

Semester-4

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-A10	Biography of yogis	240/YOG/CC401	4			4			4	30	70			100
CC-A11	Yoga & Holistic Health	240/YOG/CC402	3		2	3		1	4	25	50	5	20	100
CC-A12	Fundamental of Naturopathy	240/YOG/CC403	2		4	2		2	4	15	35	15	35	100
Minor/ Vocational Course(s)														
MIC/OC-4	Yoga Therapy-1 For common Ailment	240/YOG/MI404	2		4	2		2	4	15	35	15	35	100
Ability Enhancement Course(s)														
AEC-4	Sanskrit language & Communication skill-2		2			2			2	15	35			50
Value-added Course(s)														
VAC-3	Importance of Yoga in Sustainable Development	240/YOG/VA405	2			2			2	15	35			50
Total Credits									20					

Core course
Biography of Yogis

Course Code: 240/YOG/CC401	Credits:4
TI: 30 TE: 70	PI: PE:

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 14 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit, these question in section B will be of 14 marks.

Objective: To explore and highlight the significant social, spiritual, and cultural contributions made by yogis throughout history. To examine how yogis have influenced individual lives and societal values through their teachings, practices, and exemplary lifestyles. To understand the role of yogis in the promotion of peace, non-violence, self-discipline, and ethical living.

Outcome: After completing this course, the learner will be able to:

- Students should be able to learn about the famous Indian Yogis
- Students should understand the relevance between various types of Yoga.

Unit-1

- 1.1 **Maharshi Patanjali:** life sketch and their contribution to Yoga;
- 1.2 **Bhagwan Gautam Buddha:** Life sketch and his teachings.
- 1.3 **Guru Gorakshanath:** life sketch and their contribution to Yoga;
- 1.4 **Kabir Das:** life sketch and their contribution to Yoga;

Unit-2

- 2.1 **Swami Dayananda Saraswati:** Eminent Yoga Institutions in India and their contribution in development of Yoga;
- 2.2 **Lahiri Mahasaya:** Life sketch and their contribution to Yoga.
- 2.3 **Ramakrishna Paramhansa:** Life sketch and their contribution to Yoga;
- 2.4 **Swami Vivekanand:** Eminent Yoga Institutions in India and their contribution in development of Yoga;

Unit-3

- 3.1 **Sri Aurobindo: Eminent Yoga Institutions in India and their contribution in development of Yoga**
- 3.2 **Swami Kuvalyananda: Eminent Yoga Institutions in India and their contribution in development of Yoga;**
- 3.3 **Swami Shivanand Saraswati:** Life sketch and their contribution to Yoga.
- 3.4 **Swami T Krishnamacharya:** Eminent Yoga Institutions in India and their contribution in development of Yoga

Unit-4

- 4.1 **Pt. Shri Ram Sharma Acharya:** Eminent Yoga Institutions in India and their contribution in development of Yoga
- 4.2 **Maharshi Mahesh Yogi:** Eminent Yoga Institutions in India and their contribution in development of Yoga;
- 4.3 **B.K.S. Iyengar:** Eminent Yoga Institutions in India and their contribution in development of Yoga;
- 4.4 **Swami Rama:** Eminent Yoga Institutions in India and their contribution in development of Yoga.

Suggested Readings:

- Vishwanath Mukharjee- Bharat Ke Mahan Yogi, Vishwavidyalaya Prakashan, New Delhi, 2005
- Vishwanath Mukharjee - Bharat ki mahaan Saadhikayen, Vishwavidyalaya Prakashan, New Delhi, 2005.
- Arya Dr. Somveer and Yadav Dr. Dharambir : Yogiyon ka jivan parichay; Raghav Publication, New Delhi, 2021
- Kalyan(Bhakt Ank) - Gita Press Gorakhpur, 2010
- Kalyan(Sant Ank)- Gita Press Gorakhpur, 2016

Core Course

Yoga & Holistic Health

Course Code: 240/YOG/CC402	Credits:4
TI: 25 TE: 50	PI: 5 PE: 20

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 10 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal marks.

Objectives: The **objective** of the course "*Yoga & Holistic Health*" is to provide students with a comprehensive understanding of yoga as a science of healthy living and to promote a holistic approach to physical, mental, emotional, and spiritual well-being. To integrate yoga with traditional and contemporary health sciences for achieving a balanced and sustainable lifestyle. To empower students to incorporate holistic health principles into personal and professional life for improved quality of life.

Outcome: After completion of this paper Student will able to understand

- The concept of body and health from the perspective of Yoga.
- To have an understanding of the Yogic concept of Disease and the remedial measures therein

UNIT-1 Yogic Concept of Health & Diseases

1.1 Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi, Yogic concept of Health and Disease, Yoga as preventive Health care – Heyam dukkham anagatam.

