

Number of Hours: 75			
Credits	Theory	Tutorial	Practical
Hours/ week	4	0	0
	4	0	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical : NA	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
70	30	NA	NA

**Unit-1: INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY, DIGESTIVE AND EXCRETORY SYSTEM**

[15 Hrs.]

Introduction to Human Anatomy and Physiology, Basic Anatomical and Physiological terms; Cell: Structure & Functions, different cell organelles and their functions; Tissues and Organization of human system; Introduction to Support Systems; Maintenance Systems, Control Systems, Defence System and Concept of Homeostasis; Gross anatomy of digestive system, functional anatomy of Mouth, Oral cavity, Pharynx, Esophagus, Stomach, Small intestine, Large intestine and Anal canal; Physiology of digestion, assimilation & peristalsis, Gastric and digestive juices involved during digestion, associated glands involved in digestive system; Urinary system, kidneys, ureters, urinary bladder, Urethra; Skin and sweat gland

**Unit-2: MUSCULO-SKELETAL SYSTEM**

[15 Hrs.]

The Skeletal System: Skeleton, Functions of skeleton, Classification of bones, Study of joints; Structure and function of a Synovial joint; The Muscular System: Types of Muscles in the body; the characteristics, structure and functions of The Skeletal Muscles, Smooth Muscles and Cardiac Muscles

**Unit-3: CARDIOVASCULAR SYSTEM, RESPIRATORY SYSTEM, BLOOD AND LYMPHATIC SYSTEM**

[15 Hrs.]

Functional anatomy of the Heart, arteries, veins and capillaries; The organization of systematic and pulmonary circulation, the cardiac cycle; Blood: Composition and Functions, Blood groups and their importance; Cardiac output and Venous return; Blood pressure and Regulation of blood pressure; Gross anatomy of the respiratory passages, functional of Nasal cavity, Pharynx, Larynx, Trachea, Bronchus, Lungs and Alveoli; The process of Respiration, Lungs volumes & capacities, Mechanics of breathing and exchange of gas in alveoli; Composition of blood corpuscles – RBC, WBC and Platelets; Plasma, hemoglobin – coagulation of blood and anti coagulants, blood groups and its importance; Sites, functional anatomy of lymph nodes and their function; Lymphatic system and its' role in immune system.

**Unit-4: NERVOUS SYSTEM & SPECIAL SENSES, ENDOCRINE SYSTEM**

[15 Hrs.]

An introduction to Histology – nerve – structure and properties of neurons – nerve – action potential – generation propagation – factors influencing classification of neurons and nerve fibers, neuralgia cells, receptors and reflex arcs; Functional anatomy of Cerebrum, Cerebellum, spinal cord; Functions and importance of the parts of the brain



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viz., cerebrum, pons, medulla, thalamus, hypothalamus, cerebellum and autonomic nervous system (sympathetic and parasympathetic); Functional anatomy and physiology of Eyes, ears, nose, tongue and skin; Anatomical structure of important endocrine glands (Pituitary, thyroid, parathyroid, pancreas, adrenal and gonads); Short anatomy of the hypothalamus and the releasing hormones secreted from it; Structure and function of anterior and posterior Pituitary; Function of thyroid, parathyroid, supra renal and islets of Langerhans.

#### Unit 5: REPRODUCTIVE SYSTEM

[15 Hrs.]

Functional anatomy male reproductive system, seminal vesicles and prostate glands; Spermatogenesis; Functional anatomy of female reproductive system; Ovarian hormones, menstruation, pregnancy, parturition and lactation.

