

SHRI DAVARA UNIVERSITY

NAYA RAIPUR, (C.G.)

Faculty of Science



Programme Curriculum

for

Master of Yogic Science

Semester - I

(Effective from the Academic Year : 2024-25)



SHRI DAVARA UNIVERSITY, NAYA RAIPUR

COURSE STRUCTURE Master of Yogic Science (Semester - I)

SEMESTER I												
S. NO	COURSE CODE	COURSE TITLE	TEACHING HOURS PER WEEK				EXAMINATION SCHEME					
DISCIPLINE SPECIFIC COURSE (DSC)			L	T	P	C	THEORY		PRACTICAL		TOTAL MARKS	
							EX	IN	EX	IN		
1.	YSDSC-01T	FUNDAMENTALS OF YOGA	2	1	0	4	70	30	-	-	100	
2.	YSDSC-02T	PRINCIPLE AND PRACTICES OF HATHA YOGA	2	1	0	4	70	30	-	-	100	
3.	YSDSC-03T	HUMAN ANATOMY AND PHYSIOLOGY-I	2	1	0	4	70	30	-	-	100	
4.	YSDSC-04	NATUROPATHY	3	1	0	4	70	30	-	-	100	
PRACTICAL												
5.	YSDSC-01P	HUMAN ANATOMY AND PHYSIOLOGY-I	0	0	1	2	-	-	35	15	50	
6.	YSDSC-02P	PRACTICES - NATUROPATHY	0	0	1	2	-	-	35	15	50	
7.	YSDSC-03P	YOGA PRACTICES	0	0	1	4	-	-	70	30	100	
Total Contact hours Per Week:30			Total credit:				24	Total mark				600



SHRI DAVARA UNIVERSITY, NAYA RAIPUR

TWO YEAR POSTGRADUATE PROGRAM (2024-26)

MASTER OF YOGIC SCIENCE

COURSE CURRICULUM

PART-A: Introduction			
Program: Master of Yogic Science (Degree Honors)		Semester-1 st	Session: 2024-2025
Course Code	YSDSC-01T		
Course Title	Fundamentals of Yoga		
Course Type	Discipline Specific course (DSC)		
Pre-requisite (if any)	As per program		
Course Learning Outcomes (CLO)	At the end of this course, the students will be able to- <ul style="list-style-type: none">Students of the UG course will have an understanding about origin, history and development of Yoga.They will have an idea about the insights Nature of Yoga in various textIntroduction about Indian Yogies of India and their contribution in Yoga.		
Credit Value	4 Credits	Credit =15 Hours-learning & Observation	
Total Marks	Max. Marks:=100	Min Passing Marks: 40	
PART -B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics (Course contents)		
I	General Introduction to Yoga :- Introduction, Meaning, Definition and origin of Yoga: History and Development of Yoga: Stone Age, Indus Valley Civilization, Early and Later Vedic Period, Elements of Yoga in Jainism and Buddhism. Basic concepts of Shad-Darshans, Medial period and Modern era.		15
II	Brief about Yoga in texts :- Introduction to the Epics: Ramayana (Aranyakand) and Mahabharata (Shantiparva). Yoga in Veda's, and Upanishad's. Introduction to Prasthanatrayee and Purushartha Chatushtaya. Concepts of Trigunas, Pancha-Mahabhutas, Pancha-Prana, Pancha Koshas & Shat-Chakra and their role in Health.		15
III	Great Yogis of India :- Maharshi Patanjali, Guru Gorakshanath, Kabir Das, Goswami Tulsidas, Surdas, Dayanand Saraswati, Swami Vivekanand, Swami Shivananda Saraswati, Acharya Shri Ram Sharma, Maharshi Mahesh Yogi, B.K.S. Iyenger.		15
IV	Traditional Models of Yoga (Brief Information) :- Introduction, Meaning, Definition of Karma-Yoga, Bhakti-Yoga, Jnana-Yoga, Dhyana-Yoga Raja-Yoga, Hath-Yoga, Mantra-Yoga. Objectives of Yoga, Misconceptions of Yoga.		15

Reference Books :-

1. Yoga and Yogi - Dr. Anuja Rawat
2. Yoga Maha Vigyan - Dr. Kamakhya Kumar
3. भारतीय दर्शन की रूपरेखा, डॉ. हरेन्द्र प्रसाद सिन्हा, मोतीलाल बनारसीदास, नई दिल्ली :
4. योग के आधारभूत तत्व, उत्तराखण्ड मुक्त विश्वविद्यालय, हरिद्वार
5. वेदामृता, योग के आधारभूत तत्व

Signature of Convener & Members (CBoS)



SHRI DAVARA UNIVERSITY, NAYA RAIPUR

TWO YEAR POSTGRADUATE PROGRAM (2024-26)

