

**SYLLABUS FOR B.A. Yogic Science
(As Per National Education Policy-2020)**

**KUMAUN UNIVERSITY
NAINITAL**

List of all Papers in Six Semester Semester-wise Titles of the Papers in Yogic Science					
Year	Sem.	Course Code	Paper Title	Theory/ Practical	Credits
<i>Certificate of Arts</i>					
FIRST YEAR	I	BYS-C101	Fundamental concept of Yoga	Theory	4
		BYS-C102	Yoga Practicum - 1	Practical	2
	II	BYS-C103	Human Anatomy & Physiology	Theory	4
		BYS-C104	Human Anatomy & Physiology (Practical -1)	Practical	2
<i>Diploma of Arts</i>					
SECOND YEAR	III	BYS-C105	Yogic Text-1 (Upanishad)	Theory	4
		BYS-C106	Yoga Practicum - 2	Practical	2
	IV	BYS-C107	Patanjal Yog Darshan	Theory	4
		BYS-C108	Yoga Therapy	Practical	2
<i>Bachelor of Arts</i>					
THIRD YEAR	V	BYS-C109	Naturopathy	Theory	4
		BYS-C110	Alternative Therapies	Practical	2
		BYS-C111	Ayurveda	Theory	4
		BYS-C112	(Panchakarma Chikitsa)	Project	Qualifyin g
	VI	BYS-C113	Yogic Text-2 (Shrimad Bhagwatgeeta)	Theory	4
		BYS-C114	Indian Philosophy	Theory	4
		BYS-C115	Internship	Practical	2
		BYS-C116	Research Project	Project	Qualifyin g

Minor Elective					
Year	Sem	Course Code	Paper Title	Theory/ Practical	Credits
I Year	II	YN 102	Yoga and Naturopathy Theory/ Practical	Theory Practical	3 1
II Year	IV	YW 204	Yoga and Wellness	Theory Practical	3 1

Subject prerequisites:

1. No prerequisites required, open to all.
2. Students must have passed the previous course with at least 40%.
3. Students should be medically fit.

COURSE INTRODUCTION

Bachelor of Yogic Science has been designed to impart yoga education and significance of corrective exercises for fostering healthy natural life. During this course the students will be taught the yogic concepts which will lead towards developing their skills, in self realization and setting goals in life. It will also help the students to be focused towards their goal and make them physically, mentally and spiritually strong to face different challenges in life. Pursuing this the course will develop leadership qualities in the students along with their personality development.

Programme outcomes (POs):	
PO 1	It will popularize yoga and corrective education among the masses.
PO2	It will make people aware of the therapeutic and preventive value of Yoga.
PO 3	It will bring peace and harmony in the society at large by introducing the yogic way of life.
PO 4	It will create competent professional Yoga trainers and therapists of high caliber to make the society free from stress and lifestyle related diseases.
PO 5	It will promote health awareness towards a holistic approach of health.
PO 6	This course looks at training the enthusiasts to become Yoga therapists so that they could teach yoga under the supervision of a doctor for health and healing.
Programme specific outcomes (PSOs): <i>UG I Year / Certificate In Arts</i>	
<ol style="list-style-type: none"> 1. This certificate course will bring peace and harmony in the student's life. 2. It will help them in self realization and setting goals in life. 3. It will make them focused towards their goals and make them mentally strong to face different challenges in life. 4. It will make them physically strong, healthy and will keep them away from diseases. 5. It will also help them in self management and living a disciplined life. 6. It will help students in decision making and solving their problems. 7. It will help students to cope up in situations of conflict and depression. 8. It will make students aware of the functions of various systems of the body. 9. It will develop a positive attitude and moral values among the students. 	
Programme specific outcomes (PSOs): <i>UG II Year/ Diploma In Arts</i>	

1. This diploma course will lead to personality development of an individual and build confidence in them.
2. It will make students aware of the therapeutic and preventive value of Yoga.
3. It will create efficient Yoga trainers who will be able to treat common ailments.
4. It will increase the intellectual knowledge of the students.
5. It will make the students aware of the rich Indian culture and tradition.
6. It will urge the students to dedicate themselves in a way that they can always experience their best moments.
7. It will help the students to understand the barriers to happiness.
8. It will inculcate the true purpose of practice in the students.

Programme specific outcomes (PSOs): <i>UG III Year / Bachelor In Arts</i>	
PSO 1	Bachelor of Yogic Science will create a professional Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.
PSO2	It will encourage the students to live life with discipline, honesty, kindness and integrity in order to find their purpose and to live it fully.
PSO3	It will guide the students by showing various spiritual paths through which they can enhance self knowledge as well as divine inner peace.
PSO4	It will provide all that which is required to develop the highest level of consciousness.
PSO5	It will create medical officers and ayurvedic doctors.
PSO6	It will help the students to prepare Yoga programs and events.
PSO7	It will help the students to set up Yoga studios and provide them with nature cure treatment.
PSO8	It will help the students to practice teaching at various platforms.
PSO9	It will create chances of self employment.
PSO10	It will connect students to nature and provide deep knowledge of herbs.
PSO11	It will create efficient Dietician and form healthy eating habits in the society
PSO12	It will lead to holistic health of the students.

Year wise Structure of B.A. Yogic Science (CORE / ELECTIVE COURSES & PROJECTS)											
Subject: Yogic Science											Total Credits
Course/ Entry – Exit Levels	Year	Sem .	Paper I	Cred i	Paper 2	Credit/ hrs	Paper 3	Credit s/hrs	Research Project	Credit/	
<i>Certificate of Arts</i>	I	I	Fundamental concept of Yoga	4			--				6
			Yoga Practicum- 1	2							
	II		Human Anatomy & Physiology	4			--				6
			Human Anatomy & Physiology (Practical -1)	2							
<i>Diploma of Arts</i>	II	III	Yogic Text- I (Upanishad)	4			--				6
			Yoga Practicum - 2	2							
	IV		PatanjalYog Darshan	4			-				6
			Yoga Therapy	2							
<i>Bachelor of Arts</i>	III	V	Naturopathy	4							10
			Alternative Therapies	2							
			Ayurveda	4							
										Project (Qualifying)	
	VI	Yogic Text-2 (Shrimad Bhagwatgeeta)	4								10
		Indian Philosophy	4								
		(Internship)	2								
		(Qualifying) Project							Research Project (Qualifying)		

Comments			
Internal Assessment & External Assessment			
Internal Assessment	Marks 25	External Assessment	Marks 75
Assignment on any topic of the above syllabus	10 marks	Written Examination to be conducted at Marks. University Level in each semester. Marking pattern, total marks and distribution of questions shall be decided by the university.	
Presentation	10 marks		
Attendance	05 marks		
Note: In case of Practical papers 20 Marks shall be for practical presentation and 5 for attendance		External Practical Examination	75

