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|--|--|---|---|
|  <p>Estd. 1962 "A++" Accredited by NAAC (2021) With CGPA 3.52</p> | <p align="center">SHIVAJI UNIVERSITY, KOLHAPUR 416 004, MAHARASHTRA PHONE : EPABX - 2609000, BOS Section - 0231-2609094, 2609487 Web : www.unishivaji.ac.in Email: bos@unishivaji.ac.in शिवाजी विद्यापीठ, कोल्हापूर, ४१६ ००४, महाराष्ट्र दूरध्वनी - इपीबीएक्स - २०६०९०००, अभ्यासमंडळे विभाग : ०२३१- २६०९०९४, २६०९४८७ वेबसाईट : www.unishivaji.ac.in ईमेल : bos@unishivaji.ac.in</p> |  |  |
|--|--|---|---|

Ref.: SU/BOS/ IDS / 284

Date: 08 - 05- 2025

To,

- | | |
|---|--|
| 1) The Principal, All Concerned Affiliated Colleges/Institutions Shivaji University, Kolhapur | 2) The Head/Co-ordinator/Director All Concerned Department Shivaji University, Kolhapur. |
|---|--|

Subject : Regarding revised syllabi of **B.A. Part II (Sem. III & IV)** degree programme under the Faculty of Inter- Disciplinary Studies as per NEP-2020 (2.0).

Sir/Madam,

With reference to the subject mentioned above, I am directed to inform you that the university authorities have accepted and granted approval to the revised syllabi, nature of question paper and equivalence of **B. A. Part II (Sem. III & IV)** for followers degree programme under the Faculty of Inter- Disciplinary Studies as per National Education Policy, 2020 (NEP 2.0).

| | |
|----------------------|--|
| Film Making (Entire) | Sports (Entire) |
| Yoga (Entire) | Dress Making and Fashion Coordination (DMFC) |

This syllabus, nature of question and equivalence shall be implemented from the academic year **2025-2026** onwards. A soft copy containing the syllabus is attached herewith and it is also available on university website www.unishivaji.ac.in NEP-2020 (Online Syllabus)

The question papers on the pre-revised syllabi of above-mentioned course will be set for the examinations to be held in October /November 2025 & March/April 2026. These chances are available for repeater students, if any.

You are, therefore, requested to bring this to the notice of all students and teachers concerned.

Thanking you,

Yours Faithfully

(Dr. S. M. Kubal)
Dy Registrar

Encl. : As above.

Copy to: For Information and necessary action.

| | | | |
|---|---|----|--|
| 1 | The Dean, Faculty of IDS | 8 | P.G.Admission Section |
| 2 | Director, Board of Examination and Evaluation | 9 | Affiliation T. 1 & T. 2 Section |
| 3 | The Chairman, Respective Board of Studies | 10 | Appointment A & B Section |
| 4 | Eligibility Section | 11 | P.G.Seminar Section |
| 5 | Computer Centre | 12 | I.T. Cell |
| 6 | O. E. 1 Exam Section | 13 | Internal Quality Assurance Cell (IQAC) |
| 7 | O. E. 2 Exam Section | | |

SHIVAJI UNIVERSITY, KOLHAPUR



Established: 1962

A⁺⁺ Accredited by NAAC (2021) With CGPA 3.52

New Syllabus For

Bachelor of Arts

B.A. (Yoga)

UNDER

Faculty of Inter-Disciplinary Studies

B. A. Part - II (Semester - III and IV)

STRUCTURE AND SYLLABUS IN ACCORDANCE WITH

NATIONAL EDUCATION POLICY - 2020

HAVING CHOICE BASED CREDIT SYSTEM

WITH MULTIPLE ENTRY AND MULTIPLE EXIT OPTIONS

(TO BE IMPLEMENTED FROM ACADEMIC YEAR 2025-26 ONWARDS)

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SHIVAJI UNIVERSITY, KOLHAPUR

Syllabus For

B.A. (Yoga) Undergraduate (Three Years)

Syllabus Structure as per Government Resolution 2022

(As per National Education Policy 2020)

Title: B.A. (Yoga) Undergraduate (Three Years)

Year of Implementation: Syllabus will be implemented from June 2024 onwards

1) Preamble:

The term "Yoga" comes from the Sanskrit word "yuj," which means "to unite." Yoga is a practice that aims to harmonize the body, mind, and spirit, and connect individuals with a higher reality. It is mentioned in the Rigveda, one of the oldest texts, which is about 8,000-10,000 years old. Yoga helps people achieve deep self-awareness and a balanced, happy life by addressing life's challenges.

Yoga is widely recognized for its benefits in managing and preventing health issues, particularly those related to mental and physical well-being. Recent research shows that Yoga is effective in dealing with various psychosomatic disorders and is an affordable healthcare option. During the COVID-19 pandemic, Yoga has proven useful in boosting immunity and aiding in the prevention and recovery from the virus and other health conditions.

In modern education, which often focuses on science and technology, Yoga's ethical, moral, and spiritual benefits are sometimes overlooked. Incorporating Yoga into the curriculum can promote holistic development, improving physical health, mental well-being, and important values.

Yoga's global importance is highlighted by International Day of Yoga on June 21. There is an increasing demand for skilled Yoga instructors. Shivaji University in Kolhapur offers a three-year BA Yoga training programme to meet this need.

In summary, Yoga's historical, philosophical, health, and educational significance underscores its relevance today. Integrating Yoga into various aspects of life can enhance overall well-being and personal growth.

Course Introduction:

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

2) Programme Educational Outcomes (PEOs):

1. Graduates will understand the core philosophy, history, and main principles of yoga and its branches.
2. Graduates will be skilled in practicing and teaching various yogic techniques, such as postures, breath control, meditation, and relaxation.
3. Graduates will use yogic principles to enhance overall well-being and health, reducing stress and improving mental and physical health.
4. Graduates will critically engage with yogic texts and research, contributing to the field through their studies and findings.
5. Graduates will effectively teach and communicate yogic practices and philosophy to different groups, adapting to individual needs.
6. Graduates will understand the cultural and ethical aspects of yoga, showing sensitivity and integrity in their practice and teaching.

3) Programme Outcomes (PO's):

1. It will popularize yoga and corrective education among the masses.
2. It will make people aware of the therapeutic and preventive value of Yoga.
3. It will bring peace and harmony in the society at large by introducing the yogic way of life.
4. It will create competent professional Yoga Trainers and Therapists of high caliber to make the society free from stress and lifestyle related diseases.
5. It will promote health awareness towards holistic approach of health.
6. This course looks at training the enthusiasts to become Yoga Therapist so that they could teach yoga under the supervision of a physician for health and healing.

4) Programme Specific Outcomes (PSOs):

1. This certificate course will bring peace and harmony to the student's life.
2. It will help them in self-realization and setting goals in life.
3. It will make them focused on their goals and make them mentally strong enough to face different challenges in life.
4. It will make them physically strong, and healthy and will keep them away from diseases.
5. It will also help them in self-management and living a disciplined life.
6. It will help students in decision-making and solving their problems.
7. It will help students cope with conflict and depression.

8. It will make students aware of the functions of various systems of the body.
9. It will develop positive attitudes and moral values among the students.

5) Duration:

Bachelor of Arts in **B.A. (Yoga)** programme shall be **A Full Time Course** of 3/4 Years– 6/8 Semesters Duration with 22 Credits per Semester. (Total Credits = 132/176)

6) Medium of Instruction:

The medium of instruction shall be ENGLISH or MARATHI. The students will have option to write Answer-Scripts in **Marathi or English**.

7) Eligibility for Admission:

The candidate who has qualified **Senior Secondary School Examination (10 + 2) OR Equivalent** from a recognized board/institute is eligible for admission for this course. The criteria for admissions are as per the rules and regulations set from time to time by concerned departments, HEIs, university, government, and other relevant statutory authorities.

