

**CENTRAL SANSKRIT UNIVERSITY, NEW DELHI**



**SCHOOL OF YOGIC SCIENCE &  
HOLISTIC HEALTH PRACTICES**

**DEPARTMENT OF YOGIC SCIENCE & SPIRITUALITY**

**B.Sc. YOGIC SCIENCE**

**1<sup>st</sup> Semester**

Year- 2023 - 24

Class	Semester	Course Code	Course Description	Credit	Units	Hours
B.Sc. Yogic Science First year	First Semester	DSCC-1	<b>SCHOOLS OF YOGA</b>			
			<b>Introduction:</b> Yoga teaches a person, the habit of reflecting on one's life, thought and action, on what is happening in the society and the world in a practical and purposeful manner, and share many concepts such as dharma, karma, samsara, dukkha, renunciation, meditation, with almost all of them focusing on the ultimate goal of liberation of the individual from dukkha and samsara through diverse range of spiritual practices (moksha, nirvana). So, it is beneficial for students & public also.			
			<b>Course Objective:</b> Following the completion of this course, students shall be able to: <ul style="list-style-type: none"> <li>• Appreciate the insight in the yoga philosophy in various traditions.</li> <li>• Explain the understanding of Yoga with various paths and inculcate the essence.</li> <li>• Describe the various schools of philosophy like Jnana Yoga, Bhakti Yoga, Karma Yoga Swara Yoga etc., which are relevant to yoga practices.</li> </ul>			
			1. Yoga Philosophy of Maharishi Patanjali, Kriya Yoga, Ashtanga Yoga, Abhyas Vairagya, Types of Samadhi and Karma.	1	1	16-20
			2. Introduction to Kundalini Yoga, Laya Yoga, Mantra Yoga.	1	1	16-20
			3. Introduction to Jnana Yoga, Bhakti Yoga, Swara Yoga, Shiv Yoga.	1	1	16-20
			4. Introduction of Hatha Yoga, Nath Cult, Siddh Siddhant Paddhati, Hath RatnaVali, Gorkhsha Shatak.	1	1	16-20
			<b>Course Outcome:</b> Inculcate the skill of critical enquiry which is necessary for philosophical discourse in order to generate the creative thoughts objectively. Proficiency in philosophical investigations, ability to explain theories and identify valid arguments. Create awareness to become an enlightened citizen with commitment to deliver once responsibilities and values to the society.			
			<b>Reference Books:</b> <ol style="list-style-type: none"> <li>1. Yoga systems and Sri Aurobindos integral yoga - A comparative study by Kalpana Mohanty</li> <li>2. Philosophical understanding of Yoga in the Vedas Upanisads by Niranjana Bhate</li> <li>3. Science of Yoga by I.K.Taimini</li> <li>4. Patanjali's Yoga Sutras by Swami Vivekananda</li> <li>5. Hatha Yoga Pradeepika – Yogi Swami Swatmarama</li> <li>6. Super Science of Yoga- Dr. Kamakhya Kumar</li> </ol>			

Class	Semester	Course Code	Course Description	Credit	Units	Hours
B.Sc. Yogic Science First year	First Semester	DSCC-2	<b>HUMAN ANATOMY AND PHYSIOLOGY - I</b>			
			<b>Introduction:</b> Anatomy is the study of the body's structure and the physiology is the study of its functions. It is a branch of science that investigates or exist in animals and people. The study of these two is to give an idea how it structured and how it works.			
			<b>Course Objective:</b> Become well versed in human anatomy & physiology of Cell structure. systems in the body like Skeletal system, Muscular system, Digestive system			
			1. <b>BASIC CELL ANATOMY-</b> Cell Organelles, Cell membrane, Movement of the substances and water through the cell membrane. Tissue, organs and systems, homeostasis. <b>TISSUE-</b> Basic Four types of Tissues, Their subtypes, Structure and function.	1	1	16-20
			2. <b>THE SKELETAL SYSTEM-</b> <b>Skeletal system:</b> Divisions of skeletal system, types of bone, salient features and functions of bones of axial and appendicular skeletal system, organization of skeletal muscle, physiology of muscle contraction, neuromuscular junction. <b>JOINTS:</b> Structural and functional classification, types of joints movements and its articulation.	1	1	16-20
			3. <b>THE MUSCULAR SYSTEM:</b> Types of Muscles in the body, the characteristics, structure and functions of the Skeletal Muscles, Smooth Muscles and Cardiac Muscles, Concept of Muscle Tone and types of Muscle Contraction, Muscle fatigue, Biomechanics of muscles.	1	1	16-20
			4. <b>DIGESTIVE SYSTEM</b> Gross anatomy of digestive system, functional anatomy of organs GI tract viz. of Mouth, Oral cavity, Pharynx, oesophagus, stomach, small intestine, large intestine and Anal canal. Physiology of digestion, Acid production, Gastric and digestives juices & their functions in digestion, functions of salivary glands, pancreas and liver, movements of GIT, digestion and absorption of nutrients and disorders of GIT. Relevance of digestive system as per Yogic practices, Asana, Pranayama etc	1	1	16-20
<b>Course Outcome:</b> Upon completion of this course the student should be able to: 1. To understand the gross morphology, structure and functions of various organs of the human body.						

