

Indira Gandhi University Meerpur, Rewari

Scheme of Examination and Syllabus for UG Multidisciplinary Degree Programme

Subject: Yoga

As per NEP 2020 Curriculum Framework for Undergraduate Programme (Multiple Entry-Exit, Internships and Choice Based Credit System implemented from Session 2024-25)

Scheme of Examination Semester 1st to 8th

First Year: Semester-1 & Semester-2													
Semester	Course Code	Applicable Scheme	Type of Course	Nomenclature of the Course	Credits			Contact Hours (T+P) T: Theory P: Practical	Maximum Marks				
					Theory	Practical	Total		End Term Exam		Internal Assessments		Total
									T	P	T	P	
1	24L4.5-YOG-101	Scheme A, B & C	CC – 1 MCC-1	Hathpradipika	3	1	4	5	50	20	20	10	100
	24L4.5-YOG-102	Scheme C only	MCC-2	Fundamentals of Yoga	3	1	4	5	50	20	20	10	100
	24L4.5-YOG-103	Scheme A,B & D	CC-M-1	Yoga Sutra-I	2	-	2	2	35	-	15	-	50
	24L4.5-YOG-104	Scheme A, B, C & D	MDC- 1	Indian Yogis	2	1	3	4	35	20	15	5	75
2	24L4.5-YOG-201	Scheme A,B & C	CC – 2 MCC-3	Basics of Yoga	3	1	4	5	50	20	20	10	100
	24L4.5-YOG-202	Scheme C only	DSEC-1	Introduction to Alternative Therapies	3	1	4	5	50	20	20	10	100
	24L4.5-YOG-203	Scheme A, B & D	CC-M-2	Yoga Sutra-II	2	-	2	2	35	-	15	-	50
	24L4.5-YOG -204	Scheme A, B, C & D	MDC-2	Yoga and Holistic Health	2	1	3	4	35	20	15	5	75

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Second Year: Semester-3 & Semester-4													
Semester	Course Code	Applicable Scheme	Type of Course	Nomenclature of the Course	Credits			Contact Hours (T+P) T: Theory P: Practical	Maximum Marks				Total
					Theory	Practical	Total		End Term Exam		Internal Assessments		
									T	P	T	P	
3	24L5.0-YOG -301	Scheme A, B & C	CC-3 MCC-4	Gherand Samhita	3	1	4	5	50	20	20	10	100
	24L5.0-YOG -302	Scheme B & C	MCC-5	Yogic Anatomy and Physiology-I	3	1	4	5	50	20	20	10	100
	24L5.0-YOG-102	Scheme B only	MCC-2	Fundamentals of Yoga	3	1	4	5	50	20	20	10	100
	24L5.0-YOG -303	Scheme A, B, C & D	MDC-3	Basics of Naturopathy	2	1	3	4	35	20	15	5	75
4.	24L5.0-YOG -401	Scheme A, B & C	CC-4 MCC-6	Methods of Teaching Yoga	3	1	4	5	50	20	20	10	100
	24L5.0-YOG -402	Scheme B & C	MCC-7	Yogic Anatomy and Physiology -II	3	1	4	5	50	20	20	10	100
	24L5.0-YOG -403	Scheme B & C	MCC-8	Yogic Diet and Nutrition	3	1	4	5	50	20	20	10	100
	24L5.0-YOG -404	Scheme B & C	DSE-1 Select one option	Fundamentals of Ayurveda	3	1	4	5	50	20	20	10	100
	OR			OR									
24L5.0-YOG -405	Principal Upanishads			3	1	4	5	50	20	20	10	100	

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Third Year: Semester-5 & Semester-6													
Semester	Course Code	Applicable Scheme	Type of Course	Nomenclature of the Course	Credits			Contact Hours (T+P)	Maximum Marks				Total
					Theory	Practical	Total		End Term Exam		Internal Assessments		
								T: Theory	P: Practical	T	P	T	
5	24L5.5-YOG-501	Scheme A, B & C	CC-5 MCC-9	Yoga Upanishad-I	3	1	4	5	50	20	20	10	100
	24L5.5-YOG-502	Scheme B & C	MCC-10	Bhagwadgeeta	3	1	4	5	50	20	20	10	100
	24L5.5-YOG-503	Scheme B & C	DSE-2 Select one option	Indian Philosophy	3	1	4	5	50	20	20	10	100
	OR			OR									
	24L5.5-YOG-504			Applications of Yoga	3	1	4	5	50	20	20	10	100
	24L5.5-YOG-505	Scheme B & C	DSE-3 Select one option	Yoga and Value Education	3	1	4	5	50	20	20	10	100
	OR			OR									
24L5.5-YOG-506					Indian Culture and Traditions	3	1	4	5	50	20	20	10
6	24L5.5-YOG-601	Scheme A, B & C	CC-6 MCC-11	Yoga Upanishad-II	3	1	4	5	50	20	20	10	100
	24L5.5-YOG-602	Scheme B & C	MCC-12	Yoga Vasishtha	3	1	4	5	50	20	20	10	100
	24L5.5-YOG-603	Scheme B & C	DSE -4 Select one option	Indian Ethos in Education	3	1	4	5	50	20	20	10	100
	OR			OR									
	24L5.5-YOG-604			Yogic Psychology	3	1	4	5	50	20	20	10	100
	24L5.5-YOG-605	Scheme B & C	DSE - 5 Select one option	Biomechanics of Yogasana & Pranayama	3	1	4	5	50	20	20	10	100
	OR			OR									
24L5.5-YOG-606					Yogasana Sports Evaluation Techniques	3	1	4	5	50	20	20	10

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Fourth Year: Semester-7 & Semester-8 (For Honours / Honours with Research in Yoga)

Semester	Course Code	Type of Course	Nomenclature of the Course	Credits			Contact Hours (T+P) T: Theory P: Practical	Maximum Marks				Total
				Theory	Practical	Total		End Term Exam		Internal Assessments		
								T	P	T	P	
7	24L6.0-YOG -701	CC-H1	Yogic Text-I	3	1	4	5	70	30	-	-	100
	24L6.0-YOG -702	CC-H2	Shodash Sanskar-I	3	1	4	5	70	30	-	-	100
	24L6.0-YOG -703	CC-H3	Research Paper Writing	3	1	4	5	70	30	-	-	100
	24L6.0-YOG -704	DSE-6 Select one option	Essay	3	1	4	5	70	30	-	-	100
	OR		OR									
	24L6.0-YOG -705		Applied Yoga	3	1	4	5	70	30	-	-	100
24L6.0-YOG -706	PC-H1	Yoga Practical-I	3	1	4	5	70	30	-	-	100	
8	24L6.0-YOG -801	CC-H4	Yogic Text-II	3	1	4	5	70	30	-	-	100
	24L6.0-YOG -802	CC-H5	Research Methodology and Statistics	3	1	4	5	70	30	-	-	100
	24L6.0-YOG -803	CC-H6	Shodash Sanskar-II	3	1	4	5	70	30	-	-	100
	24L6.0-YOG -804	DSE-7 Select one option	Indian Knowledge System	3	1	4	5	70	30	-	-	100
	OR		OR									
	24L6.0-YOG -805		Applied Ethics	3	1	4	5	70	30	-	-	100
24L6.0-YOG -806	PC-H2	Yoga Practical-II	3	1	4	5	70	30	-	-	100	
For Honours with Research in Yoga												
8	24L6.0-YOG -801	CC-H4	Yogic Text-II	3	1	4	5	70	30	-	-	100
	24L6.0-YOG -802	CC-H5	Research Methodology and Statistics	3	1	4	5	70	30	-	-	100
	24L6.0-YOG -807	RESEARCH	Dissertation/ Project	-	-	12	5	300	-	-	-	300

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VAC, VOC, SEC & AEC Under Department of Yoga

Type of Course	Course Code	Paper/ Title	Credits of Theory	Credits of Practical	Total Credits	Total Contact Hours	Theory External	Theory Internal	Practical External	Practical Internal	Total
Value Added Course-3	B24-VAC-301	Yoga and Ethics	1	1	2	4	35	-	15	-	50
Value Added Course-4	B24-VAC-401	Yoga and Lifestyle	1	1	2	4	35	-	15	-	50
VOC-1	B24 -VOC-101	Diet and Nutrition	2	1	3	6	35	15	25	-	75
VOC-2	B24 -VOC-201	Yoga and Alternative Therapy	2	1	3	6	35	15	25	-	75
VOC-3	B24 -AEC-301	Yoga and Personality Development	2	1	3	6	35	15	25	-	75
Skill Enhancement Course-I	B24 -SEC-101	Yoga for Memory Enhancement	1	1	2	4	35	-	15	-	50
Skill Enhancement Course-II	B24 -SEC-201	Yoga and Wellness	2	1	3	6	35	15	25	-	75

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PROGRAMME LEARNING OUTCOMES (PLOs)

PLO-1. Knowledge and Understanding: Acquire knowledge about the various aspects of human body and effect of Yogic practices on it. Develop understanding for holistic development through Yogic practices.

PLO-2. Skills/Technical Skills: Acquire basic skills/techniques of various Yogic practices and self-management. Ability to analyze the local and global impact of Yogic activities on individuals, organizations and society.

PLO-3. Application of Knowledge and skills: Apply the knowledge and skill in evaluation of posture, general health & wellness, general fitness and administration of various Yoga programs.

PLO-4. Communication Skills: Ability to communicate effectively among arrange of audiences/stakeholders.

PLO-5. Critical thinking: Ability to Identify, defines the actual requirements, formulate, and analyze complex Yoga education and health related problems to reaching substantiated conclusions.

PLO-6. Ethics: Understanding of professional, ethical, legal, security, social issues and responsibilities in teaching, learning and evaluation of Yoga.

PLO-7. Life-long Learning: Ability to function effectively as an individual and as a member or leader in diverse teams, and in multidisciplinary settings to accomplish a common goal of the society.

PLO-8. Creativity: Acquire the ability to design, implement and evaluate processor program to meet desired needs in the field of Yoga at local, national and international level.

PLO-9. Research Aptitude: Participation in Yoga activity develops analytical skills, logical reasoning and problem-solving abilities, which are crucial for research aptitude.

PLO-10. Problem Solving: Apply the knowledge of basic sciences that is relevant and appropriate to Yoga leading to solution of complex psychosomatic related issues and problems.



