

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



**Examination Scheme & Syllabus  
For  
Bachelor of Science**

**in**

**Yoga Science & Therapy**

(Effective from the Session: 2022-23)

# Bachelor of Science in Yoga Science & Therapy



## Faculty of Science

### Shri Rawatpura Sarkar University, Raipur

#### Bachelor of Science in Yoga Science & Therapy

(Effective from the Session: 2022-23)

#### Examination Scheme

#### Semester- I

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	SSH01-101	Th	Foundation of Yoga	Core	3	1	-	4	70	30	-	-	100
2	SSH01-102	Th	Principle and Practices of Hath Yoga	Core	3	1	-	4	70	30	-	-	100
3	SSH01-103	Th	Human Anatomy and Physiology -I	Core	4	-	-	4	70	30	-	-	100
4	SSH01-111	Th	Communication English	AECC-1	2	-	-	2	35	15	-	-	50
5	SSH01-151	Th	GE-1	GE-1	5	1	-	6	70	30	-	-	100
6	SSH01-181	Th	Yoga Practical -I	Core Pr	-	-	8	4	-	-	70	30	100
7	SSH01-182	Pr	Human Anatomy and Physiology Practical -I	Core Pr	-	-	4	2	-	-	35	15	50
<b>Total Contact hr per week: 32</b>		<b>Total Credit: 26</b>						<b>Total Marks:</b>				<b>600</b>	

## Bachelor of Science in Yoga Science & Therapy

<b>Course Title</b>	<b>FOUNDATION OF YOGA</b>				
<b>Course Code</b>	SSH01-101				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	<b>3</b>	<b>1</b>	<b>-</b>	<b>4</b>	
<b>Prerequisites</b>	<b>Basic knowledge of Yoga philosophy.</b>				
<b>Course Objectives</b>	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> <li>• Give an introduction of Yoga and its important streams,</li> <li>• Give a brief introduction of Yogies.</li> <li>• Give a brief history and the basis different types of Yoga.</li> </ul>				
<b>Course Contents</b>	<p><b>UNIT-I</b>  <b>Introduction:</b>Yoga it's Definition &amp; Objectives.Historic background of YogaCharacteristics of a Yogi, Relevance of Yoga in Modern age. Introduction of Shadadarshana and Purusharthachatushaya.</p> <p><b>UNIT-II</b>  <b>Yoga in different Texts:</b>Veda, Upanishads, Geeta, Yoga Vashistha. Patanjali Yoga Sutra,</p> <p><b>UNIT-III</b>  <b>Types of Yoga:</b> Brief introduction on Hatha Yoga, Raja Yoga, Mantra Yoga, Laya Yoga, Kriya Yoga.</p> <p><b>UNIT-IV</b>  <b>Types of Yoga:</b> Brief introduction on Gyana Yoga, Bhakti Yoga, Karma Yoga, Tantra Yoga.</p> <p><b>UNIT-V</b>  <b>Ancient and Contemporary Yogies of India:</b>MaharshiPatanjali, Gorakhnath, Swami Vivekananda, Sri Aurobindo, Pt. Shree Ram SharrmaAcharya, Maharshai Mahesh Yogi, Swami DayanandSarswati.</p>				
<b>Course Outcomes</b>	By learning fundamentals of yoga students will have clear vision about the terminology and concepts of yoga. It will pave the path of spiritual journey with the insight wisdom of yoga.				
<b>Text Books</b>	<ol style="list-style-type: none"> <li>1. Yoga Mahavijnana- Dr.Kamakhya Kumar</li> <li>2. योगविज्ञान—स्वामीविज्ञानानंदसरस्वती</li> <li>3. योगऔर योगी—डॉ. अनुजारावत</li> </ol>				

