

**National Education Policy-2020**

**YOGIC SCIENCE SYLLABUS**

**Of**

**Kumaun University, Nainital**

**For**

**Three Year Undergraduate Programme**

**2025**

**DEPARTMENT OF YOGIC SCIENCE**

## SYLLABUS DRAFTING COMMITTEE

<b>S. N.</b>	<b>Name</b>	<b>Designation</b>	<b>Department</b>	<b>Affiliation</b>
1.	Dr. Seema Chauhan	Assistant Professor	Yoga	Kumaun University, Nainital
2.	Dr. Deepa Arya	Assistant Professor	Yoga	Kumaun University, Nainital
3.	Dr. Naveen Bhatt	Assistant Professor	Yoga	SSJ University, Almora
4.	Dr. Bhanu Joshi	Associate Professor	Yoga	Uttarakhand Open University, Haldwani
5.	Dr. Vijay Singh Gusain	Assistant Professor	Yoga	Lal Bahadur Shastri University, Delhi
6.	Dr. Rajni Nautiyal	Assistant Professor	Yoga	Hemwati Nandan Bhaguna Garhwal University
7.	Dr. Vinod Nautiyal	Assistant Professor	Yoga	Hemwati Nandan Bhaguna Garhwal University
8.	Mr. Shubham Vishwakarma	Yoga Instructor	Yoga	Kumaun University, Nainital
9.	Dr. Arun Kumar Sahu	Associate Professor	Yoga	Sagar University, Madhya Pradesh
10.	Dr. Girish Singh Adhikari	Yoga Instructor	Yoga	SSJ University, Almora
11.	Mr. Lallan Kumar Singh	Assistant Professor	Yoga	SSJ University, Almora
12.	Dr. Udham Singh	Associate Professor	Yoga	Gurukul Kangri Vishwavidyalaya
13.	Dr. Indu Sharma	Assistant Professor	Yoga	Morarji Desai National Institute of Yoga
14.	Dr. Charu Sharma	Assistant Professor	Yoga	Maharaja Bhupinder Singh Punjab Sports University, Patiala

## SYLLABUS REVIEW COMMITTEE

### EXTERNAL EXPERT

S. N.	Name	Designation	Department	Affiliation
1.	Prof. Suresh Lal Barnwal	Professor	Yoga	Yogic Science & Human Consciousness, Dev Sanskriti, Vishwavidhyalay, Haridwar
2.	Prof. Sudhir Singh	Associate Professor	Yoga	Delhi University
3.	Dr. Rajni Nautiyal.	Assistant Professor	Yoga	Hemwati Nandan Bhaguna Garhwal University

### INTERNAL EXPERT

S. N.	Name	Designation	Department	Affiliation
1.	Prof. Rajinish Pande.	Professor	Convener BOS Yoga /Dean Faculty of Arts	Kumaun University, Nainital
2.	Dr. Seema Chauhan	Assistant Professor	Yoga	Kumaun University, Nainital
3.	Dr. Deepa Arya	Assistant Professor	Yoga	Kumaun University, Nainital
4..	Dr. Naveen Bhatt	Assistant Professor	Yoga	SSJ University, Almora
5.	Dr. Bhanu Joshi	Associate Professor	Yoga	Uttarakhand Open University, Haldwani
6.	Dr. J.P. Kanswal	Assistant Professor	Yoga	Sri Dev Suman University, Badshahithol

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## List of all Papers (DCS, DSE, and GE) with Semester Wise Titles for Yogic Science

