

ANDHRA UNIVERSITY

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All Official letters, packages
etc, should be addressed to
the Registrar by designation
and not by name.

No. L.II (3)/Yoga & Consciousness/2016.

Visakhapatnam
Dt: 22-08-2016.

To

The Principal & Chairperson,
Board of Studies in Yoga & Consciousness,
A.U. College of Arts & Commerce,
Visakhapatnam.

Sir,

Sub: M.A. in Yoga & Consciousness – approval of restructured syllabus
(CBCS) Regulation and scheme of Instruction /Examination -
Regarding:

Ref: Minutes of the meeting of the Board of Studies in yoga and
Consciousness held on 16-07-2016.

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With reference to the above, I am by direction to inform you that the restructured syllabus, regulations and scheme of Instruction/Examination (CBCS) of M.A. in Yoga & Consciousness course with effect from the admitted batch of 2016-2017 have been approved.

I request you to arrange to circulate the same among the teaching staff and students concerned.

Yours faithfully,

M. Hema Naik

(M. HEMA NAIK)

DEPUTY REGISTRAR (ACADEMIC)

Copies to

1. The Head, Department of Yoga & Consciousness, A.U., Vsp.
2. The Dean, Academic Affairs, A.U., VsP.
3. The Superintendent, E VII Section for information and necessary action.
4. The Superintendent, S I Section with one copy of syllabus for taking necessary further action.
5. The Webmaster, A.U. Website Offices, VSP.

RESTRICTED SYLLABUS (CBCS)


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

MASTER OF ARTS IN YOGA & CONSCIOUSNESS
(M.A. Yoga & Consciousness)
(w.e.f. 2016-2017)

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 6.00 AM to 8.00 AM.
- Theory classes will be conducted between 9.00 AM to 3.00 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	Hard / Soft /Open Elective	No. of periods of Teaching per week
MYC 101	Introduction to Indian Philosophy	Hard	5
MYC 102	Introduction to Western Philosophy	Hard	5
MYC 103	Yoga Practices-I: Asanas	Hard	5
MYC 104	Introduction to Psychology	Soft	5
MYC 105	Elements of Anatomy & Physiology	Soft	5
MYC 106	Selections from the Bhagavad Gita	Soft	5
MYC 107	Hatha Yoga Pradipika Text	Soft	5
MYC 108	Basics of Sanskrit	Open Elective	5

Second Semester:

Subject code	Title of the Paper	Hard / Soft /Open Elective	No. of periods of Teaching per week
MYC 201	Introduction to Indian Psychology	Hard	5
MYC 202	Consciousness Studies-I (Western)	Hard	5
MYC 203	Yoga Practices- II: Shat Kriyas	Hard	5
MYC 204	Consciousness Studies – II (Eastern)	Soft	5
MYC 205	Meditation :Theory & Research	Soft	5
MYC 206	Ghrenda Samhita Text	Soft	5
MYC 207	Yoga and Alternative Therapy	Soft	5
MYC 208	Food and Nutrition	Open Elective	5

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	Hard / Soft /Open Elective	No. of periods of Teaching per week
MYC 301	Ancient Indian Traditions of Yoga:Karma, Jnana and Bhakti Yogas	Hard	5
MYC 302	Ancient Indian Traditions of Yoga: Raja Yoga & Hatha Yoga	Hard	5
MYC 303	Yoga Practices-III: Pranayama & Mudras	Hard	5
MYC 304	Applied Yoga	Soft	5
MYC 305	Research Methodology with special reference to Consciousness studies & Yoga	Soft	5
MYC 306	Yoga and Stress Management	Soft	5
MYC 307	Yoga for Special Groups	Soft	5
MYC 308	Yoga and Ayurveda	Open Elective Paper	5

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	Hard / Soft /Open Elective	No. of periods of Teaching per week
MYC 401	Therapeutic Application of Yoga	Hard	5
MYC 402	Dissertation & Viva voce	Hard	5
MYC 403	Yoga Practices –IV: Meditation and Yoga Nidra	Hard	5
MYC 404	Kundalini Yoga	Soft	5
MYC 405	Diagnostic Methods	Soft	5
MYC 406	Consciousness Studies (advanced)	Soft	5
MYC 407	Yoga Studies (advanced)	Soft	5
MYC 408	Yoga and Naturopathy	Open Elective Paper	5

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 20 marks in each paper. The end semester examinations shall be conducted for 80 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 external examiner. The pass mark in yoga practice is 50%. Passing in the practical is a prerequisite for the award of the degree.

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	Hard/soft	Exam duration	Credits	Max. Marks	Mid-Semester (Internal)	End-semester Valuation (Internal/External)
MYC 101	Introduction to Indian Philosophy	Hard	3	6	100	20	80
MYC 102	Introduction to Western Philosophy	Hard	3	6	100	20	80
MYC 103	Yoga Practices-I: Asanas	Hard		4	100	50	50 *
MYC 104	Introduction to Psychology	Soft	3	6	100	20	80
MYC 105	Elements of Anatomy & Physiology	Soft	3	6	100	20	80
MYC 106	Selections from the Bhagavad Gita	Soft	3	6	100	20	80
MYC 107	Hatha Yoga Pradipika Text	Soft	3	6	100	20	80
MYC 108	Elective paper: Basics of Sanskrit	Elective	3	6	100	20	80
	Total			28	500	130	370

*External valuation only

Second Semester:

Subject Code	Title of the Paper	Hard/soft	Exam duration	Cr e- dits	Max. Marks	Mid-Semester (Internal)	End-semester Valuation (Internal / External)
MYC 201	Introduction to Indian Psychology	Hard	3	6	100	20	80
MYC 202	Consciousness Studies-I (Western)	Hard	3	6	100	20	80
MYC 203	Yoga Practices-II:Shat Kriyas	Hard		4	100	50	50 *
MYC 204	Consciousness Studies – II (Eastern)	Soft	3	6	100	20	80
MYC 205	Meditation :Theory & Research	Soft	3	6	100	20	80
MYC 206	Gheranda Samhitha Text	Soft	3	6	100	20	80
MYC 207	Yoga and Alternative Therapy	Soft	3	6	100	20	80
MYC 208	Elective paper: Food and Nutrition	Elective	3	6	100	20	80
	Total			28	500	130	370

*External valuation only

Third Semester:

Subject Code	Title of the Paper	Hard/soft	Exam duration	Credits	Max. Marks	Mid-Semester (Internal)	End-semester Valuation (Internal / External)
MYC 301	Ancient Indian Traditions of Yoga :Karma, Jnana and Bhakti Yogas	Hard	3	6	100	20	80
MYC 302	Ancient Indian Traditions of Yoga: Raja Yoga & Hatha Yoga	Hard	3	6	100	20	80
MYC 303	Yoga Practices-III: Pranayama & Mudras	Hard		6	100	50	50 *
MYC 304	Applied Yoga	Soft	3	6	100	20	80
MYC 305	Research Methodology with special reference to Consciousness & Yoga	Soft	3	6	100	20	80
MYC 306	Yoga for Stress Management	Soft	3	6	100	20	80
MYC 307	Yoga for Special Groups	Soft	3	6	100	20	80
MYC 308	Yoga and Ayurveda	Elective	3	6	100	20	80
	Total			28	500	130	370

*External valuation only

Fourth Semester:

Subject Code	Title of the Paper	Hard/soft	Exam duration	Credits	Max. Marks	Mid-Semester (Internal)	End-semester Valuation (Internal/External)
MYC 401	Therapeutic Application of Yoga	Hard	3	6	100	20	80
MYC 402	Dissertation & Viva voce	Hard	3	8	100	20	80
MYC 403	Yoga Practices-IV: Meditation and Yoga Nidra	Hard		4	100	50	50 *
MYC 404	Kundalini Yoga	Soft	3	6	100	20	80
MYC 405	Diagnostic Methods	Soft	3	6	100	20	80
MYC 406	Consciousness Studies (advanced)	Soft	3	6	100	20	80
MYC 407	Yoga Studies (advanced)	Soft	3	6	100	20	80
MYC 408	Yoga and Naturopathy	Elective	3	6	100	20	80
	Total			30	500	130	370

*External valuation only

**M.A YOGA & CONSCIOUSNESS
ANDHRA UNIVERSITY
GRADES AND GRADE POINT DETAILS**

S. No.	Range of Marks	Grade	Grade Points
1.	91-100	O (Outstanding)	10.0
2.	81-90	A	9.0
3.	71-80	B	8.0
4.	61-70	C	7.0
5.	51-60	D	6.0
6.	40-50	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
	Incomplete (Subsequently to be		

9.	changed into pass or E to O or F grade in the same semester)	I	0.0
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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 in theory papers and not less than 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.