CERTIFICATE IN ARTS		
Programme: <i>Certificate In Arts</i>		Year: I Semester: I Paper- I
Subject: Yoga		
Course Code: BYS- C101	Course Title: Fundamental concepts of Yoga	
Course Outcomes: <ul style="list-style-type: none"> ● Students of the UG course will have an understanding of Yoga, its origin, history and development of Yoga. ● Introduction of Yoga according to various texts. 		
Credits: 4		Core Compulsory
Max. Marks: 100 (Internal 25 + External 75)		Min. Passing Marks: 10+30
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	Topic: Fundamental concepts of Yoga	No. of Lectures
Unit I	General Introduction of Yoga: <ul style="list-style-type: none"> ● Meaning, Definition, Nature of Yoga, importance of yoga, Misconceptions related with Yoga. 	12
Unit II	Nature: <ul style="list-style-type: none"> ● Nature of Yoga in various scriptures: Vedas, Upanishads, Bhagavad Gita, Yoga Vashistha, Jainism, Buddhism, Sankhya Shastra, Vedanta, Tantra Shastra, Ayurveda. 	12
Unit III	Types of Yoga: <ul style="list-style-type: none"> ● Types of Yoga: Jnana Yoga, Bhakti Yoga, Karma Yoga, Hatha Yoga, Raja Yoga. 	12
Unit IV	Introduction of various Yogis: <ul style="list-style-type: none"> ● Maharishi Patanjali, Gorakshanath, Maharishi Dayananda Saraswati, Swami Vivekananda, Sri Aurobindo, Maharishi Raman, Swami Kuvalyananda. 	12
Unit V	Brief about Yoga texts: <ul style="list-style-type: none"> ● General introduction to the texts of yoga - Pantajal Yoga Sutras, Shrimad Bhagvat Geeta, Hatha Yoga Pradipika, Gherand Samhita. 	12

Suggested Readings:

- योग विज्ञान – स्वामी विज्ञानानंद सरस्वती
- वेदों में योग विद्या – स्वामी दिव्यानंद
- योग मनोविज्ञान – शांतिप्रकाश आत्रेय
- औपनिषदिक अध्यात्म विज्ञान – डा० ईश्वर भारद्वाज
- कल्याण (योग तत्त्वांक) – गीताप्रेस गोरखपुर
- कल्याण (योगांक) – गीता प्रेस गोरखपुर
- भारत के संत महात्मा – रामलाल
- भारत के महान योगी – विश्वनाथ मुखर्जी

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks
 Assignment - 10 marks
 Presentation - 10 marks

CERTIFICATE IN ARTS	
Programme: <i>Certificate In Arts</i>	Year: I Semester: I Paper- II
Subject: Yoga	
Course Code: BYS- C102	Course Title: Yoga Practicum – 1
Course Outcomes: <ul style="list-style-type: none"> ● Make the students aware of warm exercises before practicing asana. ● Know and understand about breathing practices. 	
Credits: 2	Core Compulsory
Max. Marks: 100 (Internal 25 + External 75)	Min. Passing Marks: 10+30

Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	Topic	No. of Hours
Unit I	<p>Yogic sukshma vyayama Uccharana-sthala तथा Vishudha-chakra-shuddhi (for throat and voice); Prarthana (Prayer) Buddhi-tatha-dhriti shakti-vikasaka (for developing will power); Smarana shakti-vikasaka (for improving the memory); Medha shakti-vikasaka (for improving the intellect and memory); Netra shakti-vikasaka (for the eyes); Kapola shakti-varadhaka (for the cheeks); Karna shakti-varadhaka (for the ears); Griva shakti-vikasaka (for the Neck) (i), (ii) and (iii), Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders), Bhuja-bandha shakti-vikasaka, Kohini shakti-vikasaka, Bhuja-valli shakti-vikasaka, Purna-bhuja shakti-vikasaka (for the arms), Mani-bandha shakti-vikasaka, Kara-prstha shakti-vikasaka, Kara-tala shakti-vikasaka, Anguli-mula shakti-vikasaka (for the fingers), Anguli-shakti-vikasaka (for the fingers), Vaksa-sthala shakti-vikasaka (for the chest) (1), Vaksa-sthala shakti-vikasaka (for the chest) (2), Udara shakti-vikasaka (for the abdomen) (i) to (x); Kati shakti-vikasaka (for the waist) (i) to (v), Muladhara-chakra-suddhi (for the rectum), Upastha तथा-svadhithana-chakra-suddhi (for the genital organs), Kundalini shakti-vikasaka (for the kundalini), Jangha shakti-vikasaka (for the thighs) (i) & (ii), Jangha shakti-vikasaka (for the thighs) (ii) , Janu shakti-vikasaka (for the knees), Pindali shakti-vikasaka (for the calves), Pada-mula shakti-vikasaka, Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet), Padanguli shakti-vikasaka (for the toes)</p>	15
Unit II	<p>Yogic sthula vyayama Rekha-gati (Walking in a Straight line), Hrid-gati (Injanadaur – the Locomotive Exercise), Utkurdana (Jumping Exercise), Urdhva-gati (Upward Movement), Sarvanga-pusti (Developing the Entire body)</p>	15

Suggested Readings

- HathYoga Pradipika-Kaivalyadham
- Asana,Pranayama,Mudra,Bandha
- समग्र योग महाविज्ञान– डॉ० नवीन चन्द्र भट्ट,विश्वजीत वर्मा
- हठयोग प्रदिपिका– प्रकाषक कैवल्यधाम लोनावाला
- घेरण्ड संहिता– प्रकाषक कैवल्यधाम, लोनावाला
- गोरक्ष संहिता– गोरक्षनाथ
- भक्तिसागर– स्वामी चरणदास
- योगासन विज्ञान– स्वामी धीरेन्द्र ब्रह्मचारी
- योग परिचय – पीताम्बर झा
- सरल योगासन – डा० ईश्वर भारद्वाज
- आसन प्राणायाम – देवव्रत आचार्य
- आसन, प्राणायाम, मुद्रा बन्ध – स्वामी सत्यानन्द
- बहिरंग योग – स्वामी योगेश्वरानन्द
- हठयोग के सिद्धान्त–डॉ० नवीन भट्ट,नेहा पाण्डेय
- योग बीज – डॉ० केषव रामचन्द्र जोशी

- गोरक्ष संहिता – श्री पृथ्वीराज जी
- सिद्ध-सिद्धान्त पद्धति – स्वामी द्वारिकादास जी
- शिव संहिता – स्वामी महेशानन्द जी

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks

Practical Presentation - 20 marks

CERTIFICATE IN ARTS	
Programme: Certificate In Arts	Year: I Semester:II Paper-I
Subject: Yoga	
Course Code: BYS- C103	Course Title: Human Anatomy & Physiology
Course Outcomes:	
<ul style="list-style-type: none"> ● To know about the structure of the body ● To know about the necessary functions of the body ● To give brief idea about the diseases related to each system ● To throw light on anatomy so that students can experience the involvement of their body parts while practicing various postures of yoga. 	
Credits: 4	Core Compulsory
Max. Marks: 100 (Internal 25 + External 75)	Min. Passing Marks: 10+30
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0	

