



HSNC University Mumbai
(2021-2024)

Ordinances and Regulations

With Respect to

Choice Based Credit System
(CBCS)

For the Course

Bachelor of Science (Yoga)

Curriculum – Three Years Undergraduate Programme

2023-2026



HSNC UNIVERSITY, MUMBAI

BOARD OF STUDIES IN YOGA AND WELLNESS

1) Name of Chairperson:

Dr Deepak Bagadia- Asst. Prof. (retd.), Somaiya Vidyavihar and Yoga Teacher at Ghantali MM Centre, Ghatkopar.

Email: bagadia_9@yahoo.com, 9987045083

2) Two to five teachers each having minimum five years teaching experience amongst the full time teachers of the Departments, in the relevant subject.

a) Ms Sapna Chhabaria, Faculty, BTT College

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b) Dr Charu Chaturvedi, Assistant Professor, KC College

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c) Dr. Krittika Mondal, Assistant Professor and Coordinator, Chellaram School of Yoga, HSNC University, Mumbai

Email: krittika.mondal@hsncu.edu.com

3) One Professor / Associate Professor from other Universities or professor / Associate Professor from colleges managed by Parent Body; nominated by Parent Body;-

a) Dr.Ganesh Rao (PhD)- Research Guide at KKSU

Email: drganeshnrao@gmail.com, 982122099

4) Four external experts from Industry Research / eminent scholar in the field relevant to the subject nominated by the Parent Body;

- a) Mr. Mickey Mehta- Founder, Dr. Mickey Mehta's 360° Holistic Health Healing
Email: mickeymagicmiracle@gmail.com, 9223405929
- b) Ms. Shilpa Ghone - Diploma in Yoga, MSc (Yoga), NET Qualified in Yoga, YCB
Level 3. Certificates acquired in Yoga Naturopathy and Yoga Ayurveda. Senior Yoga
Teacher & Central Coordinator, Academics at ICYHC Kaivalyadhama, Mumbai.
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- c) Mr. Harshvardhan Zhaveri - Diploma Yoga , MA (Sanskrit), NET (Yoga) -
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- d) Mr. Dileep Dauneria – Yoga Teacher at ICYHC Kaivalyadhama Mumbai
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- e) Mrs Naina Daryanani, Yoga Teacher,
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5) Top rankers of the Final Year Graduate and Final Year Post Graduate examination of previous year of the concerned subject as invitee members for discussions on framing or revision of syllabus of that subject or group of subjects for one year.

- a) Ms Meenakshi Trivedi
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Preamble

Yoga is an ancient old Indian wisdom which can help a human life to move towards higher states of harmony and peace both as an individual and a social being. This program is designed for those students who are seeking to find meaning in their lives, to mend their ways, to find solace in their loss, to derive positive energy, to live their life, to be fully human, fully alive. The main purpose of this program is to have a more focused and immersive approach towards facilitating learners to empower them and to guide for a quality way of living and making a career in it by adopting it as a profession and help others to practice yogic life and healthy life.

Yoga involves several breathing exercises, postures and meditation and much more. Yoga comprises methods and techniques for the attainment and improvement of physical, mental health and spiritual harmony.

The habit of doing yoga in daily life comprehensively offers an aid to help one's health. The regular practices of performing yoga, keeps the person fully energetic and healthy throughout the day. Persons who perform yoga daily live a good life.

The programme includes courses holistic in nature ranging from helping students in acquiring the basic principles of yoga to yogic practices and in understanding the Human Anatomy & Physiology, Relationship between Patanjala Yoga & Hatha Yoga and their interdependence. The programme also consists of health and yogic hygiene courses to enlighten students with Infection and Disinfectants, Immunity - Definition, types & immunization schedule.

Yogasana (Standing Postures & body alignment) are the core component of practical training to master the skill of performing yoga and to help students in cultivating correct psychological attitude – conscious observance of certain rules for self-discipline and self-training called 'Yamas', 'Niyamas' and 'maitryadibhavana'.

To train students in reconditioning of Psycho-physiological mechanisms (neuro-glandular muscular) – Asana, Mudra and Bandha and Pranayama. And to understand yogic therapeutically procedures and yogic principles of diet – Various types of lavages and special acclimatization processes.

The Bachelor of Science (Yoga) program is started with an aim to make the students:

1. Programme Objectives: The main objectives of the programme are: · To acquaint the students with the ancient wisdom of Yoga and its principles. · To develop an understanding of Human Anatomy & Physiology, Relationship between Patanjala Yoga & Hatha Yoga and their

interdependence.

- To help students think analytically and critically in understanding Biomolecules, Digestive and Respiratory systems.
- To develop an appreciation of the power of Yoga and Yogic practices to maintain good mental and physical health.
- To apply their knowledge and skills to perform the yoga and yogic exercises.
- To help students in Cultivating a correct Psychological attitude – Conscious observance of certain rules for self-discipline and self-training called ‘Yamas’, ‘Niyamas’ and ‘maitryadibhavana’.
- To train students in reconditioning of Psycho-physiological mechanism (neuroglandular-muscular) – Asana, Mudra and Bandha and Pranayama.
- To understand yogic therapeutically procedures and yogic principles of diet – Various types of lavages and special acclimatization processes.
- To communicate effectively with a range of audiences both technical and non technical.
- To develop an aptitude to engage in continuing educational and professional development.

The syllabi are aimed to achieve the above-mentioned objectives. Students will also be trained in communication skills, teaching, and practicing in performing Yoga, and will be sent to practice in school/community centers/ industry as interns.

2. Process adopted for curriculum designing:

Kaivalyadham, Virtually a university of Yoga with many limbs, is the knowledge partner of HSNC Board and HSNC University, Mumbai. While framing this syllabus of B. Sc. (Yoga) a team was constituted with internal members and external experts from Kaivalyadham to frame the syllabi of courses. Multiple meetings with them were held. After discussion with them, personally, via mail, via messages, through video conferencing and digital platforms, the changes in the syllabus were introduced. This consisted of theory and practical components. Elective courses, compulsory Ability Courses and Project / Internship Work were also designed to provide interdisciplinary and field experiences to students.

3. Salient features, how it has been made more relevant:

Yoga goes beyond asanas and physical postures. One needs to understand human physiology and how this human physiology is governed by mind and mind essentials, maybe the soul. The practical aspect in core courses (the performance of different kriyas and asanas) the practical component of the programme has been naturally given better emphasis, both in terms of credits and credit hours involved in comparison to theory. Keeping in tune with

UGC norms, provision for interdisciplinary elective courses, compulsory ability enhancement courses, internship and research project work has been made. The total credits for a three-year UG programme has been kept as 120 credits (20 credits per semester). Each course has four units throughout the programme with 100 marks. Internal (formative assessment) and external (summative assessment) examination is in the ratio of 40:60.

The current programme is designed to enhance the knowledge and skill of the subject. While designing the syllabus care has been taken to balance the fundamental techniques of performing arts with complementary knowledge and skills through elective and ability enhancement courses.

The programme would give the students an option to develop skills in areas which have direct relevance to better practices needed to maintain good health and hygiene, a healthy body in a healthy mind.

4. Learning Outcomes:

The curriculum is designed to acquaint the learner with the basic principles of Yoga, understanding human physiology, yogic practices, yogic asanas, The course would help students to apply their understanding of concepts to summarize, analyse, and inculcate problem solving approach in the newer developments and innovations in the future. The curriculum design and the teaching and the evaluation patterns would help students develop skills and competencies to perform asanas and teach the same to the community through internship and practice sessions.

5. Input from stakeholders :

There are modifications suggested by the internal and external experts to make the syllabus holistic and relevant to Yoga as well as in the context and unique demands of a metropolitan/cosmopolitan city like Mumbai, in the syllabi provided by UGC, Ministry of Ayush and Kaivalyadham.

Part 1 - The Scheme of Teaching and Examination

THE SCHEME OF TEACHING AND EXAMINATION:

The Scheme of Teaching and Examination shall be divided into the following components:

1. For All Theory Courses: (04 Credits – 100 Marks)

A. Formative Assessment – 40% 40 marks

B. Summative Assessment (SEMESTER END EXAMINATION) – 60% 60 marks

2. For Practical Courses: (04 Credits – 100 Marks)

A. Formative Assessment – 40% 40 marks

B. Summative Assessment (SEMESTER END EXAMINATION) – 60% 60 marks

The details of the above components are as follows:

A. Formative Assessment – 40% = 40 marks

The performance of the learners shall be evaluated in two components: Internal Assessment with 40% marks by way of continuous evaluation and by Semester End Examination with 60% marks by conducting the theory examination.

Formative Assessment: - *It is defined as the assessment of the learners based on continuous evaluation as envisaged in the credit-based system by way of participation of learners in various academic and correlated activities in the given semester of the programme.*

Sr. No.	Particulars	Marks
1	ONE class test / online examination to be conducted in the given semester	20 Marks
2	Self-Learning Evaluation/ Assignment/ Project-work	20 Marks

· Project/ Assignment:

Project or Assignment, which can in the following forms

- Case Studies
- Videos
- Blogs
- Research paper (Presented in Seminar/Conference)
- Field Visit Report
- Presentations related to the subject
- Internships (Exposition of theory into practice)
- Open Book Test
- Any other innovative methods

· Self-Learning Evaluation

- 20% of the topics of the curriculum are learned by the student through self-learning using online/offline academic resources specified in the curriculum. Hence 20% of the lectures shall be allocated for evaluation of students on self-learning topics.
- The identified topics in the syllabus shall be learnt independently by the students in a time bound manner preferably from online resources. Evaluative sessions shall be conducted by

the teachers and may carry up to 20 Marks.

- Club the self-learning topics into 3-4 groups of topics only for evaluation.
- Prescribe time duration (in days) for completion of each group of the topic and earmark self-learning evaluation lectures in the timetable. Hence each group of the topic can be assigned 3 regular lectures for this evaluation for the entire class.
- All students will actively participate in the presentation of each of the sub-topics.

SUGGESTIVE Methods for Evaluation of Self-learning topics IN LECTURES:

- ☐ Seminars/presentation (PPT or poster), followed by Q&A
 - ☐ Objective questions /Quiz / Framing of MCQ questions.
 - ☐ Debates
 - ☐ Group discussion
 - ☐ You-Tube videos (Marks shall be based on the quality and viewership)
 - ☐ Improvisation of videos
 - ☐ Role Play followed by question-answers
 - ☐ Viva Voce
 - ☐ Any other innovative method
- Students can be evaluated based on the quality of presentation, quality of Q & A, the framing of the quiz, conduct of quiz, performance in debate etc.
 - Teachers can frame other methods of evaluation also provided that the method, duly approved by the college examination committee, is notified to the students at least 7 days before the commencement of the evaluation session and is forwarded for information and necessary action at least 3 days before the commencement of the evaluation session.

The marks of the formative assessment should not be disclosed to the students till the results of the corresponding semester is declared by the University.

B. Summative Assessment (Semester End Examination) – 60% 60 Marks

SEMESTER END EXAMINATION: - It is defined as the examination of the learners based on performance in the semester-end theory / written examinations.

1. Duration –

These examinations shall be of 2 hours duration.

2. Question Paper Pattern: -

- All four questions shall be compulsory and carry equal marks (15 marks each).
- There shall be two internal choices, each of 15 marks, from each unit (A or B). Attempt any one (A or B) from each question. The student has to attempt any one out of the two questions belonging to the same unit. For example: Q1 - A for 15 Marks or Q1 – B for 15 Marks.
- The 15 mark question may be subdivided into two sub-questions ($8 + 7 = 15$) or three sub-questions ($5 + 5 + 5 = 15$), should be numbered as (a, b, c) and the allocation of marks should be indicated against the sub-questions. The marks will depend on the weightage of the topic.

3. FOR TEACHING INTERNSHIP PROJECT

(4 WEEKS, 60 HOURS) - (04 CREDITS - 100 MARKS):

1. Internship will be in Semester 5 for four weeks & 60 hours. It would be of four credits & 100

marks.

2. After the internship, the students will be expected to submit a reflective daily report of their experiences.
3. Internship in organizations and institutions working in performing arts education / training at elementary/secondary/diploma levels of education as well as in teacher education institutions will be organized during the programme.
4. Internship can be in the following types of suggested sites/fields/institutions engaged in performing arts education / training of the concerned Core Courses of the student:
 - a. Schools, Junior Colleges and Colleges.
 - b. International/national/state institution involved in performing arts education / training.
 - c. In-service training institutions for performing arts teachers.
 - d. Schools / Special institutions engaged in Special Education through performing arts
 - e. Institutions engaged in Music and Dance Therapy
 - f. Performing Arts Academies
 - g. Renowned / Registered / Recognised Gurus of Performing Arts

4. FOR DISSERTATION –

(04 CREDITS - 100 MARKS):

1. The dissertation shall be of 04 credits and shall carry 100 marks.
2. This would be a research study on a topic of performing arts and its education.
3. Research study will begin in Semester V and the Report will be completed and submitted in Semester VI.
4. Each student shall work under guidance of a recognized teacher for his/ her dissertation.
5. Title (with Proposal) of the dissertation should be submitted to the University for Approval at the beginning of the fifth semester of the course.
6. The dissertation shall be on a topic of performing arts and its education approved by the scrutiny committee consisting of members of the Board of Studies in Performing Arts as well as two additional members who are recognized teachers.
7. If a topic suggested by any student is not approved he/she will be at liberty to suggest another provided that in all such cases the topic has to be approved by the committee.
8. The dissertation when submitted shall be accompanied by a certificate signed by the guiding teacher referred to in point 4, stating that the same is the candidate's own work and is worthy of examination.
9. Two copies of the Dissertation (with soft copy in a Pen drive) shall be submitted by the student to the Head of the institution where he/she is registered.
10. Two copies of Dissertation (with soft copy in a Pen drive) submission should be on or before 15th March (or the date announced by the Director, BOEE) to the Institution. If 15th March (or the date announced by the Director, BOEE) is a holiday then the dissertation could be submitted on the next working day.
11. Last Date for sending the dissertation to the examination section will be 22nd March (or the date announced by the Director, BOEE – a date later than by a week) of the sixth semester.
12. Each dissertation shall be examined by an External Referee appointed specifically for the purpose, by the Board of Examinations on the recommendations of the Board of Studies in Performing Arts.
13. Viva-voce examination on the dissertation will be held jointly by the external and Internal Examiners and the marks for the dissertation will be awarded jointly by the External and Internal Examiners on the basis of the dissertation and viva-voce performance.

