INDIRA GANDHI UNIVERSITY, MEERPUR, REWARI

(A State University Established under Haryana Act No.29 of 2013)
(Recognized u/s 12B & 2f of UGC Act, 1956)

Syllabus and Scheme of Examination
for the
Yoga Subject
in
Under Graduate Programme

(As per NEP 2020)

Effective from Academic Year 2026-27

(In Phased manner)

Department of Yoga

Faculty of Sports Sciences

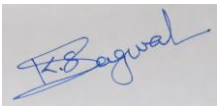
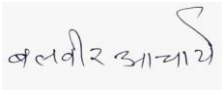
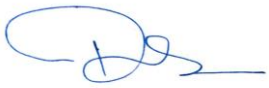
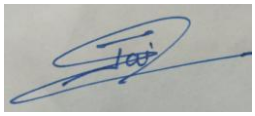
Indira Gandhi University Meerpur-Rewari (122502)

Haryana, India

Details of Approvals

Council/Board	Date	Remark
Staff Council	07.04.2026	
Board of Studies	16.08.2026	
Faculty Board	18.08.2026	
Academic Council		
Year of implementation: 2026-27 onwards		

Chairperson
(Signature with Stamp)

VISION AND MISSION OF THE UNIVERSITY

VISION

To be a globally renowned university, recognized for excellence in teaching, innovative research, and welfare of the society, imbibing the spirit of "VasudhaivKutumbkam".

MISSION

- To introduce and implement innovation in teaching and learning process matching up the global standards to strengthen academic delivery through curriculum design, teaching pedagogy and usage of ICT.
- To develop a mechanism that attracts talented, qualified and experienced faculty from across the globe for pursuing their academic and research careers at the University.
- To offer academic programs at UG, PG, Doctoral, Post-Doctoral levels which are learner- centric, industry focused, and adhere to outcome based international models.
- To create an ambiance that is conducive for undertaking sponsored research, innovation and consultancy services to a wide spectrum of societal and industrial requirements while encouraging interdisciplinary approach of learning, team work, and research.
- To establish state of art centres of excellence in frontier areas of research and design innovation through industry collaboration to innovate and incubate the products and services.
- To establish a smart campus and promote e-governance activities in the university for the digitally empowered society and knowledge economy.
- To provide a hygienic, modern, environment friendly and vivacious campus attuned to the urgent needs of Green Technology.
- To consider and implement norms, metrics, standards, procedures and benchmarks for assessing and improving the quality in every aspect of the University system and achieve quality certifications by National and International bodies.
- To make society self-reliant by organizing various programmes including literacy, gender sensitization, health awareness, and dissemination of information about livelihood generation.

VISION AND MISSION OF THE DEPARTMENT

VISION

To train students to be highly effective instructors, researchers, and contributors to school, colleges, universities, institutions, industries and for human well being. Be regarded as a prestigious centre of scholarly achievement worldwide.

MISSION

- To advance Yoga science research and education.
- To create skilled employees for businesses and industries.
- To offer learning environments that are centered on the needs of the students in order to help them develop as people as a whole.
- To introduce summer training and research projects to strengthen academic delivery.
- To establish smart classrooms and well equipped laboratories for assessing and improving the quality in every aspect of academic and research.
- To make Students and Researchers self-reliant by organizing various programmes like Workshop, Seminars, National and International Conferences, Educational Tours and Yoga Institutions visit.

ABOUT THE PROGRAMME

Yoga is a physical, mental, and spiritual practice or discipline which originated in ancient India and is followed all over the world. Many studies have tried to determine the effectiveness of yoga as a complementary intervention for cancer, schizophrenia, asthma, and heart diseases. .The tradition of Yoga has always been passed on individually from Guru to Shishya 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 teacher 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 fulfillment; 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; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of Yoga. 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 their 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 and lifestyle related ailments. This course has the vision of producing Yoga professionals so that they could teach Yoga therapy in a paramedical department of a hospital with the ability to select specific safe practice modules for different diseases and document their effectiveness for healing, health promotion, rejuvenation and age reversal through scientific research.

INTAKE IN THE PROGRAMME

The Undergraduate Programme in Yoga shall have a maximum intake of 40 students.

MINIMUM ELIGIBILITY CRITERIA

1. Academic Qualifications

- **Qualifying Examination:** Candidates must have passed the 10+2 (Senior Secondary) examination or its equivalent from a recognized Central or State Board (e.g., CBSE, HBSE, ICSE) in any stream (Arts, Science, or Commerce).

- **Minimum Marks:**

❖ **General/OBC Category:** A minimum 50% aggregate marks in the qualifying examination.

❖ **SC/ST/Differently Abled:**Requiring a minimum of 47.5% aggregate marks, as per University/Government guidelines.

2. Age Requirements

Candidates should generally be at least 17 years of age at the time of admission.

3. Physical Fitness Standards

- **Medical Fitness Certificate:** Since the curriculum involves intensive physical activity (Asana, Shatkarma, and Surya Namaskar), candidates must submit a medical fitness certificate from a registered medical practitioner.

ELIGIBILITY FOR EXAMINATION

1. Attendance Requirements

- **Minimum Attendance:** A student must have attended at least 75% of the total lectures delivered in theory and 80% of the practical sessions (Yogasana, Shatkarma, and Pranayama) held separately in each subject.
- **Condonation of Shortage:** A shortage of attendance up to 10% to 15% may be condoned by the Vice-Chancellor/Head of the Department only on genuine medical grounds or for participating in National/Inter-University Yoga competitions, supported by valid documentation.
- **Detention:** Students falling below the minimum mandated attendance (after condonation) will be debarred from the semester-end examination and must repeat the course in the subsequent academic year.

2. Internal Assessment (Continuous Evaluation)

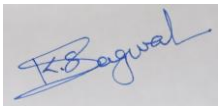
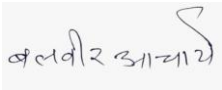
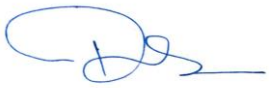
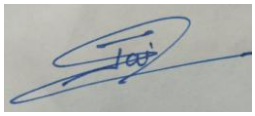
- **Qualifying Marks:** To be eligible for the final university examination, a student must secure at least 40% marks in the Internal Assessment (which includes unit tests, assignments, and departmental presentations).
- **Practical Readiness:** Students must successfully complete and submit their Practical Records/Logs and perform reasonably in the internal practical exams to demonstrate safety and proficiency in Yoga techniques.

3. Administrative Compliance

- **Fee Clearance:** No student shall be allowed to appear for the examination unless they have cleared all departmental dues, library fines, and examination fees.
- **Conduct:** The candidate must maintain a satisfactory record of conduct and discipline throughout the semester. Any student found guilty of gross indiscipline or "anti-yogic" conduct may be restricted from appearing in the examination.

4. Special Provisions for Yoga

- **Medical Fitness:** If a student sustains a physical injury during the semester that prevents them from performing practicals, they must notify the Department immediately. Eligibility for the practical examination will be decided based on a medical assessment and the student’s ability to explain/demonstrate theory vs. physical performance.

DURATION FOR PASSING THE PROGRAMME

1. Standard and Maximum Duration

- **Normal Duration:** The Bachelor's degree programme (Honours/Honours with Research) is spread over four academic years, consisting of 8 semesters.
- **Maximum Timeframe:** As per NEP 2020 and University norms, students must complete the requirements for the 4-year degree within a maximum period of 7 years from the date of initial admission.
- **Minimum Duration:** A student cannot be awarded the 4-year degree in less than 4 academic years (8 semesters) of continuous study.

2. Multiple Exit and Entry Options

In alignment with the flexible structure of NEP 2020, students may exit the programme with the following certifications:

- **Undergraduate Certificate in Yoga:** Awarded after successful completion of Year 1 (Semesters 1 & 2) and a vocational/exit requirement of 4 credits.
- **Undergraduate Diploma in Yoga:** Awarded after successful completion of Year 2 (Semesters 3 & 4) and a vocational/exit requirement of 4 credits.
- **Bachelor of Science/Arts (Yoga):** Awarded after successful completion of Year 3 (Semesters 5 & 6).
- **Bachelor's Degree (Honours/Research) in Yoga:** Awarded after successful completion of the full Year 4 (Semesters 7 & 8).

3. Re-entry Provisions

- **Academic Bank of Credits (ABC):** Students who exit with a Certificate or Diploma may re-enter the programme within three years of their exit to complete the next level of the degree, provided their earned credits are valid in the Academic Bank of Credits.
- **Gap Year:** Students are permitted one "Gap Year" during the entire programme, provided the total duration for completion does not exceed the maximum limit of 7 years.

4. Promotion and Credit Requirements

- **Semester Progression:** A student is generally promoted to the next semester provided they meet the minimum attendance and internal assessment requirements.
- **Degree Completion:** To pass the 8-semester programme, a student must earn the total number of credits (typically 160 credits for a 4-year degree) as specified in the Credit Framework of the University.

PASSING CRITERIA

1. Minimum Qualifying Marks

- **Theory Papers:** A student must secure a minimum of 40% marks in each theory paper (inclusive of internal assessment and end-semester examination).
- **Practical Examinations:** Due to the technical nature of Yoga, a student must secure a minimum of 50% marks in the practical examination to be declared "Pass" in that component.
- **Aggregate Requirement:** A student is required to maintain a minimum semester grade point average (SGPA) of 4.0 to be promoted to the next semester.

2. Grading System (Relative or Absolute)

The evaluation will follow the 10-Point grading system as recommended by the UGC for NEP-aligned programmes:

Letter Grade	Grade Point	Performance
O (Outstanding)	10	90% and above
A+ (Excellent)	9	80% - 89%
A (Very Good)	8	70% - 79%
B+ (Good)	7	60% - 69%
B (Above Average)	6	50% - 59%
C (Average)	5	45% - 49%
P (Pass)	4	40% - 44%
F (Fail)	0	Below 40%
Ab (Absent)	0	0

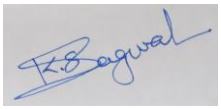
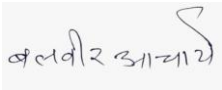
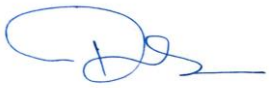
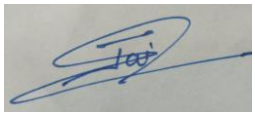
3. Internal Assessment Compliance

- No student will be considered "pass" if they fail to complete the internal assessment requirements, which include assignments, unit tests, and field work/practicum records.
- Marks obtained in internal assessment will be carried forward in case of a reappear in the end-semester examination.

4. Provisions for Reappear (Backlog)

- **Academic Progression:** A student who fails in more than 50% of the subjects in a semester may be detained as per University-specific NEP ordinances.
- **Improvement:** Students securing a 'P' or 'C' grade may be allowed to appear for improvement in subsequent semesters, subject to the "Maximum Duration" clause (7 years).

5. Credit Accumulation & Award of Degree

- **Successful Completion:** A degree is awarded only when the student earns the total required credits (e.g., 160 credits for an 8-semester Honours degree) as defined in the programme structure.
- **Non-Credit Courses:** Students must also obtain a "Satisfactory" or "Pass" grade in mandatory non-credit courses (like Environmental Studies or Value Education) as prescribed by the university.

PROGRAMME EDUCATIONAL OBJECTIVES (PEOs)

PEO1	To produce competent Yoga professionals who possess a deep understanding of classical Yogic texts and their application in modern life.
PEO 2	To enable graduates to integrate traditional Yoga systems with modern medical and psychological sciences for holistic health management.
PEO 3	To foster leadership qualities and entrepreneurial skills, allowing graduates to establish and manage Yoga centers or wellness enterprises.
PEO 4	To instill a spirit of social responsibility and community service through the propagation of Yoga for universal well-being (Sarve Bhavantu Sukhinah).
PEO 5	To prepare graduates for advanced research and academic excellence in the field of Yogic sciences and allied disciplines.

PROGRAMME LEARNING OUTCOMES (PLOS)

The overall aims of the programme may be achieved by addressing its various coponents that are incorporated into the curriculum as described below. Each of these components is designed to lead to specific outcomes that are desired after the successful completion of the programme.

PLO 1	**DisciplinaryKnowledge**	Apply fundamental concepts, principles, and theories of the discipline to understand phenomena and their applications.
PLO 2	**Effective Communication**	Communicate ideas, methods, and results effectively through oral, written, graphical, and digital formats.
PLO 3	**Teamwork & Collaboration**	Function effectively as an individual, team member, or leader in multidisciplinary and collaborative environments.
PLO 4	**Social Responsibility & Ethical Awareness**	Apply methods and reasoning appropriate to the discipline to assess issues related to society and the consequent responsibilities relevant to professional practice.
PLO 5	**Lifelong Learning**	Engage in self-directed learning and adapt to emerging knowledge, technologies, and professional demands throughout life.
PLO 6	**Integrity & Professional Ethics**	Demonstrate integrity, ethical conduct, and professional responsibility in academic, research/practice, and professional activities.
PLO 7	**Scientific Inquiry and Research**	Formulate research questions, apply appropriate research methods, analyse data, and draw evidence-based conclusions in accordance with ethical research practices.
PLO 8	**Problem Solving**	Identify and analyse social issues and apply disciplinary knowledge to develop informed, context-specific, and evidence-based solutions.
PLO 9	**Critical and Analytical Thinking**	Critically evaluate theories, evidence, and Policies using logical reasoning to interpret social phenomena and make well-informed judgments.

Indira Gandhi University Meerpur, Rewari

Scheme of Examination for the Yoga Subject in Under Graduate Programmes

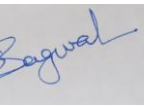
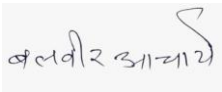
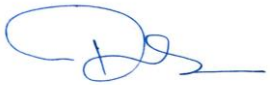
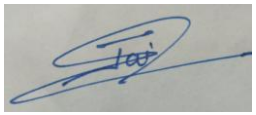
as per NEP 2020 Curriculum and Credit Framework for Undergraduate Programmes

(Multiple Entry-Exit, Internships and Choice Based Credit System LOCF) with effect from the session 2026-27 (in a phased manner)

Semester-1

Course Type	Applicable Scheme	Course Code	Nomenclature of the Course	Credits			Contact Hours (T+P) T: Theory P: Practical	Maximum Marks				Total Marks
								End-Term Examination Marks		Internal Assessment Marks		
				Theory	Practical	Total		T	P	T	P	
CC-1 MCC-1	A, B & C	26L4.5-YOG-101	**Hathpradeepika**	3	1	4	5	50	20	25	05	100
MCC-2	C only	26L4.5-YOG-102	**Fundamentals of Yoga**	3	1	4	5	50	20	25	05	100
*CC-M1	A,B& D	26L4.5-YOG-103	**Yoga Sutra-I**	2	-	2	2	35	-	15	-	50
CC-M1	C only	From Available CC-1/MCC-1 of 4 credits as per NEP										
MDC 1	A, B & C	From Available Pool of Multidisciplinary Courses from a subject of different disciplines as per NEP.										
AEC-1	A, B & C	From Available Pool of Ability Enhancement Courses as per NEP										
SEC-1	A, B & C	From Available Pool of Skill Enhancement Courses as per NEP										
VAC-1	A, B & C	From Available Pool of Value Added Courses as per NEP										

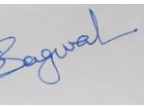
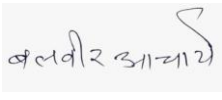
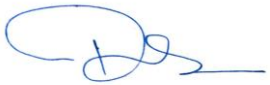
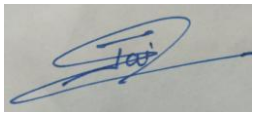
***For students who opt Yoga as a minor subject.**

Semester-2

Course Type	Applicable Scheme	Course Code	Nomenclature of the Course	Credits			Contact Hours (T+P) T: Theory P: Practical	Maximum Marks				Total Marks
								End-Term Examination Marks		Internal Assessment Marks		
				Theory	Practical	Total		T	P	T	P	
CC-2 MCC-3	A, B & C	26L4.5-YOG-201	**Basics of Yoga**	3	1	4	5	50	20	25	05	100
DSEC-1	C only	26L4.5-YOG-202	**Introduction to Alternative Therapies**	3	1	4	5	50	20	25	05	100
*CC-M2	A, B & D	26L4.5-YOG-203	**Yoga Sutra-II**	2	-	2	2	35	-	15	-	50
CC-M2	C only	From Available CC-2/MCC-3 of 4 credits as per NEP										
MDC-2	A, B & C	From Available pool of Multidisciplinary Courses from a subject of different discipline as per NEP										
AEC-2	A, B & C	From Available pool of Ability Enhancement Courses as per NEP										
SEC-2	A, B & C	From Available pool of Skill Enhancement Courses as per NEP										
VAC-2	A, B & C	From Available pool of Value Added Courses as per NEP										
Internship	A, B & C	26L4.5-UG-INT-200	Internship of 4 Credits of 4-6 weeks duration after 2nd Semester (Mandatory in case of exit)									

***For students who opt Yoga as a minor subject.**

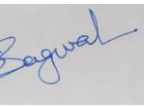
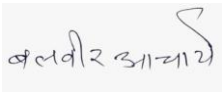
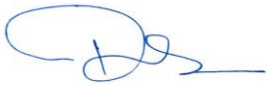
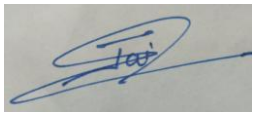





Semester-3

Course Type	Applicable Scheme	Course Code	Nomenclature of the Course	Credits			Contact Hours (T+P) T: Theory P: Practical	Maximum Marks				Total Marks
								End-Term Examination Marks		Internal Assessment Marks		
				Theory	Practical	Total		T	P	T	P	
CC-3 MCC-4	A, B & C	26L5.0-YOG-301	**Gherand Samhita**	3	1	4	5	50	20	25	05	100
MCC-5	B & C	26L5.0-YOG-302	**Yogic Anatomy and Physiology-I**	3	1	4	5	50	20	25	05	100
MCC-2	B only	26L4.5-YOG-102	**Fundamentals of Yoga**	3	1	4	5	50	20	25	05	100
CC-M3	A & C	From Available CC-3/MCC-4 of 4 credits as per NEP										
CC-M3(V)	B only	From Available pool of Minor (Vocational) Courses VOC-1										
MDC 3	A, B & C	From Available pool of Multidisciplinary Courses from a subject of different discipline as per NEP										
AEC-3	A, B & C	From Available pool of Ability Enhancement Courses as per NEP										
SEC-3	A, B & C	From Available pool of Skill Enhancement Courses as per NEP										
VAC-3	C only	From Available pool of Value Added Courses as per NEP										

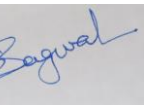
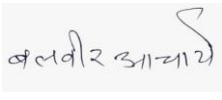
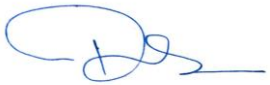
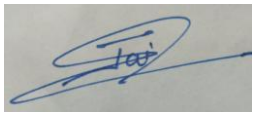
Semester-4

Course Type	Applicable Scheme	Course Code	Nomenclature of the Course	Credits			Contact Hours (T+P) T: Theory P: Practical	Maximum Marks				Total Marks
								End-Term Examination Marks		Internal Assessment Marks		
				Theory	Practical	Total		T	P	T	P	
CC-4 MCC-6	A, B & C	26L5.0-YOG-401	**Methods of Teaching Yoga**	3	1	4	5	50	20	25	05	100
MCC-7	B &C	26L5.0-YOG-402	**Yogic Anatomy and Physiology –II**	3	1	4	5	50	20	25	05	100
MCC-8	B &C	26L5.0-YOG-403	**Yogic Diet and Nutrition**	3	1	4	5	50	20	25	05	100
DSE-1	B & C	26L5.0-YOG-404	**Fundamentals of Ayurveda**	3	1	4	5	50	20	25	05	100
		OR										
		26L5.0-YOG-405	**Principal Upanishads**	3	1	4	5	50	20	25	05	100
CC-M4(V)	A,B & C	From Available Pool of Minor (Vocational) Courses VOC-2										
AEC-4	A, B & C	From Available Pool of Ability Enhancement Courses as per NEP										
VAC-3	A & B	From Available Pool of Value Added Courses as per NEP										
VAC-4	C only	From Available Pool of Value Added Courses as per NEP										
Internship	A,B & C	26L5.0-UG-INT-400	Internship of 4 Credits of 4-6 weeks duration after 4th Semester (Mandatory in case of exit if not done after 2nd Semester)									

Semester-5

Course Type	Applicable Scheme	Course Code	Nomenclature of the Course	Credits			Contact Hours (T+P) T: Theory P: Practical	Maximum Marks				Total Marks
								End-Term Examination Marks		Internal Assessment Marks		
				Theory	Practical	Total		T	P	T	P	
CC-5 MCC-9	A, B & C	26L5.5-YOG-501	**Yoga Upanishad-I**	3	1	4	5	50	20	25	05	100
MCC-10	B & C	26L5.5-YOG-502	**Bhagavad Gita**	3	1	4	5	50	20	25	05	100
DSE-2	B & C	26L5.5-YOG-503	**Indian Philosophy**	3	1	4	5	50	20	25	05	100
		OR										
		26L5.5-YOG-504	**Applications of Yoga**	3	1	4	5	50	20	25	05	100
DSE-3	B & C	26L5.5-YOG-505	**Yoga and Value Education**	3	1	4	5	50	20	25	05	100
		OR										
		26L5.5-YOG-506	**Indian Culture and Traditions**	3	1	4	5	50	20	25	05	100
CC-M5(V)	A& C	From Available pool of Minor (Vocational) Courses VOC-1										
Internship	A, B& C		Internship of 4 Credits of 4-6 weeks duration(if not done after 2nd Semester or 4th Semester)									

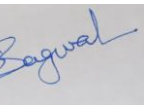
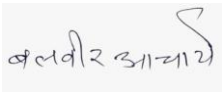
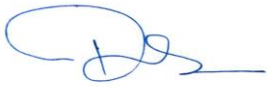
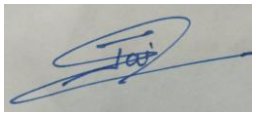





Semester-6

Course Type	Applicable Scheme	Course Code	Nomenclature of the Course	Credits			Contact Hours (T+P) T: Theory P: Practical	Maximum Marks				Total Marks
								End-Term Examination Marks		Internal Assessment Marks		
				Theory	Practical	Total		T	P	T	P	
CC-6 MCC-11	A, B & C	26L5.5-YOG-601	**Yoga Upanishad-II**	3	1	4	5	50	20	25	05	100
MCC-12	B & C	26L5.5-YOG-602	**Yoga Vasishtha**	3	1	4	5	50	20	25	05	100
DSE-4	B & C	26L5.5-YOG-603	**Indian Ethos in Education**	3	1	4	5	50	20	25	05	100
		OR										
		26L5.5-YOG-604	**Yogic Psychology**	3	1	4	5	50	20	25	05	100
DSE-5	B & C	26L5.5-YOG-605	**Biomechanics of Yogasana& Pranayama**	3	1	4	5	50	20	25	05	100
		OR										
		26L5.5-YOG-606	**Yogasana Sports Evaluation Techniques**	3	1	4	5	50	20	25	05	100
CC-M6	A only	From Available CC-6/MCC-11 of 4 credits as per NEP										
CC-M5(V)	B only	From Available pool of Minor (Vocational) Courses VOC-3										
CC-M6(V)	C only											
CC-M7(V)	A only											
SEC-4	C only	From Available pool of Skill Enhancement Courses as per NEP										

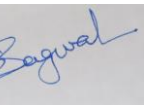
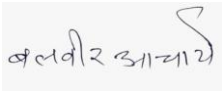
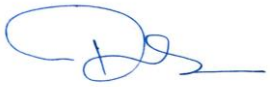
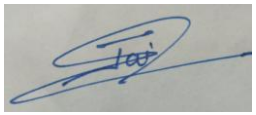
Semester-7 (Honours / Honours with Research in Yoga)

Course Type	Applicable Scheme	Course Code	Nomenclature of the Course	Credits			Contact Hours (T+P) T: Theory P: Practical	Maximum Marks				Total Marks
								End-Term Examination Marks		Internal Assessment Marks		
				Theory	Practical	Total		T	P	T	P	
CC-H1	B & C	26L6.0-YOG-701	**Yogic Text-I**	3	1	4	5	50	20	25	05	100
CC-H2	B & C	26L6.0-YOG-702	**Shodash Sanskar-I**	3	1	4	5	50	20	25	05	100
CC-H3	B & C	26L6.0-YOG-703	**Research Paper Writing**	3	1	4	5	50	20	25	05	100
DSE-6	B & C	26L6.0-YOG-704	**Essay**	3	1	4	5	50	20	25	05	100
		OR										
		26L6.0-YOG-705	**Applied Yoga**	3	1	4	5	50	20	25	05	100
PC-H1	B & C	26L6.0-YOG-706	**Yoga Practical-I**	0	4	4	8	-	70	-	30	100
CC-HM1	B & C	From Available Core Courses in Minor Subject of 4 credits as per NEP										

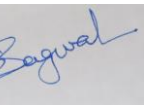
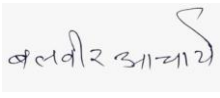
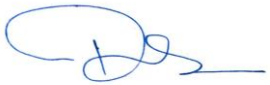
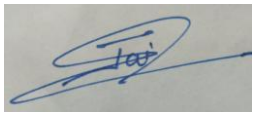
Semester-8 (Honours)

