



DEPARTMENT OF YOGA SCIENCE
University of Patanjali, Haridwar-249405

B.Sc. Yoga Science **(as per NEP)**

Syllabus



2023-24 onwards

Dated: 07.02.2023

विभागाध्यक्ष योग विज्ञान विभाग
पतंजलि विश्वविद्यालय, हरिद्वार

Department of Yoga Science
University of Patanjali, Haridwar, Uttarakhand
NEP-2020 Programme for Bachelors/ Undergraduate Program in YOGA SCIENCE

Semester	Discipline Specific Courses Core Major (80)*			Minor Stream		Inter-Disciplinary	Ability Enhancement Courses (AEC)	Skill Enhancement Courses/ Internship/ Dissertation (SEC)	Common Value- Added Courses (VA)	Final Credits for thesem ster
	Major Core-I	Major Core-II	Major Core-III	Minor-I	A1					
I	Foundation of Yoga (Credit-4)	Yoga Practicum (Credit-2)	0	Anatomy & Physiology of Yogic Practices-I (Credits-4)		A. Basic Psychological Processes OR B. Introduction to Ayush OR C. Indian Culture And Traditions (Credits-4)	Fundamentals of Computer Applications (Credit-2)	Methods of Teaching Yoga (Credit-3)	Environment Sciences (Credit-3)	22
II	Hatha Pradeepika (Credits-4)	Hatha Yoga Parichay -I Practicum (Credit-2)	0	Anatomy & Physiology of Yogic Practices-II (Credits-4)		A. Fundamentals of Ayurveda OR B. Ancient Indian Religion OR C. Personality Development (Credits-4)	Basics of Sanskritam -I (Credit-2)	Yogasana Sports Evolution Teaching & Marking System (Credit-3)	Yajna & its Basic Principles (Credit-3)	22
III	Patanjala Yog Sutra (Credits-5)	Yoga Practicum (Credit-4)	0	Essence of Srimad Bhagwad Geeta (Credit-6)		A. Naturopathy & CAT OR B. Indian Knowledge System-I OR C. Marma Therapy (Credits-2)	Basics of Sanskritam -II (Credit-2)	Anthropometric Assessment & Traditional Vedic Diagnosis Tools (Credit-3)	0	22
IV	Gherand Samhita (Credits-6)	Various Meditation Techniques (Credit-6)	0	Essence of Shad- Darshan (Credit-4)	Upnishad Parichay (Credit-4)	0	Communicative English (Credit-2)	0	0	22
V	Various Yogic Texts-I: (Credit-6)	Yoga Practicum (Credit-6)	0	Understanding of Nadi, Pranas, Chakra & Kundalini (Credit 6)	0	0		Internship (Credit-4)	0	22
VI	Various Yogic Texts-II: (Credit-6)	Yoga Practicum (Credit-6)	0	Research Methodology (Credit-4)	Statistics (Credit-6)	0	0	0	0	22
Note	For those student(s) who want to carry the course for Second year									44
	Those student(s) want to exit in I st year they need to complete Summer Training of credit									4
	Grand Total									48
* 4 credit over and above of 44 credit to be awarded to those students who want to exit to the course after completing summer training										

NEP: New Education Policy, UGC: University Grants Commission, UG: Under Graduate, AEC: Ability Enhancement Courses, SEC: Skill Enhancement Courses, VA: Value Added Courses common for all UG


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I SEMESTER

SL. NO.	COURSE TYPE	COURSE NAME	COURSE CODE	CREDIT
1	MAJOR CORE-I	FOUNDATION OF YOGA	BSYSMJ - 101	04
2	MAJOR CORE- II	YOGA PRACTICUM	BSYSMJ - 102	02
3	MINOR CORE-I	ANATOMY & PHYSIOLOGY OF YOGIC PRACTICES-I	BSYSMN - 103	04
4	INTER-DISCIPLINARY	1. BASIC PSYCHOLOGICAL PROCESSES OR 2. INTRODUCTION TO AYUSH OR 3. INDIAN CULTURE AND TRADITION	BSYSID – 104 A	04
5			BSYSID – 104 B	
6			BSYSID – 104 C	
7	ABILITY ENCHACEMENT COURSE (AEC)	FUNDAMENTALS OF COMPUTER APPLICATIONS	BSYSAE- 105	02
8	SKILL ENHANCEMENT COURSE (SEC)	METHODS OF TEACHING YOGA	BSYSSE - 106	03
9	COMMON VALUE-ADDED COURSES (VA)	ENVIRONMENT SCIENCES	BSBSVA - 107	03
TOTAL				22



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SEMESTER I

MAJOR CORE-1

Course Name:	FOUNDATIONS OF YOGA
Course Code:	BSYSMJ-101
Total Credit:	04
Teaching Hours:	60 Hrs. (L3 + T1+P0)
Final Exam (SEE):	75 Marks
Internal Assessment:	25Marks

Course Objectives:

The Course entitled 'Foundation of Yoga' has the following objectives:

- Students of the UG course will have an understanding about origin, history and development of Yoga.
- They will have an idea about the insights of different Yoga streams.
- Introduction about Yoga according to various Yogic texts, eminent Yogis.
- Quote references of each practice as per traditional texts.

UNIT-1: GENERAL INTRODUCTION TO YOGA [15HRS.]

Brief about origin of Yoga: Psychological aspects of Yoga, History and Development of Yoga: prior to the Vedic period, Vedic period, Medieval period, modern era; Etymology and Definitions of Yoga, Aims and Objectives of Yoga, Misconceptions about Yoga; Importance of Yoga.

UNIT-2: DIFFERENT STREAMS OF YOGA [15 HRS.]

Jnana Yoga: Meaning of Jnana and Jnana-Yoga, Sadhana-chatushtaya, Means of Jñāna, Bhakti Yoga: Meaning of Bhakti and Bhakti-Yoga, Stages of Bhakti, Types of Bhakti, Means of Bhakti-Yoga; Karma Yoga: Meaning of Karma and Karma-Yoga, Concept of Nishkama Karma, Means of Karma Yoga; Inter-relationship between Bhakti Yoga, Karma-Yoga and Jnana Yoga.

UNIT - 3: BRIEF ABOUT YOGA IN TEXTS [15HRS.]

Brief of Yoga in Vedas and Yoga in Principal Upanishads, Yogic perspective: Bhagavad Gita, Yoga Vasishtha, Narada Bhakti Sutras. Yogic perspective: Puranas with emphasis to Bhagavat Purana; Emphasis to Vedantic approach of Shankaracharya, Ramanujacharya, Madhvacharya and Vallabhacharya.

UNIT-4: INTRODUCTION TO EMINENT YOGIS [15 HRS.]

Introduction to eminent Yogis and their style of Yoga: Rishi Culatsya,-Agni, Vayu, Angira, Aditi. Hiranyagarbha, Vyasa, Kapilmuni, Bhurtrihari, Adishankaracharya, Maharshi Dayanand, Swami Vivekanand, Maharshi Arvind, Swami Kuvalyanand, Swami Shivanand, Yogrishi Swami Ramdev, Swami Yogeshwarananda, Baba Matsyendranath- Gorakhpeth Tradition.

TEXT BOOKS

1. Yogrishi Swami Ramdev Ji : Yog ke moolbhut Sidhhant, Divya Prakashan, Haridwar.
2. Acharya Balkrishna: Grihasth Yog Sadhak k Gun, Divya Prakashan, Haridwar, 2017.
3. Singh S P & Yogi Mukesh: Foundations of Yoga, Standered Publication, New Delhi, 2010.
4. Yogendra Purushartha (Sw. Divyananda Saraswati): Vedo me Yog Vidya, Yogic Sodhsansthan, 1985.
5. Yogrishi Swami Ramdev Ji: Ek Yogi Ek Yodhha, Divya Prakashan, Haridwar, 2015.
6. Sri Vishwanath Mukharji: Bharat ke Mahan Yogi, Vishvavidyalaya Prakashan, 2012.

BOOKS FOR REFERENCE

1. Acharya Balkrishna: Yog Vishwakosh, Divya Prakashan, 2014.
2. Agarwal M M: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010.
3. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
4. Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008
5. Max Muller K. M: The six systems of Indian Philosophy, Chukhambha, Sanskrit series, Varanasi, 6th Edition, 2008
6. Paul Brunton: A search in secret India, Riders Books, 2003.

MAJOR CORE- II

Course Name:	YOGA PRACTICUM
Course Code:	BSYSYP-102
Total Credit:	02
Teaching Hours:	60 Hrs (L0 + T0+P4)
Final Exam:	35 Marks
Internal Assessment:	15 Marks

Objectives

Following the completion of this course, students shall be able to

- Understand the principle and practice of various dand baithak of Indian origin
- Understand the principle and practice of Suryanamaskar and different type of Yogasanas.
- Demonstrate each Asana and explain its procedure.
- Quote references of each practice as per traditional texts

UNIT-1: RECITATION OF HYMNS & HASTA MUDRA [10 HRS.]

Recitation of Shanti Mantras; Recitation of Pranava Japa and Soham Japa; Recitation of Hymns from Upanishad & Yoga Texts; Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni, Pran, Apan, Apanvayu, Shankh, Kamajayi.

UNIT-2: EIGHT BAITHAK AND TWELVE DAND BY YOGRISHI SWAMI RAMDEV JI [15 HRS]

Ardh baithak, Purna baithak, Rammurti baithak, Pahalwani baithak-I, Pahalwani baithak-II, Hanuman baithak-I, Hanuman baithak-II, Hanuman baithak -III, Simple Dand, Rammurti Dand, Vakshvikasak Dand, Hanuman Dand, Vrishchik Dand-I, Vrishchik Dand-II, Parshvadand, Chakradand, Palatdand, Sherdand, Sarpdand, Mishradand (mixed Dand)

UNIT-3: SHATKARMAS AND BREATHING PRACTICES [15 HRS.]

Neti (Jalneti, Rubber Neti), Dhauti (Jal Dhauti); Kapalbhathi (upto 1000 stroks) and its variations; Trataka (Jatru and Jyoti), Breathing practices: Hands in and out, Hands stretch, Ankle stretch, Rabbit, Dog, Tiger, Straight leg raising breathing; Breath Awareness: Shwas-prashwas samyama; Abdomen, Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen + Thoracic +Clavicular Breathing; Yogic Breathing: Pause Breathing (Viloma Pranayama), Spinal Passage Breathing (Sushumna Breathing); Practice of Puraka, Rechaka & Kumbhaka (Antar & BahyaKumbhaka).

UNIT-4: YOGASANA (SUPINE LYING POSTURES) AND (PRONE LINE POSTURES) [10 HRS.]

Navasana, Pavanamuktasana, Utthana-padasana, Padavrittasana, Chakrikasana, Chakkichalana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana, Makarasana, Markatasana, Bhujangasana, Sarpasana, Shalabhasana, Dhanurasana, Purnadhanurasana.

UNIT- 5: SURYA NAMASKARA AND BHOJAN MANTRA, PRATAH EVAM RATRI MANTRA [10 HRS.]

Understanding, recitation and memorization.

TEXT BOOKS

1. Acharya Balkrishna: Dainik Yogabhyasakram, Divyayog Prakashan, Haridwar,2015.
2. Yogrishi Swami Randev Ji: Dand-baithak, 2015.
3. Swami Dharendra Bhrahmachari: Yogasana Vijnana, Dhirendra Yoga Publications, New Delhi.
4. Swami Kuvalyananda : Asana Kaivalyadhama, Lonavla

BOOKS FOR REFERENCES

1. Tulsi Naina: A Complete Guide for structural Body Work, Divya Prakashan, Haridwar, 2015.
2. Basavaraddi, I.V. & others: Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
3. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers.
4. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger.
5. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla.

MINOR CORE-I

Course Name:	ANATOMY & PHYSIOLOGY OF YOGIC PRACTICES-I
Course Code:	BSYSMN-103
Total Credit:	04
Teaching Hours:	60 Hrs (L3 + T1+P0)
Final Exam:	75 Marks
Internal Assessment:	25 Marks

Objectives:

Following the completion of the course, students shall be able:

- 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 student can experience the involvement of their body parts while practicing various postures of Yoga.

UNIT-1: INTRODUCTION TO HUMAN BIOLOGY; CELLS AND TISSUES [15HRS]

Cell structure –Plasma membrane and protoplasm; Cell organelles –Mitochondria, Golgi body, Endoplasmic reticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane, chromosome, nucleolus; **Homeostasis; Tissue;** Structure and function of epithelial tissue (simple and compound); Connective tissue - (proper, skeletal, vascular); Muscular Tissue (Skeletal, involuntary and cardiac); Nervous tissues (Myelinated neuron and Non myelinated neuron).

UNIT-2: DIGESTIVE AND RESPIRATORY SYSTEM [15 HRS]

Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); **Digestive system** -buccal cavity, Pharynx, oesophagus, stomach, large intestine, small intestine, anus, associated glands-liver, pancreas, salivary glands, physiology of digestion and absorption; Malnutrition and undernutrition; **Respiratory system** -nose, nasal cavity, pharynx, trachea, larynx, bronchiole, lungs; Mechanism of breathing (expiration and inspiration); Transportation of respiratory gases (transportation of oxygen and carbon dioxide).

UNIT-3: CARDIOVASCULAR SYSTEM [15 HRS]

Structure and working mechanism of heart; Organisation of systemic and pulmonary circulation; cardiac output and cardiac cycle; Functional anatomy of blood, vessels; Blood pressure and regulation of blood pressure. Composition and function of blood –Plasma, RBC, WBC and Platelet; Blood groups and their importance; Blood clotting;

UNIT-4: MUSCLES- SKELETAL SYSTEM [15 HRS]

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.

TEXT BOOKS

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavla, India
2. Anatomy and Physiology: Yogic Context: Dr Sharadchandra Bhalekar, Kaivalyadhama, Lonavla, Pune.
3. Lan Peate and Muralidharan Nayar – Fundamental of Anatomy and Physiology for nurses

REFERENCE BOOKS:

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses

INTER-DISCIPLINARY

1. BASIC PSYCHOLOGICAL PROCESSES OR
2. INTRODUCTION TO AYUSH OR
3. INDIAN CULTURE AND TRADITION

COURSE NAME: Basic Psychological Processes

Course Code: BAYSID-104 (A)

Total Credit: 04 (3L+1T+0P)

Teaching Hours: 60 Hrs

Final Exam (SEE) 70 Marks

Internal Assessment: 30 Marks

Objectives:

- To familiarize students with the basic concepts of Indian and Western Psychology with an emphasis on application of Psychology in everyday life.
- To introduce the students to the general concepts of psychology.

