



पाठ्यक्रम SYLLABUS

SCHEME OF EXAMINATION AND COURSES OF STUDY

FACULTY OF VEDIC STUDIES

Bachelor of Naturopathy & Yogic Science

B.Sc. Part-I, B.Sc. Part-II, B.Sc. Part-III

2009-10 से प्रभावी(w.e.f.)

सत्र 2013-14

महर्षि दयानन्द सरस्वती विश्वविद्यालय, अजमेर

NOTICE

1. Change in Statutes/Ordinances/Rules/Regulations/ Syllabus and Books may, from time to time, be made by amendment or remaking, and a candidate shall, except in so far as the University determines otherwise comply with any change that applies to years he has not completed at the time of change. The decision taken by the Academic Council shall be final.

सूचना

1. समय-समय पर संशोधन या पुनः निर्माण कर परिनियमों / अध्यादेशों / नियमों / विनियमों / पाठ्यक्रमों व पुस्तकों में परिवर्तन किया जा सकता है, तथा किसी भी परिवर्तन को छात्र को मानना होगा बशर्ते कि विश्वविद्यालय ने अन्यथा प्रकार से उनको छूट न दी हो और छात्र ने उस परिवर्तन के पूर्व वर्ष पाठ्यक्रम को पूरा न किया हो। विद्या परिषद द्वारा लिये गये निर्णय अन्तिम होंगे।

0.209 H Bachelor in Naturopathy & Yogic Science (B.Sc.)

1. A Candidate who after passing in the Senior Secondary examination (10+2) from Board of Secondary Education, Rajasthan, Ajmer or any examination recognized by this University as equivalent examination thereto has attended a regular course of the study in the University / affiliated College
2. The Examination shall consist of (I) Theory Paper (II) Practical including Project report and Residential Camp and Personality Assessment (III) practical training / Internship in yoga therapy.
3. The result of the examination shall be worked out on the basis of minimum 36% of the marks obtained and an aggregate of 40% minimum passing marks are required. The division of the successful candidates shall be worked out on the basis of the aggregate marks obtained in the Theory papers, Practical and personality Assessment and project report / presentation taken together as follows:
First Division - 60% and above
Second Division - 48% and above but less than 60%
All the rest i.e. - 36% and above but less than 48% will be declared to have passed the examination.
4. A candidate who fails in the compulsory paper at the examination shall be given chance to clear the same in the 3 years examination. A candidate who passes in Practical(s) shall be exempted from re-appearing in the same and marks obtained by him in Practical(s) shall be carried forward for working out his result and the student who fail in the practical exam shall be given one chance to clear the practical.
5. It is mandatory for a candidate to attend a minimum seven / ten days residential camp organized at any reputed Yoga centers or any branch of Swami Vivekanand Yoga Anusandhana Samsthana Bangalore during the course. In case on account of genuine reason one fails to attend the camp, his/her result will be withheld. However, he / she will be given one more chance to attend the camp with subsequent batch of the course concerned in three years.
6. A candidate who fails to take Yoga classes for general public as part of Practical experience on the scheduled date, his/her result will be withheld. However, his/her result will be declared if he/ she takes such classes and get evaluated by the Yoga teacher before the next session.
7. It is mandatory to complete a 150 hrs practical training/ Internship in Yoga Therapy at Yoga Sadhana Ashram, Jaipur / Govt. Yogic treatment-cum-research center, Jaipur/ or any branch of swami vivekaanand Yoga Anusandhana Samsthana, Bangalore e.g. Sah-Yog Anubhuti, New Delhi any reputed govt/ Yoga institute or in the university itself.

Note: All the rules are same with the MDS University for B.Sc. Ajmer.

SCHEME OF EXAMINATION

The number of paper and the maximum marks for each paper together with the minimum marks required for a candidate to pass in the theory part as well as the practical part of the a subject/paper, wherever prescribed, separately.

- Unit-III Upanishads.
A general survey of the life sketch teachings and techniques of founders of various spiritual masters (Vivekanand, Dayanand, Mahatma Ghandi, Ravindranath Tagore, Arvind, Tilak, Vinoba Bhawe. Introduction to modern Psychology, Education Psychology & School Psychology. Principles and practices of Yogic counseling methods & counseling.

II Paper - Concept of Dharma & Comparative Religious.

- Unit-I Dharma - Concept, Definition, Features, Part - I Epics (Ramayana, Mahabarat, Geeta) Importance of Dharma, Dharma and Science
Unit-II Part - II (Hindu Dharma), Ideals of Dharmas - (Guru Dharma, Pitra Dharma, Shishya Dharma, Matra Dharma, Mitra Dharma, Putra Dharma, Nari Dharma.)
Unit-III Comparative religions - Part - I Partially from comparative religions - Islam, Christianity. Part - II Partially from comparative religion other religions, Buddhism, Jainism, Sufism, Dharma according to ancient india - Vedic kal, Uttar vedic kal, Upanishad, Sutra kal

Th - III - ORIENTATION TO YOGA TEXTS.**I - Paper - Orientation Patanjali Yoga Sutra.**

Pantanjali Yoga Pradeepika text (Part-I) Sutra's 1 to 106 (Smadhi Pada & Sadhana Pada)

- Unit-I 1 to 63 Sutra's.
Unit-II 64 to 84 Sutra's.
Unit-III 85 to 106 Sutra's.

II Paper - Orientation Patanjali Yoga Sutra.

Pantanjali Yoga Pradeepika text (Part-II) Sutra's 107 to 196. (Vibhuti Pada & Kavalya Pada)

- Unit-I 107 to 161 Sutra's.
Unit-II 162 to 179 Sutra's.
Unit-III 180 to 196 Sutra's.

Books for Reference:

- 1) Essence of Yoga- Swami Sivananda, The Divine life Society.
- 2) Yoga Sadhana (Hindi & English), Swami Anandananda, Yog Sadhna Ashram, Bapu Nagar, Jaipur (Raj.)
- 3) Health & Yogasana - Swami Anandananda, Yog Sadhna Ashram, Bapu Nagar, Jaipur (Raj.)
- 4) Yoga - Vivekananda Kendra Prakashna, Madras.
- 5) Pranayama - Kala Aur Vigyan (Hindi), Dr. H.R. Nagendra, SVYP, Bangalore.
- 6) A Glimpse of Human Body - Dr. Shirley Telles.
- 7) Yoga for Common Alliments - Dr. H.R. Nagendra, R. Nagrathan & Robin Monoro, SVYP, Bangalore.
- 8) Yoga Way to Cure Disease, Swami Sivananda Saraswati.
- 9) Yogaic Chikatsa (Hindi) Swami Kuva.