1.2 Potential causes of ill-health: Tapatrayas and Kleshas,

1.3 Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Dukkha, Angamejayatva and Svasa- prashvasa.

1.4 Mental and Emotional Health: Styana, Samshaya, Pramada, Avirati, Dukkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavastitatva.

UNIT-2 Preventive Measures in Yoga

2.1 Shuddhi Parikriyas in Yoga and their role in preventive and curative Health,

2.2 Karma Shuddhi, (Yama, Niyama), GhataShuddhi (Shat-karma), SnayuShuddhi (Asana), PranaShuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Chitta(Mano, Buddhi&Ahamkar) Shuddhi (Dharana, Dhyana and Samadhi)

2.3 Concepts of Trigunas, Pancha-koshas, Pancha-mahabhutas,

2.4 Pancha-prana and chakra and their role in Health and Healing.

Unit-3: Yogic principles and practices of healthy living

3.1 Yogic Principles of Healthy Living: Aahara, Vihara, Aachara and Vichara;

3.2 Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being;

3.3 Yogic principles of Lifestyle management and its role in prevention of disease and health promotion;

3.4 Yogic Principles of Diet and its role in Healthy living;

Unit-4: Health benefits of Yogic practices

4.1 Health benefits of Yogasana.

4.2 Health benefits of Pranayama,Bandha

4.3 Health benefits of Shatkarma.

4.4 Health benefits of Meditation.

Suggested Books

Preeti Goel and Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003)

M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)

Dr.K.KrishnaBhat:The power o fYoga

Dr.R.S.Bhagal:Yoga Psychology,KaivalyadhamaPublication

Dr.ManmathMGharote,Dr.VijayKant:Therapeutic reference inTraditionalYoga texts

T.S.Rukmani:PatanajalaYogaSutra

Sahay,G.S.: HathaYoga Pradeepika,MDNIYPublication,2013

Kdham:Gheranda Samhita,Kaivalyadhama,Lonavla,

Core course -3
Fundamentals Of Naturopathy

Course Code: 240/YOG/CC403	Credits:4
TI: 15 TE: 35	PI: 15 PE: 35

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 7 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal marks.

Objectives: To introduce the basic principles of Naturopathy and its concepts. Students shall be able to know the general concept of our traditional alternative therapies such as Naturopathy

Outcomes: After completing this course, the learner will be able to:

To understand Basic modalities of treatment in Naturopathy.

To have an understanding about Benefits of Naturopathy and life style modification.

To understand the role of Yoga in Naturopathy treatment

UNIT-1: INTRODUCTION TO NATUROPATHY

1.1 Definition of Naturopathy and its basic principles, History of Naturopathy.

1.2 Definition of health and natural way of healthy living.

1.3 Comparative study of the Naturopathy with other systems of Medicine; Catechism of Nature cure.

1.4 Inflammation and its different stages; Natural rejuvenation and vitality.

UNIT-2: PRINCIPLES AND CONCEPTS OF NATUROPATHY

2.1 Laws of Nature: Concept of Pancha Mahabhootas, Shareera Dharmas

2.2 Importance of five elements (Pancha mahabhootas)

2.3 Detailed study of vital force, natural immunity, healing crisis, foreign matter,

2.4 Arogya Rakshaka Panchatantras and their importance

UNIT-3: NATUROPATHY THERAPEUTICS-1

3.1 Fasting

3.2 Naturopathy Dietetics and Nutrition

3.3 Importance of acidic and alkaline diet and its physiological effects on body.

3.4 Mud therapy

Unit-4. NATUROPATHY THERAPEUTICS-2

4.1 Hydrotherapy-Physical and remedial properties of water,

4.2 Massage

4.3 Sun Rays therapy

4.4 Practical Application of Naturopathy

NOTE- For Practical visit to a naturopathy centre and hands on learning on Naturopathy

Suggested Books

Ghosh, A.K : Diet and Nutrition (English)

Henry Lindlahr : Philosophy and Practices of Nature Cure, Sat Sahitya Sahayogi Sangha, Hyderabad

K. Laksmana Sarma, S. Swaminathan: Speaking of Nature Cure, Sterling Publishers Pvt. Ltd, 2013.

M.K.Gandhi : My Nature Cure

Parvesh Handa : Naturopathy and Yoga, Gyan Publishing House, 2006

S.R. Jindal Nature Cure: A Way of Life B. Jain Publishers, 1996

Singh, S.J.: History and Philosophy of Nature Cure

Dr. J. H. Kellogg, USA: R a t i o n a l Hydrotherapy, National Institute of naturopathy, Pune. John Harvey Kellogg : the Art of Massage, TEACH Services, Inc., 2010.

Pauline Wills : Colour Healing Manual: The Complete Colour Therapy Programme

Dr. Rakesh Jindal : Science of Natural Life; Arogya Seva Prakashan.