

Guru Gobind Singh Indraprastha University
Sector 16 - C, Dwarka, New Delhi. (India)

**Scheme of Courses, Examination &
Evaluation and Syllabus**
for
BACHELOR OF SCIENCE
(YOGA)

B.Sc. (Yoga)
3 years duration (6 semesters)
(From the Academic year 2013 -14 and onwards
And
III to VI Semesters for Academic year 2012-13)

Under



**GURU GOBIND SINGH
INDRAPRASTHA
UNIVERSITY**

BACHELOR OF SCIENCE (YOGA)

B.Sc. (Yoga)

COURSE STRUCTURE, SCHEME OF EXAMINATION & EVALUATION

1. Title of the Course –

The Course shall be called as “**Bachelor of Science (Yoga)**” / **B.Sc. (Yoga)**

2. Duration of the Course –

The course will be of three academic years (six semesters) duration.

The classes will be conducted 5 days in a week. There will be minimum six and maximum of seven hours of instructions every day (3Hrs. Theory and 3-4 Hrs. Practical’s).

3. Eligibility –

Pass in 12th class of 10+2 pattern of CBSE or equivalent with Science (Physics, Chemistry and Biology) with a minimum aggregate of 50% marks in Physics, Chemistry, Biology provided that the candidate has passed in each subject separately as well as English. The candidate should be medically fit. The candidate should have also passed Hindi/Sanskrit at high school level.

4. Objectives of the Course –

- a. This course is aimed to train personnel to take up Yoga as a profession.
- b. To impart the knowledge about Yoga, its foundations and applications to the aspirants.
- c. To promote the awareness for positive health and personality development in the student through Yoga.
- d. Instilling and inculcating the general interest and inquisitive knowledge about Yoga for Health, personality development and spiritual evolution.
- e. To prepare institutionally trained Yoga professionals to impart Yoga training to all sections of the society.
- f. To prepare the graduates in Yoga to study the higher aspects of Yoga Education, .

5. Syllabus: The syllabus is designed to fulfill aforesaid objectives containing theory and, practicals

6. Medium of Instructions: Hindi, Sanskrit, English

7 Scheme of Examination and Evaluation- as per university ordinance

8 Marks and Gradation - As per the University Rules. The ‘final result’ will comprise of the total marks obtained in all the Semesters and the passing percentage is minimum 50% marks in each theory and practical separately (both in external examinations and Continuous evaluation by the teachers) .The student shall have to pass in all subjects as per the university ordinance.

9. Medium of Examination: The medium of examination shall be Hindi , Sanskrit and English.

10. Award of Degree: The degree shall be called/labelled as **Bachelor of science- Yoga**

Credit score: The total credit is **162** and at least **150** credits shall be cleared by each student for award of degree .

Semester – I
Theory and Practical

Sl. No.	Title of the paper with code	Units		Total Marks	Hrs. of Instruction/ week (L-T-P)	Credits
1	Foundations of Yoga – I (399101)	I.	General Introduction to Yoga	100 (75+25)	3-1-0	4 credits
		II.	General Introduction to Indian Philosophy			
		III.	Brief survey of Yoga Traditions – I			
		IV.	Brief survey of Yoga Traditions – II			
2	Foundations and Practices of Hatha Yoga – I (399103)	I	General Introduction to Hatha Yoga	100 (75+25)	3-2-0	5 credits
		II	Hatha Yoga: Pre-requisites			
		III	Hatha Yoga Principles			
		IV	Introduction to Basic Hatha Yoga Texts			
3	Basics of Yogic Anatomy (399105)	I	General concepts	100 (75+25)	1-1-0	2 credits
		II	Head and Neck applicable to yoga			
		III	Thorax and Abdomen applicable to yoga			
		IV	Upper & Lower Extremities applicable to yoga			
4	Basics of Sanskrit – I (399107)	I	Sanskrit Bhasha Parichaya	100 (75+25)	3-1-0	4 credits
		II	Shabdarupa			
		III	Dhaturupa			
		IV	Vakya Nirmana			
5	Functional English – I (399109)	I	Functions of English Language	100 (75+25)	2-1-0	3 credits
		II	Acquisition of Skills			
		III	English : Its application			
		IV	Approaches & Theories of English Language			
6	Practical – I (399151)		Yoga Practical - 1	100 (60+40)	0-0-8	4 credits
7	Practical – II (399153)		Yoga Practical – 2	100 (60+40)	0-0-8	4 credits
8	Practical – III (399155)		Anatomy Practical	100 (60+40)	0-0-2	1 credits
			Total	800		27 credits

L: Lecture

T: Tutorial

P: Practical

Semester – II
Theory and Practical

Sl. No.	Title of the paper with code	Units		Total Marks	Hrs. of Instruction / week (L-T-P)	Credits
1	Foundations of Yoga – II (399102)	I	Brief survey of Yoga Traditions – III	100 (75+25)	3-2-0	5 credits
		II	Brief survey of Yoga Traditions – IV			
		III	Classical Schools of Yoga – I			
		IV	Classical Schools of Yoga – II			
2	Foundations and Practices of Hatha Yoga – II (399104)	I	Hatha Yoga practices: Shodhanakriyas	100 (75+25)	3-2-0	5 credits
		II	Hatha Yoga practices: Yogasanas			
		III	Hatha Yoga practices: Pranayama, Bandhas & Mudra			
		IV	Hatha Yoga practices: Pratyahara, Dharana, Dhyana and Nadanusandhana			
3	Basics of Yogic Physiology (399106)	I	Introduction to General Physiology	100 (75+25)	2-1-0	3 credits
		II	Systemic Physiology			
		III	Applied Physiology			
4	Basics of Sanskrit – II (399108)	I	Karmavachya evam Bhavavachya	100 (75+25)	3-1-0	4 credits
		II	Kridanta			
		III	Sandhi Evam Bhashabhyas			
		IV	Bhasha Dakshata			
5	Functional English – II (399110)	I	Reading skills	100 (75+25)	2-1-0	3 credits
		II	Effective writing skills			
		III	Applied Grammar			
		IV	Literature			
6	Practical – IV (399152)		Yoga Practical - 3	100 (60+40)	0-0-6	3 credits
7	Practical – V (399154)		Yoga Practical – 4	100 (60+40)	0-0-6	3 credits
8	Practical – VI (399156)		Physiology Practical	100 (75+25)	0-0-2	1 credits
			Total	800		27 credits

L: Lecture

T: Tutorial

P: Practical

Semester – III
Theory and Practical

Sl. No.	Title of the paper with code	Units		Total Marks	Hrs. of Instructions/ week (L-T-P)	Credits
1	Patanajala Yoga Darshana – I (399201)	I	Introduction to Samkya Darshan, Yoga Darshana of Patanjali and its Traditional commentaries	100 (75+25)	3-2-0	5 credits
		II	Concept of Chitta, Chitta-bhoomis, Chitta-vritties and Chitta-vritti Nirodhopaya			
		III	Samadhi Pada			
		IV	Samadhi Pada and its Applications			
2	Yoga Education (399203)	I	Fundamentals of Education	100 (75+25)	3-2-0	5 credits
		II	Yoga and Value based Education			
		III	Yoga and Social Education			
		IV	Yoga in Physical Education			
3	Yoga and Psychology (399205)	I	Psychology: a Science of Behaviour	100 (75+25)	1-1-0	2 credits
		II	Personality and Behaviour			
4	Functional Hindi (399207)	I	Hindi Bhasha ka Samanya Parichaya	100 (75+25)	3-2-0	5 credits
		II	Hindi Bhasha ka Vikas			
		III	Hindi Shabd Bhandar aur Shabd Rachna			
		IV	Rashtrabhasha, Rajbhasha, Sampark Bhasha ke rup me Hindi			
5	Practical - VII (399251)		Yoga Practical – 5	100 (60+40)	0-0-10	5 credits
6	Practical – VIII (399253)		Yoga Practical – 6	100 (60+40)	0-0-10	5 credits
			Total	600		27 credits

L: Lecture

T: Tutorial

P: Practical

Semester – IV
Theory and Practical

Sl. No.	Title of the paper with code	Units		Total Marks	Hrs. of Instructions/week	Credits
1.	Patanjala Yoga Darshana – II (399202)	I	Sadhana Pada	100 (75+25)	3-3-0	6 credits
		II	Sadhana Pada and its Applications			
		III	Vibhooti Pada and its Applications			
		IV	Kaivalya Pada and its Applications			
2.	Methods of Teaching in Yoga (399204)	I	Principles and Methods of Teaching Yoga	100 (75+25)	3-2-0	5 credits
		II	Basics of Yoga Class Management			
		III	Lesson Planning in Yoga			
		IV	Educational tools of Yoga Teaching			
3	Dietetics & Nutrition (Modern & Yogic Concept) (399206)	I	Yogic concepts of diet	100 (75+25)	2-1-0	3 credits
		II	Yogic diet			
		III	Nutrition			
4	Yoga and Mental health (399208)	I	Mental Health	100 (75+25)	2-0-0	2 credits
		II	Yoga for Mental Health			
5	Functional Hindi – II (399210)	I	Karyalayeeya Patra Lekhan	100 (75+25)	2-1-0	3 credits
		II	Nibandh evam Patra Lekhan			
		III	Prati vedana Lekhan			
		IV	Bhashantar / Anuvad			
6	Practical: IX (399252)	Yoga practical – 7		100 (60+40)	0-0-8	4 credits
7	Practical: X (399254)	Yoga practical – 8		100 (60+40)	0-0-8	4 credits
		Total		700		27 credits

L: Lecture

T: Tutorial

P: Practical

Semester – V

Theory and practical

Sl. No.	Title of the paper with code	Units		Total Marks	Hrs. of Instruction/ week (L-T-P)	Credits
1.	Bhagavadgita (399301)	I	Significance of Bhagavadgita as Synthesis of Yoga	100 (75+25)	3-2-0	5 Credits
		II	Concept of Atman, Parmatman and Characteristic of Sthita Prajna in Bhagavdgita			
		III	Karma Yoga and Bhakti Yoga in Bhagavadgita			
		IV	Concept of Ahara and Role of Bhagavadgita in Healthy Living			
2.	Yogic Principles & Practices of Healthy Living (399303)	I	Yogic concepts of Health	100 (75+25)	3-2-0	5 credits
		II	Yogic concepts for health and healing			
		III	Yogic principles and practices of healthy living			
		IV	Health benefits of Yogic practices			
3.	Fundamentals of Ayurveda (399305)	I	General introduction to Ayurveda	100 (75+25)	3-2-0	5 credits
		II	Swasthavritta, Dinacharya, Ritucharya, Ratricharya, Sadvritta, Achararasayana.			
		III	Upasthambhas with special emphasis on Ahara			
		IV	Introduction to Panchakarma			
4	Computer applications - I (399307)	I	Basics of Computer and its Application	100 (75+25)	2-2-0	4 Credits
		II	Representation of Data and Software concepts			
		III	Operating system			
		IV	File management			
5.	Practical: XI (399351)	Yoga practical – 9		100 (60+40)	0-0-10	5 credits
6	Practical – XII(399353)	Computer Practical – I		100 (60+40)	0-0-6	3 credits
		Total		600		27 credits

L: Lecture

T: Tutorial

P: Practical

Semester – VI
Theory and Practical

Sl. No.	Title of the paper with code	Units		Total Marks	Hrs. of Instructions / week (L-T-P)	Credits
1.	Human Values and Professional Ethics (399302)	I	Harmony in Human Being and in Myself	100 (75+25)	3-2-0	5 credits
		II	Harmony in Family and Society - Harmony in Human – Human relationship			
		III	Concept of Human values: Moral Education			
		IV	Social Responsibility and Yoga			
2.	Yoga in different setups (399304)	I	Yoga in School	100 (75+25)	3-2-0	5 credits
		II	Yoga for Sports			
		III	Yoga for Stress			
		IV	Yoga for Geriatric			
3.	Fundamentals of Naturopathy (399306)	I	Introduction to Naturopathy	100 (75+25)	3-2-0	5 credits
		II	Principles and concepts of Naturopathy			
		III	Naturopathy methods –introduction			
4	Computer Applications - II (399308)	I	Operating systems	100 (75+25)	2-2-0	4 credits
		II	Office software			
		III	Introduction to virus, and networking			
		IV	Internet technology			
5.	Practical: XIII (399352)	Yoga Practical – 10		100 (60+40)	0-0-8	4 credits
6	Practical – XIV (399354)	Computer Practical – II		100 (60+40)	0-0-8	4 credits
		Total		600	34 hours	27 credits

**BACHELOR OF SCIENCE
(YOGA)**

B.Sc. (Yoga)
3 years (6 semesters)

SEMESTER - I

DETAILED SYLLABUS

I - FOUNDATIONS OF YOGA – I

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	3L + 1T	4 Credits

UNIT – I: GENERAL INTRODUCTION TO YOGA

- 1.1. Brief introduction to origin of Yoga, Psychological aspects leading to origin of Yoga, Hindu Mythological concepts about origin of Yoga
- 1.2. History and Development of Yoga
- 1.3. Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions about Yoga, True Nature of Yoga
- 1.4. General Introduction to Schools of Yoga
- 1.5. Principles of Yoga, Yoga Practices for Health and Harmony

UNIT – II: GENERAL INTRODUCTION TO INDIAN PHILOSOPHY

- 2.1. Philosophy: Its meaning, definitions and scope
- 2.2. Branches of Philosophy, Philosophy: Its distinction from Religion and Science
- 2.3. Indian Philosophy: Salient features of Indian Philosophy, Branches of Indian Philosophy (Astika and Nastika Darshanas)
- 2.4. General introduction to Prasthanatrayee and Purushartha Chatusthaya
- 2.5. Two-way relationship between Yoga and Indian Philosophy

UNIT – III: BRIEF SURVEY OF YOGA TRADITIONS – I

- 3.1 Yoga in early Vedic period, Yoga in Vedic period, Yoga in Ayurveda
- 3.2 General Introduction to Upanishads, Yoga in Principle Upanishads, Yoga in Yogopanishad
- 3.3 Introduction to Epics (Ramayana, Mahabharata), Yoga in Ramayana, The nature of Yoga in Adhyatma Ramayana
- 3.4 Yoga in Mahabharata, General introduction to Bhagavadgita, Yoga in Bhagavadgita
- 3.5 Yoga in Yoga Vasishtha, Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints, Yoga in Narada Bhakti Sutra

UNIT-IV: BRIEF SURVEY OF YOGA TRADITIONS – II

- 4.1 Introduction to Smritis and Yoga in Smritis
- 4.2 Introduction to Puranas, Nature of Yoga in Bhagavat Purana
- 4.3 General introduction to Shad-darshan, Yoga in Samkhya and Yoga Darshana, Yoga in Vedanta with special reference to Shankara, Ramanuja, Madhva and Vallabha
- 4.4 General introduction to Agamas, Tantras and classification of Tantras, Concept of Shiva and Shakti, Yoga of Shaiva Siddhanta
- 4.5 Yoga in Shakta Tantra: Concepts of Nadi and Prana in Tantra, Kundalini, effects of Kundalini and Shatchakra Sadhana

BOOKS FOR REFERENCE

- Patanjali : YogaDarshana
- Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
- Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
- Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
- Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
- Hiriyanna M : Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008
- Radhakrishnan S : Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008
- Padhi Bibhu & Minakshi : Indian Philosophy and Religion, DK Printword, New Delhi, 2007
- Swami Prabhavananda : Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004
- Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000
- Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979
- Pandit, M. P. : Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976

II
FOUNDATIONS AND PRACTICES OF HATHA YOGA – I

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	3L+2T	5 Credits

UNIT – I: GENERAL INTRODUCTION TO HATHA YOGA

- 1.1 Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions
- 1.2 Hatha Yoga: Its Philosophy and Foundations
- 1.3 History and development of Hatha Yoga, Hatha Yoga Parampara, Brief Introduction to eminent Hatha Yogis of Natha Cult and their contribution for the development of Yoga
- 1.4 Ghatashudhi: its importance and relevance in Hatha Yoga sadhana
- 1.5 Relationship between Hatha Yoga and Raja Yoga

UNIT – II: HATHA YOGA: PRE-REQUISITES

- 2.1 Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitatory factors) in Hatha Yoga
- 2.2 Concepts of Matha, Concept of Mitahara, Pathya (conductive) and Apathya (non-conductive) ,Types of aspirants
- 2.3 Dasha Yama and Niyama and their relevance in Hatha Yoga Sadhana
- 2.4 Rules and regulations to be followed by Hatha Yoga practitioners (Do's and Don'ts)
- 2.5 Swara,Importance of Svarodaya-jnana in Hatha Yoga Sadhana, Hatha Siddhi Lakshanam.

