



## Master of Vocation (Yoga and Naturopathy) M.Voc. (YN) Syllabus Year 1 (PG Diploma)

### FIRST SEMESTER

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
MVYN101	Human Anatomy & Physiology	40	60	100
MVYN102	Patanjali Yoga Sutraand Hatha Yoga	40	60	100
MVYN103	Basics Of Naturopathy	40	60	100
MVYN104	Sanskrit language & Grammar	40	60	100
<b>PRACTICAL</b>				
MVYN105	Practical of Course	60	40	100
<b>Total</b>		<b>220</b>	<b>280</b>	<b>500</b>

### SECOND SEMESTER

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
MVYN201	Patanjali Yoga Sutra and Hatha Yoga	40	60	100
MVYN 202	Branches of Yoga	40	60	100
MVYN 203	Research Methodology and Elementary Statistics	40	60	100
MVYN 204	Fundamentals of Yoga & Naturopathy	40	60	100
MVYN 205	Communication & Soft Skills	40	60	100
<b>PRACTICAL</b>				
MVYN 206	Practical of Course	60	40	100
<b>Total</b>		<b>260</b>	<b>430</b>	<b>600</b>

**Master of Vocation (Yoga and Naturopathy)**  
**M.Voc. (YN) Syllabus**  
**Year 2 (Master Degree)**  
**THIRD SEMESTER**

<b>PAPERS CODE</b>	<b>PAPERS NAME</b>	<b>INTERNAL</b>	<b>EXTERNAL</b>	<b>TOTAL</b>
MVYN301	Yoga &Srimadbhagbat Gita	40	60	100
MVYN302	Yoga &Psycholog	40	60	100
MVYN303	Yoga Darshan and Indian Culture	40	60	100
MVYN304	Yoga Therapy & Naturopathy	40	60	100
<b>PRACTICAL</b>				
MVYN305	Practical of Course	60	40	100
<b>Total</b>		<b>220</b>	<b>280</b>	<b>500</b>

**FOURTH SEMESTER**

<b>PAPERS CODE</b>	<b>PAPERS NAME</b>	<b>INTERNAL</b>	<b>EXTERNAL</b>	<b>TOTAL</b>
MVYN401	Health & Naturopathy	40	60	100
MVYN402	Nutrition, Dietetics & Cooling Diet therapy	40	60	100
MVYN403	Yoga & Ayurveda	40	60	100
<b>PRACTICAL</b>				
MVYN404	Practical of Course	60	40	100
MVYN405	Dissertation (Thesis + viva)			100
<b>Total</b>		<b>180</b>	<b>220</b>	<b>500</b>

## 1<sup>st</sup> Semester

### **MVYN-101-Anatomy and Physiology**

#### UNIT-1

Introduction: Overview of the structure organization of the human body; anatomical terminology of positions & locations, planes.

Cell: Cell morphology and diversity; introduction to ultra structure and function of cell organelles.

Skeletal Muscles: Major skeletal muscles of the head, neck, thorax, abdomen and upper and lower limbs.

General Osteology: General morphology of bones; structural classification of bones, development and growth of skeletal tissue and bones.

General Astrology: Structural and functional classification of joints; general morphology of a synovial joint and associated structures; movements made available by synovial joints.

Detailed Osteology and Astrology Practical: Naming and identification of osteological features of individual human bones; Bones of Upper limbs – Clavicle, Scapula, Humerus, Radius, Ulna; Lower limbs – Femur, Hip bones, Sacrum, Tibia, Fibula, Ribs, Sternum Vertebral Column. Naming, identification and application of classification to the major joints of the human body; examples of variability in the human skeleton.

#### UNIT-2

Cardiovascular System: Macroscopic features, function and location of the adult and the location of major arteries and veins; macroscopic features of blood vessels including arteries, veins and capillaries; morphological features of the cellular components of blood.

Lymphatic System: Macroscopic features, major function and location of the lymphatic vascular structures, lymph nodes, tonsils and other mucosa-associated lymphatic tissue, spleen and thymus; microscopic anatomy of lymph nodes.

Nervous System: Macroscopic features and major functions of the brain brief structure, location & function of cerebrum, cerebellum & brain stem and spinal cord; morphological features and major function of the contents of the peripheral nervous system and autonomic nervous system.

Respiratory System: Macroscopic features and major functions of the nasal cavity, paranasal sinuses, pharynx, larynx, trachea, bronchi, lungs and thoracic wall including the thoracoabdominal diaphragm.