1st Semester Subject: Yoga

(According to NEP 2020 implemented from Session 2024 -25)

CC-1 & MCC-1

Part A- Introduction			
Subject:	Yoga		
Semester	1 st Semester		
Name of the Course	Hathpradipika		
Course Code	B24-YOG-101		
Course Type:	CC-1 MCC-1		
Level of the Course	100-199		
Pre-requisite (if any)	Not Applicable		
Course Learning Outcomes (CLOs):	After completing this course, the learner will be able to: <ul style="list-style-type: none"> • To give an introduction of Hatha Yoga. • To introduce the principles of Hatha Yoga. • To introduce essential Hatha Yoga text. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group=20 students)	5
Max. Marks: 100 Part-I Theory=70 (Internal Assessment- 20 Marks+ End Term Exam–50 Marks)			Time:3Hours For End Term Exam= 50 Marks
Part-II Practical=30 (Internal Assessment- 10 Marks+ End Term Exam–20 Marks)			For End Term Exam= 20 Marks
Part B-Content of the Course			
Instructions for Paper-Setter:			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (05x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics		Contact Hours
I	Orientation of Hathpradipika-I <ul style="list-style-type: none"> • 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 . 		12
II	Orientation of Hathpradipika-II <ul style="list-style-type: none"> • Shatkriya- Dhauti, Basti, Neti, Nauli, Trataka, Kapalbhathi; • Types, methods and benefits of Kumbhaka (Pranayama); 		12

III	Orientation to Hathpradipika-III <ul style="list-style-type: none"> Mitahara, Pathya and Apathya; Asanas (15 asanas). 	11	
IV	Orientation to Hathpradipika-IV <ul style="list-style-type: none"> Mudras & Bandhas; Nadanusandhana 	11	
Suggested Evaluation Methods: Maximum Marks: 70 (Internal Assessment- 20 Marks + End Term Exam – 50 Marks)			
➤ Theory Internal Assessment: <ul style="list-style-type: none"> Class Participation: 5 Seminar/presentation/assignment/quiz/class test etc.: 5 Mid-TermExam:10 		Time:3Hours End Term Exam: 50 Marks	
Part II– Practical (Internal Assessment- 10 Marks + External – 20 Marks)			
Unit	Topics	Marks distribution	Contact Hours
I	Shatkarma: Jalneti, Sutraneti, grihtneti	10 Marks	10
II	Asanas : Siddhasana, Padmasana, Vajrasana, Swastikasana, Bhadrasana,	10 Marks	10
	Internal Assessment: 10 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File	End Term Exam= 20 Marks	
Part C- Learning Resources			
Suggested Readings: <ul style="list-style-type: none"> K.Taimini: The Science of Yoga, (The Theosophical, Publishing House, Adyar Chennai Swami Satyananda Saraswati : Hatha Yoga, Pub: BSY Munger Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000 Iyengar B.K.S. : Light on Patanjali Yoga (New York, Schocken Books, 1994) 			

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1st Semester Subject: Yoga

(According to NEP 2020 implemented from Session 2024 - 25)

MCC-2

Fundamentals of Yoga

Part A-Introduction			
Subject:	Yoga		
Semester	1 st Semester		
Name of the Course	Fundamentals of Yoga		
Course Code	B24-YOG-102		
Course Type	MCC-2		
Level of the Course	100-199		
Pre-requisite(if any)	Not Applicable		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. Describe the Aims, Objectives and scope of Yoga. 2. Explain the historical development of Yoga. 3. Illustrate the basic knowledge of biological aspects of Yoga Tell the various Career opportunities in Yoga.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group= 20 students)	5
Max. Marks: 100 Part I-Theory=70 (Internal Assessment- 20 Marks + End Term Exam– 50 Marks) Part II-Practical= 30 (Internal Assessment-10 Marks + End Term Exam– 20 Marks)			Time:3 Hours For End Term Exam
Part B-Content of the Course			
<u>Instructions for Paper-Setter:</u> The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (5x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics		Contact Hours
I	General introduction to Yoga <ul style="list-style-type: none">Brief about origin of Yoga:concepts; History and Development of Yoga:prior to the Vedic period, Vedic period, medieval period, modern era;		10
II	Forms of Yoga in textual and Religious Traditions <ul style="list-style-type: none">Yoga in Vedas and Upanishads;Yoga in Epics: Ramayana and Mahabharata;Yoga in Buddhist Philosophy and Jain Philosophy;		10

III	Introduction to major schools of Yoga <ul style="list-style-type: none"> • Jnana Yoga • Karma Yoga • Bhakti Yoga • Ashtanga Yoga 	10
IV	Career opportunities in Yoga <ul style="list-style-type: none"> • Qualifications and responsibilities of Yoga professionals at various levels of educational institutions. • Qualifications and responsibilities as Yoga Coach, Yoga Trainers, Yoga Instructors and Yoga Specialists, Yoga Therapists, Yoga Counselors and others. • Qualifications and responsibilities as Yoga Event Managers, Technical Officials, Researchers and others • Qualifications and responsibilities in Yoga Wellness Clubs and Fitness Centers, Gymnastic, Artistic & Rhythmic Yoga & Recreation Clubs in Corporate Sectors, Yoga Nritya and others. • Qualifications and responsibilities Yoga Journalists, Commentators, Yoga Photographers and Video Analysts. • Career opportunities in various Central Govt., State Govt., Private Organizations, Industries, Institutions and others. • Career opportunities in Manufacturing and Marketing sectors. • Entrepreneurs opportunities in Yoga. 	10

Suggested Evaluation Methods:
Maximum Marks:70 (InternalAssessment-20 Marks+ End Term Exam– 50 Marks)

Internal Assessment: ➤ Theory 20 <ul style="list-style-type: none"> • Class Participation:5 • Seminar/presentation/assignment/quiz/Class test etc.:5 • Mid-TermExam:10 	Time: 3Hours For End Term Exam = 50 Marks
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Part-II–Practical
(Internal Assessment- 10 Marks + External – 20 Marks)

Unit	Topics	Marks Distribution	Contact Hours
I	Patanjali Prayer	5-Marks	8
II	Sukshm and Sthula Vyayama	5-Marks	8
III	Pranayama according to Hathpradipika	5-Marks	7
IV	Sutra/ Shloka Chanting	5-Marks	7
	Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File	End Term Exam= 20 Marks	

Part B- Learning Resources

Suggested Readings:

- Lal Basant Kumar: Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
- Dasgupta S.N: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
- Singh S.P: History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
- Singh S.P & Yogi Mukesh: Foundation of Yoga, Standard Publication, New Delhi, 2010
- Arya Dr Somveer : Yogasar, Kitab mahal Publications Delhi , 2022
- Hiriyanna M: Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
- Hiriyanna M: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008
- Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008

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1st Semester Subject: Yoga

(According to NEP 2020 implemented from Session 2024 -25)

CC-M- 1

Yoga Sutra-I

Part A-Introduction			
Subject:	Yoga		
Semester	1 st Semester		
Name of the Course	Yoga Sutra-I		
Course Code	B24-YOG-103		
Course Type	CC-M- 1		
Level of the Course	100-199		
Pre-requisite(if any)	Not Applicable		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. Describe the concept of Yoga Philosophy. 2. Explain the concept of Ishwara. 3. Illustrate the basic knowledge of various Obstacles. 4. Acquire basic knowledge about the Karma and Chitta.		
Credits	Theory	Practical	Total
	2	Nil	2
Contact Hours	2 hours per week	Nil	2
Max. Marks: 50 Part I-Theory=50 (Internal Assessment- 15 Marks + End Term Exam– 35 Marks)			Time:3 Hours For End Term Exam
Part-B Content of the Course			
<u>Instructions for Paper- Setter:</u>			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (07x1) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics		Contact Hours
I	Samadhi Pada-I <ul style="list-style-type: none">• Meaning, definition and purpose of Yoga;• Meaning of Chitta and its various stages(Chitta-Bhumis);• Concepts of Vrittis,		12
II	Samadhi Pada-II <ul style="list-style-type: none">• Chitta- Prasadana• Concept of Samadhi: Samprajnata and Asamprajnata,• Concept of Ishwar and its qualities;• Obstacles and its removal.		12

III	Sadhanpada-I <ul style="list-style-type: none"> • Concept of Kriya Yoga • Panch Kleshas; • Concept of Dukhavada : Heya, Hetu, Hana & Hanopaya; 	11
IV	Sadhanpada-II <ul style="list-style-type: none"> • Ashtanga Yoga: Yama, Niyama, Asana, Pranayama & Pratyahara. 	10
Suggested Evaluation Methods: Maximum Marks:50 (Internal Assessment- 15 Marks + End Term Exam– 35 Marks)		
Max. Marks: 50 Theory= 50 (Internal Assessment- 15 Marks + End Term Exam–35 Marks)		Time:3Hours For End Term Exam

Part-C- Learning Resources

Suggested Readings:

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

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1st Semester Subject: Yoga
(According to NEP 2020 implemented from Session 2024 -25)

MDC- 1

Indian Yogis

Part A- Introduction			
Subject:	Yoga		
Semester	1 st Semester		
Name of the Course	Indian Yogis		
Course Code	B24-YOG-104		
Course Type	MDC-1		
Level of the Course	100-199		
Pre-requisite(if any)	Not Applicable		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: <ul style="list-style-type: none"> • Students should be understand the famous Indian Yogis • Students should understand the relevance between various types of Yoga. 		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 hours per week	2 hours per week (Size of practical group = 20 students)	4
Max. Marks: 75 Part-I- Theory= 50 (Internal Assessment -15 Marks + End Term Exam –35 Marks) Part-II- Practical= 25 (Internal Assessment -5 Marks + End Term Exam – 20 Marks)			Time: 3Hours For End Term Exam
Part B- Content of the Course			
<u>Instructions for Paper-Setter:</u>			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (7x1) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics		Contact Hours
I	<ul style="list-style-type: none"> • Maharshi Patanjali: life sketch and their contribution to Yoga; • Gautam Buddha: Life sketch and his teachings. • Yogi Gorakshanath: life sketch and their contribution to Yoga; • Swami Shivanand Saraswati: Life sketch and their contribution to Yoga. 		10
II	<ul style="list-style-type: none"> • Maharshi Mahesh Yogi: Eminent Yoga Institutions in India and their contribution in development of Yoga; • Swami T. Krishnamacharya: Eminent Yoga Institutions in India and their contribution in development of Yoga; • B.K.S. Iyengar: Eminent Yoga Institutions in India and their contribution in development of Yoga; • Kabir Das: Life sketch and his teachings. 		10

III	<ul style="list-style-type: none"> • Ramakrishna Paramhansa: Life sketch and their contribution to Yoga; • Pt. Shri Ram Sharma Acharya: Eminent Yoga Institutions in India and their contribution in development of Yoga; • Swami Vivekanand: Eminent Yoga Institutions in India and their contribution in development of Yoga; • Lahiri Mahasaya: Life sketch and their contribution to Yoga. 	10
IV	<ul style="list-style-type: none"> • Sri Aurobindo: Eminent Yoga Institutions in India and their contribution in development of Yoga; • Swami Kuvalyananda: Eminent Yoga Institutions in India and their contribution in development of Yoga; • Swami Dayananda Saraswati: 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. 	10

Suggested Evaluation Methods:

Maximum Marks: 50 (Internal Assessment – 15 Marks + End Term Exam – 35 Marks)