UNIT – III: HATHA YOGA PRINCIPLES

- 3.1 Introduction to Tantra Yoga and its relationship with Hatha Yoga
- 3.2 Concept of Swas-prashwas, Vayu, Prana and Upaprana
- 3.3 Concept of Kand, Nadi, Swar, Chakra and Granthi
- 3.4 Kundalini prabodhan, Unmani avastha, Nadanusandhan
- 3.5 Concept of Samadhi according to Hatha Yoga Texts

UNIT – IV: INTRODUCTION TO BASIC HATHA YOGA TEXTS

- 4.1 General Introduction to Basic Hatha Yogic Texts : their nature and objectives
- 4.2 General Introduction to Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita.
- 4.3 Breif introduction to Hatha Pradeepika.
- 4.4 Breif introduction to Gheranda Samhita.
- 4.5 Breif introduction to Hatha Rathnavali.

BOOKS FOR REFERENCE

- Sahay G.S. : HathaYoga Pradeepika of Svatmarama, MDNIY
Publication, 2013
- Sharma BR : Jotsna (Comentory of HathaYoga Pradeepika)
Kaivalyadhama, Lonavala, 2013
- Gharote ML : Hatharatnavali,
The Lonavala Yoha Institute, Lonavala, Pune, IInd
Edition, 2009
- Swami : Gorakshasatkam,
Kuvalyananda & Kaivalyadhama, Lonavla, 2006
Shukla, S.A.
- Gharote M.L. & : Siddhasidhantpaddhati ,
Pai, G.K. (Edi) Kaivalyadhama, Lonavla, 2005.
- PLRD : Vasistha Samhita,
Kaivalyadhama Samiti, Lonavla, 2005.
- Korpai, Nitin & : HathaYoga and Human Health,
Shankar, Ganesh Satyam Publishing House, New Delhi, 2005.
- Swami Digambarji : Gheranda Samhita
& Gharote M.L. Kaivalyadhama, Lonavla,1978.
- Swatmaramaji : Hathapradipika (Jyotsana- tika),
Adyar Library, Madras.
- Bharati, Swami : Philosophy of Hatha Yoga (English)
Veda Himalayan, Pennsylvania.
- Reddy Venkata : Hatha Ratnavali

III

BASICS OF YOGIC ANATOMY

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	1L+1T	2 Credits

UNIT I: GENERAL ANATOMY

- 1.1 General Introduction to Anatomy, its significance, nomenclature & terminology
- 1.2 Introduction to Musculo-skeletal system
- 1.3 Introduction to types of Bones and Joints,

UNIT II: HEAD AND NECK

- 2.1 Face – facial muscles, functions of facial muscles
- 2.2 Eyelids, Lachrymal Apparatus, Nose, Nasal Cavity, Sinuses
- 2.3 Oral cavity and Pharynx,
- 2.4 Bones ,Joints and muscles of head and neck.

UNIT III: THORAX AND ABDOMEN

- 3.1 BonesJoints and muscles of thorax and abdomen
- 3.2 Structure of heart ,lungs and other systems relevant to yoga as per textbook of yogic anatomy and physiology

UNIT IV: UPPER & LOWER EXTREMITIES

- 4.1 Skeleton, position and joints of upper and lower extremities
- 4.2 Muscles and muscle groups, of upper and lower extremities
- 4.3 Applied anatomy and surface markings of limbs

Books fo referance

Thatte DG Sharir rachna vigyan ,textbook of human anatomy

Priyanka N Yoga and sharir rachna

MM Gore Kavalyadhama, Lonawala,Pune- Anatomy and physiology of
Yogic Practices

IV---BASICS OF SANSKRIT – I

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	3L+1T	4 Credits

UNIT-I: संस्कृतभाषा परिचय।

- 1.1 संस्कृतभाषा परिचय, योगशास्त्र के अध्ययन में संस्कृत का महत्त्व और योग एवं संस्कृत का अन्तःसम्बन्ध।
- 1.2 माहेश्वरसूत्र। संस्कृतवर्णमाला,स्वर ,व्यंजन वर्गज्ञान सहित (रोमन लिपि में लेखन एवं पठन)
- 1.3 वर्णों के उच्चारणस्थान और प्रयत्न ज्ञान।प्रत्याहार निर्माण विधि एवं प्रत्याहार ज्ञान।
- 1.4 कारक, विभक्ति(सुप् और तिङ्),लिङ्ग,वचन,पुरुष, लकार एवं वाक्याङ्ग परिचय।
- 1.5 संस्कृत संख्याएं (एक से सौ तक)

UNIT-II: शब्दरूप।

- 2.1 अजन्तशब्दरूप-राम, बालिका, पुस्तक, मुनि, रुचि, वारि शब्दों के रूप अर्थज्ञान सहित।
- 2.2 अजन्तशब्दरूप-नदी, भानु, धेनु, मधु, पितृ, मातृ शब्दों के रूप अर्थज्ञान सहित।
- 2.3 सर्वनाम शब्दरूप- अस्मद्, युष्मद्, तत्(तीनो लिङ्गों में), एतद्(तीनो लिङ्गों में), किम्(तीनो लिङ्गों में)
- 2.4 सर्व(तीनो लिङ्गों में), भवत्(तीनो लिङ्गों में) शब्दों के रूप अर्थज्ञान सहित।
- 2.5 हलन्तशब्दरूप-भगवत्, आत्मन्, नामन्, जगत् शब्दों के रूप अर्थज्ञान सहित।

UNIT-III: धातुरूप ।

- 3.1 भू,अस्,पठ्,मुद्,कृ,लिख्,नम्,दृश् धातुओं के पांच लकारों(लट्,लृट्,लङ्,लोट्,लिङ्) में रूपज्ञान एवं वाक्य निर्माण अर्थज्ञान सहित।
- 3.2 वद्,गम्,स्था,पा(पिब्)दा, शक्, आप्,प्रच्छ् धातुओं के पांच लकारों(लट्,लृट्,लङ्,लोट्,लिङ्) में रूपज्ञान एवं वाक्य निर्माण अर्थज्ञान सहित।
- 3.3 ज्ञा,कथ्,चिन्त्,ब्रू,श्रु,नी, याच्,खाद् ,शीङ्,
- 3.4 धातुओं के पांच लकारों(लट्,लृट्,लङ्,लोट्,लिङ्) में रूपज्ञान एवं वाक्य निर्माण अर्थज्ञान सहित।
- 3.5 प्रथमदीक्षा के प्रथम एवं द्वितीय अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।

UNIT-IV: वाक्यनिर्माण ।

- 4.1 प्रथमदीक्षा के तृतीय अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।
- 4.2 प्रथमदीक्षा के चतुर्थ अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।
- 4.3 प्रथमदीक्षा के पंचम अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।
- 4.4 प्रथमदीक्षा के षष्ठ अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।

BOOKS FOR REFERENCE

- Sanskrit Vakya prabodh** By swami Dayanand Saraswati (delhi sanaskrit academy)
- Moorty CLN : First Book of Sanskrita, Chaukhabha Sanskrit Series, Varanasi, 2010
Panshtantra By Vishnu Sahrma
- Sanskrit swayam shikshan Dr Satwalaker (Nai sarak ,govind ram hasanaan)
Sanskrit vernouccharan shiksha Panini muni pranit (Ram lal Kapoor trust)
- Perry E D : A Sanskrit Primer, MLBD, New Delhi, 2004
- द्विवेदी कपिल देव : प्रारम्भिक रचनानुवाद कौमुदी ;विश्वविद्यालय प्रकाशन
वाराणसी, 2011

V--FUNCTIONAL ENGLISH – I

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	2L+1T	3 Credits

Unit 1 – EVOLUTION AND FUNCTIONS OF ENGLISH LANGUAGE

- 1.1 Evolution of human language, uniqueness of human language
- 1.2 Functions of Language: Instrumental, Regulatory,
- 1.3 Functions of Language: Interactional, Personal,
- 1.4 Functions of Language: Heuristic, Imaginative, Representational
- 1.5 English as a Global language, Michael Halliday's concept of Functionalism

Unit 2 – ACQUISITION OF SKILLS

- 2.1 Functional English: definition, conceptualization in the light of the purposes/functions of language
- 2.2 Acquisition of skills required to use current English in a variety of contexts, Role of students as generators of knowledge.
- 2.3 Use of English in various text types.
- 2.4 Functional English as a multi-focal discipline; Primary focus on communication skills: ELT (English Language Training), LSRW (Listening, Speaking, Reading Writing): Grammar, Phonetics, vocabulary building.
- 2.5 Varieties of English: British and American.

Unit 3 - ENGLISH: ITS APPLICATION

- 3.1 Media: Radio, TV, Print, Formats and stylistics, Films, Web Resources, Webliographical flair.
- 3.2 Literature/Creative Writing: different genres, methods of analysis
- 3.3 Business English: Business Communication, Business vocabulary, meetings, presentations, negotiations, socialising, Biz journals and periodicals
- 3.4 Translation: Role of translation in the Indian/International context, Equivalence, cultural transaction, Translation in the IT era.
- 3.5 Sports and Entertainment: announcing, comparing, commentaries

Unit 4 – APPROACHES AND THEORIES OF ENGLISH LANGUAGE

- 4.1 Approaches to language: Acquisition/Learning/Teaching, Grammar Translation Method
- 4.2 Direct Method, Audio-lingual Method
- 4.3 Communicative approach, Notional Functional Approach
- 4.4 Task-based Language Teaching
- 4.5 Theories: Behaviourism, Cognitivism, Social Development Theory, Cooperative Learning, Universal Grammar.

BOOKS FOR REFERENCE

- Nagaraj, Geetha. : English language Teaching. Hyderabad: Orient Longman, 2008.
- Trask R. L. : Key Concepts in language & Linguistics. London: Routledge, 2004.
- Trask R. L. : Language the Basics. London : Routledge, 2003
- Halliday MAK. : Spoken and written Language. London: OUPP,
- Halliday MAK. : An Introduction to Functional Grammar. London: Arnold
- Mathew, et al. : Language Curriculum: Dynamics of Change (Vol. I & II). Orient Longman
- Tickoo, M. L. : Teaching and Learning English. Orient Longman
- Vygotsky, L. S. : Mind in Society. Cambridge: Harvard University Press
- Richards, Jack C and Theodore S Rodgers. : Approaches and methods in language teaching .Cambridge : CUP,1995.
- Hatim ,Basil and Jeremy Munday. : Translation: An Advanced Resource Book. Oxon: Routledge,2004.
- Crystal, David. : English as a Global Language. Cambridge: CUP
- Mascull, Bill. : Business vocabulary in Use. Cambridge : CUP,2004

VI-- Practical – I (YOGA PRACTICAL – I)
(Elementary Yogic Practices)

Total Marks	Hrs. of instructions/week	Credits
100 (60+40)	8 P	4 Credits

Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and benefits of each of the following Yogic practices

I. RECITATION OF HYMNS & HASTA MUDRA	- 10 MARKS
II. SHATKARMA	- 40 MARKS
III. BREATHING PRACTICES	- 10 MARKS
IV. Continuous evaluation by the Teachers	- 40 MARKS

TOTAL - 100 MARKS

I. RECITATION OF HYMNS & HASTA MUDRA **Marks: 10**

- 1.1 Recitation of Pratah-smaran and Shanti Mantras
- 1.2 Recitation of Pranava Japa and Soham Japa
- 1.3 Recitation of Hymns from Upanishad & Yoga Texts
- 1.4 Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni

II. SHATKARMA **Marks: 40**

- 2.1 Dhauti (Kunjali, Vamana Dhauti, Vastra Dhauti)
- 2.2 Neti (Jalneti, Sutraneli)
- 2.3 Kapalabhati and its variants
- 2.4 Agnisara

III. BREATHING PRACTICES **Marks: 10**

- 3.1 Breath Awareness : Shwas-prashwas Sanyaman
- 3.2 Abdomen, Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen+Thoracic+Clavicular Breathing
- 3.3 Yogic Breathing: Pause Breathing (Viloma Pranayama), Spinal Passage Breathing (Sushumna Breathing)
- 3.4 Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka)

IV. Continuous evaluation by the Teachers **Marks: 40**

As per the guidelines in the scheme of Examinations

BOOKS FOR REFERENCES

- Yogeshwar : Text Book Of Yoga, Penguin Books, India, 2004.
- Sri Ananda : The Complete book of Yoga, Orient Course Backs, Delhi, 2003.
- Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
- Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
- Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2010
- Swami Rama : Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia, 1998
- Swami Niranjananand : Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005
- Saraswati
- Basavaraddi I. V. & others : Prathah Smarana; MDNIY publication, New Delhi, 2009
- Dr. Nagendra H R : Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore, 2005

VII-- Practical II (YOGA PRACTICAL – II)
(Elementary Yogic Practices)

Total Marks	Hrs. of instructions/week	Credits
100 (60+40)	8 P	4 Credits

Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and benefits of each of the following Yogic practices, e.g. Yogic Suksma Vyayama, Yogic Sthula Vyayama, Surya Namaskar and Yogasanas etc.

