

**DRAFT**

**National Education Policy-2020**

**Common Minimum Syllabus for Uttarakhand State  
University and Colleges**

**Four Year Undergraduate Programme-  
FYUP/Honours Programme/Master in Arts**

**PROPOSED STRUCTURE FOR FYUP/MASTER'S  
YOGIC SCIENCE SYLLABUS**

**DEPARTMENT OF YOGIC SCIENCE**

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## Contents

List of Papers (DSC, DSE, GE and IAPC) with Semester Wise Titles for ‘Yogic Science’ .....	4
Programme Specific Outcomes (PSOs) (Undergraduate Programme).....	6
Programme Specific Outcomes (PSOs) (Honours Degree).....	7
Programme Specific Outcomes (PSOs) (Master’s in Yogic Science).....	8
<b>Semester – I</b> .....	9
Course Title: Foundation of Yoga .....	9
Course Title: Contribution of ancient & contemporary Yoga master.....	11
Course Title: Yoga Practicum -1.....	13
Course Title: Fundamental concepts of Yoga .....	16
<b>Semester – II</b> .....	18
Course Title: Human system according to Yoga.....	18
Course Title: Introduction to Patanjali Yog Darshan.....	20
Course Title: Yoga Practicum – 2.....	22
Course Title: Introduction to Human Body & Mental Health.....	24
<b>Semester – III</b> .....	26
Course Title: Introduction to Hatha Yoga.....	26
Course Title: Basics of Human Systems.....	28
Course Title: Yoga Practicum – 3.....	30
Course Title: Health, Diet & Nutrition.....	32
Course Title: Introduction to Shrimad Bhagwat Gita.....	34
<b>Semester – IV</b> .....	36
Course Title: Introduction to Vedas.....	36
Course Title: Introduction to Ayurveda .....	38
Course Title: Yoga Practicum – 4.....	40
Course Title: Yoga & Personality Development.....	43
Course Title: Yoga Therapy.....	45
<b>Semester – V</b> .....	47
Course Title: Yoga in Upanishad.....	47
Course Title: Alternative Therapies.....	49
Course Title: Yoga Practicum – 5.....	51
Course Title: Yoga & Human Consciousness.....	53
Course Title: Naturopathy .....	55
Course Title: Project.....	57
<b>Semester – VI</b> .....	58
Course Title: Indian Philosophy.....	58
Course Title: Introduction of Marma Therapy.....	60
Course Title: Yoga Practicum – 6.....	62
Course Title: Basic Concepts of Acupressure.....	65
Course Title: Applied Yoga.....	67
Course Title: Research Project .....	69
<b>Semester – VII</b> .....	70
Course Title: Pillars of Yoga .....	70
Course Title: Basic Concepts of Research.....	72
Course Title: Principles of Hatha Yoga .....	74
Course Title: Yoga Practicum – 7.....	76
Course Title: Case Study Report.....	78
Course Title: Health, Wellness & Yoga.....	80
Course Title: Project.....	82

<b>Semester – VIII.....</b>	<b>83</b>
Course Title: Research Methodoly & Statistics in Yoga.....	83
Course Title: Health, Diet & Nutrition.....	85
Course Title: Yoga Therapy & its Application.....	87
Course Title: Yoga Practicum – 8.....	89
Course Title: Four Streams of Yoga.....	92
Course Title: Yoga & Self Management.....	94
Course Title: Research Project.....	96
<b>Semester – IX.....</b>	<b>97</b>
Course Title: Yoga & Mental Health.....	97
Course Title: Methods of Teaching Yoga and Mass Management .....	99
Course Title: Bases of psychology.....	101
Course Title: Yoga Practicum – 9.....	103
Course Title: Essence of Shrimad Bhagwat Gita.....	105
Course Title: Panchkarma.....	107
Course Title: Study Tour.....	109
<b>Semester – X.....</b>	<b>111</b>
Course Title: Essence of Patanjali Yog Sutra.....	111
Course Title: Essence of Principle Upanishads.....	113
Course Title: Human Anatomy & Physiology.....	115
Course Title: Yoga Practicum – 10.....	117
Course Title: Therapeutic Yoga.....	119
Course Title: Physiological Psychology and effect of Yoga.....	121
Course Title: Dissertation.....	123

List of all Papers (DCS, DSE, GE) with Semester Wise Titles for Yogic Science					
Year	Sem.	Course Code	Paper Title	Theory/ Practical	Credits
Undergraduate Certificate in Yogic Science					
FIRST YEAR	I	DSC -1	Foundation of Yoga	Theory	4
		DSC -2	Contribution of ancient & contemporary Yoga masters	Theory	4
		DSC -3	Yoga Practicum – 1	Practical	4
		GE	Fundamental concepts of Yoga	Theory	4
		ACE	Indian Language-I	Theory	2
		SEC	One from the pool of SEC courses	Theory/ Practical	2
		VAC	One from the pool of VAC courses	Theory	2
	II	DSC -1	Human system according to Yoga	Theory	4
		DSC -2	Introduction to Patanjali Yog Darshan	Theory	4
		DSC -3	Yoga Practicum – 2	Practical	4
		GE	Introduction to Human Body & Mental Health	Theory	4
		ACE	Indian Language-I	Theory	2
		SEC	One from the pool of SEC courses	Theory/ Practical	2
		VAC	One from the pool of VAC courses	Theory	2
Undergraduate Diploma in Yogic Science					
SECOND YEAR	III	DSC -1	Introduction to Hatha Yoga	Theory	4
		DSC -2	Basics of Human Systems	Theory	4
		DSC -3	Yoga Practicum – 3	Practical	4
		GE	Health, Diet & Nutrition	Theory	4
		OR			
		DSE	Introduction to Shrimad Bhagwat Gita	Theory	2
		ACE	Indian Language-I	Theory	
		IAPC	One from the pool of IAPC courses	Theory	2
		OR			
		SEC	One from the pool of SEC courses	Theory/ Practical	2
		VAC	One from the pool of VAC courses	Theory	
	IV	DSC -1	Introduction to Vedas	Theory	4
		DSC -2	Introduction to Ayurveda	Theory	4
		DSC -3	Yoga Practicum – 4	Practical	4
		GE	Yoga & Personality Development	Theory	4
		OR			
		DSE	Yoga Therapy	Theory	2
		ACE	Indian Language-I	Theory	
		IAPC	One from the pool of IAPC courses	Theory	2
		OR			
		SEC	One from the pool of SEC courses	Theory/ Practical	2
		VAC	One from the pool of VAC courses	Theory	
Bachelor of Yogic Science					
		DSC -1	Yoga in Upanishad	Theory	4
		DSC -2	Alternative Therapies	Theory	4
		DSC -3	Yoga Practicum – 5	Practical	4

THIRD YEAR	V	GE	Yoga & Human Consciousness		Theory	4	
		DSE	Naturopathy		Theory	4	
		IPAC	Project		Theory	2	
		OR					
		SEC	One from the pool of SEC courses		Theory/ Practical		
	VI	DSC -1	Indian Philosophy		Theory	4	
		DSC -2	Introduction of Marma Therapy		Theory	4	
		DSC -3	Yoga Practicum – 6		Practical	4	
		GE	Basic Concepts of Accpressure		Theory	4	
		DSE	Applied Yoga		Theory	4	
IPAC		Research Project		Practical	2		
		SEC	One from the pool of SEC courses		Theory/ Practical		
<b>Bachelor of Yogic Science with Honours</b>							
FOURTH YEAR	VII	DSC	Pillars of Yoga		Theory	4	
		DSE-1	Basic Concepts of Research	DSE, DSE, DSE OR DSE, DSE, GE OR DSE, GE,GE	Theory	4	
		DSE-2	Principles of Hatha Yoga		Theory	4	
		DSE-3	Yoga Practicum – 7		Practical	4	
		GE	Case Study Report		Practical	4	
		GE	Health, Wellness & Yoga		Theory	4	
		ACADEMIC PROJECT	Research Project		Theory	6	
	VIII	DSC	Research Methodology & Statistics		Theory	4	
		DSE-1	Health, Diet & Nutrition	DSE, DSE, DSE OR DSE, DSE, GE OR DSE, GE,GE	Theory	4	
		DSE-2	Yoga Therapy & its Application		Theory	4	
		DSE-3	Yoga Practicum – 8		Practical	4	
		GE	Four Streams of Yoga		Theory	4	
		GE	Yoga & Self Management		Theory	4	
		DISSERTATION ON MAJOR CREDITS	Research Project		Theory	6	
	<b>Master's in Yogic Science</b>						
	FIFTH YEAR	IX	DSC	Yoga & Mental Health		Theory	4
DSE-1			Methods of Teaching Yoga and Mass Management	DSE, DSE, DSE OR DSE, DSE, GE OR DSE, GE,GE	Theory	4	
DSE-2			Bases of psychology		Theory	4	
DSE-3			Yoga Practicum – 9		Practical	4	
GE			Essence of Shrimad Bhagwat Gita		Theory	4	
GE			Panchkarma		Theory	4	
ACADEMIC PROJECT			Study Tour		Practical	6	
X		DSC	Essence of Patanjali Yog Sutra		Theory	4	
		DSE-1	Essence of Principle Upanishads	DSE, DSE, DSE OR DSE, DSE, GE OR DSE, GE,GE	Theory	4	
		DSE-2	Human Anatomy & Physiology		Theory	4	
		DSE-3	Yoga Practicum – 10		Practical	4	
		GE	Therapeutic Yoga		Theory	4	
		GE	Physiological Psychology and effects of Yoga		Theory	4	
		DISSERTATION ON MAJOR CREDITS	Dissertation		Theory	6	

**Abbreviations-**

**DSC-** Discipline Specific Course; **DSE-** Discipline Specific Electives; **GE-** Generic Electives; **SEC-** Skill Enhancement Course; **VAC-** Value Added Courses

<b>Programme Specific Outcomes (POs): Undergraduate Programme</b> <b>After this programme, the learners will be able to:</b>	
<b>PO 1</b>	Assimilate myths and Fact about Yoga, Hatha Yoga, Psychology, etc.
<b>PO2</b>	Reflect upon the catagoires of principles and practices with self initiatitves and discussion.
<b>PO 3</b>	Read, speak and write on Yogic subject matters mindfully and rationally.
<b>PO 4</b>	Improve their communication skills to interact with the clients and groups.
<b>PO 5</b>	Acquire respects towards Yoga, Yoga tradtions and texts, their upline, clients, etrc.
<b>PO 6</b>	Reflect teachings of safe and purpose Yoga modules for group and individuals.
<b>PO 7</b>	Improve moral and rational responsibilities one's own plans and actions.
<b>PO 8</b>	Respect the individuals and groups with different gender, age, community and culture.
<b>PO 9</b>	Develop environmental (family, friends, relatives, air, water, sunlight, etc. ) consciousness and sensitize oneself to environmental issues.
<b>PO 10</b>	Adapt to changing demands of 21 <sup>st</sup> century with an attitude of "Learning How to Learn" and Life Long Learning (3L)

<b>Programme Specific Outcomes (POs): Honours Degree</b> <b>After this programme, the learners will be able to:</b>	
<b>PSO 1</b>	Apply logical and critical thinking in comprehension of principles and practices of Yoga in philosophical, physiological and psychological terms.
<b>PSO2</b>	Use the principles and practices of Yoga with above perspective for one' own and society's wellness.
<b>PSO3</b>	Deliver the subject matter of Yoga with appropriate teaching methods.
<b>PSO4</b>	Manage one's own stress and prevent the possible diseases.
<b>PSO5</b>	Help the clients to reduce their stress and prevent their common diseases.
<b>PSO6</b>	Apply the knowledge of human consciousness and modern psychology for understanding one's own and other's inner world and solve the problems.
<b>PSO7</b>	Apply knowledge of IT, Yoga and Research Methodology in taking up small projects or pilot research.
<b>PSO8</b>	Use the offline and oneline mode to convey one's Yoga related message to individual and groups.
<b>PSO9</b>	Improve one's own and client's lacking health and personality dimensions over a period of time.



<b>Programme Specific Outcomes (POs): Master's Degree</b> <b>After this programme, the learners will be able to:</b>	
<b>PSO 1</b>	It will create a professional Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.
<b>PSO2</b>	It will provide all that which is required to develop the highest level of consciousness.
<b>PSO3</b>	It will create medical officers and ayurvedic doctors.
<b>PSO4</b>	It will help the students to set up Yoga studios and provide society with nature cure treatment.
<b>PSO5</b>	It will help the students to practice teaching at various platforms.
<b>PSO6</b>	It will create chances of self employment.
<b>PSO7</b>	It will connect students to nature and provide deep knowledge of herbs.
<b>PSO8</b>	It will create efficient Dietician and form healthy eating habits in the society
<b>PSO9</b>	It will make meaningful contribution to the field of Yoga studies through original research and scholarship, addressing gaps in knowledge, advancing theoretical frameworks, or shedding new light on existing texts and traditions.

## Department of Yogic Science

### Semester –I

#### Undergraduate Certificate in Yogic Science

#### DISCIPLINE SPECIFIC COURSE (DSC)- Foundation of Yoga

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Fundamental concepts of Yoga	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Undergraduate Certificate in Yogic Science		
Programme: Undergraduate Certificate in Yogic Science		Year: I Semester: I Paper: DSC I
Subject: Yoga		
Course Code: DSC I	Course Title: Foundation of Yoga	
Course Outcomes: <ul style="list-style-type: none"><li>Students of the UG course will have an understanding of Yoga, its origin, history and development of Yoga.</li><li>Introduction of Yoga according to various texts.</li></ul>		
Credits: 4		Discipline Specific Course
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic	No. of Hours
Unit I	<ul style="list-style-type: none"><li><b>General introduction to yoga</b> Brief origin of Yoga; History and Development of Yoga: prior to the Vedic period, Vedic period, Medieval period, modern era; Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions of Yoga; Brief about Streams of Yoga; Principles of Yoga, Importance of Yoga</li></ul>	12
Unit II	<ul style="list-style-type: none"><li><b>General Introduction to Indian philosophy</b> Philosophy: meaning, definitions and scope; Indian Philosophy: Salient features, Branches (Astika and Nastika Darshanas), Prasthanatrayee and Purushartha Chatushtaya; Relationship between Yoga and Indian Philosophy</li></ul>	12
Unit III	<ul style="list-style-type: none"><li><b>Nature:</b> Nature of Yoga in various scriptures: Vedas, Upanishads, Bhagavad Gita and Yoga Vashistha.</li></ul>	12

<b>Unit IV</b>	<ul style="list-style-type: none"> <li>● <b>Brief about Yoga texts:</b> General introduction to the texts of yoga - Pantajal Yoga Sutras, Shrimad Bhagwat Gita, Hatha Yoga Pradipika, Gherand Samhita.</li> </ul>	<b>12</b>
<b>Unit V</b>	<ul style="list-style-type: none"> <li>● <b>Introduction of Yogic practices</b> Classification of Asana: Meditative Asana, Cultural Asana, Relaxative Asana Suryanamaskar: 12 Steps of Asana, Types of Bandh, Hasta Mudra and Shatkarma</li> </ul>	<b>12</b>

### Suggested Readings:

- योग विज्ञान – स्वामी विज्ञानानंद सरस्वती
- वेदों में योग विद्या – स्वामी दिव्यानंद
- योग मनोविज्ञान – शांतिप्रकाश आत्रेय
- औपनिषदिक अध्यात्म विज्ञान – डा० ईश्वर भारद्वाज
- कल्याण (योग तत्त्वांक) – गीताप्रेस गोरखपुर
- कल्याण (योगांक) – गीता प्रेस गोरखपुर
- भारत के संत महात्मा – रामलाल
- भारत के महान योगी – विश्वनाथ मुखर्जी
- Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
- Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
- Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
- Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
- Bhatt, Naveen & Verma, V ; Samagra Yoga Mahavigyan, Kitab Mahal, new Delhi, 2020
- Bhatt, Naveen & Kumar,D ; Foundation of Yoga, Kitab Mahal, new Delhi, 2020

### Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –I

### Undergraduate Certificate in Yogic Science

#### DISCIPLINE SPECIFIC COURSE (DSC)- Contribution of ancient & contemporary Yoga masters

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Contribution of ancient & contemporary Yoga masters	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Undergraduate Certificate in Yogic Science		
Programme: Undergraduate Certificate in Yogic Science		Year: I Semester: I Paper: DSC II
Subject: Yoga		
Course Code: DSC II	Course Title: Contribution of ancient & contemporary Yoga masters	
Course Outcomes: <ul style="list-style-type: none"><li>Students of the UG course will have an understanding of the Yoga masters.</li><li>Understanding of the contribution made by these Yoga masters.</li></ul>		
Credits: 4		Discipline Specific Course
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic	No. of Hours
Unit I	Introduction of various Yogis: Maharishi Patanjali, Gorakshanath, Maharishi Dayananda Saraswati, Swami Vivekananda, Sri Aurobindo, Maharishi Raman, Swami Kuvalyananda	15
Unit II	Yogic Traditions of Ramakrishna and Swami Vivekananda; Yoga traditions of Maharshi Ramana and Swami Dayanand Saraswati.	15
Unit III	Brief Introduction of Sri T. Krishnamacharya, Swami Shivanada Saraswati, Swami Rama, Maharshi Mahesh Yogi.	15
Unit IV	Brief Introduction of Tulsidas, Kabir Das, Surdas, Sri Shamacharan Lahiri, Pandit Shriram Sharma Acharya.	15

#### Suggested Readings:

- Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers

Pvt. Ltd, Delhi, 2013

- Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
- Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
- Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
- Bhatt, Naveen & Verma, V ; Samagra Yoga Mahavigyan, Kitab Mahal, new Delhi, 2020
- Bhatt, Naveen & Kumar,D ; Foundation of Yoga, Kitab Mahal, new Delhi, 2020
- भारत के संत महात्मा – रामलाल
- भारत के महान योगी – विश्वनाथ मुखर्जी

### **Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

**Semester –I****Undergraduate Certificate in Yogic Science****DISCIPLINE SPECIFIC COURSE (DSC)- Yoga Practicum – 1****No. of Hours: 120****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Yoga Practicum – 1	4	0	0	4	Eligibility in Bachelor of Arts	Nil

Undergraduate Certificate in Yogic Science		
Programme: Undergraduate Certificate in Yogic Science		Year: I Semester: I Paper- DSC III
Subject: Yoga		
Course Code: DSC- III	Course Title: Yoga Practicum – 1	
Course Outcomes: <ul style="list-style-type: none"><li>● Make the students aware of warm exercises before practicing asana.</li><li>● Know and understand about breathing practices.</li></ul>		
Credits: 4		Discipline Specific Course
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic :	No. of Hours
Unit I	<b>Yogic sukshma vyayama</b> Uccharana-sthala tatha Vishudha-chakra-shuddhi (for throat and voice); Prarthana (Prayer) Buddhi-tatha-dhriti shakti-vikasaka (for developing will power); Smarana shakti-vikasaka (for improving the memory); Medha shakti-vikasaka (for improving the intellect and memory);	20