MASTER OF YOGIC SCIENCE

COURSE CURRICULUM

PART-A: Introduction		
Program: Master of Yogic Sciences (Degree Honors)		Semester-1 st
Session: 2024-2025		
Course Code	YSDSC-02T	
Course Title	Principle and Practices of Hatha Yoga	
Course Type	Discipline Specific course (DSC)	
Pre-requisite (if any)	As per program	
Course Learning, Outcomes (CLO)	At the end of this course, the students will be able to- <ul style="list-style-type: none">Students of the UG course will have an understanding about origin, history and development of Hath Yoga.They will have an idea about the Implement of Hath Yoga and their Principles.Students will learn Hath Yoga (Shodhan Kriya, Asanas, Pranayama, Mudra and Bandha) Practices.	
Credit Value	4 Credits	Credit =15 Hours-learning & Observation
Total Marks	Max. Marks:=100	Min Passing Marks: 40
PART -B: Content of the Course		
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)		
Unit	Topics (Course contents)	
I	Introduction :- The Origin of Hatha Yoga, its meaning, definition, aim's & objectives, Introduction to Basic Hatha Yoga. Rules and regulation for Hath Yoga, Sadhak tattva and Badhak tatwa in Hatha Yoga text. Concept of Matha, Rules & Regulations to be followed by the Hatha Yoga Practitioner, concept of Mitahara, Pathya and Apathya, Pre requisites of Hath yoga (Dasha Yama and Dasha Niyama).	15
II	Text Book of Hath Yoga :- Texts: Hatha Pradeepika, Gheranda Samhita, Hatha Rathnavali, Shiva Samhita, Yoga Beeja, Siddhasiddhantapaddhati, Goraksha Samhita and Vashishtha Samhita.	15
III	Hatha Yoga Practices (Shatkarma, Aasanas and Pranayama) Shodhana-Kriyas and Asanas, Shodhana-kriyas according to text books. Role of Shodhana-kriyas in Yoga Sadhana and their importance in Modern life: Methods and benefits of Asanas, their techniques, benefits, precautions and importance. Methods and benefits of Pranayama (Kumbhak), their techniques, benefits, precautions and importance.	15
IV	Hatha Yogic Practices (Mudra, Bandha and Kundalini) Description of Mudra, Bandha, Samadhi and Nadanusandhan. Bandhas and Mudras Nature of Kundalini, nature of chakra, Technique of kundalini Jagran. Description of Pratyahar, Dharana, Dhyana and Samadhi.	15

Reference Books :-

1. Hathapradipika - Kaivalyadham Lonavala, Pune
2. Gharend Sahita - Yoga Publication Trust, Munger Bihar
3. Asana Pranayams Mudra Bandha – Yoga Publication Trust, Munger Bihar
4. हठयोग,उत्तराखंड मुक्त विश्वविद्यालय, हरिद्वार
5. वेदामृता, हठयोग

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SHRI DAVARA UNIVERSITY, NAYA RAIPUR

TWO YEAR POSTGRADUATE PROGRAM (2024-26)

MASTER OF YOGIC SCIENCE

COURSE CURRICULUM

PART-A: Introduction		
Program: Master of Yogic Sciences (Degree Honors)		Semester-1 st
Session: 2024-2025		
Course Code	YSDSC-03T	
Course Title	Human Anatomy and Physiology-I	
Course Type	Discipline Specific course (DSC)	
Pre-requisite (if any)	As per program	
Course Learning, Outcomes (CLO)	At the end of this course, the students will be able to- <ul style="list-style-type: none">To know about the structure of the bodyTo know about the necessary functions of the bodyTo throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga.	
Credit Value	4 Credits	Credit =15 Hours-learning & Observation
Total Marks	Max. Marks:=100	Min Passing Marks: 40
PART -B: Content of the Course		
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)		
Unit	Topics (Course contents)	
I	Cell, Tissue and Organ system :- Human Cell- The Structure and Function of the cell. Tissue- Definition, structure, their types and functions. Organ system- Structure of organ system (Heart, Liver, Kidney, Pancreas etc.)	15
II	Blood Circulatory system :- Composition and function of blood, red blood cells, white blood cells, blood platelets, plasma, haemoglobin, blood clot, blood group and its utility.	15
III	Respiratory System: - Definition and types of respiration, structure and function of respiratory system; Respiration - The transport of gases in action, the effect of yoga on the respiratory system.	15
IV	Digestive and Excretory system:- Digestive system :- structure and function of digestive system, structure, different parts and process of digestive system. Composition and function of agnasya, effect of yoga on digestive system. Excretory system :- Meaning of excretion, structure and working method of excretion, structure and function of kidney, structure and function of nephron, process of urine generation, amount of urine, urine organization, abnormal substance excreted by urine. Effect of Yoga on the excretory system.	15

Reference Books :-

1. Human Anatomy and Physiology, Dr. Abhishek Rahim/Sanjay Nagdev
2. मानव शरीर रचना एवं क्रियाविज्ञान, डॉ. अनन्त प्रकाश गुप्ता
3. एनाटॉमी एण्ड फिजियोलॉजीए शार्ट नोट्स ऑन, डॉ हेमन्त कुमार राय
4. मानव शरीर रचना एवं क्रियाविज्ञान – वेदामृता

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SHRI DAVARA UNIVERSITY, NAYA RAIPUR

TWO YEAR POSTGRADUATE PROGRAM (2024-26)

