



**MAHATMA GANDHI UNIVERSITY**  
*of*  
**MEDICAL SCIENCES & TECHNOLOGY**  
JAIPUR

## **Syllabus**

### **B. Sc. Yoga Therapy**

**(6 SEMESTERS U.G. DEGREE PROGRAM)**

**2023-24**

**Recommended by Committee of Courses Allied Health Sciences at its meeting held on ----- and approved by Faculty and Academic Council at its meeting held on 28/4/2023**

## **NOTICE**

- 1. The university reserves the right to make changes in the syllabus /books/ guidelines, fee-structure or any other information at any time without prior notice the decision of the university shall be binding on all.**
- 2. The jurisdiction of all court cases shall be Jaipur Bench of Hon'ble Rajasthan High Court only.**

**RULES & REGULATIONS OF  
B. Sc. Yoga Therapy**

**PROGRAM CODE: - BSC2623  
(6 SEMESTERS U.G. DEGREE PROGRAM)**

**1. Introduction:**

**Objectives/aims of the course:**

- To train Sadhakas – inner researchers, Spiritual counselors and cultural ambassadors powered with the wisdom of Yoga – Spirituality to explore certain subtle dimensions of Consciousness.
- To promote the ancient Gurukula system of education with the wisdom of Vedanta, the principles and practices of integrated modules of Yoga/Yajna techniques with a scientific fervor of the west.
  1. To train the students to teach ancient scriptures related to Yoga and Vedanta in the department of the Universities as an Assistant professor.
  2. To train students in Yoga & Yajna based therapy so as to enable the students to become well versed in Yoga & Yajna based therapy.
  3. To integrate Yoga & Yajna based therapy with other systems of medicine to speed up the process of recovery.
  4. To explore the possibilities of promoting Yoga & Yajna based therapy integrating ancient medical practice at conventional medical facilities attached to the institute.
  5. To produce Yoga and Yajna based therapists with in depth understanding of basic sciences and mechanism of action of every technique prescribed for a disease.
  6. To bring all round personality development of the students at all levels of their personality.

**Programme Outcome:**

On completion of this course, the students will be able to:

- \* Evaluate knowledge of practice relevant to health information management.
- \* Use formal research as a tool to evaluate and develop practice.
- \* Identify his/her professional learning and developmental needs.
- \* Work collaboratively with other health care professionals to achieve a quality service.
- \* Enable health care organization for better management of patient information
- \* Support health care administrators in routine activities
- \* Apply the knowledge obtained on specialized areas effectively in the health care system.
- \* Use interpersonal skills to facilitate effective communication with various health care professionals
- \* Develop health information standards according to the health care requirements
- \* Apply analytical and reflective skills to evaluate and improvise professional practice.
- \* Uphold legal ethical standards within his/ her profession

**2. TITLE OF THE COURSE:**

B. Sc. Yoga Therapy

**3. DURATION OF THE COURSE:**

Duration of the course: 3 Years (6 Semesters)

**4. MEDIUM OF INSTRUCTION:**

English shall be the medium of instruction for all the subjects of study and for examination of the course.

**5. ELIGIBILITY FOR ADMISSION:**

Senior Secondary (10 +2) or equivalent with minimum aggregate of 45% marks for general category students and 40% mark for reserved category students in 10<sup>th</sup>+ 2 (any Stream) from any Educational Institution/board, provided the candidate has passed in each subject separately. Candidate should have completed the age of 17 years till 31 Dec. of the respective admission year.

**6. PROCESS OF ADMISSION:**

Admission to B. Sc. In Yoga Therapy Program shall be made on the basis of written entrance examination conducted for the purpose.

**7. RESERVATION POLICY:**

Reservation in admissions shall be applicable as per policy of the State Government.

**8. ENROLLMENT:**

Every candidate who is admitted to B.Sc. in Yoga Therapy Degree Program in Wellness. Naturopathy & Yogic Science, Mahatma Gandhi Institute of Allied Health Sciences shall be required to get himself/herself enrolled with the Mahatma Gandhi University of Medical Sciences & Technology (MGUMST) after paying the prescribed eligibility and enrolment fees.

A candidate shall deposit enrolment fees along with tuition fees at the time of his/her admission to the course. Such a candidate who fails to submit, to the college Principal, duly filled enrolment form along with original documents including migration certificate required for enrolment within prescribed period then after he/she shall pay late fee applicable at that time. No student will be allowed to appear in the university examination without his/her enrollment.

**9. ATTENDANCE:**

Minimum 75 % attendance is required in each year, both for theory and practical classes separately, student with deficient attendance will not be permitted to appear in university examination.

## **10. WORKING DAYS:**

Each semester shall consist of not less than 120 working days including examination.

## **11. CONDUCTION OF THE SEMESTER EXAMINATION:**

University semester examination shall be conducted twice in a year with an interval of six months. Even Semester examination shall be conducted after 6 months of odd semester examination

## **12. ELIGIBILITY TO APPEAR FOR SEMESTER EXAMINATION**

Student is required to have minimum 75% attendance (in theory and practical separately) /to make him/her eligible to Candidates failing in one or more, subject in a semester will be required to appear in their failing subject in the next examination of the same semester next year.

A candidate will have to clear all the subjects of First to Fifth semester before appearing at sixth semester university examination.

## **13. APPOINTMENT OF EXAMINER & PAPER SETTER**

- All the examiners - Paper setters, Theory examination answer books evaluators, External and internal Examiners for Practical examinations shall be appointed by the president of the University from the panel submitted by HOD/Convener of the respective COC through concerned dean of faculty.
- Paper setters shall be external. He shall also evaluate answers sheets of his paper.
- Practical examiner can be appointed to evaluate answers sheets.
- Professor/ Assoc. Professor /Assistant Professor/Lecturer/Allied Health Professional having PG qualification and 5 years' teaching experience after PG in respective field is eligible to act as Internal/External examiner of theory/practical examination.

## **14. SCHEME OF EXAMINATION**

The University examination for the Course shall be conducted semester wise at the end of every semester.

- i. Theory
  - (a) There shall be five Theory papers in each semester of the study of study.
  - (b) Each Theory paper examination shall be of 3 hours duration and of maximum 70 marks.
  - (c) Internal assessment (IA) shall be of 30 marks for each Theory Paper.
  - (d) The Paper Setter shall set the questions within the prescribed course of study of the concerned paper. There will be a set pattern of question papers duly approved by Academic Council.

Pattern of question papers (Annexure 1)

- (g) Passing Marks: A candidate will have to obtain at least 50% marks including internal assessment in each theory paper to pass.

II. Practical and Viva-Voce Examination

- (a) at the end of each semester there shall be practical and viva-voce examination of 200 marks. It shall be conducted after the Theory examination is over. A candidate will have to obtain at least 50% marks in practical and viva-voce examination
- (b) University practical and viva-voce examination shall be of 140 marks (Practical 100 marks + viva voce 40 marks) and internal assessment of sixty marks.
- (b) The pattern of practical examination shall be as follows –

Semester	Practical Marks			Total Marks	Min. Pass Marks	Practical Examiners
	University Exam					
	Practical	viva-voce	IA			
I to VI Each	100	40	60	200	100	One Internal & one External Examiner

III Result

1. A candidate will have to obtain at least 50% marks separately in each Theory paper including internal assessment and a minimum of 50% marks in the practical examination including viva-voce for him to be declared pass.
2. A Candidate who has failed in a subject(s) will reappear in respective paper(s) in next examination of the same semester next year.
3. Candidate who has failed in Practical examination will reappear in practical examination only.

IV. Supplementary/Remanded Examination

- (a) There shall be a supplementary examination of VI semester only within two months of the declaration of the result of the main examination of VI Semester.
- (b) Internal assessment marks obtained in main examination in the concerned failed paper(s)/practical shall be carried forward for working out the result of next Theory paper(s) and/or practical examination.
- (c) A failing candidate, if opt for improvement his/her internal assessment marks shall be allow to do so. In case he does appear for improvement or gets lesser marks in internal assessment, his earlier marks will be considered for working out the result of the failing subject.

V. Promotion to Next Semester

1. A candidate who has passed or failed in one or more subjects shall be promoted to respective next semester.
2. A candidate will be allowed to appear for the VI semester examination only when the backlog of all papers (theory papers and practical) of I semester to V semester exams including elective papers (if any) is cleared.
3. The student is required to clear all the University examination within 6 years from the joining of the course otherwise he/she will not to be allowed to join internship program and he/she will have to leave the course.

**B. Sc. Yoga Therapy Marks Distribution of Semester – I Examination**

Course/Paper Name	Course/Paper Code	Credits	Theory/ Practical/Viva			
			UE	IA	Total	Pass Marks
<b>CORE COURSES</b>			UE	IA	Total	Pass Marks
Human Anatomy	BSC2623S101T	5	70	30	100	50 % aggregate including continuous assessment marks separately in theory and practical.
Human Physiology	BSC2623S102T	5	70	30	100	
Basic Principle and History of Yoga	BSC2623S103T	5	70	30	100	
<b>ELECTIVE COURSES (ANY TWO)</b>						
Basics of Computer	BSC2623S104T	4	70	30	100	
Basics of Healthcare Information Technology	BSC2623S105T	4	70	30	100	
Communicative English	BSC2623S106T	4	70	30	100	
<b>PRACTICAL/ABILITY ENHANCEMENT COURSE</b>						
Practical & Viva	BSC2623S107P	7	140	60	200	
<b>TOTAL</b>	<b>06</b> (05 Theory Paper 01 Practical)	<b>30</b>	<b>490</b>	<b>210</b>	<b>700</b>	

## B. Sc. Yoga Therapy Marks Distribution of Semester – II Examination

Course/Paper Name	Course/Paper Code	Credits	Theory/ Practical/Viva			
<b>CORE COURSES</b>			UE	IA	Total	Pass Marks
Biochemistry	BSC2623S201T	5	70	30	100	50 % aggregate including continuous assessment marks separately in theory and practical.
Basic Principle And History of Naturopathy	BSC2623S202T	5	70	30	100	
Yoga Language Sanskrit	BSC2623S203T	5	70	30	100	
<b>ELECTIVE COURSES (ANY TWO)</b>						
Innovation and IPR	BSC2623S204T	4	70	30	100	
Transcription and Telemedicine	BSC2623S205T	4	70	30	100	
Hospital Statistics	BSC2623S206T	4	70	30	100	
<b>PRACTICAL/ABILITY ENHANCEMENT COURSE</b>						
Practical & Viva	BSC2623S207P	7	140	60	200	
<b>TOTAL</b>	<b>06</b> (05 Theory Paper 01 Practical)	<b>30</b>	<b>490</b>	<b>210</b>	<b>700</b>	



### B. Sc. Yoga Therapy Marks Marks Distribution of Semester – III Examination

Course/Paper Name	Course/Paper Code	Credits	Theory/ Practical/Viva			Pass Marks
<b>CORE COURSES</b>			UE	IA	Total	
Modern Human Psychology	BSC2623S301T	5	70	30	100	50 % aggregate including continuous assessment marks separately in theory and practical.
Ancient Yoga Text Part -I	BSC2623S302T	5	70	30	100	
Hatha Yoga Text Part -I	BSC2623S303T	5	70	30	100	
<b>ELECTIVE COURSES (ANY TWO)</b>						
Chromotherapy	BSC2623S304T	4	70	30	100	
Healthcare Services and It's Application	BSC2623S305T	4	70	30	100	
Basic Life Support	BSC2623S306T	4	70	30	100	
<b>PRACTICAL/ABILITY ENHANCEMENT COURSE</b>						
Practical & Viva	BSC2623S307P	7	140	60	200	
<b>TOTAL</b>	<b>06</b> (05 Theory Paper 01 Practical)	<b>30</b>	<b>490</b>	<b>210</b>	<b>700</b>	

### B. Sc. Yoga Therapy Marks Distribution of Semester – IV Examination

Course/Paper Name	Course/Paper Code	Credits	Theory/ Practical/Viva			Pass Marks
<b>CORE COURSES</b>			UE	IA	Total	
Fasting Therapy	BSC2623S401T	5	70	30	100	50 % aggregate including continuous assessment marks separately in theory and practical.
Massage Therapy & Acupressure	BSC2623S402T	5	70	30	100	
Application of Yoga Therapy	BSC2623S403T	5	70	30	100	
<b>ELECTIVE COURSES (ANY TWO)</b>						
Dietetics & Nutrition	BSC2623S404T	4	70	30	100	
Medical Law and Ethics	BSC2623S405T	4	70	30	100	
Biomedical Waste and Disaster Management	BSC2623S406T	4	70	30	100	
<b>PRACTICAL/ABILITY ENHANCEMENT COURSE</b>						
Practical & Viva	BSC2623S407P	7	140	60	200	
<b>TOTAL</b>	<b>06</b> (05 Theory Paper 01 Practical)	<b>30</b>	<b>490</b>	<b>210</b>	<b>700</b>	

### B. Sc. Yoga Therapy Marks Distribution of Semester – V Examination

Course/Paper Name	Course/Paper Code	Credits	Theory/ Practical/Viva			
<b>CORE COURSES</b>			UE	IA	Total	Pass Marks
Ancient Yoga Text Part- II	BSC2623S501T	5	70	30	100	50 % aggregate including continuous assessment marks separately in theory and practical. Pass Marks
Hatha Yoga Text Part-II	BSC2623S502T	5	70	30	100	
Hydrotherapy	BSC2623S503T	5	70	30	100	
<b>ELECTIVE COURSES (ANY TWO)</b>						
Mud Therapy	BSC2623S504T	4	70	30	100	50 % aggregate including continuous assessment marks separately in theory and practical. Pass Marks
Artificial Intelligence in Healthcare	BSC2623S505T	4	70	30	100	
Computer Graphics	BSC2623S506T	4	70	30	100	
<b>PRACTICAL/ABILITY ENHANCEMENT COURSE</b>						
Therapeutic Yoga	BSC2623S601T	5	70	30	100	50 % aggregate including continuous assessment marks separately in theory and practical. Pass Marks
Practical & Viva	BSC2623S507P	7	140	60	200	
Physiotherapy	BSC2623S602T	5	70	30	100	
<b>TOTAL</b>	<b>06</b>	<b>30</b>	<b>490</b>	<b>210</b>	<b>700</b>	
Naturopathy & Health Management	(05 Theory Paper 01 Practical) BSC2623S603T	5	70	30	100	
<b>ELECTIVE COURSES (ANY TWO)</b>						
Strategic Management in Health Care	BSC2623S604T	4	70	30	100	50 % aggregate including continuous assessment marks separately in theory and practical. Pass Marks
Clinical Psychology	BSC2623S605T	4	70	30	100	
Project Management	BSC2623S606T	4	70	30	100	
<b>PRACTICAL/ABILITY ENHANCEMENT COURSE</b>						
Practical & Viva	BSC2623S607T	7	140	60	200	
<b>TOTAL</b>	<b>06</b> (05 Theory Paper 01 Practical)	<b>30</b>	<b>490</b>	<b>210</b>	<b>700</b>	

## B. Sc. Yoga Therapy Marks Distribution of Semester – VI Examination

### 15. REVALUATION / SCRUTINY:

Revaluation of answer book(s) and security of the marks shall be permissible as per the policy of the university.

### 16. TEACHING HOURS:

Teaching hours shall be not less than 400 hours in every semester.

### 17. AWARD OF DEGREE:

The degree shall be awarded by the University only after receipt of Course completion certificate and NO dues from the Head of Institution. (Principal of the college).

### 18. LETTER GRADES AND GRADE POINTS

LETTER GRADE	GRADE	PERCENTAGE OF MARKS
O (Outstanding)	10	100 %
A+(Excellent)	9	90-99.99 %
A (Very Good)	8	80-89.99 %
B+(Good)	7	70-79.99 %
B (Above Average)	6	60-69.99 %
C(Average)	5	50-59.99 %
F(Fail)	0	0 Less than 50 %
Ab (Absent)	0	0 Absent

### 19. Grades Qualifying for Pass:

Theory and Practical Examination

**1. Minimum 5 Grade** in the university examination and **5 Grade** in internal assessment evaluated by the department are required to pass **who fails to obtain 5 Grade shall be declared failed.**

**2.** A student obtaining **Grade F** shall be considered **failed** and will be required to reappear in the examination.

3. Letter Grade **Ab (Absent)** will be showing the absent of the candidate in examination and will be required to reappear in the examination.

### Internal Assessment

Internal assessments will be conducted two times in a semester. Internal assessments will consist of departmental examinations, assignments, departmental posting, and evaluations. The objective is to allow students to have hands on experience. It would also help students to develop and formulate the data collection process and data analysis.

### University Examination

- a. Each theory paper examination shall be of 3 hours duration.
- b. There will be Five papers of theory in Each Semester as following-

Sr. No.	Type of Course	Numbers
1	Core Course	3
2	Elective Course	2
<b>Total</b>		<b>05 (Five)</b>

### 20. CREDIT WEIGHTAGE DISTRIBUTION (%)

Item	Credit Weight (%)
<b>1.Internal Assessment</b>	
Class participation/presentation, study records	10.00%
Assignment, quizzes and summer training report	10.00%
Departmental Postings, case studies, project reports	10.00%
<b>2.University Exam</b>	
70.00%	
<b>Total</b>	<b>100%</b>

## 21. Authority to issue transcript

The Controller of Examination of the University shall be the authority for issuing transcript after receiving the described fee from the candidate.

## 22. Working Hours/Days

<b>Duration</b>	<b>3 Years ( 6 Semesters)</b>
Working Days	6 Days in A Week
Working Hours	36 Hours in A Week

## 23. Distribution of Courses

Semester	Core Course Component (CCC)	Elective Course Component (ECC)	Ability Enhance Component (AEC)/Practical	Total No. Of Courses
Semester-1	3	2	1	6
Semester-2	3	2	1	6
Semester-3	3	2	1	6
Semester-4	3	2	1	6
Semester-5	3	2	1	6
Semester-6	3	2	1	6
<b>Total</b>	<b>18</b>	<b>12</b>	<b>6</b>	<b>36</b>

## 24. Distribution of Courses in Each Semester

Sr. No.	Type of Course	Numbers
1	Core Course	3
2	Elective Course	2
<b>Total</b>		<b>05 (Five)</b>

## 25. Types of Courses in B. Sc. in Yoga Therapy Administration: -

**1. Core Course**-course designed under this category aim to cover the basics that a student is expected to imbibe in the discipline of B. Sc. Yoga Therapy. A course, which should compulsorily be studied by a candidate as a core requirement is termed as a Core course.

**2. Elective Course**-it is a course which can be chosen from a pool of courses it is specific or specialized or advanced or supportive to the discipline of B. Sc. Yoga Therapy. Students have to **CHOOSE ANY TWO COURSE IN EACH SEMESTER** from the pool of course given to that semester.

**3. Ability Enhancement Courses (AEC)/Practical:** The Ability Enhancement (AE) Courses or practical are the courses based upon the content that leads to Knowledge enhancement. They are skill-based and are aimed at providing hands-on-training, competencies, skills, etc.

## Computation of SGPA and CGPA

The UGC recommends the following procedure to compute the Semester Grade Point Average (SGPA) and Cumulative Grade Point Average (CGPA):

- i. The SGPA is the ratio of sum of the product of the number of credits with the grade points scored by a student in all the courses taken by a student and the sum of the number of credits of all the courses undergone by a student, i.e

$$\text{SGPA (Si)} = \frac{\sum(C_i \times G_i)}{\sum C_i}$$

where  $C_i$  is the number of credits of the  $i$ th course and  $G_i$  is the grade point scored by the student in the  $i$ th course.

