## **ACHARYA NAGARJUNA UNIVERSITY**

A State Government University, Accredited with "A" Grade by NAAC Nagarjuna Nagar - 522 510, Guntur, Andhra Pradesh, India.



## **M.SC. YOGA FOR HUMAN EXCELLENCE**

# SYLLABUS



## UNIVERSITY COLLEGE OF PHYSICAL EDUCATION & SPORTS SCIENCES

**PROGRAM CODE:** 

**ANUCPESS03** 





## **ACHARYA NAGARJUNA UNIVERSITY (ANU)**

#### - A Brief Profile

Acharya Nagarjuna University, a State University established in 1976, has been constantly striving towards achieving progress and expansion during its existence for over four decades, in terms of introducing new courses in the University Colleges, affiliated colleges and professional colleges. Spread over 300 acres of land on the National High Way (NH-16) between Vijayawada and Guntur of Andhra Pradesh, the University is one of the front ranking and fastest expanding Universities in the state of Andhra Pradesh. The University was inaugurated on 11th September, 1976 by the then President of India, Sri Fakruddin Ali Ahmed and celebrated its Silver Jubilee in 2001. The National Assessment and Accreditation Council (NAAC) awarded "A" grade to Acharya Nagarjuna University and also has achieved 108 International ranks, 39 National ranks UI Green Metrics rankings and many more It is named after Acharya Nagarjuna - one of the most brilliant preceptors and philosophers, whose depth of thought, clarity of perception and spiritual insight were such that even after centuries, he is a source of inspiration to a vast number of people in many countries. The University is fortunate to be situated on the very soil where he was born and lived, a soil made more sacred by the aspiration for light and a state of whole someness by generations of students. With campus student strength of over 5000, the University offers instruction for higher learning in 68 UG & PG programs and guidance for the award of M.Phil. and Ph.D. in 48 disciplines spread over six campus colleges and one PG campus at Ongole. It also offers 160 UG programs in 440 affiliated colleges in the regions of Guntur and Prakasam Districts. It has a Centre for Distance Education offering 87 UG & PG programs. Characterized by its heterogeneous students and faculty hailing from different parts of the state and the country, the University provides most hospitable environment for pursuing Higher Learning and Research. Its aim is to remain connected academically at the forefront of all higher educational institutions. The University provides an excellent infrastructure and on- Campus facilities such as University Library with over one lakh books & 350 journals; Computer Centre; University Scientific Instrumentation Centre; Central Research Laboratory with Ultra-modern Equipment; Well-equipped Departmental Laboratories; Career Guidance and Placement Cell; Health Centre; Sports Facilities with Indoor & Outdoor Stadiums and Multipurpose Gym; Sports Hostel; Separate hostels for Boys, Girls, Research Scholars and International Students; Pariksha Bhavan (Examinations Building); Computers to all faculty members; Wi-Fi connectivity to all Departments and Hostels; Canteen, Student Centre & Fast-food Centre; Faculty Club; Dr. H.H. Deichmann & Dr. S.John David Auditorium cum Seminar Hall; Post office; Telecom Centre; State Bank of India; Andhra Bank; Energy Park; Silver Jubilee Park; Fish ponds; internet center; xerox center; cooperative stores; Water harvesting structures.



## ACHARYA NAGARJUNA UNIVERSITY

### **VISION**

To generate sources of knowledge that dispels ignorance and establish truth through teaching, learning and research.

### **MISSION**

To promote a bank of human talent in diversified faculties – Commerce & Management Studies, Education, Engineering & Technology, Humanities, Law, Natural Sciences, Pharmacy, Physical Education & Sports Sciences, Physical Sciences and Social Sciences that would become an investment for a prosperous society.

## **OBJECTIVES**

- To inspire and encourage all who would seek knowledge through higher education and research.
- To provide quality instruction and research for the advancement of science and technology.
- > To promote teaching and research studies in disciplines of societal relevance.
- > To bridge the gap between theory and practice of the principles of higher education.
- > To develop human talent necessary for the industry.
- > To open up avenues of higher education and research through non-formal means.
- To invite and implement collaborations with other institutes of higher learning on a continuous basis for mutual academic progress.
- To motivate and orient each academic department/centre to strive for and to sustain advanced levels of teaching and research so that the university emerges as an ideal institute of higher learning.
- To focus specially on the studies involving rural economy, justifying its existence in the rural setting.



### **VISION OF THE COLLEGE:**

The College of Physical Education and Sports Sciences is emerging as a Centre of Excellence in Sports in Andhra Pradesh by virtue of its huge Sports Infrastructure, organizational abilities, and achievements of its sportsmen and women in the National and International levels. The department caters to the sports needs of the students of the affiliated colleges in the university area and the students of the university campus. The department also conducts the academic courses in Physical Education and Sports Sciences.

### **MISSION OF THE COLLEGE:**

- + Total Education through the Physical intellectual, Emotional and Social development of people in order to bring up healthier, happier and more successful people to the public
- + The main functions are Education, Teaching, Research and public service areas
- + Create respectful students who value their health and fitness, and practice healthful activities throughout their lives.
- Prepare students to make lasting contributions to our professions, communities and society
- + Encourage students to take part in sport –whether it is recreational or competitive.
- + Deliver 'Outstanding' lessons that inspire and motivate all students regardless of their ability.



## **M.Sc. YOGA FOR HUMAN EXCELLENCE**

#### VISION OF THE DEPARTMENT:

The Department envision establishing itself as a place of excellence for Yogic education and research programmes globally. The Department of Yoga, UCPESS at Acharya Nagarjuna University is dedicated to the instruction, training, and intellectual growth of Post Graduate students through promotion of innovation, creative endeavors, and scholarly inquiry and to be a global destination of higher education and research. By maintaining its academic programs, the Department of Yoga, UCPESS enhances the recognition and reputation of Acharya Nagarjuna University locally, regionally, nationally, and internationally.

#### **MISSION OF THE DEPARTMENT:**

- ★ The mission of the Department of Yoga, UCPESS is to serve the State and the Nation by educating students, by advancing scientific knowledge, and by catalysing economic development.
- ★ To create and maintain the programs of excellence in the areas of research, education, and public outreach.
- ★ To offer research projects with high emphasis on concept-theory-practical training to build up research interest for the transformation of budding Yogic Sciences into productive scientists, excellent teachers, entrepreneurs, and innovative independent researchers.
- ★ Our specific goal is to become a nationally recognized centre of Yogic sciences for modern education with a state of art centralized research facility.
- ★ To serve a beacon of change, through multi-disciplinary learning, for creation of knowledge community, by building a strong character and nurturing a value-based transparent work ethics, promoting creative and critical thinking for holistic development and self-sustenance for the people of India.
- ★ The University seeks to achieve this objective by cultivating an environment of excellence in teaching, research, and innovation in pure and applied areas of learning.
- ★ To bridge the gap between academia and industry by regularly updating the curriculum on par with recent developments in science and encourage doing in house projects
- ★ To educate and invoke the students to deliver their maximum outputs in competitive examination s and meet industrial competences.
- ★ To develop yoga therapists with excellent analytical and synthetic skills through the curriculum with more laboratory components and industrial visits/internships.

## **M.SC. YOGA FOR HUMAN EXCELLENCE**

## **PROGRAMME EDUCATIONAL OBJECTIVES (PEO's):**

Programme Educational Objectives (PEOs) are extensive reports that define the probable activities of graduates of a certain academic program in their professional career and life. The Yoga Course program will enable the student to

PEO1	Understand the core and advanced yoga concepts thoroughly
PEO2	Have societal, health, safety, and cultural issues relevant to the science practices and provide a strong foundation for acquiring advanced knowledge in yogic science.
PEO3	Acquire critical thinking supported by advanced analytical skills to address health related problems.
PEO4	Demonstrate the ability to perform accurate quantitative measurements with an understanding of the theory and use yogic techniques, analyze and interpret
PEO5	Enhance skills for employability through activities, such as, seminar, communication, skills, industrial visit, internship, and research project dissertation.

## **PROGRAMME OUTCOMES (PO's):**

On successful completion of M.Sc. program (Two years), the student will be able to expected to know, understand, or be able to do upon successful completion of a program. The Program outcomes for M.Sc. Yoga students are:

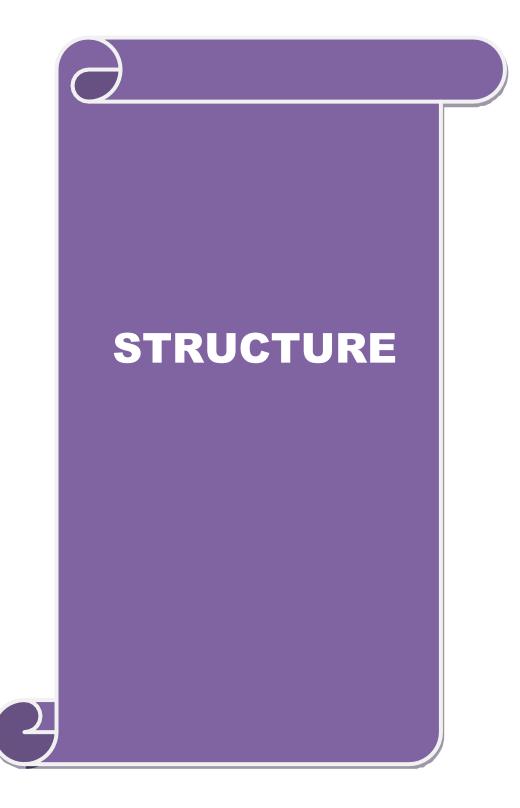
PO1	Think critically and analyze pertinent problems in the relevant discipline using appropriate yogic tools and techniques as well as approaches to arrive at variable e conclusions.
PO2	Prepare and present scientific and technical information resulting from laboratory outputs.
PO3	Design methodologies, analyze, and evaluate innovative scientific research problems.
PO4	Pursue higher education / become an employee / entrepreneur/ professional training in or related fields, or transition into a Yoga-related career.

PO5	Work independently as well as in a team to exhibit the potential to effectively accomplish tasks independently and as a member or leader in diverse teams and in multidisciplinary settings.
PO6	Apply yoga knowledge and skills to address real-world problems and encounters, and develop innovative resolutions.
PO7	Project management: Demonstrate knowledge and scientific understanding to identify research problems, design experiments, use appropriate methodologies, analyse and interpret data and provide solutions. Exhibit organisational; skills and the ability to manage time and resources.
PO8	Environment and society: Analyse the impact of scientific and technological advances on the environment and society and the need for sustainable development
PO9	Effectively communicated with spoken and written in scientific community as well as with society at large. Demonstrate the ability to write dissertations, reports, make effective presentations and documentation.
PO10	Commitment to professional ethics and responsibilities.

## PROGRAMME SPECIFIC OUTCOMES (PSO's):

Upon successful completion of M.Sc. yoga program, the student will be able to

PSO1	Acquire the knowledge recent advancement in the scientific and spiritual field.
PSO2	Understand the features of physical /psychological/spiritual domain in Health Concept
PSO3	Develop computational and experimental skills to explore molecular level phenomena.
PSO4	Apply technical skill in a sophisticated laboratory environment & secure challenging position in health & Academics.
PSO5	Enhance employability through laboratory activities, solving problems and co-curricular activities.



## **M.SC. YOGA FOR HUMAN EXCELLENCE**

## **COURSE STRUCTURE**

#### Total Subject Hours Exam Internal External Max S.No. Subject name Credit code Hours Marks Marks Marks per year **CORE /MANDATORY PAPERS** Yoga for Modern MSCYHE 1 60 3 4 30 70 100 101 (22) Age MSCYHE Elements of Human 60 3 2 4 30 70 100 Biology 102 (22) Sublimation and **MSCYHE** 3 3 4 60 30 70 100 Social welfare 103 (22) **CORE ELECTIVE PAPER** A) Elements of Psychology and **MSCYHE** 4 Testing 60 3 30 70 100 4 104 (22) B) Religions and Principles **OPEN ELECTIVE PAPER** A) Basic Computer MSCYHE 5 Applications 60 3 4 30 70 100 105 (22) B) MOOC's PRACTICAL PAPERS MSCYHE **SKY Yoga Practices** 60 3 4 30 70 6 100 106 (22) – I MSCYHE **SKY Yoga Practices** 7 60 3 4 30 70 100 107 (22) - II & Project TOTAL

## SEMESTER-I

## **SEMESTER-II**

S.No.	Subject code	Subject name	Total Hours per year	Exam Hours	Credit	Internal Marks	External Marks	Max Marks						
	CORE/MANDATORY PAPERS													
1														
2	MSCYHE 202 (22)	Traditional Yoga Text	60	3	4	30	70	100						
3	MSCYHE 203 (22)	Science of Divinity and Realization of Self	60	3	4	30	70	100						
		CORI	E ELECT	IVE PAI	PER									
4	MSCYHE 204 (22)	<ol> <li>Genetic Centre and Cause and Effect</li> <li>Consciousness is truth</li> </ol>	60	3	4	30	70	100						
		OPEN	N ELECT	IVE PAR	PER									
5	MSCYHE 205 (22)	<ol> <li>Communications Skills</li> <li>2. Problems of Bio-Mechanics</li> </ol>	60	3	CHARA NAC	30	70	100						
		PR/	ACTICA	L PAPER	IS 🎽									
6	MSCYHE 206 (22)	Classical Yoga Practices – I	60	3	4	30	70	100						
7	MSCYHE 207 (22)	Classical Yoga Practices – II & Project	60	3,193	4	30	70	100						
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## **SEMESTER-III**

S.No.	Subject code	Subject name	Total Hours per year	Exam Hours	Credit	Internal Marks	External Marks	Max Marks						
	CORE/MANDATORY PAPERS													
1	MSCYHE 301	World Community Life	60	3	4	30	70	100						
2	MSCYHE 302	Indian Traditional System of Medicine (Alternative system)	60	3	4	30	70	100						
3	MSCYHE 303	Research Methodology	60	3	4	30	70	100						
CORE ELECTIVE PAPER														
4	MSCYHE 304	<ol> <li>Elements of Statistics</li> <li>Abnormal Psychology</li> </ol>	60	3	4	30	70	100						
		OPEN ELI	ECTIVE I	PAPER										
5	MSCYHE 305	1. Elements of Physiotherapy 2. MOOCS	60	3	4	30	70	100						
		PRACTI	CAL PAP	PERS										
6	MSCYHE 306	Clinical Application of Medicine and Therapies -1	60	3	4	30	70	100						
7	MSCYHE 307	Clinical Application of Medicine and Therapies -2 & Project	60	3	4	30	70	100						
		TOTAL	ATT OF		Allow a									



## **SEMESTER-IV**

S.No.	Subject code	Subject name	Total Hours per year	Exam Hours	Credit	Internal Marks	External Marks	Max Marks				
CORE/MANDATORY PAPERS												
1	MSCYHE 401 (22)	Elements of Food and Nutrition	60	3	4	30	70	100				
2	MSCYHE 402 (22)	Therapeutic Yoga	60	3	4	30	70	100				
3	MSCYHE 403 (22)	Community Health and Nursing	60	3	4	30	70	100				
		CORE EL	ECTIVE I	PAPER								
4	MSCYHE 404 (22)	<ol> <li>Elements of Social and Preventive Medicine</li> <li>World Peace Plans</li> </ol>	60	3	4	30	70	100				
		OPEN EL	ECTIVE I	PAPER								
5	MSCYHE 405 (22)	<ol> <li>Elements of Fitness and Stress Management</li> <li>Problems in Public Health</li> </ol>	60	3	4	30	70	100				
		PRACT	ICAL PAP	PERS								
6	MSCYHE 406 (22)	Methodology of Teaching SKY Yoga and Traditional Yoga	60	3	4	30	70	100				
7	MSCYHE 407 (22)	Dissertation	60	3	GAR 4	30	70	100				
		TOTAL	1680	84	112	840	1960	2800				
Theor	ry: 20 Papers	, Practical: 8 Papers										



## ACHARYA NAGARJUNA UNIVERSITY UNIVERSITY COLLEGE OF PHYSICAL EDUCATION & SPORTS SCIENCES M.Sc. YOGA FOR HUMAN EXCELLENCE SEMESTER-I

## MSCYHE 101 (22): YOGA FOR MODERN AGE

#### **COURSE OBJECTIVES:**

- ▲ To understand the Philosophy of Life
- ▲ To acquire knowledge about rejuvenation of Life force and its Methods.
- ▲ To gain knowledge on Bio-magnetism and mind concepts.
- ▲ To understand the importance of meditation and types of meditation.
- ▲ To attain knowledge on special meditation techniques.

#### **COURSE OUTCOMES:**

CO1: By the end of the course, students will be able to understand the philosophy of life.

**CO2:** By the end of the course, students will be able to acquire knowledge about rejuvenation of Life force and its Methods.

**CO3:** By the end of the course, students will be able to gain knowledge on Bio-magnetism and mind concepts

**CO4:** By the end of the course, students will be able to understand the importance of meditation and types of meditation.

**CO5**: By the end of the course, students will be able to attain knowledge on special meditation techniques.

#### UNIT 1: PHYSICAL HEALTH AND PHYSICAL STRUCTURE

Purpose of Life – Philosophy of Life: - Three bodies: Maintenance of cell structure – Uniform circulation of bio-magnetism

#### **UNIT 2: REJUVENATION OF LIFE FORCE**

Life force – structure – life force circulation – purpose of kayakalpa exercise – Life without disease, youthfulness, postponing death – Philosophy of kaykalpa – physical body, sexual vital fluid, life force, Bio – magnetism, Mind, Old age and death – Necessity of Kayakalpa exercises - Kayakalpa practice – Aswini Mudra, Ojas breath – Benefits of KayaKalpa – Sex and Spirituality – Value of Sexual Development – Jeeva Samadhi – Intensifying the sexual vital fluid – Practices of Siddhars.

