ANDHRA UNIVERSITY
COLLEGE OF ARTS & COMMERCE
DEPARTMENT OF YOGA AND CONSCIOUSNESS

MASTER OF ARTS IN YOGA & CONSCIOUSNESS
(M.A. Yoga & consciousness)
(w.e.f. 2014-2015)

Objectives of the Course:
- To train students in theoretical knowledge in the fields of Yoga and Consciousness.
- To qualify them in teaching theory subjects of yoga and consciousness.
- To conduct research in the areas of yoga and consciousness for objectively establishing the benefits of yoga for improving health and reaching higher levels of consciousness.

Courses of study:
- M.A. Yoga & Consciousness is a full time course and shall be of two academic years under semester system.
- In each semester there will be four theory papers and one practical.
- The details of these papers are provided in the syllabus.
- The Practical classes will be conducted in morning from 6.30 AM to 7.30 AM.
- Theory classes will be conducted between 9.00 AM to 2.00 PM
- The medium of instruction shall be English.

Dress:
The candidates shall be required to wear suitable dress as designed by the Department which will permit them to do yogic practices comfortably.

Yoga practice:
The candidates shall practice kriyas, asanas, bandhas, pranayama, mudras and meditation during the course on a regular basis. They shall maintain a record consisting of the details of the sequential movements involved in yogic practices. Such a record shall be submitted at the time of the practical examination for evaluation.

Attendance:
In view of the special nature of the course it is desirable that the candidates shall be permitted to appear for the University examination at the end of the each semester only if he/she puts in at least 80 per cent attendance to achieve the benefits of the course.
Scheme of Teaching:

**First Semester:**

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>MYC 101</td>
<td>Classical Indian Philosophy</td>
<td>Compulsory</td>
<td>4</td>
</tr>
<tr>
<td>MYC 102</td>
<td>Yoga Theory &amp; Practice</td>
<td>Compulsory</td>
<td>4</td>
</tr>
<tr>
<td>MYC 103</td>
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<td>Principles of Psychology</td>
<td>Compulsory</td>
<td>3</td>
</tr>
<tr>
<td>MYC 105</td>
<td>Yoga Practices I</td>
<td>Compulsory</td>
<td>6</td>
</tr>
</tbody>
</table>

In Second Semester, to acquire practical knowledge in conducting Yoga classes, the candidates should watch regularly general Yoga classes in the evening conducted by the Yoga department. And also in the guidelines of teacher, candidate should conduct a 10 day Yoga camp for beginners within the department campus or outside of campus in city limits.
Third Semester:

<table>
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<tr>
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</tr>
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<td>Research Methodology</td>
<td>Compulsory</td>
<td>4</td>
</tr>
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<td>MYC 303</td>
<td>Consciousness Studies – II (Eastern)</td>
<td>Compulsory</td>
<td>4</td>
</tr>
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<td>MYC 304</td>
<td>Statistics for Human Sciences</td>
<td>Compulsory</td>
<td>4</td>
</tr>
<tr>
<td>MYC 305</td>
<td>Advanced Yoga Practices I</td>
<td>Compulsory</td>
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</tr>
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</table>

In third Semester, to acquire practical knowledge in conducting Yoga therapy classes, the candidates should watch Yoga Therapy classes regularly in the morning & evening conducted by the Yoga department. And also in the guidelines of teacher, candidate should conduct a 10 day Yoga Therapy camp for specific health disorder within the department campus or outside of campus in city limits.

Fourth Semester:

<table>
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<tr>
<td>MYC 401</td>
<td>Health Psychology</td>
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<td>4</td>
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<tr>
<td>MYC 402</td>
<td>Applied Yoga</td>
<td>Compulsory</td>
<td>4</td>
</tr>
<tr>
<td>MYC 403 &amp; MYC 404</td>
<td>Dissertation &amp; Viva voce</td>
<td>Compulsory</td>
<td>12</td>
</tr>
<tr>
<td>MYC 405</td>
<td>Advanced Yoga Practices II</td>
<td>Compulsory</td>
<td>6</td>
</tr>
</tbody>
</table>

In fourth Semester, related to dissertation, the candidates should learn the clinical methods, such as pulse reading, blood pressure testing, respiratory rate etc., case history writing and Psychological (questionnaire) parameters. Statistical analysis of the initial and final data should be done.
Candidates should take special Yoga classes for in-patients who joined in the department campus for Yoga treatment.

Candidates should visit other Yoga centers in the city and around the city related to her/his dissertation.

**Examination:**

The examination pattern for the M.A. Yoga & Consciousness shall include two mid-semester examinations and two end semester examination in first year and second year. The Mid semester examinations shall be conducted for 15 marks in each paper. The end semester examinations shall be conducted for 85 marks in each paper. The Yoga practical in each mid-semester will be for 50 marks and in end semester for 50 marks. The total marks of 50 for the semester end examination in yoga practice shall be distributed as follows:

- **Performance** 30 marks
- **Viva-voce** 10 marks
- **Records** 10 marks

The semester end examination in yoga practice will be conducted jointly by an internal and external examiner. The pass mark in yoga practice is 50%. Passing in the practical is a prerequisite for the award of the degree, and will not be considered in the overall GPA.

