

GURU KASHI UNIVERSITY



Master in Yoga Therapy

Session: 2022-23

Department of Physical Education

PROGRAMME LEARNING OUTCOMES

- Apply the knowledge of anatomy, physiology, nutrition and health cycle to treat complex physical deformities through yoga asanas.
- Identify anatomical, physiological and psychological abnormalities based on patient assessment to reach an appropriate diagnosis.
- Design Yogic exercise plan for complex physical and mental health issues with appropriate consideration of occupational as well as social requirements of the patient.
- Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
- Create, select, and apply appropriate advanced Yogic exercise or asana, pranic healing technique, naturopathy technique and basic yogic therapies with an understanding of their limitations.
- Integrate theoretical knowledge of yoga and Ayurveda with practical skill of yoga teaching to assess and treat the mental and physical health issues of the society as well as to fulfill the responsibilities relevant to yogic profession.

Programme Structure

Semester-I						
Course Code	Course Title	Course Type				
			L	T	P	Credit
MYT101	Anatomy, Physiology and Physical Deformities	Core	4	0	0	4
MYT102	Research Methodology and Statistics	Core	4	0	0	4
MYT103	Health Cycle, Nutrition and Natural Aid	Core	4	0	0	4
Discipline Elective (Any one of the following)						
MYT104	Fundamental History of Yoga	Discipline Elective	3	0	0	3
MYT105	Raj Yoga and Hath Yoga					
MYT106	Value of Yoga Education					
MYT107	Active yoga-I	Technical Skill	0	0	6	3
MYT108	Teaching Lesson - I	Technical Skill	0	0	6	3
MYT109	Acupressure Techniques	Technical Skill	0	0	2	1
MYT110	Communication Skills	Ability Enhancement	1	0	0	1
MYT199		MOOC	---	---	---	---
Total			16	0	14	23

Semester-II						
Course Code	Course Title	Course Type	L	T	P	Credit
			MYT201	Human Consciences and Mantel Hygiene	Core	4
MYT202	Psychological Assessment and Diagnosis	Core	4	0	0	4
MYT203	Research Proposal	Research Skill	3	0	2	4
Discipline Elective (Any one of the following)						
MYT204	Astang Yoga and Karm Yoga	Discipline Elective	3	0	0	3
MYT205	Basic Complimentary Therapies					
MYT206	Tantra Yoga					
MYT207	Active yoga – II	Technical Skill	0	0	6	3
MYT208	Teaching Lesson –II	Technical Skill	0	0	6	3
MYT209	Natural Aid Therapies	Technical Skill	0	0	4	2
Value Added courses II (For other discipline students also)						
MYT210	Leadership Management Skills And	VAC	2	0	0	2
Total			16	0	18	25

Semester-III						
Course Code	Course Title	Course Type				
			L	T	P	Credit
MYT301	Contemporary Yogies and Their Therapeutic Techniques	Core	4	0	0	4
MYT302	Counselling	Core	4	0	0	4
Discipline Elective (Any one of the following)						
MYT303	Human resource management	Discipline Elective	3	0	0	3
MYT304	Indian Philosophy and Culture					
MYT305	Vedanta and human excellence					
MYT306	Yoga and Health	Discipline Elective	3	0	0	3
MYT307	Yoga sutra and human excellence					
MYT309	Active yoga - III	Technical Skill	0	0	6	3
MYT310	Teaching Lesson -III	Technical Skill	0	0	6	3
MYT311	Prana Chikitsa	Technical Skill	0	0	2	1
MYT399		MOOC	--	--	--	--
Open Elective Courses						
MYT308	Diet and Fitness	OE	2	0	0	2
Total			16	0	14	23

Semester-IV						
Course Code	Course Title	Course Type				
			L	T	P	Credit
MYT401	Dissertation	Research Skill	0	0	0	20
MPD402	Leadership Skills	Value Added Course	2	0	0	2
	Total		0	0	0	22
Grand Total			48	0	46	93

Evaluation Criteria for Theory Courses

- A. Continuous Assessment: [25 Marks]
 - i. Surprise Test (Two best out of three) - (10 Marks)
 - ii. Term paper (10 Marks)
 - iii. Assignment(s) (10 Marks)
- B. Attendance (5 marks)
- C. Mid Semester Test-1: [30 Marks]
- D. MST-2: [20Marks]
- E. End-Term Exam: [20 Marks]

Evaluation Criteria for Practical Courses

According to NEP continuous evaluation Practical will be 5 times in which each subject will have 20 marks.

Semester 1st**Course Name: Anatomy, Physiology and Physical Deformities****Course Code: MYT101**

L	T	P	Cr
4	0	0	4

Course Outcomes:

1. Explain the human body structure and its functioning.
2. Identify organ systems and their role in human body.
3. Comprehend the regulatory mechanisms in human body.
4. Design yoga asana plans beneficial to specific systems of the body.

Course Content**UNIT I****16 Hours**

Introduction –

1. Define anatomy and physiology.
2. Cell & Tissues, Immunity.
3. Definition, Structure.
4. Types and mechanism.

UNIT II**15 Hours**

Human Systems (Part I) – Structure and Functions of-

1. Skeleton system - Bones and Joints - Classification.
2. Muscular system - Types of muscles, Role of muscles.
3. Digestive system.

UNIT III**14****Hours**

Human Systems (Part II) – Structure and Functions of -

1. Excretory System.
2. Circulatory system.
3. Respiratory system.

UNIT IV**15****Hours**

Human Systems (Part III) – Structure and Functions of -

1. Nervous system.
2. Endocrine Glands.
3. Meaning and Concept of Metabolism.
4. Physical Deformities through the yogic exercise - Classification & Treatment.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Watson, R. (2001). *Anatomy and Physiology for Nurses*. HarCourt (Ind.).
- Elvyn, C. Pearce (2003). *Anatomy and Physiology and Nurses*. Oxford University Press, Delhi.
- Verma, P. & Pandya, K. (1974). *Shareer Kriya Vigyana*. Bihar Hindi Granth Academy, India.
- Rajalakshmi, R. (1974). *Applied Nutrition*. Oxford and IBM Public Co., Delhi.
- Chatterjee, C.C. (1992). *Human Physiology*. Alaknanda Press, Kolkata.
- Chaurasia, B.D. (1993). *Human Anatomy*. C B S Publishers, Shahdra, Delhi.
- Stranges, R. & Solley, C.M. (1970). *Basic Psychology*. Tata Mcgraw-Hill, New Delhi.

Course Name: Research Methodology and Statistics
Course Code: MYT102

L	T	P	Cr
4	0	0	4

Course Outcomes

1. Identify the need and importance of Research in Physical Education.
2. Select appropriate data collection tools for conducting research.
3. Sketch research proposals, thesis or dissertation.
4. Effectively use different statistical tests for data analysis of a research work.

Course Content

UNIT-I

15 Hours

Introduction to Research –

1. Definition of Research, Need and importance.
2. Scope of Research in Physical Education & Sports.
3. Classification of Research. Meaning of Research Problem, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitation and Delimitation.

UNIT-II

16 Hours

Research Proposal –

1. Need for surveying related literature.
2. Literature Sources.
3. Library Reading.
4. Meaning and Significance of Research Proposal.
5. Preparation of Research proposal / project.

UNIT-III**14 Hours**

Statistics –

1. Meaning, Definition, Nature and Importance.
2. Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, And Construction of Tables.
3. Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram.

UNIT IV**15 Hours**

Central Tendencies –

1. Measures of Central Tendency: Mean Median and Mode-Meaning.
2. Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data.
3. Measures of Variability: Meaning, importance, computing from group and ungroup data.
4. Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Best, J.W. (1963). *Research in education*. Prentice Hall. Bomp, U.S.A.
- L.E. & Miller, J., (2005). *Training for speed, agility and quickness*. Human Kinetics. Brown, IL.
- Clark, H. H., & Clark, D. H. (1975). *Modern principles of athletes training*. St. Louis's Mosby Company, St. Louis.

Course Name: Health Cycle, Nutrition and Natural Aid**Course Code: MYT103**

L	T	P	Cr
4	0	0	4

Course Outcomes:

1. Recognize the important macro- and micro-nutrients in normal human growth and development.
2. Identify the basic nutritional requirements during pregnancy and lactation, infancy, childhood, adolescence and adulthood.

