

MANONMANIAM SUNDARANAR UNIVERSITY, TIRUNELVELI

VISION for Wisdom, Aliyar

M.Sc. (YOGA for HUMAN EXCELLENCE)

(DIRECTORATE OF DISTANCE & CONTINUING EDUCATION)

SCHEME OF SUBJECTS AND EXAMINATIONS

Year	Paper No.	Title of Paper
I Year	1	யோகா தோற்றமும் வளர்ச்சியும் Origin, Growth and Developments of yoga
	2	உயிர்வளமும், மனவளமும். Rejuvenation of life-force and Streamlining of Mind.
	3	குணநலப்பேறும், சமுதாய நலனும் Sublimation and Social Welfare.
	4	உடல்நலம், Physical Health
	5	யோகப்பயிற்சிகள் - 1 Yoga Practices- 1

II Year	6	இறைஞானமும், முழுமைப்பேறும். Science of Divinity and Realization of Self
	7	உலக சமுதாய வாழ்க்கை நெறி. World Community Life.
	8	உலக சமாதான திட்டங்கள் World Peace Plans.
	9	Topfhl;Ljy;> mwpTih gfh;jy;> cskUj;Jtk; GUIDANCE AND COUNSELLING, PSYCHOTHERAPY
	10	யோகப்பயிற்சிகள் - 2 Yoga Practices – 2

FIRST YEAR

PAPER – 1

ORIGIN, GROWTH AND DEVELOPMENTS OF YOGA

OBJECTIVES :

A study of the origin and growth of Yoga, Indian Philosophy, Concepts of various Religions, The philosophy of the Siddhas, Application of Yoga.

UNIT- I ORIGIN AND GROWTH OF YOGA

Yoga – Meaning of Yoga – Yoga is a science – Yoga is an art – Types of Yoga practices – Bhakthi Yoga – Karma Yoga – Raja Yoga – Gnana Yoga – Origin and history of yoga – Its relevance to the present age.

UNIT - II YOGIC CONCEPTS IN INDIAN PHILOSOPHY AND OTHER TRADITIONS

Indian Philosophy –Vedas - Upanishads – Bhagavad Geetha - The six dharsanas in hindu tradition of gnana – Sankyam – Patanjali Yoga – Niyaya – Vaisedigam – Meemamsai – Vedhantha – Advaitam, Dvaitam – vishistathvaitam– Saivam, Saktham

Yogic concepts in Jainism, Buddhism, Christianity, Islam, Sikhism, Tao, Judaism, Confucius and Zoroastrianism.

UNIT - III SIDDHA PHILOSOPHY

Yoga in ancient Tamil – Concepts – Life of the Siddhas –Siddha Literature -Siddha Philosophy - Moral Concepts of Siddha. - Thirumanthiram.

UNIT - IV SCIENCE AND SPIRITUALITY

Science and Spirituality – An overall view –Vethathiri Maharishi's contributions – Present day Yoga practices and Applications for Physical health, Mental health, long life, Social health and spiritual health.

UNIT - V COMPARATIVE STUDY OF YOGA

Patanjali, Thirumoolar, Thayumanavar, Vallalar, Bharathiar, Swamiji Kuvaiyananda and Vethathiri Maharishi.

REFERENCE BOOKS :

1. **Origin, Growth and Application of Yoga**, VISION, Vethathiri Publications, Erode
2. **Yoga, Meditation and Perfect life**, Dr.S.Jayaprakasam &Dr.P.Anandhi, BINOWS, Madurai.
3. **Yoga for Modern Age**, Vethathiri Publications, Erode.
4. **Sound Health through Yoga**, Dr. K. Chandrasekaran, Prem Kalyana Publications, Sedapati.
5. **Patanjali Yoga Sutras**, Sri Ramakrishna Math, Chennai..
6. **A History of the Tamil Siddha Cult**, Venkataraman.R, Ennes Publications, Madurai 1990.
7. **Islamic Spirituality**, Seyyed Hossein Naser(ed), Routledge and Kegan Paul, London, 1987
8. **Holy Bible (common Translation in Tamil), TNBLC**, Tindevanam, 2006
9. **Holy Quran (Tamil)**, Islamic Foundation Trust, Chennai 2006
10. **Thirumandiram**, Sri Ramakrishna Math, Chennai, 1991

PAPER – 2 PHYSICAL HEALTH

OBJECTIVES :

Physical exercises and food habits for a healthy life. Principles of Yoga and Physical education, systems of medicine.