**Regulations to Semester –end Examinations:**

- The semester end examinations shall be based on the question paper set by an external paper-setter if available and there shall be double valuation. If external paper setter is not available to particular subject, paper setting will be taken by internal paper setter.

- In order to be eligible to be appointed as an internal paper setter or internal examiner for the semester end examination, a teacher shall have to put in at least three years of service as teacher for the degree class concerned.

- If the disparity between the marks awarded by both the examiners is 25% or less, the average marks shall be taken as the marks obtained in the paper. If the disparity happens to be more, the paper shall be referred to another examiner for third valuation. To the marks obtained in third valuation the first or second valuation marks whichever is nearest to third valuation are added for arriving at the average marks which shall be final.
## Scheme of Examination as per Credit System

### First Semester:

<table>
<thead>
<tr>
<th>Subject Code</th>
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<tbody>
<tr>
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<td>3</td>
<td>6</td>
<td>100</td>
<td>15</td>
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<tr>
<td>MYC 102</td>
<td>Yoga Theory &amp; Practice</td>
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<td>100</td>
<td>15</td>
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<tr>
<td>MYC 103</td>
<td>Basics of Human Anatomy &amp; Physiology</td>
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<td>15</td>
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<td>MYC 104</td>
<td>Principles of Psychology</td>
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<td><strong>Total</strong></td>
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<table>
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<tbody>
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<td><strong>Total</strong></td>
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<td>Advanced Yoga Practices I</td>
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### M.A YOGA & CONSCIOUSNESS, ANDHRA UNIVERSITY

#### GRADES AND GRADE POINT DETAILS

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Range of Marks</th>
<th>Grade</th>
<th>Grade Points</th>
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<tbody>
<tr>
<td>1.</td>
<td>&gt;85%</td>
<td>O (Outstanding)</td>
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<tr>
<td>2.</td>
<td>&gt;75%</td>
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<tr>
<td>3.</td>
<td>&gt;67%</td>
<td>B</td>
<td>8.0</td>
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<tr>
<td>4.</td>
<td>&gt;58%</td>
<td>C</td>
<td>7.0</td>
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<tr>
<td>5.</td>
<td>&gt;50%</td>
<td>D</td>
<td>6.0</td>
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<tr>
<td>6.</td>
<td>≥40%</td>
<td>E</td>
<td>5.0</td>
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<tr>
<td>7.</td>
<td>&lt; 40%</td>
<td>F (Fail)</td>
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<td>8.</td>
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<td>W (W represents failure due to insufficient attendance in a year or semester)</td>
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<tr>
<td>9.</td>
<td></td>
<td>I (Incomplete (Subsequently to be changed into pass or E to O or F grade in the same semester))</td>
<td>0.0</td>
</tr>
</tbody>
</table>
A candidate shall be declared to have passed in each semester paper, if he/she obtains not less than E grade, i.e. 40% of marks, and D grade, i.e. 50% in practical examination.

Only those candidates who appear and pass the examination in all papers of the First, Second, Third and Fourth semesters, at first appearance are eligible to be placed in O grade.

A candidate failing to secure the minimum marks prescribed as above shall have to reappear for the examination.

Such reappearance shall be limited only to five chances within five years from the date of first passing the final examination.

There is provision, to improve their grade before completing the fourth semester examinations by appearing for one or more papers of the first/second/third semester examinations.

Candidates who have reappeared for the examinations under the above provision may opt for combining the better marks obtained by them at the latest examination to those of better marks obtained at earliest first, second, and third semester end examinations pattern for purpose of classification.
### Department of Yoga & Consciousness
#### M.A. YOGA & CONSCIOUSNESS

**Semester-I**

<table>
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**Semester-III**

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M.A. YOGA & CONSCIOUSNESS: Detailed syllabus:

Semester-I

Paper 101: Classical Indian Philosophy

Unit-I
Nature, Characteristics and Development of Indian Philosophy; Speculations of the Vedas & Upanishads, Atman and Brahman; Central teachings of the Brahmansutras & Gita.

Unit-II
Shad darshanas: Nyaya, Vaisesika, Samkhya, Yoga, Purva Mimamsa and Uttara Mimamsa or Vedanta. Central teachings of Caruvaka, Jainism and Buddhism

Unit-III

Recommended books:
PAPER 101: CLASSICAL INDIAN PHILOSOPHY
Model Question Paper

Duration: 3 hours Max. Marks: 85

SECTION - A

Answer all the three questions choosing one from each set: 3x20 = 60

1. Elucidate the nature, characteristics and development of Indian philosophy?
   (Or)
   Discuss the Main Doctrines of Upanishads?