8) SCHEME OF TEACHING AND EXAMINATION PATTERN

(Theory/Practical/Internal)

The pattern of examination will be Semester End Examination with Internal Assessment/Evaluation.

9) STRUCTURE OF PROGRAMME:

(Credit Distribution Structure for with Multiple Entry and Exit Options B.A.- I in B.A. (Yoga))

| COURSE CATEGORY | ABBREVIATION (Only 2 Letters) | DESCRIPTION |
|-------------------------|--|--|
| MAJOR | Mandatory (MM) | Major – Mandatory Course |
| | Elective (ME) | Major – Elective Course |
| MINOR | Minor (MN) | Minor - Course |
| IDC/MDC/ GEC/OE | IDC (ID) | Interdisciplinary Course |
| | MDC (MD) | Multi-Disciplinary Course |
| | GEC (GE) | General Elective Course |
| | OE (OE) | Open Elective Course (Generic Course not from Major or Minor Category) |
| VSC/SEC | VSC (VS) | Vocational Skill Course |
| | SEC (SE) | Skill Enhancement Course |
| AEC/VAC/IKS | AEC (AE) | Ability Enhancement Course |
| | VAC (VA) | Value Added Course |
| | IKS (IK) | Indian Knowledge System |
| OJT/FP/CEP/CC/RP | OJT (OJ) | On Job Training |
| | FP (FP) | Field Project |
| | CEP (CE) | Community Engagement Project |

| | | |
|--|---------|----------------------|
| | CC (CC) | Co-curricular Course |
| | RP (RP) | Research Project |

Note: (Annexure-II)

A) Second Year Bachelor of Arts (B.A. - II) (UG DIPLOMA):

| | |
|------------------------|---|
| YEAR: | B.A. - II |
| SEMESTER: | III and IV |
| LEVEL: | 5.0 |
| TOTAL CREDITS | 22 + 22= 44 |
| DEGREE AWARDED: | UG CERTIFICATE (AFTER 44 CREDITS IN TOTAL) |

(Annexure-II)

| B. A. Programme Structure for Level 4.5 | | | | | | | | | | | |
|--|--------------------|------------------------|--------------|----------------|----------------------|---------------------------------------|------------|------------|---------------------------------|--------------------------------|------------|
| B.A. - I - Semester I | | | | | | | | | | | |
| Teaching Scheme | | | | | | Examination Scheme | | | | | |
| Sr. No. | Theory (TH) | | | | Practical | Semester-end Examination (SEE) | | | Internal Assessment (IA) | | |
| | Course Type | No. of Lectures | Hours | Credits | | Paper Hours | Max | Min | Internal | Max | Min |
| 1. | DSC –I | 4 | 4 | 4 | If applicable | 3 | 80 | 28 | Assignment | 20 | 07 |
| 2. | DSC –I | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 07 |
| 3. | DSC –I | 4 | 4 | 4 | | 2 | 40 | 14 | | 10 | 04 |
| 4. | OE -I | 2 | 2 | 2 | | 2 | 40 | 14 | | 10 | 04 |
| 5. | SEC - I | 2 | 2 | 2 | | 2 | 40 | 14 | | 10 | 04 |
| 6. | AEC -I | 2 | 2 | 2 | | 2 | 40 | 14 | | 10 | 04 |
| 7. | IKS (Generic) | 2 | 2 | 2 | | 2 | 40 | 14 | | 10 | 04 |
| 8. | CC | 2 | 2 | 2 | | 2 Viva | 10 | 04 | Field activities | 40 | 14 |
| Total | | 22 | 22 | 22 | | --- | 440 | --- | | 110 | --- |
| | | | | | | | | | | SEE + IA = 440+110= 550 | |

| B. A. Programme Structure for Level 4.5 | | | | | | | | | | | |
|---|-------------|----------------|-------|---------|---------------|--------------------------------|-----|-----|--------------------------|-------------------------|-----|
| B. A. - I – Semester - II | | | | | | | | | | | |
| Teaching Scheme | | | | | | Examination Scheme | | | | | |
| Sr. No. | Theory (TH) | | | | Practical | Semester-end Examination (SEE) | | | Internal Assessment (IA) | | |
| | Course Type | No. of Lecture | Hours | Credits | -- | Paper Hours | Max | Min | Internal | Max | Min |
| 1. | DSC –II | 4 | 4 | 4 | If applicable | 3 | 80 | 28 | Assignment | 20 | 7 |
| 2. | DSC –II | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| 3. | DSC –II | 4 | 4 | 4 | | 2 | 40 | 14 | | 10 | 04 |
| 4. | OE - II | 2 | 2 | 2 | | 2 | 40 | 14 | | 10 | 04 |
| 5. | SEC - II | 2 | 2 | 2 | | 2 | 40 | 14 | | 10 | 04 |
| 6. | AEC - II | 2 | 2 | 2 | | 2 | 40 | 14 | | 10 | 04 |
| 7. | VEC | 2 | 2 | 2 | | 2 | 40 | 14 | Concurrent Fieldwork | 10 | 04 |
| 8. | CEP | 2 | 2 | 2 | | 2 Viva | 10 | 4 | | 40 | 14 |
| Total | | 22 | 22 | 22 | | --- | 410 | --- | | 140 | --- |
| | | | | | | | | | | SEE + IA = 410+140= 550 | |

| B. A. Programme Structure for Level 5.0 | | | | | | | | | | | |
|---|-----------------|----------------|-------|---------|----------------|--------------------------------|-----|-----|--------------------------|-----|-----|
| B. A. - II - Semester - III | | | | | | | | | | | |
| Teaching Scheme | | | | | | Examination Scheme | | | | | |
| Sr. No. | Theory (TH) | | | | Practical (PR) | Semester-end Examination (SEE) | | | Internal Assessment (IA) | | |
| | Course Type | No. of Lecture | Hours | Credits | -- | Paper Hours | Max | Min | Internal | Max | Min |
| 1. | MM – III | 4 | 4 | 4 | If applicable | 3 | 80 | 28 | Assignment | 20 | 7 |
| 2. | MM - IV | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| 3. | MN –III | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| 4. | IDC/MDC/ GEC/OE | 2 | 2 | 2 | | 2 | 40 | 14 | | 10 | 04 |
| 5. | SEC - III | 2 | 2 | 2 | | 2 | 40 | 14 | | 10 | 04 |
| 6. | SEC - IV | 2 | 2 | 2 | | 2 | 40 | 14 | | 10 | 04 |

| | | | | | | | | | | | |
|---|----------------------------|--------------------|-------|---------|----------------------|--------------------------------------|-----|-----|--------------------------|-----|-----|
| 7. | AEC | 2 | 2 | 2 | | 2 | 40 | 14 | | 10 | 04 |
| 8. | IKS (Specifi c) | 2 | 2 | 2 | | 2 | 40 | 14 | | 10 | 04 |
| Total | | 22 | 22 | 2 2 | | --- | 440 | --- | | 110 | --- |
| SEE + IA = 440+110= 550 | | | | | | | | | | | |
| B. A. Programme Structure for Level 5.0 | | | | | | | | | | | |
| B. A. - II - Semester - IV | | | | | | | | | | | |
| Teaching Scheme | | | | | | Examination Scheme | | | | | |
| Sr. No. | Theory (TH) | | | | Practica l | Semester-end Examination (SEE) | | | Internal Assessment (IA) | | |
| | Course Type | No. of Lectures | Hours | Credits | -- | Paper Hours | Max | Min | Internal | Max | Min |
| 1. | MM –V | 4 | 4 | 4 | If applicab le | 3 | 80 | 28 | Assignme nt | 20 | 7 |
| 2. | MM - VI | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| 3. | MN –IV | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| 4. | IDC/M DC/ GEC/O E | 2 | 2 | 2 | | 2 | 40 | 14 | | 10 | 04 |
| 5. | SEC – V | 2 | 2 | 2 | | 2 | 40 | 14 | | 10 | 04 |
| 6. | SEC – VI (Major) | 2 | 2 | 2 | | 2 | 40 | 14 | | 10 | 04 |
| 7. | AEC | 2 | 2 | 2 | | 2 | 40 | 14 | | 10 | 04 |
| 8. | VAC | 2 | 2 | 2 | | 2 | 40 | 14 | | 10 | 04 |
| Total | | 22 | 22 | 2 2 | | --- | 440 | --- | | 110 | --- |
| SEE + IA = 440+110= 550 | | | | | | | | | | | |