I. YOGIC SUKSMA AND STHULA VYAYAMA AND NABHI PAREEKSHA	- 40 MARKS
II. SURYA NAMASKARA	- 10 MARKS
III. YOGASANAS (Standing Postures for Body Alignments)	- 10 MARKS
IV. INTERNAL ASSESSMENT	- 40 MARKS

TOTAL - 100 MARKS

I. YOGIC SUKSMA AND STHULA VYAYAMA, NABHI PAREEKSHA Marks: 40

1.1 YOGIC SUKSMA VYAYAMA (Marks: 30)

1. Uccharana-sthala tatha Vishudha-chakra-shuddhi (for throat and voice)
2. Prarthana (Prayer)
3. Buddhi-tatha-dhriti shakti-vikasaka (for developing will power)
4. Smarana shakti-vikasaka (for improving the memory)
5. Medha shakti-vikasaka (for improving the intellect and memory)
6. Netra shakti-vikasaka (for the eyes)
7. Kapola shakti-varhdhaka (for the cheeks)
8. Karna shakti-varhdhaka (for the ears)
9. Griva shakti-vikasaka (for the Neck) (i) (A & B)
10. Griva shakti-vikasaka (for the Neck) (ii) (A & B)
11. Griva shakti-vikasaka (for the Neck) (iii)
12. Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders)
13. Bhuja-bandha shakti-vikasaka
14. Kohini shakti-vikasaka
15. Bhuja-valli shakti-vikasaka
16. Purna-bhuja shakti-vikasaka (for the arms)
17. Mani-bandha shakti-vikasaka
18. Kara-prstha shakti-vikasaka
19. Kara-tala shakti-vikasaka
20. Anguli-mula shakti-vikasaka (for the fingers) (A & B)
21. Anguli- shakti-vikasaka (for the fingers) (A & B)
22. Vaksa-sthala shakti-vikasaka (for the chest) (1)
23. Vaksa-sthala shakti-vikasaka (for the chest) (2)
24. Udara shakti-vikasaka (for the abdomen) (i)
25. Udara shakti-vikasaka (for the abdomen) (ii)
26. Udara sakti-vikasaka (for the abdomen) (iii)
27. Udara shakti-vikasaka (for the abdomen) (iv)
28. Udara shakti-vikasaka (for the abdomen) (v)
29. Udara shakti-vikasaka (for the abdomen) (vi)
30. Udara shakti-vikasaka (for the abdomen) (vii)

31. Udara shakti-vikasaka (for the abdomen) (viii)
32. Udara shakti-vikasaka (for the abdomen) (ix)
33. Udara shakti-vikasaka (for the abdomen) (x) (A, B & C)
34. Kati shakti-vikasaka (for the waist) (i)
35. Kati shakti-vikasaka (for the waist) (ii)
36. Kati shakti-vikasaka (for the waist) (iii)
37. Kati shakti-vikasaka (for the waist) (iv)
38. Kati shakti-vikasaka (for the waist) (v)
39. Muladhara-chakra-suddhi (for the rectum)
40. Upastha tatha-svadhithana-chakra-suddhi (for the genital organs)
41. Kundalini shakti-vikasaka (for the kundalini)
42. Jangha shakti-vikasaka (for the thighs) (i) (A & B)
43. Jangha shakti-vikasaka (for the thighs) (ii) (A & B)
44. Janu shakti-vikasaka (for the knees)
45. Pindali shakti-vikasaka (for the calves)
46. Pada-mula shakti-vikasaka (A & B)
47. Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet)
48. Padanguli shakti-vikasaka (for the toes)

1.2 YOGIC STHULA VYAYAMA

(Marks: 10)

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

1.3 NABHI PAREEKSHA

II. SURYA NAMASKARA

Marks: 10

III. YOGASANA (Standing Postures and body alignment)

Marks: 10

- 3.1 Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana
- 3.2 Ardha Chakrasana, Pada Hastasana
- 3.3 Trikonasana, Parshva Konasana
- 3.4 Veerabhadrasana and its variations

IV Counselling When not to do yoga – situations where different yogic kriyas and asanas should not be done and taught

V Continuous evaluation by the Teachers

Marks: 40

As per the guidelines in the scheme of Examinations

BOOKS FOR REFERENCES

- Swami Dharendra
Bhramhachari : Yogic Sukshma Vyayama, Dharendra Yoga
Publications, New Delhi, 1980
- Swami Dharendra
Bhramhachari : Yogasana Vijnana, Dharendra Yoga Publications, New
Delhi, 1966
- Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1993
- Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra, Bihar School of
Yoga, Munger, 2006
-
- Iyengar, B.K.S. : Light on Yoga, Harper Collins Publishers, 2009
- Sen Gupta Ranjana : B.K.S. Iyengar Yoga, A Dorling Kindersley Limited,
2001
- Saraswati, Swami Satyananda : Surya Namaskara, Yoga Publication Trust, Munger,
2006
- Tiwari, O.P. : Asana Why and How? Kaivalyadhama, Lonavla, 2011
- Radha, Sivananda : Hatha Yoga, jaico Publishing House, Delhi, 2004.

VIII--PRACTICAL –III (ANATOMY PRACTICALS)

Total Marks	Hrs. of instructions/week	Credits
100 (60+40)	2 P	1 Credits

- I. Practicals - 40 MARKS
- II. Viva Voce - 20 MARKS
- III. Continuous evaluation by the Teachers - 40 MARKS

TOTAL -100 MARKS

I. Practicals - 40 Marks

- 1. Demonstration of Bones, Joints ,muscles**
- 2. Demonstration of Human Skeleton**

II. Viva Voce - 20 MARKS

**BACHELOR OF SCIENCE
(YOGA)**

B.Sc. (Yoga)
3 years (6 semesters)

SEMESTER - II

DETAILED SYLLABUS

I---FOUNDATIONS OF YOGA – II

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	3L +2T	5 Credits

UNIT – I: BRIEF SURVEY OF YOGA TRADITIONS – III

- 1.1 Concept of Maha Yoga, Hatha Yoga Traditions and Sadhana, Development of Hatha Yoga in Modern Times
- 1.2 Yoga in Modern Times: Yogic Traditions of Ramakrishna and Swami Vivekananda
- 1.3 Yoga of Maharishi Raman, Integral Yoga of Shri Aurobindo.
- 1.4 Brief Introduction to Yoga Paramparas in Contemporary Times: Yoga Parampara of Sri T. Krishnamacharya, Yoga Parampara of Swami Shivanada, Contribution of Sri Yogendraji, Swami Kuvalyananda,
- 1.5 Contributions of Swami Satyananda Saraswati, Swami Dharendra Bhramahachari and Yogacharya B.K.S. Iyengar, Maharsi Mahesh Yogi in the promotion of Yoga.

UNIT - II: BRIEF SURVEY OF YOGA TRADITIONS – IV

- 2.1 General Introduction to Non-Vedic Schools of Indian Philosophy: Jainism, Buddhism, Sufism, Sikhism etc.
- 2.2 Introduction to Jainism, Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Preksha-dhyana).
- 2.3 Introduction to Buddhism: Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya-astangika-marga or Noble-eight-fold-path (Bouddha-Yoga).
- 2.4 Introduction to Sufism: Meaning and Characteristic features of Sufism, Elements of Yoga in Sufism, Sufi Meditation Techniques.
- 2.5 Concepts and practices of Yoga in other religions.

UNIT - III: CLASSICAL SCHOOLS OF YOGA - I

- 3.1 **General Introduction to Schools of Yoga:** Schools with Vedantic Tradition, Schools with Samkhya- Yoga Tradition and Schools with Tantric Tradition
- 3.2 **Jnana Yoga:** Meaning of Jñāna and Jñāna-Yoga, Sadhana-chatushtaya, Means of Jñāna-Yoga.
- 3.3 **Bhakti Yoga:** Meaning of Bhakti and Bhakti-Yoga, Stages of Bhakti, Types of Bhakti, Means of Bhakti-Yoga.
- 3.4 **Karma Yoga:** Meaning of Karma and Karma-Yoga, Concept of Nishkama Karma, Means of Karma Yoga
- 3.5 Inter-relationship between Bhakti-Yoga and Karma-Yoga, Theory of Karma and Rebirth (Reincarnation).

UNIT - IV: CLASSICAL SCHOOLS OF YOGA – II

- 2.1 **Patanjala Yoga:** Philosophical Foundations of Patanjala Yoga, Ashtanga Yoga of Patanjali, Relevance of Patanjala Yoga in day-to-day life.
- 2.2 **Hatha Yoga:** Philosophical Foundations of Hatha Yoga, Hatha Yoga Sadhana, Chaduranga Yoga and Saptanga Yoga, Relevance of Hatha Yoga in day-to-day life.
- 2.3 **Inter Relationship** between Patanjala Yoga and Hatha Yoga and their inter-dependance
- 2.4 **Kundalini Yoga:** Philosophical Foundations and Practices of Kundalini Yoga
- 2.5 Other auxiliary Schools of Yoga and their relevance in present days

BOOKS FOR REFERENCE

- Sharma Chandradhar : A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi, 13th Edition, 2013
- 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
- Arthuv Avalan : The Serpent Power, Sivalik Prakashan, New Delhi, 2009
- Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
- Radhakrishnan S : Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008
-
- Stephen Sturges : The Yoga Book. Motilal Banarsidass, Delhi, 2004
- Fenerstein, George : The Yoga Tradition: It's History, Literature, Philosophy practice, Bhavana Books and Prints, 2002
- Fenerstein Georg : The Yoga Tradition, MLBD, New Delhi, 2002
- Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000
-
- Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979
- Swami Jnanananda : Philosophy of Yoga. Sri Ramakrishna Ashrama, Mysore.

II --FOUNDATIONS AND PRACTICES OF HATHA YOGA – II

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	3L + 2T	5 Credits

UNIT - I: HATHA YOGA PRACTICES: SHODHANAKRIYAS

- 1.1 Concept of Ghata, Ghatashuddhi, concept and importance of Shodana in Hatha Yoga
- 1.2 Shodhana kriyas in Hatha Pradeepika
- 1.3 Shodhana kriyas in Gheranda Samhita and Hatha Ratnavali
- 1.4 Health benefits, precautions, and contraindications of Shodana kriyas
- 1.5 Importance of Shodhana kriyas in health and disease.

UNIT - II: HATHA YOGA PRACTICES: YOGASANAS

- 2.1 Definition, pre requisits and special features of Yoga-asana.
- 2.2 Asanas in Hatha Pradeepika and Hatha Ratnavali
- 2.3 Asanas in Gheranda Samhita
- 2.4 Health benefits, precautions, and contraindications of different Asanas
- 2.5 Importance of Asana in health and disease.

UNIT-III: HATHA YOGA PRACTICES: PRANAYAMA, BANDHA AND MUDRA

- 3.1 Concept and definition of Prana and Pranayama; its importance in Nadi shuddi; Pre-requisites of Pranayama, Nadishodhana Pranayama
- 3.2 Importance of Pranayama in Hatha Yoga Sadhana and its phases and stages
- 3.3 Pranayama in Hatha Pradeepika, Hatha Ratnavali & Gheranda Samhita, their health benefits, precautions and contraindications.
- 3.4 Concept, definition of Bandha and Mudra, their importance in Hatha Yoga; Bandhatraya in Hatha Yoga Sadhana, Mudras in Hatha Pradeepika, Hatha Ratnavali and Gheranda Samhita
- 3.5 Health benefits, precautions and contraindications of Bandha and Mudra.

UNIT-IV: HATHA YOGA PRACTICES: PRATYAHARA, DHARANA, DHYANA AND NADANUSANDHANA

- 3.5 Concept of Manas (mind) and Kanda in Hatha Yoga
- 3.6 Concept and definition of Pratyahara, Dharana and Dhyana in Gheranda Samhita.
- 3.7 Techniques and benefits of Pratyahara, Dharana and Dhyana in Gheranda Samhita.
- 3.8 Concept and benefits of Nada and Nadanusandhana in Hatha Pradeepika, four avasthas (stages) of Nadanusandhana.
- 3.9 Relationship between Hatha Yoga and Raja Yoga; Goal of Hatha Yoga

BOOKS FOR REFERENCE

- Sahay G. S : Hatha Yoga Pradeepika, MDNIY, New Delhi, 2013
Sharma B. R : Jotsna (Comentory of HathaYoga Pradeepika),
Kaivalyadhama, Lonavala, 2013
- Gharote, M.M. & others : Therapeutic references in Traditional Yoga Texts,
The Lonavla Institute, Lonavla, 2010.
- Reddy Venkata : Hatharatnavali
- Gharote M L : Hatharatnavali,
The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition,
2009
- Swami Kuvalyananda & : Gorakshasatkam,
Shukla, S.A. Kaivalyadhama, Lonavla, 2006
Gharote M.L. & Pai, G.K. : Siddhasidhantpaddhati ,
(Edi) Kaivalyadhama, Lonavla, 2005.
PLRD : Vasistha Samhita,
Kaivalyadhama Samiti, Lonavla, 2005.
- Korpall, Nitin & : HathaYoga and Human Health,
Shankar, Ganesh Satyam Publishing House, New Delhi, 2005.
Gharotee, M.L.and others : Hatharatnavali of Srinivasayogi
The Lonavla Yoga Institute, Lonavla, 2002
- Ghosh, Shyam : The Original Yoga
Munshiram Manoharlal, New Delhi, 1999
- Swami Maheshanandaji and : Shiva Samhita
Others Kaivalyadhama, S.M.Y.M. Samiti, Lonavla,1999
- Swami Digambaraji and : Hatha Pradeepika of Svatomarama
Pt: Raghunatha Shastri Kaivalyadhama, S.M.Y.M.Samiti, Lonavla, 1998
- Swami Muktibodhananda : Hatha Yoga Pradeepika : The light on HathaYoga
Saraswati Bihar School of Yoga, Munger, 1985
- Swami Digambarji & Gharote : Gheranda Samhita
M.L. Kaivalyadhama, Lonavla,1978.
Mr. Dvivedi : Nath Sampradaya of Hatha Yoga
Dvivedi Publications, Hindustani Academy, Allahabad,
Uttar Pradesh, 1950.
- Swatmaramaji : Hathapradipika (Jyotsana- tika), Adyar Library, Madras.
Bharati, Swami Veda : Philosophy of Hatha Yoga (English), Himalayan,
Pennsylvania.

III -BASICS OF Yogic PHYSIOLOGY

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	2L+1T	3 Credits

All Units Carry equal hours of teaching and excluding teachers continuous evaluation

UNIT I: INTRODUCTION TO GENERAL PHYSIOLOGY

- 1.1 Introduction to Human Physiology, Basic Physiological terms; Cell: Functions, different Cell Organelles and their functions.
- 1.2 Tissues and Organization of human system; Introduction of different body Systems,

UNIT II: SYSTEMIC PHYSIOLOGY

- 2.1 Functions of the Skeletal Muscles, Smooth Muscles and Cardiac Muscles; Concept of Muscle Tone and types of Muscle Contraction
- 2.2 General introduction to Physiology of Special Senses and systems as per the text book of yogic anatomy and physiology.