3. Diagnose the adverse health consequences due to under or excess nutrient intake at critical life stages.
4. Design dietary guidelines and nutritional interventions.

Course Content

UNIT I

15 Hours

Balance Diet –

1. Definition of Swasth-Vrata, Symptoms of healthy Men, Concept and Need of rayojan in Swasth-Vrata, Dincharya, Ratricharya, Ritucharya and Sada-Vrata.
2. Definition of Diet, Components of Diet, Balanced Diet, and Merit & Demerits of Vegetarian & Non-Vegetarian diet.

UNIT II

14 Hours

Naturopathy-

1. History & Basic principles of Naturopathy.
2. Use of Drugs and their bad effects.
3. Basic causes of disease.
4. Methods to improve life power.

UNIT III

15 Hours

Fasting –

1. Meaning and Types of fast and their Importance.
2. Sense and Actions Organs.
3. Weaken eye – sight and hearing loss, Facial dullness (acne) and Hair loss, Leg pain (Sciatica) and Arm pain and numbness (Radial pain).

UNIT IV

16 Hours

Mud/Clay and Sun Therapy –

1. Meaning, Types and Importance of Mud/Clay.
2. Difference and Characteristics of Mud/Clay bath, Mud/Clay bandages.
3. Importance of Sun Light Rays.
4. Action-Reaction of Sun-Rays on the Human body.
5. Sunbath, their merits & demerits.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Yoga for different ailments* – A series published by SVYASA, Bangalore and Bihar Yoga Bharati.
- Robin Monro, Nagarathna and Nagendra (2000). *Yoga for common ailments*. Guia Publication, U.K.
- Swami Kuvalayanand, *Asanas (2004)*, Kaivalayadhama, Lonavala.
- Swami Shivananda, *Yogic therapy (2002)*, Umachal Yoga Ashram, Kamakhya, Assam.
- B.K.S. Iyengar. *Light on Pranayama(2005)*. Harper Collins Publishers, New Delhi.
- Swami Satyananda Saraswati. *Asana Pranayama Mudra Bandha (2013)* Bihar School of Yoga, Munger

Course Name: Fundamental History of Yoga (Discipline Elective)

Course Code: MYT104

L	T	P	Cr
3	0	0	3

Course Outcomes:

1. Explain the foundation principles and development of Yoga in India.
2. Acknowledge the importance of yoga based on the documentation present in sacred texts (Vedas).
3. Figure out the concepts of 'Bondage and Liberation' in yogic history.
4. Implement the ideologies of famous Yoga Acharya's in treatment sessions.

Course Content

UNIT I

14 Hours

Introduction and History of Yoga –

1. History of Yoga.
2. Medieval period.
3. Modern Yoga, Meaning, Definition.
4. Nature of Yoga (Ancient).
5. Mythological background of Yoga: its origin according to Upnishads, Geeta and Hathyoga sect.
6. Development of Yoga according to historical facts from ancient to modern time (from pre-veda to Patanjali period).
7. Development of Yoga after Patanjali.
8. Hathyoga group, Bhakti period, Vivekanada period (Up to 18th century- 1900).
9. Development of Yoga in 19th and 20th century.
10. Development of yoga centres and research as well academic institutes.
11. Govt. policy for Yoga.

UNIT II

12 Hours

Types of Yoga –

1. Nature of Chitta.
2. Concept of bondages and liberation.
3. nature of Yoga sadhna according to Patanjali.
4. yoga sutra and Hath yoga pradipika.
5. Types of Yoga - Ashtang Yoga, Hath Yoga, Mantra Yoga, Gyan Yoga, Bhakti Yoga and Karma Yoga.

UNIT III

10 Hours

Yoga Sutra –

1. Nature of Patanjali Yoga sutra.
2. Nature of shree mad bhagawad geeta acharya.
3. Description of different paad, their place and importance in Yoga literature, nature of hath Yoga pradipka, Gherand sanhita and their description, their place and importance in Yoga Literature.
4. Nature of Karma, Gyan, bhakti and Dhyana Yoga.

UNIT IV

09 Hours

Life of Yoga Acharya's –

1. Maharishi Dayanana, Swami Vivekananda, Maharishi Patanjali, Swami Shivananda, Maa Anadamayee, Mata Bhagwati Devi Sharma, Shri Aurobindo Vedas.
2. Place of Yoga in Upanishads, Yoga-Vashishth and Ayurveda.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Gupta, S.N. (1987). *Yoga Philosophy in Relation to other system of Indian Thought.*, Moti Lal Banarsi Dass, New Delhi.
- Hiriyanna, M., (1995). *The Essentials of Indian Philosophy.* New Delhi, Motilal Banarasidas Publishers.
- Iyengar, B.K.S. (2005). *Light on life.* Oxford, Pan Macmillan Ltd.
- Iyengar, B.K.S. (2009). *The Tree of Yoga.* Harper Collins, New Delhi.
- King, Richard. (2000). *Indian Philosophy: An Introduction to Hindu and Buddhist Thought.* Maya Publishers Pvt. Ltd., New Delhi.
- Nagendra, H.R. (1993). *Yoga in Education.* Vivekananda Kendra, Bangalore.

Course Name: Raj Yoga and Hath Yoga (Discipline

L	T	P	Cr
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Elective)**Course Code: MYT105**

3	0	0	3

Course Outcomes:

1. Implement principles and practices of yoga in daily life.
2. Grasp the significance of yogic style of living.
3. Demonstrate teaching lessons on hath, pancha and kriya yoga.
4. Recognize the significance of pranayam in life.

Course Content**UNIT I****10 Hours**

Introduction –

1. Raja Yoga - Meaning & Definition.
2. Chitta & Chitta Varieties, Yogantaraya.
3. Chitta Prasadhana.

UNIT II**14 Hours**

Hatha, Pancha and Kriya Yoga –

1. Meaning & Definition of Hatha Yoga.
2. Kriya Yoga.
3. Pancha Klesha.

UNIT III**09 Hours**

Principles of yoga –

1. Principles of Hatha Yoga.
2. Sat karma.
3. Yogasanas.
4. Prana.
5. Nadis.
6. Chakras.

UNIT IV**12 Hours**

Pranayama –

1. Meaning, Types, Benefits & precautions of Mudra-Badha,
2. Characteristics of Hatha Perfection (Siddhi) Procedure,
3. Benefits & precautions of
4. Mulabandha.
5. Uddiyana.
6. Jalandhar Bandha.
7. VipritKarani.
8. Tadagi.
9. Yogamudra.
10. Mahamudra.

11. Mahavedha Mudra.
12. Kundalin.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Sharma, C. (1973). *A Critical Survey of Indian Philosophy*. Moti Lal Banarsi Dass, Delhi.
- Sivananda, S.S. (2007). *Janana Yoga*. The Divine Life Society, Tehri Garhwal.
- Tamini, I.K.(1973). *Glimpses into Psychology of Yoga*. The Theosophical Publishing House, Adyar, Madras.
- Villodo, A. (2007). *Yoga, Power and Spirit*. Hay House Inc., New Delhi.
- Vivekananda, Swami. (2007). *Raj Yoga*. Ramakrishna Vedanta Math, Calcutta.
- Vivekananda, Swami. (2009). *Complete Book of Yoga*. Vijay Goel Publisher, Delhi.

Course Name: Value of Yoga Education (Discipline Elective)

Course Code: MYT106

L	T	P	Cr
3	0	0	3

Course Outcomes:

1. Describe the aims, objectives and importance of value education.
2. Identify the impact of value education in personality development of an individual.
3. Appreciate and follow ethical values in professional front.
4. Inculcate discipline and regulations in personal and social life.

Course Content

UNIT I

09 Hours

Education and Values –

- Definition, Concept, Classification, Theory, Criteria and Sources of

values.

