

**Maharshi Dayanand Saraswati University
Ajmer 305009 Rajasthan**



FACULTY OF VEDIC SCIENCES

SYLLABUS

SCHEME OF EXAMINATION AND COURSES OF

STUDY

B.Sc. (Naturopathy and Yogic Science)

EFFECT FROM 2023-24 NEP AND AS PER UNIVERSITY ORDINANCE

Department of Yogic Science & Human Consciousness

(Maharshi Dayanand Saraswati University, Ajmer)

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SCHEME OF EXAMINATION OF B.Sc NATUROPATHY AND YOGIC SCIENCE

"Scheme of examination for end of semester examination applicable to All Undergraduate courses (Pass course)

All courses have continuous Assessment which would include In Term Continuous (ITC) assessment (30% marks) by the course leader and an End of the Term (EOT) examination (70%) at the level of the University. Students have to pass End of the Term (EOT) examination and In Term Continuous (ITC) assessment separately.

All Question Papers for the End Semester will be set out of a maximum of 70 marks.

The question paper of semester Exam for the discipline specific core courses (DSC), Discipline specific elective (DSE), ability Enhancement Course (AEC), Value Added Course (VAC) and Skill Enhancement Course (SEC) will be of 70 marks and it will be divided in two parts i.e Part A and Part-B. Part-A will consist of 10 Compulsory questions . There will be at least three questions from each unit and answer to each question shall be limited upto 50 words. Each question will carry two marks.

Total 20 Marks.

Part-B will consist of 10 questions. Atleast three questions from each unit be set and student will have to answer five question, selecting atleast one question from each unit. The answer to each question shall be limited to 400 words. Each question carries 10 marks.

Total 50 Marks.

S.N O	SUBJECT CODE	SUB TITL	PERIODS PER WEEK			CREDIT S	EVALUATION SCHEME			TOTA L
			L	T	P		CT	TA	SE E	
SEMESTER –I 2023-24			L	T	P		CT	TA	SE E	
1	NYS5101T-C	Foundation of Yoga	3	-	-	3	20	10	70	100
2	NYS5102P-C	Yoga Practicum-I ,		-	3	3	10	5	35	50
3	NYS5103T-C	Human Anatomy And Physiology-I	4	2	-	6	20	10	70	100
4	NYS5104T-C	Sanskrit and Shrimad Bhagwad Geeta	4	2	-	6	20	10	70	100
5	NYS5105T-E	(Select Any One Language) Hindi/English/Rajasthani	2	-	-	2	20	10	70	100
						20				
SEMESTER–II 2023-24			L	T	P		CT	TA	SE E	
1	NYS5201T-C	Introduction to AYUSH	3	-	-	3	20	10	70	100
2	NYS5202P-C	Yoga Practice-II	-	-	3	3	10	5	35	50
3	NYS5203T-C	Human Anatomy And Physiology-II	4	2	-	6	20	10	70	100
4	NYS5204T-C	Essence Of Upanishads	4	2	-	6	20	10	70	100
5	NYS5205T-E	(Select Any One) Communication skill Hindi/English/Rajasthani	2	-	-	2	20	10	70	100

Department of Yogic Science & Human Consciousness
(Maharshi Dayanand Saraswati University, Ajmer)
Syllabus B.Sc. (Bachelor in Naturopathy and Yogic Science)
2023-24

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and wellbeing. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training the enthusiasts to become Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.

I. Title of the Programme

The programme shall be called " **B.Sc. (Naturopathy and Yogic Science)**

II. Aim of the Programme

The aim of the programme is to produce "**Yoga therapists for a clinical set up**"

III. Objectives of the programme

- To introduce Yoga therapy, its principles and practices of Yoga to people with various lifestyle disorders.
- To make the people aware of the therapeutic and preventive value of Yoga.
- To bring peace and harmony in the society at large by introducing the Yogic way of life.
- To create therapists of high calibre to make the society free free from stress and lifestyle related diseases.

Duration: -The minimum duration of the programme will be three years (6 semesters) and the maximum duration will be six years.

Eligibility:- The candidate should have completed 12th standard in any discipline from a recognized board or equivalent.