List of all Papers (DCS, DSE, GE) with Semester Wise Titles for Yogic Science					
Year	Sem.	Course Code	Paper Title	Theory/ Practical	Credits
<i>Undergraduate Certificate in Yogic Science</i>					
FIRST YEAR	I	DSC	Fundamental concepts of Yoga	Theory	3
			Yoga Practicum – 1	Practical	1
		GE	Foundation of Yoga	Theory	4
	II	DSC	Human system according to Yoga	Theory	3
			Yoga Practicum – 2	Practical	1
		GE	Introduction to Human Body & Mental Health	Theory	4
<i>Undergraduate Diploma in Yogic Science</i>					
SECOND YEAR	III	DSC	Hatha Yoga	Theory	3
			Yoga Practicum – 3	Practical	1
		GE	Health, Diet & Nutrition	Theory	4
		DSE	Shrimad Bhagwat Gita	Theory	4
	IV	DSC	Introduction to Patanjali Yog Darshan	Theory	3
			Yoga Practicum – 4	Practical	1
		GE	Yoga & Personality Development	Theory	4
		DSE	Yoga Therapy	Theory	4
<i>Bachelor of Yogic Science</i>					
THIRD YEAR	V	DSC	Yoga in Upanishad	Theory	3
			Yoga Practicum – 5	Practical	1
		GE	Yoga & Human Consciousness	Theory	4
		DSE	Naturopathy	Theory	4
		IPAC	Project	Theory	4
	VI	DSC	Indian Philosophy	Theory	3
			Yoga Practicum – 6	Practical	1
		GE	Basic Concepts of Accpressure	Theory	4
		DSE	Applied Yoga	Theory	4
		IPAC	Research Project	Practical	4

### Abbreviations-

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

## Programme Specific Outcomes

<b>Programme Specific Outcomes (PSO): Undergraduate Programme</b>	
<b>After this programme, the learners will be able to:</b>	
<b>PSO 1</b>	Assimilate myths and Fact about Yoga, Hatha Yoga, Psychology, etc.
<b>PSO2</b>	Reflect upon the catogiores of principles and practices with self initiatitves and discussion.
<b>PSO 3</b>	Read, speak and write on Yogic subject matters mindfully and rationally.
<b>PSO 4</b>	Improve their communication skills to interact with the clients and groups.
<b>PSO 5</b>	Acquire respects towards Yoga, Yoga tradtions and texts, their upline, clients, etc.
<b>PSO 6</b>	Reflect teachings of safe and purpose Yoga modules for group and individuals.
<b>PSO 7</b>	Improve moral and rational responsibilities one’s own plans and actions.
<b>PSO 8</b>	Respect the individuals and groups with different gender, age, community and culture.
<b>PSO 9</b>	Develop environmental (family, friends, relatives, air, water, sunlight, etc. ) consciousness and sensitize oneself to environmental issues.
<b>PSO 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 (PSO): 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 societiy’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 (PSOs): 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)- Fundamental concepts of Yoga**

**No. of Hours: 45**

**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	3	3	0	0	Eligibility in Bachelor of Arts	Nil

**Undergraduate Certificate in Yogic Science**

<b>Programme: Undergraduate Certificate in Yogic Science</b>		<b>Year : I</b>	<b>Semester: I</b>
<b>Subject: Yoga</b>			
<b>Course Code: DSC- I</b>		<b>Course Title: Fundamental concepts of Yoga</b>	
<b>Course Outcomes:</b>			
<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>			
<b>Credits: 3</b>		<b>Discipline Specific Course</b>	
<b>Max. Marks: As per univ. rules</b>		<b>Min. Passing Marks: As per univ. rules</b>	
Unit	Topic	No. of Hours	
<b>Unit I</b>	<b>General Introduction of Yoga:</b> Meaning, Definition, Nature of Yoga, Importance of yoga, Misconceptions related with Yoga.	<b>9</b>	
<b>Unit II</b>	<b>Nature:</b> Nature of Yoga in various scriptures: Vedas, Upanishads, Bhagavad Gita, Yoga Vashistha, Jainism, Buddhism, Sankhya Darshan, Vedanta, Ayurveda.	<b>9</b>	
<b>Unit III</b>	<b>Types of Yoga:</b> Types of Yoga: Jnana Yoga, Bhakti Yoga, Karma Yoga, Hatha Yoga, Raja Yoga.	<b>9</b>	
<b>Unit IV</b>	<b>Introduction of various Yogis:</b> Maharishi Patanjali, Gorakshanath, Maharishi Dayananda Saraswati, Swami Vivekananda, Sri Aurobindo, Maharishi Raman, Swami Kuvalyananda.	<b>9</b>	
<b>Unit V</b>	<b>Brief about Yoga texts:</b> General introduction to the texts of yoga - Pantajal Yoga Sutras, Shrimad Bhagvat Geeta, Hatha Yoga Pradipika, Gherand Samhita.	<b>9</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](http://Vidyamitra.inflibnet.ac.in), [epg-pathshala, egyankosh.ac.in](http://epg-pathshala.egyankosh.ac.in)

