

Curriculum and Credit Framework as per NEP 2020

For

B.A Yoga

(To be effective from the Academic Session 2025-26)



Department of Studies in Art & Culture
Gurugram University, Gurugram

(A State Govt. University Established Under Haryana Act 17 Of 2017)

Asst. Prof.
Dr. Anurag
Dr. Anurag
Dr. Anurag

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Abhishek
Q. S. S.
Sayonara
S. S.

1. Background

MISSION

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root yuj ' meaning "to join", "to yoke" or "to unite". Therefore, the aim of Yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; it is also a body of techniques that leads us to consciously connect with ourselves and with life. As Yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel its effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind, we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce Yoga as a science of Holistic living and not merely as Yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training the enthusiasts to become Yoga therapist so that they can teach Yoga under the supervision of a doctor for health and healing.

ABOUT THE PROGRAM

1. Title of the Course–

The Course shall be called "B.A Yoga".

2. Aim of the Course

The course will aim to impart the fundamental knowledge and Skills about Yoga, its basis and applications. The curriculum of the program also covers the study of scriptures, application of meditation, chanting and more among a variety of other practices to meet the purpose of the subject. For yoga professionals, there are a plethora of career options available both in the government and private sectors. Students can easily find employment in the field of research, academics, management, hospital, administrative, consultation, etc.

3.VISION

Yogic Science is a great Indian Ancient Knowledge System. Our vision is to provide this ancient knowledge system to the students along with its scientific approach and practical aspect so that the students can use it for personal upliftment and serve the society, nation and world at large.

Abhishek
Praveen
Sayonara
Sub

4. Objectives of the Course –

- Promoting the awareness for positive health and personality development in the student through Yoga.
- Instilling and inculcating the general interest and inquisitive knowledge about Yoga for Health, personality development and spiritual evolution.
- To produce manpower to give Yoga training and Yoga Therapy at all levels.
- To assist physicians/consultants to give Yoga Training and Therapy at hospitals.
- To generate manpower to assist in Yoga Research Projects.
- To encourage the pupil to be a global citizen, serving the human beings at large through the noble profession of Yoga.

5. Programme Educational Objectives (PEOs)

PEO	Description
PEO-1	Enhanced Learning Experience: Yoga promotes better concentration, focus, and mental clarity, which can improve students' overall academic performance.
PEO-2	Interdisciplinary Learning: Yoga courses can be integrated with other disciplines such as psychology, physical education, health sciences, and stress management, providing a comprehensive learning experience.
PEO-3	Research Opportunities: Students can engage in research related to the physical, psychological, and social benefits of yoga, contributing to academic knowledge and innovation in the field.

Geeta

Jaynaray

Subh *Abhishek*

6. Programme Outcomes

PO	Description
PO-1	Lifelong Wellness Practices: Introducing yoga in university helps students develop lifelong wellness practices that they can carry forward into their professional and personal lives.
PO-2	Professional Opportunities: Knowledge and experience in yoga can open various career opportunities in health and wellness, fitness, education, and therapy.
PO-3	Self-awareness and Mindfulness: Yoga encourages self-reflection and mindfulness, helping students develop a deeper understanding of themselves and their emotions.
PO-4	Discipline and Time Management: The discipline required for regular yoga practice can translate into better time management and organizational skills.
PO-5	Stress Reduction: Yoga practice is known for its stress-relieving properties, helping students manage academic and personal stress more effectively.
PO-6	Improved Mental Health: Regular yoga practice can enhance overall mental health, contributing to a supportive and healthy campus environment.
PO-7	Healthy Lifestyle Promotion: Yoga encourages a holistic approach to health, promoting balanced nutrition, proper sleep, and regular physical activity.
PO-8	Building a Supportive Community: Yoga classes can create a sense of community and belonging among students, fostering social connections and support networks.

Co-ordinator
Sayonara
Dr
Abhishek

7. Programme Specific Outcomes

PSO	Description
PSO-1	Proficiency in various yoga techniques, such as asanas, pranayama, Meditation, and relaxation techniques.
PSO-2	Comprehensive understanding of the theory and practice of yoga, including its history, philosophy, and principles.
PSO-3	Knowledge of the human anatomy and physiology, and how it relates to yoga practice.
PSO-4	Understanding of the benefits and limitations of yoga for physical, mental, and emotional health, and the ability to design and teach safe and effective yoga classes.
PSO-5	Knowledge of other related subjects such as Ayurveda, Naturopathy, and yoga therapy.

Signature
Sayansha
Dr. Arvind

8. Postgraduate Attributes

1. **Disciplinary Knowledge:** Capable of demonstrating comprehensive knowledge and understanding of Yogic Science and Human Consciousness, its different platforms and related issues.
2. **Creative, problem solving and creative thinking:** Capability to apply analytic thought to a body of knowledge, evaluate the reliability and relevance of evidence, identify logical flaws and holes in the arguments to formulate coherent assertions; analyse and synthesize data and claims from a variety of sources; identify relevant assumptions or implications, critically evaluate practices, policies and theories by following a scientific approach to knowledge development, draw valid conclusions and support them with evidence and examples, and address opposing viewpoints.
3. **Communication Skills:** Ability to express thoughts and ideas effectively in writing and orally; Communicate with others using appropriate media; confidently share one's views and express herself/himself; demonstrate the ability to listen carefully, read and write analytically, and present complex information clearly and concisely to different groups.
4. **Research Skills:** A sense of inquiry and capability for asking relevant/ appropriate questions, critically evaluating ideas, evidence and experiences from an open-minded and scientific reasoned perspective; problematizing, synthesising, and articulating; Ability to recognise cause-and-effect relationships, defining problems, analysing, interpreting, and drawing conclusions from quantitative/qualitative data, predict cause-and-effect relationships.
5. **Moral and Ethical Value:** Ability to embrace moral/ethical values in conducting one's life, formulate a position/argument about an ethical issue from multiple perspectives, and use ethical practices in all work. Avoiding unethical behaviour such as fabrication, falsification or misrepresentation of data or committing plagiarism, not adhering to intellectual property rights. Appreciating environmental and sustainability issues, and adopting objective, unbiased and truthful actions in all aspects of work. Possessing knowledge of the values and beliefs of multiple cultures and global perspectives, and the capability to effectively engage in a multicultural society and interact respectfully with diverse groups.
6. **Life skills & Lifelong Learning:** Ability to acquire knowledge and skills, learning how to learn, which is necessary for participating in learning activities throughout life, through self-paced and self- directed learning aimed at personal development, meeting economic, social and cultural objectives, and adapting to changing trends and demands of the workplace through knowledge/skill development/reskilling.
7. **Global Competence:** Understanding global ethical standards and the implications of one's actions on the world. Commitment to contributing positively to global society, addressing global challenges such as poverty, inequality, and environmental sustainability.

Qualification Descriptors

Eligibility

The candidate should have qualified 10+2 examination from the Board of School Education, Haryana or of any other Board recognised as equivalent thereto, with a minimum of 50% marks in aggregate (47.5% in case of SC/ST/ Divyang candidates of Haryana only)

Geeta
Ayomaya
Sub *Abhishek*

Scheme of Programme
(Scheme UG A2: Undergraduate Programmes (Single Major))

Semester 1

Course Code	Course Title	Course ID	L	T	P	L	T	P	Total Credits	MARKS					
			(Hrs)			Credits				TI	TE	PI	PE	Total	
Core Course(s)															
CC-A1	History & Philosophy of Yoga	250/YOG/CC101	4			4			4	30	70			100	
CC-A2	Principle of Hatha Yoga-1	250/YOG/CC102	3		2	3		1	4	25	50	5	20	100	
CC-A3	Yoga Practium-1	250/YOG/CC103			8			4	4			30	70	100	
Minor/ Vocational Course(s)															
MIC-1	Biomechanics of Asanas	250/YOG/MI101			4			2	2			15	35	50	
Multidisciplinary Course(s)															
MDC-1									3					75	
Ability Enhancement Course(s)															
AEC-1	English Language & communication-1		2			2			2	15	35			50	
Skill Enhancement Course(s)															
SEC-1	Principle & Practice Of Yoga	250/YOG/SE101	2		2	2		1	3	15	35	5	20	75	
Value-added Course(s)															
VAC-1			2			2			2	15	35			50	
Total Credits									24					600	

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Abhishek

Semester 2

Semester 2										MARKS				
Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	TI	TE	PI	PE	Total
			(Hrs)			Credits								
Core Course(s)														
CC-A4	Patanjali Yog Darshan-1	250/YOG/CC201	4			4			4	30	70			100
CC-A5	Yogic Anatomy & Physiology-1	250/YOG/CC202	3		2	3		1	4	25	50	5	20	100
CC-A6	Yoga Practicum-2	250/Yog/CC203			8			4	4			30	70	100
Minor/ Vocational Course(s)														
MIC-2	Biomechanics of Pranayam	250/YOG/M1201			4			2	2			15	35	50
Multidisciplinary Course(s)														
MDC-2									3					75
Ability Enhancement Course(s)														
AEC-2	English Language & communication-2		2			2			2	15	35			50
Skill Enhancement Course(s)														
SEC-2	Methods of Teaching Yoga	250/YOG/SE205	2		2	2		1	3	15	35	5	20	75
Value-added Course(s)														
VAC-2			2			2			2	15	35			50
Total Credits									24					600

Students exiting the program after the second semester and securing 52 credits, including 4 credits of summer internship, will be awarded a UG Certificate in the relevant Discipline/Subject.

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Jaynava
Sub
Abhishek

Semester 3

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS					
			(Hrs)			Credits				TI	TE	PI	PE	Total	
Core Course(s)															
CC-A7	Patanjali Yog Darshan-2	250/YOG/CC301	4			4			4	30	70			100	
CC-A8	Principle Of Hatha Yoga-2 (Gherand Samhita)	250/YOG/CC302	3		2	3		1	4	25	50	5	20	100	
CC-A9	Yoga Practium-3	250/YOG/CC303			6			3	3			25	50	75	
Minor/ Vocational Course(s)															
MIC-3	Traditional Therapies	250/YOG/MI301	2		4	2		2	4	15	35	15	35	100	
Multidisciplinary Course(s)															
MDC-3									3					75	
Ability Enhancement Course(s)															
AEC-3	Sanskrit Language & Communication Skill-1		2			2			2	15	35			50	
Total Credits									20					500	

Q. Scans
Arjunan
Sub
Abhishek

Semester 4

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS					
			(Hrs)			Credits				TI	TE	PI	PE	Total	
Core Course(s)															
CC-A10	Biography of yogis	250/YOG/CC401	4			4			4	30	70			100	
CC-A11	Yoga & Holistic Health	250/YOG/CC402	3		2	3		1	4	25	50	5	20	100	
CC-A12	Fundament als of Naturopathy	250/YOG/CC403	2		4	2		2	4	15	35	15	35	100	
Minor/ Vocational Course(s)															
MIC/OC-4	Yoga Therapy-1 For common Ailments	250/YOG/MI401	2		4	2		2	4	15	35	15	35	100	
Ability Enhancement Course(s)															
AEC-4	Sanskrit language & Communication skill-2		2			2			2	15	35			50	
Value-added Course(s)															
VAC-3	Yogic Lifestyle & Sustainable Development	250/YOG/VA401	2			2			2	15	35			50	
Total Credits									20					500	

Students exiting the program after fourth semester and securing 92 credits including 4 credits of summer internship will be awarded UG Diploma in the in the relevant Discipline/Subject.

Dr. Jayanaga
Dr. Bhishu

The internship is to be completed during summer break after the 4th Semester, credits will be added in the 5th Semester.

Semester 5

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS					
			(Hrs)			Credits				TI	TE	PI	PE	Total	
Core Course(s)															
CC-A13	Shaktiya Darshan	250/YOG/CC501	4			4			4	30	70			100	
CC-A14	Essence of Bhagawad Gita	250/YOG/CC502	4			4			4	30	70			100	
CC-A15	Yoga Practium-4	250/YOG/CC503			8			4	4			30	70	100	
Minor/ Vocational Course(s)															
MIC-5	Fundamentals of Ayurveda	250/YOG/MI501	3		2	3		1	4	25	50	5	20	100	
Skill Enhancement Course(s)															
Internship									4					100	
Total Credits									20					500	

Dr. S. S. Srinivas
Srinivas
Dr. S. S. Srinivas

Semester 6

Semester 6														
Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-A16	Upnaishad Parichay	250/YO G/CC6 01	4			4			4	30	70			100
CC-A17	Yoga Practium-5	250/YO G/CC6 02			8			4	4			30	70	100
CC-A18	Principle of Hatha yoga-3	250/YO G/CC6 03	2		2	2		1	3	15	35	5	20	75
Minor/ Vocational Course(s)														
MIC-6	Fundamentals of Psychology	250/YO G/MI60 1	4			4			4	30	70			100
MIC-7	Fundamentals of Biochemistry	250/YO G/MI60 2	3		2	3		1	4	25	50	5	20	100
Skill Enhancement Course(s)														
SEC-3	Yogasana Sports	250/YO G/SE60 1	2		2	2		1	3	15	35	5	20	75
Total Credits									22					550

Students will be awarded a 3-year UG Degree B.A Yoga in the relevant Discipline/Subject upon securing credits in the relevant Discipline/Subject.

Devesh
Sayonara
Dr. Abhishek

Semester 7(Draft)

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS					
			(Hrs)			Credits				TI	TE	PI	PE	Total	
Core Course(s)															
CC-H1									4						
CC-H2									4						
CC-H3									4						
CC-H4									4						
Minor/ Vocational Course(s)															
MIC-8									4						
Total Credits									20						

Dr. Jayanarayana
Dr. Abhishek

Semester 8(Draft)

Semester 8(Draft)

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-H5									4					
CC-H6									4					
CC-H7									4					
CC-H8									4					
Minor/ Vocational Course(s)														
MIC-9									4					
Skill Enhancement Course(s)														
Field Trainin g/SEC4	Field Training								4					
Total Credits									24					

Semester 8 (Honours with Research) (Draft)

Semester 8 (Honours with Research) (Draft)														
Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-H5									4					
CC-H6									4					
Minor/ Vocational Course(s)														
MIC-9									4					
Research Project/Dissertation														
Research work/Dissertation									12					
Total Credits									24					

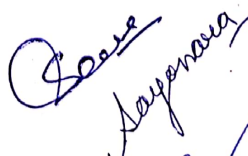
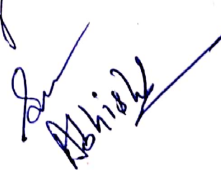
Boose
Sayanana

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Abhishek

SEMESTER-1

B.A YOGA

Course Code	Course Title	Course ID	L	T	P	L	T	P	Total Credits	MARKS					
			(Hrs)			Credits				TI	TE	PI	PE	Total	
Core Course(s)															
CC-A1	History & Philosophy of Yoga	250/YOG/CC101	4			4			4	30	70			100	
CC-A2	Principle of Hatha Yoga-1	250/YOG/CC102	3		2	3		1	4	25	50	5	20	100	
CC-A3	Yoga Practium-1	250/YOG/CC103			8			4	4			30	70	100	
Minor/ Vocational Course(s)															
MIC-1	Biomechanics of Asana	250/YOG/MI101			4			2	2			15	35	50	
Multidisciplinary Course(s)															
MDC-1									3					75	
Ability Enhancement Course(s)															
AEC-1	English Language & communication-1		2			2			2	15	35			50	
Skill Enhancement Course(s)															
SEC-1	Principle & Practice Of Yoga	250/YOG/SE101	2		2	2		1	3	15	35	5	20	75	
Value-added Course(s)															
VAC-1			2			2			2	15	35			50	
Total Credits									24					600	


 Dr. Jayaram

 Dr. Abhishek

Semester-I

Core course I

History & Philosophy of Yoga

Course Code: 250/YOG/CC101	Credits:4
TI: 30 TE: 70	PI: PE:

Instructions for External Examination: This question paper shall be divided into two sections. The examiner is requested to set section A as a compulsory question containing 14 marks and from the entire syllabus (can be either subjective or objective). Section B will be a choice of two questions from each unit. The student will be required to attempt one question from each unit. All questions from each unit will carry equal(14) marks.

