

M.Sc in Yoga

First Year

Paper I

FUNDAMENTALS OF YOGA EDUCATION

Unit - I

Yoga : Meaning, Definitions, Need, Nature, Aim and Objective, principles, philosophy and scope of yoga.

Philosophy : Scope of Philosophy

Shad Darshanas : Nyana, Vaishesika, Smkhaya, Yoga, MImamsa, Vedanta, Misconceptions and clarifications of Yoga.

Unit - II

History of Yoga : Vedas, Upanishads, Yoga Vasishtha, Ramayana, Mahabharatha, Bhagavad Gita, Brahma Sutras, Modern Development in Yoga, School of Yoga, Sivananda Yoga, Integral Yoga, Bihar School of Yoga, Kundalini Yoga, Astanga Yoga, Viniyoga, Iyengar Yoga.

Unit - III

Contributions to yoga by yoga sutra : Smatdhi pada, Sadhana pada, Vibhooti pada, kavalya yoga, Tirumandiram : Asanga yogam, Fruits of Eight limbed yoga, Eight great Sidhis - Yoga Yajnavalkya Samhita, Goraksataka, Hatha yoga pradipika, Gheranda Samhita, Shiva Samhita, Yoga Rahasya

Unit - IV

Contributions of yoga to religious : Hindusm, Jainism, Buddhism, Christianity, Islam

Paths of Yoga : Hatha yoga, Bhakthi yoga, Jnana yoga, Karma yoga, Raja yoga, Mantra yoga, Laya Yoga, Yantra Yoga

Astanga Yoga : Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi

Unit V :

Contributions to Yoga : Matsyedranath, Thiruvalluvar, Vallalar, Vivekanandam Sri Arobindo, Maharishi Mahaesh Yogi, Kuvalayananda, Sri Yogendraji, Swami Rama, Vishnudevananda, Parmahamsa Yogananda, Vethathiri Maharishi, Swami Dharendra Brahmachari.

Paper II - Applied Anatomy and Physiology

Unit – I Introduction- Cell- Tissues- Epithelial Tissue- Connective Tissue- Nervous Tissue- Muscle Tissue- The Skeletal System- Types of Bones- Bone Structure- Joints- Muscle- Tendons- Ligaments

Unit II-The Circulatory System- The Heart- The Cardiac Cycle- Composition of Blood- Erythrocytes- Leukocytes- Platelets- Plasma- Cardiac Output- Blood Pressure- Blood Vessels- Digestive System- Physiology of Digestion- Respiratory System- Function of the Respiratory System- Lungs- Physiology of Respiration- The Endocrine System

Unit III Nervous System- The Brain- Functions of Cerebrum- Functions of Cerebellum- Functions of Medulla Oblongata- Special Senses- The Epidermis- Accessory Organs of The Skin

Unit IV Excretory System-Anatomy of the Kidneys- Ureters- Urinary Bladder- Urethra- Functions of Kidney- Reproductive System- The External Reproductive Organs- Internal Reproductive Organs- Puberty

UNIT V Impact of Yogic Practices on Human Systems- Beneficial Yogic Practices on CELLS- Beneficial Yogic Practices on Bones, Joints and Muscles- Beneficial Yogic Practices on SKIN- Beneficial Yogic Practices on Cardiovascular System- Beneficial Yogic Practices on Respiratory System- Beneficial Yogic Practices on Digestive System- Beneficial Yogic Practices on Excretory System- Beneficial Yogic Practices on Haematological and Immune System- Beneficial Yogic Practices on Glands and Endocrine System- Beneficial Yogic Practices on Special Senses

Paper III

Unit - I YOGA- Yogic Practices: General Instructions- Loosening Exercises (Sithilikarana Vyayama)- Simplified Physical Exercises- Hand Exercises- Leg Exercises- Neuro - muscular Breathing Exercise- Eye Exercises- Kapalabathi- Makarasana- Massage- Acu-pressure- Relaxation- Suryanamaskar- Children Model- Bihar School of Yoga- Sivananda Model- Surya namaskar