#### **UNIT 3: STREAMLINING OF MIND AND BIO- MAGNETISM**

Mind – Bio – magnetic wave –imprints – Five Kosas – Three stages of Mind – Greatness of Guru – Benefits of meditation – Mental frequency reduction – Physical transformations of bio-magnetism.

#### **UNIT 4: MEDITATION**

Purpose of Meditative life – Simplified Kundalini Yoga – Meditation on life force – Agna Explanation – Mooladhara activation – Thuriya Meditation – Thuriya theetham meditation.

#### **UNIT 5: SPECIAL MEDITATIONS**

Panchabootha Navagraha meditation - Panchendria meditation - Nine Center meditation.

#### **REFERENCE BOOKS:**

- Rejuvenation of Life-force and streamlining of Mind VISION, Vethathiri Publications, Erode
- Bio Magnetism, Vethathiri maharishi, Vethathiri Publication, Erode, 1<sup>st</sup> Ed Apr 1993, 2<sup>nd</sup> Ed – Mar 1995
- Body, Life force and Mind: Vethathiri Maharishi, Vethathiri Publications, Erode, Ist Edition 2006, 2<sup>nd</sup> Edition May, 2006
- 4) Physical Health, VISION, Vethathiri Publications, Erode
- 5) Sound Health through Yoga, Chandrasekaran.K, Premkalyan Publications, Sedapati, 1999.
- 6) Health and Nature, Dr. Madhuram Sekar, Narmadha Publications, Chennai.
- 7) Integrated Approach of Yoga Therapy for Positive Health, Naganathna R and Nagendra H.R,Swami Vivekananda Yoga prakashana, Bangalore, 2008.
- 8) Health Mind, Health Body, New thoughts on Health, Vedanta Kesari, Sri Ramakrishna Math, Chennai,2007.
- 9) Positive Health, Prajapita Brahma Kumaris, Prajapita Brahma KumarisIshwariya Viswa Vidyalaya, Delhi, 1981.
- 10) Practical Lessons in Yoga, Sivananda Sai swami, The divine life Society, Shivananda Nagar,1983.
- 11) Kayakalpa Exercise Book, Thathuvagnani Vethathiri Maharishi, Vethathiri Publication, Erode, 1<sup>st</sup>Edition Dec 1984, 72<sup>nd</sup> Edition 2016.
- 12) Yogic Therapy, Sivananda Saraswathi, Brahma Chary Yogeswar Umachal Yugashram, Gauhati, 1975.
- 13) Manavalakalai Part 1, Vethathiri Maharishi, Vethathiri Publications, 1<sup>st</sup>Edition Oct 1983, 49<sup>th</sup> Edition June 2016.
- 14) Fitness and Wellness, Hoeger Werner W.K. and Sharon a Heoger, Orton Publishing company, Colorado, 1990.
- 15) Keep fit Dunton, Hoare Syul, Holdder and Stoughton Ltd, Green, 1986.
- 16) Fitness for Sport, Hazeldine Rex, The crowood press Ltd, Rambery, 1985
- 17) 100% Fitness, James and Leona Hart, Good will Publishing house, New Delhi, 1983.

- 18) Simplified Physical Exercises, Thathuvagnani Vethathiri Maharishi, Vethathiri Publications, Erode, Ist Edition 1977, 44<sup>th</sup> Edition Aug 2015.
- 19) Sports Training, Hardayal Singh, NSNIS, Patiala, 1984.

СО-РО	PO1	PO2	PO3	PO4	PO5	PO6	<b>PO7</b>	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
CO2	3	3	3	2	3	3	3	3	2	2	2	3	2	3
CO3	2	2	2	2	3	3	3	3	3	2	3	2	3	3
CO4	3	3	3	3	3	3	2	3	2	3	2	3	3	3
CO5	2	3	2	3	3	3	3	3	3	2	3	3	2	3



## **MSCYHE 102 (22): ELEMENTS OF HUMAN BIOLOGY**

#### **COURSE OBJECTIVES:**

- ▲ To understand the cell biology and musculoskeletal systems
- ▲ To attain knowledge about cardio vascular, respiratory systems.
- ▲ To understand the digestive and excretory systems.
- ▲ To attain knowledge of endocrine and reproductive systems
- ▲ To understand central nervous system and special senses.

#### **COURSE OUTCOMES:**

**CO1**: By the end of the course, students will be able to understand the cell biology and musculoskeletal systems

**CO2**: By the end of the course, students will be able to attain knowledge about cardio vascular, respiratory systems.

**CO3**: By the end of the course, students will be able to understand the digestive and excretory systems.

**CO4**: By the end of the course, students will be able to attain knowledge of endocrine and reproductive systems

**CO5**: By the end of the course, students will be able to understand central nervous system and special senses.

#### UNIT 1: CELL BIOLOGY AND MUSCULO-SKELETAL SYSTEM

Introduction to cell, Cell Organelles, Cell membrane, Bioelectric potentials, Muscle - Classification - Histology - neuromuscular transmission (Brief).

#### UNIT 2: CARDIOVASCULAR SYSTEM AND RESPIRATORY SYSTEM

Anatomy of Heart and blood vessels - Control of cardiac cycle and circulation - Composition of blood corpuscles - R.B.C., W.B.C., Platelets. Plasma, Hemoglobin - Coagulation of blood and anticoagulants Blood groups.

#### UNIT 3: DIGESTIVE AND EXCRETORY SYSTEM

Anatomy - Gross and Histological - Anatomy-Gross & Histology - Functions of glomerules.

#### **UNIT 4: ENDOCRINE SYSTEM AND REPRODUCTIVE SYSTEM**

Anatomy - Gross & Histological, Thyroid, Parathyroid, Supra - renal, Pituitary, Hormones of pituitary gland- its action and effect of hypo. Anatomy - Gross & History of Male reproductive system - Spermatogenesis. Female reproductive system - Ovarian hormones, Menstruation, Pregnancy, Parturition, Lactation.

#### **UNIT 5: CENTRAL NERVOUS SYSTEM AND SPECIAL SENSES**

Anatomy - Gross - Cerebrum, cerebellum, Spinal cord. Histology - Functions and important connections of Cerebrum, Pons, Medulla, Thalamus, Hypothalamus, Cerebellum - Autonomic nervous system - Sympathetic and parasympathetic - anatomy & functions.

#### **REFERENCE BOOKS:**

- 1) Textbook of Medical Physiology, Arthur C. Guyton & John Edwar Hall, Elsevier standards, Florida, United States, 2006
- 2) Anatomy and Physiology for Nurses& Allied Health Sciences, Surinder H Singh & Krishna Garg, CBS Publishers, New Delhi, 2008.
- 3) Anatomy and Physiology for Physical Education, Sivaramakrishnan.S, Friends publishers, New Delhi, 2006.
- Anatomy and Physiology in Health and Wellness, Anne Waugh & Alsongraunt, Churchill Livingtone, Allahabad, 2005
- 5) Anatomy & Physiology Understanding the Human Body, Clark Robert K, Jones & Bartiett, Suddury, United states, 2005
- 6) Notes on structure and functions of human body & Effects of Yogic practices in it, Shri Krishna, ICYHC Kaivalyadharma, Mumbai, 1985.
- 7) Yogi exercises, Dutta Ray, Jaypee Brothers, New Delhi, 2001.
- 8) A Glimpse of the Human, Shirley Telles, Swami Vivekananda Yoga Prakashana, Bangalore, 2006
- 9) Yoga Anatomy, Leslie Kaminoff, Human Kinetics, Champaign, 2007.
- 10) Gray's Anatomy, Peter L Williams & Roger Waswie, Churchill Livingstone, Edinburgh, 1988
- 11) Anatomy & Physiology for nurses, Evelyne C Peace, Jaypee Brothers, New Delhi, 1997.
- 12) Anatomy & Physiology for Yogic Practices, Gore M.M., Kamhanprakshan, Lonavala, 2003.

СО-РО	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	3	3	2	2	2	3	2	3	2	3	3	2	3	3
CO2	2	3	2	3	3	3	3	3	3	3	3	2	3	3
CO3	2	3	2	2	2	3	3	3	3	3	3	2	3	2
CO4	3	2	2	3	3	3	2	3	3	2	3	1	2	2
CO5	2	2	3	2	2	3	2	3	3	2	2	3	2	3

### **MSCYHE 103 (22): SUBLIMATION AND SOCIAL WELFARE**

#### **COURSE OBJECTIVES:**

- ★ To understand the purpose of life
- ▲ To gain knowledge about introspection techniques
- ▲ To attain knowledge on Family peace and Blessings.
- ★ To acquire knowledge of duties and greatness of women.
- ★ To understand the concept of Value Education.

#### **COURSE OUTCOMES:**

CO1: By the end of the course, the student will be able to understand the purpose of life

**CO2:** By the end of the course, the student will be able to gain knowledge about introspection techniques

**CO3:** By the end of the course, the student will be able to attain knowledge on Family peace and Blessings.

**CO4:** By the end of the course, the student will be able to acquire knowledge of duties and greatness of women.

**CO5:** By the end of the course, the student will be able to understand the concept of Value Education.

#### **UNIT 1 - INTROSPECTION**

Ego - Six bad temperaments - Five sin deeds - Six good - characters - Introspections practices - Strength of mind - Mind and thoughts - Practice for Analysis of thoughts with tabulation.

#### UNIT 2 - DESIRE AND ANGER

Moralization of desires: - Neutralization of anger: Practice for Moralization of desires neutralization of anger with tabulation.

#### **UNIT 3 - HARMONIOUS FRIENDSHIP**

**Eradication of worries**: - Benefits of Blessing - Wave theory - Greatness of blessing - Method for blessing - Family Peace - Greatness of silence - Meditation and Introspection - Necessity of silence to merging with Almighty.

#### **UNIT 4 - SOCIAL WELFARE**

Five kinds of duties - Greatness of Women - Individual Peace, Family peace, World peace - Universal brotherhood.

#### **UNIT 5 - VALUE EDUCATION**

Protection of the natural resources - Value education - Good government.

#### **REFERENCE BOOKS:**

- 1) Yoga for Modern age, Vethathiri Maharishi, Vethathiri Publications, Erode.
- 2) Journey of Consciousness, Vethathiri Maharishi, Vethathiri publications, Erode.

CO- PO	PO 1	PO 2	РО 3	PO 4	РО 5	PO 6	PO 7	PO 8	PO 9	PO 10	РО 11	PO 12	PO 13	PO 14
C01	3	3	2	2	2	3	2	3	3	2	3	3	3	2
CO2	3	3	3	3	3	3	3	3	3	3	3	3	3	3
CO3	3	3	2	3	3	3	3	3	3	3	2	3	3	3
CO4	2	3	2	3	3	3	2	3	2	3	2	3	3	2
CO5	3	3	3	3	3	3	3	3	3	3	3	3	3	3



## MSCYHE 104 (A) (22): ELEMENTS OF PSYCHOLOGY AND TESTING

#### **COURSE OBJECTIVES:**

- ▲ To understand the basic history of psychology
- ▲ To gain knowledge of human behaviour and personality
- ▲ To attain knowledge on the concepts of cognitive and mental health.
- ▲ To acquire knowledge on the concepts of stress and personality development
- ▲ To understand and to apply yogic techniques to reduce stress and to develop personality.

#### **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to understand the basic history of psychology

**CO2:** By the end of the course, the student will be able to gain knowledge of human behaviour and personality

**CO3:** By the end of the course, the student will be able to attain knowledge on the concepts of cognitive and mental health.

**CO4:** By the end of the course, the student will be able to acquire knowledge on the concepts of stress and personality development

**CO5:** By the end of the course, the student will be able to understand and to apply yogic techniques to reduce stress and to develop personality.

#### **UNIT 1: INTRODUCTION**

Introduction to Psychology – Growth, Development, Maturity – The role of nature and Nurture in human development – Emotional behaviour and Emotional maturity – Factors of social development – Social competence, Social maturity.

#### UNIT 2: BEHAVIOURAL PSYCHOLOGY AND PERSONALITY

Psychology as science of behaviour – Theories of personality – Assessment of personality – Integrated personality – Development of personality.

#### UNIT 3: COGNITIVE PSYCHOLOGY AND MENTAL HEALTH

Motivation and memory – Motives and their kinds – Psychological motives – Innate motives – Acquired motives – Social motives – Personal motives – Defining memory – Types of memory – Defining forgetting – Kinds of forgetting – Factors contributing to retention and forgetting – Maximizing acquisition efficiency – Improvement of retention.

#### UNIT 4: YOGA FOR STRESS MANAGEMENT

Introduction to stress – Concept of stress from the modern perspective – Type of stress – Causes and symptoms of stress – Sources/Conditions of stressors – Consequences of stress – Lowering of resistance to new stressors – Concept and Techniques of stress management in Ashtanga yoga & Bhagavad Gita – Yogic practices for stress management – Pranayama – Impact on yogic life style on stress management.

#### **UNIT 5: YOGA FOR PERSONALITY DEVELOPMENT**

Yogic attitudes for personality development – Ashtanga yoga and personality development – Memory and Concentration – Concept and facets of intelligence – Development of intelligence – Development of creativity – Yogic practices for creativity development.

#### **REFERENCE BOOKS:**

- 1) General Psychology, R.S. Yadav, Saurabh Publishing House, New Delhi, 2011.
- 2) Psychology of Human Behaviour, David W Martin, The Teaching Company, 2006.
- 3) Psychology, Robert A Baron, December 1, 1994
- 4) New Introductory Lectures on Psycho-Analysis, Sigmund Freud, 1933.
- 5) As You Think, James Allen.New World Library; 2nd edition (24 September 2010)
- 6) Jonathan Livingston Seagull, Richard Bach. Harpercollins, 17 October 2005
- 7) Personality an Objective Approach, Sarasen I.G, 1982,
- 8) Stress and its management by Yoga, Udupa K.N., Motilal Banarsidas, Delhi, 1978.

CO- PO	PO 1	PO 2	PO 3	PO 4	<b>PO</b> 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14
CO1	3	3	2	2	2	3	2	3	2	2 5	3	3	3	3
CO2	2	2	2	3	2	3	3	3	2	3 2	3	2	2	2
CO3	2	2	3	2 9	3	3	3	3	3	22	3	3	3	3
CO4	3	3	3	3	3	3	2	3	3	3	3	3	2	2
CO5	3	3	3	2	3	3	3	3	3	2	3	3	2	3



### MSCYHE 104 (B) (22): RELIGIONS AND PRINCIPLES

#### **COURSE OBJECTIVES:**

- ▲ To understand the objectives of religion and spirituality
- ▲ To acquire knowledge in bhakthi yoga, gnana yoga and perfection.
- ▲ To attain knowledge on priniciples and life style of Buddhism and Jainism.
- ▲ To acquire knowledge on the principles of Christianity and Islamic religion.
- ★ To understand Self Transformation of Divine State

#### **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to understand the objectives of religion and spirituality

**CO2:** By the end of the course, the student will be able to acquire knowledge in bhakthi yoga, gnana yoga and perfection.

**CO3:** By the end of the course, the student will be able to attain knowledge on principles and life style of Buddhism and Jainism.

**CO4:** By the end of the course, the student will be able to acquire knowledge on the principles of Christianity and Islamic religion.

**CO5:** By the end of the course, the student will be able to understand Self Transformation of Divine State

#### UNIT I HISTORY OF RELIGIONS

Meaning of Religion – Objectives – History – Religion & Spirituality – Religion & Science

#### UNIT II ANCIENT RELIGIONS OF INDIA

Bhakthi Yoga, Gnana Yoga, Perfection.

Saivam: Saktham, Vainavam, Sowram, Kanapathyam, Koumaram.

#### UNIT III OTHER RELIGIONS OF INDIA

Buddism: History - Principles - life style of Buddist - Auspicious days.

Jainism – History – Principles – life style of Jains – Auspicious days.

#### UNIT IV WESTERN RELIGIONS

Christianity – History – Principles – life style of Christians– Auspicious days.

Islamic Religion - History–Principles–life style of Muslims– Auspicious days.

#### UNIT V UNIVERSAL RELIGION OR ONE WORLD RELIGION

Spirituality & virtuous way of living - Absolute space - qualities of gravity -

Transformation, Mutation cause & effect (formative dust ..... Infinitesimal energy particle) Simplified Kundalini Yoga.

#### **TEXT BOOK:**

1) Religions and Concepts: VISION - Ist Edition 2011, 3<sup>rd</sup> Edition June 2013 - Vethathiri Publications.

#### **REFERENCE BOOKS:**

1) Heritage of India – Dr. Radhakrishnan.

CO- PO	PO 1	PO 2	РО 3	РО 4	РО 5	PO 6	PO 7	PO 8	PO 9	PO 10	РО 11	PO 12	PO 13	РО 14
CO1	3	3	2	2	2	3	2	3	2	2	3	3	3	3
CO2	3	3	2	3	2	3	3	3	2	3	3	2	2	2
CO3	3	3	3	3	3	3	3	3	3	2	3	3	3	3
CO4	3	3	3	3	3	3	2	3	3	3	3	3	3	2
CO5	3	3	3	3	3	3	3	3	3	2	3	3	2	3



### MSCYHE 105 (A) (22): BASIC COMPUTER APPLICATIONS

#### **COURSE OBJECTIVES:**

- ▲ To understand the history of computers and hardware & software of computers.
- ▲ To acquire knowledge to operate, to create documents and page formatting.
- ▲ To create spreadsheets, book editing and inserting cells, rows and columns.
- ▲ To gain knowledge in multimedia applications.
- ▲ To acquires knowledge about network types and benefits of internet.

