

YOGA AND MENTAL HEALTH
(One Year Diploma)
[YMH]
SYLLABUS

(Implemented from academic session 2019-20)



Department of Physiotherapy
Faculty of Medical Sciences
Guru Jambheshwar University of Science and Technology,
Hisar-125 001

SCHEME OF EXAMINATION FOR YOGA AND MENTAL HEALTH
(YMH)

STUDY (CREDIT BASED SEMESTER SYSTEM)

(Implemented from academic session 2019-20)

SEMESTER I										
S. No.	Course No.	Subject	Title	Teaching hrs/Week		Marks				Total Marks
				L-T-P	Credits	Theory		Practical		
						Internal	External	Internal	External	
1	YMH 101	Fundamentals of Yoga	PC	6-0-0	6	30	70	----	----	100
2	YMH 102	Principles of Hatha Yoga	PC	6-0-0	6	30	70	----	----	100
3	YMH 103	Human Biology	PC	6-0-0	6	30	70	----	----	100
4	YMH 104	Mental Health	PC	6-0-0	6	30	70	----	----	100
5	YMH 151	Practical- Yoga Skill and Prowess-I	PC	0-0-12	6	----	----	30	70	100
Total Credits					30	120	280	30	70	500

SEMESTER II

SEMESTER II										
S. No.	Course No.	Subject	Title	Teaching hrs/Week		Marks				Total Marks
				L-T-P	Credits	Theory		Practical		
						Internal	External	Internal	External	
1	YMH 201	Patanjala Yoga Sutra	PC	6-0-0	6	30	70	----	----	100
2	YMH 202	Mental Health and Yoga Philosophy	PC	6-0-0	6	30	70	----	----	100
3	YMH 203	Yoga Therapy and Counselling	PC	6-0-0	6	30	70	----	----	100
4	YMH 251	Practical- Yoga Skill & Prowess-II	PC	0-0-12	6	----	----	30	70	100
5	YMH 252	Practical- Yoga teachings, Lesson Plan and Yoga Therapy	PC	0-0-12	6	----	----	30	70	100
Total Credits					30	90	210	60	140	500

Semester-I

YMH 101- Foundation of Yoga

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
YMH 101	Foundation of Yoga	PC	6-0-0	6

Course Assessment Methods (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

Instruction for paper setting:

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. *Question paper will be set in both English and Hindi.*

Course Objectives & Course Outcomes

This course provides the preparation of student towards providing an introduction of yoga and its important streams, a brief introduction of Indian Philosophy; and a brief history and the basis different yoga.

The student will be in a position to appreciate the Yogic way of living, which they can inculcate in their life style and will be prepared to teach others the benefits of same.

Unit-I: Introduction:

- Yoga it's Meaning and Definition.
- Aim and Objectives of Yoga
- Origin, history and development of yoga.
- Relevance and scope of Yoga in modern age
- Misconceptions about yoga and their solutions.
- Difference between yogic and non-yogic system of exercises.

Unit-II: Essentials of Yoga Practices

- Disciplines and failures in Yogic Practices
- Place & Timing of Yogic practices
- Diet for Yoga Practitioner: pathya & apathya
- Obstacles in the Path of Yoga Practice
- Sequence for yogic practices

Unit-III: Types of Yoga : it's brief Introduction

- Hatha yoga
- Raja yoga
- Mantra yoga
- Laya yoga
- Karma yoga
- Gyana yoga
- Bhakti yoga

Unit-IV : Lifesketeh & contribution of eminent Yogi's and Institutes of Yoga

- Maharshi Patanjali, Gorakshanath and Swami Vivekanand
- Swami Kuvalyananda (Kevalyadham, Lonavala)
- Swami Satyanand (Bihar School of yoga)
- Swami Shivananda (Divine Life Society)
- SVYASA, MDNIY, CCRYN,

Essential Readings:

1. Vijnananand Saraswati–Yog Vijyan, Yoga Niketan Trust, Rishikesh, 1998.
2. Rajkumari Pandey-Bhartiya Yoga Paramparake Vividh Ayam, radha publication, ND, 2008
3. Swami Vivekanand - Jnan, Bhakti, Karma Yoga & Raj yoga, Advait Ashram, Culcutta 2000.
4. Kamakhya Kumar -Yoga Mahavigyan, Standard publisher, New Delhi.
5. Kalyan (Yogank)- Gita press Gorakhpur, 2002.
6. Kalyan (Yoga Tatwank)-Gita press Gorakhpur, 1991.