Choice Based Credit System : M.A Yoga and Consciousness

S.No	Semester	Course	Hard/Soft core	Credit value			
				L	T	P	Credits
1	Semester-1	Introduction to Indian Philosophy	Hard	6			
2	Semester-1	Introduction to Western Philosophy	Hard	6			
3	Semester-1	Yoga Practice –I: Asanas	Hard		4		
4	Semester-1	Introduction to Psychology	soft	6			
5	Semester-1	Elements of Human Anatomy and Physiology	soft	6			
6	Semester-1	Selections from Bhagavad Gita	soft	6			
7	Semester-1	Hatha Yoga Pradipika Text	soft	6			
8	Semester-1	Basics of Sanskrit	Elective	6			
		Total Credits=		24	4		28
9	Semester-2	Introduction to Indian Psychology	Hard	6			
10	Semester-2	Consciousness Studies (Western)	Hard	6			
11	Semester-2	Yoga Practice-2 (Shatkriyas)	Hard		4		
12	Semester-2	Consciousness Studies (eastern)	soft	6			
13	Semester-2	Meditation theory and Research	Soft	6			
14	Semester-2	Gheranda Samhita	Soft	6			
15	Semester-2	Alternative Therapy	Soft	6			
16	Semester-2	Food and Nutrition	Elective	6			
		Total Credits=		24	4		28
17	Semester-3	Ancient Indian Traditions of Yoga: Karma, Jnana, Bhakti	Hard	6			
18	Semester-3	Ancient Indian Traditions of Yoga: Raja Yoga and Hatha Yoga	Hard	6			
19	Semester-3	Yoga Practice: (Pranayama & Mudras)	Hard		4		
20	Semester-3	Applied Yoga	Soft	6			
21	Semester-3	Research Methodology with special reference to Yoga and Consciousness	Soft	6			
22	Semester-3	Yoga for Stress Management	Soft	6			
23	Semester-3	Yoga for special Groups	Soft	6			
24	Semester-3	Yoga and Ayurveda	Elective	6			
		Total Credits=		24	4		28
25	Semester-4	Therapeutic applications of Yoga	Hard	6			
26	Semester-4	Dissertation and viva	Hard	8			
27	Semester-4	Yoga Practice: (Meditation & Yoga Nidra)	Hard		4		
28	Semester-4	Kundalini Yoga	soft	6			
29	Semester-4	Diagnostic Methods	soft	6			
30	Semester-4	Consciousness Studies (advanced)	soft	6			
31	Semester-4	Yoga Studies	soft	6			
32	Semester-4	Yoga and Naturopathy	Elective	6			
		Total Credits=		26	4		30

M.A. YOGA & CONSCIOUSNESS: Detailed syllabus:

Semester-I

Paper 101: Introduction to Indian Philosophy

Unit-I

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

Unit-II

Outlines of Shad darshanas: Nyaya- Vaishesika; Samkhya- Yoga, Purva Mimamsa and Uttara Mimamsa or Vedanta; Central teachings of 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

Unit-IV

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;

Unit-V

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.

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

PAPER 101: INTRODUCTION TO INDIAN PHILOSOPHY

Model Question Paper

Duration: 3 hours

Max. Marks: 80

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: 5x4 = 20

1. "Sthita Prajna" of Bhagavad Gita
2. Discuss Jaina's Syadvada.
3. Give a brief account on Nyaya Epistemology.
4. Explain the seven categories of Vaiseshika Darsana
5. Samkhya "trigunas"
6. Discuss Karma and dharma of Mimamsa
7. "God, Soul, and World" according to Ramanuja.
8. What are the means of Liberation according to Madhva

Semester –I
Paper-102: Introduction to Western Philosophy

Unit-I

Pre-Socratic Philosophers- Homer; Hesiod; Thales; Anaximander; Anaximanes; Heraclitus and Pythagoras.

Unit-II

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

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-IV – **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

Unit-V

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(1914): *A History of Philosophy*, 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 102: Introduction to Western Philosophy

Model Question Paper

Duration: 3 hours

Max. Marks: 80

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 4 =20

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

Semester-I

Paper-103: Yoga Practice –I: Asanas

Unit-I:

Sukshma Vyayamam (pawan mukta series); Greeva Sanchalana; Netra Sanchlana; Surya Namaskara

Unit-II:

Meditation Asanas: Sukhasana, Ardha Padmasana, Padmasana, Svastikasana, Siddhasana, Vajrasana,

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

Unit-III:

Standing Asanas: Tadasana, Tiryak Tadasana, Katichkarasana, Parivrita Trikonasana, Parsva Konasana, Veera Bhadrasana, Vrukshasana, Natarajasana, Parsvottanasana, Utkatasana, Pada Angushtasana, Parighasana

Unit-IV:

Sitting Asanas: Saithalyasana, Vakrasana, Janusirshasana, Paschimottanasana, Ustrasana, Sasankasana, Supta Vajrasana, Marjalasana, Vygrasana, Gomukhasana, Sashankabhujangasana, Ardha Chandrasana, Parivrita Janu Sirshasana, Ardha Matsyendrasana, Simhasana, Yogamudrasana, Bakasana, Brahmacharyasana, Lolasana

Unit-V:

Prone, Supine & Inverted Asanas: Sarpasana, Bhujangasana, Ardha Salabhasana, Salabhasana, Dhanurasana, Parsva Dhanurasana, Hamsasana, Mayurasana, Uttana Padasana, Navasana, Kandharasana, Chakrasana, Supta Pawanamuktasana stage-I & II, Jatar Parivrittanasana and its variations, Yoganidrasana, Viparita karni, Sarvangasana, Halasana, Matsyasana, Sirshasana, Oordhwa Padmasana

Recommended books:

Swami, Kuvalyananda(1993), *Asanas*, Kaivalyadhama, Lonavla

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

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

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

Paper-104: Introduction to 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: classical and operant conditioning and social learning; learning paradigms; skill acquisition and transfer of learning; language acquisition.

UNIT-III

1. MEMORY: Functions and processes; models and theoretical views; influences on memory processes; neuro-physiological perspective; aspects of memory deterioration and improvement.
2. 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.

UNIT-V

- PERSONALITY: Nature and theories of personality; Psychoanalytic theory of Freud, Jung and Adler; type and trait approaches by Eysenk and Cattell; 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. (1977). *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: INTRODUCTION TO PSYCHOLOGY
Model Question Paper

Duration: 3 hours

Max. Marks: 80

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 4 =20

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. What are mnemonics?
6. What is forgetting? Explain different types of forgetting
7. Describe language development in the young child
8. Explain Id, Ego and Superego

Semester-I
Paper 105: Elements 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. *Muscular system*: types of muscles,

UNIT-II

Digestive system: the mouth, the salivary glands, the esophagus, the stomach, the liver, the gall bladder, the pancreas.

UNIT-III

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

UNIT-IV

Endocrine system: the thyroid gland, the parathyroid glands, the pituitary gland, the pancreas. *Reproductive system*: the male and female genital organs. *Lymphatic System*: Introduction to Lymphatic System, *Immune System & Immunity*, Resistance Power; Physiological basis of perception and Sense organs-eye-ear-nose-tongue and skin

UNIT-V

The *Nervous System*: The central nervous system, the autonomic nervous system, the peripheral nervous system; physiological basis of emotions and learning;

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 105: ELEMENTS OF HUMAN ANATOMY & PHYSIOLOGY

Model Question Paper

Duration: 3 hours

Max. Marks: 80

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)

Write in details about the functions of the digestive system.

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)

Draw a neat labeled diagram of the brain and explain about the functions.

SECTION - B

Answer any five of the following questions:

5x4 = 20

1. Narrate the different parts of Central Nervous System.
2. Function of thyroid gland.
3. The Spinal Cord.
4. Role of parasympathetic system.
5. Types of muscles.
6. What is hemoglobin and what are its functions?
7. Functions of pancreas
8. What are the functions of the pituitary gland?

Paper 106: Selections from the Bhagavad Gita

Unit-I

Introduction to Bhagavad Gita; Bhagavad Gita the Yoga Sastra; outlines of Bhagavad Gita- tradition of Yoga in Bhagavad Gita.

Unit-II :

Chapter: II: Samkhya Yoga: description of Atma – the doctrine of Nishkama Karma – characteristics of Sthithi Prajna;

Unit-III

Ch.VI: Dhyana Yoga: characteristics of the sage of self-conquest - method of Meditation – enquiry in to mind control – excellence of Dhyana Yoga -Ch.XII: Bhakti Yoga: qualities of Bhakta

Unit-IV

Ch. XIII: Kshetra kshetrajna vibhaga yoga: concept of Kshetra and Kshetrajna - qualities of Jnani – distinction between Prakriti and Purusha - Ch. XIV. Gunatraya Vibhaga Yoga: nature of the three Gunas - the effect of the three Gunas – qualities of Jivanmukta

Unit-V

Ch.XV: Purushottama prapti Yogam

Recommended books:

Yogananda, Sri Sri Paramahansa.(2002). (Tr.& Com.) The Bhagavad Gita, Royal Science of God Realization, vol.I & II, Yogoda Satsanga Society of India, Kolkot

Vidya Prakashnanda Swami(1980): Gita Makaranda, Kalahasti, Sri Sukha Brahma Ashram

Ekanath Eswaran (1997): The Bhavad Gita for Daily Living, Allahabad, Jaico Books

Dr. T.R. Anantharaman (2000) Ancient Yoga and Modern Science (Yoga of Bhagavad Gita – Chapter – 7) Munsiram Manoharlal Pvt. Ltd., New Delhi.

**PAPER 106: Selections from the Bhagavad Gita
Model Question Paper**

Duration: 3 hours

Max. Marks: 80

SECTION – A

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

1. “Bhagavad Gita is the Yoga Sastra” - Explain

Or

Describe the nature of ‘Atma’

2. Write about characteristics of Sthiti Prajna

Or

Describe the technique of Meditation as described in Bhagavad Gita

3. Distinguish between Kshetraand Kshetrajna

Or

Write an essay on chapter of Purushottamaprapiti Yogam

SECTION – B

Answer any five of the following question:

5X 4 =20

1. Tradition of Yoga in Bhagavad Gita
2. Nishkama Karma Yoga
3. Qualities of Bhakta
4. Nature of the three Gunas
5. Qualities of Jivanmukta
6. Prakriti and Purusha
7. Excellence of Dhyana Yoga
8. Characteristics of the sage of self-conquest

Paper-107: Hatha Yoga Pradipika Text

UNIT-I

Definition of 'Ha' and 'Tha' and what is hatha yoga –lineage of mahasiddhas-Yoga texts and their traditions; extent of the text, about date, author and contents of Hathayogapradipika, commentators on HP like Srinivasa Bhatta, Brahmananda & Balakrishna. A review.