Unit II- Asanas- Definition of Asana- Classification of Yoga Asana Postures- Vrikshasana- Parivrtta Trikonasana- Padahasthasana- Virabhadrasana- Sirshasana- Halasana- Sarvangasana- Matsyasana- Ushtrasana- Bhujangasana-

Shalabhasana- Dhanurasana- Kapotasana- Gomukhasana- Garudasana-
Mayurasana- Padma Mayurasana- KuKkuTasana- Navasana-
Paschimotanasana- Ardha Matsyendrasana- Marichyasana- Jathara
Parivartanasana- Baddha Konasana- Padmasana- Siddhasana- Siddha Yoni
Asana- Svastikasana- Vajrasana- Shashangasana- Savasana

Unit III-Pranayama- Pranayama - The Art of Yoga Breathing- Phases in
Pranayama- General Notes for the Practitioner- Kapalabhati Pranayama-
Bhramari Pranayama- Ujjayi Pranayama- Sheetal Pranayama- Sheetkari
Pranayama- Bhastrika Pranayama- Surya Bhedana Pranayama- Nadi Shodhana
Pranayama

Unit IV-Kriyas-Neti- Jalaneti-Sutra Neti- Bandas- Mudra- Yoga Mudra

Unit V - Meditation-Mantra Meditation- Yoga Nidra- Surya Yoga Meditation-
Raja Yoga Meditation- Trataka Meditation

Paper IV

INTRODUCTION TO ALTERNATIVE MEDICINE AND THERAPIES

Unit-1: Alternative Medicine

Assessment, Observation, Diagnosis, Nadi Pariksha, Examination, Planning,
Yoga Therapy, Ayurveda, Siddha, Naturopathy, Acupressure, Acupuncture,
Physiotherapy.

Unit-2: Concept of Yoga Therapy

Principles of Yoga Therapy, Yoga Practices for lifestyle diseases.

Unit-3: Concept of Siddha Medicine System

Five Elements theory, Three biological Humors, Seven Physical Constituents,
Pancha Bhuthas, Pancha Koshas, Importance of herbal medicines, Varmam and
Thokkanam, Treatment for Siddha Medicine for Lifestyle Diseases.

Unit-4: Concept of Ayurvedha

Five elements, Doshas, Gunas, Seven Dhatus, Nadis and Chakras, Features and
approaches of Ayurveda, Hygienic principles in Ayurveda- Ayurvedic Diet,
Ayurvedic Purification Practices, PanchaKarmas, Vamanam, Virecham,
Basti, Anuvaasana, Nasya, Rakta Rasayana Cikitsa, Vajikarana, Ayurvedic
treatment for lifestyle diseases.

Unit-5: Concepts of Naturopathy: Principles of Naturopathy

Methods of Naturopathy: Diet, Juice Diet, Fasting, Enema, Massage, Color Therapy, Clay Therapy, Hydrotherapy, Sun Bath, Magnetotherapy, Treatment of Naturopathy for lifestyle diseases

Paper V

METHODOLOGY OF TEACHING YOGA

Unit I : Education

Yoga Education, Goal, Scope and importance, Principles of Teaching Yoga – Yogic, psychological, Physiological, Pedagogical, sociological

Meaning of methodology of teaching - factors influencing Methodology, Presentation technique

Role of language, Voice, fluency, clarity and body language in Teaching

Factors of Yoga Education : Teacher, Student and Teaching – Guru –Shishya Parampara Types of students and teachers – promotion of leadership qualities

Unit II : Methods in Yoga Teaching

Lecture method

Response to instruction method (method)

Individualized Instructional Method

Group discussion Method

Directed Practice Method

Project Method

Demonstration Method

Lecture cum Demonstration Method

Limitation Method

Dramatization Method

Sources of teaching methods

Unit III: Teaching aids :

Audiovisual aids

Visual aids

Audio aids

Models

Props

Wooden brick and foot rest belt, ropes, slanting plank, chair, stool, bench, Box, the heart rate, ladder stool and drum, bolster and pillow, bandage, weight, the horse, big and small.