- 10) Yogdipika (Hindi), B.K.S Iyengar, Orient Longman Pvt Ltd, New Delhi.
 - 11) Bhagwat Geeta, Narada Bhakti Sutra, Dsho Upnishad, (Hindi) Geeta Press, Gorakhpur.
 - 12) Patanjali Yogsutra (Hindi), Yoga publication Trust, Mungare, Bihar.
 - 13) Yoga for Bronchial Asthma, Dr. R. Nagrathana & Dr. H.R. Nagendra, SVYP, Bangalore-560 018.
 - 14) Yoga for Arthritis, Dr. R. Nagrathana & Dr. H.R. Nagendra, SVYP, Bangalore-560 018.
 - 15) Yoga For Hyper Tension & Heart Disease, Dr. R. Nagrathana & Dr. H.R. Nagendra, SVYP, Bangalore-560 018.
 - 16) Yoga For Pregnancy, Dr. R. Nagrathana, Dr. H.R. Nagendra & Dr. Shamantakamani - Narendran, SVYP, Bangalore- 560 018
 - 17) Yoga for Diabetic, Dr. H.S. Shrikanta, Dr. R. Nagrathana & Dr. H.R. Nagendra, SVYP, Bangalore-560 018.
 - 18) Science of Holistic Living, Vivekanand Kendra Prakashan, Chennai.
 - 19) Mukti ke Chaar Sopaan, Swami Styanand Saraswati, Mungare, Bihar.
- *For other References: Refer to SVYP, Bangalore-560 018.

**Practical
B.Sc. Part - II**

		Min. Pass Marks
I Paper	100 Marks	36
1. Advance Asana		20
2. Advance Kriyas (danda, vastra, nauli, and purna shankha prakshalana)		20
3. Pranayama - II		20
4. Cyclic Meditation		20
5. Yoga Game - II		20
II Paper (Therapy Part)	100 Marks	
1. IAYT for promotion of positive health (Basic Set) (Karma Yoga II - Min. 20 classes)		50
2. IAYT for common ailments. (Special Technique)		50
III Paper	100 Marks	
1. Teaching Techniques for disease (Report writing & Presentation)		50
2. Report Writing & Presentation (Topic given by faculty)		(25+25)

B.Sc. - Pt. III**TH. I - CONCIOUSNESS AND YOGA RESEARCH****Scheme:**

3Hrs duration	Max pass marks	Min pass marks
	100	36

Note: Each theory paper is divided into three independent Units. The ques-

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tions paper will be divided into three parts, Part-A, Part-B and Part-C. Part A (20 marks) is compulsory and contains 10 questions at least three questions from each unit. Each question is of two marks (20 words). Part - B (20 marks) is compulsory and will contains five questions at least one from each unit. Candidate is required to attempt all five questions. Each question is of four marks (50 words). Part - C (60 marks) contains six questions two from each unit. Candidate is required to attempt four questions one from each unit. Each question is of fifteen marks (400 words).

I Paper - Brain - Neuro -Physiology and Consciousness.

Unit - I The nervous system, the voluntary and involuntary NS. Sympathetic and the parasympathetic NS, their Functions under stress

Unit - II Brain anatomy and physiology, the left and the right brain, cognition, IQ, memory, emotions, creativities functions.

Unit - III The three state of consciousness and brain function, Patro- logical states-coma, creativities functions. Super conscious states, Samadhi and brain, Yoga and brain.

II paper - Research Methodology

Unit - I Need for research in Yoga and Yoga therapy. Research Methods Exploratory studies, Pilot studies, open ended.

Unit - II Prospective studies, control studies, Randomized studies, double blind Studies.

Unit - III Measurement, Parameters, Errors and Error analysis. Report preparation and presentation, Dissertation, data acquisition, analysis Statistics, Presentation format

TH.- II. - Naturopathy and Stress Management**I - Paper - Basis of Naturopathy**

Unit-I History of Naturopathy, Health and Nature Cure, Five elements - Space, Air, Sun, Water, Earth. Foreign Matters - Definition, origin, effects on body, Acute and chronic. Disease -

Unit-II Definition and Clinical features, Eating habit, Raw eating - method and importance. Aims and Basic Principles of Disease Prevention, Development of Physical, Mental and spiritual health

Unit-III Community sanitation and hygiene water supply, Environment, Health lows for food Dincharya and Ritu Charya, Health destroying habits, Pan, Smoking, Tea, Coffee, Drinks.

Paper - II STRESS MANAGEMENT

Unit - I Basic challenge of stress and Yoga, Concept of stress, Eustress and Distress, Physiology of stress. Stress induced problems and management, Concept of stress and its management in Yoga

Unit - II Stimulation- Relaxation combine- the core. Recognition is half the solution. Stress levels, Stimulations the pointers of awareness,

Depth of perception and expansion of awareness.

Unit - III Working through the group, progress in tune with Nature, A holistic life style for the effective stress Management.

TH - III - Nature cure Methods & Practice**Paper - I**

Unit-I Hydrotherapy - Physical Properties of water, Principles of Hydrotherapy Physiological effects of water application on skin respiration, digestion, Action and Reaction,

Unit-II The Technique of Hydrotherapy water drinking, Effusions. Irrigation at rose, Stomach Clone and rectum, Pack- chest, Trunk, Patric, T-packs leg, local, full wet sheet pack, Hip bath, Spiral Bath, Sitz Bath, footbath, vabour baths, steam bath.

Unit-III Mud Therapy - Type of mud, collection and properties of mud, General and local mud applications, the Physiological and pathological effects and contraindications.

Paper - II- Nature cure Methods & Practice

Unit-I Chromo therapy - Types of Colors- Primary & Secondary, chromo philosophy, Chromo hygiene, limitations of chromo therapy, physiological use of colors, limitations of chromo therapy.

Unit-II Fasting- Definition, Difference Between fasting and Starvation, Type of fast, short fast, intermittent fast, long fast. physiological effects of fasts, how to start fast, how to continue and how to break fast, methods of fasting- water, Juice, saline, fruit, partial fast mono diet fast. Nutrition and Dietetics - classification of food and drinks, deficiency diseases, artificial food and their ill effects, acidic and alkaline food, digestion, absorption and assimilation

Unit-III Value of food in raw state, germinated form and cooked form customs and manners of eating, combination of food, Nutrition and its importance, Balanced diet. Theory of massage, Therapeutic use of massage, Physiological effect massage- Upon skin, muscular System, circulatory System, Digestive system and nervous system, massage manipulations: Hacking stroking, percussion, petrispanage, friction, tapotment, vibration and shaking .