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<b>Reference Books</b>	<ol style="list-style-type: none"><li>1. Dasgupta S. N: History of Indian Philosophy, MotilalBanarsidas, Delhi,2012</li><li>2. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. MotilalBanarasidas, Delhi,2013.</li><li>3. Agarwal M M :Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010</li></ol>
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<b>Course Title</b>	<b>Principle and Practices of Hath Yoga</b>				
<b>Course Code</b>	SSH01-102				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	<b>3</b>	<b>1</b>	<b>-</b>	<b>4</b>	
<b>Prerequisites</b>	<b>Basic knowledge of hatha Yogic Texts.</b>				
<b>Course Objectives</b>	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> <li>• To give an introduction of Hathayoga</li> <li>• To give an understanding of the prerequisites of HathaYoga</li> <li>• To introduce the principles of HathaYoga</li> <li>• To introduce essential Hatha Yogatext</li> </ul>				
<b>Course Contents</b>	<p><b>UNIT-I</b>  <b>Introduction:</b> Hatha Yoga – its Definition &amp; Objectives, Origin &amp; Tradition of Hatha Yoga, Introduction to different Hatha Yogic texts. Importance of Place, Environment &amp; Season for Hatha Sadhana. Sadhak &amp; Badhak tatwa to Hatha Sadhana. Prohibited &amp; Conducive food in Hatha Sadhana.</p> <p><b>UNIT-II</b>  <b>Physical Purification, Stabilization &amp; inner control disciplines</b> Shatkarma: Techniques, Benefits and Cautions, Asanas- Techniques, benefits and cautions.</p> <p><b>UNIT-III</b>  <b>Pranayama, Mudra and bandha:</b> Nadishodhan Pranayama – Techniques, benefits and cautions, Pranayama (Astha Kumbhaka)– Techniques, benefits and cautions, Mudra &amp; Bandhas: Techniques, benefits and precautions, Hathasiddhi Lakshanam.</p> <p><b>UNIT-IV</b>  <b>Higher Yoga Yogic Practices:</b> Pratyahara, Dhyana: Techniques, Processes &amp; Benefits, Samadhi: Types &amp; their Processes. Nadanushandhana.</p> <p><b>UNIT-V</b>  <b>Spiritual Concept:</b> Kundalini Shakti, Chakras, Naadi, Technique of awakening Kundalini Shakti.</p>				
<b>Course Outcomes</b>	Hath yoga is dedicated to Kaayashuddhi, e.i physical purification with the scientific techniques of Hath Yoga based on classical text. The students will able to practice and teach the secrete technique of hath Yoga and will be prepared for the practice of Raaja Yoga.				
<b>Text Books</b>	1. हठप्रदीपिका—स्वामी मुक्तिबोधानंद				

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	<ol style="list-style-type: none"><li>2. घेरण्ड संहिता–स्वामी निरंजनानंद</li><li>3. आसन प्राणायाम एवंमुद्रा बंध–स्वामी सत्यानंद सरस्वती</li><li>4. Hatha Yoga Pradipika–KaivalyadhamLonawala</li></ol>
<b>Reference Books</b>	<ol style="list-style-type: none"><li>1. Hatha Yoga Pradipika – Swatmaram, Swami Digamberji Pt. Raghunath ShastriKokaje</li><li>2. Gheranda Samhita- Kaivalyadham, Lonawala</li><li>3. Asan, Pranayama, Mudra, Bandha- Swami Satyananda Saraswati</li><li>4. Hatha Yoga Pradipika of Swatmaram- Theosophical Society.</li></ol>

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<b>Course Title</b>	<b>Human Anatomy and Physiology -I</b>				
<b>Course Code</b>	SSH01-103				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	4	-	-	4	
<b>Prerequisites</b>	Basic knowledge of Human Body and System.				
<b>Course Objectives</b>	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> <li>• Discuss introduction to human body with concept of cells, tissues, skeletal system, muscular system, respiratory system, cardiovascular system with their gross anatomy and physiology.</li> <li>• Discuss anatomical &amp; physiological effects of selected yoga practices on aforesaid contents of human body in evidence based way.</li> </ul>				
<b>Course Contents</b>	<p><b>Unit-I General Introduction of Human Body:</b></p> <ul style="list-style-type: none"> <li>▪ Cell &amp; Its Components: Nucleus, Cell Membrane And Cytoplasm</li> <li>▪ Tissues : Types, Structure &amp; Function</li> <li>▪ Body Systems: Integumentary system, skeletal system, Muscular system, lymphatic system, Respiratory system, Digestive system, Nervous system, Endocrinal system, Cardio-vascular system, Urinary system &amp; Reproduction system.</li> </ul> <p><b>Unit-II Musculoskeletal System:</b></p> <ul style="list-style-type: none"> <li>▪ The Skull: Various component bones, Sutures, Foramina, Air Cells, Sinuses.</li> <li>▪ The Trunk: Spine, Vertebral bodies, Inter-vertebral discs, Spinal canal, Rib Cage, Sternum, Inter-costal muscles, Diaphragm, &amp; Intra-abdominal skeletal muscles.</li> <li>▪ The upper limb: The names of bones, joints of upper limbs, &amp; Muscles of the upper limb</li> <li>▪ The lower limb: The names of bones, joints of lower limb, &amp; muscles of the lower limb</li> </ul> <p><b>Unit-III The Gastrointestinal System (Digestive System)</b></p> <ul style="list-style-type: none"> <li>▪ Anatomy of the Gastrointestinal System: Mouth and Oral Cavity, Esophagus, Stomach, Duodenum, Jejunum, Ileum, Colon, Appendix, Sigmoid and Rectum,</li> <li>▪ Digestive organs- Liver, Gall Bladder, Salivary Glands, &amp; Pancreas.</li> <li>▪ Digestion and Absorption of Food</li> <li>▪ GIT Functions of liver – Carbohydrate, fat and protein metabolism</li> <li>▪ Effects of Yoga Practices on Digestive System.</li> </ul>				