Unit-1: Introduction (12 hours)

Meaning and Definitions of Psychology, Psychological thoughts in some major, Eastern System: Bhagavad Gita and Buddhism, Concept of Psychology as per Upanishads, Goals and branches of Psychology, Approaches of Psychology: Biological and behavioural

Unit-2: Methods of Psychology (12 hours)

Experimental Method: Meaning, definition, types, merits and demerits, Observation method: Meaning, definition, types, merits and demerits, Survey method: Meaning, definition, merits and demerits, Questionnaire method: meaning, definition, merits and demerits

Unit-3: Perception & Learning (12 hours)

Meaning, definition and mechanism of perception, Factors influencing Perception, Laws of Perceptual organization, Perceptual constancy: shape and size. Learning: Meaning definitions and types of learning, Factors affecting learning, Methods of learning, Transfer of learning: positive, negative, zero and bilateral

Unit-4: Memory & Intelligence (12 hours)

Meaning, definitions and types of Memory: sensory, short-term and long term, Components of memory: Encoding, storage & retrieval, Factors affecting memory, enhancement of memory, forgetting: Meaning and Definition, causes of forgetting. Intelligence: Meaning and definitions of intelligence, types of intelligence (Mental, emotional, social and spiritual intelligence).

Unit-5 Common Mental Disorders [15 Hrs.] (12 hours)

Causes and Consequences of Conflicts and Frustrations; Common mental disorders; Depressive disorders; anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention.

Prescribed Text Books:

1. Singh, A.K. (2009) Advanced General Psychology. Motilal Banarsidas.
2. Jain, S. (2014). *Introduction to Psychology*. ISBN-13: 9788127256432.

Reference Books:

3. Baron, R.A. (1995). Psychology: The essential sciences, New York; Allyn & Bacon.
4. Baron, R.A. (2001). Psychology: Fifth Edition. New York; Allyn & Bacon.
5. Zimbardo, P.O. & Weber, A.L. (1997). Psychology. New York, Harper Collins College.
6. Lefton, L.A. (1985). Psychology, Boston; Allyn & Baron.
7. Morgan, C. T. (2004). Introduction to Psychology. McGraw Hill

Course Name:	INTRODUCTION TO AYUSH
Course Code:	BSYSID - 104B
Total Credit:	04
Teaching Hours:	60 Hrs(L3 + T1+P0)
Final Exam:	75 Marks
Internal Assessment:	25 Marks

Objectives of Introduction to Ayush:

- Students will acquire knowledge regarding the traditional System of Medicine
- Students will acquire knowledge regarding concepts of health & disease.
- Students will acquire knowledge regarding other supportive Indian systems of medicine

Unit- 1: INTRODUCTION TO BASIC CONCEPTS OF AYURVEDA [25 Hrs.]

The four aspects of life (Soul, Mind, Senses and Body); Panchamahabhutas (the five element theory), Ahara, Vihara and Ausadhi (three pillars of Ayurveda); Concept, role and importance of – Dosha, Dhatu, Mala; Updhatu, Srotas, Indriya, Agni, Prāna, Prakrti (Deha Prakrti, Manasa Prakrti); Role of Dosa, Dhatu and Mala in health and diseases; Concept of Dinacaryā (daily routine), concept of Ritucarya (Seasonal routine), Svasthavāta in Āyurveda; Concept of Trayo Upasthambas.

Unit-2: YOGA & HEALTH AND INTEGRATED APPROACH OF YOGA & NATUROAPTHY [20 Hrs.]

Concept of body, Health and disease; Concept of Yoga Adhi and Vyadhi; Principle of Yoga Therapy in relation to Yoga Vasistha; Practices at Pancha Kosa level Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamaya kosa; Principle of Yoga Therapy in relation to Hatha Ratnavali and Gheranda Samhita. Naturopathy- Definition, Meaning, Application, Scope and limitations, History of Naturopathy – Indian and Western

UNIT- 3: INTRODUCTION TO BASIC CONCEPTS OF UNANI, SIDDHA AND HOMEOPATHY [15 HRS.]

History of Unani & Siddha; Concept of Unāné & Siddha; Principles of Unani & Siddha; Introduction to Basic concepts of Homeopathy; History of Homeopathy; Concept of homeopathy; Principles of Homeopathy.

TEXT BOOKS:

1. Acharya Balkrishna: Yog Sidhant Rahasya, Divya Prakashan, Haridwar 2013
2. Dr R Nagarathna: Yoga and Health, SVYASA, Bangalore.

REFERENCE BOOK:

1. Taitriya Upnishad
2. Dr. Rakesh Jindal: Prakritic Ayurvijnana, Pune.
3. Dash, V.B.: Ayurvedic Treatment for Common Diseases Delhi Diary, 1974.
4. Richards Hughes: The Principal and Practice of Homeopathy, B Jain publication, 2008.
5. Introduction to AYUSH; www.slideshare.net/digvijay03/introduction-of-ayush-71028486

Course Name:	INDIAN CULTURE AND TRADITIONS
Course Code:	BSYSID – 104 C
Total Credit:	04
Teaching Hours:	60 Hrs (L3 + T1+P0)
Final Exam:	75 Marks
Internal Assessment:	25 Marks

Objectives of Indian Culture and Traditions:

- Students will acquire knowledge regarding the primitive life and cultural
- Students will acquire knowledge regarding Status of the people of ancient India. They can gather knowledge about the society, culture,
- Students will acquire knowledge regarding Religion and political history of ancient India. They will also acquire the knowledge of changing
- Students will acquire knowledge regarding Socio-cultural scenarios of India.

UNIT-I- INTRODUCTION TO BHARATVARSHA [15 Hrs.]

Understanding of Bharatvarsha, Eternity of synonyms Bharat, Indian concept of time and space. The glory of Indian Literature: Veda, Vedanga, Upanishads, Epics, Jain and Buddhist Literature, Smriti, Puranas Etc.

UNIT II- INDIAN KNOWLEDGE TRADITION, ART AND CULTURE [15 Hrs.]

The glory of Indian Literature: Patanjali Yoga-Sutra, Vedanga, Upanishads, Epics, Jain and Buddhist Literature, Smriti, Puranas. Salient features of Indian Culture: Indian educational system; Gurukul and Bauddh, Evolution of language and Script: Brahmi, Kharoshiti,

UNIT III-DHARMA, PHILOSOPHY AND VASUDHAIVA KUTUMBAKAM [15 Hrs.]

Indian perception of Dharma and Darshan, The concept of Vasudhaiva Kutumbakam: Vishva Bandhutva, Religious and Cultural Harmony, Family, Society, Polity and governance, the concept of Janpada & Gram Swarajya

UNIT IV- ANCIENT INDIAN EDUCATIONAL SYSTEM [15 Hrs.]

Education system, Gurukul education system, Buddhist education system, Centre of Education- Kashi Taxila, Nalanda, Valabhi. Guru-Shishya relationship, curriculum, qualification of the Guru, qualification of the Shishya, rules of admission in Gurukul, women's education, development of writing skills, writing material.

Suggested Readings:

- A.I Basham: The Wonder that was India, Rupa, Delhi 1994
- A.S Altekar, Education in Ancient India, Nand Kishore & Bros, Varanasi 1944
- Balbir Singh Sihag: Kautilya: The true founder of Economics, Vitasta Publishing Pvt. Ltd, Delhi, 2014
- Bhagvadatt: वृहद् भारत का इतिहास, प्रणव प्रकाशन, नई दिल्ली

ABILITY ENHANCEMENT COURSE (AEC)

Course Name:	FUNDAMENTALS OF COMPUTER APPLICATIONS
Course Code:	BSYSAE - 105
Total Credit:	02
Teaching Hours:	30 Hrs (03 Lecture + 00 Tutorial per Week + 00 Practical)
Final Exam:	37 Marks
Internal Assessment:	13Marks

Course Objective

1. Introductory concepts about computers, number systems and components of computer system.
2. It builds the foundation of the computer application courses that follow.

Course Outcomes

- CO1. Handle a computer system for day to day use.
CO2. Numerate different types of input/ output devices and types of memory.
CO3. Perform basic arithmetic operations using different number systems including binary arithmetic.

UNIT 1: INTRODUCTION TO COMPUTER [10 HRS.]

Introduction to computer system, uses, types. Data Representation: Number systems and character representation, binary arithmetic Human Computer Interface: Types of software, operating system as user interface, utility programs Devices: Input and output devices (with connections and practical demo), keyboard, mouse, joystick, scanner, OCR, OMR, bar code reader, web camera, monitor, printer, plotter Memory: Primary, secondary, auxiliary memory, RAM, ROM, cache memory, hard disks, optical disks

UNIT 2: FUNCTIONS OF COMPUTER [10 HRS.]

Computer Organisation and Architecture: C.P.U., registers, system bus, main memory unit, cache memory, Inside a computer, SMPS, Motherboard, Ports and Interfaces, expansion cards, ribbon cables, memory chips, processors. Overview of Emerging Technologies: Bluetooth, cloud computing, big data, data mining, mobile computing and embedded systems.

UNIT 3: APPLICATIONS OF COMPUTER [10 HRS.]

Use of Computers in Education and Research: Data analysis, Heterogeneous storage, e-Library, Google Scholar, Domain specific packages such as SPSS, Mathematica etc. 6L 10L 6L 10L 6L 10L 8L 4L.

Reference Books:

1. A. Goel, Computer Fundamentals, Pearson Education, 2010.
2. P. Aksoy, L. DeNardis, Introduction to Information Technology, Cengage Learning, 2006
3. P. K.Sinha, P. Sinha, Fundamentals of Computers, BPB Publishers, 2007

SKILL ENHANCEMENT COURSE (SEC)

Course Name: METHODS OF TEACHING YOGA
Course Code: BSYSSE - 106
Total Credit: 03
Teaching Hours: 45 Hrs (2L+1T+0P)
Final Exam (SEE): 75 Marks
Internal Assessment: 25 Marks

Objectives:

Following the completion of this course, students shall be able to

- Understand the principles and practices of teaching methods of Yoga.
- Have an in-depth understanding about session and lesson planning and class room arrangements.
- Have an idea about the different tools used in Yoga teaching.

Objectives:

Following the completion of this course, students shall be able to

- Understand the principles and practices of teaching methods of Yoga.
- Have an indepth understanding about session and lesson planning and class room arrangements.
- Have an idea about the different tools used in Yoga teaching.

UNIT-1: PRINCIPLES AND METHODS OF TEACHING YOGA

(12 hours)

Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching Principles and types of learning, Qualities of a Yoga Teacher, Yogic levels of learning, Vidyarthi, Shishya, Mumukshu; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Importance of Teacher training.

UNIT-2: BASICS OF YOGA CLASS MANAGEMENT

(11 hours)

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of mass instructions; Techniques of individualised teaching; Techniques of group teaching; Organisation of teaching (Time Management, Discipline etc.).

UNIT-3: LESSON PLANNING IN YOGA

(10 hours)

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research in Yoga: Meaning, Roles, Steps in Action Research in Yoga Teaching; Effective use of Library and other resources.

UNIT-4: EDUCATIONAL TOOLS OF YOGA TEACHING

(12 hours)

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

TEXT BOOKS

1. Yogrishi Swami Ramdev; Yoga Manual for parents and Yoga Teachers, Divya Prakashan, Haridwar, 2010
2. Dr. Gharote M L & Dr S K Ganguly: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007

BOOKS FOR REFERENCE

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

COMMON VALUE-ADDED COURSES (VA)

Course Name	:	ENVIRONMENTAL SCIENCE
Course Code	:	BSBSVA - 107
Total Credit	:	03
Teaching Hours	:	45 Hrs (2L+1T+0P)
Final Exam (SEE)	:	75 Marks
Internal Assessment	:	25 Marks

Objectives:

Following the completion of these course students shall be able to

1. Identify about environment and ecosystem.
2. Identify renewable and non-renewable resources.
3. Identify about Bio-diversities, Conservation and Pollution.

UNIT- 1: INTRODUCTION TO ENVIRONMENTAL STUDIES AND ECOSYSTEM [15 HRS.]

Introduction to environmental studies and ecosystem; multidisciplinary nature of environmental studies: scope and importance. Ecosystem and its functions, aquatic ecosystem, environmental components of ecosystem, conservation of natural resources, food chains, food web.

UNIT-2: NATURAL RESOURCES: RENEWABLE & NON-RENEWABLE [10 HRS.]

Resources: Renewable & Non-Renewable Biodiversity, Values of Biodiversity, Natural Resources (Renewable & Non-Renewable Resources), Pollution -Air pollution, Soil pollution, Smog their causes and impacts.

UNIT-3: BIODIVERSITY & CONSERVATION [10 HRS.]

Biodiversity levels of biological biodiversity, Environment segments, Biosphere, Lithosphere, Hydrosphere, Atmosphere, Pollutants, Degradable and Non-degradable pollutants, conservation-mineral Resources, oxygen depletion.

UNIT 4: ENVIRONMENTAL POLLUTION [10 HRS.]

Environmental pollution, types, causes, effects and controls, Prevention & Control of Pollution, Environment Protection Act, Wild life Protection Act.

TEXT BOOKS:

1. Erach Bharucha: Text Book for Environment Studies, UGC & Bhartiya Vidyapeetha Institute of Environmental education and research, Pune.

