

CENTRAL SANSKRIT UNIVERSITY, NEW DELHI



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

DEPARTMENT OF YOGIC SCIENCE & SPIRITUALITY

M.Sc. YOGIC SCIENCE

1st Semester

Year- 2023 - 24

Class	Semester	Course Code	Course Description	Credit	Units	Hours
M.Sc. Yogic Science First year	First Semester	DSCC-16	FOUNDATIONS OF YOGA			
			Introduction: Indian Philosophy, 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.			
			Course Objective: Following the completion of this course, students shall be able to: <ul style="list-style-type: none"> • Appreciate the insight in the six systems of Indian philosophy. • Explain the understanding of Yoga as a philosophy and inculcate the essence. • Describe the various schools of philosophy like Buddhism, Samkhya, etc., which are relevant to yoga practice. 			
			1. Yoga's history and development; meaning and definitions, aims and objectives. & A brief introduction to Vedas, Upanishads, Purushartha Chatushtaya & Thoughts of Buddha and Jaina. Basic concepts of Shad-darshanas- Epistemology, Metaphysics, Ethics and Liberation with special emphasis to Samkhya, Yoga and Vedanta Darshana. Introduction to Epics and Smriti- Yoga in Ramayana (Aranyakand), Mahabharata (Shantiparva) and Yajnavalkya Smriti.	1	1	16-20
			2. Introduction to Jnanayoga, Bhaktiyoga, Karmayoga, and Mantrayoga, Layayoga, Kundaliniyoga.	1	1	16-20
3. Orthography of Devanagari Varnamala, classification of varnas, Purnakshara, Samyuktakshara, Karakas and Mrduvyanjanas, writing of Varnamala using Roman transliteration. Subantas- Ajantha and Halanta words, Genders, Vachanas, cases of subanta words.	1	1	16-20			
4. Avyayas in Sanskrit – Ca, Api, Va, Na, Vina, Saha, Tu, Kintu, Eva, Evam, Iti, Ittham, Athra, Iha, Tada, Gatva, Krtva, Labdhwa, Jitva. Upasargas – Pra, Para, Apa, Sam, Anu, Ava, Nis, Nir, Dus, Dur, Vi, Aa, Ni, Adhi, Api, Ati, Su, Abhi, Prati, Pari, Upa, Antar, Avir, Tiras.	1	1	16-20			

		Nipatas-Cha, Va, Api, Kim, Chiat, Ma Chana, Sma. Karakas – its use in Sanskrit			
<p>Course Outcome: 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.</p>					
<p>Reference Books:</p> <ol style="list-style-type: none"> 1. Yoga systems and Sri Aurobindos integral yoga - A comparative study by Kalpana Mohanty available in <i>Amity e-Library portal for Read</i> 2. Philosophical understanding of Yoga in the Vedas Upanisads by Niranjana Bhate 3. Science of Yoga by I.K.Taimini 4. Patanjali's Yoga Sutras by Swami Vivekananda 5. Hatha Yoga Pradeepika – Yogi Swami Swatmarama 					

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M.Sc. Yogic Science First year	First Semester	DSCC-17	APPLICATIONS OF HATHA-YOGA						
			Introduction: To know the modern and detailed practices of Hatha Yoga, it is mandatory to learn the Gherand Samhita and Hatha Yoga Pradipika.						
			Course Objective:						
			<ol style="list-style-type: none"> 1. To enable them to understand the modern Hatha yoga Practice. 2. To impart the knowledge of Yogic Diet, Causes of failure and success in Hatha Practice. 3. To help them to understand the knowledge of what not to do in hatha Practices. 4. To help them to understand the process of preparation of Packages as per the demand of Sadhaka. 5. To inculcate the knowledge of contributions of different yogis. 6. To impart the knowledge of achievements of various Yoga Guru. 7. To know the Yoga journey of various Yoga Masters. 						
			1.Hathaparampara, mitahara, pathya & apathya, matha lakshana, six causes for failure and success. Important asanas, hatha siddhi lakshan, Shatkriyas & its benefits, Ashta Kumbhaka & its benefits. (According to G.S. & H.P.)				1	1	16-20
			2. Dasa-Mudras, Important Bandhas & Its benefits, Importance of Khechari. Nadanusandhana, Samadhi synonyms, Correlation of manas and prana. (According to G.S. & H.P.)				1	1	16-20
			3. Yogic contributions of Maharishi Patanjali and Guru Gorakshnath, Swami Vivekananda, Sri Aurobindo, Maharishi Ramana, Swami Dayananda Saraswati.				1	1	16-20
			4.. Yogic Contribution of Shri Shyama Charan Lahiri, Shri T. Krishmacharya, Swami Sivananda Saraswati, Swami Rama of Himalayas, Maharishi Mahesh Yogi, Pt. Shri Ram Sharma Acharya,				1	1	16-20
			Course Outcome:						
			<ol style="list-style-type: none"> 1. Students will be able to understand the Hatha Yoga tradition. 2. They will be able to understand the significance of Yogic diet in Lifestyle. 3. They will be able to prepare a tailored package for the aspirant or diseased. 4. Capacity to understand the achievements of Various Saints. 5. Capacity to know the path of various Yoga Traditions. 6. The students will be able to design a path for Yoga practice for a new comer. 						
Reference Books:									
<ol style="list-style-type: none"> 1. Hatha Pradeepika – Yogi Swami Swatmarama, Kuvalyananda Ji, Kaivalyadhama 2. Gherand Samhita – Maharishi Gherand, Swami Niranjanananda Saraswati ji, BSY. 3. Hatha Yoga Pradipika- Bihar School of Yoga. 4. Hath Yoga Pradipika (Jyotsana Vyakhya)- Adiyar Publications, Chennai. 5. Yogiyo ka jivan Parichay by Dr. Somveer Arya. 									