- Aims and objectives of value education.
- Role and Need for value education in the contemporary society.
- Role of education in transformation of values in society.
- Role of parents, teachers, society, peer group and mass media in fostering values.
- Teaching approaches and strategies to inculcate values through curricular and co-curricular— activities

UNIT II

14 Hours

Value Education & Personal Development –

- Human Values: Truthfulness, Constructiveness, Sacrifice, Sincerity, Self-Control, Altruism, Scientific Vision, Relevancy of human values to good life.
- Character Formation towards Positive Personality, Modern challenges of adolescent: emotions and behavior
Self-analysis and introspection.
- Sensitization towards gender equality, physically challenged.
- Intellectually challenged, Respect to - age, experience, maturity, family members, neighbors, co-workers

UNIT III

10 Hours

Constitutional Values –

- Value Education towards National and Global Development.
- Constitutional Values: Sovereign, Democracy, Socialism, Secularism, Equality, Justice, Liberty, Freedom.
- Fraternity Social Values: Pity and Probity, Self-Control, Universal Brotherhood.
- Professional Values: Knowledge Thirst, Sincerity in Profession, Regularity, Punctuality, Faith.
- Religious and Moral Values: Tolerance, Wisdom, character.

UNIT IV

12 Hours

Aesthetic Values –

- Love and Appreciation of literature, Fine arts and respect for the same.
- Environmental Ethical Values, National Integration and International understanding.
- Need of Humanistic value for espouse peace in the society.
- Conflict of Cross-Cultural influences, Cross-Border Education

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Sharma, S.P. (2013). *Moral and Value Education Principles and Practices*. Kanishka publishers, Delhi.
- Kiruba Charles & V. Arul Selvi. (2012). *Value Education*. Neelkamal Publications, New Delhi.
- Passi, B.K. and Singh, P. (2004). *Value Education*. National Psychological Corporation, Agra.
- Chitakra, M.G. (2003). *Education and Human Value*. A.P.H. Publishing Corporation, New Delhi.

Course Name: Active Yoga Practical - I

Course Code: MYT107

L	T	P	Cr
0	0	6	3

Course Outcomes:

1. Acknowledge the skills in performing yoga asanas and pranayam.
2. Demonstrate neti, nauli and dhoti.
3. Repeat the mantras chanted while performing yoga.
4. Demonstrate various bandhas and mudras with perfection.

Course Content

UNIT I

45 Hours

Skill:

1. Surya Namskar With Mantra
2. Asana:- Padamasana, Budpadamasana, Yogmudr, Kukutasana, Paschimotasana, Shalabhasana, Ardhsshalasana, Bhujangasana, Shavasana, Matasyasna, Srawangasana,
3. Pranayam:- Chest Breathing, Abdominal Breathing, Deep Breathing.
4. Shatkarma/Kriya
5. Neti:- (Jal Neti, Rabar Neti, Sutar Neti). Dhوتي: - (Vaman Dhوتي, Vastar Dhوتي, Kunjal Dhوتي).
6. Mudra :- Yogmudra, Vipritkarnimudra, Barhammudra, Mahamudra.
7. Meditation: - Soham(Dharana)
8. Swasti Mantra

Course Name: Teaching Lesson - I

Course Code: MYT108

L	T	P	Cr
0	0	6	3

Course Outcomes:

1. Impart practical lessons on yoga asanas and pranayam.
2. Develop skill of yogic style living.
3. Acquire yoga teaching skills.
4. Demonstrate various bandhas and mudras with perfection.

Course Content**UNIT I****15 Hours**

Lesson Planning:

1. Asana (Any Five asana)
2. Pranayam (Any three Pranayam)
3. Purification Activity (Any One Purify Activity).

UNIT II**30 Hours**

Skill:

1. Asana:- Vajrasana, Suptvajrasana, Grudasana, Vatayanasana, Tadasana, Shirshasana. Swastikasana, Gomukhasana, Virkashasana, Kuramasana, Sidasana, Utkatasalāsana,
2. Pranayam:- Yogic Prayanama, Anulome-Vilome, Surya Bhedan, Bhastrika.
3. Shatkarma/Kriya
4. Neuli: - (Bham Neuli, Dakshan Neuli, Madyam Neuli, Neuli Chalan). Tratak, Kapal Bhati, Basti, Agrisar.
5. Bandhas:- Mulband, Jalandharband, Uddiyanband. Mahaband,
6. Meditation: - Soham (Dhyan)
7. Rudropasana Mantra

Course Name: Acupressure Techniques**Course Code: MYT109**

L	T	P	Cr
0	0	2	1

Course Outcomes

1. Understand the methods and principles of acupressure treatment.
2. Impart practical skill of acupressure in class.
3. Identify various acupressure points on palm and sole.
4. Treat various diseases with help of acupressure.

Course Content**UNIT I****30 Hours**

1. Identification of corresponding points of different Organs (Palm & Sole).
2. Identification of corresponding points of different Chiktsa.
3. Acupressure Method- Clock & Anti-Clock wise, Normal, Electric Naval

Space testing & Technique for reestablishing.

Course Name: Communication Skills

Course Code: MYT110

L	T	P	Cr
1	0	0	1

Course Outcomes

1. Demonstrate oral, written, and visual communication skills.
2. Understand and apply knowledge of human communication and language processes.
3. Apply verbal and non-verbal communication techniques in the professional environment.
4. Learn the dynamics of social communication.

Course Content

Unit-I

02 Hours

1. Communication: An Introduction, Definition, Nature and Scope of Communication, Importance and Purpose of Communication, Process of Communication, Types of Communication
2. Non-Verbal Communication - Personal Appearance, Gestures, Postures, Facial Expression, Eye Contacts, Body Language(Kinesics), Time language, Silence, Tips for Improving Non-Verbal Communication

Unit-II

02 Hours

1. Effective Communication - Essentials of Effective Communication, Communication Techniques, Barriers to Communication
2. Communication Network in an Organization - Personal Communication, Internal Operational Communication, External Operational Communication.

Unit-III

05 Hours

1. Reading Skills - Purpose, Process, Methodologies , Skimming and Scanning , Levels of Reading, Reading Comprehension , Academic Reading Tips.
2. Listening Skills - Purpose of Listening, Listening to Conversation (Formal and Informal), Active Listening- an Effective Listening Skill, Benefits of Effective Listening, Barriers to Listening, Listening to Announcements- (railway/ bus stations/ airport /sports announcement/ commentaries etc.), Academic Listening (Listening to Lectures), Listening to Talks and Presentations, Note Taking Tips

Unit-IV

06 Hours

1. Oral Communication Skills (Speaking Skills)- Importance of Spoken English, Status of Spoken English in India, International Phonetic Alphabet(IPA) Symbols, Spelling and Pronunciation, Asking for and giving information, Offering and responding to offers Requesting and responding to requests, Congratulating people on their success Expressing condolences, Asking questions and responding politely, Apologizing and forgiving
2. Effective Writing Skills - Elements of Effective Writing (What is Writing?), The Sentence, Phrases and Clauses, Types of Sentences, Main Forms of Written Communication, Paragraph Writing (Linkage and Cohesion), Letter Writing(formal and informal), Essay writing, Notices.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Ian Tuhovsky (2015), *Communication Skills Training*, Create Space Independent Publishing Platform.
- James W.Williams (2020), *Communication Skills Training*, Amazon Digital Services LLC - KDP Print US.
- Debra Fine (2014), *The Fine Art of Small Talk (2005)*, Hachette Books.
- ThichNhatHanh (2014), *The art of communicating (2013)*, HarperCollins Publishers LLC.

Semester 2nd

Course Name: Human Consciousness and Mental Hygiene

Course Code: MYT201

L	T	P	Cr
4	0	0	4

Course Outcomes

1. Identify the nature of human consciousness and its significance in modern life.
2. Differentiate the factors affecting human consciousness.
3. Recognize the causes of deviation in human consciousness.
4. Design yogic exercises plan to resolve different mental problems.

Course Content

UNIT I

15 Hours

Introduction –

1. Meaning, Definition and Nature (Vedas & Upanishads) of Human consciousness.
2. Need to study human consciousness in modern life.
3. Human consciousness in Buddhism and Jainism.
4. Human Consciousness in Nyaya, Visheshaka, Sankhya, and Yoga.

UNIT II**15 Hours**

Vedanta & Philosophy of Yoga –

1. Introduction, Meaning, Foundation and Nature of Vedanta philosophy.
2. Concept of world (Evolution) and Ishwar according to Vedanta.
3. Bondages and Liberation.
4. Concept of Maya (Illusion), Ignorance and Nature of True Knowledge (Gyan).