<b>Unit II</b>	<b>Yogic sukshma vyayama</b> Netra shakti-vikasaka (for the eyes); Kapola shakti-varadhaka (for the cheeks); Karna shakti-varadhaka (for the ears); Griva shakti-vikasaka (for the Neck) (i), (ii) and (iii), Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders), Bhuja-bandha shakti-vikasaka, Kohini shakti-vikasaka, Bhuja-valli shakti-vikasaka, Purna-bhuja shakti-vikasaka (for the arms), Manibandha shakti-vikasaka, Kara-prstha shakti-vikasaka, Kara-tala shakti-vikasaka, Anguli-mula shakti-vikasaka (for the fingers), Anguli-shakti-vikasaka (for the fingers), Vaksha-sthala shakti-vikasaka (for the chest) (1), Vaksha-sthala shakti-vikasaka (for the chest) (2), Udara shakti-vikasaka (for the abdomen) (i) to (x); Kati shakti-vikasaka (for the waist) (i) to (v), Muladhara-chakra-suddhi (for the rectum), Upastha tatha-svadhithana-chakra-suddhi (for the genital organs), Kundalini shakti-vikasaka (for the kundalini), Jangha shakti-vikasaka (for the thighs) (i) & (ii), Jangha shakti-vikasaka (for the thighs) (ii), Janu shakti-vikasaka (for the knees), Pindali shakti-vikasaka (for the calves), Pada-mula shakti-vikasaka, Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet), Padanguli shakti-vikasaka (for the toes)	<b>80</b>
<b>Unit III</b>	<b>Yogic sthula vyayama</b> Rekha-gati (Walking in a Straight line), Hrid-gati (Injanadaur – the Locomotive Exercise), Utkurdana (Jumping Exercise), Urdhva-gati (Upward Movement), Sarvanga-pusti (Developing the Entire body)	<b>20</b>

### Suggested Readings:

- HathYoga Pradipika-Kaivalyadham
- Asana,Pranayama,Mudra,Bandha
- समग्र योग महाविज्ञान– डॉ० नवीन चन्द्र भट्ट,विश्वजीत वर्मा
- हठयोग प्रदिपिका– प्रकाषक कैवल्यधाम लोनावाला
- घेरण्ड संहिता– प्रकाषक कैवल्यधाम, लोनावाला
- गोरक्ष संहिता– गोरक्षनाथ
- भक्तिसागर– स्वामी चरणदास
- योगासन विज्ञान– स्वामी धीरेन्द्र ब्रह्मचारी
- योग परिचय – पीताम्बर झा
- सरल योगासन – डा० ईश्वर भारद्वाज
- आसन प्राणायाम – देवव्रत आचार्य
- आसन, प्राणायाम, मुद्रा बन्ध – स्वामी सत्यानन्द
- बहिरंग योग – स्वामी योगेश्वरानन्द
- हठयोग के सिद्धान्त–डॉ० नवीन भट्ट,नेहा पाण्डेय
- योग बीज – डॉ० केशव रामचन्द्र जोशी
- गोरक्ष संहिता – श्री पृथ्वीराज जी
- सिद्ध–सिद्धान्त पद्धति – स्वामी द्वारिकादास जी
- शिव संहिता – स्वामी महेशानन्द जी

### Suggested Continuous Evaluation Method:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in



## Semester –I

### Undergraduate Certificate in Yogic Science

#### GENERIC ELECTIVE (GE)- Fundamental Concepts of Yoga

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
GE: Fundamental Concepts of Yoga	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Undergraduate Certificate in Yogic Science			
Programme: Undergraduate Certificate in Yogic Science			Year: I Semester: I Paper- GE I
Subject: Yoga			
Course Code: DSC- I		Course Title: Fundamental Concepts of Yoga	
Course Outcomes: <ul style="list-style-type: none"><li>Students of the UG course will have an understanding of Yoga, its origin, history and development of Yoga.</li><li>Introduction of Yoga according to various texts.</li></ul>			
Credits: 4			Generic Elective
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules
Unit	Topic		No. of Hours
Unit I	<ul style="list-style-type: none"><li><b>General Introduction of Yoga:</b> Meaning, Definition, Nature of Yoga, Importance of yoga, Misconceptions related with Yoga.</li></ul>		9
Unit II	<ul style="list-style-type: none"><li><b>Nature:</b> Nature of Yoga in various scriptures: Vedas, Upanishads, Bhagavad Gita, Yoga Vashistha, Jainism, Buddhism, Sankhya Darshan, Vedanta, Ayurveda.</li></ul>		9
Unit III	<ul style="list-style-type: none"><li><b>Types of Yoga:</b> Types of Yoga: Jnana Yoga, Bhakti Yoga, Karma Yoga, Hatha Yoga, Raja Yoga.</li></ul>		9
Unit IV	<ul style="list-style-type: none"><li><b>Introduction to Epics:</b> (Ramayana, Mahabharata), Yoga in Ramayana, Yoga in Mahabharata</li></ul>		9
Unit V	<ul style="list-style-type: none"><li><b>Brief about Yoga texts:</b> General introduction to the texts of yoga - Pantajal Yoga Sutras, Shrimad Bhagvat Geeta, Hatha Yoga Pradipika, Gherand Samhita.</li></ul>		9

**Suggested Readings:**

- Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
- Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
- Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
- Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
- Bhatt, Naveen & Verma, V ; Samagra Yoga Mahavigyan, Kitab Mahal, new Delhi, 2020
- Bhatt, Naveen & Kumar,D ; Foundation of Yoga, Kitab Mahal, new Delhi, 2020

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

**Semester –II****Undergraduate Certificate in Yogic Science****DISCIPLINE SPECIFIC COURSE (DSC)- Human System According to Yoga****No. of Hours: 60****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Human System According to Yoga	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Undergraduate Certificate in Yogic Science		
Programme: Undergraduate Certificate in Yogic Science		Year: I Semester: II Paper- DSC I
Subject: Yoga		
Course Code: DSC- I	Course Title: Human System According to Yoga	
Course Outcomes: <ul style="list-style-type: none"><li>● To know about the evolution of the body</li><li>● To know about the formation of the body</li><li>● To know about the role of prana and energy centres in the body.</li><li>● To know about the sheaths presents in the body.</li></ul>		
Credits: 4		Discipline Specific Course
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic	No. of Hours
Unit I	<ul style="list-style-type: none"><li>● <b>EVOLUTION OF BODY</b> Panchamahabhutas, Panchatattvas and Panchatanmātrās, Evolution of Jnānendriyas, Karmendriyas, Mahat, manas, Buddhi, Citta and Ahankāra, Saptadhātus that make a human body.</li></ul>	15
Unit II	<ul style="list-style-type: none"><li>● <b>PANCHA KOSA THEORY</b> Critical analysis of the story of Bhrighu and Varuna; The existence of five kohas in the human body; The product of five kohas; Disturbance of each kosha.</li></ul>	15
Unit III	<ul style="list-style-type: none"><li>● <b>CHAKRAS</b> Introduction to Chakras; Description of Mūlādhāra, Svādishthan, Manipura, Anāhata, Vishuddhi, Ajna and Sahasrāra Chakras.</li></ul>	15

<b>Unit IV</b>	<ul style="list-style-type: none"> <li><b>VAYUS AND NADIS</b></li> </ul> <p>Concept of Vāyus (Prana), type, their names and function; Concept of Nādis, their characteristics and name of major Nādis and their functions; Difference between Idā, Piṅgalā and Sushumnā nadi.</p>	<b>15</b>
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### **Suggested Readings:**

1. Swami Harshananda: The Six Systems of Hindu Philosophy (Ramakrishna Matt, Bangalore, 2000)
2. Dr H R Nagendra & Dr R Nagarathna : Yoga Health (Swami Vivekananda Yoga Prakashana, 2000)
3. Swami Muktibodhananda: Hatha Yoga Pradeepika, Saraswati Yoga Publication Trust, Munger.

### **Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

**Semester –II****Undergraduate Certificate in Yogic Science****DISCIPLINE SPECIFIC COURSE (DSC)- Introduction to Patanjali Yoga Darshan****No. of Hours: 60****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Introduction to Patanjal Yoga Darshan	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Undergraduate Diploma in Yogic Science				
Programme: Undergraduate Diploma in Yogic Science			Year: I	Semester: II Paper- DSC II
Subject: Yoga				
Course Code: DSC II		Course Title: Introduction to Patanjali Yoga Darshan		
Course Outcomes: <ul style="list-style-type: none"><li>● Understand various modification of mind and the means of inhibiting them.</li><li>● Have an understanding about the essence of Samadhi and Sadhana Pada.</li><li>● Undertand the essence of Vibhuti and Kaivalya pada.</li></ul>				
Credits: 4			Discipline Specific Course	
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules	
Unit	Topic			No. of Hours
Unit I	Brief Introduction of Patanjali Yoga Sutras with Historical background.			12
Unit II	General Introduction of four chapters of Yog Sutra: Chitt, Chitt Bhumi, Ekagra Chitt, Chitt Prasadana, Abhyasa-Vairagya, Yogntaraya, Kriyayoga, Praman and its kind, Types of Samadhi, Ishwar, Iswar Pranidhan, Ritambhara Pragma, Panchklesh.			12
Unit III	Ashtang Yoga, Yama and Niyama as a social adjustment solution, Asana, Pranayama, Pratyahar, Dharna, Dhyana and Samadhi.			12
Unit IV	<b>Samadhi pada and Sadhana pada</b> Concept of Yoganushasanam, Yoga Lakshanam and its results; Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi). Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); Concept of Drishta and Drisha-nirupanam (Prakriti), Drastunirupanama (Purusha).			12

<b>Unit V</b>	<b>Vibhuti and Kaivalya Pada</b> Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah. Concept of Nirman Chitta and four types of Karmas; Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities.	<b>12</b>
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### Suggested Readings:

- Yoga Sutra Vachaspati Mishra
- Yoga Sutras
- Yoga Sutra Bhasvati Commentary - Hariharananda Aranya
- Yoga Sutra Rajmartand-Bhojraj
- Patanjali Yog Pradeep - Omananda Tirtha
- Patanjali Yoga Discussion - Vijaypal Shastri
- Meditation Yoga Prakash-Lakshmananda
- Yoga Philosophy - Rajveer Shastri
- Comparative study of Patanjali Yoga and Sri Aurobindo Yoga - Dr. Trilokchandra

### Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –II

### Undergraduate Certificate in Yogic Science

#### DISCIPLINE SPECIFIC COURSE (DSC)- Yoga Practicum – 2

No. of Hours: 120

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Yoga Practicum – 2	4	0	0	4	Eligibility in Bachelor of Arts	Nil

Undergraduate Certificate in Yogic Science		
Programme: Undergraduate Certificate in Yogic Science		Year: I Semester: II Paper- DSC III
Subject: Yoga		
Course Code: DSC- III	Course Title: Yoga Practicum – 2	
<b>Course Outcomes:</b> <ul style="list-style-type: none"><li>● Make students familiar with the systems of the body.</li><li>● Give a hand on experience about the human body using models, charts and pictures. Make students understand the organization of the body with respect to structural components.</li><li>● To make them aware of the basic postures.</li></ul>		
Credits: 4		Discipline Specific Course
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic	No. of Hours
Unit I	Demonstration of Osteology & Myology	40
Unit II	Demonstration of Organs and Viscera	40
Unit III	Classification of Asana: Meditative Asana, Cultural Asana, Relaxative Asana and Suryanamaskar: 12 Steps of Asana	40

#### Suggested Readings:

- सुश्रुत (शरीर स्थान)– डॉ. भास्कर गोविन्द घाणेकर
- शरीर रचना विज्ञान– डॉ. मुकुन्द स्वरूप वर्मा
- शरीर क्रिया विज्ञान– डॉ. प्रियवृत्त शर्मा
- शरीर रचना व क्रिया विज्ञान– डॉ. एस. आर. वर्मा
- आयुर्वेदीय क्रिया शरीर– वैद्य रणजीत राय देसाई
- मानव शरीर रचना, क्रिया विज्ञान एवं यौगिक अनुप्रयोग–डॉ० नवीन भट्ट, देवेन्द्र सिंह विष्ट
- मानव शरीर संरचना एवं योगाभ्यास का प्रभाव–डॉ० मलिक राजेन्द्र प्रताप

- Anatomy&physiology for Nurses- Jaypee Brothers
- Anatomy& physiology-Ross & wilson
- Anatomy& physiology-C. Gyton
- Human Anatomy- grays
- Human Antomy-M.Lyes Prives
- Humanphysiology-Chakravarti ,Ghosh and sahana
- Basic physiology– E.D. Amour Fred
- Swasthya Shiksha Avam Sharir Vigyan- H.K. Sharma
- Health for all through Yoga- Dr. Ganesh Shanker Ghi
- Manvav Sarir Dipika- Dr. Mukund Swarup Verma
- Yoga Avam Swasthya – Raj Publication Patoyala

### **Suggested Continuous Evaluation Method:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in



## Semester –II

### Undergraduate Certificate in Yogic Science

#### GENERIC ELECTIVE (GE)- Introduction to Human Body & Mental Health

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
GE: Introduction to Human Body & Mental Health	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Undergraduate Certificate in Yogic Science		
Programme: Undergraduate Certificate in Yogic Science		Year: I Semester: II Paper-GE
Subject: Yoga		
Course Code: GE	Course Title: Introduction to Human Body &Mental Health	
<b>Course Outcomes:</b> <ul style="list-style-type: none"><li>● It will make students aware of the functions of various systems of the body.</li><li>● To know about the structure of the body</li><li>● To know about the necessary functions of the body</li><li>● To give brief idea about the diseases related to each system</li><li>● To throw light on anatomy so that students can experience the involvement of their body parts while practicing various postures of yoga.</li></ul>		
Credits: 4		Generic Elective
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic	No. of Hours
Unit I	In brief with special reference to Respiratory, Digestive, Muscular and Nervous systems.	12
Unit II	Endocrine system: - Nature of B.M.R, Fatigue, Immunity, Defence mechanism, Resistance power.	12
Unit III	Meaning and Definition of Mental Health, Concept of mind, factors affecting mental health.	12
Unit IV	Meaning, nature, factors and effects of stress, Stress management and Yoga	12
Unit V	Effect of various asanas and pranayama on Human Body (As per Hatha Pradipika)	12

**Suggested Readings:**

- सुश्रुत (शरीर स्थान)– डॉ. भास्कर गोविन्द घाणेकर
- शरीर रचना विज्ञान– डॉ. मुकुन्द स्वरूप वर्मा
- शरीर क्रिया विज्ञान– डॉ. प्रियवृत्त शर्मा
- शरीर रचना व क्रिया विज्ञान– डॉ. एस. आर. वर्मा
- आयुर्वेदीय क्रिया शरीर– वैद्य रणजीत राय देसाई
- मानव शरीर रचना, क्रिया विज्ञान एवं यौगिक अनुप्रयोग–डॉ० नवीन भट्ट, देवेन्द्र सिंह विष्ट
- मानव शरीर संरचना एवं योगाभ्यास का प्रभाव–डॉ० 0 मलिक राजेन्द्र प्रताप
- Anatomy&physiology for Nurses- Jaypee Brothers
- Anatomy& physiology-Ross & wilson
- Anatomy& physiology-C. Gyton
- Human Anatomy- grays
- Human Antomy-M.Lyes Prives
- Humanphysiology-Chakravarti ,Ghosh and sahana
- Basic physiology– E.D. Amour Fred
- Swasthya Shiksha Avam Sharir Vigyan- H.K. Sharma
- Health for all through Yoga- Dr. Ganesh Shanker Ghi
- Manvav Sarir Dipika- Dr. Mukund Swarup Verma
- Yoga Evam Swasthya – Raj Publication Patoyala

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –III

## Undergraduate Diploma in Yogic Science

**DISCIPLINE SPECIFIC COURSE (DSC)- Introduction to Hatha Yoga**

No. of Hours: 60

**CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Introduction to Hatha Yoga	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Undergraduate Diploma in Yogic Science			
Programme: Undergraduate Diploma in Yogic Science			Year: II Semester: III Paper- DSC I
Subject: Yoga			
Course Code: DSC I		Course Title: Introduction to Hatha Yoga	
Course Outcomes:			
By introducing hatha yoga & its texts, students shall be able to			
<ul style="list-style-type: none"><li>• Have an understanding about pre-requisites, principles about Hatha yoga.</li><li>• Understand the relationship between Patanjala and Raja yoga.</li><li>• Have an understanding about the concept of yoga in other yogic texts.</li></ul>			
Credits: 4			Discipline Specific Course
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules
Unit	Topic		No. of Hours
Unit I	General introduction to Hatha yoga Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions; Ghatashudhi: its importance and relevance in Hatha Yoga sadhana; Inter-relation of Hatha Yoga and Raja Yoga		12
Unit II	Obstacles and facilitators in hatha yogic practices Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga; Concepts of Matha, Concept of Mitahara, Pathya (conductive) and Apathya (non-conductive); Hatha Siddhi Lakshan		12
Unit III	Principles of Hatha Yoga texts Concept of Swas-prashwas, Vayu, Prana and Upaprana; Concept of Nadi and Chakra; Kundalini prabodhan, Unmani avastha, Nadanusandhan; Concept of Samadhi		12

<b>Unit IV</b>	<b>Introduction to Hatha Yoga texts</b> Brief introduction of Hatha Pradeepika and Gheranda Samhita	<b>12</b>
<b>Unit V</b>	Concept of Nadanusandhan, Dhyana and Samadhi according to various Hatha Yogic Texts	<b>12</b>

### Suggested Readings:

- योग विज्ञान – स्वामी विज्ञानानंद सरस्वती
- वेदों में योग विद्या – स्वामी दिव्यानंद
- योग मनोविज्ञान – शांतिप्रकाश आत्रेय
- औपनिषदिक अध्यात्म विज्ञान – डा० ईश्वर भारद्वाज
- कल्याण (योग तत्त्वांक) – गीताप्रेस गोरखपुर
- कल्याण (योगांक) – गीता प्रेस गोरखपुर
- भारत के संत महात्मा – रामलाल
- भारत के महान योगी – विश्वनाथ मुखर्जी
- Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
- Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
- Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
- Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
- Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
- HathaYoga Pradeepika of Svratmarama, MDNIY Publication, 2013
- Sharma BR: Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013
- Bhatt Naveen & Verma, V ; Samagra Yoga Mahavigyan, Kitab Mahal, new Delhi, 2020
- Bhatt Naveen; Hatha Yoga Ke Siddhant, Kitab Mahal, new Delhi.

### Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epq-pathshala, egyankosh.ac.in

## Semester –III

## Undergraduate Diploma in Yogic Science

## DISCIPLINE SPECIFIC COURSE (DSC)- Basics of Human Systems

No. of Hours: 60

## CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Basics of Human Systems	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Undergraduate Diploma in Yogic Science			
Programme: Undergraduate Diploma in Yogic Science			Year: II Semester: III Paper- DSC II
Subject: Yoga			
Course Code: DSC II		Course Title: Basics of Human Systems	
Course Outcomes:			
<ul style="list-style-type: none"><li>Identify different tissues and organs of different systems of human body. Define and ex-plain the Organizations and the physiology of muscle contraction in co-ordination with the joint</li><li>Explain the morphology, physiology of Digestive system.</li><li>Explain and describe the respiratory system and its significance.</li><li>Explain the anatomy and physiology and parameters related to Cardio vascular System</li><li>Explain the gross morphology, structure and functions of various organs of human body.</li></ul>			
Credits: 4			Discipline Specific Course
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules
Unit	Topic		No. of Hours
Unit I	Cells, Tissues and Muscular-Skeletal System Cell structure & function; Structure and function of tissues and its types; Classification of bones-Axial bones and appendicular bones; Types of joint-Synovial joints and Fibrous joint; Mechanism of muscle contraction.		15
Unit II	Digestive System Digestive system of human-Mouth, buccal cavity, Pharynx, esophagus, stomach, large-intestine, small-intestine, anus; Associated glands-Liver, Pancreas, salivary glands; physiology of digestion and absorption.		15
Unit III	Respiratory system Respiratory system of human Nose, Nasal cavity, pharynx, Larynx, Trachea, Bronchus, Bronchiole, lungs; Mechanism of breathing (Expiration and inspiration); Transport of respiratory gases (transport of oxygen and transport of carbon dioxide); Control Mechanism of respiration.		15

<b>Unit IV</b>	Cardiovascular system Composition and function of blood-Plasma, RBC, WBC and Platelet; Blood vessels; Blood groups Classification and their importance; Structure and working mechanism of heart; Cardiac output and cardiac cycle; Blood pressure and regulation of blood pressure.	<b>15</b>
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#### **Suggested Readings:**

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology
3. Ross & Wilson: Anatomy and physiology
4. A.P.Gupta: Manav Sharer Rachna aur Kriya Vigyan
5. Gore M. M. (2003): Anatomy and Physiology of Yogic practices, Kanchan Prakashan, Lonavala, India
6. LanPeate and Muralidharan Nayar - Fundamental of Anatomy and Physiology for students nurses
7. Evelyn, C. Pearce- Anatomy and Physiology

#### **Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

**Semester –III****Undergraduate Diploma in Yogic Science****DISCIPLINE SPECIFIC COURSE (DSC)- Yoga Practicum – 3****No. of Hours: 120****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Yoga Practicum – 3	4	0	0	4	Eligibility in Bachelor of Arts	Nil

Undergraduate Diploma in Yogic Science		
Programme: Undergraduate Diploma in Yogic Science		Year: II Semester: III Paper- DSC III
Subject: Yoga		
Course Code: DSC III	Course Title: Yoga Practicum – 3	
Course Outcomes: <ul style="list-style-type: none"><li>● Make the students aware of the asana for physical fitness and healthy life.</li><li>● Know and understand about breathing practices.</li></ul>		
Credits: 4		Discipline Specific Course
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic	No. of Hours
Unit I	Asana : 1. Suryanamaskar with Mantras 2. Padmasan 3. Siddhasan 4. Swastikasan 5. Vajrasana 6. Yogamudrasan 7. Simhasan 8. Veerasan 9. Gomukhasan 10. Ardhamatsyendrasan 11. Marjariasan	60

<b>Unit II</b>	<b>Breathing practices</b> Breathing practices: Hands in and out, Hands stretch, Ankle stretch, Rabbit, Dog, Tiger, Straight leg raising breathing; Breath Awareness: Shwas-prashwas samyama; Abdomen, Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen + Thoracic + Clavicular Breathing; Yogic Breathing: Pause Breathing (Viloma Pranayama), Spinal Passage Breathing (Sushumna Breathing); Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka)	<b>60</b>
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### Suggested Readings

- HathYoga Pradipika-Kaivalyadham
- Asana,Pranayama,Mudra,Bandha
- समग्र योग महाविज्ञान– डॉ० नवीन चन्द्र भट्ट,विश्वजीत वर्मा
- हठयोग प्रदिपिका– प्रकाशक कैवल्यधाम लोनावाला
- घेरण्ड संहिता– प्रकाशक कैवल्यधाम, लोनावाला
- गोरक्ष संहिता– गोरक्षनाथ
- भक्तिसागर– स्वामी चरणदास
- योगासन विज्ञान– स्वामी धीरेन्द्र ब्रह्मचारी
- योग परिचय – पीताम्बर झा
- सरल योगासन – डा० ईश्वर भारद्वाज
- आसन प्राणायाम – देवव्रत आचार्य
- आसन, प्राणायाम, मुद्रा बन्ध – स्वामी सत्यानन्द
- बहिरंग योग – स्वामी योगेश्वरानन्द
- हठयोग के सिद्धान्त–डॉ० नवीन भट्ट,नेहा पाण्डेय
- योग बीज – डॉ० केषव रामचन्द्र जोशी
- गोरक्ष संहिता – श्री पृथ्वीराज जी
- सिद्ध–सिद्धान्त पद्धति – स्वामी द्वारिकादास जी
- शिव संहिता – स्वामी महेशानन्द जी

### Suggested Continuous Evaluation Method:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epq-pathshala, egyankosh.ac.in



### Semester –III

#### Undergraduate Diploma in Yogic Science

#### GENERIC ELECTIVE (GE)- Health, Diet & Nutrition

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
GE: Health, Diet & Nutrition	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Undergraduate Diploma in Yogic Science		
Programme: Undergraduate Diploma in Yogic Science		Year: II Semester: III Paper-GE
Subject: Yoga		
Course Code: GE	Course Title: Health, Diet &Nutrition	
Course Outcomes: <ul style="list-style-type: none"><li>● It will help the students to understand the concept of diet.</li><li>● It will create healthy eating habits among students.</li><li>● It will help the students to understand the importance of various nutritions.</li></ul>		
Credits: 4		Generic Elective
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic	No. of Hours
Unit I	<b>HEALTH</b> Meaning, definition and importance of health, Dimensions of health: Physical, Mental, Social, Spiritual; Concept of body, Health and Disease in Yoga, Holistic Health care through Yoga.	12
Unit II	<b>YOGIC CONCEPT OF DIET</b> General Introduction of Ahara (Diet), concept of Mitahara; Classification in Yogic diet according to traditional Yoga texts: Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living.	12
Unit III	Meaning and definition of Nutrition, Components of diet, Content of diet for daily use, diet during Yogic practices.	12
Unit IV	Nutrients, principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements	12
Unit V	Food groups importance and Benefits - Cereals, Pulses, green leafy vegetables, roots and tuber, fruits, milk and its products, sugar, honey, sprouts & raw diet	12

**Suggested Readings:**

1. Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
2. Stanley Davidson & others : Human Nutrition & Dietetics , The English Language Book Society & Churchill Livings, Revised Edition
3. Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001
4. Randolph Stone : A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –III

### Undergraduate Diploma in Yogic Science

#### DISCIPLINE SPECIFIC ELECTIVE (DSE)- Introduction to Shrimad Bhagwat Gita

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Introduction to Shrimad Bhagwat Gita	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Undergraduate Diploma in Yogic Science		
Programme: Undergraduate Diploma in Yogic Science		Year: II Semester: III Paper-DSE
Subject: Yoga		
Course Code: DSE	Course Title: Introduction to Shrimad Bhagwat Gita	
Course Outcomes: <ul style="list-style-type: none"><li>Understand the significance of Bhagavad gita and its essence.</li><li>Understand the concept of Atman, Paramatman, and Sthitaprajna.</li><li>Have a deep understanding between the qualities of a Karma and Bhakti yogi.</li><li>Understand the concept of Ahara and its role in healthy living.</li></ul>		
Credits: 4		Discipline Specific Elective
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic: Shrimad Bhagwat Gita	No. of Hours
Unit I	<b>Significance of Bhagavad Gita in Human Life</b> Introduction to Bhagwatgita; Bhagwatgita; Definitions of Yoga in Bhagwatgita and their relevance; Bhagwatgita and their relevance in Yoga Sadhana	15
Unit II	<b>Concept of Atman, Parmatman and characteristic of Sthita prajna in Bhagavad Gita</b> Concept of Samkhya Yoga in Bhagwatgita; Concept of Sthita Prajna, stages and characteristic of it; Concept of Atman (Purusha), Jivatman; Concept of Paramatman (Parmeshwar or Purushottam) their characteristic in Bhagwatgita;	15
Unit III	<b>Karma yoga and Bhakti yoga in Bhagavadgita</b> Concept of karma Yoga in Bhagavadgita; Concept of Bhakti, concept of Shraddha and its relevance as described in Bhagawat Gita, Yoga of Bhakti and Bhakta as described in bhagwad gita; Dhyana Yoga together with devotion as described in Bhagwadgita and	15

<b>Unit IV</b>	<b>Concept of ahara and role of Bhagavadgita in healthy living</b> Role of Bhagwatgita in day to day life; Concept and classification of Ahara as described in Bhagwatgita; Ahara and its role in Adhyatma Sadhana; Concept of Triguna in the context of Bhagwatgita	<b>15</b>
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**Suggested Readings:**

1. Swami Gambhirananda; Bhagavadgita (with Gudharth Dipika) Sri Ramakrishna Matha Madras
2. Swami Gambhirananda; Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, Kolkata, 2003
3. Swami Ramsukhdas; Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur
4. Swami Ranganathananda; Bagavadgita, Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –IV

### Undergraduate Diploma in Yogic Science

#### DISCIPLINE SPECIFIC COURSE (DSC)- Introduction to Vedas

**No. of Hours: 60**

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Introduction to Vedas	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Undergraduate Certificate in Yogic Science		
Programme: Undergraduate Certificate in Yogic Science		Year: I Semester: II Paper- DSC I
Subject: Yoga		
Course Code: DSC- I	Course Title: Introduction to Vedas	
<b>Course Outcomes:</b> <ul style="list-style-type: none"><li>● Guidance on living a life in harmony with nature and the divine. They explore deep philosophical concepts about existence, the self, and the universe.</li><li>● They are a cornerstone of Indian culture, influencing art, music, rituals, and societal norms for thousands of years.</li><li>● Understanding the early references to astronomy, mathematics, and medicine, showcasing the intellectual advancements of ancient civilizations.</li></ul>		
Credits: 4		Discipline Specific Course
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic	No. of Hours
Unit I	Introduction- Definition of Yoga and its etymology (from Sanskrit "Yuj" meaning "to unite"), overview of the Vedas as the oldest sacred texts of India, Importance of understanding their connection.	15
Unit II	Yoga in the Vedic Context: Early references to Yoga in the Rigveda and other Vedic texts. The concept of union with the divine (Atman and Brahman), Meditation and devotion as precursors to Yoga practices.	15
Unit III	The Vedas: Foundation of Knowledge: Structure of the Vedas: Rigveda, Samaveda, Yajurveda, and Atharvaveda, Key themes in the Vedas: Rituals, hymns, and philosophical teachings.	15

<b>Unit IV</b>	Philosophical Underpinnings: Vedic concepts of self (Atman) and ultimate reality (Brahman), The role of Vedic rituals (Yajnas) in developing concentration and discipline.	<b>15</b>
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**Suggested Readings:**

- Rigveda Samhita by Ralph T.H. Griffith
- The Essence of the Vedas by Swami Sivananda
- The Upanishads (related to Vedic philosophy) by Eknath Easwaran
- A History of Indian Philosophy by Surendranath Dasgupta
- The Vedic Experience: Mantramanjari by Raimon Panikkar

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –IV

### Undergraduate Diploma in Yogic Science

#### DISCIPLINE SPECIFIC COURSE (DSC)- Ayurveda

**No. of Hours: 60**

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Ayurveda	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Undergraduate Certificate in Yogic Science		
Programme: Undergraduate Certificate in Yogic Science		Year: I Semester: II Paper- DSC II
Subject: Yoga		
Course Code: DSC- II	Course Title: Introduction to Ayurveda	
<b>Course Outcomes:</b> <ul style="list-style-type: none"><li>Students gain a deep understanding of Ayurveda's principles, focusing on physical, mental, and spiritual well-being.</li><li>Modern Ayurveda education emphasizes hands-on training, with a shift towards activity-based learning to enhance practical skills.</li></ul>		
Credits: 4		Discipline Specific Course
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic	No. of Hours
Unit I	General introduction to Ayurveda; Definition, aim of Ayurveda, its origin, history and propagation; Basic introduction to main Ayurvedic texts like Charaka Samhita, Sushruta Samhita and Ashtanga Samghra; Ashtanga Ayurveda and its significance; Concept of Health according to Ayurveda and its utility in health promotion and prevention.	15
Unit II	Basic principles of Ayurveda Tridosha, Saptadhatu, Trimala, Pancha Mahabhuta, Prakruti & Manas; Concept and importance of Swasthavrita, Dincharya, Ritucharya; Concept of Sadvrita and Achara Rasayana; Concept of Agni, Srotas and Ama, Concept of Dharniya and Adharniya Vega in Ayurveda; Introduction to Dravya, Guna, Karma, Virya, Vipaka and Prabhava.	15

<b>Unit III</b>	Concept of Upasthambha; Concept of Ahara, Ahara pachana, Pathya & Apathya in Ayurveda; Introduction to Shariraposhana (nourishment); Concept of Oja in Ayurveda; Role of Ayurvedic diet in health and prevention.	<b>15</b>
<b>Unit IV</b>	Role of Poorva and Paschat Karma in Panchakarma; Significance of Panchakarma in Ayurveda and Shatkarma in Yoga; Approach of Ayurveda and Yoga as whole in relation to total health.	<b>15</b>

### **Suggested Readings:**

1. Dr. Priyavrata Sharma: Charak samhita, Chaukhambha Oriental, Varanasi, Edition of 2008
2. Dr. Ravi dutta Tripathi Dr. Brahmanand Tripathi: Ashtanga Samgraha, Chaukhambha Sanskrit
3. Pratishthan, Delhi, Reprint edition of 2003
4. Dr. K. H. Krishnamurthy: The wealth of Susruta, International Institute of Ayurveda, Coimbatore, 1999

### **Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in



## Semester –IV

### Undergraduate Diploma in Yogic Science

#### DISCIPLINE SPECIFIC COURSE (DSC)- Yoga Practicum – 4

No. of Hours: 120

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Yoga Practicum – 4	4	0	0	4	Eligibility in Bachelor of Arts	Nil

Undergraduate Diploma in Yogic Science		
Programme: Undergraduate Diploma in Yogic Science		Year: II Semester: IV Paper- DSC III
Subject: Yoga		
Course Code: DSC III	Course Title: Yoga Practicum – 4	
<b>Course Outcomes:</b> <ul style="list-style-type: none"><li>• Understand the concept various asanas</li><li>• Understand the concept and principles of Shatkarmas.</li><li>• Know and understand about breathing practice.</li></ul>		
Credits: 4		Discipline Specific Course
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic: Yoga Practicum – 4	No. of Lectures

<b>Unit I</b>	<b>Asanas:</b> <ul style="list-style-type: none"> <li>● Mandukasan</li> <li>● Shashankasan</li> <li>● Bhujangasan</li> <li>● Ushtrasan</li> <li>● Tadasan</li> <li>● Triyaktadasan</li> <li>● Katichakrasan</li> <li>● Dhruvasan</li> <li>● Utkatasan</li> <li>● Uttanpadasan</li> <li>● Garudasan</li> <li>● Natrajasan</li> <li>● Vatayanasan</li> <li>● Trikonasan</li> <li>● Hasta Uthanasan</li> <li>● Padhastasan</li> <li>● Shalbhasan</li> <li>● Matsyasan</li> <li>● Dhanurasan</li> <li>● Chakrasan</li> <li>● Paschimottonasan</li> <li>● Janu Shirasan</li> <li>● Halasan</li> <li>● Naukasan</li> <li>● Sarvagasan</li> <li>● Balasan</li> <li>● Makarasan</li> <li>● Shavasan</li> <li>● Uttan Mandukasan</li> </ul>	<b>60</b>
<b>Unit II</b>	<b>Pranayama :</b> Preparatory aspects of Prananyama : Correct abdominal breathing in Savasana and Meditative pose with 1.1 & 1.2 ratio <ul style="list-style-type: none"> <li>● Deep breathing – Abdominal breathing – Yogic breathing</li> <li>● Nadishodhan pranayam</li> <li>● Surya Bedan pranayam</li> <li>● Chandrabhedhi Pranayam</li> <li>● Bhramri prayanam</li> </ul>	<b>20</b>
<b>Unit III</b>	<b>Shatkarma:</b> Dhauti (Kunjal, Vamana Dhauti, Vastra Dhauti); Neti (Jalneti, Sutraneiti); Kapalabhati and its variants; Agnisara	<b>40</b>

### Suggested Readings

- HathYoga Pradipika-Kaivalyadham
- Asana, Pranayama, Mudra, Bandha
- समग्र योग महाविज्ञान— डॉ० नवीन चन्द्र भट्ट, विश्वजीत वर्मा
- हठयोग प्रदिपिका— प्रकाशक कैवल्यधाम लोनावाला

- घेरण्ड संहिता— प्रकाशक कैवल्यधाम, लोनावाला
- गोरक्ष संहिता— गोरक्षनाथ
- भक्तिसागर— स्वामी चरणदास
- योगासन विज्ञान— स्वामी धीरेन्द्र ब्रह्मचारी
- योग परिचय — पीताम्बर झा
- सरल योगासन — डा० ईश्वर भारद्वाज
- आसन प्राणायाम — देवव्रत आचार्य
- आसन, प्राणायाम, मुद्रा बन्ध — स्वामी सत्यानन्द
- बहिरंग योग — स्वामी योगेश्वरानन्द
- हठयोग के सिद्धान्त—डॉ० नवीन भट्ट, नेहा पाण्डेय
- योग बीज — डॉ० केषव रामचन्द्र जोशी
- गोरक्ष संहिता — श्री पृथ्वीराज जी
- सिद्ध-सिद्धान्त पद्धति — स्वामी द्वारिकादास जी
- शिव संहिता — स्वामी महेशानन्द जी