Objectives:

The subject entitled 'History & Philosophy of Yoga' has the following objectives: Students of the B. A course will provide an understanding of the origin, history, and development of Yoga. They will have an idea about the insights of Bhartiya Darshan and Astika & Nastika Darshanas. Introduction to Yoga according to various yogic texts.

Outcomes: After completing this course, the learner will be able to:

1. Describe the Aims, Objectives, and scope of Yoga.
2. Explain the historical development of Yoga.
3. Illustrate the basic knowledge of the biological aspects of Yoga.

Unit-1: Introduction to Yoga

- 1.1 Etymology and definitions of Yoga, a brief introduction to the origin of Yoga
- 1.2 Darshana: Its meaning, definitions and objectives, Salient features of Indian Philosophy
- 1.3 General introduction to Astik & Nastik Darshan, with special emphasis on Samkhya, Yoga and Vedanta Darshan
- 1.4 Importance and Objective of Yoga, Personality of Yogi, Utility of Yoga in the Modern Age, Misconceptions about Yoga.

Unit - 2: History & Development of Yoga -1

- 2.1 General introduction to Vedas, Upanishads, Prasthanatrayee and Purushartha Chatushtaya, Goal of human life.
- 2.2 Nature of Yoga in Vedic Culture
- 2.3 Nature of Yoga in Upnaishad,
- 2.4 Nature of Yoga in Ramayana, Yoga Vasishtha,

Unit - 3: History & Development of Yoga -2

- 3.1 Nature of Yoga in Mahabharata, Shrimad Bhagwat Geeta
- 3.2 Nature of Yoga in Jain darshan & Bodh darshan
- 3.3 Yoga Traditions in the Middle Ages
- 3.4 Yoga Traditions in Modern Times:

Unit 4: Introduction to different streams of Yoga

- 4.1 Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma and Dhyana)
- 4.2 Yoga Schools with Samkhya Yoga Tradition & Ashtanga Yoga of Maharshi Patanjali (Yog Darshan)
- 4.3 Yogic Schools of Tantric Tradition (Hatha Yoga, Swara Yoga and Mantra Yoga)
- 4.4 Yoga in Contemporary Times.

Suggested Books –

- 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
- Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
- Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
- Arya Dr Somveer : Yogasar, Kitab mahal Publications Delhi , 2022
- Dr. Ramesh Kumar : भारतीय वाङ्मय में योग परंपरा, 2023
- Arya Dr Somveer, Dr Dharamveer : Yogsar, 2023
- Saraswati, Swami Satyananda : Kundalini Yoga, Yoga Publication Trust, Munger, 2005.
- Pandey, Rajkumari : Bhartiya Yoga parampara ke vividh aayam, Radha Publication, new Delhi, 2008.
- Swami Vivekananda : The Four Yogas of Swami Vivekananda, Ramakrishna Vedanta Centre Advaita Ashrama, 1996.
- Joshi, K.S.Ganesh Shankar : Yoga Ke Siddhant Evam Abhyas, Madhya Pradesh Hindi Granth Academy, Bhopal.
- Swami Prabhavananda : Spiritual Heritage of India, Genesis publishing Pvt. Ltd., New Delhi, 2003.
- Dr. Ramesh Kumar : Principle & Importance of Yog

Core Course-2 Semester-1

Principle of Hatha Yoga- 1 (Hatha Pradipika)

Course Code: 250/YOG/CC102	Credits:4
TI: 25 TE: 50	PI: 5 P E : 20

Instructions for External Examination: This question paper shall be divided into two sections. The examiner is requested to set section A as a compulsory question containing 10 marks and from the entire syllabus (can be either subjective or objective). Section B will be a choice of two questions from each unit. The student will be required to attempt one question from each unit. All questions from each unit will carry equal(10) marks.

Objectives. By introducing Hatha Yoga & its texts, students shall be able to have an understanding of the prerequisites and principles of Hatha Yoga. Understand the relationship between Hatha and Raja Yoga. Also have an understanding of the concept of Hatha Yoga in Classical texts.

Outcomes: Following the completion of this course, students shall be able to

- Understand the origin, history, and principles of Hatha Yoga.
- Develop an insight into various prerequisites of hatha yoga.
- Develop an insight into the various specific personalities of hatha yogis.
- Understand the concept of Pranayama and Samadhi
- Assemble the deep concept of hatha yoga according to various ancient and authentic hatha yogic texts.

Unit-1

- 1.1 Introduction of Hatha Yoga.
- 1.2 Biography of Swatmarama & Hatha Yoga parampara,
- 1.3 Place of Hatha Yoga Practice.
- 1.4 Success and failure elements of Hatha Yoga.

Unit -2

- 2.1 Introduction of Shatkriya
- 2.2 Asan (15 asana)
- 2.3 Concept of Vayu, Prana and Upaprana
- 2.4 Kumbhaka (Pranayama)

Unit-3

- 3.1 Yama & Niyama in Hatha Yoga
- 3.2 Bandha
- 3.3 Mudra
- 3.4 Hatha siddhi Lakshan

Unit-4

- 4.1 Introduction to Tantra Yoga and its relationship with Hatha Yoga
- 4.2 Concept of Kand, Nadi, Swar, Chakra and Granthi.
- 4.3 Concept of Kundalini & Kundalini prabodhan, Unmani avastha, Nadanusandhan
- 4.4 Concept of samadhi

Suggested Books –

Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
HathaYoga Pradeepika of Swatmarama, MDNIY Publication, 2013
Gharote ML: Hatharatnavali, The Lonavala Yoga Institute, Lonavala, Pune, IInd Edition, 2009
Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.
Swatmaramaji: Hathapradipika (Jyotsana- tika), Adyar Library, Madras.
Bharati, Swami Veda Reddy Venkata: Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania,
Dr. Somveer Arya,: Hath pradiika(Swami Swatamaram Rachit)

Score
Ayurveda
Dr. Abhishek

Semester-1
Core Course-3
Yoga Practium- 1

Course Code: 250/YOG/CC103	Credits:4
TI: TE:	PI: 30 PE: 70

Instruction for External Examination: Practical Exam

Outcome:

- Gain a thorough understanding of the fundamental principles and practices of yoga.
- Ability to design and implement a personal yoga practice routine.
- Competence in performing and teaching basic yoga postures and breathing techniques.

UNIT-1: Shalok and Mudra(Level-1)

- 1.1 Concept and Recitation of Pranav
- 1.2 Recitation of Pratah-smaran and Shanti Mantras
- 1.3 Recitation of Hymns from Upanishad & Yoga Text
- 1.4 Chin mudra, Jnana mudra, Hridaya mudra, Bhairav mudra, Yoni mudra.

UNIT-2: Shatkarm and breathing practices (Level-1)

- 2.1 Dhauti (Vamana)
- 2.2 Neti (Jala)
- 2.3 Kapalbhata (Vatakrama)
- 2.4 Breath Awareness: Shwas-prashwas samyama, Sectional Breathing (Abdominal, thoracic and clavicular) Yogic Deep Breathing

UNIT-3: Yogic Sukshm and Sthul Vyayam (Level-1)

Yogic Sukshm vyayam

1. Uccharana-sthala tatha Vishudha-chakra-shuddhi (for throat and voice)
2. Prarthana (Prayer)
3. Buddhi-tatha-Dhriti shakti-vikasaka (for developing will power)
4. Smarana shakti-vikasaka (for improving the memory)
5. Medha shakti-vikasaka (for improving the intellect)
6. Netra shakti-vikasaka (for the eyes)
7. Kapala shakti-vardhaka (for the cheeks)
8. Karna shakti-vardhaka (for the ears)
9. Griva shakti-vikasaka (for the Neck)
10. Griva shakti-vikasaka (for the Neck)
11. Griva shakti-vikasaka (for the Neck)
12. Kati shakti-vikasaka (for the waist) (1)(2)(3)(4)(5)
13. Muladhara-chakra-suddhi (for the rectum)
14. Upastha tatha-svadhithana-chakra-suddhi (for the genital organs)
15. Kundalini shakti-vikasaka (for the kundalini)
16. Jangha shakti-vikasaka (for the thighs) (1) (A & B)
17. Jangha shakti-vikasaka (for the thighs) (2) (A & B)
18. Janu shakti-vikasaka (for the knees)
19. Pindali shakti-vikasaka (for the calves)
20. Pada-mula shakti-vikasaka (A & B)
21. Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet)
22. Padanguli shakti-vikasaka (for the toes)

Sthul Vyayam

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1. Rekha-gati (Walking in a Straight line),
2. Hrid-gati (Injanadaur – the Locomotive Exercise),
3. Utkurdana (Jumping Exercise),
4. Urdhva-gati (Upward Movement),
5. Sarvanga-pusti (Developing the Entire body)

Aasan

1. Padhastasan, Paschimottan Aasan (Forward Bend)
2. Ardha Chandrasana, Ushtrasan (Backwards Bend)
3. Parivarta Padamasana, Himavanasan (Twisting)
4. Vrksahasana, Ardhnatrajasan (Leg Balance)
5. Bakasan, Kaundinayasan (Hand Balance)

UNIT-4: CONTINUOUS EVALUATION BY THE TEACHERS' BOOKS FOR REFERENCES

Suggested Books

- Basavaraddi, I.V. & others: Prataha Smarana, MDNIY New Delhi.
- Basavaraddi, I.V. & others: Shatkarma: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
- Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
- Basavaraddi, I.V. & others: Yogic Sukshma Evam Sthula Vyayama, MDNIY New Delhi, 2011.
- Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1993
- Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006
- Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore, 2005
- Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennsylvania, 1998
- Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005.

Minor course/vocational course (MIC-1) Semester-1
Biomechanics of Asan

Course Code: 250/YOG/MI101	Credits:2
TI: TE:	PI: 15 PE: 35

Instruction for External Examination: Practical Exam

Objective of Course:

- To understand the concept and significance of alignment in yogic postures (asan).
- To explore the anatomical, physiological, and energetic principles underlying proper alignment.
- To analyze the role of alignment in enhancing the safety, stability, and effectiveness of asana practice.
- To examine common misalignments, their causes, and corrective measures.
- To highlight the importance of alignment in preventing injuries and promoting long-term well-being.
- To develop awareness of body mechanics and mindful movement in yoga practice.
- To integrate the principles of alignment with breath, awareness, and inner stillness for a holistic yogic experience.

Outcome: After completion of this course, the learner will be able to understand alignment in basic posture or asana
How to correct the posture and prevent injuries,
knowledge of correct posture in asana practice

Unit-1 Introduction to Alignment

- 1.1 Asan & Alignment, Importance of Alignment in Asan
- 1.2 The skeletal system & Movement
- 1.3 Anatomy of Flexion and Extension
- 1.4 Anatomy of muscular relaxation

Unit-2 Alignment in Posture

- 1.1 Alignment in Standing Posture
- 1.2 Alignment in Sitting Posture
- 1.3 Alignment in Kneeling Posture
- 1.4 Alignment in Supine & Prone Posture

Books References

Yoga Anatomy by Leslie Kaminoff & Amy Matthews
Anatomy of Hatha Yoga by H David Coulter
Lights on Yoga by B.K.S. Iyengar

Q. Sanyal
Sanyal
Dr. Sanyal
Dr. Sanyal

Semester-1

Skill Enrichment Course: Principle & Practice of Yoga

Course Code: 250/YOG/SE101	Credits:3
TI: 15 TE: 35	PI: 5 PE: 20

Instructions for External Examination: This question paper shall be divided into two sections. The examiner is requested to set section A as a compulsory question, worth 14 marks, drawn from the entire syllabus (can be either subjective or objective). Section B will be a choice of two questions from each unit. The student will be required to attempt one question from each unit. The questions in section B will be worth 7 marks.

Objectives

- Understand the role of yoga in improving body movements.
- Learn specific yoga techniques to enhance strength, flexibility, balance, and mental focus.
- Develop skills to design yoga routines.
- Apply yoga principles for injury prevention and recovery.
- Integrate mindfulness and breath control to improve performance under pressure.

Outcome: -After completing this course, students understand the different combinations of asana /pranayama/ and meditation techniques

NOTE: Practical will be based on theory

Unit-1 Principle for Yoga Practice

- 1.1 Definition and meaning of Yoga, Importance of Yoga
- 1.2 Psychological/physiological aspects of Yoga
- 1.3 Yama & Niyama: the moral foundation
- 1.4 Yogic diet and daily routine (Dinacharya)

Unit-2 Practice of Yoga

- 2.1 Importance of discipline and self-study
- 2.2 Joint Loosening Practice
- 2.3 Energising Practice
- 2.4 Body Strengthen Practice

Unit-3 Injury Prevention & Relaxation

- 3.1 Recovery and Rehabilitation
- 3.2 Breathing Techniques (Pranayama)
- 3.3 Mindfulness Meditation and Visualisation Techniques
- 3.4 Yog Nidra: The art of relaxation

Books References

Super Science of Yoga – Dr Kamakhya Kumar,
Lights on Yoga- B.K.S Iyengar
Patanjali Yog Sutras- Swami Sachidananda
Yogsar -Dr. Somveer Arya
Yog ka mahatav & Sidhant- Dr Ramesh
Kumar

Semester-2

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS					
			(Hrs)			Credits				TI	TE	PI	PE	Total	
Core Course(s)															
CC-A4	Patanjali Yog Darshan-1	250/YOG/CC201	4			4			4	30	70			100	
CC-A5	Yogic Anatomy & Physiology-1	250/YOG/CC202	3		2	3		1	4	25	50	5	20	100	
CC-A6	Yoga Practicum-2	250/YOG/CC203			8			4	4			30	70	100	
Minor/ Vocational Course(s)															
MIC-2	Biomechanics of Pranayama	250/YOG/CC201			4			2	2			15	35	50	
Multidisciplinary Course(s)															
MDC-2									3					75	
Ability Enhancement Course(s)															
AEC-2	English Language & communication-2		2			2			2	15	35			50	
Skill Enhancement Course(s)															
SEC-2	Method Of Teaching Yoga	250/YOG/CC205	2		2	2		1	3	15	35	5	20	75	
Value-added Course(s)															
VAC-2			2			2			2	15	35			50	
Total Credits									24					600	

Course

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Semester-2
Core course 1
Patanjali Yoga Darshan-1

Course Code: 250/YOG/CC201	Credits:4
TI: 30 TE: 70	PI: 0 PE: 0

Instructions for External Examination: This question paper shall be divided into two sections. The examiner is requested to set section A as a compulsory question, worth 14 marks, drawn from the entire syllabus (can be either subjective or objective). Section B will be a choice of two questions from each unit. The student will be required to attempt one question from each unit. All questions from each unit will carry equal(14) marks.

Objectives: This course is designed to help students know the ancient art of yoga written by Maharshi Patanjali and to understand various modifications of the mind and the means of inhibiting them. Have an understanding of the essence of Samadhi.