MASTER OF YOGIC SCIENCE

COURSE CURRICULUM

PART-A: Introduction			
Program: Master of Yogic Sciences (Degree Honors)		Semester-1 st	Session: 2024-2025
Course Code	YSGE-01T		
Course Title	Naturopathy		
Course Type	YSDSE -04T		
Pre-requisite (if any)	As per program		
Course Learning Outcomes (CLO)	At the end of this course, the students will be able to- <ul style="list-style-type: none">Students at the completion of this course would understand Naturopathy History of Naturopathy, Main principles Soil therapy Importance of soil, soil types and properties Water therapy Importance of water in human life, properties of water, effect of water of different temperature on body.Vayu therapy utility and importance of air in human life, air bath. Aakash Tattva therapy meaning of fasting, principles. Abhyang or Massages meaning and Definition of Abhyang		
Credit Value	3 Credits	Credit =15 Hours-learning & Observation	
Total Marks	Max. Marks:=100	Min Passing Marks: 40	
PART -B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics (Course contents)		
I	Naturopathy : History of Naturopathy, Main principles, Root causes of diseases, Acute and chronic stages of disease, Theory of toxic matter/poison, Theory of emergence; Vitality and ways to increase it, shape diagnosis. Soil therapy : Importance of soil, soil types and properties, effect of soil on body, clay bandages, methods of soil healing, mud bath. Soil therapy in various diseases		15
II	Water therapy : Importance of water in human life, properties of water, effect of water of different temperature on body, principles of water treatment; Method of water treatment- snacking, natural bathing, simple bathing, abrasive bathing, steam bathing, hot foot bathing, foot and arm bathing, spine bathing, Kati bathing, mehan/hard bathing, water bandages, sponges, enema. Wet bandage wrap - full body wrap, chest, stomach, forehead, throat etc.		15
III	Vayu therapy : Utility and importance of air in human life, air bath, effect of Pranayams in air therapy, air therapy in various diseases. Sun therapy : Importance of sunlight, effect of sunlight on human body, sun bath, and treatment by colored water made from sunlight, effect of sun therapy on various diseases.		15
IV	Aakash Tattva therapy : Meaning of fasting, principles, benefits and precautions, rules of fasting, disease emergence and impulse, fasting therapy, types of fasting - pre-fasting, short fasting, long fasting, water fasting, ardhha fasting, fruit fasting, Milk fasting, ek-aaharopavas, rasopavas. Abhyanga or Massages : Meaning and Definition of Abhyang, Medical Uses of Massage and Effects on the Body, Methods of Massages - General, Friction, Vibration, Cramp, Melt, Spice, Dab, Taal, Punch, Pinch, Shake, Sahalana etc. Effect of massage on various diseases.		15

Reference Books :-

1. Ayurveda Naturopathy - Rakesh Jindal
2. Vrhid Prakartik Chikitsa - Dr. Om Prakash Saxena
3. Swasthritt Vigyan - Prof. Ram Harsh Singh
4. The Practice of Nature Cure - Dr. Henry lindlhar

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SHRI DAVARA UNIVERSITY, NAYA RAIPUR

TWO YEAR POSTGRADUATE PROGRAM (2024-26)

MASTER OF YOGIC SCIENCE

COURSE CURRICULUM

PART-A: Introduction		
Program: Master of Yogic Sciences (Degree Honors)	Semester-1st	Session: 2024-2025
Course Code	YSDSE-01P	
Course Title	Human Anatomy and Physiology-II	
Course Type	Practical	
Pre-requisite(if any)	As per program	
Course Learning. Outcomes (CLO)	The objectives behind teaching Human Biology is to <ul style="list-style-type: none">• The objectives behind teaching Anatomy and Physiology is to• Make students familiar with the systems of the body.• Give a hand on experience about the human body using models, charts and pictures.• Make students understand the organization of the body with respect to structural components.	
Credit Value	02 Credits	Credit =30 Periods -learning & Observation
Total Marks	Max. Marks:=50	Min Passing Marks: 20
PART -B: Content of the Course		
Total No. of Teaching-learning Periods (45 Min. per period) -15 Periods		
Unit	Topics (Course contents)	
I	1. Osteology - Bones identification , Long bones, Short bones, Flat bones, Irregular bones, Skull bones (Cranial & Facial bones), Vertebrae (Cervical, Thoracic, Lumbar, Sacrum, Coccyx), Ribs & Sternum, Upper limb bones (Clavicle, Scapula, Humerus, Radius, Ulna, Carpals, Metacarpals, Phalanges), Lower limb bones (Hip bone, Femur, Tibia, Fibula, Patella, Tarsals, Metatarsals, Phalanges) 2. Arthrology - Types of joints (Fibrous, Cartilaginous, Synovial joints), Demonstration of important joints: Shoulder, Elbow, Hip, Knee, Ankle. 3. Histology - Microscope, Preparation & observation of slides, Histological study of: Epithelium (simple, stratified, ciliated), Connective tissue (areolar, adipose, cartilage, bone), Muscle tissue (skeletal, smooth, cardiac), Nervous tissue. 4. Surface Anatomy - Identification of surface landmarks of bones and muscles, Important palpable structures (clavicle, spine of scapula, iliac crest, patella etc.) 5. Demonstration & Models- Demonstration of skeleton models, Charts & plastinated specimens, Radiological anatomy (X-rays of skull, chest, limbs).	08

Reference Books :-

1. **B.D.** Chaurasia Handbook of General Anatomy ; B.D. Chaurasia, CPS Publishers
2. Human Osteology : Inderbir Singh, Jaypee Brothers
3. Yogic Anatomy & Physiology : Dr. Jaideva Yogendra, The Yoga Institute Mumbai.