Digestive System: Macroscopic features and major functions of the mouth, salivary glands,

pharynx, oesophagus, stomach, small and large intestines, liver pancreas, biliary system and peritoneal cavity.

### UNIT-3

Urinary System: Macroscopic features, major functions and location of the kidneys, ureters, urinary bladder and the urethra.

Endocrine System: Macroscopic features, location and basic function of the hypothysis cerebri, thyroid gland, parathyroid glands, suprarenal glands, pineal gland and organs with a minor endocrine function.

Male Reproductive System: Macroscopic features, Major functions and location of the scrotum, testes, epididymis, ductus deferens, inguinal canal, seminal vesicles, prostate gland, bulbourethra gland and penis.

Female Reproductive System: Macroscopic features, major functions and location of the ovaries, uterine tubes, uterus, vagina and external genitalia.

Special Senses: Macroscopic features and major functions of the contents of the orbital cavity, the eyeball, lacrimal apparatus, and external, middle and internal ear.

### UNIT-4

Upper Limb: Relevant osteology; detailed plain radiographic anatomy of skeletally mature individuals.

Head and Neck: Relevant osteology of the skull and cervical vertebrae; surface anatomy, lymphatics major blood vessels and nerves of the head and neck; regional anatomy of the brain and its meninges.

### UNIT-5

Histology: macroscopic and microscopic studies of epithelial tissue, general connective tissue, cartilaginous tissue, bone tissue, muscle tissue, nervous tissue and the integument; major functional advantages of each tissue type.

Anatomy Practical:

- Demonstration of bones identification and side determination upper limb-clavicle, scapula, humerus, radius, ulna, lower limb-femur, Hip bone, Tibia, Fibula, Vertebral Column, Ribs, Sternum, Sacrum
- Demonstration of heart.
- Demonstration of different parts of respiratory system and normal X-rays- lungs.
- Demonstration of the part of digestive system and normal X-rays- stomach, small intestine, large intestine, liver.
- Embalming of human cadavers for teaching purposes & social/ funeral embalming.
- Surface anatomy on cadaver.
- Demonstration of major vessels of the body-Aorta, subclavian, carotid, brachial, radial, ulnar, femoral, renal.

- Demonstration of bones & joints of the limb in normal X-ray.
  - Demonstration of major muscles of the body-limbs, head & neck.
  - Demonstration of other organs—spleen, testis, uterus.
  - Histology-General epithelium, connective tissue, gland, bone, cartilage lymphoid tissue
- Systemic-Lung, Esophagus, Stomach, Small Intestine, Pancreas, Liver, Kidney, Pituitary Gland, Thyroid, Testis, Ovary.

General Physiology: Cell: Structure and function of a cell, Transport across the cell membrane, Passive Transport: Diffusion (Simple and Facilitated), Osmosis (Osmotic pressure, Tonicity), Active transport: Primary (Na<sup>+</sup>+K<sup>+</sup> ATPase), Secondary, Carrier type (Uniporters, Symporters, Antiporters), Vesicular (Endocytosis and Exocytosis), Tissues: Definition and classification (Epithelial, Connective, Muscular, Nervous), Body water and body fluids: Distribution of total body water, Ionic composition of body fluids, Concept of pH and H<sup>+</sup> concentration. The Membrane Potentials: Resting membrane potentials (Genesis & function), Action Potential

Blood: Composition and functions of blood, Hemoglobin (Normal values and time), Blood Cells: RBCs, WBCs, Platelets (Development, structure and functions), Coagulation of blood and bleeding disorders, Haemophilia, Purpura, Blood groups (ABO, Rh) Uses, Lymphoid tissues (types) and immunity, Immune system (Natural and Acquired), Applied: Anaemia (Types), Jaundice, Hemophilia

Gastrointestinal Tract: Organization of structure of GIT, Functions of digestive system, Innervation of GIT (Enteric Nervous System). Mouth (Oral Cavity): Boundaries, Tongue, Teeth, Composition and functions of saliva, Mastication (chewing), Swallowing (Deglutition) Stages. Stomach: Structure, Functions of stomach and innervation, Composition and functions of gastric juice, Regulation of secretion of gastric juice, Gastric motility and emptying. Pancreas: Structure, Nerve supply, , Composition, functions and regulation of secretion of pancreatic juice. Liver: Structure, Functions and Liver function tests Bile: Composition, functions and control of secretion. Gall Bladder: Functions of gall bladder. Small Intestine: Intestine juice, Digestion and movements. Large Intestine: Structure, movements, absorption and secretion, dietary fibers. Digestion and absorption in GIT: Digestion and absorption of carbohydrates, lipids and proteins. Food and nutrition: constituents of a normal diet, Balanced diet, Applied aspect (Deficiency diseases, Kwashiorkar, Marasmus)