UNIT IV: APPLIED PHYSIOLOGY

- 4.1 Introduction to Exercise Physiology and its relevance in Yoga practice
- 4.2 Physiological basis of Yogic kriyas and asanas

BOOKS FOR REFERENCE

Dr Rajendar Deshpande Text Book of sharir kriya Part 1,II

Yogic kriyas purification techniques

MM Gore : Anatomy and physiology of yogic practice

IV -BASICS OF SANSKRIT – II

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	3 L+1T	4 Credits

UNIT-I: कर्मवाच्य एवं भाववाच्य ।

- 1.1 पठ् एवं कृ धातु का कर्मवाच्यरूप ज्ञान पांच लकारों (लट्, लृट्, लङ्, लोट्, लिङ्) में एवं वाक्य निर्माण अर्थज्ञान सहित।
- 1.2 अस् एवं भू धातु का भाववाच्यरूप ज्ञान पांच लकारों (लट्, लृट्, लङ्, लोट्, लिङ्) में एवं वाक्य निर्माण अर्थज्ञान सहित।
- 1.3 कर्तृवाच्य एवं कर्मवाच्य का परिचय वाक्यरचना, वाक्यरूपान्तरण एवं अनुवाद।
- 1.4 कर्तृवाच्य एवं भाववाच्य का परिचय वाक्यरचना, वाक्यरूपान्तरण एवं अनुवाद।

UNIT-II: कृदन्त ।

- 2.1 शतृ एवं शानच् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद।
- 2.2 क्त्वा, ल्यप्, तुमुन् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद।
- 2.3 क्त एवं क्तवत् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद।
- 2.4 तव्यत्, अनीयर् एवं यत् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद।

UNIT-III: सन्धि एवं भाषाभ्यास ।

- 3.1 अच्, हल् एवं विसर्ग सन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास।
- 3.2 भगवद् गीता के द्वितीय अध्याय के sampurna श्लोकों का gahan swadhaya
- 3.3 Manusmiriti 2nd chapter- bhrmcharya ke jartavya
- 3.4 संस्कृत में परस्पर वार्त्तालाप एवं मौखिक व्याख्यान का अभ्यास।

UNIT-IV: भाषादक्षता ।

- 4.1 द्वितीयदीक्षा के प्रथम एवं द्वितीय अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।
- 4.2 द्वितीयदीक्षा के तृतीय अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।
- 4.3 द्वितीयदीक्षा के चतुर्थ अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।
- 4.4 द्वितीयदीक्षा के पंचम एवं षष्ठ अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।
- 4.5 Ishoupnishad shukla yajur veda chapter 40

BOOKS FOR REFERENCE

- 1-प्रारम्भिक रचनानुवाद कौमुदी : कपिल देव द्विवेदी; विश्वविद्यालय प्रकाशन वाराणसी।
- 2-रचनानुवादकौमुदी : कपिल देव द्विवेदी; विश्वविद्यालय प्रकाशन वाराणसी।
- 3-प्रौढ-रचनानुवादकौमुदी : कपिल देव द्विवेदी; विश्वविद्यालय प्रकाशन वाराणसी।
- 4-प्रथमदीक्षा- राष्ट्रिय संस्कृत संस्थान नईदिल्ली
- 5-द्वितीयदीक्षा- राष्ट्रिय संस्कृत संस्थान नईदिल्ली
- 6 Govind Ram Hasanad (nai sarak)–Ishoupnishad Yajurveda

V --FUNCTIONAL ENGLISH – II

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	2 L+1T	3 Credits

UNIT – I: READING SKILLS

- 1.1 Factual passages e.g. instructions, descriptions, reports
- 1.2 Discursive passages involving opinion e.g. argumentative, reflective, persuasive etc.
- 1.3 Literary texts e.g. poems, extracts from fiction, Literary texts e.g. biography, autobiography, travelogue
- 1.4 Literary passages e.g. poems, extracts from fiction, biography, autobiography, travelogue etc.
- 1.5 Factual passages e.g. illustrations, description, reports, Discursive passages involving opinion e.g. argumentative, persuasive

UNIT – II: EFFECTIVE WRITING SKILLS

- 1.1 Short writing tasks such as composing messages, notices, e-mails and factual description of people, notices, advertisements, factual description of people arguing for or against topics, places and objects, drafting posters, accepting and declining invitations, arguing for or against a topic
- 1.2 Writing Official letters for making inquiries, suggesting changes-registering complaints asking for and giving information, placing orders and sending replies based on given verbal/ visual input
- 1.3 Writing letters to the editor on various social, national and international issues. (120-150 words)
- 1.4 Long and sustained writing tasks such as writing a speech or writing an article based on a verbal or a visual input
- 1.5 Writing letters to the editor on various social, national and international issues (125-150 words), Writing task such as writing a speech, a report

UNIT – III: APPLIED GRAMMAR

- 3.1 Application of grammar items in context (i.e. not in isolated sentences)
- 3.2 Grammar items: prepositions, verb forms, connectors
- 3.3 Modals, determiners, voice and tense forms, Prepositions, verb forms, connectors
- 3.4 Composing a dialogue based on the given input, Recognizing consonant and vowel values in pronunciation, stress and intonation
- 3.5 Correction of errors in sentences, Reordering of words and sentences

UNIT- IV: LITERATURE

- 4.1 Test of local and global comprehension involving interpretative, inferential, evaluative and extrapolatory skills.
- 4.2 Test of global comprehension, exploration, usage, lexis and meaning from the Literature Reader
- 4.3 Extracts from different poems from the Literature Reader, each followed by two or three questions to test local and global comprehension of ideas and language used in the text; test of theme, setting and literary devices based on different poems
- 4.4 Test of comprehension and drawing/evaluating inferences based on the play from the Literature, usage & lexis and meaning based on different prose texts from the Literature Reader

4.5 Test of global comprehension and for extrapolation beyond the text based on one of the prose texts in the Literature Reader

BOOKS FOR REFERENCE

- Nagaraj, Geetha. : English language Teaching. Hyderabad: Orient Longman, 2008.
- Trask R. L. : Key Concepts in language & Linguistics. London: Routledge, 2004.
- Trask R. L. : Language the Basics. London : Routledge, 2003
- Halliday MAK. : Spoken and written Language. London: OUPP,
- Halliday MAK. : An Introduction to Functional Grammar. London: Arnold
- Mathew, et al. : Language Curriculum: Dynamics of Change (Vol. I & II). Orient Longman
- Tickoo, M. L. : Teaching and Learning English. Orient Longman
- Vygotsky, L. S. : Mind in Society. Cambridge: Harvard University Press
- Richards, Jack C and Theodore S Rodgers. : Approaches and methods in language teaching .Cambridge : CUP,1995.
- Hatim ,Basil and Jeremy Munday. : Translation: An Advanced Resource Book. Oxon: Routledge,2004.
- Crystal, David. : English as a Global Language. Cambridge: CUP
- Mascull, Bill. : Business vocabulary in Use. Cambridge : CUP,2004

VI --Practical IV (YOGA PRACTICAL – III)

Total Marks	Hrs. of instructions/week	Credits
100 (60+40)	6 P	3 Credits

Repetition of previously taught practices and the followings new Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, technique, salient points, precautions to be taken and benefits of each of the following Yogic practices

I. SHATKARMA	- 20 MARKS
II. PRANAYAMA	- 20 MARKS
III. PRACTICE LEADING TO MEDITATION	- 20 MARKS
IV. Continuous evaluation by the Teachers	- 40 MARKS

TOTAL - 100 MARKS

I. SHATKARMA **Marks: 20**

- 1.1 Dhauti
- 1.2 Neti
- 1.3 Nauli Madhyama, Vama, Dakshina and Nauli Chalana
- 1.4 Trataka (Jatru and Jyoti)

II. PRANAYAMA **Marks: 20**

- 2.1 Nadi Shodhana (Technique 1: Same Nostril Breathing)
- 2.2 Nadi Shodhana (Technique 2: Alternate Nostril Breathing)
- 2.3 Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar Kumbhak)
- 2.4 Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka + Bahya Kumbhak) (1:4:2:2)
- 2.5 Bhramari Pranayama

III. PRACTICES LEADING TO MEDITATION **Marks: 20**

- 3.1 Pranav and Soham Japa
- 3.2 Yoga Nidra (1,2,3)
- 3.3 Antarmauna
- 3.4 Ajapa Dharana (Stage 1,2,3)

IV Counselling When not to do yoga – situations where different yogic kriyas and asanas should not be done and taught

V. Continuous evaluation by the Teachers **Marks: 40**

BOOKS FOR REFERENCES

- Saraswati, Swami Satyanand : Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006
- Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi.
- Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2009
- Iyengar, B.K.S. : Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012
- Nagendra, H.R. : The Art and Science of Pranayama, Swami Vivekanand Yoga Prakashan, 2005, Bangaore.
- Swami Rama : Science of Breath, A Practcal Guide, The Himalayan International Institute, Pennselvenia, 1998
- Gharote, M.L. : Pranayama: The Science of Breath, The Lonavla Yoga Institute, Lonavla, 2003.
- Lajpat, Rai & others : Meditation, Anbhava Rai Publications, Gurgaon.
- Sarswati, Swami : Dharana Darshan, Yoga Publication Trust, Munger, 2003
- Niranjananand : Dhyanamalika, KYM, Chennai, 2005
- Krishnamacharya, T. : Yoganidra, Yoga Publication Trust, Munger, 1998.
- Swami Satyananda : Meditation & its practices, Advaita Ashrama Publication, Kolkata, 2006
- Swami Adiswarananda : Meditation & its practices, Advaita Ashrama Publication, Kolkata, 2006

VII -Practical V (YOGA PRACTICAL– IV)

Total Marks	Hrs. of instructions/week	Credits
100 (60+40)	6 P	3 Credits

Repetition of previously taught practices and the followings new Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and benefits of each of the following Yogic practices

I. YOGASANA (Sitting Postures)	- 20 MARKS
II. YOGASANA (Supine lying Postures)	- 20 MARKS
III. YOGASANA (Prone lying Postures)	- 20 MARKS
IV. Continuous evaluation by the Teachers	- 40 MARKS
TOTAL - 100 MARKS	

I. YOGASANA (Sitting Postures) Marks: 20

- 1.1 Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana
- 1.2 Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana,
- 1.3 Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, Utthana
Mandukasana
- 1.4 Vakrasana, Ardha Matsyendrasana , Marichayasana, Simhasana

II. YOGASANA (Supine lying Postures) Marks: 20

- 2.1 Pavanamuktasana
- 2.2 Utthana-padasana, Ardha Halasana,
- 2.3 Halasana
- 2.4 Setubandha Sarvangasana
- 2.5 Sarvangasana
- 2.6 Matsyasana
- 2.7 Chakrasana
- 2.8 Shavasana

III. YOGASANA (Prone lying Postures) Marks: 20

- 3.1 Makarasana
- 3.2 Bhujangasana
- 3.3 Shalabhasana
- 3.4 Dhanurasana
- 3.5 Kapotasana
- 3.6 Raja Kapotasana

IV Counselling When not to do yoga – situations where different yogic kriyas and asanas should not be done and taught

V. Continuous evaluation by the Teachers Marks: 40

BOOKS FOR REFERENCES

- Swami Dhirendra
Bhrahmachari : Yogasana Vijnana,
Dhirendra Yoga Publications, New Delhi.
- Swami Kuvalyananda : Asana
Kaivalyadhama, Lonavla
- Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra
Bihar School of Yoga, Munger
- Iyengar, B.K.S. : Light on Yoga,
Harper Collins Publishers.
- Tiwari, O.P. : Asana Why and How?
Kaivalyadhama, Lonavla.
- Radha, Sivananda : Hatha Yoga,
Jaico Publishing House, Delhi, 2004.
- Jayadev, Yogendra : Cyclopaedia Yoga (Vol. I-IV),
The Yoga Institute, Santacruz, Mumbai.
- Sri Ananda : The Complete book of Yoga,
Orient Paper Backs, Delhi, 2003.
- Saraswati, Swami Satyanand : Asana, Pranayama, Bandha, Mudra
Bihar School of Yoga, Munger.

VIII --PRACTICAL –VI (PHYSIOLOGY PRACTICAL)

Total Marks	Hrs. of instructions/week	Credits
100 (60+40)	2 P	1 Credits

I. Practical	- 40 MARKS
II. Viva Voce	- 20 MARKS
III. Continuous evaluation by the Teachers	- 40 MARKS

TOTAL	-100 MARKS

- | | |
|---------------------------------------------------------------------------------|------------------|
| 1. Practical: | 40 marks |
| a. Anthropometry measurements | |
| b. Assessment of pulse and blood pressure | |
| c. Effect of posture, exercise and cold stress on pulse rate and blood pressure | |
| d. BMI Calculation | |
| e. Recording of Body Temperature. | |
| 2. Viva voce | 20 marks |
| 3. Continuous evaluation by the Teachers | 40 marks |
| | ----- |
| | 100 marks |

**BACHELOR OF SCIENCE
(YOGA)**

B.Sc. (Yoga)
3 years (6 semesters)

SEMESTER - III

DETAILED SYLLABUS

I -PATANJALA YOGA DARSHANA – I

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	3L+ 2T	5 Credits

UNIT – I: INTRODUCTION TO SAMKYA DARSHANA, YOGA DARSHANA OF PATANJALI & ITS TRADITIONAL COMMENTARIES

- 1.1 Introduction to Samkhya and Yoga Darshana, History and development of Samkhya and Yoga Darshana.
- 1.2 Theory of Evolution and Meta-physics of Samkhya
- 1.3 Concept of Triguna, Prakriti, Purusha and Apavarga (Moksha) according to Samkhya Darshan.
- 1.4 Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.)
- 1.5 Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-vartika).

UNIT – II: CONCEPT OF CHITTA. CHITTA-BHOOMIS, CHITTA-VRITTIES AND CHITTA-VRITTI NIRODHOPAYA

- 2.1 Concept of Mana, Bhudhi, Ahankar and Chitta.
- 2.2 Concept of Chitta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha).
- 2.3 Concept of Chitta-Vritties and their classification, Chitta-Vritti Nirodhopaya (Abhyasa and Vairagya).
- 2.4 Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar, Concept of Samprajnata
- 2.5 Chitta-Vikshepas (Antarayas), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.

UNIT – III: SAMADHI PADA

- 3.1 Concept of Yoganushasanam, Yoga Lakshanam and its results.
- 3.2 Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi).
- 3.3 Types of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita)
- 3.4 Concept of Samapatti and kinds of Samapatti (Savitraka and Nirvitraka, Savichara and Nirvichara).
- 3.5 Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).

UNIT – IV: SAMADHI PADA AND ITS APPLICATIONS

- 4.1 Application of Samprajnatah Samadhi.
- 4.2 Application of Samapatti.
- 4.3 Application of Shradha, Virya, Smriti, Samadhi and Prajah in Yoga Sadhana.
- 4.4 Relevance of concept of Ishwar and Ishwar pranidhana in Yoga Sadhana,.
- 4.5 Ritambhara-prajna and Adhyatma-prasadanam.