Programme specific outcomes
B.Sc. (Naturopathy and Yogic Science)
2023-24

First Year	<ul style="list-style-type: none">➤ Bachelor of Yogic Science will create professional Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.➤ It will encourage the students to live life with discipline, honesty, kindness and integrity in order to find their purpose and to live it fully.➤ It will guide the students by showing various spiritual paths through which they can enhance self knowledge as well as divine inner peace➤ Through yoga education students will get spiritual and scientific knowledge of Indian culture.
Second Year	<ul style="list-style-type: none">➤ It will provide all that which is required to develop the highest level of consciousness.➤ It will help the students to prepare Yoga programs and events.➤ Student will get complete detail of psychosomatic disease and their treatment in scientific form.➤ It will help the students to practice teaching at various platforms.
Third Year	<ul style="list-style-type: none">➤ It will help the students to set up Yoga studios and provide them with nature cure treatment.➤ It will create chances of self employment.➤ The student will get communication skill in social behaviour and he will find a way out only from the violent tendencies prevailing in the society.➤ It will create Assistant medical officers and Assistant ayurvedic doctors.

Course Details

Semester-I (2023-24)

DSC COURSE: FOUNDATIONS OF YOGA

SUBJECT CODE: NYS5101T- C

Objective of Course

The subject entitled 'Foundation of Yoga' has the following objectives:

- Students of the UG course will have an understanding about origin, history and development of Yoga.
- They will have an idea about the insights of Indian philosophy and Astika and Nastika darshanas.
- Introduction about Yoga according to various yogic texts.

Total Number of Hours: 45	Theory	Tutorial	Practical
Credits	3	-	-
Hours/ week	3	-	-
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30	-	-

UNIT-I

GENERAL INTRODUCTION TO YOGA

Yoga Need Of The Hour, History And Development Of Yoga, Aim And Objective Of Yoga And Misconceptions, Etymology And Definition Of Yoga, Principles Of Yoga, Importance Of Yoga, Towards Yoga -Foundation Of Science And Arts ,Analysis -The Core Of Science Technology, Creativity, New Horizon, Directions Of Science, Modern Physics, Life Science, Neuroscience, The Transition, A Social Metamorphosis, Repercussions, The Fermentation, Review Of World History India In The Scene.

UNIT - II

GENERAL INTRODUCTION TO INDIAN PHILOSOPHY

Stream Of Yoga- Gyan, Bhakti, Raj, Karma And Hath Yoga Application Of Yoga- Yoga In Education ,Yoga And Personality, Stress And Yoga. Introduction Of Indian Philosophy-(Astika And Nastika Darshan)The Science Of Happiness,Yoga The Individual And The Society.

UNIT - III

BRIEF ABOUT YOGA GURUS

Concept Of Guru Parampara, Contribution Of Various Yogacharya -Maharshi Patanjali, Sankaracharya, Shri Arivindo, Swami Vivekananda, Maharshi Swami Dayananda Saraswati, T. Krishnamacharya, Maha Avatar Babaji, Lahiri Mahashay ,Swami Sivananda. Brief To Upanishads And Yoga In Principal Upanishads, Yoga In Yoga Upanishad,Yogic Perspective Of: Bhagavad Gita, Yoga Vashishtha, Narada Bhakti Sutras.

References Books

1. Lal Basant Kumar: Contemporary Indian Philosophy, Motilal Banarasidas Publishers Pvt. Ltd, Delhi, 2013
2. Dasgupta S. N: History of Indian Philosophy, Motilal Banarasidas, Delhi, 2012
3. Singh S. P: History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
4. Singh S. P & Yogi Mukesh: Foundation of Yoga, Standard Publication, New Delhi, 2010
- 5.Yoga: Its basis and applications. - Dr.HR.Nagendra, SVYP, Bangalore.
- 6.Essence of Yoga- Swami Sivananda, The Divine life Society.

DSC COURSE: YOGA PRACTICUM-I

SUBJECT CODE: NYS5102P-C

Objectives:

Following the completion of this course, students shall be able to

- Make the students recite the Vedic hymns skillfully.
- Understand the concept and principles of Shatkarmas.
- Know and understand about breathing practice.

