

**Maharshi Dayanand Saraswati University
Ajmer 305009 Rajasthan**

SYLLABUS

**SCHEME OF EXAMINATION AND COURSES OF
STUDY**

**B.Sc. (Bachelor in Naturopathy and Yogic Science)
2018-19**



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. Classification of successful candidate shall be as follows:

First Division	60%	} of the aggregate marks prescribes at (a) Part-I Examination, Examination, (b) Part II (c) Part III Examination, taken together.
Second Division	48%	

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

Compulsory subject:	Pass marks
1. General Hindi	36
2. General English	
3. Environmental Studies	

Note:-

- The Marks secured in paper of Gen. Hindi ,Gen. English and Environmental studies shall not be counted in awarding the division to a candidate.
The candidate has to clear compulsory paper in three chances.
- Non appearing or absent in the examination of compulsory paper will be counted a chance.

- All the subjects are compulsory for B.Sc. (Naturopathy & Yogic science) students.

B.Sc.-Pt.-I

Name of the subject :-	no. of paper	Duration	Max.	Min. Marks	Pass Marks
B.P. of Yoga And its relevant	Paper – I	3 hrs.	100	36	
	Paper – II	3 hrs.	100	36	
Human Biology	Paper – I	3 hrs.	100	36	
	Paper – II	3 hrs.	100	36	
Indian Epics	Paper – I	3 hrs.	100	36	
	Paper – II	3 hrs.	100	36	

B.Sc.-Pt.-II

B.p. of therapy	Paper – I	3 hrs.	100	36	
	Paper – II	3 hrs.	100	36	
Yoga & spirituality	Paper – I	3 hrs.	100	36	
	Paper – II	3 hrs.	100	36	
Orientation to Yoga text	Paper – I	3 hrs.	100	36	
	Paper – II	3 hrs.	100	36	

B.Sc.-Pt.-III

Yoga and life science	Paper – I	3 hrs.	100	36	
	Paper – II		3 hrs.	100	36
Stress management	Paper – I		3 hrs.	100	36
	Paper – II		3 hrs.	100	36
Indian Culture	Paper – I		3 hrs.	100	36
	Paper – II		3 hrs.	100	36

Note:

1. The marks secured in the paper of Gen. Hindi , Gen. English and Environmental studies shall not be counted in awarding the division to a candidate. The Candidate have to clear compulsory paper in three chance.
2. Non appearing or absent in the examination of compulsory paper will be counted A chance.

COMPULSORY PAPER

1 सामान्य हिन्दी

उत्तीर्णांक : 36

अवधि 3 घंटे

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 विधाएं क्रमशः

(25+25 = 50 अंक)

1. एक प्रश्न व्याख्याओं से संबधित क्रमशः
2. दो परिचयात्मक प्रश्न पाठ्य पुस्तकों से

(10+10 = 20 अंक)

(15+15 = 20 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 लिये सार्थक शब्द प्रारूप - 5 अंक
7. (प्रार्थना - पत्र, निविदा, परिपत्र, अधिसूचना, ज्ञापन, विज्ञापन) - 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 द्रष्टि छगन मेहता संक्रांति और सनातनता से वागदेवी प्रकाशन बीकानेर
- 3 ठिठुरता हुआ गणतंत्र व्यंग्य हरिशंकर परसाई तिरछी रेखाएं वाणी प्रकाशन दिल्ली
- 4 लछमा रेखाचित्र महादेवी वर्मा अतीत के चलचित्र वाणी प्रकाशन नई दिल्ली
- 5 अग्नि की उड़ान परिछेद एपीजे अब्दुल कलाम प्रभात प्रकाशन नई दिल्ली
- 6 भेड़ाघाट मार्बल रॉक्सौर धुआंदार अमृत लाल बेगड़ अमृतस्य नर्मदा गृथ मध्य प्रदेश अकादमी भोपाल मध्य प्रदेश
- 7 आवाज का नीलाम एकांकी धर्मवीर भारती गंध प्रभा डॉक्टर नवल किशोर पंचशील प्रकाशन जयपुर
- 8 सावचेती विजय दान देथा आउटलुक पत्रिका 03.10.2005
- 9 हिन्दी भाषा और उसकी विरासत डॉ विधा निवासी मिश्र हिन्दी साहित्य का पुनरावलोकन विद्या निवासी मिश्र प्रभा प्रकाशन दिल्ली
- 10 सुसंग कुसंग सीताराम महर्षि कृष्ण कुटीर रतनगढ़ चूरू
- 11 ये हैं प्रोफसर शशांक डॉ. विष्णुकांत शास्त्री स्मरण को पाथेय बनने दो संग्रह लोक भारती इलाहाबाद उत्तरप्रदेश
- 12 तुलसी के काव्य मई कुराज और सुराज प्रो सूर्य प्रकाश दीक्षित साहित्यिक डी ५४ निराला नगर लखनऊ

