

Paper -1

Discipline Specific Elective

3rd Semester

GREAT YOGIS OF MODERN INDIA

Full Marks 100

Unit-1

- ~~Acharya Shankara~~
a) Vivekananda ~~Sri Ramana Maharshi Paramahansa~~
b) Aurobindo ~~Vivekananda~~

Unit -2

- ~~Paramahansa~~
a) Yogananda
b) Sivananda ~~Saraswati~~

Unit -3

- a) Nigamananda ~~Sri Aurobindo~~
b) Satyananda ~~Sri Vivekananda~~

Unit -4

- ~~Paramahansa~~
~~Sri~~
a) Nigamananda ~~Saraswati~~
b) Satyananda ~~Saraswati~~

Unit -5

- a) Ramana Maharshi
b) ~~Swami Muktananda~~ Anandamayee Ma

Mid semester 20 + End semester 80

Books for Reference :-

- 1
- 2
- 3

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Discipline Specific Elective

Paper -1 (alternative choice)

Dhyana Bindu Upanisad

1. Unit -1
 - a) Dhyana on Brahman (Mantra 1-7)
 - b) Pranava (Mantra 9-17)
2. Unit -2
 - c) Pranava Dhyana (Mantra 18-24)
 - d) Dhyana on Vasudeva, Mahavisnu, Brahma, Siva, Sun, moon, Agni (Mantra 25-40)
3. Unit -3
 - e) The Nadis and Vayus (Mantra 50-58)
 - f) The Chakras (Mantras 43- 49) and Kundalini (Mantras -65-68)
4. Unit -4
 - g) Mudras and Bandhas (Mulabandha, Uddiyana Bandha, Jalandhara Bandha, Khechari Mudra, Mahamudra,) Mantra 74-93
 - h) Atmanirnaya (Mantra 94)

Mid semester 20 + End semester 80

Recommended book:

1. Thirty Minor Upanisads (Sanskrit Text and English Translation) by K. Narayana Swami Aiyar, Published by Parimal Publications , New Delhi

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PAPER-2

NATUROPATHY

Unit-1: Basic Concept & Theories of Naturopathy

- Chapter-1: Meaning, Concept & Definition of Naturopathy, History of Naturopathy, Theory of Vitality, Theory of five elements for healthy living (Naturopathic Concept of Health)
- Chapter-2: Theory of Toxemia (Naturopathic Concept of Disease): Acute Diseases, Chronic Diseases, Fatal Diseases, Limitations of Naturopathy (Hereditary Problems, Accidental Problems, life threatening Problems, Deformities and Degenerations), Theory of Self-Healing

Unit-2: Modalities of Naturopathy (Hydro Therapy)

- Chapter-1: Enema, Hip Bath, Seitz Bath, Hot Foot & Arm Bath, Spinal Bath, Full Immersion Bath, Steam Bath
- Chapter-2: Packs and Fomentation: Wet-Packs on Abdomen & Head, G H Pack, Kidney Pack, Compress Pack On Abdomen, Chest, legs, hands and neck, Whole Body Wet-Sheet Pack, Steam Inhalation

Unit-3: Modalities of Naturopathy (Other Therapies)

- Chapter-1: Mud Therapy- Abdominal Mud Pack, Local Mud Pack, Mud Pack on eyes and face, Mud Bath. Diet Therapy: Eliminative Diet, Soothing Diet, Constructive Diet, Restricted Diet, Alkaline and acid forming Diet, Food combinations, right procedure of cooking and serving
- Chapter-2: Fasting Therapy: Difference between Fasting and Starvation, Short Fasting, Long Fasting, Intermittent fasting, Healing Crises. Massage Therapy, Chromo Therapy

Unit-4: Management of Acute Diseases:

- Chapter-1: Cold & Cough, Dysentery and Diarrhea, Burning & Sun Stroke.
- Chapter-2: Vomiting, Boils, Scabies, Acute Fever, Insect Bites, Sprain & Spasms.

Unit-5: Management of Chronic Diseases

- Chapter-1: Acidity, Gastritis, Hypertension and Diabetes.
- Chapter-2: Backache, Arthritis, Asthma, Obesity and Eczema.

Recommended Books:

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- Swami Sivananda, "Practice of Nature Cure", Divine Life Society, Rishikesh, India.
- Dr.J.H.Kellogg "Rational Hydrotherapy", National Institute of Naturopathy, Pune.
- Dr.H.K.Bakhru "Nature Cure", Jaico Publishing House, Mumbai.
- Dr. S. R. Jindal, "Nature Cure, a way of life", Institute of naturopathy & yogic science.
- "Nature Cure, Healing without Drug", Jindal Naturecure Institute

Paper -3

BASIC PRINCIPLES OF AYURVEDA

Unit-1 -20 Marks

- History of Ayurveda,
(Definition of Ayurveda, Descent of Ayurveda (Avatarana), Brihatrayee, Laghutrayee ,
Growth & development of Ayurveda-
- Astanga Ayurveda (Eight parts of Ayurveda)
(Kaya Chikitsa (General Medicine), Bala Chikitsa (Pediatrics), Graha Chikitsa,
Shalaky Tantra, Shalya Tantra, Visa Chikitsa, Jara Chikitsa, Vajikaran Chikitsa)

Unit - II- 20 Marks

- Dosa, Dhatu, Mala Vigyan
Definitions, Classifications, places and functions of Dosa, Dhatus and Mala
General symptoms of increase (Vridhhi) and decrease (Kshaya) of Dosa, Dhatu and Mala
- Swastha Vritta
(Dinacharya, Ritucharya)

Unit- III- (Roga Nidana) 20 Marks

- Definition of Roga and Nidan, General Classifications of Vyadhi, Pancha Nidana
- Roga and Roga Pariksha – Different methods of examinations of disease and patient-
Treevidha, Sadvidha, Astavidha, Dasavidha Pariksa

Unit IV (Pancha Karma) 20 Marks

- Purva Karma (Snehana & Swedana) and Paschat Karma (Samsarjana, Pathyapathya)
- Mukhya Karma- Vamana, Virechana, Sirovirechana, ~~Asthapan Vasti~~, Anubasana.