Part 2 - The Scheme of Teaching and Examination Semester – I

Sr. No	Choice Based Credit System	Subjects	Subject Code	Remarks
1	Core Courses:	Foundation of Yoga	BSY-CT 101	
		Hatha Yoga Practices and Variations- 1	BSY-CP 102	
		Human Anatomy & Physiology- 1	BSY-CT 103	
3	Multi Disciplinary/ Open Elective/ Generic Elective	Basic Understanding of Allied Sciences as per AYUSH		
4	Vocational Courses linked to Major/ Minor	Sattvik Diet and Holistic Wellbeing		
5	AEC / English Lang./ MIL / Comm. Skills	Communication Skills in English – I		
6	VAC	Contemporary India: Values and Issues -II		
7	IKS	Introduction to Indian Knowledge Systems		
8	Co-curricular/ Sports/ Fine Applied Visual Performing Arts / Cultural / NCC / NSS			

GE/OE/ME - Multidisciplinary/ Open Elective

YOGA & WELLNESS

Sem.	Paper Code	Course Title	No of Credits	No of Lectures Hours
I		Basic Understanding of Allied Sciences as per AYUSH	2	30
II		An Overview of Wellness Techniques	2	30

First year Semester-I Internal and External Assessment Details

Sr. No.	Subject Title	Lectures Per Week					Credits	Evaluation Scheme			Total Marks
		Units	SL*	L	T	P		CT	SLE	SE	
1	Foundations Of Yoga	4	1	3	1	0	4	20	20	60	100
2	Hatha Yoga Practices and Variations	4	2	0	1	5	4	20	20	60	100
3	Human Anatomy And Physiology -I	4	1	3	1	0	4	20	20	60	100
5	Basic Understanding of Allied Sciences as per AYUSH	2	0	2	0	0	2	10	10	30	50
6	AEC / English Lang./ MIL / Comm. Skills						2				
7	VAC						2				
8	IKS						1				
9	Sattvik Diet and Holistic Wellbeing (Vocational Course)						1				
10	Co-curricular/ Sports/ Fine Applied Visual Performing						2 [#]				

	Arts / Cultural / NCC / NSS										
		Total Credits					20 + 2 [#]			Total Marks	

*One to two lectures to be taken for CONTINUOUS self-learning evaluation

[#] OPTIONAL credits

SL : Self-Learning, L : Lecture, T : Tutorials, P : Practical, CT : Class Test, SLE : Self-Learning Evaluation, SEE : Semester-end Examination

S. N.	Subject Code & Title	Subject Unit Title		Lectures	Total Lectures	Credits	Total Marks
1	YOG101A Foundation of Yoga	1	General introduction to yoga	05	60	4	100 (60+40)
		2	General Introduction to Indian Philosophy and scriptures	20			
		3	Introduction to Patanjali and Patanjali Yogasutra (PYS)	20			
		4	Introduction to Hathayoga	15			
2.	YOG102A Hatha Yoga Practices and Variations	1	Preparative practices	20	120	4	100 (60+40)
		2	Postures and Asanas	40			
		3	Kriyas, Mudras	40			
		4	Relaxation and Meditation	20			
3	YOG103A Human Anatomy and Physiology-1	1	Human Cell, Tissues and Systems	10	60	4	100 (60+40)
		2	Muscular and Skeletal systems	15			
		3	Digestive and Respiratory systems	20			
		4	Cardiovascular system	15			
	Basic Understanding of Allied Sciences as per AYUSH					2	
	AEC / English Lang./ MIL / Comm. Skills					2	
	VAC					2	
	IKS					1	
	YOG101D Sattvik Diet and Holistic Wellbeing (Vocational Course)	1	Ancient concepts and recommendations			1	

	Co-curricular/ Sports/ Fine Applied Visual Performing Arts / Cultural / NCC / NSS					2 [#]	
			TOTAL			20 + 2 [#]	

- Lecture Duration – 1 Hour
- One Theory Credit = 15 hours Theory
- One Practical Credit = 30 hours Practical

Part 3: Detail Scheme Theory

I Year - Semester – I - Units – Topics – Teaching Lectures

Curriculum Topics along with Self-Learning topics - to be covered, through self-learning mode along with the respective Unit. Evaluation of self-learning topics to be undertaken before the concluding lecture instructions of the respective UNIT.

1. CORE COURSES: BSY-CT 101 Foundation of Yoga

Subject Code & Title	Subject Unit Title		Lectures (60 min)	Total Lectures	Credits	Total Marks
BSY-CT 101 Foundation of Yoga	1	General introduction to yoga	05	60	4	100 (60+40)
	2	General Introduction to Indian Philosophy and scriptures	20			
	3	Introduction to Patanjali and Patanjali Yoga Sutra (PYS)	20			
	4	Introduction to Hathayoga	15			

BSY-CT 101

Foundation of Yoga

(Total Lectures: 60)

Unit	Content	Hours
Unit 1	General introduction to yoga 1.1. Brief about origin and history of Yoga: a. prior to the Vedic period, b. Vedic period c. Medieval period d. modern era; 1.2. Psychological aspects and Mythological concepts; 1.3 Yoga, health and wellness: Definitions, meaning, aims, misconcepts, importance, Applications	05 hrs
Unit 2	General Introduction to Indian Philosophy and scriptures 2.1 Philosophy: meaning, definition and scope; 2.2 Indian Philosophy: salient features 2.3 Indian Philosophy Branches(Astik and Nastik darshan) 2.4 Human Life- Philosophical perspective 2.5 Introduction to various texts on Yoga 2.6 The four Streams of Yoga: 1) Gyan yoga, 2) Bhakti yoga 3) Karma Yoga 4) Raja Yoga	20 Hrs

Unit 3	Introduction to Patanjali and Patanjali Yogasutra (PYS) 3.1 Brief about sage Patanjali 3.2 Main features of PYS; 3.3 Details of Structure of PYS 3.4 Definition, aim and objective 3.5 Types of Chitta-bhumi, Chitta-vrittis, Viksepas and Prasadana 3.6 Concept of Pranava, Iswara 3.7 Ashtanga Yoga, Relevance in day-to-day life	20 Hrs
Unit 4	Introduction to Hathayoga 4.1 Hathayoga: Origin, Definition, Meaning, Aims, Objectives, Misconceptions 4.2 Philosophy, Foundation and parampara (lineages) 4.3 Obstacles and facilitating factors (Sadhak-Badhak tattva) in Hathayoga sadhana 4.4 Concept of location (matha), Mitahara, conducive & non-conducive (Pathya and Apathya) diet 4.5 Ethical aspects of Hathayoga practices (Yama-Niyama) 4.6 Introduction and types of Asana, do's and don'ts	15 Hrs

Self-Learning topics (Unit wise)

Unit	Topics
1	1.4 Yoga, health and wellness: Definitions, meaning, aims, misconcepts, importance, Applications
3	3.7 Ashtanga Yoga, Relevance in day-to-day life
4	4.5 Ethical aspects of Hathayoga practices (Yama-Niyama)

Reference Books:

<u>Introduction to Yoga and Applications of Yoga - Class Central</u> https://www.classcentral.com/course/swayam..
FITNESS MANAGEMENT https://www.classcentral.com/course/swayam-fitness-management-17608/course/swayam-fitness-management_17608https://www.yogaiya.in
https://www.nhp.gov.in/
https://ayush.gov.in/
https://www.yogamdniy.nic.in
hatha-yoga-poses-for... Introduction to Hatha Yogayoutube.com/
www.yoga-age.com/pradipika/part1.html

BSY-CP102 Hatha Yoga Practices and Variations- 1

Subject Code & Title	Subject Unit Title		Lectures (60 min)	Total Lectures	Credits	Total Marks
BSY-CP102 Hatha Yoga Practices and Variations	1	Preparative practices	20	120	4	100 (60+40)
	2	Postures and Asanas	40			
	3	Kriyas, Mudras	40			
	4	Relaxation and Meditation	20			

BSY-CP102 Hatha Yoga Practices and Variations (Total Lectures: 120)

Unit	Content	Hours
Unit 1	<p>Preparative practices:</p> <p>1.1 Prayer: Om chanting, Shanti Mantra - Opening and Closing</p> <p>1.2 Sukshma Vyayama for neck, shoulders, wrists, waist, knees, hips, ankles</p> <p>1.3 Loosening exercises: Forward, backward, lateral bendings, twisting</p> <p>1.3 Relaxing in all positions: Standing (dandasthiti), Sitting (Baithak sthiti), Supine (Shayana sthiti), Prone (Viparita shayana sthiti) positions</p>	20 Hrs
Unit 2	<p>2.1 Standing Postures: Chakrasana/Ardhakati (lateral), Tadasana, Vrikshasana, Padahastasana</p> <p>2.2 Seated Postures: Vakrasana, Bhadrasana, Parvatasana, Vajrasana, Ardha and Purna Padmasana, Janushirasana</p> <p>2.3 Prone Postures: Bhujangasana, Ardha Shalabhasana, Purna Shalabhasana, Makarasana</p> <p>2.4 Supine Postures: Supta Tadasana, Ardha Halasana (single leg), Ardha Halasana, Uttanpadasana, Sarala Matsyasana, Ardha Pawanmuktasana, Purna Pawanmuktasana, Setu Bandhasana, Dronasana (Navasana) Kativakrasana, Shavasana</p> <p>Note: Holding time suggested for asanas - 15 sec to 1 min building up slowly and progressively</p>	40 Hrs

Unit 3	3.1 Kriya: Introduction of Shatkriya: Kapalabhati, Swasanamarga shuddhi (cleansing of nasal passages) 3.2 Mudra and Bandha: Introduction, Brahma mudra, Dattamudra, Yogamudra, Hastamudra: Drona-Jnana-Dhyana/Padma mudra and Pranayama mudra 3.3 Pranayama: Deep breathing (Dirgha swasana), Nadi Shuddhi / Anuloma Viloma, Bhramari	40Hrs
Unit	4.1 Relaxation: Shavasana and Yoganidra 4.2 Meditation: Pranadharana, Pranavajapa, Sakshi bhavana	20 Hrs

Self-Learning topics (Unit wise)

Unit	Topics
3	3.2 Mudra and Bandha: Introduction, Brahma mudra, Dattamudra, Yogamudra, Hastamudra: Drona-Jnana-Dhyana/Padma mudra and Pranayama mudra
4	4.3 Relaxation: Shavasana and Yoganidra

BSY-CT103 Human Anatomy and Physiology -1

Subject Code & Title	Subject Unit Title		Lectures (60 min)	Total Lectures	Credits	Total Marks
BSY-CT103 Human Anatomy and Physiology-1	1	Human Cell, Tissues and Systems	10	120	4	100 (60+40)
	2	Muscular and Skeletal systems	15			
	3	Digestive and Respiratory systems	20			
	4	Cardiovascular system	15			

BSY-CP103 Human Anatomy and Physiology -1 (Total Lectures: 120)

Unit	Content	Hours
Unit 1	Human Cell, Tissue and systems 1.1 Cell Structure and Organelles (Details of components) 1.2 Tissue and its types 1.3 Planes of Human body 1.4 Human body systems	10 Hrs
Unit 2	Muscular and Skeletal systems 2.1 Anatomy of muscular system, Types of muscles (Striated, Smooth, Cardiac) 2.2 Properties, Functions and mechanism of muscular contraction 2.3 Anatomy-Physiology of Skeletal system 2.4 Classification of Bones 2.5 Types of joints and functions	15 Hrs
Unit 3	Digestive and Respiratory systems 3.1 Anatomy of Digestive system (Alimentary canal) 3.2 Functions: Mastication, Digestion, Absorption, Assimilation, Elimination 3.3 Anatomy-Physiology of Respiratory system 3.4 Mechanism of breathing (Exchange of gases) 3.5 Air volumes	20 Hrs
Unit 4	Cardiovascular (Blood circulatory) System 4.1 Composition of Human blood: Plasma, RBC, WBC and Platelets 4.2 Blood groups and its significance 4.3 Anatomy and functioning of Heart, Systemic and Pulmonary circulation 4.4 Blood pressure and its regulation	15 Hrs

Self-Learning topics (Unit wise)

Unit	Topics
2	2.6 Classification of Bones 2.7 Types of joints and functions
3	3.6 Anatomy-Physiology of Respiratory system 3.7 Mechanism of breathing (Exchange of gases)

Reference Books:

<u>Introduction to Yoga and Applications of Yoga - Class Central</u> https://www.classcentral.com/course/swayam..
<i>FITNESS MANAGEMENT</i> https://www.classcentral.com/course/swayam-fitness-management-17608/course/swayam-fitness-management_17608 https://www.yogaiya.in
www.registerednursing.org/teas/general-anatomy... en.wikipedia.
Human_physiology opentextbc.ca/anatomyandphysiology

Vocational Course

Sattvik Diet and Holistic Wellbeing

Subject Code & Title	Subject Unit Title		Lectures (60 min)	Total Lectures	Credits	Total Marks
YOG101D Sattvik Diet and Holistic Wellbeing	1	Ancient concepts and recommendations	15	15	1	25*

* The evaluation of the course shall be on continuous formative assessment

Sattvik Diet and Holistic Wellbeing

(Total Lectures: 15)

Unit	Content	Hours
Unit 1	Ancient concepts and recommendations 1.1 Yogic Diet (Hathayoga, Bhagwat Gita) 1.2 Diet as per Ayurveda, Naturopathy 1.3 Concepts of diet in different religions	15

Part 4 - The Scheme of Teaching and Examination Semester – II

Sr. No.	Choice Based Credit System	Subjects	Subject Code	Remarks
1	Core Courses:	Samkhya- Yoga Philosophy and Scriptures	BSY-CT 201	
		Hatha Yoga Practices and Variations- 2	BSY-CP 202	
		Human Anatomy & Physiology- 2	BSY-CT 203	
2	Multi Disciplinary/ Open Elective/ Generic Elective	Health & Wellness	BSY-GE 204	
3	Vocational Courses linked to Major/ Minor	Modern Diet and Food Habits	BSY-VT 205	
4	AEC / English Lang./ MIL / Comm. Skills	Communication Skills in English – II		
5	VAC	Contemporary India: Values and Issues -II		
6	IKS	Introduction to Indian Knowledge Systems		
7	Co-curricular/ Sports/ Fine Applied Visual Performing Arts / Cultural / NCC / NSS			

