

**National Education Policy-2020**

**YOGIC SCIENCE SYLLABUS**

**Of**

**Kumaun University, Nainital**

**For**

**Bachelor with Research Program/ Honor's Programme**

**2025**

**DEPARTMENT OF YOGIC SCIENCE**

## SYLLABUS DRAFTING COMMITTEE

<b>S. N.</b>	<b>Name</b>	<b>Designation</b>	<b>Department</b>	<b>Affiliation</b>
1.	Dr. Seema Chauhan	Assistant Professor	Yoga	Kumaun University, Nainital
2.	Dr. Deepa Arya	Assistant Professor	Yoga	Kumaun University, Nainital
3.	Dr. Naveen Bhatt	Assistant Professor	Yoga	SSJ University, Almora
4.	Dr. Bhanu Joshi	Associate Professor	Yoga	Uttarakhand Open University, Haldwani
5.	Dr. Vijay Singh Gusain	Assistant Professor	Yoga	Lal Bahadur Shastri University, Delhi
6.	Dr. Rajni Nautiyal	Assistant Professor	Yoga	Hemwati Nandan Bhaguna Garhwal University
7.	Dr. Vinod Nautiyal	Assistant Professor	Yoga	Hemwati Nandan Bhaguna Garhwal University
8.	Mr. Shubham Vishwakarma	Yoga Instructor	Yoga	Kumaun University, Nainital
9.	Dr. Arun Kumar Sahu	Associate Professor	Yoga	Sagar University, Madhya Pradesh
10.	Dr. Girish Singh Adhikari	Yoga Instructor	Yoga	SSJ University, Almora
11.	Mr. Lallan Kumar Singh	Assistant Professor	Yoga	SSJ University, Almora
12.	Dr. Udham Singh	Associate Professor	Yoga	Gurukul Kangri Vishwavidyalaya
13.	Dr. Indu Sharma	Assistant Professor	Yoga	Morarji Desai National Institute of Yoga
14.	Dr. Charu Sharma	Assistant Professor	Yoga	Maharaja Bhupinder Singh Punjab Sports University, Patiala

## SYLLABUS REVIEW COMMITTEE

### EXTERNAL EXPERT

S. N.	Name	Designation	Department	Affiliation
1.	Prof. Suresh Lal Barnwal	Professor	Yoga	Yogic Science & Human Consciousness, Dev Sanskriti, Vishwavidhyalay, Haridwar
2.	Prof. Sudhir Singh	Associate Professor	Yoga	Delhi University
3.	Dr. Rajni Nautiyal.	Assistant Professor	Yoga	Hemwati Nandan Bhaguna Garhwal University

### INTERNAL EXPERT

S. N.	Name	Designation	Department	Affiliation
1.	Prof. Rajinish Pande.	Professor	Convener BOS Yoga /Dean Faculty of Arts	Kumaun University, Nainital
2.	Dr. Seema Chauhan	Assistant Professor	Yoga	Kumaun University, Nainital
3.	Dr. Deepa Arya	Assistant Professor	Yoga	Kumaun University, Nainital
4.	Dr. Naveen Bhatt	Assistant Professor	Yoga	SSJ University, Almora
5.	Dr. Bhanu Joshi	Associate Professor	Yoga	Uttarakhand Open University, Haldwani
6.	Dr. J.P. Kanswal	Assistant Professor	Yoga	Sri Dev Suman University, Badshahithol

**List of all Papers (DCS, DSE, GE) with Semester Wise Titles for Yogic Science**

Year	Sem.	Course Code	Paper Title	Theory/ Practical	Credits
<i>Bachelor of Yogic Science with Honours</i>					
FOURTH YEAR	VII	DSC	Pillars of Yoga	Theory	4
		DSE-1	Basic Concepts of Research	Theory	4
		DSE-2	Principles of Hatha Yoga	Theory	4
		DSE-3	Yoga Practicum –7	Practical	4
		GE	Case Study Report	Practical	4
		ACADEMIC PROJECT	Research Project	Practical	6
	VIII	DSC	Research Methodology	Theory	4
		DSE-1	Health, Diet & Nutrition	Theory	4
		DSE-2	Yoga Therapy & its Application	Theory	4
		DSE-3	Yoga Practicum –8	Practical	4
		GE	Four Streams of Yoga	Theory	4
		DISSERTATI ON ON MAJOR CREDITS	Dissertation	Theory/ Practical	6