| | | | | | | | | | | | |
|--|------------------------|---------------------------|--------------|----------------|---------------------------|---|------------|------------|-------------------------------------|------------|------------|
| B. A. Programme Structure for Level 5.5 | | | | | | | | | | | |
| B. A. - III - Semester - V | | | | | | | | | | | |
| Teaching Scheme | | | | | | Examination Scheme | | | | | |
| Sr. No | Theory (TH) | | | | Practical (PR) | Semester-end Examination (SEE) | | | Internal Assessment (IA) | | |
| | Course Type | No. of Lecture | Hours | Credits | --- | Paper Hours | Max | Min | Internal | Max | Min |
| 1. | MM – VII | 4 | 4 | 4 | If applicable | 3 | 80 | 28 | Assignme nt | 20 | 7 |
| 2. | MM - | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |

| | | | | | | | | | | | |
|-------|---------|----|----|----|--|------------|-----|-----|------|-----------------------------------|-----|
| | VIII | | | | | | | | | | |
| 3. | MM – IX | 4 | 4 | 4 | | 3 | 80 | 28 | VIVA | 20 | 7 |
| 4. | ME - I | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| 5. | MN - V | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| 6. | OJT | -- | 2 | 2 | | Repo rt | 30 | 11 | | 20 | 7 |
| Total | | 22 | 22 | 22 | | --- | 430 | --- | | 11 0 | --- |
| | | | | | | | | | | SEE + IA = 430+120 = 550 | |

B. A. Programme Structure for Level 5.5

B. A. - III - Semester - VI

| Teaching Scheme | | | | | | Examination Scheme | | | | | |
|-----------------|-------------|-----------------|-----------|-----------|---------------|--------------------------------|------------|------------|--------------------------|--------------------------------|------------|
| Sr . No. | Theory (TH) | | | | Practical | Semester-end Examination (SEE) | | | Internal Assessment (IA) | | |
| | Course Type | No. of Lectures | Hours | Credits | | Paper Hours | Max | Min | Internal | Max | Min |
| 1. | MM – X | 4 | 4 | 4 | If applicable | 3 | 80 | 28 | Assignment VIVA | 20 | 7 |
| 2. | MM - XI | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| 3. | MM – XII | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| 4. | ME - II | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| 5. | MN - VI | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| 6. | FP | -- | 2 | 2 | | Report | 20 | 7 | | 30 | 11 |
| Total | | 22 | 22 | 22 | | --- | 420 | --- | | 130 | --- |
| | | | | | | | | | | SEE + IA = 420+130= 550 | |

B. A. Programme Structure for Level 6.0

B. A. - IV - Semester - VII (WITH HONOURS)

| Teaching Scheme | | | | | | Examination Scheme | | | | | |
|-----------------|-------------|-----------------|-------|---------|----------------|--------------------------------|-----|-----|--------------------------|-----|-----|
| Sr . No. | Theory (TH) | | | | Practical (PR) | Semester-end Examination (SEE) | | | Internal Assessment (IA) | | |
| | Course Type | No. of Lectures | Hours | Credits | | Paper Hours | Max | Min | Internal | Max | Min |
| 1. | MM – | 4 | 4 | 4 | If | 3 | 80 | 28 | Assignment | 20 | 7 |

| | | | | | | | | | | | |
|--------------|-------------|-----------|-----------|-----------|-------------------|------------|------------|------------|------------|--------------------------------|------------|
| | XIII | | | | applicable | | | | ent | | |
| 2. | MM - XIV | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| 3. | MM - XV | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| 4. | MM - XVI | 2 | 2 | 2 | | 2 | 40 | 14 | | 10 | 4 |
| 5. | ME - III | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| 6. | RM | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| Total | | 22 | 22 | 22 | | --- | 440 | --- | | 110 | --- |
| | | | | | | | | | | SEE + IA = 440+110= 550 | |

| B. A. Programme Structure for Level 6.0 B. A. - IV – Semester - VIII (WITH HONOURS) | | | | | | | | | | | |
|--|-------------|-----------------|-----------|-----------|----------------|--------------------------------|------------|------------|--------------------------|--------------------------------|------------|
| Teaching Scheme | | | | | | Examination Scheme | | | | | |
| Sr. No. | Theory (TH) | | | | Practical (PR) | Semester-end Examination (SEE) | | | Internal Assessment (IA) | | |
| | Course Type | No. of Lectures | Hours | Credits | --- | Paper Hours | Max | Min | Internal | Max | Min |
| 1. | MM – XVII | 4 | 4 | 4 | If applicable | 3 | 80 | 28 | Assignment | 20 | 7 |
| 2. | MM - XVIII | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| 3. | MM –XIX | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| 4. | MM –XX | 2 | 2 | 2 | | 2 | 40 | 14 | | 10 | 4 |
| 5. | ME - IV | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| 6. | OJT | -- | 4 | 4 | 4 | Report | 60 | 14 | VIVA | 40 | 21 |
| Total | | 18 | 22 | 22 | 04 | --- | 420 | --- | | 130 | --- |
| | | | | | | | | | | SEE + IA = 420+130= 550 | |

OR

| B. A. Programme Structure for Level 6.0 B. A. - IV - Semester - VII (WITH RESEARCH) | | | | |
|--|-------------|----------------|--------------------------------|--------------------------|
| Teaching Scheme | | | Examination Scheme | |
| Sr. No. | Theory (TH) | Practical (PR) | Semester-end Examination (SEE) | Internal Assessment (IA) |

| | Course Type | No. of Lectures | Hours | Credits | --- | Paper Hours | Max | Min | Internal | Max | Min |
|-------|-------------|-----------------|-------|---------|---------------|-------------|-----|-----|------------|-------------------------|-----|
| 1. | MM – XIII | 4 | 4 | 4 | If applicable | 3 | 80 | 28 | Assignment | 20 | 7 |
| 2. | MM - XIV | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| 3. | MM – XV | 2 | 2 | 2 | | 2 | 40 | 14 | | 10 | 4 |
| 4. | ME - III | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| 5. | RM | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| 6. | RP | -- | 4 | 4 | 4 | Report | 60 | 21 | VIVA | 40 | 14 |
| Total | | 18 | 22 | 22 | 4 | --- | 420 | --- | | 130 | --- |
| | | | | | | | | | | SEE + IA = 420+130= 550 | |

| B. A. Programme Structure for Level 6.0 | | | | | | | | | | | |
|--|-------------|-----------------|-------|---------|----------------|--------------------------------|-----|-----|--------------------------|-------------------------|-----|
| B. A. - IV - Semester - VIII (WITH RESEARCH) | | | | | | | | | | | |
| Teaching Scheme | | | | | | Examination Scheme | | | | | |
| Sr. No. | Theory (TH) | | | | Practical (PR) | Semester-end Examination (SEE) | | | Internal Assessment (IA) | | |
| | Course Type | No. of Lectures | Hours | Credits | --- | Paper Hours | Max | Min | Internal | Max | Min |
| 1. | MM – XVI | 4 | 4 | 4 | If applicable | 3 | 80 | 28 | Assignment | 20 | 7 |
| 2. | MM - XVII | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| 3. | MM – XVIII | 2 | 2 | 2 | | 2 | 40 | 14 | | 10 | 4 |
| 4. | ME - IV | 4 | 4 | 4 | | 3 | 80 | 28 | | 20 | 7 |
| 5. | RP | -- | 8 | 8 | 8 | Report | 120 | 28 | VIVA | 80 | 42 |
| Total | | 14 | 22 | 22 | 8 | --- | 400 | --- | | 150 | --- |
| | | | | | | | | | | SEE + IA = 400+150= 550 | |

| A-I) B.A-II Semester - III (Total credits -2.2): (Note Put ‘-’ wherever ‘Not Applicable’) | | | | |
|--|----------------------------|---|-------------|---------|
| Course Category | | Course Name | Course Code | Credits |
| Course -1 | MM II | Patanjali yoga - Darshan - I | | 04 |
| Course-2 | MM IV | Hatha Yoga texts - I | | 04 |
| Course-3 | MN III | Yogic Practical's. | | 04 |
| OE | OE III | Yogic Text -I (Upanishad) | | 02 |
| VSC | VSC I | Fundamental of Ayurveda | | 02 |
| SEC | SEC III | Methods of teaching and Evaluation in yoga-I | | 02 |
| AEC | AEC III | English | | 02 |
| IKS | IKS | (Specific) Yogic Kriya III | | 02 |
| | Credits for B.A-II SEM III | | | 22 |