Course Type	Applicable Scheme	Course Code	Nomenclature of the Course	Credits			Contact Hours (T+P) T: Theory P: Practical	Maximum Marks				Total Marks
								End-Term Examination Marks		Internal Assessment Marks		
				Theory	Practical	Total		T	P	T	P	
CC-H4	B & C	26L6.0-YOG-801	**Yogic Text-II**	3	1	4	5	50	20	25	05	100
CC-H5	B & C	26L6.0-YOG-802	**Research Methodology and Statistics**	3	1	4	5	50	20	25	05	100
CC-H6	B & C	26L6.0-YOG-803	**Shodash Sanskar-II**	3	1	4	5	50	20	25	05	100
DSE-7	B & C	26L6.0-YOG-804	**Indian Knowledge System**	3	1	4	5	50	20	25	05	100
		OR										
		26L6.0-YOG-805	**Applied Ethics**	3	1	4	5	50	20	25	05	100
PC-H2	B & C	26L6.0-YOG-806	**Yoga Practical-II**	0	4	4	8	00	70	00	30	100
CC-HM2	B & C	From Available Core Courses in Minor Subject of 4 credits as per NEP										

Semester-8 (Honours with Research in Yoga)

Course Type	Applicable Scheme	Course Code	Nomenclature of the Course	Credits			Contact Hours (T+P) T: Theory P: Practical	Maximum Marks				Total Marks
								End-Term Examination Marks		Internal Assessment Marks		
				Theory	Practical	Total		T	P	T	P	
CC-H4	B & C	26L6.0-YOG-801	**Yogic Text-II**	3	1	4	5	50	20	25	05	100
CC-H5	B & C	26L6.0-YOG-802	**Research Methodology and Statistics**	3	1	4	5	50	20	25	05	100
Research	B & C	26L6.0-YOG-807	**Dissertation/ Project**	-	-	12	-	300	-	-	-	300
CC-HM2	B & C	From Available Core Courses in Minor Subject of 4 credits as per NEP										

Scheme of MDC, VAC, VOC and SEC Courses

Semester	Course Type	Applicable Scheme	Course Code	Nomenclature of the Course	Credits			Contact Hours (T+P) T: Theory P: Practical	Maximum Marks				Total Marks
									End-Term Examination Marks		Internal Assessment Marks		
					Theory	Practical	Total		T	P	T	P	
1	MDC-1	A, B, C & D	26L4.5-MDC-YOG-101	**Indian Yogis**	2	1	3	4	35	20	15	5	75
2	MDC-2	A, B, C & D	26L4.5-MDC-YOG-201	**Yoga and Holistic Health**	2	1	3	4	35	20	15	5	75
3	MDC-3	A, B, C & D	26L5.0-MDC-YOG-301	**Basics of Naturopathy**	2	1	3	4	35	20	15	5	75
3	VAC-3	C only	26L5.0-VAC-YOG-301	**Yoga and Ethics**	2	0	2	2	35	-	15	-	50
4	VAC-4	C only	26L5.0-VAC-YOG-401	**Yoga and Lifestyle**	2	0	2	2	35	-	15	-	50
	VAC-3	A, B & D											
3	VOC-1	B only	26L5.0-VOC-YOG-301	**Diet and Nutrition**	2	2	4	6	35	35	15	15	100
5	VOC-2	A,C & D	26L5.5-VOC-YOG-501										
4	VOC-1	A,C & D	26L5.0-VOC-YOG-401	**Yoga and Alternative Therapy**	2	2	4	6	35	35	15	15	100
	VOC-2	B only											
2	SEC-2	A,B,C & D	26L4.5-SEC-YOG-201	**Yoga and Wellness**	2	1	3	4	35	20	15	5	75

Part A – Introduction			
Name of the Programme	Yoga		
Semester	1st		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Hathpradeepika		
Course Code	26L4.5-YOG-101		
Course Level	100-199		
Course Type	CC-1 MCC-1		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	CLO_1	Explain the concepts, principles, and traditions of Haṭha Yoga.	
	CLO_2	Apply Haṭha Yoga practices for health and holistic well-being.	
	CLO_3	Demonstrate Śatkarma, Āsana, Prāṇāyāma, Mudrā, Bandha, and Nāda practices.	
	CLO_4	Develop discipline, awareness, and experiential understanding of Haṭha Yoga.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Orientation of Hathpradeepika-I** • Introduction of Hatha Yoga; • Hatha Yoga parampara, • Place of Hatha Yoga Practice; • Success and failure elements of Hatha Yoga; • Aims and objectives of Hatha Yoga;	1	15

Unit-II	**Orientation of Hathpradeepika-II** • Shatkriya- Dhauti, Basti, Neti, Trataka, Nauli, Kapalbhati; • Types, methods and benefits of Kumbhaka (Pranayama);	2	15
Unit-III	**Orientation to Hathpradeepika-III** • Mitahara, Pathya and Apathya; • Asanas (15 asanas); • Mudras & Bandhas; • Nadanusandhana	3	15
Practical	**Shatkarma:**Jalaneti, Sutraneti **Asanas:** Svastikasana, Gomukhasana, Virasana, Dhanurasana, Paschimottanasana, Mayurasana, Savasana, Siddhasana, Padmasana, Simhasana.	4	30
	Contact Hours		75

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

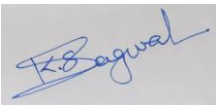
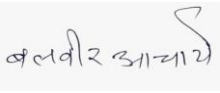
- Muktibodhananda, S. (1985). Hatha Yoga Pradipika: Light on Hatha Yoga. Yoga Publications Trust.
- Swatmarama. (1998). Hatha Yoga Pradipika (Swami Muktibodhananda, Trans.). Yoga Publications Trust.
- Arya Dr Somveer (2022). Hatha yoga Pradipika ; Ragav publication new delhi
- Iyengar, B. K. S. (1966). Light on yoga: Yoga dipika. George Allen & Unwin.
- Saraswati, S. S. (2008). Asana Pranayama Mudra Bandha. Yoga Publications Trust.
- Taimni, I. K. (1961). The science of yoga: The Yoga-Sūtras of Patañjali in Sanskrit with transliteration, translation and commentary. The Theosophical Publishing House.
- Svatmarama. (n.d.). Hatha Yoga Pradipika. (Various classical translations available).
- Sivananda, S. (2006). The science of pranayama. The Divine Life Society.
- Kaivalyadhama Yoga Institute. (n.d.). Yoga research and resources. https://kaivalyadhama.org
- Ministry of Education, Government of India. (n.d.). Indian Knowledge Systems (IKS) resources. Indian Knowledge Systems Division. https://iksindia.org
- SWAYAM. (n.d.). Online courses on Yoga and Indian knowledge systems. https://swayam.gov.in

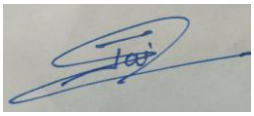
Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability	Skills for Yoga instruction and wellness practices.	**8**
Entrepreneurship	Opportunities in Yoga training and wellness services.	**8**



Skill Enhancement	Śatkarma, Āsana, Prāṇāyāma, Mudrā, and Bandha practices.	**8**
Communication Development	Discipline, awareness, and effective teacher–student interaction.	**7**
Indian Knowledge System	Haṭha Yoga tradition, Haṭha Pradīpikā, and yogic philosophy.	**8**
Environmental Awareness/SDGs	Yogic lifestyle and sustainable health practices.	**7**
Current Issues and Social Awareness	Yoga for stress management and lifestyle disorders.	**7**
Gender issues	Inclusive access to Yoga practices for all.	**7**
Public Policies	Yoga promotion for health and preventive care initiatives.	**7**
Any Other	Holistic health, self-discipline, and spiritual development.	**8**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	1st		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Fundamentals of Yoga**		
Course Code	26L4.5-YOG-102		
Course Level	100-199		
Course Type	MCC-2		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	CLO_1	Explain the origin, history, and development of Yoga.	
	CLO_2	Describe Yoga traditions in Vedas, Upanishads, epics, and philosophies.	
	CLO_3	Understand major schools of Yoga and their principles.	
	CLO_4	Demonstrate basic Yoga practices for health and well-being.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**General introduction to Yoga** • Brief about origin of Yoga: • Concepts; History and Development of Yoga: • Prior to the Vedic period, Vedic period, medieval period, Modern era.	1	15
Unit-II	**Forms of Yoga in textual and Religious Traditions** • Yoga in Vedas and Upanishads; • Yoga in Epics: Ramayana and Mahabharta; • Yoga in Buddhist Philosophy and Jain Philosophy.	2	15

Unit-III	**Introduction to major schools of Yoga** • Jnana Yoga • Karma Yoga • Bhakti Yoga • Ashtanga Yoga	3	15
Practical	• Shloka Chanting/Prayer, • Surya Namaskar, • Sukshma Vyayama, • Yoga Protocol.	4	30
	Contact Hours		75

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Feuerstein, G. (2008). The yoga tradition: Its history, literature, philosophy and practice. Hohm Press.
- Arya Somveer 2022; Yogsar : Kitabmahal publication Delhi
- Yadav Dr Dharambir. (2024). YOGA A Way of life Ronak publication house delh
- Taimni, I. K. (1961). The science of yoga: The Yoga-Sūtras of Patañjali in Sanskrit with transliteration, translation and commentary. The Theosophical Publishing House.
- Saraswati, S. S. (2008). Asana pranayama mudra bandha. Yoga Publications Trust.
- Vivekananda, S. (1896). Raja yoga. Ramakrishna-Vivekananda Center.
- Radhakrishnan, S. (1994). The principal Upanishads. HarperCollins Publishers.
- Dasgupta, S. (1930). Yoga philosophy: In relation to other Indian systems of thought. University of Calcutta.
- Eliade, M. (2009). Yoga: Immortality and freedom. Princeton University Press.
- Swami, S. (2000). The yoga sutras of Patanjali. Motilal Banarsidass Publishers.
- Ministry of Ayush, Government of India. (n.d.). Common Yoga Protocol. https://yoga.ayush.gov.in
- SWAYAM. (n.d.). Online courses on Yoga and Indian Knowledge Systems. https://swayam.gov.in

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability	Basic Yoga teaching and wellness skills.	**8**
Entrepreneurship	Opportunities in Yoga training and wellness services.	**8**
Skill Enhancement	SūryaNamaskāra, SūkṣmaVyāyāma, and Yoga practices.	**8**
Communication Development	Chanting, presentation, and yogic communication skills.	**7**
Indian Knowledge System	Origin, history, philosophy, and traditions of Yoga.	**8**
Environmental Awareness/SDGs	Yogic lifestyle and holistic health awareness.	**7**
Current Issues and Social Awareness	Yoga for stress management and healthy living.	**7**
Gender issues	Inclusive participation and accessibility of Yoga practices.	**7**
Public Policies	Awareness of national Yoga and wellness initiatives.	**7**
Any Other	Development of self-discipline, values, and holistic well-being.	**8**

Part A – Introduction			
Name of Programme	Yoga		
Semester	1st		
Nature of Course/Course Composition	Theory (Theory +Tutorial)		
Nomenclature of the Course	**Yoga Sutra-I**		
Course Code	26L4.5-YOG-103		
Course Level	100-199		
Course Type	CC-M-1		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO_1	Explain the concepts of SamādhiPāda and SādhanaPāda.	
	CLO_2	Apply Aṣṭāṅga Yoga principles for self-development.	
	Theory	**Tutorial**	**Total**
Credits	2	0	2
Teaching Hours per week	2	0	2
Internal Assessment Marks	15	0	15
End Term Exam Marks	35	0	35
Max. Marks	50	0	50
Examination Duration (in Hours)	02	0	

Part B- Contents of the Course

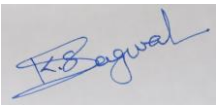
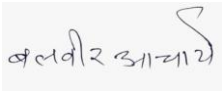
Instructions for Paper- Setter:

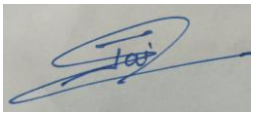
The paper setter shall prepare 5 questions selecting two questions from each of the two units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 07 short answer type questions carrying one mark each (total 07 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt three questions: the compulsory question no. 1 and 1 question from each of the two units.

Unit	Topics	CLO/s Attempt	Contact Hours
I	**Samadhi Pada** ● Meaning, definition and purpose of Yoga; ● Meaning of Chitta and its various stages (Chitta-Bhumis); ● Concepts of Vrittis, ● Chitta-Prasadan; ● Concept of Samadhi: Samprajnata and Asamprajnata; ● Concept of Ishwar and its qualities; ● Vikshepa (Obstacles and their removal).	1	15
II	**Sadhan Pada** ● Concept of Kriya Yoga; ● Panch Kleshas; ● Concept of Dukhavada: Heya, Hetu, Hana &Hanopaya; ● Ashtanga Yoga: Yama, Niyama, Asana, Pranayama & Pratyahara.	2	15
	Total Contact hours	30	

Evaluation Methods

Internal Assessment: 15 Marks		End Term Examination: 35 Marks
Class Participation:	5	Written Examination: 35



Seminar/presentation/assignment/quiz/class test etc.:	5	
Mid-Term Exam:	5	

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

Instructions

- Patañjali. (n.d.). The Yoga Sūtras of Patañjali (Various translations available).
- Dr Somveer Arya 2019 ; Yogadarshan ; Chokhamba publication Delhi
- Iyengar, B. K. S. (1993). Light on the Yoga Sūtras of Patañjali. HarperCollins.
- Saraswati, S. S. (2006). Four chapters on freedom: Commentary on the Yoga Sutras of Patanjali. Yoga Publications Trust.
- Vivekananda, S. (1896). Raja yoga. Ramakrishna-Vivekananda Center.
- Aranya, S. H. (1983). Yoga philosophy of Patañjali: Containing his Yoga aphorisms with Vyāsa's commentary. State University of New York Press.
- Feuerstein, G. (2008). The yoga tradition: Its history, literature, philosophy and practice. Hohm Press.
- Ministry of Ayush, Government of India. (n.d.). Common Yoga Protocol. https://yoga.ayush.gov.in
- SWAYAM. (n.d.). Online courses on Yoga philosophy and Indian knowledge systems. https://swayam.gov.in

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1

Content Mapping with NEP thrust areas

Field	Content/s	Hours Devoted
Employability	Foundations for Yoga teaching and wellness practice.	**3**
Entrepreneurship	Scope for Yoga instruction and wellness services.	**3**
Skill Enhancement	Chitta management, Aṣṭāṅga Yoga, and self-discipline.	**3**
Communication Development	Ethical conduct and interpersonal communication.	**3**
Indian Knowledge System	Patañjali Yoga Sūtra and classical Yoga philosophy.	**3**
Environmental Awareness/SDGs	Yogic lifestyle for sustainable health and well-being.	**3**
Current Issues and Social Awareness	Yoga for stress management and mental well-being.	**3**
Gender issues	Inclusive and value-based Yoga practices for all.	**3**
Public Policies	Awareness of Yoga promotion and preventive healthcare initiatives.	**3**
Any Other	Holistic development through yogic values and practice.	**3**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	2nd		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Basics of Yoga**		
Course Code	26L4.5-YOG-201		
Course Level	100-199		
Course Type	CC-2 MCC-3		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	CLO_1	Explain the concepts, aims, and importance of Yoga.	
	CLO_2	Describe Yoga traditions in Indian scriptures.	
	CLO_3	Explain the major schools and institutions of Yoga.	
	CLO_4	Demonstrate basic Yoga practices and maintain a practical record.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Introduction to Yoga** • Etymology and Definitions Of Yoga; • Aim and Objectives of Yoga; • Misconceptions of Yoga; • Importance of Yoga; • Brief introduction to PurusharthaChatushtaya.	1	15
Unit-II	**Forms of Yoga in textual and Religious Traditions** • Yoga in Indian Philosophy and Shrimad Bhagwad Gita; • Yoga in Puranas; • Yoga in Smritis; • Yoga in Naradbhakti Sutra.	2	15

Unit-III	**Introduction to Major Schools of Yoga** • Mantra Yoga; • Nada Yoga; • Laya Yoga; • Dhyana Yoga. **Old Yoga Institutions** • The Yoga Institute Mumbai; • Bihar School of Yoga Munger; • Gurukul Kangari Haridwar; • Kaivalyadhama Lonavala; • Moraraji Desai National Institute of Yoga Delhi.	3	15
Practical	• Practice of basic Yoga techniques (prayer, loosening exercises, and relaxation). • Recitation of selected Yoga prayers/mantras. • Identification of major schools of Yoga. • Preparation of a practical record on Yoga traditions and institutions.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/ presentation/ assignment/ quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/ Demonstration/ Viva-voce/ Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

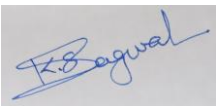
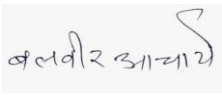
- Feuerstein, G. (2008). The yoga tradition: Its history, literature, philosophy and practice. Hohm Press.
- Dr Somveer 2022; Yogsar : Kitabmahal publication Delhi
- Yadav Dr Dharambir. (2024). YOGA a way og life Ronak publication house delhi
- Saraswati, S. S. (2008). Asana pranayama mudra bandha. Yoga Publications Trust.
- Taimni, I. K. (1961). The science of yoga: The Yoga-Sūtras of Patañjali in Sanskrit with transliteration, translation and commentary. The Theosophical Publishing House.
- Vivekananda, S. (1896). Raja yoga. Ramakrishna-Vivekananda Center.
- Kaivalyadhama. (n.d.). Yoga research and education. https://kaivalyadhama.org
- Morarji Desai National Institute of Yoga. (n.d.). Official website. https://www.yogamdniy.nic.in
- Ministry of Ayush, Government of India. (n.d.). Common Yoga Protocol. https://yoga.ayush.gov.in
- SWAYAM. (n.d.). Online courses on Yoga and Indian Knowledge Systems. https://swayam.gov.in

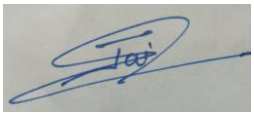
Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability	Basic Yoga teaching and wellness skills.	**8**
Entrepreneurship	Opportunities in Yoga training and wellness services.	**8**
Skill Enhancement	Basic Yoga techniques, prayer, relaxation, and self-discipline.	**8**
Communication Development	Mantra recitation and effective communication skills.	**7**
Indian Knowledge System	Indian philosophy, Yoga traditions, and classical schools of Yoga.	**8**
Environmental Awareness/SDGs	Yogic lifestyle and sustainable health practices.	**7**
Current Issues and Social Awareness	Yoga for healthy living and stress management.	**7**
Gender issues	Inclusive and equitable participation in Yoga.	**7**
Public Policies	Awareness of Yoga promotion and AYUSH initiatives.	**7**
Any Other	Holistic personality development and value-based living.	**8**



Part A – Introduction			
Name of the Programme	Yoga		
Semester	2nd		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Introduction to Alternative Therapies**		
Course Code	26L4.5-YOG-202		
Course Level	100-199		
Course Type	**DSEC-1**		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	CLO_1	Explain the concepts and scope of alternative therapies.	
	CLO_2	.Describe the principles and practices of Marma therapy.	
	CLO_3	Explain the principles and techniques of Acupressure.	
	CLO_4	Demonstrate basic Marma and Acupressure techniques safely.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**An Introduction** • Meaning, Definitions and concept of Alternative Therapy. • Origin, history and development of Alternative Therapy. • Importance and need of Alternative Therapy. • General introduction of different kind of traditional Alternative therapies.	1	15

Unit-II	**Marma Therapy:** • Meaning, Definitions and history of Marma. • Principles of Marma**.** • General introduction of Marma Points in Human body. • Technique and Rules. • Precautions and limitations	2	15
Unit-III	**Acupressure** • Meaning, Definitions and history of Acupressure. • Principles of Acupressure**.** • General introduction of various Acupressure Points in Human body. • Techniques and various instruments. • Precautions, Rules and limitations	3	15
Practical	• Identification of major Marma and Acupressure Points. • Demonstration and practice of basic Marma and Acupressure techniques. • Use of basic Acupressure instruments. • Practice of safety precautions, rules, and limitations. • Preparation of a practical record with Point diagrams.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Frawley, D., Ranade, S., & Lele, A. (2003). Ayurvedic healing: A comprehensive guide. Motilal Banarsidass.
- Lad, V. (2002). Marma Points of Ayurveda: The energy pathways for healing body, mind, and consciousness. The Ayurvedic Press.
- Ranade, S. (2007). A textbook of Swasthavritta. Chaukhambha Sanskrit Pratishthan.
- Sharma, P. V. (1996). Charaka Samhita (Vols. 1–2). Chaukhambha Orientalia.
- Sharma, R. K., & Dash, B. (Trans.). (2009). Sushruta Samhita (Vols. 1–3). Chaukhambha Sanskrit Series Office.
- Stux, G., &Pomeranz, B. (1998). Acupuncture: Textbook and atlas. Springer.
- Gach, M. R. (1990). Acupressure's PotentPoints: A guide to self-care for common ailments. Bantam Books.
- Ministry of AYUSH, Government of India. (n.d.). AYUSH. https://www.ayush.gov.in
- Central Council for Research in Ayurvedic Sciences. (n.d.). CCRAS. https://www.ccras.nic.in
- SWAYAM. (n.d.). Online courses on AYUSH, Yoga, and Indian Knowledge Systems. https://swayam.gov.in

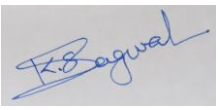
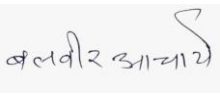
Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

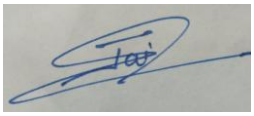
CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1

CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	Content/s	Hours Devoted
Employability	Basic skills in Marma and Acupressure therapy.	**8**
Entrepreneurship	Wellness and alternative therapy practice opportunities.	**8**
Skill Enhancement	Marma Point identification and Acupressure techniques.	**8**
Communication Development	Therapeutic communication and client interaction.	**7**
Indian Knowledge System	Ayurveda, Marma therapy, and traditional healing systems.	**8**
Environmental Awareness/SDGs	Natural, preventive, and holistic healthcare practices.	**7**
Current Issues and Social Awareness	Alternative therapies for lifestyle and stress-related disorders.	**7**
Gender issues	Equal access to holistic healthcare practices.	**7**
Public Policies	Awareness of AYUSH and preventive healthcare initiatives.	**7**
Any Other	Self-care, holistic wellness, and healthy lifestyle promotion.	**8**



Part A – Introduction			
Name of Programme	Yoga		
Semester	2nd		
Nature of Course/Course Composition	Theory (Theory +Tutorial)		
Nomenclature of the Course	**Yoga Sutra-II**		
Course Code	26L4.5-YOG-203		
Course Level	100-199		
Course Type	CC-M-1		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO_1	Explain the concepts of Sanyam &vibhutis under Vibhuti Pāda.	
	CLO_2	Explain the concepts of Karmas, Dharmamegh samadhi & Kaivalya under Kaivalya Pāda.	
	Theory	**Tutorial**	**Total**
Credits	2	0	2
Teaching Hours per week	2	0	2
Internal Assessment Marks	15	0	15
End Term Exam Marks	35	0	35
Max. Marks	50	0	50
Examination Duration (in Hours)	02	0	

Part B- Contents of the Course

Instructions for Paper- Setter:

The paper setter shall prepare 5 questions selecting two questions from each of the two units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 07 short answer type questions carrying one mark each (total 07 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt three questions: the compulsory question no. 1 and 1 question from each of the two units.

