B.Sc Siddha Yoga Science (PRIDE)

Eligibility for Admission:

+ 2 pass

Duration:

3 Years

I St Year Syllabus

Paper – I : Human Anatomy
Paper – II : Physiological functions of Human body
Paper – III : Social outlook of Siddhars
Paper – IV : Fundamentals of Yoga
Paper – V : Medicinal values of Herbs

PRACTICAL 1: Identification of Herbs

II nd Year Syllabus

Paper – I : Siddhar's Physiology
Paper – II : Preventive health measures of siddhar's
Paper – III : YOGA IN SCHOOL EDUCATION
Paper – IV : Natural Yogic Diet
Paper – V : Simple home remedies,

PRACTICAL 2 : Demonstration of Surya namaskaram
And preparation of one Yogic diet.

III rd Year Syllabus

Paper – I : Tirumoolar tirumandiram and
Patanjali Yoga sutra
Paper – II : Stages of Yoga practices
Paper – III : Role of Yoga in health & diseases
Paper – IV : Basic of “THOKKANAM” and varma
(basics of oil massage techniques)

PRACTICAL 3 : 1. Demonstration of Yogasana's
2. Simple massage techniques and varma points.

PROJECT : Model Yogic Lesson plan for teaching in schools.

ANCILLARY PAPER – 1 : Microbiology
ANCILLARY PAPER – 2 : Bio Chemistry
B.Sc Siddha Yoga Science - First year

Paper I: Human Anatomy
Unit I: Introduction to Human anatomy
Unit II: Respiratory system, Musculoskeletal system
Unit III: Brain and nervous system
Unit IV: Digestive system, Excretory system,
        Male and Female reproductive system.

Paper II: Physiological functions of Human body
Unit I: Blood and Body fluids
Unit II: Physiology of Bone
Unit III: Physiology of skin
Unit IV: Study and comparison of Endocrine system
        With six charkas

Paper III: Social outlook of Siddhars
Unit I: Thoughts of Social justices
Unit II: Thoughts of self respect
Unit III: Thoughts of religious harmony
Unit IV: Rationalist thoughts

Paper IV: Fundamentals of Yoga
Unit I: Definition of yoga / Goal of yoga /
        meaning of the word “Yoga” / Aim of Yoga
Unit II: ASANAS, classifications, scope and limitations, step by step
        Performance. Safety measures and precautions.

Paper V: Medicinal values of Herbs
Unit I: Identification of medicinal plants
Unit II: Study of important active principals of a herb.
Unit III: Therapative values of herbs

PRACTICAL – I:
Unit I: Identification of some herbal plants
Paper I: Siddhar’s physiology
Unit I: Introduction to 96 thathuvams
Unit II: Aga thathuvam 36
Unit III: Pura thathuvam 60

Paper II: Preventive health measures of siddhar’s
Unit I: Personal hygiene
Unit II: Environmental health according to siddhar’s
Unit III: Siddhar’s concept of Nutrition.

Paper III: Yoga in School Education
Unit I: Breathing practices
Unit II: Loosening exercises and Pavanamukthasana
Unit III: Suryanamaskara

Paper IV: Natural yogic diet
Unit I: Sattva guna diets
Unit II: Rajo guna diets
Unit III: Tamo guna diets

Paper V: Simple home remedies
Unit I: Introduction to some simple ailments
Unit II: Simple remedies for the ailments

PRACTICAL - 2
Unit I: Demonstration of Suryanamaskara
Unit II: Preparation of one yogic diet
B.Sc Siddha Yoga Science - Third year

Paper I : Tirumoolar tirumandiram and Patanjali yoga sutra
Unit I : Concept of yoga according to Patanjali
Unit II : Concept of yoga according to Tirumoola

Paper II : Stages of yoga Practices
Unit I : Practice of Asanas
Unit II : Practice of PRANAYAMA
Unit III : Practice of mudras, Bandhas and kriyas.

Paper III : Role of Yoga in health & Disease
Unit I : Study of some common ailments
Unit II : Management of diseases through Yoga

Paper IV : Basic of Thokkanam and Varma
Unit I : Introduction to Thokkanam
Unit II : Stages of Thokkanam
Unit III : Introduction to Varmam
Unit IV : Classification of Varmam

PRACTICALS – 3
Unit I : Demonstration of Yogasanas
Unit II : Simple massage techniques and identification of varma points.