Respiratory System: Structure and functions of respiratory system, Air Passages: Nose and nasal cavity, pharynx, larynx, tracheobronchial tree, lungs, respiratory membrane, pleura, Properties of gases: Partial Pressure, composition of dry air, Functions of respiratory system: Lung defense mechanism and pulmonary circulation. Mechanics of respiration: Mechanism of breathing (Inspiration and Expiration), Alveolar Surface Tension (Actions of surfactant), Alveolar Ventilation: Dead space (Anatomical and Physiological), Diffusion capacity of lungs (Clinical Significance), Lung volumes and capacities (Static: Tidal Volume, Residual Volume, Vital Capacity, Total Lung capacity; Dynamic: FEV<sub>1</sub>, FEV<sub>2</sub>, FEV<sub>3</sub>, Minute/Pulmonary Ventilation, Maximum Voluntary Ventilation). Transport of gases: Oxygen transport [Carriage of oxygen in blood; Dissolved form & combined with hemoglobin, Carriage of oxygen in the body; In tissues (At rest and during exercise), In lungs]. Carbon-di-oxide transport [Carriage of Carbon-di-oxide in blood; In dissolved form, carbamino form (In plasma and RBCs), as bicarbonate, Carriage of

Carbon-dioxide in lungs], Oxygen hemoglobin dissociation curve (Shift to right & Shift to left). Regulation of respiration: Nervous Regulation of respiration [Automatic control via Medullary and Pontine Respiratory centers, Voluntary control of respiration], Genesis of respiration (Inspiration and Expiration), Factors affecting respiration [Chemical and non-chemical stimuli], Chemical Regulation of respiration [Peripheral chemoreceptors (Carotid bodies and Aortic bodies) and Central (Medullary) chemoreceptors ]. Physio clinical aspects: Dyspnea, Apnea, Hypoxia

Cardiovascular System: General Cardiac chambers (Valves in the heart, Heart sounds, Pacemaker tissue of the heart), Properties of Cardiac Muscle, Cardiac Cycle, Electrocardiogram (ECG), Circulation: Functions, Pressure changes in vascular system, Organization and functions of vascular system, Distribution of major vessels in the body, Lymphatic system, Regulation of cardiovascular system: Local (Basic Myogenic tone), Systemic: Chemical, Neural (Autonomic and medullary; Baroreceptors and Chemoreceptors) Heart Rate: Definition, Factors affecting HR and its control, Cardiac Output: Definition, Distribution and control, Arterial Blood Pressure: Definition, factors affecting and regulation

Excretory System: Anatomy and Physiology of Urinary System, Kidney: Structure, Organization and functions of Glomerulus, Glomerular membrane, Blood supply Functions of kidney: Formation of urine, Regulation of water balance, Regulation of electrolyte balance, Regulation of acid-base balance, Endocrine functions of kidney, Urinary Passages: Ureters, Urinary Bladder (Structure and function, Higher control of micturation )