First year Semester-II Internal and External Assessment Details

Sr. No.	Subject Code	Subject Title	Lectures Per Week					Credits	Evaluation Scheme			Total Marks
			Units	SL*	L	T	P		CT	SLE	SE	
1	BSY-CT 201	Samkhya-Yoga Philosophy and Scriptures	4	1	3	1	0	4	20	20	60	100
2	BSY-CP 202	Hatha Yoga Practices and Variations-2	4	2	0	1	5	4	20	20	60	100
3	BSY-CT 203	Human Anatomy And Physiology -2	4	1	3	1	0	4	20	20	60	100
4	BSY-GE 204	Health & Wellness	2	1	2	0	0	2	10	10	30	50
5	BSY-V T 205	Diet and Wellness	2	0	2	0	2	2	10	10	30	50
6		AEC / English Lang./ MIL / Comm. Skills						2				
7		VAC						2				
8		Co-curricular/ Sports/ Fine Applied Visual Performing Arts / Cultural / NCC / NSS						2 [#]				
			Total Credits					20 + 2 [#]			Total Marks	

*One to two lectures to be taken for CONTINUOUS self-learning evaluation

OPTIONAL credits

SL : Self-Learning, L : Lecture, T : Tutorials, P : Practical, CT : Class Test, SLE : Self-Learning Evaluation, SEE : Semester-end Examination

S. N	Subject Code & Title	Subject Unit Title		Lectures	Total Lectures	Credits	Total Marks
1	YOG104A Samkhya-Yoga Philosophy and Scriptures	1	Introduction to Samkhya Darshana	05	60	4	100 (60+40)
		2	Hatha Pradipika Techniques	20			
		3	Gheranda Samhita	20			
		4	Yoga Darshana (Samadhi pada)	15			
2.	YOG105A Hatha Yoga Practices and Variations- 2	1	Revision of previous semester	20	120	4	100 (60+40)
		2	Postures and Asanas	40			
		3	Kriyas, Mudras, Pranayama	40			
		4	Relaxation and Meditation	20			
3	YOG106A Human Anatomy and Physiology-2	1	Nervous System	10	60	4	100 (60+40)
		2	Endocrinal system	15			
		3	Reproductive system	20			
		4	Excretory and Lymphatic systems	15			
4	An Overview of Wellness Techniques (GE)	1	Ancient concepts and recommendations	15	30	2	50 (20+20)
		2	Modern concepts and recommendations	15			
5	YOG102D Modern Diet and Food Habits	1	Modern concepts and recommendations	15	15	1	25
6	VAC					2	
7	IKS					1	
8	Co-curricular/ Sports/ Fine Applied Visual Performing Arts / Cultural / NCC / NSS					2 [#]	
			TOTAL			20 + 2 [#]	

- Lecture Duration – 1 Hour
- One Theory Credit = 15 hours Theory
- One Practical Credit = 30 hours Practical

Part 3: Detail Scheme Theory

I Year - Semester – II - Units – Topics – Teaching Lectures

Curriculum Topics along with Self-Learning topics - to be covered, through self-learning mode along with the respective Unit. Evaluation of self-learning topics to be undertaken before the concluding lecture instructions of the respective UNIT.

1. CORE COURSES:

BSY-CT 201 Samkhya- Yoga Philosophy and Scriptures

Subject Code & Title	Subject Unit Title		Lectures (60 min)	Total Lectures	Credits	Total Marks
BSY- CT 201 Samkhya- Yoga Philosophy and Scriptures	1	Introduction to Samkhya Darshana	05	120	4	100 (60+40)
	2	Hatha Pradipika Techniques	20			
	3	Gheranda Samhita	20			
	4	Yoga Darshana (Samadhi pada)	15			

BSY-CT 201 Samkhya- Yoga Philosophy and Scriptures (Total Lectures: 60)

Unit	Content	Hours
Unit 1	Introduction to SAMKHYA DARSHANA 1.1 Basics of Samkhya Darshana 1.2 Satkaryavada, Theory of evolution 1.3 Concept of Triguna and involution 1.4 Inter relationship of Yoga and Samkhya darshana, inter-dependency	15
Unit 2	Hatha Pradipika Techniques 2.1 Symptoms of Hathasiddhi 2.2 Concept and types of Shatkriya 2.3 Concept and types of Kumbhaka/Pranayama 2.4 Inter-relationship of PYS and Hathayoga: Basic principles, Prime aims, benefits, practices and their purpose	20
Unit 3	Gheranda Samhita 3.1 Details of Kriya and Asana 3.2 Comparision of Chaturanga Yoga and Saptanga Yoga 3.3 Relevance of HathaYoga in day-to-day life	10
Unit 4	Yoga Darshana (Samadhi pada) 4.1 Abhyasa for chittavritti nirodha 4.2 Vairagya and its stages; (Yatman, Vyatireka, ekendriya, vashikara, paravairagya) 4.3 Methods of chittaprasadana, stithinibandhini, Ritambhara Pragya	15

Self-Learning topics (Unit wise)

Unit	Topics
2	2.5 Inter-relationship of PYS and Hathayoga: Basic principles, Prime aims, benefits, practices and their purpose
3	3.3 Relevance of HathaYoga in day-to-day life

Reference Books:

- Aranya, H. (1983) Yoga Philosophy of Patanjali. State University of New York Press.
- Dasgupta, S. (1963) A History of Indian Philosophy. Vol. 1, Cambridge University Press.
- Feuerstein, G. (1980) The Philosophy of Classical Yoga. St. Martin's Press.
- Indich, William (1980) Consciousness in Advaita Vedānta, Motilal Banarsidass.
- Larson, G. (1987) Sāṃkhya as contentless consciousness'. In Larson, G. and R.S
- Bhattacharya (eds.) Encyclopedia of Indian Philosophies, Vol. IV, Sāṃkhya, A Dualist Tradition in Indian Philosophy, Princeton University Press.
- Larson, G. (2008) Yoga and Sāṃkhya: The important differences. In Larson, G. and R.S
- Bhattacharya (eds.) Encyclopedia of Indian Philosophies, Vol. XII, Yoga: India's
- Mohanty, J.N. (1988) Consciousness in Vedānta. In Essays on Indian Philosophy, P.
- Potter, K. (1981) Encyclopedia of Indian Philosophies, Vol. III, Advaita Vedānta, Motilal Banarsidass.
- Sinha, N. (1979) The Samkhya Philosophy. Oriental Books Reprint Corporation, New Delhi.

BSY-CP 202 Hatha Practices and Variations- 2

Subject Code & Title	Subject Unit Title		Lectures (60 min)	Total Lectures	Credits	Total Marks
BSY-CP 202 Hatha Practices and Variations- 2	1	Revision of previous semester	20	120	4	100 (60+40)
	2	Postures and Asanas	40			
	3	Kriyas, Mudras	40			
	4	Relaxation and Meditation	20			

BSY-CP 202

Hatha Practices and Variations- 2

(Total Lectures: 120)

Unit	Content	Hours
Unit 1	1.1 Prayer: Om chanting, Shanti Mantra, ॐ Stavan, Swasti Mantra 1.2 Revision of sukshma vyayama and loosening exercises 1.3 Revision of Asana and Pranayama (with Hastamudra) 1.4 Revision of Relaxative and meditative practices	30
Unit 2	ASANA: 2.1 Standing postures: Trikonasana, Parivritta Trikonasana, Ekapada Tolasana 2.1 Seated Postures: Gomukhasana, Ushtrasana, Shashakasana 2.3 Supine Postures: Viparitkarni 2.4 Prone Postures: Naukasan, Ardha Dhanurasana	40
Unit 3	3.1 Mudra-Bandha: Simhamudra, Shadanana mudra, Jivha Bandha 3.2 Pranayama: Surya Bhedan, Sitkari, Sitali, Ujjayi 3.3 Kriya: Vaman dhauti, Jalneti, Sutraneti	30
Unit 4	4.1 Relaxative practice: Makarasana variations 4.2 Meditative practices: Antar maun, Sakshi bhavna-2, Pratipaksha bhavna	20

Self-Learning topics (Unit wise)

Unit	Topics
1	1.1 Prayer: Om chanting, Shanti Mantra, ॐ Stavan, Swasti Mantra 1.2 Revision of sukshma vyayama and loosening exercises 1.3 Revision of Asana and Pranayama (with Hastamudra) 1.4 Revision of Relaxative and meditative practices

BSY-CT203 Human Anatomy and Physiology-2

Subject Code & Title	Subject Unit Title		Lectures (60 min)	Total Lectures	Credits	Total Marks
BSY-CT 203 Human Anatomy and Physiology-2	1	Nervous System	10	60	4	100 (60+40)
	2	Endocrine system	15			
	3	Reproductive system	20			
	4	Excretory and Lymphatic systems	15			

BSY-CT203

Human Anatomy and Physiology-2

(Total Lectures: 60)

Unit	Content	Hours
Unit 1	Nervous system 1.1. Main functions and Classification 1.2. Anatomy of Human Brain and related system 1.3. Functions of each part of system 1.4. Inter-relationship with other systems 1.5 Yoga practices for proper functioning	15
Unit 2	List of Organs of Endocrine system 2.1 Anatomy and Physiology of each Organ 2.2 Inter-relationship with other systems 2.3 Related Yoga practices	15
Unit 3	Reproductive system 3.1 Anatomy and Physiology of Female reproductive system 3.2 Menstruation, Menopause, related problems and Yoga 3.3 Pregnancy and related Yoga practices 3.4 Anatomy and Physiology of Male reproductive system	15
Unit 4	Excretory and Lymphatic Systems 4.1 Structure and Functions of system 4.2 Exchange of hormones and minerals 4.3 Brief of Lymphatic system	15

Self-Learning topics (Unit wise)

Unit	Topics
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2	List of Organs of Endocrine system 2.4 Anatomy and Physiology of each Organ 2.5 Inter-relationship with other systems 2.6 Related Yoga practices
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Reference Books:

<u>Introduction to Yoga and Applications of Yoga - Class Central</u> https://www.classcentral.com > course > swayam..
<i>FITNESS MANAGEMENT</i> https://www.classcentral.com/course/swayam-fitness-management-17608/course/swayam-fitness-management_17608https://www.yogaiya.in
www.registerednursing.org/teas/general-anatomy... en.wikipedia.
Human_physiology opentextbc.ca/anatomyandphysiology

2. VOCATIONAL COURSE:

Modern Diet and Food Habits

Subject Code & Title	Subject Unit Title		Lectures (60 min)	Total Lectures	Credits	Total Marks
Modern Diet and Food Habits	1	Modern concepts and recommendations	15	30	2	50*

* The evaluation of the course shall be on continuous formative assessment

BSY-VT 205

Modern Diet and Food Habits

(Total Lectures: 15)

Unit	Content	Hours
Unit 1	Modern concepts and recommendations 1.1 Balancing Nutrients 1.2 Diet charts for health 1.3 Diet charts for Ailments	15

Self-Learning topics (Unit wise)

Unit	Topics
2	1.1 Balancing Nutrients

Reference Books:

- The Bhagavath Geetha; With the Commentary of Shankaracharya- Alladi Mahadeva Shasthri
- Naturopathy; Art of Drugless Healing- V. M. Kulkarni
- A text book of Biochemistry - Subba Rao
- Shrimad Bhagavadgita - Dr. S. Radhakrishna
- Yoga as a Philosophy and Religion - S. N. Dasgupta
- Gita for Modern man : Krishna Chaitanya
- A short history of religious and philosophic thought in India- Swami Krishnananda

Part 5- The Scheme of Teaching and Examination Semester – III

Sr. No.	Choice Based Credit System	Subjects	Subject Code	Remarks
1	Core Courses:	Bharatiya Darshana and Hathayoga	BSY-CT 301	
		Hatha Yoga Practices and Variations- 3	BSY-CP 302	
		Essentials of Indian Philosophy	BSY-CT 303	
2	Multi Disciplinary/ Open Elective/ Generic Elective	Human Anatomy and Physiology- therapy point of view		
3	SEC	Diet and Wellness - 1		
4	AEC	Modern Indian Languages		
5	Co-curricular/ Sports/ Fine Applied Visual Performing Arts / Cultural / NCC / NSS			

Second year Semester-III Internal and External Assessment Details

Sr. No.	Subject Code	Subject Title	Lectures Per Week					Credits	Evaluation Scheme			Total Marks
			Units	SL*	L	T	P		CT	SLE	SE	
1		Bharatiya Darshana and Hathayoga	4	1	3	1	0	4	20	20	60	100
2		Hatha Yoga Practices and Variations-3	4	2	0	1	5	4	20	20	60	100
3		Essentials of Indian Philosophy	4	1	3	1	0	4	20	20	60	100
4		Health and wellness- 1	3	1	2	0	0	3	15	10	50	75
5		General/ Multidisciplinary Elective						3				
6		AEC / English Lang./ MIL / Comm. Skills						2				
7		Co-curricular/ Sports/ Fine Applied Visual Performing Arts / Cultural / NCC / NSS						2 [#]				
			Total Credits					20 + 2 [#]			Total Marks	

*One to two lectures to be taken for CONTINUOUS self -learning evaluation

[#] OPTIONAL credits

SL : Self-Learning, L : Lecture, T : Tutorials, P : Practical, CT : Class Test, SLE : Self-Learning Evaluation, SEE : Semester-end Examination

S. N.	Subject Code & Title	Subject Unit Title		Lectures	Total Lectures	Credits	Total Marks
1	BSY CT 301 Bharatiya Darshana and Hathayoga- 1	1	Astika Darshan	05	60	4	100 (60+40)
		2	Nastika Darshan	20			
		3	Shatkriya and Pranayama	20			
		4	Mudra Bandha	15			
2.	BSY CP 302 Hathayoga Practices with Variations-3	1	Preparative Practices	20	120	4	100 (60+40)
		2	Asanas	40			
		3	Mudras	40			
		4	Relaxation	20			
3	BSY CT 303 Essentials of Indian Philosophy	1	An Introduction to Indian Philosophy	15	60	4	100 (60+40)
		2	The Āstika and Nāstika Divisions Schools of Indian Philosophy	15			
		3	Nyāya and Vaiśeṣika: Some basic concepts	15			
		4	Yoga and Mīmāṃsā: Some Basic Concepts	15			
4	BSY-CT303 Health and wellness- 1	1	Health and Wellness	15	45	3	75 (25+50)
		2	Holistic Health and Yoga	15			
		3	Role of Yoga in Health and wellness, and management of ailments	15			
5	General/ Multidisciplinary Elective					3	75 (25+50)
6	AEC / English Lang./ MIL / Comm. Skills					2	
7	Co-curricular/ Sports/ Fine Applied Visual Performing Arts / Cultural / NCC / NSS					2 [#]	

			TOTAL			20 + 2 [#]	
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- Lecture Duration – 1 Hour
- One Theory Credit = 15 hours Theory
- One Practical Credit = 30 hours Practical

2nd Year - Semester – III - Units – Topics – Teaching Lectures

Curriculum Topics along with Self-Learning topics - to be covered, through self-learning mode along with the respective Unit. Evaluation of self-learning topics to be undertaken before the concluding lecture instructions of the respective UNIT.