Internal Assessment: 15

Continuous Comprehensive Evaluation(CCE): 15

Marks Class presentation = 4

Seminar/Assignment/Quiz/class test, etc. = 4

Mid Term Test = 7

Time: 3 Hours

For End Term Exam

Part-II – Practical

Maximum Marks: 25 (Internal Assessment - 5 Marks + External – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Yoga Nidra & Preksha Meditation	10 Marks	15
II	Pragya Yoga & Suryanamaskar	10 Marks	15
	Internal Assessment: 5 Marks Demonstration of Skill/Viva-Voce/ Practical Record File	For End Term Exam = 20 Marks	

Part C-Learning Resources

Suggested Readings:

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

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2nd Semester Subject: Yoga

(According to NEP 2020 implemented from Session 2024-25)

CC- 2 & MCC- 3

Basics of Yoga

Part A-Introduction			
Subject:	Yoga		
Semester	2 nd Semester		
Name of the Course	Basics of Yoga		
Course Code	B24-YOG-201		
Course Type:	CC- 2 & MCC - 3		
Level of the Course	100-199		
Pre-requisite(if any)	Not Applicable		
Course Learning Outcomes(CLOs):	After completing this course, the learner will be able to: <ul style="list-style-type: none"> • Give an introduction of Yoga and its important streams. • Give a brief history and the basis different Yoga. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100		Time: 3 Hours	
Part-I-Theory = 70 (Internal Assessment - 20 Marks +End Term Exam–50 Marks)		For End Term Exam= 50 Marks	
Part-II-Practical = 30 (Internal Assessment –10 Marks + End Term Exam – 20 Marks)		For End Term Exam= 20 Marks	
Part B-Content of the Course			
<u>Instructions for Paper- Setter:</u>			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (5x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics		Contact Hours
I	Introduction to Yoga <ul style="list-style-type: none"> • Etymology and Definitions Of Yoga; • Aim and Objectives of Yoga; • Misconceptions of Yoga; • Importance of Yoga; • Brief introduction to Purushartha Chatushtaya. 		10

II	Forms of Yoga in textual and Religious Traditions <ul style="list-style-type: none"> • Yoga in Indian Philosophy and Shrimad Bhagwad Gita; • Yoga in Puranas; • Yoga in Smritis; • Yoga in Naradbhakti Sutra. 	10
III	Introduction to Major Schools of Yoga <ul style="list-style-type: none"> • Mantra Yoga; • Nada Yoga; • Laya Yoga; • Dhyana Yoga. 	10
IV	Old Yoga Institutions <ul style="list-style-type: none"> • The Yoga Institute Mumbai; • Bihar School of Yoga Munger; • Gurukul Kangari Haridwar; • Kaivalyadhama Lonavala; • Moraraji Desai National Institute of Yoga Delhi. 	10

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment – 20 Marks + End Term Exam – 50 Marks)

Internal Assessment: 20 Marks

Continuous Comprehensive Evaluation(CCE): 20 Marks
 Class presentation = 5
 Seminar/Assignment/Quiz/class test, etc.= 5
 Mid Term Test= 10

Time: 3 Hours

For End Term Exam= 50 Marks

Part-II–Practical

(Internal Assessment - 10 Marks + External – 20 Marks)

Unit	Topics	Marks Distribution	Contact Hours
I	Suryanamaskar	5 Marks	5
II	Shatkrama according to Hathpradipika	5 Marks	5
III	Meditation & Mudra	10Marks	10

Part B-Learning Resources

Suggested Readings:

- Agarwal M M: Six Systems of Indian Philosophy, Chowkhambha Vidya Bhawan, Varanasi,
- Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009.
- Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta.
- Pandit, M. P.: Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976.

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2nd Semester Yoga
(According to NEP 2020)
DSEC-1

Part A-Introduction			
Subject:	Yoga		
Semester	2 rd Semester		
Name of the Course	Introduction to Alternative Therapies		
Course Code	B24-YOG-202		
Course Type:	DSEC-1		
Level of the Course	100-199		
Pre-requisite(if any)	Not Applicable		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: <ul style="list-style-type: none"> • Students shall be able to know the general concept of our traditional alternative therapies such as Acupressure, Marma and Naturopathy 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group=20 students)	5
Max. Marks: 100		Time:3Hours	
Part I-Theory=70		For End Term Exam	
(Internal Assessment-20 Marks +End Term Exam-50 Marks)			
Part II-Practical= 30			
(Internal Assessment-10 Marks +End Term Exam-20 Marks)			
Part B-Content of the Course			
Instructions for Paper-Setter:			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (05x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics		Contact Hours
I	An Introduction <ul style="list-style-type: none"> • 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. 		10
II	Marma Therapy: <ul style="list-style-type: none"> • Meaning, Definitions and history of Marma. • Principles of Marma. • General introduction of Marma points in Human body. • Technique and Rules. • Precautions and limitations. 		11

III	Acupressure <ul style="list-style-type: none"> • 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. 	12
IV	Naturopathy <ul style="list-style-type: none"> • History and development of Naturopathy. • Ten Principles of Naturopathy. • General introduction of five elements of nature. • Hydro Therapy, Helio Therapy, Mud Therapy, Fasting Therapy and Air Therapy. 	12

Suggested Evaluation Methods:

Maximum Marks:70 (Internal Assessment-20 Marks + End Term Exam-50 Marks)

Internal Assessment:

Continuous Comprehensive Evaluation (CCE):20Marks

Class presentation = 5

Seminar/Assignment/Quiz/ class test, etc.=5

Mid Term Test= 10

Time:3Hours

For End Term Exam= 50 Marks

Part II-Practical

(Internal Assessment-10 Marks+ End Term Exam-20 Marks)

Unit	Topics	Marks Distribution	Contact Hours
I	Marma and Acupressure Point Chart Presentation	10 Marks	10
II	Naturopathy Institute Visit Report	10 Marks	10
	Internal Assessment: 10 Marks Evaluation through Skill Test/Assignments/ Quiz/ Viva Voce/ Practical Record File	For End Term Exam= 20 Marks	

Part C-Learning Resources

Suggested Readings:

1. Alternative Therapies; mark Evans; Anness Publishing.
2. Science of Natural Life; Dr. Rakesh Jindal, Arogya Seva Prakashan.
3. Marma Science and Therapy; Dr. Sunil Joshi; Bhartiya Vidya Bhawan, New delhi.
4. Purak chikitsa Paddhatiyam; Uttarakhand Open University

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2nd Semester Subject: Yoga

(According to NEP 2020 implemented from Session 2024-25)

CC-M- 2

Yoga Sutra-II

Part A- Introduction			
Subject:	Yoga		
Semester	2 nd Semester		
Name of the Course	Yoga Sutra-II		
Course Code	B24-YOG-203		
Course Type:	CC-M-2		
Level of the Course	100-199		
Pre-requisite(if any)	Not Applicable		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: <ul style="list-style-type: none"> • To teach an overview of the Patanjali Yoga Sutras; • To teach the essence of the Patanjali Yoga Sutras; and • To discuss Patanjali Yoga Sutra in terms of Psychology. 		
Credits	Theory	Practical	Total
	2	-	2
Contact Hours	2 hours per week	-	2
Max. Marks: 50		Time: 3 Hours	
Theory = 50		For End Term Exam= 35	
(Internal Assessment - 15 Marks + End Term Exam – 35Marks)		Marks	
Part B- Content of the Course			
Instructions for Paper - Setter:			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (07x1) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics	Contact Hours	
I	Vibhooti Pada-I <ul style="list-style-type: none"> • Concept of Sanyama • Concept of Dharna, • Concept of Dhyana, • Concept of Samadhi, 	10	
II	Vibhooti Pada-II <ul style="list-style-type: none"> • Concept of Parinama, • Concept and kind of Vibhooties/ Siddhis. 	10	

III	Kaivalya Pada-I <ul style="list-style-type: none"> • Four type of Karmas; • Concept of Vasana. 	10
IV	Kaivalya Pada-II <ul style="list-style-type: none"> • Vivek Khyati Nirupanam; • Concept of Kaivalya. 	10
Suggested Evaluation Methods: Maximum Marks: 50 (Internal Assessment – 15 Marks + End Term Exam – 35 Marks)		
Internal Assessment: Continuous Comprehensive Evaluation (CCE): 15Marks Class presentation = 4 Seminar/Assignment/class test, etc. = 4 Mid Term Test = 7		Time: 3 Hours For End Term Exam= 35 Marks
Part C-Learning Resources		
Suggested Readings: <ul style="list-style-type: none"> • Iyengar B.K.S.: Light on Patanjali Yoga (New York, Schocken Books, 1994) • Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi • Swami Omanandatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994 • Swami Anant Bharati: Patanjali Yoga Shastra- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi • K. Taimini : The Science of Yoga (The Theosophical Publishing House, Adyar Chennai 2005). 		

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2nd Semester Subject: Yoga
(According to NEP 2020 implemented from Session 2024 -25)

MDC - 2

Part A-Introduction			
Subject:	Yoga		
Semester	2 nd Semester		
Name of the Course	Yoga and Holistic Health		
Course Code	B24-YOG-204		
Course Type:	MDC-2		
Level of the Course	100-199		
Pre-requisite(if any)	Not Applicable		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: <ul style="list-style-type: none"> • Understand the concept of Holistic health and diseases; • Have understanding about Yogic concepts of Holistic health and healing; • Yogic principle and practices for healthy living; and • Understand the concept of Ahara its role in healthy living. 		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 hours per week	2 hours per week (Size of practical group=20 students)	4
Max. Marks: 75		Time:3Hours	
Part I-Theory=50			
(Internal Assessment- 15Marks+ End Term Exam–35Marks)			
Part II-Practical= 25			
(Internal Assessment-5Marks+ End Term Exam –20Marks)		For End Term Exam	
Part B-Content of the Course			
<u>Instructions for Paper-Setter:</u>			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (7x1) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics		Contact Hours
I	Concept of Body, Holistic Health and Diseases <ul style="list-style-type: none"> • Meaning and Definition of Holistic Health; • Concept of Adhi and Vyadhi; • Concepts of Trigunas, • Pancha-mahabhutas, • Pancha prana and their role in Health 		10
II	Causes of ill Health and Remedial Measures <ul style="list-style-type: none"> • Potential causes of ill-health: Styana, Samshaya, Pramada, Alasya, Avirati, Duhkha, Daurmanasya, Bhranti-darshana, Alabdha-bhumikatva and Anavasthitatva; • Karma Shuddhi (Yama, Niyama), • Snayu Shuddhi (Asana), • Prana Shuddhi (Pranayama), • Indriya and Mano Shuddhi (Pratyahara), 		10

III	Yogic Principles and Practices of Healthy Living – I <ul style="list-style-type: none"> • Shatkriyas and Tatva Shuddhi; • Asana for mind, body and spirit; • Practice for Pranmaya kosha – Pranayama; • Definition of Mental Health & Mental Hygiene. 	10
IV	Yogic Principles and Practices of Healthy Living - II <ul style="list-style-type: none"> • Attitude change towards Yoga through individualized counseling; • Yogic method tackling ill effects of Conflict and Frustration; • The secret of Karma Yoga; • Unattached Action, • Equanimity in success and failure. 	