**Semester –I****Undergraduate Certificate in Yogic Science****DISCIPLINE SPECIFIC COURSE (DSC)- Yoga Practicum – 1****No. of Hours: 30****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	1	0	0	1	Eligibility in Bachelor of Arts	Nil

**Undergraduate Certificate in Yogic Science**

<b>Programme: Undergraduate Certificate in Yogic Science</b>	<b>Year : I</b>	<b>Semester: I Paper- DSC II</b>
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**Subject: Yoga**

<b>Course Code: DSC- II</b>	<b>Course Title: Yoga Practicum – 1</b>
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**Course Outcomes:**

- Make the students aware of warm exercises before practicing asana.
- Know and understand about breathing practices.

**Credits: 1****Discipline Specific Course****Max. Marks: As per univ. rules****Min. Passing Marks: As per univ. rules**

Unit	Topic :	No. of Hours
<b>Unit I</b>	<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); 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), Mani-bandha shakti-vikasaka, Kara-prstha shakti-vikasaka, Kara-tala shakti-vikasaka, Anguli-mula shakti-vikasaka (for the fingers), Anguli- shakti-vikasaka (for the fingers), Vaksa-sthala shakti-vikasaka (for the chest) (1), Vaksa-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),	<b>20</b>

	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>Unit II</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>10</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 –I**  
**Undergraduate Certificate in Yogic Science**

**GENERIC ELECTIVE (GE)- 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		
GE: Foundation of Yoga	4	4	0	0	Eligibility in Bachelor of Arts	Nil

**Undergraduate Certificate in Yogic Science**

<b>Programme: Undergraduate Certificate in Yogic Science</b>	<b>Year : I</b>	<b>Semester: I Paper: GE</b>
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**Subject: Yoga**

<b>Course Code: GE</b>	<b>Course Title: Foundation of Yoga</b>
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**Course Outcomes:**

- Students of the UG course will have an understanding of Yoga, its origin, history and development of Yoga.
- Introduction of Yoga according to various texts.

**Credits: 4**

**Generic Elective**

**Max. Marks: As per univ. rules**

**Min. Passing Marks: As per univ. rules**

Unit	Topic	No. of Hours
<b>Unit I</b>	<b>General introduction to yoga</b> Yoga: Psychological aspects and Mythological concepts; 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	<b>12</b>
<b>Unit II</b>	<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	<b>12</b>
<b>Unit III</b>	<b>Nature:</b> Nature of Yoga in various scriptures: Vedas, Upanishads, Bhagavad Gita and Yoga Vashistha.	<b>12</b>
<b>Unit IV</b>	<b>Brief about Yoga texts:</b> General introduction to the texts of yoga - Pantajal Yoga Sutras, Shrimad Bhagwat Gita, Hatha Yoga Pradipika, Gherand Samhita.	<b>12</b>
<b>Unit V</b>	<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	<b>12</b>

**Suggested Readings:**

1. Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
2. Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
3. Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
4. Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
5. Bhatt, Naveen & Verma, V ; Samagra Yoga Mahavigyan, Kitab Mahal, new Delhi, 2020
6. 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](http://Vidyamitra.inflibnet.ac.in), [epg-pathshala, egyankosh.ac.in](http://epg-pathshala.egyankosh.ac.in)

## Semester –II

### Undergraduate Certificate in Yogic Science

#### DISCIPLINE SPECIFIC COURSE (DSC)- Human System According to Yoga

No. of Hours: 45

#### 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	3	3	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
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#### Subject: Yoga

Course Code: DSC- I      Course Title: Human System According to Yoga

#### Course Outcomes:

- To know about the evolution of the body
- To know about the formation of the body
- To know about the role of prana and energy centres in the body.
- To know about the sheaths presents in the body.