Bharatiya Darshana and Hathayoga

Subject Code & Title	Subject Unit Title		Lectures (60 min)	Total Lectures	Credits	Total Marks
BSY CT 301 Bharatiya Darshana and Hathayoga	1	Astika Darshan	15	60	4	100 (60+40)
	2	Nastika Darshan	15			
	3	Shatkriya and Pranayama	15			
	4	Mudra Bandha	15			

Unit	Content	Hours
Unit 1	Astika Darshana (Shatdarshana): Orthodox Philosophy 1.1. Introduction to Indian Philosophy: Nine Darshana 1.2. Vedas, Upanishada, Agama and Purana 1.3 Application of Darshana in Human life 1.4 PYS: Kriya yoga, Klesha, Ashuddhi kshaya, Vivekakhyati, concepts of Karmashaya and Chaturvyuha (Heya, heyahetu, hana, hanopaya)	20 hrs
Unit 2	Nastika Darshana (Non-orthodox Philosophy) 2.1 Charvaka 2.2 Buddhism 2.3 Jainism	15 hrs
Unit 3	SHATKRIYA and PRANAYAMA (Hatha Pradipika- Chapt.2) (Gherand samhita 1 & 5) 3.1 Need of shatkriya practice, Benefits, precautions as per HP 3.2 Ghatashudhi: Details of each kriya as per GS – Chapt.1 3.3 Ashta Kumbhaka (HP), Pranayama (GS – Chapt.5) 3.4 Comparison of practices in HP and GS	15 Hrs
Unit 4	MUDRA-BANDHA (HP- Chapt.3 and GS – Chapt.3) 4.1 General benefits and significance of Mudra and Bandha 4.2 Ten mudras and Four Bandha of HP Chapt.3 4.3 Gherand Samhita, Chapter -3	10 Hrs

Self-Learning topics (Unit wise)

Unit	Topics
4	MUDRA-BANDHA (HP- Chapt.3 and GS – Chapt.3) 4.1 General benefits and significance of Mudra and Bandha 4.3 Ten mudras and Four Bandha of HP Chapt.3

Reference Books:

1. Aranya, H. (1983) Yoga Philosophy of Patanjali. State University of New York Press.
2. Dasgupta, S. (1963) A History of Indian Philosophy. Vol. 1, Cambridge University Press.
3. Feuerstein, G. (1980) The Philosophy of Classical Yoga. St. Martin's Press.
4. Indich, William (1980) Consciousness in Advaita Vedānta, Motilal Banarsidass.
5. Larson, G. (1987) Sāṃkhya as contentless consciousness'. In Larson, G. and R.S
6. Bhattacharya (eds.) Encyclopedia of Indian Philosophies, Vol. IV, Sāṃkhya, A
7. Dualist Tradition in Indian Philosophy, Princeton University Press.
8. Larson, G. (2008) Yoga and Sāṃkhya: The important differences. In Larson, G. and R.S
9. Bhattacharya (eds.) Encyclopedia of Indian Philosophies, Vol. XII, Yoga: India's
10. Mohanty, J.N. (1988) Consciousness in Vedānta. In Essays on Indian Philosophy, P.
11. Potter, K. (1981) Encyclopedia of Indian Philosophies, Vol. III, Advaita Vedānta, Motilal Banarsidass.
12. Sinha, N. (1979) The Samkhya Philosophy. Oriental Books Reprint Corporation, New Delhi.

Detail Scheme Theory
2nd Year - Semester – III - Units – Topics – Teaching Lectures

Course Code	Subject Name	Credits
BSY CP 302	Hathayoga Practices with Variations	4

Curriculum Topics along with Self-Learning topics - to be covered, through self-learning mode along with the respective Unit. Evaluation of self-learning topics to be undertaken before the concluding lecture instructions of the respective UNIT.

Hathayoga Practices with Variations

Subject Code & Title	Subject Unit Title		Lectures (60 min)	Total Lectures	Credits	Total Marks
BSY CP 302 Hathayoga Practices with Variations	1	Preparative Practices	30	120	4	100 (60+40)
	2	Asanas	30			
	3	Mudras	30			
	4	Relaxation	30			

Unit	Content	Hours
Unit 1	<p>Preparative practices:</p> <p>1.1 Prayers with meaning, Om chanting, Shanti Mantra, ॐ Stavan, Swasti Mantra, Prayer to sage Patanjali.</p> <p>1.2 Sukshmayayama: Griva shakti vikasaka, Vakshasthala Shakti vikasaka, Kartala Shakti vikasaka, Manibandhashakti vikasaka, Purnabhuj shakti vikasaka, Kati Shakti vikasaka, Janu shakti vikasaka</p> <p>1.3 Loosening exercises: Forward & backward bending, twisting, side bending, Forward bend-twisting.</p> <p>1.4 Suryanamaskar (with awareness of breath)</p>	20 Hrs
Unit 2	<p>ASANA</p> <p>2.1 Standing Postures: Konasana, parivritta konasana, Eka pada tolasana, Vriksasana</p> <p>2.2 Seated Postures: Sukhasana, Januvakshasana, Shashankasana, Vajrasana, Padmasana, Siddhasana, swastikasana, Janushirasana, Ushtrasana</p> <p>2.3 Supine Postures: Pavanamuktasana + variations, Uttanatadasana, Utthita eka/dwi padasana, Sarvangasana, Matsyasana, Uttana Vakrasana, Dronasana</p> <p>2.4 Prone Postures: Bhujangasana, Salabhasana, Naukasana, Dhanurasana, Makarasana + variations</p>	40 Hrs

Unit 3	Mudra: Tadagi mudra, Viparitakarni mudra, Yoga mudra (Vajrasanastha and Padmasanastha), Uddiyana Bandha Kriya: Kapalbhati, Jalaneti/Sutra neti, Vamana and Vastra Dhauti, Jyoti Trataka Pranayama: Nadishodhana, Suryabhedana, Bhastrika, Ujjayi, Sitali/Sitkari, Bhramari	40 Hrs
Unit 4	Relaxation: Yoga nidra Meditative techniques: Pranadharana, dirgha swasana, Vipassana, Preksha meditation, Om meditation	20 Hrs

Self-Learning topics (Unit wise)

Unit	Topics
3	Mudra: Tadagi mudra, Viparitakarni mudra, Yoga mudra (Vajrasanastha and Padmasanastha), Uddiyana Bandha

Detail Scheme Theory
2nd Year - Semester – III - Units – Topics – Teaching Lectures

Curriculum Topics along with Self-Learning topics - to be covered, through self-learning mode along with the respective Unit. Evaluation of self-learning topics to be undertaken before the concluding lecture instructions of the respective UNIT.

Course Code	Subject Name	Credits
BSY CT 303	Essentials of Indian Philosophy	4

Subject Code & Title	Subject Unit Title		Lectures (60 min)	Total Lectures	Credits	Total Marks
Essentials of Indian Philosophy	1	An Introduction to Indian Philosophy	15	50	4	100 (60+40)
	2	The Āstika and Nāstika Divisions Schools of Indian Philosophy	15			
	3	Nyāya and Vaiśeṣika: Some basic concepts	15			
	4	Yoga and Mīmāṃsā: Some Basic Concepts	15			

Unit	Content	Hours
Unit 1	An Introduction to Indian Philosophy 1.1 Nature and Scope of Indian Philosophy 1.2 Basic Philosophical Ideas in the Vedas, Itam, Stages of Development of Theism 1.3 Gītā's idea of Karma yoga	15
Unit 2	The Āstika and Nāstika Divisions Schools of Indian Philosophy 2.1 Cārvāka: Epistemology and Metaphysics 2.2 Buddhism: Four Noble Truths 2.3 Buddhism: Theory of Momentariness and The Concept of Nirvāṇa 2.4 Jainism: Syādvāda and Anekāntavāda	15
Unit 3	Nyāya and Vaiśeṣika: Some basic concepts 3.1 Nyāya: Concept of Pramā 3.2 Vaiśeṣika: Dravya, Guṇa, Sāmānya 3.3 Sāṃkhya: Some Basic Concepts 3.4 Sāṃkhya: Theory of Causation, Puruṣa & Prakṛti	15

Unit 4	Yoga and Mīmāṃsā: Some Basic Concepts 4.1 Yoga: Concept of Citta –Vṛtti 4.2 Mīmāṃsā: Intrinsic Validity of Knowledge 4.3 Mīmāṃsā theory of Error	15
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Self-Learning topics (Unit wise)

Unit	Topics
3	Nyāya and Vaiśeṣika: Some basic concepts 3.1 Nyāya: Concept of Pramā
4	Yoga and Mīmāṃsā: Some Basic Concepts 4.1 Yoga: Concept of Citta –Vṛtti

Reference Books:

- 1) Chatterjee, S. C. & Dutta, D. M. (1968). An Introduction to Indian Philosophy. University of Calcutta.
- 2) Hiriyanna, M. (1993). Outlines of Indian philosophy. Delhi: Motilal Banarasidass Publishers Pvt. Ltd.
- 3) Radhakrishnan, S. (1923). Indian Philosophy (2 Volumes). Oxford: University Press.
- 4) Sharma, C. D. (1973). A Critical Survey of Indian Philosophy. Delhi: Motilal Banarasidass
- 5) Sinha, J. N. Outlines of Indian Philosophy. Calcutta: New Central Book Agency Pvt. Ltd.
- 6) Tiwari, K. N. (1998), Classical Indian Ethical Thought, Chapter VI, Motilal Banarsidass Publishers Private Limited, Delhi

Detail Scheme Theory

SEC: Three Credits course of Skill Enhancement program (45 hrs):

Course Code	Subject Name	Credits
BSY CT 304	Health and wellness- 1	2

2nd Year - Semester – III - Units – Topics – Teaching Lectures

Curriculum Topics along with Self-Learning topics - to be covered, through self-learning mode along with the respective Unit. Evaluation of self-learning topics to be undertaken before the concluding lecture instructions of the respective UNIT.

Subject Code & Title	Subject Unit Title		Lectures (60 min)	Total Lectures	Credits	Total Marks
BSY-CT303 Health and wellness	1	Health and Wellness	10	30	2	50 (30+20)
	2	Holistic Health and Yoga	10			
	3	Role of Yoga in Health and wellness, and management of ailments	10			

Health and wellness - 1

Unit	Content	Hours
Unit 1	<p>Health and wellness</p> <p>Definitions and meaning of Health (WHO, Yoga, Naturopathy and Ayurveda)</p> <p>Definitions and meaning of wellness</p> <p>Various components of Health</p> <p>Concept of Vyadhi/Diseases and causes</p>	10 Hrs
Unit 2	<p>Holistic Health and Yoga</p> <p>2.1 History and meaning of Holistic health and Hygiene</p> <p>2.2 Basic principles of Holistic health and care</p> <p>2.3 Six components of Holistic health and wellness</p> <p>2.4 Role of Yoga in maintaining Holistic healthcare</p>	10 Hrs

Unit 3	Role of Yoga in Health and wellness and management of ailments 3.1 Ailments: Yogic v/s modern approach 3.2 Basics of Yoga therapy, concept of Panchakosa 3.3 Concept of Naturopathy 3.4 Physiology of Naturopathy treatment	10 Hrs
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Self-Learning topics (Unit wise)

Unit	Topics
1	Health and wellness Definitions and meaning of Health (WHO, Yoga, Naturopathy and Ayurveda) Definitions and meaning of wellness Various components of Health Concept of Vyadhi/Diseases and causes

Reference Books:

1. McCall, T. (2007). Yoga as Medicine: The Yogic Prescription for Health and Healing. Bantam.
2. Birch, B. (2015). Yoga in the Modern World: Contemporary Perspectives. Routledge.
3. Weintraub, A. (2004). Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga. Broadway Books.
4. Riley, K. E., & Park, C. L. (2015). How does yoga reduce stress? A systematic review of mechanisms of change and guide to future inquiry. Health Psychology Review, 9(3), 379-396.
5. Chu, P., & Gotink, R. A. (2016). Mindfulness-based therapies for psychiatric disorders: A systematic review and meta-analysis. Psychiatric Clinics of North America, 39(1), 29-43.
6. Ross, A., & Thomas, S. (2010). The health benefits of yoga and exercise: A review of comparison studies. Journal of Alternative and Complementary Medicine, 16(1), 3-12.