Outcomes: After completing this course, the learner will be able to:

- Describe the concept of Yoga Philosophy.
- Explain the concept of Ishwara.
- Illustrate the basic knowledge of various Obstacles.
- Acquire basic knowledge about the Karma and Chitta

Unit - 1: Introduction to Yoga Darshan of Patanjali

- 1.1 Introduction to Yoga Darshana and its relevance in Yoga Sadhana.
- 1.2 Theory of Evolution and Meta-physics of Yoga Darshana.
- 1.3 Brief introduction to Maharshi Patanjali and Patanjala Yoga Sutra.
- 1.4 Concept of Antahkarana: Mana, Buddhi, Ahankara and Chitta.

Unit - 2: Concept of Chitta: Its Bhoomis, Vrittis and Nirodhopayas

- 2.1 Concept of Chitta and Chitta Bhoomis.
- 2.2 Concept of Chitta Vrittis and their classification, chitta Prasadnam
- 2.3 Chitta vritti Nirodhopaya: Abhyasa and Vairagya.
- 2.4 Concept of Ishwar and Ishwar pranidhana, Vikshepa

Unit - 3: Varieties of Samadhi

- 3.1 Concept of Yoganushasanam, Yoga Lakshanam and its results.
- 3.2 Concept of Samadhi
- 3.3 Types of Samprajnatah Samadhi & Asamprajnatah Samadhi
- 3.4 Concept of Samapatti, Types of Samapatti: Savitraka and Nirvitraka, Savichara and Nirvichara.

Unit-4 Ashtang yog

- 4.1 Concept of Kriya Yoga: Tapa, Svadhyay, Ishwara Pranidhan,
- 4.2 Theory of Kleshas: Avidya, Ashmita, Raga, Dewesh, Abhinivesh.
- 4.3 Concept of Chaturvyuhavad Drisha-nirupanam: Prakriti and Purusha.
- 4.4 Concept of Yogantaraya & Ashtang yog

Suggested Books

- M.R.Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
- K.D.Prithvipaul: The Yoga Sutra of Patanjali M.L.B.D. New Delhi Gaspar M.Koelmenn, S.J:
- Patanjali Yoga, Papal Athenaeum, Poona, 1970
- SwamiVedBharti: Yoga Sutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II
- B.K.S. Iyengar- Light on the Yoga Sutras of Patanjali
- Harikrishandas Goyendka- Patanjali Yog Darshan, Geeta Press, Gorakhpur

Semester-2 Core Course 2

Yogic Anatomy and Physiology I

Course Code: 250/YOG/CC202	Credits:4
TL: 25 TE: 50	PI: 5 PE: 20

Instructions for External Examination: This question paper shall be divided into two sections. The examiner is requested to set section A as a compulsory question containing 10 marks and from the entire syllabus (can be either subjective or objective). Section B will be a choice from two questions from each unit. The student will be required to attempt one question from each unit. All questions from each unit will carry equal (10) marks.

Objectives: This course is designed to know about the structure of the body and the necessary functions of the body, and a brief idea about the diseases related to each system

Outcomes: Following the completion of the course, students shall be able:
Identify different tissues and organs of different systems of human body. Define and explain the Organizations and the physiology of muscle contraction in co-ordination with the joints.
Explain the morphology, physiology of Digestive system.
Explain and describe the respiratory system and its significance.
Explain the anatomy and physiology and parameters related to Cardiovascular System
Explain the gross morphology, structure, and functions of various organs of human body.

Unit-1: Cells, Tissues and Muscular-Skeletal System

- 1.1 Cell structure & function
- 1.2 Classification of bones-Axial bones and appendicular bones
- 1.3 Types of joint –Synovial joints and Fibrous joint;
- 1.4 Yogic effect on Cell, joints.

Unit-2: Digestive System

- 2.1 Digestive system of human
- 2.2 Associated glands-Liver, Pancreas, salivary glands
- 2.3 Physiology of digestion and absorption.
- 2.4 Effect of Yogic Practice on digestive System

Unit-3: Respiratory system

- 3.1 Respiratory system of human
- 3.2 Yogic Mechanism of breathing (Expiration and inspiration)
- 3.3 Transport of respiratory gases (transport of oxygen and transport of carbon dioxide);
- 3.4 Control Mechanism of respiration.

Unit-4: Cardiovascular system

- 4.1 Composition and function of blood
- 4.2 Blood vessels: Blood groups Classification and their importance
- 4.3 Structure and working mechanism of heart
- 4.4 Yogic effect on Blood pressure and regulation of blood pressure.

Note: Practical

Localization of Bones & Muscles using charts and models, effect of yogic practice on different system

Suggested Books –

- Khurana: Anatomy and Physiology
- Ross & Wilson: Anatomy and physiology
- A.P.Gupta: Manav Sharer Rachna aur Kriya Vigyan
- Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavala, India
- Lan Peate and Murali dharan Nayar – Fundamental of Anatomy and Physiology for students' nurses
- Evelyn, C. Pearce- Anatomy and Physiology

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Abhishek

Semester-2
Core course -3
Yoga Practicum-2

Course Code: 250/YOG/CC203	Credits:4
TI: TE:	PI: 30 PE: 70

Instruction for External Examination: Practical Exam

Objective: To prepare students who may wish to pursue teaching or therapeutic applications of yoga by providing foundational skills in guiding others through yoga practices.

- To foster an understanding of the ethical responsibilities of a yoga practitioner or teacher

Outcome: Following the completion of this course, students shall be able to

- Understand the principle and practice of Yogic practices.
- encourage self-reflection and introspection through consistent yoga practice, leading to greater self-awareness and emotional resilience.
- explore the connection between mind, body, and spirit, fostering a holistic understanding of oneself.

UNIT-1: Shalok and Shatkarm(Level-2)

- 1.1 Recitation of Selected Sutras of Patanjali Yoga Prayer;
- 1.2 Recitation of Nirvan Shatkama
- 1.3 Neti (Sutra),
- 1.4 Agnisar

UNIT- 2: Yogic Suryanamaskar and Yogasna & Suksham Vyayam(Level-2)

1. Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders)
2. Bhuja-bandha shakti-vikasaka
 - Bhuja-bandha shakti-vikasaka (for the upper arms)
 - Bhuja-bandha shakti-vikasaka (for the upper arms)
3. Kohani shakti-vikasaka
 - i. Kohani shakti-vikasaka (for the elbows) - (A & B)
 - ii. Kohani shakti-vikasaka (for the elbows) - (A & B)
4. Bhuja-balli shakti-vikasaka
 - (i) Bhuja-balli shakti-vikasaka (for the forearms) - (A & B)
 - (ii) Bhuja-balli shakti-vikasaka (for the forearms)
5. Purna-bhuja shakti-vikasaka (for the arms)
 - (i) Purna-bhuja shakti-vikasaka (for the whole arm) - (First) (A to D)
 - (ii) Purna-bhuja shakti-vikasaka (for the whole arm)-(Second) (E & F)
6. Mani-bandha shakti-vikasaka
 - Mani-bandha shakti-vikasaka (for the wrists) - (First) (A&B)
 - Mani-bandha shakti-vikasaka (for the wrists) - (Second) (A&B)
7. Kara-prstha shakti-vikasaka
 - Kara-prstha shakti-vikasaka (for the back of hands) - (First) (A&B)
 - Kara-prstha shakti-vikasaka (for the back of hands) - (Second) (A&B)
8. Kara-tala shakti-vikasaka
 - Kara tala shakti-vikasaka (for the palms) -(First) (A&B)
 - Kara-tala shakti-vikasaka (for the palms) - (Second) (A&B)
9. Anguli-mula shakti-vikasaka (for the root of the fingers) (A & B)
10. Anguli- shakti-vikasaka (for the fingers) (A & B)

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Yogic Surya Namaskar of Bihar School of Yoga,
Tadasana, Vrikshasana, Urdhva-Hastottanasana,
Ardha Chakrasana, Pada Hastasana,
Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana,
Mandukasana, Ushtrasana, Shashankasana; Bhujangasana
Utthana-padasana, Ardha Halasana, Shavasana

UNIT-3: Bandha, Pranayam and Dhyana (Level-2)

Jalandhara Bandha, Uddiyana Bandha, Mula Bandha,
Anuloma-Viloma Pranayama, Concept of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka)
Nadishodhana Pranayama (Puraka+Antarkumbhaka+Rechaka) (1:1:1 & 1:2:2)
Pranav Japa and Soham Japa, Yoga Nidra (1) Antarnauma

UNIT-4: CONTINUOUS EVALUATION BY THE TEACHERS

NOTE: Last Semester Practical is also included

Suggested Books

Joshi, K.S.: Yogic Pranayama, Oriental Paperbacks, New Delhi.
Nagendra, H.R: Mind sound resonance technique, Swami Vivekanand Yoga
Prakashan, 2002, Bangalore.
Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school
of Yoga publications; Munger, 2001
Swami Satyananda: Yoganidra, Yoga Publication Trust, Munger, 1998
Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications,
New Delhi, 1966
Pran aur Pranayam by Swami Nirjanand Saraswati
Swami Swatmaram:- Hatha yoga Pradipika

Semester-2
Minor/ Vocational Course MIC
Biomechanics of Pranayam

Course Code: 250/YOG/MI201	Credits:2
TI: TE:	PI: 15 PE: 35

Instruction for External Examination: Practical Exam

Objectives:

- To explore the biomechanical aspects of breathing and their relevance in the practice of pranayama.
- To understand the structural and functional roles of the respiratory system, including muscles, diaphragm, and thoracic movements.
- To analyse various pranayama techniques from a biomechanical perspective.
- To assess how posture, body alignment, and movement coordination influence the efficacy of pranayama.
- To promote the application of biomechanical principles to enhance safety, precision, and benefits in pranayama practice.

Outcome: By the end of this paper, students will be able to:

- Define and explain the biomechanics involved in the process of respiration and pranayama.
- Identify key anatomical structures involved in pranayama and understand their roles.
- Analyse different types of pranayama (e.g., Nadi Shodhana, Bhastrika, Kapalabhati) in terms of muscle function, pressure changes, and movement.
- Apply biomechanical principles to improve posture and breathing techniques during pranayama.
- Recognise common biomechanical errors and suggest appropriate corrections to avoid strain or injury.
- Integrate theoretical knowledge of biomechanics with practical pranayama training for enhanced physical and mental well-being.

Unit-1: The Art of Pranayama

- 1.1 Breath, Prana, Pranayama
- 1.2 Food, Obstacle and aids in Pranayama
- 1.3 The effect of Pranayama on respiratory system
- 1.4 The Art of sitting & Preparing mind for Pranayama

Unit-2: The techniques of Pranayama

- 2.1 Anulom/Viloma & Nadishodhan Pranayama
- 2.2 Bhastrika, Brahmari, Murcha & Plavani Pranayama
- 2.3 Sitali & sitkari Pranayama
- 2.4 Suryabhedhi & Ujjai Pranayama

Suggested Books

By B.K.S Iyenger: Lights on Pranayama
Joshi, K.S.: Yogic Pranayama, Oriental Paperbacks, New Delhi.
Swami Nirjanand Saraswati: Pran aur Pranayam
Dr Nagendra H R: Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangal

Semester-2
Skill enhancement course
Method of Teaching Yoga

Course Code:250/YOG/SE201	Credits:3
TI: 15 TE: 35	PI: 5 PE: 20

Instructions for External Examination: This question paper shall be divided into two sections. The examiner is requested to set section A as a compulsory question, worth 14 marks, drawn from the entire syllabus (can be either subjective or objective). Section B will be a choice of one question from each unit. The student will be required to attempt one question from each unit. These questions in section B will be of 7 marks.

Objectives: The objective of a course or module on the "Methods of Teaching Yoga" in a graduate program is to equip students with the skills, knowledge, and confidence required to effectively teach yoga to diverse populations. This includes understanding pedagogical techniques, the ethical and professional responsibilities of a yoga teacher, and the ability to create safe and inclusive learning environments.

Outcome: Following the completion of this course, students shall be able to
Understand the principles and practices of teaching methods of Yoga.
Have an in-depth understanding of session and lesson planning and classroom arrangements.
Have an idea about the different tools used in Yoga teaching

Unit-1: Principles And Methods of Teaching Yoga

- 1.1 Teaching and Learning: Concepts and Relationship between the two
- 1.2 Meaning and scope of Teaching methods, and factors influencing them
- 1.3 Teaching aids its meaning and need in yogic practice, qualities of a yoga guru
- 1.4 Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga

Unit-2: Lesson Planning in Yoga and Class Management

- 2.1 Techniques of mass instruction: Individualised teaching and group teaching.
- 2.2 Class management in Yoga: its meaning and need
- 2.3 Lecture cum demonstration in Yoga: Its meaning, importance, and method of its presentation
- 2.4 Models of the lesson, Plan, Lesson plan and its practical application

Unit-3: Practice of Teaching In Yoga

- 3.1 Yoga classrooms: Essential features, Area, sitting Arrangement in Yoga class
- 3.2 Characteristics & essentials of good yoga teaching
- 3.3 Role of Educational technology in Yoga teaching, Meaning, Importance, & Types of educational technology
- 3.4 Role of yoga teacher & Teacher Training, role of timetable

Practical

Lesson Plan Practice for general fitness (Children, Adult)
Lesson plan Practice for Pranayama
Lesson Plan Practice for Meditation
Continuous evaluation by the teacher

Suggested Books

Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
Dr. Raj Kumar: Principles & methods of Teaching, Printo graphics, Delhi,
Saket Raman Tiwari & others: Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007
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

Semester-3

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS					
			(Hrs)			Credits				TI	TE	PI	PE	Total	
Core Course(s)															
CC-A7	Patanjali Yog Darshan-2	250/YOG/CC301	4			4			4	30	70			100	
CC-A8	Principle Of Hatha Yoga-2 (Gheranda Samhita)	250/YOG/CC302	3		2	3		1	4	25	50	5	20	100	
CC-A9	Yoga Practium-3	250/YOG/CC303			6			3	3			25	50	75	
Minor/ Vocational Course(s)															
MIC-3	Traditional Therapies	250/YOG/MI304	2		4	2		2	4	15	35	15	35	100	
Multidisciplinary Course(s)															
MDC-3									3					75	
Ability Enhancement Course(s)															
AEC-3	Sanskrit Language & Communication Skill-1		2			2			2	15	35			50	
Total Credits									20					500	

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Semester -3
Core Course-1
Patanjali Yog darshan-2

Course Code:250/YOG/CC301	Credits:4
TI: 30 TE: 70	PI: 0 PE: 0

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 14 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal (14)marks.

Objectives: Students will heighten their awareness of traditional Yog Sadhnas. This course is designed to help student to know the ancient art of yoga written by Maharshi Patanjali and to understand various modification of mind and the means of inhibiting them. Have an understanding about the essence of Samadhi

Outcomes: After completing this course, the learner will be able to:

- To teach an overview of the Patanjali Yoga Sutras.
- To teach the essence of the Patanjali Yoga Sutras; and
- To discuss Patanjali Yoga Sutra in terms of Psychology.
- Undertsand the essence of Vibhutis and Kaivalya pada

Unit - 1: Vibhutis in Yoga Darshana -1

- 1.1 Samyama and its Siddhis: Dharana, Dhyana and Samadhi,
- 1.2 Bahirang and Antarang Sadhna
- 1.3 Three types of Chitta Parinamah.
- 1.4 Concepts of Vivek Khayati

Unit-2: Vibhutis in Yoga Darshana -2

- 2.1 Brief introduction of Vibhuties and its importance in Yoga Sadahana.
- 2.2 Bhoota jaya, Indriya jaya and their Siddhis,
- 2.3 Satva purush anyatakyati and its Siddhis.
- 2.4 Vivek Jnana Nirupanam, Kaivalya Nirvachana.