Credits: 3	Discipline Specific Course
Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules

Unit	Topic	No. of Hours
Unit I	<b>EVOLUTION OF BODY</b> Panchamahabhutas, Panchatattvas and Panchatanmātrās, Evolution of human body, Evolution of Jñānendriyas, Karmendriyas, Mahat, manas, Buddhi, Citta and Ahankāra, Saptadhātus that make a human body.	14
Unit II	<b>PANCHA KOSA THEORY</b> ritical analysis of the story of Bhāgu and Varuna; The existence of five kohas in the human body; The product of five kohas; Disturbance of each koha.	7
Unit III	<b>CHAKRAS AND MANDALAS</b> Introduction to Chakras; Description of Mūlādhāra, Svādishöhāna, Manipura, Anāhata, Vihuddhi, Agya and Sahasrāra Chakras; Concept of Mandalas, types and their work.	12
Unit IV	<b>VAYUS AND NADIS</b> Concept of Vāyus, type, their names and function; Concept of Nādis, their characteristics and name of 10 major Nādis and their functions; Difference between Idā, Pūṅgalā and Sushumnā nadi.	12

**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](http://Vidyamitra.inflibnet.ac.in), [epg-pathshala, egyankosh.ac.in](http://epg-pathshala.egyankosh.ac.in)

**Semester –II****Undergraduate Certificate in Yogic Science****DISCIPLINE SPECIFIC COURSE (DSC)- Yoga Practicum – 2****No. of Hours: 30****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	1	0	0	1	Eligibility in Bachelor of Arts	Nil

**Undergraduate Certificate in Yogic Science**

<b>Programme: Undergraduate Certificate in Yogic Science</b>	<b>Year : I</b>	<b>Semester: II Paper- DSC II</b>
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**Subject: Yoga****Course Code: DSC- II      Course Title: Yoga Practicum – 2****Course Outcomes:**

- Make students familiar with the systems of the body.
- 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.
- To make them aware of the basic postures.

<b>Credits: 1</b>	<b>Discipline Specific Course</b>
<b>Max. Marks: As per univ. rules</b>	<b>Min. Passing Marks: As per univ. rules</b>

Unit	Topic	No. of Hours
<b>Unit I</b>	Demonstration of Osteology & Myology	<b>10</b>
<b>Unit II</b>	Demonstration of Organs and Viscera	<b>10</b>
<b>Unit III</b>	Classification of Asana: Meditative Asana, Cultural Asana, Relaxative Asana and Suryanamaskar: 12 Steps of Asana	<b>10</b>

**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			
<b>Programme: Undergraduate Certificate in Yogic Science</b>		<b>Year : I</b>	<b>Semester: II Paper-GE</b>
<b>Subject: Yoga</b>			
<b>Course Code: GE</b>	<b>Course Title: Introduction to Human Body &amp;Mental Health</b>		
<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>			
<b>Credits: 4</b>		<b>Generic Elective</b>	
<b>Max. Marks: As per univ. rules</b>		<b>Min. Passing Marks: As per univ. rules</b>	
<b>Unit</b>	<b>Topic</b>	<b>No. of Hours</b>	
<b>Unit I</b>	In brief with special reference to Respiratory, Digestive, Muscular and Nervous systems.	<b>12</b>	
<b>Unit II</b>	Endocrine system: - Nature of B.M.R, Fatigue, Immunity, Defence mechanism, Resistance power.	<b>12</b>	
<b>Unit III</b>	Meaning and Definition of Mental Health, Concept of mind, factors affecting mental health.	<b>12</b>	
<b>Unit IV</b>	Meaning, nature, factors and effects of stress, Stress management and Yoga	<b>12</b>	
<b>Unit V</b>	Effect Of various asanas and pranayama on Human Body (As per Hatha Pradipika)	<b>12</b>	

**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 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)- Hatha Yoga

No. of Hours: 45

#### 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: Hatha Yoga	3	3	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
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#### Subject: Yoga

Course Code: DSC I      Course Title: Hatha Yoga

#### Course Outcomes:

By introducing hatha yoga & its texts, students shall be able to

- Have an understanding about pre-requisites, principles about Hatha yoga.
- Understand the relationship between Patanjala and Raja yoga.
- Have an understanding about the concept of yoga in other yogic texts.

