

M. A. in Yoga for Human Excellence
(Through Directorate of Distance Education , MKU)
To be implemented from 2013 — 2014

Regulation:

1. **Eligibility for Admission to the Course** : Any person who has completed a degree or equivalent course accepted by Madurai Kamaraj University, shall be permitted to pursue the Course.
2. **Duration of the Course** : 2 Years.
3. **Medium of Instruction** : Tamil and English.

4. Course of Study & Scheme of Examinations. **Duration** **Marks**

First Year:

1. Origin, growth and developments of yoga	3	100
2. Physical Health	3	100
3. Rejuvenation of life-force and streamlining of mind	3	100
4. Role of Yoga on Sublimation and social welfare	3	100
5. Yogic Practices : Practical-I	3	100

Second Year:

6. Science of divinity and realization of self	3	100
7. World community life	3	100
8. World Peace Plans	3	100
9. Guidance and Counselling, Psychotherapy	3	100
10. Yogic practices: Practical-II	3	100

Attendance for all Contact Seminar Classes and Practical Classes is compulsory.

5. Question Paper Pattern:

1. Five questions are to be answered out of 10. 10th question should be answered compulsorily. All questions carry equal marks.(5x20=100)
2. For the practical papers, the candidate has to perform at least five of ten items mentioned in the question paper. Each answer carries 20 marks. (5X20=100marks)

6. Pass and Ranking :

1. A candidate should secure a minimum of 50 marks in each paper to obtain a pass.
2. A candidate who has passed in all the 10 papers and secured a total of 500 marks or more, but less than 600, will be ranked as second class. Those who pass in all papers and secure a total of 600 marks or above will be ranked as first class.
3. Those who fail in any particular paper should appear for the same until they obtain pass marks.

7. Private Study : Private studies are not allowed.

FIRST YEAR

PAPER – 1

ORIGIN, GROWTH AND DEVELOPMENTS OF YOGA

OBJECTIVES :

A study of the origin and growth of Yoga, Indian Philosophy, Concepts of various Religions, The philosophy of the Siddhas, Application of Yoga.

UNIT- I ORIGIN AND GROWTH OF YOGA

Yoga – Meaning of Yoga – Yoga is a science – Yoga is an art – Types of Yoga practices – Bhakthi Yoga – Karma Yoga – Raja Yoga – Gnana Yoga – Origin and history of yoga – Its relevance to the present age.

UNIT - II YOGIC CONCEPTS IN INDIAN PHILOSOPHY AND OTHER TRADITIONS

Indian Philosophy –Vedas - Upanishads – Bhagavad Geetha - The six dharsanas in hindu tradition of gnana – Sankyam – Patanjali Yoga – Niyaya – Vaisidigam – Meemamsai – Vedhantha – Advaitam, Dvaitam – vishistathvaitam– Saivam, Saktham

Yogic concepts in Jainism, Buddhism, Christianity, Islam, Sikhism, Tao, Judaism, Confucius and Zoroastrianism.

UNIT - III SIDDHA PHILOSOPHY

Yoga in ancient Tamil – Concepts – Life of the Siddhas –Siddha Literature -Siddha Philosophy - Moral Concepts of Siddha. - Thirumanthiram.

UNIT - IV SCIENCE AND SPIRITUALITY

Science and Spirituality – An overall view –Vethathiri Maharishi's contributions – Present day Yoga practices and Applications for Physical health, Mental health, long life, Social health and spiritual health.

UNIT - V COMPARATIVE STUDY OF YOGA

Patanjali, Thirumoolar, Thayumanavar, Vallalar, Bharathiar, Swamiji Kuvalaiana and Vethathiri Maharishi.

REFERENCE BOOKS :

1. **Origin, Growth and Application of Yoga**, VISION, Vethathiri Publications, Erode
2. **Yoga, Meditation and Perfect life**, Dr.S.Jayaprakasam &Dr.P.Anandhi, BINOWS, Madurai.