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	<p><b>Unit-IV Immune System</b></p> <ul style="list-style-type: none"><li>▪ Immunity: types of immunoglobulin, Formation of antibodies, Organs of Immune system &amp; Cell mediated immunity.</li><li>▪ Immunity against Viral, Bacterial, &amp; Protozoa infections. Autoimmunity.</li><li>▪ Effects of Yoga Practices on Immune System.</li></ul> <p><b>Unit-V The Respiratory &amp; Cardio-vascular System:</b></p> <ul style="list-style-type: none"><li>▪ Structure of Lungs and bronchi, alveolar gas exchange, Respiratory volumes.</li><li>▪ Biochemistry: Atmospheric gases.</li><li>▪ Transport of oxygen and carbon dioxide.</li><li>▪ Regulation of respiration, neural control of breathing, Chemical control of breathing.</li><li>▪ Composition of blood</li><li>▪ The heart: Its structure, Heart valves &amp; chambers, Coronary blood vessels; The cardiac muscle and its characteristics</li><li>▪ The great vessels Arteries, veins and capillaries</li><li>▪ Regulation of circulatory function: Vasomotor center, sympathetic and parasympathetic activity.</li><li>▪ Effects of Yoga Practices on Respiratory and Cardiovascular System.</li></ul>
<b>Course Outcomes</b>	Human anatomy and physiology provides a comprehensive knowledge of human body and it helps to understand the impact of yogic practices upon human body and its physiology.
<b>Text Books</b>	<ol style="list-style-type: none"><li>1. मानव शरीर रचना एवं क्रियाविज्ञान—अनन्त प्रकाश गुप्ता</li><li>2. आयुर्वेदीय शरीर रचनाविज्ञान—ताराचन्द्र शर्मा</li><li>3. मानव शरीरदीपिका—मुकुन्द स्वरूप वर्मा</li></ol>
<b>Reference Books</b>	<ol style="list-style-type: none"><li>4. शरीर रचना क्रियाविज्ञान —जे. पी. ब्रदर्स</li><li>5. Anatomy and Physiology - J. P. Brothers</li></ol>



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<b>Course Title</b>	<b>Communication English</b>				
<b>Course Code</b>	SSH01-111				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	2	-	-	2	
<b>Prerequisites</b>	<b>Basic knowledge of English Grammar and Language.</b>				
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>• Introduction to the grammar and basics of communication skill.</li> <li>• How useful is the grammar and communication to groom a person's skill.</li> </ul>				
<b>Course Contents</b>	<p><b>UNIT – I</b></p> <p><b>Key Concepts</b></p> <p>Process and Elements of Communication: context of communication; the speaker/writer and the listener/reader; Medium of communication; Principles of communication (7 C's of communication); Barriers in communication, effective communication; Communication in organization.</p> <p><b>UNIT – II</b></p> <p><b>Writing</b></p> <p>Selecting material for expository, descriptive, and argumentative pieces; Resume; covering letter, Elements of letter writing and style of writing, business letters: Quotation and Tenders; Basics of Informal and Formal Reports-technical report writing, lab report; Précis writing.</p> <p><b>UNIT – III</b></p> <p><b>Reading</b></p> <p>Effective Reading; reading different kinds of texts for different purposes; reading between the lines. Comprehension of Unseen Passages.</p> <p>Grammar in use: Errors of Accidence and syntax with reference to Parts of Speech; Agreement of Subject and Verb; Tense and Concord; Use of connectives, Question tags. Voice and Narration. Indianism in English: Punctuation and Vocabulary, Building (Antonym, Synonym, Verbal Analogy and One Word Substitution).</p> <p><b>UNIT – IV</b></p> <p><b>Speaking</b></p> <p>Achieving desired clarity and fluency; effective speaking; task-oriented, inter-personal, informal and semi-formal speaking. Meetings, Seminar, Conferences, Interviews, Presentation, Audio-visual communication.</p> <p><b>UNIT – V</b></p> <p><b>Listening</b></p> <p>Achieving ability to comprehend material delivered at relatively fast speed;</p>				