Books for Reference:-

1. Essence of Yoga- Swami Sivananda, The Divine life Society.
2. Yoga- Vivekananda Kendra Prakashna, Madras.
3. New Perspective in Stress Management- Dr.H.R.Nagendra, SVYP, Bangalore.
4. Yog Darshana(Hindi)-Geeta Press, Gorakhpur.
5. Research Methods, Dr.H.R.Nagendra & Shirley Telles, Vivekanand Kendra Yoga Prakashan, Bangalore.
6. Culture and Tradition of North East India, Vivekanand

Kendra, Kanyakumari.

7. Sure Way to Self Realization, Swami Styanand Saraswati, yoga publication Trust, Mungare, Bihar
8. Meditation from the Tantras, Swami Styanand Saraswati, yoga publication Trust Mungare, Bihar.
9. New perspective in Stress Management, VKYP, Bangalore.
10. Geeta Tatav Chintan, Swami Atmanand, Lokbharti Prakashna, Allahabad.
11. Vivekanand Sahitya, Vol: 1 to 10, Adwat Ashram, Calcutta.

*For other References: Refer to SVYP, Bangalore-560 018.

Practical

B.Sc. Part – III

		Min. Pass marks
I Paper	100 Marks	36

I- Paper

Various Diseases and their naturopathic treatment.

Constipation, Asthma, Insomnia, Blood pressure, (High slow) Obesity, Diabetes, stress, cervical and lumbar spondylosis, Jaundice, cold, fever, epistaxis.

Packs - Chest packs, Trunk packs, Patric packs, T.packs, Leg packs, Local packs, full wet sheet packs

Baths - Hip, spinal, sitz, foot bath, vapour bath. Steam bath and mud therapy & Report writing.

II Paper	100 Marks	
Part – I Personality Assessment		50

1. General behavior
2. Regularity and Punctuality in the class.
3. Character
4. Emotional stability / Maturity
5. Healthy habits and transformation
(Internal)

Part – II	50
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**Practical experience in Hospital for Naturopathy.
(Residential camp 10 to 15 days)**

III - Paper	100 Marks	
Part - I Clinical Project works		50

(Case study & Parameters of
Min. 8 to 10 Cases)

Part – II Presentation	50
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Classification of successful candidate shall be as follows:

First Division 60% of the aggregate marks prescribes at (a) Part-I Examination,

Second Division 48% Examination, (b) Part II (c) Part III Examination, taken together.

All the rest shall be declared to have passed the examination, if they obtain the minimum pass marks in each subject Viz.36% and an aggregate of 40% in total no division shall be awarded at the part I and II Examination.

			Pass Marks	
1.	General Hindi	3 hrs.	100	36
	OR			
2.	General English	3 hrs.	100	36
	Or (a) Elementary Hindi (In lieu of G. Hindi)			
	Or (a) History of Indian Civilization (In lieu of G. Hindi)			
	Section B English			
3.	Elementary Computer Theory	3 hrs.	100	36
	Application			
4.	Environmental Studies Theory	3 hrs.	100	36

Note:-

1. The Marks secured in paper of Gen. Hindi or Gen. English and Computer Application shall not be counted in awarding the division to a candidate. The candidate has to clear compulsory paper in three chance.
2. Non appearing or absent in the examination of compulsory paper will be Counted a chance.

All the subjects are compulsory for B.Sc. (Nath.&Yoga) students.

B.Sc.-Pt-I

Name of the subject :-	No. of paper	Duration	Max. Marks	Min. Pass Marks
(Basic Principle of Yoga- And its relevant)	Paper - I	3 hrs.	100	36
	Paper - II	3 hrs.	100	36
Practical	Paper - I		100	36
Human Biology	Paper - I	3 hrs.	100	36
	Paper - II	3 hrs.	100	36
Practical	Paper - II		100	36
Indian Epics	Paper - I	3 hrs.	100	36
	Paper - II	3 hrs.	100	36
Practical	Paper - III		100	36

B.Sc.-Pt-II

Basic Principles of therapy	Paper - I	3 hrs.	100	36
	Paper - II	3 hrs.	100	36
Practical	Paper - I		100	36
Yoga & spirituality	Paper - I	3 hrs.	100	36

	Paper - I	3 hrs.	100	36
Practical	Paper - II		100	36
Orientation to Yoga text	Paper - I	3 hrs.	100	36
	Paper - II	3 hrs.	100	36
Practical	Paper - III		100	36
B.Sc.-Pt-III				
(Consciousness and- Yoga research)	Paper - I	3 hrs.	100	36
	Paper - II	3 hrs.	100	36
Practical	Paper - I		100	36
Naturopathy and Stress management	Paper - I	3 hrs.	100	36
	Paper - II	3 hrs.	100	36
Practical	Paper - II		100	36
Nature cure methods & Practice	Paper - I	3 hrs.	100	36
	Paper - II	3 hrs.	100	36
Practical	Paper - III		100	36

COMPULSORY PAPER

1. सामान्य हिन्दी

समय 3 घंटे

उत्तीर्णांक : 36

पूर्णांक : 100

निर्देश: इस प्रश्न-पत्र के प्राप्तांक श्रेणी निर्धारण में सम्मिलित नहीं किये जायेंगे।

अंक योजना-

(अ भाग)

गद्य एवं पद्य संकलन की विविध विधाएँ क्रमशः (25 + 25 = 50 अंक)

1. एक प्रश्न व्याख्याओं से संबंधित क्रमशः (10 + 10 = 20 अंक)

2. दो परिचयात्मक प्रश्न पाठ्य पुस्तकों से (15 + 15 = 30 अंक)

(ब भाग)

1. शब्द शुद्धि -5 अंक

2. वाक्य शुद्धि -5 अंक

3. पारिभाषिक शब्दावली (अंग्रेजी शब्दों के हिन्दी समानार्थक शब्द) -5 अंक

4. संक्षेपण -5 अंक

5. पल्लवन -5 अंक

6. वाक्यांश के लिए सार्थक शब्द -5 अंक

7. प्रारूप -5 अंक

8. शब्द युग्म: अर्थ-भेद -5 अंक

9. निबन्ध -10 अंक

गद्य-संकलन

1. ग्रामोत्थान- नानाजी देशमुख, दीनदयाल शोध संस्थान चित्रकूट

2. पर्यावरण और सनातन दृष्टि छगन मेहता, संक्रान्ति और सनातनता, संकलन से वागदेवी प्रकाशन बीकानेर