3. **Yoga for Modern Age**, Vethathiri Publications, Erode.
4. **Sound Health through Yoga**, Dr. K. Chandrasekaran, Prem Kalyana Publications, Sedapati.
5. **Patanjali Yoga Sutras**, Sri Ramakrishna Math, Chennai..
6. **A History of the Tamil Siddha Cult**, Venkataraman.R, Ennes Publications, Madurai 1990.
7. **Islamic Spirituality**, Seyyed Hossein Naser(ed), Routledge and Kegan Paul, London, 1987
8. **Holy Bible (common Translation in Tamil), TNBLC**, Tindevanam, 2006
9. **Holy Quran (Tamil)**, Islamic Foundation Trust, Chennai 2006
10. **Thirumandiram**, Sri Ramakrishna Math, Chennai, 1991

PAPER – 2 PHYSICAL HEALTH

OBJECTIVES :

Physical exercises and food habits for a healthy life. Principles of Yoga and Physical education, systems of medicine.

Unit - I HISTORY OF YOGA

Meaning, Philosophy, Aim, Objectives and Scope of Yoga, Systems of yoga (Hatha Yoga, Jnana Yoga, Karma Yoga, Raja Yoga, Yantra Yoga, Mantra Yoga, Laya Yoga, Bakthi Yoga) - Patanjali's Limbs of Yoga (Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samathi) - Purpose of life – Self, Society, Nature – Yoga - Philosophy of life – Need, protection, Virtues - Stages in development of knowledge - Life devoid of disease - Current life style and Physical health – Scientific growth and a mechanical life – competitive world – mental problems - Relationship between body, life-force and mind –Harmonious relationship – One affecting the other - Health is wealth.

Unit - II STRUCTURE AND FUNCTIONS OF THE PHYSICAL BODY

Physical body: association of the Panchabhootas – The three circulations - Three bodies - Pain, disease and death – Reasons for disease – Immunity – Limits in Five – Importance of physical exercises – Maintaining polarity between the cells – Eradication of sin imprints - Greatness of Simplified Physical Exercises - Physical body – Cell – Tissue – Skeletal and Muscular system - Circulatory system – Nervous System – Brain & Spinal Cord – Respiratory system – Digestive system – Excretory system

Unit - III SIMPLIFIED EXERCISES

Simplified Exercise – Rules – Benefits - Hand exercises, Leg Exercises - Breathing exercises, Eye exercises, Kapalabhati - Makarasana Part I, Makarasana Part II - Massage, Acu – pressure, Relaxation – Benefits – Physical Exercises, a scientific explanation.

UNIT - IV MEDICAL SYSTEM

Food as medicine – Bio-magnetism Intake – Measure and method in food - Satvic, Rajo and Tamas – Simple diet – Planned diet – Balanced diet – Natural food – Vegetarian diet and yoga – Importance of Fruits, Vegetables, greens – Importance of fasting – Eating at regular hours – Food as medicine – Naturopathy – Other medical

systems - Allopathy – Siddha – Ayurveda - Unani – Homeopathy – Varmakalai – Principles, Methods and Benefits.

UNIT - V YOGIC TECHNIQUES

Asana Rules – Surya Namaskar – Asanas – Padmasana, Vajrasana, Yoga mudra, Pachi-mothasana, Ustrasana, Vakkarasana, Komukasana, Chakrasana (side posture), Vrikchasana, Tirikonaasana Bhujangasana, Salabasana, Dhanurasana, Navukkasana, Machasana, Bhavana Muktasana, Uthana Padasana, Navasana, Sarvangasana, Halasana, Chakkarasana, Savasana,

Pranayama:- Naddi suddi, Ujjai, Seettali, Seethkari, Kapalapathi

Mudras:- Gnana mudra, Vaayu mudra, Sunya mudra, Prithvi mudra, Suriya mudra, Varuna mudra, Prana mudra, Abana mudra, Abana vaayu mudra, Linga mudra, Aadhi mudra, kesari mudra, Aswini mudra.

Bandha: Jalandhara Bandha, Uttiyana bandha, Moola Bandha, Maha Bandha.