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M.Sc. Yogic Science First year	First Semester	DSCC - 18	HUMAN ANATOMY AND PHYSIOLOGY - I			
			Introduction: Anatomy is the study of the body's structure. It is a branch of science that investigates or exist in animals and people. Mental health includes our emotional, psychological, and social well-being. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is childhood and adolescence through adulthood.			
			Course Objective: Become well versed in human anatomy & physiology of Cell structure. systems in the body like Skeletal system, Muscular system, Digestive system, Circulatory system, Respiratory system, Excretory system, Endocrine system, Nervous system and Reproduction.			
			1. CELL - Basic cell Anatomy- Cell Organelles, Cell membrane, Movement of the substances and water through the cell membrane. Tissue, organs and systems, homeostasis. TISSUE- Basic Four types of Tissues, Their subtypes, Structure and function.	1	1	16-20
			2.THE SKELETAL SYSTEM- Skeletal system: 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. JOINTS: Structural and functional classification, types of joints movements and its articulation. THE MUSCULAR SYSTEM: 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. Exercise physiology and relevance of musculo-skeletal system as per Yogic practices. Integumentary system: Structure and functions of skin.	1	1	16-20
3.DIGESTIVE SYSTEM Gross anatomy of digestive system, functional anatomy of organs GI tract viz. of Mouth, Oral cavity, Pharynx, Esophagus, 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.	1	1	16-20			

		Relevance of digestive system as per Yogic practices, Asana, Pranayama etc			
		4.RESPIRATORY SYSTEM Gross anatomy of respiratory system with special reference to functional anatomy of nasal cavity, Pharynx, Larynx, Trachea, Bronchus, Lungs and Alveoli. Mechanism of respiration, regulation of respiration. types of respiration. Lung Volumes and capacities transport of respiratory gases, artificial respiration, and resuscitation methods. Relevance of respiratory system as per Yogic practices, Asana, Pranayama etc	1	1	16-20
<p>Course Outcome: Upon completion of this course the student should be able to:</p> <ol style="list-style-type: none"> 1. To understand the gross morphology, structure and functions of various organs of the human body. 2. To learn the various homeostatic mechanisms and their imbalances through Yogic physiology basis. 3. To identify the various tissues and organs of different systems of human body. 5. To know the coordinated working pattern of different organs of each system and their relevance in Yogic practices. 6. To apply the applied aspects of Yogic practices. 					
<p>Reference Books:</p> <ol style="list-style-type: none"> 1. Anatomy and Physiology in Health and Illness by Kathleen J.W. Wilson, 12th Edition, Churchill Livingstone, New York. 2. Physiological basis of Medical Practice by Best and Tailor. Latest Edition, Williams & Wilkins Co, Riverview, MI USA 3. Manav Sharir Rachna evam kriya Vigyan, Anant Prakash Gupta. 4. Human anatomy and physiology, Ross and Wilson, Elsevier Publication. 					