2. Discuss the major concepts of Vedanta?
   (Or)
   Explain the Eight fold path of the Yoga system?

3. Describe the philosophy of Dvaita?
   (Or)
   Explain the basic concepts of Sankara Vedanta?

SECTION - B

Answer any five of the following questions: 5x5 = 25

1. The concepts of Atman and Brahman in the Upanishads

2. “Sthita Prajna” of Bhagavad Gita

3. Discuss Jaina’s Syadvada.

4. Patanjali Asthanga Yoga.

5. Give a brief account on Nyaya Epistemology.

6. Explain the seven categories of Vaisesika Darsana

7. Samkhya “trigunas”

8. Discuss Karma and dharma of Mimamsa

9. “God, Soul, and World” according to Ramanuja

10. What are the means of Liberation according to Madhva
Semester II
Paper 102: Yoga Theory & Practice

Unit-I

*Origin of Yoga*: definitions and meanings of Yoga; historical development of yoga over the ages; emerging traditions of yoga; *Branches of yoga*: Raja Yoga, Karma Yoga, Bhakti Yoga, Jnana Yoga, Mantra yoga, Kundalani Yoga, Laya yoga, Swara Yoga; *Yoga Personages*: Maharshi Patanjali, Sri Matsyendranath, Swami Swatmarama, Swami Gheranda, and Guru Gorakshanath.

Unit-II

Shvetasvatara Upanishad and Yoga Upanishads; Yoga of the *Bhagavad Gita* – bhakti, karma, jnana and dhyana yogas, stitaprajna, trigunas; *Yoga Vasistha* of Sage Valmiki – 4 pillars & 7 bhoomikas; *Astanga Yoga* of Patanjali – 8 limbs of yoga; *Raja Yoga* – taraka, sankya, amanaska; *Hatha Yoga* - Hatha Yoga Pradeepika & Gheranda Samhita.

Unit-III:

Kundalini awakening methods according to Yoga texts. *Process, Practice & Benefits of*: Yamas and Niyamas; Shat karmas – Neti, Dhauti, Vasti, Nauli, Kapalabhati, Trataka; Asanas; Pranayama – mudras and bandas; pratyahara methods; dharana and dhyana techniques; Samadhi attainment and person transformation.

Recommended Books:


SECTION – A

Answer all the three questions choosing one from each set: 3x20 = 60

1. Explain the Philosophical foundations of Yoga?
   (Or)
   “Yoga chitta vritti nirodha” Define?

2. Describe about astanga yoga of Patanjali?
   (Or)
   Explain the outlines of yoga according to Bhagavad Gita”?

3. What are the methods of awakening kundalini?
   (Or)
   Explain in detail the techniques of pratyahara?

SECTION - B

Answer any five of the following questions: 5x5 = 25

1. What is definition of yoga?
2. What is Bhakti Yoga according to Bhagavad Gita?
3. Discuss the concept of chitta prasadana?
4. Explain “The concept of Eswara”.
5. Qualities of Jnani.
6. What are the Kleshas?
7. Explain “samyama”.
8. Explain the effect of three gunas according to Bhagavad Gita.
9. How many types of karmas are there? Explain.
10. What are the qualities of Jivanmukta?
Semester-I
Paper 103: Basics of Human Anatomy & Physiology

Unit: I
Cell structure and its function; tissues-types; Skeletal system: types of bone, types of joints, bone of pelvic girdle, the lower limbs, the vertebral column. The Nervous System: The central nervous system, the autonomic nervous system, the peripheral nervous system; Endocrine system: the thyroid gland, the parathyroid glands, the pituitary gland, the pancreas.

Unit–II
Respiratory system: nasal cavities, larynx, the trachea, the lungs, movement of air in the respiratory tract, inhalation and exhalation; Circulatory system: The heart: function of the heart, the arteries, the veins, blood pressure. Excretory system: The kidneys, functions of the kidney, the ureter, the urinary bladder, the urethra.

Unit–III
Muscular system: types of muscles, Digestive system: the mouth, the salivary glands, the esophagus, the stomach, the liver, the gall bladder, the pancreas. Reproductive system: the male and female genital organs. Lymphatic System: Introduction to Lymphatic System, Immune System & Immunity, Resistance Power.

Recommended Books:

Byas Deb Ghosh. (2007). Human anatomy for students, Jaypee Brothers, New Delhi
SECTION - A

Answer all the three questions choosing one from each set: 3x20 = 60

1. Draw a neat diagram of cell explaining the function of each part
   (Or)
   Draw a neat labeled diagram of the brain and explain about the functions.

2. Give an account of the anatomy of the lungs. What is the mechanism by which air enters and leaves the lungs?
   (Or)
   Draw a diagram of the urinary tract and describe the functions of the kidneys.

3. Discuss about the lymphatic system and its role in maintaining immunity.
   (Or)
   Write in details about the functions of the digestive system.

SECTION - B

Answer any five of the following questions: 5x5 = 25

1. Narrate the different parts of Central Nervous System.
2. Describe the parts of the Respiratory system.
3. Function of thyroid gland.
4. Discuss the functions of the stomach.
5. The Spinal Cord.
6. Role of parasympathetic system.
7. Types of muscles.
8. What is hemoglobin and what are its functions?
9. Functions of pancreas
10. What are the functions of the pituitary gland?
Semester I
Paper 104: Principles of Psychology

UNIT-I INTRODUCTION
1. Nature and Scope of psychology; Historical perspective; Definition and goals of psychology;
2. Psychological Approaches: biological, evolutionary, cognitive, psychodynamic, humanistic, behavioral, cross-cultural perspective.
3. Research Methods: Experiment, observation, interview, case-study and questionnaire

UNIT-II
1. PERCEPTION: Sensory and perceptual processes; pattern recognition; attention; perception of objects, space and time; feature and attribute perception; perceptual organization; plasticity of perception; illusions; states of consciousness.
2. LEARNING: Models and theories of learning; learning paradigms; skill acquisition and transfer of learning; language acquisition.
3. MEMORY: Functions and processes; models and theoretical views; influences on memory processes; neuro-physiological perspective; aspects of memory deterioration and improvement.
4. HIGHER COGNITIVE PROCESSES: Language and thought; problem solving; decision processes.