Total Number of Hours: 90		Theory	Tutorial	Practical
Credits		-	-	3
Hours/ week		-	--	6
SCHEME OF EXAMINATION				
Total Marks: 100				
		Practical: 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
-	-	70	30	

PRAYER (Om Chanting& Mantras)

SOOKSHMA VYAYAMA - Greeva Shakti Vikasaka, Skandhtatha Bahu-mula Shakti Vikasaka (for Shoulders), Poorna Bhuja Shakti Vikasaka (Four arms), Katishakti Vikasaka (fore the waist), Jangha Shakti Vikasaka (four the thighs), Pandanguli Shakti Vikasaka.

SURYA NAMASKAR WITH MANTRAS

ASANA

Standing pose: Tadasana, Tiryaka-tadasana, Katichakrasana, Trikonasana.

Sitting pose: Sukhasana, Siddhasana, Ardha padmasana, Swastikasna, Vajrasana.

Supine pose: Halasana series (Uttanpadasana, Ardhalasana, Sarvangasana, Purnahalasana, Shavasana)

Prone pose: SaralBhujangasana, Triyaka-Bhujangasana, Ardha shalabhasana, Makarasana.

PRANAYAMA

Bhastrika(According to Hathpradipika & Gherand Samhita), Nadishodhan (According to Hathpradipika & Gherand Samhita)

MUDRA & BANDHA

Tribandha (Moolbandha, Uddiyan Bandha, Jalandhar Bandha), Mahabandha (According to Hathpradipika &Gherand Samhita), Mahamudra (According to Hathpradipika &Gherand Samhita), Mahavedha mudra (According to Hathpradipika &GherandSamhita), Vipareeta karani mudra (According to Hathpradipika &Gherand Samhita).

MEDITATION

Vipassana &Preksha (According to buddhism & Jainism)

SHATKARMA (Shodhan kriyayen)

Kunjal, Jal Neti, Kapalbhathi (According to Hathpradipika &GherandSamhita)

SHANTIPATH

References Books

1. Saraswati,SwamiSatyananda: SuryaNamaskar,YogaPublicationTrust,Munger,2004
2. Tiwari,O.P.: AsanaWhyandHow?Kaivalyadhama,Lonavla,2011
3. SwamiSatyanandaSaraswati: AsanaPranayamaMudra-Bandha,BiharSchoolofYoga, Munger,2005.
4. Digambar, Swami (2012) Hathpradipika (Swatmaramkrit), Kaivalyadham Lonavala, Pune.
5. Swami, NiranjananandSaraswati (2013) Gherand Samhita, BiharSchoolofYoga, Munger.

DSC COURSES: HUMAN ANATOMY AND PHYSIOLOGY-I

SUBJECT CODE: NYS5103T-C

Objectives: Following the completion of the course, students shall be able:

- To know about the structure of the body
- To know about the necessary functions of the body
- To give brief idea about the diseases related to each system
- To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga

Total Number of Hours: 120	Theory	Tutorial	Practical
Credits	4	2	-
Hours/ week	4	4	-
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30	-	-

UNIT-I: CELL, TISSUE AND MUSCULAR – SKELETAL SYSTEM

Cell structure –Plasma membrane and protoplasm; Cell organelles –Mitochondria, Golgiboby, Endoplasmic reticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane,chromosome,nucleolus; Homeostasis; Tissue: types, structure, and function of tissues,Skeletal and Muscular System; Types and structure of joint: Mechanism of muscle contraction.

UNIT-2: DIGESTIVE SYSTEM AND RESPIRATORY SYSTEM & ENDOCRINE GLANDS

Structure and functions of Digestive and Respiratory systems; Physiology of digestion and absorption; malnutrition and under nutrition; Structure and functions of Respiratory system; Mechanism of breathing (Expiration and inspiration). Endocrine glands; Types, location and their functions

UNIT-3: CARDIOVASCULAR SYSTEM & NERVOUS SYSTEM

Composition and function of blood–Plasma,RBC,WBC and Platelet; Blood groups and their importance; Blood clotting; Structure and working mechanism of heart; Organization of systemic and pulmonary circulation; Cardiac output and cardiac cycle; Blood pressure and regulation of blood pressure Nervous System; Central, Peripheral and Autonomic Nervous System and their functions..