Suggested Evaluation Methods:

Maximum Marks: 50 (Internal Assessment-15 Marks+ End Term Exam–35 Marks)

Internal Assessment:

Continuous Comprehensive Evaluation (CCE):15Marks
 Class presentation = 4
 Seminar/Assignment/Quiz/class test, etc.=4
 Mid Term Test = 7

Time: 3 Hours

For End Term Exam

Part II – Practical

Maximum Marks :25 (Internal Assessment- 5 Marks + End Term Exam–20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Asanas: Basic Asanas Dhauti & Kunjal	10 Marks	10
II	Paranayams: Anulomvilom, Suryabehadan, Bhastrika, Shitali and Shitkari.	10 Marks	10
	Internal Assessment: 5 Marks Demonstration of Skill/Viva-Voce/ Practical Record File	For End Term Exam: 20 Marks	

Part C-Learning Resources

Suggested Readings:

1. Gheranda Samhita: Shri Sadguru Publication, New Delhi.
2. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
3. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published by SVYP, Bangalore

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2nd Semester Subject: Yoga

(According to NEP 2020 implemented from Session2024-25)

Discipline Specific Elective Course-1

Part A-Introduction			
Subject:	Yoga		
Semester	2 nd Semester		
Name of the Course	Applications of Yoga		
Course Code	BY-203		
Course Type:	Discipline Specific Elective Course- 1		
Level of the Course	100-199		
Pre-requisite (if any)	Not Applicable		
	After completing this course, the learner will be able to: <ul style="list-style-type: none"> • Students will be able to know how to put Yoga into practice. • Students will be able to know which Yogic practices should be done for beginners, youth, divyang, women, children etc. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3hours per week	2 hours per week (Size of practical group=20 students)	5
Max. Marks: 100		Time: 3 Hours	
Part I-Theory=70		For End Term Exam= 35 Marks	
(InternalAssessment-20 Marks+EndTermExam–50 Marks)			
Part II-Practical= 30			
(Internal Assessment-10 Marks +End Term Exam–2 0 Marks)			
Part B-Content of the Course			
Instructions for Paper-Setter:			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (05x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics		Contact Hours
I	<ul style="list-style-type: none"> • Yoga for Beginners ; Beginner, Precautions and Instructions before yoga, Techniques of Warm up Exercise, Asana, Pranayama, Mudra Bandh, Meditation, Flexibility and Stretching • Yoga for youth; Define Youth, Precautions and Instructions before yoga, , Techniques of Warm up Exercise, Asana, Pranayama, Mudra Bandh, Meditation. 		12

II	<ul style="list-style-type: none"> • Yoga for Divyang: Define Divyang; Categorization of Divyang, Precautions and Instructions before yoga, Techniques of Warm up Exercise, Chair yoga, Asana, Pranayama, Mudra Bandh, Meditation, • Yoga for women: Common Yoga Protocol for women, Prenatal and Postnatal Yoga, Yoga during Menstrual Period. 	11
III	<ul style="list-style-type: none"> • Yoga Competition : General Introduction, Management; Rule and Regulations; Different age categories, school, college and university Level Yoga competitions • Yoga Shivar : General Introduction, Management; Yoga shivar for women, youth, children and according to Diseases. 	11
IV	<ul style="list-style-type: none"> • Yoga for Childrens: Define children, Precautions and Instructions before yoga, , Techniques of Warm up Exercise, Asana, Pranayama, Mudra Bandh, Meditation. • Yoga for life Management: Science of living, Purushartha Chatushtaya; The Four Asharams. 	11

Suggested Evaluation Methods:

Maximum Marks:70 (Internal Assessment-20 Marks+ End Term Exam-50 Marks)

Internal Assessment:20

Continuous Comprehensive Evaluation(CCE): 20Marks

Class presentation = 5

Seminar/Assignment/Quiz/class test, etc.=5

Mid Term Test = 10

Time: 3 Hours

For End Term Exam

Part II-Practical

Maximum Marks: 30(Internal Assessment- 10 Marks + End Term Exam-20 Marks)

Unit	Topics	Marks Distribution	Contact Hours
I	One Day Yoga Shivar	10Marks	10
II	Lesson Plan	10Marks	10
	Internal Assessment:10 Marks Evaluation through Demonstration of Skill/ Assignments/ Quiz/ Viva Voce/ Practical Record File	For End Term Exam=20 Marks	

Part C-Learning Resources

Suggested Readings:

- Application of Yoga; Dr. Sandeep Jagtap; Sankalp Publication
- The Therapeutic Applications of Yoga; Dr. Rajendra Reddy;ML

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3rd Semester Subject: Yoga
 (According to NEP 2020 implemented from Session 2024–25)
 CC-3 & MCC-4

Part A-Introduction			
Subject:	Yoga		
Semester	3 rd Semester		
Name of the Course	Gherand Samhita		
Course Code	B24-YOG-301		
Course Type:	CC - 3 MCC- 4		
Level of the Course	100-199		
Pre-requisite(if any)	Not Applicable		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: <ul style="list-style-type: none"> • To give an introduction of Hatha Yoga. • To introduce the principles of Hatha Yoga. • To introduce essential Hatha Yoga text. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100 Part I- Theory= 70 (Internal Assessment-20 Marks + End Term Exam–50 Marks) Part II- Practical= 30 (Internal Assessment-10Marks + End Term Exam–20 Marks)			Time:3Hours For End Term Exam
Part B-Content of the Course			
<u>Instructions for Paper-Setter:</u>			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (05x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics		Contact Hours
I	Orientation to Gherand Samhita- I <ul style="list-style-type: none"> • Introduction to Gheranda Samhita; • Concept of Ghata & Ghatasthyoga; • Mitahara, Pathya and Apathya. 		11
II	Orientation to Gherand Samhita- II <ul style="list-style-type: none"> • Shatkarmas and their classification; • Asanas (32 asanas). 		11

III	Orientation to Gherand Samhita- III <ul style="list-style-type: none"> • Concept of Mudra and Bandha; • Concept of Pranayama & its prerequisites. 	12	
IV	Orientation to Gherand Samhita- IV <ul style="list-style-type: none"> • Concept of Dhyana; • Concept of Samadhi. 	11	
Suggested Evaluation Methods: Maximum Marks: 70(Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			
Internal Assessment: Continuous Comprehensive Evaluation(CCE): 20 Marks Class presentation = 5 Seminar/Assignment/Quiz/class test,etc. = 5 Mid Term Test = 10		Time: 3 Hours For End Term Exam: 50 Marks	
Part II–Practical (Internal Assessment - 10 Marks + External – 20 Marks)			
Unit	Topics	Marks Distribution	Contact Hours
I	Mudra & Bandha	10 Marks	10
II	Pranayama & Dhyana	10 Marks	10
	Internal Assessment: 10 Marks Evaluation through Skill Test/Assignments/ Quiz/Viva-Voce/ Practical Record File	For End Term Exam=20 Marks	
Part C-Learning Resources			
Suggested Readings: <ul style="list-style-type: none"> • K.Taimini: The Science of Yoga, (The Theosophical, Publishing House, Adyar Chennai • Swami Satyananda Saraswati : Hatha Yoga, Pub: BSY Munger • Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000 • Iyengar B.K.S. : Light on Patanjali Yoga (New York, Schocken Books, 1994). 			

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3rd Semester Subject: Yoga
(According to NEP 2020 implemented from Session 2024–25)

MCC- 5

Part A-Introduction			
Subject:	Yoga		
Semester	3 rd Semester		
Name of the Course	Yogic Anatomy and Physiology		
Course Code	B24-YOG-302		
Course Type:	MCC-5		
Level of the Course	100-199		
Pre-requisite(if any)	Not Applicable		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: <ul style="list-style-type: none"> • The main aim of the paper is to apprise students about the basic concepts of cell structure. • The introduction of Nervous system, Digestive system, Skeleton system, circulatory system, Respiratory system and Endocrine glands. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group 20 students)	5
Max. Marks: 100		Time: 3 Hours	
Part I-Theory=70		For End Term Exam= 50 Marks	
(Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			
Part II-Practical= 30		For End Term Exam= 20 Marks	
(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			
Part B-Content of the Course			
<u>Instructions for Paper - Setter:</u>			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (05x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics		Contact Hours
I	An Introduction: <ul style="list-style-type: none"> • 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. 		11

II	<ul style="list-style-type: none"> • 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. 	11
III	<ul style="list-style-type: none"> • Muscular System: Introduction, Classification, Functions of muscles and effect of Yogic Practices on it. • Blood: Composition, Function, Coagulation and Blood Group. 	11
IV	<ul style="list-style-type: none"> • 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. 	12

Suggested Evaluation Methods:

Maximum Marks: 70(Internal Assessment – 20 Marks + End Term Exam – 50 Marks)

Internal Assessment:

Continuous Comprehensive Evaluation(CCE): 20 Marks

Class presentation = 5

Seminar/Assignment/Quiz/class test, etc.=5

Mid Term Test =10

Time:3Hours

For End Term Exam: 50 Marks

Part II – Practical

(Internal Assessment - 10 Marks + End Term Exam –20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Chart/ Model Presentation	10 Marks	10
II	Viva-Voce	10 Marks	10
	Internal Assessment: 10 Marks Evaluation through Skill Test/Assignments/ Quiz/Viva-Voce/ Practical Record File.	End Term Exam= 20 Marks	

Part C- Learning Resources

Suggested Readings:

- . Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan
- . Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasidas.
- . Gore, M.M. (2004). Anatomy and Physiology of Yogic Practices. Lonavala, India: Kanchan Prakashan.
- . Gupta, A.P. (2011). Human Anatomy and Physiology. Agra, India: Sumit Prakashan.
- . Guyton, A.C. & Hall, J.E. (2006). Text book of medical physiology (11th ed.). Pennsylvania: Elsevier

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3rd Semester Subject: Yoga
(According to NEP 2020 implemented from Session 2024–25)
MDC-3

Part A-Introduction			
Subject:	Yoga		
Semester	3rdSemester		
Name of the Course	Basics of Naturopathy		
Course Code	B24-YOG-303		
Course Type:	MDC-3		
Level of the Course	100-199		
Pre-requisite(if any)	Not Applicable		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the principles of Naturopathy. 2. Illustrate the knowledge of basic elements (Panch Mahabhuta). 3. Explain the basic knowledge of various types of Elements Therapy. 		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 hours per week	2 hours per week (Size of practical group = 20 students)	4
Max. Marks: 75		Time:3Hours	
Part I-Theory=50 (Internal Assessment-15 Marks + External – 35 Marks)		For End Term Exam= 35 Marks	
Part II-Practical= 25 (Internal Assessment - 5 Marks + External – 20 Marks)		For End Term Exam= 20 Marks	
Part B-Content of the Course			
Instructions for Paper- Setter:			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (07x1) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics		Contact Hours
I	Introduction of Naturopathy <ul style="list-style-type: none"> • Meaning and Definition of Naturopathy. • Philosophy of Naturopathy. • Principles of Naturopathy. • Relationship of Naturopathy with Yoga. 		10
II	Mud-Therapy <ul style="list-style-type: none"> • Meaning and Definition of Prithvi-Tatva. • Principles of Mud-therapy. • Importance of Prithvi-Tatva. • Different techniques of Mud-therapy and their Benefits. • Uses of Mud-therapy in different illness. 		10

