



SEMESTER III

COURSE DETAILS – 1
SUBJECT NAME – FUNDAMENTALS OF COMPUTER APPLICATIONS
SUBJECT CODE – PGDYS-301

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

The Objectives of learning this course is to:

- To Understand types of software and their applications.
- To Understand basic computer components and functions.
- Understand types of software and their applications.
- Learn operating system functions and user interface management.
- Explore e-learning platforms and their role in education.

Block-1	Overview of Computer System (20 hours)
Unit-01	Evolution of Computer Systems, Generations of Computers, Parts of Computer System, Categories of Computers, Computer System Characteristics, Computer Hardware.
Unit-02	Working of input & output devices: keyboard, mouse, trackball, pen, touch screens, scanner, digital camera, monitor, and printer.
Unit-03	Working of storage devices: magnetic tape, magnetic disk, CD, DVD.
Block-2	Computer Software & Operating System (20 hours)
Unit-04	Introduction to software, Types of software, Programme vs. Software.
Unit-05	Introduction to operating System, Function of Operating System.
Unit-06	Types of Operating System. Operating system file management.
Block-3	Office Automation Tools (60 hours)

Unit-07	Word Processing (e.g., Microsoft Word, Google Docs, One Note)- Creating and Editing Documents, Formatting Text and Pages, Adding Tables, Images, Charts and Mail Merge.
Unit-08	Spreadsheets (e.g., Microsoft Excel, Google Sheets)- Creating and Formatting Spreadsheets, Basic Formulas and Functions, Charts and Data Visualization.
Unit-09	Presentation Software (e.g., Microsoft PowerPoint, Google Slides)- Creating and editing master slides, slides with graphs, Animation, Designing Slide-shows and representation.
Block-4	Data Communication, Computer Network & E-Learning platform (20 hours)
Unit-10	Introduction to communication system, Mode of Communication, Introduction to Computer Network, Types of Computer Network, LAN, WAN, MAN Topologies, Transmission Media.
Unit-11	Internet: Introduction to Internet and its Applications, Connecting to the Internet, Email, World Wide Web (WWW) and its evolution, Uniform Resource Locator (URL), Browsers: Internet Explorer.
Unit-12	Use of Computer in Education and Research: E-library, data analysis and other research related website (Google scholar, Pub-med, Sci-hub etc). Introduction to Artificial Intelligence, Cyber Security.

Books for References-

1. Goel, A. (2010). *Computer fundamentals*. Pearson Education.
2. Aksoy, P., & DeNardis, L. (2006). *Introduction to information technology*. Cengage Learning.
3. Norton, P. (2017). *Introduction to computers*. McGraw-Hill.
4. Sinha, P. K., & Sinha, P. (2007). *Fundamentals of computers*. BPB Publishers.
5. Vermaat, M. E. (2013). *Discovering computers & Microsoft Office 2013: A fundamental combined approach*. Cengage Learning.



COURSE DETAILS – 2
SUBJECT NAME – RESEARCH METHODOLOGY & STATISTICS
SUBJECT CODE – PGDYS-302

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

The Objectives of learning this course is to:

1. Understand concept and make statistical computations (measure of central tendency & dispersion, simple correlation & regression, NPC Applications, West, ANOVA, & Chi-square) regarding Research and Statistical Methods.
2. Apply knowledge of Research & Statistical Methods to draft mini research synopsis & undertake the same in Master Programme as Dissertation to create rigid base for advanced research career in future.

Block-1	Scientific Research (12 hours)
Unit-01	Concept, Characteristics, Types and Process; Scope and purpose of scientific research in yoga.
Unit-02	Research Problem: Concept, Sources of Research Problems in Yoga, Characteristics of good research problem, Considerations in selecting a research problem.
Unit-03	Steps in the formulation of a research problem and Practice of formulating a research problem; Hypothesis: Concept, Functions, Characteristics and Types (Research Hypothesis and Null hypothesis).
Unit-04	Practice of hypotheses writing; Sampling: Concept, Types (Probability and Non-probability Samplings with their types), and Practice of using different sampling procedures for sample selection.
Block-2	Variable (12 hours)
Unit-05	Concept, Types (Independent, Dependent, Extraneous, Intervening and moderating) and Practice for identification of variables in different research problems.
Unit-06	Research Design: Concept, Characteristics of Good research Design, Type.