Unit - I HISTORY OF YOGA

Meaning, Philosophy, Aim, Objectives and Scope of Yoga, Systems of yoga (Hatha Yoga, Jnana Yoga, Karma Yoga, Raja Yoga, Yantra Yoga, Mantra Yoga, Laya Yoga, Bakthi Yoga) - Patanjali's Limbs of Yoga (Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samathi) - Purpose of life – Self, Society, Nature – Yoga - Philosophy of life – Need, protection, Virtues - Stages in development of knowledge - Life devoid of disease - Current life style and Physical health – Scientific growth and a mechanical life – competitive world – mental problems - Relationship between body, life-force and mind –Harmonious relationship – One affecting the other - Health is wealth.

Unit - II STRUCTURE AND FUNCTIONS OF THE PHYSICAL BODY

Physical body: association of the Panchabhootas – The three circulations - Three bodies - Pain, disease and death – Reasons for disease – Immunity – Limits in Five – Importance of physical exercises – Maintaining polarity between the cells – Eradication of sin imprints - Greatness of Simplified Physical Exercises - Physical body – Cell – Tissue – Skeletal and Muscular system - Circulatory system – Nervous System – Brain & Spinal Cord – Respiratory system – Digestive system – Excretory system

Unit - III SIMPLIFIED EXERCISES

Simplified Exercise – Rules – Benefits - Hand exercises, Leg Exercises - Breathing exercises, Eye exercises, Kapalabhati - Makarasana Part I, Makarasana Part II - Massage, Acu – pressure, Relaxation – Benefits – Physical Exercises, a scientific explanation.

UNIT - IV MEDICAL SYSTEM

Food as medicine – Bio-magnetism Intake – Measure and method in food - Satvic, Rajo and Tamas – Simple diet – Planned diet – Balanced diet – Natural food – Vegetarian diet and yoga – Importance of Fruits, Vegetables, greens – Importance of fasting – Eating at regular hours – Food as medicine – Naturopathy – Other medical systems - Allopathy – Siddha – Ayurveda - Unani – Homeopathy – Varmakalai – Principles, Methods and Benefits.

UNIT - V YOGIC TECHNIQUES

Asana Rules – Surya Namaskar – Asanas – Padmasana, Vajrasana, Yoga mudra, Pachi-mothasana, Ustrasana, Vakkarasana, Komukasana, Chakrasana (side posture), Vrikchasana, Tirikonaasana Bhujangasana, Salabasana, Dhanurasana, Navukkasana, Machasana, Bhavana Muktasana, Uthana Padasana, Navasana, Sarvangasana, Halasana, Chakkarasana, Savasana,

Pranayama:- Naddi suddi, Ujjai, Seettali, Seethkari, Kapalapathi

Mudras:- Gnana mudra, Vaayu mudra, Sunya mudra, Prithvi mudra, Suriya mudra, Varuna mudra, Prana mudra, Abana mudra, Abana vaayu mudra, Linga mudra, Aadhi mudra, kesari mudra, Aswini mudra.

Bandha: Jalandhara Bandha, Uttiyana bandha, Moola Bandha, Maha Bandha.

REFERENCE BOOKS:

1. **Simplified Physical Exercise**, Vethathiri Publications, Erode
2. **Sound Health through Yoga**, Dr.K.Chandrasekaran, Prem Kalyana Publications, Sedapati.
3. **Asanas**, Swami Kuvalayananda, Sri Kuvalayananda publications, Pune
4. **Physical Health**, Vethathiri Publications, Erode

5. **Yogasana**, Vethathiri Publications, Erode
6. **Patanjali: Yoga Sutras**, Sri Ramakrishna Math, Chennai.
7. **Key to Health**, M.K.Gandhi, Navajivan Publications, Ahmedabad,
8. **Practical Nature Cure**, Lakshmana Sarma. K, The Nature cure publishing house, Pudukkottai.