पद्य संकलन

1. गंगावतरण भारतेन्दु हरिश्चंद्र भारतेंद समग्र सम्पादक हेमंत भामा हिंदी प्रकाशन संस्थान वाराणसी
2. गोवर्धन धारण हरिऔध प्रिय प्रवास महाकाव्य हिन्दी साहित्ये कुटीर वाराणसी
3. भारत वंदना मैथलीशरण गुप्त मंगल घट काव्य गृथ साहित्य नीलाम्बर परिधान सदन चिरगांव झांसी
4. समर शेष है रामधारी सिंह दिनकर परशुराम की प्रतीक्षा ग्रन्थ से राजपाल एंड सँस दिल्ली
5. वीरो का कैसा हो बसंत सुभद्रा कुमारी चौहान सम्पादक सुधा चौहान साहित्य अकादमी नई दिल्ली
6. चल पड़े जिधर दो डग सोहन लाल त्रिवेदी 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

2. GENERAL ENGLISH

Duration: 3 hrs

M.M. 100

Objective: 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. The question paper will consist of 100 multiple choice question of 1 mark each [OMR sheet system]

1. *Comprehensions and vocabulary*

- | | | |
|-----|---|----------|
| a. | Question based on content from the prescribed text | 15 Marks |
| b. | Question based on a passage from the prescribed text to test the candidate's comprehension and vocabulary | 20 Marks |
| (3) | Question based on an unseen passage to test the Candidate's comprehension and Vocabulary | 15 Marks |

[There will be a text of essays and short stories between 100 and 120 pages in length. The test book prescribed is "language through literature Many" [OUP New Delhi.]

2. *Grammar*

- | | |
|--|----------------|
| (A) Prepositions | 5 marks |
| <i>(B) Direct and indirect speech</i> | <i>5marks</i> |
| <i>(c) Active and passive voice</i> | <i>5marks</i> |
| <i>(D) Joining sentences</i> | <i>5 marks</i> |
| <i>(E) Elements of a sentences</i> | <i>5 marks</i> |
| <i>(F) Transformation of sentences</i> | <i>5 marks</i> |
| <i>(G) Modals</i> | <i>5 marks</i> |
| <i>(H) Tense Usage</i> | <i>5 marks</i> |
| <i>(I) Determiners</i> | <i>5 marks</i> |
| <i>(J) Common error in English</i> | <i>5 marks</i> |

Books Recommended

- | | |
|-------------------------------------|--|
| 1. A.J. Thomson and A.V. Martinet : | A Practical English Grammar (Oxford Paperback). |
| 2. S. Pit Corder : | Intermediate English Practice Book (O.L.) |
| 3. Bhaskaran and Horsburgh : | Strengthen Your English (O.U.P., 1973) |
| 4. I.K.Sharma and V.D.Singh : | A practical course in English (Ramesh Book Depot,Jaipur) |
| 5. T.L.H. Smith-Pearse : | The English Errors of Indian Students (OUP). |