TEXT BOOKS

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology

Reference Books:

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavla, India
2. LanPeate and MuralidharanNayar – Fundamental of Anatomy and Physiology for students nurse
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses

DSE COURSES: SANSKRIT AND SHRIMAD BHAGWAD GEETA

SUBJECT CODE: NYS5104T-E

Objectives:

Following the completion of this course, students shall be able to

- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write Sanskrit with better grammatical skill.
- Have a deep understanding between the qualities of a Karma and Bhakti yogi.
- Understand the concept of Ahara its role in healthy living.

Total Number of Hours: 120	Theory	Tutorial	Practical
Credits	4	2	-
Hours/ week	4	4	-
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30	-	-

UNIT-I

History And Development Of Sanskrit Language Varn evam varnochharan, Dhatu evam shabd roop, sandhi, upsarg, pratyay in sabhi ka samanya parichaya, Karak, vakyanirman, Sanskrit ka parichay aur mahatwa, vyakaran ka mahatwa, aadarsh vakya,

UNIT-II

Honorable introduction of Shrimad Bhagavad Gita, its meaning, chapter number and its historical background, Nature of soul and its characteristics according to Bhagavad Gita An instruction by Krishna to Arjuna to follow the Kshatriya religion and the consequences of following it and the consequences of not following it Concept of Sthithaprajna according to Bhagavad Gita Concept of stress according to Bhagavad Gita, Definitions of Yoga according to Bhagavad Gita: Selfless action, Samatvam yoga, skill in action and nature of action Duty Karma (Dharma) according to Bhagavad Gita.

UNIT-III

Types of Karma according to Bhagavad Gita, according to Bhava, according to Guna and their comparison with Indian philosophy Study the characteristics of a yogi man, the characteristics of a yogi man Meditation Yoga (Rajyoga) method of posture, place, diet

Types of diet, nature of perception, meditation and samadhi, nature of movement of mind and ways to control it Description of the meaning and results of a corrupt seeker on the path of yoga Saguna Bhakti - Nirguna Bhakti Description of the benefits of Saguna Bhakti, the difficulty of Nirguna Bhakti Types of devotees and their form The symptoms of divine wealth and demonic wealth and their result, the form of surrender to Bhagavad.

TEXT BOOKS

1. Swami Gambhiranand ; Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha Madras
2. Swami Gambhiranand ; Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, Kolkata, 2003
3. Swami Ramsukhadas; Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur
4. Swami Ranganathananda ; Bagavadgita, Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata
5. DEVAVANIPRAVESIKA- : Robert p . goldman : MLBD - NEWDELHI .
6. प्रारम्भिक रचनानुवाद कौमुदी द्विवेदी देव कपिल ; विश्वविद्यालय प्रकाशन वाराणसी ।
7. रचनानुवादकौमुदी द्विवेदी देव कपिल ; विश्वविद्यालय प्रकाशन वाराणसी ।

References Books

1. Swami Shrikantananda; Gita Darshana, Indian Institute of Human Excellence Hyderabad
2. Swami Tapasyananda ; Srimadbhagavadgita Sri Ramkrishna Matha Madras
3. Swami Abhidananda Bhagvatgita, the divine message, Ramakrishna Vedanta Matha, Kolkata, 1990
4. Swami Raghvendrananda; Universal message of the Bhagvatgita, Advita Ashrama, Kolkata, 2000
5. प्रौढ द्विवेदी देव कपिल : रचनानुवादकौमुदी -; विश्वविद्यालय प्रकाशन वाराणसी ।
6. प्रथमदीक्षा नईदिल्ली संस्थान संस्कृत राष्ट्रिय -
7. . द्वितीयदीक्षानईदिल्ली संस्थान संस्कृत राष्ट्रिय -

SEMESTER –II

DSE COURSE-4: INTRODUCTION TO AYUSH

SUBJECT CODE: NYS5105T-E

Objectives:

- You will also get information about how diseases can be cured according to Indian tradition.
- Students will be exposed to the concept of health and disease as per the Indian tradition.

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		4	2	-
Hours/ week		4	4	-
SCHEME OF EXAMINATION				
Total Marks: 50				
Theory : 50		Practical : Nil		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30	-	-	

UNIT-I : YOGA AND HEALTH AND INTEGRATED APPROACH OF YOGA THERAPY

Health and disease define by who concept of yoga aadhi vyadhi ,principal of yoga therapy in relation to Yog Vashishth, illness according to yoga, Ayurveda, Naturopathy, practice at panchkosha level anmayakosha ,Pranmayakosha, manomaya kosha , Vigyanmaya kosha , Anandmaya kosha

UNIT-II: INTRODUCTION TO BASIC CONCEPTS OF NATUROPATHY

History of Naturopathy Indian and foreigner naturopathist principle of naturopathy concept of five element and its application yoga and Naturopathy and relation to Ayurveda. Foreign matters definition origin Effect on body acute and chronic disease.