**Abbreviations-**

**DSC- Discipline Specific Course; DSE- Discipline Specific Electives; GE- Generic Electives; SEC-Skill Enhancement Course; VAC-Value Added Course**

<b>Programme Specific Outcomes (PSO): Honours Degree</b>	
<b>After this programme, the learners will be able to:</b>	
<b>PSO 1</b>	Apply logical and critical thinking in comprehension of principles and practices of Yoga in philosophical, physiological and psychological terms.
<b>PSO2</b>	Use the principles and practices of Yoga with above perspective for one' own and society's wellness.
<b>PSO3</b>	Deliver the subject matter of Yoga with appropriate teaching methods.
<b>PSO4</b>	Manage one's own stress and prevent the possible diseases.
<b>PSO5</b>	Help the clients to reduce their stress and prevent their common diseases.
<b>PSO6</b>	Apply the knowledge of human consciousness and modern psychology for understanding one's own and other's inner world and solve the problems.
<b>PSO7</b>	Apply knowledge of IT, Yoga and Research Methodology in taking up small projects or pilot research.
<b>PSO8</b>	Use the offline and oneline mode to convey one's Yoga related message to individual and groups.
<b>PSO9</b>	Improve one's own and client's lacking health and personality dimensions over a period of time.

# Department of Yogic Science

## Semester –VII

### Bachelor of Yogic Science with Honours

#### DISCIPLINE SPECIFIC COURSE (DSC)-Pillars of Yoga

**No. of Hours: 60**

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC:Pillars of Yoga	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

#### Bachelor of Yogic Science with Honours

Programme: Bachelor of Yogic Science with Honours	Year: IV	Semester: VII
Subject: Yoga		
Course Code: DSC	Course Title: Pillars of Yoga	

#### Course Outcomes:

- Have an understanding of the various concepts of yoga.  
Understanding of the origin, history and development of yoga over years.

Credits: 4	Discipline Specific Course
Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules

Unit	Topic	No. of Hours
<b>Unit I</b>	History and Development of Yoga; Meaning & Definitions, Misconceptions, Aim and Objectives of Yoga. Brief introduction and yogic contribution of Maharshi Patanjali and Guru Gorakshanath Traditions.	<b>12</b>
<b>Unit II</b>	Introduction to Vedas, Upanishads and Prasthanatrayee; Concept of Purushartha Chatushtaya.	<b>12</b>
<b>Unit III</b>	Yogic Traditions of Swami Vivekananda, Shri Aurobindo; Maharshi Ramana and Maharshi Dayanand Saraswati, Mahesh Yogi, Pt. Sri Ram Sharma Acharya and their contribution for the development and promotion of Yoga	<b>12</b>
<b>Unit IV</b>	Introduction to Jnanayoga, Bhaktiyoga, Karmayoga, Rajayoga, Hathayoga and Mantra Yoga	<b>12</b>
<b>Unit V</b>	Basic concepts of Shad-darshanas- Epistemology, Metaphysics, Ethics and Liberation with special emphasis to Samkhya, Yoga and Vedanta Darshana.	<b>12</b>

### **Suggested Reading:**

- योगविज्ञान—स्वामीविज्ञानानंदसरस्वती
- वेदोंमें योगविद्या—स्वामीदिव्यानंद
- योगमनोविज्ञान— शांतिप्रकाशआत्रेय
- औपनिषदिक अध्यात्मविज्ञान— डा० ईश्वरभारद्वाज
- कल्याण (योग तत्त्वांक) —गीताप्रेसगोरखपुर
- कल्याण (योगांक) —गीताप्रेसगोरखपुर
- भारत के संत महात्मा—रामलाल
- भारत के महान योगी—विश्वनाथ मुखर्जी
- Lal Basant Kumar : Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013
- Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
- Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
- Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
- Bhatt, Naveen & Verma, V ;Samagra Yoga Mahavigyan, Kitab Mahal, new Delhi, 2020
- Bhatt, Naveen &Kumar,D ; Foundation of Yoga, Kitab Mahal, new Delhi, 2020

### **Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –VII

### Bachelor of Yogic Science with Honours

#### DISCIPLINE SPECIFIC ELECTIVE (DSE)-Basic Concepts of Research

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Basic Concepts of Research	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

#### Bachelor of Yogic Science with Honours

Programme: Bachelor of Yogic Science with Honours	Year: IV	Semester: VII Paper-DSE I
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**Subject: Yoga**

**Course Code: DSE I**      **Course Title: Basic Concepts of Research**

**Course Outcomes:**

- Understand the concept of research and its methodology for carrying minor and major research.
- Feed and analyze the data.
- Organize the data and represent the data.

