



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.
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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:

Subject code	Title of the Paper	Compulsory / Elective	No. of periods of Teaching per week
MYC 101	Classical Indian Philosophy	Compulsory	4
MYC 102	Yoga Theory & Practice	Compulsory	4
MYC 103	Basics of Human Anatomy & Physiology	Compulsory	4
MYC 104	Principles of Psychology	Compulsory	3
MYC 105	Yoga Practices I	Compulsory	6

Second Semester:

Subject code	Title of the Paper	Compulsory / Elective	No. of periods of Teaching per week
MYC 201	Introduction to Indian Psychology	Compulsory	4
MYC 202	History of Western Philosophy	Compulsory	4
MYC 203	Physiological Psychology	Compulsory	4
MYC 204	Consciousness Studies – I (Western)	Compulsory	4
MYC 205	Yoga Practices II	Compulsory	6

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:

Subject code	Title of the Paper	Compulsory / Elective	No. of periods of Teaching per week
MYC 301	Meditation: Theory & practice	Compulsory	4
MYC 302	Research Methodology	Compulsory	4
MYC 303	Consciousness Studies – II (Eastern)	Compulsory	4
MYC 304	Statistics for Human Sciences	Compulsory	4
MYC 305	Advanced Yoga Practices I	Compulsory	6

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:

Subject code	Title of the Paper	Compulsory / Elective	No. of periods of Teaching per week
MYC 401	Health Psychology	Compulsory	4
MYC 402	Applied Yoga	Compulsory	4
MYC 403 & MYC 404	Dissertation & Viva voce	Compulsory	12
MYC 405	Advanced Yoga Practices II	Compulsory	6

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:

Subject Code	Title of the Paper	Exam Duration (Hours)	Credits	Max. Marks	Mid-Semester (Internal)	End-semester Double Valuation (Internal + External)
MYC 101	Classical Indian Philosophy	3	6	100	15	85
MYC 102	Yoga Theory & Practice	3	6	100	15	85
MYC 103	Basics of Human Anatomy & Physiology	3	6	100	15	85
MYC 104	Principles of Psychology	3	6	100	15	85
MYC 105	Yoga Practices I		6	100	50	50
	Total		30	500	110	390

Second Semester:

Subject Code	Title of the Paper	Exam Duration (Hours)	Credits	Max. Marks	Mid-Semester (Internal)	End-semester Double Valuation (Internal + External)
MYC 201	Introduction to Indian Psychology	3	6	100	15	85
MYC 202	History of Western Philosophy	3	6	100	15	85
MYC 203	Physiological Psychology	3	6	100	15	85
MYC 204	Consciousness Studies – I (Western)	3	6	100	15	85
MYC 205	Yoga Practices II		6	100	50	50
	Total		30	500	110	390

Third Semester:

Subject Code	Title of the Paper	Exam Duration (Hours)	Credits	Max. Marks	Mid-Semester (Internal)	End-semester Double Valuation (Internal + External)
MYC 301	Meditation: Theory & practice	3	6	100	15	85
MYC 302	Research Methodology	3	6	100	15	85
MYC 303	Consciousness Studies – II (Eastern)	3	6	100	15	85
MYC 304	Statistics for Human Sciences	3	6	100	15	85
MYC 305	Advanced Yoga Practices I		6	100	50	50
	Total		30	500	110	390

Fourth Semester:

Subject Code	Title of the Paper	Exam Duration (Hours)	Credits	Max. Marks	Mid-Semester (Internal)	End-semester Double Valuation (Internal + External)
MYC 401	Health Psychology	3	6	100	15	85
MYC 402	Applied Yoga	3	6	100	15	85
MYC 403 & MYC 404	Dissertation & Viva voce		12	200	30	170
MYC 405	Advanced Yoga Practices II		6	100	50	50
	Total		30	500	110	390