Unit	Topics	CLO/s Attempt	Contact Hours
I	**Vibhuti Pāda:** • Introduction of dharana, dhyana and samadhi, • Nature of sanyama; • Concept of chitta samskara, • Parinamatraya and vibhutis.	1	15
II	**Kaivalya Pāda:** • Five means of siddhis, • concept of nirmanchitta, • importance of siddhis achieved through samadhi, • four types of karmas; concept of vasana; • dharmamegh samadhi and its result, • vivekakhyatinirupanam, • kaivalya nirvachana.	2	15
	Contact Hours		30

Evaluation Methods		
Internal Assessment: 15 Marks		**End Term Examination: 35 Marks**
Class Participation:	5	Written Examination: 35
Seminar/presentation/assignment/quiz/class test etc.:	5	
Mid-Term Exam:	5	

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Arya Dr. Somveer . (2019). Yogdarshanchokhmba publication delhi
- Feuerstein, G. (2008). The yoga tradition: Its history, literature, philosophy and practice. Hohm Press.
- Iyengar, B. K. S. (1993). Light on the Yoga Sūtras of Patañjali. HarperCollins.
- Patañjali. (2009). The Yoga Sūtras of Patañjali (E. F. Bryant, Trans. & Ed.). North Point Press.
- Saraswati, S. S. (2006). Four chapters on freedom: Commentary on the Yoga Sutras of Patanjali. Yoga Publications Trust.
- Taimni, I. K. (1961). The science of yoga: The Yoga-Sūtras of Patañjali in Sanskrit with transliteration, translation and commentary. The Theosophical Publishing House.
- Vivekananda, S. (1896). Raja yoga. Ramakrishna-Vivekananda Center.
- Ministry of AYUSH, Government of India. (n.d.). Common Yoga Protocol. https://yoga.ayush.gov.in
- SWAYAM. (n.d.). Online courses on Yoga and Indian Knowledge Systems. https://swayam.gov.in

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability	Yoga philosophy and ethical teaching skills.	**3**
Entrepreneurship	Opportunities in Yoga education and wellness services.	**3**
Skill Enhancement	Chitta management, Kriyā Yoga, and Aṣṭāṅga Yoga practices.	**3**
Communication Development	Ethical communication and self-management skills.	**3**
Indian Knowledge System	Patañjali Yoga Sūtra and classical Yoga philosophy.	**3**
Environmental Awareness/SDGs	Yogic lifestyle for health and sustainable well-being.	**3**
Current Issues and Social Awareness	Yoga for mental health and stress management.	**3**
Gender issues	Inclusive and value-based Yoga practices for all.	**3**
Public Policies	Awareness of Yoga promotion and preventive healthcare initiatives.	**3**
Any Other	Self-discipline, holistic development, and spiritual growth.	**3**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	3rd		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Gherand Samhita**		
Course Code	26L5.0-YOG-301		
Course Level	200-299		
Course Type	**CC–3&MCC-4**		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	CLO_1	Explain the fundamental concepts of the Gheranda Samhita.	
	CLO_2	Describe the Shatkarmas and thirty-two Asanas of the Gheranda Samhita.	
	CLO_3	Explain the practices of Mudra, Bandha, Pranayama, and Kumbhaka.	
	CLO_4	Interpret the concepts of Dhyana and Samadhi in Ghatastha Yoga.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Orientation to Gherand Samhita- I** • Introduction to Gheranda Samhita; • Concept of Ghata &Ghatasthyoga; • Mitahara, Pathya and Apathya.	1	15
Unit-II	**Orientation to Gherand Samhita- II** • Shatkarmas and their classification; • Asanas (32 asanas).	2	15

Unit-III	**Orientation to Gherand Samhita- III** • Concept of Mudra and Bandha; • Concept of Pranayama & its prerequisites. • Concept of Dhyana; • Concept of Samadhi.	3	15
Practical	• Ashta Kumbhaka, Trataka, Bhalbhati	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Digambarji, S., &Kokaje, M. L. (Trans.). (1998). Gheranda Samhita. Kaivalyadhama.
- Muktibodhananda, S. (1999). Gheranda Samhita (English translation and commentary). Yoga Publications Trust.
- Saraswati, S. S. (2013). Asana Pranayama Mudra Bandha. Yoga Publications Trust.
- Arya, Somveer (2022 GherandSamhita:.Raghav publication Delhi .
- Kuvalayananda, S., &Vinekar, S. L. (1963). Yogic therapy: Its basic principles and methods. Ministry of Health, Government of India.
- Iyengar, B. K. S. (2005). Light on yoga (Revised ed.). HarperCollins.
- Mohan, A. G. (2019). Krishnamacharya: His life and teachings. Shambhala Publications.
- Tiwari, O. P. (2016). Yoga: Its foundation and applications. Kaivalyadhama.
- Government of India, Ministry of AYUSH. (2021). Yoga professional course syllabus. Ministry of AYUSH.
- Swami Niranjanananda Saraswati. (2012). Prana and pranayama. Yoga Publications Trust.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability	Develops competencies for yoga teaching, therapy, and wellness professions.	**8**
Entrepreneurship	Promotes yoga, wellness, and holistic health-based entrepreneurial ventures.	**8**

Skill Enhancement	Enhances practical skills in Shatkarma, Asana, Mudra, Bandha, Pranayama, Dhyana, and Samadhi.	**8**
Communication Development	Improves instructional, demonstration, and interpersonal communication skills in yoga.	**7**
Indian Knowledge System	Imparts classical Hatha Yoga knowledge from the Gheranda Samhita.	**8**
Environmental Awareness/SDGs	Encourages sustainable lifestyle, healthy living, and SDG 3 (Good Health and Well-being).	**7**
Current Issues and Social Awareness	Promotes yoga for managing stress, lifestyle disorders, and mental well-being.	**7**
Gender issues	Encourages equal participation and inclusivity in yoga practices.	**7**
Public Policies	Supports NEP 2020, Ministry of AYUSH initiatives, Fit India Movement, and National Health Policy.	**7**
Any Other	Promotes ethical values, self-discipline, holistic personality, and spiritual development.	**8**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	3rd		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Yogic Anatomy and Physiology-I**		
Course Code	26L5.0-YOG-302		
Course Level	200-299		
Course Type	**MCC**		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	CLO_1	Explain the basic anatomy and physiology of the human body and its organization.	
	CLO_2	Describe the skeletal, joint, and muscular systems and their yogic applications.	
	CLO_3	Explain the structure and functions of blood and the digestive system with reference to yoga.	
	CLO_4	Describe the circulatory system and evaluate the effects of yogic practices on cardiovascular health.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	**CLO/s Attempt**	**Contact Hours**
Unit-I	• **An Introduction:** • Anatomy & Physiology: Introduction, Need and Importance in the field of Yoga. • General introduction of human body. • **Cell:** Introduction of Cell, Tissue, Organ and System, Microscopic Structure and Functions of Cell. **Tissue:** Introduction, Classification, Structure, Functions and Types	1	15

Unit-II	• **Skeletal System:** Introduction of Skeletal system, Classification of Bones and effect of Yogic Practices on it. • **Joints** and its Classification, effect of Yogic Practices on it. • **Muscular System:** Introduction, Classification, Functions of muscles and effect of Yogic Practices on it. • **Blood:** Composition, Function, Coagulation and Blood Group	2	15
Unit-III	• **Digestive System:** Introduction, Structure and Functions, digestion of food (Absorption and Assimilation of food) effect of Yogic Practices on it. • **Circulatory System:** Introduction, Structure and Function of heart, Types of Circulation and effect of Yogic Practices on it. **Blood Pressure,** Technique of measurement and effect of Yogic Practices on it.	3	15
Practical	• **Skeletal and Muscular Systems:** Bones, joints, muscles, and effects of Yogic practices. • **Blood and Digestive System:** Blood Composition, digestion, and effects of Yogic practices. • **Circulatory System:** Heart, circulation, blood pressure, and effects of Yogic practices.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Amandeep, S. (2018). Textbook of anatomy and physiology for yoga and naturopathy. Khel Sahitya Kendra.
- Bhole, M. V. (2000). Anatomy and physiology of yogic practices. Kaivalyadhama.
- Guyton, A. C., & Hall, J. E. (2021). Guyton and Hall textbook of medical physiology (14th ed.). Elsevier.
- Tortora, G. J., & Derrickson, B. (2021). Principles of anatomy and physiology (16th ed.). Wiley.
- Seeley, R. R., Stephens, T. D., & Tate, P. (2019). Anatomy & physiology (11th ed.). McGraw-Hill Education.
- Ross, M. H., & Wilson, K. (2020). Anatomy and physiology in health and illness (13th ed.). Elsevier.
- Swami Kuvalayananda. (2014). Pranayama (Reprint ed.). Kaivalyadhama.
- Muktibodhananda, S. (2012). Hatha Yoga Pradipika (4th ed.). Yoga Publications Trust.
- SWAYAM.(n.d.).Human Anatomy and Physiology[MOOC].**https://swayam.gov.in/**

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability	Develops scientific knowledge for yoga teaching, therapy, and wellness professions.	**8**
Entrepreneurship	Supports yoga, fitness, and preventive healthcare-based entrepreneurial ventures.	**8**
Skill Enhancement	Enhances understanding of human anatomy, physiology, and yogic applications.	**8**
Communication Development	Improves scientific and professional communication in yoga and health education.	**7**
Indian Knowledge System	Integrates modern anatomy and physiology with traditional yogic principles.	**8**
Environmental Awareness/SDGs	Promotes healthy lifestyles and supports SDG 3 (Good Health and Well-being).	**7**
Current Issues and Social Awareness	Addresses lifestyle disorders and preventive healthcare through yoga.	**7**
Gender issues	Promotes gender-inclusive yoga education and health awareness.	**7**
Public Policies	Aligns with NEP 2020, National Education Policy, National Health Policy, and Ministry of AYUSH initiatives.	**7**
Any Other	Fosters holistic health, scientific temperament, ethical values, and lifelong learning.	**8**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	4th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Methods of Teaching Yoga**		
Course Code	26L5.0-YOG-401		
Course Level	200-299		
Course Type	**CC-4 MCC-6**		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	CLO_1	Explain the principles, philosophy, and ethics of Yoga teaching and the Guru–Shishya tradition.	
	CLO_2	Demonstrate effective yoga class management for diverse groups and learning needs.	
	CLO_3	Prepare outcome-based lesson plans for teaching various yogic practices.	
	CLO_4	Apply appropriate teaching methods, classroom management, and evaluation techniques in Yoga education.	
	Theory	Practical	Total
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Principles and Methods of Teaching Yoga** • Salient features of Yoga Education; • Teaching and Learning; • Vidyarthi, Shishya &Mumukshu; • Role of Yoga Teachers; • Guru-Shishya Prampra: Student Approach to the teacher (Bhagvad Gita 4.34).	1	15

Unit-II	**Basics of Yoga Class Management** • Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); • Techniques of Individualized; • Teaching Techniques of group teaching; • Techniques of mass instructions; • Organization of Yoga teaching (Time Management, Discipline etc.).	2	15
Unit-III	**Lesson Planning In Yoga** • Essentials of Good Lesson Plan; • Concepts, needs, planning of teaching Yoga (Shatkriya, Asana- Pranayama, Mudra- Bandha, & Meditation); • Models of Lesson Plan.	3	15
Practical	**Educational Tools of Yoga Teaching** • Evaluation methods of an ideal Yoga class; • Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.; • Class room problems: Types and Solutions; • Characteristics and essentials of good Yoga teaching; • Time-Table: Need, Types; Time-Table for Yoga teaching.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Iyengar, B. K. S. (2005). *Light on yoga* (Rev. ed.). HarperCollins Publishers.
- Muktibodhananda, S. (2012). *Hatha Yoga Pradipika* (4th ed.). Yoga Publications Trust.
- Tiwari, O. P. (2016). *Yoga:* Its principles and practice. Kaivalyadhama.
- Saraswati, S. S. (2008). Asana, pranayama, mudra, bandha. Yoga Publications Trust.
- Ministry of AYUSH. (2015). Common yoga protocol. Government of India.
- Arya Somveer 2022; Yogsar : Kitabmahal publication Delhi
- Yadav Dr Dharambir. (2024). Yoga a way of life Ronak publication house delhi
- Bhavanani, A. B. (2017). *Yoga* for health and healing. Dhivyananda Creations.
- SWAYAM. (n.d.).Yoga for Health and Wellness *[MOOC]*.https://swayam.gov.in/

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability	Develops competencies for professional yoga teaching and training.	**8**
Entrepreneurship	Promotes yoga education, training centres, and wellness entrepreneurship.	**8**
Skill Enhancement	Enhances lesson planning, class management, teaching, and evaluation skills.	**8**
Communication Development	Strengthens instructional, presentation, and interpersonal communication skills.	**7**
Indian Knowledge System	Promotes Guru–Shishya tradition and classical yoga teaching methodology.	**8**
Environmental Awareness/SDGs	Encourages healthy lifestyles and supports SDG 3 and SDG 4.	**7**
Current Issues and Social Awareness	Promotes inclusive yoga education for diverse age groups and communities.	**7**
Gender issues	Ensures gender-sensitive, equitable, and inclusive yoga instruction.	**7**
Public Policies	Aligns with NEP 2020, Ministry of AYUSH initiatives, and Fit India Movement.	**7**
Any Other	Develops leadership, ethics, professionalism, and lifelong learning.	**8**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	4th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Yogic Anatomy and Physiology –II**		
Course Code	26L5.0-YOG-402		
Course Level	200-299		
Course Type	**MCC**		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	CLO_1	Explain the structure and functions of respiratory organs and special senses with yogic applications.	
	CLO_2	Describe the endocrine glands and analyze the effects of yogic practices on hormonal balance.	
	CLO_3	Explain the structure and functions of the nervous system and its response to yogic practices.	
	CLO_4	Describe excretory and reproductive systems and evaluate the impact of yoga on their health.	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Respiratory System:** • Introduction, Structure and Function of Respiratory Organs, Mechanism and effect of Yogic Practices on it. • **Special Senses:** Eye and Ear.	1	15

Unit-II	**Endocrine System:** • Introduction, Location and Structure of different Glands and effects of Yogic Practices on it. **Nervous System:** • Introduction, Central Nervous System, Autonomous Nervous System. • Parts of the Brain (Name and Position only), • Structure of the Spinal Cord. • Effects of Yogic Practices on it.	2	15
Unit-III	**Excretory System:** • Introduction, Structure and Functions of the Kidney and Skin. • Composition of Urine and • Effects of Yogic Practices on it. **Reproductive System:** • Female Reproductive System: Introduction, structure, reproductive cycle, mammary glands and effects of Yogic practices. • Male Reproductive System: Introduction, structure, prostate gland and effects of Yogic practices.	3	15
Practical	Case Study	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

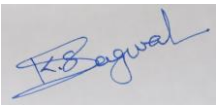
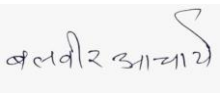
- Bhole, M. V. (2000). Anatomy and physiology of yogic practices. Kaivalyadhama.
- Guyton, A. C., & Hall, J. E. (2021). Guyton and Hall textbook of medical physiology (14th ed.). Elsevier.
- Tortora, G. J., & Derrickson, B. (2021). Principles of anatomy and physiology (16th ed.). Wiley.
- Ross, M. H., & Wilson, K. (2020). Anatomy and physiology in health and illness (13th ed.). Elsevier.
- Seeley, R. R., Stephens, T. D., & Tate, P. (2019). Anatomy & physiology (11th ed.). McGraw-Hill Education.
- Chatterjee, C. C. (2016). Human physiology(11th ed.). CBS Publishers & Distributors.
- Swami Kuvalayananda. (2014). Pranayama. Kaivalyadhama.
- Saraswati, S. S. (2008). Asana, pranayama, mudra, bandha. Yoga Publications Trust.
- SWAYAM. (n.d.).Human Anatomy and Physiology[MOOC].https://swayam.gov.in/

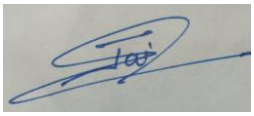
Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability	Develops knowledge for yoga therapy and wellness-related professions.	**8**
Entrepreneurship	Supports health, wellness, and yoga-based service initiatives.	**8**
Skill Enhancement	Enhances understanding of body systems and yogic applications.	**8**
Communication Development	Improves health education and yoga instruction skills.	**7**
Indian Knowledge System	Integrates yogic concepts with human physiology.	**8**
Environmental Awareness/SDGs	Promotes healthy living and supports SDG 3 (Good Health and Well-being).	**7**
Current Issues and Social Awareness	Addresses lifestyle disorders and preventive healthcare through yoga.	**7**
Gender issues	Promotes awareness of reproductive health and gender-inclusive wellness.	**7**
Public Policies	Aligns with NEP 2020, AYUSH initiatives, and preventive health Policies.	**7**
Any Other	Encourages holistic health, self-awareness, and lifelong learning.	**8**



Part A – Introduction			
Name of the Programme	Yoga		
Semester	4th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Yogic Diet and Nutrition**		
Course Code	26L5.0-YOG-403		
Course Level	200-299		
Course Type	MCC		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	CLO_1	Knowledge and understanding of Indian traditional health systems and yogic principles.	
	CLO_2	Application of scientific nutritional knowledge for health and wellness.	
	CLO_3	Integration of Ayurveda and holistic lifestyle practices.	
	CLO_4	Development of practical skills in diet planning and wellness management.	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Yogic Concept of Diet and Nutrition** • General introduction of Ahara (Diet); • Concept of Mitahara; • Concepts of Diet according to Gherand Samhita & Hatha Pradipika; • Importance of Yogic Diet in Yoga Sadhana.	1	15

Unit-II	**Basic Concepts and Component of Food and Nutrition** • Concept and functions of food, components of food and their classification; • Concept of nutrition; • Macro nutrients- sources, functions and effects on the body; • Micro nutrients- sources, functions and effects on the body; • Fats soluble nutrients- sources, functions and effects on the body; • Water soluble nutrients- sources, functions and effects on the body; • Significance of carbohydrate, proteins, fats, vitamins, minerals and water in the body.	2	15
Unit-III	**Ayurvedic Diet** • Diet concept of Ayurveda; • Diet according to the body constitution (prakriti)- vata, pitta & kapha; • Concept of Sapta Dhatu.	3	15
Practical	**The Raw Vegan Diet** • An Introduction, source of the raw vegan diet, their health benefits and Importance; • Age-wise diet plan; • Diet for sports person.	4	30
	Contact Hours		75

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Feuerstein, G. (2008).The yoga tradition: Its history, literature, philosophy and practice. Hohm Press.
- Swami Digambarji, &Gharote, M. L. (2001). Gheranda Samhita: A treatise on Hatha Yoga. Kaivalyadhama Yoga Institute.
- Muktibodhananda, S. (1998).Hatha Yoga Pradipika: Light on Hatha Yoga. Yoga Publications Trust.
- *Lad, V. (2002).* Textbook of Ayurveda: Fundamental principles of Ayurveda. The Ayurvedic Press.
- Dr Somveer Arya 2022; Yogsar : Kitabmahal publication Delhi
- Yadav Dr Dharambir. (2024). YOGA A WAY OF LIFE Ronak publication house delhi
- Gropper, S. S., Smith, J. L., & Carr, T. P. (2021).Advanced nutrition and human metabolism(8th ed.). Cengage Learning.
- Whitney, E., & Rolfes, S. R. (2022). Understanding nutrition(17th ed.). Cengage Learning.
- Melina, V., Craig, W., & Levin, S. (2016). Position of the Academy of Nutrition and Dietetics: Vegetarian diets.Journal of the Academy of Nutrition and Dietetics, 116*(12), 1970–1980.*https://doi.org/10.1016/j.jand.2016.09.025

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability	Career opportunities in yoga therapy, wellness centres, nutrition counselling, and lifestyle management.	**8**
Entrepreneurship	Development of yoga diet consultancy, wellness programmes, and healthy food services.	**8**
Skill Enhancement	Skills in diet planning, nutritional assessment, and preparation of yogic and balanced diets.	**8**
Communication Development	Effective communication of dietary guidelines, wellness advice, and health education.	**7**
Indian Knowledge System	Study of Yogic Ahara, Ayurveda, Mitahara, Prakriti, and classical yoga texts.	**8**
Environmental Awareness/SDGs	Promotion of sustainable diets, plant-based nutrition, and responsible food practices.	**7**
Current Issues and Social Awareness	Awareness about lifestyle disorders, malnutrition, obesity, and preventive health practices.	**7**
Gender issues	Understanding gender-specific nutritional needs and health requirements.	**7**
Public Policies	Awareness of national nutrition programmes, health Policies, and wellness initiatives.	**7**
Any Other	Integration of holistic health, yoga philosophy, and modern nutritional science.	**8**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	4th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Fundamentals of Ayurveda**		
Course Code	26L5.0-YOG-404		
Course Level	200-299		
Course Type	**DSE**		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Explain the history, principles, Gunas, seasons, and lifestyle practices of Ayurveda.	
	CLO_2	Describe Tridosha, Sapta Dhatu, Ayurvedic diet concepts, and health maintenance principles.	
	CLO_3	Identify major Ayurvedic herbs and explain their properties and medicinal uses.	
	CLO_4	Apply Ayurvedic concepts through case studies for health and lifestyle management.	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**History of Ayurveda** • Origin, Definition, history and Objectives of Ayurveda; • Institutes of Ayurveda in India; • Three primordial forces, or principles (Gunas) namely Sattva, Rajas & Tamas; • The six seasons; • Ritucharya, Dincharya, Ratricharya.	1	15

Unit-II	**Pillars and Sub-Pillars of Ayurveda**; • Tridoshas- Vata, Pitta and Kapha; • The Three Doshas & Their Basic Qualities; • The Sapta Dhatu; • the six tastes And their role in body; • Concept of Diet in Ayurveda; • Function of Diet (Food); • Important Rules And Regulations Related to Diet in Ayurveda; • Balance Diet, Pathya, Apathya.	2	15
Unit-III	**Introduction of Major Herbs** • General introduction to major herbs and their properties; • Health, promotion and Medicinial uses of the following- Ajwain, Anwala, Apamarga, Ashwagandha, Tulsi, Giloy, Brahmi, Neem, Tulsi,Turmeric, Aloevera, Ginger.	3	15
Practical	• Application of Dincharya, Ritucharya, and Pathya–Apathya principles for health management. • Identification and practical use of Ayurvedic herbs and their health benefits. • Development of Ayurvedic lifestyle modification plans for wellness promotion.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Lad, V. (2002). Textbook of Ayurveda: Fundamental principles of Ayurveda. The Ayurvedic Press.
- Sharma, P. V. (2014). Charaka Samhita: Text with English translation.Chaukhambha Orientalia.
- Murthy, K. R. S. (2012). Sushruta Samhita: Text, English translation and commentary. Chaukhambha Orientalia.
- Frawley, D. (2000). Yoga and Ayurveda: Self-healing and self-realization. Lotus Press.
- Ministry of AYUSH. (2020). Ayurveda: The science of life. Government of India. Retrieved from https://www.ayush.gov.in
- National Digital Library of India. (n.d.). Learning resources on Ayurveda and Indian knowledge systems. Ministry of Education, Government of India. Retrieved from https://ndl.iitkgp.ac.in
- SWAYAM. (n.d.). Online courses on Ayurveda, Indian Knowledge Systems and health sciences. Ministry of Education, Government of India. Retrieved from https://swayam.gov.in
- e-PG Pathshala. (n.d.). Learning resources on Ayurveda and Indian traditional knowledge systems. University Grants Commission (UGC). Retrieved from https://epgp.inflibnet.ac.in
- Indira Gandhi National Open University. (n.d.). Study materials on Ayurveda, naturopathy and wellness sciences. IGNOU. Retrieved from https://www.ignou.ac.in
- Ministry of AYUSH. (n.d.). Ayush Research Portal: Evidence-based resources on medicinal plants and Ayurveda. Government of India. Retrieved from https://ayushPortal.nic.in

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability	Career opportunities in Ayurveda wellness, yoga therapy, and holistic healthcare services.	**8**
Entrepreneurship	Development of Ayurvedic consultancy, herbal product preparation, and wellness-based enterprises.	**8**
Skill Enhancement	Skills in Ayurvedic lifestyle management, identification of medicinal herbs, and health assessment.	**8**
Communication Development	Effective communication of Ayurvedic concepts, dietary practices, and wellness guidelines.	**7**
Indian Knowledge System	Understanding Ayurveda principles, Tridosha, Prakriti, Dincharya, Ritucharya, and classical texts.	**8**
Environmental Awareness/SDGs	Sustainable utilization and conservation of medicinal plants and natural healthcare resources.	**7**
Current Issues and Social Awareness	Awareness about lifestyle disorders, preventive healthcare, and holistic wellness approaches.	**7**
Gender issues	Understanding gender-specific health needs and Ayurvedic approaches for balanced wellbeing.	**7**
Public Policies	Awareness of AYUSH Policies, national healthcare initiatives, and promotion of traditional systems of medicine.	**7**
Any Other	Integration of Ayurveda and Yoga for preventive, promotive, and holistic health.	**8**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	4th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Principal Upanishads**		
Course Code	26L5.0-YOG-405		
Course Level	200-299		
Course Type	**DSE**		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Explain the concepts of Brahman, Atma, Yoga, and self-realization from Isha, Kena, and Katha Upanishads.	
	CLO_2	Describe Prana, Brahmavidya, and consciousness concepts from Prashna, Mundaka, and Mandukya Upanishads.	
	CLO_3	Understand Atma, Brahman, Panchakosha, and bliss concepts from Aitareya and Taittiriya Upanishads.	
	CLO_4	Apply Upanishadic teachings through mantra study, meditation, and practical spiritual practices.	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours

Unit-I	**Introduction to Upanishads: Isha, Kena & Katha** **Ishavasyopanishad:**Karmnishtha; Vidya & Avidya; Knowledge of Brahma**;** **Kenopanishad:**Indriya and Antahkarna; Self and the mind; Glory of Brahma;Moral of Yaksha Upakhyana. **Kathopanishad:**Definition of Yoga;Nature of Soul; Importance of Self Realization;	1	15
Unit-II	**Prashna, Mundaka Upanishads and Mandukya** **Prashnopanishad:**Prana and Rayi(creation); Panch pranas; The five main questions. **Mundakopanishad:**Two approaches to Brahmvidya named as the Para and Apara; The greatness of Brahmvidya, Tapas and Guru bhakti; **Mandukyopanishad:**Four states of consciousness and its relation to syllables in Omkara;	2	15
Unit-III	**Aitareya and Taittiriya Upanishads** **Aitareyopanishad:**Atma; universe and Brahmn; **Taittiriyopnishad:**Panchkosha; Shiksha valli; Anand valli and Bhrigu valli. **Chhandogyopanishad:**Udgith Meditation; Shandilya vidya; **Brihadaranyakopanishad:**Atma and Jnana Yoga; Union of Atma and Paramatma.	3	15
Practical	• Chanting and interpretation of selected Upanishadic mantras with their philosophical meanings. • Meditation practice based on Omkara, Panchakosha, and Self-realization concepts. • Presentation of Upanishadic teachings related to Yoga, Atma, Brahman, and consciousness.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Radhakrishnan, S. (1994*)*. The principal Upanishads. HarperCollins Publishers.
- Easwaran, E. (2007). The Upanishads.Nilgiri Press.
- Swami Gambhirananda. (2011). Eight Upanishads: With the commentary of Shankaracharya *(Vols. 1–2)*. Advaita Ashrama.
- Olivelle, P. (1998). The early Upanishads: Annotated text and translation. Oxford University Press.
- Hume, R. E. (1995). The thirteen principal Upanishads: Translated from the Sanskrit. Oxford University Press.
- Shankaracharya. (2006). Brahma Sutra Bhashya and principal Upanishad commentaries. Motilal Banarsidass Publishers.
- Saraswati, S. S. (1996). The Upanishads. Yoga Publications Trust, Bihar School of Yoga.
- Aurobindo, S. (1996). The Upanishads. Sri Aurobindo Ashram.
- Ministry of Education. (n.d.). *SWAYAM:* Online courses on Indian philosophy and Indian Knowledge Systems. Government of India. https://swayam.gov.in
- Indian Council of Philosophical Research. (n.d.). Digital resources on Indian philosophy and Vedanta. https://icpr.in
- National Digital Library of India. (n.d.). Learning resources on Upanishads and Indian Knowledge Systems. Ministry of Education, Government of India. https://ndl.iitkgp.ac.in