Credits: 4	Discipline Specific Elective-I
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Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules
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Unit	Topic	No. of Hours
<b>Unit I</b>	<b>Introduction to research methodology</b> Definition of research; Importance of Studying Research Methods: Evaluating Research Reports; Conducting Research, Thinking Critically About Research; Types of research Applied Research & Basic Research; Goals of Research: description, explanation, prediction, and control of behavior.	<b>15</b>
<b>Unit II</b>	<b>Introduction to Research Process</b> Research Research questions; Literature review; Different Sources of Information: Primary, Secondary, Tertiary source; Electronic Databases: Google Scholar; Hypothesis Operational definition; Sampling and Generalization - Population and Sample; Probability Sampling: Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling; Sampling Bias and Nonprobability Sampling: snowball sampling, convenience; Types of Biological data (Scales of measurement) – nominal, ordinal, interval, ratio; Types of variables -Independent, dependent, confounding variable; Reliability & Validity.	<b>20</b>

<b>Unit III</b>	<b>Introduction to Research Design</b> Cross sectional studies and its advantages and disadvantages; Cohort studies and its advantages and disadvantages; Randomized controlled trials and its advantages and disadvantages; Factors need to be considered when designing a study: Availability of data, Sampling methods, Data collection, Cost of the design, time implications and loss to follow-up, Controls, Ethical issues, Issues of bias and confounding.	<b>15</b>
<b>Unit IV</b>	<b>Reporting Research</b> Parts and Order of Dissertation, Title Page, Abstract, Introduction, Method Section, Results Section, Discussion Section, Reference Section.	<b>10</b>

**Suggested Reading:**

- R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New delhi
- C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
- Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –VII

### Bachelor of Yogic Science with Honours

#### DISCIPLINE SPECIFIC ELECTIVE (DSE)-Principles of Hatha Yoga

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Principles of Hatha Yoga	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

#### Bachelor of Yogic Science with Honours

Programme: Bachelor of Yogic Science with Honours	Year: IV	Semester: VII
		Paper-DSE II

Subject: Yoga

Course Code: DSE II	Course Title: Principles of Hatha Yoga
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Course Outcomes:

- Have an understanding about pre-requisites, principles about Hatha yoga.
- Understand the different texts of hatha yoga

Credits: 4	Discipline Specific Course- II
Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules

Unit	Topic	No. of Hours
Unit I	<ul style="list-style-type: none"> <li>• Yoga: Origin, history and development, meaning, definition, aim, objectives, significance, true nature and principles of yoga.</li> </ul>	12
Unit II	<ul style="list-style-type: none"> <li>• General introduction to Shad-darshans with special emphasis on Samkhya and Yoga Darshan, Yoga in Vedanta.</li> </ul>	12
Unit III	<ul style="list-style-type: none"> <li>• General Introduction of Hath Yogic Texts:Hath Pradipika, Gheranda Sanhita, Hatha Ratnavali, Shiv Samhita, Vashistha Samhita and Sidha Siddhant Paddati</li> </ul>	12
Unit IV	<ul style="list-style-type: none"> <li>• Brief Introduction of Chaturangyog- Hatha Pradipika- Asana, Pranayama, Mudra-bandha and nadaunsandhan.</li> </ul>	12
Unit V	<ul style="list-style-type: none"> <li>• Brief Introduction of Saptangayog- Gheranda Sanhita – Shatkarma, Asana, Mudra, Pratyahara,Pranayama, Dhyaan and Samadhi.</li> </ul>	12

**Suggested Readings:**

- योगविज्ञान–स्वामीविज्ञानानंदसरस्वती
- वेदोंमें योगविद्या–स्वामीदिव्यानंद
- योगमनोविज्ञान– शांतिप्रकाशआत्रेय
- औपनिषदिक अध्यात्मविज्ञान– डा० ईश्वरभारद्वाज
- कल्याण (योग तत्त्वांक) –गीताप्रेसगोरखपुर
- कल्याण (योगांक) –गीताप्रेसगोरखपुर
- भारत के संत महात्मा–रामलाल
- भारत के महान योगी–विश्वनाथ मुखर्जी
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- Dasgupta S. N : History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
- Singh S. P : History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
- Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
- Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
- HathaYogaPradeepika of Svatmarama, MDNIY Publication, 2013
- Sharma BR: Jotsna (Comentory of HathaYogaPradeepika) Kaivalyadhama, Lonavala, 2013
- Bhatt, Naveen & Verma, V ;Samagra Yoga Mahavigyan, Kitab Mahal, new Delhi, 2020
- Bhatt, Naveen ; Hatha Yoga Ke Siddhant, Kitab Mahal, new Delhi,