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SHRI DAVARA UNIVERSITY, NAYA RAIPUR

TWO YEAR POSTGRADUATE PROGRAM (2024-26)

MASTER OF YOGIC SCIENCE

COURSE CURRICULUM

PART-A: Introduction		
Program: Master of Yogic Sciences (Degree Honors)	Semester-1st	Session: 2024-2025
Course Code	YSDSE-02P	
Course Title	Practice Naturopathy	
Course Type	Practical	
Pre-requisite(if any)	As per program	
Course Learning Outcomes (CLO)	By the end of the course, students will be able to: <ul style="list-style-type: none">• Acquire hands-on skills in major naturopathy therapies (Diet, Hydrotherapy, Mud, Magnet, Massage, Acupressure, and Yoga).• Design and implement disease-specific naturopathic treatment plans.• Assist patients in lifestyle modification and holistic health management.• Develop competence to work independently as a Naturopathy Practitioner in clinical and community settings.	
Credit Value	02 Credits	Credit =30 Periods -learning & Observation
Total Marks	Max. Marks:=50	Min Passing Marks: 20
PART -B: Content of the Course		
Total No. of Teaching-learning Periods (45 Min. per period) -15 Periods		
Unit	Topics (Course contents)	
I	<ol style="list-style-type: none">1. Hydrotherapy Practice : Cold & Hot packs, Enema , Enema demonstration, Hip bath, spinal bath, steam bath, arm & foot bath, Hot and cold compresses, Neutral immersion bath.2. Mud Therapy Practice - Preparation and application of mud packs (abdomen, head, eyes, joints), Mud bath procedure, Disease-wise practical applications (constipation, skin disease, joint pain, etc.)3. Massage Therapy Practice- Demonstration of full body massage techniques, Specific massage for head, back, abdomen, limbs, Use of different oils in massage therapy, Practice of relaxation and circulation techniques.4. Acupressure & Reflexology- Identification of major acupressure points, Practice of pressure techniques for common ailments, Reflexology practice (hands and feet), Relaxation techniques using acupressure.5. Cleansing Practices - Daily practice of yoga asanas for health promotion, Pranayama and meditation sessions, Shatkriyas: Jal Neti, Sutra Neti, Kapalabhati, Trataka, Dhauti (demo), Therapeutic yoga module for selected diseases.	08

Reference Books :-

1. Fundamentals of Naturopathy : Dr. Rukmini Kunjir.
2. Scientific Basis of Naturopathy - Dr. H.K. Bakhru
3. A Textbook of Naturopathy - Dr. K.R.Srikanta Murthy.

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SHRI DAVARA UNIVERSITY, NAYA RAIPUR

TWO YEAR POSTGRADUATE PROGRAM (2024-26)

MASTER OF YOGIC SCIENCE

COURSE CURRICULUM

PART-A: Introduction			
Program: Master of Yogic Sciences (Degree Honors)		Semester-1 st	Session: 2024-2025
Course Code	YSDSC-02P		
Course Title	Yoga Practices		
Course Type	Discipline Specific course (DSC)		
Pre-requisite (if any)	As per program		
Course Learning Outcomes (CLO)	At the end of this course, the students will be able to- <ul style="list-style-type: none">To know about the Asanas and their effects on Human Body.To know about the Pranayama and their effects on Human Body.To know about the Mudra-Bandh and their effects on Human Body.		
Credit Value	3 Credits	Credit =15 Hours-learning & Observation	
Total Marks	Max. Marks:=100	Min Passing Marks: 40	
PART -B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics (Course contents)		
I	Compound jogging, micro exercises, Surya Namaskar :- 1. Compound Jogging and Warm-up 2. Subtle exercise (Pawanmuktasana Part- 01) 3. Surya Namaskar (With Mantras)		15
II	Asanas :- 1. Standing Postures - <ul style="list-style-type: none">Tadasana, Tiryak-Tadasana, Kati-Chakrasana, Hast-Uttanasana, Hastpadasana Trikonasana Ekpaad-Pranamasana, Natrajasana. 2. Sitting postures – <ul style="list-style-type: none">Sukhasana, Ardhpadasana, Sinhasana, Gomukhasana.Vajrasana, Aananda-Madirasana, Shashankasana, Ardh-Ustrasana, Meru-Vakrasana, Bhu-Namanasana, 3. Supine Postures – <ul style="list-style-type: none">Shawashana, Adwasana, Hastpad-Angushtasana, 4. Prone Postures – <ul style="list-style-type: none">Bhujangasana, Tiryak-Bhujangasana, Shalabhasana Saral-Dhanurasana. 5. Suryanamaskar with breathing.		15
III	Pranayamas - Yogic Breathing, Abdominal Breathing, Diaphragm Breathing. Pooraka, Rechaka and Kumbhaka. Suryabhedhi Pranayama, Bahya-Vritti, Abhyantar-Vritti, Ujjayi Pranayama. Shatkarmas - Jalneti, Vatsar Dhauti, Vaman Dhauti/Kunjali Kriya and Tratak.		15
IV	Bandhas - Moolabandha, Uddiyana Bandh, Jalandhara Bandha. Mudra - Shanmukhi Mudra, Nasikagra Mudra, Shambhavi Mudra. Hasta mudras - Gyan mudra, Dhyana mudra, Chin mudra. Meditation: Pranav and Soham Japa, Yoga Nidra, Antarmauna, Ajapa Jap. Prayers and Mantras - Gayatri Mantra, Mahamrityunjaya Mantra and Shanti Path. Contemporary Yogic Practices – Yogic Sukshma Vyayama (Swami Dheerendra Brahmchari), Cyclic Meditation (S-VYASA).		15

Reference Books :-

- आसन, प्राणायाम, मुद्रा, बन्ध, स्वामी सत्यानन्द सरस्वती
- सम्पूर्ण योग विद्या, राजीव जैन "त्रिलोक"
- YOGA- THE PATH OF HOLISTIC HEALTH, B.K.S. IYENGAR

Signature of Convener & Members (CBoS)

SHRI DAVARA UNIVERSITY

NAYA RAIPUR, (C.G.)