- ii. The CGPA is also calculated in the same manner taking into account all the courses undergone by a student over all the semesters of a program, i.e.

$$\text{CGPA} = \frac{\sum(C_i \times S_i)}{\sum C_i}$$

where  $S_i$  is the SGPA of the semester and  $C_i$  is the total number of credits in that semester.

- iii. The SGPA and CGPA shall be rounded off to 2 decimal points and reported in the transcripts.

## Illustration of Computation of SGPA and CGPA and Format for Transcripts

- i. Computation of SGPA and CGPA  
*Illustration for SGPA*

Course	Credit	Grade letter	Grade point	Credit Point (Credit x Grade)
Course 1	3	A	8	3 X 8 = 24
Course 2	4	B+	7	4 X 7 = 28
Course 3	3	B	6	3 X 6 = 18
Course 4	3	O	10	3 X 10 = 30
Course 5	3	C	5	3 X 5 = 15
Course 6	4	B	6	4 X 6 = 24
	20			139

Thus, **SGPA = 139/20 = 6.95**

**Illustration for CGPA**

Semester 1	Semester 2	Semester 3	Semester 4
Credit : 20 SGPA:6.9	Credit : 22 SGPA:7.8	Credit : 25 SGPA: 5.6	Credit : 26 SGPA:6.0
Semester 5	Semester 6		
Credit : 26 SGPA:6.3	Credit : 25 SGPA: 8.0		

Thus, **CGPA = 20 x 6.9 + 22 x 7.8 + 25 x 5.6 + 26 x 6.0 + 26 x 6.3 + 25 x 8.0**

**= 6.73**

**B. Sc. Yoga Therapy**  
**Semester- I**

<b>Placement Semester</b>	Semester I
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Human Anatomy
<b>Course Code</b>	BSC2623S101T
<b>Course Type</b>	Core
<b>Credits</b>	5
<b>Hours per Semester</b>	70

**Unit-I: Theory**

**General Anatomy:**

- (1) Cell: Parts, Name of Cytoplasm organelles and inclusion with their Functions.
- (2) Epithelium: Types with examples and light microscopic structure.
- (3) Connective Tissue: Classification with emphasis to tendon and ligament.
- (4) Cartilage: Types with example.
- (5) Bone: Types with example, types of Ossification (Stage of Ossification not required).
- (6) Joints: Classification with example, emphasis to synovial joints.
- (7) Muscles: Types (details of EM picture not required).
- (8) Nervous tissue: Structure of a Neuron, Synapse Reflex arc, Degeneration and Regeneration of the Nerve, typical spinal nerve.
- (9) Embryology
  - (a) Ovum, Spermatozoa, fertilization and formation of germ layers and their derivations.
  - (b) Development of skin, fascia, blood vessels, lymphatic.
  - (c) Development of bones, axial and appendicular skeleton and muscles.
  - (d) Neural tube, development of spinal cord, Brain stem and brain (cerebrum, cerebellum)
- (10) Excretory system
- (11) Male and female reproductive system
- (12) Respiratory system
- (13) Cardiovascular system

**Unit-II: Regional Anatomy Superior Extremity Joints**

- (1) Joints: Shoulder girdle, shoulder, elbow, radial-ulnar, wrist, first carpo-metacarpal joints, movements, muscles, blood supply & nerve supply .



## Inferior Extremity

- (1) Joint, hip, knee, ankle, articular surfaces, movements, muscles and nerve supply.

## Head & Neck

- (1) Joints: Articulating Surface, muscles, and movements of Temporo-mandibular Joint, Atlanto-occipital and Atlanta-Axial joints.

## Unit-III: Neuro anatomy

- (1) General Introduction and classification
- (2) **Spinal cord** : pyramidal and Extra -pyramidal tracts, blood supply
- (3) **Cerebellum**: gross features and functions; **Cerebrum**: gross features, functional areas, blood supply; Related clinical anatomy.

### Cranial Nerves

- (1) Names in order, Individual Cranial Nerve distribution, Idea about Upper Motor Neuron and Lower Motor Neuron, applied Anatomy.

## Vertebral Column

- (1) Part of vertebra, types of vertebra
- (2) Intervertebral disc
- (3) Gross anatomy of vertebral column

<b>Placement Semester</b>	Semester I
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Human Physiology
<b>Course Code</b>	BSC2623S102T
<b>Course Type</b>	Core
<b>Credits</b>	5
<b>Hours per Semester</b>	70

### General Physiology

#### Unit-1:1. Introduction and Scope of Physiology

Cell and tissue-Its structure, principal constituents, properties and functions including cell division

##### 1. Body Fluid.

- (a) Blood: Composition and general functions of plasma. Blood cells – structure and function - Red Blood cells, white Blood Cells – including numbers and approximate length of life – position, structure and function of cells of Reticulo endothelial system.
- (b) Blood clotting including bleeding time and clotting time, factors accelerating or slowing the process. Blood groups and their significance, Rh-factor, Hemoglobin and E.S.R.
- (c) Formation of Blood, tissue fluid and lymph.

##### 2. Cardio-Vascular System.

- (a) Structure and properties of Heart Muscles and nerve supply of Heart.
- (b) Structure and functions of arteries, capillaries and veins.
- (c) Cardiac cycle and Heart sound.
- (d) Cardiac output measurements, factors affecting Heart Rate and its regulation.
- (e) Cardio-vascular reflexes.
- (f) Blood pressure, its regulation, physiological variation, peripheral resistance, Factors Controlling Blood Pressure, Hemorrhage.
- (g) ECG study and stress test.

##### 3. Respiratory System.

- (a) Mechanism of Respiration, Changes in diameter of thorax, Intra-pleural and Intra-pulmonary pressure.
  - (b) Quantities of lung volume, tidal and residual volume, vital capacity.
  - (c) Gaseous inter-changes in lung and tissues.
  - (d) Control of respiration-Nervous and chemical significance of changes in rate and depth, transportation of oxygen and carbon dioxide.
  - (e) Respiratory states-anoxia, asphyxia, Cyanosis, Acclimatization.
-

#### 4. Digestive System

- (a) General arrangement of alimentary canal, liver, pancreas -position, structure and functions.
- (b) Nutrition and Diet-carbohydrate, protein, fat, salts, water, vitamins and minerals digestion, absorption and Metabolism.

#### Unit-II: Reproductive System.

- (a) Sex determination and development of puberty, male sex hormones, spermatogenesis, Female sex hormones, menstrual cycle. Ovulation, pregnancy, Function of placenta, lactation.

##### 1. Excretory System.

- (a) Gross and minute structures of kidney, renal circulation, Mechanism of formation of urine, Glomerular filtration rate and tubular function, renal function and renal tests. Physiology of micturition.

##### 2. Endocrine System.

- (a) Structure and function of pituitary (anterior & posterior). Thyroid, Para-thyroid, adrenal cortex, adrenal medulla, Thymus and pancreas.
- (b) Blood sugar regulation.

##### 3. Skin-Structure and functions.

#### Unit-III: Neuromuscular Physiology

1. **Cell Membrane** – Ionic and Potential gradient and transport.
2. **Muscles** – Types of muscular tissue – Gross and Microscopic structure – function. Basis of muscle contraction – changes in muscle contraction, Electrical – Biphasic and mono-phasic action potentials, chemical, Thermal and physical changes, Isometric and Isotonic contraction.
3. **Motor units and its properties** – clonus, tetanus, all or none law, Fatigue.
4. **Nerve** – Gross and microscopic structure of nervous tissue, one neuron – Generation of action potential – Nerve impulse condition.
5. **Neuromuscular Junction.**
6. **Degeneration** – Regeneration of peripheral nerves, electro tonus and Pfluger's law.
7. Types and properties of receptors, types of sensations, synapse, reflex arc, its properties - occlusion, summation, sub minimal fatigue etc.
8. **Tracts** – Ascending and descending and extra-pyramidal tracts.
9. Functions of E.E.G.
10. Functions of Cerebral cortex, cerebrum, cerebellum, Basal ganglia.
11. Thalamus – connection and functions.
12. Reticular formation – tone posture & equilibrium, Autonomic nervous system.
13. Special Senses Eye-Errors of refraction, equilibrium, Autonomic nervous system.
14. Speech and its disorders.
15. Ear and Vestibular apparatus, taste, olfactory, somatic sensations.

#### Practical

- (a) Hematology: RBC count, WBC count, differential count. ESR, Bleeding & Clotting time, Estimation of hemoglobin, Blood groups.
  - (b) Human Physiology: Examination of (a) Respiratory system (b) heart and arterial pulse (c)
-

- deep and superficial reflexes (d) cranial nerves (e) motor system (f) sensory system including higher function (g) measurement of blood pressure.  
(c) Effect of Exercises on body physiology

**TEXT BOOKS :**

1. Tortora and Bryan: Anatomy and Physiology
  2. Khurana: Anatomy and Physiology
  3. Textbook of Anatomy (III volumes) – BD Chaurasia
  4. Practical Anatomy – Cunningham
  5. Dr Shirley Telles & Dr H R Nagendra, A Glimpse into the human body, Swami Vivekananda Yoga Prakashana, Bangalore, 2002
- 
1. REFERENCE BOOKS: Gore, M.M. : Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)
  2. Sri Krishna : Notes on Structure and Functions of Human Body and Effects of Yogic practices on it (Kaivalydhama S.M.Y.M Samiti, Lonavala, 1988)
  3. Charu, Supriya : Sarir Rachana evam Kriya Vigyan
  4. Evelyn, C. Pearce : Anatomy and Physiology for Nurses (Faber and Faber Ltd. London, 1968)
  5. Chatterjee, C.C. : Human Physiology (Vol. I & II) (Medical Allied Agency, Calcutta, 1992)
  6. LanPeate and Muralidharan Nayar – Fundamental of Anatomy and Physiology for students nurses
  7. Evelyn, C. Pearce- Anatomy and Physiology for Nurses
-

<b>Placement Semester</b>	Semester I
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Basic Principle and History of Yoga
<b>Course Code</b>	BSC2623S103T
<b>Course Type</b>	Core
<b>Credits</b>	5
<b>Hours per Semester</b>	70

#### UNIT – I FOUNDATIONS OF YOGA: HISTORY

- Origin of Yoga, History and Development of Yoga; Etymology and Definitions, Misconceptions, Aim and Objectives of Yoga, True Nature and Principles of Yoga
- Introduction to Vedas, Upanishads, Prasthanatrayee and Purushartha Chatushtaya
- General introduction to Shad-darshanas with special emphasis on Samkhya and Yoga Darshana, Yoga in Vedanta

#### UNIT – II EVOLUTION OF YOGA

Introduction to Epics - (Ramayana, Mahabharata), Yoga in Ramayana, Yoga in Mahabharata

- Introduction to Smritis and Yoga in Smritis; General introduction to Agamas and Tantra, Yoga in Tantra; Concepts of Nadi and Prana in Tantra, Kundalini, Effects of Kundalini Shakti and Shatchakra Sadhana
- Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints, Yoga in Narada Bhakti Sutras.
- Yoga in Modern Times: Yogic Traditions of Ramakrishna and Swami Vivekananda, Shri Aurobindo; Yoga traditions of Maharshi Ramana and Swami Dayanand Saraswati
- Yoga in Contemporary Times: Brief Introduction to important Yoga Paramparas (lineages) Yoga Parampara of Sri T. Krishnamacharya, Yoga Parampara of Swami Shivanada Saraswati, Swami Rama of Himalayas, Maharshi Mahesh Yogi and their contributions for the development and promotion of Yoga.

#### UNIT – III EVOLUTION SCHOOLS OF YOGA

- Introduction to Schools (Streams)of Yoga: Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma and Dhyana), Yoga Schools with Samkhya-Yoga Tradition (Yoga of Patanjali) and Yoga Schools with Tantric Tradition ( Hatha Yoga, Swara Yoga and Mantra Yoga)
- Elements of Yoga and Yogic practices in Jainism, Buddhism and Sufism

#### TEXT BOOKS:

- Lal Basant Kumar: Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
- Dasgupta S. N History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
- Singh S. P : History of Yoga, PHISPC, Cent Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010

- Swami Chandrashekharendra Sarasvati, The Vedas, Bhavan's Publication, Mumbai, 2009

#### BOOKS FOR REFERENCE

- Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
- Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
- Hiriyanna M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
- Hiriyanna M: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008
- Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008
- Max Muller K. M : The six system of Indian Philosophy, Chukhambha, Sanskrit series, Varanasi, 6th Edition, 2008

<b>Placement Semester</b>	Semester I
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Basics of Computer
<b>Course Code</b>	BSC2623S104T
<b>Course Type</b>	Elective
<b>Credits</b>	4
<b>Hours per Semester</b>	60

Introduction to computers- types of computers-characteristics -Classification of digital computer systems-Microcomputers-minicomputers-supercomputers-functions and components of computers-Central processing unit.

NUMBER SYSTEM 17 Number system-Decimal number system-Binary number system-Complements-Gray code-ASCII code-Bits, Bytes and words-Memory unit-ROM, RAM, PROM, EPROM, EEPROM Auxiliary storage devices-Magnetic tape- hard disk, floppy disk-Input devices-Output devices.

COMPUTER NETWORKS 13 Computer networks- Overview of a network- Communication processors-Modems Message Switcher-Communication Media-Types of network-network topology-Introduction to Multimedia-Applications of Multimedia-Multimedia tools.

DBMS 15 Introduction to Management system-History of information-Quality of information – Characteristics of DBMS-Types of DBMS-Database design-data Normalization-Relationship-first normal form-second normal form-third normal form.

INTERNET 15 Internet and World wide web-Introduction-Internet access-Internet basics-Internet Protocols-Internet Addressing-WWW-HTML- HTML Tags-Web browsers-Searching web- 56 Introduction to E-mail –Mailing basics-E-mail ethics-Advantages and disadvantages-Useful email services-Mailing list

<b>Placement Semester</b>	Semester I
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Basics of Healthcare Information Technology
<b>Course Code</b>	BSC2623S105T
<b>Course Type</b>	Elective
<b>Credits</b>	4
<b>Hours per Semester</b>	60

Fundamentals of Health Care Information Technology (HCIT): its applications, challenges, and impact on the healthcare industry, Introduction to Health Care Information Technology, Current trends and challenges in HCIT implementation.

Electronic Health Records (EHRs): Understanding EHR systems and their benefits, EHR adoption and interoperability

Health Information Exchange (HIE): Overview of HIE and its role in healthcare data sharing, Standards and protocols for secure data exchange, Privacy and security concerns in HIE implementation

Health Informatics: Introduction to health informatics and data analytics, Using health data for decision-making and quality improvement, Application of informatics in public health and population management

Health Care Mobile Applications: Overview of health-related mobile apps and wearables

Computer Applications and Technologies in Healthcare

### **Office Applications**

This section focuses on the concepts and operation of the main components of word processor, electronic spreadsheet, database management, and presentation software programs. Students will gain fundamental knowledge of a major software suite and learn skills that have practical application in real world situations.

---

<b>Placement Semester</b>	Semester I
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Communicative English
<b>Course Code</b>	BSC2623S106T
<b>Course Type</b>	Elective
<b>Credits</b>	4
<b>Hours per Semester</b>	60

Identifying Common Errors in Writing with Reference to Articles and Prepositions Basic Writing Skills: Sentence Structures -Use of Phrases and Clauses in Sentences- Analysis of sentences- Transformation and Synthesis of sentences- Assertive to Negative and vice versa, Interrogative to Assertive/Negative and vice versa., Identifying Common Errors in Writing with Reference to Noun-pronoun Agreement and Subject-verb Agreement., Conversion of lexical words into meaningful paragraphs,Articulation according to IPA, Stress and Intonation.

Nature and Style of Sensible Writing- Defining- Describing Objects, Places and Events – Classifying- Providing Examples or Evidence., Writing Practices--Writing Introduction and Conclusion - Essay Writing-Précis Writing, Paragraph writing – Types, Structures and Features of a Paragraph - Creating Coherence-Organizing Principles of Paragraphs in Documents- Format of a Formal Letter-Writing Formal Letters eg., Letter of Complaint, Letter of Requisition, Job Application with Resume., Technical Reports- Introduction – Characteristics of a Report – Categories of Reports Formats- Structure of Reports (Manuscript Format) -Types of Reports - Writing a Report.

Communication and its Process, Communication in Healthcare, Communication and Patient's Safety, Barriers and Strategies of Communication.

<b>Placement Semester</b>	Semester I
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Practical & Viva
<b>Course Code</b>	BSC2623S107P
<b>Course Type</b>	Practical/Ability
<b>Credits</b>	7
<b>Hours per Semester</b>	105



# Human Anatomy

## Superior Extremity

- (1) Demonstrations on dissected specimens of upper limb.
- (2) Osteology: clavicle, scapula, humerus, radius, ulna, articulated hand, order of carpal bones.
- (3) Surface anatomy

## Inferior Extremity

- (1) Demonstration on dissected specimens of lower limb
- (2) Osteology: Hipbone, femur, tibia, fibula, articulated foot (Identification of tarsal and major muscle attachments).
- (3) Surface Anatomy

## Abdomen & pelvis

- (1) Abdominal viscera, Viscera of pelvis and blood vessels.
- (2) Osteology: lumbar vertebrae, sacrum, bony pelvis

## Thorax

- (1) Demonstration on cadaver of thoracic wall, mediastinal structure, Heart, Lungs.
- (2) Osteology: Sternum, Ribs (only general features), Thoracic Vertebrae (Identification, general features).

## Head & Neck

- (1) Demonstration on cadaver of oral cavity, nasal cavity, pharynx, larynx, sagittal sections of head & neck, muscles of face and triangles of neck.
- (2) Cranial bones (Identification of individual bone with general features), Base of skull: different foramina in relation to cranial nerves, Cranial fossa and their relation to brain and Hypothalamus cerebra, Cervical vertebrae.
- (3) Surface anatomy.
- (4) Radiological anatomy.

## Neuroanatomy

- (1) Demonstration of gross specimen of spinal cord, brainstem, cerebellum, cerebrum and meninges, Identification of cranial nerves emerging from brain and brainstem

## Histology

- (1) Epithelium (Simple, Compound)
- (2) Connective tissue (Cartilage & Bone)
- (3) Muscle (smooth & skeletal)
- (4) Nervous tissue (nerve trunk, spinal cord, cerebellum, cerebrum, dorsal root ganglion, sympathetic ganglion)
- (5) Blood vessels (Large & medium sized arteries and vein)

## Human Physiology

- (a) Hematology: RBC count, WBC count, differential count. ESR, Bleeding & Clotting time, Estimation of hemoglobin, Blood groups.
  - (b) Human Physiology: Examination of (a) Respiratory system (b) heart and arterial pulse (c) deep and superficial reflexes (d) cranial nerves (e) motor system (f) sensory system including higher function (g) measurement of blood pressure.
  - (c) Effect of Exercises on body physiology.
-

## Basic Yoga Practices

### Unit- I Breathing Practices

- Hands stretch breathing
- Ankle stretch breathing
- Rabbit breathing
- Shashankasana breathing
- Instant Relaxation Technique

### Unit-II Loosening exercises

- Jogging
- Forward and Back ward bending
- Side bending
- Twisting
- Pavanamuktasana Kriya
- Quick relaxation technique

### Unit - III Surya

### Namaskara Unit - IV Yoga

#### Asana

- Standing Asanas
- Sitting Asanas
- Prone Asanas
- Supine Asanas

### Unit-V Pranayama Practices and preparation&Kriya

- Kapalabhati andsectional breathing
- Surya,Cahndra Anuloma Viloma, Nadishodhana, Shitali, Sitkari, Sadanta
- Bhramariand Nadanusandhana

#### Kriya-

1. Dhauti :Vastra Dhauti, Daëda Dhauti–Once in fifteen days
2. Neti: GhâtaNeti and DugdhaNeti
3. Nauli :MadhyamNauli, VâmaNauli, DakñinaNauliand, Nauli Kriyâ
4. Kapâlabhâti :Vâtkrama Kapâlabhâti,Çétkrama, and Vyutakarma Kapâlabhâti
5. Çaikhaprakñâlana:Laghuand Pürëa Çaikhaprakñâlana.