#### **Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –VII

### Bachelor of Yogic Science with Honours

#### DISCIPLINE SPECIFIC ELECTIVE (DSE)-Yoga Practicum - 7

No. of Hours: 120

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Yoga Practicum - 7	4	0	0	4	Bachelor of Arts/Science/Commerce	Nil

#### Bachelor of Yogic Science with Honours

Programme: Bachelor of Yogic Science with Honours	Year: IV	Semester: VII Paper- DSE III
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Subject: Yoga

Course Code: DSE III      Course Title: Yoga Practicum - 7

**Course Outcomes:**

- Make the students aware of the asana for physical fitness and healthy life.
- Know and understand about breathing practices.

Credits: 4	Discipline Specific Elective
Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules

Unit	Topic	No. of Hours
Unit I	<b>Shatkarma:</b> VastraDhauti, Sutra Neti, Kapalbhati, Nauli Chalana, Jyoti Trataka, Agnisara	30
Unit II	<b>Yogasanas -I</b> Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; Ardha Chakrasana, PaadaHastasana; Trikonasana, Parshva Konasana; Veerabhadrasana; Bhunamanasana, Hanumanasana; Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana; Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Uttitha Padmasana; Janusirasana, Paschimottanasana, Supta Vajrasana; Mandukasana, UtthanaMandukasana; Vakrasana, Ardha Matsyendrasana , Marichayasana, Simhasana.	30
Unit III	<b>Yogasanas -II</b> Pavanamuktasana, Utthana-padasana, Ardha Halasana, Setubandhasana, Halasana, Karna Peedasana, Sarvangasana, Matsyasana ,Chakrasana, Shavasana, Makarasana, Bhujangasana , Shalabhasana, Dhanurasana, Kapotasana , Raja Kapotasana, Bakasana, Kukkutasana, Garbhasana, Matsyendrasana, Marjariasana, Padangusthasana, Hastapadangusthasana, Garudasana, Vatayanasana, Natarajasana, Mayurasana, Sirshasana; Ekapada and DwipadaKandarasana.	30
Unit IV	<b>Pranayama</b> All the Pranayama mentioned in Hatha Pradipika	30

## Suggested Readings

- HathYogaPradipika-Kaivalyadham
- Asana,Pranayama,Mudra,Bandha
- समग्र योगमहाविज्ञान– डॉ0 नवीनचन्द्रभट्ट,विश्वजीतवर्मा
- हठयोगप्रदिपिका–प्रकाशककैवल्यधामलोनावाला
- घेरण्डसंहिता–प्रकाशककैवल्यधाम, लोनावाला
- गोरक्ष संहिता–गोरक्षनाथ
- भक्तिसागर–स्वामीचरणदास
- योगासनविज्ञान–स्वामी धीरेन्द्रब्रह्मचारी
- योगपरिचय –पीताम्बरझा
- सरल योगासन– डा0 ईश्वरभारद्वाज
- आसनप्राणायाम–देवव्रतआचार्य
- आसन, प्राणायाम, मुद्राबन्ध –स्वामीसत्यानन्द
- बहिरंग योग–स्वामी योगेश्वरानन्द
- हठयोग के सिद्धान्त–डॉ0 नवीनभट्ट,नेहापाण्डेय
- योगबीज–डॉ0केशवरामचन्द्रजोशी
- गोरक्ष संहिता–श्रीपृथ्वीराजजी
- सिद्ध–सिद्धान्तपद्धति–स्वामी द्वारिकादासजी
- शिवसंहिता–स्वामीमहेशानन्दजी

## Suggested Continuous Evaluation Method:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –VII

### Bachelor of Yogic Science with Honours

#### GENERIC ELECTIVE (GE)-Case Study Report

No. of Hours: 120

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
GE: Case Study Report	4	0	0	4	Bachelor of Arts/Science/Commerce	Nil