Unit-07	Differential, Pre & Post, Experimental, Pure Experimental, Factorial, Descriptive, Relational & Mixed; Methods of Controlling Extraneous Variance: Concept and Control Methods (Randomization, Elimination, Introducing new Independent Variables, other techniques).
Block-3:	Statistics & Normal Distribution (24 hours)
Unit-08	Concept and Significance; Types of research data, Frequency distributions (Individual, Discrete and Continuous), Graphical Representation of the data (Histogram, pie chart and bar graph).
Unit-09	Measure of Central Tendency: (Arithmetic Mean, Median and Mode): Concept and Computation in case of grouped and ungrouped data.
Unit-10	Measure of Dispersion: Concept and computation of Range, Quartiles and Standard Deviation.
Unit-11	Concept, Proportions, and Applications of Normal Distribution.
Unit-12	Simple Correlation: Concept and computation of correlation coefficient by product moment method, coefficient of Determination.
Unit-13	Simple Regression: Concept, Regression Equations (In Score forms), Solving Regression Equations, Interpretation of Regression coefficients, Standard Error of Estimate.
Block-4:	Hypothesis Testing (12 hours)
Unit-14	Type I and Type II Errors, Level of significance, Degree of freedom, testing significance of mean difference.
Unit-15	T – test Concept and Computation (In case of two sample hypotheses and paired sample hypotheses).
Unit-16	ANOVAs: Concept and Computation of one-way ANOVA in unrelated design and related designs.
Unit-17	Chi-Square Test: Concept and Computation in different cases; using SPSS for data analysis.
Unit-18	T-test, Descriptive measures, ANOVA, Corelation & Regression.



Books for References -

1. Bryman, A. (2008). *Social research methods* (3rd ed.). Oxford University Press.
2. Singh, A. K. (1986). *Test, measurement and research methods in behavioral sciences*. McGraw Hill.
3. Kerlinger, F. N. (1978). *Foundations of behavioral research*. Sur Publications.
4. Singh, A. K. (2001). *Research methods in psychology, sociology, and education* (4th ed.). Motilal Banarasedass.
5. Maylor, H., & Blackmon, K. (2005). *Researching business and management*. Palgrave Macmillan.
6. Garrett, H. E. (1988). *Statistics in psychology and education*. Vikils, Feiffer & Semen's Ltd.
7. Suleman, M. (2005). *Methods in psychology, sociology, and education* (3rd ed.). General Book Agency.
8. Kothari, C. R. (2011). *Research methodology: Methods and techniques* (2nd ed.). New Age International.
9. Ruxton, G. D., & Colegrave, N. (2003). *Experimental design for life sciences*. Oxford University Press.
10. Mohsin, S. M. (1981). *Research methods in behavioral sciences*. Orient Longman.
11. Kumar, R. (2011). *Research methodology* (2nd ed.). Dorling Kindersley (Pearson Education).
12. Breakwell, G. M., Hammon, S., Fife-Shaw, C., & Smith, J. (2006). *Research methods in psychology* (3rd ed.). Sage.
13. Haslam, S. A., & McGarty, C. (2003). *Research methods and statistics in psychology* (3rd ed.). Sage.

COURSE DETAILS – 3
SUBJECT NAME – THERAPEUTIC YOGA
SUBJECT CODE – PGDYS-303

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

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

1. To study the therapeutic applications of yoga, pranayama, meditation, and Ayurveda in disease prevention and treatment.
2. To explore how yoga, physiotherapy, and alternative therapies can aid in the rehabilitation and strengthening of musculoskeletal health.
3. To prescribe and administer yogic prescription for the specific disease.

