

**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 Science**  
**Shri Rawatpura Sarkar University, Raipur**

**Bachelor of Science in Yoga Science & Therapy**

**(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	SBS01-501	Th	Applied Yoga	Core	3	1	-	4	70	30	-	-	100
2	SBS01-502	Th	Yogic Management of Common Disorders	Core	4	-	-	4	70	30	-	-	100
3	SBS01-503	Th	Alternative Therapy	DSE-1	4	-	-	4	70	30	-	-	100
4	SBS01-504	Th	Fundamentals of Ayurveda	DSE-2	4	-	-	4	70	30			100
5	SBS01-505	Th	General Elective	GE-3	3	1	-	4	70	30		-	100
6	SBS01-581	Pr	Yoga Practical -VI	Core Pr	-	-	6	3	-	-	70	30	100
7	SBS01-582	Pr	Alternative Therapy Practical	Core Pr	-	-	4	2	-	-	35	15	50
8	SBS01-583	Pr	Fundamental of Ayurveda Practical	Core Pr	-	-	4	2	-	-	35	15	50
<b>Total Contact hr per week: 34</b>			<b>Total Credit: 27</b>					<b>Total Marks:</b>				<b>700</b>	

<b>Course Title</b>	<b>APPLIED YOGA</b>				
<b>Course Code</b>	SBS01-501				
<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>Course Objectives</b>	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> <li>•</li> </ul>				
<b>Course Contents</b>	<p>Unit -1: Yogic Health for school [15 Hrs.]</p> <p>General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Brief introduction to developmental process of children; Psycho-Physiological changes and development of</p> <p>81</p> <p>cognitive functions in School going children; Role of Yoga in establishment of values in School going children; Personality Development: New Dimensions of Personality through Yoga</p> <p>Unit -2: Yoga in Physical Education, Sports Sciences [15 Hrs.]</p> <p>General introduction to Physical Education and Sports; Difference between Physical Education &amp; Sports; Relevance of Integration of Yoga in Physical Education &amp; Sports; Yoga for Physical, Mental Stamina and other faculties / skills in a sports Personnel; Nature of different sports injuries, its prevention and management through Yoga; Yoga modules for different sports – track events, field events, single participation, group participation; Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities; Research reviews on Yoga and Sports</p> <p>Unit -3: Yoga for technostress [15 Hrs.]</p> <p>Introduction to Technostress, its cause, symptoms and complications; Health Hazards in</p>				

	<p>computer professionals; Role of Yoga in the promotion of skills; Application of Yoga for management of Technostress; Research reviews on effect of Yoga on Technostress</p> <p>Unit -4: Yoga for geriatric care [15 Hrs.]</p> <p>General introduction to Geriatric Care; Ageing: Causes and features, Premature ageing;</p> <p>Common Geriatric problems; Application of Yoga in common Geriatric problems and their prevention &amp; management; Research reviews on Yoga &amp; Geriatric care</p>
<b>Course Outcomes</b>	
<b>Text Books</b>	<ol style="list-style-type: none"> <li>1. Jayadev H J : Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004</li> <li>2. Liz Lark : Yoga for Kids, Carlton Books Ltd., London, 2003</li> <li>3. Swati &amp; Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008</li> <li>4. Iyenger B K S : The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001</li> <li>5. Dr. Goel Aruna : Yoga Education: Philosophy and Practice, Deep &amp; Deep Publications Pvt. Ltd, 2007</li> </ol>
<b>Reference Books</b>	<ol style="list-style-type: none"> <li>1. Basavaraddi I V : Yoga: Teachers manual for school children, MDNIY New Delhi , 2010</li> <li>2. Basavaraddi I V : Yoga in School Health, MDNIY New Delhi, 2009 Iyenger B K S : Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009</li> <li>3. Basavaraddi I V : Yoga for Technostress, MDNIY, New Delhi, 2010</li> <li>4. Dr. H Kumar Kaul : Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2006</li> <li>5. Basavaraddi I V : Yogic Management of Geriatric Disorders, MDNIY, New Delhi, 2009</li> </ol>