UNIT- III: INTRODUCTION TO BASIC CONCEPTS OF AYURVEDA

General introduction to Ayurveda ,definition of health, panchmahabhuta the five element theory, shardaRas .the basic attributes of tridosas(vaat, Pitt, and cough)three upsthama (Aahar,- nidra and Brahmachaya)concept of Sapta dhaatu, Swastha Vrattra ,introduction ,importance, dincharya,ritucharya ,and ratrihariya.

References Books -

1. Dr R Nagaratha and : Yoga and Health
2. Dr H R Nagendra (Swami Vivekananda Yoga Prakashana, 2000)
3. Prakartik swasthya avam yog-Dr. brajbhushan goyal

DSC COURSE: YOGA PRACTICES-II

SUBJECT CODE: NYS5202P-C

Objectives

Following the completion of the course, students shall be able to

- Understand the concept of Yoga Practices
- Have an idea about various Yoga Practices and their applications.

Total Number of Hours: 180		Theory	Tutorial	Practical
Credits		-	2	4
Hours/ week		-	4	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory: NA		Practical: 100		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
-	-	70	30	

PRAYER

SOOKSHMA & STHOOL VYAYAMA

Skandh-tatha Bahu-mula Shakti Vikasaka (for Shoulders), Jangha Shakti Vikasaka (four the thighs), Pandanguli Shakti Vikasaka, Hridya Gati (engine Doud), Urdhva gati, Sarvang Pushti.

SURYA NAMASKAR WITH MANTRAS

ASANA

Standing pose: Vrikshasana, Utkatasana, Katichakrasana, Trikonasana.

Sitting pose: Padmasana, Swastikasna, Goumukhasana, Vajrasana, Mandukasana.

Supine pose: Uttanpadasana, Sarwanganasana, Halasana, Karnapeedhasana, Shavasana.

Prone pose: Bhujangasana, Triyaka-Bhujangasana, shalabhasana, Balasana.

PRANAYAMA

Suryabhedan (According to Hathpradipika & Gherand Samhita)

Ujjayi (According to Hathpradipika & Gherand Samhita)

MUDRA & BANDHA

Mahabandha (According to Hathpradipika & Gherand Samhita)

Yoni mudra (According to Hathpradipika & Gherand Samhita)

Vipreetkarani mudra (According to Hathpradipika & Gherand Samhita)

Shambhavi Mudra (According to Hathpradipika & Gherand Samhita)

MEDITATION

Pranav Meditation, Soham Meditation

SHATKARMA (Shodhan kriyayen)

Kunjali Rubber Neti, Nauli, Kapalbhata (According to Hathpradipika & Gherand Samhita)

SHANTIPATH

References Books

1.Saraswati,SwamiSatyananda:SuryaNamaskar,YogaPublicationTrust,Munger,2004

2.Tiwari,O.P.:AsanaWhyandHow?Kaivalyadhama,Lonavla,2011

3.SwamiSatyanandaSaraswati:AsanaPranayamaMudra-Bandha, BiharSchoolofYoga, Munger,2005.

4.Digambar, Swami (2012) Hathpradipika (Swatmaramkrit), Kaivalyadham Lonavala, Pune.

5.Swami, NiranjananandSaraswati (2013) Gherand Samhita, BiharSchoolofYoga, Munger.

DSC COURSE : HUMAN ANATOMY AND PHYSIOLOGY-II

Subject Code:NYS6302T-C

OBJECTIVES:

Following the completion of the course, students shall be able:

- To know about the structure of the body
- To know about the necessary functions of the body
- To give brief idea about the diseases related to each system
- To throw light on anatomy so that student can experience the involvement of their bodyparts while practicing various postures of yoga.