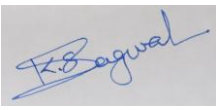
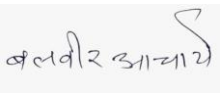
Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

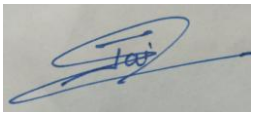
CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability	Opportunities in yoga teaching, spiritual counselling, and wellness education.	**8**
Entrepreneurship	Development of yoga, meditation, and holistic wellness-based services.	**8**
Skill Enhancement	Skills in mantra interpretation, meditation practices, and self-development techniques.	**8**
Communication Development	Effective presentation and communication of Upanishadic philosophy and teachings.	**7**
Indian Knowledge System	Study of Upanishadic concepts of Atma, Brahman, Yoga, consciousness, and Vedanta.	**8**
Environmental Awareness/SDGs	Understanding harmony between self, nature, and universal consciousness.	**7**
Current Issues and Social Awareness	Promotion of ethical values, mental wellbeing, and spiritual approaches to life challenges.	**7**
Gender issues	Understanding universal spiritual values and equality of all beings.	**7**
Public Policies	Awareness of Policies promoting Indian Knowledge Systems, yoga, and holistic education.	**7**

Any Other	Integration of Upanishadic wisdom with yoga practice and personal transformation.	**8**



Part A – Introduction			
Name of the Programme	Yoga		
Semester	5th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Yoga Upanishad-I**		
Course Code	26L5.5-YOG-501		
Course Level	300-399		
Course Type	CC-5 MCC-9		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Explain Dhyanayoga and self-realization practices of Swetashvatara Upanishad.	
	CLO_2	Describe Prana, Kundalini, Saraswati Chalana, and Kumbhaka practices of Yogkundalini Upanishad.	
	CLO_3	Understand six limbs of Yoga and their benefits according to Yogchudamani Upanishad.	
	CLO_4	Apply Ashtanga Yoga, Pranayama, mantra chanting, and meditation practices from Yoga Upanishads.	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Swetashvatar Upanishad:** • Techniques and importance of Dhyanayoga, • Suitable place for Dhyanayoga, • Prior symptoms of Yogsiddhi, • Techniques of Realization (Karmayoga, Upasanayoga, Jnanayoga);	1	15

Unit-II	**Yogkundalini Upanishad:** • Methods to overcome on prana, • Concept of Saraswati chalana, • Kumbhaka,	2	15
Unit-III	**Yogchudamani Upanishad:** • Description of Six limbs of Yoga, their results and sequence; **Trishikhbhramanopnishad:** • Description of Ashtanga Yoga, • Concept of Jnanayoga and Karmayoga, • Technique of Pranayama..	3	15
Practical	• Mantra Learning and chanting, • Meditative Asana and Pranayama in the respective Upanishads.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Radhakrishnan, S. (1994).The principal Upanishads. HarperCollins Publishers.
- Saraswati, S. S. (1996).The Upanishads. Yoga Publications Trust, Bihar School of Yoga.
- Aurobindo, S. (1996).The Upanishads. Sri Aurobindo Ashram.
- Hume, R. E. (1995). The thirteen principal Upanishads: Translated from the Sanskrit. Oxford University Press.
- Olivelle, P. (1998).The early Upanishads: Annotated text and translation. Oxford University Press.
- Swami Muktibodhananda. (1998).Hatha Yoga Pradipika: Light on Hatha Yoga. Yoga Publications Trust.
- Feuerstein, G. (2008).The yoga tradition: Its history, literature, philosophy and practice. Hohm Press.
- Iyengar, B. K. S. (2002). Light on Yoga. HarperCollins Publishers.
- Saraswati, S. S. (2008).Kundalini Tantra. Yoga Publications Trust, Bihar School of Yoga.
- Ministry of Education. (n.d.).SWAYAM: Online courses on Yoga, Indian Philosophy and Indian Knowledge Systems. Government of India. https://swayam.gov.in

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**

Employability	Yoga teaching and practical demonstration skills.	**8**
Entrepreneurship	Self-employment in yoga and wellness.	**8**
Skill Enhancement	Dhyana, Pranayama, Kumbhaka, and Mantra chanting.	**8**
Communication Development	Mantra recitation and teaching communication.	**7**
Indian Knowledge System	Practical application of Yoga Upanishads.	**8**
Environmental Awareness/SDGs	Meditation in a clean environment; holistic health (SDG 3).	**7**
Current Issues and Social Awareness	Stress management and mental well-being through yoga.	**7**
Gender issues	Inclusive participation in yogic practices.	**7**
Public Policies	NEP 2020 and AYUSH-based yoga promotion.	**7**
Any Other	Self-discipline, mindfulness, and spiritual development.	**8**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	5th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Bhagavad Gita**		
Course Code	26L5.5-YOG-502		
Course Level	300-399		
Course Type	MCC-10		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Explain the significance of the Bhagavad Gita in Yoga and human life.	
	CLO_2	Describe the concepts of Atman, Paramatma, and Sthitaprajna.	
	CLO_3	Explain the principles of Karma, Bhakti, Dhyana, and Ashtanga Yoga.	
	CLO_4	Demonstrate Shloka chanting, meditation, and Gita-based diet planning.	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

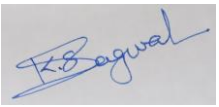
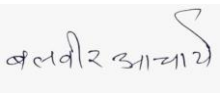
Instructions for Theory Paper-Setter

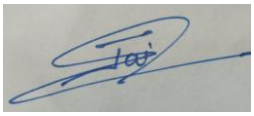
The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Significance of Bhagavad Gita as Synthesis of Yoga** • Introduction of Bhagavad Gita (B.G.); • Bhagavad Gita and traditional commentaries; • Introduction of Yoga and their relevance in Yoga Sadhana; • Role of B.G.in spiritual and social life; • Importance of teachings of B.G. in present scenario; • Relevance of B.G.Sadhanas in Psychiatry.	1	15



Unit-II	**Concept of Atman, Paramatma & characteristics of Sthitprajna** • Concept of Samkhya Yoga (Chapter -2); • Concept of Sthitprajna, stages and characteristics of it (Chapter -2, shalok 54 to 72); • Concept of Atman (Purusha), Jivatman, Paramatma (Parameshwar or Purushottam) and their characteristics;	2	15
Unit-III	**Ashtanga Yoga, Karma Yoga, Bhakti Yoga and Dhyana Yoga** • Concept of Ashtanga Yoga; • Concept of Karma Yoga- Karma Swarupa (Sakaama and Nishkaama); • Concept of Bhakti Yoga; • Dhyana Yoga together with devotion; • Concept of Ahara and Trigunas	3	15
Practical	• 10 Shloka learning and chanting. • Meditation; • Prepare Diet chart according to Bhagavad Gita.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

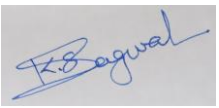
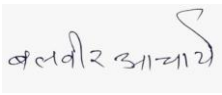
- Dr Dharambir Yadav (2024). Geeta Yogamrit*; Kitab mahal new delhi*
- Gambhirananda, S. (Trans.). (2018). Bhagavad Gita with the commentary of Sri Shankaracharya. Advaita Ashrama.
- Radhakrishnan, S. (2019*).* The Bhagavadgita. HarperCollins India. (Original work published 1948)
- Saraswati, S. S. (2004*).* Bhagavad Gita. Yoga Publications Trust.
- Chinmayananda, S. (2013). The Holy Geeta. Central Chinmaya Mission Trust.
- Prabhupada, A. C. Bhaktivedanta Swami. (1983). Bhagavad-gītā As It Is. The Bhaktivedanta Book Trust.
- Ministry of Education, Government of India. (n.d.). Bhagavad Gita: Its Relevance in Modern Life (SWAYAM). https://swayam.gov.in
- Ministry of Education, Government of India. (n.d.). Yoga and Indian Knowledge Systems (SWAYAM). https://swayam.gov.in
- Ministry of AYUSH. (2019). Common Yoga Protocol. Morarji Desai National Institute of Yoga. https://yoga.ayush.gov.in

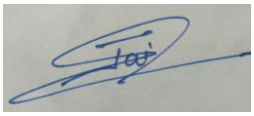
Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability	Ethical leadership, self-discipline, stress management, and decision-making skills.	**8**
Entrepreneurship	Promotes resilience, ethical entrepreneurship, and Nishkama Karma.	**8**
Skill Enhancement	Develops meditation, chanting, critical thinking, and healthy lifestyle skills.	**8**
Communication Development	Enhances recitation, discussion, interpretation, and presentation skills.	**7**
Indian Knowledge System	Introduces Bhagavad Gita, Yoga, Samkhya, and Indian philosophical traditions.	**8**
Environmental Awareness/SDGs	Encourages sustainable living, balanced diet, and harmony with nature.	**7**
Current Issues and Social Awareness	Addresses mental health, ethics, social harmony, and responsible citizenship.	**7**
Gender issues	Promotes equality, dignity, and respect for all beyond gender distinctions.	**7**
Public Policies	Supports NEP 2020 through value-based and holistic education.	**7**
Any Other	Fosters personality development, spiritual growth, and emotional well-being.	**8**



Part A – Introduction			
Name of the Programme	Yoga		
Semester	5th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Indian Philosophy**		
Course Code	26L5.5-YOG-503		
Course Level	300-399		
Course Type	DSE-2		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Explain the origin, development, and classification of Indian philosophical traditions.	
	CLO_2	Describe the fundamental concepts of Nyaya and Vaisesika philosophies.	
	CLO_3	Analyze the metaphysical and epistemological principles of Samkhya, Yoga, and Mimansa systems.	
	CLO_4	Demonstrate practical understanding of major Indian philosophical concepts through comparative and reflective exercises.	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**An Introduction to Philosophy** • Etymology, meaning, Origin and history of Philosophy; • Classification of Indian Philosophical School: Orthodox (Astika) and Nastika (Heterodox)	1	15

Unit-II	**Nyaya** • Nature of physical world, individual soul, liberation and concept of supreme soul; • The sixteen Padharthas according to Nyaya; **Vaisesika** • Category of substance- Nava Dravyas, • Category of quality- 24 gunas ; **Samkhya** • Prakriti and Purusha; • 25 entities according to Samkhya and means of knowledge, • Satkaryavada.	2	15
Unit-III	**Yoga** • Stages of Chitta, • Kind of Kleshas, • AshtangaYoga **Purva Mimansa** • Theory of knowledge (Pramāṇas), and the concept of liberation. **Uttar Mimansa** • Concepts ofBrahman, Ātman, Māyā, Jñāna, and Mokṣa	3	15
Practical		4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Dasgupta, S. (2019).A history of Indian philosophy(Vol. 1). Motilal Banarsidass.
- Hiriyanna, M. (2015).Outlines of Indian philosophy. Motilal Banarsidass.
- Radhakrishnan, S., & Moore, C. A. (Eds.). (2017).A sourcebook in Indian philosophy. Princeton University Press.
- Chatterjee, S., & Datta, D. M. (2016). An introduction to Indian philosophy. University of Calcutta.
- Sharma, C. D. (2016).A critical survey of Indian philosophy. Motilal Banarsidass.
- Mohanty, J. N. (2000).Classical Indian philosophy. Rowman & Littlefield Publishers.
- Puligandla, R. (1997).Fundamentals of Indian philosophy. D.K. Printworld.
- Ranganathananda, S. (2015).The message of the Upanishads. Advaita Ashrama.
- King, R. (1999).Indian philosophy: An introduction to Hindu and Buddhist thought. Georgetown University Press.
- **MOOC:** Indira Gandhi National Open University (IGNOU). (n.d.).Introduction to Indian philosophy. SWAYAM. https://swayam.gov.in

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability	Develops critical thinking and ethical decision-making skills.	**8**
Entrepreneurship	Promotes value-based leadership in wellness and yoga enterprises.	**8**
Skill Enhancement	Enhances logical reasoning, self-reflection, and analytical skills.	**8**
Communication Development	Improves discussion, debate, and presentation abilities.	**7**
Indian Knowledge System	Introduces the foundational schools of Indian philosophy.	**8**
Environmental Awareness/SDGs	Fosters harmony with nature through the concept of Prakriti.	**7**
Current Issues and Social Awareness	Applies philosophical principles to contemporary social challenges.	**7**
Gender issues	Encourages understanding of equality and inclusiveness in Indian thought.	**7**
Public Policies	Supports awareness of NEP 2020 and value-based education initiatives.	**7**
Any Other	Promotes cultural heritage and spiritual well-being.	**8**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	5th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Applications of Yoga**		
Course Code	26L5.5-YOG-504		
Course Level	300-399		
Course Type	DSE-2		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Explain the role of Yoga in health promotion and disease prevention.	
	CLO_2	Apply Yogic practices for managing lifestyle and psychosomatic disorders.	
	CLO_3	Describe the applications of Yoga in education, sports, wellness, and community health.	
	CLO_4	Design and demonstrate basic Yoga modules for health promotion and therapeutic use	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Yoga for Health Promotion** • Concept and scope of Applied Yoga; • Yoga for physical, mental, and emotional health; • Role of Yoga in lifestyle management; • Yogic diet, sleep, stress management, and preventive healthcare.	1	15

Unit-II	**Therapeutic Applications of Yoga** • Principles of Yoga Therapy; • Application of Yoga in the management of lifestyle disorders (obesity, diabetes, hypertension), • Musculoskeletal disorders, • Respiratory disorders, and mental health conditions (stress, anxiety, depression).	2	15
Unit-III	**.Yoga in Society and Professional Practice** • Applications of Yoga in education, sports, corporate wellness, • Geriatric care, women's health, and community health; • Ethics and professional responsibilities of a Yoga Trainer/ Expert.	3	15
Practical	**Practical Applications of Yoga** • Preparation and demonstration of Yoga modules for health promotion and selected lifestyle disorders; • Practice of ŚuddhiKriyās (where applicable), • Āsanas, Prāṇāyāma, Mudrās, Bandhas, Relaxation techniques, Meditation, and • Preparation of simple Yoga intervention plans.	4	30
	Contact Hours	75	

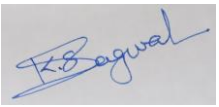
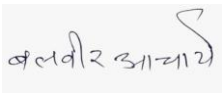
Evaluation Methods

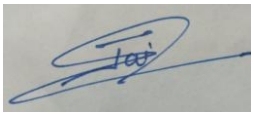
Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Yoga for Health. Kaivalyadhama, Lonavala.
- Asana Pranayama Mudra Bandha. Yoga Publications Trust, Munger.
- Yoga and Psychotherapy. Himalayan Institute Press.
- The Science of Yoga. Simon & Schuster.
- Yoga Therapy. North Atlantic Books.
- Somveer Arya 2022; Yogsar : Kitabmahal publication Delhi
- Yadav Dr Dharambir. (2024). Yoga a way of life Ronak publication house delhi
- Yoga for Wellness. Swami Vivekananda Yoga Prakashana.
- A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya. Yoga Publications Trust.
- Textbook of Yoga. Ministry of AYUSH, Government of India.
- Common Yoga Protocol. Government of India.
- SWAYAM – Yoga Courses (UGC/Ministry of Education, Government of India).

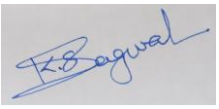
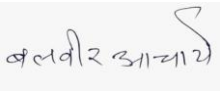


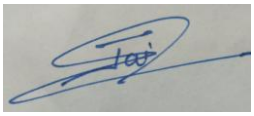
Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability	Yoga instruction, wellness and health promotion services.	**8**
Entrepreneurship	Yoga centres, wellness programmes, and online Yoga services.	**8**
Skill Enhancement	Yoga module preparation, demonstration, and therapeutic application skills.	**8**
Communication Development	Teaching skills, client interaction, and health communication.	**7**
Indian Knowledge System	Yogic practices, philosophy, and holistic health approaches.	**8**
Environmental Awareness/SDGs	Sustainable lifestyle and SDG-3: Good Health and Well-being.	**7**
Current Issues and Social Awareness	Lifestyle disorders, stress management, mental health, and community wellness.	**7**
Gender issues	Yoga applications for women's health and inclusive practices.	**7**
Public Policies	AYUSH initiatives, Common Yoga Protocol, and National health programmes.	**7**
Any Other	Yoga ethics, professional responsibility, and evidence-based practices.	**8**



Part A – Introduction				
Name of the Programme	Yoga			
Semester	5th			
Nature of Course/Course Composition	Theory + Practical			
Nomenclature of the Course	**Yoga and Value Education**			
Course Code	26L5.5-YOG-505			
Course Level	300-399			
Course Type	DSE-3			
Pre-requisite for the course (if any)				
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Explain the concepts of Yoga, values, and their role in human development.		
	CLO_2	Apply Yogic principles for personality development, emotional balance, and ethical living.		
	CLO_3	Describe the role of Yoga in social responsibility, professional ethics, and universal values.		
	CLO_4	Demonstrate Yoga practices for self-discipline, mental well-being, and value development.		
	Theory		**Practical**	**Total**
Credits	3		1	4
Teaching hours per week	3		2	5
Internal Assessment Marks	25		05	30
End Term Exam Marks	50		20	70
Max. Marks	75		25	100
Examination Duration (in Hours)	3		3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Foundations of Yoga and Value Education** Meaning, concept, and scope of Yoga and Value Education; relationship between Yoga, ethics, and human values; principles of **Yama and Niyama**; role of Yoga in character building, personality development, and holistic well-being.	1	15

Unit-II	**Yogic Values and Life Skills** Concept of moral, social, and spiritual values in Yoga; Importance of discipline, self-awareness, compassion, non-violence, truthfulness, and contentment; Yoga for emotional balance, stress management, decision-making, and Positive living.	2	15
Unit-III	**Yoga, Ethics and Social Responsibility** Yoga and ethical living; professional ethics of Yoga practitioners; social harmony, environmental responsibility, peace, and universal values; role of Yoga in family, education, workplace, and society.	3	15
Practical	**Practical Applications of Yoga and Value Development** Practice of Āsanas, Prāṇāyāma, relaxation techniques, and meditation for self-discipline and emotional balance; experiential learning through value-based Yoga practices; development of Positive attitudes.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

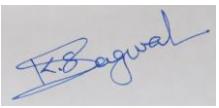
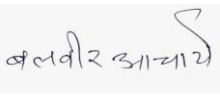
- Prabhupada, A. C. Bhaktivedanta Swami. (1972). Bhagavad-gītā as it is. The Bhaktivedanta Book Trust.
- Arya Dr Somveer Yogadarshan 2018 Chokhmba publication delhi.
- Iyengar, B. K. S. (1966). Light on yoga: Yoga dipika. George Allen & Unwin.
- Dr Somveer A 2022; Yogsar : Kitabmahal publication Delhi
- Dr Dharambir Y. (2024). Yoga A way of life Ronak publication house delhi
- Rokeach, M. (1973). The nature of human values. Free Press.
- Radhakrishnan, S., & Raju, P. T. (Eds.). (1966). The concept of man: A study in comparative philosophy. George Allen & Unwin.
- Sharma, R. A. (2013). Value education. R. Lall Book Depot.
- UNESCO. (2002). Education in human values: Framework for value-based education.
- NESCO. Ministry of Education, Government of India. (n.d.).
- SWAYAM online courses: Value education and yoga. SWAYAM. https://swayam.gov.in

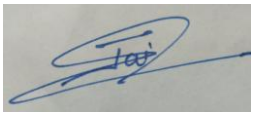
Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	Content/s	Hours Devoted
Employability	Yoga teaching, wellness management, and professional ethics.	**8**
Entrepreneurship	Yoga-based wellness services and self-employment Opportunities.	**8**
Skill Enhancement	Asana, Prāṇāyāma, meditation, and life skills development.	**8**
Communication Development	Ethical communication, empathy, and interpersonal skills.	**7**
Indian Knowledge System	Yoga philosophy, Patanjali Yoga Sutras, and Indian value traditions.	**8**
Environmental Awareness/SDGs	Yogic lifestyle, environmental harmony, and sustainable well-being.	**7**
Current Issues and Social Awareness	Yoga for stress management, mental health, and social harmony.	**7**
Gender issues	Equality, inclusiveness, and respect through Yogic values.	**7**
Public Policies	Awareness of Yoga promotion, health, and wellness initiatives.	**7**
Any Other	Holistic development, self-awareness, and universal human values.	**8**



Part A – Introduction				
Name of the Programme	Yoga			
Semester	5th			
Nature of Course/Course Composition	Theory + Practical			
Nomenclature of the Course	**Indian Culture and Traditions**			
Course Code	26L5.5-YOG-506			
Course Level	300-399			
Course Type	DSE-3			
Pre-requisite for the course (if any)				
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Explain the concept, characteristics, and significance of Indian culture and traditions.		
	CLO_2	Describe the contributions of Indian knowledge systems, philosophy, art, literature, and heritage.		
	CLO_3	Analyze the role of Indian traditions, values, and ethical principles in contemporary society.		
	CLO_4	Demonstrate awareness and appreciation of Indian cultural practices, heritage conservation, and social responsibility.		
	Theory	**Practical**	**Total**	
Credits	3	1	4	
Teaching hours per week	3	2	5	
Internal Assessment Marks	25	05	30	
End Term Exam Marks	50	20	70	
Max. Marks	75	25	100	
Examination Duration (in Hours)	3	3		

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Introduction to Indian Culture and Heritage** • Meaning, concept, characteristics, and dimensions of Indian culture; • Cultural heritage of India; • Major sources of Indian culture including Vedas, Upanishads, epics, and Yogic texts.	1	15

Unit-II	**Indian Knowledge Systems and Cultural** • Indian philosophy and traditions; • Contributions of ancient India in science, mathematics, Ayurveda, and literature; • Indian art, architecture, music, , festivals, and traditional practices.	2	15
Unit-III	**Indian Values, Traditions and Contemporary Relevance** • Ethical and moral values in Indian traditions; • Concepts of Purushartha chatushtya, ashram vyavastha, and Vasudhaiva Kutumbakam; • Role of traditions in social harmony, environmental sustainability, family values, and national identity.	3	15
Practical	**Experiential Learning in Indian Culture and Traditions** • Study of traditional practices; • Visits to heritage sites/museums related to Yoga, Ayuveda and Naturopathy; • Presentations on Indian traditions and knowledge systems.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

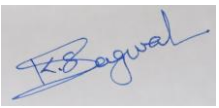
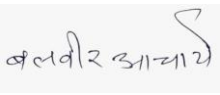
- Basham, A. L. (1954). The wonder that was India: A survey of the culture of the Indian sub-continent before the coming of the Muslims. Sidgwick & Jackson.
- Radhakrishnan, S. (1923). Indian philosophy (Vols. 1–2). George Allen & Unwin.
- Altekar, A. S. (1944). Education in ancient India. Nand Kishore & Bros.
- Choudhary, R. (2008). Indian culture and heritage. Pearson Education.
- Sharma, R. S. (2005). India's ancient past. Oxford University Press.
- Somveer A 2022; Yogsar : Kitabmahal publication Delhi
- Dr Dharambir. (2024). Yoga A way of life Ronak publication house delhi
- Ministry of Culture, Government of India. (n.d.). Indian culture Portal. https://indianculture.gov.in
- Indian Knowledge Systems Division, Ministry of Education, Government of India. (n.d.). Indian Knowledge Systems (IKS). https://iksindia.org
- SWAYAM. (n.d.). Online courses on Indian culture, heritage, and Indian knowledge systems. https://swayam.gov.in

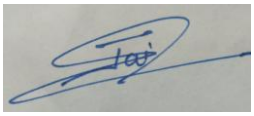
Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	Content/s	Hours Devoted
Employability	Cultural tourism, heritage management, and communication skills.	**8**
Entrepreneurship	Opportunities in cultural enterprises, handicrafts, and heritage-based activities.	**8**
Skill Enhancement	Documentation, presentation, research, and cultural appreciation skills.	**8**
Communication Development	Cultural expression, public speaking, and intercultural communication.	**7**
Indian Knowledge System	Indian philosophy, texts, traditions, sciences, and heritage.	**8**
Environmental Awareness/SDGs	Traditional ecological knowledge and sustainable cultural practices.	**7**
Current Issues and Social Awareness	Cultural diversity, social harmony, and heritage preservation.	**7**
Gender issues	Role and contribution of women in Indian cultural traditions.	**7**
Public Policies	Government initiatives for heritage conservation and cultural promotion.	**7**
Any Other	Development of cultural awareness, ethical values, and national identity.	**8**