Part 6- The Scheme of Teaching and Examination Semester – IV

Sr. No.	Choice Based Credit System	Subjects	Subject Code	Remarks
1	Core Courses:	Bharatiya Darshana and Hathayoga- 2		
		Hatha Yoga Practices and Variations- 4		
		Yoga and Education		
2	Multi Disciplinary/ Open Elective/ Generic Elective	Allied Therapy for Lifestyles Disorders		
3	SEC	Health and Wellness - 2		
4	AEC	Modern Indian Languages		
5	Co-curricular/ Sports/ Fine Applied Visual Performing Arts / Cultural / NCC / NSS			

Second year Semester-IV Internal and External Assessment Details

Sr. No.	Subject Title	Lectures Per Week					Credits	Evaluation Scheme			Total Marks
		Units	SL*	L	T	P		CT	SLE	SE	
1	Bharatiya Darshana and Hathayoga- 2	4	1	3	1	0	4	20	20	60	100
2	Hathayoga Practices with Variations-2	4	2	0	1	5	4	20	20	60	100
3	Yoga and Education	4	1	3	1	0	4	20	20	60	100
5	Health and Wellness- 2	2	0	2	0	0	2	10	10	30	50
6	Allied Therapy for Lifestyles Disorders (General/ Multidisciplinary Elective)						2				
7	AEC / English Lang./ MIL / Comm. Skills						2				
		Total Credits					20			Total Marks	

*One to two lectures to be taken for CONTINUOUS self -learning evaluation
OPTIONAL credits

SL : Self-Learning, L : Lecture, T : Tutorials, P : Practical, CT : Class Test, SLE : Self-Learning Evaluation, SEE : Semester-end Examination

S. N.	Subject Code & Title	Subject Unit Title		Lectures	Total Lectures	Credits	Total Marks
1	BSY CT 401 Bharatiya Darshana and Hathayoga- 2	1	Patanjali Yogasutra (PYS): Vibhuti pada	15	60	4	100 (60+40)
		2	Hatha Pradipika Chapter-4	15			
		3	Gheranda Samhita Chapters 4, 6, and 7	15			
		4	Comparative study of Hathayoga scriptures	15			
2.	BSY CP 402 Hathayoga Practices with Variations-2	1	Preparative Practices	20	120	4	100 (60+40)
		2	Asanas	40			
		3	Mudras	40			
		4	Relaxation	20			
3	BSY-CT403 Yoga and Education	1	Principles of Education	10	60	4	100 (60+40)
		2	Pedagogy of teaching	15			
		3	Value education	20			
		4	AYUSH and education	15			
4	BSY-CT404 Health and Wellness- 2	1	Yoga Therapy	15	45	3	75
		2	Naturopathy modalities	15			
		3	Therapeutic Practices of Yoga and Naturopathy	15			
5	General/ Multidisciplin ary Elective					3	75
6	AEC / English Lang./ MIL / Comm. Skills					2	50
7	Co-curricular/ Sports/ Fine Applied Visual Performing Arts / Cultural /					2 [#]	

	NCC / NSS						
			TOTAL			20 + 2 [#]	

- Lecture Duration – 1 Hour
- One Theory Credit = 15 hours Theory
- One Practical Credit = 30 hours Practical

Detail Scheme Theory
2nd Year - Semester – IV - Units – Topics – Teaching Lectures
Bharatiya Darshana and Hathayoga- 2

Course Code	Subject Name	Credits
BSY CT 401	Bharatiya Darshana and Hathayoga- 2	4

Curriculum Topics along with Self-Learning topics - to be covered, through self-learning mode along with the respective Unit. Evaluation of self-learning topics to be undertaken before the concluding lecture instructions of the respective UNIT.

Subject Code & Title	Subject Unit Title		Lectures (60 min)	Total Lectures	Credits	Total Marks
BSY CT 401 Bharatiya Darshana and Hathayoga- 2	1	Patanjali Yogasutra (PYS): Vibhuti pada	15	60	4	100 (60+40)
	2	Hatha Pradipika Chapter-4	15			
	3	Gheranda Samhita Chapters 4, 6, and 7	15			
	4	Comparative study of Hathayoga scriptures	15			

Bharatiya Darshana and Hathayoga- 2

Unit	Content	Hours
Unit 1	Patanjali Yogasutra (PYS): Vibhuti pada 1.1 Concept of vibhuti, Ashtasiddhi and its relevance in yoga sadhna 1.2 Concept of Samyama (dharna, dhyan and Samadhi)3.1 to 3.6 1.3 Sabija and Nirbhija Samadh3.9-3.16 1.4 Various siddhis of Sadhana	15
Unit 2	HathaPradipika Chapter-4 2.1 Basic understanding of Nadanusandhana 2.2 Technique, Types and effects of Dhyana 2.3 Ultimate Goal of Hathayoga	15
Unit 3	Gheranda Samhita Chapter – 4, 6, 7. 3.1 Pratyahara 3.2 Dhyana: types, steps and effects 3.3 Samadhi according to Ghatasthayoga	15
Unit 4	Comparative study of Hathayoga scriptures 4.1 Comparative analysis of Asana 4.2 Comparative study of Pranayama 4.3 Comparative study of internal Yogasadhana	15

Self-Learning topics (Unit wise)

Unit	Topics
4	4.4 Comparative analysis of Asana 4.5 Comparative study of Pranayama 4.6 Comparative study of internal Yogasadhana

Reference Books:

1. The Yoga Tradition: Its History, Literature, Philosophy and Practice. Revised Edition. Feuerstein, Georg. Hohm Press, Prescott, AZ. 2001.
2. The Shambhala Encyclopedia of Yoga. Feuerstein, Georg. Shambhala, 1997.
3. Yoga: Immortality and Freedom. Eliade, Mircea. Princeton University Press. Bollingen Series, 1970.
4. INDIAN PHILOSOPHY A Sourcebook in Indian Philosophy. Radhakrishnan, S. and Moore, C. Princeton University Press, 1957.
5. Hindu Scriptures. Goodall, Dominic, Ed. University of California Press, 1995.
6. The Yoga-Sutra of Patanjali: A New Translation with Commentary. Hartranft, Chip. Shambhala, 2003.
7. The Yoga Sutras of Patanjali. Bryant, Edwin. North Point Press. 2009.

Detail Scheme Theory
2nd Year - Semester – IV - Units – Topics – Teaching Lectures

Curriculum Topics along with Self-Learning topics - to be covered, through self-learning mode along with the respective Unit. Evaluation of self-learning topics to be undertaken before the concluding lecture instructions of the respective UNIT.

Course Code	Subject Name	Credits
BSY CP 402	Hathayoga Practices with Variations- 2	4

Subject Code & Title	Subject Unit Title		Lectures (60 min)	Total Lectures	Credits	Total Marks
BSY CP 402 Hathayoga Practices with Variations-2	1	Preparative Practices	30	120	4	100 (60+40)
	2	Asanas	30			
	3	Mudras	30			
	4	Relaxation	30			

Unit	Content	Hours
Unit 1	1.4 Prayer: Om chanting, Shanti Mantra, Gayatri mantra, Mahamrityunjay mantra 1.5 Revision of Sukshma vyayama, loosening exercises, Suryanamaskara 1.6 Revision of Asana, Pranayama, Mudra, Bandha	20
Unit 2	ASANA 2.1 Standing Postures: Garudasana, Utkatasana, Natarajasana Seated Postures: 2.2 Seated Postures: Hansasana, Ushtrasana, Uttana Mandukasana 2.3 Supine Postures: Ardha and Purna Halasana, Sarvangasana, Matsyasana, Chakrasana 2.4 Prone Postures : Bhujangasana variations, Salabhasana, Dhanurasana 2.5 Anantasana variations	40
Unit 3	<u>Mudra</u> : Uddiyana bandha, Mahamudra, Mahabandha <u>Kriya</u> : Vatkrama Kapalbhathi, Agnisar/Nauli, Shankha praksalana, Sitkrama and Vyutkrama kapalbhathi <u>Breathing exercises</u> : Vyaghra shwasana vyayama, shashaka shwasana vyayama, tadasana shwasana vyayama, Hands in-out breathing <u>Pranayama</u> : sectional breathing (abdominal, thoracic and clavicular breathing with hasta mudra), Bhastrika (HP & GS), Nadishodhana, Ujjayi, Shitali, Sitkari, Bhramari Pranayama.	40

Unit 4	<u>Relaxative and Meditative techniques:</u> Yoga nidra-2, Sakshibhavana, Pratipaksha bhavana, Om meditation, Pranava japa, Soham japa	20
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Self-Learning topics (Unit wise)

Unit	Topics
4	<u>Relaxative and Meditative techniques:</u> Yoga nidra-2, Sakshibhavana, Pratipaksha bhavana, Om meditation, Pranava japa, Soham japa

2nd Year - Semester – IV - Units – Topics – Teaching Lectures

Course Code	Subject Name	Credits
BSY CT 403	Yoga and Education	4

Yoga and Education

Curriculum Topics along with Self-Learning topics - to be covered, through self-learning mode along with the respective Unit. Evaluation of self-learning topics to be undertaken before the concluding lecture instructions of the respective UNIT.

Subject Code & Title	Subject Unit Title		Lectures (60 min)	Total Lectures	Credits	Total Marks
BSY-CT403 Yoga and Education	1	Principles of Education	15	60	4	100 (60+40)
	2	Pedagogy of teaching	15			
	3	Value education	15			
	4	AYUSH and education	15			

Unit	Content	Hours
Unit 1	1.1 Definitions and meaning of Yoga: Indian and western 1.2 Ancient v/s contemporary education system (Bipolar to Quadripolar) 1.3 Concept of a Guru 1.4 Aim, objectives and principles of education	15
Unit 2	2.1 Pedagogy of teaching 2.2 Pros and cons of various teaching methods 2.3 Teaching aids 2.4 Importance of Yoga in education and education in Yoga 2.5 Physical, Moral, social, Psychological and Spiritual aspects of Yoga in education	15
Unit 3	3.1 Value education and Yoga 3.2 Importance of Yama-Niyama 3.3 Role of a teacher in Value education 3.4 Importance of lesson plan in Yoga education	15
Unit 4	4.1 Role of AYUSH in Education 4.2 Various components of AYUSH and their importance in Health education 4.3 Role of Jnanayoga, Bhaktiyoga and Karmayoga in Cognitive, conative and affective aspects of education	15

Self-Learning topics (Unit wise)

Unit	Topics
3	3.5 Value education and Yoga 3.6 Importance of Yama-Niyama 3.7 Role of a teacher in Value education

Reference Books:

1. Desikachar, T. K. V. (1995). *The Heart of Yoga: Developing a Personal Practice*. Inner Traditions.
2. Srinivasan, T. M. P. (Ed.). (2015). *Yoga for Students*. University Grants Commission.
3. Satchidananda, S. (2012). *The Yoga Sutras of Patanjali*. Integral Yoga Publications.
4. Khalsa, S. B. S., & Butzer, B. (2016). Yoga in school settings: a research review. *Annals of the New York Academy of Sciences*, 1373(1), 45-55.
5. Serwacki, M. L., & Cook-Cottone, C. (2012). Yoga in the schools: a systematic review of the literature. *International Journal of Yoga Therapy*, 22(1), 101-109.

2nd Year - Semester – IV - Units – Topics – Teaching Lectures

Course Code	Subject Name	Credits
BSY CT 404	Health and Wellness - 2	2

Health and Wellness - 2

Curriculum Topics along with Self-Learning topics - to be covered, through self-learning mode along with the respective Unit. Evaluation of self-learning topics to be undertaken before the concluding lecture instructions of the respective UNIT.

Subject Code & Title	Subject Unit Title		Lectures (60 min)	Total Lectures	Credits	Total Marks
BSY-CT404 Health and Wellness- 2	1	Yoga Therapy	10	30	2	50 (60+40)
	2	Naturopathy modalities	10			
	3	Therapeutic Practices of Yoga and Naturopathy	10			

Unit	Content	Hours
Unit 1 Theory	Yoga Therapy 1.1 Yoga techniques for health of human body systems 1.2 Yoga and lifestyle disorders 1.3 Yogic approach of treatment on Panchakosa levels 1.4 Yogic Diet	10 Hrs
Unit 2 Theory	Naturopathy modalities 2.1 Hydrotherapy 2.2 Mud therapy 2.3 Agni – Sunbath 2.4 Aakaash - Fasting therapy 2.5 Air Therapy	10 Hrs
Unit 3 Practices	Therapeutic Practices of Yoga and Naturopathy 3.1 Kriya, Sukshma Vyayama for lifestyle disorders 3.1 Asana. Pranayama, Relaxation, Meditation for Lifestyle disorders 3.2 Visit to a Naturopathy centre to experience various modules	10 Hrs

Self-Learning topics (Unit wise)

Unit	Topics
3	3.8 Value education and Yoga 3.9 Importance of Yama-Niyama 3.10 Role of a teacher in Value education

Reference Books:

6. Desikachar, T. K. V. (1995). *The Heart of Yoga: Developing a Personal Practice*. Inner Traditions.
7. Srinivasan, T. M. P. (Ed.). (2015). *Yoga for Students*. University Grants Commission.
8. Satchidananda, S. (2012). *The Yoga Sutras of Patanjali*. Integral Yoga Publications.
9. Khalsa, S. B. S., & Butzer, B. (2016). Yoga in school settings: a research review. *Annals of the New York Academy of Sciences*, 1373(1), 45-55.
10. Serwacki, M. L., & Cook-Cottone, C. (2012). Yoga in the schools: a systematic review of the literature. *International Journal of Yoga Therapy*, 22(1), 101-109.