3. ठिठुरता हुआ गणतंत्र (व्यंग्य)- हरिशंकर परसाई, तिरछी रेखाएँ, वाणी प्रकाशन दिल्ली
4. लछमा (रेखाचित्र) महादेवी वर्मा, अतीत के चल चित्र वाणी प्रकाशन, नई दिल्ली
5. अग्नि की उड़ान (परिच्छेद 16) ए.पी.जे.अब्दुल कलाम प्रभात प्रकाशन, नई दिल्ली
6. भेड़ाघाट: मार्बल रॉक्स और धुआँधार - अमृत लाल बेगड़ अमृतस्य नर्मदा ग्रंथ, मध्यप्रदेश अकादमी, भोपाल, मध्यप्रदेश
7. आवाज का नीलाम (एकांकी) धर्मवीर भारती गद्य-प्रभा-डॉ. नवल किशोर पंचशील प्रकाशन, जयपुर
8. सावचेती विजयदान देथा, आउटलुक पत्रिका 03.10.2005
9. हिन्दी भाषा और उसकी विरासत - डॉ विद्यानिवास मिश्र, हिन्दी साहित्य का पुनरावलोकन विद्या निवास मिश्र, प्रभा प्रकाशन, दिल्ली
10. सुसंग-कुसंग-सीताराम महर्षि, कृष्ण कुटीर, रतनगढ़, चुरू (राज.)
11. ये हैं प्रोफेसर शशांक-डॉ. विष्णुकान्त शास्त्री - 'स्मरण को पाथेय बनने दो संग्रह, लोक भारती, इलाहाबाद (उ. प्र.)
12. तुलसी के काव्य में 'कुराज' और 'सुराज'- प्रो. सूर्य प्रसाद दीक्षित साहित्यिक डी 54, निराला, नगर लखनऊ (उ. प्र.)

पद्य - संकलन

1. गंगावतरण, भारतेन्दु हरिश्चन्द्र 'भारतेन्दु समग्र' संपादक, हेमंत भार्मा हिन्दी प्रकाशन संस्थान, वाराणसी (उ. प्र.)
2. गोवर्धन धारण, हरिऔध 'प्रिय प्रवास' महाकाव्य हिन्दी साहित्य कुटीर, वाराणसी (उ. प्र.)
3. भारत वन्दना मैथिलीशरण गुप्त 'मंगल-घट' काव्य ग्रंथ साहित्य (नीलाम्बर परिधान) सदन चिरगाँव, झाँसी (उ. प्र.)
4. समर शेष है रामधारी सिंह दिनकर 'परशुराम की प्रतीक्षा' ग्रंथ से, राजपाल एण्ड संस, दिल्ली
5. वीरों का कैसा हो बसन्त, सुभद्रा कुमारी चौहान 'सुभद्रा कुमारी चौहान' सम्पादक: सुधा चौहान साहित्य अकादमी, नई दिल्ली
6. चल पड़े जिधर दो डग, सोहन लाल द्विवेदी 'राष्ट्रीय गीत संग्रह' साहित्य अकादमी, नई दिल्ली
7. श्रम दयाकृष्ण विजय 'श्रम-धरा' अर्चना प्रकाशन, अजमेर
8. भारती की साधना इन्दुशेखर तत्पुरुष 'हमारा दृष्टि कोण स्मारिका' 70/75 मानसरोवर जयपुर (राज.)

1. GENERAL ENGLISH

Duration : 3

Min.Pass Marks 36

M.M. 100

Objectives : This Is Essentially a Language Based Course. It aims at making students read English prose with a view to enlarging their comprehension of the language and encouraging them to develop reading habits. It also aims at giving them basic skills in grammar widening their vocabulary and teaching them to write simple and correct English.

1. Comprehension and vocabulary

- A. Question based on content from the prescribed text

10

- B. Question based on a passage from the prescribed text to test the candidate's comprehension and vocabulary 20
- C. Question based on an unseen passage to test the candidate's comprehension and vocabulary 10
(there will be text of essays and short stories between 100 and 120 pages in length. The text book prescribed is " Language Through Literature" (OUP, NEW DELHI)
2. Composition
 - A. Letter/application writing 10 marks
 - B. Paragraph writing/ precis writing 10 marks
 - C. Report writing 10 marks
3. Translation
 - A. Elements of a sentence 2 marks
 - B. Transformation of sentence 6 marks
 - C. Modals 2 marks
 - D. Tense usage 2 marks
 - E. Determiners 2 marks
 - F. Common errors in English 2 marks
 - G. Phrasal verbs 4 marks

Phrasal verbs

Break	: Break away, Break down, Break off, Break up
Bring	: Bring about, Bring in, Bring up, Bring down
Come	: Come by, Come across, Come upon
Carry	: Carry out, Carry on, Carry off, Carry over
Call	: Call on, Call off, Call at
Get	: Get Along, Get Away, Get By, Get Through, Get Over
Give	: Give up, Give away, Give in
Hard	: Hard up, Hard of hearing, Hard nut to crack, Hard to please
Look	: look after, look in to, look forward to, look upto
Put	: put out, put off, put up, put up with
Run	: run after, run down, run over, run out of
Take	: take after, take up, take to

Books recommended

1. 'A.J. Thomson and A.V. Martinet : A Practical English Grammar (Oxford Paper Back)
2. S.Pit Corder : Intermediate English Practice Book (Orient Longman)
3. Bhaskaran and Hordburgh : Strengthen Your English (OUP 1973)
4. T.I.h. Smith - Pearce : The English Errors Of Indian Students (OUP)
5. I.K. Sharma and V.D. Singh : A Practical Course of English (Ramesh Book Depot, Jaipur)

1. प्रारम्भिक हिन्दी (ELEMENTARY HINDI)

(सामान्य हिन्दी के स्थान पर केवल अहिन्दी भाषी क्षेत्रों से आए हुए विद्यार्थियों के लिए)
उत्तीर्णांक: 36 अवधि 3 घण्टे पूर्णांक : 100

अंकों का विभाजन-

- | | |
|---------------------------------|--------|
| 1. पुस्तकों पर आधारित | 50 अंक |
| 2. व्याकरण से संबंधित | 20 अंक |
| 3. रचना से संबंधित | |
| क. लोकोक्तियों तथा मुहावरों आदि | 10 अंक |
| ख. पत्र लेखन अथवा निबंध | 20 अंक |

पाठ्यक्रम :

1. अध्ययनार्थ पाठ्य पुस्तकें : क. निबंध-संग्रह , ख. कहानी संग्रह
2. व्याकरण : शब्द विचार, वाक्य विन्यास, वाक्य खण्ड, पद-क्रम का ज्ञान तथा इसमें होने वाली सामान्य त्रुटियों का ज्ञान।
3. रचना :
 - क. मुहावरों तथा लोकोक्तियों का प्रयोग, काव्य में समान दिखाने वाले शब्दों का अर्थ-भेद और उनका वाक्यों में प्रयोग
 - ख. पत्र लेखन, अथवा सरल निबन्ध।

पाठ्य पुस्तकें :

क. निबन्ध संग्रह

सुगम हिन्दी गद्य (सम्पादक) सूरज भान, राजपाल एण्ड सन्स, दिल्ली

ख. गल्पदशिका 2, 7 एवं 8 गाठों को छोड़कर

सं. एम. एल. गर्ग एवं कमला भटनाकर, कालेज बुक डिपो, जयपुर

ग. व्याकरण एवं रचना-

सुबोध व्याकरण एवं रचना- सं. श्री व्यथित हृदय संशोधन कर्ता- डॉ. अम्बाप्रसाद सुमन, श्री राम मेहरा एण्ड कम्पनी, आगरा।

OR

HISTORY OF INDIAN CIVILISATION

(in lieu of compulsory subject of General Hindi and Foreign Students)

Scheme of Examination

Min. Pass Marks 36 Duration: 3 hrs M.M. 100

There will be following three parts in the question paper of this subject.