UNIT-II

Nathas-influence of Nadha yogis on Telugu/Andhra literature; Kumara Sambhavamu, Sivayogsaramu & Haravilasam of Srinadha, Swarasastramanjari of Ganapanaradhya, Navanaathacharitra, Paratatvarasayanamu, & Navanadha siddha pradeepika; translators of H.P in Telugu Sri O. Y Doraiswamayiah & Rachakonda annayasastri

UNIT-III

Causes of failure and success in Hatha yoga sadhana – Yama and Niyama in hatha yoga (HP& HR).Pranasamyama yoga. Shat karmas- Relation of mind and Prana Asta kumbhakas-Relation of mind and nada - Nathanusandhana,

UNIT-IV

Compare and contrast Hathapradipika, Hatha Rratnavali & Yoga Ratnapradipika, yogic therapy, Advaitic background f the text, tradition of Vasistha and Matsyendra,; language and style of hatha yogins , an estimate.

UNIT-V

Samadhi and its various names – process of Samadhi– shambhavi mudra- shanmukhi mudra, misconception of mudras now-a-days- yogic and non-yogic like natyasastra and mantra sastra – the four stages of hatha yoga and hearing nada – the features of a Yogi in samadhi

Text:

Gyan Shankar Sahay (2013) (Tr.& com.) Hathayogapradipika of Swatmarama, Morarjidesai National institute of yoga , New Delhi

RECOMMENDED BOOKS AND JOURNALS

- 1) Professor M.Venkatareddy (2011) Hatharatnavali of Srinivasabhattamahayogandra, MSR memorial yoga series, Arthamuru, EGDT-INTRODUCTION.
- 2) Dr.P.K.Gode, date of Hathayogapradeepika of Swatmarama muni-studies in India literary history vol-I-PP-379-387

**PAPER 107: Hatha Yoga Pradipika Text
Model Question Paper**

Duration: 3 hours

Max. Marks: 80

SECTION – A

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

1. What is Hatha Yoga? Justify title of the Hathayogapradipika?

Or

Explain briefly about shat karmas.

2. Write an essay on influence of Nadhayogis on Telugu literature?

OR

What is nada? Describe the relation of Mind and Nada

3. Mention important characteristics of Hathayogapradipika?

OR

Compare and contrast hatha texts like Hathapradipika, Hatharatnavali & Yogaratnapradipika by Prabalabhogeshwara muni?

SECTION – B

Answer any five of the following question:

5X 4 =20

1. Define “Ha’and ‘Tha’
2. Manuscripts on hathayoga
3. Yama and niyama in hathayoga
4. Mithahara in hathayoga and Upavasa in Ayurveda
5. Signs of perfection of in hatha yoga
6. Names of Kundalini
7. Shambhavi mudra
8. Contents of Hathapradipika

Elective Paper:
Paper-108: : BASICS OF SANSKRIT

Unit –I: Sanskrit Alphabet (Aksharamala);

*Orthography of Devanagari varnamala, classification of varnas, purnaksara, samyuktaksara, karakas and mrduvyanjanas, writing of varnamala using Roman transliteration.

Sanskrit words :- classification of Sanskrit words; Subantas - Ajantha and Halanta words, genders, vachanas, cases of subanta words. Declaration of the following words in cases: - Rama, Hari, Guru, Pitri, Lata Mati, Dhenu, Phalam, Vari, Gau, Marut, Vidvas, Rajan etc., Asmad, Yusmad, Tad, Kim etc.

Poetry – Subhashitas: Selections From Sarala slokah

1. Ya kundendu tushara...v.No.1
2. Yeshaam na vidya na tapo.. v.No.3
3. Sahitya samgeeta kalaa viheenah... v.No.4
4. Bhaasaashu maduraa divyaa.. v.No.5
5. vidyaa naama narasya... v.No.6
6. rupayouvana sampannaah... v.No.8
7. vidyayaa vpushaa vaacaa.. v.No.9
8. arakshitam tishtati daivarakshitam.. v.No.14
9. takshakasya visham dante... v.No.19
10. brahmaanandam paramasukhadam.. v.No.21
11. yathaa desasthathaa bhaashaa.. v.No.25
12. Makshikaa vranamicchanti... v.No.29
13. drstiputam nyaset paadam... v.No.34
14. hastasya bhusanam daanam.. v.No.41
15. raahapathni guroh pathni.. v.No.51
16. pushpeshu padmam nagarishu kaasi.. v.No.59
17. atiparichayaadavajnaa ... v.No.61
18. utsave vyaasane caiva durbhikshe.. v.No.87
19. yasyaasti vittam sa narah kulinah... v.No.110
20. paandityasya vibhushanam madhurataa.. v.No.159

Unit –II : Prose- - Hitopadesa – mitralabha

Unit –III :Grammar – Declensions & Conjugations*

a)DECLENSIONS: Ajanta Sabdas

Masculine: Rama, Hari, Sambhu Dhatr, , Pitri, Go.

Feminine : Ramaa, Mati, Gauri ,Dhenu, Vadhu, Matr.

Neuter : Vanam, Vaari.Sarvanamasabdas : asmad yushmad , tat (three genders) kim

b) CONJUGATIONS: LAT, , LOT, LAN, VIDHILIN LRT- Five tenses only)

PARASMAIPADINS: BHU, GAM, DRSIR, STHAA, DRSIR, PA, AS, , LIKHA KR.

ATMANEPADINS: LABH, MUD, BHAS, RAM, VAND, YUDH KR SEV

* **Kriyapada in Sanskrit** -: Classification, Lakaras, Purusas, Vachanas. Declaration of the following root words in Lat, Lan, Lrt, Lot and Vidhi Lin - Bhu, Khad, Vad, Dhya, Path, Sev, Kshi, Prachchh, Tush, Kath, Chint, Ad, As, Jagri, Bha, Kri.

Unit –IV: Grammar - Sandhi& Samasa *

A) SANDHI: ACH SANDHI : Savarnadirgha , Guna , Vrddhi, Yanadesa, Ayavayava

HAL SANDHI : Scutva Jastva, Sthutva, Anunasika , Visarga

b) SAMASA : Dvigu , Dvandva, Bahuvrihi , Tatpuruasha , Karmadharaya , Avyayibhava

* **Avyayas in Sanskrit** - different kinds of avyayas, upasargas, nipatas etc.,

Elementary knowledge of all kinds of sandhis with examples in Sanskrit

Elementary knowledge of voices, compound words with examples in Sanskrit.

Karakas - its use in Sanskrit.

Unit –V: Translation

From Sanskrit to English / Telugu Slokas/ Simple sentences from Subhashitas and from Other prescribed lessons

Books Recommended:

1. R.S. Vadhyar & Sons : Infant Sanskrit Reader –, Palghat
2. Sarala slokah (easy slokas for children) Samskrita kaaryalayah, aravindasrama , Pondicherry, TN
3. Hitopadesah of Narayanapandita, Jayalakshmi Publications, Hyderabad.
4. Prathama –Samskrita Bhasha Pracara Samiti , Hyderabad

PAPER 108: BASICS OF SANSKRIT
Model Question Paper

Duration: 3 hours

Max. Marks: 80

I. Answer the paper in English or Telugu. While writing in Sanskrit Devanagari Script should be used.

A) Complete the following :

5x1 = 5

1. यो यस्य मित्रं
2. यथा देशस्तथा भाषा
3. पुष्पेषु पद्मं
4. कुले कवीनां
5. नीचाः कलहमिच्छन्ति

B) Answer the following

5x2 = 10

1. साहित्य सङ्गीतकलाविहीनः कीदृशः
2. "वकार पञ्चकम्" निर्दिशत।
3. बान्धवः कः ?
4. पञ्चैत मातरः स्मृताः - काः ?
5. भाषासु मुख्या का?

C) Write any two sabbdas with all cases

2x5=10

- a) गुरु b) पितृ c) वारि d) नद्र (पुं)

II. A) Write an Essayon any one of the following :

1x10 = 10

1. चित्रग्रीवस्य वृत्तान्तं लिखत।
अथवा (or)
2. पाशबद्धः मृगः काकेन कथं रक्षितः इति सविस्तरं लिखत।

B) Write short answers for the following :

5x1=5

1. जरद्वयस्य कथायां मार्जारस्य नाम किम् ?
2. राजद्वारे स्मशाने च थः तिष्ठति सः कः ?
3. लघुपतनकः कः ?
4. चित्रग्रीवस्य मित्रं कः ?
5. मन्थरः कः ?

C) Write notes on reference to the context (Annotation) for any two of the following: 2x2^{1/2}=5

1. उदारचरितानां तु वसुधैव कृदुम्बकम्।
2. अज्ञातकुलशीलस्य वासो न देयः।
3. बन्धुहीनो मृतवत् एकाकी निवसामि।
4. अरावप्युचितं कार्यमातिथ्यं गृहमागते।

III. Grammer : Describe the following : 5x1 = 5

- A) i) अचः के? ii) अनुनासिकाः के? iii) कण्ठ्याः के?
iv) तालव्याः के? v) सरलाः के?