Block-1	Yoga Etymology, Diagnosis and Therapy (12 hours)
Unit-01	Yogic Anatomy and Physiology: Concept of Psychic Centers, Pancha Kosha and three planes of human being; and effects of their activation and impairment over somatic, psychic and psycho-somatic levels of human existence.
Unit-02	Yogic diagnostic techniques: Connections of Swar Science, Prana and Breathing Patterns over somatic, mental and psycho-somatic levels.
Unit-03	Association of Psychic centers over nerve plexus and endocrine glands.
Unit-04	Concept of health and wellness in terms of WHO, Ayurveda and Yoga.
Unit-05	Concept of Yoga Therapy: Meaning, Definition, Aims, Principles, Factors Impacts and Limitations; Qualities of a yoga therapist.
Block-2	Musculo-Skeletal Disorders (12 hours)
Unit-06	Back Pain: Classification of back pain: organic back pain and functional back pain, Lumbar Spondylosis, Intervertebral disc prolapses (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago: Medical and Yogic management.
Unit-07	Neck pain, Classification of neck pain, Cervical Spondylosis, Radiculopathy, Functional neck pain, Medical and Yogic management of all forms of Arthritis like Rheumatoid Arthritis, Osteoarthritis.
Block-3	Gastro Intestinal, Excretory Disorders & Cardio-Pulmonary Disorders (24 hours)
Unit-08	Brief overview of Gastro Intestinal Disorders (including Causes, Pathogenesis, Signs, Symptoms and Complications) and Yogic Management of gastrointestinal disorders namely Acid peptic disease- Indigestion, Hyperacidity, Ulcer, Flatulence, Gastritis; Bowel problems - chronic Constipation and haemorrhoids, Irritable Bowel Syndrome, Ulcerative colitis or inflammatory bowel disease, Crohn's disease, gluten intolerance, food allergies.



Unit-09	Brief overview of the Excretory Disorders: (Causes, Pathogenesis, Signs, Symptoms and Complications), Yogic Management of irritable bladder syndrome, stress incontinence, Chronic renal failure, Renal hypertension, Renal stones.
Unit-10	Brief overview of the Cardiac Disorders (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Hypertension and Hypotension, Ischemic heart diseases, Varicose veins, Peripheral vascular disease, Autoimmune Arteritis.
Unit-11	Brief overview of the Pulmonary Disorder (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management (rationale for the disease specific yoga protocol, scientific evidence if available, probable healing mechanisms, practices of choice and contra indications). Allergic, autoimmune respiratory conditions -Allergic Rhinitis & Sinusitis, Bronchial Asthma, COPD & Emphysema- Occupational pulmonary disease.
Block-4:	Neurological and Psychiatric Disorders (12 hours)
Unit-12	Headaches, Migraine, Tension headache, Cerebro vascular accidents, Epilepsy, pain; Parkinson's disease: Causes, Clinical features, Medical and Yogic management.
Unit-13	Introduction to psychiatric disorders, classification - Neurosis, Psychosis. Neurosis: Anxiety disorders: Generalized anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias, Depression- Dysthymia, Major depression: Medical and Yogic management. Psychosis: Schizophrenia, Bipolar affective disorder, Medical and Yogic management.

Books for References -

1. Nagarathna, R., & Nagendra, H. R. (2010). *Yoga therapy for common ailments series*. SVYP Publications.
2. Karmananda, S. (2001). *Yoga therapy for common diseases*. Yoga Publication Trust.
3. Kandel, E. R., Schwartz, J. H., & Jessell, T. M. (2013). *Principles of neural science* (5th ed.). McGraw-Hill.
4. Sadock, B. J., Sadock, V. A., & Ruiz, P. (2014). *Kaplan & Sadock's synopsis of psychiatry* (11th ed.). Wolters Kluwer.
5. Saraswati, S. S. (2013). *Asana, pranayama, mudra, bandha* (4th ed.). Bihar School of Yoga.

7. Nagendra, H. R., & Nagarathna, R. (2012). *Yoga for bronchial asthma*. Swami Vivekananda Yoga Publications.
8. Magee, D. J. (2020). *Orthopedic physical assessment* (7th ed.). Elsevier.
9. Tortora, G. J., & Derrickson, B. H. (2017). *Principles of anatomy and physiology* (15th ed.). Wiley.
10. Benson, H., & Proctor, W. (2010). *Relaxation revolution: Enhancing your personal health through the science and genetics of mind-body healing*. Scribner.

COURSE DETAILS – 4
SUBJECT NAME – PRINCIPLES & PRACTICE OF YOGA TEACHING
SUBJECT CODE – PGDYS-304

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

The Objectives of learning this course is to:

1. Following the completion of this course, students shall be able to Understand the teaching techniques of yoga
2. Understand and conduct class management and lesson planning
3. Use educational tools of yoga teaching.
4. Inculcate the concept & essence of yoga education.