Unit - 3: Concept of Kaivalya

- 3.1 Five Types of Siddhis and Jatyantar Parinamh.
- 3.2 Concept of Nirman Chitta
- 3.3 Four types of Karmas.
- 3.4 Concept of Vasana and concept of Bahya Pdartha (external element) and its abilities.

Unit-4 Concept of Budhhi

- 4.1 Non-self-illumination of Buddhi and its function,
- 4.2 Dharmamegha Samadhi and infinite knowledge.
- 4.3 Mutation of Guna, Karma, Pratiprasavah and Kaivalya.
- 4.4 Brief Introduction of Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-vartika

Suggested Books:

- Iyengar B.K.S.: Light on Patanjali Yoga (New York, Schocken Books, 1994)
- Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi
- Swami Omanandatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
- Swami Anant Bharati: Patanjali Yoga Shastra- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi
- K. Taimini : The Science of Yoga (The Theosophical Publishing House, Adyar Chennai 2005)
- SwamiVedBharti:Yogasutra of Patanjali (with the Expositionof Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II

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Semester-3

Core course-2

Principle of Hatha Yoga -2 (Gheranda Samhita)

Course Code: 250/YOG/CC302	Credits:4
TI: 25 TE: 50	PI: 5 PE:20

Instructions for External Examination: This question paper shall be divided into two sections. The examiner is requested to set section A as a compulsory question containing 10 marks and from the entire syllabus (can be either subjective or objective). Section B will be a choice of two questions from each unit. The student will be required to attempt one question from each unit. All questions from each unit will carry equal (10)marks.

Objectives: By introducing Hatha Yoga & its texts, students shall be able to Have an understanding about pre-requisites, principles about Ghtasth Yoga, also understand the relationship between Ashtanga Yoga and Saptang Yoga and have an understanding about the concept of Saptang Yoga in Classical texts

Outcomes: By introducing Hatha Yoga & its texts, students shall be able to
Understand about Ghata, Ghatastha Yoga.
Understand different types of Mudras
Understand different Hatha Yogic Techniques according to Gheranda Samhita.

Unit- I GhataYoga and its applications in Gheranda Samhita

- 1.1 GhataYoga – Introduction of Saptanga Yoga.
- 1.2 Mitahara, Pathya and Apathya
- 1.3 Shatkriya – Dhauti, Basti, Neti
- 1.4 Shatkriya—nauli, Trataka, Kapalbhathi

Unit-II Asana– Classification, Practising methods and benefits.

- 2.1 Introduction of Asan
- 2.2 Mudra – Introduction, 25 Mudras – Classification
- 2.3 Bhandha- Three Locks
- 2.4 Panch Dharna

Unit- III Pratyahara, Pranayama

- 3.1 Pratyahara– Classification,
- 3.2 Practising methods and benefits of Pratyahara.
- 3.2 Pranayama– Classification,
- 3.4 Practising methods and benefits of Pranayama

Unit-IV Dhyana and Samadhi in Gheranda Samhita

- 4.1 Meditation– Classification, Practising methods and benefits.
- 4.2 Classification of Samadhis and their practice
- 4.3 Asan for Meditation
- 4.4 Mudra for Meditation

NOTE: Practical will be based on theory.

Suggested Books

- Sadashivabrahmendra Saraswati (1978), ShivaYogadipika, Ananda Ashramagranthavali, Pune- 410403
Swami Niranjananda Saraswati, Gherandasamhita, Bihar School of Yoga, Munger, Bihar-811201
Swami Digambaraji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala-410403
Swami Vivekananda (1982), RajaYoga, Ramakrishna Ashrama Publications, Dehi Entally Road kolkata-700014.
Swami Digambaraji (1970), HathaYoga Pradipika of Swatmarama, Kaivalyadhama, Lonavala, Pune - 410403.
Swami Niranjanananda, Yoga Darshan, Sri Pachadashanam Paramahansa Alakh Bara, Deoghar-814113
Swami Adidevananda(1998), Patanjala Yoga Darshana – Vyasa Bahshya sahitha, Shri Ramakrishna Ashrama, Mysore – 570020.
Gharote M.L. & Pai, G.K. (Edi) Siddhasidhantpaddhati , Kaivalyadhama, Lonavla, 2005.

Semester-3
Core Course -3
Yoga practicum-3

Course Code: 250/YOG/CC303	Credits:4
TI: TE:	PI: 30 PE: 70

Instruction for External Examination: Practical Exam

Objective: To prepare students who may wish to pursue teaching or therapeutic applications of yoga by providing foundational skills in guiding others through yoga practices.

- To foster an understanding of the ethical responsibilities of a yoga practitioner or teacher

Outcome: Following the completion of this course, students shall be able to

- Understand the principle and practice of Yogic practices.
- encourage self-reflection and introspection through consistent yoga practice, leading to greater self-awareness and emotional resilience. explore the connection between mind, body, and spirit, fostering a holistic understanding of oneself.

Unit-1: Shalok and Shatkarm(Level-3)

Recitation of Selected Slokas of Bhagwat Geeta;

Recitation of Suryastakama

Dhauti (Danda Dhauti)

Kapalbhati (Seetkrama and Vyutkrama)

Unit-2: Yogic Suryanamaskar and Yogasana (Level-3)

1. Vaksha-sthala shakti-vikasaka (for the chest) (1)
2. Vaksha-sthala shakti-vikasaka (for the chest) (2)
3. Udara shakti-vikasaka (for the abdomen) (1)
4. Udara shakti-vikasaka (for the abdomen) (2)
5. Udara sakti-vikasaka (for the abdomen) (3)
6. Udara shakti-vikasaka (for the abdomen) (4)
7. Udara shakti-vikasaka (for the abdomen) (5)
8. Udara shakti-vikasaka (for the abdomen) (6)
9. Udara shakti-vikasaka (for the abdomen) (7)
10. Udara shakti-vikasaka (for the abdomen) (8)
11. Udara shakti-vikasaka (for the abdomen) (9)
12. Udara shakti-vikasaka (for the abdomen) (10) (A, B & C)

Yogic Surya Namaskar of Swami Dheerendra Brahmachari

Trikonasana, Kati Chakrasana, Veerabhadrasana – I, II, III

Uttitha Padmasana, Baddha Padmasana,

Supta Vajrasana, Utthana Mandukasana; Simhasana,

Kagasana, Utkatasana, Vakrasana, Shalabhasana, Dhanurasana,

Halasana, Setubandhasana, Chakrasana, Pavanamuktasana

Unit-3: Bandha, Pranayama and Dhyana(Level-3)

Maha Bandha

Nadishodhana Pranayama Surya-bhedana and Chandra-bhedana Pranayama

Note: Preferably with the ratio 1:2:2:1 (Puraka:Antara Kumbhaka:Rechaka:Bahya Kumbhaka)

Yoga Nidra (2, 3)

Ajapa Dharana (Stage 1, 2, 3);

Mind sound resonance technique (MSRT)

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Unit-4: CONTINUOUS EVALUATION BY THE TEACHERS

NOTE: Last 2 semesters' Practical is also included

Suggested Books

- Basavaraddi, I.V. & others: Prataha Smarana, MDNIY, New Delhi.
Nagendra, H.R: Mind sound reasonance technique, Swami Vivekanand Yoga
Prakashan, 2002, Bangalore.
Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar school
of Yoga publications; Munger, 2001. Swami Satyananda: Yoganidra, Yoga
Publication Trust, Munger, 1998
Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications,
New Delhi, 1966
Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga
Prakashan, 2012

Semester-3
MIC course
Traditional Therapies

Course Code: 250/YOG/MI301	Credits:4
TI: 15 TE: 35	PI: 15 PE: 35

Instruction for External Examination: This question paper shall be divided in two sections. The examiner is requested to set section A as a compulsory question, worth 7 marks, drawn from the entire syllabus (can be either subjective or objective). Section B will be a choice of two questions from each unit. The student will be required to attempt one question from each unit. These questions in section B will be of 7 marks.

Objective: Traditional alternative therapies in yoga can include practices such as Acupressure, Magnet Therapy, Chromo therapy, and other complementary healing techniques. By teaching traditional alternative therapies in yoga, instructors aim to offer a comprehensive and integrated approach to health that respects the wisdom of ancient practices while adapting them to modern needs.

Outcome: To pinpoint the essentials of a healthy lifestyle.

To elucidate the lifestyle plans based on natural remedies

Understand and articulate the meaning of aromatherapy, chromo therapy, magnet therapy, and acupressure.

Unit-I

- 1.1 Introduction, Meaning and definition of Traditional therapies
- 1.2 Importance of Traditional Therapies
- 1.3 Role and Importance in Modern Healthcare
- 1.4 Advantages and Limitations of Alternative Therapy

Unit-II

- 2.1 Marma Therapy: Introduction, definition, scope, history, principles; Role of Marma Therapy.
- 2.2 Practical application of Marma Therapy
- 2.3 Magnet therapy: Introduction, definition, scope, history, principles; role of Magnet therapy.
- 2.4 Practical application of magnet therapy

Unit-III

- 3.1 Aromatherapy: Introduction, definition, scope, history, principles; role of Aromatherapy.
- 3.2 Practical application of Aroma Therapy
- 3.3 Introduction to Ayurveda & Panchkarma
- 3.4 Practical application of Ayurvedic Therapy

Unit-IV

- 4.1 Acupressure: Introduction, definition, scope, history, principles. Role of Acupressure.
- 4.2 Practical application of Accupressure
- 4.3 Introduction to Yoga Therapy and shat karma
- 4.4 Practical application of Yoga therapy

NOTE: Practical will be based on Theory

Suggested Books

- S. D. Dwivedi: Naturopathy for perfect health, Kalpaz Publication, Delhi, 2002
S. J. Singh: My Nature Cure or Practical Naturopathy
Dr Sunil Kumar: Marma Chikitsa Vigyan
Dr A.K. Saxena: Accupressure and Swasth Jeevan
Barbara Kunz: Reflexology
Dr. H.L. Bansal: Magneto Therapy self-help Book
Shiv Sharma: Aroma Therapy

Semester-4

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS					
			(Hrs)			Credits				TI	TE	PI	PE	Total	
Core Course(s)															
CC-A10	Biography of yogis	250/YOG/CC401	4			4			4	30	70			100	
CC-A11	Yoga & Holistic Health	250/YOG/CC402	3		2	3		1	4	25	50	5	20	100	
CC-A12	Fundamental of Naturopathy	250/YOG/CC403	2		4	2		2	4	15	35	15	35	100	
Minor/ Vocational Course(s)															
MIC/OC-4	Yoga Therapy-1 For common Ailment	250/YOG/MI401	2		4	2		2	4	15	35	15	35	100	
Ability Enhancement Course(s)															
AEC-4	Sanskrit language & Communication skill-2		2			2			2	15	35			50	
Value-added Course(s)															
VAC-3	Yogic Lifestyle & Sustainable Development	250/YOG/VA401	2			2			2	15	35			50	
Total Credits									20					500	

The internship is to be completed during summer break after the 4th Semester, and marks will be added in the 5th Semester.

Semester-4
Core course-2
Biographies of Yogis

Course Code: 250/YOG/CC401	Credits:4
TI: 30 TE: 70	PI: PE:

Instruction for External Examination: This question paper shall be divided in two sections. The examiner is requested to set section A as a compulsory question containing 14 marks and from the entire syllabus (can be either subjective or objective). Section B will be a choice of two questions from each unit. The student will be required to attempt one question from each unit. These questions in section B will be worth 14 marks.

Objective: To explore and highlight the significant social, spiritual, and cultural contributions made by yogis throughout history. To examine how yogis have influenced individual lives and societal values through their teachings, practices, and exemplary lifestyles. To understand the role of yogis in the promotion of peace, non-violence, self-discipline, and ethical living.

Outcome: After completing this course, the learner will be able to:

- Students should be able to learn about the famous Indian Yogis
- Students should understand the relevance of various types of Yoga.

Unit-1

- 1.1 Maharshi Patanjali: Life sketch and their contribution to Yoga.
- 1.2 Bhagwan Gautam Buddha: Life sketch and his teachings.
- 1.3 Guru Gorakshanath: Life sketch and their contribution to Yoga.
- 1.4 Kabir Das: Life sketch and their contribution to Yoga.

Unit-2

- 2.1 Swami Dayananda Saraswati: Eminent Yoga Institutions in India and their contribution to the development of Yoga.
- 2.2 Lahiri Mahasaya: Life sketch and their contribution to Yoga.
- 2.3 Ramakrishna Paramhansa: Life sketch and their contribution to Yoga.
- 2.4 Swami Vivekanand: Eminent Yoga Institutions in India and their contribution to the development of Yoga.

Unit-3

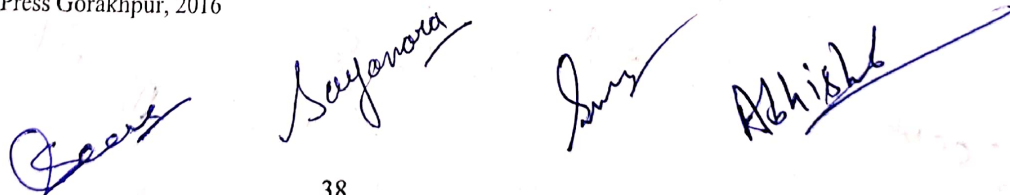
- 3.1 Sri Aurobindo: Eminent Yoga Institutions in India and their contribution to the development of Yoga
- 3.2 Swami Kavalananda: Eminent Yoga Institutions in India and their contribution to the development of Yoga
- 3.3 Swami Shivanand Saraswati: Life sketch and their contribution to Yoga.
- 3.4 Swami T Krishnamacharya: Eminent Yoga Institutions in India and their contribution to the development of Yoga

Unit-4

- 4.1 Pt. Shri Ram Sharma Acharya: Eminent Yoga Institutions in India and their contribution to the development of Yoga
- 4.2 Maharshi Mahesh Yogi: Eminent Yoga Institutions in India and their contribution to the development of Yoga.
- 4.3 B.K.S. Iyengar: Eminent Yoga Institutions in India and their contribution to the development of Yoga.
- 4.4 Swami Rama: Eminent Yoga Institutions in India and their contribution to the development of Yoga.

Suggested Readings:

- Vishwanath Mukharjee- Bharat Ke Mahan Yogi, Vishwavidyalaya Prakashan, New Delhi, 2005
- Vishwanath Mukharjee - Bharat ki mahaan Saadhikayen, Vishwavidyalaya Prakashan, New Delhi, 2005.
- Arya Dr Somveer and Yadav Dr Dharambir: Yogiyan ka jivan parichay; Raghav Publication, New Delhi, 2021
- Kalyan (Bhakt Ank) - Gita Press Gorakhpur, 2010
- Kalyan (Sant Ank)- Gita Press Gorakhpur, 2016



Semester-4
Core Course-2

Yoga & Holistic Health

Course Code: 250/YOG/CC402	Credits:4
TI: 25 TE: 50	PI: 5 PE: 20

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 10 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal (10)marks.

Objectives: The objective of the course "Yoga & Holistic Health" is to provide students with a comprehensive understanding of yoga as a science of healthy living and to promote a holistic approach to physical, mental, emotional, and spiritual well-being. To integrate yoga with traditional and contemporary health sciences for achieving a balanced and sustainable lifestyle. To empower students to incorporate holistic health principles into personal and professional life for improved quality of life.

Outcome: After completion of this paper Student will able to understand

- The concept of body and health from the perspective of Yoga.
- To have an understanding of the Yogic concept of Disease and the remedial measures therein

UNIT-1 Yogic Concept of Health & Diseases

1.1 Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi, Yogic concept of Health and Disease, Yoga as preventive Health care – Heyam duhkham anagatam.