Part A – Introduction			
Name of the Programme	Yoga		
Semester	6th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Yoga Upanishad-II**		
Course Code	26L5.5-YOG-601		
Course Level	300-399		
Course Type	CC-6 MCC-11		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Explain concepts of Yoga Upanishads and yogic practices.	
	CLO_2	Apply Upanishadic practices for holistic well-being.	
	CLO_3	Demonstrate mantra, meditation, pranayama, and subtle practices.	
	CLO_4	Develop self-discipline, concentration, and inner awareness.	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Yogtattvopnishad:** • Concepts of Mantrayoga; Layayoga; Hathayoga (Ashtanga Yoga) and Rajyoga, • Primary symptoms of Yogsiddhis and precautions, **Dhyanabindu Upanishad:** • Importance of Dhyanayoga, • Nature of Pranav, • Shadangyoga, • Nadanusandhana.	1	15

Unit-II	**Nandbindu Upanishad:** • Concept of Hansvidya, • Description of various limbs of Omkara, • Types of Nada, • Nature of Nadanusandhana sadhana,	2	15
Unit-III	**Yograja Upanishad:** • Mantrayoga; Layayoga, Hathayoga&Rajayoga,Nine chakra Dhyana procedure.	3	15
Practical	**Practical Applications of Yoga Upanishadic Practices** • Practice of Pranava (Om) chanting, Mantrayoga, and Nadanusandhana for concentration and inner awareness. • Practice of Shadangayoga, Dhyana, Hansavidya, and chakra meditation techniques. • Practical application of Hathayoga and Rajayoga practices for physical, mental, and spiritual well-being. • Experiential learning of Upanishadic Yoga practices for self-discipline and holistic development.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Aiyar, K. N. (Ed.). (1914). Thirty minor Upanishads. The Theosophical Publishing House.
- Gambhirananda, S. (Trans.). (1986). Eight Upanishads (Vols. 1–2). Advaita Ashrama.
- Hattangadi, S. (Trans.). (2000). Yoga Tattva Upanishad. Sanskrit Documents.
- Iyengar, B. K. S. (1966). Light on yoga: Yoga dipika. George Allen & Unwin.
- Kaivalya, S. (Ed.). (n.d.). Yoga Upanishads. Kaivalyadhama, S. M. Y. M. Samiti.
- Saraswati, S. S. (1998). The four chapters on freedom: Commentary on the Yoga Sutras of Patanjali. Yoga Publications Trust.
- Saraswati, S. S. (2008). Meditations from the Tantras. Yoga Publications Trust.
- Sivananda, S. (2006). The principal Upanishads. The Divine Life Society.
- Taimni, I. K. (1961). The science of yoga: The Yoga-Sūtras of Patañjali in Sanskrit with transliteration, translation and commentary. The Theosophical Publishing House.
- Vivekananda, S. (1896). Raja yoga. Ramakrishna-Vivekananda Center.
- Woodroffe, J. (Arthur Avalon). (1953). The serpent Power: The secrets of tantric and shaktic yoga. Ganesh & Co.
- Ministry of Education, Government of India. (n.d.). Indian Knowledge Systems (IKS) resources. Indian Knowledge Systems Division. https://iksindia.org
- SWAYAM. (n.d.). Online courses on Yoga, Indian philosophy, and Indian knowledge systems. https://swayam.gov.in
- Kaivalyadhama Yoga Institute. (n.d.). Yoga research and resources. https://kaivalyadhama.org

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability	Practical skills for Yoga teaching and wellness practices.	**8**
Entrepreneurship	Application of Upanishadic Yoga practices in wellness programmes.	**8**
Skill Enhancement	Mantra, meditation, Prāṇāyāma, Nāda, and chakra practices.	**8**
Communication Development	Development of awareness, discipline, and mindful interaction.	**7**
Indian Knowledge System	Experiential study of Yoga Upanishadic concepts and practices.	**8**
Environmental Awareness/SDGs	Promotion of holistic health and sustainable yogic lifestyle.	**7**
Current Issues and Social Awareness	Yoga practices for stress management and mental well-being.	**7**
Gender issues	Inclusive practice of Yoga for physical and mental development.	**7**
Public Policies	Contribution of Yoga practices to preventive healthcare and wellness initiatives.	**7**
Any Other	Development of self-awareness, concentration, and spiritual growth.	**8**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	6th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Yoga Vasishtha**		
Course Code	26L5.5-YOG-602		
Course Level	300-399		
Course Type	MCC-12		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Explain the concepts and philosophy of Yoga Vasiṣṭha.	
	CLO_2	Apply Yoga Vasiṣṭha teachings for mental balance and self-development.	
	CLO_3	Demonstrate meditation and self-awareness practices based on Yoga Vasiṣṭha.	
	CLO_4	Develop wisdom, discipline, and spiritual understanding through yogic practices.	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**An Introduction of Yoga Vasishtha** • Historical background of Yoga Vasishtha; • Detachment of Shree Ram in Vairagya Prakaran; • Relevance of Yoga Vasishtha in personal and social life.	1	15
Unit-II	**Yoga Vasishtha –I** • Nature of mind (manas); • Remedies of Manonigraha; • Conversation between Chudala and King Shikhidhwaja; • Concept of Meditation; • Karma Yoga;	2	15

Unit-III	**Yoga Vasishtha –II** • Salient features of Yoga Vasishtha; • Concept of Adhi and Vyadhi- Psychosomatic Ailments; • The four Gatekeepers (Pillars) to Freedom; • The Story of Shukdev; • Gyan Yoga. **Yoga Vasishtha –III** • Practices to Overcome the Impediments of Yoga; • Jnana Sapta-Bhumika; • Yoga Vasishtha and Spirituality; • The Story of Kakbhushundi.	3	15
Practical	**Experiential Practices Based on Yoga Vasiṣṭha** • Practice of Manonigraha techniques, meditation, self-inquiry, mindfulness, and awareness practices based on Yoga Vasiṣṭha teachings; • Practical application of Karma Yoga and Jñāna Yoga for mental balance and spiritual development.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Valmiki. (2009). Yoga Vasistha: The supreme yoga (Swami Venkatesananda, Trans.). State University of New York Press.
- Yadav Dr Dharambir 2022 yogavashishtha, kitab mahal publishers new Delhi
- Arya DR Somveer 2020 Yogsar kitab mahal publishers delhi
- Saraswati, S. S. (2005). Yoga nidra. Yoga Publications Trust.
- Swami, S. (2000). The supreme yoga: Yoga Vasistha. Motilal Banarsidass Publishers.
- Taimni, I. K. (1961). The science of yoga: The Yoga-Sūtras of Patañjali in Sanskrit with transliteration, translation and commentary. The Theosophical Publishing House.
- Sivananda, S. (2004). Mind: Its mysteries and control. The Divine Life Society.
- Radhakrishnan, S. (1994). The principal Upanishads. HarperCollins Publishers.
- Saraswati, S. S. (2009). Meditation from the Tantras. Yoga Publications Trust.
- Vivekananda, S. (1896). Raja yoga. Ramakrishna-Vivekananda Center.
- Ministry of Education, Government of India. (n.d.). Indian Knowledge Systems (IKS) resources. Indian Knowledge Systems Division. https://iksindia.org
- SWAYAM. (n.d.). Online courses on Yoga, Indian philosophy, and Indian knowledge systems. https://swayam.gov.in

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability	Development of meditation, counselling, and wellness-related skills.	**8**
Entrepreneurship	Scope of Yoga and wellness services based on yogic knowledge.	**8**
Skill Enhancement	Mind management, meditation, self-awareness, and concentration practices.	**8**
Communication Development	Development of clarity, emotional balance, and interpersonal skills.	**7**
Indian Knowledge System	Study of Yoga Vasiṣṭha philosophy, Jñāna Yoga, Karma Yoga, and spiritual wisdom.	**8**
Environmental Awareness/SDGs	Promotion of harmony, mindful living, and holistic well-being.	**7**
Current Issues and Social Awareness	Yoga Vasiṣṭha approaches for stress management and mental health.	**7**
Gender issues	Universal principles of equality, wisdom, and self-development.	**7**
Public Policies	Contribution of Yoga to preventive healthcare and wellness initiatives.	**7**
Any Other	Development of self-inquiry, ethical values, and spiritual growth.	**8**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	6th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Indian Ethos in Education**		
Course Code	26L5.5-YOG-603		
Course Level	300-399		
Course Type	DSE-4		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Explain the principles of Brahmanical education and its educational traditions.	
	CLO_2	Describe the philosophy and practices of Buddhist and Jain education.	
	CLO_3	Examine the contribution of ancient Indian universities to higher learning.	
	CLO_4	Apply Indian educational values and Yogic ethics in contemporary education.	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Brahmnical Education** • Education in the Vedas; • Later Vedic Education; • Education in Sutra Literature; • Education in the time of Panini; • Education in Kautilya's Arthashastra; • Education in the Epics.	1	15

Unit-II	**Buddhist Education** • Introduction of Buddha education; Discipline, Residence; • Monastic Institutions i.e. Monasteries; • Different Buddhist traditions and culture; • The Tripitaka • Industrial Education; • Meditation; • Study of scriptures; • Ethical guidance; • Personal and spiritual growth;.	2	15
Unit-III	**Jainism Education** • Introduction of Jaina education;Discipline; Residence; Spirituality; • Importanceand characteristics of the Jaina system of education; • Aim of education according to Jainism; • Five main teachings of Jainism; . **Ancient Indian Universities** • Nalanda; Takshashila; Valabhi; Vikramashila; Jagaddala, Mahavihara; Odantapuri and Mithila.	3	15
Practical	□Practice Vedic chanting, meditation, ethical reflections, and Yogic values for personality development. □Prepare case studies and presentations on ancient Indian educational traditions and undertake field visits to heritage educational institutions/Yoga centres. □Demonstrate value-based teaching-learning activities integrating Indian knowledge systems with contemporary education.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Altekar, A. S. (1944). Education in Ancient India. Banaras Hindu University.
- Dasgupta, S. (1975). A History of Indian Philosophy (Vol. 1). Motilal Banarsidass.
- Hiriyanna, M. (1993). The Essentials of Indian Philosophy. Motilal Banarsidass.
- Mookerji, R. (1989). Ancient Indian Education: Brahmanical and Buddhist. Motilal Banarsidass.
- Radhakrishnan, S. (2009). Indian Philosophy (Vols. 1–2). Oxford University Press.
- Sharma, R. N. (2002). History of Education in India. Atlantic Publishers & Distributors.
- Singh, Y. K. (2007). History of Indian Education System. APH Publishing Corporation.
- UNESCO. (2021). Reimagining Our Futures Together: A New Social Contract for Education. UNESCO.
- University Grants Commission. (2023). National Higher Education Qualification Framework (NHEQF). UGC.
- Ministry of Education, Government of India. (2020). National Education Policy 2020. Government of India.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability	Value-based teaching, ethical leadership, Yoga instruction, educational services.	**8**
Entrepreneurship	Yoga education, wellness consultancy, value-based training programmes.	**8**
Skill Enhancement	Critical thinking, ethical decision-making, meditation, communication, leadership.	**8**
Communication Development	Vedic recitation, presentations, discussions, reflective writing.	**7**
Indian Knowledge System	Vedic, Buddhist, Jain educational philosophies; Ancient Indian Universities; Indian educational heritage.	**8**
Environmental Awareness/SDGs	Sustainable living, harmony with nature, non-violence (Ahimsa), responsible citizenship.	**7**
Current Issues and Social Awareness	Value-based education, social harmony, ethics, cultural preservation.	**7**
Gender issues	Inclusivity and equality in Indian educational traditions; respect and dignity for all.	**7**
Public Policies	National Education Policy (NEP) 2020, Indian Knowledge Systems (IKS), value-based education initiatives.	**7**
Any Other	Holistic development, character building, spiritual growth, lifelong learning, constitutional and human values.	**8**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	6th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Yogic Psychology**		
Course Code	26L5.5-YOG-604		
Course Level	300-399		
Course Type	DSE-4		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Explain the fundamental concepts of Yogic Psychology.	
	CLO_2	Describe the nature of mind and its modifications.	
	CLO_3	Apply Yogic techniques for mental health and personality development.	
	CLO_4	Demonstrate practical skills in Yogic psychological practices for self-management.	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Introduction to Yogic Psychology** • Meaning, nature and scope of Yogic Psychology. • Concept of mind (Manas), intellect (Buddhi), ego (Ahamkara) and consciousness (Chitta). • Yogic concept of personality. • States of consciousness: Jagrat, Swapna, Sushupti and Turiya. • Relationship between Yoga and modern psychology.	1	15

Unit-II	**Mind and Mental Modifications** • Chitta and Chitta Vrittis. • Kleshas: Avidya, Asmita, Raga, Dvesha and Abhinivesha. • Gunas (Sattva, Rajas and Tamas) and personality. • Samskara, Vasana and Karma. • Mental health from the Yogic perspective.	2	15
Unit-III	**Yogic Management of Mind** • Ashtanga Yoga as psychological discipline. • Role of Yama and Niyama in personality development. • Dharana, Dhyana and Samadhi for mental well-being. • Yogic practices for stress, anxiety and emotional balance. • Applications of Yogic Psychology in education and daily life.	3	15
Practical	**Yogic Psychology Practices** • Practice mindfulness, concentration, meditation and relaxation techniques for mental well-being. • Maintain a reflective journal on emotions, thoughts and behavioural changes through Yogic practices. • Demonstrate Yogic counselling, self-observation and stress-management techniques.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Bryant, E. F. (2009). The Yoga Sutras of Patanjali: A New Edition, Translation, and Commentary. North Point Press.
- Feuerstein, G. (2008). The Yoga Tradition: Its History, Literature, Philosophy and Practice. Hohm Press.
- Iyengar, B. K. S. (1993). Light on the Yoga Sutras of Patanjali. HarperCollins.
- Dr Somveer (2020). Hatha Yoga Pradipika. Raghav Publications Delhi
- Ranganathananda, S. (2001). The Message of the Upanishads. Bharatiya Vidya Bhavan.
- Saraswati, S. S. (2013). Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali. Yoga Publications Trust.
- Taimni, I. K. (2005). The Science of Yoga. Theosophical Publishing House.
- Vivekananda, S. (2013). Raja Yoga. Advaita Ashrama.
- Ministry of Education, Government of India. (2020). National Education Policy 2020. Government of India.
- World Health Organization. (2022). World Mental Health Report: Transforming Mental Health for All. World Health Organization.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1

CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	Content/s	Hours Devoted
Employability	Yogic counselling and mental wellness skills.	**8**
Entrepreneurship	Yoga and wellness consultancy practices.	**8**
Skill Enhancement	Meditation, self-awareness and stress management.	**8**
Communication Development	Reflective writing and counselling communication.	**7**
Indian Knowledge System	Patanjali Yoga Sutras and Yogic psychology.	**8**
Environmental Awareness/SDGs	Sustainable and harmonious Yogic lifestyle.	**7**
Current Issues and Social Awareness	Mental health and emotional well-being.	**7**
Gender issues	Inclusive and equitable Yogic practices.	**7**
Public Policies	NEP 2020, IKS and AYUSH initiatives.	**7**
Any Other	Personality development and ethical living.	**8**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	6th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Biomechanics of Yogasana& Pranayama**		
Course Code	26L5.5-YOG-605		
Course Level	300-399		
Course Type	DSE-5		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Explain the principles of biomechanics in Yoga.	
	CLO_2	Analyze biomechanical aspects of Yogāsanas.	
	CLO_3	Describe the biomechanics of Prāṇāyāma.	
	CLO_4	Demonstrate biomechanically correct Yogāsana and Prāṇāyāma practices.	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Fundamentals of Biomechanics** • Meaning, scope and principles of biomechanics. • Anatomical planes, axes and body movements. • Centre of gravity, balance and posture. • Mechanical principles in Yogāsana.	1	15
Unit-II	**Biomechanics of Yogāsanas** • Biomechanical analysis of standing and sitting āsanas. • Biomechanics of forward, backward and lateral bending āsanas. • Biomechanics of twisting and balancing āsanas. • Joint movements and muscle actions during Yogāsanas.	2	15

Unit-III	**Biomechanics of Prāṇāyāma** • Mechanics of breathing and respiratory muscles. • Biomechanics of abdominal, thoracic and clavicular breathing. • Biomechanical analysis of selected Prāṇāyāma techniques. • Effects of Prāṇāyāma on Posture and respiratory efficiency.	3	15
Practical	• Demonstrate biomechanical analysis of selected Yogāsanas and Prāṇāyāma techniques. • Assess Posture, balance, breathing patterns and joint alignment during practice. • Prepare practical records on movement analysis and corrective techniques.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Hall, S. J. (2020). Basic Biomechanics (9th ed.). McGraw-Hill Education.
- Dr. Dharambir (2023), Yoga a way of life , Raghav Publications Delhi .
- Iyengar, B. K. S. (2005). Light on Yoga. HarperCollins.
- Kapandji, I. A. (2019). Physiology of the Joints (Vols. 1–3). Handspring Publishing.
- Kisner, C., Colby, L. A., & Borstad, J. (2017). Therapeutic Exercise: Foundations and Techniques (7th ed.). F. A. Davis.
- Muktibodhananda, S. (2013). Asana Pranayama Mudra Bandha. Yoga Publications Trust.
- Norkin, C. C., & White, D. J. (2016). Measurement of Joint Motion: A Guide to Goniometry (5th ed.). F. A. Davis.
- Neumann, D. A. (2017). Kinesiology of the Musculoskeletal System (3rd ed.). Elsevier.
- Yadav Dr dharambir 2026, Yogasana Sports Skill and Career, Raghav publication new Delhi.
- World Health Organization. (2020). WHO Guidelines on Physical Activity and Sedentary Behaviour. World Health Organization.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content **Mapping with NEP thrust areas**

Field	Content/s	Hours Devoted
Employability	Yoga therapy and fitness instruction skills.	**8**
Entrepreneurship	Yoga and wellness consultancy practices.	**8**
Skill Enhancement	Postural analysis and movement assessment.	**8**
Communication Development	Practical demonstration and technical reporting.	**7**
Indian Knowledge System	Biomechanics of Yogāsana and Prāṇāyāma.	**8**
Environmental Awareness/SDGs	Healthy and sustainable lifestyle practices.	**7**
Current Issues and Social Awareness	Postural health and lifestyle disorder prevention.	**7**
Gender issues	Safe and inclusive Yoga practices for all.	**7**
Public Policies	NEP 2020 and AYUSH Yoga initiatives.	**7**
Any Other	Scientific Yoga practice and holistic well-being.	**8**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	6th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Yogasana Sports Evaluation Techniques**		
Course Code	26L5.5-YOG-606		
Course Level	300-399		
Course Type	DSE-5		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Explain the fundamentals of Yogāsana sports.	
	CLO_2	Apply standard evaluation and judging techniques.	
	CLO_3	Assess Yogāsana performance using scientific methods.	
	CLO_4	Demonstrate practical skills in Yogāsanasports evaluation.	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Introduction to Yogāsana Sports** • Meaning, scope and history of Yogāsana sports. • Rules and regulations of Yogāsana competitions. • Types of Yogāsana sports events. • Role of officiating and judging.	1	15
Unit-II	**Yogāsana Sports: Rules and Guidelines** • Principles of performance evaluation. • Judging criteria and scoring methods. • Assessment of flexibility, balance and stability. • Common errors and deductions.	2	15

Unit-III	**Yogāsana Sports skills** • Importance of body constitution in yogasana • Yoga Skill. • Warming-up the body. • Cooling down . • Ethics and safety in Yogāsana competitions.	3	15
Practical	• Demonstrate judging and scoring of selected Yogāsanas. • Conduct flexibility, balance and Posture assessments. • Prepare evaluation sheets	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Dr. Dharambir Yadav. (2022). Yoga ; a way of life , Ronak Publication house Delhi
- Gharote, M. L., & Ganguly, S. K. (2009). Teaching Methods for Yogic Practices. Kaivalyadhama.
- Iyengar, B. K. S. (2005). Light on Yoga. HarperCollins.
- Muktibodhananda, S. (2013). Asana Pranayama Mudra Bandha. Yoga Publications Trust.
- National Yogasana Sports Federation. (2023). Yogasana Sports Competition Rules and Regulations. NYSF.
- Singh, H. (2017). Science of Sports Training. DVS Publications.
- Yadav Dharambir; Yogasana Sports ; Skill and Career.; Raghav publication new delhi
- World Yogasana. (2022). Yogasana Sport Technical Handbook. World Yogasana.
- Ministry of Education, Government of India. (2020). National Education Policy 2020. Government of India.
- Ministry of AYUSH. (2021). Common Yoga Protocol. Government of India.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	Content/s	Hours Devoted
Employability	Yogāsana judging and coaching skills.	**8**
Entrepreneurship	Yoga event and academy management.	**8**
Skill Enhancement	Performance assessment and scoring.	**8**
Communication Development	Technical reporting and officiating.	**7**
Indian Knowledge System	Traditional Yogāsana practices and sports.	**8**
Environmental Awareness/SDGs	Healthy lifestyle through Yoga practice.	**7**
Current Issues and Social Awareness	Fair play and sports ethics.	**7**
Gender issues	Equal participation in Yogāsana sports.	**7**
Public Policies	NEP 2020 and Fit India initiatives.	**7**
Any Other	Leadership and teamwork in sports.	**8**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	7th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Yogic Text-I**		
Course Code	26L6.0-YOG-701		
Course Level	400-499		
Course Type	CC-H1		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1** Explain the fundamentals of Yogic texts.		
	CLO_2 Describe the teachings of Patanjali Yoga Sutra.		
	CLO_3 Interpret the Yogic philosophy of the Bhagavad Gita.		
	CLO_4 Demonstrate practical understanding of Yogic scriptures.		
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Introduction to Yogic Texts** • Meaning, scope and Importance of Yogic literature. • Origin and development of Yoga. • Classification of Yogic texts. • Overview of major Yogic scriptures.	1	15
Unit-II	**Patanjali Yoga Sutra** • Introduction to Yoga Sutra. • Samadhi Pada: concept and objectives. • Sadhana Pada: Kriya Yoga and Ashtanga Yoga. • Chitta, Vrittis and Kleshas.	2	15

Unit-III	**Bhagavad Gita and Yogic Philosophy** • Introduction to the Bhagavad Gita. • Karma Yoga, Jnana Yoga and Bhakti Yoga. • Concept of Sthitaprajna. • Relevance of the Gita in modern life.	3	15
Practical	• Recitation and interpretation of selected Yogic verses. • Practice of meditation based on Yogic texts. • Prepare presentations on selected Yogic scriptures.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Bryant, E. F. (2009). The Yoga Sutras of Patanjali: A New Edition, Translation, and Commentary. North Point Press.
- Yadav Dharambir 2024 yoga a way of life hindi English ronank publication delhi.
- Arya, Somveer (2022). Yogsaar Kitab mahal publication delhi.
- Yadav Dharambir 2024 Geeta yogamrit kitab mahal publication delhi.
- Iyengar, B. K. S. (1993). Light on the Yoga Sutras of Patanjali. HarperCollins.
- Radhakrishnan, S. (2014). The Bhagavadgita. HarperCollins India.
- Saraswati, S. S. (2013). Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali. Yoga Publications Trust.
- Taimni, I. K. (2005). The Science of Yoga. Theosophical Publishing House.
- Ministry of Education, Government of India. (2020). National Education Policy 2020. Government of India.
- Ministry of AYUSH. (2021). Common Yoga Protocol. Government of India.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	Content/s	Hours Devoted
Employability	Yogic teaching and value education.	**8**
Entrepreneurship	Yoga education and consultancy.	**8**
Skill Enhancement	Scriptural interpretation and reflection.	**8**
Communication Development	Sanskrit recitation and presentations.	**7**
Indian Knowledge System	Patanjali Yoga Sutra and Bhagavad Gita.	**8**
Environmental Awareness/SDGs	Harmony with nature and sustainable living.	**7**
Current Issues and Social Awareness	Ethical values and mental well-being.	**7**
Gender issues	Equality and universal Yogic values.	**7**
Public Policies	NEP 2020 and Indian Knowledge Systems.	**7**
Any Other	Character building and spiritual growth.	**8**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	7th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Shodash Sanskar-I**		
Course Code	26L6.0-YOG-702		
Course Level	400-499		
Course Type	CC-H2		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Explain the concept and Importance of ShodashSanskāras.	
	CLO_2	Describe the significance of prenatal and birth Sanskāras.	
	CLO_3	Analyze the cultural and educational values of early Sanskāras.	
	CLO_4	Demonstrate understanding of Sanskāras through practical activities.	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Introduction to Shodash Sanskar** • Meaning, concept and significance of Sanskāras. • Origin and development of Sanskāra tradition. • Role of Sanskāras in personality development. • Social, cultural and spiritual Importance.	1	15
Unit-II	**Sanskāras -I** • Garbhadhana Sanskar: concept and Importance. • Pumsavana Sanskar: purpose and practices. • Simantonnayana Sanskar: significance and rituals. • Jatakarma Sanskar: birth-related traditions and values.	2	15