### **Suggested Continuous Evaluation Method:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

**Semester –IV****Undergraduate Diploma in Yogic Science****GENERIC ELECTIVE (GE)- Yoga & Personality Development****No. of Hours: 60****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
GE: Yoga & Personality Development	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Undergraduate Diploma in Yogic Science		
Programme: Undergraduate Diploma in Yogic Science		Year: II Semester: IV Paper-GE
Subject: Yoga		
Course Code: GE	Course Title: Yoga & Personality Development	
Course Outcomes: <ul style="list-style-type: none"><li>Students will understand the concept of personality and its development through yoga.</li><li>Students will understand the causes of personality disorders.</li></ul>		
Credits: 4		Generic Elective
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic	No. of Lectures
Unit I	Concept of Yoga- meaning, definition, meaning of personality, definition, objectives of personality development, meaning of personality development, personality development through yoga.	12
Unit II	Personality concept - characteristics, Indian and Western view of personality, factors influencing personality development.	12
Unit III	Determinants of personality - biological causes, psychological causes, social, cultural, environmental causes.	12
Unit IV	Measurement of personality – Personality Tests (MMPI, 16PF and big five), personality inventories, projective methods, other methods.	12
Unit V	Contribution of Yogic practices in personality development: Shatkarma, Asana, Pranayama, Mudras, MantraJap, Prayers, Meditation.	12

**Suggested Readings:**

- Internal Yoga Psychology- V. Madhupaudhan Reddy
- Yoga and depth psychology- I.P. Sachdeva
- Yoga Psychology- Shanti Prakash Attari

- Samanya Manovigyan- Wasim Ahamad Khan
- Abnormal Psychology- J.C. Coleman
- Yoga and Yogic Therepy- Ram harsh Singh
- Yoga and Mansik Swasthya- Dr. Suresh Barnwal

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epq-pathshala, egyankosh.ac.in

## Semester –IV

## Undergraduate Diploma in Yogic Science

**DISCIPLINE SPECIFIC ELECTIVE (DSE)- Yoga Therapy**

No. of Hours: 60

**CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Yoga Therapy	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Undergraduate Diploma in Yogic Science		
Programme: Undergraduate Diploma in Yogic Science		Year: II Semester: IV Paper-DSE
Subject: Yoga		
Course Code: DSE	Course Title: Yoga Therapy	
Course Outcomes: Students will come to know about the treatment of common ailments.		
Credits: 4		Discipline Specific Elective
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic	No. of Hours
Unit I	Yogic management of common Respiratory disorders – Bronchitis, Rhinitis, Sinusitis, Br. Asthma	12
Unit II	Yogic management of Gastro-Intestinal disorders – Constipation, Indigestion, Hyperacidity, Ulcer, Flatulence, and Gastritis.	12
Unit III	Yogic management of common Cardio- vascular disorders – Hypertension, Hypotension, Coronary artery disease.	12
Unit IV	Yogic management of common Endocrinal e.g. Diabetes, Hypo and Hyper thyroids, Obesity. Yogic management of common disorders of Central & Peripheral Nervous system – Meningitis, Head ache & Migraine, Epilepsy, Paralysis, Parkinsonism.	12
Unit V	Yogic management of common disorders of Musculo-skeletal system and Joint disorders - Muscular dystrophy, Myasthenia gravis, Cervical and lumbar spondylosis, arthritis.	12

**Suggested Readings:**

1. Ramesh Bijlan : Back to Health Through Yoga, Rupa Publications India Pvt. Ltd, 2011
2. MDNIY publications : 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009
3. Reddy M Venkata & others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P., 2005
4. Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga, Anubhava Rai Publications, 1998

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

**Semester –V****Bachelor of Yogic Science****DISCIPLINE SPECIFIC COURSE (DSC)- Yoga in Upanishads****No. of Hours: 60****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Yoga in Upanishads	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Bachelor of Yogic Science		
Programme: Bachelor of Yogic Science		Year: III Semester: V Paper-DSC I
Subject: Yoga		
Course Code: DSC I	Course Title: Yoga in Upanishads	
Course Outcomes: <ul style="list-style-type: none"><li>● Have an idea about the major principal Upanishads</li><li>● Understand the essence of each Upanishad and how to put them into practice.</li><li>● Understand each Upanishad and the role of it in our day to day life.</li></ul>		
Credits: 4		Discipline Specific Course
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic	No. of Hours
Unit I	Meaning and definition of the word Upanishads Importance of Upanishads Advaita, Duality and Triatism theory of Upanishads.	15
Unit II	General introduction of ten major Upanishads, the subject described in the Upanishads, the nature of yoga according to the Shvetaswaropanishad, a suitable place for practicing yoga, the symptom of yoga accomplishment.	15
Unit III	Yoga elements in the upanishads – Ishopanishad – Karmanishtha, Vidya and Avidya, Brahma, Atmabhav, Kenoupanishad – Moral message of Yaksh Upakyashyan, Kathopanishad – Definition of Yoga and Nature of Atma.	15
Unit IV	Yoga Upanishad - DhyanaBindu Upanishad – Importance of Dhyana Yog, Nature of Pranav, Method of Dhayana and Sadanga Yog.	15



**Suggested Readings:**

- a. Upanishad Spiritual Science - Dr. Ishwar Bharadwaj
- b. Upanishad Collection Publisher Motilal Banarsidas Indian Philosophy - Acharya Baldev Upadhyay Various Dimensions of Indian Culture Dr. Arun Jaiswal Kalyan (Yoga Tattvank) - Geeta Press Gorakhpur
- c. Kalyan (Yogank) - Geeta Press Gorakhpur Introduction to Upanishads Theosophical Society of India, Adyar] Madras, 1976).

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

**Semester –V****Bachelor of Yogic Science****DISCIPLINE SPECIFIC COURSE (DSC)- Alternative Therapies****No. of Hours: 60****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Alternative Therapies	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Bachelor of Yogic Science				
Programme: Bachelor of Yogic Science			Year: III	Semester: V Paper-DSC II
Subject: Yoga				
Course Code: DSC II		Course Title: Alternative Therapies		
Course Outcomes: <ul style="list-style-type: none"><li>● Read and understand the alternative therapies.</li><li>● Therapeutic applications of alternative therapies.</li></ul>				
Credits: 4			Discipline Specific Course	
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules	
Unit	Topic			No. of Hours
Unit I	Concept, limitations, necessity and importance of alternative therapy. Meaning and history of acupressure, principles, methods and benefits and precautions, introduction to various pressure points. Prana Chikitsa Introduction History and Theory, Energy Centers, Various Techniques of Prana Chikitsa Importance of Colors and Chaks in Prana Chikitsa.			12
Unit II	Magnetic Therapy Meaning Form Field Limitations and Theories, Method of Magnetic Therapy Effect of Magnetic Therapy on Various Diseases. Sun Ray Therapy Introduction, Importance Applications and Precautions. Shivambu Therapy - Introduction, Importance Applications and Precautions.			12
Unit III	Swar therapy- Introduction, importance, applications and precautions. Yagya Chikitsa: Introduction, Importance Treatment of various diseases by application: Fever, heart disease, obesity, hypothyroidism, paralysis, diabetes, sciatica, cough, asthma, skin diseases, bocitis, arthritis, arthritis, mouth diseases, eye diseases.			12
Unit IV	Introduction to Abhyang Therapy, Importance Applications and Precautions. Introduction and importance of humor therapy, home remedies therapy-greens, vegetables and tubers cereals, pulses and oilseeds fruits fruits and spices.			12

<b>Unit V</b>	Herbal Medicine: Brahmi, Shankapushpi, Ashwagandha, Jatamasi, Tulsi, Giloy, Amla, Harad, Bahera, Arjun Nikundi, Rasna, Kasnar, Neem etc. Aromatherapy- Introduction, importance and precautions. Aromatherapy introduction, importance and applications. Concept of Panch Gavya Chikitsa, therapeutic application of cow urine, cow dung, milk curd, ghee.	<b>12</b>
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### **Suggested Readings:**

Acupressure- Dr. Attar Singh  
 Acupressure- Dr. L.N. Kothari  
 Magneto Therapy- Dr. H.L. Bansal  
 Magnetic Cure for common disease: Dr. R.S. Bansal, Dr. H.L. Bansal.  
 The text book of Magneto therapy: Dr. Nanubhai Painter  
 Health Sciences Prof. Ramharsh Singh

### **Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

**Semester –V****Bachelor of Yogic Science****DISCIPLINE SPECIFIC COURSE (DSC)- Yoga Practicum – 5****No. of Hours: 120****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Yoga Practicum – 5	4	0	0	1	Eligibility in Bachelor of Arts	Nil

Bachelor of Yogic Science			
Programme: Bachelor of Yogic Science		Year: III	Semester: V Paper-DSC III
Subject: Yoga			
Course Code: DSC III		Course Title: Yoga Practicum – 5	
Course Outcomes: <ul style="list-style-type: none"><li>Understand the principle of each practice.</li><li>Demonstrate each practice skillfully.</li><li>Explain the procedure, precaution, benefits and limitations of each practice.</li></ul>			
Credits: 4		Discipline Specific Course	
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules	
Unit	Topic		No. of Hours
Unit I	Bandha Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha		20
Unit II	Asana and Pranayama Pacchimotanasana, Ustrasana, Yoga Mudra, Kurmasana, Bhujamgasana, Shalbhasana, Uttanpadasana, Viparitasana, Sarvagasana, Savasana. Nadi Shodhana (Technique 1: Same Nostril Breathing), Nadi Shodhana (Technique 2: Alternate Nostril Breathing), Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar kumbhak); Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka + Bahya Kumbhak) (1:4:2:2); Bhramari Pranayama		80
Unit III	Practices leading to meditation Pranav and Soham Japa; Yoga Nidra; Antarmauna; Ajapa Dharana; Mind sound reasonance technique (MSRT)		20

### Suggested Readings

- HathYoga Pradipika-Kaivalyadham
- Asana,Pranayama,Mudra,Bandha
- समग्र योग महाविज्ञान— डॉ० नवीन चन्द्र भट्ट,विश्वजीत वर्मा
- हठयोग प्रदिपिका— प्रकाशक कैवल्यधाम लोनावाला
- घेरण्ड संहिता— प्रकाशक कैवल्यधाम, लोनावाला
- गोरक्ष संहिता— गोरक्षनाथ
- भक्तिसागर— स्वामी चरणदास
- योगासन विज्ञान— स्वामी धीरेन्द्र ब्रह्मचारी
- योग परिचय — पीताम्बर झा
- सरल योगासन — डा० ईश्वर भारद्वाज
- आसन प्राणायाम — देवव्रत आचार्य
- आसन, प्राणायाम, मुद्रा बन्ध — स्वामी सत्यानन्द
- बहिरंग योग — स्वामी योगेश्वरानन्द
- हठयोग के सिद्धान्त—डॉ० नवीन भट्ट,नेहा पाण्डेय
- योग बीज — डॉ० केषव रामचन्द्र जोशी
- गोरक्ष संहिता — श्री पृथ्वीराज जी
- सिद्ध-सिद्धान्त पद्धति — स्वामी द्वारिकादास जी
- शिव संहिता — स्वामी महेशानन्द जी

### Suggested Continuous Evaluation Method:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

**Semester –V****Bachelor of Yogic Science****GENERIC ELECTIVE (GE)- Yoga & Human Consciousness****No. of Hours: 60****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
GE: Yoga & Human Consciousness	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Bachelor of Yogic Science			
Programme: Bachelor of Yogic Science		Year: III	Semester: V Paper-GE
Subject: Yoga			
Course Code: GE		Course Title: Yoga & Human Consciousness	
Course Outcomes:			
<ul style="list-style-type: none"><li>● Understand the necessity and significance of yoga and Human Consciousness.</li><li>● Have an understanding about utility of yoga in the society.</li><li>● Understand human behavior with regard to application of yoga.</li></ul>			
Credits: 4		Generic Elective	
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules	
Unit	Topic		No. of Hours
Unit I	Yoga as Applied philosophy; Meaning, definition and nature of consciousness, area of consciousness.		12
Unit II	Human consciousness described in Vedas, Upanishads, Bhagwad Gita, Yogasutra and Yogavashishtha		12
Unit III	Spiritual and scientific approach to human consciousness.Tatra, Jyotirvigyaa		12
Unit IV	Law of actions, Jivan, sanskar & Punarjama, Bhagya –Purusharth, Panchkosh, Shatchakra		12
Unit V	Yogic Method of elevation of human consciousness: Bhaktiyoga, Jnanyoga, Karmayoga, Mantrayoga, Ashtangayoga, Hathayoga.		12

**Suggested Readings:**

1. Bhardvaj, Ishwer: Manav Chetana, New Delhi: Satyam Publication House
2. Bhatia, Hans Raj: General Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd, 2005
3. Ciccarelli, S. K., Meyer, G. E. & Misra, G. Psychology: South Asian Edition. New Delhi: Pearson Education, 2010
4. Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L.: Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

**Semester –V****Bachelor of Yogic Science****DISCIPLINE SPECIFIC ELECTIVE (DSE)- Naturopathy****No. of Hours: 60****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Naturopathy	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Bachelor of Yogic Science			
Programme: Bachelor of Yogic Science			Year: III Semester: V Paper-DSE
Subject: Yoga			
Course Code: DSE		Course Title: Naturopathy	
Course Outcomes: The students will come to know about nature cure treatments.			
Credits: 4			Discipline Specific Elective
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules
Unit	Topic: Naturopathy		No. of Hours
Unit I	History and Fundamental principles of Naturopathy, Laws of Nature: Pancha Maha Bhutas, Shareera Dharmas – Ahara, Nidra Bhaya, Maidhunani, Swasta Vritam: Dinacharya, Ratricharya, Ritucharya.		12
Unit II	<b>Water therapy</b> Importance of water, properties of water, principles of water therapy, methods of using water, refreshment, natural bath, simple and frictional places, severe bath, steam, bath, spine bath, hot foot bath, wet bandage of the whole body Bandages of chest, abdomen, throat and hands and feet, enema.		12
Unit III	<b>Mud therapy-</b> Importance, types, properties of soil, effect of soil on the body, mud strips.		12
Unit IV	Importance of sunlight, action of sunlight on the body, sun bath, use of different colors.		12
Unit V	Fasting - Principles, Exacerbation of disease and Fasting, Rules of fasting, Reasons for fasting		12



**Suggested Readings:**

- Various Dimensions of Medical Treatment - Pt. Shriram Sharma Acharya Sampurn Vand Gamay, Volume-40
- Health Sciences - Prof. Ramharsh Singh
- Swasthavrutam - Shivkumar Gaur
- Jeevem Sharad: Shatam - Pt. Shriram Sharma Acharya Sampurn Vam Gamay, Volume-40 Diet and Health - Dr. Hiralal's Simple Cure of Diseases Vitthal Das Modi History and Philosophy of Naturopathy- Dr. S.J. Singh
- Ayurvedic Naturopathy- Rakesh Jindal Diet and Nutrition- Dr. Rudolf
- Nature Cure- Dr. H.K. Bakhru The Practice of Nature Cure- Dr. Henry Lindlhar

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –V

## Bachelor of Yogic Science

## DISCIPLINE SPECIFIC ELECTIVE (IPAC)- Project

No. of Hours: 60

## CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
IPAC: Project	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Bachelor of Yogic Science				
Programme: Bachelor of Yogic Science			Year: III	Semester: V Paper-IPAC
Subject: Yoga				
Course Code: IPAC		Course Title: Project		
Course Outcomes: Student will have an idea about how to start a research project.				
Credits: 4			Internship/Apprenticeship/Project Community Outreach	
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules	
Unit	Topic: Project			No. of Hours
Unit I	Topic Selection of the project.			15
Unit II	Steps how to go ahead on the selected topic			15
Unit III	Progress report of the work			15
Unit IV	Presentation and rectification of the mistakes on the same.			15

## Suggested Continuous Evaluation Method:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

**Semester –VI****Bachelor of Yogic Science****DISCIPLINE SPECIFIC COURSE (DSC)- Indian Philosophy****No. of Hours: 60****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Indian Philosophy	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Bachelor of Yogic Science				
Programme: Bachelor of Yogic Science			Year: III	Semester: VI Paper-DSC I
Subject: Yoga				
Course Code: DSC I		Course Title: Indian Philosophy		
Course Outcomes: Students will come to know about Indian Philosophy and culture.				
Credits: 4			Discipline Specific Course	
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules	
Unit	Topic: Indian Philosophy			No. of Hours
Unit I	Meaning and definition of the word Darshan, Features of Indian philosophy. Meaning and utility of Indian philosophy in human life, epistemological element, meaning and utility of mimansa.			12
Unit II	Introduction and principles of nyaya, visheshika, sankhya yoga philosophy(Tatva Mimamsa and Acharya Mimansa)			12
Unit III	Mimamsa and Vedanta sects of Vedanta (monism, dualism, General Introduction and Principles of Vishishtadvaita (Shuddhadvaita) (Tattva Mimamsa and ethics)			12
Unit IV	General Introduction and Principles of Charvaka, Jain and Buddhist Philosophy (Tattva Mimamsa)			12
Unit V	Meaning and definition of the word culture, salient features of Indian Indian culture Ashram system, Varna system, Shodas Sanskar, Panchmahayagya			12

**Suggested Reading:**

- Introduction to Upanishads-Theosophical Society of India,Adyar]
- Madras, 1976) Upanishad Spiritual Science - Dr. Ishwar Bharadwaj
- Upanishad Collection Publisher Motilal Banarsidass
- Indian Philosophy - Acharya Baldev Upadhyay
- Darshanik Prishth Bhumi Mein Yog Ka Swaroop – Dr. Seema Chauhan & Shubham Vishwakarma
- Diverse Dimensions of Indian Culture Dr. Arun Jaiswal
- Four Chapters of Culture - Ramdhari Singh Dinkar

### **Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –VI

## Bachelor of Yogic Science

## DISCIPLINE SPECIFIC COURSE (DSC)- Introduction of Marma Therapy

No. of Hours: 60

## CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Introduction of Marma Therapy	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Bachelor of Yogic Science			
Programme: Bachelor of Yogic Science			Year: III Semester: VI Paper-DSC II
Subject: Yoga			
Course Code: DSC II		Course Title: Introduction of Marma Therapy	
Course Outcomes: 1. To stimulate Marma points to enhance blood flow and oxygen delivery to tissues. 2. To calm the mind and reduce stress levels. 3. To alleviate chronic pain and discomfort by releasing energy blockages.			
Credits: 4		Discipline Specific Course	
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules	
Unit	Topic: Marma Therapy		No. of Hours
Unit I	Background of Vedic Medical Science, Marma Science in Vedas, Discussion, Introduction to Marma Science, Code of Conduct related to Vedic Medical Marma Science.		12
Unit II	Core number calculation, brief core description, measurement of cores.		12
Unit III	Marmas of the upper jaw, marmas of the upper and lower limbs, marmas of the abdomen and back, separate description of marmas.		12
Unit IV	Yoga and Marma Science, Various Asanas, Relation of Pranayama and Marmas, Six Chakras and Marmas.		12
Unit V	Marma Therapy, Self Marma Therapy, Method of Marma Therapy, Marmabhighat – Symptom treatment, Precautions after Marma Therapy. Marma Therapy in diseases caused by lifestyle and disease occurring in old age.		12