REFERENCE BOOKS:

1. Agarwal, K.C. 2001 Environmental Biology, Nidi Publ. Ltd. Bikaner. b)
2. Bharucha Erach, The Biodiversity of India, Mapin Publishing Pvt. Ltd., Ahmedabad – 380 013, India,

II SEMESTER

SL. NO.	COURSE TYPE	COURSE NAME	COURSE CODE	CREDIT
1	MAJOR CORE-1	HATHA PRADEEPIKA	BSYSMJ - 201	04
2	MAJOR CORE- II	HATHA YOGA PARICHAY -I PRACTICUM	BSYSMJ-201 (P)	02
3	MINOR CORE-I	ANATOMY & PHYSIOLOGY OF YOGIC PRACTICES-II	BSYSMN - 202	04
4	INTER-DISCIPLINARY	A. FUNDAMENTALS OF AYURVEDA OR B. ANCIENT INDIAN RELIGION OR C. YOGA FOR PERSONALITY DEVELOPMENT	BSYSID – 203 A	04
5			BSYSID – 203 B	
6			BSYSID – 203 C	
7	ABILITY ENHANCEMENT COURSE (AEC)	BASICS OF SANSKRITAM-I	BSYSAE- 204	02
8	SKILL ENHANCEMENT COURSE (SEC)	YOGASANA SPORTS EVOLUTION TEACHING & MARKING SYSTEM	BSYSSE - 205	03
9	COMMON VALUE-ADDED COURSES (VA)	YAJNA & ITS BASIC PRINCIPLES	BSYSVA- 206	03
TOTAL				22



विभागाध्यक्ष योग विज्ञान विभाग
पतंजलि विश्वविद्यालय, हरिद्वार

SEMESTER- II

Major -I

COURSE NAME:	Hatha Pradeepika
Course Code:	BSYSMJ-201
Total Credit:	04 (3L+1T+0P)
Teaching Hours:	60 Hrs
Final Exam (SEE)	75 Marks
Internal Assessment:	25 Marks

Objectives:

By introducing Hatha Yoga & its Texts, students shall be able to

- Have an understanding about pre-requisites of Hatha Yoga.
- Have an understanding about the concept of Yoga in Hath Yogic texts.
- Have an understanding about concept and principles of Hath Yoga.
- Quote references of each practice as per traditional texts

Unit-1: General Introduction to Hatha Yoga

(10 Hours)

The Literal Meaning of Hatha Yoga, Definition, Tradition-History, Pathya-ApathyaAhara, Instructions for Yoga Practice, Characteristics of Hatha Siddhi, Utility of Hatha Yoga. Therapeutic Relevance of Hatha Yoga in the Present Age.

Unit-2: Hatha pradipika: Asana, Pranayama,

(25 Hours)

Introduction to the Book Hatha Yoga Pradipika, Technique, benefits and precautions of Asana (15 Asana), Technique, benefits and precautions of Pranayama- (Suryabhedhi, Ujjai, Sheetli, Sitkari, Bhastrika, Bhramari, Murchha, Plavani),

Unit-3: Hatha pradipika- Shatkarma

(10 Hours)

Technique, benefits and precautions of Shatkarma (Dhoti, Basti, Neti, Nauli, Trataka and Kapalabhati)

Unit-4: Hatha pradipika- Mudra Bandha, Naad,

(15 Hours)

According to Hatha Yoga Pradipika - Technique, benefits and precautions of Bandha, Mudra, Naadanusandhan- Concept, types and Outcomes, Kundalini-Concept, Technique, Precautions and Outcomes.

Prescribed text book

1. स्वात्माराम, स्वामी: हठप्रदीपिका, कैवल्यधाम, पूणे, षष्ठमप्रकाशन, 2017
2. Hatha Pradeepika: MDNIY Publication
3. सिंह, नरेन्द्रः. (2021). हठयोगसारसंग्रह, (हठ प्रदीपिकाऔर घेरण्डसंहिता के सन्दर्भ में), कॉसबिलपब्लिकेशन, नईदिल्ली

Major

COURSE NAME:	HATHA YOGA PARICHAY -I PRACTICUM
Course Code:	BSYSMJ-201 (P)
Total Credit:	02 (L0+T0+P4)
Teaching Hours:	60 Hrs
Final Exam (SEE)	37 Marks
Internal Assessment:	13 Marks

Objectives: Following the completion of the course, students shall be able to:

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

Unit-1: Yogasana (Recommended by Swami Ramdev)

12 Steps of Yogic Jogging; And A Series of 12 Yogic Postures: Manduk Asana- Variations 1 & 2, Shashakasana, Bakasana, Gomukh Asana, Makarasana- Variations 1& 2, Bhujanga Asanavariations 1, 2 & 3, Shalabhasana- Variations 1, 2 & 3, Markatasana- Variations 1, 2 & 3, Pawanmuktasana- Variations 1, 2 & 3, ArdhaHalasana, Padvritta Asana- Variations 1 & 2 And Dwichakrikasana- Variations 1 & 2; As Recommended by Swami Ramdev.

Unit-2: Prone Lying Asanas

Makarasana, Markatasana, Bhujangasana, Sarpasana, Shalabhasana, Dhanurasana, Purnadhanurasana, Chakrasana, ViparitNaukasana and the practices mentioned in Hatha Pradipika

Unit-3: Pranayama (Recommended by Swami Ramdev)

Bhastrika, Kapalbhati, Bahya, Ujjai, Anulom-Vilom, Bhramari, Udgeeth and the practices mentioned in Hatha Pradipika

Unit-4: Shatkarma (Only Two Kriyas)

Kapalbhati (Vatkram, Vyutkram, Sitkram), Nauli (Madhyama, Vama, Dakshina) and the practices mentioned in Hatha Pradipika

Unit-5: Mudra & Bandh:

Jalandhar Bandh, Udyan Bandh and Moolbandh, Maha Bandh Mudra and the practices mentioned in Hatha Pradipika, Nadanusandhana

Continuous Evaluation by the Teachers

TEXT BOOKS

1. Yogrishi Swami Ramdev Ji: Pranayama Rahasya, DivyaPrakashan, Haridwar, 2009
2. Basavaraddi, I.V. & others: SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
3. Dr. Nagendra H R: Pranayama, The Art & Science, Swami Vivekananda YogaPrakashan, Bangalore, 2005.
4. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand YogaPrakashan, 2012
5. Saraswati S. S. (2006). Asana Pranayama and Mudra Bandha, "Yoga Publication Trust." Munger, Bihar

MINOR-I

Course Name:	Anatomy & Physiology of Yogic Practices-II
Course Code:	BSYSMN -202
Total Credit:	04
Teaching Hours:	60 Hrs (03 Lecture + 01 Tutorial per Week) (L3 + T1+P0)
Final Exam:	75 Marks
Internal Assessment:	25 Marks

Objectives:

Following the completion of the course, students shall be able:

- To know about the structure of the body
- To know about the necessary functions of the body
- To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of Yoga.

UNIT -1: NERVOUS SYSTEM & SPECIAL SENSES [15HOURS]

Structure and function of human brain.-Fore brain, mid brain, hind brain, Structure and function of spinal cord, Cranial nerve and spinal nerve, Autonomic nervous system- Sympathetic and para sympathetic nervous system, Reflex action, Mechanism of nerve conduction, Synapse and synaptic transmission, Structure and function of eye,ear,nose,tongue and skin.

UNIT -2: ENDOCRINE SYSTEM [10HOURS]

Structure and function of important of endocrine gland (Pituitary, Adrenal, Thyroid, Parathyroid, Pancreas, Gonads), Function of GI tract hormones, Mechanism of hormone actions.

UNIT -3: REPRODUCTIVE & EXCRETORY SYSTEM SYSTEM [20 HRS]

Male reproductive system of human.-Testis, penis, epididymis, prostate gland; Female reproductive system of human-ovary, uterus, vagina, cervix, fallopian tube; Menstrual cycle Gametogenesis-Spermatogenesis and oogenesis; Fertilization; Implantation and embryonic development; Pregnancy; Excretory system of human-Kidney, ureter, urinary bladder, urethra; Mechanism of urine formation-Ultrafiltration, selective reabsorption, tubular secretion; Role of kidney in osmo-regulation.

UNIT -4: LYMPHATIC SYSTEM & IMMUNE SYSTEM [15HRS]

Lymphoid organ-Bone marrow, Thymus, spleen ,Lymph node, Composition and function of lymph, Immunity, Types of immunity-Innate immunity and acquired immunity, Antigen and antibody, Hypersensitivity, Autoimmunity.

TEXT BOOKS

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavla, India
2. Anatomy and Physiology: Yogic Context: Dr Sharadchandra Bhalekar, Kaivalyadhama, Lonavla, Pune.
3. Lan Peate and Muralidharan Nayar – Fundamental of Anatomy and Physiology for nurses

REFERENCE BOOKS:

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses

INTER-DISCIPLINARY

Course Name:	FUNDAMENTALS OF AYURVEDA
Course Code:	BSYSID-203 A
Total Credit:	04
Teaching Hours:	60 Hrs (L3 + T1+P0)
Final Exam:	75 Marks
Internal Assessment:	25 Marks

Objectives

Following the completion of the course, students shall be able to

- Understand fundamentals of Ayurveda
- Know fundamentals of healthy living
- Know lifestyle regimens according to nature.
- Know medicinal cleansing processes.

Unit-1: GENERAL INTRODUCTION TO AYURVEDA [20 Hrs.]

General introduction to Ayurveda; Definition, aim of Ayurveda, its origin, history and propagation; Basic introduction to main Ayurvedic texts like Charaka Samhita, Sushruta Samhita and Concept of Health according to Ayurveda and its utility in health promotion and prevention.

Unit -2 FUNDAMENTALS OF AYURVEDA [20 Hrs]

Basic principles of Ayurveda– Tridosha, Saptadhatu, Trimala, Pancha Mahabhuta, Prakruti & Manas; Concept of Agni, Srotas and Ama, Concept of Dharniya and Adharniya Vega in Ayurveda; Introduction to Dravya, Guna, Karma, Virya, Vipaka and Prabhava. Factors for Health and Disease, Ayurvedic system of Examination and Diagnosis. Types of Disease, Four Pillars of Treatment, Treatment Principles of Body and Mind. Characteristics of Vaidya and Shishya.

Unit-3: SWASTHAVRITTA, DINACHARYA, RITUCHARYA, RATRICHARYA, SADVRITTA & AACHAAR RASAAYANA [20 HRS.]

Concept and importance of Swasthavrita, Dinacharya: Brahmuhurt, Sauch Vidhi, Achman, Dantdhawan, Jigwanirlekhan, Anjana, Nasya, Ritunukul Vastradharan, Abyang, Vyayam, Mardan, Ubtan, snan, Bhojan vidhi. Ritucharya; Kala Lakshan, Maatradi Lakshan, Aadan kaal, Visargkaal, Ritusandhi, Hemantritucharya, Shishirritucharya, Vasantritucharya, Greeshma ritucharya, Varsharitucharya, Sharad ritucharya Concept of Sadvrta: and Aachaar Rasaayana; Concept of Dharniya & Adharniya Veda and their complications. Characteristics of Ahar, Nidra Brahmacharya and their Importance.

Unit-4: AHARA AND PANCHKARMA [20 Hrs.]

Concept of Upasthambha; Concept of Ahara, Ahara pachana, Pathya & Apathya in Ayurveda; Concept of Ojas in Ayurveda; Role of Ayurvedic diet in health and prevention. Introduction to Panchkarma as Shodhan Chikitsa with its three domain Poorvakarma (Snehan & Svedan), Pradhan karma (Vaman, Virechan, Vasti, Nasya, Raktamokshan) and Paschat karma (Pachan, Rasayan and Vazikaran).

TEXT BOOKS

1. Acharya Balkrishna: Ayurveda Sidhhant Rahasya, Patanjali Yogpeetha Trust.
2. Acharya Balkrishna: Siddhasaar Samgrah, Divya Prakashan, Haridwar
3. Dr. Ravi dutta Tripathi Dr. Brahmanand Tripathi : Ashtanga Samgraha, Chaukambha Sanskrit Pratishthan, Delhi, Reprint edition of 2003
4. Dr. Shailja Srivastava, Dr Jairam Yadav;: Ashtangasamgrah, Chaukhambha Orientalia, Vrananasi Reedition 2016.

REFERENCE BOOK

1. Acharya Balkrishna: Ayurveda Mahodadhi: Divya Prakashan, Haridwar, 2015
2. Dr. Priyavrata Sharma : Charak samhita, Chaukhambha Orientalia, Varanasi, Edition of 2008.

Course Name;	ANCIENT INDIAN RELIGION
Course Code:	BSYSID-203 B
Total Credit:	04
Teaching Hours:	60 Hrs (03 Lecture + 01 Tutorial per Week)(L3 + T1+P0)
Final Exam (SEE)	75 Marks
Internal Assessment:	25 Marks

Objectives:

Following the completion of this course, students shall be able to:

- Understand basic ideas and features of ancient Indian religions as manifested through Vedas, Buddhism and Jainism and Puranas.
- Understand the primitive religious beliefs, the Vedic pantheon and sacrifices.
- Basic features of the Sraman a traditions which include within its fold Buddhism and Jainism.
- Various cults like Vais n avism, Śaivism and Śāktism have played a prominent role in popularizing the basic tenets of Purān ic religion.

Unit I: Vedic Religion(16 Hrs.)

Indus Religion: Worship of Mother Goddess, Early form of worship of Yogi Shiva, Origin of Nature worship, Early Vedic Religion: Introduction of Rig-Veda, Rigvedic diety- Indra, Varun, Agni, Rit, Mother Goddess etc, Development Nature worship, Later Vedic Religion: Introduction of Samved, yajurved and Atharvaved, Emergence of religious rituals, The nature and characteristics of the gods of the later Vedic period: Vishnu, Shiva, Prajapati and Mother Goddess.

Unit II : Jainism (16 Hrs.)

Introduction of Jain Tirthankar: Rishabhdev, Parshwanath and Mahaveer. Various Teachings of Jainism: Teachings of Mahavira: Pancha Mahavrat and Triratn, Svetambara and Digambara, Anekantavada and Syadvada.

Unit III: Buddhism (10 Hrs.)

Life and teachings of Gautama Buddha: Four noble truths, Octagonal Path, Pratitya Samutpad, Buddhist Councils, Hinayana and Mahayana. Various Dimensions in development of Buddhism.

Unit IV : Puranic Religions(18 Lect.)

Shaivism: Bhakti Tradition of Shavism: Pashupat Tradition, Kapalik Tradition, Kalmukh Tradition, Bhakti Tradition Vaishnavism: Panchratr, Bhagavat, Krishna and doctrine of embodiment: Bhagavan Vishnu ke das Avatar, and Shaktism: Trideviyan- Historical sources of Lakshmi, Durga and Saraswati.