Books for References

- Ayurveda Itihas, Choukhamba Orientalia, Varanasi
- Sharira Kriya Vigyan(Ay.), Choukhamba Orientalia, Varanasi
- Swastha Vritta (Ay.), Choukhamba Orientalia, Varanasi
- Vikriti Vigyan (Ay.), Chowkhabha Orientalia, Varanasi
- Ayurveda Dravyaguna, Choukhamba Orientalia, Varanasi
- Ayurveda Rasasastra & Bhaisaja Kalpana, Choukhamba Orientalia, Varanasi
- Kaya Chikitsa, Choukhamba Orientalia, Varanasi
- Pancha Karma chikitsa, Choukhamba Orientalia, Varanasi

The author names to be inserted.

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Mid-semester - 20 marks Vasti:-
(Asthapana, Vasti Anukarana),
Raktamoksana.

Generic Elective

PAPER-4: COMPUTER APPLICATIONS

F.M. 100 marks

Unit-1:

Chapter-1: Introduction to Computer, Inside the System Units, Input Devices, Output Devices

Chapter-2: Storage Devices, Software, Application Software, Programming Software

Unit-2:

Chapter-1: Types of Networks, Network Hardware, Network Structure

Chapter-2: Network Devices, Network Communication Technology

Unit-3:

Chapter-1: Computer Security

Chapter-2: Internet & Emails, Internet Search, Facebook, Cloud Storage

Unit-4:

Chapter-1: MS Word 2010

Chapter-2: MS- Excel 2010

Unit-5:

Chapter-1: MS- Power Point 2010

Chapter-2: MS- Access

Midsem examn.

20 marks.

Recommended Books:

Computer Course by Biswarup Roy Choudary

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Generic Elective

COMMUNICATIVE ENGLISH

F. M. 100 marks.

Unit- 1 (Comprehension) - 20 Marks

(An unknown passage followed by five questions each carrying four marks.)

Unit- 2 (Summarizing) - 10 Marks

(A passage of 300 words to be summarized)

Unit- 3 (Dictionary skills) - 10 Marks

(Use of words, phrases, idioms, different parts of speech)

Unit- 4 (Essay writing) - 10 marks

An essay on any topic (200 words) mainly on culture or Yoga or Current affairs

Unit- 5 (Grammar) - 30 Marks

Parts of speech, tense, gender, transformation of sentences.
Common errors in English.

Mid sem - 20

Unit- 6 (Translation) - 10 Marks

A passage in Odia/ Hindi to be translated in to English

Unit- 7 (Spoken English) - 10 marks

Book for Reference -

Hidden Treasure -

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Author's name to be inserted.
& Publishers

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PAPER-5

PRACTICAL-V

F.M-100
Sessional-30
Final Exam-70

Asana:

Standing Asana: Tiryak Katichakrasana, Meru Prishthasana, Dolasana.

Padmasana (Series): Yogamudrasana, matsyasana, gupta padmasana, baddha padmasana, lolasana, kukkutasana, garbhasana, Tolanguasana. *(Student can chose any three asana of this Series for examination purpose)

Backward Bending: Dhanurasana, Kandharasana, Ardha Chandrasana, Utthan Pristhasana, Setu Asana, Gomukhasana.

Forward Bending: Saithalyasana, Janu Sirshasana, Paschimottanasana, Gatyatmak Paschimottanasana, Pada Prasar Paschimottanasana, Ardha Padma Paschimottanasana, Hasta Pada Angushthasana, Meru Akarshanasana, Sirsha Angustha Yogasana, Utthita Janu Sirshasana, Eka Padottanasana.

Spinal Twisting Asana: Meru Vakrasana, Bhu Namasana, Ardha Matsyendrasana, Parivritti Janu Sirshasana.

Pranayama: Nadishodhana Pranayama Stage:-3 & 4, Bhastrika Pranayama, Moorcha Pranayama, Surya Bheda Pranayama, Ujjayi Pranayama, Sheetali Pranayama.

Mudra: Yoni Mudra, Bhairava Mudra, Shambhavi Mudra, Nasikagra Drishti, Khechari Mudra, Kaki Mudra, Shanmukhi Mudra, Vipareeta Karani Mudra, Prana Mudra, Yoga Mudra, Ashwini Mudra, Vajroli/Sahajoli Mudra.

Bandha: Jalandhara Bandha, Moola Bandha, Uddiyana Bandha, Maha Bandha.

Recommended Books:

- Swami Satyananda "Asana Pranayama Mudra Bandha", Bihar Yoga Bharati, Munger, Bihar, India.

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PAPER-6:

SEMINAR

College will conduct the seminar and send the grade to the University at the time of Submission of Midsem. Exam. Marks of 3rd Semester

Grade for satisfactory S ~~(S)~~

Grade for unsatisfactory X ~~(S)~~

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