**M.A YOGA & CONSCIOUSNESS,
ANDHRA UNIVERSITY**

GRADES AND GRADE POINT DETAILS

S. No.	Range of Marks	Grade	Grade Points
1.	>85%	O (Outstanding)	10.0
2.	>75%	A	9.0
3.	>67%	B	8.0
4.	>58%	C	7.0
5.	>50%	D	6.0
6.	≥40%	E	5.0
7.	< 40%	F (Fail)	0.0
8.	The Grade W represents failure due to insufficient attendance in a year or semester	W	0.0
9.	Incomplete (Subsequently to be changed into pass or E to O or F grade in the same semester)	I	0.0

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

- Paper I: Classical Indian Philosophy
Paper II: Yoga Theory & Practice
Paper III: Basics of Human Anatomy & Physiology
Paper IV: Principles of Psychology
Paper V: Yoga Practices I

Semester-II

- Paper I: Introduction to Indian Psychology
Paper II: History of Western Philosophy
Paper III: Physiological Psychology
Paper IV: Consciousness Studies – I (Western)
Paper V: Yoga Practices II

Semester-III

- Paper I: Meditation: Theory & practice
Paper II: Research Methodology
Paper III: Consciousness Studies – II (Eastern)
Paper IV: Statistics for Human Sciences
Paper V: Advanced Yoga Practices I

Semester-IV

- Paper I: Health Psychology
Paper II: Applied Yoga
Paper III & IV: Dissertation & viva
Paper V: Advanced Yoga Practices II

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 Brahmasutras & 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

Sankara Vedanta : (i) Brahman as Saguna and Nirguna, ii) Status of Individual soul and the world, (iii) The Doctrine of Maya; The Visistadvaita Vedanta of Ramanuja : (i) Reality as qualified and nonqualified, (ii) The Nature of God, soul, world, (iii) Doctrine of Bhakti, Saranagati and Prapatti; The Dvaita Vedanta of Madhvacharya: (i) Matter, souls, and god (ii) Means of Liberation.

Recommended books:

S.N. Dasgupta, (1991). History of Indian Philosophy, Vols. I & II. Motilal Banarsidass, Delhi.

S. Radhakrishnan. (1936). Indian Philosophy, Vols. I and II, Allen & Unwin, London.

C.D. Sharma. (1975). A Critical Survey of Indian Philosophy, Motilal Banarsidass, Delhi.

R. Puligandla, (1975). Fundamentals of Indian Philosophy. Abingdon Press.

Larson. G.J. & Others (2008). Encyclopedia of Indian Philosophy, Vol-XI. Motilal Banarsidass, Delhi.

Radhakrishnan, Sarvepalli (1953). trans. The Principal Upanishads. London: Allen & Unwin.

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, Kundalini 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:

- Vivekananda, Swami. (1982): *Raja yoga or conquering the internal Nature*, Advaita Ashram, Calcutta.
- Feuerstein, George, (1989): *Yoga sutras of patanjali*, A new translation and Commentary Vermont, U.S.A. Inner Traditions of India.
- Feuerstein, Georg. (2002.): *The Yoga Tradition: Its History, Literature, Philosophy and Practice*. Delhi, Bhavana Books and Prints.
- Ekanath Eswaran (1997): *The Bhagavad Gita for Daily Living*, Allahabad, Jaico Books.
- Abhinanda, Pandita (2003). *The Yoga Vasistha* (Abridged Version). trans. K.N. Subramanian. Chennai: Sura Books
- Rama R.R. (2006): *Journey to the Real Self* (a book on Yoga Consciousness), Vijinigiri, Yoga Consciousness Trust.
- Jacobsen, Knut A.; Larson, Gerald James (2005). *Theory And Practice of Yoga: Essays in Honour of Gerald James Larson*. BRILL.
- Taimni, I. K. (1961). *The Science of Yoga*. Adyar, India: The Theosophical Publishing House.
- Swami Muktibodhananda Saraswati and Swami Satyananda Saraswati. (2000). *Hatha Yoga Pradipika*. Yoga Publications Trust
- Srisa Chandra Vasu (1933). *Gheranda samhita*. Theosophical Publishing House, Adyar.
- Srinivas Iyengar (1938). *The Yoga Upanishads*. Theosophical Publishing House, Adyar.

