

**Shri Rawatpura Sarkar University,
Raipur (C.G.), India**



Examination Scheme & Syllabus

For

**Bachelor of Science in
Yoga Science & Therapy
Semester-V**

(Effective from the session: 2022-23)

Faculty of Arts
Shri Rawatpura Sarkar University, Raipur

Bachelor of Arts in Yoga Studies
(Effective from the session: 2022-23)

Examination Scheme

Semester- V

S. N	Course Code	Th/Pr	Subject	Type of Course	Teaching hours per week			TC	Examination Scheme				Total Marks
					L	T	P		Theory		Practical		
									EX	IN	EX	IN	
1	ABA01-501	Th	Yoga Human Excellence	Core	3	1	-	4	70	30	-	-	100
2	ABA01-502	Th	Yogic therapy (Yoga & Health)	Core	4	-	-	4	70	30	-	-	100
3	ABA01-503	Th	Alternative Therapy	DSE-1	4	-	-	4	70	30	-	-	100
4	ABA01-504	Th	Fundamentals of Ayurveda	DSE-2	4	-	-	4	70	30			100
5	ABA01-505	Th	General Elective	GE-3	3	1	-	4	70	30		-	100
6	ABA01-581	Pr	Yoga Practical -VI	Core Pr	-	-	6	3	-	-	70	30	100
7	ABA01-582	Pr	Alternative Therapy Practical	Core Pr	-	-	4	2	-	-	35	15	50
8	ABA01-583	Pr	Fundamental of Ayurveda Practical	Core Pr	-	-	4	2	-	-	35	15	50
Total Contact hr per week: 34		Total Credit: 27						Total Marks:				700	

Course Title	YOGA AND HUMAN EXCELLENCE				
Course Code	ABA01-501				
Course Credits	L	T	P	TC	
	-	-	4	2	
Prerequisites	Basic Knowledge of Yogic Philosophy.				
Course Objectives	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> • To give an introduction of Human Excellence. • To give an understanding of the relationship between Yoga and Human Excellence. 				
Course Contents	<p>UNIT-I</p> <p>Introduction: Concept of Human excellence. Self – its meaning, importance and evaluation. Factors of Human excellence. Human excellence in Yogic Texts. Scientific and Philosophical dimensions of Human consciousness. Spirituality & Human Consciousness. Yoga and Development of Human Consciousness.</p> <p>UNIT-II</p> <p>Human Excellence in different Yoga systems: Hatha Yoga and Human Excellence, Karma Yoga and Excellence, Spiritual, Self-Excellence and Karma Yoga, Karma Yoga and Leadership, Physical & Mental Excellence in the Yoga Sutras.</p> <p>UNIT-III</p> <p>Factors of Human Excellence & Yoga–I: Will Power, Creativity, Emotional Intelligence and Memory. ESP, SQ, Perfection, I.Q.</p> <p>UNIT-IV</p> <p>Human Excellence & Yoga–II: Self-esteem and Self–confidence, Decision making, Adjustment and Social Excellence, Leadership</p> <p>UNIT-V</p> <p>Human excellence in different Yogic Texts- Patanjal Yoga sutra, Geeta, Upanishada, Veda, Yoga Vashistha.</p>				

Course Outcomes	The students will learn what is the relationship between yoga and Human Excellence?
Text Books	<ol style="list-style-type: none"> 1. Excellence in Management – G.D. Sharma 2. Cognitive Psychology - Arun Kr. Singh 3. Emotional Intelligence – Danial Goleman
Reference Books	<ol style="list-style-type: none"> 1. Working with Emotional Intelligence – Danial Goleman 2. Leadership and Motivation - Debangshu Chakraborty 3. Effective Leadership - John