Part A Marks – 20

Note : Part A will contain 10 question in all. candidate are required to attempt all question in 20 words each. All questions carry equal marks.

Part B Marks – 20

Part B will contain 05 question having one internal choice.

Candidate are required to attempt five questions 50 words each. All

questions carry equal marks.

Part C

Marks – 60

Part C will contain 05 questions in all. Candidate are required to attempt 03 questions in 400 words each. All questions carry equal marks.

HISTORY OF INDIAN CIVILISATION

Part 'A'

Outline of Historical Development : Indus Valley and the Aryans. Rise of Territorial States, Rise of Empires-Mauryas, Gupta, Kushan & Vardhana.

Part 'B'

Emergence and Impact of Islam, the Rajput and Akbar. The British Impact. The National Movement Tilak, Gandhi and Nehru.

Part 'C'

Social Life and Cultural Heritage : Family, Caste, Education, Buddhism and Jainism, Bhakti Movement, Literary and Art Heritage. Epics, Kalidas. Tulsidas, Tagore, Sanchi Ajanta Temple Architecture, Mughal Architecture Rajput and Mughal Painting.

2. ELEMENTARY COMPUTER APPLICATIONS

Paper	Exam Hours	Marks	
		Max	Min
Theory	3	100	36

Theory Examination paper will be as follows:

Duration 3 hours, maximum marks 100, consisting of 100 objective type questions of 1 marks each.

Syllabus

1. Introduction to Information Technology, evolution and generation of computers, type of computers, micro, mini, mainframe and super computer. Architecture of a computer system: CPU, ALU, Memory (RAM, ROM families) cache memory, input/output devices, pointing devices.
2. Number system (binary, octal, decimal and hexadecimal) and their inter-conversions, character codes (ASCII, EBCDIC and Unicode). Logic gates, Boolean Algebra, machine, assembly and high level language including 3GL and 4GL.
3. Concept of Operating system, need and types of operating systems, batch, single user, multi-processing, distributed and time-shared operating systems. Process and memory management concepts. Introduction to Unix, Linux, Windows, Windows NT systems and their simple commands.
4. Internet: Concepts, email services, world wide web, web browsers, search engines, simple programs in HTML, type of HTML documents, document structure element, type and character formation, tables, frames and forms.
5. Word processing packages, standard features like tool bar, word wrap, text formatting, paragraph formatting, effect to text, mail-merge.
6. Presentation Packages: Slide creation, slide shows, adding graphics,

formatting, customizing and printing.

7. Computer Networking: Type of networks, LAN, MAN and WAN concept of technology, bridges and routers, gateways and modems, ISDN and leased lines, teleconferencing and videconferencing.
8. Multimedia technology: Introduction, framework for multimedia devices, image compression standards, JPEG, MPEG and MIDI formats.
9. Database Management Systems: Data, field and records, information database, creation of a database file, insertion, deletion and updating of records, modifying structure, editing and browsing of records, searching, sorting and indexing of records, retrieving of records and report generation. Data processing in government organizations.
10. E-commerce: Concept of e-commerce, benefits and growth of e-commerce, security considerations and hazards of virus and other security risks, anti-virus software, electronic payment system.

Laboratory:

The laboratory exercises will be designed to help in the understanding of concepts of computer and the utilization in the areas outlined in the theory syllabus. The emphasis should be on practical usage rather than on theoretical concepts only. In addition, MS-Office package is to be practiced in the lab.

3.COMPULSORY PAPER OF ENVIRONMENTAL STUDIES

Compulsory in 1 year for all streams at undergraduate level

Scheme of examination

Time 3 hrs	Pass Marks 36	Max. Marks 100
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Theory

Theory paper will contain nine questions. The students are required to attempt five question in all including question no. 1 which will be compulsory.

Q1 short answer type. Ten question of two marks each (compulsory)

10×2 = 20 marks

Q2 to Q9 essay type question of 20 marks each (attempt any four)

The students are required to visit some field or sites mentioned in the syllabus under the guidance of a teacher. The teacher shall certify that the student have visited the site and should further inform their respective principal in writing regarding the same.

Note:

1. The marks secured in this paper shall not be counted in awarding the division to a candidate.
2. The candidate have to clear compulsory paper in three chances
3. Non appearing or absent in the examination of compulsory paper will be counted a chance.

CORE MODULE SYLLABUS FOR ENVIRONMENTAL STUDIES FOR UNDERGRADUATE COURSES OF ALL BRANCHES OF HIGHER EDUCATION

Unit 1: The Multidisciplinary nature of environmental studies

Definition, scope and importance

Need for public awareness.

Unit 2: Natural Resources:

Renewable and non-renewable resources:

- Natural resources and associated problems.
- a) Forest resources: Use and over-exploitation, deforestation, case studies. Timber extraction, mining, dams and their effects on forests and tribal people.
- b) Water resources: Use and over-utilization of surface and groundwater, floods, drought, conflicts over water, dams-benefits and problems.
- c) Mineral resources: Use and exploitation, environmental effects of extracting and using mineral resources, case studies.
- d) Food resources: World food problems, changes caused by agriculture and overgrazing, effects of modern agriculture, fertilizer-pesticide problems, water logging, salinity, case studies.
- e) Energy resources: Growing energy needs, renewable and nonrenewable energy sources, use of alternate energy sources. Case studies.
- f) Land resources: Land as a resource, Land degradation, man induced Landslides, soil erosion and desertification.
- Role of an individual in conservation of natural resources.
- Equitable use of resources for sustainable lifestyles.

Unit 3: Ecosystems

- Concept of an ecosystem.
- Structure and function of an ecosystem.
- Producers, consumers and decomposers.
- Energy flow in the ecosystem
- Ecological succession
- Food chains, food webs and ecological pyramids
- Introduction, types, characteristic features, structure and function of the following ecosystem:
- a. Forest ecosystem
- b. Grassland ecosystem
- c. Desert ecosystem
- d. Aquatic ecosystems (ponds, streams, lakes, rivers, oceans, estuaries)

Unit 4: Biodiversity and its conservation

- Introduction – Definition: genetic, species and ecosystem diversity.
- Biogeographical classification of India
- Value of biodiversity: consumptive use, productive use, social, ethical, aesthetic and option values
- Biodiversity at global, National and local levels.
- India as a mega-diversity nation
- Hot-spots of biodiversity.

