

Part – II

English	3	100
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Part – III

1. Yogic Practices in Religious Traditions and Cultures.	3	100
2. Human Anatomy and Physiology.	3	100
3. General Knowledge.		

Third Year:

1. Developments and Innovations in Yogic Practices.	3	100
2. Yogic Therapy	3	100
3. Yogic Practices : Practical–II	3	100
4. Term Paper		100
5. Environmental studies.	3	100

Attendance not less than 80% of the total Contact Seminar Classes and Practical Classes is compulsory.

5. Question Paper Pattern :

1. There will be 2 sections-A & B in the question paper.
2. Section A will have 10 one page answer questions. 8 questions will be answered by the candidate. Each question carries 5 marks (8X5=40marks)
3. Section B will have 6 questions. 4 questions will be answered by the candidate. Each question carries 15 marks. (4X15=60marks)
4. For the practical papers , one has to perform at least five items out of ten items given in the question paper. Each carries 20 marks. (5X20=100marks)

6. Pass and Class :

1. A candidate should secure a minimum of 35 marks in each paper to get a pass.
2. A candidate who has passed in all 8 papers and secured a total of 280 marks or more but less than 480 will be placed in second class. Those who pass in all papers and secure a total of 480 marks or above will be placed in first class.

3. Those who fail in any particular paper should repeat the same until gets a passing minimum in that paper.

7. Private Study : No Private study is allowed.

Theory of Yoga

Unit – I

Definition of Yoga – Explanation of Key Terms : Yuj , Yoga , Yogi , Guru (Teacher) , Shishya (Disciple) , Disksha (initiation).

Unit – II

Concept of Yoga – The Eight limbs of Yoga – Yama , Niyama , Asana , Pranayama , Prathyahara , Dharana , Dhyana and Smadhi.

Unit – III

Yoga and Physical Exercises – Yoga and Physical Fitness – Yoga and Sports – Yoga and Body Building – Yoga and Mind.

Unit – IV

Yoga as a Therapy – Yoga and Relaxation – Yoga for Spiritual Development – Yoga as a Transformative Practice – Yoga and Religions – Yoga as a Science.

Unit – V

Meditation : Definition , Concepts , Aims and Objectives – Different types of Meditations – Meditation as a Technique of Relaxation – Meditation and Prayer.

Recommmended Books:

1. B.K.S. Iyenger, **Light on Yoga** , Harper Collins Publishers India, New Delhi, 2008.
2. B.K.S. Iyenger, **Light on Pranayama**, Harper Collins Publishers India, New Delhi, 2008
3. Feuerstein,Georg, **Yoga the Technology of Ecstasy**, Los Angles, 1989.
4. **Patanjali: Yoga Sutras**, Sri Ramakrishna Math, Chennai, 1996.
- 5.Chandrasekaran K , **Sound Health through Yoga** , Prem Kalyana Publications Sedapatti , 1999.

Yogic Practices : Practical-I

Unit – I

Preparatory Exercises and Loosening Techniques – Forward and Backward Bending – Twisting – Lateral Bending – Suryanamaskar.

Unit – II

Different Aasanas – Methods of Practice – Breathing Duration - Awareness , Sequence , Variations – Limitations and Benefits : Standing Postures : Talasana , Utkattasana , Ardhashakrasana , Padahastasana,

Ardhkati Chakrasana, Trikonasana, Veerabhadrasana , Vrikshasana.

Unit – III

Aasanas :

Sitting Postures : Padmasana , Vajrasana , Siddhasana , Swastikasana, Sukasana, Pachimothasana, Gomukasana,Ustrasana and their variation.

Prone Postures : Bhujangasana and its variations, Salabhasana and its variation, Danurasana ,

Supine Postures : Uttanapadasana , Ardha Halasana , Navasana, Pavanamuktasana ,Chakrasana, Machiasana.

Topry – Turvy Postures : Sarvangasana , Viparathakarani , Sirasaana.

Balancing and Twisting Posture: Uttita Padmasana, Vrikshikasana, Kakasana, Garudasana, Mayurasana, Vakrasana.

Unit – IV

Pranayama : Concept of Nadi – Surya Nadi – Chandra Nadi –Sushumna Nadi - Breathing levels – Surya Bedana and Chandra Bedana , Anuloma , Viloma , Nadi Suddhi , Bastrika , Sheetali ,Sitkarii and Sadantha.