A-2) B.A II semester- IV (Total credits-22): (Note put '-' wherever Not Applicable)

| Course Category | | Course Name | Course code | Credits |
|---|----------|--|-------------|---------|
| Course-1 | MM - V | Patanjali Yoga darshana - II | | 04 |
| Course-2 | MM - VI | Hatha yoga Texts -II | | 04 |
| Course-3 | MN - IV | Yogic Practical's | | 04 |
| OE | OE IV | Fundamentals of Naturopathy | | 02 |
| VSC | VSC II | Yogic Kriya IV | | 02 |
| SEC | SEC-IV | Methods of teaching and Evaluation in yoga-II | | 02 |
| AEC | AEC - IV | English | | 02 |
| VAC | VAC - I | EVS | | 02 |
| Total | | Credits for B.A. – II Sem. IV | | 22 |
| | | CREDITS FOR B.A. - II, SEM - III: | | 22 |
| CREDITS FOR B. A. - II, SEM – III AND IV: | | | 22 + 22= 44 | |
| SPECIAL NOTE: If student wants to ‘EXIT’ after completion of B.A. I (SEM I and II), he/she must acquire --- credits through SUMMER INTERNSHIP of ----- hours and submit the report. After | | | | |

| | |
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| <p>verification by concerned authority he/she will be awarded the UG CERTIFICATE degree. This Certificate is a pre-requisite for admission or 'ENTRY' in B.A. II courses i. e. DIPLOMA.</p> <p style="text-align: center;">The Nature of SUMMER INTERNSHIP:</p> | |
|--|--|

10. STANDARDS OF PASSING AND DETERMINATION OF SGPA/CGPA, GRADING AND DECLARATION OF RESULTS

Shivaji University has adopted 10-point Grading System as follows:

➤ **In each semester, marks obtained in each course (Paper) are converted to grade points:**

O If the total marks of course are 100 and passing criteria is 35%, then use the following Table 1 for the conversion.

O If total marks of any of the course are different than 100 (e. g. 50) and passing criterion is 35%, then marks obtained are converted to marks out of 100 as below:

$$\frac{\text{Marks obtained by student in that course}}{\text{Marks out of 100}} = \times 100$$

Total marks of that course and then grade points are computed using Marks out of 100 as per Table 1.

Table 1: Conversion of Marks out of 100 to grade point (Passing: 35)

Here is a common system for converting marks out of 100 to grade points, assuming a passing threshold of 35%:

Conversion Table: Marks to Grade Points

| Marks (%) | Grade Point | Description |
|-----------|-------------|---------------|
| 91 - 100 | 10 | Outstanding |
| 81 - 90 | 9 | Excellent |
| 71 - 80 | 8 | Very Good |
| 61 - 70 | 7 | Good |
| 51 - 60 | 6 | Above Average |
| 41 - 50 | 5 | Average |
| 35 - 40 | 4 | Pass |
| Below 35 | 0 | Fail |

Key Points:

- Passing Marks:** Students must score at least 35% (Grade Point: 4) to pass.
- Grade Points Scale:** Typically ranges from **0 to 10**, with **10** being the highest.
- Interpretation of Scores:**
 - Marks above 90% are rewarded with the highest-grade point.

- Gradual reduction in grade points corresponds to declining performance.

Table 2: Conversion of Marks out of 50 to grade point (Passing: 18)

Here is the conversion of marks out of 50 to grade points, with a passing threshold of 35%:

Conversion Table: Marks (Out of 50) to Grade Points

| Marks (Out of 50) | Marks (%) | Grade Point | Description |
|-------------------|-----------|-------------|---------------|
| 46 - 50 | 91 - 100% | 10 | Outstanding |
| 41 - 45 | 81 - 90% | 9 | Excellent |
| 36 - 40 | 71 - 80% | 8 | Very Good |
| 31 - 35 | 61 - 70% | 7 | Good |
| 26 - 30 | 51 - 60% | 6 | Above Average |
| 21 - 25 | 41 - 50% | 5 | Average |
| 18 - 20 | 35 - 40% | 4 | Pass |
| Below 18 | Below 35% | 0 | Fail |

Key Details:

1. **Passing Marks:** A minimum of 18 out of 50 (35%) is required to pass (Grade Point: 4).
2. **Grade Points Scale:** Ranges from **0 to 10**, reflecting performance from Fail to Outstanding.
3. **Percentage Conversion:** Marks out of 50 are converted to percentage for grade determination.

Computation of Semester Grade Point Average (SGPA):

Based on the grade points earned in each course in each semester, *Semester Grade Point Average (SGPA)* is computed as follows:

The SGPA is the ratio of sum of the product of the number of credits with the grade points scored by a student in all the courses taken by a student in that semester and the sum of the number of credits of all the courses undergone by a student in that semester. The SGPA of the i^{th} semester is denoted by S_i . The formula is given by

$$\frac{\sum_{j=1}^k c_j \times G_j}{\sum_{j=1}^k c_j}$$

SGPA of semester $i = S_i =$

$\frac{\sum_{j=1}^k c_j \times G_j}{\sum_{j=1}^k c_j}$ Where c_j is the number of credits of j^{th} course, G_j is the grade points earned in the j^{th} course and k be the number of courses in i^{th} semester.

➤ **Computation of Semester Grade Point Average (SGPA):**

Based on the SGPA of each semester, Cumulative Grade Point Average (CGPA) is computed as follows:

The CGPA is also calculated in the same manner taking into account all the courses undergone by a student over all the semesters of a programmed, $\frac{\sum_{j=1}^k c_j \times G_j}{\sum_{j=1}^k c_j}$

SGPA of semester $i = S_i =$

$\frac{\sum_{j=1}^k c_j \times G_j}{\sum_{j=1}^k c_j}$ Where c_j is the number of credits of j^{th} course, G_j is the grade points earned in the j^{th} course and k be the number of courses in i^{th} semester.

Based on CGPA, final letter grade is assigned as below:

Table 3: Final Cumulative Grade Point Average (CGPA) and Final Grade for course

| Sr. No. | CGPA Range | Grade | Grade Descriptions |
|---------|------------|-------|--------------------|
| 1 | 9.50-10.00 | O | Outstanding |
| 2 | 8.86-9.49 | A+ | Excellent |
| 3 | 7.86-8.85 | A | Very Good |
| 4 | 6.86-7.85 | B+ | Good |
| 5 | 5.86-6.85 | B | Above Average |
| 6 | 4.86-5.85 | C | Average |
| 7 | 4.00-4.85 | P | Pass |
| 8 | 0.00-3.99 | F | Fail |
| 9 | Nil | AB | Absent |

Remarks:

1. B+ is equivalent to 55% marks and B is equivalent to 50 % marks. The final later grade is based on the grade points in each course of entire programme and not on marks obtained each course of entire programme.
2. The SGPA and CGPA shall be round off to two decimal points.