## Suggested Reading:

1. Sushruta Samhita (body place) 1 Motilal Banarsidas, Delhi

2. Vagbhatta Samhita (Body Place) Motilal Banarsidas, Delhi
3. Marma Science and Marma Therapy Dr. Sunil Kumar Joshi
4. Marma Science and Principles of Marma Therapy Sunil Kumar Joshi The festival

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

**Semester –VI****Bachelor of Yogic Science****DISCIPLINE SPECIFIC COURSE (DSC)- Yoga Practicum – 6****No. of Hours: 120****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Yoga Practicum – 6	4	0	0	1	Eligibility in Bachelor of Arts	Nil

Bachelor of Yogic Science				
Programme: Bachelor of Yogic Science			Year: III	Semester: VI Paper- DSC II
Subject: Yoga				
Course Code: DSC II		Course Title: Yoga Practicum – 6		
<b>Course Outcomes:</b> <ul style="list-style-type: none"><li>● Make the students aware of the asana for physical fitness and healthy life.</li><li>● Know and understand about breathing practices.</li></ul>				
Credits: 4			Discipline Specific Course	
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules	
Unit	Topic: Yoga Practicum – 6			No. of Hours

<b>Unit I</b>	<p style="text-align: center;"><b>Asanas</b></p> <ol style="list-style-type: none"> <li>1. Shukshma Vyayam</li> <li>2. Suryanamaskar</li> <li>3. Padmasan</li> <li>4. Siddhasan</li> <li>5. Swastikasan</li> <li>6. Vajrasana</li> <li>7. Yogamudrasan</li> <li>8. Simhasan</li> <li>9. Veerasan</li> <li>10. Gomukhasan</li> <li>11. Ardhamatsyendrasan</li> <li>12. Marjariasan</li> <li>13. Mandukasan</li> <li>14. Shashankasan</li> <li>15. Bhujangasan</li> <li>16. Ushtrasan</li> <li>17. Tadasan</li> <li>18. Triyaktadasan</li> <li>19. Katichakrasan</li> <li>20. Dhruvasan</li> <li>21. Utkatasan</li> <li>22. Uttanpadasan</li> <li>23. Garudasan</li> <li>24. Natrajasan</li> <li>25. Vatayanasan</li> <li>26. Trikonasan</li> <li>27. Hasta Uthanasan</li> <li>28. Padhastasan</li> <li>29. Shalbhasan</li> <li>30. Matsyasan</li> <li>31. Dhanurasan</li> <li>32. Chakrasan</li> <li>33. Paschimottonasan</li> <li>34. Janu Shirasan</li> <li>35. Halasan</li> <li>36. Naukasan</li> <li>37. Sarvagasan</li> <li>38. Balasan</li> <li>39. Makarasan</li> <li>40. Shavasana</li> </ol>	<b>60</b>
<b>Unit II</b>	<p>Pranayama :</p> <p>Preparatory aspects of Prananyama : Correct abdominal breathing in Shavasana and Meditative pose with 1.1 &amp; 1.2 ratio</p> <ul style="list-style-type: none"> <li>● Deep breathing – Abdominal breathing – Yogic breathing</li> <li>● Nadishodhan pranayam</li> <li>● Surya Bedan pranayam</li> <li>● Ujjayee pranayam</li> </ul>	<b>20</b>



<b>Unit III</b>	<b>Kriya :</b> <ul style="list-style-type: none"> <li>● Gajkarani</li> <li>● Jalneti</li> <li>● Rubbar Neti</li> <li>● Kapalbhathi-Vatkram 20-25 Strokes</li> <li>● Agnisar</li> </ul>	<b>20</b>
<b>Unit IV</b>	<b>Bandh/Mudra:</b> <b>Marks</b> <ul style="list-style-type: none"> <li>● Moolbandh</li> <li>● Jalandharbandh</li> <li>● Uddiyan</li> <li>● Vipritkarani</li> <li>● Hast Mudra-Gyan, Apan, Ling Mudra</li> <li>● Tadagi</li> <li>● Ashwani</li> <li>● Shambhavi</li> <li>● Kakimudra</li> </ul>	<b>20</b>

### Suggested Readings

- HathYoga Pradipika-Kaivalyadham
- Asana,Pranayama,Mudra,Bandha
- समग्र योग महाविज्ञान— डॉ० नवीन चन्द्र भट्ट,विश्वजीत वर्मा
- हठयोग प्रदिपिका— प्रकाषक कैवल्यधाम लोनावाला
- घेरण्ड संहिता— प्रकाषक कैवल्यधाम, लोनावाला
- गोरक्ष संहिता— गोरक्षनाथ
- भक्तिसागर— स्वामी चरणदास
- योगासन विज्ञान— स्वामी धीरेन्द्र ब्रह्मचारी
- योग परिचय — पीताम्बर झा
- सरल योगासन — डा० ईश्वर भारद्वाज
- आसन प्राणायाम — देवव्रत आचार्य
- आसन, प्राणायाम, मुद्रा बन्ध — स्वामी सत्यानन्द
- बहिरंग योग — स्वामी योगेश्वरानन्द
- हठयोग के सिद्धान्त—डॉ० नवीन भट्ट,नेहा पाण्डेय
- योग बीज — डॉ० केषव रामचन्द्र जोशी
- गोरक्ष संहिता — श्री पृथ्वीराज जी
- सिद्ध—सिद्धान्त पद्धति — स्वामी द्वारिकादास जी
- शिव संहिता — स्वामी महेशानन्द जी

### Suggested Continuous Evaluation Method:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –VI

## Bachelor of Yogic Science

## GENERIC ELECTIVE (GE)- Basic Concepts of Acupressure

No. of Hours: 60

## CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
GE: Basic Concepts of Acupressure	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Bachelor of Yogic Science		
Programme: Bachelor of Yogic Science		Year: III Semester:VI Paper-GE
Subject: Yoga		
Course Code: GE	Course Title: Basic Concepts of Acupressure	
Course Outcomes: <ul style="list-style-type: none"><li>Students will learn the basic concepts of Acupressure.</li></ul>		
Credits: 4		Generic Elective
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic	No. of Hours
Unit I	Meaning, Defination of acupressure, Concept and Principles, Concept of yin and yang, Concept of physical and metaphysical.	15
Unit II	Five element theory, Organ clock, Concept and definition of meridian, Fourteen Chinese meridians.	15
Unit III	Some important points - distal points, organ source point, xi-cleft points, alarm points, emergency points, etc.  Some important diseases and their treatment:- ➤ Single point treatment ➤ Multiple point treatment	15
Unit IV	General precautions, Correspondence system, Important body organs and their correspondence on palm & sole, Treatment through correspondence.	15

**Suggested Reading:**

A Treatise on Advance Acupressure/Acupuncture - Part I	M. P. Khemka
Sujok Acupressure	J. P. Agarwal
Manav Sharir Vigyan	Dr. G.C. Agarwal
Rogi, Rog Evam Upcharak	Dr. G. C. Agarwal

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

**Semester –VI****Bachelor of Yogic Science****DISCIPLINE SPECIFIC ELECTIVE (DSE)- Applied Yoga****No. of Hours: 60****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Applied Yoga	4	4	0	0	Eligibility in Bachelor of Arts	Nil

Bachelor of Yogic Science				
Programme: Bachelor of Yogic Science			Year: III	Semester: VI
Subject: Yoga			Paper-DSE	
Course Code: DSE		Course Title: Applied Yoga		
Course Outcomes:				
<ul style="list-style-type: none"><li>Understand the applied value of yoga in different domain.</li><li>Have an idea about the role of yoga for school, sports, technostress and geriatric care.</li></ul>				
Credits: 4			Discipline Specific Elective	
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules	
Unit	Topic			No. of Hours
Unit I	Nature of Practical Yoga Concept, meaning, definition and need of study of Practical Yoga. Utility of practical yoga in various possible fields.  Health and Behavioral Yoga- Personal health, social health, community health. Utility of Yoga in Primary Health Centre, Hospital, Health Institute, Disabled Centres, De-addiction Centres. Utility of Yoga in Ayurveda, Allopathy, Homeopathy medicines.			15
Unit II	Applications of Yoga-1 Utility of Yoga for employees of industrial and commercial institutions, Yogic methods for stress and time management of employees. Yogic management of stress, depression and health care of armed forces, paramilitary forces, police forces etc.			15
Unit III	Applications of Yoga-2 Role of Yoga in sports and physical education. Usefulness of Yoga for increasing efficiency in various sports. Physical and intellectual disability and Yoga.			15
Unit IV	Yoga and Tourism- Concept of Yogic Tourism. Role of Yoga in the development of tourism, possibility of development of Yoga centres in Uttarakhand tourist places. Special Yoga practice sequence for pilgrims.			15

**Suggested Reading:**

1. Jayadev H J : Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
2. Liz Lark : Yoga for Kids, Carlton Books Ltd., London, 2003
3. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
4. Iyenger B K S : The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001
5. Dr. Goel Aruna: Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007.

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –VI

### Bachelor of Yogic Science

#### DISCIPLINE SPECIFIC ELECTIVE (IPAC)- Research Project

No. of Hours: 120

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
IPAC: Research Project	4	0	0	4	Eligibility in Bachelor of Arts	Nil

Bachelor of Yogic Science			
Programme: Bachelor of Yogic Science		Year: III	Semester: VI Paper-IPAC
Subject: Yoga			
Course Code: IPAC		Course Title: Research Project	
Course Outcomes: <ul style="list-style-type: none"><li>Students will have a brief idea of carrying out research at micro level.</li></ul>			
Credits: 4		Internship/Apprenticeship/Project Community Outreach	
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules	
Unit	Topic		No. of Hours
Unit I	A pilot research shall be carried out by each student under the supervision of a Lecturer/Assistant Professor. As part of the research project, students will record the effect of any intervention of his/her choice for a common variable in a particular group of sample.		60
Unit II	Student will present the research project for suggestions to the teacher.		60

#### Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –VII

### Bachelor of Yogic Science with Honours

#### DISCIPLINE SPECIFIC COURSE (DSC)- Pillars of Yoga

**No. of Hours: 60**

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Pillars of Yoga	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours		
Programme: Bachelor of Yogic Science with Honours		Year: IV Semester: VII Paper-DSC
Subject: Yoga		
Course Code: DSC	Course Title: Pillars of Yoga	
Course Outcomes: <ul style="list-style-type: none"><li>Have an understanding of the various concepts of yoga.</li></ul> Understanding of the origin, history and development of yoga over years.		
Credits: 4		Discipline Specific Course
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic	No. of Hours
Unit I	History and Development of Yoga; Meaning & Definitions, Misconceptions, Aim and Objectives of Yoga.  Brief introduction and yogic contribution of Maharshi Patanjali and Guru Gorakshanath Traditions.	12
Unit II	Introduction to Vedas, Upanishads and Prasthanatrayee; Concept of Purushartha Chatushtaya.	12
Unit III	Yogic Traditions of Swami Vivekananda, Shri Aurobindo; Maharshi Ramana and Maharshi Dayanand Saraswati, Mahesh Yogi, Pt. Sri Ram Sharma Acharya and their contribution for the development and promotion of Yoga	12
Unit IV	Introduction to Jnanayoga, Bhaktiyoga, Karmayoga, Rajayoga, Hathayoga and Mantra Yoga	12

<b>Unit V</b>	Basic concepts of Shad-darshanas- Epistemology, Metaphysics, Ethics and Liberation with special emphasis to Samkhya, Yoga and Vedanta Darshana.	<b>12</b>
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### **Suggested Reading:**

- योग विज्ञान – स्वामी विज्ञानानंद सरस्वती
- वेदों में योग विद्या – स्वामी दिव्यानंद
- योग मनोविज्ञान – शांतिप्रकाश आत्रेय
- औपनिषदिक अध्यात्म विज्ञान – डा० ईश्वर भारद्वाज
- कल्याण (योग तत्त्वांक) – गीताप्रेस गोरखपुर
- कल्याण (योगांक) – गीता प्रेस गोरखपुर
- भारत के संत महात्मा – रामलाल
- भारत के महान योगी – विश्वनाथ मुखर्जी
- Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
- Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
- Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
- Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
- Bhatt, Naveen & Verma, V ; Samagra Yoga Mahavigyan, Kitab Mahal, new Delhi, 2020
- Bhatt, Naveen & Kumar, D ; Foundation of Yoga, Kitab Mahal, new Delhi, 2020

### **Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyptankosh.ac.in



## Semester –VII

### Bachelor of Yogic Science with Honours

#### DISCIPLINE SPECIFIC ELECTIVE (DSE)- Basic Concepts of Research

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Basic Concepts of Research	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours		
Programme: Bachelor of Yogic Science with Honours		Year: IV/Semester: VII Paper-DSE I
Subject: Yoga		
Course Code: DSE I	Course Title: Basic Concepts of Research	
Course Outcomes: <ul style="list-style-type: none"><li>Understand the concept of research and its methodology for carrying minor and major research.</li><li>Feed and analyze the data.</li><li>Organize the data and represent the data.</li></ul>		
Credits: 4		Discipline Specific Elective-I
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic	No. of Hours
Unit I	<b>Introduction to research methodology</b> Definition of research; Types of research;Experimental Research, Ex-post facto research, action research, Research methods; observation, survey, interview, case study; Steps in research.	15
Unit II	<b>Introduction to Research Process</b> Research questions; Review Literature, Different sources of information, scales of measurement variables; types and its control, hypothesis, types of hypothesis	20
Unit III	<b>Introduction to Research Design</b> Research design- meaning and introduction, Sampling; Types of sampling; probability and non-probability sampling	15
Unit IV	<b>Ethical Issues &amp; Report Writing</b> Parts and Order of Dissertation, Title Page, Abstract, Introduction, Method Section, Results Section, Discussion Section, Reference Section.	10

**Suggested Reading:**

- R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New delhi
- C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
- Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –VII

### Bachelor of Yogic Science with Honours

#### DISCIPLINE SPECIFIC ELECTIVE (DSE)- Principles of Hatha Yoga

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Principles of Hatha Yoga	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours		
Programme: Bachelor of Yogic Science with Honours		Year: IV/Semester: VII Paper-DSE II
Subject: Yoga		
Course Code: DSE II	Course Title: Principles of Hatha Yoga	
Course Outcomes: <ul style="list-style-type: none"><li>Have an understanding about pre-requisites, principles about Hatha yoga.</li><li>Understand the different texts of hatha yoga</li></ul>		
Credits: 4		Discipline Specific Course- II
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic	No. of Hours
Unit I	<ul style="list-style-type: none"><li>Yoga: Origin, history and development, meaning, definition, aim, objectives, significance, true nature and principles of yoga.</li></ul>	12
Unit II	<ul style="list-style-type: none"><li>Brief Introduction of Yog Beej, Hatha Ratnavali and Sidha Siddhant Paddati</li></ul>	12
Unit III	<ul style="list-style-type: none"><li>Brief Introduction of Hath Yogic Texts: Shiv Samhita and Goraksh Samhita</li></ul>	12
Unit IV	<ul style="list-style-type: none"><li>Introduction of Chaturang yog- Hatha Pradipika- Asana, Pranayama, Mudra-bandha and nadaunsandhan.</li></ul>	12
Unit V	<ul style="list-style-type: none"><li>Introduction of Saptanga yog- Gheranda Sanhita – Shatkarma, Asana, Mudra, Pratyahara, Pranayama, Dhyaan and Samadhi.</li></ul>	12

#### Suggested Readings:

- योग विज्ञान – स्वामी विज्ञानानंद सरस्वती

- वेदों में योग विद्या – स्वामी दिव्यानंद
- योग मनोविज्ञान – शांतिप्रकाश आत्रेय
- औपनिषदिक अध्यात्म विज्ञान – डा० ईश्वर भारद्वाज
- कल्याण (योग तत्त्वांक) – गीताप्रेस गोरखपुर
- कल्याण (योगांक) – गीता प्रेस गोरखपुर
- भारत के संत महात्मा – रामलाल
- भारत के महान योगी – विश्वनाथ मुखर्जी
- Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
- Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
- Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
- Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
- Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
- HathaYoga Pradeepika of Svratmarama, MDNIY Publication, 2013
- Sharma BR: Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013
- Bhatt, Naveen & Verma, V ; Samagra Yoga Mahavigyan, Kitab Mahal, new Delhi, 2020
- Bhatt, Naveen ; Hatha Yoga Ke Siddhant, Kitab Mahal, new Delhi,

#### **Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –VII

### Bachelor of Yogic Science with Honours

#### DISCIPLINE SPECIFIC ELECTIVE (DSE)- Yoga Practicum – 7

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Yoga Practicum - 7	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours				
Programme: Bachelor of Yogic Science with Honours			Year: IV	Semester: VII Paper- DSE III
Subject: Yoga				
Course Code: DSE III		Course Title: Yoga Practicum – 7		
Course Outcomes: <ul style="list-style-type: none"><li>● Make the students aware of the asana for physical fitness and healthy life.</li><li>● Know and understand about breathing practices.</li></ul>				
Credits: 4			Discipline Specific Elective	
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules	
Unit	Topic			No. of Hours
Unit I	Shatkarma: Vastra Dhauti, Sutra Neti, Kapalbhathi, Nauli Chalana, Jyoti Trataka, Agnisara			15
Unit II	Yogasanas -I  Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; Ardha Chakrasana, Paada Hastasana; Trikonasana, Parshva Konasana; Veerabhadrasan; Bhunamanasana, Hanumanasana; Dandasana, Swastikasana, Sidhasana,Bhadrasana,Padmasana,Vajrasana; Kagasana, Utkatasana, Gomukhasana,Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Uttitha Padmasana; Janusirasana, Paschimottanasana, Supta Vajrasana; Mandukasana, Utthana Mandukasana; Vakrasana, Ardha Matsyendrasana , Marichayasana, Simhasana.			15

<b>Unit III</b>	<b>Yogasanas -II</b> Pavanamuktasana, Utthana-padasana, Ardha Halasana, Setubandhasana, Halasana, Karna Peedasana, Sarvangasana, Matsyasana , Chakrasana, Shavasana, Makarasana, Bhujangasana , Shalabhasana, Dhanurasana, Kapotasana , Raja Kapotasana, Bakasana, Kukkutasana, Garbhasana, Matsyendrasana, Marjariasana, Padangusthasana, Hastapadangusthasana, Garudasana, Vatayanasana, Natarajasana, Mayurasana, Sirshasana; Ekapada and Dwipada Kandarasana.	<b>15</b>
<b>Unit IV</b>	<b>Pranayama</b> All the Pranayama mentioned in Hatha Pradipika	<b>15</b>

