

B.Sc. YOGIC SCIENCE

6th Semester

Class	Semester	Code	Course Description	Theory	Credit	Units	Hours
B.Sc. Yogic Science	6 th Semester	DSCC-13	PRINCIPLES OF YOGA THERAPY		4	4	64-80
<p>Introduction: To understand the Yogic concepts of health and disease in special context of Health and Healing as well as have an idea about Principles of Yoga therapies for different diseases</p>							
<p>Course Objective:</p> <ol style="list-style-type: none"> To define the Yogic concepts of health and disease. To enumerate the Yogic concepts of cleansing W.S.R. to Health and disease. To distinguish the Yogic concepts according to their need. Make them able to apply these concepts according to their needs. Make them able to connect the Yogic concepts to preventive Health care systems. 							
1. Yogic concepts of health and disease: Definition & importance of health according to W.H.O., dimensions of health, concepts of health and disease in Indian system of medicine ie. Ayurveda, naturopathy and siddha, Utility and limitations of these systems in health and healing; yogic concepts of health & disease; concept of adhi vyadhi, Role of yoga in preventive health care, physical manifestation of disease; mental & emotional ill health;					1	1	16-20
2. Yogic concepts for cleansing: Role of Shatkarma in preventive and curative health care; karma shuddhi Yama & niyama; Ghat shuddhi: Shatkarma; snayu shuddhi: asanam; Prana shuddhi: Pranayama; indriya and mano shuddhi: pratyahara, Mana. buddhi, ahamkara (ego), and chitta shuddhi: Dharana, Dhyana & samadhi, Concepts of triguna, pancha-mahabhutas, punch prana, and their role in health and healing					1	1	16-20
3. Yogic principles of healthy living: Concept of Kriya Yoga and Abhyas & vairagya in health and Healing, Yogic principle for healthy living: Aahara, vihara, achara and vichara; Role of yogic positive altitude (Maitri, Karuna, mudita, upeksha) for healthy living					1	1	16-20
4. Health benefits of Yogic practices: Yogic principles of lifestyle management and its role in prevention of disease and health promotion, Yogic principle of diet and its Role in healthy living; Yogic practices of healthy living ie. Yama, niyama, Asana, pranayama, pratyahara, dharna, Dhyana & samadhi and its Role in healthy living. Psycho-physiological benefits of Yogasanam, & pranayama, Shatkarma, Bandha, Mudra & Meditation					1	1	16-20
<p>Course Outcome: Students will be able to:</p> <ol style="list-style-type: none"> Understand the yogic concept of Health and Disease. Prepare the Yogic Module according to the need. Apply the Yogic tools according to the requirements. Able to use the tools as a preventive and curative health care system. 							

B.Sc.- BoS - 30/01/2024

Central Sanskrit University, New Delhi

Academic Year 2023-24

Dr. Dhanesh P. V.
(Convener)

Reference Books:

1. Preeti Goel and Rita Jain; Spectru,m of Health, sports Publication, New delhi, 2003
 2. M. M. Gore: Anatomy and physiology of Yogic practices, New age books, New Delhi, 2008.
 3. Dr. K. Krishna Bhatt: the power of Yoga.
 4. Dr. R. S. Bhogal: Yoga Psychology, Kaivalya Dham Publications
 5. Dr. Manmath M Gharote, Dr. Vijay Kant: Therapeutic reference in traditional yoga texts.
 6. T. S. Rukmani: Patanjala Yoga Sutra
- Sahay, G.S.: hatha Yoga pradipika, MDNIY publications, 2013

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27/02/24

Class	Semester	Code	Course Description	Theory	Credit	Units	Hours
B.Sc. Yogic Science	6 th Semester	DSCC-14	METHODS OF TEACHING YOGA		4	4	64-80

Introduction: To give students a hand of understanding for teaching Yoga and prepare for yoga Teaching in day today life without any hesitation.

Course Objective:

1. To give them an understanding of Principles of Teaching Yoga in Mass.
2. To Give them an Idea about various Methods of Teaching.
3. To impart the knowledge of Preparing lesson plans.

To understand the need of Essential tools of Classroom Teachings.