PAPER – 3

REJUVENATION OF LIFE-FORCE AND STREAMLINING OF THE MIND

OBJECTIVES:

Understanding the concept of Kayakalpa Exercise for longevity - Meditation for streamlining the mind – Intensification of bio-magnetism.

UNIT - I REJUVENATION OF LIFE FORCE

Life force – structure – life force circulation – Purpose of Kayakalpa- Siddha techniques: Life without disease, youthfulness, postponing death - Philosophy of Kayakalpa – Old age and death - Importance of Kayakalpa exercise - Kayakalpa practice: Aswinin Mudra – Ojas breath – Benefits of Kayakalpa - Sex and Spirituality – Chastity – Spiritual Development – Jeeva Samadhi –Practices of Siddhars.

UNIT - II STREAMLINING OF MIND

Mind – Bio-magnetism – functions of mind – compressing and expanding - Eight special features of the living beings - Mental frequency – Beta Wave, alpha wave, theta wave, delta wave – imprints – Sanjeetha karma, Praraptha Karma, Akamyia Karma -10 stages of mind – Five Sheaths(Five kosas)– Three stages of the mind – Sleep, Dream, Foretelling the future - Importance of meditation – Greatness of Guru – Benefits of meditation – Reduction in mental frequencies –Counselling - Transactional Analysis (Child, Adult, Parent)

UNIT - III MEDITATION

Purpose of meditation in life – Meditation practices during the past and the present – Significance of Manavalakalai Yoga – Simplified Kundalini Yoga – Meditation on life force - Initiation by Guru - **Agna** meditation – **Shanti meditation** – **Thuriya** Meditation – **Thuriyatheetha** meditation – Principles – merging with Almighty – attaining perfection – benefits.

UNIT - IV HIGHER MEDITATIVE PRACTICES

Pancha bootha navagraha meditation (meditation on five elements and nine planets) – Panchendria meditation (Meditation on five senses) - Vipasana meditation - Nine centre meditation - functions of Endocrine glands – physical and physiological benefits - Divine State Meditation.

UNIT - V INTENSIFICATION OF BIO-MAGNETISM

Bio-magnetism - Production – Consumption - Stock - Physical transformation of bio-magnetism – Pressure, Sound, Light, Taste, Smell – Practice for intensifying bio-magnetism – Lamp gazing – Mirror gazing – concept – rules – benefits – passes for curing disease.

REFERENCE BOOKS :

1. **Rejuvenation of Life-force and streamlining of mind**, Vethathiri Publications, Erode
2. **The Conscious Mind: The Fundamental Theory**, David J.Chamlers, Oxford University press, USA
3. **Philosophy of Mind**, Jaegwon Kim, Westview Press, USA
4. **Manavalakalai Part I**,Vethathiri Publications, Erode
5. **Patanjali: Yoga Sutras**, Sri Ramakrishna Math, Chennai.
6. **Journey of Consciousness**, Vethathiri Publications, Erode
7. **Sound Health through Yoga**, Dr.K.Chandrasekaran, Prem Kalyana Publications, Sedapati.

PAPER – 4

ROLE OF YOGA ON SUBLIMATION AND SOCIAL WELFARE

OBJECTIVES :

Introspection for Harmonious relationship with others in the society - Analysis of Thoughts - Moralization of Desires - Neutralization of Anger and Eradication of Worries - Blessings – Virtuous life

UNIT- I INTROSPECTION

Ego – Six bad temperaments – Five sinful deeds – Six good qualities – Introspections practices - Analysis of thoughts: Mind and thoughts – greatness of the thought force – Power of thoughts – Thoughts form the basis of life - Six root causes for thoughts - Practice for Analysis of Thoughts.

UNIT - II MORALISATION OF DESIRE

Root causes – three kinds of desires – desires to be nurtured - attachment and detachment – Greed and contentment - Practice for Moralization of Desires.

NEUTRALISATION OF ANGER :- Root cause of anger – chain reaction – Ill effects of anger- Patience and forgiveness - Practice for neutralization of anger.

