndrome: Definition, Etiopathogenesis, Clinical Features, Yogic management
- 2.5 Yoga for Pregnancy and Childbirth: Introduction to pregnancy, Complicated pregnancies:, Gestational DM, Ante-natal care, Post-natal care; PCOS: Definition, Etiopathogenesis, Clinical Features, Yogic management.

Unit-3: Musculo-Skeletal Disorders and gastrointestinal disorders

- 3.1 Back Pain; Classification of back pain: organic and functional: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Yogic management;

- 3.2 Neck pain: Classification, Cervical Spondylosis, radiculopathy, Functional neck pain; Yogic management, Arthritis: Rheumatoid Arthritis, Osteoarthritis, Clinical Features, Yogic management
- 3.3 Gastro Intestinal Disorders: Gastritis – Acute & Chronic, Dyspepsia, Peptic Ulcers, Clinical Features, Yogic management;
- 3.4 Constipation and Diarrhea: Definition, Etiopathogenesis, Clinical Features, Yogic management; Irritable Bowel Syndrome: Definition, Etiopathogenesis, Clinical Features, Yogic management
- 3.5 Inflammatory Bowel Disease, Ulcerative colitis: Definition, Etiopathogenesis, Clinical Features, Yogic management

Unit-4: Neurological Disorders, Psychiatric disorders and Cancer

- 4.1 Headaches: Migraine: Causes, clinical features, Yogic management, Tension type headache: Causes, symptoms and Yogic management;
- 4.2 Epilepsy: Causes, clinical features, Yogic management, Autonomic dysfunctions: Causes, clinical features, Yogic management; Parkinson's disease: Causes, clinical features, Yogic management
- 4.3 Introduction to psychiatric disorders, classification – Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalized anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: causes, symptoms and Yogic management;
- 4.4 Depression: Dysthymia, Major depression: causes, symptoms and Yogic management; Psychosis: Schizophrenia, Bipolar affective disorder, causes, symptoms and Yogic management
- 4.5 Cancer: causes, types, clinical features, Side effects of Chemotherapy, radiotherapy; Yogic management;

TEXT BOOK:

BOOKS FOR REFERENCE

1. Ramesh Bijlan : Back to Health Through Yoga, Rupa Publications India Pvt. Ltd, 2011
2. MDNIY publications : 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009
3. Reddy M Venkata & others: Yoga Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P., 2005
4. Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga, Anubhava Rai Publications, 1998
5. Swami Satyananda Saraswati : Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger,
6. Heriza, N., Ornish, D. Merz, C.N.B. : Dr. Yoga: A Complete Guide to the Medical Benefits of and Yoga (Yoga for Health) by (Paperback - Sep 9, 2004)
7. Sparrowe, L., Walden, P. and Lasater, J.H: The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness (Paperback - Dec 3, 2002) - Dec 23, 2003)
8. Clennell, B and Iyengar, G.S. : The Woman's Yoga Book: Asana and Pranayama for All Phases of the Menstrual Cycle, Menstrual Disorders (The Experience of Illness) (Paperback - Dec 3, 1992)
9. Nagarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy, Breathing Practices, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
10. Robin Monoro, Nagarathna R and Nagendra, H.R.: Yoga for Common Ailments, Guia Publication, U.K., 1990

Arzoo Srishty D. Lubee

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC602	Course Title- APPLIED ALTERNATIVE THERAPIES (Major Course)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> ● Comprehensive training in the theory of Alternative Therapies ● To simplify the understanding of Alternative Therapies with the help of teaching methods 				
Course Outcomes	<ul style="list-style-type: none"> ● Student will have the concept of health and disease for treatment through different Alternative Therapies ● Student will understand of the concept of ill health and their remedies through different Alternative Therapies ● Will learn various alternative therapies and nature cure treatment approaches are learned 				

UNIT – I: GENERAL INTRODUCTION TO ALTERNATE THERAPY, REIKI & PRANIC HEALING, & SWARAYOGA

- 1.1. Introduction of Alternative Therapies, their origins and developments.
- 1.2. Introduction, Understanding and Applications of Reiki
- 1.3. Training of Reiki Masters Level I, II, III & IV.
- 1.4. General introduction, Understanding of Pranic healing and Swaryoga
- 1.5. Application of Pranic Healing & Swaryoga Practices for Health and Harmony.

UNIT – II: GENERAL INTRODUCTION & APPLICATIONS OF MAGNETO THERAPY

1. **General Introduction of Magneto Therapy-** Types of Magnets – Natural, Artificial, Permanent, Electromagnets Physical Properties of Magnets, Properties effects & corresponding features of North and South pole
- 2.2. **Understanding of Magneto Therapy;** Magnets and their compositiona; Natural magnets and artificial magnets, Permanent magnets; classification of magnetic materials , Power of magnets- various qualities of magnets- low, medium and high power magnets and magnetic belts etc.
- 2.3. Electro magnets - electro magnetic field on human behaviour, Electro magnets- for medical purpose - Electro magnetic treatment, bed and hand Magnetiser, foot magnetiser, vibroelectro massager, electro-magnetic chair etc. Non Pulsating clinical Electro magnet.
- 2.4. **Technique of application of magnets-** North and South pole, local & general treatment and the Technique of application of Magnets in treatment of various common diseases.
- 2.5. Contraindications, Complications and Limitations of Magnetotherapy, Advantages of Magneto Therapy, Magnetotherapy is a natural treatment- Use of Magnets as a preventive device.

UNIT – III: GENERAL INTRODUCTION & APPLICATIONS OF ACCUPRESSURE, CUPPING & MARMA THERAPY

- 3.1. General Introduction & Understanding of Acupressure.
- 3.2. General Introduction & Understanding of Cupping Method
3. General Introduction & Understanding of Marma Therapy
4. Application of Acupressure and Cupping Methods
- 3.5. Application of Marma Therapy

UNIT-IV: Integrated Modality of Healing; EFT, Bach Flower Remedies, Mantrayoga; Positive Affirmation (Japayoga & Agniyoga), Kshamayoga & Ho'opono'pono

- 4.1. General Introduction & Understanding of Integrated Modelity of Healing EFT, Bach Flower Remedies, Mantrayoga; Positive Affirmation (Japa yoga & Agni yoga), Kshama yoga & Ho'opono'pono
- 4.2. Application of Integrated Modelity of Healing (Techniques, Duration & Dosage); Beach Flower Remedies
- 4.3. Application of Integrated Modelity of Healing (Techniques, Duration & Dosage); Emotional Freedom Techniques (EFT).
- 4.4. Application of Integrated Modelity of Healing (Techniques, Duration & Dosage); Mantrayoga & Positive Affirmation (Japa Yoga & Agni Yoga)
- 4.5. Application of Integrated Modelity of Healing (Techniques, Duration & Dosage); Kshamayoga & Ho'opono'pono

Signature
Srishti Arzoo

Signature

Signature





TEXT BOOK:

- Magneto therapy and Acupuncture - Dr.A.K.Mehta

BOOKS FOR REFERENCE

1. Magneto therapy - Dr. H.L. Bansal
2. Magnetic cure for common diseases - Dr. R.S. Bansal, Dr. H.L. Bansal
3. The text book on Magneto therapy - by Dr. Nanubhai Painter
4. Electromagnetic treatment - Dr. H.L. Bansal

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016





Registrar
Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC603	Course Title- HUMAN VALUES, ACCORDING TO DIFFERENT PHILOSOPHICAL SYSTEMS (Minor Stream)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> ● To assist students in understanding the differences between values and skills, and in understanding the need, basic guidelines, content and the process of value education. ● To help students understand the meaning of happiness and prosperity for human beings. ● To help students understand harmony at all the levels of human living and to lead an ethical life through Swami Rama's Teachings 				
Course Outcomes	<ul style="list-style-type: none"> ● Understand the significance of value inputs in a classroom and start applying them in their life and profession ● Understand the role of a human being in ensuring harmony in society and nature. ● Distinguish between ethical and unethical practices, and start identifying a strategy to actualize a harmonious environment wherever they work through Swami Rama's Teachings & Philosophy 				

Unit I: Harmony in Human Being and in Myself

- 1.1 Concept of Human Being as 'I' (Aham) & Body
- 1.2 Characteristics & activities of 'I' & Harmony in 'I'
- 1.3 Understanding the Harmony of 'I' with the Body: Sanyam and Swasthya, correct appraisal of body needs and meaning of prosperity in detail
- 1.4 Role of Yoga in developing Harmony within the self
- 1.5 Understanding the body as an instrument of 'I'

Unit II: Harmony in Family and Society - Harmony in Human – Human relationship

- 2.1 Values in Family, Harmony in family; the basic unit of human interaction
- 2.2 Values in Human: Human relationship, Yoga concept of Human relationship – Maitri, Karuna, Mudita and Upeksha
- 2.3 Harmony in the Society – Concept of Vasudheva Kutumbakam
- 2.4 Concept of Universal Harmonious order in society; undivided society (Akhand Samaj), Universal order (Sarvabhaum Vyawastha)
- 2.5 Concept of Samman (Respect), difference between respect and differentiation, the other silent values in relationships

Unit III: Concept of Human values: Moral Education, Social Responsibility and Yoga

- 3.1 Definition, meaning and types of moral education.
- 3.2 Role of Yoga in development of ethics and ethical decision making.
- 3.3 Ethics in Professional Practices.
- 3.4 Yamas and Niyamas.
- 3.5 Concepts of Civil Society and Democracy its types.

Unit IV: Swami Rama Philosophy and Teachings

- 4.1 Emotional Purification, Silence, what, Why and How
- 4.2 Relaxation: 31 & 61 Point.
- 4.3 Integration of Body, Breath & Mind, Silence Practice
- 4.4 Contemplative Walking
- 4.5 Meditation Process

TEXT BOOK:

BOOKS FOR REFERENCE

- 1 Swami Rama- Art of joyfull Living (HI, Honesdale, USA 1981)
- 2 Swami Rama- love and family life (HI, India, 1992)
- 3 Swami Veda Bharti- Sadhana- The applied spirituality (HYPT, India 2012)
- 4 Singh M S- Value Education, Adhyayan Publishers & Distributors, New Delhi, 2007
- 5 Chand Jagdish- Value Education, Anshah Publishing House, Delhi, 2007
- 6 Gawande E N- Value Oriented Education: Vision for better living, Sarup & Sons Publishers, New Delhi, 2008
- 7 Panda Sanjay Kumar- Corporate Social Responsibility in India: Past, Present & Future, The ICFAI University press, Hyderabad, 2008
- 8 Kesari Vedanta- Values- The Key to a meaningful life; Sri Ramakrishna Math, Chennai, 2005
- 9 Prasad Rajendra- Varnadharma, Niskhana Karma & Practical Morality: A Critical essay on applied ethics, DK Print world Pvt. Ltd, Delhi, 1999
- 10 Radhakrishnan S- Indian Philosophy, Vol. 2, Oxford University, Delhi, 2008

Snigdh

[Signature]

[Signature]
Ar200

[Signature]

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC604	Course Title-Yoga and Mental Health (DSE)	2	0	0	2
Course Objectives	<ul style="list-style-type: none"> • Students will have an understanding about Applications of Yoga and Mental Health • Helping learners to realize importance to Yoga and Mental Health • To learn general concepts and principles of Mental Health • Brief understanding of mental Health as per Yogic Texts 				
Course Outcomes	<ul style="list-style-type: none"> • Plan a community intervention based upon a needs assessment • Advocate for a public policy related to Mental Health programs or health care • Students will be able to learn Yoga and Mental Health • Student can utilize the knowledge in schools, colleges, health centers 				

Unit-1: MENTAL HEALTH

Mental Health: Meaning and Importance; Yogic Perspective of Mental Health; Yoga nidra, Kuntha, samayojan, stress, emotions, feelings, adjustments

Unit-2: BASIC UNDERSTANDING ABOUT PSYCHIATRIC DISORDERS

Sign and symptoms of Delirium, Dementia, and Amnesic Disorders; Substance-Related Disorders; Schizophrenia and Other Psychotic Disorders ; Mood Disorders ; Eating Disorders ; Personality Disorders

Unit-3: BASIC UNDERSTANDING ABOUT PERSONALITY DISORDERS

Sign and symptoms of Personality Disorders: Borderline, Antisocial, Histrionic, Paranoid, Narcissistic, Obsessive-Compulsive, and Dependent and Eating Disorders.

Unit- 4: YOGA FOR MENTAL HEALTH

Yogic Concepts and Techniques in Patanjala Yoga Sutra and Bhagwadgita for Promoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for Promotion of Mental Health: Memory ,Intelligence,Breath; Awareness, Shavasana, Yoganidra, Pranayama and Meditation; Yogic Life-style

TEXT BOOKS:

Singh, A. K. : Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007

Tilak, B. G. : Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.