1.2 Potential causes of ill-health: Tapatrayas and Kleshas,

1.3 Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Duhkha, Angamejayatva and Svasa- prashvasa.

1.4 Mental and Emotional Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavastitvatva.

UNIT-2 Preventive Measures in Yoga

2.1 Shuddhi Parikriyas in Yoga and their role in preventive and curative Health,

2.2 Karma Shuddhi, (Yama, Niyama), GhataShuddhi (Shat-karma), SnayuShuddhi (Asana), PranaShuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Chitta (Mano, Buddhi&Ahamkar) Shuddhi (Dharana, Dhyana and Samadhi)

2.3 Concepts of Trigunas, Pancha-koshas, Pancha-mahabhutas,

2.4 Pancha-prana and chakra and their role in Health and Healing.

Unit-3: Yogic principles and practices of healthy living

3.1 Yogic Principles of Healthy Living: Aahara, Vihara, Aachara and Vichara;

3.2 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;

3.3 Yogic principles of Lifestyle management and its role in prevention of disease and health promotion;

3.4 Yogic Principles of Diet and its role in Healthy living;

Unit-4: Health benefits of Yogic practices

4.1 Health benefits of Yogasana.

4.2 Health benefits of Pranayama,Bandha

4.3 Health benefits of Shatkarma.

4.4 Health benefits of Meditation.

Suggested Books

Preeti Goel and Rita Jain: Spectrum of Health (Sports Publications, New Delhi, 2003)

M. M. Gore: Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008) Dr.K.KrishnaBhat:The power o fYoga

Dr.R.S.Bhogal:Yoga Psychology,KaivalyadhamaPublication

Dr.ManmathMGharote,Dr.VijayKant:Therapeutic reference inTraditionalYoga texts

T.S.Rukmani:PatanajalaYogaSutra

Sahay,G.S.: HathaYoga Pradeepika, MDNIYPublication,2013 Kdham:Gheranda

Semester-4
Core course -3
Fundamentals of Naturopathy

Course Code: 250/YOG/CC403	Credits:4
TL: 15 TE: 35	PI: 15 PE: 35

Instructions for External Examination: This question paper shall be divided into two sections. The examiner is requested to set section A as a compulsory question containing 7 marks and from the entire syllabus (can be either subjective or objective). Section B will be a choice of two questions from each unit. The student will be required to attempt one question from each unit. All questions from each unit will carry equal marks.

Objectives: To introduce the basic principles of Naturopathy and its concepts. Students shall be able to know the general concept of our traditional alternative therapies, such as Naturopathy

Outcomes: After completing this course, the learner will be able to:
To understand Basic modalities of treatment in Naturopathy.
To have an understanding of Naturopathy and lifestyle modification. To understand the role of Yoga in Naturopathy treatment

Unit-1: Introduction to Naturopathy

- 1.1 Definition of Naturopathy and its basic principles, History of Naturopathy.
- 1.2 Definition of health and the natural way of healthy living.
- 1.3 Comparative study of the Naturopathy with other systems of Medicine; Catechism of Nature cure.
- 1.4 Inflammation and its different stages; Natural rejuvenation and vitality.

Unit-2: Principles and Concepts of Naturopathy

- 2.1 Laws of Nature: Concept of Pancha Mahabhootas, Shareera Dharmas
- 2.2 Importance of the five elements (Pancha mahabhootas)
- 2.3 Detailed study of vital force, natural immunity, healing crisis, foreign matter,
- 2.4 Arogya Rakshaka Panchatantras and their importance

Unit-3: Naturopathy Therapeutics-1

- 3.1 Fasting
- 3.2 Naturopathy Dietetics and Nutrition
- 3.3 Importance of acidic and alkaline diets and their physiological effects on the body.
- 3.4 Mud therapy

Unit-4. Naturopathy Therapeutics-2

- 4.1 Hydrotherapy-Physical and remedial properties of water,
- 4.2 Massage
- 4.3 Sun Rays therapy
- 4.4 Practical Application of Naturopathy

NOTE- For Practical visit to a naturopathy centre and hands-on learning on Naturopathy

Suggested Books

Ghosh, A. K : Diet and Nutrition (English)
Henry Lindlahr: Philosophy and Practices of Nature Cure, Sat Sahitya Sahayogi Sangha, Hyderabad
K. Lakshmana Sarma, S. Swaminathan: Speaking of Nature Cure, Sterling Publishers Pvt. Ltd, 2013.
M.K.Gandhi : My Nature Cure
Parvesh Handa: Naturopathy and Yoga, Gyan Publishing House, 2006
S.R. Jindal Nature Cure: A Way of Life B. Jain Publishers, 1996
Singh, S.J.: History and Philosophy of Nature Cure
Dr. J. H. Kellogg, USA: Rational Hydrotherapy, National Institute of naturopathy, Pune. John Harvey Kellogg: the Art of Massage, TEACH Services, Inc.,
Pauline Wills: Colour Healing Manual: The Complete Colour Therapy Programme
Dr. Rakesh Jindal: Science of Natural Life; Arogya Seva Prakashan.

Semester-4

MIC-4

Yoga Therapy -1 for common Alignment

Course Code: 250/YOG/MI401	Credits:4
Tl: 15 TE: 35	Pl: 15 PE: 35

Instruction for External Examination: This question paper shall be divided into two sections. The examiner is requested to set section A as a compulsory question containing 7 marks and from the entire syllabus (can be either subjective or objective). Section B will be a choice of two questions from each unit. The student will be required to attempt one question from each unit. All questions from each unit will carry equal marks.

Objectives: Yoga therapy is to use the principles and practices of yoga to support the healing and well-being of individuals, addressing specific health conditions and promoting overall wellness. Yoga therapy involves a personalised approach, integrating physical postures, breathing exercises, Meditation, and lifestyle changes to treat or manage various physical, mental, and emotional issues.

Outcomes: After completing this course, students are able
To understand and prepare the Yoga therapy module for specific diseases
To understand the precautions, indications and contraindications of Yogic practices to specific diseases.

Unit - 1: Yoga therapy for Musculoskeletal Disorders

To prepare the Yoga Therapy Module for the following musculoskeletal disorders:

- 1.1 Back Pain
- 1.2 Neck Pain
- 1.3 Arthritis
- 1.4 Fibromyalgia.

Unit - 2: Yoga Therapy for Disorders of the Gastrointestinal and Excretory System

To prepare the Yoga Therapy Module for the following disorders of the gastrointestinal and excretory system:

- 2.1 IBS
- 2.2 Hyperacidity
- 2.3 Dyspepsia
- 2.4 Constipation

Unit - 3: Yoga Therapy for Cardio-Vascular Disorders:

To prepare the Yoga Therapy Module for the following cardiovascular disorders:

- 3.1 Hypertension
- 3.2 Stress-Related Cardiac Disorder
- 3.3 Atherosclerosis
- 3.4 Coronary artery disease.

Unit- 4: Yoga Therapy for Respiratory Disorder

To prepare the Yoga Therapy Module for following respiratory disorder:

- 4.1 Asthma
- 4.2 Chronic Bronchitis
- 4.3 Common Cold, Allergic Rhinitis,
- 4.4 Sinusitis, Sleep apnea.

NOTE: Practical will be based on therapeutic application of yoga therapy

Suggested Books

Bhavanani, A.B. (2013). Yoga Chikitsa: Application of Yoga as a therapy. Pondicherry, India: Dhivyananda Creations.
Nagarathar and Nagendra H.R.: Common ailments series, published by SVYP, Bangalore, 2010
Swami Karmananda: Yogic management of common diseases, Yoga Publications Trust, Munger, 2001
Dr R. Nagarathna, Dr H R Nagendra, Yoga for Arthritis, Published by SVYP, Bangalore, 2001
Dr R. Nagarathna, Dr H R Nagendra: Yoga for Asthma by Published by SVYP, Bangalore, 1998
MDNIY publications: 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009
Reddy, M. Venkata and Others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P. 2005
Yoga for Back Pain by Dr H. R. Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore, Bangalore, 2001

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Semester-4

Value-Added Course

Yogic lifestyle & Sustainable development

Course Code: 250YOG/VA401	Credits:2
TI: 15 TE: 35	PI: PE:

Instructions for External Examination: This question paper shall be divided into two sections. The examiner is requested to set section A as a compulsory question containing 11 marks and from the entire syllabus (can be either subjective or objective). Section B will be a choice of two questions from each unit. The student will be required to attempt one question from each unit. These questions in section B will be worth 12 marks.

Objectives: Understand the principles of a yogic lifestyle and sustainable development. Explore the physical, mental, and spiritual aspects of yoga. Examine the relationship between personal well-being and ecological sustainability. Develop practical skills for integrating yogic practices with sustainable living.

Outcome:

After completion of the course, the student understands how adopting a yogic lifestyle can contribute to personal well-being and the well-being of the planet. The course covers physical yoga practices, mental and spiritual aspects of yoga, and how these can be aligned with sustainable living practices.

Unit-1 Introduction to Yogic Lifestyle

- 1.1 History and evolution of yoga Bhagwad Gita,
- 1.2 Yoga Sutras of Patanjali- The Eight Limbs of Yoga
- 1.3 Yogic Principles and Ethics
- 1.4 Mindfulness and conscious living

Unit-2 Principles of Sustainable Development

- 2.1 Definition and goals of sustainable development
- 2.2 The United Nations Sustainable Development Goals (SDGs)
- 2.3 Interconnection between environmental, social, and economic sustainability
- 2.4 Integrating Yogic Lifestyle with Sustainable Development

Suggested Reading

The Yoga Sutras of Patanjali, translated by Swami Satchidananda
The Sustainable Development Goals Report" (United Nations)

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Semester-5

The internship is to be completed during summer break after the 4th Semester, and marks will be added in the 5th Semester.

3rd Semester.

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-A13	Bhartiya Darshan	250/YOG/CC501	4			4			4	30	70			100
CC-A14	Essence of Bhagwat Geeta	250/YOG/CC502	4			4			4	30	70			100
CC-A15	Yoga Practium-4	250/YOG/CC503			8			4	4			30	70	100
Minor/ Vocational Course(s)														
MIC-5	Fundamentals of Ayurveda	250/YOG/MI501	3		2	3		1	4	25	50	5	20	100
Skill Enhancement Course(s)														
Internship									4					100
Total Credits									20					500

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Semester-5

Core courses -1

Bhartiya Darshan

Course Code: 250/YOG/CC502	Credits:4
TL: 30 TE: 70	PI: PE:

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as a compulsory question containing 14 marks and from the entire syllabus (can be either subjective or objective). Section B will be a choice of two questions from each unit. The student will be required to attempt one question from each unit. These questions in section B will be worth 14 marks.

Course Objective:

After studying this Course student can able to understand

- To give outlines of different orthodox schools of Bhartiya Darshan.
- How the fundamental philosophical issues were discussed in these schools' various features.
- To introduce the basic tenets of different heterodox schools.
- To present overviews of two orthodox systems.

Course Outcomes:

On completion of this course, the students will have:

- To classify the Astik-Nastik dichotomy in Bhartiya Darshan.
- To compare basic theories of three domains of Philosophy: Jnana mimamsa, Tatva mimamsa and Niti mimamsa.
- To compare the concepts of Shaddarshan.
- Define Indian scriptures.

Unit-1: Introduction to Bhartiya Darshan

- 1.1 Meaning and definition of philosophy, importance of philosophy in life,
- 1.2 Characteristics and usefulness of philosophy
- 1.3 Different systems of Philosophy
- 1.4 Epistemology, Metaphysics, Ethics of Philosophy

Unit-2: Introduction to Nyaya Darshan, Vaisheshika Darshan, Samkhya Darshan.

- 2.1 General introduction and metaphysical and ethical principles of Vedic Darshan -Nyaya, Vaisheshika, Sankhya,
- 2.2 Nyaya darshan: Epistemology-direct, inference, analogy, words; Proof of the existence of God.
- 2.3 Vaisheshika darshan: Substance-matter, quality, action, general, special, same, absence.
- 2.4 Sankhya darshan: Satkaryavada, man, nature, evolution, bondage and salvation.

Unit-3 Introduction to Yoga darshan, Mimamsa darshan and Vedanta darshan

- 3.1 General introduction and metaphysical and ethical principles of Vedic philosophies – Yoga, Mimamsa and Vedanta.
- 3.2 Yoga Darshan: Eight-fold path, concept of God.
- 3.3 Mimamsa darshan: Concept of Apurva.
- 3.4 Advaita Vedanta (Adishankaracharya): Brahma, Jagat, Maya, Atman, Shankaracharya's denial of Mayaism, Brahma, soul (including karma). General introduction on Vishisht advaita vedanta (Ramanujācārya)& Dvaita vedanta (Madhavacharya)

Unit-4: Introduction to Jain, Boddh and Charvak Darshan

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- 4.1 General introduction, metaphysical and ethical principles of – Bodh Darshan
- 4.2 Brief introduction to the Eightfold Path and four noble truths
- 4.3 General introduction, metaphysical and ethical principles of Jain Darshan
- 4.4 General introduction, metaphysical and ethical principles of -Charvaka.

REFERENCE BOOKS:

Darshan pravesha	:	Dr.Sadhvi Devpriya, Divya prakashan, Haridwar.
Bhartiya Darshan	:	AcharyaBaldev
Sarva darshan Samgrah	:	MadhvacharyaVaidic
Sahiya evam darshan	:	Dr.Kapildev Shastri
Dharma Darshan Sanskriti	:	Dr.Roop kishore Shastri
A Critical Study of Indian Philosophy:	:	Dr.R.P. Sharma
Bhartiya Darshan	:	Dr.Sarvapalli Radhakrishnan
Bhartiya Sanskriti ka itihaas	:	Dr.Satyaketu vidyalankaar

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Semester-5
Core courses-2

Essence of Shrimad Bhagavad Geeta

Course Code: 250/YOG/CC502	Credits:4
TI: 30 TE: 70	PI: PE:

Instructions for External Examination: This question paper shall be divided into two sections. The examiner is requested to set section A as a compulsory question, worth 14 marks, drawn from the entire syllabus (can be either subjective or objective). Section B will be a choice of two questions from each unit. The student will be required to attempt one question from each unit. **These questions in section B will be worth 14 marks.**

Course Objectives

- Understanding the philosophical, ethical, and spiritual principles of the Bhagavad Gita
- Studying the fundamental concepts of karma, knowledge, and devotion
- Understanding the relevance of the Gita's teachings to life

Course Outcome

On completion of this course, the students will have:

- Conceptual and Philosophical Understanding: Comprehensive Knowledge, Core Concepts, Self and Supreme
- Practical Application and Life Skills: Stress and Conflict Management, Ethical Decision Making, Resilience and Optimism, Selfless Action
- Holistic Development: Personality Transformation, Leadership Qualities, Holistic Health
- Critical and Analytical Thinking: Textual Analysis, Contemporary Relevance

Unit -1: Introduction to the Bhagawat Gita

- 1.1 Historical background of the Mahabharata, Kurukshetra as a symbolic battlefield of life.
- 1.2 Arjuna's Distress (28-31), Arjuna's Thoughts on Renunciation (32-36),
- 1.3 Arjuna's View of the Demerits of War (37-40), Dharmasankat (Duty vs. Emotions), Arjuna's Anxiety (46-47),
- 1.4 Introduction to Organisations devoted to the study of the Shrimadbhagavad Gita

Unit-2: Samkhya Yoga

- 2.1 The mystery of the principle of rebirth, the principle of true and false, the insistence on action in one's own religion,
- 2.2 The explanation of the Soul (19-24), the destruction of lust and self-realisation (49-53),
- 2.3 The characteristics of a wise man (54), the inner experiences of a man who has attained perfection (55), indriyaangraha (58-61),
- 2.4 The cause of all the faults (62-63), liberation. Means (64-68), difference of vision between knowledgeable and ignorant (69)

Unit - 3: Karma Yoga (Chapters 3 & 4)

- 3.1 Self-improvement through action (3-4), superiority of action over inaction (5-8), spirit of sacrificial action (9-11).
- 3.2 Principle of unattached action (27-29), principle of auspicious action (31-32), Hindrance in the expression of higher qualities (36), demons in the form of lust-anger-anxiety (37), power of discrimination, truth and untruth (38-39).
- 3.3 Action and non-action Differentiation, Concept of Loksangraha, nature of lust and anger, importance of Karma yoga for society and the individual.