Endocrine System: Definitions, Control (Neural and endocrine), Characteristics of hormones, Pituitary Gland: Physiological anatomy (Anterior, intermediate and posterior lobe), Anterior Pituitary – Six Hormones (GH, PRL, TSH, ACTH, LH, FSH, Growth Hormone (GH): Control and actions, Applied (Gigantism, Acromegaly, Dwarfism), Prolactin (PRL): Control and actions of PRL, Posterior Pituitary, ADH (Anti diuretic hormone): Control of ADH secretion, Actions of ADH, Applied, Oxytocin: Actions and Control of oxytocin secretion, Intermediate lobe of Pituitary , MSH (Melanocyte stimulating hormone), Thyroid Gland: Physiological anatomy, Types of hormones (T3 and T4), Regulation of thyroid secretion, Actions of thyroid hormone: Calorigenic , On carbohydrate metabolism, On lipid metabolism, On growth and development, Effect on nervous system, Applied (Goiter, Hypothyroidism, Hyperthyroidism), Parathyroid, Calcitonin and Vitamin-D: Role of calcium in metabolic processes, Distribution, Absorption and fate of calcium in the body, Hormones regulating calcium metabolism (Vitamin-D, PTH, Calcitonin), Applied (Rickets, Osteomalacia& Adult Rickets, Hyperparathyroidism), Adrenal Cortex: Physiological Anatomy of adrenal gland, Regulation of glucocorticoid secretion, Actions of glucocorticoids, Cushing's Syndrome, Mineral corticoids (Aldosterone, Actions of aldosterone, Regulation of aldosterone secretion, Addison's Disease), Sex Hormones, Adrenal Medulla: Physiological Anatomy, Actions of catecholamine's, Actions (CVS, carbohydrate metabolism, lipid metabolism, BMR, CNS, Eyes, Urinary bladder, skin), Pancreas: Physiological Anatomy, Glucagon, Insulin (Actions), Applied (Diabetes Mellitus; Causes, Signs and symptoms), Thymus and Pineal Gland: Thymus: Functions, immunological role of thymus, Pineal gland: General features, Functions, control

Reproductive System: Physiology of reproduction: Sex determination and sex differentiation, Puberty: Control of onset and stages, reproductive hormones; Gonadotropin (FSH & LH), Male Reproductive System: Testis: Structure and functions, Spermatogenesis, Structure of the sperm, Seminal tract and related glands, supporting structure, seminal fluid (semen), Endocrine functions of testis (Testosterone, Control of testicular activity) Female Reproductive System, Female reproductive tract: Uterus and related structures, ovaries, ovarian hormones (Estrogen, Progesterone and Relaxin) , Female Sexual Cycle: Changes in the ovaries and uterus (Menstrual cycle), Vagina and gonadotropin secretion Contraceptive measures

Central Nervous System: Organization and functions of nervous system Brain: Cerebral Hemisphere (Cerebrum), Basal Ganglia, Thalamus, Hypothalamus Brain stem: Midbrain, Pons, Medulla, Reticular formation, Cerebellum Spinal Cord: Structure and functions, Ascending (Sensory) tracts, Motor (Descending) tracts Cerebrospinal Fluid

Peripheral Nervous system, Somatic Nervous System: Spinal nerves, Reflexes, Mono and Polysynaptic reflexes, Cranial nerves, Autonomic Nervous system (ANS): Sympathetic and Parasympathetic

Special Senses: The Smell: Olfactory receptors, Olfactory pathway, Physiology of olfaction, The Taste: Taste Receptors (Taste buds), Taste Pathway, Physiology of taste The Ear: Physiological Anatomy (External ear, Middle Ear, Inner ear, Cochlea), Physical Properties of sound, Mechanism of hearing, The Eye: Physiological Anatomy (Sclera, Choroid, Retina, Crystalline lens, photoreceptors), Visual Pathway, Image forming mechanism of eye, Visual Acuity, Visual reflexes, Accommodation, Defects of image forming mechanisms, Lacrimal Apparatus (Lacrimal gland, Lacrimal canaliculi, nasolacrimal duct, tears or Lacrimal fluid)  
Skin and Temperature: Structure and function of skin, Temperature Regulation

### **MVYN-102- Patanjali Yoga Sutra and Hatha Yoga**

UNIT- I

Introduction to Patanjali Yoga Sutras and other Yogic texts.

UNIT-II

Samadhi Pada

UNIT-III

Sadhana Pada

UNIT – IV

Introduction to Hatha Yoga , Meaning and Objective of Hatha Yoga , Steps in Hatha Yoga and HathaPradipika.

### **MVYN-103- BASICS OF NATUROPATHY**

UNIT- I

1) Meaning of Naturopathy. Definition and Principles of Naturopathy.

2) History & Development of Nature Cure.

3) Concept of Disease and Health.

UNIT-II

- 1) General Principles of Hydrotherapy importance and properties of Water
- 2) Introduction to Mud therapy, types of Mud therapy. Action and reaction of Mud therapy.
- 3) Art of Healthy living
- 4) Factors attaching the Health. Environment & Preservation of Health. Air, Water, Earth, Sun etc.

#### UNIT-III

- 1) Meaning of Fasting , Types of Fasting , Benefit of Fasting .
- 2) Massage Therapy, History of Massage , Types of Massage , Step of Massage.