Recommended Readings:

1. Agrawala, V.S., Prachina Bharatiya Lokadharma (Hindi and English), Varanasi, 1964.
2. Banerjee, J.N., Development of Hindu Iconography, New Delhi, 1985.
3. Barth, A., The Religions of India, Varanasi, 1985. 19
4. Bevarikara, S.K. and R.D. Ranade, History of Indian Philosophy, Vol. II, Poona, 1927.
5. Bhandarkar, R.G., Vaishnavism, Saivism and Minor Religious Systems (Also in Hindi), Varanasi, 1965. Bhattacharya, N.N., History of Sakta Religion, New Delhi, 1974
6. Chaturvedi, P., Vaishnava Dharma, Varanasi, 1977.
7. Hiriyanna, M..H., Outlines of Indian Philosophy, London, 1932.
8. Jaiswal, Suvira, Origin and Development of Vais n avism (also in Hindi), Delhi, 1996 (IInd ed.).
9. Keith, A.B., The Religion and Philosophy of Veda and Upanis ads (also in Hindi), Cambridge, 1925
10. Upadhyaya, B. Bharatiya Darshana, Varanasi, 1971.
11. Bapat, P.V. (ed.), 2500 Years of Buddhism (Also in Hindi), New Delhi, 1987.
12. Jain, Hiralal, Bharatiya Samskriti me Jaina Dharma ka Yogadana (Hindi). Bhopal, 1962.
13. Jaini, J.L., An outline of Jainism, Cambridge, 1916.
14. Jain, Jyoti Prasad, Religion and Culture of the Jains, Delhi, 1995.
15. Majumdar, R.C. and A. D. Pusalker (eds.), The History and Culture of the Indian People, Vols. I –V (relevant chapters), Bombay, 1951-1957.

Course Name	:	YOGA FOR PERSONALITY DEVELOPMENT
Course Code	:	BSYSID-203 C
Total Credit	:	04
Teaching Hours	:	60 Hrs (03 Lecture + 01 Tutorial per Week)(L3 + T1+P0)
Final Exam (SEE)	:	75 Marks
Internal Assessment	:	25 Marks

Objectives

Following the completion of the course, students shall be able to

- Yogic practices are found effective for development of all dimensions of personality.
- It helps to increase strength, endurance and flexibility, regulates all the systems of the body

UNIT-I Introduction to Personality Development [15 Hrs.]

The concept of personality - Dimensions of personality – Theories of Freud & Erickson-Significance of personality development. The concept of success and failure: What is success? - Hurdles in achieving success - Overcoming hurdles - Factors responsible for success – What is failure - Causes of failure. SWOT analysis; Concept of Personality in Yogic Texts, Personality development in Yogic Perspective.

UNIT-II Attitude & Motivation [15 Hrs.]

Attitude - Concept - Significance - Factors affecting attitudes - Positive attitude – Advantages –Negative attitude-Disadvantages - Ways to develop positive attitude - Differences between personalities having positive and negative attitude, Developing positive attitude through Yoga. Concept of motivation - Significance – Internal and external motives - Importance of self- motivation- Factors leading to de-motivation, Yogic wisdom as a source of motivation.

UNIT-III Self-esteem [15 Hrs.]

Term self-esteem - Symptoms - Advantages - Do's and Don'ts to develop positive self-esteem – Low self-esteem-Symptoms - Personality having low self-esteem - Positive and negative self-esteem. Interpersonal Relationships – Defining the difference between aggressive, submissive and assertive behaviours – Lateral thinking, Role of Yoga in developing positive self esteem.

UNIT-IV Other Aspects of Personality Development & Employability Quotient [15 Hrs.]

Body language - Problem-solving - Conflict and Stress Management - Decision-making skills -Leadership and qualities of a successful leader – Character building -Team-work – Time management -Work ethics –Good manners and etiquette, Role of yoga in improving all these qualities. Resume building- The art of participating in Group Discussion – Facing the Personal (HR & Technical), Interview -Frequently Asked Questions - Psychometric Analysis - Mock Interview Sessions.

Text Books:

1. Hurlock, E.B (2006). Personality Development, 28th Reprint. New Delhi: Tata McGraw Hill.
2. Stephen P. Robbins and Timothy A. Judge(2014), Organizational Behavior 16th Edition: Prentice Hall.

Reference Books:

1. Andrews, Sudhir. How to Succeed at Interviews. 21st (rep.) New Delhi.Tata McGraw-Hill 1988.
2. Heller, Robert.Effective leadership. Essential Manager series. Dk Publishing, 2002
3. Hindle, Tim. Reducing Stress. Essential Manager series. Dk Publishing, 2003
4. Lucas, Stephen. Art of Public Speaking. New Delhi. Tata - Mc-Graw Hill. 2001
5. Mile, D.J Power of positive thinking. Delhi. Rohan Book Company, (2004).
6. Pravesh Kumar. All about Self- Motivation. New Delhi. Goodwill Publishing House. 2005.
7. Smith, B . Body Language. Delhi: Rohan Book Company. 2004

ABILITY ENHANCEMENT COURSES (AEC)

COURSE NAME:	Basics of Sanskritam-I
Course Code:	BAYSAE-204
Total Credit:	02 (1L+1T+0P)
Teaching Hours:	30 Hrs
Final Exam (SEE)	35 Marks
Internal Assessment:	15 Marks

इकाई-१:	भाषापरिचय:	(6 hours)
	लिपिः, वर्णोच्चारणशिक्षा, भाषामूलतत्त्वानि	
इकाई-२:	शब्दरूपपरिचय:	(6 hours)
	अजन्ताः - राम, हरि, गुरु, रमा, पुस्तक, हलन्ताः - जगत्, भगवत्, राजन्, सर्वनामानि - तद्, एतद्, यद्, किम्,	
इकाई-३:	अव्ययंतथासन्धिः	(6 hours)
	विसर्गसन्धिः, अच्-सन्धिः, हल्-सन्धिः	
इकाई-४:	क्रियापदपरिचयः (वाक्यरचनाअनुवादश्च)	(6 hours)
	भू, पठ्, लिख्, गम्, कृ (लट्, लृट्, लोट्, लङ्, विधिलिङ्गात्रम्)	
इकाई-५:	पातञ्जलयोगसूत्रम् - समाधिपादः (१-२५सूत्राणि)	(6 hours)
	सूत्रस्मरणम्, सूत्रव्याख्या, निबन्धात्मकप्रश्नाः	

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (१) - डा०आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. योगदर्शन - स्वामिरामदेव, दिव्यप्रकाशन, हरिद्वारम्

सन्दर्भग्रन्थाः

1. सरल-कठिनसंस्कृतम् - प्रो. तिरुमलपि. कुलकर्णी

SKILL ENHANCEMENT COURSES (SEC)

Course Name:	Yogasana Sports Evolution Teaching & Markings System
Paper Code:	BSYSSE-205
Total Credit:	03
Teaching Hours:	60 Hrs [02 Lecture + 02 Practical](L2 + T0+P2)
Final Exam (SEE):	75 Marks
Internal Assessment:	25 Marks

Objectives:

Following the completion of the course, students shall be able to

- Understand fundamentals of Yoga Sports
- Know Key Judging Points, Micro Marking System, Discipline.
- Know Syllabus of Yogasana Championships.
- Know the purpose and Goals of Yogasana.

UNIT I

(10 hours)

History of Yoga Sports, Introduction of National Yogasana Sports Federation, Purpose and Goals of Yogasana Sports, Athlete Groups and Events, Organizational Chart. Role & Responsibilities.

UNIT II

(15 hours)

Rights and Obligations of Athletes, Rights and Obligations of Team Coaches, Judges, Difficulty Level Charts of Yogasana,

UNIT III

(15 hours)

Syllabus of Yogasana Championships like, Traditional Yogasana Individual, Artistic Yogasana (single), Artistic Yogasana Pair, Rhythmic Yogasana Pair, Artistic Yogasana Group.

UNIT IV

(20 hours)

Key Judging Points, Micro Marking System, Discipline, Foul, Warning, Protest, Announcement of Scores and Final Result, N) Roles and responsibilities of Officials, Anti-Doping Policy of NYSF, FOP for Yogasana, Samples of Fitness Certificate & Risk Certificate.

Reference

Code of Points, National Yogasana Sports Federation. <https://yoganasport.in/code-of-point/>

COMMON VALUE-ADDED COURSES (VA)

COURSE NAME	:	YAJNA AND ITS BASIC PRINCIPLES
Course Code	:	BSYSVA- 206
Total Credit	:	03
Teaching Hours	:	45 Hrs (2L+1T+0P)
Final Exam (SEE)	:	35 Marks
Internal Assessment	:	15 Marks

पाठ्यक्रम के उद्देश्य:-

- यज्ञ के शास्त्रीय अर्थ से परिचय कराना तथा यज्ञों के प्रकार पर प्रकाश डालना।
- ऋषि परम्परा से चले आ रहे इस वैज्ञानिक यज्ञ चिकित्सा का बोध कराना।
- सृष्टि चक्र के संतुलन के परिपेक्ष्य में यज्ञीय विधान का परिचय।
- आत्मिक, शारीरिक, मानसिक, आध्यात्मिक, सामाजिक, वैश्विक समस्याओं/रोगों के समाधान पर्यावरण संरक्षण एवं सुख शांति हेतु।

ईकाई प्रथम-

1. वैदिक धर्म एवं वैदिक देवताओं का परिचय एवं इतिहास।
2. यज्ञ संस्था का परिचय एवं विवेचन।
3. यज्ञ के प्रकार एवं उपदेयता एवं वैज्ञानिकता।
4. नित्य पंचमहायज्ञ (ब्रह्मयज्ञ, देवयज्ञ, पितृयज्ञ, बलिवैश्वदेवयज्ञ, अतिथियज्ञ)

ईकाई द्वितीय-

1. यज्ञीय पदार्थ- हवनकुण्ड आदि पात्र, समिधा, सामग्री व घी।
2. यज्ञ प्रक्रिया विधि- आचमन, अंड्रस्पर्शन, ईश्वर-स्तुतिप्रार्थनोपासना, द्वीप प्रज्ज्वलन, अग्न्याधान इत्यादि।

ईकाई तृतीय-

1. यज्ञकुण्ड का परिमाण एवं स्वरूप एवं मंत्रविज्ञान।
2. शास्त्रों में यज्ञ की महिमा-बल, शत्रुपराजय, ऐश्वर्य, स्वर्ग कल्याणादि।
3. नैमित्तिक-16 संस्कार, भूमि पूजन, गृह प्रवेश, होली, दीपावली पर्व आदि।
4. काम्य-पुत्रेष्टि, वर्षेष्टि, शारीरिक व मानसिक रोग हेतु यज्ञ। कृषि वर्षा पर्यावरण यज्ञ।
5. विभिन्न समप्रदायों में यज्ञ एवं उसकी प्रक्रियाएं।

ईकाई चतुर्थ-

1. यज्ञ चिकित्सा/थेरेपी
2. यज्ञ चिकित्सा का शास्त्रीय प्रमाण-वेदादि शास्त्रों में रोग निवारण हेतु बताये गये मन्त्र-श्लोक।
3. यज्ञ चिकित्सा के वैज्ञानिक प्रमाण-अनेक वैज्ञानिकों द्वारा किये गये शोध का विवरण।
4. रोगानुसार हवन सामग्री-प्राणैष्टि, मेधेष्टि, पित्तेष्टि, कफेष्टि, कर्कटैष्टि, वातेष्टि, चर्मैष्टि, सन्ततीष्टि, हृदयेष्टि, मधु-इष्टि, दिव्येष्टि, प्रारब्धेष्टि, गुग्गल।

ईकाई पंचम-मंत्र स्मरण एवं उच्चारण

निर्धारित पाठ्यपुस्तक-

- यज्ञ-योग-आयुर्वेद चिकित्सा एवं यज्ञ दर्शन, वैदिक नित्यकर्म विधि।
- वैदिक साहित्य एवं संस्कृति, डॉ० कपिलदेव द्विवेदी।
- संध्योपासना विधि- पतंजलि योगपीठ।
- पंच महायज्ञ विधि- महर्षि दयानन्द।
- संस्कार विधि- महर्षि दयानन्द।
- यज्ञ रहस्य-डॉ० रामनाथ वेदालंकार।

Those student(s) want to exit in Ist year they need to complete Summer Training of credit

Type: INDUSTRIAL TRAINING (for students willing to withdraw with Certificate)
Course Name: Field Training/ Monograph/ Project Work
Course Code: BSYS PW208
Total Credit: 04
Final Exam (SEE): 100 Marks

III SEMESTER

SL. NO.	COURSE TYPE	COURSE NAME	COURSE CODE	CREDIT
1	MAJOR CORE-1	PATANJALA YOGA SUTRA	BSYSMJ- 301	05
2	MAJOR CORE- II	YOGA PRACTICUM	BSYSMJ - 302	04
3	MINOR CORE-I	ESSENCE OF SRIMAD BHAGAVAD GEETA	BSYSMN - 303	06
4	INTER-DISCIPLINARY	1. NATUROPATHY AND CAT	BSYSID – 304 A	02
5		OR	BSYSID – 304 B	
6		2. INDIAN KNOWLEDGE SYSTEM OR 3. MARMA THERAPY	BSYSID – 304 C	
7	ABILITY ENHANCEMENT COURSE (AEC)	BASICS OF SANSKRITAM-II	BSYSAE- 305	02
8	SKILL ENHANCEMENT COURSE (SEC)	ANTHROPOMETRIC ASSESSMENT & TRADITIONAL VEDIC DIAGNOSIS TOOLS	BSYSSE - 306	03
TOTAL				22



विभागाध्यक्ष योग विज्ञान विभाग
पतंजलि विश्वविद्यालय, हरिद्वार

MAJOR CORE-1

Course Name	:	PATANJALA YOGA SUTRA
Course Code	:	BSYSMJ- 301
Total Credit	:	05
Teaching Hours	:	75 Hrs (03 L + 02T +0 P)
Final Exam	:	75 Marks
Internal Assessment	:	25Marks

Course Objectives:

Following the completion of this course, students shall be able to

1. Understand different mental modifications and how to prevent them.
2. Gain an understanding of the fundamentals of Samadhi and Sadhana Pada.
3. Recognize the fundamental ideas of Kaivalya and Vibhuti Pada.
4. Cite each practice's sources in accordance with established texts.

Course Outcomes (COs):

On completion of this course, the students will have:

CO1: Describe the mind, the chitta, and its changes.

CO2: Concept of many hindrances in Sadhana and methods for removing them.

CO3: Sort the Samyama, Parinamas, and various Vibhutis into categories.

CO4: Concept of various ways to attain Kaivalya.

UNIT - 1: SAMADHIPADA [20 HRS.]