Block-1	Fundamentals of Education and Methods of Teaching Yoga (15 hours)
Unit-01	Education- Meaning, Definitions, Concepts, Aims & Objectives; Teaching and Learning: Concepts and Relationship between the two.
Unit-02	Principles of Teaching, Levels and Phases of Teaching, Principles of Learning, Levels of Learning.
Unit-03	Yogic levels of Learning- Vidyarthi, Shishya, Mumukshu, Qualities of a Yoga teacher; Meaning and scope of Teaching methods and factors influencing them; Sources of Teaching methods.
Block-2	Basics of Yoga Class Management (10 hours)
Unit-04	Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group).



Unit-05	Techniques of Individualized Teaching.
Unit-06	Techniques of group teaching; Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc; Class room problems: Types and Solutions.
Block-3	Lesson Planning & Organisation of Yoga Events (10 hours)
Unit-07	Essentials of Lesson Planning: concept, need& importance; Lesson planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan in Yoga.
Unit-08	Timetable: Concept, Need, Types, Principles of Time table construction; Time Table for Yoga teaching .
Unit-09	Basics of Event Management; Principles of Planning & Organisation of Yoga Events-Yoga Training Camp, Yoga Therapy Camp, Yoga Seminar, Yoga Workshop & Yoga Conference.
Block-4	Educational Technology in Yoga Teaching & Teaching Practice (15 hours)
Unit-10	Educational Technology: Concept, Meaning, Aims, Objectives, Importance and Types of Educational technology; Teaching Methods & Practice of Yama, Niyama, Shatkarma, Asana, Mudra-Bandha, Pranayama & Dhyana.
Unit-11	Use of Educational Technology in Yoga; Teaching Methods & Practice of Yama, Niyama, Shatkarma, Asana, Mudra-Bandha, Pranayama & Dhyana.

Books for References -

1. Saraswati, S. (1990). *Yoga education for children*. Bihar Schools of Yoga.
2. Saraswati, S. (2004). *A systematic course in the ancient Tantric techniques of yoga and kriya*. Bihar Schools of Yoga.
3. Gharote, M. L. (2007). *Teaching methods for yogic practices*. Kaivalyadhama.
4. Krishna, S. (2009). *Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices*. Kaivalyadhama.
5. Kumar, R. (n.d.). *Principles & methods of teaching*. Printographics.
6. Duggal, S. (1985). *Teaching yoga*. The Yoga Institute.
7. Nagendra, H. R., & Nagaratna, R. (1988). *New perspectives in stress management*. V.K. Yogas.

8. Saraswati, S. (1990). *Yoga education for children*. Bihar Schools of Yoga.
9. Gawande, E. N. (n.d.). *Value oriented education*. Sarup & Sons.
10. Gharote, M. L. (n.d.). *Yoga applied to physical education*. Kaivalyadhama.
11. Nagarathna, R., & Nagendra, H. R. (2019). *Integrated approach of yoga therapy for positive health*. Swami Vivekananda Yoga Prakashana

COURSE DETAILS – 5
SUBJECT NAME – BASICS OF SANSKRITAM (ELECTIVE)
SUBJECT CODE – PGDYS-GE-305

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Internal Assessment: 30 Marks

Course Objectives:

The Objectives of learning this course is to:

- To Comprehend the core principles and historical origins of Hatha Yoga.
- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write in Sanskrit and have some idea about grammar.

BLOCK – 1	संस्कृतभाषापरिचयः
UNIT – 1	संस्कृतभाषा परिचय, योगशास्त्र के अध्ययन में संस्कृत का महत्व
UNIT – 2	माहेश्वरसूत्र, प्रत्याहार निर्माण विधि एवं प्रत्याहार ज्ञान
	वर्णों के उच्चारणस्थान और प्रयत्न-ज्ञान । प्रत्याहार निर्माण विधि एवं प्रत्याहार ज्ञान ।
UNIT – 3	संस्कृतवर्णमाला, स्वर, व्यंजन वर्णज्ञान, वर्णों के उच्चारणस्थान और प्रयत्न परिचय । संस्कृत भाषा की रोमन ध्वन्यात्मक लिपि
BLOCK – 2	शब्दरूपपरिचयः
UNIT – 4	कारक, कारकों की संख्या , विभक्ति, लिंग, वचन
UNIT – 5	अजन्त शब्दरूप, लिङ्गानुसारी शब्द, कारक चिह्न, सुबन्त के 21 प्रत्यय, पुल्लिङ्ग उकारान्त शब्द एवं वाक्य प्रयोग, स्त्रीलिङ्ग आकारान्त शब्द एवं वाक्य प्रयोग, नपुंसकलिङ्ग अकारान्त शब्द एवं वाक्य प्रयोग



