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M.Sc. YOGIC SCIENCE
SYLLABUS (Updated) FOR CBCS SCHEME

2024

Department of Human Consciousness & Yogic Sciences
Mangalore University
Mangalagangothri – 574 199

YSE307 SCIENTIFIC APPROACH OF YOGA

Course Objectives:

To make the students to understand

- Basic of Yoga therapy.
- Principles of Yoga therapy.
- Daily routine, seasonal routine.
- Preventive, promotive and curative aspects of Yoga therapy.
- Effects of Yogic practices on different systems of the Human body.

Course Outcome:

After the course, the student will be able to:

- Describe Sadvimsathitattva theory, Pancakosa theory, Tridosa theory and application of these theories in Yoga therapy.
- Describe the principles of daily routine, seasonal routine and their importance in Yoga therapy.
- Describe effect of Yogic practices on selected systems of the human body.
- Describe the use of lifestyle, Kriyas, Asanas, Pranayamas, Mudra and Meditation for preventive, promotive and curative aspects of Yoga therapy.

I.	Basis of Yoga Therapy	15 Hrs
	1. Pancakosa theory	
	2. Tridosha theory	
	3. Sadvimsatitattva theory	
	4. Application of the three theories.	
II	Principles of Yoga Therapy	15 Hrs
	1) Dinacarya, Sadvrta.	
	2) Abhyanga, Vyayama	
	3) Rutucarya	
	4) A general survey of preventive, promotive and curative aspects of yoga Therapy Viz. Asana, Pranayama, Mudra, Kriya etc.	
III.	Effect of Yogic practices on the following systems	15 Hrs
	1) Digestive system	
	2) Circulatory system	
	3) Nervous system	
	4) Respiratory system	

Reference Books:

1. B.K.S. Iyengar. (2005). *Light On Pranayama*. New York:Element, NY 10018, United States New York.
2. B.K.S. Iyengar. (2006). *Light On Yoga: The Classic Guide To Yoga By The World's Foremost Authority* (6 Ed.). Thorsons,London SE1 9SG, United Kingdom.
3. Krishna Bhat, K. (2006). *The Power Of Yoga* (1 Ed.). Mangalore: Suyoga Publication,574279 Mangalore.
4. Pattabhi Jois. (2010). *Yoga Mala* (2 Ed.).New Delhi: Picador India,707, 7th Floor, Kailash Building 26, K.G. Marg,, New Delhi, Delhi 110001.
5. Saraswati, S. (2002). *Yoga Darshan: Vision Of The Yoga Upanishads*.Munger: Yoga Pubns Trust, Munger, Bihar 811201.
6. Shri O P Tiwari. (2005). *Asana Why And How*.Lonavala: Kaivalyadhama,Lonavla, Maharashtra 410403.
7. Swami Digambaraji. (1998). *Hathapradipika* (1998 Ed.).Lonavala: Kaivalyadhama,Lonavla, Maharashtra 410403.
8. Kanjiv Lochan. (2017). *Astanga Hridaya of Vagbhata Vol. I - III*.New Delhi: Chaukhambha Publications, New Delhi, Delhi 110002.



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YSE308 YOGA FOR STRESS MANAGEMENT

Course Objectives

- To gain knowledge on stress and its concepts
- To gain knowledge on Stress induced disorders
- To gain knowledge of positive mental health
- To gain knowledge on principles and practices of Yoga for stress management

Course Outcome

- Comprehension of stress and its concepts
- Comprehension of fundamental understanding of Yoga and its concepts
- Comprehension of the principles and practices of Yoga through Stress management
- Comprehension of Preventive, promotive and curative effects of Yoga on stress induced disorders

UNIT I: Modern Concepts of Stress

15Hrs

- 1) Introduction to Stress, meaning and definition, fundamental understanding of stress, Symptoms and self-observable signs
- 2) General Adaptation Syndrome theory, Stages of alarm, resistance and exhaustion. Physiology of Stress and its response.
- 3) Effects of Stress –Physical, Psychological and physiological effects.
- 4) Stress induced disorders-Gastrointestinal problems, GERD and IBS, General anxiety disorders, Headaches, Depression, Obesity, Hypertension and Diabetes.

UNIT II: Yoga and Stress

15 Hrs

- 1) Introduction to Yoga, Meaning and definitions, concepts and mis concepts
- 2) Ashtanga Yoga – Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana and Dhayna.
- 3) Hatha Yoga Principles and practices.
- 4) Concept of Stress in Yoga, ChittaVikshepa and its impacts, principles and practices of positive mental health in Yoga.

UNIT III: Stress management through Yoga

15 Hrs

- 1) Effects of Yogic Practices on Stress.
- 2) Food and Life style and its application in the stress management.
- 3) Preventive, promotive and curative effects of Yoga on stress induced disorders
- 4) Yoga module for Stress management

Reference Books:

1. Hans Selye (1984) *The stress of life*, The McGraw Hill Companies Inc,
2. Taimni I K (1961), *The Science of Yoga*, The Yoga-Sutras of Patanjali, The Theosophical Publishing House Adyar, Chennai, India
3. Swami SatyanandaSaraswati (1976), *Yoga Nidra*, Yoga Publications Trust, Munger, Bihar
4. Swami Muktibodhananda (1985) *Hatha Yoga Pradipika*, Yoga Publications Trust, Munger, Bihar, India pp-66
5. Gore M.M. (2005) *Anatomy and Physiology of Yogic Practices*; New Age Publications, New Delhi, 4th Edition
6. Udupa K N (1996) *Stress and its management by Yoga*, Bungalow Road, Jawahar Nagar, Delhi, MotilalBanarsidass Publications.
7. Krishna Bhat Dr (2006) *The Power of Yoga*, Kallenkra Hills, p.o. Karopady, D.K. Karnataka Suyoga publications.
8. Bhogal, R.S, (2011) *Yoga and Modern Psychology*, Lonavala, Kaivalyadhama, S.M.Y.M. Samiti Publications
9. Karmananda S (2008) *Yogic Management of Common Diseases*, Munger, Bihar, India, Yoga Publications Trust
10. Kuvalayananda S, (1983) *Pranāyāma*, Lonavala, Kaivalyadhama S.M.Y.M Samiti, Publications.