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	comprehending spoken material in Standard Indian English, British English and American English; Intelligent listening in situations. Advantages of listening. Hearing and Listening; Essentials of Good Listening. Use of Modern Communication Devices; Telephonic Conversation.
<b>Course Outcomes</b>	After completion of this course student will be able to understand the language for presenting the real extract of the subject to the society.
<b>Text Books</b>	<ol style="list-style-type: none"> <li>1. Sharma RC &amp; Mohan K – "Business Corresponding and Report Writing", Tata McGraw Hill, New Delhi, 1994.</li> <li>2. Alok Jain, P S Bhatia &amp; A M Shiekh – "Professional Communication Skills; S. Chand &amp; Company Ltd. 2005.</li> <li>3. Rajendra Pal and JS Korlahalli – "Essentials of Business Communication", Sultan Chand &amp; Sons, 1997</li> </ol>
<b>Reference Books</b>	<ol style="list-style-type: none"> <li>1. A guide to Correct English – Oxford University Press, Ely House, London W.I., Latest Edition. (For UNITIII)</li> <li>2. Fiske, john – "Introduction to Communication Studies", Rotledge London,1990.</li> <li>3. Geoffrey Leech &amp; Jan Svartvik – "A Communicative Grammar of English", ELBS Longman, England. Bill Scott – "The Skills of Communicating", Jaico Publishing House, Mumbai,2004.</li> <li>4. Gartside L- "Model Business Letters", Pitman, London,1992.</li> <li>5. Krishna Mohan &amp; N. P. Singh – "Speaking English Effectively"; MacMillan India, New Delhi; 2001.</li> <li>6. 100 Tests in VOCABULARY; Indian Institute of Publishing, Chennai.</li> </ol>

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<b>Course Title</b>	<b>GE-1 (FOUNDATION OF YOGA)</b>				
<b>Course Code</b>	SSH01-151				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	5	1	-	6	
<b>Prerequisites</b>	<b>Basic knowledge of Yoga Philosophy.</b>				
<b>Course Objectives</b>	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> <li>• Give an introduction of Yoga and its important streams,</li> <li>• Give a brief introduction of Yogies.</li> <li>• Give a brief history and the basis different types of Yoga.</li> </ul>				
<b>Course Contents</b>	<p><b>UNIT-I</b>  <b>Introduction:</b> Yoga- its Definition &amp; Objectives. Historic background of Yoga, Characteristics of a Yogi, Relevance of Yoga in Modern age, Introduction of Shada darshana and Purushartha chatusthaya.</p> <p><b>UNIT-II</b>  <b>Yoga in different Texts:</b> Veda, Upanishads, Geeta, Yoga Vashistha. Patanjali Yoga Sutra.</p> <p><b>UNIT-III</b>  <b>Types of Yoga:</b> Brief introduction on Hatha Yoga, Raja Yoga, Mantra Yoga, Laya Yoga, Kriya Yoga.</p> <p><b>UNIT-IV</b>  <b>Types of Yoga:</b> Brief introduction on Gyana Yoga, Bhakti Yoga, Karma Yoga, Tantra Yoga.</p> <p><b>UNIT-V</b>  <b>Ancient and Contemporary Yogies of India:</b> Maharshi Patanjali, Gorakhnath, Swami Vivekananda, Sri Aurobindo, Pt. Shree Ram Sharrma Acharya, Maharshai Mahesh Yogi, Swami Dayanand Sarswati.</p>				
<b>Course Outcomes</b>	By learning fundamentals of yoga students will have clear vision about the terminology and concepts of yoga. It will pave the path of spiritual journey with the insight wisdom of yoga.				
<b>Text Books</b>	<ol style="list-style-type: none"> <li>1. Yoga Mahavijnana- Dr.Kamakhya Kumar</li> <li>2. योग विज्ञान—स्वामी विज्ञानानंद सरस्वती</li> <li>3. योग और योगी—डॉ. अनुजा रावत</li> </ol>				