Semester-I

YMH 102- Principles of Hatha Yoga

(Based on Hatha Pradipika and Gheranda Samhita)

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
YMH 102	Principles of Hatha Yoga	PC	6-0-0	6

Course Assessment Methods (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

Instruction for paper setting:

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. *Question paper will be set in hindi as well as English.*

Course Objectives & Course Outcomes

The objective of teaching Hatha yoga text subject to students is to introduce and provide them with knowledge of the Yogic practices quoted in Hatha Yoga texts and their values and benefits for human being. It will also provide understanding of the prerequisites of Hatha Yoga, to introduce the principles of Hatha Yoga and essential Hatha Yoga text.

Unit-I: Hatha Pradipika-I

- Hatha yoga – Its definition & objectives.
- Origin & tradition of Hatha yoga.
- utility of hatha yoga
- Place, Environment & Season for Hatha sadhana.
- Aids & Obstructions to Hatha sadhana.
- Prohibited & conducive food in Hatha sadhana
- Asana in Hatha Pradeepika: Types, Technique, Process and Benefits
- Pranayama in Hatha Pradeepika: Types, Technique, Process and Benefits

Unit-II: Hatha Pradipika-II

- Shatkarma: Objectives, Types, Techniques, Process and Benefits
- Mudra & Bandhas: Objectives, Types, Techniques, Process and Benefits
- concept of Samadhi
- concept of nadanusandhana
- Nature of Kundalini and methods of awakening

Unit-III: Gheranda Samhita- I

- Place, Environment & Season for Hatha sadhana.
- Prohibited & conducive food in Hatha sadhana
- Introduction to saptasadhanas

- Shatkarma: Objectives, Types, Techniques, Process and Benefits
- Asana: Objectives, Types, Techniques, Process and Benefits

Unit-IV: GherandaSamhita- II

- Mudra: Objectives, Types, Techniques, Process and Benefits
- Pratyahar: Prohibited & conducive food in Hatha sadhana
- Pranayama: Objectives, Types, Techniques, Process and Benefits
- Dhyana: Objectives, Types, Techniques, Process and Benefits
- Samadhi: Objectives, Types, Techniques, Process and Benefits

Reference Books;

1. Hatha Yoga Pradeepika-Swami Satyananda Saraswati, Bihar school of Yoga, Munger
2. Hatha Pradeepika- Swami Kuvlyanand, Kevlyadham, Lonavala
3. Gherand Samhita- Swami SatyanandaSaraswati, Bihar school of Yoga, Munger
4. Gherand Samhita- Swami Digamberanand, Kevlyadham, Lonavala

Semester-I

YMH 103- Human Biology

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
YMH 103	Human Biology	PC	6-0-0	6

Course Assessment Methods (Total Marks: 100=External 70+ internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

Instruction for paper setting:

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. *Question paper will be set in English as well as Hindi.*

Course Objectives & Course Outcomes

It aims at giving inclusive knowledge of the gross structure and development of human body. Further, it will provide a basis for enhancing the knowledge of body's structure and function. This will help students to get familiarized with the structure of the different systems in the human body.

UNIT-I: Introduction of Anatomy and Physiology

- Brief introduction of Anatomy and Physiology of Human Body.
- Introduction to cell and Tissue, types of Muscle,
- The arrangement of bones and skeleton, functions of skeleton,
- Ribs and Vertebral column and the extremities,
- Joints of the body and their types.
- Immunity: Innate immunity, Acquired immunity,
- Allergy, hypersensitivity and immune-deficiency,
- Psycho-neuro-immunology

UNIT-II: Cardiovascular System and Respiratory System

- Blood, Blood Circulation,
- Anatomy of Heart,
- Stroke Volume, Cardiac output,
- Heart rate, Factors affecting Heart rate,
- Respiratory system of human-Nose, nasal cavity, pharynx, trachea, larynx, bronchioles, lungs
- Mechanism of breathing (Expiration and inspiration)
- Transport of respiratory gases (transport of oxygen and transport of carbon dioxide)
- Pulmonary ventilation