### Suggested Readings

- HathYoga Pradipika-Kaivalyadham
- Asana,Pranayama,Mudra,Bandha
- समग्र योग महाविज्ञान— डॉ० नवीन चन्द्र भट्ट,विश्वजीत वर्मा
- हठयोग प्रदिपिका— प्रकाषक कैवल्यधाम लोनावाला
- घेरण्ड संहिता— प्रकाषक कैवल्यधाम, लोनावाला
- गोरक्ष संहिता— गोरक्षनाथ
- भक्तिसागर— स्वामी चरणदास
- योगासन विज्ञान— स्वामी धीरेन्द्र ब्रह्मचारी
- योग परिचय — पीताम्बर झा
- सरल योगासन — डा० ईश्वर भारद्वाज
- आसन प्राणायाम — देवव्रत आचार्य
- आसन, प्राणायाम, मुद्रा बन्ध — स्वामी सत्यानन्द
- बहिरंग योग — स्वामी योगेश्वरानन्द
- हठयोग के सिद्धान्त—डॉ० नवीन भट्ट,नेहा पाण्डेय
- योग बीज — डॉ० केषव रामचन्द्र जोशी
- गोरक्ष संहिता — श्री पृथ्वीराज जी
- सिद्ध—सिद्धान्त पद्धति — स्वामी द्वारिकादास जी
- शिव संहिता — स्वामी महेशानन्द जी

### Suggested Continuous Evaluation Method:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epq-pathshala, egyankosh.ac.in

## Semester –VII

### Bachelor of Yogic Science with Honours

#### GENERIC ELECTIVE (GE)- Case Study Report

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
GE: Case Study Report	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours		
Programme: Bachelor of Yogic Science with Honours		Year: IV/Semester: VII Paper-GE I
Subject: Yoga		
Course Code: GE I	Course Title: Case Study	
Course Outcomes: <ul style="list-style-type: none"><li>Students will have a brief idea of management of some diseased condition.</li></ul>		
Credits: 4		Generic Elective
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic	No. of Lectures
Unit I	<b>Case taking-I</b> Students shall be permitted to take four cases (Same Disease) and supervise the practice for fifteen days and common parameters will be recorded every day.	15
Unit II	<b>Case taking-II</b> Students shall be permitted to take another four cases (Same Disease) and supervise the practice for fifteen days and common parameters will be recorded every day.	15
Unit III	<b>Preparation of the cases</b> Candidate shall write a report of a most improved and least improved case.	15
Unit IV	<b>Presentation</b> Following the presentation, candidate will present the case to the examiners and the same will be examined	15

**Suggested Continuous Evaluation Method:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

**Suggested equivalent online courses:** On Swayam, [Vidyamitra.inflibnet.ac.in](http://Vidyamitra.inflibnet.ac.in), [epg-pathshala, egyankosh.ac.in](http://epg-pathshala.egyankosh.ac.in)



## Semester –VII

### Bachelor of Yogic Science with Honours

#### GENERIC ELECTIVE (GE)- Health, Wellness & Yoga

**No. of Hours: 60**

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
GE: Health, Wellness & Yoga	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours		
Programme: Bachelor of Yogic Science with Honours		Year: IV Semester: VII Paper-GE II
Subject: Yoga		
Course Code: GE II	Course Title: Health, Wellness & Yoga	
Course Outcomes: <ul style="list-style-type: none"><li>• Possess a holistic understanding of diverse Indian medical practices.</li><li>• Analyze core principles and historical evolution of ayurveda, siddha, and yoga.</li></ul>		
Credits: 4		Generic Elective
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic	No. of Lectures
Unit I	Definition of Health according to WHO and Ayurveda, General introduction to Yoga, its meaning and definition, Origin, history, and development of Yoga, Nature of Yoga, Goals and objectives of Yoga, Yoga therapy for health and wellness, General introduction to Ashtanga Yoga and Hatha Yoga.	12
Unit II	Fundamental Concepts of Ayurveda, Concepts of Dosha-Dhatu-Mala, Definition of Health (Swasthivritta), Daily Routine (Dinacharya), Seasonal Routine (Ritucharya), Definition of Good Conduct (Sadvrutta)	12
Unit III	Definition and Classification of Disease, Types of diseases: Adhidaivik (divine), Adhyatmik (spiritual), Adhibhautic (physical), Treatment methods in Ayurveda, Eight branches of Ayurveda, Utility of Ayurveda in modern times.	12
Unit IV	Ayurveda, Yoga, Traditional Knowledge, and Folk and Tribal Medicine in India, Medicinal plants, home remedies, primary healthcare, Traditional bone setting, midwifery, poison treatment.	12

<b>Unit V</b>	Health Benefits of Asanas, Pranayama, and Meditation, Health benefits of Asanas (Yoga postures), Health benefits of Pranayama (breathing exercises), Health benefits of Meditation, Body purification methods: Shatkarma and Panchakarma, Use of Yoga therapy in modern times.	<b>12</b>
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### **Suggested Reading:**

- "The Complete Book of Ayurvedic Home Remedies" by Vasant Lad
- "Ayurveda: The Science of Self-Healing" by Dr. Vasant La
- "Siddha Medicine" by V. Sankaranarayanan
- "Siddha Medicine: A Handbook of Traditional Remedies" by S. Thamizh Venda
- "The Heart of Yoga: Developing a Personal Practice" by T.K.V. Desikacha
- "Light on Yoga" by B.K.S. Iyengar
- "The Yoga Bible" by Christina Brown
- "Ayurveda: The Divine Science of Life" by Todd Caldecott
- "Textbook of Ayurveda: Fundamental Principles" by Vasant Lad and David Frawley
- "Siddha Maruthuvam" by Dr. Thillai Vallal

### **Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epq-pathshala, egyankosh.ac.in

## Semester –VII

### Bachelor of Yogic Science with Honours

#### ACADEMIC PROJECT- Research Project

No. of Hours: 180

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
Academic Project: Research Project	6	0	0	6	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours			
Programme: Bachelor of Yogic Science with Honours		Year: IV	Semester: VII Paper-Academic Project
Subject: Yoga			
Course Code: Academic Project		Course Title: Research Project	
Course Outcomes: <ul style="list-style-type: none"><li>Student will have an idea about how to start a research project.</li></ul>			
Credits: 6		Academic Project	
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules	
Unit	Topic		No. of Hours
Unit I	A pilot research shall be carried out by each student under the supervision of a Lecturer/Assistant Professor. As part of the research project, students will record the effect of any intervention of his/her choice for a common variable in a particular group of sample.		60
Unit II	Student will present the research project for suggestions to the teacher.		120

#### Suggested Continuous Evaluation Method:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –VIII

### Bachelor of Yogic Science with Honours

#### DISCIPLINE SPECIFIC COURSE (DSC)- Research Methodology & Statistics In Yoga

**No. of Hours: 60**

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Research Methodology & Statistics in Yoga	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours				
Programme: Bachelor of Yogic Science with Honours			Year: IV	Semester: VIII Paper-DSC
Subject: Yoga				
Course Code: DSC		Course Title: Research Methodology & Statistics in Yoga		
Course Outcomes:				
<ul style="list-style-type: none"><li>• Understand the concept of research and its methodology for carrying minor and major research.</li><li>• Feed and analyze the data.</li><li>• Organize the data and represent the data.</li></ul>				
Credits: 4			Discipline Specific Course	
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules	
Unit	Topic			No. of Hours
Unit I	Foundations of Research: Meaning, Objectives, empiricism, deductive and inductive theory. Characteristics of scientific method, Research Process, types of research: experimental research, ex-post facto research, action research.			10
Unit II	Problem Identification & Formulation- Research Question- Investigation Question, Measurement Issues, Hypothesis, Characteristics of Good Hypothesis, Types of Hypothesis.			10
Unit III	Research Design: Concept and Importance in Research, Features of a good research design. Exploratory Research Design-concept, types and uses, Descriptive Research Designs-concept, types and uses. Experimental Design: Concept of Independent & Dependent variables.			10

<b>Unit IV</b>	Qualitative and Quantitative Research: Qualitative research- Quantitative research, Nature of Qualitative & Quantitative research, Concept of measurement, causality, generalization, and reapplication. Merging the two approaches.	<b>10</b>
<b>Unit V</b>	Sampling: nature, sample, types of sampling, probability and non probability sampling, sample size and sample error. Use of tools for research	<b>10</b>
<b>Unit VI</b>	Report making and synopsis writing	<b>10</b>

**Suggested Reading:**

- R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New delhi
- C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
- Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –VIII

### Bachelor of Yogic Science with Honours

#### DISCIPLINE SPECIFIC ELECTIVE (DSE)- Health, Diet & Nutrition

**No. of Hours: 60**

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Health, Diet & Nutrition	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours		
Programme: Bachelor of Yogic Science with Honours		Year: IV Semester: VIII Paper-DSE I
Subject: Yoga		
Course Code: DSE I	Course Title: Health, Diet &Nutrition	
Course Outcomes: <ul style="list-style-type: none"><li>Students will know the importance of diet.</li><li>Students shall become aware of the balanced and nutritious diet.</li><li>They will come to know about the requirement of different food material by the body.</li></ul>		
Credits: 4		Discipline Specific Elective-I
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic	No. of Hours
Unit I	<ul style="list-style-type: none"><li>Diet Therapy: Meaning, definition, importance, principles and procedure, preparation of diet charts of different disease.</li></ul>	10
Unit II	<ul style="list-style-type: none"><li>Meaning and definition of Diet &amp; Nutrition, Components of diet, Ancient &amp; Modern classification, Quality of diet &amp; its relation with Agni, Content of diet for daily use, Balance diet &amp; diet during Yogic practices.</li></ul>	15
Unit III	<ul style="list-style-type: none"><li>Carbohydrates, Lipids &amp; Proteins: Classification &amp; General properties, Biochemical importance, Digestion, Absorption &amp; Utilization, Excessive &amp; deficiency disorders. Vitamins: Meaning, definition &amp; classification, Sources &amp; daily requirement, important metabolic function &amp; deficiency disorder, Absorption, Storage &amp; Transport. Minerals: Source absorption, excretion, requirement, function &amp; deficiency disorder.</li></ul>	20
Unit IV	<ul style="list-style-type: none"><li>Food groups : importance and Benefits – Cereals, Pulses, green leafy vegetables, roots and tuber, fruits, milk and its products, sugar, honey, sprouts &amp; raw diet</li></ul>	15

**Suggested Readings:**

- |   |  |
|---|--|
| 1. Clinical dietetic and Nutrition        | F.P. Antia                             |
| 2. Food and Nutrition                     | Reegna Begwan                          |
| 3. Diet Cure for common Ailment           | H.K. Bakhru                            |
| 4. Essential of food and Nutrition        | Swaminath                              |
| 5. Healing through Natural food           | Dr. H.K. Bakhru                        |
| 6. Normal and therapeutic Nutrition       | Cerinne H. Robinson, Marilyn R. Lawler |
| 7. Nutrition and Dietetics                | Subhangiri Joshi                       |
| 8. Vitamins that heal                     | Dr. H.K. Bakhru                        |
| 9. Herbs that heals                       | Dr. H.K. Bakhru Sprouts J.D. Waish     |
| 10. Yoga Samstahn Science of Natural Life | Dr. Rakesh Jindal                      |
| 11. Nutritive value of Indian food        | NIN B.S. Narsinga Rao                  |
| 12. Nutrition and Dietetics               | Subhangiri Joshi                       |

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –VIII

### Bachelor of Yogic Science with Honours

#### DISCIPLINE SPECIFIC ELECTIVE (DSE)- Yoga Therapy & its Application

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Yoga Therapy & its Application	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours				
Programme: Bachelor of Yogic Science with Honours			Year: IV	Semester: VIII Paper-DSE II
Subject: Yoga				
Course Code: DSE II		Course Title: Yoga Therapy & its Application		
Course Outcomes: <ul style="list-style-type: none"><li>To impart knowledge about various disease and their treatment through yogic processes</li></ul>				
Credits: 4			Discipline Specific Elective-II	
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules	
Unit	Topic			No. of Hours
Unit I	Yogic concepts of health and disease, Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in health and healing; Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi, Yogic concept of Health and Disease.			20
Unit II	Yogic concepts for health and healing Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Cocept of Pancha-koshas & Shat-chakra and their role in Health and Healing; Concept of Abhyas and Vairagya, Chitta and Chitta Prasadana, Kriya-yoga, Ashtanga Yoga of Patanjali for Health and Healing; Concept of Cleansing (Shuddi), its role and importance in Health and Healing; Concept of Swara Yoga and its efficacy in Health and Healing			20



<b>Unit III</b>	<b>Yogic principles and practices of healthy living</b> Yogic Principles of Healthy Living: Aahara, Vihara, Aachara and Vichara; Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being; Yogic principles of Lifestyle management and its role in prevention of disease and health promotion; Yogic Principles of Diet and its role in Healthy living; Yogic Practices of Healthy living : i.e. Yama, Niyama, Shat-karma, Asana, Mudra & Bandha Pranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living.	<b>10</b>
<b>Unit IV</b>	<b>Yogic Management of Gynaecological disorders:</b> Menstrual, Premenstrual	<b>5</b>
<b>Unit V</b>	<b>Yogic Management of Psychological disorders:</b> Anxiety, Fear, Mental Conflict, Frustration	<b>5</b>

### Suggested Readings:

1. Preeti Goel and Rita Jain: Spectrum of Health (Sports Publications, New Delhi, 2003)
2. M. M. Gore: Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
3. Dr. K. Krishna Bhat: The power of Yoga
4. Dr. R. S. Bhogal: Yoga Psychology, Kaivalyadhama Publication
5. Dr. Manmath M Gharote, Dr. Vijay Kant: Therapeutic reference in Traditional Yoga texts
6. T.S. Rukmani: Patanjala Yoga Sutra
7. Sahay, G. S.: Hatha Yoga Pradeepika, MDNIY Publication, 2013
8. Kdham: Gheranda Samhita, Kaivalyadhama, Lonavla,
9. Bhatt, Naveen & Verma, V; Samagra Yoga Mahavigyan, Kitab Mahal, new Delhi, 2020

### Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –VIII

### Bachelor of Yogic Science with Honours

#### DISCIPLINE SPECIFIC ELECTIVE (DSE)- Yoga Practicum -8

**No. of Hours: 60**

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Yoga Practicum -8	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours		
Programme: Bachelor of Yogic Science with Honours		Year: IV Semester: VIII Paper-DSE III
Subject: Yoga		
Course Code: DSE III	Course Title: Yoga Practicum -8	
<b>Course Outcomes:</b> <ul style="list-style-type: none"><li>● Make the students aware of the asana for physical fitness and healthy life.</li><li>● Know and understand about breathing practices.</li></ul>		
Credits: 4		Discipline Specific Elective-III
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic: Yoga Practicum -8	No. of Hours

<b>Unit I</b>	<b>Asanas</b> <ul style="list-style-type: none"> <li>• Padmsarvangasan</li> <li>• Mayurasan</li> <li>• Shirshasan</li> <li>• Tolangulasan</li> <li>• Ekpadsakandhasan</li> <li>• Vatayanasan</li> <li>• Tittibhasan</li> <li>• Garbhasan</li> <li>• Ardhabaddhpadmotsasan</li> <li>• Shishpadanangusthasan</li> <li>• Sankatasan</li> <li>• Guptasan</li> <li>• Nadishodhanasan</li> <li>• Padmvakasan</li> </ul>	<b>15</b>
<b>Unit II</b>	<b>Shatrkma</b> Dhauti & Neti as per Gheranda Samhita	<b>15</b>
<b>Unit III</b>	<b>Mudra &amp; Bandh -</b> <ol style="list-style-type: none"> <li>1.Shaktihalinimudra</li> <li>2.Mahabhand</li> <li>3.Ashwanimudra</li> <li>4.Moolbandh</li> </ol>	<b>15</b>
<b>Unit IV</b>	<b>Meditation</b>	<b>15</b>

### Suggested Readings

- HathYoga Pradipika-Kaivalyadham
- Asana,Pranayama,Mudra,Bandha
- समग्र योग महाविज्ञान— डॉ० नवीन चन्द्र भट्ट,विश्वजीत वर्मा
- हठयोग प्रदिपिका— प्रकाषक कैवल्यधाम लोनावाला
- घेरण्ड संहिता— प्रकाषक कैवल्यधाम, लोनावाला
- गोरक्ष संहिता— गोरक्षनाथ
- भक्तिसागर— स्वामी चरणदास

- योगासन विज्ञान— स्वामी धीरेन्द्र ब्रह्मचारी
- योग परिचय — पीताम्बर झा
- सरल योगासन — डा० ईश्वर भारद्वाज
- आसन प्राणायाम — देवव्रत आचार्य
- आसन, प्राणायाम, मुद्रा बन्ध — स्वामी सत्यानन्द
- बहिरंग योग — स्वामी योगेश्वरानन्द
- हठयोग के सिद्धान्त—डॉ० नवीन भट्ट,नेहा पाण्डेय
- योग बीज — डॉ० केषव रामचन्द्र जोशी
- गोरक्ष संहिता — श्री पृथ्वीराज जी
- सिद्ध-सिद्धान्त पद्धति — स्वामी द्वारिकादास जी
- शिव संहिता — स्वामी महेशानन्द जी

### **Suggested Continuous Evaluation Method:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –VIII

### Bachelor of Yogic Science with Honours

#### GENERIC ELECTIVE (GE)- Four Streams of Yoga

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
GE: Four Streams of Yoga	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours				
Programme: Bachelor of Yogic Science with Honours			Year: IV	Semester: VIII Paper-GE I
Subject: Yoga				
Course Code: GE I		Course Title: Four Streams of Yoga		
Course Outcomes: <ul style="list-style-type: none"><li>Students will have idea of the various streams of Yoga</li></ul>				
Credits: 4			Generic Elective	
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules	
Unit	Topic: Four Streams of Yoga			No. of Hours
Unit I	<b>Jnana Yoga</b> Sadhana Chatustaya, Stages of JnanaYoga practice (shravan, manana, Nidhidhyasana), States of consciousness, The concepts of ida, pingla and thesushumna the central channel of energy running along the spine.			15
Unit II	<b>Bhakti Yoga</b> Navavidha Bhakti, Qualities of a bhakta, The pronunciation, chanting, knowledge, benefits of Sanskrit chants, hymns, bhajans, Satsang and the uplifting meaning of the chants helping to thin the activities of the mind, Mantra chanting, and their effect on the nadi and the chakras, Demonstrated ability to create a bhakti bhava during the chanting and singing.			15