Unit – V

Relaxation Techniques : Auto Suggestions

Quick and Deep Relaxations , Sitting , Standing , Prone , and Supine Relaxation Techniques , Shantiasana – The Psychogenic Relaxation.

Recommended Books:

1. B.K.S. Iyenger, **Light on Yoga** , Harper Collins Publishers India, New Delhi, 2008.

2. B.K.S. Iyenger, **Light on Pranayama**, Harper Collins Publishers India, New Delhi, 2008
3. Swami Kuvalayananda , **Asanas** , Ghoshiyananda Samith , Pune , 1970.
4. Swami Kuvalayananda , **Pranayama** , Ghoshiyananda Samith , Pune , 1970.
5. **Yoga** , Vivekanda Kendra , Kanyakumari , 1991.
6. Swami Sivananda Saraswathi , **Yoga Asanas** , My Magazine of India , Madras , 1934.
7. Gharote , **Applied Yoga** , Kaivalyadhama , Lonavla , 2004.

Yogic Practices in Religious Traditions and Cultures

Unit – I

Hindu Tradition of Yoga : Contribution of Upanishads , Bhagavad Gita , Patanjali, Tirumoolar , Tamil Siddas.

Unit – III

Practices in Christian Tradition – The Practice of Jesus Christ , Francis of Assisi, Quakers , Leo-Tolstoy and Beed Griffiths.

Unit – IV

Practices in Islamic Tradition – Practice of Mohammed the Prophet – Contribution of Sufi Saints.

Unit – II

Practices in Buddha and Jaina Traditions : The Yogic Path of Buddha, Sathipathana and Anapanasati , Vipasana Meditation – The Practices of Mahavira – Jeevan Vignyan – Practices of Jain Traditions.

Unit – V

Practical Orientation : Exposure to Different Religious Practices. (Minimum three traditions should be observed)

Recommended Books :

1. **Patanjali: Yoga Sutras**, Sri Ramakrishna Math, Chennai, 1996.

2. Swami Chidbhavananda, **The Bhagavad Gita**, Sri Ramakrishna Tapovanam, Tiruchy, 1979.
3. Radakrishnan.S. **The Bhagavad Gita**, Blacki and Sen Publissers Pvt, Ltd., Bombay, 1982.
4. Williams, **Indian Wisdom**, Cosmo Publications, New Delhi, 1978.
5. **Thirumandiram**, Sri Ramakrisghna Math, Chennai , 1991.
6. **The Ten Cardinal Upanishads** , Sri Ramakrishna Math, Chennai, 1998.
7. **Anapanasati Sutam** , Buddhist Publiscations Socity, Kandy, Sri Lanka.
8. King,Winsten.L., **Theravada Meditation**, University Press, London, 1980.
9. B.K.S. Iyenger, **Light on Yoga** , Harper Collins Publishers India, New Delhi, 2008.
10. B.K.S. Iyenger, **Light on Pranayama**, Harper Collins Publishers India, New Delhi, 2008
11. Feuerstein,Georg, **Yoga the Technology of Ecstasy**, Los Angles, 1989.
12. Chang, Chen-chi, **Tibetan Yoga**, Oxford Press, New York, 1968.
13. King,Winsten.L., **Theravada Meditation**, University Press, London, 1980.
14. Acharya Maha Pragya, **The Mirror of the Self**, Jain Vishva Bharathi Institutions, Ladnun,1995.
15. Seyyed Hossein Naser(ed), **Islamic Spirituality**, Routledge and Kegan Paul, London, 1987.
16. **Holy Bible** (Common translation in Tamil), TNBLC, Tindevanam, 2006.
17. **Holy Quran** (Tamil), Islamic Foundation Trust, Chennai, 2006.
18. Venkataraman.R. **A History of the Tamil Siddha Cult**, Ennes Publications, Madurai 1990.
19. A.V.Subramania Iyer ,

Human Anatomy and Physiology

Unit – I

Introduction , Need and Scope of Anatomy and Physiology in Yoga – Human Body as an Integrated Whole – Cells , Tissues , Organs and Systems.

Unit – II

Various System of Human Body – Muscular System – Types of Muscles , Skeletal Muscle , Cardiac Muscle – Structure and Functions : Skeletal System – Bones , Joints – Types and Functions.

Respiratory System : Structure and Functions of Lungs – Respiratory Tract.

Unit – III

Circulatory System : Structure and Functions of Heart , Cardiac Cycle , Types of Circulation.

