

M. Sc. in Yoga and Applied Psycho Neurobics

PAPER -1

FUNDAMENTALS OF YOGA EDUCATION

Unit - I

Meaning - Definition - Need - Nature - Aim and Objectives - Philosophy and Scope of Yoga - Modern Developments in Yoga - Misconceptions and Clarifications about Yoga - Yoga and Education, Yoga and Physical Education. School of Yoga - Iyengar Yoga and Vini Yoga.

Unit - II

History of Yoga - Vedas - Bhagavad Gita, Upanishads, Ramayana, Mahabarata, Brahma Sutras - Astanga Yoga of Patanjali : Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. Paths of Yoga : Hatha Yoga, Bhakthi Yoga, Jnana Yoga, Karma Yoga, Raja Yoga, Mantra Yoga, Laya Yoga, Yantra Yoga.

Unit - III

Contributions to Yoga - Hatha Pradhiptka, Yoga Sutras, Gheranda Samhita, Yajnavalkya Samihita, Yoga Rahasya, Thirumandiram, Contributions of Yoga to Hindum, Jainism, Buddhism, Christianity, Islam.

Contributions to Yoga ; Vivekananda, Kaivalayananda, Sivananda, Krishnamacharya, Sri Ramalingaswami, Maharisi Mahesh Yogi, Sri Aurobindo, Contributions of Siddhars, Thirumoolar, Agasthiar, Sri Goraknath, Bohar.

Unit - IV

Introduction to Anatomy and Physiology

Nervous System : Structure and function of brain and spinal cord - Neuron - Reflex Arc - Beneficial yogic practices on nervous system.

Cardiovascular System - structure and Functions of Heart - Beneficial yogic practices on cardiovascular system.

Endocrine System - Endocrine Gland - Hormones - Functions of Hormones.

Beneficial, Yogic Practices on Endocrine System.

Unit - V

Respiratory System - Respiration - Structure and Function of Lung - Mechanism of Breathing - Lung Volumes and Capacities - Beneficial Yogic Practices on Respiratory System.

Digestive System : Structure and Function of Digestive Tract - Beneficial Yogic Practices on Digestive system. Posture - Postural Tone - Components of Good Posture - Bad Posture - Beneficial Yogic Practices on Posture.

PAPER – II

PSYCHO NEUROBICS

Unit 1: Inner Body-- Introduction--Definition of Inner Body--Types of Inner Body--Energy Body and Chakra System--Meridians--Energy Flow

Unit 2: Disease--What is Disease--Mechanisms and Causes of Diseases--Root Causes of Diseases--Damage of Organs due to Lack of Energy--Block of Energy Leads to Which Organ Failure

Unit 3: Healing--Definition of Health--Three Doctors--Visible, invisible and Supreme--Levels of Healing--Healing Techniques--Mechanism of Vibrational Healing--Law of Vibration--Low Frequency Equals Poor Health--Vibrational Healing and the human Energy Field-- Healing of Inner Body means Removing Toxin's Vibrational Flaws

Unit 4: Psycho Neurobics--Introduction--Golden Age--Uniqueness of the Lifestyle of Golden Age--Raas, Rang and Naad--The Science behind Neurobic Lifestyle--Lifestyle of Silver Age--Introduction to the Psycho Neurobics (The Root of All Yogic exercise)--Types of Psycho Neurobics--Basic Psycho Neurobic Exercises

Unit 5: Advanced Psycho Neurobics--Description of Advanced Psycho Neurobics--Dynamic Psycho Neurobics--Triple Power Psycho Neurobics

PAPER – III

SCIENCE OF MIND

Unit 1: Science of Self: Real self – Journey of the Real Self – Karmic Philosophy -- Soul-Mind-Brain-Body relationship – Subjective Mind – Objective Mind

Unit 2: Science of Mind--Classification of Mind--Mind and Brain Relationship--Functioning of Mind--TEAM of Mind