#### Bachelor of Yogic Science with Honours

Programme: Bachelor of Yogic Science with Honours		Year: IV	Semester: VII
		Paper-GE	
Subject: Yoga			
Course Code: GE		Course Title: Case Study	
Course Outcomes:			
<ul style="list-style-type: none"> <li>Students will have a brief idea of management of some diseased condition.</li> </ul>			
Credits: 4		Generic Elective	
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules	
Unit	Topic		No. of Lectures
Unit I	<b>Case taking-I</b> Students shall be permitted to take four cases (Same Disease) and supervise the practice for fifteen days and common parameters will be recorded every day.		30
Unit II	<b>Case taking-II</b> Students shall be permitted to take another four cases (Same Disease) and supervise the practice for fifteen days and common parameters will be recorded every day.		30
Unit III	<b>Preparation of the cases</b> Candidate shall write a report of a most improved and least improved case.		30
Unit IV	<b>Presentation</b> Following the presentation, candidate will present the case to the examiners and the same will be examined		30

**Suggested Continuous Evaluation Method:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

**Suggested equivalent online courses:** On Swayam, [Vidyamitra.inflibnet.ac.in](http://Vidyamitra.inflibnet.ac.in), [epg-pathshala, egyankosh.ac.in](http://epg-pathshala.egyankosh.ac.in)

## Semester –VII

### Bachelor of Yogic Science with Honours

#### ACADEMIC PROJECT- Research Project

No. of Hours: 180

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
Academic Project: Research Project	6	0	0	6	Bachelor of Arts/Science/Commerce	Nil

#### Bachelor of Yogic Science with Honours

Programme: Bachelor of Yogic Science with Honours	Year: IV	Semester: VII Paper-Academic Project
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Subject: Yoga

Course Code: Academic Project	Course Title: Research Project
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Course Outcomes:

- Student will have an idea about how to start a research project.

Credits: 6	Academic Project
Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules

Unit	Topic	No. of Hours
Unit I	A pilot research shall be carried out by each student under the supervision of a Lecturer/Assistant Professor. As part of the research project, students will record the effect of any intervention of his/her choice for a common variable in a particular group of sample.	60
Unit II	Student will present the research project for suggestions to the teacher.	120

#### Suggested Continuous Evaluation Method:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epq-pathshala, egyankosh.ac.in

## Semester –VIII

### Bachelor of Yogic Science with Honours

#### DISCIPLINE SPECIFIC COURSE (DSC)-Research Methodology

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Research Methodology	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

Bachelor of Yogic Science with Honours		
Programme: Bachelor of Yogic Science with Honours		Year: IV Semester: VIII Paper-DSC
Subject: Yoga		
Course Code: DSC	Course Title: Research Methodology	
<b>Course Outcomes:</b> <ul style="list-style-type: none"> <li>• Understand the concept of research and its methodology for carrying minor and major research.</li> <li>• Feed and analyze the data.</li> <li>• Organize the data and represent the data.</li> </ul>		
Credits: 4	Discipline Specific Course	
Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules	
Unit	Topic	No. of Hours
Unit I	Foundations of Research: Meaning, Objectives, Motivation, Utility. Concept of theory, empiricism, deductive and inductive theory. Characteristics of scientific method, Research Process.	10
Unit II	Problem Identification & Formulation- Research Question- Investigation Question, Measurement Issues, Hypothesis Qualities of a good Hypothesis - Null Hypothesis & Alternative Hypothesis.	10
Unit III	Research Design: Concept and Importance in Research, Features of a good research design. Exploratory Research Design-concept, types and uses, Descriptive Research Designs-concept, types and uses. Experimental Design: Concept of Independent & Dependent variables.	10
Unit IV	Qualitative and Quantitative Research: Qualitative research- Quantitative research Concept of measurement, causality, generalization, and reapplication. Merging the two approaches.	10

<b>Unit V</b>	Sampling: Concepts of Statistical Population, Sample, Sampling Frame, Sampling Error, Sample Size, Non Response. Characteristics of a good sample. Probability Sample Simple Random Sample, Systematic Sample, Stratified Random Sample & Multi-stage sampling. Determining size of the sample. - Practical considerations in sampling and sample size.	<b>10</b>
<b>Unit VI</b>	Interpretation of Data and Paper Writing Layout of a Research Paper, Journals in Computer Science, Impact factor of Journals, When and where to publish? Ethical issues related to publishing, Plagiarism and Self-Plagiarism. Use of tools / techniques for Research: methods to search required information effectively.	<b>10</b>