General Electives

General elective/Multi disciplinary	Semester I	Basic Understanding of Allied Sciences as per AYUSH	2
	Semester II	An Overview of Wellness Techniques	2
	Semester III	Human Anatomy and Physiology- therapy point of view	3
	Semester IV	Allied Therapy for Lifestyles Disorders	3

Semester I
Basic Understanding of Allied Sciences as per AYUSH

Credits: 2
Hours: 45 hours (15 hours theory + 30 hours practical)

Unit	Content	Hours
Unit-1	Yoga And Allied Science 1.1. What is AYUSH- the elements, concept of allied sciences 1.2. Introduction to Ayurveda 1.3. Introduction to Yoga & Naturopathy 1.4 Introduction to Unani 1.5 Introduction to Siddha and Sowa Rigpa 1.6 Introduction to Homoeopathy	[10 Hrs.]
Unit-2	Principles of Yoga Therapy 2.1 Yoga Therapy- benefits and advantages 2.2 Principles of Yoga Therapy in relation to Hatha Ratnavali and Gheranda Samhita 2.3 Concept of five elements and its applications- Chromotherapy, Accupressure, Accupuncture, magnetic therapy, different baths	[5 Hrs.]
Unit-3	Practical 3.1 Prayer: Om chanting, Shanti Mantra - Opening and Closing 1.2 Sukshma Vyayama for neck, shoulders, wrists, waist, knees, hips, ankles 1.3 Loosening exercises: Forward, backward, lateral bendings, twisting 1.4 Relaxing in all positions: Standing (danda sthiti), Sitting (Baithak sthiti), Supine (Shayana sthiti), Prone (Viparita shayana sthiti) positions 1.5 Breathing exercises and Sasankasana Breathing 1.6 Suryanamaskar or Sun Salutation	[30 Hrs.] 15 teaching 15 tutorial

Self-Learning topics

Unit	Sub-units
2	2.3 Concept of five elements and its applications- Chromotherapy, Accupressure, Accupuncture, magnetic therapy, different baths

Resource books:

1. Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy (AYUSH). (n.d.). Retrieved from <https://main.ayush.gov.in/>
2. Frawley, D., & Ranade, S. (2001). *Ayurveda, Nature's Medicine*. Lotus Press.
3. Sharma, H., & Clark, C. (1998). *Ayurvedic Healing: A Comprehensive Guide*. Lotus Press.
4. Siddiqui, M. Y., & Ali, S. (2012). *The Unani Pharmacopoeia of India: Part I - Vol. I to VI*. Government of India, Ministry of Health and Family Welfare.
5. Vaidya, A. D. B., & Vaidya, S. D. (2000). *A Textbook of Modern Medicine and Surgery on Homoeopathic Principles*. B. Jain Publishers.
6. Rao, M. L. (2000). *Scientific Basis for Ayurvedic Therapies*. CRC Press.
7. McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. Bantam.
8. Saraswati, S. S. (2011). *Hatha Yoga Pradipika*. Yoga Publications Trust.
9. Tiwari, M. (2000). *Prana and Pranayama*. Bihar School of Yoga.
10. Saraswati, S. S. (1999). *Om Chanting and Meditation*. Yoga Publications Trust.
11. Sjoman, N. E. (1999). *Yoga Touchstone: Yoga Therapy for Stress, Pain, Fatigue, and Illness*. New World Library.
12. Fishman, L. M., & Ardman, C. (2016). *Yoga for Arthritis: The Complete Guide*. Shambhala Publications.
13. Swami Satyananda Saraswati. (1996). *Asana Pranayama Mudra Bandha*. Bihar School of Yoga.
14. Iyengar, B. K. S. (2014). *Light on Pranayama: The Yogic Art of Breathing*. HarperCollins.
15. Gannon, A., & Stiles, M. (2002). *The Athlete's Pocket Guide to Yoga: 50 Routines for Flexibility, Balance, and Focus*. Rodale Books.

Semester II

An Overview of Wellness Techniques

Unit	Content	Hours
Unit 1	Health and wellness 1. Definitions and meaning of Health (WHO, Yoga and Ayurveda) 2. Definitions and meaning of wellness 3. Various components of Health 4. Concept of Vyadhi/Diseases and causes	10 Hrs
Unit 2	Role of Yoga in Health and wellness and management of ailments 1. Ailments: Yogic v/s modern approach 2. Basics of Yoga therapy, concept of Panchakosa 3. Yoga techniques for health of human body systems 4. Yoga and lifestyle disorders	20 Hrs

Self-Learning topics

Unit	Sub-units
2	2.3 Yoga techniques for health of human body systems 2.4 Yoga and lifestyle disorders

Resource books:

1. World Health Organization. (1948). *Constitution of the World Health Organization*. Retrieved from <https://www.who.int/about/who-we-are/constitution>
2. Sharma, H., & Clark, C. (1998). *Ayurvedic Healing: A Comprehensive Guide*. Lotus Press.
3. McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. Bantam.
4. Iyengar, B. K. S. (1995). *Light on Yoga: Yoga Dipika*. HarperCollins.
5. Saraswati, S. S. (2011). *Hatha Yoga Pradipika*. Yoga Publications Trust.
6. Tiwari, M. (2000). *Prana and Pranayama*. Bihar School of Yoga.
7. Desikachar, T. K. V. (1995). *The Heart of Yoga: Developing a Personal Practice*. Inner Traditions.
8. Swami Satyananda Saraswati. (1996). *Asana Pranayama Mudra Bandha*. Bihar School of Yoga.
9. Fishman, L. M., & Ardman, C. (2016). *Yoga for Arthritis: The Complete Guide*. Shambhala Publications.
10. Gannon, A., & Stiles, M. (2002). *The Athlete's Pocket Guide to Yoga: 50 Routines for Flexibility, Balance, and Focus*. Rodale Books
11. Iyengar, B. K. S. (2014). *Light on Pranayama: The Yogic Art of Breathing*. HarperCollins.
12. Gannon, A., & Stiles, M. (2002). *The Athlete's Pocket Guide to Yoga: 50 Routines for Flexibility, Balance, and Focus*. Rodale Books.

Semester III

HUMAN ANATOMY-PHYSIOLOGY: Therapy point of view (Total Hours: 30 = 2 credits + Internship – 30 hrs = 1 credit)

Unit	Content	Hours
Unit 1	1.1. Role of Anatomy and Physiology in experiencing practices of Yoga. 1.2. Brief introduction of function of all nine system of human body 1.3. Concept of holistic health and homeostasis 1.4. Basics concepts of Yoga Therapy	15 Hrs
Unit 2	2.1. Physiology of Asana and Exercise and Comparison of Yoga Asana v/s Physical Exercises. (effects on Body systems) 2.2. Physiological understanding of Kriya and Pranayama and therapeutic benefits 2.3. Physiological understanding of Mudra-Bandha, and therapeutic benefits. 2.4. Physiological understanding of Meditative techniques and therapeutic benefits	10 Hrs
Unit 3	3.1. The benefits, limitation and contra-indication of specific yoga practices. 3.2. Prevention and management of injuries during Yoga practices	5 Hrs
Unit 4	INTERNSHIP (ON-LINE/OFF-LINE) 4.1 Lesson Plan on each of one: Asana, Pranayama, Suryanamaskar, Yognidra 4.2 Teach practices for health and wellness (IDY Protocol practices) 4.3 Teach practices to students for memory and concentration improvement	30 hrs

Self-Learning topics

Unit	Sub-units
4	INTERNSHIP (ON-LINE/OFF-LINE) 4.1 Lesson Plan on each of one: Asana, Pranayama, Suryanamaskar, Yognidra 4.2 Teach practices for health and wellness (IDY Protocol practices) 4.3 Teach practices to students for memory and concentration improvement

Resource books:

1. Tortora, G. J., & Derrickson, B. (2017). *Principles of Anatomy and Physiology*. Wiley.
2. Coulter, H. D. (2001). *Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners*. Body and Breath, Inc.
3. Marieb, E. N., & Hoehn, K. (2018). *Human Anatomy & Physiology*. Pearson.
4. Jonas, W. B., & Chez, R. A. (2002). *Healing, Intention and Energy Medicine: Science, Research Methods and Clinical Applications*. Churchill Livingstone.
5. McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. Bantam.
6. Broad, W. J. (2012). *The Science of Yoga: The Risks and the Rewards*. Simon & Schuster.
7. Saraswati, S. S. (1996). *Asana Pranayama Mudra Bandha*. Bihar School of Yoga.
8. Saraswati, S. S. (2004). *Mudras: Yoga in Your Hands*. Nesma Books India.
9. Benson, H., & Klipper, M. Z. (2000). *The Relaxation Response*. HarperCollins.
10. Iyengar, B. K. S. (1979). *Light on Yoga: Yoga Dipika*. HarperCollins.
11. Fishman, L. M., & Ardman, C. (2016). *Yoga for Arthritis: The Complete Guide*. Shambhala Publications.
12. Coulter, H. D. (1993). *Yoga and the Quest for the True Self*. Bantam.
13. Saraswati, S. S. (2005). *Yoga Education for Children*. Yoga Publications Trust.
14. Saraswati, S. S. (2011). *Hatha Yoga Pradipika*. Yoga Publications Trust.

Semester IV
ALLIED THERAPY FOR LIFESTYLE DISORDERS
 (Total Hours: 30 = 2 credits + Internship – 30 hrs = 1 credit)

Unit	Content	Hours
Unit 1	Introduction to Yoga Therapy 1.1 Applications of Yoga Therapy for lifestyle disorders 1.2 Basics of Ayurveda, Concept of Tridosha, Panchkarma, Diet 1.3 Basics of Naturopathy, Modes of treatment	15 Hrs
Unit 2	2.1 Acupressure and Acupuncture, Physiology of treatment 2.2 Reiki and Pranic healing, modes of treatment 2.3 Therapeutic application of Unani and Siddha 2.4 Basic principles of Homeopathy and applications for ailments	15 Hrs
Unit 3	INTERNSHIP (ON-LINE/OFF-LINE) 3.1 Visit to allied at least 2 therapy clinics and Observe / experience treatments 3.2 Communicate / Interview at least two patients of such therapies 3.2 Prepare a comparative report of details of treatment	30 Hrs

Self-Learning topics

Unit	Sub-units
3	INTERNSHIP (ON-LINE/OFF-LINE) 3.1 Visit to allied at least 2 therapy clinics and Observe / experience treatments 3.2 Communicate / Interview at least two patients of such therapies 3.2 Prepare a comparative report of details of treatment

Resource books:

1. McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. Bantam.
2. Broad, W. J. (2012). *The Science of Yoga: The Risks and the Rewards*. Simon & Schuster.
3. Saraswati, S. S. (1996). *Asana Pranayama Mudra Bandha*. Bihar School of Yoga.
4. Sharma, H., & Clark, C. (1998). *Ayurvedic Healing: A Comprehensive Guide*. Lotus Press.
5. Lad, V. (2002). *Textbook of Ayurveda, Volume One: Fundamental Principles*.

Ayurvedic Press.

6. Sharma, P. V. (1998). *Dravyaguna Vijnana: Materia Medica Vegetable Drugs*. Chowkhamba Krishnadas Academy.
7. Morrison, R. (1993). *Desktop Guide to Keynotes and Confirmatory Symptoms*. Hahnemann Clinic Publishing.
8. Jonas, W. B., & Levin, J. S. (2013). *Essentials of Complementary and Alternative Medicine*. Lippincott Williams & Wilkins.
9. Vasant, L. (1996). *Ayurveda: The Science of Self-Healing*. Lotus Press.
10. Pizzorno Jr, J. E., & Murray, M. T. (2012). *Textbook of Natural Medicine*. Elsevier Health Sciences.
11. Janardhana, V. (2006). *Prakriti: Your Ayurvedic Constitution*. New Dawn Press Group.
12. Clark, C. (2006). *Prakriti: Your Ayurvedic Constitution*. Lotus Press.

Part 7- The Scheme of Teaching and Examination Semester – V

Sr. No.	Choice Based Credit System	Subjects	Subject Code	Remarks
1	Core Courses:	Bharatiya Darshana and Hathayoga- 3	BSY-CT 501	
		Hatha Yoga Practices and Variations- 5	BSY-CP 502	
		Applied Yoga-1	BSY-CT 503	
2	Research	Research Methodology-1	BSY-CT 504	
3	DSE	Physiology and Therapy		
4	Internship/ Apprenticeship/ OJT	Internship	BSY-CT 505	

Third year Semester-V Internal and External Assessment Details

Sr. No.	Subject Title	Lectures Per Week					Credits	Evaluation Scheme			Total Marks
		Units	SL*	L	T	P		CT	SLE	SE	
1	BSY- CT 501 Bhartiya Darshan and Hatha yoga-3	4	1	3	1	0	4	20	20	60	100
2	BSY-CP 502 Hatha Yoga Practices and Variations- 5	4	2	0	1	5	4	20	20	60	100
3	BSY-CT 503 Applied Yoga-1	4	1	3	1	0	4	20	20	60	100
4	BSY-CT 504 Research Methodology- 1	2	0	4	0	0	4	40	40	60	100
5	BSY-CT 505 Internship	0	0	0	0	0	4	0	0	100	100
		Total Credits					20			Total Marks	500

*One to two lectures to be taken for CONTINUOUS self -learning evaluation

OPTIONAL credits

SL : Self-Learning, L : Lecture, T : Tutorials, P : Practical, CT : Class Test, SLE : Self-Learning Evaluation, SEE : Semester-end Examination

S. N.	Subject Code & Title	Subject Unit Title		Lectures	Total Lectures	Credits	Total Marks
1	Bhartiya Darshan and Hatha yoga-3	1	Patanjali Yoga Sutra – Chapter-3	15	60	4	100 (60+40)
		2	Vibhuti pada	15			
		3	Hatha yoga texts	15			
		4	Yoga Vasishtha	15			
2.	Hatha Yoga Practices and Variations- 5	1	Preparative practices	20	120	4	100 (60+40)
		2	Postures and Asanas	15			
		3	Kriyas, Mudras	15			
		4	Relaxation and Meditation	10			
3	Applied Yoga-1	1	Yoga for Women	15	60	4	100 (60+40)
		2	Yoga for Sports	15			
		3	Yoga for Corporates	15			
		4	Yoga and Education	15			
4	BSY-CT 504 Research Methodology -1	1	Terminology of research	20	60	4	100 (60+40)
		2	Process of research	15			
		3	Data collection and analysis	15			
		4	Various aspects of research	10			
5	Physiology and Therapy				30	2	50
6	BSY-CT 505 Internship				0	4	100
			TOTAL			20	

- Lecture Duration – 1 Hour
- One Theory Credit = 15 hours Theory
- One Practical Credit = 30 hours Practical

Detail Scheme Theory
3rd Year - Semester – V - Units – Topics – Teaching Lectures

Bhartiya Darshan and Hatha yoga-3
(60 hours = 4 credits)

Unit	Content	Hours
Unit 1	<u>PYS – Chapter-3. Vibhuti pada</u> 1.1 Siddhis from Samyama on various objects- sutra 3.16-3.43	15
Unit 2	<u>Vibhuti pada</u> 2.1 Ultimate attainments- sutra 3.45-3.50 2.2 Concept and effects of Kaivalya- sutra 3.51-3.55	15
Unit 3	<u>Hatha yoga texts:</u> 3.1 Hathapradeepika therapeutic perspective chapter 5 3.2 Brief introduction of shiv swarodaya- swara, prana, nadi and tattva 3.3 Brief introduction to Siddha - siddhanta paddhati 3.4 brief introduction to Goraksha shatkarma	15
Unit 4	<u>Yoga Vasishtha</u> 1. Brief introduction of six chapters of yoga vasishtha 2. Yoga vashishtha- concept of health and disease in yoga vasisth 3. Seven stages of spiritual development- sapta-bhumi 4. Concept of mind 5. Concept of prana-spandana and prana-nirodha	15

Self-Learning topics (Unit wise)

Unit	Topics
4	4. Concept of mind 5. Concept of prana-spandana and prana-nirodha

Reference Books:

1. McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. Bantam.
2. Birch, B. (2015). *Yoga in the Modern World: Contemporary Perspectives*. Routledge.
3. Weintraub, A. (2004). *Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga*. Broadway Books.
4. Riley, K. E., & Park, C. L. (2015). How does yoga reduce stress? A systematic review of mechanisms of change and guide to future inquiry. *Health Psychology Review*, 9(3), 379-396.
5. Chu, P., & Gotink, R. A. (2016). Mindfulness-based therapies for psychiatric disorders: A systematic review and meta-analysis. *Psychiatric Clinics of North America*, 39(1), 29-43.
6. Ross, A., & Thomas, S. (2010). The health benefits of yoga and exercise: A review of comparison studies. *Journal of Alternative and Complementary Medicine*, 16(1), 3-12.