Class	Semester	Course Code	Course Description	Credit	Units	Hours
M.Sc. Yogic Science First year	First Semester	DSCC - 19	YOGIC PRACTICES FOR HOLISTIC HEALTH- I			
			Introduction: 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 holistic health.			
			Course Objective: 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.Recitations: Pratah Smaran mantra, Shanti Mantra, Pranav Japa, Soham Japa, Hymns of Veda and Upanishads. Hast-Mudra: Jnana, Chin, Hriday, Bhairav, Yoni.	1	1	16-20
			2.Shatkarma: Jalaneti, Rubber Neti, Sutra Neti, Kapalbhathi and Agnisara Dhauti, Ganesh Kriya (Thoppukaranam)	1	1	16-20
			Surya Namaskar Four variations - (with mantra) 3.Asana: Standing postures: Tadasana, Tiryak-Tadasana, , Padhastasana, Trikonasana, Parivritta-trikonasana, Parshvakonasana, Virasana, Ardha-chakrasana. Sitting asanas: Vajrasana, Supta-Vajrasana, Paschimottanasana, Purvottanasana, Janushirasna, Baddha-konasana (Titliasana), Gomukhasana, Akarn-dhanurasana. Twisting asana: Vakrasana, Ardha-Matsyendrasana, Marichyasna-2, Bhardwajasana, Katichakrasana, ArdhKati-Chakrasana. Supine-asanas: Uttanapadasana, Ardha-Halasan, Halasan, Karnpidasan, Setubandhasana, Matsyasana, Shavasana. Prone Asana: Bhujangasana, Side Bend Bhujangasana, Dhanurasana, Shalabhasana. Balancing-asana: Vrikshasana, Garudasana, Bakasana, Natrajasana.	1	1	16-20
4.Pranayama: Śvāsa-praśvāas Sanyama, Abdomen, Thoracic & Clavicular Breathing, Yogic Breathing: Pause Breathing (Anuloma-Viloma Prāṇāyāma), Practice of Pūraka, Recaka & Kumbhaka (Antar & Bāhya), Surya-bhedi Pranayama, Ujjayi Prayanama, Nadi Shodhan Pranayama. Bandha: Tri-bandha	1	1	16-20			

		<p>Course Outcome:</p> <ol style="list-style-type: none"> 1. Recite the yogic hymns or mantras 2. Perform the different yogic purification techniques (Ṣatkarmas) like neti 3. Illustrate various breathing exercises and sūrya namaskāra 4. Classify the different Yogāsanas
		<p>Reference Books:</p> <ol style="list-style-type: none"> 1. Mudras & Health Perspectives (MARATHI) (Marathi) by Suman K. chiplunkar (Author), Mrs.Nila Kachole. 2. Hatha Yoga: Book 3: Shatkarma Paperback by Niranjananda Swami Saraswati 6. Upanishads: The Holy Spirit of Vedas Hardcover by F. Max Muller 7. Asana Pranayama Mudra Bandha (APMB) by Swami Satyananda Saraswati ji, Bihar School of Yoga. 8. Asana by Swami Kavalayananda Ji, Kaivalyadham, Lonavala. 9. Light on Yoga, B.K.S. Iyengar

Class	Semester	Course Code	Course Description	Credit	Units	Hours
M.Sc. Yogic Science First year	First Semester	ECA - 1	YOGIC PHYSIOLOGY LAB - 1			
			Introduction: The study of Physiology is to understand the impact of asanas and breathing practices on Human Body. Various measurements help us to understand the cause of the problems occurs.			
			Course Objective: 1. To orient the knowledge of Modern physiology to understand the root cause. 2. To incorporate the thinking ability to connect the causes and diagnose the problem. 3. To take help with the modern tools for diagnostic purposes. 4. To diagnose and prepare the Yogic management.			
			1. Anthropometry measurements, Method of collection of blood, Hemoglobinometry; bleeding time, clotting time, blood group.	0.5	1	16-20
			2. E.S.R., pulse, Measurement of atrial blood pressure in human.	0.5	1	16-20
			3. Total white blood cell count, Total Red blood count, Differential W.B.C. count;	0.5	1	16-20
			4. Effect of posture and Breathing Practices on various systems of body. Stethography; Spirometry; Reflexes, recording of body temperature. Exercise and cold stress on blood pressure; BMI calculation, Breathing Rate, Pulse Rate, Heart Rate	0.5	1	16-20
			Course Outcome: after the study of this syllabus students will be able to <ul style="list-style-type: none"> Understand the modern tools of diagnostics. Take help from the modern tools for the diagnosis and prepare the yogic Management. 			
Reference Books: <ul style="list-style-type: none"> 						

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