UNIT-III: Digestive System and Excretory System

- Digestive system of human-Mouth, buccal cavity, pharynx, oesophagus, stomach, large intestine, small intestine, anus
- Associated glands-Liver, Pancreas, salivary glands, gall bladder
- Physical digestion- Mastication, swallowing, peristalsis
- Nutrients- Carbohydrates, Fats, Proteins, Minerals, Vitamins, Dietary fibre

- Metabolism: catabolism and anabolism, Balanced Diet
- Excretory system of human-Kidney, Ureter, urinary bladder, urethra
- Structure of nephron
- Mechanism of urine formation-Ultra-filtration, selective re-absorption, tubular secretion
- Diuretics and Micturition

Unit-IV:Nervous System & Endocrine System

- Introduction to nervous system and Neuron
- Classification of nerve fibres
- Central nervous system: brain(fore brain, mid brain and hind brain) and spinal cord
- Autonomic Nervous system: sympathetic and para sympathetic
- Peripheral Nervous System: spinal and cranial nerves
- Structure, location, secretion (hormone) and function of important endocrine glands:
Hypothalamus, Pituitary, Thyroid and parathyroid gland, Adrenal, The endocrine pancreas, Pineal gland

Reference Books:

1. Anatomy and physiology for nurses, Ross and Wilson
2. Anatomy and physiology for nurses- A. K. Jain
3. Manav sharer Rachana evam Kriya Vigyan, AbrarAhemad, SadabAlam and Asish Mahavar, Vardhaman Publishers
4. Basic Anatomy and Physiology- A. K. Jain,second edition APC publications.

Semester-I

YMH 104-MENTAL HEALTH

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
YMH 104	MENTAL HEALTH	PC	6-0-0	6

Course Assessment Methods (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

Instruction for paper setting:

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. *Question paper will be set in English as well as Hindi.*

Course Objectives & Course Outcomes

The objective is to provide a fundamental understanding of various concepts of mental health. The students will be able to understand the concept and impart the yoga teaching accordingly.

Unit- I Introduction

- Health- Meaning, Definition and Concept
- Holistic Health: physical, mental, emotional and spiritual
- Mental Health- Meaning, Definition and Concept
- Historical perspectives of Mental Health
- Importance and promotion of Mental Health
- Components of Mental Health

Unit –II Concept of Mind

- Definition of mind according to modern science and yoga;
- Concept of mind (conscious, sub-conscious, unconscious and super-conscious mind)
- Mind – Body Relation

Unit- III General Psychology

Understanding of the following process according to modern psychology and yoga psychology

- Perception,
- Learning,
- Intelligence,
- Creativity,
- Memory and
- Emotions

Unit-IV Yogic Approach to Mental Health

- Maharshi Patanjali's Approach to Mental Health
- Hatha Yogic Approach to Mental Health
- Ayurvedic Approach to Mental Health
- Geeta's Approach to Mental Health

Semester-I

YMH 151- Practical-Yoga Skill & Prowess-I

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
YMH 151	Yoga Skill & Prowess	PC	0-0-12	6

Course Assessment Methods (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

Course Objectives & Course Outcomes

The main objective of the course is to impart knowledge about the prevention of health problems by promoting positive health through Yoga practices. To understand the underlying mechanisms of yoga practices. Student will be able to understand how to strengthen the different systems using Yoga which will help them to prevent health problems and promote positive health.

Unit-I: Prayer, Sithilikarana Vyayama, Breathing Practices

Prayer

Surya Namaskara

Sithilikarana Vyayama

- Simple Jogging ---Mukha Dhauti
- Forward jogging
- Backward jogging
- Side Jogging
- Twisting
- Rotation of arms
- Forward & backward bending
- Back stretch
- Side Bending
- Neck Movement

Breathing Practices

- Hands in and out breathing
- Hand stretch Breathing
- Ankle stretch Breathing
- Dog breathing
- Rabbit breathing
- Tiger Stretch
- Tiger Breathing

Unit-II: Kriya and Meditation

- Neti: Jal Neti and Rubber Neti
- Dhauti: Vaman
- Kapalbhathi: Vatakrma and Vyut Karma
- Breath meditation, Om Meditation

