

 Estd. 1962 "A++" Accredited by NAAC (2021) With CGPA 3.52	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	 
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Ref.: SU/BOS/ IDS / 221

Date: 06 - 07- 2026

i) The Principal,
All concerned Affiliated Colleges/Institutions,
Shivaji University, Kolhapur

ii) The Head/Co-ordinator/Director,
All concerned Department,
Shivaji University, Kolhapur

Subject : Regarding revised syllabi of **B. A. Part III (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 etc.) of **B. A. Part III (Sem. III & IV)** for following degree programmes under the Faculty of Inter- Disciplinary Studies as per National Education Policy, 2020 (NEP 2.0).

Education	Physical Education	Journalism
Home Science	Yoga	Social Work
Dress Making and Fashion Coordination (DMFC)	Sports (Entire)	Film Making

This syllabus (nature of question paper and equivalence etc) shall be implemented from the academic year **2026-2027** 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 programmes will be set for the examinations to be held in October /November 2026 & March/April 2027. 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,



Dy Registrar

Encl. : as above

Copy to: For information and necessary action

1	The I/C Dean, Faculty of IDS	8	Affiliation T. 1 & T. 2 Section
2	Director, Board of Examination and Evaluation	9	Appointment A & B Section
3	The Chairman, Respective Board of Studies	10	P.G.Seminar Section
4	B. A. Exam Section	11	I. T. Cell
5	Eligibility Section	12	Internal Quality Assurance Cell (IQAC)
6	Computer Centre	13	Distance and online Education
7	P.G.Admission Section	14	O. E. 1 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 - III (Semester - V and VI)

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 2026 ONWARDS)

INDEX

Sr. No.	CONTENT	Page No
1	YEAR OF IMPLEMENTATION	01
2	PREAMBLE	03
3	PROGRAMME LEARNING OUTCOMES (PO)	04
4	COURSE OUTCOMES (CO)	05
5	OBJECTIVES PROGRAMME	06
6	DURATION OF THE COURSE	07
7	MEDIUM OF INSTRUCTION	07
8	ELIGIBILITY FOR ADMISSION	07
9	SCHEME OF TEACHING AND EXAMINATION PATTERN (Theory/Practical/Internal)	07
10	EQUIVALENCE OF THE PAPERS	08
11	STRUCTURE OF PROGRAMME	09
12	STANDARD OF PASSING AND DETERMINATION OF SGPA/CGPA, GRADING AND DECLARATION OF RESULTS	11
13	NATURE OF QUESTION PAPER, DURATION AND SCHEME OF MARKING	12
14	SYLLABUS: COURSE TITLE, CODE, CREDITS, VERTICALS NAME, REFERENCES, etc.	13 to 63

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 2026 onwards

2. Preamble:

The term "Yoga" comes from the Yoga 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.

3. PROGRAMME LEARNING OUTCOMES (PO):

No.	Programme Learning Outcome (PO)	Corresponding Courses
PO1	Anatomy & Physiology Mastery: Demonstrate comprehensive knowledge of basic human anatomy and physiology to understand body structure, function, and physiological responses to yoga practices, enabling safe and effective yoga instruction with proper understanding of body systems.	Basic Human Anatomy & Physiology (Sem-V)
PO2	Yoga & Allied Sciences Integration: Apply knowledge of yoga and allied sciences (Ayurveda, naturopathy, and traditional healing systems) to integrate holistic health approaches with yoga practice for comprehensive wellness education and therapeutic applications.	Yoga & Allied Sciences (Sem-V)
PO3	Research Methodology Competence: Apply research methodology principles in yoga including problem identification, hypothesis formulation, research design, and data collection techniques to investigate yoga-related phenomena systematically.	Research Methodology in Yoga (Sem-V)
PO4	Research Process Execution: Conduct independent research in yoga by executing the complete research process from literature review to data analysis, statistical interpretation, and scientific reporting to contribute to yoga science and evidence-based practice.	Research Process in Yoga (Sem-VI)
PO5	Practical Yoga Proficiency: Demonstrate proficient practice of yoga postures (asanas), breathing techniques (pranayama), cleansing practices (kriyas), and meditation with proper alignment, technique, sequencing, and progression to guide individuals and groups effectively.	Practical Course P (Sem-V) & P-03 (ELE) (Sem-VI)
PO6	Yoga & Meditation Mastery: Practice and teach yoga and meditation techniques including various meditation styles (mindfulness, transcendental, focused attention), pranayama variations, and relaxation practices for stress management, mental clarity, and spiritual development.	Yoga & Meditation P (Sem-V Minor)
PO7	Weight Management Expertise: Design and implement evidence-based weight management programs integrating yoga practices (asanas, pranayama), nutrition guidance, lifestyle modification, and behavioral strategies for individuals seeking fitness improvement and healthy weight control.	Weight Management P-05 (Sem-V)
PO8	Field Project Implementation: Execute a comprehensive field project in yoga demonstrating practical application of yoga knowledge, community engagement, program development, implementation, and evaluation of yoga interventions for diverse populations in real-world settings.	Field Project in Yoga (Sem-V)
PO9	Yoga & Lifestyle Integration: Apply yoga principles to promote healthy lifestyle practices including stress management, dietary guidelines, daily routines (dinacharya), seasonal routines	Yoga & Lifestyle (Sem-VI)

	(ritucharya), and holistic well-being integrating physical, mental, emotional, and spiritual dimensions of health.	
PO10	Applied Psychology in Yoga: Utilize applied psychology principles in yoga to understand human behavior, motivation, personality, mental processes, psychological barriers, and emotional regulation, enabling effective counseling, mental health support, and therapy through yoga-based interventions.	Applied Psychology in Yoga (Sem-VI)
PO11	Yoga & Social Application: Promote yoga and social application by understanding yoga's role in community development, social transformation, cultural preservation, education, healthcare, and addressing contemporary social issues through yoga-based programs and outreach initiatives.	Yoga & Social Application (Sem-VI Minor)
PO12	Professional Competency & On-Job Training: Demonstrate professional competency through on-job training for yoga including workplace ethics, client interaction, program delivery, facility management, and practical experience in yoga institutes, hospitals, schools, or wellness centers.	On-Job Training for Yoga (Sem-VI)
PO13	Holistic Professional Integration: Synthesize knowledge from anatomy, physiology, allied sciences, research, psychology, meditation, lifestyle, weight management, and social applications to function as competent yoga professionals capable of instruction, program design, research, counseling, community outreach, therapeutic applications, and contributing to yoga development in India.	All Courses (Sem-V + Sem-VI Integration)

PO Distribution across Semesters:

Semester	Courses	POs Addressed
Semester-V	Anatomy & Physiology, Yoga & Allied Sciences, Research Methodology, Practical P, Yoga & Meditation, Weight Management, Field Project	PO1, PO2, PO3, PO5, PO6, PO7, PO8
Semester-VI	Yoga & Lifestyle, Applied Psychology, Research Process, Practical P-03 (ELE), Yoga & Social Application, On-Job Training	PO4, PO5, PO9, PO10, PO11, PO12
Integration	All courses combined	PO13

4. COURSE OUTCOMES (CO)

No.	Course Outcome (CO)	Corresponding Course
CO1	Explain the fundamental structures and functions of human body systems (skeletal, muscular, cardiovascular, respiratory, nervous, and endocrine) and analyze how yoga practices affect these systems physiologically for safe practice.	Basic Human Anatomy and Physiology (Sem-V Major)
CO2	Describe the principles of allied sciences (Ayurveda, naturopathy, acupuncture, homeopathy) and integrate their concepts with yoga practices to create holistic wellness and therapeutic programs.	Yoga and Allied Sciences (Sem-V Major)