#### **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to understand the history of computers and hardware & software of computers.

**CO2:** By the end of the course, the student will be able to acquire knowledge to operate, to create documents and page formatting.

**CO3:** By the end of the course, the student will be able to understand the to create spreadsheets, book editing and inserting cells, rows and columns.

**CO4:** By the end of the course, the student will be able to gain knowledge in multimedia applications.

**CO5:** By the end of the course, the student will be able to acquires knowledge about network types and benefits of internet.

#### UNIT I COMPUTER FUNDAMENTAL

Introduction to computer-System approach to understand computers-Computer periphrases-Evolution of computers –Benefits of computers. Introduction to software Classification of software-Operating systems-key features of windows-Basic computer function-Login-File management-Desktop setting changing.

#### **UNIT II WORD**

Introduction to word processing software-Key features of Word processing software Various types of Word processing software. Creating documents-Text formatting-Spell checking-Working with tables-Page formatting.

#### UNIT III SPREAD SHEET SOFTWARE

Introduction to Spread sheets software-Key features of spread sheet software-Various Types of Spread sheet software. Work sheets-Work books-Editing data- Cell refereeing-Using functions-Formatting work sheets-Inserting cells, Rows, and Columns Printing -Pivot Tables- macros.

#### UNIT IV PRESENTATION SOFTWARE

Introduction to multimedia-Multimedia applications-Multimedia elements-Introduction to Presentation software- Various presentation software- Do's and Don'ts in Presentation.

Creating slides- Design Templates-Managing slide shows-Simple animation.

#### UNIT V NETWORKING & INTERNET – YOGA APPLICATION

Introduction to Network- Network types -Introduction to Internet-Benefits of Internet-Use of Internet in Yoga Application. Computer Ethics -Computers security-Job opportunities available using computers- E-mail-chat – using in Yoga.

#### **TEXT BOOK:**

 Fundamental Computer Applications – VISION – Ist Edition 2009, 5<sup>th</sup> Edition Aug 2015 - Vethathiri Publications.

#### **REFERENCE BOOKS:**

1) Teach Yourself Basic Computer Skills - Moira Stephen - McGraw-Hill, 2004

со-	РО	РО	РО	РО	РО	PO	РО	РО	РО	PO	РО	РО	РО	РО
РО	1	2	3	4 8	5	6	7	8	9	10	11	12	13	14
CO1	3	3	2	2	3	3	2	3	2	25	3	3	3	3
CO2	3	3	2	3	3	3	3	3	2	2	3	2	2	2
CO3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
CO4	3	3	3	3	3	3	2	3	3	3	3	3	3	2
CO5	3	3	3	3	2	3	3	3	3	3	3	3	2	3
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## MSCYHE 106 (22): SKY YOGA PRACTICES – I

#### **COURSE OBJECTIVES:**

- ▲ To gain knowledge about hand leg exercises and develop skill in doing the exercises
- ★ To develop skill in doing neuro-muscular breathing exercises and eye exercises
- ▲ To do the practice of kapalabhati and makarasana part -1
- ▲ To perform makarasana part 2 and body massage
- ★ To acquire knowledge about 14 point acupressure and relaxation technique.

#### **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to gain knowledge about hand leg exercises and develop skill in doing the exercises

**CO2:** By the end of the course, the student will be able to develop skill in doing neuromuscular breathing exercises and eye exercises

**CO3:** By the end of the course, the student will be able to do the practice of kapalabhati and makarasana part -1

**CO4:** By the end of the course, the student will be able to perform makarasana part 2 and body massage

**CO5:** By the end of the course, the student will be able to acquire knowledge about 14 point acupressure and relaxation technique.

UNIT 1: Hand exercises - Leg exercises

UNIT 2: Breathing exercises - Eye exercises.

UNIT 3: Kapalabhathi - Makarasana: Part -1

UNIT 4: Makarasana: Part -2 - Body massage

UNIT 5: Acupressure - Relaxation

#### **REFERENCE BOOKS:**

1) Sound Health through Yoga, Chandrasekaran. K, Premkalyan Publications, Sedapati, 1999.

CO- PO	PO 1	PO 2	PO 3	PO 4	РО 5	PO 6	PO 7	PO 8	PO 9	PO 10	РО 11	PO 12	PO 13	PO 14
CO1	3	3	2	3	3	3	3	3	3	3	3	3	3	2
CO2	3	3	3	3	2	3	3	3	3	2	3	3	3	3
CO3	2	3	2	2	3	3	2	3	2	3	2	3	3	3
CO4	3	3	3	3	2	3	2	3	3	2	2	3	2	2
CO5	3	3	3	2	3	3	3	3	3	3	3	3	3	3

## MSCYHE 107 (22): SKY YOGA PRACTICES – II & PROJECT

#### **COURSE OBJECTIVES:**

- ▲ To know the benefits of agna meditation and shanthi meditation
- ▲ To perform kayakalpa practice
- ▲ To perform lamp gazing exercise and enjoy its benefits.
- ▲ To do mirror gazing and develops skill in giving passé to cure diseases.
- ▲ To know the problems of thyroid, hip pain, as thma, and back pain and learn the as an as to cure them.

#### **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to know the benefits of agna meditation and shanthi meditation

**CO2:** By the end of the course, the student will be able to perform kayakalpa practice

**CO3:** By the end of the course, the student will be able to perform lamp gazing exercise and enjoy its benefits.

**CO4:** By the end of the course, the student will be able to do mirror gazing and develops skill in giving passé to cure diseases.

**CO5:** By the end of the course, the student will be able to know the problems of thyroid, hip pain, as thma, and back pain and learn the asanas to cure them.

UNIT 1: Agna meditation - Shanthi meditation - Clearness of the spinal cord

UNIT 2: Kaya Kalpa practice: AswiniMudhra - Moola Bandha - OjasBreath.

UNIT 3: Lamp gazing Exercise.

UNIT 4: Mirror Gazing - Giving passes to cure disease.

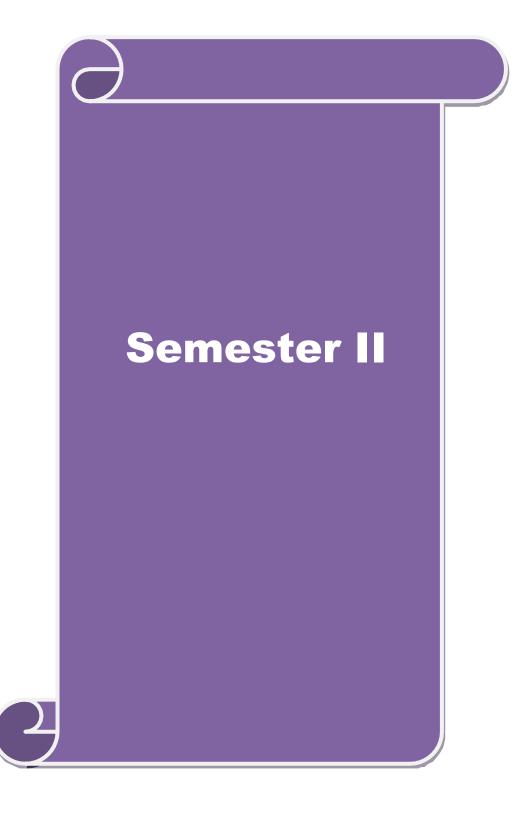
UNIT 5: Special Exercise: Thyroid – Asthma – Hip pain – Back pain - Cat Pose

(Marjaryasana), Butterfly pose (Badhakonasana)

#### **REFERENCE BOOKS:**

1) Sound Health through Yoga, Chandrasekaran.K, Premkalyan Publications, Sedapati, 1999.

CO- PO	PO 1	PO 2	PO 3	PO 4	РО 5	PO 6	PO 7	PO 8	PO 9	PO 10	РО 11	PO 12	PO 13	PO 14
CO1	3	3	2	3	3	3	3	3	3	3	3	3	3	2
CO2	3	3	3	3	2	3	3	3	3	2	3	3	3	3
CO3	2	3	2	2	3	3	2	3	2	3	2	3	3	3
CO4	3	3	3	3	2	3	2	3	3	2	2	3	2	2
CO5	3	3	3	2	3	3	3	3	3	3	3	3	3	3



## M.Sc. YOGA FOR HUMAN EXCELLENCE SEMESTER-II

## MSCYHE 201 (22): CLASSICAL YOGA TEXT

#### (FUNDAMENTALS OF YOGA, UPANISHAD AND BHAGAVADGITA)

#### **COURSE OBJECTIVES:**

- ▲ To gain knowledge about history of yoga in Vedas and Upanishads.
- ▲ To know the yoga traditions in buddhism, Jainism, islam, christianityetc.
- ▲ To acquires knowledge of yoga in ten principal Upanishads.
- ▲ To know yoga in Mahabharata and essence of bhagavadgita
- To acquire knowledge in karma yoga, bhakthi yoga,raja yoga, gnana yoga and concept of yogic life

#### **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to gain knowledge about history of yoga in Vedas and Upanishads.

**CO2:** By the end of the course, the student will be able to know the yoga traditions in buddhism, Jainism, islam, Christianity etc.

**CO3:** By the end of the course, the student will be able to acquires knowledge of yoga in ten principal Upanishads.

**CO4:** By the end of the course, the student will be able to know yoga in Mahabharata and essence of bhagavadgita.

**CO5:** By the end of the course, the student will be able to acquire knowledge in karma yoga, bhakthi yoga,raja yoga, gnana yoga and concept of yogic life.

#### UNIT 1

**Fundamentals of Yoga:** Development and definition of Yoga – History of yoga in vedhas and Upanishad – Central theme of Upanishad – Four cardinal principles and Great vedic statements – *Samkhya Philosophy* (Characteristic features) – Shadanga yoga - Sthirasukhamaasanam – Nadis and Path of yoga

#### **UNIT 2**.

**Yoga traditions:** Buddhism, Jainism, Islam, Christianity – *Yoga in Modern times* (Hatha yoga, Raja yoga, Kriya yoga, Integral yoga, Simplified Kundalini Yoga).

#### UNIT 3

**Upanishads and Yoga:** Introduction to Yoga: Ten Principal Upanishads (Basis of Yogic contect) – Ishavasyopanishad - Kena Upanishad - Katha Upanishad - Prashna Upanishad - Mundaka Upanishad – Mandukya – Aitareya - Taittiriya Upanishad - Chandogya Upanishad - Sandilyavidya - Brihadaryanaka Upanishad – Mahavakyas.

#### UNIT 4

**Bhagavad Gita:** Essence and Relevance of Bhagavadgita - Yoga in Mahabharadha - The Problem for Yoga in Bhagavadgita – Options provided in Bhagavadgita – Concept of Yoga practitioner.

#### UNIT 5

**Paths of Yoga**: Four main paths of Yoga (Karma yoga, Bhakti yoga, Raja yoga and Jnana yoga) - The Trigunas - Concept and target of Yogic life - Categorization of Yoga practitioners - Food for Yoga practitioners.

#### **REFERENCE BOOKS:**

- 1) B.K.S. Iyengar 2012, Light on Yoga, Harper Collins Publishers.
- 2) Dr. Kasibhatta. Satyamurty, Simplified Kundalini Yoga, Vedadri Centre for Brahmajnana, Peddakakani, 2013.
- 3) Prof (Dr).R. Elangovan, Fundamentals of Yoga, Ashwin Publications, 2016
- 4) Svami Omkaranamda Giri, Upanishads and Yoga, A.P.H. Publishing Corporation, New Delhi, 2015.
- 5) H.R. Nagendra et al 2016, Yoga and Cancer, Swami Vivekananda Yoga Prakashana.
- 6) Sir Brajendranath Seal, The Positive Science of Ancient Hindus, Longmans Green and Co, London, 1915.
- 7) Swami Vivekananda Yoga AnusandanaSamsthana, Brief Survey of Yoga Traditions-1, Swami Vivekananda Yoga Prakashana (SVYP), Bangalore.
- 8) SvamiOmkaranamdaGiri, Teaching of Yoga, A.P.H. Publishing Corporation, New Delhi, 2016.
- 9) S.Radhakrishnan, Indian Philosophy, Volume 2, Oxford University Press, 2014.
- 10) Dr. Kasibhatta. Satyamurty, Simplified Kundalini Yoga, Vedadri Centre for Brahmajnana, Peddakakani, 2013.
- 11) S.C. Banerjee, Samkhya Philosophy,
- 12) Swami SatyadharmaSaraswati, Yoga Chudamani Upanishad Crown Jewel of Yoga, Yoga Publications Trust
- 13) Swami Chinmayananda, Kathopanishad,
- 14) Deussen, The System of the Vedanta,
- 15) SvamiOmkaranamdaGiri, Teaching of Yoga, A.P.H. Publishing Corporation, New Delhi, 2016.
- 16) Swami Vivekananda Yoga Anusandana Samsthana, An Introduction to Yoga and Darshanas, Swami Vivekananda Yoga Prakashana (SVYP), Bangalore.
- 17) Gurudev Sri Sri Ravi Shankar, Kena Upanishad, Sri Sri Publications Trust, 2011.
- 18) Radhakrishnan, Prof. S, ThePrincipal Upanisads, 1997
- 19) Max Muller, Six Systems of Indian philosophy, Ch. IV
- 20) Swami Niranjanananda Saraswati, Yoga Darshan: Vision of the Yoga Upanishads, 2002

- 21) The Positive Science of Ancient Hindus, Sir Brajendranath Seal, Longmans Green and Co, London, 1915.
- 22) Sri Sri Ravi Shankar, Upanishads Vol 1: Ishavasya, Kena, Katha, Yogasara, 2018
- 23) Kasibhatta Satyamurty, The Aryan and After, New Bharatiya Book Corporation Delhi, 2003.
- 24) Swami Gambhirananda, ChandogyaUpanisad, 1983
- 25) Swami Sivananda, The Principal Upanishads, 2012.
- 26) Gerald J. Larson, Classical Samkhya, Motilal Banarsidass, Delhi, 1979.
- 27) Alistair shearer, In the Light of the Self
- 28) Swami Chinmayananda, Taittriya Upanishad.
- 29) UGC NET Yoga, Paper 2&3, Volume 2.

CO- PO	PO 1	PO 2	РО 3	РО 4	РО 5	PO 6	<b>PO</b> 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14
CO1	3	3	2	3	3	3	3	3	3	3	3	3	3	2
CO2	2	2	2	3	2	1	2	3	3	2	3	3	2	2
CO3	3	3	3	2	3	3	3	3	2	0.3	2	3	3	3
CO4	3	3	3	3	2//	3	3	3	3	2	2	3	2	3
CO5	2	3	3	2	3	3	3	3	2	3 7	3	3	1	3



# MSCYHE 202 (22): TRADITIONAL YOGA TEXT (YOGA VASISTHA, PATANJALI YOGA SUTRA AND HATHA YOGA)

# **COURSE OBJECTIVES:**

- ★ To know the knowledge of Adhi and Vydhi.
- ★ To acquires knowledge basic theme of Pathanjali yoga sutras.
- ▲ To gain knowledge of four padas
- ▲ To gain knowledge of hatha yoga concept and practices
- ▲ To gain skill in practices of asana, pranayama, bandha and mudra.

# **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to know the knowledge of Adhi and Vydhi.

**CO2:** By the end of the course, the student will be able to acquires knowledge basic theme of Pathanjali yoga sutras.

CO3: By the end of the course, the student will be able to gain knowledge of four padas

**CO4:** By the end of the course, the student will be able to gain knowledge of hatha yoga concept and practices

**CO5:** By the end of the course, the student will be able to gain skill in practices of asana, pranayama, bandha and mudra.

# Unit -1

YOGA VASISHTHA: Concept of Adhi-Vyadhi Disease – Jnana Saptabhumika – Practices to overcome the impediments of Yoga.

# Unit - 2

YOGA PATANJALI - YOGA SUTRA - Concepts in relation to various Chittas (Chitta-vrittinirodh, Chitta-bhumis, Citta-Vrittis, Citta Viksipta) and Prajna - Prakriti and its evolutes -Causation of suffering – Obstacles of Yoga - Four varieties of Consciousness.

# Unit -3

SAMADHI PADA: Types of samadhi – Means of attaining experiences – AUM; Ishvara -Place of Omkara and Sadhana Pada - Kriya Yoga – Asthanga Yoga and Vibhuti Pada – Concentration (Dharana) – Meditation (Dhyana) – Super consciousness (Samadhi) and Samadhi (samyama) – Transformations of consciousness (Parinama) – Nature of external appearance and psychic powers and Kaivalya Pada: Isolation – Sutras to kaivalya – Nature of kaivalya – Karmas - Concept of Vasanas – Yoga in India during modern period.

# Unit-4

HATHA YOGA - Yoga Texts - Aim of hatha yoga – Hatha Pradeepika, Gheranda Samhita, Hatha Ratnavali and Shiva Samhita.

# Unit - 5

Asanas - Shatkarma - Pranayama - Bandha – Mudra - Concept and techniques of pratyahara – Concept of Nada and Nadanusandhana – Nadabindu Upanishad – Four avasthas – Relationship between hatha yoga and Raja yoga.