PAPER 102: YOGA: THEORY & PRACTICE
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 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
- J. L. Smith, R. S. Winwood, W. G. Sears (1985). *Anatomy and Physiology for Nurses*. Hodder Education.
- Gore. M .V (2005). *Anatomy and Physiology of Yoga Practices*, Kaivalyadhama, Lonavla.
- B. J. Colbert, J. J. Ankney, K. Lee. (2010). *Anatomy & Physiology for Health Professions: An Interactive Journey*. Prentice Hall.

PAPER 103: BASICS OF HUMAN ANATOMY & PHYSIOLOGY
Model Question Paper

Duration: 3 hours

Max. Marks: 85

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

1. Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. *Introduction to Psychology*. Singapore: McGraw-Hill.
2. Baron, R.A. (2007). *Psychology* (5th Edition) New Delhi: Prentice Hall of India.
3. Hillgard, E.R., Atkinson, R.C. & Atkinson, R.L. (197). *Introduction to Psychology* (6th Edition). New Delhi, Oxford IBH Publishing Co. Pvt. Ltd.
4. Parameswaran E.G. & Beena, C. (2002). *An Invitation to Psychology*. Hyderabad, Neelkamal Publications Pvt. Ltd.
5. Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. *Introduction to Psychology*. Singapore: McGraw-Hill.

PAPER 104: PRINCIPLES OF PSYCHOLOGY

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 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 Padmasana, Padmasana, Svastikasana, Siddhasana, Vajrasana, Samasana – Dhyana Veerasana –

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

Surya Namaskarmas

Preliminary Asanas-

Tadasana, Tiryak Tadasana, Katichkarasana, Natarajasana, Vrukshasana, Utkatsana, Vakrasana, Janusirshasana, Udarakarshanasna, Uttana Padasana, Padasanchalanasana, Chakra Padasana, Anantasana, Sarpasana, Bhujangasana, Ardha Salabhasana, Sarala Dhanurasana, Marichasana-I, Uttita Padmasana, Baddhakonasana, Kandharasana,

Ardha Navasana, Supta Udarakarshanasana, Supta Pawanamuktasana stage-I, Hamsasana, Viparitakarani, Shava Udrakarshanasana

Bandhas: Jalandhara bandha- mula bandha.-

Preliminary Pranayama techniques: Udara Svasa – Vaksha Svasa – Skanda Svasa, Yoga Savasa, Anuloma Viloma- Nadi Suddhi.

Recommended books:

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

Rama R.R. (2006): *Journey to the Real Self* (a book on Yoga Consciousness), Vijinigiri ,Yoga Consciousness Trust.

Iyengar, B.K.S. (1976 : *Light on Yoga* London, UNWIN Paperbacks

Babu R.K. (2011): *Aasana Sutras* (techniques of Yoga aasanas based on traditional Hatha Yoga literature), Viziyanagaram, Home of Yoga Publications.

Niranjanananda Sarswathi, Swami. (1994): *Prana Pranayama, Prana Vidya*, Munger, Bihar School of Yoga.

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

PRINCIPLES OF INDIAN PSYCHOLOGY: Being: Consciousness and the Self, Knowing: Mind and Cognition, Feeling: Emotion and Sentiments, Action: Motivation and Volition, Person and Personality.

UNIT-III

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

Recommended Books

1. Rao, K. R., Paranjpe, A. C., & Dalal, A. K. (2008). *Handbook of Indian psychology*. New Delhi: Cambridge University Press India.
2. Matthijs Cornelissen, R.M., Misra, G., & Varma, S (2014). *Foundations and Applications of Indian Psychology*. New Delhi, Dorling Kindersley (India) Pvt. Ltd.
3. Sinha, J. (1986). *Indian Psychology* (Vol. 1. II, & III). Delhi, Motilal Banarasidas
4. Rao, K.R. & Marwaha, S. (2005). *Towards a Spiritual Psychology: Essays in Indian Psychology*. Delhi, Samvad India Foundation
5. Rao, K.R. Et, al (2014). *Cultivating Consciousness- An East-West Journey* (1992/2014). Visakhapatnam, GITAM University Press
6. Kuppuswamy, B. (1985). *Elements of Ancient Indian Psychology*. New Delhi: Vikas.