CO3	Apply research methodology principles in yoga including problem identification, literature review, hypothesis formulation, research design, variable selection, and data collection methods to design yoga research studies.	Research Methodology in Yoga (Sem-V Major)
CO4	Demonstrate proficient practice of yoga postures (asanas), breathing techniques (pranayama), cleansing practices (kriyas), and relaxation techniques with proper alignment, technique, sequencing, and progression for individual and group instruction.	Practical Course P (Sem-V Elective)
CO5	Practice and teach various yoga and meditation techniques including mindfulness meditation, transcendent meditation, focused attention, pranayama variations, and yoga nidra for stress management, mental clarity, concentration, and spiritual development .	Yoga and Meditation P (Sem-V Minor)
CO6	Design and implement weight management programs integrating yoga practices (specific asanas, pranayama), nutrition guidelines, lifestyle modification, and behavioral change strategies for individuals seeking healthy weight control and body composition optimization.	Weight Management P-05 (Sem-V)
CO7	Execute a field project in yoga that demonstrates practical application of yoga knowledge, community needs assessment, program development, implementation, data collection, and evaluation of yoga interventions for diverse populations in real-world settings.	Field Project in Yoga (Sem-V)
CO8	Apply yoga principles to promote healthy lifestyle practices including stress management techniques, dietary guidelines (ahara), daily routines (dinacharya), seasonal routines (ritucharya), and balanced living integrating physical, mental, emotional, and spiritual dimensions.	Yoga and Lifestyle (Sem-VI Major)
CO9	Utilize applied psychology principles in yoga to understand human behavior, motivation, personality types, mental processes, psychological barriers, emotional regulation, and cognitive patterns for effective counseling and mental health support through yoga-based interventions.	Applied Psychology in Yoga (Sem-VI Major)
CO10	Conduct independent research in yoga by executing the complete research process from sampling and data collection to statistical analysis, interpretation of results, drawing conclusions, and scientific writing of research reports.	Research Process in Yoga (Sem-VI Major)
CO11	Demonstrate advanced practical skills in yoga including complex asanas, advanced pranayama techniques, meditation protocols, and yoga therapy applications with proper progression, safety precautions, and adaptation for different populations.	Practical Course P-03 (ELE) (Sem-VI Elective)
CO12	Promote yoga and social application by developing yoga-based community programs, understanding yoga's role in education, healthcare, correctional facilities, and corporate settings, and addressing contemporary social issues through yoga outreach initiatives.	Yoga and Social Application (Sem-VI Minor)

CO13	Demonstrate professional competency through on-job training including workplace ethics, client interaction, program delivery skills, facility management, documentation, time management, and practical experience in yoga institutes, hospitals, schools, or wellness centers.	On-Job Training for Yoga (Sem-VI)
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CO Distribution across Semesters:

Semester	Courses	COs Assigned
Semester-V	Anatomy & Physiology, Yoga & Allied Sciences, Research Methodology, Practical P, Yoga & Meditation, Weight Management, Field Project	CO1, CO2, CO3, CO4, CO5, CO6, CO7
Semester-VI	Yoga & Lifestyle, Applied Psychology, Research Process, Practical P-03 (ELE), Yoga & Social Application, On-Job Training	CO8, CO9, CO10, CO11, CO12, CO13

5. OBJECTIVES PROGRAMME:

No.	Programme Objective
1	To impart comprehensive knowledge of basic human anatomy and physiology enabling students to understand body structure, function, and physiological responses to yoga practices for safe and effective yoga instruction.
2	To develop understanding of yoga and allied sciences (Ayurveda, naturopathy, and traditional healing systems) so that students can integrate holistic health approaches with yoga practice for comprehensive wellness and therapeutic applications.
3	To equip students with skills in research methodology in yoga to design yoga research studies including problem identification, hypothesis formulation, research design, and data collection techniques for systematic investigation of yoga-related phenomena.
4	To develop proficient practical yoga skills in asanas, pranayama, kriyas, and relaxation techniques with proper alignment, sequencing, and progression for individual and group yoga instruction.
5	To promote mastery of yoga and meditation practices including various meditation styles, pranayama variations, and relaxation techniques for stress management, mental clarity, concentration, and spiritual development.
6	To enable students to design and implement weight management programs integrating yoga practices, nutrition guidelines, lifestyle modification, and behavioral strategies for healthy weight control and body composition optimization.
7	To develop competency in executing field projects in yoga that demonstrate practical application of yoga knowledge, community engagement, program development, and evaluation of yoga interventions for diverse populations.
8	To impart knowledge of yoga and lifestyle principles including stress management, dietary guidelines, daily routines (dinacharya), seasonal routines (ritucharya), and balanced living for holistic physical, mental, emotional, and spiritual well-being.
9	To develop understanding of applied psychology in yoga enabling students to understand human behavior, motivation, mental processes, and psychological barriers for effective counseling and mental health support through yoga-based interventions.
10	To integrate knowledge from all modules and develop holistic yoga professionals capable of yoga instruction, program design, research, counseling,

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	Practical	Period	Hours	Credits	Paper Hours	Max	Min	Internal	Max	Min
1.	MAJOR -X	4	4	4					2	60	21	Assignment	40	14
2.	MAJOR –XI	4	4	4					2	60	21		40	14
3.	MAJOR –XII	2	2	2						60	21		40	14
4.	MAJOR-EL-II				4	8	4	1	30	11			20	04
5.	MINOR	4	4	4	Report			2	60	21			40	14
6.	OJT			4					80	28			20	07
Total		14	14	18			4	---	350	---			200	---
													SEE + IA = 350+200= 550	

10. EQUIVALENCE OF THE PAPERS

It's a newly designed academic program; an equivalence of papers ensures your previously completed courses are mapped to the new syllabus.

11. STRUCTURE OF PROGRAMME: (Credit Distribution Structure for with Multiple Entry and Exit Options B. A. III 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/C C/CP	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) Third Year Bachelor of Arts (B.A. - III) (UG DIPLOMA):

YEAR	2026-2027
SEMESTER	V and VI
LEVEL	5.5
TOTAL CREDITS	22 + 22 = 44
CREDITS FOR B.A. – I (SEM I AND II) + B. A. II (SEM III AND IV) + B. A. III (SEM V AND VI):	44 + 44 + 44 = 132
DEGREE AWARDED	UG DEGREE (AFTER 132 CREDITS IN TOTAL)

B.A. – III: SEMESTER - V (TOTAL CREDITS - 22)

COURSE CATEGORY		COURSE NAME	COURSE CODE	CREDITS
MAJOR	MANDATORY	BASIC HUMAN ANATOMY AND PHYSIOLOGY P –07		4
	MANDATORY	YOGA AND ALLIED SCIENCES P –08		4
	MANDATORY	RESEARCH PROCESS IN YOGA P –09		2
	ELECTIVE	PRACTICAL COURSE P –01 (ELE)		4
MINOR	MINOR	YOGA AND MEDITATION P –03		4
OE	OE	WEIGHT MANAGEMENT P-05		2
FP	FP	---		2
TOTAL CREDITS:				22

2) B.A. – III: SEMESTER - VI (TOTAL CREDITS - 22)

COURSE CATEGORY		COURSE NAME	COURSE CODE	CREDITS
MAJOR	MANDATORY	YOGA AND LIFESTYLE P –10		4

	MANDATORY	APPLIED PSYCHOLOGY IN YOGA P –11		4
	MANDATORY	RESEARCH METHODOLOGY IN YOGA P –12		2
	ELECTIVE	PRACTICAL COURSE P- 03 (ELE)		4
MINOR	MINOR	YOGA AND SOCIAL APPLICATION P -04		4
OJT	OJT	---		4
TOTAL CREDITS:				22
CREDITS FOR B.A. III (SEM V AND VI):				22 + 22 = 44
CREDITS FOR B.A. – I (SEM I AND II) + B. A. II (SEM III AND IV) + B. A. III (SEM V AND VI):				44 + 44 + 44 = 132

12. STANDARD OF PASSING AND DETERMINATION OF SGPA/CGPA, GRADING AND DECLARATION OF RESULTS:

Shivaji University has adopted a 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 the course are 100 and the passing criteria is 35%, then use the following Table for the conversion.