Unit 3: Human Mind and Storage of Memory: Human Made Computer v/s Head Top Computer--Its Functions-Relationship with the Operator--Thoughts, Brain Waves and Body Relationship--Soul, Mind and Brain Relationship--Memory Folders or Menu of Sub-Conscious Mind

Unit 4: Thoughts and Emotions Management--Types of Thoughts--Thoughts Management--Channelization Of Thoughts--Treat Mind as Your Best Friend--What is Emotion?--Types of Emotions--Emotional Memory--Emotions Management--Emotional Freedom

Unit 5: Self Empowerment--Steps of Self-Empowerment--Thoughts Empowerment--Mind Empowerment--Empowering Intellect--Mastering Mind--Empowering Inner Eco-System--Holistic Development

PAPER – IV

Applied Psycho Neurobics

Unit - 1 Hypnosis and Psychology

Definition of Hypnosis--History of Hypnosis--Types of Hypnosis--Psychology--Indian Psychology--Feelings--Emotions--Stress-Stressors--Types of Ego--Psychological Games People Play--Theory of Mind--Message Unit--Fight or Fight

Unit - 2 Applied Psychology

Psychological Approaches to Learning--Methods of Psychology--Model--Psychoanalytic Model--Behavioristic Model--Humanistic Model--Existential Model--Interpersonal Model--Cognitive Model--Medical Model--Gestalt Therapy--The Concept of Attention--Learning--Motivation--Frustration and Conflicts--Personality--Brain and Nervous System--Psychometrics--Sports Psychology--Reality--Eye Accessing Cues--Internal Dialogue--Modalities--Sub Modalities--Meta Model--Information gathering--Three Universal Modeling Process--Milton H. Erickson Model--Meta Model and Milton Model--Suggestions--Laws of Suggestibility--Delta State--Visualization and Imagery--Right and Left Brain--Types of Relaxation

Unit – 3 Psychosomatic Disease and Relationship Counselling

Psychosomatic Diseases--Psycho Social Factors--Socio-Cultural Factors--Psychobiosocial Factors--Pre-induction Interview--Modalities--Defense Mechanisms--Family Systems--Roles of Children in Dysfunctional Families--Hypno Diagnostic Tools--Emotional and Physical Sexuality--Development of Sexuality--Physical and Emotional Female Traits--Physical and Emotional Male Traits--Honeymoon Stage--Familiarity--Priorities for a Physical--Priorities for an Emotional--Psychodrama--Empty Chair Technique

Unit - 4: Influence of Thoughts and Clinical Hypnosis

Influence of Thoughts--Causes of Discomforts in Physical and Mental Body--Mind Scan--Colours--Catharsis--Dream Analysis--Dynamic Symbols--Sleep Cycles--Sleep Deprivation Studies--Drugs and REM Deprivation--Sleep Disorders--Hand Writing Analysis--Neuropathways--Hypnodrama and Sports--Phobia--Psychoneurosis--Anxiety Neurosis--Low Blood Sugar--Eating Disorders--Substance Abuse--Private Violence--Self Protection--Introduction--Self Efficacy and Health Behaviour--Exercises Versus Stress--Explosive Personality Disorder and Treatment--Habit Control--Examination Anxiety--General Self Improvement--Memory Improvement--Motivating Clients--Stress Management and Sports--Applications

Unit – 5: Psychoneuroimmunology

History--The Immune-Brain Loop--Psychoneuroimmunological Effects--Link between Stress and Disease--Communication between the Brain and Immune System-- Communication between the Neuroendocrine and Immune System-- Connections between Glucocorticoids and Immune System--Corticotropin-Releasing Hormone(CRH)-Pharmaceutical Advances-Current Research in the Field-Conclusion

PAPER – V

(PRATICALS OF YOGA AND PSYCHO NEUROBICS)