Concept of chitta; Concept of Citta Bhoomis (Kshipta, Moodh, Vikshipta, Ekagra, Niruddha); Concept of Citta-Vrittis and their classification, Citta-Vritti Niroddhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar, Citta-Vikshepas (Antarayas), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.

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).

UNIT-2: SADHANAPADA [15 HRS.]

Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); Concept of Dukhavada (Heya, Heya Hetu, Hana, Hanopaya) Drishya Nirupam (Prakriti), Drashta Nirupana (Purusha), Prakriti Purusha Samyoga; Brief Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.

UNIT - 3: VIBHUTIPADA & KAIVALYAPADA [15 HRS.]

Introduction, role and application of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Five Types of Siddhis and Jatyantar Parinamah; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana and concept of Bahya Padartha (external element) and its abilities, Vivek Jnana Nirupanam, Kaivalya Nirvachana.

UNIT-4: SHASTRA SMARAN OF ABOVE COURSE CONTENT [25 HRS]

TEXT BOOKS

1. Yogrishi Swami Ramdev Ji: Patanjala Yog Darshan, Divyayog Prakashan, Haridwar 2008.
2. Yoga Darshan: Geeta Press Gorakhpur.
3. Patanjali Yogasutra: PV Karambelkar: Kaiva;yadhama Publication, 2014
4. BKS Iyengar: Introduction of Patanjali Yogasutra-s: MDNIY, New Delhi, 2011.
5. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II.

BOOKS FOR REFERENCE

1. Vyasbhasya
2. Bhojvritti

MAJOR CORE- II

Course Name	:	YOGA PRACTICUM
Course Code	:	BSYSMJ - 302
Total Credit	:	04
Teaching Hours	:	120 Hrs (00 L+ 00 T + 08 P)
Final Exam	:	75 Marks
Internal Assessment	:	25 Marks

Objectives

Following the completion of this course, students shall be able to

1. Recognize the underlying ideas and methods of each activity.
2. Expertly demonstrate each technique.
3. Describe each practice's steps, safety measures, advantages, and limitations.
4. Cite each practice's references in accordance with established texts.

Course Outcomes:

On completion of this course, the students will be able to:

CO1: Recognize the underlying ideas and methods of each activity.

CO2: Expertly demonstrate each technique.

CO3: Describe each practice's steps, safety measures, advantages, and limitations.

CO4: Cite each practice's references in accordance with established texts.

UNIT-1: ALL PRACTICES OF PREVIOUS SEMESTERS [10 HRS]

UNIT-2: SHATKARMAS [20 HRS.]

Vastra Dhauti, Sutra Neti, Nauli Chalana, Agnisara.

UNIT-3: YOGASANA [50 HRS.]

Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana, Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, Utthana Mandukasana, Tadasana, Tiryak Tadasana, Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana.

UNIT-4: PRANAYAMA [25 HRS]

Types of Kumbhaka, Bhramari, Suryabhedan, Ujjai, Sheetkaari, Sheetli, Bhastrika, Murchha, Plavani, Kevali.

UNIT-4: MARMA THERAPY [25 HRS]

Identification of various Marma points; Application on Marma Points; Activation of Marma Points, its practice and procedure. Therapeutic application of Marma points.

TEXT BOOKS

1. Yogrishi Swami Ramdev Ji: Pranayama Rahasya, Divya Prakashan, Haridwar, 2009
2. Basavaraddi, I.V. & others: SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
3. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966.
4. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1983

BOOKS FOR REFERENCE

1. Basavaraddi I. V. & Others: Teachers Manual for School Teachers, MDNIY, New Delhi, 2010
2. Yajynopathy: Brahmvarchas, Sri Vedmata Gayatri Trust, Shantikunj, Haridwar.
3. Yajna se hoga sunahra kal: Dr Rochna Bharti, Srirang Prakashan, Nashik.
4. Yajnotherapy: Sandip Arya, Vijaikumar Govindram Hasanand, 4408 nai sadak, New Delhi.
5. Marma Chikitsavijnana: Prof. Sunil Kumar Joshi, Mrityunjaya Mission, Aadi Arts, Haridwar.

MINOR CORE-I

Course Name	:	ESSENCE OF SRIMAD BHAGAVAD GEETA
Course Code	:	BSYSMN - 303
Total Credit	:	06
Teaching Hours	:	90 Hrs (04 L + 02 T +0P)
Final Exam (SEE)	:	75 Marks
Internal Assessment	:	25Marks

Course Objectives:

Following the completion of this course, students shall be able to

1. Describe the importance and core ideas of the Bhagavad Gita.
2. Explain the concept of Atman, Paramatman, and Sthitaprajna.
3. Differentiate between the traits of a Bhakti and Karma yogi.
4. Identify the idea of Ahara and its significance for leading a healthy lifestyle.
5. Quotations from each practice based on classic literature and traditional texts.

Course Outcomes (COs):

Following the completion of this course, students shall be able to

- CO1.** Define the significance of Bhagavad Gita and its relevance.
CO2. Identify the concept of Atman, Paramatman, and Sthitaprajna.
CO3. Explain the concept of Nishkama Karma and devotion in day to day life

UNIT - 1: SIGNIFICANCE OF BHAGAVADGITA AS SYNTHESIS OF YOGA [15 HRS.]

Introduction to Bhagavadgita, Importance of Bhagwadgita; Bhagavadgita: a synthesis of Yoga; Definitions of Yoga in Bhagavadgita and their relevance; Bhagavadgita's relevance in Yoga Sadhana; Bhagvadgita and its universal significance.

UNIT-2: CONCEPT OF ATMAN, PARAMATMAN AND CHARACTERISTIC OF STHITA PRAJNA IN BHAGAVD GITA [15 HRS.]

Concept of Samkhya Yoga/Jnana Yoga in Bhagavadgita (Chapter. 2,3,4,5,6,13); Concept of Sthita Prajna, Concept of Atman (chapter 2); Concept of Paramatman (Parmeshwar or Purushottam) their characteristic in Bhagavadgita (Chapter 4,8,10,11,13,13); Concept and nature of Prakriti, origin of the world as described in Bhagavadgita (Chapter 9,13,14).

UNIT-3: KARMA YOGA, BHAKTI YOGA AND DHYANA YOG IN BHAGAVADGITA [15 HRS.]

Concept of karma Yoga in Bhagavadgita (Chapter 2-6); concept of Yajna and its nature, concept of Yatharth Karma and Nishkama Karma (Chapter 3, 4) Concept of Bhakti in Bhagvadgita, concept of Shraddha and its relevance as described in Bhagavad Gita (chapter 7, 8, 9, 11, 12), Importance of Bhakti (Chapter 11 Verse 52-55), Types of Bhakti (chapter 7, 12), Charecterstics of Bhakt (chapter 12 verse 13-20). Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita (chapter 6) ; concept of cosmic form of God (chapter 11).

UNIT - 4: CONCEPT OF DIET AND PERSONALITY IN BHAGVADGITA. [15 HRS.]

Concept and classification of Ahara as described in Bhagavadgita (Chapter 6); Ahara and its role in Adhyatma Sadhana; Concept of Triguna in the context of Bhagavadgita (Chapter 14); Types of personality in Bhagvadgita (Chapter 17); Concept of Dev-Asur Sampda (Chapter 16).

UNIT - 6: SHASTRA SMARAN [30 HRS.]

TEXT BOOKS

1. Srimadbhagwadgita- Gitamritam: Yogrishi Swami Ramdev Ji, Divya Prakashan, Haridwar, 2013
2. Swami Gambhiranand; Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, Kolkata, 2003

BOOKS FOR REFERENCE

1. Lokmanya Gangadhar Tilak: Gita Rahasya
2. Swami Raghvendrananda; Universal message of the Bhagvatgita, Advita Ashrama, Kolkata, 2000
3. Swami Gambhiranand ; Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha Madras
4. Swami Ramsukhadas; Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur
5. Swami Ranganathananda ; Bagavadgita, Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata.

INTER-DISCIPLINARY

Course Name	:	NATUROPATHY AND CAT
Course Code	:	BSYSID – 304 A
Total Credit	:	02
Teaching Hours	:	30 Hrs (03 L + 00T +00 P)
Final Exam	:	37 Marks
Internal Assessment	:	13 Marks

Course Objectives:

Following the completion of the course, students shall be able to

1. To outline the principles of naturopathy.
2. To pinpoint the essentials of a healthy lifestyle.
3. To elucidate the lifestyle plans based on natural remedies.

Course Outcomes (COs):

Following the completion of this course, students shall be able to

- CO1. Describe the fundamental ideas of naturopathy.
- CO2. Applications and use the various natural healing techniques.
- CO3. Applicative knowledge of the enema and hydrotherapy principles.
- CO4. Applicative knowledge of the mud therapy process.
- CO5: Be aware of juice therapy, nutrition, and fasting.
- CO6: Recognize the sun's rays and try out massage therapy.
- CO7. Understand and articulate the meaning of aromatherapy, chromo therapy, magnet therapy, and acupressure.

Unit-1: INTRODUCTION TO NATUROPATHY [05 Hrs.]

General introduction to Naturopathy; Naturopathy – its definition, meaning, scope and limitations; History of Naturopathy – Indian and Western; Comparative study of the Naturopathy with other systems of Medicine; Catechism of Nature cure

Unit-2: NATUROPATHY THERAPY-I [10 Hrs.]

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

Unit-3: COMPLEMENTARY AND ALTERNATIVE THERAPY [15 Hrs.]

Acupressure: Introduction, definition, scope, history, principles; role of Acupressure. **Reflexology**: Introduction, definition, scope, history, principles; role of Reflexology. **Magnet therapy**: Introduction, definition, scope, history, principles; role of Magnet therapy. **Aromatherapy**: Introduction, definition, scope, history, principles; role of Aromatherapy. **Chromo therapy**: Introduction, definition, scope, history, principles; role of Chromo therapy

TEXT BOOKS

1. S. D. Dwivedi: Naturopathy for perfect health, Kalpaz Publication Delhi, 2002
2. Pravesh Handa: Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
3. S. J.Singh: My Nature Cure or Practical Naturopathy

REFERENCE BOOKS

1. R. K. Garde: Ayurvedic for Health and Long life Harry Benjamin: Everybody's Guide to Nature Cure.
2. M. K. Gandhi: My Nature Cure
3. Dr. Jitendra Arya: Nature Cure, Pune.

INTER-DISCIPLINARY

Course Name	:	INDIAN KNOWLEDGE SYSTEM
Course Code	:	BSYSID – 304 B
Total Credit	:	02
Teaching Hours	:	30 Hrs (02 L + 00 T +00 P)
Final Exam	:	37Marks
Internal Assessment	:	13 Marks

Course Objectives:

1. Explore the foundational principles of Indian knowledge systems including but not limited to Vedas, Upanishads, Vedanta, and other ancient texts.
2. Integrate insights from diverse disciplines such as philosophy, theology, literature, art, science, and sociology encouraging interdisciplinary dialogue and synthesis.
3. Examine the rich diversity within Indian knowledge systems encompassing various schools of philosophy, religious beliefs, linguistic traditions, and regional cultural expressions, fostering appreciation for the multifaceted nature of Indian heritage.

Course Outcomes:

This course targets empowerment of learners to

CO1.Demonstrate and apply yoga style of swami Ramdev for lifestyle moderation, health promotion and healing.

CO2.Carry outfield projects regarding utility of swami Ramdev yoga style.

UNIT 1: Indian Philosophical Systems [15 HRS]

CATURDASA VIDYASTHANA-S: 14 branches of learning in ancient India-purana, nyaya, Mimamsa, dharmasastra, six vedanga-s: (siksha, vyakarana, nirukta, chanda, jyotisa, kalpa) and four Vedas-srgveda, yajurveda, samaveda and atharvaveda; introductory information on them. 18 PURANSAS-S, their names and five general characteristics of purana-s-sarga, pratisarga, vamsa, manvantara and vamsanucarita.

UNIT 2: Indian Philosophical Systems [15 HRS]

Introduction and Contribution of Ancient Indian gurukula System: nalanda, taksasila, vikramasila, valabhi, odantapuri, mithila, kanci, nadiya, puspagiri, nagarjunakomda, saradapitha, (kasmira), ujjain, jagaddala aura somapura, Dharma, artha and Society: Four purusartha-dharma, artha, kama and moksa; Definitions of each of the purusartha-s and meaning of dharma- Root and derivation of the word dharma; dharma: Definitions and Meanings from various texts (mahabharata, manusmrti, vaisesika sutra); kama, nitya, nisiddha, naimittika, prayascita & upasana; Meaning of the word artha-purusartha; Root and derivation and meaning. Social outlook for tirthayatra, festivals, saptapuri, 12 Jyotirlinga-s and unity of India.

Reference books:

1. An Introduction to Indian Knowledge Systems: Concepts and Applications, B Mahadevan, V R Bhat, and Nagendra Pavana R N; 2022 (Prentice Hall of India).
2. Indian Knowledge Systems: Vol I and II, Kapil Kapoor and A K Singh; 2005 (D.K. Print World Ltd).
3. Baladev Upadhyaya, Samskṛta Śāstrom ka Itihās, Chowkhambha, Varanasi, 2010.
- 4 The Beautiful Tree: Indigenous India Education in the Eighteenth Century, Dharampal, Biblia Impex, New Delhi, 1983. Reprinted by Keerthi Publishing House Pvt Ltd., Coimbatore, 1995.
- 5 Indian Science and Technology in the Eighteenth Century, Dharampal. Delhi: Impex India, 1971. The British Journal for the History of Science.
6. D. M. Bose, S. N. Sen and B. V. Subbarayappa, Eds., A Concise History of Science in India, 2nd Ed., Universities Press, Hyderabad, 2010.
7. Dharampal, Some Aspects of Earlier Indian Society and Polity and Their Relevance Today, New Quest Publications, Pune, 1987.
8. Mohanty, J. N. (2008). A History of Indian Philosophy. A Companion to World Philosophies, 24–48.
9. Potter, K. H. (1987). Encyclopedia of Indian Philosophies Vol IV. Delhi, India: Motilal Banaridass Publishers.
10. Radhakrishnan, S., & Moore, C. A. (Eds.). (1957). A Source Book in Indian Philosophy. New Jersey, NJ: Princeton University Press.
12. Timalisina, S. (2008). Consciousness in Indian philosophy: The Advaita doctrine of “awarenessonly.”