Udupa, K.N. : Stress and Its Management by Yoga. Delhi:Motilal Banarasidas, 2007

Vivekananda, Swami : Raja Yoga. Nagpur: Ramakrishna Math

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Registrar
Swami Rama Himalayan University
Page 62

Multidisciplinary Course (MD)

To be opt by the student from the list of Multidisciplinary Course



Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016



Registrar
Swami Rama Himalayan University

HIMALAYAN YOGA TRADITION (Value Addition Course)

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC605	Course Title- HIMALAYAN YOGA TRADITION (VAC)	1	0	2	2
Course Objectives	<ul style="list-style-type: none"> ● To teach the basic concept of Himalayan Yoga Tradition for Holistic Healing ● Learn about applied Himalayan Yoga Tradition towards Yoga Education, training and Research 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will help to find out preventive aspects through Himalayan Yoga Tradition for holistic health ● After completing the Programme, a student of yoga sciences & Holistic Health can find a career to teach and spread the knowledge Himalayan Yoga Tradition as Holistic Healing 				

Unit I. Makrasana + Diaphragmatic Breathing

Introduction to Makrasana: Benefits and History. Understanding D.B.: Mechanisms and Advantages. Step-by-Step Guide to Performing Makrasana. Practicing Diaphragmatic Breathing Techniques. Integrating Makrasana with D.B. for Relaxation.

Unit II. Shavasana + Diaphragmatic Breathing

Introduction to Shavasana: Importance and History. Physiological Effects of Shavasana and D.B. Techniques for Entering and Maintaining Shavasana. Guided Practice of D.B. in Shavasana. Combining Shavasana with D.B. for Deep Relaxation.

Unit III. Systematic Relaxation

Concept and Benefits of Systematic Relaxation. Scientific Basis of Relaxation Techniques. Step-by-Step Guide to Progressive Muscle Relaxation. Implementing Guided Imagery for Stress Reduction. Practicing Full-Body Relaxation Techniques.

Unit IV. Selected Joints and Glands

Introduction to Joints and Glands. Mechanism and Benefits of Joints and Glands. Practicing Joint Rotations for Flexibility and Mobility. Practicing Joint Rotations for Flexibility and Mobility, Performing Gentle Neck and Shoulder Exercises

Unit V. Breathing Practices- Nadishodhanam, Ujjayi and Bhramari

Meaning of Breathing Practice. Introduction to Nadishodhanam, Ujjayi and Bhramari. Practicing Bhramari for Mental Calmness and Focus. Step-by-Step Guide to Practicing Nadishodhanam. Mastering Ujjayi Breathing Techniques.

Unit VI. Meditation- 3B- Body-Breath-Buddhi/Mind

Concept of 3B Meditation: Body, Breath, Mind. Benefits of 3B Meditation for Holistic well-being. Guided Body Awareness Meditation Techniques. Breath-Focused Meditation Practices. Mindfulness Meditation for Enhancing Mental Clarity.

Suggested Readings

Holistic Living Manual

The Science of Breath: A Practical Guide.

Exercise for Joints & Glands.

Yogic Practices of the Himalayan Tradition

[Signature]

[Signature]

[Signature]

[Signature]

[Signature]

Principal

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

[Signature]

Registrar

Swami Rama Himalayan University

page 64

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC606	Course Title- YOGA PRACTICAL - X (Major Course)	0	0	6	3
Course Objectives	<ul style="list-style-type: none"> ● Understand the principle and practice of each practice. ● Demonstrate each practice skillfully. ● Explain the procedure, precaution, benefits and limitations of each practice. 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will understand the organization of the body with respect to structural components. ● Students will understand the principle and practice of Yoga. ● Will have an understanding about the practices that help practitioners to lead to meditation. 				

- Out of 70 (Seventy) marks allocated for End Semester University Examination 40 (forty) marks shall be allocated for demonstration/ performance/ presentation and remaining 30 (thirty) marks shall be allocated for viva-voce.

➤ **Prayers, Mantra Chanting, Gita Patha & Upnishad Shlokas Chanting**

- **Subtleties of Practice (Swami Rama Teachings)**
- **Six steps of doing Asana Meditatively according Swami Rama**
- **As per the selected protocol/ module**
- **Advance Asanas** - Purnshalabhasana, Titibhasana, Omkarasna, Purnbhujangasana, Urdhkukutasana, Vrishikasana, Kapotasana, Purnachakrasana Urdhava Prasrita Ekpadasana
- **Counselling about contraindication: When not to do yoga – situations where different Yoga kriyas and asanas should not be done and taught.**

Note- Special Yoga Practices may be conducted on the basis of Swami Rama Teaching at Sadhana mandir trust/ Swami ram sadhak gram ashram

TEXT BOOK:

Swami Satyanand Saraswati, Asana pranayam mudra bandh, Bihar Munger

BOOKS FOR REFERENCE

1. Swami Rama, Meditation and its Practise (HI, honedale USA, 1998)
2. Pt. Usharbudh Arya, Mantra and Mditation (HI, honedale USA)
3. Swami Dharendra Bhramhachari :Yoga Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
4. Swami Dharendra Bhramhachari:Yogasana Vijnana,Dharendra Yoga Publications, New Delhi, 1966

[Handwritten signatures]

Swishtr

Ar200

[Handwritten signature]

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016


[Handwritten signature]
Registrar
Swami Rama Himalayan University

Internship- II Case Report (Major Course)

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC607	Course Title- Internship- II Case Study (Major Course)	0	0	4	2
Course Objectives	<ul style="list-style-type: none"> During this period students shall get an opportunity of teaching yoga to different patients. To send in different wards of the hospital to gain practical knowledge. To make them confident by giving them different cases. 				
Course Outcomes	<ul style="list-style-type: none"> Students will be able to teach yoga to different patients. Students will gain more practical knowledge about the Yoga. At the end of internship program, students will be able to understand how to take classes appropriately and will be confident. 				

Internship Programme Outcomes

- With the help of experienced teachers, students will learn to conduct the yoga classes for different patients who are suffering from any psychosomatic problems.
 - The worksite mentor will help train a student and advise him or her on how to navigate a particular worksite culture and interact with patients.
 - Internship will provide basic experience and workplace competencies which will be valuable for the employer while hiring the employees.
-
- Internship: Students will guide the patients to do Joints and Glands Exercises, diaphragmatic breathing and systematic relaxation & Meditation. In the beginning an intern will be assigned to work with the mentor and finally will be able to deal with the patients individually.
-
- There will be planned assignments for internship.
 - Log Book to be introduced and maintained during internship
 - Clinical Interview
 - Department specific Disorders and related small booklet along with MCQs.
 - Basic Counselling Skills

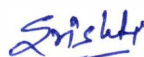




Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016



Registrar
Swami Rama Himalayan University




Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC608	Course Title- YOGA FIELD WORK & Educational Tour (Minor Stream)	0	0	4	2
Course Objectives	<ul style="list-style-type: none"> During this period students shall get an opportunity of teaching yoga to villagers, weekly two hours. The study tour is to give exposure to the students on the activities being conducted by Sadhana mandir trust/ Swami ram sadhak gram ashram or reputed Yoga Institutes/ Colleges/ Universities/ Yoga Centers/ Yoga Hospitals. To train the student to take the responsibility of organizing the classes in the near by villages for community health 				
Course Outcomes	<ul style="list-style-type: none"> Students will learn to teach and spread awareness in community camps, workshops, school health projects (Preferably extramural funding assisted) Students will gain more practical knowledge about the Himalayan Tradition. Students will learn to organize the classes in the near by villages. 				

● **Field Work-**

During this period students shall get an opportunity of teaching Yoga (All Yoga Practices) to **Villagers/ Sadhana mandir trust/ Swami ram sadhak gram ashram / HIMALAYAN INSTITUTE OF HOSPITAL TRUST** division weekly two hours. The academic institution where the student is undergoing his/her training takes the responsibility of organizing the classes in the near by villages/ Institutions for community health.

Yoga Teaching and awareness: community camps, workshops, school health projects (Preferably extramural funding assisted)

● **Presentation-**

Presentations of Field Work Report, its Utility and the exposure got to enhance their learning.

Note- Special Yoga Practices may be conducted on the based of Swami Rama Teaching at SMT/ SRSG.

● **Educational Study tour-**

The study tour is to give exposure to the students on the activities being conducted by **Sadhana mandir trust/ Swami ram sadhak gram ashram** or reputed Yoga Institutes/ Colleges/ Universities/ Yoga Centers/ Yoga Hospitals.

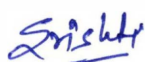
The students may be taken to any one or more than one Yoga Institutes /Yoga Centers etc. of repute in India. The Study Tour shall be arranged the Institute and the expenses shall be borne by the concerned students only. Each student has to submit a Study Tour observation report that will be evaluated by the teacher who is in-charge of the study tour and also counter signed by the Programme Coordinator. The Study Tour will not carry any marks as mentioned in the Scheme of examination.





Principal

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016







Registrar
Swami Rama Himalayan University

**UNDER GRADUATE DEGREE COURSE IN HONOURS YOGA SCIENCES & HOLISTIC HEALTH
(B.SC. HONS. YSHH) - SEVENTH SEMESTER**

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSH701	Course Title- THERAPEUTIC YOGA (Major Course)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> Students of the UG Programme will have an understanding about Yoga Therapy To understand the concept of body and health from the perspective of yoga. To have an understanding of the Yogic concept of Disease and the remedial measures therein To make the students aware the different aspects of Holistic Health 				
Course Outcomes	<ul style="list-style-type: none"> Students will be able to learn Traditional Indian Yoga systems. Students will gain in-depth understanding of fundamental and applied scientific concepts and methods of Yogic Science and allied Science Student of yoga sciences & Holistic Health can find a career to teach and spread the knowledge in schools, colleges, health centers 				

Unit-1: Yogic concepts of health, stress and disease

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Health and Disease in modern and Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in health and healing; Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi; Concept of stress (Adhi) as cause for Vyadhi (yoga vasishta); Role of Yoga in preventive health care – Heyam dukham anagatam ; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhrantidarsana, Alabdha-bhumikatva and Anavasthitatva

Unit - 2: Preventive healthcare according to yoga

Concepts of Trigunas, Pancha-mahabhutas, pancha koshas, Pancha-prana, nadis, chakras, and their role in Health and Healing. Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shatkarma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahankara and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

Unit – 3: Yoga for prevention of health

Dietary regulation according to Hatha yoga and Bhagavadgita; Shatkriyas and Tatva shuddhi; Asana for mind body and spirit; Pranayama; Definition of Mental Health & Mental Hygiene & Total Health ; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adaptation and adjustment [Personal and interpersonal] through yogic rules and regulations Niyamas & Yamas

Unit - 4: Psycho physiological effects of yoga evidences through modern research

Literature on therapeutic benefits of yoga in health and diseases of cardiovascular, respiratory, neurological, psychiatric, endocrine, metabolic, renal, ENT, ophthalmology, reproductive system. Literature on psycho-physiological research in normal healthy volunteers; Literature on psycho-physiological research in promotion of positive health- on individual asanas, kriyas, mudras, bandhas, pranayamas, different meditation techniques.

TEXT BOOKS

1. Preeti Goel & Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003)
2. M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)

REFERENCE BOOKS

1. Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
2. T.S. Rukmani : Patanjala Yoga Sutra, Munshiram Manoharlal, 2001
3. Nagendra, H. R.: Yoga for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2000 & Nagendra H. R: New Perspective in Stress Management, VK Yoga Publication,



Principal

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016











Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSH702	Course Title- APPLICATIONS OF HATHA YOGA AND PATANJALA YOGA (Major Course)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> Students will have an understanding about Applications of Hatha Yoga and Patanjala Yoga Apply its value in education. Apply its value practically for the management of stress. Introduce its value and insights for persons with special need 				
Course Outcomes	<ul style="list-style-type: none"> Students will be able to learn Traditional Indian Yoga systems. Students will gain in-depth understanding of fundamental and applied scientific concepts and methods of Yogic Science based on ancient tradition Student can teach and spread the knowledge in schools, colleges, health centers 				

Unit- I: APPLICATIONS OF HATHA YOGA IN STRESS MANAGEMENT & PERSONALITY DEVELOPMENT

Stress reduction through mastery over the modifications of the mind using Combinations of Shat Kriyas (Detoxifying techniques), Asanas (Culturing the body), Mudras (for prāna perception and balance), Pranayama (for mastery over prana through slowing and balance), dharana, Dhyana (mastery over mind through concentration, focusing and defocusing techniques).

Physical level: Slim body, beauty, glow on face, healthy digestive fire and Disease free state through, yogic diet , Shat Kriyas (purifications of internal organs/ detoxification), Asanas (for strength and stamina).

Prana level : Purification of Nadis and mastery over prana through mudras, bandhas and Pranayama.