3. ENVIRONMENTAL STUDIES

Compulsory in I year for all streams at undergraduate level

	<u>Scheme of examination</u>	
Time 3 hrs	Min	Max. Marks
Theory	36	100

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 MDULE SYLLABUS FOR ENVIRONMENTAL STUDIES FOR UNDERGRDUATE COURSES OF ALL BRANCHES

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, main 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 , type, 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.
- Biogeographically classification of India.
- Value of biodiversity: consumptive use, productive use, social, ethical, aesthetic and option values.
- Biodiversity of global, National and local levels.
- India s a mega – diversity nation.
- Hot-spots of biodiversity.
- 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.
- Wilde life 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,
- HIV/AIDS.
- Women and Child Welfare.
- Role of Information Technology in Environment and human health.
- Case Studies.

B.Sc.-Pt.-I

Theory Paper 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 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 three questions one from each unit. Each question is of twenty marks [400 words].

1st Paper - Basic Principles of Yoga (48 hr.)

- Unit-I Yoga -need of the hour, concept of Yoga, Definition of Yoga. Yoga in education, Yoga & personality.
- Unit-II Basics of Yoga, The Four main stream of Yoga, 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.

2nd paper- Concept of Health according to Yoga, Ayurveda & Naturopathy. (48 hr.)

- 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, pranayama Kosa, Manomaya kosa, vijnanamaya kosa & Anandamaya kosa.
- Unit-III Naturopathy antiquity, basic principles and tools of naturopathy.

Theory Paper II-HUMAN BIOLOGY

1st paper-Anatomy & Physiology. (64 hr.)

- 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, Diet for diseases ranging for heart Failure to cancer, Digestive system.
- Unit -III Cardio-Vascular system, Respiratory system. Immune system. Excretory system, Reproductive system, special senses.

2nd paper-Nutrition & Related Biochemistry ((48hr.)

- 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. 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, Pyridoxine and ascorbic acid. **Water:** As a nutrient, function, sources, requirement water balance, effect of deficiency.

Th.-III - INDIAN EPICS.

1st paper—Sanskrit and Narda Bhakti Sutra. (32 hr.)

Unit – I Provides students with basic elementary and practical knowledge of sanskra, alphabet and phonetics.

Unit –II Grammar and syntax, formation and understanding of simple sentences. Common Samskrta 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.(32 hr.)

Unit –I Smritis and Bhagavad -Gita , Historical, the scenario.[Manu smriti, yagyavalkya smriti]

Unit –II The key conflict of duty Vs Ethics of Arjuna. Conflict resolution
Technology - Jnana Dhyana (one pointedness 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.HR.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-KalaAur Vigyan(Hindi), Dr.H.R.Nagendra, SVYP, Bangalore.
8. A Glimpse of Human Body-Dr. Shirley Telles.
9. Yoga for Comman 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 Chiktsa(Hindi)Swami Kuva.
13. Yogdipika(Hindi), B.K.S Iyengar, Orient Longman Pvt Ltd,New Delhi.
14. Bhagwat Geeta,Narada Bhakti Sutra,DshoUpnishad,(Hindi)Geeta Press, Gorakhpur.

15. Patanjali Yogsutra (Hindi), Yoga publication Trust, Mungare, Bihar.
* For more information: Refer to SVYP, Banglore-560 018.
16. Basic Book of Sanskrit Bharti.