INTER-DISCIPLINARY

Course Name	:	MARMA THERAPY
Course Code	:	BSYSID – 304 C
Total Credit	:	02
Teaching Hours	:	30 Hrs (02 L + 00 T +00 P)
Final Exam	:	37 Marks
Internal Assessment	:	13 Marks

Course Objectives:

Following the completion of this course, students shall be able to

1. Describe the different therapeutic yoga modules.
2. Specify how yoga treatment modules should be used.
3. Be aware of how to apply yoga therapy modules based on diseases.
4. Distinguish between doing yoga for therapeutic purposes and training in it.

Course Outcomes (COs):

On completion of this course, the students will be able to:

- CO1.** Develop grasping of different yogic techniques.
- CO2.** Attain perfection to perform different yogic practices.
- CO3.** Grasp the practical interpretation of Yoga Module for various diseases.
- CO4.** Conduct practical sessions for Cardiovascular, Respiratory & Gastro Intestinal Disorders.
- CO5.** Explain techniques of Marma Therapy.

UNIT-1: INTRODUCTION OF MARMA THERAPY [15 HRS]

Marma therapy - The concept of Vedic therapy, Introduction to Marma science, Marma science in the Vedas, Code of Ethics related to Marma Science, Marmas numbers and their dimensions, Brief description of Marmas (Marmas of Adho Shakha {Marma of foot}, Marma of Urdhva Shakha {Marma of the hands}), Marma of the back, Marma of the abdomen (stomach and chest) and (Marma above the chest upward).

UNIT-2: APPLICATION OF MARMA THERAPY [15 HRS]

Identification of various Marma Points; Application on Marma Points; Activation of Marma Points, its practice and procedure. Therapeutic application of Marma points.

Reference:

Marma Chikitsa: Dr Sunil Joshi

Sushrut Samhita

ABILITY ENHANCEMENT COURSE (AEC)

Course Name	:	BASICS OF SANSKRITAM-II
Course Code	:	BSYSAE- 305
Total Credit	:	02
Teaching Hours	:	30 Hrs (02 Lecture + 00Tutorial per Week)
Final Exam	:	37 Marks
Internal Assessment	:	13 Marks

Objectives:

Following the completion of this course, students shall be able to

- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write Sanskrit with better grammatical skill.

न्दपज.1रू संस्कृतभाषा परिचयखण्डः

पठ् एवं कृ धातु का कर्मवाच्यरूप ज्ञान पाँच लकारों लट्, लृट्, लङ्, लोट्, लिङ् में एवं वाक्य निर्माण अर्थज्ञान सहित। अस् एवं भू धातु का भाववाच्यरूप ज्ञान पाँच लकारों लट्, लृट्, लङ्, लोट्, विधिलिङ् में एवं वाक्य निर्माण अर्थज्ञान सहित। कर्तृवाच्य एवं कर्मवाच्य का परिचय, वाक्यरचना, वाक्यरूपान्तरण एवं अनुवाद। कर्तृवाच्य का परिचय वाक्यरचना, वाक्यरूपान्तरण एवं अनुवाद।

न्दपज.2रू कृदन्त प्रत्यय खण्डः

शतृ एवं शानच् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद। क्त्वा, ल्यप्, तुमुन् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद। क्त एवं क्तवतु प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद। तव्यत्, अनीयर् एवं यत् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद।

न्दपज.3रू सन्धि एवं भाषाभ्यास खण्डः

अच्, हल् एवं विसर्ग सन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास। भगवद्गीता के द्वितीय अध्याय के प्रथम 20 श्लोकों में कारक एवं क्रियापदों का अनुसन्धान एवं सस्वर श्लोकपाठ। संस्कृत से हिन्दी/अंग्रेजी में अनुवाद। संस्कृत में परस्पर वार्तालाप एवं मौखिक व्याख्यान का अभ्यास।

न्दपज.4रू भाषादक्षता खण्डः

प्रथमदीक्षा के चतुर्थ, पंचम एवं षष्ठ अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।

जम्ज ठळ्ळै

1प द्विवेदी कपिल देवः प्रारम्भिक रचनानुवाद कौमुदी, विश्वविद्यालय प्रकाशन, वाराणसी 2011

2प द्विवेदी कपिल देवः रचनानुवादकौमुदी, विश्वविद्यालय प्रकाशन, वाराणसी 2011

3प द्विवेदी कपिल देवः प्रौढरचनानुवाद कौमुदी, विश्वविद्यालय प्रकाशन, वाराणसी 2007

ठळ्ळै थ्व त्थन्त्तळ्ळैठळ्ळै

1प प्रथमदीक्षा – राष्ट्रिय संस्कृत संस्थान, नई दिल्ली।

2प द्वितीय दीक्षा – राष्ट्रिय संस्कृत संस्थान, नई दिल्ली।

3प महर्षि दयानन्द सरस्वतीः वर्णोच्चार शिक्षा, रामलाल कपूर ट्रस्ट, सोनीपत हरियाणा।

SKILL ENHANCEMENT COURSE (SEC)

Course Name	:	ANTHROPOMETRIC ASSESSMENTS & TRADITIONAL VEDIC DIAGNOSTIC TOOLS
Course Code	:	BSYSSE - 306
Total Credit	:	03
Teaching Hours	:	45 Hrs (02 Lecture + 00 Tutorial per Week + 01 Practical)
Final Exam	:	75 Marks
Internal Assessment	:	25 Marks

Course Objectives:

Following the completion of this course, student will be able to

1. Label of Anthropometry Measurements
2. Test clinical exams and physiological markers.
3. Test clinical exams and physiological markers.
4. To advance in the application of the physiology and use of yoga poses.

Course Outcomes (COs):

Following the completion of this course, student will be able to

CO1. Apply and analyse the measurements of Body Mass Index and Body Circumferences.

CO2. Explain the concept of Physiological parameters and clinical examination

CO3. Identify the data recording and analysis with Spirometry.

CO4. Define the Physiology and Application of Asana.

UNIT 1: MEASUREMENT AND RECORDING [15 HRS.]

Weight, stature, eye height, Body Mass Index, Body Surface Area, Shoulder height, elbow height, head circumference, neck circumference, mid upper arm circumference, chest circumference, waist circumference, hip circumference, waist hip ratio, Measurement of fat percentage. Introduction of GAIT Analysis. Heart rate, pulse rate and respiratory rate, Blood Counts, Effect of Yogasana (Prone, Supine, Sitting, Standing positions), Suryanamaskar, Pranayama and Meditation on human body. Spirometry, Measurement of strength of muscle. Measurement of flexibility.

UNIT 2: UNDERSTANDING OF PHYSIOLOGY AND APPLICATION OF ASANA [10 HRS.]

Grasping of muscles physiology with the help of model/chart and its practical applications in Asana. Idea of COG, LOG, BOS in Asanas (in Sitting, standing, lying, balancing asanas), Idea of Biomechanics of Yogic postures. Analysis/assessment of functions of Joints and muscles in relation to Asanas.

UNIT 3: AYURVEDA'S, SIDDHA & UNANI SYSTEM DIAGNOSIS METHOD [20 HRS.]

AYURVEDA: Nidana Panchaka, Nadi/Pulse, Mutra/Urine, Malam/Stool, Jihwa/Tongue, Shabda/Speech, Sparsha/Touch, Drik/Eye, and Akrti/shape.

SIDDHA: 'ashtasthana pareeksha' (examination of eight sites) that encompasses examination of nadi (pulse), kan (eyes), swara (voice), sparisham (touch), varna (colour), na (tongue), mala (faeces) and neer (urine).

UNANI: Pulse: size, strength, speed, consistency, fullness, rate, temperature, constancy, regularity and rhythm. Urine: odor, quantity, mature urine and urine at different age groups. Stool: color, consistency, froth and time required for passage etc.

NATUROPATHY: Facial Diagnosis, Iris Diagnosis and Modern Diagnostic Techniques.

REFERENCE BOOKS:

1. Dr. Kanika Jain, Dr Ajiy Kumar Wahane: Standardization of Praman for practice use in Anthropometric Fitness.
2. Charles Roberts: A manual of Anthropometry.
3. S.P. Singh, Promil Mehta: Human Body Measurements: concepts & applications.
4. Anjali Thakare: Test, Measurement & Evaluation in Physical Education.

IV SEMESTER

SL. NO.	COURSE TYPE	COURSE NAME	COURSE CODE	CREDIT
1	MAJOR CORE-1	GHERAND SAMHITA	BSYSMJ- 401	06
2	MAJOR CORE- II	VARIOUS MEDITATION TECHNIQUES	BSYSMJ - 402	06
3	MINOR CORE-I	ESSENCE OF SHASDARSHAN	BSYSMN - 403	04
4	MINOR CORE-II	UPANISHAD PARICHAY	BSYSMN - 404	04
5	ABILITY ENCHACEMENT COURSE (AEC)	COMMUNICATIVE ENGLISH	BSYSAE- 405	02
TOTAL				22



विभागाध्यक्ष योग विज्ञान विभाग
पतंजलि विश्वविद्यालय, हरिद्वार

MAJOR CORE- I

Course Name	:	GERAND SAMHITA
Course Code	:	BSYSMJ - 401
Total Credit	:	06
Teaching Hours	:	90 Hrs (04 Lecture + 02Tutorial per Week)
Final Exam	:	75 Marks
Internal Assessment	:	25Marks

Course Objectives:

By introducing Gherand Samhita shall be able to

1. To construct about pre-requisites of Hatha Yoga.
2. Explain the concept of Yoga in Gherand Samhita.
3. Explain various chapters of Gherand Samhita.
4. Quote references of each practice as per Gherand Samhita.

Course Outcomes (COs):

After completion of the course contents of this paper, the student will be able to:

CO1: Gain information about basic concept of Hath yoga, Asanas and Shatkarmas their types, techniques, precautions and benefits.

CO2: Explain the techniques of Kumbhaka, Bandhas, Chakras, and Nadis & Samadhies with their types, techniques, precautions and benefits.

CO3: Tell baout Gheranda Samhita and its various components.

CO4: To define the impotance of Pratyahara, Pranayamas, Dyan, and Smadhi.

UNIT - 1: TECHNIQUES AND OUTCOMES OF SHATKARMAS AND ASANAS [30 HRS.]

Shat-karmas (Purificatory): By following the shat karmas:- Dhauti (4 types); Antardhauti (internal cleansing), Vatasara (wind purification), Varisara (water purification), Vahnisara (process of fire purification), Bahiskrita, Dantadhauti which involves the purification of Teeth, root of the tongue, Both ears, frontal sinuses, Hridayadhauti (process of heart cleaning) which is done by using sticks, vomiting and cloth, Mulashodhana (process of rectal cleaning), Basti (2 types); Jala or water Basti (A Basti Kriya done in water),Sthala or dry basti (A Basti Kriya of dry nature);Practice of Neti Kriya; Practice of Laukiki, Gazing or Trataka practice which is an eye exercise that cures all eye diseases and induces clairvoyance; Kapalbhata (3 types), the practice of which removes all phlegm (kapha) related disorders, Vat krama (which involves alternate nostril breathing without force and without retention), Practice of Vyut karma (which involves method of drawing in water through nasal passages and letting it out through the mouth),Practice of Sheet karma (which involves a method of drinking water through the mouth and letting it out through the nasal passage).

Asanas:- Siddhasana-Perfect Pose, Padmasana-Lotus Pose, Bhadrasana-Happy Pose, Muktam-Free Pose, Vajram-Adamant Pose, Swastika-Prosperous Pose, Singham- Lion Pose, Gomukh-Cow's mouth Pose, Vira-Hero Paose, Dhanur-Bow Pose, Mritasan, or Shavasana-Corpse pose, Guptam-Hidden Pose, Matsyam-Fish pose, Matsendra-King of Fish Pose, Goraksha, Paschimottan-Forward Bend Pose, Uttkatam, Sankatam -Dangerous pose, Mayuram-Peacock Pose, Kukkutam, Kurma-Tortoise Pose, Uttana Manduka, Uttan Kurmakam, Vriksha-Tree Pose, Manduka-Frog Pose, Garuda - Eagle Pose, Vrisham - Bull Pose, Shalabh- Locust Pose, Makara - Crocodile Pose, Ushtram-Camel Pose, Bhujangam-Snake Pose and Yoga or Yogasana.

UNIT - 2: TECHNIQUES AND OUTCOMES OF MUDRA AND PANCHADHARAN (FIVE DHARANAS) [15 HRS.]

Mahamudra, Nabho mudra, Uddiyana Bandha, Jalandhar Bandha, Mula Bandha, Maha Bandha, Mahabheda, Khechari Mudra, Viparitkarni, Yoni Mudra, Vajroni Mudra, Shakti chalani, Tadagi (tank) Mudra, Manduki Mudra, Shambhavi Mudra, Ashwini Mudra, Pasini Mudra, Kaki Mudra and Bhujangini Mudra. Parthivi-earthly,Ambhasi-watery,Vayavi-aerial,Agney-fire and Akashi-sky/ethereal

UNIT-3: TECHNIQUES AND RESULTS OF PRATYAHARA AND PRANAYAMA [10 HRS.]

Pratyahara: Shat shatru varnan, atma layatva. **Pranayama:** Sahita Pranayama, Sagarbha Pranayama, Nigarbha Pranayama, Surya bhed Pranayama, Ujjayi Pranayama, Shitali Pranayama, Bhastrika Pranayama, Bhramari Pranayama, Murcha Pranayama, Kevali Pranayama

UNIT - 4: TECHNIQUES AND RESULTS OF DHYAN AND SAMADHI [05 HRS.]

Dhyan: Sthula Dhyan, Jyoti Dhyan, Sukshama Dhyan. **Samadhi:** Dhyan yog Samadhi, Nadyog Samadhi, Rasananda Samadhi, Layasiddhi Samadhi, Bhakti yog Samadhi, Manmurcha Samadhi

UNIT-5: SHASTRA SMARAN [30 HRS]

TEXT BOOKS

1. Gherand Samhita: Kaivalyadhama
2. Gherand Samhita: SVYASA, Bengaluru

MAJOR CORE- II

Course Name	:	VARIOUS MEDITATION TECHNIQUES
Course Code	:	BSYSMJ - 402
Total Credit	:	06
Teaching Hours	:	120 Hrs (04 Lecture + 0 Tutorial per Week + 04 Practical)
Final Exam	:	75 Marks
Internal Assessment	:	25 Marks

Course Objectives:

1. To know traditional meaning and definitions of the term 'meditation'
2. To know Preparatory practice of meditation
3. To know different types of meditation techniques with their benefits
4. To have the knowledge of scientific approach of meditation
5. To know database research on meditation

Course Outcomes:

- CO1: Students will be familiar with scriptural knowledge of meditation.
CO2: To gain ability to teach meditation techniques with scientific approach.
CO3: Students share personal experience of meditation.
CO4: Student's would be able to apply meditation techniques in therapeutic way.