BOOKS FOR REFERENCE

- Swami Digambara Ji and others
Swami Virupaksananda
- Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012
Samkhyakarika of I svarakrisna
(with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana
Matha Madras, 1995
- K.D. Prithvipaul
- The Yogasurta of Patanjali M.L.B.D. New Delhi
- Swami Ved Bharti
- Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D.
New Delhi, 2004, Vol I & II
- Ram Prasada
- The Patanjalis Yogasutras, Munshiram Manohar Lal New
Delhi, India, 2005
- B.K.S. Iyengar
Swami Satyprakash Sarswati
- Patanjal Yogasutras Parichya M.D.N.I.Y New Delhi, 2011
Patanjal Raj Yoga, S. Chand & Co. (Pvt.) Ltd. Ram Nagar, New
Delhi,
- B.K.S. Iyengar
- Core of the Yogasutras (The Definitive guide to the Philosophy
of Yoga) ,Harper Collin Publisher, London, 2013
- Karambelakar P. V.
Swami Sarvagatananda
- Patanjala Yogasutra, Kaivalyadhama, Lonavala, 2005
Meditation as Spiritual,Culmination Yoha Aphorisma of
Patanjali, Advaita Ashrama, Kolkata, 2008

II - YOGA EDUCATION

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	3L+2T	5 Credits

UNIT – I: FUNDAMENTALS OF EDUCATION

- 1.1 Education: Meaning, Definition, Aim and Importance; Related Terms: Instruction, Teaching and Training
- 1.2 Components of Education: Teacher, Student and Curriculum; Forms of Education; Agencies of Education
- 1.3 Education in Indian and Western Perspective; Trends in Modern Education: Emphasis on Learning Outcomes, Emphasis on Activity, Recognizing the Student as an Individual, Emphasis on Developing Holistic Personality; Philosophical, Psychological, Sociological and Scientific Approaches of Education
- 1.4 Communication: Role of Language, Voice, Fluency, Clarity and Body Language in Teaching; Audio-Visual Aids in Teaching
- 1.5 Evaluation: Meaning, Purpose and Importance of Evaluation; Evaluation Devices: Examination, Interview, Group Discussion, Questionnaire; Evaluation of Students, Evaluation of Teacher and Evaluation of Programme

UNIT – II: YOGA AND VALUE-BASED EDUCATION

- 2.1 Yoga Education: Salient Features; Factors of Yoga Education: Teacher, Student and Teaching, Role of a Yoga Teacher
- 2.2 Value oriented Education; Guru-Shishya Parampara and its importance in Yoga Education; Concepts of Para and Apar Vidya
- 2.3 Value-based Education: Meaning and Definition; Need and Aim of Value-based Education; Human Excellence through Value-based Education
- 2.4 Values: Meaning and Definition; Types of Values; Significance of Values; Kohlberg's Moral Judgment Theory
- 2.5 Process of Value Determination: Raths, Hermin & Simon Theory; Contribution of Yoga towards Development of Values

UNIT – III: YOGA AND SOCIAL EDUCATION

- 3.1 Applied Aspects of Yoga Education
- 3.2 Nature and Meaning of Society; Civic Sense; Contribution of Yoga Education towards Social Transformation
- 3.3 Nature and Meaning of National Integration; Patriotic urge; Role of Yoga Education in National Integration
- 3.4 Concepts of Social Education in Yoga and relevance in bringing socially healthy citizens
- 3.5 Human and Universal Perspective of Yoga

UNIT-IV: YOGA IN PHYSICAL EDUCATION

- 4.1 Physical Education: Meaning and Objectives; Fitness and Physical Education
- 4.2 Indicators of Physical Fitness: Strength, Endurance and Flexibility; Indicators of Mental Fitness: Concentration, Will-Power and Mental Toughness
- 4.3 Yoga for Physical and Mental Fitness: Asana, Pranayama, Bandha, Mudra and Meditation,
- 4.4 Relationship between Yoga Education and Physical Education
- 4.5 Role of Yoga in Sports and Physical Education
- 4.6 Role of yoga in Sports promotion

BOOKS FOR REFERENCE

- ML Gharote Yoga and
physical education
- Bhatia, Kamala & B. D. The Principles and Methods of Teaching, Doaba House,
Delhi, 2000.
- Duggal, Satyapal Teaching Yoga, The Yoga Institute, Santacruz,
Bombay, 1985.
- Gavande, E. N. Value Oriented Education: Vision for Better Living
Sarup & Sons, New Delhi. 2002.
- Gharote M.L.& others Teaching Methods for Yogic Practices, Kaivalyadhama,
Lonavla, 2001
- Ganguly S.K. Yoga Applied to Physical Education, Kaivalyadhama,
Lonavla.
- Iyengar, B.K.S. & others Basic Guidelines for Teachers of Yoga; Yog,
Ramamani Iyengar Memorial Yoga Institute, Pune,
2003
- Nagendra, H. R. & Others Yoga in Education; V. K. Yogas, Bangalore, 1994
- Srikrishna Notes on Basic Principles and Methods of Teaching As
Applied to Yogic Practices and A Ready Reckoner of
Yogic Practices, I.C.Y. Health Centre, Kaivalyadhama,
2009.
- Ramkrishna Mission Value Education, Ramakrishna Mission, New Delhi,
2002.
- Subrahmanyam, K. Education in Values, Vivekananda Kendra Prakashana
Trust, Madras, 2003.
- Saxena, N.R. Swaroop Philosophical and Sociological Foundation of
education, R. Lall Book Depot, Meerut, 2011.

III - YOGA and PSYCHOLOGY

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	1L+1T	2 Credits

UNIT- I: PSYCHOLOGY: A SCIENCE OF BEHAVIOUR

- 1.1 Psychology: Definition of Psychology; Psychology as a Science of Behaviour; Definition of Behaviour
- 1.2 Cognitive process, Higher mental process, Feelings, emotions
- 1.3 Mental abilities

UNIT- II: PERSONALITY AND ITS DEVELOPMENT

- 4.1 Personality: Nature and Types of Personality;
- 4.2 Yoga and Personality: Yogic View of Personality; Personality Development with special emphasis on *Panchakosha* and *Ashtanga Yoga*

BOOKS FOR REFERENCE

- Bhatia, Hans Raj : General Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd, 2005
- Singh, A. K. : *Saral Samanya Manovijnana*. Delhi: Motilal Banarasidas Publications, 2007
- Srivastava, D.N. : *General Psychology*. Agra: Vinod Pustak Mandir, 2007
- Vivekananda, Swami : *Raja Yoga*. Nagpur: Ramakrishna Math.

IV - FUNCTIONAL HINDI – I

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	3L+2T	5 Credits

UNIT – I हिंदी भाषा का सामान्य परिचय

- 1.1 हिंदी भाषा का आविर्भाव एवं उसका विकासात्मक इतिहास
- 1.2 हिंदी भाषा का क्षेत्र विस्तार : हिंदी क्षेत्र एवं भाषा क्षेत्र
- 1.3 हिन्दी भाषा की उपभाषाओं और बोलियों का सामान्य परिचय
- 1.4 हिंदी भाषा और व्याकरण (हिन्दी व्याकरण विभाग- वर्ण-विचार, शब्द विचार, वाक्य विचार और छन्द विचार) , मूलांश, प्रतिपादिक प्रत्यय (पूर्व प्रत्यय पर प्रत्यय) , शब्द छेद ,कारकीय रूप: संज्ञा और सर्वनाम , विशेषण की रचना
- 1.5 क्रिया: धातु कृदंत सहायक क्रिया संयुक्त क्रिया

UNIT – II हिंदी भाषा का विकास

- 2.1 हिंदी शब्द की व्युत्पत्ति
- 2.2 भाषा के अर्थ में हिंदी शब्द का प्रयोग
- 2.3 हिंदी भाषा संरचना का विकास
- 2.4 हिंदी भाषा का विकास

UNIT – III हिंदी का शब्द-भंडार और शब्द-रचना

- 3.1 संज्ञा, सर्वनाम, विशेषण, क्रिया
- 3.2 पर्यायवाची और विलोम
- 3.3 अशुद्धि-शोधन
- 3.4 मुहावरे एवं लोकोक्तियाँ

UNIT – IV राष्ट्रभाषा, राजभाषा, संपर्क भाषा के रूप में हिंदी

- 4.1 भाषा की परिभाषा एवं उसकी प्रकृति
- 4.2 राष्ट्रभाषा के रूप में हिंदी
- 4.3 राजभाषा के रूप में हिंदी
- 4.4 संपर्क भाषा के रूप में हिंदी

सन्दर्भ ग्रन्थ

- टंडन पूरनचंद एवं सेठी हरीश कुमार : हिंदी: प्रयोग, क्षमता और संप्रेषण 'ख',
किताब घर, नई दिल्ली, (संस्करण-2007)
- तिवारी सुनील कुमार एवं टंडन पूरनचंद : कार्यालयी हिंदी एवं निबंध लेखन, किताब घर, नई दिल्ली,
(संस्करण-2012)
- टंडन पूरनचंद एवं सेठी हरीश कुमार : हिंदी: प्रयोग, क्षमता और संप्रेषण 'क'
किताब घर, नई दिल्ली, (संस्करण-2008)
- अग्रवाल मुकेश एवं टंडन पूरनचंद : हिंदी दक्षता 'क', किताब घर, नई दिल्ली, (संस्करण-2012)
- टंडन पूरनचंद एवं शर्मा शिवकुमार : हिंदी दक्षता 'क', किताब घर, नई दिल्ली, (संस्करण-2012)
- टंडन पूरनचंद : हिंदी निपुणता 'ख', किताब घर, नई दिल्ली, (संस्करण-2006)
- टंडन पूरनचंद एवं अग्रवाल मुकेश : हिंदी भाषा: कल और आज, किताब घर, नई दिल्ली, (संस्करण-
2011)
- अग्रवाल मुकेश एवं टंडन पूरनचंद : हिंदी दक्षता 'ख', किताब घर, नई दिल्ली, (संस्करण-2012)
- टंडन पूरनचंद एवं सिंगला ममता : हिंदी दक्षता 'ग', किताब घर, नई दिल्ली, (संस्करण-2011)
- तिवारी सुनील कुमार एवं टंडन पूरनचंद : हिंदी: स्वरूप और विस्तार, किताब घर, नई दिल्ली, (संस्करण-
2012)
- टंडन पूरनचंद एवं शर्मा रवि : हिंदी दक्षता 'ग', किताब घर, नई दिल्ली, (संस्करण-2013)
- पाण्डेय पृथ्वीनाथ : मानक हिंदी व्याकरण, जय भारती प्रकाशन इलाहाबाद
(संस्करण-2003)
- गर्ग लक्ष्मीनारायण : हिंदी शब्दप्रयोग कोश, किताबघर प्रकाशन, नई दिल्ली
(संस्करण-2001)

V - Practical – VII (YOGA PRACTICAL – V)

Total Marks	Hrs. of instructions/week	Credits
100 (60+40)	10 P	5 Credits

Repetition of previously taught practices and the followings new Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and benefits of each of the following Yogic practices

I. BANDHA	- 20 MARKS
II. PRANAYAMA	-20 MARKS
III. PRACTICES LEADING TO MEDITATION	- 20 MARKS
IV. Continuous evaluation by the Teachers	- 40 MARKS

TOTAL - 100 MARKS

I. BANDHA	Marks: 20
<ul style="list-style-type: none">• Jivha Bandha• Jalandhara Bandha• Uddiyana Bandha• Mula Bandha• Maha Bandha• Tri Bandha	
II PRANAYAMA (with Antar & Bahya Kumbhaka)	Marks: 20
2.1 Surya-bhedi and Chandra-bhedi Pranayama	
2.2 Ujjayi Pranayama	
2.3 Sheetali Pranayama	
2.4 Shitkari Pranayama	
2.5 Bhastrika Pranayama	
III. PRACTICES LEADING TO MEDITATION	Marks: 20
3.1 Ajapa Dharana (Stage 4,5,6)	
3.2 Yoga Nidra (4,5)	
3.3 Practices leading to Breath Meditation	
3.4 Practices leading to Om Meditation	
3.5 Practices leading to Vipassana Meditation	
Practices leading to Preksha Meditatio	
IVCounselling When not to do yoga – situations where different yogic kriyas and asanas should not be done and taught	
IV. Continuous evaluation by the Teachers	Marks: 40

BOOKS FOR REFERENCES

- Saraswati, Swami Satyanand : Asana, Pranayama, Bandha, Mudra
Bihar School of Yoga, Munger, 2009
- Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi,
2009
- Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2005
- Iyengar, B.K.S. : Light on Pranayama, Harper Collins, London, 2012
- Nagendra, H.R. : The art and Science of Pranayama, Swami
Vivekananda Yoga Prakashan, 2005, Bangaore
- Swami Rama : Science of Breath, The Himalayan International
Institute, Pennselvenia, 1998
- Gharote, M.L. : Pranayama: The Science of Breath, The Lonavla Yoga
Institute, Lonavla, 2003
- Lajpat, Rai & others : Meditation, Anbhava Rai Publications, Gurgaon
- Saraswati, Swami Satya Nand : Meditation from Tantras, Yoga Publication Trust,
Munger, 2004
- Sarswati, Swami : Dharana Darshan, Yoga Publication Trust, Munger,
Niranjananand 2003
- Swami Satyananda : Yoganidra, Yoga Publication Trust, Munger, 1998

VI - Practical – VIII (YOGA PRACTICAL – VI)

Total Marks	Hrs. of instructions/week	Credits
100 (60+40)	10 P	5 Credits

Repetition of previously taught practices and the following new Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and benefits of each of the following Yogic practices

I. YOGASANA	- 40 MARKS
II. MUDRAS	- 20 MARKS
III. Continuous evaluation by the Teachers	- 40 MARKS

TOTAL - 100 MARKS

I. YOGASANA **Marks: 40**

- 1.1 Siddhasana, Bhadrasana,
- 1.2 Baddha Padmasana, Uttitha Padmasana,
- 1.3 Bhunamanasana, Hanumanasana
- 1.4 Bakasana, Kukkutasana, Garbhasana
- 1.5 Matsyendrasana, Marjariasana,
- 1.6 Padangusthasana, Hastapadangusthasana
- 1.7 Garudasana, Vatayanasana , Natarajasana
- 1.8 Mayurasana, Padma Mayurasana
- 1.9 Sirshasana and its variations
- 1.10 Ekapada and Dwipada Kandarasana

II. MUDRAS **Marks: 20**

- 2.1 Yoga Mudra
- 2.2 Maha Mudra
- 2.3 Shanmukhi Mudra
- 2.4 Shambhavi Mudra
- 2.5 Kaki Mudra
- 2.6 Tadagi Mudra
- 2.7 Vipareet Karni Mudra
- 2.8 Simha Mudra

III. Continuous evaluation by the Teachers **Marks: 40**

IV Counselling When not to do yoga – situations where different yogic kriyas and asanas should not be done and taught

BOOKS FOR REFERENCES

- Swami Dhirendra
Brahmachari : Yogasana Vijnana, Dhirendra Yoga Publications, New
Delhi, 1966
- Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1983
- Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra, Bihar School of
Yoga, Munger, 2006
- Iyengar, B.K.S. : Light on Yoga, Harper Collins Publishers, Delhi, 2009
- Sen Gupta Ranjana : B.K.S. Iyengar Yoga, A Dorling Kindersley Limited,
2001
- Tiwari, O.P. : Asana Why and How? Kaivalyadhama, Lonavla, 2011
- Radha, Sivananda : Hatha Yoga, Jaico Publishing House, Delhi, 2004.
- Jayadev, Yogendra : Cyclopaedia Yoga (Vol. I-IV), The Yoga Institute,
Santacruz, Mumbai, 2005
- Sri Ananda : The Complete book of Yoga, Orient Paper Backs,
Delhi, 2003

**BACHELOR OF SCIENCE
(YOGA)**

B.Sc. (Yoga)
3 years (6 semesters)

SEMESTER - IV

DETAILED SYLLABUS

I - PATANJALA YOGA DARSHANA-II

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	4L + 2T	6 Credits

UNIT – I: SADHANA PADA

- 1.1 Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh).
- 1.2 Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drisha-nirupanam (Prakriti), Drastunirupanama (Purusha), PrakritiPurushaSamYoga.
- 1.3 Brief Introduction to Ashtanga Yoga.
- 1.4 Concept of Asana and Pranayama and their Siddhis.
- 1.5 Concept of Pratyahara and its Siddhis.