UNIT – 6	हलन्तः- जगत्, भगवत्, राजन् शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित।
	वाक्यनिर्माण सन्धिश्च तथा क्रियापदपरिचयः (वाक्यरचनानुवादश्च)
UNIT – 7	सर्वनाम शब्दरूप- अस्मद्, युष्मद्, तत् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में), एतद् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में), यद् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में), किम् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में) शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित ।
	हल् (व्यञ्जन) (श्चुत्व ष्टुत्व, चर्, जश्, अनुस्वार, परसवर्ण, अनुनासिक, षत्व, णत्व) एवं विसर्ग (सत्व, रत्व, उत्त्व (ओत्व) लोप) सन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास ।
BLOCK – 3	सन्धिः, क्रियापदपरिचयः वाक्यरचनानुवादश्च
UNIT – 8	वाक्यांग, पुरुष, लकार, धातुरूप
UNIT – 9	सन्धि की परिभाषा व प्रकार (अच्, हल्, एवं विसर्ग)
UNIT – 10	अव्यय, संस्कृत में संख्या (1 से 100 तक)

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदयः (१) – डॉ. आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशनम्, हरिद्वारम्
2. योगदर्शनम् - स्वामिरामदेवः, दिव्यप्रकाशनम्, हरिद्वारम्

सन्दर्भग्रन्थाः

1. सरल-कठिनसंस्कृतम्- प्रो. तिरुमल पि. कुलकर्णी
2. Perry, E. D. (2004). *A Sanskrit primer*. Motilal Banarsidass.
3. Kala, M. R. (2011). *A higher Sanskrit grammar for college students*. Motilal Banarsidass.
4. Goldman, R. P. (n.d.). *Devavanipravesika*. Motilal Banarsidass.

COURSE DETAILS – 5

SUBJECT NAME – INDIAN KNOWLEDGE SYSTEM (ELECTIVE)

SUBJECT CODE – PGDYS-GE-306

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

The Objectives of learning this course is to:

1. Following the completion of this course, students shall be able to Understand the teaching techniques of yoga
2. Understand and conduct class management and lesson planning
3. Use educational tools of yoga teaching.
4. Inculcate the concept & essence of yoga education.

Block-1	Indian Philosophical Systems-Part (a) (15 hours)
Unit-01	CATURDASA VIDYASTHANA: 14 branches of learning in ancient India-purana, Nyaya, Mimamsa, Dharmashastra, Six vedanga-s: (Siksha, Vyakarana, Nirukta, Chanda, Jyotisha, kalpa.
Unit-02	Four Vedas- Rigveda, Yajurveda, Samaveda and Atharvaveda; introductory information on them.
Unit-03	18 PURANAS, their names and five general characteristics of puranas- sarga, pratisarga, vamsa, manvantara and vamsanucarita.
Block-2	Indian Philosophical Systems-Part (b) (15 hours)
Unit-04	Introduction and Contribution of Ancient Indian gurukula System: Nalanda & Takshshila, Vikramashila, Valabhi, Odantapuri, Mithila, Kanchi, Nadiya, Pushpagiri, Nagarjunakonda, Saradapitha (Kasmira), Ujjain, Jagaddala, Somapura.
Unit-05	Dharma, artha and Society: Four purusartha-dharma, artha, kama and moksa. Definitions of each of the purusarth-s and meaning of dharma- Root and derivation of the word dharma.
Unit-06	Dharma: Definitions and Meanings from various texts (mahabharata, manusmrti, vaisika sutra).
Unit-07	kamya, nitya, nisiddha, naimittika, prayascita & upasana. Meaning of the word artha-purusartha; Root and derivation and meaning. Social outlook for tirthayatra, festivals, saptapuri, 12 jyotirlinga-s and unity of India.
Block-3	Health and Well-being (15 hours)
Unit-08	Scope of folk and Tribal Medicines in Siddha and Ayurveda.