Course Title	YOGIC THERAPY				
Course Code	ABA01-502				
Course Credits	L	T	P	TC	
	3	1	-	4	
Prerequisites	Basic knowledge of yoga limbs and disease.				
Course Objectives	To give the knowledge of yoga techniques and health.				
Course Contents	<p>UNIT-I Meaning & definition of Health, Different concept of Health & Disease. Importance of Health in Human life, Concept of Holistic Health, Components of Health, Factors affecting Health. Characteristics of Healthy person.</p> <p>UNIT-II Yoga for: Children, Adolescence, Adult, Old Age, Corporate person, Women's- Pre-natal and post natal Yoga.</p> <p>UNIT-III Yogic management of following diseases: Indigestion, Hyper acidity, Constipation, Colitis, Diarrhea, Arthritis, Piles.</p> <p>UNIT-IV Yogic management of following diseases: Heart Disease, High & low Blood Pressure. Diabetes, Asthma, Obesity, Spondylitis, Back pain.</p> <p>UNIT-V Yogic management of following diseases: Headache & Migraine, Stress, Anxiety, Depression, Insomnia. Epilepsy. Yoga for Pregnancy and woman's general disorders.</p>				
Course Outcomes	The students will have scientific knowledge of different disorders and will know its therapy through yogic practices.				
Text Books	<ol style="list-style-type: none"> 1. योग एवं रोग – स्वामी सत्यानंद सरस्वती 2. Anatomy & Physiology of Yogic Practices - M M Gore 3. Disease & Yoga- Swami Satyanand Saraswati 				
Reference Books	<ol style="list-style-type: none"> 1. Yogic management of Common Disorders - Dr. Nagendra 2. Yoga for Hypertension - Swami Satyananad Saraswati 3. Yoga & Pregnancy - Dr. Nagendra & Nagratna 				

Course Title	ALTERNATIVE THERAPY				
Course Code	ABA01-503				
Course Credits	L	T	P	TC	
	3	1	-	4	
Prerequisites	Basic Knowledge of Five elements.				
Course Objectives	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> • Give an introduction of Alternative therapy. • Treatment of Various diseases by alternative therapy. 				
Course Contents	<p>UNIT-I</p> <p>Meaning of Alternative Therapies & its importance. General introduction to following alternative Therapies- Naturopathy – Unani, Acupuncture - Acupressure, Sujok- Yajya therapy, Pranic healing- Marma therapy, Aroma - Mantra therapy</p> <p>UNIT-II</p> <p>Acupressure</p> <p>Meaning & Definition of acupressure. Important elements of acupressure Jimi, Roller, Magic ball. Acupressure therapy of following Ailments: Diabetes, Constipation, Blood Pressure, Backache, Arthritis & Asthma.</p> <p>UNIT-III</p> <p>Pranic Healing-1</p> <p>Pranic Healing and its importance, Basic Chakras, Principle of Pranic Healing, Process of Pranic Healing.</p> <p>UNIT-IV</p> <p>Pranic Healing-2</p> <p>Pranic Healing of following diseases : Digestive disorder, Cardiac disorders, Urinary disorders, Nervous disorders, Endocrinal disorders.</p> <p>UNIT- V</p> <p>Yajya, Marma and Mantra Therapy</p> <p>Introduction of Yajya, wide area of Yajya, the concept and method of yajya therapy. Yajya therapy and disease treatment. Mantra therapy nature and effect, type of mantra, disease treatment by various mantras. Marma therapy: Introduction, Concept, Scope, and limitations. Information of main Marma Points. Marma therapy of physical and mental diseases. Self-Marma Therapy.</p>				
Course Outcomes	Students will learn importance and benefits of Alternative Therapy and how to treat disease by it.				

Text Books	<ol style="list-style-type: none">1. एक्यूप्रेसर – डॉ. अत्तर सिंह2. एक्यूप्रेसर – डॉ. एल. एन. कोठारी3. एक्यूप्रेसर के द्वारा आप ही अपने डॉक्टर – डॉ. धीरेनगाला4- Advanced Pranic Healing - Master ChoaKok Sui5- Pranic Psychotherapy - Master ChosKok Sui
Reference Books	<ol style="list-style-type: none">1. सुजोक चिकित्सा – डॉ. आशा महेश्वरी2. एक्यूप्रेसर – डॉ. डी. पी. बोरा3- Miracles Through Pranic Healing- Master ChoaKok Sui