Unit 1 – Personal Goals--Personal Reasons--Personal Challenges--Personal Tests--Personal Recommendations--Personal Commitments--Personal Progress Reports

Unit 2 – Charts--Chakra Chart--Neurobic Chart--Meridians Chart--Daily Exercise Chart--Psycho Neurobics in Specific Diseases--Psycho Neurobics in Emotional Management

Unit 3 – Pratical of Yoga and Basic Psycho Neurobics

Essentials of Yogic Practice--Asana of Yoga--Prayanama--Kriyas--Mantra Meditation

Basic Psycho Neurobics--Purifying Neurobics--Joyful Neurobics--Loveful Neurobics--Peaceful Neurobics--Enlightening Neurobics--Blissful Neurobics--Neurobic Spa

Unit 4 – Practical Advance Psycho Neurobics

Dynamic Psycho Neurobics--Rajyoga Meditation--Out of Body Experience to Soul World--Etheric Body Cleansing--Healing the 5 Elements of the Universe--Distant Healing--Advanced Psycho Neurobics Exercise--Advanced Neurobic Spa--Healing Home & Home Relationships--Healing Work Place & Work Relationships--Divine Cleansing of all 7 Chakras

Unit 5 - Practical Field Study

Personal Healing Project--Guide for your study--Aim of your study--Approach of your study--Sample of Study--Data Collection--Analysis--ANNEXTURE- I--ANNEXTURE- II

M.Sc. II Year

(Yoga and Applied Psycho Neurobics)

PAPER – I

YOGIC PSYCHOLOGY AND YOGIC THERAPIES

Unit - I

Psychology - Meaning, Definitions, Nature, Need and Scope of Psychology, Braches of Psychology, Relationship of Psychology and Yoga.

Role of Yoga on Growth and Development. Learning, Motivation, Emotions and Personality, Yoga for Super - Consciousness, Yogic Practices for balancing mind, Nadis and Chakras, Yogic Practices on Chakras.

Unit - II

Meaning, Definitions, Need, Scope of spirituality - Religious challenges : Physical Mental, Moral. Social, cultural and Religious, Role of Religious in the Society - Methods of developing spirituality - Relationship among, yoga, religion and spirituality Moral values,

Divine virtues, human values and yoga, Yoga and Leadership.

Unit - III

Physiology and pathology in the yoga shastra - Description forthe Gians - Ayurvedha - Tridosha - Common ailments, Introduction to alternative medicine and Therapies

Unit - IV

Selective yogic practice for Heart Problems, Asthma, Arthritis, Back pain, constipation, Diabetes mellitus, obesity, Mental disorders, selective yogic practices for Anxiety, Stress, Menstrual Irregularities

Unit - V

Yogic Diet - Tamasic foods - Rajasic foods - Satvic foods - Articles of yogic diet -yogic diet - balanced diet - ideal yogic diet - chart, moral aspects of diet - Naturapathy diet, Fitness and Wellness, Positive health.

PAPER – II

SCIENCE OF HEALING

Unit – I Alternative Medical Systems-- Allopathy - An Introduction-- Ayurveda--Homeopathy--Naturopathic medicine--Traditional Chinese medicine--Environmental medicines--Chelation Therapy

Unit – II Mind-Body Interventions-- Biofeedback--Dance Therapy--Music Therapy--Guided Therapy--Humor Therapy--Hypnotherapy--Meditation--Prayer Therapy--Yoga--Bio Energetic Devices--Applied Kinesiology--Mind-Body Techniques--Casual Video Games--Hydrotherapy

Unit – III Biology-based Therapies-- Vitamins, Minerals and Other Dietary Supplements –Herbal products--Apitherapy--Aroma Therapy--Flower Essence--Oxygen and Ozone Therapy --Baleno therapy--Bio Chemic Tissue Salts--Allergy --Sun Care – Skin Care--Poison Ivy and Oak Allergy