Unit	Topic: Human Anatomy & Physiology	No. of Lectures
Unit I	Cell, Tissue and Muscular – Skeletal system Cell structure –Plasma membrane and protoplasm; Cell organelles –Mitochondria, Golgi body, Endoplasmic reticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane, chromosome, nucleolus; Homeostasis; Structure and function of epithelial - simple and compound; Connective -connective tissue proper, skeletal and vascular; Muscular -Skeletal, involuntary and cardiac; Nervous tissues-Myelinated neuron and Non myelinated neuron; Anatomy of the Skeleton: Classification of bones-Axial bones and appendicular bones; Types of joint –Synovial joints and Fibrous joint; Structure of synovial joints ; Types of synovial joints; Types of Muscle in the body(striated, Smooth muscle, Cardiac muscle); Mechanism of muscle contraction	15
Unit II	Biomolecules Nutrition: Meaning and Objectives, Elements of Diet: Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibers Balanced diet, Role of Diet for Spiritual Development	15
Unit III	Digestive system and Respiratory system : Digestive system of human-Mouth, buccal cavity, Pharynx, esophagus, stomach, large intestine, small intestine, anus, associated glands-Liver, Pancreas, salivary glands, physiology of digestion and absorption; Malnutrition and undernutrition; Respiratory system of human-Nose, nasal cavity, pharynx, Trachea, Larynx, bronchiole, lungs; Mechanism of breathing (Expiration and inspiration); Transport of respiratory; gases (transport of oxygen and transport of carbon dioxide); Common respiratory disorder	15
Unit IV	Cardiovascular system Composition and function of blood –Plasma, RBC, WBC and Platelet; Blood groups and their importance; Blood clotting; Structure and working mechanism of heart; Organization of systemic and pulmonary circulation; Cardiac output and cardiac cycle; Functional anatomy of blood ; vessels; Blood pressure and regulation of blood pressure	15

Suggested Readings:

- सुश्रुत (शरीर स्थान)– डॉ. भास्कर गोविन्द घाणेकर
- शरीर रचना विज्ञान– डॉ. मुकुन्द स्वरूप वर्मा
- शरीर क्रिया विज्ञान– डॉ. प्रियवृत्त शर्मा
- शरीर रचना व क्रिया विज्ञान– डॉ. एस. आर. वर्मा
- आयुर्वेदीय क्रिया शरीर– वैद्य रणजीत राय देसाई
- मानव शरीर रचना, क्रिया विज्ञान एवं योगिक अनुप्रयोग–डॉ० नवीन भट्ट, देवेन्द्र सिंह विष्ट
- मानव शरीर संरचना एवं योगाभ्यास का प्रभाव–डॉ० मलिक राजेन्द्र प्रताप
- Anatomy & physiology for Nurses- Jaypee Brothers
- Anatomy & physiology- Ross & Wilson
- Anatomy & physiology- C. Gyton
- Human Anatomy- Grays
- Human Anatomy- M. Lyes Prives
- Human physiology- Chakravarti, Ghosh and Sahana
- Basic physiology- E.D. Amour Fred
- Swasthya Shiksha Avam Sharir Vigyan- H.K. Sharma
- Health for all through Yoga- Dr. Ganesh Shanker Ghi
- Manvav Sarir Dipika- Dr. Mukund Swarup Verma

- Yoga Evam Swasthya – Raj Publication Patoyala

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks
Assignment - 10 marks
Presentation - 10 marks

CERTIFICATE IN ARTS		
Programme: Certificate In Arts		Year: I Semester:II Paper-II
Subject: Yoga		
Course Code: BYs- C104	Course Title: Human Anatomy & Physiology (Practical-I)	
Course Outcomes:		
<ul style="list-style-type: none"> ● The objectives behind teaching Anatomy and Physiology is to ● Make students familiar with the systems of the body. ● Give a hand on experience about the human body using models, charts and pictures. ● Make students understand the organization of the body with respect to structural components. 		
Credits: 2		Core Compulsory
Max. Marks: 100 (Internal 25 + External 75)		Min. Passing Marks: 10+30
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	Topic	No. of Hours
Unit I	Demonstration of Osteology & Myology	07
Unit II	Demonstration of Organs and Viscera	08
Unit III	Demonstration of Bones, Joints	07
Unit IV	Demonstration of Human Skeleton	08

Suggested Readings:

- सुश्रुत (शरीर स्थान)– डॉ. भास्कर गोविन्द घाणेकर
- शरीर रचना विज्ञान– डॉ. मुकुन्द स्वरूप वर्मा
- शरीर क्रिया विज्ञान– डॉ. प्रियवृत्त शर्मा
- शरीर रचना व क्रिया विज्ञान– डॉ. एस. आर. वर्मा
- आयुर्वेदीय क्रिया शरीर– वैद्य रणजीत राय देसाई
- मानव शरीर रचना, क्रिया विज्ञान एवं यौगिक अनुप्रयोग–डॉ० नवीन भट्ट, देवेन्द्र सिंह विष्ट
- मानव शरीर संरचना एवं योगाभ्यास का प्रभाव–डॉ० 0 मलिक राजेन्द्र प्रताप
- Anatomy&physiology for Nurses- Jaypee Brothers
- Anatomy& physiology-Ross & wilson
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- Human Anatomy- grays
- Human Antomy-M.Lyes Prives
- Humanphysiology-Chakravarti ,Ghosh and sahana
- Basic physiology– E.D. Amour Fred
- Swasthya Shiksha Avam Sharir Vigyan- H.K. Sharma
- Health for all through Yoga- Dr. Ganesh Shanker Ghi
- Manvav Sarir Dipika- Dr. Mukund Swarup Verma
- Yoga Avam Swasthya – Raj Publication Patoyala

Suggested equivalent online courses:

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Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks

Practical Presentation - 20 marks

DIPLOMA IN ARTS		
Programme: <i>Diploma In Arts</i>		Year: II
		Semester: III Paper-I
Subject: Yoga		
Course Code: BYS- C105	Course Title: Yogic Text-1 (Upanishad)	
Course Outcomes: Following the completion of this course, student will be able to		
<ul style="list-style-type: none"> ● Have an idea about the major principal Upanishads ● Understand the essence of each Upanishad and how to put them into practice. ● Understand each Upanishad and the role of it in our day to day life. 		
Credits: 4	Core Compulsory	
Max. Marks: 100 (Internal 25 + External 75)	Min. Passing Marks: 10+30	
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	Topic	No. of Lectures
Unit I	Meaning and definition of the word Upanishads Importance of Upanishads Advaita, Duality and Triatism theory of Upanishads.	15
Unit II	General introduction of the Upanishads mentioned in Yoga, the subject described in the Upanishads, the nature of yoga according to the Shvetaswaropanishad, a suitable place for practicing yoga, the symptom of yoga accomplishment.	15
Unit III	Yoga elements in the upanishads – Ishopanishad, Kenoupanishad, in the context of Kathopanishad, karma, types of karma, karma indulgence, karma-renunciation, karma-vipaka, purushartha chatustaya	15
Unit IV	Vidya-Avidya knowledge and destruction. The nature and subject of the senses, the relation between mind and senses.	15

Suggested Readings:

- a. Upanishad Spiritual Science - Dr. Ishwar Bharadwaj
- b. Upanishad Collection Publisher Motilal Banarsidas Indian Philosophy - Acharya Baldev Upadhyay Various Dimensions of Indian Culture Dr. Arun Jaiswal Kalyan (Yoga Tattvank) - Geeta Press Gorakhpur
- c. Kalyan (Yogank) - Geeta Press Gorakhpur Introduction to Upanishads-Theosophical Society of India, Adyar] Madras, 1976).