UNIT – II: SADHANA PADA AND ITS APPLICATION

- 2.1 Application of Kriya Yoga.
- 2.2 Application of Yama, Niyama and Asana.
- 2.3 Application of Pranayama and Pratyahara.
- 2.4 Application of Dukhavada (through knowledge of Drishta and Drisha-nirupanam).
- 2.5 Theory of Karmasya and principle of Karma-phala and its relevance in Yoga Sadhana.

UNIT – III: VIBHUTI PADA AND ITS APPLICATION

- 3.1 Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis.
- 3.2 Three types of Chitta Parinamah.
- 3.3 Bhoota jaya, Indriya jaya and their Siddhis, Satvapurushanyatakhyati and its Siddhis.
- 3.4 VivekJnanaNirupanam, KaivalyaNirvachana.
- 3.5 Role of Dharana, Dhyana, Samadhi and its application.

UNIT – IV: KAIVALYA PADA AND ITS APPLICATION

- 4.1 Five Types of Siddhis and Jatyantar Parinamh.
- 4.2 Concept of Nirman Chitta and four types of Karmas.
- 4.3 Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities.
- 4.4 Non-self-illumination of Buddhi and its function, Dharmamegha Samadhi and infinite knowledge.
- 4.5 Mutation of Guna, Karma, Pratiprasavah and Kaivalya.

BOOKS FOR REFERENCE

Patanjali yoga darshana by Achar sahaitya prachar trust Khari baoli Delhi 6
Ashtang yoga by Swami Dev-Vrata (Arsha yog sanathan, Mirzapura ,Haryana)

M.R. Yardi	The Yoga of Patanjali Bhandarkar Oriental Research Institute, Poona, India
K.D. Prithvipaul	The Yogasurta of Patanjali M.L.B.D. New Delhi
Swami Ved Bharti	Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi
Ram Prasada	The Patanjalis Yogasutras Divine Books Delhi, India
Jayadeva Yogendra and Hansaji	The Yogasutras of Patanjali (stray thoughts of) The Yoga Institute Santa Kunj, Mumbai
B.K.S. Iyengar	Patanjal Yogasutras Parichya M.D.N.I.Y New Delhi
Swami Satyprakash Sarswati	Patanjal Raj Yoga S. Chand & Co. (Pvt.) Ltd. Ram Nagar, New Delhi
B.K.S. Iyengar	Core of the Yogasutras (The Definitive guide to the Philosophy of Yoga) ,Thomson Press India Ltd.
Shyam Ranganathan	Patanjalis Yogasutras Penguin Books India Pvt. Ltd., New Delhi
Karambelakar P. V. Swami Sarvagatananda	Patanjala Yogasutra, Kaivalyadhama, Lonavala Meditation as Spiritual,Culmination Yoha Aphorisma of Patanjali, Advaita Ashrama, Kolkata, 2008

II - METHODS OF TEACHING IN YOGA

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	3L + 2T	5 Credits

UNIT I: PRINCIPLES AND METHODS OF TEACHING YOGA

- 1.1 Teaching and Learning : Concepts and Relationship between the two.
- 1.2 Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha.
- 1.3 Meaning and scope of Teaching methods, and factors influencing them.
- 1.4 Sources of Teaching methods
- 1.5 Role of Yoga Teachers and Teacher training

UNIT II: BASICS OF YOGA CLASS MANAGEMENT

- 2.1 Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group)
- 2.2 Techniques of mass instructions
- 2.3 Techniques of Individualised teaching
- 2.4 Techniques of group teaching
- 2.5 Organisation of teaching (Time Management, Discipline etc.)

UNIT III: LESSON PLANNING IN YOGA

- 3.1 Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation)
- 3.2 Models of Lesson Plan
- 3.3 Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching
- 3.4 Effective use of Library and other resources
- 3.5 Lesson Plan and its Practical applications

UNIT IV: EDUCATIONAL TOOLS OF YOGA TEACHING

- 4.1 Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.
- 4.2 Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching
- 4.3 Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching.
- 4.4 Meaning, Importance and Types of Educational technology
- 4.5 Role of Educational Technology in Yoga

BOOKS FOR REFERENCE

- Dr. Gharote M L : Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
- Dr. Shri Krishna : Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009
- Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi,
- Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

III - YOGIC DIET & NUTRITION

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	3L + 1T	4 Credits

UNIT – I: YOGIC CONCEPT OF DIET & NUTRITION

- 4.1 General Introduction of Ahara (Diet), concept of Mitahara
- 4.2 Definition and Classification in Yogic diet according to traditional Yoga texts
- 4.3 Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta
- 4.4 Pathya and Apathya in diet according to Yogic texts; Guna and Ahara
- 4.5 Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living

UNIT – II: Dietetics in Yoga

Classification according to triguna- vegetarian vs non-vegetarian, panchabhuta relationships, rasa virya, Guna, Vipaka of shali, Yava, Godhuma, Mugda, Masha, Chanaka, patola, Surana, Mana, Kakkola, Shukashuka, Karkat, rambha, Balaramba, Mulak, Vartaki, Ridhi, Kalashaka, Vatraka, Himoocika.
Navanita, Ghrta, Kshira, Sita, Aikshwam, Gudum, Pakvaramba, Varikellalm, Draksham, Lawali, Dhatri, Ela, Jati, Lavanga, Panasa, Jambu, Haritaki, Khajura, Madhu, Shunthi.

UNIT – III: Nutrition-basics

Nutrients ,proximate principles of diet, balanced diet concept
Carbohydrates, proteins, fats –sources, nutritive values, importance
Minerals-calcium, iron ,phosphorus etc.
Vitamins –sources, roles, requirements

BOOKS FOR REFERENCE

- Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
- Stanley Davidson & others : Human Nutrition & Dietetics , The English Language Book Society & Churchill Livingstone, Revised Edition
- Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001
- Randolph Stone : A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition
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- Swami Digamber Ji & Others : Gheranda Samhita, Lonavala Institute, 1978
- Gharote M L & others : Hatha Pradipika, The Lonavala Yoga Institute, Lonavala, 2006
- Swami Mangalteertham : Synthetic approach to Diet & Nutrition, Deogarh Nutan Publication, Deogarh, 2005
- Swami Gambhirananda : Bhagvatgita, Shri Ramkrishna Math, Madras
- Swami Maheshananda & others : Vasishta Samhita, Kaivalyadhama, Lonavla, 2005

IV - YOGA AND MENTAL HEALTH

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	2T	2 Credits

UNIT-I: MENTAL HEALTH

Mental Health: Meaning and Importance; Yogic Perspective of Mental Health

Yoga nidra, Kuntha, samayojan, stress, emotions, feelings, adjustments

UNIT- II: YOGA FOR MENTAL HEALTH

Yogic Concepts and Techniques in *Patanjala Yoga Sutra* and *Bhagwadgita* for Promoting Mental Health; Need of Spiritual Growth for Mental Health
Specific Yogic Practices for Promotion of Mental Health: Memory, Intelligence, Breath Awareness, *Shavasana*, *Yoganidra*, *Pranayama* and Meditation; Yogic Life-style

BOOKS FOR REFERENCE

- Singh, A. K. : Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007
- Tilak, B. G. : Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.
- Udupa, K.N. : Stress and Its Management by Yoga. Delhi: Motilal Banarasidas, 2007
- Vivekananda, Swami : Raja Yoga. Nagpur: Ramakrishna Math.

V - FUNCTIONAL HINDI – II

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	2L+1T	3 Credits

UNIT – I कार्यालयीय पत्र-लेखन

- 1.1 कार्यालयीय पत्राचार परिचय
- 1.2 कार्यालयीय पत्र-व्यवहार के लिए महत्त्वपूर्ण बातें
- 1.3 कार्यालयीय पत्र के सामान्य अंग
- 1.4 कार्यालयीय पत्रों के प्रकार
- 1.5 व्यावसायिक पत्र-लेखन (प्रस्तावना, पत्र-लेखन के सामान्य गुण , व्यावसायिक पत्र)

UNIT – II निबंध एवं पत्र लेखन

- 2.1 अच्छे निबंध की विशेषताएँ
- 2.2 निबंध के अंग
- 2.3 अच्छा निबंध कैसे लिखे
- 2.4 माता-पिता अथवा मित्र के लिए पत्र
- 2.5 समाचार-पत्र के संपादक को पत्र , प्रधानाचार्य को पत्र

UNIT – III प्रतिवेदन लेखन

- 3.1 प्रतिवेदन : एक सार्थक शब्द
- 3.2 प्रतिवेदन : स्वरूप और परिभाषा, प्रतिवेदन के क्षेत्र
- 3.3 सुझाव , समिति का निर्णय या अभिमत
- 3.4 प्रतिवेदन से अपेक्षा , प्रतिवेदन: प्रकार एवं उपयोगिता
(व्यक्ति या विशेषज्ञ द्वारा तैयार किया गया प्रतिवेदन, समितियों या उपसमितियों द्वारा तैयार किए जाने वाले प्रतिवेदन उपयोगिता प्रतिवेदन के मुख्य तत्व)
- 3.5 प्रतिवेदन की विशेषताएँ , प्रतिवेदन लेखन की प्रक्रिया , प्रतिवेदन की भाषाशैली

UNIT – IV भाषांतर या अनुवाद

- 4.1 अनुवाद का स्वरूप, क्षेत्र, प्रक्रिया एवं प्रविधि, हिंदी की प्रयोजनीयता में अनुवाद की भूमिका
- 4.2 कार्यालयीय हिंदी और अनुवाद, जनसंचार माध्यमों का अनुवाद, वैचारिक साहित्य का अनुवाद, वाणिज्यिक अनुवाद
- 4.3 वैज्ञानिक, तकनीकी तथा प्रौद्योगिकी क्षेत्रों में अनुवाद, विधि साहित्य की हिन्दी और अनुवाद
- 4.4 व्यावहारिक अनुवाद अभ्यास

4.5 कार्यालयीय अनुवाद: कार्यालयीय एवं प्रशासनिक शब्दावली, प्रशासनिक प्रयुक्तियाँ, पदनाम, विभाग आदि

सन्दर्भ ग्रन्थ

- टंडन पूरनचंद एवं सेठी हरीश कुमार : हिंदी: प्रयोग, क्षमता और संप्रेषण 'ख',
किताब घर, नई दिल्ली, (संस्करण-2007)
- शर्मा रवि एवं टंडन पूरनचंद : हिंदी व्यवहार, किताब घर, नई दिल्ली, (संस्करण-2012)
- तिवारी सुनील कुमार एवं टंडन पूरनचंद : कार्यालयी हिंदी एवं निबंध लेखन, किताब घर, नई दिल्ली,
(संस्करण-2012)
- टंडन पूरनचंद एवं सेठी हरीश कुमार : हिंदी: प्रयोग, क्षमता और संप्रेषण 'क'
किताब घर, नई दिल्ली, (संस्करण-2008)
- अग्रवाल मुकेश एवं टंडन पूरनचंद : हिंदी दक्षता 'क', किताब घर, नई दिल्ली, (संस्करण-2012)
- टंडन पूरनचंद एवं शर्मा शिवकुमार : हिंदी दक्षता 'क', किताब घर, नई दिल्ली, (संस्करण-2012)
- टंडन पूरनचंद : हिंदी निपुणता 'ख', किताब घर, नई दिल्ली, (संस्करण-2006)
- टंडन पूरनचंद एवं अग्रवाल मुकेश : हिंदी भाषा: कल और आज, किताब घर, नई दिल्ली, (संस्करण-
2011)
- अग्रवाल मुकेश एवं टंडन पूरनचंद : हिंदी दक्षता 'ख', किताब घर, नई दिल्ली, (संस्करण-2012)
- टंडन पूरनचंद एवं सिंगला ममता : हिंदी दक्षता 'ग', किताब घर, नई दिल्ली, (संस्करण-2011)
- तिवारी सुनील कुमार एवं टंडन पूरनचंद : हिंदी: स्वरूप और विस्तार, किताब घर, नई दिल्ली, (संस्करण-
2012)
- टंडन पूरनचंद एवं शर्मा रवि : हिंदी दक्षता 'ग', किताब घर, नई दिल्ली, (संस्करण-2013)
- पाण्डेय पृथ्वीनाथ : मानक हिंदी व्याकरण, जय भारती प्रकाशन इलाहाबाद
(संस्करण-2003)
- गर्ग लक्ष्मीनारायण : हिंदी शब्दप्रयोग कोश, किताबघर प्रकाशन, नई दिल्ली
(संस्करण-2001)

VI--Practical – IX (YOGA PRACTICAL – VII)

Total Marks	Hrs. of instructions/week	Credits
100 (60+40)	8 P	4 Credits

Repetition/ Practice of all previously taught Yogic Practices e.g. Shat-karmas, Yogic Sukhma & Sthula Vyayamas, Yogasanas, Pranayamas, Bandhas, Mudras and Practices Leading to Meditation during Semester I to V with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and benefits of each of the Yogic practices.

Emphases shall be on stability, comfortability, duration and other basic principle of each yogic practices as illustrated in the classic Yoga texts.