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- Threats to biodiversity: habitat loss, poaching of wildlife, man-wildlife conflicts
- Endangered and endemic species of India
- Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity.

Unit 5: Environmental Pollution

Definition

- Causes, effects and control measures of:-
 - a. Air pollution
 - b. Water pollution
 - c. Soil pollution
 - d. Marine pollution
 - e. Noise pollution
 - f. Thermal pollution
 - g. Nuclear hazards
- Solid waste Management: Causes, effects and control measures of urban and industrial wastes.
- Role of an individual in prevention of pollution
- Pollution case studies.
- Disaster management: floods, earthquake, cyclone and landslides.

Unit 6: Social Issues and the Environment

- From Unsustainable to Sustainable development
- Urban problems related to energy
- Water conservation, rain water harvesting, watershed management
- Resettlement and rehabilitation of people; its problems and concerns. Case Studies.
- Environmental ethics: Issues and possible solutions.
- Climate change, global warming, acid rain, ozone layer depletion, nuclear accidents and holocaust. Case studies.
- Wasteland reclamation.
- Consumerism and waste products.
- Environmental Protection Act.
- Air (Prevention and Control of Pollution) Act.
- Water (Prevention and Control of Pollution) Act.
- Wildlife Protection Act.
- Forest Conservation Act.
- Issues involved in enforcement of environmental legislation.
- Public Awareness.

Unit 7: Human Population and the Environment

- Population growth, variation among nations.
- Population explosion- Family Welfare Programme.
- Environment and Human health.
- Human Rights.
- Value Education.

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- HIV/AIDS.
- Women and Child Welfare.
- Role of Information Technology in Environment and human health.
- Case Studies.

Unit 8: Field Work

- Visit to a local area to document environmental assets- river / forest / grasslands / hill/ mountain.
- Visit to local polluted site- Urban /Rural / Industrial /Agricultural.
- Study of common plants, insects, birds.
- Study of simple ecosystems- pond, river, hill slope, etc.

स्नातक अनिवार्य विषय : पर्यावरण विज्ञान

इकाई प्रथम

पर्यावरण अध्ययन की बहुआयामी प्रकृति, परिभाषा एवं महत्व जन जागृति की आवश्यकता

इकाई द्वितीय : प्राकृतिक संसाधन

नवीनीकरण एवं अनवीनीकरण संसाधन : प्राकृतिक संसाधन एवं उससे संबंधित समस्याएं

1. वन संसाधन : उपयोग एवं अतिशोषण, वनोन्मूलन केस अध्ययन, टिम्बर निष्कर्षण, खनन एवं उनके वनों एवं जनजातियों पर प्रभाव
2. जलसंसाधन : सतही एवं भूजल का उपयोग एवं अतिउपभोग, बाढ़, सूखा, जल विवाद, बांधों की समस्याएं एवं लाभ
3. खनिज संसाधन : उपयोग एवं अतिशोषण, खनिज संसाधन के उपयोग एवं निष्कर्ष के पर्यावरणीय प्रभाव, केस अध्ययन
4. खाद्य संसाधन : विश्व खाद्य समस्याएं कृषि एवं अतिचारण के कारण होने वाले परिवर्तन, आधुनिक कृषि के प्रभाव, उर्वरक एवं पीड़कनाशक जनित समस्याएं, जलाक्रान्ति, लवणीयता, केस अध्ययन।
5. ऊर्जा संसाधन : बढ़ती हुई ऊर्जा आवश्यकताएं, नवीनीकरण एवं अनवीनीकरण ऊर्जा संसाधन, ऊर्जा संसाधनों का वैकल्पिक उपयोग केस अध्ययन।
6. भूसंसाधन : भूमि एक संसाधन, भूअपघटन, मानवजनित भूस्खलन मृदा अपरदन एवं मरुस्थलीकरण, प्राकृतिक संसाधनों के संरक्षण में व्यक्तिगत भूमिका सतत जीवनचर्या के लिए संसाधनों का उपयुक्त उपयोग।

इकाई तृतीय : पारिस्थितिकी तंत्र

- पारिस्थितिकी तंत्र की अवधारणा
- पारिस्थितिकी तंत्र की संरचना एवं कार्यप्रणाली
- उत्पादक, उपभोक्ता, अपघटक
- पारिस्थितिकी तंत्र में ऊर्जा प्रवाह
- पारिस्थितिकी अनुक्रमण
- खाद्य श्रृंखला, खाद्यजाल एवं पारिस्थितिकी स्तूप
- परिचय, प्रकार, विशेषताएं, गुण, संरचना एवं कार्यप्रणाली

अ) वन पारिस्थितिकी तंत्र

ब) घास के मैदान पारिस्थितिकी तंत्र

स. मरुस्थल पारिस्थितिकी तंत्र

द. जलीय पारिस्थितिकी तंत्र (तालाब, धारा, झील, नदियां, समुद्र)

इकाई चतुर्थ : जैव विविधता एवं संरक्षण

- परिचय - परिभाषा : जीनीय, प्रजातीय एवं पारिस्थितिकी विविधता
- भारत का जैवभौगोलिक वर्गीकरण
- जैवविविधता का महत्व, उपभोगीय उपयोगिता, उत्पादकीय उपयोगिता, सामाजिक, नैतिक सौन्दर्य बोध एवं नैकल्पिक मूल्य
- वैश्विक, राष्ट्रीय एवं स्थानिक स्तर पर जैव विविधता
- भारत : एक मैगाविविधता राष्ट्र
- जैवविविधता के तप्तस्थल
- जैवविविधता के खतरे : आवासक्षय, वन्यप्राणियों का शिकार, मानव-वन्यप्राणियों के बीच विरोधाभास
- भारत की विलुप्तप्राय एवं स्थानिक प्रजातियां
- जैव विविधता का संरक्षण : स्व स्थानीय एवं पूर्व स्थानी संरक्षण