Faculty of Science



Programme Curriculum

for

Master of Yogic Science

Semester - I

(Effective from the Academic Year : 2024-25)



SHRI DAVARA UNIVERSITY, NAYA RAIPUR

COURSE STRUCTURE Master of Yogic Science (Semester - I)

SEMESTER I											
S. NO	COURSE CODE	COURSE TITLE	TEACHING HOURS PER WEEK				EXAMINATION SCHEME				
DISCIPLINE SPECIFIC COURSE (DSC)			L	T	P	C	THEORY		PRACTICAL		TOTAL MARKS
							EX	IN	EX	IN	
1.	YSDSC-01T	FUNDAMENTALS OF YOGA	2	1	0	4	70	30	-	-	100
2.	YSDSC-02T	PRINCIPLE AND PRACTICES OF HATHA YOGA	2	1	0	4	70	30	-	-	100
3.	YSDSC-03T	HUMAN ANATOMY AND PHYSIOLOGY-I	2	1	0	4	70	30	-	-	100
4.	YSDSC-04	NATUROPATHY	3	1	0	4	70	30	-	-	100
PRACTICAL											
5.	YSDSC-01P	HUMAN ANATOMY AND PHYSIOLOGY-I	0	0	1	2	-	-	35	15	50
6.	YSDSC-02P	PRACTICES - NATUROPATHY	0	0	1	2	-	-	35	15	50
7.	YSDSC-03P	YOGA PRACTICES	0	0	1	4	-	-	70	30	100
Total Contact hours Per Week:30			Total credit:				24	Total mark			600



SHRI DAVARA UNIVERSITY, NAYA RAIPUR

TWO YEAR POSTGRADUATE PROGRAM (2024-26)

MASTER OF YOGIC SCIENCE

COURSE CURRICULUM

PART-A: Introduction			
Program: Master of Yogic Science (Degree Honors)		Semester-1st	Session: 2024-2025
Course Code	YSDSC-01T		
Course Title	Fundamentals of Yoga		
Course Type	Discipline Specific course (DSC)		
Pre-requisite (if any)	As per program		
Course Learning Outcomes (CLO)	At the end of this course, the students will be able to- <ul style="list-style-type: none">• Students of the UG course will have an understanding about origin, history and development of Yoga.• They will have an idea about the insights Nature of Yoga in various text• Introduction about Indian Yogies of India and their contribution in Yoga.		
Credit Value	4 Credits	Credit =15 Hours-learning & Observation	
Total Marks	Max. Marks:=100	Min Passing Marks: 40	
PART -B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics (Course contents)		
I	General Introduction to Yoga :- Introduction, Meaning, Definition and origin of Yoga: History and Development of Yoga: Stone Age, Indus Valley Civilization, Early and Later Vedic Period, Elements of Yoga in Jainism and Buddhism. Basic concepts of Shad-Darshans, Medial period and Modern era.		15
II	Brief about Yoga in texts :- Introduction to the Epics: Ramayana (Aranyakand) and Mahabharata (Shantiparva). Yoga in Veda's, and Upanishad's. Introduction to Prasthanatrayee and Purushartha Chatushtaya. Concepts of Trigunas, Pancha-Mahabhutas, Pancha-Prana, Pancha Koshas & Shat-Chakra and their role in Health.		15
III	Great Yogis of India :- Maharshi Patanjali, Guru Gorakshanath, Kabir Das, Goswami Tulsidas, Surdas, Dayanand Saraswati, Swami Vivekanand, Swami Shivananda Saraswati, Acharya Shri Ram Sharma, Maharshi Mahesh Yogi, B.K.S. Iyenger.		15
IV	Traditional Models of Yoga (Brief Information) :- Introduction, Meaning, Definition of Karma-Yoga, Bhakti-Yoga, Jnana-Yoga, Dhyana-Yoga Raja-Yoga, Hath-Yoga, Mantra-Yoga. Objectives of Yoga, Misconceptions of Yoga.		15

Reference Books :-

1. Yoga and Yogi - Dr. Anuja Rawat
2. Yoga Maha Vigyan - Dr. Kamakhya Kumar
3. भारतीय दर्शन की रूपरेखा, डॉ. हरेन्द्र प्रसाद सिन्हा, मोतीलाल बनारसीदास, नई दिल्ली :
4. योग के आधारभूत तत्व, उत्तराखण्ड मुक्त विश्वविद्यालय, हरिद्वार
5. वेदामृता, योग के आधारभूत तत्व

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TWO YEAR POSTGRADUATE PROGRAM (2024-26)