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3.4 The nature of action and non-action (16-17), egoless action (18-22), the purpose of the action of a liberated person (23), superiority of Gyan Yagya (33-34), glory of knowledge (35-36), Destruction of sin through knowledge (37-38)

Unit -4: Bhakti Yoga: The Yoga of Supreme Devotion (Chapter 11 & 12)

4.1 The Cosmic Vision, Surrender as an Instrument, Significance of Devotion (Chapter 11)

4.2 Saguna & Nirguna Bhakti (1-2) offering of all actions to God (3.30), Two Approaches in Sadhna (3-7)

4.3 A scale for Sadhna (8-12)

4.4 Four types of Bhakt and best among all, Forty qualities of Bhakt (13-20)

Reference Books:

- Yogrishi Swami Ramdev Ji (2013). Shrimad Bhagawat Gita-Gitamritam, Divya Prakashan, Haridwar.
- Shrimad Bhagawad Gita, Geeta Press, Gorakhpur.
- Lokmanya Gangadhar Tilak: Gita Rahasya
- Bhagawad Gita and Its Message by Sri Aurobindo
- God Talks with Arjuna: The Bhagavad Gita (set of 2 volumes) by Paramahansa Yogananda
- The Teaching of the Bhagawat Gita by Dayananda Saraswati
- My Gita by Devdutt Pattanaik
- The Bhagawad Gita: A Translation by Krishna Dwaipayana Vyasa

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Semester-5
Core Course -3
Yoga Practicum-4

Course Code: 250/YOG/CC503	Credits:4
TL: TE:	PL: 30 PE: 70

Instruction for External Examination: Practical Exam

Course Objective:

- To prepare students who may wish to pursue teaching or therapeutic applications of yoga by providing foundational skills in guiding others through yoga practices.
- To foster an understanding of the ethical responsibilities of a yoga practitioner or teacher

Outcome: Following the completion of this course, students shall be able to

- Understand the principle and practice of Yogic practices.
- encourage self-reflection and introspection through consistent yoga practice; leading to greater self-awareness and emotional resilience. Explore the connection between mind, body, and spirit, fostering a holistic understanding of oneself

Unit-1: Shalok and Shatkarm(Level-4)

- 1.1 Recitation of Shalok
- 1.2 Recitation of Selected Shlokas of Hath Yoga Texts
- 1.3 Recitation of Suryastakama
- 1.4 Shatkarm Nauli (Madhyama, Vama, Dakshina) Trataka.

Unit-2: Yogasana(Level-4)

- 2.1 Parshva Konasana, Ardha Matsyendrasana
- 2.2 Kukkutasana, Janusirasana, Paschimottanasana, Gomukhasana
- 2.3 Marichayasana Vrishikasana, Mayurasana
- 2.4 Sarvangasana, Matsyasana, Kapotasana

Unit-3: Mudra, Pranayama & Dhyana. (Level-4)

Mudra: Shanmukhi Mudra and Shambhavi Mudra, Kaki Mudra, Yoga Mudra

Pranayama (with Antar & Bahya kumbhaka)

- 3.2.1 Bhramari Pranayama
- 3.2.2 Ujjayi Pranayama and Bhastrika Pranayama
- 3.2.3 Sheetali Pranayama and Sitkari Pranayama

Note: Preferably with the ratio 1:2:2:1 (Puraka: Antara Kumbhaka:Rechaka:Bahya Kumbhaka)

Practices leading to Dhyana

Ajapa Dharana (Stage 4, 5)

Yoga Nidra (4)

Meditation in Hinduism: OM meditation, So-Ham meditation, Chakra meditation.

Process of Meditation in the 6th chapter of Bhagawad Gita

Unit-4: Continuous Evaluation by The Teachers

NOTE: The last 4 semesters' Practical is also included

BOOKS FOR REFERENCES

1. Basavaraddi, I.V. & others: Prataha Smarana, MDNIY, New Delhi.
2. Swami Dharendra Bhrahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi.
3. Swami Kuvalyananda: Asana Kaivalyadhama, Lonavla

4. Basavaraddi, I.V. & others: Yogasana: A Comprehensive Description of Yogasana, MDNIY, New Delhi, 2011.
5. Basavaraddi, I.V. & others: Pranayama; MDNIY New Delhi, 2012
6. Iyengar, B.K.S.: Light on Yoga, Harper's Collins Publishers.
7. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla.
8. Jayadev, Yogendra: Cyclopaedia Yoga (Vol. I-IV), The Yoga Institute, Santacruz, Mumbai.
9. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger.
10. Swami Niranjanananda Saraswati: Dharana Darshan: Bihar School of Yoga Publications; Munger, 2001
11. Lajpat, Dr. R.: Discovering Human Potential Energy, Abhinav Rai Publication, Gurgaon, 1996
12. Lajpat, Rai & others: Meditation, Anbhava Rai Publications, Gurgaon
13. Saraswati, Swami Satya Nand: Meditation from Tantras, Yoga Publication Trust, Munger, 2004
14. Krishnamacharya, T.: Dhyanamalika, KYM, Chennai, 2005
15. Swami Satyananda: Yoganidra, Yoga Publication Trust, Munger, 1998
16. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012
17. Desikachar, Dr Kausthub, The Heart of Asana, April 1, 2012 83 Subject Name: Practicum - Practice of teaching

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MIC-5
Fundamentals of Ayurveda

Course Code: : 250/YOG/M1501	Credits:4
TI:25 TE:50	PI:5 PE:20

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 10 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal (10) marks.

Course Objectives

Following the completion of the course, students shall be able:

- Define the fundamentals of Ayurveda
- Show fundamentals of healthy living
- Know lifestyle regimes according to nature.
- Know medicinal cleansing processes.
- Introduce the basic concepts and philosophy of Ayurveda.

Course Outcomes (COs)

On completion of this course, the students will be able to:

- Define the concept of Ayurveda.
- Explain the concept of health & other principles of Ayurveda.
- Compare different procedures to live a healthy life.
- Explore Ayurveda approaches to preventive and curative healthcare.

Unit-1: General Introduction to Ayurveda

- 1.1 **History and Evolution of Ayurveda:** Origin and Development, Importance of Vedas (Atharva Veda) in Ayurveda,
- 1.2 **Contribution of Acharyas** (Charaka, Sushruta, Vagbhata)
- 1.3 **Theory of Five Elements & Tridosha** Purusharthas, Panchamahabhuta Theory (Five Elements), Tridosha Theory (Vata, Pitta, Kapha), Swasthavritta, Sadvritt & Achaar Rasaaya
- 1.4 **Definition and Goals of Ayurveda:** Swasthasya Swasthya Rakshanam (Preservation of Health), Aturasya Vikara Prashamanam (Cure of Diseases).

Unit-2: Fundamentals of Ayurveda

- 2.1 **Tridosha Siddhanta (Theory of Three Humours):** Characteristics, Functions, and Imbalance of Vata, Pitta, and Kapha.
- 2.2 **Dhatu, Mala, and Agni:** Sapta Dhatus (Body Tissues), Malas (Waste Products: Urine, Faeces, Sweat), Concept of Agni (Digestive Fire) and its Role in Metabolism;
- 2.3 **Prakriti (Body Constitution):** Types of Prakriti and Their Characteristics, Importance in Health and Disease Management;
- 2.4 **Ojas, Tejas, and Prana:** Definition, Types, and Their Role in Immunity and Vitality.

Unit-3: Roga Nidana, Types and Stages Ayurvedic Diagnostic Techniques

- 3.1 **Roga Nidana (Diagnosis of Diseases):** Hetu (Causes), Linga (Symptoms), Samprapti (Pathogenesis),
- 3.2 **Types of Diseases:** Nija (Internal) and Agantuja (External), Stages of Disease (Shat Kriya Kala)
- 3.3 **Parikshan Techniques:** Dashavidha Parikshan (Prakriti, Vikriti, Sara, Samhanana, Pramana, Satmya, Satva, Ahara Shakti, Vyayama Shakti, Vaya), Ashtavidha Parikshan (Pulse, Tongue, Urine, etc.)
- 3.4 **Concept of Srotas (Body Channels):** Types, Functions, and Disorders Related to Srotas.

Unit-4: Ahara and Panchkarma

- 4.1 **Chikitsa (Principles of Treatment):** Shodhana (Purification Therapies: Panchakarma), Shamana (Palliative Therapy), Nidan Parivarjana (Avoidance of Causative Factors);
- 4.2 **Panchakarma Therapy (Overview):** Vamana (Emesis), Virechana (Purgation), Basti (Enema), Nasya

(Nasal Therapy), Raktamokshana (Bloodletting);

4.3 Rasayana and Vajikarana (Rejuvenation & Aphrodisiac Therapy): Concepts, Benefits, and Role in Healthy Ageing.

4.4 Ayurvedic Dietetics and Lifestyle (Dinacharya, Ritucharya, Ratricharya): Daily Routines and Seasonal Regimens for Preventive Healthcare, Concept of *Ahara* (Food) as Medicine

NOTE:- PRACTICAL WILL BE BASED ON THEORY

Reference Book

1. Pujya Acharya Balkrishna Ji: Ayurveda Mahodadhi: Divya Prakashan, Haridwar, 2015
2. Dr. Priyavrata Sharma: Charaksamhita, Chaukhambha Orientalia, Varanasi, Edition of 2008.
3. Charaka Samhita (Selected Readings)
4. Sushruta Samhita (Basic Concepts)
5. Ashtanga Hridaya
6. Saumitranidhanam (Selected Readings)
7. Introduction to Ayurveda by Dr Vasant Lad
8. Supplementary Notes from Ayurvedic Scholars and Modern Research
9. Dr. Ravi Dutta Tripathi & Dr. Brahmanand Tripathi: Ashtanga Samgraha, Chaukhambha Sanskrit Pratishthan, Delhi, Reprint edition of 2003
10. Dr. Shailja Srivastava, Dr. Jairam Yadav, Ashtangasangraha, Chaukhambha Orientalia, Varanasi Reedition 2016.
11. Pujya Acharya Balkrishna Ji: Ayurveda Sidhant Rahasya, Patanjali Yogpeetha Trust

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Semester-6

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-A16	Upanishad Parichay	250/YO G/CC6 01	4			4			4	30	70			100
CC-A17	Yoga Practium-5	250/YO G/CC6 02			8			4	4			30	70	100
CC-A18	Principal of Hatha yoga-3	250/YO G/CC6 03	2		2	2		1	3	15	35	5	20	75
Minor/ Vocational Course(s)														
MIC-6	Fundamentals of Psychology	250/YO G/MI60 1	4			4			4	30	70			100
MIC-7	Fundamentals of Biochemistry	250/YO G/MI60 2	3		2	3		1	4	25	50	5	20	100
Skill Enhancement Course(s)														
SEC-3	Yogasana Sports	250/YO G/SE60 1	2		2	2		1	3	15	35	5	20	75
Total Credits									22					550

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Core Course-1
Upanishad Parichay

Course Code: 250/YOG/CC601	Credits:4
TI: 30 TE: 70	PI: PE:

Instruction for External Examination: This question paper shall be divided in two sections. The examiner is requested to set section A as a compulsory question, worth 14 marks, drawn from the entire syllabus (can be either subjective or objective). Section B will be a choice of two questions from each unit. The student will be required to attempt one question from each unit. These questions in section B will be worth 14 marks

Course Objectives:

Following the completion of this course, students will be able to

- Have an idea about the major principal Upanishads
- To relate the essence of each Upanishad and how to put the mind to practice.
- To have a perception of each Upanishad and the role of it in our day-to-day life.
- Quote references of each practice as per traditional texts

Course Outcomes (COs):

On completion of this course, the students will be able to:

- Define the Principal Upanishads.
- Explain the concept of Nature of Sage.
- Become aware of the importance of Self-Realisation and the greatness of Brahma Vidya.
- Identify the concept of Praan and Rayi.
- To explain the concept of different states of Consciousness.
- Become aware of the concept of Pancha-Kosha, Atman and Brahman.

Unit-1: General Introduction to Upanishads

- 1.1 Etymology and meaning of the word Upanishad, Brief Introduction to Principal Upanishads- Isha, Kena, Katha, Prashna, Mundaka, Mandukya.
- 1.2 Place of Upanishads in the tradition of Vedic literature, Brief Introduction to Principal Upanishads- Aitareya, Taittiriya, Brihadaranyak & Chhandogya Upanishad.
- 1.3 Opinions of various scholars regarding Upanishads, Brief Introduction to Yogopanishads
- 1.4 Brief Introduction of Yogchudamanyupanishad , Brief Introduction to Yogtatva Upnishad, importance of Upanishads.

Unit – 2: Ishopanishad and Kenopanishad, Kathopanishad, Prashnopanishad

- 2.1 **Ishopanishad:** The omnipresence of God, the principle of enjoyment through renunciation, the importance of karma (action), the feeling of oneness, the nature of knowledge and ignorance.
- 2.2 **Kenopanishad:** Inability of senses, distracted or unenlightened consciousness, attainment of Brahmajnana in this very life, knowing it as the ultimate truth, otherwise great destruction, discussion of immortal knowledge and ignorance, story of Yaksha, teachings of Tapa (penance), Dama (control of senses) and Karma.
- 2.3 **Kathopanishad:** Dialogue of Nachiketa and Yamraj, discussion of the three blessings, Shreya and Preyamarg (welfare and beloved path), Omkar (Om), lust, Brahma, death and protection of the soul, Gyaniatma (Gyanatma), Mahanatma (Mahanatma), Shantaatma (Shantaatma).
- 2.4 **Prashnopanishad:** Introduction, Prana (life force) Creation of the universe, Prana and its functions States of dream and deep sleep, Para and Apra Brahman

Unit-3: Mundaka, Mandukya, Taittiriya ,Aitareya Upanishad,

- 3.1 **Mundaka:** The form of Brahavidya, Para and Aparavidya, Suryamarg (sun path), Uttaram, Virat (cosmic) form,

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- knowledge of opening the glands of the heart by considering life as a bow, two birds— Bhogta (consumer) and seer (witness), only truth prevails and not untruth, spiritualism is not achieved through mere preaching or speech.
- 3.2 Mandukyopanishad:** Nature and significance of OM(AUM), The fourth states of being, Jiva and Moksha.
- 3.3 Taittiriya Upanishad** Introduction to Samhita, path to the soul after leaving the body (convocation sermon), brief introduction to Panchakosha (Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamaya Kosha).
- 3.4 Aitareya:** Creation of Universe, nature of Atman, Brahman as Prajnana

Unit-4: Chhandogyopanishad, Brihadaranyakam, Trishikhibrahmanopanishad Shvetashvataropanishad

- 4.1 Chhandogyopanishad:** Shandilya Vidya, seeing life as a skill, importance of celibacy, sermons of King Ashwapati, dialogues of Narad and Natkumar.
- 4.2 Brihadaranyakam:** Two form of Brahman, Teaching of Yajnavalkya, Brahman and Universe, theory of Atman as Svayamjyoti, nature of Self in different states, the ways and Means of realizing Brahman.
- 4.3 Shvetashvataropanishad:** Hans Vidya, yoga and philosophy of Brahma, practice of pranayama and rituals, Preliminary and post sign of siddhis, form of God, relation between Brahma and soul, reason for creation.
- 4.4 Trishikhibrahmanopanishad,** Brief Introduction Concept & Types of Yamas and Niyamas, Concept & Types of Asanas, Types of Nadi, Types of Prana&Pranayama, Concept of Pratyahara, Dharana, Dhyana, Samadhi.