B) Conjugate the following : (Write all the forms for given "Lakara")

- i) गम् - लृट् (or) वृशिरु - (विधिलिङ्) 1x5 = 5
ii) लभ् - लट् (or) रम् - लोट् 1x5 = 5

IV. A) Combine the following : 1x5 = 5

- i) नै+अकः ii) अरौ+अपि iii) नराः+इमे
iv) वाक्+ईशः v) वाक्+मयम्

B) Write vighraha vakyas for the following Samasta Padas 1x5 = 5

- i) पीताम्बरः ii) गो सुखम् iii) अहिनकुलम्
iv) गजमनीषा v) कुम्भकारः

V. General Translation

A) Translate One of the following into Telugu or English 5x1 = 5

- i) या कुन्देन्दुतुषारहार धवला या शुभ्रवस्त्रान्विता
या वीणावरदण्डमण्डितकरा था श्वेनपद्मासना।
या ब्रह्माच्युतशंकरप्रभृतिभिर्देवैः सदा पूजिता
सा मां पातु सरस्वती भगवती निःशेषजाड्यापहा।।

अथवा (or)

- ii) विद्यानाम नरस्य रूपमधिकं प्रच्छन्नगुप्तं धनं
विद्याभोगकरी यशः सुखकरी विद्या गुरुणां गुरुः।
विद्या बन्धुजनो विदेशगमने विद्या परा देवता
विद्या राजसु पूज्यते न तु धर्न विद्याविहीनः पशुः।।

B) Translate the following into Sanskrit 5x1 = 5

- i) Look before you step.
ii) Evil natured man has poison in every part of his body
iii) Persons have no learning cannot shine.
iv) As is the king so are the people.
v) Low minded people look for a quarrel

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,

UNIT-III

Principles of Indian Psychology: Feeling: Emotion and Sentiments, Action: Motivation and Volition

UNIT-IV

Personality in Indian Psychology: Personality in Samkhya-Yoga, Personality in Nyaya-Vaisheshika, Personality in Vedanta;

UNIT-V

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 Banarasisdas
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: 80

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
Write an essay on Schools of Indian Psychology

SECTION – B

Answer any five of the following question: 5X 4 =20

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. Why is it essential to develop Indian Psychology in India?
5. Explain Action from Indian Psychological perspective
6. Explain the terms *Kshetra* and *Kshetrajna*
7. What is meant by the terms *Kaivalya*, *Nirvana* or Liberation?
8. Implications of Indian Psychology for health and wellness

Semester-II

Paper 202: Consciousness Studies –I (western)

UNIT- I

1. William James Streams of Consciousness; Characteristics of Streams of Consciousness; Phenomenology of streams of consciousness

UNIT-II

1. 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; 2. Criteria, Functions and Categories of Consciousness

UNIT-III

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-IV

Consciousness, Mind and Intentionality: Philosophical Discussions- Views on Mind and Body - Rene Descartes, Leibniz, Berkeley; Philosophical Behaviorism; Epiphenomenalism; Central-State materialism; Functionalism;

UNIT-V

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 202 – Consciousness Studies –I (western)
Model Question Paper

Duration: 3 hours

Max. Marks: 80

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 4 =20

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. Franz Brentano's views on Intentionality
7. What is implicit awareness?
8. Explain the term Induced awareness

Semester-II

Paper 203: Yoga practice-II: Shat Kriyas

Unit-I:

Kapalabhati, Vata Krama kapalabhati, Jalaneti, Dugda Neti, Tulasi Neti, Sutra Neti,

Unit-II:

Jala Dhauti, Vastra Dhauti, Agnisar Kriya

Unit-III:

Laghu sankha Prakshalan Kriya, Poorna Sankha Prakshalan Kriya,

Unit-IV:

Madhayama Nauli, Vamana Nali, Dakshina Nauli, Nauli Kriya

Unit-V:

Bindu Trataka, Jytir Trataka, Nasagra Trataka, Brumadya Trataka

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.

Semester-II
Paper-204: 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; 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;

UNIT-III

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-IV

Vedanta: A Philosophy of Pure Consciousness – Consciousness according to Advaita, Dvaita and Visistadvaita schools, Consciousness according to Nyaya, Vaishesika and Sankya Schools.

UNIT-V

Self - awareness – Ramana Maharshi; *Buddhism: A Psychology of Consciousness*: - viññāṇa, 5 aggregates, 12 nidhanasm, *cetasikas*, *nirvana*; Research methods in consciousness – measuring of consciousness

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 Nirvāṇa in Early Buddhism*. Curzon Press.
- Nakamura (1989). *Indian Buddhism*, Motilāl Banārsidass, Delhi.

PAPER 204: CONSCIOUSNESS STUDIES – II (EASTERN)

Model Question Paper

Duration: 3 hours

Max. Marks: 80

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

Classify the consciousness according to eastern philosophers

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 4 = 20

1. Consciousness states
2. Define Consciousness
3. Brain correlates of consciousness
4. Person transformation
5. Nyaya views on consciousness
6. Transcending body consciousness.
7. Self- awareness of Ramana Maharshi
8. Measuring of consciousness

Semester-II
Paper-205: Meditation Theory and Research

UNIT I

Meditation its meaning, nature and scope; Meditation as deployment of attention;
Meditation: An East-West link ; preparation steps for Meditation; concept of Dharana,
Dhyana and Samadhi.

Unit-II

Meditation in Hinduism: OM meditation; So...Ham meditation; Chakra meditation;
Process of Meditation in 6th chapter of Bhagavad Gita; Transcendental Meditation;

UNIT-III

Meditation in Buddhism; Meditation in Jainism; Zen meditation; Carrington's
CSM; Meditation as a self-enhancement and self-regulation strategy; Meditation-
Samyama and Siddhis the possibility and significance.

Unit-IV

Empirical research on meditation: Neurophysiological Effects and Correlates- EEG
(Electroencephalogram) Studies of Meditation- Neuroimaging Studies of Meditation

UNIT-V

Psychological effects of Meditation: Cognitive effects-Paranormal effects-Volitional and
Behavioural effects-Emotional effects; Therapeutic effects of Meditation: Meditation and
Mortality- Yoga and Hypertension- Healing and Health effects

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. 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.
8. Rao, K.R. (2011). *Cognitive Anomalies, Consciousness and Yoga, vol. XVI part 1*, Centre For Studies in Civilizations, pp 563-661

**Paper 205: Meditation Theory and Research
Model Question Paper**

Duration: 3 hours

Max. Marks: 80

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 meditation practices in Buddhism and Jainism

2. Write the process of meditation as described in Bhagavad Gita

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 empirical research on meditation

SECTION – B

Answer any five of the following questions : 5X 4 =20

1. Explain meditation as a East –West link

2. “Manipulation of attention is the common ingredient in all meditation practices “ Explain

3. Concept of *Dharana and Dhyana*

4. What is *Samyama and Siddhis*

5. Explain meditation as a self-enhancement strategy

6. Neuroimaging studies of Meditation

7. Healing and Health effects of Meditation

8. Cognitive and Paranormal effects of Meditation

Semester-II

Paper 206: Gheranda Samhita Text

Unit-I

Introduction to Gheranda Samhita: chapter on Shatkarmas: Divisions, subdivisions-techniques and their benefits

Unit- II

Divisions and subdivisions of Pranayama; techniques and their benefits –Pratyahara techniques

Unit-III

Chapter on Mudras: techniques and their benefits

Unit-IV

Chapter on Dhyana; techniques and variations in Dhyana

Unit-V

Chapter on Samadhi: different types of Samadhi

Text Book:

Swami Digamarji and Dr.M.L.Gharote (Ed.) (1997):Gheranda Samhita, Lonavla, Kaivalyadhama S.M.Y.M. Samiti

**Paper 206: Gheranda Samhita
Model Question Paper**

Duration: 3 hours

Max. Marks: 80

SECTION – A

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

1. What is Ghatastha Yoga? -Explain

OR

Describe techniques of different types Dhautis and theirtherapeutical benefits.

2. Explain the techniques and benefits of Basti and Bhalabhati

OR

What is the nature of Samadhi? Explain different types of Samadhi

3. Describe techniques of meditation as illustrated in Gheranda Samhita

OR

Write about Pancha dharanas as described in Mudra's chapter

SECTION – B

Answer any five of the following questions : 5X 4 =20

1. Vasti karma

2. Shambhavi mudra

3. Samanu and Nirmanu pranayama

4. Effect seasons on Yoga practice

5. Uddiyana bandha

6. Laulikriya

7. Bhujagi mudra

8. Moderate diet

Semester-II
Paper 207: Yoga and Alternative Therapy

Unit-I

Yoga & Ayurveda – relation of Yoga and Ayurveda- Fundamentals of Ayurveda- concept of sareera kriya, Vijnana and rachana-tridoshas vijnana - sapta dhatus - mala vijnana- Ojas- different kinds of Agnis-Swastha vijnana- dinacharya-rutu charya - Sodhana karma: Pancha karma, Purva karma-basic principles of Ayurvedic treatment - nadi vignana-

Unit-II

Yoga & Naturopathy; relation of Yoga and Naturopathy-various methods of treatment in Naturopathy: fasting, nutrition and dietetics, hydro therapy, mud therapy, chromo therapy, magneto therapy, and massage therapy

Unit-III

Yoga and Acupressure : relation of Yoga and Acupressure- Basic knowledge of Acupressure - theory of Acupressure - identification of points of Acupressure - therapeutic use of Acupressure; benefits of acupressure ; acupressure treatment for common diseases

Unit-IV

Electro therapy: short wave diathermy; infra red radiation ; traction mission; Hand and Leg pulling; Shoulder wheel

Unit-V

Psychotherapy: Psychopathology and mental health: Frustration ,conflict, anxiety and defense, Neuroses, psychosis, Personality disorders, Techniques of psycho therapy, and Evaluation of psychotherapy. Yoga & Psychotherapy; Clinical application of Yoga in Psychotherapy

Recommended books:

Dr. H.K. Bakhru, (2006) :Diet cure for common Ailments, Mumbai,, Jaico Pub. Home.

Dr. S.R. Jindal-(1994): ,Nature Cure: A Way of Life, Bangalore, Institute of Naturopathy & Yogic Sciences,

----- (1994): Nature Cure treatments, Bangalore, Institute of Naturopathy & Yogic Sciences,

Dr. D. R. Gala, DR. Dhiren Gala, DR. Sanjay Gala :(1995): Be your own doctor with Acupressure, Bombay, Navneet Publications.

Dr. N.A. Murthy & D.P. Pandey, Ayurvedic common Cures for Common Diseases, Orient Paperback publishers, Delhi

Swami Rama, Rudolph Ballantive & Swami Ajay-(2007), Yoga & Psychotherapy, Himalayan Institute Press, Honeldale

Edward Erwin, (1997): Philosophy & Psychotherapy, Sage publications, New Delhi

Dr. K.S. Joshi (1993) Yoga and Naturecure Therapy – Sterling Publishers Pvt. Ltd, New Delhi.