1. Principles of teaching yoga: Teaching and Learning: Concepts and Relationship between the two. Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha, Meaning and scope of Teaching methods, and factors influencing them. Sources of Teaching methods	1	1	16-20
2. Methods of teaching Yoga: Role of Yoga Teachers and Teacher training; Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group), Techniques of mass instructions; Techniques of Individualised teaching, Techniques of group teaching; Organisation of teaching (Time Management, Discipline etc.)	1	1	16-20
3. Lesson Plan Management in Yoga: Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, asanam, Mudra, Pranayama & Meditation), Models of Lesson Plan; Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching, Effective use of Books, Charts, demonstrator, patients, feedbacks and other resources.	1	1	16-20
4. Essential tools for classrooms teachings: Lesson Plan and its Practical applications, Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc. Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching, Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching, Meaning, Importance and Types of Educational technology and it's in Yoga.	1	1	16-20

Course Outcome:

1. To enable the students to understand the basic principle of teaching.
2. To introduce them to different methods of teaching Yoga.
3. To introduce them to the essential tools for classroom teachings and importance of lesson plan.
4. To enable them to express their gathered knowledge in a better manner.

Reference Books:

1. Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
2. Dr. Shri Krishna: Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009
3. Dr. Raj Kumar: Principles & methods of Teaching, Printo graphics, Delhi,

Class	Semester	Code	Course Description	Theory	Credit	Units	Hours
B.Sc. Yogic Science	6 th Semester	DSCC-1 5	YOGIC MANAGEMENT FOR COMMON DISEASES		4	4	64-80
<p>Introduction: "Yogic Management for Common Diseases" typically aims to provide participants with a comprehensive understanding of how Yoga practices can be utilized to manage and alleviate symptoms of various common diseases.</p> <p>Course Objective: The objective of this course is to educate the Yoga students of modern medical & Yoga therapy practices for the treatment of various ailments and develop the ability to effectively use yoga as a therapeutic modality.</p>							
1. Cardio-Respiratory Disorders: Modern medical and yoga therapy principles and practices for disease related to cardiovascular disorder: ischemic heart disease; Hypertension. Peripheral vascular disease respiratory disorders; Bronchial asthma; Chronic Obstructive Pulmonary Disorder (COPD). Allergic rhinitis; Pulmonary Tuberculosis; Snoring					1	1	16-20
2. NeuroMuscular Disorders: Yogic management of muscle and bone disorders: Pain in the limbs and back; Rheumatoid arthritis; Osteoarthritis; Connective tissue disorder , Muscular dystrophy; Neurological Disorders: migraine & Tension headache; cerebro-vascular accidents; Epilepsy; Pain Autonomic dysfunctions; Idiopathic Parkinson's disease, Multiple sclerosis; refractory errors of vision, Schizophrenia.					1	1	16-20
3. Digestive Endocrine & Metabolic Disorders: Yogic management for digestive disorders: Acid peptic disease; irritable bowel syndrome. Hepatitis, Endocrine & metabolic disorders: Diabetes mellitus; Thyroid dysfunction, Disorders of adrenal cortex. Obesity					1	1	16-20
4. Obstetrics & Gynecological Disorders: Yogic management for pregnancy induced hypertension; pre-eclampsia; intra-uterine growth retardation (IUGR). Infertility, menopause, Menstrual disorders (Dysmenorrhea, pre-menstrual syndrome)					1	1	16-20
<p>Course Outcome:</p> <ol style="list-style-type: none"> To make students understand the classical & theoretical foundation of the field of yoga therapy. To provide in-depth knowledge of different cardiovascular, respiratory & muscular diseases and their yogic management. To make them understand and apply the diverse yoga therapy tools, which includes asana, pranayama, meditation, relaxation techniques. To educate them about different neuro-psychological problems and their management through yogic practices. <p>To educate them about different digestive, metabolic, Endocrine & gynecological problems and their management through yogic practices.</p>							
<p>Reference Books:</p> <ol style="list-style-type: none"> Nav Yogini Tantra, Bihar School of Yoga. Rog aur Yog, Bihar School of Yoga. Disease and Yoga, Bihar School of Yoga. Anatomy and Physiology of Yogic Science, Dr. M. M. Gore, Kaivalyadhama, Lonavala. 							


