

Yoga

Received from
Dr. (Mrs.) I. Dash.
on 19.3.16
MKP
19.3.16

Second Semester

Paper- 1: HUMAN ANATOMY AND PHYSIOLOGY

Unit-1: (16 Marks)

Chapter-1: Structure and functions of cell, concept of DNA. Outlines of body systems and their functions.

Chapter-2: The internal environment and homeostasis, homeostasis imbalances.

Unit-2: Muscular and Skeletal System: (16 Marks)

Chapter-1: Types, structure and functions of muscles.

Chapter-2: Types of joints, Structure and functions of synovial joints and the Vertebral Column.

Unit-3: Endocrine System and Digestive System: (16 Marks)

Chapter-1: Kinds and functions of the endocrine glands.

Chapter-2: Structure and functions of different digestive organs, Process of digestion assimilation and absorption.

Unit-4: Respiratory System and Cardiovascular System: (16 Marks)

Chapter-1: Base structure and functions of the respiratory system.

Chapter-2: Blood and its components and functions, Structure and functions of heart and blood vessels.

Unit-5: Nervous System and Reproductive System: (16 Marks)

Chapter-1: Structure & function of neuron, Central Nervous System: Brain & Spinal cord, Peripheral Nervous System: Somatic Nervous System (Cranial Nerves & Spinal Nerves) & Autonomic Nervous System (Sympathetic & Parasympathetic)

Chapter-2: Female Reproductive System: External genitalia (vulva), Internal genitalia (Vagina, Uterus, Ovaries) Puberty in Female, Menstrual cycle, Menopause. Male Reproductive System: Scrotum, Testes, Prostate Gland, Puberty in Male.

Mid semester: (20 Marks)

Recommended Books:

- N. Murgesh, "Basic Anatomy & Physiology", Sathya Publishers, Madurai.
- Ross & Willson, "Anatomy and Physiology in Health and Illness", Churchill Livingstone.
- Gerard J. Totoro & Sandra Reynolds Graawbowski, "Principles of Anatomy & Physiology", John Wiley & Sons, Inc.

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Paper- 2: Yogic Management of Diseases

Unit-1: (16 Marks)

Chapter-1: Yogic Management of Common cold, Sinusitis, Tonsillitis, Migraine.
Chapter-2: Yogic Management of Bronchitis and Asthma.

Unit-2: (16 Marks)

Chapter-1: Yogic Management of Acidity, Dyspepsia, Colitis, Constipation, Piles.
Chapter-2: Yogic Management of Diabetes Mellitus, Obesity

Unit-3: (16 Marks)

Chapter-1: Yogic Management of Thyroid Disorder, Varicose Veins.
Chapter-2: Yogic Management of Hypertension, Insomnia, Depression.

Unit-4: (16 Marks)

Chapter-1: Yogic Management of Arthritis (Acute arthritis, Rheumatoid arthritis, Gout & Osteoarthritis).
Chapter-2: Yogic Management of Cervical Spondylitis, Back Pain, Slipped Disc and Sciatica.

Unit-5: (16 Marks)

Chapter-1: Yogic Management of Menstrual Disorder, Sterility and Impotence, Prostatic Disease, Erectile Dysfunction.
Chapter-2: Role of Yoga for Stress Management, Yogic Diet

Mid Semester: (20 Marks)

Recommended Books:

- Swami Satyananda Saraswati "Yoga and Cardiovascular management" yoga publication trust, Munger, Bihar, India.
- Dr Swami Shankardevananda "The effects of Yoga on Hypertension" yoga publication trust, Munger, Bihar, India.
- Dr Swami Karmananda "Yogic Management of common Diseases" yoga publication trust, Munger, Bihar, India.
- Dr Swami Shankardevananda "Yogic management of Asthma and Diabetes" yoga publication trust, Munger, Bihar, India.

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- Dr Swami Shankardevananda “Yoga for the Digestive System” yoga publication trust, Munger, Bihar, India.
- Swami Satyananda “Asana Pranayama Mudra Bandha”, Bihar Yoga Bharati, Munger, Bihar, India.
- Swami Niranjanananda, “Dharana Darshan”, Sri Panchdashnam Paramahansa Alakh Bara Deoghar.
- Swami Satyananda Saraswati ,“Yoga Nidra”, Bihar School of Yoga, Munger.
- Swami Mangalteertham Saraswati, "A Synthetic Approach to Diet & Nutrition" Nutan Publication, Jharkhand

PAPER-3: Practical-III

Asana:

Meditation Asana: Sukhasana, Ardha Padmasana, Padmasana, Siddhasana/Siddha Yoni Asana, Swastikasana, Dhyana Veerasana

Vajrasana(Series): Vajrasana, Ananda Madirasana, Padadhiraasana, Bhadrasana, Simhasana, Simhagarjanasana, Veerasana, Marjari Asana, Vyaghrasana, Shashankasana, Shashank Bhujangasana, Naman Pranamasana, Ardha Ushtrasana, Ushtrasana, Sputa Vajrasana.

Standing Asana: Bandha Hasta Utthanasana, Akarna Dhanurasana, Tadasana, Tiryak Tadasana, Katichakrasana, Utthanasana, Druta Utkatasana, Samakonasana, Dwikonasana, Trikonasana (Var- I to IV), Utthita Lolanasana.