<b>Unit III</b>	<b>Karma Yoga</b> The concept and meaning of karma Yoga, Concept of Nishkama Karma, Prerequisites for a sthitaprajna, Sthitaprajnalakshana, The law of karma.	<b>15</b>
<b>Unit IV</b>	<b>Raja Yoga</b> Concepts and principles of PatanjalaYoga; Karma Shuddhi (Yama, Niyama); Snayu Shuddhi (Asana); Prana Shuddhi (Pranayama); Indriya and Mano Shuddhi (Pratyahara); Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)	<b>15</b>

### **Suggested Readings:**

1. Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
2. Swami Vivekananda: J nana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000

### **Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –VIII

### Bachelor of Yogic Science with Honours

#### GENERIC ELECTIVE (GE)- Yoga & Self Management

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
GE: Yoga and Self Management	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours				
Programme: Bachelor of Yogic Science with Honours			Year: IV	Semester: VIII Paper-GE II
Subject: Yoga				
Course Code: GE II		Course Title: Yoga & Self Management		
<b>Course Outcomes:</b> <ul style="list-style-type: none"><li>• To develop a comprehensive understanding of self management, its importance in life, stress management, factors that help in the journey towards leadership qualities.</li><li>• Students will develop experiential knowledge of self-esteem and self-confidence, creative and logical thinking, emotional strength and development of leadership abilities.</li><li>• It will help students to cope with social activities and adjustment in family environment.</li></ul>				
Credits: 4			Generic Elective	
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules	
Unit	Topic			No. of Hours
Unit I	Study of the concept, basis, meaning, nature and necessity of self-management and various related dimensions.			12
Unit II	Self-confidence and measures for its enhancement, career development goal setting and basis of achievement, process, action plan and yoga.			12
Unit III	Development of will power (resolve power) and imagination and Yoga, Development of thinking and control of emotions and Yoga, Insight and Yoga, Memory capacity and Yoga.			12
Unit IV	Needs and management of inner world, preservation of health and energy, time management and different stages of life, problems, decisions, planning and yoga.			12

<b>Unit V</b>	Expression-importance, factors, efficiency and obstacles and combination, decision and implementation, direction setting.	<b>12</b>
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**Suggested Readings:**

- L. Chaito: Relaxation & Meditation Techniques, 1983
- Michael Aegyle: Bodily Communication, Methuen, 1975
- Mulligam J: The personal management (handbook)
- Postonjee D.M.: Stress and Coping, The Indian Experience, Sage Publication, New Delhi

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in



## Semester –VIII

### Bachelor of Yogic Science with Honours

#### DISSERTATION ON MAJOR CREDITS- Research Project

No. of Hours: 90

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
Dissertation on major credits: Research Project	6	6	0	0	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours		
Programme: Bachelor of Yogic Science with Honours		Year: IV Semester: VIII Paper- Dissertation on major credits
Subject: Yoga		
Course Code: Dissertation on major credits	Course Title: Research Project	
Course Outcomes: <ul style="list-style-type: none"><li>Students will have a brief idea of carrying out research at micro level.</li></ul>		
Credits: 6		Dissertation On Major Credits
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic:	No. of Hours
Unit I	A pilot research shall be carried out by each student under the supervision of a Lecturer/Assistant Professor. As part of the research project, students will record the effect of any intervention of his/her choice for a common variable in a particular group of sample.	80
Unit II	Student will present the research project for suggestions to the teacher.	10

#### Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –IX

### Master's in Yogic Science

#### DISCIPLINE SPECIFIC COURSE (DSC)- Yoga & Mental Health

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Yoga & Mental Health	4	4	0	0	Yoga in Honours Degree	Nil

Master's in Yogic Science				
Programme: Master's in Yogic Science			Year: IV	Semester: IX Paper-DSC
Subject: Yoga				
Course Code: DSC		Course Title: Yoga & Mental Health		
Course Outcomes: <ul style="list-style-type: none"><li>• Understand the meaning and importance of mental health.</li><li>• Have an idea about the models of mental health intervention.</li><li>• To have an understanding of various personality disorders.</li></ul>				
Credits: 4			Discipline Specific Course	
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules	
Unit	Topic			No. of Hours
Unit I	Mental Health  Mental Health: Meaning and Importance; Yogic Perspective of Mental Health; Yoga nidra, Kuntha, samayojan, stress, emotions, feelings, adjustments.			12
Unit II	Approaches of psychopathology; psychodynamics, behavioural and cognitive approach.			12
Unit III	BASIC UNDERSTANDING ABOUT PSYCHIATRIC DISORDERS  Introduction of DSM IV, Anxiety disorder, types of anxiety disorder, GAD, Phobia; Obsessive Compulsive Disorder			12
Unit IV	BASIC UNDERSTANDING ABOUT PERSONALITY DISORDERS  Sign and symptoms of Personality Disorders: Borderline, Antisocial, Histrionic, Paranoid, Narcissistic, Obsessive-Compulsives.			12

<b>Unit V</b>	<p><b>YOGA FOR MENTAL HEALTH</b></p> <p>Yogic Concepts and Techniques in Patanjala Yoga Sutra and Bhagwadgita for Promoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for Promotion of Mental Health: Memory, Intelligence, Breath; Awareness, Shavasana, Yoganidra, Pranayama and Meditation; Yogic Life-style. Ishwar Prnidhan</p>	<b>12</b>
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**Suggested Reading:**

- Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007
- Tilak, B. G.: Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.
- Udupa, K.N.: Stress and Its Management by Yoga. Delhi: Motilal Banarasidas, 2007
- Vivekananda, Swami: Raja Yoga. Nagpur: Ramakrishna Math
- Bhatt, Naveen & Verma, V ; Samagra Yoga Mahavigyan, Kitab Mahal, new Delhi, 2020
- Bhatt, Naveen; Yog Aur Swasthya, Kitab Mahal, new Delhi

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –IX

### Master's in Yogic Science

#### DISCIPLINE SPECIFIC ELECTIVE (DSE)- Methods of Teaching Yoga and Mass Management

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Methods of Teaching Yoga and Mass Management	4	4	0	0	Yoga in Honours Degree	Nil

Master's in Yogic Science				
Programme: Master's in Yogic Science			Year: IV	Semester: IX Paper-DSE I
Subject: Yoga				
Course Code: DSE I		Course Title: Methods of Teaching Yoga and Mass Management		
Course Outcomes: <ul style="list-style-type: none"><li>● Understand the principles and practices of teaching methods of Yoga.</li><li>● Have an in depth understanding about session and lesson planning and class room arrangements.</li><li>● Have an idea about the different tools used in Yoga teaching.</li></ul>				
Credits: 4			Discipline Specific Elective-I	
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules	
Unit	Topic			No. of Hours
Unit I	<ul style="list-style-type: none"><li>● <b>Principles and methods of teaching yoga</b> Teaching and Learning : Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training</li></ul>			15
Unit II	<ul style="list-style-type: none"><li>● <b>Basics of yoga class management</b> Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of mass instructions; Techniques of Individualized teaching; Techniques of group teaching; Organization of teaching (Time Management, Discipline etc.)</li></ul>			15

<b>Unit III</b>	<ul style="list-style-type: none"> <li>• <b>Lesson planning in yoga</b> Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama &amp; Meditation); Models of Lesson Plan; Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications</li> </ul>	<b>15</b>
<b>Unit IV</b>	<ul style="list-style-type: none"> <li>• <b>Educational tools of yoga teaching</b> Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga</li> </ul>	<b>15</b>

### **Suggested Readings:**

1. Dr. Shri Krishna : Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009
2. Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
3. Dr. Raj Kumar: Principles & methods of Teaching, Printo graphics, Delhi,
4. Saket Raman Tiwari & others: Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007
5. Bhatt, Naveen & Verma, V; Samagra Yoga Mahavigyan, Kitab Mahal, New Delhi, 2020
6. Bhatt, Naveen; Yog evem Swasthya, Kitab Mahal, new Delhi, 2020

### **Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epq-pathshala, egyankosh.ac.in

## Semester –IX

### Master's in Yogic Science

#### DISCIPLINE SPECIFIC ELECTIVE (DSE)- Bases of Psychology

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Bases of Psychology	4	4	0	0	Yoga in Honours Degree	Nil

Master's in Yogic Science				
Programme: Master's in Yogic Science			Year: IV	Semester: IX Paper-DSE II
Subject: Yoga				
Course Code: DSE II		Course Title: Bases of Psychology		
Course Outcomes: <ul style="list-style-type: none"><li>● Students will come to know about the life skills of a happy life.</li><li>● Personality development of the students</li><li>● Students will become aware of the consciousness</li></ul>				
Credits: 4			Discipline Specific Elective- II	
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules	
Unit	Topic			No. of Hours
Unit I	<ul style="list-style-type: none"><li>● <b>Psychology</b> Meaning and definition of Psychology, History of modern Psychology, Methods of Study: Experimental Method, Observation Method, Survey Method, Case Study Method.</li></ul>			12
Unit II	<ul style="list-style-type: none"><li>● <b>Cognitive Psychology and Yoga:</b> Meaning and definition of cognitive psychology, characteristics, scope of cognitive psychology, attention and perception.</li></ul>			12
Unit III	<ul style="list-style-type: none"><li>● <b>Learning, Memory and Forgetting:</b> Meaning, nature and types of learning, theories of learning, motivation in learning, learning and yoga; Memory and forgetting- meaning, types of memory, process and stages of memory, memory and forgetting, memory and yogic approach.</li></ul>			12

<b>Unit IV</b>	<ul style="list-style-type: none"> <li>• <b>Thinking and Motivation:</b> Thinking-meaning and nature, types of thinking, problem solving behaviour, decision making process and concept formation, development of thinking through yoga; Motivation-meaning, nature and types, theories of motivation; Dreams-meaning, nature and concept, different perspectives on dreams.</li> </ul>	<b>12</b>
<b>Unit V</b>	<ul style="list-style-type: none"> <li>• <b>Emotions and Intelligence:</b> Emotions- meaning, nature and types, biological basis of emotions, intelligence- meaning, destruction, nature and form, principles of intelligence, intelligence quotient, development of intelligence through yoga.</li> </ul>	

### **Suggested Readings:**

1. Abhedananda: The Yoga Psychology, Ramakrishna Vedanta Math, Calcutta, 1973.
2. Sachdev, I.P.: Yoga and Depth Psychology (Motilal Banarsidass, Delhi, 1978)

### **Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –IX

### Master's in Yogic Science

#### DISCIPLINE SPECIFIC ELECTIVE (DSE)- Yoga Practicum-9

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Yoga Practicum-9	4	4	0	0	Yoga in Honours Degree	Nil

Master's in Yogic Science				
Programme: Master's in Yogic Science			Year: IV	Semester: IX Paper-DSE III
Subject: Yoga				
Course Code: DSE III		Course Title: Yoga Practicum-9		
Course Outcomes: <ul style="list-style-type: none"><li>● Understand the principle and practice of each practice.</li><li>● Demonstrate each practice skillfully.</li><li>● Explain the procedure, precaution, benefits and limitations of each practice.</li></ul>				
Credits: 4			Discipline Specific Elective-III	
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules	
Unit	Topic			No. of Hours
Unit I	Shatrakma Nauli & Basti as per Gheranda Samhita			15
Unit II	Asana: All the asana mentioned in Hatha Pradipika and Gheranda Samhita.			15
Unit III	Pranayama: Pranayama mentioned in Patanjali Yoga Sutra			15
Unit IV	Meditation			15

#### Suggested Readings:

1. Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school of yoga publications; Munger, 2001.
2. Swami Niranjanananda Saraswati: Dharana Darshan; ; Bihar school of yoga publications; Munger, 2001.
3. Basavaraddi, I.V. & others: Yogasana: A Comprehensive description about Yogasana,



MDNIY, New Delhi, 2011.

4. Basavaraddi, I.V. & others: Yogic Sukshma Evam Sthula Vyayama, mDNIY, New Delhi, 2011.
5. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers, 2009
6. Sen Gupta Ranjana: B.K.S. Iyengar Yoga, A Dorling Kindersley Limited, 2001
7. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
8. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011

#### **Suggested Continuous Evaluation Method:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

**Suggested equivalent online courses:** On Swayam, [Vidyamitra.inflibnet.ac.in](http://Vidyamitra.inflibnet.ac.in), [epg-pathshala, egyankosh.ac.in](http://epg-pathshala.egyankosh.ac.in)

## Semester –IX

### Master's in Yogic Science

#### GENERIC ELECTIVE (GE)- Essence of Shrimad Bhagwat Gita

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
GE: Essence of Shrimad Bhagwat Gita	4	4	0	0	Yoga in Honours Degree	Nil

Master's in Yogic Science		
Programme: Master's in Yogic Science		Year: IV Semester: IX Paper-GE I
Subject: Yoga		
Course Code: GE I	Course Title: Essence of Shrimad Bhagwat Gita	
Course Outcomes: <ul style="list-style-type: none"><li>● Understand the significance of Bhagavad gita and its essence.</li><li>● Understand the concept of Atman, Paramatman, Sthitaprajna.</li><li>● Have a deep understanding between the qualities of a Karma and Bhakti yogi.</li></ul>		
Credits: 4		Generic Elective
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic	No. of Hours
Unit I	General Introduction to Bhagavad Gita, Definitions of Yoga, their relevance & Scope.	15
Unit II	Essentials of Bhagavad Gita meanings of the terms Atmaswarupa, Stithaprajna, Sankhya Yoga (Chpt.II), Karma Yoga (Chpt.III), Samnyasa Yoga and Karma Swarupa (Sakama and Nishkama) Samnyasa, Dhyana Yogas (Chpt. VI)	15
Unit III	Types of Bhakta(Chpt. VII) Nature of Bhakti (Chpt.XII), Means and End of Bhakti-Yoga: The Trigunas and nature of Prakriti	15
Unit IV	Three Kinds of Faith. Food for Yoga-Sadhaka, Classification of food (Chpt. XIV & XVII) Daivasura-Sampad-Vibhaga Yoga (Chpt.XVI); Moksa-Samnyasa Yoga (Chpt. XVIII)	15

**Suggested Readings:**

1. Swami Gambhirananda ; Bhagavadgita (with Gudharth Dipika) Sri Ramakrishna Matha Madras
2. Swami Gambhirananda ; Bhagvatgita with the commentary of Sankaracharya, Advaita Ashrama, Kolkata, 2003
3. Swami Ramsukhdas; Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur
4. Swami Ranganathananda ; Bhagavadgita, Advaita Ashrama Sub- Dept-5 Beli Entally Road Kolkata

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

**Semester –IX****Master's in Yogic Science****GENERIC ELECTIVE (GE)- Panchkarma****No. of Hours: 60****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
GE: Panchkarma	4	4	0	0	Yoga in Honours Degree	Nil

Master's in Yogic Science				
Programme: Master's in Yogic Science			Year: IV	Semester: IX Paper-GE II
Subject: Yoga				
Course Code: GE II		Course Title: Panchkarma		
Course Outcomes: <ul style="list-style-type: none"><li></li></ul>				
Credits: 4			Generic Elective	
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules	
Unit	Topic			No. of Hours
Unit I	Basis of Ayurveda, Introduction, History, Purpose, Tridosha, Dhatu, Mala, Tri- Upastambha, Importance of Ayurveda, Definition of Health, Disease and its Causes, Structure and Function of Body System.			15
Unit II	Examination of disease and patient, examination of disease, cause of disease, recovery, examination of patient, Ayurvedic Treatment			15
Unit III	Panchkarma treatment, a purification treatment, pre-treatment, main treatment, post-treatment treatment.			15

<b>Unit IV</b>	<p>Pre-karma-collection of supplies, temperature, blood pressure, knowledge of nature, preparation for pancha karma physically and mentally.</p> <p>Information about equipment, technique of using equipment for Panchkarma, introduction to Snehana, its types and usage etc., introduction to Swedana, its types and usage etc.</p> <p>Main actions: vomiting, purgation, basti, nasya, bloodletting.</p> <p>Shamana Chikitsa and post karma after pancha karma, protection from complications, chemical aphrodisiacs.</p>	<b>15</b>
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**Suggested Readings:**

1. "Panchakarma Illustrated" by Dr. G. Shrinivasa Acharya
2. Text Book of Panchakarma" by Dr. Satyajit Kulkarni and Dr. Shivananda S. Tonde
3. Ayurveda and Panchakarma: The Science of Healing and Rejuvenation" by Dr. Sunil V. Joshi

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –IX

### Master's in Yogic Science

#### ACADEMIC PROJECT- Study Tour

No. of Hours: 90

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
Academic Project: Study tour	6	6	0	0	Yoga in Honours Degree	Nil

Master's in Yogic Science		
Programme: Master's in Yogic Science		Year: IV Semester: IX Paper- Academic Project
Subject: Yoga		
Course Code: Academic Project	Course Title: Study Tour	
Course Outcomes: <ul style="list-style-type: none"><li>● Stdents will have exposure to various advance yogic practices and therapies.</li><li>● Students will learn to prepare report on the on the practical aspect learned by them.</li></ul>		
Credits: 6		Academic Project
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules
Unit	Topic	No. of Hours
Unit I	<p>The study tour is to give exposers to the students on the activities being conducted by reputed Yoga Institutes/ Colleges/ Universities/ Yoga Centers/ Yogic Hospitals. The students may be taken to any one or more than one Yoga Institutes /Yoga Centers etc. of repute in India. The Study Tour shall be arranged the Institute and the expenses shall be borne by the concerned students only. Each student has to submit a Study Tour observation report that will be evaluated by the teacher who is in-charge of the study tour and also counter signed by the Course Coordinator.</p> <p>The Study Tour will carry marks as mentioned in the Scheme of examination.</p>	60
Unit II	Presentations of Study Tour Report, its Utility and the exposers got to enhance their learning.	15
Unit III	Continuous evaluation by the Teachers	15

**Suggested Continuous Evaluation Method:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

**Suggested equivalent online courses:** On Swayam, [Vidyamitra.inflibnet.ac.in](http://Vidyamitra.inflibnet.ac.in), [epg-pathshala, egyankosh.ac.in](http://epg-pathshala.egyankosh.ac.in)

## Semester – X

## Master's in Yogic Science

**DISCIPLINE SPECIFIC COURSE (DSC)- Essence of Patanjali Yoga Sutra**

No. of Hours: 60

**CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Essence of Patanjali Yoga Sutra	4	4	0	0	Yoga in Honours Degree	Nil