UNIT - III GOOD FRIENDSHIP

Eradication of worries:– Four types of worries - Practice for eradication of worries - Benefits of Blessing: Wave theory – Greatness of blessing – Ways to bless – World blessing - Family Peace – Conflict within the family due to four factors – Tolerance, adjustment, sacrifice – Economic disparity – sexual relationship - good relationship between the husband and wife - Maneuver of the six temperaments - Greatness of penance in silence.

UNIT - IV SOCIAL WELFARE

Five kinds of duties - Greatness of Women – Womanhood, motherhood, godliness – sacrifice – detachment – Equal rights – Wives’ appreciation day –Individual Peace, Family peace, World peace – Universal brotherhood

UNIT - V CULTURAL EDUCATION

Protection of the natural resources – Pollution free environment –effects of pollution (Land water, air, forest, sound, thought force) – global warming – solutions – Cultural education – Non violence, Truth, Honesty, Patience, forgiveness, equanimity, Self control, Obedience, consistent effort, Peace, not being jealous, not being boastful, total quality enhancement - Good governance – Greatness of Democracy – responsibilities of people in electing their Leaders – education for governance – spiritual education – the greatness of service - Service mentality – Fundamentals for Spiritual development – Physical, mental and Spritual service (Eg.) Mother Teresa, Mahatma Gandhi, Vinoba Bhave, Dr.Muthulakshmi Reddy.

REFERENCE BOOKS :

1. **Sublimation and Social Welfare**, Vethathiri Publications, Erode
2. **En Ahimsai (Autobiography of Fuji Guruji)**, S.Jeyapragasam, Madurai
3. **Yoga for Modern age**, Vethathiri Publications, Erode
4. **The Story of My Experiments with Truth**, M.K. Gandhi, Navajivan Publishing House, Ahmedabad.
5. **Leo Tolstoy: Vaalum Vazhi(Tamil)**, S.Jeyapragasam and B.Anandhi, BINOWS, Madurai
6. **Journey of Consciousness**, Vethathiri Publications, Erode.
7. **Indian Wisdom**,Williams, Cosmo Publications, New Delhi

PAPER – 5

YOGA PRACTICES PRACTICAL – I

OBJECTIVES :

Practical exercises and Meditation practices, Anti-aging process of Kayakalpa exercises – Increasing bio-magnetism and Personality development.

UNIT - I SIMPLIFIED EXERCISES

Hand exercises – Leg exercises – Breathing exercises – Eye exercises – Kapalabathi – Makarasana – Body massage – Acupressure – Relaxation

UNIT - II KAYAKALPA EXERCISES – SIDDHA TECHNIQUES

KayaKalpa Exercise practice – Siddha Techniques – Aswini Mudhra – Moola Bandha – Ojas Breath.

UNIT – III ASANAS

Surya Namaskar, Padmasana, Vajrasana, Yoga mudra, Pachi-mothasana, Ustrasana, Vakkarasana, Komukasana, Chakkarasana (Side Position), Viruchasana, Trikonasana, Bhujangasana, Chalabasana, Dhanurasana, Navukkasana, Machasana, Pavana Muthasana, Uthana Padasana, Navasana, Sarvangasana, Halasana, Chakkarasana, Savasana.

UNIT - IV MEDITATION

Agna meditation - Shanti meditation – Thuriya meditation - Thuriyatheetha meditation

UNIT – V PRACTICES TO STRENGTHEN BIO-MAGNETISM

Lamp gazing Practice.

REFERENCE BOOKS:

1. **Simplified Physical Exercise**, Vethathiri Maharishi, Vethathiri Publications, Erode
2. **Yoga Practices I**, Vethathiri Publications, Erode
3. **Sound Health through Yoga**, Dr.K.Chandrasekaran, Prem Kalyana Publications, Sedapati.
4. **Light on Pranayama**, BKS. Iyenger, Harper Collins Publishers, New Delhi.
5. **Light on Yoga**, BKS. Iyenger, Harper Collins Publishers, New Delhi
6. **Pranayama**, Swami Kunalayananda, Ghoshiyananda Samith, Pune
7. **Patanjali: Yoga Sutras**, Sri Ramakrishna Math, Chennai

SECOND YEAR

PAPER – 6

SCIENCE OF DIVINITY AND REALIZATION OF SELF

OBJECTIVES:

Absolute Space – an explanation - Transformation of magnetism and its effects. Transformation of Absolute Space into the universe and the living beings, the principles of Cause and Effect, genetic center, Who am I?