**TextBook:** 1.Himalaya,Swami VivekananadaYogaPrakasana,Bangalore,20002.SwamiSatyananda Saraswati, Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Mungher, Bihar,India.

#### ReferenceBooks:

1. SwamiSatyanandaSaraswati:Asana,Pranayama,Mudra,Bandha(YogaPublicationsTrust,Munger,Bihar, India).
-

2. SwamiMuktibodhanandaSaraswati:HathaYogaPradeepika,YogaPublicationsTrust(Munger,Bihar,India) .
  3. DrRNagarathna(2014). Yoga for Promotion of Positive Health, SVYP, Bangalore.
-

## B. Sc. Yoga Therapy

### Semester-II

<b>Placement Semester</b>	Semester II
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Biochemistry
<b>Course Code</b>	BSC2623S201T
<b>Course Type</b>	Core
<b>Credits</b>	5
<b>Hours per Semester</b>	70

#### UNIT-I (BIOMOLECULES, CARBOHYDRATES AND LIPIDS)

**Bio-molecules:** - Biomolecules & biochemical perspective of a cell, Cell structure, Subcellular organelles, Cell membrane, Transport mechanisms.

**Carbohydrates:** - Chemistry of Carbohydrates, Definition, classification and biological importance of carbohydrates, Monosaccharides, Classification, Isomerism and properties of, monosaccharides, modified monosaccharides, Disaccharides, Polysaccharides.

**Lipids:** - Chemistry of Lipids, Definition, classification and biological importance of Lipids, Simple lipids: Composition of Triacyl glycerol & Waxes. Compound lipids: Composition & functions of Phospholipids, glycolipids & lipoproteins, Derived lipids: Fatty acids - Classification & Properties fatty acids, Steroids & sterols, Micelle, Liposomes.

#### UNIT II (PROTEINS, ENZYMES AND VITAMINS)

**Proteins:-** Chemistry of Proteins, Definition, classification & properties of amino acids, Definition, classification & properties of proteins, Structural organization of proteins, Biological significance of amino acids & proteins, Plasma proteins, their functions and clinical significance.

**Enzymes:** - Definition, classification, Kinetics, mechanism of enzymatic catalysis. Factors influencing enzymatic catalyses, enzyme activators and inhibitors. Regulation of enzyme activity, Iso-enzymes & clinical enzymology

**Vitamins:** - Definition and classification of vitamins, Brief account of chemistry, source, RDA, biochemical functions, deficiency diseases, Vitamin antagonists and hyper vitaminosis of each vitamin.

---

### UNIT-III (MINERALS METABOLISM, CARBOHYDRATES METABOLISM, BIOLOGIC OXIDATION, LIPID METABOLISM, PROTEIN METABOLISM)

**Mineral metabolism** :- Classification of minerals ,Brief account of chemistry, source, RDA, biochemical functions, deficiency diseases of each mineral ,Digestion and absorption , Digestion and absorption of carbohydrates ,Digestion and absorption of lipids ,Digestion and absorption of proteins.

**Carbohydrate Metabolism** :-Major metabolic pathways: Glycolysis, pyruvate oxidation, Citric acid cycle, Gluconeogenesis, HMP Shunt pathway & glycogen metabolism ,Minor metabolic pathways: Metabolism of Fructose and Galactose, Regulation of blood sugar, glucose tolerancetest, Diabetes mellitus& other disorders of carbohydrate metabolism.

**Biologic Oxidation**:-Redox potential, high energy compounds, Oxidative Phosphorylation, Electron transport chain.

**Lipid metabolism**: - Biosynthesis and degradation of fatty acids, Metabolism of cholesterol ,Ketone bodies: their synthesis, utilization and conditions leading to ketoacidosis ,Chemistry and metabolism of lipoproteins, hyper lipoproteinemias ,Prostaglandins ,Fatty liver, Obesity & other lipid storage disease.

**Protein metabolism**:- Overview of protein metabolism ,Nitrogen balance ,Formation and disposal of ammonia , General metabolism of amino acids, Inborn errors of amino acid metabolism.

### UNIT IV-Molecular Biology, Energy metabolism and Nutrition & Clinical biochemistry

**Molecular biology** :- Chemistry of Nucleic acids: Definition, classification, composition of nucleic acids; Structure and function of DNA ; Types, structure & functions of RNA , Metabolism of Nucleic acids : Synthesis and breakdown of purines; Synthesis and breakdown of pyrimidine ,DNA Replication, Inhibitors of DNA replication ,DNA Transcription & Post-transcriptional processing. Genetic code, Protein synthesis, inhibitors of protein synthesis & Post-translational processing, Integration of metabolism, Metabolic effects of insulin & glucagon, The feed/fast cycle, Biochemistry of starvation.

**Biochemistry of blood**:- Porphyrins, Synthesis and degradation of heme; Porphyria; Jaundice ,Structure & functions of hemoglobin ,Abnormal hemoglobins & hemoglobinopathies, Plasma Proteins, Immunoglobulins, Blood pH & its regulation, Role of kidney and lungs in maintaining pH of blood, Acidosis and Alkalosis

**Energy metabolism and Nutrition**:-Calorific value of foods, Basal metabolic rate and its importance,Specific dynamic action ,Energy requirements for physical activity ,Balanced diet; Role of carbohydrates, proteins & lipids ,Nutritive value of proteins, protein-energy malnutrition (PEM).

**Clinical biochemistry**: -Tools of biochemistry, Liver function tests, Renal function tests, Environmental biochemistry, Environmental pollutants, Xenobiotics, interaction with biomolecules, effects & metabolism, Biochemical characteristics of cancer and carcinogenesis.

---

<b>S.NO</b>	<b>NAME OF PRACTICAL</b>	<b>NATURE</b>
1	General reactions Carbohydrates	Experiment
2	General reactions of proteins	Experiment
3	General reactions of non-protein-nitrogen Compounds	Experiment
4	Analysis of Urine	Experiment
5	Blood Sugar estimation by Glucose Oxidase Method	Experiment
6	Colorimetry and colorimeter	Experiment
7	Paper chromatography	Experiment
8	Electrophoresis	Experiment
9	Glucose tolerance test (GTT)	Experiment

#### Recommended Text Books:

1. Text book of Biochemistry - by U. Sathyanarayana, U Chakrapani
2. Text book of Biochemistry – by DM Vasudevan, Sreekumari S

#### Reference Books:

1. Harper's Illustrated Biochemistry, Robert K. Murray, Daryl K. Granner, and Victor W. Rodwell.
  2. Biochemistry. Lubert Stryer. W.H. Freeman and Company, New York.
-

<b>Placement Semester</b>	Semester II
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Basic Principle and History of Nephropathy
<b>Course Code</b>	BSC2623S202T
<b>Course Type</b>	Core
<b>Credits</b>	5
<b>Hours per Semester</b>	70

### Unit I: Introduction to Nature Cure or Naturopathy

**The Medical Profession & Medical Evolution-** an Introduction, Concept of Health & Disease through the ages ,The Human Body ,The evolution of human body ,Philosophy of the body, mind, soul, life, spirit and spiritual body with reference to various cultures, philosophies, Vedas and Modern view ,Composition of the human body, according to *Ayurveda*, Naturopathy, *Yoga*, Modern Medicine, Homeopathy.

**An Introduction to Nature Cure or Naturopathy-** Definitions, concepts & theories of various pioneers in the field , History of Naturopathy & Philosophy of Naturopaths ,Chronological highlights of Naturopathy ,Philosophy of Indian Naturopaths. Vegiraju Krishnamaraju ,Vinoba Bhave ,Mahatma Gandhi. Dr. S. J. Singh,Dr. J. M. Jussawala,Philosophy of Foreign Naturopaths. Aesculapius, Hippocrates, The School of Salerno, Paracelsus. Vincent Priessnitz , Sebastian Kneipp ,Arnold Rickli ,Louis Kuhne ,Adolf Just ,John H Tilden ,Sigmund Freud ,Henry Lindlahr ,Fundamental principles, concepts & theories of Naturopathy. Laws of Nature according to Henry Lindlahr, Catechism of Nature Cure according to Henry Lindlahr ,Concepts of Health according to Naturopathy ,Concepts of Disease according to Naturopathy

### Unit II- Principles & concepts of Naturopathy

**The 10 basic principles of Naturopathy :-** Principles of Natural Medicine in the West ,The Healing Power of Nature (*Vis Medicatrix Naturae*) ,Identify and Treat the Causes (*Tolle Causam*) ,First Do No Harm (*Primum Non Nocere*) ,Doctor as Teacher (*Docere*) ,Treat the Whole Person ,Prevention ,Herring's law of cure.

#### Concept of Panchama habhootas & Naturopathy.

Foreign matter and toxins accumulation in the body and its importance in elimination through different ways or channels. Unity of disease, Unity of cure and way of treatment.

Theory of Toxemia- Toxins and anti-toxins, their generation, mitigation in nature cure way

#### Concept of Vitality & Vital economy

**How Nature Cures- The Natural healing mechanisms :-** Arogya Rakshak Panchatantras and their importance in maintenance of good health prevention of diseases and treatment of diseases through lifestyle modification. Shareera Dharmas – Ahara, Nidra Bhaya, Maithuna ,

Natural Immunity & how to acquire natural immunity in diseases. Inflammation- Naturopathic perspective.

### Unit - III Diagnostic procedures in Naturopathy & Modern Medicine

**Naturopathy: a blend of Drugless Therapies :-** Holistic approach of Naturopathy ,Modern perspectives of Naturopathic Medicine ,Understanding Homeostasis ,Metabolism of Xenobiotics

,Aging, Free Radicals and Antioxidants ,Hygiene & importance of physical and mental hygiene in health and disease ,Vaccinations and inoculation – The Naturopathic view.

Family planning by Natural therapeutics.

**Introduction to The Diagnostic procedures in Naturopathy :-** Spinal Analysis ,Facial Diagnosis

,Iris Diagnosis ,Chromo Diagnosis ,Natural rejuvenation ,Personal life and prevention of diseases ,Geriatrics and Naturopathy ,Introduction to various systems of Medicine .

**Modern Medicine :-** Ayurveda ,Introduction ,Definition of Prakriti and its categories. Swastha Vrittam ,Dinacharya ,Ratricharya ,Ritucharya ,Vegadharanam ,Homeopathy, Unani Siddha ,Comparative study of Naturopathy with other systems of Medicine ,Basic essentials of a Naturopathy practitioner - an introduction to qualities of a Naturopathy & Yoga , Practitioner, Approach to the Patient with a Naturopathy view, Ethical considerations, Understanding the Scope & Limitations ,Recent Advances in Naturopathy & Yoga , Introduction to Psychosomatic Diseases & Psychoneuroimmunology ,Introduction to Mind-Body Medicine ,Lifestyle & psycho-social behavior ,Introduction to Integrative Medicine ,An introduction to Research & its importance in Naturopathy

### Recommended Books:

1. The Science of Facial Expression by Louis Kuhne
2. The New Science of Healing by Louis Kuhne
3. Philosophy of Nature Cure by Henry Lindlahr
4. Practice of Nature Cure by Henry Lindlahr

### Reference books

1. My Nature Cure or Practical Naturopathy by S.J. Singh
  2. The Science of Facial Expression by Louis Kuhne
-



<b>Placement Semester</b>	Semester II
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Yoga language Sanskrit
<b>Course Code</b>	BSC2623S203T
<b>Course Type</b>	Core
<b>Credits</b>	5
<b>Hours per Semester</b>	70

### Unit I: Basics of Samskritam

- Origin of language
- Uniqueness of Samskritam
- Samskrita Varnamala – Svaras, Vyanjanas and Ayogavaha (Utpatti Sthana and Prayatna)
- Transliteration rules
- Intro Parts of speech in Samskritam – Karaka, Linga, Vibhakti, Vachana

### Unit II: Speaking skills

- Samskrita Sambhashana Shibira of Samskrita Bharati
- Daily Greetings
- Numbers till 100
- Identifying time in Samskritam
- Framing basic sentences

### Unit III: Basic grammar lessons

- Introduction to Sandhi – Svara, Vyanjana and Ayogavahas
- Introduction to Samasa – 4 types of Samasas
- Introduction to Karaka – 6 Karakas

### Unit IV: Memorization of selected verses and declensions of common (selected) words

- 20 selected Subhashitas verses
- 35 Subanta Rupas and 10 Dhatus

### Text Book:

- Vempati Kutumba Sastri, Vaakyavyavahaara, Rashtriya Saaskāta Samsthana, Deemed University, New Delhi 110058.
  - for general health
-

<b>Placement Semester</b>	Semester II
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Innovation and IPR
<b>Course Code</b>	BSC2623S204T
<b>Course Type</b>	Elective
<b>Credits</b>	4
<b>Hours per Semester</b>	60

**Introduction to Innovation:** Definition and types of innovation, Importance of innovation in economic development, Innovation ecosystems and drivers.

**Overview of Intellectual Property Rights (IPR):** Meaning and significance of IPR, Forms of IPR: Patents, trademarks, copyrights, trade secrets, Balancing IPR with public interest and innovation diffusion

**Patents and Patenting Process:** Understanding patents and patentable subject matter, Criteria for patentability and novelty, Patent application, examination, and grant process, Trademarks and Copyrights, Meaning and purpose of trademarks, Copyrightable works and copyright protection, Fair use and infringement issues

**Trade Secrets and Confidentiality:** Definition and characteristics of trade secrets, Protecting trade secrets and confidential information, Non-disclosure agreements (NDAs)

**IPR Management and Commercialization:** Developing an IPR strategy, Licensing, technology transfer, and commercialization, Valuation and monetization of intellectual property

### **Global IPR Landscape**

- International treaties and agreements (e.g., TRIPS, WIPO), Challenges in enforcing IPR internationally, Cultural and ethical aspects of IPR in a global context

---

<b>Placement Semester</b>	Semester II
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Transcription and Telemedicine
<b>Course Code</b>	BSC2623S205T
<b>Course Type</b>	Elective
<b>Credits</b>	4
<b>Hours per Semester</b>	60

### **Medical Transcription:**

- Basics of Medical Transcription
- Objectives of Medical Transcription
- Rules of Medical Transcription
- Advantages of Medical Transcription
- Division of medical words into their component parts
- Forms, Suffixes, Prefixes and Terminology
- Laboratory tests, Clinical procedures and Abbreviations

### **Telemedicine:**

- Classification of Telemedicine
  - Technology of Telemedicine
  - Objectives of Telemedicine
  - Rules of Telemedicine
  - Telemedicine Act
  - Merits of Telemedicine
  - Future Telemedicine plans
  - Research
-

<b>Placement Semester</b>	Semester II
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Hospital Statistics
<b>Course Code</b>	BSC2623S206T
<b>Course Type</b>	Elective
<b>Credits</b>	4
<b>Hours per Semester</b>	60

#### Definition of hospital statistics and important Hospital Terms

- Sources of Hospital Statistics – Registers, Medical Records and Daily Ward Census
  - Analysis of Hospital Services and Discharges –Important Rates, Ratio and Percentages with Formula
  - Uses and Limitations of Hospital Statistics
  - Hospital Statistics Reporting Crude Rates o Specific Rate o Prevalence, Incidence, Morbidity, fertility rates o Mortality Rates – Crude Death Rate, Specific Death Rates with respect to age , sex etc. Cause-of-death Rates; Infant Mortality Rates; Neonatal Mortality Rates o Post-Neonatal Mortality Rate or Late Infant Mortality Rate Collection of hospital statistical data: Birth, Death, fetal death, live birth and immature infants, reporting, determination of basic data, daily analysis of hospital service, discharge analysis procedure, cumulative method, monthly and annual reports, computation of percentage (ratios) inpatient census and bed occupancy rate (computerized and manual), presentation of hospital data.
  - Criteria of ill health
  - Classification of healthy and sick
  - Measurement of morbidity
-

<b>Placement Semester</b>	Semester II
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Practical & Viva
<b>Course Code</b>	BSC2623S207P
<b>Course Type</b>	Practical/Ability
<b>Credits</b>	7
<b>Hours per Semester</b>	105

### Unit – I Breathing Practices

- Hands stretch breathing
- Ankle stretch breathing
- Rabbit breathing Instant
- Relaxation Technique
- Shashankasana breathing

### Unit – II Loosening exercises

- Jogging
- Forward and Backward bending
- Side bending
- Twisting
- Pavanamuktasana Kriya
- Quick relaxation technique

### Unit – III Surya Namaskara

#### Unit – IV Yoga Asana

- Standing Asanas
- Sitting Asanas
- Prone Asanas
- Supine Asanas

### Unit – V Pranayama Practices and preparation &Kriya

- Kapalabhati and sectional breathing
  - Surya, Cahndra Anuloma Viloma, Nadishodhana, Shitali, Sitkari, Sadanta
-

- Bhramari and Nadanusandhana

Kriya –

1. Dhauti : Vastra Dhauti, Daëða Dhauti – Once in fifteen days
2. Neti : Ghâta Neti and Dugdha Neti
3. Nauli : Madhyam Nauli, Väma Nauli, Dakñina Nauli and Nauli Kriyâ
4. Kapâlabhâti : Vâtkrama Kapâlabhâti, Çétkrama, and Vyutakarma Kapâlabhâti
5. Çâikhaparakñâlana : Laghu and Pürëa Çâikhaparakñâlana.

### **Text Book:**

1. Himalaya, Swami Vivekananda Yoga Prakasana, Bangalore, 2000 2. Swami Satyananda Saraswati, Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Munger, Bihar, India. Reference Books:\
  2. Swami Satyananda Saraswati : Asana, Pranayama, Mudra, Bandha (Yoga Publications Trust, Munger, Bihar, India).
  3. Swami Muktibodhananda Saraswati : Hatha Yoga Pradeepika, Yoga Publications Trust (Munger, Bihar, India) .
  4. Dr R Nagarathna (2014). Yoga for Promotion of Positive Health, SVYP, Bangalore.
-

## B.Sc. Yoga Therapy

### Semester III

<b>Placement Semester</b>	Semester III
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Modern Human Psychology
<b>Course Code</b>	BSC2623S301T
<b>Course Type</b>	Core
<b>Credits</b>	5
<b>Hours per Semester</b>	70

#### General Psychology

##### Unit – I INTRODUCTION:

Brief History of modern Psychology  
Major Perspectives in Modern Psychology  
Key data collection methods in Psychology

- **Introduction to Altered States of Consciousness**  
Sleep: Stages of Sleep, Circadian Rhythm, Sleep Disorders; Dreams: The Content of Dreams; Hypnosis, Biofeedback.
- **Behavioral Psychology:** Psychology as a Science of Behavior; Definition of Behavior; Psychic forces and human behavior, behavior and Consciousness, Psychological basis of behavior;
- **Personality:** Nature and Types of Personality; Determinants of Personality: Heredity and Environment; Facets and Stages of Personality Development; Personality Theories of Sigmund Freud, Alfred Adler and C.G. Jung, Carl Rogers; Assessment of Personality:
- **Cognitive Psychology:** Sensation, Perception, Attention, Memory, Learning, Feeling etc.; Their definitions and types, Intelligence and its' measurements; Emotional Intelligence and Social Intelligence.
- **Mental Health;** Means of mental health; Positive Mental Health; Causes and Consequences of Conflicts and Frustrations; Introduction to Common mental disorders; Depressive disorders; Anxiety disorders; Serious mental disorders; Sleep disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention.