PROJECT:
Model Yogic lesson plan for teaching in schools.
Question paper pattern:

Total Marks: 100
Time: 3 hours

PART A:
Multiple choice questions

PART B:
Paragraph questions
(Not exceeding 250 words)

PART C:
Essay type questions

Total Marks:
Theory Paper − 14 = 14 × 100 = 1400
Practicals (1+1+2) = 4 × 100 = 400
Project and Viva (150+50) = 200

Total Marks = 2000
M.Sc Siddha yoga Science (2 Years)

Eligibility for Admission:
Any degree

Duration:
Two Years

Ist Year:

Paper - 1: Scientific basis of siddha and yoga
Paper – 2: 96 Siddhar thathuvams (Siddha Physiology)
Paper – 3: Fundamentals of Ashtanga yoga from Patanjali yoga sutra
Paper – 4: Concepts of yoga practices
Paper – 5: Traditional methods of Social and Preventive Science
Paper – 6: Practicals – 1

IInd Year:

Paper – 7: Medicinal herbs and their commercial values
Paper – 8: Siddhar's Sara Payirchi (Control over Breathing)
Paper – 9: Role of yoga in health and diseases
Paper – 10: Yogic concepts in Tirumandiram
Paper – 11: Research Methodology in Siddha and yoga
Paper – 12: Practicals – 2

PAPER – I: Scientific basis of Siddha and yoga

Unit – 1: Introduction of Anatomy and Physiology of Human body.

Unit –2: Study and comparison of the Endocrine system with six charkas.

Unit –3: Respiratory system, Musculo – skeletal system.

Unit –4: Brain functions and Nervous system

Unit – 5: Digestive system, Excretory system, male and female reproductive system.
PAPER – II 96 Siddhar thathuvams (Siddha Physiology)
Unit – 1: Introduction to Siddha Physiology
Unit – 2: Aga Utkaruvigal 36
Unit – 3: Pura Karuvigal 60.

PAPER – III Fundamentals of Ashtaga yoga from Patanjali Yoga sutra
Unit – 1: Definition of Yoga/Goal of Yoga/Meaning of the word “yoga”/AIM of yoga
Unit – 2: Eight limbs of yoga according to Patanjali
Unit – 3: Meaning of some important phrases of Patanjali yoga sutra

PAPER – IV: Concepts of Yoga Practices
Unit – 1: Study of Surya namaskara, step by step performance, safety measure and Precautions
Unit – 2: Definition of ASANAS, classification, Scope and limitations, step- by-step performance safety measures and Precautions
Unit – 3: PRANAYAMA, Mudras, bandhas, kriyas – Definition, Different phases, Safety measures & Precautions.

PAPER – V: Traditional methods of Social and Preventive Science of Siddhars
Unit – 1: Personal hygiene
Unit – 2: Environmental health according to Siddhars
Unit – 3: Siddhars concept of Nutrition

PAPER – VI: Practicals – 1
Unit – 1: Demonstration of Surya namaskara
Unit – 2: Method of Preparation of one Nature food
Unit – 3: Demonstration of Asanas/Pranayama/Mudra/Bandha/Kriya.

IIrd Year

Paper – 7: Medicinal herbs and their commercial values.
Unit – 1: Study of 32 important herbs suggested by medical plants board
Unit – 2: Basic phytochemistry of some herbs
Unit – 3: Therapeutic Values of herbs
Unit – 4: Methods of Cultivation of herbs.

**PAPER – 8: Siddhar’s Sara Payirchi (Control over breathing)**
Unit – 1: Definition provided by different siddhars on Naadi
Unit – 2: Normal and Abnormal Naadis
Unit – 3: Clinical manifestations of different Naadis.

**Paper – 9: Role of Yoga in health and diseases**
Unit – 1: Study about some common ailments
Unit – 2: Yoga practices prescribed for some diseases
Unit – 3: Yoga practices in the Management of Mind and Body

**Paper – 10: Yogic concepts in Tirumandiram**
Unit – 1: Ancient tradition of Yoga and Meditation contributed by Tirumoolar
Unit – 2: Eight parts of yoga according to Tirumoolar Tirumandiram.
Unit – 3: Attama Siddhi, Vaara Saram, Amuri concepts of Tirumoolar

**Paper – 11: Research Methodology in Siddha & Yoga**
Unit – 1: Need and importance of research in Siddha and Yoga
Unit – 2: Scope of research in yoga & Siddha
Unit – 3: Type of research studies
Unit – 4: Major areas of research
Unit – 5: Laboratory experimental research.

**Paper – 12: Practicals – 2**
Unit – 1: Identification of 32 important medicinal plants
Unit – 2: Demonstration of yoga practices suggested for a particular disease.

**PROJECT:**
Dissertation about Modern application of Siddhar’s Yogic Science.
M.Sc. Question Paper Pattern

Total Marks : 100

Time : 3 hours

PART A:

Multiple choice questions  

20 X 1 mark = 20 marks

PART B:

Paragraph questions  

5 X 10 marks = 50 marks

PART C:

Essay type questions  

2 X 15 marks = 30 marks

Question paper pattern :

Theory paper - 10 10 x 100 = 1000
Practicals - 2 2 x 100 = 200
Project and viva 150 + 50 = 200

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1400
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