UNIT – I ABSOLUTE SPACE- AN EXPLANATION

Absolute Space – Truthfulness – Various concepts of Almighty – Objectives of Religion – Virtues and God realization – Virtuous life – Vethathiri model of Space and Universe - Gravity – Four Qualities of Divine State-Three potentials of Divine state.

UNIT – II TRANSFORMATION OF THE UNIVERSE

Origin of the Panchabhoothas - Dust particle - Four types of energy particles – Element – Self compressive force –Repulsive force –Panchaboothas - Universal magnetism –Pancha thanmathra (Physical transformation of bio magnetism)
Astronomy - Various concepts about Evolution of Universe – Evolution of Planets, Stars, Galaxies and Universe – functions - Consciousness in non living things - relationship between the planets and the living beings - Wave theory – relationship between the Mind and universal magnetism.

UNIT – III EVOLUTION OF LIVING BEINGS

History of living beings – plants with one sense to animals with five senses - origin of the five sense organs (Gnanendriyas) – origin of the organs of action (Karmendriya) - Evolution of mankind and Sixth sense (Mind) – Greatness of man - Consciousness in living beings– Bio magnetism – functions of bio magnetism in human body – Specific Gravity – Sensory Perceptions and God realization – Production, Consumption and stock – Feelings.

UNIT – IV GENETIC CENTRE

Genetic Centre – structure, function – compressing into imprints – expanding as thoughts – sanjitha, praraptha, akamiya karma - Purification of Genetic Centre – Defilement of

the Genetic Centre – sinful imprints – Ways to eradicate the imprints – Expiation, Superimposition and Neutralisation - Why men differ?

UNIT – V PERFECTION IN CONSCIOUSNESS

Who am I? Realization of the Self – visible objects, the energy particle, dust particle and space – Divinity in man – Conscious is Almighty – Consciousness in man – Consciousness is God - Functions of the Divine consciousness – the principles of Cause and Effect – Law of nature – awareness – pleasure and pain – Destiny and wisdom – thoughts, word and deed - Nishkama Karma - Karma yoga – Duty consciousness – gratitude – The 10 principles of Karma yoga – Love and compassion – protection and maintenance – Service to humankind – attaining perfection - The Art of public Speaking.

REFERENCE BOOKS:

1. **Science of Divinity and Realization of self**, Vethathiri Publications, Erode
2. **God and Genetic Centre**, Vethathiri Publications, Erode
3. **The Mirror of the Self**, Acharya Maha Pragya, Jain Vishva Bharathi Institute, Ladun, 1995
4. **Unified force**, Vethathiri Publications, Erode.
5. **History of the universe and living beings**, Vethathiri Publications, Erode
6. **Swami Vivekanandar Ezhundhiru Vizhithiru, Vol 1,2,3 (Tamil)**
7. **Sri Aurobindo, The Synthesis of Yoga**, Sri Aurobindo Ashram, Pondicherry, 1996

PAPER – 7 WORLD COMMUNITY LIFE

OBJECTIVES:

Principles of life for the World Community.

UNIT – I WORLD COMMUNITY LIFE

World without war –Fair judiciary – Crime – capital punishment to be stopped - One World Federal Government– basic Human rights– World peace.

UNIT – II ECONOMIC EQUALITY

Economics – Economic disparities - Cooperative method industry – Socialism - Five basic trades - six financial capitals – six comforts in life – Unemployment – Sharing of jobs – venality

UNIT – III CULTURE AND MORALITY

Reformation of culture – Five fold culture – Two fold culture - Living in accordance with the guidance of the wise– Suruti, Yukthi, Experience – Life of the wise people – Vethathiriyam concepts – Woman education – Duties and Responsibilities – Morality in man-woman relationship — Arts without flaws - Mother and child care – Love between the child and mother – Rearing children.