**Unit – II Yoga for Personality Development** - Yogic attitudes for personality development, Ashtanga Yoga and personality development, personality development with special emphasis on

Panchakosa. Memory and Concentration; Short-term, long-term memory, stages of memory foundation and maintenance; Yoga modules to improve memory; Barriers to concentration; creativity eastern concept, silence and creativity; yogic approach to creativity; yogic practices for creativity development; Facets of intelligence; concept of intelligence according to Yoga; Yoga practices for IQ development; Practices for Anger Management.

**Unit –III Yoga for Stress Management:** Introduction to Stress, Concept of Stress; Solutions through Mandukya karika - Relaxation and stimulation combined as the core for stress management; Practice of Stimulation and relaxation; Yoga and Stress Management; Concepts and Techniques of Stress Management in Ashtanga Yoga of Patanjali and Bhagavad Gita, specific practices for stress management, breath awareness, shavasana, Yoganidra, pranayama and meditation, impact of yogic lifestyle on stress management.

#### Text Books:

1. Chaube S P by Abnormal Psychology
2. Coleman by Abnormal Psychology
3. Prasanna Counseling Centre by Lay Counselors
4. Meera Ravi by Counseling

#### Reference Books:

1. Sarason I G. & by Abnormal Psychology Sarason BR. Prentice- Hall of India private Limited, New Delhi
  2. John J. P., et al. : Counseling by Theory, Research & Practice Rand Monally College Publications, Chicago (1978)
  3. Sahakian W.S. : Psychotherapy & Counseling by Techniques in Interventions (2nd Edition); Chicago Monally College Publishing Company (1976)
-



<b>Placement Semester</b>	Semester III
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Ancient Yoga Text Part -I
<b>Course Code</b>	BSC2623S302T
<b>Course Type</b>	Core
<b>Credits</b>	5
<b>Hours per Semester</b>	70

### Unit – I Principal Upanishads Bhagavad Gita, Yoga

#### VasishthaPrincipal Upanishads

Brief Introduction of Ten principal Upanishads as the basis of Yogic contact.

1. **Ishavasyopanishad:** Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava
2. **Kena Upanishat: Indwelling Power;** Indriya and Antahkarana; Self and the Mind; Intutive realization of the truth; Truth transcendental; Moral of Yaksha Upakhyana
3. **Katha Upanishad :** Definition of Yoga; Nature of Soul; Importance of Self Realization;
4. **Prashna Upanishad:** Concept of Prana and rayi (creation); Pancha pranas; The five main questions
5. **Mundaka Upanishad:** Two approaches to Brahma Vidya-the Para and Aparā; The greatness of Brahmavidya, The worthlessness of Selfish-karma; Tapas and Gurubhakti, The origin of creation, Brahman the target of Meditation
6. **Mandukya:** Four States of Consciousness and its relation to syllables in Omkara
7. **Aitareya:** Concept of Atma, Universe and Brahman.
8. **Taittiriya Upanishad** Concept of Pancha Kosha; Summary of Shiksha Valli; Ananda Valli; Bhruguvalli.
9. **Chandogya Upanishad:** Om (udgitha) Meditation; Sandilyavidya
10. **Brihadaryanaka Upanishad :** Concept of Atman and Jnana Yoga. Union of Atman and Paramatman.

### Unit – II Bhagavad Gita

General Introduction to Bhagavad Gita (B.G.). Definitions of Yoga in B.G. and their relevance & Scope; Essentials of B.G - the meanings of the terms Atmaswrupa, Stithaprajna, Sankhya Yoga

---

(Chpt.II), Karma Yoga (Chpt.III ), Sanyasa Yoga and Karma Swarupa (Sakama and Nishkama) etc; Samnyasa, Dhyana Yogas (Chpt. VI); Nature of Bhakti (Chpt.XII), Means and Goal of Bhakti-Yoga; The Trigunas and modes of Prakriti; Three Kinds of Faith. Food for Yoga Sadhaka, Classification of food (Chpt.XIV & XVII) Daivasura-Sampad-Vibhaga Yoga (Chpt.XVI); Moksa-Upadesa Yoga (Chpt. XVIII)

### Unit – III Yoga Vasishtha

Highlights of Yoga Vasishtha, Concept of Adhis and Vyadhis; Psychosomatic Ailments; The four Gatekeepers (Pillars) to Freedom; How Sukha is attained the Highest State of Bliss; Practices to overcome the Impediments of Yoga; Development of Satvaguna; Eight limbs of Meditation; Jnana Saptabhumika.

### Text Books:

1. Dr H R Nagendra, Yoga Its Basis and Applications, Swami Vivekananda Yoga Prakashana, Bangalore, 2002.
2. Dr H R Nagendra, Jñana Yoga, Swami Vivekananda Yoga Prakashana, Bangalore, 2002
3. Swami Ranganathananda, Message of Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985
4. Swami Tapasyananda - The Holy Gita-the Science of Life, Pub: RK Mission, Chennai.

### Reference Books

1. Acharya Shankar : Gita Bhasya, Gita Press, Gorakhpur(U.P).
  2. Tilak, B.G. : Gita Rahasya Ya Karma Yoga Shastra
  3. Siddhantalankar, Satyavratya : Gita Bhasya, Govindaram Hasananda, New Delhi.
  4. Radhakrishnan, S. : The Bhagavadgētā (Routledge & Kegan Paul, London, 1960)
  5. Gitanka (Kalyana) : Gētā Press, Gorakhpur(U.P)
  6. The principle Upanishads –By S. Radhakrishnan
  7. The message of the Upanishads – by Swami Ranganathananda, 1985 Bharatiya Vidya Bhavan (Bombay)
  8. The Vedas by – Shree Chandrasekharendra Saraswati Swami ji, 2014 Bharatiya Vidya Bhavan (Mumbai-400007)
  9. And the Original text
-

<b>Placement Semester</b>	Semester III
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Hatha Yoga Text Part -I
<b>Course Code</b>	BSC2623S303T
<b>Course Type</b>	Core
<b>Credits</b>	5
<b>Hours per Semester</b>	70

**Unit – 1** Introduction to Hatha Yoga and Hatha Yoga Texts. Siddhasiddhanta paddhati, Hatha Ratnavali and Shiva Samhita. Aim & objectives, misconceptions about Hatha Yoga, prerequisites of Hatha Yoga (dasha yama and dasha niyama), Sadhaka and Badhaka tattvas in Hatha Yoga, Concept and importance of Shodhana kriyas in Hatha Yoga; Importance of Shodhana kriyas in health and disease, Rules & Regulations to be followed by Hatha Yoga Sadhakas.

**Unit – II • Asanas in Hatha Texts:** Definition, pre requisites and special features of Yoga-asana; Asanas in, Siddhasiddhanta paddhati, Hatha Ratnavali and Shiva Samhita, Benefits, precautions, and contraindications of different Asanas.

• **Pranayama in Hatha Texts:** - Concept of Prana & Ayama, Pranyama; Pranayama its phases and stages; Prerequisites of Pranayama in Hatha Yoga Sadhana; Pranayama in, Siddhasiddhanta paddhati, Hatha Ratnavali and Shiva Samhita & Benefits, precautions and contraindications of Pranayama.

**Unit – III Bandha, Mudra and other practices:** Concept, definition of Bandha and Mudras, in Siddhasiddhanta paddhati, Hatha Ratnavali and Shiva Samhita; Benefits, precautions and contraindications. Concept, definition, benefits and Techniques of Pratyahara, Dharana and Dhyana.

#### Practical

**Unit – IAsanas in Hatha Texts:** Definition, pre requisites and special features of Yoga-asana; Asanas in, Siddhasiddhanta paddhati, Hatha Ratnavali and Shiva Samhita, Benefits, precautions, and contraindications of different Asanas.

• **Pranayama:** - Pranyama; Pranayama its phases and stages; Prerequisites of Pranayama in Hatha Yoga Sadhana; Pranayama in, Siddhasiddhanta paddhati, Hatha Ratnavali and Shiva Samhita & Benefits, precautions and contraindications of Pranayama.

**Unit – III Bandha, Mudra and other practices:** Concept, definition of Bandha and Mudras, in Siddhasiddhanta paddhati, Hatha Ratnavali and Shiva Samhita; Benefits, precautions and contraindications. benefits and Techniques of Pratyahara, Dharana and Dhyana.

**Text Book:** Swami Digambaraji and : Hatha Pradeepika of Svatomarama Pt: Raghunatha Shastri (Kaivalyadhama, S.M.Y.M.Samiti, Lonavala, 1998)

#### Reference Books:

1. Swami Muktibodhananda : Hatha Yoga Pradeepika, The light on Hatha Yoga Saraswati

- (Bihar School of Yoga, Munger, 1985)
2. Burley, Mikel : Hatha Yoga, Its Context Theory and Practice (M.L.B.D. Delhi, 2000)
  3. Burnier, Radha : Hathayoga Pradipika of Svatmarama (The Adyar Library publications, Chennai. 2000)
  4. Swami Maheshanandaji : Shiva Samhita and Others (Kaivalyadhama, S.M.Y.M. Samiti, Lonavala,1999)
  5. Woodroffe, Sir John : The Serpent power . (Ganesh & Company, Madras, 2000)
  6. Bharati, Veda : Philosophy of Hatha Yoga (English) (Himalayan International Institute of Yoga Science and Philosophy, 1998, 2nd Rev. ed. Pennsylvania).
  7. Mr. Dvivedi : Nath Sampradaya of Hatha Yoga, Publications,Hindustani Academy, Allahabad, Utter Pradesh, 1950)
-

<b>Placement Semester</b>	Semester III
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Chromotherapy
<b>Course Code</b>	BSC2623S304T
<b>Course Type</b>	Elective
<b>Credits</b>	4
<b>Hours per Semester</b>	60

### Unit -1 Color Therapy Definition And History

Definition, Historical highlights- Ghadiyali's principle, Babbitt postulates, Modern history of color therapy . Classification of colors, how do rainbows form, Physics of light

### Unit -2 Color Therapy Uses, Benefit And Effect

Electromagnetic spectrum, Pathway of vision and color sensing, The human aura and colors, Relation of colors with shad chakras, Impact of color sense on emotions and psychology, Therapeutic effect of colors

**Heliotherapy** – Health benefits, Physiological and chemical properties of sunlight , modes of application, plantain leaf sun bath, chromothermoleum, Procedure, precaution, indication and limitations. Dr. Rikli's method of Sun bath , Dr .Kuhne's method of sun bath

### Unit -3 Advanced Color Therapy

Advanced color therapy, Photo chemotherapy ,Photo biological colored lighting to produce immunoregulation , Color breathing, Chromo charging of water, oil honey and food stuffs. And their effect on health and disease. Limitation and contraindications of chromo therapy. Research updating related to chromo therapy

### Practical

#### UNIT-1

- Color puncture and samassati color therapy
- crystal healing or crystal therapy
- color silks therapy
- hydro color therapy
- about the colors
- Color therapy and healing
- Make a color therapy chart

#### UNIT-2 Case documentation and application of color therapy at least 10 cases

**Reference Books** :Color Healing: Chromotherapy

---

<b>Placement Semester</b>	Semester III
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Healthcare Services and It's Application
<b>Course Code</b>	BSC2623S305T
<b>Course Type</b>	Elective
<b>Credits</b>	4
<b>Hours per Semester</b>	60

### **Health and Disease**

Concept, Definitions & Dimensions of health, Wellbeing, Determinants of health, Evolution of medicine, Public Health, Health indicators, Health service philosophies, Disease & causation, Natural history of disease, Disease control & prevention, Changing patterns of disease.

Medical sociology –Introduction Sociological perspective of health, illness and healing. Institutional perspective and Organizational perspective.

### **Public and Private Health Care Services in India**

Evolution of public health systems in India (ancient, colonial & post-independence), Health Planning in India (Committees, Planning commission, Five year plans, National Health Policies), Public health systems in India (Center, State, District & Village level), Rural development, Corporate philosophy, Evolution and organization of private health systems in India and Current trends in private health care in India.

**WHO-** Objective, functions, **UNICEF-** objective and functions. Different Model of Healthcare-The Beveridge Model, The Bismarck Model, The National Health Insurance Model, The Out-of-Pocket Model. Brief Introduction of Health System of different countries: USA, UK, Canada, Australia, Sweden, and Germany.

### **Population Health**

Introduction to population studies, Issues of Indian society & culture, Nuptiality & Fertility, Reproductive health, Population and Development (policies, programs & evaluation), introduction to epidemiology (concept, terms, aims & uses), definition of epidemic, endemic, pandemic, sporadic. Prevalence and Incidence. Epidemiological methods- basic idea of Cohort study, Case Control study and RCT. Epidemiology of communicable diseases (TB, STDs, Diarrhea & HIV/AIDS) and Epidemiology of Non communicable diseases (CHD, Cancer, Diabetes, Hypertension & Obesity).

### **Contemporary Issues in Health Services Management**

National Health Policy; Reproductive, Maternal, Newborn, Child, and Adolescent Health (RMNCH+A) ; National Vector Borne Disease Control Program (NVBDCP).

<b>Placement Semester</b>	Semester III
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Basic Life Support
<b>Course Code</b>	BSC2623S306T
<b>Course Type</b>	Elective
<b>Credits</b>	4
<b>Hours per Semester</b>	60

#### Introduction

- Adult BLS, Adult chain of survival Scene safety and assessment adult compressions, AED, and Bag Mask Device
  - Successful Resuscitation teams
  - Infant and Child BLS, Pediatric chain of survival, AED for Infants, and children less than 8 years age 6,
  - Special considerations: Mouth to mouth breaths Breath with an advanced airway Opioid associated life-threatening emergency
  - Adult, infant and child choking Relief of choking in a responsive adult or child Relief of choking in an unresponsive adult or child
  - Practical demonstration of CPR, AED in adults and pediatric patients
-

<b>Placement Semester</b>	Semester III
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Practical & Viva
<b>Course Code</b>	BSC2623S307P
<b>Course Type</b>	Practical/Ability
<b>Credits</b>	7
<b>Hours per Semester</b>	60

#### Unit –I Yogic Practices – Asana, Kriya, Mudra, Bandha, Dhyana, Surya Namaskara (Techniques, Salient Features, Benefits)

- **Shatkarmas** Dhauti (Kunjal), Vastra dhauti, Danda dhauti, Laghoo and Poorna sankhaprakshalana, Neti (Sutra and Jala), Kapalbhati, Agnisara, Nauli
- **Suryanamaskar-** Suryanamaskar must be practiced traditionally and the variation in Suryanamaskar may be taken into consideration based on the convenience of patients for therapy.
- **Asnas (yogic postures)** Standing Postures Ardhakati chakrasana, Hastapadasana, Ardhashakrasana, Trikonasana, Parivritta trikonasana, Parsvakonasana, Veersana, Sitting postures Paschimottanasana, Suptavajrasana, Ardhamatsyendrasana, Vakrasana, Marichasana, Malasana, Badhakanasana, Merudandasana, Akarna dhanurasana, Gumukhasana, Prone postures Bhujangasana, Salabhasana, Dhanurasana, Urdhvamukhosvanasana, Makarasana, Supine postures Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana, Balancing postures Vrikshasana, Garudasana, Namaskarasana, Tittibhasana, Natrajasana

#### Unit –II

- **Pranayama** Breath awareness, Sectional breathing, Nadishuddhi, Bhastrika, Ujjai, Cooling pranayama (Sitali, Sitkari and Sadanta), Bhramari, Pranayama (with Antar & Bahya Kumbhaka)
- **Practices leading to Meditation:** Pranav and Soham Japa, Yoga Nidra (1,2,3), Antarmauna, Ajapa Dharana (Stage 1,2,3), Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to Vipassana Meditation, Practices leading to Preksha Meditation
- **Bandhas and Mudras:** Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Tadagi Mudra, Vipareet Karni Mudra

#### Unit –III • Contemporary Yogic Practices - Yogic Sukshma Vyayama, Cyclic Meditation

,Mindfulness based Stress Reduction Technique (Kabatzin); Mind Sound Resonance Technique , Raja Yoga Meditation (Brahmakumaris); Transcendental Meditation (Mahesh Yogi); ZEN Buddhist Meditation; Yoga Nidra (BSY); Savita Ki Dhyana Dharana



**B.Sc. Yoga therapy  
Semester – IV**

<b>Placement Semester</b>	Semester IV
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Fasting Therapy
<b>Course Code</b>	BSC2623S401T
<b>Course Type</b>	Core
<b>Credits</b>	5
<b>Hours per Semester</b>	70

Part I

**Unit -I. Introduction :-**

- (a) Theory of Fasting
- (b) Fasting Animals
- (c) Miracles of Fasting
- (d) Your Tongue Never Lies

2. History of Fasting

- (a) Fasting Ancient India
- (b) History of Fasting India
- (c) History of Fasting Foreign Countries
- (d) Historical Highlights of Fasting

3. Science of Fasting

**II. The Philosophy of Fasting**

- 1. The Philosophy of Sane Fasting
  - 2. Philosophy of Therapeutic Fasting
    - (a) Life & its existence in connection with health and diseases
    - (b) Nature of disease
    - (c) The No-Breakfast Plan
    - (d) Objections commonly
    - (e) Raised in Fasting Therapy
    - (f) Pros and cons of Fasting
-

- (g) Difference between Fasting and Starvation
- (h) Difference between Hunger and Appetite

### Unit –II Physiology of Fasting:-

- a) General Physiology.
- b) Source and Metabolism of Carbohydrates, Fats and Proteins During Fasting & Starvation.
- c) Chemical and Organic changes during Fasting.
- d) Repair of Organs and Tissues During Fasting.
- e) Changes in the Fundamental Functions While Fasting.
- f) The Mind & Special Senses During a Fast.
- g) Secretions and Excretions.
- h) Bowel Action During a Fast.
- i) The Influence of Fasting on Growth and Regeneration.
- j) Gain and Loss of strength While Fasting.
- k) Gain and Loss of weight During Fasting. Autolysis
- l) Fasting and Sex.
- m) Rejuvenescence through Fasting.

### Facts Explained About Fasting:-

- (a) Fasting Does Not Induce Deficiency “Disease”.
- (b) Death In The Fast.
- (c) Objections To The Fast.
- (d) The Quantity of Food Necessary to Sustain Life.