<b>Course Title</b>	<b>YOGIC MANAGEMENT OF COMMON DISORDERS</b>				
<b>Course Code</b>	SBS01-502				
<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>	Basic knowledge of yoga limbs and disease.				
<b>Course Objectives</b>	To give the knowledge of yoga techniques and health.				
<b>Course Contents</b>	<p>Unit -1: Introduction to common ailments and Respiratory disorders [8 Hrs.]  Introduction to stress and stress related disorders; Introduction to Yoga therapy–  AdhijaVyadhi concept, IAYT; Respiratory Disorders: Introduction to Respiratory disorders,  Brief classification – Obstructive / Restrictive, infectious, Bronchial Asthma:Definition,  Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; Allergic  Rhinitis &amp; Sinusitis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and  Yogic Management; COPD: Chronic Bronchitis, Definition, Etiopathogenesis, Classification,  Clinical Features, Medical and Yogic Management; Emphysema: Definition, Classification,  Clinical Features, Medical and Yogic Management; Infectious Disorders; Tuberculosis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management</p> <p>Unit -2: Cardiovascular disorder [8 Hrs.]  Introduction to Cardiovascular disorders, Hypertension: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Atherosclerosis / Coronary  artery disease: Definition, Etiopathogenesis, Classification, Clinical Features , Medical and  Yogic management; Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post  CABG rehabilitation: Definition, Etiopathogenesis, Classification, Clinical Features , Medical  and Yogic management, Congestive Cardiac failure, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Cardiac asthma:</p>				

Definition,  
 Etiopathogenesis, classification, Clinical Features, Medical and Yogic management  
 Unit- 3: Endocrinal and Metabolic Disorder [8 Hrs.]  
 Diabetes Mellitus (I&II): Definition, Etiopathogenesis, Classification, Clinical Features , Medical  
 and Yogic management; Hypo and Hyper- thyroidism: Definition, Etiopathogenesis,  
 Classification, Clinical Features , Medical and Yogic management; Obesity: Definition,  
 Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management;  
 Metabolic  
 Syndrome: Definition, Etiopathogenesis, Classification, Clinical Features; Medical and  
 Yogic  
 management  
 Unit -4: Obstetrics and Gynecological Disorders [8 Hrs.]  
 Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia: Definitions,  
 Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management;  
 Premenstrual Syndrome: Definition, Etiopathogenesis, Classification, Clinical  
 Features,  
 Medical and Yogic management; Menopause and peri-menopausal syndrome:  
 Definition,  
 Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management;  
 Yoga for  
 Pregnancy and Childbirth: Introduction to pregnancy, Complicated pregnancies: PIH,  
 Gestational DM, Ante-natal care, Post-natal care; PCOS: Definition, Etiopathogenesis,  
 Classification, Clinical Features, Medical and Yogic management  
 Unit-5: Cancer and gastrointestinal disorders [8 Hrs.]  
 Cancer: causes, types, clinical features, Side effects of Chemotherapy, radiotherapy;  
 Medical  
 and Yogic management; Gastro Intestinal Disorders: APD: Introduction to APD:  
 Gastritis –  
 Acute & Chronic, Dyspepsia, Peptic Ulcers, Clinical Features, Medical and Yogic  
 management;  
 Constipation and Diarrhoea: Definition, Etiopathogenesis, Clinical Features , Medical  
 and  
 Yogic management; Irritable Bowel Syndrome: Definition, Etiopathogenesis,  
 Classification,  
 Clinical Features, Medical and Yogic management; Inflammatory Bowel Disease,  
 Ulcerative  
 colitis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and  
 Yogic