Surya Namaskara

Backward Bending: Saral Bhujangasana, Bhujangasana, Tiryaka Bhujangasana, Sarpasana, Ardha Shalabhasana, Shalabhasana, Saral Dhanurasana.

Pranayama: Kapalbhathi Pranayama, Sheetkari Pranayama, Bhramari Pranayama.

Mudra: Jnana Mudra, Chin Mudra, Hridaya Mudra

Recommended Books:

• Swami Satyananda Saraswati "Asana Pranayama Mudra Bandha", Bihar Yoga Bharati, Munger, Bihar, India.

2nd Semester

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PAPER-4: Practical-IV

Satkarma: Jala Neti, Kunjal Kriya, Laghoo Shankha Prakshalana and Trataka

Meditation: Kaya Sthairyam: Stage 1- 12, Ajapa Dharana 1&2, Chidakash
Dharana: Stage 1- 12, Hridayakash Dharana: Stage 1- 8

Relaxation: Yoga Nidra 1 & 2, Antar Mouna: Stage 1- 5

Recommended Books:

- Swami Satyananda Saraswati "Asana Pranayama Mudra Bandha", Bihar Yoga Bharati, Munger, Bihar, India.
- Swami Satyananda Saraswati "Meditation from the Tantras", Yoga Publication Trust, Munger, Bihar, India.
- Swami Niranjanananda Saraswati "Dharana Darshan", Sri Panchdashnam Paramahansa Alakh Bara Deoghar.
- Swami Satyananda Saraswati "Yoga Nidra", Bihar School of Yoga, Munger

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PAPER- 5: Hatha Yoga Pradipika

Unit-1: (20 Marks)

- Concept of Hatha Yoga, Great Hatha Yogis, An ideal place for Yoga, Characteristics of a Yoga Matha, Causes of failure and success, Mitahara.
- Asanas (Swastikasana, Gomukhasana, Veerasana, Koormasana, Uttankoormasana, Dhanurasana, Matsyendrasana, Paschimottanasana, Mayurasana, Shavasana, Siddhasana, Padmasana, Simhasana, Bhadrasana)

Unit-2: (20 Marks)

- Nadisodhana, Satkarma (Neti, Dhauti, Basti, Trataka, Nauli, Kapalabhati, Gajakarani)
- The Eight Kumbhikas (Suryabhedha, Ujjayi, Seetkari, Sheetal, Bhastrika, Bhramari, Moorchha, Plavini), Kevala, Sahita

Unit-3: (20 Marks)

- Maha Mudra, Maha Bandha, Maha Vedha Mudra, Khechari Mudra, Vajroli Mudra, Sahajoli, Amaroli
- Shakti chhalana (Kundalini, Ida, Pingala, Susumna Nadi, Technique of Shakti Chalana)

Unit-4: (20 Marks)

- Samadhi, Mutual Relations of Prana and Manas
- Nadanusandhana and its different states

Mid semester: (20 Marks)

Recommended Books:

- Swami Satyananda Saraswati, "Hatha Yoga Pradipika", Bihar School of Yoga, Munger.
- Edited by Swami Digambaraji, "Hathapradipika of Svatomarama" Kaivalyadhama, SMYM Samiti, Pune.
- Hathayoga Pradipika by G.S. Sahaya. Published by MDNIY, New Delhi

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PAPER-5: Gheranda Samhita

Unit-1: (16 Marks)

Chapter-1: Concept of Saptanga Yoga, Shatkarma.

Chapter-2: Gomukhasana, Koormasana, Matsyanana, Matsyendrasana, Paschimottanasana, Bhujangasana, Mayurasana, Siddhasana, Padmasana.

Unit-2: (16 Marks)

Chapter-1: Sahita Pranayama, Sagarbha Pranayama, Nigarbha Pranayama, Surya Bheda Pranayama, Ujjayi Pranayama.

Chapter-2: Sithali, Bhastrika Pranayama, Bhramari Pranayama, Moorchha Pranayama, Kebali, Pranayama

Unit-3: (16 Marks)

Chapter-1: Moola Bandha, Jalandhara Bandha, Uddiyana Bandha, Maha Bandha

Chapter-2: Parthabi Dharana, Ambhasi Dharana, Agnyeyi Dharana, Vayabiya Dharana, Akasi Dharana

Unit-4: (16 Marks)

Chapter-1: Maha Mudra, Nabho Mudra, Khechari Mudra, Maha Vedha Mudra, Viparitarani Mudra.

Chapter-2: Yoni Mudra, Shakti Chalana Mudra, Tadagi Mudra, Manduki Mudra, Shambhavi Mudra.

Unit-5: (16 Marks)

Chapter-1: Dhyana (Sthula Dhyana, Jyoti Dhyana, Suksma Dhyana).

Chapter-2: Types of Samadhi (Dhyanyoga Samadhi, Nadayoga Samadhi, Rasananda Samadhi, Layasidhi Samadhi, Bhaktiyoga Samadhi, Manamoorchha Samadhi).

Mid Semester: (20 Marks)

Recommended Books:

- Swami Niranjanananda Saraswati, "Gheranda Samhita", Bihar Yoga Bharati, Gangadarshan, Munger, Bihar.
- Swami Digambaraji, "Gheranda Samhita" Kaivalyadhama, SMYM samiti,

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