The core teaching shall be on subjective experience and perfection in Yoga Sadhana

I.	YOGIC SUKSHMA AND STHULA VYAYAMA AND SURYA NAMASKARA	10 MARKS
II.	SHAT KARMAS	10MARKS
III.	YOGASANAS	20 MARKS
IV.	BANDHA AND MUDRAS	05MARKS
V.	PRANAYAMA	10 MARKS
VI.	PRACTICE LEADING TO MEDITATION	05 MARKS
VII.	Continuous evaluation by the Teachers	40 MARKS

TOTAL 100 MARKS

I.	YOGIC SUKSHMA AND STHUL VYAMAYA, SURKANAMASKARA	10 MARKS
II.	SHAT KARMAS	10MARKS
	<ul style="list-style-type: none"> • Vastra Dhauti • Sutra Neti • Kapalbhathi • Nauli Chalan • Jyoti Trataka • Agnisara 	
III.	YOGASANAS	20MARKS
	<ul style="list-style-type: none"> • Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana • Ardha Chakrasana, Paada Hastasana • Trikonasana, Parshva Konasana • Veerabhadrasan • Bhunamanasana, Hanumanasana • Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana, 	

- Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana,
- Kurmasana, Navasana, Baddha Padmasana, Uttitha Padmasana
- Janusirasana, Paschimottanasana, Supta Vajrasana
- Bhramacharyasana, Mandukasana, Utthana Mandukasana
- Vakrasana, Ardha Matsyendrasana , Marichayasana, Simhasana
- Pavanamuktasana
- Utthana-padasana, Ardha Halasana,
- Setubandha Sarvangasana
- Halasana, Karna Peedasana
- Sarvangasana, Matsyasana
- Chakrasana
- Shavasana
- Makarasana
- Bhujangasana
- Shalabhasana
- Dhanurasana
- Kapotasana ,
- Bakasana, Garbhasana
- Matsyendrasana, Marjariasana,
- Padangusthasana, Hastapadangusthasana
- Garudasana, Vatayanasana ,
- Sirshasana
- Ekapada Kandarasana

IV. BANDHA AND MUDRAS

05 MARKS

- Jivha Bandha
- Jalandhara Bandha
- Uddiyana Bandha
- Mula Bandha
- Maha Bandha
- Tri Bandha
- Yoga Mudra
- Maha Mudra
- Shanmukhi Mudra
- Shambhavi Mudra
- Kaki Mudra
- Tadagi Mudra
- Vipareet Karni Mudra
- Simha Mudra

V. PRANAYAMA

10 MARKS

- Nadi Shodhana pranayama
- Bhramari Pranayama

- Suryabhedhi and Chandrabhedhi Pranayama
- Ujjayi Pranayama
- Sheetal Pranayama
- Shitkari Pranayama
- Bhastrika Pranayama

VI. PRACTICE LEADING TO MEDITATION

05 MARKS

- Pranav and Soham Japa
- Antaurmouna
- Dharana
- Practice of Dhayana
 - a) Breath Meditation
 - b) Om Meditation
 - c) Vipassana Meditation
 - D) Preksha Meditation

VII Counselling When not to do yoga – situations where different yogic kriyas and asanas should not be done and taught

VIII. Continuous evaluation by the Teachers

40 MARKS

TOTAL

100 MARKS

BOOKS FOR REFERENCES

- Swami Dhirendra
Bhramhachari : Yogic Sukshma Vyayama, Dhirendra Yoga
Publications, New Delhi, 1980
- Swami Dhirendra
Bhramhachari : Yogasana Vijnana, Dhirendra Yoga Publications,
New Delhi, 1966
- Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla, 1983
- Swami Satyananda
Saraswati : Asana, Pranayama, Bandha, Mudra, Bihar School
of Yoga, Munger, 2005-06
- Basavaraddi, I.V. & others : Yogasana: A Comprehensive description about
Yogasana, MDNIY, New Delhi, 2011.
- Basavaraddi, I.V. & others : Yogic Sukshma Evam Sthula Vyayama,
MDNIY, New Delhi, 2011.
- Yogeshwar : Text Book of Yoga, Penguin Books, India, 2004.
- Iyengar, B.K.S. : Light on Yoga, Harper Collins Publishers, 2009
- Sen Gupta Ranjana : B.K.S. Iyengar Yoga, A Dorling Kindersley
Limited, 2001
- Saraswati, Swami
Satyananda : Surya Namaskar, Yoga Publication Trust, Munger,
2004
- Tiwari, O.P. : Asana Why and How? Kaivalyadhama, Lonavla,
2011
- Radha, Sivananda : HathaYoga, jaico Publishing House, Delhi, 2004.
- Jayadev, Yogendra : Cyclopaedia Yoga (Vol. I-IV), The Yoga Institute,
Santacruz, Mumbai, 2005
- Sri Ananda : The Complete book of Yoga, Orient Paper Backs,
Delhi, 2003.
- Buhemann, Gudaum : Eighty four Asanas in Yoga, D.K. Printworld Pvt.
Ltd., New Delhi, 2007.
- Bassavaraddi, I. V.
& others : Yoga Teachers Manual for School Teachers,
MDNIY, New Delhi, 2010.

**VII -Practical – X (YOGA PRACTICAL – 8)
(Practice of Teaching in Yoga)**

Total Marks	Hrs. of instructions/week		Credits
100 (60+40)	8P		4Credits

I. PRACTICE OF TEACHING IN YOGA 40 Marks

1. Illustration of the need for a lesson plan.
2. Illustration of the need for a content plan.
3. Demonstration of types of teaching methods.
4. Demonstration of optimum use of teaching aids viz. audio-visual aids.
5. Practical training on class management.
6. Practical demonstration of critical observation, active supervision and interaction.
7. Method of preparing for an ideal setting based on the specific requirement of the class.
8. Demonstration on use and importance of body language, communication skills and personal conduct in an ideal class.
9. Evaluation methods of an ideal Yoga class.
10. Methods of customizing Yoga class to meet individual needs.

The student will have demonstrations and training in the above mentioned aspects of teaching methods.

Each candidate is expected to complete 5 hours of individual class, 5 classes for a small group, 5 classes for a large group demonstrating the use of essential requirements for an ideal class. (e.g.: One on Shat Karma, One on Asana, one on Pranayama, one on Bandha /Mudra, and one lesson on Meditation) under the supervision of their Yoga Practical Teacher. Each student will also have to prepare and give at least one Lecture cum Demonstration on different topics of Yoga. The record of each of these classes has to be maintained in the 'Practical Record' format for evaluation.

The practice teaching lessons and a Lecture cum Demonstration assignment should be observed / examined by the Yoga Practical Teacher. These marks shall be considered as the Practicle Class Tests (internal assessment) of this practical paper.

II. VIVA-VOCE 20 Marks

Viva-voce shall be on Methods of Yoga Teaching and Presentations of Lesson/s

**BACHELOR OF SCIENCE
(YOGA)**

B.Sc. (Yoga)
3 years (6 semesters)

SEMESTER - V

DETAILED SYLLABUS

I -BHAGAVADGITA

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	3L + 2T	5 Credits

UNIT – I: SIGNIFICANCE OF BHAGAVADGITA AS SYNTHESIS OF YOGA

- 1.1 Introduction to Bhagavadgita
- 1.2 Bhagavadgita and its traditional commentaries, their commentators
- 1.3 Significance of Bhagavadgita as a synthesis of Yoga
- 1.4 Definitions of Yoga in Bhagavadgita and their relevance
- 1.5 Bhagavadgita and their relevance in Yoga Sadhana

UNIT–II: CONCEPT OF ATMAN, PARAMATMAN AND CHARACTERISTIC OF STHITA PRAJNA IN BHAGAVD GITA

- 2.1 Concept of Samkhya Yoga in Bhagavadgita
- 2.2 Concept of Sthita Prajna, stages and characteristic of it
- 2.3 Concept of Atman (Purusha), Jivatman
- 2.4 Concept of Paramatman (Parmeshwar or Purushottam) their characteristic in Bhagavadgita
- 2.5 Concept of Jnana and Jnana Yoga, origin of the world as described in Bhagavadgita

UNIT – III: KARMA YOGA AND BHAKTI YOGA IN BHAGAVADGITA

- 3.1 Concept of karma Yoga in Bhagavadgita
- 3.2 Concept of Karma in context of Bhagavadgita
- 3.3 Concept of Bhakti, concept of Shraddha and its relevance as described in Bhagavad Gita
- 3.4 Yoga of Bhakti and Bhakta as described in Bhagavadgita
- 3.5 Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita

UNIT – IV: CONCEPT OF AHARA AND ROLE OF BHAGAVADGITA IN HEALTHY LIVING

- 4.1 Role of Bhagavadgita in day to day life
- 4.2 Concept and classification of Ahara as described in Bhagavadgita
- 4.3 Ahara and its role in Adhyatma Sadhana
- 4.4 Concept of Triguna in the context of Bhagavadgita
- 4.5 Theory of Adjustment in healthy living as described in Bhagavadgita

BOOKS FOR REFERENCE

Swami Ramsukhadas	Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur
Swami Ranganathananda	Bagavadgita Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata
Swami Shrikantananda	Gita Darshana Indian Institute of Human Excellence Hyderabad
Swami Tapasyananda	Srimadbhagavadgita Sri Ramkrishna Matha Madras
Swami Gambhiranand	Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha Madras
Swami Abhidananda	Bhagvatgita, the divine message, Ramakrishna Vedanta Matha, Kolkata, 1990
Swami Raghvendrananda	Universal message of the Bhagvatgita, Advita Ashrama, Kolkata, 2000
Swami Gambhiranand	Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, Kolkata, 2003
Warrior A.G.K	Srimad Bhagvatgita of Sri Sankaracharya, Sri Ramakrishnamata, Madras, 2002
Swami Adidevananda	Sri Ramanuja Gita Bhasya, Sri Ramakrishnamata, Kolkata, 2009

II - YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	3L +2T	5 Credits

UNIT I: YOGIC CONCEPTS OF HEALTH AND MIND.

- 1.1 Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual
- 1.2 **Concept of Health in Indian Systems of Medicine** i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in health .
- 1.3 Yogic Concept of Health: Meaning and definitions, Concept of Adhi and Vyadhi, Yogic concept of Health, role of Yoga in preventive health care - Heyamdukhamanagatam
- 1.4 **Potential causes of Ill-health:** Tapatrayas and Kleshas,: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva
- 1.5 **Shuddhi Prakriyas in Yoga :** Role of Shuddhi Prakriyas in preventive -Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

UNIT II: YOGIC CONCEPTS FOR HEALTH AND HEALING

- 2.1 Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing
- 2.2 Cocept of Pancha-koshas & Shat-chakra and their role in Health and Healing
- 2.3 Concept of Abhyas and Vairagya, Chitta and Chitta Prasadana, Kriya-yoga, Ashtanga Yoga of Patanjali for Health and Healing.
- 2.4 Concept of Cleansing (Shuddi), its role and importance in Health and Healing
- 2.5 Concept of Swara Yoga and its efficacy in Health and Healing

UNIT-III: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING

- 3.1 Yogic Principles of Healthy Living: Aahara, Vihara, Aachara and Vichara
- 3.2 Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being
- 3.3 Yogic principles of Lifestyle management and its role in prevention of disease and health promotion
- 3.4 Yogic Principles of Diet and its role in Healthy living.
- 3.5 Yogic Practices of Healthy living : i.e. Yama, Niyama, Shat-karma,Asana, Mudra & Bandha Pranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living.

UNIT IV: HEALTH BENEFITS OF YOGIC PRACTICES

- 4.1 Health promotion benefits of Yogasana
- 4.2 Preventive benefits of Pranayama
- 4.3 Preventive Effects of Shatkarma
- 4.4 Preventive benefits of Bandha and Mudra
- 4.5 Preventive health benefits of Meditation

BOOKS FOR REFERENCE

- Preeti Goel and Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003)
- M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
- Dr. K. Krishna Bhat : The power of Yoga
- Dr. R. S. Bhogal : Yoga Psychology, Kaivalyadhama Publication
- T.S. Rukmani : Patanjala Yoga Sutra
- Sahay, G. S. : Hatha Yoga Pradeepika, MDNIY Publication, 2013
- Kdham : Gheranda Samhita, Kaivalyadhama, Lonavla,
- M. V. Reddy : Hatha Rathnavali
- B.K.S. Iyenger : AstadulYogamaala
- Dr. Krishna Raman & : Yoga & Medical Science, East West Books (Madras) Pvt. others Ltd India, 2003
- Desikachar T.K.V. : Nathamuni's Yoga Rahasya, Krishnamacharya Yoga Mandiram, 2008
- Dr. D. R. Vaze : Swadhyaya & Yoga Therapy, Kaivalyadhama, Lonavla, 2009
- Dr. D. R. Vaze : Paravidya & Positive Lifestyle, Kaivalyadhama, Lonavla, 2009
- Yogiraj Behramji : Yogasana For Health, Himalayan Yoga Institute, 1989
- Lajpat, Rai : Discovering Human Potential Energy, Anubhava Rai Publications, Gurgaon, 1999
- Nagendra, H. R. : Yoga for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
- Nagendra H. R : New Perspective in Stress Management, VK Yoga Publication, Bangalore
- K. N. Udupa : Stress and its Management by Yoga, MLBD, New Delhi, 2007
- Prof. RH Singh : The Foundation of Contemporary Yoga & Yoga Therapy, Chaukambha Sanskrit Prathishthan, Delhi, 2009
- Swami Shantidharmanada : The Holistic Yoga, Srikunj Sadbhavana Manch, New Saraswati Delhi, 2006
- R. S. Bhogal : Yoga & Mental Health, Kaivalyadhama, Lonavla, 2010

III -FUNDAMENTALS OF AYURVEDA

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	3L+3T	6 Credits

UNIT I: GENERAL INTRODUCTION TO AYURVEDA

- 1.1 General introduction to Ayurveda
- 1.2 Definition, aim of Ayurveda, its origin, history and propagation
- 1.3 Basic introduction to main Ayurvedic texts like Charaka Samhita, Sushruta Samhita and Ashtanga Samghra.
- 1.4 Ashtanga Ayurveda and its significance.
- 1.5 Concept of Health according to Ayurveda and its utility in health promotion and prevention

UNIT II: SWASTHAVRITTA, DINACHARYA, RITUCHARYA, RATRICHARYA, SADVRITTA & ACAHARARASAYANA

- 2.1 Basic principles of Ayurveda – Tridosha, Saptadhatu, Trimala, Pancha Mahabhuta, Prakruti & Manas
- 2.2 Concept and importance of Swasthavrita, Dinacharya, Ritucharya
- 2.3 Concept of Sadvrta and Achara Rasayana
- 2.4 Concept of Agni, Srotas and Ama, Concept of Dharniya and Adharniya Vega in Ayurveda
- 2.5 Introduction to Dravya, Guna, Karma, Virya, Vipaka and Prabhava

UNIT III: UPASTHAMBAS WITH SPECIAL EMPHASIS ON AHARA

- 3.1 Concept of Upasthambha
- 3.2 Concept of Ahara, Ahara pachana, Pathya & Apathya in Ayurveda
- 3.3 Introduction to Shariraposhana (nourishment)
- 3.4 Concept of Oja in Ayurveda
- 3.5 Role of Ayurvedic diet in health and prevention

UNIT IV: INTRODUCTION TO PANCHAKARMA

- 4.1 Role of Poorva and Paschat Karma in Panchakarma
- 4.2 Significance of Panchakarma in Ayurveda and Shatkarma in Yoga
- 4.3 Approach of Ayurveda and Yoga as whole in relation to total health/well-being

BOOKS FOR REFERENCE

- Dr. Priyavrata Sharma : Charak samhita, Chaukhambha Orientalal, Varanasi, Edition of 2008
- Dr. Ravi dutta Tripathi : Ashtanga Samgraha, Chaukhambha Sanskrit Prathisthan, Delhi, Reprint edition of 2003
- Dr. Brahmanand Tripathi : The wealth of Susruta, International Institute of Ayurveda, Coimbatore, 1999
- Dr. K. H. Krishnamurthy : Ayurvedic Philosophy, Academia Publishers, 2011
- Dr. P. H. Kulkarni : Ayurvedic Philosophy, Academia Publishers, 2011
- Dr. V. B. Athavale : Basic Principles of Ayurveda, Chaukhambha Sanskrit Prathisthan, Delhi, 2004
- Dr. L. P. Gupta : Essentials of Ayurveda, Chaukhambha Sanskrit Prathisthan, Delhi, 2006
- Dr. G. Srinivas Acharya : Panchakarma illustrated, Chaukhambha Sanskrit Prathisthan, Delhi, 2009
- Susan Tinkle : The Ayurvedic Diet, New Age Books, 2011
- Sarvadeva Upadhyaya : Nadi Vijanana, Chaukhambha Sanskrit Prathisthan, Delhi, 2009
- Prof. H. Subhash Ranade : Concepts of Prakriti & Lifestyle, Chaukhambha Sanskrit Prathisthan, Delhi, 2004
- Prof Dr. Subhash Ranade & Others : The textbooks of Swasthavritta, Chaukhambha Sanskrit Prathisthan, Delhi, 2005

IV - COMPUTER APPLICATIONS – I

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	2L+2T	4 Credits

UNIT – I: BASICS OF COMPUTER AND ITS APPLICATIONS

- 1.1 Definition of a Computer
- 1.2 Computer Hardware & Software, Computer generations, Types of Computers
- 1.3 Primary Memory – RAM, ROM, PROM, EPROM, CPU, I-O devices
- 1.4 Secondary storages, Magnetic Tape, Disk, Compact disks.