III	Hydro-therapy <ul style="list-style-type: none"> • Meaning and Definition of Jal-Tatva. • General Principles of Hydro-therapy. • Importance of Jal-Tatva. • Different techniques of Hydro-therapy and their benefits. • Uses of Hydro-therapy in different illness. 	10
IV	Sun-Therapy & Fasting <ul style="list-style-type: none"> • Meaning and Definition of Agni-Tatva and Vayu-Tatva. • Importance of Agni-Tatva and Vayu-Tatva. • Different techniques of Agni-Tatva and Vayu-Tatva and their benefits. • Uses of Helio-therapy and Fasting-therapy in different illness. 	10

Suggested Evaluation Methods:

Maximum Marks: 50 (Internal Assessment – 15 Marks + External – 35 Marks)

Internal Assessment: 15

Continuous Comprehensive Evaluation(CCE): 15 Marks

Class presentation = 4

Seminar/Assignment/Quiz/class test, etc.= 4

Mid Term Test = 7

Time:3Hours

End Term Exam: 35 Marks

Part II–Practical

Maximum Marks: 25 (Internal Assessment – 5 Marks + External – 20 Marks)

Unit	Topics	Marks Distribution	Contact Hours
I	One Week Internship of Naturopathy.	20 Marks	20
	Internal Assessment: 5 Marks Viva-Voce and Practical Record File	University Exam (UE): 20 Marks Evaluation through Report of One Week Internship of Naturopathy.	

Part C- Learning Resources

Suggested Readings:

- Science of Natural Life- Dr. Rakesh Jindal.
- History & Philosophy of Naturopathy – Dr. S. J. Singh
- Philosophy of Nature Cure–Dr. Henri Lindlhai.
- Rational Hydrotherapy: A Manual of the Physiological and Therapeutic Effects of Hydriatic
- Mud Therapy: Healing Through One of the Five Elements

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4th Semester Subject: Yoga
(According to NEP 2020 implemented from Session 2024–25)
CC- 4 & Major Core Course- 6

Part A- Introduction			
Subject:	Yoga		
Semester	4 th Semester		
Name of the Course	Indian Philosophy		
Course Code	BY-401		
Course Type:	Core Course– 4 Major Core Course- 6		
Level of the Course	100-199		
Pre-requisite(if any)	Not Applicable		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Appreciate the insight in the Aastika (6) and Naastika (3) systems of Indian Philosophy. 2. To describe the various schools of Philosophy like Buddhism, Samkhya, Mimamsa etc. which are relevant to Yoga practices in present scenario. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100		Time:3Hours	
Part I- Theory= 70		For End Term Exam=50	
(Internal Assessment - 20 Marks + End Term Exam – 50 Marks)		Marks	
Part II- Practical= 30		For End Term Exam=20	
(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)		Marks	
Part B-Content of the Course			
<u>Instructions for Paper-Setter:</u>			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (5x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics		Contact Hours
I	Nyaya and Vaisesika <ul style="list-style-type: none"> • Nature of physical world, individual soul, liberation and concept of supreme soul in Indian Philosophy; • The sixteen Padharthas according to Nyaya; • Category of substance- Nava Dravyas, • Category of quality- 24 gunas ; 		11
II	Samkhya and Yoga <ul style="list-style-type: none"> • Prakriti and Purusha; • 25 entities according to Samkhya and means of knowledge, • Stages of Chitta, • Chitta-vrittis, • Kind of Kleshas. 		11

III	Mimamsa (Purva and Uttar) <ul style="list-style-type: none"> Anumana; shabda, Vidya and avidya, Pratyaksha, anumana, upamana, arthapatti, and anuplabdhi, Major teachings of mimamsa system- selfless action, non-attachment, self-control, self-discipline. 	11	
IV	Nastika Philosophy <ul style="list-style-type: none"> Charvaka Philosophy: Origin and history of Carvaka Philosophy; Buddhism: Origin and history of Buddhism Philosophy, Four Noble Truths Jainism: Origin and history of Jainism Philosophy, Triratnas, Syadvada 	12	
Suggested Evaluation Methods: Maximum Marks: 70 (Internal Assessment – 20 Marks + End Term Exam – 50 Marks)			
Internal Assessment: 20 Continuous Comprehensive Evaluation(CCE): 20 Marks Class presentation = 5 Seminar/Assignment/Quiz/class test, etc.=5 Mid Term Test = 10		Time:3Hours For End Term Exam: 50 Marks	
Part II– Practical Maximum Marks: 30 (Internal Assessment- 10 Marks + End Term Exam – 20 Marks)			
Unit	Topics	Marks Distribution	Contact Hours
I	Preksha Meditation	10 Marks	10
II	Yoga Nidra	10 Marks	10
	Internal Assessment: 10 Marks Evaluation through Viva-Voce and Practical Record File	End Term Exam= 20 Marks	
Part C- Learning Resources			
Suggested Readings: <ul style="list-style-type: none"> A History of Indian Philosophy vol. 1, Motilal Banarsidas Publication, 1992___ S. N. Dasgupta Critical Survey of Indian Philosophy, Motilal Banarsidas Publications, 2003___C. D. Sharma An Introduction to Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd___Satischandra Chaterjee Dhirendramohan Datta Bhartiya Darshan ki Rooprekha, Motilal Banarsidas Publication___Prof. Harendra Prasad Sinha. 			

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4th Semester Subject: Yoga
(According to NEP 2020 implemented from Session 2024–25)
MCC -7

Part A- Introduction			
Subject:	Yoga		
Semester	4 th Semester		
Name of the Course	Yogic Anatomy and Physiology -II		
Course Code	B24-YOG-402		
Course Type:	MCC- 7		
Level of the Course	100-199		
Pre-requisite(if any)	Not Applicable		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: <ul style="list-style-type: none"> • The introduction of Excretory system, Skeleton system, Circulatory system, Respiratory system and Endocrine glands. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100 Part I-Theory=70 (Internal Assessment- 20 Marks + End Term Exam – 50 Marks)			Time:3Hours For End Term Exam= 50 Marks
Part II-Practical= 30 (Internal Assessment – 10 Marks + End Term Exam – 20 Marks)			For End Term Exam= 20 Marks
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u>			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (5x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics		Contact Hours
I	Respiratory System: Introduction, Structure and Function of Respiratory Organs, Mechanism and effect of Yogic Practices on it. Special Senses: Eye and Ear.		11

II	Excretory System: Introduction, Structure and Functions of the Kidney and Skin. <ul style="list-style-type: none"> • Composition of Urine and • Effects of Yogic Practices on it. 	11
III	Nervous System: Introduction, Central Nervous System, Autonomous Nervous System. <ul style="list-style-type: none"> • Parts of the Brain (Name and Position only), • Structure of the Spinal Cord. • Effects of Yogic Practices on it. 	11
IV	Endocrine System: <ul style="list-style-type: none"> • Introduction, Location and Structure of different Glands and effects of Yogic Practices on it. Reproductive System: <ul style="list-style-type: none"> • 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 	12

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment – 20 Marks + End Term Exam – 50 Marks)

Internal Assessment: 20

Continuous Comprehensive Evaluation (CCE): 20 Marks

Class presentation = 5

Assignment / class test, etc. = 5

Mid Term Test = 10

Time: 3 Hours

For End Term Exam: 50 Marks

Part II – Practical

Maximum Marks: 30 (Internal Assessment – 10 Marks + End Term Exam – 20 Marks)

Unit	Topics	Marks Distribution	Contact Hours
I	Chart Presentation and Practical Record File	10 Marks	10
II	Viva-Voce	10 Marks	10
	Internal Assessment: 10 Marks Evaluation through Assignments/ Viva-Voce/	End Term Exam = 20 Marks	

Part C- Learning Resources

Suggested Readings:

1. Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan
2. Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasidas.
3. Gore, M.M. (2004). Anatomy and Physiology of Yogic Practices. Lonavala, India: Kanchan Prakashan.
4. Guyton, A.C. & Hall, J.E. (2006). Text book of medical physiology (11th ed.). Pennsylvania: Elsevier.

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4th Semester Subject: Yoga
(According to NEP 2020 implemented from Session 2024–25)
MCC -8

Part A-Introduction			
Subject:	Yoga		
Semester	4 th Semester		
Name of the Course	Yogic Diet and Nutrition		
Course Code	B24YOG-403		
Course Type:	MCC-8		
Level of the Course	100-199		
Pre-requisite(if any)	Not Applicable		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. Describe basic concept of Balanced diet. 2. Illustrate basic concept of Macro and Micro Nutrients. 3. Explain basic requirement and sources of vitamins. 4. Describe basic concept of Yogic Diet.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group=20students)	5
Max. Marks: 100		Time:3Hours	
Part I-Theory=70 (Internal Assessment-20Marks+ End Term Exam–50 Marks)		For End Term Exam= 50 Marks	
Part II-Practical= 30 (Internal Assessment-10Marks+End Term Exam–20 Marks)		For End Term Exam= 20 Marks	
Part B-Content of the Course			
Instructions for Paper-Setter:			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (5x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics		Contact Hours
I	Yogic Concept of Diet and Nutrition <ul style="list-style-type: none"> • General introduction of Ahara (Diet); • Concept of Mitahara; • Concepts of Diet according to Gherand Samhita & Hath Pradipika; • Importance of Yogic Diet in Yoga Sadhana. 		10
II	Basic Concepts and Component of Food and Nutrition <ul style="list-style-type: none"> • 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. 		11

III	Ayurvedic Diet <ul style="list-style-type: none"> • Diet concept of Ayurveda; • Diet according to the body constitution (prakriti)- vata, pitta & kapha; • Concept of Sapta Dhatu. 	12
IV	The Raw Vegan Diet <ul style="list-style-type: none"> • An Introduction, source of the raw vegan diet, their health benefits and importance; • Age-wise diet plan; • Diet for sports person. 	12

Suggested Evaluation Methods:

Maximum Marks:70 (Internal Assessment-20 Marks+ End Term Exam-50 Marks)

InternalAssessment:20

Continuous Comprehensive Evaluation (CCE): 20 Marks

Class presentation = 5

Seminar/Assignment/Quiz/class test, etc.= 5

Mid Term Test = 10

Time: 3 Hours

For End Term Exam= 50 Marks

Part II-Practical

Maximum Marks:30 (Internal Assessment-10 Marks +End Term Exam-20 Marks)

Unit	Topics	Marks Distribution	Contact Hours
I	Diet Training/Workshop Record File	10 Marks	10
II	Designing of Basic Diet Plan According to various age group and body types	10 Marks	10
	InternalAssessment:10Marks Evaluation through Assignments /Quiz/ Viva-Voce/ Practical Record File	For End Term Exam= 20 Marks	

Part C-Learning Resources

Suggested Readings:

- Eating wisely and well ___ Ramesh Bijlani, Rupa publication India pvt. Ltd, 2012
- Human nutrition and dietics___ Stanley Davidson & others, The English language book society & churchil livings, Revised Edition.
- The Ayurvedic diet___ Dennis Thompson, New age books, New Delhi 2001
- A purifying diet___ Randolph Stone, Lilawati Bhargav charitable trust, Delhi, Revised Edition.