Digestive System : Structure and Functions of Digestive System –Structure , Functions and Importance of Liver and Pancreas.

Unit – IV

Nervous System : Central Nervous System : Brain and Spinal Cord –Peripheral Nervous System – Cranial Nerves and Spinal Nerves.

Endocrine System : Endocrine Glands and their Functions.

Unit – V

Excretory System : Structure and Functions of Kidney.

Reproductive System : Structure and Its Functions of Male and Female Reproductive Organs. Sensory organs and their functions.

Recommended Books:

1. **Family Medical Advisor**, Reader's Digest, Sydney, 1992.
2. **Concise Medical Dictionary**, Oxford University Press, New York.
3. **Complete Manual of Fitness and Well- Being**, Reader's Digest, Sydney, 1993.
4. Murugash. N., **Anatomy and Physiology**, Satya Publishers, Chinnalapatti, 1986.
5. Bijlani. R.L. and Manchanda. S.K., **The Human Machine**, National Book Trust, New Delhi, 1992.

Developments and Innovations in Yogic Practices.

Unit – I

Contributions of : Ramakrishna Paramahansa , Ramalinga Vallalar , Swami Vivekananda , Swami Kuvalayanda , Sir Aurabindo , Ramana Maharishi , Maharishi Mahesh Yogi.

Unit – II

Contributions of Buddhism and Jainism : Fuji Guruji , Thich Nhat Hanh , Dalai Lama , Preksha Dhyana : Basic Concepts , Philophical and Scientific Basis. Jeevan Vigyan and Acharya Thulsi's new vision of Ethics , Life and Peace.

Unit – III

Contributions of Christians : Bede Griffiths , Mother Teresa , Islamic Contributions : Case Studies of Khalil Gibran , Umar Kayam , Mastan Sahib , Peerapha , Paranjothi Mahan.

Unit – IV

Coutributions of Mahatma Gandhi – Gandhian Concept Related to Holistic Health – 11 Vows – Inter-religious Prayer and Ethical Religion , Nature Cure.

Unit – V

Contributions of Paranjothi Mahan , Vethathri Maharishi : Simplified Physical Exercises – Agathaivu (Self Analysis) – Techniques and Practices.

Recommended Books :

1. M.K.Gandhi , **From Yervada Mandir**, Navajivan Publishing House, Ahmedabad, 1949.
2. M.K.Gandhi , **The Story of My Experiments With Truth**, Navajivan Publishing House , Ahmedabad, 1929.
3. M.K.Gandhi , **Key to Health**, Navajivan Publishing House, Ahmedabad, 1948.
4. M.K.Gandhi, **Ethical Religion**, S Ganesan, Madurai, 1922.
5. Vethathri Maharishi, **Simplified Physical Exercises**,Vethathri Publications, Erode, July 2000.
6. Vethathri Maharishi, **Manvalakalai Vol.I , Vol.II , Vol.III** (Tamil), Vethathri Publications, Erode.
7. Vethaikri Maharishi , **Yoga for Modern Age**, Vethathri Publications, Erode, July,2000, 6th.ed.
8. Vethaikri Maharishi , **United Force**, Vethathri Publications, Erode, Feb.1995,2nd.ed

9. Uran Adikal, **Ramalinga Vallalar Varalaru** (Tamil), Samarasa Sanmarka Research Institute , Vadulur, 1976.
10. Annamali.Sp., **Life and Teaching of Vallalar**, Bharathiya Vidya Bhavan Mumbai,1983.
11. Shanmugam.M., **Philosophy of Ramalinga Vallalar**, Sarvodaya Illakkiya Pannai, Madurai, 1983.
12. **Gurudevar Sri Ramakrishnar , 3Vols.** (Tamil), Sri Ramakrishna Math, Chennai.
13. **Sri Ramakrishnar Amudha Mozhigal**, 3Vols. (Tamil), Sri Ramakrishna Math, Chennai.
- 14.**Swami Vivekanandar, 2vol.** (Tamil), Sri Ramakrishna Math, Chennai.
15. Swami Vivekanandar **Ezhundhiru Vizhithiru, vol.1,2,3** (Tamil), Sri Ramakrishna Math, Chennai.
- 16.Sri Aurobindo, **The Synthesis of Yoga**, Sri Aurobindo Ashram ,Pondicherry, 1996.
17. Seyyed Hossein Naser (ed), **Islamic Spirituality**, Routledge and Kegan Paul, London, 1987.
18. **Holy Bible** (Comman translation in Tamil), TNBLC, Tindivanam, 2006.
19. **Holy Quran** (Tamil), IFT, Chennai, 2006.
- 20.Paranjhoti Mahan, **I-God**(Tamil), Ulaga Samadhana Alayam,Chennai,1957,
- 21.S.Jeyapragasam and B.Anandhi, **Leo Tolstoy: Vaalum Vazhi**(Tamil), BINOWS, Madurai, 2000.
22. S.Jeyapragasam, **En Ahimsai** (The Autobiography of Fuji Guruji) Niponzon Myohoji, Tamilnadu, Madurai, 2007.