REFERENCE BOOKS:

1. **Simplified Physical Exercise**, Vethathiri Publications, Erode
2. **Sound Health through Yoga**, Dr.K.Chandrasekaran, Prem Kalyana Publications, Sedapati.
3. **Asanas**, Swami Kuvalayananda, Sri Kuvalayananda publications, Pune
4. **Physical Health**, Vethathiri Publications, Erode
5. **Yogasana**, Vethathiri Publications, Erode
6. **Patanjali: Yoga Sutras**, Sri Ramakrishna Math, Chennai.
7. **Key to Health**, M.K.Gandhi, Navajivan Publications, Ahmedabad,
8. **Practical Nature Cure**, Lakshmana Sarma. K, The Nature cure publishing house, Pudukkottai.

PAPER – 3

REJUVENATION OF LIFE-FORCE AND STREAMLINING OF THE MIND

OBJECTIVES:

Understanding the concept of Kayakalpa Exercise for longevity - Meditation for streamlining the mind – Intensification of bio-magnetism.

UNIT - I REJUVENATION OF LIFE FORCE

Life force – structure – life force circulation – Purpose of Kayakalpa- Siddha techniques: Life without disease, youthfulness, postponing death - Philosophy of Kayakalpa – Old age and death - Importance of Kayakalpa exercise - Kayakalpa practice: Aswinin Mudra – Ojas breath – Benefits of Kayakalpa - Sex and Spirituality – Chastity – Spiritual Development – Jeeva Samadhi –Practices of Siddhars.

UNIT - II STREAMLINING OF MIND

Mind – Bio-magnetism – functions of mind – compressing and expanding - Eight special features of the living beings - Mental frequency – Beta Wave, alpha wave, theta wave, delta wave – imprints – Sanjeetha karma, Praraptha Karma, Akamyia Karma -10 stages of mind – Five Sheaths(Five kosas)– Three stages of the mind – Sleep, Dream, Foretelling the future - Importance of meditation – Greatness of Guru – Benefits of meditation – Reduction in mental frequencies –Counselling - Transactional Analysis (Child, Adult, Parent)

UNIT - III MEDITATION

Purpose of meditation in life – Meditation practices during the past and the present – Significance of Manavalakalai Yoga – Simplified Kundalini Yoga – Meditation on life force - Initiation by Guru - **Agna** meditation – **Shanti meditation** – **Thuriya** Meditation –**Thuriyatheetha** meditation – Principles – merging with Almighty – attaining perfection – benefits.

UNIT - IV HIGHER MEDITATIVE PRACTICES

Pancha bootha meditation (meditation on five elements and nine planets) – Panchendria meditation (Meditation on five senses) - Vipasana meditation - Nine centre meditation - functions of Endocrine glands – physical and physiological benefits - Divine State Meditation.

UNIT - V INTENSIFICATION OF BIO-MAGNETISM

Bio-magnetism - Production – Consumption - Stock - Physical transformation of bio-magnetism – Pressure, Sound, Light, Taste, Smell – Practice for intensifying bio-magnetism – Lamp gazing (Flame Gazing) – Mirror gazing – concept – rules – benefits – passes for curing disease.

REFERENCE BOOKS :

1. **Rejuvenation of Life-force and streamlining of mind**, Vethathiri Publications, Erode
2. **The Conscious Mind: The Fundamental Theory**, David J.Chamlers, Oxford University press, USA
3. **Philosophy of Mind**, Jaegwon Kim, Westview Press, USA
4. **Manavalakalai Part I**,Vethathiri Publications, Erode
5. **Patanjali: Yoga Sutras**, Sri Ramakrishna Math, Chennai.
6. **Journey of Consciousness**, Vethathiri Publications, Erode
7. **Sound Health through Yoga**, Dr.K.Chandrasekaran, Prem Kalyana Publications, Sedapati.

PAPER – 4

ROLE OF YOGA ON SUBLIMATION AND SOCIAL WELFARE

OBJECTIVES :

Introspection for Harmonious relationship with others in the society - Analysis of Thoughts - Moralization of Desires - Neutralization of Anger and Eradication of Worries - Blessings – Virtuous life

UNIT- I INTROSPECTION

Ego – Six bad temperaments – Five sinful deeds – Six good qualities – Introspections practices - Analysis of thoughts: Mind and thoughts – greatness of the thought force – Power of thoughts – Thoughts form the basis of life - Six root causes for thoughts - Practice for Analysis of Thoughts.