11. NATURE OF QUESTION PAPER, DURATION AND SCHEME OF MARKING

QUESTION PAPER PATTERN FOR B.A. PART II

B.A. (B.A. (Yoga)) SEMESTER-III / IV

Semester Exam for each paper –

Total Marks: 80

EXAMINATION, -----

PAPER No. ---- - Paper Title-----

Day and Date: Total Marks: 80 Duration: 03 Hours

Instructions: 1) All questions are compulsory.

All questions carry equal marks.

Q. No. 1: (A) Multiple Choice Questions (Five) (2 Marks Each) 10

(B) Answer in One or Two Sentences (Five) (2 Marks Each) 10

Q. No.2 Short notes (Any four out of six) 20

Q. No. 3: Descriptive Type Questions with internal choice 20

Q. No. 4: Descriptive Type Question with internal choice. 20

Term Work- Assignment/ Seminar/ Open Book Test/ Presentation – 20 marks

NATURE OF QUESTION PAPER AND SCHEME OF MARKING

B.A. Part- I (Semester-I) Examination -----

B.A. (Yoga) -----

Title -----

Sub code -----

Day & Date: Time:

Total Marks: 40

Instructions 1. All questions are Compulsory

2. Figures to the right indicate full marks

3. Draw neat diagrams wherever necessary

Q 1 Complete the following sentences by choosing correct alternatives (05)

Q 2 Write short notes (Any 3/5) (15)

Q 3 Write detailed answers to the following (Any 2/3) (20)

Internal Evaluation 10 Mark

B.A.- II Semester- III - Home Assignment

B.A.-II Semester-IV – Unit Test

12: SYLLABUS

A) THEORY PAPERS:

Sem. - III

MM III - Patanjali yoga Darshana - I

MM IV - Hath yoga Texts - I

MN I - Yogic practicals.

OE III- Yogic Text -I(Upanishad).

VSC- I - Fundamental of Ayurveda

SEC-III - Methods of teaching and evaluation in yoga I

AEC III - English

IKS – Yogic Kriya III

B.A II Semester-III

Course category: B.A. (Yoga)

Sem.-III (Level):- course

Course No. – MM III.

Course-Name - Patanjali yoga darshana - I

Course code -

Course credits-04.

Marks: semester end: (T80+ IA20) Total marks = 100

Objects

- To understand the concepts and practices of patanjali yoga sutra.
- To understand the essence of the patanjali yoga sutra
- To understand the role of patanjali yoga sutra in day to day life.

| Module No | Module Name | Teaching Hours | Credits |
|-------------|--|----------------|------------|
| Module No.1 | Patanjali Yoga Darshana-I Introduction to yoga Darshan of Patanjali and patanjali yoga sutra, Brief introduction to traditional Commentators and Commentaries of Patanjali yoga Sutra (Vyasa Bhasya, Tatvavisharadi, Bhoja vritti and yoga-Vartika): Concept of Mana, Buddhi, Ahankar and chitta; vrittis and their classification. | 15 | 1 |
| Module No.2 | Cittavrittis Nirodhopaya (Abhyasa and vairagya); Concept of Ishwar and Ishwar pranidhana, Concept of Samprajnata; Citta-vikshepas (Antarayas); Concept of cittaprasadanam, Relevance of citta prasadnam in yaga Sadhana. | 15 | 1 |
| Module No:3 | Samadhipoda - Concept of yoganus hasanam, yoga Lakshanam and its Results; Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi): Types of vitarka, vichara Anand and Ashmita) | 15 15 | 1 1 |
| Module No:4 | - Concept of Samaplatti and kinds of Samapatti (Savitraka and Nirvitraka, Savichara and Nirvichara Types of Asamprajnatah Samadhi. | | |
| Total | | | 04 |

Course Learning outcomes:-

- Understand various modification of Mind the means of inhibiting them.
- Have an Understanding about the essence of Samadhi and Sadhanapada

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Course category: B.A (yoga)

Sem-III (Level):- Course

Course No: Mm IV

Course Name:- Hatha Yoga Texts-I

Course code: -

Course credits:- 04

Mark: Semester End; (T80 + IA 20) Total marks = 100

Objects:-

- Have an Understanding about pre-requisites, principles about Hatha yoga
- Understand the relationship between Hatha and Raja yoga.
- Have an Understanding about the concept of Hatha yoga in classical texts.

| Module No. | Module Name | Teaching Hours | Credits |
|------------|-------------|----------------|---------|
|------------|-------------|----------------|---------|

| | | | |
|----------------------|--|----|----|
| Module No. 01 | Hatha yoga Text-I - Hatha yoga:- Origin, meaning, Definition Aim, Objectives - Its philosophy and foundations, Hatha yoga Parampara. - Brief Introduction to eminent Hatha yogis of Nathacult and their contributions for the development of yoga. | 15 | 1 |
| Module No2. | Asanas: Concept, Etymology, Definition and principles of Asanas, Relevance and importance of asanas in Hatha yoga Sadhana. | 15 | 1 |
| Module No. 3 | Shatkarma: - Introduction to shatkarma and their relevance in Hatha yoga sadhana Shatkarmas as mentioned in different Hatha yogic texts. Pranayamas in Hathayoga Concept of prana and pranayama. | 15 | 1 |
| Module No.4 | - Pranayama its phases and stages, prerequisites of pranayama. - Bandha, mudra and other practices, concept and definition of Bandha and mudras in Hatha yoga. | 15 | 1 |
| Total = | | | 04 |

Course Learning outcomes:-

- 1) To give an introduction of Hatha yoga and its practices.
- 2) To give Introduction the principles of Hatha yoga.
- 3) To introduce essential Hatha yoga texts and their Importance in health and healing.

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- Burley, Mikel:- Hatha Yoga, Its context Theory and practice, M.L.B.D., Delhi 2000.
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Course category:- B.A (Yoga)

Sem:- III (Level):- Course

Course No:- MN IV

Course Name:- Yogic practicals.

Marks:- Semester End (T80+ IA 20) Total marks-100

| Module No 1 | Module Name | Teaching Hours | Practical No. Teaching hours | Credits |
|------------------------|---|---------------------------|---|----------------|
| | Om chanting Prayer | | 30 | 1 |
| Module No 2 | Sukshma Vyayam (Jogging, Forward and Back ward bending side bending) 6 surynamasker-12 counts with Mantras | | 30 | 1 |
| | Supine – a) Sarvangasana b) Ardha – Halasan c) Ardha Chakrasana d) Shavasan e) Matyasan | | 30 | 1 |
| | Prone a) Karnhast Bhujangasan b) Niralamb Shalbhasan c) Makrasan. | | | |
| | Sitting Position a) Simhasan b) uttkatasan c) Ardh-padmbandhasan. d) Ugrasan. | | | |
| | Standing a) Padahasthasana b) Tadasan.. c) Triyaktadasan | | | |

| | | | | |
|--------------|---|--|----|----|
| | d) Parivartit Trikonasana. e) Sanktasana | | | |
| | Breathing exercise | | 30 | 1 |
| | Deep breathing 8) Pranayam Chandrbheden pranayam (without Bandhas). sitkari pranayam (Without Bandhas) Bhastrika pranayam (without Bandhas) Ujjayi pranayam (without Bandhas.) closing prayer | | | |
| Total | | | | 04 |

Course outcomes (practicals)

- Make the students recite the vedic hymns skillfull
- Understand the concept and principles of shatkarimas.
- know and Understand about breathing practic

Course category B.A. (Yoga)

Sem-III (Level) Course.

Course No. OE III

Course Name - Yogic Text -1 (Upanishad).

