

PAPER-1: SRIMAD BHAGAVAT GITA & UPANISADS

Unit-1:

Introduction to Bhagavad Gita, Its background, writer, chapterisation and importance

Unit-2:

Dhyana Yoga of Gita

Unit-3:

Introduction to the Upanisadic Literature (Derivation of the word, Place of Upanisads in Vedic Literature, Number of Upanisads, Division into major and minor Upanisads, names of major Upanisads and names of some minor Upanisads, main subject matter of the major Upanisads, Seers of Upanisads, date of Upanisads)

Unit-4: Yoga tattva Upanisad

Astanga Yoga

Other Yogic Practices (Maha Bandha, Maha-vedha, Khecari, Viparita-karani, Vajroli, Amaroli)

As per the final copy submitted by
Dr. Indulata Das.

Dr. Indulata Das
9.9.2016

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PAPER-2: VARIOUS METHODS OF YOGA SADHANAUnit-1: ¹⁶20 Marks

Kundalini and chakras

Unit-2: ¹⁶20 Marks

Swara Yoga

Unit-3: ¹⁶20 Marks

Nada Yoga

Unit-4: ¹⁶20 Marks

- a) Jnana Yoga
- b) Mantra Yoga/ Japa Yoga

Unit-5: ¹⁶20 Marks

- a) Bhakti Yoga
- b) Karma Yoga

Mid sem - 20 marks.

Books for Reference:

1. Sivasamhita: translated to English by Rai Bahadur Sris Chandra Vasu, Panini office, Allahabad, 1990.
2. Kundalini Yoga by Swami Sivananda, Published by Divine life Society, Sivananda Nagar, Terhi Garhwal, Uttaranchal.
3. Svara Yoga by Swami Sivananda, Published by Divine life Society, Sivananda Nagar, Terhi Garhwal, Uttaranchal.
4. Japa Yoga by Swami Sivananda, Published by Divine life Society, Sivananda Nagar, Terhi Garhwal, Uttaranchal.
5. Essence of Yoga by Swami Sivananda, Published by Divine life Society, Sivananda Nagar, Terhi Garhwal, Uttaranchal.
6. Nada Bindu Upanisad (Yogopanisadah) Edited by Pandit A.Mahadeva Sastri, Published by : Adyar Library and Research Centre, Adyar, Madras- 20.
7. Narada Bhaktisutra by Narada.
8. Bhagavadgita by Maharasi Vyasa.

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F.M. - 100
End Sem - 70
Mid Sem - 30

Practical - 6

4th Semester

PAPER-3: BASIC PHYSIOTHERAPY

Unit-I

Chapter-1: An introduction to Movement, Exercise therapy, Active movement, Passive movements,

Chapter-2: Starting positions, derived positions, assisted exercises, resisted exercises.

Unit-II

Chapter-1: Types, location, direction and magnitude of Motion, Definition of Forces,
Chapter-2: Force of Gravity, Line of Gravity, Ground Reaction Force, Equilibrium, Levers, Work, etc.

Unit-III

Chapter-1: Joint structure, types of joints, function of joints, joint mobility,

Chapter-2: General effects of disease, injury and immobilization on joints.

Unit-IV

Chapter-1: Muscle structure, function, general effects of immobilization,

Chapter-2: Injury, ageing on muscles, Manual Muscle Testing (MMT).

Unit-V

Chapter-1: Progressive resisted exercises, breathing exercises, joint mobility exercises, uses of mobilization, etc.

Chapter-2: Massage - classification, techniques, uses of co-ordination, co-ordination exercises, general balancing exercises.

Recommended books:

Fundamentals of Physiotherapy by Praveen Kumar, Parvathi Raju, Venkata Prasad, 2005

Principles of Exercises in Physiotherapy by C Sivaram, 2009

Principles and Practice of Therapeutic Massage by Akhoury Gourang Sinha, 2010

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F.M - 100
Sessional - 30
End Sem - 70

PAPER-4: RESEARCH METHODOLOGY & DISSERTATION

Research Methodology (50 Marks)


1. Various types of research - 20 marks
2. Importance of Statistics in the field of research, Measure of central tendency and variability and their application in problems - 20 marks

Book for reference:

1. Research Methodology - Methods and techniques - CR Kothari

DESSERTATION - 50 MARKS

The respective colleges will teach R.M and ask the students to prepare dissertation on yoga related topics in accordance with R.M. The marks will be submitted after evaluation of the dissertations by the internal and external.


9.9.16

Hamidul Karim
10.3.16

F.M - 100
 Sessional - 30
 End Sem - 70

PAPER-5: PRACTICAL-VII

Surya Namaskara (with awareness of Chakra, Mantra, Breath and Meditative Physical movement.

Inverted Series: Bhumi Pada Mastakasana, Moordhasana, Vipareeta Karani Asana, Sarvangasana, Padma Sarvangasana, Poorwa Halasana, Halasana, Druta Halasana, Ardha Padma Halasana, Stambhan Asana, Sirshasana, Oordhwa Padmasana.

Balancing Asana: Eka Pada Pranamasana, Natavarasana, Garudasana, Tandavasana, Saral Natarajasana, Natarajasana, Eka Padasana, Bakasana, Merudandasana, Niralamba Paschimottanasana, Baka Dhyanasana, Hamsasana, Santolanasana (Var I to III),

Every student ^{should take} ~~must be taken~~ any two of these advanced asana.

Advanced Asana: Poorna Bhujangasana, Koormasana, Poorna Shalabhasana, Poorna Dhanurasana, Dhanurakarshanasana, Chakrasana, Hanumanasana, Brahmacharyasana, Poorna Matsyendrasana, Mayurasana, Padma Mayurasana, Vrischikasana, Eka Pada Sirasana, Dwi Pada Kandharasana.

Every student ^{should take} ~~must be taken~~ any one of these advanced pranayama

Advance Pranayama: Nadi Sodhana with Jalandhara Bandha, Nadi Sodhana with Jalandhara & Moola Bandha, Nadi Sodhana with Maha Bandha, Sheetal with Jalandhara Bandha, Sheetkari with Jalandhara Bandha, Bhramari with Jalandhara Bandha, Bhramari with Jalandhara & Moola Bandha, Ujjai with Jalandhara Bandha, Ujjai with Jalandhara & Moola Bandha, Bhastrika with Jalandhara Bandha, Bhastrika with Jalandhara & Moola Bandha, Bhastrika with Maha Bandha,

Chakra Sudhi: Muladhara, Svadhiasthana, Manipura, Anahata, Vishuddhi, Ajna.

Teaching Ability: Sitting Arrangement of Practical Class, How to Instruct, How to Demonstrate, Other important tips for a teacher.

Recommended Books:

- 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
- Yoga Teachers' Manual Published by M & N I Y

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