UNIT - II MORALISATION OF DESIRE,

Root causes – three kinds of desires – desires to be nurtured - attachment and detachment – Greed and contentment - Practice for Moralization of Desires.

NEUTRALISATION OF ANGER :- Root cause of anger – chain reaction – Ill effects of anger- Patience and forgiveness - Practice for neutralization of anger.

UNIT - III GOOD FRIENDSHIP

Eradication of worries:- Four types of worries - Practice for eradication of worries - Benefits of Blessing: Wave theory – Greatness of blessing – Ways to bless – World blessing - Family Peace – Conflict within the family due to four factors – Tolerance, adjustment, sacrifice – Economic disparity – sexual relationship - good relationship between the husband and wife - Maneuver of the six temperaments - Greatness of penance in silence.

UNIT - IV SOCIAL WELFARE

Five kinds of duties - Greatness of Women – Womanhood, motherhood, godliness – sacrifice – detachment – Equal rights – Wives' appreciation day – World peace - Individual Peace, Family peace, World peace – Universal brotherhood

UNIT - V CULTURAL EDUCATION

Protection of the natural resources – Pollution free environment –effects of pollution (Land water, air, forest, sound, thought force) – global warming – solutions – Cultural education – Non violence, Truth, Honesty, Patience, forgiveness, equanimity, Self control, Obedience, consistent effort, Peace, not being jealous, not being boastful, total quality enhancement - Good governance – Greatness of Democracy – responsibilities of people in electing their Leaders – education for governance – spiritual education – the greatness of service - Service mentality – Fundamentals for Spiritual development – Physical, mental and Spritual service (Eg.) Mother Teresa, Mahatma Gandhi, Vinoba Bhave, Dr.Muthulakshmi Reddy.

REFERENCE BOOKS :

1. **Sublimation and Social Welfare**, Vethathiri Publications, Erode
2. **En Ahimsai (Autobiography of Fuji Guruji)**, S.Jeyapragasam, Madurai
3. **Yoga for Modern age**, Vethathiri Publications, Erode
4. **The Story of My Experiments with Truth**, M.K. Gandhi, Navajivan Publishing House, Ahmedabad.
5. **Leo Tolstoy: Vaalum Vazhi(Tamil)**, S.Jeyapragasam and B.Anandhi, BINOWS, Madurai
6. **Journey of Consciousness**, Vethathiri Publications, Erode.
7. **Indian Wisdom**,Williams, Cosmo Publications, New Delhi

PAPER – 5
YOGA PRACTICES PRACTICAL – I

OBJECTIVES :

Practical exercises and Meditation practices, Anti-aging process of Kayakalpa exercises – Increasing bio-magnetism and Personality development.

UNIT - I SIMPLIFIED EXERCISES

Hand exercises – Leg exercises – Breathing exercises – Eye exercises – Kapalabathi – Makarasana – Body massage – Acupressure – Relaxation

UNIT - II KAYAKALPA EXERCISES – SIDDHA TECHNIQUES

KayaKalpa Exercise practice – Siddha Techniques – Aswini Mudhra – Moola Bandha – Ojas Breath.

UNIT – III ASANAS

Surya Namaskar, Padmasana, Vajrasana, Yoga mudra, Pachi-mothasana, Ustrasana, Vakkarasana, Komukasana, Chakkarasana (Side Position), Viruchasana, Trikonasana, Bhujangasana, Chalabasana, Dhanurasana, Navukkasana, Machasana, Pavana Muthasana, Uthana Padasana, Navasana, Sarvangasana, Halasana, Chakkarasana, Savasana.

UNIT - IV MEDITATION

Agna meditation - Shanti meditation – Thuriya meditation - Thuriyatheetha meditation.

UNIT – V PRACTICES TO STRENGTHEN BIO-MAGNETISM

Lamp gazing (Flame Gazing) Practice.