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks
Assignment - 10 marks
Presentation - 10 marks

DIPLOMA IN ARTS		
Programme: <i>Diploma In Arts</i>		Year: II
		Semester: III Paper-II
Subject: Yoga		
Course Code: BYS- C106	Course Title: Yoga Practicum – 2	
Course Outcomes:		
<ul style="list-style-type: none"> ● Make the students aware of the asana for physical fitness and healthy life. ● Know and understand about breathing practices. 		
Credits: 2		Core Compulsory
Max. Marks: 100 (Internal 25 + External 75)		Min. Passing Marks: 10+30
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	Topic	No. of Hours

Unit I	<p>Asana :</p> <ol style="list-style-type: none"> 1. Suryanamaskar with Mantras 2. Padmasan 3. Siddhasan 4. Swastikasan 5. Vajrasana 6. Yogamudrasan 7. Simhasan 8. Veerasan 9. Gomukhasan 10. Ardhamatsyendrasan 11. Marjariasan 12. Mandukasan 13. Shashankasan 14. Bhujangasan 15. Ushtrasan 16. Tadasan 17. Triyaktadasan 18. Katichakrasan 19. Dhruvasan 20. Utkatasan 21. Uttanpadasan 22. Garudasan 23. Natrajasan 24. Vatayanasan 25. Trikonasan 26. Hasta Uthanasan 27. Padhastasan 28. Shalbhasan 29. Matsyasan 30. Dhanurasan 31. Chakrasan 32. Paschimottonasan 33. Janu Shirasan 34. Halasan 35. Naukasan 36. Sarvagasan 37. Balasan 38. Makarasan 39. Shavasan 40. Uttan Mandukasan 	15
Unit II	<p>Pranayama :</p> <p>Preparatory aspects of Prananyama : Correct abdominal breathing in Savasana and Meditative pose with 1.1 & 1.2 ratio</p> <ul style="list-style-type: none"> ● Deep breathing – Abdominal breathing – Yogic breathing ● Nadishodhan pranayam ● Surya Bedan pranayam ● Chandrabhedi Pranayam ● Bhamri prayanam 	15

Suggested Readings

- HathYoga Pradipika-Kaivalyadharm
- Asana,Pranayama,Mudra,Bandha
- समग्र योग महाविज्ञान- डॉ० नवीन चन्द्र भट्ट,विश्वजीत वर्मा
- हठयोग प्रदिपिका- प्रकाषक कैवल्यधाम लोनावाला
- घेरण्ड संहिता- प्रकाषक कैवल्यधाम, लोनावाला
- गोरक्ष संहिता- गोरक्षनाथ
- भक्तिसागर- स्वामी चरणदास
- योगासन विज्ञान- स्वामी धीरेन्द्र ब्रह्मचारी
- योग परिचय - पीताम्बर झा
- सरल योगासन - डा० ईश्वर भारद्वाज
- आसन प्राणायाम - देवव्रत आचार्य
- आसन, प्राणायाम, मुद्रा बन्ध - स्वामी सत्यानन्द
- बहिरंग योग - स्वामी योगेश्वरानन्द
- हठयोग के सिद्धान्त-डॉ० नवीन भट्ट,नेहा पाण्डेय
- योग बीज - डॉ० केषव रामचन्द्र जोशी
- गोरक्ष संहिता - श्री पृथ्वीराज जी
- सिद्ध-सिद्धान्त पद्धति - स्वामी द्वारिकादास जी
- शिव संहिता - स्वामी महेशानन्द जी

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks
 Assignment - 10 marks
 Presentation - 10 marks

DIPLOMA OF ARTS		
Programme: <i>Diploma Of Arts</i>		Year: II
Semester:IV Paper-I		
Subject: Yoga		
Course Code: BYS- C107	Course Title: Patanjali Yog Darshan	
Course Outcomes:		
Following the completion of this course, students shall be able to		
<ul style="list-style-type: none"> ● Understand various modification of mind and the means of inhibiting them. ● Have an understanding about the essence of Samadhi and Sadhana Pada. ● Undertand the essence of Vibhuti and Kaivalya pada. 		
Credits: 4	Core Compulsory	
Max. Marks: 100 (Internal 25 + External 75)	Min. Passing Marks: 10+30	
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	Topic: Patanjali Yog Darshan	No. of Lectures
Unit I	Introduction to Yoga darshana of Patanjali and concept of Citta, citta bhoomis Citta vrittis and Citta vritti nirodhopaya Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.), Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-vartika); Concept of Mana, Buddhi, Ahankar and Chitta; Concept of Citta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha); Concept of Citta-Vrittis and their classification, Citta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar, Concept of Samprajnata; Citta-Vikshepas (Antarayas), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.	15
Unit II	Samadhi pada Concept of Yoganushasanam, Yoga Lakshanam and its results; Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi); Types of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita); Concept of Samapatti and kinds of Samapatti (Savitraka and Nirvitraka, Savichara and Nirvichara); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).	15
Unit III	Sadhana pada Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drishanirupanam (Prakriti), Drastunirupanama (Purusha), PrakritiPurushaSamYoga; Brief Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.	15

Unit IV	Vibhuti and Kaivalya Pada Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Bhoota jaya, Indriya jaya and their Siddhis, Satvapurushanyatakhyati and its Siddhis; VivekJnanaNirupanam, Kaivalya Nirvachana; Role of Dharana, Dhyana, Samadhi and its 26 application; Five Types of Siddhis and Jatyantar Parinamh; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities.	15
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Suggested Readings:

- Yoga Sutra Vachaspati Mishra
- Yoga Sutras
- Yoga Sutra Bhasvati Commentary - Hariharananda Aranya
- Yoga Sutra Rajmartand-Bhojraj
- Patanjali Yog Pradeep - Omananda Tirtha
- Patanjali Yoga Discussion - Vijaypal Shastri
- Meditation Yoga Prakash-Lakshmananda
- Yoga Philosophy - Rajveer Shastri
- Comparative study of Patanjali Yoga and Sri Aurobindo Yoga - Dr. Trilokchandra

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks
 Assignment - 10 marks
 Presentation - 10 marks

DIPLOMA OF ARTS		
Programme: <i>Diploma Of Arts</i>	Year: II	Semester:IV Paper-II
Subject: Yoga		
Course Code: BYS- C108	Course Title: Yoga Therapy	

Course Outcomes: Students will come to know about the treatment of common ailments.		
Credits: 2		Core Compulsory
Max. Marks: 100 (Internal 25 + External 75)		Min. Passing Marks: 10+30
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	Topic: Yoga Therapy	No. of Hours
Unit I	Yogic management of common Respiratory disorders – Bronchitis, Rhinitis, Sinusitis, Br. Asthma. Yogic management of Gastro-Intestinal disorders – Constipation, Indigestion, Hyperacidity, Ulcer, Flatulence, Gastritis, etc	15
Unit II	Yogic management of common Cardio-vascular disorders – Hypertension, Hypotension, Coronary artery disease. Yogic management of common Endocrinal e.g. Diabetes, Hypo and Hyper thyroids, Obesity. Yogic management of common disorders of Central & Peripheral Nervous system – Meningitis, Head ache & Migraine, Epilepsy, Paralysis, Parkinsonism. Yogic management of common disorders of Musculo-skeletal system and Joint disorders, - Muscular dystrophy, Myasthenia gravis, Cervical and lumbar spondylosis, arthritis.	15

Suggested Readings:

- Shivanand Saraswati Yoga Therapy (Hindi & English)
- Reddy, M. Venkata. Yogic Therapy
- Rai, Lajpat Discovering Human Potential energy: A Physiological Approach to Yoga (Anubhava Rai Publication)
- Charu, Supriya Sarir Rachana evam Kriya Vigyan

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks
Assignment - 10 marks
Presentation - 10 marks

BACHELOR'S OF ARTS		
Programme: Bachelor Of Arts	Year: III	Semester: V Paper-I

Subject: Yoga		
Course Code: BYS- C109	Course Title: Naturopathy	
Course Outcomes: Students will learn about the nature cure treatment.		
Credits: 4		Core Compulsory
Max. Marks: 100 (Internal 25 + External 75)		Min. Passing Marks: 10+30
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	Topic	No. of Lectures
Unit I	Brief history of naturopathy, fundamental of naturopathy, Root cause of disease, acute and chronic stages of disease, theory of foreign poison, theory of emergence, ways to increase vitality.	12
Unit II	Water therapy Importance of water, properties of water, principles of water therapy, methods of using water, refreshment, natural bath, simple and frictional places, severe bath, steam, bath, spine bath, hot foot bath, wet bandage of the whole body Bandages of chest, abdomen, throat and hands and feet, enema.	12
Unit III	Mud therapy- Importance, types, properties of soil, effect of soil on the body, mud strips	12
Unit IV	Importance of sunlight, action of sunlight on the body, sun bath, use of different colors.	12
Unit V	Fasting - Principles, Exacerbation of disease and Fasting, Rules of fasting, Reasons for fasting	12

Suggested Readings:

- Various Dimensions of Medical Treatment - Pt. Shriram Sharma Acharya Sampurn Vand Gamay, Volume-40
- Health Sciences - Prof. Ramharsh Singh
- Swasthavrutam - Shivkumar Gaur
- Jeevem Sharad: Shatam - Pt. Shriram Sharma Acharya Sampurn Vam Gamay, Volume-40 Diet and Health - Dr. Hiralal's Simple Cure of Diseases Vitthal Das Modi History and Philosophy of Naturopathy- Dr. S.J. Singh
- Ayurvedic Naturopathy- Rakesh Jindal Diet and Nutrition- Dr. Rudolf
- Nature Cure- Dr. H.K. Bakhru The Practice of Nature Cure- Dr. Henry Lindlhar

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks
Assignment - 10 marks
Presentation - 10 marks

BACHELOR'S OF ARTS		
Programme: <i>Bachelor Of Arts</i>		Year: III
Subject: Yoga		Semester: V Paper-II
Course Code: BYS- C110	Course Title: Alternative Therapies	
Course Outcomes: Students will come to know about alternative therapies to cure diseases		
Credits: 2		Core Compulsory
Max. Marks: 100 (Internal 25 + External 75)		Min. Passing Marks: 10+30
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	Topic Alternative Therapies	No. of Hours
Unit I	Method of acupressure, Acupressure Tools, Benefits of Acupressure, Introduction to Different Pressure Points	15
Unit II	Pranic Healing and Magnet Therapy	15

Suggested Readings:

- Acupressure- Dr. Attar Singh
- Acupressure- Dr. L.N. Kothari
- Magneto Therapy- Dr. H.L. Bansal Magnetic
- Cure for common disease: Dr. R.S. Bansal, Dr. H.L. Bansal.

- The text book of Magneto therapy: Dr. Nanubhai Painter
- Health Sciences Prof. Ramharsh Singh
- Diet and Health - Dr. Hiralal
- Health and yoga- Dr. Naveen Chandra Bhatt

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks
 Assignment - 10 marks
 Presentation - 10 marks

BACHELOR'S OF ARTS		
Programme: <i>Bachelor Of Arts</i>		Year: III
		Semester: V Paper-III
Subject: Yoga		
Course Code: BYS- C111	Course Title: Ayurveda	
Course Outcomes: Students will come to know about various herbal medicines, special diets, medicinal herbs and oils.		
Credits: 4		Core Compulsory
Max. Marks: 100 (Internal 25 + External 75)		Min. Passing Marks: 10+30
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	TOPIC: Ayurveda	No. of Lectures
Unit I	General introduction, definition, history and principles of Ayurveda. Concept, role and importance of – Dosha, Dhatu, Mala, Updhatu, Srotas, Indriya, Agni, Prana, Pranayatra, Prakriti, Deha Prakriti, Manasa Prakriti.	15

Unit II	Concept of Swasthya (healthy condition) and Atur (diseased condition) according to Ayurveda. Concept, role and importance of – Swasthavritta, Ritucharya, Sadvrita, Achararasayana. Concept of diet in Ayurveda	15
Unit III	Concept of Trividha Karma: Poorva Karma, Pradhana Karma and Paschat Karma. Poorva Karma: Importance of Poorva Karma, Sneha, Swedhana and their types.	15
Unit IV	Pradhana Karma: five types of Treatments – Pancha Karma, Vamana, Virechena, Anuvasabasti, Nasyakarma, Rakta Mokshanavidhi, types and methods of Rakta Mokshanam (Bloodletting), Dhumrapanavidhi. Paschatkarma: Pathyam, Samvarjankarma.	15

Suggested Readings:

- योग एवं वैकल्पिक चिकित्सा– डॉ० विनोद नौटियाल
- योग चिकित्सा – डॉ० सरस्वती काला
- योग और स्वास्थ्य– डॉ० नवीन भट्ट
- आयुर्वेद है क्या? कौषिक माय राम
- चरक संहिता
- सुश्रुत संहिता
- दैनिक जीवन में आयुर्वेद– श्रीराम शर्मा आचार्य
- Ayurvedic Treatment for common diseases- P.B. Das
- Basic Principles of Ayurveda- K. Laxmipati
- Ayurvedic of Health and long life- R.K. Garde

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks
 Assignment - 10 marks
 Presentation - 10 marks

BACHELOR'S OF ARTS		
Programme: <i>Bachelor Of Arts</i>		Year: III
		Semester: V
Subject: Yoga		
Course Code: BYB- C112	Course Title: Panchakarma Therapy	
Course Outcomes: Students will come to know about unique treatment to cure diseases.		
Credits: Qualifying		Core Compulsory
Max. Marks: 100 (Internal 25 + External 75)		Min. Passing Marks: 10+30
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	Topic: Panch Karm Therapy	No. of Hours
Unit I	Introduction of Vamana, Virechana, Vasti, Nasya and Rakta Mokshana	
Unit II	Practical of Vamana, Virechana, Vasti, Nasya and Rakta Mokshana	

Suggested Readings:

- योग एवं यौगिक चिकित्सा – प्रो. रामहर्ष सिंह
- योग से आरोग्य – इण्डियन योग सोसाइटी
- यौगिक चिकित्सा – स्वामी कुवल्यानंद
- योग और रोग – स्वामी सत्यानंद सरस्वती
- शरीर क्रिया विज्ञान एवं योगाभ्यास – डॉ. एम. एम. गोरे
- Yogic Management of common Diseases - Swami Shankradevananda Saraswati
- योग ओर स्वास्थ्य—डॉ० नवीन चन्द्र भट्ट
- Shivananand Saraswati, Yoga Therapy, Bihar School of Yoga, Munger