		<p>2. To learn the various homeostatic mechanisms and their imbalances through Yogic physiology basis.</p> <p>3. To identify the various tissues and organs of different systems of human body.</p> <p>5. To know the coordinated working pattern of different organs of each system.</p>
		<p><b>Reference Books:</b></p> <ol style="list-style-type: none"> <li>1. Anatomy and Physiology in Health and Illness by Kathleen J.W. Wilson, 12<sup>th</sup> Edition, Churchill Livingstone, New York.</li> <li>2. Physiological basis of Medical Practice by Best and Tailor. Latest Edition, Williams &amp; Wilkins Co, Riverview, MI USA</li> <li>3. Manav Sharir Rachna evam kriya Vigyan, Anant Prakash Gupta.</li> <li>4. Human anatomy and physiology, Ross and Wilson, Elsevier Publication.</li> </ol>

Class	Semester	Course Code	Course Description	Credit	Units	Hours
B.Sc. Yogic Science First year	First Semester	DSE - 1	<b>BASICS OF YOGA</b>			
			<b>Introduction:</b> In this enriching course, we delve into the profound roots of yoga, exploring its ancient wisdom and contemporary relevance. Whether you are a seasoned practitioner or stepping onto the mat for the first time, this syllabus is designed to guide you through the fundamental principles of yoga, fostering a harmonious union of mind, body, and spirit.			
			<b>Course Objective:</b> 1. To appreciate the insight in the six systems of Indian philosophy. 2. To explain the understanding of yoga as a philosophy and inculcate the essence. 3. To describe the various school of philosophy like Buddhism Samkhya, Mimamsa etc. which are relevant to the Yoga practice. 4. To describe the asana pranayama and mudra and its impact on human body.			
			1. Meaning origin and Nature of Darshan, Classification of Indian Philosophy, Distinction between Darshan and Philosophy.	1	1	16-20
			2. Introduction epistemology, meta Physics and Ethics of: Nyaya, Vaisheshika, Sankhya, Yoga, Mimamsa, Vedanta, Charvaka, Buddhism, Jainism	1	1	16-20
			3. Yoga's history and development; meaning and definitions, aims and objectives. & A brief introduction to Vedas, Upanishads, Purushartha Chatushtaya. Introduction to Epics.	1	1	16-20
			4. <b>Practical:</b> Yogic Sukshma Vyayam, Surya Namaskar, <b>Asanas:</b> Padmasana, Vajrasana, Sukhasana, Swastikasana, Vrikshasana, Tadasana, Tiryak Tadasana, Trikonasana, Paschimottanasana, Purvottanasana, Janushirasana, Dandasana, Vakrasana, Uttanapadasana, Ardha Halasana, Bhujangasana, Shalabhasana, Makarasana. <b>Pranamyama:</b> Ujjayi, Nadi Shodhana. <b>Mudra:</b> Gyana, Chin, Bhairav, Dhyana.	1	1	16-20
			<b>Course Outcome:</b> 1. Inculcate the skill of critical enquiry which is necessary for philosophical discourse in order to generate the creative thoughts objectively. 2. Proficiency in philosophical investigation, ability to explain theories and identify valid arguments. 3. Create awareness to become an enlightened citizen with commitment to deliver one's responsibilities and values to the system.			
			<b>Reference Books:</b> 1. Teach Yourself Philosophy, Ethics: Bharti Bhawan Publishers. 2. Critical survey of Indian philosophy: Motilal Banarasi das Publications.			