Yoga Therapy.

Unit – I

Health Problems of the Modern Period – Cause and Consequences of the Health Problems – Role of Yoga and Nature Cure on Health – Meaning of Yogic Therapy – Principles of Yoga Therapy – Qualities of a Yoga Therapist.

Unit – II

Yogic Practices for the Disorders of Circulatory and Respiratory Systems : Blood Pressure – Hyper Tension – Hypo Tension – Heart Diseases – Asthma – Bronchitis – Sinusitis – Disorders of Joints and Muscles – Skeletal System : Arthritis – Cervical Spondylosis – Back Pain.

Unit – III

Yogic Practices for disorders of Gastro – Intestinal Tract : Ulcer – Constipation – Diabetes Mellitus – Obesity – Disorders of Urinogenital System : Menstrual Disorder , Infertility – Hernia – Piles – Disorders of Sensory Organs – Myopia – Skin Diseases.

Unit – IV

Naturopathy : Introduction , Principles of Nature Cure – Hydrotherapy – Mud Therapy – Sun Bath – Air Bath – Heliotherapy , Chromotherapy , Yogic Therapy.
Banana Leaf Therapy – Nonviolent Enema.

Unit – V

Methods of Nature Cure – Fasting – Management of Nature Cure for Common Diseases – Herbal Therapy , Flower Therapy , Mega Vitamin Therapy , Vegetarianism.

Recommended Books :

1. MKGandhi , **Nature Cure** , Navajivan Publishing House , Ahmeda bad , 1954.
2. MKGandhi , **A Guide to Health** , Navajivan publishing House , Ahmeda bad , 1920.
3. MKGandhi , **Key to Health** , Navajivan publishing House , Ahmeda bad , 1948.
4. Lakshmana Sarma K , **Practical Nature Cure** , the Nature Cure Publishing House , Pudukkottai , 2003.
5. Arunachalam K , **Nature Cure** (Tamil) , Gandhi Literature Society , Madurai , 5th edition , June 2008.
6. Ghorot , **Applied Yoga** , Kaivalyadhama , 2004.
7. Shenmasthanakamini Narendhan etial , **Yoga and Pregnancy** , Bangalore : Swami Vivekananda Yoga Prakashana , 2008.

8. Nagarathna & Nagendra , **Yoga for Bronchial Asthma** – Bangalore : Swami Vivekananda Yoga Prakashana , 2008.
9. Nagarathna & Nagendra , **Yoga for Digestive Disorders** – Bangalore : Swami Vivekananda Yoga Prakashana , 2007.
10. Sir Kant ss et.al , **Yoga for Diabetes** , Bangalore : Swami Vivekananda Yoga Prakashana , 2008.
11. Nagarathna & Nagendra , **Yoga for Hypertention & Heart Disease** - Bangalore : Swami Vivekananda Yoga Prakashana , 2008.
12. Nagarathna & Nagendra , **Yoga for Arthritis** , Bangalore : Swami Vivekananda Yoga Prakashana , 2008.
13. Nagarathna & Nagendra , **Yoga for Back Pain** - Bangalore : Swami Vivekananda Yoga Prakashana , 2008.
14. Sivananda Saraswati , **Yogic Therapy** , Gawhati , Bramacharya Yogeswar Umachal Yojashram , 1975.
15. Dr.O.P Jaggi **Healing Systems** , Delhi Orient paper backs , 2001.
16. Swami Satyananda Saraswathi , **Yoga and Cardiovascular Management** ,Munger , Yoga Publications Trust , 2007.
17. Dr. Swami Shankerdevananda , **Yoga Management of Asthma and Diabetes** ,Munger , Yoga Publications Trust , 2007.
18. Dr. Swami Shankerdevananda , **The Effect of Yoga on Hypertension** ,Munger , Yoga Publications Trust , 2006.
19. Swami Kuavalayananda & Dr.S.C.Vinekar , **Yogic Therapy** , New Delhi Central Health Education Bureau , 1994.
20. Luis S.R Vas , **Master Approaches to New age Alternative Therapies** , New Delhi Pustak Mahal , 2001.
21. Phulgendhra Sinha , **Yoga Cure for Common Diseases** , Delhi , Crient Paperbacks , 1976.
22. Joshi , **Yoga and Nature Cure Therapy** , New Delhi : Sterling Publishers Private Limited , 1991.
23. Garde R.K , **Yoga Therapy** , Bombay Taraprevala Sons & Co. Pvt.Ltd , 1984.
24. Nagarathana R.H.R.Nagendra & Shanmantha Kanmani Narendran (2002) **Yoga for Common Ailments and IAYT for Different Diseases** , Bangalore : Swami Vivekananda Yoga Prakashana.