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4th Semester Subject: Yoga
(According to NEP 2020 implemented from Session 2024–25)
DSE-1

Part A-Introduction			
Subject:	Yoga		
Semester	4 th Semester		
Name of the Course	Fundamentals of Ayurveda		
Course Code	BY-404		
Course Type:	DSE-1		
Level of the Course	100-199		
Pre-requisite(if any)	Not Applicable		
Course Learning Outcomes(CLO):	<ul style="list-style-type: none"> • To understand the role of Ayurveda in this modern era. • To know the history, major herbs and general introduction of Ayurveda. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group= 20 students)	5
Max. Marks: 100 Part I-Theory=70 (Internal Assessment-20Marks+ End Term Exam–50 Marks)			Time:3 Hours For End Term Exam= 50 Marks
Part II-Practical= 30 (Internal Assessment-10 Marks+ End Term Exam–20 Marks)			For End Term Exam= 20 Marks
Part B-Content of the Course			
Instructions for Paper-Setter:			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (5x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks..			
Unit	Topics		Contact Hours
I	History of Ayurveda <ul style="list-style-type: none"> • Origin, Definition, history and Objectives of Ayurveda; • Institutes of Ayurveda in India; • Eight branches/divisions of Ayurveda; • Three primordial forces, or principles (Gunas) namely Sattva, Rajas & Tamas; • The six seasons; • Ritucharya, Dincharya, Ratricharya. 		11
II	Pillars and Sub-Pillars of Ayurveda; <ul style="list-style-type: none"> • 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); 		11

	<ul style="list-style-type: none"> • Important Rules And Regulations Related to Diet in Ayurveda; • Balance Diet, Pathya, Apathya. 		
III	Introduction of Major Herbs <ul style="list-style-type: none"> • General introduction to major herbs and their properties; • Health, promotion and Medicinal uses of the following- Ajwain, Anwala, Apamarga, Ashwagandha, Tulsi, Giloy, Brahmi, Neem, Tulsi, Turmeric, Aloe vera, Ginger. 	11	
IV	Introduction to Panchkarma: <ul style="list-style-type: none"> • Meaning, Definition, Types and Objectives of Panchkarma; • Precautions and Importance in present Scenario; • Poorvakarma (pre-purification procedures); • Pradhana Karma; • Pashchaat Karma. 	12	
Suggested Evaluation Methods: Maximum Marks:70 (Internal Assessment-20 Marks+End Term Exam-50 Marks)			
Internal Assessment:20 Continuous Comprehensive Evaluation (CCE):20Marks Class presentation = 5 Seminar/Assignment/Quiz/class test, etc.=5 Mid Term Test = 10		Time:3Hours For End Term Exam= 50 Marks	
Part II-Practical Maximum Marks:30 (Internal Assessment-10 Marks+ End Term Exam-20 Marks)			
Unit	Topics	Marks Distribution	Contact Hours
I	One week Ayurvedic Panchkarma Internship Report	20 Marks	20
	Internal Assessment:10 Marks Evaluation through Assignments /Quiz/ Viva Voce/ Practical Record File	End Term Exam= 20 Marks	
Part C- Learning Resources			
Suggested Readings: <ul style="list-style-type: none"> • Prof. K.R Murthy: Astanga Hardayam, Chowkhambha Academy Varansi. • Dr. Shaashirekha H. K.: Text book of Swasthavritta, Delhi Publication, Delhi. • Murli Manohar: Ayurveda for All, VS publishers Mumbai. 			

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4th Semester Subject: Yoga
(According to NEP 2020 implemented from Session2024–25)
Discipline Specific Elective Course-2

Part A-Introduction			
Subject:	Yoga		
Semester	4 th Semester		
Name of the Course	Samkhyakarika		
Course Code	BY-405		
Course Type:	Discipline Specific Elective Course-2		
Pre-requisite (if any)	Not Applicable		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ul style="list-style-type: none"> • To understand the history of Samkhya Philosophy. • To know about the relationship between Prakriti and Purusha. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3hours per week	2 hours per week (Size of practical group=20 students)	5
Max. Marks: 100 Part I- Theory=70 (Internal Assessment- 20 Marks + End Term Exam– 50 Marks)			Time:3Hours For End Term Exam= 50 Marks
Part II- Practical= 30 (Internal Assessment- 10 Marks + End Term Exam– 20 Marks)			For End Term Exam= 20 Marks
Part I-Theory=70			
Instructions for Paper-Setter:			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (5x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks			
Unit	Topics		Contact Hours
I	Introduction to Samkhya Philosophy and Samkhya Karika <ul style="list-style-type: none"> • Meaning of Samkhya & Historical background of Samkhya, • Brief introduction of Samkhyakarika and their annotations (matavriddhi, jaymangala, yuktidipika, samkhyatattvakomodi), • Types of Dukha, way to get rid of Dukha. 		11
II	Principles of Samkhya Karika <ul style="list-style-type: none"> • Nature and concept of reality: Vyakta, Avyakta; • Comparison between Vyakta and Avyakta, • The 25 elements and their four variations, • Causes of Vastu Anupalabdhi and Satkaryavada, • Pramana and its types, • Nature and types of Purusha, relationship between Prakriti and Purusha • Nature of Gunas. 		11

III	Introduction of Trayodashkaran <ul style="list-style-type: none"> • Concept and names of Trayodashkaran: Buddhi, Ahankara, Mana, Panch jnanendriyan, Panch karmendriyan, • Characteristics and functions of Trayodashkaran, • Eight Dharmas of Buddhi. 	11	
IV	Introduction to Sarga, Shareer and Mukti <ul style="list-style-type: none"> • Concept and types of Sarga: Bhutsarga and Pratyayasarga, • Types of Shareer: Linga, Shukhshma & Sthula Shareer, • Concept of Bandhana, • Concept and types of Mukti. 	12	
Suggested Evaluation Methods: Maximum Marks:70 (Internal Assessment-20 Marks+ End Term Exam–50 Marks)			
Internal Assessment:20 Continuous Comprehensive Evaluation (CCE): 20Marks Class presentation = 5 Seminar/Assignment/Quiz/class test, etc.= 5 Mid Term Test=10		Time:3Hours For End Term Exam	
Part II–Practical (Internal Assessment-10 Marks+External–20Marks)			
Unit	Topics	Marks Distribution	Contact Hours
I	Surya Namaskar with Mantra	10 Marks	10
II	Yoga Nidra	10 marks	10
	Internal Assessment:10Marks Evaluation through Skill Test/Assignments/ Quiz/Viva Voce/ Practical Record File	End Term Exam= 20 Marks	
Part C-Learning Resources			
Suggested Readings: <ul style="list-style-type: none"> • Samkhya Karika: Ishwar Krishna • Samkhya Karika: Dr. Sudhanshu Kumar • Samkhya Karika: Udaiveer Shashtri 			

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1st Semester Subject: Yoga
(According to NEP 2020 implemented from Session 2023-24)
Value Added Courses (VAC)

Yoga and Ethics

Part A-Introduction			
Subject:	Yoga		
Semester	1st Semester		
Name of the Course	Yoga and Ethics		
Course Code	B24-VAC-101		
Course Type:	Skill Enhancement Course-2		
Level of the Course	100-199		
Pre-requisite(if any)	Not Applicable		
Course Learning Outcomes (LOs):	After completing this course, the learner will be able to: 1. Learn the principles of Yoga and Ethics. 2. Learn Yama and Niyama 3. Learn about Ethics		
Credits	Theory	Practical	Total
	1	1	2
Contact Hours	2 hours per week	2 hours per week (Size of practical group = 20 students)	4
Max. Marks: 50 Part I-Theory=35 (End Term Exam–35 Marks)			Time:3Hours For End Term Exam= 35 Marks
Part II - Practical = 15 (End Term Exam–15 Marks)			For End Term Exam= 15 Marks
Part B-Content of the Course			
<u>Instructions for Paper-Setter:</u>			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (7x1) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks			
Unit	Topics		Contact Hours
I	Introduction to Yoga <ul style="list-style-type: none"> • Meaning and Definitions of Yoga; • History and Development of Yoga; • Aim and Objectives of Yoga; • Importance of Yoga. 		10
II	Introduction to Ethics <ul style="list-style-type: none"> • Define Ethics; • Importance of studying Ethics; • Ethics and Society. 		10

III	Introduction to Yoga Ethics -I <ul style="list-style-type: none"> • Yama; • Niyama; • Asana. 	10
IV	Introduction to Yoga Ethics -II <ul style="list-style-type: none"> • Pranayama; • Pratyahara; • Dharna; • Dhyana. 	10

Suggested Evaluation Methods:

Maximum Marks :50 (Practical- 15 Marks + End Term Exam– 35 Marks)

**Part II–Practical
(End Term Exam– 15 Marks)**

Unit	Topics	Marks Distribution	Contact Hours
I	Surya Namaskar	5 Marks	5
II	Basic Yogasana	5 Marks	5
III	Practical File and Viva - Voce	5 Marks	5

Suggested Readings:

- Lal Basant Kumar: Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
- Dasgupta S.N:History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
- Arya Dr. Somveer, Yogsaar, Kitab mahal publications Delhi 2022.
- Singh S.P:History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010

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2nd Semester Subject: Yoga
(According to NEP 2020 implemented from Session 2024–25)
Value Added Courses (VAC)
Yoga and Lifestyle