BSY-CT 502 Hathayoga Practices

(120 hours = 4 credits)

Note: Holding time suggested for asanas - 45 sec to 1.30 min building up slowly and progressively

*Each student has to take lesson plan on one practice from each group

Unit	Content	Hours
Unit 1	<p>PRAYER:</p> <p>1) Revision: Om chanting, Om Sahana Vavatu, Om Stavan, Svasti Mantra, Gayatri Mantra, Mahamrityunjaya Mantra, Deep Mantra (Lighting of the lamp), Purna Mantra, Gita Chapter 15 (1-10)</p> <p>2) Additional : Patanjali stuti, Gita Chapter 15 (11-20)</p>	10
Unit 2	<p>ASANA</p> <p>1) SITTING POSITION - REVISION: Vakrasana, Bhadrasana, Parvatasana, Vajrasana, Ardha and Purna Padmasana Gomukhasana, Ushtrasana , Janushirasana, Paschimottanasana, Ardha Matsyendrasana, Malasana, Purvottanasana, Marichyasana, Ardha Padma Paschimottanasana ADDITIONAL: Akarna Dhanurasana, Supta Vajrasana</p> <p>2) STANDING POSITION: REVISION: Chakrasana/Ardhakati (lateral), Tadasana, Vrikshasana, Padahastanasana, Trikonasana, Virabhadrasana 1 & 2, Parsvottanasana, Garudasana, Parivrtta Trikonasana, Parshva Konasana. ADDITIONAL: Virabhadrasana 3, Ardha Candrasana</p> <p>3) SUPINE POSITION REVISION: Supta Tadasana, Ardha Halasana (single and both legs), Uttanpadasana, Sarala Matsyasana Ardha Pawanmuktasana, Purna Pawanmuktasana, Setu Bandhasana, Dronasana (Navasana) Uttana vakrasana, Shavasana, Purna Matsyasana, Sarvangasana, Halasana, Karna Pidasana. ADDITIONAL: Ardha Akuncasana, Akuncasana</p> <p>4) PRONE POSITION – REVISION</p>	60

	<p>Bhujangasana, Ardha Shalabhasana, Purna Shalabhasana, Makarasana, Naukasana, Dhanurasana, Sarpasana, Vimanasana, Shashankasana, Dandasana (Plank), Janu Vakshasana, Ashtanga Namaskara.</p> <p>ADDITIONAL: Bhekasana, Ushtrasana (traditional from GS)</p> <p>5) SURYANAMASKARA with mantra, beejamantra, prayer</p>	
Unit 3	<p>MUDRA-BANDHA-MEDITATION</p> <p>1) REVISION: Brahma mudra, Dattamudra, Viparita Karani , Simha Mudra, Jivha Bandha, Yoga Mudra (Vajrasana), Yoga Mudra (padmasana), Uddiyana, Ashvini Mudra</p> <p>ADDITIONAL: Mula bandha, Jalandhara bandha</p> <p>2) MEDITATION: Om, Mantra/Japa, Soham.Ajapajapa</p>	20
Unit 4	<p>1) KRIYA (CLEANSING PRACTICES), Relaxation</p> <p>REVISION: Shwasana Marg shuddhi (cleansing of nasal passages), Kapalabhati, Vaman Dhauti, Jala Neti, Sutra Neti, Danda dhauti, Madhya Nauli.</p> <p>ADDITIONAL: Madhya, Vama, Dakshina Nauli</p> <p>2) PRANAYAMA – REVISION</p> <p>Deep breathing (Dirgha swasana), Nadi Shuddhi / Anuloma Viloma, Surya Bhedan, Sitkari, Bhramari, Candra Bhedana, Ujjayi, Shitali.</p> <p>ADDITIONAL: Bhastrika</p> <p>3) YOGANIDRA Relaxation</p>	30

Self-Learning topics (Unit wise)

Unit	Topics
3	<p>MUDRA-BANDHA-MEDITATION</p> <p>REVISION: Brahma mudra, Dattamudra, Viparita Karani , Simha Mudra, Jivha Bandha, Yoga Mudra (Vajrasana), Yoga Mudra (padmasana), Uddiyana, Ashvini Mudra</p>

B.Sc. in Yoga and Wellness. Third Year. Semester: 5
BSY-CT 503 APPLIED YOGA
 (60 hours = 4 credits)

Unit	Content	Hours
Unit 1	Yoga for Stress management: <ol style="list-style-type: none"> 1) Current era – lifestyle related difficulties 2) Stress – Definition, Types, Causes, Symptoms 3) Yogic remedies 4) Anger management 	15
Unit 2	Yoga for Personality development <ol style="list-style-type: none"> 1) Personality: Definition, meaning, types, characteristics 2) Factors affecting Personality 3) Role of Yoga in developing personality 	15
Unit 3	Yoga for Geriatric health <ol style="list-style-type: none"> 1) Status and quality of life of Senior citizens 2) Restrictions and difficulties 3) Role of Yoga in maintaining health of Geriatrics 	15
Unit 4	Yoga for Children <ol style="list-style-type: none"> 1) Factors affecting Child's growth and health 2) Learning and training difficulties 3) Role of Yoga in Children and student's development 	15

Self-Learning topics (Unit wise)

Unit	Topics
2	2.3 Role of Yoga in developing personality
3	3.3 Role of Yoga in maintaining health of Geriatrics
4	4.3 Role of Yoga in Children and student's development

Reference Books:

1. Sivananda Yoga Vedanta Centre. (2011). *Yoga for Stress Relief*. DK Publishing.
2. Khalsa, S. B. S., & Stauth, C. (2001). *The Eight Human Talents: Restore the Balance and Serenity within You with Kundalini Yoga*. St. Martin's Griffin.
3. Telles, S., Singh, N., & Balkrishna, A. (2016). *Research-Based Perspectives on the Psychophysiology of Yoga*. Springer.
4. McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. Bantam.
5. Niranjanananda Saraswati, S. (2004). *Yoga Education for the Elderly*. Yoga Publications Trust.
6. Flynn, M. (2013). *Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children*. Adams Media.
7. Saraswati, S. S. (2000). *Yoga Education for Children*. Yoga Publications Trust.

BSY-CT 504 RESEARCH METHODOLOGY-1

(60 hours = 4 credits)

Unit	Content	Hours
Unit 1	1) Definition, meaning, aims and various terminology of research 2) Types of research and methods 3) Characteristics of good research method and researcher 4) Hypothesis and Null hypothesis	20
Unit 2	1) Selection of Problem, 2) Review of literature, 3) Research Design 4) Sampling, and its methods	15
Unit 3	1) Data Collection methods 2) Data presentation and analysis 3) Scopes and limitations of research in Yoga	15
Unit 4	1) Role of statistics in research and various methods 2) Role of computers in Yoga research 3) Ethical aspects in the field of Research	10

Self-Learning topics (Unit wise)

Unit	Topics
4	4.1 Role of statistics in research and various methods 4.2 Role of computers in Yoga research

Reference Books:

1. Creswell, J. W., & Creswell, J. D. (2017). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches*. Sage Publications.
2. Neuman, W. L. (2014). *Social Research Methods: Qualitative and Quantitative Approaches*. Pearson Education.
3. Bryman, A. (2016). *Social Research Methods*. Oxford University Press.
4. Fraenkel, J. R., Wallen, N. E., & Hyun, H. H. (2011). *How to Design and Evaluate Research in Education*. McGraw-Hill Education.
5. Leedy, P. D., & Ormrod, J. E. (2018). *Practical Research: Planning and Design*. Pearson.
6. Babbie, E. R. (2016). *The Basics of Social Research*. Cengage Learning.

7. Silverman, D. (2016). *Qualitative Research*. Sage Publications.
8. Gall, M. D., Borg, W. R., & Gall, J. P. (2007). *Educational Research: An Introduction*. Pearson.
9. Mertens, D. M. (2014). *Research and Evaluation in Education and Psychology: Integrating Diversity with Quantitative, Qualitative, and Mixed Methods*. Sage Publications.
10. Maxwell, J. A. (2012). *Qualitative Research Design: An Interactive Approach*. Sage Publications.

Physiology and Therapy

(Total Hours: 30 = 2 credits)

Unit	Content	Hours
Unit 1	Introduction to Yoga Therapy 1.1 Applications of Yoga Therapy for lifestyle disorders 1.2 Basics of Ayurveda, Concept of Tridosha, Panchkarma, Diet 1.3 Basics of Naturopathy, Modes of treatment	15 Hrs
Unit 2	2.1 Acupressure and Acupuncture, Physiology of treatment 2.2 Reiki and Pranic healing, modes of treatment 2.3 Therapeutic application of Unani and Siddha 2.4 Basic principles of Homeopathy and applications for ailments	15 Hrs

Self-Learning topics

Unit	Sub-units
1	1.1 Applications of Yoga Therapy for lifestyle disorders 1.2 Basics of Ayurveda, Concept of Tridosha, Panchkarma, Diet

Resource books:

13. McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. Bantam.
14. Broad, W. J. (2012). *The Science of Yoga: The Risks and the Rewards*. Simon & Schuster.
15. Saraswati, S. S. (1996). *Asana Pranayama Mudra Bandha*. Bihar School of Yoga.
16. Sharma, H., & Clark, C. (1998). *Ayurvedic Healing: A Comprehensive Guide*. Lotus Press.
17. Lad, V. (2002). *Textbook of Ayurveda, Volume One: Fundamental Principles*. Ayurvedic Press.
18. Sharma, P. V. (1998). *Dravyaguna Vijnana: Materia Medica Vegetable Drugs*. Chowkhamba Krishnadas Academy.
19. Morrison, R. (1993). *Desktop Guide to Keynotes and Confirmatory Symptoms*. Hahnemann Clinic Publishing.
20. Jonas, W. B., & Levin, J. S. (2013). *Essentials of Complementary and Alternative Medicine*. Lippincott Williams & Wilkins.
21. Vasant, L. (1996). *Ayurveda: The Science of Self-Healing*. Lotus Press.
22. Pizzorno Jr, J. E., & Murray, M. T. (2012). *Textbook of Natural Medicine*. Elsevier Health Sciences.
23. Janardhana, V. (2006). *Prakriti: Your Ayurvedic Constitution*. New Dawn Press Group.
24. Clark, C. (2006). *Prakriti: Your Ayurvedic Constitution*. Lotus Press.

INTERNSHIP
(120 hours = 4 credits)

Unit	Content	Hours
Unit 1	<ol style="list-style-type: none">1) Conducting one month Yoga Therapy camp on any of Yoga topic2) Checking parameters of participants (Pre-Post)3) Recording of all data4) Preparation of detailed report of Yoga camp5) Viva and presentation of the same camp	120

Part 8- The Scheme of Teaching and Examination Semester – VI

Sr. No.	Choice Based Credit System	Subjects	Subject Code	Remarks
1	Core Courses:	Bharatiya Darshana and Hathayoga- 4	BSY-CT 601	
		Hatha Yoga Practices and Variations- 6	BSY-CP 602	
		Applied Yoga- 2	BSY-CT 603	
2	DSE	Research Methodology-2	BSY-CT 604	
3	DSE	Complementary Medicine to Yoga		
4	Research	Dissertation	BSY-CT 605	

Third year Semester-VI Internal and External Assessment Details

Sr. No.	Subject Title	Lectures Per Week					Credits	Evaluation Scheme			Total Marks
		Units	SL*	L	T	P		CT	SLE	SE	
1	BSY- CT601 Bhartiya Darshan and Hatha yoga-4	4	1	3	1	0	4	20	20	60	100
2	BSY-CP602 Hatha Yoga Practices and Variations	4	2	0	1	5	4	20	20	60	100
3	BSY-CT 603 Applied Yoga-2	4	0	4	0	0	4	20	20	60	100
5	BSY-CT604 Research Methodolog y-2	4	0	4	0	0	2	20	20	60	100
6	BSY-CT605 Internship	4	0	0	0	0	2			100	100
		Total Credits					20			Total Marks	500

*One to two lectures to be taken for CONTINUOUS self -learning evaluation

OPTIONAL credits

SL : Self-Learning, L : Lecture, T : Tutorials, P : Practical, CT : Class Test, SLE : Self-Learning Evaluation, SEE : Semester-end Examination

S. N.	Subject Code & Title	Subject Unit Title		Lectures	Total Lectures	Credits	Total Marks
1	BSY- CT 601 Bhartiya Darshan and Hatha yoga-4	1	Patanjali Yoga Sutra – Chapter-4.	20	60	4	100 (60+40)
		2	Kaivalya pada	20			
		3	Hathayoga texts	20			
2.	BSY-CP 602 Hatha Yoga Practices and Variations	1	Prayer	20	120	4	100 (60+40)
		2	Asanas	40			
		3	Mudra-Bandha-Meditation	40			
		4	Relaxation Techniques	20			
3	BSY-CT 603 Applied Yoga-2	1	Yoga for Stress management	15	60	4	100 (60+40)
		2	Yoga for Personality development	15			
		3	Yoga for Geriatric health	15			
		4	Yoga for Children	15			
4	BSY-CT 604 Research Methodology- 2					4	
5	BSY-CT 605 Internship					4	
			TOTAL			20	