Unit – IV Manipulative and Body-Based Methods-- Acupressure -- Acupuncture --Alexander Technique--Chiropractic--Feldenkrais Method--Reflexology --Osteopathy--Rolfing--Therapeutic Touch--Neurotherapy --Craniosacral therapy--Heller work – bodywork--Shiatsu – Japanese finger pressure--Remedies for Back pain relief

Unit V - Energy Therapies Psychoneurobics--Reiki--Magnetic fields--Colour therapy--Light therapy--Neuro emotional therapy--Qigong and Tai Chi

PAPER – III

RESEARCH METHODOLOGY

Unit – I - Introduction to Research

Meaning and scope of research - Need, Nature and Scope of Research in Psycho Neurobics - Types of Research-Fundamental , Applied and Action - Tools and techniques of research – Sampling - Mechanics of research reporting.

Unit – II Research Proposal

Identification of Research Topic in Psycho Neurobics - Research proposal: Its Meaning and Need--Identification of Research Topic: Sources and Need--Review of Related Literature--Rationale and Need for the Study--Definition of Terms--Variables--Research Questions,

Objectives and Hypotheses--Assumption if Any--Scope, Limitations and Delimitations--Method, Sample and Tools--Significance of Study--Bibliography--Chapterisation

Unit III - Research Methodology

Descriptive Research-Causal Comparative, Correlational, Case Study, Ethnography, Content Analysis - Historical Research- Meaning, Scope of Historical Research, Steps of Doing Historical Research, Types of Historical Sources. Historical Criticism – Internal and External - Experimental Research- Pre Experimental Design, Quasi-Experimental Design and True Experimental Design - Factorial Design - Nesting Design - Single Subject Design - Internal and Experimental Validity - Controlling Extraneous and Intervening Variables.

Unit – IV - Variables and Hypotheses

Variables-Meaning of Variables, Types of Variables - Hypotheses- Concept of Hypotheses, Sources of Hypothesis, Types of Hypotheses, Characteristics of a Good Hypotheses

Unit – V - Data Analysis

Descriptive Data analysis- Measures of central Tendency – Measures of Variability and graphical representation of data - Use of excel in data analysis - Inferential data analysis – statistical techniques, correlation, t-test, z-test, ANOVA, critical ratio for comparison, normal probability curve, testing of hypotheses, type I and type II Errors, level of significance.

PAPER - IV

Dissertation & Viva – Voce

Objects of the Project

1. To acquire Practical knowledge Yogic Exercises.
2. To acquire skills in the Administration of Yogic Practices in the Real life
3. To Identify Some common problems found among people
4. To do a systematic investigation into such problems
5. To suggest remedial measures to make life more meaningful, and purposeful.
To learn the clinical method, case history writing, measurement of clinical symptoms.

Psychological Parameters, Application of Statistics on the initial and final data recorded.

PAPER – V

(PRATICAL)

PSYCHO NEURO THERAPY & DELTA HEALING

Unit – 1 Pre Induction and Inductions

Client Interview Guideline--Mind--Cognitive Session--Hypnotic Modalities--Indirect Approach--
Gathering Information--Healing Procedure--Primary Inductions--Deepening Techniques--Muscle
Testing

Unit – 2 Delta Sessions

Goals of Psycho Drama - Hypno Drama--Regressions--Script for Age Regression--Inner Child
Sessions--Mind Scan--Dream Interpretation

Unit -3 : Syndromes and Applications

Script for Anxiety--Desensitization Script--Models and Therapy--General Syndromes

Unit – 4 – Empowering Scripts

Circle of Excellence--Crisis--Habit Control--Inductions--Healing Scripts--Past Life Therapy--
Incompatible Energy

Unit – 5 – Psycho Analysis And Personality Test

Emotional Intelligence Test-- Myer Briggs Type Indicator --Beck Depression Inventory--State Trait
Anger Expression Inventory (STAXI)