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

1. Gradation Chart:

Table

Marks Obtained	Numerical Grade (Grade Point)		CGPA	Letter Grade
Absent	0 (zero)		-	Ab: Absent
0 - 34	0 to 4		0.0 – 4.99	F: Fail
35 - 44	5		5.00 – 5.49	C: Average

45 - 54	6	5.50 – 6.49	B: Above Average
55 - 64	7	6.50 – 7.49	B+: Good
65 - 74	8	7.50 – 8.49	A: Very Good
75 - 84	9	8.50 – 9.49	A+: Excellent
85 - 100	10	9.50 – 10.0	O: Outstanding

Note:

Marks obtained ≥ 0.5 shall be rounded off to next higher digit.

The SGPA & CGPA shall be rounded off to 2 decimal points.

Marks obtained in 50 marks or 200 marks paper shall be converted to 100 marks.

Calculation of SGPA & CGPA

1. Semester Grade Point Average (SGPA)

$$SGPA = \frac{\sum (\text{Course credits} \times \text{Grade points obtained}) \text{ of a semester}}{\sum (\text{Course credits}) \text{ of the respective semester}}$$

2. Cumulative Grade Point Average (CGPA)

$$CGPA = \frac{\sum (\text{Total credits of a semester} \times \text{SGPA of the respective semester}) \text{ of all semesters}}{\sum (\text{Total course credits}) \text{ of all semesters}}$$

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

I) for all Undergraduate Programme (B.A.) and programme under the faculty of IDS

Written Examination (80) + Internal Assessment (20) = Total (100 Marks) (Four Credits)

Written Examination (40) + Internal Assessment (10) = Total (50 Marks) (Two Credits)

A) FOR FOUR CREDITS: Total Marks: 80 (Written)

Question No. 1: Multiple choice questions (10 MCQs) (02 marks each) 20 Marks

Question No. 2: Short Notes or Questions with Brief Answers

(Any Four out of Six) 20 Marks

Question No. 3: Long Question (Any One out of Two) 20 Marks

Question No. 4: Long Question (Any One out of Two) 20 Marks

Note: Question Paper should cover all the units in the syllabus.

B) FOR TWO CREDITS: Total Marks: 40

Question No. 1: Multiple choice questions (05 MCQs) (02 marks each) 10 Marks

Question No. 2: Long Question (Any One out of Two) 10 Marks

Question No. 3: Long Question (Any One out of Two) 20 Marks

Note: Question Paper should cover all the units in the syllabus.

14: SYLLABUS: COURSE TITLE, CODE, CREDITS, VERTICALS NAME, REFERENCES, etc.

B. A. III, SEMESTER – V

Course Category: Major Mandatory

Course Name: **BASIC HUMAN ANATOMY AND PHYSIOLOGY**

Course Number: MM-07

Course Code:

Course Credits: (Total Credits: 4)

Marks: Semester End: (T80+ IA20) Total Marks: 100

OBJECTIVES:

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

1. To understand the human body's structure and function
2. To enable students to use terminology, identify organs and systems
3. To know the structure and functions of different systems in the human body
4. To explain how the systems in the human body work

Module No	Module Name	Teaching Hours	Credits
1	INTRODUCTION Anatomy –Meaning, definition and importance Physiology –Meaning, definition and importance Importance of Anatomy and Physiology Brief introduction of Cell and Tissue	15	1
2	HUMAN BODY SYSTEMS: AN OVERVIEW Skeletal system Muscular system Digestive system Respiratory system Circulatory system	15	1
3	ENDOCRINE SYSTEM AND BLOOD Composition and function of blood	15	1

	Meaning of the Endocrine System Meaning of glands Endocrine Glands: Their Locations and Functions		
4	GENERAL PHYSIOLOGICAL CONCEPTS Vital Capacity-VC Second Wind Oxygen Debt Fatigue- Types of Fatigue Blood Pressure	15	1
Total			04

COURSE LEARNING OUTCOMES:

After completion of this course,

- Students will define anatomy, physiology, and their significance in physical education and sports.
- Students will identify major human body systems, including skeletal, muscular, digestive, respiratory, and circulatory.
- Students will explain the composition of blood, endocrine glands, their locations, and functions.
- Students will describe general physiological concepts such as vital capacity, second wind, oxygen debt, and types of fatigue.

Students will understand blood pressure and its relevance to exercise physiology.

BOOKS FOR REFERENCE:

1. Scatt K Power T Howley. Exercise physiology theory and application of fitness and performance

Publisher, McGraw-Hill Higher Education

2. Graham Thompson. Physical Education, Anatomy and Exercise Physiology, publisher Hodder Education, Great Britain

3. Avelin C Pearce. Anatomy and physiology for Nurses, Oxford University press New Delhi, 2003
4. Willimore, Jack and Costal, David L. Physiology of sports and exercise, Human kinetics 1994
5. Rowl and Thomas W. Childrens. Exercise physiology second edition Human Kinetics, 2005
6. Fox E.L. Physiological basis of physical education and athletics, Brown Pub. 1989
7. ROSS and WILSON. Anatomy and Physiology in Health and Illness, 14e 2022
8. Dr. V. Muruguvalavan, Anatomy and Physiology for Physical Education 2021
9. Dr. Vijayalaxmi C. Mugalolli, Anatomy and Physiology of Physical Education KSK 2024

Course Category: Major Mandatory

Course Name: **YOGA AND ALLIED SCIENCES**

Course Number: MM-08

Course Code:

Course Credits: (Total Credits: 4)

Marks: Semester End: (T80+ IA20) Total Marks: 100

OBJECTIVES:

To understand the construction of the body with Ayurvedic principles like Dosha, Dhātu, etc

To develop the knowledge of naturopathy and its therapeutic aspects.

Understand the concept and principles of Siddha medicine

To understand the concept and principle of Unani treatment

To understand the concept and principle of homoeopathy

Module No	Module Name	Teaching Hours	Credits
1	BASIC CONCEPTS OF AYURVEDA 1.1. Ayurveda- origin, meaning and role in life. 1.2. Principles of dosa, dhātu, mala, agni and kriya. 1.3. Preventive values of svasthavritta-dinacharya and ritucharya.	15	1
2	BASIC CONCEPTS OF NATUROPATHY 2.1. Naturopathy- origin, meaning and role in life.	15	1

	2.2. Principles of Naturopathy. 2.3. Concept of five elements-their application in therapy.		
3	BASIC CONCEPTS OF SIDDHA AND UNANI 3.1. Siddha and Unani medicines: origin, meaning and role in life. 3.2. Basic concepts of Siddha and Unani medicines. 3.3. Principles of Siddha and Unani medicines.	15	1
4	BASIC CONCEPTS OF HOMEOPATHY 4.1. Homoeopathy-origin, meaning and role in life. 4.2. Basic concepts of Homoeopathy. 4.3. Principles of Homoeopathy.	15	1
Total			04

COURSE LEARNING OUTCOMES:

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

1. Explain the foundational principles, origin, and role of Ayurveda, including dosa, dhatu, mala, agni, and preventive practices like svasthavritta, dinacharya, and ritucharya.
2. Describe naturopathy's origin, core principles, and the therapeutic application of the five elements in health promotion and treatment.
3. Compare the origins, basic concepts, and guiding principles of Siddha and Unani systems and evaluate their roles in traditional healthcare.
4. Summarize homeopathy's origin, fundamental concepts, and principles, and assess its applications alongside other allied systems in holistic wellness.