#### TEXT BOOK

1. Evelyn C Peace : Anatomy and Physiology for Nurses (Jaypee Brothers, New Delhi, India, 1997)

#### REFERENCE BOOKS

1. Gore, M.M.: Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)
2. Shirley Telles: A Glimpse of the Human body. (V K YOGAS, Bangalore, 1995)
3. 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)
4. Charu, Supriya: Sarir Rachana evam Kriya Vigyan
5. Peter L Williams & Roger Warwick: Gray's Anatomy (Churchill Livingstone, Edinburgh London, 1988))
6. Chatterjee, C.C.: Human Physiology (Vol.I & II) (Medical Allied Agency, Calcutta, 1992)
7. G Gerard J Tortora: Principles of Anatomy and Physiology and Sandra Reynolds (Harper Collins College Publishers, New York, 1992)

Subject Title: YOGIC LIFE STYLE

Subject Code: PGDYTH-104

#### Objectives:

- i. To introduce the essential elements of a yogic life style
- ii. To introduce the concept of health and disease
- iii. To give an understanding of the concept of ill health and their remedies through yoga
- iv. To give an overview of the five sheath human existence

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/ week	4	0	0

**SCHEME OF EXAMINATION**

Total Marks: 100			
Theory : 100		Practical : NA	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
70	30	NA	NA

**Unit - 1: CONCEPT OF BODY, HEALTH AND DISEASE**

[15 Hrs.]

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Body, Health and Disease in Yoga – Yogic concept of Body from Taittiriya Upanishad, Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi according Yoga Vasistha and remedial measures; Holistic health care through Yoga. Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shtat-chakra and their role in Health and Healing

**Unit - 2: CAUSES OF ILL HEALTH AND REMEDIAL MEASURES ACCORDING TO PATANJALI**

[15 Hrs.]

Potential causes of Ill-health: Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

**Unit - 3: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING - I**

[15 Hrs.]

Dietary regulation according to Hatha yoga and Bhagavadgitha; shatkriyas and tatva shuddhi; Asana for mind body and spirit; Practice for pranamaya kosha – pranayama; Definition of Mental Health & Mental Hygiene & Total Health ; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adjustment Personal and interpersonal adjustment through yogic methods Niyamas & Yamas

**Unit - 4: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING - II**

[15 Hrs.]

Attitude change towards yoga through individualized counselling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counselling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Unattached action, not to the fruits of action, equanimity in success and failure.

**TEXT BOOK**

1. Ghosh, Shyam : The Original Yoga Munshiram Manoharlal, New Delhi, 1999)
2. Jnanananda Bharati : Essence of Yoga Vasistha Pub. Sanata Books, Chennai

  
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Hatha Ratnavali : Tirumala Tirupathi Devasthanam, Andhra Pradesh.

#### REFERENCE BOOKS:-

Gheranda Samhita : Shri Sadguru Publication, New Delhi.

Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002

Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health. Published by SVYP, Bangalore

Dr Nagendra H R : The Secret of Action - Karma Yoga, Published by SVYP, Bangalore 2003

Subject Title: ESSENCE OF PRINCIPLE UPANISHADS AND BHAGAVAD GITA

Subject Code: PGDYTH-105

Objectives:

- i. To teach the essence of the principal Upanishads
- ii. To teach the essence of the Bhagavad Gita

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/ week	4	0	0

SCHEME OF EXAMINATION

Total Marks: 100			
Theory : 100		Practical :	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
70	30	NA	NA

UNIT - 1: ESSENCE OF UPANISHADS- I

[15 Hrs]

Aitreya; Isha Upanisad; Mandukya; Manduka; Taitriya Upanisad;

UNIT - 2: ESSENCE OF UPANISHADS-2

[15 Hrs]

Katha Upanishad; Kena Upanishad; Bruhataranyaka; Chandogya; Prashna Upanishad; Shwetashwatara Upanishad

UNIT - 3: YOGA IN BHAGAVAD GITA - I

[15 Hrs]

General Introduction to Bhagavad Gita (B.G.). Definitions of Yoga in Bhagavad-Gita and their relevance & Scope; Essentials of B.G from Units II, III, IV, V, VI, XII & XVII: The meanings of the terms Atmaswrupa, Stithaprajna, Sankhya Yoga, Karma Yoga, Sannyasa Yoga and Karma Swarupa (Sakama and Nishkama) etc.