UNIT III**14 Hours**

Relationship of Yoga and Philosophy –

1. Nature of yoga sadhna according to Vedanta.
2. Factors affecting human consciousness, Janam and Jeevan, Bhagya and Purusharth, Karan- Phal, Vidhan, Sanskar and Punarjanam.

UNIT IV**(16 Hours)**

Yoga and mental health –

1. Different mental problems and their Yogic therapy,
2. Different causes of deviation of human consciousness,
3. General introduction to different mental problems and their psychotherapy.
4. Mental problems: Sleeplessness, Anxiety Disorders, Mood Disorders, Schizophrenia, Paranoid disorders, Somatoform Disorders.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings:

- Gupta, S.N. (1987). *Yoga Philosophy in Relation to other system of Indian Thought.*, Moti Lal Banarsi Dass, New Delhi.
- Hiriyanna, M., (1995). *The Essentials of Indian Philosophy.* Motilal Banarasidas Publishers, New Delhi
- Iyengar, B.K.S. (2005). *Light on life.* Oxford, Pan Macmillan Ltd.
- Iyengar, B.K.S. (2009). *The Tree of Yoga.* Harper Collins, New Delhi.

- King, Richard. (2000). *Indian Philosophy: An Introduction to Hindu and Buddhist Thought*. Maya Publishers Pvt. Ltd., New Delhi.
- Nagendra, H.R. (1993). *Yoga in Education*. Vivekananda Kendra, Bangalore.
- Niranjananada, Swami. (1998). *Yoga Darshan*. Panchadashanam Paramahansa Alakh Bara, Deoghar.
- Puligandla, R. (1975). *Fundamentals of Indian Philosophy*. Abingdon Press, New York.

Course Name: Psychological Assessment and Diagnosis

Course Code: MYT202

L	T	P	Cr
4	0	0	4

Course Outcomes

1. Describe the meaning, nature and scope of Psychology.
2. Conduct psychological assessment procedures and testing.
3. Develop and design scales and questionnaires related to psychology.
4. Analyze and interpret the results of the conducted psychological tests.

Course Content

UNIT I

15 Hours

Introduction to Psychological testing –

1. History of Psychological Testing.
2. The nature and uses of psychological tests.
3. Meaning of testing, Assessment and Diagnosis
4. Tools: ICD-10, DSM-IV-TR, their Brief Introduction.
5. Other tools of Psychological Assessment.
6. The Test, Interview, Case Study, Assumptions in Psychological Testing & Assessment.

UNIT II

14 Hours

Clinical Assessment & Diagnostic test –

1. Meaning of Clinical Assessment,
2. Types of Assessment Techniques, Process of Assessment, Clinical
3. Observation of Behavior, Clinical Relationship,
4. Characteristics of Assessment Tools: Reliability & Validity. Learning difficulties; Behavior problems

UNIT III

16 Hours

Psychiatric History and Examination –

1. Achievement test, Psychiatry History and Examination.
2. Teacher Made and Standardized Course Specific Tests.
3. Psychiatry History: Identification Data, Informants, Presenting (Chief)

Complaints.

4. History of Present Illness, Past Psychiatric and Medical History, Treatment History, Family History, Personal History, Physical Examinations, Investigations.
5. Formulation, MSE: Mental Status Examination.

UNIT IV

15 Hours

Clinical Tests and Judgment –

1. Test Construction: Clinical Tests: Projective Tests, Personality Inventories, Response Inventories. Psycho physiological tests, Neurological & Neuropsychological Tests, Intelligence tests.
2. Criteria for Judging Tests, Clinical Judgment.
3. Process and Accuracy of Clinical Judgment, Improving Judgment and interpretation.
4. General Steps of Test Construction, Planning of the Test, Writing items of the Test, Preliminary Administration of the Test, Reliability of the Test, Validity of the Test, Preparation.
5. Norms for the final Test.

Practical Work:

Depression scale, Eight state scale, Sinha comprehensive test, Inferiority and Insecurity questionnaire, Optimistic Pessimistic attitude scale, Agnihotri Self Confidence Inventory. Procedure & application of Bio feedback machines: Galvanic skin resistance (GSR) biofeedback, Electro my gram (EMG) biofeedback, Alpha EEG bio feedback, Pulse biofeedback.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readingss

- Ronald Jay Cohen, Mork E. swerdlik& Suzanne M. Phillips (1996). *Psychological testing & assessment: An Introduction to Test and Measurement*. May field Publishing Company, California.
- Michel Hersen, Alan E. Kazdin& Alan S. Bellack (1991). *The clinical psychology handbook*. Pergamaon Press, MacMillan Pergamon Publishing Corporation, New York.
- Schildon J. Korchin (1999). *Modern clinical psychology: Principles of Intervention in the Clinical & Community*. CBS Publishers & Distributors, New Delhi.
- Anne Anastasi, Susana Urbina (2005). *Psychological testing*. Prentice-Hall of India Pvt. Ltd., New Delhi.

Course Name: Research Proposal**Course Code: MYT203**

L	T	P	Cr
3	0	2	4

Course Outcomes

1. Develop Research question and hypothesis.
2. Carry out literature review.
3. Choose rigorous and practical research methods to address a research problem.
4. Learn writing and verbal communication skills.

Course Content**UNIT I****60 Hours**

1. The students will prepare and submit the research proposal on a topic of their choice.

Course Name: Astang Yoga and Karma Yoga (Discipline Elective)**Course Code: MYT204**

L	T	P	Cr
3	0	0	3

Course Outcomes

1. Recognize the significance of Astanga yoga and Karma yoga.
2. Identify and practice the steps involved in Astanga yoga and Karma yoga.
3. Distinguish the Astanga yoga and Karma yoga.
4. Comprehend the role of Astanga yoga and Karma yoga in physical education.

Course Content**UNIT I****10 Hours**

Introduction –

1. Meaning and definition of Astanga Yoga.
2. Karma Yoga

UNIT II**09 Hours**

Ashtanga and Karma Yoga –

1. Importance of the Astanga Yoga and Karma Yoga.
2. Steps in Astanga Yoga (Yama, Niyama, Asnas, Pranyanayam, Pratyahar, Dharna, Dharna. Dhyana, Smadhi)

UNIT III

12 Hours

Ashtanga and Karma Yoga

1. Steps in Karma Yoga.
2. Difference between Astang Yoga and Karma Yoga.
3. Performing Karma Yoga according to Swami Vivekananda.

UNIT IV

14 Hours

Karma Yoga –

1. Importance of Karma Yoga in Modern life.
2. Performing Karma Yoga according to the Bhagawat Geeta.
3. Relationship of Astang and Karma Yoga.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Vivekananda, S. (1970). *Karma yoga: The yoga of action*. Advaita
- Rao, M. (2019). Understanding Mantra Again. In *Living Mantra* (pp. 183-207). Palgrave Macmillan, Cham.
- Swenson, D., & Marroquín, R. (1999). *Ashtanga yoga: The practice manual*. Ashtanga Yoga Productions.

Course Name: Basic Complimentary Therapies (Discipline Elective)

Course Code: MYT205

L	T	P	Cr
3	0	0	3

Course Outcomes

1. Plan treatment for various medical conditions through Acupressure Therapy.
2. Demonstrate the techniques of Pranic healing and its relevance in modern medicine.
3. Impart yoga nidra lessons to pupils.
4. Comprehend the therapeutic value of yogic exercises.

Course Content**UNIT I****14 Hours**

Acupressure –

1. Introduction to Acupressure: Acupressure.
2. Therapy for disorders.
3. Diabetic Mellitus.
4. Constipation.
5. Hypertension.
6. Backache.
7. Arthritis.
8. Asthma, Basic Concept of Acupressure.
9. History of Acupressure.
10. Benefits of Acupressure.
11. Limits of Acupressure.
12. Precautions during Acupressure.

UNIT II**12 Hours**

Pranic Healing –

1. Primary Pranic Healing and seven Basic techniques.
2. Meaning, Definition and Concept of Prana.
3. Basic Concept of Pranic Healing.
4. Relevance in modern era.
5. Source of Prana.
6. Psychic Centers of Human Body (Chakras).
7. Swah – Prana Shakti, Upchar, Distance Pranic Healing, Unna Pranic Upchar, Surakshatmak Upchar, Daiviya Upchar, Aadesatmak Upchar.
- 8.