BOOKS FOR REFERENCE:

1. Athavale V.B. - Basic Principles of Ayurveda;
2. Lad Vasanth - Text Book on Ayurveda
3. Joshi K.S - Yoga and Nature Cure Therapy.
4. Bakhru H.K. - A Complete Handbook on Nature Cure,
5. Dhawale M.L. - Principles and Practice of Homoeopathy.
6. Hughes Richard - Principles and Practice of Homoeopathy

7. Karthikeyan P. - History of Medical and Spiritual Sciences of

Siddhas of Tamil Nadu.

8. Hakim Ashhar Qadeer & Co - Unani-the Science of Graeco-Arabic Medicine.

9. Hakim Ahmed Husain - Principles of Unani Medicine.

Course Category: Major Mandatory

Course Name: **RESEARCH PROCESS IN YOGA**

Course Number: MM-09

Course Code:

Course Credits: (Total Credits: 2)

Marks: Semester End: (T40+ IA10) Total Marks: 50

Course Objectives:

1. To classify types of research, including fundamental, applied, action, descriptive, and experimental, based on scope and subject.
2. To understand the development of research through sampling techniques and the selection of appropriate data collection tools.
3. To prepare a comprehensive research proposal outlining the problem, objectives, methodology, and significance in Yoga sciences.
4. To master the principles of research report writing, including structure, presentation, and interpretation of findings.
5. To apply ethical standards and guidelines in the planning, execution, and dissemination of research.

Module No.	Module Name	Teaching Hours	Credit
01	INTRODUCTION TO RESEARCH PROCESS ▪ Meaning of Research ▪ Definitions of Research ▪ Need and Importance of Research in Physical Education ▪ Scope of Research in Physical Education ▪ Qualities of a Good Researcher	7.5	01
02	FORMULATION AND DEVELOPMENT OF RESEARCH ▪ Locating a Research Problem ▪ Criteria for selecting the research problem ▪ Formulation of Hypothesis ▪ Research proposal ▪ Literature search in Research	7.5	01
Total			02

Course Learning Outcomes (CLOs)

After completion of this course, the students will be able to

1. Differentiate major types of research (fundamental, applied, action, descriptive, experimental) and select the appropriate approach for Yoga-related inquiries.
2. Design rigorous research studies in Yoga by developing clear research questions, sampling plans, and suitable data-collection tools.
3. Prepare a structured research proposal and conduct ethical data collection and management in accordance with research ethics.
4. Produce coherent research reports by applying appropriate analysis, presenting findings clearly, and linking results to practice and future research in Yoga.

LIST FOR READING:

Barrow, H. M. (1979). Practical approach to measurement in health & physical education (3rd ed.). Lea & Febiger.

Best, J. W., & Kahn, J. V. (2006). Education research (10th Ed.). PHI Learning.

Clark, D. H., & Clarke, H. H. (1979). Research process in physical education, recreation & health. Prentice Hall.

Johnson, B., & Christensen, L. (2008). Educational research: Quantitative, qualitative, and mixed approaches (3rd Ed.). Sage.

Miller, D. K. (2002). Measurement by the physical educator. McGraw-Hill.

Nelson, J., & John? (1998). Practical measurements for evaluation in physical education. Surjeet Publications.

Sprinthall, R. C. (1997). Basic statistical analysis (5th Ed.). Allyn & Bacon.

Thomas, J. R., & Nelson, J. K. (2001). Research methods in physical activity (4th Ed.). Human Kinetics.

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Course Category: Major Elective

Course Name: **PRACTICAL COURSE**

Course Number: ME

Course Code:

Course Credits: (Total Credits: 4)

Marks: Semester End: (P 80+ IA20) Total Marks: 100

COURSE OBJECTIVES:

One can able to understand the movement of prana with the help of Bandhas (Locks).

One can understand how the body purifies by practising Kriyas

To observe and lessen the interval changes of the body.

Module No	Module Name	Teaching Hours	Credits
1	THEORY AND PRACTICE OF ASANAS 1.1. Tadasana and Vrikshasana 1.2. Uttita Trikonasana and Parsvakonasana. 1.3. Veerabhadrasana and its variations.	30	1
2	THEORY AND PRACTICE OF ASANAS 2.1. Vajrasana and Supta vajrasanas. 2.2. Veerasana and Supta Veerasanas. 2.3. Gomukhasana and Ustrasana.	30	1
3	THEORY AND PRACTICE KRIYAS 3.1. Introduction and recitation of slokas related to Shatkriyas (HYP). 3.2. Jalaneti and Sutraneti and recitation of related slokas from HYP. 3.3. Object-based Trataka and recitation of related slokas from HYP.	30	1
4	THEORY AND PRACTICE OF BANDHAS 4.1. Introduction to tribandha and recitation of text-based slokas. 4.2. Jalandhara Bandha and its “dos” and “don'ts”. 4.3. Recitation of five Shanti Mantras from the Upanishads.	30	1
Total			04

RECORD: Students have to prepare a record of work on the above yogic practices with a brief introduction, meaning of the name, the technique, salient points, precautions to be taken, and benefits by quoting references from authentic HYP Yoga manuals, wherever possible, under the guidance and supervision of the concerned Yoga Teacher and submit the same during the final Examination for evaluation by the External Examiner.

The practical examination shall be conducted as follows

- A. Examiners are appointed as per the directions of SUK.
- B. Marking system and performance.

Sukshnavyayam (Micro Exercises)

From Module I Section (A) of the practical

(20 Marks)

04 Assans of Student Choice and 02 Assans Examiners' Choice

From Module II Section (B) of the practical (20 marks)

04 Assans of Student Choice and 02 Assans Examiners' Choice

From Sections Module III (C) of the practical (20 Marks)

THEORY AND PRACTICE KRIYAS

From Sections Module IV (D) of the practical (20 Marks)

THEORY AND PRACTICE OF BANDHAS

COURSE LEARNING OUTCOMES:

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

1. Demonstrate correct alignment, entry/exit, and variations of standing and seated asanas (Tadasana, Vrikshasana, Trikonasana, Parsvakonasana, Veerabhadrasana, Gomukhasana, Ustrasana, Vajrasana, Veerasana and their supine forms) with safety and posture awareness.
2. Perform and explain the purpose, indications, contraindications, and stepwise practice of selected kriyas (Shatkriyas), including Jalaneti, Sutraneti, and object-based Trataka, with appropriate recitation of related slokas.
3. Apply and teach primary bandhas (tribandha and Jalandhara Bandha), demonstrating correct technique, precautions, and integration with asana and pranayama practice.
4. Recite and interpret prescribed yoga slokas and five Shanti Mantras, and integrate verbal practice with physical techniques to foster concentration, relaxation, and Yogic discipline.

BOOKS FOR REFERENCE:

1. Iyengar B.K.S. - Light on Yoga
2. Iyengar B.K.S. - Light on Pranayama
3. Swami Kuvalayananda - Asanas, Kaivalyadhama Publications, Kaivalyadhama.
4. Swami Kuvalayananda - Pranayama, Kaivalyadhama Publications, Kaivalyadhama.