Mental level: Personal and Social Discipline through Yamas(don'ts) and Niyama(do's), cultivation of four fold abilities (grasping , concentration, memory and intellectual capacity) through pratyahara, Dharana, Dhyana, and Samadhi);

Emotion level: Mastery over emotions to prevent aggressive behavior, anger, fear, anxiety, and depression through Ishwara Pranidhana (Surrenderance to the supreme);

Social and civic sense: preserve environment by understanding that 'I am a piece of the universe' through right knowledge of yuyate anena it yogah (yoga is that which unites the individual consciousness with universal consciousness)

Spiritual health: joy, bliss and equanimity under all circumstances through Practice of Higher states of Meditation (Super consciousness states).

Unit-II: Application of Patanjala yoga in Stress Management

Combinations of Shat Kriyas (Detoxifying), Asans (Strength), Mudras (steadiness), Pranayama (lightness), Dhyana (perception); Culturing the body through Asanas; Regulation the flow of prana through pranayama; Application in Stress management: Practices for Chitta Vritti Nirodha (Abhyasa and Vairagya), Cultivation of four fold attitude for Chitta prasadnam, Ashtanga Yoga:

Sadhana Pada – Discipling the life through Yama and Niyama; Pratyahara practicing abstinence from sense cravings; Applications in personality development: Applications of Hatha Yoga in personality development for; Physical level: Slim body, beauty, glow on face, healthy digestive fire and Disease free state through, yogic diet , Shat Kriyas (purifications of internal organs/ detoxification), Asanas (for strength and stamina); Prana level : Purification of Nadis and mastery over prana through mudras, bandhas and Pranayama; Mental level: Personal and Social Discipline through five Yamas(don'ts) and five Niyama(do's), cultivation of four fold abilities (grasping , concentration, memory and intellectual capacity) through pratyahara, Dharana, Dhyana, and Samadhi); Emotion level: mastery over emotions to prevent aggressive behavior, anger, fear, anxiety, and depression through Ishwara Pranidhana (Surrenderance to the supreme); Social and civic sense: preserve environment by understanding that 'I am a piece of the universe' through right knowledge of yuyate anena it yogah (yoga is that which unites the individual consciousness with universal consciousness); Spiritual health: joy, bliss and equanimity under all circumstances through Practice of Higher states of Meditation (Super consciousness states),

Unit-III: Application of Hatha yoga and Patanjala yoga in sports

Physical Level: Physical Stamina; strength; Endurance; Muscle tone; flexibility through sanas, diet and kriyas ; Kriyas (Cleansing of internal organs for clearing the tissue toxins before and after the intense training); Vital Level: Pranayama (for Lung capacity); Mental Level: Gain mastery over the Mind, concentration, focusing,

Subroto

Principal

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Page 66

Himalayan University

Reduction of Ego; Development of positive and good qualities; Reduction of aggressive nature; through Meditation and Breathing Techniques; improved Cognitive abilities– Focus, creative skills and clear thinking; Willpower, Creativity; Spiritual Level: concept of using sports for spiritual growth through intensified awareness;

Unit-IV: Application of Hatha yoga and Patanjala yoga for rehabilitation of Children with Special needs

Assessment of cognitive, emotional, physical needs of normal and special children

Specific modules of integrated yoga for children with : Down syndrome, cerebral palsy, autism spectrum disorders learning disabilities and physical disability Impaired vision, hearing, speech disorders, Emotional disorder of behavior Integrated yoga practices to increase cognitive and motor skills in normal children - Practices which help in strength, endurance, speed, agility, flexibility, and self- confidence;

TEXT BOOKS

1. Sahay G.S. : HathaYoga Pradeepika of Svatmarama, MDNIY Publication, 2013
2. Iyengar B.K.S. : Light on the Yoga Sutras of Patanjali, Published Thorsons, 2002

REFERENCE BOOKS:

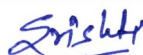
1. Sharma BR : Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013
2. Gharote, M.M. : Therapeutic references in Traditional Yoga Texts, The Lonavla Institute, Lonavla, 2010
3. Gharote ML : Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
4. Woods, J.H.: The Yoga System of Patanjali, M.L.B.D., Delhi, 1988
5. Swami Vivekananda : Rajayoga, Advaita Ashram, Culcutta, 2000.
6. Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi



Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016



Registrar
Swami Rama Himalayan University



Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSH703	Course Title- Panchkarma Therapy (Minor Stream)	2	0	2	3
Course Objectives	<ul style="list-style-type: none"> Students will have an understanding about Applications of Panchkarma Therapy Helping learners to realize Panchkarma Therapy importance to yoga practice; To learn general concepts and principles of Panchkarma Therapy Illustrate the use of these general Panchkarma Therapy concepts in the professional skill for the treatment. 				
Course Outcomes	<ul style="list-style-type: none"> Introduce its value and insights for persons with special need Students will be able to lean Panchkarma Therapy Students will gain in-depth understanding of applied scientific concepts and methods of Panchkarma Therapy Student can utilized the knowledge in the health sectors 				

Introduction to Panchakarma

- Overview of Panchakarma
- Historical background and significance in Ayurveda
- Principles and goals of Panchakarma
- Introduction to the doshas (Vata, Pitta, Kapha) and their role in disease and health

Practical Session

- Interactive discussion on the historical and theoretical aspects of Panchakarma
- Overview of the course structure and expectations

Principles of Detoxification

- Concept of detoxification in Ayurveda
- The role of Agni (digestive fire) and its impact on detoxification
- Understanding Ama (toxins) and its effects on health

Practical Session

- Demonstration and discussion of dietary and lifestyle modifications that support detoxification
- Introduction to basic techniques used in Panchakarma

Preparation for Panchakarma Treatments

- Pre-treatment procedures: Purvakarma
- Snehana (oleation therapy)
- Swedana (sudation therapy)
- Importance and methods of preparing the body for detoxification

Practical Session

- Hands-on practice of Snehana and Swedana techniques
- Preparation of herbal oils and formulations used in Panchakarma

Vamana (Therapeutic Emesis)

- Detailed study of Vamana therapy
- Indications, contraindications, and procedure
- Benefits and therapeutic effects of Vamana
- Observational session or video demonstration of Vamana
- Discussion on preparation and follow-up care

Virechana (Therapeutic Purgation)

- Detailed study of Virechana therapy
- Indications, contraindications, and procedure
- Benefits and therapeutic effects of Virechana

Practical Session

- Observational session or video demonstration of Virechana
- Discussion on preparation and follow-up care

Basti (Therapeutic Enemas)

- Detailed study of Basti therapy
- Types of Basti (Niruha Basti and Anuvasana Basti)
- Indications, contraindications, and procedure
- Benefits and therapeutic effects of Basti

Practical Session

- Demonstration of Basti procedures
- Discussion on the types of enemas and their applications

Nasya (Nasal Administration of Medicines)

- Detailed study of Nasya therapy
- Indications, contraindications, and procedure
- Benefits and therapeutic effects of Nasya

Practical Session

- Hands-on practice of Nasya techniques

Subodh

Principal

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun, Uttarakhand-248006

- Preparation of Nasya medicines and oils
- **Integration and Review**
 - Review of all Panchakarma therapies
 - Integration of Panchakarma treatments in holistic health management
 - Discussion on case studies and practical applications
- **Practical Session**
 - Final review and Q&A session
 - Hands-on review of techniques and procedures learned
- **Assessment and Evaluation:**
 - **Participation and Engagement:** 20% (Active involvement in class and practical sessions)
 - **Practical Skills:** 30% (Demonstrated proficiency in performing and observing therapies)
 - **Knowledge Tests:** 30% (Written tests on principles, procedures, and benefits of Panchakarma therapies)
 - **Final Project or Presentation:** 20% (Presentation on a specific Panchakarma therapy or case study)
- **Materials and Resources:**
 - **Readings:** Selected chapters from Ayurvedic texts and articles on Panchakarma
 - **Visual Aids:** Diagrams, videos, and demonstrations of Panchakarma procedures
 - **Tools and Supplies:** Herbal oils, therapeutic tools, and materials used in Panchakarma treatments



Arzu

Srishti



Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016




Registrar
Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSH704	Course Title- Biomechanics and Kinesiology (SEC)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> Students will have an understanding about Applications of Biomechanics and Kinesiology Helping learners to realize biomechanics importance to yoga practice; To learn general biomechanics concepts and principles that influence human movement; Illustrate the use of these general bio mechanical concepts in the professional skill for the diagnosis of the movement during yoga practices. 				
Course Outcomes	<ul style="list-style-type: none"> Introduce its value and insights for persons with special need Students will be able to learn Biomechanics and Kinesiology Students will gain in-depth understanding of applied scientific concepts and methods of Biomechanics and Kinesiology Student can utilized the knowledge in schools, colleges, health centers 				

Unit 1: Introduction to Kinesiology and the principles of Biomechanics in Yoga

Meaning and Definition of Kinesiology ; Basic Biomechanical terms – velocity; acceleration; angular velocity; angular acceleration; Mass; Pressure; Gravity; Friction; work; Power; Energy; Torque; Bio mechanics: Description of movement of the human body; Kinematics, Kinetics; Kinetics – the forces producing motion e.g. muscles, gravity; Kinematics – the description of motion e.g. type, location, direction, planes of movement; Type of displacement (movement); Location in space; Direction of movement; Magnitude of movement; Rate of movement; Importance of Kinesiology and Biomechanics for Yoga

Unit 2: Fundamental Concept

Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity; Fundamental movements at various joints; Fundamental concepts of the following terms – Angle of Pull, All or None Law, Reciprocal Innervations and inhibition; Stretch and postural reflex during the practice of Yoga postures; Force – Meaning, definition, types and its application to various Yoga postures; Lever – Meaning, definition, types and its application to human body; Newton's Laws of Motion – Meaning, definition and its application to Yoga activities.

156

Unit-3 : Biomechanics of Hip and spine

Biomechanics of Hip Structure & function of the bones & non contractile element of the Hip, mechanics & patho-mechanics of muscle activity at the hip & analysis of the forces on the Hip during various Yoga postures; Biomechanics of Spine: Structure & function of the bones & joints of the cervical spine, mechanics & patho-mechanics of the cervical musculature, analysis of the forces on the cervical spine during activity, structure & function of the bones & joints of the thoracic spine, mechanics of the thoracic musculature, analysis of the forces on the thoracic spine during Yoga Postures & structure & function of the bones & joints of the lumbar spine. c. Mechanics of the lumbar musculature, analysis of the forces on the lumbar spine during Yoga postures, structure & function of the bones & joints of the pelvis, mechanics of the muscle activity in the pelvis & analysis of the forces on the pelvis during activity.

Unit-4: Biomechanics of Shoulder, elbow and wrist

Biomechanics of Shoulder: Structure & function of the bones & joints of the Shoulder complex, mechanics & patho-mechanics of the muscle activity in the Shoulder complex & analysis of the forces on the Shoulder complex during Yoga postures; Biomechanics of Elbow: Structure & function of the bones & no contractile element of the elbow, mechanics of muscle activity at the elbow & analysis of the forces on the elbow during Yoga postures; Biomechanics of Wrist & Hand Structure & function of the bones & joints of the wrist & hand, mechanics of the muscle activity in the wrist & hand, analysis of the forces on the wrist during activity, mechanics of the Special connective tissue in the hand

Smriti

Swami Rama Himalayan University

Principal

Page 73

Ar200

[Signature]

[Signature]

TEXT BOOKS

1. Hay, J.G. and Reid, J.G.: Anatomy, mechanics and human motion. Englewood Cliffs, N.J.: prentice Hall Inc. 1988.
2. Knudson, D.: Fundamentals of biomechanics. New York, NY: Springer, 2007

REFERENCE BOOKS

1. McGinnis, P.: Biomechanics of sport and exercise. Champaign, IL: Human Kinetics, 2013
2. Franc Bell: Principles of Mechanics and Biomechanics, Stanley Thornes Publications, 1998
3. Iwan W. Griffiths, Principles of Biomechanics & Motion Analysis, Published by Lippincott Williams & Wilkins, 2006



Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun, Uttarakhand-248015



Registrar
Swami Rama Himalayan University



Learning from Upanishads Value Addition Course

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSH705	Course Title- Learning from Upanishads	2	0	0	2
Course Objectives	<ul style="list-style-type: none"> ● To teach the basic concept of Upanishads ● Learn about applied Yoga Techniques towards Yoga Education, training and Research 				
Course Outcomes	<ul style="list-style-type: none"> ● To progress in the path of spirituality ● Students will help to find out preventive aspects through Upanishads ● After completing the Programme, a student of yoga sciences & Holistic Health can find a career to teach and spread the knowledge about Upanishads ● Will be able to take right decisions for the wellness of the community 				

Unit – I. INTRODUCTION OF UPANISHADS

- 1.1 Katha Upanishad: Definition of Yoga; Nature of soul, Importance of Self Realization.
- 1.2 Prashna Upanishad: Concept of Prana and Rayi (creation), Pancha pranas, The five main questions.
- 1.3 Mundaka Upanishad: Two approaches to Brahma Vidya- Para and Aparā, The greatness of Brahma vidya, The worthlessness of Selfish-Karma; Tapas and Gurubhakti.
- 1.4 Taittiriya Upanishad: Introduction and Concept of Panch Kosha.