### Unit –III Practice of Fasting:-

- (a) Does Fasting Cure Disease?
- (b) The Rationale of Fasting.
- (c) The Length of the Fast.
- (d) Contraindications of Fasting.
- (e) Fasting in Special Periods and Conditions of Life.
- (f) Symptomatology of the Fast.
- (g) Progress & Hygiene of The Fast.
- (h) Breaking the Fast.
- (i) Gaining Weight after the Fast.
- (j) Living After The Fast

### Rules and regulations of Sane Fasting and Therapeutic

1. Fasting for Healthy and Long Life By Hereward Carrington
  2. The Fasting Cure and Vital Economy By Lakshamana Sharma
  3. Fasting can save your life By Herbert M. Shelton
  4. The Effects of Fasting By Donald Upton
  5. Fasting way of life By All ancoli M.D
  6. Fasting can Renew your life By Herbert M. Shelton
  7. Scientific Fasting By Hazzard, Linda Burfield
  8. The Science & Fine Art of Natural Hygiene By Herbert M. Shelton
  9. The Hippocrates Diet and Health Program By Herbert M. Shelton
  10. The Hippocrates Diet and Health Programme By Ann Wigmore
-

## Reference Books-

1. The Philosophy of Fasting By Edward Eaul Purinton
  2. Vality, Fastingand Nutrition By Hereward Carrington
  3. The Fasting Cure By Upton Sinclair
  4. The Fast-Way of Health By Harold R.Brown
  5. Fasting-the Mast Remedyr
  6. Fast for Health By John Joseph Picker
  7. The Biology of Human Starvation By Keys, Ancel
  8. Fasting Story NO.1By Health Research
  9. FastingStoryNO.2 By Health Research
  10. Rational.Fasting-By Prof ArnoldEhret
  11. Explaining Fasting By Forster Roger
  12. Hints on Fasting Well By Carrington, Herewardetc.
  13. The Science and Fine Art of Fasting By Herbert MShelton
  14. Miracles of Fating By Dr Paavo Airola.
  15. No.Break fast Plan By Edward Hook Dewey
  16. Thus Speaketh theStomach By Pr of Arnold Ehret
-

<b>Placement Semester</b>	Semester IV
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Massage Therapy & Acupressure
<b>Course Code</b>	BSC2623S402T
<b>Course Type</b>	Core
<b>Credits</b>	5
<b>Hours per Semester</b>	70

## Part I

### Unit -I

1. Introduction and History of Massage.
2. Rules, Regulations and Characteristics of Masseur
3. Structures especially concerned in massage and parts of the body to be specially studied for the purpose is as follows:
  - a) Skin
  - b) Muscular System
  - c) Heart and Circulation
  - d) Nervous System
  - e) Skeletal System Including joints
4. Effects of the pressure of hand and lubricants on the following systems :-
  - a) Skin
  - b) Muscular System  
Nutrition and Development Excitation of “M” & contraction of “M”, Increase of muscular electro-excitability, removal of the fatigue from muscle.
  - c) On the ligaments and skeletal system
  - d) On the Circulatory system
  - f) On Respiration - Increase of respiratory activity and increase of tissue respiration.
  - g) On GIT- Improvement in appetite, improvement in secretion of digestive fluids, absorption and improvement in peristalsis.
  - h) Excretory System
  - i) Powder Massage - merits and demerits.

### **Unit –II** Getting crisis through massage (Side effects and benefits)

1. Basic therapeutic massage techniques, indications and contraindications of massage while applying to the patients.
  2. Massage and its effects:-.
    - a. Nutrition
    - b. Haematogenesis
-

- c. Phagocytosis
  - d. Increase in the number of blood corpuscles.
  - e. Absorption of increased inflammatory exudate, change in the weight of the person, obese or emaciated.
3. i) Different Massage manipulations, classification and their detailed explanation, uses and contra- indications.
- ii) Manipulative treatments in stress management
  - iii) Shiatsu in manipulative therapy (Acupressure)~
  - iv) Manipulations and life extension.
  - v) Dry brush Massage

**Unit -III 1. Movements of Joints :-**

1. Flexion
2. Extension
3. Abduction
4. Adduction
5. Supination & Pronation
6. Circumduction
7. Deviations- Medial and Lateral
8. Opposition

(a) Massaging in local areas under special circumstances -

- a. Massage to Abdomen
- b. Massage to liver
- c. Massage to Stomach
- d. Massage to heart
- e. Massage to head
- f. Massage to spine
- g. Special types of Massage in different diseases

(b) Massage to women

4. Massage to infants and children
5. Massage for prevention of diseases and maintenance of natural beauty
6. Ayurvedic Massage-Terminology, Methods and Manipulations

**Chiropractic:-**

Origin & aims of Chiropractic. X-Ray Technique and Chiropractic. Importance of spine in Chiropractic. Physiological effects of Chiropractic. Spinal Manipulative Therapy chiropractic Examination. Chiropractic treatments in various Diseases

**Osteopathy:-**

Definition & the Basic principles of osteopathy, Relation of osteopathy to Musculo-skeletal system

**TEXTBOOKS:-**

1. Massage Books - By George Downing
  2. Massage - By Constant Young
  3. Massage Therapy - By Dr. J.H. Kellog
  4. The Complete Book of Massage - By Clare Maxwell Hudson
-

5. Step by Step Massage - By Carole Me. Gilvery and Gini Reed
6. The Book of Massage - By Luinda Lidell with Sarathomas, Carola Berb Ford Cooke and Anthony Porta
7. The Complete step-by-step guide to eastern and western Massage to Common Ailments - By Penny Rich
8. Baby Massage - The Magic of Loving Touch - By Auckett, Anelia D
9. Natural Healing from Head to Toe - By Aihara, comellia - Aihara, Herman
10. Massage Works - By D. Baloti Lawrence and Lewis Harrison
11. Massage (Ayurvedic) - By Achanta Laxmipathy

**Reference Books:-**

1. The Pancha karama Treatment of Ayurveda- By T.L. Devraj
  2. MassageTherapy: the Holistic Way to Physical and Mental Health -By Juckson Richard
  3. Brain Massage, Revitalize mind body- By Howell, Kelly
-

<b>Placement Semester</b>	Semester IV
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Application of Yoga Therapy
<b>Course Code</b>	BSC2623S403T
<b>Course Type</b>	Core
<b>Credits</b>	5
<b>Hours per Semester</b>	70

Unit 1 Section A and B

- Neurology: Epilepsy, Migraine, Parkinson's, Muscular dystrophy, Cerebral Palsy, Multiple sclerosis, Mental retardation

Oncology: Breast cancer stage 1, 2, 3, 4; Colon, Prostate, Blood, Myelomas

- Pulmonology: Bronchial Asthma, Nasal Allergy, Chronic Bronchitis, COPD
- Cardiology: High BP, Low BP, Heart Disease (CAD)

Unit 2 Section C and D

- Psychiatry: Anxiety, Depression, Psychosis, OCD, mental retardation
- Rheumatology: Arthritis, Knee Pain

Unit 3 Section E and F

- Spinal disorders: Acute and Chronic Back Pain, Lumbar Spondylosis, Disc Bulge, Disc Prolapse, Scoliosis, Neck Pain
- Metabolic disorders: Diabetes, Hypothyroidism

Unit 4 Section G and H

- Gastroenterology: Gastritis, Peptic Ulcer, Irritable Bowel Syndrome (IBS), Ulcerative Colitis
- Endocrinology: Obesity, Thyrotoxicosis
- Promotion of Positive Health
- Eye Problems: Short Sight, Long Sight, Astigmatism, Squint, Early Cataract,

Glaucoma

- Reference books;
- IAYT series of Books and CDs, SVYP, Bangalore
-

<b>Placement Semester</b>	Semester IV
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Dietetics & Nutrition
<b>Course Code</b>	BSC2623S404T
<b>Course Type</b>	Elective
<b>Credits</b>	4
<b>Hours per Semester</b>	60

**Unit -1** Basic concepts and components of food and nutrition Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement, Human Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification; Macro Nutrients – Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body; Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body; Antioxidants and their Role;

- Yogic concept of diet and its relevance in the management of lifestyle
- Nutrients, proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements

**Unit -II** Food groups.

- Cereals & Millets –Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds- Selection, Preparation and Nutritive Value; Milk and Milk Products- Selection, Preparation and Nutritive Value;
- Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery- Selection, Preparation and Nutritive Value
- Food and metabolism. Energy- Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism, Calorie Requirement-BMR, SDA, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy; Requirement and Expenditure, Factors affecting BMR.

**Text Books –**

1. Fasting for Healthy and Long Life By Hereward Carrington
2. The Fasting Cure and Vital Economy By Lakshamana Sharma
3. Fasting can save your life By Herbert M. Shelton
4. The Effects of Fasting By Donald Upton
5. Fasting way of life By All ancoli M.D
6. Fasting can Renew your life By Herbert M.Shelton
7. Scientific Fasting By Hazzard, Linda Burfield
8. The Science & Fine Art of Natural Hygiene By Herbert M.Shelton
9. .The Hippocrates Diet and Health Program By Herbert M.Shelton
10. The Hippocrates Diet and Health Programme By Ann Wigmore



<b>Placement Semester</b>	Semester IV
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Medical Law and Ethics
<b>Course Code</b>	BSC2623S405T
<b>Course Type</b>	Elective
<b>Credits</b>	4
<b>Hours per Semester</b>	60

Medical ethics - Definition - Goal - Scope , Introduction to Code of conduct , Basic principles of medical ethics – Confidentiality ,Malpractice and negligence - Rational and irrational drug therapy , Autonomy and informed consent - Right of patients ,Care of the terminally ill- Euthanasia , Organ transplantation , Medico legal aspects of medical records – Medico legal case and type- Records and document related to MLC - ownership of medical records - Confidentiality Privilege communication - Release of medical information - Unauthorized disclosure - retention of medical records - other various aspects, Professional Indemnity insurance policy , Development of standardized protocol to avoid near miss or sentinel events ,Obtaining an informed consent.

---

<b>Placement Semester</b>	Semester IV
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Biomedical Waste and Disaster Management
<b>Course Code</b>	BSC2623S406T
<b>Course Type</b>	Elective
<b>Credits</b>	4
<b>Hours per Semester</b>	60

#### Definition of Biomedical Waste

Definition of Different type of Biomedical Waste

BMW-Segregation, collection, transportation, disposal

a. Biomedical Waste(Management and Handling)Rules1998,amendment2016

BMWM engagement & methods

Modern technology for handling BMW

Monitoring & controlling of cross infection (Protective devices)

BMW from Administrative point (Budget, Health check-up, Insurance)

Disposal technique s& Pte-treatment

#### Concept and basics of disaster Management and mass casualties Management

Types of disaster: Natural& Man made disasters

Definition

Needs for disaster planning

Assessment of Disaster Preparedness

Disaster cycle

Triage Fire Hazards

Fire Manual Guideline

Elements of Fire- Fire Hazard

Cause of Hospital Fire- Fire points

Rules for firefighting

<b>Placement Semester</b>	Semester IV
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Practical & Viva
<b>Course Code</b>	BSC2623S407P
<b>Course Type</b>	Practical/Ability
<b>Credits</b>	7
<b>Hours per Semester</b>	105

Unit-1:

- Asthma
- Hypertension
- Anxiety & Depressions

Unit-2:

- Arthritis
- Epilepsy

Unit-3:

- Knee Pain
- Muscular Dystrophy
- Oncology

Unit-4:

- Sukshma Vyama
- Voice culture

**Recommended books:**

- Yoga for common ailments (2002) – Arogyadhama manual, *Swami Vivekananda YogaPrakashana*, Bangalore
-

**B.Sc. Yoga Therapy**  
**Semester- V**

<b>Placement Semester</b>	Semester V
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Ancient Yoga Text part -II
<b>Course Code</b>	BSC2623S501T
<b>Course Type</b>	Core
<b>Credits</b>	5
<b>Hours per Semester</b>	70

**Patanjali Yoga Sutra**

**Unit – 1: Samadhi Pada**

- Definition of Yoga
- Methods to cessation of Chitta vrittis; Abhyasa and Vairagya
- Obstacles of Mind
- Methods to overcome the obstacles
- Nature of Ishwara
- Chittaprasadanam – tranquillity of the mind
- Nature of Samadhi
- Divisions of Samadhi

**Unit – 2: Sadhana Pada**

- Kriya Yoga, Kleshas, Avidya,
- Ashtanga Yoga; Antaranga and Bahiranga Yoga
- Yamas and Niyamas – basic ethics and discipline of Yogic life
- Asana – Yogic postures for stability of the physical body
- Pranayama – retaining the subtle energy in the body
- Pratyahara – introverting the senses
- Dharana – fixation of mind on intended object; Purusha
- Dhyana – contemplation
- Samadhi – merging with the object of Dhyana

**Unit – 3: Vibhuti Pada**

- Dharana, Dhyana and Samadhi
  - Supernatural powers by following Samyama
  - Different types of results of practice of Samyama
  - Vibhutis – obstacle in the path of Samadhi
-

#### Unit – 4: Kaivalya Pada

- Five sources of Siddhis,
- Nature of the mind,
- Nature and reality of the world,
- Nature of Kaivalya
- Chanting of selected Sutras from all the chapters

**Text Book:** Swami Vivekananda : Rajayoga (Advaita Ashram, Culcutta, 2000).

#### Reference Books:

1. Woods, J.H. : The Yoga System of Patanjali (M.L.B.D., Delhi, 1988)
  2. Iyengar B.K.S. : Light on Patanjali Yoga (New York, Schocken Books, 1994).
  3. Rukmini T.S. : Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV (Munshiram Manoharlal Pvt. Ltd. New Delhi)
  4. Swami Omanandatirtha : Patanjali Yoga Pradeepa Geeta Press, Gorakhpur, 1994)
  5. Swami Anant Bharati : Patanjali Yoga Shasta- a study (Hindi) (Swami Keshwananda Yoga Sangthan, Delhi)
  6. Patanjali Yogsutra(Hindi),Yoga publication Trust, Mungare, Bihar.
-

<b>Placement Semester</b>	Semester V
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Hatha Yoga Text Part- II
<b>Course Code</b>	BSC2623S502T
<b>Course Type</b>	Core
<b>Credits</b>	5
<b>Hours per Semester</b>	70

**Unit -I** introduction of Hatha Yoga: Its Philosophy and Practices

- Hatha Yoga Pradeepika , Gherand samhita and Goraksh samhita its meaning, definition, aims and objectives, in Hatha Pradeepika, Gherand samhita and Goraksh samhita
- The origin of Hatha Pradeepika, Important Hatha Yogic Texts.
- Dos and Don'ts to be followed by the Hatha Yoga Practitioner, concept of Mata, concept of Mitahara , Pathya (conducive) and Apathya (non-conducive).
- Brief introduction to Great Hatha Yogis of Natha School and their contributions to Yoga,
- Relationship between Hatha Yoga and Raja Yoga.

**Unit -II** introduction of Hatha Yogic Practices: asanas, And Bandhas – Mudräs

- Yogāsana: its definition, Salient features.
- Āsanas in Hatha Yoga Pradeepika and Gherand samhita: their techniques, benefits, precautions and importance in modern days.
- Bandhas and role of Bandhatrayas in Yoga Sadhana.
- Fundamental Mudras in HYP and G.S. - their techniques and benefits.

**Unit -III** Hatha Yogic Practices: Naokriyas And Pranayam i. Nao-kriyas in Haöha Yoga Pradeepika, their techniques and precautions, role of Çodhan-kriyas in Yoga Sadhana and their importance in Modern day-to-day life. ii. Pranayam – Yogic deep breathing, Concept of Puraka, Kumbhaka and Recaka. iii. The concept of Pran, Kinds of Pran and Upa-prans. Pranayam and its' importance in Hatha Yoga Sadhana. iv. Pranayam practices in Hatha yoga pradeepika (HYP) and Gherand Samhita (G.S.), their techniques, benefits and precautions,

**Unit -IV** Hatha Yogic Practices: Pranayam, Nadanusandhana

- Concept of Pratyahara Gherand Samhita - their techniques and benefits.
- Types of Dhvana and their benefits in Gherand Samhita.
- Types of Dhyanas and their benefits in Gherand Samhita.
- Concept of Nada and Nadanusandhana in Hatha Yoga Pradeepika.

**Text Book:**

- Swami Digambaraji and : Hatha Pradeepika of Svatmarama Pt: Raghunatha Shastri (Kaivalyadhama, S.M.Y.M.Samiti, Lonavala, 1998)
- Gherand Samhita by niranjanaanad saraswati

## Reference Books:

- 1 Swami Muktibodhananda : Hatha Yoga Pradeepika, The light on Hatha Yoga Saraswati (Bihar School of Yoga, Munger, 1985)
  2. Burley, Mikel : Hatha Yoga, Its Context Theory and Practice (M.L.B.D. Delhi, 2000)
  3. Burnier, Radha : Hathayoga Pradipika of Svatmarama (The Adyar Library publications, Chennai. 2000)
  4. Swami Maheshanandaji : Shiva Samhita and Others (Kaivalyadhama, S.M.Y.M. Samiti, Lonavala,1999)
  5. Woodroffe, Sir John : The Serpent power . (Ganesh & Company, Madras, 2000)
  6. Bharati, Veda : Philosophy of Hatha Yoga (English) (Himalayan International Institute of Yoga Science and Philosophy, 1998, 2nd Rev. ed. Pennsylvania).
  7. Mr. Dvivedi : Nath Sampradaya of Hatha Yoga, Publications,Hindustani Academy, Allahabad, Utter Pradesh, 1950.
-

<b>Placement Semester</b>	Semester V
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Hydrotherapy
<b>Course Code</b>	BSC2623S503T
<b>Course Type</b>	Core
<b>Credits</b>	5
<b>Hours per Semester</b>	70

## Part-I

### Unit-I

1. Introduction and History
  2. Physical properties and chemical composition of water
  3. Physiological basis of Hydrotherapy:- The Skin and its anatomical construction, functions of the body
  4. Production of heat and its distribution in the body, regulation of the body temperature, conditions that increase and decrease heat production in the body, body heat and body temperature
  5. Importance of water to human body.
  6. Physiological effects of water on different systems of the body
    - i) General and Physiological effects of heat upon:-
      - a. Skin
      - b. Respiration
      - c. Circulation
      - d. Nervous System
      - e. Heat and its production, dissipation etc.
      - f. Tactile and temperature sense
    - ii) General and physiological effects of cold upon skin, respiration, circulation, nervous system, G.I.T., Body temperature and its maintenance.
  7. Reflect areas of the body, results of the application of hot and cold over reflex areas
  8. Action and reaction, incomplete reaction, Conditions that encourage and discourage reaction, internal reaction, thermic reaction, modified thermic reaction
  9. Place of water in preservation
  10. Place of water in Acute diseases
  11. Place of water in Chronic diseases
  12. Magnesium sulphate - use in Hydrotherapy
-



## Part- II

### Unit-I

1. General Principles of Hydrotherapy
  - a) General rules of hydrotherapy
  - b) Therapeutic significance of reaction
  - c) Adaptation of individual cases
  - d) Exaggeration of symptoms under treatment, the untoward effects and how to avoid them
  - e) General indications and contra- Indications
2. Therapeutic actions and use of Hydrotherapy:
  - a) Classification of Hydriatic effects, General principles excitation and Depression
  - b) Primary excitant effects when to apply and when not to apply
    1. Local homeostatic effects
    2. Cardiac effects Hydratic heart tonics
    3. Uterine excitations, emanogogic effects
    4. Vesical excitations
    5. Intestinal excitations, peristaltic effects
  - c) Secondary excitant effects:-
    1. Restorative effects.
    2. Tonic effects of cold water, physiological effects of cold water, Cold water Vs. Medical tonics, application diseases.
    3. Anaemia, Neurasthenia, Hypochondria Cerebral congestion, Rheumatism, Diabetes mellitus, Valvular heart diseases.
    4. Calorific effects.
    5. Diaphoretic effects.  
Importance of attention to the skin in chronic diseases - alternative & qualitative effect - Hot baths in brights diseases, Sweating baths in dropsy and obesity, Depurative or eliminative effects, Toxaemia in Rheumatism.
    6. Expectorant effects.
    7. Diuretic effects - Brights disease, Uremia - eclampsia.
    8. Atonic Dyspepsia, Hyperacidity
    9. Revulsive and derivative effects, flexion, revulsive methods for Combating superficial anaemia and for relief of deep congestion method adopted to anaemia of deep seated organs revulsion on analgesic measure.
  - d) Resolvent effects ,sedative effects- general sedatives - local sedatives.
    - i) Sedatives of the circulatory system- antiphlogestic effects, inflammation, pneumonia, pleurisy and other acute disorders.
    - ii) Nerve sedatives, hypnotic, calmative analgesic, anesthetic, antispasmodic, insomnia, chorea, spastic paralysis, exophthalmia goiter, mania, epilepsy and various painful conditions.
    - iii) Anti- thermic and antipyretic effects, relation of heat production and heat elimination to antipyretic methods, principles that govern the application of hydriatic measures for the reduction of temperature in fevers , methods that may be efficiently employed in various morbid conditions and effects, indications and contra- indications.
    - iv) Secretory and sedative effects - prophylactic uses.
      - a. Cold bathing in infancy and early childhood.
      - b. The cold bathing for Adults.
      - c. The cold baths for women.

d. The cold bath in old age- precautions.