TEXT BOOKS

1. The Principal Upanisads, Radhakrishnan, S Harpercollins India, 2006
2. Ishadi nau Upanishad, Gita press Gorakhpur
3. Nine Principal Upanisads, Saraswati, Swami Satyanand Yoga Publication Trust Bihar, 2004.
4. Upanishads, Swami Ranganathananda Bharatiya Vidya Bhavan, Bombay, 1985
5. 108 Upanishad-(Sadhana Khand, Brahmavidya Khand, Jnana Khand) Sharma, Pt. Sriram Acharya, Shantikunj, Haridwar.
6. The Essence of Principal Upanishads, Sivananda, Swami, Divine Life Society, 1980
7. The Philosophy of the Upanishds, Chari, S.M. Srinivasa Munshiram Manoharlal, Delhi, 2002.
8. Upanishad Sangraha- Jagdish Shashtri, Motilal Banarasidas, Varanasi, Delhi, Chennai.
9. Pujya Swami Ramdev Ji: Upnishad Sandesh, Divyaprakashan, 2018.
- 10 Dr. Satyavrit Sidhantalankar: Ekadashopnishad

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Semester-5
Core Course –2
Yoga practicum-5

Course Code: 250/YOG/CC602	Credits:4
TI: TE:	PI: 30 PE: 70

Instruction for External Examination: Practical Exam

Course Objectives

- To prepare students who may wish to pursue teaching or therapeutic applications of yoga by providing foundational skills in guiding others through yoga practices.
- To foster an understanding of the ethical responsibilities of a yoga practitioner or teacher

Course Outcome: Following the completion of this course, students shall be able to

- Understand the principles and practices of Yogic practices.
- encourage self-reflection and introspection through consistent yoga practice, leading to greater self-awareness and emotional resilience. Explore the connection between mind, body, and spirit, fostering a holistic understanding of oneself

UNIT-1: Shalok and Shatkarma(Level-5)

RECITATION OF Shalok

Recitation of Selected Mantras of the Upanishads

Recitation of Durgastkama

Shatkarma

Nauli (Nauli Chalana), Shank Prakshlan

Trataka (Jyoti)

UNIT-2: Yogasana(Level-5)

2.1 Hastapadangusthasana, Garudasana

2.2 Garbhasana, Navasana, Kurmasana, Rajkapotasana

2.3 Karna Peedasana, Hanumanasana, Sirshasana and its variations

2.4 Bakasana, Padangusthasana, Pincha Mayurasana

UNIT-3: Mudra, Pranayam and Dhyana(Level-5)

Mudra

Maha Mudra

Simha Mudra

Vipareetkarni Mudra

Pranayama (with Antar & Bahya Kumbhaka)

Surya-bhedana and Chandra-bhedana Pranayama,

Ujjayi Pranayama and Bhastrika Pranayama

Sheetali Pranayama and Sitkari Pranayama,

Note: Preferably with the ratio 1:4:2:1 (Puraka: Antara Kumbhaka:Rechaka:Bahya Kumbhaka)

Practicals Leading to Dhyana

Ajapa Dharana (Stage 6),

Yoga Nidra (Stage 5),

Cyclic Meditation

Meditation in Buddhism: Vipasyana Meditation.

Meditation in Jainism: Preksha Dhyana

UNIT-4: CONTINUOUS EVALUATION BY THE TEACHERS

The teacher must ensure that all practices are being done efficiently and skillfully. Minimum duration of the practice should

be at least 1 minute, and the maximum can be 5 minutes

NOTE: The last 5 semesters' Practical is also included

BOOKS FOR REFERENCES

1. Basavaraddi, I.V. & others: Prataha Smarana, MDNIY New Delhi.
2. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966
3. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1983
4. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2005-06
5. Basavaraddi, I.V. & others: Yogasana: A Comprehensive Description of Yogasana, MDNIY, New Delhi, 2011.
6. Basavaraddi, I.V. & others: Shatkarma: A Comprehensive Description of the Cleansing Process, MDNIY, New Delhi, 2009
7. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers, 2009
8. Sen Gupta Ranjana: B.K.S. Iyengar Yoga, A Dorling Kindersley Limited, 2001
9. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011
10. Desikachar, Dr. Kausthub, The Heart of Asana, April 1, 2012
11. Krishnamacharya, T.: Dhyanamalika, KYM, Chennai, 2005
12. Swami Satyananda: Yoganidra, Yoga Publication Trust, Munger, 1998
13. Lajpat, Rai & others: Meditation, Anbhava Rai Publications, Gurgaon
14. Saraswati, Swami Satya Nand: Meditation from Tantras, Yoga Publication Trust, Munger, 2004
15. Swami Niranjanananda Saraswati: Dharana Darshan;; Bihar school of Yoga publications; Munger, 2001
16. Lajpat, Dr. R.: Discovering Human Potential Energy, Abhinav Rai Publication, Gurgaon, 1996

Basavaraddi *Satyananda* *Iyengar* *Abhinav*

Semester-5
Core Course-3
Principles of Hatha Yoga-3

Course Code: 250/YOG/CC603	Credits:3
TI:15 TE: 3 5	PI:5 PE:20

Instructions for External Examination: This question paper shall be divided into two sections. The examiner is requested to set section A as a compulsory question, worth 14 marks, drawn from the entire syllabus (can be either subjective or objective). Section B will be a choice of one question from each unit. The student will be required to attempt one question from each unit. These questions in section B will be of 7 marks.

Course Objective

- Physical Perfection: To teach advanced Hatha & Mahayoga techniques (8 Shatkarmas).
- Foundation of Asana: To outline early Hatha Yoga, focusing on 84 asanas & purification.
- Energetic/Spiritual: To teach Kundalini, Chakra energy, and Jnana (Self-Knowledge).

Course Outcome: Following the completion of this course, students shall be able to

- Proficiency in Techniques: Ability to perform and explain Ashtanga Hatha Yoga techniques, including extensive asanas, bandhas, and mudras.
- Therapeutic Application: Knowledge of Shatkarmas to manage Prana and manage tridosha (physical) balance.
- Theoretical Knowledge: Deep understanding of the philosophy of the human body (Pinda) as a Microcosm (Sthula Sharira) and its relationship with the macrocosm.
- Spiritual Development: Understanding the journey from physical mastery to mental liberation and enlightenment (Raja Yoga)

Unit 1: Introduction to Hatha Yogic Texts

- 1.1 **Origin and Definition:** Concept, meaning and differences.
- 1.2 **Sadhaka and Badhaka Tattva:** Key factors that facilitate or hinder progress in Yogic practice.
- 1.3 **Classic Hatha Texts:** Overview of Hatha Yoga Pradipika, Gheranda Samhita, and Shiva Samhita, Siddhisiddhant Paddhati
- 1.4 **Major Limbs of Hatha:** Introduction to the concepts of Chaturanga Saptasadhana and Astanga Yoga

Unit-2 Hatha Yoga Practices in Goraksha Samhita (Goraksha Paddhati)

- 2.1 **Concept and Result of Yoga, Description of Asanas:** Techniques and their Benefits- Siddhasana and Kamalasana Chakras and their Petals, Kanda, Nadis, Panchaprana and Upaprana: their Locations and Locations, Kundalini, Concept of Japa- ajapa, The Concept of Bindu (Shiva) and Rajas (Shakti).
- 2.2 **Bandhas and Mudras:** Techniques of Practice, their relevance in Hatha Yoga sadhana, Nature of Shakti
- 2.3 **Pranayama:** Techniques and benefits, Nadishuddhi and Its Importance, Duration of Kumbhaka
- 2.4 **Pratyahara, Panchadharana, Meditation- Sakala and Nishkala, Samadhi and its Result**

Unit-3 Hatha Yoga Practice in Shiv Samhita

- 3.1 **Gyanakanda & Karmakanda (Knowledge & Philosophy):** Introduction of non-dual Vedanta (Advaita Vedanta), the nature of the self, Yoga as the highest path to liberation,
- 3.2 **Microcosm (Physiology & Internal Bodies):** Human body as a microcosm, the 14 key nadis (energy channels), the importance of the spinal column, and the internalisation of cosmic elements. the necessity of a Guru, the right mindset for a student, prerequisites for yoga, five elements of the body, and key asanas (postures).

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3.3 Mudras and Bandhas (Energy Management): ten specific mudras (locks and gestures) to control internal energy and attain yogic powers (siddhis).

3.4 Obstacles, Chakras, and Types of Yoga: The four types of yoga (Mantra, Hatha, Laya, Raja), the seven chakras, the awakening of Kundalini, the importance of nadi shodhana, and the subtle sound of Anahat sound

Note: Practical will be based on Theory & Viva.

Reference Books:

1. The Shiva Samhita
Mallinson, James. *The Shiva Samhita: A Critical Edition and an English Translation*. Woodstock, NY: YogaVidya.com, 2007.
2. Shiva Samhita
Vasu, Rai Bahadur Srisa Chandra (Trans.). *Shiva Samhita*. Allahabad: Panini Office, 1914.
3. Shiv Samhita
Saraswati, Swami Maheshananda; Sharma, Dr. B.R.; Sahay, Gyan Shankar; Bodhe, K.R. *Shiva Samhita*. Delhi: Motilal Banarsidass, 1999.
4. Sharma, Rohit et al. "Shiva Samhita: A Less Familiar Compendium on Ancient Yoga." *Ancient Science of Life*, Vol. 34, No. 3, 2015.
5. Prasad, Dhruva et al. "A Critical Review of Shiva Samhita and its Contribution to Yoga." *Research and Reviews: A Journal of Ayurvedic Science, Yoga and Naturopathy*, 2018.

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Semester-5

MIC-6

Fundamentals of Psychology

Course Code: 250/YOG/MI601	Credits:4
TI: 30 TE: 70	PI: PE:

Instruction for External Examination: This question paper shall be divided in two sections. The examiner is requested to set section A as a compulsory question, worth 14 marks, drawn from the entire syllabus (can be either subjective or objective). Section B will be a choice of two questions from each unit. The student will be required to attempt one question from each unit. These questions in section B will be worth 14 marks

Course Objectives:

- To familiarise students with the basic concepts of Indian and Western Psychology, with an emphasis on the application of Psychology in everyday life.
- To introduce the students to the general concepts of Psychology.

Course Outcomes: After completion of the course, students will be able to:

- Discuss the genesis of Indian and Western Psychology and its importance.
- Analyse the application of psychology in different fields.
- Discuss and analyse the fundamental mental processes that are the basis for human behaviour.

UNIT- I: Psychology-A Science of Behaviour

- 1.1 Psychology: Definition of Psychology, Psychology as a Science of Behaviour, Scope and Utility of Psychology
- 1.2 Concept of Human Psyche, Sigmund Freud's Model of Human Psyche, Carl Jung- The Analytical Model.
- 1.3 Definition of Consciousness, States of Consciousness
- 1.4 Physiological Basis of Behaviour: Central Nervous System and Autonomic Nervous System.

UNIT- II: Domains and Dynamics of Behaviour

- 2.1 Attention: Nature, Determinants of Attention
- 2.2 Perception: Nature, Gestalt theory of Perception
- 2.3 Western Approaches: Biological, Cognitive (information processing), and Humanistic (self-actualisation).
- 2.4 Indian Perspective: Concept of Manas (mind), Chitta (consciousness), and the Three Gunas (Sattva, Rajas, Tamas).

UNIT- III: Personality and its Development

- 3.1 Personality: Nature and Types of Personality; Yogic View of Personality
- 3.2 Personality Development: Various Facets (Domains) and Stages of Personality Development; Determinants of Personality: Heredity and Environment
- 3.3 Theories of Personality of Sigmund Freud, Alfred Adler and C.G. Jung.
- 3.4 Assessment of Personality: Personality Inventories, Projective Techniques, Case History Method

UNIT-IV: Stress & Its Management, Mental Health and Yoga

- 4.1 Stress: Nature, Symptoms, Causes and Consequences of Stress
- 4.2 Stress and Mental Health: Yogic Perspective of Stress
- 4.3 Yogic Perspective of Mental Health, Promoting Mental Health, Impact of Yogic Lifestyle on Mental Health

4.4 Yogic Management of Stress and Mental Disorders: Role of Asana, Pranayama, Meditation and Relaxation Techniques

REFERENCE BOOKS:

1. Basavaraddi, I.V. (Managing Editor) (2010). Yoga: Teacher's Manual for School Teachers. New Delhi: Morarji Desai National Institute of Yoga.
2. Bhatia, Hans Raj (2005). General Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
3. Herrman, H., Saxena, S. & Moodie, R. (ed.) (2005). Promoting Mental Health. Switzerland: WHO Press, World Health Organization.
4. Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L. (1976). Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
5. Morgan, C. T., King, R.A., Weisz J. R. & Schopler J. (2006). Introduction to Psychology. New Delhi: Tata McGraw Hill Publishing Co. Ltd.
6. Nagendra, H. R. (1988). New Perspectives in Stress Management. Bangalore: Vivekananda Kendra.
7. Singh, A. K. (2007). Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications.
8. Srivastava, D.N. (2007). General Psychology. Agra: Vinod Pustak Mandir.
9. Taylor, S. E. (2006). Health Psychology (6th ed.). New Delhi: Tata McGraw Hill.
10. Udupa, K.N. (2007). Stress and Its Management by Yoga. Delhi: Motilal Banarasidas.
11. Singh, A.K. (2009) Advanced General Psychology. Motilal Banarsidas.
12. Jain, S. (2014). Introduction to Psychology. ISBN-13: 9788127256432.



Semester-5
MIC-7
Fundamentals of Biochemistry

Course Code: 250/YOG/MI602	Credits:4
TI:25 TE: 5 0	PI: 5 PE: 20

Instructions for External Examination: This question paper shall be divided into two sections. The examiner is requested to set section A as a compulsory question containing 14 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from 1,2 & 3 unit. The student will be required to attempt one question from each unit. All questions from each unit will carry 12 marks.

Course Objective:

- To teach students how yoga affects metabolic processes, such as digestion, absorption, and energy production (carbohydrate, lipid, and protein metabolism).
- To explain the molecular mechanisms behind how yoga reduces stress, improves immune system function, balances weight, and enhances musculoskeletal flexibility.
- To analyse the impact of yoga on neurotransmitters, neuroendocrine, and other hormonal functions (e.g., cortisol levels, thyroid function).
- To explain the biochemical basis of organ function and homeostasis, helping instructors identify how yoga helps manage or reverse diseases.
- To equip yoga therapists with the ability to understand lab reports and analyse biochemical markers in a clinical setting.

Course Outcomes: After completion of the course, students will be able to

- To explain the biochemical changes induced by yoga, pranayama, and meditation, particularly regarding metabolism, energy expenditure, and hormonal balance.
- To interpret the physiological and biochemical effects of yogic techniques on chronic lifestyle diseases, such as diabetes (glucose metabolism) and stress management (cortisol levels).
- Gain knowledge of the chemical characteristics of nutrients, dietetics, and how yogic diets (sattvic) influence bodily functions, providing a scientific basis for nutritional counselling.