Unit – II. MESSAGES OF UPANISHADS

- 2.1 Ishavasyopanishad: Concept of Karmanishta, Concept of Vidya and Avidya, Knowledge of Brahman, Atma Bhava.
- 2.2 Kena Upanishad: Indwelling Power; Indriya and antahkarana; Self and the Mind.
- 2.3 Kena Upanishad: Intuitive realization of the truth, Transcendental truth; Moral of Yaksha Upakhyana.
- 2.4 Mandukya: Four States of Consciousness and its relation to syllables in Omkara.

Unit – III BASIC INTRODUCTION OF YOGOPANISHAD - I

- 3.1 Hansha Upanishad/ Amrita Bindu Upanishad/ Dhyaan Bindu Upanishad
- 3.2 Naad Bindu Upanishad/ Kshurika Upanishad
- 3.3 Tej Bindu Upanishad / Dhyaan Bindu Upanishad
- 3.4 Brahm Vidhya Upanishad / Yoga Tattv Upanishad

Unit – IV BASIC INTRODUCTION OF YOGOPANISHA - II

- 4.1 Trishikhi Brahman Upanishad / Yoga Chudamani Upanishad
- 4.2 Mandal braahman Upanishad / Shandilaya Upanishad
- 4.3 Yoga Shikha Upanishad / Paashupat Brahm Upanishad
- 4.4 Yoga Kundalini Upanishad / Darshan Upanishad

TEXT BOOK:

1. The 108 Upnishadas; an Introduction -Roshen
2. DalalYogopnishad; Swami Anant Bharti

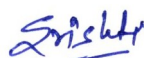
REFERENCE BOOKS:

1. Ishadi Nava Upnishad(Shankar Bhashya) - Geeta Press
2. Upnishad Ank - Kalyan
3. 108 Upanishad Vol(1,2,3,4)- Aacharya Shri Ram Sharma











Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016



Swami Rama Himalayan University

Research Project

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSH706	Course Title- Research Project (PRO)	0	0	4	2
Course Objectives	<ul style="list-style-type: none"> Students of the UG Programme will have an understanding about Review of literature The intention of this course is to expose the student to new dimensions of research & development. The course enhances different aspects of scientific reading and writing. The course also ensures the student to learn practical based scientific skills. 				
Course Outcomes	<ul style="list-style-type: none"> Students will be able to teach yoga to different patients. Students will gain more practical knowledge about the Yoga. At the end of internship program, students will be able to understand how to take classes appropriately and will be confident. To acquire the knowledge of correlation, regression, data analysis and hypothesis testing using suitable test of statistical significance. Conceptualize the need for research in Yoga Sciences and significance effects 				

Project will be based on Swami Rama's teachings for Holistic Health (OPD/IPD of HH SRHU)




Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016




Registrar
Swami Rama Himalayan University

Arzuu

Snigda

Internship -III Case Study

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSH707	Course Internship- III Case Study (Major core)	0	0	4	2
Course Objectives	<ul style="list-style-type: none"> During this period students shall get an opportunity of teaching yoga to different patients. To send in different wards of the hospital to gain practical knowledge. To make them confident by giving them different cases. 				
Course Outcomes	<ul style="list-style-type: none"> Students will be able to teach yoga to different patients. Students will gain more practical knowledge about the Yoga. At the end of internship program, students will be able to understand how to take classes appropriately and will be confident. 				

Internship will be based on Swami Rama's teachings for Holistic Health (IPD of HH SRHU)

Internship Programme Outcomes

- With the help of experienced teachers, students will learn to conduct the yoga classes for different patients who are suffering from any psychosomatic problems.
The worksite mentor will help train a student and advise him or her on how to navigate a particular worksite culture and interact with patients.
- Internship will provide basic experience and workplace competencies which will be valuable for the employer while hiring the employees.
- Internship: Students will guide the patients to do Joints and Glands Exercises, diaphragmatic breathing and systematic relaxation & Meditation. In the beginning an intern will be assigned to work with the mentor and finally will be able to deal with the patients individually.
- There will be planned assignments for internship.
- Log Book to be introduced and maintained during internship
- Clinical Interview
- Department specific Disorders and related small booklet along with MCQs.
- Basic Counselling Skills

[Signature]

Arzoo

Smriti

[Signature]

[Signature]

[Signature]

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Panchkarma Practical

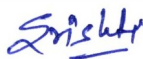
Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSH708	Course Title- Panchkarma Practical (Minor Stream)	0	0	2	1
Course Objectives	<ul style="list-style-type: none"> ● Brief understanding of Tridosha, Saptadhatu, Agni & Mala as per Ayurveda ● To make Yoga students aware about the fundamental principles of Panchkarma for prevention of diseases and maintenance of Holistic Health 				
Course Outcomes	<ul style="list-style-type: none"> ● After Practical learning the proposed Programme, B.Sc. Yoga students will be able to use the applied aspect of Panchkarma with Yoga for holistic health and healing ● Students will be able to treat the patient through Panchkarma 				

Practical will be based on Panchkarma Therapy Syllabus of Theory Paper III.









Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016




Registrar
Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC704	Course Title- YOGA PRACTICAL - XI (Major Course)	0	0	6	3
Course Objectives	<ul style="list-style-type: none"> ● Understand the principle and practice of each practice. ● Demonstrate each practice skillfully. ● Explain the procedure, precaution, benefits and limitations of each practice. 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will understand the organization of the body with respect to structural components. ● Students will understand the principle and practice of Yoga. ● Will have an understanding about the practices that help practitioners to lead to meditation. 				

- Out of 70 (Seventy) marks allocated for End Semester University Examination 40 (forty) marks shall be allocated for demonstration/ performance/ presentation and remaining 30 (thirty) marks shall be allocated for viva-voce.

➤ **Prayers, Mantra Chanting, Gita Patha & Upnishad Shlokas Chanting**

- **Subtleties of Practice (Swami Rama Teachings)**
- **Six steps of doing Asana Meditatively according Swami Rama**
- **Advance Asanas - Complex poses and Hand standing**
- Pranayama Practices with Ratio.
- Revision of previous practices.
-

Note- Special Yoga Practices may be conducted on the basis of Swami Rama Teaching at Sadhana mandir trust/ Swami ram sadhak gram ashram

TEXT BOOK:

Swami Satyanand Saraswati, Asana pranayam mudra bandh, Bihar Munger

BOOKS FOR REFERENCE

5. Swami Rama, Meditation and its Practise (HI, honedale USA, 1998
6. Pt. Usharbudh Arya, Mantra and Mditation (HI, honedale USA)
7. Swami Dharendra Bhramhachari :Yoga Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
8. Swami Dharendra Bhramhachari:Yogasana Vijnana,Dhirendra Yoga Publications, New Delhi, 1966

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSH801	Course Title- YOGA AND STRATEGIC MANAGEMENT (Major Course)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> Students of the UG Programme will have an understanding about Yogic Management Understand and conceptualize the Indian ethos and need for holistic globalization To make the students aware the different aspects of Holistic Health 				
Course Outcomes	<ul style="list-style-type: none"> Students will gain in-depth understanding about the concepts and methods of Yogic management and strategic planning To appreciate the complexities of managing a formal organization. To help develop analytical skills for identifying key strategic issues and formulating appropriate strategies given a firm's situation. The meaning and need for strategic management. Conceptualize the need for Indian models and significance. Understand the need for corporate responsibility 				

UNIT 1: Basic Concepts in Strategic Management

Meaning of strategy, Strategic Management: meaning, definition, role, scope, importance, stages, key terms in SM, SM Model, benefits, key terms, need for strategic planning, why firms avoid strategic planning? Pitfalls in strategic planning, guidelines for yogic approach to effective strategic management. Key success factors of a business.

UNIT 2: Yogic Vision and Mission

Yogic Vision and Mission: Need, meaning, Vision vs. Mission, importance, process, characteristics, components, writing and evaluating yogic vision and mission statements.

UNIT 3: Internal and External Assessment, and business strategies

Key internal forces, process of performing an internal strategic management audit, basic functions or activities that make up the different functional areas of business. Key external forces, sources of external information, Porter's five forces model of competition, Cooperative vs. Competitive Strategies – examples and exercises. Five generic competitive strategies, Diversification strategies – related and unrelated, Core competencies, outsourcing. Horizontal and vertical integration, Joint Venture, Partnering, Merger, Acquisition, SM in Non-profit, Educational, Medical and Government organizations.

UNIT 4: Yogic Approach to strategic management

Importance of ethics in the overall process, Yoga and ethical strategic management, convergence of Western and Eastern management practices, Compassionate Leadership through Yogic approach, Balancing Purusharthas through a holistic approach and Evolution of the SELF.

Text Book:

1. Fred R David, Strategic Management concepts and cases, 10/e, Prentice Hall

Reference Books:

2. John A. Pearce II and Richard B Robinson Jr., Strategic Management: Formulation, Implementation and Control, 9/e, Tata McGraw Hill
3. Srinivasan, Strategic Management - Indian Context, Prentice Hall Of India
4. Sharma Subhash, New Mantras in Corporate Corridors: From Ancient Roots to Global Routes, New Age International Publishers, New Delhi
5. Color of the Rainbow – Compassionate Leadership, Swami Amritaswarupananda Puri, M.A.center, 2013
6. Hartman & Chatterjee, Perspectives in Business Ethics, 3/e, Tata McGraw Hill.
7. Non-profit Management – Principles and Practice, Michael J. Worth, The George Washington University, ISBN 9781412937788 Sage Publications, September 2008

Ar200

BS

Subhash
Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

W
Registrar
Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSH802	Course Title- Application of Bhagavadgita and Yoga Vasistha (Major Course)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> Students of the UG Programme will have an understanding about traditional knowledge Understand and conceptualize the Application of Yoga in Bhagavadgitha and Yoga Vasistha To give comprehensive knowledge about therapeutic basis of yoga as mentioned in ancient classical texts such as Bhagavadgitha and Yoga Vasistha 				
Course Outcomes	<ul style="list-style-type: none"> Students will gain in-depth understanding about the concepts and applications of Yoga in Bhagavadgitha and Yoga Vasistha Conceptualize the need for Indian models and significance. Understand the need for corporate responsibility To make the students aware the different aspects of Holistic Health 				

Unit – 1: Application of Bhagavadgita – 1

a. Applications in stress management- Essence of Gita and its background; Three division of faiths, thoughts and deed and eating habits corresponding to three modes – Faith, thoughts and good deeds positively correlated with stress management; The Tamas and Rajas modes as the cause of stress; Adaptation of qualities of stitha rajna; Four rules of Karma Yoga- Regulated with sense of duty; Detached; Without love or hatred; unconcerned attached to the results of action; Work efficiency – Concept of Devotion – surrender to the supreme; Nature of Devotion and the Goal of Devotion; Concept of Shraddha (perseverance) and its relevance;

b. Applications in Personality development - Concept of Triguna in the context of Bhagavadgita; Satva, Rajas and Tamas; Give up demonic traits such as anger, greed, lust and craving for sense objects and selfish flavor of happiness; Psycho analysis model in verses 2.62 and 2.63; Cause of destruction as craving for sense objects; Raise above cognition and emotions; Mode of goodness – sense of happiness and knowledge; Theory of Samatvam in healthy living as described in Bhagavadgita; Nature of Dhyana, Preparation of Dhyana and Dhyana Yoga etc; Remedial Measures of Abhyasa and Vairagya.

Unit – 2: Applications of Bhagavad Gita – 2

c. Applications for Sports personnel - Nature of action, inaction & ego-less action; Performance without attaching to the fruits of action; Maintaining the inner equipoise with knowledge and understanding with adapting qualities like humility, tolerance, non- violence, cleanliness, self control; absence of false and even mindedness; Four rules of Karma Yoga- Regulated with Duty sense; Detached; Without love or hatred; not attached to the fruits of action; Concept of Faith; Psycho analysis model described in Bhagavadgitha to keep under senses under control and to be in moderation; Moderation in sleep, entertainment and food being the key to be in equanimity; Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita and its relevance.

Unit – 3: Application of Yoga Vasistha - 1

. Applications in stress Management: Concept of Mind: World is the projection of Mind; ManAh, PrashamanaH upAyaH YogaH: Understanding of the Concept of Adhi and Vyadhi; Stress as the key for Psychosomatic disease; Life style prescription as suggested in Yoga vasistha – Restrain from Eating of unwholesome food; Living in unhealthy places; Doing things at unseasonable hours; Association with the wicked; Longing after improper things; Evil desires and bad thoughts; Control of breathing; the story of Kakabhushanda;

Unit – 4: Applications of Yoga Vasistha – 2

b. Applications in Personality development:

Good Association; Self Enquiry; Development of Satwaguna (Good virtues); Mind control through abhyasa (practice) and vairagya (dispassion). Self discipline and self control, by withdrawing our senses from the sense objects; overcoming desires through detachments from the sense objects, living in solitude, free from possessiveness and by fixing our minds constantly on the Self. Handling the mind and emotions-enhancing the power of discrimination.