3. The techniques of Hydrotherapy:-Plain

water bath :-

Cold hip bath

Shallow bath

Graduated bath

Natural bath

Non revulsive bath

Immersion bath

REFERENCE BOOKS

1. Hand Book of Hydrotherapy By Shew, Joel
  2. Hydrotherapy in Practice By Davis, B.C.& Harrison, R.A.
  3. Medical Hydrology By Sideny Licht.
-

<b>Placement Semester</b>	Semester V
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Mud Therapy
<b>Course Code</b>	BSC2623S504T
<b>Course Type</b>	Elective
<b>Credits</b>	4
<b>Hours per Semester</b>	60

### Mud Therapy:-

- a) Introduction to Mud Therapy.
- b) Classification of mud for therapeutic use.
- c) Precautions for storing mud.
- d) Methods of treatment of mud - applications, packings hot poultices, effect of mud on different system of body.
- e) Natural mud bath, full and partial mud packs, mud plaster, thermal bath, dry pack, sand pack and sand baths.
- f) Cosmetic uses of mud.

### PRACTICALS

Demonstration of various therapeutic Procedure and treatments in Hydrotherapy during clinical classes at the hospital.

### TEXTBOOKS:-

1. Baths By S.J.Singh
  2. My Water Cure By Sebastian Keneipp
  3. Rational Hydrotherapy By Dr. J.H. Kellogg
  4. Our Earth and Cure By Raymond Dextroit.
  5. The Healing Clay By Michel Adserra.
-

<b>Placement Semester</b>	Semester V
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Artificial Intelligence in Healthcare
<b>Course Code</b>	BSC2623S505T
<b>Course Type</b>	Elective
<b>Credits</b>	4
<b>Hours per Semester</b>	60

### **Artificial Intelligence**

What is Artificial Intelligence? ,Philosophy of AI ,Goals of AI , History of AI , Contributes to AI?,

Programming Without and With AI ,What is AI Technique? , Applications of AI ,What is Intelligence ,

Types of Intelligence ,What is AI Technique ?

Intelligence Composition , Difference between Human and Machine Intelligence ,Research Areas of AI ,Search Algorithms ,Logic Systems ,Natural Language Processing ,Robotics ,

Uses of AI in Health Care.

---

<b>Placement Semester</b>	Semester V
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Basics of Computer Graphics
<b>Course Code</b>	BSC2623S506T
<b>Course Type</b>	Elective
<b>Credits</b>	4
<b>Hours per Semester</b>	60

### **Introduction to Computer Graphics**

- Overview of computer graphics
- Applications of computer graphics in various industries
- History and evolution of computer graphics

### **Image Representation and Manipulation**

- 2.1 Introduction to digital images
- 2.2 Image formats and color spaces
- 2.3 Image acquisition and sampling
- 2.4 Basic image manipulation techniques (resizing, cropping, filtering)

### **2D Graphics, Raster Graphics, 3D Graphics**

### **Introduction to Computer Animation**

### **Graphics Applications and Projects**

- Overview of real-world graphics applications (games, simulations, visualizations)
  - Final project development (e.g., a simple 2D/3D game, interactive demo)
-

<b>Placement Semester</b>	Semester V
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Practical & Viva
<b>Course Code</b>	BSC2623S507P
<b>Course Type</b>	Practical/Ability
<b>Credits</b>	7
<b>Hours per Semester</b>	105

Unit 1: Breathing Practices, and Sukshma Vyayama

Unit 2: Loosening Practices and Surya Namaskara

Unit 3: **Asanas:**

Padmasana, Bhadrasana, Muktasana, Vajrasana, Svastikasana, Simhasana, Gomukhasana, Virasana, Dhanurasana, Mritasana, Guptasana, Matsyasana, Matsyendrasana, Gorakshana, Paschimottanasana, Utkatasana, Sankatasana, Mayurasana, Kukkutasana, Kurmasana, Uttanakurmakasana, Uttanamandukasana, Vrikshasana, Mandukasana, Garudasana, Vrishasana, Shalabhasana, Makarasana, Ushtrasana, Bhujangasana, Yogasana, Shrishasana, Sarvangasana, Matsyasana, Halasana.

Unit 4: Pranayama, Mudras and Bandhas

- Anuloma-viloma, Suryabhedana, Chandrabhedana, Ujjayi, Shitali, Sitkari, Bhastrika, Bhramari
- Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Shambhavi Mudra and Simple Khechari

Unit 5: Kriyas

- Jala Neti, Sutra Neti, Dhauti (Vamana, Danda, Vastra), Nauli, Kapalabhati, Aganisara, Trataka, Shankhprachalana

Unit 6: Relaxation and Meditation

- IRT, QRT, DRT and OM Meditation

Reference book;

- **Gheranda Samhita, Rai Bhadur Srisa Chandra Vasu, Munshiram Manoharlal**
-

## B.Sc. Yoga Therapy

### Semester VI

Placement Semester	Semester VI
Name of the Program	B.Sc. Yoga Therapy
Program Code	BSC2623
Name of the Course	Therapeutic Yoga
Course Code	BSC2623S601T
Course Type	Core
Credits	5
Hours per Semester	70

#### UNIT-I Therapeutic Yoga – Disease Wise and Evidence based

- **Yogic Practice-** Management of the disease through suitable yogic practices - Yogic diet, Asanas, Shatkarmas; Pranayama; Meditation; Notional corrections through yogic scriptures and counseling; Yama and Niyama; Stress(emotions management) Life style prescriptions - Moderation in Ahara, Vihara, Achara and Vichara.
- **Integrated approach of Yoga Therapy in the treatment of diseases** Systemic anatomy, physiology of the related System; Patho physiology, Stress and disease; Medical Management; Mechanism of imbalances at psychological, pranic, physical, endocrinal, autonomic levels; psychoneuro immunological aspect of the disease model; Disease specific parameter; what, why and how of each Yogic practice; Prevention. Evidence research done on the particular disease.
- General Parameters and questionnaires to evaluate Health status - GHQ, Prakriti, Guna, PSS, STAI.

#### UNIT-II Integrated Approach of Yoga therapy for the following Common Ailments:

- **Respiratory disorders** - Allergic Rhinitis & Sinusitis: COPD: Chronic Bronchitis, Tuberculosis: Evidence research done on the particular disease
- **Cardiovascular disorders:** Hypertension:, Atherosclerosis / Coronary artery disease: Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehabilitation: Congestive Cardiac failure, Cardiac asthma.
- **Endocrinal and Metabolic Disorder** - Diabetes Mellitus (I&II); Hypo and Hyper-Thyroidism; Obesity: Metabolic Syndrome
- **Obstetrics and Gynecological Disorders, Menstrual disorders:** Dysmenorrhea, Oligomenorrhea, Menorrhagia: Premenstrual Syndrome: Menopause and peri-menopausal syndrome: Yoga for Pregnancy and Childbirth: Complicated pregnancies: PIH, Gestational DM, Ante-natal care, Post-natal care; PCOS
- **Gastrointestinal disorders** APD: Gastritis – Acute & Chronic, Dyspepsia, Peptic Ulcers,

Constipation, Diarrhoea, Irritable Bowel Syndrome: Definition, Etiopathogenesis, Inflammatory Bowel Disease, Ulcerative colitis

**UNIT-III Cancer:** types, clinical features, Side effects of Chemotherapy, radiotherapy

- **Musculo-Skeletal Disorders:** Back Pain: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Neck pain: Cervical Spondylosis, radiculopathy, Functional neck pain, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis
- **Neurological Disorders: Headaches:** Migraine, Tension headache; Cerebro vascular accidents: Epilepsy; pain; Autonomic dysfunctions; Parkinson's disease
- **Psychiatric disorders:** Psychiatric disorders: Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalized anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: Depression: Dysthymia, Major depression, Psychosis: Schizophrenia, Bipolar affective disorder.

**TEXT BOOK:**

1. Dr Shirley Telles & Dr H R Nagendra, A Glimpse into the human body, Swami Vivekananda Yoga Prakashana, Bangalore, 2002
2. Ailments series, Swami Vivekananda Yoga Prakashana, Bangalore, 2002

**REFERENCE BOOKS**

1. Gore, M.M. : Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)
  2. Sri Krishna : Notes on Structure and Functions of Human Body and Effects of Yogic practices on it (Kaivalyadhama S.M.Y.M Samiti, Lonavala, 1988)
  3. Charu, Supriya : Sarir Rachana evam Kriya Vigyan
  4. Evelyn, C. Pearce : Anatomy and Physiology for Nurses (Faber and Faber Ltd. London, 1968)
  5. Chatterjee, C.C. : Human Physiology (Vol. I & II) (Medical Allied Agency, Calcutta,
-



<b>Placement Semester</b>	Semester VI
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Physiotherapy
<b>Course Code</b>	BSC2623S602T
<b>Course Type</b>	Core
<b>Credits</b>	5
<b>Hours per Semester</b>	70

## I. Basic Physics in Exercise therapy:-

**1. Mechanics :** Force, Gravity, Line of gravity , centre of gravity in human body, base, Equilibrium And planes.

Mechanical Principles:- Lever, Order of Lever, examples in human body, Pendulum, Spring.

**2. Introduction to Exercise Therapy:-**

**3. Starting Position:** Fundamental- Starting positions, derived position, and Muscle work for all the fundamental starting positions.

**4. Classification of movements in detail :-**a) Voluntary movements. b)Involuntary movements

**5. Active movements**

**6. Passive movements**

**7. Muscle strength:-**

Anatomy and physiology of muscle tissue, causes of muscle weakness/paralysis, preventing of muscles weakens/ paralysis, types of muscle work and contractions ,range of muscle work, muscle assessment.

Principles of muscle strengthening/ re-education, early re-education of Paralyzed muscles

**8. Joint movement :-**

Classifications of Joint movements, causes for restriction of joint movement, prevention restriction of joint range of movements, Principles of mobilization joint increasing the range of motion. Technique of mobilization stiff joint.

**9. Relaxation:-**

Techniques of relaxation, Principles of obtaining relaxation in various positions.

**10. Posture :-**

Types, factor responsible for good posture, factor for poor development of good

---

posture. Definition of co-ordinated movements, in-rdinatcoo movedentsm.

**11. Co-ordination exercises :-**

Principles of co-ordinated movements, technique of co-ordination exercise.

**12. Gait- Analysis of normal gait with muscles work, various pathological gaits.**

**13. Crutch Gait :-** Introduction, crutch measurement, various types of crutch gait (in details)

**14. Neuro- muscular facilitation techniques, functional re-education.**

**15. Suspension Therapy :-** Principles of suspension, types of suspension therapy, effects and uses of suspension therapy, their application either to mobilize a joint or to increase joint range of motion to increase muscle power, explaining the full details of the components used for suspension Therapy.

### Practicals

1. Massage Therapy
2. Suspension Therapy
3. Relaxed passive movement / types of exercise.
4. MMT
5. Goniometry
6. Breathing exercises.
7. Practical record

### BOOK REFERENCE (BOTH THEORY AND PRACTICALS)

1. Principles of Exercise Therapy-By Dena Gardiner.
  2. Tidy's physiotherapy.
  3. Cash text book of physiotherapy.
  4. Maggite's Books of Physiotherapy
-

<b>Placement Semester</b>	Semester VI
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Naturopathy & Health Management
<b>Course Code</b>	BSC2623S603T
<b>Course Type</b>	Core
<b>Credits</b>	5
<b>Hours per Semester</b>	70

#### UNIT-1 Diseases of System:-

1. Cardiovascular Disorders
2. Gastrointestinal Disorders
3. Blood related Disorders
4. Respiratory Disorders
5. Neurological Disorders
6. Psychiatric Disorders
7. Musculoskeletal Disorders
8. E.N.T Disorders
9. Obstetrics & Gynaecology Disorders
10. Paediatric Disorders
11. Metabolic Disorders
12. Hormonal Disorders

#### UNIT-II

1. Neuromuscular Disorder
  2. Mental Retardation Disorder
  3. Psychological Disorder
  4. Sexual Disorder
  5. Post Surgical Rehabilitation
  6. Post Chemotherapy Rehabilitation
  7. Skin Disorders
  8. Tumors & Cancers
  9. Affections due to Parasites
  10. Affections due to Physical agents & Intoxicants
  11. Care of Wounds, Burns, Bites & Stings
  12. Accidents & Emergencies
-

### UNIT-III Cure of Surgical Disorders:-

1. Deviated Nasal Septum
2. Tonsillitis
3. Appendicitis
4. Uterine Fibroid
5. Uterine Prolapse
6. Hernia
7. Cervical Spondylosis & Slipdisc
8. Osteoarthritis
9. Hydrocele etc. Prostate
10. Hemorrhoids (Piles)
11. Fistula
12. Pyorrhea
13. Gall Stone & Renal Stone
14. Breast tumor

### Recommended books:-

1. Nature's material medica by Dr. J.M. Jussawala
2. The genesis & control of disease by George S. Wege
3. Constipation & indigestion by L. Ramachandran
4. Reversing heart disease by Dr. Dean Ornish
5. Natural cure for rupture by Bernarr Macfadden
6. Stop hair loss by Dr. Paavo Airola
7. Worldwide secrets for staying young by Dr. Paavo Airola
8. Brag fitness program for spine motion by Paul C. Bragg
9. There is a cure for arthritis by Paavo Airola
10. Cancer overcome by diet – An Alternative to surgery by Louise Green Field
11. Diet to dissolve kidney Stones By Dr. S.J.Singh
12. The Hygienic Care of Children By Herbert M.Shelton
13. Integrated Healing Arts By Dr. J.M. Jussawala
14. A Doctor's Victory Over Cancer By Kristine Nolfi

### REFERENCE BOOKS:-

1. Medical Drugs on Trial? Verdict "Guilty" By Keki R. Sidhwa
  2. Drink Your Troubles Away By John Lust
  3. Physical Fitness By Prof. Arnold Ehret
  4. Science of Natural Life By Dr. Ganga Prasad Gaud "Nahar
  5. Home Remedies for Common Ailments By H.K. Bakhru
  6. The Greatest Health Discovery by American Natural Hygiene Society P.O.Box 30630. Tampa FLORIDA- 33630
  7. The cure of advanced cancer by Diet Therapy - By Dr. Max Gerson M.D.
  8. Natural Cure of Skin Ailments By Dr. S.J. Singh
  9. The Encyclopedia of Health By Bernarr Macfadden
  10. Physical Culture (Vol 7 & 8 ) by Materia Medica By J.M. Jussawala
-

<b>Placement Semester</b>	Semester VI
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Strategic Management in Health Care
<b>Course Code</b>	BSC2623S604T
<b>Course Type</b>	Elective
<b>Credits</b>	4
<b>Hours per Semester</b>	60

Business Policy- Introduction, Definition and Importance, Purpose & objectives of business policy.

Utility and application of strategic management- Meaning and definition of strategy, Need & process of strategic management, Strategic decision-making. Reasons for failure of strategic management, Strategists and their role in strategic management.

Environment appraisal- The concept of environment, The Company and its environment, scanning the environment, relating opportunities and resources based on appraisal of the environment (situation analysis - opportunities and threats analysis).

Strategic planning - Process, strategic plan. Corporate level strategies [Stability strategy, expansion strategy, merger strategy, retrenchment strategy, restructures strategy]. Business level strategy - SBU (strategic business units, cost leadership, decentralization).

Implementation of strategies: Activating strategy - interrelationship between formulation and implementation, aspects of strategy implementation, project implementation, and procedural implementation, Structural implementation, structural considerations & structures for strategies. Organizational Design and change, Organizational systems, Behavioral implementation, Leadership implementation, corporate culture, corporate politics and use of power. Functional and operational implementation - Functional strategies, Functional Plans and policies, Financial, marketing, operational and personnel dimensions of functional plans and policies, Integration of functional plans and policies. Strategy evaluation - Strategic evaluation and control, operational control, overview of management control, focus on KRA (Key Result Areas). Social responsibilities - The Company and its social responsibilities, social responsibility for economic growth, Social audit.

<b>Placement Semester</b>	Semester VI
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Clinical Psychology
<b>Course Code</b>	BSC2623S605T
<b>Course Type</b>	Elective
<b>Credits</b>	4
<b>Hours per Semester</b>	60

## UNIT I

Introduction: Definition of Psychology; Domains of behaviour; Nature; Goals of Psychology; History of Psychology: Different schools of Psychology; Branches of Psychology; Application of Psychology; Role of a psychologist in society

## UNIT II

Sensation and Perception: Sensation, Nature of perception, Attention and Perception, Perceptual organization.

## UNIT III

Learning, Remembering and Thinking: Concept of learning: Definition, Nature of Learning, Verbal learning: Nature, Materials and Experimental methods, Procedures of learning; Conditioning: Classical conditioning and Operant conditioning; Trial and Error, Insightful Learning, Learning Curve; Basic principles of learning, Acquisition delayed conditioning, trace conditioning, Shaping, role of Reinforcement, schedule of reinforcement.

## UNIT IV

Remembering and Forgetting: Nature of Remembering: Retention and Forgetting: STM and LTM, Basic nature, Methods of measuring Short Term Memory and Long Term Memory; Retention, Forgetting and factors involved in forgetting, Factors of forgetting- Level of original learning, interpolated activity, testing situation, Experimental procedure of Retroactive Inhibition. Thinking: Nature of Thinking, Problem Solving: Methods and Materials.

## UNIT V

Transfer of Learning: Transfer of learning: Nature & Types of transfer, Design of

---

Transfer Experiment.