MASTER OF YOGIC SCIENCE

COURSE CURRICULUM

PART-A: Introduction			
Program: Master of Yogic Sciences (Degree Honors)		Semester-1 st	Session: 2024-2025
Course Code	YSDSC-02T		
Course Title	Principle and Practices of Hatha Yoga		
Course Type	Discipline Specific course (DSC)		
Pre-requisite (if any)	As per program		
Course Learning, Outcomes (CLO)	At the end of this course, the students will be able to- <ul style="list-style-type: none">Students of the UG course will have an understanding about origin, history and development of Hath Yoga.They will have an idea about the Implement of Hath Yoga and their Principles.Students will learn Hath Yoga (Shodhan Kriya, Asanas, Pranayama, Mudra and Bandha) Practices.		
Credit Value	4 Credits	Credit =15 Hours-learning & Observation	
Total Marks	Max. Marks:=100	Min Passing Marks: 40	
PART -B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics (Course contents)		
I	Introduction :- The Origin of Hatha Yoga, its meaning, definition, aim's & objectives, Introduction to Basic Hatha Yoga. Rules and regulation for Hath Yoga, Sadhak tattva and Badhak tatwa in Hatha Yoga text. Concept of Matha, Rules & Regulations to be followed by the Hatha Yoga Practitioner, concept of Mitahara, Pathya and Apathya, Pre requisites of Hath yoga (Dasha Yama and Dasha Niyama).		15
II	Text Book of Hath Yoga :- Texts: Hatha Pradeepika, Gheranda Samhita, Hatha Rathnavali, Shiva Samhita, Yoga Beeja, Siddhasiddhantapaddhati, Goraksha Samhita and Vashishtha Samhita.		15
III	Hatha Yoga Practices (Shatkarma, Aasanas and Pranayama) Shodhana-Kriyas and Asanas, Shodhana-kriyas according to text books. Role of Shodhana-kriyas in Yoga Sadhana and their importance in Modern life: Methods and benefits of Asanas, their techniques, benefits, precautions and importance. Methods and benefits of Pranayama (Kumbhak), their techniques, benefits, precautions and importance.		15
IV	Hatha Yogic Practices (Mudra, Bandha and Kundalini) Description of Mudra, Bandha, Samadhi and Nadanusandhan. Bandhas and Mudras Nature of Kundalini, nature of chakra, Technique of kundalini Jagran. Description of Pratyahar, Dharana, Dhyana and Samadhi.		15

Reference Books :-

1. Hathapradipika - Kaivalyadham Lonavala, Pune
2. Gharend Sahita - Yoga Publication Trust, Munger Bihar
3. Asana Pranayams Mudra Bandha – Yoga Publication Trust, Munger Bihar
4. हठयोग,उत्तराखंड मुक्त विश्वविद्यालय, हरिद्वार
5. वेदामृता, हठयोग

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SHRI DAVARA UNIVERSITY, NAYA RAIPUR

TWO YEAR POSTGRADUATE PROGRAM (2024-26)

MASTER OF YOGIC SCIENCE

COURSE CURRICULUM

PART-A: Introduction			
Program: Master of Yogic Sciences (Degree Honors)		Semester-1 st	Session: 2024-2025
Course Code	YSDSC-03T		
Course Title	Human Anatomy and Physiology-I		
Course Type	Discipline Specific course (DSC)		
Pre-requisite (if any)	As per program		
Course Learning, Outcomes (CLO)	At the end of this course, the students will be able to- <ul style="list-style-type: none">To know about the structure of the bodyTo know about the necessary functions of the bodyTo throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga.		
Credit Value	4 Credits	Credit =15 Hours-learning & Observation	
Total Marks	Max. Marks:=100	Min Passing Marks: 40	
PART -B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics (Course contents)		
I	Cell, Tissue and Organ system :- Human Cell- The Structure and Function of the cell. Tissue- Definition, structure, their types and functions. Organ system- Structure of organ system (Heart, Liver, Kidney, Pancreas etc.)		15
II	Blood Circulatory system :- Composition and function of blood, red blood cells, white blood cells, blood platelets, plasma, haemoglobin, blood clot, blood group and its utility.		15
III	Respiratory System: - Definition and types of respiration, structure and function of respiratory system; Respiration - The transport of gases in action, the effect of yoga on the respiratory system.		15
IV	Digestive and Excretory system:- Digestive system :- structure and function of digestive system, structure, different parts and process of digestive system. Composition and function of agnasya, effect of yoga on digestive system. Excretory system :- Meaning of excretion, structure and working method of excretion, structure and function of kidney, structure and function of nephron, process of urine generation, amount of urine, urine organization, abnormal substance excreted by urine. Effect of Yoga on the excretory system.		15

Reference Books :-

1. Human Anatomy and Physiology, Dr. Abhishek Rahim/Sanjay Nagdev
2. मानव शरीर रचना एवं क्रियाविज्ञान, डॉ. अनन्त प्रकाश गुप्ता
3. एनाटॉमी एण्ड फिजियोलॉजीए शार्ट नोट्स ऑन, डॉ हेमन्त कुमार राय
4. मानव शरीर रचना एवं क्रियाविज्ञान – वेदामृता