Course Code

Course Credits - 02

Marks : Semester End : (T40 + IA 10)

Total Marks = 50

Object

- Have an idea about the major principal Upanishad
- Understand the essence of each Upanishad and how to put them into practice.
- Understand each Upanishad and the role of it in out day to day life

Course

| | | | |
|------------------|-------------------|---------------------|---------------------|
| Number of Theory | Number of lecture | Number of Practical | Number of Practical |
|------------------|-------------------|---------------------|---------------------|

| | | | |
|---------|----------------|---------|------------------|
| Credits | hours/semester | Credits | hours/ semesters |
| 02 | 30 | - | - |

| Module No | Module Name | Teaching Hours | Credit |
|-----------|--|----------------|--------|
| No.1 | <ul style="list-style-type: none"> - Meaning and Definition of the word upanishad Importance of Upanishad Advaita, Duality and Triatism theory of upanishads. - General introduction of the Upanishads. Mentioned in Yoga, the subject described in the Upanishads, the nature of Yoga according to the shvetaswaropanishad. A suitable place for practicing Yoga the Symptom of Yoga, the symptom of Yoga accomplishment. | 15 | 1 |
| No.2 | <ul style="list-style-type: none"> - Yoga elements in the Upanishads - Ishoupishad, Kenoupanishad, in the context of Kathopanishad, Karma, types of Karma, Karma Indulgence, Karma-renunciation, Karma-Vipaka, purusharthachatushtaya. - Vidya-Avidya knowledge, and destruction the nature and subject of the senses, the relation between mind and senses. | 15 | 1 |
| Total | | | 02 |

| Formative Assessment | |
|----------------------|--------------------|
| Assessment | Weightage in Marks |
| Theory | Theory - 40 Marks |
| IA | IA - 10 Marks |
| Total | 50 Marks |

Pedagogy: The course shall be taught through lectures, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals, and Extramurals.

Course Learning outcomes –

- Understand and discuss Upanishad as basic philosophical and theoretical foundations of Yoga.

- These texts provides a deeper understanding to Yogic concepts mentioned in them students will be able to relate and implement in everyday activities.

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Course category:- B.A. Yoga

Course No:- VSC I

Course Name - Fundamentals of Ayurveda

Course code

Course credits. 02

Marks: Semester End (T 40 + IA 10)

Total marks = 50

Objectives:-

- To understand the basic principles and concepts of Ayurveda.
- To understand the role of Ayurveda in healthy Lifestyle.
- To understand the role of Ayurveda in prevention and Management of disease.
- To understand Relation between Yoga and Ayurveda.

| Module No.1 | Module Name | Teaching Hours | Credits |
|-------------|--|----------------|---------|
| | - Ayurveda:- Its meaning, definitions, aim and objectives, origin, History, and development of Ayurveda, principle of Ayurveda. | 15 | 01 |
| | <ul style="list-style-type: none"> - Brief Introduction to Important Ayurvedic texts like charaka Samhita, Sushrutta samhita and Ashtanga samgraha, Ashtanga Ayurveda and its significance - Basic principles of Ayurveda - Tridosha, Trigunas Saptadhaty, Trimala, Pancha Mahabhuta, Prakruti and Manas. Introduction to Dravja, Guna Korma, virya, vipaka and prabhava - Concept of Health, Pathogenesis and disease - According to Ayurveda and its utility in health Promotion and disease management. Approach of Ayurveda and yoga as whole: Relationship between Ayurveda and yoga. | 15 | 01 |
| | | | 02 |

Course Learning outcomes.

- Foundation principles of Ayurveda
- The relationship between constitution, health and Imbalance.
- Daily guideline of holistic health.
- The purpose of Ayurveda's sister science, yoga
- The mind-body connection

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Course category:- B.A. Yoga

Course No:- SCE III

Course Name - Methods of teaching and Evaluation in Yoga.I

Course code -

Course credits -02

Objects:-

- To Introduce the methods and, techniques of teaching to the students.
- Understand about the class management and lesson planning in yoga.
- To introduce the concept of Evolution in yoga methods of teaching.

Course

| Number of Theory Credits | Number of lecture hours/semester | Number of Practical Credits | Number of Practical hours/ semesters |
|--------------------------|----------------------------------|-----------------------------|--------------------------------------|
| 02 | 30 | - | - |

| Module No. | Module Name - I | Teaching Hours | credit |
|---------------------|---|-----------------------|---------------|
| Module No. 1 | 1) Education meaning, Definition Aim, objectives and Importance: components of education. (Teacher, student, environment and curriculum forms of Education) 2) Salient features of yoga education, Factors of yoga education: Teacher student and Teaching Role of a yoga teacher. 3) Concepts and Relationship between Teaching and Learning principles of. Teaching Levels and phases of teaching qualities of a yoga guru. 4) Teaching Methods with special reference to yoga, Factors influencing yoga teaching Need of practice teaching and its use in yogic practice. 5) Principle and methods of teaching used in yoga science for an individual or a group. | 15 | 1 |
| Module No. 2 | - Concept of measurement, Assessment Test and Evaluation - Evaluation;- meaning, Definition, Need Scope and purpose - Principle of evaluation, Assessment and Conduct of examinations. - Characteristic of evaluation; validity and reliability - Types of Evaluation; formative and summative | 15 | 1 |
| Total | | | 02 |

| Formative Assessment | |
|-----------------------------|---------------------------|
| Assessment | Weightage in Marks |
| Theory | Theory - 40 Marks |
| IA | IA - 10 Marks |
| Total | 50 Marks |

Pedagogy: The course shall be taught through lectures, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals, and Extramurals.

Course Learning outcomes.

- This can be interpreted as what we are interested in sharing, what we think we want to emphasise in terms of personal preference and our own state of being at that time.

- It is Important to keep these ideals quite high since we often fall short.
- If our ideals very low, falling short of that would be something but far away form our potential. If our ideals are high falling short of that still is a very good.

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Course Category

Sem-III (Level):- course Open Elective

Course No:- IKS

Course Name - Yogic kriya (ढढढढढ ढढढढढढ) ढ

Course code -

Course credits -02

Marks: Semester end (Test + IA10) Total marks = 50

Objects

- Cleanse the inner tracts - Respiratory tract and Digestive tract.
- Develop an Inner awareness

- Desensitize the possible hypersensitive reactions in the pathway (as in nasal allergy)
- Build the stamina and the for bearance capacity.

Course

| Number of Theory Credits | Number of lecture hours/semester | Number of Practical Credits | Number of Practical hours/ semesters |
|--------------------------|----------------------------------|-----------------------------|--------------------------------------|
| 02 | 30 | - | - |

| Module No. 1 | Module Name | Teaching Hours | Credit |
|--------------|--|----------------|--------|
| | Danta dhauti - as the name suggests, it is the cleansing of not only teeth but also jihva (Tongue), Karna (ear) Kapal randhra (frontal Sinus), and chakshu (eye). | 15 | 01 |
| | Danta Dhauti 1) Introduction to Danta dhauti:- Definition and Benefits 2) Preparation:- Dietary Guidelines and mental readiness 3) Technique: step-by-step practice of the procedure 4) Precautions:- Contraindications and safety measure. | | |
| | Antar dhauti (Internal cleaning) Vatsara (plavini, wind), Varisara (Sankhaprakshalana, water), vahnisara (Agnisar), and Bahiskrita (rectal cleaning). Antar Dhauti Introduction to Antar Dhauti -Definition and benefits. Preparation; Dietary guidelines and mental Technique, step-by-step practice of the Procedure precautions:- Contraindications and Safety measures | 15 | 01 |
| TOTAL | | | 02 |

| Formative Assessment | |
|----------------------|--------------------|
| Assessment | Weightage in Marks |
| Theory | Theory - 40 Marks |
| IA | IA - 10 Marks |
| Total | 50 Marks |

Pedagogy: The course shall be taught through lectures, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals, and Extramurals.

Course Learning outcomes.