M. Venkata Reddy (1988) Ayurvedic Aspects in Hathapradipika – The Journal of Research and Education in Indian Medicine, Vol – VII – No.4 October – December – Varanasi.

M. Venkata Reddy (1991-92) Ayurvedic Aspects in Gherande Samhita – Aryavaidhan – Vol 5 – PP – 106 to 11, Nov-1991 and Vol No.V No.3, PP-156 to 163, Feb. 1992.

Bhagal.R.S. (2004) Yoga and Mental Health, Kaivalyadhama, Lonavla.

PAPER 207: Yoga and Alternative Therapy

Model Question Paper

Duration: 3 hours

Max. Marks: 80

SECTION – A

Answer all the three questions choosing one from each set:

3x20= 60

1. Describe the basic principles of Ayurveda & Yoga. Mentioned the principles of treatment in Ayurveda.

(Or)

Explain the *swastha vijnana* of Ayurveda.

2. Differentiate various methods of treatments in Yoga and Naturopathy

(Or)

How points can be identified in acupressure therapy and explain acupressure treatment to the (a)Sciatica (b) Indigestion (c) Migraine (d) Kidney problems.

3. What is Psychotherapy? Write its techniques and clinical application of yoga in psychotherapy.

(Or)

What is Electro therapy ?write its therapeutical procedure.

SECTION -B

Answer any five of the following questions:

5 x 4= 20

1. Sapta dhatus
2. Chromo therapy,
3. Magneto therapy
4. Dinacharya-rutu charya
5. Personality disorders
6. Leg pulling
7. Benefits of acupressure.
8. Neuroses

Semester-II
Paper 208: Elective paper
Food and Nutrition

Unit – I

Principles of dietetics – balance diet –common foods - applied physiology

Unit-II

The vitamins – vitamin A – vitamin E- vitamin K- vitamin D

Unit-III

Water soluble vitamin–B1 –vitamin B2 (riboflavin)- niacin- pyridoxine (vitamin B6)

Pantothenic acid – biotin- vitamin B12- folic acid- vitamin C .

Unit-IV

Basal metabolic rate- carbohydrate metabolism- fat metabolism –Protein metabolism -
Mineral metabolism – calcium –phosphorus – magnesium sodium- potassium – iron -
iodine

Unit – V

Beneficial effect of juice therapy – Diseases- Disorders: High blood pressure- High
cholesterol- Hypoglycaemia(Low blood sugar)- Diabetes mellitus – memory loss –
menstrual problems –migraine headache – premenstrual syndrome-rheumatoid arthritis-
obesity-allergies.

Reference Books:

Rudolph Ballentine: Diet & Nutrition, The Himalayan International Institute, Pennsylvania, 1979

Dr. H.K. Bakhru: Diet cure for Common Ailments, Jaico Publishing House, Hyderabad, 2006

PAPER -208: FOOD AND NUTRITION

MODEL Question Paper

Duration:3 hours

Max.Marks:80

SECTION-A

Answer all the three questions choosing one from each set

3x20=60

1. Enumerate the role of nutrition on positive health

Or

Write an essay on balance diet.

2. Write down the beneficial effect of juice therapy in various health problems.

Or

Define nutrition ? and write down essay on carbohydrate , protein and fat metabolism.

3. Write an essay on vitamin A, E, K and D

Or

Write an essay on water soluble vitamin – B1 – vitamin B2 (riboflavin)- niacin- pyridoxine (vitamin B6)

SECTION-B

Answer any four the following questions:

2x10=20

1. Basal metabolic rate .

2. Write minerals on calcium –phosphorus .

3. Food and Hypoglycaemia .

4. Write sources and benefits of Iron.

5. Vitamin C

6. Role diet in Diabetes Mellitus

7. Satvik diet

8. role of diet in Hypertension

Semester III

Paper 301: Ancient Indian Traditions of Yoga: Karma, Jnana and Bhakti Yogas

Unit-I

Origin, definitions, and meanings of the term Yoga; Historical development of yoga over the ages; elements of Yoga in the Vedas; the Yoga in Epics, Smritis, in Jainism, Buddhism and Puranic literature; Yoga-Vaasishta and its view of Yoga; *Yoga Personages* - Maharshi Patanjali, Sri Matsyendranath, Guru Gorakshanath, Swami Swatmarama, Swami Gheranda.

Unit-II

The early Yoga Upanishads: Adyaatma Yoga of the Kathapanishat; concepts of Yoga in Svethasvetaropanishat, Shadanga Yoga of the Maitrayanopanishat and the Asparsha Yoga of the Mandukyopanishat; brief outlines of the Yogopanishats.

Unit-III:

Yogic concepts in Bhagavad Gita; Outlines of the Bhagavad Gita; the tradition of Yoga in Bhagavad Gita: Yogic devices of self control- description of the Atma- characteristics of Sthitha Prajna; **Karma Yoga** in Bhagavad Gita: the doctrine of Nishkarma yoga; Tapas, Yajna and Karma Yoga; Gods as Prototypal Karma-Yogins; Relationship of Karma Yoga and Jnana Yoga;

Unit-IV:

Jnana Yoga: What is Jnana ; three types of aspirant of Jnana Yoga; four principal means of Jnana Yoga; Sankaras's threefold of Jnana Yoga; Jivanmuktas; Jnana Yoga in Bhagavad Gita:

Unit-V:

Bhakti Yoga: history of Bhakti; significance of the path of Bhakti; two grades of Bhakti: the Lower and Higher; Bhakti: Mother-Child bondage; Form and Formlessness of the divine; Bhakti Yoga and principles of ethics and austerity; stages in bhakti; Navavidha bhakti; Bhakti yoga in Bhagavad Gita: qualities of Bhakta

Recommended Books:

Feuerstein, Georg. (2002.): *The Yoga Tradition: Its History, Literature, Philosophy and Practice*. Delhi, Bhavana Books and Prints.

Srinivas Iyengar (1938). *The Yoga Upanishads*. Theosophical Publishing House, Adyar.

Yogananda, Sri Sri Paramahansa. (2002). (Tr. & Com.) *The Bhagavad Gita, Royal Science of God Realization, vol. I & II*, Yogoda Satsanga Society of India, Kolkot

PAPER 301: Ancient Indian Traditions of Yoga: Karma, Jnana and Bhakti Yogas

Model Question Paper

Duration: 3 hours

Max. Marks: 80

SECTION – A

Answer all the three questions choosing one from each set:

3x20= 60

1. Write an essay on historical development of Yoga?

(Or)

Explain yogic concepts in early Yogopanishats?

2. Write an essay on Karma-yoga with special reference to Bhagavad Gita?

(Or)

Explain the outlines of yoga according to Bhagavad Gita”?

3. What are the methods involved in Jnana Yoga?

(Or)

Write an essay on Bhakti Yoga and principles of ethics and austerity ?

SECTION - B

Answer any five of the following questions:

5x4 = 20

1. Definitions and meanings of yoga?
2. Maharshi Patanjali
3. Qualities of sthitha prajna
4. Qualities of Jnani.
5. Qualities of Bhakta in Bhagavad Gita.
6. Navavidha Bhakti
7. What are the qualities of Jivanmukta?
8. Mother –Child bondage

Semester-III

Paper-302: Ancient Indian Traditions of Yoga: Raja Yoga and Hatha Yoga

Unit-I

Patanjali Maharshi - philosophical foundations of Yoga sutras- Yoga as Samadhi ; Definition of Yoga; theory of mind: Chitta Vrtties; control of mind: Abhyasa and Vairagya- samprajnata and asamprajnata Samadhi - means of attaining Samadhi; Concept of God ; hindrances to control : chitta vikshepas- removal of chitta vikshepas, ekatatvabhyasa - concept of chitta prasadana –different kinds of Samadhi-

Unit-II

Sadhana Pada: Kriya yoga - concept of kleshas - removal of kleshas- the Seer and the Seen – Eight fold Yoga practice: Astanga yoga- yama, niyama, asana, pranayama, pratyahara, Vibhuti pada: dharana, dhyana and samadhi – Samyama and Siddhis: psychic powers; five states of mind; Kaivalya: the Goal of Yoga

Unit-III:

Hatha Yoga Pradipika- purpose of Hatha yoga-factors to failure and success in Yoga Sadhana - mithahara – relation of Mind and Prana - importance of Nadi suddhi – techniques and benefits of Shat Karmas and Asta Kumbhakas; Signs of perfection in Hatha Yoga

Unit-IV :

Concept of Kundalini - *Dasha Mudras* and their importance in Kundalini awakening - Synonyms and process of Samadhi – techniques of Shambhavi and Khechari mudras – Concept of Nadanusandana

Gehranda Samhitha:Sapta sadhanas - Classification of Dhauti, Basti and Bhalabhati –asanas - Classification of Mudras -- the influence of Seasons on Yoga- Sahita and Kevali kumbhaka – Pratyahara techniques- three types of dhyana

Unit-V:

Mantra Yoga: meaning of the word mantra; purpose of matra yoga; limbs of mantra yoga

Kundalini Yoga: physiology of kundalini- nadies- chakras- granthies - methods of awakening kundalini- practices for awakening kundalini

Recommended books:

Taimini, A.K. (1999): *The Science of Yoga, (Com. On Yoga Sutras)*, Chennai, The Theosophical Publishing House,.

Vivekananda, Swami.(1982): *Raja Yoga or Conquering the Internal Nature* ,Culcutta, Advaita Ashram

Surendranath Dasgupta- (1989): *A Study of Pantanjali*, Delhi, Motilal Banarasisidass.

Feuerstein, Georg. (2002.): *The Yoga Tradition: Its History, Literature, Philosophy and Practice*.Delhi, Bhavana Books and Prints.