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MASTER OF YOGIC SCIENCE

COURSE CURRICULUM

PART-A: Introduction			
Program: Master of Yogic Sciences (Degree Honors)		Semester-1 st	Session: 2024-2025
Course Code	YSGE-01T		
Course Title	Naturopathy		
Course Type	YSDSE -04T		
Pre-requisite (if any)	As per program		
Course Learning, Outcomes (CLO)	At the end of this course, the students will be able to- <ul style="list-style-type: none">Students at the completion of this course would understand Naturopathy History of Naturopathy, Main principles Soil therapy Importance of soil, soil types and properties Water therapy Importance of water in human life, properties of water, effect of water of different temperature on body.Vayu therapy utility and importance of air in human life, air bath. Aakash Tattva therapy meaning of fasting, principles. Abhyang or Massages meaning and Definition of Abhyang		
Credit Value	3 Credits	Credit =15 Hours-learning & Observation	
Total Marks	Max. Marks:=100	Min Passing Marks: 40	
PART -B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics (Course contents)		
I	Naturopathy : History of Naturopathy, Main principles, Root causes of diseases, Acute and chronic stages of disease, Theory of toxic matter/poison, Theory of emergence; Vitality and ways to increase it, shape diagnosis. Soil therapy : Importance of soil, soil types and properties, effect of soil on body, clay bandages, methods of soil healing, mud bath. Soil therapy in various diseases		15
II	Water therapy : Importance of water in human life, properties of water, effect of water of different temperature on body, principles of water treatment; Method of water treatment- snacking, natural bathing, simple bathing, abrasive bathing, steam bathing, hot foot bathing, foot and arm bathing, spine bathing, Kati bathing, mehan/hard bathing, water bandages, sponges, enema. Wet bandage wrap - full body wrap, chest, stomach, forehead, throat etc.		15
III	Vayu therapy : Utility and importance of air in human life, air bath, effect of Pranayams in air therapy, air therapy in various diseases. Sun therapy : Importance of sunlight, effect of sunlight on human body, sun bath, and treatment by colored water made from sunlight, effect of sun therapy on various diseases.		15
IV	Aakash Tattva therapy : Meaning of fasting, principles, benefits and precautions, rules of fasting, disease emergence and impulse, fasting therapy, types of fasting - pre-fasting, short fasting, long fasting, water fasting, ardhha fasting, fruit fasting, Milk fasting, ek-aaharopavas, rasopavas. Abhyanga or Massages : Meaning and Definition of Abhyang, Medical Uses of Massage and Effects on the Body, Methods of Massages - General, Friction, Vibration, Cramp, Melt, Spice, Dab, Taal, Punch, Pinch, Shake , Sahalana etc. Effect of massage on various diseases.		15

Reference Books :-

1. Ayurveda Naturopathy - Rakesh Jindal
2. Vrhid Prakartik Chikitsa - Dr. Om Prakash Saxena
3. Swasthritt Vigyan - Prof. Ram Harsh Singh
4. The Practice of Nature Cure - Dr. Henry lindlhar

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MASTER OF YOGIC SCIENCE

COURSE CURRICULUM

PART-A: Introduction		
Program: Master of Yogic Sciences (Degree Honors)	Semester-1st	Session: 2024-2025
Course Code	YSDSE-01P	
Course Title	Human Anatomy and Physiology-II	
Course Type	Practical	
Pre-requisite(if any)	As per program	
Course Learning. Outcomes (CLO)	The objectives behind teaching Human Biology is to <ul style="list-style-type: none">• The objectives behind teaching Anatomy and Physiology is to• Make students familiar with the systems of the body.• Give a hand on experience about the human body using models, charts and pictures.• Make students understand the organization of the body with respect to structural components.	
Credit Value	02 Credits	Credit =30 Periods -learning & Observation
Total Marks	Max. Marks:=50	Min Passing Marks: 20
PART -B: Content of the Course		
Total No. of Teaching-learning Periods (45 Min. per period) -15 Periods		
Unit	Topics (Course contents)	
I	1. Osteology - Bones identification , Long bones, Short bones, Flat bones, Irregular bones, Skull bones (Cranial & Facial bones), Vertebrae (Cervical, Thoracic, Lumbar, Sacrum, Coccyx), Ribs & Sternum, Upper limb bones (Clavicle, Scapula, Humerus, Radius, Ulna, Carpals, Metacarpals, Phalanges), Lower limb bones (Hip bone, Femur, Tibia, Fibula, Patella, Tarsals, Metatarsals, Phalanges) 2. Arthrology - Types of joints (Fibrous, Cartilaginous, Synovial joints), Demonstration of important joints: Shoulder, Elbow, Hip, Knee, Ankle. 3. Histology - Microscope, Preparation & observation of slides, Histological study of: Epithelium (simple, stratified, ciliated), Connective tissue (areolar, adipose, cartilage, bone), Muscle tissue (skeletal, smooth, cardiac), Nervous tissue. 4. Surface Anatomy - Identification of surface landmarks of bones and muscles, Important palpable structures (clavicle, spine of scapula, iliac crest, patella etc.) 5. Demonstration & Models- Demonstration of skeleton models, Charts & plastinated specimens, Radiological anatomy (X-rays of skull, chest, limbs).	
		08

Reference Books :-

1. **B.D.** Chaurasia Handbook of General Anatomy ; B.D. Chaurasia, CPS Publishers
2. Human Osteology : Inderbir Singh, Jaypee Brothers
3. Yogic Anatomy & Physiology : Dr. Jaideva Yogendra, The Yoga Institute Mumbai.