B.Sc. Part –I

Practical	100 Marks	Min. Pass Marks-36
1st Paper		
1. Kriyas (Shatkarma)	20	
2. Surya Namaskar	20	
3. Sukshama Vyayama	20	
4. Asana. (Basic set)	20	
5. Eight step. Teaching tech. asana	20	
2nd Paper	100 Marks	
1. Pranayama – I	20	
2. Bandhas & Mudras	20	
3. Omker Meditation	20	
4. Relaxation technique[IRT,QRT,DRT]	20	
5. Presentation	20	
3rd Paper	100 Marks	
1. Chanting – I	20	
2. Yoga game – I	20	
3. Emotions culture through Music, Patriotic, Service,- related songs and	20	
4. Kama yoga – Report writing	20	
5. Presentation	20	

B.Sc.-Pt.-II

Th. I-BASIC PRINCIPLE OF THERAPY

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 three questions one from each unit. Each question is of twenty marks [400 words].

1st paper—Modern medicine & Yoga therapy for common Ailments (64hr.)

- Description, Patho-Physiology, Clinical features, complication, Pharmacological management (general), non pharmacological management (what is known) of the following diseases. (48 hr.)

Unit –I Respiratory- Bronchial asthma, Nasal allergy,

Endocrine- Diabetes mellitus, Obesity. Cardio-Vascular-Hypertension, Ischaemic heart disease. Digestive- Acid peptic pain, Irritable bowel syndrome.

Unit –II cardio-Vascular-Hypertension, Ischemic heart disease. Chronic pain – Arthritis, low back pain, Migraine, Tension, Headache, Cancer.

Unit –III IV Reproductive – Menstrual disorders, Infertility, menopause, PMT, pregnancy, Eye problems-Error of Refraction, Glaucoma, Psychiatry & Neurology – Anxiety and Depressive Neurosis, Psychosis, Epilepsy, Muscular Dystrophy, Mental Retardation.

2nd paper—Yoga Therapy through Patanjali Yoga, Vasistha Yoga and Hatha Yoga.(64 hr.)

Unit –I Concept of Citra and its modification Descriptions 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 Kiryas.

Unit –III Concept of Adhi and Vgadhi as found in Yoga Vasistha, The manner of destruction of mind, portrayed in different texts of Hatha yoga for dealing with different {Hath yoga Pradipika, Gharand shmita}

Th.-II YOGA & SPIRITUALITY

1st paper—Message of Upanishad, Psychology and counseling (in spiritual way)(32 hr.)

Unit –I Upanishads the quintessence of Vedas, the basis of Yoga, [Meaning of upanishads, Importance, Amritnadopanishad, Ishawasyopainshad, Kathoupanishad, Chandogyaupanishad, Taittiriyaupanishad,]

Unit –II Glimpse of each Upanishad, The style of Upanishad [Shali, bhav Bhasha] Harmony, Ego and beyond yogic practice. The pranavopanishad, Prasnaupanishad, Kenopanishad, Mandukyaupanishad, Mundakaupanishad, Glimpse of each Upanishad.

Unit- III A general survey of the life sketch, teachings and techniques of founders of various spiritual masters [Viveknand, Dayanand, Mahatma Gandhi, Ravindranath Tagore, Arvind, Tilak, Vinoba bhav. Introduction to modern Psychology, Education psychology. Principles and practices of yoga counseling methods & counseling.

2nd paper—Concept of Dharma & Comparative Religious. (48 hr.)

Unit –I Dharma- concept, Definition,Features,Part-1 Epics[Ramayana, Mahabart, Geeta] Importance of Dharma, Dharma and Science.

Unit –II Part-II[Hindu Dharma], Ideals of Dharmas-[Guru Dharma, pitra Dharma, shishya Dharma, Matra Dharmas,Mitra Dharma,Putra Dharma,Nari Dharma.]

Unit –III Comparative religions- Part-I Partially from comparative religion Islam, Christianity. Part-II-Partially from comparative religion other 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.

1st paper—Orientation Patanjali Yoga Sutra. (32 hr.)

Patanjali 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.

2nd paper-Orientation Patanjali Yoga Sutra. (32 hr.)

Patanjali 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.Nagrathana& 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,DshoUpnishad,(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.