UNIT – IV REFORMED THOUGHTS

Following the path of Nature – Respect for nature – Merging with Almighty – Car festivals –unhygienic conditions – Physical exercise for children - Effects of sports on adults.

UNIT – V TRUTH WAY

Food and water made common to all – Food production – population explosion - Distribution of food and water resources – Interlinking of the Rivers –Duties of Religious heads - Logical Solutions for the Problems of Humanity.

REFERENCE BOOKS:

1. **World Community Life (Vethathiriyam)**, Vethathiri Publications, Erode.
2. **Vethathiriyam**, Vethathiri Publications, Erode.
3. **Logical Solutions for Social Problems**, Vethathiri Publications, Erode.
4. **The story of My Experiments with Truth**, M.K. Gandhi, Navajivan Publishing House, Ahmedabad
5. **Indian Wisdom, Williams**, Cosmo Publications, New Delhi, 1978
6. **Human Relationship skills**, Richard Nelson –Jones, USA

PAPER – 8 WORLD PEACE PLANS

OBJECTIVES:

Plans for World Peace and a World without war.

UNIT - I RESEARCH FOR PEACE

Pleasure, pain, peace and Ecstasy – Reasons for pain – Emotions – Narrowmindedness – Habits that are against Nature – Necessity of a life in harmony with Nature – Birthright –

Freedom to life – Development of knowledge in five fields – Harmonious Life despite differences in race, religion, caste and language – Environment that needs to be changed –Value of humanity – New life.

UNIT - II WORLD PEACE PLAN

Interim and Ultimate plans – Beginning of Implementation among the children - child care – All things are common – work for all - Man as the asset of the society – Gold is unnecessary – Cooking in common – Intuitive spiritual education – Consequences of atom bomb used during second world war - Duty of the world leaders for securing the future - seeds for world peace - Seven plans – reforms and a frugal life - United Nations Organization – World Peace plan – safeguarding the boundaries - Duties of the wise.

UNIT - III EDUCATIONAL REFORMS

Prosperous India – Present Economic condition - Economic reforms – National Social Security Fund – Socialism - Social reforms – Safeguarding the children, disabled and the aged – A System of useful Education – Technical education in every village

UNIT - IV AGRICULTURE AND INDUSTRIAL REFORMS

Agriculture – Weaving – Building construction – cooking – production and handling of machines – Academic learning - Language – Need for a common language - Political Reforms – Drawbacks in politics – Reforms – Good governance – Democracy.

UNIT - V A NEW LIFE IN THE FUTURE

Food, clothing, shelter and life-partner – Everyone's needs – Marriage – Chastity – Work – Life without worries – Life without desires – Social Service – a flawless society – Love and duty – Peaceful life – Creative and spiritual life – World welfare .

REFERENCE BOOKS:

1. **World Peace Plans**, Vethathiri Publications, Erode
2. **Peace and Value Education**, K.C.Joseph, National Institute of Peace and Value education, Hyderabad,
3. **Journey towards Human Unity**, Robert Catalano, Vinu Aram, Shanthi Ashram, Coimbatore.
4. **Altruism**, Vethathiri Publications, Erode
5. **Identity, conflicts, Peace Making**, school of Religion philosophy Humanist thoughts, Madurai
6. **Prosperity of India**, Vethathiri Publications, Erode
7. **Peace Research Forum**, Dept of Gandhian Studies, M.K.University, Madurai
8. **Perspectives of Peace Research**, Gujrat Vidyapeeth, Ahamadabad

Paper – 9

GUIDANCE AND COUNSELLING, PSYCHOTHERAPY

OBJECTIVES:

- a) To enable the students to understand the basic concept of Guidance and Counselling and Psychotherapy
- b) To help them to realise their strengths and weaknesses
- c) To provide them the choices, opportunities and requirements to improve their effectiveness
- d) To initiate them to learn emotional and physical dangers and various forms of therapies