5. Swami Satyananda Saraswathi - Asana, Pranayama, Mudra and Bandha: Bihar School of Yoga, Bihar,

6. Swami Niranjanananda - Prana, Pranayama and Pranavidya; Bihar School of Yoga, Bihar.

Course Category: Minor

Course Name: **YOGA AND MEDITATION**

Course Number: MN03

Course Code:

Course Credits: (Total Credits: 4)

Marks: Semester End: (T80+ IA20) Total Marks: 100

COURSE OBJECTIVES:

To understand the importance of meditation, types of meditation and the role of diet in meditation.

To improve the awareness of various types/ technique of meditation and their effect on the body and mind

Module No	Module Name	Teaching Hours	Credits
1	BASIC PRINCIPLES OF MEDITATION 1.1 Meditation-Nature, importance and guidelines for meditation. 1.2 Role and importance of health, diet and mental attitude in meditation. 1.3 Mantra- classification, types, role and importance in meditation.	15	1
2	BHAVATITA DHYANA 2.1. Transcendental Meditation-its basic principles. 2.2. Practice the technique of Transcendental 2.3. Role and importance of TM in life.	15	1
3	ANAPANASATI DHYANA 3.1. Anapanasati (mindfulness of breathing)-its basic principles. 3.2. Practice method of Anapanasatidhyana. 3.3. Anapanasatidhyana, its effect on physical and mental health.	15	1
4	PREKSHA DHYANA	15	1

	4.1. Basic principles of Preksha Meditation. 4.2. Technique of Preksha Meditation. 4.3. Preksha Meditation and Inner Harmony.		
Total			04

COURSE LEARNING OUTCOMES:

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

1. Explain fundamental principles, guidelines, and the role of health, diet, and mental attitude in meditation, including the classification and therapeutic uses of mantras.
2. Demonstrate the technique and basic principles of Transcendental Meditation and evaluate its practical benefits for daily living.
3. Practice Anapanasati (mindfulness of breathing) correctly and assess its effects on physical and mental health.
4. Apply Preksha meditation techniques to cultivate inner harmony and analyze their theoretical foundations and practical outcomes.

BOOKS FOR REFERENCE:

1. Swami Vishnu Devananda - Meditation and Mantras.
2. Foren Jake - Transcendental Meditation- Essential Teachings of Maharshi Mahesh Yogi.
3. Yamwang M - Meditation: Anapanasati from Buddha's ords.
4. Sadhvi Vishrut Vihha - An Introduction to Prekshna Meditation.

Course Category: Open Elective (OE) (All Faculty)

Course Name: **WEIGHT MANAGEMENT**

Course Number: OE05

Course Code:

Course Credits: (Total Credits: 2)

Marks: Semester End: (T40+ IA10) Total Marks: 50

COURSE OBJECTIVES:

1. A systematic understanding of the care of patients in obesity and weight management.

2. A critical awareness of current issues affecting the care of patients undertaking weight and obesity management treatments.

3. An advanced knowledge of obesity and weight management that will facilitate decision-making in unpredictable and/or complex situations.

Module No.	Module Name	Teaching Hours	Credit
01	Health Consequences of Physical inactivity and Sedentary Behaviour ▪ Meaning and Definition of Overweight and Obese ▪ Health Consequences of Physical Inactivity and Sedentary Behaviour ▪ Weight Management: Meaning, Concept of Weight Management in the Modern Era	15	01
02	PLANNING OF WEIGHT MANAGEMENT ▪ Factors Affecting Weight Management and Values of Weight Management ▪ Behavioural Modification ▪ Assessing Calorie Intake and Energy Expenditure	15	
Total			

COURSE LEARNING OUTCOME:

By the conclusion of this course, student-learners will:

- Students will define overweight, obesity, underweight, and malnutrition, and explain the health consequences of physical inactivity and sedentary behaviour.
- Students will describe the role of diet, exercise, and the "Exercise is Medicine" concept in effective weight management strategies.
- Students will identify factors affecting weight management, including behavioural modification techniques and the value of balanced approaches.
- Students will assess calorie intake, energy expenditure, and the relationship between metabolism and caloric intake for personalised planning.
- Students will develop weight management plans tailored for pregnant women, postpartum individuals, and seniors.

Reference Book:

1. John P. Porcari, Cedric X. Bryant, Fabio Comana, (2015), Exercise physiology, F. A. Davis Company, 1915 Arch Street, Philadelphia.

2. Wadden TA, Stunkard AJ (Eds.). Handbook of obesity treatment. New York: The Guilford Press, 2004.
3. Fairburn CG, Brownell KD (Eds.). Eating disorders and obesity: A comprehensive handbook (2nd ed). New York: The Guilford Press, 2002.
4. Hill JO. Understanding and addressing the epidemic of obesity: An energy balance perspective. Endocrine Reviews 2006; 27(7):750-761. 5. Wardlaw, Smith. Contemporary Nutrition: A Functional Approach. 2nd ed: 2012. McGraw-Hill. Williams, Melvin. Nutrition for health, fitness and sports. 2004. McGraw Hill
6. Joshi, A.S. Nutrition and Dietetics. 2010. Tata McGraw-Hill.

FIELD PROJECT (FP):

B. A. III, SEMESTER-V

Type: Field Project

Course Name: **Field Project**

Course Number:

Course Code: FP01

Course Credits: 02

Marks: Field Project (Work) Report etc.	40
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Internal Assessment (Viva Voce)	10
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Total Marks:	50
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Course Credits: 02

Marks: Field Project (Work) Report etc.	30
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Internal Assessment (Viva Voce)	20
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Total Marks:	50
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(To be implemented from 2027-28)

COURSE OBJECTIVES:

Clinical & Therapeutic Yoga

- Equip students to design and deliver safe, evidence-informed yoga interventions for clinical conditions.

Societal & Demographic Applications

- Prepare students to create culturally appropriate, scalable yoga programs that address population-specific needs and barriers.

Applied Yoga Science

- Train students to measure, analyse, and interpret physiological and performance-related effects of specific yoga protocols.

Traditional & Community Studies

- Enable students to investigate, contextualise, and communicate classical yoga knowledge and community practices ethically.

COURSE LEARNING OUTCOMES:

Clinical & Therapeutic Yoga

- Design, implement, and evaluate a safe, ethically conducted yoga intervention tailored to a clinical population, reporting measurable health outcomes.

Societal & Demographic Applications

- Develop and assess a culturally appropriate yoga program for a specific community group, demonstrating feasibility, participant engagement, and measured wellbeing or functional impact.

Applied Yoga Science

- Collect, analyze, and interpret pre/post physiological or performance data to determine the effects of a specified yoga protocol using basic statistical methods.

Traditional & Community Studies

- Conduct ethically informed field or survey research on classical texts or community practices and produce a clear report translating findings into accessible educational or outreach recommendations.

Instructions for teachers and students while undertaking Field Project:

1. Selection of Field project should be related to the mandatory or elective courses in the concerned subject. Out of these some of following areas may be considered for potential of field project:

Clinical & Therapeutic Yoga

- Lifestyle Diseases: Evaluating yoga protocols for managing hypertension, type 2 diabetes, or obesity.
- Mental Health: Assessing yoga's impact on stress, anxiety, or depression among university students.
- Chronic Pain Management: Testing specific asanas and pranayama for relieving chronic lower back pain.
- Postural Deformities: Correcting physical misalignments like kyphosis or flat feet through targeted yoga.