Master's in Yogic Science				
Programme: Master's in Yogic Science			Year: IV	Semester: X Paper-DSC
Subject: Yoga				
Course Code: DSC		Course Title: Essence of Patanjali Yoga Sutra		
Course Outcomes: <ul style="list-style-type: none"><li>● Understand various modification of mind and the means of inhibiting them.</li><li>● Have an understanding about the essence of Samadhi and Sadhana Pada.</li><li>● Undertand the essence of Vibhuti and Kaivalya pada.</li></ul>				
Credits: 4			Discipline Specific Course	
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules	
Unit	Topic			No. of Hours
Unit I	SAMADHI PAADA: Yoga, meaning & Nature of yoga, Concept of Chitta, Chitta-Bhumis, Chitta-Vrittis, Chitta-Vrittinirodhopaya, Abhyasa and Vairagya as the tools, Concept of Bhavapratyaya & Upaypratayaya, Sadhan Panchak, Chitta-Vikshepas (Antaraya), Ektattva Abhyasa,Chitta-prasadanam. Types and nature of Samadhi: Adhyatmaprasada and Ritambharaprajna, Samprajnata, Asamprajnata, Sabeeja & Nirbeeja Samadhi. Difference between Samapattis and Samadhi, Concept of Ishwara and attributes of Ishwara, Process of Ishwarapranidhana.			15
Unit II	SADHANA PAADA: Concept of Kriya Yoga, theory of Kleshas; Concept of Karmashaya and Karmvipaka, Nature of dhukha, Concept of Chaturvyuhavada, Drishyanirupanam, Drasthanirupanam, Prakriti-Purusha Samyoga, Brief Introduction to Ashtanga Yoga: Yama-Niyama, Concept of Vitarka & Mahavrata: Asana, Pranayama, Pratyahara and their siddhis.			15



<b>Unit III</b>	VIBHUTI-PAADA: Introduction of Dharana, Dhyana and Samadhi, Nature of Sanyama, Concept of Chitta samskara, Parinamatraya and vibhutis.	<b>15</b>
<b>Unit IV</b>	KAIVALYA PAADA: Five means of Siddhis, concept of Nirman Chitta, Importance of siddhis achieved through Samadhi, Four types of Karmas; Concept of Vasana, Dharmamegh Samadhi and its result, Viveka Khyati Nirupanam, Kaivalya Nirvachana.	<b>15</b>

### **Suggested Readings:**

- Yoga Sutra Vachaspati Mishra
- Yoga Sutras
- Yoga Sutra Bhasvati Commentary - Hariharananda Aranya
- Yoga Sutra Rajmartand-Bhojraj
- Patanjali Yog Pradeep - Omananda Tirtha
- Patanjali Yoga Discussion - Vijaypal Shastri
- Meditation Yoga Prakash-Lakshmananda
- Yoga Philosophy - Rajveer Shastri
- Comparative study of Patanjali Yoga and Sri Aurobindo Yoga - Dr. Trilokchandra

### **Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

**Semester – X****Master's in Yogic Science****DISCIPLINE SPECIFIC ELECTIVE (DSE)- Essence of Principal Upanishads****No. of Hours: 60****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Essence of Principal Upanishads	4	4	0	0	Yoga in Honours Degree	Nil

Master's in Yogic Science			
Programme: Master's in Yogic Science		Year: IV	Semester: X Paper-DSE I
Subject: Yoga			
Course Code: DSE I		Course Title: Essence of Principal Upanishads	
Course Outcomes: <ul style="list-style-type: none"><li>● Have an idea about the major principal Upanishads</li><li>● Understand the essence of each Upanishad and how to put them into practice.</li><li>● Understand each Upanishad and the role of it in our day to day life.</li></ul>			
Credits: 4		Discipline Specific Elective- I	
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules	
Unit	Topic		No. of Hours
Unit I	Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.  Kena Upanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.		12
Unit II	Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization.  Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The six main questions.		12

<b>Unit III</b>	<p>Mundaka Upanishad: Two approaches to Brahma- Vidya- Para and Apra; The greatness of Brahavidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti: The origin of creation, the ultimate aim of Meditation- Brahmanubhuti.</p> <p>Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara.</p>	<b>12</b>
<b>Unit IV</b>	<p>Aitareya Upanishad: Concept of Atma, Universe and Brahman.</p> <p>Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, Ananda Valli, Bhriuvalli.</p>	<b>12</b>
<b>Unit V</b>	<p>Chhandogya Upanishad: Om (udgitha) Meditation; Shandilyavidya.</p> <p>Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman</p>	<b>12</b>

#### **Suggested Readings:**

- Upanishad Spiritual Science - Dr. Ishwar Bharadwaj
- Upanishad Collection Publisher Motilal Banarsidas Indian Philosophy - Acharya Baldev Upadhyay  
Various Dimensions of Indian Culture Dr. Arun Jaiswal Kalyan (Yoga Tattvank) - Geeta Press Gorakhpur
- Kalyan (Yogank) - Geeta Press Gorakhpur Introduction to Upanishads Theosophical Society of India, Adyar] Madras, 1976).

#### **Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

**Semester –X****Master's in Yogic Science****DISCIPLINE SPECIFIC ELECTIVE (DSE)- Human Anatomy & Physiology****No. of Hours: 60****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Human Anatomy & Physiology	4	4	0	0	Yoga in Honours Degree	Nil

Master's in Yogic Science				
Programme: Master's in Yogic Science			Year: IV	Semester: X Paper-DSE II
Subject: Yoga				
Course Code: DSE II		Course Title: Human Anatomy & Physiology		
Course Outcomes: <ul style="list-style-type: none"><li>● To know about the structure of the body</li><li>● To know about the necessary functions of the body</li><li>● To give brief idea about the diseases related to each system</li><li>● To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga.</li></ul>				
Credits: 4			Discipline Specific Elective- II	
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules	
Unit	Topic			No. of Hours
Unit I	Introduction to cell, tissue, organs and systems, Basic cell physiology- Cell- Introduction, Cell Organelles, Cell membrane, Movement of the substances and water through the cell membrane, Bioelectric potentials.			10
Unit II	Musculoskeletal systems: Skeleton names of all bones, joints and muscles, cartilage, tendon and ligaments, types of bone, joints and their functions; spine, muscles and their functions, Skeletal muscles - Properties of skeletal muscles, Muscular contraction and relaxation, Neuromuscular junction, Sarcotubular system, Smooth muscle-mechanism of contraction.			10

<b>Unit III</b>	Digestive and excretory system: Anatomy of digestive system, excretory system (component organs) and their functions; Gastro intestinal system-General structure of alimentary canal, Gastric secretion, Pancreatic secretion, Gastric motility-digestive peristalsis Gastrointestinal hormones.	<b>10</b>
<b>Unit IV</b>	Nervous system and glands: Structure and properties of neurons, subdivisions of nervous system and their functions, types of glands (endocrine and exocrine glands), important endocrine and exocrine glands and types of hormones their functions.  Sensory nervous system, Motor nervous system, Higher functions of the nervous system, Synapse, Reflexes Cerebrospinal fluid, Blood brain and blood CSF barrier.	<b>10</b>
<b>Unit V</b>	Immune system: Component organs of immune system, Functions of immune system.  Endocrinology-Endocrine glands, hormones, their functions.  Respiratory system-Mechanism of breathing, Ventilation, Regulation of respiration, Transport of gases, Hypoxia, Artificial ventilation, Non respiratory functions of the lungs.	<b>10</b>
<b>Unit VI</b>	Cardiovascular and respiratory system: Components of cardiovascular and respiratory system; functions of cardiovascular and respiratory system; Circulatory system- Functional anatomy of the heart, Properties of cardiac muscles, Conducting system of the heart, Pressure changes during cardiac cycles, Capillary circulation, Arterial and venous blood pressure.	<b>10</b>

### Suggested Readings:

- |                                      |                   |
|--------------------------------------|-------------------|
| 1. Anatomy and Physiology            | Tortora and Bryan |
| 2. Anatomy and Physiology            | Khurana           |
| 3. Understanding of Human Physiology | R. L Bijlani      |
| 4. Samagra Yoga Mahavigyan           | Naveen Bhatt      |
| 5. Manav Sharir Rachana Kriyavigyan  | Naveen Bhatt      |

### Suggested Continuous Evaluation Methods:

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**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester – X

## Master's in Yogic Science

## DISCIPLINE SPECIFIC ELECTIVE (DSE)- Yoga Practicum-10

No. of Hours: 60

## CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Yoga Practicum-10	4	4	0	0	Yoga in Honours Degree	Nil

Master's in Yogic Science			
Programme: Master's in Yogic Science		Year: IV	Semester: X Paper-DSE III
Subject: Yoga			
Course Code: DSE III		Course Title: Yoga Practicum - 10	
Course Outcomes: <ul style="list-style-type: none"><li>● Understand the principle and practice of each practice.</li><li>● Demonstrate each practice skillfully.</li><li>● Explain the procedure, precaution, benefits and limitations of each practice.</li></ul>			
Credits: 4		Discipline Specific Elective-III	
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules	
Unit	Topic		No. of Hours
Unit I	<ul style="list-style-type: none"><li>● Asanas- 1.Dwipadskandhasan 2.Karnapeedasan 3.Poorna Bhujangasan 4.Poorna Matsyendrasan 5.Vipreetshirshdwihastabaddhasan 6.Gorakshasan 7.Pakshiasan 15.Pranavasan 8.Hanumanasan 9.Poorna Chakras 10.Vrishchikasan 11.Padma Mayurasan 12.Balgarbhasan 13.Kandpeedasan 14.Poorna Dhanurasan</li></ul>		12
Unit II	<ul style="list-style-type: none"><li>● Pranayam- 1. Ujjayi Pranayam, 2. Moorcha Pranayam, 3. Bhayavritti, 4. Abhyantarvritti, 5. Stambhvritti</li></ul>		12
Unit III	<ul style="list-style-type: none"><li>● Shatkram- Trataka and Kapalbhata as per Gheranda Samhita, Loghooshankhprakshalan</li></ul>		12
Unit IV	<ul style="list-style-type: none"><li>● Mudra &amp; Bandh- Mahamudra, Khechari Mudra,</li></ul>		12
Unit V	<ul style="list-style-type: none"><li>● Meditation-</li><li>● Including All Activities Of The Previous Semesters</li></ul>		12

### **Suggested Readings:**

1. Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school of yoga publications; Munger, 2001.
2. Swami Niranjanananda Saraswati: Dharana Darshan; ; Bihar school of yoga publications; Munger, 2001.
3. Basavaraddi, I.V. & others: Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
4. Basavaraddi, I.V. & others: Yogic Sukshma Evam Sthula Vyayama, mDNIY, New Delhi, 2011.
5. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers, 2009
6. Sen Gupta Ranjana: B.K.S. Iyengar Yoga, A Dorling Kindersley Limited, 2001
7. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
8. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011

### **Suggested Continuous Evaluation Method:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

**Suggested equivalent online courses:** On Swayam, [Vidyamitra.inflibnet.ac.in](http://Vidyamitra.inflibnet.ac.in), [epg-pathshala, egyankosh.ac.in](http://epg-pathshala.egyankosh.ac.in)

**Semester –X****Master's in Yogic Science****GENERIC ELECTIVE (GE)- Therapeutic Yoga****No. of Hours: 60****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
GE: Therapeutic Yoga	4	4	0	0	Yoga in Honours Degree	Nil

Master's in Yogic Science				
Programme: Master's in Yogic Science			Year: IV	Semester: X Paper-GE I
Subject: Yoga				
Course Code: GE I		Course Title: Therapeutic Yoga		
Course Outcomes: <ul style="list-style-type: none"><li>Students will know about the therapeutic application of Yoga</li></ul>				
Credits: 4			Generic Elective	
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules	
Unit	Topic			No. of Hours
Unit I	Yogic Practice Management of the diseases through suitable yogic practices Yogic diet, Yama and Niyama, Shatkarma, Asanas, Pranayama, Meditation, changes in lifestyle according to yogic scriptures.			12
Unit II	Respiratory disorders Allergic Rhinitis & Sinusitis: Chronic Branchitis, Bronchial asthma.  Cardiovascular disorders: Hypertension, Angina pectoris, Cardiac asthma.			12



<b>Unit III</b>	Endocrinal and Metabolic Disorder Diabetes Mellitus, Hypo and Hyper-Thyroidism Obesity: Metabolic Syndrome  Gastrointestinal Disorders: Gastritis, Indigestion, Peptic Ulcers, Constipation, Diarrhoea, Irritable Bowel Syndrome, colitis, Piles  Muscular-Skeletal Disorders: Back Pain, Intervertebral disc prolapse (IVDP) Lumbar Spondylosys, Cervical Spondylosis, Arthritis.	<b>12</b>
<b>Unit IV</b>	Obstetrics and Gynecological Disorders, Menstrual Disorders: Dysmenorrhea, Menopause and peri-menopausal syndrome: Yoga for Pregnancy and Childbirth, Ante natal care, Post-natal care.	<b>12</b>
<b>Unit V</b>	Neurological Disorders: Migraine, Tension-headache, Epilepsy  Psychiatric Disorders: Neurosis, Anxiety disorders, Phobias, Depression.	<b>12</b>

### Suggested Readings:

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| • Understanding of Human Physiology | R. L Bijlani                    |
| • Samagra Yoga Mahavigyan           | Naveen Bhatt                    |
| • Manav Sharir Rachana Kriyavigyan  | Naveen Bhatt                    |
| • Shivanand Saraswati               | Yoga Therapy ( Hindi & English) |
| • Reddy, M. Venkata.                | Yogic Therapy                   |

### Suggested Continuous Evaluation Methods:

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**Semester –X****Master's in Yogic Science****GENERIC ELECTIVE (GE)- Physiological Psychology and effects of Yoga****No. of Hours: 60****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
GE: Physiological Psychology and effects of Yoga	4	4	0	0	Yoga in Honours Degree	Nil

Master's in Yogic Science				
Programme: Master's in Yogic Science			Year: IV	Semester: X Paper-GE II
Subject: Yoga				
Course Code: GE II		Course Title: Physiological Psychology and effects of Yoga		
<b>Course Outcomes:</b> <ul style="list-style-type: none"><li>● Upon completion of this course, students will be equipped with a comprehensive understanding of various alternative therapies, enabling them to critically evaluate and apply these approaches to enhance holistic health and wellness, while also fostering an appreciation for the integration of traditional and modern healing methods.</li></ul>				
Credits: 4			Generic Elective	
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules	
Unit	Topic			No. of Hours
Unit I	Introduction to physiological psychology Neuron: a. Anatomy, b. Excitatory postsynaptic influences, e. Inhibitory post synaptic influences, d. Chemical basis neurotransmitters, e. Presynaptic influences; Structure of Nervous system: Peripheral nervous system, spinal cord and brain, Cerebral Hemispheres.			12
Unit II	Hormones and Behavior Major endocrine glands and their functions; Hormones of stress, Hormones of growth; Sexual behavior and reproduction.			12
Unit III	The Mind-Body Relationship -The concept of Psychological Health in India, Scope of Health, Effects of Yoga on MindBody Relationship, Stress-Stressors: Environmental, Social and Psychological, stress and illness, control and stress.			12

<b>Unit IV</b>	General Disorders and Immunity System Defective Disorders: Asthma, Headache, Insomnia, Hypertension, cancer and appetitive Behaviours: Obesity, Alcoholism-Smoking. Diabetes and Arthritis, Sexual Dysfunctions: Infertility	<b>12</b>
<b>Unit V</b>	Pain and Pain Management Techniques- Physiology of Pain, Specific pain treatment Methods. Coping with chronic illness, Complementary Health Care Systems in India.	<b>12</b>

### **Suggested Readings:**

- Shelley E. Taylor, (2009). Health Psychology. Tata Mc Graw-Hill, New Delhi.
- Gatchel, R.J., Baun, A & Krantz, D.S. (1989). An Introduction to Health Psychology, Singapore; Mc Graw Hill.
- Goleman, D & Gurin, J. (1993). Mind-Body Medicine, New York.
- Dimatteo, M.R. & Martin, L.R. (2007). Health Psychology, New Delhi, Pearson Educaiton Inc. Levinthal, C.F.(1996). Introduction to Physiological Psychology, 3rd edition, New Delhi, Prentice Hall.
- Pinel, J.P.J. (2006). Biopsychology, 6th edition. New Delhi, Pearson Education.
- Morgan, T.C and Stella, E. (1950). Physiological Psychology. New York: McGraw-Hill. Schwartz, M. (1978). Physiological Psychology, New Jersey, Prentice Hall.
- Bridgeman. (1998). The Biology of the Behavior and mind, New York, Wiley.

### **Suggested Continuous Evaluation Methods:**

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**Semester –X****Master's in Yogic Science****DISSERTATION ON MAJOR CREDITS- Dissertation****No. of Hours: 90****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
Dissertation on major credits: Dissertation	6	6	0	0	Bachelor of Arts/Science/Commerce	Nil

Master's in Yogic Science				
Programme: Master's in Yogic Science			Year: IV	Semester: X Paper- Dissertation
Subject: Yoga				
Course Code: Dissertation		Course Title: Dissertation		
Course Outcomes: <ul style="list-style-type: none"><li>● Understand the concept of research and its methodology.</li><li>● Understand the tricks of analyzing the data efficiently.</li><li>● Have an idea about various statistical tests and their application.</li></ul>				
Credits: 6			Dissertation On Major Credits	
Max. Marks: As per univ. rules			Min. Passing Marks: As per univ. rules	
Unit	Topic			No. of Hours
Unit I	1. Introduce about MS-Word and write down the steps for performing various general operations in it (like open, saving, cut, copy, paste, printing a document etc.).			9
Unit II	2. Create a simple MS –Word document about introducing yourself and preparing your Bio-data (using various formatting options in MS-Word).			9
Unit III	3. Learning and performing various options/operations in MS-Word. a. Creating a table, Entering text and contents in a table. b. Toolbars in word, Using various toolbars options. c. Watermarks and Water-marking a document. d. Inserting clip arts/picture, Hyper-linking a text. e. Header/Footers.			9

<b>Unit IV</b>	4. Introduce about MS-Excel and write down the steps for performing various general operations in it (like open, saving, cut, copy, paste, printing a document etc.).	<b>9</b>
<b>Unit V</b>	5. Learning and performing various options/operations in MS-Excel. Like: a. Creating and Saving a new Workbook. b. Deleting and Renaming a Worksheet. c. Creating Formulas, Using Formulas. d. Using Functions.	<b>9</b>
<b>Unit VI</b>	6. Introduce about MS Power-point explaining its various features and steps for performing various general operations in it.	<b>9</b>
<b>Unit VII</b>	7. Prepare a power-point presentation explaining the facilities /infrastructure available in your College/ Institution.	<b>9</b>
<b>Unit VIII</b>	8. Net Surfing	<b>9</b>
<b>Unit IX</b>	9. Creation and Usage of E-mail Account	<b>9</b>

#### **Suggested Continuous Evaluation Method:**

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**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epq-pathshala, egyankosh.ac.in