Unit-I Guidance

Guidance- meaning, definition, nature, need and scope; Functions and principles; Characteristics; Types- Educational, Vocational, Avocational, Social, Moral, Health, Personal and Marital

Unit – II Guidance programme

Guidance services - The cumulative record card - Occupational information- Organization of guidance programme - Guidance programme at different levels -Guidance personnel - Role of the teachers in guidance programme

Unit – III Counselling

Counselling – meaning, purpose, scope; Elements and characteristics; Levels and classifications; Characteristics; Steps involved in counseling process; Counselling techniques - directive, non-directive, eclectic; Types – individual and group; Difference between guidance and counseling; Counseling and psychotherapy; Qualities of a good counsellor

Unit – IV Common types and Treatment

Mental illness; Common types – anxiety, mood disorder, personality disorder, phobias, panic disorder etc.; Treatment – psychotherapy, medication, exercise and meditation; Psychotherapy- etymology, forms, systems, general descriptions; medical and non-medical models

Unit - V Specific schools and approaches

Specific schools and approaches – Psychoanalysis, Gestalt Therapy, Group psychotherapy, Cognitive behavioural therapy, Hypno psychotherapy, Body oriented psychotherapy, Expressive Therapy, Interpersonal psychotherapy, Family Therapy, Confidentiality; Criticism on effectiveness; Therapy for Children; Conclusion.

REFERENCE BOOKS:

- 1 **Educational and Vocational Guidance on Secondary Schools**, S.K Kochhar, Sterling Publishers, Private Limited, New Delhi-110020
- 2 **Guidance and Counselling**, S. Nanarayana Rao, Tata McGraw Hill Publishing Company. New Delhi.
- 3 **Teacher and Learners**, Prof. S. Santhanam, Shantha Publishers, Chennai- 600014

- 4 **Educational Psychology**, Dr. K. Nagarajan, Ram Publishers, Chennai-600093
- 5 **Psychoanalytic Psychotherapy**, Nancy McWilliams, The Guilford Press, New York
- 6 **Advanced Techniques for Counselling and Psychotherapy**, Christian Conte, Ph D, Springer Publishing Company LLC, New York

PAPER – 10

YOGA PRACTICES PRACTICAL - II

OBJECTIVES :

Practising special Meditations, Yogasanas, Pranayama, Mudra and Bandhas.

Unit - I SPECIAL ASANAS

Trikona asana – Tadasana – Dhanurasana – Sukasana – Chakkarasana - Siddhasana – Utkadasana – Mandukasana – Mahamudra – Janusirasasana – Artha bhavana mukthasana – Sabthavajrasana – Savasana.

Unit - II PRANAYAMA

Nadi Suddhi, Ujjaii, Seetali, Seetkari, Kapalapathi.

Unit - III MUDRA AND BANDHA

Gnana mudra - Vaayu Mudra – Soonya Mudra – Prithvi Mudra – Surya Mudra – Varuna Mudra – Prana Mudra – Abana Mudra – Abana Vaayu Mudra – Linga Mudra – Adi Mudra – Kesari Mudra – Aswini Mudra. Bhandha: Jalandhara Bandha - Uttiyana Bandha – Moola Bandha, Maha Bandha

UNIT - IV HIGHER MEDITATIVE PRACTICES

Panchendriya Meditation – Pancha Bhootha Navagraha Meditation – Nine Centre Meditation – Vipasana Meditation – Divine Meditation.

UNIT - V INTENSIFYING BIO-MAGNETISM

Mirror Gazing – Passes for curing diseases.

REFERENCE BOOKS:

1. **Yoga Practices I**, Vethathiri Publications, Erode
2. **Sound Health through Yoga**, Dr.K.Chandrasekaran, Prem Kalyana Publications, Sedapati.
3. **Light on Pranayama**, BKS. Iyenger, Harper Collins Publishers, New Delhi.
4. **Light on Yoga**, BKS. Iyenger, Harper Collins Publishers, New Delhi
5. **Pranayama**, Swami Kuvalayananda, Ghoshiyananda Samith, Pune
6. **Patanjali: Yoga Sutras**, Sri Ramakrishna Math, Chennai