Societal & Demographic Applications

- Geriatric Care: Designing gentle chair yoga and meditation programs to improve mobility in senior citizens.
- Corporate Wellness: Measuring the effects of desk yoga on burnout and productivity in office workers.
- Child Development: Implementing yoga in primary schools to enhance concentration and emotional regulation.
- Women's Health: Studying yoga protocols for managing prenatal health or menopause symptoms.

Applied Yoga Science

- Physiological Markers: Measuring changes in heart rate variability (HRV) and lung capacity pre- and post-pranayama.
- Sleep Quality: Tracking the effects of regular Yoga Nidra practice on individuals with insomnia.
- Sports Performance: Enhancing flexibility, balance, and focus in local athletes or college sports teams.
- Addiction De-addiction: Supporting rehabilitation centres by integrating yoga into substance abuse recovery programs.

Traditional & Community Studies

- Textual Literacy: Surveying public awareness and understanding of classical texts like the Yoga Sutras or Hatha Pradipika.
- Diet and Nutrition: Analyzing the impact of a Sattvic diet combined with yoga on digestive health.
- Socio-Economic Barriers: Investigating the accessibility and perception of yoga in rural vs. urban communities.

2. Submission of the Field Project Report duly signed and certified by the concerned teacher/guide is A PRE-REQUISITE FOR APPEARING TO VIVA-VOCE EXAMINATION

3. TWO COPIES of the Field Project Report in BOUND FORMAT should be submitted before the Viva-Voce. One copy will be kept by the department, and the remaining will be returned to the student. Important Notes for Teachers:

Prepare an Appropriate Format for writing a field project report. Kindly see that the First Page and Certificate Page are common for all students. In the remaining part, try to maintain uniformity.

The Field Project Report format may be as follows:

Student's Name: -----

Name of the College: -----

Class: ----- Semester: -----

Subject: ----- Seat Number: -----

Year- ----- Duration of Field Project: -----

Name of the Field Project: -----

College Teacher who supervised: -----

1. Introduction

- Introduce the research topic (e.g., linguistic features in a novel, literary movement, or language use in a specific context)
- State research questions or objectives
- Provide context and significance

2. Literature Review

- Discuss existing research on the topic
- Identify gaps or areas for further exploration

3. Methodology

- Describe research methods (e.g., discourse analysis, stylistics, corpus linguistics, or literary criticism)
- Explain data collection and analysis procedures

4. Data Analysis and Findings

- Present and analyse data (e.g., linguistic features, themes, or literary devices)
- Discuss key findings

5. Conclusion

- Summarise main findings
- Discuss implications for language and literature studies

6. References

- List sources cited in the project

SEMESTER-VI

SYLLABUS

Course Category: Major Mandatory

Course Name: **YOGA AND LIFESTYLE**

Course Number: MM-10

Course Code:

Course Credits: (Total Credits: 4)

Marks: Semester End: (T80+ IA20) Total Marks: 100

Course Objectives:

To understand the importance of health in life by observing the holistic approach of the Bhagavad Gita reference

To understand the proper diet to maintain good health

To understand the cause and classification of suffering and the method to overcome suffering.

Understanding of the mind, maturity, functions, mental balance and promotion of mental health

To understand physical health in terms of Physical and mental health and their imbalance, and the preventive, promotive and curative aspects of Yoga

Module No	Module Name	Teaching Hours	Credits
1	CONCEPT OF SUBJECTIVE WELL BEING 1.1. Goal of Life-Subjective Well Being (SWB)-health; definition, dimensions and importance of health in life. 1.2. Requisites of health- proper diet (yuktahara), proper exercise (yuktavihara) and balanced mind (yuktacheshta). 1.3. Yoga as the science of holistic approach towards SWB.	15	1
2	YOGIC CONCEPT OF DIET 2.1. Concept of yogic diet - nature and its role in health.		

	2.2. Classification of diet according to traditional yoga texts viz GS, HYP, HR & BG. 2.3. Significance of yogic diet in modern life.	15	1
3	PREVENTIVE VALUES OF YOGA 3.1. Heyamdukhamanagatam-classification of suffering; attitude of detachment through practice as methods to overcome suffering. 3.2. Ashtangayoga as purificatory methods-classification into external and internal; preventive values of external aids (bahyakarana sudhhikarmani). 3.3. Internal purificatory methods (antahkarana suddhikarmani).	15	1
4	YOGA AND MENTAL HEALTH 4.1. Yogic concept of mind-nature, components and functions, 4.2. Mental imbalance-causes, symptoms and consequences. 4.3. Yogic approach for promotion of mental health viz., concentration, memory, recollection, emotional balance, intelligence, perception	15	1
Total			04

Course Learning Outcomes:

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

1. Explain the concept of Subjective Well-Being, its dimensions, and how yoga's holistic practices (yuktahara, yuktavihara, yuktacheshta) promote health and life goals.
2. Describe yogic dietary principles, classify foods per traditional texts (GS, HYP, HR, BG), and evaluate their relevance for modern health.
3. Analyze preventive values of Yoga through external (bahyakarana) and internal (antahkarana) purificatory methods and apply Ashtanga Yoga practices to reduce suffering.
4. Illustrate the yogic concept of mind, identify causes and symptoms of mental imbalance, and employ yogic techniques to enhance concentration, emotional balance, memory, and mental health.

BOOKS FOR REFERENCE:

1. Kenghe C.T. - Yoga as Psychology and Parapsychology.
2. Udupa K.N. - Stress and Its Management by Yoga.
3. Swami Vivekananda - Raja Yoga.
4. Gharote M.L. & Others - Hathapradipika.
5. Swami Digambarji & Others - Gheranda Samhita.
6. Venkata Reddy M. - Hatharatnavali.
7. Radhakrishna - Bhagavat Gita.
8. Svatmarama - Hathayogapradipika

Course Category: Major Mandatory

Course Name: **APPLIED PSYCHOLOGY IN YOGA**

Course Number: MM-11

Course Code:

Course Credits: (Total Credits: 4)

Marks: Semester End: (T80+ IA20) Total Marks: 100

Course Objectives:

Module No	Module Name	Teaching Hours	Credits
1	INTRODUCTION OF PSYCHOLOGY 1. Psychology: Meaning, Definition and Scope of Psychology in Yoga. 2. Nature and Branches of Psychology. 3. Relevance and Contribution of Psychology in the Teaching & Learning Process of Yoga Education. 4. Methods of Psychology: General Introduction, Survey and Experiment Method.	15	1

2	LEARNING AND MOTIVATION 1. Learning: Meaning, Definition, Laws of Learning and Learning Curves. 2. Theories of Learning: Thorndike's Trial and Error, Pavlov's Learning by conditioning. 3. Motivation: Meaning, Definition, Concept and Dynamics of Motivation in Yoga. 4. Theories of Motivation: Abraham Maslow's Self-Actualisation Theory, Sigmund Freud's Instinct Theory.	15	1
3	PERSONALITY 1. Personality: Meaning, Definition and Structure of Personality. 2. Theories of Personality: Sigmund Freud's Psychoanalytic Theory. 3. Type Theories of Personality: Kretschmer's, Sheldon's, and Jung's Classification. 4. Trait Theory of Personality: Allport and Eysenck.	15	1
4	GUIDANCE AND COUNSELLING 1. Guidance: Meaning, Definition and Significance of Guidance. 2. Principles of Guidance in Yoga Education. 3. Counselling: Meaning, Definition and Significance of Counselling and Different Types of Counselling. 4. Concept of Counselling Process and Qualities of a Counsellor.	15	1
Total			04

Course Learning Outcomes:

After completion of this course, the students will be able to

1. Explain core psychological concepts, branches, and research methods, and evaluate their relevance to teaching and learning in Yoga education.
2. Describe major learning theories and laws, interpret learning curves, and apply instructional strategies to enhance skill acquisition in Yoga.