Unit IV : Preparing Lesson Plan – Essentials of a Good Lesson Plan

Advantages of preparing a lesson plan

Contents of a lesson plan

Class management – formation of the class

Conducting yoga practical lessons : Precautions and contra – indications of practices

Lesson plan :

Assembly and roll call

Relaxation & prayer

Loosening the joints

Introduction of the practice

Demonstration

Individual practice

Group practice

Yoga game (if time permits)

Question and answer session

Relaxation

End prayer

Unit V : Organizing yoga class, Yoga camp, workshops in yoga, Yoga tours, Yoga games and competitions, classification of age groups for competitions

Evaluation

Advantages

Devices of evaluation

Second Year
Paper I
Research Processes and Statistics in Yoga

Unit I Introduction to Research

Objectives-Introduction -Meaning and Scope of Research-Need of Research in Psycho Neurobics -Types of Research-Fundamental-Applied Research-Action Research-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-Variabes-Research Questions, Objectives and Hypotheses-Assumption-Scope, Limitations and Delimitations-Method, Sample and Tools-Significance of study-Bibliography-Chapterisation

Unit III Research Methodology

Meaning of Descriptive Research-Co relational Research-Causal-Comparative Research-Document Analysis-Ethnography-Case Study-Meaning of Historic Research-Introduction-Meaning-The purpose of Historical Research-Characteristics of Historical Research-Scope of Historical Research in Education-Approaches to the Study of History-Steps in Historical Research-Problems and Weaknesses to be avoided in Historical Research.-Criteria of Evaluating Historical Research-Meaning of Experimental Research-Experimental Designs-Pre-experimental Design-Quasi-experimental design-True experimental design-Factorial Design-Nested Design-Single Subject Design- Internal and External 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

Types of Measurement Scale-Quantitative Data Analysis-Parametric Techniques-Non- Parametric Techniques-Conditions to be Satisfied for Using Parametric Techniques-Descriptive Data Analysis (Measures of Central Tendency, Variability and Graphical Presentation of Data)-Inferential Data Analysis-Use of Excel in Data Analysis-Concepts, Use and Interpretation of Following Statistical Techniques: Correlation, t- test, z-test, ANOVA, Critical ratio for comparison of percentages and chi-square-(Equal Probability and Normal Probability Hypothesis)-Testing of Hypothesis

Paper II

Methods of Yogic Practices II

Unit - I

Essentials of Yogic Practices - Cleanliness - Food - Bath- Time- Sun- Closing Eyes- Place- Mirror- Breathing- Awareness- Age- Limitations- Sequence- Blanket- Clothes- Position- Emptying- the Bowels and Stomach- Counter Pose- Pregnancy- Contra-Indications- Duration- Straining- Special Provisions for Women- Special Provisions for Patients- Fitness- Posture- Side Effects- Loosening the Joints- Pawanmuktasana- Surya Namaskar- Advanced Suryanamaskar- Chandranamaskar

Unit- II

Asanas

Ardha Baddha Padmottanasana - Utthita Hasta Padangusthasana - Vatayanasana - Hanumanasana - Padangusthasana - Padma Sarvangasana - Karnapidasana - Vrischikasana - Poorna Shalabhasana - Poorna Dhanurasana - Eka Pada Sirasana - Koormasana - Padma Sirshasana - Ardha Baddha Padma Paschimottanasana - Paryankasana - Bhekasana - Baddha Padmasana - Vamadevasana - Parivrtta Janu Sirsasana - Savasana

Unit - III

Anuloma Viloma Pranayama

Introduction - Moorcha Pranayama - Kewali Pranayama - Plawini Pranayama
- Chaturtha Pranayama - Ujjayi Pranayama (Advanced) - Suryabhedana
Pranayama - Bhastrika Pranayama (Bellows Breath)

Unit-IV

Kriyas

Lahoo Shankhprakashana- Ghrta Neti- Dugdha Neti- Vastra Dhouti (Cloth
Cleansing)- Basti- Mudras- Bandhas