UNIT III**10 Hours**

Yoga Nidra –

1. Exercises and Yoga Therapy - Preparation, Resolve, Body part Awareness, Breathing Awareness, Visualization & Ending of practice.
2. Non Yogic Exercises: Meaning, types, importance, and therapeutic value

UNIT IV**09 Hours**

Yogic Exercises –

1. Meaning, types, importance, and therapeutic value of Yogic and Non-Yogic

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Ram, Swami. (1999). *A Practical Guide to Holistic Health*. Himalayan Institute of Yoga, Pennsylvania.
- Saraswati, Swami Satyananda. (2005). *Asana, Pranayama, Mudra, Bandha*. Bihar School of Yoga, Munger.
- Sarswati, Swami Satyananda , (1996) *Awakening the Kundalini*. Bihar School of Yoga, India.
- Taimini, I.K. (1979). *The Science of Yoga*. Adyar Publication, Madras,
- Tamini, I.K.. (1973). *Glimpses into Psychology of Yoga*. The Theosophical Publishing House, Adyar, Madras.

Course Name: Tantra Yoga (Discipline Elective)

Course Code: MYT206

L	T	P	Cr
3	0	0	3

Course Outcomes

1. Describe the meaning and learn about the history of tantra and agama yoga.
2. Identify the different schools of tantra and agama traditions.
3. Recognize the role of Durga Saptasati in achieving physical and mental excellence.
4. Display excellence in using tantras on social front.

Course Content

UNIT I

09 Hours

Introduction to Tantra and Agama –

1. Meaning of Tantra and Agama, Main classifications of Tantra-Agamic traditions and schools. eg.
2. Saiva, Vaisnava, Sakta, Smarta, Bauddha, Jaina.
3. Brief Survey of Historical growth and development.
4. Fourfold division of tantric course matter.
5. Jnana, Yoga, Kriya, Carya, Cosmogonical Interpretation (36 elements, AndaCatustaya)

UNIT II

12 Hours

Saiva & Sakta Tantricism –

1. Introduction to Saiva Tantricism and Sakta Tantricism.
2. Pasupata, Nakulisa Pasupata, Siddhanta Saiva, Vira Saiva,

- Nandikesvara Saiva, Rasesvara Saiva and Monistic Saiva of Kashmir.
3. Special Textual introduction to the Tantraloka of Abhinavagupta.
 4. Historical background, Course matter in brief, Upayas, Sadanga Yoga and Sattarka. Brief introduction to Das Mahavidyas.
 5. Significance of SaktaPeethas.

UNIT III**14 Hours**

Durga Saptasati –

1. Special textual introduction to the Durga Saptasati.
2. Historical background -Summary of the text, Dhyana Analysis, Ratri Sukta, Devi Sukta & Narayani Sukta.
3. Physical Excellence in the Tantras, Meaning and Nature of Physical Excellence.
4. Physical Perfection, Transformation –Body, Mental, Vital.

UNIT IV**10 Hours**

Tantras and Excellence –

1. Mental Excellence/Social Excellence.
2. Tantras: Meaning and Nature of Mental Excellence, Mental Potentials – ESP, Intuition.
3. Telepathy. Meaning and Nature of Social Excellence.
4. Social Equanimity. Spiritual Excellence.
5. Tantras, Meaning and Nature of Spiritual Excellence.
6. Significance of Spiritual Excellence. Diksha and Saktipata, Aspects of Kundalini (Saiva & Sakta).

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Dorje, C. T. (2015). *The Complete Nyingma Tradition from Sutra to Tantra, Books 1 to 10: Foundations of the Buddhist Path* (Vol. 1). Shambhala Publications.
- Evans-Wentz, W. Y. (Ed.). (2000). *Tibetan Yoga and secret doctrines, or, Seven books of wisdom of the Great Path, according to the late Lāma Kazi Dawa-Samdub's English rendering*. Oxford University Press, USA.

Course Name: Active Yoga Practical - II**Course Code: MYT207**

L	T	P	Cr
0	0	6	3

Course Outcomes

1. Acknowledge the skills in performing yoga asanas and pranayam.
2. Demonstrate neti, nauli and dhoti.
3. Repeat the mantras chanted while performing yoga.
4. Demonstrate various bandhas and mudras with perfection.

Course Content

UNIT I

45 Hours

Skill:- Surya Namskar with Mantra

1. Asana:- Janusirasana, Ardhmachirdrasana, Vakarasana, Dhanurasana, Nokasana, Halasana, Karnpirasana, Tolasana, Ushtrasana, Hansasana, Miurasana, Chakarasana, Padhasthasana.
2. Pranayam:- Bhramariparanayan, Sitkari, Sheetali.
3. Shatkarma/Kriya:- Vahya Taratak, Shankahparkashalan.
4. Mudra & Bandhas:- Tadagi, Shambhavi, Kakimudra, Hastmudra(Gian. Ling, Prana, Apan, Dhyan)
5. Meditation:- Yog Nidran
6. Mantra:-Om Mantra

Course Name: Teaching Lesson - II

Course Code: MYT208

L	T	P	Cr
0	0	6	3

Course Outcomes

1. Impart practical lessons on yoga asanas and pranayam.
2. Develop skill of yogic style living.
3. Acquire yoga teaching skills.
4. Demonstrate various bandhas and mudras with perfection

Course Content

UNIT I

15 Hours

Lesson Planning:

1. Asana (Any Five asana)
2. Pranayam (Any three Pranayam)
3. Purification Activity (Any One Purify Activity).

UNIT II

30 Hours

Skill:-

1. Asana:- Pawanmukatasana, Vakrasana, Chandrasana, Bhadrhasana, Natrajasana, Garbhasana, Bhujanagasana, Sinhasana, Ekpad Skandhasana, Sirshasana, Sarwanganasana, Vatayanasana.
2. Pranayam:- Ujjayei, Murchha and Palvani
3. Shatkarma/Kriya:- Sutarneti, Dhand Dhoti, Vastra Dhoti.
4. Mudra/ Bandha:(Any One) - Mahavedha, Uddiyana

- Bandh, Mahabandha, Hast Mudra – Shankh, Surbhi, Nirvan.
 5. Meditation:- Sheethli Karan
 6. Mantra:- Stavan

Course Name: Natural Aid Therapies**Course Code: MYT209**

L	T	P	Cr
0	0	4	2

Course Outcomes

1. Acknowledge the skills in performing Therapies.
2. Demonstrate Natural Aid Therapies.
3. To be skilled in prevention of muscles injuries.
4. To be skilled in providing natural aid treatment in sports related injuries.

Course Content**UNIT I****30 Hours**

Skill:-

1. Yajna therapy, Ayurvedic Herbs, Mud Therapy
2. Remedial massage
3. Hot therapy, Cold therapy, Cry therapy, Thermo therapy, Contrast Bath, Whirlpool Bath, Steam Bath, Sauna Bath
4. foot baths, sitz baths, Aquatic exercise, Warm baths, Balneotherapy
5. Spa therapy, Immersion therapies, Contrast hydrotherapy, Wraps and compresses
6. Yoga Therapy:- Hot yoga, Kripalu Yoga Therapy, Phoenix Rising Yoga Therapy, Anusara Yoga Therapy, Kundalini Therapy, Tantra Therapy, Structural Yoga Therapy, Integrative Yoga Therapy

Course Name: Leadership and Management Skill (VAC)**Course Code: MYT210**

L	T	P	Cr
2	0	0	2

Course Outcomes

1. To increased knowledge to understand and evaluate organisational, management and Leadership problems and possibilities.
2. To increased knowledge and skills to design and change work organization, to contribute to working environments in which everyone is able to contribute to organizational learning and success.
3. To increased awareness of his/her personal leadership style.

4. To strengthened his/her leadership skills, e.g. interpersonal skills, team development, conflict management, communication and change skills.

Course Content

UNIT I

08 Hours

Leadership and Change

1. Personal leadership and leadership styles
2. Learning and learning to learn
3. Leadership of change
4. Appreciative inquiry and Appreciative leadership
5. People's reactions to change

UNIT II

07 Hours

Leadership Skills

1. Coaching skills
2. Leadership in groups: building and leading efficient teams
3. Conflict management and handling difficult conversations
4. Communications skills, especially listening skills

UNIT III

08 Hours

Management

1. Nature, Scope and Concept of Management.
2. Progressive concept of management.
3. Essential skills of Management.
4. Event Management in physical education and sports.