UNIT – II: REPRESENTATION OF DATA AND SOFTWARE CONCEPTS

- 2.1 Decinal, Binary, Octal, Hexadecimal number systems, BCD, EBCDIC, ASCII Conversions, Simple Additions, Subtractions, Multiplications, Divisions, Data and Information.
- 2.2 Introduction to Programming, Flowcharts and Algorithms.
- 2.3 Types of Softwares, System software's, Application software's, Stored program concept.

UNIT – III: OPERATING SYSTEM

- 3.1 General introduction to Operating system, Definition of Operating System
- 3.2 Elementary concepts of Operating system, Functions of OS, Types of OS
- 3.3 Introduction to Windows – Basics of Windows, The User Interface, Windows Setting,
- 3.4 Difference between two OS (Single & multi-users)
- 3.5 Operating system applications.

UNIT – IV: FILE MANAGEMENT

- 4.1 Concept of file; File organization and accessing techniques-Indexed, Line.
- 4.2 Rules for naming of the files, sequential, Hashed.
- 4.3 File handling functions
- 4.4 Types of computer files.

BOOKS FOR REFERENCE

- Andrew S Tanenbaum, David J Wetherall : Computers Networks, 5th Edition, 2010
- Ron Mansfield : Working in Microsoft Office, McGraw Hill, 2008
- Timothy N. Trainor, Diane Krasnewich V Rajaraman : Computers! McGraw Hill, 2000
- P. K. Sinha : Fundamentals of computers, Prentice Hall India Pvt. Ltd, 2003
- James Martin : Computer Fundamentals, BPB Publications, 1992
- Donald H Sanders : Computers Network and distributed Processing, Prentice Hall, Englewood Cliffs, NJ, 1981
- C. S. French : Computers Today, McGraw Hill, First edition, 1983
- C. S. French : Computer Studies (4th Edition), DP Publisher

V --Practical - XI (YOGA PRACTICAL – 9)

Total Marks	Hrs. of instructions/week	Credits
100 (60+40)	8 P	4 Credits

i. Shat Karmas (contd)

ii. Bandh kriya (contd)

iii Difficult postures /asanas vrishikasan,purnchakra asan, dimbasanmayurchal asan,dandaymanjanushir asan,shutrvajr asan,garbh asan, tula asan, padammayur asan,natraj asan, omkar asan,dwipad skand asan. Shirs asan, bajrang asan, kukut asan,rajakapot asan etc
iv) **Counselling regarding contraindications:When not to do yoga – situations where different yogic kriyas and asanas should not be done and taught**

Examination pattern:

1. Practical demonstration of asanas shat kriyas,and bandhas 40 marks
2. Viva voce 20 marks
3. Continuous evaluation by the Teachers 40 marks

VI - Practical – XII (Computer Practical- I)

Total Marks	Hrs. of instructions/week	Credits
100 (60+40)	8 P	4 Credits

Practical will be based on Computer Applications - I: Covers UNIT-II, UNIT-III of Syllabus.

List of Practical:

1. Introduce about Number Systems & Conversion from binary to decimal, decimal to binary, etc. and Data Operations (Additions, Subtractions, Multiplications, Divisions).
2. Implementation of Flowcharts.
3. Implementation of Basic Elementary Algorithms.
4. Practice of all Internal and External DOS Commands.
5. Practice of all UNIX Commands.
6. Giving Exposure to MS Windows Environment.
7. File and Program Management in MS Windows.

**BACHELOR OF SCIENCE
(YOGA)**

B.Sc. (Yoga)
3 years (6 semesters)

SEMESTER - VI

DETAILED SYLLABUS

I - HUMAN VALUES AND PROFESSIONAL ETHICS

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	3L+2T	5 Credits

Unit I: Harmony in Human Being and in Myself

- 1.1 Concept of Human Being as 'I' & Body
- 1.2 Characteristics & activities of 'I' & Harmony in 'I'
- 1.3 Understanding the Harmony of 'I' with the Body: Sanyam and Swasthya , correct appraisal of body needs and meaning of prosperity in detail
- 1.4 Role of Yoga in developing Harmony within the self
- 1.5 Understanding the body as an instrument of 'I'

Unit II: Harmony in Family and Society - Harmony in Human – Human relationship

- 2.1 Values in Family, Harmony in family; the basic unit of human interaction
- 2.2 Values in Human; Human relationship, Yogic concept of Human relationship – Maitri, Karuna, Mudita and Upeksha
- 2.3 Harmony in the Society – Concept of Vasudeva Kutumbakam
- 2.4 Concept of Universal Harmonious order in society; undivided society (Akhand Samaj), Universal order (Sarvabhaum Vyawastha)
- 2.5 Concept of Samman (Respect), difference between respect and differentiation, the other silent values in relationships

Unit III: Concept of Human values: Moral Education

- 3.1 Definition and types of moral education, meaning and scope of morality
- 3.2 Role of Yoga in development of ethics and ethical decision making
- 3.3 Values, Yoga, Reality & their inter-relationship
- 3.4 Relevance of ethics and values in Yoga, Qualities of teacher and students
- 3.5 Ethics in Professional Practices, methods of teaching human values, Student – teacher relationship

Unit IV: Social Responsibility and Yoga

- 4.1 Moral Principles of SR; overview of SR
- 4.2 SR & health maintenance of employees through Yoga
- 4.3 Challenges of Environment; Principles of Environmental Ethics
- 4.4 Concepts of Civil Society and its types
- 4.5 Relationship between Democracy, Civil Society and Social Capital; Efficient use of Yoga in them

BOOKS FOR REFERENCE

- Singh M S : Value Education, Adhyayan Publishers & Distributors, New Delhi, 2007
- Chand Jagdish : Value Education, Anshah Publishing House, Delhi, 2007
- Gawande E N : Value Oriented Education: Vision for better living, Sarup & Sons Publishers, New Delhi, 2008
- Panda Sanjay Kumar : Corporate Social Responsibility in India: Past, Present & Future, The ICFAI University press, Hyderabad, 2008
- Kesari Vedanta : Values: The Key to a meaningful life; Sri Ramakrishna Math, Chennai, 2005
- Prasad Rajendra : Varnadharma, Niskhana Karma & Practical Morality: A Critical essay on applied ethics, DK Print world Pvt. Ltd, Delhi, 1999
- Radhakrishnan S : Indian Philosophy, Vol. 2, Oxford University, Delhi, 2008
- Swami Ranganathananda : The Message of Upanishad, Bhartiya Vidya Bhawan, Delhi, 2001

II - YOGA IN DIFFERENT SETUPS

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	3L+2T	5 Credits

UNIT I: YOGA IN SCHOOL

- 1.1 General Introduction to School Health, components of school health
- 1.2 Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health
- 1.3 Role of Yoga in establishment of values in School going children; Personality Development: New Dimensions of Personality through Yoga

UNIT II: YOGA FOR SPORTS

- 2.1 General introduction to Physical Education and Sports; Difference between Physical Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports
- 2.2 Yoga for Physical, Mental Stamina and other faculties / skills in a sports Personnel
- 2.3 Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities

UNIT III: YOGA FOR STRESS

- 3.1 Introduction to stress, its causes
- 3.2 Role of Yoga in prevention of stress

UNIT IV: YOGA FOR ELDERLY POPULATION

- 4.1 General introduction to Geriatrics
- 2.4 Application of Yoga in promotion of general wellbeing of Geriatric population

BOOKS FOR REFERENCE

- Basavaraddi I V : Yoga in School Health, MDNIY New Delhi, 2009
Iyenger B K S : Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
Jayadev H J : Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
Liz Lark : Yoga for Kids, Carlton Books Ltd., London, 2003
Swati & Rajiv : Yoga for Children: A complete illustrated guide to
Chanchani : Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
Iyenger B K S : The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001
Dr. Goel Aruna : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007
- Dr. H Kumar Kaul : Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2006

III - FUNDAMENTALS OF NATUROPATHY

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	3L + 2T	5 Credits

UNIT - I: INTRODUCTION TO NATUROPATHY

- 1.1 General introduction to Naturopathy
- 1.2 Naturopathy – its definition, meaning, scope and limitations
- 1.3 History of Naturopathy – Indian and Western
- 1.4 Comparative study of the Naturopathy with other systems of Medicine
- 1.5 Catechism of Nature cure

UNIT - II: PRINCIPLES AND CONCEPTS OF NATUROPATHY

- 2.1 Composition of the human body according to Naturopathy, Laws of Nature: Pancha-Mahabhootas, Shareera Dharmas – Ahara, Nidra, Bhaya, Maithuna
- 2.2 Fundamental principles of Naturopathy
- 2.3 Natural rejuvenation and vitality, how to acquire natural immunity; importance of Physical & Mental Hygiene and prevention of diseases;

UNIT - III: NATUROPATHY

- 3.1 **Hydrotherapy** : Introduction, definition, scope, history, principles; role of hydrotherapy in prevention of diseases
- 3.2 **Upavasa (Fasting)**: Introduction, definition, scope, history, principles and types; its role in disease prevention, health promotion; concept of de-toxification
- 3.3 **Diet**: Introduction, definition, scope, types and its principles; role of Naturopathy diet in disease prevention and , health promotion
- 3.4 **Massage**: Introduction, definition, scope, history, its principles and manipulative techniques; Different types of Massages and their role in in disease prevention, and health promotion

BOOKS FOR REFERENCE

- S. D. Dwivedi : Naturopathy for perfect health, Kalpaz Publication Delhi, 2002
Pravesh Handa : Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
S.J.Singh. : My Nature Cure or Practical Naturopathy
- M.K.Gandhi : The story of my experiment with truth
R.K.Garde : Ayurvedic for Health and Long life
Harry Benjamin. : Everybody’s Guide to Nature Cure
- M.K.Gandhi. : My Nature Cure

IV - COMPUTER APPLICATIONS - II

Total Marks	Hrs. of instructions/week	Credits
100 (75+25)	2L + 2T	4 Credits

UNIT-I: OPERATING SYSTEM

- 1.1 Classification of Operating System
- 1.2 Operating System structure: Systems management and structure
- 1.3 Operating System services
- 1.4 Basic concepts of CPU scheduling
- 1.5 Computer system security: System threats

UNIT-II: OFFICE SOFTWARE

- 2.1 General Introduction to Office software System.
- 2.2 Word processing Software MS-Word
- 2.3 Spread-sheet Software MS-Excel
- 2.4 Presentation Software MS-Power-point.

UNIT – III: INTRODUCTION TO VIRUS AND NETWORKING

- 3.1 Various types of Viruses and their applications
- 3.2 DTP, multimedia concepts and Computer applications
- 3.3 Introduction to Networking & types of Networking.
- 3.4 Basic communication concepts.

UNIT – IV: INTERNET TECHNOLOGY

- 4.1. General introduction to internet, brief history of internet, TCP/IP, IP address and domain name system, Client server architecture
- 4.2 Electronic mail, file transfer protocol, world wide web, web server, web browser
- 4.3 HTML, TELNET, DHTML, Netsurfing, Search engines

BOOKS FOR REFERENCE

- Andrew S Tanenbaum, David J Wetherall : Computers Networks, 5th Edition, 2010
- Ron Mansfield : Working in Microsoft Office, McGraw Hill, 2008
- Timothy N. Trainor, Diane Krasnewich : Computers! McGraw Hill, 2000
- V Rajaraman : Fundamentals of computers, Prentice Hall India Pvt. Ltd, 2003
- P. K. Sinha : Computer Fundamentals, BPB Publications, 1992
- James Martin : Computers Network and distributed Processing, Prentice Hall, Englewood Cliffs, NJ, 1981
- Donald H Sanders : Computers Today, McGraw Hill, First edition, 1983

V - Practical - XIV (YOGA PRACTICAL - 10)

Total Marks	Hrs. of instructions/week	Credits
100 (60+40)	8 P	4 Credits

ASANAS- Purnshalabh asan, Likara asan, Titibha asan, Mrigh asan, Uthithkurma asan, Virbhadra asan, Omkar asna,Uthithpad hastha asan, anushta asan (tula asan), Ekpad shira angushta asan,,Bhunmana asan, Sankhya asan, Akarna dhanur asan,Kapot asan , vatayan asan, shasang asan,bhadra asan, purnbhujang asan, ardh chandra asan,vyagra asan, padam mayur asan, urdhkukut asan,setubandh asan, Vishist srishka asan

Counselling about contraindication: When not to do yoga – situations where different yogic kriyas and asanas should not be done and taught

Examination pattern:

1 Practical demonstration of asanas	40 marks
2 Viva –voce	20 marks
3.Continuous evaluation by the Teachers	40 marks

VI - PRACTICAL: XIV

COMPUTER PRACTICAL – II

Total Marks	Hrs. of instructions/week	Credits
100 (60+40)	8 P	4 Credits

Practical will be based on Computer Applications - II: Covers UNIT-I, UNIT-III of Syllabus.

List of Practicals:

1. Introduce about MS-Word and write down the steps for performing various general operations in it (like open, saving, cut, copy, paste, printing a document etc.).
2. Create a simple MS –Word document about introducing yourself and preparing your Bio-data (using various formatting options in MS-Word).
3. Learning and performing various options/operations in MS-Word.
 - a. Creating a table, Entering text and contents in a table.
 - b. Toolbars in word, Using various toolbars options.
 - c. Watermarks and Water-marking a document.
 - d. Inserting clip arts/picture, Hyper-linking a text.
 - e. Header/Footers.
4. Introduce about MS-Excel and write down the steps for performing various general operations in it (like open, saving, cut, copy, paste, printing a document etc.).
5. Learning and performing various options/operations in MS-Excel. Like:
 - a. Creating and Saving a new Workbook.
 - b. Deleting and Renaming a Worksheet.
6. Introduce about MS Power-point explaining its various features and steps for performing various general operations in it.
7. Prepare a power-point presentation explaining the facilities /infrastructure available in your College/ Institution.
8. Net Surfing
9. Creation and Usage of E-mail Account