UNIT-III
1. INTELLIGENCE: Nature of intelligence; theories and models of intelligence; psychological tests and assessment of intelligence.
2. MOTIVATION AND EMOTION: Physiological and cognitive bases of motivation; expression and perception of emotions; physiological correlates and theories of emotion.
3. PERSONALITY: Nature and theories of personality; personality assessment; determinants of personality.

Recommended Books
SECTION – A

Answer all the three questions choosing one from each set: 3 X 20 = 60

1. Define psychology and trace out the roots of psychology

   OR

   What is the scope of psychology

2. Explain the empiricists and nativists views on acquisition of knowledge

   OR

   What are the principles of perceptual organization

3. Define intelligence. Explain different theories of intelligence

   OR

   Define personality and explain trait and type approaches to personality

SECTION – B

Answer any five of the following questions: 5X 5 = 25

1. Discuss perceptual constancies
2. Explain terms sensory threshold and difference threshold
3. What is conditioned stimulus in classical conditioning
4. Explain the terms Mental Age and Intelligence Quotient
5. Write a short note origin of intelligence testing
6. What are mnemonics
7. What is forgetting? Explain different types of forgetting
8. Explain the structure of language
9. Describe language development in the young child
10. Explain Id, Ego and Superego
Semester-I
Paper 105: Yoga Practices I

Sukshma Vyayamam

Netra Sanchlana

Shatkriyas: Jala dhauti, Jala Neti, Sutraneti and Kapalabhati;

Meditation Asanas: Ardha Padmasan, Padmasana, Svastikasana, Siddhasana, Vajrasana, Samasana – Dhyana Veerasana –

Relaxation Asanas: Savasana, Makharasana, Nirlambasana, Matsuakridasana, Advasana;

Surya Namaskar Karmas

Preliminary Asanas-
Tadasana, Tiryak Tadasna, Katichkarasana, Natarajasana, Vrukshasana, Utkatsana, Vakrasana, Janusirhasana, Udarakarshanasna, Uttana Padasana, Padasanchalasana, Chakra Padasana, Anantasana, Sarpasana, Bhujangasana, Ardha Salahhasana, Sarala Dhanurasana, Marichasana-I, Uttita Padmasana, Baddhakonasana, Kandharasana,
Ardha Navasana, Supta Udarakarshanasana, Supta Pawanamuktasana stage-I, Hamsasana, Viparitakarani, Shava Udarakarshanasana

Bandhas: Jalandhara bandha- mula bandha.-


Recommended books:
Swami, Satyananda S.(2002), Asana, Pranayama, Mudra, Bandha, Munger, Yoga Publications Trust
Iyengar, B.K.S. (1976 : Light on Yoga London, UNWIN Paperbacks
Semester II
Paper 201: Introduction to Indian Psychology

UNIT- I
INTRODUCTION TO INDIAN PSYCHOLOGY: What is Indian psychology? Scope and substance of Indian Psychology; The philosophical and cultural background of Indian psychology

UNIT-II

UNIT-III
IMPLICATIONS AND APPLICATIONS: Clinical, Pedagogic, Social Psychological, Organizational and Spiritual

Recommended Books

SECTION – A
Answer all the three questions choosing one from each set: 3 X 20 = 60

1. Define Indian Psychology and explain its scope and substance
   Or
   Discuss the philosophical and cultural background of Indian Psychology

2. Write an essay on Consciousness and Self from Indian Psychological perspective
   OR
   Explain Indian Psychological approach to personality

3. Illustrate the application of Indian Psychological principles in Organizational behavior
   OR
   Examine the implications of Indian Psychology for health and wellness

SECTION – B
Answer any five of the following question: 5X 5 = 25

1. Means of knowledge in Indian Psychological thought
2. Explain the concepts of identity and Self in Indian Psychology
3. Discuss emotions in Indian thought
4. Indian approaches to personality
5. Philosophical background Indian psychology
6. Why is it essential to develop Indian Psychology in India
7. explain Action from Indian Psychological perspective
8. Explain the terms Kshetra and Kshetrajna
9. Explain the concept Sthitapjna
10. What is meant by the terms Kaivalya, Nirvana or Liberation
Semester -I

Paper 202 – History of Western Philosophy

Unit-I Pre-Socratic Philosophers- Homer; Hesiod; Thales; Anaximander; Anaximanes; Heraclitus and Pythagoras. Socratic Philosophy- Life, Method, Pursuit of Truth and Ethics. Plato- Dialectical Method; Doctrine of Ideas; Political theory Aristotle- Logic, views on form and matter.