- Lecture Duration – 1 Hour
- One Theory Credit = 15 hours Theory
- One Practical Credit = 30 hours Practical

Detailed Scheme

BSY-CT 601 Bhartiya Darshan and Hatha yoga-4

(60 hours = 4 credits)

Subject Code & Title	Subject Unit Title		Lectures
BSY- CT 601 Bhartiya Darshan and Hatha yoga-4	1	Patanjali Yoga Sutra – Chapter-4.	20
	2	Kaivalya pada	20
	3	Hathayoga texts	20

Unit	Content	Hours
Unit 1	PYS Chapter-4. 1.1 Sources of Siddhi- sutra 4.1-4.3 1.2 Nirmana chitta - sutra 4.4-4.6 1.3 Actions (karma) of a Yogi, Vasanas- sutra 4.7-4.12 1.4 Transformation of gunas- 4.13-4.14	20
Unit 2	Kaivalya pada 2.1 Purusha and Chitta - sutra 4.18-4.21 2.2 Path to Kaivalya -sutra 4.22-4.26 2.3 Obstacles/klesha in enlightenment- 4.27-4.28 2.4 Darmamegha samadhi- sutra 4.29-4.30 2.5 Kaivalya and Gunas - sutra 4.32-4.34	20
Unit 3	Hatha yoga 3.1 Hatha yoga perspective of vyutthita chitta 3.2 Importance of svara gyan with special reference to shiva svarodaya 3.3 Brief introduction to Shiv Samhita 3.4 Brief introduction of Hatha ratnavali	20

Self-Learning topics (Unit wise)

Unit	Topics
2	2.3 Obstacles/klesha in enlightenment- 4.27-4.28 2.4 Darmamegha samadhi- sutra 4.29-4.30 2.5 Kaivalya and Gunas - sutra 4.32-4.34

Reference Books:

1. Radhakrishnan, S., & Moore, C. A. (1953). *A Source Book in Indian Philosophy*. Princeton University Press.
2. Sharma, B. N. K. (2000). *History of Dharmaśāstra: Ancient and Medieval Religious and Civil Law in India*. Motilal Banarsidass Publishers.
3. Sarma, D. S. (2006). *Indian Philosophy: A Critical Survey*. Oxford University Press.
4. Chattopadhyaya, D. (2000). *Indian Philosophy: A Popular Introduction*. People's Publishing House.
5. Bhattacharyya, K. (2012). *Indian Philosophy: A Contemporary Approach*. Collins Learning.
6. Swami Muktibodhananda. (1993). *Hatha Yoga Pradipika*. Yoga Publications Trust.
7. Saraswati, Swami Shankardev. (1994). *Shiva Svarodaya*. Bihar School of Yoga.
8. Saraswati, Swami Srinivasananda. (2006). *Shiva Samhita*. Yoga Publication Trust.
9. Sinha, P. (2012). *Hatha Ratnavali*. Chowkhamba Krishnadas Academy.
10. Iyengar, B. K. S. (1979). *Light on Yoga: Yoga Dipika*. Thorsons.

BSY-CT 602 Hathayoga Practices

(120 hours = 4 credits)

Unit	Content	Hours
Unit 1	<p>PRAYER:</p> <p>1) Revision: Om chanting, Om Sahana Vavatu, Om Stavan, Svasti Mantra, Gayatri Mantra, Mahamrityunjaya Mantra, Deep Mantra (Lighting of the lamp), Purna Mantra, Gita Chapter 15 (1-20), Patanjali stuti</p> <p>2) Additional : Asatoma sadgamaya, Sarve bhavantu</p>	10
Unit 2	<p>ASANA</p> <p>1) SITTING POSITION - REVISION: Vakrasana, Bhadrasana, Parvatasana, Vajrasana, Ardha and Purna Padmasana, Gomukhasana, Ushtrasana , Janushirasana, Paschimottanasana, Ardha Matsyendrasana, Malasana, Purvottanasana, Marichyasana, Ardha Padma Paschimottanasana, Akarna Dhanurasana, Supta Vajrasana ADDITIONAL: Bharadwajasana</p> <p>2) STANDING POSITION: REVISION: Chakrasana/Ardhakati (lateral), Tadasana, Vrikshasana, Padahastanasana, Trikonasana, Virabhadrasana 1, 2 &3 Parsvottanasana, Garudasana, Parivrtta Trikonasana, Parshva Konasana, Ardha Candrasana ADDITIONAL: Hastaparsvasana/Parsvottanasana</p> <p>3) SUPINE POSITION REVISION: Supta Tadasana, Ardha Halasana (single and both legs), Uttanpadasana, Sarala and puorna Matsyasana, Ardha and purna Pawanmuktasana, Setu Bandhasana, Dronasana (Navasana), Uttana vakrasana, Shavasana, Sarvangasana, Halasana, Karna Pidasana.</p> <p>4) PRONE POSITION – REVISION Bhujangasana, Ardha and purna Shalabhasana, Makarasana, Naukasana, Dhanurasana, Sarpasana, Vimanasana, Shashankasana, Dandasana (Plank), Janu Vakshasana, Ashtanga</p>	60

	<p>Namaskara, Bhikasana, Ushtrasana (traditional from GS)</p> <p>ADDITIONAL: Adhomukha vakrasana</p> <p>REVISION: SURYANAMASKARA</p>	
Unit 3	<p>MUDRA-BANDHA</p> <p>1) REVISION: Brahma mudra, Dattamudra, Viparita Karani , Simha Mudra, Jivha Bandha, Yoga Mudra (Vajrasana), Yoga Mudra (padmasana), Uddiyana, Ashvini Mudra, Mula bandha, Jalandhara bandha</p> <p>2) ADDITIONAL: Mahamudra, Mahabandha, Khechari mudra (variation)</p> <p>3) MEDITATION: Om, Mantra/Japa, Soham.Ajapajapa, Prekshadhyana</p>	20
Unit 4	<p>1) KRIYA (CLEANSING PRACTICES)</p> <p>REVISION: Shwasana Marg shuddhi (cleansing of nasal passages), Kapalabhati, Vaman Dhauti, Jala Neti, Sutra Neti, Danda dhauti, Madhya, Vama, Dakshina Nauli, ADDITIONAL: Naulichalana</p> <p>2) PRANAYAMA – REVISION</p> <p>Deep breathing (Dirgha swasana), Nadi Shuddhi / Anuloma Viloma, Surya Bhedan, Sitkari, Bhramari, Candra Bhedana, Ujjayi, Shitali, Bhastrika</p> <p>ADDITIONAL: Practice of Kumbhaka and tribandha in Anulomviloma,</p>	30

Self-Learning topics (Unit wise)

Unit	Topics
4	<p>KRIYA (CLEANSING PRACTICES)</p> <p>REVISION: Shwasana Marg shuddhi (cleansing of nasal passages), Kapalabhati, Vaman Dhauti, Jala Neti, Sutra Neti, Danda dhauti, Madhya, Vama, Dakshina Nauli,</p>

BSY-CT 603 APPLIED YOGA-2

(60 hours = 4 credits)

Unit	Content	Hours
Unit 1	Yoga for Women: 1) Women's life cycle and difficulties. 2) Various ailments. 3) Yogic remedies	15
Unit 2	Yoga for Sports 1) Various sports activities and needs 2) Sports related Injuries and other problems 3) Role of Yoga	15
Unit 3	Yoga for Corporates 1) Corporate Culture 2) Lifestyle of people and problems 3) Various remedies applied 4) Role of Yoga for health and improvement	15
Unit 4	Yoga and Education 1) Definition, meaning and types of Education 2) Ancient v/s contemporary Education 3) Education for Yoga 4) Yoga for education	15

Self-Learning topics (Unit wise)

Unit	Topics
3	3.2 Lifestyle of people and problems 3.3 Various remedies applied 3.4 Role of Yoga for health and improvement

Reference Books:

1. Birch, B. (2010). *Yoga for Women*. DK.
2. Stiles, M. (2000). *Yoga for Women: Health, Fitness, and Well-being*. TarcherPerigee.
3. Swami Sivananda Saraswati. (2003). *Yoga for Women*. Divine Life Society.
4. Bennett, L. (Ed.). (2002). *Yoga for a Woman's Life: The Road to Physical, Mental, and Emotional Health at Every Stage of Life*. DK.
5. Dean, L. (2018). *The Yoga Healer: Remedies for the Body, Mind, and Spirit, from Easing Back Pain and Headaches to Managing PMS and Anxiety*. HarperOne.
6. Stephens, M. B., & Lombardo, J. A. (2017). *Yoga for Sports: A Journey Towards Health and Healing*. Human Kinetics.
7. Boorman, G., & Penman, S. (2002). *Yoga for Sport: A Journey Toward Health and Healing*. Thorsons.
8. Yoga International. (2021). *Yoga Therapy for Sports Injuries*. Yoga International.
9. Kudesia, R. S. (2017). *Corporate Yoga: A Practical Guide to Wellness for the Office*. Self-published.
10. Kollmann, J. H., & Warren, J. A. (2008). *Yoga for Your Type: An Ayurvedic Approach to Your Asana Practice*. Healing Arts Press.
11. Sivananda Yoga Vedanta Centre. (2014). *Yoga and Corporate Culture: Tools for a Better Working Lifestyle*. Sivananda Yoga Vedanta Centre.
12. Turner, T. F. (2000). *The Art of Vinyasa: Awakening Body and Mind through the Practice of Ashtanga Yoga*. Harmony.
13. Fishman, L. M., & Ardman, C. (2017). *Yoga for Osteoporosis: The Complete Guide*. W.W. Norton & Company.
14. Sjoman, N. E. (1999). *Yoga Touchstone: Yoga Therapy for Stress, Pain, Fatigue, and Illness*. New World Library.

BSY-CT 604 RESEARCH METHODOLOGY-2

(60 hours = 4 credits)

Unit	Content	Hours
Unit 1	1) Thesis/Dissertation Format 2) Chapterization and details of each chapter 3) Formation of Bibliography	30
Unit 2	1) Yoga research institutes in India and abroad 2) Yoga research journals 3) Thesis, Synopsis, Report, Abstract 4) Yoga research done in India	30

Self-Learning topics (Unit wise)

Unit	Topics
1	1.2 Chapterization and details of each chapter 1.3 Formation of Bibliography

Reference Books:

1. Feuerstein, G. (2012). The Deeper Dimension of Yoga: Theory and Practice. Shambhala Publications.
2. Khalsa, S. B. S., & Cohen, L. (Eds.). (2016). The Principles and Practice of Yoga in Health Care. Handspring Publishing.
3. Telles, S., Singh, N., & Balkrishna, A. (2016). Research-Based Perspectives on the Psychophysiology of Yoga. Springer.
4. Riley, K. E., & Park, C. L. (2015). How does yoga reduce stress? A systematic review of mechanisms of change and guide to future inquiry. Health Psychology Review, 9(3), 379-396.
5. Cramer, H., et al. (2018). Yoga for anxiety: A systematic review and meta-analysis of randomized controlled trials. Depression and Anxiety, 35(9), 830-843.

Complementary Medicine to Yoga

Credits: 2

Hours: 30 hours

Unit	Content	Hours
Unit-1	Yoga And Allied Science 1.1. What is AYUSH- the elements, concept of allied sciences 1.2. Introduction to Ayurveda 1.3. Introduction to Yoga & Naturopathy 1.4 Introduction to Unani 1.5 Introduction to Siddha and Sowa Rigpa 1.6 Introduction to Homoeopathy	[15 Hrs.]
Unit-2	Principles of Yoga Therapy 2.1 Yoga Therapy- benefits and advantages 2.2 Principles of Yoga Therapy in relation to Hatha Ratnavali and Gheranda Samhita 2.3 Concept of five elements and its applications- Chromotherapy, Accupressure, Accupuncture, magnetic therapy, different baths	[15 Hrs.]

Self-Learning topics

Unit	Sub-units
2	2.2 Principles of Yoga Therapy in relation to Hatha Ratnavali and Gheranda Samhita

Resource books:

16. Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy (AYUSH). (n.d.). Retrieved from <https://main.ayush.gov.in/>
17. Frawley, D., & Ranade, S. (2001). *Ayurveda, Nature's Medicine*. Lotus Press.
18. Sharma, H., & Clark, C. (1998). *Ayurvedic Healing: A Comprehensive Guide*. Lotus Press.
19. Siddiqui, M. Y., & Ali, S. (2012). *The Unani Pharmacopoeia of India: Part I - Vol. I to VI*. Government of India, Ministry of Health and Family Welfare.
20. Vaidya, A. D. B., & Vaidya, S. D. (2000). *A Textbook of Modern Medicine and Surgery on Homoeopathic Principles*. B. Jain Publishers.
21. Rao, M. L. (2000). *Scientific Basis for Ayurvedic Therapies*. CRC Press.
22. McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. Bantam.
23. Saraswati, S. S. (2011). *Hatha Yoga Pradipika*. Yoga Publications Trust.
24. Tiwari, M. (2000). *Prana and Pranayama*. Bihar School of Yoga.
25. Saraswati, S. S. (1999). *Om Chanting and Meditation*. Yoga Publications Trust.
26. Sjoman, N. E. (1999). *Yoga Touchstone: Yoga Therapy for Stress, Pain, Fatigue, and*

Illness. New World Library.

27. Fishman, L. M., & Ardman, C. (2016). *Yoga for Arthritis: The Complete Guide*. Shambhala Publications.
28. Swami Satyananda Saraswati. (1996). *Asana Pranayama Mudra Bandha*. Bihar School of Yoga.
29. Iyengar, B. K. S. (2014). *Light on Pranayama: The Yogic Art of Breathing*. HarperCollins.
30. Gannon, A., & Stiles, M. (2002). *The Athlete's Pocket Guide to Yoga: 50 Routines for Flexibility, Balance, and Focus*. Rodale Books.

DISSERTATION

(4 credits)