Credits: 3

Discipline Specific Course

Max. Marks: As per univ. rules

Min. Passing Marks: As per univ. rules

Unit	Topic	No. of Hours
<b>Unit I</b>	<b>General introduction to Hatha yoga</b> Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions, Philosophy and Foundations; Hatha Yoga Parampara, Natha Cult Hatha Yogis and their contribution; Ghatashudhi: its importance and relevance in Hatha Yoga sadhana; Inter-relation of Hatha Yoga and Raja Yoga	<b>9</b>
<b>Unit II</b>	<b>Obstacles and facilitators in hatha yogic practices</b> Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga; Concepts of Matha, Concept of Mitahara, Pathya (conductive) and Apathya (non-conductive), Types of aspirants; Dasha Yama and Niyama and its relevance in Hatha Yoga Sadhana; Hatha Siddhi Lakshan	<b>9</b>

<b>Unit III</b>	<b>Principles of Hatha Yoga texts</b> Concept of Swas-prashwas, Vayu, Prana and Upaprana; Concept of Nadi and Chakra; Kundalini prabodhan, Unmani avastha, Nadanusandhan; Concept of Samadhi	<b>9</b>
<b>Unit IV</b>	<b>Introduction to Hatha Yoga texts</b> Brief introduction of Hatha Yoga Pradeepika and Gheranda Samhita	<b>9</b>
<b>Unit V</b>	<b>Relationship between Patanjala Yoga and Hatha Yoga</b> Jnana Yoga: Meaning of Jnana and Jnana-Yoga, Sadhana-chatushtaya, Means of Jñāna-Yoga; Bhakti Yoga: Meaning of Bhakti and Bhakti-Yoga, Stages of Bhakti, Types of Bhakti, Means of Bhakti-Yoga; Karma Yoga: Meaning of Karma and Karma-Yoga, Concept of Nishkama Karma, Means of Karma Yoga.	<b>9</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
- 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
- HathaYoga Pradeepika of Svatomarama, 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 –III

### Undergraduate Diploma in Yogic Science

#### DISCIPLINE SPECIFIC COURSE (DSC)- Yoga Practicum – 3

No. of Hours: 30

#### 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	1	0	0	1	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: Yoga Practicum – 3		
<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: 1		Discipline Specific Course	
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules	
Unit	Topic	No. of Hours	
Unit I	<b>Asana :</b> <ol style="list-style-type: none"> <li>1. Suryanamaskar with Mantras</li> <li>2. Padmasan</li> <li>3. Siddhasan</li> <li>4. Swastikasan</li> <li>5. Vajrasana</li> <li>6. Yogamudrasan</li> <li>7. Simhasan</li> <li>8. Veerasan</li> <li>9. Gomukhasan</li> <li>10. Ardhamatsyendrasan</li> <li>11. Marjariasan</li> </ol>	15	

<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>15</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– 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 –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	
<b>Course Outcomes:</b> <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; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; 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, Ancient & Modern classification, Quality of diet & its relation with Agni, Content of diet for daily use, diet during Yogic practices.	12
Unit IV	Nutrients, proximate 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](http://Vidyamitra.inflibnet.ac.in), [epg-pathshala, egyankosh.ac.in](http://epg-pathshala.egyankosh.ac.in)

## Semester –III

### Undergraduate Diploma in Yogic Science

#### DISCIPLINE SPECIFIC ELECTIVE (DSE)- 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: 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: Shrimad Bhagwat Gita	
<b>Course Outcomes:</b> <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 as synthesis of yoga</b> Introduction to Bhagwatgita; Bhagwatgita: a synthesis of Yoga; 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
Unit IV	<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	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 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](http://Vidyamitra.inflibnet.ac.in), [epg-pathshala, egyankosh.ac.in](http://epg-pathshala.egyankosh.ac.in)

## Semester –IV

### Undergraduate Diploma in Yogic Science

#### DISCIPLINE SPECIFIC COURSE (DSC)- Introduction to Patanjali Yoga Darshan

No. of Hours: 45

#### 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 Patanjali Yoga Darshan	3	3	0	0	Eligibility in Bachelor of Arts	Nil