Unit-III Asana

Standing Asana

- Tadaasana
- Triyaktadasna
- Katichackrasana
- Vrikshaasana
- Trikonasana
- Shankatasana
- Utkatasana
- Urdhavashtotansana

- Sirshpadanghusthasana

Sitting Asana

- Dandasana
- Vakrasana
- Ardhamatesendryasana
- Akarnadhanurasana
- Mrjariasana
- Vygrasana
- Gomukhasana
- Vajarasana

Supine Asana

- Uttanpadasana
- Ardha-Halasana
- Halasana

Prone Asana

- Salabhasana
- Makrasana

- Padhashasana

- Ardha-Ustrasana
- Sashankasana
- Supta-Vajrasana
- Padmasana
- Toloangulasana
- Utthithapadmasana
- Matsyasana

- Naukasana
- Setubandhasana
- Shavasana

- Dhanurasana
- Vipratnaukasana

Unit IV:Pranayama and Mudra Bandha

Pranayama

- Naddishodhan
- Suryabhedan'
- Chandrabhedan

- Sheetali
- Sheetkari

Mudra AndBandha

- Moolbandha
- Jalndharbandha
- Uddiyanbandha

- Ashwani Mudra
- Shambhavi Mudra
- Vipratkarni Mudra

Reference Books:

1. Asana, Mudra, Pranayama and Bandha- Swami Satyanada Saraswati, BSY, Munger
2. Light on Yoga, BKS Iyenger
3. Hatha Yoga Pradeepika, Swami Satyanada Saraswati, BSY, Munger

Semester-II

YMH 201 - Patanjala Yoga Sutra

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
YMH 201	- Patanjala Yoga Sutra	PC	6-0-0	6

Course Assessment Methods (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

Instruction for paper setting:

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. *Question paper will be set in English as well as Hindi.*

Course Objectives & Course Outcomes

The objective of teaching Patanjala Yoga Sutrās to students is to provide them with knowledge of Patanjala's contribution to the field of Yoga, well verse with the yogic principles and it's meaning mentioned in Patanjala Yoga Sutra. The students will be able to understand human's psychology as Patanjali had explained.

Unit-I: Samadhi Pada

- Introduction of Patanjali Yoga Sutra
- Definition of Yoga according to Patanjali Yoga Sutra
- Concept of Chitta & Chitta Vrittis
- Abhyasa & Vairagya as the tools
- Yoga Antaraya
- Chitta Prasadana
- Types and nature of Samadhi

Unit-II Sadhana Pada

- Kriya Yoga
- theory of Kleshas ;
- Concept of Karmashaya
- Concept of Chaturvyuhavada
- Brief Introduction to Bhairanga Yoga:
(Yama-Niyama; Asana, Pranayama, Pratyahara and their siddhi)

Unit-III: Vibhuti Pada

- Brief Introduction to Antaranga Yoga (Dharana, Dhyana and Samadhi)
- Concept of Samyama
- Parinamatraya
- Concept & kind of Vibhuti

Unit-IV Keivalya Pada

- Five means of Siddhis
- Concept of Nirman Chitta,
- Concept of karma and vasana

- viii. Dharmamegha Samadhi and its result,
- ix. VivekaKhyati Nirupanam,
- x. Kaivalya Nirvachana

Reference Books:

1. Four Chapters of Freedom, Swami Satyanadasaraswati, BYS, Munger
2. The Science of Yoga, Taimini
3. Patanjala Yoga Sutra- Geeta Press Gorakhpur
4. Patanjala Yoga Sutra- NandalalDashora

Semester-II

YMII 202 – Mental Health and Yoga Philosophy

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
YMII 202	Mental Health and Yoga Philosophy	PC*	6-0-0	6

Course Assessment Methods (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

Instruction for paper setting:

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. *Oursim paper will be set in English as well as Hindi.*

Course Objectives & Course Outcomes

The objective is to understand the aspects of mental health in texts such as Shrimad Bhagvad Geeta, Yoga Vasistha and Upanishads as basic philosophical and theoretical foundations of Yoga. The student will be able to connect aspects of mental health with yoga philosophy.