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MASTER OF YOGIC SCIENCE

COURSE CURRICULUM

PART-A: Introduction		
Program: Master of Yogic Sciences (Degree Honors)	Semester-1st	Session: 2024-2025
Course Code	YSDSE-02P	
Course Title	Practice Naturopathy	
Course Type	Practical	
Pre-requisite(if any)	As per program	
Course Learning Outcomes (CLO)	By the end of the course, students will be able to: <ul style="list-style-type: none">• Acquire hands-on skills in major naturopathy therapies (Diet, Hydrotherapy, Mud, Magnet, Massage, Acupressure, and Yoga).• Design and implement disease-specific naturopathic treatment plans.• Assist patients in lifestyle modification and holistic health management.• Develop competence to work independently as a Naturopathy Practitioner in clinical and community settings.	
Credit Value	02 Credits	Credit =30 Periods -learning & Observation
Total Marks	Max. Marks:=50	Min Passing Marks: 20
PART -B: Content of the Course		
Total No. of Teaching-learning Periods (45 Min. per period) -15 Periods		
Unit	Topics (Course contents)	
I	<ol style="list-style-type: none">1. Hydrotherapy Practice : Cold & Hot packs, Enema , Enema demonstration, Hip bath, spinal bath, steam bath, arm & foot bath, Hot and cold compresses, Neutral immersion bath.2. Mud Therapy Practice - Preparation and application of mud packs (abdomen, head, eyes, joints), Mud bath procedure, Disease-wise practical applications (constipation, skin disease, joint pain, etc.)3. Massage Therapy Practice- Demonstration of full body massage techniques, Specific massage for head, back, abdomen, limbs, Use of different oils in massage therapy, Practice of relaxation and circulation techniques.4. Acupressure & Reflexology- Identification of major acupressure points, Practice of pressure techniques for common ailments, Reflexology practice (hands and feet), Relaxation techniques using acupressure.5. Cleansing Practices - Daily practice of yoga asanas for health promotion, Pranayama and meditation sessions, Shatkriyas: Jal Neti, Sutra Neti, Kapalabhati, Trataka, Dhauti (demo), Therapeutic yoga module for selected diseases.	08

Reference Books :-

1. Fundamentals of Naturopathy : Dr. Rukmini Kunjir.
2. Scientific Basis of Naturopathy - Dr. H.K. Bakhru
3. A Textbook of Naturopathy - Dr. K.R.Srikanta Murthy.

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MASTER OF YOGIC SCIENCE

COURSE CURRICULUM

PART-A: Introduction			
Program: Master of Yogic Sciences (Degree Honors)		Semester-1 st	Session: 2024-2025
Course Code	YSDSC-02P		
Course Title	Yoga Practices		
Course Type	Discipline Specific course (DSC)		
Pre-requisite (if any)	As per program		
Course Learning Outcomes (CLO)	At the end of this course, the students will be able to- <ul style="list-style-type: none">To know about the Asanas and their effects on Human Body.To know about the Pranayama and their effects on Human Body.To know about the Mudra-Bandh and their effects on Human Body.		
Credit Value	3 Credits	Credit =15 Hours-learning & Observation	
Total Marks	Max. Marks:=100	Min Passing Marks: 40	
PART -B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics (Course contents)		
I	Compound jogging, micro exercises, Surya Namaskar :- 1. Compound Jogging and Warm-up 2. Subtle exercise (Pawanmuktasana Part- 01) 3. Surya Namaskar (With Mantras)		15
II	Asanas :- 1. Standing Postures - <ul style="list-style-type: none">Tadasana, Tiryak-Tadasana, Kati-Chakrasana, Hast-Uttanasana, Hastpadasana Trikonasana Ekpaad-Pranamasana, Natrajasana. 2. Sitting postures – <ul style="list-style-type: none">Sukhasana, Ardhpadmasana, Sinhasana, Gomukhasana.Vajrasana, Aananda-Madirasana, Shashankasana, Ardh-Ustrasana, Meru-Vakrasana, Bhu-Namanasan, 3. Supine Postures – <ul style="list-style-type: none">Shawashana, Adwasana, Hastpad-Angushtasana, 4. Prone Postures – <ul style="list-style-type: none">Bhujangasana, Tiryak-Bhujangasana, Shalabhasana Saral-Dhanurasana. 5. Suryanamaskar with breathing.		15
III	Pranayamas - Yogic Breathing, Abdominal Breathing, Diaphragm Breathing. Pooraka, Rechaka and Kumbhaka. Suryabhedhi Pranayama, Bahya-Vritti, Abhyantar-Vritti, Ujjayi Pranayama. Shatkarmas - Jalneti, Vatsar Dhauti, Vaman Dhauti/Kunjali Kriya and Tratak.		15
IV	Bandhas - Moolabandha, Uddiyana Bandh, Jalandhara Bandha. Mudra - Shanmukhi Mudra, Nasikagra Mudra, Shambhavi Mudra. Hasta mudras - Gyan mudra, Dhyana mudra, Chin mudra. Meditation: Pranav and Soham Japa, Yoga Nidra, Antarmauna, Ajapa Jap. Prayers and Mantras - Gayatri Mantra, Mahamrityunjaya Mantra and Shanti Path. Contemporary Yogic Practices – Yogic Sukshma Vyayama (Swami Dheerendra Brahmchari), Cyclic Meditation (S-VYASA).		15

Reference Books :-

- आसन, प्राणायाम, मुद्रा, बन्ध, स्वामी सत्यानन्द सरस्वती
- सम्पूर्ण योग विद्या, राजीव जैन "त्रिलोक"
- YOGA- THE PATH OF HOLISTIC HEALTH, B.K.S. IYENGAR

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