REFERENCE BOOKS:

1. **Simplified Physical Exercise**, Vethathiri Maharishi, Vethathiri Publications, Erode
2. **Yoga Practices I**, Vethathiri Publications, Erode

3. **Sound Health through Yoga**, Dr.K.Chandrasekaran, Prem Kalyana Publications, Sedapati.
4. **Light on Pranayama**, BKS. Iyenger, Harper Collins Publishers, New Delhi.
5. **Light on Yoga**, BKS. Iyenger, Harper Collins Publishers, New Delhi
6. **Pranayama**, Swami Kuvalayananda, Ghoshiyananda Samith, Pune
7. **Patanjali: Yoga Sutras**, Sri Ramakrishna Math, Chennai

SECOND YEAR

PAPER – 6

SCIENCE OF DIVINITY AND REALIZATION OF SELF

OBJECTIVES:

Absolute Space – an explanation - Transformation of magnetism and its effects. Transformation of Absolute Space into the universe and the living beings, the principles of Cause and Effect, genetic center, Who am I?

UNIT – I ABSOLUTE SPACE- AN EXPLANATION

Absolute Space – Truthfulness – Various concepts of Almighty – Objectives of Religion – Virtues and God realization – Virtuous life – Vethathiri model of Space and Universe - Gravity – Four Qualities of Divine State-Three potentials of Divine state.

UNIT – II TRANSFORMATION OF THE UNIVERSE

Origin of the Panchabhoothas - Dust particle - Four types of energy particles – Element – Self compressive force –Repulsive force –Panchabhoothas - Universal magnetism –Pancha thanmathra (Physical transformation of bio magnetism)

Astronomy - Various concepts about Evolution of Universe – Evolution of Planets, Stars, Galaxies and Universe – functions - Consciousness in non living things - relationship between the planets and the living beings - Wave theory – relationship between the Mind and universal magnetism.

UNIT – III EVOLUTION OF LIVING BEINGS

History of living beings – plants with one sense to animals with five senses - origin of the five sense organs (Gnanendriyas) – origin of the organs of action (Karmendriya) - Evolution of mankind and Sixth sense (Mind) – Greatness of man - Consciousness in living beings– Bio magnetism – functions of bio magnetism in human body – Specific Gravity – Sensory Perceptions and God realization – Production, Consumption and stock – Feelings.

UNIT – IV MIND

Mind – structure function – compressing into imprints – expanding as thoughts – sanjitha, prapatha, akamiya karma - Purification of Mind – Defilement of the Mind – sinful imprints – Ways to eradicate the imprints – Expiation, Superimposition and Neutralisation - Why men differ?

UNIT – V PERFECTION IN CONSCIOUSNESS

Who am I? Realization of the Self – visible objects, the energy particle, dust particle and space – Divinity in man – Conscious is Almighty – Consciousness in man – Consciousness is God - Functions of the Divine consciousness – the principles of Cause and Effect – Law of nature – awareness – pleasure and pain – Destiny and wisdom – thoughts, word and deed - Nishkamy Karma - Karma yoga – Duty consciousness – gratitude – The 10 principles of Karma yoga – Love and compassion – protection and maintenance – Service to humankind – attaining perfection - The Art of public Speaking.

REFERENCE BOOKS:

1. **Science of Divinity and Realization of self**, Vethathiri Publications, Erode
2. **The Mirror of the Self**, Acharya Maha Pragma, Jain Vishva Bharathi Institute, Ladun, 1995
3. **Unified force**, Vethathiri Publications, Erode.
4. **History of the universe and living beings**, Vethathiri Publications, Erode
5. **Swami Vivekanandar Ezhundhiru Vizhithiru, Vol 1,2,3 (Tamil)**
6. **Sri Aurobindo, The Synthesis of Yoga**, Sri Aurobindo Ashram, Pondicherry, 1996

PAPER – 7 WORLD COMMUNITY LIFE

OBJECTIVES:

Principles of life for the World Community.

UNIT – I WORLD COMMUNITY LIFE

World without war – Fair judiciary – Crime – capital punishment to be stopped - One World Federal Government – basic Human rights – World peace.

UNIT – II ECONOMIC EQUALITY

Economics – Economic disparities - Cooperative method industry – Socialism - Five basic trades - six financial capitals – six comforts in life – Unemployment – Sharing of jobs – venality

UNIT – III CULTURE AND MORALITY

Reformation of culture – Five fold culture – Two fold culture - Living in accordance with the guidance of the wise – Suruti, Yukthi, Experience – Life of the wise people – Vethathiriyam concepts – Woman education – Duties and Responsibilities – Morality in man-woman relationship — Arts without flaws - Mother and child care – Love between the child and mother – Rearing children.