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks

Assignment - 10 marks

Presentation - 10 marks

BACHELOR'S OF ARTS		
Programme: Bachelor of Arts		Year: III Semester: VI Paper-I
Subject: Yoga		
Course Code: BYS- C113	Course Title: Yogic Text-2 (Shrimad Bhagwatgeeta)	
Course Outcomes: Following the completion of this course, students shall be able to		
<ul style="list-style-type: none"> ● Understand the significance of Bhagavad gita and its essence. ● Understand the concept of Atman, Paramatman, Sthitaprajna. ● Have a deep understanding between the qualities of a Karma and Bhakti yogi. ● Understand the concept of Ahara and its role in healthy living. 		
Credits: 4		Core Compulsory
Max. Marks: 100 (Internal 25 + External 75)		Min. Passing Marks: 10+30
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	TOPIC: (Shrimad Bhagwatgeeta)	No. of Lectures
Unit I	Significance of Bhagavad Gita as synthesis of yoga Introduction to Bhagavadgita; Bhagavadgita and traditional commentaries; Bhagavadgita: a synthesis of Yoga; Definitions of Yoga in Bhagavadgita and their relevance; Bhagavadgita and their relevance in Yoga Sadhana	15
Unit II	Concept of Atman, Parmatman and characteristic of Sthita prajna in Bhagavad Gita Concept of Samkhya Yoga in Bhagavadgita; Concept of Sthita Prajna, stages and characteristic of it; Concept of Atman (Purusha), Jivatman; Concept of Paramatman (Parmeshwar or Purushottam) their characteristic in Bhagavadgita; Concept of Jnana and Jnana Yoga, origin of the world as described in Bhagavadgita	15
Unit III	Karma yoga and Bhakti yoga in Bhagavadgita Concept of karma Yoga in Bhagavadgita; Concept of Bhakti, concept of Shraddha and its relevance as described in Bhagavad Gita Yoga of Bhakti and Bhakta as described in bhagavad gita; Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita	15

Unit IV	Concept of ahara and role of Bhagavadgita in healthy living Role of Bhagavadgita in day to day life; Concept and classification of Ahara as described in Bhagavadgita; Ahara and its role in Adhyatma Sadhana; Concept of Triguna in the context of Bhagavadgita; Theory of Adjustment in healthy living as described in Bhagavadgita	15
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Suggested Readings:

1. Swami Gambhirananda ; Bhagavadgita (with Gudharth Dipika) Sri Ramakrishna Matha Madras
2. Swami Gambhirananda ; Bhagvatgita with the commentary of Sankaracharya, Advaita Ashrama, Kolkata, 2003
3. Swami Ramsukhdas; Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur
4. Swami Ranganathananda ; Bagavadgita, Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks
Assignment - 10 marks
Presentation - 10 marks

BACHELOR'S OF ARTS		
Programme: <i>Bachelor of Arts</i>		Year: III
		Semester: VI Paper-II
Subject: Yoga		
Course Code: BYS-C115	Course Title: Indian Philosophy	
Course Outcomes: Students will come to know about Indian Philosophy and culture.		
Credits: 4		Core Compulsory
Max. Marks: 100 (Internal 25 + External 75)		Min. Passing Marks: 10+30
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	TOPIC: Indian Philosophy	No. of Lectures
Unit I	Meaning and definition of the word Darshan Features of Indian philosophy. Meaning and utility of Indian philosophy in human life, epistemological element, meaning and utility of mimansa.	12

Unit II	Introduction and principles of nyaya, visheshika, sankhya yoga philosophy(Tatva Mimamsa and Acharya Mimansa)	12
Unit III	Mimamsa and Vedanta sects of Vedanta (monism, dualism, General Introduction and Principles of Vishishtadvaita (Shuddhadvaita) (Tattva Mimamsa and ethics)	12
Unit IV	General Introduction and Principles of Charvaka, Jain and Buddhist Philosophy (Tattva Mimamsa)	12
Unit V	Meaning and definition of the word culture, salient features of Indian Indian culture Ashram system, Varna system, Shodas Sanskar, Panchmahayagya	12

Suggested Reading:

- Introduction to Upanishads-Theosophical Society of India,Adyar]
- Madras, 1976) Upanishad Spiritual Science - Dr. Ishwar Bharadwaj
- Upanishad Collection Publisher Motilal Banarsidass
- Indian Philosophy - Acharya Baldev Upadhyay
- Darshanik Prishth Bhumi Mein Yog Ka Swaroop – Dr. Seema Chauhan & Shubham Vishwakarma
- Diverse Dimensions of Indian Culture Dr. Arun Jaiswal
- Four Chapters of Culture - Ramdhari Singh Dinkar

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks
Assignment - 10 marks
Presentation - 10 marks

BACHELOR'S OF ARTS		
Programme: <i>Bachelor of Arts</i>		Year: III
		Semester:VI Paper-III
Subject: Yoga		
Course Code: BYS- C114	Course Title: Research Project	
Course Outcomes:		

Credits: Qualifying		Core Compulsory
Max. Marks: 100 (Internal 25 + External 75)		Min. Passing Marks: 10+30
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
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 samples.	

BACHELOR'S OF ARTS				
Programme: Bachelor Of Arts			Year: III	Semester: V Paper-IV
Subject: Yoga				
Course Code: BYS- C116		Course Title: Internship		
Course Outcomes: Students will be able to organize Yoga programs and events.				
Credits: 2			Core Compulsory	
Max. Marks: 100 (Internal 25 + External 75)			Min. Passing Marks: 10+30	
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0				
Unit	Topic:			No. of Hours
Unit I	Internship at Naturopathy centers, Ayurveda Centers and hospitals.			30

**SYLLABUS FOR YOGA & NATUROPATHY
(MINOR ELECTIVE SUBJECT)
(As Per National Education Policy-2020)
FOR THE SESSION 2021-22 ONWARDS**

Objectives:

The main objectives of the study of Naturopathy are to change the unhealthy living habits of person and to teach them the healthy and positive life style in accordance to the laws of nature with the effective help of different Naturopathy modalities. Further, to educate the students to look after their own health and the health of their family, supporting the body's capacity to heal and balancing the body so that illness is less likely to occur in the future.

The objective of the study of Yoga is to provide practical knowledge of Yogasana, Pranayam, Mudras, Bandhas and Shatkarma. To acquaint students with physiological effect of various Asana and their therapeutic use. To enable them to write yogic prescription in different ailments. To provide desirable knowledge about preventive, promotive and curative aspect of yoga techniques.

DURATION: One Semester (Six Month)

ELIGIBILITY: Eligibility for Minor Subject will be graduation.

MEDIUM OF INSTRUCTION: Hindi and English both

CURRICULUM: There will be 1 written paper and 1 Practical with Viva-vice to be taught in one Semester. One written paper in the semester shall be of 100 marks and Practical / Viva-Voce shall be 100 marks

Course Prerequisites: No pre-requisites required, open to all. Students must have passed the previous course with at least 40%. Students should be medically fit.