	<p>management</p> <p>Unit-6: Musculo-Skeletal Disorders [7 Hrs.]</p> <p>Back Pain; Classification of back pain: organic and functional: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic-Lumbago,</p> <p>Medical and Yogic management; Neck pain: Classification, Cervical Spondylosis, radiculopathy,</p> <p>Functional neck pain; Medical and Yogic management, All forms of Arthritis: Rheumatoid</p> <p>Arthritis, Osteoarthritis, Medical and Yogic management</p> <p>Unit-7: Neurological Disorders [7 Hrs.]</p> <p>Headaches: Migraine: Causes, Classification, clinical features, Medical and Yogic management,</p> <p>Tension headache: Causes and its symptoms and Medical and Yogic management; Cerebro</p> <p>vascular accidents: Causes, clinical features, Medical and Yogic management, Epilepsy; pain;</p> <p>Autonomic dysfunctions: Causes, clinical features, Medical and Yogic management;</p> <p>Parkinson's disease: Causes, clinical features, Medical and Yogic management</p> <p>Unit- 8: Psychiatric disorders [7 Hrs.]</p> <p>Introduction to psychiatric disorders, classification – Neurosis, Psychosis: Neurosis: Anxiety</p> <p>disorders: Generalised anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder,</p> <p>Phobias: Medical and Yogic management; Depression: Dysthymia, Major depression, Medical</p> <p>and Yogic management; Psychosis: Schizophrenia, Bipolar affective disorder, Medical and</p> <p>Yogic management</p>
<b>Course Outcomes</b>	The students will have scientific knowledge of different disorders and will know its therapy through yogic practices.
<b>Text Books</b>	<ol style="list-style-type: none"> <li>1. 1. Swami Satyananda Saraswati : Yoga and Cardio Vascular Management, Yoga Publication</li> <li>2. Trust, Munger, 2005</li> <li>3. 2. Heriza, N., Ornish, D. Merz, C.N.B. : Dr. Yoga: A Complete Guide to the Medical Benefits of</li> <li>4. and Yoga (Yoga for Health) by (Paperback - Sep 9, 2004) Sparrowe, L., Walden, P. and</li> </ol>

	<p>5. Lasater, J.H: The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness</p> <p>6. (Paperback - Dec 3, 2002) - Dec 23,2003)</p> <p>7. 3. Clennell, B and Iyengar, G.S. : The Woman's Yoga Book: Asana and Pranayama for All</p> <p>8. Phases of the Menstrual Cycle, Menstrual Disorders (The Experience of Illness)</p> <p>9. (Paperback - Dec 3, 1992)</p> <p>10. 4. agarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy,</p> <p>11. Breathing Practices, Swami Vivekananda Yoga Prakasana, Bangalore, 2000</p> <p>12. 5. Robin Monoro, Nagarathna R and Nagendra, H.R.: Yoga for Common Ailments, Guia</p> <p>13. Publication, U.K., 1990</p> <p>14. योग चिकित्सा संदर्शिका – कामाख्या कुमार</p> <p>15. योग चिकित्सा – वी. के. अहुलवालिया</p> <p>16. Anatomy &amp; Physiology of Yogic Practices - M M Gore</p> <p>17. Disease &amp; Yoga - Swami Satyanand Saraswati</p>
<p><b>Reference Books</b></p>	<p>1. Yoga &amp; Arthritis - Dr. Nagendra</p> <p>2. Yoga for Hypertension - Swami Satyananad Saraswati</p> <p>3. Yoga &amp; Pregnancy - Dr. Nagendra &amp; Nagratna</p> <p>4. Nav Yogini Tantra - Swami Satyananda Saraswati</p> <p>5. Yoga for Children &amp; Adolescent - Swami Satyananda Saraswati</p> <p>6. Yoga for Asthma &amp; Diabetes - Swami Satyananda Saraswati</p> <p>18. योग एवं रोग – स्वामी सत्यानंद सरस्वती</p> <p>19. प्राकृतिक चिकित्सा एक समग्र उपचार पद्धति – सरस्वती काला</p>