Unit-III – Locke- Refutation of innate ideas, Nature of knowledge, Berkeley- refutation of abstract ideas, esse-est-percipi and role of God Hume- Skepticism -theory of self and personal identity Kant- Distinction between a priori and a posteriori, analytic and synthetic judgments categorical imperative and transcendental idealism Hegel-Absolute Idealism, Objective reason.

Recommended Books:
SECTION – A

Answer all the three questions choosing one from each set: 3 X 20 = 60

1. Write an essay on philosophical views of Pre-Socratic Philosophers
   OR
   Explain Socratic Philosophy with reference to Life, Method, Pursuit of Truth and Ethics.
2. Explain cogito ergo sum,
   OR
   Elucidate on the Doctrine of substance of Spinoza.
3. Explain Lock’s refutation of innate ideas
   OR
   Write an essay on theory of knowledge of Emanuel Kant.

SECTION – B

Answer any five of the following questions: 5X 5 =25

1. Explain Plato’s doctrine of ideas
2. Describe Aristotle’s views on form and matter.
3. How does Descartes explain Proofs for the existence of God.
4. Spinoza on existence of God
5. Write a short note on Leibniz’s innateness of ideas.
6. State briefly how Berkley explains the concepts of esse-est-percipi and role of God
7. David Hume’s theory of self and personal identity
8. Explain briefly about Hegel-Absolute Idealism
9. Kant’s distinction between analytic and synthetic judgments
10. Aristotle’s logic
SEMESTER-II

PAPER – 203: Physiological Psychology

Unit I


Unit II

Hormones and Behavior - Major endocrine glands and their functions; Hormones of stress; Hormones of growth; Sexual behavior and reproduction.

Unit III

Physiological basis of perception - Vision: Structure of the eye (retina, rods and cones), mechanisms for Pattern vision and color vision; Audition: Structure of the ear, processing auditory information; Physiological basis of Emotions and Learning – Amygdala, hypothalamus, limbic system, hippocampus and cerebellum.

Recommended Books:

PAPER – 203: PHYSIOLOGICAL PSYCHOLOGY
MODEL QUESTION PAPER

Time: 3 hours        Max.marks: 85

SECTION – A

Answer all the three questions choosing one from each set: 3x20 = 60

1. Explain in detail the pre and post synaptic influences on neural activity and functions
   (OR)
   Describe the structure and function of the brain?

2. Give an account of the major endocrine glands and explain their functions?
   (OR)
   Discuss the relationship of Hormones with stress?

3. Write about the mechanisms for pattern and color vision?
   (OR)
   Explain about the physiological changes due to learning.

SECTION - B

Answer any five of the following questions: 5x5 = 25

1. Give a brief account of the neurotransmitters.
2. State the functions of Right and Left hemispheres of the brain.
3. Explain the role of hormones in reproduction.
4. Write about the function of thalamus
5. Describe the process of hearing.
6. What is the role of hippocampus in learning.
7. Write the functions of spinal cord.
8. Discuss the hormones of stress
9. List changes in the brain during emotional experience
10. Write about the hormones of growth.
Semester-II
Paper 204 – Consciousness Studies –I (western)

UNIT- I
1. William James Streams of Consciousness; Characteristics of Streams of Consciousness; Phenomenology of streams of consciousness
2. What it is to be conscious- consciousness as awareness-Varieties of awareness: Awareness of Awareness; Self-awareness; Dreaming and Altered awareness; Daydreaming and Hypnagogic Imagery; Pathological Awareness, Unconscious and Unawareness; Implicit Awareness Natural and Induced awareness; Awareness-as-such or Pure Consciousness
3. Criteria, Functions and Categories of Consciousness

UNIT-II
1. Two faces of Consciousness –
   Consciousness in the western tradition-Consciousness and Unconscious
   Mind in classical Indian thought: Pure Consciousness and Phenomenal consciousness
   Complementarity of Eastern and Western perspectives
2. Consciousness in depth Psychology
   The Conscious, The Preconscious and the Unconscious in Freud
   The Collective Unconscious of Jung

UNIT-III
Consciousness, Mind and Intentionality: Philosophical Discussions-
Views on Mind and Body - Rene Descartes, Leibniz, Berkeley; Philosophical Behaviorism; Epiphenomenalism; Central-State materialism; Functionalism;
Consciousness and Mind-Cartesian identity of Mind and Consciousness; The British Empiricism; Transcendentalism
Views on Intentionality and Phenomenology of Consciousness – Franz Brentano, Edmung Husserl, Martin Heidegger and Jean Paul Sartre,

Recommended Books

SECTION – A

Answer all the three questions choosing one from each set: 3 X 20 = 60

1. Describe William James’ concept of Streams of Consciousness while throwing light on Characteristics of Streams of Consciousness

   OR

   Explain Consciousness as Awareness and its different varieties

2. Write an essay on Two faces of Consciousness: Western and Classical Indian Thought

   OR

   Discuss consciousness in Depth Psychology

3. Write an analysis of the following western thinkers views on Mind and Body: Rene Descartes, Leibniz, Berkeley;

   OR

   Discuss the views of the following Western thinkers on Phenomenology of Consciousness