UNIT IV

07 Hours

Strategic Management

1. Creating a vision
2. Analyse the strengths and weaknesses of an organisation
3. Organisational Design
4. The basics of a planning process

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Ashton, D. (1968). Administration of physical education for women. New York: The Ronald Press,
- Cl. Bucher, C. A. Administration of physical education and athletic programme. 7th Edition, St. Louis: The C. V. Mosby Co. Daugherty, G. & Woods,
- J. B. (1976). Physical education and intramural programmes, organisation and administration. Philadelphia U.S.A.: W. B. Saunders Co. Earl, F. Z, & Gary,
- W. B. (1963). Management competency development in sports and physical education. Philadelphia: W. Lea and Febiger.

Semester 3rd

Course Name: Contemporary Yogis and Their Therapeutic Techniques

Course Code: MYT301

L	T	P	Cr
4	0	0	4

Course Outcomes

1. State the life history of renowned yoga therapists (Acharya).
2. Classify yoga and other therapies on the basis of environmental factors.
3. Demonstrate panchkarma and shatkarma.
4. Design naturopathy treatment for treating sports related injuries.

Course Content

UNIT I

14 Hours

Introduction –

1. Brief life history of Sriram Sharma Acharya.
2. Yogic life of Acharya Shree.
3. Acharya Shree as a Yoga therapist.
4. Therapy through: Asana, Pranayam, Mudra-Bandha, Diet therapy, Fasting, Panchtatva Chikitsa.

UNIT II

15 Hours

Types of Therapy –

1. Therapy through Swar Yoga.
2. Sun therapy.
3. Environmental factor in Yogic therapy.
4. Yajna therapy.
5. Ayurvedic Herbs.
6. Mud Therapy.

7. Prayer, Mantra, Tapa.

UNIT III

15 Hours

Panchkarma –

1. Nature of Panchkarma, Meaning, Concept, Principles and Emerging trend of Panchkarma treatment.
2. Purv – Pardhaan – Pashchaat karma and their importance.

UNIT IV

16

Hours

Shatkarma –

1. Meaning, Concept, Principles.
2. Emerging trend of Shatkarma treatment.
3. Important factors of Yoga therapy.
4. Spiritual life (Samyam, Seva, Sadachar & Samvedana).
5. Importance of Samskar / Prarabdha in Yoga therapy.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Saraswati, S.S. (2002). *Meditation from Tantras*. Prakash Publication, Delhi.
- Singh, S.J. (1980). *History and philosophy of Naturopathy*. Nature Cure Council of Medical Research, New Delhi.
- Saraswati, S.S. (2007). *Yoga for Hypertension*. Yoga Publication Trust, Munger.

Course Name: Counseling

Course Code: MYT302

L	T	P	Cr
4	0	0	4

Course Outcomes

1. Identify the objectives of counseling and comprehend its impact on an individual.
2. Recognize the characteristics of efficient counselors.
3. Describe the types of counseling and their area of use.
4. Execute the process of counseling and practice accordingly.

Course Content

UNIT I

16 Hours

Introduction to Counseling –

1. Counselor Meaning of Counseling.

2. Definition & Objectives of Counseling, Historical.
3. Development, Roles for the 21st Century, and Characteristics of Effective Counselors.

UNIT II**14 Hours**

Types of Counselling –

1. Interview Facilitative Counseling, Preventive Counseling.
2. Developmental Counseling.
3. Types of Interview, Procedure of Conducting Interview.
4. Preparation, Process, Interpretation, Recording, Termination

UNIT III**15 Hours**

Process of Counseling –

1. Theory of Counseling, The Spiritual & Religious.
2. Dimensions of Counseling. Psycho dynamic.
3. Theory of Counseling, Cognitive theory of Counseling.
4. Behavior theory of Counseling, Human-Existential theory of Counseling.

UNIT IV**15 Hours**

Settings and Interventions, Types of standardized tests used in Counseling –

1. Personal Counseling, Educational / Academic Counseling.
2. Career & Vocational Counseling, Marriage & Family Counseling.
3. Counseling in Medical Settings, Rehabilitation Counseling.
4. Listening, attending, building rapport, demonstrating empathy, observing.
5. Their brief introduction, Intelligence Tests, Aptitude Tests, Special Aptitude Tests, Vocational Aptitude Batteries, Scholastic Aptitude Tests.
6. Academic Achievement Tests, Interest Inventories, and Personality Tests, Legal & Ethical Challenges in Counseling.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Richard S. Sharf. (2000). *Theories of psychotherapy & counseling: Concepts & Cases*. Thomson Learning, USA.
- Robert L. Gibson & Marianne H. Mitchell (2005). *Introduction to counseling & guidance*. Pub: Pearson Education, India.
- Stephen Palmer (2006). *Introduction to counseling & psychotherapy: The Essential Guide*. Pub: Sage Publication, Inc, California.
- Don C. Locke, Jone E. Myers, Edwin L. Herr (2001). *Hand book of*

counseling. Pub: Sage Publication, Inc, California.

- Vernon G. Zunker (1994). *Career counseling: Applied Concepts of Life Planning*. Thomson Learning, USA.

Course Name: Human Resource Management (Discipline Elective)

Course Code: MYT303

L	T	P	Cr
3	0	0	3

Course Outcomes

1. Grasp the importance of human resources along with their principles and objectives.
2. Identify different tools used in forecasting and managing human resources.
3. Manage employees in an organization efficiently.
4. Identify governmental regulations affecting employees and employers.

Course Content

Unit I

08 Hours

Introduction to Human Resource Management –

1. Meaning, Scope, Importance, Principal.
2. Objective of Human Recourse Management

Unit II

13 Hours

Human Resource Managerial –

1. Role of HRM, its Managerial and operative functions.
2. Qualities of HR manager.
3. HRM Trends in Dynamic Environment.
4. Technological changes, Economic Challenges,

Unit III

14 Hours

Planning and Job evaluation –

1. Employee Management, Human Resource Planning.
2. Job Evaluation: Concept and Methods.
3. Performance Appraisal: Objectives, Process and Methods.
4. Potential Appraisal.
5. Discipline –Types and Actions, Grievance Procedures.
6. Industrial relations - Definition, Purpose and Process.
7. Recruitment: Concept & Sources, Selection: Procedures and Methods.

Unit IV

10 Hours

Training and Development –

1. Concept of Training and Development, Need for Training, Importance of Training, Assessment of Training Needs.
2. Training Methods- On the Job and Off Job Methods.
3. Management Development – Needs, Importance & Methods.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Gupta, S.N. (1987). *Yoga Philosophy in Relation to other system of Indian Thought*. Moti Lal Banarsi Dass, New Delhi.
- Hiriyanna, M., (1995). *The Essentials of Indian Philosophy*. Motilal Banarasidas Publishers, New Delhi.
- Iyengar, B.K.S. (2005). *Light on life*. Oxford, Pan Macmillan Ltd.
- Iyengar, B.K.S. (2009). *The Tree of Yoga*. Harper Collins, New Delhi.
- King, Richard. (2000). *Indian Philosophy: An Introduction to Hindu and Buddhist Thought*. Maya Publishers Pvt. Ltd., New Delhi.
- Nagendra, H.R. (1993). *Yoga in Education*. Vivekananda Kendra, Bangalore.