<b>Course Title</b>	<b>ALTERNATIVE THERAPY</b>				
<b>Course Code</b>	SBS01-503				
<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>	Basic Knowledge of Five elements.				
<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 Alternative therapy.</li> <li>• Treatment of Various diseases by alternative therapy.</li> </ul>				
<b>Course Contents</b>	<p><b>UNIT-I</b></p> <p>Meaning of Alternative Therapies &amp; its importance. General introduction to following alternative Therapies- Naturopathy – Unani, Acupuncture - Acupressure, Sujok- Yajya therapy, Pranic healing- Marma therapy, Aroma - Mantra therapy</p> <p><b>UNIT-II</b></p> <p><b>Acupressure</b></p> <p>Meaning &amp; Definition of acupressure. Important elements of acupressure Jimi, Roller, Magic ball. Acupressure therapy of following Ailments: Diabetes, Constipation, Blood Pressure, Backache, Arthritis &amp; Asthma.</p> <p><b>UNIT-III</b></p> <p><b>Pranic Healing-1</b></p> <p>Pranic Healing and its importance, Basic Chakras, Principle of Pranic Healing, Process of Pranic Healing.</p> <p><b>UNIT-IV</b></p> <p><b>Pranic Healing-2</b></p> <p>Pranic Healing of following diseases : Digestive disorder, Cardiac disorders, Urinary disorders, Nervous disorders, Endocrinal disorders.</p> <p><b>UNIT- V</b></p> <p><b>Yajya, Marma and Mantra Therapy</b></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>				
<b>Course Outcomes</b>	Students will learn importance and benefits of Alternative Therapy and how to treat disease by it.				

<b>Text Books</b>	<ol style="list-style-type: none"><li>1. एक्यूप्रेशर – डॉ. अत्तर सिंह</li><li>2. एक्यूप्रेशर – डॉ. एल. एन. कोठारी</li><li>3. एक्यूप्रेशर के द्वारा आप ही अपने डॉक्टर – डॉ. धीरेनगाला</li><li>4- Advanced Pranic Healing - Master ChoaKok Sui</li><li>5- Pranic Psychotherapy - Master ChosKok Sui</li></ol>
<b>Reference Books</b>	<ol style="list-style-type: none"><li>1. सुजोक चिकित्सा – डॉ. आशा महेश्वरी</li><li>2. एक्यूप्रेशर – डॉ. डी. पी. बोरा</li><li>3- Miracles Through Pranic Healing- Master ChoaKok Sui</li></ol>

<b>Course Title</b>	<b>YOGA PRACTICAL - VI</b>				
<b>Course Code</b>	SBS01-581				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	-	-	8	4	
<b>Prerequisites</b>	<b>Basic practice of Yoga and exercise.</b>				
<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>					
<b>Course Outcomes</b>	A scientific and well-mannered yogic practice based on classical text as well as contemporary trends will provide healthy life and philosophy of yoga.				
<b>Text Books</b>	<ol style="list-style-type: none"> <li>1. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM samiti, Lonavala, 2012.</li> <li>2. M_L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavla.</li> <li>3. स्वामी सत्यानंद सरस्वती - आसन, प्राणायाम, मुद्रा, बंध, योग पब्लिकेशन ट्रस्ट, मुंगेर, 2007.</li> </ol>				
<b>Reference Books</b>	<ol style="list-style-type: none"> <li>1. पं. श्री राम शर्मा- प्रज्ञा अभियान का योग व्ययाम, ब्रह्मवर्चस शोध संस्थान , शांतिकुंज, हरिद्वार, 1998.</li> <li>2. Swami Satyananda Saraswati - Asan, Pranayama, Mudra, Bandha, Yoga publication trust, Munger,2006.</li> <li>3. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.</li> <li>4. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012.</li> <li>5. Swami Kuvlayanand - Asana, Kaivalyadham SMYM samiti, Lonavala, 1993</li> </ol>				