**Department of Yogic Science
Kumaun University, Nainital
National Education Policy-2020
Common Minimum Syllabus
Minor Subjects- Yoga And Naturopathy**

COURSE IN YOGA		
Programme: <i>YOGA AND NATUROPATHY</i>		Year : I
Subject: Yoga		
Course Code:	Course Title: Yoga And Naturopathy	
Course Outcomes:		
<ol style="list-style-type: none"> 1. This certificate course will bring peace and harmony in the student's life. 2. It will help them in self realization and setting goals in life. 3. It will make them focused towards their goals and make them mentally strong to face different challenges in life. 4. It will also help them in self management and living a disciplined life. 5. It will help students in decision making and solving their problems. 6. It will help students to cope up in situation of conflict and depression. 7. It will develop positive attitude and moral values among the students. 8. It will make people aware of the therapeutic and preventive value of Yoga. 		
Credits: 3		Core Compulsory
Max. Marks: 25+75		Min. Passing Marks: 10+25
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	Topic	No. of Lectures
Unit I	<ul style="list-style-type: none"> □ Concept, Meaning and Definition of yoga □ Historical Development of yoga □ Elements of Yoga (Ashtanga Yoga) □ Types of Yoga: Karma Yoga, Bhakti Yoga, Gyan Yoga, Raj Yoga, Hath Yoga. 	12
Unit II	<ul style="list-style-type: none"> □ Classification of Asana: Meditative Asana, Cultural Asana, Relaxative Asana. □ Introduction about Suryanamaskar □ Pranayama: Meaning and definition of Pranayama, Different Types Of Pranayama And Their Benefits □ Shatkarm And Its Types 	12
Unit III	<ul style="list-style-type: none"> □ Naturopathy: Meaning and Definition □ History and Development of Naturopathy □ Basic Principle of Naturopathy: Vitality, Morbid Material etc. □ Therapies applied in Nature Cure: Hydrotherapy, Mud Therapy, Prana Chikitsa, □ Fasting, Diet Therapy and Massage therapy. 	10
Unit IV	<ul style="list-style-type: none"> □ Five elements and its Importance for the body. □ Natural Diet, Curative Diet, Acidic and Alkaline Food. □ Causes of disease, Acute disease, Chronic disease and Fatal disease. □ Side effects of medicines on health. □ Natural Life Style □ Basic Principles of Healthy life: Diet, Exercise, Sleep and Relaxation. 	11

Suggested Readings:

- 1- Arya, Pandit Usharbudh (aka Swami Veda Bharati) (1977/1985), Philosophy of Hatha Yoga. Himalayan Institute Press, Pennsylvania.
- 2- Swami kuvalayananda: Pranayama, Kaivalyadhama, Lonavala, Pune
- 3- Swami, S. S. (1996), Asana Pranayama Mudra Bandha, Munger, Bihar: U.B.S. Publishers and Distributers
- 4- Tiwari O.P. Asanas why? And How? Kaivalyadhama, Lonavla.
- 5- Verse Swami Prabhavananda 46, chapter II; for translation referred: "Patanjali Yoga Sutras" by, published by the Sri Ramakrishna Math ISBN 81-7120-221-7 p. 111
- 6- Yadav, SK., Kumar, Anil. (2013), —Effect of dynamic suryanamaskar on flexibility of male studentl, Journal of Physical Education Sports and Yoga Sciences (AKASH), Vol-III, No-1, 50-55, ISSN.2250-1398.
- 7- Speaking of nature cure- K.Lakshaman Sharma S. Swaminathan.
- 8- Return to Nature- Adolf Just
- 9- Mucusless Diet Healing System- Prof. Arnald Ehret
- 10- Food Combining Made Easy- Herbert M. Shelton
- 11- Fasting for Health- Bernarr Macfadden
- 12- Massage as therapy- Dr. Satyendra Kumar Misra
- 13- Yoga-Mimamsa - Quarterly Journal (Back volumes) Published from Kaivalyadhama, Lonavla.
- 14- Yogasanas: A Teacher's Guide - NCERT, New Delhi.
- 15- Asanas - Why? and How? - Sri.O.P.Tiwari Kaivalyadhama, Lonvla.
- 16- Light on Yoga: The Classic Guide to Yoga by the World's Foremost AuthorityB.K.S. Iyengar
- 17- vkjk sX; dh dq ath& egkRek xk a/kh
- 18- dqnjrh mipkj& egkRek xk a/kh
- 19- -jkeuke& egkRek xka/kh 22- eS a rUnq:Lr g wi ;k chekj & yqbZdwu

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

1. Written Test – 10 marks
2. Assignment – 10 marks
3. Attendance – 5 marks

COURSE IN YOGA		
Programme: <i>YOGA AND NATUROPATHY</i>		Year : I
Subject: Yoga		
Course Code: YN 102	Course Title: Yoga And Naturopathy	
		Semester:II Paper-II

Course Outcomes:

1. It will create professional Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.
2. It will help the students to prepare Yoga programs and events.
3. It will make them physically strong, healthy and will keep them away from diseases.
4. It will popularize yoga and corrective education among the masses.
5. It will create efficient Dietician and form healthy eating habits in the society.

Credits: 1**Core Compulsory****Max. Marks: 25+75****Min. Passing Marks: 10+25****Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0**

Unit	Topic	No. of Hours
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Unit I	Asana: <ol style="list-style-type: none"> 1. Suryanamaskar with Mantras 2. Padmasan 3. Siddhasan 4. Swastikasan 5. Vajrasana 6. Yogamudrasan 7. Simhasan 8. Veerasan 9. Gomukhasan 10. Ardhamatsyendrasan 11. Marjariasan 12. Mandukasan 13. Shashankasan 14. Bhujangasan 15. Ushtrasan 16. Tadasan 17. Triyaktadasan 18. Katichakrasan 19. Dhruvasan 20. Utkatasan 21. Uttanpadasan 22. Garudasan 23. Natrajasan 24. Vatayanasan 25. Trikonasan 26. Hasta Uthanasan 27. Padhastasan 28. Shalbhasan 29. Matsyasan 30. Dhanurasan 31. Chakrasan 32. Paschimottonasan 33. Janu Shirasan 34. Halasan 35. Naukasan 36. Sarvagasan 37. Balasan 38. Makarasan 39. Shavasan 40. Uttan Mandukasan 	06
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Unit II	Pranayama : Preparatory aspects of Pranayama : Correct abdominal breathing in Sawasana and Meditative pose with 1.1 & 1.2 ratio <ul style="list-style-type: none"> ● Deep breathing – Abdominal breathing – Yogic breathing ● Nadishodhan pranayam ● Surya Bedan pranayam ● Chandrabhedhi Pranayam ● Bhramri aprayanam 	04
Unit III	Therapies: Hydrotherapy, Mud Therapy, Heliotherapy, Massage therapy	05

Suggested Readings:

- 1- Arya, Pandit Usharbudh (aka Swami Veda Bharati) (1977/1985), Philosophy of Hatha Yoga. Himalayan Institute Press, Pennsylvania.
- 2- Swami kavalayananda: Pranayama, Kaivalyadhama, Lonavala, Pune
- 3- Swami, S. S. (1996), Asana Pranayama Mudra Bandha, Munger, Bihar: U.B.S. Publishers and Distributers
- 4- Tiwari O.P. Asanas why? And How? Kaivalyadhama, Lonavla.
- 5- Verse Swami Prabhavananda 46, chapter II; for translation referred: "Patanjali Yoga Sutras" by, published by the Sri Ramakrishna Math ISBN 81-7120-221-7 p. 111
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- 7- Speaking of nature cure- K.Lakshaman Sharma S. Swaminathan.
- 8- Return to Nature- Adolf Just
- 9- Mucusless Diet Healing System- Prof. Arnald Ehret
- 10- Food Combining Made Easy- Herbert M. Shelton
- 11- Fasting for Health- Bernarr Macfadden
- 12- Massage as therapy- Dr. Satyendra Kumar Misra
- 13- ABC of Remedial Exercises- Dr. Satyendra Kumar Misra
- 14- Yoga-Mimamsa - Quarterly Journal (Back volumes) Published from Kaivalyadhama, Lonavla.
- 15- Yogasanas: A Teacher's Guide - NCERT, New Delhi.
- 16- Asanas - Why? and How? - Sri.O.P.Tiwari Kaivalyadhama, Lonvla.
- 17- Light on Yoga: The Classic Guide to Yoga by the World's Foremost AuthorityB.K.S. Iyengar
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- 19- dqnrh mipkj& egkRek xk a/kh
- 20- - jkeuke& egkRek xka/kh 22- eS a rUnq:Lr g wj ;k chekj & yqbZdwu

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

- Written Test – 10 marks

- Assignment – 10 marks
- Attendance – 5 marks

COURSE IN YOGA		
Programme: Yoga for Wellness		Year: II Semester: IV Paper-I
Subject: Yoga		
Course Code: YW 204	Course Title: Yoga for Wellness	
Course Outcomes: <ol style="list-style-type: none"> 1. It will encourage the students to live life with discipline, honesty, kindness and integrity in order to find their purpose and to live it fully. 2. It will help the students to practice teaching at various platforms. 3. It will provide all that which is required to develop the highest level of consciousness. 4. It will lead to holistic health of the students. 		
Credits: 3		Core Compulsory
Max. Marks: 25+75		Min. Passing Marks: 10+25
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	Topic	No. of Lectures
Unit I	<ul style="list-style-type: none"> □ Yoga: Meaning, Definition and Importance □ Aims and Objectives of Yoga □ Brief history and development of Yoga □ Traditional schools of Yoga □ General guidelines for Yoga practice 	15
Unit II	<ul style="list-style-type: none"> □ Yogic Practices for health and wellness □ Classification of Asana: Meditative Asana, Cultural Asana, Relaxative Asana □ Suryanamaskar: 12 Steps of Asana □ Types of Bandh □ Hasta Mudra □ Shatkarma 	10
Unit III	<ul style="list-style-type: none"> □ Concept of wellness □ Meaning and definition of wellness □ Dimensions of health and their relation with wellness □ Self awareness through wellness 	08

Unit IV	<ul style="list-style-type: none"> □ Components of wellness: Physical, Emotional, Intellectual, Social, Spiritual, Environmental, Occupational and Financial. □ Wellness: its origins and applications in the 21st century. □ Ayush Health Wellness Centres (HWCs) under Scheme of National Ayush □ Mission. 	12
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Suggested Readings:

1. Yogasana Vijnana- Swami Dhirendra Brahmachari.
2. Yogic Sukshma Vyayama- Swami Dhirendra Brahmachari.
3. The Seven Spriritual Laws of Yoaga- Deepak Chopara.
4. The Wellness Sense- Om Swami.
5. The Power of Positive Thinking- Norman Vincent Peale.
6. Textbook of Yoga - George Feuerstein. Rider and Company, London.
7. Yogic Therapy - Swami Kuvalayananda and Dr.S.L.Vinekar, Govt. of India, Ministry of Health, New Delhi. 8
8. Yadav, SK., Kumar, Anil. (2013), —Effect of dynamic suryanamaskar on flexibility of male studentl, Journal of Physical Education Sports and Yoga Sciences (AKASH), Vol-III, No-1, 50-55, ISSN.2250-1398.
9. Patanjala Yoga Sutras- Translation and Commentary by Dr. P.V. Karambelkar Kaivalyadhama SMYM Samiti, Lonavla.
10. Patanjala Yoga Sutras – Translated with a new commentary by Swami Prabhavananda and Christopher Isherwood, Ramakrishna Math, Mylapore, Madras-4.
11. ASANAS– by Dr. P. Mariayyah, Sports Publications, Coimbatore.
12. SUIYANAMASKAR - by Dr. P. Mariayyah, Jaya Publishing House, Perunthurai, Erode.
13. Hathapradipika - Published from Kaivalyadhama.
14. Gherandasamhita - Published from Kaivalyadhama.
15. Yoga-Mimamsa - Quarterly Journal (Back volumes) Published from Kaivalyadhama, Lonavla.
16. Yogasanas: A Teacher's Guide - NCERT, New Delhi.
17. Asanas - Why? and How? - Sri.O.P.Tiwari Kaivalyadhama, Lonvla.
18. Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority- B.K.S. Iyengar
19. ;ksx }kjk LoLFk thou& ch0d s0 vk;axj 20. vkuUne; thou dk mRlo& Lokeh jke

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Suggested Continuous Evaluation (25 Marks):

- Written Test – 10 marks
- Assignment – 10 marks
- Attendance – 5 marks

Programme: Yoga for Wellness		Year : II	Semester:IV Paper-II
Subject: Yoga			
Course Code:	Course Title: Yoga for Wellness		
Course Outcomes:			
<ol style="list-style-type: none"> 1. It will help students in decision making and solving their problems. 2. It will help students to cope up in situation of conflict and depression. 3. It will make students aware of the functions of various systems of the body. 4. It will help the students to understand the barriers to happiness. 5. It will inculcate the true purpose of practice in the students. 			
Credits: 1		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0			
Unit	Topic	No. of Hours	
Unit I	Asana: Meditative Asana, Cultural Asana, Relaxative Asana Suryanamaskar: 12 Steps of Asana Shatkarma: All six shatkarm	05	
Unit II	Bandhs: <ul style="list-style-type: none"> ● Jalandarbandh ● Uddyanbandh ● Moolbandh ● Mahabandha 	07	
Unit III	Hasta Mudra <ul style="list-style-type: none"> ● Shambhavi Mudra ● Pran Mudra ● Kaki Mudra ● Ashwanimudra 	03	

Suggested Readings:

1. Yogasana Vijnana- Swami Dharendra Brahmachari.
2. Yogic Sukshma Vyayama- Swami Dharendra Brahmachari.
3. The Seven Spriritual Laws of Yoaga- Deepak Chopara.
4. The Wellness Sense- Om Swami.

5. The Power of Positive Thinking- Norman Vincent Peale.
6. Textbook of Yoga - George Feuerstein. Rider and Company, London.
7. Yogic Therapy - Swami Kavalayananda and Dr.S.L.Vinekar, Govt. of India, Ministry of Health, New Delhi. 8
8. Yadav, SK., Kumar, Anil. (2013), —Effect of dynamic suryanamaskar on flexibility of male studentl, Journal of Physical Education Sports and Yoga Sciences (AKASH), Vol-III, No-1, 50-55, ISSN.2250-1398.
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12. SUIYANAMASKAR - by Dr. P. Mariayyah, Jaya Publishing House, Perunthurai, Erode.
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14. Gherandasamhita - Published from Kaivalyadhama.
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17. Asanas - Why? and How? - Sri.O.P.Tiwari Kaivalyadhama, Lonvla.
18. Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority- B.K.S. Iyengar
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