25. Sundaram Yogacharya , **Sundara Yogic Therapy** , Coimbatore : the Yoga Publishing Home , 2004.
26. Karmanenda Swami , **Yogic Management of Common Diseases** , Munger : Yoga Publications trust , 2008.
27. Nagarathna and Nagendra , **Integrated Approach of Yoga Therapy for Positive Health** , Bangalore : Swami Vivekananda Yoga Prakashana , 2008.

Yogic Practices : Practical-II

Unit – I

Kriyas – Six Types – Methods of Practice , Guide lines – Precautions and Benefits – Limitations : Kabalpathi – Trataka – Neti (Jala Neti – Sutra Neti) – Dhouti (Vamana Dhouti , Vastra Dhouti) – Nauli (Vamana Nauli , Dhakshina Nauli , Madhya Nauli) – Basti.

Unit - II

Bandhas – Types – Methods of Practices , Guide lines – Precautions and Benefits – Limitations : Jalendra Bandha , Uddiyama Bandha , Moola Bandha , Maha Bandha.

Unit – III

Mudras – Types – Methods of Practices , Guide lines – Precautions and Benefits – Limitations : Chin Mudra , Chinmaya Mudra , Aadhi Mudra , Meru Dhanda Mudra , Miruki Mudra , Panchapudha Mudras – Aswini Mudras , Maha Mudra – Yoga Mudra.

Unit – IV

Meditation Related to Chrintianity (Prayer) and Islam , Raja Yoga Meditation – Chakra Meditation – Transcendental Meditation – Preksha Meditation – Vipasana Sound Meditation , SKY , MSRT (Mind Resonance Technique) , SMET (Stress Management of Excessive Tension) , PET (Pranic Energisation Technique) – Walking Meditation – Deconcentration (Hatha Hum) Meditation.

Unit – V

Health Practices :Technology Related to the Study of Human Body – Measurement of Temperature – Blood Pressure and Heart Beat – Basal Metabolic Rate – Mayography – ECG – EEG – (Cardiograph) – Study of the Composition of Blood , Urine and Other Fluids and Solids of the Human Body , Use of X ray and Other Scanning Instruments , MRI.

Recommmended Books:

1. B.K.S. Iyenger, **Light on Yoga** , Harper Collins Publishers India, New Delhi, 2008.
2. B.K.S. Iyenger, **Light on Pranayama**, Harper Collins Publishers India, New Delhi, 2008
3. Satyananda Saraswathi Swami , **Asana , Pranayama , Mudra , Bandha** , Yoga Publication Trust , Munger , 2008.
4. Vishnu Devananda Swami , **The Complete Illustrated Book of Yoga** , New York : Pocket Books , 1972.
5. Gharote , **Applied Yoga** , Lonavla : Kaivalyadhama , 2004.
6. Satyananda Saraswati Swami , **Meditations from thitantras** , Mungar ; Yoga Publications Trust , 2007.

Practical III : Term Paper

The Students are expected to undergo Yoga Training (Teaching and Learning) for 10 days in any one of the Yoga Centers / Institutions nearer / convenient to them. They are expected to prepare and submit a term report. This report will be evaluated for 50 marks and Viva-Voce exam based on the report will be conducted for 50 marks.

Term Paper	-	<u>50 marks</u>
Viva-Voce Exam	-	<u>50 marks.</u>
Total	-	<u>100 marks</u>