Rao, K.R. (2011). Cognitive Anomalies, Consciousness and Yoga, vol. XVI part 1, Centre For Studies in Civilizations, pp 563-661

Muktibodhananda Saraswati, Swami. (1985): (Tr. & Com.). Hatha Yoga Pradipika (Light on Yoga) Munger, Bihar School of Yoga

Swami Digamberji and Dr.Gharote M.L Ed.(1978):Gheranda Samhita, Kaivalyadhama, S.M.Y.M. Samithi,

Yogananda, Sri Sri Paramahansa.(2002). (Tr.& Com.) The Bhagavad Gita, Royal Science of God Realization, vol.I & II, Yogoda Satsanga Society of India, Kolkota

Yogananda, Sri Sri Paramahansa. (1998). An Autobiography of a Yogi, Yogoda Satsanga Society of India, Kolkota, ch.26th

Satyananda Sarswati, Swami (1984): Kundalini Tantra, Munger, Bihar School of Yoga

PAPER 302: Ancient Indian Traditions of Yoga : Raja Yoga and Hatha Yoga

Model Question Paper

Duration: 3 hours

Max. Marks: 80

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*” -Explain?
2. Describe about Astanga yoga of Patanjali?
(Or)
Describe the relation of *naada* and mind, and trace out types of *naada* perceived by the yogi.
3. Illustrate the *sapta sadhanas* of *ghatastha yoga*
(Or)
Write an essay on process of awakening of the Kundalini

SECTION - B

Answer any five of the following questions: 5x4 = 20

1. Concept of God
2. Kriya yoga
3. Chitta vikshepas
4. Mithahara .
5. Dasha mudras
6. Mantra yoga.
7. Relation of Prana and Mind
8. Synonyms of *sushumna* and *kundalini* .

Semester-III

Paper-303: Yoga Practice-III: Pranayama & Mudras

Unit-I:

Preliminary Pranayama techniques: Udara Svasa – Vaksha Svasa – Skanda Svasa, Yoga Savasa, Anuloma Viloma pranayama, Svana Pranayama, Chandranga Pranayama, Suryanga Pranayama

Unit-II:

Jalandhara Bandha, Mula Bandha, Uddiyana Bandha; Kapalabhati Pranayama with Bandhas and external and internal retention

Unit-III:

Viloma Pranayama; Nadi sodhana Pranayama: Part-I; Part-II and Part-III

Unit-IV:

Asta Kumbhaka Pranayamas: Surya bedhana, Ujjayi, Seethcari, Seethali, Bhastrika, Bramari

Unit-V:

Hasta Mudra Pranayamas: Chinn Mudra Pranayama, Chinmaya Mudra Prnayama, aadi Mudra Pranayama and Brahma Mudra Pranayama

Mudras: Mahamudra, Maha bandha, Maha veda and Sambhavi Mudra

Recommended Books

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

Swami Rama, Rudolph Ballentine and Alan Hymes (2005): *Science of Breath*, Pennsylvania.

Swami Kuvalyananda (1966): *Pranayama* Bombay, Popular Prakashan.

Joshi, K.S (1989): *Yogic Pranayama* New Delhi, Orient Paperbacks

Semester-III
Paper 304: Applied Yoga

Unit-I : Concept of Health and Yoga, the science of emotion culture, , the subtle body,the science of illness, breath and energy, sleep and higher consciousness;brain ,mind and the nadi system;Yogic discipline;The mental attitude.

Unit-II

Yoga for prevention and control of selected acute and chronic diseases, hypertension , diabetes, insomnia,sinusitis,ulcers,obesity,constipation, osteoarthritis of knee,backache and neckache, Yoga for stress management ,Pain management.

Unit-III

Yoga and Educational applications : Yoga for improving concentration; Important of breathing in Physical education- Yoga for swimmers, runners, tennis, cyclist,

Unit-IV

Yoga for different professional groups: IT; occupational health hazards in computer Profession; Electro Stress ,yoga and drug addiction .

Unit-V

Yoga for women, yoga for balanced life style, Yoga for senior citizen,Yoga for healthy aging; Yoga for Handicapped people, Yoga for depression.

Recommended books:

Dr. Gharote, M.L. (2004): *Applied Yoga*. Lonovala, 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.

Rama, Swami. (1999). *A Practical Guide to Holistic Health*.Pennsylvania, Himalayan Institute of Yoga.

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

Rao, K.R. (2011). *Cognitive Anomalies, Consciousness and Yoga, vol. XVI part 1*, Centre For Studies in Civilizations, pp 332-342

Frawly, David(2002): *Vedantic Meditation*, New Delhi, Full Circle publishing

Prof. M.Venkata Reddy, Dr. Rao. G. Nanduri & Dr. Hary Waters (2005): Yoga for CyberWorld (Psychiatric Problems) MSR Memorial Yoga Series, Arthamuru, E.G. Dt.,

PAPER 304: APPLIED YOGA

Model Question Paper

Duration: 3 hours

Max. Marks: 80

SECTION – A

Answer all the three questions choosing one from each set:

3x20= 60

1. Enumerate the role of yoga in personal transformation
(Or)
Trace out remedial methods of Yoga for stress management.
2. Examine the application shat kriyas in various health problems.
(Or)
Write an essay on Yoga and Educational application
3. Give an account of Yoga for rehabilitation.
(Or)
How yoga techniques can be applied in Physical education?

SECTION -B

Answer any five of the following questions:

5 x 4 = 20

1. Pain management
2. Yoga and Internet Addiction Disorder
3. Yoga and Aging.
4. Yoga as remedy for Addictions
5. Yoga and IT professionals.
6. Yoga and mental abilities
7. Characteristics of Jivanmukta
8. Anustana Yoga Vedanta

Semester-III

Paper 305: Research Methodology with special reference to Consciousness and Yoga

UNIT-I

Introduction to Research: Meaning and definition of Research; objects of research; Research and scientific method: criteria of good research; types of research; quantitative research, qualitative research, descriptive research, analytical research; Experiential research and Non-experiential research; Ethical issues in experimentation.

UNIT-II : The problem, hypotheses and variables

Problem : Meaning, Characteristics, sources and types

Hypotheses: Meaning, Characteristics, sources and types

Variables: Meaning and types, techniques of controlling extraneous variables

UNIT-III: Sampling, Methods of Data Collection and Research Design

Sampling: Meaning, Characteristics and types

Possibility sampling method: Simple random sampling; Stratified random sampling; Area or cluster random sampling

Non-probability sampling method: Quota sampling; Accidental sampling; Judgemental or purpose sampling

Methods of Data Collection: a) Observation b) Interview c) Questionnaire d) Ratingscale

Research Design: One group design, pre-test design, randomized group design and

Factorial design: Between subject design with on subject design

UNIT-III

A. Measurement and Description Data:

a) Types of scales b) Graphic representation of data c) Measure of central tendency and variability

B. Normal probability: Characteristics, deviations and application

C. Correlation: Pearson's Product moment correlation, rank order correlation, partial correlation, multiple correlation and Regression

D. Parametric and Non-parametric statistical tests:

Parametric statistics: Student t test; F ratio (or) ANOVA

Non-parametric statistics: chi-square test; Mann-whitney U test; Median test

UNIT-V : Writing a research report and research proposal

General purpose of writing a research report; Format, style or writing, typing and evaluating a research report; Preparing a research proposal

Recommended Books

1. Guilford, J.P. (1954). *Fundamental statistics in psychology and education*, New York: Mc Graw-Hill Book Co
2. Kothari, C.R. (2004). *Research Methodology-Methods and Techniques* (second revised Edition), New Delhi: New Age International Publishers
3. Mc Guigan, F.J.(1990). *Experimental Psychology*. New Delhi: Prentice Hall of India Limited.
4. Singh A.K. (1997) *Tests Measurements and Research Methods in Behavioral Science*. Patna: Bharati Bhavan Publishers and Distributors
5. Dr. H.R. Nagendra & Dr. Shirley Telles (1999): *Research Methods*, Bangalore, Swami Vivekananda Yoga Anusandhaa Samsthana

Paper 305: Research Methodology with special reference to Consciousness and Yoga
Model Question Paper

Duration: 3 hours

Max. Marks: 80

SECTION – A

Answer all the three questions choosing one from each set:

3x20= 60

1. Define research? Explain experimental and No-experimental research?

(OR)

Define sampling? Explain types of sampling?

2. Define research design? Explain the types of research design?

(OR)

Explain measures of central tendency and variability?

3. Explain parametric and non-parametric Statistical tests?

(OR)

Explain the process of criteria a good research report?

Section-B

Answer any five of the following questions:

5 x 4 = 20

1. Explain objects and criteria of a good research.

2. Problem and Hypothesis

3. Variables and types

4. Methods of data collection

5. Types of scales

6. Normal probability

7. Correlation

8. Ethical issues in experimentation

Semester-III

Paper-306: Yoga for Stress Management

Unit-I

Introduction to Stress- physical response to stress- anxiety and its effects on health- emotions and stress- stress and Neuro endocrinal changes

Unit-II

Psychological factors and stress disorders- Etiological factors of stress-clinical aspects of stress

Unit-III

Principles of therapy of stress disorders- role of Yoga in stress- studies on physiological aspects of Yoga in stress

Unit-IV

Biofeedback methods in stress –role of meditation in stress

Unit-V

Preventive and curative effects of Yoga on stress related disorders: Hyper tension, Heart problems, Bronchial Asthma, Peptic Ulcer, Diabetes Mellitus, Arthritis, Anxiety Neurosis and Headache

Recommended Book:

K.N. Udupa: Stress and its Management by Yoga, Motilal Bnarsidass, Delhi, 1985

Pandit Shambhu Nath: Speaking of Stress Management through Yoga Meditation, New Dawn Press, New Delhi, 2005

PAPER 306: Yoga for Stress Management

Model Question Paper

Duration: 3 hours

Max. Marks: 80

SECTION – A

Answer all the three questions choosing one from each set:

3x20= 60

1. How the stress effects on different systems of the body.

(Or)

What is Anxiety? How could you treat it through Yoga

2. What are the Etiological factors of stress

(Or)

How emotions lead to stress? How they could be regulated by Yoga?