# **REFERENCE BOOKS:**

- 1) S.Radhakrishnan, Indian Philosophy, Volume 1, Oxford University Press, 2015.
- 2) Prof (Dr). R. Elangovan, Fundamentals of Yoga, Ashwin Publications, 2016.
- 3) Dr. Kasibhatta Satyamurty, Therapeutic Yoga, A.P.H. Publishing Corporation, New Delhi, 2018.
- 4) Rishi Singh Gherwal, Yoga Vashisht or Heaven Found, 1930.
- 5) Swami Vivekananda Yoga, Anusandhana Samsthana, Health and Yoga Vasishtha, Swami Vivekananda Yoga Prakashana (SVYP), Bangalore.
- 6) Sri P R Ramamurthy Ji, Gleanings from Sanskrit Literature.
- 7) Ananda Balayogi Bhavanani, Psychosomatic Mechanisms of Yoga, Sri Balaji Vidyapeeth
- 8) Swami Niranjanananda Saraswati, The Yoga of Sage Vasishta,
- 9) Yoga Vasistha The Art of Self Realization.
- 10) Swami Krishnananda, Yoga as a Universal Science.
- 11) Gurudev Sri Sri Ravi Shankar, Yoga Vasistha
- 12) S.Radhakrishnan, Indian Philosophy, Volume2, Oxford University Press, 2014.
- 13) Thathuvagnani Vethathiri Maharishi, Karma Yoga, Vethathiri Publications, 2012.
- 14) Das Gupta, Yoga as Philosophy and Religion
- 15) Patanjali's Yoga Sutra with the commentary of Vyasa and the gloss of Vacaspati, S.B.H.
- 16) Svami Omkaranamda Giri, Yoga Philosophy, A.P.H. Publishing Corporation, New Delhi, 2016.
- 17) Swami Vivekananda Yoga Anusandana Samsthana, Introduction to Patanjali Yoga Sutra & Samadhi Pada, Swami Vivekananda Yoga Prakashana (SVYP), Bangalore
- 18) Dr. Kasibhatta Satyamurty, Therapeutic Yoga, A.P.H. Publishing Corporation, New Delhi, 2018.
- 19) Svami. Omkaranamdagiri, Pranava Yoga, Vedadri Centre for Brahmajnana, Peddakakani, 2016.
- 20) I.K. Taimni, The Science of Yoga, The Yoga-Sutras of Patanjali in Sanskrit.
- 21) Swami Satyananda Saraswati, Four Chapters on Freedom, Yoga Publications Trust, Munger, Bihar, 2016.
- 22) Prof (Dr). R. Elangovan, Fundamentals of Yoga, Ashwin Publications, Chennai, 2016.
- 23) Sri Sri Ravi Shankar, Yogasutras of Patanjali, Sri Sri Ravi Publications.

- 24) Dr. Jayadeva Yogendra & Hansaji, The Yoga Sutras of Patanjali,
- 25) Dr.Maryamann, Healing our Planet-Healing Ourselves, Dawsan Church Geralgn Gendrew.
- 26) Swami Krishnananda, Yoga as a Universal Science, The Divine Life Society.
- 27) Svami OmkaranamdaGiri, Upanishads and Yoga, A.P.H. Publishing Corporation, New Delhi, 2015.
- 28) Shriram Sarvotham, Abhyasa and Vairagya, Practice and Centeredness, The two pillars of Yoga Sadhana.
- 29) Swami Vivekananda Yoga Anusandana Samsthana, Brief Survey of Yoga Traditions 1, Swami Vivekananda Yoga Prakashana (SVYP), Bangalore.
- 30) Swami Tattwamayananda, Reaching the Soul: Transcendence of Ritambhara-Prajna, Patanjali Yoga Sutras.
- 31) Swami Vivekananda Yoga Anusandana Samsthana, Sadhana Pada, Vibhuti Pada And Kaivalaya Pada, Swami Vivekananda Yoga Prakashana (SVYP), Bangalore.
- 32) Swami Sivananda, Practical lessons in Yoga.

CO- PO	PO 1	PO 2	РО 3	PO 4	РО 5	PO 6	PO 7	PO 8	PO 9	PO 10	РО 11	PO 12	PO 13	PO 14
C01	3	3	2	3	3	3	3	3	3	3 7	3	3	3	2
CO2	2	2	2	3 6	2	1	2	3	3	2	3	3	2	2
CO3	3	3	3	2	3	3	3	3	2	35	2	3	3	3
CO4	3	3	3	3	2	3	3	3	3	2	2	3	2	3
CO5	2	3	3	2	3	3	3	3	2	3	3	3	1	3



# MSCYHE 203 (22): SCIENCE OF DIVINITY AND REALIZATION OF SELF

# **COURSE OBJECTIVES:**

- ▲ To know the nature of almighty
- ▲ To understand the transformation of universe
- ▲ To know the knowledge of evolution of living beings
- ▲ To know the perfection.
- ★ To understand karma yoga basing on the philosophy of life

### **COURSE OUTCOMES:**

CO1: By the end of the course, the student will be able to know the nature of almighty

**CO2:** By the end of the course, the student will be able to understand the transformation of universe

**CO3:** By the end of the course, the student will be able to know the knowledge of evolution of living beings

CO4: By the end of the course, the student will be able to know the perfection.

**CO5:** By the end of the course, the student will be able to understand karma yoga basing on the philosophy of life

# UNIT 1: ABSOLUTE SPACE AS ALMIGHTY:

Absolute grace – Almighty is one God – Various concepts of Almighty – Objectives of Religion. Merging with Almighty – Virtuous life – Vethathiri model of Space and Universe. Gravity – Four Qualities: Plenum – Force – Consciousness – Time. Three laws (Three potentials of Space): Transformation – Mutation – Cause and effect.

### **UNIT 2: TRANSFORMATION OF UNIVERSE:**

Dust particle – Magnetism - Fundamental energy particles (Akash) - Four types of energy particles – Element – Self compressive force – self rotation – Repulsive force – Speed variation – objects. Five elements (Physical elements) – (PanchaBoothas.). Universal magnetism – Five transformation – Panchathanmathra. (Physical transformation of bio magnetism). - Pressure, Sound, light, taste & smell - Perception (mind) - Magnet – Electricity - Chemical. - Various concepts about Evolution of Universe – Evolution of Planets, Stars, Galaxies and Universe – maintenance of distance between planets and sun. Consciousness in non living things - Pattern, Precision, and Regularity – relation between planets and living beings.

# **UNIT3: EVOLUTION OF LIVING BEINGS:**

History of living beings - one sense plants to five sense animals - Five sensory organs formation (Gnanendriyas) - working organs (Karmendriya) formation. Evolution of mankind and Sixth sense (Assumption) – Greatness of man - consciousness in living beings – cognition, experience, discrimination – cause and effect system. Bio magnetism – functions of bio magnetism in human body – Production - Expenditure and stock. Specific Gravity Principle – five sensations and merging with Almighty – Feelings – pleasure, pain, peace, ecstasy.

#### **UNIT 4: PERFECTION IN CONSCIOUSNESS:**

Who am I? Self realization – god realization – object, energy particle, dust particle and space – Divinity of man – Conscious is Almighty – Consciousness in man – consciousness in Divinity. Function of Divine consciousness – cause and effect system – Law of nature – awareness – pleasure and pain – Destiny and wisdom – thoughts, word and deed

#### **UNIT 5: KARMA THEORY:**

Nishkamya Karma - Karma yoga – Duty consciousness – thankfulness – 10 principles of Karma yoga – Love and compassion – protection and maintenance – Service to humanity – Perfection of consciousness. Divine meditation – concept – practice – overview of transformation of Divinity.

#### **TEXT BOOKS:**

1) Science of Divinity and Realization of self, VISION, Vethathiri Publications, Erode

#### **REFERENCE BOOKS:**

- 1) Unified force, Thathuvagnani Vethathiri Maharishi.
- 2) History of the universe and living beings, Thathuvagnani Vethathiri Maharishi
- 3) Journey of Consciousness, Thathuvagnani Vethathiri Maharishi
- 4) Universal magnetism, Thathuvagnani Vethathiri Maharishi
- 5) Bio magnetism, Thathuvagnani Vethathiri Maharishi

CO- PO	PO 1	PO 2	PO 3	PO 4	РО 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14
CO1	3	3	3	3	2	3	3	3	3	3	3	2	3	
CO2	2	2	2	2	2	3	3	3	2	2	3	2	2	3
CO3	3	3	3	3	3	3	3	3	3	2	3	3	2	2
CO4	2	2	2	2	2	3	2	3	2	2	2	2	2	3
CO5	2	3	3	3	3	3	3	3	3	3	2	3	3	3

# MSCYHE 204 (A) (22): GENETIC CENTRE AND CAUSE AND EFFECT

# **COURSE OBJECTIVES:**

- ▲ To understand structure and formation of Genetic centre.
- To gain knowledge about impurities in genetic centre and methods of eradication of sin imprints.
- ★ To understand cause and effect system
- ▲ To gain knowledge in genetics and characteristics of genes
- ▲ To attain knowledge in neuro-linguistic programming.

#### **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to understand structure and formation of Genetic centre.

**CO2:** By the end of the course, the student will be able to gain knowledge about impurities in genetic centre and methods of eradication of sin imprints.

**CO3:** By the end of the course, the student will be able to understand cause and effect system **CO4:** By the end of the course, the student will be able to gain knowledge in genetics and characteristics of genes

**CO5:** By the end of the course, the student will be able to attain knowledge in neurolinguistic programming.

# **UNIT 1: GENETIC CENTRE:**

**Genetic centre** – structure function – compressing as imprint – expanding as thought – sanjitha, praraptha, akamiya karma. New linguistic programming – Brain and Body as integral parts – unconscious incompetence – conscious incompetence – conscious competence – unconscious competence - Visual mode – Auditory model – Kinesthetic mode. Why differ in men ? 7 values – 16 Differences.

# **UNIT 2: PURIFICATION OF GENETIC CENTRE**

Impurities in Genetic Centre, Purification – Methods for Eradication of sin imprints – Imposition – Neutralisation. 10 ways for purification of genetic centre. Life before birth and life after birth.

# **UNIT 3: CAUSE AND EFFECT SYSTEM**

Divine justice – Destiny and Wisdom - Pleasure, Pain, Peace and Ecstasy - Time of Effect - Surety of effect for every action.

### **UNIT 4: SCIENTIFIC ASPECTS**

Gene -Growth of man - Chromosome -Imprints in seed - Characteristics of genes.

# **UNIT 5: NEURO – LINGUISTIC PROGRAMMING**

Brain & Body Unconscious incompetency – conscious incompetency – conscious competency – unconscious competency. Visual mode – Auditory mode Kinesthetic mode.

# **TEXT BOOK:**

1) Genetic Centre and Cause & effect system – VISION

# **REFERENCE BOOK:**

1) Genetic Centre – Vethathiri Maharishi, Vethathiri Publication.

CO- PO	PO 1	PO 2	PO 3	PO 4	РО 5	PO 6	PO 7	PO 8	PO 9	PO 10	РО 11	PO 12	PO 13	PO 14
CO1	3	3	3	3	2	3	3	3	3	3	3	2	3	
CO2	2	2	2	2	2	3	3	3	2	2	3	2	2	3
CO3	3	3	3	3	3	3	3	3	3	2	3	3	2	2
CO4	2	2	2	2	2	3	2	3	2	2	2	2	2	3
CO5	2	3	3	3	3	3	3	3	3	3	2	3	3	3



# MSCYHE 204 (B) (22): CONSCIOUSNESS IS TRUTH

# **COURSE OBJECTIVES:**

- ★ To understand the concepts of Tirumoolar, Tiruvalluvar, Vellalar and Thayumanavar
- ▲ To understand self realization model of Aravindar, Ramanar, Ramakrishna and Vivekananda
- ▲ To gain the knowledge in Bhagavad Geeta, Bible and Khuran
- ▲ To attain knowledge about evolution of animate and inanimate things.
- ▲ To understand the qualities of divine and cause and effect theory.

# **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to understand the concepts of Tirumoolar, Tiruvalluvar, Vellalar and Thayumanavar

**CO2:** By the end of the course, the student will be able to understand self realization model of Aravindar,Ramanar, Ramakrishna and Vivekananda

**CO3:** By the end of the course, the student will be able to gain the knowledge in Bhagavad Geeta, Bible and Khuran.

**CO4:** By the end of the course, the student will be able to attain knowledge about evolution of animate and inanimate things.

**CO5:** By the end of the course, the student will be able to understand the qualities of divine and cause and effect theory.

# UNIT I CONCEPTS OF SAINTS

Thirumoolar – Thiruvalluvar – Vallalar – Thayumanavar

# UNIT II WHO AM I (SELF REALISATION)

Aravindar – Ramanar – Ramakrishnar - Vivekanendar.

# UNIT III ONENESS IN ALL THE RELIGIONS

Bhagavad gita - Bible- Kuran-

# UNIT IV ORDER OF CONSCIOUSNESS

Animate – Inanimate – Mankind-Divinity.

# UNIT V TRUTH

Gravity – Four Qualities: Plenum - force – consciousness – time Three Laws: Transformation - mutation – cause and effect.

# **TEXT BOOK:**

 CONSCIOUSNESS IS TRUTH – VISION – I St Edition 2011, 3<sup>rd</sup> Edition June 2013 – Vethathiri Publications.

CO- PO	PO 1	PO 2	РО 3	РО 4	РО 5	PO 6	РО 7	PO 8	PO 9	PO 10	РО 11	PO 12	РО 13	PO 14
CO1	3	3	3	3	2	3	3	3	3	3	3	2	3	
CO2	2	2	2	2	2	3	3	3	2	2	3	2	2	3
CO3	3	3	3	3	3	3	3	3	3	2	3	3	2	2
CO4	2	2	2	2	2	3	2	3	2	2	2	2	2	3
CO5	2	3	3	3	3	3	3	3	3	3	2	3	3	3



# MSCYHE 205 (A) (22): COMMUNICATION SKILLS

# **COURSE OBJECTIVES:**

- ▲ To acquire knowledge in fundamental and advanced grammar
- ▲ To practice speaking skills
- ★ To gain the knowledge in reading skills, vocabulary and writing skills.
- ▲ To develop soft skills and knows about stress management and interview skills
- ▲ To know primary forms of communication

# **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to acquire knowledge in fundamental and advanced grammar

CO2: By the end of the course, the student will be able to practice speaking skills

**CO3:** By the end of the course, the student will be able to gain the knowledge in reading skills, vocabulary and writing skills.

**CO4:** By the end of the course, the student will be able to develop soft skills and knows about stress management and interview skills.

**CO5:** By the end of the course, the student will be able to know primary forms of communication.

# Unit – I

# Fundamental and Advanced Grammar:

Basic Sentence patterns, parts of speech, Articles, Prepositions, Tenses, Voice, Reported Speech Question Tags.

# Unit – II

# **Speaking Skills:**

Meaning and Definition of communication, Self introduction, Greetings, invitations, permissions, suggestions, complaints, compliments, apologize, Thank you.

# Unit – III

# Reading Skills, Vocabulary & Writing Skills:

Reading for main idea, Techniques of Skimming & Scanning Vocabulary – Phrasal Verbs, One Word substitutes, Synonyms & Antonyms

Letter Writing, Resume Writing, E-Mail Writing.

# Unit – IV

# Soft Skills:

Non – Verbal Communication, Stress Management, Time Management, Positive Attitude, Interview Skills.

# **Unit-V**

### **Communication Skills – Role in Yoga:**

Understanding and the Mastering the subject - Primary forms of communication.

### **REFERENCE BOOKS:**

#### LISTENING:

- 1) Jermey Harmer the Practice of English language teaching, longman 1983.
- 2) O' connor, Better English Pronunciation.

# **SPEAKING:**

- 1) Board of Editors 2007 written & spoken communication in English Universities Press Hyderabad.
- 2) Madhavi Apte 2007- A course of English communication, New Delhi Prenetic hall

# **READING:**

- 1) Hormby A.S Oxford Advanced learners Dictionary of Current English (ELBS)
- 2) Central University, Pandicherry Developing reading Sills Book I & II

# WRITTEN ENGLISH:

- 1) Freeman, Sarah, Written Communication in English Bombay: Orient Longman 1977.
- Green.D.Contemporary English grammar Structure & Composition Macmillan. Narayan Swamy V.R. Strengthen your Writing. Madras. Orient longman 1984.
- Teaching Yoga Communication Skills Dr. Paul Jearard E.Ryt 500 Aura Wellness Centre, - Publications Division.
- 4) Yoga Therapy Darshana Minoru Komata,

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CO- PO	РО	РО	PO	PO	PO	PO	PO 7	PO	PO	PO	PO	PO	PO	PO
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CO1	3	3	3	3	2	3	3	3	3	3	3	2	3	
CO2	2	2	2	2	2	3	3	3	2	2	3	2	2	3
CO3	3	3	3	3	3	3	3	3	3	2	3	3	2	2
CO4	2	2	2	2	2	3	2	3	2	2	2	2	2	3
CO5	2	3	3	3	3	3	3	3	3	3	2	3	3	3

# MSCYHE 205 (B) (22): PROBLEMS OF BIO MECHANICS

# **COURSE OBJECTIVES:**

- ▲ To understand meaning, nature, importance and scope of applied kinesiology and sports biomechanics.
- ▲ To understand muscle action.
- ▲ To gain knowledge in principles of motion and force.
- ▲ To develop knowledge of projectiles and levers.
- ▲ To know the analysis of movement.

