PGYG S2 C05

TWO YEAR MASTER'S DEGREE COURSE

(CBCS in Accordance with NEP 2020)

SEMESTER-II

HUMAN ANATOMY AND PHYSIOLOGY

Guru Prasad Das School of Interdisciplinary and Vocational Studies

KRISHNA KANTA HANDIQUI STATE OPEN UNIVERSITY

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COURSE INTRODUCTION

This is the fifth Discipline Specific Core (DSC) course of the MA Yoga Programme. This course introduces the learners to Human Anatomy and Physiology. This course will introduce you with the various topics of human body skeletal, muscular, nervous, digestive, circulatory, respiratory and endocrine system working in the body, and discuss about the effect of yogic practices in the Human Body.There are fourteen units in this course. The 1st unit introduces you to concept of Human Body discussed in detail. The 2nd unit is about the musculoskeletal system. The 3rd unit is about the Digestive System. The 4th unit is about the Excretory Systemdiscussed in detail. The 5th unit is about the Respiratory Systemdiscussed in detail. The 6th unit is about the Cardio vascular System. The 7th unit is about the Nervous System. The 8th unit is about the Endocrine System.

The 9th unit is about the Special senses I; here the Eye, the Ear, the Tongue, Effect of Yogic practices on special senses discusses in detail. The 10th unit deals with the Special senses II; here the Nose and Skin and effect of Yogic practices on special senses discussed in detail. The 11th unit is about the Reproductive System I; here male Reproductive organs and female Reproductive organs discussed in detail. The 12th unit is about the Reproductive System II; here menstrual cycle and effect of Yogic practices on Reproductive system discussed in detail. The 13th unit is about the Lymphatic System. The 14th unit is about the Immune system.

While going through a unit, you may also notice some text boxes, which have been included to help you know some of the difficult terms and concepts. You will also read about some relevant ideas and concepts in ‘LET US KNOW’ along with text we have kept ‘CHECK YOUR PROGRESS’ questions in each unit. These have been designed to self-check your progress of study. The hints for the answers to these questions are given at end of the unit. We advise that you answer the questions immediately after finish reading the unit in which these questions occur. We have also included a few books in the ‘FURTHER READING’ list which will be helpful for further consultation.

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