Unit-I: Introduction

- Concept of Mental Health
- Importance of mental Health
- Crisis Of Mental Health
- Characteristics of Mental Health

Unit-2: Bhagwat Geeta

- General Introduction of Bhagwat Geeta
- Concept of Mental Health in Bhagwat geeta
- Symptoms/characterstics of Mentally Healthy Person
- Gyan Yoga, Karma Yoga and Bhakti Yoga for Mental Health

Unit-3: Yoga Vasistha

- General Introduction of Yoga vasistha
- Concept of yoga
- Concept of adhis and vyadhis and Psychosomatic Ailments
- The four Dwarpaals of Freedom
- Jana saptanbhumika(Seven Stages)

Unit- 4: Upanishads

- Taittiriya Upanishad: Concept of panchakosha
- Kena Upanishad: Self and the mind, Intuitive realization of truth, Moral of yakshavyakhayan
- Katha Upanishad: Definition of yoga, Nature of Soul, Importance of self realization
- Prashna Upanishad: The six main Questions
- Mandukya Upanishad: Four Stages of Consciousness

Semester-II

YMH 203 - Yoga Therapy and Counselling

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
YMH 203	Yoga Therapy and Counselling	PC	6-0-0	6

Course Assessment Methods (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

Instruction for paper setting:

Nine questions are to be set by the examiner. Question No. 1 will be compulsory and based on the entire syllabus (all the four sections). It will contain 7 short answer type questions, each of two marks. Rest of the eight questions are to be given by setting two questions from each of the four sections of the syllabus. A candidate is required to attempt other four questions by selecting one from each of the four sections. All the questions including Q. No. 1 carry 14 marks. *Question paper will be set in English as well as Hindi.*

Course Objectives & Course Outcomes

The objective is to produce a professional who can handle a patient and administer therapy; appreciate the relative contribution of each organ system to the homeostasis. Explain the pathological aspects of disease, illustrate the physiological response and adaptations to environmental stresses, over all personality development.

Unit-I: Introduction

- Introduction to Yoga therapy (Meaning, definition and purpose) – Adhija Vyadhi concept, IAYT, Panchakosha,
- Qualities of a Yoga Therapist
- Role of Yoga in Treatment of Common Ailments
- Importance of Yoga Therapy for Mental Health
- Introduction to stress, Physiology of stress
- Psychosomatic ailments

Unit-II: Yoga Therapy for Common Ailments

Signs & symptoms, causes and Yoga Therapy for the following ailments:

- Cardiovascular : IHD, Hypertension, Peripheral Vascular Disease.
- Respiratory : Bronchial Asthma, Allergic rhinitis.
- Musculo-skeletal : Backache, Osteoarthritis, Rheumatoid arthritis.
- Digestive Disorders : Hyperacidity, Irritable Bowel Disorder, constipation.
- Endocrine : Diabetes mellitus, Thyroid disorders, Adrenal cortex disorders, Obesity
- Obstetric and gynaecological conditions : Premenstrual Syndrome, Menstrual disorders
- Neurological Disorders: headache, migraine, epilepsy,

Unit-III Psychiatric disorders

Causes, Classification, clinical features, Medical management, Yogic Management and Evidence based yoga Therapy

- Introduction to psychiatric disorders, classification – Neurosis, Psychosis
- Neurosis:

- Anxiety disorders : Generalised anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Post-traumatic stress disorder and Phobias
- Depression: Dysthymia, Major depression
- addiction,
- Psychosis
 - Schizophrenia,
 - Bipolar affective disorder

Unit- IV: Yoga Counselling

- Concept of counselling and Yogic Counselling
- Qualities of a counsellor
- Methods for Chitta shuddhi

Yoga techniques to be used during counselling to cope with

- Hyper sensitive mind,
- Excessive speed of mind,
- Problems of perfectionist personality,
- Hereditary and congenital problems,
- Psychological conflicts,
- Calamities/ life events (present, past , concerns about future distressing events), ageing etc

Reference Books:

1. Yoga Therapy, Swami Satyananda saraswati, BYS, Munger
2. Yoga Therapy for Common Disease, Swami karmananda, Yoga Publication trust, Minger
3. Yoga Therapy For Common Ailment Series, R. Nagarathna & H. R. Nagendra, SVYP Publications, Bangalore
4. Yoga and Mental health, R. N. Bhugal
5. Yoga Evam Mansik Swasthya, Suresh Varanwal
6. Mental Health and Hindi Psychology, Swami Akhilananda

Semester-II

YMH 251- Practical Yoga Skill & Prowess-II

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
YMH 251	Yoga Skill & Prowess-II	PC	0-0-12	6

Course Assessment Methods (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

Course Objectives & Course Outcomes

its main objective is to provide understanding of advanced yoga techniques and to impart knowledge about the prevention of health problems by promoting positive health through Yoga practices. To understand the underlying mechanisms of yoga practices.