TEXT BOOKS

1. Holy Geeta : Swami Chinmayananda, Central Chinmayananda Mission Trust, 1992, Mumbai.
2. Vaalmeeki : Essence of Yoga Vasistha, Lotus Press, 1998

REFERENCE BOOKS

1. Swami Ranganathananda: Message of Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985
2. Swami Venkatesananda: Vasistha's Yoga, State University of New York Press, Albany, 1993

Ar200

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Dr. Srishti

Dr.

Registrar
Page 81

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSH803	Course Title- PHYSIOLOGICAL EFFECTS OF YOGA PRACTICES (Minor Stream)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> To have an in depth understanding of physiological changes following the practice of yoga To have a brief idea of the underlying mechanism behind the possible benefits as a result of yogic practices To equip the students with an idea of muscles and nerve fibers stretched and compressed, toned up during various yogic posture 				
Course Outcomes	<ul style="list-style-type: none"> Students will gain in-depth understanding about the Physiological Effect of Yoga practices To have an in-depth understanding about physiological benefits of Pranayama; Neuro Psychological locks in Mudras; Neuro Muscular locks in Bandhas. Understand the need for clinical research in Yoga Sciences To make the students aware the different aspects Physiological Effect of Yoga practices in Holistic Health 				

Unit - 1: The concept of homeostasis

Regulatory systems of the body, Characteristics of control systems, Physiological basis of mind-body medicine; Physiology of exercise, Asana - Types and Categories; Musculo skeletal system and Humoral mechanism involved; Effect of Yogic practices in setting up the internal environment of the body, Mechanical influence of asanas; Psychosomatic mechanism; Mechanism of influence of six types of asanas: stretching; pivoting; strengthening; inverted; pressing; equilibration, Reciprocal inhibition and innervation

Unit - 2: Concept of Pranayama

Mechanism of respiration and mechanism of gas exchange, Regulation of respiration; Psychophysiological effect of pranayama: changing of ratio of oxygen and carbonic acid in our body; Enabling different groups of muscles in breathing; Pranayama as respiratory pump; Reflex impact over sympathetic and parasympathetic nervous system; Role of Pranayama on Vital capacity, Lung Volume and Lung function. Role of Pranayama and other yoga practices on compliance, Ventilation perfusion ratio, alveolar ventilation, dead space volume and minute ventilation. Neurophysiological mechanism of Kevala, Antar and Bahir kumbhaka

Unit - 3: Concept of Kriyas

An overview of diffusion osmosis, endo & exosmosis, active transport; significance of using salt during the practice of Kriya; Tonicity of the solution such as hypotonic, hyper tonic and isotonic solution and the impact of the same on physiology; peristalsis and mechanism of action, Effect of Kriyas in encouraging the peristalsis; Opening and closing of sphincter; Role of Kriyas in smooth operation of sphincter; Mechanism of action of Kriya practices in the activation of vagus nerve, effect of Kriyas on gastric mucosa on digestive system; Development of negative pressure and the impact of sustenance of the negative pressure in body physiology.

Unit - 4: Concept of Mudras Bandhas

Activation of two antagonistic muscles; activation of nerve reflexes; Proprioceptive neuromuscular facilitation; Effect of Bandhas on joint complexes; Central bandhas and coactivation of opposing muscles in spinal joint complexes; Jalandhara bandha effects neck joint complexes; Uddiyan bandha effects upper joint complexes; and Moola bandha for lower back joint complexes; Isometric muscle activation and Bandhas; Synergistic muscle activation during Bandha practices; Navadvara and their significance in yoga; Principles behind the practice of Mudras; Resting membrane potential; action potential and transmission of nerve impulse; significance of Neuro psychological lock and its impulse in body physiology; secretion of neurotransmitter in the brain; Role of mudra is physiological functions of the body, regulating of the secretion in body

TEXT BOOKS

- Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners; Book by Herbert David Coulter; Publisher Body and Breath, 2001
- A Handbook for Yogasana Teachers: The Incorporation of Neuroscience, Physiology, and Anatomy by Mel Robin, Publisher: Wheatmark; 1 edition (15 May 2009)

REFERENCE BOOKS

- Simon Borg Olivier and Bianca Machiss; Applied Anatomy and Physiology of Yoga; 3rd edition, 2007.
- Clinical Anatomy: A Revision and Applied Anatomy for Clinical. Students, Harold Ellis, Blackwell Publishing, 2006
- Essentials of Pathophysiology: Concepts of Altered Health States Carol Mattson Porth, Lippincott Williams & Wilkins, 2006

Principal

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant Dehradun Uttarakhand-248016

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSH804	Course Title-Health & Fitness through Yoga Science (SEC)	2	0	2	3
Course Objectives	<ul style="list-style-type: none"> ● To understand the fundamental principles of yoga for fitness. ● Develop personalized yoga routines for health improvement. ● Learn techniques for stress management through yoga. ● Master yoga postures to enhance physical wellness. 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will help to find out preventive aspects through Marma Therapy for holistic health ● After completing the Programme, a student of yoga sciences & Holistic Health can find a career to teach and spread the knowledge Applied Marma Therapy as Holistic Healing Methods. ● Comprehensive training in yoga for holistic health. ● Expert-led sessions on personalized fitness routines 				

UNIT I: YOGA CONCEPTS OF HEALTH AND MIND.

- 1.1 Definition & Importance of Health According to WHO;
- 1.2 Dimensions of Health: Physical, Mental, Social and Spiritual,
- 1.3 Yogic Concept of Health: Meaning and definitions,
- 1.4 Concept of Adhi and Vyadhi, Yogic concept of Health and Mind, role of Yoga in preventive health care
- 1.5 Stress: Definition, Systems, Causes and Management through Yogic Principles

UNIT-II: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING 5 Hours

- 2.1 Yogic Principles of Healthy Living: Aahara, Vihara, Aachara and Vichara
- 2.2 Yogic principles of Lifestyle management and its role in prevention of disease and health promotion
- 2.3 Yogic Principles of Diet and its role in Healthy living.
- 2.4 Yogic Practices of Healthy living : i.e. Yama, Niyama, Shat-karma, Asana, Mudra & Bandha
- 2.5 Pranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living.

Unit III. Shavasana + Diaphragmatic Breathing Systematic Relaxation

1. Introduction to Shavasana: Importance and History, Physiological Effects of Shavasana and D.B., Techniques for Entering and Maintaining Shavasana
2. Guided Practice of D.B. in Shavasana, Combining Shavasana with D.B. for Deep Relaxation
3. Concept and Benefits of Systematic Relaxation, Scientific Basis of Relaxation Techniques.
4. Step-by-Step Guide to Progressive Muscle Relaxation.
5. Implementing Guided Imagery for Stress Reduction, Practicing Full-Body Relaxation Techniques.

Unit IV. Selected Joints and Glands

1. Introduction to Joints and Glands.
2. Mechanism and Benefits of Joints and Glands.
3. Practicing Joint Rotations for Flexibility and Mobility.
4. Practicing Joint Rotations for Flexibility and Mobility
5. Performing Gentle Neck and Shoulder Exercises

Unit V. Makrasana + Diaphragmatic Breathing Breathing Practices- Nadishodhanam, Ujjayi and Bhramari

1. Introduction to Makrasana: Benefits and History, Understanding D.B.: Mechanisms and Advantages, Step-by-Step Guide to Performing Makrasana.
2. Practicing Diaphragmatic Breathing Techniques, Integrating Makrasana with D.B. for Relaxation.
3. Meaning of Breathing Practice, Introduction to Nadishodhanam, Ujjayi and Bhramari.
4. Practicing Bhramari for Mental Calmness and Focus.
5. Step-by-Step Guide to Practicing Nadishodhanam, Mastering Ujjayi Breathing Techniques.

Unit VI. Meditation- 3B- Body-Breath-Buddhi/Mind

1. Concept of 3B Meditation: Body, Breath, Mind.
2. Benefits of 3B Meditation for Holistic well-being.
3. Guided Body Awareness Meditation Techniques.
4. Breath-Focused Meditation Practices.
5. Mindfulness Meditation for Enhancing Mental Clarity.

Suggested Readings

1. Holistic Living Manual
2. The Science of Breath: A Practical Guide.
3. Exercise for Joints & Glands.
4. Yogic Practices of the Himalayan Tradition

[Signature]

[Signature]

Arzoo

Snigda

[Signature]

Principal

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun, Uttarakhand-248016

[Signature]
Registrar
Swami Rama Himalayan University

Research Project / Educational Tour Report / Field Work

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSH805	Course Title- Research Project / Educational Tour Report / Field Work	0	0	4	2
Course Objectives	<ul style="list-style-type: none"> Students will have an understanding to make project and report Helping learners to realize importance of research Project / Seminar To learn general concepts and principles of report preparation 				
Course Outcomes	<ul style="list-style-type: none"> Students will understanding of about to do Seminar and Projects Student can utilized the knowledge in conducting seminars and projects schools, colleges, health centers etc. 				

Project will be based on Swami Rama's teachings for Holistic Health (OPD/IPD of HH SRHU)

• **Field Work-**

During this period students shall get an opportunity of teaching Yoga (All Yoga Practices) to **Villagers/ SADHANA MANDIR TRUST/ SWAMI RAM SADHAK GRAM ASHRAM / HIMALAYAN INSTITUTE OF HOSPITAL TRUST** division weekly two hours. The academic institution where the student is undergoing his/her training takes the responsibility of organizing the classes in the near by villages/ Institutions.

Yoga Teaching and awareness: community camps, workshops, school health projects (Preferably extramural funding assisted)

• **Presentation-**

Presentations of Field Work Report, its Utility and the exposure got to enhance their learning.

NOTE- SPECIAL YOGA PRACTICES MAY BE CONDUCTED ON THE BASED OF SWAMI RAMA TEACHING AT SMT/SRSG.

• **Study tour-**

The study tour is to give exposure to the students on the activities being conducted by **SADHANA MANDIR TRUST/ SWAMI RAM SADHAK GRAM ASHRAM** or reputed Yoga Institutes/ Colleges/ Universities/ Yoga Centers/ Yoga Hospitals.

The students may be taken to any one or more than one Yoga Institutes /Yoga Centers etc. of repute in India. The Study Tour shall be arranged the Institute and the expenses shall be borne by the concerned students only. Each student has to submit a Study Tour observation report that will be evaluated by the teacher who is in-charge of the study tour and also counter signed by the Programme Coordinator. The Study Tour will not carry any marks as mentioned in the Scheme of examination.

[Signature]

Ar200

Snishu

[Signature]

[Signature]

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

[Signature]

Registrar
Swami Rama Himalayan University

Internship- IV Case Study

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSH806	Course Internship- IV Case Study (Major Course)	0	0	6	3
Course Objectives	<ul style="list-style-type: none"> During this period students shall get an opportunity of teaching yoga to different patients. To send in different wards of the hospital to gain practical knowledge. To make them confident by giving them different cases. 				
Course Outcomes	<ul style="list-style-type: none"> Students will be able to teach yoga to different patients. Students will gain more practical knowledge about the Yoga. At the end of internship program, students will be able to understand how to take classes appropriately and will be confident. 				

Internship will be based on Swami Rama's teachings for Holistic Health (IPD of HH SRHU)

Internship Programme Outcomes

- With the help of experienced teachers ,students will learn to conduct the yoga classes for different patients who are suffering from any psychosomatic problems.
- The worksite mentor will help train a student and advise him or her on how to navigate a particular worksite culture and interact with patients.
- Internship will provide basic experience and workplace competencies which will be valuable for the employer while hiring the employees.
- Internship: Students will guide the patients to do Joints and Glands Exercises, diaphragmatic breathing and systematic relaxation& Meditation. In the beginning an intern will be assigned to work with the mentor and finally will be able to deal with the patients individually.
- ◆ There will be planned assignments for internship.
- ◆ Log Book to be introduced and maintained during internship
- ◆ Clinical Interview
- ◆ Department specific Disorders and related small booklet along with MCQs.
- ▶ Basic Counselling Skills

[Signature]

[Signature]

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant Dehradun Uttarakhand-248016

[Signature]

[Signature]
Registrar
Swami Rama Himalayan University

[Signature]

[Signature]

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC804	Course Title- YOGA PRACTICAL - XII (Major Course)	0	0	6	3
Course Objectives	<ul style="list-style-type: none"> ● Understand the principle and practice of each practice. ● Demonstrate each practice skillfully. ● Explain the procedure, precaution, benefits and limitations of each practice. 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will understand the organization of the body with respect to structural components. ● Students will understand the principle and practice of Yoga. ● Will have an understanding about the practices that help practitioners to lead to meditation. 				

- Out of 70 (Seventy) marks allocated for End Semester University Examination 40 (forty) marks shall be allocated for demonstration/ performance/ presentation and remaining 30 (thirty) marks shall be allocated for viva-voce.