## **UNIT VI**

Emotion: Definition; Nature; Types; Physiological responses-Arousal and emotional intensity; Theories of Emotion – James Lange Theory, Cannon Bard Theory and Schacter Singer Theory, Richard Lazarus' theory; Communication of Emotion – Emotional expression, Characteristics, Innate Expression of Emotions, Social Aspects of Emotional Expressions, Biology of emotion.

## **UNIT VII**

Motivation: Definition; Motivation Cycle; Nature of Motivation, Need, Drive and Incentive, Primary and Secondary Motives; Types of motivation-Physiological Motivation – Hunger, Thirst, Psychological motivation – Achievement, Affiliation, Power, Parenting; Theories of Motivation – Need theories ;Drive Reduction Theories; Current status of motivational Psychology

## **UNIT VIII**

I: Personality: Definition; Determinants; Approaches –Dispositional approaches – Type approach – Hippocrates, Sheldon, Kretchmer, Jung's typology, Trait theory Allport, Catell, Eysenck & BIG Five; Psychoanalytic –Freud; Assessment of personality – Objective, Subjective and Projective.

## **UNIT IX**

Intelligence: Nature of Intelligence, Nature vs Nurture, Theories of intelligence; Individual Differences in Intelligence, Intellectual disability and Gifted children; Measurement of intelligence: Verbal, Non-verbal, Individual and Group Tests.

## **UNIT X**

Language: Definition, stages in the development of language; Theories of language

## **References:**

1. Fernald (2018). Munn's Introduction to Psychology (5/Ed.) AITBS Publishers, India
  2. Kendler, H. H. Basic psychology (2nd ed.). New York: Appleton Century-Crofts, 1968.
  3. Munn, N., Fernald, L. D., Jr., & Fernald, P. S. Introduction to psychology (3rd ed.). Boston: Houghton-Mifflin. 1972.
-

<b>Placement Semester</b>	Semester VI
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Project Management
<b>Course Code</b>	BSC2623S606T
<b>Course Type</b>	Elective
<b>Credits</b>	4
<b>Hours per Semester</b>	60

## UNIT I

Project Management - Introduction, Meaning & Definition of project. Defining - Project Managers, Functional Managers & Executive's role. Project Manager as a planning agent, Project Driven Vs Non Project Driven organization, marketing in the Project Driven Organization, Programs and Projects, Product Vs Project Management, Project Life Cycles, program evaluation, project analysis & management.

## UNIT II

Project Planning- Identifying strategic project variables, Project planning, Statement of work, Project specifications, Milestone schedule, Work breakdown structure, Planning cycle, Management Control, categories of project.

## UNIT III

Project Feasibility - technical feasibility, marketing feasibility, socio-economic feasibility, managerial feasibility, financial feasibility and potential feasibility.

## UNIT IV

Project Evaluation and Review techniques - Estimating activity time, estimating total program time, PERT/CPM planning, Crash time, project sustainability, operations research.

## UNIT V

Project Management Functions - Controlling, Directing, Project authority, Team

---



building, Leadership, communications, Project review meetings, Management policies and procedures, proposal writing.

## **UNIT VI**

Pricing Estimating & Cost Control - Types of estimates & Pricing process, Labor distributions, Overhead rates, Material/Support costs, Pricing review, Budgeting for projects variance & earned value, Status reporting, project accounting.

### Referred Books:

1. Project Management - Choudary S
  2. Project management-Joseph J Moder and Philips C.R.
  3. Total Project management - Joy P.K.
-

<b>Placement Semester</b>	Semester VI
<b>Name of the Program</b>	B.Sc. Yoga Therapy
<b>Program Code</b>	BSC2623
<b>Name of the Course</b>	Practical & Viva
<b>Course Code</b>	BSC2623S607P
<b>Course Type</b>	Practical/Ability
<b>Credits</b>	7
<b>Hours per Semester</b>	105

Therapeutic yoga

### PRACTICALS

1. Yogic Management for Respiratory disorders
2. Yogic Management for Cardiovascular disorders
3. Yogic Management for Endocrinal and Metabolic Disorder
4. Yogic Management for Obstetrics and Gynecological Disorders, Menstrual disorders
5. Yogic Management for Gastrointestinal disorders
6. Yogic Management for Yogic Management for Musculo-Skeletal Disorders
7. Yogic Management for Neurological Disorders
8. Yogic Management for Psychiatric disorders

Physiotherapy

### Practicals

1. Massage Therapy
  2. Suspension Therapy
  3. Relaxed passive movement / types of exercise.
  4. MMT
  5. Goniometry
  6. Breathing exercises.
  7. Practical record
-

## MODEL PAPER

B.Sc Yoga Therapy -I

Anat-I

Code BSC2623S101T

### B.Sc. Yoga Therapy Semester-I (Main) Examination Month Year

#### Paper - I

#### Human Anatomy

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

#### Attempt all questions

- |     |  |        |
|-----|--|--------|
| Q.1 | List the organs of alimentary canal. Explain stomach in detail         | 15     |
| Q.2 | Describe the various endocrine glands. Explain thyroid gland in detail | 15     |
| Q.3 | What is blood pressure? Describe effect of exercise on BP              | 10     |
| Q.4 | List down functions of liver   | 10     |
| Q.5 | <b>Short Notes (any 4 out of 6)</b>                                    | 4x5=20 |
|     | a) Muscle tissue   |        |
|     | b) Abdominal Aorta   |        |
|     | c) Lymph node  |        |
|     | d) Menstrual cycle   |        |
|     | e) Cardiac cycle   |        |
|     | f) Mechanism of blood coagulation                                      |        |
-

## MODEL PAPER

B.Sc. Yoga Therapy -I

Phys.-II

Code BSC2623S102T

B.Sc. Yoga Therapy  
Semester-I (Main) Examination Month Year

### Paper - II

#### Human Physiology

Time: Three Hours

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

#### Attempt all questions

- |  |               |
|--|---------------|
| Q.1 Define the erythropoiesis. Describe the various stages of erythropoiesis.        | 15            |
| Q.2 Give the composition of gastric juice. Enumerate the functions of gastric juice. | 15            |
| Q.3 Classification of nerves fibers and functions of nerve fibers                    | 10            |
| Q.4 Describe the plasma protein and its functions.                                   | 10            |
| <b>Q.5 Short Notes (any 4 out of 6)</b>  | <b>4x5=20</b> |
| a. Different between active and passive transport.                                   |               |
| b. Different between sympathetic and Parasympathetic division                        |               |
| c. Enumerate the hormones of pituitary gland   |               |
| d. Function of skin  |               |
| e. Function of plasma protein  |               |
| f. Cardiac cycle   |               |
-

# MODEL PAPER

B.Sc Yoga Therapy-I

Bas. Prin. & Hist. of Yoga-III

Code BSC2623S103T

## B.Sc. Yoga Therapy Semester-I (Main) Examination Month Year

### Paper - III

#### Basic Principle and History of Yoga

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

Q.1	Describe eight Lims of Yoga	15
Q.2	Describe Philosophy of Yoga	15
Q.3	Describe Schools of Yoga	10
Q.4	Define Bhakti Yoga	10
<b>Q.5</b>	<b>Short Notes (any 4 out of 6)</b>	<b>4x5=20</b>
	a) Jal Neti	
	b) Kapalbhathi	
	c) Tratak	
	d) Any Two Pranayam	
	e) Anulom & Vilom	
	f) Dhوتي	

---

**B.Sc. Yoga Therapy**  
Semester-I (Main) Examination Month Year

**Paper - IV**

**Basics of Computer**

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary  
copy along with one main answer book. All the parts of one question should be answered  
atone place. Different parts of one question should not be answered at different places in  
the answer book

Draw diagrams wherever necessary

- |  |             |
|--|-------------|
| Q. No. 1. Long Answer (Attempt any 2)                                      | 2 x 15 = 30 |
| A. Discuss about memory.   |             |
| B. Discuss about input / output devices.                                   |             |
| C. What to you understand about magnetic ink character recognition (MICR)? |             |
| Q. No. 2 Short Essay (Attempt any 2)                                       | 2 x 10 = 20 |
| A. Optical mark recognition (OMR).   |             |
| B. Bar code reader   |             |
| C. Computer software   |             |
| Q. No. 3 Short Notes (Attempt any 4)                                       | 4 x 5 = 20  |
| A. Monitor..   |             |
| B. Word processing software.   |             |
| C. Definition of Machine language.   |             |
| D. Compiler & Interpreter  |             |
| E. Interpreter.  |             |
-

**B.Sc. Yoga Therapy**  
Semester-I (Main) Examination Month Year

**Paper - V**

**Basics of Healthcare Information Technology**

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary  
copy along with one main answer book. All the parts of one question should be answered  
atone place. Different parts of one question should not be answered at different places in  
the answer book

Draw diagrams wherever necessary

Q. No. 1. Long Answer (Attempt any 2) 2 x 15 = 30  
D. Discuss about Current trends and challenges in HCIT implementation.  
E. Discuss about Privacy and security concerns in HIE implementation.  
F. What to you understand about Health Care Information Technology (HCIT)?

Q. No. 2 Short Essay (Attempt any 2) 2 x 10 = 20  
D. Computer Applications and Technologies in Healthcare.  
E. Health Care Mobile Applications  
F. Electronic Health Records (EHRs).

Q. No. 3 Short Notes (Attempt any 4) 4 x 5 = 20  
F. database management.  
G. presentation software programs.  
H. electronic spreadsheet.  
I. major software suite  
J. population management

---

**B.Sc. Yoga Therapy**  
Semester-I (Main) Examination Month Year

**Paper - VI**

**Communicative English**

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

- Q. No. 1. Long Answer (Attempt any 2) 2 x 15 = 30  
A. Describe nonn & types of nouns  
B. Describe about different types of pronouns with suitable examples  
C. Describe about active and passive voice.
- Q. No. 2 Short Essay (Attempt any 2) 2 x 10 = 20  
A. Describe common errors in writing with reference to Articles and Prepositions  
B. Give 10 examples of conversion of Interrogative to Assertive sentence  
C. Write an Essay on "Role of media in developing a culture of a Nation"
- Q. No. 3 Short Notes (Attempt any 4) 4 x 5 = 20  
A. What is a technicle report?  
B. Write barriers of communication  
C. Describe communication in hospital setting  
D. Describe nature of sensible writing.  
E. Write a short paragraph using given words – Country....Loyalty.....patriotism...modern era
-



## MODEL PAPER

B.Sc Yoga Therapy -II

Bioche.-I

Code BSC2623S201T

### B.Sc. Yoga Therapy Semester-II (Main) Examination Month Year

#### Paper - I

#### Biochemistry

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

#### Attempt all questions

- |            |  |               |
|------------|--|---------------|
| Q.1        | Define balanced diet. Discuss briefly about over nutrition | 15            |
| Q.2        | Write down source, function and deficiency of vitamin A    | 15            |
| Q.3        | Discuss Urea Cycle   | 10            |
| Q.4        | Classification of Enzyme                                   | 10            |
| <b>Q.5</b> | <b>Short Notes (any 4 out of 6)</b>                        | <b>4x5=20</b> |
|            | a) Phospholipids   |               |
|            | b) Kwashiorkor   |               |
|            | c) Electrophoresis   |               |
|            | d) RDA   |               |
|            | e) Malnutrition  |               |
|            | f) Essential Amino Acid                                    |               |
-

# MODEL PAPER

B.Sc. Yoga Therapy -II

Bas. Princ. & Hist. of Natphy.-II

Code BSC2623S202T

## B.Sc. Yoga Therapy Semester-II (Main) Examination Month Year

### Paper - II

#### Basic Principle and History of Naturopathy

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

Q.1	Define Ten Principal of Naturopathy	15
Q.2	Define Panchmahabudh	15
Q.3	Define Mud	10
Q.4	Define Hydrotherapy	10
Q.5	<b>Short Notes (any 4 out of 6)</b>	4x5=20
	a) Hip Bath	
	b) Foot and Arm Bath	
	c) Jal Neti	
	d) Biography of Mahatma Gandhi	
	e) Biography of Vinobha Bhave	
	f) Biography of Luekune	

---

# MODEL PAPER

B.Sc. Yoga Therapy -II

Yoga Lang. Sanskt.-III

Code BSC2623S203T

## B.Sc. Yoga Therapy Semester-II (Main) Examination Month Year

### Paper - III

### Yoga Language Sanskrit

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

Q.1	Define Sandhi	15
Q.2	Describe Karak	15
Q.3	Describe Vibhakti	10
Q.4	Describe Vyanjan	10
Q.5	<b>Short Notes (any 4 out of 6)</b>	4x5=20
	a) Numbering 1 to 10 in Sanskrit	
	b) Numbering 11 to 20 in Sanskrit	
	c) Numbering 35 to 45 in Sanskrit	
	d) Numbering 70 to 80 in Sanskrit	
	e) Swar	
	f) Utpatti Sthan	

---

MODEL PAPER

B.Sc. Yoga Therapy –II

IIPR.-IV

Code BSC2623S204T

B.Sc. Yoga Therapy  
Semester-II (Main) Examination Month Year

**Paper - IV**

**Innovation and IPR**

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

- |            |  |               |
|------------|--|---------------|
| Q.1        | Define Definition and types of innovation.                     | 15            |
| Q.2        | Describe Innovation ecosystems and drivers.                    | 15            |
| Q.3        | Describe Meaning and significance of IPR.                      | 10            |
| Q.4        | Summary of Understanding patents and patentable subject matter | 10            |
| <b>Q.5</b> | <b>Short Notes (any 4 out of 6)</b>                            | <b>4x5=20</b> |
|            | a) Non-disclosure agreements (NDAs)                            |               |
|            | b) IPR Management  |               |
|            | c) Developing an IPR strategy                                  |               |
|            | d) Licensing, technology transfer                              |               |
|            | e) Challenges in enforcing IPR internationally                 |               |
|            | f) Fair use and infringement issues                            |               |
-

# MODEL PAPER

B.Sc. Yoga Therapy –II

T&M.-V

Code BSC2623S205T

B.Sc. Yoga Therapy  
Semester-II (Main) Examination Month Year

## Paper - V

### Transcription and Telemedicine

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

- |            |   |               |
|------------|---|---------------|
| Q.1        | Define Basics of Medical Transcription.         | 15            |
| Q.2        | Describe Advantages of Medical Transcription.   | 15            |
| Q.3        | Describe Objectives of Medical Transcription.   | 10            |
| Q.4        | Describe Clinical procedures and Abbreviations. | 10            |
| <b>Q.5</b> | <b>Short Notes (any 4 out of 6)</b>             | <b>4x5=20</b> |
|            | a) Classification of Telemedicine               |               |
|            | b) Technology of Telemedicine                   |               |
|            | c) Objectives of Telemedicine                   |               |
|            | d) Rules of Telemedicine                        |               |
|            | e) Merits of Telemedicine                       |               |
|            | f) Future Telemedicine plans                    |               |
-

**B.Sc. Yoga Therapy**  
Semester-II (Main) Examination Month Year

**Paper - VI**

**Hospital Statistics**

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

- |            |  |               |
|------------|--|---------------|
| Q.1        | Define Definition of hospital statistics and important Hospital Terms. | 15            |
| Q.2        | Describe Sources of Hospital Statistics.                               | 15            |
| Q.3        | Describe Analysis of Hospital Services and Discharges.                 | 10            |
| Q.4        | Describe Uses and Limitations of Hospital Statistics.                  | 10            |
| <b>Q.5</b> | <b>Short Notes (any 4 out of 6)</b>                                    | <b>4x5=20</b> |
|            | a) Measurement of morbidity  |               |
|            | b) Classification of healthy and sick                                  |               |
|            | c) Birth, Death, fetal death   |               |
|            | d) presentation of hospital data                                       |               |
|            | e) determination of basic data   |               |
|            | f) live birth and immature infants                                     |               |
-

**B.Sc. Yoga Therapy**  
Semester-III (Main) Examination Month Year

**Paper - I**

**Modern Human Psychology**

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

Q.1	Describe Behavioural psychology	15
Q.2	Describe Personality	15
Q.3	Define Mental Health	10
Q.4	Define yoga for personality Development	10
Q.5	<b>Short Notes (any 4 out of 6)</b>	4x5=20
	a) Stages of Sleep	
	b) Sleep Disorders	
	c) Contents of Dreams	
	d) Psychology Basis of Behaviour	
	e) Behaviour and Consciousness	
	f) Yog Nindra	

---

# MODEL PAPER

B.Sc. Yoga Therapy-III

Anct. Yoga Text Pt.-I-II

Code BSC2623S302T

## B.Sc. Yoga Therapy Semester-III (Main) Examination Month Year

### Paper - II

#### Ancient Yoga Text Part - I

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

Q.1	Define indriya Antahkaran	15
Q.2	Describe Nature of Soul	15
Q.3	Describe Panch prand	10
Q.4	Summary of Shiksha Valli	10
<b>Q.5</b>	<b>Short Notes (any 4 out of 6)</b>	<b>4x5=20</b>
	a) Vidya & Avidhya	
	b) Karam Nishtha	
	c) Purusharth	
	d) Panchkosh	
	e) Gyan Yog	
	f) Dharna & Dhyan	

---



# MODELPAPER

B.Sc. Yoga Therapy-III

Hat.YogaTextPt.II-III

Code BSC2623S303T

B.Sc. Yoga Therapy  
Semester-III (Main) Examination Month Year

**Paper -III**

**Hatha Yoga Text Part-I**

**Time: Three Hours**

Maximum Marks:70

Students shall be allowed to take only one supplementary

copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

Q. 1. Define Bandhas	15
Q. 2. Relation Between HathaYog & RajYog	15
Q. 3. Long Answer Type	
a) Define Mudras	10
b) Define Pranh in detail	10
<b>Q. 4 Short Notes(any 4outof6)</b>	<b>4x5=20</b>
a) Yogic deepbreathing	
b) Typesof Dharna	
c) TypesofDhyan	
d) ConceptofNada	
e) NadanusandhaninHathayogpradipika	
f) Kriyas	

## MODEL PAPER

B.Sc. Yoga Therapy-III

Chrothepey.-IV

Code BSC2623S304T

### B.Sc. Yoga Therapy Semester-III (Main) Examination Month Year

#### Paper - I

#### Chromotherapy

Time: Three Hours

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

- |            |                                     |               |
|------------|-------------------------------------|---------------|
| Q.1        | Define Chakras                      | 15            |
| Q.2        | Define History of Color Therapy     | 15            |
| Q.3        | Define Therapeutic effect of colors | 10            |
| Q.4        | Define Advanced Color Therapy       | 10            |
| <b>Q.5</b> | <b>Short Notes (any 4 out of 6)</b> | <b>4x5=20</b> |
|            | a) Dr. Kuhne's Methods of Samvad    |               |
|            | b) Dr. Rikli's Methods of Samvad    |               |
|            | c) Hydro Color Therapy              |               |
|            | d) Color Breathing                  |               |
|            | e) Cromo Charging of Water          |               |
|            | g) Crystal Healing                  |               |

# MODELPAPER

B.Sc. Yoga Therapy-III

HS&A-V

Code BSC2623S305T

B.Sc. Yoga Therapy  
Semester-III (Main) Examination Month Year

**Paper –V**

**Healthcare Services and It's Application**

**Time: Three Hours**

MaximumMarks:70

Students shall be allowed to take only one supplementary

copy along with one main answer book. All the parts of one question should be answered atone place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

- |  |               |
|--|---------------|
| Q. 1. Define Concept, Definitions & Dimensions of health                     | 15            |
| Q. 2. Describe Wellbeing, Determinants of health                             | 15            |
| Q. 3. Long Answer Type   |               |
| a) Define Medical sociology –Introduction Sociological perspective of health | 10            |
| b) Define Institutional perspective and Organizational perspective           | 10            |
| <b>Q. 4 Short Notes(any 4outof6)</b>   | <b>4x5=20</b> |
| a) <b>WHO-</b> Objective, functions  |               |
| b) <b>UNICEF-</b> objective and functions                                    |               |
| c) The Bismarck Model  |               |
| d) Introduction to population studies  |               |
| e) National Health Policy  |               |
| f) Brief Introduction of Health System of different countries                |               |

# MODELPAPER

B.Sc. Yoga Therapy-III

BLSII-VI

Code BSC2623S306T

## B.Sc. Yoga Therapy Semester-III (Main) Examination Month Year

### Paper –VI

Basic Life Support

**Time: Three Hours**

Maximum Marks:70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

#### **Attempt all questions**

- Q. No. 1. Long Answer (Attempt any 2) 2 x 15 = 30  
A. Describe basic life support for adults with diagrams.  
B. Describe basic life support for infants and children.  
C. What is defibrillator? Explain in detail.
- Q. No. 2 Short Essay (Attempt any 2) 2 x 10 = 20  
A. Make a flow chart for compression only life support algorithm.  
B. What is cardiac arrest?  
C. What is respiratory arrest?
- Q. No. 3 Short Notes (Attempt any 4) 4 x 5 = 20  
A. IHCA  
B. OHCA  
C. Explain about pediatric chain of survival  
D. Management of choking  
E. Explain role of team leader.