# **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to understand meaning, nature, importance and scope of applied kinesiology and sports biomechanics.

**CO2:** By the end of the course, the student will be able to understand muscle action.

**CO3:** By the end of the course, the student will be able to gain knowledge in principles of motion and force.

**CO4:** By the end of the course, the student will be able to develop knowledge of projectiles and levers.

**CO5:** By the end of the course, the student will be able to know the analysis of movement.

# **UNIT I – Introduction**

Meaning, nature, importance and scope of Applied kinesiology and Sports Biomechanics. Meaning of Axis and Planes, Dynamics, Statics, Kinematics, Kinetics, gravity, Center of Gravity, Line of gravity and base of the body. Vectors and Scalars.

# UNIT II – Muscle Action

Origin, Insertion and action of Muscles around shoulder, Elbow, Hip, Knee and muscles of Abdomen & Trunk.

# **UNIT III – Motion and Force**

Meaning and definition of Motion. Types of Motion: Linear motion, angular motion and General motion. uniform & Non Uniform motion. Laws of Motion: law of Inertia, Law of acceleration and law of reaction. Force: Definition and types of force: Centripetal Force, Centrifugal Force, Sources of force, components of Force, Factors of Force. Pressure, friction, Buoyancy and Spin.

# **UNIT IV – Projectiles and Levers**

Freely falling bodies, Projectiles: Principles of Projectiles: Stability, equilibrium and its Types. Factors Effecting on Equilibrium. Definition of Work, Power and Energy. Mechanical Energy: kinetic energy, potential energy and strain energy. Levers: Definition and Types of Levers and their practical application. Mechanical Advantage. Fluid Resistance, Aerodynamics.

# **UNIT V – Movement Analysis**

Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Video Analysis. Methods of analysis – Qualitative, Quantitative, Predictive methods.

Note: Laboratory practicals should be designed and arranged for students internally.

# **REFERENCE BOOKS:**

- 1) Deshpande S.H.(2002). Manav Kriya Vigyan Kinesiology (Hindi Edition) Amravati: Hanuman Vyayam Prasarak Mandal.
- Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In.2005. Steven Roy & Richard Irvin. (1983). Sports Medicine. New Jersery: Prentice hall. Thomas. (2001). Manual of structural Kinesiology, New York: Me Graw Hill. Uppal A.K. Lawrence Mamta MP Kinesiology(Friends Publication India 2004)
- 3) Uppal, A (2004), Kinesiology in Physical Education and Exercise Science, Delhi Friends publications.
- 4) Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.
- 5) Peter.M.Mc.Ginnis, Biomechanics of Sport and Exercise, Human Kinetics, U.S.A, 1999.

CO-	РО	РО	РО	РО	РО	PO	РО	РО	РО	РО	РО	РО	РО	РО
PO	1	2	3	4	5	6	7	8	9	10	11	12	13	14
CO1	3	3	3	3	2	3	3	3	3	35	3	2	3	
CO2	2	2	2	2	2	3	3	3	2	2	3	2	2	3
CO3	3	3	3	3	3	3	3	3	3	2	3	3	2	2
CO4	2	2	2	2	2	3	2	3	2	2	2	2	2	3
CO5	2	3	3	3	3	3	3	3	3	3	2	3	3	3
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# MSCYHE 206 (22): CLASSICAL YOGA PRACTICES – I

# **COURSE OBJECTIVES:**

- ★ To know about simplified physical exercises
- ▲ To know about surya namaskaras practices.
- ▲ To develop skill in various pranayama practices.
- ▲ To gain knowledge about mudras and gain skill to practice mudras.
- ▲ To perform three bandhas and maha bandha.

#### **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to know about simplified physical exercises

**CO2:** By the end of the course, the student will be able to know about surya namaskaras practices.

**CO3:** By the end of the course, the student will be able to develop skill in various pranayama practices.

**CO4:** By the end of the course, the student will be able to gain knowledge about mudras and gain skill to practice mudras.

**CO5:** By the end of the course, the student will be able to perform three bandhas and maha bandha.

# **UNIT 1: LOOSENING THE JOINTS**

Joint freeing series - Simplified physical exercises

# UNIT 2: SURYANAMASKAR

Suryanamaskar: Vinyasa Suryanamaskar (Kneeling Lunge, Jumping)

# UNIT 3: PRANAYAMA (With bnada)

Breath awareness, Sectional breathing, Nadishodhan Pranayama, Bhastrika Pranayama, Ujjai Pranayama, Surya Bhedi and Chandrabhedi Pranayama, SitaliPranayama,,Sitkari Pranayama, and Sadanta Pranayama, Bhramari Pranayama (with Antar&BahyaKumbhaka)

#### **UNIT 4: MUDRA**

Gnana mudra (Chin mudra) - Vaayu Mudra - Soonya Mudra - Prithvi Mudra - Surya Mudra - Varuna Mudra - Prana Mudra - Abana Mudra - Abana Vaayu Mudra - Linga Mudra - Adi Mudra - Kesari Mudra - Aswini Mudra.

# **UNIT 5: BANDH**

MulaBandha (the root lock) - Jalandhara Bandha (the throat lock) - Uddiyana Bandha (lifting of the diaphragm lock) - Maha Bandha (all three locks at the same time)

# **REFERENCE BOOKS:**

- 1) Light on Yoga, B.K.S. Iyenger, Harper Collins, Publishers, New Delhi.
- 2) Pranayama, Swami Kuvalayananda, GhoshiyanandaSamith, Pune.
- 3) Lights on Pranayama, B.K.S. Iyenger, Harper Collins Publishers, New Delhi.
- 4) Sound Health through Yoga, Chandrasekaran.K, Premkalyan Publications, Sedapati, 1999.
- 5) Pranayama, Gitananda Swami, 1972.

CO- PO	PO 1	PO 2	РО 3	РО 4	РО 5	PO 6	РО 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	РО 14
CO1	3	3	2	3	3	3	3	3	3	3	3	3	3	2
CO2	3	3	3	3	3	3	3	3	3	2	3	3	3	3
CO3	2	3	2	2	2	3	2	3	2	3	2	3	3	3
CO4	3	3	3	3	2	3	2	3	3	2	2	3	2	2
CO5	2	1	3	2	2	4	3	3	1	2	3	3	2	1



# MSCYHE 207 (22): CLASSICAL YOGA PRACTICES – II & PROJECT

# **COURSE OBJECTIVES:**

- ★ To perform various asanas in standing postures and to know benefits of asanas
- ▲ To practice asanas in sitting postures and know the benefits of those asanas.
- ▲ To practice asanas in prone postures and know the benefits
- ▲ To practice asanas in supine postures and know the benefits
- ▲ To perform asanas in balancing postures and know its benefits

# **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to perform various asanas in standing postures and to know benefits of asanas

**CO2:** By the end of the course, the student will be able to practice asanas in sitting postures and know the benefits of those asanas.

**CO3:** By the end of the course, the student will be able to practice asanas in prone postures and know the benefits

**CO4:** By the end of the course, the student will be able to practice asanas in supine postures and know the benefits

**CO5:** By the end of the course, the student will be able to perform asanas in balancing postures and know its benefits

# **UNIT 1: Standing Postures:**

Ardhakatichakrasana, Hastapadasana, Ardhachakrasana, Trikonasana, Parivrittatrikonasana, Parsvakanasana, Veersana, Ekapathasana, Chakrasana (sideways).

# **UNIT 2: Sitting Postures:**

Paschimottanasana, Suptavajrasana, Ardhamatsyendrasana, Vakrasana, Marichasana, Malasana, Badhakanasana, Merudandasana, Akarnadhanurasana, Gumukhasana, Thandasana, Vajrasana, padmasana, Ustrasana.

# **UNIT 3: Prone Postures:**

Bhujangasana, Salabhasana, Dhanurasana, Urdhvamukhosvanasana, Makarasana.

# **UNIT 4: Supine Postures:**

Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana, Arthapavanamukthasana, Pavanamukthasana, Uddhanapadasana, Navasana.

# **UNIT 5: Balancing Postures:**

Vrikshasana, Garudasana, Namaskarasana, Tittibhasana, Natrajasana.

# **REFERENCE BOOKS:**

- 1) Light on Yoga, B.K.S. Iyenger, Harper CollinsPublishers, New Delhi.
- 2) Pranayama, Swami Kuvalayananda, GhoshiyanandaSamith, Pune.
- 3) Lights on Pranayama, B.K.S. Iyenger, Harper Collins Publishers, New Delhi.
- 4) Sound Health through Yoga, Chandrasekaran.K, Premkalyan Publications, Sedapati, 1999.
- 5) Pranayama, Gitananda Swami, 1972.

CO-	РО	РО	РО	РО	РО	РО	РО							
PO	1	2	3	4	5	6	7	8	9	10	11	12	13	14
CO1	3	3	2	3	3	3	3	3	3	3	3	3	3	2
CO2	3	3	3	3	3	3	3	3	3	2	3	3	3	3
CO3	2	3	2	2	2	3	2	3	2	3	2	3	3	3
CO4	3	3	3	3	2	3	2	3	3	2	2	3	2	2
CO5	2	1	3	2	2	i	3	3 ×	1	2	3	3	2	1





# M.Sc. YOGA FOR HUMAN EXCELLENCE SEMESTER-III

# MSCYHE 301 (22): WORLD COMMUNITY LIFE

# **COURSE OBJECTIVES:**

- ▲ To understand the 14 principles of Vethathiriam
- ▲ To understand economic equality and reasons for unemployment
- ▲ To understand reformation of culture and vethathiriam concepts
- ▲ To attain knowledge about reformed thoughts according to vethathiriam
- ★ To recognize the necessity of global welfare and solutions for the problems of humanity.

# **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to understand the 14 principles of Vethathirium.

**CO2:** By the end of the course, the student will be able to understand economic equality and reasons for unemployment

**CO3:** By the end of the course, the student will be able to understand reformation of culture and vethathiriam concepts

**CO4:** By the end of the course, the student will be able to attain knowledge about reformed thoughts according to vethathiriam

**CO5:** By the end of the course, the student will be able to recognize the necessity of global welfare and solutions for the problems of humanity.

# UNIT 1 – WORLD COMMUNITY LIFE

Vethathiriyam 14 plans – World without war – United Nations organization – World Peace Plan – Aliyar Declaration 2002 – Duties of Wisemen.

# **UNIT 2 – ECONOMIC EQUALITY**

Economics – Financial status Differences – Cooperative method industry – Socialism Five basic crafts – Six capitals – Unemployment – Sharing of jobs – corruption.

# **UNIT 3- CULTURE AND MORALITY**

Reformation of culture – Fivefold culture - Two fold culture. Living by following the guideless of Wisemen - crime – suruti (Text) Yukthi (assumption), Experience – Life styles of wise people – Vethathirium concepts.

Respect for Woman hood – Greatness of woman – Equal right – Woman education – Duties and Responsibilities – Wife appreciation day – Morality in man woman friendship – chastity – Arts with moral values. Mother and child health care – Affection between child and mother – Children's growth.

# **UNIT 4 – REFORMED THOUGHTS**

Following Natures way – Respect for nature – Merging with Almighty. Avoidance of Car Festival – Business oriented – Loss of Time and Money – unhygienic environment. Sports only for children – Eight types of games – Disadvantage of sports for adult. Avoiding unnecessary Rituals.

# UNIT 5 – GLOBAL WELFARE

Globalizations of food and water – Food production – population explosion. Distribution of food and water resources – linking of Rivers Selection of common religion – Is God one or many? Duties of Religious heads Logical Solutions for the Problems of Humanity.

# **REFERENCE BOOKS:**

- 1) Logical solutions for the problems of Humanity, Vethathiri Maharishi 1999.
- World Peace Plans, Thathuvagnani Vethathiri Maharishi, Vethathiri Publications. Ist Edition 1957, 9<sup>th</sup>Edition April 2015.
- 3) Vethathirian Principles of life, Vethathiri Maharishi, Vethathiri Publications, Ist Edition 2002, 2<sup>nd</sup> Edition Aug, 2010.
- World Community Life, VISION, Vethathiri Publications. Ist Edition 2009, 7<sup>th</sup> Edition July 2016.
- Logical solutions for the problems of Humanity, Vethathiri Maharishi, Vethathiri Publication, Erode,, 1<sup>st</sup> Ed – 1998, 2<sup>nd</sup> Ed – 1999.

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CO- PO	PO 1	PO	PO	PO	PO	PO	PO 7	PO	PO	PO	PO 11	PO 12	PO 12	PO 14
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CO1	3	3	3	3	2	3	3	3	3	3	3	2	3	
CO2	2	2	2	2	2	3	3	3	2	2	3	2	2	3
CO3	3	3	3	3	3	3	0350	3	3	2	3	3	2	2
CO4	2	2	2	2	2	3	2	3	2	2	2	2	2	3
CO5	2	3	3	3	3	3	3	3	3	3	2	3	3	3

# MSCYHE 302 (22): INDIAN TRADITIONAL SYSTEM OF MEDICINE (ALTERNATIVE SYSTEM)

# **COURSE OBJECTIVES:**

- ★ To promote the ideas of human wellbeing through various medical systems
- To culminate of Indian thought of medicine for healthy way of living with Ayurveda, Siddha, Naturopathy systems and related yoga therapy
- ▲ To understand the yoga therapy is an effort to integrate yogic concepts with medical and psychological knowledge.
- ▲ To apply of yogic principles to achieve physiological, psychological and spiritual goal.
- ▲ To use ancient yogic practices in modern concept to deeper presence and to get self realization

# **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to promote the ideas of human wellbeing through various medical systems

**CO2:** By the end of the course, the student will be able to culminate of Indian thought of medicine for healthy way of living with Ayurveda, Siddha, Naturopathy systems and related yoga therapy

**CO3:** By the end of the course, the student will be able to understand the yoga therapy is an effort to integrate yogic concepts with medical and psychological knowledge.

**CO4:** By the end of the course, the student will be able to apply of yogic principles to achieve physiological, psychological and spiritual goal.

**CO5:** By the end of the course, the student will be able to use ancient yogic practices in modern concept to deeper presence and to get self realization.

# **UNIT 1: AYURVEDIC SYSTEM**

**History of Ayurvedha-** Origin- Ayurveda texts. Philosophy and Basic principles of Ayurvedha: - PanchaBhoothas theories –The Tridosa Theory – Six tastes of Ayurvedha–Rasantara – Nirukthi – Anurasa – Types of tastes – Effect of tastes on Tridosa –Dhincharya Classification of diseases: Classification of diseases in Ayurveda – Three main causes for disease - Thirteen Natural Urges - Prakriti concept in Ayurvedha - Diagnostics methods – Ayuvedic Diet - Treatment methods in Ayurveda-Panchakarma. Formulation used in Ayurveda.

# **UNIT 2: SIDDHA SYSTEM**

**History of Siddha:** Origin (historical background) - Basic principles (philosophical background) – Materia medica. Method of examination: Eight fold examination - Standardization of neikuri (oil drop test of urine) - Examination of pulse or pulse reading - Astrological calculation - Importance of pathiyum and apathiyum. Siddha medicines: Classification of medicines - Types of medicine - Internal medicines (ulmarunthu) – External medicines puramarunthu).Treatment aspect: Vamanam (emesis)- Kazhicchal (purgation) - Nasiyam (nasal liquid application)- Attaimarutthuvam(Leech therapy)- Thokkanam (Physical manipulation) – Varmam - PiniAnugaa Vidhi (Prevention of diseases) - Daily regimen (NaalOzhukkam).

# UNIT 3: HOMEOPATHY SYSTEM

Samuel Hahnemann – Birth of Homoeopathy (Origin and Development of Homoeopathy).Philosophy and Method of Homoeopathy - Homoeopathic Principles - Concept Miasms. Classification of Diseases and Symptoms - Classification of Symptoms in Homeopathy - Homeopathic Aggravation - Homeo pharmacology and method of prescription - Principles of Prescribing. Role of Homeopathy as Alternative Medical System.

# UNIT 4: UNANI SYSTEM:

**History of unani** – Development of unani system -Strengths of unani system of medicine. Principles and concepts of unani - Basic Elements -Humor theory. Concept of health and disease - Principles of Diagnosis. Principles and modes of treatment - Principles of Drug Action.

Therapeutic approach - Types of treatment: Cupping – Leeching – Venesection - Turkish Bath - Massage - Diuresis - Purgation – Emesis - Diaphoresis – Cauterization - Concoctive and Purgative therapy - Psychiatric treatment - Dietotherapy – surgery.

# UNIT 5: NATUROPATHY SYSTEM

The Origins and History of Naturopathy – Definition – Concept - Principles and Philosophy. Naturopathic Therapeutics - Naturopathic assessment model – Definition of Holistic Nutrition. Naturopathy food - Significance of Food - Holistic Healing - Types of Foods– Fluids-Benefits. Therapy: Diet therapy in Naturopathy - Fasting Therapy - Mud Therapy– Hydrotherapy. Massage Therapy – Acupressure – Acupuncture – Varrmam and Thokkanam -Pranic Healing –Chromo Therapy – Air Therapy - Magnet Therapy - Music therapy.

# **REFERENCE BOOKS:**

- 1) Ayurveda its principles and Philosophies, Balkrishna Acharya, DivyaPrakashan, Hardwar, 2006.
- 2) Basic principles of Ayurveda, AtharaleV.B., Pediatric clinics, Bombay, 1980.
- 3) Yoga and Ayurveda, Frawley David, MotilalBanarsidassPublishers Pvt Ltd, Delhi, 2000.
- 4) A Practical Approach to the Science of Ayurveda, BalkrishnaAcharaya, DivyaPrakashan, Haridwar, 2012.