3. Analyze personality theories and typologies, and use trait and psychodynamic insights to understand individual differences in Yoga practitioners.
4. Apply guidance and counselling principles, demonstrate basic counselling skills, and design supportive interventions to promote motivation, mental health, and adherence in Yoga learners.

BOOKS FOR REFERENCE:

- 1) Human Motivation- Robert E. Franken.
- 2) Psychology in Sports - Richard M. Suinn
- 3) Psychology of Sports - Seppo E. Iso-Ahola and Brad Hatfield.
- 4) Introduction to Science and Soccer - Thomas Reilly.
- 5) Applied Sport Psychology - Jean M Williams.
- 6) Sport Psychology - Tony Morris and Jeff Sunners.
- 7) Psychological Dynamics of Sport AND Exercise - Diane L. Gill.
- 8) Sport Psychology - Roxel A. Aprtiebo.
- 9) Competitive Anxiety in Sport - Rainer Martens, Robin S. Vealey, and Damon Burton.
- 10) A Manual of Psychology - J. N. Sinha

Course Category: MAJOR –XII

Course Name: **RESEARCH METHODOLOGY IN YOGA**

Course Number: MM 12

Course Code:

Course Credits: (Total Credits: 2)

Marks: Semester End: (T40+ IA10) Total Marks: 50

COURSE OBJECTIVES:

1. Understand the fundamentals of research– Comprehend the meaning, definitions, need, importance, and scope of research in Yoga, and identify the qualities of a good researcher.
2. Identify and select research problems– Learn techniques for locating research problems and apply criteria for selecting appropriate, feasible, and significant research problems.
3. Formulate hypotheses and research proposals– Develop the ability to formulate testable hypotheses and prepare structured research proposals with clear objectives, methodology, and timeline

4. Conduct systematic literature searches– Acquire skills in searching, reviewing, and synthesising relevant literature to establish theoretical foundations and identify research gaps.

Module No.	Module Name	Teaching Hours	Credit
01	TYPES OF RESEARCH Classifications of Research ▪ Fundamental Research (Basic or Pure Research) ▪ Applied Research (Field Research) ▪ Action Research ▪ Descriptive Research ▪ Experimental Research	15	01
02	DEVELOPMENT OF RESEARCH ▪ Sampling ▪ Data Collection Tools ▪ Research Proposal ▪ Report Writing ▪ Research Ethics	15	
Total			02

COURSE LEARNING OUTCOMES (CLOs):

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

1. Define research, explain its need and scope in Yoga, and identify the qualities of an effective researcher.
2. Demonstrate the ability to locate and justify a viable research problem using established selection criteria.
3. Formulate testable hypotheses and develop a clear, structured research proposal grounded in a focused literature search.
4. Select and apply appropriate research methods and designs for Physical Education studies, explaining their suitability for addressing the research question.

BOOKS FOR REFERENCE:

Research Methodology in Yoga and Naturopathy, CCRYN, New Delhi

Research Publications: Patanjali Research Foundation, Haridwar

Best, J. W., & Kahn, J. V. (2006). Education research (10th Ed.). PHI Learning.

Clark, D. H., & Clarke, H. H. (1979). Research process in physical education, recreation & health. Prentice Hall.

Johnson, B., & Christensen, L. (2008). Educational research: Quantitative, qualitative, and mixed approaches (3rd Ed.). Sage.

Miller, D. K. (2002). Measurement by the physical educator. McGraw-Hill.

Nelson, J., & John? (1998). Practical measurements for evaluation in physical education. Surjeet Publications.

Sprint hall, R. C. (1997). Basic statistical analysis (5th Ed.). Allyn & Bacon.

Thomas, J. R., & Nelson, J. K. (2001). Research methods in physical activity (4th Ed.). Human Kinetics.

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Course Category: Major Elective

Course Name: **PRACTICAL COURSE**

Course Number: ME

Course Code:

Course Credits: (Total Credits: 4)

Marks: Semester End: (P 80+ IA20) Total Marks: 100

Course Objectives:

To observe and learn internal changes of the body to enable teaching others.

To understand the purification methods in a better way, to practice

To better understanding of Prana movement and how it channels the Mudras.

Module No	Module Name	Teaching Hours	Credits
1	THEORY AND PRACTICE OF ASANAS 1.1 Padagustasana and Padahastasana. 1.2 Utthita Pad Angustasana-parsva sahita. 1.3 Ardabaddhapad Padmottanasana.	30	1
2	THEORY AND PRACTICE OF ASANAS 2.1. Uttita Parsvottanasana and Prasaritapadottanasana. 2.2. Uttita Padahastasana and Navasana. 2.3. Padmasana and recitation of related slokas from the HYP.	30	1
3	THEORY AND PRACTICE OF BANDHAS AND KRIYAS 3.1. Uddiyana Bandha - recitation of related slokas from the sources. 3.2. Vahnisaradhauti Kriya - recitation of related slokas from the sources. 3.3. Vamanadhauti Kriya - Gajakarani and recitation of related slokas from the sources.	30	1
4	THEORY AND PRACTICE OF MUDRA AND PRANAYAMA 4.1. Pranayama - meaning, role, precautions and contra-indications on wrong practice; brief note on ashtakumbhakas (HYP), recitation of related slokas. 4.2. Nadisodhana-I (same nostril breathing); Mrigi Mudra and its significance in Pranayama practice. 4.3. Nadisodhana-1 (alternate nostril breathing + bahyakumbhaka without observing ratio).	30	1
Total			04

RECORD: Students have to prepare a record work on the above yogic practices with a brief introduction, meaning of the name, the technique, salient points, precautions to be taken, and benefits by quoting references from authentic Hatha Yoga manuals, wherever possible, under the guidance and supervision of the concerned Yoga Teacher and submit the same during the final Examination for evaluation by the External Examiner.

The practical examination shall be conducted as follows

- A. Examiners are appointed as per the directions of SUK.
- B. Marking system and performance.

Sukshnavyayam (Micro Exercises)

From Module I Section (A) of the practical (20 Marks)

02 Assans of Student Choice and 02 Assans Examiners' Choice

From Module II Section (B) of the practical (20 marks)

04 Assans of Student Choice and 01 (2.3) Assans Examiners' Choice

From Sections Module III (C) of the practical (20 Marks)

THEORY AND PRACTICE OF BANDHAS AND KRIYAS

From Sections Module IV (C) of the practical (20 Marks)

THEORY AND PRACTICE OF MUDRA AND PRANAYAMA

Course Learning Outcomes:

After completion of this course, the students will be able to

1. Demonstrate correct technique, alignment, and safe entry/exit of advanced standing and seated asanas (Padagustasana, Padahastana, Uttita Padangustasana, Ardabaddhapadpadmottanasana, Uttita Parsvottanasana, Prasarita Padottanasana, Navasana, Padmasana) and recite related slokas.
2. Apply progressive teaching cues and modifications to perform and instruct asymmetrical and forward-bending variations (Uttita Parsvottanasana, Uttita Padahastana) with attention to alignment and contraindications.

3. Execute and explain bandhas and kriyas (Uddiyana Bandha, Vahnisaradhauti, Vamanadhauti, Gajakarani), including their procedures, benefits, precautions, and associated textual recitations.
4. Practice and teach pranayama and mudra techniques (Nadisodhana variants, Mrigi Mudra), describing purpose, correct method, precautions, and brief theory (ashtakumbhakas) with supervised breathwork.