Course Name: Indian Philosophy and Culture (Discipline Elective)

Course Code: MYT304

L	T	P	Cr
3	0	0	3

Course Outcomes

1. Grasp the importance of Indian Philosophy and Culture along with their concept and objectives.
2. To gain the knowledge Indian Believe Philosophy.
3. To gain the knowledge Indian Navatic Philosophy.
4. To gain the knowledge Elements of Indian Culture and along with their importance

Course Content**UNIT I****14 Hours**

Concept of Indian Philosophy and Culture –

1. Meaning and Definitions of the Word Darshan.

2. Application of Philosophical Weapon.
3. Meaning and Definitions of the Word Sanskrit, the Purpose of Indian Culture.

UNIT II**08 Hours**

Indian Believe Philosophy –

1. Dhaya, Baishashak, Sankhya, Yoga.
2. Meemans And Achar Mimas And.
3. Achar Mimsans Of The Vedas.

UNIT III**13 Hours**

Indian Navatic Philosophy –

1. Chan Ghaka, Chinese Technical
2. Tatta Mimms And Achhar
3. Mimms of Bain And Buddy Philosophies.

UNIT IV**10 Hours**

Elements of Indian Culture

1. Ashram Vyastha, Vargha Vyastha, Kamagha Siddhat, Sauda Sanskar, Panchamaha Yagya.
2. The Festival and Origin of Indian Culture.
3. Their Personal, Social and Moral Importance.
4. Conduct Aspects in Indian Culture. Introduction and Importance.
5. Vedas, Manusmriti, Ram Maya, Geet.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Indian Philosophy - Baldesh Upadhyay
- Earnings Of Indian Culture - D O Arun Syllabus
- Kalya (Sanskrit Issue) - Geet Press Gorakhpur

Course Name: Vedanta & Human Excellence (Discipline Elective)

Course Code: MYT305

L	T	P	Cr
3	0	0	3

Course Outcomes

1. Explain the basic terminologies of Vedanta philosophy.
2. Demonstrate the role and impact of Vedanta on human excellence.
3. Recognize the concepts and principles of Neo Vedanta.
4. Demonstrate Vedantic sadhna with proficiency.

Course Content

UNIT I

10 Hours

Introduction to Vedanta Philosophy –

- General introduction of Prasthanatrayi.
- General Introduction of Indian Philosophy.
- Introduction of Vedant and AdvaitVedant, Acharya Shankar & origin of his Philosophical Thoughts.

UNIT II

14 Hours

Advaita Vedanta –

- Termonology, Vedanta and Human Life Terms of Advaita Vedanta - Brahm, Ishwar, Atma, Jeev, Maya and Cosmology, Bandhan (Bondage) and Moksha (Liberation),
- Chatusutriya Bhashya (Shankaracharya) : Importance of Human Life in Vedanta, Vedanta as a Philosophy of Life, Effect of Vedanta in Human Life, Importance of Vedanta in Practical Life

UNIT III

09 Hours

Vedantic Sadhna –

1. Vedantic Sadhana and Human Excellence: Importance of Vedantic Positive thoughts in Human Excellence,
2. The role of Vivek and Vairagya in Human Excellence, Shadsampatti and Human Excellence, Mumukshutwa, Shrawan, Manan, Niddhidhyasan and Human Excellence

UNIT-IV

12 Hours

Neo vedanta –

1. Swami Vivekananda and Neo Vedanta, Swami Vivekananda and Excellence, Life Sketch and Sadhana of Swami Vivekananda,
2. Neo Vedanta ad its Philosophical newness,
3. Philosophical Terms of Neo Vedanta (Terms & its meaning), Vivekanada Versus Shankarachary.
4. Concept of Health (according to Swami Vivekananda),
5. Neo-Vedanta & Physical excellence, Neo-Vedanta & Mental excellence,
6. Neo-Vedanta & Social excellence, Neo-Vedanta & Spiritual excellence.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Vivekananda, S. (2019). *Complete Works of Swami Vivekananda*. Partha Sinha.
- Lal, B. K. (1978). *Contemporary Indian Philosophy*. Motilal Banarsidass Publ..
- Guénon, R. (2001). *Man and his becoming according to the Vedanta*. Sophia Perennis.

Course Name: Yoga and Health (Discipline Elective)

Course Code: MYT306

L	T	P	Cr
3	0	0	3

Course Outcomes

1. Explain the basic Concept of Yoga and Health.
2. Demonstrate the role and impact of Yoga.
3. Recognize the concepts and principles of Youjug Ahaar.
4. Demonstrate Bath with proficiency

Course Content

UNIT I

14 Hours

Concept of Yoga and Health –

1. Concept of Yoga and Health.
2. Statement and Contents of Personal Personality (World Health Organization, Ayurveda, Yoga).
3. Income of Healthy People; Difference between Medium Expenditure and Medium Expenditure.

UNIT II

12 Hours

Abhyanga, Bath, Nidra- Abhyanga-

1. Definition And Purpose, Snan- Meaning And Definition, Purpose.
2. Distinction And Timing Of Bath, Sansana, Particular Conditions.
3. Jandra - Parbhash, Purpose, Prakriti, Central Siddhi Labha, Ajnadra's Lakshya And Upaya.

UNIT III

10 Hours

Brahmachayabh And Rituchayabha- Brachyagha-

1. Aara Ra, Siddhit, Purpose and Importance.

2. Seasonal D- Season When Its Characteristics Are There, Accordin.
3. The Season Ahr - Nature, Accumulation of Defects.
4. Wrath and Mitigation.
5. Ritu Haritaki, Relation Of Seasons And Radial Juices, Relation Of Seasons.
6. With Water, Season-Sanjayam, Yama.

UNIT IV**09 Hours**

Youjug Ahaar –

1. Medium Introduction to Ahar, Difference of Jamat Hara, Classification Of Combined Ahaar With Traditional Yoga.
2. Gradhists, Ahar-Nata, Japta, Kaif and According.
3. The Qualities (Satjak, Ra, Whose End And Majik).
4. Compound Principles Of Healthy Lifestyle: Aahar, Jahar, Achar And Jachar,
5. Role Of Positive Approach To Yoga (Maitri, Karur, Mujudit And Upeksha) For
6. A Healthy Lifestyle, Bhabha And Bhan. Concerned About Your Life And Their Health, Health And Happiness.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Veem Sharadah Shatam - Pt. Sriram Shama Dha Aachyagh Sampoorgha Pramy, Vol – 41.
- Situated Expert - Prof. Ra Mahashagh Jashn.
- Sthistrittam - Jashikum R Gaur.
- Health And Wellness - Dr. Heer Lal.
- Simple Medicines For Diseases - Jittal Das Modi.
- Healing With Yoga - Ijandaya Yoga Sous Eti.

**Course Name: Yoga Sutras & Human Excellence
(Discipline Elective)**

Course Code: MYT307

Course Outcomes

1. Identify the concepts of Patanjali Yoga sutra.
2. Describe the terminologies used in Yoga sutra.
3. Utilize yoga sutra techniques for achieving mental excellence.
4. Comprehend the impact of practicing yoga sutra upon social well-being.

L	T	P	Cr
3	0	0	3

Course Content**UNIT I****12 Hours**

Patanjali Yoga Sutra –

1. Brief Introduction to Patanjali Yoga Sutra and its author.
2. Importance of patanjali yogasutra in modern times.
3. Definition of Yoga ,Anthakaranas, Concept of Citta, Citta-bhumis.
4. Methods to control Chittavrittis.
5. Methods of ChittaPrasadan.

UNIT II**14 Hours**

Terms defined in Yoga sutras –

1. Concept of Pramanas, Kleshas, Terms defined in the Yoga Sutras.
2. Theory of Kleshas, Heya, Hetu, Haana and Hanopaya.
3. Means of elimination of Kleshas. Citta, Chitta Bhumi, Chitta Vrittis, Vivekkhyati, Abhyasa&Varagya, Iswar.
4. IswarPranidhan, Yogantaraya, Samprajnata Samadhi & Samapatti.
5. Ritambhara Prajna Nirbija, Kriya Yoga, Pancha Klesha, Pratiprasava, Drista & Drisya, Caturvyuhavada, Astanga.

UNIT III**09 Hours**

Mental Excellence in Yoga sutra –

1. Terms defined in the Yoga Sutras, Physical & Mental Excellence in the Yoga.
2. Sutras, Samyam, Samskar, Pratibha and Vivekajjnana, Kaivalya, Krama and Ksana, NirmanChitta, Dharmamedha Samadhi, Yoga.
3. Vibhuties - Meaning & Nature of Physical Excellence, Patanjali's Techniques of Physical.
4. Excellence, Meaning & Nature of Mental Excellence, Techniques for Mental Excellence.