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<b>Reference Books</b>	<ol style="list-style-type: none"><li>1. Dasgupta S. N: History of Indian Philosophy, Motilal Banarsidas, Delhi,2012</li><li>2. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi,2013.</li><li>3. Agarwal M M :Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010</li></ol>
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<b>Course Title</b>	<b>YOGA PRACTICAL- I</b>				
<b>Course Code</b>	SSH01-181				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	-	-	8	4	
<b>Prerequisites</b>	Basic knowledge of different limbs of Yoga.				
<b>Course Objectives</b>	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> <li>• State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices</li> <li>• To demonstrate and instruct under mentioned yogic practices.</li> </ul>				
<b>Course Contents</b>	<p><b>Preliminary Asana Practices:</b>  Sukshma Vyayam - (Buddhi-Dhriti, Netra, Karna, Griva, Shakti vikasak) – Dheerendra Brahmachari</p> <ol style="list-style-type: none"> <li>1. Pawan Muktasana part-1 (Gh.S.)</li> <li>2. Pawan Muktasana part-2 (A.P.M.B.)</li> <li>3. Tadasana (Asana - W &amp; H)</li> <li>4. Tiryak Tadasana (A.P.M.B.)</li> <li>5. Kati Charasana (A.P.M.B.)</li> <li>6. Dandasana (A.P.M.B.)</li> <li>7. Vajrasana (Asana-W &amp; H)</li> <li>8. Shashanka-Bhujangasana (A.P.)</li> <li>9. Druta-Halasanana (A.P.)</li> <li>10. Marjariasana (A.P.M.B.)</li> <li>11. Shavasana (Gh.S.)</li> <li>12. Uttanpadasana (Asana-W &amp; H)</li> <li>13. Swastikasana (H.P.)</li> <li>14. Ardha Shalabhasana (Asana-W &amp; H)</li> <li>15. Butterfly Asana (A.P.M.B.)</li> <li>16. Pawan Muktasana part-2 (A.P.M.B.)</li> <li>17. Vrikshasana (Asana-W &amp; H)</li> <li>18. Side-Bend Chakrasana (Asana-W &amp; H)</li> <li>19. Gomukhasana (Asana-W &amp; H)</li> <li>20. Janu-Shirasana (A.P.M.B.)</li> </ol>				

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	<p>21. Surya Namaskar (B.Y.S. Munger)</p> <p><b>Shatkarma:</b></p> <ul style="list-style-type: none"><li>• Jala-Neti (Gh.S.)</li><li>• Rubber-Neti (Gh.S.)</li><li>• Kapalbhathi Vatkram -15 -30 stocks (Gh.S.)</li><li>• <b>Mantra:</b></li><li>• Swasti mantra (Dev Yajan), Om-Mantra &amp; Chanting, Gayatri Mantra, Mahamrityunjay Mantra</li></ul>
<b>Course Outcomes</b>	A scientific and well-mannered yogic practice based on classical text as well as contemporary trends will provide the talent to students to explore the science beauty and Philosophy of Yoga.
<b>Text Books</b>	<ol style="list-style-type: none"><li>1. Swami Satyananda Saraswati - Asan, Pranayama, Mudra, Bandha, Yoga publication trust, Munger,2006.</li><li>2. आसन प्राणायाम एवं मुद्रा बंध-स्वामी सत्यानंद सरस्वती</li></ol>
<b>Reference Books</b>	<ol style="list-style-type: none"><li>1. योगाभ्यासों की अध्यापन विधि –कैवल्य धाम लोनावला</li><li>2. सभी के लिए योग-आयंगर</li><li>3. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM samiti, Lonavala, 2012.</li><li>4. M.L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavla.Pt. Shri Ram Sharma- Pragma Abhiyan ka Yoga Vyayam, Brahmvarchas shodh Sanshan, Shantikunj, Haridwar, 1998.</li><li>5. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.</li></ol>