इकाई पंचम : पर्यावरणीय प्रदूषण

- परिभाषा, कारण, प्रभाव एवं नियंत्रण उपाय
- a) वायु प्रदूषण b) जल प्रदूषण c) मृदा प्रदूषण
- d) समुद्री प्रदूषण e) ध्वनि प्रदूषण f) तापीय प्रदूषण
- g) नाभीकीय खतरे
- ठोस अपशिष्ट प्रबंधन : शहरी एवं औद्योगिक अपशिष्ट के कारण प्रभाव एवं नियंत्रण उपाय
- प्रदूषण निवारण में व्यक्तिगत भूमिका
- प्रदूषण केस अध्ययन
- आपदा प्रबंधन : बाढ़, भूकम्प, चक्रवात एवं भूस्खलन
- इकाई षष्ठम् : सामाजिक मुद्दे एवं पर्यावरण
- असतृप्त से सतृप्त विकास
- उर्जा से संबंधित शहरी समस्याएं
- जल संरक्षण, वर्ष जल संचयन, जल प्रवाह प्रबंधन
- लोगों का पुनर्वास एवं पुनः नियोजन
- समस्याएं एवं चिन्ताएं केस अध्ययन
- पर्यावरण नीति, मुद्दे एवं संभव समाधान
- जलवायु परिवर्तन, वैश्विक तापवृद्धि, अम्लवर्षा, ओजोनपरत क्षरण
- परमाणु दुर्घटनाएं एवं पूर्णाहुति, केस अध्ययन
- बंजर भूमि उद्धार
- उपभोक्तावाद एवं अपशिष्ट उत्पाद

- पर्यावरण निवारण नियम
- वायु निवारण (निवारण एवं नियंत्रण) प्रदूषण नियम
- जल (निवारण एवं नियंत्रण) प्रदूषण नियम
- वन्य जीव संरक्षण नियम
- वन संरक्षण नियम
- पर्यावरण कानूनों के प्रवर्तन में शामिल मृद्दे
- जन जागरूकता

इकाई सप्तम : मानव जनसंख्या एवं पर्यावरण

- जनसंख्या वृद्धि, राष्ट्रों के बीच भिन्नता
- जनसंख्या विस्फोट, परिवार कल्याण योजना
- पर्यावरण एवं मानव स्वास्थ्य
- मानव अधिकार
- मौलिक शिक्षा
- एच.आई.वी. / एड्स
- महिला एवं शिशु कल्याण
- पर्यावरण एवं मानव स्वास्थ्य में सूचना एवं प्रौद्योगिकी की भूमिका
- केस अध्ययन (घटनात्मक / उदाहरणात्मक अध्ययन)

इकाई अष्टम् : स्थानीय क्षेत्रों की यात्रा

- पर्यावरण दस्तावेजों के लिये नदी / वन / घास के मैदान, पहाड़ी, पहाड़
- स्थानीय दूषित क्षेत्रों की यात्रा - शहरी / ग्रामीण / औद्योगिक / कृषि
- स्थानीय पेड़ों, कीड़ों एवं पक्षियों का अध्ययन
- सरल पारिस्थितिकी तंत्र का अध्ययन - तालाब, नदी, पहाड़ी तलहटी

B.Sc. - Pt.-I

3 Hrs Duration

Max. Marks : 100

Min. Pass Marks : 36

TH. I - BASIC PRINCIPLE OF YOGA & ITS RELEVANCE

Note: Each theory paper is divided into three independent Units. The questions paper will be divided into three parts, Part-A, Part-B and Part-C. Part A (20 marks) is compulsory and contains 10 questions at least three questions from each unit. Each question is of two marks (20 words). Part - B (20 marks) is compulsory and will contains five questions at least one from each unit. Candidate is required to attempt all five questions. Each question is of four marks (50 words). Part - C (60 marks) contains six questions two from each unit. Candidate is required to attempt four questions one from each unit. Each question is of fifteen marks (400 words).

Unit - I Yoga - the need of the hour, concept of Yoga, definitions of Yoga, Yoga in education, Yoga and Personality.

Unit - II Basis of Yoga, The four main stream of Yoga, Jnana (Gyana), Bhakti Raja, and Karma Yoga, brief glimpse into each of these streams.

Unit - III Stress & Yoga, Yoga for emotion culture, the science of happiness,

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Yoga for unity in Diversity, Yoga – the individual and the society.

II Paper — Concept of Health according to Yoga, Ayurveda & Naturopathy.

- Unit-I** Concept of Health, Health as general understood, defined by WHO, Positive Health.
- Unit-II** Health and disease, Illness according to Yoga, Ayurveda, Naturopathy, Panca kosa, the operation of Annamaya kosa, Pranamaya kosa, Manomaya kosa, Vijnanamaya kosa & Anandamaya kosa.
- Unit-III** Naturopathy antiquity, basic principles and tools of naturopathy.

TH.II - HUMAN BIOLOGY

I Paper — Anatomy & Physiology.

- Unit-I** Introduction (what is cell, tissue, organ system and overview of all system) Biological basis of behavior, Nervous system, Endocrine system
- Unit-II** Musculo-skeletal system, Blood and lymph system, Nutrition- nutrition requirements, Balance diet, Digestive system.
- Unit-III** Cardio-Vascular system, Respiratory system, Immune system, Excretory system, Reproductive system, special senses.

II Paper - Nutrition & Related Biochemistry.

- Unit-I** **Introduction to Nutrition:** Food as a source of nutrients, function of food definition of nutrition, nutrient, adequate, optimum and good nutrition, Interrelationship between nutrition and health-visible symptoms of good health. Concept of balanced diet. Functional Food Groups: Basic four, Basic five, Basic seven.
- Unit-II** **Carbohydrates:** Composition, classification, food sources, functions, storage in body, Recommended allowances and effects of deficiency and excess. **Lipids:** Composition classification, food sources, functions role of essential fatty acids, recommended allowances and effects of deficiency and excess. **Proteins:** Composition, structure and classification, denaturation of proteins, Importance of essential and non essential amino acids, Elementary Knowledge of quality of portions, supplementary value of portions, foods sources recommended allowances and effects of deficiency. **Energy:** Units of measuring energy, fuel value of food, calculation of energy. Value of diets. Factors contributing to total energy expenditure, BMR and factors affecting it, physical activity, SDA of food. Recommended allowances, effects of deficiency and excess
- Unit-III** **Enzymes:** Definition chemical nature, classification, co-enzymes

& co-factors, deficiency and role. **Minerals :** Role in nutrition, sources, bioavailability, recommended allowances and effects of deficiency of Calcium, Iron, Iodine, Sodium, Potassium and Zinc. **Vitamins :** Definition, Classification, units of measurement, functions, sources, factors affecting absorption & utilization, Recommended allowances and deficiency of (a) fat soluble vitamins A, D, E and K, (b) Water soluble Vitamins : Thiamine, Riboflavin, Niacin, folic acid, Pyridoxie and ascorbic acid. **Water:** As a nutrient, function, sources, requirement water balance, effect of deficiency.

Th.-III - INDIAN EPICS.

1st paper—Sanskrit and Narada Bhakti Sutra.

- Unit -I** Provides students with basic elementary and practical knowledge of Sanskrit, alphabet and phonetics.
- Unit -II** Grammar and syntax, formation and understanding of simple sentences. Common Sanskrit terms used in Literature, relationship with other language.
- Unit -III** *Historical aspects, life sketch of Narada the author. The science of emotions culture as portrayed in NBS.