3. Write an essay on studies on physiological aspects of Yoga in stress

(Or)

Write an essay the role of Meditation in Stress

SECTION -B

Answer any five of the following questions:

5 x 4= 20

1. Stress and Neuro endocrinal changes
2. Yogic principles of diet
3. Biofeedback methods in stress
4. clinical aspects of stress
5. Stress and Hyper tension,
6. Stress & Bronchial Asthma,
7. curative effects of Yoga
8. Yoga & Peptic Ulcer

Semester-III
Paper-307: Yoga for Special Groups

Unit-I

Introduction to Yoga-branches of Yoga- components of Patanjali's Astanga Yoga- techniques of Hatha Yoga- Yogic diet.

Unit-II

Yoga practices for children – Yoga practices for adolescence- Yoga for sports men

Unit-III

Yoga practices for adults and for Women-Yoga practices for aged group- Yoga practice for handicapped- Yoga for mentally retarded

Unit-IV

Yoga for stress management-Yoga practices for Executives- Yoga practices for IT professional group-

Unit-V

Yoga practice for Spiritual development- Yoga therapy for various diseases

References Books:

Dr. G.GFrancis Xavier: Yoga for Personality, Pustak Mahal, Delhi, 2006

Yogacharya Hansraj Yadav: Yoga for Students, Bharatiya Vidya Bhavan, Mumbai, 2002

CSR Prabhu: Yogic Sukshma Vyayama, Lepakshi Graphics, Secundrabad, 2002

Dr. M.L. Gharote: Yoga Applied to Physical Education, Kaivalyadhama Ashram, Lonvala, 1980

Pandit Shambhu Nath: Speaking of Stress Management through Yoga Meditation, New Dawn Press, New Delhi, 2005

PAPER 307: Yoga for Special Groups

Model Question Paper

Duration: 3 hours

Max. Marks: 80

SECTION – A

Answer all the three questions choosing one from each set:

3x20= 60

1. What is Yoga? Explain different branches of Yoga.

(Or)

Briefly explain the techniques of Hatha Yoga

2. Explain the yoga techniques those use full for children and adolescence.

(Or)

What type of Yoga practices could you suggest for sports men

3. How you will teach Yoga to Senior citizens.

(Or)

How Yoga practice will be helpful for spiritual development.

SECTION -B

Answer any five of the following questions:

5 x 4= 20

1. Yoga practices for Executives
2. Yoga practices for IT professional group
3. Yogic principles of diet
4. Yogic treatment for Hypertension
5. Yoga for Women
6. Yoga for Aged
7. Yoga for sports men.
8. Yoga for Youth

Semester-III
Paper-308: Open elective
Yoga and Ayurveda

Unit-I

AYUSH-its units –founders-aims and objectives-special attention to yoga and Ayurveda in detail

Unit-II

The Universal Philosophy of Yoga & Ayurveda: Dharma-Atman-Purusha-God-the twenty four cosmic principles- the three Gunas and Mental nature-mental constitution according to the three Gunas- integration of Yoga and Ayurveda, man v/s nature.

Unit-III

Concept of tridoshas in hathapradipika and hatharatnavali-compare and contrast with Ayurveda. Ayurvedic constitution and Yoga: the great cosmic forces-the three Doshas-three Gunas and Three Doshas-paths of Yoga-the role of Karma yoga in Ayurveda-panchabuthas theory in both systems.

Unit-IV

Theory of panchakarmas and panchakoshas- Yogic and Ayurvedic Diets- principles of Ayurvedic nutrition-herbs for practice of Yoga-herbs for the body- herbs for prana-herbs for mind and meditation-special herbs for Yoga practice-herbs for Doshic type

Unit-V

Bhuta-suddhi-The practices of Yoga & Ayurveda: Purification practices of Yoga and Ayurveda, kriyas , yoga asanas and Pranayama. Eco yoga, environment ; air and water pollution, Yoga and Ayurveda as fire rituals-the seven agnis-keys to the development of seven Agnis- the role of kriyas in chakras-shat chakras roganirupana by Sripadhaviswanadha yogi.

Text:

David Frawley (2000), *Yoga & Ayurveda*, Delhi, MotilalBabarsidass Publishers

Dr.subhashRanade (1995) Ayurveda and yoga therapy, pune ,Anmol, Prakashan,introduction – part.

RECOMMENDED BOOKS AND JOURNALS:

- 1) Swamidigambarji&R.S.Kokaje,(1998) Hathapradeepika of Swatmarama,kaivalyadhama, SMYM samithi, Lonavala-fifth chapter-(“ *AUSADHAKADHANAM*”)
- 2) Professor M.Venkatareddy (2011) *Hatharatnavali of srinivasabhattachamahayogandra*, MSR memorial yoga series, Arthamuru, EGDT.*Ayurvedic aspects in Hatharatnavali – PP-IXXI to IXXIV-PP-159 & PP-214*
- 3) Professor M.Venkatareddy, Prof.Dr.K.J.R Murthy, Prof.Dr.B.K.Sahay&Prof.Dr.B.N.prasad(2005) yogic therapy,MSR memorial yoga series, Arthamuru, EGDT.
- 4) Dr.M.M.Gharote, Dr.V.K.Jha&Dr.ParimalDevanath(2010) therapeutic refences in traditional yoga texts . The lonavala yoga institute (INDIA) Lonavala.Introduction only.
- 5) Professor M.Venkatareddy- Ayurvedic aspects in hathapradeepika, the journal of research and education in indian medicine vol-VII; 4 oct-dec-1988, BHU,Varanasi.

- 6) Professor M.Venkatareddy“Ayurvedic aspects in Gherandasamhita”, *Aryavaidhyan*, vol-V-no-5,PP-106-III,nov-1991 and V .no 3 PP-156 to 163, Feb 1992
- 7) Dr.B.Rama Rao &M.Venkatareddy Bath in yoga and Ayurveda, *Sachitra Ayurveda*,May-1982, PP-809-811.
- 8) Marc Halpern, D.C. Pranayama, Yoga and Ayurveda, *International journal of yoga therapy*, no 10 (2000). CA,USA,PP-37-43.
- 9) Professor M.Venkatareddy, A new perspective on chakras and diseases ,*PRAKRITHI journal*, vol-73, May-June 1990-PP-28-35,Hyderabad.

**Paper 308: Yoga and Ayurveda
Model Question Paper**

Duration: 3 hours

Max. Marks: 80

SECTION – A

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

1. Explain the philosophy of Yoga & Ayurveda

OR

Explain the relation of three Gunas and three Doshas

2. How herbs will be use full for Yoga practice.

OR

Write an essay on purification of process of Yoga and Ayurveda

3. Write an essay on Agni Yoga

OR

What Nadi ? How the Nadis will be purified?

SECTION – B

Answer any five of the following questions : 5X 4 =20

1. Explain meditation as a East –West link

2. Integration of Yoga and Ayurveda

3. The role of Karma yoga in Ayurveda

4. Special herbs for Yoga practice

5. Asanas for Pitta Dosha type

6. Meditation according to Ayurveda

7. Keys to the development of seven Agnis

8. Principles of Ayurvedic nutrition

Semester-IV

Paper-401: Therapeutic Applications of Yoga

Unit-I

Physiology and pathology in the Yoga shastra and Ayurveda - description of glands – concept of disease in yoga – principles of yogic therapy – diagnostic and curative aspects of Hatha Yoga – the idea of counterpoise

Unit-II

Yogic therapeutical application for: Gastric Hygiene, Intestinal Hygiene, colon Hygiene, Naso-Pharyngeal Hygiene; Respiratory Hygiene;

UNIT-III

Management of common diseases through Yogic methods: Diabetes; Asthma; Back pain & Cervical Spondilites; Head ache & Migraine; Thyroid; Hyper tension; Arthritis; Indigestion; Constipation; Cardiac problems; Yogic principles of diet – scientific studies on Yogic techniques

UNIT-IV

Yogic principles of diet – scientific studies on Yogic techniques – Yoga and mental health

UNIT-V

Relation of Yoga and Ayurveda-Relation of Yoga and Naturopathy -relation of Yoga and Acupressure

Unit-III

Yoga & Ayurveda – relation of Yoga and Ayurveda- Fundamentals of Ayurveda- concept of sareera kriya, Vijnana and rachana-tridoshas vijnana - sapta dhatus - mala vijnana-Ojas- different kinds of Agnis – Swastha vijnana- dinacharya-rutu charya - Sodhana karma: Pancha karma, Purva karma – basic principles of Ayurvedic treatment - nadi vignana-

Unit-IV

Yoga & Naturopathy; relation of Yoga and Naturopathy-various methods of treatment in Naturopathy: fasting, nutrition and dietetics, hydro therapy, mud therapy, chromo therapy, magneto therapy, and massage therapy

Unit-V

Yoga and Acupressure : relation of Yoga and Acupressure-Basic knowledge of Acupressure - theory of Acupressure - identification of points of Acupressure - therapeutic use of Acupressure; benefits of acupressure ; acupressure treatment for common diseases

Recommended books:

Shivanda Saraswati, Srimat Swami. (1978): Yogic Therapy, Gauhati, Umachal Yogashram,.

Swamy Kuvalyananda- : Principles of Yoga Therapy, SMYM Samathi, Kaivalyadhama

Prof. Venkata Reddy M, Dr. Murthy, K.J.R., Dr. Sahay B.K., Dr. Prasad, B.N. (2005) Yogic Therapy Arthamuru, Sri M.S.R. Memorial Yoga Series,

Karmananada Sarswathi Swami (1994): Yogic Management of Common diseases, Munger, Yoga Publications

Vyasa (2004) Therapeutic Application of Yoga – SVPP, Bangalore.