- 5) Ayurvedic Healing for women, Atreya, Motilal Banarsidass Publishers Pvt Ltd.Delhi, 2000
- 6) Siddha Maruthuva Adipadai Thathuvangalum Varalarum (History and Basic Principles of Siddha Medicine).
- 7) UdalThathuvam I (Physiology Part-I), Dr. M. Shanmugavelu, Tamil Nadu Siddha Medical Association, Tirunelveli, 1987.
- 8) UdalThathuvam II (Physiology Part-II), Dr. M. Shanmugavelu, Tamil Nadu Siddha Medical Association, Tirunelveli, 1989.
- 9) Gunapadam I (Mooligai Plant Kingdom).
- 10) Gunapadam II (Thathu & Vilanginam (Metals, Minerals and Animal Kingdom).
- 11) Maruthuvam Pothu (General Medicine).
- 12) SirappuMaruthuvam including Yoga & Varma (Special Medicine).
- 13) Health tips from the Vedas, Joshi Rajnai, Shri Vedmata Gayathri trust, Haridwar, 2007.
- 14) Therapeutic Yoga, Dr. Kasibhatta Satyamurty, A.P.H.Publidhing Corporation New delhi, 2018.
- 15) Organon of medicine Samuel Hahnemann (6<sup>th</sup> edition)
- 16) History of homoeopathy its origin & amp; conflicts R.E Dudgeon
- 17) Material Medica Pura (vol 1 & amp; 2) Samuel Hahnemann
- 18) The Principles of Homoeopathic Philosophy Margaret Roy.
- 19) Ayurvedic Yoga Therapy, Stiles Mukunda, New Age Books, New Delhi, 2009.
- 20) Practice of Ayurveda, Sivanananda Swami, The Divine Life Society, Shivanandanagar, 2006.
- 21) Ayurvedic Healing for women, Atreya, MotilalBanarsidass, Delhi, 2000.
- 22) Herbs of Siddha Medicine, J. Raamachandran, Murugan, Patthipagam/Chenna/India; 1st edition (1 January 2008)
- 23) Siddha Meditation, Swami Muktananda, S.Y.D.A. Foundation (1975).
- 24) Refiguring Unani Tibb, Guy Attewell, Orient Longman, ISBN: 9788125030171, 9788125030171.
- 25) Unani Medicines, Shahab Uddin, Khan Usmanghani, Abdul Hannan, VDMVerlag, ISBN: 9783639344400, 3639344405.
- 26) Scientific Appraisal of Unani Herbs, Shahab Uddin, Khan Usmanghani, Abdul Hannan, LAP Lambert Academic Publishing, ISBN: 9783659116773, 3659116777.

CO- PO	PO 1	PO 2	РО 3	PO 4	РО 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14
CO1	3	3	3	3	2	3	3	3	3	3	3	2	3	
CO2	2	2	2	2	2	3	3	3	2	2	3	2	2	3
CO3	3	3	3	3	3	3	3	3	3	2	3	3	2	2
CO4	2	2	2	2	2	3	2	3	2	2	2	2	2	3
CO5	2	3	3	3	3	3	3	3	3	3	2	3	3	3

# MSCYHE 303 (22): RESEARCH METHODOLOGY

# **COURSE OBJECTIVES:**

- ★ To know the meaning, definitions, need, nature and scope of research in yoga
- ★ To know the importance of research problem
- ★ To understand the research design and various types.
- ★ To know the knowledge of how to write a research report
- ▲ To recognize the areas of research in yoga like yoga and psychology, yoga and health etc.,

# **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to know the meaning, definitions, need, nature and scope of research in yoga

**CO2:** By the end of the course, the student will be able to know the importance of research problem

**CO3:** By the end of the course, the student will be able to understand the research design and various types.

**CO4:** By the end of the course, the student will be able to know the knowledge of how to write a research report

**CO5:** By the end of the course, the student will be able to recognize the areas of research in yoga like yoga and psychology, yoga and health etc.,

# **UNIT I: RESEARCH INTRODUCTION**

Research: Meaning, Definitions, Need, Nature and Scope of research in yoga; Types of Research: Basic, Applied, Action, Qualities of a good researcher.

# UNIT II: RESEARCH PROBLEM

Criteria in locating and selecting a research problem, Research proposal, Hypothesis, Variables and its types.

# UNIT III: RESEARCH DESIGN

Historical Research: Meaning, Limitations. Sources of Historical research: Primary data and Secondary data. Historical Criticism: Internal and External. Descriptive Research: Survey study and case study. Experimental Research: Meaning, Experimental Design: Single group design, Reverse group design, and Factorial design.

# **UNIT IV: RESEARCH REPORT**

Research Report Writing: Front materials, Main Chapters and Back Materials.

#### **UNIT V: RESEARCH IN YOGA**

Major areas of research, Yoga and Physiology, Yoga and Psychology, Yoga and Sports, Yoga and Health, Yoga and Fitness, Yoga and Counselling, Yoga and Rehabilitation, Yoga and philosophy, Yoga and computer ; Present condition of yoga research in India, Methods in yoga research, Yogic Research in India.

#### **REFERENCE BOOKS:**

- 1) Research in Education, Best WJohn and James VLeahn, Prentice–Hall of India Pvt Ltd, New Delhi, 1996.
- 2) Research Methodology, Kothari C.R, Wiley Eastern Limited, New Delhi, 1985.
- 3) Research Processes in Physical Education, Clarke DavidH. And ClarkeH, Harrison, Prentice HallInc., New Jersey, 1984.
- Research in Education, Best John W. and Kalm James, V., Prentice Hall of India, New Delhi, 1980.
- 5) Advanced Statistics, Clarke, H.Harrison and Clarke DavidH., PrenticeInc. New Jercy, 1972.
- 6) Statistics in Psychology and Education, Garret Henry E and Wood worth, R.S., Allied Publications Pvt Ltd., Bombay, 1958.
- 7) Statistics in Physical Education, Thirumalaisamy, Senthilkumar Publishers. Karaikudi, 1998.
- 8) The Art of Using computers, Thomson Al, Publishingco., Boyd & Frashers Boston, 1986.
- 9) Research Methods in Physical Activities, Illnosis Jerry RThomas and Jack K Nelson Craig Williams and Chris Wragg, Human Kinetics, 2006.
- 10) Data Analysis and research for sports and exercise science, London Rout ledge press.
- 11) SPSS14made Simple, Paul RKinnear and Colin D Gray, Psychology Press, New York, 2006.

CO- PO	PO 1	PO 2	PO 3	РО 4	РО 5	PO 6	РО 7	PO 8	PO 9	PO 10	РО 11	PO 12	PO 13	РО 14
CO1	3	3	3	3	2	3	3	3	3	3	3	2	3	
CO2	2	2	2	2	2	3	3	3	2	2	3	2	2	3
CO3	3	3	3	3	3	3	3	3	3	2	3	3	2	2
CO4	2	2	2	2	2	3	2	3	2	2	2	2	2	3
CO5	2	3	3	3	3	3	3	3	3	3	2	3	3	3

# **CO-PO MAPPING TABLE:**

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# MSCYHE 304 (A) (22): ELEMENTS OF STATISTICS

# **COURSE OBJECTIVES:**

- ▲ To acquire knowledge about introduction of statistics
- ▲ To gain in basics of statistics like frequency table, graphical presentation
- ▲ To know about methods of central tendency
- ▲ To know how to use methods of variants
- ▲ To know the testing of hypothesis and significance

#### **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to acquire knowledge about introduction of statistics

**CO2:** By the end of the course, the student will be able to gain in basics of statistics like frequency table, graphical presentation

**CO3:** By the end of the course, the student will be able to know about methods of central tendency

**CO4:** By the end of the course, the student will be able to know how to use methods of variants

**CO5:** By the end of the course, the student will be able to know the testing of hypothesis and significance

# **Unit-1 Introduction**

Statistics: Meaning, Definition, Nature, Importance and its Types. Raw Score: Grouped Data, un Grouped Data. Grouped Data: Discrete and Continuous Series.

#### **Unit-2 Basics in Statistics**

Construction of frequency table: class Intervals, Class Distribution. Normal Probability curve, Skewnes and kurtosis. Graphical Presentation: Histogram, Bar Diagram, Frequency Polygon O'give curve, Pie Diagram.

# **Unit-3 Measures of Central Tendency**

Mean, Median and Mode-Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data.

# **Unit -4 Measures of Variance:**

Meaning, importance, Computing Range, Mean Deviation, Quartile Deviation, Deciles, Percentitle and Standard Deviation.

# **Unit: 5 Testing of Hypothesis**

Testing of hypothesis–procedure, types of hypothesis, level of significance, one tailed and two tailed test, degrees of freedom; Test of Significance for difference of Means – T test; Analysis of Variance – Simple; Correlation –Pearson product moment correlation, Spearman Rank order correlation. Rank Difference method.

# **REFERENCE BOOKS:**

- 1) Research in Education, Best W.John and James V Leahn, Prentice–Hall of India Pvt Ltd, New Delhi, 1996.
- 2) Research Methodology, Kothari C.R, Wiley Eastern Limited, New Delhi, 1985.
- 3) Research Processes in Physical Education, Clarke David H. And Clarke H, Harrison, Prentice HallInc., New Jersey, 1984.
- 4) Research in Education, Best John W. and Kalm James, V., Prentice Hall of India, New Delhi, 1980.
- 5) Advanced Statistics, Clarke, H.Harrison and Clarke DavidH., PrenticeInc. New Jercy, 1972.
- 6) Statistics in Psychology and Education, Garret Henry E and Wood worth, R.S., Allied Publications Pvt Ltd., Bombay, 1958.
- 7) Statistics in Physical Education, Thirumalaisamy, Senthil kumar Publishers. Karaikudi, 1998.
- The Art of Using computers, Thomson Al, Publishing co., Boyd & Frashers Boston, 1986.
- 9) Research Methods in Physical Activities, Illnosis Jerry RThomas and Jack K Nelson Craig Williams and Chris Wragg, Human Kinetics, 2006.
- 10) Data Analysis and research for sports and exercise science, London Rout ledge.

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CO- PO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	РО 11	PO 12	PO 13	PO 14
C01	3	3	3	3	2	3	3	3	3	3	3	2	3	14
CO2	2	2	2	2	2	3	3	3	2	2	3	2	2	3
CO3	3	3	3	3	3	3 5	0350	3	3	2	3	3	2	2
CO4	2	2	2	2	2	3	2	3	2	2	2	2	2	3
CO5	2	3	3	3	3	3	3	3	3	3	2	3	3	3

# MSCYHE 304 (B) (22): ABNORMAL PSYCHOLOGY

# **COURSE OBJECTIVES:**

- ▲ To know the abnormality in psychology and classification of mental diseases.
- ▲ To identify mental disorders in childhood
- ★ To understand the nervous weakness and various types of phobias
- ▲ To know about mental disorders
- ▲ To gain knowledge about features of schizophrena and its treatment methods

# **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to know the abnormality in psychology and classification of mental diseases.

**CO2:** By the end of the course, the student will be able to identify mental disorders in childhood

**CO3:** By the end of the course, the student will be able to understand the nervous weakness and various types of phobias

CO4: By the end of the course, the student will be able to know about mental disorders

**CO5:** By the end of the course, the student will be able to gain knowledge about features of schizophrena and its treatment methods

# Unit 1

# Introduction

Abnormality -statistical method -Social method -Cultural method -Classification of mental diseases -Concepts related to mental disorders - Relationship between Brain and mental problems - Reasons for mental problems

# Unit 2

# Mental disorders in childhood

Problems of memory - ADHD - Problems of character - Anxiety disorders -Depression - Excretory problems - Sleep walking - Autism

# Unit 3

# Nervous weakness and phobias

Phobiac reactions -Specific phobias -Reasons - Treatment - Social phobias - Panic disorders -Reasons - Treatment - Generalized anxiety disorders - Reasons - Treatment - Obsessive compulsive reactions disorders -OCD types - causes - treatment - Post - traumatic stress disorders - Features - Curative methods

# Unit 4

# **Mental disorders**

Depression reactions - Manic reactions - Theories - Psychodynamic theory - Behaviourism -Cognitive view - Learned helplessness theory - Socio cultural view - Biomedical view -Genetic studies - Suicides

# Unit 5

### Schizophrenia

Features - Subtypes - Treatment methods - Drug abuse - Alcoholism - Alcoholics anonymous

1

# **REFERENCE BOOKS:**

1) Abnormal psychology 2016 Telugu Academy

CO-	РО	PO	РО	РО	РО	РО	РО							
РО	1	2	3	4	5	6	7	8	9	10	11	12	13	14
CO1	3	3	3	3	2	3	3	3	3	3	3	2	3	
CO2	2	2	2	2	2	3	3	3	2	~ 2	3	2	2	3
CO3	3	3	3	3	3	3	3	3	3	2	3	3	2	2
CO4	2	2	2	2	2	3	2	3	2	2 3	2	2	2	3
CO5	2	3	3	3	3	3	3	3	3	3 3	2	3	3	3



# MSCYHE 305 (A) (22): ELEMENTS OF PHYSIOTHERAPY

### **COURSE OBJECTIVES:**

- ▲ To know about most common injuries.
- ▲ To knowledge about first aid and physiotherapy.
- ▲ To gain knowledge about physiotherapy and and will be able to handle treatment modilities.
- ★ To know various types in hydrotherapy and develops skill in giving treatments.
- ▲ To know principles and importance of therapeutic exercises.

### **COURSE OUTCOMES:**

CO1: By the end of the course, the student will be able to know about most common injuries.

**CO2:** By the end of the course, the student will be able to knowledge about first aid and physiotherapy.

**CO3:** By the end of the course, the student will be able to gain knowledge about physiotherapy and will be able to handle treatment modilities.

**CO4:** By the end of the course, the student will be able to know various types in hydrotherapy and develops skill in giving treatments.

**CO5:** By the end of the course, the student will be able to principles and importance of therapeutic exercises.

# **UNIT-I - MOST COMMON INJURIES**

Causes of injuries - Precaution to be taken to reduce Injuries - Common injuries - Injuries to ligaments, tendors and synorial structures Fractures & Dislocations

# UNIT-2- FIRST AID & PHYSIOTHERAPY

General Principles of rendering First Aid - Bandages – Soft Bandages, Hard Bandages, Techniques for applying bandages- First Aid for Electric shock and drowning - First Aid for Hemorrhages, wounds, burns - Principles and Methods of Resuscitation - Physiotherapy-Meaning and importance - Pages of Treatment – Injury-First aid- Treatment - Physiotherapy – Rehabilitation - Induction.

#### **UNIT -3 PHYSIOTHERAPY**

Definition: Guiding principles of physiotherapy, Importance of Physiotherapy. Treatment Modalities: Electrotherapy, infrared rays, Ultraviolet rays, short wave diathermy, ultra sound.

# **UNIT – 4 HYDROTHERAPY**

Cryotherapy - Wax-bath - Contrast bath - Whirlpool bath - Hot pack - Mud pack - Spring water bath - Under water exercises(Hubbard tank). Massage: Meaning and importance of massage, Indications and contracindications of massage. Types of Manipulation, Physiological effects of massage.

### Unit-5

Therapeutic Exercise Definition, Principles and Importance of Therapeutic Exercises, classification of Therapeutic exercise and Treatments.

### **REFERENCE BOOKS:**

- 1) Therapeutic Yoga in Physical therapy: Mathew J Taylor.
- 2) Managing Common Musular Skelton Conditions, Jaypee Brotehers
- 3) Textbook of Electrotherapy and Actinotherapy by P.B.Clayton.
- 4) Preliminary Electricity for the Physiotherapist by Prenda Savage.
- 5) Manual of massage and movements by Edirn M.Prasser.
- 6) Exercise Therapy by R. Povecks.
- 7) Corrective Physical Education by Rathbons.
- 8) Physical measures in the treatment of Policyelities by J.B.Deyncids
- 9) Manual of Message by M.V.Loce.
- 10) Massage Manipulations by F.M.Todd.
- 11) Physical method used in the diagnosis treatment of neuro-muscular disorders of R.E.R. the power in Physical medicinal and rehabilitations.

CO- PO	PO 1	PO 2	РО 3	PO 4	PO 5	PO 6	<b>PO</b> 7	РО 8	PO 9	PO 10	PO 11	PO 12	PO 13	РО 14
CO1	3	3	3	3	2	3	3	3	3	3	3	2	3	
CO2	2	2	2	2	2	3	3	3	25	2	3	2	2	3
CO3	3	3	3	3	3	3	3	3	3	2	3	3	2	2
CO4	2	2	2	2	2	3	2	3	52	2	2	2	2	3
CO5	2	3	3	3	3	3	3	3	3	3	2	3	3	3

# MSCYHE 306 (22): CLINICAL APPLICATION OF MEDICINE AND THERAPIES

# **COURSE OBJECTIVES:**

- ▲ To gain knowledge about life style disorders like diabetes, obesity and hypertension and know the yogic therapy for these disorders.
- ★ To prescribe yogic diet and required yogasanas for remedy and cure.
- ▲ To know about reasons for pcos and give necessary yoga therapy.
- ▲ To analyse various blood test reports and prescribe required yogic treatment and yogic diet.
- ★ To understand the scientific analysis of treatment through yoga.