Unit-III	**Sanskāras -II** • Namakarana Sanskar: naming ceremony and significance. • Nishkramana Sanskar: child's first exposure to environment. • Annaprashana Sanskar: initiation of food habits. • Chudakarana Sanskar: purification and personality development.	3	15
Practical	• Study and presentation of first eight Sanskāras. • Demonstration of traditional practices and ethical values. • Prepare reports on cultural and educational relevance of Sanskāras.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Kane, P. V. (1974). History of Dharmasastra (Vols. 1–5). Bhandarkar Oriental Research Institute.
- Pandey, R. B. (1969). Hindu Samskaras: A Socio-Religious Study of the Hindu Sacraments. Motilal Banarsidass.
- Arya Somveer . (2022Yogasaar, kitab mahal publication delhi .
- Olivelle, P. (2005). Manu's Code of Law: A Critical Edition and Translation of the Manava-Dharmashastra. Oxford University Press.
- Radhakrishnan, S. (2014). The Principal Upanishads. HarperCollins India.
- Saraswati, S. S. (2013). Glimpses of Traditional Indian Culture. Yoga Publications Trust.
- Vivekananda, S. (2013). The Complete Works of Swami Vivekananda (Vols. 1–9). Advaita Ashrama.
- Ministry of Education, Government of India. (2020). National Education Policy 2020. Government of India.
- Ministry of Culture, Government of India. (2021). Indian Knowledge Systems. Government of India.
- Pandit, M. P. (2006). The Foundations of Indian Culture. Lotus Press.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	Content/s	Hours Devoted
Employability	Cultural education and value-based teaching skills.	**8**
Entrepreneurship	Heritage education and wellness programmes.	**8**
Skill Enhancement	Ritual understanding and ethical practices.	**8**
Communication Development	Sanskrit terminology and presentations.	**7**
Indian Knowledge System	First eight Hindu Sanskāras and traditions.	**8**
Environmental Awareness/SDGs	Nature-based rituals and sustainable values.	**7**
Current Issues and Social Awareness	Family values and social responsibility.	**7**
Gender issues	Respect, equality and inclusive traditions.	**7**
Public Policies	NEP 2020 and preservation of cultural heritage.	**7**
Any Other	Holistic personality and moral development.	**8**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	7th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Research Paper Writing**		
Course Code	26L6.0-YOG-703		
Course Level	400-499		
Course Type	CC-H3		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Explain the fundamentals of research paper writing.	
	CLO_2	Develop skills for research design and academic writing.	
	CLO_3	Apply citation, referencing and ethical research practices.	
	CLO_4	Prepare and present a structured research paper.	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Fundamentals of Research Writing** • Meaning, objectives and types of research. • Research process and formulation of research problems. • Review of literature and research ethics. • Structure and components of a research paper.	1	15
Unit-II	**Research Paper Preparation** • Selection of research topic and objectives. • Research methodology and data collection methods. • Citation, referencing and plagiarism awareness. • Academic writing style and formatting.	2	15

Unit-III	**Research Paper Presentation** • Data analysis and interpretation. • Tables, figures and research findings. • Abstract, conclusion and discussion writing. • Publication process and journal selection.	3	15
Practical	• Prepare a research paper draft on a Yoga-related topic. • Practice referencing, citation and plagiarism checking. • Present research findings through seminars.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- American Psychological Association. (2020). Publication Manual of the American Psychological Association (7th ed.). American Psychological Association.
- Creswell, J. W., & Creswell, J. D. (2023). Research Design: Qualitative, Quantitative, and Mixed Methods Approaches (6th ed.). SAGE Publications.
- Kothari, C. R., & Garg, G. (2019). Research Methodology: Methods and Techniques (4th ed.). New Age International.
- Kumar, R. (2019). Research Methodology: A Step-by-Step Guide for Beginners (5th ed.). SAGE Publications.
- Best, J. W., & Kahn, J. V. (2016). Research in Education (10th ed.). Pearson.
- Bell, J., & Waters, S. (2018). Doing Your Research Project (7th ed.). McGraw-Hill Education.
- Booth, W. C., Colomb, G. G., Williams, J. M., Bizup, J., & Fitzgerald, W. T. (2016). The Craft of Research (4th ed.). University of Chicago Press.
- Ministry of Education, Government of India. (2020). National Education Policy 2020. Government of India.
- University Grants Commission. (2022). Good Academic Research Practices. UGC.
- Walliman, N. (2018). Research Methods: The Basics (2nd ed.). Routledge.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	Content/s	Hours Devoted
Employability	Research and academic writing skills.	**8**
Entrepreneurship	Research-based Yoga projects and innovation.	**8**
Skill Enhancement	Data analysis and documentation skills.	**8**
Communication Development	Scientific writing and presentations.	**7**
Indian Knowledge System	Research on Yoga and traditional knowledge.	**8**
Environmental Awareness/SDGs	Research on sustainable health practices.	**7**
Current Issues and Social Awareness	Evidence-based study of social health issues.	**7**
Gender issues	Inclusive and ethical research practices.	**7**
Public Policies	Research ethics and NEP 2020 guidelines.	**7**
Any Other	Critical thinking and lifelong learning.	**8**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	7th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Essay**		
Course Code	26L6.0-YOG-704		
Course Level	400-499		
Course Type	DSE-6		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Explain the principles and structure of essay writing.	
	CLO_2	Develop effective academic writing skills.	
	CLO_3	Compose essays on Yoga and contemporary themes.	
	CLO_4	Demonstrate communication skills through essay presentation.	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Fundamentals of Essay Writing** • Meaning, nature and types of essays. • Structure and components of an essay. • Selection of topic and idea development. • Principles of effective essay writing.	1	15
Unit-II	**Essay Composition Skills** • Introduction, body and conclusion writing. • Logical arrangement of ideas and arguments. • Language, style and presentation skills. • Editing and proofreading techniques.	2	15

Unit-III	**Essay Writing on Yoga and Social Themes** • Essay writing on Yoga philosophy and practices. • Essays on health, wellness and Indian culture. • Analytical and reflective essay writing. • Contemporary issues related to Yoga and society.	3	15
Practical	• Prepare essays on Yoga-related themes. • Practice editing, presentation and evaluation of essays. • Present written work through seminars and discussions.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Bailey, S. (2018). Academic Writing: A Handbook for International Students (5th ed.). Routledge.
- Zemach, D. E., &Rumisek, L. A. (2016). Academic Writing: From Paragraph to Essay. Macmillan Education.
- Kumar, R. (2019). Research Methodology: A Step-by-Step Guide for Beginners (5th ed.). SAGE Publications.
- Wyrick, J. (2017). Steps to Writing Well (13th ed.). Cengage Learning.
- Gangal, J. K. (2011). A Practical Course in Effective Writing. PHI Learning.
- Williams, J. M., &Bizup, J. (2017). Style: Lessons in Clarity and Grace (12th ed.). Pearson.
- Iyengar, B. K. S. (2005). Light on Yoga. HarperCollins.
- Ministry of Education, Government of India. (2020). National Education Policy 2020. Government of India.
- University Grants Commission. (2022). Curriculum and Credit Framework for Undergraduate Programmes. UGC.
- Ministry of Education, Government of India. (n.d.). SWAYAM: Study Webs of Active Learning for Young Aspiring Minds (MOOC Platform). Government of India.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**

Employability	Academic writing and communication skills.	**8**
Entrepreneurship	Content creation and Yoga documentation skills.	**8**
Skill Enhancement	Writing, editing and analytical skills.	**8**
Communication Development	Effective expression of ideas through essays.	**7**
Indian Knowledge System	Essays on Yoga philosophy and Indian traditions.	**8**
Environmental Awareness/SDGs	Writing on sustainable health and lifestyle.	**7**
Current Issues and Social Awareness	Essays on social and wellness issues.	**7**
Gender issues	Inclusive and balanced perspectives in writing.	**7**
Public Policies	NEP 2020 and academic writing practices.	**7**
Any Other	Creativity, critical thinking and lifelong learning.	**8**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	7th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	Applied Yoga		
Course Code	26L6.0-YOG-705		
Course Level	400-499		
Course Type	DSE-6		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Explain the principles and applications of Yoga for holistic health and well-being.	
	CLO_2	Apply suitable yogic practices for stress management and lifestyle-related health problems.	
	CLO_3	Plan and conduct Yoga sessions for different age and population groups.	
	CLO_4	Demonstrate professional, community-based and entrepreneurial applications of Yoga.	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Foundations of Applied Yoga** □ Meaning, concept, scope and importance of Applied Yoga. □ Yoga and holistic health: physical, mental, emotional and social well-being. □ Yogic lifestyle and principles of healthy living. □ Yoga for stress management, concentration and emotional balance.	1	15

Unit-II	**Yoga for Health and Wellness** Yoga for prevention and management of lifestyle-related disorders.. Yoga for obesity, cardiovascular and respiratory health. Yoga for children, youth, adults and senior citizens. Yoga, environmental awareness and SDGs.	2	15
Unit-III	**Professional and Community Applications** Principles of Yoga teaching and lesson planning. Yoga programmes for educational institutions and workplaces. Community Yoga camps and wellness programmes. Career opportunities and entrepreneurship in Yoga. Public policies and national initiatives related to Yoga.	3	15
Practical	**Asana:**Tadasana, Vrikshasana, Trikonasana, Padahastasana, Bhujangasana, Shalabhasana, Dhanurasana, Paschimottanasana, Ardha Matsyendrasana, Setubandhasana, Sarvangasana, Halasana, Matsyasana, Vajrasana, Shashankasana, Pavanmuktasana and Shavasana. **Pranayama:** Nadi Shodhana, Ujjayi, Bhramari, Sheetali, Sheetkari and Bhastrika. **Kriya/Mudra/Bandha:**Kapalabhati, Trataka, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Gyan Mudra and Chin Mudra. **Meditation & Relaxation:** Breath awareness, Om meditation, mindfulness and Yoga Nidra.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	Content/s	Hours Devoted
Employability	Teaching and wellness skills	8
Entrepreneurship	Yoga services, camps and wellness centres	8
Skill Enhancement	Practical and teaching skills	8
Communication Development	Presentation and instructional skills	7
Indian Knowledge System	Traditional Yoga and yogic texts	8
Environmental Awareness/SDGs	Sustainable health and lifestyle	7
Current Issues and Social Awareness	Contemporary health and wellness issues	7
Gender issues	Yoga and women's health	7
Public Policies	AYUSH and national Yoga initiatives	7
Any Other	Digital Yoga and innovation	8

Part A– Introduction			
Name of the Programme	Yoga		
Semester	7th		
Nature of Course/Course Composition	Practical		
Name of the Course	Yoga Practical-I		
Course Code	26L6.0-YOG-706		
Course Level	400-499		
Course Type	PC-H1		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO_1	Demonstrate basic yogic prayer	
	CLO_2	Perform Sukshma Vyayama	
	CLO_3	Perform fundamental asanas from different categories with appropriate alignment	
	CLO_4	Demonstrate basic breathing practices	
	Theory	Practical	Total
Credits	0	4	4
Teaching hours per week	0	8	8
Internal Assessment Marks	0	30	30
End Term Exam Marks	0	70	70
Max. Marks	0	100	100
Examination Duration (in Hours)	0	04	

PartB-Contents of the Course

Instructions for Examiner:

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes. The maximum marks for the write-up and execution of the practical will be 40.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Prayer, Chanting and Shatkarma** • Om Chanting • Gayatri Mantra • Mahamrityunjaya Mantra • Sangathan Sukta • Om Stavan • Kalyan Mantra and Shanti Path • Jal Neti • Rubber Neti • Vaman Dhauti • VatakramaKapalabhati • Trataka	1	30
Unit-II	**Sukshma Vyayama, Pawanmuktasana and Suryanamaskar** • Yogic Jogging – 12 Steps • Sukshma Vyayama – Exercises I–XVI • Joint and gland loosening practices • Pawanmuktasana Part-I (Anti-rheumatic group) • Suryanamaskar – 12 steps with appropriate mantra recitation	2	30

Unit-III	**Asanas** **Standing Asanas:** Tadasana, TriyakaTadasana, Padahastasana, Ardha Chakrasana, Trikonasana, ParivrittaTrikonasana, Parshvakonasana. **Sitting Asanas:** Vajrasana, Paschimottanasana, Ardha Matsyendrasana, Vakrasana, AkarnaDhanurasana, Gomukhasana, Ushtrasana, Janu Sirsasana. **Prone Asanas:** Bhujangasana, Shalabhasana, Dhanurasana, Makarasana. **Supine Asanas:** Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana. **Balancing Asanas:** Vrikshasana, Garudasana, Natarajasana. **Advanced Asanas:** Any two suitable advanced asanas	3	30
Unit-IV	**Breathing Practices** • Puraka, Rechaka and Kumbhaka • Chest breathing • Abdominal breathing • Clavicular breathing • Yogic/complete breathing	4	30
	Contact Hours	120	

Evaluation Methods

Internal Assessment	**MM-30**	**End Term Examination: 70**	**MM- 70**
Class Participation:	5	Lab record	10
Seminar / Demonstration / Viva-voce / Lab records etc.:	10	Viva-Voce	20
Mid-Term Exam:	15	Write-up and execution of the practical	40

Part - C-Learning Resources

RecommendedBooks/e-resources/LMS:

- Iyengar, B. K. S. (2015). Light on Yoga. HarperCollins Publishers.
- Saraswati, S. S. (2013). Asana Pranayama Mudra Bandha. Yoga Publications Trust.
- Muktibodhananda, S. (2012). Hatha Yoga Pradipika. Yoga Publications Trust.
- Desikachar, T. K. V. (1995). The Heart of Yoga: Developing a Personal Practice. Inner Traditions.
- Feuerstein, G. (2008). The Yoga Tradition: Its History, Literature, Philosophy and Practice. Hohm Press.
- Vivekananda, S. (2019). Raja Yoga. Advaita Ashrama.
- Bryant, E. F. (2009). The Yoga Sutras of Patanjali: A New Edition, Translation, and Commentary. North Point Press.
- Khalsa, S. B. S., Cohen, L., McCall, T., & Telles, S. (2016). The Principles and Practice of Yoga in Health Care. Handspring Publishing.
- Telles, S., Naveen, K. V., & Balkrishna, A. (Eds.). (2017). Scientific Research on Yoga: A Comprehensive Review. Patanjali Research Foundation.

Mapping of Course Learning Outcomes (CLOs) to Program Outcomes & Program Specific Outcomes

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1

CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability	Asana, Pranayama, Shatkarma, Mudra, Bandha, Meditation and Yoga teaching practices; demonstration and practical assessment	**15**
Entrepreneurship	Preparation of Yoga lesson plans and planning/demonstration of integrated Yoga sessions for wellness and stress management	**25**
Skill Enhancement	Practical skills in Asana, Pranayama, Shatkarma, Mudra, Bandha, Meditation, Yoga Nidra and Trataka	**20**
Communication Development	Yoga lesson-plan preparation, demonstration of integrated Yoga sessions, Viva voce and practical record maintenance	**15**
Indian Knowledge System	Surya Namaskar, Chandra Namaskar, Om chanting, Mantra meditation, Ajapa Japa and traditional Yogic practices	**15**
Environmental Awareness/SDGs	Yogic lifestyle for holistic well-being, healthy living and responsible lifestyle practices	**5**
Current Issues and Social Awareness	Yoga for stress management, mental well-being and holistic health	**10**
Gender issues	Inclusive and safe participation in Yoga practices for all learners	**3**
Public Policies	Yoga promotion for health, wellness and preventive care in accordance with national wellness initiatives	**5**
Any Other	Alignment, breathing, safety measures, relaxation practices and maintenance of practical records	**7**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	8th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Yogic Text-II**		
Course Code	26L6.0-YOG-801		
Course Level	400-499		
Course Type	CC-H4		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Explain the foundational concepts of classical yogic texts and Yoga philosophy.	
	CLO_2	Describe the principles and practices of Hatha Yoga according to traditional texts.	
	CLO_3	Analyse the philosophical teachings of Bhagavad Gita and their relevance to modern life.	
	CLO_4	Demonstrate classical yogic practices with appropriate technique and discipline.	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Introduction to Classical Yogic Texts and Yoga Philosophy** • Concept, origin and development of Yoga literature. • Overview of Patanjali Yoga Sutra, Hatha Yoga Pradipika and other classical texts. • Chitta, Vritti, Klesha and Ashtanga Yoga concepts. • Role of Yoga philosophy in human development.	1	15

Unit-II	**Hatha Yoga Tradition and Practices** • Introduction to Hatha Yoga and its objectives. • Shatkarma, Asana, Pranayama, Mudra and Bandha described in classical texts. • Concepts of Prana, Nadi and Kundalini. • Relationship between Hatha Yoga and Raja Yoga.	2	15
Unit-III	**Bhagavad Gita and Yogic Concepts** • Concept of Yoga in Bhagavad Gita. • Karma Yoga, Jnana Yoga and Bhakti Yoga. • Sthitaprajna, self-control and balanced living. • Application of Gita philosophy in contemporary life.	3	15
Practical	**Classical Yogic Practices** • Demonstration and practice of selected Asanas. • Practice of Pranayama techniques. • Practice of Mudras and Bandhas. • Meditation practices based on yogic texts.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

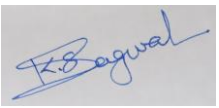
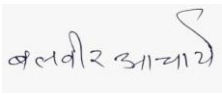
- Iyengar, B. K. S. (2015). Light on Yoga. HarperCollins Publishers.
- Arya Dr Somveer Gherand Samhita 2022, ragav publication Delhi
- Dr Dharambir 2022, Geetayogamrit , Kitab mahal publication Delhi
- Saraswati, S. S. (2002). Asana Pranayama Mudra Bandha. Yoga Publications Trust.
- Swami Muktibodhananda. (2012). Hatha Yoga Pradipika: Light on Hatha Yoga. Yoga Publications Trust.
- Swami Vivekananda. (2019). Raja Yoga. Advaita Ashrama.
- Feuerstein, G. (2008). The Yoga Tradition: Its History, Literature, Philosophy and Practice. Hohm Press.
- Radhakrishnan, S. (2008). The Bhagavadgita. HarperCollins Publishers.
- Arya Dr Somveer 2022, yogsaar, kitab mahal publication delhi
- Desikachar, T. K. V. (1995). The Heart of Yoga: Developing a Personal Practice. Inner Traditions.
- Saraswati, S. S. (2008). Four Chapters on Freedom: Commentary on Yoga Sutras of Patanjali. Yoga Publications Trust.

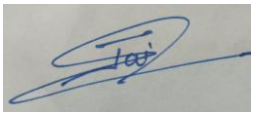
Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability	Yoga instruction, wellness and health promotion skills.	**8**
Entrepreneurship	Yoga centre, wellness programme and self-employment opportunities.	**8**
Skill Enhancement	Practical yoga skills, teaching techniques and assessment methods.	**8**
Communication Development	Yoga terminology, verbal instruction and presentation skills.	**7**
Indian Knowledge System	Study of classical Yoga texts and Indian philosophical heritage.	**8**
Environmental Awareness/SDGs	Yogic lifestyle for sustainable health and well-being.	**7**
Current Issues and Social Awareness	Yoga application for stress management and community welfare.	**7**
Gender issues	Inclusive and accessible yoga practices.	**7**
Public Policies	Role of Yoga in national health and wellness initiatives.	**7**
Any Other	Holistic personality development through Yoga education.	**8**



Part A – Introduction			
Name of the Programme	Yoga		
Semester	8th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Research Methodology and Statistics**		
Course Code	26L6.0-YOG-802		
Course Level	400-499		
Course Type	CC-H5		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Understand the fundamentals and process of research methodology.	
	CLO_2	Develop knowledge of research tools, sampling and data collection techniques.	
	CLO_3	Apply basic statistical methods for research data analysis.	
	CLO_4	Demonstrate research and statistical skills through practical applications.	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Foundations of Research Methodology** • Meaning, nature and scope of research. • Types of research and research approaches. • Research process, problem formulation and hypothesis. • Research design, ethics and literature review.	1	15
Unit-II	**Research Tools and Data Collection** • Variables, sampling methods and sample selection. • Data collection techniques and research tools. • Reliability, validity and standardization of tools. • Research writing, citation and referencing methods.	2	15

Unit-III	**Statistics in Research** • Meaning and application of statistics in research. • Measures of central tendency and dispersion. • Correlation, regression and hypothesis testing. • Data analysis and interpretation.	3	15
Practical	**Research and Statistical Applications** • Preparation of research proposal. • Data collection and tabulation practices. • Statistical analysis using software tools. • Research report preparation and presentation.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

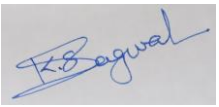
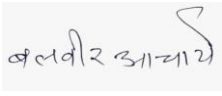
Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

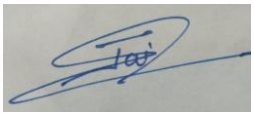
- Creswell, J. W., & Creswell, J. D. (2023). Research Design: Qualitative, Quantitative, and Mixed Methods Approaches (6th ed.). SAGE Publications.
- Kothari, C. R., & Garg, G. (2019). Research Methodology: Methods and Techniques (4th ed.). New Age International Publishers.
- Best, J. W., & Kahn, J. V. (2016). Research in Education (10th ed.). Pearson Education.
- Kerlinger, F. N., & Lee, H. B. (2000). Foundations of Behavioral Research (4th ed.). Harcourt College Publishers.
- Gupta, S. P. (2014). Statistical Methods. Sultan Chand & Sons.
- Field, A. (2018). Discovering Statistics Using IBM SPSS Statistics (5th ed.). SAGE Publications.
- Daniel, W. W., & Cross, C. L. (2018). Biostatistics: A Foundation for Analysis in the Health Sciences (11th ed.). Wiley.
- Sharma, R. A. (2018). Fundamentals of Research Methodology. R. Lall Book Depot.
- Cohen, L., Manion, L., & Morrison, K. (2018). Research Methods in Education (8th ed.). Routledge.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

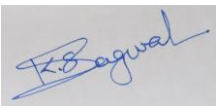
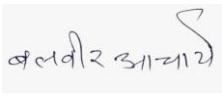
CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

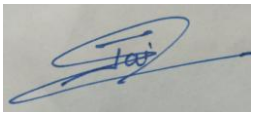
Content Mapping with NEP thrust areas



Field	Content/s	Hours Devoted
Employability	Research skills for academic, wellness and healthcare sectors.	**8**
Entrepreneurship	Development of evidence-based Yoga programmes and research services.	**8**
Skill Enhancement	Data collection, analysis and research report preparation skills.	**8**
Communication Development	Scientific writing, presentation and research communication.	**7**
Indian Knowledge System	Research approaches for studying traditional Yoga knowledge systems.	**8**
Environmental Awareness/SDGs	Research on Yoga, sustainability and health-related SDG goals.	**7**
Current Issues and Social Awareness	Evidence-based solutions for health and social challenges.	**7**
Gender issues	Gender-sensitive research design and data analysis.	**7**
Public Policies	Research contribution to health, wellness and education Policies.	**7**
Any Other	Development of scientific attitude and critical thinking.	**8**



Part A – Introduction			
Name of the Programme	Yoga		
Semester	8th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Shodash Sanskar-II**		
Course Code	26L6.0-YOG-803		
Course Level	400-499		
Course Type	CC-H6		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Understand the concepts and significance of Antyeshti and Post-death Sanskaras.	
	CLO_2	Explain the procedures and cultural Importance of the last eight Sanskaras.	
	CLO_3	Analyse the relevance of Shodash Sanskar in contemporary life.	
	CLO_4	Demonstrate and document the practical aspects of last eight Sanskaras.	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Shodash Sanskar-I** • Concept and significance of Antyeshti Sanskar. • Philosophical aspects of life, death and rebirth. • Shraddha and Pitru Karma traditions. • Social and spiritual Importance of last rites.	1	15
Unit-II	**Shodash Sanskar-II** • Detailed study of last eight Sanskaras of Shodash Sanskar. • Ritual procedures and symbolic meanings. • Spiritual, ethical and cultural aspects of Sanskaras. • Role of Sanskaras in family and society.	2	15