#### UNIT – IV

- 1) Purificatory Acts. Asanas&b Breathing Exercise : Their Diseases, Preventive and Curative.
- 2) Health Promotes Importance. Health Problems of Modern age.

### **MVYN-104- SANSKRIT LANGUAGE & GRAMMAR**

Unit-I(SanskritAlphabets, theirdivisionsandplacesofutterance)

(Division of Vamas: Swara Varna, Vyanjana Varna, VargyaVarn, Antahstha Varna, Usma Varna,Ayogavaha Varna.

Letters according to places of utterance:

Kanthyatalavya,Osthya,Dantya,Murdhanya,Dantyausthya,Anunasika)

Unit-II(SabdaRupaandDhatuRupa)

(a)SabdaRupa-(नर,मुनन,साधु,राजन,गुनन,नदी,मती,मातृ,फल,बारी,धनुष

(b)LII

Unit-III(Sandhi)

(a) SwaraSandhi,VyanjanaSandhi

(b) VisargaSandhi

(c) KarakaandVibhakti

Unit-IV(Avyayas,Upasargas,Stripratayas)

(a) Avyayas(FrequentlyusedAvyayas)

(b) Upasargas

(c) Stripratyayas(MainStripratyayas)

(d) DiacriticalMarks

## **2<sup>nd</sup> Semester**

### **MVYN-201-Patanjali Yoga Sutra and Hatha Yoga**

Unit-I(VibhutiPada)

- Dharana(Concentration)
- Dhyana(Meditation)
- Samadhi(SuperConsciousness)
- Samyama(Concentration,Meditation&Samadhi)
- Parinama(TransformationsofConsciousness)
- NirodhaParinama
- SamadhiParinama



- EkagraParinama
- ApplicationofParinamas
- Psychicpowersareobstacles
- MasteryoverBhutas
- MasteryofSenseOrgans

#### Unit-2(KaivalyaPada)

- MeansofattainingPsychic Powers
  - TheIndividualandtheCosmicMind
  - Karma&itsinfluence
  - Manifestation&disappearanceofVasanas
  - FactorofExistence
  - TheoryofPerceptions
  - TheMindasanunconsciousinstrument
  - ThePathofKaivalya
  - DharmameghaSamadhi
  - FreedomfromKleshasandattainmentofKaivalya.
- #### Unit-3( ProperDiet,Place&timeforpracticeofHathaYoga)

#### Unit-4

- 1.(SadhakTatwa,BadhakTatwa.Meaning&TypesOfPrana.ItsimportanceinHumanbody
- 2.TypesofChakraInHumanBody,MeaningofKundalini,RoleofKundaliniofHumanLife

### **MVYN-202- Branches of Yoga**

#### Unit-1(JnanaYoga)The Yoga of Knowledge :

- IntroductiontoJnanaYoga
- TypesofSadhana

#### Unit-2(Karma Yoga)TheYogaOfAction:

- Introductionto KarmaYoga
- Karma&KarmaYogainBhagwatGita
- KarmainYogaSutra &Vedanta

#### Unit-3

#### Bhakti Yoga (The YogaofDevotion):

- IntroductiontoNada Yoga
- Types&Attributes ofVakti
- NavadhaVakti&Categories ofVakta

#### Nada Yoga(Unionthroughsound):

- IntroductiontoNada Yoga
- Awelltuned–instrument
- LevelsofSound
- TenTypes ofNada
- StagesofPractice

#### Unit-4Kundalini Yoga(YogaofAwareness)

- IntroductiontoKundaliniYoga

- Primary Objective
  - Its Nature
  - Its Powers
- Swara Yoga (Science of nasal breathing)
- Introduction to Swara Yoga
- The Three Swaras
- Recognizing the Swara
- Timing of the Swara
- Swara – The Key to Health

## **BVYN-203-RESEARCH METHODOLOGY AND ELEMENTARY STATISTICS**

### **Unit-1**

- Definition, Nature & Scope of Research and its importance in Yogic Studies.
- Definition of Research Problem, criteria and selection of research Problem.
- Types of Research: Basic, Applied and Action research.
- Types of Research Studies: Analytical, Description
- Experimental, Philosophical, Creative and qualitative.

### **Unit-2**

- Population & Sampling, Methods of Sampling, Tools and Techniques of Data Collection, Hypothesis in Research, Various type of Error in Research.

### **Unit-3**

- Types of Research Method: Historical Survey, Philosophical, Case Studies, Experimental and like, Test Construction and Methods of Writing Research Report.