# **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to gain knowledge about life style disorders like diabetes, obesity and hypertension and know the yogic therapy for these disorders.

**CO2:** By the end of the course, the student will be able to prescribe yogic diet and required yogasanas for remedy and cure.

**CO3:** By the end of the course, the student will be able to know about reasons for pcos and give necessary yoga therapy.

**CO4:** By the end of the course, the student will be able to analyse various blood test reports and prescribe required yogic treatment and yogic diet.

**CO5:** By the end of the course, the student will be able to understand the scientific analysis of treatment through yoga.

# YOGA THERAPY CLINICAL TRAINING:

- 1) Post –menopausal Syndrome (PMS)
- 2) Rheumatoid Disorder
- 3) Gastrointestinal Disorder
- 4) Loss of Memory
- 5) Hyperlipidemia (high cholesterol)

# **YOGA THERAPY TECHNIQUES:**

- 1) High Blood Pressure
- 2) Obesity
- 3) Sinusitis
- 4) Migraine
- 5) Arthritis

#### **REFERENCE BOOKS:**

- Asana Pranayama, Mudra Bandha, Swami Satyananda Saraswati, Bihar School of Yoga, 1996.
- 2) Prana and Pranayama, Swami Niranjanananda Saraswati, Bihar School of Yoga, 2009.
- Dietary Guidelines for Indians A Manual, National Institute of Nutrition, Hyderabad, 2005.
- 4) Modern Cookery, Thangam. E.Philip, Orient Longman, II edition. Vol II, Bombay, 1965.
- 5) Krause's Food, Nutrition and Diet Therapy, Mahan, L.K. and Escott-Stump, S., 10<sup>th</sup>Ed.W.B.Saunders Company, London, 2000.
- 6) Clinical Dietetics and Nutrition, AntiaF.P, Oxford University Press. Modern Nutrition in Health and Disease, Shills, M.E, Oslon, J.A, Shike, M and Ross, A.C.,9<sup>th</sup> Edition, 1999

CO- PO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	<b>PO</b> 7	<b>PO</b> 8	PO 9	PO 10	РО 11	PO 12	PO 13	РО 14
CO1	3	3	3	3	2	3	3	35	3	3	3	2	3	
CO2	2	2	2	2	2	3	3	3	2	2	3	2	2	3
CO3	3	3	3	3	53	3	3	3	3	2	3	3	2	2
CO4	2	2	2	2	2/	3	2	3	2	2	2	2	2	3
CO5	2	3	3	3	3	3	3	3	3	3 14	2	3	3	3



# MSCYHE 307 (22): CLINICAL APPLICATION OF MEDICINE AND THERAPIES AND PROJECT

#### **COURSE OBJECTIVES:**

- ▲ To identify the diseases and causes.
- ▲ To know the knowledge in analyzing the blood test and other reports.
- ▲ To know the signs and symptoms of pms and old age problems like loss of memory, sleep disorders.
- ★ To prescribe necessary yoga therapy and diet.
- ▲ To know the results practically and given conclusions.

# **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to identify the diseases and causes.

**CO2:** By the end of the course, the student will be able to know the knowledge in analyzing the blood test and other reports.

**CO3:** By the end of the course, the student will be able to know the signs and symptoms of pms and old age problems like loss of memory, sleep disorders.

**CO4:** By the end of the course, the student will be able to prescribe necessary yoga therapy and diet.

**CO5:** By the end of the course, the student will be able to know the results practically and given conclusions.

# YOGA THERAPY CLINICAL TRAINING:

- 1) Post -menopausal Syndrome (PMS)
- 2) Rheumatoid Disorder
- 3) Gastrointestinal Disorder
- 4) Loss of Memory
- 5) Hyperlipidemia (high cholesterol)

# **YOGA THERAPY TECHNIQUES:**

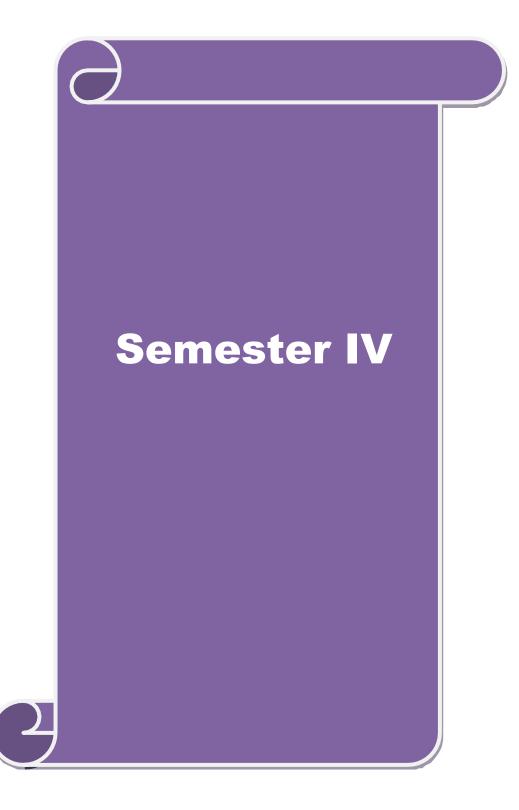
- 1) Back pain
- 2) Thyroid problems
- 3) Constipation
- 4) Sleep Disorders
- 5) Stress & Anxiety

#### **REFERENCE BOOKS:**

- Asana Pranayama, Mudra Bandha, Swami Satyananda Saraswati, Bihar School of Yoga, 1996.
- 2) Pranaand Pranayama, Swami Niranjanananda Saraswati, Bihar School of Yoga, 2009.
- 3) Dietary Guidelines for Indians A Manual, National Institute of Nutrition, Hyderabad, 2005.
- 4) Modern Cookery, Thangam.E.Philip, Orient Longman, II edition. Vol II, Bombay, 1965.
- 5) Krause's Food, Nutrition and Diet Therapy, Mahan, L.K. and Escott-Stump, S.,10<sup>th</sup> Ed.W.B.Saunders Company, London, 2000.
- Clinical Dietetics and Nutrition, AntiaF.P, Oxford University Press. Modern Nutrition in Health and Disease, Shills, M.E, Oslon, J.A, Shike, M and Ross, A.C., 9<sup>th</sup> Edition, 1999.

CO- PO	PO 1	PO 2	PO 3	PO 4	РО 5	PO 6	<b>PO</b> 7	РО 8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14
CO1	3	3	3	3	2	3 🧹	3	3	3	3 AG	3	2	3	
CO2	2	2	2	2	2	3	3	3	2	2 2	3	2	2	3
CO3	3	3	3	3	3	3	3	3	3	2	3	3	2	2
CO4	2	2	2	2	2	3	2	3	2	2	2	2	2	3
CO5	2	3	3	3	3	3	3	3	36	3	2	3	3	3





# M.Sc. YOGA FOR HUMAN EXCELLENCE SEMESTER-IV

## **MSCYHE 401 (22): ELEMENTS OF FOOD AND NUTRITION**

#### **COURSE OBJECTIVES:**

- ▲ To know about the basics of food, food groups and health
- ▲ To understand the knowledge of objectives and classification of food
- ▲ To acquire the knowledge of nutrition
- ▲ To gain knowledge of RDA and Balanced diet
- ★ To understand the concept of yogic diet.

#### **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to know about the basics of food, food groups and health

**CO2:** By the end of the course, the student will be able to understand the knowledge of objectives and classification of food

CO3: By the end of the course, the student will be able to acquire the knowledge of nutrition

**CO4:** By the end of the course, the student will be able to gain knowledge of RDA and Balanced diet

**CO5:** By the end of the course, the student will be able to understand the concept of yogic diet.

#### Unit -1. Introduction to Food Science, Food Groups and Health

Definition of food and food science – Basics of food science – Functions of Food. Classification of various foods according to Food groups. Classification of foods according to Functions. Need for grouping foods – ICMR'S five food group system and food Pyramid. Principles of Diet Planning – Planned meals.

#### **Unit – 2. Basics of Food Science**

Principles of Cooking – Objectives of cooking – Methods &Classification of Cooking – Moist heat – Dry heat – Combination methods. Cereals – Parboiling – its merits & demerits Pulses – Composition and nutritive value – Energy – Carbohydrate – Protein – Lipids – Minerals – Vitamin – Enzyme – Effect of soaking, germination & fermentation. Vegetables and Fruits – Nutritive Value of green leafy vegetables – Roots and Tubers – other Vegetables – Storage of fruits – Milk and Milk Products. Nuts and Oil Seeds – Spices & Condiments.Other Foods – Eggs – Fleshy Foods.

#### **Unit – 3 Basics of Nutrition**

Methods of Assessing nutritional status – Nutrients: Action, Interaction and Balance – Digestion, Absorption and Utilization of Food – Meaning and Need for Assessment of nutritional Status – Direct and Indirect nutritional assessment. Energy – Basal Metabolic Rate – Factors affecting BMR – State of Nutrition. Macronutrients – Carbohydrates – Proteins – Lipids – Essential Fatty Acids – Water – Water Balance. Micronutrients –Vitamins – Fat Soluble Vitamins – Water Soluble Vitamins Other Vitamins. Minerals – Macro Minerals and Micro minerals.

#### Unit – 4. RDA and Balanced Diet

Purposes of RDA. Factors affecting RDA – Other dietary components which influence requirement. Balanced diet.

#### Unit – 5. Yoga – Yogic concept of diet

Yogic diet and its role in healthy living-Importance of yogic diet in yoga sadhana. Yogic aspects of diet according to the Doshas. Ahara (Diet) – Concept of Mitahara – Definition and classification in yogic diet according to traditional Hatha yoga texts – Hatha Yoga Pradipika – Gherandha Samhita – Bhagavad-Gita on Food – Pathya and Apathya in diet according to yogic texts – Slogans for concept of diet according to Hatha Yoga Pradipika, Gherandhasamhita. Ayurvedic concept of form of diet – Types of diet – Seven Concept of Diet – Rules for Taking Food – The Taste Process. Vethathiri Maharishi's concept on Food: Suitable Food for Mankind The Quality of food – Daily Menu food for Health – Common Cooking – Kindness Towards All Living Beings – Consume Food with Lofty Thoughts.

#### **REFERENCE BOOKS:**

- 1) Food Science, Potter, N. and Hotchkiss, J.H., CBS Publications and Distributors, Daryaganji, 5<sup>th</sup>edn.,New Delhi, 1998.
- 2) Nutrition Science, B.Srilakshmi, New Age International (P)Ltd., New Delhi, 2017.
- 3) Food Science, B. Srilakshmi, New Age International (P) Ltd., New Delhi.
- 4) Dietetics, B.Srilakshmi, New Age International (P) Ltd., New Delhi.
- 5) The Ayurvedic Diet, Dennis Thompson, New age books, New Delhi, 2001
- 6) A Purifying Diet, Randolph Stone, LilawatiBhargav Charitable Trust, Delhi, Revised Edition.
- 7) Food & Nutrition Volume I & II, Dr. M. Sawminathan, M/s. The Bangalore Printing & Publishing Co. Ltd., 2007.
- 8) Health and Nature, Dr.J.V.G. Sekar, Mrs. MadhuramSekar, NarmadhaPathipagam, Chennai. ISBN: 81-8201-051-9
- 9) GnanaKalanjiam Part I, Vethathiri Maharishi.
- 10) Ulagasamadhanam, Vethathiri Maharishi.
- 11) "Nutrition and Dietetics" Shubhangini A. Joshi, Tata Mc Grow- Hill publishing Company Ltd, New Delhi, 1992.

- 12) Dietary Guidelines for Indians A Manual, National Institute of Nutrition, Hyderabad, 2005.
- 13) Modern Cookery, Thangam. E.Philip, Orient Longman, II edition. Vol II, Bombay, 1965.
- 14) Krause's Food, Nutrition and Diet Therapy, Mahan, L.K. and Escott-Stump, S., 10<sup>th</sup>Ed.W.B.Saunders Company, London, 2000.
- 15) Clinical Dietetics and Nutrition, Antia F.P, Oxford University Press.
- 16) Modern Nutrition in Health and Disease, Shills, M.E, Oslon, J.A, Shike, M and Ross, A.C. 1999, 9<sup>th</sup> Edition.

CO- PO	PO 1	PO 2	РО 3	РО 4	РО 5	PO 6	РО 7	PO 8	PO 9	PO 10	РО 11	PO 12	PO 13	PO 14
CO1	3	3	3	3	2	3	3	3	3	3	3	2	3	
CO2	2	2	2	2	2	3	3	3	2	2	3	2	2	3
CO3	3	3	3	3	3	3	3	3	3	2	3	3	2	2
CO4	2	2	2	2	2	3	2	3	2	2	2	2	2	3
CO5	2	3	3	3	3	3	3	3	3	3	2	3	3	3



## MSCYHE 402 (22): THERAPEUTIC YOGA

#### **COURSE OBJECTIVES:**

- ★ To understand the integrated approach to yoga therapy.
- ▲ To gain knowledge on the concepts of health and disease.
- ▲ To know the knowledge on "how to identify health status.
- ▲ To attain the knowledge on different system disorders like respiratory, cardio vascular, endocrine, digestive etc., systems.
- ▲ To understand the knowledge of yogic management for different system disorders.

#### **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to understand the integrated approach to yoga therapy

**CO2:** By the end of the course, the student will be able to gain knowledge on the concepts of health and disease

**CO3:** By the end of the course, the student will be able to know the knowledge on "how to identify health status?"

**CO4:** By the end of the course, the student will be able to attain the knowledge on different system disorders like respiratory, cardio vascular, endocrine, digestive etc., systems.

**CO5:** By the end of the course, the student will be able to understand the knowledge of yogic management for different system disorders.

#### **UNIT 1: YOGA THERAPY**

History – Causes of Disease – Scope of Yoga Therapy – Special features of Yogic practices – Yogic anatomy – Yogic physiology – Yogic breathing – Vyuham yoga therapy – Pariksa in Yoga therapy.

#### **UNIT 2: YOGIC PRACTICE**

Management of the diseases through suitable yogic practices – Regulation of food intake – Yogic diet, Yama and Niyama, Shatkarma, Asanas, Pranayama, Meditation, Changes in lifestyle according to yogic scriptures.

#### UNIT 3: THERAPEUTIC APPLICATION OF YOGA (integrated approach of yoga)

Respiratory disorders: Allergic Rhinitis – Sinusitis – Bronchitis – Chronic obstructive pulmonary disease (COPD) – Asthma.

Cardiovascular disorder: High Blood Pressure - Diabetes mellitus –Angina pectoris (stable angina) – Myocardial infarction (MI) – Congestive Heart Failure (CHF).

#### **UNIT 4:**

Endocrine and Metabolic disorder: Thyroid problems – Hypothyroidism (under active) – Hyperthyroidism (over active) – Obesity.

Obstetrics and Gynecological disorders: Menstrual disorders – Menopause women disorders – Pregnancy – Pre and Post Natal Care -PCOS.

Gastro Intestinal disorder: Constipation.

#### **UNIT 5:**

Muscular Skeletal disorder: Back pain – Arthritis – Rheumatoid arthritis – Spondylosis.

Neurological disorders: Migraine – Epilepsy – Stroke.

Psychological disorders: Neurosis – Anxiety – Phobias – Depression – Psychosis.

#### **REFERENCE BOOKS:**

- 1) M. Mukunda Stiles 2009 Ayurvedic Yoga therapy
- 2) R. Nagaratna, H.R.Nagendra 2005 Sampurna Arogyaniki Samagra yoga Cikitsa
- 3) Svami Satyanamda Sarasvati 2012 Asana Pranayama Mudra and Bandha

CO- PO	PO 1	PO 2	PO 3	PO 4	<b>PO</b> 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14
CO1	3	3	2	3	3	3	3	3	2	3	3	3	3	2
CO2	3	3	3	3	2	3	2	3	3	2	3	3	2	2
CO3	3	3	3	2	3	3	3	3	2	35	3	3	3	3
CO4	3	3	2	3	2	3	3	3	3	2	2	2	2	3
CO5	3	3	3	2	3	3	3	3	2	3	3	3	1	3



## **MSCYHE 403 (22): COMMUNITY HEALTH AND NURSING**

#### **COURSE OBJECTIVES:**

- ★ To gain knowledge in community health care including maternal and child health
- ▲ To know about health and social services in India
- ▲ To attain knowledge in personal hygiene
- ▲ To gain knowledge about maternal and child health services.
- ▲ To gain knowledge in environmental health.