Total Number of Hours: 120	Theory	Tutorial	Practical
Credits	4	2	-
Hours/ week	4	4	-
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30	-	-

UNIT -I: EXCRETORY SYSTEMS & LYMPHATIC SYSTEM

Excretory system: Structure and functions of Kidney, Ureter, Urinary bladder, Urethra; Mechanism of urine formation; Role of kidney in Osmo-regulation. Lymphoid organ: Bone marrow, Thymus, spleen, Lymph node, Composition and function of lymph,

UNIT -II: IMMUNE SYSTEM & BIOMOLECULES

Immunity: Meaning and types of immunity-Innate immunity and acquired immunity, Antigen and antibody, Hypersensitivity, Autoimmunity Nutrition: Meaning and Objectives, Elements of Diet: Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibers Balanced diet, Role of Diet for Spiritual Development.

UNIT -III: INTEGUMENTARY SYSTEM

Integumentary system-Functions & Organs; Skin: Structure & Functions, Nail: Structure & Functions, Hair: Structure & Functions, Glands: Structure & Functions.

TEXT BOOKS

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology

BOOKS FOR REFERENCE

1. Bijlani R. L.: Understanding of Human Physiology, Jaypee Brothers Medical Publishers Pvt.Ltd, New Delhi, 2011
2. Arthur C Gyton & Hall: Medical Physiology, Reed Elsevier India Pvt. Ltd, New Delhi, 2006
3. Chatterji C. C: Human Physiology Vol. I & II, Medical Allied Agency, Kolkata, 2004
4. Sharma J. P: A-Z Illustrated Encyclopaedia of Human Anatomy & Physiology, KhelSahiya Kendra, Delhi, 2005
5. Pal G. K & others: Textbook for practical Physiology, Orient Longman Pvt. Ltd, Hyderabad, 2007

DSE Course : -ESSENCE OF UPANISHADS**Subject Code:NYS6403T-E****OBJECTIVES:**

- Following the completion of this course, student will be able to
- Have an idea about the major principal Upanishads
- Understand the essence of each Upanishad and how to put them into practice.
- Understand each Upanishad and the role of it in our day-to-day life.

Total Number of Hours: 120	Theory	Tutorial	Practical
Credits	4	2	-
Hours/ week	4	4	-
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)
70	30	-	-

UNIT-I: INTRODUCTION ESSENCE OF ISHA AND KENOPANISHAD PRASHNAPANISHAD

An Introduction to Upanishadic Philosophies; Antiquity of Upanishads; Prasthanatraya; Ishavasyopanishad: JnanaNishtha (Ish.1), Karma Nishtha (Ish.2), All compassion Brahman (Ish.5), Nature of Sage (Ish.6, 7), Prayer of dying Man (Ish.15); Kenopanishad: The inscrutable being (Kena-I.2, 3 ,4,6) (Kena II.2,3), Greatness of self Knowledge (Kenall.5) Prashnapanishad: Sun, the life of creatures, The all inclusiveness of Brahman, The state of becoming the soul

UNIT-2: ESSENCE OF KATHO AND, MUNDAKA , KATHOPANISHAD:

Futility of earthly pleasure (Katha I.i.26, 27); Glory of wisdom of self (Katha I.ii.1, 5, 6, 7, 12); Atman is immortal (Katha I.ii.18); Conditions of knowing that (Katha I.ii.23,24); The Razor's edge of Jnana (Katha I.iii.14, 15); Sense knowledge is nothing (Katha II.i.1, 2); The indivisible Brahman (Katha II.i.10, 11) (Katha II.ii.2,9,11)The supreme state;. Mundaka: The greatness of Brahavidya, The worthlessness of Selfish-karma, Tapas and Gurubhakti, The origin of creation, Brahman the target of, meditation, Know thyself, Everything is Brahman, Purity extolled, Force of Desire, State of moksha;

UNIT-3: ESSENCE OF, MANDUKYA AND TAITRIYA , AITAREY, CHANDOGYA, BRIHADARANYAKAM

Mandukyopanishad: All this is Brahman, The fourth state of being .Essence of Aitareya, Chandogya and Brihadaranyaka Aitareya: Everything is only that Atman, All this is Brahman only; Chandogya: The meditation on udgithaomkara, Sandilyavidya, Mystic declarations, The sacrifice of the knower, The paradox of creation, The necessity for a guru, The supreme instruction, Need for understanding, Bhumavidya, The seer's health and purity, Desires should be renounced, Know the Atman;

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