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|  |  | <ol style="list-style-type: none"><li>3. The spirit of Indian Philosophy: Arnold-Heinemann Publishers.</li><li>4. Super Science of Yoga- Dr. Kamakhya Kumar</li><li>5. Asana Pranayama Mudra Bandha- Swami Satyananda Saraswati.</li><li>6. Light on Yoga- Shri B.K.S. Iyenger.</li></ol> |
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Class	Semester	Course Code	Course Description	Credit	Units	Hours
B.Sc. Yogic Science First year	First Semester	SEC - 7	<b>YOGIC PRACTICES-I</b>			
			<b>Introduction:</b> The objective of this course is to teach the practices to the students for the concept of holistic health and application of Yoga for the management of health and wellness.			
			<b>Course Objective:</b> 1. To orient student with the practices with various Āsanas. 2. To provide knowledge about the concept of various breathing practices & Sūrya namaskāra 3. To inculcate the concept of Śaṭkarma related to Yogic practice 4. To teach the concept of Yogic sūkṣma and sthūla vyāyāma & Yogāsanas			
			1. <b>Recitations:</b> Pratah Smaran mantra, Shanti Mantra, Pranav Japa, Soham Japa. <b>Hast-Mudra:</b> Jnana, Chin, Hriday, Bhairav, Yoni.	1	1	16-20
			2. <b>Shatkarma:</b> Jalaneti, Rubber Neti, Sutra Neti, Vatkrama Kapalbhāti.	1	1	16-20
			3. <b>Surya Namaskar</b> Four variations - (with mantra) <b>Asana:</b> <b>Standing postures:</b> Tadasana, Tiryak-Tadasana, Padhastasana, Trikonasana, Virasana, Ardha-chakrasana. <b>Sitting asanas:</b> Vajrasana, Supta-Vajrasana, Paschimottanasana, Purvottanasana, Janushirasna, Baddha-konasana (Titliasana), Gomukhasana, Akarn-dhanurasana. <b>Twisting asana:</b> Vakrasana, Ardha-Matsyendrasana, Katichakrasana, ArdhKati-Chakrasana. <b>Supine-asanas:</b> Uttanapadasana, Ardha-Halāsana, Halāsana, Karnpidāsana, <b>Prone Pose:</b> Bhujangāsana, Side Bend Bhujangāsana, Dhanurasana, Shalabhasana. <b>Balancing-asana:</b> Vrikshāsana, Garudāsana,	1	1	16-20
			4. <b>Pranayama:</b> Śvāsa-praśvāas Sanyama, Abdomen, Thoracic & Clavicular Breathing, Yogic Breathing: Pause Breathing (Anuloma-Viloma Prāṇāyāma), Practice of Pūraka, Recaka & Kumbhaka (Antar & Bāhya), <b>Bandha:</b> Jalandhar Bandha, Uddiyan Bandha, Moola Bandha.	1	1	16-20
			1. <b>Course Outcome:</b> Recite the yogic hymns or mantras 2. Perform the different yogic purification techniques (Śaṭkarmas) like neti 3. Illustrate various breathing exercises and sūrya namaskāra Classify the different Yogāsanas			
<b>Reference Books:</b>						

		<ol style="list-style-type: none"> <li>1. Mudras &amp; Health Perspectives (MARATHI) (Marathi) by Suman K. chiplunkar (Author), Mrs.Nila Kachole.</li> <li>2. Hatha Yoga: Book 3: Shatkarma Paperback by Niranjananda Swami Saraswati</li> <li>1. Upanishads: The Holy Spirit of Vedas Hardcover by F. Max Muller</li> <li>2. Asana Pranayama Mudra Bandha (APMB) by Swami Satyananda Saraswati ji, Bihar School of Yoga.</li> <li>3. Asana by Swami Kuvalayananda Ji, Kaivalyadham, Lonavala.</li> <li>4. Light on Yoga, B.K.S. Iyengar</li> </ol>
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