### **Suggested Reading:**

- R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New delhi
- C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
- Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

### **Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –VIII

### Bachelor of Yogic Science with Honours

#### DISCIPLINE SPECIFIC ELECTIVE (DSE)-Health, Diet & Nutrition

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Health, Diet & Nutrition	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

#### Bachelor of Yogic Science with Honours

Programme: Bachelor of Yogic Science with Honours	Year: IV	Semester: VIII Paper-DSE I
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**Subject: Yoga**

Course Code: DSE I	Course Title: Health, Diet & Nutrition
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**Course Outcomes:**

- Students will know the importance of diet.
- Students shall become aware of the balanced and nutritious diet.
- They will come to know about the requirement of different food material by the body.

Credits: 4	Discipline Specific Elective-I
Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules

Unit	Topic	No. of Hours
Unit I	● Diet Therapy: Meaning, definition, importance, principles and procedure, preparation of diet charts of different disease.	10
Unit II	● Meaning and definition of Diet & Nutrition, Components of diet, Ancient & Modern classification, Quality of diet & its relation with Agni, Content of diet for daily use, Balance diet & diet during Yogic practices.	15
Unit III	● Carbohydrates, Lipids & Proteins: Classification & General properties, Biochemical importance, Digestion, Absorption & Utilization, Excessive & deficiency disorders. Vitamins: Meaning, definition & classification, Sources & daily requirement, important metabolic function & deficiency disorder, Absorption, Storage & Transport. Minerals: Source absorption, excretion, requirement, function & deficiency disorder.	20
Unit IV	● Food groups : importance and Benefits – Cereals, Pulses, green leafy vegetables, roots and tuber, fruits, milk and its products, sugar, honey, sprouts & raw diet	15

**Suggested Readings:**

1. Clinical dietetic and Nutrition	F.P. Antia
2. Food and Nutrition	ReegnaBegwan
3. Diet Cure for common Ailment	H.K. Bakhru
4. Essential of food and Nutrition	Swaminath
5. Healing through Natural food	Dr. H.K. Bakhru
6. Normal and therapeutic Nutrition	Cerinne H. Robinson, Marilyn R. Lawler
7. Nutrition and Dietetics	Subhangiri Joshi
8. Vitamins that heal	Dr. H.K. Bakhru
9. Herbs that heals	Dr. H.K. Bakhru Sprouts J.D. Waish
10. Yoga Samstahn Science of Natural Life	Dr. Rakesh Jindal
11. Nutritive value of Indian food	NIN B.S. Narsinga Rao
12. Nutrition and Dietetics	Subhangiri Joshi

### **Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –VIII

### Bachelor of Yogic Science with Honours

#### DISCIPLINE SPECIFIC ELECTIVE (DSE)-Yoga Therapy & its Application

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Yoga Therapy & its Application	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

#### Bachelor of Yogic Science with Honours

Programme: Bachelor of Yogic Science with Honours	Year: IV	Semester: VIII Paper-DSE II
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#### Subject: Yoga

Course Code: DSE II	Course Title: Yoga Therapy & its Application
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#### Course Outcomes:

- To impart knowledge about various disease and their treatment through yogic processes

Credits: 4	Discipline Specific Elective-II
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Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules
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Unit	Topic	No. of Hours
<b>Unit I</b>	<p>Yogic concepts of health and disease                      Definition &amp; Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in health and healing; Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi, Yogic concept of Health and Disease, role of Yoga in preventive health care – Heyam dukhamanagatam; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)</p>	<b>20</b>

<b>Unit II</b>	<b>Yogic concepts for health and healing</b> Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Cocept of Pancha-koshas & Shat-chakra and their role in Health and Healing; Concept of Abhyas and Vairagya, Chitta and Chitta Prasadana, Kriya-yoga, Ashtanga Yoga of Patanjali for Health and Healing; Concept of Cleansing (Shuddi), its role and importance in Health and Healing; Concept of Swara Yoga and its efficacy in Health and Healing	<b>20</b>
<b>Unit III</b>	<b>Yogic principles and practices of healthy living</b> Yogic Principles of Healthy Living: Aahara, Vihara, Aachara and Vichara; Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being; Yogic principles of Lifestyle management and its role in prevention of disease and health promotion; Yogic Principles of Diet and its role in Healthy living; Yogic Practices of Healthy living : i.e. Yama, Niyama, Shat-karma, Asana, Mudra & Bandha Pranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living.	<b>10</b>
<b>Unit IV</b>	<b>Yogic Management of Gynaecological disorders: Menstrual, Premenstrual</b>	<b>5</b>
<b>Unit V</b>	<b>Yogic Management of Psychological disorders: Anxiety, Fear, Mental Conflict, Frustration</b>	<b>5</b>