Unit- V

Meditation

Meaning- Concepts- Obstacles to Meditation- Guidelines- Recent Research
Findings on Yoga Therapy- Recent Research Findings on Yogic Practices-
Types of Meditation- Chakra Meditation- Guided Meditation

Paper - III

Yogic Psychology and Super Consciousness

- Unit I** Psychology
- Unit II** Role of Yoga on Growth and Development
- Unit III** 25 Elements
- Unit IV** Spirituality -Yoga - Religions - Values
- Unit V** Psychological Qualities

Paper - IV

Yoga Therapy

Unit I

History - Principles of Yogic Therapy - Approach of Yoga Therapy -
Physiology and Pathology in the Yoga Shastra - Pancha Kosha Theory - Atman

- Self - Tridosha Theory - Effect of Doshas in the Body - Pancha Prana - Yogic Diet - Types of Yoga Diet

Unit II

Ayurveda

Tridosha - Dinacharya - Ayurvedic Diet - Panchakarma - Siddha Medicine - Pathology - Naturopathy - Varmam - Thokkanam - Exercise Therapy - Cryotherapy - Acupressure - Acupuncture - Chromotherapy - Magnet Therapy - Music Therapy

Unit -III

Therapeutic Application of Yoga

High Blood Pressure - Types - Symptoms - Yogic Management - Kriyas - Obesity - Symptoms - Causes - Yogic Management - Kriyas - Pranayama - Diabetes Mellitus - Types of Diabetes - Risk Factors for Type 2 Diabetes - Yogic Management - Asana - Cleansing Practices - Pranayama - Asthma - Symptoms - Causes - Yogic Management - Kriyas - Asana - Pranayama - Sinusitis - Types - Signs and Symptoms - Causes - Yogic Management - Migraine - Types - Symptoms - Causes - Yogic Management - Arthritis - Types - Symptoms - Causes - Yogic Management - Back Pain - Types - Symptoms - Causes - Yogic Management - Thyroid Problems - Types - Symptoms - Causes - Yogic Management - Constipation - Types - Symptoms - Causes - Yogic Management - Impotency - Types - Symptoms - Causes - Yogic Management - Infertility- Types - Symptoms - Causes - Yogic Management - Stroke - Types - Symptoms - Causes - Yogic Management - Epilepsy - Types - Symptoms - Causes - Yogic Management

Unit IV

Therapeutic Application of Yoga for Psychological Disorder

Neurosis - Stress - Classification - Causes - Signs and Symptoms - Yogic Management for Stress - Depression - Symptoms - Causes - Yogic Management - Eating Disorder - Anorexia Nervosa - Binge Eating Disorder - Bulimia Nervosa - Causes - Yogic Management - Psychosis - Causes - Symptoms - Schizophrenia - Signs of Schizophrenia - Symptoms of Schizophrenia - Types

of Schizophrenia - Yogic Management - Contraindications - Autism-Signs and Symptoms - Causes - Yogic Management - Bipolar Disorder - Signs & Symptoms - Yogic Management - Dementia - Causes - Symptoms - Yogic Management - Personality Disorders- Signs and Symptoms - Relationship with Other Mental Disorders - Paranoid Personality Disorder- Symptoms of Paranoid Personality Disorder - Histrionic Personality Disorder - Symptoms of Histrionic Personality Disorder - Yogic Management for Personality Disorder - Drug Addiction - Signs and Symptoms - Smoking - Drug Addiction - Symptoms of Smoking Cessation - Alcoholism - Causes - Yogic Management for Drug Addiction

Unit V

Therapeutic Application of Yoga for the Problems of Women

Introduction - The Menstrual Cycle - Features of Menstruation - Menstrual Disorders -Amenorrhoea - Causes of Amenorrhoea - Dysmenorrhoea - Menorrhagia - Metrorrhagia-Oligomenorrhea - Hypomenorrhoea - Polymenorrhea - Leucorrhoea - Uterus Related Problems - Miscarriage - Causes for Miscarriage - Types of Miscarriage - Yogic Treatment before Pregnancy - Yoga and Pregnancy

Paper V

Thesis and Viva Voce