Part A-Introduction			
Subject:	Yoga		
Semester	2nd Semester		
Name of the Course	Yoga and Lifestyle		
Course Code	B24- VAC-201		
Course Type:	Value Added Courses (VAC)		
Level of the Course	100-199		
Pre-requisite(if any)	Not Applicable		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 1. Understand the concept and principles of the Ashram System. 2. Understand the concept and principles of Pancha Klesha. 3. Understand the concept and principles of Purushartha Chatushtya. 4. Understand the concept and principles of Chitta.		
Credits	Theory	Practical	Total
	1	1	2
Contact Hours	2 hours per week	4 hours per week (Size of practical group=20students)	6
Max. Marks: 50		Time:3Hours	
Part I-Theory = 35 Marks		For End Term Exam = 35 Marks	
End Term Exam–35Marks			
Part II-Practical = 15 Marks		For End Term Exam = 15 Marks	
End Term Exam–15Marks			
Part B-Content of the Course			
<u>Instructions for Paper-Setter:</u>			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (7x1) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics		Contact Hours
I	The Ashram System <ul style="list-style-type: none"> • Brahmacharya; • Grahastha; • Vanaprastha; • Sannyasa. 		10
II	Purushartha Chatushtya <ul style="list-style-type: none"> • Dharma; • Artha; • Kama; • Moksha. 		10

III	States of Chitta <ul style="list-style-type: none"> • Moodha; • Kshipta; • Vikshipta; • Ekagra; • Niruddha. 	10
IV	Pancha Klesha <ul style="list-style-type: none"> • Avidya; • Asmita; • Raga; • Dvesha; • Abhinivesha. 	10

Suggested Evaluation Methods:
Maximum Marks: 50
Part-I (End Term Exam– 35 Marks)

**Part II–Practical
(Practical-15 Marks)**

Unit	Topics	Marks Distribution	Contact Hours
I	Pranayama: Anulom-Vilom	05 Marks	10
II	Jalneti and Sutraneiti, Vaman Dhauti	05 Marks	10
III	Jnana Mudra, Vayu Mudra, Shambhavi Mudra, Pran and Apana Mudra, Vayu Mudra, Varun Mudra	05 Marks	10
Practical :15Marks Evaluation through Skill Test/Assignments/ Quiz/ Viva Voce/ Practical Record File			

Part C-Learning Resources

Suggested Readings:

- Dasgupta S.N: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
- Swami Niranjananand Saraswati Yoga Darshan Yoga Publication 2002.
- Arya Dr. Somveer, Yogsaar, Kitab mahal publications Delhi 2022.
- Singh S.P: History of Yoga, PHISPC, Centre for Studies in Civilization 1st, 2010

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1st Semester Subject: Yoga
(According to NEP 2020 implemented from Session 2024–25)
Skill Enhancement Course
Yoga for Memory Enhancement

Part A-Introduction			
Subject:	Yoga		
Semester	1 ST Semester		
Name of the Course	Yoga for Memory Enhancement		
Course Code	B24-SEC-101		
Course Type:	Skill Enhancement Course		
Level of the Course	100-199		
Pre-requisite(if any)	Not Applicable		
Course Learning Outcomes(CLOs):	After completing this course ,the learner will be able to: 1. Explain the : Introduction and stages of memory; 2. Explain the various types of Yoga , Pranayama, Shatkarmas, Bandhas and Mudras; 4. Yogic Practices for Memory Enhancement; 5. Able to perform Sutraneti and Jalneti; 6. Able to perform various types of Paranayamas.		
Credits	Theory	Practical	Total
	1	1	2
Contact Hours	2 hours per week	2 hours per week (Size of practical group= 20 students)	4
Max. Marks: 50		Time:3Hours	
Part I-Theory=50		For End Term Exam=35 Marks	
(Practical-15Marks+EndTermExam–35 Marks)			
Part II-Practical=15		For End Term Exam=35 Marks	
(Practical-15Marks+EndTermExam–35 Marks)			
Part B-Content of the Course			
Instructions for Paper-Setter:			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (7x1) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks			
Unit	Topics		Contact Hours
I	Introduction <ul style="list-style-type: none"> • Memory : Introduction and stages of memory • Types of Memory • Memory Disorder 		10
II	Yogic Practices for Memory Enhancement-I <ul style="list-style-type: none"> • Jalneti and Sutraneti • Ghritneti and Nasya • Trataka • Kapalbhathi (Vatakrama, Vyutkrama and Sheetkrama) 		10

III	Yogic Practices for Memory Enhancement-II <ul style="list-style-type: none"> • Naadishodhan Pranayama • Anulom-Vilom Pranayama • Bhramari Pranayama • Moorchha Pranayama 	10
IV	Yogic Practices for Memory Enhancement-III <ul style="list-style-type: none"> • Jnana Mudra • Shambhavi Mudra • Om Meditation • Focus on Breathing 	10

Suggested Evaluation Methods:
Maximum Marks: 50
Part-I Theory: (Practical-15 Marks).

**Part II-Practical
(Practical-15 Marks)**

Unit	Topics	Marks Distribution	Contact Hours
I	Basic Asanas: Atleast 15 Advance asanas	5 Marks	10
II	Meditation	5 Marks	10
III	Pranayamas: Anulom-vilom, Bhramari, Ujjayi, Kapalbhathi and Bhastrika, Bharamari	5 Marks	10
Practical: 15 Marks Evaluation through Skill Test/Assignments/ Quiz/Viva Voce/ Practical Record File			

Part C-Learning Resources

Suggested Readings:

- Iyengar, B.K.S. (1995). Light on Yoga: The Bible of Modern Yoga. Schocken Publishers, USA.
- Kaminoff, L. et al (2007). Yoga Anatomy. Human Kinetics, USA.
- Kirk, M. (2005). The Hatha Yoga Illustrated. Human Kinetics, USA.
- Mukerji, A.P. (2010). The Doctrine and Practice of Yoga. General Books, LLC, New Delhi.
- Norton, W.W. (2010). Yoga for Osteoporosis: The Complete Guide. W.W. Norton & Company, USA
- Sarin N (2003). Yoga Dawara Rogoon Ka Upchhar. Khel Sahitya Kendra
- Swami Rama, (2001). Breathing. Rishikesh Sadhana Mandir Trust.
- Swami Ram (2000). Yoga & Maditation. Rishikesh Sadhana Mandir Trust
- Swami Swatma Ram: Patanjali Yoga Sutra

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2nd Semester Subject: Yoga
(According to NEP 2020 implemented from Session 2024–25)
Skill Enhancement Courses
Yoga and Wellness

Part A- Introduction			
Subject:	Yoga		
Semester	2 nd Semester		
Name of the Course	Yoga and Wellness		
Course Code	B24-SEC-201		
Course Type:	Skill Enhancement Courses		
Level of the Course	100-199		
Pre-requisite(if any)	Not Applicable		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: <ul style="list-style-type: none"> • Describe the Yogic Concept of Health and Wellness. • Describe the Ayurvedic and Naturopathic Diet • Yogic Practices for Wellness 		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 hours per week	2	2
Max. Marks: 75 Part I-Theory=50 (Internal Assessment-15 Marks + End Term Exam–35Marks)			Time:3Hours For End Term Exam=35Marks
Part B-Content of the Course			
<u>Instructions for Paper-Setter:</u>			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (7x1) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics		Contact Hours
I	Concept of Health, Body and Diseases <ul style="list-style-type: none"> • Yogic Concept of Health and Wellness • Concept of Adhi and Vyadhi; • Concepts of Tridosha and Sapt Dhatu • Pancha- mahabhutas, • Pancha prana and their role in Wellness • Shat-chakra and their role in Wellness 		10
II	Diet and Wellness <ul style="list-style-type: none"> • Yogic Concept of Diet and its relevance in the management of Lifestyle • Need and Importance of Ahara, Nidra and Brahmacharya in well being • Ayurvedic and Naturopathic Diet 		10

III	Yogic Practices for Wellness -I <ul style="list-style-type: none"> • Surya Namaskar • Sukshama Vyayama –Neck, Eye, Shoulder, Trunk, Knee and Ankle • Yogasana 	10	
IV	Yogic Practices for Wellness-II <ul style="list-style-type: none"> • Pranayama – Bhastrika, Bhramari, Anulom Vilom, Ujjayi • Mudra – Jnana, Prana Apana, Veetrag, Aadi, Vayu, Prithvi, Shunya • Bandha – Moolabandha, Uddiyanabandha , Jalandharabandha • Dhyana - Aum and Breathing Meditation 	10	
Suggested Evaluation Methods: Maximum Marks:75			
Maximum Marks:75 Part-I –Theory: (Internal Assessment-15 Marks + End Term Exam–35 Marks)		Time:3Hours For End Term Exam= 35 Marks	
Part II–Practical (End Term Exam -25 Marks)			
Unit	Topics	Marks Distribution	Contact Hours
I	• Surya Namaskar	5 Marks	10
II	• Sukshama Vyayama –Neck, Eye, Shoulder, Trunk, Knee and Ankle	5 Marks	10
III	• Mudra – Jnana, Prana Apana, Veetrag, Aadi, Vayu,Prithvi, Shunya	5 Marks	10
IV	• Bandha – Moolabandha, Uddiyanabandha ,Jalandharabandha	5 Marks	10
V	• Dhyana - Aum and Breathing Meditation	5 Marks	10
Practical: 25 Marks Evaluation through Demonstration/Viva-Voce/ Practical Record File			
Part C-Learning Resources			
Suggested Readings: <ul style="list-style-type: none"> • Iyengar, B.K.S.(1995).Lighton Yoga:TheBibleofModernYoga.SchockenPublishers,USA. • Sarin N(2003).Yoga Dawara Rogoon Ka Upchhar. KhelSahityaKendra • Swami Rama,(2001).Breathing. Rishikesh Sadhana Mandir Trust. • Swami Ram(2000).Yoga & Maditation .Rishikesh Sadhana Mandir Trust • Swami Swatma Ram:Patanjali Yoga Sutra • Jindal Rakesh The Science of Naturopathy • Sharma Monika Nutrition and Dietetics 2022 			

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1st Semester Subject: Yoga**(According to NEP 2020 implemented from Session 2024 -25)****Vocational (VOC)****Diet and Nutrition**

Part A- Introduction			
Subject:	Yoga		
Semester	1 st Semester		
Name of the Course	Diet and Nutrition		
Course Code	B24-VOC-101		
Course Type	Vocational (VOC)		
Level of the Course	100-199		
Pre-requisite(if any)	Not Applicable		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: <ul style="list-style-type: none"> • Students should be understand the Diet and Nutrition • Students should understand the relevance between various types of Diet. 		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 hours per week	2 hours per week (Size of practical group = 20 students)	4
Max. Marks: 75 Part-I- Theory= 50 (Internal Assessment -15 Marks + End Term Exam –35 Marks)			Time:3Hours For End Term Exam=35 Marks
Part-II- Practical= 25 (End Term Exam – 25Marks)			For End Term Exam=25 Marks
Part B- Content of the Course			
<u>Instructions for Paper-Setter:</u>			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (7x1) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics		Contact Hours
I	Concept of Diet and Nutrition <ul style="list-style-type: none"> • General introduction of Ahara (Diet); • Concepts of Diet according to Gherand Samhita & Hath Pradipika; • Concepts of Diet according to Bhagvad Gita- Rajasika, Tamasika & Satavik food; • Concepts of Diet according to Naturopathy. 		10
II	Basic Concepts and Component of Food and Nutrition <ul style="list-style-type: none"> • Concept and functions of food; • Concept of nutrition; • Macro nutrients; • Micro nutrients; • Fats soluble nutrients; • Water soluble nutrients. 		10