### Suggested Readings:

1. Preeti Goel and Rita Jain: Spectrum of Health (Sports Publications, New Delhi, 2003)
2. M. M. Gore: Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
3. Dr. K. Krishna Bhat: The power of Yoga
4. Dr. R. S. Bhogal: Yoga Psychology, Kaivalyadhama Publication
5. Dr. Manmath M Gharote, Dr. Vijay Kant: Therapeutic reference in Traditional Yoga texts
6. T.S. Rukmani: Patanjala Yoga Sutra
7. Sahay, G. S.: Hatha Yoga Pradeepika, MDNIY Publication, 2013
8. Kdham: Gheranda Samhita, Kaivalyadhama, Lonavla,
9. Bhatt, Naveen & Verma, V; Samagra Yoga Mahavigyan, Kitab Mahal, new Delhi, 2020

### Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –VIII

### Bachelor of Yogic Science with Honours

#### DISCIPLINE SPECIFIC ELECTIVE (DSE)-Yoga Practicum -8

No. of Hours: 120

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Yoga Practicum -8	4	0	0	4	Bachelor of Arts/Science/Commerce	Nil

#### Bachelor of Yogic Science with Honours

Programme: Bachelor of Yogic Science with Honours	Year: IV	Semester: VIII Paper-DSE III
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Subject: Yoga

Course Code: DSE III	Course Title: Yoga Practicum -8
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**Course Outcomes:**

- Make the students aware of the asana for physical fitness and healthy life.
- Know and understand about breathing practices.

Credits: 4	Discipline Specific Elective-III
Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules

Unit	Topic: Yoga Practicum -8	No. of Hours
<b>Unit I</b>	<p style="text-align: center;"><b>Asanas</b></p> <ul style="list-style-type: none"> <li>● Padmsarvangasan</li> <li>● Mayurasan</li> <li>● Shirshasan</li> <li>● Tolangulasan</li> <li>● Ekpads kandhasan</li> <li>● Vatayanasan</li> <li>● Tittibhasan</li> <li>● Garbhasan</li> <li>● Ardhbaddhpadmotansasan</li> <li>● Shishpadanangusthasan</li> <li>● Sankatasan</li> <li>● Guptasan</li> <li>● Nadishodhanasan</li> <li>● Padmvakasan</li> </ul>	<b>30</b>

<b>Unit II</b>	<b>Shatrakma</b> Dhauti& Neti as per Gheranda Samhita	<b>30</b>
<b>Unit III</b>	<b>Mudra &amp; Bandh -</b> 1.Shaktihalinimudra 2.Mahabhand 3.Ashwanimudra 4.Moolbandh	<b>30</b>
<b>Unit IV</b>	<b>Meditation</b>	<b>30</b>

### Suggested Readings

- HathYogaPradipika-Kaivalyadham
- Asana,Pranayama,Mudra,Bandha
- समग्र योगमहाविज्ञान- डॉ० नवीनचन्द्रभट्ट,विश्वजीतवर्मा
- हठयोगप्रदिपिका-प्रकाषककैवल्यधामलोनावाला
- घेरण्डसंहिता-प्रकाषककैवल्यधाम, लोनावाला
- गोरक्ष संहिता-गोरक्षनाथ
- भक्तिसागर-स्वामीचरणदास
- योगासनविज्ञान-स्वामी धीरेन्द्रब्रह्मचारी
- योगपरिचय -पीताम्बरझा
- सरल योगासन- डा० ईश्वरभारद्वाज
- आसनप्राणायाम-देवव्रतआचार्य
- आसन, प्राणायाम, मुद्राबन्ध -स्वामीसत्यानन्द
- बहिरंग योग-स्वामी योगेश्वरानन्द
- हठयोग के सिद्धान्त-डॉ० नवीनभट्ट,नेहापाण्डेय
- योगबीज-डॉ०केशवरामचन्द्रजोशी
- गोरक्ष संहिता-श्रीपृथ्वीराजजी
- सिद्ध-सिद्धान्तपद्धति-स्वामी द्वारिकादासजी
- शिवसंहिता-स्वामीमहेशानन्दजी