➤ **Prayers, Mantra Chanting, Gita Patha & Upnishad Shlokas Chanting**

- **Shatkarma**
- **Subtleties of Practice (Swami Rama Teachings)**
- **Sun-salutation practices from different tradition.**
- Pranayama Practices with Ratio.
- Revision of previous practices.

Note- Special Yoga Practices may be conducted on the basis of Swami Rama Teaching at Sadhana mandir trust/ Swami ram sadhak gram ashram

TEXT BOOK:

Swami Satyanand Saraswati, Asana pranayam mudra bandh, Bihar Munger

BOOKS FOR REFERENCE

9. Swami Rama, Meditation and its Practise (HI, honedale USA, 1998)
10. Pt. Usharbudh Arya, Mantra and Mditation (HI, honedale USA)
11. Swami Dharendra Bhramhachari :Yoga Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
12. Swami Dharendra Bhramhachari:Yogasana Vijnana,Dhirendra Yoga Publications, New Delhi, 1966

[Signature]

[Signature]

[Signature]

[Signature]

[Signature]

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

[Signature]
Registrar
Swami Rama Himalayan University

UNDER GRADUATE DEGREE COURSE IN YSHH (HONS. WITH RESEARCH)
SEVENTH SEMESTER

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSR701	Course Title- Yogic Research Methodology (Major Course)	3	1	0	4
Course Objectives	<ul style="list-style-type: none"> • Understand the concept of research and its methodology for carrying minor and major research Project. • To enable them to organize the data and represent the data. • Interpret the data and draw the conclusion 				
Course Outcome	<ul style="list-style-type: none"> • Students will understand the concept of research and its methodology for carrying minor and major research Project • Students will be able to organize the data and represent the data • Will understand the approach of Research in Yoga through Specific Assignments 				

UNIT – I: Introduction

- Meaning and Definition of Research. Need of Research in Yoga
Types of Research: Analytical, Descriptive, Experimental, Qualitative and Meta-Analysis.
Research Problem: Meaning of Research Problem, location of research problem, criteria for Selection of Research Problem.
- Delimitation and limitations of research problem

UNIT II : Concept of Sampling and Hypothesis

- Meaning and Definition of Sample and Population.
- Types of sampling methods: Probability Sampling Methods and Non – Probability Sampling Methods.
- Meaning and definition of Hypothesis, Importance Hypothesis in research,
- Types of Hypothesis, Type 1 and Type 2 errors in Hypothesis testing.

UNIT-III: Review of related literature

- Meaning and need for survey of related literature, Literature Sources – Primary and Secondary sources, Steps in Literature Search. Method for writing of Literature review.
- Variables: Meaning and Definition of Variables, types of variables: Dependent, Independent, Control, Extraneous, Moderator and Predictor.
- Research Proposal: Meaning and Significance of Research Proposal, Steps of preparing Research proposal/synopsis,
- Format of a synopsis

UNIT-IV: Introduction of Statistics & its Application

Introduction of Statistics & its Application.

- Graphical representation of Research data
- Measures of Central Tendency: Mean, Median & Mode.
- Measures of Variability – Quartile deviation (QD) and Standard deviation (SD).

TEXT BOOKS

- Social Research - Ram Ahuja, Rawat Publications
- Fundamentals of Statistics - S.C. Gupta, Himalaya Publishing House

REFERENCE BOOKS

- Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
- Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.
- Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London; Routledge Press
- Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics;

[Signature]

Ar200

Snigdh

[Signature]

[Signature]
Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

[Signature]
Registrar
Swami Rama Himalayan University

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSR702	Course Title- Research Publications and Ethics (Major Course)	2	1	0	3
Course Objectives	<ul style="list-style-type: none"> Students of the UG Programme will have an understanding about IPR Policy The meaning and need form Research Publications and Ethics To introduce with meaning, IPR and its process. Its objectives to provide knowledge about quality and ethics publication with concept of plagiarism. 				
Course Outcomes	<ul style="list-style-type: none"> Recognize the basics of philosophy of science with research ethics. Familiarize with important issues in research ethics, integrity & scientific misconduct. Alyze the best practices for publications, publication ethics and identify the predatory alyzing, Applying, remembering, understanding the detailed and complete study related to the use plagiarism software tools, citation databases and research metrics Evaluating, analyzing, applying, remembering, and understanding the properties of mechanism of Research Publication and Ethics. 				

UNIT-I: Meaning of Philosophy of Science

Philosophy: Definition, introduction of concept, branches of Philosophy, Introduction of Metaphysics, Epistemology, Ethics/ Moral, Political and Aesthetics Philosophy

Moral philosophy, nature of moral judgments and reactions.

UNIT –II: Concept of Ethics and publication

Ethics: Definition with respect to science and research, Intellectual honesty and research integrity

Scientific misconducts: Falsification, Fabrication, and Plagiarism (FFP), Redundant publications: duplicate and overlapping publications, salami slicing, Selective reporting and misrepresentation of data

UNIT- III: Publication ethics

Publication ethics: Definition, introduction and importance, Best practices/ standards setting initiatives and guidelines: COPE, WAME, etc., Conflicts of interest, Publication misconduct: Definition, concept, Introduction about authorship and contributorship, Violation of Publication Ethics, Identification of publication, complaints and appeals

UNIT-IV: Introduction of Journals & Publishers

Introduction about Journals & Publishers, Predatory publishers and journals, Quality of Journals & Publication, Introduction about Scopus/SCI, eSCI/Web of Science Indexing (Scopus.com) etc., Software tool to identify predatory publications developed by SPPU Plagiarism tools , Journal finder/ Journal suggestion tools viz. JANE, Elsevier Journal finder, Springer Journal Suggester, etc.

Suggested readings:

1. Dutta, Sumanta, Research and Publication Ethics, Bharti Publications.
2. Yadav S.K., Research and Publication Ethics, Anne Publications.

Ar200

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Registrar
Swami Rama Himalayan University

Page 88

Major Project/ Community Outreach

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSR703	Course Title- Major Project / Community Outreach (Major Course)	0	2	16	10
Course Objectives	<ul style="list-style-type: none"> Students of the UG Programme will have an understanding about Review of literature The intention of this course is to expose the student to new dimensions of research & development. The course enhances different aspects of scientific reading and writing. The course also ensures the student to learn practical based scientific skills. 				
Course Outcomes	<ul style="list-style-type: none"> Enhance his/her presentation skills in a creative manner Analyzing, Applying, remembering, understanding the detailed and complete study related to grade up their problem-solving ability Evaluating, analyzing, applying, remembering, and understanding the properties of mechanism of Review of literature/ Minor Project. Constructing (Creating), Evaluating, Analyzing, demonstrating, remembering, and understanding the Review of literature/ Minor Project. Conceptualize the need for research in Yoga Sciences and significance effects 				

Research ? Project will be based on Swami Rama's teachings for Holistic Health (OPD/IPD of HH SRHU)

In the beginning of 4th year (7th semester), students are required to undertake review of literature/ Research Study/ RCT as a part of their major project. Its progress will be assessed at the end of 7th semester. If a student opts to carry out his/her project from industry or research organization/Institute then he/she may be allowed for the same but the project copy is to be submitted in the department and the internal supervisor will be required from the university

- Additionally Each student has to participate in any one of the following mentioned academic activity. A power point presentation will be presented by each student pertaining to the activity in which the student has participated. A hard copy of the presentation will be submitted in the department. Evaluation will be done based upon the presentation and report submitted.

Activities:

- (i) Participation in seminar / conference / workshop

Poster presentation/ oral presentation in any other academic event (beside seminar / conference) organized by departmental clubs / College / University / research institute.

Suggested readings:

- Dutta, Sumanta, Research and Publication Ethics, Bharti Publications.
- Yadav S.K., Research and Publication Ethics, Anne Publications.

Ar200

[Signature]

Snigdh

[Signature]

[Signature]

Principal

Himalayan School of Yoga Sciences
Swami Rama Himalayan University Registrar
Jolly Grant, Dehradun Uttarakhand-248016

[Signature]

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC704	Course Title- YOGA PRACTICAL - XI (Major Course)	0	0	6	3
Course Objectives	<ul style="list-style-type: none"> ● Understand the principle and practice of each practice. ● Demonstrate each practice skillfully. ● Explain the procedure, precaution, benefits and limitations of each practice. 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will understand the organization of the body with respect to structural components. ● Students will understand the principle and practice of Yoga. ● Will have an understanding about the practices that help practitioners to lead to meditation. 				

- Out of 70 (Seventy) marks allocated for End Semester University Examination 40 (forty) marks shall be allocated for demonstration/ performance/ presentation and remaining 30 (thirty) marks shall be allocated for viva-voce.

➤ **Prayers, Mantra Chanting, Gita Patha & Upnishad Shlokas Chanting**

- **Subtleties of Practice (Swami Rama Teachings)**
- **Six steps of doing Asana Meditatively according Swami Rama**
- **Advance Asanas - Complex poses and Hand standing**
- Pranayama Practices with Ratio.
- Revision of previous practices.
-

Note- Special Yoga Practices may be conducted on the basis of Swami Rama Teaching at Sadhana mandir trust/Swami ram sadhak gram ashram

TEXT BOOK:

Swami Satyanand Saraswati, Asana pranayam mudra bandh, Bihar Munger

BOOKS FOR REFERENCE

13. Swami Rama, Meditation and its Practise (HI, honesdale USa, 1998
14. Pt. Usharbudh Arya, Mantra and Mditation (HI, honesdale USA)
15. Swami Dharendra Bhramhachari :Yoga Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
16. Swami Dharendra Bhramhachari:Yogasana Vijnana,Dhirendra Yoga Publications, New Delhi, 1966

[Signature]

[Signature]

[Signature]

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

[Signature]

[Signature]

[Signature]
Registrar
Swami Rama Himalayan University

EIGHTH SEMESTER

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSR801	Course Title- Research –IPR (Major Course)	3	1	0	4
Course Objectives	<ul style="list-style-type: none"> To explain about Intellectual Property and Copyrights To explain about software patents and their importance. To gain knowledge about trade marks To layout design of integrated circuits and Industrial Designs To Illustrate layout design and Different International Agreements 				
Course Outcomes	<ul style="list-style-type: none"> Acquire knowledge about Intellectual property rights, copyrights, trademarks and patents. Appraise about geographical indications, industrial designs, trade secrets and different international agreements including Paris convention, Budapest treaty etc Analyzing, Applying, remembering, understanding the detailed and complete study related to Research-IPR. Assess introduction and historical perspectives of trade secrets, working of WTO, Madrid protocol, different type of IPs, trademarks, copyrights etc. Evaluating, analyzing, applying, remembering, and understanding the properties of mechanism of Research-IPR Constructing (Creating), Evaluating, Analyzing, demonstrating, remembering, and understanding the Research-IPR. 				

UNIT-I: Introduction of IPR

Introduction to Intellectual Property: Historical Perspective, Different Types of IP, Importance of protecting IP.

Copyrights: Introduction, how to obtain, Differences from Patents.

UNIT –II: Introduction of Trade Marks and Patents

Trade Marks: Introduction, how to obtain, Different types of marks – Collective marks, certification marks, service marks, Trade names, etc. Differences from Designs.

Patents: Historical Perspective, Basic and associated right, WIPO, PCT system, Traditional Knowledge, Patents and Healthcare – balancing promoting innovation with public health, Software patents and their importance for India.

UNIT- III: Geographical Indications and Industrial Designs

Geographical Indications: Definition, rules for registration, prevention of illegal exploitation, importance to India.

Industrial Designs: Definition, how to obtain, features, international design registration.

Layout design of integrated circuits: Circuit Boards, Integrated Chips, Importance for electronic industry.

UNIT-IV: General Introduction of Trade Secrets

Ar200

[Signature]

[Signature]

[Signature]
Principal

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

[Signature]
Registrar
Swami Rama Himalayan University

Trade Secrets: Introduction and Historical Perspectives, Scope of Protection, Risks involved and legal aspects of Trade Secret Protection. World Trade Organization (WTO): (i) General Agreement on Tariffs & Trade (GATT), Trade Related Intellectual Property Rights (TRIPS) agreement (ii) General Agreement on Trade related Services (GATS), (iii) Madrid Protocol (iv) Berne Convention, (v) Budapest Treaty (b) Paris Convention WIPO and TRIPS, IPR and Plant Breeders Rights, IPR and Biodiversity IP Infringement issue and enforcement-Role of Judiciary, Role of law enforcement Agencies-Police, Customs etc. Economic Value of Intellectual Property – Intangible assets and their valuation, Intellectual Property in the Indian Context – Various laws in India Licensing and technology transfer.