Unit - 4 : YOGA IN BHAGAVAD GITA - II

[15 Hrs]

Essentials of B.G (Contd.): Samnyasa, Dhyana, Nature of Dhyana, Preparation of Dhyana and Dhyana Yoga etc ; Essentials of B.G. (Contd.): Bhakti, Nature of Bhakti, Means and Goal of Bhakti-Yoga; Essentials of B.G (Contd.): The Trigunas and modes of Prakriti; Three Kinds of Faith. Food for Yoga Sadhaka, Classification of food etc. The Glory of B.G.

TEXT BOOKS

1. Holy Geeta : Swami Chinmayananda. Central Chinmayananda Mission Trust, 1992, Mumbai.
2. Swami Ranganathananda. Message of Upanishads. Bharatiya Vidya Bhavan. Bombay, 1985

REFERENCE BOOKS

1. Swami Venkatesananda: Vasistha's Yoga. State University of New York Press, Albany, 1993

  
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Subject Title: DIFFERENT YOGA SUTRAS AND YOGA DARSHAN

Subject Code: PGDYTH- 106

Objectives:

- i. To teach an overview of the Patanjali Yoga Sutras
- ii. To teach the essence of the Patanjali Yoga Sutras

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/ week	4	0	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100			
Theory : 100		Practical : NA	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
70	30	NA	NA

**Unit-1: INTRODUCTION TO PATANJALI'S YOGA SUTRAS, ITS' PHILOSOPHY AND PRACTICES AND MODERN PSYCHOLOGY [15Hrs]**

Yoga, its meaning & purpose & a brief introduction to Patanjali's Yoga Sutras and its author; Nature of Yoga according to Patanjali in light of Vyasabhashya and other traditional commentators, Importance of Yoga Sūtra in comparison to other Yogic literature; Concept of Citta, Citta-bhumis, Citta-vrittis, Citta-vritti nirodhopaya (Abhyasa and Vairagya) Citta-Vikshepas (Antarayas), Citta-prasadanam and its' associates; Metaphysics of Saikhya & its' relationship with Yoga Darshana of Patanjali, Philosophical Foundations & Practices of Patanjali's Yogas, its' importance & relevance and Yoga Samanvaya; Concept of mind – eastern and western perspective; psychology principles and methods – TA, etc;

**Unit-2: SAMADHI PADA AND SADHANA PADA [15Hrs]**

Kriya-yoga, Theory of Kleshas, Nature of Drshtha & Drshya and means of elimination of Kleshas/ Vivekakhyati; Types and nature of Samadhi in Yoga Sūtra, Rtambharaprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabija & Nirbija Samadhi, Difference between Samapattis and Samadhi; Concept of Ishvara and qualities of Ishvara.

**Unit-3 : CONCEPT OF VIBHUTI AND KAIVALYA [15Hrs]**

Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi; Samyama & three Parinama of Samyama. The concept and description of Ashtha Siddhis; Nature of Kaivalya, Kaivalya in relation to Triguna and Dharmamegna Samadhi; Ashtanga Yoga & Kriya Yoga in Yoga Sutras and their importance & relevance in modern age.

**Unit-4 : SOME IMPORTANT SUTRAS OF OTHER YOGIC TEXT [15Hrs]**

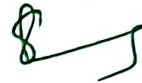
Sutras of Mitahara, Asanas, Kumbhaka, Bandhana Mudras, Kriyas, Nadanusandhana according to Health Pradipika, Sath Kriyas, Sapta Sadhana, Saptanga Yoga according to Gherandra Samnita, Chata Yoga, Asanas, Bandhas, Nadri, Chakras, Dhyana and Parona Bana according to Shiva Samhita.

## TEXT BOOKS:

1. Swami Vivekananda : Rajayoga (Arivata Ashram, Calcutta, 2000).
2. Woods, J.H.: The Yoga System of Patanjali (M.L. B.D., Delhi, 1988).