Unit-III	**Contemporary Relevance of Shodash Sanskar** • Sanskaras as a means of value education. • Relationship of Sanskaras with Yoga and holistic living. • Preservation of Indian cultural heritage. • Modern perspectives of traditional practices.	3	15
Practical	• Demonstration and observation of Sanskar-related practices. • Study of traditional symbols and procedures. • Documentation and presentation of Sanskar traditions. • Field-based learning activities.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Kane, P. V. (1974). History of Dharmasastra: Ancient and Medieval Religious and Civil Law in India. Bhandarkar Oriental Research Institute.
- Arya Somveer (2020).yogsaar: Kitab Mahal Publication Delhi .
- Sharma, R. N. (2011). Indian Social Life and Values. Surjeet Publications.
- Radhakrishnan, S. (2008). The Principal Upanishads. HarperCollins Publishers.
- Olivelle, P. (2009). Dharmasutras: The Law Codes of Ancient India. Oxford University Press.
- Basham, A. L. (2001). The Wonder That Was India. Rupa Publications.
- Sharma, A. (2005). Classical Hindu Thought: An Introduction. Oxford University Press.
- Klostermaier, K. K. (2015). A Survey of Hinduism (3rd ed.). State University of New York Press.
- Flood, G. (1996). An Introduction to Hinduism. Cambridge University Press.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	Content/s	Hours Devoted
Employability	Cultural education and heritage-based learning skills.	**8**
Entrepreneurship	Opportunities in cultural training and traditional knowledge services.	**8**
Skill Enhancement	Documentation, presentation and field study skills.	**8**
Communication Development	Effective communication of cultural concepts.	**7**
Indian Knowledge System	Study of Shodash Sanskar and Indian traditions.	**8**
Environmental Awareness/SDGs	Eco-friendly approaches in traditional practices.	**7**
Current Issues and Social Awareness	Social values and cultural awareness through Sanskaras.	**7**
Gender issues	Inclusive understanding of family and social roles.	**7**
Public Policies	Cultural heritage preservation initiatives.	**7**
Any Other	Ethical values and holistic personality development.	**8**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	8th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Indian Knowledge System**		
Course Code	26L6.0-YOG-804		
Course Level	400-499		
Course Type	DSE-7		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Understand the foundation and significance of Indian Knowledge System.	
	CLO_2	Explain the philosophical concepts and knowledge traditions of India.	
	CLO_3	Analyse the relevance of Indian Knowledge System in contemporary society.	
	CLO_4	Demonstrate practical understanding of Indian Knowledge traditions through experiential learning.	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Introduction to Indian Knowledge System** • Concept, scope and significance of Indian Knowledge System (IKS). • Sources of Indian knowledge: Vedas, Upanishads, Darshanas and traditional literature. • Features and uniqueness of Indian knowledge traditions. • Contribution of IKS to human development and society.	1	15

Unit-II	**Indian Philosophy, Yoga and Knowledge Traditions** • Overview of Indian philosophical systems (Shad Darshana). • Concept of knowledge, consciousness and self. • Relationship between Yoga, Ayurveda and holistic living. • Role of spiritual and ethical values in Indian traditions.	2	15
Unit-III	**Applications of Indian Knowledge System in Modern Context** • Relevance of IKS in education, health and lifestyle. • Traditional approaches to sustainability and well-being. • Indian contributions to science, arts and culture. • Preservation and promotion of indigenous knowledge.	3	15
Practical	**Experiential Learning of Indian Knowledge Traditions** • Study of selected classical texts and practices. • Practical understanding of Yoga-based lifestyle principles. • Presentation of IKS-based projects and activities.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Radhakrishnan, S. (2008). Indian Philosophy (Vols. 1–2). Oxford University Press.
- Dasgupta, S. (1992). A History of Indian Philosophy (Vols. 1–5). Motilal Banarsidass.
- Hiriyanna, M. (2000). Outlines of Indian Philosophy. Motilal Banarsidass.
- Sharma, C. (2003). A Critical Survey of Indian Philosophy. Motilal Banarsidass.
- Feuerstein, G. (2008). The Yoga Tradition: Its History, Literature, Philosophy and Practice. Hohm Press.
- Radhakrishnan, S., & Moore, C. A. (1957). A Sourcebook in Indian Philosophy. Princeton University Press.
- Klostermaier, K. K. (2015). A Survey of Hinduism (3rd ed.). State University of New York Press.
- Frawley, D. (2001). Vedantic Meditation: Lighting the Flame of Awareness. Lotus Press.
- Kapur, K. (2020). Indian Knowledge Systems: Concepts and Applications. Indian Institute of Advanced Study.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	Content/s	Hours Devoted
Employability	Skills related to Yoga, heritage education and cultural studies.	**8**
Entrepreneurship	Opportunities in wellness, heritage and knowledge-based services.	**8**
Skill Enhancement	Documentation, critical thinking and experiential learning skills.	**8**
Communication Development	Presentation and dissemination of Indian knowledge concepts.	**7**
Indian Knowledge System	Study of Indian philosophy, texts and traditional practices.	**8**
Environmental Awareness/SDGs	Sustainable living principles from Indian traditions.	**7**
Current Issues and Social Awareness	Application of IKS for social well-being and ethical living.	**7**
Gender issues	Understanding inclusive values in Indian knowledge traditions.	**7**
Public Policies	Promotion of IKS through education and cultural initiatives.	**7**
Any Other	Development of cultural awareness and holistic personality.	**8**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	8th		
Nature of Course/Course Composition	Theory + Practical		
Nomenclature of the Course	**Applied Ethics**		
Course Code	26L6.0-YOG-805		
Course Level	400-499		
Course Type	DSE-7		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) after completing this course, the learner will be able to:	**CLO_1**	Understand the fundamental concepts and principles of applied ethics.	
	CLO_2	Explain ethical traditions and human values for responsible living.	
	CLO_3	Analysecontemporary ethical issues and their social implications.	
	CLO_4	Apply ethical principles in practical and professional situations.	
	Theory	**Practical**	**Total**
Credits	3	1	4
Teaching hours per week	3	2	5
Internal Assessment Marks	25	05	30
End Term Exam Marks	50	20	70
Max. Marks	75	25	100
Examination Duration (in Hours)	3	3	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 7 questions selecting two questions from each of the three units with consideration given to the Course Learning Outcomes. Among these, question number 1 will be a compulsory question comprising 4 short answer type questions carrying two marks each (total 08 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt four questions: the compulsory question no. 1 and 1 question from each of the three units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Foundations of Applied Ethics** • Meaning, nature and scope of ethics. • Difference between ethics, morality and values. • Principles of applied ethics and ethical decision-making. • Role of ethics in personal and professional life.	1	15

Unit-II	**Ethical Traditions and Human Values** • Indian ethical perspectives and value systems. • Yama and Niyama as ethical foundations of Yoga. • Concepts of Dharma, Karma and Ahimsa. • Universal human values and social responsibility.	2	15
Unit-III	**Contemporary Issues in Applied Ethics** • Ethics in health, education and professional practices. • Environmental ethics and sustainable living. • Social justice, equality and ethical challenges. • Ethics in technology and modern society.	3	15
Practical	**Application of Ethical Principles** • Practice of ethical reflection and value-based activities. • Application of Yoga ethics in daily life. • Community-based ethical awareness activities.	4	30
	Contact Hours	75	

Evaluation Methods

Internal Assessment	**TH-25**	**PR-05**	**End Term Examination: 70**	**TH-50**	**PR-20**
Class Participation:	5	0	Lab record	NA	05
Seminar/presentation/ assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	05
Seminar/Demonstration/Viva -voce/Lab records etc.:	NA	05	Written Examination	50	NA
Mid-Term Exam:	15	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/Journals/ e-resources/Learning Management Systems(LMS):

- Rachels, J., & Rachels, S. (2019). The Elements of Moral Philosophy (9th ed.). McGraw-Hill Education.
- Dr Dharambir Yoga ; A way of life 2024 ,Ronak publication delhi
- Aristotle. (2014). Nicomachean Ethics (R. Crisp, Trans.). Cambridge University Press.
- Radhakrishnan, S., & Moore, C. A. (1957). A Sourcebook in Indian Philosophy. Princeton University Press.
- Gandhi, M. K. (2009). The Moral and Political Writings of Mahatma Gandhi. Oxford University Press.
- Sharma, C. (2003). A Critical Survey of Indian Philosophy. Motilal Banarsidass.
- Feuerstein, G. (2008). The Yoga Tradition: Its History, Literature, Philosophy and Practice. Hohm Press.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**

Employability	Professional ethics and responsible workplace behaviour.	**8**
Entrepreneurship	Ethical practices in wellness and service-based enterprises.	**8**
Skill Enhancement	Decision-making, critical thinking and ethical reasoning skills.	**8**
Communication Development	Ethical communication and interpersonal skills.	**7**
Indian Knowledge System	Study of Dharma, Yoga ethics and Indian value traditions.	**8**
Environmental Awareness/SDGs	Environmental ethics and sustainable lifestyle practices.	**7**
Current Issues and Social Awareness	Ethical understanding of social challenges and responsibilities.	**7**
Gender issues	Equality, dignity and gender-sensitive ethical practices.	**7**
Public Policies	Ethical foundations of governance and social welfare Policies.	**7**
Any Other	Development of moral character and holistic personality.	**8**

Part A– Introduction			
Name of the Programme	Yoga		
Semester	8th		
Nature of Course/Course Composition	Practical		
Name of the Course	Yoga Practical-II		
Course Code	26L6.0-YOG-806		
Course Level	400-499		
Course Type	PC-H2		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	CLO_1	Demonstrate classical Asanas with correct alignment and breathing.	
	CLO_2	Perform Pranayama, Mudras and Bandhas using proper techniques.	
	CLO_3	Practice meditation techniques for mental and emotional well-being.	
	CLO_4	Conduct a Yoga session using effective teaching and demonstration skills.	
	Theory	Practical	Total
Credits	0	4	4
Teaching hours per week	0	8	8
Internal Assessment Marks	0	30	30
End Term Exam Marks	0	70	70
Max. Marks	0	100	100
Examination Duration (in Hours)	0	04	

PartB-Contents of the Course

Instructions for Examiner:

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes. The maximum marks for the write-up and execution of the practical will be 40.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	**Asana Practices** • Practice of standing, sitting, prone, supine and balancing Asanas. • Practice of Surya Namaskar and Chandra Namaskar. • Alignment, breathing and safety measures during Asana practice. • Relaxation through Shavasana and Makarasana.	1	30
Unit-II	**Pranayama, Shatkarma, Mudra and Bandha** • Practice of Nadi Shodhana, Bhastrika, Bhramari, Sheetali and Ujjayi Pranayama. • Practice of Kapalabhati and selected Shatkarma techniques. • Practice of Jnana, Chin and Prana Mudras. • Practice of Mula, Uddiyana and Jalandhara Bandhas.	2	30

Unit-III	**Meditation and Yogic Lifestyle** • Om chanting and Mantra meditation. • Breathe awareness, Ajapa Japa and Yoga Nidra. • Trataka practice. • Daily yogic routine for stress management and well-being.	3	30
Practical	**Yoga Teaching and Practical Assessment** • Preparation of Yoga lesson plans. • Demonstration of integrated Yoga sessions. • Practical assessment of Asana, Pranayama and Meditation. • Viva voce and maintenance of practical records.	4	30
	Contact Hours	120	

Evaluation Methods

Internal Assessment	**MM-30**	**End Term Examination: 70**	**MM- 70**
Class Participation:	5	Lab record	10
Seminar / Demonstration / Viva-voce / Lab records etc.:	10	Viva-Voce	20
Mid-Term Exam:	15	Write-up and execution of the practical	40

Part - C-Learning Resources

RecommendedBooks/e-resources/LMS:

- Iyengar, B. K. S. (2015). Light on Yoga. HarperCollins Publishers.
- Saraswati, S. S. (2013). Asana Pranayama Mudra Bandha. Yoga Publications Trust.
- Muktibodhananda, S. (2012). Hatha Yoga Pradipika. Yoga Publications Trust.
- Desikachar, T. K. V. (1995). The Heart of Yoga: Developing a Personal Practice. Inner Traditions.
- Feuerstein, G. (2008). The Yoga Tradition: Its History, Literature, Philosophy and Practice. Hohm Press.
- Vivekananda, S. (2019). Raja Yoga. Advaita Ashrama.
- Bryant, E. F. (2009). The Yoga Sutras of Patanjali: A New Edition, Translation, and Commentary. North Point Press.
- Khalsa, S. B. S., Cohen, L., McCall, T., & Telles, S. (2016). The Principles and Practice of Yoga in Health Care. Handspring Publishing.
- Telles, S., Naveen, K. V., & Balkrishna, A. (Eds.). (2017). Scientific Research on Yoga: A Comprehensive Review. Patanjali Research Foundation.

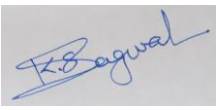
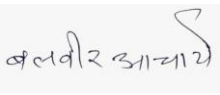
Mapping of Course Learning Outcomes (CLOs) to Program Outcomes & Program Specific Outcomes

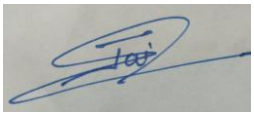
CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1
CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability	Asana, Pranayama, Shatkarma, Mudra, Bandha, Meditation and Yoga teaching practices; demonstration and practical assessment	**15**
Entrepreneurship	Preparation of Yoga lesson plans and planning/demonstration of integrated Yoga sessions for wellness and stress management	**25**
Skill Enhancement	Practical skills in Asana, Pranayama, Shatkarma, Mudra, Bandha, Meditation, Yoga Nidra and Trataka	**20**

Communication Development	Yoga lesson-plan preparation, demonstration of integrated Yoga sessions, Viva voce and practical record maintenance	**15**
Indian Knowledge System	Surya Namaskar, Chandra Namaskar, Om chanting, Mantra meditation, Ajapa Japa and traditional Yogic practices	**15**
Environmental Awareness/SDGs	Yogic lifestyle for holistic well-being, healthy living and responsible lifestyle practices	**5**
Current Issues and Social Awareness	Yoga for stress management, mental well-being and holistic health	**10**
Gender issues	Inclusive and safe participation in Yoga practices for all learners	**3**
Public Policies	Yoga promotion for health, wellness and preventive care in accordance with national wellness initiatives	**5**
Any Other	Alignment, breathing, safety measures, relaxation practices and maintenance of practical records	**7**



Part A – Introduction		
Name of the Programme	Yoga	
Semester	8th	
Name of the Course	**Dissertation/Project Work**	
Course Code	26L6.0-YOG-807	
Course Level	400-499	
Course Type	Research	
Pre-requisite for the course (if any)		
Course Outcomes (COs) After completing this course, the learner will be able to:	**CLO_1**	Demonstrate the ability to identify and formulate a relevant research problem in the field of Yoga.
	CLO_2	Apply appropriate research methodology, tools and techniques for collection and analysis of data.
	CLO_3	Critically analyse and interpret research findings and draw logical conclusions based on the results.
	CLO_4	Prepare and present a well-structured dissertation/project report following ethical standards and University guidelines.
	Total	
Credits	12	
Max. Marks	300 (Report of dissertation- 200 marks + Open Viva Voce- 100	
Part B – Guidelines for the Dissertation Work/Project Work		

The total number of students' projects offered will be one per faculty member in accordance with the ordinance, and allotment will be made on the basis of merit cum preference of the students. Students opting for the project will be exempted from the corresponding theory course. The work can be carried out in any thrust area of Yoga under the guidance of the allotted supervisor of the department. The students must submit their project report to the department as per the date announced for the submission.

External assessment of the project work will be carried out by an external examiner nominated by the Vice-Chancellor from a panel approved by the Board of Studies.

. Field Project /Research Project/Master's Dissertation will contain a cover page, a certificate signed by the student and supervisor, a table of contents, an introduction, Objectives, Literature review, methodology, results and discussion conclusion, and references.

The paper size to be used should be A-4 size.

The font size should be 12 with Times New Roman.

The text of the report may be typed in 1.5 (one and a half) space.

The printout of the report shall be done on both sides of the paper (instead of single-side printing)

The total no. of written pages should be between 80 to 100 for the report.

2. The candidate shall be required to submit two soft-bound copies of the report along with a CD/ email in the department as per the date announced. It must be submitted with a plagiarism report in accordance with the rules of the University/UGC.

3. The candidate will defend her/his project work through presentation and viva voce examination before the External examiner at the end of the semester and will be awarded marks. The dissertation/project work will be evaluated as per university rules/Policy/guidelines.

4. In case, a student is not able to score passing marks in the research project exam, he/she will have to resubmit her/his report after making all corrections/improvements & this report shall be evaluated as above. The candidate is required to submit the corrected copy of the report in hardbound within one month after the viva -voce. In case of any confusion regarding rules and its interpretation, the rules of examination branch will be final and applicable.

FORMAT OF DISSERTATION/PROJECT WORK

General Introduction to the Study and Theoretical Framework
Review of Literature
Research Gap
Statement of the problem
Significance of the Study
Formulation of Research Questions /Issues
Research objectives
Hypotheses
Data source (Primary/Secondary)
Methodology
Analysis of Data
Discussion of the Results
Major findings, Summary, Recommendations (if any) and Conclusion
Bibliography /References &Webliography
Appendices

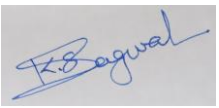
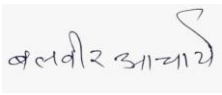
Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

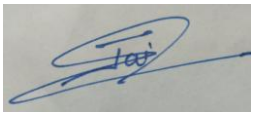
CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO_2	3	1	-	1	2	1	-	2	1

CLO_3	3	1	1	1	2	2	1	2	2
CLO_4	3	1	-	2	3	2	1	2	2

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability/Entrepreneurship	Research aptitude, project planning, professional research skills, and opportunities for entrepreneurship in Yoga and wellness research.	15
Skill Enhancement	Identification of research problems, literature review, research methodology, data collection, statistical analysis, interpretation and report writing.	90
Communication Development	Academic writing, preparation of dissertation, presentation of research findings and viva voce skills.	30
Indian Knowledge System	Exploration and research-based study of traditional Indian knowledge, Yogic texts, philosophy and indigenous practices.	30
Environmental Awareness	Study of the relationship between Yoga, lifestyle, health and environmental sustainability.	10
Current Issues and Social Awareness	Research on contemporary health, lifestyle, stress, mental well-being and other social issues through Yogic interventions.	20
Women Empowerment/ Gender issues	Research perspectives related to women's health, gender equality and the role of Yoga in empowerment and well-being.	10
Public Policies	Studyof relevant national policies, programmes and guidelines related to health, education, Yoga and research.	10
Any Other	Research ethics, plagiarism awareness, publication ethics and dissertation viva preparation.	25



Part A – Introduction			
Name of the Programme	Yoga		
Semester	1st		
Nature of Course/Course Composition	Theory + Practical		
Name of the Course	**Indian Yogis**		
Course Code	26L4.5-MDC-YOG-101		
Course Level	100-199		
Course Type	MDC		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	**CLO_1**	Explain the life, teachings, and contributions of eminent Indian Yogis and their role in the development of Yoga.	
	CLO_2	Describe the contribution of Swami Kuvalyananda, Swami Rama, and Pt. Shri Ram Sharma Acharya in the development of Yoga.	
	CLO3	Demonstrate the basic techniques of Pragya Yoga, Vipassana Meditation, Preksha Meditation, and Yoga Nidra for holistic well-being.	
	Theory	**Practical**	**Total**
Credits	2	1	3
Teaching hours per week	2	2	4
Internal Assessment Marks	15	05	20
End Term Exam Marks	35	20	55
Max. Marks	50	25	75
Examination Duration (in Hours)	02	04	

Part B- Contents of the Course

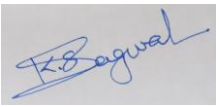
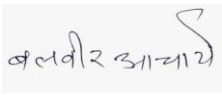
Instructionsfor Theory Paper-Setter

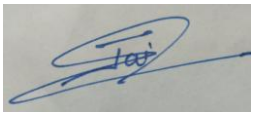
The paper setter shall prepare 5 questions selecting two questions from each of the two units with consideration given to the Course Outcomes. Among these, question number 1 will be compulsory question comprising 7 short answer type questions carrying one mark each (total 07 marks) and covering the entire syllabus. The remaining questions will be carrying 14 marks each. Examinees will be required to attempt three questions: the compulsory question no. 1 and 1 question from the each of the two units.

Instructionsfor Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes (CLOs). The maximum marks for the write-up and execution of the practical will be 10.

Topics		CLO/s Attempt	Contact Hours
Unit-I	• Gautam Buddh: Life sketch and his teachings. • Yogi Gorakshanath: Life sketch and their contribution to Yoga; • Swami T. Krishanamacharya: Eminent Yoga Institutions in India and their contribution in development of Yoga;	1	15



Unit-II	• Swami Kuvalyananda: Eminent Yoga Institutions in India and their contribution in development of Yoga; • Swami Rama: Eminent Yoga Institutions in India and their contribution in development of Yoga. • Pt. Shri Ram Sharma Acharya: Eminent Yoga Institutions in India and their contribution in development of Yoga;	2	15
Practical	• Pragya Yoga • Vipasana Meditation • Preksha Meditation • Yoga Nidra	3	30
	Contact Hours		60

Suggested Evaluation Methods

Internal Assessment	**TH-15**	**PR-5**	**End Term Examination: 55**	**TH-35**	**PR-20**
Class Participation:	5	0	Lab record	NA	5
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	5
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	35	NA
Mid-Term Exam:	5	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/e-resources/LMS:

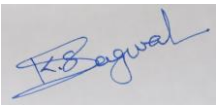
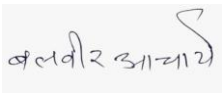
- Arya Somveer (2021) ; Yogiyo ka jeewanParichya ; Raghav publication New Delhi .
- Dr Dharambir A 2024 Biography of Yogis ; Raghav Publication Delhi
- Feuerstein, G. (1998). The yoga tradition: Its history, literature, philosophy, and practice. Hohm Press.
- Goenka, S. N. (1987). The discourse summaries: Talks from a ten-day Vipassana course. Vipassana Research Institute.
- Jain Vishva Bharati. (2005). Preksha Dhyana: Theory and practice. Jain Vishva Bharati.
- Krishnamacharya, T. (2011). Yoga Makaranda (A. G. Mohan & S. Mohan, Trans.). Krishnamacharya Yoga Mandiram. (Original work published 1934)
- Kuvalayananda, S. (2014). Pranayama. Kaivalyadhama. (Original work published 1931)
- Saraswati, S. S. (2009). Yoga Nidra (6th ed.). Yoga Publications Trust.
- Sharma, S. R. (2000). Scientific spirituality. Shantikunj, All World Gayatri Pariwar.
- Swami Rama. (1998). Living with the Himalayan masters. Himalayan Institute Press.

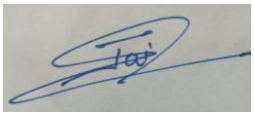
Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO2	3	2	-	-	1	-	-	1	1
CLO3	3	1	-	1	2	1	-	2	1

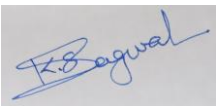
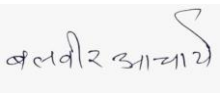
Content Mapping with NEP thrust areas

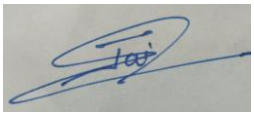
Field	**Content/s**	**Hours Devoted**
Employability/Entrepreneurship	Yoga teaching and wellness-based career opportunities through the study and practice of Yoga traditions and meditation techniques.	**7**
Skill Enhancement	Pragya Yoga, Vipasana Meditation, Preksha Meditation and Yoga Nidra for development of meditation, relaxation and self-management skills.	**20**



Communication Development	Life sketches, teachings and contributions of Gautam Buddh, Yogi Gorakshanath, Swami T. Krishnamacharya, Swami Kuvalyananda, Swami Rama and Pt. Shri Ram Sharma Acharya; presentation and discussion of their contributions to Yoga.	**7**
Indian Knowledge System	Life, teachings and contributions of Gautam Buddh and Yogi Gorakshanath; development of Yoga through eminent Yogis and Yoga institutions in India.	**10**
Environmental Awareness	Yogic lifestyle and meditation practices promoting harmony with nature and holistic well-being.	**3**
Current Issues and Social Awareness	Meditation and Yoga practices for mental health, relaxation, stress management and social well-being.	**5**
Women Empowerment/Gender Issues	Equal participation and inclusivity in Yoga and meditation practices.	**1**
Public Policies	Contribution of eminent Yoga institutions and promotion of Yoga for holistic health and well-being.	**3**
Any Other	Ethical values, self-discipline, awareness and holistic personality development through Yoga and meditation.	**4**



Part A – Introduction			
Name of the Programme	Yoga		
Semester	2nd		
Nature of Course/Course Composition	Theory + Practical		
Name of the Course	**Yoga and Holistic Health**		
Course Code	26L4.5-MDC-YOG-201		
Course Level	100-199		
Course Type	**MDC**		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	**CLO_1**	Explain the yogic concepts of health, disease, and body.	
	CLO_2	Describe the concepts of Pancha-mahabhutas, Pancha prana, and Panch Kosha in relation to holistic health.	
	CLO3	Practice basic yogic techniques for holistic health.	
	Theory	**Practical**	**Total**
Credits	2	1	3
Teaching hours per week	2	2	4
Internal Assessment Marks	15	05	20
End Term Exam Marks	35	20	55
Max. Marks	50	25	75
Examination Duration (in Hours)	02	04	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 5 questions selecting two questions from each of the two units with consideration given to the Course Outcomes. Among these, question number 1 will be compulsory question comprising 7 short answer type questions carrying one mark each (total 07 marks). The remaining questions will be carrying 14 marks each. Examinees will be required to attempt three questions: the compulsory question no. 1 and 1 question from each of the two units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes (CLOs). The maximum marks for the write-up and execution of the practical will be 10.