B.Sc. Part –II

Practical	Marks-100	Min. Pass	Marks- 36
1st Paper			
1. Advance Asana	20		
2. Advance Kriyas	20		
3. Pranayama – II	20		
4. Cydic Meditation	20		
5. Yoga Game-II	20		
2nd 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		
3rd Paper	100 Marks		
1. Teaching Techniques for disease [Report writing & presentation]	50		
2. Report Writing & Presention [Topic given by faculty]	(25+25)		

B.Sc.-Pt.III

Th. I CONSCIOUSNESS AND YOGA RESEARCH

Max marks-100

Min. pass marks-36

Note: - 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 three questions one from each unit. Each question is of twenty marks [400 words].

1st 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, memory and learning.

Unit – III The three state of consciousness and brain function, Super conscious states, Samadhi and brain,

2nd paper-Research Methodology

Unit –I Introduction, definition, function, importance and limitation of statistic Collection of data, Measures of central tendency, Measures of dispersion and skewness.

Unit –II Correlation analysis, simple regression analysis, Research Methodology need and design and scope in yoga education.

Unit –III Census and sample Investigation, sampling Theory, Testing of Significance, Type of Error's, Hypothesis testing.

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 diseases.

Unit-II Definition and clinical features, Eating habit, Raw eating-method and importance. Aims and Basis principles of Disease Prevention, Development of Physical, mental and spiritual health.

Unit-III Community sanitation and hygiene water supply, environment, health lows for Food Din-charya and Ritu-charya ,health tri-dosha vata pitta, kapha, smoking, tea, coffee, drinks.

II-Paper- STRESS MANAGEMENT AND YOGA

Unit –I Basic challenge of stress, Yogic concept of stress, Eustress and Distress, Physiology of stress. Stress induced problems and yogic Management for stress.

Unit –II Stimulation- Relaxation combine- the core. Recognition is half the Solution.Stress levels, Stimulations and pointed 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 – Hydrotherapy & Mud therapy

Unit-I Hydrotherapy- Physical properties of water, principles of hydrotherapy, physiological effects of water application on skin reparation,digestion,action and reaction.

Unit-II The technique of hydrotherapy water drinking, effusions, irrigation at rose, stomach colon and rectum, chest pack, trunk pack, T-packs, leg local, full wet sheet pack, hip bath, spiral bath, spinal bath, foot bath, vapour bath, and 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 contraindication.

Paper-II- nature cure Methods and practice

Unit – I- Chromo therapy- Types of colors-primary and secondary, chromo Philosophy, chromo hygienic, 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, intermediate fast, long fast, physiological effects of fast, how to start fast ,how to continue and how to breakfast, methods of fasting- water, juice, saline ,fruit, partial fast, mono diet fast, nutrition and dietetics- Classifications of food and drinks, deficiency diseases, artificial food and there 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 of massage-upon skin, muscular system, circulatory system, digestive system and nervous system, massage Manipulations, hacking, stroking,percussion,petrispange,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: 1to10, Adwat Ashram, Calcutta.
 12. Prakartick ayur vijayan, Dr. Rakesh jindle.
 13. Swathya vratth. Dr. Kashi Nath and jagrati Sharma.
- *For other References: Refer to SVYP, Bangalore-560 018.

Practical
B.Sc. Part –III

Min. Pass

Marks 100
Marks 36

1st Paper

Various Diseases and their naturopathic treatment.

Constipation, Asthma, Insomnia, Blood pressure,
(High & low) obesity, Diabetes, stress, cervical and lumber
Spondylitis, Jaundice, cold, fever, epistalsis.

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

Baths- Hip, spinal, sit, foot bath, vapour bath, steam bath and mud therapy & Report Writing.

2nd Paper

100 Marks

Part – I Personality Assessment

50

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

Part – II

50

Practical experience in Hospital for Naturopathy.
(Residential camp 10 to 15 days)

3rd Paper

100 Marks

Part – I Clinical Project works

50

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

Part – II Presentation

50

******* (ANNEXURE I)**