Gharote.M.L. 1982, Yoga Therapy – Its Scope and Limitations – Jour – Res – Edu – Ind – Medicine – Vol – 1 & 2, P-37-42.

Dr. S.R. Jindal-(1994): Nature Cure treatments, Bangalore, Institute of Naturopathy & Yogic Sciences,

Dr. D. R. Gala, DR. Dhiren Gala, DR. Sanjay Gala :(1995): Be your own doctor with Acupressure, Bombay, Navneet Publications.

Dr. N.A. Murthy & D.P. Pandey, Ayurvedic common Cures for Common Diseases, Orient Paperback publishers, Delhi

Dr. K.S. Joshi (1993) Yoga and Naturecure Therapy – Sterling Publishers Pvt. Ltd, New Delhi.

PAPER 401: Therapeutic Applications of Yoga

Model Question Paper

Duration: 3 hours

Max. Marks: 80

SECTION – A

Answer all the three questions choosing one from each set:

3x20= 60

1. Write an essay on diagnostic and curative aspects of Hatha yoga.

(Or)

What are the functions of the glands in Yoga sastra

2. Examine the application shat kriyas in various health problems.

(Or)

Write therapeutic application of yoga for Diabetes, Back pain and Arthritis

3. Explain the relation of Yoga and Ayurveda.

(Or)

Bring out the relation of Yoga and Naturopathy and explain various methods of treatments in Naturopathy.

SECTION -B

Answer any five of the following questions:

5 x 4= 20

1. Idea of counter pose
2. Yogic principles of diet
3. Yogic treatment for Hypertension
4. *Sapta dhatus.*
5. *Panchakarma*
6. Magneto therapy.
7. Yoga & Acupressure
8. Identification of points in Acupressure

Semester-IV

Paper 402: Dissertation & Viva voce

An empirical or concept 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	20 Marks (Mid semester - Internal)
Objectives & Hypothesis of the study	
Selection of sample and research tools	
Methodology & Data collection	
Scoring, Statistical analysis,	
Results & Discussion, Conclusions and References	
Final Examination including Viva voce	80 Marks

Total 100 Marks

Semester-IV

Paper-403: Yoga Practices-IV: Meditation & Yoga Nidra

Unit-I:

Yogic Meditation, Chakra Meditation, OM Meditation, So-Ham Meditation,

Unit-II:

Buddhistic Meditation: Vipasana Meditation, Zen Meditation

Unit-III:

Prekshaka Meditation;

Unit-IV:

Transcendental Meditation and their variants; Carrington's clinically standard Meditation (CSM)

Unit-V:

Practice of Yoga Nidra: Stage-I, II and III

Recommended Books

Swami Satyananda Saraswathi: (1985)Mediation from the Tantraas, Munger , Bihara School of Yoga

Swami Satyananda Saraswathi: (2002)Yoga Nidra, Munger , Bihara School of Yoga

Swami Rama- (1992): Meditation and its practice, Honledele, Himalayan International Institute of Yoga science & Philosophy.

Swami Rama- (1984):Mediation in Christianity, Himalayan International Institute of Yoga science & Philosophy, Honledele,

Rudolph. M. Ballentine ed. (1986): The Theory and practice of Mediation, , Honledele Himalayan International Institute of Yoga science & Philosophy,

Acharya Mahaprajna-(1994), Preksha Dhyana,: Theory and Practice, Ladnun, Jain Vishwa Bharathi.

Jaideva Singh (1979) Vijnana Bhairava or Divine Consciousness (Introduction) Motilal Banarsidas, Delhi.

Semester-IV

Paper-404: Kundalini Yoga

Unit-I:

Introduction to Kundalini –textual references of Kundalini - Kundalini Physiology – kundalini and the Brain – Methods of Awakening- Diet for Kundalini awakening – Risks and Precautions

Unit-II:

Four forms of Awakening – Descent of Kundalini – the experience of Kundalini – the path of Kriya Yoga

Unit-III:

Introduction to Chakras : Ajna, Mooladhara, Swadhisthana, Manipura, Anahata, and Vishuddhi chakras – Bindu Visarga – Sahasrara and Samadhi

Unit-IV:

Kundalini Yoga Practice: rules and preparations – posture – chakra sadhana – the kriya yoga practices

Unit-V:

Kundalini Research: kundalini, Fact not Fiction – defining Nadis – evidence for the existing Nadis and Chakras – Neurophysiology of the Chakras

Text Book:

Swami Satyananada Saraswati (1984) Kundalini Tantra, Yoga Publications Trust, Munger

PAPER 404: **Kundalini Yoga**

Model Question Paper

Duration: 3 hours

Max. Marks: 80

SECTION – A

Answer all the three questions choosing one from each set:

3x20= 60

1. What is Kundalini? Bring out textual references of it..
(Or)
Explain the methods of Kundalini awakening.
2. Examine the role kriya yoga in awakening the kundalini.
(Or)
Write about physiology of kundalini.
3. Describe Mooladhara and Ajna chakras in kundalini yoga.
(Or)
“Kundalini is fact not fiction”-explain

SECTION -B

Answer any five of the following questions:

5 x 4= 20

1. Kundalini and brain
2. Diet for kundalini awakening
3. Bindu visarga
4. Rules and preparations for kundalini sadhana.
5. Manipura chakra sadhana
6. Nadis.
7. Kundalini experiences
8. Risk and precautions in kundalini sadhana

Semester-IV

Paper-405: Diagnostic Methods

Unit-I

The Physical Examination –Routine question- writing out the history and examination

Unit-II

The gastrointestinal tract and abdomen- assessment of the nutritional state- the mouth and throat-The abdominal.The kidneys and urine – symptoms of the renal disease- disturbance of the erythropoietic system- disturbance of the cardiovascular system- disturbance of the respiratory system-disturbance of the musculoskeletal system- disturbance of the nervous system- disturbance of the eyes.

Unit-III

Respiratory system

General assessment – venous pulses- shape of the chest- movement of the chest- palpation- percussion- auscultation- breathing sounds, sputum.

Unit-IV

The cardiovascular system:General examination in relation to the cardiovascular system- Atrial pulses- rate of pulse- rhythm –character – volume.Measurement of the blood pressure- TheSphygmomanometer- normal blood pressure – abnormal blood pressure

Unit-V

The nervous system – appearance and behaviour – emotional state – delusion and hallucination- clouding of consciousness- confessional states – memory – general intelligence.

Recommended books

Michael swash(1997) : Hutchison's clinical methods

PAPER -405: **DIGNOSTIC METHODS**

MODEL Question Paper

Duration:3 hours

Max.Marks:80

SECTION-A

Answer all the three questions choosing one from each set:

3x20=60

1. Enumerate the role of Diagnostic method in general health

Or

Write out history and examination of the patient

2. Examine the assessment of the nutritional state of the mouth , throat and the abdominal.

Or

Write an essay on palpation, percussion, auscultation and breathing sounds.

3. Application of diagnostic method on nervous system.

Or

Write an essay on memory – general intelligence.

SECTION-B

Answer any four the following questions:

2x10=20

1. Emotional state .
2. The Sphygmomanometer .
3. Sputum.
4. Symptoms of the renal disease .
5. Shape of the chest- movement of the chest.
6. Urine examination
7. Spiro meter
8. BP monitor

Paper-406: Consciousness Studies –Advanced

(Syllabus to be prepared)

Paper-407: Yoga Studies –Advanced

(Syllabus to be prepared)

**Paper-408: Elective paper:
Yoga and Naturopathy**

Unit-I

Yoga philosophy; The four steams of yoga ;Concept of yoga and health; Yoga posture for health; Pranayama and its Medical significance;Meditation and mind ; Kriyas and their Medical Significance .

Unit-II

Philosophy of Naturopathy; Principles of Naturopathy ;methods and practice of treatment in Naturopathy; Fasting, Hydrotherapy –spinal bath, hip bath, steam bath,enema and full wetpack.

Unit-III

History of Naturopathy ;Role of Yoga and Naturopathy in the prevention and treatment of disorders of the present times.Methods of Naturopathy ;Control of diet; Fasting; Mud therapy; Magnetotherapy,

Unit-IV

Special Features of Colour Therapy;Effects of colour s on the Mind and body;reparation and use of Colour charged Medicines; and Massagetherapy- Natural method of cleaning the body-natural and health preserving dress- natural and healthy sleeping places.

Unit- V

The basic knowledge of Acupressure-theory of Acupressure-identification of points of Acupressure-Therapeutic use of Acupressure; benefits of acupressure; Acupressure treatment for common diseases;

RECOMMENDED BOOKS;

Prof.M.VenkataReddy(2008):Scientific Studies on Yoga,Hyderabad,A.PYogadhyanaParisad.

V.M.Kulkarni (1986),Naturopathy the art of drugless healing, srisatguru publication, Delhi.

Dr.TulasiraoRatti(2012), Philosophy of yoga and Naturopathy, Lambert academic publication, Germany,

Swami SatyananadaSaraswati(1992),Yogic Management of CommonDiseses,Bihar School of Yoga,Munger, Bihar.

SwamyKuvalyanananda-:Principles of Yoga therapy,SMYMSamathi, Kaivalyadhama,

Paper 408: Yoga and Naturopathy

MODEL Question Paper

Duration:3 hours

Max.Marks:80

SECTION-A

Answer all the three questions choosing one from each set:

3x20=60

1. Enumerate the role of yoga in positive health

Or

Write an essay on meditation & its medical significance

2. Examine the application of shat kriya in various health problems.

Or

Define naturopathy? Discuss the basic principles of naturopathy

3. What is bath? Discuss the types of baths with their scope of application.

Or

Define chromotherapy. What are the different therapeutic colours used for therapy? Describe their indications.

SECTION-B

Answer any four the following questions:

2x10=20

1. Massage therapy.
2. Methods of Naturopathy.
3. Sankhaprakshalana
4. Identification of points of Acupressure.
5. Fasting
6. Enema
7. Full Wet pack
8. Neti kriya