2nd paper—Bhagavad-Gita.

- Unit -I** Smritis and Bhagavad-Gita, Historical, the scenario. (Manu smriti, yagyavalakya smriti)
- Unit -II** The key conflict of duty Vs Ethics of Arjuna. Conflict resolution Technology – Jnana Dhyana (one pointed ness of mind, bliss in Yoga, control of mind perfection in Yoga.)
- Unit -III** Bhakti and Karma Yoga stream. (A Glimpse into eighteen chapters of Gita) (II & III Units Ref. Chapter -2, 3, * 1.45, 4.36, 4.34, 2.20, 6.25, 6.14, 6.34, 6.35, 6.32, 6.21, 6.28, 8.10, 6.28, 6.45, 5.21, 7.16, 16.13, 16.4, 16.5, 10.40, 10.41, 12.8, 11.3, 11.8, 11.9, 11.7, 11.45, 11.52, 18.54, 18.66, 8.5, 18.16, 12.7, 3.1, 3.4, 3.6, 3.7, 18.25, 18.24, 8.23, 2.47, 4.16, 4.17, 2.48, 2.50, 4.18, 4.20, 3.19, 2.51, 2.70, 6.4, 6.6, 6.11, 4.31, 6.17, 6.12, 6.13, 6.25, 6.14, 6.34, 6.35, 6.32, 6.31, 6.28, 8.10, 6.28, 6.45, 5.21 *)

Books for Reference:

1. Yoga: Its basis and applications. - Dr.H.R.Nagendra, SVYP, Bangalore.
2. Essence of Yoga- Swami Sivananda, The Divine life Society.
3. Light of Yoga- B.K.S Iyengar, Pub: Harper Collins India Pvt Ltd.
4. Yoga Sadhana (Hindi&English), Swami Anandananda, Yog Sadhna Ashram, Bapu Nagar, Jaipur (Raj.)
5. Yog Sikhsha (Hindi) Swami Satyanand Saraswati, Yog publication Trust, Mungare, Bihar.
6. Health & Yogasana-Swami Anandananda, Yog Sadhna Ashram, Bapu Nagar, Jaipur (Raj.)

7. Pranayama-Kala Aur Vigyan(Hindi), Dr.H.R.Nagendra, SVYP, Bangalore.
 8. A Glimpse of Human Body-Dr. Shirley Telles.
 9. Yoga for Common Alliments- Dr.H.R.Nagendra, R.Nagrathan& Robin Monoro, SVYP, Bangalore.
 10. Yoga Way to Cure Disease, Swami Sivananda Saraswati.
 11. Yog Darshana(Hindi)-Geeta Press, Gorakhpur.
 12. Yogic Chikitsa(Hindi)Swami Kuva.
 13. Yogdipika(Hindi), B.K.S Iyengar, Orient Longman Pvt Ltd, New Delhi.
 14. Bhagwat Geeta, Narada Bhakti Sutra, Upnishad,(Hindi)Geeta Press, Gorakhpur.
 15. Patanjali Yogsutra (Hindi), Yoga publication Trust, Mungare, Bihar.
- *For more information : Refer to SVYP, Bangalore-560 018
16. Basic Book of Sanskrit Bharti

Practical B.Sc. Part –I

	100 Marks	Min. Pass marks
I Paper		36
1. Kriyas (Shatkarma)		20
2. Surya Namaskar		20
3. Sukshama Vyayama		20
4. Asana. (Basic set)		20
5. Relaxation Technique (IRT, QRT, DRT)		20
II Paper	100 Marks	
1. Pranayama – I		20
2. Bandhas & Mudras		20
3. Omker Meditation		20
4. Eight step Method of Teaching Asana		20
5. Presentation		20
III - Paper	100 Marks	
1. Chanting		20
2. Yoga game – I		20
3. Emotions culture through drama & script, Patriotic, Service - related songs		20
4. Karma Yoga-I (Report Writing)		20
5. Presentation		20

B.Sc.-Pt.-II

Scheme:

3Hrs duration	Max pass marks	Min pass marks
	100	36

Note: Each theory paper is divided into three independent Units. The questions paper will be divided into three parts, Part-A, Part-B and Part-C. Part A (20 marks) is compulsory and contains 10 questions at least three questions from

each unit. Each question is of two marks (20 words). Part – B (20 marks) is compulsory and will contain five questions at least one from each unit. Candidate is required to attempt all five questions. Each question is of four marks (50 words). Part – C (60 marks) contains six questions two from each unit. Candidate is required to attempt four questions one from each unit. Each question is of fifteen marks (400 words).

TH. I - BASIC PRINCIPLE OF THERAPY

I Paper - Modern medicine & Yoga therapy for common Ailments

• Definition, Classification, Type, Sign, Symptom, Causes & Yogic management *

- Unit –I** Respiratory- Bronchial asthma, Nasal allergy, Endocrine- Diabetes mellitus, Obesity. Digestive-Acidity, peptic pain, Irritable bowel syndrome.
- Unit –II** Cardio-Vascular-Hypertension, Ischaemic heart disease. Chronic pain – Arthritis, Low back pain. Migraine, Tension Headache, Cancer.
- Unit –III** Reproductive – Menstrual disorders, Infertility, Menopause, Pregnancy, Eye problems-Error of Refraction, Glaucoma. Psychiatry & Neurology – Anxiety and Depressive, Neurosis, Psychosis, Epilepsy, Mental Retardation.

II Paper - Yoga Therapy through Patanjali Yoga, Vasistha Yoga and Hatha Yoga.

- Unit –I** Concept of Chitta and its modification. Description of various types of mental afflictions leading to different diseases.
- Unit –II** Remedial measures prescribed there in IAYT (Integrated Approach of Yoga therapy). The role of different Asanas, Pranayama, Mudras, Bandha and Kriyas..
- Unit –III** Concept of Adhi and Vyadhi as found in Yoga Vasistha, The manner of destruction of mind, Portrayed in different texts of Hatha Yoga for dealing with different diseases(Hath Yoga Pradipika, Gharand Shmita)

TH-II - YOGA & SPIRITUALITY

I Paper - Message of Upanishad, Psychology and counseling

- Unit –I** Upanishads the Quintessence of Vedas, the basis of Yoga, (Meaning of Upanishads, Importance, Amritnadanopanishad, Ishawasyopanishad, Kathoupanishad, Chandogyaupanishad, Taithiryaupanishad,
- Unit –II** Glimpse of each Upanishads, The style of Upanishad (Shali, Bhar, Bhasha) Harmony, Ego and beyond Yogic practice. The Pranavopanishad, Prasnaupanishad, Kenopanishad, Mandukyaupanishad, Mundakaupanishad, Glimpse of each