# MODEL PAPER

B.Sc. Yoga Therapy-IV

Fast. Ther.-I

Code BSC2623S401T

## B.Sc. Yoga Therapy Semester-IV (Main) Examination Month Year

### Paper - I

### Fasting Therapy

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

- |     |                                     |        |
|-----|-------------------------------------|--------|
| Q.1 | Define history of Fasting Therapy   | 15     |
| Q.2 | Define Therapeutic Fasting          | 15     |
| Q.3 | How to Fasting pure Disease         | 10     |
| Q.4 | Define Food Groups?                 | 10     |
| Q.5 | <b>Short Notes (any 4 out of 6)</b> | 4x5=20 |
|     | a) The Rational of Fasting          |        |
|     | b) The length of fast               |        |
|     | c) Classification of Fasting        |        |
|     | d) Breaking the Fast                |        |
|     | e) Living after the fast            |        |
|     | f) BMR                              |        |

# MODEL PAPER

B.Sc. Yoga Therapy-IV

Massag. & Acpres.-II

Code BSC2623S402T

## B.Sc. Yoga Therapy Semester-IV (Main) Examination Month Year

### Paper – II

#### Massage Therapy & Acupressure

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

- |    |  |        |
|----|--|--------|
| 1. | Define History of Massage              | 15     |
| 2. | Define rules and regulation of masseur | 15     |
| 3. | Define moments of joints               | 10     |
| 4. | Define massage for abdominal           | 10     |
| 5. | <b>Short Notes (any 4 out of 6)</b>    | 4x5=20 |
|    | a) Define Principal of Osteopathy      |        |
|    | b) What is Acupressure                 |        |
|    | c) Massage of Spine                    |        |
|    | d) Therapeutic usages of acupressure   |        |
|    | e) Flexion abduction                   |        |
|    | f) Opposition                          |        |

# MODEL PAPER

B.Sc. Yoga Therapy-IV

AYT-III

Code BSC2623S403T

## B.Sc. Yoga Therapy Semester-IV (Main) Examination Month Year

### Paper – III

#### Application of Yoga Therapy

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

- |   |        |
|---|--------|
| 1. Describe different disorder of neurology               | 15     |
| 2. Explain in detail the breast cancer stage 1,2,3 and 4  | 15     |
| 3. Define concept and technique of anxiety and depression | 10     |
| 4. Define psychosis and OCD in detail                     | 10     |
| 5. <b>Short Notes (any 4 out of 6)</b>                    | 4x5=20 |
| a) acute and chronic back pain                            |        |
| b) Disc budge   |        |
| c) Neck pain  |        |
| d) Mental retardation                                     |        |
| e) Promotion of positive health                           |        |
| f) Thyrotoxicosis   |        |

# MODEL PAPER

B.Sc. Yoga Therapy-IV

D&N-IV

Code BSC2623S404T

## B.Sc. Yoga Therapy Semester-IV (Main) Examination Month Year

### Paper – IV

#### Dietetics & Nutrition

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

#### **Attempt all questions**

- Q. No. 1. Long Answer (Attempt any 2) 2 x 15 = 30
- A. Explain carbohydrates – its types, functions, food sources
  - B. Explain fat soluble vitamins, their types, functions, sources, diseases due to deficiency and excess
  - C. Describe antinutrients.
- Q. No. 2 Short Essay (Attempt any 2) 2 x 10 = 20
- A. Explain macro and micronutrients.
  - B. Write functions of protein
  - C. Explain about scurvy
- Q. No. 3 Short Notes (Attempt any 4) 4 x 5 = 20
- A. Beri - Beri
  - B. Pellagra
  - C. Sources of iron
  - D. Functions of calcium
  - E. Describe about selenium



# MODEL PAPER

B.Sc. Yoga Therapy-IV

ME&L-V

Code BSC2623S405T

## B.Sc. Yoga Therapy Semester-IV (Main) Examination Month Year

### Paper – V

#### Medical Law and Ethics

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary

copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

- |  |               |
|--|---------------|
| 1. Describe Medical ethics - Definition - Goal - Scope                       | 15            |
| 2. Explain Malpractice and negligence - Rational and irrational drug therapy | 15            |
| 3. Define Medico legal aspects of medical records                            | 10            |
| 4. Define Basic principles of medical ethics                                 | 10            |
| <b>5. Short Notes (any 4 out of 6)</b>                                       | <b>4x5=20</b> |

- g) Obtaining an informed consent
- h) Right of patients
- i) Confidentiality Privilege communication
- j) Professional Indemnity insurance policy
- k) Malpractice and negligence
- l) Medico legal case and type

# MODEL PAPER

B.Sc. Yoga Therapy-IV

BW&DM-VI

Code BSC2623S406T

## B.Sc. Yoga Therapy Semester-IV (Main) Examination Month Year

### Paper – VI

### Biomedical Waste and Disaster Management

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary

copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

Q. No. 1. Long Answer (Attempt any 2) 2 x 15 = 30

A. Define the term hazards and Health hazards. Types of hospital hazards and methods to prevent/ manage them.

B. Explain what do you mean by sewage? Explain the different stages involved in modern sewage treatment plant.

C. Explain the process of managing biomedical waste for hospital?

Q. No. 2 Short Essay (Attempt any 2) 2 x 10 = 20

A. Explain the process of forecasting in disaster management?

B. What measures can be taken to prevent fire accidents in hospitals ?

C. Explain the benefits of TPA to hospitals and patients? Explain with the help of an example

Q. No. 3 Short Notes (Attempt any 4) 4 x 5 = 20

A. What do you understand by flood disaster? What can be done to avoid major damages from flood disaster?

B. Explain the non service type of methods of excreta disposal.

C. Write short notes on –Role of Panchayat in disaster management- Color code of segregated biomedical waste-BOD and COD.

D. Write the process of microwaving and deep burial to avoid infection.

E. Illustrate various electrical hazards in hospitals.

# MODEL PAPER

B.Sc. Yoga Therapy-V

Anct. Yoga Text Pt.-II-I

Code BSC2623S501T

## B.Sc. Yoga Therapy Semester-V (Main) Examination Month Year

### Paper - I

#### Ancient Yoga Text Part - II

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

- |     |   |        |
|-----|---|--------|
| Q.1 | Describe Definition of Yoga?              | 15     |
| Q.2 | Describe Chitta Vrittis                   | 15     |
| Q.3 | Define Division of Samadhi                | 10     |
| Q.4 | Define of obstacle in the Path of samadhi | 10     |
| Q.5 | <b>Short Notes (any 4 out of 6)</b>       | 4x5=20 |
|     | a) Kriya Yog                              |        |
|     | b) Kalesh                                 |        |
|     | c) Bahirang Yog                           |        |
|     | d) Antrang Yog                            |        |
|     | e) Dharna & Dhyan                         |        |
|     | f) Avidhya                                |        |

# MODEL PAPER

B.Sc. Yoga Therapy-V

Hat. Yoga Text Pt.II-II

Code BSC2623S502T

## B.Sc. Yoga Therapy Semester-V (Main) Examination Month Year

### Paper - II

#### Hatha Yoga Text Part - II

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

Q.1	Define Bandhas	15
Q.2	Relation Between Hatha Yog & Raj Yog	15
Q.3	Define Mudras	10
Q.4	Define Pranh in detail	10
Q.5	<b>Short Notes (any 4 out of 6)</b>	4x5=20
	a) Yogic deep breathing	
	b) Types of Dharna	
	c) Types of Dhyan	
	d) Concept of Nada	
	e) Nadanusandhan in Hatha yog pradipika	
	f) Kriyas	

# MODEL PAPER

B.Sc. Yoga Therapy-V

Hydthy Therpy.-III

Code BSC2623S503T

## B.Sc. Yoga Therapy Semester-V (Main) Examination Month Year

### Paper - III Hydrotherapy

Time: Three Hours

Maximum Marks: 70

Students shall be allowed to take only one supplementary

copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

- |     |   |        |
|-----|---|--------|
| Q.1 | Define History of Hydrotherapy                                | 15     |
| Q.2 | Define Definition of Hydrotherapy                             | 15     |
| Q.3 | Define Physical Properties and chemical compositions of water | 10     |
| Q.4 | Define Importance of water to human body                      | 10     |
| Q.5 | <b>Short Notes (any 4 out of 6)</b>                           | 4x5=20 |
|     | a) Types of water   |        |
|     | b) Benefits of water  |        |
|     | c) Introduction of hydro Therapy                              |        |
|     | d) Classification of water for Therapeutic use                |        |
|     | e) Cosmetic uses of Water                                     |        |
|     | f) bath   |        |

# MODEL PAPER

B.Sc. Yoga Therapy-V

Mud Therapy.-IV

Code BSC2623S504T

B.Sc. Yoga Therapy  
Semester-V (Main) Examination Month Year

## Paper - IV

### Mud Therapy

Time: Three Hours

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

- |      |   |        |
|------|---|--------|
| Q.6  | Define History of Mud Therapy                                       | 15     |
| Q.7  | Define Definition of Mud Therapy                                    | 15     |
| Q.8  | Define Physical Properties and chemical compositions of Mud Therapy | 10     |
| Q.9  | Define Importance of Mud Therapy to human body                      | 10     |
| Q.10 | <b>Short Notes (any 4 out of 6)</b>                                 | 4x5=20 |
|      | a) Types of Mud   |        |
|      | b) Benefits of Mud  |        |
|      | c) Introduction of Mud Therapy                                      |        |
|      | d) Classification of Mud for Therapeutic use                        |        |
|      | e) Cosmetic uses of mud   |        |
|      | f) Mud bath   |        |

## MODEL PAPER

B.Sc. Yoga Therapy-V

AIH.-V

Code BSC2623S505T

B.Sc. Yoga Therapy  
Semester-V (Main) Examination Month Year

### Paper - V

### Artificial Intelligence in Healthcare

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

- |      |  |        |
|------|--|--------|
| Q.11 | Define What is Artificial Intelligence | 15     |
| Q.12 | Define Philosophy of AI                | 15     |
| Q.13 | Define Goals of AI                     | 10     |
| Q.14 | Define History of AI                   | 10     |
| Q.15 | <b>Short Notes (any 4 out of 6)</b>    | 4x5=20 |
| a)   | Intelligence Composition ,             |        |
| b)   | Research Areas of AI                   |        |
| c)   | Search Algorithms                      |        |
| d)   | Logic Systems                          |        |
| e)   | Natural Language Processing            |        |
| f)   | Robotics                               |        |

# MODEL PAPER

B.Sc. Yoga Therapy-V

BCG.-VI

Code BSC2623S506T

B.Sc. Yoga Therapy  
Semester-V (Main) Examination Month Year

## Paper - VI

### Basics of Computer Graphics

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary

copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

- |   |               |
|---|---------------|
| Q. 1 Describe Applications of computer graphics in various industries | 15            |
| Q. 2 Define History and evolution of computer graphics                | 15            |
| Q.3 Define Introduction to Computer Animation                         | 10            |
| Q.4 Overview of computer graphics                                     | 10            |
| <b>5. Short Notes (any 4 out of 6)</b>                                | <b>4x5=20</b> |
| a) 2.1 Introduction to digital images                                 |               |
| b) 2.2 Image formats and color spaces                                 |               |
| c) 2.3 Image acquisition and sampling                                 |               |
| d) 2.4 Basic image manipulation techniques                            |               |
| e) Overview of real-world graphics applications/                      |               |
| f) Final project development  |               |



# MODEL PAPER

B.Sc. Yoga Therapy-VI

Theput. Yoga-I

Code BSC2623S601T

## B.Sc. Yoga Therapy Semester-VI (Main) Examination Month Year

### Paper - I Therapeutic Yoga

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

Q.1	Define Yogik Practice of Asthma	15
Q.2	Describe Ahar Vihar in detail	15
Q.3	Define Yogik Management for respiratory	10
Q.4	Define Neurological disorder	10
Q.5	<b>Short Notes (any 4 out of 6)</b>	4x5=20
	a) Yogik Management for dysthymia	
	b) Niyam	
	c) Ante-natal care	
	d) ulcerative colitis	
	e) Neck pain	
	f) Anxiety disorder	

---

# MODEL PAPER

B.Sc. Yoga Therapy-VI

Physioth.-II

Code BSC2623S602T

B.Sc. Yoga Therapy  
Semester-VI (Main) Examination Month Year

**Paper - II**

## **Physiotherapy**

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

Q.1	Define Exercise therapy	15
Q.2	Define Classification of movements in detail	15
Q.3	Define Passive Movement	10
Q.4	Classification of Joint movements	10
Q.5	<b>Short Notes (any 4 out of 6)</b>	4x5=20
	a) Voluntary Movement	
	b) Involuntary Movement	
	c) Active Movement	
	d) Relaxation Techniques	
	e) Coordination Exercise	
	f) Neuro Muscular Facilitation Techniques	

---

# MODEL PAPER

B.Sc. Yoga Therapy-VI

Natphy & Heal. Manag.-III

Code BSC2623S603T

## B.Sc. Yoga Therapy Semester-II (Main) Examination Month Year

### Paper - III

### Naturopathy & Health Management

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

- |     |  |        |
|-----|--|--------|
| Q.1 | Define Naturopathy management for Cardiovascular disorder    | 15     |
| Q.2 | Define Naturopathy management for Gastrointestinal disorders | 15     |
| Q.3 | Define Naturopathy management for Blood related disorders    | 10     |
| Q.4 | Define Naturopathy management for Respiratory Disorders      | 10     |
| Q.5 | <b>Short Notes (any 4 out of 6)</b>                          | 4x5=20 |
|     | a) Deviated Nasal Septum                                     |        |
|     | b) Tonsillitis   |        |
|     | c) Appendicitis  |        |
|     | d) Uterine Fibroid   |        |
|     | e) Hernia  |        |
|     | f) Osteoarthritis  |        |
-

# MODEL PAPER

B.Sc. Yoga Therapy-VI

SMHC.-IV

Code BSC2623S604T

B.Sc. Yoga Therapy  
Semester-VI (Main) Examination Month Year

## Paper - IV

### Strategic Management in Health Care

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

**Attempt all questions**

- |      |   |        |
|------|---|--------|
| Q.16 | Define Definition and Importance, Purpose & objectives of business policy | 15     |
| Q.17 | Define Utility and application of strategic management                    | 15     |
| Q.18 | Define Environment appraisal  | 10     |
| Q.19 | Define Strategic planning - Process, strategic plan                       | 10     |
| Q.20 | <b>Short Notes (any 4 out of 6)</b>                                       | 4x5=20 |
|      | a) Behavioral implementation  |        |
|      | b) Leadership implementation  |        |
|      | c) corporate culture  |        |
|      | d) corporate politics and use of power                                    |        |
|      | e) Functional strategies  |        |
|      | f) social responsibility for economic growth                              |        |
-

# MODEL PAPER

B.Sc. Yoga Therapy-VI

CPSY.-V

Code BSC2623S605T

## B.Sc. Yoga Therapy Semester-V (Main) Examination Month Year

### Paper - V

#### Clinical Psychology

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

#### **Attempt all questions**

- Q. No. 1. Long Answer (Attempt any 2) 2 x 15 = 30
- A. Distinguish between behavioural model and Phenomenological model of Clinical Psychology.  
B. Describe the clinical types of Psychological Test. Throw light on its diagnostic uses.  
C. Describe the important stages involved in function of psycho-analytical therapy. Discuss its merits and demerits.
- Q. No. 2 Short Essay (Attempt any 2) 2 x 10 = 20
- A. Distinguish between medical research and psychotherapeutic research.  
B. Evaluate Ego-analytic therapy.  
C. Describe any two types of group therapy.
- Q. No. 3 Short Notes (Attempt any 4) 4 x 5 = 20
- A. Discuss the merits and demerits of Gestal therapy.  
B. Write short note Minimal Brain Dysfunction (MBD)  
C. Write short notes Bender-Gestalt Test  
D. Distinguish between mental health and mental illness.  
E. Explain Systematic desensitization
-

# MODEL PAPER

B.Sc. Yoga Therapy-VI

PM.-VI

Code BSC2623S606T

## B.Sc. Yoga Therapy Semester-V (Main) Examination Month Year

### Paper - VI

#### Project Management

**Time: Three Hours**

Maximum Marks: 70

Students shall be allowed to take only one supplementary copy along with one main answer book. All the parts of one question should be answered at one place. Different parts of one question should not be answered at different places in the answer book

Draw diagrams wherever necessary

#### Attempt all questions

- Q. No. 1. Long Answer (Attempt any 2) 2 x 15 = 30
- A. Examine the process of project Management highlighting the importance stages.  
B. There exists a trade -off between activity duration and the associated cost. Discuss the time/cost trade off in project management. When should one resort to crashing? Discuss.  
C. Regular reporting helps monitoring the progress of the project. List out three importance types of reports that need to be generated under each of the following:  
(i) Project Monitoring Reports  
(ii) Management Reports
- Q. No. 2 Short Essay (Attempt any 2) 2 x 10 = 20
- A. As a project manager how would you go ahead with your project appraisal. Evaluate the different aspects to be employed for this purpose  
B. Explain the principle objectives of 'feasibility analysis'? When and why a feasibility report prepared?  
C. Critically point out the special features of project profitability analysis techniques
- Q. No. 3 Short Notes (Attempt any 4) 4 x 5 = 20
- A. Prepare a checklist, which can facilitate a project manager in designing a project report.  
B. Write short note on Social Cost Benefit Analysis (SCBA) of project.  
C. Explain in detail Work Breakdown Structure (WBC).  
D. Explain in detail Linear Responsibility Chart (LRC).  
E. Explain Gantt charts.
-