- Participants will master Dant Dhauti to clean the Tongue, Ear, Frontal sinuse, Eye.
- Students will develop heightened Concentration and mental clarity, leading to improved mindfulness.
- Individuals will foster a deeper Connection between body and Mind, promoting overall health and spiritual growth through these purification practices.

Bibliography:-

- Hath yoga pradipika - Kaivalyadham,
- Asana, pranayama, mudra, Bandha - Bihar school of yoga.
- Gherand Samhita - Bihar school of yoga
- श्री योग प्रदीपिका-कावल्याधम.
- योग, प्राणायाम, मुद्रा, बन्धा - बिहार योग विद्यापीठ.
- गेरान्द संहिता - बिहार योग विद्यापीठ.

Sem. - IV

| | |
|----------------|--|
| Mm – V | Patanjali Yoga Darshana - II |
| MM - VI | Hath Yoga Texts - II |
| MN – IV | Yogic practicals. |
| OE IV - | Fundamentals of Naturopathy |
| VSC– | Yogic Kriya IV |
| SEC – VI | Methods of teaching and evaluation in Yoga -II |
| AEC - III | English |
| VEC -- | EVS |

B.A. II Semester - IV

| | | |
|-------------------|-----------------------------|------------------------------|
| Course category | : | B.A. (Yoga) |
| Sem. - IV (Level) | : | - course |
| Course No | : | MM-V |
| Course Name | : | Patanjali Yoga darshana - II |
| Course Code | : | |
| Course Credits:- | | 04 |
| Marks : | Semester End: (T80 + IA 20) | Total Marks - 100 |

Objects.

- To understand the concepts and practices of Patanjali Yoga sutra
- To understand the essence of the patanjali Yoga sutra
- To understand the role of patanjali Yoga sutra in day to day life.

| Module No | Module Name | Teaching Hours | Credit |
|-----------|--|----------------|--------|
| No - 1 | Sadhan Pada Concept of kriya Yoga of patanjali, theory (Avidya, Ashmita, Raga, Dewesh. Abhinevesh): Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drisha nirupanam (prakriti) | 15 | 1 |
| No - 2 | Drastunirupanama Purusha) prakriti purushasam Yoga; Brief Introduction to Ashtanga Yoga; Concept of Asana and pranayama and their siddhis; concept of pratyahara and its siddhis. | 15 | 1 |
| No - 3 | Vibhuti and Kaivalya pada Introduction of Dharana, Dhyang and samadhi, Samyama and its siddhis; Three types of chitta parinamah: Bhootajaya, Indriya Jaya and their Siddhis satyappushanyatakhyatı and its | 15 | 1 |
| No - 4 | Vivek nana Nirupinam, kaivalya Nirvachana Role of Dharana, Dhyand Bamadhi and its 26 application, Five Types of siddis and Jatyantarparinamh: Concept of Nirman Chitta and four types of Karmas; concept. of Vasana and concept of Bahyapadartha (external element) and its abilities | 15 | 1 |
| Total | | | 04 |

Course Learning out comes

- Understand various modification of mind and the means of inhibiting them.
- Have an Understanding about the essence of Sadhanapada.
- Understand the essence of vibhuti and kaivalyapada.

Bibliography

Yaga sutra - Vachaspati Mishra
Yoga Sutra - Rajmartand Bhojraj

Comparative study of patanjali Yoga and son Aurobindo Yoga - Dr. Trilokchandra
Yog Darshan - maharshi patanjalikrut Geeta press, Gorakhpur.

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Course catagory B.A (Yoga)

Course No – MM VI

Course Name Hath Yoga Texts - II

Course Code

Course Credits - 04

Marks: Semester End: (T80 + IA 20)

Total Marks = 100

Objects:-

- To give an introduction of Hatha Yoga and its practices
- To introduce the principles of Hatha Yoga
- To introduce essential Hatha Yoga texts and their importance in health and healing

| Module No | Module Name | Teaching Hours | Credit |
|-----------|---|----------------|--------|
| No - 1 | - Ghata Yoga and its applications in Gheranda Samita <ul style="list-style-type: none"> - Shat kriyas - Classification, practising methods and benefits - Asana - Classification, practising methods and benefits - Mudra - Introduction, 25 Mudras – Classification - Techniques of practising Mudra and their benefits. | 15 | 1 |
| No - 2 | - Pratyahara, pranayama, Dhyan and Samadhi in Gheranda Samuita pratyahara - classification, practising methods and benefits <ul style="list-style-type: none"> - Pranayama - classification, practising methods and | 15 | 1 |

| | | | |
|--------|---|----|---|
| | benefits - Meditation - classification, practising methods and benefits - classification of Samadhi and their Practice - A Comparative study of Hatha Yoga and Ghata Yoga (Gherand Samhita and Hatha Pradipika) | | |
| No - 3 | - Hatha Yoga practices in Goraksha Sanhita and sidhasidhanta Paddhati - Concept of sadanga Yoga, concept of Life - Different components of sadanga Yoga-Asana, pranayam, pratyahara Dharana and samadhi. - Nadi, chakra and kundalini in Goraksha samhita, control of mind | 15 | 1 |
| No. 4 | - Concept of Avadhuta, Nature of Avadhuta, concept of pinda. - A Comparative study of Hatha pradipika and Gherand samhita and Hatharestnavali. | 15 | 1 |

Course learning outcomes

- The teaching of Hatha Yoga text subject to students is to introduce and provide them with knowledge of the Yogic practices quoted in Hatha Yoga and their values and benefits for human being
- It will also provide Understanding of the prerequisites of Hatha Yoga, to introduce the principles of Hatha Yoga and essential Hatha Yoga text.

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- Swami Niranjananda Saraswati, Gherendasamhita
- Bihar school of Yoga, Munger,
- Swami Digambaraji (1970), Hatha Yoga pradipika of swatmaram
- Kaivalyadhama Lonavala Pune.
- Gharote M-Land Pai, G.K (Edi) Siddhasidhanthpaddhati Kaivalyadhama, Lonavla, 2005.
- Goraksh paddhati and Goraksh Yoga shastra of Gorakhnath Drushyamlesh Kumar Tiwari
- योगशास्त्र गोरक्षयोगशास्त्र योगशास्त्र योगशास्त्र
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- ଶ୍ରୀଯୁକ୍ତ ଶ୍ରୀମଦ୍ରାମାନୁଜୀ (1970), ଶ୍ରୀମଦ୍ରାମାନୁଜୀ ଶ୍ରୀମଦ୍ରାମାନୁଜୀ
- ଶ୍ରୀମଦ୍ରାମାନୁଜୀ ଶ୍ରୀମଦ୍ରାମାନୁଜୀ ଶ୍ରୀମଦ୍ରାମାନୁଜୀ.
- ଶ୍ରୀମଦ୍ରାମାନୁଜୀ ଶ୍ରୀମଦ୍ରାମାନୁଜୀ, ଶ୍ରୀମଦ୍ରାମାନୁଜୀ (ଶ୍ରୀମଦ୍ରାମାନୁଜୀ) ଶ୍ରୀମଦ୍ରାମାନୁଜୀ ଶ୍ରୀମଦ୍ରାମାନୁଜୀ, ଶ୍ରୀମଦ୍ରାମାନୁଜୀ, 2005.
- ଶ୍ରୀମଦ୍ରାମାନୁଜୀ ଶ୍ରୀମଦ୍ରାମାନୁଜୀ ଶ୍ରୀମଦ୍ରାମାନୁଜୀ ଶ୍ରୀମଦ୍ରାମାନୁଜୀ ଶ୍ରୀମଦ୍ରାମାନୁଜୀ - ଶ୍ରୀମଦ୍ରାମାନୁଜୀ ଶ୍ରୀମଦ୍ରାମାନୁଜୀ

Course category B.A. (Yoga)

- **Course No. MN - IV**
- Sem. - IV
- Course Name-Yogic practical's.
- Course Code
- Course Credits = 04 (Marks : Semester End (T- 80 + IA 20) Total = 100)