**PAPER 201: Introduction to Indian Psychology
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 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-II- Descartes: Cartesian method of doubt, cogito ergo sum, criterion of truth, types of ideas, Proofs for the existence of God, Proofs for the existence of the external world.
Spinoza- Doctrine of substance, attributes and modes, existence of God, Pantheism, three orders of knowing.
Leibniz – Monads, truths of reason, truths of facts, innateness of ideas.

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:

1. Frank Thilly: A History of Philosophy (1914). New York: H.Holt Company.
2. Will Durant (1926/1991). The Story of Western Philosophy: The lives and opinions of the world's greatest philosophers from Plato to John Dewey. United Kingdom Simon & Schuster
3. Bertrand Russell: History of Western Philosophy (1967). United Kingdom, Simon & Schuster.

Paper 202: History of Western Philosophy
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. 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

Introduction to physiological psychology - Neuron : a. Anatomy, b. Excitatory postsynaptic influences, c. Inhibitory post synaptic influences, d. Chemical basis – neurotransmitters, e. Pre synaptic influences; Organization of Nervous system - Structure of Nervous system: Peripheral nervous system, spinal cord and brain, Cerebral Hemispheres, capabilities of Right and Left hemispheres.

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:

- Levinthal, C.F.(1996). *Introduction to Physiological Psychology*, 3rd edition, New Delhi, Prentice Hall.
- Pinel, J.P.J. (2006). *Biopsychology*, 6th edition. New Delhi, Pearson Education.
- Morgan, T.C and Stella, E . (1950). *Physiological Psychology*. New York: McGraw-Hill.
- Schwartz, M. (1978). *Physiological Psychology*, New Jersey, Prentice Hall.
- Bridgeman. (1998). *The Biology of the Behavior and mind*, New York, Wiley.

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, Edmund Husserl, Martin Heidegger and Jean Paul Sartre,

Recommended Books

1. Rao, K.R. (2002). *Consciousness Studies: Cross-Cultural Perspectives*. North Carolina: McFarland Company, Inc
2. Brentano, F. (1973). *Psychology from Empirical standpoint*(trans. A. C. Rancurello) New York: Humanities Press (Original work published in 1925.)
3. Warner,R. & Szubka,T (eds) (1994). *The Mind-Body Problem: A Guide to the Current Debate*. Oxford: Blackwell.
4. Waxman, W.(1994). *Hume's Theory of Consciousness*. Cambridge: Cambridge University Press.

Paper 204 – Consciousness Studies –I (western)
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. 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:

Parivriitha Parsvokonasan, Parsvottanasana, Vatayanasana, Matrichasana-II, Ustrasana, Supta Vajrasana, Eka Padasirasana, Marjalasana, Vygrasana, Gomukhasana, Sashankabhujangasana, Parivriitha Janu Sirshasana, Ardha Matsyendrasana, Simhasana, Salabhasana, Dhanurasana, Guptasana, Padangustanasana, Bharadvajasana-I, Yogamudrasana, Chakrasana, Navasana, Supta Pawanamuktasana stage-II, Jatara Parivrittanasana-I, Sarvangasana, Halasana, Matsyasana, Sirshasana, Mayurasana

Astakumbhkas: Surya bedhana, Ujjayi, Seethcari, 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

Rama R.R. (2006): *Journey to the Real Self* (a book on Yoga Consciousness), Vijinigiri ,Yoga Consciousness Trust.

Babu R.K. (2011): *Aasana Sutras* (techniques of Yoga aasanas based on traditional Hatha Yoga literature), Vizianagaram, Home of Yoga Publications.

Niranjanananda Sarswathi, Swami. (1994): *Prana Pranayama, Prana Vidya*, Munger, Bihar School of Yoga.