UNIT I INTRODUCTION OF MEDITATION [10 HRS]

Meditation its meaning, nature and scope; Meditation as deployment of Concentration; Concept of Dharana, Dhyana and Samadhi. Prayer, Worship & Meditation, Initial stage of Meditation, Psychological basis of Meditation.

UNIT-II MEDITATION IN HINDUISM [15 HRS]

Meditation in Hinduism: OM meditation; So-Ham meditation; Chakra meditation; Process of Meditation in 6th chapter of Bhagavad Gita; Transcendental Meditation. Cyclic Meditation, Mind Sound Resonance Technique (MSRT),

UNIT-III MEDITATION IN BUDDHISM [20 HRS]

Meditation in Buddhism; Meditation in Jainism; Zen meditation; Carrington's CSM; Meditation as a self-enhancement and self-regulation strategy; Meditation- Samyama and Siddhis the possibility and significance.

UNIT-IV: MEDITATION & ITS SCIENTIFIC APPROACH [15 HRS]

Practice of Various Meditation Techniques. Psychological effects of Meditation: Cognitive Effects-Paranormal effects-Volitional and Behavioural effects-Emotional effects; Therapeutic effects of Meditation: Meditation and Mortality- Yoga and Hypertension- Healing and Health effects.

UNIT-V PRACTICE OF VARIOUS MEDITATION [60 HRS]

All Above practices, Deep Relaxation Technique (DRT), Quick Relaxation Technique (QRT), Pranic Energization Technique (PET), Mastering Emotional Technique (MEMT), Meditative Cognitive Psychotherapy (MCP).

Recommended Books

1. Rao, K.R.(2005). Consciousness Studies: Cross-Cultural Perspectives. North Carolina:McFarland & Company, Inc.
2. Rama, Swamy (1992). Meditation and Its Practice. Honesdale: Himalayan Institute of Yoga Science and Philosophy of USA
3. Funderburke, J. (1977). Science Studies Yoga: A Review of Physiological Data.
4. Honesdale: Himalayan Institute of Yoga Science and Philosophy of USA
5. Johnson, D. & Farrow, J.T. Ed(1977). Scientific Research on Transcendental Meditation Programme: Collected Papers, Vol I. Los Angeles: MERU Press.
6. Rao, K.R. (1989). Meditation: Secular and Sacred. Presidential Address to the Indian Academy of Applied Psychology, University of Calcutta.
7. Shapiro, D. H. & Walsh, R.N. (Ed.) (1984). Meditation: Classic and contemporary Perspectives. New York: Aldine.
8. Rao, K.R. (2011). Cognitive Anomalies, Consciousness and Yoga, vol. XVI part 1, Centre for Studies in Civilizations, pp 563-661
9. Concentration & Meditation, Ramakrishna Vedanta Study Circle, Athens, Greece 2005

MINOR –I

Course Name	:	ESSENCE OF SHASDARSHAN
Course Code	:	BSYSMN – 403
Total Credit	:	04
Teaching Hours	:	60 Hrs (03 Lectures + 01 Tutorials per Week)
Final Exam (SEE)	:	75 Marks
Internal Assessment	:	25 Marks

UNIT 1: INTRODUCTION TO INDIAN PHILOSOPHY [10 HRS]

Meaning and definition of Philosophy, Importance of philosophy in life, special features and importance of philosophy, various systems of philosophy- Vaidic & Avaidic drashan, three domains of philosophy- Jnana mimamsa (praman mimamsa- epistemology), Tatva mimamsa (metaphysics), Niti mimamsa (Achaar mimamsa- ethical theory).

UNIT 2: INTRODUCTION TO SHADDARSHAN [20 HRS]

General introduction, Metaphysical & ethical principles of Vaidik Philosophies (Nyaya, Vaisheshik, Samkhya, Yoga, Mimamsa and Vedant). Nyaya: Epistemology – Pratyaksha, Anumana, Upamana, Sobda, Proofs for the existence of god. Vaisesika : Padarth – Dravya, Guna, Karma, Samanya, Visesa, Samavaya, Abhava. Sankhya : Satkaryaavada, Purusa, Prakriti, Evolution, Bondage and Liberation. Yoga: Eightfold Path, Concept of god. Mimamsa : Apurva. Adyaita Vedanta (Sankara): Brahman, World, Maya, Self (Atman). Vishistadyaita Vedanta (Ramanuja): Refutation of Sankara's Mayavada, Brahman, Self (Action).

UNIT 3: INTRODUCTION TO JAIN, BUDHHA AND CHARVAK PHILOSOPHY [10 HRS]

General introduction, Metaphysical & ethical principles of non vaidik Philosophies (Jain, budhha, charvak).

UNIT 4: INTRODUCTION TO PHILOSOPHICAL CULTURE [20 HRS]

Introduction to Indian scriptures i.e. Vedas, Upnishad, Ramayana, Mahabharata, Gita. Meaning and definition of culture, Purusharth chatustaya, Ashram Vyavastha, Varna vyavastha, Karma sidhhant, Shodash sanskaar, Panchmahayajna, Rinatraya, Sahastitva, Vishvabandhutva.

TEXT BOOKS

Bhartiya Darshan	:	Acharya Baldev
Sarvadarshan Samgrah	:	Madhvacharya
Vaidic Sahiya evam darshan	:	Dr. Kapildev Shastri
Dharma Darshan Sanskriti	:	Dr. Roopkishore Shastri

REFERENCE BOOKS:

A critical Study of Indian Philosophy	:	Dr. R.P. Sharma
Bhartiya Darshan	:	Dr. Sarvapalli Radhakrishnan
Darshan pravesh	:	Yogrishi Swami Ramdev, Divya prakashan, Haridwar
Bhartiya Sanskriti ka itihaas	:	Dr. Satyaketu vidyalankaar.

MINOR –II

Course Name	:	UPANISHAD PARICHAY
Course Code	:	BSYSMN – 404
Total Credit	:	04
Teaching Hours	:	60 Hrs (03 Lectures + 01 Tutorials per Week)
Final Exam (SEE)	:	75 Marks
Internal Assessment	:	25 Marks

Course Objectives:

Following the completion of this course, student will be able to

- Have an idea about the major principal Upanishads
- To relate essence of each Upanishad and how to put them into practice.
- To have a perception of each Upanishad and the role of it in our day to day life.
- Quote references of each practice as per traditional texts

Course Outcomes (COs):

On completion of this course, the students will be able to:

CO1. Define the Principal Upanishads.

CO2. Explain about the concept of Nature of Sage.

CO3. Become aware of the importance of Self-Realization and the greatness of Brahmagyda.

CO4. Identify the concept of Prana and Rayi.

CO5. To explain the concept of different states of Consciousness.

CO6. Become aware of the concept of Pancha-Kosha, Atman and Brahman.

Unit-1: Introduction to Upanishads

(15 Hours)

Etymology of The Word Upanishad, Meaning, Place of Upanishads In The Tradition Of Vedic Literature, Evaluation Of Upanishads, Opinions Of Various Scholars About It, Importance Of Upanishads.

Unit-2: -

(15 Hours)

Ishavasyopanishad (Complete), Kenopanishad (Complete).

Unit-3: -

(15 Hours)

Kathopanishad- First Chapter (First, Second, Third Valli)

Unit-4: -

(15 Hours)

Taittiriya Upanishad-Shiksha Valli (XI Anuvaak), Mundakopanishad (Complete).

Unit-5: -

(15 Hours)

Shvetashvataropanishad (Chapter 1-4) Chhandogyopanishad: Narada-Santkumar Dialogue (1-26 Vols.)

Prescribed Text Book

एकादशोपनिषद्- डा0 सत्यव्रत सिद्धान्तालंकार, विजयकृष्ण लखनपाल, नई दिल्ली

Supporting Book

ईशादिनौपनिषद्-गीताप्रेस, गोरखपुर

कल्याण (उपनिषदांक) -गीताप्रेस, गोरखपुर

ABILITY ENCHANCEMENT COURSE (AEC)

Course Name	:	COMMUNICATIVE ENGLISH-II
Course Code	:	BSYSAE- 405
Total Credit	:	02
Teaching Hours	:	30 Hrs (02 Lecture + 00Tutorial per Week)
Final Exam	:	37 Marks
Internal Assessment	:	13 Marks

Objective

Following the completion of this course, students shall be able to

1. Learn to read and write in English.
2. Interact with others in English while receiving yoga instructions.

UNIT 1- COMMUNICATION [10 HRS]

Paragraph writing, reading comprehensions, listening comprehensions, Note making, Summary, referencing to encyclopaedia and dictionary, debate writing, speech writing, article writing, Phonetics transcription, Precise writing.

UNIT 2- INTERVIEW (05 HRS)

Group discussion, personal interview, Telephonic interview, Resume writing etc.

UNIT 3- LITERATURE [15 HRS]

- Ramayana
- Srimadbhagwad Geeta
- Panchtantra with respect to Yama & Niyama

REFERENCES

1. Ethan F. Becher: Mastering communication at work: How to lead, manage and influence, 2009.
2. Mathew Mckey, Martha Devis, Patrick: Messages: The communication skill book, 2009
3. P.S Perkins, Les Brown: The Art and Science of communication, 2008
4. Robin Quinn, Joe Kohl: Talk like a winner; 21 simple rules for achieving everyday communication success, 2008.
5. Srimadbhagwadgeeta by Paramhansa Yogananda.

V SEMESTER

SL. NO.	COURSE TYPE	COURSE NAME	COURSE CODE	CREDIT
1	MAJOR CORE-1	VARIOUS YOGIC TEXTS - I	BSYSMJ- 501	06
2	MAJOR CORE- II	YOGA PRACTICUM	BSYSMJ - 502	06
3	MINOR CORE-I	UNDERSTANDING OF NADI, PRANA, CHAKRA & KUNDALINI	BSYSMN- 503	06
4	SKILL ENCHANCEMENT COURSE (SEC)	INTERNSHIP	BSYSSE - 504	04
TOTAL				22



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MAJOR CORE- I

Course Name	:	VARIOUS YOGIC TEXTS - I
Course Code	:	BSYSMJ - 501
Total Credit	:	06
Teaching Hours	:	90 Hrs (04 Lecture + 0Tutorial per Week + 04 Practical)
Final Exam	:	75 Marks
Internal Assessment	:	25Marks

Course Objectives:

1. To introduce different Hathayogatexts such as Siddha SiddhantaPaddhati (SSP), Hatha
2. Tanavali (HR) and Siva Samhita (SS).
3. To enrich the varieties of hatha yogic techniques in these texts

Course Outcomes:

CO1: By introducing Hatha Yoga, students shall be able to understand about pre- requisites, principles about Hatha Yoga practices.

CO2: Understand different Hatha Yoga Techniquesdescribed in above Classical texts. And understand the therapeutic application of Yogic

CO3: Techniques explained in these texts.

UNIT 1: SIDDHA SIDDHANTA PADDHATI [20HRS]

The origin and home of natha yogis- Spiritual lineage and date of Goraksanath- works of Goraksanath-specially features of Siddha SiddhantaPaddhati (SSP)- Outlines of the SSP: Upadesha-I: origin of the body; Upadesha-II: discussion of the body; Upadesha-III: knowledge of the body. Outlines of the SSP: Upadesha-IV: the foundation of the body; Upadesha-V: the union of the body with the Supreme Reality; Upadesha-VI: the definition of an Avadhuta Yogi

UNIT2: HATHA RATNAVALI [20HRS]

Date & authorship of Hatha Ratnavali (HR)- Yama and Niyamas of Srinivasabhata-Philosophy and Theology in Hatha Ratnavali- concept of 'Hatha' – Ayurvedic thought in Hatha Ratnavali- Astakarmas- Tantra practices in Hatha Ratnavali. Outlines of chapters of Hatha Ratnavali: four yogas, eight purificatory techniques, eight/nine breathing techniques, ten mudras, names of Kundalini and naadis, names of eighty-four postures, Samadhi and Nada.

UNIT 3: SIVA SAMHITA [20HRS]

Introduction- Ch. I:karma kanda, Jnana kanda, the spirit, Yoga maya, Definition of Paramahansa, Absorption or Involution. Ch.II: The microcosm, The nerve centers, the nerves, the pelvic region, the abdominal region, the jivatma,Outlines of Siva Samhita: Ch,III: On yoga practice: The Vayuu, the Adhikari, the place, the pranayama, , the four postures: Siddha, Padma, Ugra, and Svastika; Ch. IV: Yoni mudra: the secrete drink of the kaulas; Ch. V: Bhoga (enjoyment), Dharma (ritualism of religion) Jnana (Knowledge)- invocation of shadow (pratikopasan)- Raja yoga-various kinds of dharanas- the moon of mystery- the mystic mount kailas- the Raja yoga- The Rajadhiraja yoga.

Unit 4: SHASTRA SMARAN [30 HRS]

Text Books:

1. Siddha Siddhanta Paddhati: Chaokhambha Orientaliya, Delhi
2. Hatha Ratnavali, Kaivalyadham, Lonavala, Maharashtra
3. Siva Samhita: Kaivalyadham, Lonavala, Maharashtra

MAJOR CORE- II

Course Name	:	YOGA PRACTICUM
Course Code	:	BSYSMJ - 502
Total Credit	:	06
Teaching Hours	:	120 Hrs (00 L+ 00 T + 08 P)
Final Exam	:	75 Marks
Internal Assessment	:	25 Marks

Objectives:

Following the completion of the course, students shall be able to

1. Sketch lesson plan for Yoga teaching
2. Systematic arrangement of Yoga teaching
3. Teach Yoga in the given class.

Learning outcomes:

On completion of this course, the students will be able to:

CO1: Develop to have a perception of different yogic techniques.

CO2: Attain perfection to perform different yogic practices.

CO3: Perform practically the Yoga session with lesson plan.

CO3: Develop skill to conduct practical sessions.

Students will be required to prepare, present and submit at least 10 lesson plans on Yogic activities on prescribed format including 01 lesson plan on Mantra Chanting/Yajna.

