

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

PRACTIAL 1: Identification of Herbs

IInd 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 .

IIIrd 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 : Therapeutic values of herbs

PRACTICAL - I :

Unit I : Identification of some herbal plants

B.Sc Siddha Yoga Science - Second year

Paper I : Siddhar's physiology

Unit I : Introduction to 96 thathuvams

Unit II : Aaga 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 Pavanamuktasana

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 20 X 1 mark = 20 marks

PART B:

Paragraph questions 5 X 10 marks = 50 marks
(Not exceeding 250 words)

PART C:

Essay type questions 2 X 15 marks = 30 marks

Total 100 marks

Total Marks :

Theory Paper - 14 = 14x100 = 1400

Practicals (1+1+2)= 4x100 = 400

Project and Viva (150+50) = 200

Total Marks = 2000

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M.Sc Siddha yoga Science (2 Years) (PAIDE)

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.

IInd 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

1400