Objective

- 1) To Introduce the techniques salient points and health benefits of Yoga practices
- 2) To promote physical, mental, social and spiritual wellbeing through the practice of Yoga
- 3) To promote personality development of the practitioner
- 4) To promote the students to take Yoga as their profession

| Module No | Module Name | Practical Hours | Credit |
|-----------|---|-----------------|--------|
| No - 1 | 1. Om chanting, prayer | 30 | 1 |
| No - 2 | 2. Sukshma Vyayam. (Jogging, Forward and Backword Bending side Bending) 12 Sunynamaskar -12 Counts with Mantras. | 30 | 1 |
| No - 3 | 3. Asanas Supine a) Kornpidasana b) Halasan e) chakrasana d) setubandhasand e) shavesan. f) Dronasana. | 30 | 1 |
| | 4. Prone a) Gupt Padmasana b) Dandasana. | | |

| | | | |
|-------|--|----|----|
| | c) makrasana d) purn Bhujangasana. | | |
| | 5. Sitting pose. a) Siddhasana b) Kukkutasana c) garbhasana d) Merudandasana e) Gomukhasana f) supt vajrasana g) Ushtrasana h) marjarasana. | | |
| | 6. Standing pose a) Garudasana b) Natarajana c) mrdang bandh d) Shirshasana | | |
| | 7. Breathing exercise Purakh, Rechak and kumbhak. 8. pranayam a) Udgeet mudra and Bandh. a) moolbandha b) Jalindhar bandha c) uddiyanbandha mudra 9. Ashwini Mudra. | 30 | 1 |
| Total | | | 04 |

Course learning outcomes

- 1) To understand the underlying mechanisms of yoga practices.
- 2) Students will be able to understand how to strengthen the different Systems using yoga which will help them to prevent health problems and promote positive health.

Course No : OE IV

Course Name - Fundamentals of Naturopathy

Course Code -

Course Credits - 02

Marks Sem. end (T- 40 + IA 10) = Total = 50

Objects :

- To introduce the basic principles of Naturopathy and its concepts.
- To Understand Basic modalities of treatment in Naturopathy
- To have an understanding about benefits of Naturopathy and lifestyle modification.

- To Understand the role of Yoga in naturopathy treatment
- **Course**

| Number of Theory Credits | Number of lecture hours/semester | Number of Practical Credits | Number of Practical hours/ semesters |
|--------------------------|----------------------------------|-----------------------------|--------------------------------------|
| 02 | 30 | - | - |

| Module No | Module Name | Teaching Hours | Credit |
|-----------|--|----------------|--------|
| No - 1 | Introduction; <ul style="list-style-type: none"> - Brief History of Naturopathy - Meaning and Definition of Naturopathy - Principles of Naturopathy - Basic elements of Naturopathy Hydrotherapy :- <ul style="list-style-type: none"> - General principle of Hydrotherapy - Importance, & water and properties of water. - Different uses of water in therapy. | 15 | 1 |
| No - 2 | Mud Therapy and other Therapies : Mud Therapy - Properties of mud, types of mud, preparation of mud for therapy and different uses of mud for therapy. Sun therapy - Importance of sunrays and different uses of sun rays. | 15 | 1 |
| No - 3 | Diet - Meaning and definition of Diet Ancient and Modern classification Balance Diet components of Diet Carbohydrate, Protein, Fat, Vit., Minerals, water Fasting-Meaning and Importance of Fasting Rules for fasting, Type of Fasting and their benefits. | 15 | 1 |
| Total | | | 02 |

| Formative Assessment | |
|----------------------|--------------------|
| Assessment | Weightage in Marks |
| Theory | Theory - 40 Marks |

| | |
|-------|---------------|
| IA | IA - 10 Marks |
| Total | 50 Marks |

Pedagogy: The course shall be taught through lectures, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals, and Extramurals.

Course learning outcome

Course Code :

Course Credits : 02

Marks semester End (T 40 + IA 10)

Total Marks = 50

Objects:

- 1) Understand the principle and shatkarma of each practice.
- 2) Demonstrate each practice skilfully.
- 3) Explain the procedure, precaution, benefits and limitations of each practice

Course

| Number of Theory Credits | Number of lecture hours/semester | Number of Practical Credits | Number of Practical hours/ semesters |
|--------------------------|----------------------------------|-----------------------------|--------------------------------------|
| 02 | 30 | - | - |

| Module No | Module Name | Teaching Hours | Practical Hours | Credit |
|-----------|---|----------------|-----------------|--------|
| No.1 | Jal Neti and Rubber Neti 1) Introduction to sutra Neti definition and benefits. 2) Preparation - Dietary guideline and mental readiness. 3) Technique- step by step practice of the procedure. 4) Precautions:- Contraindications and safety measure. | | 15 | 1 |
| No.2 | Kapalbhati : Vatakarma (Similar to Bhastrika Pranyama) and Vyut karma. 1) Introduction to vatakarma and Vyut Karma - Definition and Benefits 2) Preparation:- Dietary guidelines and Mental Readiness 3) Technique:- step-by-step practice of the procedure 4) Precautions:- Contraindications and Safety Measure | | 15 | 1 |
| Total | | | | 02 |

Formative Assessment

Assessment

Weightage in Marks

| | |
|--------|-------------------|
| Theory | Theory - 40 Marks |
| IA | IA - 10 Marks |
| Total | 50 Marks |

Pedagogy: The course shall be taught through lectures, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals, and Extramurals.

Course Learning Outcomes.

- It helps to Improve the alertness, clean system helps to Improve the performance and performance and effectiveness of father Yogic practices the Asana, Pranayam and Mudra etc.
- It helps to Increase awareness of a human being at different levels, at the physical level, Psychological level, Emotional level, spiritual level and, intellectual level.

Bibliography:-

- Hatha Yoga pradipika-Kaivalyadham.
- Asana, pranayama, Mudra, Bandha - Bihar school of Yoga
- Gherand Samhita Bihar School of Yoga.
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Course Category B.A. (YOGA)

Sem. - IV (Level) : Course

Course No - SEC -IV

Course Name - Methods and principles of evaluation in Yoga II

Course Code -

Course Credits- 02

Marks:- Semester End (T 40 + IA - 10)

Total Marks = 50

Objects:

- To given Introduction the methods and Techniques of teaching
- understand about the class management and lesson planning in Yoga

- To Introduce the concept of evolution in Yoga methods of teaching

Course

| Number of Theory Credits | Number of lecture hours/semester | Number of Practical Credits | Number of Practical hours/ semesters |
|--------------------------|----------------------------------|-----------------------------|--------------------------------------|
| 02 | 30 | - | - |

| Module No | Module Name | Teaching Hours | Credit |
|-----------|--|----------------|--------|
| No.1 | <ul style="list-style-type: none"> - Teaching aids, Meaning and need; its meaning of Language, Voice, fluency, Clarity and Body Language in. an ideal presentation, Yoga class management - Lecture cum demonstration in Yoga: its meaning, Importance and method of its presentation - Lesson plan; Its meaning and need, Preparation of lesson plan in Yoga, preparation of lesson plan for an individual and for a group presentation of lessons in specific Yogic practices: Asana, pranayama kiya, Bandha, Mudra and Meditation - Critical observation of a Yoga class and Yoga camp workshop, Lecture on origination of Yoga classes, Yoga camps and Workshops | 15 | 1 |
| No.2 | <ul style="list-style-type: none"> - Process and Advantages of Evaluation - Evaluation Devices: Examination, Inter-view, Group Discussion, Questionnaire, etc. - Evaluation of students through Examination Interview, Group Discussion, questionnaire Scales etc. - Evaluation of teacher or teaching feedback form, Assessment of feed back - Evaluation of programmes, Institutions, Yoga Centres etc. | 15 | 1 |
| Total | - | | 02 |

| |
|----------------------|
| Formative Assessment |
|----------------------|