### **Unit-4**

1.

Definition of Statistic and its importance in Research, Measures of Central Tendency and Variations & their application in data analysis .

- Correlation and its application in research studies Normal Probability Curve.

2. Test of Significance, Chi Square distribution and their applications „+“ Test. Analysis of Variance („F“ Test). One Way, Two Way, Factorial, Repeated Measures and their application. Post. Hoc Test, Analysis of Co-Variance

## **MVYN-204-FUNDAMENTALS OF YOGA & NATUROPATHY**

### **Unit- I: Yoga for Wellness**

- ☐ General introduction to human body and nine major systems of human body. Introductions to sensory organs (Eyes, Nose, Ears, Tongue and Skin).
- ☐ Basic functions of nine major systems of human body and homeostasis.
- ☐ Yogic concept of health and wellness.
- ☐ Yogic concept of mental hygiene: Maître, Karuna, Mudita & Upeksha).
- ☐ Meaning of Naturopathy. Definition and Principles of Naturopathy.

☐ Concept of Disease and Health.

☐ General Principles of Hydrotherapy importance and properties of Water

☐ Introduction to Mud therapy , types of Mud therapy. Action and reaction of Mud therapy.

☐ Factors attaching the Health. Environment & Preservation of Health. Air, Water,

☐ Earth, Sun etc.

Unit II: Philosophy in Yoga

☐ Introduction to Prasthanatrayee, Purushartha Chatushtaya and goal of human life  
Panchakosha Vivek and Ananda Mimamsa.

☐ Concept of Sthitaprajna in Bhagavad Gita.

☐ Study of Patanjali Yoga Sutra including selected sutras from following chapters (I-1to12,II-46  
-51,III-1 to 4).

☐ Concept of Chitta, Chitta Bhumi,Chitta Vritti, Chitta Vikshepa,

☐ Chittaprasadanam and their relationship with wellness.

☐ Bahiranga Yoga of Maharishi Patanjali (Yama, Niyama, Asana, Pranayama,  
Pratyahara).

☐ Antaranga Yoga of Maharisi Patanjali (Dharana, Dhyana, Samadhi).

☐ HathaYoga: Its parampara, knowledge of basic Yoga texts (Hatha Pradipika and Gherand  
Samhita).

☐ Relationship between Hatha yoga and RajaYoga.

☐ Sadhaka and badhakatatva, principle to be followed by Hatha Yoga practitioner.

Unit: III Branches of Yoga

☐ Yoga: Etymology, definitions (PatanjalaYogaSutra, Bhagwad Gita &Kathopanishad),aim,  
objectives  
and misconceptions.

☐ Yoga: Its origin, history and development.

☐ Brief Introduction to Yoga Darshana.

☐ Principles and Practices of Jnana Yoga.

☐ Principles and Practices of Bhakti Yoga.

☐ Principles and Practices of Karma Yoga.

☐ Principles and Practices of Raja Yoga.

Unit IV: Introduction to Yogic Practices

☐ Concept and principles of SukshmaVyayama, Sthula Vyayama, Surya Namaskara and their  
significance in Yoga Sadhana.

☐ Concept and principles of Shatkarma:Meaning, Types, Principles and their significance in Yoga  
Sadhana.

☐ Concept and principles of Yogasana: Meaning, definition, types and their significance in Yoga  
Sadhana.

☐ Concept and principles of Pranayama: Meaning, definition, types and their significance in  
Yoga  
Sadhana.

☐ Introduction to Tri Bandha and their health benefits.

☐ Dhyana and its significance in health and wellbeing.

☐ Introduction toYogic relaxation techniques with special reference toYoga Nidra.

## **MVYN-205- Communication & Soft Skills**

**UNIT-1** Introduction, Nature and Scope of Business Communication, Principles of Effective Communication (7Cs of communication), Process of Communication, Barriers to Communication and ways to overcome them.

**UNIT-2** Oral and Written Communication, Listening: Process of Listening, Types of Listening, Barriers to Listening; Making Effective Presentations: Elements of a Presentation, Format of a good Presentation, Preparation of Visual aids, handouts and feedback forms. Meetings: Purpose of Meetings, Types of Meetings, Conducting Meetings., Types, Structures and Layout of Business Letters, Writing E-mails, Memorandums, Notices and Circular. Reports: Essentials of Good Reports, Types of Reports, Report writing process.