Suggested Readings:

1. Acharya, N.K.: Textbook on intellectual property rights, Asia Law House.
2. Guru, M., & Rao, M.B., Understanding Trips: Managing Knowledge in Developing Countries, Sage Publications.
3. Ganguli, P., Intellectual Property Rights: Unleashing the Knowledge Economy, Tata McGraw-Hill.
4. Miller, A. R., Micheal H. Davis; Intellectual Property: Patents, Trademarks and Copyright in a Nutshell, West Group Publishers.
5. Watal, J., Intellectual property rights in the WTO and developing countries, Oxford University Press, Oxford

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

 Registrar
 Swami Rama Himalayan University

Apprentice/ Internship

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSR802	Course Title- Apprentice / Internship	0	0	6	3
Course Objectives	<ul style="list-style-type: none"> The objectives of an apprenticeship program are designed to provide apprentices with a comprehensive learning experience that bridges the gap between theoretical knowledge and practical application To exhibit good communication and presentation skills. Technical Skills: Equip apprentices with specific, job-related skills and competencies necessary for their chosen trade or profession. Practical Experience: Offer hands-on training and real-world experience to apply theoretical knowledge in a practical setting 				
Course Outcomes	<ul style="list-style-type: none"> Technical Expertise: Apprentices acquire and demonstrate proficiency in specific technical skills relevant to their trade or profession. Task Competency: Ability to perform tasks and duties required by the job with a high degree of accuracy and efficiency. Workplace Readiness: Preparedness to enter the workforce with a clear understanding of professional expectations, including work ethic, time management, and communication skills. Career Advancement: Improved opportunities for career progression and job advancement due to acquired skills and knowledge. 				

By focusing on these objectives, apprenticeships aim to create a mutually beneficial relationship between employers, apprentices, and the broader industry, ensuring that apprentices are well-prepared to enter and succeed in their chosen careers. This syllabus for a 4-credit apprenticeship program is designed to provide a thorough and detailed learning experience, combining practical skills with professional development to prepare apprentices for successful careers in their chosen field. Adjust the specifics based on the trade or profession and the needs of the apprentices.

Format: On-the-Job Training (OJT) + Classroom/Online Instruction

1. Orientation and Fundamentals

Activities:

- Orientation sessions and safety training
- Introduction to mentors and team
- Basic skills demonstrations and supervised practice
- Initial assessment of skills and knowledge

2. Intermediate Technical Skills

Topics:

- Intermediate procedures and techniques in [Trade/Profession]
- Operation and maintenance of specialized equipment
- Problem-solving and troubleshooting
- Quality control and industry standards

Activities:

- Hands-on training with intermediate tasks
- Supervised project work and real-world scenarios
- Regular progress evaluations and feedback sessions

3. Advanced Technical Skills and Specialization

Smriti

Arzu

BSR

Subash

WDA

Registrar
Swami Rama Himalayan University

Principal

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant Dehradun Uttarakhand-248016

Topics:

- Advanced techniques and applications
- Specialized tools, technologies, and methods
- Project management and execution
- Advanced troubleshooting and diagnostics

Activities:

- Complex project assignments and case studies
- Supervised practice on advanced tasks
- Collaboration on industry-related projects
- Mid-program assessment and review

4. Professional Development and Career Readiness**Topics:**

- Professional communication and leadership skills
- Resume building, interview preparation, and job search strategies
- Certification and licensing requirements
- Career planning and development strategies

Activities:

- Professional skills workshops and role-playing exercises
- Mock interviews and resume reviews
- Certification exam preparation sessions
- Career counseling and mentorship

5. Integration and Final Assessment**Topics:**

- Review and integration of all skills and knowledge
- Final practical and theoretical assessments
- Certification preparation and application process
- Program review and feedback

Activities:

- Final project or presentation demonstrating acquired skills
- Comprehensive assessment and practical exams
- Certification review and application support
- Final feedback session and program evaluation

Assessment and Evaluation:

- **Practical Skills:** 40% (Demonstrated ability to perform job-related tasks with proficiency)
- **Technical Knowledge:** 25% (Written and practical tests on advanced procedures and industry standards)
- **Professional Development:** 20% (Evaluation of communication skills, resume, and career readiness)
- **Final Project and Presentation:** 15% (Quality and effectiveness of the final project or presentation)

Materials and Resources:

- Textbooks and Manuals: Comprehensive literature and guidelines for [Trade/Profession]
- Tools and Equipment: Access to advanced and specialized tools
- Online Resources: E-learning modules, instructional videos, and webinars
- Professional Contacts: Access to industry experts and mentors

Research Dissertation

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSR803	Course Title- Research Dissertation	0	2	16	10
Course Objectives	<ul style="list-style-type: none"> • Research Proposal Development: Formulate a clear and feasible research question and objectives. • Research Execution: Conduct thorough and ethical research to gather and analyze data. • Dissertation Writing: Produce a coherent, well-structured dissertation following academic standards. • Defense Preparation: Prepare for and successfully defend the dissertation before a committee. 				
Course Outcomes	<ul style="list-style-type: none"> • Students will be able to teach yoga to different patients. • Students will gain more practical knowledge about the Yoga. • At the end of internship program, students will be able to understand how to take classes appropriately and will be confident. • To acquire the knowledge of correlation, regression, data analysis and hypothesis testing using suitable test of statistical significance. • Conceptualize the need for research in Yoga Sciences and significance effects 				

Research Dissertation will be based on Swami Rama's teachings and Classical Yoga Practices

1. Introduction and Planning

Topics:

- Overview of dissertation requirements and expectations
- Formulating research questions and objectives
- Developing a research proposal
- Creating a research plan and timeline

Activities:

- Attend introductory seminar or workshop
- Submit preliminary research proposal and timeline
- Initial meeting with advisor

2. Literature Review and Proposal Development

Topics:

- Conducting a literature review and synthesizing existing research
- Writing the literature review chapter
- Developing research methodology and design
- Ethical considerations in research

Activities:

- Literature review assignments and discussions
- Drafting and revising the research proposal
- Proposal submission and feedback

3. Research Design and Data Collection

Topics:

- Research methods and data collection techniques
- Data management and organization
- Ensuring research validity and reliability
- Addressing challenges and troubleshooting issues

Activities:

- Conducting data collection

Ar200

Smr

Smr

BSW

Subeele

Principal

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun, Uttarakhand-248016

WDA

Registrar

Swami Rama Himalayan University

- Regular progress meetings with advisor
- Data analysis workshops

4. Data Analysis and Interpretation (Weeks 13-16)

Topics:

- Data analysis techniques (quantitative, qualitative, or mixed methods)
- Interpreting and discussing results
- Relating findings to the literature review
- Writing the results and discussion chapters

Activities:

- Data analysis and interpretation exercises
- Drafting results and discussion sections
- Advisor feedback sessions

5. Dissertation Writing and Revision (Weeks 17-22)

Topics:

- Writing and structuring the dissertation (introduction, methodology, results, discussion, conclusion)
- Formatting and referencing
- Reviewing and revising drafts
- Incorporating feedback from advisor

Activities:

- Writing and revising dissertation chapters
- Peer review and feedback
- Submission of draft for advisor review

6. Final Submission and Defense Preparation

Topics:

- Preparing a dissertation defense presentation
- Understanding defense protocols and procedures
- Addressing potential questions and critiques
- Final editing and formatting for submission

Activities:

- Preparing and practicing defense presentation
- Scheduling and conducting the defense
- Submitting the final dissertation to the university

Assessment and Evaluation:

- **Research Proposal:** 15% (Clarity and feasibility of the research plan)
- **Literature Review:** 20% (Depth of review and synthesis of existing research)
- **Data Collection and Analysis:** 25% (Execution of research design and analysis)
- **Dissertation Draft:** 25% (Quality, coherence, and structure of the written document)
- **Final Defense:** 15% (Effectiveness and professionalism of the oral defense)

Materials and Resources:

- **Guidelines:** University dissertation guidelines and formatting requirements
- **Software:** Data analysis tools (e.g., SPSS, NVivo) and writing tools (e.g., LaTeX, Word)
- **Library Resources:** Access to academic journals, databases, and reference materials
- **Advisor Meetings:** Regular meetings with the dissertation advisor

Additional Notes:

- **Timeline:** Adhere to the provided timeline and deadlines.
- **Feedback:** Actively seek and incorporate feedback from the advisor and committee.
- **Ethics:** Ensure all research complies with ethical standards and university policies.

Ar200
Srikrishna

Dr. Ar200

Dr. Ar200

Subrota
Principal

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

Registrar

Swami Rama Himalayan University
Page 96

Program Code- 18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- BYSC804	Course Title- YOGA PRACTICAL - XII (Major Course)	0	0	6	3
Course Objectives	<ul style="list-style-type: none"> ● Understand the principle and practice of each practice. ● Demonstrate each practice skillfully. ● Explain the procedure, precaution, benefits and limitations of each practice. 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will understand the organization of the body with respect to structural components. ● Students will understand the principle and practice of Yoga. ● Will have an understanding about the practices that help practitioners to lead to meditation. 				

- Out of 70 (Seventy) marks allocated for End Semester University Examination 40 (forty) marks shall be allocated for demonstration/ performance/ presentation and remaining 30 (thirty) marks shall be allocated for viva-voce.

➤ Prayers, Mantra Chanting, Gita Patha & Upnishad Shlokas Chanting

- Shatkarma
- Subtleties of Practice (Swami Rama Teachings)
- Sun-salutation practices from different tradition.
- Pranayama Practices with Ratio.
- Revision of previous practices.

Note- Special Yoga Practices may be conducted on the basis of Swami Rama Teaching at Sadhana mandir trust/ Swami ram sadhak gram ashram

TEXT BOOK:

Swami Satyanand Saraswati, Asana pranayam mudra bandh, Bihar Munger

BOOKS FOR REFERENCE

17. Swami Rama, Meditation and its Practise (HI, honedale USA, 1998
18. Pt. Usharbudh Arya, Mantra and Mditation (HI, honedale USA)
19. Swami Dharendra Bhramhachari :Yoga Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
20. Swami Dharendra Bhramhachari:Yogasana Vijnana,Dharendra Yoga Publications, New Delhi, 1966

[Signature]

[Signature]

[Signature]

[Signature]

[Signature]

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant Dehradun Uttarakhand-248016

[Signature]
Registrar
Swami Rama Himalayan University

Multidisciplinary Courses

1. Health & Fitness through Yoga Science (MD)

Program Code-18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
		2	0	2	3
Course Code-MDC101	Course Title-Health & Fitness through Yoga Science (MD)				
Course Objectives	<ul style="list-style-type: none"> ● To understand the fundamental principles of yoga for fitness. ● Develop personalized yoga routines for health improvement. ● Learn techniques for stress management through yoga. ● Master yoga postures to enhance physical wellness. 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will help to find out preventive aspects through Marma Therapy for holistic health ● After completing the Programme, a student of yoga sciences & Holistic Health can find a career to teach and spread the knowledge Applied Marma Therapy as Holistic Healing Methods. ● Comprehensive training in yoga for holistic health. ● Expert-led sessions on personalized fitness routines 				

UNIT I: YOGA CONCEPTS OF HEALTH AND MIND.

- 1.1 Definition & Importance of Health According to WHO;
- 1.2 Dimensions of Health: Physical, Mental, Social and Spiritual,
- 1.3 Yogic Concept of Health: Meaning and definitions,
- 1.4 Concept of Adhi and Vyadhi, Yogic concept of Health and Mind, role of Yoga in preventive health care
- 1.5 Stress: Definition, Systems, Causes and Management through Yogic Principles

UNIT-II: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING 5 Hours

- 2.1 Yogic Principles of Healthy Living: Aahara, Vihara, Aachara and Vichara
- 2.2 Yogic principles of Lifestyle management and its role in prevention of disease and health promotion
- 2.3 Yogic Principles of Diet and its role in Healthy living.
- 2.4 Yogic Practices of Healthy living : i.e. Yama, Niyama, Shat-karma, Asana, Mudra & Bandha
- 2.5 Pranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living.

Unit III. Shavasana + Diaphragmatic Breathing Systematic Relaxation

1. Introduction to Shavasana: Importance and History, Physiological Effects of Shavasana and D.B., Techniques for Entering and Maintaining Shavasana
2. Guided Practice of D.B. in Shavasana, Combining Shavasana with D.B. for Deep Relaxation
3. Concept and Benefits of Systematic Relaxation, Scientific Basis of Relaxation Techniques.
4. Step-by-Step Guide to Progressive Muscle Relaxation.
5. Implementing Guided Imagery for Stress Reduction, Practicing Full-Body Relaxation Techniques.

Unit IV. Selected Joints and Glands

1. Introduction to Joints and Glands.
2. Mechanism and Benefits of Joints and Glands.
3. Practicing Joint Rotations for Flexibility and Mobility.
4. Practicing Joint Rotations for Flexibility and Mobility
5. Performing Gentle Neck and Shoulder Exercises

Unit V. Makrasana + Diaphragmatic Breathing Breathing Practices- Nadishodhanam, Ujjayi and Bhramari

1. Introduction to Makrasana: Benefits and History, Understanding D.B.: Mechanisms and Advantages, Step-by-Step Guide to Performing Makrasana.
2. Practicing Diaphragmatic Breathing Techniques, Integrating Makrasana with D.B. for Relaxation.
3. Meaning of Breathing Practice, Introduction to Nadishodhanam, Ujjayi and Bhramari.
4. Practicing Bhramari for Mental Calmness and Focus.
5. Step-by-Step Guide to Practicing Nadishodhanam, Mastering Ujjayi Breathing Techniques.