Unit - 1: Introduction to Biochemistry

- 1.1 Introduction of Biochemistry, Aim and scope, Biochemical composition of living organism, Elemental and chemical composition.
- 1.2 Introduction of solvents, water as a biological solvent, concentration units, osmolarity
- 1.3 pH and buffers, weak acids and bases, Henderson-Hasselbalch equation, physiological buffers, isoelectric pH
- 1.4 Biological oxidation-reduction reactions, redox potentials, relation between standard reduction potentials, Concept of free energy, high-energy phosphate compounds – introduction, phosphate group transfer, and free energy of hydrolysis of ATP and sugar phosphates.

Unit – 2: Biomolecules: Carbohydrates, Lipids, and Proteins

- 2.1 Carbohydrates - Definition, classification and biological importance, stereo isomerism, structure and functions of Monosaccharides, Disaccharides, oligosaccharides and Polysaccharides.
- 2.2 Lipids - Definition, classification and biological importance. Simple lipids: Composition of Triglycerol, Waxes. Compound Lipids: Function of Phospholipids, spongiolipids, & glycolipids. Derived lipids: Functions of fatty acids, Lipid Metabolism,
- 2.3 Amino acids– classification of amino acids, structure, properties and side chains of amino acids.
- 2.4 Proteins - Definition, Biological importance, classification and properties, Secondary, Tertiary and quaternary structure, coagulation and denaturation, Enzymes -nomenclature, IUB classification, Holoenzyme, apoenzyme, prosthetic groups, cofactors, activators, inhibitors, metalloenzymes, isozymes and multienzyme complexes, Basics of enzyme kinetics.

Unit- 3: Nucleic Acids, Vitamins and Minerals

- 3.1 Nucleic acids –Nucleosides, Nucleotides, Primary, secondary and tertiary Structure of DNA, types of RNA, function of DNA

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& RNA, DNA forms and conformation, Denaturation of DNA.

3.2 Vitamins – Definition, classification, structure, biochemical function and deficiency diseases. Vitamin antagonists, Hypervitaminosis

3.3 Minerals - Calcium, Phosphorus, iron, copper, zinc, magnesium, manganese, lead, mercury, arsenic, metal toxicity, fluorine and iodine.

3.4 Coenzymes and Cofactors – Role and mechanism of action of NAD^+ / NADP^+ , FAD, lipoic acid, thiamine pyrophosphate, tetrahydrofolate, biotin, pyridoxal phosphate, B12 coenzymes and metal ions with specific examples. Intermediary Metabolism – Approaches for Studying Metabolism

Unit-4 Practical Application of Biochemistry

Visit to Pathology lab & Analysis of Blood Report, Back Pain and Cervical Pain

Demonstration of:

- a) Blood sugar
- b) Blood urea
- c) Total serum protein
- d) Total serum calcium
- e) Total serum cholesterol
- f) Total serum bilirubin

Note: Practical will be based on UNIT-4 & Viva (Theory 1,2,3)

Reference Books:

1. Pankaja Naik: Bio-chemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2010
2. Jacob Anthikad: Bio-chemistry for Nurses, Jaypee Brothers Medical Publishers Ltd, Delhi, 2008
3. K. Malhotra: Bio-chemistry for Students, Jaypee Brothers Medical Publishers Ltd, Delhi, 2012
4. N. Haridas: Bio-chemistry made easy: A Problem (Solving) based approach, Jaypee Brothers Medical Publishers Ltd, Delhi, 2012
5. Arvind S Yadav: Comprehensive practical and Viva in Bio-chemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2004
6. Laboratory manual of biochemistry - by Pattabhiraman and Acharya.
7. Laboratory manual in biochemistry - by Rajgopal and Ramkrishnan

SEC-3
Yogasana Sports

Course Code: 250/YOG/SE601	Credits:3
TI:15 TE: 3 5	PI: 5 PE: 20

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 11 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry 8 marks.

Course objectives

- **Standardization:** To familiarize students with the formal competition structure, rules, and marking systems of Yogasana as a sport.
- **Technical Mastery:** To develop a deep understanding of different event categories, ranging from artistic and rhythmic pairs to group performances.
- **Specialization:** To provide comprehensive knowledge of specific anatomical movements (forward/back bends, twists, and balances) required for individual competitive excellence.
- **Professionalism:** To define the professional roles and ethical responsibilities of athletes, coaches, and officials within the sporting ecosystem.

Course Outcomes

Upon successful completion of this course, students will be able to:

- **Interpret Regulations:** Demonstrate a clear understanding of the National/International Yogasana marking system and technical rules.
- **Execute Diverse Events:** Differentiate between and perform in various formats, including Traditional, Kalatmak (Artistic), and Talatmak (Rhythmic) categories.
- **Perform Targeted Asanas:** Execute complex individual postures across all seven key categories, such as Hand Balance, Supine, and Twisting events, with competitive precision.
- **Manage Competitions:** Apply knowledge of competition structure to organize, officiate, or participate in Yogasana sports events effectively.

Unit-1: Rules & Regulation of Yogasana Sports

- 1.1 Competition Structure
- 1.2 Rules & Regulations
- 1.3 ROLES & RESPONSIBILITIES
- 1.4 Marking System

Unit-2: Guidelines for Yogasana Events-1

- 2.1 Traditional Yogasana Event, Kalatmak Ekal Yogasana Event (Artistic Yogasana Single Event)
- 2.2 Kalatmak Yugal Yogasana Event (Artistic Yogasana Pair Event)
- 2.3 Talatmak Yugal Yogasana Event (Rhythmic Yogasana Pair Event)
- 2.4 Kalatmak Samuha Yogasana Event (Artistic Yogasana Group Event)

Unit-3: Guidelines for Yogasana Events-2

- 3.1 Forward Bend Individual Event & Back Bend Individual Event
- 3.2 Twisting Body Individual Event & Supine Individual Event
- 3.3 Leg Balance Individual Event & Hand Balance Individual Event

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3.4 Traditional Yogasana Group Event

NOTE: Practical will be based on theory and judging.
Reference Books: Yogasana Bharat manual for yogasana Sports.

Department of Studies in Art & Culture B.A Yoga MDC Pool

Multidisciplinary Course from the department for pool of the Courses in the University

(These courses are to be offered to students of different discipline/Subject)

Semester 1														
Course Code	Course Title	Course ID	L	T	P	L	T	P	Credit	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MDC-1	Fundamentals of Yoga	250/YOG/MD 101	2		2	2		1	3	15	35	5	20	75

Semester 2														
Course Code	Course Title	Course ID	L	T	P	L	T	P	Credit	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MDC-2	Ashtaang Yoga	250/YOG/ MD201	2		2	2		1	3	15	35	5	20	75

Semester 3														
Course Code	Course Title	Course ID	L	T	P	L	T	P	Credit	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MDC-3	Yoga and holistic Health	250/YOG/ MD301	2		2	2		1	3	15	35	5	20	75

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Multidisciplinary Course From YOGA
SEMESTER- 1

SEMESTER- I														
Course code	Course Title	Course ID	L	T	P	L	T	P	Credit	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MDC-1	Fundamentals of Yoga	250/YOG/MD 101	2		2	2		1	3	15	35	5	20	75

Fundamental of Yoga

Course Code: 250/YOG/MD101	Credits: 3
TE: 15 TE: 35	PI: 5 PE: 20

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 14 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from Section B will carry 7 marks.

Objectives: The Course entitled 'Fundamental of Yoga' has the following objectives:
Students of the UG course will have an understanding about origin, history, and development of Yoga. They will have an idea about the insights of different Yoga streams.

Outcome: After completing this course, the learner will be able to:

1. Describe the Aims, Objectives, and scope of Yoga.
2. Explain the historical development of Yoga.
3. Illustrate the basic knowledge of biological aspects of Yoga

UNIT-1: General introduction to yoga

- 1.1 Brief about origin of Yoga, Etymology and Definitions of Yoga,
- 1.2 Yoga Prior to the Vedic period, Vedic period, Medieval period, modern era
- 1.3 Importance of Yoga, Personality of Yogi, Utility of Yoga in Modern times
- 1.4 Different Yogic Text, Misconceptions about Yoga.

UNIT-2: Different streams of yoga

- 2.1 Bhakti Yoga: Meaning Bhakti-Yoga, Stages of Bhakti, Types of Bhakti, Means of Bhakti-Yoga
- 2.2 Karma Yoga: Meaning of Karma and Karma-Yoga, Concept of Nishkama Karma, Means of Karma Yoga;
- 2.3 Raj Yoga: Meaning of rajyog, steps to Achieve Raj Yog
- 2.4 Jnana Yoga: Meaning of Jnana & Jnana Yoga, Steps to Achieve Jnana Yoga

UNIT-3: Yoga practionum

- 3.1 Prayesa, Omkaar Chanting, Chin Mudra
- 3.2 Shat karma: Jal Neti, Kapal Bhati
- 3.3 Asana: Surya Namaskar & Asanas
Tadasana, Vrikshasana, Urdhva-Hastottanasana, Ardha Chakrasana, Paada Hastasana,
Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana,
Mandukasana, Ushtrasana, Shashankasana, Bhujangasana, Utthana-padasana, Ardha Halasana, Shavasana
- 3.4 Pranayama
Anulom Viloma (nadi shodhan), Ujjai, Brahmari

Suggested Books –

Arya Dr Somveer: Yogasar, Kitab mahal Publications Delhi, 2022
Arya Dr Somveer, Dr Dharamveer: Yogasar

Dr. Ramesh Kumar : भारतीय वाङ्मय में योग परंपरा, 2023
 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
 Agarwal M M: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
 Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
 Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1993
 Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006

Multidisciplinary Course From B.A YOGA SEMESTER- 2

SEMESTER- 2														
Course Code	Course Title	Course ID	L	T	P	L	T	P	Credit	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MDC-2	Ashtang Yog	250/YOG/MD201	2		2	2		1	3	15	35	5	20	75

Ashtang Yog	
Course Code: 250/YOG/MD201	Credits:3
TI:15 TE: 35	PI: 5 PE: 20

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 14 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each units. The student will be required to attempt one question from each unit. Question from each unit will carry 7 marks.
Note:- Practical will be conducted on the basis of theory.

Objectives:- The Objective of this course is to define key philosophical terms and concepts from the Yoga Sutras, apply the principles of Ashtanga Yoga (Eight Limbs) in personal and professional life, Analyze the psychological and spiritual aspects of the Yoga Sutras, Evaluate the relevance of Patanjali Yoga in the modern world, Differentiate between Yoga, Sankhya, and other Indian philosophical systems

Outcome:- After completing this course, the learner will be able to:

- Understand the division of the text into four Padas (chapters)
- Explain the relevance of each Pada in the context of yogic philosophy
- Demonstrate understanding of Yama, Niyama, Asana, etc.
- Reflect on ethical and lifestyle aspects of Yoga philosophy

Unit:1 Introduction to Ashtaang Yoga of Patanjali

- 1.1 Life of Maharshi Patanjali & Importance of patanjali yog Darshan
- 1.2 Introduction of six systems (Shad Darshanas) of Indian philosophy
- 1.3 Relevance of Patanjali Yoga in modern life
- 1.4 Concept of chit vritti and chit vritti nirodah

Unit:2 Four Padas of Ashtaang Yoga

- 2.1 Samadhi Pada – (Concentration) Definition of Yoga, Types of Samadhi, Abhyasa and Vairagya (Practice and Detachment)
- 2.2 Sadhana Pada – (Practice) Kriya Yoga, Ashtanga Yoga: The Eight Limbs, Kleshas (Avidya, Asmita, Raga, Dvesha, Abhinivesha)
- 2.3 Vibhuti Pada – (Powers) Dharana, Dhyana, Samadhi (Samyama), Siddhis (Yogic powers), Importance of dispassion towards Siddhis
- 2.4 Kaivalya Pada – (Liberation) Nature of liberation (Kaivalya), Role of Purusha and Prakriti, Final goal of Yoga: Freedom from karmic impressions

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Unit-3 Yoga Practicum

3.1 Prayesa, Omkaar Chanting, vayu, agni, aakash, jal, prithvi Mudra

3.2 Shat karma: Agnisar kriya, kunjai kriya, Kapal Bhati

3.3 Asana: Surya Namaskar & Asanas

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Ardha Chakrasana, Pada Hastasana, veerbhadrana, natrajasana, dhanurasana, Rajkapotana

Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana,

Mandukasana, Ushtrasana, Shashankasana; Bhujangasana Utthana-padasana, Ardha Halasana, Shirsasana

4 Pranayama & Dhyana

Nadi shodhan, Bhastrika, Yog Nidra

Suggested Books

Super Science of Yoga – Dr Kamakhya Kumar

Lights on Yoga- B.K.S Iyenger

Patanjali Yog Sutras- Swami Sachidananda

Yogsa -Dr. Somveer Arya

Dr Ramesh Kumar -Yog ka mahatav & Sidhant-

Multidisciplinary Course From YOGA SEMESTER- 3

SEMESTER-3														
Course Code	Course Title	Course ID	L	T	P	L	T	P	Credit	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MDC-3	Yoga and holistic Health	250/YOG/MD301	2		2	2		1	3	15	35	5	20	75

Yoga & Holistic Health

Course Code:250/YOG/MD301

Credits:3

TI:15 TE: 35

PI: 5 PE: 20

Instruction for External Examination: This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 14 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from Section B will carry 7 marks.

Note: - Practical will be conducted on the basis of theory.

Objectives: This course explores the principles and practices of yoga and holistic health. It covers the physical, mental, emotional, and spiritual dimensions of health, integrating traditional yogic practices with modern wellness concepts.

Outcome:

Understand the foundational principles of yoga and holistic health.

Learn and practice various yoga techniques for physical and mental well-being.

Explore the relationship between mind, body, and spirit in maintaining holistic health.

Develop skills in stress management, mindfulness, and self-care. Integrate yogic principles into daily life for overall well-being.

Unit 1: Introduction to Yoga and Holistic Health

1.1 Yoga Philosophy and Principles

1.2 concept of Health, Importance of Health,

1.3 Yogic Concept of Aadhi & Vyadhi

1.4 Modern life style Disease & Yoga

Unit 2: The Dimension of Health

- 2.1 Physical Dimension: Anatomy and Physiology in Yoga, Asanas for Strength, Flexibility, and Balance,
- 2.2 Mental Dimension: The Role of Mind in Holistic Health, Pranayama (Breathing Techniques) for Mental Clarity
- 2.3 Emotional Dimension: Emotional Well-being through Yoga, Heart-Opening Asanas and Meditation
- 2.4 Spiritual Dimension: Spiritual Practices in Yoga, Meditation and Chanting

Unit-3 Nutrition and Holistic Health

- 3.1 Concept of Sapta Dhatu, Panch Mahabhoot, & Panch Kosha
- 3.2 Diet concept of Ayurveda & Naturopathy
- 3.3 Diet according to the body constitution (prakriti)- vata, pitta & kapha;
- 3.4 Concepts of Diet according to Gheranda Samhita & Hath Pradipika & Bhagwad Geeta

Suggested Books:

- The Yoga Sutras of Patanjali" by Swami Satchidananda
- Light on Yoga" by B.K.S. Iyengar
- Yoga Anatomy" by Leslie Kaminoff
- The Book of Joy" by Dalai Lama and Desmond Tutu
- The Bhagavad Gita"
- The Relaxation Response" by Herbert Benson
- Mindfulness in Plain English" by Henepola Gunaratana
- The Yamas & Niyamas: Exploring Yoga's Ethical Practice" by Deborah Adele

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