### Suggested Continuous Evaluation Method:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts and practices, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as demonstration and presentation of shatkarm, physical postures, pranayama, mudra, meditation, etc.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –VIII

### Bachelor of Yogic Science with Honours

#### GENERIC ELECTIVE (GE)-Four Streams of Yoga

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
GE: Four Streams of Yoga	4	4	0	0	Bachelor of Arts/Science/Commerce	Nil

#### Bachelor of Yogic Science with Honours

Programme: Bachelor of Yogic Science with Honours		Year: IV	Semester: VIII Paper-GE
Subject: Yoga			
Course Code: GE		Course Title: Four Streams of Yoga	
Course Outcomes: <ul style="list-style-type: none"><li>Students will have idea of the various streams of Yoga</li></ul>			
Credits: 4		Generic Elective	
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules	
Unit	Topic: Four Streams of Yoga	No. of Hours	
Unit I	<b>JnanaYoga</b> Sadhana Chatustaya, Stages of JnanaYoga practice (shravan, manana, Nidhidhyasana), States of consciousness, The concepts of ida, pingla and the sushumna the central channel of energy running along the spine.	15	
Unit II	<b>Bhakti Yoga</b> Navavidha Bhakti, Qualities of a bhakta, The pronunciation, chanting, knowledge, benefits of Sanskrit chants, hymns, bhajans, Satsang and the uplifting meaning of the chants helping to thin the activities of the mind, Mantra chanting, and their effect on the nadi and the chakras, Demonstrated ability to create a bhakti bhava during the chanting and singing.	15	
Unit III	<b>Karma Yoga</b> The concept and meaning of karma Yoga, Concept of Nishkama Karma, Prerequisites for a sthitaprajna, Sthitaprajnalakshana, The law of karma.	15	
Unit IV	<b>Raja Yoga</b> Concepts and principles of PatanjalaYoga; Karma Shuddhi (Yama, Niyama); Snayu Shuddhi (Asana); Prana Shuddhi (Pranayama); Indriya and Mano Shuddhi (Pratyahara); Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)	15	

**Suggested Readings:**

1. Swami Bhuteshananda :Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
2. Swami Vivekananda:J nana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –VIII

### Bachelor of Yogic Science with Honours

#### DISSERTATION ON MAJOR CREDITS- Dissertation

No. of Hours: 135

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
Dissertation on major credits: Dissertation	6	3	0	3	Bachelor of Arts/Science/Commerce	Nil

#### Bachelor of Yogic Science with Honours

Programme: Bachelor of Yogic Science with Honours	Year: IV	Semester: VIII Paper- Dissertation on major credits
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**Subject: Yoga**

Course Code: Dissertation on major credits	Course Title: Dissertation
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**Course Outcomes:**

- Students will have a brief idea of carrying out research at micro level.

Credits: 6	Dissertation On Major Credits
Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules

Unit	Topic:	No. of Hours
<b>Unit I</b>	1. Introduce about MS-Word and write down the steps for performing various general operations in it (like open, saving, cut, copy, paste, printing a document etc.).	<b>05</b>
<b>Unit II</b>	2. Create a simple MS –Word document about introducing yourself and preparing your Bio-data (using various formatting options in MS-Word).	05
<b>Unit III</b>	3. Learning and performing various options/operations in MS-Word. a. Creating a table, Entering text and contents in a table. b. Toolbars in word, Using various toolbars options. c. Watermarks and Water-marking a document. d. Inserting clip arts/picture, Hyper-linking a text. e. Header/Footers.	05
<b>Unit IV</b>	4. Introduce about MS-Excel and write down the steps for performing various general operations in it (like open, saving, cut, copy, paste, printing a document etc.).	05

<b>Unit V</b>	5. Learning and performing various options/operations in MS-Excel. Like: a. Creating and Saving a new Workbook. b. Deleting and Renaming a Worksheet. c. Creating Formulas, Using Formulas. d. Using Functions.	05
<b>Unit VI</b>	6. Introduce about MS Power-point explaining its various features and steps for performing various general operations in it.	05
<b>Unit VII</b>	7. Prepare a power-point presentation explaining the facilities /infrastructure available in your College/ Institution.	05
<b>Unit VIII</b>	8. Net Surfing	05
<b>Unit IX</b>	9. Creation and Usage of E-mail Account	05
<b>Unit X</b>	10. Dissertation writing	<b>60</b>

#### **Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in