#### **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to gain knowledge in community health care including maternal and child health

**CO2:** By the end of the course, the student will be able to know about health and social services in India

**CO3:** By the end of the course, the student will be able to attain knowledge in personal hygiene

**CO4:** By the end of the course, the student will be able to gain knowledge about maternal and child health services.

**CO5:** By the end of the course, the student will be able to gain knowledge in environmental health.

#### UNIT 1

#### **Community health care**

Community health - Health care - Health for all -Primary health care - Elements -Principles -Role of nurses - Development of community health nursing in India - Principles of community health nursing - Functions of a community health nurse - Family health -Maternal and child health - Child care services - School health services - Scope of nursing outside the hospital - health assessment

#### Unit 2

#### Health and social services in India

The Bhore committee - The Mudaliar committee - The Chada committee - The Mukerji committee - Kartar Singh committee - National health policy 2002 - Health services organisation - National level - State health administration - Decentralised State administration - Rural health services - National planning - NITI AAYOG - Social welfare services - Special community health services - Industrial nursing - Supervision of health professional - Human sexuality

#### Unit 3

#### **Personal hygiene**

Definitions - Maintenance and promotion of health - Physical health -Mental health

Unit 4

#### Maternal and child health services

Historical review - Development of maternity services - Maternity cycle - Maternal health services - Pre natal care - Intranatal care - Post natal care - Neo natal care - Family planning services - Care of children - Infancy - Breast feeding - Artificial feeding - Supplementary feeding - Organisation of mother and child health services

Unit 5

#### **Environmental health**

#### Environment

**Water** - Impurities in water - Water related diseases - Hardness of water - Purification of water - Examination of water - Distribution of water

Air

Air pollution - Sources - Effects of air pollution - Prevention and control of Air pollution

Ventilation - natural and artificial

Noise

Refuse disposal - Excreta disposal - methods

#### Housing

Standards of housing - Housing and health - Mosquito - House fly - Sandfly - Rat pleas-Ticks - Rodents

#### **REFERENCE BOOKS:**

1) Park. K Community health nursing

CO- PO	PO 1	PO 2	РО 3	РО 4	РО 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	РО 14
CO1	3	3	3	3	2	3	3	3	3	3	3	2	3	
CO2	2	2	2	2	2	3	3	3	2	2	3	2	2	3
CO3	3	3	3	3	3	3	3	3	3	2	3	3	2	2
CO4	2	2	2	2	2	3	2	3	2	2	2	2	2	3
CO5	2	3	3	3	3	3	3	3	3	3	2	3	3	3

## MSCYHE 404 (A) (22): ELEMENTS OF SOCIAL AND PREVENTIVE MEDICINE

#### **COURSE OBJECTIVES:**

- ▲ To gain knowledge in concepts of diseases occurrence, disease cycle and concepts disease prevention and control
- ★ To understand immunity and vaccines
- ▲ To know the knowledge in screening of diseases and epidemiology.
- ▲ To gain knowledge in communicable and non communicable diseses.
- ▲ To know detailed knowledge about national health programs and policies

#### **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to gain knowledge in concepts of diseases occurrence, disease cycle and concepts disease prevention and control

**CO2:** By the end of the course, the student will be able to understand immunity and vaccines **CO3:** By the end of the course, the student will be able to know the knowledge in screening of diseases and epidemiology.

**CO4:** By the end of the course, the student will be able to gain knowledge in communicable and non communicable diseses.

**CO5:** By the end of the course, the student will be able to know detailed knowledge about national health programs and policies

#### Unit 1

#### Health and wellbeing

Human development index - Human poverty index - Standard of living - Concepts of disease occurrence - Theories of disease Causation - Natural history of disease - Disease cycle - Time distribution of disease - Ice berg phenomenon of disease - Concepts on disease prevention and control - Disease control - Surveillance and monitoring -, Isolation and quarantine

#### Unit 2

#### Vaccine, Immunization and Cold chain

Immunity-Active immunity - Passive immunity - Herd immunity - Vaccines and immunoglobins - Types of Vaccines - National Immunization schedule - Cold chain - description -Components

#### Unit 3

#### Screening of diseases and Epidemiology

Basic concepts in screening -Types and Methods of screening - Properties of screening test -Basic measures in Epidemiology -Morbidity - Mortality - Experimental epidemiology -Randomised control trials - Disease transmission - Carriers of a disease - Types of disease transmission - Vector borne - Biological – Pandemic.

#### Unit 4

#### Communicable and non - communicable diseases

#### Air borne infections

Small pox - Chicken pox - Measles - Rubella - Mumps - Influenza - Diphtheria - Pertussis - Meningitis - Tuberculosis

#### **Diarroheal and intestine infections**

Polio myelitis - Cholera - Typhoid - Worm infestations - Viral hepatitis - Food poisoning - Amoebiasis

#### Vector borne diseases

Malaria - Lymphatic filariasis - Dengue fever - Yellow fever

#### **Zoonotic infections**

Rabies - Kyasamur forest disease - Plague - Rickettsial zoonoses

#### **Skin infections**

Trachoma - Tetanus - Leprosy

Sexually transmitted diseases

AIDS - Endemic Treponematoses

#### Non-Communicable diseases

Coronary heart disease - Hyper tension - Obesity - Blindness - Cancers - Rheumatic fever -Stroke ( Apoplexy)

#### Unit 5

#### National health programs, policies and legislations

Revised national T B control program - National poleo elimination program - Reproductive and child health program - National program for control of blindness - AIDS control program - National vector borne disease control program - National rural health mission - National urban health mission

#### **REFERENCE BOOK:**

1) Vivek Jain Preventive and social medicine.

CO- PO	PO 1	PO 2	PO 3	РО 4	РО 5	PO 6	PO 7	PO 8	PO 9	PO 10	РО 11	PO 12	PO 13	РО 14
CO1	3	3	3	3	2	3	3	3	3	3	3	2	3	
CO2	2	2	2	2	2	3	3	3	2	2	3	2	2	3
CO3	3	3	3	3	3	3	3	3	3	2	3	3	2	2
CO4	2	2	2	2	2	3	2	3	2	2	2	2	2	3
CO5	2	3	3	3	3	3	3	3	3	3	2	3	3	3

## MSCYHE 404 (B) (22): WORLD PEACE PLANS

#### **COURSE OBJECTIVES:**

- ▲ To gain knowledge about plans to achieve world peace.
- ★ To understand economic reforms.
- ▲ To know about new life in future.
- ★ To know the benefits of world without war.
- ★ To understand the effects of atomic bomb used in second world war.

#### **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to gain knowledge about plans to achieve world peace.

CO2: By the end of the course, the student will be able to understand economic reforms.

CO3: By the end of the course, the student will be able to know about new life in future.

**CO4:** By the end of the course, the student will be able to know the benefits of world without war.

**CO5:** By the end of the course, the student will be able to understand the effects of atomic bomb used in second world war.

#### **UNIT 1 - RESEARCH**

Pleasure, pain, peace and Ecstasy - Knowledge development in five fields.

#### UNIT 2- PLAN

World Peace - Objective - Interim plan - Ultimate plan - Beginning of Implementation from children - Four big plans - One world government - Child care - All things are common properties - Work for all - Sharing of job - Man as property of society - Unnecessary gold - Affection between parent and child - Common cooking - Intuitional spiritual education - Seed for world peace.

Seven plan - World without war - World peace organization - Peace ambassador - Spiritual life through meditation - Reforms and economic life - Creative life in scientific way.

United Nations organization - Plans for world peace - Vethathiri Maharishi Speech in UNO.

#### **UNIT 3 - REFORMS**

Prosperity of India - Present Economic condition. Economic reforms - Social reforms - Useful Education system - Political Reforms - Good governance - Democracy.

#### **UNIT 4 - NEW LIFE IN FUTURE**

Food, clothing, shelter and life-partner - Needs of everyone - Marriage - Chastity - Work - Life without worry – Desire less life - Social Service - Uncontaminated society - Love and duties - Peaceful life - Creative and spiritual life - World welfare - World peace Prayer.

#### **UNIT 5 - ATOMIC POISON DRAMA**

Atomic bomb in Second World war - Effects of smoke, heat and radiation – Destruction of humanity – Enquiry with world leaders – Declaration of judgment.

#### **REFERENCE BOOKS:**

- 1) Vethathiri Maharishi, World Peace, Vethathiri Publications, Erode.
- 2) Vethathiri Maharishi, Blue Print for World Peace, Vethathiri Publications, Erode.
- 3) Vethathiri Maharishi, Prosperity of India, Vethathiri Publications, Erode.
- 4) Vethathiri Maharishi, Atomic Poison, Vethathiri Publications, Erode.

CO- PO	PO 1	PO 2	РО 3	РО 4	РО 5	PO 6	РО 7	PO 8	PO 9	PO 10	РО 11	PO 12	PO 13	PO 14
CO1	3	3	3	3	2	3	3	3	3	3	3	2	3	
CO2	2	2	2	2	2	3	3	3	2	2	3	2	2	3
CO3	3	3	3	3	3	3	3	3	3	2	3	3	2	2
CO4	2	2	2	2	2	3	2	3	2	2	2	2	2	3
CO5	2	3	3	3	3	3	3	3	3	3	2	3	3	3



## MSCYHE 405 (A) (22): ELEMENTS OF FITNESS AND STRESS MANAGEMENT

#### **COURSE OBJECTIVES:**

- ▲ To gain knowledge in fitness and wellness
- ▲ To acquire knowledge about stress, brain and stress and body and stress
- ▲ To understand impact of stress on women and children
- ▲ To gain knowledge stress and community health
- ★ To understand the methods of stress management

#### **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to gain knowledge in fitness and wellness

**CO2:** By the end of the course, the student will be able to acquire knowledge about stress, brain and stress and body and stress

**CO3:** By the end of the course, the student will be able to understand impact of stress on women and children

**CO4:** By the end of the course, the student will be able to gain knowledge stress and community health

**CO5:** By the end of the course, the student will be able to understand the methods of stress management

#### Unit 1

#### Fitness

Definition of fitness - Nature of fitness - Fitness and wellness - Fitness and health - Obstacles for fitness - Methods for promotion of fitness - Exercises, Yoga practice - Lifestyle management.

#### Unit 2

#### Stress

Definition - Types of stress - Causes of stress - Brain and stress - Body and stress - signs and symptoms of stress- Effects of stress on various systems of the body - Impact of stress on mental health disorders - Stress and mental illness

#### Unit 3

#### Impact of Stress on women and children

Impact of Stress during puberty-reproduction -pregnancy -labour - stress and post natal period - infertility - menopause- Effects of Stress on Brain development- Stress and child behaviour - Autism - Domestic violence- Chronic diseases

#### Unit 4

#### Stress and community health

Individual health - Family health - Social stress

#### Unit 5

#### Methods and strategies for Stress management

Health benefits of Stress management - Stress relief strategies - Physical relaxation - Mental relaxation - Stress management techniques - Coping strategies - Yoga intervention

#### **REFERENCE BOOKS:**

1) Udupa KN 1978 Stress and its management by Yoga.

CO- PO	PO 1	PO 2	РО 3	РО 4	РО 5	PO 6	<b>PO</b> 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	РО 14
C01	3	3	3	3	2	3	3	3	3	3	3	2	3	
CO2	2	2	2	2	2	3	3	3	2	2	3	2	2	3
CO3	3	3	3	3	53	3	3	3	3	2	3	3	2	2
CO4	2	2	2	2 8	2	3	2	3	2	2	2	2	2	3
CO5	2	3	3	3	3	3	3	3	3	3	2	3	3	3



## MSCYHE 405 (B) (22): PROBLEMS OF PUBLIC HEALTH

#### **COURSE OBJECTIVES:**

- ★ To know the concepts of health, disease and prevention
- ▲ To learn basic concepts about infectious diseases, communicable diseases and non communicable diseases.
- ▲ To know the causes of diseases, due to air endemic diseases.
- ▲ To understand the problems of health like growth of population, improper attention to personal health
- ★ To know about government health policies.

#### **COURSE OUTCOMES:**

**CO1**: By the end of the course, the student will be able to know the concepts of health, disease and prevention

**CO2:** By the end of the course, the student will be able to learn basic concepts about infectious diseases, communicable diseases and non communicable diseases.

**CO3:** By the end of the course, the student will be able to know the causes of diseases, due to air - endemic diseases.

**CO4:** By the end of the course, the student will be able to understand the problems of health like growth of population, improper attention to personal health

**CO5:** By the end of the course, the student will be able to know about government health policies.

#### **Unit 1: Concepts**

Historical aspects - Health - Disease and prevention - Vaccines - Immunization and Cold chain -Screening of diseases

#### **Unit 2: Epidemiology**

Basic concepts -infectious diseases - Commnicable diseases - Non Commnicable diseases

#### **Unit 3: Causes of diseases**

Food and water - Air - Endemic reasons - environmental pollution - Seasonal variations

#### **Unit 4: Problems of health**

Growth of population - Lack of family planning - Non availability of nutritious food - Lack of health education - Improper attention to personal health

Unit 5: Outlines of government health policy

#### **REFERENCE BOOK:**

1) Vivek Jain 2015 Community medicine.

CO- PO	PO 1	PO 2	РО 3	РО 4	РО 5	PO 6	РО 7	PO 8	PO 9	PO 10	РО 11	PO 12	РО 13	PO 14
CO1	3	3	3	3	2	3	3	3	3	3	3	2	3	
CO2	2	2	2	2	2	3	3	3	2	2	3	2	2	3
CO3	3	3	3	3	3	3	3	3	3	2	3	3	2	2
CO4	2	2	2	2	2	3	2	3	2	2	2	2	2	3
CO5	2	3	3	3	3	3	3	3	3	3	2	3	3	3



# MSCYHE 406 (22): METHODOLOGY OF TEACHING TRADITIONAL YOGA

#### **COURSE OBJECTIVES:**

- ▲ To conduct yoga classes and practice of yoga in different levels
- ▲ To use library and other resources at the end of the course.
- ▲ To know how plan to classroom environment and apply it
- ★ To should have techniques of mass instructions and planning of teaching yoga
- ▲ To know how to plan timetable for practice

#### **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to conduct yoga classes and practice of yoga in different levels.

**CO2:** By the end of the course, the student will be able to should have techniques of mass instructions and planning of teaching yoga.

**CO3:** By the end of the course, the student will be able to use library and other resources at the end of the course.

**CO4:** By the end of the course, the student will be able to should have techniques of mass instructions and planning of teaching yoga.

**CO5:** By the end of the course, the student will be able to To know how to plan timetable for practice

#### Unit 1:

Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training.Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group);

#### **Unit 2:**

Techniques of Individualized; Teaching Techniques of group teaching; Techniques of mass instructions; Organization of teaching (Time Management, Discipline etc.) Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Kriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan;

#### Unit – 3:

Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications.

#### Unit – 4:

**Yoga classroom:** Essential features, Area, Sitting arrangement in Yoga class etc; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching;

#### **Unit – 5:**

**Time table:** Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga.

#### **TEACHING PRACTICE – SKY YOGA**

Simplified physical exercises, Kayakalpa (all postures), Strengthen bio-magnetism, Meditation, Introspections practices

#### **TEACHING PRACTICE – TRADITIONAL YOGA**

Loosening the Joints, Suryanamaskar –12 poses, Asanas: Standing Postures, Sitting Postures, Prone Postures, Supine Postures, Balancing Postures, Mudra, Bandha, Kriya, Dhyana Practice Meditation, Relaxation

#### PRACTICAL RECORD BOOK

#### **REFERENCE BOOKS:**

- Yoga Education for Children, Swami SatyanandaSaraswati: Bihar Schools of Yoga, Munger, 1990.
- 2) A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya,SwamiSatyanandaSaraswati, Bihar Schools of Yoga, Munger, 2004.
- Teaching of yoga, Swami Omkaranamdagiri, A.P.H Publishing Corporation, New Delhi. 2016.
- 4) Teaching methods for Yogic practices, Dr. Gharote M L, Kaivalyadhama, Lonavala, 2007
- 5) Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Dr. Shri Krishna, Kaivalyadhama, Lonavala, 2009.

CO- PO	PO 1	PO 2	РО 3	РО 4	РО 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14
CO1	3	3	3	3	2	3	3	3	3	3	3	2	3	
CO2	2	2	2	2	2	3	3	3	2	2	3	2	2	3
CO3	3	3	3	3	3	3	3	3	3	2	3	3	2	2
CO4	2	2	2	2	2	3	2	3	2	2	2	2	2	3
CO5	2	3	3	3	3	3	3	3	3	3	2	3	3	3

## MSCYHE 407 (22): DISSERTATION

#### **COURSE OBJECTIVES:**

- ▲ To gain on problems of study, method of recording data and method of statistical analysis.
- ▲ To acquire knowledge details of medicals models adopted and methods adopted.
- ▲ To gain knowledge In methods of counseling adopted and details of observation.
- ★ To understand how the problem araised, how to cure with right technique.
- ★ To know about the conclusion and nature of the problem and solutions suggested.

#### **COURSE OUTCOMES:**

**CO1:** By the end of the course, the student will be able to gain on problems of study, method of recording data and method of statistical analysis

**CO2:** By the end of the course, the student will be able to acquire knowledge details of medicals models adopted and methods adopted.

**CO3:** By the end of the course, the student will be able to gain knowledge In methods of counseling adopted and details of observation

**CO4:** By the end of the course, the student will be able to understand how the problem arised, how to cure with right technique

**CO5:** By the end of the course, the student will be able to know about the conclusion and nature of the problem and solutions suggested

#### THE FOLLOWING PARTICULARS MUST INCLUDE

- $\star$  Area of study
- ★ Details of population
- ★ Problem/problems of study
- ★ Method of recording data
- ★ Methods of statistical analysis
- ★ Details of medical models adopted
- ★ Methods adopted palliative/curative
- ★ Methods of counseling adopted
- $\star$  Details of observation
- $\star$  Conclusion about the nature of problem
- ★ Solutions suggested

CO- PO	PO 1	PO 2	РО 3	РО 4	РО 5	PO 6	РО 7	PO 8	PO 9	PO 10	РО 11	PO 12	PO 13	PO 14
CO1	3	3	3	3	2	3	3	3	3	3	3	2	3	
CO2	2	2	2	2	2	3	3	3	2	2	3	2	2	3
CO3	3	3	3	3	3	3	3	3	3	2	3	3	2	2
CO4	2	2	2	2	2	3	2	3	2	2	2	2	2	3
CO5	2	3	3	3	3	3	3	3	3	3	2	3	3	3



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