UNIT – IV REFORMED THOUGHTS

Following the path of Nature – Respect for nature – Merging with Almighty – Car festivals – unhygienic conditions – Physical exercise for children - Effects of sports on adults.

UNIT – V TRUTH WAY

Food and water made common to all – Food production – population explosion - Distribution of food and water resources – Interlinking of the Rivers – Duties of Religious heads - Logical Solutions for the Problems of Humanity.

REFERENCE BOOKS:

1. **World Community Life (Vethathiriyam)**, Vethathiri Publications, Erode.
2. **Vethathiriyam**, Vethathiri Publications, Erode.
3. **Logical Solutions for Social Problems**, Vethathiri Publications, Erode.
4. **The story of My Experiments with Truth**, M.K. Gandhi, Navajivan Publishing House, Ahmedabad
5. **Indian Wisdom, Williams**, Cosmo Publications, New Delhi, 1978

6. **Human Relationship skills**, Richard Nelson –Jones, USA

PAPER – 8 WORLD PEACE PLANS

OBJECTIVES:

Plans for World Peace and a World without war.

UNIT - I RESEARCH FOR PEACE

Pleasure, pain, peace and Ecstasy – Reasons for pain – Emotions – Narrowmindedness – Habits that are against Nature – Necessity of a life in harmony with Nature – Birthright – Freedom to life – Development of knowledge in five fields – Harmonious Life despite differences in race, religion, caste and language – Environment that needs to be changed – Value of humanity – New life.

UNIT - II WORLD PEACE PLAN

Interim and Ultimate plans – Beginning of Implementation among the children - child care – All things are common – work for all - Man as the asset of the society – Gold is unnecessary – Cooking in common – Intuitive spiritual education – Consequences of atom bomb used during second world war - Duty of the world leaders for securing the future - seeds for world peace - Seven plans – reforms and a frugal life - United Nations Organization – World Peace plan – safeguarding the boundaries - Duties of the wise.

UNIT - III EDUCATIONAL REFORMS

Prosperous India – Present Economic condition - Economic reforms – National Social Security Fund – Socialism - Social reforms – Safeguarding the children, disabled and the aged – A System of useful Education – Technical education in every village

UNIT - IV AGRICULTURE AND INDUSTRIAL REFORMS

Agriculture – Weaving – Building construction – cooking – production and handling of machines – Academic learning - Language – Need for a common language - Political Reforms – Drawbacks in politics – Reforms – Good governance – Democracy.

UNIT - V A NEW LIFE IN THE FUTURE

Food, clothing, shelter and life-partner – Everyone's needs – Marriage – Chastity – Work – Life without worries – Life without desires – Social Service – a flawless society – Love and duty – Peaceful life – Creative and spiritual life – World welfare .

REFERENCE BOOKS:

1. **World Peace Plans**, Vethathiri Publications, Erode
2. **Peace and Value Education**, K.C.Joseph, National Institute of Peace and Value education, Hyderabad,
3. **Journey towards Human Unity**, Robert Catalano, Vinu Aram, Shanthi Ashram, Coimbatore.
4. **Altruism**, Vethathiri Publications, Erode
5. **Identity, conflicts, Peace Making**, school of Religion philosophy Humanist thoughts, Madurai
6. **Prosperity of India**, Vethathiri Publications, Erode
7. **Peace Research Forum**, Dept of Gandhian Studies, M.K.University, Madurai
8. **Perspectives of Peace Research**, Gujrat Vidyapeeth, Ahamadabad

Paper – 9
GUIDANCE AND COUNSELLING, PSYCHOTHERAPY

OBJECTIVES:

- a) To enable the students to understand the basic concept of Guidance and Counselling and Psychotherapy
- b) To help them to realise their strengths and weaknesses
- c) To provide them the choices, opportunities and requirements to improve their effectiveness
- d) To initiate them to learn emotional and physical dangers and various forms of therapies