SECTION – B

Answer any five of the following questions: 5X 5 = 25

1. Write briefly about Jung’s Collective Unconscious
2. Explain Criteria, Functions and Categories of Consciousness
3. Discuss the concept of Mind in Classical Indian thought
4. Cartesian identity of Mind and Consciousness
5. Write a brief note The British Empiricism
6. Explain British Transcendentalism
7. Franz Brentano’s views on Intentionality
8. What is implicit awareness
9. Explain the term Induced awareness
10. Discuss Phenomenology of streams of consciousness
Semester-II
Paper 205: Yoga Practices II

Shat kriyas: Vastra Dhauti, Shankha Prakshalana, Trataka, Agnisara – Madhyama Nauli-

Intermediate Asanas:

Astakumbhkas: Surya bedhana, Ujjayi, Sheetcari, Seethali, Bhastrika, Bramari

Babdhas: Uddiyana bandha,

Mudra: Maha mudra,

Recommended books:
Swami, Satyananda S.(2002), Asana, Pranayama, Mudra, Bandha, Munger, Yoga Publications Trust
Iyengar, B.K.S. (1976) : Light on Yoga  London, UNWIN Paperbacks
Kuvalyananda, Swami. (1931): Pranayama, Bombay, Popular Prakashan,
Semester III
Paper 301: Meditation Theory and Research

UNIT I
1. Meditation - Its nature and scope.
2. Different types of meditation in different religions
3. Meditation: An East-West link

UNIT II
1. Concepts related to mind in Patanjali’s Yoga Sutra - Citta Vrittis, Citta Vikshepas; Dharana, Dhyana, Samadhi – stages of Samadhi – Kaivalya
2. Meditation - Samyama and Siddhis the possibility and significance.

UNIT III
1. Meditation as a self-enhancement and self-regulation strategy
2. Scientific research on meditation; Inherent problems in scientific research on meditation

Recommended Books
PAPER 301: Meditation Theory and Research
Model Question Paper

Duration: 3 hours                           Max. Marks: 85

SECTION – A
Answer all the three questions choosing one from each set: 3 X 20 = 60
1. Define Meditation and discuss its nature and scope

OR

Describe different meditation practices in different religions

2. How are Citta Vrittis categorized by Patanjali? Explain why Citta Vrittis should be stopped

OR

What is the nature Samadhi? Explain different stages of Samadhi

3. Describe meditation as a strategy for health and wellbeing

OR

Write an essay on scientific research on meditation

SECTION – B
Answer any five of the following questions : 5X 5 =25
1. Explain meditation as a East –West link
2. “Manipulation of attention is the common ingredient in all meditation practices “ Explain
3. Write a brief note on Citta Vikshepas
4. What is Dharana
5. Differentiate between Samprajnata and Asamprajnata Samadhi
6. What are inherent problems involved in meditation research
7. Patanjali’s views on Vibhutis
8. What is Samyama
9. Explain meditation as a self-enhancement strategy
10. Define Dhyana
Semester-III
Paper 302: Research Methodology

UNIT I – BASIC CONCEPTS

1. Problems – Definition, Generality and specificity of problems, importance of problems
2. Hypotheses- Definition, Generality and Specificity of Hypotheses, Importance of Hypotheses
3. Variables – their manipulation and control
4. Sources of bias and ethical issues in research.
5. Sampling – probability sampling and non probability sampling methods
6. Writing a research report – structure and format, style of writing.

UNIT II – TYPES OF RESEARCH

1. Experimental research – laboratory experiments, field experiments
2. Non experimental research – ex-post facto research, field study, survey research, correlational research, etc.
3. Qualitative research – the clinical tradition, case study method, ethnographic tradition, content analysis.

UNIT III – METHODS OF DATA COLLECTION

1. Observation – purpose and types of observation.
2. Interview – Types of interview, major functions of interviews, factors affecting the use of interviews, advantages and disadvantages of the interview, sources of error in the interview.
3. Questionnaires – types of questionnaires, functions and applicability of questionnaires.

Recommended Books

PAPER 302: RESEARCH METHODOLOGY
Model Question Paper

Duration: 3 hours                           Max. Marks: 85

SECTION – A
Answer all the three questions choosing one from each set:    3 X 20 = 60

1. Define independent variable and explain different types of independent variables?
   OR
   Explain the importance of sampling in research and describe different types of sampling methods?

2. Differentiate laboratory experiment and field experiment
   OR
   Explain correlational research.

3. What are different methods of data collection? Describe different types of observation methods of data collection
   OR
   What is meant by rating scales? Discuss the importance of different types of rating scales?

SECTION – B
Answer any five of the following questions :    5X 5 =25

1. Differentiate between type E and type-S independent variables?
2. What are extraneous variables?
3. What is a control group?
4. When is cluster sampling likely to be
5. Explain the ways in which a problem is manifested?
6. What are the important characteristics of a problem?
7. What is a hypothesis? Explain the characteristics of a good hypothesis.
8. What are the different types of interviews?
9. What is ex post facto research?
10. Explain the advantages and disadvantages of Survey research
Semester-III

Paper 303: Consciousness Studies – II (Eastern)

Unit-I
Definition of consciousness; nature of consciousness; consciousness states; historical development of the field of consciousness studies in the East; research methods in consciousness – measuring of consciousness; neural correlates of consciousness; classification of consciousness according to eastern philosophies.