**UNIT-3** Non-Verbal Communication, Importance of Non-Verbal communication, Classification of Non –Verbal, Communication: Kinesics, Proxemics, Time language, Paralanguage, Sign language

**UNIT-4** Group Discussions, (Do's and Don'ts, Guidelines to succeed in a G.D), Extempore, Debates

## **3<sup>rd</sup> Semester**

### **MVYN-301-YOGA & SRIMADBHAGBATGITA**

Unit-I:(Introduction to Bhagavad Gita)

- Bhagavad-gita is also known as Gitopanishad. It is the essence of Vedic knowledge and one of the most important Upanishads in Vedic literature. Of course there are many commentaries in English on the Bhagavad-gita, and one may question the necessity for another one.

This present edition can be explained in the following way. Recently an American lady asked me to recommend an English translation of Bhagavad-gita. Of course in America there are so many editions of Bhagavad-gita available in English, but as far as I have seen, not only in America but also in India, none of them can be strictly said to be authoritative because in almost everyone of them the commentator has expressed his own opinions without touching the spirit of Bhagavad-gita as it is.

Unit-II:(Sankhya Yoga-Chapter II)

- Sri Krishna taught knowledge or Jnana to Arjuna till now. This is called Sankhya Yoga which is the path of Vedantic philosophy by which the true nature of the Self and the methods of attaining Self-Realisation can be comprehended through logic and reasoning.

- Sankhya or Jnana Yoga is the path of knowledge about the Absolute reality. It teaches discrimination between the Real and unreal and urges the renunciation of the unreal. The knowledge of Reality directly destroys ignorance, which is the cause of birth and death in the relative world and of grief and delusion inevitably associated.

Unit-III:(Chapter III & IV)

- Sankhya or Jnana Yoga is the path of knowledge about the Absolute reality. It teaches discrimination between the Real and unreal and urges the renunciation of the unreal. The knowledge of Reality directly destroys ignorance, which is the cause of birth and death in the relative world and of grief and delusion inevitably associated.

Unit-IV:(Chapter V & VI)

## **MVYN-302-YOGA&PSYCHOLOGY**

Unit-I:(Meaning,Definition&ScopeofPsychology)

- Psychology is chiefly concerned with human behavior. Anything that has a direct bearing on the behavior of an individual can be included in the scope of psychology. The scope of psychology includes its fields of study. It deals with the development of perception, cognition, language, skills, personality, and social relationships of an individual.

(Human behavior in Psychology)

- Human Behavior refers to the full range of physical and emotional behaviors that humans engage in; biologically, socially, intellectually, etc. and are influenced by culture, attitudes, emotions, values, ethics, authority, rapport, persuasion, coercion and/or genetics.

Unit-II:(StressManagement&Yoga)

Meditation is an important factor in yoga for stress management. One of the essential things expected during stress management is the ease of mind. Yoga with meditation balances those alpha waves that are needed to relax your mind. While you do the breathing exercises, your heart rate tends to become normal and blood pressure normalizes.

Unit-III:(MentalProcesses,Mentalfaculties,MentalHealth&RoleofYoga)

The need for effective population mental health promotion approaches is urgent as mental health concerns are escalating globally and current allopathic treatment regimens are insufficient to bring people towards the state of mental well-being (citation). Successfully alleviating stress has the potential to promote well-being and prevent illness.

Worldwide, yoga is gaining popularity as an accessible, acceptable and cost-effective practice for mind and body. People are turning to yoga for mental health improvement because of preferences for self-treatment as opposed to clinical intervention; perceived greater efficacy than medication; fewer side

effects; lack of response to medication. Yoga has minimal side effects and is cost-effective in comparison with pharmacological treatments and psychotherapy. Yoga's added benefit is that it improves physical fitness and encourages self-reliance. In this brief article we discuss the evidence for yoga as a form of mental health promotion, illness prevention and treatment for depression.

Unit-IV:

- Emotion & Its Concept, individual adjustment and Management of emotional problems through YOGIC and NON-YOGIC Methods.

- (Concept of Personality (Indian & Western Psychology))

## **MVYN-303-YOGADARSHANAANDINDIANCULTURE**

Unit-I: Concept of Religion & Culture, idea about Veda and Upanishad

- The Upanishads relate Vedic Sanskrit texts of Hindu philosophy which form the foundations of Hinduism. They are the most recent part of the Vedas, the oldest scriptures of Hinduism, and deal with meditation, philosophy, and ontological knowledge; other parts of the Vedas deal with mantras, benedictions, rituals, ceremonies, and sacrifices. Among the most important

literature in the history of Indian religions and culture, the Upanishads played an important role in the development of spiritual ideas in ancient India,

Unit-II: Introduction to six systems of Indian Philosophy along with elaboration of Samkhya Philosophy.