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

1. Rao, K.R.(2005). *Consciousness Studies: Cross-Cultural Perspectives*. North Carolina: McFarland & Company, Inc.
2. Rama, Swamy (1992). *Meditation and Its Practice*. Honesdale: Himalayan Institute of Yoga Science and Philosophy of USA
3. Naranjo, C. & Ornstein, R.E. (1974). *On The Psychology Of Meditation*. New York ; Viking Press
3. Funderburke, J. (1977). *Science Studies Yoga: A Review of Physiological Data*. Honesdale: Himalayan Institute of Yoga Science and Philosophy of USA
5. Johnson, D. & Farrow, J.T. Ed(1977). *Scientific Research on Transcendental Meditation Programme: Collected Papers, Vol I*. Los Angeles: MERUPress.
6. Rao, K.R. (1989). *Meditation: Secular and Sacred*. Presidential Address to the Indian Academy of Applied Psychology, University of Calcutta.
7. Shapiro, D. H. & Walsh, R.N. (Ed.) (1984). *Meditation: Classic and contemporary Perspectives*. New York: Aldine.

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.
4. Rating Scales – Types of rating scales, errors in ratings, methods of improving the effectiveness of rating scales.

Recommended Books

1. Singh A.K. (1997) *Tests Measurements and Research Methods in Behavioral Science*. Patna: Bharati Bhavan Publishers and Distributors
2. Kerlinger, H. (1978). *Foundations of Behavioral Research*. New Delhi: Subject Publications.
3. Rosenthal, R & Rosnow, R.L. (1969). *Artifacts in Behavior Research*. New York: Academic Press.
4. Nunnally, J. (1967). *Psychological Measurement*. New York: Mc Graw Hill
5. Mc Guigan, F.J.(1990). *Experimental Psychology*. New Delhi: Prentice Hall of India Limited.

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, Vaisheshika and Sankhya Schools. Self - awareness – Ramana Maharshi; *Buddhism: A Psychology of Consciousness*: - viññāna, 5 aggregates, 12 nidhanasm, *cetasikas*, *nirvana*.

Recommended books:

- K. Ramakrishna Rao et. al.. (2002). *Cultivating Consciousness: An east west journey*. Gitam & DK Print World.
- K. Ramakrishna Rao. (2002). *Consciousness studies: Cross-cultural perspectives*. Jefferson, NC: McFarland.
- N. Block, O. Flanagan, G. Guzeldere.(1998). *The Nature of Consciousness: Philosophical: Debates*. MA: MIT Press
- Indich, W. M. (1980). *Consciousness in Advaita Vedanta*. Delhi: Motilal Banarsidass
- Mohanthy. J. (2006). *Gangesa's Theory of Truth: Containing the Text of Grangesa's Pramanya (jnapti) vada*. Delhi: Motilal Banarsidass.
- S. Menon, B.V.Sreekantan, Anindya Sinha, Philip Clayton, R Narasimha (2004). *Science and Beyond: Cosmology, consciousness and technology in Indic traditions*. National Institute of Advanced Studies, Bangalore.
- Sharma, C. (1997), *A Critical Survey of Indian Philosophy*, New Delhi: Motilal Banarsidass
- Sinha, Nandlal (2012), *The Samkhya Philosophy*, New Delhi: Hard Press.
- Brian Peter Harvey (1995). *The Selfless Mind: Personality, Consciousness and Nirvāna in Early Buddhism*. Curzon Press.
- Nakamura (1989). *Indian Buddhism*, Motilāl Banārsidass, Delhi.

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.
3. Give an account of Advaita views of consciousness.
(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: INFERENCE 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; Kruskal-Wallis and Friedman's test

Recommended Books:

1. Aron, A., Aron, E.H. & Coups, E. (2006). *Statistics for psychology*. (4e). Pearson Education.
2. Guilford J. P. and Fruchter B. (1985). *Fundamental statistics in psychology and education* (6th Ed). McGraw – Hill.
3. Kurtz, A.K. & Mayo, S.T. (1979). *Statistical methods in education and psychology*. Narosa Publishing House.
4. Levin, J., & Fox, J. A. (2006). *Elementary statistics in social research*. Boston, MA: Pearson Allyn and Bacon.
5. Mangal, S. K. (2006). *Statistics in psychology and education*. New Delhi: Prentice-Hall.
6. Siegel, S. & Casstellan, N. J. (1988). *Nonparametric statistics for the behavioral sciences* New York: McGraw Hill.
7. Siegel, S. (1956). *Nonparametric statistics for the behavioral sciences*. New York: McGraw-Hill.
8. Garrett, H.E.(1968). *Statistics In Psychology and Education*. Mumbai, Vakils Freefer& Simon Pvt. Ltd.