Course Title	FUNDAMENTALS OF AYURVEDA				
Course Code	ABA01-504				
Course Credits	L	T	P	TC	
	3	1	-	4	
Prerequisites	Basic Knowledge of Five elements.				
Course Objectives					
Course Contents	<p>Unit - 1: FUNDAMENTALS OF AYURVEDA [15 Hrs.] General introduction, definition, history and principles of Ayurveda; Concept, role and importance of – Dosha, Dhatu, Mala, Updhatu, Srotas, Indriya, Agni, Prana, Pranayatna, Prakriti, Deha Prakriti and Manasa Prakrit.</p> <p>Unit - 2: CONCEPT OF HOLISTIC LIVING IN AYURVEDA [15 Hrs.] Concept, role and importance of – Swasthavrita, Dinacharya, Ritucharya, Sadvrita, Achararasayana; Elementary knowledge of concept of health, disease and management of common diseases in Ayurveda; Relationship between Yoga and Ayurveda, Importance & utility of basic concepts of Ayurveda in Yogic Therapy.</p>				
Course Outcomes					
Text Books	<ol style="list-style-type: none"> 1. Laxmipati, K., Basic principles of Ayurveda 2. Joshi S.V., Ayurveda & Panchakarma The science of Healing and rejuvenation Motilal Babarasisdas Publishers Private Limited, Delhi. 				
Reference Books	<ol style="list-style-type: none"> 1. Kaushik, Mai Ram, Ayurveda Kya Hai? Bikaner: Anand Prakashan,2003 				

Course Title	YOGA PRACTICAL - VI				
Course Code	ABA01-581				
Course Credits	L	T	P	TC	
	-	-	8	4	
Prerequisites	Basic practice of Yoga and exercise.				
Course Objectives	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> • State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices. • To demonstrate and instruct under mentioned yogic practices. 				
Course Contents					
Course Outcomes	A scientific and well-mannered yogic practice based on classical text as well as contemporary trends will provide healthy life and philosophy of yoga.				
Text Books	<ol style="list-style-type: none"> 1. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM samiti, Lonavala, 2012. 2. M_L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavla. 3. स्वामी सत्यानंद सरस्वती - आसन, प्राणायाम, मुद्रा, बंध, योग पब्लिकेशन ट्रस्ट, मुंगेर, 2007. 				
Reference Books	<ol style="list-style-type: none"> 1. पं. श्री राम शर्मा- प्रज्ञा अभियान का योग व्ययाम, ब्रह्मवर्चस शोध संस्थान , शांतिकुंज, हरिद्वार, 1998. 2. Swami Satyananda Saraswati - Asan, Pranayama, Mudra, Bandha, Yoga publication trust, Munger,2006. 3. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012. 4. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012. 5. Swami Kuvlayanand - Asana, Kaivalyadham SMYM samiti, Lonavala, 1993 				

Course Title	ALTERNATIVE THERAPY PRACTICAL				
Course Code	ABA01-582				
Course Credits	L	T	P	TC	
	-	-	4	2	
Prerequisites	Basic Knowledge of yoga.				
Course Objectives	The objectives behind alternative therapy Practical is develop the practical knowledge of a students and increase the level of a good and well alternative therapist.				
Course Contents	<ol style="list-style-type: none"> 1. Diet therapy: Procedure of Diet therapy. Preparation of diet chart of different diseases (as per theory paper) 2. Acupressure: Introduction of various pressure points. Treatment of different diseases by Acupressure (as per theory paper) 3. Pranic Healing: Process of Pranic Healing. Treatment of different diseases by Apranic Healing (as per theory paper). 4. Yajya Therapy: Method of yajya therapy. Yajya therapy and disease treatment. 5. Marma Therapy: Information of main Marma Points. Marma therapy of physical and mental diseases. 6. Mantra Therapy: Physical and mental effects of various mantras. Disease treatment by various mantras. 7. Viva-voice: 				
Course Outcomes	The adequate knowledge of alternative therapy will provide an opportunity to make a balanced combination according to need and condition of the yoga practioner. It will develop and integrated approach for health and wellness of human being.				
Text Books	<ol style="list-style-type: none"> 1. एक्यूप्रेशर –डॉ. अत्तर सिंह 2. एक्यूप्रेशर –डॉ. एल. एन. कोठारी 4. सुजोक चिकित्सा –डॉ. आशामहेश्वरी 5. एक्यूप्रेशर –डॉ. डी. पी. बोरा 4 Miracles Through Pranic Healing - Master Choa Kok Sui 5. Advanced Pranic Healing - Master ChoaKok Sui. 				

Reference Books	<ol style="list-style-type: none">1. एक्यूप्रेसर के द्वारा आप ही अपने डाक्टर – डॉ. धीरेनगाला2. The practice of Nature Cure – Dr. Henry Lindlhai3. Diet and Nutrition – Dr. Rudolf4. Art of Massage – J.H. Kellog5. Nature Cure – H K Bakhru
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