Student will be able to understand how to strengthen the different systems using Yoga which will help them to prevent health problems and promote positive health.

Unit-I: Prayer, and Sukshma Vyayama

Suksha Vyayama By Swami Dharendra Bharamachari

Unit-II: Kriya And Meditation

- Neti: Sutra Neti
- Dhauti: Danda And Vastra
- Kapalbhathi: Sheet Karma
- Trataka
- Nauli
- Mind Sound Resonance Technique
- Soham Sadhana

Unit-III Asana

Standing Asana

- Garudasana
- Natarajasana
- Vatayanasana
- Murdhasana
- Ekpadangusthasana
- Chackrasana
- Sarvangpusthi

Sitting Asana

- Ardhamatesendryasana
- Akarnadhanurasana-Ii
- Purna-Ustrasana
- Purnmatseyandra
- Rajkapot
- Mayurasana
- Bakasana
- Sirsasana
- Uttankoomasana
- Kukkutasana
- Yogamudrasana

Supine Asana

- Karanpeedasana
- Sarvangasana
- Setubandhasarvangasana
- Markatasana

Prone Asana

- Bhungasana
- Kapotasana

Unit-IV:Pranayama and Mudra Bandha

Pranayama

- Bhastrika
- Bhramari
- Anulom-Vilom
- Breathing (VibhagyiPranayam)
- Ujjayi
- Udgeet
- Sectional

Mudra AndBandha

- Shambhavi Mudra
- Mahamudra
- Kakki Mudra
- Mahaveda
- Mahabandha

Including all the practices described in Semester-I.

Reference Books:

1. Asana, Mudra, Pranayama and Bandha- Swami SatyanadaSaraswati, BSY, Munger
2. Light on Yoga, BKS Iyenger
3. Hatha Yoga Pradeepika, Swami SatyanadaSaraswati, BSY, Munger

Semester-II
YMH 252- Practical-Yoga teachings, Lesson Plan and Yoga Therapy

Course Code	Subject	Title	Teaching hrs/Week	
			L-T-P	Credits
YMH 252	Yoga teachings, Lesson Plan and Yoga Therapy	PC	0-0-12	6

Course Assessment Methods (Total Marks: 100=External 70+ Internal 30):

Two Minor Tests each of 20 marks, class performance measured through percentage of lecture attended (4 marks). Assignment Quiz etc. (6 marks) and end semester examination is of maximum 70 marks.

Course Objectives & Course Outcomes

The objective is to provide practical approach to yoga teachings planning and therapy. the student will have experience of applied yoga techniques in daily life situations.

The student will be able to impart teaching affectively based on his/her experience.

I. Yoga Teaching & Lesson Plan:

20 Marks

Each student will prepare a practical record of at least ten teaching lesson plan on differenet yogic exercises (At least 5 Asanas, 1 Sudhikriya, 1 Pranayama, 1 Mudra, and 1 Bandh) and will take teaching class in accordance with the lesson plan prepared

II. Yoga Therapy: Each student will spent 4-6 hours per day for 15 days in hospitals/yoga center/health center (Govt./private) for learning the yoga treatment of various diseases and he/she will prepare a practical record of learned yoga treatment.

A. Details of preparing case study

10 Marks

1. Name of the disease
2. Sign and symptoms of the disease
3. History of disease of patient and his/her family
4. Causes of the disease
5. Yogic treatment for the disease

B. Evidence based yoga practices for following ailments

20 Marks

(Minimum of 4 Evidence based Practices)

- Generalised anxiety disorder
- Panic Anxiety,
- Obsessive Compulsive Disorder,
- Post-traumatic stress disorder
- Depression: Dysthymia, Major depression
- addiction,
- Schizophrenia,
- Bipolar affective disorder

III. Viva Voce

20 Mark