Paper 304: Statistics for Human Sciences
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 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 Manwitny'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 Paschmottasana, Pada prasaritha paschmottasana,. 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

Rama R.R. (2006): *Journey to the Real Self* (a book on Yoga Consciousness), Vijinigiri ,Yoga Consciousness Trust.

Babu R.K. (2011): *Aasana Sutras* (techniques of Yoga aasanas based on traditional Hatha Yoga literature), Viziyanagaram, Home of Yoga Publications.

Niranjanananda Sarswathi, Swami. (1994): *Prana Pranayama, Prana Vidya*, Munger, Bihar School of Yoga.

Kuvalyananda, Swami.(1931). *Pranayama*, Bombay, Popular Prakashan,.

Semester-IV
Paper 401: Health Psychology

Unit-I

The Mind-Body Relationship, The concept of Psychological Health in India, Scope of Health Psychology Emergence of Behavioural Medicine. **Stress** – Stressors: Environmental, Social and Psychological, stress and illness, control and stress.

Unit-II

Disorders: Asthma, Headache, Insomnia, Cardio-vascular disorders, Hypertension, cancer and AIDS. **Immunity System Defective Disorders** – appetitive Behaviours: Obesity, Alcoholism – Smoking. Behavioural Explanations. Diabetes and Arthritis, Sexual Dysfunctions: Infertility

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:

Shelley E. Taylor, (2009). *Health Psychology*. Tata Mc Graw-Hill, New Delhi.

Gatchel, R.J., Baun, A & Krantz, D.S. (1989). *An Introduction to Health Psychology*, Singapore; Mc Graw Hill.

Goleman, D & Gurin, J. (1993). *Mind – Body Medicine*, New York.

Dimatteo, M.R. & Martin, L.R. (2007). *Health Psychology*, New Delhi, Pearson Educaiton Inc.

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:

- Dr. Gharote, M.L. (2004): *Applied Yoga*. Lonavala, Kaivalyadhama S.M.Y.M., Samithi.
- Nagarathna R and Nagendra HR. (2001). *Integrated approach of Yoga therapy for positive health*. Swami Vivekananda Yoga Prakashana, Bangalore, India.
- Brena Steven F. (1972). *Yoga and medicine*. Penguin Books Inc. USA.
- Bhavanani AB. (2008). *A Yogic Approach to Stress*. Dhivyananda Creations, Iyyanar Nagar, Pondicherry.
- Nagendra, H.R. (1993). *Yoga in Education*. Banglore, Vivekananda Kendra.
- Saraswati, Swami Satyananda. (2005). *Asana, Pranayama, Mudra, Bandha*. Munger, Bihar School of Yoga.
- Kuvalayananda, Swami and Dr. S.L. Vinekar, (1971). *Yoga Therapy*, Kaivalyadhama, Lonavala.
- Rama, Swami. (1999). *A Practical Guide to Holistic Health*. Pennsylvania, Himalayan Institute of Yoga.
- Behramji, Y. (1989). *Yogasana for Health*. California: Behram Guard.

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
4. Yoga & Aging.
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

Selection of Topic Objectives & Hypothesis of the study Selection of sample and research tools Methodology & Data collection	60 Marks + 15 Marks (Mid semester - Internal)
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 Sirshasana, 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

Iyengar, B.K.S. (1976). *Light on Yoga* London, Unwin Paperbacks

Rama R.R. (2006): *Journey to the Real Self* (a book on Yoga Consciousness), Vijnigiri, Yoga Consciousness Trust.

Babu R.K. (2011): *Aasana Sutras* (techniques of Yoga asanas based on traditional Hatha Yoga literature), Vizianagaram, Home of Yoga Publications.

Niranjananda Saraswati, Swami. (1994): *Prana Pranayama, Prana Vidya*, Munger, Bihar School of Yoga.