Unit-II
_Yoga: Royal Road to Higher Consciousness_: Consciousness or Chaitanya in Mandukya Upanishad, Bhagavad Gita, Yoga Sutras, Astavakra Gita; methods of accessing higher states of consciousness – overcoming body consciousness, overcoming mind consciousness; higher consciousness and person transformation; higher consciousness and parapsychic powers (siddhis).

Unit-III
_Vedanta: A Philosophy of Pure Consciousness_ – Consciousness according to Advaita, Dvaita and Visistadvaita schools, Consciousness according to Nyaya, Vaisesika and Sankya Schools. Self-awareness – Ramana Maharshi; _Buddhism: A Psychology of Consciousness_: viññā, 5 aggregates, 12 nidhanas, cetasikas, nirvana.

Recommended books:

PAPER 303: CONSCIOUSNESS STUDIES – II (EASTERN)
Model Question Paper

Duration: 3 hours                                   Max. Marks: 85

SECTION – A

Answer all the three questions choosing one from each set: 3x20= 60

1. Trace the development of consciousness studies in the Eastern philosophical traditions.
   Or
   Discuss the methods of research in consciousness

2. Enumerate the techniques of accessing higher consciousness.
   Or
   Explain states of consciousness as explained in Mandukya Upanishad.

   (Or)
   Write about consciousness according to Buddhism.

SECTION -B

Answer any five of the following questions: 5 x 5 = 25

- Consciousness states
- Define Consciousness
- Brain correlates of consciousness
- Deep sleep state
- Om and consciousness states.
- Self-awareness
- Person transformation
- Nyaya views on consciousness
- Transcending body consciousness.
- Buddhism and consciousness
Semester-III

Paper 304: Statistics for Human Sciences

UNIT I – BASIC CONCEPTS - DESCRIPTIVE STATISTICS AND PROBABILITY
1. Drawing up a Frequency Distribution; Graphic representation of Frequency Distribution
2. Calculating Measures of Central tendency and Variability.
3. Graphically describing data.
4. Percentiles, percentile ranks and standard scores
5. Probability: Concept, definition, and principles
6. Validity criteria for hypothesis testing
7. Meaning and Characteristics of normal distribution curve
8. Applications of normal distribution curve.
9. Introduction for SPSS for Windows – data entry and saving

UNIT 2: INFERENTIAL STATISTICS
1. Inferences: Standard error for measures of central tendency and variability
2. Hypothesis testing and statistical significance – null hypothesis, statistical significance, Type I and II errors, one-tailed and two-tailed hypotheses
3. Effect Size
4. Analyses of differences between two conditions – the t-test.
5. Analyses of differences between three or more conditions – one-way ANOVA
6. Analysis of variance with more than one independent variable – factorial ANOVA

UNIT 3: CORRELATION, REGRESSION & NONPARAMETRIC STATISTICS
1. Concept and meaning of correlation; Pearson’s product-moment correlation; Point-biserial correlation & phi-coefficient; Partial and multiple correlation
2. Simple linear regression - concept & uses; Significance testing in correlation and regression.
3. Difference between parametric & nonparametric statistics; Chi-square test; Spearman’s rho; Mann-Whitney’s U and Wilcoxon’s signed-ranks test; Kruskall-Wallis and Friedman’s test

Recommended Books:
SECTION – A
Answer all the three questions choosing one from each set: 3 X 20 = 60

1. Define Correlation and explain positive correlation and negative correlation
   OR
   Differentiate parametric test with non parametric tests
2. Differentiate the conditions under which Wilcoxon signed-ranks and Manwhitny’s U tests are used
   OR
   What is Normal Distribution Curve? Discuss the important characteristic of Normal distribution curve?
3. Explain measures of Central Tendency and Variability
   OR
   Explain the different types of data representing graphs in general use?

SECTION – B
Answer any five of the following questions: 5X 5 =25

1. Describe Chi-square test
2. Area under the Normal Probability curve
3. Explain Type 1 and Type 2 errors.
4. What are one- tail tests and two-tail tests
5. Explain Standard Error.
6. Explain student’s t test.
7. What are different types of correlations
8. What is Standard error
9. Explain the concept levels of significance.
10 What are percentiles and Standard Scores
Semester-III

Paper 305: Advanced Yoga Practices I

Advanced Asanas:
Saithalyasana, Ardha Baddha Padmottanasana, Parsva Dhanurasana, Parivrita Paschimottasana,
Pada prasaritha paschimottasana, Ardha Baddha Padma Paschimottasana, Krounchasana,
Marichasana-III, Bakasana, Laghu Vajrasana, Karna pidasana, Jatara Parivrittanasana-II,
Sarvangasana cycle, Sirshasana cycle.