Topics		CLO/s Attempt	Contact Hours
Unit-I	• Concept of Body, Holistic Health and Diseases • Meaning and Definition of Holistic Health; • Concept of Adhi and Vyadhi; • Concepts of Trigunas,	1	15
Unit-II	• Pancha-mahabhutas, • Pancha prana and their role in Health • Panch Kosha	2	15
Practical	• Yogic Practices (Shatkriya, Asana, Pranayama, Mudra, Bandha and Meditation)	3	30
	Contact Hours		60

Suggested Evaluation Methods					
Internal Assessment	**TH-15**	**PR-5**	**End Term Examination: 55**	**TH-35**	**PR-20**
Class Participation:	5	0	Lab record	NA	5
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	5
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	35	NA
Mid-Term Exam:	5	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/e-resources/LMS:

- Iyengar, B. K. S. (2005). Light on yoga (Revised ed.). HarperCollins Publishers.
- Kuvalayananda, S. (2016). Asanas. Kaivalyadhama.
  - Arya Somveer 2022; Yogsar : Kitabmahal publication Delhi
  - Dr Dharambir Y . (2024). YOGA A WAY OF LIFE Ronak publication house delhi
- Saraswati, S. S. (2012). Four chapters on freedom (Yoga Sutras of Patanjali). Yoga Publications Trust.
- Taimni, I. K. (2005). The science of yoga. Quest Books.
- Vivekananda, S. (2010). Raja yoga. Advaita Ashrama.
- Nagarathna, R., & Nagendra, H. R. (2019). Integrated approach of yoga therapy for Positive health. Swami Vivekananda Yoga Prakashana.
- Nagendra, H. R. (2018). The art and science of yoga. Swami Vivekananda Yoga Prakashana.
- Ministry of AYUSH. (2015). Common yoga protocol. Government of India.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO2	3	2	-	-	1	-	-	1	1
CLO3	3	1	-	1	2	1	-	2	1

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability/Entrepreneurship	Yoga-based health and wellness careers.	**20**
Skill Enhancement	Basic skills in yogic practices.	**7**
Communication Development	Communication through yoga instruction.	**3**
Indian Knowledge System	Traditional yogic health concepts.	**7**
Environmental Awareness	Healthy living in harmony with nature.	**13**
Current Issues and Social Awareness	Yoga for lifestyle disease prevention.	**3**
Women emPowerment/ Gender issues	Yoga for women's health and well-being.	**4**
Public Policies	AYUSH, NEP 2020, and Fit India initiatives.	**1**
Any Other	Holistic personality and value development.	**2**

Part A – Introduction			
Name of the Programme	Yoga		
Semester	**3rd**		
Nature of Course/Course Composition	Theory + Practical		
Name of the Course	**Basics of Naturopathy**		
Course Code	26L5.0-MDC-YOG-301		
Course Level	200-299		
Course Type	**MDC**		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	**CLO_1**	Explain the principles, concepts, and therapies of naturopathy.	
	CLO_2	Describe the techniques of Mud-therapy, Hydro-therapy, and Agni-Tatva and Vayu-Tatva therapy and their benefits.	
	CLO3	Demonstrate basic naturopathy practices for health promotion.	
	Theory	**Practical**	**Total**
Credits	2	1	3
Teaching hours per week	2	2	4
Internal Assessment Marks	15	05	20
End Term Exam Marks	35	20	55
Max. Marks	50	25	75
Examination Duration (in Hours)	02	04	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 5 questions selecting two questions from each of the two units with consideration given to the Course Outcomes. Among these, question number 1 will be compulsory question comprising 7 short answer type questions carrying one mark each (total 07 marks). The remaining questions will be carrying 14 marks each. Examinees will be required to attempt three questions: the compulsory question no. 1 and 1 question from each of the two units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes (CLOs). The maximum marks for the write-up and execution of the practical will be 10.

Topics		CLO/s Attempt	Contact Hours
Unit-I	• Introduction of Naturopathy • Meaning and Definition of Naturopathy. • Principles of Naturopathy. • Panch Tattva	1	15
Unit-II	• Different techniques of Mud-therapy and their Benefits. • Different techniques of Hydro-therapy and their benefits. • Different techniques of Agni-Tatva and Vayu-Tatva and the benefits.	2	15

Practical	Naturopathy Practices: Steam bath, Mud Pack, Hip Bath, Sun Thereapy	3	30
	Contact Hours		60

Suggested Evaluation Methods

Internal Assessment	**TH-15**	**PR-5**	**End Term Examination: 55**	**TH-35**	**PR-20**
Class Participation:	5	0	Lab record	NA	5
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	5
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	35	NA
Mid-Term Exam:	5	NA	Write-up andexecution of the practical	NA	10

Part C-Learning Resources

Recommended Books/e-resources/LMS:

- Dr Dharambir yadav ; Naturopathy A Way of life ; Raghav publication new Delhi
- Gharote, M. L., & Ganguly, S. K. (2011). Teaching methods for yoga and naturopathy. Lonavla Yoga Institute.
- Jindal, K. C. (2015). Nature cure for common diseases. Nature Cure Publications.
- Kuhn, M. A., & Winston, D. (2008). Winston and Kuhn's herbal therapy and supplements. Lippincott Williams & Wilkins.
- Ministry of AYUSH. (2018). Yoga and naturopathy systems of healthcare. Government of India.
- Nature Cure Institute. (2016). Fundamentals of naturopathy. Nature Cure Institute Publications.
- Prakash, S. (2014). Principles and practice of naturopathy. Khel Sahitya Kendra.
- Reddy, K. R. (2012). Textbook of naturopathy. Jaypee Brothers Medical Publishers.
- World Health Organization. (2013). WHO traditional medicine strategy 2014–2023. World Health Organization.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO2	3	2	-	-	1	-	-	1	1
CLO3	3	1	-	1	2	1	-	2	1

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability/Entrepreneurship	Careers in naturopathy and wellness services.	8
Skill Enhancement	Skills in basic naturopathy therapies.	16
Communication Development	Health education and patient counselling.	4
Indian Knowledge System	Traditional Indian naturopathy principles.	9
Environmental Awareness	Nature-based sustainable health practices.	7
Current Issues and Social Awareness	Natural management of lifestyle disorders.	5
Women emPowerment/ Gender issues	Naturopathy for women's health and wellness.	1
Public Policies	AYUSH and national wellness initiatives.	3
Any Other	Preventive healthcare and healthy living.	7

Part A – Introduction			
Name of the Programme	Yoga		
Semester	**3rd**		
Nature of Course/Course Composition	Theory (Theory+Tutorial)		
Name of the Course	**Yoga and Ethics**		
Course Code	26L5.0-VAC-YOG-301		
Course Level	200-299		
Course Type	**VAC**		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	**CLO_1**	Explain the concepts of yoga, ethics, and their role in individual and social life.	
	CLO_2	Discuss the relationship between Ethics and Society, and relate Ashtanga Yoga and Bhakti Yoga to ethical practice.	
	Theory	**Practical**	**Total**
Credits	2	0	2
Teaching hours per week	2	0	2
Internal Assessment Marks	15	0	15
End Term Exam Marks	35	0	35
Max. Marks	50	0	50
Examination Duration (in Hours)	02		

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 5 questions selecting two questions from each of the two units with consideration given to the Course Outcomes. Among these, question number 1 will be compulsory question comprising 7 short answer type questions carrying one mark each (total 07 marks). The remaining questions will be carrying 14 marks each. Examinees will be required to attempt three questions: the compulsory question no. 1 and 1 question from each of the two units.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	• Introduction to Yoga • Meaning and Definitions of Yoga; • Importance of Yoga. • Importance of studying Ethics;	1	15
Unit-II	• Ethics and Society. • Ashtanga Yoga and Ethics • Bhakti Yoga and Yoga	2	15
	Contact Hours		30

Suggested Evaluation Methods

Internal Assessment: 15 Marks		**End Term Examination: 35 Marks**
Class Participation:	5	Written Examination: 35

Seminar/presentation/assignment/quiz/class test etc.:	5
Mid-Term Exam:	5

Part C-Learning Resources

Recommended Books/e-resources/LMS:

- Feuerstein, G. (2008). The yoga tradition: Its history, literature, philosophy and practice. Hohm Press.
- Arya Somveer 2022; Yogsar : Kitabmahal publication Delhi
- Yadav Dr Dharambir. (2024). YOGA A WAY OF LIFE Ronak publication house delhi
- Radhakrishnan, S. (2008). The Bhagavadgita. HarperCollins India.
- Saraswati, S. S. (2013). Asana pranayama mudra bandha. Yoga Publications Trust.
- Saraswati, S. S. (2012). Four chapters on freedom: Commentary on the Yoga Sutras of Patanjali. Yoga Publications Trust.
- Taimni, I. K. (2005). The science of yoga. Quest Books.
- Vivekananda, S. (2013). Bhakti yoga. Advaita Ashrama.
- Vivekananda, S. (2014). Raja yoga. Advaita Ashrama.
- Ministry of AYUSH. (2015). Common yoga protocol. Government of India.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	1	1	1
CLO2	3	2	-	1	1	1	-	1	1

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability/Entrepreneurship	Opportunities in yoga teaching and wellness services.	4
Skill Enhancement	Skills in yogic practices and ethical conduct.	8
Communication Development	Interpersonal and value-based communication skills.	2
Indian Knowledge System	Indian philosophical and ethical traditions of yoga.	5
Environmental Awareness	Harmony with nature through yogic living.	3
Current Issues and Social Awareness	Yoga and ethics for social harmony and mental well-being.	3
Women empowerment/ Gender issues	Equality, dignity, and inclusive participation in yoga.	1
Public Policies	NEP 2020, AYUSH, and Fit India initiatives.	1
Any Other	Character building, self-discipline, and holistic development.	3

Part A – Introduction			
Name of the Programme	Yoga		
Semester	**4th**		
Nature of Course/Course Composition	Theory (Theory + Tutorial)		
Name of the Course	**Yoga and Lifestyle**		
Course Code	26L5.0-VAC-YOG-401		
Course Level	200-299		
Course Type	**VAC**		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	**CLO_1**	Explain the principles of yogic lifestyle and healthy living.	
	CLO_2	Explain the concepts of Purushartha Chatushtya, Ahara (Diet) and Lifestyle, and Sadvritta.	
	Theory	**Practical**	**Total**
Credits	2	0	2
Teaching hours per week	2	0	2
Internal Assessment Marks	15	0	15
End Term Exam Marks	35	0	35
Max. Marks	50	0	50
Examination Duration (in Hours)	02		

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 5 questions selecting two questions from each of the two units with consideration given to the Course Outcomes. Among these, question number 1 will be compulsory question comprising 7 short answer type questions carrying one mark each (total 07 marks). The remaining questions will be carrying 14 marks each. Examinees will be required to attempt three questions: the compulsory question no. 1 and 1 question from each of the two units.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	• Introduction to Yogic Lifestyle • Ashtanga Yoga • The Ashram System	1	15
Unit-II	• Purushartha Chatushtya • Ahara (Diet) and Lifestyle • Sadvritta	2	15
	Contact Hours		30

Suggested Evaluation Methods

Internal Assessment: 15 Marks		**End Term Examination: 35 Marks**
Class Participation:	5	Written Examination: 35
Seminar/presentation/assignment/quiz/class test etc.:	5	
Mid-Term Exam:	5	

Part C-Learning Resources

Recommended Books/e-resources/LMS:

- ARYA Somveer 2022; Yogsar : Kitabmahal publication Delhi
- Yadav Dr Dharambir. (2024). Yoga a way of life Ronak publication house delhi
- Nagendra, H. R. (2018). The art and science of yoga. Swami Vivekananda Yoga Prakashana.
- Saraswati, S. S. (2013). Asana pranayama mudra bandha. Yoga Publications Trust.
- Saraswati, S. S. (2012). Four chapters on freedom: Commentary on the Yoga Sutras of Patanjali. Yoga Publications Trust.
- Vivekananda, S. (2011). Raja yoga. Advaita Ashrama.
- Ministry of AYUSH. (2015). Common yoga protocol. Government of India.
- World Health Organization. (2020). Guidelines on physical activity and sedentary behaviour. World Health Organization.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	1	-	1	1	-	1	1
CLO2	3	2	-	1	1	-	1	1	1

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability/Entrepreneurship	Yoga wellness and lifestyle coaching.	4
Skill Enhancement	Healthy living and yoga practice skills.	8
Communication Development	Communication through yoga guidance.	2
Indian Knowledge System	Yogic lifestyle and Indian philosophical traditions.	5
Environmental Awareness	Sustainable and nature-friendly lifestyle.	3
Current Issues and Social Awareness	Yoga for healthy lifestyle and disease prevention.	3
Women emPowerment/ Gender issues	Yogic lifestyle for women's health and wellness.	1
Public Policies	NEP 2020, AYUSH, and Fit India initiatives.	1
Any Other	Self-discipline and holistic personality development.	3

Part A – Introduction			
Name of the Programme	Yoga		
Semester	3rd And 5th		
Nature of Course/Course Composition	Theory + Practical		
Name of the Course	**Diet and Nutrition**		
Course Code	26L5.0-VOC-YOG-301 OR 26L5.5-VOC-YOG-501		
Course Level	200-299& 300-399		
Course Type	**VOC**		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	**CLO_1**	Explain the concepts of diet and nutrition from yogic and modern perspectives.	
	CLO_2	Explain the classification and role of macro nutrients, micro nutrients, fat-soluble nutrients, and water-soluble nutrients.	
	CLO3	Prepare a balanced diet chart based on yogic principles.	
	CLO4	Prepare a diet chart to balance BMI and BMR.	
	Theory	**Practical**	**Total**
Credits	2	2	4
Teaching hours per week	2	4	6
Internal Assessment Marks	15	15	30
End Term Exam Marks	35	35	70
Max. Marks	50	50	100
Examination Duration (in Hours)	02	04	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 5 questions selecting two questions from each of the two units with consideration given to the Course Outcomes. Among these, question number 1 will be compulsory question comprising 7 short answer type questions carrying one mark each (total 07 marks). The remaining questions will be carrying 14 marks each. Examinees will be required to attempt three questions: the compulsory question no. 1 and 1 question from each of the two units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes (CLOs). The maximum marks for the write-up and execution of the practical will be 20.

Topics	CLO/s Attempt	Contact Hours

Unit-I	• Concept of Diet and Nutrition • General introduction of Ahara (Diet); • Concepts of Diet according to Gherand Samhita & Hatha Pradipika; • Concepts of Diet according to Bhagvad Geeta- Rajasika, Tamasika&Satavik food; • Concept of nutrition;	1	15
Unit-II	• Macro nutrients; • Micro nutrients; • Fats soluble nutrients; • Water soluble nutrients	2	15
Practical-I	Prepare Balance Diet Charts according to Gherand, Hatha Pradeepika and Bhagvad Gita.	3	30
Practical-II	Prepare Diet Chart to balance BMI and BMR.	4	30
	Contact Hours		90

Suggested Evaluation Methods

Internal Assessment	**TH-15**	**PR-15**	**End Term Examination: 70**	**TH-35**	**PR-35**
Class Participation:	5	5	Lab record	NA	5
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	10
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	10	Written Examination	35	NA
Mid-Term Exam:	5	NA	Write-up and execution of the practical	NA	20

Part C-Learning Resources

Recommended Books/e-resources/LMS:

- Escott-Stump, S. (2019). Nutrition and diagnosis-related care (9th ed.). Wolters Kluwer.
- Gheranda. (2004). Gheranda Samhita (B. K. Chatterjee, Trans.). New Central Book Agency.
- DR Somveer Arya(2020). Hatha yoga pradipika. Raghav Publication Delhi.
- National Institute of Nutrition. (2020). Dietary guidelines for Indians. Indian Council of Medical Research.
- Yadav Dr Dharambir . (2018). Geeta Yogamrit Kitab mahal publication Delhi
- Swami Sivananda. (2004). Practice of nature cure and yogic diet. Divine Life Society.
- Vivekananda, S. (2007). The Bhagavad Gita. Advaita Ashrama.
- Whitney, E., & Rolfes, S. R. (2022). Understanding nutrition (16th ed.). Cengage Learning.
- World Health Organization. (2020). Healthy diet. World Health Organization.
- Ministry of AYUSH. (2015). Common yoga protocol. Government of India.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO2	3	2	-	-	1	-	1	1	1
CLO3	3	1	1	1	2	1	-	2	1
CLO4	3	1	1	1	2	1	-	2	1

Content Mapping with NEP thrust areas

Field	Content/s	Hours Devoted
Employability/Entrepreneurship	Nutrition and wellness consultancy.	12
Skill Enhancement	Diet planning and nutrition skills.	24
Communication Development	Nutrition counselling and health education.	6
Indian Knowledge System	Yogic dietary principles and classical texts.	14
Environmental Awareness	Sustainable and healthy food choices.	10
Current Issues and Social Awareness	Nutrition for lifestyle disease prevention.	8
Women empowerment/ Gender issues	Nutrition for women's health and well-being.	2
Public Policies	Poshan Abhiyaan, AYUSH, and national nutrition initiatives.	4
Any Other	Healthy eating habits and holistic wellness.	10

Part A – Introduction				
Name of the Programme	Yoga			
Semester	4th			
Nature of Course/Course Composition	Theory + Practical			
Name of the Course	**Yoga and Alternative Therapy**			
Course Code	26L5.0-VOC-YOG-401			
Course Level	200-299			
Course Type	**Vocational (VOC)**			
Pre-requisite for the course (if any)				
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	**CLO_1**	Explain the concepts and principles of yoga and alternative therapies.		
	CLO_2	Describe the Ten Principles of Naturopathy and identify Acupressure and Marma points in the human body.		
	CLO_3	Apply basic yogic practices for wellness.		
	CLO_4	Apply basic acupressure, and marma practices for wellness		
	Theory	**Practical**	**Total**	
Credits	2	2	4	
Teaching hours per week	2	4	6	
Internal Assessment Marks	15	15	30	
End Term Exam Marks	35	35	70	
Max. Marks	50	50	100	
Examination Duration (in Hours)	02	04		

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 5 questions selecting two questions from each of the two units with consideration given to the Course Outcomes. Among these, question number 1 will be compulsory question comprising 7 short answer type questions carrying one mark each (total 07 marks). The remaining questions will be carrying 14 marks each. Examinees will be required to attempt three questions: the compulsory question no. 1 and 1 question from each of the two units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes (CLOs). The maximum marks for the write-up and execution of the practi
cal will be 20.

Topics		CLO/s Attempt	Contact Hours
Unit-I	• Yoga as a Therapy; • Alternative Therapy; • Need and importance of Yoga and Alternative Therapy.	1	15

Unit-II	• Ten Principles of Naturopathy; • General introduction of various Acupressure Points in Huma body; • General introduction of Marma Points in Human body	2	15
Practical-I	• Yogic Practices- Asana, Pranayama and Meditation,	3	30
Practical-II	• Accupressure Points and • Marma Points. • Naturopathy	4	30
	Contact Hours		90

Suggested Evaluation Methods

Internal Assessment	**TH-15**	**PR-15**	**End Term Examination: 70**	**TH-35**	**PR-35**
Class Participation:	5	5	Lab record	NA	5
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	10
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	10	Written Examination	35	NA
Mid-Term Exam:	5	NA	Write-up and execution of the practical	NA	20

Part C-Learning Resources

Recommended Books/e-resources/LMS:

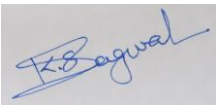
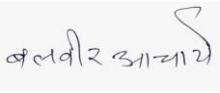
- Feuerstein, G. (2008). The yoga tradition: Its history, literature, philosophy and practice. Hohm Press.
- Yadav Dr Dharambir. (2005). Yoga a way of life Kitab mahal publication Delhi.
- Muktibodhananda, S. (2013). Hatha yoga pradipika. Yoga Publications Trust.
- Nagendra, H. R. (2018). The art and science of yoga. Swami Vivekananda Yoga Prakashana.
- Saraswati, S. S. (2013). Asana pranayama mudra bandha. Yoga Publications Trust.
- Tiwari, O. P. (2016). Yoga: Principles and practices. Kaivalyadhama.
- Ministry of AYUSH. (2018). Yoga and naturopathy systems of healthcare. Government of India.
- Lad, V. (2002). Marma Points of Ayurveda: The energy pathways for healing body, mind, and consciousness. The Ayurvedic Press.
- World Health Organization. (2013). WHO traditional medicine strategy 2014–2023. World Health Organization.

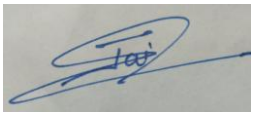
Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	-	-	1	-	-	1	1
CLO2	3	2	1	-	1	-	1	1	1
CLO3	3	1	-	1	2	1	-	2	1
CLO4	3	1	-	1	2	1	-	2	1

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability/Entrepreneurship	Yoga and alternative therapy practice.	12



Skill Enhancement	Skills in yoga, acupressure, and marma therapy.	24
Communication Development	Client guidance and wellness counselling.	6
Indian Knowledge System	Traditional yoga, Ayurveda, and naturopathy.	14
Environmental Awareness	Natural and holistic healing practices.	10
Current Issues and Social Awareness	Alternative therapies for lifestyle disorders.	8
Women empowerment/ Gender issues	Holistic therapies for women's health.	2
Public Policies	AYUSH and integrative healthcare initiatives.	4
Any Other	Preventive healthcare and holistic well-being.	10

Part A – Introduction		
Name of the Programme	Yoga	
Semester	2nd	
Nature of Course/Course Composition	Theory + Practical	
Name of the Course	**Yoga and Wellness**	
Course Code	26L4.5-SEC-YOG-201	
Course Level	100-199	
Course Type	**SEC**	
Pre-requisite for the course (if any)		
Course Learning Outcomes (CLOs) After completing this course, the learner will be able to:	**CLO_1**	Explain the yogic concepts of health and wellness.
	CLO_2	Explain Pancha-mahabhutas, Pancha prana, and Shat-chakra and their role in wellness.
	CLO3	Practice yogic techniques for holistic wellness.

	Theory	Practical	Total
Credits	2	1	3
Teaching hours per week	2	2	4
Internal Assessment Marks	15	05	20
End Term Exam Marks	35	20	55
Max. Marks	50	25	75
Examination Duration (in Hours)	02	04	

Part B- Contents of the Course

Instructions for Theory Paper-Setter

The paper setter shall prepare 5 questions selecting two questions from each of the two units with consideration given to the Course Outcomes. Among these, question number 1 will be compulsory question comprising 7 short answer type questions carrying one mark each (total 07 marks). The remaining questions will be carrying 14 marks each. Examinees will be required to attempt three questions: the compulsory question no. 1 and 1 question from each of the two units.

Instructions for Practical Examiner

Write-up and execution of the practical will be conducted as per the nature of the practical by the external examiner, with consideration given to the Course Learning Outcomes (CLOs). The maximum marks for the write-up and execution of the practical will be 10.

	Topics	CLO/s Attempt	Contact Hours
Unit-I	• Yogic Concept of Health and Wellness • Concept of Adhi and Vyadhi; • Concepts of Tridosha and Sapt Dhatu	1	15
Unit-II	• Pancha-mahabhutas, • Pancha prana and their role in Wellness • Shat-chakra and their role in Wellness	2	15

Practical	• Surya Namaskar • SukshamaVyayama –Neck, Eye, Shoulder, Knee and Ankle Yogasana. • Pranayama – Bhastrika, Bhramari, Anulom Vilom, Ujjayi • Dhyana - Aum and Breathing Meditation	3	30
	Contact Hours		60

Suggested Evaluation Methods

Internal Assessment	**TH-15**	**PR-5**	**End Term Examination: 55**	**TH-35**	**PR-20**
Class Participation:	5	0	Lab record	NA	5
Seminar/presentation/assignment/quiz/class test etc.:	5	NA	Viva-Voce	NA	5
Seminar/Demonstration/Viva-voce/Lab records etc.:	NA	5	Written Examination	35	NA
Mid-Term Exam:	5	NA	Write-up and execution of the practical	NA	10

Part C-Learning Resources

Recommended Books/e-resources/LMS:

- Dr. Dharambir yadav (2024). YOGA A Way of life Kitab Mahal Publisher Delhi
- ARYA Dr Somvee 2022 Yogsaar ; Kitab Mahal publication Delhi
- Muktibodhananda, S. (2013). Hatha yoga pradipika. Yoga Publications Trust.
- Nagendra, H. R. (2018). The art and science of yoga. Swami Vivekananda Yoga Prakashana.
- Saraswati, S. S. (2013). Asana pranayama mudra bandha. Yoga Publications Trust.
- Saraswati, S. S. (2012). Four chapters on freedom: Commentary on the Yoga Sutras of Patanjali. Yoga Publications Trust.
- Taimni, I. K. (2005). The science of yoga. Quest Books.
- Vivekananda, S. (2011). Raja yoga. Advaita Ashrama.
- Ministry of AYUSH. (2015). Common yoga protocol. Government of India.
- World Health Organization. (2020). Guidelines on physical activity and sedentary behaviour. World Health Organization.

Mapping of Course Learning Outcomes (CLOs) to Program Learning Outcomes (PLOs)

CLOs	PLO_1	PLO_2	PLO_3	PLO_4	PLO_5	PLO_6	PLO_7	PLO_8	PLO_9
CLO_1	3	2	1	-	1	1	-	1	1
CLO2	3	2	1	-	1	-	1	1	1
CLO3	3	1	-	1	2	1	-	2	1

Content Mapping with NEP thrust areas

Field	**Content/s**	**Hours Devoted**
Employability/Entrepreneurship	Yoga wellness and health coaching.	8

Skill Enhancement	Skills in yogic wellness practices.	16
Communication Development	Wellness education and yoga instruction.	4
Indian Knowledge System	Classical yogic concepts of health and wellness.	9
Environmental Awareness	Nature-based healthy living practices.	7
Current Issues and Social Awareness	Yoga for preventive and mental healthcare.	5
Women empowerment/ Gender issues	Yoga for women's health and wellness.	1
Public Policies	AYUSH, Fit India, and National Health Mission initiatives.	3
Any Other	Holistic well-being and personality development.	7