- The Six systems of the Indian Philosophy are Nyaya, Vasishika, Samkhya, Yoga, Purva Mimamsa and Uttara Mimamsa. Each of these systems differs in one way or the other in terms of its concepts, phenomena, laws and dogmas. Each system has its own founder as well. Each system of Indian philosophy is called a Darshana.

Unit-III: Vedanta Philosophy

- The Vedanta philosophy, as it is generally called at the present day, really comprises all the various sects that now exist in India. Thus there have been various interpretations, and to my mind they have been progressive, beginning with the dualistic or Dvaita and ending with the non-dualistic or Advaita.

Unit-IV:

- History of Yoga. The uses. Relevance of Yoga in modern society. Tantra concept of Panchakosa (with special reference to the Upanishad)

- Principles of Ayurved, Naturopathy & Astrology in Yoga.

- Principles of Ayurveda in Yoga :- Yoga is believed to be a natural way of healing. The basic principle of ayurveda is based on the shloka: "Yat Pinde Tat Brahmande" (from the Puranas) which means that the microcosm is equal to the macrocosm. In other words, whatever is within us, in our cells, is equivalent to that which is in the universe.

- Principles of Naturopathy in Yoga :- Naturopathy believes in the inherent healing power of nature and uses non-invasive methods of intervention to create a suitable environment to facilitate the healing of the body by itself. Naturopathy is not just a system of medicine but a way of life based mainly on the ancient practice of the application of the

### **MVYN-304-YOGA THERAPY AND NATUROPATHY**

Unit-I: Yoga therapy

- its meaning & need in modern times. Objectives of Yoga therapy. Precaution in Yoga therapy

Unit-II:

- Concept of health & disease, Yoga therapy in Asthma and Diabetes.

Unit- III:

- Yoga Therapy in Hypertension, obesity & digestive disorders.

Unit-IV:

- Yoga therapy in cold & Sinusitis, Women's disorders, Sleep disorders and Gastrointestinal problems.

- Naturopathy treatment in Common Problems, Cold, Cough, Digestive disorders.

## **4<sup>th</sup> Semester**

## **MVYN-401-Health & Naturopathy**

Unit-I:Yogatherapy

- ConceptofHolisticHealth&Homeostasis.

Unit-II:

- Psycho-Physiological aspect of Asanas,Pranayam,Mudra,Bandha,Kriya,Meditation &Relaxation

Unit- III:

- PhilosophyofNaturopathy,Magnetictherapy,Naturopathydiagnosis.

Unit-IV:

- MassageTherapy,Chromopäthy,Physiotherapy.

- TreatmentofNatureCuresuchonMudbath,Airtherapy,Spacetherapy(fasting)&Watertherapy(Steambath).

## **MVYN-402-NUTRITION DIETETICS AND COOKERY, DIET THERAPY**

Unit-I:Yogatherapy

- PanchabhautikaClassificationoffood&drinks.Secondregimens.Foodhabitsofdifferentregions Ofthecounting.

Unit-II:

- Harmful effects of artificially processed food ingredientscommonly usedin various parts OfIndia &theirinterpretationaccordingtoPanchabhutatherapy

Unit- III:

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Customs&mannersofeatingtheirappropriateness,importanceofgreenVegetables,Foodanddrawingredients..

Unit-IV:

DiettherapyEliminative,Soothing,constructive,CombinationofFood.Modernconceptofdiet&Nutrition.DieteticsinhealthandDiseasedState..

- Value ofFood

(a) InrawState

(b) InGerminatedform

(c) InCookedform

(d) Baked

(e) Steamed

(f) Boiled

(g) Roasted

(h) Fried

1. What isHunger?

2. Whatto eat?

3. Howmuchtoeat?

## **MVYN-403-YOGAANDAYURVEDA**

Unit-I:

- Principles of Ayurveda

Unit-II:

- History of Ayurvedic Treatments, Authorities & Texts etc.

Unit- III:

- Treatment in Ayurveda.

Unit-IV:

- Pancha Karma

- Ayurveda & Yoga.

SunRise University