UNIT IV**10 Hours**

Social Excellence and Yoga –

1. Social Excellence in the Yoga Sutras, Spiritual Excellence.
2. Meaning & Nature of Social Excellence, Social Excellence
3. Techniques in the Yoga Sutras, Adjustment Solution, Social Contribution of a Yogi. Meaning.
4. Nature of Spiritual Excellence, Significance of Spiritual Excellence.
5. Techniques of Spiritual Excellence, Stages of Spiritual Experiences.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Bhavanani, A. B. (2011). Understanding the yoga darshan. *Pondicherry, India: Dhivyananda Creations.*
- Sakiya, S., & Panda, S. K. (2011). Effect of Nadi Shodhan Pranayama on Forced Vital Capacity*. *Journal of Advances in Scholarly Researches and Allied Education, 1*, 309.
- Miller, B. S. (1996). *Yoga: Discipline of freedom: The yoga sutra attributed to patanjali.* Univ of California Press.

Course Name: Diet and Fitness (Open Elective)

Course Code: MYT308

L	T	P	Cr
2	0	0	2

Course Outcome

1. Identify the concepts of Diet and fitness.
2. Describe the importance of fitness.
3. To gain the knowledge of Physical Activity and Health Benefits.
4. Understanding of Fitness.

Course Content

UNIT I

09 Hours

1. Definition of the term Food, Dietetics, Balance Diet, Health, Energy, Malnutrition, Balance diet. Physiological, Psychological & social functions of food.
2. Interrelationship between nutrition & health, visible symptoms of good health.
3. Physical Education and its Relevance in Inter Disciplinary Context.

UNIT II

08 Hours

1. Definition, Aims and Objectives of Physical Education, fitness.
2. Importance and Scope of fitness.
3. Modern concept of Physical fitness.

UNIT III

08 Hours

1. Introduction to Fitness - definition and scope of Fitness - Diet and Exercise - Principles of Fitness
2. Fitness – Types of Fitness and Components of Fitness.
3. Understanding of Fitness.

UNIT IV**05 Hours**

1. Physical Activity and Health Benefits.
2. Food as a source of macro (Carbohydrate, fat & protein) and micronutrients (Vitamins & Minerals).

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Difiore, J.(1998). *Complete guide to postnatal fitness*. London: A & C Black,.
- Giam, C.K &The, K.C. (1994). *Sport medicine exercise and fitness*.Singapore: P.G. Medical Book.
- Mcglynn, G., (1993). *Dynamics of fitness*. Madison: W.C.B Brown.
- Sharkey, B. J.(1990). *Physiology of fitness*, Human Kinetics Book.

Course Name: Active Yoga Practical - III**Course Code: MYT309**

L	T	P	Cr
0	0	6	3

Course Outcome

1. Acknowledge the skills in performing yoga asanas and pranayam.
2. Demonstrate neti, nauli and dhoti.
3. Repeat the mantras chanted while performing yoga.
4. Demonstrate various bandhas and mudras with perfection.

Course Content**UNIT I****15 Hours**

Lesson Planning:

1. Asana (Any Five asana)
2. Pranayam (Any Two Pranayam)
3. Purification Activity (Any One Purify Activity).

UNIT II**30 Hours**

Skill:-

1. Surya Namskar:
2. Asan: (Any Five) - Urdhwa Padmasana, Hanumanasana, ShirshaPadangushthasana, Murdhasana, Ardha Chandrasana, Padama Bakasana, Garudasan, Yogamudra, Ekpad Skandhasana.
3. Pranayama Practice: (Any One) - Bhastrika, Bhramari, Abhyantavriti, Sheetal.
4. Shatkarma: (Any One) - Dandha-Dhouti, Sheetkrama, Noulli.
5. Mudra/ Bandha: (Any One) - Tribandha, Nasikagra Mudra, Sanmukhi Mudra.
6. Meditations: Amrit Varshana Dhyana (Guruji)
7. Mantra: Om Stavana (Dev Yajan)

Course Name: Teaching Lesson - III

Course Code: MYT310

L	T	P	Cr
0	0	6	3

Course Outcomes

1. Deliver theoretical as well as practical lessons on yoga asanas.
2. Identify and Implement the principles of yoga and meditation.
3. Acquire yoga teaching skills.
4. Demonstrate various bandhas and mudras with perfection.

Course Content

UNIT I

15 Hours

Lesson Planning:

1. Asana (Any Five asana)
2. Pranayam (Any Two Pranayam)
3. Purification Activity (Any One Purify Activity).

UNIT I

30 Hours

Skill:-

1. Asan: (Any Five) - Raja Kapotasana, Kapotasana, Omkarasana, Prayankasana, Karanapidhasana, Sarvangasana, Purna Matsyasana, Ugarasana, Purna Dhanurasana, Purna Bhujangasana.
2. Pranayama: (Any One) - Sheetkari, Stambhavriti, Chandrabhedhi.
3. Shatkarma: (Any One) - Dandha-Dhouti, Sheetkrama, Noulli.
4. Mudra/ Bandha:(Any One) - Mahavedha, Uddiyana Bandh,Mahabandha,Hast Mudra – Shankh, Surbhi, Nirvan
5. Meditations: Jyoti Awataran Dhyana (Guruji)
6. Mantra: Shiva Panchakshari Mantra (Rudrabhishek- Shantikunj).

Course Name: Prana Chikitsa

Course Code: MYT311

L	T	P	Cr
0	0	2	1

Course Outcomes

1. Acknowledge the skills in performing Prana Chikitsa.
2. To Demonstrate of Chikits .
3. To acknowledge the skills Sattvavajaya Chikitsa.
4. Demonstrate skills in performing of panchakarma.

Course Content**UNIT I****30 Hours**

Skill:-

1. Prana, Apana, Udana, Vyana and Samana
2. Upa-Pranas – Naga, Kurma, Devadatta, Krikala and Dhananjaya.
3. Chikitsa:- Shodhana (panchakarma), Shirodhara, Abhyangam, Kati Vasti, Nasya, Elakizhi, Njavara Kizhi,
4. Daiva-Vyapashraya, Yukti-Vyapashraya, and Sattvavajaya Chikitsa.

Semester 4th**Course Name: Dissertation****Course Code: MYT401**

L	T	P	Cr
0	0	0	20

Course Outcomes

1. Plan and undertake a research project independently.
2. Review related literature and draw appropriate hypothesis.
3. Collect data using suitable method and perform data analysis to obtain the result.
4. Interpret the final conclusion on the basis of result and associated literature.

Course Content**UNIT I****300Hours**

Dissertation is compulsory to all students. Students will select the Research Topic himself and prepare the research plan. In doing so, the consent of the guide is necessary. After completing the Dissertation work, its five typed copies will be submitted to the Department before fifteen days of the written examination. The

evaluation of the Dissertation will be done by External examiner in co-ordination with the Supervisor & the Department Head. The Viva - Voice exam will also be conducted under it.

Course Name: Leadership Skills**Course Code: MPD402**

L	T	P	Cr
2	0	0	2

Course Outcomes

1. This course is to facilitate the future leaders to develop essential Leadership skills needed to address complex sports issues.
2. It will facilitate the future leaders to develop essential Leadership skills needed to address complex sports issues.
3. It will enable students to understand the framework, the roles and functions of the leaders in an effective organization.
4. Understand the responsibilities of a sports leader

Course Contents**Unit- I****05 Hours**

Leadership:

1. Introduction of leadership, Types of leadership, Theories of leadership, Qualities of an effective leader, Difference between leader & manager, How to develop leadership

Unit- II**10 Hours**

1. Leadership Positions in Sports and Physical Education
2. Role and Contribution of Leader in Development and Promotion of Sports
Meetings:
3. Notice of Meeting, The Agenda, Conducting a Meeting, Tips for a good Meeting, Minutes of Meeting, Report Writing

Unit- III**10 Hours**

Communication:

1. Introduction of Communication, Types of communication, Methods of communication, Network of communication, Barriers to effecting communication, Press release, press conference, media coverage, Annual reports of individual and organization a performance

Unit- IV**05 Hours**

Decision Making:

1. Introduction of Decision Making Sports, Types of managerial decisions, Models of decision-making
2. Fair Play in Sports

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Text Books:

- Fair Play in Sport Sigmund Loland: 2006
- Effective Leadership in Adventure Programming, Simon Priest, Michael A. Gass: 2005
- Outdoor Leadership Theory and Practice Bruce Martin, Christine Cashel, Mark Wagstaff, May Breuning: 2006
- Performance Leadership Frank Buytendijk: 2009
- Brilliant Leader Simon Cooper: 2010
- Sport Administration Manual International Olympic Committee