Unit-I Guidance

Guidance- meaning, definition, nature, need and scope; Functions and principles; Characteristics; Types- Educational, Vocational, Avocational, Social, Moral, Health, Personal and Marital

Unit – II Guidance programme

Guidance services - The cumulative record card - Occupational information- Organization of guidance programme - Guidance programme at different levels - Guidance personnel - Role of the teachers in guidance programme

Unit – III Counselling

Counselling – meaning, purpose, scope; Elements and characteristics; Levels and classifications; Characteristics; Steps involved in counseling process; Counselling techniques - directive, non-directive, eclectic; Types – individual and group; Difference between guidance and counseling; Counseling and psychotherapy; Qualities of a good counsellor

Unit – IV Common types and Treatment

Mental illness; Common types – anxiety, mood disorder, personality disorder, phobias, panic disorder etc.; Treatment – psychotherapy, medication, exercise and meditation; Psychotherapy- etymology, forms, systems, general descriptions; medical and non-medical models

Unit - V Specific schools and approaches

Specific schools and approaches – Psychoanalysis, Gestalt Therapy, Group psychotherapy, Cognitive behavioural therapy, Hypno psychotherapy, Body oriented psychotherapy, Expressive Therapy, Interpersonal psychotherapy, Family Therapy, Confidentiality; Criticism on effectiveness; Therapy for Children; Conclusion.

REFERENCE BOOKS:

- 1 Educational and Vocational Guidance on Secondary Schools**, S.K Kochhar, Sterling Publishers, Private Limited, New Delhi-110020
- 2 Guidance and Counselling**, S. Nanarayana Rao, Tata McGraw Hill Publishing Company. New Delhi.
- 3 Teacher and Learners**, Prof. S. Santhanam, Shantha Publishers, Chennai-600014
- 4 Educational Psychology**, Dr. K. Nagarajan, Ram Publishers, Chennai-600093
- 5 Psychoanalytic Psychotherapy**, Nancy McWilliams, The Guilford Press, New York
- 6 Advanced Techniques for Counselling and Psychotherapy**, Christian Conte, Ph D, Springer Publishing Company LLC, New York

PAPER – 10

YOGA PRACTICES PRACTICAL - II

OBJECTIVES :

Practising special Meditations, Yogasanas, Pranayama, Mudra and Bandhas.

Unit - I SPECIAL ASANAS

Trikona asana – Tadasana – Dhanurasana – Sukasana – Chakkarasana -
Siddhasana – Utkadasana – Mandukasana – Mahamudra – Janusirasasana – Artha
bhavana mukthasana – Sabthavajrasana – Savasana.

Unit - II PRANAYAMA

Nadi Suddhi, Ujjaii, Seetali, Seetkari, Kapalapathi.

Unit - III MUDRA AND BANDHA

Gnana mudra - Vaayu Mudra – Soonya Mudra – Prithvi Mudra – Surya Mudra –
Varuna Mudra – Prana Mudra – Abana Mudra – Abana Vaayu Mudra – Linga Mudra –
Adi Mudra – Kesari Mudra – Aswini Mudra. Bhandha: Jalandhara Bandha - Uttiyana
Bandha – *Moola Bandha, Maha Bandha*

UNIT - IV HIGHER MEDITATIVE PRACTICES

Panchendriya Meditation – Pancha Bhootha Meditation – Nine Centre Meditation
–Vipasana Meditation.

UNIT - V INTENSIFYING BIO-MAGNETISM

Mirror Gazing – Passes for curing diseases.

REFERENCE BOOKS:

1. **Yoga Practices I**, Vethathiri Publications, Erode
2. **Sound Health through Yoga**, Dr.K.Chandrasekaran, Prem Kalyana Publications,
Sedapati.
3. **Light on Pranayama**, BKS. Iyenger, Harper Collins Publishers, New Delhi.
4. **Light on Yoga**, BKS. Iyenger, Harper Collins Publishers, New Delhi

5. **Pranayama**, Swami Kuvalayananda, Ghoshiyananda Samith, Pune
6. **Patanjali: Yoga Sutras**, Sri Ramakrishna Math, Chennai