III	Ayurvedic Diet <ul style="list-style-type: none"> • Diet concept of Ayurveda; • Diet according to the body constitution (prakriti)- vata, pitta & kapha; • Antioxidants and their role; • Concept of Bhavas and Bhavanas with its relevance in Health and well-being. 	10
IV	The Raw Vegan Diet <ul style="list-style-type: none"> • An Introduction, source of the raw vegan diet, their health benefits and importance; • Age-wise diet plan; • Diet for sports person; • Diet for elderly; • Diet for Children. 	10

Suggested Evaluation Methods:

Maximum Marks: 50 (Internal Assessment – 15 Marks + End Term Exam – 35 Marks)

Internal Assessment: 15

Continuous Comprehensive Evaluation(CCE): 15

Marks Class presentation = 4

Seminar/Assignment/Quiz/class test, etc. = 4 Mid

Term Test = 7

Time:3Hours

For End Term Exam= 35 Marks

**Part-II – Practical
(End Term Exam – 25 Marks)**

Unit	Topics	Marks distribution	Contact Hours
I	Diet plan for various Age Groups	10 Marks	10
II	Surya Namaskar, Asanas and Pranayama	15 Marks	15
<p>Practical: 25 Marks Evaluation through Demonstration/Viva-Voce/ Practical Record File.</p>			

Part C-Learning Resources

Suggested Readings:

- Eating wisely and well ___ Ramesh Bijlani, Rupa publication India pvt. Ltd, 2012
- Human nutrition and dietics___ Stanley Davidson & others, The English language book society & churchil livings, Revised Edition.
- The Ayurvedic diet___ Dennis Thompson, New age books, New Delhi 2001
- A purifying diet___ Randolph Stone, Lilawati Bhargav charitable trust, Delhi, Revised Edition.

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2nd Semester Subject: Yoga

(According to NEP 2020 implemented from Session 2024 -25)

Vocational (VOC)

Yoga and Alternative Therapy

Part A- Introduction			
Subject:	Yoga		
Semester	1 st Semester		
Name of the Course	Yoga and Alternative Therapy		
Course Code	B24-VOC-201		
Course Type	Vocational (VOC)		
Level of the Course	100-199		
Pre-requisite(if any)	Not Applicable		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: <ul style="list-style-type: none"> • Students should be understand the Students should Alternative Therapy • Understand the relevance between various types of Diet. 		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 hours per week	2 hours per week (Size of practical group = 20 students)	4
Max. Marks: 75		Time:3Hours	
Part-I- Theory= 50 (Internal Assessment -15 Marks + End Term Exam –35 Marks)		For End Term Exam= 35 Marks	
Part-II- Practical= 25 (End Term Exam –25 Marks)		For End Term Exam= 25 Marks	
Part B- Content of the Course			
<u>Instructions for Paper-Setter:</u>			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (7x1) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics	Contact Hours	
I	Introduction <ul style="list-style-type: none"> • Yoga as a Therapy; • Alternative Therapy; • Need and importance of Yoga and Alternative Therapy. 	10	
II	Naturopathy <ul style="list-style-type: none"> • History and development of Naturopathy; • Ten Principles of Naturopathy; • General introduction of five elements of nature; • Hydro Therapy, Helio therapy, Mud Therapy, Fasting Therapy and Air Therapy. 	10	

III	Acupressure <ul style="list-style-type: none"> • 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. 	10
IV	Marma Therapy <ul style="list-style-type: none"> • Meaning, Definitions and history of Marma; • Principles of Marma; • General introduction of Marma points in Human body; • Technique and Rules; • Precautions and limitations. 	10

Suggested Evaluation Methods:

Maximum Marks: 50 (Internal Assessment – 15 Marks + End Term Exam – 35 Marks)

Internal Assessment: 15

Continuous Comprehensive Evaluation(CCE): 15

Marks Class presentation = 4

Seminar/Assignment/Quiz/class test, etc. = 4

Mid Term Test = 7

Time:3Hours

For End Term Exam= 35 Marks

**Part-II – Practical
(End Term Exam -25 Marks)**

Unit	Topics	Marks distribution	Contact Hours
I	Sun Bath , Mud Bath , Mud Pack,	10 Marks	10
II	Steam Bath, Spinal Bath and Hip Bath, Hand and Foot Bath	15 Marks	15
<p>Practical: 25 Marks Evaluation through Demonstration/Viva-Voce/ Practical Record File.</p>			

Part C-Learning Resources

Suggested Readings:

- Eating wisely and well ___ Ramesh Bijlani, Rupa publication India Pvt. Ltd, 2012
- Human nutrition and dietics ___ Stanley Davidson & others, The English language book society & churchil livings, Revised Edition.
- The Ayurvedic diet ___ Dennis Thompson, New age books, New Delhi 2001
- A purifying diet ___ Randolph Stone, Lilawati Bhargav charitable trust, Delhi, Revised Edition.

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1st Semester Subject: Yoga
(According to NEP 2020 implemented from Session 2024-25)
Ability Enhancement Course
Yoga and Personality Development

Part A-Introduction			
Subject:	Yoga		
Semester	1 st Semester		
Name of the Course	Yoga and Personality Development		
Course Code	B24-AEC-Y101		
Course Type:	Ability Enhancement Courses		
Level of the Course	100-199		
Pre-requisite(if any)	Not Applicable		
Course Learning Outcomes (LOs):	After completing this course, the learner will be able to: <ul style="list-style-type: none"> • Learn the principles of Yoga and Personality • Learn Importance of Yoga • Learn about Yogic Practices for Personality development. 		
Credits	Theory	Practical	Total
	1	1	2
Contact Hours	2 hours per week	2 hours per week (Size of practical group = 20 students)	4
Max. Marks: 50			Time:3Hours For End Term Exam= 35 Marks
Part I-Theory=50 (InternalAssessment–15 Marks +End Term Exam–35 Marks			
Part II - Practical = 15 (End Term Exam–15 Marks)			
Part B-Content of the Course			
<u>Instructions for Paper-Setter:</u>			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (7x1) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks			
Unit	Topics		Contact Hours
I	Introduction to Yoga <ul style="list-style-type: none"> • Meaning and Definitions of Yoga; • History and Development of Yoga; • Aim and Objectives of Yoga; • Imporatnce of Yoga; • Ashtanga Yoga; • Karma Yoga. 		10

II	Introduction to Personality <ul style="list-style-type: none"> • Meaning and Definitions of personality; • Personality in Vedic text; • Personality in Ayurveda; • Personality in Yogic text. 	10
III	Foundation of Personality <ul style="list-style-type: none"> • Yogic attitudes : Maitri, Karuna, Mudita, Upeksha; • Concept of Bhavas : Dharma, Jnana, Vairagya, Aishvarya; • Chitta and Vrittis; • Panch Kalesha; • Prana and Upa-Prana; • Sense Organs and Active Organs. 	10
IV	Yogic Practices for Personality development <ul style="list-style-type: none"> • Surya Namaskar; • Sukshama Vyayama –Neck, Eye, Shoulder, Trunk, Knee and Ankle; • Yogasana; • Pranayama – Bhastrika, Bhramari, Anulom-Vilom, Ujjayi; • Panchamahabhuta Mudra; • Aum and Breathing Meditation; • Trataka. 	10

Suggested Evaluation Methods:

Maximum Marks :50 (Practical-15 Marks +End Term Exam–35 Marks)

**Part II–Practical
(End Term Exam– 15 Marks)**

Unit	Topics	Marks Distribution	Contact Hours
I	Sukshma Vyayama and Surya Namaskar	5 Marks	5
II	Asana and Pranayama	5 Marks	5
III	Practical File and Viva-Voce	5 Marks	5

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2nd Semester Subject: Yoga
(According to NEP 2020 implemented from Session 2024-25)
Ability Enhancement Course
Yoga and Meditation

Part A-Introduction			
Subject:	Yoga		
Semester	2 nd Semester		
Name of the Course	Yoga and Meditation		
Course Code	BY-AEC-Y201		
Course Type:	Ability Enhancement Courses		
Level of the Course	100-199		
Pre-requisite(if any)	Not Applicable		
Course Learning Outcomes (LOs):	After completing this course, the learner will be able to: <ul style="list-style-type: none"> • Learn the principles of Yoga and Personality • Learn Importance of Yoga • Learn about Yogic Practices for Personality development. 		
Credits	Theory	Practical	Total
	1	1	2
Contact Hours	2 hours per week	2 hours per week (Size of practical group = 20 students)	4
Max. Marks: 50 Part I-Theory=50 (Internal Assessment–15 Marks +End Term Exam–35 Marks)			Time:3Hours For End Term Exam=35 Marks
Part II - Practical = 15 (End Term Exam–15 Marks)			For End Term Exam= 15 Marks
Part B-Content of the Course			
Instructions for Paper-Setter:			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (7x1) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks			
Unit	Topics		Contact Hours
I	Introduction to Yoga <ul style="list-style-type: none"> • Meaning and Definitions of Yoga; • History and Development of Yoga; • Aims and Objectives of Yoga; • Importance of Yoga. 		10
II	Introduction to Major Schools of Yoga <ul style="list-style-type: none"> • Ashtanga Yoga; • Jnana Yoga; • Karma Yoga; • Bhakti Yoga. 		10

III	Asana Pranayama and Mudra <ul style="list-style-type: none"> • Introduction to Different Asanas; • Introduction to Different Pranayama; • Introduction to Mudra; • Jnana Mudra, Chin Mudra, Prana Mudra, Shambhavi Mudra, Nasagra Mudra. 	10
IV	Introduction to Meditation <ul style="list-style-type: none"> • Definitions of Meditation; • Focus on the Breath; • Aum Meditation; • Preksha Meditation. 	10

Suggested Evaluation Methods:

Maximum Marks :50 (Practical-15 Marks +End Term Exam-35 Marks)

**Part II-Practical
(End Term Exam- 15 Marks)**

Unit	Topics	Marks Distribution	Contact Hours
I	Jnana Mudra, Chin Mudra, Prana Mudra, Shambhavi Mudra, Nasagra Mudra	5 Marks	5
II	Asana and Pranayama	5 Marks	5
III	Aum Meditation and Preksha Meditation	5 Marks	5

Part C-Learning Resources

Suggested Readings:

- Acharya Mahapragya , Preksha Meditation Philosophy and Practices
- Mishra Dr. Harshada, Yoga and Meditation 2022.
- Swami Shivananda, Meditation Dhyan Yoga, Shivananda Asharma Rishikesh.
- Singh S.P:History of Yoga,PHISPC, Centre for Studies in Civilization Ist,2010
- Singh S.P&Yogi Mukesh: Foundation of Yoga,StandardPublication, NewDelhi,2010

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