Vama Nauli, Dakshina Nauli;
Pranayama: Surya bedhana, Ujjayi, Seethcari, Seethali, Bhastrika, Bramari
Mudras: Maha Bandha, Maha vedha –
Brumadya drsti, Nasagra drsti

Practice of Dharana

Recommended books:
Swami, Satyananda S.(2002), Asana, Pranayama, Mudra, Bandha, Munger, Yoga Publications Trust
Iyengar, B.K.S. (1976): Light on Yoga London, UNWIN Paperbacks
Kuvalyananda, Swami.(1931). Pranayama, Bombay, Popular Prakashan,
Semester-IV

Paper 401: Health Psychology

Unit-I


Unit-II


Unit-III

Pain and Pain Management Techniques- Physiology of Pain, Specific pain treatment Methods. Coping with chronic illness, Complementary Health Care Systems in India.

Recommended Books:

PAPER 401: HEALTH PSYCHOLOGY
Model Question Paper

Duration: 3 hours                                   Max. Marks: 85

SECTION – A

Answer all the three questions choosing one from each set: 3x20= 60

1. Explain the impact of environmental stress on health
   Or
   Discuss the Mind-Body Relationship
2. Explain the Psychological Management for hypertension, cancer and AIDS.
   Or
   Explain the nature scope of Health Psychology in India.
3. What is pain and explain its significance to the individual.
   Or
   What are the factors associated with Infertility.

SECTION – B

Answer any five of the following questions 5x5=25

1. Define Health Psychology
2. What is Stress?
3. What is meant by appetitive Behaviors with examples
4. Insomnia
5. Arthritis
6. Preventive Approach to diabetes
7. Define chronic illness.
8. What is Health?
9. Explain the objectives of Health Psychology.
10. What are the factors contributing to pain?
Semester-IV

Paper 402: Applied Yoga

Unit-I
*Yoga and Person Transformation* – increase in physical abilities, mental abilities, emotional stability, moral strength, universal love; skill in action; control of body and mind; development of *buddhi*; integrated personality development - *jivanmukta*.

Unit-II
*Yoga & Health* - treatment and prevention of diseases & disorders, pain management; *Yoga & Mental Health* – facilitation of positive mental states, treatment, and prevention of psychosomatic disorders; treatment and prevention of psychological problems; *Yoga for Stress Management* – harmonious and balanced lifestyle;

Unit-III
Yoga and Education - Yoga for Rehabilitation - Yoga and Social problems – Yoga for women & aged; *Yoga for different professional groups* – performance enhancement; *Yoga & Physical education* - Yoga and Sports, Yoga and stamina & adaptation.

Recommended books:

Brena Steven F. (1972). *Yoga and medicine*. Penguin Books Inc. USA.
Kuvalayananda, Swami and Dr. S.L. Vinekar,(1971)*Yoga Therapy*, Kaivalyadhamma,Lonavala.
PAPER 402: APPLIED YOGA
Model Question Paper

Duration: 3 hours                                   Max. Marks: 85

SECTION – A

**Answer all the three questions choosing one from each set:**  3x20= 60

1. Enumerate the role of yoga in person transformation
   (Or)
   Trace out remedial methods of Yoga for lifestyle disorders.

2. Examine the application shat kriyas in various health problems.
   (Or)
   Write an essay on Yoga and Education.

3. Give an account of Yoga for rehabilitation.
   (Or)
   How can yoga techniques be applied in Physical education?

SECTION - B

**Answer any five of the following questions:**   5 x 5 = 25

1. Yoga & Adaptation.
2. Practice of Yama & Niyamas.
3. Yoga and stress relief
5. Yoga & Social problems.
6. Yoga & IT professionals.
7. Yoga & mental abilities
8. Yoga for Rehabilitation
9. Characteristics of Jivanmukta
10. Yoga and Sports
Semester-IV  
Paper 403 & 404: Dissertation & Viva voce

An empirical study is to be conducted on a research topic in the area of Applied Yoga, and a detailed Research Report is to be submitted.

**Scheme of Evaluation**

<table>
<thead>
<tr>
<th>Selection of Topic</th>
<th>60 Marks + 15 Marks (Mid semester - Internal)</th>
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<tbody>
<tr>
<td>Objectives &amp; Hypothesis of the study</td>
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<tr>
<td>Selection of sample and research tools</td>
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<tr>
<td>Methodology &amp; Data collection</td>
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</table>

| Scoring, Statistical analysis, Results & Discussion, Conclusions, References | 60 Marks + 15 Marks (Mid semester - Internal) |

| Viva Voce | 50 Marks |

| TOTAL | 200 Marks |
Semester-IV
Paper 405: Advanced Yoga Practices II

Asanas:

Brahmacharyasana, Yoganidrasana, Hanumansana, Vrichikasana, Padma Mayurasana, Pincha Mayurasana, Bhairavasana, Durvasasana, Tittibhasana, Vasistasana, Supta Kurmasana, Marichasana-III, Pindasana in Sirhasana, Dvipadasirasana, Eka Pada Raja Kapotasana, Kapotasana, Padmasarvangasana;

Nauli (clock wise and anti-clock wise rotation)

Mudra Traya, Sambhavi mudra, Shanumukhi mudra, Sakti chalani;

Practice of Dhyana

Recommended books:

Swami, Satyananda S.(2002), Asana, Pranayama, Mudra, Bandha, Munger, Yoga Publications Trust