Unit-1: PREPARATION OF 10 LESSON PLAN [50 HRS.]

Students have to prepare 10 lesson plans on prescribed format of various Yoga practices allotted by the cause coordinator.

Unit-2: APPLICATION OF PREPARED LESSON PLAN [20 HRS.]

Students have to teach the prepared lesson plan in previous semester Yoga Practice classes under supervision of Yoga Teachers/Instructors.

Unit-3: PRESENTATION OF LESSON PLAN [10 HRS.]

Each student has to present lesson plans to be evaluated by Yoga Teachers/Instructors/ Assistant Professors.

UNIT -5: SHIV SANKALP [20 HRS]

To have a perception, memorization and recitation of Mantras

UNIT-4: CONTINUOUS EVALUATION BY THE TEACHER [20 HRS]

TEXT BOOKS

1. Yogrishi Swami Ramdev; Yoga Manual for parents and Yoga Teachers, Divya Prakashan, Haridwar, 2010
2. Dr. Gharote M L & Dr S K Ganguly: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007

MINOR –I

Course Name	:	UNDERSTANDING OF NADI, PRANA. CHAKRA & KUNDALINI
Course Code	:	BSYSMN- 503
Total Credit	:	06
Teaching Hours	:	90 Hrs (03 Lecture + 01 Tutorial per Week + 00 Practical)
Final Exam	:	75 Marks
Internal Assessment	:	25Marks

Course Objectives:

1. To learn basics of Prana, Nadi & Kundalini
2. To know physiological aspects of Prana & Kundalini
3. To know role of Nadi & kundalini in association to chakras

Course outcome:

CO1: student is able to gain knowledge on importance of kundalini its awakening and its relation to chakras.

Unit 1: [15 HRS]

Concepts of Prana, its meaning, definition, classification and their role in Health and Healing. Etymology and Understanding the Flow of Prana (Life-Force Energy). The importance of Prana in Yoga.

Unit 2: [15 HRS]

Introduction to Chakras : Ajna, Mooladhara, Swadhisthana, Manipura, Anahata, and Vishuddhi chakras – Bindu Visarga – Sahasrara and Samadhi. Understanding about the nature and function of the chakras. The Overactive state, Balanced State & Underactive State of a chakra.

Unit 3: [15 HRS]

Concept of Nadis its classifications, location and their role in Health and Healing. Functions and activities of Nadi. Importance of Nadi in Pranayama.

Unit 4: [15 HRS]

Concepts of Kundalini. Four forms of Awakening – Descent of Kundalini – the experience of Kundalini – the path of Kriya Yoga. Kundalini Yoga Practice: rules and preparations – posture – chakra sadhana.

Unit 5: [30 HRS]

Application, observation, diagnosis and analysis of Aura, Parana, Nadi & Chakra through various yogic practices and tools (Biowel, Kirelian photography, etc).

Reference:

- Nadi tantra & Prana: CCRYN Publication 2012
- Shiv Samhita: Kaivalyadhama Publication, 2015
- Shvara Yoga: Swami Muktibodhananda, Yoga Publication Trust, Bihar Schools of Yoga, Munger Bihar

SKILL ENCHANCEMENT COURSE (SEC)

Course Name	:	INTERNSHIP
Course Code	:	BSYSSE-504
Total Credit	:	04
Teaching Hours	:	60 Hrs (00 Lecture + 00 Tutorial per Week + 08 Practical)
Final Exam	:	75 Marks
Internal Assessment	:	25Marks

A bachelor's internship in yoga plays a crucial role in providing students with practical experience, deepening their understanding of yoga principles, and preparing them for future career opportunities. This internship program would help students with; Hands-on Experience, Skill Development, Exposure to Different Yoga Styles, Professional Networking, Feedback and Mentoring, Personal and Professional Growth.

VI SEMESTER

SL. NO.	COURSE TYPE	COURSE NAME	COURSE CODE	CREDIT
1	MAJOR CORE-I	VARIOUS YOGIC TEXTS - II	BSYSMJ- 601	06
2	MAJOR CORE- II	YOGA PRACTICUM	BSYSMJ - 602	06
3	MINOR CORE-I	RESEARCH METHODOLOGY	BSYSMN - 603	04
4	MINOR- II	STATISTICS	BSYSMN - 604	06
TOTAL				22



विभागाध्यक्ष योग विज्ञान विभाग
पतंजलि विश्वविद्यालय, हरिद्वार

MAJOR CORE- I

Course Name	:	VARIOUS YOGIC TEXTS - II
Course Code	:	BSYSMJ - 601
Total Credit	:	06
Teaching Hours	:	90 Hrs (03 Lecture + 01 Tutorial per Week + 04 Practical)
Final Exam	:	75 Marks
Internal Assessment	:	25Marks

Course Objectives:

Following the completion of the course, students shall be able to

1. To introduce different Hathayogatexts such as Yoga Vashistha , Goraksha Samhita and Vivekachudamani.
2. Knowing about the Aadhi-Vyadhi, Panchakosha & Guna
3. Classify Nadi, Mudra, Pranayama and Shatachakra as per Yogic texts.
4. To introduce about the Human life, purpose of life, Jivanmukti etc.
5. To enrich the varieties of hatha yogic techniques in these texts

Course Outcomes:

CO1: By introducing Hatha Yoga, students shall be able to understand about pre- requisites, principles about Hatha Yoga practices.

CO2: Understand different Hatha Yoga Techniques described in above Classical texts.

CO3: understand the therapeutic application of YogicTechniques explained in Classical texts.

UNIT 1: YOGA VASHISTHA [20HRS]

General introduction of Yoga Vashistha, concept of Aadhi-Vyadhi, Panchakosha relationship, 5 barriers of Yoga, 8 organs of meditation, Sapta Bhumi of knowledge, Sapta Bhumi of Yogabhyas. Development of Sattva Guna and 12 types of wisdom etc.

UNIT2: GORAKSHA SAMHITA [20HRS]

General introduction of Goraksha Samhita, nature of Yoga elements in Goraksha Samhita – six limbs of yoga, description of Asanas, Shatachakra, Ten Nadi, Ten Vayu, Panch Mudra, Pranayama’s description, meditation description etc.

UNIT 3: VIVEKACHUDAMANI [20HRS]

The Purpose of Human Life, Sravana - Hearing the Truth, Manana - Reflection on the Teaching, Nididhyasana - The Theory, Nididhyasana - The Practice, Nirvikalpa Samadhi - Self-Realisation, Jivanmukti - Liberation While Living.

Unit 4: SHASTRA SMARAN [30 HRS]

Reference Books:

1. Yoga Vashistha - Khem Raj Sri Krishnadas, Geeta Press, Gorakhpur.
2. Goraksha Samhita - Dr. Chaman Lal Gautam
3. Vivekachudamani- Geeta Press, Gorakhpur.

MAJOR CORE- II

Course Name	:	YOGA PRACTICUM
Course Code	:	BSYSMJ - 602
Total Credit	:	06
Teaching Hours	:	120 Hrs (00 L+ 02 T + 08 P)
Final Exam	:	75 Marks
Internal Assessment	:	25 Marks

Objective

Following the completion of this course, students shall be able to

- Understand about various therapeutic Yoga modules.
- Understand the way of application of Yoga therapy modules.
- Know disease wise application of Yoga therapy modules.
- Differentiate between Yoga training and therapeutically application of Yoga

Learning Outcomes:

On completion of this course, the students will be able to:

- Develop To Have a perception of different yogic techniques.
- Attain perfection to perform different yogic practices.
- Learn the practical interpretation of Yoga Module for various diseases.
- Conduct practical sessions for Cardiovascular, Respiratory & Gastro Intestinal Disorders.
- Explain techniques of Swastivachana.

UNIT 1- ANATOMY & PHYSIOLOGY OF YOGIC PRACTICES [20 HRS]

Mechanism of Asana, difference between Asana and exercise

UNIT 2- YOGA THERAPY MODULES FOR CARDIOVASCULAR DISORDERS [20 HRS]

Hypertension; hypotension, atherosclerosis, coronary artery disease, Angina pectoris/myocardial infarction

UNIT-3: RESPIRATORY DISORDERS [20 HRS.]

Bronchial Asthma, Chronic Obstruction Pulmonary disorders (COPD), Allergic Rhinitis, Pulmonary tuberculosis

UNIT-4: GASTRO INTESTINAL DISORDERS. [20 HRS.]

Gastro Intestinal disorder, Acid peptic disease, Irritable Bowel Syndrome, Hepatitis, Diabetes Mellitus and Hypothyroidism, Hyperthyroidism.

UNIT -5: NEUROLOGICAL DISORDER [25 HRS.]

Headache/ Migraine (definition, etio- pathogenesis, classification and its Yogic management), Idiopathic Parkinsonism Disease (definition, etio- pathogenesis, classification and its Yogic management), Schizophrenia (definition, etio- pathogenesis, classification and its Yogic management), Obsessive Compulsive Disorders (OCD) (definition, etio- pathogenesis, classification and its Yogic management), Epilepsy (definition, etio- pathogenesis, classification and its Yogic management).

UNIT- 6: CANCER MANAGEMENT [15 HRS.]

Cancer; its causes, types, clinical features, side effects of chemotherapy, radiotherapy and its Yogic management.

TEXT BOOKS

1. Yogrishi Swami Ram Dev: Yog Sadhana evam Yog Chikitsa Rahasya: Divya Prakashan, Haridwar
2. Acharya Balkrishna: Yog Vijnanam, Divya Prakashan, Haridwar, 2017.
3. Basavaraddi I V: Yoga Therapy Series, MDNIY, New Delhi
4. Reddy M Venkata & others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P., 2005
5. Ramesh Bijlan : Back to Health Through Yoga, Rupa Publications India Pvt. Ltd, 2011

BOOKS FOR REFERENCE

1. Yogrishi Swami Ramdev: Yoga in synergy with Medical Science, Divya Prakashan, 2007
2. Swami Satyananda Saraswati : Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005.

MINOR- I

Course Name	:	RESEARCH METHODOLOGY
Course Code	:	BSYSMN - 603
Total Credit	:	04
Teaching Hours	:	60 Hrs (03 Lecture + 01 Tutorial per Week)
Final Exam	:	75 Marks
Internal Assessment	:	25Marks

Objectives

Following the completion of the course, students shall be able to

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

Learning outcomes:

Following the completion of this course, students shall be able to

- CO1: Understand the meaning and definition of Research.
- CO2: Know the nature and different types of Hypothesis.
- CO3: Understand the scientific methods of Observations and Experiments.
- CO4: Define nature of Variable, Sampling and Research Design.
- CO5: Learn the Graphical representation of Research data.
- CO6: Become aware of measures of Central Tendency and Variability
- CO7: To Have a perception the report writing.

UNIT- 1: INTRODUCTION TO RESEARCH METHODOLOGY [15 HRS.]

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 behaviour; Ethics of research: Informed consent, Anonymity, Confidentiality, Plagiarism.

UNIT- 2: INTRODUCTION TO RESEARCH PROCESS [15 HRS.]

Research questions; Literature review; Different Sources of Information: Primary, Secondary, Tertiary source; Electronic Databases: Google Scholar, Pubmed & PsycINFO; Hypothesis Sampling and Generalization - Population and Sample; Probability Sampling: Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling; Sampling Bias and Non-probability Sampling: snowball sampling, convenience; Types of Biological data (Scales of measurement) – nominal, ordinal, interval, ratio; Types of variables – Independent, dependent, confounding variable; Reliability & Validity.

UNIT-3: INTRODUCTION TO RESEARCH DESIGN [15 HRS.]

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.

UNIT-4: REPORTING RESEARCH[15 HRS.]

Parts and Order of Dissertation, Title Page, Abstract, Introduction, Method Section, Results Section, Discussion Section, Reference Section.

TEXT BOOKS:

1. 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.
2. Research Methodology in Yoga and Naturopathy, CCRYN, New Delhi
3. Research Publications: Patanjali Research Foundation, Haridwar

REFERENCE BOOKS:

1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
2. Zar, J. H., &Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

MINOR- II

Course Name	:	STATISTICS
Course Code	:	BSYSMN - 604
Total Credit	:	06
Teaching Hours	:	90 Hrs (03 Lecture + 01 Tutorial per Week + 04 Practical)
Final Exam	:	75 Marks
Internal Assessment	:	25Marks

UNIT-I: STATISTICAL CONCEPTS – I [15 HRS]

Statistical Methods: Definition and scope of Statistics, concepts of statistical population and sample. Data: quantitative and qualitative, attributes, variables, scales of measurement nominal, ordinal, interval and ratio. Presentation: tabular and graphical, including Histogram, Frequency Polygon and Frequency Curves. Measures of Central Tendency: mathematical and positional. Measures of Dispersion: range, quartile deviation, mean deviation, standard deviation, coefficient of variation, Moments, absolute moments, factorial moments, skewness and kurtosis.

UNIT-II: STATISTICAL CONCEPTS – II [15 HRS]

Bivariate data: Definition, scatter diagram, simple, partial and multiple correlation (3 variables only), rank correlation. Simple linear regression, principle of least squares and fitting of polynomials and exponential curves.

UNIT-III: STATISTICAL CONCEPTS – III [15 HRS]

Definitions of random sample, parameter and statistic, sampling distribution of a statistic, sampling distribution of sample mean, standard errors of sample mean, sample variance and sample proportion. Null and alternative hypotheses, level of significance, Type I and Type II errors, their probabilities and critical region. Large sample tests for testing single proportion, difference of two proportions, single mean, difference of two means, standard deviation and difference of standard deviations by classical and p-value approaches.

UNIT IV: STATISTICAL CONCEPTS – IV [15 HRS]

Power analysis: Effect size, sample size, Confidence interval; Statistical tests and design, Assumptions of tests, Statistical tests for Various designs: Correlation: computation of correlation coefficient by product moment method, coefficient of Determination; Regression: Concept and Computation, Interpretation; Parametric and Non-Parametric Tests; proportions, paired sample, and independent sample t-tests, Chi- Square, ANOVA, Repeated Measures ANOVA, ANCOVA. Using SPSS.

UNIT V: PRACTICAL [30 HRS]

TEXT BOOKS:

1. 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.
2. Research Methodology in Yoga and Naturopathy, CCRYN, New Delhi
3. Research Publications: Patanjali Research Foundation, Haridwar

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1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
2. Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi.


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