Undergraduate Diploma in Yogic Science		
Programme: Undergraduate Diploma in Yogic Science		Year: II Semester: IV Paper- DSC I
Subject: Yoga		
Course Code: DSC I	Course Title: Introduction to Patanjali Yoga Darshan	
<b>Course Outcomes:</b> <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: 3	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.	9
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 Pragy, Panchklesh.	9
Unit III	Ashtang Yoga, Yama and Niyama as a social adjustment solution, Asana, Pranayama, Pratyahar, Dharna, Dhyana and Samadhi.	9
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).	9

<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>9</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 –IV

### Undergraduate Diploma in Yogic Science

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

No. of Hours: 30

#### 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	1	0	0	1	Eligibility in Bachelor of Arts	Nil

Undergraduate Diploma in Yogic Science		
Programme: Undergraduate Diploma in Yogic Science		Year: II Semester: IV Paper- DSC II
Subject: Yoga		
Course Code: DSC II	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: 1	Discipline Specific Course	
Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules	
Unit	Topic: Yoga Practicum – 4	No. of Lectures
Unit I	<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> </ul>	10

	<ul style="list-style-type: none"> <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>Unit II</b>	<p><b>Pranayama:</b> Preparatory aspects of Prananyama: Correct abdominal breathing in Savasana 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>● Chandrabhedhi Pranayam</li> <li>● Bhramri prayanam</li> </ul>	<b>10</b>
<b>Unit III</b>	<p><b>Shatkarma:</b> Dhauti (Kunjali, Vamana Dhauti, Vastra Dhauti); Neti (Jalneti, Sutraneeti); Kapalbhati and its variants; Agnisara</p>	<b>10</b>

### Suggested Readings

- HathYoga Pradipika-Kaivalyadham
- Asana, Pranayama, Mudra, Bandha
- 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](http://Vidyamitra.inflibnet.ac.in), [epg-pathshala, egyankosh.ac.in](http://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	
<b>Course Outcomes:</b> <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 of personality development.	12
Unit III	Causes of personality disorder- biological causes, psychological causes, social, cultural, environmental causes.	12
Unit IV	Measurement of personality – observation methods, personality inventories, projective methods, other methods.	12
Unit V	Contribution of Yoga in personality development – role of psycho-therapeutic and relaxation techniques, role of physical therapeutic, psycho-meditative and restorative techniques. Core development through yoga.	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, epg-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: <b>II</b>	Semester: <b>IV</b> Paper-DSE
Subject: Yoga			
Course Code: DSE	Course Title: Yoga Therapy		
<b>Course Outcomes:</b> . Students will come to know about the treatment of common ailments.			
Credits: 4		<b>Discipline Specific Elective</b>	
Max. Marks: As per univ. rules		<b>Min. Passing Marks: As per univ. rules</b>	
Unit	Topic	No. of Hours	
Unit I	<b>Yogic management of common Respiratory disorders</b> – Bronchitis, Rhinitis, Sinusitis, Br. Asthma	12	
Unit II	<b>Yogic management of Gastro-Intestinal disorders</b> – Constipation, Indigestion, Hyperacidity, Ulcer, Flatulence, and Gastritis.	12	
Unit III	<b>Yogic management of common Cardio-vascular disorders</b> – Hypertension, Hypotension, Coronary artery disease.	12	
Unit IV	<b>Yogic management of common Endocrinal</b> e.g., Diabetes, Hypo and Hyper thyroids, Obesity. <b>Yogic management of common disorders of Central &amp; Peripheral Nervous system</b> – Meningitis, Head ache & Migraine, Epilepsy, Paralysis, Parkinsonism.	12	
Unit V	<b>Yogic management of common disorders of Musculo-skeletal system and Joint disorders</b> - 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](http://Vidyamitra.inflibnet.ac.in), [epg-pathshala, egyankosh.ac.in](http://epg-pathshala.egyankosh.ac.in)