BOOKS FOR REFERENCE:

1. Iyengar B.K.S. - Light on Yoga
2. Iyengar B.K.S. - Light on Pranayama
3. Swami Kuvalayananda - Asanas, Kaivalyadhama Publications, Kaivalyadhama.
4. Swami Kuvalayananda- Pranayama, Kaivalyadhama Publications, Kaivalyadhama.
5. Swami Satyananda Saraswathi - Asana, Pranayama, Mudra and Bandha: Bihar School of Yoga, Bihar.
6. Swami Niranjanananda - Prana, Pranayama and Pranavidya; Bihar School of Yoga, Bihar.
7. Swami Satyananda Saraswathi - Kriyas, Bihar School of Yoga, Bihar.

Course Category: Minor

Course Name: **YOGA AND SOCIAL APPLICATION**

Course Number: MN04

Course Code:

Course Credits: (Total Credits: 4)

Marks: Semester End: (T80+ IA20) Total Marks: 100

Course Objectives:

Understanding the importance of yoga for school children to improve their concentration, memory, etc

To bring awareness of yoga to the sports community and their common problems (To treat)

To understand health issues in I. T. Professionals and find the solution through yoga.

To improve the knowledge of health issues in older people and find out suitable yogic remedies.

Module No	Module Name	Teaching Hours	Credits
1	YOGA IN SCHOOL EDUCATION 1.1. Health concept and importance for school teachers and children. 1.2. Yogic value of diet, exercise and relaxation for health 1.3. Yoga and mental abilities: concentration, memory, recollection, right conduct and right perception.	15	1
2	YOGA FOR SPORTS COMMUNITY 2.1. Health concept and importance for sports persons. 2.2. Preventive and promotive aspects of Yoga for comprehensive health. 2.3. Curative techniques of Yoga for common problems in sports persons.	15	1
3	YOGA FOR THE CYBER WORLD 3.1. Importance of health for software professionals. 3.2. Common health issues and their causes in IT professionals. 3.3. Yogic solutions for holistic health in IT professionals.	15	1
4	YOGA FOR THE ELDERLY POPULATION 4.1. Importance of health in aged youth. 4.2. Geriatric issues in aged persons. 4.3. Yogic remedies for health issues in the elderly population.	15	1
Total			04

Course Learning Outcomes:

After completion of this course, the students will be able to

1. Design and deliver age-appropriate school yoga sessions that promote health, yogic diet/exercise habits, and cognitive skills such as concentration and memory.

2. Apply yoga-based preventive, promotive, and remedial techniques to enhance performance, recovery, and injury prevention for athletes and sports communities.
3. Assess common occupational health issues in IT and cyber professionals and prescribe practical yoga interventions to improve posture, stress resilience, and overall well-being.
4. Develop safe, evidence-informed yoga programs for the elderly that address geriatric concerns and promote mobility, balance, mental health, and functional independence.

BOOKS FOR REFERENCE:

1. Raman Krishna - A Matter of Health.
2. Raman Krishna - FAQ of Yoga.
3. Basavaraddi I V - Yoga in School Health.
4. Swathi and Others - Yoga for Children: A Complete Illustrated Guide to Yoga.
5. Venkata Reddy M - Yoga for Cyber World 28 / 34
6. Kumar Kaul H - Yoga and Healthy Ageing.
7. Jayadev HJ - Growing with Age.
8. Aruna Goel - Yoga Education: Philosophy and Practice.

B. A. III, SEMESTER- VI

Type: On-Job Internship (Training) (OJT)

Course Name: **On-Job Internship (Training) (OJT)**

Course Number: OJ01

Course Code: BAU0325OJP426F01

Course Credits: 4

Marks: On Job Training Report, etc.: 80

Internal Assessment (Viva Voce): 20

Total Marks: 100

COURSE OBJECTIVES:

Integrate yogic theory into practical coaching and training during supervised field placements.

Acquire hands-on experience designing, implementing, and evaluating yoga fitness programs for varied ages and abilities.

Develop proficiency in instructing yoga skills, motivating participants, and analysing performance through internship activities.

Cultivate leadership, communication, and ethical decision-making in school, college, and community yoga settings.

Compile a reflective professional portfolio documenting internship outcomes, challenges, and contributions to practice.

COURSE LEARNING OUTCOMES:

Apply yogic theory to design and deliver effective training sessions in real-world environments.

Demonstrate competence in participant assessment, individualised program planning, and injury-prevention strategies during supervised placements.

Lead group yoga classes and drills, showing measurable participant progress and effective instructional skills.

Analyse feedback and adapt teaching methods to ensure inclusive, responsive, and safe yoga practice.

Produce a comprehensive professional portfolio demonstrating internship achievements, critical reflection, and readiness for a yoga career.

Instructions for teachers and students while doing On-the-Job Training:

1. Selection of Institute/Organisation/Consultant/Professional, etc. should be based on the areas in the mandatory or elective courses in the concerned subject.
2. The Institute/Organisation/Consultant/Professional etc. under whom the Training/Internship/ Apprenticeship is expected, should be FORMALLY ASSIGNED (In Written Form) by the concerned teacher to every student.

3. Submission of On-the-Job-Training Report duly signed and certified by the concerned teacher/guide is A PRE-REQUISITE FOR APPEARING TO VIVA-VOCE EXAMINATION.

4. TWO COPIES of the On-the-Job-Training Report in BOUND FORMAT should be submitted before Viva-Voce. One copy will be kept by the department, and the remaining will be returned to the student.

Important Notes for Teachers:

1. Prepare a Draft Letter for getting permission from the appropriate authority within the Institute/Organisation or from Consultant/Professional, etc., for the On-the-Job-Training/Internship/

Apprenticeship

2. Prepare an Appropriate Format for Writing the On-the-Job Training Report.

Kindly see that the First Page and Certificate Page are common for all students. In the remaining part, try to maintain uniformity.

The On-the-Job Training Report format may be as follows:

Student's Name: -----

Name of the College: -----

Class: -----Semester: -----

Subject: -----Seat Number: -----

Year -----Duration of Internship: -----

Internship Site/ Name of the Institution: -----

Institute Supervisor's Name: -----

College Teacher who supervised: -----

Introduction:

This section should provide the area of interest, its importance in the contemporary world, the reasons for choosing this area, as well as the institution/organisation/consultant/professional, etc.

Description of the organisation:

This section should provide a brief overview of the organisation where the internship will take place, including its mission, goals, services and experience.

Duties and responsibilities:

This section should describe the specific tasks and responsibilities the student had during the internship, as well as any notable projects or activities they were involved in.

Reflection on learning outcomes and accomplishments:

This section should highlight the key learning and accomplishments the student achieved during the internship (skills, knowledge, attitude, etc.). The student is expected to provide an in-depth reflection on the overall growth and impact of training.

Areas for improvement:

This section should address areas for improvement that the student seen by himself/herself during the internship. He/she should reflect on how to overcome these challenges or plan strategies for improvement.

Conclusion:

This section should summarise the key takeaways from the internship experience.

Appendices:

This section should include the following documents:

- Formal permission letter by Concerned Teacher/Guide sent to the concerned Institution/Organisation/Professional/Consultant, etc.
- Formal Acceptance Letter by Institution/Organisation/Professional/Consultant, etc. for Training.
- Activity Log Book (which may contain an Attendance sheet with Day, Date, Time, Number of Hours, Brief description of Training/ Learning activities, Responsibilities taken, Signature of Institutional Authority, Signature of Concerned Teacher).
- Google tagged photos showing Attendance as well as Doing Work
- Compliance Certificate with remarks duly signed by the Institutional Authority
- other supporting material