21/01/24
21/02/24

Class	Semester	Code	Course Description	Practical	Credit	Units	Hours
B.Sc. Yogic Science	6 th Semester	SEC- 5	Health and Wellness Yogic Practices-III		4	4	120- 136
<p>Introduction: The objective of this course is to teach the practices to the students for the concept of holistic health and application of Yoga to maintain and sustain the holistic health.</p> <p>Course Objective:</p> <ol style="list-style-type: none"> To orient student with the practices with various Āsanas. To provide knowledge about the concept of various breathing practices & It's variations. To inculcate the concept of Shatkarma related to Yogic practice. To teach the concept of Health Benefits and Counter asanam. 							
1. Recitation: Om Mantra & Mrityunjay mantra Chanting. Hymns from Upanishada and Shanti mantras (Any Three).					1	1	30-34
1. Shatkarma: Vastra Dhauti, Vaman, Neti, Noul, Trataka, Kapalbhati.							
2. asanam: Standing: Parivritta-Parshvakonasanam, Utthita-Padangusthasanam, Natrajasanam, Ardha-baddha-padmottanasanam, Sitting: Baddha-Padmasanam. Supine: Poorna-Chakrasanam, Poorna-Dhanurasanam, Poorna-Halasanam. Urdhva-Padmasanam, Supta Konasanam, Garbh pindasanam. Twisting asanam: Marichyasanam -2 & 4. Prone: Poorna-Shalabhasanam, Poorna-bhujangasanam, Viprit Naukasanam. Balancing: Parighasanam, Salamba-Shirshasanam, Niralamb-sirshasanam, Padma-Shirshasanam, Vrishchikasanam, Padma-Mayurasanam, Dwi-Pada-Skandasanam, Utthita-Pad-angushthasanam, Omakarasanam, Pincha-mayurasanam Padmabaksana, with Variations, its Health Benefits and Counter asanam.					1	1	30-34
3. Pranayama: Sheetalī Pranayama, Sheetkari Pranayama, Bhastrika Pranayama Ratio in Breathing.					1	1	30-34
4. Bandha & Mudra: Shambhavi Mudra, Prana, Mahamudra, Kaki Mudra, Tri-bandha, Mahabandha, Mahabedh, Tadagi Mudra. Meditation: Antarmoun, Kayasthairyam. Yoga Nidra.					1	1	30-34
<p>Course Outcome:</p> <ol style="list-style-type: none"> Recite the yogic hymns or mantras. Perform the different yogic purification techniques (Ṣatkarmas) like Dhauti & Noul Illustrate Sukshma Bandhas & Mudras Classify the different Yogāsanas with proper breathings. 							
<p>Reference Books:</p> <ol style="list-style-type: none"> Hatha Yoga: Book 3: Shatkarma Paperback by Niranjananda Swami Saraswati Asana Pranayama Mudra Bandha (APMB) by Swami Satyananda Saraswati ji, Bihar School of Yoga. 							

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3. Asanas by Swami Kuvalayananda Ji, Kaivalyadham, Lonavala. 4. Mudras & Health Perspectives (MARATHI) (Marathi) by Suman K. chiplunkar (Author), Mrs.Nila Kachole 5. Light on Yoga, B.K.S. Iyengar, Harper Thorsons. 6. YogaMala, Sri. K. Pattabhi Jois, North Point Press, New York.							
Class	Semester	Code	Course Description	Credit	Units	Hours	
B.Sc. Yogic Science	6 th Semester	Internship-3	YOGIC INTERNSHIP-III	6	1	96-120	
Introduction: After studying Yoga and its application, it is of utmost important to get an acquittance of the subject.							
Course Objective: <ol style="list-style-type: none"> 1. Internships provide hands-on experience that allows individuals to apply theoretical knowledge 2. Internships offer a platform for individuals to develop and refine specific skills relevant to their field of study or career goals. 3. Internships offer individuals the opportunity to explore different career paths within the field of Yoga and health, helping them clarify their career goals and interests. 							
1. In house Internship				6	1	96-120	
2. Field Internship.							
3. Computer Laboratory and Yogic Laboratory							
4. Applied Research associations and Research related Internship							
Course Outcome: After the completion of this subject the students will be able to believe himself to generalize the yogic teaching to the common populations. Also, they will get the experiential knowledge to the application part of theoretical teachings.							

Note: Internship = 06 Credits + Course = 06 Credits


 Dr. Dhanesh. P. V.
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