Meditation- 3B- Body-Breath-Buddhi/Mind

3. Guided Body Awareness Meditation Techniques.
4. Breath-Focused Meditation Practices.
5. Mindfulness Meditation for Enhancing Mental Clarity.

Suggested Readings

1. Holistic Living Manual
2. The Science of Breath: A Practical Guide.
3. Exercise for Joints & Glands.
4. Yogic Practices of the Himalayan Tradition

Swami Rama Himalayan University

Principal

Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

2. Introduction of AYUSH (Ayurveda, Yoga, Naturopathy, Unani, Siddha & Homeopathy)

Program Code-	Program Title- B. Sc. Yoga Science and Holistic Health	L 2	T 0	P 1	C 3
Course Code- MDC102	Course Title- INTRODUCTION TO AYUSH				
Course Objectives	<ul style="list-style-type: none"> ● Understand the necessity and significance of AYUSH ● Have an understanding about utility of AYUSH in the society ● Understand human AYUSH Streams and Therapeutic concepts in clinical services. 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will understand the concept of AYUSH Streams ● Students will be able to teach the concept of All allied Medical Sciences ● After learning the proposed Programme, B.Sc. Yoga students will be able to use the applied aspect of Ayurveda, Yoga & Naturopathy with Yoga for holistic health and healing 				

Unit-1: YOGA AND HEALTH AND INTEGRATED APPROACH OF YOGA THERAPY

Concept of body, Health and disease; Concept of Yoga Adhi and Vyadhi; Principle of Yoga Therapy in relation to Yoga Vasistha; Practices at Pancha Kosa level Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamaya kosa; Principle of Yoga Therapy in relation to Hatha Ratnavali and Gheranda Samhita

Unit-2 : INTRODUCTION TO BASIC CONCEPTS OF NATUROPATHY

History of Naturopathy; Principles of Naturopathy; Concept of five elements and its applications

Unit- 3: INTRODUCTION TO BASIC CONCEPTS OF AYURVEDA

The four aspects of life (Soul, Mind, Senses and Body); Panchamahabhutas (the five element theory), Ahara, Vihara and Aunadhi (three pillars of Ayurveda); Concept, role and importance of – Doña, Dhatu, Mala; Updhatu, Srotas, Indriya, Agni, Prāëa, Prāëäyatna, Prakrti, Deha Prakrti, Manasa Prakrti; Role of Dosa, Dhatu and Mala in health and diseases; Concept of Dinacarya (daily routine), concept of Ritucarya; Seasonal routine), Svasthavāta and Naövāta in Āyurveda; Concept of Trayo Upasthambas.

Unit- 4: Introduction to Basic concepts of Unani, Siddha and Homeopathy

92History of Unani & Siddha; Concept of Unāné & Siddha; Principles of Unani & Siddha; Introduction to Basic concepts of Homeopathy; History of Homeopathy; Concept of homeopathy; Principles of Homeopathy.

TEXT BOOKS:

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

Subrell

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

[Signature]

[Signature]

[Signature]

Registrar
Swami Rama Himalayan University

3. Yoga Dietetics & Nutrition

Program Code-	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code-MDC103	Course Title-Yoga, Dietetics and Nutrition (DSE)	3	0	0	3
Course Objectives	<ul style="list-style-type: none"> ● Students will have an understanding about Applications of Yoga, Dietetics and Nutrition ● Helping learners to realize importance to yoga Dietetics and Nutrition ● To learn general diets concepts and principles that influence health ● Brief understanding of Diet & Nutrition as per Yogic Texts ● To understand the Yogic Concept of Diet & Nutrition 				
Course Outcomes	<ul style="list-style-type: none"> ● Plan a community intervention based upon a needs assessment ● Advocate for a public policy related to nutrition programs or health care ● Students will be able to learn Yogic Concept of Diet & Nutrition ● Student can utilize the knowledge in schools, colleges, health centers 				

Unit – I: YOGA CONCEPT OF DIET & NUTRITION

General Introduction of Ahara (Diet), concept of Mitahara;
 Definition and Classification in Yoga diet according to traditional Yoga texts;
 Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta;
 Pathya and Apathya in diet according to Yoga texts; Guna and Ahara;
 Importance of Yoga Diet in Yog Sadhana; Yoga Diet and its role in healthy living

Unit –II: DIETETICS IN YOGA

- 1.1 Classification according to triguna- vegetarian vs non-vegetarian,
- 1.2 Panchabhuta; relationships, rasa virya, Guna, Vipaka of shali, Yava, Godhuma, Mugda, Masha, Surana, Shukashuka, Mulak, Vartaki.
- 1.3 Navanita, Ghrta, Kshira, Karkati, Kadali.
- 1.4 Narikellalm, Draksham, Dhatri, Ela, Jati, Lavanga,
- 1.5 Mulethi, Haritaki, Khajura, Madhu, Kankol

Unit-III: BIOMOLECULES

- 2.1 Significance of Carbohydrates
- 2.2 Proteins
- 2.3 Lipids
- 2.4 Vitamins
- 2.5 Minerals and water in the body

Unit-IV: NUTRITION-BASICS

- 3.1 Concept of Balanced diet.
- 3.2 Locally available food to be introduced, Home remedies for; How to use green herbs and fruits in daily life,
- 3.3 Carbohydrates, proteins, fats – sources, nutritive values, importance;
- 3.4 Minerals-calcium, iron, phosphorus sources, roles, requirements
- 3.5 Vitamins – sources, roles, requirements





TEXT BOOK:

- AHAR EVM POSHAN, SANJAY SAHITIK BHAVAN

BOOKS FOR REFERENCE

- 1 Swami Rama, Holistic Health (HIHT, 1999)
- 2 Redolph Ballentine, MD, Diet and nutrition (HI, honsedale)
- 3 Ramesh Bijlani, Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
- 4 Stanley Davidson & others, Human Nutrition & Dietetics, The English Language Book Society & Churchill Livingstone, Revised Edition

Dennis Thompson,
 The Ayurvedic Diet, New age books, New Delhi, 2001





 Principal
 Himalayan School of Yoga Sciences
 Swami Rama Himalayan University
 Valley Grant, Dehradun Uttarakhand-248016

4. Fundamentals of Holistic Health

Program Code-	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
Course Code- MDC104	Course Title- HOLISTIC HEALTH (Minor Stream)	2	0	2	3
Course Objectives	<ul style="list-style-type: none"> To establish holistic health, social harmony and world peace by training them to be great citizens who can offer yogic way of life as examples of right living. To teach A SELF TRAINING PROGRAM based on the teachings of HH Swami Rama (STHITPRAGYA) 				
Course Outcomes	<ul style="list-style-type: none"> After completion of the course students will be able to introduce the essential elements of a yogic life style based on the teachings of HH Swami Rama After completion of the course students will understand the concept of health and disease After completion of the course students will have an understanding of the concept of ill health and their remedies through yoga 				

UNIT I: Concept of Holistic Health

- 1.1 Concept of Holistic Health, Integration of Body, Breath, Mind and Spirit, A Healthy Body,
- 1.2 Cleansing the Body; Lungs, Bowel, Kidneys and Pores, Fasting
- 1.3 Exercise; Yogasanas and Aerobic Exercise, Yogasanas; Precautions and Benefits of Asanas,
- 1.4 Joints and Glands Exercises (Practicum), Aerobic Exercises; Precautions and Benefits
- 1.5 The Breath; Prana and Breath, Breath, Link between Body and Mind, How to breathe

UNIT II: Four Primitive Fountains

- 2.1 Diaphragmatic Breathing; Makarasana & Shavasana, Physiology of Diaphragmatic Breathing & Benefits, Four Bad Habits of Breathing,
- 2.2 Nadi Shodhana: 3 variations and benefits of Nadi Shodhana,
- 2.3 The nose: Its internal structures and functions; Jala Neti and Sutra Neti
- 2.4 Emotions; 4 Primitive Fountains- Food, Sleep, Sex and Fear
- 2.5 Regulation of the 4 fountains, Positive and Negative Emotions, Emotions and Relationships,

UNIT III: A Self Training Program (Sthitpragya)

- 3.1 Yamas and Niyamas of Raja Yoga, the Mind, Mind: Friend or Foe?
- 3.2 Yoga Psychology, Conscious and Unconscious Mind, Inner Dialog, Developing Sankalpa Shakti, Intuition, Memory, Paths of Yoga; Bhakti Yoga (Prayer), Karma Yoga (Selfless Action), Jnana Yoga (Contemplation), Raja Yoga (Meditation)
- 3.3 A Self Training Program for Integration of Body, Breath, Mind and Spirit; Practicums; Diaphragmatic Breathing, 4 Good Habits of Breathing, Nadi Shodhanam, Systematic Relaxation; Joints and Glands Exercises, 31 point and 61 point Exercises
- 3.4 Five pillars of Sadhana: Stillness, Fasting, Silence, Celibacy and Conquest of Sleep.
- 3.5 Contemplative walking, Mindfulness

UNIT - IV: YOGIC DIET FOR HOLISTIC HEALTH

- 4.1 Nourishing the Body; What to eat, How to eat, When to eat
- 4.2 Why vegetarian; what is good diet, vegetarian diet & health?
- 4.3 Food and consciousness; relationship between nutrition and mind.
- 4.4 Food sadhana; making oneself a nutritional laboratory, diet & self-regulation.
- 4.5 Locally available food to be introduced, Home remedies; How to use green herbs and fruits in daily life.


Text Books

- Swami Rama-Holistic Health (HI, Honesdale 1999)
- Prakash keshaviah - Yogic Practices of the Himalayan tradition

BOOKS FOR REFERENCE

1. Swami Rama- Creative use Of Imotions (HI, USA, 1976)
2. Swami Veda Bharti- Super Conscious Meditation (HI,USA, 1974)
3. Swami Veda Bharti, Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004


Registrar
Swami Rama Himalayan University


Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun Uttarakhand-248016

5. Teachings of Himalayan Yoga Tradition

Program Code-18301	Program Title- B. Sc. Yoga Science and Holistic Health	L	T	P	C
		2	0	2	3
Course Code- MDC105	Course Title- Teachings of Himalayan Yoga Tradition				
Course Objectives	<ul style="list-style-type: none"> ● To teach the basic concept of Himalayan Yoga Tradition for Holistic Healing ● Learn about applied Himalayan Yoga Tradition towards Yoga Education, training and Research 				
Course Outcomes	<ul style="list-style-type: none"> ● Students will help to find out preventive aspects through Himalayan Yoga Tradition for holistic health ● After completing the Programme, a student of yoga sciences & Holistic Health can find a career to teach and spread the knowledge Himalayan Yoga Tradition as Holistic Healing 				

Unit I. Makrasana + Diaphragmatic Breathing

Introduction to Makrasana: Benefits and History. Understanding D.B.: Mechanisms and Advantages. Step-by-Step Guide to Performing Makrasana. Practicing Diaphragmatic Breathing Techniques. Integrating Makrasana with D.B. for Relaxation.

Unit II. Shavasana + Diaphragmatic Breathing

Introduction to Shavasana: Importance and History. Physiological Effects of Shavasana and D.B. Techniques for Entering and Maintaining Shavasana. Guided Practice of D.B. in Shavasana. Combining Shavasana with D.B. for Deep Relaxation.

Unit III. Systematic Relaxation

Concept and Benefits of Systematic Relaxation. Scientific Basis of Relaxation Techniques. Step-by-Step Guide to Progressive Muscle Relaxation. Implementing Guided Imagery for Stress Reduction. Practicing Full-Body Relaxation Techniques.

Unit IV. Selected Joints and Glands

Introduction to Joints and Glands. Mechanism and Benefits of Joints and Glands. Practicing Joint Rotations for Flexibility and Mobility. Practicing Joint Rotations for Flexibility and Mobility, Performing Gentle Neck and Shoulder Exercises

Unit V. Breathing Practices- Nadishodhanam, Ujjayi and Bhramari

Meaning of Breathing Practice. Introduction to Nadishodhanam, Ujjayi and Bhramari. Practicing Bhramari for Mental Calmness and Focus. Step-by-Step Guide to Practicing Nadishodhanam. Mastering Ujjayi Breathing Techniques.

Unit VI. Meditation- 3B- Body-Breath-Buddhi/Mind

Concept of 3B Meditation: Body, Breath, Mind. Benefits of 3B Meditation for Holistic well-being. Guided Body Awareness Meditation Techniques. Breath-Focused Meditation Practices. Mindfulness Meditation for Enhancing Mental Clarity.

Suggested Readings

Holistic Living Manual


The Science of Breath: A Practical Guide.

Exercise for Joints & Glands.

Yogic Practices of the Himalayan Tradition


Registrar
Swami Rama Himalayan University




Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant Dehradun Uttarakhand-248016