## REFERENCE BOOKS:

1. Iyengar B.K.S.: Light on Patanjali Yoga (New York, Schocken Books, 1994)
2. Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, Munshiram , Manoharlal Pvt. Ltd. New Delhi
3. Swami Omanandatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
4. Swami Anant Bharati: Patanjali Yoga Shasta - a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi
5. K. Taimini : The Science of Yoga (The Theosophical Publishing House, Adyar Chennai 2005)



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Subject Title: APPLIED YOGA

Subject Code: PGDYTH-107

Objectives:

- i. To give an overview of the applications of yoga
- ii. To teach the concept of yoga and psychology
- iii. To teach the concept of yoga and personality development
- iv. To teach the concept of yoga and stress management
- v. To teach the concept of yoga and sports

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/week	4	0	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical :	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
70	30	NA	NA

#### UNIT - 1: YOGA FOR STRESS MANAGEMENT

[15 Hrs]

Mental Health: Meaning and Importance; Yogic Perspective of Mental Health, Indicators of Mental Health; Stress: Meaning and Definition; Symptoms, Causes and Consequences of Stress; Conflict, Frustration and Pressure; Stress according to Yoga and its management; Avidya cause of stress; Strong likes and dislikes; Recognition is half the solution; Stress levels; Stimulation the pointers of awareness – physical, mental, emotional, intellectual and spiritual level; Depth of perception and expansion of awareness; Group awareness; Progress and tune with nature; Holistic life style for stress management; Solutions through Mandukya karika - Relaxation and stimulation combined as the core for stress management; Stress Management through Patanjali Yoga and Bhagavad Gita.

#### UNIT - 2: YOGA FOR PERSONALITY DEVELOPMENT

[15 Hrs]

*Physical level:* Shat Kriyas (Detoxifying), Asans (Strength), Mudras (steadiness), Pranayama (lightness), Dhyana (perception); *Vital Level:* Pranayama; *Mental level:* Personal discipline, Social Discipline (Yama, Niyama), cultivation of four fold attitudes, Practice of Dharna, Dhyana ; *Emotion level:* Ishwara Pranidhana (Surrendering to the supreme); *Spiritual level:* Practice of Higher states of Meditation (Super consciousness states), Ashta Siddhis

#### Unit - 3: YOGA AND SPORTS

[15 Hrs]

Ideal performance and Peak performance for sport persons; Enhancing Physical capacities: Kriyas, Asanas, Yogic Diet; *Vital Level:* Pranayama (Lung capacity), *Emotional capacity:* Emotional balance through emotional culture (surrender to the Divine); *Mental capacity:* Practice of Karma Yoga and Meditation, spiritual capacity: State of Samadhi through Brahmari Pranayama and effortless Dhyana;



UNIT - 4: YOGA FOR CHILDREN'S WITH SPECIAL NEEDS

[15 Hrs]

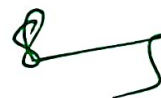
Yoga for Down syndrome, Autism, ADHD, Cerebral Palsy, Learning Disabilities: determining tailor made instructional approach to meet the cognitive, emotional, physical needs of child; Practices which helps in strength, endurance, speed, agility, flexibility, mental and self confidence; emotional behaviour disorder, physical disability, Integrated system of yoga practices to increase cognitive and motor skills in children with learning and developmental disabilities; Warm up or loosening exercises, Strengthening poses Relaxing postures, yogic breathing practices, yogic games to develop strength, concentration, imagination, confidence.

TEXT BOOKS:

1. Nagendra H R & Nagarathna: New perspective of Stress Management, SVYP, 2010
2. Nagendra H R & Nagarathna: Personality Development Series, SVYP, 2012

REFERENCE BOOKS:

1. Basavaraddi I V: Yoga: Teachers manual for school children, MDNIY New Delhi , 2010
2. Basavaraddi I V: Yoga in School Health, MDNIY New Delhi, 2009
3. Jayadev H J: Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
4. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
5. Nancy Williams : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007
6. Yoga for the Special Child: A Therapeutic Approach for Infants and Children with Down Syndrome, Cerebral Palsy, and Learning Disabilities, Special Yoga Publications, 1998
7. Yoga therapy for every Special Child, Singing Dragon London and Philadelphia, 2010



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