Unit-09	Folk and classical streams of medical knowledge in India: folk and tribal medicine-8000 plants, home remedies, primary health care, bone setting, traditional birth attendants, poison healers.
Unit-10	Ayurveda.: Foundational concepts of ayurveda- Dosadhatumalasiddhanta. Definition of health (svastha), daily routine (dinacharya), seasonal routine (ritucharya).
Unit-11	Siddha: Historical development and milestones, personalities, textual sources.
Unit-12	Foundational Concepts- Tridosha. pulse diagnosis. Varma treatment. Herbo-mineral formulations. Concepts of health and disease, Preventive Medicine. Approaches to management of diseases. Current status of the siddha system of medicine in India and the world.
Block-4	Ancient India and World (15 hours)
Unit-13	The impact of yoga on the World: philosophers who left an impact on the West-Swami Vivekananda, Paramahansa Yogananda, Sri Aurobindo, Maharishi Mahesh Yogi, Acharya Rajneesh, J. Krishnamurti, Swami Sivananda, BKS Iyengar, Sri Krishnamachari.
Unit-14	The impact of yoga on diverse fields: influence on Western art, culture and film from the 18 th century, influence on Western literature.

Books for References -

1. Mahadevan, B., Bhat, V. R., & Pavana, N. R. (2022). *An introduction to Indian knowledge systems: Concepts and applications*. Prentice Hall of India.
2. Kapoor, K., & Singh, A. K. (2005). *Indian knowledge systems: Vol. I and II*. D.K. Print World Ltd.
3. Upadhyaya, B. (2010). *Sanskṛta Śāstrom ka Itihās*. Chowkhambha.
4. Dharampal. (1983). *The beautiful tree: Indigenous Indian education in the eighteenth century*. Biblia Impex. (Reprinted 1995, Keerthi Publishing House Pvt Ltd.).
5. Dharampal. (1971). *Indian science and technology in the eighteenth century*. Impex India. *The British Journal for the History of Science*.
6. Bose, D. M., Sen, S. N., & Subbarayappa, B. V. (Eds.). (2010). *A concise history of science in India* (2nd ed.). Universities Press.

7. Dharampal. (1987). *Some aspects of earlier Indian society and polity and their relevance today*. New Quest Publications.
8. Mohanty, J. N. (2008). *A history of Indian philosophy. A Companion to World Philosophies*, 24–48.
9. Potter, K. H. (1987). *Encyclopedia of Indian philosophies: Vol. IV*. Motilal Banarsidass Publishers.
10. Oxford University Press. (1928). *Indian philosophy: A very short introduction*. Mind, 37.
11. Radhakrishnan, S., & Moore, C. A. (Eds.). (1957). *A source book in Indian philosophy*. Princeton University Press.
13. Timalisina, S. (2008). *Consciousness in Indian philosophy: The Advaita doctrine of “awareness only.”*

COURSE DETAILS – 6

SUBJECT NAME – PSYCHOLOGY PRACTICUM-CASE STUDY/FIELD WORK

SUBJECT CODE – PGDYS-307/PGDYS-308

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

The Objectives of learning this course is to:

1. The course aims to deliver practical and in-depth experience in accordance to then principles learnt in the theory courses covering the areas of verbal learning, memory, forgetting etc.
2. To provide the students with the practical knowledge of conducting various experiments and Psychological Tests.

List of Practical:

Any five of the following:

1. Marital Adjustment Inventory
2. Emotional Competency
3. Depth Perception
4. Eysenck Personality Inventory
5. Sixteen Personality Factors



6. Retroactive Interference
7. Reaction time
8. Division of attention
9. Mirror Drawing Apparatus
10. Effect of noise of attention

Division of Marks:

Conduction of 02 Practical	:	40 Marks
Viva Voce	:	35 Marks
Practical Record Book	:	15 Marks
Internal Viva-Voce	:	10 Marks
Total	:	100 Marks

Note: Any five practicals shall be conducted/administered by each student. Two practical's will be given to each student in practical examination. The marks shall be awarded jointly by internal and external examiners. However, HOD will act as coordinator of the examination.

Books for References -

1. Anand, B. K. (2001). *Yoga and Medical Sciences: An Integrated Approach*. Kaivalyadhama.
2. Baron, R. A., & Branscombe, N. R. (2021). *Social Psychology*. Pearson.
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