## Semester –V

## Bachelor of Yogic Science

## DISCIPLINE SPECIFIC COURSE (DSC)- Yoga in Upanishads

No. of Hours: 45

## 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	3	3	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	
<b>Course Outcomes:</b> <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: 3	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.	10
Unit II	General introduction of the Upanishads mentioned in Yoga, the subject described in the Upanishads, the nature of yoga according to the Shvetaswaropanisad, a suitable place for practicing yoga, the symptom of yoga accomplishment.	12
Unit III	Yoga elements in the upanishads – Ishopanisad, Kenoupanishad, in the context of Kathopanisad, karma, types of karma, karma indulgence, karma-renunciation, karma-vipaka, purushartha chatustaya	12
Unit IV	Vidya-Avidya knowledge and destruction. The nature and subject of the senses, the relation between mind and senses.	11

**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)- Yoga Practicum – 5

No. of Hours: 30

## 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	1	0	0	1	Eligibility in Bachelor of Arts	Nil

## Bachelor of Yogic Science

Programme: Bachelor of Yogic Science

Year:  
IIISemester: V  
Paper-DSC  
II

Subject: Yoga

Course Code: DSC II

Course Title: Yoga Practicum – 5

## Course Outcomes:

- Understand the principle of each practice.
- Demonstrate each practice skillfully.
- Explain the procedure, precaution, benefits and limitations of each practice.

Credits: 1

Discipline Specific Course

Max. Marks: As per univ. rules

Min. Passing Marks: As per univ. rules

Unit	Topic	No. of Hours
Unit I	<b>Bandha</b> Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Tri Bandha	10
Unit II	<b>Asana and Pranayama</b> Pacchimotanasana, Ustrasana, Yoga Mudra, Kurmasana, Bhujangasana, Shalabhasana, 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	10
Unit III	<b>Practices leading to meditation</b> Pranav and Soham Japa; Yoga Nidra; Antarmauna; Ajapa Dharana; Mind sound resonance technique (MSRT)	10

## Suggested Readings

- HathYoga Pradipika-Kaivalyadham
- Asana,Pranayama,Mudra,Bandha
- समग्र योग महाविज्ञान– डॉ0 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 – डा0 ईश्वर भारद्वाज
- आसन प्राणायाम – देवव्रत आचार्य
- आसन, प्राणायाम, मुद्रा बन्ध – स्वामी सत्यानन्द
- बहिरंग योग – स्वामी योगेश्वरानन्द
- हठयोग के सिद्धान्त–डॉ0 नवीन भट्ट,नेहा पाण्डेय
- योग बीज – डॉ 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 &amp; 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](http://Vidyamitra.inflibnet.ac.in), [epg-pathshala, egyankosh.ac.in](http://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			
<b>Programme: Bachelor of Yogic Science</b>		<b>Year: III</b>	<b>Semester: V</b> <b>Paper-DSE</b>
<b>Subject: Yoga</b>			
<b>Course Code: DSE</b>	<b>Course Title: Naturopathy</b>		
<b>Course Outcomes:</b> The students will come to know about nature cure treatments.			
<b>Credits: 4</b>		<b>Discipline Specific Elective</b>	
<b>Max. Marks: As per univ. rules</b>		<b>Min. Passing Marks: As per univ. rules</b>	
<b>Unit</b>	<b>Topic: Naturopathy</b>	<b>No. of Hours</b>	
<b>Unit I</b>	History and Fundamental principles of Naturopathy, Laws of Nature: Pancha Maha Bhutas, Shareera Dharmas – Ahara, Nidra Bhaya, Maidhunani, Swasta Vritam: Dinacharya, Ratricharya, Ritucharya.	<b>12</b>	
<b>Unit II</b>	<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.	<b>12</b>	
<b>Unit III</b>	<b>Mud therapy-</b> Importance, types, properties of soil, effect of soil on the body, mud strips.	<b>12</b>	
<b>Unit IV</b>	Importance of sunlight, action of sunlight on the body, sun bath, use of different colors.	<b>12</b>	
<b>Unit V</b>	Fasting - Principles, Exacerbation of disease and Fasting, Rules of fasting, Reasons for fasting	<b>12</b>	

**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		
<b>Course Outcomes:</b> 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: 45