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<b>Course Title</b>	<b>Human Anatomy and Physiology Practical -I</b>				
<b>Course Code</b>	SSH01-182				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	-	-	4	2	
<b>Prerequisites</b>	Basic knowledge of anatomy and Physiology.				
<b>Course Objectives</b>	<p>The objectives behind teaching Human Biology is to</p> <ul style="list-style-type: none"> <li>• Make students familiar with the systems of the body.</li> <li>• Give a hand on experience about the human body using models, charts and pictures.</li> <li>• Make students understand the organization of the body with respect to structural components.</li> </ul>				
<b>Course Contents</b>	<ol style="list-style-type: none"> <li>1. Study of Simple &amp; Compound Microscope.</li> <li>2. An introduction to experiments on blood: Sample collection &amp; Preservation.</li> <li>3. Slide Presentation – <ul style="list-style-type: none"> <li>▪ T.L.C</li> <li>▪ D.L.C</li> <li>▪ Platelets count</li> <li>▪ R.B.C count</li> <li>▪ Tissues</li> <li>▪ Bones</li> </ul> </li> <li>4. Recording of systemic Arterial Blood Pressure</li> <li>5. Recording of body temperature and effect of exposure to cold &amp; hot environment.</li> </ol>				
<b>Course Outcomes</b>	Human anatomy and physiology provide a comprehensive knowledge of human body and it helps to understand the impact of yogic practices upon human body and its physiology.				
<b>Text Books</b>	<ol style="list-style-type: none"> <li>1. मानव शरीर संरचना और क्रियाविज्ञान- वी. कुमार</li> <li>2. मानव शरीर रचना और क्रियाविज्ञान- डॉ. अनंतप्रकाशगुप्ता</li> <li>3. Anatomy &amp; Physiology &amp; Yogic Practices: Dr. M.L. Gharote and Prof. S.K. Ganguly</li> <li>4. M.M. Gore: Anatomy and Physiology of Yogic Practices,</li> <li>5. H.D. Coulter: Anatomy of Hatha Yoga, Delhi, India, Motilal Banarasidas</li> </ol>				
<b>Reference Books</b>	<ol style="list-style-type: none"> <li>1. योगासन और शरीर विज्ञान- डॉ. राधेश्याम शर्मा</li> <li>2. Gore, M.M.: Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)</li> <li>3. Shirley Telles: A Glimpse of the Human body. (V K YOGAS, Bangalore, 1995)</li> <li>4. Sri Krishna: Notes on Structure and Functions of Human Body and Effects of</li> </ol>				

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	Yogic practices on it (Kaivalydhama S.M.Y.M Samiti, Lonavala, 1988)
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### WORD KEY

<b>BOOKS NAME</b>	<b>WRITER</b>
1. A.P.M.B.=Asana Pranayam Mudra Bandh -	Swami Niranjananand
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4. H.P.=Hath Pradipika (Kaivalyadham) -	Swami SwatmaramSuri
5. Y.D.= Yoga Dipika -	B.K.S. Ayanger
6. B.Y.=Bahirang Yoga -	ParamhansYogeshwaranand
7. Gh.S.=Gherand Samhita -	MaharshiGherand
8. M.V.=Mudra Vigyan -	ShriKapilDevShastri
9. K.Bh.- Karmakand Bhaskar -	Pt. Shri Ram Sharma Acharya
10. G.M. =Gayatri Mahavigyan -	Pt. Shri Ram Sharma Acharya
11. A.P.= Asana Pranayam -	Swami Atmabindu
12. H.Y.V. = Hath Yoga Vidya -	Swami Vigyananand Saraswati
13. P.Y.P.= Patanjali Yoga Pradip -	Swami Omanand Tirth
14. T.K. & Y.V.= Tantra Kriya &Yoga Vidya -	Swami Satyanand Saraswati
15. P.Y.S. = Patanjali Yoga Sutra -	Maharshi Patanjali (Gita Press)
16. Dev Yajan -	Swami Shivanand Saraswati
17. Dharana & Dhyan -	Swami Satyanand Saraswati
18. Yoga Pratibha -	Pratibha Rani Dwivedi
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