#### 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	3	3	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	
<b>Course Outcomes:</b> Students will come to know about Indian Philosophy and culture.		
Credits: 3	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.	9
Unit II	Introduction and principles of nyaya, visheshika, sankhya yoga philosophy (Tatva Mimamsa and Acharya Mimansa)	9
Unit III	Mimamsa and Vedanta sects of Vedanta (monism, dualism, General Introduction and Principles of Vishishtadvaita (Shuddhadvaita) (Tattva Mimamsa and ethics)	9
Unit IV	General Introduction and Principles of Charvaka, Jain and Buddhist Philosophy (Tattva Mimamsa)	9
Unit V	Meaning and definition of the word culture, salient features of Indian Indian culture Ashram system, Varna system, Shodas Sanskar, Panchmahayagya	9

**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)- Yoga Practicum – 6

No. of Hours: 30

#### 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	1	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: 1	Discipline Specific Course	
Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules	
Unit	Topic: Yoga Practicum – 6	No. of Hours
Unit I	<b>Asanas</b> <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> </ol>	15

	13. Mandukasan 14. Shashankasan 15. Bhujangasan 16. Ushtrasan 17. Tadasan 18. Triyaktadasan 19. Katichakrasan 20. Dhruvasan 21. Utkatasan 22. Uttanpadasan 23. Garudasan 24. Natrajasan 25. Vatayanasan 26. Trikonasan 27. Hasta Uthanasan 28. Padhastasan 29. Shalbhasan 30. Matsyasan 31. Dhanurasan 32. Chakrasan 33. Paschimottonasan 34. Janu Shirasan 35. Halasan 36. Naukasan 37. Sarvagasan 38. Balasan 39. Makarasan 40. Shavasan	
<b>Unit II</b>	Pranayama: Preparatory aspects of Prananyama: Correct abdominal breathing in Shavasana 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>● Ujjayee pranayam</li> </ul>	<b>5</b>
<b>UnitIII</b>	Kriya: <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>5</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>5</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– प्रकाषक कैवल्यधाम लोनावाला
- घेरण्ड संहिता– प्रकाषक कैवल्यधाम, लोनावाला
- गोरक्ष संहिता– गोरक्षनाथ
- योगासन विज्ञान– स्वामी धीरेन्द्र ब्रह्मचारी
- योग परिचय – पीताम्बर झा
- सरल योगासन – डा० ईश्वर भारद्वाज
- आसन, प्राणायाम, मुद्रा बन्ध – स्वामी सत्यानन्द
- 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.

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## 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		
<b>Course Outcomes:</b> <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, Definition 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  
Manav Sharir Vigyan  
Rogi, Rog Evam Upcharak

J. P. Agarwal  
Dr. G.C. Agarwal  
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](http://Vidyamitra.inflibnet.ac.in), [epg-pathshala, egyankosh.ac.in](http://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 Paper-DSE
Subject: Yoga		
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	<b>Yogic Health for school</b> General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Brief introduction to developmental process of children; Psycho-Physiological changes and development of cognitive functions in School going children; Role of Yoga in establishment of values in School going children; Personality Development: New Dimensions of Personality through Yoga.	15
Unit II	<b>Yoga in Physical Education, Sports Sciences</b> General introduction to Physical Education and Sports; Difference between Physical Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other faculties / skills in a sports Personnel; Nature of different sports injuries, its prevention and management through Yoga; Yoga modules for different sports – track events, field events, single participation, group participation; Application of Yogic lifestyle in improving efficacy in sports personnel's; Relationship between Yoga and sports activities; Research reviews on Yoga and Sports.	15

<b>Unit III</b>	<b>Yoga for technostress</b> Introduction to Technostress, its cause, symptoms and complications; Health Hazards in computer professionals; Role of Yoga in the promotion of skills; Application of Yoga for management of Technostress; Research reviews on effect of Yoga on Technostress.	<b>15</b>
<b>Unit IV</b>	<b>Yoga for geriatric care</b> General introduction to Geriatric Care; Ageing: Causes and features, Premature ageing; Common Geriatric problems; Application of yoga in common Geriatric problems and their prevention and management; Research reviews on Yoga and Geriatric care.	<b>15</b>

**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:**

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**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 –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	
<b>Course Outcomes:</b> <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